

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 VIII

September 2025

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The Monroe County Area Agency on Aging office and all Senior Centers will be closed on Monday, 9/1 in observance of Labor Day.

Visit our website:



www.monroecountypa.gov/departments/area-agency-on-aging

Follow us on Facebook:



www.facebook.com/MCPAAAA

September is National Senior Center Month

Our senior centers are a vital part of our community. In the 2024/2025 fiscal year alone, we served nearly 6,400 meals and fed nearly 300 regular attendees. The centers have even more to offer than meals and bingo, though—they are places where seniors can learn to live healthy, active lives, socialize, and maybe even find some extra purpose. They are the hub of our health and wellness evidence-based programs.

Throughout Pennsylvania, senior centers have been closing or are at risk of closing due to a lack of funding. We are so fortunate in Monroe County to still have all of ours open. We oversee four and have a fifth in cooperation with the Jewish Resource Center (see Page 10 for their offerings).

We are excited to announce that Barbara Schlegel is the new manager at the Mountain Senior Center! Many of you know her from her involvement in MSVP and her participation in our events and classes. Welcome, Barbara! We are excited to have you on our team!

On Page 4, you will find our centers' activity plans for September, and on Page 6, we have our schedule of health and wellness programs. Zumba® Gold—Seated is being offered at four of our centers in September. A class on Medicare Fraud Prevention will be held at the Chestnuthill and Mountain centers (see Page 3).

On October 31st, Barrett Senior Center will celebrate its grand opening at the Barrett Administrative and Recreational Complex (BARC) — stay tuned for more about that in October's newsletter!

If you have hesitated to visit a senior center or ever wondered if it would be a nice place for you, please consider coming by to see what they are all about in honor of National Senior Center Month! Your attendance is vital to their remaining open and to our ability to provide the best we can offer.

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

Medicare Annual Open Enrollment

October 15th – December 7th

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 the **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 (**Appointments for the Annual Open Enrollment will be taken beginning September 15th.**) Call to reserve your appointment early. Appointments will likely be full by October 15th.



Have you picked up your farmers market vouchers?

If you have not yet applied for the Senior Farmers Market Nutrition Program (SFMNP), there is still time! The last day to apply and pick up vouchers will be September 30th.

The SFMNP provides \$25.00 in vouchers to eligible seniors to be redeemed at farmers markets throughout the county. To be eligible for the program, older adults must be 60 years of age or older (or turn 60 by 12/31/2025), reside in Monroe County, and have a gross income at or below \$28,953 for a single individual and \$39,128 for a married couple.

The Loder Center (62 Analomink Street, 2nd Floor, in East Stroudsburg) will continue to accept applications and give out vouchers until September 30th on Tuesdays from 10am to 12pm and on Wednesdays from 1pm to 3pm. We do not accept mailed applications.

If you are unable to go yourself, you can send somebody in your place with a proxy form signed by you and the person who will be picking up your vouchers. Proxy forms are available online, at the Aging Office, and at the Loder Center.

If you have vouchers already, please be sure to REDEEM THEM this season so we can receive them again next year! Contact MCTA if you need a ride to a farmers market: (570) 839-8210.

AARP Driver Safety Class in the Fall

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, 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.

Looking for something fun to do?

Pocono Township's

2nd Annual Food Truck Festival

Hosted by Pocono Township

When: Friday, 9/12, 5pm-10pm

Saturday, 9/13, 12pm-10pm

Sunday, 9/14, 12pm-4pm

Where: 112 Township Dr. in Tannersville

"This three-day celebration brings together a fantastic lineup of food trucks and local vendors serving up everything from savory dishes and sweet desserts to one-of-a-kind products and crafts."

All proceeds will benefit the Pocono Township Fire Company.

Harvestfest 2025

Hosted by Mount Pocono Association

When: Saturday, 9/20 at 10am

Where: Route 611 & Fairview Ave. in Mount Pocono

"Enjoy food, crafts, handmade clothing, jewelry, and gift items. There will also be children's activities, displays, education exhibits, and fun for all ages. This event will be held rain or shine."

Pocono Township's

1st Annual Car Show

Hosted by Pocono Township

When: Sunday, 9/21 at 11am

Where: 112 Township Dr. in Tannersville

"Classic cars, hot rods, muscle machines, custom builds, live music, delicious food, family fun, trophies, raffles, tricky tray, and more! Free admission for spectators!"

3rd Annual Public Safety Day

Hosted by Monroe County Office of Emergency Management & Monroe County Control Center

When: Saturday, 9/27, 11am-4pm

Where: 100 Gypsum Rd. in Stroudsburg

"Meet first responders, watch demonstrations, interact with Monroe County agencies, and so much more!"

Pickle Me Poconos Festival

When: Saturday, 10/4, 10am-5pm

Where: Crystal Street in East Stroudsburg

"Pickle-themed food and beverages, vendors, activities, and so much more!"

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!

In September, the Loder Senior Center will be hosting two all-center excursions:


On **September 19th**, join us for a picnic from **10am to 2pm** at **High Acres Park** (110 High Acres Drive in Canadensis). To get there, you will need to drive yourself or arrange transport with a friend or Shared Ride.

On **September 26th**, we will be visiting the **Steamtown National Historic Site**. Following a meal at 10:30am, a bus will pick up participants at the Mountain Senior Center at 11:30am. We will head home at 3pm.

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

All centers will be closed on 9/1.

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: Tanya Lutin
Independence Day at Loder Senior Center 	Chestnuthill Senior Center 1919 Route 209 Brodheadsville, PA 18322 (570) 242-6770 Wed. & Fri. 9am-2pm Manager: Donna Riedel	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

The Bookmobile
 visits the Loder
 Senior Center every
 other Thursday at
 noon! (9/4 & 9/18)

Property Tax / Rent Rebate Deadline Extended

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:

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

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.

Monroe County Walk to End Alzheimer's

With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope and action. The Alzheimer's Association is hosting a Walk to End Alzheimer's in our community. This is the world's largest fundraiser to fight the disease.

When: Saturday, September 6th
Registration is at 9am.
Opening Ceremony is at 10am.
Walk is at 10:30am.

Where: Northampton Community College,
2411 Route 715 in Tannersville
Register at act.alz.org/monroePA.
For questions, email dismith@alz.org.



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.

Health & Wellness Calendar for September 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

Barrett Senior Center: Mon., 9/15 at 10:30am

Loder Senior Center: Tues., 9/16 at 10:30am

Mountain Senior Center: Thurs., 9/18 at 10:30am

Chestnuthill Senior Center: Fri., 9/19 at 10:30am

(Screenings will be provided by Rachael Wydra, Behavioral Health Nurse Consultant, who will also be presenting about the importance of keeping your blood pressure under control—this month only!)

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

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, 10:30am -11am

In September only, Zumba® Gold - Seated will also be held at our other centers on the following days/times:

Barrett Senior Center: Sept. 12th & 26th at 9:30am

Chestnuthill Senior Center: Sept. 10th & 24th at 1pm

Mountain Senior Center: Sept. 12th, 19th, 26th, & Oct. 3rd 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!



SHARE
SHARED HOUSING AND
RESOURCE EXCHANGE

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.

Medicare Fraud Prevention Classes

The Center for Advocacy for the Rights and Interests of Elders (CARIE) is bringing a special 20-30 minute presentation on Medicare fraud awareness and prevention to our senior centers in September.

Instructor: Hope Jones-Packwood, PA Senior Medicare Patrol (SMP)

Chestnuthill Senior Center: Wednesday, Sept. 17th at 10:30am

Mountain Senior Center: Thursday, Sept. 25th at 10:30am

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!

Upcoming Events to Honor Veterans

On **September 13th from 10am to 1pm**, State Representative Maureen Madden's office is hosting a **Veterans' Expo** to connect veterans and their families with federal, state, and local resources. Her team will share information on government programs and services. The event will take place at **Northampton Community College's Pocono Campus, Pocono Hall, Community Room 108** (2411 Route 715 in Tannersville). For more information, call her office at (570) 894-7905.

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 9am** 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.**

Senior Center Menu for September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/1/25	9/2/25	9/3/25	9/4/25	9/5/25
Closed for Labor Day	Chicken Parmesan Pasta	Pork with Apple Gravy	Meatloaf	Italian Baked Fish over Brown Rice
	Turkey Salad	Chicken Breast Sandwich	Ham & Swiss	Garden Salad
9/8/25	9/9/25	9/10/25	9/11/25	9/12/25
Pork & Sauerkraut	Chicken Masala	Beef Fajita over Brown Rice	Chicken Carbonara Pasta	Broccoli Mac & Cheese
Chicken Salad	Italian Pasta Salad	Cobb Salad	Ham & Pickle Salad	Tuna Salad
9/15/25	9/16/25	9/17/25	9/18/25	9/19/25
Turkey Burger with Cheddar	Sausage & Peppers over Egg Noodles	Shepherd's Pie	Chicken Cacciatore	Veggie & Cheese Egg Bake
Roast Beef & Cheddar	Turkey & Cheese	Minced Ham Salad	Salami & Mozzarella	Spinach Salad
9/22/25	9/23/25	9/24/25	9/25/25	9/26/25
Pot Roast	Turkey & Bean Chili over Brown Rice	BBQ Pulled Pork	White BBQ Chicken Thigh	Lasagna Roll Up
Dilled Turkey Salad	Taco Salad	Harvest Chicken Salad	Cuban Sandwich	Egg Salad
9/29/25	9/30/25			
Turkey Tetrazzini	Asian Beef & Broccoli			
Pork & Relish Sandwich	Chicken BLT Sandwich			

Staying Safe in 2025

Things to Keep In Mind for Upcoming Reassessment

Monroe County has announced they will be conducting a countywide property reassessment. This will only take place on weekdays between 8:30am and 4:30pm. Assessors will wear Monroe County polos and official photo ID badges. If any individual claims to be a field assessor and attempts to enter a residence, contact local law enforcement immediately. Suspicious activity can also be reported to the Monroe County Assessment Office at (570) 517-3133.

Beware of Aging Office Impersonators

Recently, Pike County Area Agency on Aging was notified that a local senior received a phone call from a scammer impersonating an Aging staff member. The caller attempted to sign the senior up for an Emergency Response Button and requested their banking information. Please remember we would never call and ask for bank account information. Only those participating in consumer reimbursement programs with us would ever be asked to provide specific account information. Also, when an Aging staff member visits your home, ask to see an ID badge to confirm they work for the county.

Senior Center Month Word Scramble

IEITSAITVC

UMOCNTIYM

EELWLSSN

EFDRNSI

LTEHHA

MSAEL

IGNBO

SEEEICXR

SNTUOIG

RTSACF

(Solution will be in October's newsletter)

Meet Your Local Area Agency on Aging Team

Susan Pagano has worked at the Monroe County Area Agency on Aging for twelve years. She started in July 2013 as a Clerk Typist. She later moved into the Fiscal unit, holding the position of Fiscal Technician before taking on her current role as an Administrative Officer I.

Susan is responsible for the agency's accounts payable, dealing with vendors and our consumers. She works closely with the Fiscal Officer on internal audits and expenditures. She is also our Civil Service liaison, collaborating with Civil Service and Human Resources throughout the hiring process. She enjoys that her job involves so many different areas, allowing her to interact with a variety of people.

Susan is helpful to everyone at the agency and the seniors we serve. Her dedication to ensuring our consumers get reimbursed in a timely manner goes above and beyond expectations. From her work in Fiscal to her involvement in employee recruitment, there is no doubt she is an asset to the entire agency.

Susan enjoys reading, traveling, cooking, and taking care of her cat, Ellie.



Susan



Our seniors enjoyed an exciting day out at the Mount Airy Casino on July 29th!



Weekly Programs Offered by the Jewish Resource Center of the Poconos

The Jewish Resource Center of the Poconos is a community center located at 1210 N. 5th Street in Stroudsburg, and they are currently offering the following programs:

Mondays: Nostalgic Recipes with Sally Fineman from 10am to 12pm

Tuesdays: Movement and Creative Writing with Megan from 10am to 12pm **OR**
Garden Tours at Bryant Park with Ellen Phraner from 10am to 12pm

Wednesdays: Wellness Circle with Alla Leybinsky from 10am to 11am
Zumba Gold with Amanda from 11am to 12pm
Say it with a Smile—Yiddish with Bernie from 12pm to 12:30pm

Thursdays: Chair Yoga from 11am to 12pm
The Lunch Club from 12pm to 1pm
Mahjong from 1pm to 3pm

Please reserve with Maggie by calling (570) 517-0815 or by emailing maggie@poconojrc.org.

Support Groups

Dementia Caregiver

When: Sat., July 26th, 10am-11:30am

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

When: Sat., July 26th, 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

Bereavement

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

Where: Friendly Community Center

(1200 Route 390, Rm. 30 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

SilverSneakers Programs in Monroe County

SilverSneakers® is a fitness program for seniors 65+ who have Medicare (either a Medicare Advantage plan that includes SilverSneakers benefits or original Medicare with a Medigap plan that includes SilverSneakers). Some affiliated locations in Monroe County include:

- Pocono Family YMCA in Stroudsburg: (570) 421-3711
- The Body Shop Training Center in Brodheadsville: (570) 872-7560
- Muscle Inc. in Stroudsburg: (570) 424-5530
- Forever Fitness F2 in Pocono Manor: (570) 606-3489
- The Compound in Stroudsburg: (219) 242-4780
- Retro Fitness in Stroudsburg: (570) 426-9000

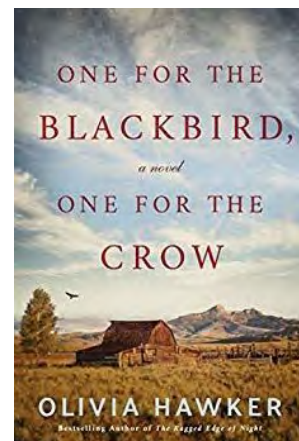
For more information, call one of the locations above, or visit their website:

www.silversneakers.com.

Reading Corner

One for the Blackbird, One for the Crow by Olivia Hawker

In 1870 Wyoming, two families living on the frontier are each other's only neighbors for miles, and they must rely on each other for survival. When one man dies and the other goes to jail, the women and their children have to fend for themselves. The two wives left behind, Cora and Nettie Mae, are forced to overcome their grief and their animosity towards each other to work together through the harsh winter. The story centers around themes of forgiveness, survival, and healing.





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!



Join Us

Conni's Cafe



September 18th 1-3pm

St. Paul's Lutheran Church

139 Craigs Meadow Road

East Stroudsburg, Pa 18301

Celebration Hall

The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementias and their Care Partner in a relaxed and friendly atmosphere.

**RSVP: Barbara Van Nortwick
570.236.3380**

It's a place to talk with others and to learn,
"You are not alone."



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 to
Robert Huffman,
Barbara Evans, &
Marilynn Rienzi
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: _____



Our seniors enjoyed a luau-themed picnic at The Roof in Cresco. Roy Ramos transported us to a tropical paradise with his Hawaiian music!



←
Buddha

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

SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

Return Service Requested

Non Profit Org
US Postage
Paid
Stroudsburg
PA
Permit No. 234

**Did you receive this in
error? Does this
recipient no longer live
at this address?**

Please call Alexandra at
(570) 420-3735 or email
abender@monroecountypa.gov
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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.

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