

NEWS FOR ALL SEASONS

ISSUE 78

Thank you to Woodloch and their 12 days of giving....

Everyone loved the cooking show!



Happy Holidays



<p>January 2017 MENU Closed</p>	<p>3) Cranberry juice BBQ chicken Rice pilaf Baked beans Apple oatmeal crisp</p>	<p>4) Three bean salad HD- Green beans Beef stroganoff Whole grain rotini Harvard beets Fresh fruit</p>	<p>5) Cole slaw HD- Cabbage Chili con carne over rice Chuckwagon blend Corn bread Melon mix <i>* see below</i></p>	<p>6) Tossed salad HD- juice Lemon pepper fish Stewed tomatoes Potatoes O'brien Pistachio pudding</p>
				
<p>9) Red cabbage salad HD- Red cabbage Lemon chicken Brown rice Zucchini & tomatoes Wheat bread Peaches</p>	<p>10) Split pea soup w/ crackers Chicken nuggets Oven browned potatoes Broccoli medley Cookies</p>	<p>11) Tossed salad HD-juice Italian meatballs with sauce Rotini Carrots Italian bread Mandarin oranges</p>	<p>12) Carrot salad HD- carrots Meatloaf & gravy Parsley potatoes Succotash Whole wheat bread</p>	<p>13) Broccoli & chick pea salad HD-broccoli Chicken stew over a biscuit Mashed potatoes Yogurt cup</p>
<p>16) Closed</p> 	<p>17) Breaded fish sticks W/ tartar sauce Creamed spinach Parsley potatoes Dinner roll Fruited jello</p>	<p>18) Corn chowder w/ crackers Chicken cordon bleu Herbed rice Peas & onions Ambrosia</p>	<p>19) Pear waldorf salad HD-juice Teriyaki chicken Brown rice Zucchini & carrot stir fry Mandarin oranges</p>	<p>20) Green bean & tomato salad HD- Green beans Stuffed shells & tomato sauce Sautéed zucchini & onions Vanilla pudding</p>
<p>23) Cottage cheese/ fruit Chili burger on bun Scalloped potatoes Green beans Ice cream</p>	<p>24) Orange juice Ham, macaroni & cheese bake Wheat bread Mixed vegetables Pears</p>	<p>25) Beef barley soup w crackers Lemon garlic & herb baked Salmon Brown rice Green beans Fresh fruit</p>	<p>26) Black bean/corn salad Italian sausage w/ pepper & onion hoagie Potatoes O'brien Ice cream</p>	<p>27) Tossed salad HD-juice Stuffed chicken breast Herbed rice medley Brussel sprouts Chocolate cake</p>
<p>30) Tomato & corn salad HD-corn Stuffed cabbage Mashed potatoes Carrots Rye bread Granola bar</p>	<p>31) Red beets & onions Chicken parme- san Over pasta Pacific medley Italian bread Fresh fruit</p>		<p>Milk served with all meals</p>	<p><i>*NW menu 1/5 Cole slaw, chicken salad, wheat bread, 3 bean salad, melon mix</i></p> 

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
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EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u> Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	<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
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EVERYDAY AT THE HONSDALE CENTER

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, JANUARY 11 – 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 1:30 Tap Dancing	<u>Thursday</u> 10:00 Games 10:00 - 12:00 Wii 10:30 Chair Yoga (1 st , 8 th , 22 nd) 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)
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NORTHERN WAYNE CENTER – THURSDAY, JANUARY 5



I Have A Dream

Martin Luther King, Jr. Day

**ALL CENTERS
CLOSED –
MONDAY,
JANUARY 16
MARTIN LU-
THER KING,
JR. DAY**

**ALL CENTERS/OFFICES
CLOSED
MONDAY, JANUARY 2
HAPPY NEW YEAR !!**



HAWLEY NEWS: Here we go again the start of a brand new year. We wish you all a Happy, Healthy and Prosperous 2017. I'm going to start off this newsletter by telling everyone about our Christmas Party. It turned out well in spite of the cold weather. We ended up having 65 participants. Holiday music by Andy Anderson and Santa Claus showed up for the festivities as well. We enjoyed a delicious meal that was prepared by our kitchen staff. All the seniors left happy by taking something home from Santa to put under their tree. We would like to take this time to thank the kitchen for all they do for us. They work hard to make sure we all have a nutritious meal everyday. We wish them a Merry Christmas and Happy New Year. I also would like to thank all my volunteers who helped me pull off this wonderful gathering. I could not have done it without you.

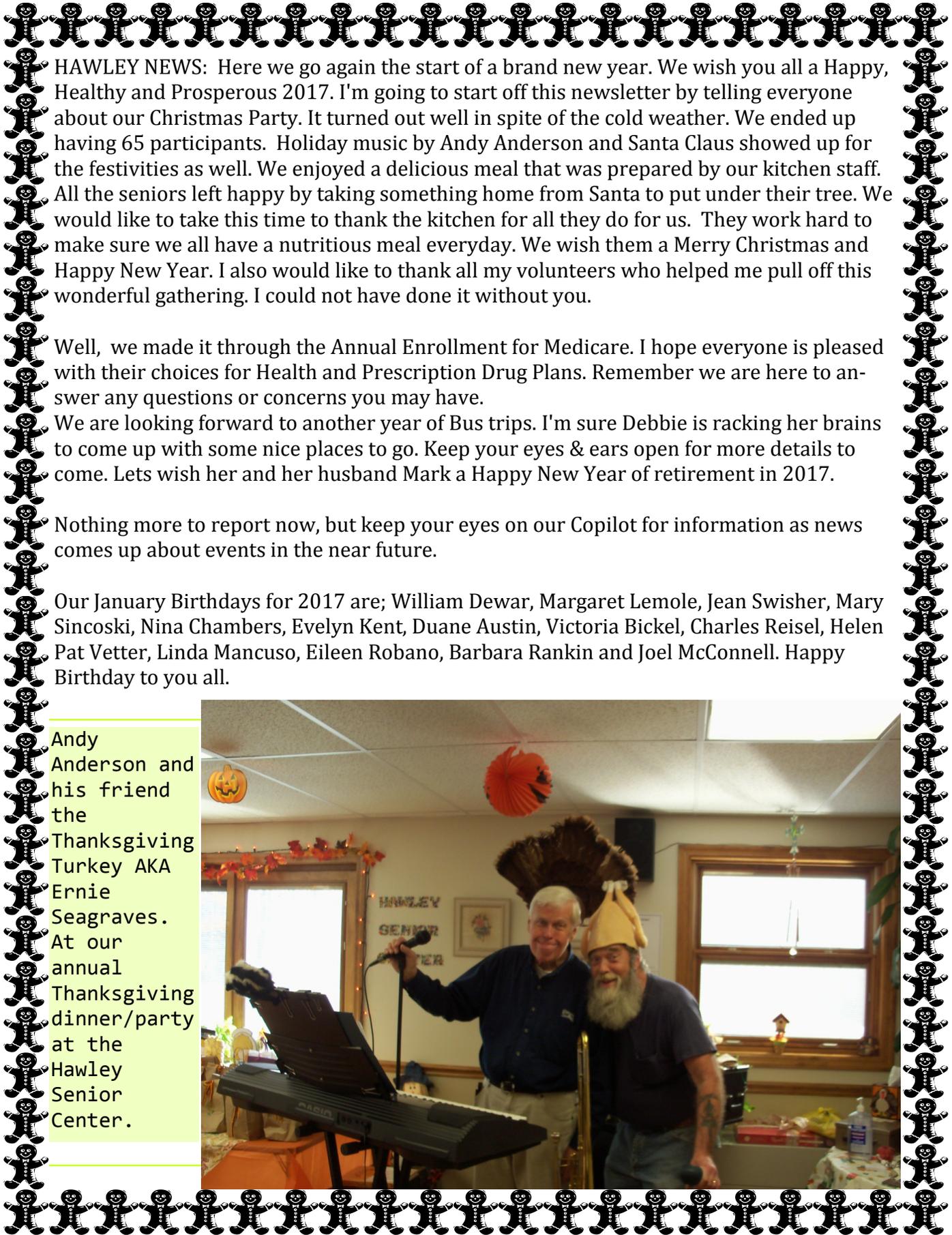
Well, we made it through the Annual Enrollment for Medicare. I hope everyone is pleased with their choices for Health and Prescription Drug Plans. Remember we are here to answer any questions or concerns you may have.

We are looking forward to another year of Bus trips. I'm sure Debbie is racking her brains to come up with some nice places to go. Keep your eyes & ears open for more details to come. Lets wish her and her husband Mark a Happy New Year of retirement in 2017.

Nothing more to report now, but keep your eyes on our Copilot for information as news comes up about events in the near future.

Our January Birthdays for 2017 are; William Dewar, Margaret Lemole, Jean Swisher, Mary Sincoski, Nina Chambers, Evelyn Kent, Duane Austin, Victoria Bickel, Charles Reisel, Helen Pat Vetter, Linda Mancuso, Eileen Robano, Barbara Rankin and Joel McConnell. Happy Birthday to you all.

Andy Anderson and his friend the Thanksgiving Turkey AKA Ernie Seagraves. At our annual Thanksgiving dinner/party at the Hawley Senior Center.





HAMLIN NEWS:

Happy New Year! All of us here at the Hamlin Senior Center hope that everyone had an enjoyable holiday. I am certainly ready to start this brand new year with a positive attitude and plans for some wonderful events and activities, but it wouldn't be right for me not to reminisce a little about dear old 2016.

December was full of fun as we experimented with a few new activities on our schedule. We made holiday Poinsettia Pens, Glass Dipped and waxed Ornaments, as well as some freestyle craftiness. We have gained a beautiful variety of bright new puzzles, large and small. We started our new puzzle corner where you can sit with a friend, for a long or short time, and help us get all the pieces in the right spots (this is definitely a group effort).

We were visited by the Spotlight Players who performed excerpts of "It's a Wonderful Life" Radio Play. They were fantastic! The Black Bear Conservancy's Woman's Choir graced us with their beautiful voices as they sang "Ave' Maria". It brought me back to my childhood, when my grandmother sang it to me. They led us in some comical Christmas Carols and then sang lovely Happy Birthdays to a few amazing ladies here in Hamlin.

Of course there was a Christmas and New Year celebration, but the biggest news I have to share has been in the works long before I came to the Hamlin Senior Center. After years of effort, and several roadblocks, there is now an absolutely beautiful sign at the entrance to our center. Now, all traveling along Route 590 are able to find us with ease. **But wait...there's more...** we now have a marquis board so we can announce special dates. This sign was made possible through a collaborative effort between Wayne County, Salem Township, and The American Legion.

To celebrate the arrival and installation of our new sign, a Dedication Ceremony was led by The American Legion Post 807. As Bugler Bob Duffy played, the Colors of Post 807 were posted; I then had the honor of leading our guests in the Pledge of Allegiance. We had many distinguished guests, including Honorable Jonathan Fritz, Wayne County Commissioner and State Representative Elect of the 111th District. I am incredibly grateful to him for speaking to all of our guests.

The past few months have been so wonderful. I love getting to know everyone and am truly appreciative of the patience and kindness I have been shown by the members of the center, as well as the incredible staff and supervisors in Honesdale. I feel like part of such an amazing team and I am so excited to be here. Please come visit us in Hamlin, we will be starting a new short video and discussion series soon, and it would be great to have you. Happy New Year Everyone!



You may have seen the flowing postures and gentle movements of tai chi and wondered what it's all about. Tai chi is an ancient mind and body practice. While more research is needed, studies suggest that it may have many health benefits.

Tai chi is sometimes referred to as "moving meditation." There are many types of tai chi. They typically combine slow movements with breathing patterns and mental focus and relaxation. Movements may be done while walking, standing, or sitting.

"At its root, tai chi is about treating the whole person and enhancing the balance and crosstalk between the body's systems," says Dr. P. Wayne, a longtime tai chi researcher at Harvard Medical School. "It's a promising intervention for preserving and improving many areas of health, especially in older adults."

Several studies have found evidence that tai chi can increase balance and stability in older people and reduce the risk and fear of falls. Each year, more than 1 in 4 older adults falls, and 1 out of 5 of these falls causes a serious injury such as broken bones or a head injury.

"Trying to be careful can make you more prone to falls," Wayne says. "Tai chi may help you move more confidently and safely again." Some NIH-funded research suggests that tai chi may also improve balance and prevent falls in people with mild-to-moderate Parkinson's disease.

Research suggests that practicing tai chi might help improve posture and confidence, how you think and manage emotions, and your quality of life. Studies have

found that it may help people with fibromyalgia sleep better and cope with pain, fatigue, and depression. Regular practice may also improve quality of life and mood in people with chronic heart failure or cancer. Older adults may find that tai chi can help improve sleep quality and protect learning, memory, and other mental functions.

Further study will be needed to fully evaluate and confirm the potential benefits of tai chi. But since the practice involves moving slowly and mindfully, there's little chance of harm when done correctly.

"Whether you're interested in trying tai chi to help with a chronic health issue or the stresses of everyday life, tai chi can be a great complement to other ways of healthy living and rehabilitation," Wayne says. "I think we're all looking for tools to help us live productive, long lives with a little more grace and ease."

There are different styles and ways to practice tai chi, Wayne says. If you're interested in trying it, you can start simply. For instance, try standing behind and holding onto a sturdy chair for support, then mindfully rock back and forth to build awareness of all the parts of your body and their connections. Eventually, you might move on to practice more complex movements or sequences.

Source: National Institute of Health

Is Tai Chi Right for Me?

- **Talk with your health care provider about your physical activity and limits. Ask whether tai chi might be a good option for you.**
- **Look for classes based on your age and health. Some classes may be geared toward college students and stress management; others may be designed for folks over age 60 with particular medical conditions.**
- **Observe several teachers and classes to find a fit for you. There are different teaching styles, levels, and ways to practice tai chi.**
- **Don't be discouraged if you can't do all the movements. Think about the potential health benefits, and try to be patient with yourself. Everyone has to start somewhere!**

TAI CHI w/Mike

Hour- long Tai Chi classes are held on a weekly basis with certified master instructor Michael Liuzzo at 11:00 AM in the lower level of the Honesdale center.

PLEASE NOTE
When The Wayne Highlands School District Calls For A 2-Hour Weather Delay OR Snow Day,
CLASSES ARE CANCELLED.

Tech Time @ Your Library

www.waynelibraries.org

What Would YOU Like to Learn Today?

Let us know your goals!

Topics include but are not limited to:

- Computer Basics & Troubleshooting
- Your iPhone, Smartphone, or Mobile Device
- Our Apple, Android, or Windows Tablets
- How to download e-books, e-audio and e-magazines
- How to search & apply for jobs online
- Writing & submitting a Resume
- How to email
- Microsoft Word, Excel, or Power-Point
- QuickBooks
- Browsers & searching online

When & Where:

Bethany: (570) 253-4349; Fri 4-6pm
(*Walk-ins Welcome)

Hamlin: (570) 689-0903; Tues 4:45-5:45pm

Hawley: (570) 226-4620; Sat 10-noon

Honesdale: (570) 253-1220; Mon 4-6pm, Wed 10-noon, Fri 10-noon

Lakewood: (570) 798-2444; Wed 4-6pm (*Walk-ins Welcome)

Newfoundland: (570) 676-4518; Thurs 5-7pm

Pleasant Mount: (570) 448-2573; Thurs 3-5pm

By appointment only unless noted

Call today to schedule a session or email us!

wla@waynelibraries.org

This project is made possible by a grant from the Institute of Museum and Library Services as administered by the Pennsylvania Department of Education through the Office of Commonwealth Libraries, and the Commonwealth of Pennsylvania, Tom Wolf, Governor.



Waymart Seniors Christmas Party on December 15th at the Gravity Inn. We all had great food, we exchanged gifts and enjoyed each others company!
Merry Christmas, Kimber Best



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



Affinity Fraud

Affinity fraud takes place when a con artist claims to be a member of the same ethnic, religious, career or community-based group. “You can trust me,” says the con artist, “because I’m like you. We share the same background and interests. And I can help you make money.”

These scam artists frequently pay high returns to early investors in the group with money generated from later investors. As a result, early investors might be wildly enthusiastic about a scheme that collapses once you have invested, with the victim’s money long gone with the scam artist.

Religious affinity fraud remains a widespread problem, with swindlers found across all denominations. Consumers have complained about fraud and abuse by financial planners, con artists claiming church endorsements, and givers of “divinely inspired” investment advice.

Many of the scams are based on dire predictions of imminent financial and social chaos, such as a sharp drop in the stock market. Specialized media outlets, religious-oriented magazines, newspapers, radio stations and cable television outlets make it easy for con artists to target the faithful.

Protect Yourself

Be cautious about the use of names or testimonials from other group members.

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

Obtain a prospectus or other form of written information that details the risks in the investment, as well as procedures for getting your money out.

Ask for professional advice from a neutral outside expert not in your group - an accountant, attorney or Certified Financial Planner - to evaluate the investment.

Investigate before you invest: Call the Pennsylvania Department of Banking and Securities to ensure that the investment is legally registered.

If you become a victim of affinity fraud, contact the Pennsylvania Office of Attorney General, the Pennsylvania Department of Banking and Securities or your local law enforcement agency.

Pennsylvania Department of Banking and Securities • 1-800-PA-BANKS (800-722-2657)
 dobs.pa.gov

Pennsylvania Office of Attorney General • 1-800-441-2555 attorneygeneral.gov

Pennsylvania Department of State, Bureau of Charitable Organizations • 1-800-732-0999 dos.state.pa.us

Internal Revenue Service (For information about charitable organizations) • 1-877-829-5500 irs.gov/charities



**More Holiday Fun
from the Honesdale Center**

Pieces of Time

*New years come and new years go,
Pieces of time all in a row.
As we live our life, each second and minute,
We know we're privileged to have you in it.
Our appreciation never ends
For our greatest blessings: our family and
friends.*

Happy New Year!





Northern Wayne Happenings

On December 1st we had our Christmas Party. Everyone must have been very good this year, because we had a surprise visit by the jolly old Elf himself, Santa!!! After lunch everyone enjoyed Christmas BINGO. Our next meeting will be January 5th 2017 our speaker will be Andrea Didio from The Marray Firm. She will be speaking on estate planning. Please call Marie at 2570-253-4262 for lunch reservations.

Wayne Memorial Hospital SUPPORT GROUPS

Donna Decker, RN, Manager of Community Health Department 570-253-8422 - www.wmh.org

<i>GROUP TITLE</i>	<i>CONTACT PERSON</i>	<i>PHONE</i>	<i>MEETING LOCATION</i>	<i>DAY & TIME</i>
108 Club – Diabetes	Carol Kneier	570-253-8149	Wayne Memorial Hospital	Sunday as announced
Alanon	To be announced	570-253-8990	Wayne Memorial Hospital	Tuesdays 7 – 8 pm
Cancer Support Group	Karen Stumpo or Christine Carlozzi	570-253-7322	Wayne Memorial Hospital	1 st & 3 rd Thursday 6:30-8:00pm On Hold to Spring
Compassionate Friends	Sandy Worobey	570-727-2839	Wayne Memorial Hospital	3 rd Wednesday 7pm
Grands Raising Grands	Allison Pretty- Hop- kins	253-5838	Wayne Memorial Hospital	Every other Thursday 6 pm
Grief Support (non-denominational)	Fr. Ed Erb Anna May Walsh, LMSW, LSW	570-241-2685 570-253-8384	Wayne Memorial Hospital	Tuesday's as announced (5:30 pm through 12/21/16 Call for start date in 2017)
Hospice	Joyce	570-253-8737	Wayne Memorial Hospital	As Announced
MS Support	June Utegg	570-253-4855	Wayne Memorial Hospital	4 th Sunday 2pm
Parkinson's	Heather DeFazio Janine Dubois	570-253-8731	Good Shepherd Rehab @ Wayne Memorial Hospital	1 st Thursday 6:30pm
Pike County Tick Borne Disease Support Group	Ellen	570-775-4278	Pike County Lab & Radi- ology 750 Rte 739 Lords Valley	2 nd Monday 6pm
Stroke Support	Kristen Ost Jeanine DuBois	570-253-8731	Good Shepherd Rehab @ Wayne Memorial Hospital	2 nd Thursday 6:30pm
Survivors of Suicide Loss	Michelle Valinski	570-253-9200	Wayne Memorial Hospital	4 th Thursday 7- 8:30pm
Wayne County Lyme Disease Support Group	Kay Bates	570-253-1263	Wayne Memorial Hospital	1 st Monday 6 pm



HONESDALE NEWS : On December 8, we were treated to the angelic voices of some of the Wallenpaupack North Intermediate School's choir. These select fifth grade students use their recess time to practice and participate in this choral group. In addition to the gift of song, each child presented the seniors with a handmade ornament. We were so thankful to have their visit.

Continuing the holiday fun on December 14, Bob "Burell" Dietz strummed his guitar and sang pop, country and holiday tunes for the audience's pleasure. Accompanying Burell on vocals were Cindy Jones, Nelsa Loscig and Bernice Russell.

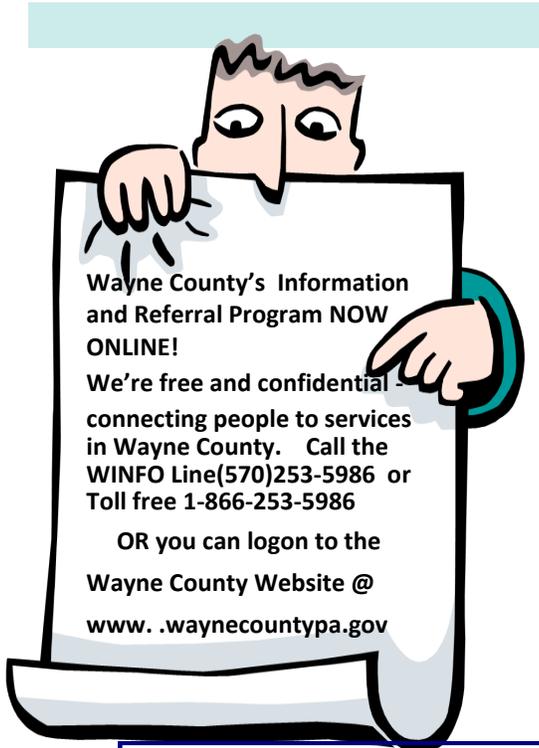
Santa Claus made his annual visit to the center during our holiday luncheon on December 15. Over 80 seniors were treated to a traditional holiday meal, and many were lucky to receive gifts from the raffles drawn. Thank you to our craft group for the seasonal coasters and to all for brightening our holidays.

Alzheimer Association Support Group is designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. The Greater PA Chapter meets the third Tuesday of the month at 12 noon at Ellen Memorial Health Care Center, 23 Ellen Memorial Lane, Honesdale. For more information, call 1-800-272-3900.

Wellness Chair Yoga Classes with Diana Torre: Certified Kripalu yoga teacher Diana Torre leads the

twice monthly yoga classes on the second and fourth Thursdays of the month from 10:30 to 11:15 AM at the Honesdale Senior Center. Among other benefits, yoga provides stress relief through breathing techniques and encourages meditation. For additional information, call the center at 570-253-4262.





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)

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 Prudential 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 of- fice, 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 Meet- ings 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, 9-12, 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.



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



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

