

# Wayne County Human Services Staff Newsletter

2023

- ◊ Area Agency on Aging
- ◊ Behavioral Health/Developmental Programs-Intellectual Disabilities & Autism/ Early Intervention
- ◊ Children & Youth Services
- ◊ Drug & Alcohol Commission
- ◊ Transportation
- ◊ Housing



## What's Happening Around Wayne County

**April 6, 2023**

### Pollinators and their Plants

**Time:** 4:00 pm to 6:00 pm  
**Location:** Van Scott Nature Reserve  
Coming up Thursday April 6, from 4-6 pm, "Pollinators and their Plants" at the Van Scott Nature Reserve. Join us as we discuss native plants that attract pollinators like butterflies and bees and different methods of planting to make your pollinator garden more diverse and welcoming to a multitude of different species. Space is limited and prior registration is required. To register, visit <https://secure.lglforms.com/form.../s/BolBr18QpCWB88kNy-H4qpA>

**April 6, 2023**

### Full Moon Hike

**Time:** 7:30 pm  
**Location:** Lacawac Sanctuary Field Station & Environmental Education Center  
Join an environmental educator for a guided hike on the trails at Lacawac. As our eyes adjust to the fading light, we'll look and listen for the nocturnal awakening. We will hike to the shores of Lake Wallenpaupack to watch the full moon rise. This is a strenuous 3-mile hike, please be prepared and dress accordingly. Meet at the Visitors Center. The event starts at 7:30 pm. Donations suggested. Registration is required.

**April 8, 2023**

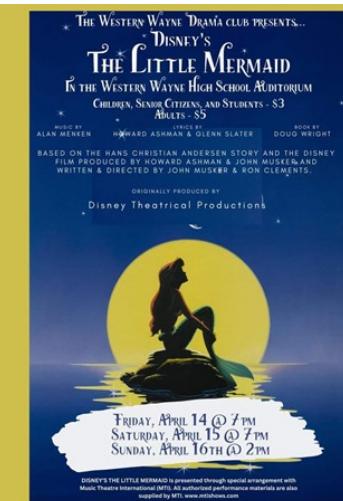
### Easter Egg Hunt

**Time:** 11:00 am  
**Location:** Bethany Public Library  
Easter egg hunt on Saturday, April 8 in the park at the Bethany Library. Egg hunt starts at 11:00 am sharp. Join us after the hunt at the Bethany Library for crafts and a visit with the Easter Bunny.

**April 14, 2023 – April 16, 2023**

### The Little Mermaid Performance

**Time:** 7:00 pm  
**Location:** Western Wayne High School Auditorium



**April 16, 2023**

### Celtic Beer Dinner

**Time:** 5:30 pm to 8:30 pm  
**Location:** Wallenpaupack Brewing Company  
Join us and enjoy a delicious 5-course Beer Pairing Dinner of Celtic inspired cuisine & craft beers! ?? \$70 per person?? Ticket includes: First beer on the Brewer in a souvenir glass, guided

brewery tour, 5-course dinner with beer pairings, Highland games, end of the night Slainte! Vegetarian and vegan meal options available. Please select appropriate ticket option when placing order. Call 570-390-7933 to book reservations. Tickets are non-refundable.

**April 17, 2023**

### April Flowers Paint & Sip

**Time:** 6:00 pm to 8:00 pm  
**Location:** Wallenpaupack Brewing Company  
**Price:** \$40 per person  
Come out and join us and for just \$40 you get all the painting supplies and instructions needed, plus your first drink. Come early and order some delicious dinner! Follow the Eventbrite link to purchase your tickets.

**April 23, 2023**

### Dinner & Theater Train

**Location:** Stourbridge Line  
**Time:** 12:00 pm  
GREAT NEWS!! The Stourbridge Line is happy to announce our first ever collaboration with the Honesdale High School Performing Arts Center. Join us in celebrating the soft opening of the newly renovated auditorium and another fantastic production by local students. Limited tickets available for this very special event and will include a full-course dinner on board our dining car (BYOB) while enjoying a scenic train excursion along the Lackawaxen River, and seats for the show! Call for details 570-470-2697 or book online [www.thestourbridgeline.net](http://www.thestourbridgeline.net)



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### Saying of the month:

**"N**ever stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts."



# 25 Good Things to Think About This Spring

- Dr. Carol

What's going on in your mind right now? Yes, right this very minute. What has your attention? Are you having a good day or a bad day? If someone asked you, "A penny for your thoughts?", what would you tell them? Do you have a stock-pile of good things to think about? Many years ago I experienced a long period of very severe mental/emotional distress. Among the most important things I learned coming out of that period was that I could choose what to think about.

Abraham Lincoln has been credited with saying, "I've determined that most people are about as happy as they choose to be." I believe that's true.

You know people who are facing horrible circumstances, such as a serious illness, financial loss, betrayal by friends, or other tragedy. And yet they display an attitude of courage, resilience, and hope. You know other people who wouldn't know how to have a good day if it came up and "bit" them. Every thought they have, and every word they speak, is negative. Just being around them makes you miserable because they are always complaining.

## Can You Choose Your Thoughts?

Our thoughts are not all-powerful, but they are much more powerful than we usually give them credit for! Choosing what thoughts to think can go a long way toward making you well or sick, happy or sad, lonely or connected, desperate or satisfied, stuck, or making progress.

Many times I see two patients with the very same medical illness respond very differently. Sure, there are unique physical elements to each case. But the primary

difference that determines how well they do comes down to their perspective- their thoughts.

You remember Paul's admonition to "think on these things"-things that are true, noble, good, pure, and lovely. (See Philippians 4:8) You really can choose what to think about!

Choosing what to think about does not mean ignoring reality. Yes, the doctors have given you that diagnosis. Your bank account is overdrawn. That employee stole money from you. Your friend or spouse lied about you. Even the Bible never ignores the horrible things that people experience or do.

## But what you do with your mind next makes all the difference!

You can choose where, when, and how much time you spend thinking negative thoughts, regardless of your circumstances. Research involving prisoners of war has documented that those who intentionally chose positive thoughts, such as thinking about people at home praying for them or the eventual end of the war, came through their ordeal with significantly better mental/emotional health and resilience.

## What To Think About

So what DO you think about? Look through this list, and choose a few to incorporate into your daily thought process. Intentionally begin each day focusing on something positive. And do the same before you go to sleep at night.

You can think about:

1. Someone who you care about
2. Someone who cares about you
3. A challenge you overcame
4. A goal you have achieved
5. Some way in which God has blessed you

6. Something artistic you think is beautiful
7. An inspiring or beautiful place in nature
8. An accomplishment you can be proud of
9. Something you have learned
10. Someone you have helped
11. The hope you have in knowing Jesus
12. Someone who you would like to emulate (be more like)
13. What you believe to be most important in life
14. A character trait you would like to develop
15. Something you would love to do
16. How your life is different because of Jesus
17. Some way in which you have grown or matured
18. A time when you felt loved
19. Something you DO have a choice about
20. A time you felt God was close to you
21. A story of someone who overcame big challenges
22. A piece of music that lifts your spirits
23. A Scripture you find meaningful
24. Something you would like to make better for others

Some of these thoughts involve memory. Some involve imagination. Some involve creativity. Some involve faith. All of those are great areas of your heart to draw on in choosing something good to think about. Before you go to bed tonight, give it a try. Doing so may not solve your problem, but it will sure give you a clearer mental edge in discovering what you can do about it.

*Think on these things.*



# Spring Challenge

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

April	chick	fog	Memorial Day	spring
April Fool's Day	Children's Day	garden	nest	sprout
Arbor Day	Cinco de Mayo	gosling	Passover	stem
awaken	cloud	grass	picnic	storm
baby	cocoon	green	piglet	sunshine
baseball	colt	grow	plant	thaw
bee	daffodil	hatch	puddle	thunder
bird	dandelion	insect	rainbow	tulip
bloom	dig	iris	raincoat	umbrella
blossom	duckling	kite	rainy	violet
bug	earth	lamb	roots	warm
bulb	Earth Day	leaf	season	water
bunny	Easter	lightning	seed	weather
butterfly	egg	lilac	shovel	weed
calf	emerge	March	shower	wind
caterpillar	flower	May	soil	worm

## Focaccia Cheesy Garlic Bread

### Ingredients:

#### Bread

1 cup warm water  
1 tsp active dry yeast  
2 TB sugar  
1/3 cup olive oil  
1 TB Italian seasoning  
2 tsp garlic, minced  
1 tsp sea salt  
2 1/2 cups all-purpose flour

#### Garlic Butter

4 TB butter, melted  
2 cloves garlic, minced  
1/8 cup parmesan cheese, grated  
1 tsp fresh parsley, chopped  
1/2 tsp kosher salt

#### Toppings

1 1/2 cups mozzarella cheese, shredded & divided  
1 cup cheddar cheese, shredded

### Directions:

In a large bowl, combine water, yeast, and sugar. Stir and let it rest for 5 minutes.

In a small bowl, combine olive oil, Italian seasoning, garlic, and sea salt.

Pour half of the oil mixture into the yeast mixture. Set the remaining oil mixture aside.

Add flour to the oil and yeast mixture. Stir to combine.

Add dough to a greased bowl and cover with a tea towel. Let the dough rest for 1 hour or until the dough has doubled in size.

When the dough is ready, preheat oven to 450 degrees.

Pour the remaining oil mixture into a 12-inch cast iron skillet. Use a pastry brush to coat the skillet.

Add half of the dough to the skillet and work in dough to the edges. Use your fingers to create dimples in the dough.

Top the dough with 1 cup of shredded mozzarella cheese.

Fold the other half of the dough out onto a sheet of parchment paper. Use your hands to form the dough into a 12-inch circle. Invert the parchment paper over the cheese and carefully peel back the paper, leaving the top layer of the dough in the skillet.

In a small bowl, mix together butter, garlic, parmesan, parsley, and salt. (This is the garlic butter.)

Use your fingers to gently dimple the top of the dough. Brush the garlic butter over the top of the dough.

Top with remaining mozzarella cheese and the cheddar cheese.

Bake for 18-20 minutes, or until golden brown and the cheese is bubbling. (If you want the bread cut into pieces, remove it after 16 minutes, cut, and then put the bread back in the oven for the final two minutes.)

Serve hot with a marinara sauce for dipping.



## Chocolate Peanut Butter Lasagna

### Ingredients:

Crust-  
36 Oreos- regular, not double stuffed  
1/3 cup butter, melted

Peanut Butter Layer-  
8 oz cream cheese, softened  
1 cup smooth peanut butter  
1 cup powdered sugar  
8 oz Cool Whip

Chocolate Layer-  
7.8 oz Instant Chocolate Pudding  
(2 boxes 4 serving size)  
2 3/4 cup milk

Topping-  
8 oz Cool Whip (2 cups)  
1/3 cup peanut butter, warmed in the microwave  
1 cup mini Reese's cups, chopped

### Instructions:

Place the Oreos in a food processor until they are fine crumbs. Add melted butter to the Oreos in the food processor and pulse until combined. Press into bottom of a 13x9 pan. Place the baking dish in the fridge for at least 10 minutes as you prep the other ingredients.

Use a mixer to combine the cream cheese, powdered sugar and peanut butter until smooth, about 2 minutes.

Fold in cool whip until fully incorporated. Set aside.

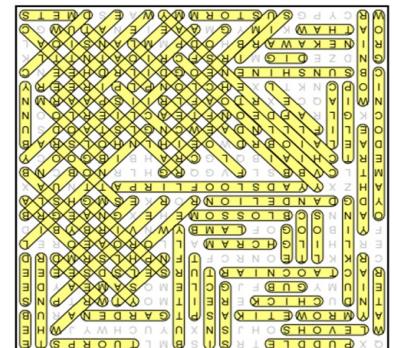
Whisk together instant chocolate pudding and milk until thickened.

Remove the baking dish from the fridge.

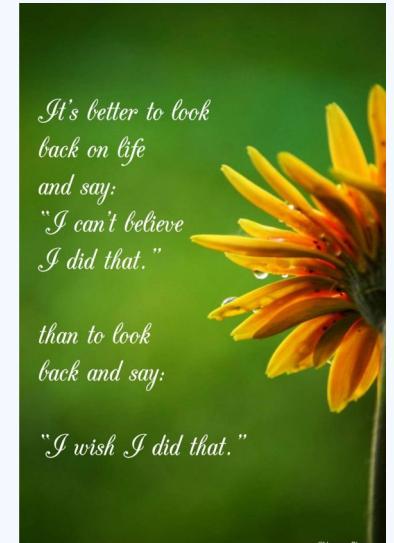
Pour the peanut butter-cream cheese mixture over the chocolate cooking crust and smooth down using an offset spatula.

Next, add the pudding layer and smooth out. Top with Cool Whip. Sprinkle with chopped PB cups on top.

Warm the peanut butter in the microwave and drizzle over the top. Chill until ready to serve. Enjoy!



Answer Key



# Why Easter Changes Dates Every Year

By Catherine Boeckmann

## Is Easter Always in March or April?

Easter is a “movable feast,” so it doesn’t happen on the same date from year to year. In the Gregorian calendar, it is always observed on a Sunday between March 22 and April 25. However, in the Eastern Orthodox church, the observance of Easter can occur between April 4 and May 8.

## How Is The Date of Easter Determined?

Easter Sunday always occurs on the first Sunday after the Paschal Full Moon. What is the Paschal Full Moon? This is specifically the first Sunday following the full Moon that occurs on or after the March or spring equinox.

While Christmas is fixed to a solar calendar

Easter Dates		
Year	Easter Sunday (Gregorian calendar)	Eastern Orthodox Church (Julian calendar date converted to Gregorian)
2023	April 9	April 16
2024	March 31	May 5
2025	April 20	April 20
2026	April 5	April 12

(and near winter solstice), Easter is based on the lunar cycles of the Jewish calendar. In the Christian religion, the Last Supper (which was the final meal Jesus shared with his apostles before his crucifixion) was a Passover feast. It’s because Easter is based on a lunar month (which is 29.5 days) that the date of Easter can really vary.

Note that the spring equinox date used by the Christian Church is always March 21 just to simplify matters. In fact, the astronomical date of the equinox can shift by a day or so. In 2023, the astronomical date of the equinox is Monday, March 20. So, you’ll often see this called the “ecclesiastical” equinox (i.e., the date used by the Church).

## What Happens When The Full Moon and Spring Equinox Occur on the Same Day?

Generally, if the full Moon occurs on the same day as the spring equinox, Easter is observed on the subsequent Sunday. However, there is a caveat: As mentioned above, the Christian

Church decided to simplify the process of calculating Easter’s date by always observing the spring equinox on March 21, despite the fact that the equinox date changes over time and is actually getting earlier.

This discrepancy between the astronomical equinox date and the Church’s observed equinox date can sometimes cause confusion, as it did in 2019, when the full Moon and the astronomical equinox occurred on the same day—Wednesday, March 20. According to the formula above, this should have meant that Easter would be observed on Sunday, March 23. However, because the Church observes the equinox on March 21, the full Moon technically did not occur “on or just after” the equinox, meaning that the next full Moon would determine Easter’s date instead. Thus, in 2019, Easter was held on Sunday, April 21, after the full Moon on Friday, April 19.

## What Is The Paschal Full Moon?

The word “Pascal,” which is used in the ecclesiastical (Christian church) calendar, comes from “Pascha,” a transliteration of the Aramaic word meaning “Passover.” In reference to the full Moon, Paschal refers to the date of the full Moon determined many years ago as the 14th day of a lunar month. Ancient calculations (made in a.d.325) did not take into account certain lunar motions. So, the Paschal Full Moon is the 14th day of a lunar month occurring on or after March 21 according to a fixed set of ecclesiastical calendar rules, which does not always match the date of the astronomical spring equinox. It sounds complicated, but the basic idea is to make it simpler to calculate the date for modern calendars. Rest assured, the dates for Easter are calculated long in advance.

## Where Did the Word “Easter” Come From?

Easter, also called Pascha or Resurrection Sunday, is a festival and holiday commemorating the resurrection of Jesus from the dead.

Let’s start with *Pascha* (Latin) which comes directly from *Pesach*, the Hebrew word for Passover. Going back to the Hebrew Bible

and the story of the first Passover, Moses tells the Israelites to slaughter a Passover lamb and paint its blood on their door. The Lord protected the Israelites from death by passing over their doors and would not “allow the destroyer to enter your houses to strike you down” (Ex. 12:23). In the New Testament (1 Corinthians 5:7), Paul connects the resurrected Christ to Passover. He refers to Jesus as the paschal lamb who has been sacrificed for his people’s salvation. Jesus celebrated the Last Supper with his disciples during Passover, so it makes sense that the Feast of the Resurrection is connected with the Jewish holiday. Today, Christians celebrate the “Paschal mystery.”

So where did the word “Easter” come from? The exact origin of the word “Easter” is unclear. It’s not as simple as saying it has religious origins or pagan origins. In Old German, the word became *esostarum* and, eventually Easter. The Venerable Bede, a seventh-century Anglo-Saxon historian also known as Saint Bede, writes that the word Easter comes from the Anglo-Saxon dawn goddess of fertility *Eostre*, also the goddess of dawn, who originated in what is now Scandinavia. Over time, early Christians started referring to the Feast of the Resurrection by the name of the month in which it was celebrated—*Eosturmonath* (what we now call April). Alternatively, Easter may have come from an old German word for “east”, which in turn is derived from a Latin word for “dawn.” In the past, the word *easter* could mean “to turn toward the east” or “rising” and didn’t necessarily have any implied religious meaning. (Note: it was the Germans who invented the “Easter Bunny” who visited good children’s homes, much like they invented Santa Claus.)

Bottom line, no one truly knows the etymological origins of the word, “Easter.” It is one of the oldest Old English words.

In the end, it is unimportant whether Easter comes from the goddess of the dawn or the Latin word for dawn. In whatever language, Easter today is a Christian holiday to celebrate Christ’s resurrection—and the reminder that death brings life. †

April 2023

**WAYNE COUNTY SENIOR CENTERS**

*Congregate Meals – February 2023*

⇒ Honesdale: 405

⇒ Hawley: 194

⇒ Hamlin: 212

⇒ Northern Wayne: 14

**Totals: 825 Meals**

**Children and Youth Services**  
**February 2023**  
Families/Children

GPS Intake	137	270
CPS Intake	31	48
GPS Ongoing	14	27
CPS Ongoing	7	16
# Children in placement 1st day	51	
# Children in placement last day	54	
# Children in Emergency Shelter Care	9	
# Children in Agency Foster Care	13	
# Children in Therapeutic Foster Care	0	

**Transportation**

*February 2023 – 16 service days*  
Number of completed trips: 3,358  
Total passenger miles: 60,232

May every sunrise  
bring you hope, may  
every sunset bring  
you peace.



# HR News

New Hires:

**Jo-Anne Hooey, Aging Care Manager 1 -AAA- 3/6/23**

**Paul D'Auria, Meal Transporter, Dietary- 3/27/23**

**Russell Schemitz, Clerk 2, AAA- 3/27/23**

Promotions:

**Lauren Sandercock, Aging Care Manager 3, AAA- 3/6/23**

Resignations:

**Beverly Spittel, County Caseworker Supervisor, C&Y- 3/3/23**

**Robert Christman- Van Driver, Transportation- 3/3/23**

**Jessica Ogozaly- Case Management Specialist- D&A- 3/22/23**

Retirements:

**Amy Bass, County Casework Manager 1, C&Y- 3/10/12**



PANTRY STATS FOR  
February 2023

SITE	# HOMES	# CHILDREN	# ADULTS	# ELDERLY
DAMASCUS	32	6	17	31
HONESDALE	208	55	131	182
LAKEVILLE	93	18	71	81
LAKWOOD	43	9	30	46
NEWFOUND-LAND	49	6	34	59
<b>TOTAL</b>	<b>425</b>	<b>94</b>	<b>283</b>	<b>399</b>