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HELLO JUNE WORD SEARCH





June is Elder Abuse Awareness Month-This subject is near and dear to my heart, as I supervised the protective services unit for many years.

The Columbia-Montour Aging Office's Protective Services Unit has always stayed very busy investigating allegations of abuse, neglect, exploitation, and abandonment throughout Columbia and Montour Counties. In FY 2024/2025, the Protective Services Unit investigated 433 reports and substantiated 170 cases.

Over the past five years, Pennsylvania has experienced an 84% increase in reports of elder abuse. There are several possible reasons for this increase, including greater public awareness, a growing aging population, and improved data collection methods. With scams and fraudulent activities becoming more common, it is no surprise that financial exploitation is currently the leading type of abuse reported.

Awareness is key to fighting elder abuse.

Prevention is a community responsibility.

Understand that elder abuse can happen to anyone. It is not limited by race, gender, age, or socioeconomic status.

Please be aware of some of the red flags of elder abuse:

- Unexplained physical injuries
- Sudden behavioral changes
- Poor personal hygiene
- Unexpected financial account changes or missing funds

If you suspect elder abuse, report concerns to your local aging office or call the Elder Abuse Hotline at 1-800-490-8505.





What We Offer, How We Help: Meals On Wheels

The Columbia-Montour Aging Office provides **Meals On Wheels** to qualifying older adults throughout Columbia and Montour counties, helping to ensure access to consistent, nutritious meals while supporting independence at home.

Meals are delivered once weekly in the form of a package containing **five frozen meals**. At this time, due to a shortage of volunteers, we are unable to offer daily hot meal delivery. All meals are prepared by **Frey's Commissary**, a certified catering provider committed to quality and safety. Some specialized diets are also available, such as a diabetic, low sodium, renal, low cholesterol, and pureed options.

To qualify for this program, individuals must:



- Be **60 years of age or older**
- Be **physically and/or cognitively unable** to attend a senior center
- Be **unable to prepare meals independently** and have no one in the home available to assist
- Use the meals as their **primary daily meal**

While there is **no cost** to receive Meals On Wheels, **donations are greatly appreciated**. The current cost to the agency is **\$5.96 per meal**, not including delivery expenses.

Meals On Wheels is more than just food—it is a vital service that helps older adults remain safe in their homes, maintain their health, and stay connected to their community. Your support helps us continue to meet this essential need for some of our most vulnerable residents.

Ombudsman Program Graduates PEERs at Maria Joseph Manor



*Front Row (L to R): PEER graduates Barb Osenkarski and Pete Smulligan;
Back Row (L to R): Amy Foster, Ombudsman Supervisor and Kyla Varney, Ombudsman*

On May 7th, Maria Joseph Manor, a personal care home located in Danville, celebrated the graduation of two residents from the Ombudsman PEER program. The Ombudsman program, which is operated by the Union-Snyder Agency on Aging, Inc., provides advocacy for residents in long-term care facilities. Residents are encouraged to advocate and speak up for themselves when they have questions or concerns about the care or services they receive in their facilities, but if they don't feel comfortable doing so, a trained and certified Ombudsman will act as the resident's voice and work to resolve issues on behalf of the resident.

PEER, which stands for Pennsylvania's Empowered Expert Residents, is an extension of the Ombudsman program. Participants in the PEER program reside in nursing homes and personal care homes and have a special interest in empowering themselves and learning how to advocate for their fellow residents. PEER participants attend five training sessions that focus on conflict resolution and residents' rights. Upon completion of the PEER curriculum, PEER "graduates" celebrate with a graduation ceremony where they are awarded official name badges, certificates, and door signs that identify them as being able to help other residents with their questions and concerns.

The Maria Joseph Manor PEER graduates, Barbara Osenkarski and Peter Smulligan, celebrated their graduation day with a small gathering of friends and family members, along with Maria Joseph Manor Activity Director Jenn Ritter. Sister Mary Kate Mensch and Sister Joanne Schutz offered prayers. The PEERs and their guests enjoyed pizza, soda and cupcakes, which the PEERs had specifically requested for their big day!

The Ombudsman unit of the Union-Snyder Agency on Aging would like to offer a special thank you to Maria Joseph Manor for embracing the PEER project and encouraging their residents to take part in this initiative. For more information on the Ombudsman program, please contact the Union-Snyder Agency on Aging, Inc. at 1-800-533-1050.

This is a vital reminder as we head into the busiest travel months of the year.



The "Click it or Ticket" campaign highlights a dangerous gap in passenger safety: the false sense of security many feel in the back seat.

While many of us are diligent about buckling up in the front, rear passengers are three times more likely to die in a crash without a belt, safety doesn't change based on where you sit.

- The "Short Trip" Trap: 80% of unbuckled rear passengers skip the belt on short trips, even though accidents can happen anywhere.
- A Simple Lifesaver: NHTSA (National Highway Traffic Safety Administration) data suggests that nearly half of those who died in the back seat in 2016 would have survived simply by buckling up.

In Pennsylvania, seat belt laws for rear passengers depend primarily on the age of the passenger.

Rear Seat Requirements by Age in Pennsylvania

- **Ages 8 to 17:** All passengers in this age group are legally required to wear a seat belt, regardless of where they sit in the vehicle.
- **Adults (18+):** Currently, Pennsylvania law does not require adults (18 and older) to wear a seat belt when riding in the back seat. However, drivers and front-seat passengers of all ages must always buckle up.
- **Children Under 8:** Children in this age group must be secured in an age-appropriate child restraint or booster seat, typically in the rear.



Enforcement and Penalties

While Pennsylvania mandates seat belt use for many, the "type" of enforcement varies:

Primary Enforcement: For passengers under 18, failure to wear a seat belt is a primary offense. This means a police officer can pull a vehicle over solely for this violation.


Secondary Enforcement: For adults (18+), seat belt violations are a secondary offense. An officer can only issue a ticket if they have already stopped the vehicle for another reason, such as speeding.

Fines: A typical seat belt violation for an adult or older child results in a \$10 fine plus various court and administrative costs.

BENTON SENIOR CENTER
 42 COMMUNITY DRIVE
 BENTON, PA. 17814
 925-6533 Mon—Thu 8:30–2

June 2026

Lunch Orders:
 Meals must be ordered by 10 A.M.
 the day before you want to eat

Mon	Tue	Wed	Thu
1 9:00 Morning Joe 9:00 Board Meeting 10:30 Amanda BP Screen 11:30 Lunch 12:30 Games of Choice	2 9:00 Morning Joe 9:00 Pinochle Tournament 11:30 Lunch 12:30 Games of Choice	3 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	4 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
8 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	9 9:00 Morning Joe 10:30 Chair Yoga 11:15 Center Update 11:30 Lunch 12:30 Games of Choice	10 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	11 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
15 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	16 9:00 Morning Joe 9–11 Food Bank Volunteers 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice	17 9:00 Morning Joe 10:00 Sit and Fit 10:30 Speaker George Tillman – Avoiding Scams 11:30 Lunch 12:30 Games of Choice	18 9:00 Morning Joe 9:00 Pinochle/Passing Card Tournament 11:30 Lunch 12:30 Games of Choice
22 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	23 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice	24 9:00 Morning Joe 10:00 Sit and Fit 10:30 Speaker Sherri Magill – First Aid 11:30 Lunch 12:30 Games of Choice	25 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice
29 9:00 Morning Joe 10:00 Sit and Fit 11:30 Lunch 12:30 Games of Choice	30 9:00 Morning Joe 10:30 Chair Yoga 11:30 Lunch 12:30 Games of Choice		

June 2026 Berwick Senior Center



1401 Orange St., Berwick PA 18603
Phone: 570-204-0884 * bcenter@cmaaa15.org
Open Mon—Fri 9a.m.-2 p.m.

Lunch is served daily at 11:30 AM

Order lunches/rides by 9:30 the weekday prior to visit

Mon	Tue	Wed	Thu	Fri
1 Games of Choice <u>10:30 Chair Yoga</u> Pinochle after Lunch 12:15 Penny Bingo	2 Canasta, Hand & Foot SCRABBLE DAY 10:45 Pokeno	3 Fruit & Pastries Social Time 12:15 Penny Bingo KNOEBELS DAY	4 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio	5 HOT DOGS Rumikub, Canasta 10:45 Pokeno 12:30 Penny Bingo
8 Games of Choice <u>10:30 Chair Yoga</u> Pinochle after Lunch 12:15 Penny Bingo	9 Canasta, Hand & Foot SCRABBLE DAY 10:45 Pokeno 12:15 Quarter Bingo	10 Fruit & Pastries Social Time 12:15 Penny Bingo 10:30 CENTER MEETING	11 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	12 HOAGIE DAY Rumikub, Canasta 10:45 Pokeno 12:15 Penny Bingo Flag Day
15 <u>10:30 Chair Yoga</u> 12:15 Penny Bingo Pinochle after Lunch 	16 CANASTA TOURNAMENT 12:15 Quarter Bingo	17 Fruit & Pastries Social Time Games of Choice 10:00 Medicare 	18 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	19 HAM BBQ Cards of Choice 10:45 Pokeno 12:30 Penny Bingo
22 Games of Choice <u>10:30 Chair Yoga</u> Pinochle after Lunch 12:15 Penny Bingo	23 Rumikub SCRABBLE DAY 12:15 Quarter Bingo 	24 Fruit & Pastries 10:00 Kimmy From Brookdale 12:15 Penny Bingo	25 Canasta, Hand & Foot Word Games <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Quarter Bingo	26 PIZZA DAY GAMES OF CHOICE 10:45 POKENO 12:15 Penny Bingo
29 Games of Choice <u>10:30 Chair Yoga</u> Mara, Berwick Yoga Studio 12:15 Penny Bingo	30 Rumikub Hand & Foot 10:45 Pokeno 12:15 Quarter Bingo		IMPORTANT DATES IN JUNE ⇒ Knoebels Day Wednesday the 3rd ⇒ Chair yoga EVERY Mon & Thurs ⇒ Coming in July Celebrate America!	

June



Bloomsburg Senior Center, Open 9:00-2:00 daily LUNCH AT 11:30
ORDER THE DAY BEFORE BY 9:30

229 WEST 6TH STREET, Bloomsburg, PA 570-784-8615

Mon

Tue

Wed

Thu

1 9:30 EXERCISE CLASS WITH ANDREA PUZZLES AND DOMINOS	2 10:00-11:00 YOGA - WITH HEATHER GAME OF CHOICE	3 TABLE TALK 10:00-11:00 EXERCISE WITH PAM KNOEBELS SENIOR DAY	4 10:00 SPEAKER AUDIOLOGY-HEARING 12:00-1:00 TAI-CHI WITH PAM BINGO
8 9:00 SNACKS 10:00 PUZZLES AND CARDS 12:30 VIDEO	9 SOCIAL TIME 10:00-11:00 YOGA WITH HEATHER LINDA, DIETICIAN	10 10:00-11:00 EXERCISE WITH PAM PANERA DAY PUZZLES	11 9:00 SNACKS 10:30 MARIA FROM GLENBROOK 12:00-1:00 TAI-CHI WITH PAM DOMINOS AFTER LUNCH
15 TABLE TALK 10:00 BINGO CARDS AFTER LUNCH	16 10:00 -11:00 YOGA WITH HEATHER JULIE SMITH - PROTECTIVE SERVICES	17 SNACKS 10:00-11:00 EXERCISE WITH PAM VIDEO	18 TODAYS NEWS 12:00-1:00 TAI-CHI WITH PAM - CHAIR OR STANDING GAMES OF CHOICE
22 SOCIAL HOUR 10:00 WORD CARD GAME DOMINOS AFTER LUNCH	23 SNACKS 10:00-11:00 YOGA - WITH HEATHER 11:30 BINGO	24 TABLE TALK 10:00-11:00 EXERCISE WITH PAM JUNE BIRTHDAYS BOARD MEETING	25 10:30 SPEAKER-BRITTANY FROM ENCOMPASS EXERCISE AND BALANCE 12:00-1:00 TAI-CHI CHAIR OR STANDING
29 TABLE TALK 9:30 EXERCISE WITH ANDREA MOVIE AFTER LUNCH	30 10:00-11:00 YOGA WITH HEATHER PENNY BINGO DOMINOS		JUNE IS CARNIVAL MONTH! ENJOY FUN, FOOD, AND GAMES



MONTOUR SENIOR CENTER




605 W. Mahoning Street, Danville, PA 17821

570-275-1466 dcenter@cmaaa15.org

Lunch served at 11:30 am

2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Goods from Giant 10:30 Music with Mike 12:30 BINGO	3 CLOSED KNOEBELS SENIOR DAY	4 Social Hour 10:15 BP Checks with Amanda/Encompass Diabetic Foot Wound Care with Katie 12:30 Game of Choice Dietician Visit — Linda	5 CLOSED
8 CLOSED	9 Goods from Giant 10:00 Breakfast & Monthly Meeting 12:30 CMAOI Protective Services with Julie	10 CLOSED	11 Social Hour 10:00 Oakland Health & Rehab with Courtney 12:30 Game of Choice	12 CLOSED
15 CLOSED	16 Goods from Giant 10:30 Music with Mike 12:30 Pastor Bill	17 CLOSED	18 Social Hour 10:00 Talk Circle with Kathy 12:30 Game of Choice	19 CLOSED
22 CLOSED	23 Goods from Giant 10:30 Comfort Keepers with Tiffany 12:30 Skip Bo	24 CLOSED	25 Social Hour 10:00 Morning Exercise & Word Search 12:30 Game of Choice	26 CLOSED
29 CLOSED	30 Goods from Giant 10:00 Morning Exercise & Find the Difference Game 11:00 Monthly Luncheon			

FREY'S MENU



June 1

Roasted Pork
with Sauerkraut
Whipped Potatoes
Apple Sauce
Dinner Roll

June 2

Chicken Noodle Casserole
Carrots and Cauliflower
Creamed Corn
Chocolate Pudding

June 3

Pepper Steak
with Pepper Gravy
Haluski
Peas with Pearl Onions
Pears

June 4

Breaded Chicken Fillet
with Sandwich Roll
Peas and Carrots
Stewed Tomatoes
Fresh Apple

June 8

Creamy Tuscan Chicken
Brown Rice Pilaf
Catalina Vegetable Blend
Fruit Cocktail

June 9

Alpine Hamburger
with Hamburger Roll
German Potato Salad
Yellow Wax Beans
Baked Custard

June 10

Baked Pizza Casserole
Garlic Broccoli
Carrot Coins
Fresh Banana

June 11

Jumbo Texas Hot Dog
Hot Dog Roll
Molasses Baked Beans
Peas and Carrots
Fresh Orange

June 15

Pepper Steak with
Pepper Tomato Sauce
Scalloped Potatoes
Rivera Vegetables
Three Bean Salad

June 16

Barbeque Pork Rib
with Sandwich Roll
Molasses Baked Beans
Peas and Carrots
Fresh Clementine

June 17

Chicken and Broccoli Casserole
with Egg Noodles
Broccoli
Butternut Squash
Pepper Slaw

June 18

Meatloaf with Gravy
Mashed Potatoes
Shaved Brussels
Vanilla Pudding with Apples
Whole Grain Bread

June 22

Stuffed Pepper Casserole
Harvard Beets
Green and Wax Beans
Gelatin with Fruit
Whole Grain Bread

June 23

Macaroni Ham & Cheese
Stewed Tomatoes
Peas
Fresh Grapes

June 24

Honey Mustard Chicken
Mixed Vegetables
Haluski
Tomato and Cucumber Salad

June 25

Italian Meatballs
Spaghetti with Sauce
Italian Vegetable Blend
Fresh Romaine with Italian
Whole Grain Bread

June 29

Tuna Noodle Casserole
Peas and Carrots
Garlic Cauliflower
Creamy Cole Slaw
Whole Grain Bread

June 30

Barbeque Chicken
Sandwich Roll
Macaroni and Cheese
Carrot Coins
Fresh Orange

July 1

Baked Mexican Casserole
Mexican Corn
Spanish Beans
Baked Custard

July 2

Cheeseburger
Hamburger Roll
Molasses Baked Beans
Peas and Cauliflower
Fresh Watermelon

LIGHTER FARE MENU



June 1
Sliced Ham and Swiss
with Rye Bread
Mandarin Oranges
Tomato and Cucumber Salad
Fresh Pear

June 2
Honey Mustard
Breaded Chicken Wrap
with Lettuce Leaf
Broccoli Salad
Fresh Apple

June 3
Chicken Salad
with Lettuce Leaf
Whole Grain Wrap
Pepper Slaw
Fresh Watermelon
Fresh Banana

June 4
Antipasta Salad
with Ham, Salami, Provolone
and Ranch Dressing
Fresh Cantaloupe
Tomato and Cucumber Salad
Dinner Roll

June 8
Chef Salad
with Ham, Turkey, Cheese
Pimento Spread
Whole Grain Crackers
Fresh Watermelon

June 9
Ham Salad
Croissant
Three Bean Salad
Fresh Cantaloupe
Fresh Banana

June 10
Ham, Turkey, Swiss
with Lettuce Leaf
Whole Grain Bread
Tomato and Cucumber Salad
Mandarin Oranges
Baked Custard

June 11
Chicken Craisin Salad
with Lettuce Leaf
Whole Grain Bread
Fresh Romaine
with Italian Dressing
Fresh Orange

June 15
Italian Hoagie
with Ham, Salami, Cheese
and Lettuce and Tomato
Pepper Slaw
Fresh Cantaloupe

June 16
Chef Salad
with Ham, Turkey, Cheese
Fresh Cantaloupe
Tomato and Cucumber Salad
Dinner Roll

June 17
Pimento Spread
Whole Grain Crackers
Tomato and Cucumber Salad
Fresh Clementine

June 18
Sliced Turkey and Provolone
with Lettuce Leaf
Whole Grain Bread
Tropical Fruit Salad
Broccoli Salad
Fresh Apple

June 22
Sliced Turkey and Cheese
Whole Grain Wrap
Fresh Watermelon
Broccoli Salad
Chocolate Chip Cookie

June 23
Tuna Salad
Whole Grain Bread
Macaroni Salad
Cucumber and Onion Salad
Fresh Clementine

June 24
Chicken Salad
Croissant
Romaine with French Dressing
Italian Tomato Salad

June 25
Chicken Fajita Salad
with Ranch Dressing
Fresh Cantaloupe
Corn and Black Bean Salad
Tortilla Chips

June 29
Sliced Ham and Swiss
Whole Grain Bread
Creamy Cole Slaw
Pears
Fresh Clementine

June 30
Antipasta Salad
with Ham, Salami, Provolone
with Italian Dressing
Tomato and Cucumber Salad
Fresh Cantaloupe
Dinner Roll

July 1
Turkey and Cheese
and Lettuce Leaf
Whole Grain Wrap
Fresh Watermelon
Broccoli Salad
Fresh Apple

July 2
Chicken Salad
Croissant
Pepper Slaw
Sliced Apples
Fresh Banana

Senior Farmers Market Nutrition Program



Completed applications should be dropped off or mailed to:
Columbia/Montour Aging Office, Inc.
702 Sawmill Road Suite 201
Bloomsburg, PA 17815

SFMNP applications and other related information
can be found on our website:

www.cmaaa15.org

Check the website below regarding what stands accept vouchers:

<https://www.pameals.pa.gov/public/farmmarketsearch>

The 2026 household income eligibility is:

1 person - \$29,526	5 people - \$71,558
2 people - \$40,034	6 people - \$82,066
3 people - \$50,542	7 people - \$92,574
4 people - \$61,050	8 people - \$103,082

Senior Farmers Market Nutrition Program




Applications can be picked up at the following locations:

- Columbia/Montour Aging Office, Inc.
- Bloomsburg and Berwick YMCA's
- Benton, Berwick, Bloomsburg, and Montour Senior Centers
- Montour County Courthouse
- Montour County Administrative Building
- Most Columbia/Montour Post Office's
- Managers of Columbia/Montour Senior Apartment Buildings

SFMNP checks cannot be used before June 1, 2026,
or after November 30, 2026.

Food Box Program

<p>Commodity Supplemental Food Program (CSFP) 3301 Wahoo Dr Williamsport PA 17701 570-321-8023 www.centralpafoodbank.org</p> <ul style="list-style-type: none"> -Monthly food package sponsored by the USDA -Seniors age 60 and older -Must meet income requirements. -The senior must go to the distribution centers and sign-up at that location. -Remember to bring proof of age and proof of residency. 	<p>Once registered, participants will have the opportunity to name a proxy or proxies to pick up their food box when they are not able to do so.</p> <p>Local locations are: Benton: 4NC's Berwick: Salvation Army Bloomsburg: Agape Danville: Riverside Food Bank</p> 
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Free Meals

<p>Agape Lunch 851 Railroad St Bloomsburg PA 17815 570-317-2210 Every Tuesday from 11:30 to 1:30 pm Hot lunch available with dessert and drinks</p>	<p>Jubilee Kitchen Trinity Lutheran Church 241 E Market St Danville PA 17821 570-275-0283 September to June Every Saturday from 11 am to 12:30 pm</p>
<p>Community Friendship Meal Wesley United Methodist Church 3rd and Market Sts Bloomsburg PA 17815 570-784-1407 Every Saturday from 10:30 am to 12:30 pm</p>	<p>New Heart Café New Heart Christian Fellowship 507 E 3rd St (on the corner) Nescopeck PA 18635 570-394-3100 Last Monday of each month from 5 pm to 6 pm</p>
<p>Friends Feeding Friends Salvation Army 320 W 2nd St Berwick PA 18603 570-759-1214 Every Tuesday from 4:00 pm to 5:00 pm Every Friday lunch from 12 pm to 1 pm</p>	<p>Night of Joy 241 E Market St Danville PA 17821 570-275-0283 Last Tuesday of the month from 4 pm to 6 pm Meal with household good giveaway and bingo</p>



Food Banks

<p>American Legion--Bloomsburg 110 Juniper St Bloomsburg PA 17815 570-683-5449—Gail Participants must reside in Columbia County. All participants must call to pre-register.</p>	<p>Central Susquehanna Opportunities Ber Vaughn Park the 3rd Wednesday of every month from 11 AM to 1 pm Danville Area Community Center the 4th Wednesday of every month from 11 AM to 1 PM</p>
<p>American Legion-Millville American Legion Post 564 259 Legion Rd Millville PA 17846 570-458-5960 1st Saturday of the month, 7 AM to 1 PM, Walk-in, enter basement through ramp in lower parking lot</p>	<p>Community Cupboard in Nescopeck Wesley United Methodist Church 101 Broad St, Nescopeck PA 18635 570-752-3502 2nd Tuesday of the month, 10 am to 1:45 pm Berwick Area School District only, must register and fill out an application, proof of residency, will be assigned pick up time</p>
<p>Benton Food Pantry Northern Columbia Cultural Center 42 Community Dr, Benton PA 17814 570-925-0163 3rd Tuesday of the month from 9 am to 11 am and 4:00 pm to 5:30 pm Benton residents only, need to complete application, provide proof of residency (current bill) and income</p>	<p>Danville-Riverside Food Bank Shiloh United Church of Christ 500 Bloom St, Danville PA 17821 570-441-6861 1st Saturday of the month from 10 am to 1 pm</p>
<p>Berwick Food Pantry Salvation Army Building 320 W 2nd St, Berwick PA 18603 570-752-1214 4th Wednesday of the month from 9 am to 12 pm Berwick residents only</p>	<p>Fresh Express, Agape 851 Railroad St, Bloomsburg PA 17815 570-317-2210 Every 1st and 3rd Thursday of the month from 11 am to 4 pm Columbia, Montour, and Northumberland residents only, complete an initial application that day</p>
<p>Bloomsburg Food Pantry, Agape 851 Railroad St, Bloomsburg PA 17815 570-317-2210 Choose one day only 3rd Wednesday of the month from 4:30 to 5:30 PM or 3rd Friday of the month from 9 am to 10:30 AM Live in Bloomsburg, proof of residency (current bill), provide ID, complete an initial application that day</p>	<p>Greenwood Food Pantry Greenwood Township Building 90 Shed Rd, Millville PA 17846 570-458-0212 3rd Friday of the month (Nov and Dec will be the 2nd Friday) 11 am to 3 pm or by appt, Greenwood Township, Millville Borough, and Madison Township residents, 2 forms of ID with same address, income based according to number in household</p>
<p>Bloom Food Cupboard, St. Columba Church Old Winona Fire Hall 329 Center St, Bloomsburg PA 17815 570-784-0801 Every week on Tuesday from 12:30 am to 2:30 am and Sunday from 9:15 am to 10:15 am Provide proof of residency (current bill), must reside in Bloomsburg, Central Columbia, Benton, Millville, or Southern Columbia school districts. Not income based. Bring own bags. If older adult has no way to get food, they may write a letter stating so and designate someone to pick up their food for them. That person will need to provide proof of residency for that older adult. www.bloomsburgfoodcupboard.org</p>	<p>Montour County Food Bank Montour County Administration Center 435 E Front St, Danville PA 17821 570-271-3028 x 2 Last Thursday of the month, 9 am to 12 pm, Montour County residents only, proof of residency, complete application Due to holiday falling on the last Thursday of the month 2025, they will be held on November 20th and December 18th.</p>
<p>Catawissa Food Pantry First United Methodist Church 228 South St, Catawissa PA 17820 570-356-2152 3rd Thursday of the month, 4:30 pm to 6:00 pm, Southern Columbia School District residents only including Rupert and Legion Rd, need to provide proof of residency and income</p>	<p>Orangeville Food Pantry Orange Township Municipal Building 2028 State Rte 487, Orangeville PA 17859 570-683-5836 2nd Saturday of the month from 9 am to 10 am</p>





Lisa's Place MEMORY CAFÉ

1ST & 3RD THURSDAYS* OF THE MONTH

11:00 AM - 12:30 PM AT THE BLOOMSBURG PUBLIC LIBRARY



UPCOMING DATES:

Jan 15*	Apr 2 & 16
Feb 5 & 19	May 7 & 21
Mar 5 & 19	Jun 4 & 18

Join us for a welcoming social gathering designed for individuals living with memory loss and their care partners. Enjoy delicious baked goods, a warm cup of coffee or tea, and meaningful time spent together making new friends and trying out new activities. Relax and spend time with people who have experience interacting with people living with memory challenges.

Each month offers something new such as engaging activities, creative art projects, and the chance to connect with others who truly understand. Whether you come to participate or simply to relax and enjoy the company, you'll always be among friends and, above all, become part of a community!

*Special date because of the New Year Holiday. In general, we meet on the first and third Thursdays of each month from 11:00 AM-12:30 PM.

There is no cost to participate in this program.

Space is limited.

Registration is required.

To inquire and/or to register, please call the library at 570-784-0883.



Visit bloomsburgpa.gov/memoryconnections for more programs and info!



ADDITIONAL INFORMATION



Dementia & Memory Loss Support Group

Engaging activities for loved ones and support and connection for care partners!

2nd Tuesday of the Month

10:00 - 11:30 am

Join Us!

SHILOH BIBLE CHURCH
in Youth Activity Center
123 Church St.
Bloomsburg, PA 17815



UPCOMING DATES:

Jan 13	Apr 14
Feb 10	May 12
Mar 10	Jun 9

CARE PARTNERS: If you plan to bring a person living with dementia, please REGISTER IN ADVANCE so we can create functional and engaging activities with support from community members.

Questions & Registration:
Call/Text Hazley at 570-979-1199
info@brighterpathwayspeech.com



PURPLE PLATE MEALS

Join Fellow Dementia Care Partners & Their Loved Ones For A Special Meal Out

Enjoy a pay-your-own-way meal featuring a limited menu in a warm, welcoming, and supportive environment.



REGISTRATION BY THE MONDAY BEFORE IS REQUIRED!

Registration or questions: Call or text 570-979-1199 or email info@brighterpathwayspeech.com.

MONTHLY DINNERS:

3RD WEDNESDAY
4:00 - 5:30 PM

JANUARY 21	APRIL 15
FEBRUARY 18	MAY 20
MARCH 18	JUNE 17

MONTHLY LUNCHEONS:

1ST SATURDAY
12:30 - 2:00 PM

JANUARY 24*	APRIL 4
FEBRUARY 7	MAY 2
MARCH 7	JUNE 6

*special date

WHERE:

TURKEY HILL BREWING CO., 991 CENTRAL RD., BLOOMSBURG





IN PARTNERSHIP WITH:



DEMENTIA FRIENDLY SUSQUEHANNA VALLEY CAREGIVER SUPPORT GROUP

The vision of DFSV is to make the Susquehanna Valley Region a place where those living with dementia, and their caregiver, feel supported, understood, and included as a valued member of their community.

ONE THURSDAY EACH MONTH 6-7PM

JANUARY 22

FEBRUARY 26

MARCH 26

APRIL 23

MAY 28

JUNE 25

TO REGISTER, CONTACT ELAINE SPICHER AT (570) 784-5211

HOSTED BY:

KREISHER MARSHALL & ASSOCIATES, LLC

401 S. MARKET STREET
BLOOMSBURG, PA 17815



**CRAFTING AT THE
EXCHANGE**
EVERY 2ND WEDNESDAY OF THE MONTH

1:30PM - 2:30PM

JANUARY 14

FEBRUARY 11

MARCH 11

APRIL 8

MAY 13

JUNE 10

JOIN US FOR A RELAXING AFTERNOON OF CREATING ART AND
MAKING FRIENDS

LOCATION: THE EXCHANGE, 24 EAST MAIN STREET,
BLOOMSBURG, PA 17815

**DESIGNATED DROP OFF & PICK UP PARKING
SPOT DIRECTLY IN FRONT OF THE
EXCHANGE.**

STAFF ASSISTANCE AVAILABLE.

RSVP TO ELAINE @ 570-784-5211 OR
EMAIL AT ELAINES@KNAELDERLAW.COM



DEMENTIA FRIENDLY SUSQUEHANNA VALLEY CAREGIVER SUPPORT GROUP

The vision of DFSV is to make the Susquehanna Valley Region a place where those living with dementia, and their caregiver, feel supported, understood, and included as a valued member of their community.

HOSTED BY:



Glen Brook

Rehabilitation
& Healthcare
Center

901 East 16th Street

Berwick, PA 18603

TO REGISTER

Contact Maria Fazio

570-204-8308

MFazio@glenbrookrhc.com

Third Wednesday of each Month

1:00 to 2:00pm


March 18th

April 15th

May 20th

June 17th

July 15th



Anticipatory Grief Support

Facing the impending
loss of a loved one

Second Saturdays

10:00 AM - 11:30 AM



**MEMORY
CONNECTIONS**

Emily Kahn, MSW, hosts a monthly support group that is specially designed for care partners of loved ones who are experiencing terminal illness, including dementia. The anticipation of losing someone close, the “long goodbye” as it is commonly referred to, can be isolating and confusing. This group allows for the opportunity to share in the company of others who are moving through a similar life experience in a supportive, judgement-free environment.



No registration necessary. For more information, please call the Library at 570-784-0883.



Ombudsman

Are Special Volunteers...

Have you ever had a loved one in a Long Term Care Facility?

(Nursing Home, Personal Care Home or Assisted Living)

If so, then you know the importance of visitors.

Ombudsman volunteers are special people who enrich the lives of residents who are living in Long Term Care Facilities. Ombudsman volunteers will receive training to help empower all residents, to ensure they are living with dignity and respect and to ensure they are receiving the highest quality of care they deserve.



You can help with this important program! We will provide all necessary training, orientation and experience...

APPLY NOW!

The Union-Snyder Area Agency on Aging, Inc. is a 501(c)(3) nonprofit corporation, advancing the rights of older adults living in Union and Snyder counties. It serves as the primary agency for developing and providing services for persons sixty and over in Union and Snyder counties.

For information, call Amy Foster: 1-800-533-1050



Union-Snyder Agency on Aging, Inc.

Serving older adults and their families
with vision, dedication and concern

****We serve nursing facility and personal care home residents in Union, Snyder, Northumberland, Columbia, Montour & Perry county facilities****

DO YOU HAVE A CONCERN ABOUT YOUR LONG-TERM CARE FACILITY?



If you have a question, concern, or complaint, Pennsylvania's Long-Term Care Ombudsman Program can help. Your local ombudsman is trained to advocate for your rights and will work to resolve your problems by

- Listening to your concerns
- Respecting your choices
- Offering ideas and options to help meet your individual needs

Services are Free and Confidential

CALL THE UNION-SNYDER AGENCY ON AGING

(570) 524-2100 or 1-800-533-1050



Union-Snyder
Agency on Aging, Inc.

*****Our Ombudsman program serves residents in nursing facilities and personal care homes in Union, Snyder, Perry, Northumberland, Columbia and Montour counties*****



The Age of Awareness: Preventing Elder Harm



June 23rd, 2026 at The Hub at Mulberry Mills from 9am-3:30pm



Free

50 Seats Available

Join The Women's Center Inc. for an educational event focused on understanding the realities and intersections of Elder Abuse and learning how communities can respond and support survivors.

- ✓ Knowledgeable speakers from local organizations working with the aging population
- ✓ Lunch and snacks provided throughout the day
- ✓ Certificates available

Please scan the QR code or visit the link below to register

<https://forms.gle/k9deFqSJjZ2s3zCv5>





DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

FLAG DAY

JUNETEENTH

ROSE

WEDDING