The summer will soon be here and with the warm weather comes local fresh fruits and vegetables. The Senior Farmer’s Market Nutrition Program (SFMNP) will be offered again this year to eligible Monroe County Seniors. This program is made possible through the Pennsylvania Department of Agriculture, Bureau of Food Distribution. We, at the Monroe County Area Agency on Aging will be administering the program in mid-June. The SFMNP provides $24.00 in vouchers free to eligible older adults (an increase of $4 per person). The purpose is to encourage older consumers to eat more fresh fruits and vegetables by local growers who make their produce available at farmer’s markets.

Health experts recommend eating five or more servings of fruits and vegetables every day for better health. This program does not only benefit the seniors but it benefits the farmers as well. Good nutrition is a critical factor in the health and well being of senior citizens.

Older adults residing in Monroe County who are 60 years of age or older who meet the income guidelines, $23,606 for 1 person in the household; or $31,894 for 2 people in the household, are eligible to participate in the Senior Farmer’s Market Nutrition Program. You may only receive the vouchers once per season. The vouchers will be given on a first come basis.

This year due to the social distancing protocols we will have the forms available in this issue of the newsletter, on the Monroe County website www.monroecountypa.gov under the County Departments/ Area Agency of Aging and on Facebook.

Please complete the form on page 3 and either email it to monroeaging@monroecountypa.gov or mail it into the Monroe County Area Agency on Aging at 724 Phillips St., Suite 102 Stroudsburg PA 18360. You can also fax it to 570-420-3734 or put in in drop off box at 724 Phillips Street Suite 102 Stroudsburg, PA 18360. NOTE: This is a contactless drop off and checks will not be available at this location. **There will be no voucher pick up sites this year.**

We will mail your vouchers to you via USPS to your listed address on the form. If you need assistance please contact the Aging office at 570-420-3735 or toll free at 1-800-498-0330.
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!
Commonwealth of Pennsylvania  
Department of Agriculture  
Senior Farmers’ Market Nutrition Program  
2020 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2020) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: $23,606 for 1 person in the household; or $31,894 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2020).

1st Participant Name (print): ___________________________ Birth Date ________
(Person checks are for)

__________________________________________
(Signature)

2nd Participant Name (print): ___________________________ Birth Date ________
(Person checks are for)

__________________________________________
(Signature)

Address (print): ____________________________________________

Telephone Number: ________________________________________

Please circle the most appropriate identifier for each:
Ethnicity: Hispanic or Latino Not Hispanic or Latino
Race: American Indian or Alaskan Native Asian Black or African American

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 30, 2020 to: 724 Phillips St., Suite 102, Stroudsburg PA, 18360 or monroeaging@monroecountypa.gov

This institution is an equal opportunity provider.
## 2020 Monroe County Farmers’ Markets & Selling Farmers

<table>
<thead>
<tr>
<th>Market Name</th>
<th>Address</th>
<th>Contact Details</th>
<th>Hours</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPLE RIDGE FARM</strong></td>
<td>Corner of Blue Ridge and Pennel Road Saylorsburg PA</td>
<td>610-381-6152</td>
<td>Tuesdays 10 am – 6 pm, Sat &amp; Sun 10 am – 6 pm</td>
<td>June – November</td>
</tr>
<tr>
<td><strong>GOULD’S PRODUCE &amp; FARM MARKET</strong></td>
<td>829 Frable Road Brodheads ville PA</td>
<td>570-992-5675</td>
<td>Ann Gould Open <strong>Monday-Sunday</strong> 9AM to 6 PM</td>
<td>June-November</td>
</tr>
<tr>
<td><strong>BLAKESLEE FARMERS MARKET</strong></td>
<td>Route 115 Blakeslee, PA</td>
<td>Beiler Produce 8 am – 6 pm Zooks Produce 8:00 am – 4:00 pm</td>
<td>Open <strong>Saturday</strong> June – October</td>
<td></td>
</tr>
<tr>
<td><strong>HECKMAN ORCHARD FARMS</strong></td>
<td>2180 Rte. 115 Effort, PA 18330</td>
<td>570-629-1191</td>
<td>Lynn &amp; Mark Heckman</td>
<td></td>
</tr>
<tr>
<td><strong>HILLSIDE PRODUCE</strong></td>
<td>370 PA -196 Tobyhanna PA 18466</td>
<td>Elmer Stoltzfus</td>
<td>Open <strong>Wednesday &amp; Saturday</strong> 8 am – 3 pm</td>
<td>June - November</td>
</tr>
<tr>
<td><strong>JOSIE PORTER FARM</strong></td>
<td>6514 Cherry Valley Road Stroudsburg, PA 18360</td>
<td>570-992-5731 Heidi Secord</td>
<td>Open <strong>Friday</strong> 1 pm – 6 pm <strong>Saturday</strong> 9 am – 3 pm</td>
<td>June - November</td>
</tr>
<tr>
<td><strong>KLINGEL FARMS</strong></td>
<td>415 Route 115 Saylorsburg, PA 570-402-7378</td>
<td>570-992-5675</td>
<td>Ann Gould Open <strong>Monday-Sunday</strong> 9AM to 6 PM</td>
<td>June-November</td>
</tr>
<tr>
<td><strong>MONROE COUNTY FARMERS MARKET</strong></td>
<td>827 Ann Street Stroudsburg, PA 18360</td>
<td>Apple Ridge Farm Gould's Produce Lyles Produce OLF Orchards Rolling Hills Farm Top Crop Produce</td>
<td>Open <strong>Saturday</strong> 8 am - 12 pm June – October</td>
<td></td>
</tr>
<tr>
<td><strong>BLUESLEY FLEA MARKET</strong></td>
<td>Route 115 Saylorsburg PA Brookside Farm Zeigler Orchard 570-578-4491</td>
<td>8 am – 6 pm &amp; Top Crops Produce 8:00 am – 4:00 pm</td>
<td>Open <strong>Saturday</strong> 8 am - 12 pm June – October</td>
<td></td>
</tr>
<tr>
<td><strong>DANSBURY DEPOT</strong></td>
<td>Analomink &amp; Kistler Streets East Stroudsburg, PA 18301</td>
<td>Ann Gould 570-992-5615 Lyles Produce Top Crops Produce 570-420-3559</td>
<td>Open <strong>Wednesday</strong> 8:30 am – 12:30 pm</td>
<td>June-October</td>
</tr>
<tr>
<td><strong>WERKHEISER FARM</strong></td>
<td>Susan Werkheiser 173 Old Mill Road Tannersville, PA 18372 570-460-1625</td>
<td>570-992-7929</td>
<td>Open <strong>Daily</strong> 9 am – 6 pm</td>
<td>June - October</td>
</tr>
<tr>
<td><strong>TRACTOR SUPPLY FARMERS MARKET</strong></td>
<td>2970 Route 940 Pocono Summit PA</td>
<td>Melvin Stoltzfus</td>
<td>Open <strong>Friday</strong> 9 AM to 4 PM</td>
<td>June - September</td>
</tr>
</tbody>
</table>
FMNP and SFMNP Basic Rules and Regulations

FMNP checks cannot be used before June 1, 2020 or after November 30, 2020.

FMNP customers may buy only the fruits and vegetables grown in Pennsylvania

• Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.

At the market look for stands displaying the white Farmers Market Nutrition Program poster.

• Each check is worth $6. Farmers are not permitted to give change for purchases for less than $6.

Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

Market information

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app. Or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

** Note: Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

List of eligible Fruit and vegetables

Fruit

- Apples
- Berries
- Grapes
- Pears
- Apricots
- Nectarines
- Plums

Vegetables

- Artichokes
- Cauliflower
- Leeks
- Parsnips
- Tomatoes
- Asparagus
- Celery
- Lettuce
- Onions
- Turnips
- Beans (fresh)
- Corn
- Radishes
- Beets
- Winter Squash
- Cucumbers
- Peppers
- Rhubarb
- Yams (grown in PA)
- Broccoli
- Eggplant
- Potatoes
- Rutabagas
- Zucchini
- Peas
- Brussels sprouts
- Greens
- Spinach
- Cabbage
- Kohlrabi
- Okra

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable

Citrus or tropical fruits are not allowed for purchase with FMNP checks.

Nutrition Education

Nutrition information on basic nutrition, shopping, cooking and food safety can be found at https://www.nutrition.gov/ The website also contains many different recipes.
Four Year Plan

The Monroe County Area Agency on Aging and Support Services for Seniors are happy to be able to provide you with this addition of “The Senior Express Times”. We are asking your help with gathering information the Agency’s Four Year Plan.

The Monroe County Area Agency on Aging is required by the Pennsylvania Department of Aging to develop a Four-Year Area Plan to compile and prioritize the needs of older residents in Monroe County.

This information will allow management to plan how the resources available will be utilized in meeting these targeted needs. It will also be used as an educational tool and help us to better coordinate with other providers.

The next plan will cover the period 2020 to 2024. The information from this plan, and the plans of the other 51 Area Agencies on Aging in the State, are also used by the PA Department of Aging to formulate the State Plan on Aging.

At this point in the process We are asking that you complete the survey on pages 7 and 8 in this newsletter and return it to:

Monroe County Area Agency on Aging
724 Phillips Street Suite 102
Stroudsburg PA 18360

It can also be faxed to 570-420-3734 or emailed to: monroeaging@monroecountypa.gov

Thank you for your help with this project.

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!
Community Questionnaire Survey Four-Year Plan
PLEASE COMPLETE FORM AND MAIL or DROP OFF TO ADDRESS INDICATED
Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102,
Stroudsburg, PA 18360

1. How long have you been a resident of Monroe County? _______ years

2. What is your age and gender? Age________ Gender: Male / Female

3. In what Township or Borough is your residence? ____________________ Zip Code__________


5. Do you: ____rent ____own your home?

6. Are you a caregiver for someone else? ____ yes ____ no

7. What is your race? ___Non-Minority (white, non-Hispanic) ___Amer. Indian/Native
Alaskan ___Asian ___African American ___White/Hispanic ___Native Hawaiian/Other
Pacific Islander ___Other

8. Is your income under: (household of 1) ___$12,760 ___$19,140
(household of 2) ___$17,240 ___$25,860

9. Please check the most effective ways for you to be aware of Aging services and programs:
___Meetings ___TV/Radio ___Seniors' Express Times ___Newspaper ___Internet
___ Friends/Family ___Email ___Other Explain ________________________________________

10. Do you participate in any Senior Center Activities (lunch, socialization, education, health
programs) ___Yes ___No  If no, please explain why:____________________________________
____________________________________________________________________________________

11. What is the greatest need facing older adults in your community?
____________________________________________________________________________________
____________________________________________________________________________________

12. What is your greatest need?
____________________________________________________________________________________
____________________________________________________________________________________

13. How can we improve Aging Services in your community?
____________________________________________________________________________________
____________________________________________________________________________________

14. What type of new agency services are needed in your community?
____________________________________________________________________________________
____________________________________________________________________________________

Optional:
Name:_________________________________________________ Phone: ______________________
Address:______________________________________________________________________________
<table>
<thead>
<tr>
<th>NEED STATEMENT</th>
<th>OFTEN A PROBLEM</th>
<th>SOMETIMES A PROBLEM</th>
<th>NO PROBLEM</th>
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<tbody>
<tr>
<td><strong>FINANCIAL</strong></td>
<td></td>
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<tr>
<td>Ability to pay for medical/prescription insurance</td>
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<tr>
<td>Ability to pay medical, dental, vision and prescription bills</td>
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<tr>
<td><strong>SELF-CARE</strong></td>
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<tr>
<td>Ability to grocery shop</td>
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<tr>
<td>Ability to do your own housework/laundry</td>
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<tr>
<td>Ability to provide personal care (bathing, dressing, grooming)</td>
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<tr>
<td>Medication management (measuring dosage, taking properly)</td>
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<tr>
<td>Ability to regularly prepare nutritious meals</td>
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<tr>
<td>How many meals do you eat per day</td>
<td>(1)</td>
<td>(2)</td>
<td>(3)</td>
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<tr>
<td><strong>CAREGIVER</strong></td>
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<td>Ability to care for an older family member</td>
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<tr>
<td>Assistance available from family or others</td>
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<tr>
<td><strong>SOCIAL/RECREATION</strong></td>
<td></td>
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<tr>
<td>Do you have access to physical exercise activities</td>
<td>(Yes)</td>
<td>(No)</td>
<td></td>
</tr>
<tr>
<td>Do you have access to entertainment, movies etc.</td>
<td>(Yes)</td>
<td>(No)</td>
<td></td>
</tr>
<tr>
<td>Coping with loneliness/fears/anxiety or depression</td>
<td>(Yes)</td>
<td>(No)</td>
<td></td>
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<tr>
<td><strong>COMMUNITY EDUCATION</strong></td>
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<tr>
<td>Awareness of available services</td>
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<tr>
<td>Availability of information on Caregiving</td>
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<tr>
<td>Information on Legal Matters (Living Will/Power of Attorney)</td>
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<tr>
<td>Crime Prevention</td>
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<tr>
<td>Awareness of Protection from Abuse Services</td>
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<tr>
<td>Information on medical, long term care, prescription insurance</td>
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<tr>
<td><strong>HOUSING/HOME MODIFICATIONS</strong></td>
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<tr>
<td>Ability to do your own home maintenance/ minor or major repair</td>
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<tr>
<td>Do you have safe, adequate housing</td>
<td>(Yes)</td>
<td>(No)</td>
<td></td>
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<tr>
<td>Ability to meet household expenses (rent, utilities, taxes)</td>
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<tr>
<td><strong>TRANSPORTATION</strong></td>
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<tr>
<td>Do you have access to reliable transportation</td>
<td>(Yes)</td>
<td>(No)</td>
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</tbody>
</table>

If you are in need of assistance, information, or services please call our office at 570-420-3735 or toll free 1-800-498-0330
Support Services for Seniors Quilt Raffle to benefit Monroe County Senior Centers

Raffle Ticket = $2 each or 3 for $5

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 Loder Center @ 570-420-3745
And
Aging Office @ 570-420-3735

Drawing Tentatively to be held in August 2020 At the Senior Center Summer Picnic (winner will be notified if not present)

Virtual Family Council

Quality of Life = Preservation of Life

Join the Office of the Long-Term Care Ombudsman for virtual family council meetings. These meetings will be hosted via ZOOM and available to anyone with a family member or friend residing in any long-term care facility in the Commonwealth. The meetings are free, and you are welcome to attend all meetings or just a few meetings.

Each meeting will offer some informational updates regarding the Covid19 situation and resources available. Conversation and questions will be welcome following that segment and will be moderated by representatives of the Ombudsman office.

Meeting dates: June 2, 16 & 30; July 14 & 28: Time: 4:30 – 5:30

To obtain connection information: email jarotz@pa.gov and indicate Virtual Family Council in the subject line or visit our Facebook page: PA Long-Term Care Virtual Family Council.

Locally, the Ombudsman Program is provided through Serving Seniors, Inc. For specific questions, please contact Ombudsman Linda or Bernadette at 570-344-7190 or by Email at lombudsman@epix.net
Patience and Communication….

Well, June is here. That’s right. Summer is just around the corner. Can you feel it? I hope that you can because that means you read my last article and have been spending time outside! We have all had our patience tried tenfold these last few months, whether it be waiting for the next available cashier while standing on the “X” that marks the spot for social distancing, waiting for the store to get more toilet paper or more seriously, waiting to see your loved ones. Patience is the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. So what is your tolerance level these days? Not very high? Don’t worry. You’re in good company. One way many of us have been able to gain patience in waiting to gather in groups is by using multiple means of communication. If you cannot be with them…call them! Write a letter. Send an email. If you’re lucky enough to be tech savvy you can use FaceTime or Zoom to even see your friends and loved ones right in your own living room! Communication is the successful conveying or sharing of ideas and feelings. The key word in that definition is “successful”. In order for you to get your idea or feeling across to someone else, you have to be successful. For someone who has a problem communicating, these times of social distancing can be twice as challenging. It’s imperative that we practice patience with those that need it, not just during times of adversity, but every day.

June is Aphasia awareness month. Have you noticed changes in the way your elderly loved one speaks or communicates? Perhaps he or she has trouble putting words together, remembering the names of things, or comprehending what you say. If so, the problem could be aphasia. Aphasia involves the inability to communicate normally due to a brain dysfunction and may affect speaking, listening, reading, or writing. While anyone may experience aphasia caused by a brain injury or other brain problem, elderly people often experience aphasia associated with a stroke, Alzheimer’s Disease, and Primary Progressive Aphasia (In PPA, the elderly person gradually loses language skills while maintaining the ability to perform daily activities).

Aphasia caused by stroke is usually noticed right away since the brain damage occurs instantaneously. However, progressive types of aphasia may not be diagnosed until symptoms have become more pronounced.

Approximately one million people in the United States suffer from aphasia. If you notice the following symptoms in your elderly loved one, talk to your doctor about the possibility:

Difficulty understanding words or sentences
Inability to follow a story
Inability to remember common sequences such as months of the year or days of the week
Difficulty answering questions or carrying on a conversation
Trouble remember the names of people or objects
Difficulty reading or writing
Using alternative means of communicating such as gesturing, drawing pictures, or pointing

(Continued on page 11)
at objects.

Symptoms of aphasia may vary; however, a doctor can help you determine whether your loved one is experiencing aphasia and what the probable cause and prognosis will be.

Treatment programs will depend on the cause of the aphasia and the individual’s possibility of recovery. Most treatments involve therapy with a speech-language pathologist and may be conducted in a group or on an individual basis. The therapist may help the affected individual learn alternative ways to communicate, improve specific skills associated with the type of damage incurred, or suggest coping strategies designed to help the person resume most normal daily activities. If the aphasia is due to stroke or brain injury, it may be possible for the affected person to fully recover speech and language function. However, aphasia caused by progressive degenerative disorders usually requires alternative communication strategies that will help the person remain functional despite the progressive loss of language.

If your loved one has been diagnosed with aphasia, the following strategies may help you communicate more effectively:

Make sure you have the person’s attention before speaking.

Use body language, eye contact, and gestures both to communicate and to understand.

Don’t talk down to the person; aphasia often occurs without affecting intelligence at all.

Slow down and use simple sentence structures and words.

Don’t try to finish the person’s sentences. Allow him or her to finish speaking or communicating.

Don’t emphasize or correct problems in word usage or pronunciation.

Hire an in-home caregiver to help your loved one maintain independence as long as possible.

While aphasia can be frustrating for both the affected individual and his or her family, remember that regular contact and conversations with loved ones still play an important role in helping to alleviate problems and encourage recovery or coping strategies.

In short, keep communicating, keep practicing patience. Both take time…and right now, we have just that. Be well.

“A willingness to practice patience. Patience in communication is that certain ingredient of conduct we hope others will exhibit toward us when we fail to measure up. Our own patience is developed when we are patient with others.” – Marvin J. Ashton

The Monroe County Area Agency on Aging will be closed on June 15 for Flag Day.
6 Ways to Eat Well As You Get Older

1. Know what a healthy plate looks like
   See how to build a healthy plate at ChooseMyPlate.gov

2. Look for important nutrients
   Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3. Read nutrition labels
   Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   Learn the recommended daily servings for adults aged 60+ at heart.org

5. Stay hydrated
   Water is an important nutrient too! Drink fluids consistently throughout the day.

6. Stretch your food budget
   Get help paying for healthy food at BenefitsCheckUp.org/getSNAP
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.

Presently there are no in person classes being offered. However, if you would like to take the class online you can do so at

Senior Center Frozen Meals

Nearly one in every six seniors in America faces the threat of hunger and not being properly nourished. This applies to those who aren’t sure where their next meal is coming from and those who don’t have access to the healthiest possible food options.

When you are food insecure, it means that there is “limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways,” as defined by a study published in The Journal of Nutrition. Essentially, it means that you aren’t receiving and/or don’t have access to the necessary foods and nutrients to help sustain your life.

Nearly half of the senior households that experienced food insecurity were those where a senior was living alone. There are many things that living alone can do to spur food insecurity, such as not having someone else to help get food from the store if you’re lacking mobility and cook it for you.

The social distancing and shelter at home directives due to the COVID-19 virus have also impacted on seniors being able to obtain food due to access to the food market and some foods being in limited supply. Delivery services are also difficult to arrange and most of the time you must order and pay for the groceries online. Additionally, at the present time all of the senior center meal programs are temporarily closed.

However, the Monroe County Area Agency on Aging is now able to offer frozen meals to seniors if they are in need of food.

Frozen meals can be picked up at the senior center you would normally attend on a weekly basis. Should you be in need of food please contact the Loder Senior Center at 570-420-3745. That center is overseeing the food ordering for all of the senior centers.

“Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.” — Neil Gaiman, Coraline

“You can never get a cup of tea large enough or a book long enough to suit me.” — C.S. Lewis

“Do what you can, with what you have, where you are.” — Theodore Roosevelt

“Success is not final, failure is not fatal: it is the courage to continue that counts.” — Winston S. Churchill
Need Help With Your Prescription Costs, But Can’t Afford Medicare Part D Drug Insurance Plan Premiums?

Help is Available!

Social Security Offers an Extra Help Program (Low Income Subsidy) for Medicare A and/or B recipients who qualify.

Please Note: Not all income and resources count in deciding who is eligible for Extra Help. If you are close to meeting the income and asset limits above, we encourage you to call

For Application and Assistance
Call the APPRISE Program at (570) 420-3735

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