WAYNE COUNTY AREA AGENCY ON AGING February 2013

Issue 31

# News For All Seasons

## *Note from the Director*

*As we "hunker down" during the cold winter months, we continue to stay busy working on refining and improving the services and information that we provide to you. As part of our four year plan, we have reviewed our brochures and developed what we hope will be a more inclusive easy to read guide on the services available. That booklet is included as an insert in this newsletter. There is also a survey that we will be sending out 2 times a year, to see if we are doing a better job of explaining the services available. Please review our new booklet and complete the survey, so we can get a better sense of your understanding of our services. There is also a section on the survey for any suggestions that you might have.*

*Thank you for your time and attention, we appreciate your help and input!*

*Jacqui*

## Senior Tax Assistance

Wayne County Area Agency on Aging will host the Senior Tax Assistance Program.

**Appointments are necessary; no walk-ins please.**

Seniors are asked to bring only "simple tax returns" as we are unable to assist in the filing of long or complex returns. You must bring with you a copy of last year's tax returns and all tax information that you have received in order to file your 2012 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 2012 county/city and school tax statements. If you sold your home in 2012 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 Vehicle OR New Home you bought 3- Energy Savings Items, ie new windows, insulation, new roof, new heating system, and appliances 4- Out of Pocket Medical Expenses including mileage to Doctors & Health Facilities. Do not make an appointment before March 1st if you: (1) itemize (2) filed for 1st time homebuyers credit (3) education credits (4) bought an electric vehicle (The IRS will not have the forms ready until then.)

**You must bring in any and all information about income and expenses.**

Tax Assistance will be provided at the Honesdale and Hamlin Senior Centers. Call the Wayne County Area Agency on Aging to make your appointment at 570-253-4262. Please be prepared to tell us whether you file federal and state taxes or state taxes only. These are scheduled on different days. Volunteers are limited so advance reservations are required.

Please watch your local & Scranton TV stations or listen to radio stations 95.3 or Y105 for cancellation information. Tax Assistance is cancelled if schools are closed due to inclement weather. Please call to reschedule.

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.

If you are in need of having your rent/property rebate filled out **ONLY**… please call Pat or Lorrie at 253-4262 for an appointment. Visit our website for more information, http://aging.co.wayne.pa.us

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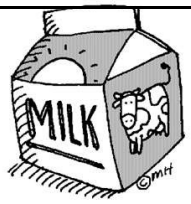
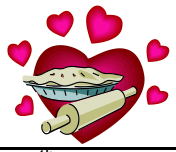
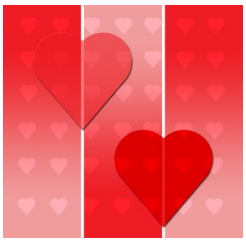
|---|---|---|---|---|
| February 2013 | | |  All meals served with milk | 1st<br>Roasted Chicken Breast<br>Wheat Bun<br>Tossed Salad<br>Garden Rice<br>Broccoli<br>Fruit Cocktail |
| 4th<br>Orange Juice<br>Sloppy Joe on Bun<br>Baked Potato Wedges<br>Chuckwagon Blend Vegetables<br>Fresh Fruit | 5th<br>Turkey Pot Pie<br>Biscuit<br>Green Beans<br>Mandarin Oranges<br>  | 6th<br>Roast Beef w/ Gravy<br>Mashed Potatoes<br>Italian Blend<br>Vegetables<br>Wheat Bread<br>Apple Crisp | 7th<br>Minestrone Soup<br>Chicken Salad on Wheat Bread<br>Raw Broccoli Salad<br>Pumpkin<br>Spice<br>Cake<br> | 8th<br>**Chinese New Year**<br>Sweet & Sour Pork<br>Fried Rice<br>Oriental Blend Vegetables<br>Roll<br> <br>Ice Cream w/Fortune Cookie |
| 11th<br>Grape Juice<br>Veal Parmesan<br>Pasta<br>Zucchini & Yellow Squash<br>Italian Bread<br>Warm Cinnamon Pears | 12th<br>Cranberry Juice<br>Sausage & Rice Casserole<br>Spring Blend Vegetables<br>Wheat Roll<br>Fresh Fruit | 13th<br>**Ash Wednesday**<br>Baked Fish<br>Mac & Cheese<br>Stewed Tomatoes<br>Dinner Roll<br>Apricot Nectar<br>Bran Muffin | 14th<br>**Valentine's Day**<br>Roast Pork w/ Gravy<br>Mashed Potatoes<br>Red Cabbage<br>Rye Bread<br>Sweetheart Dessert | 15th<br>Vegetable Lasagna<br>Italian Blend<br>Vegetables<br>Applesauce<br>Italian Bread<br>Lorna Doone<br>Cookies |
| 18th<br>**Centers Closed**<br> | 19th<br>Chicken Chili<br>Pasta<br>Raw Carrot Salad<br>Cornbread<br>Plums | 20th<br>Apple Juice<br>BBQ Rib Patty on Wheat Bun<br>Potato Wedges<br>Scandinavian Blend Vegetables<br>Butterscotch Pudding | 21st<br>Wayne County Goulash Beans & Pasta<br>Carrots<br>Tossed Salad Rye Bread<br>Fresh Fruit | 22nd<br>Salmon Patty with Dill Sauce<br>Long Grain & Wild Rice<br>Spinach<br>Wheat Bread<br>Cherry pie |
| 25th<br>Apricot Nectar<br>Meatball Hoagie<br>Potato Wedges<br>Brussels Sprouts<br>Granola Bar | 26th<br>Tomato Juice<br>Baked Fish<br>Rice Pilaf<br>Coleslaw<br>Wheat Bread<br>Chocolate Pudding | 27th<br>Chicken & Gravy on Biscuit<br>Mashed Potatoes<br>Mixed Vegetables<br>Mandarin Oranges | 28th<br>Ham with Pineapple Raisin Sauce<br>Sweet Potatoes<br>Green Beans<br>Dinner Roll<br>Peaches |  |

## EVERYDAY AT THE HAWLEY CENTER

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

## EVERYDAY AT THE HAMLIN CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cards & Games<br>10:00 Exercise | Cards & Games<br>1:00 Bingo | Cards & Games<br>10:00 Exercise | Cards & Games<br>10:00 Exercise<br>1:00 Crafts<br>1:00 Line Dancing | Cards & Games<br>10:00 Bingo |

## EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP – Wednesday, February 13, @ 1:30

WRITING GROUP – Friday, February 1 and Friday, February 15 – 1:00-3:00

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

*****ALL CENTERS CLOSED : FEBRUARY 18 – PRESIDENTS' DAY*****

**Join Us In Celebrating**

CHINESE NEW YEAR
Friday, Feb. 8

VALENTINE'S DAY
Thursday, Feb. 14

February Speaker:

Nadine Greco
Wayne Memorial Hospital
Cardiac Rehab
will present "Healthy You"
***11:30 am - 12:00 noon***
**Hawley Center—Tues. Feb. 12**
**Honesdale Center—Wed. Feb. 13**
**Hamlin Center—Fri. Feb 15**

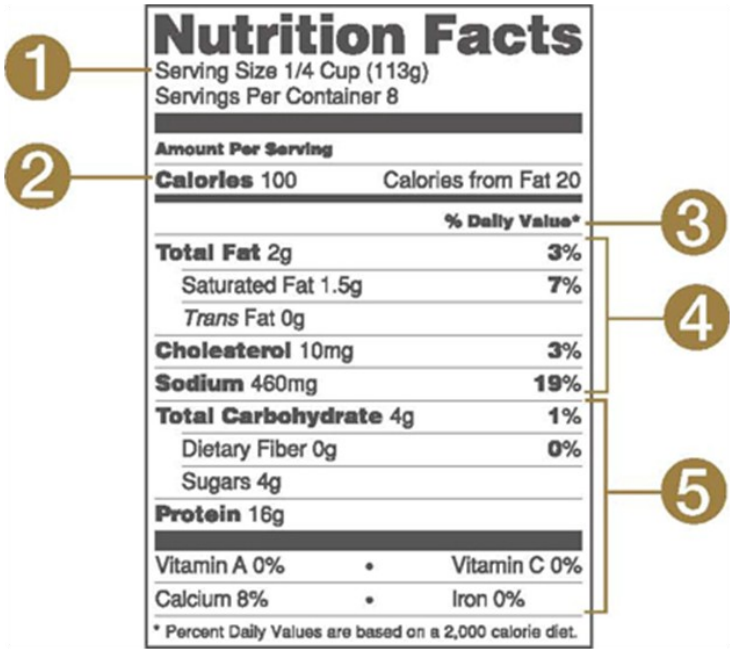
# *Using the Nutrition Facts Label: A How-To Guide for Older Adults*

Good nutrition is important throughout your life! It can help you feel your best and stay strong. It can help reduce the risk of some diseases that are common among older adults. And, if you already have certain health issues, good nutrition can help you manage the symptoms.

Nutrition can sometimes seem complicated. But the good news is that the Nutrition Facts Label, on all packaged foods & beverages, serves as your guide for making choices that can affect your long-term health. Understanding the Nutrition Facts Label can help you make **food choices** that are best for your health.

**1) Serving Size**

This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as "cups" or "pieces." Remember: All of the nutrition information on the label is based upon **one serving** of the food. **A package of food often contains more than one serving!




**2) Amount of Calories**

The calories listed are for **one serving** of the food. "Calories from fat" shows how many fat calories there are in **one serving**. ***Remember -- a product that's fat-free isn't necessarily calorie-free. Read the label!

**3) Percent (%) Daily Value**

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. ***Daily Values are based on a 2,000-calorie diet. However, your nutritional needs will likely depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

**4) Limit these Nutrients**

Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. ***Try to keep these nutrients as low as possible each day.

**5) Get Enough of these Nutrients**

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy. ***Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.

As you use the Nutrition Facts Label, pay particular attention to Serving Size, Percent Daily Value, & Nutrients.

## Serving Size

The top of the Nutrition Facts Label shows the **serving size** and the **servings per container**. Serving size is the key to the rest of the information on the Nutrition Facts Label.

- The nutrition information about the food - like the calories, sodium, and fiber - is based upon **one serving**.
- If you eat **two servings** of the food, you are eating **double** the calories and getting **twice the amount** of nutrients, both good and bad. If you eat **three servings**, that means **three times** the calories and nutrients - and so on.

**Check Serving Size!**
It is very common for a food package to contain more than one serving. One bottled soft drink or a small bag of chips can actually contain two or more serving

## Percent Daily Value (%DV)

The %DV is a general guide to help you link nutrients in **one serving** of food to their contribution to your **total daily diet**. It can help you determine if a food is high or low in a nutrient: 5% or less is low, 20% or more is high.
You can also use the %DV to make dietary trade-offs with other foods throughout the day.

**%DV: Quick Tips**
You can tell if a food is high or low in a particular nutrient by taking a quick look at the %DV.
If it has **5% percent** of the Daily Value or less, it is low in that nutrient. This can be good or bad, depending on if it is a nutrient you want more of or less of.
If it has **20% or more**, it is **high** in that nutrient. This can be good for nutrients like fiber (a nutrient to get more of) . . . but not so good for something like saturated fat (a nutrient to get less of).
Once you are familiar with %DV, you can use it to compare foods and decide which is the better choice for you. Be sure to check for the particular nutrients you want more of or less of.
Using %DV information can also help you "balance things out" for the day.
*For example:* If you ate a favorite food at lunch that was high in sodium, a "nutrient to get less of," you would then try to choose foods for dinner that are lower in sodium .

## Nutrients

A nutrient is an ingredient in a food that provides nourishment. Nutrients are essential for life and to keep your body functioning properly.

**Nutrients To Get more of:**
There are some nutrients that are especially important for your health. You should try to get adequate amounts of these each day. They are:

• calcium • vitamin A • dietary fiber • vitamin C • potassium (*optional listing)

**Your Guide to a Healthy Diet**
The Nutrition Facts Label can help you make choices for **overall health**. But some nutrients can also affect certain health **conditions and diseases**.

**Example**
**Heart disease** is the number one cause of death in the U.S. today. You can use the Nutrition Facts Label to compare foods and decide which ones fit with a diet that may help reduce the risk of heart disease. Choose foods that have **fewer calories per serving** and a **lower %DV** of these "nutrients to get less of":

| | |
|---|---|
| • Total fat<br>• Saturated fat<br>• Cholesterol<br>• Sodium | To lower your risk of heart disease, it is also recommended that you eat *more* fiber. |

## Dietary Salt/Sodium: Get less of

**What It Is:**
Salt is a crystal-like compound that is used to flavor and preserve food. The words "salt" and "sodium" are often used interchangeably. Salt is listed as "sodium" on the Nutrition Facts Label.

**What You Should Know:**
A small amount of sodium is needed to help certain organs and fluids work properly. But most people eat too much of it - and they may not even know it! That's because many packaged foods have a high amount of sodium, even when they don't taste "salty." Plus, when you add salt to food, you're adding *more* sodium.

| Good Nutrition Can Help You Avoid or Manage These Common Diseases: | |
|---|---|
| • certain cancers | • high blood pressure |
| • type 2 diabetes | • obesity |
| • heart disease | • osteoporosis |

Sodium has been linked to high blood pressure. In fact, eating less sodium can often help **lower blood pressure** . . . which in turn can help **reduce the risk of heart disease**.
And since blood pressure normally rises with age, limiting your sodium intake becomes even more important each year.

# Hamlin News

We are well into winter and just loving the snow…haha. Really not too bad so far. I am hoping by the time you are reading my article most of my seniors will be back to the center and feeling better after a bad case of the flu that went through our area. Right after Christmas I had almost 20 people sick. I usually try to send get well cards out but this winter there were so many seniors sick I didn't know where to start. I hope they know we were all praying for their speedy recovery.

Our holiday season was very nice this year. The seniors enjoyed a special visit from Santa & everyone had their picture taken with the man in red. Almost 100 seniors joined in for a very festive Christmas lunch. Then it was our New Year's Eve party - a toast to good health & fun times at the center in 2013. Jan. 3rd brings my birthday and more cake. And finally it is time to stop with all the eating & get back to exercising.

January is such a boring month, no holidays and so very white. This year I challenged the seniors to do a different task every day. Such as wear a crazy hat, bring in a picture of your family, wear a mustache, etc. When they did they received a "Debbie Dollar" and when they collected 6 dollars they could turn them in for a free lunch. It was fun and made the month go by quick.

As you know January is the month I start planning bus trips. So if you ever wondered what I do on snow days when the centers are closed, I'm on the phone organizing trips. A quick rundown; March 12th is Woodloch for St. Patty's Day, April is our overnight trip to Virginia, May 30th Mohegan Sun Casino and June is the Rainbow Dinner Theatre in Lancaster County. Keep watching the newsletter or call me (689-3766) for all the details. I try my best to keep the trips as affordable as possible and it is best for us when you sign up and pay early. Most places require a deposit and have a cancellation policy of two months before the date. If we can't fill the bus we may lose our deposit and that would not be a good thing. Please understand when you cancel at the last minute we have already paid for you and unfortunately, we can't afford to return you money. I am excited about the trips this year and hope to see you on the bus!

# Pennsylvania Yellow Dot Program

Pennsylvania's Yellow Dot Program was created to assist citizens in the "golden hour" of emergency care following a traffic accident when they may not be able to communicate their needs themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need.

The program is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging; the Pennsylvania State Police, the Pennsylvania Turnpike Commission and First Responders and local law enforcement .

How Does It Work?

Participants complete a personal information form, which includes the participant's name, contact information, emergency contact information, medical history and medications, allergies and the participant's doctors' names. A photo – showing only the participant's head and shoulders – is then taped to the front of the completed information sheet .

The yellow dot decal provided in the program kit is placed in the lower left corner of the participant's vehicle's rear windshield. The decal should be no higher than 3 inches from the bottom of the windshield. This decal alerts first responders that vital information can be found in the vehicle.

Place the completed information sheet, with the attached picture, into the Yellow Dot folder, and then place the folder into the vehicle's glove box.

For more information or for a PA Yellow Dot kit please call the Wayne County Area Agency on Aging at 570-253-4262. Information also available on our website: http://aging.co.wayne.pa.us or http://www.yellowdot.pa.gov/

***THIS IS YOUR NEWSLETTER ….WHAT DO YOU WANT TO SEE?***

***What kind of articles do you prefer when reading the newsletter?***

***What would you like to see more of? Less of?***

***Meals? Any suggestions for different menu items?***

***We are seeking input from all sources on anything, so please give us your opinion.***

***Email me at: kterry@co.wayne.pa.us***

***Use the address/phone listed on the last page of the newsletter***

***Put an anonymous note in the suggestion box at the senior center***

***Or stop in and see me (Kathleen, second floor—Honesdale Senior Center)***

## Hawley News

Not much to say for the month of January beside the weather that gave us a nice punch of winter snow. We miss our snow bunnies that have left us here to push on but we will look forward to their safe return in the spring. We are having a good crowd in spite of the cold weather. Our normal activities are still going on everyday so please check the newsletter for times and dates. Feel free to come in and join us in whatever interests you. There is one thing we would like to mention - we have a new afterhour's group called Getting Healthy with Friends, which meets every Thursday at 3pm to 4pm depending on the weather. Come in and see what we're all about. I also need to remind you of some important things to think about. The LIHEAP Program is open and you have till the end of March to apply, so please give me a call and see if you qualify. Call for an appointment starting about the middle of February for your Tax or Rent rebate. (226-4209)

During the winter months we have decided to postpone movie day on Fridays. We will resume in April with a new list of movies that we will have posted. If you have anything you are interested in watching, please let Lu know and she will try her best to get it. Until then have a safe winter and stay well.

February 8th we will be celebrating Chinese New Year - Year of the Snake. So snake on down to the Center and enjoy a good meal and receive your fortune cookie letting you know what is in store for you in the future. Time flies while we're having fun. That brings us to February 13th , Ash Wednesday. Where is all the time going? February 14th is Valentine's Day, a day for lovers and sweethearts to show each other how much they care. Bring your appetite and your special someone with you and join us for a good time. Also remember we will be closed February 18th for Presidents' Day. Nadine Greco, Manager of WMH Cardiac Rehab, is coming in to speak to us on "A Healthier You" February 12th from 11:30-12. Please plan to join us and stay for lunch. Let Lu know a day in advance. Thank you.

The Hawley Center would like to invite all people over 60 to come in and see what we have to offer and plan to stay for lunch. Just give Lu a call the day before 11am so she can have enough food for everyone to enjoy. We know the winter months can be hard on people. Sometimes we get cabin fever and that's whay if you know of someone who could use some company bring them in to enjoy some conversation and friendly atmosphere.

Our February Birthday's are: William Bartow, Pat Ringleben, Raymond Johnson, Dick Hunter, Joanne Wiley, and Mary Salibury Happy Birthday to all of you.

**APPRISE……Pat Perkins** It's hard to believe that another year has passed! We hope everyone has a happy, healthy 2013. We are HAPPY to report that the Medicare Annual Enrollment period has ended. I have encountered cases in the past when clients don't realize until they pick up medications in January that their plan costs have changed. By then January is too late to make changes. Annual enrollment is from October 15th to December 7th, so if you find that you are unhappy, mark your calendar now. We encourage everyone to check the details of their plans and we will be happy to assist with finding the most cost effective plan for you. Currently we are dealing with issues that follow the annual enrollment. One problem concerned PACE cardholders who were enrolled in CCRX for 2012. Everyone received letters stating that Silver Script would be taking over CCRX. Silver Script sent out cards and welcome kits in November and in the meantime, PACE reassigned members to Envision or Cigna. We did see many cases in which clients were confused about which card to use. (cont .page10)

## Honesdale/Lakewood News

Although Honesdale Center was able to celebrate the New Year early, our Lakewood group was only able to celebrate the New Year on January 3rd. We started off the New Year with a toast to everyone's health and door prizes donated from several different areas. Most of the ladies were delighted with winning a beautiful necklace for the New Year. Right now the Lakewood group is back to meeting only on the first Thursday of each month, but on a good note, that means for every meeting we have, we will be having some kind of party to celebrate that particular month's holiday. In February, on Thursday the 7th, we will be celebrating Valentine's Day with party favors and door prizes for the occasion, as well as a Valentine's Day BINGO! Everyone is welcome to join us for a few hours out during the long, cold winter weather. Just be sure to 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.

Honesdale Center actually did their New Year celebrating on December 28th, 2012, with a small crowd celebrating and toasting the coming of the New Year! The winners of the door prizes in Honesdale were Richard Hull, Carol O'Neill, George Dover and Freda Avery.

February will begin the appointments for having your taxes done. The first day in Honesdale will be on February 7th. Be sure to call early because the appointments are going fast. Most of the time the tax people will do your rebates at the same time, but you should still have them checked out by Marie, Lorrie or Pat, because they cannot be sent electronically, and copies of documentation must also be sent along with the application. YOU must send this paperwork out yourself.

On Friday, February 8th, we will be visited and entertained by a group of preschoolers coming in from the church daycare center. They will be arriving at 10:30am and will be here until 11:15am. Please come and join us for their visit. The children look forward to their day with you, singing and giving out valentines.

Valentine's Day will be celebrated on the 14th with favors and prizes. Be sure to call ahead for lunch reservations. Whenever possible, please, please call ahead and reserve a place for lunch, especially when we have "special" days. We have been coming very, very close to running short of food for lunch when we have an over abundance of people just "dropping by". We try to accommodate everyone, but sometimes it is difficult to stretch the meals. Our kitchen prepares food for a certain count each day with only a few extras to cut down on waste. Please call ahead for lunch reservations. We wouldn't want to have to turn anyone away!

Our bus trips will be starting up again, and you will see them listed in this newsletter. A deposit, and sometimes full payment, is expected when you make your reservations. Please keep this in mind when you call or come in.

Make sure you always read our newsletter in its entirety because we carry a lot of useful information and notices about services and activities. Please let us know if you have any suggestions in those areas also. Your suggestions help us plan and look into new things that we may be able to offer here at the centers. We want to hear from you, good or bad. We'll listen to your complaints, as well as the good ideas. We need your input, or we don't know where you may want to see changes both here at the centers and throughout the County where we provide our services.

Pictured left: Santa (aka John Fearon) and Freda Avery, Pool players (Mike Hegedus and Burl Dietz )with Santa

It's the wearin' of the green

# St. Patrick's Day Bus Trip to Woodloch Resort

Tuesday, March 12, 2013

$50.00 per person

Your day includes spectacular Irish musical entertainment, "Pot of Gold" bingo, Woodloch's sumptuous family-style corned beef and cabbage dinner with all the fixings. Alternate entrée choice of beer battered fish & chips available, please let us know when signing up for trip. Complimentary beer from noon to 4pm. Reserve your seat with Marie at 253-5540 or Debbie at 689-3766.

*Money due by Friday, March 1, 2013.
*Cancellation Policy: Money refunded only if your seat can be filled.

Depart:
Hamlin center @ 9:30am
Honesdale McDonald's @ 10:00am
Hawley Market @ 10:30am

Arrive home:
Hamlin @ 5:30pm
Honesdale @ 5:00pm
Hawley @ 4:30pm

APPRISE (continued from page 8) . . If you had PACE and received both cards, Envision or Cigna would be your plan for 2013, not Silver Script. We would advise those with Envision or Cigna to stick with those. Currently, phone calls to Silver Script are resulting in lengthy wait times. I waited 1 hour and 15 minutes for someone to answer. Recently, Medicare placed sanctions against the company and they cannot sell plans until issues get corrected. I've also been hearing that PACE cardholders are seeing increased costs for medications. While copays for PACE are $6 for generic and $9 for brand, your Medicare Rx plan pays first. If their copay is lower, you will receive that cost. If it's higher ,you will pay the PACE copays. With that said, clients may have been used to copays of $0 or $2 last year under the Medicare Rx plan. Unfortunately, copays have changed for this year, and you may see higher copays. Regardless, PACE has still selected the best plan for you according to your prescriptions and co-ordination of benefits is better. PACENET cardholders also benefit in the same way and are able to pay their plan premium at the pharmacy (included with your copays) instead of mailing in monthly payments. All plans are different, and this is why we encourage everyone to check the details! For answers to issues that you may be experiencing, call Pat or Lorrie in Honesdale or Lu in the Hawley Center.

## 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.

**The Tattoo Tradition** The term "tattoo" derives from the cries of the 17th & 18th century Low Country innkeepers in Scotland, who, as the fifes and drums of the local regiments signaled a return to quarters, would cry "Doe den tap toe!" (meaning "turn off the taps!") The sound of the "taps" caused the innkeepers' customers to depart and return to their barracks. The work "tattoo" evolved over time and refers to what developed as a ceremonial performance of military music by massed bands today. The Virginia International Tattoo incorporates groups from around the world including acrobats, choral groups and precision military drill teams.

## ****Time is Running Out for Senior Citizens and Other Federal Benefit Recipients to Meet March 1 Electronic Payment Deadline

*Treasury Department urges remaining paper check recipients to make the switch now to direct deposit or a prepaid card*

The U.S. Department of the Treasury today reported that 5 million checks continue to be mailed to federal beneficiaries each month. With just two months remaining until the March 1, 2013, electronic payment law goes into effect, the Treasury Department is urging Social Security and other federal benefit recipients to not delay and switch now to either **direct deposit** or the **Direct Express**® Debit MasterCard® card.

"Choosing **direct deposit** or the **Direct Express**® card makes it easier, safer & more convenient for beneficiaries to receive their payments. Switching to an electronic payment is not optional – it's the law." If you or a loved one still receive paper checks for your benefit payments, now is the time to switch. It's free and easy – just call 1-800-333-1795 or visit www.GoDirect.org.

Wayne County

Link

To Aging and Disability Resources

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

www.aging.co.wayne.pa.us
kterry@co.wayne.pa.us

**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

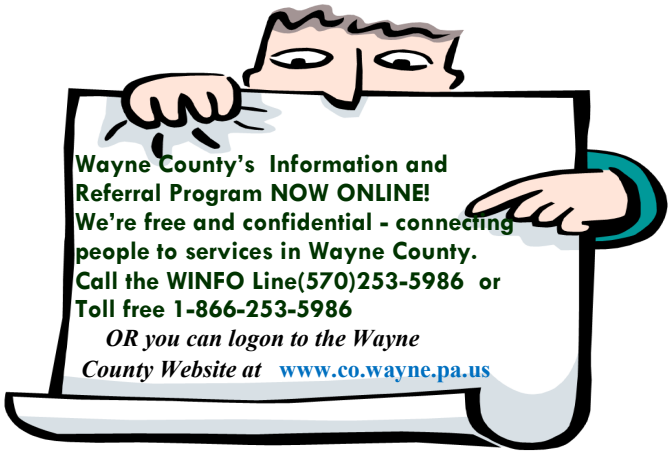
**Hawley** Robert J. Drake Senior Community Center 300 Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

**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

*Production Coordinator: Kathy Robbins*

*Menu Coordinator: Amy Costantino*

*Editor: Kathleen Terry*




**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**