



Monroe County Seniors' Express Times

Special points of interest:

- Sitting is Detrimental to Your Health
- Medicare Enrollment in Five Easy Steps
- National Grandparents Day
- Pennsylvania Emergency Preparedness Guide
- We Need Your Help!
- AARP Driver Safety Program
- Donate Your Passenger Seat to Help Save Lives



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Medicare Open Enrollment

Medicare Open Enrollment starts on October 15th each year and runs through December 7th. Your enrollment or any changes you make to your plan then will take effect on January 1st of the following year. For example, if you enroll in Medicare on December 1st, 2016, your coverage begins on January 1st, 2017.

Coverage and costs change yearly: Medicare health plans and prescription drug plans can change costs and coverage each year. Always review your plan material for the coming year to make sure your plan will meet your needs for the following year. If you're satisfied that your current plan will meet your needs for the next year, you don't need to do anything.

Open Enrollment Period: Mark your calendar with these important dates! In most cases, this may be the one chance you have each year to make a change to your health and prescription drug coverage.

October 15 through December 7, 2016: Change your Medicare health or prescription drug coverage for 2017.

January 1, 2017: New coverage begins if you made a change. New costs and benefit changes also begin if you kept your existing Medicare health or prescription drug coverage and your existing plan made changes. The Monroe County Area Agency on Aging APPRISE program will have free plan comparisons for Medicare beneficiaries. The comparisons will start Thursday, October 15th and ending Wednesday, December 7th. Hours available for appointments are 9:00 am to 1:30 pm at the Monroe County Loder Building at 62 Analomink St., East Stroudsburg, PA.

Limited appointments will also be taken at these sites:

- The Friendly Community Center**, 6683 Route 191, Cresco PA.
- Kinsley's Shoprite Community Room**, Brodheadsville PA.
- Pocono Mountain Public Library**, Tobyhanna PA

Please call The Monroe County Area Agency on Aging for an appointment: (570) 420-3735 or toll free 1-800-498-0330

Plan comparisons will be done by appointment only.

Please - No walk-ins.

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!

Sitting is Detrimental to Your Health

Researchers are finding that a sedentary lifestyle is harmful to your health, and over time, sitting on your backside can literally kill you. Thanks to the electronic age, people worldwide are spending less time in physically active jobs and hobbies and more time sitting at computer screens and texting via smartphones. At home, couch potatoes watch TV, pay bills online and catch up with friends via Facebook and FaceTime – all without standing up and moving around. As people of all ages sit for longer periods of time, their metabolism slows, circulation decreases and muscles become weak and stiff.

With less movement, the body uses less blood sugar, and research shows that for every two hours a person sits per day, the chance of getting diabetes increases by 7 percent. Inactive people also are more prone to heart disease because enzymes that regulate blood fats become sluggish. With less activity, individuals also burn fewer calories, which can lead to obesity and further health complications.

The troubling health effects of the sedentary lifestyle has spawned a new medical field called “inactivity physiology” that explores what researchers are dubbing “sitting disease.” Fortunately, sitting disease can be prevented and often reversed through physical activity. Movement massages the body’s tissues and organs, supplying them with oxygen and improving flexibility. The body’s lymph system relies on physical activity to keep lymph fluid circulating to boost the immune system and fight infections. More rigorous exercise produces perspiration, which rids the body of toxins. Consistent activity also fuels the mood-elevating hormones that sharpen thinking and decrease depression. Getting up and moving throughout the day also lowers one’s number of doctor visits and reduces healthcare costs. Statistics show

that older adults who engage in regular exercise improve their overall physical and mental health and are 60 percent less likely to get dementia.

Even a few simple adjustments in daily activity, particularly in the non-exercise routines that burn calories, such as folding laundry and standing to stretch, can deter the perils of extended sitting. For example, standing at your desk burns 115 calories per hour compared to 83 calories sitting. Taking the stairs uses 509 calories vs. riding the elevator, which uses only 128 calories. Chatting on the phone while pacing expends 147 calories, compared to talking on the phone while seated, which burns a mere 102 calories. Small increases in daily moving add up to better health and longevity in the long-run.

The following are tips for shaking up the sedentary life every day:

- Stand up every half-hour and walk around and stretch.
- Stand while you read emails or clean up your desk.
- Walk around when you are on the phone.
- Watch TV while on an exercise bike or treadmill.
- Consider trading your chair for an oversized stability ball.
- Cook more meals instead of ordering fast food or delivery.
- Shop at the mall instead of shopping online.
- Play Wii or another active video game vs. sitting to play computer games.

Are you worried about contracting sitting disease? There is a preventive cure. Getting off one’s behind and swapping a more active approach to common everyday activities is just what the inactivity physiology experts ordered.

Medicare Enrollment in Five Easy Steps

Step One: Apply for Medicare

Contact the Social Security Administration and submit an application form or go to Social Security's website to apply. www.socialsecurity.gov

Step Two: Decide if You Want Part B

If you decide to defer your Part B enrollment, because you have employer coverage, decline Part B and send back your Medicare Card.

Step Three: Check to See if You Can Get Help Paying

Check to see if qualify for Part D Extra Help, a Medicare Savings Program, or Medical Assistance (Medicaid) and apply for those you may be eligible for.

Step Four: Decide How You Want Your Medicare Coverage & If You Want Prescription Drug Coverage

Decide whether you want Original Medicare, Original Medicare with a Medicare Supplement Plan (Medigap) or a Medicare Advantage Plan (Medicare Health Plan). If you want a Medigap or Medicare Advantage Plan, enroll with the plan.

If you want drug coverage, enroll with a stand-alone Medicare Prescription Drug Plan or choose a Medicare Advantage Plan with drug coverage included.

Step Five: Start Using Your Coverage

Once you receive your Medicare Card and other insurance cards (if any), find a doctor who is accepting Medicare patients. Be sure they are in your network, if required by your insurance plan(s). Set up your Welcome to Medicare Exam with your doctor, and bring your card(s) to your first appointment.

**Have questions? Need help comparing your options?
Call The Monroe County APPRISE Program today for an appointment!**

570-420-3735 or toll free 800-498-0330



APPRISE is a free, public program of the Pennsylvania Department of Aging. We are here to give unbiased advice. We do not sell or endorse any insurance plans or products.



Helen G. Brown Award

Nominations are now available for the Helen G. Brown Award. In memory of Helen G. Brown, family, friends and the Monroe County Area Agency on Aging have established the Helen G. Brown Award. This award is given annually by the Monroe County Area Agency on Aging Advisory Council to a person or organization that has contributed to a program of excellence which enhances the quality of life of Monroe County Senior Citizens.

Helen retired as Assistant Dean of Women in 1975, and Health and Physical Education teacher, Director of Recreation and Coordinator of Outdoor Education at East Stroudsburg University. After that, Helen devoted herself to many volunteer efforts in her community. She was well known for her lectures to many community groups. She also wrote several books with the proceeds donated to the Retired and Senior Volunteer Program.

You may nominate an Individual or Organization for this award. As stated

above, this individual must have contributed to a program of excellence, which enhances the quality of life of Monroe County Senior Citizens. The award will be announced in December and presented at the December meeting of the Monroe County Area Agency on Aging Advisory Council.

ELIGIBLE CRITERIA FOR NOMINATIONS:

- ◆ Monroe County resident/group;
- ◆ Significant contribution between January 1, 2015 and December 31, 2015;
- ◆ Any age person is eligible;
- ◆ Deadline for nominations is October 31, 2016;
- ◆ Program of excellence was established on a volunteer basis.

Nomination forms can be obtained at the Monroe County Area Agency on Aging Advisory Council at 724 Phillips St, Suite 102, Stroudsburg, PA or call (570) 420-3735 Toll free at 1-800-498-0330.

The Fifteenth Annual Pink Light Walk

The Fifteenth Annual Pink Light Walk will take place on Thursday, October 6, 2016. This event is in honor of Breast Cancer Awareness Month. The illuminated walk will begin with registration from 5:30 PM at the East Stroudsburg University Keystone Room. The walk will start at 6:00 PM and will follow a designated route to the Cancer Center on Brown Street. Refreshments, music and education materials will be available at the end of the walk.

We plan to walk rain or shine, so dress appropriately for the weather. Parking for the event is available in the Green Street Lot on ESU campus.

The ultimate intention is to eradicate breast cancer, but first we must educate the public about this devastating disease and encourage early detection. We are encouraging all women to schedule mammograms, perform self-breast examinations and have regular checkups.

You can get more information about the Pink Light Walk by calling:

570-420-2415 or 570-420-3746.



National Grandparents Day – September 11, 2016

Each year on the Sunday following Labor Day, grandchildren across the country honor their grandparents.

There is a special bond that can only be shared between grandchildren and their grandparents. Grandparents are full of hug and kisses, family history, wisdom, patience, love and guidance. National Grandparents Day gives the grandchildren the opportunity to show love and appreciation to their grandparents.

National Grandparents Day is expected to grow in significance over the next decade and beyond as the number of grandparents in the United States rises from 65 million in 2011 to 80 million in 2020 as a result of the baby boom.

HISTORY

Celebrated in the United States since 1978, the United States Senate and President Jimmy Carter nationally recognized Marian McQuade of Oak Hill, West Virginia as the founder of National Grandparents Day.

McQuade made it her goal to educate the youth in the community about the important contributions that seniors have made throughout history. It was also her hope to have the youth “adopt” a grandparent, not just for one day a year, but rather for a lifetime.

In February of 1977, Senator Randolph along with the concurrence of other senators, introduced a joint resolution to the senate requesting the president to “issue annually a proclamation designating the first Sunday of September after Labor Day of each year as ‘National Grandparents Day.’” Congress did pass the legislation proclaiming the first Sunday after Labor Day as National Grandparents Day and on August 3, 1978 President Jimmy Carter signed the proclamation. The statute cites the day’s purpose: “...to honor grandparents, to give grandparents an opportunity to show love for their children’s children, and to help children become aware of strength, information,

(Continued on page 12)

Pennsylvania Emergency Preparedness Guide

Why Prepare Now For Emergencies?

While natural disasters, emergencies or unexpected attacks cannot be controlled, we can all be prepared and take action now to protect ourselves and our families. In this guide, you'll learn some of the fundamentals of being prepared if an emergency occurs.

Emergency workers will help after a disaster strikes, but they may not be able to reach everyone right away. That’s why it’s so important to be ready to survive on your own for at least three days during an emergency. This may mean having another place to stay, extra food, water, first-aid and other basic needs. We can’t control natural disasters,

emergencies, or terrorist attacks, but we can be ready for them and know what to do to take care of ourselves and our loved ones.

Having an emergency plan in place is not difficult or expensive. Simple steps can make a huge difference when an emergency strikes.

If you would like to have a copy of this guide to Emergency Preparedness you can either go to the Support Services for Seniors website at www.poconoseniors.org and click on PA Emergency Preparedness Guide or you can contact the Monroe County Area Agency on Aging at 570-420-3735 or toll free at 1-800-498-0330 and we will mail you a copy.

Benefits of Attending a Senior Center

The benefits associated with senior centers are significant in the lives of older people and those who care about them.

Social Needs ~ We never outgrow the need for a social life. This desire doesn't fade as we grow older. In fact, some elderly people become lonely after the passing of a spouse, less frequent visits from family and the physical limitations that may prevent getting out on a regular basis. Senior centers provide a diverse group of peers to spend time with.

Entertaining Activities ~ Senior centers regularly schedule activities geared toward their clientele. From bingo to special dinners to live entertainment, the senior center is often a favorite place for senior citizens to find entertainment. These activities keep them active, which promotes their mental and physical well-being.

Promoting Independence ~ Senior centers give older people a renewed sense of independence. With a full schedule of social activities and friends to meet at the center, the elderly feel like they are doing their own thing. Many senior centers provide low cost transportation for seniors to and from their homes so that they can come and go as they

please, furthering the feeling of independence and freedom.

Health Screening ~ Senior centers regularly schedule health screenings and make flu shots and other treatment available. This convenient option encourages seniors to get checked for health problems without making additional appointments with doctors, and they get to do it in a place they want to go anyway. These screenings and treatments benefit seniors by providing early detection of health problems and increasing their chances for longevity.

Interested in Attending? For the month of September if you are not a member of our centers or you have not attended in the past 6 months, you can take advantage of the coupon below.

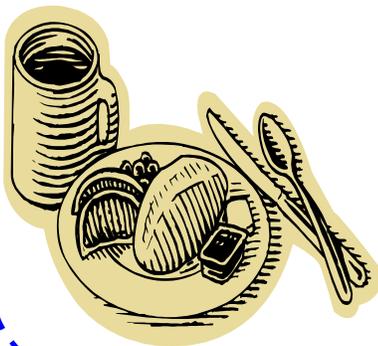
If you are a member and you bring a friend who has not attended the center before you can both take advantage of the coupon. For more information on activities at our senior centers please call the Monroe County Area Agency on Aging 570-420-3735 or toll free at 1-800-498-0330 for an activity calendar and menu.

SENIOR CENTER LUNCH COUPON

This coupon entitles _____ a new member, or a member who brought a friend, to lunch & a site tour at any one of the Monroe County Senior Centers.
Coupon expires 09/30/16.

To Redeem:

- ✂ Cut out Coupon, fill in your name on the line above
- ☎ Call the Center to make your lunch reservation
- 🗣 Tell the manager you will be redeeming the coupon
- 😊 Bring coupon to the center and have fun!



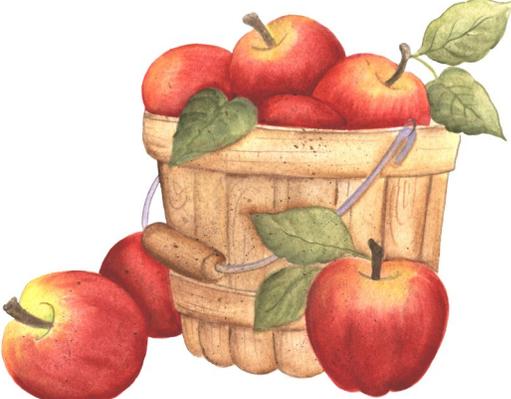
Senior Center Menu for September

Sept 1 ~ Franks & Beans
 Sept 2 ~ Tuna Salad Platter
 Sept 5 ~ Centers are Closed
 Sept 6 ~ Beef Stew
 Sept 7 ~ Grilled Chicken Cobb Salad
 Sept 8 ~ Swiss Steak
 Sept 9 ~ Pork with Pineapple
 Sept 12 ~ Baked Fish with Parsley Butter
 Sept 13 ~ Hamburger
 Sept 14 ~ Chicken Piccata
 Sept 15 ~ Savory Pork Roast
 Sept 16 ~ Chicken Bacon Ranch Salad
 Sept 19 ~ Roast Turkey
 Sept 20 ~ Tomato Basil Fish

Sept 21 ~ Chicken Philly Sandwich
 Sept 22 ~ Roast Beef
 Sept 23 ~ Pork Marsala
 Sept 26 ~ Penne with Meatsauce
 Sept 27 ~ Lemon Pepper Chicken
 Sept 28 ~ Oven Fried Chicken
 Sept 29 ~ Meatloaf
 Sept 30 ~ Franks & Beans

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>

Prescription Drug Take Back

Local law enforcement agencies across Pennsylvania will accept unwanted, expired and unused prescription drugs. Unwanted prescription medications may be dropped off at select locations. No personal information is required to participate in a drop-off. Only pills and other solids, like patches, will be accepted – no liquids, needles, etc.

The Department of Drug and Alcohol Programs (DDAP), in partnership with the Pennsylvania Commission on Crime and Delinquency (PCCD) and the Pennsylvania District Attorneys Association (PDAA), works with local communities to provide grants that facilitate the installation of hundreds of secure and permanent prescription drug drop-off boxes installed throughout Pennsylvania. In Monroe County drop off locations are:

- Monroe Barrett Township Police Department 993 Route 390 Cresco PA 18326
- Monroe Stroud Area Regional Police 100 Day Street East Stroudsburg PA 18301
- Monroe County Sheriff-Monroe County Court House Lobby 610 Monroe Street Stroudsburg PA 18360
- Monroe Pocono Township Police Department 110 Township Drive Tannersville PA 18372

Prescription drug misuse, abuse and overdose are growing concerns across the nation. According to a 2011 survey in Pennsylvania, 14 percent of youth surveyed admitted to taking prescription drugs that were not prescribed to them and 18 percent felt that prescription drugs were not harmful.

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

Many Anonymous Donors



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!

Injury Prevention and Fewer Mishaps!

People of all ages have mishaps, but they're more common and more serious for older people. As we are coming to an end of summer months, leaves will begin to fall and some older adults may follow suit, which is the leading cause of death due to injury for people age 65 and over. A person over 65 is almost twice as likely to die from a crash, fall or other mishap as a person in any other age group.

Injuries are more common among older people because people experience physical changes as they age. There are most likely to have more mishap physical changes which may include, impaired hearing and eyesight, slower physical reactions and reduced balance coordination and strength. Having bones that are more brittle, lower resistance to disease and slower healing make injuries more serious in older adults. Because falls are the leading cause of death due to injury for people age 65 and over, we ask that you watch out for trouble spots.

If you are laying down throw rugs, remember to use nonskid tape or tack down the edges of all carpets and rugs. In the bathrooms use mats or treads in the tub or shower. If you don't already have grab bars get some installed in the tub area and near the toilet.

If you are carrying objects from one place to another make sure your view is not blocked, and you have a firm grip. Remember to lift with your legs, having your knees bent and your back straight, walk slowly and get help carrying awkward objects.

Make sure you have clear walkways through every room. Do not use doorways, hallways and stairs for storage. Return items back to the closet, garage or basement. Be sure there is good lighting and easy to grasp handrails on stairs.

When storing items make sure it's easy to reach places, try not to store items in high places. If you need to, use a solid ladder or step stool. Do not use a chair or box. Again get help if you need it. Keep stairs, porches and walkways free of snow, ice and wet leaves. Always use a handrail on stairs.

Be careful when you walk, take special "steps"

for safety when crossing streets: Always use crosswalks, never cross the street in the middle of the block. Stop and wait for the signal, never start crossing in the middle of a "walk" cycle. Wait for the next cycle, and always look both ways before crossing. Use extra care in these situations: At night, wear reflective material or light-colored clothing, and carry a flashlight.

In bad weather, allow extra time (and space). Cars and pedestrians can slip easily, and everyone's vision is limited. If there isn't a sidewalk, walk facing traffic this way you can see oncoming traffic. On icy surfaces, avoid wearing shoes with smooth soles, wear shoes with good traction or rubber soles. If you take public transportation, take your time getting on and off and always use handrails. Brace yourself when the vehicle is starting up and slows down. Try having your fare available rather than searching for it while the vehicle is in motion. Travel with one free hand, so you are able to brace yourself or grasp the railings.

Here are some tips on safe driving. Motor vehicle crashes are the second leading cause of death due to injury for people age 65 or over. Always use your seat belt, no matter how safe you drive; you are not in control of other drivers driving. Seat belts reduce the risk of serious injury and death from a crash. Look for and obey traffic signs. Use mirrors to expand your vision, rear-view and side-view mirrors let you see without turning your head. Always signal before turning, this will inform others drivers what you are going to do. Stay alert; avoid taking medications which make you sleepy or drowsy. Plan ahead, don't tailgate, yield the right of way and limit your driving. Stay on familiar roads if possible. Remember that driving at night, during rush hour and in the winter can be hazardous. Stay safe and drive safe. Inspect your home and safety habits to prevent injuries and fewer mishaps in older adults.

LaTania Jones, Prime Time Health Coordinator



Prime Time Health Calendar

September 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

About Injury Prevention and Older Adults!

by LaTania Jones, PTH Coordinator
 September 12th - 11am – at Barrett Sr. Center
 September 15th - 11am – at Loder Sr. Center
 September 27th - 11am – at Pocono Pines Sr. Center
 September 28th - 11am – at Chestnuthill Sr. Center

Fitness- A Key to Injury Prevention!

by Michele Dedea, RN ESU Intern
 September 14th - 11am – at Chestnuthill Sr. Center
 September 20th - 11am – at Pocono Pines Sr. Center
 September 22nd - 11am – at Loder Sr. Center
 September 26th - 11am – at Barrett Sr. Center

APPRISE Counseling

Rep Rader's office on the third Wednesday of the month from 10 to 2 by appointment only. September 21st
 Please call Aging office for referral 570-420-3735

Pocono Parkinson's Support Group

September 21st 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
Call Prime Time Health at 570-420-3746

HSIM – Healthy Steps In Motion by LaTania R Jones & Michele Dedea

Last Sessions are Monday September 12th & Friday September 15th – Westgate Building Activity Room – Water & Refreshments will be provided



(Continued from page 6)

and guidance older people can offer”.

There are some people who claim the origin of this holiday resides with the efforts of Hermine Beckett Hanna of North Syracuse, New York, recognizing seniors and their importance as early as 1961. New York Congressman James T. Walsh recognized her efforts on February 21, 1990, in front of the United States House of Representatives, thanking Hermine Beckett Hanna “for her important role in the establishment of Grandparents Day”.

CELEBRATE

Show your appreciation for everything your grandparents have done for you. Honor your grandparents with these thoughtful gifts and activities.

1. Make a Photograph Craft

Grandparents love photographs of their favorite kids, so incorporate pictures into a project. Johnson suggests making a place mat by laminating a photo collage or adding magnetic tape to the back of a photograph for a special refrigerator decoration.

2. Interview Grandparents

Times have changed since grandparents were young, and kids will be fascinated to find out what life was like when grandma and grandpa were growing up. Grandchildren can interview their grandparents about their childhood and record their findings

3. Perform a Song

A performance dedicated to your grandparents will be a special memory. Organize all of the cousins to sing a song for grandma and grandpa. If grandparents live far away, Johnson suggests sending an audio or video recording of the children singing.

4. Bake a Treat

Adult relatives can help kids bake muffins or cookies for their grandparents. The No. 1 thing grandparents want most from their grandchildren is time so another fun idea is to hold a baking day, where several generations work together in the kitchen.

5. Offer Thoughtful Services

Grandparents do many things for their grandchildren, so the kids can use their own abilities to reciprocate. Grandchildren can make a little coupon booklet of things the grandchildren can do for the grandparents." Children can offer to pose for a picture, do yard work or wash the car.

6. Record Your Family's History

Family trees, scrapbooks and personal anecdotes gathered from various relatives can all be special keepsakes. Parents can assist by taking a video of the grandchildren called "Our Family History from the Eyes of your Grandchild."

7. Send a Homemade Card

A card is a loving gift for grandparents both near and far, especially if it's handcrafted. Provide your children art supplies, such as paint, colorful paper scraps and stencils, and see what they come up with.

8. Share What You Love

Words of appreciation are a treasured gift. Have a family meal, where the kids go around the table taking turns expressing words of appreciation for specific good your grandparents have done for you.

No matter what you decide to do in honor of National Grandparents Day, if it's done with love, it will be special to grandma and grandpa. This year, set aside this holiday to honor the grandparents in your life with these meaningful ideas.

Content taken from www.care.com

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.

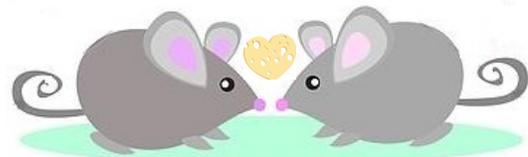
<u>Date</u>	<u>Time</u>	<u>Place</u>	<u>Phone</u>	<u>Co-Sponsor</u>
9/12+13 M+Tues	1:30 pm	East Stroudsburg: Loder Senior Center	570-420-3745	Monroe County Aging
9/24**** Sat	1:00 pm	East Stroudsburg: Spring Village at the Poconos	570-426-4000	Spring Village at the Poconos
10/22**** Sat	1:00 pm	Brodheads ville: Chestnuthill Park Bldg.	570-619-4006	Chestnuthill Twp.
11/14**** Mon	1:30	East Stroudsburg: Loder Senior Center	570-420-3745	Monroe County Aging
11/19**** 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.

The Monroe County Area
Agency on Aging



Will be Closed
September 5
for Labor Day



Age is something that doesn't
matter, unless you are a
cheese ~

Luis Bunuel

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

