

WAYNE COUNTY AREA AGENCY ON AGING ADVISORY COUNCIL



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Wayne County Area Agency On Aging

Mission Statement

The Mission of the Wayne County Area Agency on Aging is to act as an advocate to enhance the lives of older adults by promoting independence, empowerment, safety and security through available programs and partnerships.

Mary Ursich, MSW, Administrator
 323 Tenth Street; Honesdale, PA 18431
 Hours: 8:00am to 4:00pm
aging.waynecountypa.gov
 Telephone: 570-253-4262 Fax: 570-253-9115
 Elder Abuse Hotline: 1-800-648-9620



Wayne County Commissioners
 Brian W. Smith, Chairman
 Joseph W. Adams
 Jocelyn Cramer

PA Department of Aging
 Robert Torres, Secretary of Aging

Wayne County Human Services
 Michelle Valinski, MSW, Administrator
 Lori O'Malley, Deputy Administrator

These programs are funded in part by Pennsylvania Department of Aging, PennDOT, Pennsylvania Department of Human Services, Pennsylvania Department of Agriculture, the Wayne County Commissioners, local contributions and other local support.

The Wayne County senior centers offer a nutritious lunch, a variety of activities, bus trips and informational programs. It is also a great place to simply “hang out” and socialize. Come in, meet new friends and join our family...

Honesdale Senior Center

Earl J. Simons Center
323 Tenth Street, Honesdale
(570) 253-5540

Hawley Senior Center

Robert J. Drake Senior Community Center
337 Park Place, Hawley
(570) 226-4209

Hamlin Senior Center

Salem Township Building
Route 590, Hamlin
(570) 689-3766

Lunch served daily at each of the centers at Noon.

Must be age 60 or older—please call at least 24 hours in advance to make your reservation. Menu available in the newsletter and online at

<http://aging.waynecountypa.gov>

\$2.50 Donation suggested

A la carte menu also available

Please see back cover for activities & schedule

Transportation is available to bring you to the centers if needed.

Northern Wayne Days

1st & 3rd Thursday of every month at the Northern Wayne Fire Hall.
Call 253-5970, ext. 3162 (Marie) one week in advance to reserve a box lunch!

Cards & Games
11:30 B/P's

10:00 Exercise
1:00 Crafts/Bingo

SENIOR CENTER ACTIVITIES AT THE HAWLEY, HAMLIN & HONESDALE CENTERS

Join us for Cards & Games, Exercise, Crafts, MahJong, Walking Club, Bridge, Bingo, Tap Dancing, Line Dancing, Pinochle, Quilting, Tai Chi, Art Class, Wii, Shuffleboard, Cribbage, Pool, Rummikub, and surprise fun events.

Not all activities are available at all centers. Please call the centers for days and times of the activities.

Hamlin Senior Center– 570-689-3766

Hawley Senior Center– 570-226-4209

Honesdale Senior Center– 570-253-5540

SOAR

SOAR stands for SSI/SSDI Outreach, Access, and Recovery. So what does that mean? This a special program geared towards helping homeless individuals, or those in danger of becoming homeless, apply for Social Security Benefits. Quite often, these people are homeless because they are dealing with mental illness or physical disabilities that make it difficult to function in society and make it impossible to hold down a job, or to complete their schooling (if they are a minor child.)

Social Security Disability/Supplemental Security Income is designed to give a steady source of income, for those who are unable to work. Applying for these benefits is often a daunting task for individuals in a stable situation. For people who may not have access to a telephone and/or who don't have a reliable place to receive mail, it is nearly impossible to complete the necessary forms, and provide documentation of their disability.

This is where a **SOAR** Counselor can help!! SOAR Counselors can help complete the necessary applications for SSD/SSI benefits. They can help gather the much needed medical documentation to prove the disability. They will even write personal statements to explain to the Social Security Review Team, how the disability is affecting the applicant's ability to function in society. And for those in need, the **SOAR** counselors can serve as a point of contact between the applicant and the Social Security Administration. Also **SOAR** counselors do not charge a fee; whereas, lawyers can charge up to 30% retroactively if they win your case.

If you or someone you know might be able to benefit from these services— Wayne County now has its own **SOAR** Counselor! For further information, please call the Honesdale Senior Center at 570-253-4262 and ask for Vicki Wargo. She will be glad to help you!!

Volunteer Program

The Wayne County Area Agency on Aging have partnered with Diakon, sponsor of the Retired Seniors Volunteer Program (RSVP) of Berks, Pike and Wayne Counties. Website: www.diakon.org/commuuty-services/rsvp.

Diakon's RSVP will focus on assisting seniors to live independently, & maintain healthier lifestyles. Volunteers, 55 years and over, may deliver In Home Meals, assist in agency kitchens or food pantries, drive clients to medical appointments, counsel clients on Medicare as part of the APPRISE program, or help to promote wellness and activity among seniors. For more information or to sign up contact Dawn Houghtaling, RSVP Coordinator at 570-390-4540 or email houghtalingd@diakon.org.

Employment Opportunities at Wayne County Human Services

<http://waynecountypa.gov/employment-opportunities/>

Know someone who would make a good worker in any of our Human Services Departments (Aging, Children & Youth, Drug & Alcohol, Behavioral and Developmental Programs and Early Intervention, Transportation)? All employees are Civil Service. Please contact Juliann Doyle at jdoyle@waynecountypa.gov or 570-253-4262.

Wayne County Area Agency on Aging Newsletter

This is a comprehensive monthly newsletter for Wayne County seniors, volunteers, service organizations and agencies, and the general public. It provides educational articles and information about the Agency, programs, services, activities, special events and daily menus. The newsletter can be mailed for an annual \$3.00 donation. The newsletter is also available on the web at: <http://aging.waynecountypa.gov>. Another option is to have the newsletter emailed to you for free. Contact us at 570-253-4262 or cwimmers@waynecountypa.gov to request the newsletter by email.

Wayne County Information & Referral Program

The Wayne County Information & Referral Program is a free confidential phone service connecting people and services in Wayne County. WINFO Line is a County funded program that maintains a database of over 800 agencies and organizations who provide community and human services to Wayne County residents.

WINFO LINE: 570-253-5986 or 1-866-253-5986
OR Call 211 OR 1-855-567-5341

Community Services Program Listing

- Flu Shot Program (Community Partner: Wayne Memorial Hospital)
- AARP Smart Driver Course
- Nutrition Seminars
- Health and Wellness Programs
- Jazz, Tap & Line Dancing Classes
- Diakon Retired Seniors Volunteer Program (RSVP)
- Serving Seniors Ombudsman Program
- AARP Senior Tax Assistance Program
- Theme Days
- Senior Craft Programs & Art Classes
- Weekly Center Programs—Chess, Rummikub, Dominoes, Cards (Canasta, Bridge, Pinochle), Bingo, Pool, Shuffleboard, Wii, Quilting, Daily Congregate Meals, Office Services, Puzzles, Weight & Stretching Exercises, Tai Chi, Chair Yoga, Health Seminars, Speakers, Special Events
- Entertainment Programs
- Intergenerational Programs
- United Wayne Remote Older Adult Monitoring (ROAM) Program

The Health and Wellness Program -formerly Prime Time Health focuses on health promotion and disease prevention activities for older Pennsylvanians. The overall goal is to promote optimum health and well being with a special focus on exercise, nutrition, chronic conditions, incontinence, mental health, injury prevention, medication management and alcoholism.

- Healthy Steps in Motion—A series of educational classes and exercises, with various levels, for adults to improve strength and balance.
- Healthy Steps for Older Adults Falls Prevention Initiative—The Pennsylvania Department of Aging offers a falls prevention program for adults 50 years of age or older. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.
- Chronic Disease Self-Management Program—teaches skills that will enable the elderly with chronic diseases to maintain or increase their activities by improving the day-to-day management of their treatment.
- Blood Pressure Screening

For more information regarding this program, please call our Community Services Director at 570-253-4262.

Protective Services for Older Adults

Wayne County Area Agency on Aging is mandated by law to have a program to protect older adults who are unable to protect themselves. To be eligible for these services, the older adult must be over 60 years of age, lack the capacity to protect themselves and be at imminent risk of abuse, neglect, exploitation or abandonment. The law's purpose is not to put restrictions on the older adult, but to assure that necessary services are available to older adults who need them.

Elder abuse may include infliction of injury, intimidation or punishment with resulting harm, unreasonable confinement, and deprivation of services which are necessary for physical or mental health, sexual harassment, rape or sexual abuse and financial exploitation.

Wayne County AAA is available 24 hours a day, 7 days a week to receive reports concerning older adults in need of protective services. A Service Coordinator will investigate reports received and take immediate steps to reduce the risk to the older adult. For more information, please call our Intake Department at 570-253-4262.

- **Elder Abuse Hotline (24 hrs. a day) Local 1-800-648-9620**
- **Elder Abuse Hotline (24 hrs. a day) Statewide 1-800-490-8505**

Wayne County Transportation

Since 1976, Wayne County Aging Office has been providing transportation to seniors. Our program started off with one station wagon and one driver. Today, there are 32 vehicles (cars, mini-vans, vans, mini-buses, most with handicapped accessibility) and 55 drivers.

Many seniors utilize the service for medical appointments, shopping and socializing (or social events). We began offering transportation to persons with disabilities years ago.

Over the years, we have had many satisfied customers and a few not so satisfied, but most consumers are amazed at the friendliness and helpfulness of our drivers. Likewise, the staff appreciates the friendliness and understanding of our passengers.

Transportation can be reached at 570-253-4280 or 1-800-662-0780, between 8:00am and 4:00pm, Monday through Friday. You must be pre-registered with us, and we need two days advance notice for appointments.

LINK to Aging and Disability Resources

(also known as ADRC)

The purpose of LINK is to promote the integration of long-term care information and referral services for older adults and younger persons with disabilities and the families that support them, regardless of age or income. LINK promotes the coordination of community wide service systems by giving consumers information about the complete spectrum of long-term living, options available in the community. LINK pulls together already established agencies in the community and makes the same information about the long-term care options and services of these agencies available to potential consumers of long-term care no matter which agency they may first question. This avoids duplication and confusion which can easily be overwhelming. A person will directly and seamlessly be referred to the services needed, no matter the initial point of contact into the system. This is known as the "No Wrong Door" Program.

The Wayne County LINK locally collaborates with the Wayne Information Network, and the Wayne County WINFO Line to further collect and disseminate information. There are over 160 registered local collaborators (and more requesting to join the collaborative partnership each month) to bring the most recent and widest range of options to families. LINK partners meet monthly, often with a speaker, and then share information and "what's going on" in their respective agencies. LINK has also established an e-mail network among its partners to keep in touch during the rest of the month to share information. In this way, all LINK partners are aware of updated information which is vital to consumers so that, no matter what agency a consumer/family initially approaches, he/she will get the most recent and comprehensive information available. Please call 1-800-753-8827 or 570-253-4262 and speak to our Intake Department for more information about the LINK Program.



The APPRISE Health Insurance Counseling Program

State Health Insurance Assistance Program... counseling for People with Medicare in Pennsylvania

Medicare, prescription assistance and supplemental health insurance issues are becoming more complicated. Seniors can be overwhelmed by the ever-changing information. Our Apprise staff can help with billing, PACE applications and a myriad of concerns, providing information allowing educated decisions and peace of mind. Call 570-253-4262 to make an appointment to speak to one of our Apprise Counselors.

Legal Services

There is limited funding available to assist our most frail and elderly population with legal services. Since funding is limited, priority will be given to those experiencing emergency situations, i.e. utility shut off, eviction, housing issues affecting life, health or safety benefits and rights.

Assistance with documentation preparation for Durable Power of Attorney and Living Wills may also be available.

The Ombudsman Program

An Ombudsman is a person who has been trained to help consumers with a concern or problem with any long-term care service; whether it is a service they receive in the community, a personal care home or a nursing home. They work with a group of dedicated volunteers who are trained to ensure that all long-term care consumers are treated with dignity and to advocate for high standards of care. The Ombudsman can help with questions about consumer's rights, quality of care and information about appealing decisions regarding transfers, discharges or changes in services. More volunteers are always needed.

Our Ombudsman Program is operated through *Serving Seniors* and can be reached at 570-344-7190 for more information or servingseniorsnepa.org.



Congregate Meals

Congregate meals are provided at noon, daily, at each senior center and twice monthly at the Northern Wayne Center. Each meal provides one third of the daily nutrient requirements as determined by government regulations. Most meals are hot. Seasonal salads are offered in conjunction with relationships with local farmers. The menu is developed and meals are prepared under the guidance of our certified food service manager.



In-Home Meals

In-Home Meals provides hot and frozen meals to persons whom are frail, homebound or isolated in their homes. This service includes the provision of nutrition education materials on a monthly basis.

The meal preparation is supervised by our certified food service manager, and each meal meets at least one third of the daily nutrient requirements. Pureed meals are available on a short or long-term basis.

Emergency meals are provided for use during inclement weather, during the months of November through January. Only one emergency meal is allowed per month.

For more information about home delivered meals, please call 570-253-4262 and speak to our Intake Department.

Food Pantry Program

The Wayne County Pantry Program is sponsored through County Government. It is operated with a Pantry Board comprised of private citizens and by a lead agency—Wayne County Human Services. Board members are also coordinators at each of the pantry sites. The Wayne County Pantry Program has five sites (Honesdale, Damascus, Lakewood, Lakeville and Newfoundland) located in strategic areas of the County to serve eligible County residents.

The Wayne County Food Pantry Program provides nutritious shelf staples, which may **supplement** the applicant's food budget on a regular monthly basis. The food items vary and are dependent upon what may be available from the U.S. Department of Agriculture, what food has been privately donated, and what may be purchased with available funds and monetary donations. Typically, a monthly food bag may contain canned fruit, meat, vegetables, potatoes, spaghetti, noodles, dried fruit, tuna, etc.

The Wayne County Food Pantry Program relies on U.S. Government donated foods and funding from both the State Food Purchase Program and County government. The Program also relies on donations of food and monetary support from the community and fundraising efforts, such as WNEP-TV's "Feed-a-Friend" Program, Scouting Troops, 4-H Organizations, Local churches and school, and so on. **All** donations stay in Wayne County and assist Wayne County residents.

Additional support comes from the Commodity Supplemental Food Program, administered through Second Harvest Food Bank of Lehigh Valley and Northeast Pennsylvania. Eligible senior citizens may receive an additional pre-packaged box of food for their household from this resource. For more information, please call 570-253-4262.

Remote Older Adult Monitoring (ROAM) Program

Come join our new ROAM Program. A technician will be available on Mondays and Wednesdays to take your vitals, blood pressure, pulse-ox and weight. This will be shared on a HIPPA compliant blue tooth server software program. A nurse will review this data and help you self-manage your chronic health conditions. This is a great way to have help monitoring your health to keep you active and vital in your community. This is a grant funded program provided by the United Way of Lackawanna and Wayne Counties. This program has helped seniors manage their health conditions better and reduce emergency room visits and hospitalizations. Join this free health program today! Any questions call @ 570-253-4262.

The Care Transitions Program

A program that is available in Wayne County in cooperation with Wayne Memorial Hospital. This program aims to help people who are discharged from a health care facility. Following discharge, patients often require care from different medical professionals in many different settings. This program is designed to improve the continuity of care for persons with chronic conditions across different health settings and ensure that each transfer between settings goes smoothly.

This is a service that is FREE to the patient and is to help them: recover; understand and manage their medications better; help prevent them from being readmitted to the hospital; make a plan for their follow-up appointment with their primary care physician; and maintain the good care they have been receiving in the hospital after they get home.

During the 4-week program, the individual will receive: a personal health record designed to help them/caregiver manage their health condition; a home visit; and three follow-up calls from a Transition Coach who will provide support during the transition from the health care facility to home.

The Care Transition Program is different from other services, such as home health or physical therapy, as the Coach does not provide skilled services. The Coach works with the patient and family to help them be better prepared to take care of their health conditions and help them get their needs met during care transitions. This program focuses on the patient, family, caregiver unit and hopes to include them as much as they want to be included. The Coach will visit and call at times that are convenient for the patient and family. Together they review the patient's medications' prepare for the next doctor's visit and help them understand their health condition better.

For more information regarding this program, please call our Care Transitions Coach at 570-253-4262.



Long-Term Care Programs

Pre-Admission Assessment Process

Anyone seeking placement in a nursing facility or community residential facility may receive assistance and information from the Wayne County Area Agency on Aging. Those who will need financial help from Medical Assistance for nursing facility care, or from Supplemental Security Income for personal or assisted living care, must be referred to the Agency for a level of care determination. Area Agency on Aging staff specializing in long-term care will assist the family to determine the most appropriate, least restrictive level of care. This process is known as Pre-Admission Assessment; and together with financial eligibility determination, seeks to assure the best long-term option for Wayne County residents.

Nursing Home Transition (NHT)

The NHT program was developed to assist and empower consumers who want to move from a nursing facility back to a home of their choice in the community and help the Commonwealth rebalance its long-term living systems so that people have a choice of where they live and receive services.

The NHT program provides the opportunity for individuals and their families or caregivers to be fully informed of all long-term living options, including the full range of home and community-based services, and to ensure that they receive the guidance and support needed to make an informed choice about their long-term living services.

The program assists individuals in moving out of the institutions and eliminates barriers in service systems so that individuals receive services and supports in settings of their choice.

For more information about the Nursing Home Transition Program, please call 570-253-4262 and speak to our Intake Department.

Community Health Choices Waiver Program

Wayne County AAA is a service coordination provider for CHC Waiver Services. Eligibility requirements:

- Be a U.S. citizen or a qualified Non-citizen
- Have a Social Security Number
- Meet the level of care needs for a Skilled Nursing Facility
- Financial requirements determined by the County Assistance Office

If eligible, the following is a list of services available :

- Accessibility Technology and Home Adaptations
- Adult Daily Living Services
- Behavior Therapy
- Benefits Counseling
- Career Assessment
- Cognitive Rehabilitation Therapy
- Community Integration and Transition Services
- Counseling
- Employment Skills Development
- Home Delivered Meals
- Home Health Care
- Job Coaching
- Non-Medical Transportation
- Nutritional Counseling
- Participant-Directed Community Support
- Participant-Directed Goods and Services
- Personal Assistance Services
- Personal Emergency Response System (PERS)
- Pest Control
- Residential and Structured Day Habilitation
- Respite
- Service Coordination
- Specialized Equipment and Supplies
- TeleCare

*All services are subject to approval by the one of the 3 Managed Care Organizations (UPMC, Amerihealth Caritas, PA Health and Wellness) operating under the Office of Long-Term Living.

The OPTIONS Program

The OPTIONS Program is an array of long-term care choices based on assessment by one of our professional Care Managers and establishment of a care plan with the consumer and his or her family. The Care Manager works with the family to cooperatively determine the different types of services, such as Personal Emergency Response System buttons (PERS), Personal Care, Adult Daily Living Services, and other services to help consumers stay in their own homes and communities.

One of the goals of the OPTIONS Program in Wayne County is to give as much choice as possible to the consumer for the services he/she needs and for the provider of those services. Programs are being developed by the Pennsylvania Department of Aging and Wayne County Area Agency on Aging to increase choices for seniors who wish to remain in their homes as long as possible while receiving family and community agency help for the necessary things they can no longer do on their own.

The Adult Day Services Program

An Adult Day Services program is a cost effective program allowing much needed respite for families that have primary care of their loved ones. Adult Day Services provides a structured program of activities and health related services for older adults that are physically or cognitively challenged and who want to remain at home. The objective is to provide the client with social and mental stimulation, to care for their physical needs while giving their caregiver, usually a family member, and a much needed break. Participants that may have been isolated get to interact with peers, share in activities, and benefit from new friendships. It also helps to maintain their level of independence. Wayne County AAA may have program funding to offset the costs. Adult Day Services can be reached at 570-390-7388.

Caregiver Support Program (CSP)

The AAA Caregiver Support Program (CSP) helps the caregiver of an older adult by providing information about services that are available through its State and Federal Caregiver Support Programs. We can help by locating care providers, reimbursing for services and assistance with home modifications or assistive devices. The programs empower the older adult and his/her caregiver to choose what services suit their needs the best so that service is individually tailored for each family. Many services are available at no cost to the family. Those families with greater financial resources would be able to participate through cost-share participation where they would share in the cost, based on a sliding fee scale. For more information, please call 570-253-4262 and ask for our Intake Department.



Caregivers Support Group Meetings

If you are in need of an understanding ear, knowledgeable advice, helpful information, compassionate counseling and the interaction of people who experience similar needs and situations, you are welcome to join this group.

The Caregiver's Support Group offers a comfortable, convenient and consistent opportunity for people involved in caring for a chronically ill person to meet and share their thoughts and feelings with each other during stressful situations for advice and a helping hand.

The Caregiver's Support Group meetings are open to all and a great networking resource. Meetings take place from 1:30pm to 3:00pm on the second Wednesday of each month at the Honesdale Senior Center. Please call 570-253-4262 for more information.