

# Monroe County Seniors' Express Times



Monroe County PA Area Agency on Aging

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

(570) 420-3735

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May 2026

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**The Aging Office and all Senior Centers will be closed on Friday, 5/1 for a Staff Day and Monday, 5/25 for Memorial Day.**

Visit our website:



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

Follow us on Facebook:



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

## Adventure Awaits!

As spring transitions into summer, seniors should be informed of outdoor programs and benefits they are entitled to.

Older Pennsylvanians may purchase hunting and fishing licenses at reduced rates. Those interested can apply at [www.huntfish.pa.gov](http://www.huntfish.pa.gov).

The federal government administers Senior Lifetime Passes to Americans ages 65+ for admission to national parks, monuments, and recreational lands. The pass costs \$80 and allows park admission to the pass owner and their passengers in a non-commercial vehicle (max. 4 adults; children under 16 are free). At many sites, senior passes provide a discount on expanded amenity fees such as camping, swimming, boat launching, and guided tours. Passes can be purchased in-person at any federal recreation site or online at [store.usgs.gov/lifetime-senior-pass](http://store.usgs.gov/lifetime-senior-pass). For questions, call (888) 275-8747.

Admission is free for all ages to all 124 Pennsylvania state parks.

Many local parks and nature centers offer accessible hiking trails and senior-friendly nature programs.

Beginning Saturday, May 23rd, the Monroe County Transit Authority (MCTA) will open their River Runner program, a free shuttle that provides access to the Delaware Water Gap National Recreation Area's four PA river access points and numerous trailheads! To see their schedule, visit [www.gomcta.com/trip](http://www.gomcta.com/trip).

## Important Information about the 2026 Senior Farmers Market Nutrition Program

The application for this year's Senior Farmer's Market Nutrition Program will be in the June newsletter. Distribution starts on **Monday, June 8th**. Vouchers must be picked up in-person at one of the Community Sites and will NOT be mailed.

See Page 2 for more information about this year's program.

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)

## 2026 Senior Farmers Market Nutrition Program

Summer is right around the corner, and with the warm weather comes fresh fruits and vegetables! The Senior Farmers Market Nutrition Program (SFMNP) will be offered again this year in Monroe County. This program encourages older adults to eat more fresh, locally grown fruits and vegetables and is made possible through the PA Department of Agriculture’s Bureau of Food Assistance.

**SFMNP provides \$25.00 in vouchers to eligible seniors.** Please note: the Department of Agriculture, NOT the Monroe County Aging Office, sets the dollar amount of the vouchers. The Monroe County Aging Office will be administering the program beginning **Monday, June 8, 2026**, at various sites throughout the county. Please also note: **the vouchers will not be mailed and must be picked up in-person – no exceptions.**

The vouchers can be redeemed at farmers markets throughout the county **from June 1st through November 30th**. A list of farmers markets will be provided at the distribution sites.

Seniors **residing in Monroe County** who are **60 years of age or older** and who have a **gross income at or below \$29,526 for a single individual and \$40,034 for a married couple** are eligible to participate. **Proof of age and residency is required** (driver’s license, photo ID, etc.).

**If an eligible senior is unable to enroll in-person**, a representative can pick up their vouchers if they have a signed and completed proxy form.

You may only receive the vouchers once per season. The vouchers will be given on a first-come, first-serve basis.

Last summer, we distributed more than 6,195 vouchers to seniors in Monroe County, worth nearly \$30,000. The Aging Office worked with the Transit Authority (Pocono Pony) to make sure seniors could get to local farmers markets. We are happy to share that 85% of last year’s distributed vouchers were redeemed!

Seniors who are eligible, or their proxy, can pick up their vouchers on the following dates and times:

Date	Community Site	Time
Mon. 6/8	<b>Mountain Community Center</b> 354 Memorial Boulevard in Tobyhanna (use main entrance)	9am-12pm
Tues. 6/9	<b>Chestnuthill Senior Center</b> 1919 Route 209 in Brodheadsville	9am-12pm
Wed. 6/10	<b>Loder Senior Center</b> 62 Analomink Street in East Stroudsburg 18301	9am-12pm
Thurs. 6/11	<b>Knob Crest Apartments*</b>	9am- 10:30am
Thurs. 6/11	<b>Belmont Knoll Apartments*</b>	11am- 12:30pm
Fri. 6/12	<b>Shirley Futch Plaza*</b>	1pm-3pm
Mon. 6/15	<b>Whitestone Commons*</b>	1pm-3pm
Tues. 6/16	<b>Westgate Apartments*</b>	9am-11am
Tues. 6/16	<b>Avon Court*</b>	1pm-3pm
Wed. 6/17	<b>Wisteria Commons*</b>	9am-11am
Wed. 6/17	<b>Hamilton Manor*</b>	1pm-3pm
Thurs. 6/18	<b>Middle Smithfield Comm. Ctr.</b> 5200 Milford Road in East Stroudsburg 18302	9am-12pm

***\*Building residents only***

From June 24th through September 30th, vouchers will be distributed **on Wednesdays only** from 11am to 2pm at the Loder Center (2nd floor), 62 Analomink Street in East Stroudsburg.



## *Mountain Senior Center*

Our seniors celebrated St. Patrick's Day with an all-center party at the Chestnuthill Senior Center! DJ Manny from the Mountain Senior Center kept us moving and grooving. Our Mountain and Barrett Centers also had celebrations.



## *Chestnuthill Senior Center*



## *Barrett Senior Center*



# Support Groups

## Dementia Caregiver

**When:** Sat., May 16th, 10am-11:30am  
**Where:** Eastern Monroe Public Library  
 (1002 N. 9th St., 2nd Fl., Stroudsburg)

**When:** Sat., May 16th, 1:15pm-2:45pm  
**Where:** B.A.R.C.  
 (1200 Route 390, Room 29, in Cresco)  
**Call Barbara:** (570) 236-3380

## Alzheimer's Caregiver Group

**When:** 2nd Monday of month, 5:30pm  
**Where:** Shawnee Ridge Comm. Center  
 (200 Jersey Lane in E. Stroudsburg)  
**Call Jennifer:** (570) 517-9292

## Bereavement for Adults

**When:** Misc. Tuesdays, 10:30am-12pm  
**Where:** Hughes Library  
 (1002 N. 9th Street in Stroudsburg)  
**Text Ruth:** (570) 242-3536

## 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

## Grief Share

**When:** Varies; call first  
**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

## Loss Support Group

**When:** 2nd & 4th Mondays, 3pm-4pm  
**Where:** Friendly Community Center  
 (1200 Route 390, Room 30, in Cresco)  
**Call Marilyn:** (570) 420-7164 (landline)

## Parkinson's Support Group

**When:** Friday, 5/15, at 12pm  
**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, 10am-12pm

**Tuesdays:** 'Emotional Reset' Workshop, 10:30am-12:30pm

**Wednesdays:** Board Games, 10am-11am  
 Chair Zumba, 11am-12pm

**Thursdays:** Chair Yoga, 10:45am-11:45am  
 The Lunch Club, 12pm-1pm  
 Mahjong, 1pm-3pm

*Please reserve with Maggie by calling (570) 517-0815 or by emailing [maggie@poconojrc.org](mailto:maggie@poconojrc.org).*

Join Us



# Conni's Cafe



## May 21 1 to 3 pm

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.

St. Paul's Lutheran Church  
 139 Craigs Meadow Road  
 East Stroudsburg, Pa 18301

### Celebration Hall

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



**RSVP: Barbara Van Nortwick  
 570.236.3380**



## 28th Annual Senior Fitness Walk

The Annual Senior Fitness Walk is a free event hosted by the Pocono Family YMCA open to all Monroe County residents who are 55 years of age and older. The event is held at the Stroudsburg High School’s track. After the walk, participants will return to the YMCA for refreshments and door prizes. The first 70 registrants get a free t-shirt!

There will be some stretching and a warm-up before the walk starts. The goal is to go around the track four times (one mile), but participants may stop at any point.

**When:** Wednesday, May 13th (registration starts at 9am and walk starts at 10am)

**Where:** Stroudsburg High School, 1100 W. Main Street in Stroudsburg

To register, please contact Deborah Lang, the YMCA’s Active Older Adult Coordinator, at (570) 421-2525, ext. 0124, or email [dlang@poconoyymca.org](mailto:dlang@poconoyymca.org).

### *Save the Date!*

#### Senator Rosemary Brown’s Senior Expo

will be held on

**July 21, 2026, 9am-1pm**

**at Swiftwater Elementary Center  
135 Academic Drive in  
Swiftwater**

(more information in June’s issue)

### 2025 Property Tax/Rent Rebate Program

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 \$48,110 or less in 2025:

#### **2025 INCOME GUIDELINES**

Income	Maximum Rebate
\$0 - \$8,550	\$1,000
\$8,551 - \$16,040	\$770
\$16,041 - \$19,240	\$460
\$19,241 - \$48,110	\$380

### Assistance for Veterans



PA State Representative Jack Rader’s office hosts an American Legion service officer once a month who meets with veterans and their dependents by appointment only to discuss benefits and file claims. Veterans do not need to be a member of the American Legion to take advantage of this free service. Please call **(570) 643-7683** to schedule an appointment.

**Where:** Office of Representative Jack Rader  
Blakeslee Medical Prof. Complex  
395 Route 940, Suite 104  
Blakeslee, PA 18610

**When:** Fourth Tuesday of each month;  
appointments are required

**NOTE: Only half of your Social Security income is included in calculations.**

**The application deadline is June 30, 2026.**

You can apply online on [pa.gov](http://pa.gov), or you can request an application to be sent to you by calling or emailing the Aging Office:

(570) 420-3735

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

# 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 May, **State Representative and Chair of the House Committee on Aging Maureen Madden** will be visiting all centers to showcase the PA CareKit (a new caregiver toolkit that addresses key challenges faced by informal, unpaid caregivers) and present about scams on the following days at noon:

**Mountain Senior Center** – Thursday, May 7th

**Barrett Senior Center** – Monday, May 11th

**Loder Senior Center** – Tuesday, May 12th

**Chestnuthill Senior Center**- Wednesday, May 13th

The Loder Center will be hosting an all-center **Mother's Day Celebration** on **Friday, May 8th!** Cindy Cortes from AmeriHealth will present on women's health at 10:30am, and Kevin McIntyre will perform Frank Sinatra songs.

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

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: \$2.50.**

<p><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</p>	<p><b>Mountain Senior Center</b> 354 Memorial Boulevard Tobyhanna, PA 18466 (570) 894-3272 x134 Tues. Thurs. Fri. 9am-2pm Manager: Barbara Schlegel</p>	<p><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</p>
<p><b>Chestnuthill Senior Center</b> 1919 Route 209 Brodheads ville, PA 18322 (570) 242-6770 Wed. &amp; Fri. 9am-2pm Manager: Donna Riedel</p>	<p><b>The Bookmobile visits the Loder Senior Center every other Thursday at noon! (5/14 &amp; 5/28)</b></p>	<p><b>Jewish Resource Center</b> 1210 North 5th Street Stroudsburg, PA 18360 (570) 517-0815 Thursdays 10am-3pm Manager: Maggie Augugliaro</p>

## **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 May 2026

*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., May 4th, at 10am  
**Chestnuthill Senior Center:** Wed., May 6th, at 10am  
**Loder Senior Center:** Mon., May 11th, at 10am  
**Mountain Senior Center:** Tues., May 12th, at 10:30am  
*(Screenings will be provided by Rachael Wydra, RN.)*

## Arthritis Foundation Exercise Class

**Instructor:** Debbie Lang, Pocono Family YMCA  
 Strengthen your muscles and increase your range of motion and flexibility. An ideal class for the first-time exerciser or those who have arthritis.

**Mountain Senior Center:** Tuesdays, 10am-11am  
**Barrett Senior Center:** Wednesdays, 10am-11am  
**Loder Senior Center:** Thursdays, 10am-11am

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

PA MEDI is a 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.

## 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, Barrett, & Chestnuthill Senior Centers:** every other Friday; refer to activity calendars on Facebook



Canvas painting at the Loder Senior Center

*Happy Mother's Day!*



**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.

## *Thank you for the incontinence products!*

As of May, we do not need any more incontinence supplies!

Thank you to everyone for responding to our request with your generous contributions!

Our closet is restocked and ready to help those who need them.

If we get low on inventory again, we will announce it here.

## Fun Happenings in the Community

### The Karen Nickels Annual PATHWalk

Hosted by Pocono Area Transitional Housing (PATH)

**When:** Sunday, May 3rd  
Registration opens at 12:30pm  
Walk begins at 1:30pm

**Where:** Courthouse Square in Stroudsburg  
“The PATHWalk is a community fundraiser supporting women and children in Monroe County working to move from homelessness to stable housing and independence. The ~2.5-mile route winds through the historic Hill District, returning to Courthouse Square for prizes, treats, and celebration.”  
Register online at [www.pathhouse.org/walk](http://www.pathhouse.org/walk).

### Community Night: America the Beautiful

Hosted by Monroe County, PA

**When:** Tuesday, May 5th, 5pm-8pm  
**Where:** Northampton Community College, 2411 Route 715 in Tannersville

“This free event is open to the public and will feature more than 100 agencies that provide services to the community, offering opportunities to educate and engage attendees.”

### Native Plant Sale

Hosted by Pocono Environmental Ed. Center

**When:** Saturday, May 9th, 9am-4pm  
**Where:** 538 Emery Rd. in Dingmans Ferry

“Choose from a variety of native plants to enhance your yard! Both sun and shade loving plants will be available.”

### West End Relay for Life

**When:** Friday, May 15th, 4pm-10pm  
**Where:** Pleasant Valley High School Stadium  
“This year’s theme is Carnival for a Cure! There will be carnival games, a DJ, tricky tray, concessions, and more. Join us for a family night out for a great cause!”

### May Fair 2026

Hosted by Creature Comforts Vet Service

**When:** Saturday, May 16th, 10am-4pm

**Where:** 820 Route 115 in Saylorsburg

“Join Creature Comforts staff and our many vendors to support Monroe Animal League and Monroe County Meals on Wheels. From 10-2, there will be a low-cost vaccine clinic.”

### Farm Animal Frolic

Hosted by Quiet Valley Living Historical Farm

**When:** Weekends of May 16-17 & 23-24, 10am-4pm

**Where:** 347 Quiet Valley Rd. in Stroudsburg

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

“A unique opportunity for the young-at-heart to see and touch a variety of baby farm animals: baby chicks, bunnies, lambs, piglets, goats, and more!”

### Polk Township Community Picnic

Hosted by Polk Township Veterans Commission

**When:** Saturday, May 24th, 2pm-5pm

**Where:** Polk Walking Park on Polk Township Road in Kresgeville

“The picnic is free and will include crafts, games, activities, food, and more! George and Martha Washington, Ben Franklin, and Betsy Ross are scheduled to make an appearance.”

### West End Fireman’s Festival

Hosted by the Blue Ridge Hook & Ladder Co.

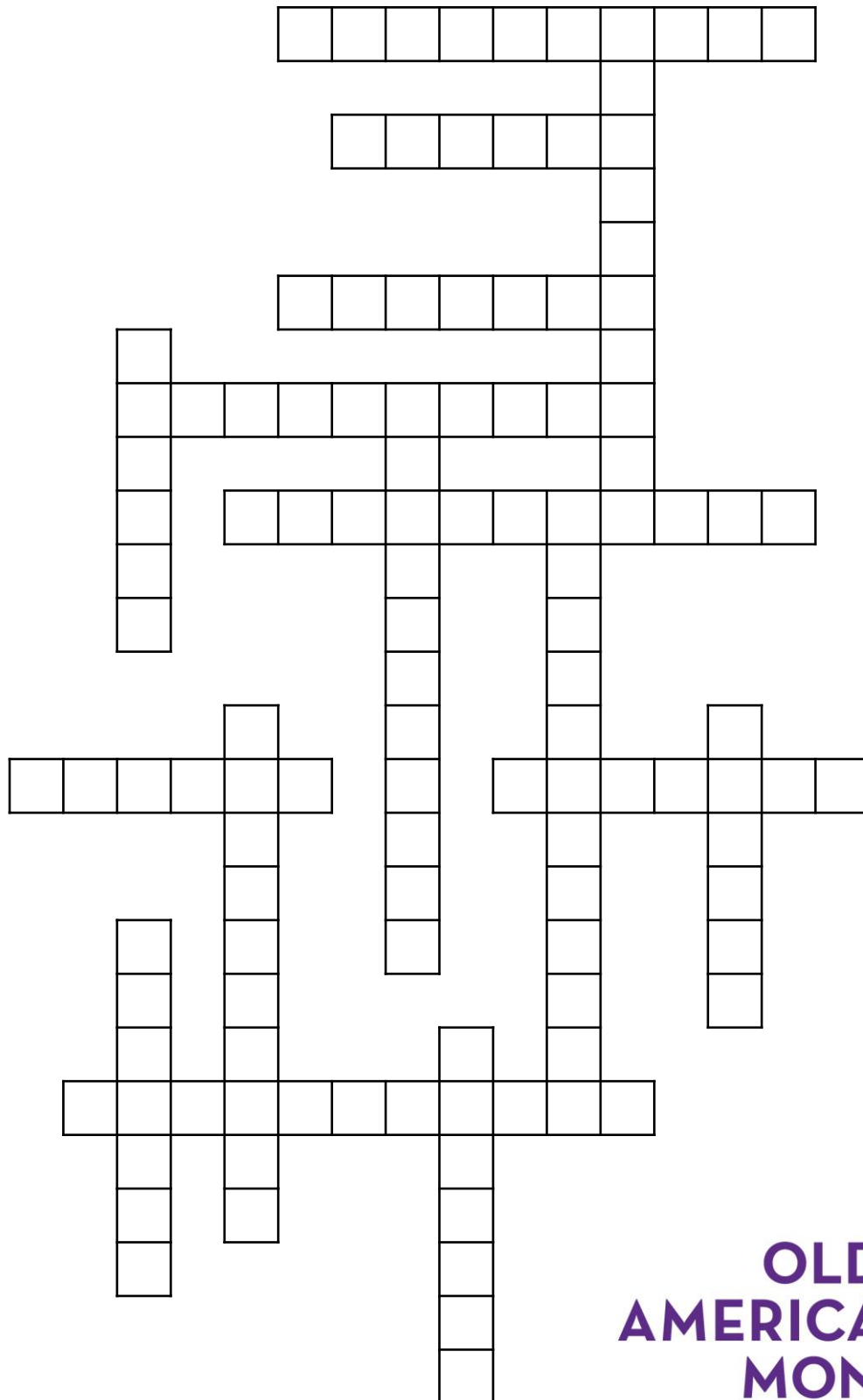
**When:** Thursday, May 28th through Saturday, May 30th, 6pm-9pm

**Where:** 570 Fairgrounds Road in Gilbert

“The event will take place over three exciting nights at the West End Fairgrounds, bringing the community together for a lively celebration of food, music, and family-friendly fun. Attendees can also enjoy a large tricky tray raffle and a spectacular fireworks show to close out the weekend.”

# Older Americans Month Fill-In Puzzle

Fill-in the words using the provided word lists.



## 6-Letter Words

CARING  
 LEGACY  
 MENTOR  
 WISDOM

## 7-Letter Words

DIGNITY  
 HISTORY  
 SERVICE  
 TALENTS

## 10-Letter Words

COMPETENCE  
 ENGAGEMENT  
 EXPERIENCE  
 VOLUNTEERS

## 11-Letter Words

GENERATIONS  
 INSPIRATION  
 PERSPECTIVE

## 12-Letter Words

CONTRIBUTION

*Solution on Page 13*

**OLDER  
 AMERICANS  
 MONTH**




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CHAMPION YOUR HEALTH: MAY 2026

## Staying Safe in 2026

### Law Enforcement Impersonations

The PA Department of Aging Secretary, Jason Kavulich, recently shared an important consumer protection alert.

According to the FBI, scammers are contacting individuals by text message, phone call, and email while falsely claiming to represent government or law enforcement agencies. In some cases, these bad actors spoof legitimate phone numbers or use official-looking language and imagery to appear credible. Their goal is to intimidate individuals into sending money or disclosing sensitive personal information. Older adults are often targeted through fear-based tactics, urgency, and false claims involving arrest, fines, or legal action. The FBI has made clear that law enforcement will not contact citizens to demand payment, threaten arrest, request wire transfers, ask for gift cards, or ask for money to assist with a criminal investigation.

### Pennsylvania Senior Games

The 2026 Pennsylvania Senior Games will take place in State College, PA – home of Penn State University – **from July 24th through August 2nd, 2026!**

This exciting edition of the Games will serve as the official qualifying event for the 2027 National Senior Games. The Games are expected to deliver an action-packed week of competition, camaraderie, and celebration.

#### Eligibility:

- The 2026 PA Senior Games are open to athletes from all states.
- Athletes must be 50 years of age or older as of 12/31/2026 to participate.
- Qualifying age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+ (separate divisions for males and females)

**Deadline to register:** July 12, 2026

For more information and to register, visit [www.keystonegames.org](http://www.keystonegames.org) and select “PA Senior Games”.



## Meet Your Local Area Agency on Aging Team

Nicole

Nicole Cowie started working at the Aging Office in May of 2022 as a Care Manager II. She was promoted to Care Management Supervisor in 2025. She supervises five care managers who administer services for their consumers under the OPTIONS Program, which provides home-delivered meals, personal care, and emergency alert buttons. She also supervises the Caregiver Support Program and serves as a back-up supervisor for the Protective Services unit.

*“What I value most about my work as a Care Management Supervisor is being a mentor and a source of support for our care managers. Helping them grow in their roles allows us, together, to provide compassionate and effective services to the seniors of Monroe County.”*

Nicole makes us laugh all the time and can always be counted on to be involved in any shenanigans and competitions around the office. She enjoys spending quality time with her fiancé, cheering on their kids at sporting events, and socializing with family and friends. She also loves playtime with her Shih Tzu, Buttercup, who brings joy and personality to her home.

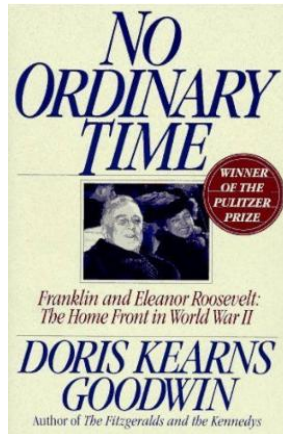
# Reading Corner

## No Ordinary Time

by Doris Kearns Goodwin

*No Ordinary Time* is a work of historical, biographical nonfiction that takes the reader into the everyday lives and unique partnership of Franklin and Eleanor Roosevelt as they led the nation during WWII.

Written in very readable prose and awarded the 1995 Pulitzer Prize for History, the book is based on extensive interviews with people who knew the Roosevelts and White House records. Goodwin weaves together several narratives about FDR and Eleanor's private and public lives and their impact on the world.



Our seniors enjoyed watching *The Great Awakening* movie at the Stroud Mall!



## 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.



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

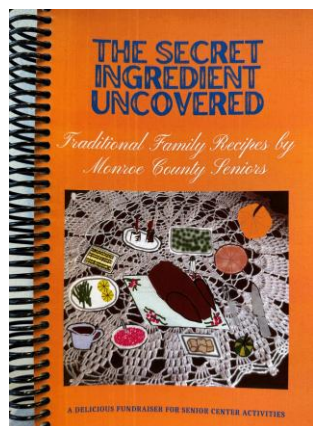
## Local Government Officials

### Monroe County Commissioners:

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

<p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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!*



### Monroe County Senior Centers' Cookbook Fundraiser

**\$5/each**

Visit the Aging Office (724 Phillips Street, Suite 102, in Stroudsburg) or the Loder Senior Center (62 Analomink Street in East Stroudsburg) to pick up your copy!

### AARP Chapter 633 Poconos

Meets every 3rd Monday at 1pm at the American Legion Post 346  
 126 E. 5th Street in East Stroudsburg  
 Join us for speakers, dancing, trips, and events!



**SUPPORT SERVICES FOR SENIORS**

724 Phillips Street  
Suite 102  
Stroudsburg, PA 18360

*Return Service Requested*

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PA  
Permit No. 234

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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](mailto:abender@monroecountypa.gov).

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