

# The Pocono Chamber of Commerce Celebrated the Conn's Café Ribbon Cutting

By Pocono Chamber of Commerce

East Stroudsburg, PA The Pocono Chamber of Commerce, a proud partner of the Greater Lehigh Valley Chamber of Commerce, joined the community on Thursday, November 20, 2025, to celebrate Conn's Café with a Ribbon Cutting Ceremony. The Monroe County Dementia Coalition is a grassroots group of professionals, caregivers, advocates, and community members dedicated to improving the lives of those affected by dementia in Monroe County, Pennsylvania.

The Coalition works to raise awareness, reduce stigma, and expand access to resources for individuals living with dementia and their care partners. Formed in September 2025, the Coalition began as an effort to reach an underserved population and, with the support of the Community Foundation of Monroe County, is now formalizing its structure to ensure sustainability and transparency.

Through partnerships with local agencies, healthcare providers, and nonprofits, the Coalition offers public forums, workshops, and community training to promote understanding and action. One of its major accomplishments was bringing Teepa Snow, a world-renowned dementia care expert, to present at a Dementia Care & Caregivers Forum attended by over 260 people at the Shawnee Inn.

The event spurred greater awareness and demand for additional dementia training across the county. Co-founder Barbara Van Nortwick, along with Conn Dilego, also leads two active support groups and launched the first Memory Café, Conn's Café, at St. Paul's Lutheran Church of Smithfield, providing monthly opportunities for connection and support.

In collaboration with Dementia Friendly PA, the Coalition helped establish Dementia Friendly Monroe County, expanding dementia-friendly training to libraries and other community spaces such as restaurants, banks, and theaters. This important work continues thanks to the generosity and enthusiasm of the community. The Pocono Chamber of Commerce was honored to mark this special occasion and celebrate Conn's Café and the Monroe County Dementia Coalition. Conn's Café is hosted at St. Paul's Lutheran Church at 139 Craigs Meadow Rd. East Stroudsburg, PA 18301.



## Record-Breaking Turnout at St. Luke's D&L RaceFest Marathon and Half Marathon



By Daniel DiBella

EASTON, Pa. — On Sunday, Nov. 9, Delaware & Lehigh National Heritage Corridor (DLNHC) celebrated a record-breaking third annual St. Luke's D&L RaceFest, drawing registrants from 35 states, Puerto Rico and three countries. Runners and walkers came together to traverse the Lehigh Valley's three largest cities — Allentown, Bethlehem, and Easton,

The four-race event showcases the Lehigh Valley's vibrant communities while celebrating the D&L Trail and the smaller boroughs that connect them. Participants choose from four options: the St. Luke's D&L Marathon, Marathon Relay, and the D&L Heritage Half Marathon — offered as both a run and a walk, all sponsored by St. Luke's University Health Network.

All courses feature major portions of the D&L Trail. The 26.2-mile marathon route stretches from Allentown to Easton, while the 13.1-mile Heritage Half begins in Historic Bethlehem and finishes at Easton's Scott Park.

"It was such an honor to work alongside the DLNHC staff with our event sponsor and partners across the entire Lehigh Valley to bring a successful St. Luke's D&L RaceFest to life! We have such a unique course along the D&L Trail, and that is always a key feedback point from participants, volunteers, and staff alike. Thank you to everyone who came out to participate and challenge themselves. Thank you to each and every volunteer, without whom we could not put on this event. Finally, a huge thank you to all our sponsors and partners who help make the event a reality -- through both financial and in-kind contributions, they are the backbone of support that makes it all possible," said Race Director, Kacey Lloyd.



Men's Winner Chris Rosenberg, Bristol, Conn.

Women's Winner Lindsey Oremus, Norristown, Pa.

### St. Luke's D&L Marathon Winners

Chris Rosenberg, Bristol, Conn. — 2:37:42

Masters: AJ Hameline, Macedon, N.Y. — 2:49:28

Lindsey Oremus, Norristown, Pa. — 2:57:15 course record, women's

Masters: Lauren Finelli, Portsmouth, N.H. — 3:30:37

### D&L Heritage Half Marathon Run Winners

Shane Houghton, Easton, Pa. — 1:10:14

Masters: Remy Mimms, Breinigsville, Pa. — 1:27:19

Margaret Vido, Lafayette Hill, Pa. — 1:15:27

Masters: Sheena Wells, Bethlehem, Pa. — 1:28:23

### D&L Heritage Half Marathon Walk Winners

Adam Insler, New Windsor, N.Y. — 2:24:07

Lindsay Blomstrom, Allentown, Pa. — 2:04:58 course record, women's

### St. Luke's D&L Marathon Relay Winners

Army West Point, Clifton Park, N.Y. — 2:27:22 course record relay