Milford Township

From: Linda Husson [lhusson@pikepa.org]
Sent: Monday, February 01, 2021 6:05 PM
To: Gary Orben; Matt Osterberg; Ronald R. Schmalzle; Steve Guccini; Blooming Grove Twp; Delaware Twp; denise@lackawaxentownshippa.gov; Dingman Twp; Greene Twp Sec'y; Greg Myer; Kelley Weber; Lackawaxen Twp Mike; Lehman Twp; Milford Township Supervisors (milfrdtp@ptd.net); Palmyra Twp (administrator@palmyrapike.org); Porter Twp; scott@myercpa.com; Shohola Township; Westfall Twp
Cc: John Gilpin; Sharon Stuart; Mike Mrozinski
Subject: Emailing: Municipal & County Tax Estimates-February 1, 2021
Attachments: Municipal & County Tax Estimates-February 1, 2021.xls

Municipal & County Tax Estimates-February 1, 2021

Linda M. Husson
Pike County Tax Administration
506 Broad Street, Room 106
Milford, PA 18337
Email: lhusson@pikepa.org

Note: To protect against computer viruses, e-mail programs may prevent sending or receiving certain types of file attachments. Check your e-mail security settings to determine how attachments are handled.

PIKE COUNTY

SUMMARY OF COUNTY and LOCAL MUNICIPAL TAX REVENUE

As Of February 1, 2021 (Based on 2021 Millage Rates)

TOWNSHIP OR BOROUGH	TOTAL # OF TAXABLE PARCELS	TOTAL TAXABLE ASSESSED VALUE	Township Tax (or Borough)	Fire Tax	Other Tax Delaware-Parks/Rec Dingman-EMS BG/Lack/MilTwp-AmbulInc Lehman-EmergSrvc Matamoras-Light/St/Rec	Debt Service	Total Municipal Taxes	2021 Twp Millage	2021 Fire Millage	2021 Other Millage	2021 Debt Service Millage
BLOOMING GROVE TOWNSHIP	4,941	130,057,540	$364,161.11	$260,115.08	$65,028.77		$689,304.96	2.80	2.00	0.50	
DELAWARE TOWNSHIP	7,282	107,728,070	$935,079.65	$161,592.11	$161,592.11		$1,258,263.86	8.68	1.50	1.50	
DINGMAN TOWNSHIP	9,344	173,872,230	$1,130,169.50	$217,340.29	$86,936.12		$1,434,445.90	6.50	1.25	0.500	
GREENE TOWNSHIP	4,874	69,869,150	$384,280.33	$34,934.58			$419,214.90	5.50	0.50		
LACKAWAXEN TOWNSHIP	7,865	163,452,580	$1,348,483.79	$408,631.45	$408,631.45		$2,165,746.69	8.25	2.50	2.50	
LEHMAN TOWNSHIP	9,054	178,323,480	$1,069,940.88	$267,485.22	$59,381.72		$1,396,807.82	6.00	1.50	0.333	
MATAMORAS BOROUGH	964	20,679,140	$672,072.05	$62,037.42	$179,908.52	$41,358.28	$955,376.27	32.50	3.00	8.70	2.00
MILFORD BOROUGH	559	20,568,800	$719,908.00	$34,966.96	$201,574.24	$32,910.08	$989,359.28	35.00	1.70	9.80	1.60
MILFORD TOWNSHIP	968	30,247,410	$302,474.10		$60,494.82		$362,968.92	10.00		2.00	
PALMYRA TOWNSHIP	5,724	132,485,320	$450,450.09	$132,485.32	$66,242.66		$649,178.07	3.40	1.00	0.50	
PORTER TOWNSHIP	1,083	16,343,250	$32,686.50				$32,686.50	2.00			
SHOHOLA TOWNSHIP	4,772	48,998,830	$526,737.42	$97,997.66			$624,735.08	10.75	2.00		
WESTFALL TOWNSHIP	1,441	48,736,760	$738,361.91			$297,294.24	$1,035,656.15	*15.15			6.10

*Westfall Twp Tax Includes Fire & Roads

			County Tax	SRCP	County Debt	County Total			
COUNTY TOTALS	58,871	1,141,362,560	$23,363,691.60	$102,722.63	$776,126.54	$24,242,540.77	20.47	0.09	0.68

Prepared by Linda Husson

Estimated Projections based on latest valuation and current millage rates.

PIKE COUNTY

SUMMARY OF COUNTY and LOCAL MUNICIPAL TAX REVENUE

As Of February 1, 2021 (Based on 2021 Millage Rates)

Twp	Fire	Other	Debt
.0028	.002	.0005	
.00868	.0015	.0015	
.0065	.00125	.0005	
.0055	.0005		
.00825	.0025	.0025	
.006	.0015	.000333	
.0325	.003	.0087	.002
.035	.0017	.0098	.0016
.010		0.002	
.0034	.001	.0005	
.002			
.01075	.002		
.01515			0.0061
.02047		.00009	.00068

Prepared by Linda Husson

Estimated Projections based on latest valuation and current millage rates.

Milford Township

From: Pike County Conservation District [pikecd@pikepa.org]
Sent: Monday, February 01, 2021 6:00 AM
To: milfrdtp@ptd.net
Subject: February 2021 Newsletter

February 2021 Newsletter

Road Salt and Our Freshwater

By: Rachel Posavetz
Watershed Specialist

In this month's feature article, our watershed specialist details how road salt enters our surface water and groundwater. It can be detrimental to our water sources, so she tells us the salt use trends and what you can do to prevent road salt from getting in our water resources.

Click here to read more

February is Invasives Month at PCCD

Follow us on *Instagram* and *Facebook* to read tips, information, and fun facts

New Video from PCCD and the Conservation Partnership

The Pike Wayne Conservation Partnership has released its first video in Pike Wayne Conservation Hour series. It is an educational hike with Pocono Environmental Education Center, where you can learn all of the signs of fall!
Click the link below to watch!

Also new from the Conservation Partnership

an interactive mural experience

The Wayne Conservation District has released their first

part of the interactive portal for their in-office mural. The mural is divided into 4 parts, after the seasons of the year. The first part, Fall, is available now to view. Click the link below to see it!

Click here to View Mural

Spotted Lanternfly Updates

Tree of Heaven Control

To control the Spotted Lanternfly in the summer, we need to begin work now! Soon the snow will melt and the aggressive Tree of Heaven (*Ailanthis altissima)* will begin its growing spree in NEPA. This tree is an invasive and a favorite resource of the Spotted Lanternfly. This month, take the time to learn how to identify this plant and how to control it!

Click here to Learn about Tree of Heaven

Coronavirus Update

Effective December 14th – The Pike County Conservation District office is closed to the public but staff are working remotely due to the COVID-19 Pandemic. Staff are available via email and phone to answer questions and provide assistance

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Pike County Conservation District

Website: pikeconservation.org
Email: pikecd@pikepa.org

Phone: (570) 226-8220
Like us on Facebook and Instagram

Pike County Conservation District | 556 Route 402, Suite 1, Hawley, PA 18428

Unsubscribe milfrdtp@ptd.net

Update Profile | About our service provider

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Milford Township

From: Brian Snyder [bsnyder@pikepa.org]
Sent: Thursday, February 11, 2021 12:02 PM
To: Brian Snyder; COG REP. GREEN TWP (secretary@greenetownship.org); Denise LACKAWAXEN TOWNSHIP (denise@lackawaxentownshippa.gov); Frank Tarquinio (franktarq@gmail.com); Jane Neufeld; Jill D. Gamboni (jgamboni@pahousegop.com); Karen Kleist (dingman@ptd.net); Keith Raser (handk@ptd.net); n.wallace@matamorasborough.com; Krista Gromalski; Krista Predmore; Lance Roger Spodek (lance@spodeklaw.com); Mackenzie Strunk (Mstrunk@pahousegop.com); Mike Mancino - Lackawaxen Twp. (mike@lackawaxentownshippa.gov); Mike Mrozinski; Laurie DiGeso; MILFORD TOWNSHIP - COG MEMBER (milfrdtp@ptd.net); Jo-Ann Rose; Penny Luhrs (dpluhrs@yahoo.com); Rachel Hendricks; Robert Rohner Jr. (lehmanpk@ptd.net); Sean Strub (sean.strub@gmail.com); SHOHOLA TWP. COG (shohtwp@ptd.net); Steve Guccini; Theresa R. Laino (lainotr@gmail.com); WESTFALL TWP - COG (westfallsec@optonline.net); Jo-Anna Donahue; Amanda Seagraves; info; Matt Osterberg; Ronald R. Schmalzle
Cc: Melissa Rinaldi; Lorraine Lombardo
Subject: Pike County Council of Government
Attachments: February_2021_bs.pdf; M COG 2 20 20 _bs.pdf

Good morning COG Members,

The next meeting of the Pike County COG will be on Thursday February 18th at 3pm. I have attached the agenda and minutes from our last meeting.
We will be utilizing Zoom for this meeting. Below is the login information:
Pike County is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting
https://us02web.zoom.us/j/83095007394

Meeting ID: 830 9500 7394
One tap mobile
+13017158592,,83095007394# US (Washington DC) 13126266799,,83095007394#
+US (Chicago)

Dial by your location
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 900 9128 US (San Jose)
Meeting ID: 830 9500 7394
Find your local number: https://us02web.zoom.us/u/kzvHvSVr

Brian Snyder, Community Planner
Pike County Office of Community Planning
837 Route 6, Unit 3
Shohola, PA 18458
P: 570-296-3500 F: 570-296-3501
E-Mail: bsnyder@pikepa.org

www.pikepa.org

107 Delaware Crest Dr.
Dingmans Ferry, PA 18328

Phone: 570-828-2347 ex 102
Fax: 570-828-8705
Email: sharonf@delawaretownshippa.gov

Pike County
COG

MINUTES
FEBRUARY 20, 2020
PIKE COUNTY ADMINISTRATION BUILDING
506 Broad St., Milford PA
3:00 p.m.

CALL TO ORDER

The existing Chairman called the meeting to order 3:00 pm. at the Pike County Administration Building 506 Broad St. Milford.

ROLL

Present: K. Raser – Shohola Twp., J. Neufeld – Delaware Twp., J. Manheim – Westfall Twp., S. Shamim – Milford Twp., K. Weber – Matamoras Borough, T. Laino – Lehman Twp., P. Ahlstrand – Milford Borough, M. Mrozinski and B. Snyder of Pike County Planning, and D. Yelito NEPA Alliance Representative.

Organizational meeting

Election of officers

1. Chairman – Delaware Twp. nominated K. Raser as Chairman.
2. Vice chairman – Shohola Twp. nominated J. Neufeld as Vice Chairman
3. Secretary/ Treasurer – Delaware Twp. nominated S. Franks as Secretary/ Treasurer

Shohola Twp. made a motion to approve the nominations as presented. Delaware Twp. seconded the motion. With no further discussion, the motion was approved unanimously.

4. Set meeting dates for 2020
   February 20, April 16, June 18, August 20, October 15, December 17.

Delaware Twp. made a motion to approve the by-monthly meetings and dates for the year. Lehman Twp. seconded the motion with the correction of Aprils date to 16 not 23. With no further discussion, the motion was approved unanimously.

Delaware Twp. made a motion to authorize advertising the yearly meeting schedule and paying for such ad. Lehman Twp. seconded the motion. With no further discussion, the motion was approved unanimously.

REGULAR MEETING

ADOPT THE AGENDA

Lehman Twp. made a motion to adopt the agenda as presented. Milford Borough seconded the motion. With no further discussion, the motion was approved unanimously.

107 Delaware Crest Dr.
Dingmans Ferry, PA 18328

Phone: 570-828-2347 ex 102
Fax: 570-828-8705
Email: sharonf@delawaretownshippa.gov

APPROVAL OF MINUTES

1. Shohola Twp. made a motion to approve the October 17, 2019 minutes and to accept the notes for the December 12, 2019 meeting that didn't have a quorum. Delaware Twp. seconded the motion. With no further discussion, the motion was approved unanimously.

TREASURER'S REPORT

Bills: Secretary Salary of $90.00 for the February 20, 2020 meeting.

Starting Balance	$ 3,919.49
Income	$ 200.00 + interest
Expenses	$ _____
Ending Balance	$ 4,119.83

Delaware Twp. made a motion to accept the Treasurer's Report and to pay the bill of the Secretary's Salary and the ad for the yearly meetings. Lehman Twp. seconded the motion. With no further discussion, the motion was approved unanimously.

NEW BUSINESS

1. US Census 2020 – Pike County Planning reported that they are looking for people to work on the Complete Count Committee for the Census. The Census is still looking for people to be Enumerators. The Census will be paying $16 per hour.

2. NEPA Metropolitan Planning Organization Twelve Year Plan/Transportation Improvement Program – Pike County Planning reported there are 17 construction projects and 12 design projects scheduled for the next 12 years.

3. Report on February 13, 2020 EMS meeting – This meeting was hosted by the County at the Training Center. There was discussion that some of the members didn't get notice for this meeting. There were two sessions. The first one was for EMS concerns and problems and the later session was for municipal problems relating to the EMS. It was noted that part of the problem is we don't have a hospital or even an urgent care. From these facilities many times employees from there join related organizations and that would be a great pool to get volunteers from. Milford Borough sent a letter to Delaware Valley School District asking that they add an EMS training class to their curriculum. Wallenpaupack has such a program now and is working well helping them. We need to get East Stroudsburg North and Delaware Valley to do the same.

   The Chairman reported that Good Samaritan has contacted him in regards to ambulance service. The Chairman reported that they will have a proposal to him by the end of next week. A meeting with them will be scheduled for them to present the proposal. The Chairman pointed out that Westfall is getting a new Nursing Home and they have required them to provide an ambulance. There was discussion on the Nursing Home facilities calling 911 for help that is just transport, not an emergency

OLD BUSINESS

1. Tick Borne Disease Study update - Brian Snyder reported the 1st phase of the study is complete. He will be creating a report on the findings to be presented to the

107 Delaware Crest Dr.
Dingmans Ferry, PA 18328

Phone: 570-828-2347 ex 102
Fax: 570-828-8705
Email: sharonf@delawaretownshippa.gov

municipalities. Out of 1,000 ticks, 55.4% were found to carry at least one of the diseases known to be carried by ticks.

2. NEPA Transportation Improvement Program Update (Long Range Plan update) - the plan is complete and it will be open for comment until March 16. A public hearing will be held for public input on March 2nd at 9:30am. There will be a remote listing location at the Commissioner's meeting room.

3. Pike County Solid Waste/ Recycling Plan – Mike Mrozinski reported that the plan has been completed. The County is working with Dingman Twp. to provide a County wide electronics recycling day. It will be held in May and located at the Dingman Twp. Park. It will be free to Dingman Twp. residents and a small fee will be charged to residents of the other municipalities.

ADJOURN

Delaware Twp. made a motion to adjourn 3:30 pm. Lehman Twp. seconded the motion. With no further discussion, the motion was approved unanimously.

Respectfully submitted,

Sharon Franks

Sharon Franks
COG Secretary

Pike County COG

AGENDA
FEBRUARY 18, 2021
Zoom
3:00 p.m.

CALL TO ORDER

ROLL CALL

Reorganizational Meeting

1. **Election of officers (motion(s))**
   a. Chairman
   b. Vice-Chairman
   c. Secretary
   d. Treasurer
2. **Set meeting dates for 2021**
   a. February 18, April 15, June 17, August 19, October 21, December 16
3. **Meeting Location/Time** - TBD

REGULAR MEETING

ADOPT THE AGENDA (Motion)

APPROVAL OF MINUTES (Motion)

1. February 20, 2020

TREASURER'S REPORT

1. 2021 Dues

NEW BUSINESS

1. County Updates
2. Municipal Updates
3. 2021 Initiatives
4. Other

OLD BUSINESS

ADJOURN

Milford Township

From: Brian Snyder [bsnyder@pikepa.org]
Sent: Thursday, February 11, 2021 10:10 AM
To: Brian Snyder; aginocchetti@nepa-alliance.org; Christopher Ingulli; Denise Steuhl; dingbr@ptd.net; dingman@ptd.net; dtrdept@ptd.net; dyelito@nepa-alliance.org; editor@pikedispatch.com; Gary Orben; handk@ptd.net; harrisfr@yahoo.com; hitman2399@aol.com; jdonnelly@drjtbc.org; jeff@lackawaxentownshippa.gov; jgamboni@pahousegop.com; jinscho@drjtbc.org; joanna.donahue@bloominggrovetownship.com; john@lackawaxentownshippa.gov; k.rodriguez@matamorasborough.com; kpredmore@delawaretownshippa.gov; kweber@matamorasborough.com; lehmanpk@ptd.net; lmeglio@pahousegop.com; Marvin Eversdyke; Matt Osterberg; Michele Long; Mike Church; Mike Mrozinski; mike@lackawaxentownshippa.gov; milfrdtp@ptd.net; mpeifer@pahousegop.com; news@neagle.com; palpikea@ptd.net; Pamela Ahlstrand; roadmaster@lackawaxentownshippa.gov; Robert Ruiz; Ronald R. Schmalzle; scott-ihle@esasd.net; secretary@greenetownship.org; shohtwp@ptd.net; Steve Guccini; tom@lackawaxentownshippa.gov; waterplt@gmail.com; westfallsec@optonline.net; William_Tagye@nps.gov; ReportergirlHarris@gmail.com; Boro Secretary; billmik@ptd.net; Defebo, Charles J; Kate McMahon; abaranski@nepa-alliance.org; Mackenzie Strunk; Kayla Orben; administrator@palmyrapike.org; n.wallace@matamorasborough.com; Laurie DiGeso
Cc: Lorraine Lombardo; Melissa Rinaldi
Subject: Pike County Road Task Force
Attachments: RTF_Agenda_February18_Meeting Packet.pdf

Importance: High

Good morning Road Task Force Members,

The next meeting of the Pike County Road Task Force will be on Thursday February 18th at 2pm. I have attached the meeting packet that includes the agenda, minutes from our last meeting, and the two items that will be discussed during the meeting.

Below is the login information for the meeting:
Pike County is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting
https://us02web.zoom.us/j/86968682541

Meeting ID: 869 6868 2541
One tap mobile
+13017158592,,86968682541# US (Washington DC) 13126266799,,86968682541#
+US (Chicago)

Dial by your location
- +1 301 715 8592 US (Washington DC)
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 900 9128 US (San Jose)

Meeting ID: 869 6868 2541
Find your local number: https://us02web.zoom.us/u/kPObn6836

Brian Snyder, Community Planner
Pike County Office of Community Planning
837 Route 6, Unit 3
Shohola, PA 18458
P: 570-296-3500 F: 570-296-3501
E-Mail: bsnyder@pikepa.org
www.pikepa.org

PIKE COUNTY
ROAD TASK FORCE

AGENDA

February 18, 2021 – 2:00 pm

1. **CALL TO ORDER**
2. **ROLL CALL**
3. **PUBLIC COMMENT**
4. **APPROVAL of MINUTES**
   a. January 19, 2021
5. **CORRESPONDENCE**
6. **PennDOT UPDATES**
7. **MUNICIPAL UPDATES**
8. **OLD BUSINESS**
9. **NEW BUSINESS**
   a. Milford – Montague Toll Increase
   b. US 209 Bridge Repairs
10. **COOPERATING AGENCY REPORTS**
    a. Pike County Transportation Report
    b. Legislative Updates
    c. Bridges
    d. School Districts
    e. National Park Service
    f. NEPA/MPO/LTAP/Other
11. **MISCELLANEOUS**
12. **ADJOURNMENT**

HC8 Box 6772, Route 402, Blooming Grove, Hawley, PA 18428, Voice/TDD 570•226•6293 Fax 570•226•8222

c/o Pike County Office of Community Planning
837 Route 6, Unit 3 Shohola, PA 18458
Phone (570)296-3500 or (570)296-3501

PIKE COUNTY ROAD TASK FORCE MINUTES
January 21, 2020
Via Zoom

1. **CALL TO ORDER**: 2:01 pm

2. **ROLL CALL**: Attendees Joined Zoom Meeting: Mike Mrozinski, Brian Snyder, Melissa Rinaldi, Keith Raser, Vince Flatt, Daniel Yelito, Chris Ingulli, Jeff Luongo, Guy Cook, Chuck Defebo, Tim Rohner, Marvin Eversdyke, Commissioner Matthew Osterberg, Jane Neufeld, Brian Matthews, and Frances Ruth Harris

3. **PUBLIC COMMENT**— None

4. **RE-ORGANIZATION** –
Nomination for Chair – Motion: by Vince Flatt to nominate Keith Raser, seconded by Guy Cook. Vote: All members voted "aye". Motion approved.

Nomination for Vice Chair – Motion: by Keith Raser to nominate Vince Flatt, seconded by Guy Cook. Vote: All members voted "aye". Motion approved.

Meeting Dates/Time/Location- Meeting dates proposed for 2021 – the third (3rd) Thursday of the month: February 18, 2021, March 18, 2021, April 15, 2021, May 20, 2021, June 17, 2021, July 15, 2021, August 19, 2021, September 16, 2021, October 21, 2021, November 18, 2021 and December 16, 2021. We propose the meetings being at 2:00 PM on either Zoom or in the Commissioner's Meeting Room, 506 Broad Street, Milford, PA 18337, depending on Covid-19 protocols. Motion: by Keith Raser to accept the 2021 Meeting dates and times as listed, seconded by Vince Flatt. Vote: All members voted "aye". Motion approved.

5. **APPROVAL of MINUTES**-MOTION: by Guy Cook, seconded by Vince Flatt, to approve the minutes of November 19, 2020. VOTE: All Members voted "aye". Motion approved.

6. **CORRESPONDENCE** – Brian Snyder stated that Pike County and the NEPA MPO have received a letter from PennDOT District 4-0 stating that they agree with the proposed Federal Functional Class changes of certain State Routes in Pike County. Jane Neufeld requested that Brian email the townships with this information.

7. **PennDOT UPDATES** - Construction/Maintenance Updates –

Construction and Maintenance Updates - Jeff Luongo

ECMS 76861 SR 84 Section 450 Mile Marker 18.5 to 25.5 East and West Bound Reconstruction.
Traffic is currently opened with no long-term restrictions from Mile Marker 18.5 to 26 +/-.
Full depth Roadway and three new bridges are to be constructed for the 2021 Construction Season.
Construction will continue over the winter months with minor single day lane closures as weather permits.
Construction will be from Mile Marker 18.5 to 22 +/-.

ECMS 96807- SR 1013, Sec. SLD, Cummins Hill Road, Slide Repair (DK) No Change
The project was completed on 7/24/20. Both lanes open.

ECMS 114992, 0739, Section PAV, SR 0739 Paving (DK) No Change
Work on the project began in August and has a completion date of 10/14/20. All paving is complete. Line painting and rumble strips are in place. Tar and chip from the intersection with 2001 to Log tavern (Seg./Off. 0060/0439) will be complete construction season 2020.

ECMS #9397 SR 2001, Section 402, Milford to Bushkill Change
Temporary road complete. Traffic will be placed on the temporary road mid-January. Binder course has been completed on Thunder Road. The detour on Sunset has been removed. E&S controls temporary and permanent being built. Drainage throughout last phase of the project.

ECMS #112727 – SR 0006, Section FP-4 No Change
Project was complete 9/21/2020.

ECMS #70038 – 2001-PAV & ECMS #108621 – SR 1027-M19 (BS) No change
All roads are paved in Pike County, final line painting and guiderail work need to be completed.

MPMS 57765 – SR 0006-408, Milford to Matamoras Betterment (DK) No change
Project improvements include widening a portion of U.S. Route 6 to accommodate a consistent four-lane cross section for the entire corridor. The proposed roadway section will include two (2) travel lanes in each direction with a center turning lane. Traffic signal improvements will also be incorporated into the design. Wearing course on the mainline is completed. The road is in its final configuration. All driveways will be opened with no restrictions but will not be finished paved until next year. Permanent traffic signals, final grading and signing will also be completed All driveways will be opened with no restrictions but will not be finished paved until next year. Permanent traffic signals, final grading and signing will also be completed. In addition, the Department is to ensure all of the vegetation has been established prior to project closeout.

Design Updates
MPMS 96806 – No Change **SR 2002 SEC SLD – SR 2002 Slide**
Slope repair on State Route 2002 (Wilson Hill Road) in Delaware Township, Pike County. Estimated Let 2/25/2021. Working with NPS for construction access.

MPMS 85766 – No Change **SR 84 SEC 494 - I-84 E&W I-4R MP 40 - E46**
Interstate roadway reconstruction on I-84 (Fallen Trooper Memorial Highway) from SEG 394/OFF 2304 to Sawkill Creek; and bridge repairs on 10 structures in Dingman Township, Pike County: 1. I-84 Bridge over Township Road 430 (Tunnel Road) in Dingham Township 2. I-84 Bridge over Raymondskill Creek in Dingham Township 3. I-84 Bridge over Raymondskill Creek in Dingham Township 4. I-84 Bridge over Gum Brook in Dingham Township 5. I-84 Bridge over Gum Brook in Dingman Township 6. I-84 Bridge over vehicle underpass in Dingman Township 7. I-84 Bridge over vehicle underpass in Dingman Township 8. I-84 Bridge over SR 2011 (Sawkill Road) in Dingman Township 9. I-84 Bridge over SR 2011 (Sawkill Road) in Dingman Township 10. SR 2009 Bridge over I-84 in Dingman Township. Estimated Let 1/28/2021.

MPMS 107968 - SR 6, Section TAP – Change **MEC Phase 14 - Completing the Connection**
Installation of imprinted concrete sidewalks and pedestrian lighting in Milford Township and Borough, Pike County. Estimated Let 3/25/2021.

MPMS 9379 – SR 507 SEC 450 - No Change **SR 507 over Tributary to Lake Wallenpaupack 1**

Bridge replacement on State Route 507 (Wallenpaupack Road) over the tributary to Lake Wallenpaupack in Palmyra Township, Pike County. Estimated Let 4/8/2021.

MPMS 110903 - No Change **Safety Improvements High Friction Surface/Signs**
Safety improvements on State Route 507 (Wallenpaupack Road), between Sunset Hill Road and State Route 6 (G.A.R. Highway) and between Brook Side Lane and Hemlock Balsom Drive, in Palmyra Township, State Route 402 between Hazen Road and between High Knob Road, between Beaver Run Road and State Route 2003 (Bushkill Falls Road) in Porter, Blooming Grove Townships, State Route 6 (G.A.R Highway) between Eureka Stone Quarry Road and Old Town Road in Milford Township, Pike County. Estimated Let 5/6/2021.

MPMS 94686 – No Change **SR 739 SEC WID – SR 739 Should / Widening**
Safety improvements such as edge line rumble strips and widening the shoulders on State Route 739 from US Route 6 to Township Road (Pike County Boulevard) in Blooming Grove Township, Pike County. Estimated Let 6/24/2021.

MPMS 68833 – No Change **SR 390 SEC 473 – Fairview Outlet Bridge**
Bridge Rehabilitation on State Route 390 (Promised Land Road) over Outlet Fairview Lake in Palmyra Township, Pike County. Estimated Let 9/16/2021.

MPMS 68801 – No Change **SR 6 SEC 475 - SR 6 over Vandermark Creek**
Bridge replacement on State Route 6 (Constitution Avenue) over Vandermark Creek in Milford Borough and Township, Pike County. Estimated Let 10/7/2021.

MPMS 85737 – Change **SR 2004 SEC D50 - SR 2004 over Little Bushkill Creek**
Bridge preservation of State Route 2004 (Silver Lake Road) over Little Bushkill Creek in Porter Township, Pike County. Estimated Let 10/6/2022.

MPMS 68829 – No Change **SR 390 SEC 472 - SR 390 over Bridge Creek**
Bridge rehabilitation on State Route 390 (Promised Land Road) over Bridge Creek in Greene Township, Pike County. Estimated Let 10/21/2021.

MPMS 68758 – Change **SR 6 SEC 472 – SR 6 over Wallenpaupack Creek and PPand L Flume**
This project involves the bridge rehabilitation on (2) structures on SR 6 (G.A.R. Highway) over Wallenpaupack Creek and PP and L Flume in Palmyra Township, Pike County. Estimated Let 6/9/2022.

MPMS 87795 — Change **SR 84 SEC 495 - I-84 E&W I-4R E26 to E34**
Interstate roadway reconstruction on I-84 (Fallen Trooper Memorial Highway) from the Palmyra Rest Area to Exit 34; and bridge repairs on eleven structures in Palmyra and Blooming Grove Townships, Pike County 1. I-84 Bridge over SR/TR 390 in Palmyra Township 2. I-84 Bridge over SR/TR 390 in Palmyra Township 3. I-84 Bridge over Egypt Creek in Palmyra Township 4. I-84 Bridge over Tributary to Blooming Grove Creek in Blooming Grove Township 5. I-84 Bridge over Tributary to Blooming Grove Creek in Blooming Grove Township 6. I-84 Bridge over a private road in Blooming Grove Township 7. I-84 Bridge over a private road in Blooming Grove Township 8. I-84 Bridge over North Branch of Mountain Run Creek in Blooming Grove Township 9. I-84 Bridge over North Branch of Mountain Run Creek in Blooming Grove Township 10. I-84 Bridge over Shohola Creek in Blooming Grove Township 11. I-84 Bridge over Shohola Creek in Blooming Grove Township. Estimated Let 1/13/2022.

MPMS 94304 - Change **SR 390 SEC D50 - SR 390 over Outlet Promised Land Lake**
Bridge replacement on State Route 390 (Promised Land Road) over Outlet to Promised Land Lake in Greene Township, Pike County. Estimated Let 8/11/2022.

MPMS 57769 – No Change **SR 590 SEC 401 - SR 590 Pipes**
Pipe replacement on State Route 590 east and west of the intersection with State Route 4003 (Welcome Lake Road) in Lackawaxen Township, Pike County. Estimated Let 3/17/2022.

MPMS 89017 – No Change **SR 6 SEC 451 - SR 6 over Delaware River**
Bridge rehabilitation on SR 6 (Pennsylvania Avenue) over the Delaware River in Matamoras Borough, Pike County. Estimated Let 3/31/2022.

MPMS 101981 – No Change **SR 590 SEC SAF – SR 590 Safety Improvements**
Install signing, pavement markings, guiderail updates, high friction surface treatments on State Route 590 from between Wayne / Pike County Line to Stabler Road to West Falls Creek in Lackawaxen Township, Pike County. Estimated Let 6/9/2022.

MAINTENANCE UPDATES

EAST SECTION: Rocco DePietro 20
Dome/Dingmans –
"A" Shift - Scott Gillette #33
Mon. – Fri. – Brushing/Side Dozing 0006/0330/0000/0574/2100
1 – Cut Brush 711-7715-01 WO# - 51218505
2 – Side Dozing 711-7331-01 WO# - 51227871
3 – Brush Hog 711-7715-02 WO# - 51218509
Alternate Activities: Litter & Debris, Delineate, Customer Complaints, Patching, Stockpile Clean-up, Tires, Stands of Care, Brush,
1. 714-7735-01 Liter & Debris WO#- 51197654
2. 712-7521-01 Plow/spreading, ice conditions, material must be added for this Assembly
3. 712-7522-01 Winter Prep
4. 712-7523-01 Pre-Treat w/ Brine

"B" Shift – Ken Clark #18
Mon. – Fri. – Brushing/Side Dozing 0006/0330/0000/0574/2100
1 – Cut Brush 711-7715-01 WO# - 51218505
2 – Side Dozing 711-7331-01 WO# - 51227871
3 – Brush Hog 711-7715-02 WO# - 51218509
Alternate Activities: Litter & Debris, Delineate, Customer Complaints, Patching, Stockpile Clean-up, Tires, Stands of Care, Brush,
1. 714-7735-01 Liter & Debris WO#- 51197654
2. 712-7521-01 Plow/spreading, ice conditions, material must be added for this Assembly
3. 712-7522-01 Winter Prep
4. 712-7523-01 Pre-Treat w/ Brine

WEST SECTION: Allen Jones 40
Reviewed CCC, complaints, and priorities and SOC
Greentown
"A" Shift - Mike White #32
Mon.- 390/200 to 220 Manual Brushing / Ditching / rock lining

Tues. - 390/200 to 220 Manual Brushing / Ditching / rock lining
Wed. - 390/200 to 220 Manual Brushing / Ditching / rock lining
Th. - 390/200 to 220 Manual Brushing / Ditching / rock lining
FRI - 390/200 to 220 Manual Brushing / Ditching / rock lining
Alternate Activity: - Install new high flow inlet tops where needed, Litter & Debris, Customer Complaints, Stockpile Clean-up, Tires, Standards of Care, Brushing

"B" Shift - Frank MacGregor #15
Mon.- 390/200 to 220 Manual Brushing / Ditching / rock lining
Tues. - 390/200 to 220 Manual Brushing / Ditching / rock lining
Wed. - 390/200 to 220 Manual Brushing / Ditching / rock lining
Th. - 390/200 to 220 Manual Brushing / Ditching / rock lining
FRI - 390/200 to 220 Manual Brushing / Ditching / rock lining

P0606043 JCB Backhoe P1946365 Gradall
Alternate Activities Install new high flow inlet tops where needed, Litter & Debris, Customer Complaints, Stockpile Clean-up, Tires, Standards of Care, Brushing

Blooming Grove
"A" Shift - Kelly Makowka #23
Mon. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
Tues. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
Wed. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
Th. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
FRI - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
P0306377 Excavator with rockhound

"B" Shift - Rob Adams #14
Mon. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
Tues. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
Wed. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
Th. - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
FRI - SR 84/ 260 to 400 Mech and man Brushing, side doze and litter
P0306377 Excavator with rockhound

Alternate Activities Install new high flow inlet tops where needed, Litter & Debris, Customer Complaints, Stockpile Clean-up, Tires, Standards of Care, Brushing

Jeff Luongo advised the Wilson Hill Slide Repair has a let date of 2/25/2021. PennDOT is working with the National Park Service for construction access.

Mike Mrozinski-due to a change in merge position, there is a work sign at the old merge site that needs to picked up. Jeff Luongo acknowledged this.

Keith Raser inquired how PennDOT was concerning staffing. Jeff Luongo advised that he had enough staff to fill all the trucks and enough loaders for the interstate.

Chuck Defebo shard with the task force that PennDOT will soon be looking to hire seasonal Highway Workers for the Spring and Summer Maintenance programs.

8. **MUNICIPAL UPDATES** –
Commissioner Osterberg provided the task force with an update on the County Bridge Program and the $5 Registration fee. Each year Pike County collects approximately $350k from vehicle registrations. PennDOT has promised to match the first $2m. Pike County Commissioners have met with Bond Council and, with the low interest rates, have been able to parley the $350k into a $5m bond. With the $2m from PennDOT and the $5m from the bond, there is $7m to that will be used to do a full restoration to 5 County owned Bridges that were identified to be the most in need. These bridges include the following:
Kimbles Road over Lackawaxen River-approximate price is $1.1 m and is almost ready to go to bid.
Springbrook Road over Rattlesnake Creek-1 lane bridge and will require a temporary bridge.
Shohola Falls Road over Balliard Creek- approximate price of $1 m.
Carlton Road over Taylor Creek-approximate price of $500,000.
Creek Road over Little Bushkill Creek-approximate price $2.5m.
Commissioner Osterberg advised that the township supervisors will receive a letter from the Commissioners and the Engineer with the time limits.

9. **OLD BUSINESS** – None

10. **NEW BUSINESS** – None

10. **COOPERATING AGENCY REPORTS**
    a. Pike County Transportation Report – Not in attendance
    b. Legislative Updates – Not in attendance
    c. Bridges – Not in attendance
    d. School Districts –None
    e. National Park Service – Not in attendance
    f. NEPA/MPO/LTAP/Other – Dan Yelito stated the LTAP classes are virtual now.

Dan also discussed a new project he will be working on this year that involves the locating of curb cuts, sidewalks, and crosswalks. He is creating an inventory that will be used to help identify areas where ADA access is needed in the NEPA MPO region. Dan advised that they will be focusing on Boroughs for this and will be starting in Milford and Matamoras Boroughs and would like this to coincide with the Milford traffic study and Mike Mrozinski advised that the traffic study is on hold due to the decrease in traffic due to Covid.

Dan advised that once the mapping is completed with all the functional road changes, a package will be submitted to the Central Office for all counties in the NEPA MPO region.

11. **MISCELLANEOUS** –
Keith Raser shared with the task force that he had a conversation with Jim Snyder earlier in the week and wanted to let everyone know that Jim is in the process of receiving treatment and wants everyone to keep him in their prayers.

12. **ADJOURNMENT** - MOTION: by Tim Rohner, seconded by Commissioner Osterberg, to adjourn the Road Task Force meeting. VOTE: All Members voted "aye". Motion approved.

The next regular meeting of the Pike County Road Task Force will be held on February 18, 2021 at 2:00 PM via Zoom.

Toll hikes proposed for bridges crossing Delaware River between NJ and Pennsylvania

Colleen Wilson

Cherry Hill Courier-Post

The Delaware River Joint Toll Bridge Commission has proposed increasing tolls on eight of its crossings between New Jersey and Pennsylvania this year and again in 2024.

The bi-state agency said in a press release the proposed hikes would help "offset continuing COVID-19-induced toll revenue declines, ensure payment of financial obligations and provide funding for planned capital projects." In addition to these bridges, the agency operates 12 other free crossings, two of which are pedestrian bridges.

But it also comes at a time when residents are reeling from a stagnated economy that left millions out of work, some with reduced work or struggling to keep their businesses afloat.

It also comes as other tolling agencies in the region have recently increased vehicle fees on roads, bridges and roadways. That list includes:

Port Authority of New York and New Jersey, whose toll increases went into effect Jan. 1, 2020;

New Jersey Turnpike Authority, whose toll increases went into effect Sept. 13, 2020;

New York Thruway Authority, whose highway toll increases for non-New York E-ZPass users went into effect Jan. 1, 2021, and a tiered toll increase for Mario Cuomo Bridge users across the board will go into effect Jan. 1, 2021 and again in 2022.

Similar to the Port Authority, the Delaware River Commission's proposed toll hikes for seven out of eight toll crossings would see a greater rate of increase among passenger vehicles by 2024, at 50%, compared to the rate for the largest and heaviest vehicles like trailer trucks, at 12.5% — the latter. The larger vehicles contribute to greater wear and tear on bridges and roads compared to sedans, SUVs and motorcycles. On the Scudder Falls bridge, the largest trucks would only see increases of between 5.3% and 5.9%, but passenger vehicles would go up 20%.

Passenger vehicles on the majority of the crossings would also see two rounds of increases that commercial vehicles would not.

In addition to the larger rates of increases for commuter vehicles, the 40% discount for "frequent" E-ZPass commuters, those in passenger vehicles who are tolled more than 16 times a month, would decrease to a 20% discount in 2021 and then it would be eliminated in 2024.

The commission also proposed eliminating discounts that encourage trucks to travel during off-peak hours (between 9:01 p.m. and 5:59 a.m.).

This would be the commission's first toll increase in a decade, and if passed will go into effect April 3, 2021 and Jan. 6, 2024.

The public can submit comments for 26 days and three hearings on the proposal will be held virtually on Feb 17 from 10 a.m. to noon and from 6 to 8 p.m., and Feb 18 from 6 to 8 p.m. People interested in speaking must sign up in advance via the website, www.drjtbc.org/tollcomments or by phone at 1-855-721-0444 from Feb. 10 to 4 p.m. on Feb. 16.

Proposed toll increase breakdowns

Seven of the Delaware River crossings — Trenton-Morrisville (Route 1), New Hope-Lambertville (Route 202), I-78, Easton-Phillipsburg (Route 22), Portland-Columbia (Routes 611, 46, and 94), Delaware Water Gap (I-80), and Milford-Montague (Route 206) — would see the following increases:

Passenger vehicles and motorcycles (Class 1 with two or fewer axles)

- Vehicles using E-ZPass would increase 25% from $1 to $1.25 in 2021; it would increase to $1.50, a 50% increase, in 2024.
- Vehicles using cash would increase 200% from $1 to $3 in 2021; there would be no increase in 2024.

Large trucks, RVs and trailer trucks (Class 2 and up with two or more axles)

- Class 2 vehicles would increase 38% from $3.25 per axle for E-ZPass users to $4.50 per axle in 2021; there would be no toll increase in 2024.
- Class 2 vehicles would increase 53% from $3.25 per axle for cash users to $5.00 per axle in 2021; there would be no toll increase in 2024.
- Class 3 and larger vehicles would increase 12.5% from $4.00 per axle for E-ZPass users to $4.50 per axle in 2021; there would be no toll increase in 2024.
- Class 3 and larger vehicles would increase 25% from $4.00 per axle for cash users to $5.00 per axle in 2021; there would be no toll increase in 2024.

The Scudder Falls (I-295) Toll Bridge that opened in 2019 and does not accept cash — instead having tolls billed to the address associated with the car's registration after the license plate is scanned at the crossing — would have the following toll increases:

Passenger vehicles and motorcycles (Class 1 with two or fewer axles)

- Vehicles using E-ZPass would maintain the same toll $1.25 in 2021; it would increase 20% to $1.50 in 2024.
- Vehicles that get tolled by mail would increase 15.4% from $2.60 to $3.00; there would be no increase in 2024.

Large trucks, RVs and trailer trucks (Class 2 and up with two or more axles)

- Class 2 vehicles would increase 28.6% from $3.50 per axle for E-ZPass users to $4.50 per axle in 2021; there would be no toll increase in 2024.
- Class 2 vehicles would increase 19.8% from $4.175 per axle for those tolled by mail to $5.00 per axle in 2021; there would be no toll increase in 2024.
- Class 3 and larger vehicles would increase 5.9% from $4.25 per axle for E-ZPass users to $4.50 per axle in 2021; there would be no toll increase in 2024.
- Class 3 and larger vehicles would increase 5.3% from $4.75 per axle for those tolled by mail to $5.00 per axle in 2021; there would be no toll increase in 2024.

Colleen Wilson covers the Port Authority and NJ Transit for NorthJersey.com. For unlimited access to her work covering the region's transportation systems and how they affect your commute, please subscribe or activate your digital account today.

Email: cwilson2@gannettnj.com

Twitter: @colleenallreds

OS-2 (12-15)

pennsylvania
DEPARTMENT OF TRANSPORTATION

February 5, 2021

Engineering District 4-0
2021 Legislative Briefing

Legislators, Planning Partners, Transportation Stakeholders:

Engineering District 4 will NOT be conducting a legislative briefing on our highway activities for the upcoming construction season and we will NOT be providing project maps. This is due to the funding challenges because of the COVID pandemic. These challenges, along with project scheduling constraints, are impacting our future project lettings and our ability to accurately communicate what will be in construction during calendar year 2021.

We continue to actively work on project designs; constructing multi-year highway and bridge projects; and engaging in efficient and effective maintenance activities. Below is an update from our Design, Construction and Maintenance Divisions:

Design

- While COVID disrupted certain design functions, innovative methods were put into place to resume Design Division activities. Our Transportation Improvement Programs are in place and designs are continuing. In late 2020, funding issues caused uncertainty and our letting program has not fully resumed.
- We have a continued focus on our interstate program. Design work continues on projects to reconstruct sections of I-81 in Lackawanna and Luzerne Counties and we continue to pursue additional projects to address our needs.

Construction

- Construction projects that were stopped because of the pandemic in 2020 have restarted and many continue in 2021 and beyond.
- Our Construction staff continues to focus on building projects in a safe manner, with quality, within funding constraints, and with minimal traffic disruptions.

Maintenance

- Our Maintenance forces are continuing to address highway maintenance needs using a "back to the basics" approach for roads and bridges.
- Due to financial impacts, our Maintenance forces were only able to complete minimal seal coat and other cyclical activities.
- We seek to increase our seal coat and crack sealing activities in each County.

Please feel free to reach out to me via phone at 570.963.4010 or email at riroman@pa.gov if you would like to discuss anything about our 2021 plans.

Very truly yours,

Richard N. Roman

Richard N. Roman, P.E.
District Executive

Milford Township

From: Laurie DiGeso [secretary@milfordpa.org]
Sent: Thursday, February 11, 2021 1:54 PM
To: Milford Township; Dingman Township; planning@pikepa.org
Cc: Laurie DiGeso
Subject: Milford Borough Comprehensive Plan Draft

Secretaries/Administrators,

Kindly forward to all supervisors and Commission members on behalf of Milford Borough. Thank you and have a wonderful afternoon.

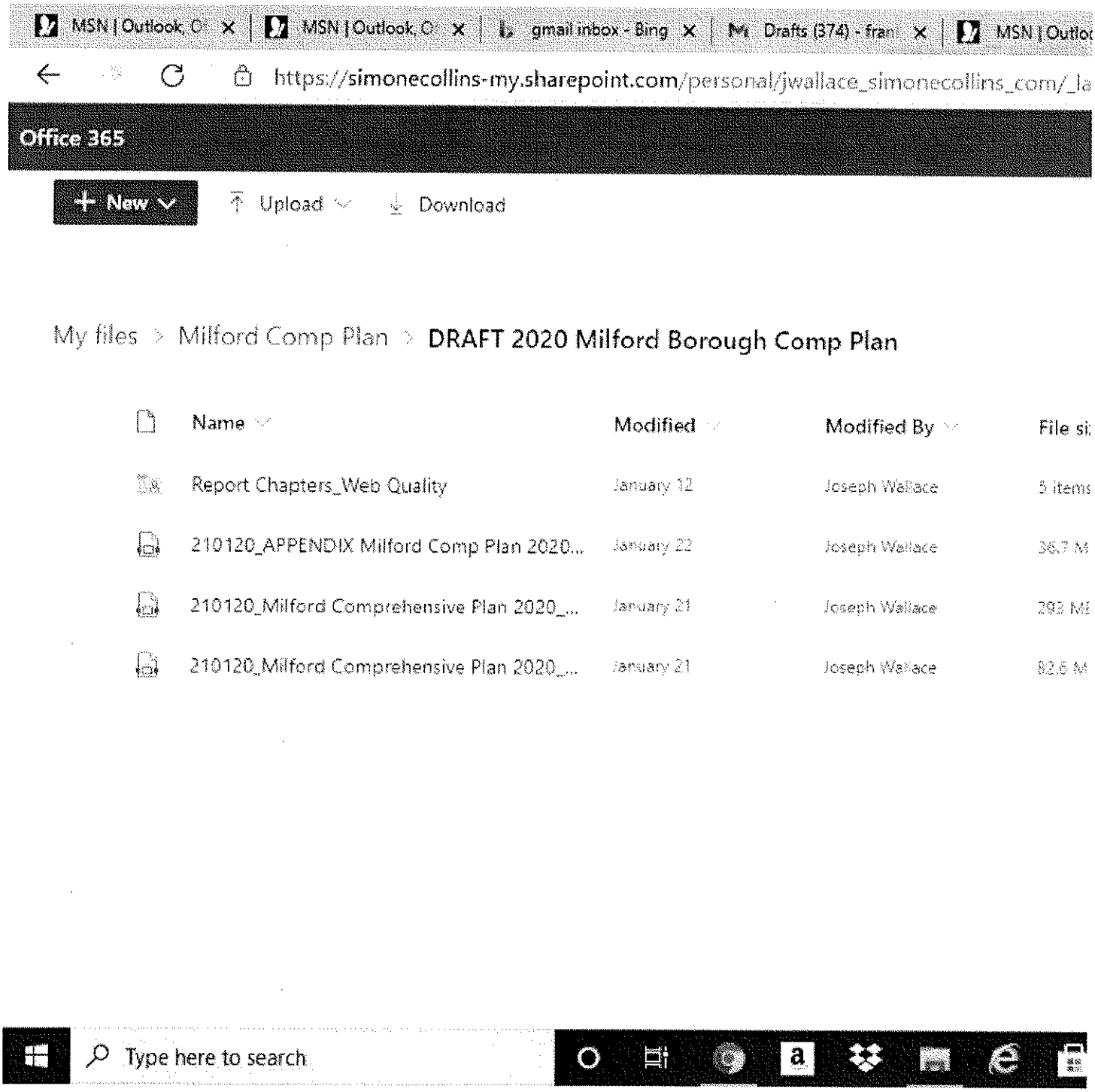
Laurie DiGeso
Milford Borough Secretary
500 Broad Street
Milford, PA 18337
570-296-7140

To Supervisors of Milford Township
Supervisors of Dingman Township
Pike County Planning Commission:

Milford Borough has completed a 2020-2021 Comprehensive Plan Draft and is now in its comment phase. The Borough is submitting the plan to you for review in accordance with state regulations. Due to its size, a link to the shared site access to the plan is provided below. When the link is opened the screen will show 4 files (see image below): the second file is the Appendix, the third is the Plan in print format, and the fourth is the same Plan in web format. The first file is a link to each chapter individually. Please return all comments to Secretary@milfordpa.org
or the Milford office if you choose to do this in person.
Thank you for your participation

DRAFT 2020 Milford Borough Comp Plan

Image of Plan site: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Milford Township

From: Nathan Lee, PhD [nathanrl@civicpulse.org]
Sent: Friday, January 29, 2021 2:34 PM
To: Penney Luhrs
Subject: Revenue Resilience in the Pandemic - CivicPulse January Newsletter

CivicPulse Newsletter

CivicPulse is a nonprofit organization whose mission is to generate insights of and for local governments across the United States. We are powered by the voluntary participation of local government leaders who graciously participate in our brief quarterly surveys. If you haven't already, click here to join our national survey panel..

Dear Ms. Luhrs,

As we enter 2021, local governments are playing a leading role in helping their communities deal with the pandemic and accompanying recession. And this has meant having to do more with less.

Last May, CivicPulse surveyed policymakers from local governments around the country about their predictions for spending and revenue over the next 12 months. We found that 91% of local governments expected a decline in revenue, with an average expected annual decline of 22%.

Our latest analysis dug even deeper into these numbers, to see if some local governments were more resilient than others to these revenue declines. Specifically, we merged data from the Census of Government with our survey responses to see if the financial structure of a government's revenue was associated with the severity of the predicted decline in revenue.

We identified two key findings. First, that governments that were more reliant on intergovernmental transfers (rather than their own revenue generation) expected larger declines in revenue. Second, we found that governments with a higher share of revenue from property taxes predicted that they would be more resilient to the impending downturn.

Despite these differences in resiliency, it is important not to overlook the fact that nearly all local governments expected—and are experiencing—a significant decline in revenue. This is particularly important to keep in mind now, since there has been discussion about additional federal aid coming later this year.

CivicPulse continues to research this topic with additional surveys of local governments to understand the impact of COVID on their finances. You can find our full report series on this and other topics related to the pandemic here.

Thank you for your support as we continue pursuing our mission of generating data-driven insights for local governance. Your ideas, comments, and other feedback are always welcome—you can provide them by simply responding to this email. Please also feel free to forward this newsletter to others who might be interested in our work.

Finally, if you haven't already, please consider joining our national survey panel here. We promise not to bother you more than three or four times a year!

Nathan and the CivicPulse Team

--

Nathan Lee, Ph.D.
Founder and Managing Director, CivicPulse
Professor of Public Policy, Rochester Institute of Technology

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Milford Township

From: Pike County Commissioners [covid19updates@pikepa.org]
Sent: Tuesday, February 09, 2021 12:46 PM
To: Milford Township
Subject: COVID-19 Vaccine Update

Dear Milford Township:

As we continue to work with the Pennsylvania Department of Health to get Pike County residents vaccinated in accordance with the state's **Interim Vaccination Plan**, we want to share a recent update from the State.

View the Update

Second Dose Event

Please note that **a Second Dose Clinic is currently scheduled for Saturday, February 20** at Delaware Valley High School for those individuals in Phase 1A who received their first doses during our recent trial-run clinic on January 23.

The County's Office of Emergency Management has maintained the registration list from the initial event, which will be used to validate access on February 20. **Please bring your vaccine card and arrive at the same time that had been assigned to you for the January 23 clinic.**

Those who require transportation will again be served by the Pike County Human Services Department.

Local Vaccine Sites

These locations are closest to Pike County, with Wayne Memorial Health System and Weis Markets providing vaccinations in Pike County when vaccines are available.

However, Pike residents are not required to use a Pike County location. **Visit the PA Department of Health map** to view all sites in Pennsylvania where vaccines may be available.

Geisinger

Appointments are temporarily unavailable.

Check this website for updates.

Lehigh Valley Health Network

Visit MyLVHN.org to register through MyLVHN. Phone appointments are not currently being accepted.

Rite Aid

Check the pharmacy **Immunization Scheduler.**

St. Luke's University Health Network

Currently vaccinating emergency responders and people 75+ years old.

Visit St. Luke's COVID-19 page to register through MyChart.

Wayne Memorial Health System

Create a profile through the **Vaccine Registration page.**

Weis Markets (Delaware Township)

Visit the pharmacy services page to check for available appointments.

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You are receiving this email because you opted in to receive updates from the Pike County Commissioners.

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Pike County Government

506 Broad St

Milford, PA 18337-1539

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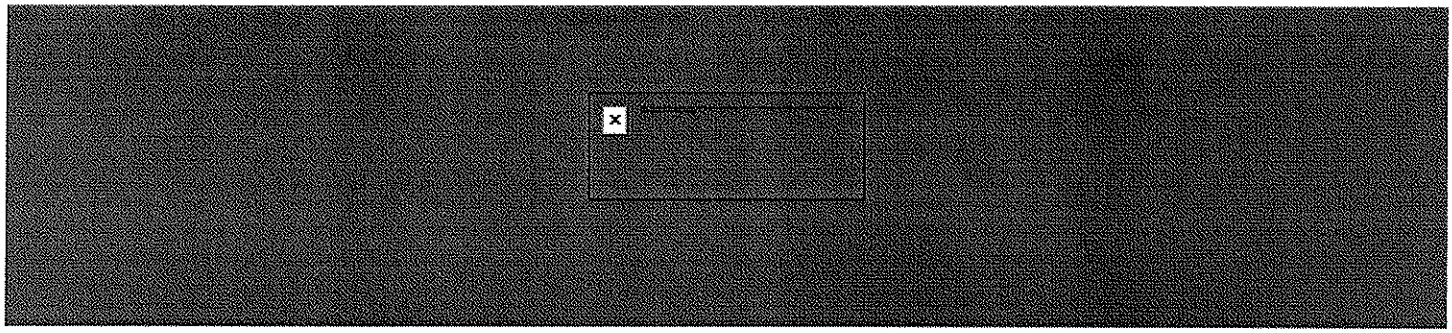


Milford Township

From: PSATS Morning News [morningnews@psats.org]
Sent: Monday, February 01, 2021 10:19 AM
To: milfrdtp@ptd.net
Subject: Morning News - National Get Up Day

Click here if you are having trouble viewing this message.

February 1, 2021

Latest News

National Get Up Day
National Get Up Day on February 1st offers an opportunity to share inspiring stories of perseverance. The day reminds us to pick ourselves up when we've fallen and given it (whatever it may be) another go! We never know when our efforts to seek a goal or overcome an obstacle will encourage another to do the same.

Pa Department of Corrections Covid Data Flawed
The state Department of Corrections' COVID-19 dashboard is being taken down for 30 days to replace it with a better site that uses fewer staff resources. The current site is being updated manually. **Click here** for more.

Pa. COVID-19 Cases and Hospitalizations Cases Continue to Drop
Daily new COVID cases and hospitalizations continue to decrease. The statewide COVID-19 case total now stands at 839,239, and while 38,282 new cases were reported this week, this is 13.8% less than in the prior week and continues a downward trend.

The **number of COVID-19 hospitalizations in Pennsylvania** continued to decrease for the sixth week in a row, from 3,910 to 3,370. 695 of these patients are in an ICU, down from 790 the prior week. The number of COVID-19 patients on a ventilator statewide decreased for the fourth week in a row, from 492 to 428.

The total deaths attributed to COVID-19 in Pennsylvania have reached 21,602, including 1,076 reported this week, down 31% from the previous week. Nationally, deaths from COVID-19 have reached 438,035, with 25,443 occurring in the last week.

Pennsylvania's statewide percent-positivity rate dropped for the third week in a row, from 10.5%. to 9.3%. Eleven additional counties dropped under 10% this week, while two other counties went over 10% and one county dropped under 20%. Forest, the only remaining county over 20%, has a COVID-19 outbreak at a state prison.

Click here for more county-specific information.

Johnson & Johnson Releases Vaccine Results

Johnson & Johnson has released Phase 3 global results for its single-shot Janssen COVID-19 vaccine, showing that it was 66% effective at preventing moderate to severe COVID-19 28 days after vaccination, with protection observed as early as day 14. Traditional flu vaccines have historically been in the 50-60% effective range. In addition, the vaccine was demonstrated to be 85% effective in preventing severe disease 28 days after vaccination, with efficacy against severe disease increasing over time with no cases reported in vaccinated participants after day 49.

Johnson & Johnson intends to submit its vaccine to the U.S. Food and Drug Administration as a candidate for emergency use authorization this week. The FDA requires a minimum efficacy for vaccines of 50-60%. If approved, the one dose vaccine will be easier to administer and distribute because it only needs to be refrigerated, unlike the currently approved vaccines, which must be kept frozen. To learn more, **click here**.

Reminder: LTAP Holding Virtual Drop-In Session on Updated PennDOT Pub 213 (Work Zones)

Township officials are reminded that the Local Technical Assistance Program (LTAP) will hold a virtual drop-in session this **Thursday, February 4, at 11 a.m.** to discuss the state Department of Transportation's newly updated Publication 213, Temporary Traffic Control Guidelines. Publication 213 establishes the standards for temporary traffic control (work zones) on all public roads in Pennsylvania. The new updates take effect March 1, 2021.

This virtual drop-in session will provide an overview of Publication 213 and the changes that affect municipalities. Please join the discussion with your work zone experiences and your most worrisome safety concerns. **Click here** to register. **Click here** to view the updated Pub 213.

Pa Turnpike Transfers $337.5 Million to PennDOT

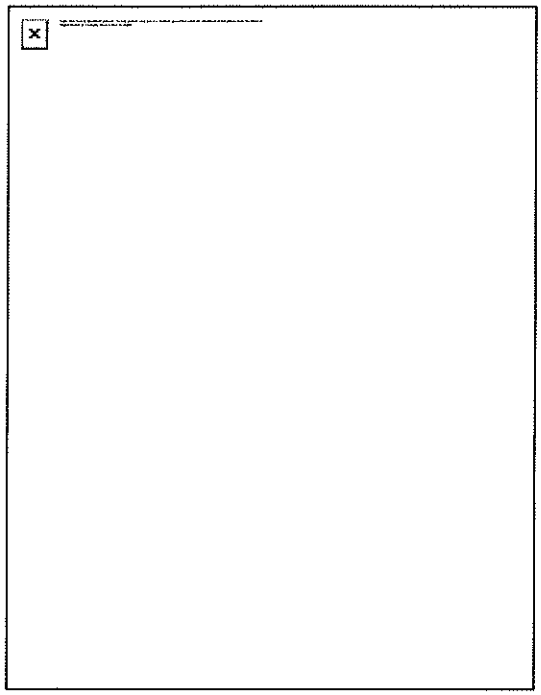
The Pennsylvania Turnpike Commission has transferred $337.5 million to the state Department of Transportation to fulfill its legal obligation to provide supplemental transit funding under Act 44 of 2007. This included two payments that were deferred due to COVID-19-related toll revenue losses. **Click here** for more.

The Act 44 funding plan was dependent on the tolling of I-80, which was never approved by the U.S. Department of Transportation. As such, the commission was forced to shoulder these payments, which has required regular, significant toll increases since 2009. Act 89 of 2013 partially addressed the turnpike's burden by allowing the payment to decrease from $450 million to $50 million annually beginning on July 1, 2022.

Expect transportation funding to be a major legislative issue in the coming months.

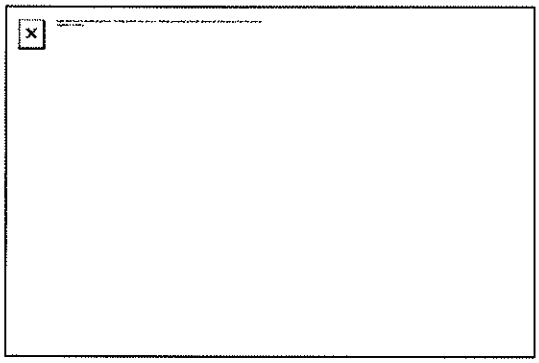
Digital Version of Township News is Now Available!

Staying Out of Trouble on Social Media
In this month's edition, the Township News explores the pitfalls of social media and how township officials should proceed with caution when using it. Other features include an article on how to talk taxes with residents, an interview with Pa. Senate Majority Leader Kim Ward, an article on structural engineers, and remembrances of PSATS Past President Ken Grimes and former Gov. Dick Thornburgh, who both passed away late last year.



Subscribers to the News can access a digital copy by signing in to www.psats.org and clicking on "Digital Publications" under "My PSATS Profile." Not yet a subscriber? You can check out the free cover article here and learn how to subscribe to the News here.

Legislation & Policy



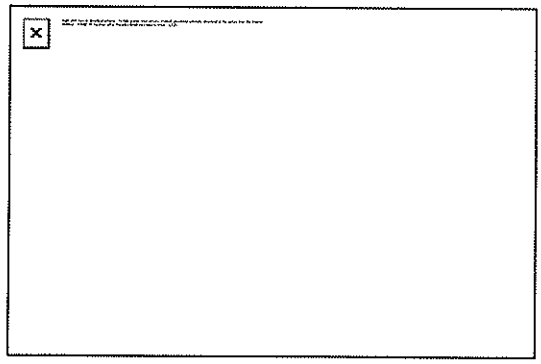
Due to the winter weather, the House and Senate will not be in session today and will convene for voting session on Tuesday February 2.

Governor's Budget Address: Live Coverage on PCN
Tomorrow, February 2, on cable & streaming online, starting at 11 a.m. Pennsylvania's Cable Network (PCN) will provide complete, live coverage of the Governor's 2021 Budget Address. Click here to watch.

Learn

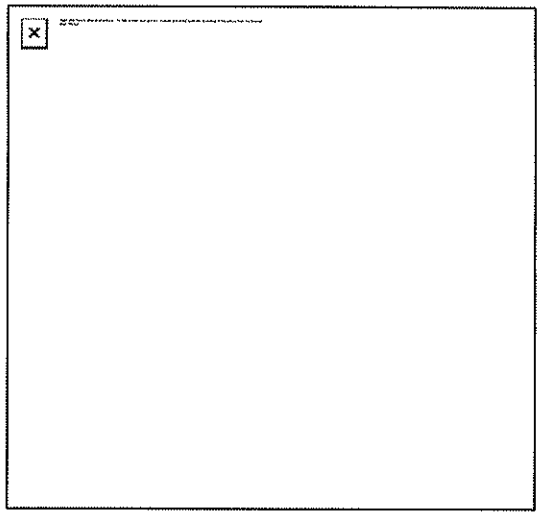
Webinar - COVID-19 Vaccines: What Municipal Employers Need to Know - 2/2/21

In this webinar, Ryan J. Cassidy, Michael McAuliffe Miller and Scott E. Blissman of Eckert Seamans' Labor and Employment Group will present a focused discussion of the relevant factors municipal employers should consider when implementing vaccination policies, maintaining employee morale, handling enforcement issues and managing accommodations requests. Click here for more information and to register.



Basic "Virtual" Training for Secretaries and Administrators - Feb. 22 & March 1, 2021

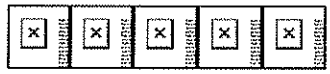
This virtual training class will be offered in two half-day sessions. This is your opportunity to learn from acknowledged experts about all the most important issues township secretaries and managers need to know, right from the comfort of your desk. Topics covered will range from budgeting, purchasing, advertising and meeting management all the way to human resource issues and public engagement. Attendance for both sessions qualifies for 6 PMGA Administration points. Click here to register.



Missed yesterday's PSATS Morning News? No problem! A PSATS Morning News Library is available online for your viewing pleasure!

We're excited about this new concept and want to hear what you think. Email comments

and suggestions to morningnews@psats.org.



Pennsylvania State Association of Township Supervisors

4855 Woodland Drive

Enola, PA 17025

Click here to unsubscribe or to change your Subscription Preferences.

February 2021

Pike County Area Agency on Aging

Pike County, Pennsylvania

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COVID-19 vaccine information

To receive updates regarding local COVID-19 information including vaccines, testing and mitigation, Visit www.pikepa.org to subscribe

Please note this is not a County waiting list, nor is it a registration for either a COVID-19 vaccine or test. It is an informational list through which the County will share local COVID-19-related updates with people who opt-in.

Listed below are some websites that may be helpful as well

www.aging.pa.gov

https://www.health.pa.gov/topics/disease/coronavirus/Pages/Vaccine.aspx

https://public.coderedweb.com/CNE/en-US/BF92C048CF84

www.COVID.cdc.gov

www.health.pa.gov

ZOOM

ZOOM exercise classes with Lana on Wednesdays at 1:30 PM

Exercise from 1:30 to 2:30
Line Dancing from 2:30 to 3:00

Send your request to join to kdantuono@pikepa.org

Or call 570-775-5550 x 1301 and give us your email address so we can send you the link for the class

Join and have fun, socialize and exercise

FACE MASKS NOT REQUIRED

Healthy IDEAS Identifying Depression & Empowering Activities for Seniors What is it?

An evidence-based program that integrates depression awareness and management into existing case management services provided to older adults.

Our trained Healthy Idea providers, here at Pike AAA will work with our consumers **Empowering** older adults to manage their depressive symptoms through a behavioral activation approach that encourages involvement in meaningful activities.

nco National Council on Aging

Evidence-Based

2020 AARP FOUNDATION Tax-Aide

The earliest that in person tax preparation **might** happen will be March depending on the COVID-19 numbers and volunteers. **PLEASE DO NOT CALL**

Please check out the following websites for more information

taxaideqa.aarp.org/hc/en-us

or

AARP tax aide 2021 pa

February Greetings,

We are anxiously looking at the future with some glimmers of hope. The vaccinations have begun, slowly admittedly, but still it's a start. Please know the Agency and partners are working diligently on getting out good information and assisting, when necessary to provide clinic information, resources, and contact information. If you have access to email, we strongly suggest registering with the Pike County Commissioner's site at: www.pikepa.org, see cover for more information.

Winter emergencies are always possible. Did you sign up with LIHEAP crisis? Check out eligibilities at Compass.pa.gov. Make sure you have enough medicine, water, shelf stable food on hand in case of storms or power outages. Check out Ready.pa.gov for information.

Some of the cold weather concerns for pet owners:
Keep your pets inside with you.
Remember that wind chills and cold effect even our furry friends and limit exposure during walks or outside time.
After walks, wipe all paws with a damp towel before your pet licks them.
Products such as rock salt used to melt snow and ice can irritate paw pads and their mouth.

Black History Month 2021 here is a few trivia Questions:

In 1981, Broadcast journalist _____ became the first Black person to host a network morning show when he joined NBC's *Today Show*.

This Photo by Unknown Author is licensed under CC BY-ND

It's estimated that around 100,000 enslaved people escaped to the North via the Underground Railroad from 1810 to 1850

Renowned singer and jazz pianist, _____, was the first Black American to host a TV show: NBC's _____ *Show*

President _____ officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.

On Wednesday, August 28, 1963, 250,000 Americans united at the Lincoln Memorial for the final speech of the March on Washington. As Martin Luther King Jr. stood at the podium, he eventually pushed his notes aside . Who is credited for telling DR. King "tell them about the dream Martin". The night before at the rehearsal?

Answers on page 8

February marks Heart Month

- Heart attacks affect more people every year than the population of Dallas, Texas.
- 83% believe that heart attacks can be prevented but aren't motivated to do anything.
- 72% of Americans don't consider themselves at risk for heart disease.

And 58% put no effort into improving their heart health.

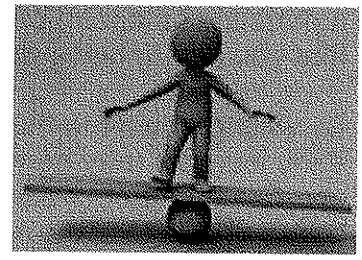
Don't let this be you!

March we will be having nutrition month spot light events.
We are currently Signing up for cooking demos

Email Lana (Lromeo@pikepa.org) for best platform:
Facebook, ZOOM, You Tube etc.

We are also working on technology needs for our seniors
Winter will be over sooner rather than later, but we miss our senior center folks.

Caregiving and finding balance



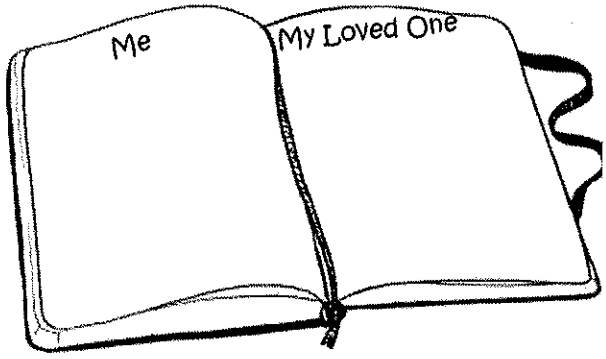
How do you find the balance? Is there a balance? Am I doing the right thing? Should I be doing more? These are important questions for a caregiver. They can dominate a caregiver's daily thoughts. The experts all talk about balance. How do we find the balance when we are so busy doing the things that upset the balance?

Here is the key: there is no magic answer. You may be searching for an answer that is elusive and forever changing. Our ability to handle all that comes our way changes over time just as the needs of others around us change over time.

Sometimes, just when we think we have a handle on life, something changes and we have to start from scratch.

Let me define my view of balance. I believe we achieve balance when we meet our own needs as well as the needs of those who depend on us. What are our needs? Needs can be physical (our general health), emotional (happiness, joy, love), and material (housing, clothing). Some may want to add spiritual needs as paramount in their lives as well.

Are caregivers meeting their own needs? Caregivers often neglect their yearly check-ups although they would never skip one for their loved ones. Caregivers often put aside their own emotions as they devote their energy to their loved one. Caregivers put off buying themselves new clothes, or items needed because it is so hard to get to a store by yourself and for yourself. When attention is paid to caregiver needs, the caregiver often thinks "Am I doing enough for my loved one?" and this starts the guilt process.



How do we create a system to ensure that caregivers and their loved ones both have their needs met? I suggest keeping an accounting of sorts so that care you provide for another can be matched with care you provide for yourself. You can start with a journal and divide each page in half. Put your loved one's name on one side and your name on the other. Did you help your loved one in the shower? You can list that on the side under your loved one's name. Did you take the time to take a shower yourself today? If yes, then list it on the side with your name. If you enjoyed a nice lunch with your mother today, you can list it on both sides. If you prepared her lunch but never sat down yourself to eat, then your side will run a deficit.

The activities you are writing down do not have to match perfectly. For example, you may have played cards with your father for his enjoyment. However, if this is not relaxing or enjoyable to you personally, you cannot put in on your side of the page. In this case, you need to find a source of relaxation that you can put on your side. For example, maybe you read for 30 minutes before going to bed. This may be your source of relaxation.

Not all your activities or the time invested in each will add up equally. In many circumstances, there are not enough hours in the day to devote to yourself as you devote to others. However, the goal is to try and create a day that is shared with the one you love, not dominated by your caregiving. You will become more experienced at this as you practice. No caregiver can create a perfectly balanced spread sheet the first time out. The goal should be to continue trying so that you can achieve more balance in meeting the needs of yourself and your loved one.

Continued on page 4

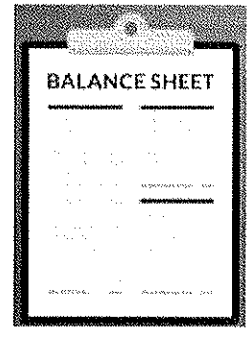
a perfectly balanced spread sheet the first time out. The goal should be to continue trying so that you can achieve more balance in meeting the needs of yourself and your loved one.

By writing down the things you do for your loved one, perhaps you will feel less guilty. Your early journals may be very one-sided. Once you start to even things out, you may realize that you can be a better caregiver when there are some things you can list on your side. Learn from this, being a good caregiver is not always equal to the amount of care provided. If you are constantly frazzled and stressed, the care you provide may reflect your and anxiety and weariness. This may not be the kind of caregiver you set out to be.

If you simply cannot balance the two sides to your journal, it is definitely time to call in help. Respite care can be what you need it to be, whether through a professional organization or through family and friends. You can contact your local Area Agency on Aging to learn more about the Family Caregiver Support Program. Professionals within this program can go over your caregiving experience with you and find sources of support you may not have known existed.

What do you do when your loved one's demands are so great, you have nothing to write on your side of the page? Sometimes our loved ones have care needs that are so extensive the demand on the caregiver is extreme. Caregivers need to recognize that if the balance sheet does not match up over time, the risk is far greater to both of you. Acting preventively to keep from burning out is a necessity. Caregivers who burn out are sometimes too physically and or mentally exhausted to provide any care.
It is hard to call in professionals when all your mother wants is you. It is hard to say "no" to someone you have loved all your life. If this is your circumstance, putting things into perspective becomes necessary.

Let's look at the case of providing care for your parents. If your mother or father never said "no" to you all your life, where would you be? Were you allowed to go to school? Essentially, your care was placed into the hands of others. At times you may not have been happy about this but for the most part you were probably safe and had your needs met. Did you ever visit with friends or extended family? These times were important in shaping your life. The same analogies can be applied to care for those in need. If it is always provided by one person, and in one way, it can rob both individuals from opportunities needed to sustain personal growth.



Start your balance sheet today. The search for balance is hard but needs to continue. When we achieve a healthy balance, the guilt will not feel as prevalent. The answer is never obvious. As long as our search continues and we keep our minds open to new ways to explore it, balance is never that far away.
Copied from caregiver.com

Donation Coupon Please make your donation payable to:
Pike County Area Agency on Aging (PCAAA)
Mail to: Pike County Area Agency on Aging, 150 Pike County Blvd., Hawley, PA 18428

Name:_____

Adress:_____ **Zip:**_____

May we print your name as a donor? YES NO

THANK YOU FOR YOUR GENEROSITY

American Red Cross
Greater Pennsylvania Region

Turn Compassion Into Action! **Become a Red Cross Volunteer Today!**

Volunteers carry out 90% of the humanitarian work of the Red Cross. Whether helping one displaced family or thousands, providing care and comfort to an ill or injured service member or veteran, or teaching others how to respond in emergencies, it's through the efforts of ordinary people that we can do extraordinary things. The Rd Cross responds to an emergency every 8 minutes, and our vital work is only possible because of people like you.

Just a few of the many volunteer opportunities in your Community:

Blood Donor Ambassador

Help save lives in your community by supporting blood collection at a local blood drive.

Preferred commitment:
1 shift (4-5 hour shifts) per month

Disaster Action Team Member

Assist individuals and families who have been Impacted by a home fire or other local disaster.

Preferred commitment:
Monthly on-call shift

To learn more visit redcross.org/volunteer or contact:
Grace Palmer
570-502-5801 or grace.palmer@redcross.org

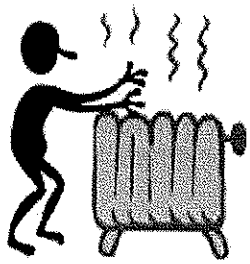
LIHEAP helps low-income families pay for their heating bills. LIHEAP is a grant. You do not have to repay it.

LIHEAP
Low-Income Home Energy Assistance Program

To receive help....
Apply between Nov 2, 2020 and Apr 9, 2021

INCOME GUIDELINES 2020-2021	
Household Size	Maximum Annual Income
1	$19,140
2	$25,860
3	$32,580
For each additional person add	$6,720

You don't have to be on public assistance.
You don't have to have an unpaid heating bill
You can either rent or own your own home .
If you are seeking assistance to apply for LIHEAP, please call our office at 570-775-5550 to schedule an appointment. All appointments will be by phone.



PORT JERVIS Salvation Army has a DAYTIME WARMING CENTER
Welcoming People in need of Warmth & Shelter, and those experiencing Homelessness.
Tuesday to Friday, between 9 AM and 3 PM (Thursdays closed at 3 PM).
LOCATED at **The SALVATION ARMY**,
99 Ball St (845-856-3214) (corner of Seward Ave).
Lunch served from 11:30 to 12:30; Table games and reading materials available.
Courtesy of: The Salvation Army, Tri-State Interfaith Council & Orange County Dept of Social Services

VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM IN LACKAWANNA, MONROE, PIKE & WAYNE COUNTIES

Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long term living facilities. If you are available for a few hours a month, over 18 years of age and are interested in making a difference in the lives of long term living residents, then you may be perfect for the Volunteer Ombudsman Program.
For more information, please contact:
Ombudsman Linda Lorgeski 570-344-7190 or email: lcombudsman@epix.net

February

Blooming Grove Senior Center

150 Pike County Blvd.
Hawley PA 18428
TAKE OUT ONLY
RESERVATIONS REQUIRED

570-775-5550

Lunch served at 11:30 am
Monday through Friday
8 am to 4 pm
$2.00 donation Exact change REQUIRED

FACE MASKS REQUIRED

Lackawaxen/Shohola Senior Center

Lackawaxen Fire Dept.
Beisel Beck Rd & Rte 590
Lackawaxen PA 18435
570-685-7808

February

RESERVATIONS REQUIRED FOR PICK UP
570-775-5550
Wednesdays & Thursdays 9:00 am to 2:00 pm

$2.00 donation Exact change REQUIRED

Pike County Aging is in great need of home delivered meal drivers and kitchen help.

Please call 570-775-5550 X 1303 for more information

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

We will be running a program called Chronic Disease Self-Management in the upcoming months. We need to look at the consequences of most chronic diseases. These diseases, be they heart disease, diabetes, liver disease, emphysema, or any one of a host of others, cause most people to lose physical conditioning and experience fatigue. In addition, they may cause emotional distress such as frustration, anger, depression, or a sense of helplessness. Health is soundness of body and mind, and a healthy life is one that seeks that soundness. Therefore, a healthy way to live with chronic illness is to work at overcoming the physical and emotional problems caused by the disease. You will not find any miracles or cures. Rather, you will find tips and ideas to make your life easier.

If you are interested in this program please call 570-775-5550 x 1310 and leave your name and phone number. We will contact you and give you more details. Due to COVID, and the centers beginning closed this program will be done virtually. We can only have 6 participants at a time. Priority will be given to early registration, so please, contact us quickly.

Thank you,
Lana

February 2021 Menu

Milk Served With All Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Southwest Corn Chowder Tuna Salad on Hoagie L/T/O Macaroni Salad Mandarin Oranges	2 Orange Juice Spaghetti & Meatballs & Sauce Italian Green Beans Dinner Roll Fresh Fruit	3 Cole Slaw Lemon Pepper Fish Rice Carrots Wheat Bread Pears	4 Tomato Orzo Soup Sausage, Peppers & Onions Hoagie Potatoes O'Brien Corn Apple Sauce	5 Three Bean Salad Lemon Chicken Breast Pasta Primavera Rye Bread Fruit Cocktail
8 Tossed Salad Pasta Bolognese Broccoli Medley Dinner Roll Pineapples	9 Red Cabbage Slaw Hot Turkey Mashed Potatoes & Gravy Broccoli Dinner Roll Cookies	10 Beets & Onions Macaroni & Cheese Stewed Tomatoes Rye Bread Fruit Cocktail	11 Yogurt Cup French Toast Sausage Patty Apple Compote Blueberry Muffin	12 Grape Juice Beef Stroganoff Buttered Noodles Brussel Sprouts Dinner Roll Fresh Fruit
15 ALL CENTERS CLOSED FOR PRESIDENT'S DAY	16 Mandarin Salad Teriyaki Meatballs Stir Fry Vegetables Rice Rye Bread Pudding	17 Tossed Salad Chicken Parmesan Pasta /Sauce Green Beans Italian Bread Cake	18 Split Pea Soup BBQ Chicken Breast Potatoes O'Brien Baked Beans Wheat Bread Fresh Fruit	19 Orange Juice Stuffed Cabbage Tomato Sauce Orzo & Vegetables Rye Bread Fruited Jell-O
22 Lentil Soup Battered Fish Filet Rice Pilaf Peas & Onions Wheat Bread Pineapples	23 Cranberry Juice Chicken Stew on Biscuit with Vegetables/ Potatoes Fresh Fruit	24 Tossed Salad Stuffed Shells Spinach Italian Bread Fruit Crisp	25 Clam Chowder Salisbury Steak Mashed Potatoes Gravy Peas & Carrots Rye Bread Jell-O	26 Broccoli & Chick Pea Salad Meat Lasagna Pacific Medley Dinner Roll Pears

Best Low Sodium Canned Soups Approved by Dietitians! (Eatthisnotthat.com)

Seniors Are Our First Priority

KNIGHTS OF COLUMBUS

Council 12571

FOOD FOR FAMILIES & FRIENDS PROGRAM

TAKE OUT DINNERS

MUST CALL IN FOR RESERVATION

MENU	MENU
Chili con Carne (non spicy) Rice Corn Bread	Kielbasa Sourkraut Pierogies
Sun., Feb. 7 St. John's 1:30-3:30	Sun., Feb. 14 St. Ann's 1:30-3:30

All are invited

Donations are welcomed but not necessary

PLEASE CALL

St. John's 570-775-6791 — St. Ann's 570-832-4275

Angelo- 570-775-2755 — Frank -347-446-9636 or text

PHARMACIES THAT DELIVER

Medicine Shoppe
105 Wheatfield Dr
Milford 570-296-5138

HOME DELIVERY

Good Health Pharmacy
Dingmans Ferry
570-828-7494

Village Pharmacy
Lords Valley
570-775-9555

Please remember if you receive home delivered meals the suggested donation is $3 per meal, per person.

Donate

Thank you for your generosity!

Black History Trivia Answers

1-Bryant Gumbel
2-Nat King Cole, Nat King Cole Show
3-Gerald Ford

Happy Valentine's Day

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties

Volunteer Opportunities

Happy Valentine's Day

Pike County Area Agency on Aging

Meal Delivery Drivers

**Volunteers receive mileage reimbursement from the Pike County Area Agency on Aging*

Kitchen Assistants

Pike County Hands of Hope

Board Member, Hopeline Volunteer, Outreach Coordinator

American Red Cross

Blood Donor Ambassadors, Disaster Action Team

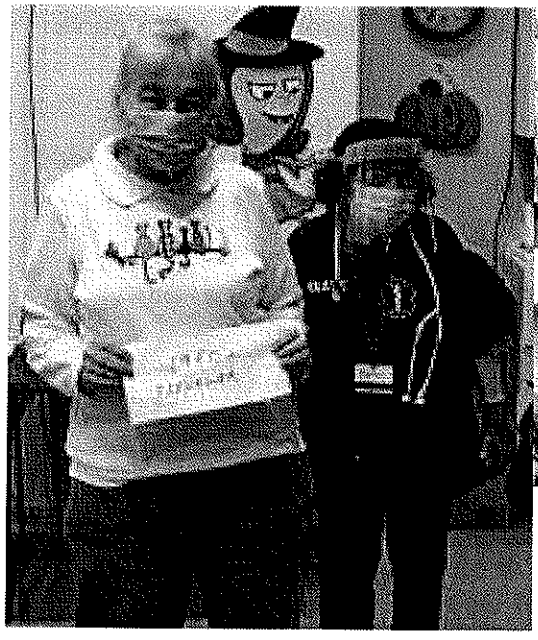
Dawn Houghtaling, RSVP Coordinator

Call: 570-390-4540 or Email: houghtalingd@diakon.org

AmeriCorps Seniors

DIAKON COMMUNITY SERVICES

**RSVP is funded by AmeriCorps and sponsored by Diakon Community Services.*



HALLOWEEN 2020

CC BY-NC-ND

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

Immune-Supporting Nutrients

The following nutrients play a role in the immune system and can be found in a variety of foods:

Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

Vitamin D is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.

Zinc tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

Probiotics are "good" bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.

Protein comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Focus on Balance

To help keep your immune system healthy all year long, focus on a balanced eating plan, adequate sleep and stress management.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

eat right.®

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Pike/Wayne Virtual Support Group

For Family and Friends Bereaved by Suicide
1st Wednesday of the month
at 6:00 PM via Zoom
Contact John Nebzydoski at
jnebzydoski@waynecountypa.gov
to request Zoom link.

Northeast Suicide Prevention Initiative

www.facebook.com/WaynePikeNSPI

PROGRAMS

Loaves to Fishes Food Pantry
Paupack Methodist Church, Route 507
570-857-1141 Serves Palmyra Twp.
1st Friday of month 9:30 am — 11:00 am

The Food Pantry Program at the Church at Hemlock Farms will be open
The 3rd Monday of the month
4:00 PM to 6:30 PM
Registration is a MUST prior to distribution.
Please register by calling 570-775-6787

Pike County Food Pantry
Dreher Township Building
(formerly at Moravian Church)
899 Main St. Newfoundland, Pa
570-676-4066 Serves Greene Twp.
3rd Thursday of the month 12pm—2pm

Good News Good Cheer Food Pantry
St. Luke's Lutheran Church
Rt 590, Greeley PA 18425
570-226-3966

Do you live in the Greentown area & need assistance with your shopping? There are a few supermarkets that will deliver to you.

Lake Region IGA
570-226-6000 extension 10 (you must order between 7 am & 9:30 am on Tuesdays). They deliver same day, by 1:30 PM. There is a $9.95 delivery charge.
Now offering online shopping
www.lakeregioniga.com Delivery is $4.95 picking fee plus $6.95
delivery fee and in store pickup is $5.95.

Dutch's Market
570-676-3373
No weekend delivery. 24 hour notice required when ordering week days.
$10 delivery charge.

Dave's Foodtown/Super Duper
570-251-9530 They do not deliver too far from store. Call them for details.

Shoprite delivers ($10 internet fee & $6.95 delivery fee) shop at www.shoprite.com

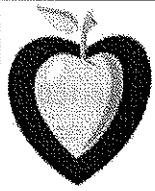
Agape Food Pantry
300 Avenue H
Matamoras, PA
diagonal from United Methodist Church
Every Tuesday 5:00 pm - 6:00pm
845-772-0218

The Care Cabin, Growing Lackawaxen
169 Urban Rd, Hawley 570-685-2273
4th Saturday of the month 10am to 2pm
Proof of residency required.
Declaration of need form to be filled out.

Faith Christian Outreach Center
104 Red Shale Rd, Lords Valley 570-226-4658
Application to be filled out the first time
Every 4th Monday 2pm to 6pm

Holy Trinity Lutheran Church Food Pantry
103 Delaware Crest, Dingmans Ferry
570-828-7411. Monday thru Friday 9 am-noon
by appointment only.
Please call 24-48 hours ahead to schedule
Volunteers always welcome

Hands of Hope Food Pantry at the Lord's Valley Community Church (located behind Ryan's Deli on Route 739) will be distributing on the 2nd Thursday of the month from 2:00pm-6:00 pm 570-503-6644



Ecumenical Food Pantry
321 5th St., Milford
570-618-1568
Fridays: 12 noon - 1:00 pm
Fridays: 6:30pm-7:30pm
Eligibility is based on income
Photo ID & verification of address is required

Food Pantry
St. Ann's Catholic Church
125 Richardson Ave., Shohola, PA 18458
570-832-4275
Distribution 1st & 3rd Thursdays
9:30 am to 11:30 am Registration at pick up.

Bushkill Outreach
168 Lehman Park Rd, Bushkill, Pa 18324
570-588-0660
Tues—Thurs 9am to noon

Blooming Grove Food Pantry
St. John Newman/Good Shepherd Church
705 Route 739, Lords Valley
570-775-6867 or 570-775-6791
3rd Thursday of month
Please do not bring children
WEAR A MASK

Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley, PA 18428
570-775-5550

Non-Profit mailer

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at:
877-727-7529

DO NOT CALL REGISTRY
If you want to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry by calling:
1-888-382-1222 and
1-888-777-3406 or go on line to: www.donotcall.gov

To renew subscription, clip out mailing label and send it in with the $5 yearly fee. If you have email, just send your email address to: kdantuono@pikepa.org, and get your newsletter sent right to your email address for FREE—Save time and money!

www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:

* Medicare & You 2019 Handbook
* www.medicare.gov Call APPRISE at: 1-800-783-7067
* Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
* Or call us at: 570-775-5550 x 1313 for an appointment to assist you

Pike County Area Agency on Aging

Executive Director - Robin S. Skibber - email: rskibber@pikepa.org
Protective Services & Options Supervisor - Robin Soares - email: rsoares@pikepa.org
Aging Care Supervisor/PA LINK Coord. Monroe/Pike/Wayne – Joan Edel - email: jedel@pikepa.org
Nutrition Site Managers - Cherie Bland, Pam Capps, Jennifer Miller & David Zlasney
Activity & Program Director & Health & Wellness Coordinator - Lana Romeo-email: lromeo@pikepa.org

Blooming Grove Center-150 Pike County Blvd., Hawley, PA 18428
(Phone: 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)
Office / Center: Monday through Friday - 8am to 4pm
Dingmans Center-American Legion 851-107 Ball Park Rd, Dingmans Ferry, PA 18328
(Phone: 570-828-7812)
Lackawaxen/Shohola Township Center-Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Wednesday and Thursday 9 am to 2 pm (Phone: 570-685-7808)
Eastern Pike Center @ Matamoras-Matamoras Fire House, 506 Avenue Q, Matamoras, PA 18336
(Phone: 570-832-1929)

ELDER ABUSE REPORTING NUMBER 1-800-233-8911
www.pikeaaa.org

Advisory Council

*Chairperson: *Patricia Crane * Steven R. Guccini, Commissioner Representative * Vacant * Charlotte Bell *Jeanne Carlstedt * Jacqueline Eadicicco * Laura Guccini-Engle * Kathie Joseph * Leatrice Langer * Barbara Leary * Marianne McMillin * Monica McVitie* *Mary Little* Sue Siska * Rita Tepperman * Pike County Commissioners * Matt Osterberg * Ronald Schmalzle * Steven R. Guccini*

Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Fax 570-296-3409
Toll Free: 1-866-681-4947 STATUS LINE: 570-296-1959

Disclaimer: All information contained herein, is made available as an information service only. The information contained in this publication is not intended to replace official versions of that information. Although every reasonable effort is made to assure accuracy, the information presented without warranty, either expressed or implied, as to its accuracy, timeliness, or completeness.

National Park Service
U.S. Department of the Interior

Delaware Water Gap
National Recreation Area

Bushkill, PA 18324-9999

570-426-2418 phone
570-426-2407 fax
www.nps.gov/dewa

Delaware Water Gap NRA News Release

Release date: February 5, 2021

Contact: Kathleen Sandt, Public Affairs Specialist
Kathleen_Sandt@nps.gov; (570) 234-9144

Delaware Water Gap National Recreation Area implements federal mask requirement for COVID-19 prevention and protection

BUSHKILL, PA – To protect the health of those who live, work, and visit national parks and National Park Service (NPS) facilities, and in support of President Biden's *Executive Order on Protecting the Federal Workforce and Requiring Mask-Wearing*, NPS is immediately implementing a mask requirement for employees, visitors, partners and contractors.

At Delaware Water Gap National Recreation Area, face masks are now required in all park buildings and facilities, including those that are operated by partners, volunteers, and concessioners, or are under lease. Masks are also required on NPS-managed lands when physical distancing cannot be maintained, including narrow or busy trails, boardwalks, overlooks and observation platforms, pavilions, river access points, parking lots, and areas near restrooms, bulletin boards and informational panels, and in other areas of interest that attract large numbers of visitors.

The public can find information about this requirement, other public health measures, and facility closures on the Current Conditions section of the park website: Current Conditions - Delaware Water Gap National Recreation Area (U.S. National Park Service) (nps.gov).

Signs are being placed throughout the park and the Superintendent's Compendium of Regulations has been updated to reflect the executive order. The Compendium is available at Compendium of Park Regulations - Delaware Water Gap National Recreation Area (U.S. National Park Service) (nps.gov). Information about the NPS COVID-19 response can be found at NPS Public Health Update (U.S. National Park Service).

As conditions are subject to change, visitors should check the park's website and social media channels for details on operations before they visit. Other tips to recreate responsibly are available on NPS.gov. Park rangers are on duty to provide information, protect visitors and park resources and uphold this requirement.

For more information on Delaware Water Gap National Recreation Area, call (570) 426-2452; visit our website at www.nps.gov/dewa; or follow us on Facebook at www.Facebook.com/DelWaterGapNPS.

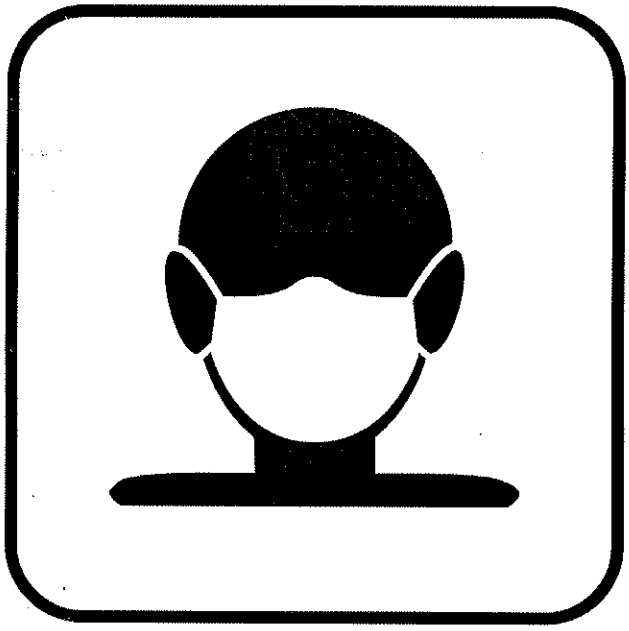
-NPS-

About the National Park Service: More than 20,000 National Park Service employees care for America's 423 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov.

National Park Service
U.S. Department of the Interior

COVID-19 Safety Alert

NOTICE



Wearing a mask is required in federal buildings.

Masks are required outdoors on federal land when social distancing cannot be maintained.

Thank you for helping to keep yourself and others safe and healthy.