



February
2023
Issue 150

Wayne County
Area Agency
on Aging

News For All Seasons



Wayne County Adult Daily Living Center



Adult Day Services provides activities and health-related services for older adults who are physically or cognitively challenged and who want to remain at home.

337 Park Place, Suite B
Hawley

570-390-7388

Adult Day Programs

Adult day programs provide a coordinated program of services for seniors and cognitively-impaired adults in a community-based group setting. These types of services are available to adults who need assistance or supervision in a safe environment outside the home during the day. Usually operating during normal business hours five or six days per week, services typically include meals, social or recreational activities, and/or various health-related services such as checking vital signs. Services often follow either a social model that provides socialization and recreational type activities, or a medical model that focuses on skilled assessment, treatment and rehabilitation goals.

Adult day programs are also designed to offer family support. They may conduct caregiver support groups, offer education on topics such as managing difficult or confusing behaviors and safety in the home, as well as provide counseling and help with locating community resources. In addition, adult day programs can provide respite care for caregivers, a vital resource that affords them the opportunity to take a break from caring for loved ones.

While each facility may differ in terms of programs and services offered, the following are those that are generally available:

- Social activities with other participants, as appropriate
- Transportation options, to and from home
- Nutritious meals
- Personal care, such as help with toileting, grooming, eating, and other personal activities of daily living
- Physical activities and mental exercises

**For more information about services in Wayne County, please call
570-390-7388.**

February

**Suggested meal price:
\$2.50 for 60 and over. Milk is included
with all meals. Menu is subject
to change due to availability.**

		1) Chinese New Year Sweet & sour chicken Over rice Stir fry vegetables Wheat bread/butter Fresh orange & Fortune cookie 	2) Spinach cheese bake Roast potato wedges Winter-blend veggies Wheat bread Butter Fig Newtons  NW-Juice, turkey sandwich, pickled beets, pudding	3) Turkey w/gravy Sweet potatoes Mixed veggies Wheat bread Butter Pudding 
6) Tuscan-style Chicken w/ pasta White beans w/collard Greens Italian bread/butter Fresh apple 		7) Meatloaf Scalloped potatoes Broccoli Wheat bread/butter Vanilla pudding 	8) Wayne County goulash Over noodles Cauliflower Wheat bread/butter Pineapple chunks 	9) Pork chop Baked yams Lima beans Wheat dinner roll Butter Fresh orange 
13) BBQ chicken Red potatoes California-blend veggies Wheat bread/butter Mixed fresh fruit 		14) Valentine's Day Roast pork w/ gravy Mashed potatoes Red cabbage Wheat bread/butter Cherry cheesecake 	15) Vegetarian lasagna Italian blend Wheat bread/butter Applesauce 	16) Chicken Potato pancakes Red cabbage Bavarian pretzel Fresh orange 
20) Closed 		21) Mardi Gras Jambalaya over rice Southwestern corn Donut Mixed fresh fruit 	22) Ash Wednesday Baked fish Red skin diced potatoes Creamed spinach Wheat bread/butter Fresh fruit 	23) Pasta with meatballs Spaghetti sauce Broccoli Wheat bread/butter Fresh apple 
27) Baked ham Mashed sweet potatoes Broccoli Rye bread/butter Applesauce 		28) Chili con carne Baked sliced potatoes Cauliflower Cornbread/butter Fresh apple 		

Please call 253-5540 one day prior by 1:00 PM to make a reservation.



CALL 911 IMMEDIATELY IF YOU EXPERIENCE THE SYMPTOMS BELOW:

HEART ATTACK SYMPTOMS



Top Ways to avoid Heart Disease



Eat Healthy

Eating a nutritious diet is a proven way to reduce heart disease



Stay Active

Exercise regularly to keep your heart and body in shape



Stop Smoking

Smoking increases your blood pressure & risk of blood clots



Reduce Stress

Relax more. Constant stress can damage your heart

Hamlin Senior Center

Weigh-In Competition – Fridays at 11 AM. Most lbs. lost by the end of March receives a gift card.

Chair Yoga – Mon. at 1 PM, 2/6, 2/13, and 2/27

Healthy Steps Exercise – Wed. & Thurs. at 10 AM—*Gotta Keep Moving*

Chinese New Year – Weds., 2/1—Year of the Rabbit. Chinese menu and cultural fun!

SUPERBOWL BINGO & Tailgate Party – Tues., 2/10 at 10 AM

Valentines Celebration – Tues., 2/14. Wear Red and Pink. Entertainment TBA.

Mardi Gras — Tues., 2/21 at 11 AM

Shuffleboard Competition Tues., 2/21 at 11 AM

Craft Corner, Tues., 2/28 – Making chalkboard placemats w/ pictures –

CENTER CLOSED – Mon., 2/20 for observance of Presidents' Day

***SCHEDULE SUBJECT TO CHANGE**

Monday 10:00 Pinochle 12:30 Mahjong 1:00-2:00 Chair Yoga	Tuesday 10:00 Cards & Games 1:00-2:00 Bingo	Wednesday 10:00-11:00 Healthy Steps Class	Thursday 10:00-11:00 Healthy Steps Class	Friday 10:00 Bingo 11:00 Weigh-in
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*****SCHEDULE SUBJECT TO CHANGE*****



Rita O'Connell
Gail Iannacone

2/1
2/3

Joan Ritter 2/8
Susan Good 2/13

Hamlin Christmas Celebration

Everyone was filled with the spirit and really took advantage of the opportunity to celebrate this year. We played the stocking game, did door prizes, recognized volunteers, received a Santa visit, enjoyed the special music of Jim Cerminaro and shared a wonderful meal. Of course the company of many friends is the best treasure!



Left to right: Dotty, Phyllis, Betty standing. Joyce, Sandy, Janet seated.



Thelma E., left and Carl K.

Happy 2023 Party

The Hamlin Seniors brought in 2023 with a bang on Tuesday, December 27. The party began with the "Get to Know You Balloon Game." Balloons were distributed to everyone and then passed around to people at each one's table for one minute. The balloon each senior received at the end of one minute was theirs to keep. Some of the balloons had personal questions and each person stepped forward, read their question, and answered. It was a hoot!

Randy Light and his talented daughter were our entertainers. It was a wonderfully interactive time with dancing and use of instruments. It really was a fun-filled day. I wish to thank all my senior friends for the joy they bring to my life every day. (See additional photos on page 12.)

Hawley Senior Center

Here we are in February, the month of love and romance.

Chinese New Year celebration on February 1—year of the rabbit

Celebrate Love Tuesday, February 14

Presidents Day, February 20—Center is closed.

Mardi Gras (FAT TUESDAY) Celebration, February 21

Check out *News For All Seasons* for all other activities.



Healthy Steps in Motion exercise class—our class started out with only 3 participants; now we are at 17! Many thanks to Liz McGonigal, our volunteer instructor (kneeling, center). She is the best. (See more photos from the Hawley Center on page 12.)

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Exercise Equip.	9:00-3:00 Exercise Equip.	9:00-3:00 Exercise Equip.	9:00-3:00 Exercise Equip.	9:00-3:00 Exercise Equip.
11:00-2:30 Mahjong	10:30 - 2:00 Ceramics	10:00-10:30 Tai Chi	1:00-2:00 Bingo	10:30-11:30 Healthy Steps Class
10:30-11:30 Healthy Steps Class	1:00-2:15 Bingo	10:30 - 2:00 Ceramics		
10:30-2:00 Ceramics		10:30-11:30 Healthy Steps Class		
11:00-2:30 Mahjong		5:30-8:30 Mahjong		



Birthdays for the month of February: Brenda Nonnemacher, Mike O'Connor, Bob Nurnberger, Christina Peirano, Liz McGonigal, Paul Bonczek, George Stieler, Virginia Romaine, Robert Vanderwall & Arlene Olszewski.

Honesdale Senior Center

February 1, 2023 Chinese New Year Celebration— It's the Year of the Rabbit. Join us for a delicious Chinese menu.

February 3, 2023—Wear red in honor of National Wear Red Day to promote heart health. Tips on how to have a healthy heart will be shared.

February 14, 2023—Valentine's Day celebration. Come in and celebrate love and friendship and enjoy a special sweet treat for dessert.

February 20, 2023—The center is closed in observance of Presidents' Day.

February 21, 2023—It's Mardi Gras so lets get those good times rolling! We will have jambalaya and more!

***Schedule subject to change.**

Want an alternative to a congregate meal? Please remember our drive-thru option is available at Hamlin (570-689-3766), Hawley (570-226-4209) or Honesdale (570-253-5540). Times vary at each center so please call for details.



Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 "Mondays with Marie"—Exercise streamed live on Wayne County PA Human Services' FACEBOOK page 1:00--4:00 Canasta	10:30-1:30 Exercise 1:00-4:00 Billiards	10:00-11:00 Exercise 1:00-2:00 BINGO	1:00-4:00 Billiards 1:00-2:00	10:30-11:30 Exercise 1:00-4:00 Rummikub tile game

***SUBJECT TO CHANGE AND LIMITATIONS**



Interested in Chair Yoga? The Honesdale center has an instructor who is willing to teach Thursdays after lunch. Chair yoga is an adapted yoga practice that allows you to stay seated while practicing yoga focused poses. It can be practiced by anyone who wants to enjoy the benefits of yoga and may (or may not) have mobility limitations. Please call Marie at 570-253-5540 for more information.



Staff and seniors joined in the fun and participated in Pajama Day on January 12, 2023.

Northern Wayne/Lakewood Center

We ushered in the new year with a toast on January 5. Many thanks to our speaker who talked about "Beating the Winter Blues." The next meeting is on February 2, 2023 when we will celebrate Valentine's Day. Please call Marie at 570-253-5540 for reservations.

Veterans' Affairs Update



If you are a veteran or a family member of a veteran, I am sure that you are wondering about advertisements regarding the PACT Act passed in August 2022. Can this act help you or a veteran that you know? What should you do? Here is a **VERY** simplified summary of the PACT Act. The most important thing to remember is that it expands healthcare eligibility to several groups of veterans not previously eligible.

GULF WAR VETERANS: If you were deployed in support of Operation Enduring Freedom/Iraqi Freedom/Freedom's Sentinel/New Dawn/Inherent Resolve or Resolute Support Mission, you were probably exposed to toxins. There has been an expansion of the list of countries and airspace where exposure to toxins has been verified. Some exposure dates start on August 2, 1990—the list expanded to more countries effective September 11, 2001. If you are not currently receiving VA healthcare and think that you might be eligible, simply call the VA Medical Center in Wilkes-Barre at 570-824-3521, extension 4. A representative can assist you in the enrollment process and, if you are eligible, an initial toxic exposure screening. For veterans that are currently receiving VA healthcare, you are also encouraged to have this screening. Additionally, the PACT Act added more than 20 new presumptive conditions. If you would like more details on the list of affected countries, or would like help in filing a claim for compensation, please feel free to contact me, or any Veteran Service Officer for assistance.

VIETNAM ERA VETERANS: Healthcare coverage and benefits have expanded for veterans who did not serve in the country of Vietnam, but served in neighboring countries. Also included in this expanded list are veterans that served in one of three countries that were involved in nuclear cleanup activities.

The Act also adds two new Agent Orange presumptive conditions: Monoclonal Gammopathy of Undetermined Significance (MGUS) and hypertension (high blood pressure).

If you want more details on any of these recent changes, please do not hesitate to contact me, or any Veteran Service Officer. I can be reached at 570-253-5970, extension 3114.



What is Stalking?

Generally, stalking is defined as a pattern of behavior directed at a specific person with the intention to frighten or intimidate them. Stalking is a particularly difficult crime to heal from due to the fact that cutting off contact with the perpetrator can feel impossible, but VIP is here to assist. Our team can help you understand your rights, create a safety plan and explore legal options. These behaviors take many forms including:

Repeated unwanted phone calls or texts.

Following or spying on you.

Leaving/sending unwanted gifts for you to find.

Driving by your home, school or place of work constantly.

Threatening to hurt you, your family, friends or pets.

Creating fake social media accounts in your name with your information.

Hacking your email, bank accounts, or social media accounts.

If you have been experiencing stalking, call us today to speak with an advocate at:

570-253-4401



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

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



Volunteer Opportunities



Wayne County Area Agency on Aging

Adult Day Assistant, Help at a Senior Center, Meal Delivery Drivers

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

RSVP Senior CHAT Program

Call Seniors for a Friendly Chat

Ladore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

Salvation Army

Honesdale Office/Food Pantry

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



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



Groundhog Day

Word Search

L	K	Y	E	N	W	A	T	U	S	X	N	U	P	W	E	V	E
P	J	P	N	F	O	Y	R	A	U	R	B	E	F	T	Q	I	L
G	X	F	L	W	D	K	W	Y	D	U	O	L	C	S	T	W	A
H	R	O	C	I	A	Y	O	B	M	U	M	W	P	A	T	J	M
P	Z	O	M	R	H	D	I	O	L	P	M	W	E	C	B	P	M
G	L	U	U	P	S	U	G	S	P	R	I	N	G	E	W	V	A
D	O	E	J	N	U	Q	T	R	E	S	G	L	Y	R	K	L	M
A	W	D	U	N	D	E	R	G	R	O	U	N	D	O	S	S	S
Y	A	D	I	L	O	H	E	M	E	R	G	E	E	F	T	B	S
S	Y	A	D	Q	L	L	O	P	R	E	D	I	C	T	I	O	N
I	S	S	F	V	Y	K	H	G	K	C	V	W	O	R	R	U	B
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J	S	P	E	N	N	S	Y	L	V	A	N	I	A	M	J	V	H
S	E	H	L	G	O	E	Y	E	O	Y	Z	F	R	T	S	Y	P
X	K	B	I	T	J	R	Y	V	X	H	J	P	X	C	Y	G	U
L	K	S	I	H	K	O	P	O	B	Q	E	X	Z	Z	O	H	C

burrow
cloudy
cold
day
emerge
February
forecast
groundhog

hibernate
hole
holiday
mammal
Pennsylvania
prediction
Punxsutawney Phil
rodent

shadow
sign
six weeks
spring
underground
weather
winter





James Shook of Palmyra Township took the oath of office as Wayne County Commissioner before President Judge Janine Edwards on Wednesday, Dec. 28, in the Main Courtroom.

Shook was named by Judge Edwards to succeed Joseph Adams, who was elected as State Representative for the 189th Legislative District in November.

Commissioner Shook graduated from Wallenpaupack Area High School, after which he owned and operated the Wallenpaupack Lanes, a bowling alley which he relocated to a site off Route 6 just west of Hawley in 1994. In 1999, he took over operation of the Lake Region IGA supermarket, which he has operated for more than 20 years. In 2007 he created the Community Dock Foundation, which is funded privately and through annual fundraising events and helps those in need.

He served on the Board of Directors for the Chamber of the Northern Poconos and its predecessor the Pocono Lake Region Chamber of Commerce from 2000 to 2021, serving as President and Treasurer. He currently serves on the Board of Directors of the Lake Wallenpaupack Watershed Management District and has previously served on the Wayne County Investment Board and the Hawley Parks & Recreation Commission.

In 2021, he and his partner opened the Paupack Watering Hole on Route 6, just east of Hawley.

Shook said he has supported Wayne County the best way he could through his business connections and organizations. He has served the tourism industry and assisted those who are sick or injured. "I see this as an opportunity to serve the best interest of more residents. I consider it an extension of service," the new commissioner explained.



1406 Main Street
Honesdale, PA 18431
570-253-1220
www.waynelibraries.org
Connecting our community



LOVE
the LIBRARY

1. **Chess:** Owen Adams facilitates chess Mondays in February from 4:30—5:30 p.m.
2. **Funeral Planning:** Brendan Murray owner of Hessling Funeral Home will be speaking on the importance of pre-planning funerals, setting up burial services, completing your will and answering any questions regarding funerals. Wednesday, February 1 from 4:30—5:30 p.m.
3. **Bullying:** Emily Daly will be sharing information on ways to handle bullying and how to keep yourself safe. Wednesday, February 8 from 4:30—5:30 p.m.
4. **“Tech Neck:”** Kyle Passeri of Pivot Physical Therapy in Honesdale will be sharing ways to make your tech neck better, solutions for neck pain and stiffness, weakness or numbness in your arm or hand and much more. Wednesday, February 15 from 4:30—5:30 p.m.





GET ON THE BUS!



Put on your Western duds, kick up your heels and get ready for a grand ole time!

“Country Classics”

Silver Birches Resort

205 Route 507, Hawley

Wednesday, April 19, 2023

11:00 a.m.--3:00 p.m.

\$62.00 per person with transportation

Price includes: transportation and driver's tip, snack and music upon arrival, limited open bar, buffet lunch at 12:30.

“Country Classics” performance, featuring
Donna Minnoe & the Country Mystics, begins at 2:00 p.m. Reserve
your seat with Marie at 570-253-5540 or Debbie at
570-630-2385.

Departure:

Hamlin center--9:00 a.m.

Honesdale old K-Mart--9:30 a.m.

Hawley center--10:00 a.m.

Arrival home:

Hamlin--5 p.m.

Honesdale--4:30 p.m.

Hawley--4 p.m.

***Money due Tuesday, April 4, 2023.**

*Make checks payable to: Wayne County Area Agency on Aging

***Cancellation Policy:**

Money refunded only if seat can be filled. No refunds after April 4 for any reason.

Check
this
out ➔

Upcoming trip to Cape Cod, Massachusetts—

Five days, four nights

September 11-15, 2023

\$815 per person, double occupancy.

For more information, call Marie at 570-253-5540 or Debbie at 570-630-2385. Details to follow in March newsletter.

Hamlin Center's New Year's party:



Dotty jamming with the maracas .



Ruth and Susan with entertainer Randy Light.



Beautiful hand-made American Flag quilt made by Hawley volunteer Liz McGonigal.



Thank you to Bob and Gail Vanderwall as Santa and Rudolph at Hawley's Christmas party.



Happy New Year from the Hawley Center!



Betty was all smiles while playing the tambourine and shaker at the Hamlin Center's New Year's party.



•FOR YOUR INFORMATION•

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

Get Connected / Get Help
Dial 211 OR 1-855-567-5341
Website: pa211ne.org
Text your zip code to: 898211

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AgingNewsletter@waynecountypa.gov



We Shall Never Know
ALL THE *Good*
THAT A SIMPLE
Smile
CAN DO



**Find us on Facebook at
Wayne County Office of
Human Services**

Wayne County Area Agency on Aging

323 Tenth Street

Honesdale, PA 18431

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

Elder Abuse/Protective Services:

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: 323 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.*