

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 V

May 2025

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The Monroe County Area Agency on Aging office and all Senior Centers will be closed on Monday, 5/26 in honor of Memorial Day.

Visit our website:



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

Follow us on Facebook:



www.facebook.com/MCPAAAA

Changes to our Volunteer Program

For thirty-five years, the AmeriCorps Seniors Retired and Senior Volunteer Program (RSVP) has been a vital part of our community, inviting older adults to use their life experience and skills by serving their neighbors in need. In addition to a grant from AmeriCorps, the Monroe County Commissioners and the Monroe County Area Agency on Aging have shared the responsibility for funding this program. Recently, we were informed by AmeriCorps that we will not be receiving the anticipated grant this year.

Although this news is disheartening, we have decided to view it as a new opportunity. **The volunteer program is not ending.** We will be changing the program's name and office location, but Neal Gallagher will remain the Volunteer Coordinator, and the program's functions will remain much the same. The program will now operate from the Loder Senior Center building on 62 Analomink Street in East Stroudsburg. Their phone number has not changed; it will still be (570) 420-3747.

Throughout its operation, RSVP has partnered with more than eighty community organizations, meeting the needs of older adults facing challenges and providing an outlet for those looking for a meaningful way to use their time and talents. Among other things, volunteers drove patients to critical medical appointments, grocery shopped for and socialized with the homebound, provided support to local food and clothing pantries, wrote cheerful notes to nursing home residents, and made small safety home repairs. In 2024 alone, volunteers served nearly 30,000 hours, which equates to nearly \$1 million in important benefits and services to the community.

We will take all we learned from RSVP and make a program that will continue to have a positive impact in Monroe County. We sincerely appreciate all our volunteers who make this possible, and we're excited to see what the future holds!

Write to the editor at:

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

OR abender@monroecountypa.gov

2025 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 **Tuesday, June 3, 2025**, at various sites throughout the county. Please also note: **the vouchers will NOT be mailed this year.** This is because only 61% of the vouchers distributed by mail last year were redeemed. This was the 3rd lowest redemption rate in the state and left thousands of dollars unspent.

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 \$28,953 for a single individual and \$39,128 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.

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

Date	Community Site	Time
6/3	Mountain Community Center 354 Memorial Boulevard in Tobyhanna	9am-12pm
6/4	Middle Smithfield Comm. Center 5200 Milford Road in East Stroudsburg 18302	9am-12pm
6/5	Westgate Apartments	9am-12pm
6/9	Whitestone Commons	9am-12pm
6/10	Belmont Knolls Apartments	9am-11am
6/10	Knob Crest Apartments	11am-1pm
6/11	Loder Senior Center 62 Analomink Street in East Stroudsburg 18301	9am-12pm
6/12	Chestnuthill Senior Center 1919 Route 209 in Brodheadsville	9am-12pm
6/17	Oaks, Wisteria, Hawks Nest	9am-12pm
6/18	Hamilton Manor	1pm-3:30pm
6/24	Avon Court	9am-12pm
6/25	Shirley Futch Plaza	1pm-3:30pm
6/26	Eldred Twp. Community Center 516 Kunkletown Road in Kunkletown	9am-12pm

Starting July 1, 2025, after all the Community Sites have been served, the Loder Senior Center will give out vouchers on Tuesdays from 10am to 12pm and on Wednesdays from 1pm to 3pm.

For more information, contact the Monroe County Area Agency on Aging at (570) 420-3735.

The application and proxy form will be in the June newsletter.

Distribution starts on June 3rd.

Vouchers must be picked up IN-PERSON at one of the sites and will NOT be mailed.

Staying Safe in 2025

Romance Scams

The world is more connected than ever before thanks to the internet. Social media and dating websites allow us to stay in touch with old friends and make new ones. However, this increased connectivity can also be dangerous. Scammers have more opportunities to deceive and exploit unsuspecting victims.

In romance scams, criminals make convincing fake profiles, often using stolen photos and creating elaborate backstories. Once contact is made with their victim, scammers invest time and attention into building a relationship, creating an emotional bond that feels authentic. They isolate their victims from their family and friends by discouraging contact, making it harder for the victim to seek advice from loved ones. After establishing trust, scammers introduce seemingly urgent

financial crises, which can look like medical emergencies, unexpected legal troubles, or unforeseen travel expenses. They then ask for money as a loan or gift to help them with their problem.

Older adults are particularly vulnerable to this scam because they often experience loneliness or a desire for companionship, so scammers often target people who are widowed or divorced. Also, older adults who aren't very familiar with the internet may be more trusting and less familiar with online dangers, making them unable to recognize deceptive behavior. Seniors also may have more assets or savings that scammers look for, making them an attractive target.

Romance scams are more prevalent in our area than you may think. Our Protective Services team gets these calls frequently about seniors in Monroe County.

Never send money to an online love interest, whether that be cash, gift cards, wire transfers, or cryptocurrency. You won't get it back!



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.

Elder Justice Day 2025

Elder Justice Day is an annual event that draws many seniors for its engaging presentations and fun activities designed to educate older adults on various topics related to aging.

At this year's Elder Justice Day, there will be presentations on the PA Department of Aging's Ten-Year Plan, finances and security, mental health, and a panel discussion with medical, banking, legal, and law enforcement professionals.

The event is free and includes lunch and door prizes. There will be a variety of vendors in attendance, and the Pocono Pony will be available to those needing transportation.

When: Tuesday, June 17th from 10am to 2pm (doors open at 9am)

Where: Northampton Community College Monroe Campus in the Pocono Room

RSVP by June 6th by calling the Aging Office at (570) 420-3735 or by emailing monroeaging@monroecountypa.gov. **Registration is required.**

Fill-In Puzzle

Fill-in the words using the provided word lists.

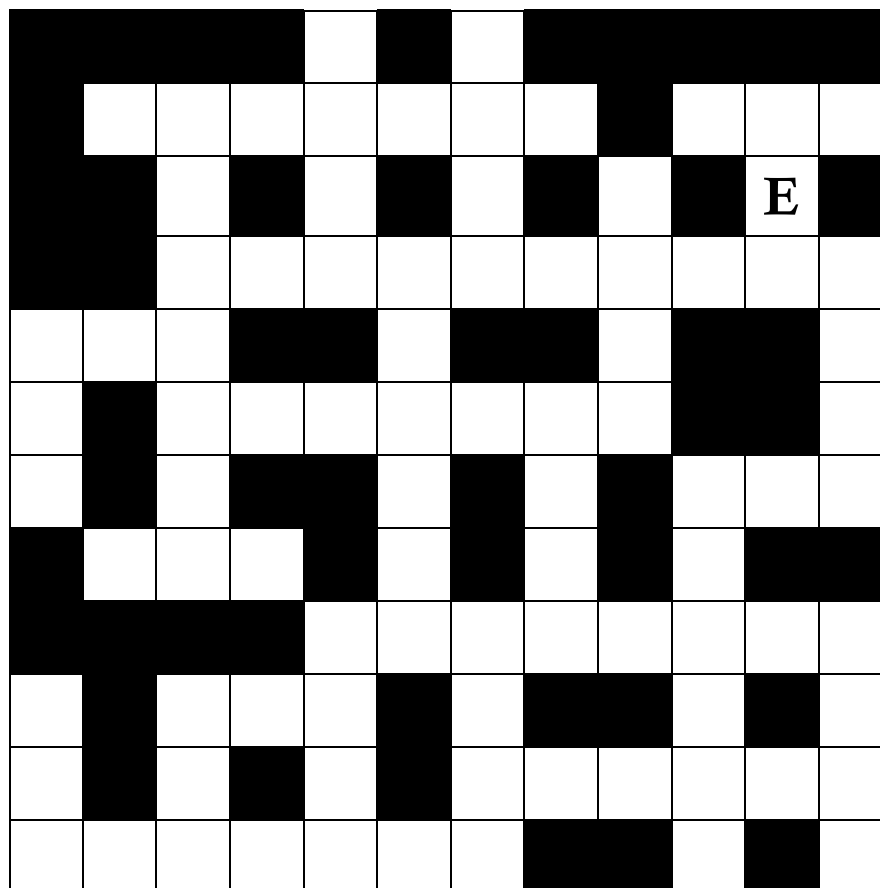
You've been given one letter to get you started.

3-Letter Words

ACE
FEE
FLU
MET
MUM
OFF
SKI
SOB
TOT

4-Letter Words

BARN
DOLT
ELSE
FEST
GURU
OBOE
ORAL
RAGS



6-Letter Words

CUTOFF
STRUNG
TEDIUM

7-Letter Words

EMINENT
FIFTEEN
STIRRUP
TACTFUL

8-Letter Words

OFFENDER

10-Letter Words

CALCULATED

Solution on Page 13



FLIP THE SCRIPT ON AGING: MAY 2025

In 1963, President John F. Kennedy established Older Americans Month, which has been celebrated nationally every May as a time to acknowledge and celebrate the contributions of seniors, particularly those who defended our country. Older Americans Month is celebrated across the U.S. through ceremonies, events, fairs, and other such activities.

May is the month to especially appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

This year's theme, Flip the Script on Aging, will highlight how society perceives and approaches aging and encourage people to challenge stereotypes and misconceptions.

Did you know? Monroe County is the home of well over 40,000 older adults!

Meet Your Local Area Agency on Aging Team

Denise Dunkelberger is our newly appointed Community Services Supervisor, overseeing the senior centers, volunteer program, health and wellness programs, and other evidence-based programs. As of this past April, she has worked at the Monroe County Area Agency on Aging for 19 years!

In September 2005, Denise started at the agency as an ESU intern and was hired the following spring. For almost 12 years, she worked in various positions including level of care assessor, OPTIONS care manager, Caregiver Support Program care manager, Waiver service coordinator, and nursing home transition coordinator. She was promoted to Care Management Supervisor in February 2017 where she remained until February 2025 when she chose to take on new challenges in Community Services.

Since accepting her role, Denise has been tasked with moving the Barrett Senior Center to its new location, adapting the

volunteer program so it can continue despite the unexpected decrease in its funding, planning the implementation of this year's Senior Farmer's Market Nutrition Program, and training for PA MEDI.

Denise says that the best part about her job is working with so many kind, empathetic people who are dedicated to helping the seniors in our county.

Denise now has an office at the Loder Senior Center with lots of sunshine and a scenic view. Both she and her plants are happy in their new residence. She has been welcomed at Loder Senior Center and is missed very much on Phillips Street!

Denise is kind, generous, and determined. She is meticulous in everything she does. She has worked tirelessly to support the needs of the seniors of Monroe County.

Denise enjoys spending time with her family and dogs, going to the beach with her friends, and working in her garden.



Denise

27th 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 100 walkers 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, but participants may stop at any point.

When: Wednesday, May 14th (registration starts at 9am and walk starts at 10am)

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

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

Health & Wellness Calendar for May 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. 5/12 at 10am
Chestnuthill Senior Center: Wed., 5/14 at 10am
Mountain Senior Center: Thurs., 5/15 at 10am
Loder Senior Center: Tues., 5/20 at 10am
(Screenings 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

Seated Tai Chi for Arthritis

Instructor: Laura Pride, MCAA

Adapted from Dr. Paul Lam's Tai Chi for Arthritis, this class enhances flexibility, muscle tone, and fitness, incorporating the essential Tai Chi principles while emphasizing breathing, posture, and space awareness, with the added benefit of stress reduction.

Chestnuthill Senior Center: 8 consecutive Wednesdays beginning May 7th, 10am-11:15am

Registration is required and space is limited to 12 attendees.

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

Pennsylvania Medicare Education and Decision Insight, (PA MEDI) is a health insurance assistance program offered through the Aging Office. **To schedule an appointment to discuss your Medicare concerns, call (570) 420-3735 and ask to speak with a Medicare counselor.** You will be able to schedule an appointment to meet with a counselor **in-person at the Loder Senior Center or by phone** for your convenience.

Exercise with YouTube!

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



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



Pennsylvania
**Medicare Education
 and Decision Insight**

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

Call today!

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



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!

This month, the Loder Senior Center will be hosting an all-center Mother's Day celebration on 5/9, and there will be a hand massage session! All centers will be visiting the Shawnee Playhouse on 5/16 to attend a comedy show called *Boeing Boeing* at 2pm (leaving the Loder Senior Center at 12:15pm).

For all activities, participants must be registered at one of our centers; to sign up, call the senior center you wish to attend.

All centers will be closed on 5/26.

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: Liz Kenneally	Barrett Senior Center 1200 Route 390, Room 30 Cresco, PA 18326 (570) 420-3735 Mon. Wed. Fri. 9am-2pm Managers: Liz Kenneally & Tanya Lutin
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	



Our seniors enjoying the first day at the Barrett Senior Center's new location!

WISH LIST DONATIONS

ACCEPTED AT ALL SENIOR CENTERS

Acrylic Paints
 Adult Coloring Books
 Glue Guns & Glue Sticks
 Holiday Decorations
 Blank Canvases
 Paperware & Party Goods

The Bookmobile visits the Loder Senior Center every other Thursday at noon!
 (5/1, 5/15, & 5/29)

Senior Center Menu for May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5/1/25	5/2/25
			Chicken Carbonara Casserole	Broccoli & Cheddar Scrambled Eggs
			Chef Salad	Tuna Salad
5/5/25	5/6/25	5/7/25	5/8/25	5/9/25
Pork Loin with Apple Gravy	Beef Stroganoff over Egg Noodles	Chicken Lo Mein	Roasted Turkey with Gravy	Baked Fish Piccata over Brown Rice
Cran-Apple Chicken Salad	Turkey & Cheese	Taco Salad	Salami & Mozzarella	Egg Salad
5/12/25	5/13/25	5/14/25	5/15/25	5/16/25
Shepherd's Pie	Turkey & Bean Chili over Brown Rice	Sausage Calabrese	Chicken Scampi over Brown Rice	Stuffed Shells
Roast Beef & Cheddar	Minced Ham Salad	Dilled Turkey Salad	Ham & Swiss	Garden Salad
5/19/25	5/20/25	5/21/25	5/22/25	5/23/25
Chicken Cacciatore	Mini Pancakes	Beef Wellington	BBQ Pulled Pork	Pasta Primavera
Turkey & Cheese	Italian Sandwich	Chicken Caesar Salad	Chicken Salad	Egg Salad
5/26/25	5/27/25	5/28/25	5/29/25	5/30/25
Closed for Memorial Day	Turkey Burger with Cheddar	Sweet & Sour Pork over Brown Rice	Cheesy Beefy Mac	Breaded Fish Sticks
	Chicken Breast Sandwich	Dilled Turkey Salad	Ham & Pickle Salad	Spinach Salad

Do you know of any Senior Clubs?

Prior to 2020, Monroe County was the home to various senior clubs. Since, the ones we knew of have disbanded or are no longer active. **We are looking to compile an updated list of senior clubs as a resource for older adults seeking socialization opportunities.** If you know of or are a member of such a club, please contact Alexandra by emailing abender@monroecountypa.gov or by calling (570) 420-3735. Thank you!



Our outing to ESU's Schisler Museum and McMunn Planetarium on April 4th was a success!

Support Groups

Dementia Caregiver

When: Sat., May 31st, 10am-11:30am

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

When: Sat., May 31st, 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: Wednesdays, 2pm-4pm

Where: The Church of St. Luke
(818 Main Street in Stroudsburg)

Call the church: (570) 421-9097

When: Thursdays, 5:30pm-6pm

Where: Stroud. 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

Obscure Holidays

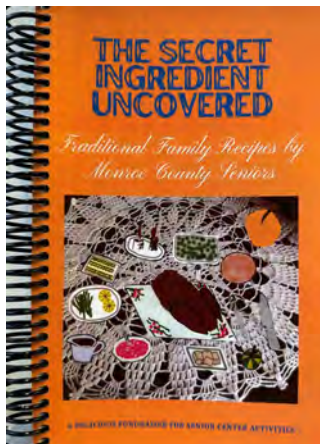
There's always something to celebrate!

May 1	Learn to Ride a Bike Day
May 2	National Life Insurance Day
May 3	National Scrapbooking Day
May 4	International Firefighters Day
May 5	Museum Lover's Day
May 6	National Teachers' Day
May 7	National Roast Leg of Lamb Day
May 8	National Give Someone a Cupcake Day
May 9	Tear the Tags Off the Mattress Day
May 10	National Clean Your Room Day
May 11	National Eat What You Want Day
May 12	National Limerick Day
May 13	National Apple Pie Day
May 14	Dance Like a Chicken Day
May 15	National Senior Fraud Awareness Day
May 16	National Biographer's Day
May 17	World Fiddle Day
May 18	National No Dirty Dishes Day
May 19	Nat'l Barber Mental Health Awareness Day
May 20	National Pick Strawberries Day
May 21	National Waiters and Waitresses Day
May 22	National Solitaire Day
May 23	National Road Trip Day
May 24	Bob Dylan's Birthday
May 25	National George Day
May 26	World Red Head Day
May 27	Old Time Player Piano Day
May 28	National Senior Health and Fitness Day
May 29	Put a Pillow on your Fridge Day
May 30	European Neighbors' Day
May 31	National Speak in Complete Sentences Day



The granddaughter of the lucky winner of our 2025 quilt raffle, **William D. Yohe!**

This beautiful quilt was made by **the Friendly Quilters of Loder.**



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!

Question of the Month

What am I entitled to as a veteran in Monroe County?

Claude Shiffer, East Stroudsburg

Our local Veterans Affairs office offers many benefits for Monroe County veterans. Most of these benefits require a particular period of service and an honorable discharge. The Veterans Pension Program provides monthly payments to wartime veterans. Veterans Discount Cards are available for use at select Monroe County businesses. Some other benefits include:

- \$100 county death benefit for burial of a veteran or their widow
- Grave flag holders and flags for Memorial Day and Veteran's Day and placing of flags
- \$100 headstone installation
- \$75 headstone engraving benefit if veteran's grave already has a headstone
- Free recording of DD214s
- Certified copies of DD214s
- Written correspondence for veterans and dependents involving federal or state benefits
- Grave registrations for veterans buried in Monroe County
- Historical research service

The Monroe County Veterans Affairs Office is 1 Quaker Plaza, Room 101 in Stroudsburg, and their phone number is (570) 517-3187.

Do you have a question? Send it to:

abender@monroecountypa.gov, or

**Monroe County Area Agency on Aging,
Attn: Alexandra Bender,
724 Phillips Street, Suite 102, Stroudsburg,
PA 18360**

MCAAAA SERVICE SPOTLIGHT

Information & Referral

Maintaining an independent lifestyle while navigating the challenges of aging can be difficult for everyone, regardless of their economic status. This journey not only affects the individual but also friends and family members. Many government programs assess eligibility based on income, which can lead to out-of-pocket costs for some.

At the Monroe County Area Agency on Aging, our mission is to strengthen family life, assist individuals in achieving or maintaining independence and self-care, and protect adults at risk of neglect, abuse, or exploitation. We take pride in this mission, which begins with our receptionist and Intake department. Our staff is well-informed about the latest benefits and resources available for older adults and can guide you or someone you know who may be facing various issues.

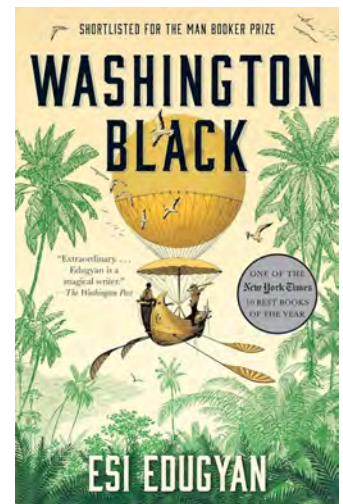
If you aren't sure what specific assistance you need, we recommend requesting a copy of our 2025 Benefits for Seniors booklet. This booklet lists agencies and programs that may be relevant to your situation. You can review it to identify what applies to you and contact our office for more information or clarification.

We understand that navigating these challenges can be overwhelming. While we may not have all the answers, we are here to assist you and help make any transitions you or your family are experiencing as smooth and as least restrictive as possible.

Reading Corner

Washington Black
by Esi Edugyan

An 11-year-old field slave named Washington Black knows no life other than the Barbados sugar plantation where he was born. When his master's eccentric brother, Titch, chooses him to be his personal manservant, Washington is introduced to new ideas and the possibility of being treated as an equal. Titch is an explorer, inventor, and abolitionist, and he does not agree with his sadistic brother's principles. When Washington is threatened by a false accusation of murder, they abandon everything and escape together on Titch's flying machine. The story follows their subsequent adventures across the globe. The book is written in beautiful prose, and its conclusion leaves no questions unanswered.



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!

Are you 55 years of age or older and a good speller?

We are looking to see if anybody might be interested in bringing back the Monroe County Senior Spelling Bee!

If you like this idea, please contact Alexandra by calling **(570) 420-3735** or by emailing **abender@monroecountypa.gov**.

Thank you to all who have reached out so far!

Special recognition to **Mary Frances Kresge**, who made 50 words out of SPRINGTIME last month, and **Y. Blake**, who made 32 words!

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
Marilynn Rienzi and
Mr. & Mrs. Robert
Huffman (in memory
of Helen and Carlyle
Huffman) 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: _____

Fill-In Puzzle Solution

*Thank you to Paul Ace for his
thoughtful note and for
sharing his completed puzzles!*



				O		G					
	S	T	I	R	R	U	P		O	F	F
		A		A		R		B		E	
		C	A	L	C	U	L	A	T	E	D
M	E	T			U			R			O
U		F	I	F	T	E	E	N			L
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				O	F	F	E	N	D	E	R
A		S	O	B		E			I		A
C		K		O		S	T	R	U	N	G
E	M	I	N	E	N	T			M		S

SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

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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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