



Monroe County Seniors' Express Times

Special points of interest:

- Sudoku
- 4 Tips on Kitchen Safety
- Music Therapy
- Volunteers Needed for Tax Season
- Senior Centers Offer a New Light Menu
- We Need Your Help!
- 15th Annual Pink Light Walk
- AARP Driver Safety
- Senior Prom
- LIHEAP
- Low Cost Optical Clinic



Inside this issue:

| | |
|--|----|
| <i>Medicare Open Enrollment</i> | 3 |
| <i>Senior Center Menu for October</i> | 6 |
| <i>Medicare Interactive ~ Medicare Answers</i> | 8 |
| <i>Helen G. Brown Award</i> | 9 |
| <i>Breast Cancer Awareness Month</i> | 10 |
| <i>Prime Time Health Calendar</i> | 11 |
| <i>Partnership for Prescription Assistance</i> | 12 |

Flu Clinic

It is only October but it isn't too early to be thinking about Flu. Flu virus spreads through the air. Because it is an inhaled virus, it can spread easily and quickly to large numbers of people. Your best protection is to get your flu vaccination before the start of the season. The Centers for Disease Control recommends getting immunized in October or November. It takes the body approximately two weeks after the vaccination to develop effective protection. People who are at high risk for developing a serious, possible life threatening, illness from flu include:

- ◆ People 65 years of age and older
- ◆ Residents of long-term care facilities
- ◆ Persons with diabetes, kidney disease, or severe forms of anemia
- ◆ Health care workers
- ◆ Caregivers or people who live with someone in a high risk group

You can get a flu shot from your doctor or from a flu clinic. Monroe County Area Agency on Aging's Prime Time Health department and Allen Lear Home Care will be offering flu shots around the county. Review the schedule for the location nearest you and please check our October issue for updates.

2016 FLU CLINIC SCHEDULE:

- October 03, Mon –Barrett Senior Center
- October 06, Thurs – Loder Senior Center
- October 11, Tues–Pocono Pines Center
- October 12, Wed – Chestnuthill Center



Cost is \$25.00. If you have MEDICARE PART B, there is no charge for the vaccination. If you have a different insurance, you may be able to send in the receipt for reimbursement. For more information, call 570-420-3745.

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!

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 days for comparisons will be Monday thru Thursday, starting Monday, October 17th 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 on Tuesday October 20th and Tuesday November 17th from 9 am to 1:30 pm.

Kinsley's Shoprite Community Room, Brodheadsville on Thursday, October 15th and Thursday, November 19th from 9 am to 1:30 pm.

Pocono Mountain Public Library on Wednesday October 21st and on Wednesday November 18th, from 10 am to 2:30 pm.

Please call 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.

Sudoku ~ Answer on page 10

| | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | | 3 | | | | | | |
| 9 | | 8 | 6 | | 5 | 1 | 7 | |
| | | | 2 | | | 8 | | |
| | | | 7 | | 4 | 3 | 9 | |
| | | | | | | | | |
| | 7 | 4 | 1 | 6 | | | | |
| | | 6 | 8 | | | | | |
| | 2 | 1 | 3 | 4 | | 6 | | 9 |
| | | | | | | 5 | | |



The Monroe County Area Agency on Aging
Will be Closed October 10th
For Columbus Day

4 Tips on Kitchen Safety – Hidden Hazards For Seniors

The kitchen is one of the most lived-in rooms in the house, there are many hazards here that are often overlooked. These hazards can result in illness or injury if not addressed. For example, did you know that the dish cloth or sponge is the most dangerous item in your kitchen? That a senior's shirt can catch on fire while stirring something on a gas stove? That there are all sorts of bacteria (including fecal matter) on the rinds of lemons and limes (but we squeeze these and throw them in our drink!).

This article is going to highlight some of the under-estimated hazards in the kitchen, including:

1. **Dirty Dish Sponges:** Did you know that a dirty dish sponge can harbour and spread disease-causing bacteria? A study completed at the University of Arizona detected salmonella in 15% of sponges that were examined. As we age, it becomes more difficult for our bodies to fight off disease, making it important to be aware of how bacteria spreads and how to prevent it. A simple way to get rid of bacteria on sponges is to wet the sponge and zap it in the microwave for about one minute. Or for dish cloths, rotate and wash these regularly using bleach if available.

2. **Cross-contamination of food:** Ensure to thoroughly wash your hands, surfaces, and utensils after handling meat, poultry, or seafood to avoid spreading bacteria. Keep two cutting boards – one for meat products, and one for other food items. Purchasing cutting boards in different colors or labeling them can make it easier to discriminate between the two. Considering putting your cutting boards in the dishwasher after use to increase sanitation.

3. **Spoiled Food and Storing Leftovers:** Never leave raw meat, poultry, seafood or leftovers on the counter for longer than two hours. If defrosting food, defrost in the refrigerator or

immerse in cold water. When storing food in the fridge, the temperature should be set to 4° C (40°F) or lower and your freezer at -18° C (0° F) or lower to avoid growth of bacteria. Ensure to keep meat, poultry, and seafood in sealed bags separate from the rest of your food items. The best place for these items is on the bottom shelf, so that juices can't drip onto other food. If you are storing leftovers, use labels to record when each product was prepared. General guidelines for storing items in the fridge are as follows:

- Bacon: 1 week
- Lunch meat: 3-5 days
- Fresh beef, veal, lamb, and pork: 3-5 days
- Cooked meat, poultry, pizza, stews: 3-4 days
- Fresh poultry, ground meats, or raw sausage: 1-2 days

Go through your fridge weekly to throw out anything outdated or questionable. Always remember – when in doubt, throw it out!

4. **Forgetting to Turn-off the Oven or Stovetop:** This is extremely dangerous and can lead to fires or burns. To avoid this, stay close to anything cooking and use a timer or alarm. If you worry about forgetting to turn things off, consider using a visual checklist to remind you to check the stove. Place this at the exit to your kitchen, or post it at the door you use to leave your home. If you must leave the kitchen area while cooking for any reason (e.g. to answer the phone or the door), wear an oven mitt or carry a kitchen utensil with you to serve as a visual reminder to return to the kitchen as soon as you can. If using the oven, always wear long sleeved oven mitts to avoid burns. Alternatively, slow cookers are an easy and safe substitute to using the stovetop when preparing meals.

Although this is not an exhaustive list of kitchen safety hazards, the above are some of the most common and the easiest to avoid.



Music Therapy for People Living with Dementia With Cheryl Mazdian, Summit Music Therapy

**1st and 3rd Wednesdays at 1:30 PM
At the Friendly Community Center
6683 Route 191 Mountainhome
570-481-4330**

In partnership with



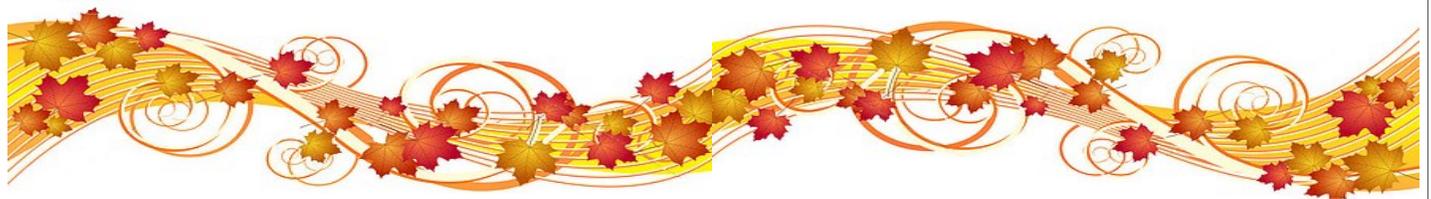
Volunteers Needed for Tax Season

Volunteers are needed for the TaxAide AARP program! If you want a challenging volunteer opportunity ~ helping low to moderate income persons (with special emphasis on seniors) with their taxes ~ Call Kathy McIntosh at 570-992-3767.

Leave your phone number and e-mail and someone will get back to you with instructions as to how to complete a volunteer application, as well as answering any question you may have.

You will be training (no extensive experience is necessary) and you will be working with a great bunch of people one or two mornings a week, at one of our five locations. You should have some computer experience and be familiar with basic tax terms.

We are looking forward to hearing from you!



Senior Center Menu for October

Oct 3 ~ Roast Beef
 Oct 4 ~ Chicken and Biscuits
 Oct 5 ~ Crispy Baked Fish
 Oct 6 ~ Rotisserie Style Turkey
 Oct 7 ~ Shredded Port Sandwich
 Oct 10 ~ Centers are Closed
 Oct 11 ~ Mac and Cheese with Ham
 Oct 12 ~ Apple Ginger Pork Loin
 Oct 13 ~ Beef Tips with Gravy
 Oct 14 ~ Chef Salad with Grilled Chicken
 Oct 17 ~ Open Face Hot Roast Beef Sandwich
 Oct 18 ~ Pork and Bell Peppers
 Oct 19 ~ Salisbury Steak
 Oct 20 ~ Roast Turkey

Oct 21 ~ Craisin Chicken Salad Sandwich
 Oct 24 ~ Baked Pork Chop
 Oct 25 ~ Fish Almondine
 Oct 26 ~ Baked Spaghetti
 Oct 27 ~ Chicken Paprikash
 Oct 28 ~ Stuffed Cabbage Rolls
 Oct 31 ~ Asian Chicken Salad

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;">Loder Center</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;">Chestnut Hill Center</p> <p style="text-align: center;">Zion Lutheran Church Fellowship Hall Route 209, Brodheadsville, PA</p> <p style="text-align: center;">Dolores Casalapro-Manager</p> <p style="text-align: center;">570-242-6770 or 570-420-3735</p> <p style="text-align: center;">Open Wednesday & Friday 9-2</p> |
| <p style="text-align: center;">Pocono Pines Center</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 & Friday 9-2</p> | <p style="text-align: center;">Barrett Center Friendly Community Center</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;">Jewish Resource Center</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> |

Senior Centers Offer a Choice of a New Light Menu!

Senior Centers are a place where participants can engage in socialization, recreational, educational and wellness activities designed to meet the interests and needs of older adults. They offer a welcoming environment and a variety of activities for old and new friends to gather and remain active.

Starting in October Monroe County Seniors now have two healthy eating options at our four senior centers.

We have the traditional hot meal (see menu on page 6) and we also have a new light menu that features a cold lunch with entrées such as Chicken Caesar Salad, Spring mix with Shrimp salad, Turkey Swiss Wrap, and Roast Beef and Cheese sandwich

to name a few.

So if you haven't attended one of our centers we encourage you to do so and if you are already enjoying fun, food and activities at one of our centers we encourage you to try out the new menu!

Participants can come and go at will, and centers can provide referrals for transportation assistance if needed. For those who wish to eat a meal at the center, individuals must be at least age 60, there is a small donation per meal, and meals must be ordered in advance. Daily activities may be both organized and spontaneous, depending on participants' desires, needs, skills, and interests.

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!

Medicare Interactive ~ Medicare Answers

The amount you pay for your drugs through your Medicare private drug plan will probably change throughout the year. Your drug costs can change for various reasons.

Your plan can change the cost of your drugs at any time. So, if you are paying a percentage, such as 15 percent, of the total cost of the drug (coinsurance), your costs may be different every time you go to the drug store.

How much your plan is paying for your drugs will vary depending on which coverage period you are in.

How much your Medicare Part D plan pays and therefore how much you pay will change during the year. There are four different coverage periods for Medicare prescription drug coverage.

Deductible period. If your plan has a deductible, you will have to pay the full cost of your drugs (100 percent) until you meet that amount. While deductibles can vary from plan to plan, no plan's deductible can be higher than \$360 (in 2016). Some plans have no deductible.

Initial coverage period. Begins after you meet your deductible (if your plan has one). During this period you will pay a portion of the cost of your drugs (coinsurance or copayment), which varies by drug and by plan, and your plan will pay the rest. How long you are in this initial coverage period depends on your out-of-pocket drug costs (how much you pay and how much certain others pay) and your plan's benefit structure. Most plans' initial coverage period ends after you have accumulated \$3,310 in total drug costs in 2016.

Coverage gap. After your total drug costs (what you pay and what your plan pays) reach a certain amount (\$3,310 for most plans in 2016), you will reach the coverage gap. During this period your plan does not pay for your drugs. However, as a result of health reform there are federally-funded discounts that will help you pay for your drugs during this time. In 2016 there will be a 55 percent discount of most brand name drugs. This means you will pay 45 percent for your brand name drugs and

the manufacturer plus the federal government together will pay 55 percent. For generic drugs there is a 42 percent discount. This means that for generic drugs you will pay 58 percent of the cost of the drug and the government will pay 42 percent. The coverage gap will be completely phased out in 2020 when you will typically pay no more than 25 percent of the cost of your drugs at any point during the year after you've met your deductible.

Catastrophic coverage. In all Medicare private drug plans, after you have paid \$4,850 in 2016 in out-of-pocket costs (regardless of your total drug costs) for covered drugs, you will reach catastrophic coverage. The costs that help you reach catastrophic coverage are:

Your deductible

What you paid during the initial coverage period

Almost the full cost of brand name drugs counts (including the manufacturer's discount) during the coverage gap towards getting you to catastrophic coverage

Amounts paid by others, including family members, most charities or other persons on your behalf

State Pharmaceutical Assistance Programs, AIDs Drug Assistance Programs and the Indian Health Service.

While nearly the full cost of brand name drugs counts towards reaching catastrophic coverage, your monthly premium and the 35 percent generic discount are not included in the \$4,850 out-of-pocket costs needed to get out of the coverage gap into catastrophic coverage. When you reach catastrophic coverage you will pay either a 5 percent coinsurance on the cost of covered drugs or a copay of \$2.95 for covered generic drugs and \$7.40 for covered brand-name drugs, whichever is greater.

Visit Medicare Interactive to learn more about Medicare Part D.

www.medicareinteractive.org

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.



October is Breast Cancer Awareness Month



October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are

aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. The Breast Cancer Association has made a lot of progress but still have a long way to go and need our help!

Early detection is always the key. Breast Cancer is the second leading cause of death among women. 1 out of 8 women will be diagnosed with breast cancer a year. Breast cancer is the most commonly diagnosed cancer in women. Each year it is estimated that over 246,660 women in the United States will be diagnosed with breast cancer and more than 40,000 will die. Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year. On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes. Over 2.8 million breast cancer survivors are alive in the United States today. All people, whether male or female, are born with some breast cells and tissue that have the possibility to develop into cancer. However, breast cancer in men is rare, with only about 2,190 diagnoses each year.

One of my best friends for over 30 years was diagnosed with breast cancer when she was about 30 years old, shortly after her mom was diagnosed again in her other breast. This was something that hit home for me; we were young and full of life; how could this be happening to us. I say "US" because it affects everyone around you. She was in the pretty early stages but when she was informed about her mother's condition, she decided right away she would have a

double mastectomy. She didn't want to take the chance of it coming back in the other breast as it had done with her mother. Sadly during her chemo treatments her mother passed away. Her mother had decided she didn't want to go through chemo therapy and the disease eventually took her. If you have ever had breast cancer, it is wise for you to keep up with your appointments and tests to avoid the risk of late detection for recurrence.

My friend is an 11 year breast cancer survivor. She has been in remission for some time now but never takes the risk of not being screened. Every year I celebrate life with other survivors in October, with walks, donations, promoting awareness and support. I get my annual exam and mammogram every year, and I try to encourage others to do the same! This year's walk will be held October 6, 5pm starting at ESU and ending the Pocono Medical Cancer Building. Remember: Early Detection is the key! It can save your life!

~LaTanya Jones PTH Coordinator

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 3 | 4 | 7 | 8 | 9 | 6 | 5 |
| 9 | 4 | 8 | 6 | 3 | 5 | 1 | 7 | 2 |
| 7 | 6 | 5 | 2 | 9 | 1 | 8 | 4 | 3 |
| 1 | 5 | 2 | 7 | 8 | 4 | 3 | 9 | 6 |
| 6 | 8 | 9 | 5 | 2 | 3 | 4 | 1 | 7 |
| 3 | 7 | 4 | 1 | 6 | 9 | 2 | 5 | 8 |
| 4 | 9 | 6 | 8 | 5 | 2 | 7 | 3 | 1 |
| 5 | 2 | 1 | 3 | 4 | 7 | 6 | 8 | 9 |
| 8 | 3 | 7 | 9 | 1 | 6 | 5 | 2 | 4 |



Prime Time Health Calendar

October 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

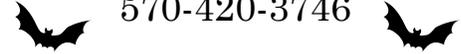
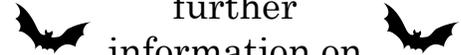
- Barrett Sr. Center 10 – 11am- 1st Monday
- Chestnuthill Sr. Center 11 – 12 noon - 2nd Wednesday
- Pocono Pines Sr. Center 10 – 11am - 2nd Tuesday
- Salvation Army 10 – 11 am – 1st Tuesday

Pleasant Valley Manor Brown Bag Keisha Smith

- October 3rd - 11am – at Barrett Sr. Center
- October 12th - 11am – at Chestnuthill Sr. Center
- October 21st - 11am – at Pocono Pines Sr. Center
- October 27th -11am – at Loder Sr. Center

Pocono Parkinson's Support Group

October 19th at 2 pm – First floor Loder Senior Center



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

LOW COST EYE GLASS CLINIC ~ October 17, 2016

Income eligible people of all ages can get glasses for \$40 which includes new frames, lenses for single vision or line bi-focals.



| SIZE OF FAMILY | INCOME UNDER |
|----------------|--------------|
| 1 | \$21,660 |
| 2 | \$29,140 |



Get a prescription from an eye doctor of your choice and call the North Western PA Optical Clinic at 1-800-901-1912 for an appointment at the Monroe County PA Career Link on Route 611, Merchants Plaza, Tannersville, PA. Walk Ins are welcome from 9 am until 11:30 am.

NO CHECKS ~ Cash or Money Orders Only

Partnership for Prescription Assistance www.pparx.org

Facts about PPA

- The PPA helps uninsured and financially struggling patients who lack prescription coverage get access to prescription assistance programs that offer medicines for free or nearly free.
- The PPA is free, confidential, and it is easy for patients to find programs for which they may be eligible to apply.
- Offers a single point of access to information on 475 public and private patient assistance programs, including nearly 200 programs offered by pharmaceutical companies.
- PPA member programs offer more than 2,500 brand-name medicines, including a wide range of generics.
- Helps patients contact government programs such as Medicaid and Medicare.
- The PPA provides information on nearly 10,000 free health care clinics and has connected more than a quarter of a million patients with clinics and health care providers in their communities.



The patients helped through the PPA join the millions of other patients who have contacted individual pharmaceutical company programs directly over the years. Who Is The PPA?

- The PPA is sponsored by America's pharmaceutical research companies.
- These pharmaceutical research companies are working with doctors, pharmacists, other health care providers, patient advocacy organizations and community groups to educate patients about the PPA
- More than 1,300 leading national, state and local organizations have joined forces with the PPA.
- The groups behind the PPA include the largest and most influential in health care. They include the American Academy of Family Physicians, American Cancer Society, American College of Emergency Physicians, Easter Seals, National Association of Chain Drug Stores, United Way and the Urban League.

Web Site

- A user-friendly Web site (www.pparx.org) enables patients to find programs for which they may be eligible to apply.

Toll-free Phone Number

- Patients can call toll free (1-888-4PPA-NOW) to talk with a trained specialist who will guide them through the application process.
- The call centers accepts calls in English, Spanish and approximately 150 other languages.

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> |
|------------------|-------------|--|--------------|----------------------------------|
| 10/22**** Sat | 1:00 pm | Brodheadsville: 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.

LIHEAP Heating Assistance Program

The Low-Income Home Energy Assistance Program, also known as LIHEAP, helps low-income families pay their heating bills. LIHEAP is a grant that offers assistance in the form of a cash grant, sent directly to the utility company, or a crisis grant for households in immediate danger of being without heat. This program is run by the Department of Human Services.

The **2016-2017 LIHEAP** program opens in late fall. If you received LIHEAP assistance last year you will automatically receive an application in the mail this year. If you did not receive LIHEAP heating assistance last year or if you have moved, you can call the Montour County Assistance Office at **(866) 410-2093** and leave a message requesting an application be mailed to you. Please make sure you speak slowly and leave your complete mailing address including zip code.



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



Annual Senior Prom at the YMCA
Sunday, November 13, 2016 1:00 PM - 4:00 PM



Entertainment will be provided by The Riverside Rhythm Band. Join us for an afternoon of food, fun, entertainment, door prizes and good company! Anyone 55 or older, or those who enjoy the company of a mature crowd are welcome.

Theme: Black & White Ball

Fee: \$7 pre-purchase; \$10 at the door

Call us at 570-421-2525
to purchase tickets.