

## NEWS FOR ALL SEASONS

APRIL 2013

## SPOTLIGHT ON

THE NURSING HOME  
TRANSITION PROGRAM  
(NHT)

We continue our new series spotlighting services and programs available through the Wayne County Area Agency on Aging . . . .

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

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

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

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

**VOLUNTEERS WANTED!!**

Do you have a few hours to spare each week? Are you looking for a chance to brighten someone's day?

The Wayne County Area Agency on Aging is looking for people to deliver hot meals to our consumers. Volunteers are needed for the Honesdale and Hawley area. Please call Carleen Faatz, Director of Community Services at 570-253-4262, ext. 3112 or email [cfaatz@co.wayne.pa.us](mailto:cfaatz@co.wayne.pa.us) for more information.



<p>1<sup>st</sup> Chicken Parmesan Linguine with Sauce Asparagus Italian Bread Peach Slices</p> 	<p>2<sup>nd</sup> Chili Burger on Bun Macaroni Salad Wax Beans Fresh Fruit Cup</p>	<p>3<sup>rd</sup> Pork chop Scalloped Potatoes Green Beans Biscuit Fruit Cocktail</p>	<p>4<sup>th</sup> Chicken Noodle Soup Egg Salad on Wheat Lettuce Pickled Beets Mandarin Oranges</p>	<p>5<sup>th</sup> Orange Juice Turkey Supreme Noodles Raw Carrot Salad Wheat Dinner Roll Fig Newtons</p>
<p>8<sup>th</sup> Cheesy Shell Casserole Stewed Tomatoes String Beans Wheat Bread Tapioca Pudding</p>	<p>9<sup>th</sup> Apple Juice Honey Mustard Chicken Whole Grain Rice Spinach Rye Bread Oatmeal Cookie</p>	<p>10<sup>th</sup> Split Pea Soup Baked Ham Sweet Potatoes Broccoli Salad Dinner Roll Ambrosia</p> 	<p>11<sup>th</sup> Beef Shepherd's Pie Whipped Potatoes Whole Wheat Dinner Roll Fresh Fruit</p>	<p>12<sup>th</sup> Mushroom pizza Spring Blend Vegetables Garden Salad with Croutons Cherry Jell-o Dessert</p>
<p>15<sup>th</sup> Chicken Fettuccini Alfredo Seasoned Spinach Italian Bread Mandarin Oranges</p> 	<p>16<sup>th</sup> Pineapple Juice Fish Sticks Stewed Tomatoes Sweet Potato Tot Whole Wheat Bread Lemon Pudding</p>	<p>17<sup>th</sup> Grape Juice Turkey Sausage w/ Peppers &amp; Onions on a Wheat Roll Pierogies Wax Beans Fresh Melon Cup</p>	<p>18<sup>th</sup> Vegetable Lasagna Garden Salad with Dressing Applesauce Italian Bread Angel Food Cake</p>	<p>19<sup>th</sup> Beef Cubes w/ Gravy Steamed Rice California Blend Rye Bread Apricots</p>
<p>22<sup>nd</sup> Open Faced Roast Turkey on a Biscuit w/ Gravy Mashed Potatoes Steamed Broccoli Granola Bar</p>	<p>23<sup>rd</sup> Meatball Marinara Sandwich Roasted Potatoes Mixed Vegetables Rice Pudding</p>	<p>24<sup>th</sup> Sweet &amp; Sour Pork Over Steamed Rice Stir Fry Vegetables Rye Bread Peach Slices</p>	<p>25<sup>th</sup> Hearty Vegetable Soup Chicken Salad Sandwich on Wheat Carrot Salad Fresh Fruit</p>	<p>26<sup>th</sup> Stuffed Shells w/ Sauce &amp; Parmesan Cheese Veggie Blend Garden Salad w/ Dressing Whole Wheat Dinner Roll Banana Pudding</p>
<p>29<sup>th</sup> Stuffed Peppers Roasted Red Skin Potatoes 3 Bean Salad Pumpnickel Bread Vanilla Pudding with Mandarin Orange Slices</p>	<p>30<sup>th</sup> Roast Beef w/ Gravy Whipped Potatoes Zucchini Whole Wheat Bread Tropical Fruit</p>	 <p>All meals served with milk</p>	<p style="text-align: center; font-size: 2em;">2013</p> 	



**EVERYDAY AT THE HAWLEY CENTER**

<u>Monday</u> Cards & Games 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong	<u>Tuesday</u> Cards & Games 1 - 2 Bingo	<u>Wednesday</u> Cards & Games 10 - 2 Crafts 10:30 – 11:30 Exercise 5:30 – 8:30 Mah Jong	<u>Thursday</u> Cards & Games 10:30 – 11:30 Bingo 11 - 3 Card club	<u>Friday</u> Cards & Games 10 - 2 Crafts 10:30 – 11:30 Exercise 1:00 Movies
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**EVERYDAY AT THE HAMLIN CENTER**

<u>Monday</u> Cards & Games 10:00 Exercise	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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Writing Group at  
 Honesdale Center  
 Friday, April 5 & Friday, April 19  
 1:00-3:00

CAREGIVER'S SUPPORT GROUP –  
 Wednesday, April 10, @ 1:30 at Honesdale  
 Center

**EVERYDAY AT THE HONSDALE CENTER**

<u>Monday</u> 10:00 Walking Club 11:00 Bridge 1:00 Crafts 1:00 Tap Dancing 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00 Pinochle	<u>Wednesday</u> 8:30 Quilting 10:30 Exercise 11:00 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub
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Join us at the Wayne County Area Agency's three senior centers in April for our monthly PrimeTime Health program. Our guests will be Susan Bochnovich, MSPT and Sabrina Bernardi-Slezak from Physical Therapy Associates, Inc. of NEPA.  
[www.PTinNEPA.com](http://www.PTinNEPA.com)

Susan, from the Hamlin clinic, will give a talk on "Keeping Yourself Healthy"- including the importance of wellness & exercise, balance & gait, and neck & low back pain.

All programs are 11:30 a.m. – 12:00 p.m.  
 Hawley Tuesday, April 2<sup>nd</sup>  
 Honesdale Wednesday, April 3<sup>rd</sup>  
 Hamlin Thursday, April 4<sup>th</sup>



**Honesdale/Lakewood News**

The Lakewood St Patrick's Day Luncheon brought a nice group out to help the Irish celebrate. We were hoping that the predicted second blizzard wouldn't hit our area and we would be able to have our meeting. As it turned out, that one missed us but it did start snowing just before 3pm. Anyone is welcome to join us for our monthly meetings and lunch. If you are 60 years or older you may call for your reservation of a box lunch at least one week in advance. Call 253-5970 X 3166 (Lorrie's ext.) and leave your message. A box lunch cost is a \$2.00 donation, and we have coffee, tea and donuts available for free, all day. A typical meeting schedule in the box below:

\*Please note that for APRIL ONLY the second meeting is on the 4th Thursday. In May we will meet the 1st and 3rd Thursday, as usual.

For those who do not know about APPRISE Counseling, it would entail your medical coverage, Medicare, Access, Medigap Insurance, Medicare Plan D Prescription coverage, and even benefits and eligibility for other government programs that you may be entitled to. We also help with paperwork and applications of any type. You can call the Wayne County Area Agency on Aging to set up your appointment at 570-253-4262.

The Honesdale St Patrick's Day Dinner had over 100 attendees with favors, door prizes and a very delicious ham & cabbage lunch. We were happy to serve such a large crowd, and as always reminded everyone that the center is open every day for activities and lunch. Besides our daily luncheon menu (which you can find elsewhere in this newsletter) there is a cart available for buying other items in case there may be a day when you don't like our served lunch. Marie makes "homemade" soup almost every day, and even if you wouldn't want it for lunch, you may consider taking it home to enjoy for your dinner. Our A La Carte is available to anyone for "take-out", as well as eat here.

On April 12<sup>th</sup> we are planning to have a "game day" in Honesdale — we will be playing MINUTE TO WIN IT! We will begin our game play at 1pm and hope you can come in and join us for a fun-filled afternoon, with laughs and prizes! And, because April will be a month with no official holiday this year, we will also be planning a cooking demonstration for April 23<sup>rd</sup>. Our own talented chef Marie, from our A La Carte will be performing this task at 1pm, and everyone is invited to attend. We will have our dining room set up for this demonstration, much like a TV show studio and will be inviting people from our attendees to sample her cooking. So, we have two events planned for an otherwise uneventful month. Mark your calendars and plan on coming in for some unusual happenings.

As always, we would greatly appreciate any donations of craft items and supplies. If you should be doing any Spring cleaning and need to get rid of anything, please keep us in mind. We are always in need of craft materials of all sorts. We plan our classes around the supplies that we have on hand, and our budget is tight. A big thank you to everyone who has already helped us out.

**Thursday, April 4<sup>th</sup> and April 25<sup>th</sup>**

- 8-10am APPRISE Counseling, by appointment
- 10-11am Exercise Class
- 11-11:30am Blood Pressures taken
- 11:30- Noon Speaker
- 12-1pm Box Lunch
- 1-2pm BINGO on the 4<sup>th</sup>
- 1-2pm Crafts on the 25<sup>th</sup>
- 2-3:30pm APPRISE Counseling

**\*\*\*Please note that for APRIL ONLY the second meeting is on the fourth Thursday, and in May we will meet the first and third Thursday, as usual.**





## AARP Driver Safety 2013 Wayne County Class Schedule

The Wayne County Office on Aging is sponsoring the AARP Driver Safety Program, formerly known as "55 Alive". The 8 hour classroom defensive driving course and the 4 hour classroom refresher course is designed for drivers 50 and older. AARP offers these courses each year, which results in automobile insurance company discounts to qualifying policy holders 55 years or older who successfully complete the course. There are no tests, and membership in AARP is not required. All automobile insurance companies doing business in Pennsylvania are mandated by state law to give a minimum discount of 5% to all qualified policy holders who complete the course.

To qualify for the 4 (four) hour class, evidence must be provided with pre- registration or at class registration that you have previously taken one of the classes within the last thirty-six months (3 years). Such evidence could be a copy of your Course Completion Certificate from the previous course or a copy of your auto insurance policy that indicates you are currently receiving a discount for Defensive Driving.

The eight hour class, taught by a volunteer instructor, is given in a two day period in two, 4 hour sessions. The non-refundable fee is \$14.00 (\$12.00 for AARP members) per person, paid in advance when registering for any class. All AARP members, please bring your membership card to class. Payment is made by check or money order payable to AARP. Class size is limited, so advance reservations are required to assure placement in the class. Those completing the course will be given a certificate which is valid for three years. Attendance at both class days is required for certification. Remember to bring your drivers' license and a pen to class. Call the Wayne County Area Agency on Aging at (570) 253-4262 to make a reservation and get directions to one of the classes listed below or if you have any questions regarding these classes.

Lunch is served at noon daily at each of the senior centers. Those individuals who are interested in eating lunch at a center are asked to call at least one day before the date of the program to make their reservation. Any individual over the age of 60 may reserve a lunch and contribute to the cost of the meal on a donation basis. If you are under the age of 60, the cost of the meal is \$7.10. Please

visit our website for more information about the many services offered. <http://aging.co.wayne.pa.us>

### EIGHT HOUR CLASS

#### Time for both days

8:00 am to 12:00 pm

#### Honesdale Senior Center

April 25 & 26, 2013

June 27 & 28, 2013

August 22 & 23, 2013

#### Hamlin Senior Center

October 24 & 25, 2013

### FOUR HOUR CLASS

#### Hawley Senior Center

1:00 p.m. – 5:00 p.m.

April 24<sup>th</sup>

June 12<sup>th</sup>

August 7<sup>th</sup>

Oct 9<sup>th</sup>

Oct 30<sup>th</sup>

Pictured to the left: Lorrie and Bernice having fun celebrating Dr. Seuss day at the Honesdale Cen-

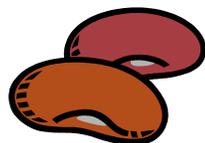
### Sore Throat Relief

- Try hot tea with lemon or some hot soup.
- Keep your throat moist with lozenges or hard candies.
- Gargle with warm salt water or use ice chips.
- Cold liquids or popsicles can numb the pain. Throat sprays and over-the-counter pain relievers can help, too.
- Use a humidifier or vaporizer, especially when sleeping, to keep air from getting too dry.
- If the sore throat persists for several days, contact a health care professional.

## KEEP YOUR KIDNEYS HEALTHY : CATCH KIDNEY DISEASE EARLY

Your kidneys aren't very big—each is about the size of your fist—but they do important work. They keep you healthy by maintaining just the right balance of water & other substances inside your body.

Unfortunately, if your kidneys start to malfunction, you might not realize it for a long while. Kidney disease usually doesn't make you feel sick until the problem becomes serious and irreversible.



Your kidneys are 2 reddish, bean-shaped organs located on either side of your spine in the middle of your back. Their main job is to filter your blood. Each kidney contains about a million tiny filters that can process around 40 gallons of fluid every day—about enough to fill a house's hot water heater. When blood passes through the kidney, the filters sift and hold onto the substances your body might need, such as certain nutrients and much of the water. Harmful wastes and extra water and nutrients are routed to the nearby bladder and flushed away as urine.



Your kidneys also produce several hormones. These hormones help to control your blood pressure, make red blood cells and activate vitamin D, which keeps your bones strong.

We all lose a little of our kidney function as we get older. People can even survive with just one kidney if they donate the other to a friend/family member. But when kidney function drops because of an underlying kidney disease, it's something to be concerned about. Toxins & extra water can build up in your blood. Falling hormone production can cause other problems. About 1 in 10 adults nationwide, about 20 million people, have at least some signs of kidney damage.

There are different types of kidney disease. Most strike both kidneys at the same time, harming the tiny filters—called nephrons—and reducing their filtering ability. When damage to nephrons happens quickly, often because of injury or poisoning, it's known as acute kidney injury. It's more common, though, for nephrons to worsen slowly and silently for years or even decades. This is known as chronic kidney disease.

"Most people have few or no symptoms until chronic kidney disease is very advanced," says Dr. A. Narva, a kidney specialist at NIH. "You can lose up to three-fourths of your kidney function and essentially have no symptoms."

Chronic kidney disease can strike people of any race, but African Americans are especially at risk. African Americans also tend to have high rates of diabetes and high blood pressure, the 2 leading causes of kidney disease. Other risk factors for kidney disease include heart disease and family history of kidney failure—a severe form of kidney disease.

If you have risk factors, it's important to be screened for kidney disease," says Narva. "That usually involves simple laboratory tests: a urine test to look for kidney damage, and blood test to measure how well the kidneys are working."

The urine test checks for a protein called albumin, which isn't routinely detected when your kidneys are healthy. The blood test checks your GFR—glomerular filtration rate. GFR is an estimate of your kidney's filtering ability. A GFR below 60 is a sign of chronic kidney disease. A GFR below 15 is described as kidney failure.

"I tell my patients they should know their numbers," says NIH kidney expert Dr. Jeffrey B. Kopp. "We usually cannot cure chronic kidney disease, but if we catch it early, we can slow down its progression."

Without treatment, kidney disease often gets worse. If your GFR drops below 15, you may feel tired and weak, with nausea, vomiting and itching. By that point, you may need a kidney transplant or dialysis. It's a good idea to talk with your doctor about the possibility of these therapies long before they're needed. It takes time to understand your options, and it's easier to figure things out when you're feeling healthy. "In general, the preferred therapy for kidney failure is to have a kidney transplant, but not everyone can have a transplant," says Kopp. Some obstacles include long waiting lists for healthy kidneys and finding a well-matched donor.

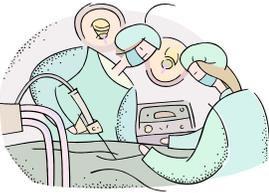


Dialysis is a treatment that filters wastes and water from the blood, allowing patients with kidney failure to feel better and continue with everyday activities. NIH kidney specialist Dr. P. Kimmel leads an NIH program to improve the lives of patients on dialysis. "Although dialysis is a life-saving therapy, it can be challenging for patients and families," Kimmel says. "We're encouraging researchers to explore innovative ways to improve the quality of life and long-term outcome for these patients."

You can take many steps to avoid or delay reaching the point of kidney failure. The best thing you can do is control your blood pressure. A healthy lifestyle, including physical activity and a heart-healthy diet, can help to normalize blood pressure and also slow kidney disease.

“Most Americans eat more sodium & protein than the body needs. It’s your kidneys’ job to filter and get rid of the leftovers 24 hours a day, 7 days a week,” says registered dietitian T. Kuracina, NIH advisor on kidney health & nutrition. Healthy kidneys can generally handle the workload. “But if you have kidney damage, too much sodium and protein can have a negative effect,” Kuracina says. “We generally recommend eating less sodium, more fruits, vegetables and whole grains. To reduce fats, choose lean meats and low-fat or fat-free dairy products.”

If you have kidney disease, your health care provider may recommend additional changes to your diet. And if lifestyle changes aren’t enough to slow down kidney damage, your doctor may prescribe medications to reduce blood pressure, control blood glucose and lower your cholesterol.



Don’t wait to take the first step to keep your kidneys healthy. Talk to your health care provider about your kidneys, and ask if you should be tested for kidney disease. Source: NIH News in Health

### Protect Your Kidneys

If you’re at risk for kidney disease—especially if you have diabetes, high blood pressure, or a family history of kidney failure—talk to your health care provider to choose the best steps for you.

- Get your blood and urine checked for kidney disease.
- Learn to manage your diabetes, high blood pressure or heart disease.
- Take medicines the way your provider advises.
- Cut back on salt. Aim for less than 1,500 mg of sodium daily.
- Choose foods that are healthy for your heart.
- Be physically active.
- Lose weight if you’re overweight.
- Limit alcohol.

## HAWLEY NEWS

. . . We are all looking forward to spring, but old man winter is not cooperating with us yet. As of March 20<sup>th</sup> we are not seeing any signs of warm weather only inches of that lovely white stuff. What a great time we had at our St. Patrick’s Day celebration. Andy Anderson showed off his Irish talent by wearing of the green and singing Irish songs. We were all Irish that day, all 55 of us. We want to thank the girls in the kitchen for the delicious meal they prepared for us. Thanks to my volunteers for all their hard work that day. Now we are looking forward to our Easter Party. Andy Anderson & the Easter Bunny will be entertaining us with Easter songs the hiding of Easter eggs and a wonderful dinner. Hopefully the weather will be warm and nice by then.

Things to look forward to: We have an Occupational Therapy speaker April 9<sup>th</sup> starting at 11:30am. And since April doesn’t have much to offer, I would like to start movie day again. I would like some feedback letting me know if anyone is interested in watching a movie. If so let Lu know what you would like to see. Don’t forget to apply for your tax & rent rebates. You have to the end of June to schedule your appointment. Call the Hawley Center at 226-4209.

Our April Birthdays are: Andy Anderson, Robert Hughes, Sandy Wegst, Sara Jane Compton, Anne Krieter & Linda Gardepe Happy Birthday to all.



*Community garden seeking 2013 gardeners* The Transition Community Garden, located at Ellen Memorial Health Care Center on Golf Drive, is accepting applications from residents of the greater Honesdale & Central Wayne County area. Priority will be given to apartment dwellers and others who have no backyard to garden in. Beginners and experienced gardeners are welcome to apply. Garden plots come in two sizes—four by eight feet and four by 16 feet. Rental fees for the summer are based on the size of the plot and on ability to pay (range from \$25 to \$75 for the season). If you have further questions or would like to receive an application, please contact Jane at 253-5711 [Janebollinger03@verizon.net](mailto:Janebollinger03@verizon.net)

APPRISE.....Pat Perkins Happy Spring to all from the APPRISE Staff. Hopefully, Mother Nature will soon release her grip on the winter temperatures and snow squalls. Maybe we're just too anxious for those sunny spring days! I would like to clear up some confusion on the PACENET billing. While the regular PACE program is fairly simple, those with income under \$14,500 and \$17,700 for a couple pay \$6 and \$9 for prescriptions and the Medicare drug plan's premium is covered. PACENET becomes more complicated. Years ago, when I became an APPRISE counselor, PACENET cardholders were required to spend \$500 for their prescriptions before the PACENET prices kicked in. PACE realized that it may be a hardship for consumers to pay full prices in order to meet the goal so they eventually decided to set a \$40 per month deductible. Once consumers met that number, PACENET prices (\$8 + \$15) began. Currently, the guidelines for PACENET are \$23,500 + \$31,500 for couples. With the introduction of Medicare drug plans, PACE continued to evolve, partnering with companies to provide better co-ordination of benefits. Your Medicare drug plan pays first (federal funding) and PACENET is your back-up, so to speak. This saves our State lottery dollars in the process. It is still your option to have a PACENET premium of \$37 or the premium for the partnering Medicare drug plan which is generally a few dollars less. That premium is taken out at the pharmacy and this is an additional benefit as you do not have mailing each month! But the premium is the detail causing confusion. It is charged only when the actual cost of the prescriptions will allow it to be taken out. If you have a generic prescription that retails at \$20 and your drug plan premium is \$35, the \$20 that you pay is applied toward the \$35 premium. You then have a balance of \$15 to meet your monthly premium. If you go through the whole year with this one medication, you will only pay \$20 per month; any balance is waived at the end of the year. You do not pay the full premium. But if you pay \$20 for that prescription in January and February, as an example, by March your balance is \$30 (\$15 per month) and in March you need a medication that retails at \$100, you will pay \$35 (the monthly premium) \$30 (the balance of the 2 months prior) for a \$65 total which brings you up to speed and there is no remaining balance at this point. Your \$20 generic prescription for March will be \$8 (the PACENET copay). You never pay out more than your medications retail cost. If they can take the premium from higher cost drugs, they will and if your medication cost does not meet the premium amount, PACE will cover the balance. Each drug's cost is applied to the premium as you get prescriptions throughout the month and it can be confusing. If you have a drug plan that is not a PACE partner, you are required to mail your premium to that company each month, and there will be no premium charge at the pharmacy. I hope this clarifies the billing process to some extent. If you have questions please call Pat or Lorrie in Honesdale or Lu in the Hawley Center. Enjoy Spring!

The Honesdale, Hawley and Hamlin Centers will be hosting Open Houses in May in honor of Older Americans month. We will repeat our "Free Day" for lunch (60 and over) and transportation for new participants. Watch for those dates and mark your calendar!

We would also like to start some new activities at the Honesdale Center. We've had someone volunteer to teach a knitting class and we would like to know if anyone is interested. Please call Kathy or Marie at the center and we will arrange a time if we can get a group together. I've also had a few people interested in a poker group. We have a great card room and our pinochle group would not mind sharing! And lastly, WiFi is available in our center, so if anyone is looking for a spot to work with their laptops and enjoy a cup of coffee, please feel free to stop in. We also have a breakfast and lunch cart available in addition to our 60 plus congregate lunch at 12 noon.



**Mohegan Sun Casino  
Wilkes-Barre, PA**

**Thursday, May 30, 2013**

**\$22.00 per person**

Price includes: \$15 free slot play, \$10 food voucher, bus transportation & driver's tip.

Depart casino at 3:30pm.

Sign up with Marie at 253-5540 or Debbie at 689-3766.

**Depart:**

Honesdale McDonald's @ 9am

Hawley Market @ 9:30am

Hamlin Center @ 10am

**Arrive Home:**

Honesdale @ 5pm

Hawley @ 4:30pm

Hamlin @ 4pm



**"Marriage Go Round" Rainbow Dinner Theatre**

Paradise, (Lancaster County) PA

Wednesday, June 19, 2013

\$65.00 per person

Our day starts off with a Lancaster-style buffet lunch at the theatre and the comedy play "Marriage Go Round," After the show we head to the Bird-In-Hand Farmer's Market for a little shopping before heading home. Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat.

"Marriage Go Round" by Leslie Stevens.

Thought the big bang theory was boring? We've got news for you! Two perfectly happy married scientists think they can predict the results of any experiment. They never counted on a brilliant Swedish goddess who intends to produce the world's smartest baby. The results are nothing short of hilarious!!!

**Depart:**

Honesdale McDonald's @ 6:30am

Hawley Market @ 7am

Hamlin Center @ 7:30am

**Arrive Home:**

Honesdale @ 10pm

Hawley @ 9:30pm

Hamlin @ 9pm

**\*Money needs to be in by Tuesday, June 4, 2013**

**\*Cancellation Policy: Money refunded only if your seat can be filled.**

**AZALEA FESTIVAL BUS TRIP**

Norfolk, Virginia 4 days – 3 nights Thursday – Sunday, April 25 – 28, 2013

\$529 per person double occupancy \$698 per person single occupancy

**Featuring the Azalea Festival , Grand Parade and Virginia International Tattoo Show with marching bands & military precision drill teams, etc.**

Package includes: 3 night lodging, 3 breakfasts and 3 dinners including the Spirit of Norfolk Dinner Cruise, Virginia International Tattoo Show, Azalea Festival Grand Parade, Norfolk Naval Base Tour, plus many extras. Please reserve your seat with Patti or Marie at 253-5540 or Debbie at 689-3766.

W W W . A G I N G . C O . W A Y N E . P A . U S  
K T E R R Y @ C O . W A Y N E . P A . U S

**Honesdale** 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

Wayne County



<http://aging.co.wayne.pa.us>

**Hamlin Center** Salem Township Building, 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 Radio Shack

**Hawley** Robert J. Drake Senior Community Center 300 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

**Transportation** 323 10th Street, Honesdale, PA 18431 8:00 am - 4:00 pm [www.co.wayne.pa.us](http://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  
AREA AGENCY ON AGING**

323 Tenth Street

Honesdale, PA 18431

570-253-4262 / 570-253-9115 fax

1-800-648-9620 Elder Abuse/

Protective Services

