



# Monroe County Seniors' Express Times

*Special points of interest:*

- Senior Farmers' Market Nutrition Program
- Help with Medicare Costs
- Senior Farmers' Market Nutrition Program Proxy
- We Need Your Help!
- Meals for Wheels Car Show & Swap Meet
- Hope After a Loved One's Suicide ~ Child Loss Chapter Support Group
- Save the Date From Senator Mario Scavello's Senior Expo



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## The Monroe County Elder Abuse Task Force invites you to attend:

The First Annual

# Elder Justice Day

## June 17, 2016

### 10am-2pm

Pocono Medical Center – Stroud / Brodhead Rooms

*This event invites older adults of Monroe County, as well as their families and caregivers to attend this free, conference style venue, which will include presentations and discussions by professionals and experts on critical elder abuse topics facing older adults here in Monroe County, as well as local community vendor tables/representatives, information and resources for caregivers and much more!*

**When:** Friday, June 17<sup>th</sup>

10am – 2pm - Lunch included

**Where:** Pocono Medical Center – Stroud and Brodhead Rooms

**\*\*\*\*\*Seating is limited, so registration is required:\*\*\*\*\***

Call 570-420-3735 or email [monroeaging@monroecountypa.gov](mailto:monroeaging@monroecountypa.gov)



Support Services for Seniors is a 501c3 charitable organization. They are governed by an all volunteer nine person Board of Directors.

Support Services for Seniors' 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 well being of older adults by providing funding for 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 emphasis on Aging issues, providing funding for home repairs to low income seniors and to raise funds to support the objectives of the organization.

This organization has a website which lists a calendar of events and links to other services. The website address is [www.poconoseniors.org](http://www.poconoseniors.org).

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

Published monthly by Support Services for Seniors with contributions from the Monroe County Area Agency on Aging, funded in part by a grant from the Pennsylvania Department of Aging.

**SSS Board Members:** Dan Corveleyn - President, Mary Louise Parker- Vice President, Loretta Winslett - Treasurer, V. Tim Hayes - Secretary, William Raczko, Dorothy Kaufman, , John A. Casella, Ray Guernsy, and Lori Ruiz

All editorial comments, requests or articles for submission should be addressed to Support Services for Seniors, Seniors' Express Times, Editor, Gretchen Peters, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360.

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

**724 Phillips Street, Suite 102, Stroudsburg, PA 18360-2224**

**Office Hours: 8:00 AM to 4:30 PM, Monday-Friday, On-call 24 hours a day.**

The Area Agency on Aging provides a variety of services to Monroe County residents age 60 and older. **Services include:** Information & Referral, Transportation, Senior Centers, Pre-Admission Screening, Legal Advice, Ombudsman Service, Medical Assistance Waiver, Apprise, Primetime Health, Home Delivered Meals, Protective Services, Personal Care, Care Management, Family Caregiver's Support Program, Friendly Visitor, Retired and Senior Volunteer Program (RSVP).

**For more information about these and other community services,  
call (570) 420-3735 or toll-free 1-800-498-0330.**

If you are receiving this publication in error or changing your address, please call the Monroe County Area Agency on Aging at 570-420-3735, 1-800-498-0330

\*\*\*If you have email, please let us know so we can send the newsletter to you electronically. You receive it faster, in color and we save on postage!

## Senior Farmer's Market Nutrition Program

The summer will soon be here and with the warm weather comes local fresh fruits and vegetables. The Senior Farmer's Market Nutrition Program (SFMNP) will be offered again this year to eligible Monroe County Seniors. This program is made possible through the Pennsylvania Department of Agriculture, Bureau of Food Distribution. We, at the Monroe County Area Agency on Aging will be administering the program beginning on Monday, June 6, 2016. The SFMNP provides \$20.00 in vouchers free to eligible older adults. The purpose is to encourage older consumers to eat more fresh fruits and vegetables by local growers who make their produce available at farmer's markets.

Health experts recommend eating five or more servings of fruits and vegetables every day for better health. This program does not only benefit the seniors but it benefits the farmers as well. Good nutrition is a critical factor in the health and well being of senior citizens.

Older adults residing in Monroe County who are 60 years of age or older and who have a gross income at or below \$21,978 for a single individual and \$29,637 for a married couple are eligible to participate in the Senior Farmer's Market Nutrition Program. Proof of age and residency is required (driver's license, photo ID, etc.). A representative can pick up the vouchers for an eligible Senior as long as they have a signed and completed proxy form (see page 5) and the eligible senior's proof of age and residency. You may only receive the vouchers once per season. The vouchers will be given on a first come basis. Seniors who are eligible can pick up their vouchers on the following days and times:

Monday, June 6, Loder Senior Center from 9 to 4.

Tuesday, June 7, Pocono Pines Senior Cen-

ter 9 to 12.

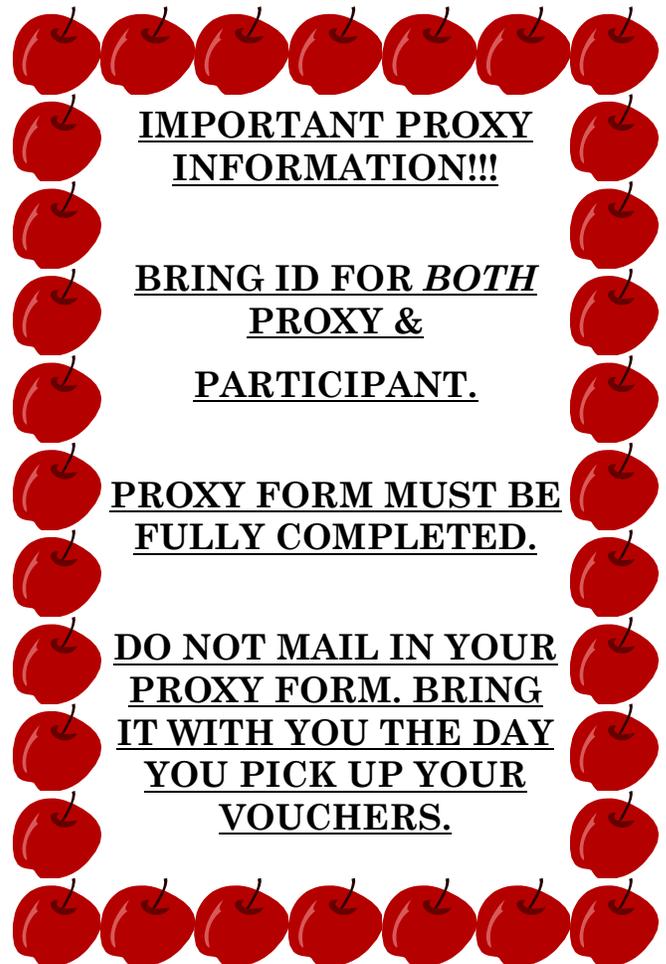
Wednesday, June 8, Chestnuthill Senior Center from 9 to 12.

Thursday, June 9, Pocono Mountain Public Library from 10 am to 2 pm

Friday, June 10, Barrett Senior Center at the Friendly Community Center 9 to 4.

The Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360 Wednesdays and Fridays, starting Wednesday, June 15 from 10 am to 3 pm.

For more information, contact the Monroe County Area Agency on Aging at (570) 420-3735 or 1-800-498-0330.



I'm working again, but I still can't afford my  
**MEDICARE COSTS...**  
Is there any **HELP** out there for me?



**YES!** If you are a working person with a disability under 65 and on Medicare, the Qualified Disabled Working Individuals Program (QDWI) may help you!

**QDWI is a Medicare Savings Program** that may help pay some Medicare costs for low-income working individuals with a disability.

If you are single with a monthly income of about \$4,000 (or married with a combined monthly income of about \$5,300), **this program may help you.\***

\*Income limits vary by state.

**FOR ASSISTANCE, CALL:**

Monroe County Area Agency on Aging  
724 Phillips Street, Suite 102  
Stroudsburg, PA 18360  
570-420-3735 or toll free 800-498-0330



**COMMONWEALTH OF PENNSYLVANIA  
DEPARTMENT OF AGRICULTURE  
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

**2016 ELIGIBILITY & PROXY FORM**

**RIGHTS AND RESPONSIBILITIES**

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Participant Name: \_\_\_\_\_ Date \_\_\_\_\_

(Person the checks are for)

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Birthday \_\_\_\_\_  
(month/year)

Income guidelines: \$21,978 1 person in the household; \$29,637 for 2 people in the household

Please check the box of the most appropriate identifier for each.

Ethnicity:  Ethnicity Hispanic or Latino  Not Hispanic or Latino

Race:  American Indian or Alaskan Native  Asian  Black or African American  
 Native Hawaiian or other Pacific Islander  White

Proxy Name: \_\_\_\_\_ Date \_\_\_\_\_

(Person picking up the checks)

Address: \_\_\_\_\_

I hereby acknowledge with my signature that I am a Pennsylvania resident, I am 60 years or older and my household income is within the income guidelines for participation in SFMNP.

Participants Signature \_\_\_\_\_ (Person checks are for)

Proxy Signature \_\_\_\_\_ (Person picking up checks)

Check numbers Received: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**\*\*The proxy must take this form to a distribution site in the county you reside. DO NOT MAIL**

## Senior Center Menu for June

June 1 ~ Glazed Pork Roast  
 June 2 ~ Turkey and Dumplings  
 June 3 ~ Lemon Pepper Fish  
 June 6 ~ Roast Beef  
 June 7 ~ Open Face Hot Pork Sandwich  
 June 8 ~ Spaghetti & Meatballs  
 June 9 ~ Chicken Verona  
 June 10 ~ Beef and Broccoli  
 June 13 ~ BBQ Roast Pork  
 June 14 ~ Centers are Closed for Flag Day  
 June 15 ~ Chef Salad with Chicken  
 June 16 ~ Pork Chop  
 June 17 ~ Meatloaf  
 June 20 ~ Roast Turkey

June 21 ~ Tomato Basil Fish  
 June 22 ~ Chicken Fajita Salad  
 June 23 ~ Yankee Pot Roast  
 June 24 ~ Chicken Almandine  
 June 27 ~ Salisbury Steak  
 June 28 ~ Turkey Salad Sandwich  
 June 29 ~ Chicken and Sausage Bake  
 June 30 ~ Glazed Pork Roast

For meal reservations  
 please call one day in advance  
 by 11 AM. Suggested Meal  
 Donation is \$2.00

## Monroe County Senior Centers

<p style="text-align: center;"><b>Loder Center</b></p> <p style="text-align: center;">62 Analomink St., E. Stroudsburg, PA</p> <p style="text-align: center;">Leslie Berger-Manager</p> <p style="text-align: center;">570-420-3745</p> <p style="text-align: center;">Open Monday-Friday 8:30– 3:30</p>	<p style="text-align: center;"><b>Chestnut Hill Center</b></p> <p style="text-align: center;">Zion Lutheran Church Fellowship Hall                  Route 209, Brodheadsville, PA</p> <p style="text-align: center;">Dolores Casalapro-Manager</p> <p style="text-align: center;">570-242-6770 or 570-420-3735</p> <p style="text-align: center;">Open Wednesday &amp; Friday 9-2</p>
<p style="text-align: center;"><b>Pocono Pines Center</b></p> <p style="text-align: center;">American Legion, Pocono Pines, PA</p> <p style="text-align: center;">Kathy Collopy-Manager</p> <p style="text-align: center;">570-646-9611</p> <p style="text-align: center;">Open Tuesday, Thursday &amp; Friday 9-2</p>	<p style="text-align: center;"><b>Barrett Center                  Friendly Community Center</b></p> <p style="text-align: center;">Route 191, Mountainhome, PA</p> <p style="text-align: center;">Barbara Seese-Manager</p> <p style="text-align: center;">570-481-4330</p>
<div style="text-align: center;">  <p style="font-style: italic; font-size: 1.2em; margin-top: 5px;"><b>Summer Fruit</b></p> </div>	<p style="text-align: center;"><b>Jewish Resource Center</b></p> <p style="text-align: center;">727 Main St., Stroudsburg, PA</p> <p style="text-align: center;">Maggie Augugliaro -Manager</p> <p style="text-align: center;">570-517-0815</p> <p style="text-align: center;">Open Thursdays 10-3</p>

## Top 10 Ways to Enjoy Strawberries

1. **Balsamic & Berries.** Reduce balsamic in a sauce pan by bringing to a boil then simmering over low heat until it has a syrup consistency. Top low-fat frozen yogurt with fresh strawberries and finish with a drizzle of the balsamic reduction.

2. **Sweet Greens.** Add sliced berries to mixed greens along with chopped walnuts and a few tablespoons of gorgonzola cheese, then toss with a low-fat balsamic vinaigrette.

3. **Strawberry Ade.** Purée strawberries in a blender and pour into a pitcher with lemon juice, water and a touch of sugar. Serve over ice and garnish with fresh mint sprigs.

4. **A Light Dessert.** Top angel food cake with sliced berries and low-fat vanilla ice cream.

5. **Sweet & Sophisticated.** Make a parfait with low-fat frozen yogurt and sliced strawberries.

Alternate in a tall glass and top with a strawberry.

6. **Healthier Pancakes.** Top waffles or pancakes with sliced strawberries and bananas for a fresh alternative to traditional syrup.

7. **Refreshing Smoothie.** Freeze whole strawberries, grapes, and bananas. Blend with 100% orange juice, adding just enough to make a frozen purée. Garnish with a mint leaf and serve.

8. **Sweet & Tangy.** Incorporate strawberries into a salad along with other fresh fruit, turkey and a mustard dressing.

9. **Elegantly Easy Ceviche.** Dice fresh strawberries and add them to a shrimp ceviche with fresh vegetables, citrus juices and cilantro for a refreshing and light appetizer.

10. **Berries & Chocolate.** Dip fresh berries in melted dark chocolate for a special treat.

## We Need Your Help!

The mission of Support Services for Seniors is to promote the physical, mental, social and emotional well being of older adults by providing services that empower older adults 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. Donations can also be made in Remembrance.



*Thank You for  
Your Generous Donation*

*Monroe County Advisory Council*

*In Memory of  
Robert Marinellie*



### **Donation Coupon**

Make your donation payable to: **Support Services for Seniors**

Mail to: Monroe County Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360

Name: \_\_\_\_\_ Amount of Donation \$ \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

May we print your name as a donor? Yes No

**Thank You!**

## **Pharmaceutical Programs**

If you do not qualify for PACE or PACENET and do not have some other type of benefits to cover the cost of your prescription medications, the following programs may be able to assist you:

### **Pennsylvania Patient Assistance Program Clearinghouse (PA PAP)**

If you are uninsured, over age 18, and do not currently have any prescription coverage, PA PAP may be able to help you to apply for prescription assistance through various programs.

Pharmaceutical manufacturers sponsor programs that provide certain prescription medications free of charge or for a nominal fee to people who meet specific income qualifications and who do not otherwise have access to necessary long-term medications. Not all manufacturers participate in the patient assistance programs. Only those drugs selected by participating manufacturers are included in this program.

Each participating manufacturer has set their own eligibility guidelines, including income limits. On average, most manufacturers observe income criteria relative to 200%, or less, of the Federal Poverty Level (FPL). A few allow greater income, and some will consider hardship circumstances

in regard to higher income. If you have or are eligible for other prescription benefits, including state- or federally-funded prescription programs, you might not qualify for benefits through PA PAP.

In addition, the PA PAP Clearinghouse also aids individuals in applying for prescription benefits funded through settlements brought forward by the Pennsylvania Attorney General's Office, such as the lorazepam/clorazepate program with copayments, the PAP3 \$500 free generics program for patients with adultBasic coverage, or the PAP4 \$3,000 medication benefit with copayments for patients recently approved for Social Security disability. These programs do not have income eligibility guidelines.

Information regarding alternative sources of medications that may be available at reduced cost is also provided when appropriate.

For more information, please call the PA PAP Clearinghouse at 1-800-955-0989. While taking your preliminary application, the PA PAP Clearinghouse staff will determine whether you may be eligible for manufacturers' programs, for any current settlement programs or other avenues of assistance.



**The Monroe County  
Area Agency on Aging  
Will be Closed  
June 14, 2016  
For Flag Day**

## **Scams that Target Senior Citizens**

We've all heard the sad stories: A senior citizen was fleeced out of his home by an unscrupulous caregiver. A home repair worker turns out to be a thief who takes all the jewelry. A call announcing you've won a prize turns out to be a ploy to get you to empty your bank account.

Scams targeting older Americans are perpetrated in person, on the telephone and, increasingly, on the Internet. Frauds involving identify theft, Medicare, health insurance, prescription drugs, reverse mortgages, home repairs, and investments abound.

Experts advise never doing business with someone who calls you out of the blue. Instead, have a practiced "no" script, such as "I don't buy products over the phone" or "I don't talk to solicitors." If you think the offer is legitimate, ask the person to put it in writing and mail it to you. Pressure to act immediately is a sign of a scam.

Anything that sounds too good to be true probably is. You want to pause. You want to close the conversation. You want to do the research.

**Distraction scams.** Someone knocks at your door and wants to talk about the fence in your backyard. While you're out back, an accomplice takes advantage and robs your house. "Sad to say, there are all sorts of scams like that," Harkins says. "All these are opportunities either for people to case the joint or to get the homeowner out of the house long enough for the TV and the jewelry to go out the other door."

**Home repair scams.** Beware of people who knock on your door and offer home repair services. Some are casing your home to rob you later. Others will overcharge for a supposed service that either isn't performed or is done poorly. Remember that legitimate contractors rarely solicit door to door, and you don't want to hire anyone to work on your house until

you've checked licenses and references.

**IRS scams.** Scammers will call a taxpayer saying money is due and demanding immediate payment via prepaid debit card, threatening arrest, deportation or loss of your driver's license. If you have caller ID, the number may even show up as IRS. The IRS does not call people. They send letters.

**Grandchildren in trouble.** A crying young person calls, saying he or she has been arrested or in an accident in another country and needs money to get out of jail. The connection is bad, so the grandparent thinks it is really a grandchild. They send the money. They don't verify that their grandson is away at college and has never been to Mexico. Verify first. There isn't any urgency here. Another variation of this scheme, via email, claims friends and relatives have been robbed in another country and need money to get home.

**Power of attorney.** Thousands of seniors have lost the contents of their bank accounts, and even their homes, by giving power of attorney to an aide, relative or trusted neighbor, who may say it's just so he or she can pay bills on your behalf but actually grants significantly more financial power. If you want someone else to handle your financial affairs, make sure you trust that person fully and have a trusted lawyer you know review the document. If you just want someone to represent you in a single transaction, use a power of attorney that covers just that transaction.

**ID theft.** Someone calls and claims to be from Medicare, your bank, the IRS, your insurance company or another business entity, then he proceeds to ask for credit card numbers or other personal information. Never give personal information over the phone unless you initiated the call.

Content taken from US News.com





# Prime Time Health Calendar



## June 2016

### Blood Pressure Screenings

Screenings are from 10-11am on the 2nd floor of the Loder Building on the 1st, 4th Thursdays. Blood Pressure screenings provided by: Allen Lear Home Care and PNS Visiting Nurse/Hospice Care. There will be no blood pressure screenings on Holidays or snow days and they will not be rescheduled.

### Other blood pressure sites: By Allen Lear Home Care

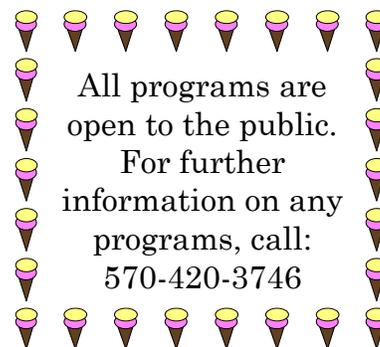
- Barrett Sr. Center 10 ~11am, 1st Monday
- Chestnuthill Sr. Center 11 ~ 12 noon, 2nd Wednesday
- Pocono Pines Sr. Center 10 ~ 11am, 2nd Tuesday
- Salvation Army 10 ~11 am, 1st Tuesday

### Cataract Awareness Presentation by LaTania R Jones

- June 6th ~ 10:45 at Barrett Senior Center
- June 17th ~ 11:00 at Pocono Pines Senior Center
- June 22nd ~ 10:45 at Chestnut Hill Senior Center
- June 30th ~ 11:00 at Loder Senior Center

### Migraine & Headache Presentation by LaTania R Jones

- June 13th ~ 10:45 at Barrett Senior Center
- June 15th ~ 10:45 at Chestnut Hill Senior Center
- June 21st ~ 11:00 at Pocono Pines Senior Center
- June 30th ~ 11:00 at Loder Senior Center



### Seniors Farmers Market Nutrition Program

- June 6th ~Loder Senior Center
- June 7th ~ Pocono Pines Senior Center
- June 8th ~ Chestnuthill Senior Center
- June 9th ~ Pocono Mountain Public Library in Tobyhanna
- June 10th ~ Barrett Senior Center

### Pocono Parkinson's Support Group

June 15th at 2 pm ~First floor Loder Senior Center

### Healthy Living Workshop by LaTania R Jones & Leslie Berger

\*Registration Required to Participate ~ 570-420-3746  
Workshop starts @ Labar Village ~ June 15th @ 1:30pm for 6 weeks





# CAR SHOW & SWAP MEET

**SAT. JULY 23, 2016 - 9AM- 3PM** | RAIN DATE JULY 24, 2016

**WEST END FAIR GROUNDS - RT. 209 GILBERT, PA**

DASH PLAQUE • GOODY BAGS • TSHIRTS (TO FIRST 100 CARS)  
FOOD • DRINKS • AWARDS • DOOR PRIZES • TRICKY TRAYS • ENTERTAINMENT

ALL PROCEEDS FROM THIS SHOW TO BENEFIT THE  
**MEALS ON WHEELS ORGANIZATIONS OF  
NORTHAMPTON AND MONROE COUNTIES**

FOR FURTHER INFORMATION CONTACT: DAVE BROWN AT 570-424-5329 or DAVEFLOBROWN@VERIZON.NET

<p><b>CAR SHOW PREREGISTRATION: \$15.00</b> REGISTRATION DAY OF SHOW \$20.00 9AM TO 12 PM</p>	<p><b>SWAP MEET PREREGISTRATION: \$15.00</b> \$20 DAY OF SHOW / SPACE 20' X 20' / SETUP AT 8 AM CALL 570-424-5329 TO RESERVE YOUR SPACE</p>
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PA TPKE (EXIT 74) TAKE RT. 209N FOR 14 MI., RIGHT ONTO GILBERT RD. AND LEFT ONTO FAIRGROUNDS RD. • FROM NJ 80W TO EXIT 304 (RT. 209/33S, TAKE 33S TO THE LEHIGHTON EXIT, ONTO 209S FOR 7 MILES TO FAIRGROUNDS • FROM 80E TAKE EXIT 284, RT. 115S TO RT. 209S TO FAIRGROUNDS RD.

**PRESENTED BY: THE MONROE COUNTY CRUISERS CAR CLUB • HI-WINDERS  
EASTON AREA CORVETTE CLUB • TRI-COUNTY VETES • TROLLEY SHOPS CRUISERS**

**REGISTRATION**

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ Email \_\_\_\_\_ T-SIRT SIZE \_\_\_\_\_

MAKE \_\_\_\_\_ MODEL \_\_\_\_\_ YEAR \_\_\_\_\_ COLOR \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_

MAKE CHECK PAYABLE TO MONROE COUNTY CRUISERS CAR CLUB AND MAIL TO  
MCCCC C/O DAVE BROWN, 2183 GREEN MOUNTAIN DRIVE, EAST STROUDSBURG, PA 16801

## AARP Driver Safety Program

Formerly "55-Alive," the new SMART DRIVER 4 & 8-hour classroom refresher/defensive driving course is designed for qualified drivers 50 & older. There are no tests and membership in the AARP is not necessary. All automobile insurance companies doing business in Pennsylvania are required by state law to give a minimum discount of 5% to all qualified policy holders age 55 and over who take the course. Be sure to first check with your insurance agent or company to make sure you qualify to receive a discount.

All classes are taught by trained, unpaid volunteer Instructors. The eight-hour class is given in a two day period in two four-hour sessions, and is required for first timers. The one-day 4-hour class is only open to those who provide evidence of taking a class during the last 36 months. A \$20 fee (\$15 for AARP members) is charged for either class. Class size is limited, so advance reservations are advised to assure placement in class. Those completing the course will be issued a certificate which is valid for three years. Call the phone number below for reservations and directions to the class of your choice. Please bring your driver's license and a pen to class. AARP members need their AARP membership number at class time, to be charged the \$15 fee. Checks are accepted.

<u>Date</u>	<u>Time</u>	<u>Place</u>	<u>Phone</u>	<u>Co-Sponsor</u>
6/14**** Tues	1:00 pm	Mountainhome: Friendly Community Center	570-646-2205	Friendly Community Center
6/18**** Saturday	1:00 pm	East Stroudsburg: Spring Village at the Poconos	570-426-4000	Spring Village at the Poconos
6/21+6/22 Tues+Wed	1:00 pm	Mountainhome: Friendly Community Center	570-646-2205	Friendly Community Center
6/22**** Wed	1:30 pm	East Stroudsburg: Loder Senior Center	570-420-3745	Monroe County Aging

\*\*\*\*4-hour refresher class - Must have evidence of taking the 8-hour course within the last 36 months.

## Hope After a Loved One's Suicide – Child Loss Chapter

HALOS-CLC (Hope After a Loved One's Suicide – Child Loss Chapter) peer support group meets from 6:30 to 8:30 pm on Thursday, June 23, 2016 in Stroudsburg. New participants are asked to call in advance for the exact location.

HALOS-CLC offers an understanding, supportive forum to talk about questions and feelings regarding the suicide death of your child of any age and find out how others in our position are living with their grief while rebuilding their strength and hope, and finding some peace.

Grandparents and adult siblings are also welcome to attend. Meetings are free and non-denominational. Contact: Alice Keyes at 570-236-1168.

**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



**Save the date !!**

**For Senator Mario Scavello's  
SENIOR EXPO**

**Monday, July 18, 2016**

**9 a.m. ~ 1 p.m.**

**Pocono Mountain Swiftwater  
Elementary Center**

**135 Academic Drive,  
Swiftwater PA 18370**

