

Monroe County Seniors' Express Times



Monroe County PA Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

(570) 420-3735

monroeaging@monroecountypa.gov



Volume XVII Issue IX

October 2025

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**The Monroe County
Area Agency on
Aging office and all
Senior Centers will
be closed on
Monday, 10/13
in observance of
Columbus Day.**

Visit our website:



[www.monroecountypa.gov/
departments/area-agency-on-
aging](http://www.monroecountypa.gov/departments/area-agency-on-aging)

Follow us on Facebook:



www.facebook.com/MCPAAAA

Medicare Annual Open Enrollment

The Medicare Annual Open Enrollment Period will be from October 15th to December 7th. During this period each year, Medicare beneficiaries can join, switch, or drop their Medicare Part D or Medicare Advantage coverage.

The coverage and costs for Medicare Part D and Medicare Advantage plans change each year, so it is important to review your plan and compare it to others on the market that are available to Monroe County residents.

Pennsylvania Medicare Education and Decision Insight (PA MEDI), a health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following locations in the community: **Loder Senior Center** in East Stroudsburg, **Mountain Senior Center** in Tobyhanna, **Barrett Senior Center** in Cresco, **Chestnuthill Senior Center** in Brodheadsville, and **Middle Smithfield Township building** in East Stroudsburg.

Our PA MEDI counselors are volunteers from the Monroe Senior Volunteer Program (MSVP). They work hard to learn everything they can to provide the best assistance.

This counseling is free. To schedule an appointment, please call the Monroe County Area Agency on Aging at (570) 420-3735. Call to reserve your appointment early. Appointments will likely be full by October 15th.



pennsylvania

Medicare Education and Decision Insight



Write to the editor at:

Monroe County Area Agency on Aging, Attn: Alexandra

724 Phillips Street, Suite 102

Stroudsburg, PA 18360

OR abender@monroecountypa.gov

Barrett Senior Center Open House & Costume Party

The Barrett Senior Center reopened at the Barrett Administrative and Recreation Complex (BARC) on April 1st. Ever since, seniors residing in that area have been enjoying the center's offerings at its new location.

On **October 31st from 10am-2pm**, the Barrett Senior Center will host an open house and Halloween costume party! This will be held in the meeting room and will include a free lunch, a presentation about preventing Medicare fraud at 10:30am, and entertainment by SheilaMark Productions beginning at 11am.

There will be door prizes!

We are also excited to introduce Joan Marie Hess-Tyminski, who has been appointed as the new Senior Center Operator at the Barrett Senior Center as of early September. We think Joan Marie will bring lots of fun ideas to the center. Welcome, Joan Marie!

RSVP by 10/24 by calling (570) 420-3745.

No More Farmers Market Vouchers!

As of September 30th, we have finished giving out vouchers for the Senior Farmers Market Nutrition Program (SFMNP). We had a busy 2025 season and distributed more than 1,200 vouchers to seniors in Monroe County. This is more than \$30,000 that can be spent on fresh fruits and vegetables!

In order for us to offer this program again next year, it is important that those who have received vouchers redeem them at farmers markets before November 30th.

Last year, only 61% of the vouchers distributed were redeemed, making Monroe County's redemption rate the third lowest in the state and leaving thousands of dollars unspent. This year, please help us by redeeming your vouchers in time.

Transportation is available by utilizing the Shared Ride Program through the Monroe County Transit Authority: (570) 839-8210.

The Helen G. Brown Quality of Life Award

In memory of Helen G. Brown, family, friends, and the Monroe County Area Agency on Aging have established the Helen G. Brown Award. The award is given annually by the Monroe County Area Agency on Aging Advisory Council to a person or organization that has contributed to a program of excellence which enhances the quality of life of Monroe County senior citizens.

Helen retired as Assistant Dean of Women in 1975 and Health and Physical Education teacher, Director of Recreation, and Coordinator of Outdoor Education at East Stroudsburg University. After that, Helen devoted herself to many volunteer efforts in her community. She was well-known for her lectures to many community groups. She also wrote several books with the proceeds donated to the Retired and Senior Volunteer Program (now the Monroe Senior Volunteer Program, or MSVP).

You may nominate an individual or organization for this award. As stated above, this individual or organization must have contributed to a program of excellence established on a volunteer basis, which enhances the quality of life of Monroe County senior citizens. The award will be announced in December and presented at the December meeting of the Monroe County Area Agency on Aging Advisory Council.

Please submit your nomination using the form on the following page.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Our seniors enjoyed their trip to Country Junction—food, entertainment, shopping, and fun!



Pink Light Walk

Lehigh Valley Topper Cancer Institute and East Stroudsburg University's Health and Wellness Department will be hosting their annual Pink Light Walk on **Thursday, October 2nd** to raise awareness about breast cancer. **The event will begin at 5pm with an Information Fair at East Stroudsburg University's Science and Technology Center (108 Normal St. in East Stroudsburg). The walk itself will kickoff at 5:45pm and begin at 6pm, ending at the Dale and Frances Hughes Cancer Center (181 E. Brown St. in East Stroudsburg).** At the end of the walk, there will be a brief program with speakers and refreshments. Parking is available at East Stroudsburg University's Green Street parking lot. **No registration is required.**

Free Tech Education

East Stroudsburg Area School District's Community Technology Outreach Program offers an opportunity to participate in a free workshop and learn from tech-savvy high school students. Once a month during the school year, students teach participants about common technologies and additionally offer one-on-one sessions for individualized assistance, encouraging attendees to bring their personal devices, moving them toward a better understanding of the tools they own and use.

The dates of the next sessions are November 3rd and December 8th. Registration will open by Wednesday, October 15th. To enroll, visit their webpage at esasd.net/cto, or email tech2.coaches@esasd.net for more information.

AARP Driver Safety Courses

AARP's Smart Driver course will take place this fall at the **Monroe County Emergency Management building, 100 Gypsum Road, Stroudsburg, PA 18360.**

If you do not currently have an AARP driver safety Certificate of Completion, you must take the two-part eight-hour course **on October 28th & 29th from 12pm to 4pm each day.** Please arrive at least 15 minutes before the class start time to complete course paperwork and to obtain course materials. Course cost is \$20 for AARP members and \$25 for non-members. Cash, check, and money orders will be accepted (checks and money orders payable to "AARP"). Individuals that have AARP UnitedHealthcare Medicare Supplement Insurance plans may be eligible to take the course at no cost through their insurance.

Bring your driver's license and valid AARP membership card or number if you are a member.

For those who possess the certificate, the **refresher course is October 30th from 12pm-4pm.**

Once the course has been completed, the certification is valid for three years, and you may qualify for a 5% discount on your auto insurance.

Advance registration is required for both classes, and seating is limited.

Please call **Carol Patterson** at **(570) 588-3257** to sign up.



DEMENTIA Care & Caregivers FORUM

OCTOBER, 9th 2025 Shawnee Inn & Golf Resort



Morning Session 8:30-11:45
**DEMENTIA CARE ACROSS
THE HEALTHCARE SETTING**

*pending Continuing Education Unit (CEU) accreditation for professional bodies in PA including RN, Social Workers, PT, OT & Speech Therapy)

Lunch break on your own 11:45 -1:00



Afternoon Session 1:00-4:00
**NAVIGATING THE JOURNEY
OF DEMENTIA**
(for family and caregivers)

Presented by the Monroe County Dementia Coalition
and the Community Foundation of Monroe County

Featuring
Teepa Snow

MS, OTR/L, FAOTA

World
renowned
dementia
care
expert.



Founder of
Teepa Snow's
**Positive
Approach
to Care**



**Scan for
TICKETS**

\$20 per session
Save On Both
\$30 whole day
\$50 with CEUs

Veterans Appreciation & Informational Luncheon

Senator Rosemary Brown's office will have a **Veterans Appreciation & Informational Luncheon** to honor and support veterans and families of the 40th Senate District on **Sunday, November 16th at 11:30am** at **Trout Lake Retreats** (1100 Twin Lake Road in Stroudsburg). Veterans and their spouses (or a guest) are invited to attend. **Please RSVP by calling (570) 620-4326.**

Property Tax / Rent Rebate Deadline Extended

Income	Maximum Rebate
\$0 - \$8,270	\$1,000
\$8,271 - \$15,510	\$770
\$15,511 - \$18,610	\$460
\$18,611 - \$46,520	\$380

Homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate of up to \$1,000 on their paid taxes or rent. Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. The money issued is based on the applicant's annual income, which must have been \$46,520 or less in 2024.

The deadline has been extended to December 31st. Apply online on pa.gov, or request an application by calling or emailing the Aging Office at (570) 420-3735 or monroeaging@monroecountypa.gov.

Autumn Word Search

ACORN	N	A	Q	B	E	Q	X	A	P	P	L	E	U	E	G
APPLE	Q	P	X	N	W	W	T	W	Y	K	I	Y	I	W	L
CANDLE	N	L	W	A	Y	O	C	O	Z	Y	U	T	K	Q	C
COZY	E	C	F	J	D	R	O	X	G	Q	I	Y	V	A	F
FOOTBALL	E	R	C	A	A	C	O	R	N	Y	D	X	U	N	O
FOLIAGE	W	E	U	V	V	E	L	I	N	O	F	U	L	T	L
GOURD	O	T	B	P	R	R	X	E	I	C	O	Q	D	S	I
HALLOWEEN	L	A	T	I	F	A	Y	K	K	T	O	B	I	E	A
HARVEST	L	E	G	I	W	C	X	A	P	O	T	O	U	V	G
LEAVES	A	W	E	U	J	S	V	R	M	B	B	D	J	R	E
OCTOBER	H	S	S	S	Z	B	I	V	U	E	A	B	P	A	K
PUMPKIN	L	C	L	E	A	V	E	S	P	R	L	E	G	H	M
RAKE	S	V	I	Y	M	K	K	U	E	W	L	F	R	Z	B
SCARECROW	C	A	N	D	L	E	N	C	G	O	U	R	D	Y	P
SWEATER	K	Z	X	F	E	I	S	L	O	S	N	W	X	C	E

Monroe County Senior Centers

Our senior centers serve a midday meal and offer fun activities. There are opportunities to socialize, health-related classes, exercise programs, crafts, trips, and games—including BINGO!

Participants of Monroe County Senior Centers and volunteers from the Monroe Senior Volunteer Program are invited to attend a complimentary showing of *Some Like it Hot* at **Pocono Cinema & Cultural Center, 88 S. Courtland Street in East Stroudsburg on Tuesday, October 7th from 11am to 2pm.** Attendees will receive a voucher for a free concession combo (small popcorn and a drink). Those interested in attending the movie must RSVP by October 3rd with their center manager. Volunteers, please call or email Denise at (570) 420-3726 ddunkelberger@monroecountypa.gov.

On **October 24th**, we will be going to East Stroudsburg University's theater at **10am** for a showing of *Tartuffe*, a comedy by Moliere.

The Barrett Senior Center will be hosting an Open House & Costume Party on **October 31st** (more information on Page 2).

To attend these events, participants must be registered members of our centers; to sign up, call Mara at (570) 420-3743.

All centers will be closed on 10/13.

To see a more detailed activities calendar, visit our Facebook page. For meal reservations, call one day in advance by 10am (for JRC only, reserve by Sunday for Thursday). Lunch donation: \$1.50.

Loder Senior Center 62 Analomink Street East Stroudsburg, PA 18301 (570) 420-3745 Mon.-Fri. 9am-2pm Manager: Mara Cruz Aide: Michele Auster	Mountain Senior Center 354 Memorial Boulevard Tobyhanna, PA 18466 (570) 894-3272 x134 Tues. Thurs. Fri. 9am-2pm Manager: Barbara Schlegel	Barrett Senior Center 1200 Route 390, Room 17 Cresco, PA 18326 (570) 420-3735 Mon. Wed. Fri. 9am-2pm Manager: Joan Marie Hess-Tyminski
Chestnuthill Senior Center 1919 Route 209 Brodheadsville, PA 18322 (570) 242-6770 Wed. & Fri. 9am-2pm Manager: Donna Riedel	The Bookmobile visits the Loder Senior Center every other Thursday at noon! (10/2, 10/16, & 10/30)	Jewish Resource Center 1210 North 5th Street Stroudsburg, PA 18360 (570) 517-0815 Thursdays 10am-3pm Manager: Maggie Augugliaro

WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS: Acrylic Paints, Adult Coloring Books, Blank Canvases, Glue Guns & Glue Sticks, Holiday Decorations, Paperware & Party Goods

Please note: these are the ONLY donations we are accepting at this time.

Thank you!

Health & Wellness Calendar for October 2025

All programs are open to the public. For further information on any programs and to make necessary reservations, call (570) 420-3746.

Blood Pressure Screenings

Chestnuthill Senior Center: Wed., 10/1 at 10am

Barrett Senior Center: Fri., 10/3 at 9:30am

Mountain Senior Center: Fri., 10/3 at 10:30am

Loder Senior Center: Mon., 10/6 at 10am

(Screenings will be provided by Brookmont Healthcare Center.)

Arthritis Foundation Exercise Class

Instructor: Debbie Lang, Pocono Family YMCA

Strengthen your muscles and increase your range of motion and flexibility. An ideal class for the first-time exerciser or those who have arthritis.

Mountain Senior Center: Tuesdays, 10am-11am

Barrett Senior Center: Wednesdays, 10am-11am

Loder Senior Center: Thursdays, 10am-11am

Pennsylvania Medicare Education and Decision Insight (PA MEDI)

PA MEDI is the State Health Insurance Assistance Program. If you would like an appointment with PA MEDI for your Medicare concerns, please call the Aging Office at (570) 420-3735. Appointments are available at the Loder Senior Center, by telephone, or virtually. **Please see additional information about Open Enrollment on Page 1.**

Zumba® Gold - Seated

Instructor: Lisa D'Arrigo, Pocono Family YMCA

Ideal for individuals with mobility or balance issues, this class features easy-to-follow Zumba® choreography adapted for chair exercise.

Loder Senior Center:

Mondays at 10:30am

Mountain Senior Center:

Fridays at 1pm

Barrett Senior Center:

Oct. 10th & 24th at 9:30am

Chestnuthill Senior Center:

Oct. 8th & 22nd at 1pm

Exercise with YouTube!

Loder Senior Center and Chestnuthill Senior Center both offer varied classes in which participants watch and follow online exercise videos in a group setting. Examples of classes offered include Zumba and Walking in Place. Call the Loder Senior Center at (570) 420-3745 or the Chestnuthill Senior Center at (570) 242-6770 to find out what days/times/classes will be offered that week!



Want to Save on Medicare Costs? PA MEDI can help!



Pennsylvania
Medicare Education
and Decision Insight

If you have limited income and resources, you may qualify for
Extra Help and/or Medicare Savings Programs.

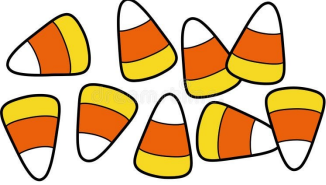
Call today!

PA MEDI Helpline 1-800-783-7067
or your local Area Agency on Aging at (570) 420-3735.



SHARE Housing is an affordable housing choice that brings together home hosts who want to share their home with home seekers who are looking for housing in exchange for assistance with living expenses, help around the house, or a combination of both. Participants must be at least 18 years of age, and one of the individuals in the match must be over 60. Contact Kelly Foley at (570) 832-0538.

Senior Center Menu for October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10/1/25	10/2/25	10/3/25
		Unstuffed Chicken	Pork Loin Milanese	Beer Battered Fish
		Turkey Salad	Chicken Caesar Salad	Tuna Salad
10/6/25	10/7/25	10/8/25	10/9/25	10/10/25
Beef Tips with Gravy over Egg Noodles	Ham & Cheddar Scrambled Eggs	Rosemary Garlic Pork Loin	Chicken Scampi over Brown Rice	Baked Ziti
Italian Pasta Salad	Chicken Breast BLT	Taco Salad	Minced Ham Salad	Garden Salad
10/13/25	10/14/25	10/15/25	10/16/25	10/17/25
Closed for Columbus Day	Pasta Fagioli	Spaghetti & Meatballs	Turkey Pot Pie	Baked Fish Piccata over Brown Rice
	Chef Salad	Cran-Apple Chicken Salad	Roast Beef & Cheddar	Egg Salad
10/20/25	10/21/25	10/22/25	10/23/25	10/24/25
Pierogi with Onions	Turkey & Pumpkin Stew	Bruschetta Chicken	Roast Beef with Gravy	Cheesy Cheddar Tuna Bake
Ham & Relish Salad	Salami & Mozzarella	Turkey & Cheese	Pork & Relish	Spinach Salad
10/27/25	10/28/25	10/29/25	10/30/25	10/31/25
Salisbury Steak	Breaded Chicken Tenders	Sweet & Sour Pork over Brown Rice	Balsamic Chicken	French Toast Sticks
Chicken Salad	Turkey Salad	Roast Beef & Cheddar	Ham & Swiss Sandwich	Tuna Salad

Senior Prom

The Pocono Family YMCA is hosting their 24th Annual Senior Prom on **Sunday, November 9th from 1pm to 4pm**. This year's theme is Gone with the Wind.

For more information, contact the YMCA's Older Adult Coordinator, Deborah Lang, at (570) 421-2525 ext. 0124, or by emailing dlang@poconoyymca.org.



Active Aging Week

Active Aging Week takes place **October 6th through October 12th** this year. Founded in 2003, Active Aging Week is an international, annual weeklong campaign aimed at celebrating aging and challenging society's negative perceptions of aging by demonstrating that older adults can thrive in all aspects of life.

For some older adults, just getting out and about can present a challenge. Active Aging Week highlights the ways in which someone can participate in simple exercise; there is something for everyone!

If you are looking for opportunities to improve your health and wellness, consider the programs listed on Page 8.



needs volunteers!

MSVP is a volunteer program under the Monroe County Area Agency on Aging that invites individuals ages 55 and over to use their life experience and skills by answering the call of their neighbors in need. The program's goal is to keep seniors active and thriving while serving others.

Volunteers choose the service opportunities that best fit their passions, goals, and lifestyles. Currently, MSVP partners with 80+ organizations throughout Monroe County.

Opportunities include:

- Grocery shopping & delivery
- Medical transportation
- Friendly visitor/phone pal
- Veteran and military family programs
- School programs
- Clerical/office help
- PA MEDI (health insurance counseling)
- Personal care/nursing home visits
- ...and more!

Give our office a call to learn more about how you can impact your community. We look forward to hearing from you.

Monroe Senior Volunteer Program

62 Analomink Street
East Stroudsburg, PA 18301
(570) 420-3747

ngallagher@monroecountypa.gov

Those interested in receiving any of the above services must call the Monroe County Area Agency on Aging for a required referral: (570) 420-3735.



Above: We enjoyed watching *The Naked Gun* at the Stroud Mall movie theater!

Below: Chestnuthill Senior Center attendees dancing



Meet Your Local Area Agency on Aging Team

Tatiana Chaplar is the Intake, Referral, & Assessment Supervisor at the Aging Office. She started working for the agency in 2015 on Halloween as a Care Manager. She was promoted to her current position in 2020.

Tatiana

What do you like most about what you do?

"Getting older or having a relative that is older and needs assistance can be distressing, especially during troublesome times. There are a lot of services or avenues that one doesn't know about until they are presented with these challenges, which can be overwhelming. I enjoy explaining and assisting individuals that do not know what we offer and educate them on what it is that we do and how we are able to assist them or navigate them in the right direction. Making someone smile and seeing/hearing their gratitude that you've made a difference is what this job and life is all about."

What do you do outside of work, and what would you like people to know about you?

"I am a mom to four energetic boys, which is by far my greatest accomplishment and the best title to be bestowed. I enjoy spending as much time with my family as I can. I'm lucky that my parents live close to us. I do my best to be mindful in my everyday interactions with them and take time to savor and cherish each moment of these fleeting years. I love renovating my home, refurbishing furniture, or building things. I love how your vision and artistic creativity can transform your space into something truly special."

We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social, and emotional wellbeing of older adults by providing services that empower them 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.

*Thank you
for your
generous
donations!*

Donation Coupon

Make your donation payable to: **Support Services for Seniors**

Mail to: Monroe County Area Agency on Aging
724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Name: _____

Amount of Donation: \$ _____

Address: _____

May we print your name as a donor? Yes No Thank You!

In ☐ Honor or ☐ Memory of: _____



TIMING IS EVERYTHING!

**ISN'T IT ABOUT TIME YOU FOUND OUT WHAT
THE PA LINK CAN DO FOR YOU?**

**ARE YOU OVER 60 OR HAVE A DISABILITY OR
BOTH?**

**CONTACT THE PA LINK TO GET CONNECTED TO
RESOURCES IN YOUR COMMUNITY.**

1-800-753-8827

DON'T WASTE ANOTHER MINUTE! CALL TODAY!



Support Groups

Dementia Caregiver

When: Sat., Oct. 18th, 10am-11:30am

Where: Hughes Library Boardroom
(1002 N. 9th Street in Stroudsburg)

When: Sat., Oct. 18th, 1:15pm-2:45pm

Where: B.A.R.C.

(1200 Route 390 in Cresco)

Call Barbara: (570) 236-3380

Blindness & Visual Impairment

When: 1st Monday of the month, 10am

Where: Burnley Workshop

(4219 Manor Drive in Stroudsburg)

Call Sights for Hope: (570) 992-7787

Bereavement for Adults

When: Misc. Tuesdays, 10:30am-12pm

Where: Hughes Library

(1002 N. 9th Street in Stroudsburg)

Text Ruth: (570) 242-3536

Loss Support Group

When: 2nd & 4th Monday, 3pm-4pm

Where: Friendly Community Center

(1200 Route 390 in Cresco)

Call Marilyn: (570) 420-7164 (landline)

Grief Share

When: Sundays, 2pm-4pm

Where: Mount Eaton Church

(7277 Mount Eaton Rd. in Saylorsburg)

Call the church: (570) 992-7050

When: Varies; call first

Where: The Church of St. Luke

(818 Main Street in Stroudsburg)

Call the church: (570) 421-9097

When: Thursdays, 5:30pm-6pm

Where: Stroudsburg Wesleyan Church

(915 N. 5th Street in Stroudsburg)

Call the church: (570) 421-0750

Alzheimer's Support Group

When: 2nd Monday of month, 5:30pm

Where: Shawnee Ridge Comm. Center

(200 Jersey Lane in E. Stroudsburg)

Call Jennifer: (570) 517-9292

Parkinson's Support Group

When: 3rd Friday of the month, 12pm

Where: ESU, Monroe Hall, Room 113

Call Pam: (570) 422-3247



Recent birthdays celebrated
at the Loder Senior Center!



Local Government Officials

Monroe County Commissioners:

John D. Christy, David C. Parker, and Sharon S. Laverdure

<p>Maureen Madden (D) State Representative, District 115 2959 Route 611, Suite 105 Tannersville, PA 18372 TEL (570) 894-7905 FAX (570) 894-7906</p>	<p>Serving Barrett Township, Middle Smithfield Township (part, District West), Mount Pocono Borough, Paradise Township, Pocono Township, Price Township, and Stroud Township (part, Districts 02, 04, & 05)</p>
<p>Jack Rader, Jr. (R) State Representative, District 176 2785 Route 115, Suite 103, Effort, PA 18330 TEL (570) 620-4341 FAX (570) 620-4349</p>	<p>Serving Chestnuthill Township, Eldred Township, Hamilton Township, Jackson Township, Polk Township, Ross Township, Tobyhanna Township, and Tunkhannock Township</p>
<p>Tarah Probst (D) State Representative, District 189 18 South Ninth Street, Stroudsburg, PA 18360 TEL (570) 420-2850 FAX (570) 420-2854</p>	<p>Serving Delaware Water Gap Borough, East Stroudsburg Borough, Lehman Township, Middle Smithfield Township, Smithfield Township, and Stroud Township (part, Districts 01, 03, 06, & 07)</p>
<p>Rosemary M. Brown (R) State Senator, District 40 2398 Route 611, Suite 201, Scotrun, PA 18355 TEL (570) 620-4326</p>	<p>Serving Monroe County, Wayne County (part), and Lackawanna County (part)</p>
<p>Rob Bresnahan, Jr. (R) U.S. Congressman, 8th District 2398 Route 611, Suite 101, Scotrun, PA 18355 TEL (570) 534-6220</p>	<p>Ryan Mackenzie (R) U.S. Congressman, 7th District 1125 S. Cedar Crest Blvd., Suite 109, Allentown, PA 18103 TEL (484) 781-6000</p>

Thanks to our local representatives for their regular contributions of information to this newsletter!



SHARE Housing is an affordable housing choice that brings together home hosts who want to share their home with home seekers who are looking for housing in exchange for assistance with living expenses, help around the house, or a combination of both. Participants must be at least 18 years of age, and one of the individuals in the match must be over 60. Contact Kelly Foley at (570) 832-0538.

Solution to Senior Center Word Scramble in September's Newsletter
ACTIVITIES, COMMUNITY, WELLNESS, FRIENDS, HEALTH,
MEALS, BINGO, EXERCISE, OUTINGS, CRAFTS

SUPPORT SERVICES FOR SENIORS

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Stroudsburg, PA 18360

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(570) 420-3735 or email
abender@monroecountypa.gov
to unsubscribe!

THE MONROE COUNTY SENIORS' EXPRESS TIMES is published monthly by Support Services for Seniors and the Monroe County Area Agency on Aging. **Support Services for Seniors** is a 501(c)(3) charitable organization governed by an all-volunteer Board of Directors whose 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 wellbeing of older adults by providing 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 an emphasis on Aging issues; and to raise funds to support the objectives of the organization.

All editorial comments, requests, questions, or articles for submission should be addressed to: **Monroe County Area Agency on Aging, Attn: Alexandra Bender, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360**, or emailed to: **abender@monroecountypa.gov**.

If you are receiving this publication in error, changing your address, or if you would like to receive this publication electronically via email, please call the **Monroe County Area Agency on Aging** at **(570) 420-3735** or email **abender@monroecountypa.gov**.