Our trained caregivers are responsible for providing clients with the best in home care to make your day to day life as simple as possible. Call us today and find out what we can do to help you.

Because There's No Place Like Home



LICENSED & BONDED INSURED

Our Services Include:

Meal Preparation • Transportation • Lt. Housekeeping Personal Grooming & Dressing • Overnight Supervision • Companionship

KEEPING SENIORS INDEPENDENT

101 Timberlane Drive ~ Bangor, PA

610-331-4500 or 610-533-6000

Tony's HAND

Need Those Odd Jobs Around The House Done Today? Call MeToday!

I Do It All.... No Job Too Small!

Painting Inside/Outside, Light Plumbing/Electric, Carpeting Water Damage, Sheetrock, Ceramic Tile, Hardwood & Vinyl Flooring, Gutters Cleaned, Snow Removal, Garage Cleanout

References available from residential to commercial sources.

570-517-6596

MISSION OF LOVE FOOD PANTRY

555 N. MAIN ST BANGOR PA 18013

Is looking for donations to assist with their annual drive-thru Thanksgiving Dinner November 17th For information or to make donations, contact Pastor Frank Pons at 570-807-7794



Green Knight Economic Development Corporation Supports Families First

By Frank Jones

PEN ARGYL - Since 2003, the Green Knight Economic Development Corporation has provided an annual \$10,000.00 grant to Families First of Pen Argyl. This funding enabled Families First to assist students in the Pen Argyl Area School District and to meet the many and varied needs of families in our community by providing the holiday "Adopt-A-Family" program, the annual "Stuff the Bus" Thanksgiving food collection and distribution, coordinating emergency assistance for needy families, distributing Kindergarten "Welcome to School" Tote Bags, awarding annual scholarships to graduating seniors, and providing after-school mentoring and homework assistance programs (as permitted by Covid).

Families First is providing services, programs, resources, and an environment in which family members in the Pen Argyl Area School District are assisted to a better quality of life. The Green Knight Economic Development Corporation funding helps Families First to provide a helping hand to anyone in need in the Pen Argyl community.

We are currently in need of volunteers to adopt a family or a child for the upcoming holidays, and of course the "Stuff-the-Bus" food collection starts November 1st. We are also looking for crafters and vendors for our Christmas Bazaar, scheduled for December 4, 2021 at the Wind Gap Middle School! Please contact Mr. Frank Jones, Director, at 610-863-3688 or jones, frank@penargylsd.org to volunteer or to request confidential assistance.

Thank you for supporting Families First, and thank you, Green Knight Economic Development Corporation, for helping to make it all possible!

Heating Assistance Program Open Now

By Senator Scavello

PEN ARGYL - Residents who struggle with their home heating bills can now apply for assistance from the Low-Income Home Energy Assistance Program (LIHEAP).

LIHEAP is a federally-funded program that helps individuals and families pay their heating bills through home heating energy assistance grants. It also provides crisis grants to help in the event of an emergency or if a resident is in danger of losing his or her heat due to broken

equipment, lack of fuel or termination of utility service.

The income limit for LIHEAP for an individual is \$19,320; for a couple, the limit is \$26,130; and for a family of four, it is \$39,750.

Residents may apply for LIHEAP online or by contacting the county assistance office in their county of residence.

Blue Valley Times

Serving The Slate Belt, Lower Poconos And Northern N.J. Visit Our Daily Media Online At:

www.bluevalleytimes.com www.facebook.com/BlueValleyTimes

Phone: 610-452-9234 Email: bvtimes@rcn.com

News / Advertising Deadline 12 noon Fridays

900 N. Main Street., Bangor, PA 18013

Owner - Michael Ortoski / Michele Hanna Publisher - Michael Ortoski Sales - Michael Ortoski Asst. Editor - Anne Brown Graphic Design / Photography - MM4 Corp Feature Writiers - Peg R. Berger Interns from Pen Argyl, Bangor and Stroudsburg H.S.

Low-Income Energy

Assistance Program Open

All submissions become property of Blue Valley Times