

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 XVIII Issue X

October 2026

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The Monroe County Area Agency on Aging office and all Senior Centers will be closed on Monday, 10/12 in observance of Columbus Day.

Visit our website:



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

Follow us on Facebook:



www.facebook.com/MCPAAAA

Medicare Open Enrollment

The Medicare Annual Open Enrollment Period will be from October 15th to December 7th. During this period each year, Medicare beneficiaries can join, switch, or drop their Medicare Part D or Medicare Advantage coverage.

The coverage and costs for Medicare Part D and Medicare Advantage plans change each year, so it is important to review your plan and compare it to others on the market that are available to Monroe County residents. *Continued on Page 3*

All Out of Farmers Market Vouchers!

As of September 30th, we have finished giving out vouchers for the Senior Farmers Market Nutrition Program (SFMNP). We had a busy 2026 season and distributed more than 1,200 vouchers to seniors in Monroe County. That is more than \$30,000 that can be spent on fresh fruits and vegetables!

In order for us to offer this program again next year, it is important that those who have received their vouchers **redeem them at farmers markets before November 30th**. Last year, 85% of the vouchers distributed were redeemed, which was nearly a 25% increase from 2024's redemption! This year, please help us to keep that up by redeeming your vouchers on time.

Transportation is available by utilizing the Shared Ride Program through the Monroe County Transit Authority: (570) 839-8210.

Elder Justice Day

Thank you to all who attended our Elder Justice Day event on September 16th! It was a big hit. Attendees enjoyed a free lunch and presentations related to this year's theme, "Senior Safety: Strong Minds, Safe Bodies, Secure Futures". We hope to see you next year!

Write to the editor at:

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

OR abender@monroecountypa.gov

Pocono Family YMCA to Host 24th Annual Senior Prom

This year's theme is *Winter Wonderland*.

When: Sunday, October 25th, 1pm-4pm

Where: Elks Lodge 319 (260 Washington Street in East Stroudsburg)

Cost if you register before October 10th: \$20 for singles and \$30 for couples

Cost after October 10th: \$25 for singles and \$35 for couples

Mark the date, grab your dance shoes, and dress to impress! Come join us for an afternoon of music, friends, and celebration. This event is open to anyone 55 years of age and older, and those who enjoy the company of a mature crowd. Attire is in keeping with the theme. There will be dancing, door prizes, and refreshments. We strongly suggest you pay in advance at the Pocono Family YMCA; however, you can pay the day of the event.

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

Free Shredding Event

State Representative Jack Rader will be hosting his annual shredding event on **Saturday, October 17th, from 10am to 1pm** at **Pocono Raceway** (1234 Long Pond Road in Long Pond). This is a convenient, drive-through event, and there is no need to register.

- Shred sensitive paperwork (up to 4 boxes)
- Dispose of old tires (up to 4)
- Drop off expired prescription drugs
- Slightly used books and glasses/sunglasses
- Dispose of old gas grill propane tanks (up to 4 per vehicle) thanks to the Waste Authority

For more information contact Rep. Rader's district office at (570) 620-4341.

2025 Property Tax/Rent Rebate Application Deadline Extended

Homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate of up to \$1,000 on their paid taxes or rent.

Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. The amount issued is based on the applicant's annual income, which must have been \$48,110 or less in 2025:

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

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

The application deadline has been extended to December 31, 2026.

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

(570) 420-3735

monroeaging@monroecountypa.gov

SENIOR CENTER SURVEY

Thank you to everyone who responded to our survey in August and September!

We received lots of good ideas and suggestions!

HEALTH & WELLNESS CALENDAR FOR OCTOBER 2026

All programs are open to the public. For further information on any programs and to make necessary reservations, call (570) 420-3746.

Blood Pressure Screenings

Mountain Senior Center: Thurs., 10/8, at 10am
Chestnuthill Senior Center: Wed., 10/14, at 10am
Barrett Senior Center: Mon., 10/19, at 10am
Loder Senior Center: Wed., 10/28, at 9:45am
(Screenings will be provided by Melissa Lear from Beck 'N Call.)

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 and those with arthritis.
Mountain Senior Center: Tuesdays, 10am-11am
Barrett Senior Center: Wednesdays, 10am-11am
Loder Senior Center: Thursdays, 10am-11am

Zumba® Gold - Seated

Instructor: Lisa D'Arrigo, Pocono Family YMCA
 Ideal for individuals with mobility or balance issues, this class features easy-to-follow Zumba® choreography adapted for chair exercise.
Loder Senior Center: Mondays at 10:30am; also Wednesdays, 10/7 & 10/28, at 12pm
Barrett Senior Center: Friday, 10/9, at 10am
Mountain Senior Center: Friday, 10/2, and Friday, 10/16, at 10am

Pennsylvania Medicare Education and Decision Insight (PA MEDI)

PA MEDI is a State Health Insurance Assistance Program that provides free, unbiased Medicare counseling. If you would like an appointment with PA MEDI for your Medicare concerns, please call the Aging Office at (570) 420-3735. Appointments are available at the Loder Senior Center, by telephone, or virtually.

Medicare Open Enrollment

Continued from Page 1

Pennsylvania Medicare Education and Decision Insight (PA MEDI), a health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following locations in the community: **Loder Senior Center** in East Stroudsburg and **Chestnuthill Senior Center** in Brodheadsville. Counseling will also be available over the phone. **Please note:** there will be no appointments this year at the Barrett or Mountain Senior Centers.

Our PA MEDI counselors are trained volunteers from the Monroe Senior Volunteer Program (MSVP). They work hard to learn everything they can to provide the best assistance.

This counseling is free. To schedule an appointment, please call the Monroe County Area Agency on Aging at (570) 420-3735. Call to reserve your appointment early. Appointments will likely be full by October 15th.



MONROE COUNTY SENIOR CENTERS

Loder Senior Center

62 Analomink Street
East Stroudsburg, PA 18301
(570) 420-3745
Mon.-Fri. 9am-2pm
Manager: Mara Cruz
Aide: Michele Auster

Mountain Senior Center

354 Memorial Boulevard
Tobyhanna, PA 18466
(570) 894-3272 x134
Tues. Thurs. Fri. 9am-2pm
Manager: Barbara Schlegel

Barrett Senior Center

1200 Route 390, Room 17
Cresco, PA 18326
(570) 420-3735
Mon. Wed. Fri. 9am-2pm

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

Colette Levinstein from Goldenbee Senior Concierge Service will visit the senior centers in October to present 'The Importance of Strength, Movement, and Balance as We Age':

Barrett Senior Center – Friday, October 2nd, at 10:30am

Chestnuthill Senior Center – Friday, October 9th, at 10:30am

Mountain Senior Center – Thursday, October 15th, at 10:30am

Loder Senior Center – Thursday, October 29th, at 10:30am

On Thursday, October 22nd, at 10:30am, Kathryn Bommer from Geisinger Community Medical Center will present 'Cold and Safety' **at the Mountain Senior Center.**

On Friday, October 23rd, at 10am, all senior centers are invited to attend a performance of Shakespeare's *A Midsummer Night's Dream* **at East Stroudsburg University's Smith-McFarland Theatre.** We will meet at the theater; attendees are responsible for their own transportation.

Our Halloween party will take place **on Friday, October 30th, from 10am to 2pm at the Mountain Senior Center.**

To attend center events, participants must be registered members; to sign up, call Mara at (570) 420-3743. Additionally, registration is required two weeks in advance for special events and activities. For meal reservations, call one day in advance by 10am (for JRC only, reserve by Sunday for Thursday). Lunch donation: \$2.50.

Visit our [Facebook page](#) or [website](#) for the complete activity calendars (links on Page 1).

WISH LIST DONATIONS ACCEPTED AT ALL SENIOR CENTERS:

Board Games, Blank Greeting Cards, Acrylic Paints,

Blank Canvases, Holiday Decorations, Paperware, & Party Goods

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

Community Events in October

"Waterfalls of the Delaware Water Gap National Recreation Area"

Hosted by Brodhead Chapter Trout
Unlimited #289

When: Wednesday, October 7th, at 7pm
Where: Brodhead Creek Heritage Center,
1539 Cherry Lane Road in East Stroudsburg
"Larry Ott presents on the nine different
waterfalls found in the Delaware Water Gap
National Recreation Area. Expect to see
pictures, historical facts, and tips on fishing
and waterfall photography."

The Pocono Food Truck Festival

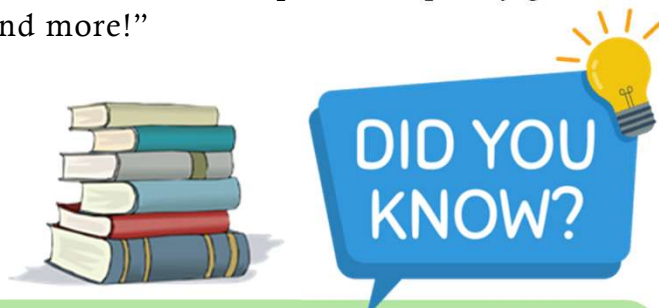
Hosted by Shawnee Mountain Ski Area

When: Weekend of Oct. 10-11, 11:30am-5pm
Where: 401 Hollow Road in Stroudsburg
Price: \$8 in advance, \$10 day-of
"The event includes fun for the whole family
with live music, craft vendors, chairlift rides,
and food and beverage vendors."

Barrett Township Halloween Parade

Hosted by Rotary of the Pocono Mountains

When: Sunday, October 18th, at 2pm
Where: Route 390 in Cresco
"Don't miss Barrett Township's longest
running tradition. Fire trucks, live music,
creative floats, antique cars, spooky guests,
and more!"



**The Bookmobile visits the Loder
Senior Center every other
Thursday at noon!
(10/1, 10/15, & 10/29)**

Free Offerings at the Friendly Community Center 1200 Route 390, Room 30, in Cresco (570) 481-4330

Dance & Movement – Tuesdays at 2pm
*A gentle, seated exercise class incorporating dance-
inspired movements, rhythm, and stretching.*

Mah Jongg – Thursdays from 1pm to 4pm
*Beginners and experienced players are welcome.
Please register to ensure enough players.*

Barrett Bird Club – 2nd Tuesday of the
month at 7pm (online in the winter months)
*Meetings include informational programs,
discussion of birds, walks, and other birding
activities throughout the year.*

Women's Circle – 1st Tuesday of the month
at 5:30pm
*Connect with other women for support, guided
topics, and conversation.*

Rep. Madden's Veterans Expo

State Representative Maureen Madden will
be hosting her annual Veterans Expo on
Saturday, October 10th, from 10am to 1pm
at Northampton Community College's
Pocono Campus (2411 Route 715 in
Tannersville). The event will be held in
Keystone Hall on the second floor. General
parking is available in Lots A & B, and
accessible parking is in Lot C.

For more details, contact Rep. Madden's
district office at (570) 894-7905.



Support Groups

Dementia Caregiver

When: Sat., Oct. 24th, 10am-11:30am
Where: Eastern Monroe Public Library
 (1002 N. 9th St., 2nd Fl., Stroudsburg)

When: Sat., Oct. 24th, 1:15pm-2:45pm
Where: B.A.R.C.
 (1200 Route 390, Room 29, in Cresco)
Call Barbara: (570) 236-3380

Alzheimer's Caregiver Group

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

Bereavement for Adults

When: Wed., Oct. 7th, 10:30am-12:30pm
Where: Hughes Library
 (1002 N. 9th Street in Stroudsburg)
Text or call Ruth: (570) 242-3536

Blindness & Visual Impairment

When: 1st Monday of the month, 10am
Where: Burnley Workshop
 (4219 Manor Drive in Stroudsburg)
Call Sights for Hope: (570) 992-7787

Grief Share

When: Varies; call first
Where: Mount Eaton Church
 (7277 Mount Eaton Rd. in Saylorsburg)
Call the church: (570) 992-7050

When: Varies; call first
Where: The Church of St. Luke
 (818 Main Street in Stroudsburg)
Call the church: (570) 421-9097

When: Thursdays, 5:30pm-6pm
Where: Stroudsburg Wesleyan Church
 (915 N. 5th Street in Stroudsburg)
Call the church: (570) 421-0750

FCC Loss Support Group

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

Parkinson's Support Group

When: Varies; email first
Where: ESU, Monroe Hall, Room 119
Email Elliott: ecolon5@live.esu.edu



Conni's Cafe



October 15th 1 to 3 pm

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



St. Paul's Lutheran Church

139 Craigs Meadow Road
East Stroudsburg, PA 18301

Celebration Hall




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



RSVP: Barbara Van Nortwick 570.236.3380



Additional Memory Cafés:

Faith Friends Cafe

When: Every other Weds. (10/7 & 10/21), 11am-1pm

Where: Wilson Fellowship Hall at Faith United Methodist Church (1160 Clause Dr. in Stroudsburg)

RSVP: (570) 424-0712

The Friendly Memory Café

When: Last Tuesday of the month, 11:30am-1pm

Where: Friendly Community Center (1200 Route 390, Room 30, in Cresco)

RSVP: Nicole Abrams, (570) 481-4330 or
info@thefriendlycommunitycenter.org

America250 PA Monroe County presents:
1776: The Musical

Friday, October 23rd, at 8pm

Saturday, October 24th, at 8pm

Sunday, October 25th, at 2:30pm

Notre Dame High School Auditorium

(60 Spangenburg Avenue in East Stroudsburg)

Tickets available at the door

Seniors - \$15 Adults - \$20 Students - \$12

For more information, visit www.mc250pa.org.

Sponsored by:



Save the Date:

Veterans Appreciation & Informational Luncheon

Senator Rosemary Brown's office will have a Veterans Appreciation & Informational Luncheon to honor and support veterans, and their families, of the 40th Senate District **on Sunday, November 15th, from 11:30am to 1:30pm, at Trout Lake Retreats** (1100 Twin Lake Road in Stroudsburg).

Veterans and their spouses (or a guest) are invited to attend.

Please RSVP by calling (570) 620-4326 or online: www.senatorbrown40.com.

MCAAA SERVICE SPOTLIGHT

Pennsylvania Caregiver Support Program

The PA Caregiver Support Program (CSP) works to ease the stresses of caregiving by focusing on the wellbeing of the caregiver. The CSP provides resources and assistance to caregivers who are either:

- 55+ and caring for a related child or a related disabled adult
- 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 older relatives aged 55+ who are the primary caregivers for related children may be eligible to be reimbursed for daycare, 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.

For more information or to inquire about a referral, please contact the Aging Office at (570) 420-3735 or email monroeaging@monroecountypa.gov.

AARP Driver Safety Courses

AARP's Smart Driver course will take place this fall. Participants will be eligible for a driver safety discount of 5% from most car insurers. The discount is good for three years.

The course offerings are as follows. Please note that the four-hour refresher course is only for those who have already received an AARP driver safety Certificate of Completion. Everyone else is welcome to partake in the two-part full course.

Option 1

**Mrs. Bush's Personal Care Home
(302 Kunkletown Road in Kunkletown)**

Two-part, eight-hour full course

Day 1: Friday, October 12th, 12pm-4pm

Day 2: Monday, October 19th, 12pm-4pm

Four-hour refresher course

Monday, October 5th, 12pm-4pm

To register, call Carrie at (610) 381-1009.

Option 2

**Monroe County Emergency Management
building (100 Gypsum Road in Stroudsburg)**

Two-part, eight-hour full course

Day 1: Tuesday, October 27th, 12pm-4pm

Day 2: Wednesday, October 28th, 12pm-4pm

Four-hour refresher course

Thursday, October 29th, 12pm-4pm

To register, call Gwen at (610) 379-6823.

Please arrive at least 15 minutes before the class start time to complete course paperwork and to obtain course materials. Course cost is **\$20 for AARP members and \$25 for non-members**. Cash, check, and money orders will be accepted (checks and money orders payable to "AARP"). Individuals that have AARP United Healthcare Medicare Supplement Insurance plans may be eligible to take the course at no cost through their insurance.

Bring your driver's license and valid AARP membership card/number (if you are a member).

Advance registration is required, and seating is limited.

Staying Safe in 2026

In foreign currency exchange scams, otherwise known as forex fraud, criminals convince people to "buy" foreign currency in a get-rich-quick scheme. Those affected are led to believe the currency's value will increase significantly in a short period of time. Some examples of foreign currencies used in these scams are the Iraqi dinar, Vietnamese dong, and Indonesian rupiah.

Scammers lure their targets in with false promises of high returns and low risks. Oftentimes, the victim is introduced to the "investment opportunity" through friends, family members, or personal networks. Sometimes, scammers claim to have good

Foreign Currency Exchange Scams

credentials or to associate with reputable firms. They imply the investment is widely trusted, popular, and has a proven track record. These deceptive strategies have successfully hoodwinked thousands of older adults. Investment scams were one of the top two riskiest scams in 2025, according to the Better Business Bureau.

If you suspect that you or somebody you know is involved in or has been exposed to this sort of scam, please consider verifying your information by contacting the PA Department of Banking and Securities' consumer fraud hotline at 1-866-722-6752, your bank, law enforcement, and/or the Aging Office: (570) 420-3735.

Cryptogram

Decode the words to reveal a Halloween joke! Each number stands for a letter. Three have been provided for you.

(Solution on Page 13)

$\frac{11}{H}$ $\frac{14}{9}$ $\frac{25}{25}$ $\frac{4}{I}$ $\frac{26}{N}$ $\frac{16}{13}$ $\frac{24}{2}$ $\frac{11}{I}$ $\frac{26}{25}$ $\frac{6}{H}$ $\frac{14}{14}$ $\frac{15}{I}$ $\frac{26}{4}$ $\frac{21}{23}$
 $\frac{25}{24}$ $\frac{20}{24}$ $\frac{25}{24}$ $\frac{25}{H}$ $\frac{14}{21}$ $\frac{19}{21}$ $\frac{9}{6}$ $\frac{14}{H?}$
 $\frac{9}{N}$ $\frac{23}{9}$ $\frac{16}{I}$ $\frac{13}{H!}$ $\frac{11}{26}$ $\frac{6}{14}$

A	B	C	D	E	F	G	H	I	J	K	L	M
							14	26				
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16												



Take a Step Back in Time at the Castle Inn

From their website, www.tourthecastle.com:

The Castle Inn is the last of the grand resorts which existed in Delaware Water Gap 110 years ago. Delaware Water Gap had over 500,000 people who vacationed there, escaping the heat and low-quality sanitation of the cities. People from New York City and Philadelphia traveled by train to arrive to this area. Delaware Water Gap was the second most popular in-land destination in the United States, second to



Saratoga Springs, New York. The Castle Inn, once a resort, is now a venue space for events, as well as a host to professional offices and unique retail shops. The guided tour will take you back in time. You will see the sites in Delaware Water Gap that still exist today, experience the Castle Inn in its restored Victorian Era grandeur, and hear the stories of experiences from the past.

The guided tour is a walking tour that takes you through the property of the Castle Inn and some surrounding areas of Delaware Water Gap. The tour is available year-round. For more information, call (570) 730-0547.

Where: 20 Delaware Avenue in Delaware Water Gap

Tour times: Fridays, Saturdays, and Sundays at 2pm

Tickets: \$12 for adults; \$10 for seniors 62+; \$8 for ages 12-18; children 11 and under are free



Center attendees came together at the Roof to celebrate Labor Day and Michele's birthday!



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
Dr. Elaine Rogers
(in memory of Rose Schoch)
Robert Huffman
(in honor of the Huffman family)
Denise Bender
(in memory of Buddy)
Ted & Sharon Merli
for your generous contributions!

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: _____



Chapter 633 Poconos

Join us for speakers, dancing,
trips, and events!

Meets every 3rd Monday at 1pm at
the American Legion Post 346
(126 E. 5th Street in East Stroudsburg).

**For more information, contact
Carol Patterson at (862) 432-1453.**



Weekly Programs Offered by the Jewish Resource Center of the Poconos

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

Mondays: Nostalgic Recipes, 10am-12pm

Wednesdays: Board Games, 10am-11am

Chair Zumba, 11am-12pm

Loom Knitting by Merle, 12pm

Thursdays: Chair Yoga, 10:45am-11:45am

The Lunch Club, 12pm-1pm

Mahjong, 1pm-3pm

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

WANTED

Entertainers and
crafty people!

Do you have a talent or skill
that you would like to share
with our center attendees?

If so, contact Mara Cruz at
(570) 420-3743 or
mcruz@monroecountypa.gov.

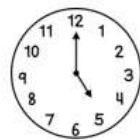
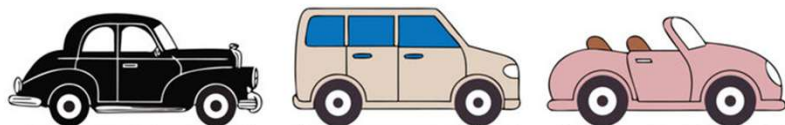
(You may be compensated for
your time!)



Retired Status Vehicle Registration

Seniors whose annual income does not exceed \$30,778 may qualify for a reduced vehicle registration fee of \$12. Applicants must be retired and receiving Social Security or other pension payments. Veterans' benefit payments or payments to a veteran's unmarried surviving spouse do not count towards income for this program. Refer to the letter sent to you every year by PennDOT for your vehicle registration's due date.

Applications are available at the local PennDOT Driver License Center (4218 Manor Drive in Stroudsburg) and at the Aging Office.



TIMING IS EVERYTHING!

**ISN'T IT ABOUT TIME YOU FOUND OUT WHAT
THE PA LINK CAN DO FOR YOU?**

**ARE YOU OVER 60 OR HAVE A DISABILITY OR
BOTH?**

**CONTACT THE PA LINK TO GET CONNECTED TO
RESOURCES IN YOUR COMMUNITY.**

1-800-753-8827

DON'T WASTE ANOTHER MINUTE! CALL TODAY!



Our older adults enjoyed a fun canvas painting activity at the Loder Center, getting creative and spending time together.



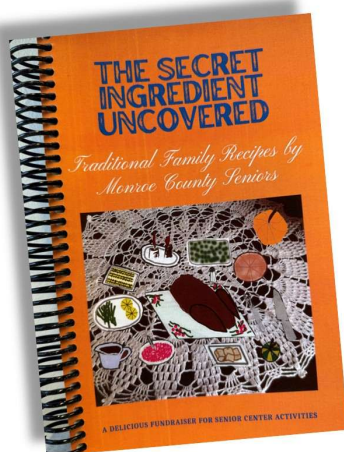
Local Government Officials

Monroe County Commissioners:

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

Maureen Madden (D) State Representative, District 115 2959 Route 611, Suite 105 Tannersville, PA 18372 TEL (570) 894-7905 FAX (570) 894-7906	Serving Barrett Township, Coolbaugh Township, Middle Smithfield Township (part, District West), Mount Pocono Borough, Paradise Township, Pocono Township, Price Township, and Stroud Township (part, Districts 02, 04, & 05)
Jack Rader, Jr. (R) State Representative, District 176 2785 Route 115, Suite 103, Effort, PA 18330 TEL (570) 620-4341 FAX (570) 620-4349	Serving Chestnuthill Township, Eldred Township, Hamilton Township, Jackson Township, Polk Township, Ross Township, Tobyhanna Township, and Tunkhannock Township
Tarah Probst (D) State Representative, District 189 18 South Ninth Street, Stroudsburg, PA 18360 TEL (570) 420-2850 FAX (570) 420-2854	Serving Delaware Water Gap Borough, East Stroudsburg Borough, Lehman Township, Middle Smithfield Township, Smithfield Township, and Stroud Township (part, Districts 01, 03, 06, & 07)
Rosemary M. Brown (R) State Senator, District 40 2398 Route 611, Suite 201, Scotrun, PA 18355 TEL (570) 620-4326	Serving Monroe County, Wayne County (part), and Lackawanna County (part)
Rob Bresnahan, Jr. (R) U.S. Congressman, 8th District 2398 Route 611, Suite 101, Scotrun, PA 18355 TEL (570) 534-6220	Ryan Mackenzie (R) U.S. Congressman, 7th District 1125 S. Cedar Crest Blvd., Suite 109, Allentown, PA 18103 TEL (484) 781-6000

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



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

Visit the Aging
 Office or the Loder
 Senior Center to
 pick up your copy!

Cryptogram Solution
from Page 9

**WHAT KIND OF WITCH
 LIKES TO GO TO THE
 BEACH?**

A SANDWICH!

SUPPORT SERVICES FOR SENIORS

724 Phillips Street
Suite 102
Stroudsburg, PA 18360

Return Service Requested

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

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

Please call Alexandra at
(570) 420-3735 or email
abender@monroecountypa.gov
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THE MONROE COUNTY SENIORS' EXPRESS TIMES is published monthly by Support Services for Seniors and the Monroe County Area Agency on Aging. **Support Services for Seniors** is a 501(c)(3) charitable organization governed by an all-volunteer Board of Directors whose vision is a community where every older adult has an opportunity to pursue a life of independence, safety, and good health. Their mission is to promote the physical, mental, social, and emotional wellbeing of older adults by providing services that empower older adults to attain or maintain independence and self-care. The organization works closely with the **Monroe County Area Agency on Aging** to: investigate and identify the long-range needs of older adults in the Pocono area; develop outreach activities which will inform the Pocono area older adults of available services, benefits, and opportunities; publish and fund the distribution of the Seniors' Express Times, a monthly newsletter with an emphasis on Aging issues; and to raise funds to support the objectives of the organization.

All editorial comments, requests, questions, or articles for submission should be addressed to: **Monroe County Area Agency on Aging, Attn: Alexandra Bender, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360**, or emailed to: abender@monroecountypa.gov.

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