



# Monroe County Seniors' Express Times

### *Special points of interest:*

- North Western PA Optical Clinic
- Do You Have Medicare?
- We Need Your Help!
- Property Tax/ Rent Rebate Program Application Deadline Extended
- Support Group for Adult Children of People with Alzheimer's Disease
- Hope After Loved One's Suicide ~ Support Group



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## **Voting by Absentee Ballot**

If you are unable to attend your polling place in person on Election Day, you may be eligible to vote by absentee ballot. To vote by absentee ballot, a voter must apply to the County Board of Elections for an absentee ballot. The County Board of Elections will send a paper absentee ballot to the voter. The voter then completes the ballot and returns it to the County Board of Elections.

In Pennsylvania, the County Board of Elections must receive your application for absentee ballot no later than 5 p.m. on the Tuesday before the election. In emergency situations (such as an unexpected illness or disability) you can submit an Emergency Application for Absentee Ballot, which must be submitted no later than 5 p.m. on the Friday before Election Day. Completed non-emergency absentee ballots must be received by 5 p.m. on the Friday before Election Day.

In presidential election years, absentee ballots received by the close of the polls on election day will be counted for the offices of president and vice president.

Make sure you're registered before you apply to vote by absentee ballot.

### **What I need to know about voting by Absentee Ballot due to the Voter ID Law**

- Identification requirements took effect in November 2012.
- Voters must provide drivers license number, last 4 digits of Social Security Number, or a copy of an acceptable photo ID when applying for an absentee ballot.
- Voters may provide identifying number to county over the phone, by email or mail.
- Identification will be verified by the county board of elections before the voter's ballot will be counted. Voters have 6 days following an election to provide the necessary identification.
- ♦ The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) voters and voters affected by the Voting Accessibility

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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, 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!

# North Western PA Optical Clinic

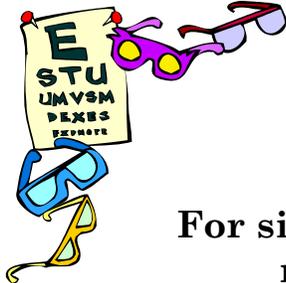
903 Diamond Street  
Williamsport, PA 17701

1-800-901-1912

**PROVIDING**

**Eyeglasses for as low as \$40**

**For single vision and lined bifocals to low and moderate-income people of any age**



**To Qualify you must:**

- Meet the income guidelines
- Get a written prescription from your eye doctor
- Call to make an appointment at one of our clinics

**Options available are:**

Trifocals add \$10 ~ UV coating add \$5 ~ Standard tint add \$8, we do not have transitions ~ Noline bifocals add \$30 ~ Thinner polycarb lenses add \$20 ~ Thinner polycarb bifocal lenses add \$25 ~ Thinner polycarb progressive lenses add \$35 ~ Thinner Trifocal lens add \$45 ~ Normal prism lenses add \$20 ~ NO OTHER OPTIONS AVAILABLE ~ CASH OR MONEY ORDER ONLY

**2016 Income Guidelines per household**

|          |          |          |          |
|----------|----------|----------|----------|
| 1 person | \$21,660 | 2 people | \$29,140 |
| 3 people | \$36,620 | 4 people | \$44,100 |
| 5 people | \$51,580 | 6 people | \$59,060 |
| 7 people | \$66,540 | 8 people | \$74,020 |

Add \$7,480 for each additional household member

**Get a prescription from an eye doctor of your choice and call North Western PA Optical Clinic at 1-800-901-1912 for information on the next clinic at the Monroe County PA Career Link on Route 611, Merchants Plaza, Tannersville, PA**

# 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

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for Elderly and Handicapped Act are exempt.

### **Who may Vote by Absentee Ballot?**

The following people may vote for any office, in any election, by absentee ballot as long as they are registered to vote (unless otherwise indicated):

- A person who is, or may be, in the military service of the United States, regardless of whether, at the time of voting, the person is present in the election district of residence or in the Commonwealth, and regardless of whether he or she is registered to vote.
- A spouse or dependent residing with or accompanying a person in the military service of the United States and who expects on Election Day to be absent from his or her municipality of residence during the entire period in which the polling places are open for voting (7 a.m. to 8 p.m.).
- A member of the Merchant Marine and his/her spouse and dependents residing with or accompanying the Merchant Marine, who expect on Election Day to be absent from the Commonwealth or the municipality of residence during the entire period in which the polling places are open for voting (7 a.m. to 8 p.m.).
- A member of a religious or welfare group attached to and serving with the armed forces and his/her spouse and dependents residing with or accompanying him or her, who expect on Election Day to be absent from the Commonwealth or the municipality of residence during the entire period in which the polling places are open for voting (7 a.m. to 8 p.m.).
- An individual who, because of the elector's duties, occupation or business (including leaves of absence for teaching, vacations and sabbatical leaves), expects on Election Day to

be absent from his/her municipality of residence during the entire period the polls are open for voting and the spouse and dependents of such electors who are residing with or accompanying the elector and for that reason also expect to be absent from his/her municipality during the entire period the polls are open for voting (7 a.m. to 8 p.m.).

- A qualified war veteran elector who is bed-ridden or hospitalized due to illness or physical disability, if the elector is absent from the municipality of his residence and unable to attend his/her polling place because of such illness or disability, regardless of whether the elector is registered to vote.
- A person who, because of illness or physical disability, is unable to attend his/her polling place or to operate a voting machine and obtain assistance by distinct and audible statements. (Note: A disabled elector may be placed on a permanently disabled absentee file.)
- A spouse or dependent accompanying a person employed by the Commonwealth or the federal government, in the event that the employee's duties, occupation or business on Election Day require him/her to be absent from the Commonwealth or the municipality of residence during the entire period the polls are open for voting (7 a.m. to 8 p.m.).
- A county employee who expects that his Election Day duties relating to the conduct of the election will prevent the employee from voting.
- A person who will not attend a polling place on Election Day because of the observance of a religious holiday.

### **How to Request an Absentee Ballot**

To obtain an absentee ballot application:

Call the Monroe County Voter Registration office at 570-517-3165 and request an absentee ballot.

This process will begin in September with the last day being November 1.

## Senior Center Menu for August

August 1 ~ Oven Fried Chicken  
 August 2 ~ Meatloaf  
 August 3 ~ Franks & Beans  
 August 4 ~ Tuna Salad Platter  
 August 5 ~ BBQ Pork Chop  
 August 8 ~ Beef Stew  
 August 9 ~ Grilled Chicken Cobb Salad  
 August 10 ~ Swiss Steak  
 August 11 ~ Pork with Pineapple  
 August 12 ~ Baked Fish with Parsley Butter  
 August 15 ~ Hamburger  
 August 16 ~ Chicken Piccata  
 August 17 ~ Savory Pork Roast  
 August 18 ~ Chicken Bacon Ranch Salad

August 19 ~ Roast Turkey  
 August 22 ~ Tomato Basil Fish  
 August 23 ~ Chicken Philly Sandwich  
 August 24 ~ Roast Beef  
 August 25 ~ Pork Marsala  
 August 26 ~ Penne with Meatsauce  
 August 29 ~ Lemon Pepper Chicken  
 August 30 ~ Oven Fried Chicken  
 August 31 ~ Meatloaf

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<br/>                 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</b><br/> <b>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>  |
|   | <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>  |

# **\*ONGOING VOLUNTEER OPPORTUNITY\***



Meals-on-Wheels now has a waiting list of more than 60 consumers in need without service available. These consumers are mostly located in the following locations:

**Pocono Summit Tobyhanna West End**

This is a great volunteer opportunity to do with your spouse, your best friend, a club member or a neighbor.

PLEASE, PLEASE, PLEASE – if you can help with delivery of meals, please contact the RSVP office at 570-420-3747 as soon as possible.

M-O-W Volunteers must have a reliable vehicle, a current PA driver's license and carry a minimum of \$100K/\$300K auto liability insurance.

Accurately tracked mileage is tax deductible.

## **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*

*In Memory of Marie H. Miller*



### **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!**

## **Senior Driving and Traffic Safety**

### **Safety Tips for Older Drivers**

While traffic safety is important for all drivers, seniors experience physical changes that can affect their driving abilities. Although some seniors can drive well into their 70s, 80s and 90s, others cannot. It can be a tough adjustment for people who are used to using their cars to visit friends and family, attend doctor appointments and go shopping. Seniors often equate losing their driving privileges to becoming dependent and losing control and spontaneity in their lives. However, there are simple safety steps older adults can take to ensure they are driving safely.

### **Vision**

The ability to see clearly while driving changes with age. According to AAA, the amount of light needed to drive nearly doubles every 13 years. For example, a 45-year-old requires four times as much light as a 19-year-old, and a 60-year-old requires 10 times as much.

Change in vision is a common reason why many seniors have restricted licenses or have their licenses revoked. Good vision is crucial to driving and senior drivers should keep the following in mind:

- Get an annual eye exam. Your eyes change rapidly and early detection can slow the progress of many eye problems.
- Limit driving to the daytime. It takes more time for aging eyes to adjust to the glare of oncoming headlights.
- Keep your head and eyes moving. While driving look ahead of your vehicle for other vehicles, pedestrians, animals or hazards. While driving in the city look at least one block ahead and on the highway look 12 to 15 seconds ahead. Glance frequently in your rearview mirror.

- Keep your headlights, taillights and the inside and outside of your windshield clean. Choose a car with a clear windshield as tinted windows can reduce the amount of light entering the eye.

- Avoid wearing eyeglasses and sunglasses with wide frames that may restrict your side vision. Always keep your eyeglasses clean.

### **Medications**

Many senior drivers take medications that may affect safe driving, leading to drowsiness and confusion. Seniors should talk to their doctors about the effects their medications may have on their driving abilities and follow these guidelines:

- Read the fine print. Many prescription and over-the-counter medication labels include the message "Do not use while operating heavy machinery." Be cognizant of the warnings on your medications before getting behind the wheel.
- Consult with your doctor before taking any new medications. The interaction between certain drugs can affect your ability to safely drive.
- If any medications cause fatigue or disorientation, stop driving.

### **Physical and Mental Fitness**

Driving takes strength, flexibility and coordination and seniors should continue to participate in physical exercise to keep their motor skills sharp. Mental fitness is also important as older minds sometimes react more slowly than younger minds. Here are some ways for seniors to enhance their physical and mental fitness:

- Take a brisk walk every day or start a gar-

*(Continued on page 12)*

## Property Tax/Rent Rebate Program Application Deadline

The Property Tax/Rent Rebate program deadline for older adults and residents with disabilities to apply for rebates of rent and property taxes paid in 2015 has been extended from June 30 to Dec. 31, 2016.

The application deadline has been extended again this year to ensure qualified applicants have additional time to take advantage of property tax and rent relief offered through this program. Property tax and rent rebates, combined with general property tax relief from slots gaming, provide significant support to older Pennsylvanians and residents with disabilities.

Each year the department evaluates the program as the statutory June 30 application deadline approaches to determine if funds are available to extend the deadline. To date, funding has been available to allow all who qualify to take advantage of this tax relief.

As specified by law, rebate distribution will begin on July 1. After June 30, rebates will be distributed as claims are received and processed.

Applicants may obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information online at [www.revenue.pa.gov](http://www.revenue.pa.gov) or by calling, toll-free, 1-888-222-9190.

It costs nothing to apply for a rebate, and the department reminds residents that free application assistance is available at hundreds of locations across the state, including Department of Revenue district offices, local Area Agencies on Aging, senior centers and state legislators' offices.

Claimants who already applied for rebates may check the status of claims online at [www.revenue.pa.gov](http://www.revenue.pa.gov) or by calling, toll-free, 1-888-PATAXES.

### About the Property Tax/Rent Rebate Program:

The rebate program benefits eligible Pennsylvanians age 65 and older; widows

and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded.

Due to program changes enacted to ensure claimants aren't disqualified from rebates solely because of Social Security cost-of-living-adjustments, homeowners and renters may be eligible for rebates even if their eligibility income is greater than these limits. Any homeowner who collected Social Security and had annual income last year – discounting half of Social Security – up to \$36,129, is encouraged to apply for a rebate for claim year 2015. Any renter who collected Social Security, and had annual income last year – discounting half of Social Security – up to \$15,484, is also encouraged to apply. The maximum standard rebate is \$650, but supplemental rebates for certain qualifying homeowners can boost rebates to \$975. The Revenue Department automatically calculates supplemental rebates for qualifying homeowners.

Since the Property Tax/Rent Rebate Program's 1971 inception, older and disabled adults have received more than \$5.9 billion in property tax and rent relief. The program is funded by the Pennsylvania Lottery and revenue from slots gaming.

For forms or an appointment for assistance in completing the PA 1000 please contact the Monroe County Area Agency on Aging at 570-420-3735 or toll free at 800-498-0330.



## CATARACT AWARENESS

Cataracts are a painless clouding of the internal lens of the eye. Cataracts are progressive, meaning they worsen with time. The normally clear aspirin-sized lens of the eye starts to become cloudy. Because the cloudiness blocks light from passing through the lens, cataracts make it difficult to see clearly and can even cause blindness over time. This cloudiness is much like smearing Vaseline over the lens of a camera.

Normal Vision



Vision with Cataracts



The ability to distinguish fine details decreases.  
(Google Image)

When a cataract is small, the cloudiness affects only a small part of the lens. You may not notice any changes in your vision. Over time, the cloudy area in the lens may get larger, and the cataract may increase in size. Seeing may become more difficult. Your vision may get duller or blurrier. Other symptoms of cataracts may include harsh glare from headlights or lamps, sunlight may appear too bright, colors seem faded, a halo may appear around lights, poor night vision, double vision or multiple images in one eye, frequent prescription changes in your eyeglasses or contact lenses.

It is not precisely understood why people get cataracts. The term "age-related cataract" is a little misleading. You don't have to be a senior citizen to get this type of cataract. In fact, people can have an age-related cataract in their forties and fifties. During middle age most cataracts are small and do not affect vision. It is after age sixty that most cataracts cause problems with a person's vision. Over half of Americans over sixty-five have cataracts.

Other factors that may play a role in development of cataracts are smoking, excessive use of alcohol, diabetes, trauma to the eye, extensive use of corticosteroids, prolonged radiation/sun exposure. As a cataract progresses and vision

worsens, driving may become hazardous. This may prevent people from completing their normal daily activities, which can ultimately lead to a loss of independence and feelings of hopelessness and depression. Some tips to increase safe driving during the early stages of cataract are cleaning the car windshield (both inside and outside) often so vision is not reduced even further, clean the car headlamps to provide as much light as possible for night driving, drive on back roads as opposed to highways to decrease the headlight glare, plan car trips to avoid times when vision may be most affected, such as driving east at sunrise or during rainy conditions at night.

The symptoms of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these measures do not help, surgery is the only effective treatment. Surgery involves removing the cloudy lens and replacing it with an artificial lens. **A cataract needs to be removed only when vision loss interferes with your everyday activities, such as driving, reading, or watching TV.** You and your eye care professional can make this decision together. Once you understand the benefits and risks of surgery, you can make an informed decision about whether cataract surgery is right for you.

The operation is usually done on an outpatient basis and is very safe and effective. With a new, clear lens, people will most likely be able to keep driving safely for many years to come. For a few weeks after cataract surgery, eye drops will be prescribed by your doctor to aid healing and prevent infection. For a short period of time after surgery very strenuous activities need to be avoided, but most normal activities need not be restricted. Vision is generally improved the day after surgery. Maximum improvement is usually achieved when new glasses are prescribed, about a month after surgery.

So if your friends tell you that you have on one purple sock and one black sock, tell them "That's what all the cool people do these days" then quickly make an appointment with your eye doctor.

Michele Dedea, RN (ESU Intern)



## Prime Time Health Calendar

### August 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

#### Lets's talk about Vaccinations! by Michele Dedea, RN (ESU Intern)

August 8th - 11:00 – at Barrett Senior Center

August 18th -11:00 – at Loder Senior Center

August 30th - 11:00 – at Pocono Pines Senior Center

#### Memory Ball Game by LaTania R. Jones, Coordinator

August 11th –11:00 – at Loder Senior Center

August 15th - 11:00 – at Barrett Senior Center

August 16th - 11:00 – at Pocono Pines Senior Center

August 24th - 11:00 – at Chestnut Hill Senior Center

#### Nutrition Wheel – Rep. Rosemary Brown's Office

August 17th – 11:00 - at Chestnut Hill Senior Center

#### APPRISE Counseling

Rep. Rader's office on the third Wednesday of the month from 10 to 2 by appointment only.

August 17th - Please call Aging office for referral 570-420-3735

#### Pocono Parkinson's Support Group

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

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

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



## Support Group for Adult Children of People with Alzheimer's Disease

### Do you have a parent who is living with dementia?

We know that it can be difficult to find the space to feel understood in the dementia community when you are not the primary caregiver or spouse. This support group will provide an opportunity for you to learn, share, and realize you are not alone.

**This is a free, telephone based support group**

**Wednesdays 1:00 ~ 2:00 p.m.**

**To Register: Call the AFA's National Toll Free Helpline at  
866-232-8484**

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den in your backyard to stay physically fit.

- Stimulate your brain. Activities such as crossword puzzles, brain teasers and card games stimulate your mind and enhance your problem solving, memory, reasoning and concentration skills.

### Alternatives for Older Drivers

A person's driving ability is dependent on many factors. Chronological age is not always the best predictor of one's ability to drive safely. If you or your loved one has had a series of minor accidents, is unable to concentrate, is getting lost on familiar roads or is unable to read or recognize ordinary road signs, it may be time to step out from behind the wheel. However, there are alternatives available. Many in-home care agencies may offer many companion services including transportation to doctor's appointments and recreational activities, as well as shopping and errand services.

Seniors can also utilize public transportation where available. There are often community agencies that provide volunteer transportation services for seniors, as well. These alternatives can give retired drivers the independence they once had while keeping them out of harm's way.

For more information on transportation services contact the Monroe County Area Agency on Aging at 570-420-3735 or toll free 800-498-0330.

## 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>             |
|-------------------|-------------|---|--------------|-------------------------------|
| 8/22****<br>Mon   | 1:30 pm     | East Stroudsburg: Loder Senior Center           | 570-420-3745 | Monroe County Aging           |
| 8/27****<br>Sat   | 1:00 pm     | Brodheads ville:<br>Chestnuthill Park Bldg.     | 570-619-4006 | Chestnuthill Twp.             |
| 9/12+13<br>M+Tues | 1:30 pm     | East Stroudsburg: Loder Senior Center           | 570-420-3745 | Monroe County Aging           |
| 9/24****<br>Sat   | 1:00 pm     | East Stroudsburg: Spring Village at the Poconos | 570-426-4000 | Spring Village at the Poconos |

\*\*\*\*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, 8/25/16 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.

**SUPPORT SERVICES FOR SENIORS**

724 Phillips Street  
Suite 102  
Stroudsburg, PA 18360

*Return Service Requested*

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*National Peach Month!*

**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](http://cancer.org/drive) or 1.800.227.2345

