

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: 2026

724 Phillips Street, Suite 102, Stroudsburg, PA 18360

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

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

Facebook: 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
- Older Adult Protective Services
- OPTIONS
 - Care Management
 - Home-Delivered Meals
 - Personal Care and Home Support
 - Personal Emergency Response Systems (PERS)
- Pennsylvania Caregiver Support Program
- Monroe County Seniors' Express Times monthly agency newsletter
- PA CareKit
- Assessments for Waiver Program enrollment
- Transportation
- Legal Referrals for Wills and POAs
- Monroe Senior Volunteer Program (MSVP)
- Senior Centers
- PA MEDI (Health Insurance Counseling)
- Ombudsman Program
- Health and Wellness Programs (see newsletter for current program)

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 in Monroe County.

OLDER ADULT PROTECTIVE SERVICES

The MCAAA's Protective Services team is responsible for the oversight and implementation of the Older Adults Protective Services Act (OAPSA) for individuals over the age of 60. Care managers respond to the following allegations:

- **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

Upon receiving a report, the Protective Services team will determine if the report meets the criteria to investigate the allegations. If the report is determined to be substantiated, an assessment will be conducted and a service plan will be developed, depending on the immediate needs of the older

adult. The goal of these responses is to reduce risk for the older adult through the least restrictive measures possible.

If you or somebody you know is at imminent risk of any of the above listed allegations, call the Statewide 24-hour hotline at (800) 490-8505 or the MCAA office at (570) 420-3735. All calls are confidential.

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

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 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.

MONROE COUNTY SENIORS' EXPRESS TIMES

The MCAA and Support Services for Seniors publish a monthly newsletter with current programs and valuable information for seniors in Monroe County. Call the MCAA to sign up to receive a physical or digital copy: (570) 420-3735.

PA CAREKIT

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

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

PA CareKit worksheets and booklets are available at the Aging Office and in libraries throughout Monroe County.

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)**, aka a Level of Care Assessment, conducted by the MCAAA
- 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
- 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 or visit www.paieb.com.

MONROE SENIOR VOLUNTEER PROGRAM (MSVP)

The Monroe Senior Volunteer Program (MSVP), under the Monroe County Area Agency on Aging, invites seniors 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 MSVP partners with 60+ organizations throughout Monroe County.

Opportunities include:

- Grocery shopping & food delivery
- Medical transportation
- Friendly visitor / phone pal
- Veteran and military family programs
- Bulk mailing
- Clerical/office help
- PA MEDI (health insurance counseling)
- Personal care home / nursing home visits
- Food distribution, clothing closets, & more!

Those interested in volunteering can email msvpvolunteer@monroecountypa.gov or call (570) 420-3747. The office is located inside 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 the MCAA for a required referral: (570) 420-3735.

SENIOR CENTERS

Monroe County's 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. There is a suggested donation of \$2.50/meal. For meal reservations, call the center you will be attending one day in advance by 10am.

Senior Centers' activity schedules and monthly menu are available on [MCAA's Facebook page](#). More current information can be found in the Monroe County Seniors' Express Times.

Loder Senior Center 62 Analomink Street East Stroudsburg, PA 18301 (570) 420-3745 Mon.-Fri. 9am-2pm Manager: Mara Cruz Aide: Michelle Auster	Mountain Senior Center 354 Memorial Boulevard Tobyhanna, PA 18466 (570) 894-3272, ext. 134 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 Manager: Patricia Davis
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

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/notes/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 choices 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.

Similarly, the **Medicare Advantage Open Enrollment** period is January 1st to March 31st each year. During this period, current Medicare Advantage plan members can switch to a different Medicare Advantage plan or drop their Medicare Advantage plan, return to Original Medicare, and sign up for a stand-alone Medicare Part D (prescription drug) plan.

To schedule an appointment with a PA MEDI counselor (for general questions or during one of the above listed Open Enrollment periods), contact the MCAA 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

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

LICENSED PERSONAL CARE FACILITIES

<u>Mrs. Bush's Personal Care Home</u> <u>Chestnut Ridge & Country View</u>	PO Box 327, Kunkletown, PA 18058 (610) 381-3713; carrie@mrsbushcares.com
<u>Getz Personal Care Home</u>	1026 Scenic Drive, Kunkletown, PA 18058 (570) 629-1334; getzpch@ptd.net
<u>Spring Village at Pocono</u>	329 E. Brown Street, East Stroudsburg, PA 18301 (570) 426-4000; dcr@springvillagepocono.com
<u>Asbury Grace Park</u>	1170 W. Main Street, Stroudsburg, PA 18360 (570) 424-8166; kbayer@graceparkseniorliving.com
<u>Gluko Lodge PCH</u>	1127 Kemmertown Road, Stroudsburg, PA 18360 (570) 992-7270; contact@glukolodge.com
<u>Fitzmaurice Community Services</u> (requires a mental health diagnosis)	2115 N. 5th Street, Stroudsburg, PA 18360 (570) 424-6223
<u>Lakewood Retreat</u> (requires a mental health diagnosis)	1482 Cherry Lane Rd., 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 2026 is \$202.90/month.**
- **Part C** (aka Medicare Advantage Plans) is an all-in-one alternative to original Medicare. These packages include Parts A, B, and usually D.
- **Part D** covers out-of-pocket prescription medications, capped at \$2,100 in 2026 (afterwards, no copayment or coinsurance)

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.

For information about PA MEDI counseling offered by the Aging Office, see page 9.

MEDICAID

Medical Assistance (A), 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 (CAO) 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.**

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:

	PACE	PACENET
Total income for a single person	\$14,500 or less*	\$14,501 - \$33,500*
Total income for a married couple	\$17,700 or less*	\$17,701 - \$41,500*
Copayment for generic medications (30-day supply)	\$6.00	\$8.00
Copayment for brand-name medications (30-day supply)	\$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**. Paper applications can be printed out online or picked up at the Aging Office.

AMERICA'S MEDICINES (www.americasmedicines.com)

The Pharmaceutical Research and Manufacturers of America's (PhRMA) **America's Medicines** tool is a free, confidential, and easy-to-use search engine that gives American patients, caregivers, providers, and businesses 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 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. Applications are also available at the MCAAA 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.**

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 services, home dialysis supplies/equipment, medications, and limited patient transportation.

Patients must have US citizenship, Pennsylvania residency, an end-stage renal disease diagnosis, and an income at or below 325% of the Federal Poverty Income Guidelines. 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 MCAAA office. For more information about 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 Pennsylvania. **Applicants register for an ID card online at pa.gov, get certified by a doctor, pay for the card, and use it at Pennsylvania medical marijuana dispensaries.**

VISION AND HEARING RESOURCES

SIGHTS FOR HOPE

Sights for Hope serves 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.

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, call **(215) 683-3213**, or email 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.**

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

Addiction

Alcoholics Anonymous – www.poconointergroupaa.org (570) 424-8532

Narcotics Anonymous – www.nameetingspoconos.com (570) 421-6618

Alzheimer's & Dementia Caregiver

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 Caregiver Support Group

2026 dates: 1/24, 2/28, 3/28, 4/25, 5/16, 6/27, 7/25, 8/29, 9/26, 10/24, 11/21, and 12/12
Eastern Monroe Public Library (1002 N. 9th Street, 2nd Floor, in Stroudsburg), 10am-11:30am
The Friendly Community Center (BARC, 1200 Route 390, Room 29, in Cresco), 1:15pm-2:45pm

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

Virtual Caregiver Support Group

3rd Tuesday of the month at 6pm; call (610) 776-3214

Bereavement

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-12:00pm

Eastern Monroe Public Library, 1002 N. 9th Street in Stroudsburg

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

Friendly Community Center Loss Support Group

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

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

Also offered via Zoom; email info@thefriendlycommunitycenter.org or call (570) 481-4330

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

Grief Share Groups

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

Dates and times vary; visit www.mounteatonchurch.org/events to confirm

The Church of St. Luke, 818 Main Street in Stroudsburg; dates/times vary; call (570) 421-9097

Thursdays at 5:30pm

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

Additional grief support groups can be found online at:

www.lvhn.org/medical-services/grief-support-services

Hope After a Loved One's Suicide

4th Thursday of the month at 6:30pm

Stroudsburg; call for exact location

Facilitator: Alice Keyes, (570) 236-1168, alicekeyes00@gmail.com

Blind and Visually Impaired

Bureau of Blindness and Visual Services Support Group

1st Monday of the month at 10am

The Burnley Workshop, 4219 Manor drive in Stroudsburg

For more information, contact Sights for Hope at (570) 992-7787

Health and Injury

Amputee Support Groups

2nd Monday of the month at 5pm

Lehigh Valley Hospital-Cedar Crest, 1200 S. Cedar Crest Boulevard in Allentown

Kasych Family Pavilion, Educational Conference Room 6

Facilitator: Courtney Miller, (610) 402-8128, courtney_m.miller@lvhn.org

3rd Monday of the month at 5pm

Good Shepherd Rehabilitation Hospital, 3200 Center Valley Parkway in Center Valley

Facilitator: Ashley Williams, awilliams@gsrh.org

Bipolar Disorder and Depression Support Group

1st & 3rd Wednesdays of the month at 6pm

Brodhead Conference Room at LV Hospital Pocono, 206 E. Brown Street in East Stroudsburg

Facilitator: Lisa, (570) 476-3422

Brain Injury Support Group of the Poconos

2nd Thursday of the month at 6:30pm

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

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

Breast Friends of Pennsylvania

3rd Wednesday of the month at 6pm; Zoom until June; Old Mill Pizzeria, 5784 US-209 in Sciota

2nd Tuesday of the month at 6pm; Chestnuthill Diner, 2187 US-209 in Brodheadsville

4th Thursday of the month at 6pm; Better Homes and Gardens, 7164 US-209 in Stroudsburg

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

Cancer Support Community of the Greater Lehigh Valley

Wednesdays at 10am

Pocono Family YMCA, 809 Main Street in Stroudsburg

Facilitator: Jen Sinclair, [jsinclair@cancersupportglv.org](mailto:j Sinclair@cancersupportglv.org)

Domestic & Sexual Violence Support Group (men & women welcome)

3rd Tuesday of the month at 5:30pm

Safe Monroe (main office), 225 J. Wilson Drive in Delaware Water Gap

Multiple Sclerosis Support Group

4th Wednesday of the month at 6:30pm

Good Shepherd Rehabilitation Hyland Center for Health & Technology (Middle Level Conference Room), 850 S. 5th Street in Allentown

Facilitator: Jennifer West, (610) 778-1069, jwest@gsrh.org

Parkinson's Support Group

Dates and times vary; for more information, please email Elliott at ecolon5@live.esu.edu
East Stroudsburg University, Monroe Hall, Room 119

Spinal Cord Injury Support Group

3rd Wednesday of the month at 2pm

Good Shepherd Rehabilitation Hospital (Room 451), 3200 Center Valley Pkwy. in Center Valley

Facilitators: Noreen Yamamoto (noyamamoto@gsrh.org) and Julia DeFeo (jdefeo@gsrh.org)

General Support

1st Tuesday of the month at 5:30pm

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

Facilitator: Ann Merli, (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.

OPIOID ADDICTION IN THE ELDERLY

Older persons 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 referral line is 1-866-824-3578. The line is staffed 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 organization. **The SAMHSA National Helpline is 1-800-662-4357.**

FOOD-RELATED RESOURCES

FOOD PANTRIES AND COMMUNITY MEALS

The **Pocono Mountains United Way** keeps an updated list of food assistance programs, which has more than 40 resources in Monroe County. To obtain a copy, visit www.poconounitedway.org/get-help; call their office at (570) 517-3953; or email info@poconounitedway.org. Copies of this list are also available at the Aging 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.** Applications are also available at the Aging Office.

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.**

PENNSYLVANIA SENIOR FOOD BOX PROGRAM

Individuals 60+ who meet certain financial eligibility requirements can receive a monthly box of healthy, nonperishable 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 East Stroudsburg Salvation Army. Registration is required at least two weeks prior to distribution, which is on the fourth Thursday of each month. 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**, made possible through the PA Department of Agriculture, encourages older adults to eat more fresh, locally grown fruits and vegetables by issuing vouchers that can be used towards purchases at farmers markets. The program is income-based and runs June through September. Details about each year's program are shared in the May issue of the Monroe County Seniors' Express Times. In 2025, eligible recipients received \$25-worth of vouchers to redeem at participating markets. For further questions, please contact the Aging Office.

HOUSING-RELATED RESOURCES

SENIOR HOUSING IN MONROE COUNTY

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

MONROE COUNTY HOUSING AUTHORITY Avon Court, Westgate Apartments, & Hamilton Manor Monroe County Section 8 Program (closed to applications) 1055 W. Main Street, Stroudsburg, PA 18360 (570) 421-7770 hamc@ptd.net www.housingauthoritymonroecounty.org	SHEPHERDS OF MONROE COUNTY Hawks Nest, The Oaks Senior Community, & Wisteria Commons 1- to 2-bedroom units 827 Wisteria Commons, Cresco, PA 18326 (570) 595-3013 www.presbyterianseniorliving.org
BELMONT KNOLL 1-bedroom units 1 Center Avenue, Mount Pocono, PA 18344 (570) 839-6522 info@monarchmanage.com www.monarchmanage.com/belmont-knoll	SHIRLEY FUTCH PLAZA 1-bedroom units 4 S. Kistler Street, East Stroudsburg, PA 18301 (570) 421-1517 www.liveatshirleyfutchplaza.com

EAGLE VALLEY APARTMENTS 1-bedroom units 561 Roosevelt Street, East Stroudsburg, PA 18301 (610) 439-7007 www.housing-abc.org/properties/eagle-valley-apartments	WHITESTONE COMMONS 1- and 2-bedroom units 360 White Stone Corner Road, Stroudsburg, PA 18360 (570) 872-9494
KNOB CREST 1-bedroom units 3 Knob Road, Mount Pocono, PA 18344 (570) 839-8131 info@monarchmanage.com www.monarchmanage.com/knob-crest	LIMEKILN MANOR 1- and 2- bedroom units 19 E. Kinney Avenue, Mount Pocono, PA 18344 (570) 839-8613 mtpocono@gqmt.com

OUT-OF-COUNTY HOUSING AUTHORITIES

When looking for housing alternatives, these are the phone numbers for other Pennsylvania county housing authorities:

Allentown Housing Authority	(610) 439-8678
Bethlehem Housing Authority	(610) 865-8300
Carbon County Housing Authority	(610) 377-9375
Carbondale Housing Authority	(570) 282-0280
Lackawanna County Housing Authority	(570) 342-7629
Lehigh County Housing Authority	(610) 421-8526
Nanticoke Housing Authority	(570) 735-1110
Northampton County Housing Authority	(610) 759-8488
Pike County housing resources	(570) 296-3434
Pittston Housing Authority	(570) 655-3707
Scranton Housing Authority	(570) 348-4400
Wayne County Housing Authority	(570) 488-6069
Wilkes-Barre Housing Authority	(570) 825-6657
Wyoming County Housing Authority	(570) 942-6155

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.**

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 the USDA Rural Development office by calling (717) 601-3249 or by emailing peter.fisher@usda.gov.

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. Applicants must own both the home and the land it is on. Eligible work can include, but is not limited to, electrical, plumbing, roofing, siding, heating systems, structural repairs, and accessibility modifications. Mobile homes older than 1976 do not qualify for the program. **The waiting list is currently 1.5 years long.** The office of the Monroe County Redevelopment Authority is located at **701 Main Street, Suite 502, in Stroudsburg**, and their phone number is **(570) 421-4300**.

WEATHERIZATION ASSISTANCE PROGRAM

The **Weatherization Assistance Program (WAP)** provides homeowners and renters with free, energy-saving updates to their homes, including caulking, weatherstripping, 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 service is issued on a first-come, first-serve basis. As of 2026, due to depleted funds, the WAP no longer includes an annual heating system "Clean & Tune", nor does it include the A/C Cooling Program. 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. If you have an HVAC-related emergency, call LIHEAP Crisis at **1-866-410-2093**.

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 10, 2026 and will reopen again in November 2026. 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 \$200 to \$1000 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, and the LIHEAP Crisis number is (866) 410-2093.**

**2025-2026 LIHEAP
Income Requirements:**

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

TAXES AND SOCIAL SECURITY

PROPERTY TAX / RENT REBATE PROGRAM

Homeowners, renters, and some residents of personal care / nursing homes may be eligible for a rebate of up to \$1,000 on their paid taxes or rent. Applicants must be 65 or older, widows/widowers 50 or older, or 18 or older with a disability. The money issued is based on the applicant's annual income, which must have been \$48,110 or less in 2025:

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

Important Dates for the Property Tax / Rent Rebate Program:

January—Dept. of Revenue opens online rebate application on myPATH (www.mypath.pa.gov) to allow those eligible to file. Booklets are mailed to those who filed 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 www.mypath.pa.gov or pick up an application at the Aging 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.** Some school districts require copies of paid school tax receipts and Property Tax Rebate Program receipts to accompany applications, along with proof of income and age. These are the participating school districts and their application periods:

East Stroudsburg Area School District—Jul. 1st through Oct. 31st; call (570) 424-8500, ext. 10102

Pleasant Valley School District—Feb. 1st through Jun. 30th; call (570) 402-1000, ext. 1260

Pocono Mountain School District—Jan. 1st through Dec. 31st; call (570) 839-7121, ext. 10163

Stroudsburg Area School District—Feb. 1st through Jun. 30th; call (570) 421-1900

FEDERAL INCOME TAX RETURN FOR 2025 INCOME

A federal income tax return for 2025 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 \$17,550 or more.

Joint filing status must file if combined gross income was \$34,700 or more. If spouse is under 65, the threshold decreases to \$33,100 or more.

STATE PERSONAL INCOME TAX RETURN FOR 2025 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 Pennsylvania, pensions are nontaxable. Under certain circumstances, some may be eligible for tax forgiveness through Form PA Schedule 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 2.85% increase in 2026. 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 office in Wilkes-Barre is **(800) 772-1213**. For more information about Social Security, visit www.ssa.gov.

LEGAL RESOURCES

SENIOR LAW HELPLINE

The **Pennsylvania SeniorLAW Helpline** is a free hotline staffed by attorneys who offer legal information, advice, and referral services to Pennsylvania residents ages 60+ pertaining to:

- Elder abuse and financial exploitation (family violence, identity theft, unauthorized bank withdrawals, credit card fraud, fraudulent deed conveyances, etc.)
- Housing (foreclosures, landlord-tenant, deeds, utilities, home repair contractor fraud, etc.)
- Family law (grandparents' rights, kinship care, custody, support, divorce, etc.)
- Estate planning (healthcare and financial powers of attorney, living wills, simple wills, etc.)

They also assist with many other areas of law. These services are available **Mondays through Thursdays from 10am to 12pm at (877) 727-7529**. Services are available in 150 languages.

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 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. These are the only legal services involving MCAAA. North Penn Legal Services is located at **10 N. 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.

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 residents 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**

Applications for all the above services can be found on the Commonwealth of Pennsylvania's website, 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 ¼ 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. For more information or to make a reservation, call **(570) 839-8210**.

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 for any of these programs in-person at the MCTA Office (134 MCTA Drive in Swiftwater). Applications can also be found online at 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, and Stroudsburg Boroughs) and Pocono Summit Connector (Pocono Summit and 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 in locations in Monroe County. Advance notice is required. Scheduling is based on availability.

MCTA also offers transportation to **out-of-county medical appointments** (Lehigh, Carbon, Luzerne, and Lackawanna) on a limited basis. All appointments must be between 10am and noon:

- Mondays: Allentown, Bethlehem, Fountain Hill
- Tuesdays: Wilkes-Barre, Mountain Top
- Wednesdays: Easton, Bethlehem, Fountain Hill
- Thursdays: Scranton, Montage Mountain, Moosic, Dunmore, Pittston

To schedule a ride, please call (570) 839-6282 by noon at least one day prior to the appointment or up to 14 days in advance.

RETIRED STATUS VEHICLE REGISTRATION

Retired seniors whose annual income did not exceed \$30,778 in 2025 qualify for a **reduced vehicle registration fee of \$12**. Refer to the letter sent to you by PennDOT for your vehicle registration's due date. **Applications are available at the local PennDOT Driver License Center at 4218 Manor Drive in Stroudsburg and at 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.**

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 2026 is \$43.50.** 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. **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.**

EDUCATIONAL RESOURCES

THE OLDER ADULT LEARNING COMMUNITY

The Older Adult Learning Community (TOALC) is an independent community organization in East Stroudsburg offering many diversified courses geared to the interest of its members with topics such as art, history, finance, health, sports, philosophy, and writing. TOALC is 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). Their website is [**www.theoalc.org**](http://www.theoalc.org).

LIFE LONG LEARNER PROGRAM

East Stroudsburg University invites senior citizens to enroll in courses tuition-free, with two fees (about \$81 for one three-credit class). 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 Pennsylvania 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 [**www.esu.edu/admissions/undergraduate/senior-citizen.cfm**](http://www.esu.edu/admissions/undergraduate/senior-citizen.cfm).** Once registered, a bill for fees will be mailed, and 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 N. 9th Street in Stroudsburg: (570) 421-0800
 - b. **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) 223-1881
5. **Western Pocono Community 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, visit [**www.monroepl.org**](http://www.monroepl.org) or call **(570) 202-7268**. The Bookmobile also visits the Loder Senior Center every other Thursday; check the most recent edition of the Monroe County Seniors' Express Times for dates.

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 ages 55+ find work. AARP first matches eligible older job seekers with local nonprofits and public agencies to 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 this 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 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**.

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 with presentation of a SNAP EBT card and identification. This offer is good for general admission only and excludes special programs and events. For more information, visit www.museums4all.org.

HUNTING AND FISHING LICENSES

Older Pennsylvanians may purchase hunting and fishing licenses at reduced rates. Those interested can apply at www.huntfish.pa.gov.

JULY 2025 – JUNE 2026 HUNTING LICENSE PRICING FOR SENIORS 65+

Resident Senior Hunting License (1 year)	Includes one antlered deer tag, one fall turkey tag, one spring turkey tag, and small game hunting privileges	\$13.97
Resident Senior Lifetime Hunting License	Same as above, but can be renewed every year for free	\$51.97
Resident Senior Lifetime Combination License	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)	\$101.97
Resident Senior Lifetime Combination Upgrade License	Issued to current senior lifetime hunting license holders who desire to upgrade their privileges to the combination category	\$51.97

2026 FISHING LICENSE PRICING FOR SENIORS 65+

Senior Resident (Annual)	\$14.47	Disabled Veterans Reduced Resident License	\$2.97
Senior Resident (Lifetime)	\$86.97		
3-Year Senior Resident	\$39.47	Disabled Resident Annual License	Free
5-Year Senior Resident	\$64.47		

NATIONAL PARKS AND FEDERAL LANDS PASS

The federal government administers **Senior Lifetime Passes** to Americans ages 65+ for admission to national parks, monuments, and recreational lands. The pass costs \$80 and allows park admission to the pass owner and their passengers in a non-commercial vehicle (max. 4 adults; children under 16 are always admitted free). At many sites, senior passes provide a discount on expanded amenity fees such as camping, swimming, boat launching, and guided tours. Passes can be purchased in-person at any federal recreation site or online at www.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, and they can be contacted by phone at (484) 671-0506 or by email at 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, and they can be reached by phone at (800) 234-9473 or by email at 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 **www.esasd.net/community/community-technology-outreach**, or email **tech2.coaches@esasd.net** for more information.

MISCELLANEOUS

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**.

VOTER REGISTRATION OFFICE

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

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

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, 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. 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) 777-3406**.

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@monroecountypa.gov**

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

Facebook: www.facebook.com/MCPAAAA

Visit our website:



Follow us on Facebook:

