



SPOTLIGHT ON

Apprise Health Insurance Counseling Program



State Health Insurance Assistance Program...counseling for People with Medicare in Pennsylvania



Medicare, prescription assistance and supplemental health

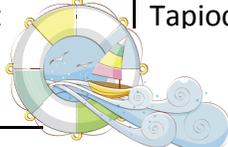
insurance issues are becoming more complicated. Seniors are overwhelmed by the ever-changing information. Our Apprise staff can help with billing, PACE applications and a myriad of concerns, providing information allowing educated decisions and peace of mind. Call (570) 253-4262 to make an appointment to speak to one of our Apprise Counselors.



Recently Pat Perkins presented Debbie Birtel, Hamlin Senior Center Manager, with the PAC Service Excellence Award. The Award recognizes Senior Center Professionals who have gone above and beyond the call towards preservation and revitalization of Senior Centers.

Debbie has taken the Hamlin Center from its initial 3 days a week to a 5 day week currently. She has added activities and events over 14 years of operation, increasing membership and participation at her center. She not only serves lunch 5 days a week, but leads the exercise group, calls Bingo, oversees the craft group and is the "Bus Trip Queen," organizing great trips throughout the year. These are just a small part of all that she does to keep her center active and vibrant. She continually strives to promote her center, attract new participants and allow everyone a feeling of ownership in their center.



| | | | | |
|--|---|---|--|--|
| <p>August 2013</p>  |  <p>All meals served with milk</p> |  | <p>1st Chicken Salad on Wheat Pasta Salad Three Bean Salad Watermelon</p>  | <p>2nd Baked Ham Mashed Potatoes Raw Carrot Salad Whole Wheat Bread Under The Sea Dessert</p> |
| <p>5th Salmon Patty w/ Dill Sauce Roasted Potatoes Zucchini Wheat Roll Mixed Fruit</p> | <p>6th Macaroni & Cheese Stewed Tomatoes Broccoli / Cauliflower Italian Bread Bran Muffin</p> | <p>7th Roasted Turkey & Gravy Mashed Potatoes Peas with Pearl Onions Wheat Dinner Roll Apple</p> | <p>8th Apple Juice Chili con Carne over Rice Green Beans Corn Bread Lemon Pudding</p> | <p>9th Stuffed Shells w/ Sauce Parmesan Cheese Vegetable Blend Tossed Salad w/ Low Fat Dressing Italian Bread Peaches</p> |
| <p>12th Chicken & Rice Casserole Spring Blend Vegetables Wheat Bread Mixed Fruit</p> | <p>13th Pork Chop Mashed Potatoes Lettuce Wedge Rye Bread Bran Muffin</p>  | <p>14th Stuffed Peppers w/ Parmesan Cheese Buttered Pasta Mixed Vegetables Italian Bread Apricots</p> | <p>15th Turkey Sandwich on Rye Bread Lettuce Mayo Cole Slaw Fresh Fruit</p> | <p>16th Grandparents Day Pizza Broccoli Tossed Salad with Low Fat Dressing Bread Sticks Root Beer Floats</p> |
| <p>19th Swedish Meatballs Buttered Noodles Spinach Whole Wheat Bread Mandarin Oranges</p> | <p>20th Cranberry Juice Chicken Cacciatore over Rice French Green Beans Whole Wheat Roll Fresh Fruit</p>  | <p>21st Eggplant Parmesan Spaghetti with meat sauce Tossed Salad with Low Fat Dressing Italian Bread Tapioca Pudding</p> | <p>22nd Roast Pork with Gravy Mashed Potatoes Candied Carrots Whole Wheat Bread Pears</p>  | <p>23rd Breakfast for Lunch Orange Juice Scrambled Eggs Pancakes Hash Browns Turkey Sausage Fresh Melon Mix Cinnamon Roll</p> |
| <p>26th Chicken Tenders Baked Sweet Potato Fries Cauliflower Whole Wheat Roll Fresh Fruit</p> | <p>27th Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Peaches</p> | <p>Apple Juice BBQ Pork Chop Diced Potatoes Baked Beans Rye Bread Fig Newton</p> | <p>29th Vegetable Lasagna Italian Blend Vegetables Bread Stick Angel Food Cake w/ Strawberries</p> | <p>30th Labor Day Picnic Chili Dogs on Roll Cucumber Salad Criss-Cross Fries Red, White & Blue Dessert</p>  |

EVERYDAY AT THE HONESDALE CENTER

Memoir Writing Group - Friday, AUGUST 9 - 1:00 – 3:00

Memoir Writing Group - Friday, AUGUST 23 - 1:00 – 3:00

CAREGIVER'S SUPPORT GROUP – Wednesday, AUGUST 14, @ 1:30

Cavages Farm Market
Honesdale Center
Thursday August 8th
10 am-noon



| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|--|--|--|--|
| 10:00 Walking Club 11:00 Bridge 1:00 Crafts 2:00 Line Dancing | 10:30 Exercise 1:00 Pinochle  | 8:30 Quilting 10:30 Exercise 11:00 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing | 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards | 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub |



EVERYDAY AT THE HAWLEY CENTER

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



EVERYDAY AT THE HAMLIN CENTER

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

Honesdale/Lakewood

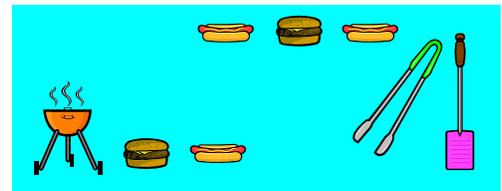
July 5th in Lakewood was a very, very hot day with a celebration of the Fourth of July with a red, white and blue BINGO.

The seniors were surprised with a special donation from the Jericho Dairy Bar in Lakewood, who supplied them with several door prizes of free ice cream sundaes. A big "Thank You" goes out to the Dairy Bar for their donation; the winners of those sundaes were: Ed Dix, Sandra Knapp, Peggy Malinski, Joy Mead & Liz Bauer. It was so hot that day, it wouldn't surprise me if the winners left our meeting & went straight to claim their prizes!

August 1st and August 15th will be our next two meetings in Lakewood. On August 1st there will be a program to "test" your memory, and sign up is a must because it will be conducted by appointment.

The Honesdale picnic on July 12th at the Wayne County Fairgrounds was a big success, and many of our seniors won door prizes that had been donated by local merchants. There were a total of 117 prizes, and more than 160 seniors that attended the picnic. We wish to thank all of the organizations and people that made contributions, and hope that each and every senior who won a prize will take the time to stop by these establishments and thank them for their generosity. A complete list of contributors is elsewhere in this newsletter. As long as we're thanking people our hats also go off to Judy Healy and Sandy DeGroat who helped me by picking up donations, Charlotte Sobolak and Rebecca VanBreda who helped collect tickets. John Fearon and Billy Abraham who were our "grill masters". Lisa Macchia-Ohliger who helped with giving out the door prizes, as well as her husband, who helped with cleaning up. Our maintenance department, and the Honesdale Center Kitchen Staff. I would also have to mention all of my other Senior Center staff such as Kathy Robbins, at the front desk, Marie Alexander, a manager/assistant, and my very exuberant Director of Senior Centers, Pat Perkins. Without all these wonderful people, the picnic would not have been such a great success. Please help me in thanking them all! THANK YOU!!!! THANK YOU!!!!

THANK YOU to all the merchants, vendors, and people who donated prizes for our Honesdale Annual Picnic! The following is a list of all the donors:



A&A Auto Parts, Apple Day Spa & Salon, Art's for Him, Audibel Hearing Care Center, Woodloch, Case Tire, Castek's Floral Shop, Fiesta on Main, Citizen's Savings Bank, Woodys Country Kitchen, Honesdale GH& Flower, Curves for Women, Day's Bakery, Gregory's Auto Service, Dirlam Bros., Elegante Restaurant, Dave's Super Duper, Gibney's Restaurant, Halfway House, Highhouse Oil Co., Trackside Grill, Homefront Appliances, Honesdale Farm & Garden (AGWAY), Honesdale National Bank, Villa Como, Jack Williams Tires, Jeannie's Salon, Jericho Dairy Bar, The Ice Cream Cottage, Martin's Hallmark, Music and Video Express, Nature's Grace, Paulie's Hot Dogs, Pet Central, Suburban Energy Services, Red Schoolhouse, Rothrock's Silversmiths, Papa's Primo Pizza, Stanton Office Equipment, Stephen's Pharmacy, Walmart, Sunrise Market, Tick Tock's, Turkey Hill, Universal Hair Design, Wallflower, Wayne Bank, Waymart Hotel, Pag Pearsall Cut & Style, Northeastern Eye Institute, Reinhart Foods, Town House Diner, Wilkes-Barre/Scranton Railriders, The Quilting Granny, Maria Iri-zarry, Ruth Pranzatelli, Charlotte Sobolak, Sally Hawley, George Dover, Fearon Family & Hans Kumer.



Get ready to change the way you dial your calls!

http://www.puc.pa.gov/consumer_info/telecommunications/area_codes.aspx

To ensure a continu-

ing supply of telephone numbers, the new 272 area code will be added to the area served by 570. This is known as an area code overlay.

What's an area code overlay? An overlay adds another area code (272) to the same geographic region as an existing area code (570). An overlay does not require customers to change their existing area code or telephone number.

Who is affected? The 570 area code covers the northeastern portion of the state serving communities such as Scranton, Williamsport and Wilkes-Barre.

What is the new dialing procedure? To complete local calls within the home area code, begin to dial the area code + telephone number. This means that all calls in the 570 area code that are currently dialed with seven digits will need to be dialed using **area code + telephone number**, for example, 570-555-1212.

When does the change begin? Effective immediately you can begin using 10 digits whenever you place a local call from the 570 area code. If you forget and dial just seven digits, your call will be completed until September 21, 2013.

Starting September 21, 2013 you must use 10-digit calling for your call to complete. If you don't, your call won't be completed and a recording will instruct you to hang up and dial again.

As of October 21, 2013, new customers in the 570 geographical area may be assigned telephone numbers with the 272 area code. What is a local call now will remain a local call regardless of the number of digits dialed and whether area code is 272 or 570.

What do I need to do? In addition to changing your dialing procedure, reprogram your automatic dialing equipment, such as, life safety systems, telephone sets, PBXs, fax machines, alarm and security systems, gates, speed dialers, call forwarding settings, voicemail services to 10-digit dialing from 7-digit. Revise your business stationery or advertising materials to ensure the area code is included.

What will remain the same?

- Your telephone number, including the current area code.

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

- Your price for your calls, coverage area, and other rates and services.** What is a local call now will
- remain a local call regardless of the number of digits dialed.
- You will continue to dial 1+ area code + telephone number for local and long distance calls made outside the home area codes of 272 and 570.
- Emergency service remains just three digits, 911.
- If 211, 311, 411, 511, 611, 711 or 811 are currently available in your community; you can still use these codes with just three digits.

Who may you contact with questions?

If you have any questions regarding information provided in this notice, please call your telephone service provider or access the PA PUC website in the blue box at the top of the page.

NEPA Memory & Alzheimer's Center

www.memalzctr.org 570-262-0664

General Recommendations

Regular exercise – aerobic (e.g. walking, running)/
at least 20 minutes 3-5 days per week OR Walk
3 miles a week

Maintain Social Interaction/ Interpersonal Re-
lationships/Travel

Learn new Things (Games-crosswords/ word
find/ Sudoku/ jig saw puzzles, study a new lan-
guage)

Diet-minimize saturated fat/cholesterol

Diet High in Antioxidants (Bioflavonoids)-
Vegetables: spinach, broccoli, cauliflower, cab-
bage

Fruits: blueberry, blackberry, oranges, red
grapes, raisins

Nuts: almonds, pecans, walnuts (3-5 per day)

Diet High in Omega-3 Fatty Acids

Fish: salmon, mackerel, trout, tuna

*Do not eat any of these fish more than 3 times
per week- High Mercury Content*

Add Supplements to Your Diet

Omega-3 Fatty Acids (These decrease in-
flammation in your body)

Omega-3 – Product should show all
these on bottle

Need total of 1500 mg. of DHA + EPA daily
(not 1000 mg of “fish
oil”)

No mackerel or salmon in product

Made only of anchovies and/or sardines

Co-Q 10 – 100 mg daily-optional

APPRISE.....

Greetings to everyone from
the APPRISE Staff. Unfor-
tunately, our APPRISE staff is getting smaller with

Lorrie's retirement from

the Aging office. As of this

writing, she is still with us,

but by the time our newsletter comes out, she will be
enjoying taking care of her animals, fishing and sitting
on the deck with John.

Lu and myself are the only counselors currently while
Kathy and Marie provide office support. We hope to
see Lorrie back as a volunteer and we will certainly

need the assistance since I am already getting informa-
tion for the Annual Enrollment Period for Medicare
Drug and Advantage Plans. I will soon be submitting

a planning document for the upcoming event and I
cannot believe we are at this time of year again! It
seems that we just get all the problems ironed out and

it's time to start all over. You will begin to see many
more advertisements in the mail as well as on TV.

Those with Medicare Advantage plans will receive in-
formation on any changes to their plans for 2014. The
same can be said for Medicare drug plans. Pay atten-
tion to the details and be aware of what your charges

will be. A change may be necessary for cost effective-
ness. We will provide dates for informational sessions
and enrollment clinics in the near future. Also beware

of scams. Always review your insurer's Explanation of
Benefits and Medicare Statements to ensure that you
have received the services billed. Keep accurate re-
cords of health care appointments and know if your

doctor has ordered equipment for you. Be wary of
salespeople trying to sell you something claiming that
Medicare will pay for it. You will end up with the bill.

News from Harrisburg indicates that an additional \$50
million will be included in the 2013-14 budget that will
benefit older Pennsylvanians. It will help fund pro-
grams for in-home personal care services, home deliv-
ered meals, and senior center improvements. Over \$1
million is invested annually by the PA Lottery for Ag-
ing Programs and services including \$227 million for
PACE, our state's pharmaceutical assistance program.
Please call Pat at the Honesdale Senior Center.

.....Pat Perkins



Guests at the Honesdale Senior Center raise the American Flag in celebration of Flag day. Flags were given to the group by Tom McDonnell, Wayne County Director of Veterans Affairs.

HAWLEY NEWS . . . We have a new exercise machine here at the center for everyone to try out .It's a Bow Flex which works all muscle groups to make a happier and healthier you. Please stop in and give it a try and see how it works.



Have we all noticed how HOT it has been lately? Just a few reminders drink enough water to keep hydrated, work outside in the early morning and late afternoon, check on your elderly friends and relatives and make sure your pets have plenty of shade and fresh water to drink.

We are looking forward to our annual picnic. Hopefully the gods will be on our side and bring us cooler weather. Dress appropriately for whatever Mother Nature has in store for us.

We will be celebrating Grandparents Day on

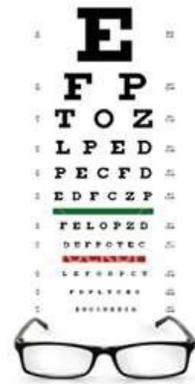
Friday, August 16th. We invite you to bring your grandchildren that day to join in our celebration. There will be pizza and root beer floats for them to enjoy.

We will be ending the summer with a traditional Labor Day event. We will be enjoying chili dogs fries and an array of enjoyable deserts. Come in and join us.

August Birthday's are: Phylliss Rankin, Sandra Howard, Thelma Dewar and Monica Arnold. We wish all of you Happy Birthday.



Free Vision & Glaucoma Screening



The Wayne County Area Agency on Aging would like to invite you to sign up for a FREE Vision & Glaucoma Screening. Call 570-253-4262 for information and to sign up.

- Tuesday, August 27th at the Hawley Sr. Center
- Wednesday, August 28th at the Honesdale Sr. Center
- Thursday, August 29th at the Hamlin Sr. Center

FROM: 10:30 am UNTIL NOON

Come out and have your vision screened and receive valuable information on services, prevention, detection and age related vision loss! Conducted by: Greater Wilkes-Barre Association For The Blind - Serving: Luzerne, Pike, Wayne & Wyoming Counties

Please visit <http://aging.co.wayne.pa.us> for information about all of the many programs and services The Wayne County Area Agency on Aging offers.

Wayne County Area Agency on Aging’s Marie Alexander and Carleen Faatz traveled to Maple City apartments in Honesdale to present a class called Healthy Steps for Older Adults “Falls Prevention”. This program is a part of the Prime-time Health program, written by the Pennsylvania Department of Aging and is designed to give suggestions and teach those 50 and older how to take better care of themselves, stay healthy and prevent falls for better living and safety. The group learned about how to make their home safer, eat healthier, what questions to ask their Doctor and did several strengthening exercises during the course.

Healthy Steps Program at Maple City Apartments



If anyone is interested in learning more about the Healthy Steps program, please call Carleen at 570-253-4262.

Please visit our website <http://aging.co.wayne.pa.us> for information on all the upcoming programs and events at our three senior centers.

Picture taken after completion of classes (4 –week follow up visit.) Certificates were distributed and a celebration cake enjoyed!

Pictured: FR Eileen Lemon, June Perry, Agnes Quick

BR: Beverly Grosch, Delvencia Smith, Florence Utegg, Martha Wassmer

At the Platzl Brauhaus, Pomana, NY Thursday, October 10th \$69 per person

A full day of German fun, food, music, dancing, entertainment & BEER!! Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat on the bus.

*Money needs to be in by Tuesday, September 24. **Cancellation policy: Money refunded only if your seat can be filled.

Oktoberfest



DEPART:

Honesdale McDonald's @ 8:00 am
 Hawley Market @ 8:30 am
 Hamlin Center @ 9:00 am

ARRIVE HOME:

Honesdale @ 7:30 pm
 Hawley @ 7:00 pm
 Hamlin @ 6:30 pm

**\$40.00
p/person**

Corning Museum Of Glass: Thursday, September 12

(meals not included)

We will travel to Corning, NY to the beautiful Corning Museum of Glass. After we sign in at the museum, lunch will be first on our agenda. You are welcome to have lunch at the museum's GlassMarket Café or use the museum's shuttle bus to go into town. The shuttle runs every 15 minutes and will drop you off on Market Street, close to the Corning Farmer's Market. There are several restaurants within walking distance to choose from. (If it is raining we may go directly to Wegman's and have lunch there. You have time to explore on your own before our guided tour of the museum at 2 pm. We will depart for home at 4 pm and have a dinner stop along the way.

Remember to bring extra money for your meals, sorry, they are not included. Sign up with Marie at 253-5540 or Debbie at 689-3766.

Please have your money in by Monday, September 2. Cancellation Policy: Money refunded only if your seat can be filled.

Depart:

Honesdale McDonalds @ 7:00 am
 Hawley Market IGA @ 7:30 am
 Hamlin Center @ 8:00 am

Arrive Home:

Honesdale @ 9:00 pm
 Hawley @ 8:30 pm
 Hamlin @ 8:00 pm



Just a few slots still open for the AARP defensive driving course designed for drivers 50 & older. No tests, membership in AARP not required. Automobile insurance companies in PA give a minimum discount of 5% to all qualified policy holders 55 years or older who complete the course. The non-refundable fee is \$14.00 (\$12.00 for AARP members) per person, paid in advance when registering for any class. Payment is made by check or money order payable to AARP. All AARP members, please bring your membership card to class. Remember to bring your drivers' license and a pen. Call the Wayne County Area Agency on Aging at 253-4262 to make a reservation or if you have questions.

Hawley Senior Center

1:00 pm– 5:00 pm
 Oct 9th OR Oct 30

Time for both days

8:00 am -12:00 pm

Honesdale Center

August 15 AND 16

Hamlin Center

October 24 AND 25

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

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

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

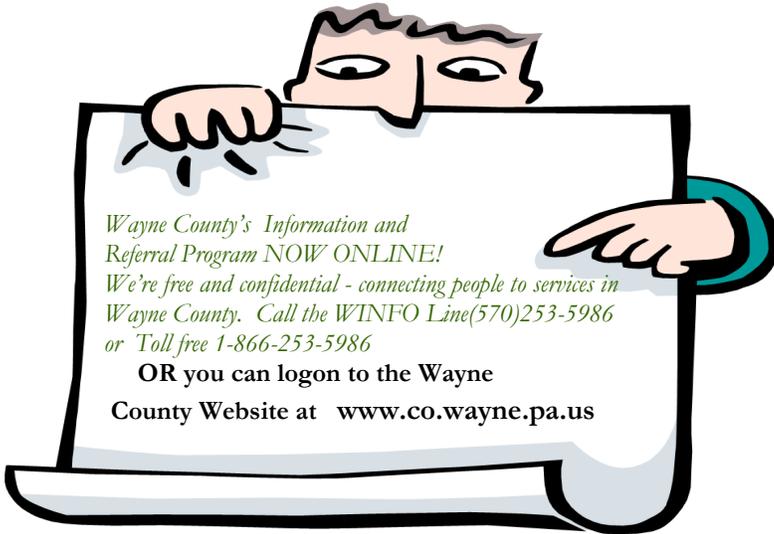
Transportation 323 10th Street, Honesdale, PA 18431 8:00 am - 4:00 pm www.co.wayne.pa.us
 go to "human services" click on "transportation" 570-253-4280 out of 253 exchange 1-800-662-0780

www.sudokucollection.com

Production Coordinator: Kathy Robbins

Menu Coordinator: Amy Costantino

Editor: Kathleen Terry



www.aging.co.wayne.pa.us

kterry@co.wayne.pa.us

Wayne County Area Agency on Aging

323 Tenth Street
 Honesdale, PA 18431

Phone: 570-253-4262 / Fax: 570-253-9115
 1-800-648-9620 elder abuse/protective services

