

# **MONROE COUNTY**

## **AREA AGENCY ON AGING**



Our Mission:

To strengthen family life.

To assist individuals in attaining or maintaining independence and self care.

To protect adults in danger of neglect, abuse or exploitation

## **BENEFITS FOR SENIORS: 2023**

724 Phillips Street, Suite 102, Stroudsburg, PA 18360 TEL: (800) 498-0330 or (570) 420-3735  
FAX (570) 420-3734 • E-Mail: [monroeaging@monroecountypa.gov](mailto:monroeaging@monroecountypa.gov)  
[www.monroecountypa.gov/dept/aging/](http://www.monroecountypa.gov/dept/aging/)

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## **AFFORDABLE CARE ACT**    [www.HealthCare.gov](http://www.HealthCare.gov)

This comprehensive health care reform law was enacted in March 2010. The goal of the law is to make affordable health insurance available to more people. It provides individuals and families with subsidies that lower costs for households with incomes between 100% and 400% of the federal poverty rate.

No one plans to get sick or hurt, but most people need to get treated for an illness or injury at some point, and health coverage helps pay these costs. The health care law, also known as the Affordable Care Act, gives more control over your health care by offering new ways to get and pay for coverage, while also offering greater consumer protections.

The marketplace is not for people who already have health coverage, such as Medicare, Medicaid, TRICARE, or VA coverage, nor for people with employer coverage, except when the employer plan is considered “unaffordable” or “inadequate.”

If you do not have insurance you can check out the Health Insurance. Shop, compare health plans, and get your questions answered. The national toll-free center will answer your questions and direct you to the Marketplace in your state.

Call (800)318-2596 or visit [www.HealthCare.gov](http://www.HealthCare.gov). or [www.pennie.com](http://www.pennie.com)

## **AMERICORPS SENIORS RSVP**    [www.americorps.gov](http://www.americorps.gov)

AmeriCorps Seniors RSVP is America's largest volunteer network for people age 55 and over. AmeriCorps Seniors RSVP of Monroe County matches the talents, skills, and experiences of AmeriCorps Seniors RSVP volunteers with challenging and exciting volunteer opportunities at area non-profit agencies, schools, government offices, and other organizations.

AmeriCorps Seniors RSVP volunteers are building ramps, tutoring, visiting, grocery shopping, computing, knitting, serving, driving and much more. Volunteers choose to serve daily, weekly, monthly or as needed, always accommodating their own busy schedules.

AmeriCorps Seniors RSVP of Monroe County is sponsored locally by the Area Agency on Aging and the County Commissioners. As part of the National Senior Corps, under the Corporation for National and Community Service, AmeriCorps Seniors RSVP strives to improve lives, strengthen communities and foster civic engagement through service and volunteering. The AmeriCorps Seniors RSVP volunteer program is a nationwide program that invites adults age 55 and over to use their life experiences and skills to answer the call of their neighbors in need. AmeriCorps Seniors RSVP volunteers:

- Are over 55 years of age
- Enjoy working with others to solve community problems
- Are determined to stay active and involving in the community
- Want to make a difference

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## AMERICORPS SENIORS RSVP

(Continued from page 2)

For additional information and to Volunteer, contact:

AmeriCorps Seniors RSVP of Monroe County ~ 411 Main St., Stroudsburg, PA 18360

(570) 420-3747 ~E-mail: [ngallagher@monroecountypa.gov](mailto:ngallagher@monroecountypa.gov)

**ASSISTIVE TECHNOLOGY FOUNDATION OF PA** [www.patf.us](http://www.patf.us)

The assistive technology resource center helps individuals with disabilities and older Pennsylvanians acquire the assistive technology devices and services they need. PATF provides information, assistance about financial education for low-interest and 0% interest loans as well as other possible funding resources. Assistive devices may include such items as: Adapted Vehicles, Computers, IPads, Smart Home Technology, Adapted Sports Equipment, Hearing Aids, Home Modifications (ramps, showers, counter tops) Scooters, Wheelchairs, Seal Lift Chairs, Safety and Security Devices.

~Pennsylvania Assistive Technology Foundation~

(484) 674-0510 ~ email: [patf@patf.us](mailto:patf@patf.us)

## CAREGIVER SUPPORT PROGRAM

A caregiver is someone who regularly looks after a child, or an adult who is elderly, sick, or disabled. Caregivers often help with shopping, transportation, cooking, housework, money management, and personal skills, such as bathing, dressing, using the toilet, and walking. Providing care for another person can put stress on the caregiver, affecting their health, well-being, and relationships.

The Pennsylvania Caregiver Support Program aims to reduce stress on primary, informal, unpaid caregivers. The program supports individuals who care for a spouse, relative, or friend who requires assistance due to disease or disability.

The program also supports individuals age 55 and older caring for related children. The program provides coordinated support through an appointed care manager. Services may include caregiving assistance, education and counseling, and reimbursement for respite.

For more information, contact the Monroe Area Agency on Aging at:

(570) 420-3735 or toll free (800) 498-0330.



## **CHRONIC RENAL DISEASE PROGRAM (CRDP)**

The Chronic Renal Disease Program (CRDP) provides life-saving care and treatment for adults with end-stage renal disease. End-stage renal disease is a condition in which the kidneys no longer function normally. Usually in end-stage renal disease, the kidneys are functioning at less than 10 percent of their normal capacity. When this occurs, dialysis (a mechanical process that performs the kidney's work) or a kidney transplant is needed. Effective January 2023, coverage for immunosuppressive drugs beyond the 36 month period is provided. (Medicare Part B-ID). Please check with Medicare for the cost of this coverage.

· Dialysis Services	· Inpatient and Outpatient Service	· Medical Management	· Medications
· Renal Transplantation	· Home Dialysis Supplies & Equipment	· Limited Patient Transportation	

You are eligible to enroll in the CRDP and will remain eligible if:

· You have end-stage renal disease	· You are a US Citizen or legal alien	· You have lived in PA for at least 90 days before the date on your application, or you have shown that you plan to live permanently in the state.
· Your gross income for 2022 was less than \$44,168.00 for a family of 1	· Your gross income for 2022 was less than \$59,508.00 for a family of 2	

Enrollment Applications are available at the Medicare approved dialysis facility where the dialysis services are provided, or downloaded from <http://www.health.pa.gov>. Type in Chronic Renal Disease Program. Then print the application, complete by hand and return your application with required documents to:

Pennsylvania Department of Health

Eligibility Unit ~ P.O. Box 8811 ~ Harrisburg, PA 17105-8811

CRDP Customer Service Hotline: (800) 225-7223

## **DO NOT CALL LIST**

**1. National Do Not Call Registry**—Most telemarketers cannot call your telephone number if it is in the National Do Not Call Registry. You can register your home and mobile phone numbers for free. You can register for the federal no call registry online at [www.donotcall.gov](http://www.donotcall.gov) or by calling toll-free (888) 382-1222. (TTY: 1-866-290-4236)

**2. Pennsylvania Do Not Call List**—You can register for the Pennsylvania Do Not Call List by calling (888) 777-3406 or fill out an enrollment form at: <https://www.attorneygeneral.gov/submit-a-complaint/not-call-verification/>

## **DONATED DENTAL SERVICES**    [dentallifeline.org/pennsylvania/](http://dentallifeline.org/pennsylvania/)

Donated Dental Services volunteers provide comprehensive dental treatment to eligible patients who are elderly or permanently disabled. Major dental treatment, including oral surgery, periodontics, orthodontics, endodontics, prosthodontics. Volunteers do not provide emergency services.

Applicants need to meet financial guidelines, have no dental insurance, and have a major dental need. Applicants must lack adequate income to pay for dental care and have a permanent disability, are age 65 or older, or qualify as medically fragile.

Services are available depending on funding for each county. Due to lengthy wait lists in Monroe County, it is suggested that you call first before filling out an application as the dental services may be closed to new applications.

Dental Lifeline Network ~ P.O Box 205 ~ Newville, PA 17241

(844) 489-9446 ~ [www.DentalLifeline.org](http://www.DentalLifeline.org)

## **ELDER ABUSE**    **24 HOUR HOTLINE-800-490-8505**

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



## **FEDERAL INCOME TAX**    [www.irs.gov](http://www.irs.gov)

### **2023 Tax Filing (for tax year 2022)**

You're required to file a return for 2022 if you have a certain amount of gross income. Gross income requirements for each filing status are:

- Single filing status:** \$12,950 if under age 65, \$14,700 if age 65 or older
- Married filing jointly:** \$25,900 if both spouses under age 65, \$27,300 if one spouse under age 65 and one age 65 or older, \$28,700 if both spouses age 65 or older

Free assistance in completing Federal tax returns may be available for those 60 and over by volunteers from AARP. Information on the local availability of this service can be obtained by calling the Monroe County Area Agency on Aging at ~(570) 420-3735.

## **FOOD PANTRIES & COMMUNITY MEALS**

Within Monroe County, there are a variety of food pantries and Community Meal locations that provide food to those in need. Each food pantry and Community Meal location serves the residents in the area where they reside. To obtain a list of food pantries and Community Meals please contact Monroe County Area Agency on Aging ~ (570) 420-3735 or toll free at (800) 498-0330.

### **Second Harvest Food Bank Senior Food Box Program**

Second Harvest Food Banks distributes food through the Commodity Supplemental Food Program (CSFP), a federally-funded program that is designed to improve the health and nutrition of low-income senior citizens over 60. A supply of staple foods, provided by the USDA, are distributed once a month to registered participants. Registration is required at least two weeks prior to distribution. Please call the Salvation Army at ~(570) 421-3050 or visit ~ 226 Washington St., East Stroudsburg, PA 18301~

## **FOOD STAMPS / SNAP**      [www.dhs.gov](http://www.dhs.gov)

The Food Stamp Program is designed to increase the purchasing power of people with low incomes. They may also be used at Senior Citizen Nutrition Programs. For those over 60 years of age, income eligibility requirements are figured differently than for those under 60. Certain expenses are taken into account, which may reduce your income and make you eligible. For income eligibility please contact:

Pennsylvania Department of Human Services ~ (570) 424-3030

Monroe County Assistance Office ~ 1972 West Main Street, Suite 101 ~ Stroudsburg, PA 18360

## **HANDICAPPED PLACARDS & LICENSE PLATES**      [www.dmv.pa.gov](http://www.dmv.pa.gov)

The Pennsylvania Department of Transportation provides a free placard, or a license plate for \$11, to eligible disabled individuals, which is recognized throughout the state. To qualify, you must be a totally disabled veteran (the Veteran's Administration must certify the disability is service connected) or an individual who does not have full use of a leg or both legs, an arm or both arms, is blind, or has another disability. A physician or a police officer must verify the applicant's disability and the form needs to be notarized. Applications are available at Monroe County Area Agency on Aging.



## **HEAR PA EAST STROUDSBURG** [www.starkey.com/starkeycares](http://www.starkey.com/starkeycares)

Call (570) 476-6558 to make an appointment for a hearing test and to determine if you qualify for the Starkey Cares program. If you are a candidate for Starkey Cares, you will be given an online application to fill out. You will need an active email address to communicate with the Starkey Cares team. Once approved, you would pay a \$300 application fee and return to the office to be fit with hearing aids. The office will provide 5 free follow up appointments. After the 5 free appointments, there may be additional office visit fees and you would be responsible to pay for batteries. Hear PA East Stroudsburg is located at:

~400 Plaza Court, Suite B, East Stroudsburg, PA 18301~

## **HOUSING REPAIR LOAN & GRANT PROGRAM**

USDA Rural Development Housing & Community Facilities Programs provides loans to very-low-income homeowners to repair, improve or modernize their homes or GRANTS to elderly very-low-income homeowners to remove health and safety hazards.

To qualify, you must:

- Be the homeowner and occupy the house
- Be unable to obtain affordable credit elsewhere
- Have a family income below 50 percent of the area median income
- For grants, be age 62 or older and not be able to repay a Section 504 repair loan

Loans may be used to repair, improve or modernize homes or remove health and safety hazards. Grants can only be used to remove health and safety hazards.

For more information, contact ~ Tonya St. Clair, Area Specialist at ~ (484) 795-7614.

## **HUNTING AND FISHING LICENSES** [www.pgc.pa.gov](http://www.pgc.pa.gov)

Older Pennsylvanians may purchase yearly senior hunting and fishing licenses at reduced rates. Lifetime fishing licenses are available to residents 65 and over, as well as three-year (\$35.72) and five-year (\$58.22) senior fishing licenses. If you wish to fish for trout or salmon, you must also purchase a trout/salmon permit. (\$12.47) These permits are also available for multi-year purchase. If you purchased a senior lifetime license before January 1, 1991, you are not required to purchase a trout/salmon permit. Senior lifetime hunting licenses (\$76.97) are also available as well as a lifetime combination license that grants hunting, furtaker, archery and muzzleloader privileges.

NOTE: Free Fishing licenses are available for Pennsylvania veterans with 100% service-connected disabilities. Licenses may be obtained from a sporting goods store, county treasurer's office or:

- PA Game Commission ~ PO Box 67000, 200 Elmerton Ave, Harrisburg, PA 17110-9797 ~ (717) 787-425
- PA Fish and Boat Commission ~ 1601 Elmerton Ave, Harrisburg, PA 17106-7000 ~ (717) 705-7800

[www.fishandboat.com](http://www.fishandboat.com)

## **KINCONNECTOR HELPLINE**    [www.kinconnector.org](http://www.kinconnector.org)

KinConnector offers information, referral, and follow-up services to grandparents and other relatives raising children. KinConnector provides education, referral systems, via toll-free access, that link kinship caregivers, kinship support group facilitators, as well as other service providers. KinConnector promotes partnerships between public and private agencies, including schools, faith-based organizations, and relevant government agencies to promote services for families.

KinConnector can be reached by calling ~ (866) KIN-2111 (1-866-546-2111)

## **LGBTQ+ELDER HOTLINE**    [www.sageusa.org](http://www.sageusa.org)

SAGE, Advocacy & Services for LGBT Elders, is a national advocacy and services organization that's been looking out for LGBT elders since 1978.

The SAGE National LGBT Elder Hotline connects LGBT older people with responders who:

- Are certified in crisis response
- Offer support without judgement
- Answer questions factually and confidentially
- Provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs.

LGBT seniors are likely to live alone and feel isolated. The hotline provides connections to responders who are friendly, knowledgeable, and ready to listen.

The hotline is available 24 hours/day, 7 days/week with translations in 180 languages. If you are an LGBT elder or care for one, call:

SAGE hotline ~ (877) 360-5428 ~ [www.sageusa.org](http://www.sageusa.org)

## **LIBRARY FOR THE BLIND & PHYSICALLY HANDICAPPED**

[www.freelibrary.org/lbph](http://www.freelibrary.org/lbph)

The Free Library of Philadelphia's Library for the Blind and Physically Handicapped (LBPH) offers a wide variety of services for PA residents who have difficulty reading due to a physical impairment, a reading disability, or a vision challenge. Digital audio recording cartridges, braille, and large-print books and magazines are available for free through the mail. All services, including equipment, are offered free of charge, without fee such as postage or overdue charges.

Library for the Blind and Physically Handicapped ~ Free Library of Philadelphia

1500 Spring Garden Street, STE 230, Philadelphia, PA 19130 ~ [flpblind@freelibrary.org](mailto:flpblind@freelibrary.org) ~ (215) 683-3213

(800) 222-1754

## **LIFELINE TELEPHONE ASSISTANCE PROGRAM**

[www.lifelinesupport.org](http://www.lifelinesupport.org)

Lifeline is a federal program dedicated to making phone and internet service more affordable for low-income households.

The Lifeline Program is available to eligible low-income consumers in Pennsylvania who enroll. The Program provides a monthly discount on your telephone or internet service from your landline or wireless provider. The discount appears in the form of a reduction to the bill you pay your service provider. To enroll in the Lifeline Program, you must either have an income that is at or below 135 percent of the federal poverty guidelines or participate in one of the following assistance programs: • Medicaid • Supplemental Security Income (SSI) • Veteran's Pension • Federal Public Housing Assistance (FPHA) • Supplemental Nutrition Assistance Program (SNAP)

Contact your current telephone or Internet service provider and ask if they are a Lifeline Program provider. If they are, they can help you enroll. You can locate a Lifeline Program provider in your area of Pennsylvania by going to [www.lifelinesupport.org](http://www.lifelinesupport.org) or by calling:

Lifeline Support Center at ~ (800) 234-9473~7 days a week~ 9 a.m. - 9 p.m.

## **LIHEAP - LOW INCOME ENERGY ASSISTANCE PROGRAM**

The Pennsylvania Low Income Home Energy Assistance Program (LIHEAP) helps low income people pay their heating bills through home heating energy assistance grants and crisis grants. You need not have an unpaid bill to receive home heating energy assistance nor be on public assistance. No lien is placed on your property if you receive this help.

The LIHEAP Program begins on November 1, 2022 and ends on April 28, 2023. The LIHEAP Program is available through the Department of Human Services. To be eligible for this program, the following are the gross annual income guidelines:

\$20,385 for 1 person	\$27,465 for 2 people
\$34,545 for 3 people	\$41,625 for 4 people
(Each additional person add \$7,080)	

To apply for LIHEAP, you can apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us), request a paper application by calling the Statewide LIHEAP Hotline at (866) 857-7095, or by picking up a LIHEAP application at your local County Assistance Office. LIHEAP applications are also available at the Monroe County Area Agency on Aging.

## **MEDICAL ASSISTANCE**

[www.dhs.pa.gov](http://www.dhs.pa.gov)

Medical Assistance, also known as Medicaid, pays for health care services for eligible individuals. Eligibility is determined by evaluating the individual's and family's income and assets. The income guidelines vary depending on specific Medicaid programs.

Medicaid and Medicare are often confused -Medicare is the Federal Health Insurance described in the next section. Medicaid is available to low income people of any age.

Pennsylvania Department of Human Services ~ (570) 424-3030

Monroe County Assistance Office ~ 1972 West Main Street, Suite 101 ~ Stroudsburg, PA 18360

## **MEDICAL MARIJUANA PROGRAM**

[www.health.pa.gov](http://www.health.pa.gov)

The Pennsylvania Department of Health is in the process of implementing the state's Medical Marijuana Program, signed into law on April 17, 2016. When fully implemented, the Medical Marijuana Program will provide access to medical marijuana for patients with a serious medical condition through a safe and effective method of delivery that balances patient need for access to the latest treatments with patient care and safety. This guide will connect you with medical marijuana resources and information for patients and caregivers, growers and processors, dispensaries, physicians, and laboratories.

**Patients & Caregivers:** Under the law, Pennsylvania residents who have a serious medical condition as certified by an approved physician are considered medical marijuana patients. Patients register for an ID card and use that card to obtain medical marijuana at Pennsylvania dispensaries. Caregivers also are Pennsylvania residents and are designated by patients to deliver medical marijuana to them, obtained at a Pennsylvania dispensary. Caregivers register for an ID card and must complete a background check. The dispensary for Monroe County is:

Keystone Canna Remedies, 1523 N. 9 Street, Stroudsburg, PA 18360

(484) 408- 6122 ~ [www.keystonecannaremedies.com](http://www.keystonecannaremedies.com)



## **MEDICARE**    [www.medicare.gov](http://www.medicare.gov)

Medicare is a federal health insurance program which generally provides coverage to individuals who are 65 or older, younger people with disabilities, and people with End-Stage Renal Disease. Medicare is comprised of different parts to cover specific services:

- Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
- Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services. The Part B premium for 2023 is \$ 226./month.
- Part C, also known as Medicare Advantage plan, is an "all in one" alternative to Original Medicare. These "bundled" plans include Part A, Part B, and usually Part D.
- Part D adds prescription drug coverage.

Medicare does not pay all costs. Medicare Supplemental insurance plans, commonly called Medigap Insurance, can be purchased through private insurance companies. For questions regarding Medicare entitlement, contact:

Social Security Office ~ 9090 Franklin Hill Road, East Stroudsburg, PA 18301 ~ (888) 835-6169  
For more information about covered services or billing issues, contact Medicare at (800) 633-4227.

### **Healthy Horizons [www.dpw.state.pa.us](http://www.dpw.state.pa.us)**

Eligible persons may be eligible to receive help to pay their Medicare premiums. The Medical Assistance program (also referred to as Medicaid) includes a coverage plan designed to help elderly individuals or individuals with disabilities who are eligible for Medicare to pay some or all of the Medicare premiums. Individuals must meet income and resource limits. Income limits are based on a percentage of the Federal Poverty Income Guidelines (FPIG), which are revised annually. Healthy Horizons includes the following:

#### **Qualified Medicare Beneficiary (QMB) - Categorically Needy Program**

Also known as Health Horizons in Pennsylvania, individuals who qualify for these benefits are eligible for Medical Assistance payments of their Medicare Part A and Part B premiums and payment of Medicare deductibles and coinsurance. They are also eligible for medical coverage through the Medical Assistance program. Income and resource limits are as follows:

- Resource limit \$ 9,090, \$13,630 if married for full low-income subsidy.
- Resource limit \$ 15,160, \$30,240 if married for the partial low-income subsidy.

## **MEDICINE ASSISTANCE TOOL**    [www.mat.org](http://www.mat.org)

Pharmaceutical Research and Manufacturers of America (PhRMA) Medicine Assistance Tool (MAT) is a web platform designed to help patients, caregivers and health care providers learn more about the resources available through the various biopharmaceutical industry programs offered to those who need financial support due to their lack of insurance or inadequate prescription medicine coverage. MAT is not its own patient assistance program, but rather a search engine for many of the support programs and resources that the biopharmaceutical industry has been offering for decades.

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## **MEDICINE ASSISTANCE TOOL**

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MAT was created by PhRMA which represents the top innovative biopharmaceutical research companies. PhRMA works in partnership with health care providers, pharmacists, patient advocacy organizations and community groups in an ongoing effort that enables MAT to make it easier for those with financial need to access their prescription medicines. Learn more by visiting:

Medicine Assistance Tool ~ [www.mat.org](http://www.mat.org)

## **MENTAL HEALTH CRISIS INTERVENTION**

**Dial 988:** A Direct link for Suicide Prevention and Crisis Support ~ **Text PA to 741741**

Telephone crisis workers are available 24 hours a day, seven days a week to respond to mental health crises:

Monroe County Crisis Intervention Hotline Contact: (570) 992-0879 ~ (800) 849-1868 ~ TTY: (570) 420-1904

National Crisis Text Line: 741741

## **MUSEUMS FOR ALL**    [www.phmc.pa.gov](http://www.phmc.pa.gov)

Pennsylvania Historical & Museum Commission (PHMC) has joined other museums across the country in Museums for All. This program enables low-income families to explore Pennsylvania's rich history and culture by visiting participating state-owned museums for a minimal fee of \$2 per person with presentation of an Electronic Benefits Transfer (EBT) card and identification. This offer is good for general admission only and excludes special programs or events.

Visit [www.phmc.pa.gov](http://www.phmc.pa.gov) for additional information



## **NATIONAL PARKS & FEDERAL RECREATIONAL LANDS PASS**

America The Beautiful [www.nps.gov](http://www.nps.gov)

An \$80.00 Lifetime pass for free admission to Federal Parks, monuments and recreation areas administered by the Federal Government are available if you are 62 or older. There is a one-time processing fee of \$10.00. Annual passes for \$20 are also available.

At many sites the Senior Pass provides the pass owner a discount on Expanded Amenity Fees such as camping, swimming, boat launching, and guided tours.

Senior Passes are available from the local National Park Service Visitors' Centers in Kittatinny, Dingmans Falls, and Bushkill, and the Delaware Water Gap National Recreation Area Park Headquarters in Bushkill. For more information call or visit:

(888)-275-8747 ~ [www.nps.gov](http://www.nps.gov)



## **NORTH PENN LEGAL SERVICES**

[www.northpennlegal.org](http://www.northpennlegal.org)

The mission of North Penn Legal Services (NPLS) is to provide civil legal representation to low-income people and ensure equal access to justice for all. As a regional non-profit provider of civil legal aid for more than 40 years, NPLS offers assistance with civil legal problems.

10 N. 10th Street, Stroudsburg, PA, 18360 ~ (877) 953-4250

## **OPIOID ADDICTION IN THE ELDERLY**

Substance use disorder in older adults is a hidden and silent epidemic. Older patients suffering from chronic conditions like arthritis or back issues are prescribed OxyContin, Vicodin, Percocet and other opioids to relieve pain. These individuals can become more at risk for drug dependence or overdose. Symptoms of substance use disorder, such as increasing fatigue, diminishing memory, or balance problems, can be mistaken for depression or dementia. Also, older adults often take multiple medications for various reasons, and since kidney and liver function slow with age, the time drugs remain in one's system increases, making it harder to manage opioid medication effectively. If you or a loved one is in need of treatment or assistance, please call: (800) 662-HELP (4357) or contact your local Area Agency on Aging at (570) 420-3735

## **PACE/PACENET**    [www.agingpa.gov](http://www.agingpa.gov)

Pharmaceutical Assistance Contract for the Elderly program assists eligible seniors with payment for prescription medicines. Individuals must be 65 years or older, be a Pennsylvania resident for at least 60 days, and meet the income requirements below:

PACE	PACENET
Total 2022 Income for a SINGLE person was \$14,500 or less*	Total 2022 Income for a SINGLE person was between \$14,501 and \$33,500.*
Total 2022 combined Income for a MARRIED couple was \$17,700 or less*	Total 2022 combined Income for a MARRIED couple was between \$17,701 and \$41,500.*
Benefits: \$6.00 co-payment for generic and \$9.00 co-payment for brand name medications.	Benefits: \$8.00 co-payment for generic and \$15.00 co-payment for brand name medications.

\*Certain income sources & Medicare Part B premiums are NOT counted as income for PACE/PACENET purposes.

PACENET cardholders not enrolled in a Part D plan will pay a monthly deductible of \$41.08. This will be accumulative if not met each month. The deductible is paid at the pharmacy.

Paper applications are available at the Monroe County Area Agency on Aging.

For questions call PACE ~ (800)225-7223 ~ e-mail: [PACEcares@fhsc.com](mailto:PACEcares@fhsc.com)

Online enrollment available at: <https://pacecares.magellanhealth.com>



## **PENNSYLVANIA COMMISSION ON LGBTQ AFFAIRS**

The Pennsylvania Commission on LGBTQ Affairs was established by an Executive Order from Governor Tom Wolf in August 2018. Its goal is to advise the Governor and state agencies regarding policies, programs, and legislation that impact LGBTQ communities and to serve as a resourceful intermediary between LGNTQ communities and state government. It is composed of appointed commissioners from across the Commonwealth, each acting as a representative and advocate for LGBTQ communities.

For more information regarding the Governor's Commission on LGBTQ Affairs, please contact:

[www.LGBTQcommission@pa.gov](mailto:www.LGBTQcommission@pa.gov)

## **PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT** **(PA MEDI)**    [www.medicare.gov](http://www.medicare.gov)

PA MEDI offers free Medicare counseling to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

Medicare Open Enrollment takes place October 15—December 7 each year. During this time, Medicare beneficiaries can make changes to their Medicare health and prescription coverage for the following year. Coverage, costs, and medication formularies change annually, and, in most cases, this is the only time to make changes to health and prescription coverage.

To schedule an appointment with a PA MEDI counselor, contact:

Monroe County Area Agency on Aging ~ (570) 420-3735

## **PENNSYLVANIA STATE INCOME TAX**    [www.revenue.pa.gov](http://www.revenue.pa.gov)

Anyone who receives Pennsylvania taxable income over the amount of \$1.00 must file a Pennsylvania Personal Income Tax return—even if no tax is due with the return. In the State of Pennsylvania, pensions are non-taxable. Under certain circumstances, you may be eligible for tax forgiveness known as SP. Free assistance from the Pennsylvania Department of Revenue is available for senior citizens. For information on the local availability of this service, call the

Monroe County Area Agency on Aging ~ (570) 420-3735, or visit  
Internal Revenue Service ([www.irs.gov](http://www.irs.gov)) ~ AARP ([www.aarp.org](http://www.aarp.org))

## **PHOTO IDENTIFICATION CARD**    [www.dmv.state.pa.us](http://www.dmv.state.pa.us)

Pennsylvania residents can receive a non-driver photo ID card by completing form DL-54A “Application for Initial Photo Identification Card”. The photo ID card clearly indicates that it is NOT a Driver’s License. Cost for a four year ID is \$38.50. Individuals who have not had a Pennsylvania Driver’s License, a Social Security card, proof of identity, and residency is required at time of application. Forms are available at

The Monroe County Area Agency on Aging and at  
The Pennsylvania Department of Transportation ~ [www.dmv.state.pa.us](http://www.dmv.state.pa.us)

## **POCONO PET PANTRY**

[www.poconopetpantry.org](http://www.poconopetpantry.org)

A dedicated group of individuals who have been involved with animal rescue for years. Over time many people experience financial hardship that have had to make the difficult decision to surrender a beloved pet due to the inability to provide food for them. Pocono Pet Pantry feels that no one should have to surrender a pet because they can't afford to feed them. You must register as a client before pet food will be distributed to you. Animals must be spayed/neutered and you must reside in Monroe County. Food can be picked up in Mt. Pocono on the second Saturday of every month except April 2023, as the pantry will be closed. Please see all guidelines for assistance on web page. For more information contact:

[info@poconopetpantry.org](mailto:info@poconopetpantry.org) ~ (570) 269-7376

## **PROPERTY TAX/RENT REBATE**

[www.revenue.pa.gov](http://www.revenue.pa.gov)

Homeowners and renters, as well as some residents of personal care homes and nursing homes, may be eligible for a rebate on their paid taxes or rent.

· Individuals 65 or older OR widow/widower 50 years of age or over OR be permanently disabled and 18 years or older as of December 31, 2022 AND

· Have a gross income of less than \$35,000 for Homeowners or \$15,000 for Renters for the year 2022.

Seniors may exclude 50 percent of their Social Security and Railroad Retirement income in determining the eligibility income limit. All other income must be included from 2022 (interest, dividends, etc.) .

The maximum standard rebate is \$650 depending on income, but supplemental rebates for certain qualifying homeowners can boost rebates to \$975. The Department of Revenue automatically calculates supplemental rebates for qualifying homeowners. Applications for the Property Tax/Rent Rebate program will be available after February 1, 2022 at the Monroe County Area Agency on Aging.

Additional information and forms can be found at: [www.revenue.pa.gov](http://www.revenue.pa.gov).

## **REDEVELOPMENT AUTHORITY**

Rehabilitation of owner-occupied residences. Grants are available to bring home up to Section 8 Standards. Rehabilitation may include roofs, furnace, plumbing, and ramps, widen doorways for disabled, etc. Please contact the Redevelopment Authority for more information

Monroe County Redevelopment Authority ~ 701 Main Street ~

Stroudsburg, PA 18360 ~ (570) 421-4300



REDEVELOPMENT AUTHORITY

## **REDUCED VEHICLE REGISTRATION**

[www.dmv.pa.gov](http://www.dmv.pa.gov)

Pennsylvania Department of Transportation offers an annual discount on vehicle registration for eligible residents. The program provides qualified individuals to pay \$10 for a Pennsylvania car registration. To qualify, eligible applicants, regardless of age, must be retired and receiving Social Security, SSI payments, retirement benefits or other pensions and annuities. Income from other sources such as interest dividends, capital gains, business income, rental income, wages, public assistance, unemployment compensation, cash, gifts, life insurance and death benefits must be considered in calculating total income. The total income from all sources named above must not exceed \$19,200.00.

NOTE: Those who receive only unemployment compensation or public assistance or who are a student or other individual who is not retired do not qualify.

To be eligible for the retired status processing fee, the vehicle must be titled and registered in the person's name that meets the above qualifications. If the vehicle is registered jointly to two people, at least one of the registrants must meet the requirements above. The qualified person making the application for the reduced fee must be the principal driver of the vehicle unless physically or mentally incapable of driving. Only one vehicle per person may be registered for the \$10.00 processing fee. The application for the reduced registration fee must be sent along with the vehicle's registration renewal. Applications are available at the Monroe County Area Agency on Aging and online.

Pennsylvania Department of Transportation ~ [www.dmv.pa.gov](http://www.dmv.pa.gov)

## **SCHOOL DISTRICT BENEFITS**

**East Stroudsburg School District**—Residents of the district 55 years and older, bring proof of age to sporting events and school-sponsored functions for complementary tickets. For more information contact the district office: (570) 424-8500 extension 10102 and ask for Senior School Tax Rebate

**Pleasant Valley School District**—Residents of the district at least 65 years of age before October 1st, may receive a complimentary ticket that is good for activities offered by the Pleasant Valley Schools. Contact Lynn at the District Office at (570) 992-5712.

**Pocono Mountain School District**—Gold Card Club membership is available to school district seniors 60 years of age and over. This card entitles members to free admission to all home athletic events, student activities, Senior Prom, and a reduced rate to annual musicals. Call (570) 839-7121, Extension 111 for information.

**Stroudsburg School District**—District residents 55 years of age or older, may receive a Senior Citizen's Courtesy Pass to sport events and other school functions. Call the Athletic Office at (570) 421-1991, extension 4.

## **SCHOOL DISTRICT TAX REFUNDS**

Each Monroe County school district offers a rebate on school taxes. The rebate is in addition to the State Tax Rebate Program. The guidelines are similar to the State's Property Tax Refund but each district has some variation to the guidelines. (See below) Total income eligibility is for the year 2022.

The rebate is based on the balance of the school taxes not reimbursed under the state's Rebate program. Eligible individuals would receive the same percentage indicated on the state rebate up to the maximum allowed. Copies of paid school tax receipts must accompany applications.

**East Stroudsburg School District** — Income must be under \$35,000. Individuals applying for the District's rebate program must apply for and receive a rebate under the State program. You may file your Senior Citizen School Tax Rebate form for 2022 between the dates of **July 1, 2023 to October 31, 2023** (postmarked date). Mail Rebate Form with required documentation to:

East Stroudsburg Area School District  
ATTN: Senior Tax Coordinator  
50 Vine Street  
East Stroudsburg, PA 18301

**Pleasant Valley School District** – Your income must be \$35,000 or less. Applicant must be age 65 or older as of December 31, 2022, or a Claimant under age 65 with a Spouse age 65 or older as of December 31, 2022, or a Widow or Widower age 50 to 64 as of December 31, 2022, or Permanently Disabled age 18 to 64 during 2022. Must be filed after **February 1, 2023 and before June 30, 2023** at the Business Office. Please call Joyce at (570) 402-1000 ext. 1260. Maximum rebate is \$650.00.

**Pocono Mountain School District** – Income must be under \$35,000 for property owners. Applicant must be: over 65 years of age, or a Claimant under age 65 with a Spouse age 65 or older as of December 31, 2022, a widow or widower over 50 years of age, or permanently disabled. Apply between **March 1, 2023 and December 31, 2023**. Contact Tax Rebate Coordinator at (570) 839-7121 extension 10163 or [taxrebate@pmsd.org](mailto:taxrebate@pmsd.org). Mail Claim Form to:

Pocono Mountain School District  
Attention: Property Tax Rebates  
PO Box 200  
Swiftwater, PA 18370-0200

**Stroudsburg School District** – Your income must be under \$20,000. Claimant must be over 65 or under 65 with a Spouse age 65 or older, or be permanently disabled age 18 to 64. **Apply after February 1, 2023 and before June 30, 2023** at the Business Office. 123 Linden Street, Stroudsburg, PA Maximum rebate is \$500. For more information, please call Susan at (570) 421-1990 ext. 20332.

## **SENIORS' EXPRESS TIMES**

Local non-profit organization, Support Services for Seniors, publishes a monthly newsletter with current programs and valuable information for Seniors in Monroe County. To receive a paper or electronic copy of the Seniors' Express Times please call:

Monroe County Area Agency on Aging ~ (570) 420-3735 or toll free (800)-498-0330

## **SENIOR LAW HELPLINE**    [www.seniorlawcenter.org](http://www.seniorlawcenter.org)

The Senior Law Helpline is a free hotline offering legal information, advice and referral services to Pennsylvania Residents 60 years and older. This statewide service is available through the Senior Law Center based in Philadelphia. The Center serves thousands of seniors each year, including victims of elder abuse, financial exploitation, elders facing housing crises, homelessness, and grandparents raising grandchildren. The SeniorLaw Helpline is staffed by Attorneys between 10:00 AM and 12:00 PM, Monday through Thursday.

Call (877) 727-7529

## **SHARE HOUSING**    [www.aging.pa.gov/aging-services/housing](http://www.aging.pa.gov/aging-services/housing)

Share Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. SHARE participants must be at least 18 years of age and one of the individuals in the match must be over 60. For more information, please call (570) 420-3735.

## **SIGHTS FOR HOPE**    [www.sightsforhope.org](http://www.sightsforhope.org)

Sights for Hope is a United Way agency which helps service Monroe County's visually impaired and blind individuals. The agency provides free social services to enable impaired persons to live and function independently. These services include escorted transportation for essential needs such as doctor's visits, grocery shopping, and banking. Casework services include assistance with chores such as check writing, reading correspondence, labeling, and organizing household items. Support group sessions and life skill classes provide discussion on issues of vision loss and adaptive ways of handling household tasks and navigating in and outside of the home.

The agency also displays a low vision outlet which is open to the public and offers for sale low vision items such as talking watches and clocks, large numbered phones, magnifiers, and other useful items for the visually impaired. Sights for Hope offers limited free vision screenings for adults and children along with educational programs on eye safety, eye diseases and prevention of blindness.

Sights for Hope ~4215 Manor Drive, Stroudsburg, PA 18360 ~ (570) 992-7787

## **SOCIAL SECURITY**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

Social Security is the nation's basic method of providing a continuing income when family earnings are reduced or stopped because of retirement, disability or death. Monthly Social Security and Supplemental Security Income (SSI) had a 5.9% benefit increase in 2022. An individual may begin receiving Social Security retirement as early as 62 or as late as 70 years of age. A worker who becomes severely disabled before 65 may be eligible to receive Social Security Disability benefits. Certain family members can receive survivor's benefits a worker passes away.

Applications for benefits can be submitted up to 3 months prior to the planned retirement date. If you have any questions regarding Social Security, contact:

Social Security Administration ~ 9090 Franklin Hill Road, Ste 101 , E.ast Stroudsburg, PA 18301  
(800) 772-1213 or (888) 835-6169

## **SUPPLEMENTAL SECURITY INCOME (SSI)**

Supplemental Security Income (SSI) is a Federal program that provides monthly income to persons 65 or over, blind individuals, permanently disabled children, or adults with low income and assets.

	<b>Maximum Income</b>	<b>Asset Limits</b>
<b>Single</b>	\$914.00 and below*	\$2,000.00
<b>Married</b>	\$1,371.00 and below*	\$3,000.00
<b>Each Additional Person</b>	\$458.00	

\*Only pertains to unearned income (i.e. Social Security or VA benefits)

Working or self-employed individuals should contact the Social Security Office for specific eligibility requirement. An appointment is required for a claims interview. Contact the local Social Security Office for more information:

~9090 Franklin Hill Road, Suite 101 , East Stroudsburg, PA 18301  
(800) 772-1213 or (888) 835-6169

## **SUPPORT GROUPS**

\*All groups are free and open to the public\*

### **Alzheimer's / Dementia Disease Support Groups**

- Alzheimer's Hotline – (800) 272-3900 - 24 hours a day
- Alzheimer's Caregiver Support Group – Telephone-based support group through the Alzheimer's Foundation of America (AFA). To register call (866) 232-8484

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## **SUPPORT GROUPS**

*(continued from page 20)*

- Alzheimer's Disease Caregiver Support Group– This group meets virtually. You may go online to [alz.org/crf](http://alz.org/crf) and enter your zip code or call **1-800-272-3900 or 570-517-9292**. This group is capped at 10 participants per session.
- Alzheimer's Support Group- This program is free and open to the public. The group meets the second Monday of each month from 5:30 p.m.—6:30 p.m. at Shawnee Ridge, 200 Jersey Lane, East Stroudsburg, PA 18301  
Facilitator: Jennifer Kautz, CTRS, CDP, please call 570-517-9292 or email [bayer4@ptd.net](mailto:bayer4@ptd.net)

### **Dementia Support Group**

- Limited to Caregivers for people living with dementia. This group is 20 participants maximum and is held once a month at the Hughes Library, 1002 N. 9th St., Stroudsburg, PA~ Floor 2~ 10am-11:30am  
For dates please call (570) 236-3380 Facilitator: Barbara Van Nortwick, M.Ed, OTR/L, CDP

### **Bereavement Support Groups**

- Lehigh Valley Pocono Hospice Bereavement Support Group
  - Support groups are offered in small sizes, held virtually through WebEx video conferencing. Call (610) 402-7481 for more information.
- Bereavement Support Group for adults 18 and older
  - Third Tuesday of each month from 10:30am – 12:00pm at the Elks Club, 260 Washington Street, East Stroudsburg, PA 18301. Facilitator: Ruth Glatt, For more info contact (570) 242-3536 or [rglatt70@gmail.com](mailto:rglatt70@gmail.com)
- Grief Share
  - Every Sunday from 2:00pm – 4:00pm each month at Mount Eaton Church, 7277 Mount Eaton Road, Saylorsburg, PA 18353. Please call (570) 992-7050 for additional information
  - Every Wednesday from 2:00pm—4:00pm each month at The Church of St. Luke, 818 Main Street, Stroudsburg, PA. Registration Required, Please call (570) 421-9097
  - Every Thursday from 5:30pm—6:45pm each month at Stroudsburg Wesleyan Church, 915 N. 5th Street, Stroudsburg, PA. Meet in lower level classroom, Childcare is available. Please call (570) 421-0750 for more information.



# **TRANSPORTATION PROVIDED BY MCTA** [www.gomcta.com](http://www.gomcta.com)

## **TRANSIT CARD**

Pennsylvania residents 65 or older are eligible to receive a transit card, which entitles seniors to ride local transit buses at no cost during off-peak hours. Proof of age required (driver's license, birth certificate, etc.) when applying for the transit card. This program is made possible by Pennsylvania Lottery funds.

Transit cards are available at the Monroe County Transportation Authority,

Mailing Address ~ P.O. Box 339, Scotrun, PA, 18355 ~ (570) 839-6282

Physical Address ~ 134 MCTA Drive, Swiftwater, PA 18370

Transit Cards also available at:

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

## **SHARED RIDE**

The Shared Ride Program is for seniors who do not live near a local bus route. This program provides curbside transportation to Senior Citizens (over 65) for a reduced rate. Registration is required along with proof of age. Contact the

## **PERSONS WITH DISABILITIES (PWD)**

The Rural Transportation for Persons with Disabilities Program is a transportation service that reduces the fare for eligible persons with disabilities lending affordable and accessible transportation. Persons with disabilities between the ages of 18 and 64 may travel anywhere in Monroe County with this program. Individuals who live or travel within 3/4 of a mile from any MCTA fixed route, will be required to use ADA Fixed Route Program. The program can be used for various purposes such as medical appointments, shopping and employment to name a few. Some exclusions do apply.

For trips that stay within Monroe County, travel may be made during normal operating hours, Monday through Friday. If interested in applying for this program, request an application by calling:

(570) 839-6282 x.434

## **POCONO PONY PLUS**



This on-demand, curb-to-curb service allows anyone to request a shared ride using a smartphone app in two designated service areas in Monroe County. For \$2 per trip, you can book a ride from 6:30 a.m. to 6:30 p.m. Monday- Friday, and the app will provide confirmation of the trip or a message to adjust the request based on the availability of vehicles. Payment can be made by a credit card in the app or giving the exact cash fare to the driver. Drivers have all been vetted by MCTA for the safety of our passengers. All vehicles are ADA accessible and have a secure position for one wheelchair. Passengers with children under age 8 must supply and install the appropriate car seat or booster seat. The service runs in the Tri-Boro Connector area (Delaware Water Gap, East Stroudsburg, and Stroudsburg boroughs) and the Pocono Summit Connector area (Pocono Summit and Mount Pocono Borough). For more information or reserve a ride call (570) 839-6282.

## **TUITION WAIVER PROGRAM**

<https://www.esu.edu/admissions/undergraduate/senior-citizen.cfm>

Senior Citizens, sixty years of age or older and retired are invited and encouraged to enroll, at no expense, in the academic course offerings at East Stroudsburg University. This program exists to make educational opportunities available for enrichment, enjoyment, and intellectual stimulation.

The program is open to all legal residents of Pennsylvania age 60 or older who are retired and not presently engaged in any full-time employment. Enrollment is subject to availability of space.

Courses taken through this Program are provided for enrichment purposes only; a degree cannot be earned through the Senior Citizen Tuition Waiver Program. For more information contact:

Director of Admissions ~ East Stroudsburg University ~ (570) 422-3542

## **VETERANS BENEFITS and DISCOUNT PROGRAM** [www.va.gov](http://www.va.gov)

All VA benefits with certain exceptions provided to veterans and their dependents require a particular period of service separated by Honorable or General under Honorable Conditions. All other types of discharges are subject to review on a case-by-case basis prior to determining a veteran's eligibility for VA benefits. The most important and most common of the available benefits is compensation and wartime veterans pension. The pension benefit is income-based and compensation is based upon disabilities related to service.

The Monroe County Commissioners have instituted a "Veterans Discount Card Program" in Monroe County, PA. The card is free and may be used at select businesses within Monroe County.

For more information or to make an appointment, please contact the VA office. You can also view more information on the Monroe County website: [www.monroecountypa.gov/departments/veterans-affairs](http://www.monroecountypa.gov/departments/veterans-affairs)

Veteran Affairs ~ Monroe County Administration Office

One Quaker Plaza, Room 101 Stroudsburg, PA 18360 ~ (570) 517-3187



## **WARM LINE** [www.advocacyalliance.org](http://www.advocacyalliance.org)

The WARM LINE is not a hotline or a crisis line. It is a confidential, non-crisis, one-on-one telephone service that gives support by offering hope and encouragement to persons who have a mental illness who may be experiencing loneliness, have a problem they just need to talk about, and/or just want to hear a 'friendly voice'. It is staffed by trained individuals who have a mental illness, who are in recovery, and who understand. The WARM LINE is for persons who have a mental illness and who live in Carbon, Monroe, or Pike Counties. Funded by Carbon-Monroe- Pike Counties | MH/DS Program.

Hours of Operation: 6:00 PM to 10:00 PM ~ 7 Days a Week/365 Days a Year

Toll-Free: (866) 654-8114 ~ [www.theadvocacyalliance.org](http://www.theadvocacyalliance.org)

## **WEATHERIZATION**

The Weatherization Program provides homeowners and renters with free energy saving updates to their homes. Updates including; caulking, weather stripping, and insulation for hot water conservation, can save residents hundreds of dollars each year on heating and utility bills. Check with the Weatherization Program for information about furnace upgrades. The work must be done by the Weatherization Program's own crew. Household income limits for the program are:        One Person \$29,160, Two Persons \$39,440

Monroe County Weatherization Program ~ 701 Main Street, Suite 502, Stroudsburg, PA 18360

Contact (570) 421-4436 or (570) 619-6120 ~ email [weatherization@monroecountyda.org](mailto:weatherization@monroecountyda.org)



## **YELLOW DOT PROGRAM**

Pennsylvania's Yellow Dot Program was created to assist citizens in the "golden hour" of emergency care following a traffic accident when they may not be able to communicate their needs themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need.

The program is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging; the Pennsylvania State Police, the Pennsylvania Turnpike Commission and First Responders, and local law enforcement.

Participants complete a personal information form, which includes the participant's name, contact information, emergency contact information, medical history and medications, allergies and the participant's doctors' names. A photo – showing only the participant's head and shoulders – is then taped to the front of the completed information sheet.

Continued on page 25

## **YELLOW DOT PROGRAM**

*(Continued from page 24)*

The yellow dot decal provided in the program kit is placed in the lower left corner of the participant's vehicle's rear windshield. The decal should be no higher than 3 inches from the bottom of the windshield. This decal alerts first responders that vital information can be found in the vehicle. Place the completed information sheet, with the attached picture, into the Yellow Dot folder, and then place the folder into the vehicle's glove box.

For more information or for a PA Yellow Dot kit please call the

Monroe County Area Agency on Aging ~ (570) 420-3735 or toll free ~ (800) 498-0330



## **LICENSED PERSONAL CARE FACILITIES**

Bush's Personal Care Home  
Chestnut Ridge & Country View  
P.O. Box 327  
Kunkletown, PA 18058  
(610) 381-3713 or (800) 324-5797

Grace Park  
1170 West Main Street  
Stroudsburg, PA 18360  
(570) 424-8166

Fitzmaurice Community Services  
5 Elm Street (corner w/ Main)  
Stroudsburg, PA 18360  
(570) 424-6223

Gluko Lodge  
1127 Kemmertown Road  
Stroudsburg, PA 18360  
(570) 992-7270

Getz's Personal Care  
1026 Scenic Drive  
Kunkletown, PA 18058  
(570) 629-1334

Lakewood Retreat  
1482 Cherry Lane Road  
East Stroudsburg, PA  
(570) 421-7668

Spring Village at Pocono  
329 E. Brown Street  
E. Stroudsburg, PA 18301  
(570) 426-4000

## **NURSING HOMES IN MONROE COUNTY**

Brookmont Health Care Center  
510 Brookmont Drive  
Effort, PA 18330  
(610) 681-4070

Pleasant Valley Manor  
4227 Manor Drive  
Stroudsburg, PA 18360  
(570) 992-4172

The Gardens at Stroud  
221 E Brown Street  
East Stroudsburg, PA 18301  
(570) 421-6200

White Stone Care Center  
370 White Stone Corner Road  
Stroudsburg, PA 18360  
(570) 476-1600

## **OMBUDSMAN**

The Ombudsman Program includes an impartial evaluation and assistance in resolving complaints regarding the quality of care provided to consumers of long-term care and resident's rights.  
Monroe County Ombudsman: Melinda Rispoli (570) 344-7190~Fax (570) 344-2770

## **LOCAL GOVERNMENT OFFICIALS**

### **Monroe County Commissioners**

Sharon S. Laverdure, Chairperson

John R. Moyer, Vice Chairperson

John D. Christy, Commissioner

#### **Maureen Madden**

State Representative, District 115  
354 Memorial Blvd., Room 4  
Tobyhanna, PA 18466  
Phone: (570) 894-7905 Fax (570) 894-7906

Barrett Twp., Middle Smithfield Twp. (Part, District West), Mount Pocono Borough, Paradise Twp., Pocono Twp., Price Twp., Stroud Twp. (Part Districts 02, 04, 05)

#### **Jack Rader Jr.**

State Representative, District 176  
2785 Route 115, Suite 103  
Effort, PA 18330  
Phone: (570) 620-4341

Chestnuthill Twp., Eldred Twp., Hamilton Twp., Jackson Twp., Polk Twp., Ross Twp., Tobyhanna Twp., Tunkhannock Twp.

#### **Tarah Probst**

State Representative, District 189  
18 S. 9th Street  
Stroudsburg, PA 18360  
Phone: (570) 420-2850 Fax: (570) 420-2854

Delaware Water Gap Borough, East Stroudsburg Borough, Lehman Twp., Middle Smithfield Twp., Smithfield Twp., Stroudsburg, Stroud Twp. (Part Districts 01, 03, 06 and 07))

#### **Rosemary M. Brown**

State Senator, 40th District  
2398 Route 611, Suite 201  
Scotrun, PA 18355  
Phone: (570) 620-4326

Serving Monroe County and Wayne County (part) and Lackawanna County (part)

#### **Voter Registration Office**

1 Quaker Plaza, Room 105  
Stroudsburg, PA 18360  
(570) 517-3165

## **OTHER PHONE NUMBERS TO REMEMBER**

Carbon/Monroe/Pike MHDS	(570) 420-1900
Department of Health	(570) 424-3020
Eastern Monroe Public Library	(570) 421-0800
Flecha Latino Federation	(570) 291-7333
Housing Authority of Monroe County	(570) 421-7770
Legal Services	(570) 424-5338
Medicare	(800) 633-4227
Monroe County PA MEDI (formerly Apprise) Program	(570) 420-3735
Monroe County CareerLink	(570) 620-2850
Monroe County Courthouse	(570) 517-3400
Monroe County Meals on Wheels	(570) 424-8794
Monroe County Ombudsman	(570) 344-7190
Monroe County Public Assistance	(570) 424-3030
Monroe County Transportation Authority	(570) 839-6282
Monroe County Shared Ride Program	(570) 839-6282 x 434
PACE Cardholder Services	(800) 225-7223
Lehigh Valley Hospital Pocono	(570) 421-4000
Property Tax/Rent Rebate	(888) 222-9190
Redevelopment Authority	(570) 421-4300
Retired and Senior Volunteer Program	(570) 420-3747
Shared Ride Transportation	(570) 839-8210
St. Luke's Hospital Monroe Campus	(272) 212-1000
Salvation Army	(570) 421-3050
Social Security Administration	(800) 772-1213 or (888) 835-6169
United Way	(570) 517-3953
Veterans Affairs	(570) 517-3187



### **Monroe/ Pike/ Wayne County Pennsylvania**

Aging & Disabilities Resource Center (ADRC) a.k.a. LINK

A single point of entry into long-term supports & services for  
older adults and people with disabilities

## **“No Wrong Door System”**

Confidential Support and Services  
for Long-Term Living

### **CORE COMPONENTS OF ADRC**

- ⇒ Information, Referral, & Awareness
- ⇒ Person Centered Counseling & Assistance
- ⇒ Streamlined Eligibility Determination for Public Pro-grams
- ⇒ Person-Centered Transition Support
- ⇒ Consumer Populations, Partnerships, & Stakeholder Involvement
- ⇒ Quality Assurance & Continuous Improvement
- ⇒ Community Outreach & Education
- ⇒ Training
- ⇒ Partnership Development
- ⇒ Special Projects
- ⇒ Quality Assurance

PA LINK promotes a cross-age, cross-system network of partner agencies who collaborate to serve individuals who need home & community-based services & supports at any age.

For more information call (800) 753-8827  
Monday-Friday 9 AM—5PM

## Monroe County Area Agency on Aging has printed this brochure as a public service. The agency also provides direct services, including:

- ♦ Information & Referral      ♦ Elder Abuse Task Force      ♦ Caregiver Support Program
- ♦ Protective Services      ♦ Home Delivered Meals      ♦ Senior Centers
- ♦ Care Management      ♦ Pre-Admission Screening      ♦ SHARE Housing
- ♦ PA MEDI-Medicare Assistance      ♦ Seniors' Express Times      ♦ Senior Farmer's Market Voucher Program
- ♦ Personal Care/Home Support/Respite      ♦ Friendly Visitor      ♦ Health & Wellness

Call (570) 420-3735 for more information on the above services, or to make an appointment for assistance.

<https://www.monroecountypa.gov/departments/area-agency-on-aging>

### Senior Centers

In addition to providing a nutritious meal, centers offer social activities, a range of informative programs, creative arts, exercise, volunteer opportunities, community services, and other special events which are unique to individual centers.

#### **The Friendly Community Center**

6683 Route 191  
Cresco, PA 18326  
(570) 481-4330

**Manager: Tanya Lutin**

Meets Mon, Weds, Fri 9:00AM-2:00PM

#### **Jewish Resource Center of the Poconos**

1210 North Fifth Street  
Stroudsburg, PA 18360  
(570) 517-0815

**Manager: Maggie Augugliaro**

Meets Thurs. 10:00AM-3:00PM

#### **Mountain Senior Center**

354 Memorial Blvd  
Tobyhanna, PA 18466  
(570) 894-3272 ext. 134

**Manager: Elizabeth (Liz) Kenneally**

Meets Tues, Thurs, Fri 9:00AM-2:00PM

#### **Chestnuthill Senior Center**

Zion Lutheran Church Assembly Hall  
1919 Route 209  
Brodheads ville, PA 18322  
(570) 420-3735

**Manager: Donna Riedel**

Meets Weds & Fri 9:00AM-2:00PM

#### **Loder Senior Center**

62 Analomink Street  
East Stroudsburg, PA 18301  
(570) 420-3745

**Manager: Mara Cruz**

Meets Mon-Fri 9:00AM-2:00PM

Lunch reservations must be made by 11am the day before you want to attend. Suggested lunch donation is \$1.50.

The **MONROE COUNTY AREA AGENCY ON AGING** has compiled this booklet containing information on benefits currently available to eligible persons. Guidelines for programs are informational and are subject to change at any time.

The Monroe County Area Agency on Aging, staffed by professionals in the field of Aging, and with the guidance of the Pennsylvania Department of Aging, strives to improve the quality of life of Monroe County's older citizens through coordination of existing services and development of essential programs.

Governed by the Monroe County Commissioners, the agency's services to the elderly are continually reviewed by an Advisory Council composed of individuals who represent all areas of the county and who have a sincere interest in Aging affairs.



724 Phillips Street, Suite 102 ~ Stroudsburg, PA 18360

Business Hours: 8:00am – 4:30pm

Available 24hours a day for reports of Elder Abuse & Neglect

(570) 420-3735 or (800) 498-0330

[monroeaging@monroecountypa.gov](mailto:monroeaging@monroecountypa.gov)