

# Monroe County Seniors' Express Times



Monroe County PA Area Agency on Aging

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**The Monroe County Area Agency on Aging office will be open until 12pm on Dec. 24th & 31st and closed all day Dec. 25th & Jan 1st. See Page 6 for Senior Center closures.**

Visit our website:



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

Follow us on Facebook:



[www.facebook.com/MCPAAAA](https://www.facebook.com/MCPAAAA)

## New Meal Selection at Senior Centers

We are excited to announce our new partnership with **Ryan's Deli**. This food provider will be serving the congregate lunches at our senior centers, taking the place of Monroe County Meals on Wheels. Ryan's Deli is based in Lords Valley, PA and has been serving the senior centers in Pike County since 2020. Their meals are prepared and packaged in a commercial kitchen prior to being delivered. They are only served hot, so there will no longer be a cold salad or light meal option. All meals are designed to be heart-healthy, with limited sodium.

In the fall, the Loder Senior Center took part in a pilot program during which a selection of Ryan's Deli's meals was introduced. The food received very positive feedback; participants enjoyed the quality, taste, freshness, and flavors.

As of now, the meals cost \$1.50 each, but we anticipate increasing the rate to \$2.50 in January. **Meal orders are placed each Wednesday for the following week. Be sure to call your senior center (phone numbers on Page 6) by this day to make a reservation.** If you miss the cutoff, please do not let that stop you from coming! We will try to keep a few extra meals at each center.

As we introduce the new menu across all our centers, our goal remains the same: to provide nutritious, well-balanced meals that our participants truly enjoy.

We would like to thank everyone who shared their feedback during the pilot phase, and we extend our appreciation to all our food service partners for their ongoing commitment to serving Monroe County's older adults with care and dedication. Your feedback helps us keep improving. We are grateful to all who shared their thoughts and appetites!

Stay tuned for more details and menu updates as we introduce these fresh new flavors across our centers!

**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](mailto:abender@monroecountypa.gov)**

## Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP helps income-eligible families pay their heating bills by issuing a grant that does not need to be repaid. The one-time payment is sent directly to the utility company or fuel provider, and it is credited on the bill (though, in some cases, the check may be mailed to the applicant directly). Cash grants range from \$200 to \$1,000 and are based on household size, income, and fuel type. LIHEAP also provides crisis grants for emergency situations—applicants can receive more than one crisis grant, as necessary, each season until the maximum benefit of \$1,000 is reached.

**Due to the federal government shutdown and lack of federal funding, the 2025-2026 LIHEAP season opening is delayed until December 3, 2025, contingent on availability of federal funding. If the federal government does not reopen or funding is not released to states, Pennsylvania will be unable to begin the normal LIHEAP season until funding is received. The LIHEAP season will open once the shutdown ends.**

### 2025-2026 LIHEAP Income Requirements:

<i>Household Size</i>	<i>Income Limit</i>
1	\$23,475
2	\$31,725
3	\$39,975
4	\$48,225
5	\$56,475
6	\$64,725

To apply, visit [www.compass.dhs.pa.gov](http://www.compass.dhs.pa.gov), or request an application by calling the LIHEAP hotline at 1-866-857-7095. You will need the names of everyone in your household, all dates of birth and SSNs, proof of income for all household members, and a recent heating bill.

### Last Chance to File for the 2024 Property Tax / Rent Rebate

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

**The deadline is December 31st.** Apply online on [pa.gov](http://pa.gov), or request an application by calling the Aging Office at (570) 420-3735.

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

### Food Assistance is Available in Monroe County

If you are in need of food assistance, there is help available! The **Pocono Mountains United Way** recently updated their list of programs, which has more than 40 resources available in Monroe County. To obtain a copy of their list, visit their website and scroll down:

[www.poconounitedway.org/get-help](http://www.poconounitedway.org/get-help); call their office at (570) 517-3953; or email [info@poconounitedway.org](mailto:info@poconounitedway.org). We also have copies available at the Aging Office.

The **Monroe Senior Volunteer Program (MSVP)** has volunteers that can grocery shop and deliver food to your residence. If you are interested in receiving this service, call (570) 420-3735.

A meal is available at our senior centers each day for only \$1.50. Please refer to **Page 6** for their schedules.

## Free Tech Support

Having trouble navigating your devices (cell phones, laptops, printers, etc.)? East Stroudsburg Area School District's Community Technology Outreach Program is made up of a dedicated group of tech-savvy students who are willing to work with community members to answer any technology-related questions. Once a month during the school year, students teach participants about common technologies and additionally offer one-on-one sessions for individualized assistance, encouraging attendees to bring their personal devices, moving them toward a better understanding of the tools they own and use.

**The dates of the next sessions are December 8th and February 9th.** To register, visit their webpage ([esasd.net/cto](http://esasd.net/cto)), or email [tech2.coaches@esasd.net](mailto:tech2.coaches@esasd.net) for more information. Those interested can also call Diana or Joe at (570) 424-8500, ext. 10615 or ext. 10616.

## Avoiding the Holiday Blues

Holidays are meant to be a time of joy, happiness, and fun. Unfortunately, stress, fatigue, and loneliness can make some dread the coming and/or passing of the holiday season. Even those looking forward to the holidays can end up feeling this way.

Here are some ways to keep from getting into a slump this winter:

- Connect with others—visit/call friends and family, and consider joining your local senior center (see Page 6)
- Keep holiday season expectations manageable and set realistic goals
- Enjoy free activities, such as driving to see decorations, window shopping, and watching holiday TV specials
- Be aware that excessive drinking will only increase depressive feelings
- Save time for yourself and share holiday responsibilities with others

## PA CareKit Introduced in Monroe County

As part of *Aging Our Way*, PA (Pennsylvania Department of Aging's ten-year plan), a dynamic, interactive, and comprehensive caregiver toolkit has been released: the **PA CareKit**. The PA CareKit addresses the key challenges faced by informal, unpaid caregivers and provides practical solutions and resources to support their entire caregiving journey.

On the PA CareKit's website, caregivers can take the **"Understanding Your Needs Quiz"** to receive custom recommendations and resources sent in PDF format via email. Individual printable worksheets that can help caregivers work through complicated tasks are also available. Visit [www.pa.gov/agencies/aging/pa-carekit](http://www.pa.gov/agencies/aging/pa-carekit).

State Rep. Maureen Madden (Chair of the PA House Aging and Older Adult Services Committee), Jason Kavulich (PA Secretary of Aging), Nathan Lampenfield (Special Assistant to the Secretary), and Mary Claire Megargle (Administrator of Monroe County Area Agency on Aging) held two local sessions in October to introduce the new resources to our community and answer the questions of those in attendance.

PA CareKit worksheets and booklets were delivered to the Aging Office and Monroe County libraries for distribution. **If you or somebody you know is interested in obtaining materials to help navigate the caregiving journey, visit us at 724 Phillips Street, Suite 102 in Stroudsburg, or call (570) 420-3735.** You can also check your local library.



## Meet Your Local Area Agency on Aging Team

Kacia Lawrence is our current intern at the Monroe County Area Agency on Aging. Her internship started on August 25, 2025 and ends on December 12th.

During her internship, Kacia made calls, scheduled visits, and helped case managers with anything they asked for help with. She also shadowed case managers to learn about what their work entails during visits and assessments.

Kacia most enjoyed meeting and speaking with our consumers:

"They are always encouraging and welcoming, especially after learning that I'm an intern. One of my most memorable experiences was meeting seniors at the Loder Senior Center. I spoke to two gentlemen and learned about their experiences during the Vietnam War. They were very happy to share their experiences and spoke of the past with much pride. It was a pleasure getting to know them and having the chance to hear their stories."

Shortly after her internship ends, Kacia will graduate from Pennsylvania State University. After her graduation, she plans on going into the workforce before applying for graduate school. "I believe in this way I will be better prepared, as time will allow me to figure out my path instead of jumping in and hoping for the best."

Kacia likes to spend time with her friends and family, try new places to eat or have fun, and watch movies.

We have enjoyed having Kacia on our team! Although her time with us was brief, her drive, curiosity, and creativity have made a positive impact on our office and on the seniors we serve. We wish her the very best!



*Kacia*



Each year, senior center attendees from all over the state are invited to make ornaments for the tree at the PA State Capitol Building in Harrisburg!



These are some of the seniors at the Chestnuthill Center hard at work on their creative designs.

## Looking for something fun to do?

### Pocono Township's

#### Magic Mistletoe Market

Hosted by Pocono Township

**When:** Saturday, 12/3, 11am-5pm

**Where:** 2658 Route 715 in Tannersville

"Shop local vendors and find the perfect holiday gifts; visit with Santa Claus and take photos to capture the magic; and enjoy festive treats, music, and cozy holiday vibes. Don't miss this magical community event!"

### Quiet Valley Old Time Christmas

**When:** Weekends of 12/6-12/7 and 12/13-12/14, 2:30pm-7pm; new tour every 15 mins

**Where:** Quiet Valley Living Historical Farm (347 Quiet Valley Road in Stroudsburg)

"Enjoy Christmas in the 1800s on candlelit guided tours of Quiet Valley."

**Cost:** \$18 adults; \$10 ages 3-12

### Holiday Craft & Vendor Fair

Hosted by PV High School Cheerleaders

**When:** Sunday, 12/7, 10am-3pm

**Where:** Pleasant Valley High School (98 Chestnut Lane in Brodheadsville)

"Come do some of your holiday shopping with lots of vendors and eat yummy food from the kitchen. The first 50 customers will receive a numbered ornament and can look for their matching ornaments. When you find your matching number, you'll get a present."

### Winter Wonderland

Hosted by Pocono Mtn. Harley-Davidson

**When:** Saturday, 12/20, 11am-4pm

**Where:** 110 Hill Motor Lodge Road in Tannersville

"Enjoy a festive afternoon filled with holiday cheer: a holiday craft market, complimentary hot cocoa & snacks, and free photos with Santa."

### Snowmen of Stroudsburg

Hosted by GO Collaborative

**When:** Every day through February 28th

**Where:** All around Stroudsburg

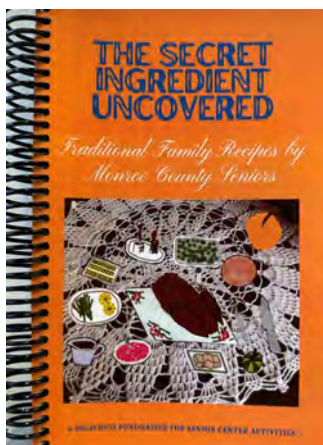
"The Snowmen of Stroudsburg is a fun and creative community event! Local artists showcase their talents by painting life-size snowmen, which are placed around Stroudsburg Borough, creating a winter wonderland for visitors to explore."

### Poconos Lights

**When:** All Thursdays-Sundays in December and every day between Christmas and New Year's Eve, 5pm-9pm

**Where:** Poconos Park (265 Tom Ridge Drive in Bushkill)

"Over one mile of holiday cheer! The sheer scale of our holiday light display is nothing short of awe-inspiring, and it's sure to fill your heart with the warmth and excitement of the season."



### Monroe County Senior Centers' Cookbook Fundraiser \$5/each

Visit the Monroe County Area Agency on Aging (724 Phillips St., Suite 102, Stroudsburg) or the Loder Senior Center (62 Analomink St., East Stroudsburg) to pick up your copy!

### Are you 55 years of age or older and good at spelling?

If you would like to participate in a spelling bee, please contact Alexandra by email at [abender@monroecountypa.gov](mailto:abender@monroecountypa.gov) or call the Aging Office at (570) 420-3735.

# 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!

On **December 2nd**, Kelly Gerencher from PennDOT will lead a Mature Driver presentation at **10:30am** at the Loder Senior Center.

The Office of Emergency Management is offering presentations on **Emergency Planning** from **9:30am to 11am on the following dates**: 12/4 at the Loder Senior Center, 12/9 at the Mountain Senior Center, 12/10 at the Chestnuthill Senior Center, and 12/11 at the Jewish Resource Center. **Please contact your Center Manager to register.**

Our all-center Christmas party will be on **December 12th** from **10am to 2pm**. There will be a performance of Christmas carols, door prizes, and even a visit from Santa! We look forward to seeing you there.

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

**All centers will be closed December 24th through 26th and December 31st through January 2nd.**

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.

<b>Loder Senior Center</b> 62 Analomink Street East Stroudsburg, PA 18301 (570) 420-3745 Mon.-Fri. 9am-2pm Manager: Mara Cruz Aide: Michele Auster	<b>Mountain Senior Center</b> 354 Memorial Boulevard Tobyhanna, PA 18466 (570) 894-3272 x134 Tues. Thurs. Fri. 9am-2pm Manager: Barbara Schlegel	<b>Barrett Senior Center</b> 1200 Route 390, Room 17 Cresco, PA 18326 (570) 420-3735 Mon. Wed. Fri. 9am-2pm Manager: Joan Marie Hess-Tyminski
<b>Chestnuthill Senior Center</b> 1919 Route 209 Brodheadsville, PA 18322 (570) 242-6770 Wed. & Fri. 9am-2pm Manager: Donna Riedel	<b>The Bookmobile visits the Loder Senior Center every other Thursday at noon! (12/11 is the only date in December)</b>	<b>Jewish Resource Center</b> 1210 North 5th Street Stroudsburg, PA 18360 (570) 517-0815 Thursdays 10am-3pm Manager: Maggie Augugliaro

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

**Please note: these are the ONLY donations we are accepting at this time. Thank you!**



# Health & Wellness Calendar for December 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

Blood pressure screenings will resume in January 2026. Happy Holidays!

## 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 at 10:30am

**Mountain Senior Center:** Fridays; see activity calendar on Facebook for time

**Barrett Senior Center & Chestnuthill Senior Center:** every other Friday; see activity calendars on Facebook for time

## Pennsylvania Medicare Education and Decision Insight (PA MEDI)

PA MEDI is the State Health Insurance Assistance Program. If you would like an appointment with PA MEDI for your Medicare concerns, please call the Aging Office at (570) 420-3735. Appointments are available at the Loder Senior Center, by telephone, or virtually. **Please see additional information about Open Enrollment on Page 8.**

## 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!

## Question of the Month

**Is there help available for me as a grandparent raising my grandchildren?**

*Michelle Clecchioster, Effort*

The Aging Office offers assistance for grandparents through the Caregiver Support Program (CSP). Grandparents and other older (55+) relative caregivers of children who are the primary caregivers for their grandchildren/relative children may be eligible to be reimbursed for day care, camps, seasonal clothing, school supplies, tutoring, and registration fees for school activities and sports. An assessment is completed to determine eligibility. For more information, call us at (570) 420-3735.

**Do you have a question? Send it to:**

**abender@monroecountypa.gov, or**

**MCAAA, Attn: Alexandra, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360**

## Open Enrollment Updates

*by Laura Pride, PA MEDI Coordinator*

Our office recognizes the stress and anxiety that Medicare beneficiaries go through each year during the Open Enrollment Period. Our appointments for this year are completely full, and we are not taking any more appointments before December 7th. This year, several plans in our area will go away as of December 31, 2025, and so those beneficiaries will need to enroll in a new plan for 2026. I would like to review some important points regarding Medicare enrollment periods. Please read the next few paragraphs carefully, as you might find that if you missed the Annual Open Enrollment Period, you may just have another chance to review and pick plans!

1. The Medicare Annual Open Enrollment Period runs from October 15th through December 7th each year. This is the time when Medicare beneficiaries can do the following:
  - a. Review and change Medicare Part D (prescription) plans.
  - b. Review and change Medicare Part C (Medicare Advantage) plans
  - c. Pick a Medicare Advantage (Part C) Plan if they are not currently in one.\*  
(\*Please Note: You do NOT need to have a Medicare Advantage Plan, especially if you have a supplement, known as a Medigap plan.)
  - d. Reminder for next year! Call to make your appointment for a Medicare Review on September 15th. We begin filling our schedule in advance, and it fills up fast!**
2. **If your Medicare Advantage Plan is ending on December 31, 2025, you may still be able to get an appointment with us between December 8th and December 31st to pick a new plan for January 1, 2026.**
3. **There is a Medicare Advantage Open Enrollment Period! From January 1st through March 31st each year, Medicare Beneficiaries who have Medicare Part C (a Medicare Advantage Plan) will be able to review their plan and make a change back to Original Medicare OR change to a new Medicare Advantage Plan. The catch to this is that you must already be in a Medicare Advantage Plan in January to participate in this Open Enrollment period.**
4. If you receive assistance like Medicaid, Medicare Savings Plan (when the state pays for your Medicare Part B premium), Extra Help (federal assistance paying for medications), or PACE/PACENET (PA's state pharmaceutical assistance), you may be able to change your plans more than once a year. Consequently, if you find out that you are losing one of these programs due to a change in your income, you will also be given another opportunity to change your Medicare plan.
5. If you are New to Medicare, you have 7 months in which to enroll in Medicare plans. The 7-month period includes the 3 months before your birthday month, your birthday month, and the 3 months after your birthday month.

**I would like to remind everyone that PA MEDI (Pennsylvania Medicare Education Decision and Insight) is a free service provided through the Department of Aging through our local Aging Office. If you are looking for assistance with your Medicare needs, please contact the Monroe County Aging Office at (570) 420-3735 and ask for a PA MEDI referral. We are here to help! Thank you.**





The Barrett Senior Center's Open House & Costume Party on Halloween was a big hit! Seniors got to taste-test a meal from Ryan's Deli and listen to live entertainment by SheilaMark Productions. Our seniors showed off their creative costumes and shared lots of laughter. Thank you to everyone who joined us for a festive afternoon!





## Support Groups

### Dementia Caregiver

**When:** Sat., Dec. 13th, 10am-11:30am

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

**When:** Sat., Dec. 13th, 1:15pm-2:45pm

**Where:** B.A.R.C.

(1200 Route 390 in Cresco)

**Call Barbara:** (570) 236-3380

### Blindness & Visual Impairment

**When:** 1st Monday of the month, 10am

**Where:** Burnley Workshop

(4219 Manor Drive in Stroudsburg)

**Call Sights for Hope:** (570) 992-7787

### Bereavement for Adults

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

**Where:** Hughes Library

(1002 N. 9th Street in Stroudsburg)

**Text Ruth:** (570) 242-3536

### Loss Support Group

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

**Where:** Friendly Community Center  
(1200 Route 390 in Cresco)

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

### Grief Share

**When:** Sundays, 2pm-4pm

**Where:** Mount Eaton Church

(7277 Mount Eaton Rd. in Saylorsburg)

**Call the church:** (570) 992-7050

**When:** Varies; call first

**Where:** The Church of St. Luke

(818 Main Street in Stroudsburg)

**Call the church:** (570) 421-9097

**When:** Thursdays, 5:30pm-6pm

**Where:** Stroudsburg Wesleyan Church

(915 N. 5th Street in Stroudsburg)

**Call the church:** (570) 421-0750

### Alzheimer's Support Group

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

**Where:** Shawnee Ridge Comm. Center

(200 Jersey Lane in E. Stroudsburg)

**Call Jennifer:** (570) 517-9292

### Parkinson's Support Group

**When:** Wed., Dec. 3rd at 1pm

**Where:** ESU, Monroe Hall, Room 119

**Email Elliott:** ecolon5@live.esu.edu

## 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  
from 10am to 12pm

**OR**

Garden Tours at Bryant Park  
from 10am to 12pm

**Wednesdays:** Wellness Circle from 10am to 11am  
Zumba Gold 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@poconoajrc.org](mailto:maggie@poconoajrc.org).*





On October 23rd, we hosted our annual Monroe Senior Volunteer Recognition Luncheon to honor the incredible individuals who give their time, energy, and hearts to help older adults across Monroe County!



## 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.

*Thank you for your generous donations:*

*Paul E. Ace in memory of Erwin R. Flynn  
(lifetime friend, SHS Class of '53, Semper Fi)*

*Bertha Mercurio*

*Frank J. Hall in memory of Ginny Stephens*

### 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: \_\_\_\_\_



## The History of Candy Canes

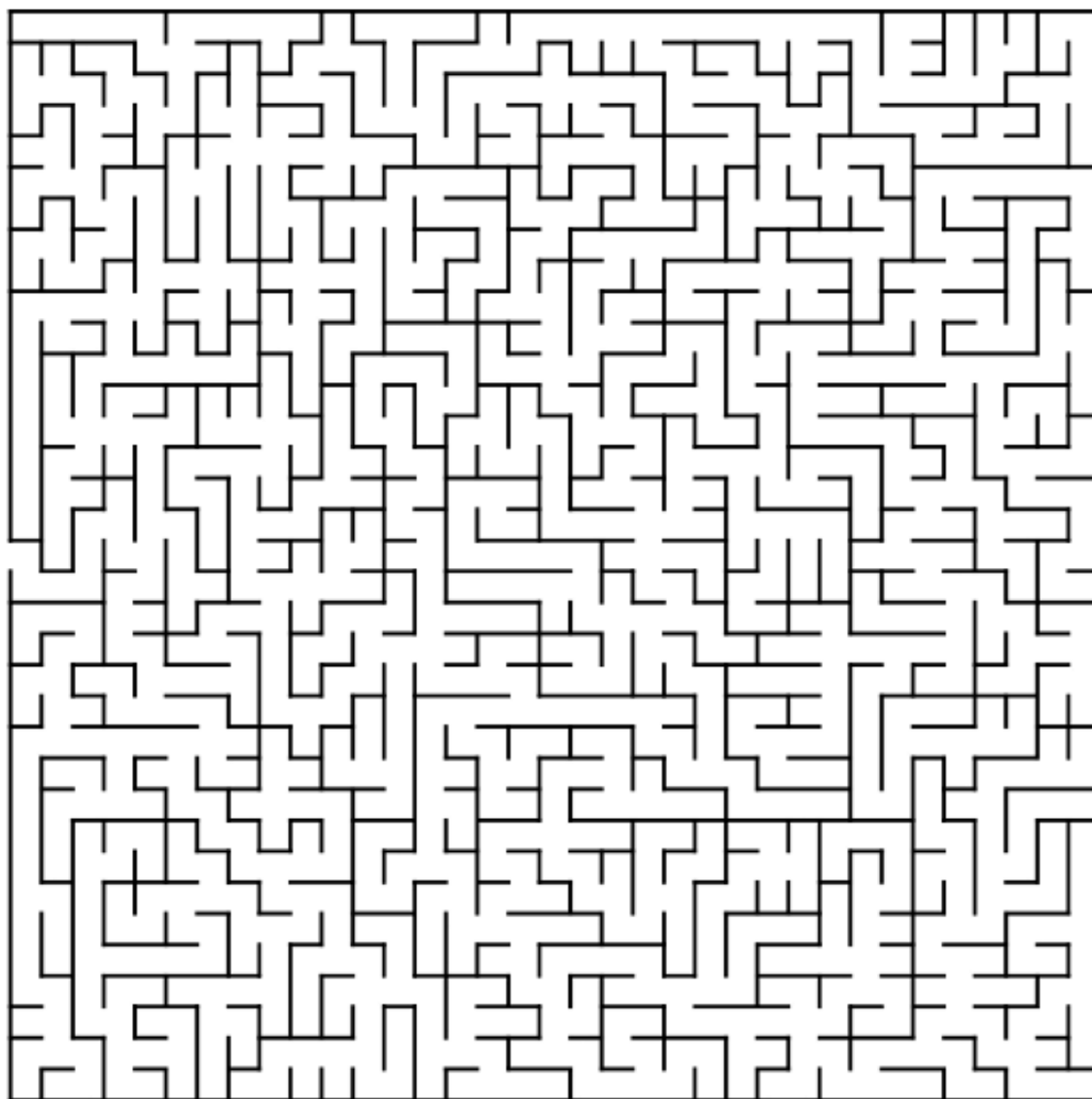
Candy canes have been around for hundreds of years. They started out as plain, white sugar sticks that were likely used in the 1600s as pacifiers. In 1844, the first recipe for these candy sticks was published, and a few years later, the sticks were first used to decorate Christmas trees. It wasn't until around 1900 that the red stripes and mint flavors were added.

Nobody knows for sure how candy canes started being shaped like shepherd's crooks, but one story is that a choirmaster in Germany asked a candymaker to shape the candy this way to keep children quiet during Christmas Mass. Due to their shape, candy canes were labor-intensive to make, fragile to ship, and therefore expensive, especially in the early 1900s. In the 1950s, Gregory Harding Keller invented the Keller Machine, which automatically turned straight candy sticks into candy canes, and made them more affordable.

Today, candy canes are a symbol of Christmas and continue to be enjoyed by all ages!



### Help the elf find his way home!



## Local Government Officials

### Monroe County Commissioners:

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

<p>Maureen Madden (D)  <b>State Representative, District 115</b>            2959 Route 611, Suite 105            Tannersville, PA 18372            TEL (570) 894-7905 FAX (570) 894-7906</p>	<p>Serving Barrett Township, Coolbaugh Township, Middle Smithfield Township (part, District West), Mount Pocono Borough, Paradise Township, Pocono Township, Price Township, and Stroud Township (part, Districts 02, 04, &amp; 05)</p>
<p>Jack Rader, Jr. (R)  <b>State Representative, District 176</b>            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)  <b>State Representative, District 189</b>            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, &amp; 07)</p>
<p>Rosemary M. Brown (R)  <b>State Senator, District 40</b>            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)  <b>U.S. Congressman, 8th District</b>            2398 Route 611, Suite 101, Scotrun, PA 18355            TEL (570) 534-6220</p>	<p>Ryan Mackenzie (R)  <b>U.S. Congressman, 7th District</b>            1125 S. Cedar Crest Blvd., Suite 109,            Allentown, PA 18103            TEL (484) 781-6000</p>

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



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



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



Pennsylvania  
**Medicare Education  
 and Decision Insight**

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

**Call today!**

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



**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  
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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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