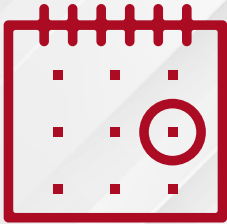


State Representative **MIKE CABELL** 117TH LEGISLATIVE DISTRICT



SENIOR EXPO SET FOR AUG. 1

Senior citizens in my district should mark their calendars for a special event on Thursday, Aug. 1, from 10 a.m. to 1 p.m. On that day, I am hosting my very own Senior Expo, which will feature a variety of free services, information

and some fun items too.

The expo is planned for Misericordia University's Insalaco Hall in Dallas. About two dozen vendors who specialize in assisting seniors have already signed up to participate, and I believe there will be many more in the coming weeks.

Vendors will offer free blood pressure screenings, hearing tests and other valuable services. In addition, a lot of great information will be available about programs and services available to older residents.

We are planning special breakout sessions with experts on specific topics such as cyber security, financial scams, elder law and senior driving laws.

There will also be a chance to learn about some fun activities, such as a presentation on tai chi, a martial art that has become popular as a form of "gentle exercise" that benefits physical and mental health.

Finally, we will have a Treasury Department representative in attendance to help you search for any unclaimed property you might not know the state is holding for you.

VETERANS OUTREACH PROGRAM EXPANDED IN SUGARLOAF

We have expanded a program that provides free assistance to area veterans at my district offices in Sugarloaf and Dallas. We are partnering with the VFW to offer this additional assistance to any veteran or their dependents residing in the 117th Legislative District.

VFW representative Judy Zaykoski is available on the first Monday of each month from 10 a.m. to 1:30 p.m. to meet with veterans at my Sugarloaf office. Call to schedule an appointment.

We also offer monthly veterans outreach in partnership with the American Legion. Those hours are as follows:

- **Second Wednesday of each month from 10 a.m. to 3 p.m. at my Dallas office.**
- **Third Wednesday of each month from 10 a.m. to 3 p.m. at my Sugarloaf office.**

On those days, an American Legion service officer will be available to meet with veterans or their dependents. Veterans do not need to be an American Legion member to take part in the program. Please call to schedule appointments.

In addition, we host monthly visits by the U.S. Department of Veterans Affairs' Mobile Veterans Center (MVC), which provides free outreach and counseling services. The MVC will be in the parking lot of the Dallas Shopping Center, 1 Tunkhannock Highway in Dallas, from 10 a.m. to 2 p.m. on the third Friday of each month.

WORKING FOR YOU



Helped Black Creek Township supervisors reopen their recycling center in mid-March. Residents from surrounding areas can also drop off aluminum cans and cardboard here.



Welcomed state Agriculture Secretary Russell Redding and Future Farmers of America students from Northwest Area to my annual Farmers Breakfast in Sugarloaf.



Hosted my first Shredding and Cleanup Day at the Luzerne County Fairgrounds in Dallas. About 200 vehicles passed through to take advantage of free paper shredding and tire disposal.



Spoke at the Freeland Sons of Erin banquet while honoring its citizen of the year and other award winners.



Presented an update on the state budget and Harrisburg happenings to business and community leaders at a recent Greater Hazleton Chamber of Commerce breakfast.



State Representative

**MIKE
CABELL**

117th LEGISLATIVE DISTRICT

DISTRICT OFFICES

SUGARLOAF: 669 State Route 93, Sugarloaf, PA 18249 | **570-359-2138**

DALLAS: 1108 Twin Stacks Drive, Dallas, PA 18612 | **570-675-6000**

CAPITOL OFFICE

Room B-15, PO Box 202117, Harrisburg, PA 17120-2117 | **717-787-1117**

VISIT ME ONLINE!

 **RepCabell.com**  **/RepMikeCabell**

 **@RepCabell**  **@RepCabell**

SATELLITE OFFICE HOURS

The 117th Legislative District covers a lot of territory, and I know it's not convenient for some of you to travel to my district offices.

That's why I regularly send my staffers to the municipalities I represent to help residents with any state-related matters.

Appointments are not required; you can just stop in. Please check the list below to find the satellite office hours near you.

1

CONYNGHAM TWP. MUNICIPAL BUILDING

10 Pond Hill Road, Mocanaqua
Second Wednesday of the month from 10 a.m. to noon.

3

HUNLOCK TWP. MUNICIPAL BUILDING

33 Village Drive, Hunlock Creek
Second Tuesday of the month from 1–3 p.m.

5

NUANGOLA BOROUGH BUILDING

5150 Nuangola Road, Nuangola
First Wednesday of the month from 10 a.m. to noon.

7

SALEM TWP. MUNICIPAL BUILDING

38 Bomboy Lane, Berwick
Second Tuesday of the month from 10 a.m. to noon.

9

SLOCUM TWP. MUNICIPAL BUILDING

961 Blue Ridge Trail, Wapwallopen
First Tuesday of the month from 1–3 p.m.

2

DORRANCE TWP. MUNICIPAL BUILDING

7844 Blue Ridge Trail, Mountaintop
First Tuesday of the month from 10 a.m. to noon.

4

NESCOPECK BOROUGH BUILDING

501 Raber Ave. Nescopeck
Second Tuesday of the month from 1–3 p.m.

6

ROSS TWP. MUNICIPAL BUILDING

28 Schoolhouse Road, Sweet Valley
Second Tuesday of the month from 10 a.m. to noon.

8

SHICKSHINNY BOROUGH BUILDING

35 W. Union St., Shickshinny
Third Tuesday of the month from 10 a.m. to noon.

10

WHITE HAVEN BOROUGH BUILDING

312 Main St., White Haven
Third Tuesday of the month from 10 a.m. to noon.