



Monroe County Seniors' Express Times

Special points of interest:

- Senior Farmers' Market Nutrition Program
- Senior Farmers' Market Nutrition Program Proxy
- Social Security Announces New Online Service for Replacement Social Security Cards in PA
- We Need Your Help!
- Do You Have Medicare?
- Wheels for Meals Car Show
- Hope After a Loved One's Suicide Support Group



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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

★★★★★

The event promises something for everyone – FREE admission, door prizes, health screenings and refreshments too! Exhibitors from government agencies and non-profit organizations will be on hand.

Join us for a day of fun, food and fellowship.

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.

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, 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:

The Monroe County Area Agency on Aging, 724 Phillips Street, Suite 102, Stroudsburg, PA 18360 Wednesdays and Fridays, 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.



IMPORTANT PROXY INFORMATION!!!

BRING ID FOR BOTH PROXY & PARTICIPANT.

PROXY FORM MUST BE FULLY COMPLETED.

DO NOT MAIL IN YOUR PROXY FORM. BRING IT WITH YOU THE DAY YOU PICK UP YOUR VOUCHERS.



July is National UV Safety Month

July is National UV Safety Month when Americans of all ages are reminded to protect their skin and eyes from the sun's ultraviolet (UV) radiation. UV radiation is not just a summertime occurrence, but a year-round constant even on cloudy and hazy days. UV radiation is the main cause of skin cancer and can cause eye damage including cataracts and macular degeneration, the primary causes of vision loss in seniors. In addition, harmful UV exposure can weaken the immune system, increase sun spots and wrinkles, and lead to premature aging.

In the U.S., skin cancer is the most common form of cancer with more than 4 million new cases diagnosed each year. Proper UV protection lowers the risk of developing all types of skin cancer. UV Safety Month aims to educate individuals on how to protect themselves from overexposure to the sun. Anyone can get skin cancer, but people with fair skin, blond or red hair, and blue or green eyes are at greatest risk.

Today's older Americans face increased sun-related health problems because when they were growing up, little was known or communicated about protection from UV rays. Fortunately, widespread support for UV safety from the country's medical community is currently helping reduce painful and life-threatening conditions from too much sun exposure. The following are recommended ways to protect both adult and children's skin and eyes from damaging UV radiation:

- Before going outdoors, generously apply a broad-spectrum, water-resistant sunscreen

with a Sun Protection Factor (SPF) of 30 or higher to all exposed skin. Reapply sunscreen after swimming or sweating and about every two hours in the sun.

- Wear protective clothing including long sleeves and a broad-brimmed hat that shades the face, ears and neck.

- Wear polarized sunglasses that block 99 to 100 percent of UV rays and wrap around to protect eyes from every angle. The ability to protect the eyes does not depend on the sun glass lens' darkness or cost.

- Limit time spent in direct sun, especially when the sun's rays are most intense, usually from 10 a.m. to 4 p.m.

- Be cautious around the intensified UV light of sunlight that reflects off water, snow, sand and cement.

- Avoid tanning beds, sunlamps and welding lamps, which also give off UV radiation.

- Regularly check your skin for any changes and consult a dermatologist about any areas of the skin that bleed or have changed color or size. During periodic health exams, ask your doctor for a skin cancer check.

The American Cancer Society promotes a clever slogan that is easy to remember for ultimate UV radiation protection: Slip! Slop! Slap! and Wrap. Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses.



**The Monroe County Area Agency
on Aging
will be closed on July 4, 2016
in Celebration of Independence Day**

**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 July

July 1 ~ Oven Fried Chicken
 July 4 ~ Centers are Closed
 July 5 ~ Franks & Beans
 July 6 ~ Tuna Salad Platter
 July 7 ~ BBQ Pork Chop
 July 8 ~ Beef Stew
 July 11 ~ Grilled Chicken Cobb Salad
 July 12 ~ Swiss Steak
 July 13 ~ Pork with Pineapple
 July 14 ~ Baked Fish with Parsley Butter
 July 15 ~ Hamburger
 July 18 ~ Chicken Piccata
 July 19 ~ Savory Pork Roast

July 20 ~ Chicken Bacon Ranch Salad
 July 21 ~ Roast Turkey
 July 22 ~ Tomato Basil Fish
 July 25 ~ Chicken Philly Sandwich
 July 26 ~ Roast Beef
 July 27 ~ Pork Marsala
 July 28 ~ Penne with Meatsauce
 July 29 ~ Lemon Pepper Chicken

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

Monroe County Senior Centers

<p>Loder Center 62 Analomink St., E. Stroudsburg, PA Leslie Berger-Manager 570-420-3745 Open Monday-Friday 8:30– 3:30</p>	<p>Chestnut Hill Center Zion Lutheran Church Fellowship Hall Route 209, Brodheadsville, PA Dolores Casalapro-Manager 570-242-6770 or 570-420-3735 Open Wednesday & Friday 9-2</p>
<p>Pocono Pines Center American Legion, Pocono Pines, PA Kathy Collopy-Manager 570-646-9611 Open Tuesday, Thursday & Friday 9-2</p>	<p>Barrett Center Friendly Community Center Route 191, Mountainhome, PA Barbara Seese-Manager 570-481-4330 Open Monday, Wednesday & Friday 9-2</p>
	<p>Jewish Resource Center 727 Main St., Stroudsburg, PA Maggie Augugliaro -Manager 570-517-0815 Open Thursdays 10-3</p>

Social Security Announces New Online Service for Replacement Social Security Cards in Pennsylvania

On May 16, 2016, the Social Security Administration introduced the expansion of online services for residents of Pennsylvania, available through its my Social Security portal at www.socialsecurity.gov/myaccount. Carolyn W. Colvin, Acting Commissioner of Social Security, announced that residents of Pennsylvania can use the portal for many replacement Social Security number (SSN) card requests. This will allow people to replace their SSN card from the comfort of their home or office, without the need to travel to a Social Security office.

"I'm thrilled about this newest online feature to the agency's my Social Security portal and the added convenience we are providing residents of Pennsylvania," Colvin

said. Pennsylvania is one of eight states, plus the District of Columbia, where this option is initially available. Throughout 2016, the agency will continue to expand the service option to other states, and plans to offer this to half of the nation's population by the end of the year.

U.S. citizens, age 18 or older, who are Pennsylvania residents can obtain a replacement SSN card online by creating a my Social Security account. They must have a U.S. domestic mailing address, have a valid driver's license, and not require a change to their record (such as a name change).

For more information about this new online service, visit www.socialsecurity.gov/ssnumber

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

Barbara Evans

Gail Ferdon



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!

DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

The APPRISE Program wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help can help lower your prescription co-payments and premiums and cover the cost of the coverage gap (“donut hole”)

If you are **single** and have **total monthly** income of less than \$1,471/month; and less than \$13,640 in resources

If you are **married** and have a **total monthly** income of less than \$1,991/month; and less than \$27,250 in resources

Medicare Savings Program can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

If you are **single** and have a **total monthly** income of less than \$1,324/month; and less than \$7,280 in resources

If you are **married** and have a **total monthly** income of less than \$1,792/month; and less than \$10,930 in resources

There is **NO COST** for the APPRISE Program’s help or for enrollment into these programs.

APPRISE
CAN ALSO HELP
WITH:

MEDICARE
MEDICARE PRESCRIPTION DRUG PLANS (PART D)
MEDICARE ADVANTAGE PLANS
MEDICARE SUPPLEMENTAL INSURANCE (MEDIGAP)
MEDICAID
LONG-TERM CARE INSURANCE
FRAUD AND ABUSE
MEDICARE APPEALS

Call Today!

Monroe County Area
Agency on Aging
724 Phillips St. , Suite 102
570-420-3735 or toll free
800-498-0330



Funded in whole or part by a grant through the Administration for Community Living

Pennsylvania Treasury /Unclaimed Property

What is Unclaimed Property?

Unclaimed property is any financial asset that has been left with a "holder," such as a bank, insurance company or other business or organization, without activity or contact for a period of about five years.

The most common types of unclaimed property are savings or checking accounts, stocks, dividends, checks that have not been cashed, certificates of deposit, unclaimed insurance benefits, expired gift certificates, and items abandoned in safe deposit boxes and held in police department stolen-property files. By law, at the end of the five-year period, holders must transfer abandoned property to the Treasury Department.

You may have unclaimed property if:

- ◆ You were named as a beneficiary on a life insurance policy.
- ◆ You opened a savings account and forgot about it or your account went inactive because you did not make deposits or withdrawals for a period of time.
- ◆ You moved, forgot to change your address at the post office, and had money coming to you.
- ◆ You left your job to start a new one, and never received your final paycheck.
- ◆ You forgot to redeem a gift certificate and it expired.

What does the Treasury Department do with unclaimed property?

The Treasury Department maintains custody of unclaimed property until it is claimed by the rightful owner. There is no time limit to claim your property. After you prove ownership, your property will be returned to you without charge.

How can I prevent my property from becoming unclaimed?

- ◆ Keep accurate records of bank accounts, stocks, safe deposit boxes, life insurance policies and other financial matters.
- ◆ Correspond with all financial institutions holding savings, checking, IRA, certificate of deposit and all other accounts at least once every three years.
- ◆ Cash all checks for dividends, insurance benefits and wages. If you stop receiving dividends, contact the company that issues the dividends.
- ◆ Notify a family member or trusted adviser of the location of your financial records.
- ◆ Prepare a checklist of all financial assets in order to notify all concerned parties if you change your address.

Each year, Treasury receives millions of dollars in unclaimed property – things like abandoned bank accounts, forgotten stocks, uncashed checks, certificates of deposit, life insurance policies, safe deposit box contents, and recovered stolen property. Treasury maintains custody of this property and works to return it to its rightful owners.

Treasurer Reese and his staff currently seek the owners of over \$2.3 billion in unclaimed property. The Pennsylvania Treasury reunited thousands of Pennsylvanians with a record \$136.3 million in property and money in 2015. We want to help you put your money back in your wallet.

Finding Unclaimed Property

Approximately one in ten Pennsylvanians have unclaimed property – do you? Search your name and the names of your friends and family in the Unclaimed Property database www.patreasury.gov or call 1-800-222-2046.

Tick and Lyme Disease!

Lyme disease is a worldwide infectious disease caused by microscopic bacteria carried by tiny ticks. Most people are unaware that this is a year round infectious disease. It was first recognized in the United States in 1975 after an outbreak of arthritis near Lyme, Connecticut. It has become an important public health issue in some areas in the United States.

Lyme disease is transmitted through a deer tick infected with the bacteria, *Borrelia burgdorferi*. It is spread through humans and animals by biting them. The tick can be attached to your body for hours or even days feeding off your blood, increasing the tick in size. If the tick is infected, the bacteria are transferred through the blood stream. Nymphal ticks are the most primary source for transmitting Lyme disease to humans; they are likely to feed on humans and are rarely noticed because of their size.

Early recognition is important. If you suspect that you have been exposed to or find a tiny tick attached to your skin, consult with your physician.

Some of the following symptoms that cause Lyme disease are, fatigue, chills and fever, headache, muscle and joint pain, stiff neck or back, pelvic pain, chest pain, shortness of breath, pulse skips, heart murmurs, swollen lymph nodes, skin rash, red eyes, twitching of face or eyelids, sensitivity to light, numbness or burning sensations, dizziness, poor balance, confusion, wooziness, forgetfulness, poor short term memory, disorientation, mood swings, irritability, depression, paranoia, hair loss, weight change and flu-like symptoms.

Now I know some or even most of these symptoms can also be related to old age or even the common cold, so please go and get

yourself checked out if you find or suspect you have been in contact with any type of tick, especially if you have small animals.

When removing a tick from your body, do not burn or use substance on the tick. Grasp the tick close to the skin with tweezers, pull the tick straight out and use antiseptic on the skin and disinfect the tweezers. Make sure to wash hands thoroughly and always see your physician for possible diagnosis. You may want to save the tick, by placing the tick in an airtight container with a moist cotton ball to have the tick tested for Lyme bacteria. This is done with a test called PCR. Tests for Lyme disease can also be done by using Lyme ELISA, or IFA.

Lyme disease can be treated successfully with antibiotics if caught early in the infection. Patients whose disease is caught later often need to be on antibiotics for longer periods of time. Prevention is the best cure. Some prevention tips are, perform frequent, thorough tick checks, wear light colored clothes, tuck pants into socks, wear a long-sleeved shirt, put clothes in the dryer for 30 minutes to kill ticks, avoid tick-infested areas, use products with DEET for skin and products with Permethrin for clothes, remove plants that attract deer from around homes, and remove leaves, leaf litter and brush around lawns and houses.

And for all our little animals try and perform tick checks to protect them as well. Use veterinarian recommended products. Dog symptoms are unexplained lameness, fever, lethargy and loss of appetite.





Prime Time Health Calendar

July 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

Tick & Lyme Disease Awareness by Michele Dedeo, RN (ESU Intern)

July 1st - 11:00 – at Barrett Senior Center

July 13th – 11:00 – at Pocono Pines Senior Center

July 26th - 11:00 – at Chestnut Hill Senior Center

July 28th - 11:00 – at Loder Senior Center

Nutrition Wheel – Rep. Rosemary Brown's Office

July 19th - 10:45 – Pocono Pines Senior Center

APPRISE Counseling

Rep Rader's office on the third Wednesday of the month from 10 to 2 by appointment only. The first day will be July 20th. Please call Aging office for referral 570-420-3735

Living a Healthy Life with Chronic Conditions Workshop (LaBarr Village)

July 6 & 13th – Last 2 Sessions

Pocono Parkinson's Support Group

July 20th at 2 pm – First floor Loder Senior Center

Healthy Living Workshop by LaTania R Jones & Leslie Berger

Workshop Ends @ Labar Village July 13th

Please call for NEW session Dates! *Registration Required to Participate – 570-420-3746

All programs are open to the public. For further information on any programs, call: 570-420-3746



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

CAR SHOW PREREGISTRATION: \$15.00

REGISTRATION DAY OF SHOW \$20.00
 9AM TO 12 PM

SWAP MEET PREREGISTRATION: \$15.00

\$20 DAY OF SHOW / SPACE 20' X 20' / SETUP AT 8 AM
 CALL 570-424-5329 TO RESERVE YOUR SPACE

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. 209/335, TAKE 335 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 VETTES • 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>
7/16+23 Sat	1:00 pm	Brodheadsville: Chestnuthill Park Bldg.	570-619-4006	Chestnuthill Twp.
7/18+19 M+T	1:30 pm	East Stroudsburg: Loder Senior Center	570-420-3745	Monroe County Aging
8/22**** Mon	1:30 pm	East Stroudsburg: Loder Senior Center	570-420-3745	Monroe County Aging
8/27**** Sat	1:00 pm	Brodheadsville: Chestnuthill Park Bldg.	570-619-4006	Chestnuthill Twp.

****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, 7/28/16, 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



**Donate Your Passenger Seat
to Help Save Lives.**

Volunteer to drive cancer patients to treatment.

All you need is: A good driving record,
A current, valid driver's license,
Complete an American Cancer Society training course, Access to a safe and reliable vehicle, Proof of adequate automobile insurance, Availability Monday through Saturday during the hours of 7 a.m. and 7 p.m.

Road To Recovery®

Volunteer to drive today ~ Contact
cancer.org/drive or 1.800.227.2345

