



Wayne County Area
Agency on Aging

News For All Seasons

July
2022
Issue
144



Older Americans Month May 2022—Creativity Contest



Thank you to all who submitted their artworks for consideration. Featured artists above: *Peacock*: Marcia Murphy, Lake Ariel; *Cottage*: Barbara Brownell, Honesdale; *Flowers*: Karl Angermeier, Hamlin; *Beach*, Sandy Murphy, Lake Ariel.

Each year, the Pennsylvania Department of Aging designates May as Older Americans Month, and the Wayne County Commissioners issue a proclamation in that honor. This year's theme was "Age My Way!" Wayne County Area Agency on Aging (WCAA) is dedicated to empowering older adults to achieve a better quality of life, while maintaining their safety, independence, and dignity. We know that we would not be able to do this without relying on our many community partners.

WCAA recently held a "Creativity Contest" to display arts, crafts, and poems of our local older adults. A few of the artists' submissions are featured on the post card above, which will be used to thank our many community partners. The post card and photos of additional submissions can be found on poster boards in the Hamlin, Hawley and Honesdale centers. Please stop by when you can to see the beautiful creations—from tatting, embroidery, crewelwork, oil and water color paintings, plastic canvas creations, diamond dots and more.



**Suggested meal price: \$2.50. Milk is included
with all meals.**

				1) 4 th of July Chili dog on roll Diced potatoes Baked beans Red, white & blue dessert
4) Closed 	5) Stuffed shells Mini meatballs Marinara sauce Spinach w butter & Garlic Wheat bread Butter Fresh orange	6) Baked fish Scalloped potatoes Broccoli Wheat bread butter Pudding 	7) Honey mustard chicken Mashed potatoes Peas & carrots Wheat dinner roll butter Mandarin oranges	8) Sweet & Sour Pork Can- tonese Brown rice Zucchini & tomatoes Wheat bread Butter Fresh fruit cup
11) Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread Butter Fresh orange 	12) Chicken parmesan Wheat rotini w/ sauce Broccoli Italian bread Butter Pears	13) Breaded pork chop Garden rotini Carrots Wheat bread Butter Vanilla pudding w/ Strawberries	14) Turkey roll up wi/ corn- bread stuffing Gravy Mashed sweet potatoes Brussel sprouts Fresh apple	15) Orange pineapple juice Cheese omelet Turkey sausage Home fries Wheat bread Butter Warm peaches
18) BBQ Chicken Baked potato with sour Cream Brussel sprouts Wheat bread butter Pudding 	19) Baked fish Florentine Creamed potatoes Carrots Wheat bread butter Melon 	20) Grape juice Cheese pizza w/ Sausage Broccoli Cottage cheese w/ Peaches 	21) Spaghetti with meat Sauce Green beans Italian bread Butter Pears NW- Juice, ham and cheese on rye, mus- tard, cottage cheese, peaches 	22) Baked ham with pineap- ple Mashed sweet potatoes Cauliflower Rye bread Butter Fresh orange
25) Pulled pork On a wheat bun Baby potatoes Sautéed cabbage Fresh orange 	26) Chicken cacciatore over Brown rice Brussel sprouts Wheat bread Butter Apricots 	27) Baked cod with dill Sauce Pasta primavera Spinach Wheat bread butter Pudding 	28) Pinto, zucchini & mush- room bake Spanish rice Green beans Wheat bread Butter Mandarin oranges	29) Stuffed pepper casserole Baked potato w/butter Mixed vegetables Wheat dinner roll Butter Fresh apple

Please call 253-5540 by

1:00 PM one day prior to make a reservation.

**Menu is subject to change
due to availability.**

***NW=Northern Wayne**

Meet our Dietary Department Staff



Standing left to right, Wendy Miller, Camden Fogarty and Kathy Van Horn, staff; Victoria Bickle, Food Production Manager; Lynn Potter, RD LDN. Seated left to right, Amy Costantino, Dietary Department Manager; Lisa Janowski and Tammy Landers, staff.

The Dietary staff is committed to providing nutritious, delicious and safe food to all our consumers. In keeping with the priority of food safety, the entire staff completed ServSafe training. ServSafe training consists of good personal hygiene, proper control of time and temperature, preventing cross-contamination and cleaning and sanitizing. The training sessions ended with a game of Jeopardy. The staff enjoyed learning and preparing to take the final exam. Everyone passed successfully and is employing all they learned in their everyday jobs in the kitchen.

Hot-in-Home Meals Program—Three Days a Week Delivery Schedule Explained

All Hot-in-Home meals program's recipients now receive five meals per week. Weekend meals are sent on Fridays. Please see schedule below:

A Typical Non-Holiday Week

Monday— Delivery of the previous Friday's frozen meal plus Monday's hot meal including the cold components of both meals.

Wednesday— Delivery of the previous Tuesday's frozen meal plus Wednesday's hot meal, including cold components of both meals.

Friday— Delivery of the previous Thursday's frozen meal with cold components.

Weeks when Monday is a Holiday

Monday—No meal delivery during holiday week; see Wednesday below.

Tuesday—Delivery of previous Friday's frozen meal plus Tuesday's hot meal with the cold components of both meals.

Wednesday—Delivery of Wednesday's hot meal plus a frozen meal to make up for Monday's holiday meal with cold components for both meals.

Friday- Thursday's frozen meal with cold components.

Community Lunches To-Go

HONESDALE, PA

2nd Saturday | 11:30am to 12pm
St. John's Evangelical Lutheran Church
Laura Ruddy, (570) 510-8154

4th Saturday | 11-11:45am
St. Mary Magdalene Catholic Church
Dave Nonnenmacher, (570) 253-3378

5th Saturday | 11-11:30am
Central United Methodist Church
Sue Keyes, (570) 470-3868

Hamlin Senior Center

Chair Yoga – Mon. at 1 PM, 7/11, 7/18, 7/25

Healthy Steps – Wed. & Thurs. at 10 AM

Dancercise – Thurs. at 11 AM.

Garden Spot – Tues. 10-11 AM, vegetable & flower beds upkeep.

Bingo – Tues. at 1 PM and Fri. at 10 AM

Mahjong – Mon. at 12:30 PM excluding 7/4.

Craft time w/ Becky – Tues., 7/19 at 10:00 AM. Picnic centerpieces.

Hamlin Senior Picnic — 7/22 from 10 AM to 3 PM. Enjoy a day at the carnival at Salem Park in Hamlin, PA. Plenty of food and festivities. Dress comfortably to participate in games, activities and Bingo. Entertainer Jim Cermanello will have us kicking up our heels! RSVP with Becky. Reservations necessary; no tickets sold on day of event.

Shuffleboard Competition – Tues., 7/29 at 11:00 AM. Please RSVP with Becky.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00	10:00	10:00—11:00	10:00—11:00	10:00
Tai Chi (small fee)	Cards/Games	Healthy Steps in	Healthy Steps in	Bingo
(1st & 3rd Mon.)	1:00—2:00	Motion Exercise	Motion Exercise	
12:30	Bingo		11:00	
Mahjong			Dancercise	
1:00—2:00				
Chair Yoga	*Schedule			
	Subject to			
	Change			

JULY BIRTHDAYS

Elizabeth Sullivan	7/3	Sylvia Rivezzi	7/14
Gloria Czubowicz	7/16	Kathy Miller	7/16
Marie Patti	7/18	Judith Pepe	7/18
Linda Vonderhey	7/19	Judith Franc	7/24
Keith Jones	7/28	Sandra Ames	7/30



Gratitude Corner

Many thanks go to our volunteers and others who help keep the Hamlin Senior Center looking lovely. We have a new digital sign out front due to 2020 grant funds and the Salem Township personnel who assisted with installation. We also had a cosmetic facelift thanks to the work of our garden volunteers: many thanks to Arlene Swingle for cleaning out the front flower beds and planting new flowers and to Alek Stanku, Keith Jones and Judy Sadlon for the beautiful job setting up our vegetable garden box and planting flowers in the gazebo boxes.



Hawley Senior Center

We are looking forward to Hawley's annual picnic on Friday, July 29 from 10 to 3. A total of 75 people is the cut off for this year. You can only attend one picnic. See Lu for tickets; the price this year is \$8.00 per person 60 and older. Entertainment, good food, door prizes and lots of fun and games to keep you busy throughout the day. Call 570-226-4209 or stop by to sign up and pick up your ticket.

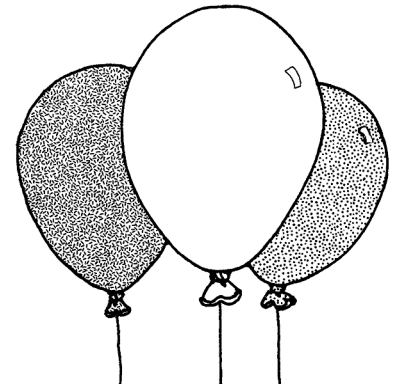
The 4th of July celebration is on Friday, July 1 with a traditional picnic meal.

Centers are closed on Monday, July 4 in observance of Independence Day.



Our July birthdays are: Tom Bates, Jeanne Smack, Joann Thurgood, Al Guzzo, Jean Pollaro, Kathy Powlics, Steven Evans, Ann Kovatch and Louis Reiser. Happy birthday to all!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-3:00	9:00—3:00	9:00—3:00	9:00—3:00	9:00—3:00
Exercise Equip.	Exercise Equip.	Exercise Equip.	Exercise Equip.	Exercise Equip.
11:00—2:30	10:30—2:00	10:00—10:30	1:00—2:00	10:30—11:30
Mahjong	Ceramics	Tai Chi (small fee)	Bingo	Healthy Steps
10:30—11:30	1:00—2:15	10:30—2:00		Class
Healthy Steps Class	Bingo	Ceramics		
10:30 -2:00		10:30—11:30		
Ceramics		Healthy Steps		
11:00—2:30		Class		
Mahjong		5:30—8:30		
		Mahjong		



HAPPY BIRTHDAY, IRIS!

Honesdale Senior Center

July 1, 2022—It's birthday Friday and the Fourth of July celebration. Come on out for a BBQ lunch and red, white and blue dessert.

July 4, 2022—Closed in observance of the Fourth of July.

July 15, 2022—Honesdale Senior Picnic; no lunch served at Honesdale Center. Advance ticket purchase required, first come, first served. Call Kathy at 253-5540 for tickets; no tickets sold at picnic.

July 25, 2022—Alice's Artistry Craft Class—Come on in and get crafty after lunch! Call Alice at 253-5540 for information.

Modern Western Square Dancing classes, sponsored by the Elk Mountaineers will be taught weekly on Wednesdays, from 7-9 p.m. at the Wayne County Area Agency on Aging, 323 10th Street, Honesdale. Free trial on July 13, 2002. Subsequent classes are \$6.00 per class. The caller/instructor is Ron McMurdy. Couples preferred. Call Marie at 253-5540 for reservations.



Monday 9:00-10:00 "Mondays with Marie"— Exercise streamed live on Wayne County PA Human Services' FACEBOOK page 11:00-3:00 Bridge	Tuesday 10:30-11:30 Exercise 1:00-4:00 Billiards Shuffleboard	Wednesday 10:00-11:00 Exercise 1:00-2:00 BINGO 1:30-3:00 Caregivers' Support Group—2nd Weds. each month	Thursday 10:00 AM Northern Wayne Center meets July 21 1:00-4:00 Shuffleboard Billiards	Friday 10:30-11:30 Exercise 1:00-4:00 Rummikub tile game Shuffleboard
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**CLASS
REUNION**



The Honesdale Center was honored to host the 75th graduating class luncheon of Honesdale High School—that's right—other than Mary Theobald, those pictured graduated in 1947! Standing left to right are: James Burke, Clara Kelly, Mary Theobald and William Theobald. Seated left to right are Arlene Seig and Sister Miriam Joseph Rinehart. Hardy congratulations on this momentous occasion!

Northern Wayne/Lakewood Center

No meeting on July 7. July 21 menu is: juice, ham and cheese on rye, mustard, cottage cheese and peaches. Please call 253-5540 for a reservation.



You Can Help Survivors of Human Trafficking

Friday, July 30th VIP is celebrating World Day Against Trafficking in Persons. Human trafficking is a crime that effects every country across the globe, including the United States. It's estimated that 40.3 million people globally fall victim to human trafficking every single year.

Though it is easy to think of Human Trafficking as an incredibly violent crime, many traffickers use subtle tactics to recruit their victims. Often times, the recruiter is an intimate partner or family member of the victim. It is also common for traffickers to deceive their victims with false promises or job opportunities. Traffickers are known to use several forms of control over their victims including severe isolation or confinement, economic abuse, threats to harm the victim or their family, and/or physical abuse.

For the month of July, VIP is partnering with **Free the Girls**. Free The Girls is an international non-profit organization devoted to coming alongside sex trafficking survivors with a path to true freedom by helping them successfully launch and sustain their own business! By donating your new or gently used bras, we can provide these women with the inventory needed to start their re-sale business today! Bras can be donated to any of VIP's drop off locations listed below throughout the month of July!

To learn more about the program, visit www.freethegirls.com or call VIP for more information at 570-253-4401; www.vipempowers.org

Drop off Sites: *Honesdale Library, Hamlin Library, Northern Wayne Community Library, Newfoundland Library, Milford Library, and Dingmans Ferry Library.*

**We
Are
Here** 

296-HELP
(570)253-4401
24-hour crisis hotline

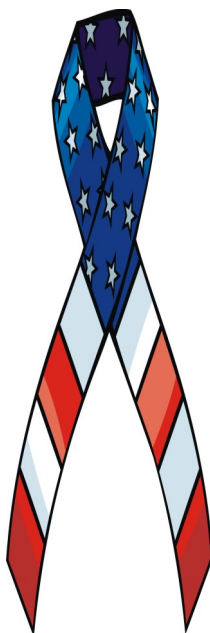
Handmade Quilts Donation



Pictured above are four of the dozen handmade lap quilts Linda Day made and donated to the Wayne County Area Agency on Aging. Each quilt is unique. Thank you Linda! The quilts will be distributed to older adults in Wayne County,

Veterans' Affairs Update

It was a pleasure visit the Hamlin, Hawley and Honesdale Senior Community Centers and honor local women veterans. Thank you for your service! Please see photos below. To reach Veterans' Affairs, please call 570-253-5970, X3114 or email va@waynecountypa.gov.





VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM

Serving Seniors Inc. is recruiting Volunteer Ombudsmen.

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, concerned about the rights of nursing home & assisted living/personal care home residents and 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 Korgeski at 570-344-7190
or send email: lombudsman@epix.net**

DO YOU HAVE EXTRA SPACE IN YOUR HOME?

WOULD YOU LIKE SOME COMPANIONSHIP?

EXTRA INCOME ?

If you answered "yes" to these questions, the SHARE program may be just what you need.

SHARE (Shared Housing And Resource Exchange) is a housing program being offered in Carbon, Monroe, Pike and Wayne Counties.

Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an affordable living situation.

If this sounds like a good idea for you or someone you know, please contact: Larisa Yusko (570) 832-5133, email lyusko@pikepa.org



**Ladore Camp, Retreat and Conference Center
398 South Street
Waymart, PA 18472
(570) 488-6129**



Open House and Salute to Veterans – Car and Motorcycle Show – Flea Market

Join us as veterans from the VA and surrounding communities come together for a day of fellowship & fun!

Wednesday, August 3, 2022, 10:00 am – 3:00 pm

Music—Pontoon Boat Rides—Car Show and so much more!

Community Lunch (donation)—Registration Required—Call 570-488-6129

Flea Market Vendors Wanted!



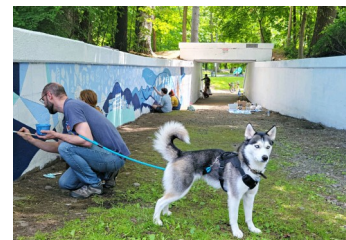


Cultivating a Vibrant Future

www.WayneTomorrow.com

The Wayne County Commissioners recently gave their enthusiastic approval for a Mural Project associated with the developing park at the County Park Street Complex in Honesdale.

The youth-led project involved students from grades 6 to 11, who created a colorful and quirky, one-of-kind, 100-foot-long mural designed to grace one of the wing walls lining an old concrete train trestle that now brings pedestrians from the Walking Path at the Complex onto Park Street proper.



Stourbridge Project Maker-in-Residence Lisa Glover got the process rolling in the spring of last year when she conducted an informal survey of those using the park outside her office at the Stourbridge Project. "I'd spy them from my office roost and run down the stairs, out the door and down a small hill to hear about their dreams, wishes, and needs for the unnamed county park that they were hanging out in," she writes in her blog about the project.

During three sessions, nearly a dozen students and four leaders discussed Wayne County, practiced turning words into picture and worked together on a cohesive design.

After refining the image, Glover said, "It shows the beauty of our towns and rural areas, and it celebrates the history of those who have found a sense of freedom in Wayne County. It also shows reverence for events of local and national significance, and gives us a peek into the imaginative, creative, silly, thoughtful, minds of our young folks, who aren't afraid to ask questions like: 'What if

the Central Park fountain was made of Jell-O,' or 'What if swings had wings?'"

In early May, Glover, Dave Hartung, Wallenpaupack seventh grader Sophia Yancewicz and others brought the design to the Commissioners for final approval, just in time to get the mural up and painted for a Ribbon Cutting the morning of June 18, before the Roots & Rhythm Festival began.

Learn more at www.WayneTomorrow.com or call 570-493-0080.



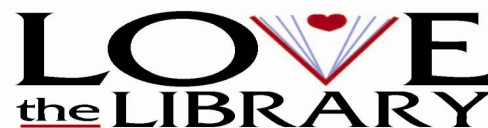
1406 Main Street

Honesdale, PA 18431

570-253-1220

www.waynelibraries.org

Connecting our community



JULY EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online mkeesler@waynelibraries.org

1. Understanding Death & Passing- This program will help you understand how to navigate the end of life for someone you love and yourself. Tuesday, July 5, 2022, 4:30-5:30. Presenter Lisa Wolfe.

2. Tick and Lyme Disease - Learn the different types of ticks and ways of preventing Lyme disease. Wednesday, July 6, 2022, 4:30 5:30. Presenter Valerie Bell.

3. Workforce Alliance - Workforce Alliance provides on the job training, apprenticeship, GED services and much more. Wednesday July 13, 2022, 4:30-5:30. Presenter Jacilyn Fritsch.

4. Adult Summer Reading Program- Dive into a book or movie of your choice about the sea, bring in a review and take home a free book from the book sale July 13th through July 29th.

5. Dream Interpretation - Learn how to understand your dreams and how you can assign meaning to your dreams. Wednesday, July 20 & Wednesday, July 27, 2022, 4:30-5:30. Presenter Linda Bartels.

Forever
Young

Forever
Sport



PENNSYLVANIA
**SENIOR
GAMES**

2022



July 22-31, 2022

Luzerne County, PA

Qualify for the National Senior Festival in Pittsburgh, PA in 2023 by competing at the PA Senior Games.

Visit www.keystonegames.org for more information.





Independence Day

July 4th

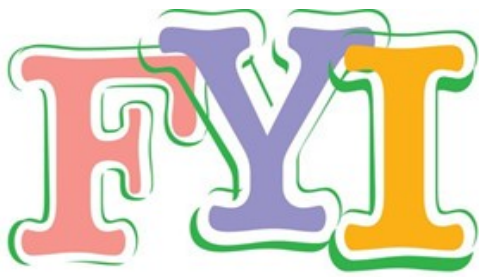


ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION

PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED





• **FOR YOUR INFORMATION** •

211 is a FREE and confidential service, connecting people to services in Wayne County.

**Get Connected / Get Help
Dial 1-855-567-5341**

Website: pa211ne.org

Text your zip code to: 898211

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AgingNewsletter@waynecountypa.gov



Wayne County Area Agency on Aging

323 10th Street

Honesdale, PA 18431

570-253-4262 / 570-253-9115 fax

Elder Abuse/Protective Services:

1-800-648-9620

Honesdale Center: Earl J. Simons Center, 323 10th Street, Honesdale, PA 18431, 570-253-4262/570-253-9115 fax. Located at end of 10th St. across from Old Stone Jail.

Hamlin Center: Salem Township Building, 15 Township Bldg. Rd, Route 590, Hamlin, PA 18427 570-689-3766 /570-689-5002 fax, Route 191 South to Hamlin 4 corners, turn right onto 590 West, go 1/2 mile, turn right after UPS sign.

Hawley Center: Robert J. Drake Senior Community Center, 337 "A" Park Place, Bingham Park, Hawley, PA 18428, 570-226-4209 / 570-226-3422 fax. Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St.

Northern Wayne/Lakewood Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co #) **November-February Events — 1st Thursday only** Events March-October - 1st & 3rd Thursday. **For reservations**, please call Marie at 570-253-5540.

Transportation: 323 10th Street, Honesdale, PA 18431; 8:00 AM—4:00 PM www.waynecountypa.gov go to "Human Services" click on "Transportation" 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans' Affairs Representative: 314 10th Street, Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov

The Wayne County Adult Day Program - Hawley Center Robert J. Drake Senior Community Center 337 "B" Park Place, Bingham Park, Hawley, PA 18428 *We are accepting applications for new participants. Please call: 570-390-7388; fax 570-390-4564*