

# **MONROE COUNTY AREA AGENCY ON AGING**



## **Our Mission:**

- ◇ To strengthen family life
- ◇ To assist individuals in attaining or maintaining independence and self-care
- ◇ To protect adults in danger of neglect, abuse, and exploitation

## **BENEFITS FOR SENIORS: 2025**

**724 Phillips Street, Suite 102, Stroudsburg, PA 18360**

**(570) 420-3735 OR (800) 498-0330 FAX: (570) 420-3734**

**Email address: [monroeaging@monroecountypa.gov](mailto:monroeaging@monroecountypa.gov)**

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

**Facebook: [www.facebook.com/MCPAAAA](http://www.facebook.com/MCPAAAA)**

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# ***MONROE COUNTY AREA AGENCY ON AGING***

**(570) 420-3735**

**monroeaging@monroecountypa.gov**

## **SERVICES OFFERED:**

- Information and referral (page 3)
- Older Adult Protective Services (page 3)
- OPTIONS (page 4)
  - Care management
  - Home-delivered meals
  - Personal care and home support
  - Personal emergency response systems
- Pennsylvania Caregiver Support Program (page 4)
- Assessments for Waiver Program enrollment (pages 4-5)
- Monroe County Seniors' Express Times monthly newsletter (page 5)
- Transportation
- Legal referrals for wills and power of attorney (financial eligibility is required)
- Monroe Senior Volunteer Program (page 5)
- Senior centers (page 6)
- PA-MEDI (health insurance counseling) (page 6)
- Ombudsman Program (page 6)
- Health and wellness programs (check monthly newsletter for current programs)

## **INFORMATION AND REFERRAL**

The MCAAA helps people clarify their needs, offers guidance in selecting solutions, links people to appropriate services, and has up-to-date information on issues, programs, and benefits affecting older persons.

## **OLDER ADULT PROTECTIVE SERVICES**

**Statewide 24-hour hotline: (800) 490-8505 or call the MCAAA: (570) 420-3735**

According to the CDC, **elder abuse** is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Abuse can come in different forms:

- **Physical Abuse:** physical force resulting in injury, pain, or impairment to a vulnerable older adult
- **Emotional Abuse:** infliction of pain or distress via verbal or nonverbal means
- **Sexual Abuse/Harassment:** nonconsensual sexual contact of any kind with a vulnerable older adult
- **Financial Exploitation:** illegal/improper use of a vulnerable older adult's property, funds, or assets
- **Neglect:** refusal or failure of those responsible to provide life necessities for a vulnerable older adult
- **Abandonment:** desertion of a vulnerable older adult by the person who took responsibility for them

## OPTIONS (HELP AT HOME)

Help at Home, more commonly referred to as the OPTIONS program, assists PA residents ages 60+ who would like to stay in their home. The program offers:

- **Care Management:** ongoing care plan management to ensure needs are being met
- **Home-Delivered Meals**
- **Personal Care and Home Support:** assistance with daily living activities, basic housekeeping, shopping, and laundry
- **Personal Emergency Response Systems (PERS):** an electronic device for those at high-risk in case of an emergency

## PENNSYLVANIA CAREGIVER SUPPORT PROGRAM (CSP)

The **PA Caregiver Support Program (CSP)** provides resources and assistance to caregivers who are either 55+ and caring for a related child or a related disabled adult, or any age and caring for a functionally dependent individual who is 60+ or an individual of any age with Alzheimer's disease or a related disorder.

- The CSP offers eligible primary caregivers reimbursement for out-of-pocket costs associated with caregiving, such as respite care, incontinence supplies, and home modifications.
- Grandparents and other older relative caregivers aged 55+ 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.
- The CSP is a reimbursement-based program, and an assessment will be completed to determine eligibility.
- The caregiver cannot be paid for providing care to an older adult.
- The caregiver must reside in Pennsylvania or in an adjoining state.
- Reimbursement requests are due by the 10th of each month and can be submitted via email or postal mail.
- There is a state-regulated, monthly reimbursement cap of \$600.

## AGING WAIVER PROGRAM ASSESSMENTS

The Aging Office assesses people to see if they are medically eligible for the **Aging Waiver Program**, which offers individuals aged 60+ a choice of community-based services as an alternative to Nursing Home Placement. Monroe County residents may be found eligible to participate in the program if they meet all of the following requirements:

- Must be 60 years of age or older
- Must be found medically eligible for nursing-facility-level services (determined by a **Functional Eligibility Determination (FED)**, a.k.a. a level of care assessment, conducted by MCAA)
- Must be found financially eligible for Medical Assistance (MA) as determined by the Luzerne County Assistance Office; the office will only consider the income and resources of the applicant

*(continued on page 5)*

- Income must be under 300% of the federal benefit rate
- Resource limit is \$8,000
- Consumer is subject to MA Estate Recovery

Once the applicant has been certified medically and financially eligible for the Aging Waiver Program, a care plan will be developed based on the applicant's unmet needs. Although the program provides a great deal of service, it does not provide 24-hour care; thus, it will be necessary for the consumer to have a backup contingency plan.

Individuals certified for the Aging Waiver Program will receive a Medical Assistance Access Card to help pay for medical appointments, prescriptions, and some medical supplies. Consumers in receipt of other services, such as Medicare, may also continue to receive services through the Aging Waiver Program.

**For more information about the Waiver Program, call the Pennsylvania Independent Enrollment Broker (PA IEB) at 1-877-550-4227.**

## **MONROE COUNTY SENIORS' EXPRESS TIMES**

The MCAAA and Support Services for Seniors publish a monthly newsletter with current programs and valuable information for seniors in Monroe County. Call the MCAAA to sign up to receive a physical or digital copy.

## **MONROE SENIOR VOLUNTEER PROGRAM**

The Monroe Senior Volunteer program, under the Monroe County Area Agency on Aging, 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, the Monroe Senior Volunteer Program 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!

**Those interested in volunteering can call (570) 420-3747 or email [ngallagher@monroecountypa.gov](mailto:ngallagher@monroecountypa.gov).** The office is located at the Loder Building, which can be found at 62 Analomink Street in East Stroudsburg.

**Those interested in receiving any of the above services need to call MCAAA for a required referral: (570) 420-3735.**

## SENIOR CENTERS

Monroe County senior centers have much to offer, such as a variety of fun activities and a well-balanced, congregate meal each day they are open. The meals are delivered to the centers and served to participants, who have a choice of a hot or cold meal. (There is a suggested donation of \$1.50/meal.) Senior centers' activity schedule and monthly menu are available on MCAAA's Facebook page. More current information can be found in the Monroe County Seniors' Express Times. For meal reservations, call one day in advance by 10am (for JRC only, reserve by Sunday for Thursday).

<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: Liz Kenneally	<b>Barrett Senior Center</b> 1200 Route 390, Room 30 Cresco, PA 18326 (570) 481-4330 Mon. Wed. Fri. 9am-2pm Managers: Liz Kenneally & Tanya Lutin
<b>Chestnuthill Senior Center</b> 1919 Route 209 Brodheadsville, PA 18322 (570) 242-6770 Wed. & Fri. 9am-2pm Manager: Donna Riedel	<b>Jewish Resource Center</b> 1210 North 5th Street Stroudsburg, PA 18360 (570) 517-0815 Thursdays 10am-3pm Manager: Maggie Augugliaro	

## PA MEDI

**Pennsylvania Medicare Education and Decision Insight (PA MEDI)** offers free Medicare counseling to older Pennsylvanians. PA MEDI counselors are specially trained to answer questions and provide free, unbiased, personalized help with detailed information about Medicare, Medicare supplemental insurance, Medicare Advantage Plans, prescription drug plans, enrollment assistance, Medicare rules/notices/billing, financial assistance programs, appeals, long-term care assistance, and coordination of benefits. PA MEDI counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help those make the most informed choice about available Medicare options.

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

**To schedule an appointment with a PA MEDI counselor, contact the MCAAA at (570) 420-3735 for a referral.**

## OMBUDSMAN

**The Long-Term Care Ombudsman Program** offers free and confidential services to residents living in a long-term care facility. An ombudsman can advocate for resident rights, quality of care, medications, privacy needs, etc. **Our current ombudsman is Kim Erickson**, and she can be reached by phone at **(570) 344-7190** or by email at **kerickson@servingseniorsnepa.org**.

## NURSING HOMES

<b>Brookmont Healthcare and</b>	510 Brookmont Drive, Effort, PA 18330 (610) 681-4070; info@brookmonthc.com
<b>Sapphire Care and Rehabilitation Center</b>	221 E. Brown Street, East Stroudsburg, PA 18301 (570) 421-6200; admissions@sapphirehcc.com
<b>Stroudsburg Post Acute Nursing and Rehab</b>	4227 Manor Drive, Stroudsburg, PA 18360 (570) 992-4172; www.stroudsburgnursing.com
<b>Whitestone Care Center</b>	370 White Stone Corner Road, Stroudsburg, PA 18360 (570) 476-1600; saberhealth.com/locations/whitestone-care-center

## LICENSED PERSONAL CARE FACILITIES

<b>Mrs. Bush's Personal Care Home Chestnut Ridge &amp; Country View</b>	PO Box 327, Kunkletown, PA 18058 (610) 381-3713; contact-us@mrsbushcares.com
<b>The Getz Personal Care Home</b>	1026 Scenic Drive, Kunkletown, PA 18058 (570) 629-1334; getzpch@ptd.net
<b>Spring Village at Pocono</b>	329 E. Brown Street, East Stroudsburg, PA 18301 (570) 426-4000; dcr@springvillagepocono.com
<b>Asbury Grace Park</b>	1170 W. Main Street, Stroudsburg, PA 18360 (570) 424-8166; kbayer@graceparkseniorliving.com
<b>Gluco Lodge</b>	1127 Kemmertown Road, Stroudsburg, PA 18360 (570) 992-7270; nataley@glucolodge.com
<b><i>Fitzmaurice Community Services</i></b> (requires a mental health diagnosis)	2115 N. 5th Street, Stroudsburg, PA 18360 (570) 424-6223; fitzmaurice.org/services/residential
<b><i>Lakewood Retreat</i></b> (requires a mental health diagnosis)	1482 Cherry Lane Road, East Stroudsburg, PA 18301 (570) 421-7668

## HEALTHCARE RESOURCES

### MEDICARE

**Medicare** is a federal health insurance program which generally provides coverage to individuals who are 65 or older, younger people with disabilities, and people with end-stage renal disease. Medicare is comprised of different parts to cover specific services:

- **Part A** covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
- **Part B** covers certain doctors' services, outpatient care, medical supplies, and preventative services. The premium for 2025 is \$185.00/month.
- **Part C** (a.k.a. Medicare Advantage Plans) is an all-in-one alternative to original Medicare. These packages include Parts A, B, and usually D. *(continued on page 8)*



Medicare does not pay all costs; supplemental insurance plans, commonly called Medigap plans, can be purchased through private insurance companies.

Eligible persons may be able to receive help to pay their Medicare premiums through a coverage plan under Medicaid called Healthy Horizons. Individuals must meet income and resource limits. Income limits are based on a percentage of the Federal Poverty Income Guidelines (FPIG), which are revised annually.

**Medicare's phone number is 1-800-633-4227, and their website is [www.medicare.gov](http://www.medicare.gov).**

## **MEDICAID**

**Medical Assistance (MA), also known as Medicaid**, pays for healthcare services for eligible individuals. Eligibility is determined by evaluating income and assets. The income guidelines vary depending on specific Medicaid programs. **The Monroe County Assistance Office can be reached at (570) 424-3030. and the office is located at 1972 W. Main Street, Suite 101 in Stroudsburg.**

## **PENNIE (PA'S HEALTH INSURANCE MARKETPLACE)**

**The Affordable Care Act (ACA)** is a comprehensive healthcare reform law enacted in March 2010. Its goal is to make affordable health insurance available to more people through an online "marketplace" and by providing subsidies that lower costs for households that meet certain income guidelines. The marketplace is not for people who already have health coverage such as Medicare, Medicaid, TRICARE, or VA coverage, nor is it for people with employer coverage, except when the employer plan is considered unaffordable or inadequate. **Pennsylvania's health coverage marketplace is called Pennie, and the phone number is (844) 844-8040. To visit the marketplace and look through plans, visit [www.pennie.com](http://www.pennie.com).**

## **PACE / PACENET**

The **Pharmaceutical Assistance Contract for the Elderly (PACE)** program offers eligible seniors low-cost prescription medications. To qualify, applicants must be 65 years of age or older, a PA resident for at least 90 days, cannot be enrolled in the Medicaid prescription benefit, and meet the following income guidelines:

	<b>PACE</b>	<b>PACENET</b>
<b>Total income for a single person</b>	\$14,500 or less*	\$14,501 - \$33,500*
<b>Total income for a married couple</b>	\$17,700 or less*	\$17,701 - \$41,500*
<b>Copayment for generic medications (30-day supply)</b>	\$6.00	\$8.00
<b>Copayment for brand-name medications (30-day supply)</b>	\$9.00	\$15.00

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

Eligible applicants will receive an identification card that can be presented at the pharmacy (along with their Medicare Part D plan card if they are enrolled in that too).

Those interested can **apply by phone by calling 1-800-225-7223 Monday through Friday between 8:30am and 5:00pm, or online at [pacecares.primetherapeutics.com](http://pacecares.primetherapeutics.com)**. Paper applications can be printed out online or be picked up at the MCAA office.

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

The Pharmaceutical Research and Manufacturers of America (PhRMA) **Medicine Assistance Tool (MAT)** is a search engine designed to help patients, caregivers, and healthcare providers learn more about resources available to those who need financial support due to their lack of insurance or inadequate prescription medicine coverage.

## DONATED DENTAL SERVICES

**Donated Dental Services (DDS)** volunteers provide comprehensive dental treatment to patients who are either over 65 years of age or permanently disabled. **Applicants must have no other means to afford dental care.** Volunteers provide comprehensive treatment to eligible patients, but they do not provide emergency services or cosmetic treatment. Exceptions are sometimes made when there is documentation from a physician stating essential medical treatment cannot be given due to the dental condition. **Veterans can apply even when the program is closed.**

**To apply online, visit [www.dentallifeline.org/pennsylvania](http://www.dentallifeline.org/pennsylvania).** Paper applications are available to download on the same website, or you can pick one up at the MCAA office. Due to lengthy waitlists, it is recommended that aspiring candidates call first before completing an application. **The DDS Coordinator is Tammy Walker, and she can be reached at (717) 776-3262 and at [tshumaker@dentallifeline.org](mailto:tshumaker@dentallifeline.org).**

## CHRONIC RENAL DISEASE PROGRAM

**The Chronic Renal Disease Program (CRDP)** provides lifesaving care and treatment for adults with end-stage renal disease. **End-stage renal disease** is a condition in which the kidneys no longer function normally. Usually, in end-stage renal disease, the kidneys are functioning at less than 10% of normal capacity. When this occurs, dialysis or a kidney transplant is needed. The CRDP assists with costs related to dialysis services, renal transplantation, medical management, inpatient/outpatient service, home dialysis supplies/equipment, medications, and limited patient transportation.

**To be eligible, patients must be a US citizen, a PA resident, have an end-stage renal disease diagnosis, and have an income at or below 325% of the Federal Poverty Income Guidelines.** The CRDP is a payor of last resort; eligible patients enroll in the program through the PA Department of Health to supplement their existing insurance benefits. Patients receive an ID card to present at participating dialysis facilities, hospitals, and physician offices when getting treatment. Patients can also receive prescription drug benefits to offset the cost of their renal disease medications and transportation to treatment.

**To enroll, patients must provide proof of residency, income information, and a physician statement verifying medical qualifications. Enrollment applications are available at Medicare-approved dialysis facilities, online, and at the MCAA office. For more information about the CRDP, call 1-800-225-7223.**

## MEDICAL MARIJUANA PROGRAM

**The PA Medical Marijuana Program** provides access to medical marijuana for patients with a serious medical condition as certified by an approved medical practitioner. Eligible patients must be residents of PA. **Applicants register for an ID card online at [pa.gov](http://pa.gov), get certified by a doctor, pay for the card, and use it at PA medical marijuana dispensaries.**

# ***VISION AND HEARING RESOURCES***

## **SIGHTS FOR HOPE**

**Sights for Hope** is a United Way agency serving Monroe County's visually impaired and blind individuals by providing free social services, such as escorted transportation for essential needs and assistance with chores like writing checks, reading correspondence, and labeling and organizing household items. The agency also offers support group sessions and life skills classes that provide discussions on issues related to vision loss, adaptive ways of handling household tasks, and navigating inside and outside the home. Their low-vision outlet store is open to the public and sells helpful products such as talking watches and clocks, large-numbered phones, and magnifiers at a reduced price. Limited free vision screenings are available. Their phone number is **(570) 992-7787**, and they are located at **4215 Manor Drive in Stroudsburg**. Appointments are required. More information can be found on their website at **[www.sightsforhope.org](http://www.sightsforhope.org)**.

## **LIBRARY OF ACCESSIBLE MEDIA FOR PENNSYLVANIANS**

**The Library of Accessible Media for Pennsylvanians (LAMP)** offers a wide variety of services to people who have difficulty reading due to a vision challenge. LAMP ships in accessible formats like braille, audio, described movies, and large print directly to patrons across PA, all for free. In addition to physical content, LAMP provides digital access to hundreds of thousands of titles in downloadable audio or braille. LAMP is a part of the Free Library of Philadelphia. For more information, visit **[www.mylamp.org](http://www.mylamp.org)**, call **(215) 683-3213**, or email **[info@mylamp.org](mailto:info@mylamp.org)**.

## **HEAR PA / STARKEY CARES PROGRAM**

**Hear PA**, a hearing aid center in East Stroudsburg, participates in the Starkey Cares program, which helps those struggling to afford hearing aids. Upon completing an online application and paying the \$300 application fee, applicants can return to Hear PA to be fit with hearing aids. The office will provide five free follow-up appointments. After those appointments, there may be additional fees for office visits and batteries. **Hear PA is located at 400 Plaza Court, Suite B, in East Stroudsburg, and their phone number is (570) 213-7599.** For more information about the Starkey Cares program or to find other participating businesses, call **(272) 271-4691** or email **[starkeycares@starkey.com](mailto:starkeycares@starkey.com)**.

# ***MENTAL HEALTH RESOURCES***

## **MENTAL HEALTH WARM LINE**

**(866) 654-8114, 6pm-10pm, 365 days/year**

**The Warm Line** is a confidential, non-crisis, one-on-one telephone service that offers hope and encouragement to persons with a mental illness experiencing loneliness, have a problem they need to talk about, and/or want to hear a friendly voice. The line is staffed by consumers and certified peer specialists who receive a great deal of training and supervision. The program is funded by Carbon-Monroe-Pike Mental Health and Developmental Services.

# **SUPPORT GROUPS**

## **Caregivers**

### **Alzheimer's Caregiver Support Group**

2nd Monday of the month from 5:30pm to 6:30pm; 200 Jersey Lane in East Stroudsburg  
Facilitator: Jennifer Bayer-Kautz, CTRS, CDP (570) 517-9292

### **Dementia Support Group (for caregivers)**

2025 dates: dates: 1/25, 2/22, 3/22, 4/26, 5/17 (just FCC), 5/31 (just Hughes), 6/28, 7/26, 8/16, 9/27, 10/18, 11/22, and 12/13

Hughes Library Boardroom, 1002 North 9th Street in Stroudsburg, 10:00am-11:30am  
The Friendly Community Center (FCC), BARC, 1200 Route 390, Room 30, in Cresco, 1:15pm-2:30pm

Facilitator: Barbara Van Nortwick, M.Ed. (570) 236-3380

### **Additional Support Groups**

[www.alzfdn.org/caregiving-resources/alzheimers-and-dementia-support-groups](http://www.alzfdn.org/caregiving-resources/alzheimers-and-dementia-support-groups)

## **Bereavement and Loss**

### **Lehigh Valley Pocono Hospice Bereavement Support Group**

Held virtually; for more information, call (610) 402-7481.

### **Bereavement Support Group for Adults**

Various Tuesdays from 10:30am to 12:00pm

Hughes Library, 1002 North 9th Street in Stroudsburg

Facilitator: Ruth Glatt, (570) 242-3536 (please text), [alprack@verizon.net](mailto:alprack@verizon.net)

### **Friendly Community Center Loss Support Group**

2nd and 4th Mondays of the month at 3pm

The Friendly Community Center, 1200 Route 390, Room 30, in Cresco

Facilitator: Marilyn Schultz, (570) 420-7164 (landline)

### **Grief Share Groups**

Sundays from 2:00pm to 4:00pm

Mount Eaton Church, 7277 Mount Eaton Road in Saylorsburg; (570) 992-7050

Wednesdays from 2:00pm to 4:00pm

The Church of St. Luke, 818 Main Street in Stroudsburg; (570) 421-9097

Thursdays from 5:30pm to 7:00pm

Stroudsburg Wesleyan Church, 915 N. 5th Street in Stroudsburg; (570) 421-0750

### **Additional Grief Support Groups**

[www.lvhn.org/medical-services/grief-support-services](http://www.lvhn.org/medical-services/grief-support-services)

## **Blind and Visually Impaired**

### **Bureau of Blindness and Visual Services Support Group**

1st Monday of the month at 10:00am

The Burnley Workshop, 4219 Manor Drive in Stroudsburg

For more information, contact Sights for Hope at (610) 433-6018.

## **Addiction**

**Alcoholics Anonymous** [www.poconointergroupaa.org/meetings](http://www.poconointergroupaa.org/meetings) (570) 424-8532

**Narcotics Anonymous** [www.nar-anon.org/find-a-meeting](http://www.nar-anon.org/find-a-meeting) (570) 421-6618

## **Health and Injury**

### **Brain Injury Support Group of the Poconos**

2nd Thursday of the month from 6:30pm to 8:00pm

Stroudsburg Wesleyan Church, 915 N. 5th Street in Stroudsburg

Facilitator: Michael Idell, (570) 599-6424, [michaelidell@asbisg.org](mailto:michaelidell@asbisg.org)

### **Breast Friends of Pennsylvania**

3rd Wed. of the month, 6pm to 7:30pm, Old Mill Pizzeria, 5784 US-209 BUS, Sciota

2nd Tues. of the month, 6pm to 7:30pm, Chestnuthill Diner 2187 US-209, Brodheadsville

Facilitator: Vivian Vega, Director, (321) 236-3722, [bfofpa@gmail.com](mailto:bfofpa@gmail.com)

### **Bipolar Disorder and Depression Support Group**

1st Wednesday of the month from 6:00pm to 8:00pm

Brodhead Conference Room at Lehigh Valley Pocono Medical Center, 206 East Brown Street in East Stroudsburg, PA 18301

Facilitator: Lisa, (570) 476-3422

### **Parkinson's Support Group**

3rd Friday of the month, 12pm

East Stroudsburg University, Monroe Hall, Room 113

Facilitator: Pam, (570) 422-3247

## **General Support**

### **Women's Circle at the Friendly Community Center**

1st Tuesday of the month at 5:30pm

The Friendly Community Center, 1200 Route 390, Cresco, PA 18342

Facilitator: Jennifer Malamas, MD (570) 481-4330

## **MENTAL HEALTH CRISIS INTERVENTION**

**Mental Health Crisis Intervention and Suicide Prevention Hotline: 988**

**Carbon-Monroe-Pike Counties Crisis Intervention Hotline:**

(570) 992-0879 or toll-free (800) 849-1868 or TTY (570) 420-1904

**National Crisis Text Line: 741741**

## **LGBTQ+ RESOURCES**

**SAGE** is dedicated to improving the lives of LGBTQ+ older people by offering supportive services and resources. For more information, visit **[www.sageusa.org](http://www.sageusa.org)**.

## **OPIOID ADDICTION IN THE ELDERLY**

Older patients suffering from chronic conditions like arthritis or back issues are often prescribed opioids to relieve pain. These individuals can become more at risk for drug dependence and overdose. Symptoms of **Substance Use Disorder**, such as increasing fatigue, diminishing memory, or balance problems, can be mistaken for depression or dementia. Also, since kidney and liver function slow with age, the time drugs remain in one's system increases, making it harder to manage opioid medication effectively.

**The Carbon-Monroe-Pike Drug & Alcohol Commission (CMP D&A) referral line is 1-866-824-3578. The line is staffed by CMP D&A 24/7.**

**The Substance Abuse and Mental Health Services Administration (SAMHSA)** offers a confidential, free, 24/7 information service for individuals and family members facing substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. **The SAMHSA National Helpline is 1-800-662-4357.**

## ***FOOD-RELATED RESOURCES***

### **FOOD PANTRIES AND COMMUNITY MEALS**

A variety of food pantries and community meal locations provide food for those in need in Monroe County. **A list of these places can be obtained by calling 211 or by visiting or calling the MCAAA office.**

### **SNAP / FOOD STAMPS**

**The Supplemental Nutrition Assistance Program (SNAP)** is designed to increase the food purchasing power of people with low income. Those who are eligible receive an Electronic Benefits Transfer (EBT) ACCESS card to buy food. Income eligibility for the program is figured differently for those ages 60 and older. **To apply or for more information, call the Monroe County Assistance Office at (570) 424-3030.**

### **MONROE COUNTY MEALS ON WHEELS**

**Monroe County Meals on Wheels** is a local nonprofit organization whose mission is to help ensure older adults and the homebound in our community receive nutritious meals. Participants can choose between two programs: weekly freezer packs or daily hot meals. Meals on Wheels also offers emergency options ahead of inclement weather and in response to unexpected events, as well as pet food. Volunteers and staff also offer emotional support through wellness checks and phone calls. **Their phone number is (570) 424-8794, and their website is [www.monroemeals.org](http://www.monroemeals.org).**

### **PENNSYLVANIA SENIOR FOOD BOX PROGRAM**

Individuals 60+ who meet certain financial eligibility requirements can receive a monthly box of healthy, non-perishable foods. Products are provided by the USDA and include bottles of 100% juice, cheese, canned fruits and vegetables, canned meats and stews, milk, cereal, peanut butter, and more. **Senior boxes are distributed locally through the Salvation Army in East Stroudsburg. Registration is required at least 2 weeks prior to distribution. Call (570) 421-3050 or (800) 424-4356 to register or get more information.**

## SENIOR FARMERS MARKET NUTRITION PROGRAM

**The Senior Farmers Market Nutrition Program**, which runs May through September, provides eligible low-income seniors with coupons that can be exchanged for qualified foods. Recipients are given a list of participating farmers markets with vouchers that can be redeemed for fresh fruits and vegetables grown in PA. **Each eligible recipient receives \$25-worth of vouchers to redeem at a participating market.** Information about the 2025 program will be printed in the Monroe County Seniors' Express Times as soon as it is available. For further questions, please contact the MCAAA.

## *HOUSING-RELATED RESOURCES*

### SENIOR HOUSING IN MONROE COUNTY

The following housing opportunities listed are currently on a waitlist. Applicants must be aged 62 or older.

<b>MONROE COUNTY HOUSING AUTHORITY</b> Avon Court, Westgate Apartments, & Hamilton Manor Monroe County Section 8 Program (closed to applications) 1055 West Main St., Stroudsburg, PA 18360 (570) 421-7770 <a href="http://www.housingauthoritymonroecounty.org">www.housingauthoritymonroecounty.org</a>	<b>SHEPHERDS OF MONROE COUNTY</b> Hawks Nest, The Oaks Senior Community, & Wisteria Commons 827 Wisteria Commons, Cresco, PA 18326 (570) 595-3013 <a href="http://www.presbyterianseniorliving.org">www.presbyterianseniorliving.org</a> 1- and 2-bedroom units
<b>BELMONT KNOLL</b> 1 Center Ave., Mount Pocono, PA 18344 (570) 839-6522 <a href="http://www.monarchmanage.com/belmont-knoll">www.monarchmanage.com/belmont-knoll</a> 1-bedroom units	<b>SHIRLEY FUTCH PLAZA</b> 4 South Kistler St., East Stroudsburg, PA 18301 (570) 421-1517 <a href="http://www.liveatshirleyfutchplaza.com">www.liveatshirleyfutchplaza.com</a>
<b>EAGLE VALLEY APARTMENTS</b> 561 Roosevelt St., East Stroudsburg, PA 18301 (610) 439-7007 <a href="http://www.housing-abc.org/properties/eagle-valley-apartments">www.housing-abc.org/properties/eagle-valley-apartments</a> 1-bedroom units	<b>WHITESTONE COMMONS</b> 360 White Stone Corner Rd., Stroudsburg, PA 18360 (570) 872-9494 <a href="https://www.liveinpa.com/rental-properties/affordable-apartments/monroe-county/whitestone-commons">https://www.liveinpa.com/rental-properties/affordable-apartments/monroe-county/whitestone-commons</a> 1- and 2-bedroom units
<b>KNOB CREST</b> 3 Knob Rd., Mount Pocono, PA 18344 (570) 839-8131 <a href="http://www.monarchmanage.com/knob-crest">www.monarchmanage.com/knob-crest</a> 1-bedroom units	<b>LIMEKILN MANOR</b> 19 East Kinney Ave., Mount Pocono, PA 18344 (570) 839-8613 1- and 2-bedroom units <a href="mailto:mtpocono@gqmt.com">mtpocono@gqmt.com</a>

## OUT-OF-COUNTY HOUSING AUTHORITIES

When looking for alternatives, these are the phone numbers for other counties' housing authorities:

<b>Carbon County Housing Authority</b>	(610) 377-9375
<b>Carbondale Housing Authority</b>	(570) 282-0280
<b>Lackawanna County Housing Authority</b>	(570) 342-7629
<b>Scranton Housing Authority</b>	(570) 348-4400
<b>Lehigh County Housing Authority</b>	(610) 439-8678
<b>Bethlehem Housing Authority</b>	(610) 865-8300
<b>Wyoming Valley Subsidized Housing Authority / Nanticoke City Housing Authority</b>	(570) 942-6155
<b>Nanticoke City Housing Authority</b>	(570) 735-1110
<b>Pittston City Housing Authority</b>	(570) 655-3707
<b>Wilkes Barre City Housing Authority</b>	(570) 822-6657
<b>Northampton County Housing Authority</b>	(610) 759-8488
<b>Pike/Wayne County Housing Authority</b>	(570) 488-6069

## SHARE HOUSING

**The Shared Housing and Resource Exchange (SHARE) program** is an affordable housing choice that brings together homeowners who want to share their home with home-seekers looking for housing in exchange for rent, help around the house, or a combination of both. The home-seeker receives their own bedroom and agreed-upon use of the common areas. SHARE participants must be at least 18 years of age, and one of the individuals in the match must be over 60. **Those interested can contact Kelly Foley, the SHARE Housing Coordinator for our area, at (570) 832-0538 and [kfoley@pikepa.org](mailto:kfoley@pikepa.org).**

## HOUSING REHABILITATION PROGRAM

**The Monroe County Redevelopment Authority offers the Housing Rehabilitation Program for owner-occupied homes.** Eligible households must be a single-family dwelling unit owned and occupied by a U.S. citizen within an income limit determined by the U.S. Department of Housing and Urban Development. Eligible work can include but is not limited to electrical, plumbing, roofing, siding, heating systems, structural repairs, and accessibility modifications. **The waiting list is currently between 1 and 1.5 years long.** The office of the Monroe County Rehabilitation Authority is located at **701 Main Street, Suite 502, in Stroudsburg**, and their phone number is **(570) 421-4300**.



## USDA HOUSING REPAIR LOANS AND GRANTS

**The Section 504 Home Repair program** provides loans to very-low-income homeowners to repair, improve, or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards. **To qualify, applicants must own and occupy the home, be unable to obtain affordable credit elsewhere, have a household income that does not exceed the very-low limit by county, and (for grants) be 62 or older.** The maximum loan is \$40,000, and the maximum grant is \$10,000. For more information about the program, **contact Peter Fisher from USDA Rural Development by calling (717) 601-3249 or by emailing [peter.fisher@usda.gov](mailto:peter.fisher@usda.gov).**

## WEATHERIZATION ASSISTANCE PROGRAM

**The Weatherization Assistance Program (WAP)** provides homeowners and renters with free, energy-saving updates to their homes, including caulking, weather stripping, and insulation for hot water conservation, saving residents hundreds of dollars each year on heating/utility bills. The work must be done by the program's own crew. To be eligible, one must meet certain financial guidelines, and priority is given to those at higher risk. **The Monroe County Redevelopment Authority's office is located at 701 Main Street, Suite 502 in Stroudsburg, and they can be reached at (570) 421-4300 and at [adminsecretary@monroecountyrd.org](mailto:adminsecretary@monroecountyrd.org).**

## LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

**The Low Income Home Energy Assistance Program (LIHEAP)** helps families living on low incomes pay their heating bills in the form of a cash grant. The program runs until April 4, 2025, to reopen again in November 2025. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company or fuel provider to be credited on the bill. These grants range from \$300 to \$1,000 based on household size, income, and fuel type, and they do not have to be repaid. **The Monroe County Assistance Office's LIHEAP number is (570) 424-3517. The LIHEAP Crisis number is (866) 410-2093.**

### 2024-2025 LIHEAP Income Requirements:

Household Size	Income Limit
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000
5	\$52,710
6	\$60,420

## TAXES AND SOCIAL SECURITY

### PROPERTY TAX / RENT REBATE PROGRAM

#### 2025 Eligibility for Homeowners & Renters:

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

Homeowners, renters, and some residents of personal care/nursing homes may be eligible for a rebate on their paid taxes or rent. **Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability.**

*(continued on page 17)*

### **Important Dates for the Property Tax / Rent Rebate Program:**

**January**—Department of Revenue opens the online rebate application on myPATH ([mypath.pa.gov](http://mypath.pa.gov)) to allow those eligible to file. Booklets will be mailed to those who filed an application last year.

**April**—Posting/processing begins, and automated calls begin to notify applicants their applications were received.

**June**—Automated calls begin to notify applicants that their applications were approved. Filing deadline is June 30th, but it could be extended.

**July**—Rebates will start to be paid out on July 1st.

Eligible applicants can apply online at [mypath.pa.gov](http://mypath.pa.gov) or pick up an application at the MCAAA office.

## **SCHOOL DISTRICT PROPERTY TAX REBATES**

In addition to the Property Tax Rebate Program, each Monroe County school district offers a rebate on school taxes. The guidelines are similar, but each district has some variation. **The rebate is based on the balance of school taxes not reimbursed under the Property Tax Rebate Program.** Copies of paid school tax receipts and Property Tax Rebate Program receipts must accompany applications, along with proof of income and age. These are the participating school districts and their application periods:

**East Stroudsburg Area School District**—July 1st through October 31st—(570) 424-8500, ext. 10102

**Pleasant Valley School District**—February 1st through June 30th—(570) 402-1000, ext. 1260

**Pocono Mountain School District**—January 1st through December 31st—(570) 839-7121, ext. 10163

**Stroudsburg Area School District**—February 1st through June 30th—(570) 421-1900

## **FEDERAL INCOME TAX RETURN FOR 2024 INCOME**

A **federal income tax return** for 2024 must be filed if a certain amount of gross income was made. The following apply to those 65 and older:

**Single filing status must file if total gross income was \$16,550 or more.**

**Joint filing status must file if combined gross income was \$32,300 or more. If spouse is under 65, the threshold decreases to \$30,750 or more.**

## **PA PERSONAL INCOME TAX RETURN FOR 2024 INCOME**

Anyone who receives taxable income in Pennsylvania must file a **Pennsylvania Personal Income Tax Return**, even if no tax is due with the return. In PA, pensions are nontaxable. Under certain circumstances, some may be eligible for tax forgiveness through Form PA Schedule SP (PA-40 SP).

## **SOCIAL SECURITY AND SUPPLEMENTAL SECURITY**

**Social Security** is the nation's basic method of providing a continuing income when family earnings are reduced or end due to retirement, disability, or death. **One may begin receiving benefits between 62 and 70 years of age.** Exceptions apply to some workers who become severely disabled before turning 65, who may be eligible to receive Social Security Disability benefits. Certain family members can receive survivors benefits if a worker passes away. Monthly benefits had a 2.5% increase in 2025. Applications can be submitted up to three months prior to the planned retirement date.

**Supplemental Security Income (SSI)** is a federal program that provides monthly income to persons ages 65+ with little to no income or resources and people with disabilities. Eligible persons' monthly payments vary depending on their living situation, income, and assets.

**The Social Security Administration office is at 9090 Franklin Hill Road, Suite 101 in East Stroudsburg. Their phone number is (888) 835-6169. The phone number for the Social Security Administration office in Wilkes-Barre is (800) 772-1213. For more information about Social Security, visit [www.ssa.gov](http://www.ssa.gov).**

## ***LEGAL RESOURCES***

### **SENIOR LAW HELPLINE**

**The Senior Law Helpline** is a free hotline staffed by attorneys who offer legal information, advice, and referral services to Pennsylvania residents ages 60+. **They are available Mondays through Thursdays from 10am to 12pm at (877) 727-7529.**

### **NORTH PENN LEGAL SERVICES**

**North Penn Legal Services** provides free legal help, information, and resources to low-income Northeast Pennsylvanians who have issues related to family law, housing, public benefits, and other civil matters. **Please note that services such as power of attorney, simple wills, and living wills require a referral from the Monroe County Area Agency on Aging** to determine if income requirements are met. North Penn Legal Services is located at **10 North 10th Street in Stroudsburg, and their number is (570) 424-5338.**

### **MONROE COUNTY BAR ASSOCIATION**

**The Monroe County Bar Association** provides programs and services to help connect the community with available legal resources. The Association has a "Find a Lawyer" program that assists in locating attorneys who specialize in various areas of need. They also provide a range of programs and educational opportunities throughout the year, including community programs for seniors. **Their office is located at 913 Main Street in Stroudsburg, and they can be reached by phone at (570) 424-7288 and by email at [info2@monroebar.org](mailto:info2@monroebar.org).**

# ***RESOURCES FOR VETERANS***

## **IMPORTANT PHONE NUMBERS:**

**Veterans Crisis Line**—Dial 988 or Text 838255

**Monroe County Veterans Affairs**—(570) 517-3187

**Pennsylvania Department of Military and Veterans Affairs (DMVA)**—(717) 861-8910

**MyVA411 main information line**—(800) 698-2411, available 24/7

**VA benefits hotline**—(800) 827-1000, available Monday through Friday, 8am-9pm

**The National Call Center for Homeless Veterans**—(877) 424-3838, available 24/7

**VA health benefits hotline**—(877) 222-8387, available Monday through Friday, 8am-8pm

## **MONROE COUNTY VETERANS AFFAIRS OFFICE**

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; all other types of discharges are subject to review on a case-by-case basis.

**The Veterans Pension program** provides monthly payments to wartime veterans. The benefit is income-based, and compensation is determined by service-related disabilities.

**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.**

## **STATE BENEFITS FOR VETERANS**

Some benefits offered to veterans by the Commonwealth of Pennsylvania include:

- **Veterans Temporary Assistance (VTA) Program:** provides temporary financial assistance of up to \$1,600 in a 12-month period to veterans and their beneficiaries who reside in PA for the necessities of life (food, shelter, fuel, and clothing)
- **Property tax exemption** for 100% service-connected, wartime veterans and their widows
- **Blind Veterans Pension:** provides eligible veterans with a monthly pension of \$150
- **Amputee and Paralyzed Veterans Pension:** provides eligible veterans with a monthly pension of \$150
- **Veterans' Home Residency application:** for veterans who need long-term care, PA offers six Veterans Homes
- **PA Military Veteran Registration Plates,** on the Commonwealth of Pennsylvania's website, [www.pa.gov](http://www.pa.gov).

## FEDERAL BENEFITS FOR VETERANS

Some benefits offered to veterans at the federal level include:

- VA compensation for service-related problems
- VA Non-Service Connected Pensions for non-service disabled veterans who have served during a federally recognized wartime period of service
- VA medical hospitalization programs
- VA burial benefits
- VA Widow's Pension
- Pension appeals and compensation benefits
- VA insurance or lump sum claims and conversions
- Upgrades or corrections on DD214s
- Decorations, medals, and appropriate records from the National Personnel Records Center in St. Louis, MO
- Apportionments for estranged wives or dependent children
- Obtaining DD214s for WWII-period Merchant Marines and U.S. Civil Servants who served in the U.S. Navy or the U.S. Army Vessels during WWII from the U.S. Coast Guard
- VA government marker/headstone for a veteran's unmarked grave

## TRANSPORTATION RESOURCES

### PUBLIC TRANSPORTATION

The Monroe County Transit Authority (MCTA), aka the Pocono Pony, offers a variety of public transportation services to all residents of Monroe County. All vehicles are ADA accessible. Programs that apply to seniors, 65 years of age and older, include:

The **Fixed Route** provides free transportation for seniors. Transit card applications require proof of age.

The **Shared Ride Program** provides rides for those who live more than 1/4 of a mile from a Fixed Route bus stop, allowing seniors to use public transit to get to medical appointments, grocery stores, and social outings. This program requires an application and trip reservations. Trips must be scheduled by noon the day before the requested trip; however, reservations can be made up to two weeks in advance. Shared Ride requires a small copay.

The **Medical Assistance Transportation Program** offers free transportation for medical-related trips only via Fixed Route or Shared Ride, as well as mileage reimbursement. An application is required, and clients must be enrolled in Medical Assistance (aka Medicaid).

Seniors can apply in-person at the MCTA office (134 MCTA Drive in Swiftwater) and the Loder Senior Center (62 Analomink Street in East Stroudsburg). Applications can also be found online at [www.gomcta.com](http://www.gomcta.com). **MCTA's phone number is (570) 839-6282.**

**PonyPlus** is an on-demand service open to all ages and runs Monday through Friday from 6:30am to 6:30pm in two geographic areas: Tri-Boro Connector (Delaware Water Gap, East Stroudsburg, & Stroudsburg boroughs) and Pocono Summit Connector (Pocono Summit & Mount Pocono Borough). Using the PonyPlus app, customers can book a ride for \$2/trip.

The **Care Connects Program** is a medical transportation program funded through a grant from Sanofi, in cooperation with the Pocono Mountains United Way. The program is available to any resident who is not eligible for other MCTA shared ride programs and must go to a medical appointment or a pharmacy. All appointments must start from and end at locations in Monroe County. Advance notice is required. Scheduling is based on availability.

## **RETIRED STATUS VEHICLE REGISTRATION**

Retired seniors whose annual income does not exceed \$29,600 (the income limit increased by \$10,400 in 2025) qualify for a **reduced vehicle registration fee of \$11**. Refer to the letter sent to you by PennDOT for your registration's due date. **For an application, visit or call the Snodgersville DMV at (717) 412-5300 or the MCAA office.**

## **DISABILITY PLATES AND PLACARDS**

**The Pennsylvania Department of Transportation (PennDOT)** provides a free placard (or a license plate for \$13) to eligible disabled individuals. They are recognized in all fifty states and are valid for five years. **Eligible PA residents must either be a totally disabled veteran or an individual without full use of a limb, is blind, or has another disability.** A physician or police officer must verify the applicant's disability, and the form must be notarized. Veteran placards and plates require verification by the Department of Veterans Affairs. **Applications are available at the local PennDOT Driver License Center at 4218 Manor Drive in Stroudsburg and at the MCAA office.**

## **YELLOW DOT PROGRAM**

**Pennsylvania's Yellow Dot Program** was created to assist citizens following a traffic accident when they may not be able to communicate their needs themselves. The decal alerts first responders to check the vehicle's glove compartment for vital information so adequate medical attention is given. Participants complete a personal information form, attach to the front a photo showing only their head and shoulders, and leave its folder inside the glove box. The sticker is placed in the lower-lefthand corner of the vehicle's rearview window. **To obtain a Yellow Dot kit, visit or call the MCAA office.**

## **PHOTO IDENTIFICATION CARD**

Pennsylvania residents can receive a **non-driver photo ID card** by completing an Application for Initial Identification (DL-54A). The photo ID clearly indicates that it is not a driver's license. **Cost for a four-year ID in 2025 is \$42.50.** Individuals who have not had a PA driver's license must provide a completed DL-54A form along with acceptable proof of ID, Social Security card, two acceptable forms of address verification, and a form of payment. **Forms are available at the local Driver License Center at 4218 Manor Drive in Stroudsburg and at the MCAA office.**

## ***EDUCATIONAL RESOURCES***

### **THE OLDER ADULT LEARNING COMMUNITY (TOALC)**

**The Older Adult Learning Community (TOALC)** is an independent community organization in East Stroudsburg offering many diversified courses geared to the interests of its members with topics such as art, history, finance, health, sports, philosophy, and writing. They are dedicated to the philosophy that learning should be a lifelong endeavor and that continuous educational pursuits in retirement contribute to the quality of life. Classes are available in-person and virtually, and they are offered on a semester basis, in the winter and in the summer, for \$45 per semester. **They are located at 55 Smith Street in East Stroudsburg, and they can be reached by phone at (570) 422-7810 and by email at [info@thetoalc.org](mailto:info@thetoalc.org).**

## LIFE LONG LEARNER PROGRAM

East Stroudsburg University invites senior citizens to enroll in courses **tuition-free**. The **Life Long Learner Program** exists to make educational opportunities available to seniors for enrichment, enjoyment, and intellectual stimulation. **To qualify, one must be at least sixty years of age, retired, and a PA resident.** Enrollment is subject to the availability of space, and a degree cannot be earned. Those with bachelor's degrees are able to take graduate courses but must apply using a separate application. **To apply, visit [esu.edu/admissions/undergraduate/senior-citizen.cfm](http://esu.edu/admissions/undergraduate/senior-citizen.cfm) or call (570) 422-3542.** Once registered, a bill for tuition and fees will be mailed, but it must be returned to the Business Office with the notation "Senior Citizen Tuition Waiver". For questions about the program, call (570) 422-3542 or email [admission@esu.edu](mailto:admission@esu.edu).

## LOCAL LIBRARIES

Public libraries are a great resource for a variety of materials, and services, including books and audiobooks, printing/copying, classes, book clubs, and more.

Monroe County is the home of these public libraries:

1. **Barrett-Paradise Friendly Library**, 6500 PA-191 in Cresco: (570) 595-7171
2. **Clymer Library**, 115 Firehouse Road in Pocono Pines: (570) 646-0826
3. Eastern Monroe Public Library branches
  - A. **Hughes Library**, 1002 North 9th Street in Stroudsburg: (570) 421-0800
  - B. **Pocono Township Library**, Municipal Building (Route 611), 112 Township Drive in Tannersville: (570) 629-5858
  - C. **The Library of the Smithfields**, Echo Lake Park (Route 209), 5200 Milford Road in East Stroudsburg: (570) 223-1881
4. **Pocono Mountain Public Library**, 5500 Municipal Drive in Tobyhanna: (570) 894-8860
5. **Western Pocono Comm. Library**, 131 Pilgrim Way in Brodheadsville: (570) 992-7934

The Eastern Monroe Public Library offers a mobile library called the **Bookmobile**. To see its schedule, check the most recent edition of the Monroe County Seniors' Express Times, visit [www.monroepl.org](http://www.monroepl.org), or call (570) 202-7268.

## EMPLOYMENT RESOURCES

### SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

The **AARP Senior Community Service Employment Program (SCSEP)** is the nation's oldest program to help low-income, unemployed individuals aged 55+ find work. AARP first matches eligible older job seekers with local nonprofits and public agencies so they can increase skills and build self-confidence while earning a modest income. Based on their employment interests and goals, participants may also receive supportive services and skills training through an educational institution. SCSEP experience most often leads to permanent employment. For more information about the program, call **(570) 972-0080**.

### PA CAREER LINK

**PA CareerLink Monroe County** is a recruitment program that offers job search tools and regularly hosts job search workshops. To make an appointment, visit their website at [www.monroecountycareerlink.org](http://www.monroecountycareerlink.org) or call **(570) 620-2850**. PA CareerLink Monroe County is located at **2937 Route 611 in Tannersville**.

# ***RECREATION AND ENTERTAINMENT***

## **SCHOOL DISTRICT BENEFITS**

**East Stroudsburg Area School District:** Residents of the district ages 55+ can bring proof of age to sporting events and other functions for complimentary tickets. Their phone number is **(570) 424-8500**.

**Pleasant Valley School District:** Residents of the district ages 65+ may attend any sporting event, play, or function for free with presentation of ID. Their phone number is **(570) 402-1000**.

**Pocono Mountain School District:** Residents of the district who are 60+ can apply for the Gold Card Club to receive a card that entitles members to free/reduced admission to school-sponsored events. Applications can be picked up at the Monroe County Area Agency on Aging office. The school district's phone number is **(570) 839-7121**.

**Stroudsburg Area School District:** Residents of the district ages 55+ may attend any sporting event, play, or function for free with presentation of ID. Their phone number is **(570) 421-1990**.

## **HUNTING AND FISHING LICENSES**

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).

### **2025 HUNTING LICENSE PRICING FOR SENIORS 65+**

<b>Resident Senior Hunting License (1 year)</b>	Includes one antlered deer tag, one fall turkey tag, one spring turkey tag, and small game hunting privileges	<b>\$13.97</b>
<b>Resident Senior Lifetime Hunting License</b>	Same as above, but can be renewed every year for free	<b>\$51.97</b>
<b>Resident Senior Lifetime Combination License</b>	Same as above, but also includes archery, muzzleloader, and furtaker privileges (does not include bear, migratory game bird, special spring gobbler, or antlerless deer license privileges)	<b>\$101.97</b>
<b>Resident Senior Lifetime Combination Upgrade License</b>	Issued to current senior lifetime hunting license holders who desire to upgrade their privileges to the combination category	<b>\$51.97</b>

### **2025 FISHING LICENSE PRICING FOR SENIORS 65+**

<b>Senior Resident (Annual)</b>	<b>\$14.47</b>	<b>Disabled Veterans Resident Annual License</b>	<b>Free</b>
<b>Senior Resident (Lifetime)</b>	<b>\$86.97</b>	<b>3-Year Senior Lifetime Trout Permit</b>	<b>\$40.97</b>
<b>3-Year Senior Resident</b>	<b>\$39.47</b>	<b>5-Year Senior Lifetime Trout Permit</b>	<b>\$66.97</b>
<b>5-Year Senior Resident</b>	<b>\$64.47</b>	<b>10-Year Senior Lifetime Trout Permit</b>	<b>\$131.97</b>
<b>Disabled Veterans Reduced</b>	<b>\$2.97</b>		



## MUSEUMS FOR ALL

The **Museums for All program** enables low-income families to explore Pennsylvania's rich history and culture by visiting participating state-owned museums for a minimal fee of \$2 per person with presentation of an Electronic Benefits Transfer (EBT) card and identification. This offer is good for general admission only and excludes special programs or events. For more information, visit [www.museums4all.org](http://www.museums4all.org).

## NATIONAL PARKS AND FEDERAL LANDS PASS

The federal government administers **discounted passes to Americans ages 62+ for admission to national parks, monuments, and recreational lands**. 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.

## MCTA'S SEASONAL PROGRAMS

The Monroe County Transit Authority (MCTA) offers a variety of trips every season. The trips typically include transportation to and from a show and a meal. The programs are popular and fill fast. To obtain a brochure listing the current programs being offered and/or to reserve your spot, call the MCTA at (570) 839-6282 ext. 425. Brochures are often available at the MCAA office.

## TECHNOLOGY RESOURCES

### PA ASSISTIVE TECHNOLOGY FOUNDATION

The **Pennsylvania Assistive Technology Foundation (PATF)** helps older and disabled Pennsylvanians acquire the assistive technology devices and services they need by providing financial education, 0% interest loans, and other resources. Assistive devices may include items such as adapted vehicles, hearing aids, lift chairs, computers, home modifications, scooters, security devices, and more. **PATF's website is [www.patf.us](http://www.patf.us), and they can be contacted by phone at (484) 671-0506 or by email at [patf@patf.us](mailto:patf@patf.us).**

### LIFELINE TELEPHONE ASSISTANCE PROGRAM

**Lifeline** is a federal program dedicated to making phone and internet services more accessible to low-income households by lowering the monthly cost. Eligible Pennsylvanians must meet certain financial eligibility guidelines such as SNAP, Medicaid, or other programs. The discount is in the form of a reduction to the bill paid to service providers. **Their website is [www.lifelinesupport.org](http://www.lifelinesupport.org), and they can be reached by phone at (800) 234-9473 or by email at [lifelinesupport@usac.org](mailto:lifelinesupport@usac.org).**

### COMMUNITY TECHNOLOGY OUTREACH PROGRAM

A group of tech-savvy students at **East Stroudsburg Area School District** help people in our community learn how to use common technologies, from social media applications and email to hardware, digital streaming, and cloud storage. In addition to workshops, the students offer one-to-one sessions for individualized assistance, encouraging participants to bring their personal devices, moving them toward a better understanding of the tools they own and use. The sessions are once per month during the school year, and preregistration is required. Visit [esasd.net/community/community-technology-outreach](http://esasd.net/community/community-technology-outreach) or email [tech2.coaches@esasd.net](mailto:tech2.coaches@esasd.net) for more information.

## *MISCELLANEOUS*

### **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>  354 Memorial Boulevard, Room 4  Tobyhanna, PA 18466  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, &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>

### **VOTER REGISTRATION OFFICE**

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

### **KINCONNECTOR**

**KinConnector** is a free and confidential resource for grandparents and other relatives who are raising children that offers empathy, assistance and referral services. Agents assist by providing information on financial assistance, legal information/referrals, health services, support groups, school enrollment, federal benefits, and other issues caregivers face when raising children to provide stability and permanency in the home. Their website is [www.kinconnector.org](http://www.kinconnector.org), and their phone number is **(866) 546-2111**.

## POCONO PET PANTRY

**Pocono Pet Pantry** provides quality food to families experiencing financial hardship. To qualify for aid, applicants must reside in Monroe County and be willing to pick up food in Mount Pocono on the scheduled distribution days. Animals must be spayed/neutered. Visit their website for information about income guidelines or to apply: [www.petpantry.org](http://www.petpantry.org). Their phone number is **(570) 269-7376**, and their email address is **info@poconopetpantry.org**.

## DO NOT CALL LIST

Most telemarketers cannot call a number if it is on the National Do Not Call Registry. Home and mobile phone numbers can be registered for free. **The National line is (888) 382-1222**, and the **PA state hotline is (888) 777-6406, ext. 3**.

## PA LINK

**The Pennsylvania Link to Aging and Disability Resources (PA Link)** is designed to help seniors and disabled persons connect with local services and supports for no charge: **(800) 753-8827**.

## IMPORTANT PHONE NUMBERS

CareerLink	(570) 620-2850	Meals On Wheels	(570) 424-8794	Redevelopment Authority	(570) 421-4300
Courthouse	(570) 517-3400	Medicare	(800) 633-4227	Salvation Army	(570) 421-3050
Department of Health	(877) 395-8930	Mental Health Services	(570) 421-2901	Social Security	(800) 772-1213
Eastern Monroe Public Library	(570) 421-0800	Ombudsman	(570) 344-7190	St. Luke's Hospital — Monroe	(272) 212-1000
Housing Authority	(570) 421-7770	Prescription Assistance (PACE)	(800) 225-7223	Transportation Authority	(570) 839-6282
Legal Services	(570) 424-5338	Property Tax / Rent Rebate	(888) 222-9190	United Way	(570) 517-3953
Lehigh Valley Hospital — Pocono	(570) 421-4000	County Assistance Office (CAO)	(570) 424-3030	Veterans Affairs	(570) 517-3187



## **The Monroe County Area Agency on Aging**

has compiled this booklet containing information on benefits currently available to eligible persons. Guidelines for programs are informational and subject to change at any time. The MCAAA, staffed by professionals in the aging field and guided by the Pennsylvania Department of Aging, strives to improve the quality of life of Monroe County's older citizens through the coordination of existing services and the development of essential programs. The agency is governed by the Monroe County Commissioners, and their services are continually reviewed by an Advisory Council composed of individuals who represent all areas of the county and who have a sincere interest in aging affairs.

**724 Phillips Street, Suite 102, Stroudsburg, PA 18360**

**Open 8:00am - 4:30pm; available 24 hours/day for reports of Elder Abuse & Neglect**

**(570) 420-3735 or toll-free (800) 498-0330; [monroeaging@monroecounty.gov](mailto:monroeaging@monroecounty.gov)**

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

**Facebook: [www.facebook.com/MCPAAAA](http://www.facebook.com/MCPAAAA)**

Visit our website:



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

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