

NEWS FOR ALL SEASONS



Issue 80

March 2017

WAYNE COUNTY AREA AGENCY ON AGING

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Telespond Senior Services, Inc and the Wayne County Area Agency on Aging would like to announce the opening of the new Wayne County Adult Day Services program in Hawley, located at 337 Park Place, Suite B behind the Hawley Senior Center.



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. Personal care is offered which includes assistance with toileting, showers, grooming and other activities of daily living. A healthy meal along with snacks are provided in a safe, secure and pleasant environment. There are a variety of specifically designed therapeutic activities, daily exercises, music, card games and crafts supervised by an Activities Supervisor. Transportation is also provided to and from the center through the local Coordinated Transportation system if needed. Nursing support is offered, including, blood pressure & weight checks, medication monitoring, dietary supervision and wound care.

There are many benefits from Adult Day Services besides the obvious assistance the client receives. Caregiving can be a demanding responsibility for a spouse, child, relative or friend who has been caring for someone with Alzheimer's disease, dementia, a stroke, Parkinson's Disease, depression or other health related issues. Adult Day Services allows caregivers to continue working outside the home. Caregivers' also have their own medical needs, and household responsibilities, such as banking, laundry, groceries, and they need time to care for themselves, sometimes simply just to rest. Caregivers' are often sleep deprived.



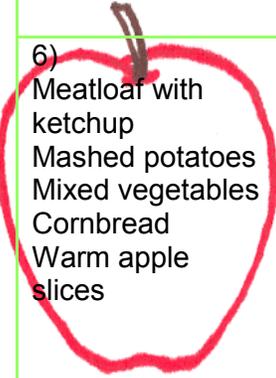
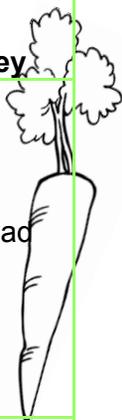
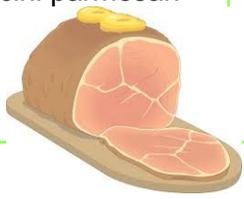
With the support of the Wayne County Area Agency on Aging, members of the community - especially the Wayne County Area Agency on Aging Advisory Council and Caregiver Support Group, local government, the State Department of Aging and Telespond Senior Services - the Wayne County Adult Day Services has come to fruition.

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.



MARCH



<p>*NW- 2ND Cranberry juice Baby spinach salad Chicken salad on rye Pineapple & orange tidbits</p>	<p>*NW -16TH Juice Tossed salad Ham & cheese on rye Potato salad Pistachio fluff</p>	<p>1)  Vegetable lasagna Broccoli Strawberry shortcake Milk served with all meals</p>	<p>2) Baby spinach salad w/ tomatoes, radishes HD- Juice Italian dressing Chicken tetrazzini Rice Green beans Pineapple & orange tidbits *Northern Wayne</p>	<p>3) Breaded haddock on a bun Tartar sauce Stewed tomatoes Brussels sprouts Oatmeal raisin cookie</p> 
<p>6) Meatloaf with ketchup Mashed potatoes Mixed vegetables Cornbread Warm apple slices</p> 	<p>7) Beef Barley soup Cheeseburger on bun Potato salad HD-diced potatoes Pink grapefruit</p> 	<p>8) Tossed salad w red peppers Ranch dressing HD-Juice Chicken parmesan Wheat rotini Broccoli Ice cream</p>	<p>9) Roast turkey  Stuffing Gravy Mashed potatoes Brussels sprouts Warm peaches on biscuit</p> 	<p>10) Butternut squash soup Tuna salad on rye Lettuce & tomato Vegetable slaw Diced fruit medley HD MEAL Apple juice Pollock loin Garden rotini Wax beans Squash Diced fruit medley</p>
<p>13) Stuffed shells Meatballs Sauce Cauliflower Italian bread Pineapple tidbits</p> 	<p>14) Breaded pork chop Garden rotini Wax beans Carrots Strawberries</p>	<p>15) Or-pineapple juice Egg omelets Turkey sausage Potatoes Rye bread Ketchup Grapes</p> 	<p>16) Tossed salad w red & yellow peppers French dressing HD-Juice Cheese pizza Italian sausage Broccoli Ice cream *Northern Wayne</p>	<p>17) Ham & cabbage Boiled potatoes Carrots Pumpnickel bread Pistachio fluff</p> 
<p>20) Baked chicken filet Succotash Candied carrots Rice pilaf Pink grapefruit</p>	<p>21) Broccoli & chick pea salad HD-Broccoli Wheat Spaghetti with meat sauce Apricots</p>	<p>22) Pork loin Pierogies Applesauce Peas & onions Ambrosia</p> 	<p>23) Veggie slaw HD-juice Southern chicken strips Asparagus Brown herbed rice Pears</p>	<p>24) Cream of potato soup Bake tilapia Florentine Squash Strawberry shortcake</p> 
<p>27) Salisbury steak w/ Gravy Mashed potatoes Cape cod blend Wheat bread Orange segments</p>	<p>28) Shredded BBQ Pork on bun Coleslaw HD-cabbage Cauliflower Warmed peaches On biscuit</p>	<p>29) Oven roasted Chicken Baked potato Sour cream Baby carrots Corn bread Fruit cocktail</p>	<p>30) Carrot salad HD-carrots Ham with pineapple Fettuccini parmesan Ice cream</p> 	<p>31) Vegetable chili Baked salmon w/dill sauce Wheat rotini Brussel sprouts Rye bread Grapes</p>

EVERYDAY AT THE HAWLEY CENTER

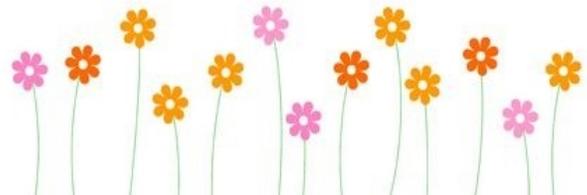
<p><u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling</p>	<p><u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo</p>	<p><u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi *fee 5:30 – 8:30 Mah Jong</p>	<p><u>Thursday</u> Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club</p>	<p><u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise</p>
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EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, MARCH 8 – 1:30

<p><u>Monday</u> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing</p>	<p><u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle</p>	<p><u>Wednesday</u> 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi *fee 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing</p>	<p><u>Thursday</u> 10:00 Games 10:00 - 12:00 Wii 10:30 Chair Yoga (2ND & 4TH Thursdays) 1:00 Cards</p>	<p><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 (1st & 3rd)</p>
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EVERYDAY AT THE HAMLIN CENTER

<p><u>Monday</u> Cards & Games 8:00-12 Pinochle</p>	<p><u>Tuesday</u> Cards & Games 1:00 Bingo</p>	<p><u>Wednesday</u> Cards & Games 10:00 Exercise 1:00 Mah Jong</p>	<p><u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts</p>	<p><u>Friday</u> Cards & Games 10:00 Bingo</p>
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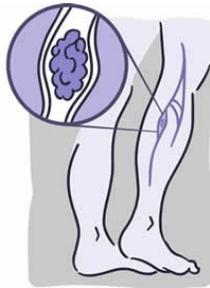
NORTHERN WAYNE CENTER – Thursday, March 2 and March 16

On Thursday, February 2 we celebrated Valentine's Day. Katie from Ladore Lodge & Conference Center, Waymart gave a very informative talk on the activities available there. For details call (570) 488-6129.

In March we return to meeting twice a month on the first and third Thursdays. On March 2, we will have a speaker from the Cancer Institute of America. Please call Marie at (570) 253-4262 for reservations. See you there.

How to Spot and Prevent Deep Vein Thrombosis

Lots of things can cause pain and swelling in your leg. But if your symptoms stem from a blood clot deep in your leg, it can be dangerous. Blood clots can happen to anyone, anytime. But some people are at increased risk. Taking steps to reduce your chances of a blood clot forming in your veins can help you avoid potentially serious problems.



Blood clots can arise anywhere in your body. They develop when blood thickens and clumps together. When a clot forms in a vein deep in the body, it's called deep vein thrombosis. Deep vein blood clots typically occur in the lower leg or thigh.

“Deep vein thrombosis has classic symptoms—for example swelling, pain, warmth, and redness on the leg,” says Dr. A. Kindzelski, an NIH blood disease expert. “But about 30–40% of cases go unnoticed, since they don't have typical symptoms.” In fact, some people don't realize they have a deep vein clot until it causes a more serious condition.

Clues of a Clot

Seek treatment if you have these symptoms. They may signal a deep vein clot or pulmonary embolism:

- swelling of the leg or along a vein in the leg
- pain or tenderness in the leg, which you may feel only when standing or walking
- increased warmth in the area of the leg that's swollen or painful
- red or discolored skin on the leg
- unexplained shortness of breath
- pain with deep breathing
- Coughing up blood

Deep vein clots—especially those in the thigh—can break off and travel through the bloodstream. If a clot lodges in an artery in the lungs, it can block

blood flow and lead to a sometimes deadly condition called pulmonary embolism. This disorder can damage the lungs and reduce blood oxygen levels, which can harm other organs as well.

Some people are more at risk for deep vein thrombosis than others. “Usually people who develop deep vein thrombosis have some level of thrombophilia, which means their blood clots more rapidly or easily,” Kindzelski says. Getting a blood clot is usually the first sign of this condition because it's hard to notice otherwise. In these cases, lifestyle can contribute to a blood clot forming—if you don't move enough, for example. Your risk is higher if you've recently had surgery or broken a bone, if you're ill and in bed for a long time, or if you're traveling for a long time (such as during long car or airplane rides).

Having other diseases or conditions can also raise your chances of a blood clot. These include a stroke, paralysis (an inability to move), chronic heart disease, high blood pressure, surgical procedure, or having been recently treated for cancer. Women who take hormone therapy pills or birth control pills, are pregnant, or within the first 6 weeks after giving birth are also at higher risk. So are those who smoke or who are older than 60. But deep vein thrombosis can happen at any age.

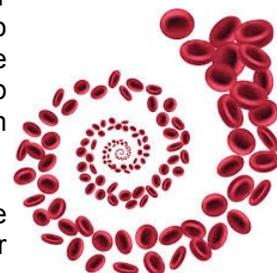
You can take simple steps to lower your

chances for a blood clot. Exercise your lower leg muscles if you're sitting for a long time while traveling. Get out of bed and move around as soon as you're able after having surgery or being ill. The more active you are, the better your chance of avoiding a blood clot. Take any medicines your doctor prescribes to prevent clots after some types of surgery.

A prompt diagnosis and proper treatment can help prevent the complications of blood clots. See your doctor immediately if you have any signs or symptoms of deep vein thrombosis or pulmonary embolism. A physical exam and other tests can help doctors determine whether you've got a blood clot.

There are many ways to treat deep vein thrombosis. Therapies aim to stop the blood clot from getting bigger, prevent the clot from breaking off and moving to your lungs, or reduce your chance of having another blood clot.

If you think you may be at risk for deep vein thrombosis, talk with your doctor.



Source:
N I H
(News In
Health)

Community Services Program Listing

- Flu Shot Program (Community Partner: Wayne Memorial Hospital)
- AARP Smart Driver Course
- Nutrition Seminars
- Have Your Medications Had a Checkup Lately?
- Jazz, Tap & Line Dancing Classes
- Wayne County Volunteer Program
- Volunteer 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
- Wayne County Children's Christmas Bureau



Please call Wayne County Area Agency on Aging at 570-253-4262 for more information about these programs.



February Birthdays at Honesdale Center
(left to right):
Marie Alexander,
Mike Hegedus,
Alice Williams,
Sandy August ,
Alvira Risner (sitting)

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



Ponzi schemes are named after the early 20th century swindler Charles Ponzi, whose most infamous modern successor is Bernie Madoff. Ponzi schemes take many forms, but they all depend upon a steady stream of investors who are promised regular, abnormally high rates of return. Without a steady stream of new investors, the Ponzi scheme becomes a “house of cards” that collapses under its own weight, with the scam artist long gone with investors’ money.

Ponzi schemes can be difficult to spot, but here are some of the warning signs:

- Victims are urged to cash in on a quick, speculative scheme.
- Investors are promised that their investment is “risk free.”
- Ponzi promoters often depend on social circles: early investors unwittingly line up their closest friends, relatives and professional associates as new victims.
- Early investors are paid off handsomely. This is the “proof” that later, more skeptical investors insist on seeing before they jump in with both feet.



Protect Yourself

All legitimate investments involve a degree of risk. Beware of promises of high, guaranteed, “risk free” profits.

Avoid promoters who refuse to provide clear and detailed explanations of their investment vehicles.

Don’t be rushed into making a decision. Beware of sellers creating a false sense of urgency to immediately invest.

Check out the promoter’s background through FINRA’s Broker Check.

Financial Industry Regulatory Authority (FINRA)

BrokerCheck (research Brokers, Brokerage Firms, Investment Adviser Representatives and Investment Adviser Firms)

finra.org/Investors/ToolsCalculators/BrokerCheck/

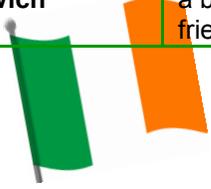
Make sure the investment is registered as a securities offering with the Pennsylvania Department of Banking and Securities or the federal Securities and Exchange Commission. (Pennsylvania Department of Banking and Securities · 1-800-PA-BANKS (800-722-2657) dobs.pa.gov)

- Ask for detailed information in writing and verify the promoter’s claims.
- Be cautious of deals that cannot be checked out in person.
- Look for un-businesslike conduct or disruption of promised services.

If you become a victim, contact the Pennsylvania Office of Attorney General, (1-800-441-2555 attorneygeneral.gov) the Pennsylvania Department of Banking and Securities or your local law enforcement agency.

PONZI SCHEMES

March 2017 Ala Carte Menu		1) Soup of the day Baby spinach salad (HB Egg, Bacon bits, tomato, croutons)	2) Soup of the day Turkey, bacon ranch wrap	3) Soup of the day Chicken salad on rye
	6) Soup of the day Sausage with peppers & onions on roll	7) Soup of the day Cheese tortellini sautéed w spinach & garlic	8) Soup of the day Turkey BLT salad	9) Soup of the day Meatball Parm hoagie
	13) Soup of the day Turkey & Swiss on croissant	14) Soup of the day Chicken cheese steak hoagie with onions	15) Soup of the day Chicken, cran, feta, almond salad	16) Soup of the day Cottage cheese & fruit platter
	20) Soup of the day Seafood quiche	21) Soup of the day Chili dog with onion rings	22) Soup of the day Mandarin chicken salad	23) Soup of the day Cheese steak with onion on roll
	27) Tomato Soup Grilled cheese sandwich	28) Soup of the day Cheese burger on a bun with French fries	29) Soup of the day Chef salad	30) Soup of the day Egg salad on rye
				31) Soup of the day Loaded Hassel- back potatoes



LIBRARY EVENTS—Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org

March 4, 2017 Bringing Money Down to Earth 10:30 to 11:30:
Jack Barnett of Slow Money Delaware River will discuss how slow money can benefit the region's farmers, small business and artisan food entrepreneurs, restaurateurs and retail and wholesale purveyors of local and sustainable food. And help potential investors to better align their money with their values for a more resilient local economy and sustainable environment.

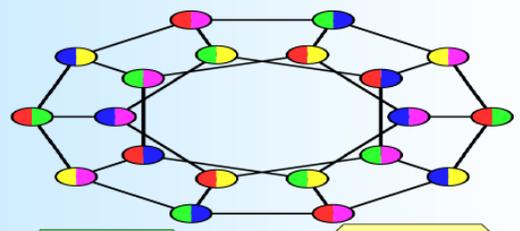


March 11, 2017 Eat Local: Stay Cool & Healthy in a Thriving Community 10:30 to 11:30:
presented by Mary Anne Carletta, SEEDS. How does eating food from local farms help you, your family, our community and the earth? How can you support our local farmers better while giving yourself a healthier diet and a more vibrant local economy?



Adult Coloring Night

Spend an evening coloring away the stress and tension and return to those childhood days of relaxation at the **Wayne Co Public Library, 1406 Main St, Honesdale Pa**



**TUESDAY
MARCH 14
AT 5:30**

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

Supplies Furnished
Snacks Provided



Hope for Veterans Program to House Homeless Veterans and their Families—Expands to Six New Counties in PA

Now Serving Montgomery, Berks, Schuylkill, Carbon, Luzerne, and Wayne

Program Prevents Homelessness and Rapidly Re-Houses Homeless Veteran Households

Veteran families in need of assistance through Community Hope's SSVF Program should call their veterans referral hotline at 1-855-483-8466 or email SSVF@communityhope-nj.org

Website – www.hopeforveterans.org and www.communityhope-nj.org



Honesdale Center News

Chinese New Year: We celebrated the Year of the Rooster on February 1. The seniors enjoyed some Asian treats and door prizes. Thank you to China Castle at 1143 Main Street, Honesdale for their donation of beautiful straw calendars.

Valentine's Day Party: Over 70 seniors enjoyed fun and frivolity at the Honesdale center on the February 14 when we celebrated a day of love! It was great to see some new faces, and even better to learn of their promise to return.

Italian Day, March 8: Please join us for Italian Day! Chicken Parmesan and rotini is on the menu and the lunch will feature special Italian treats, music and some door prizes. Come on in and mangia Italiana! Call for reservations (570) 253-4262.

St. Patrick's Day Celebration: Join us for the wearin' of the green as we celebrate the day when everyone is Irish, Friday, March 17. A traditional St. Patrick's Day lunch will be served, followed by a green dessert. Surely some leprechauns will be up to fun and games. Please call the center at (570) 253-4262 for reservations.



*Pictures from Valentine's Day luncheon at the Honesdale Center. Lucky winners on opposite page/clockwise:
Rosanna LoPresti getting ready to open her prize.
Bernie Derrick won the jar of Hershey's chocolate kisses after correctly guessing the amount at the Valentine's Day lunch.
Tom Jamroz another lucky door prize winner.
Swadesh Ahluwalia is all smiles after winning her door prize.*





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ATTENTION GRANDPARENTS!

We need you!

Grandparents raising Grandchildren support group now meeting. You face unique challenges and who better to understand those challenges than a group of your peers?

6p.m. Every other Thursday

David Katz Conference Room Wayne Memorial Hospital.

February, March meetings first Thursday only

Meetings are Thursday, February 2, March 2 & bi weekly beginning April 6th

For more information or to attend these meetings, please contact Pediatric Practices of Northeastern Pa's Medical Home Care Coordinator, Allyson Pretty-Hopkins
570-253-5838 or 570-862-9526 or visit us on facebook.

This group is also open to aunts/uncles, siblings and foster families raising children in a nontraditional setting. Childcare available for most meetings with activities and light snacks available.

*Honesdale * Hawley * Hamlin * Bus Trip "Bermuda Avenue Triangle"

This outrageous comedy proves that you're never too old to fall in love... or lust!!!
Silver Birches (Formerly Ehrhardt's) Wednesday, April 19

\$60.00 per person includes: Luncheon served family style, the comedy show "Bermuda Avenue Triangle," snacks upon arrival and after the show, transportation and gratuities.

A sneak peek at the show; Jewish Fanny and Italian Tess are two unhappy widows whose daughters move them from New York to a retirement village in Las Vegas. There they meet Johnny, a drunken gambler who's short on cash but long on charm.

And you know... what happens in Vegas, stays in Vegas!!!



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

Depart:

Hamlin @ 9:00am

Honesdale @ 9:30am

Hawley @ 10:00am

Arrive Home:

Hamlin @ 5:00pm

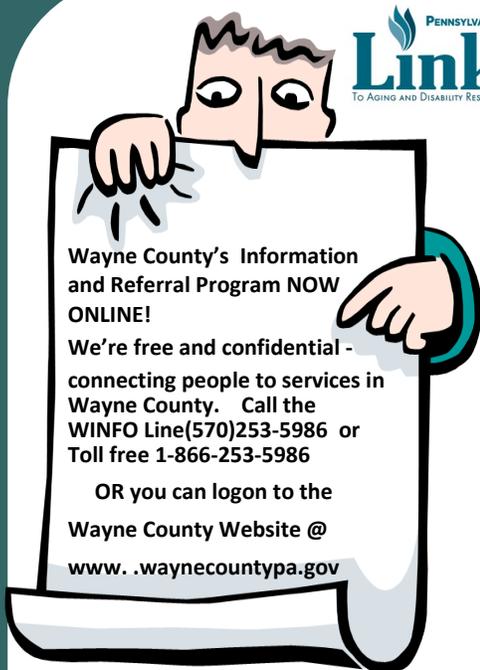
Honesdale @ 4:30pm

Hawley @ 4:00pm

*Money needs to be in by Tuesday, April 4, 2017

*Make checks payable to: Wayne County Aging

*Cancellation Policy: Money refunded on if your seat can be filled.
After April 4th no refunds for any reason.



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](http://www.waynecountypa.gov)

Production Coordinator: Kathy Robbins

Menu Coordinator: Amy Costantino

Editor: Kathleen Chicoski

kchicoski@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, 9-12, 1st and 3rd Wednesdays; Hawley Senior Center, 9-12, 2nd and 4th Wednesdays. For more info please call: 570-253-5970, Ext. 3114.



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



"She turned to the sunlight
And shook her yellow head,
And whispered to her neighbor:
"Winter is dead."
— A.A. Milne