



News For All Seasons



The Senior Farmer Market Nutrition Program provides \$20.00 in vouchers to eligible seniors.

This program is made possible through the Department of Agriculture, an equal opportunity provider.

SEE PAGE 6 FOR MORE INFO



Kentucky Derby DAY





June

MILK
WITH
ALL
MEALS



1) Pork Loin
Pierogies
Applesauce
Peas & Pearl onions
Ambrosia
Northern Wayne:
**Grape juice, broccoli
n chick pea salad,
chick salad, WW
bread, Ambrosia**

2) Broccoli n Chick
pea salad
HD-broccoli
Whole Wh
Spaghetti
With meat sauce
Italian bread
Apricots



5) Corn chowder
Wh Wh Bread
Salisbury steak
Gravy
CapeCod blend
vegetable
Orange segments

6) Shredded Pork
Barbecue
Regular Bun
Coleslaw
HD- green beans
Cauliflower
Warm Diced peaches
Over
Biscuit

7) Vegetable chili
Baked salmon with
honey mustard
W W Rotini
Scandinavian blend
Rye Bread
Fresh cut melon mix

8) Side Caesar salad
HD-juice
Ham with pineapple
slices
Fettuccini Alfaro
Sweet potato
Vanilla Ice cream

9) Breaded Chicken
tenders
Baked potato
w/sour cream
Baby carrots
Cabbage
Cornbread
Fruit cocktail



12) Haddock Fish
Patty On Reg
Hamburger Bun
Tartar sauce
Stewed tomatoes
Brussel sprouts
Oatmeal raisin cookie

13) California burger
On whole wheat Bun
Lettuce, tomato, onion
HD-Juice
Mayo pc
Sweet potato cubes
Cantaloupe



**14) BABY Spinach
salad with tomatoes,
radishes
HD-spinach
Chicken Cacciatore
over wh wh pasta
Succotash
Red Jello cake with
blueberries & whip
cream**

15) Vegetable lasagna
Sausage bites
Broccoli
Strawberries
Northern Wayne-
**cranberry juice, Roast
beef on rye with mus-
tard pc, Baby spinach
salad with salad
dressing, red jello
cake with blueberries
& whip cream**

16) **FATHER'S DAY**
Cranberry juice
Roast beef
w/gravy
Mashed
potatoes
Green bean
casserole
Ice cream



**STAY FOR YOUR
CENTER'S ICE
CREAM SOCIAL**

19) Meatloaf with
ketchup on top
Mashed potatoes
Mixed vegetable
Cornbread
Apple Betty



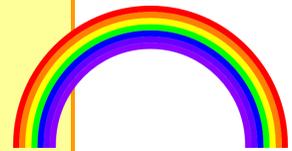
20) Tom w/beans
soup
Cheeseburger
Regular bun
Potato Salad
Pink Grapefruit



21) Tossed Salad
with grated carrots, red
peppers
Dressing pc
Hd- juice
Chicken parmesan
Wh wh penne
Broccoli
Vanilla ice cream

22) Soup-butternut
squash
Unsalted WW crax
Tuna fish salad
on wheat
Lettuce, tomato
Vegetable Slaw
Fruit Medley
HD-
Br. Fish sticks
Squash
Cabbage
Fruit medley

23) Orange/pineapple
juice
Egg Omelet
Turkey Sausage Patty
Hash brown potatoes
Rye bread
Oatmeal Raisin
Cookie



26) Stuffed Shells
Meatballs
Sauce
Parm on top
Cauliflower
Italian bread
Pineapple tidbits

27) Marinated tomato
slices topped with
mozz cheese
HD- zucc & tomatoes
Breaded pork chop
Garden Rotini
Wax beans
Pears

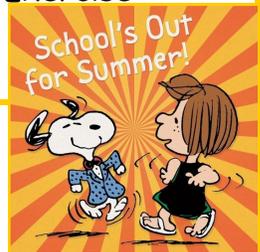
28) Tossed Salad
w/red n yellow peppers
Dressing
HD-juice
Pizza
Sausage bites
Sauce
Broccoli
Vanilla pudding

29) Roast turkey
Gravy,
Mashed potatoes
Brussels spouts
Dinner roll
Warmed diced peaches
On biscuit



30) Juice
BBQ Chicken
Macaroni salad
HD-Macaroni &
cheese
Cole slaw
HD-Peas & carrots
Strawberry shortcake
with blueberries

EVERYDAY AT THE HAWLEY CENTER

| | | | | |
|--|---|---|--|---|
| <u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 - 11:30 Exercise 11:30 - 3 Mah Jong | <u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo  | <u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 - 11:30 Exercise 1-2 Tai Chi *fee 5:30 - 8:30 Mah Jong | <u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 - 2:30 Card Club  | <u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 - 11:30 Exercise  |
|--|---|---|--|---|

EVERYDAY AT THE HAMLIN CENTER

| | | | | |
|--|---|--|---|---|
| <u>Monday</u> Cards & Games 8:00-12 Pinochle | <u>Tuesday</u> Cards & Games 1:00 Bingo | <u>Wednesday</u> Cards & Games 10:00 Exercise 1:00 Mah Jong | <u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts | <u>Friday</u> Cards & Games 10:00 Bingo |
|--|---|--|---|---|



EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP - WEDNESDAY, JUNE 14 - 1:30

| | | | | |
|---|--|--|---|--|
| <u>Monday</u> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing  | <u>Tuesday</u> 10:30 Exercise 1:00-4:00 Pinochle | <u>Wednesday</u> 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi *fee 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 1:30 Tap Dancing | <u>Thursday</u> 10:00 Games 10:00 - 12:00 Wii  10:30 Chair Yoga (2 ND & 4 TH Thurs- days) 1:00 Cards | <u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1:30 Memoir Writing Group (1 st & 3 rd) |
|---|--|--|---|--|



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.

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| | 6 | 7 | | | | | |



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|---|---|---|---|--|
| | | <p>Hot dogs available upon request</p> | <p>1) Soup of the day Chicken salad on a bun with lettuce & tomato</p> | <p>2) Cottage cheese & fruit Broccoli & cheese quiche</p> |
| <p>5) Corn chowder Sloppy Joe on a bun</p> | <p>6) Cottage cheese & fruit Turkey ranch wrap</p> | <p>7) Chicken Caesar Salad</p> | <p>8) Cottage cheese & fruit BBQ pulled pork wrap with soufflé of cole slaw</p> | <p>9) Soup of the day Ham & cheese quiche</p> |
| <p>12) Cottage cheese & fruit Sausage with onion/peppers on hoagie roll</p> | <p>13) Soup of the day BLT Sandwich</p> | <p>14) Chicken mandarin orange/almonds/ chow Mein noodles salad</p> | <p>15) Cream of tomato soup Grilled cheese sandwich</p> | <p>16) Cottage cheese & fruit Egg salad on a croissant with lettuce and tomato (in packing room)</p> |
| <p>19) Cottage cheese & fruit Philly cheese steak w/onions on a roll</p> | <p>20) Tomato & bean soup Reuben sandwich</p> | <p>21) Chicken, feta, cranberry & almond Salad</p> | <p>22) Butternut squash soup Tuna fish hoagie</p> | <p>23) Side salad Personal pizza</p> |
| <p>26) Cream of tomato soup Grilled cheese sandwich</p> | <p>27) Cottage cheese & fruit Chicken & cheese Quesadilla</p> | <p>28) Chef salad Cheese pizza by the slice</p> | <p>29) Cottage cheese & fruit Meatball parmesan hoagie</p> | <p>30) Soup of the day Cheese burger with lettuce, tomato and onion on bun</p> |

HEALTH AND WELLNESS - PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS

Living Well – Chronic Disease Self-Management Program



Wayne County Area Agency on Aging
323 Tenth Street, Honesdale, PA
570 253-4262

Presents a Free Five-Week Program at the Honesdale Senior Center

Topics Include: Managing symptoms, fitness/exercise, nutrition, communication, medication, working with health care professionals and systems, and MORE!

Program is recommended by AOA (Administration on Aging)

--- FREE LUNCH ---

Fridays 11:00-2:30 June 2, 2017 through June 30, 2017

Please Call Marie Alexander to Register

Wayne County Area on Aging

570-253-4262



Stanford University's Chronic Disease Self-Management Program teaches consumers skills to manage their conditions and build their self-confidence so they can be successful in adopting healthy behaviors, improve communication with their physician, and enhance their quality of life. It is designed to give older adults with chronic diseases, such as high blood pressure, diabetes and heart conditions, tips to help them make their daily lives more enjoyable.



April 27 th at the Gravity Inn. Our Waymart Golden Years Seniors Spring Fling Dinner!

This is the NINTH of a continuing series on . . .
SCAMS: PROTECT YOURSELF. PROTECT YOUR MONEY

THE ROMANCE SCAM



You have met someone in another city, state, or country online through an online dating profile or social media.

WARNING! This person may be “catfishing” you – a person on the Internet not being who they claim to be. This person makes him or herself attractive to you, and begins texting, emailing, or even calling you regularly. He or she claims to have fallen in love with you quickly, thereby forming a swift emotional attachment. Next thing you know, this new love interest has experienced some type of crisis and needs your help quickly. Or maybe you have made plans to marry, which will require travel, a visa, or other wedding-related expenses. This person needs money and asks for your help – through a money transmitter like Western Union, Money Gram, or by loading up a prepaid debit card. Or you may be asked to provide access to your bank account to make money transfers more easily. He or she will stay in touch with you and promise anything as long as you keep sending money. You will never actually meet this person and you will not be able to trace the money you sent.

Protect Yourself

- Avoid giving too many personal details about yourself until you are confident that you have come to know the person who is interested in you.
- Do not accept everything he or she tells you at face value.
- Google your “new love” and pay attention if his or her photo shows up with multiple names attached to it.
- If the person’s profile disappears from your dating website within a few days, there’s a good chance it was a fraud.
- Ignore out of the blue requests from potential spouses who are just looking for a free ticket.
- If you are a victim, contact the Pennsylvania Office of Attorney General · 1-800-441-2555 attorneygeneral.gov.



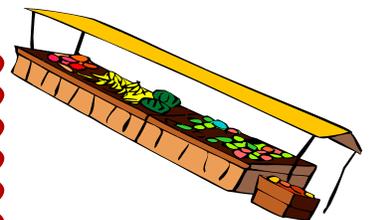
Wayne County Senior Centers

Hawley Center
 Bingham Park
 300 Park Place
 Friday, June 23rd
 10:00 am - noon

Hamlin Center
 Salem Township Bldg
 15 Township Bldg Rd
 Monday, June 26th
 10:00 am - noon

Honesdale Center
 323 10th Street
 Tuesday, June 27th
 9:00 am – ??

Vouchers will also be distributed at the five Wayne County Food Pantry sites in June



IMPORTANT REMINDER
 If you are picking up vouchers for someone other than yourself (even for a spouse; even if you have p.o.a.), you **must** have a signed proxy form. Please call the aging office at 253-4262 to have one mailed, faxed, emailed to you, or drop by any senior center for the proxy form, prior to distribution. You will still need to bring the required proof with you, along with the signed proxy form, for that person. Please call (570) 253-4262 with any questions.

Farmer Market Vouchers

To Qualify You Must Bring With You:
 Bring Proof of Age: driver’s license/id card/ birth certificate; (must be 60 by December 31, 2017)
 And Proof of Residence: utility bill with street address
 income guidelines: 1 person \$22,311; 2 people \$30,044

HAWLEY NEWS



Hello! June is going to bring us warmer & sunnier days than May. So join me and welcome all the spring days the season has to offer. I would like to let you know we have a birds nest at my house with 2 little eggs in it waiting to hatch. I will keep you all updated on their pro-

gress.

There are a few important things I need to mention. First, the Farmers Market Vouchers will be distributed on Friday June 23rd from 10am till 12 noon. Please have your income and proof of age and residence with you on that day. As always, first come first serve so please try and be here on time. Friday June 16th Charlotte from Drug and Alcohol will join us at 11:30 to speak on the devastating effects of alcoholism. Mark your calendars. Flag day will be held on June 14th. Come celebrate Old Glory with a delicious dinner followed by a Red, White and Blue dessert. June 16th we will host our Fathers Day tribute to the man who gave his wisdom, kindness and understanding to us all. We will have a luscious dinner and a mouth watering Ice Cream social to follow. Door prizes will be given to all the men in our lives.

Kentucky Derby day was celebrated by a display of unusual hats. We had fun judging . . . and the winners were: 1st - Prettiest went to Mildred Schonholz from Wayne Adult Day Services, 2nd-Most Original went to Ed Reim and 3rd - Most undesirable went to Frank Pierce. We all had a good time laughing, talking and most of all, eating and being surrounded by good company. Picture above shows all our Happy Kentucky Derby Day participants.

Mothers Day was grand with 45 seniors and 40 women celebrating. We had door prizes, flowers on the tables with candy bars for all to enjoy. Of course, thanks to our kitchen staff for the delicious meal that was prepared for us.

We are starting a new adventure here at the Hawley Senior Center: Wellness Chair Yoga. This begins the 1st and 3rd Thursdays in June starting at 10:30am. Our Yoga instructor is Diana Torre. She has been certified since 1993 in Yoga, also Silver Sneakers through the Arthritis Foundation. For more information please contact the Hawley Senior Center at 570-226-4209 anytime from 8am to 3pm. Hope to see you there.

Wayne County
WC
PL
 Public Library
 1406 Main Street
 Honesdale, PA 18431
 570-253-1220
 www.waynelibraries.org
 Connecting our community



BUILD A BETTER WORLD at Wayne Co Public Library Adult Summer Reading Program

Join us for book discussions, special programs, prizes, activities and more.
REGISTRATION: May 22-June 1, 2017

BOOK DISCUSSIONS

Tuesday, June 27 at 5:30

Hannah Swenson series
 (Joanne Fluke)

Tuesday, July 25 at 5:30

Any disaster books

Tuesday, Aug 15 at 5:30

China Bayles series
 (Susan Wittig Albert)

Prizes

PROGRAMS

Tuesday, June 20 at

5:30 Cupcake
 Decorating Contest

Tuesday, July 11 at

5:30 Emergency
 Preparedness

Tuesday, August 8

at 5:30 Herbs and
 What to do With
 Them

Prizes

ACTIVITIES

Scavenger Photo
 Search—July 10 to
 July 21(drawing)

Adult Coloring any
 time —stop at the
 circulation desk—
 (June to August)

U.S. Landmarks—
 How many do you
 know? Stop at the
 circulation desk.
 (June to August)

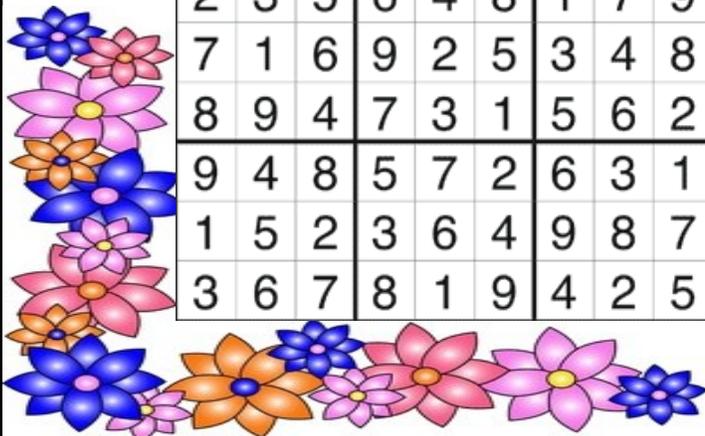
Prizes

Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register.

PA FORWARD

PENNSYLVANIA
 LIBRARIES

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 8 | 1 | 2 | 9 | 3 | 7 | 5 | 4 |
| 4 | 2 | 3 | 1 | 5 | 7 | 8 | 9 | 6 |
| 5 | 7 | 9 | 4 | 8 | 6 | 2 | 1 | 3 |
| 2 | 3 | 5 | 6 | 4 | 8 | 1 | 7 | 9 |
| 7 | 1 | 6 | 9 | 2 | 5 | 3 | 4 | 8 |
| 8 | 9 | 4 | 7 | 3 | 1 | 5 | 6 | 2 |
| 9 | 4 | 8 | 5 | 7 | 2 | 6 | 3 | 1 |
| 1 | 5 | 2 | 3 | 6 | 4 | 9 | 8 | 7 |
| 3 | 6 | 7 | 8 | 1 | 9 | 4 | 2 | 5 |



Pittsburgh, PA & Cleveland, Ohio

Featuring the Rock n' Roll Hall of Fame, Frank Lloyd Wright's "Fallingwater," tours & cruises

Sept. 11 – 15, 2017
5 Days – 4 Nights



**\$655 per person double
 occupancy**

\$855 pp single occupancy

Call Debbie for a sample itinerary

**To reserve your seat call Marie
 at 570-253-5540 or Debbie at
 570-878-5936**

A deposit of \$300 pp needs to be in by Tuesday, July 11, 2017 and balance by Friday, August 11th. Cancellation insurance can be purchased separately.

We have a very early morning start, so wear comfortable clothes and shoes. Departing behind Honesdale McDonald's at 5:00am, Hawley center at 5:30am and Hamlin center at 6:00am.

"100 Years of American Musical Heritage"

Thursday & Friday, June 8 & 9, 2017

\$170.00 per person Double \$210.00 per person Single

Pick-ups begins behind the Honesdale McDonald's at 7am, Hawley Center at 7:30am, and Hamlin Center at 8am.

Sample itinerary : second stop (there will be a rest stop on the way south) will be at the Cracker Barrel in Chambersburg for lunch. Lunch

Reserve your seat with Marie at 570-253-5540
or Debbie at 570-878-5936.

We need 40 people on the bus to make this trip possible, so tell your friends!!!

is on your own, not included. After lunch we are off to Mercersburg to *The Pennsylvania Opry*. Join the PA Opry on a thrilling musical journey through 100 years of American popular music heritage. Starting with music from The Civil War era traveling through time to the era of the Civil Rights. It's an all American Revue! After the show we are off to check into the Comfort Inn in Greencastle. Time to fluff and buff before departing for dinner at 6pm. Dinner will be at the Keystone Family Restaurant in Waynesboro. After a good night's sleep and breakfast at the hotel we are off to the historic Round Barn Farmers Market in Adams County. The afternoon will be spent at the Hollywood Casino where you can grab lunch (on your own) and try your luck in the casino. (\$5 food voucher & \$30 slot play. We start heading home (with our winnings) at 5pm. We should be back in Wayne County about: Hamlin at 7pm, Hawley at 7:30pm, and Honesdale at 8pm.

Pennsylvania Opry & Hollywood Casino



Mohegan Sun Casino

Friday

August 4

\$22.00 per
person

Price includes:

- \$25 free slot play
- \$5 food voucher
- bus transportation
- driver's tip



Depart:

Honesdale McDonald's @ 9:00am
Ray's Market, Waymart @ 9:20am
Hawley Senior Center @ 8:30am

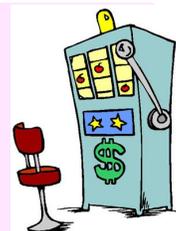
Return Home:

Honesdale @ 4:15pm
Waymart @ 3:45pm
Hawley @ 4:30pm

Depart casino at 3:00pm

Sign up with Marie at 253-5540 or
Debbie at 570-878-5936

- *Money needs to be in by Monday, July 24
- *Make checks payable : Wayne County Aging
- *Cancellation Policy: Your money refunded only if your seat can be filled, until July 24th. After July 24th money will not be refunded for any reason.



Production Coordinator: Kathy Robbins
Menu Coordinator: Amy Costantino
Editor: Kathleen Chicoski
kchicoski@waynecountypa.gov



Wayne County's Information and Referral Program NOW ONLINE!
We're free and confidential connecting people to services in Wayne County. Call the WINFO Line (570)253-5986 or Toll free 1-866-253-5986
OR you can logon to the Wayne County Website @ www.waynecountypa.gov

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

Hamlin Center Salem Township Building, 15 Township Bld. 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 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 satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ Masonic Hall 136 South Street, Waymart Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-2, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-11, 2nd and 4th Wednesdays; Hawley Senior Center, 9-11, 1st and 3rd Wednesdays. For more info please call: 570-253-5970, Ext. 3114..



The Wayne County Adult Day Service is open Monday - Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.



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

Dads

ARE MOST ORDINARY MEN
TURNED BY LOVE
INTO HEROES, ADVENTURERS,
STORY-TELLERS,
AND SINGERS OF SONG.

- PAM BROWN -