

News For All Seasons

2017 Senior Tax Assistance

The Wayne County Area Agency on Aging announces the schedule for the annual Tax Assistance Program at our Honesdale and Hamlin Senior Centers.. The AARP Foundation Tax Aide volunteers will again assist Wayne County's Senior Citizens and low to moderate income taxpayers with 2017 **Federal and State** tax returns. There is no charge for these services performed by well-trained volunteer tax counselors.

Appointments are necessary; no walk-ins, please.

Taxpayers are asked to bring only "simple tax returns." We are unable to assist in the filing of long or complex returns. You must bring to your appointment a copy of last year's tax returns and all tax information you have received in order to file your 2017 tax returns. These documents include your Social Security 1099's, wage and earnings statements (W-2), pensions, IRA's, interests, and dividends information. Homeowners should bring 2017 county/city and school tax statements. If you sold your home in 2017 bring all supporting paperwork pertaining to the sale and 1099-S if you received one.

PLEASE BRING ANY INFORMATION ABOUT: 1- Any Economic Recovery You Received, 2- New Home You Bought, 3- Energy Savings Items Such As New Windows, Insulation, New Roof, New Heating System, & Appliances, 4- Out Of Pocket Medical Expenses Including Mileage To Doctors & Health Facilities.

You must also provide a photo ID, your Social Security card, and your health care information.

Volunteers are limited so advance reservations are required. Call the Wayne County Area Agency on Aging at (570) 253-4262 and schedule your appointment, get directions to one of the sites, or if you have any questions regarding the Tax Assistance program. **When calling for an appointment, please be sure to let us know if you are filing for federal and state taxes or just state and rebate.**

Tax Assistance in Honesdale will be rescheduled to the following day if Wayne Highlands School District is closed due to inclement weather. Tax Assistance in Hamlin will be rescheduled to the following day if Western Wayne School is closed due to inclement weather. EXCEPTION – FEBRUARY 20th AT HAMLIN - If closed due to weather, please call 570-253-4262 to reschedule.

Please watch your local and Scranton TV stations or listen to radio stations 95.3 or Y105 for cancellation information. If you must cancel your appointment, please call the Wayne County Area Agency on Aging at least 24 hours in advance or as soon as possible so we can try to fill your slot.

Dates for the Honesdale Senior Center are as follows:

9:00 a.m. – 1:30 p.m.

February:	March:
Thursday, February 8th	Thursday, March 1st
Thursday, February 15th	Thursday, March 8th
Thursday, February 22nd	Thursday, March 15 th
	Thursday, March 22 nd
	Thursday, March 29 th

Dates for the Hamlin Senior Center are as follows:

9:00 a.m. – 1:30 p.m.

February:	March:
Monday, February 5th	Monday, March 5th
Monday, February 12th	Monday, March 12th
Tuesday, February 20th	Monday, March 19th
Monday, February 26th	Monday, March 26 th

Monday	Tuesday	Wednesday	Thursday	Friday
		Ice Cold Milk Always		1 Beef Stew Whole Grain Biscuit Marinated Vegetable Salad <u>HB: Luscious Lima Beans</u> Chilled Applesauce
				
5 Minestrone soup WG Deep Dish Pizza Spring Mix with carrots & garbanzo beans <u>HB: Blistry Beets</u> Chilled Pears	6 Roast Turkey Candied Yams Mixed Veggies Cranberry Sauce Corn Pudding 	7 Shepherd's Pie Broccoli Salad <u>HB: Spinach in garlic & olive oil</u> WG Roll/Butter Giggling grapes/ <u>HB Raisins</u>	8 Chicken & Dumplings Parslied Buttered Potatoes Roasted Brussel Sprouts Mandarin Orange Slices	9 Mediterranean Fish Beef/Spanish Rice Pickled Beets Wild wax beans HB:3/4 c Chunk Fruit Cocktail
12 Mediterranean Meatloaf Baked Sweet Potatoes Roasted Butternut squash WG Dinner Roll w/Butter Baked Apples 	13 Open Faced Hot Roast Beef Sandwich with Gravy Fluffy Whipped Potatoes Roasted Carrots Spring mix with Italian Dressing <u>HB: Garden sweet Peas</u> Cantaloupe Slice HB: <u>Peaches</u>	14 Happy Valentine's Day Lovebirds Lemon Pepper Fish Say I Do Diced white and sweet potatoes Lip Locked Lima Beans Wild About You Whole Grain Roll with butter Adoring apricots Cupid cake slices Infatuation Ice Cold Milk	15 Celebrating Chinese New Year Asian Noodle Soup Healthier General Tso's Chicken Fried Rice Bok Choy steamed and sautéed in garlic & ginger Chunks of Pineapple And yes a fortune cookie	16 Tuna and Noodles Casserole Carrot Salad HB: Roasted Carrots Garden Sweet Peas (3/4c)  Tangy Tangerines/ HB: <u>Mandarin Orange Slices</u>
19 Center & Offices Closed 	20 100% pure orange juice Western Baked Egg Sweet turkey sausage patty Home Fried Potatoes WG Cinnamon Roll Pink Grapefruit Slices	21 Roasted Chicken Leg Baked Sweet Potatoes Blistry Beets Quinoa Salad Tropical Fruit Salad 	22 Swiss Steak w/gravy Smashed potatoes with skins Garden Sweet Peas WG Roll with Butter Cantaloupe slice <u>HB: Chilled Pear Chunks</u>	23 Carrot/Ginger Soup Asian Tuna Burger Snappy Green Beans HB: Snappy Green Beans Chilled Peaches 
26 Chicken & Rice soup Turkey Sandwich on a Pretzel Roll HB: <u>Hot turkey sandwich/gravy/ Roasted Brussel sprouts</u> Marinated Vegetable Salad Tangy Tangerines/ HB: <u>Chilled pears</u>	27 Beef Burgundy w/WG noodles Italian Green Beans Kale Greens with Garbanzo Beans & carrots/ Italian Dressing HB: <u>Whipped Pumpkin</u> Gigglin Grapes/ HB: <u>Sweet Pineapple chunks</u> Orange Chiffon Dessert	28 Vegetable Lasagna Italian Meatballs Roasted Asparagus Crisp Salad Greens w/Italian Dressing Chilled Apricots 		

Northern
Wayne
Center
Thursday
February 1st



ALL CENTERS &
OFFICES CLOSED
- PRESIDENTS' DAY -
FEBRUARY 19



Everyday at the Hamlin Center



<u>Monday</u> Cards & Games 8:00-12 Pinochle 10:00 Piano Time	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise 1:00 Sing-Along	<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	<u>Tuesday</u> Cards & Games 8-3 Gym Equipment 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 - 11:30 Exercise 1-2 Tai Chi 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 Honesdale Center

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

<u>Monday</u> 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00-4:00 Pinochle	<u>Wednesday</u> 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing	<u>Thursday</u> 10:00 Games 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)
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January Happenings in Honesdale

Above: Joanne Pesota, RD discusses the role of Calcium
Left: Our Honesdale Kitchen Crew poses for a rare picture

Bottom: Stourbridge student Singers entertain us



January 11, 2018

Three classes of Stourbridge Primary School's second-graders, under the direction of Alicia Moyer, treated the center with the gift of song at 10:30 a.m. Those in the audience thoroughly enjoyed the entertainment. We look forward to their return next year.

Upcoming Events

February 13, 2018 – Mardi Gras Celebration Please join us for a Mardi Gras celebration on Fat Tuesday. Special treats will be served to celebrate the day. Please call Kathy at 253-5540 to make a reservation.

February 14, 2018 – Valentine's Day Party We will be celebrating this day of love and friendship with a special Valentine's Day themed menu. Please call Kathy at 253-5540 to make a reservation.

February 15, 2018 – Chinese New Year Celebration It's the year of the Dog! Come help us celebrate Chinese New Year. A special Asian menu is planned. Call Kathy to make your reservation.

February 26, 2018 – St. Patrick's Day Craft Instruction Who's feeling crafty? A class showing how to make a St. Patrick's Day wreath will take place on this date at 1:00 p.m. Make a wreath and take it home the same day. Please call Suzanne at 253-5540 to reserve a spot in this craft class.



New Year Celebration at Honesdale Center





The Hamlin Senior Center recognized a senior who was celebrating her 90th birthday! Marie Laskowski, accompanied by her daughter, enjoyed recognition of an icon birthday!

Also, seniors who celebrated a birthday in January were recognized! Time was spent looking into events that took place in 1928 the year of Marie's birth - you know when eggs were .25 a dozen. Present seniors birthdays recognized were: Anna Gregg, Thomas Jamroz (see picture above: Marie with daughter, Anna G. and Tom J.)

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Upcoming Birthdays for February are:

Dolores Garvin	Feb 2 nd	Sandy Baluta	Feb 17 th
Dante Giammarco	Feb 5 th	Norman Schreyer	Feb 19 th
Millie Fauci	Feb 8 th	Janice Chamberlain	Feb 21 st
Jean Dole	Feb 11 th	Steve Lesher	Feb 26 th

February's Upcoming Events

-  **February 2nd** – Groundhog Day
“Punxatany Phil Skit”
- February 5th** – Income Tax Returns Service available Monday's during the month of February and March in the side room. Sign up list available.
- February 9th** – Birthday Bash
- February 12th** – Mardi Gras Madness Party with Entertainment by “Windfall”
- February 14th** – Valentines Red Romance Luncheon- Don't forget to wear red!
- February 27th** – Janine Hollister Speaking on the Opiod Epidemic



DON'T STRESS

Part of the aging process is accepting there may be a day when you are unable to do all your affairs independently. Handing over the responsibility and your personal documents to someone else may cause stress if all your wishes are not effectively communicated. Eliminate stress by having an **Estate Management Checklist**. This list is printed on a convenient folder and is available at our Wayne County Senior Centers. The folder takes in consideration everything your caregiver will need to handle all your affairs. It is a free source available to you compliments of Monroe, Pike and Wayne County LINK Program. . . . Becky Klepadlo



NEW YEAR'S EVE CELEBRATION PARTY

The Hamlin Senior Center said goodbye to 2017 and HELLO to 2018 in style on Friday, December 29th! Cheesecake and “almost” wine with a Raspberry garnish was on the menu. The seniors and Pat P. danced the time away with the duo “Windfall”. The room was very festive as seniors enjoyed balloon battles, danced and blew their NYE horns and noise makers!

Affirmation Party - The Hamlin seniors wanted to do something special for Debbie Birtel. She has been an essential part of the lives of many and she came out of retirement to run the Hamlin Center and continues to be on call to assist the Hamlin Center and Hawley Center when needed. Veldora baked a beautiful cake decorated with butterflies from Romania, the Amazon and North America. Joined by her husband Mark and her daughter, Debbie entered and was surprised. One of her dear friends, Rose C. read to her “Because of You” which was printed and placed in a frame. The seniors then shared with her their statements of gratitude. One senior said “Debbie never said No. She always was and is there.” Thank you Debbie for the high quality of life standard you share . . . Becky Klepadlo




 See picture, right, of Debbie, husband & daughter


A La Carte Menu			
1) SOUP OF THE DAY CHEF SALAD	2) SOUP OF THE DAY TURKEY CLUB	3) SOUP OF THE DAY CHICKEN CHEESE STEAK WRAP	4) SOUP OF THE DAY SPAGHETTI & MEAT-BALLS
5) SOUP OF THE DAY CHICKEN MELT (turkey, bacon, tomato, American cheese on rye)	6) SOUP OF THE DAY BBQ GRILLED CHICKEN W/LETTUCE & TOMATO ON A KALSER ROLL	7) SOUP OF THE DAY HALUSKI	8) SOUP OF THE DAY COBB SALAD (Chicken, egg, cheddar, tomato, bacon & feta)
9) SOUP OF THE DAY EGG SALAD SANDWICH	10) SOUP OF THE DAY BLT WRAP	11) SOUP OF THE DAY RACHAEL SANDWICH	12) SOUP OF THE DAY CHICKEN TENDERS WITH FRENCH FRIES
13) SOUP OF THE DAY BLT SANDWICH	14) SOUP OF THE DAY RACHAEL SANDWICH	15) SOUP OF THE DAY HALUSKI	16) SOUP OF THE DAY COBB SALAD (Chicken, egg, cheddar, tomato, bacon & feta)
16) SOUP OF THE DAY TURKEY MELT (turkey, bacon, tomato, American cheese on rye)	17) SOUP OF THE DAY BBQ GRILLED CHICKEN W/LETTUCE & TOMATO ON A KALSER ROLL	18) SOUP OF THE DAY HALUSKI	19) SOUP OF THE DAY COBB SALAD (Chicken, egg, cheddar, tomato, bacon & feta)
19) <i>CLOSED</i>	20) TOMATO SOUP GRILLED CHEESE SANDWICH	21) SOUP OF THE DAY HALUSKI	22) SOUP OF THE DAY CHICKEN TENDERS WITH FRENCH FRIES
20) TOMATO SOUP GRILLED CHEESE SANDWICH	21) SOUP OF THE DAY HALUSKI	22) SOUP OF THE DAY CHICKEN TENDERS WITH FRENCH FRIES	23) SOUP OF THE DAY TACO SALAD
23) SOUP OF THE DAY TACO SALAD	24) SOUP OF THE DAY BLT WRAP	25) SOUP OF THE DAY CHICKEN TENDERS WITH FRENCH FRIES	26) SOUP OF THE DAY CHICKEN TENDERS WITH FRENCH FRIES
26) SOUP OF THE DAY BLT SANDWICH	27) SOUP OF THE DAY RUEBEN WRAP	27) SOUP OF THE DAY RUEBEN WRAP	28) SOUP OF THE DAY CHICKEN PARM OVER SPAGHETTI



Coping With Grief: Life After Loss

Losing someone you love can change your world. You miss the person who has died and want them back. You may feel sad, alone, or even angry. You might have trouble concentrating or sleeping. If you were a busy caregiver, you might feel lost when you're suddenly faced with lots of unscheduled time. These feelings are normal. There's no right or wrong way to mourn. Scientists have been studying how we process grief and are learning more about healthy ways to cope with loss.

The death of a loved one can affect how you feel, how you act, and what you think. Together, these reactions are called grief. It's a natural response to loss. Grieving doesn't mean that you have to feel certain emotions. People can grieve in very different ways.

Cultural beliefs and traditions can influence how someone expresses grief and mourns. For example, in some cultures, grief is expressed quietly and privately. In others, it can be loud and out in the open. Culture also shapes how long family members are expected to grieve.

"People often believe they should feel a certain way," says Dr. W. Lichtenthal, a psychologist at Memorial Sloan-Kettering Cancer Center. "But such 'shoulds' can lead to feeling badly about feeling badly. It's hugely important to give yourself permission to grieve and allow yourself to feel whatever you are feeling. People can be quite hard on themselves and critical of what they are feeling. Be compassionate and kind to yourself."

Adapting to Loss

Experts say you should let yourself grieve in your own way and time. People have unique ways of expressing emotions. For example, some might express their feelings by doing things rather than talking about them. They may feel better going on a walk or swimming, or by doing something creative like writing or painting. For others, it may be more helpful to talk with family and friends about the person who's gone, or with a counselor.

"Though people don't often associate them with grief, laughing and smiling are also healthy responses to loss and can be protective," explains Dr. G. Bonanno, who studies how people cope with loss and trauma at Columbia University. He has found that people who express flexibility in their emotions often cope well with loss and are healthier over time.

"It's not about whether you should express or suppress emotion, but that you can do this when the situation calls for it," he says. For instance, a person with emotional flexibility can show positive feelings, like joy, when sharing a happy memory of the person they lost and then switch to expressing sadness or anger when recalling more negative memories, like an argument with that person.

Grief is a process of letting go and learning to accept and live with loss. The amount of time it takes to do this varies with each person. "Usually people experience a strong acute grief reaction when someone dies and at the same time they begin the gradual process of adapting to the loss," explains psychiatrist Dr. M. Shear at Columbia University. "To adapt to a loss, a person needs to accept its finality and understand what it means to them. They also have to find a way to re-envision their life with possibilities for happiness and for honoring their enduring connection to the person who died."

Researchers like Lichtenthal have found that finding meaning in life after loss can help you adapt. Connecting to those things that are most important, including the relationship with the person who died, can help you co-exist with the pain of grief.



Types of Grief

About 10% of bereaved people experience complicated grief, a condition that makes it harder for some people to adapt to the loss of a loved one. People with this prolonged, intense grief tend to get caught up in certain kinds of thinking, says Shear. They may think the death did not have to happen or happen in the way that it did. They also might judge their grief—questioning if it's too little or too much—and focus on avoiding reminders of the loss.

“It can be very discouraging to experience complicated grief, but it's important not to be judgmental about your grief and not to let other people judge you,” Shear explains.

Shear and her research team created and tested a specialized therapy for complicated grief in three NIH-funded studies. The therapy aimed to help people identify the thoughts, feelings, and actions that can get in the way of adapting to loss. They also focused on strengthening one's natural process of adapting to loss. The studies showed that 70% of people taking part in the therapy reported improved symptoms. In comparison, only 30% of people who received the standard treatment for depression had improved symptoms.

You may begin to feel the loss of your loved one even before their death. This is called anticipatory grief. It's common among people who are long-term caregivers. You might feel sad about the changes you are going through and the losses you are going to have. Some studies have found that when patients, doctors, and family members directly address the prospect of death before the loss happens, it helps survivors cope after the death.

Life Beyond Loss

NIH-funded scientists continue to study different aspects of the grieving process. They hope their findings will suggest new ways to help people cope with the loss of a loved one.

Although the death of a loved one can feel overwhelming, many people make it through the grieving process with the support of family and friends. Take care of yourself, accept offers of help from those around you, and be sure to get counseling if you need it.

“We believe grief is a form of love and it needs to find a place in your life after you lose someone close,” Shear says. “If you are having trouble moving forward in your own life, you may need professional help. Please don't lose hope. We have some good ways to help you. →



Coping With Loss

- **Take care of yourself.** Try to exercise regularly, eat healthy food, and get enough sleep. Avoid habits that can put your health at risk, like drinking too much alcohol or smoking.
- **Talk with caring friends.** Let others know if you need to talk.
- **Try not to make any major changes right away.** It's a good idea to wait for a while before making big decisions, like moving or changing jobs.
- **Join a grief support group in person or online.** It might help to talk with others who are also grieving. Check with your local hospice, hospitals, religious communities, and government agencies to find a group in your area.
- **Consider professional support.** Sometimes talking to a counselor about your grief can help.
- **Talk to your doctor.** Be sure to let your healthcare provider know if you're having trouble with everyday activities, like getting dressed, sleeping, or fixing meals.
- **Be patient with yourself.** Mourning takes time. It's common to feel a mix of emotions for a while.

Source: News In Health

APPRISE UPDATE – Pat Perkins



Greetings to everyone from the APPRISE staff. We hope that everyone is keeping warm during these frigid temperatures while at the same time enjoying the winter scenery--so beautiful after a fresh snowfall!

Another Annual Enrollment Period (AEP) (October 15 through December 7, 2017) is in the books and once again, we have all survived. The AEP was the time to check Medicare drug insurance coverage for the most cost-effective plan as well as enroll or change a Medicare Advantage Plan, if necessary. Once again we have seen hundreds of dollars saved (even thousands in some cases), by reviewing consumers' coverage.

Now that the enrollment period is over, we are dealing with issues that arise as the new year begins. Some consumers may have received letters from their drug plans stating that the provider is excited to introduce a "preferred retail pharmacy network" in 2018 with lower co-pays. The letter goes on to state that your current pharmacy will be "non-preferred," and that you may want to choose a "preferred pharmacy." The letter lists these preferred pharmacies. I've had consumers ask, "Why do I have to change my pharmacy?" **Be aware—you do not have to change!** A preferred pharmacy is *not new* for 2018. Pharmacies have always been listed as Preferred, Standard and Non-preferred for Medicare drug insurance plans.

When a consumer's drug plan is evaluated, medications and the chosen pharmacy are entered into the system. A printout shows the total yearly cost associated with the specific pharmacy, as well as the determination of the category that that pharmacy falls into. There have been cases where a *standard* pharmacy offers lower prices on medications with one company opposed to a *preferred* pharmacy with another company. If the chosen pharmacy comes up as non-preferred, the consumer would then need to consider an alternative to avoid paying full retail costs and realizing no savings. However, I rarely see this happen. During the enrollment, pharmacy comparisons for the lowest costs are prepared; however, if a consumer prefers a certain pharmacy, it is unnecessary to switch! So be warned, the letters are somewhat misleading.

The Late Enrollment Penalty (LEP) is another common issue. If a consumer does not join a drug plan when first enrolled in Medicare, a one percent penalty is assessed for every month such consumer is without a plan. This year's penalty amount is \$37.18—this amount is considered to be an average drug plan premium. This monthly penalty is forever! In many cases, completing a simple form verifying past coverage (whether through an employer or with the PA lottery- funded Pennsylvania's Prescription Assistance program (PACE and PACENET), will rectify the problem. If a consumer has not taken a drug plan and has not had any "creditable coverage," there will be a penalty when one does enroll. There have been cases where the prescription premium has more than doubled. If you find yourself in this situation, check to see if you qualify for either of the two program levels, PACE OR PACENET. See below:

PACE

A **single** person's total income from last year must be \$14,500 or less.

A **married** couple's total combined income from last year must be \$17,700 or less.

Covered drugs (based on 30-day supply): \$6 Generic co-pay/\$9 Brand co-pay.

PACENET

A **single** person's total income from last year must be between \$14,501 and \$23,500.

A **married** couple's total combined income from last year must be between \$17,701 and \$31,500.

Covered drugs (based on 30-day supply): \$8 Generic co-pay/\$15 Brand co-pay.



Participating in PACE allows one to drop a penalty-imposed Medicare drug plan or get an exemption from the drug plan requirement. PACENET would have a \$37.18 premium and having PACENET stops the accrual of any future penalty. If you have questions on any of these topics, please call us in Honesdale at 570-253-5540 or Lu in Hawley at 570-226-4209.

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Hello everyone. What a cold blast we had. The weather kept a lot of the seniors home; I can't blame them. Now that the cold snap has broken, more of us are venturing out and seeing a lot of our friends again. It is nice to see the center fill up with familiar faces, hearing the chatter and laughter - all which bring warmth and pleasure.

Friday February 2nd we are having a speaker on Opioid addiction starting at 11:30. Also Wednesday February 14th we will have our Valentines Day party featuring Cupid himself and Andy Anderson for our entertainment. Bring your love ones and enjoy a fine dinner and sweet treats.

Our Birthdays for the month of February are; Brenda Nonnemacher, Joanne Wiley, Raymond Johnson, Frank Pierce, Mike O'Connor, Robert Nurnberger, Christina Peirano, Kathryn Showers, Bernard Launay and Chad Mania. Happy Birthday to you all !



Northern Wayne News: The January 4th meeting was cancelled due to inclement weather/school closings. As a reminder, the center closes when Wayne Highlands School District closes. The center's next meeting will be Thursday, February 1 for our Valentine's Day party. Please call Marie at 253-5540 to make reservations.



Card Players Wanted! A new Pinochle card group is forming. All are welcome—beginners to experts. The group meets Tuesdays and Thursdays at the Honesdale Center from 12:45 to 3:45 p.m. in the card room/library. Please come down to the center and check it out. For questions, call Suzanne at 243-5540.

ELDER JUSTICE DAY 2018

**Wednesday, May 16th
9am-1pm**



*Ladore
Performing Arts & Recreation
Center
287 Owego Turnpike, Way-
mart*

**FREE Lunch &
FREE Transportation Provided**

**CONTACT THE WAYNE COUNTY AREA
AGENCY ON AGING AT 570-253-4262**

**RESERVATIONS ARE REQUIRED, SPACE IS
LIMITED**



THURSDAY, FEBRUARY 1

AT 10:30 AM

WALLENPAUPACK
AREA HIGH SCHOOL

2552 ROUTE 6
HAWLEY, PA

JOIN THE DISCUSSION WITH
MEMBERS OF

GOVERNOR WOLF'S CABINET TO
TALK ABOUT ISSUES THAT ARE

IMPORTANT TO YOU AND YOUR REGION.

SPECIAL GUEST PANELISTS:

DR. RACHEL LEVINE
PHYSICIAN GENERAL AND ACTING SECRETARY OF HEALTH

PATRICK MCDONNELL
SECRETARY OF ENVIRONMENTAL PROTECTION

TERESA OSBORNE
SECRETARY OF AGING

RUSSELL REDDING
SECRETARY OF AGRICULTURE

What Is PENNSYLVANIA LINK And
How Would I Utilize It?

PA LINK to Aging and Disability Resources provides access to accountable, confidential, efficient, friendly, reliable and respectful information and referral services for those age 60+, persons with a disability and their caregivers residing in the Commonwealth.

Our service in Wayne County provides information about the health and human services resources available in our community. This service is provided free and is confidential. It is our intent to provide barrier-free access to information to better inform the community of services. To access information please call 1-800-753-8827 statewide OR Wayne County 570-253-4262 or email: WCAAIntake@waynecountypa.gov



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

PA FORWARD

PENNSYLVANIA LIBRARIES

ADULT STORY TIME

Do you remember how much you enjoyed being read to as a child? Now is your chance to recapture that feeling.

Join Christine San Jose on Wednesday, February 7 and Wednesday, March 7 from 12 to 1:00. Bring your lunch. Coffee, tea, and water will be provided. Remember those days of yesteryear when we could sit back and relax as we were read to.

Travel the World With Food

Culinary Book Club 2018
Beginning at 5:30



Brazilian (Carnival)
February 14th



Swedish (Smorgasbord)
April 11th



Middle Eastern
June 13th



Korean
August 8th



Russian
October 10th



Irish
December 12th

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

Book Discussions—Food Tastings—Share Recipes—
Food Blog—Surprises

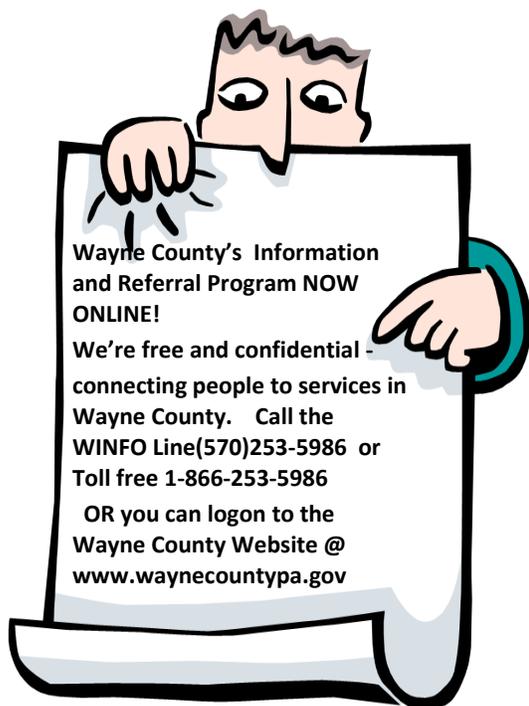
TUESDAYS WITH NELLIE

Annelle Snyder facilitating Tuesdays, January 9th, February 13th and March 13th at 5:30. Help solve the mystery!

Wednesday
February 28, 2018
5:30 to
7:00



Hana Marritz takes you on a breath-taking tour through art history revealing ancient love-based Realm of the Goddess, her struggle and eclipse by fear-based patriarchal thinking, and her ultimate rebirth in the new age.



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 @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

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 St., 9-4, Monday through Friday. 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.



Production Coordinator: Kathy Robbins

Menu Coordinator: Joanne Pesota

Editor: Kathleen Chicowski kchicoski@waynecountypa.gov

Wayne County Area Agency on Aging
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