The Monroe County Area Agency on Aging Advisory Council held a holiday luncheon at the Peppe’s Bistro in East Stroudsburg, PA on December 11, 2019. Honored at that luncheon was the recipient of the Helen G. Brown Quality of Life Award for 2018.

This award is given annually by the Monroe County Area Agency on Aging Advisory Council to a person and/or organization who have contributed a program of excellence which enhances quality of life for Monroe County senior citizens.

The recipient at honored at the event was Leanna Rich. She was nominated by Sheriff Todd Martin, President of the Monroe County Area Agency on Aging Advisory Council. Leanna has been a dedicated and unselfish member of the Monroe County Area Agency on Aging Advisory Council and a true advocate for our area’s seniors and older adult. She dedicates her time to visiting many of our senior center centers and provides us with monthly updates on the progression of each group, their wants, needs and provides a personal touch of hope to each group and member.

We have all been blessed by her kindness and generosity towards civic projects, volunteerism and for helping those in need or less fortunate.

The offices of Senator Mario Scavello, Representative Rosemary Brown, Representative Jack Rader and Representative Maureen Madden also presented the recipient of the Helen G. Brown award with a Plaque of Recognition for her volunteer services and contributions to the community.

The Monroe County Area Agency commends this outstanding volunteer for her work, community awareness, and strong volunteerism.
Support Services for Seniors is a 501c3 charitable organization. They are governed by an all volunteer nine person Board of Directors.

Support Services for Seniors’ vision is a community where every older adult has an opportunity to pursue a life of independence, safety and good health. Their mission is to promote the physical, mental, social and emotional well being of older adults by providing funding for services that empower older adults to attain or maintain independence and self care. The organization works closely with the Monroe County Area Agency on Aging to: Investigate and identify the long range needs of older adults in the Pocono area, develop outreach activities which will inform the Pocono area older adults of available services, benefits and opportunities, publish and fund the distribution of the “Seniors’ Express Times”, a monthly newsletter with emphasis on Aging issues, providing funding for home repairs to low income seniors and to raise funds to support the objectives of the organization.

This organization has a website which lists a calendar of events and links to other services. The website address is www.poconoseniors.org.

THE MONROE COUNTY SENIORS’ EXPRESS TIMES

Published monthly by Support Services for Seniors with contributions from the Monroe County Area Agency on Aging, funded in part by a grant from the Pennsylvania Department of Aging.

SSS Board Members: Lori Ruiz - President, Patricia Fretz - Vice President, Loretta Winslett - Treasurer, V. Tim Hayes - Secretary, Dan Corveleyn, and Ray Guernsy.

All editorial comments, requests or articles for submission should be addressed to Support Services for Seniors, Seniors’ Express Times, Editor, Gretchen Peters, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

The Monroe County Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360-2224

Office Hours: 8:00 AM to 4:30 PM, Monday-Friday, On-call 24 hours a day.

The Area Agency on Aging provides a variety of services to Monroe County residents age 60 and older. Services include: Information & Referral, Transportation, Senior Centers, Pre-Admission Screening, Legal Advice, Ombudsman Service, Medical Assistance Waiver, Apprise, Primetime Health, Home Delivered Meals, Protective Services, Personal Care, Care Management, Family Caregiver’s Support Program, Friendly Visitor, Retired and Senior Volunteer Program (RSVP).

For more information about these and other community services, call (570) 420-3735 or toll-free 1-800-498-0330.

If you are receiving this publication in error or changing your address, please call the Monroe County Area Agency on Aging at 570-420-3735, 1-800-498-0330

***If you have email, please let us know so we can send the newsletter to you electronically. You receive it faster, in color and we save on postage!
From the Administrator:

As we age and as our lives change, the circumstances in our lives often change as well. These changes can sometimes be very positive, but, at times, these changes are not so positive and may contribute to isolation or feelings of loneliness. Sometimes circumstances such as retirement, health concerns, and loss of a spouse and/or social supports may affect one’s ability to stay connected and socially engaged.

Research suggests that, no matter what our age, we need social connections, and that there are negative health consequences related to chronic isolation and loneliness.

Negative Health Effects of Social Isolation and Loneliness can be associated with higher rates of:

- Chronic health conditions, including heart disease
- Weakened Immune System
- Depression

“Social Disconnectedness, Perceived Isolation and Health among Older Adults,” Journal of Health and Social Behavior (2009)

You can take action! Some actions you may want to consider to keep yourself connected include:

- Volunteering
- Getting involved with a faith-based organization
- Starting a new hobby, or, revisiting an old hobby
- Joining a senior club or attending a senior center
- Reestablishing old friendships
- Taking a class
- Joining an exercise club, gym, or taking classes. (I’m also learning more and more about the great health benefits of Yoga and Tai Chi!)

For more information or resources, please contact our office at 570-420-3735.

Have a great February and stay warm!

Brian LaVacca, MPA
Administrator
Retirement of Sheriff Todd Martin

The Monroe County Area Agency on Aging Advisory Council honored Sheriff Todd Martin for his exemplary service on December 11, 2019.

Sheriff Martin has served on the Monroe County Area Agency on Aging Advisory Council for several years and has held the position of Vice President and most recently President of the Council.

He has provided service to the County for the past 38 years. 25 years he served as Sheriff. He has served many fine organizations such as the Fraternal Order of Police Lodge 75, and the PA Sheriffs Association.

He has serviced the community in a secondary capacity at a volunteer firefighter and has been inducted as a life member of the fire department.

Sheriff Martin has earned many awards, recognitions and achievements. His philosophy has been that every day you should reach out and touch someone. “People will forget what you said, forget what you did, but people will never forget how you made them feel.”

He has made a notable contribution to Monroe County.

We wish Sheriff Martin the best in this next journey in his life as he enjoys a well deserved retirement.

Medicare Advantage Open Enrollment Period (MA OEP)

The Medicare Advantage Open Enrollment Period (MA OEP), runs from January 1 to March 31 each year. You must be enrolled in a Medicare Advantage Plan on January 1st, to be eligible to use this enrollment period.

During the MA OEP, you can switch from your current Medicare Advantage Plan to another Medicare Advantage Plan, or back to Original Medicare with or without a stand-alone prescription drug plan (Part D). As a reminder, you can only use this enrollment period once during the enrollment timeframe. Changes made during this period take effect the first of the month following the month you enroll.

If you have Original Medicare with or without a prescription drug plan (Part D), you typically cannot switch your plan during this time.

Need Help?

Call the Aging office at 570-420-3735 or toll free at 800-498-0330 and ask for an APPRISE referral.
AARP Tax Assistance

The Schedule for AARP and IRS-VITA/TCE Tax Program for the 2019 tax year is listed below. No appointments necessary at any site. Free tax help for all ages with special attention to SENIORS. Federal, State and Local Taxes will be completed. This service is being performed through the generosity of VOLUNTEERS from AARP, VITA/TCE and agents of the Pennsylvania Department of Revenue.

FEBRUARY 1 – APRIL 15, 2020 FROM 9:00 AM – 12:00 Noon

PLEASE BRING THE FOLLOWING ITEMS WITH YOU: Identification as well as social security cards for yourself and any dependents. Insurance information especially if you are receiving your insurance under the Affordable Care Act. Also bring your 2018 Tax Return and all tax documents necessary for 2019 returns. For Additional locations call AARP at 1-866-389-5654

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<thead>
<tr>
<th>Days</th>
<th>Location</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Tannersville</td>
<td>Rt. 611 St. Luke’s Ambulance Building</td>
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<tr>
<td></td>
<td></td>
<td>570-629-2620</td>
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<tr>
<td>Tuesdays</td>
<td>Stroudsburg</td>
<td>Rt. 611 Hughes Public Library</td>
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<td></td>
<td>Middle Smithfield</td>
<td>570-421-0800</td>
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<tr>
<td></td>
<td></td>
<td>147 Municipal Drive, Municipal Building</td>
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<td></td>
<td></td>
<td>570-223-8920</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Stroudsburg</td>
<td>Rt. 611 Hughes Public Library</td>
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If you live in the West End or near Carbon County the following sites are available:

CARBON COUNTY - Sign in as you arrive. First come, first served

- Palmerton Senior Center, 501 Delaware Ave., 12:30 to 3:30 pm, Mondays starting Feb 3rd
- Lehighton Rec Center, 243 S 8th St, 9 am to noon, Tuesdays starting Feb 4th
- Beaver Meadows Borough Hall, 100 E Broad St Route 93, 9 am to noon, Wednesdays, starting Feb 5th
- Penn Forest Township Hall, 2010 Route 903, 9 am to noon, Wednesdays, starting Feb 5th
- Gilbert Salem United Church of Christ, Corner of Long Mtn Rd & Rte 209, 9 am to noon, Thursdays, starting Feb 6th

For inclement weather: If schools are closed, tax sites are closed. One hour delay, sites open regular time.
Senior Center Menu for February

Feb 3 ~ Cheeseburger
Feb 4 ~ Sweet and Sour Pork
Feb 5 ~ Chicken Cacciatore
Feb 6 ~ Baked Ham
Feb 7 ~ Tuna Noodle Casserole
Feb 10 ~ Vegetarian Chili
Feb 11 ~ Swedish Meatballs
Feb 12 ~ Pork Loin w/ Apple Gravy
Feb 13 ~ Chicken Marsala
Feb 14 ~ Baked Ziti
Feb 17 ~ Centers are Closed
Feb 18 ~ Stuffed Chicken Breast
Feb 19 ~ Chicken Tenders
Feb 20 ~ Sausage and Peppers
Feb 21 ~ 10 Grain Pollock
Feb 24 ~ Herb Roasted Chicken
Feb 25 ~ Fettucine Alfredo w/Broccoli
Feb 26 ~ Meatloaf
Feb 27 ~ Roasted Turkey w/Gravy
Feb 28 ~ Cheese Omelette

For meal reservations, please call one day in advance by 11 AM.
Suggested Meal Donation is $1.50

Monroe County Senior Centers

<table>
<thead>
<tr>
<th>Loder Senior Center</th>
<th>Mountain Senior Center</th>
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<tbody>
<tr>
<td>62 Analomink Street, East Stroudsburg, PA</td>
<td>354 Memorial Blvd, Tobyhanna, PA</td>
</tr>
<tr>
<td>Mara Cruz ~ Manager</td>
<td>Kathy Collopy ~ Manager</td>
</tr>
<tr>
<td>570-420-3745</td>
<td>570-894-3272 x134</td>
</tr>
<tr>
<td>Open Monday through Friday 8:30-3:30</td>
<td>Open Tuesday, Thursday, and Friday 9-2</td>
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<thead>
<tr>
<th>Barrett Senior Center</th>
<th>Chestnuthill Senior Center</th>
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<tbody>
<tr>
<td>Friendly Community Center</td>
<td>Zion Lutheran Church Fellowship Hall</td>
</tr>
<tr>
<td>6683 Route 191, Mountainhome, PA</td>
<td>1919 Route 209, Brodheadsville, PA</td>
</tr>
<tr>
<td>Barbara Seese ~ Manager</td>
<td>Dolores Casalaspro ~ Manager</td>
</tr>
<tr>
<td>570-481-4330</td>
<td>570-242-6770</td>
</tr>
<tr>
<td>Open Monday, Wednesday, &amp; Friday 9-2</td>
<td>Open Wednesday and Friday 9-2</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Jewish Resource Center</th>
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<tbody>
<tr>
<td>727 Main Street, Stroudsburg, PA</td>
</tr>
<tr>
<td>Maggie Augugliaro ~ Manager</td>
</tr>
<tr>
<td>570-517-0815</td>
</tr>
<tr>
<td>Open Thursday 10-3</td>
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</tbody>
</table>
Don’t Abbreviate 2020 on Checks or Official Documents

Getting used to writing a new year on your documents? For 2020, don’t take a shortcut. Writing just “20” on checks or contracts could leave you open for fraud, experts say.

Auditors and lawyers around the country are advising people to write the full year out when writing the date. Instead of “1/1/20,” writing “1/1/2020” will prevent people from adding numerals to the end, changing the date to “1/1/2019” or “1/1/2021.”

While this may seem insignificant, the executive director of the National Association of Consumer Advocates, Ira Rheingold, told USA Today that a change could lead to falsified debts.

“Say you agreed to make payments beginning on 1/15/20. The bad guy could theoretically establish that you began owing your obligation on 1/1/2019, and try to collect additional $$$,” he wrote.

Fraudsters could also change checks to a future date and collect the money when there isn’t enough in your account. If the date is changed on a contract, criminals could claim the terms began the year before.

The last time the first two digits and the last two digits were the same was 101 years ago, in 1919. This is good advice for EVERYTHING that you sign in 2020.

~C.A.R.I.E./ Senior Medicare Patrol

We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social and emotional well being of older adults by providing services that empower older adults to attain or maintain independence and self care.

Your tax-deductible gift provides life-changing help for those among us who are most in need. The names of all contributors are acknowledged in the Seniors’ Express Times unless anonymity is requested. Donations can also be made in Remembrance.

Thank You for Your Generous Donations
Many Anonymous Donors

Donation Coupon

Make your donation payable to: Support Services for Seniors
Mail to: Monroe County Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Name: __________________________ Amount of Donation $ ______________
Address: __________________________ Zip __________________________

May we print your name as a donor? Yes No

Thank You!
RSVP wants to know what you do with your extra time. Please contact us at 570-420-3747 to find out more.

<table>
<thead>
<tr>
<th>Bulk Mail</th>
<th>Clerical</th>
<th>Crochet</th>
<th>Filing</th>
<th>Food Pantries</th>
<th>Friendly Visitor</th>
<th>Grocery Shopper</th>
<th>Have Fun</th>
<th>Help Veterans</th>
<th>Home Repair</th>
<th>Knit</th>
<th>Learn Skills</th>
<th>Make Friends</th>
<th>Medical Transport</th>
<th>Medicare Counseling</th>
<th>Meet People</th>
<th>Mentor Students</th>
<th>Prepare Taxes</th>
<th>Receptionist</th>
<th>Shredding</th>
<th>Socialize</th>
<th>Teach Language</th>
<th>Soup Kitchen</th>
<th>Tutor</th>
</tr>
</thead>
</table>
What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...
- You don’t have to be on public assistance
- You don’t need to have an unpaid heating bill
- You can either rent or own your home

How does LIHEAP work?
LIHEAP offers both cash and crisis grants. Families may apply for:

Cash Grants
Cash grants help families pay their heating bills. The grant payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.) Cash grants range from $200-$1000 and are based on household size, income, and fuel type.

Crisis Grants
Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of $600 is reached.

Crisis situations include:
- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- Termination of utility service
- Danger of being without fuel (less than a 15 day supply) or of having utility service terminated (received a notice that service will be shut off within the next 60 days)

If you have a heating emergency, please call your local county assistance office.

How do I apply?
Apply online at:
www.compass.state.pa.us
- Request an application by calling the Statewide LIHEAP Hotline at 1-866-857-7095 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local county assistance office

To apply, you will need
- Names of people in your household
- Dates of birth for all household members
- Social Security Numbers for all household members
- Proof of income for all household members
- A recent heating bill

Who is eligible?
You may qualify for a LIHEAP grant if your income meets the following income guidelines:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Maximum Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$ 18,735</td>
</tr>
<tr>
<td>2</td>
<td>$ 25,365</td>
</tr>
</tbody>
</table>

Each Additional Person Add $ 6,630

After you application is processed, you will receive a written notice that will tell you if you qualify and the amount of your grant.
Hello and happy February! I'm not going to lie, usually by February, I am sick and tired of the cold and grey skies and dreaming of sun-shiny days with green grass! But the reality is that Spring will come in its own time and we just have to wait for it. So what to do now? How can I be happy in February? How about a cleanse? A “what”?! I know what you're thinking...”I did a cleanse in January as part of my New Year's Resolution...I drank green juice for days and it didn't work!” Well don't worry! That's not the type of cleanse I'm talking about. Did you know that the word February comes from the Latin “februs” which means “to cleanse”. A definition of the word “cleanse” is to “rid or purge”. What do you want to cleanse? Your home? Your mind? Your body? A word to the wise- An internal cleanse is not recommended for any senior to undertake unless under the supervision of a medical professional. I am thinking more along the lines of clearing your mind and preparing your home and body for the days ahead. It’s time to set yourself free from the things that don’t serve you.

Sometimes you just need to clear your mind. Here are some ways to do this.

Change your focus. Sometimes, questions, ideas, and plans can come into our thoughts without much order or purpose. The thoughts can be good and productive, but they might also be distracting or worrisome if you’re trying to focus. Knowing how to clear your mind can help with anxiety, depression, and even sleep difficulties. Get outside and exercise with a friend. Get involved with a hobby, or lose yourself in a good book for a few minutes.

Express your thoughts in writing. If your mind seems cluttered with thoughts, it can help to write them down. You can write lists. Write what you’re feeling and why. This can add to a sense of accomplishment even if you haven’t actually “done” anything. You can also take all you wrote and throw it away. Some feel this is like throwing your worries away.

Express your thoughts in drawing. You don’t have to be Picasso to create art. All you need is a medium and a piece of paper. Have fun decorating with rainbow crayons; experiment with oil painting or charcoal. Releasing your anxieties and clearing your mind through drawing can be an incredibly powerful force.

Have a discussion with another person. Don’t let small concerns can quickly snowball into seemingly big ones overnight. In order to free your mind of worries you may be having — worries about family, stress about health, doubts about your future — learn to talk to someone. Talk to family, or friends, or a licensed therapist if you feel the need.

Hang out with a pet. While there is no scientific evidence that owning a pet can directly help clear your mind, there is a host of evidence that is worth looking at. Owning a pet lowers your risk of depression; lowers blood pressure; elevates serotonin and dopamine; and lowers your risk of visiting the doctor if you're older than 65. If you're happier and healthier, wouldn't it also be easier to let go of things that are bothering you and embrace what you do have in your life?

Try breathing exercises. Breathing is an essential part of meditation, which can be an essential part of clearing your mind. Mastering several different breathing techniques can help you achieve the open-minded clarity that comes with being in a state of grace. Check out meditation techniques at the library or online.

(Continued on page 12)
Health and Wellness Calendar

February 2020

Blood Pressure Screenings

Screenings are from 10-11am on the 2nd floor of the Loder Building on the 1st & 4th Thursday Provided by: Lehigh Valley Hospice-Pocono. There will be no blood pressure screenings on Holidays or snow days and they will not be rescheduled.

Other blood pressure sites:

By Bright Star Home Care
Barrett Sr. Center 10~11a.m., 1st Monday

By Lehigh Valley Hospice-Pocono
Chestnuthill Center 11~12 noon, 2nd Wednesday
Mountain Center 10~11 a.m., 2nd Tuesday
Salvation Army 10~11 a.m., 1st Tuesday

Arthritis Foundation Exercise by YMCA
Please Call Ahead for Information
Loder Center Wed and Thurs 570-420-3745
Barrett Center Mon 570-481-4330
Mountain Center Tues 570-894-3272 Ext. 134

All programs are open to the public. For further Information on any programs, please call: 570-420-3746

Dysphagia Warriors: A Swallow Study through East Stroudsburg University – Learn about swallowing disorders (known as Dysphagia) and ways to prevent it. Attend this very informative presentation given by Akila T. Rajappa, Ph.D., CCC-SLP, BCS-S, and Lu-Ann Batson-Magnuson Ph.D., CCC-SLP from ESU’s Department of Communication Sciences and Disorders. You may voluntarily participate in the research study by completing pre and post surveys. Participation is not required. You may attend the presentation for informational purposes only.

Loder Senior Center, East Stroudsburg- Monday, February 24th from 10:00 a.m. – 11:15 a.m.
Mountain Senior Center, Tobyhanna – Thursday, February 27th from 10:00 a.m. -- 11:15 a.m.

**This presentation will occur at the Barrett Center and the Chestnuthill Center in March. Dates will be in next month’s newsletter.**

Paint & Sip with Laura Pride (Health and Wellness Coordinator) – Enjoy painting while sipping coffee and tea together at the Senior Centers. Acrylic painting on canvas to be determined. All supplies are provided. This activity is free. Please pick one center to attend as the painting will be the same at each location. Registration is required and space is limited: Please call Laura at 570-420-3746 to reserve your space.

Barrett Center, Mountainhome, Wednesday Feb 19th from 10:00 -11:30 a.m.
Chestnuthill Center, Brodheads ville,Friday, Feb 21st from 10:15- 11:30 a.m.

**Paint and Sip will be at the Loder Center and The Mountain Center in March. Dates will be in next month’s newsletter.**

APPRISE (State Health Insurance Assistance Program) If you would like an appointment with APPRISE for your Medicare concerns, please call the Aging Office at 570-420-3735. Appointments are available at the Loder Senior Center in East Stroudsburg or the Barrett Friendly Community Center in Mountainhome.
Support Services for Seniors Quilt Raffle to benefit Monroe County Senior Centers
Raffle Ticket = $2 each or 3 for $5

Drawing to be held May 15, 2020 At the Zion Lutheran Church
(winner will be notified if not present)

1st Prize  Queen Size Quilt
2nd Prize $100
3rd Prize $50

The Sew N’ Craft Group that meets at the Mountain Center in Tobyhanna, PA has generously created and donated a beautiful handmade queen size quilt.

To Purchase Tickets Contact
The Barrett Center @ 570-481-4330
The Chesnuthill Center @ 570-420-3735
The Loder Center @ 570-420-3745
The Mountain Center @ 570-894-3272 ext 134

If cleansing your home is something you want/need to tackle, remember to ask for help when needed. Tackle small areas at a time. You would be amazed at how a little “Spring Cleaning” can lift your spirits and help you to relax. Don’t forget to give your purged items to charity if you can.

Now if you really want to cleanse your body (and I don’t mean by taking a shower!) here is a good way to do it.

1. Make sure you are drinking enough water. Add a piece of lemon to your water. Try herbal tea instead of coffee for one day. Drink warm broth to add to your water intake.

2. Reduce your consumption of toxic foods such as sugary foods and drinks, excess alcohol, coffee, and processed foods.

3. Increase consumption of organic produce/meat/dairy as your budget allows.

4. Eat more fruits and vegetables

Remember the more good you put in your body, the cleaner you’ll feel!

Enjoy your cleanse, whatever you choose to do and however you choose to do it. Get your “Spring Cleaning” done early. You won’t regret it! Be well.
AARP Driver Safety Program

Formerly “55-Alive,” the new SMART DRIVER 4 & 8-hour classroom refresher/defensive driving course is designed for qualified drivers 50 & older. There are no tests and membership in the AARP is not necessary. All automobile insurance companies doing business in Pennsylvania are required by state law to give a minimum discount of 5% to all qualified policy holders age 55 and over who take the course. Be sure to first check with your insurance agent or company to make sure you qualify to receive a discount.

All classes are taught by trained, unpaid volunteer Instructors. The eight-hour class is given in a two day period in two four-hour sessions, and is required for first timers. The one-day 4-hour class is only open to those who provide evidence of taking a class during the last 36 months. A $20 fee ($15 for AARP members) is charged for either class. Class size is limited, so advance reservations are advised to assure placement in class. Those completing the course will be issued a certificate which is valid for three years. Call the phone number below for reservations and directions to the class of your choice. Please bring your driver’s license and a pen to class. AARP members need their AARP membership number at class time, to be charged the $15 fee. Checks are accepted.

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<tr>
<th>Date</th>
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<tr>
<td>4/23 &amp; 4/24</td>
<td>12:30 pm</td>
<td>Pocono Pines: Clymer Library</td>
<td>570-646-0626</td>
<td>Clymer Library</td>
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<td>4/30 ****</td>
<td>2:00 pm</td>
<td>Pocono Pines: Clymer Library</td>
<td>570-646-0626</td>
<td>Clymer Library</td>
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<td>Thurs</td>
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***4-hour refresher class - Must have evidence of taking the 8-hour course within the last 36 months.

Support Groups

Alzheimer’s Support Group (Every 2nd and 4th Monday of the Month) @ 5:30pm, 200 Jersey Lane E. Stroudsburg PA 18301. This is in the Shawnee Ridge Retirement Community, Old Moser’s farm off of Route 447 near Martz Bus Depot.

Pocono Parkinson’s Support Group- The group meets every third Friday at East Stroudsburg University on campus in Monroe Hall at noon. For Information call 570-422-3247 and ask for

Donate Your Passenger Seat to Help Save Lives

Volunteers needed to drive cancer patients to treatment!

All you need is: a good driving record, a current, valid driver's license, complete an American Cancer Society training course, access to a safe and reliable vehicle, proof of adequate automobile insurance, and availability Monday thru Saturday during the hours of 7 am & 7 pm.

Road To Recovery® Volunteer to drive today ~
Contact cancer.org/drive or 1.800.227.2345
April 21, 2020

All Proceeds Benefit Monroe County Senior Centers

A Trip includes $25 Slot Play & $5 Meal Voucher

54 Seats are Available First Come First Serve

Payment due upon reservation and is non refundable

Call 570-420-3745 for Reservations

Cost $30.00
Meet Bus at 9:00 AM
Loder Senior Center
Return 5:00 PM

Spring Trip to Mohegan Sun Pocono

Happy Presidents Day!