



# News For All Seasons



## ***EMERGENCY/INCLEMENT WEATHER***



The Wayne County Area Agency on Aging and Wayne County Transportation general policy for closing is as follows:



IF the schools are closed for inclement weather which affects the roads and travel, the senior centers, homebound meals and the county transportation system will not operate. **\*\*Please note the only time the of- fices are closed are IF the Courthouse/County of Wayne is shut down;**

IF the schools are closed for other reasons, ie: power outages, natural disasters, etc. a determination will be made if the centers, homebound meals and transportation will operate. This will be announced on the local radio (Bold Gold Media) and TV station (WBRE) as early in the morning as possible, 6:00 AM or later;

IF the schools have a delay for inclement weather, we will work on the same delay for homebound meals. Transportation will attempt to run as close to schedule as possible when the schools call for a delay. Senior Centers will operate on their normal schedule.

Please note: Transportation may cancel your ride if the local roads are not plowed or safe to transport, even if they are operating during inclement weather or over questionable road conditions. A determination will be made on a case by case basis, considering the safety of the consumer, the driver, other passengers, and other vehicles and their passengers traveling on the roadway.

### **NOTE TO SUBSCRIBERS:**

IF YOU RECEIVE THE NEWSLETTER BY MAIL – YOU CAN SEE YOUR RENEWAL DATE IN THE MAILING LABEL ON PAGE 10 . THIS IS THE MONTH YOU SHOULD SEND THE \$3.00 RENEWAL FEE TO COVER POSTAGE COSTS FOR THE YEAR.

REMEMBER, YOU CAN RECEIVE THE NEWSLETTER FOR FREE BY:

- 1) SUBMITTING YOUR EMAIL ADDRESS TO [KTERRY@CO.WAYNE.PA.US](mailto:KTERRY@CO.WAYNE.PA.US)
- 2) GOING ON THE AGING WEBSITE AT [WWW.AGING.CO.WAYNE.PA.US](http://WWW.AGING.CO.WAYNE.PA.US)
- 3) PICKING UP THE NEWSLETTER AT ANY SENIOR CENTER



 <p>January 2013</p>	<p>1<sup>st</sup> Centers Closed</p> 	<p>2<sup>nd</sup> Cranberry Juice Sausage &amp; Rice Casserole Spring Blend Vegetables Wheat Roll Lemon Pudding</p>	<p>3<sup>rd</sup> Grape Juice Cream of Potato Soup Egg Salad on Wheat Lettuce Pickled Beets Lorna Doone Cookies</p>	<p>4<sup>th</sup> Wayne County Goulash Beans &amp; Pasta Carrots Garden Salad Rye Bread Fresh Fruit</p>
<p>7<sup>th</sup> Apricot Nectar Meatball Hoagie Potato Wedges Brussels Sprouts Granola Bar</p>	<p>8<sup>th</sup> Vegetable Lasagna Italian Blend Vegetables Applesauce Italian Bread Fresh Fruit</p>	<p>9<sup>th</sup> Chicken &amp; Gravy on Biscuit Whipped Mashed Potatoes Mixed Vegetables Mandarin Oranges</p>	<p>10<sup>th</sup> Stuffed Shells Broccoli Garden Salad Wheat Bread Angel Food Cake with Fruit Topping</p>	<p>11<sup>th</sup> Ham with Pineapple Raisin Sauce Sweet Potatoes Green Beans Wheat Dinner Roll Peaches</p>
<p>14<sup>th</sup> Grape Juice Veal Parmesan over Pasta Zucchini &amp; Yellow Squash Blend Italian Bread Warm Cinnamon Pears</p>	<p>15<sup>th</sup> Roasted Chicken Baked Potato w/ Sour Cream Cream Corn Wheat Bread Fresh Fruit</p>	<p>16<sup>th</sup> Roast Pork w/ Gravy Mashed Potatoes Red Cabbage Rye Bread Pina Colada Surprise</p>	<p>17<sup>th</sup> Minestrone Soup Chicken Salad on Wheat Bread Raw Broccoli Salad Pumpkin Spice Cake</p>	<p>18<sup>th</sup> Pineapple Orange Juice Chili Mac Green Beans Cornbread Baked Apple Cake</p>
<p>21<sup>st</sup> Centers Closed</p> 	<p>22<sup>nd</sup> Beef Stroganoff Noodles Cauliflower Wheat Roll Fresh Fruit</p>	<p>23<sup>rd</sup> Chicken Chili Pasta Raw Carrot Salad Cornbread Plums</p>	<p>24<sup>th</sup> BBQ Pork Chop Mashed Potatoes with Gravy Baked Beans Dinner Roll Warm Gingerbread with Lemon Sauce</p>	<p>25<sup>th</sup> Pineapple Juice Fish on Wheat Bun Baked Potato Wedges Zucchini Mandarin Oranges</p>
<p>28<sup>th</sup> Chicken Tenders Oven Roasted Potatoes Steamed Broccoli Flaky Biscuit Peaches</p>	<p>29<sup>th</sup> Split Pea Soup Ham Salad Platter Lettuce &amp; Tomato Hard Boiled Egg Three Bean Salad Dinner Roll Oatmeal Raisin Cookies</p>	<p>30<sup>th</sup> Grape Juice Baked Fish Black Beans &amp; Rice Spinach Wheat Bread Chocolate Vanilla Swirl Pudding</p>	<p>31<sup>st</sup> Hamburger Steak with Mushroom Gravy Noodles Beets Wheat Bread Fresh Fruit</p>	<p><b>All meals served with milk</b></p> 

7		4		1				
	2							
9	1	6			7			2
8		9	1					
2			5		6			7
					9	8		5
4			2			7	1	6
							2	
				6		5		4



**ALL CENTERS**  
**CLOSED :**

January 1 –  
NEW YEAR'S DAY

January 21 –  
MARTIN LUTHER  
KING DAY

**EVERYDAY AT THE HONESDALE CENTER**

CAREGIVER'S SUPPORT GROUP –  
Wednesday, January 9 @ 1:30  
WRITING GROUP –  
Friday, January 4 – 1:00-3:00

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

**EVERYDAY AT THE HAMLIN CENTER**

<p><u>Monday</u> Cards &amp; Games 10:00 Exercise</p>	<p><u>Tuesday</u> Cards &amp; Games 1:00 Bingo</p>	<p><u>Wednesday</u> Cards &amp; Games 10:00 Exercise</p>	<p><u>Thursday</u> Cards &amp; Games 10:00 Exercise 1:00 Crafts 1:00 Line Dancing</p>	<p><u>Friday</u> Cards &amp; Games 10:00 Bingo</p>
---	--	--	---	--

**EVERYDAY AT THE HAWLEY CENTER**

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

## Slow Cookers & Food Safety

Opening the door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow

cooker can be a diner's dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small electrical appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more convenient because by planning ahead, you save time later. And it takes less electricity to use a slow cooker rather than an oven.

### Is it safe?

The slow cooker, cooks foods slowly at a low temperature—generally 170° - 280° F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process.



### Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.

Keep perishable foods refrigerated until preparation time. If

you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow

cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

### Thaw Ingredients

Always thaw meat or poultry before putting it into a slow cooker. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce. If using a commercially frozen slow cooker meal, prepare according to manufacturer's instructions.

### Use the right amount of food.

Vegetables cook slower than meat and poultry in a slow cooker so if using them, put the vegetables in first. Large cuts of meat and poultry may be cooked safely in a slow cooker, however since slow cookers are available in

several sizes, consult the instruction booklet for suggested sizes of meat and poultry to cook in your slow cooker.

Then add the meat and desired amount of liquid suggested in the recipe, such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

### Settings

Most cookers have two or more settings.

Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time, then to low or the setting called for in your recipe. However, it's safe to cook foods on low the entire time — if you're leaving for work, for example, and time is limited. While food is cooking and once done, food will stay safe as long as cooker is operating.

### Power Out

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done.

If you are at home, finish cooking ingredients immediately by some other means-

gas stove, outdoor grill or at a house where power is on. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

### Handling Leftovers

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended.

Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 °F. Then the hot food can be placed in a pre-heated slow cooker to keep it hot for serving—at least 140 °F as measured with a food thermometer.

### REMINDERS:

Always thaw meat or poultry before putting it into a slow cooker.

Make sure the cooker is plugged in and turned on.

Keep the lid in place.

Source: [foodsafety.gov](http://foodsafety.gov)

\*\*See slow cooker pot roast recipe on page 9.

*Honesdale/Lakewood News*

The Holiday

Season was Merry and bright, at least for a while, and “no” snow in sight.

The Lakewood Senior Group celebrated Christmas early with the jolly old man making an appearance and giving out Christmas gifts. The winners of our door prizes were Barbara Sprovkin, Janet Woodmansee, Alaine Mosher, Ruth Wenk, Nellie Mead, Lloyd Bennett, Joy Mead, Marie Swartz, Ruth Mroczka, Ruth Pinand, Shirley Bennett, Marge O’Neill, George Dover, Loretta Bokor, Jack Haley and Marilyn Czacher. Everyone seemed to enjoy themselves and began the Christmas celebrating with fun & laughter. The Preston School chorus entertained us with Christmas carols as well as sing-along music.

The Lakewood Group is now on their winter schedule of meeting only on the first Thursday of each month at the Northern Wayne Fire Hall. Our next meeting will be on January 3<sup>rd</sup>, 2013. Our usual exercise class will begin at 10am, with blood pressures being taken at 11:30am. Lunch will be served at 12 noon, and a 1pm craft class to follow. For those of you who do not care to join us in crafting, there will be games and refreshments, as well as friendly conversation in the afternoon. If you wish to order a “box lunch” for a donation of \$2.00, please be sure to call 253-5970 X 3166 (Lorrie’s extension) at least one week in advance. No one else would be able to accept your reservation. Anyone 60 and over can order lunches. Everyone is welcome to stop in and join us for a day at the firehall!

The Honesdale Christmas Dinner was a huge success, especially with the warmer weather. We were filled to capacity and served 125 for dinner. Once again the Jolly Old Elf came to give out Christmas presents. (And he must have lost some weight during the year because he lost his belt, and almost his pants!) A very tasty ham dinner was followed by his appearance, and just before dinner we were entertained by the “Silver Belles”. What a wonderful way to celebrate with friends and family! Just a short note to thank all those involved with organizing and helping with this Christmas celebration. Our kitchen, as usual, did a superb job with the food. Thank you to our maintenance men for setting up, tearing down tables and assembling our Christmas trees.

Thank you to our volunteer elves who helped with wrapping gifts, setting places, serving and cleaning up the dishes. And thank you to our enjoyable entertainment, and wonderful Santa Claus! And...we can’t forget the craft women who spend hours, and hours on all of the beautiful favors they make, not only for Christmas, but for all of our special occasions. (continued next page)

Fast Food



- |           |           |            |           |
|-----------|-----------|------------|-----------|
| ADDITIVES | FAT       | MAYO       | SAUCE     |
| BOOTH     | FISH      | MEALS      | SHAKES    |
| BUNS      | FRANCHISE | MENU       | STICKY    |
| BURGER    | FRIED     | MUSTARD    | STYROFOAM |
| CALORIES  | FRIES     | OBESE      | SUPERSIZE |
| CARTON    | FROZEN    | ONION      | TABLE     |
| CHAIN     | GREASY    | ORDER      | TAKEDUT   |
| CHEESE    | HEAT LAMP | PARTIES    | TEENS     |
| CHICKEN   | ICE       | PATTIES    | TOMATOES  |
| COMBO     | KETCHUP   | PLAYGROUND | TOYS      |
| COUNTER   | KIDS      | SACK       | TRASH     |
| DOUBLE    |           | SALT       | TRAY      |

Copyright 2005 John R. Potter John's Word Search Puzzles  
<http://www.thepotters.com/puzzles.html>



**Honesdale/Lakewood News**

We haven't gotten together yet to organize our January list of events, but the bulletin board will carry everything as soon as the calendar materializes. You can also check whether or not the list is out when you sign in for lunch. We usually carry a flyer in the dining room for people to pick up. The everyday events have not changed, and we are still looking into getting a Mahjong group together here in Honesdale. If you have any other ideas or suggestions, please don't hesitate to call. I usually have my hand out for donations for the center and our seniors, and I'll start the New Year doing the same. As always, any and all donations of crafts, yarn, material and even clothes are welcomed at



any time. We sort through things and use them for our craft classes and give out to our many volunteer groups throughout the county. There are many sewing and crochet groups that donate their time making things for the homeless and less fortunate, as well as nursing home residents and veterans. If you should have anything that you think we could use and you want to dispose of, please call or drop them off at the Honesdale Center. It is all greatly appreciated and will find good homes.

Please, come in and join us for lunch, or if not for lunch look at the activities that are available to seniors throughout the county. All lunches are a donation of \$2.00, and we have many "special" days that we celebrate throughout the year. Join us for a meal, or just a cup of coffee and some amiable conversation. If you're more active, maybe you would want to try one of our activities such as our walking or exercise classes, dance classes, art, cards, etc. If you're new to our center, we will treat you to your first lunch free. Try us out! We're probably more than you expected!

**!!! HAPPY,  
HEALTHY NEW  
YEAR TO ONE  
AND ALL !!!**

**Hawley News**

What a wonderful way to start out the winter season with our annual Thanksgiving dinner/party. We had 42 hungry people who enjoyed the day with family and friends. December brought us seasonably warm weather, which brings us to our Christmas party, what a wonderful time we all had with a special visit by Santa and Mrs. Claus all the way from the North Pole to bring all the good little seniors goodies made by Santa's Elf's. The party brought in 85 Christmas goers that had a good time listening to Andy Anderson playing all of the seasons delightful Christmas carols. We all enjoyed a wonderful dinner prepared for us by our special little Elf's up in Honesdale thanks everyone and Merry Christmas to all of you. All of the party participants had full stomachs from all the cookies and candies that we had to enjoy. We had gifts to give to some lucky winners to take home and put under their tree. Hope everyone had as much fun as I did.

We would like to wish everyone a safe happy and healthy New Year. 2013 will hold new beginnings for all of us and a time to look back on 2012 and be thankful for what we all have. And speaking of new beginnings we will be starting a new exercise program that will be on Thursday January 3rd @ 3pm to 4pm and every Thursday thereafter depending on the weather. And please be aware that our regular exercise program will continue as usual on Mon., Wed. and Fri. Hope to see you there. We are looking forward to all the new and exciting things we will have to offer to all who join us here at the center during the new year. Take a peek at all the activities we have in our newsletter.

Our January Birthdays are: William Vandevaarst, Santina McLaughlin, Margaret Lemole, Mary Sincoski, Jeanne Swisher, Nina Chambers, Margaret Mogelesky, Evelyn Kent, John Derrick, Duane Austin, William Dewar. Happy Birthday to All.

**Myths vs. Facts: Learn the facts about getting federal benefit payments electronically**

Myth: If you already get a federal benefit payment by paper check, you can keep getting your check.

**Fact: No. If you get a federal benefit payment by paper check, you are required switch to direct deposit or the Direct Express® Debit MasterCard® card by March 1, 2013.**

Myth: Switching from paper checks to electronic payments is not easy and takes a long time.

**Fact: Making the switch is fast, easy and free. You can switch online at [www.GoDirect.org](http://www.GoDirect.org) or by calling the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795 Monday – Friday 8 a.m. to 8 p.m. EST. You can also sign up at your local bank or credit union (direct deposit only) or your local federal agency office.**

Myth: Electronic payments are different from direct deposit.

**Fact: Electronic payments and direct deposit are the same thing. When you make the switch to electronic payments, you will get your money by direct deposit to a bank or credit union account or the Direct Express® card account.**

Myth: You will get your money early when you use direct deposit for federal benefit payments.

**Fact: Your money will be available on payment day each month. Paper checks can be delayed, lost or stolen. With direct deposit, you can count on it being there when you need it.**

Myth: When you sign up for electronic payments of your federal benefits, you will also need to pay your bills electronically.

**Fact: The change to the way federal benefits are being paid only affects how you get your money. How you pay bills or buy things – by check, cash or electronically – is up to you.**

Myth: Electronic payments are sent over a computer where anyone can see them.

**Fact: The U.S. Department of the Treasury sends your money in a safe way to your bank or credit union account or Direct Express® card account. Your personal information is not sent over the Internet.**

Myth: You won't know when your money has arrived when you use electronic payments.

**Fact: With electronic payments, your money will be in your bank or credit union account or posted to the Direct Express card account on payment day each month. You can count on it. If you have the Direct Express card, you can sign up to get free text, phone or email alerts when your money goes into your card account.**

Myth: Getting money electronically is not as safe as paper checks.

**Fact: Electronic payments are safer and more reliable than paper checks. Money is sent straight from the Treasury Department to your bank or credit union account – or a Direct Express card account – on payment day, so there's no risk of lost or stolen checks.**

Myth: Only people with bank accounts can get their federal benefits electronically.

**Fact: If you don't have a bank account or simply prefer a prepaid debit card, you can sign up for the Direct Express prepaid debit card. There is no bank account or credit check needed.**

Myth: Paper checks are easier than electronic payments.

**Fact: Electronic payments are easier and more convenient than paper checks. There's no need to wait for the mail to arrive or to make a special trip to cash or deposit a check.**

Myth: You will be charged a fee every time you use the Direct Express card.

**Fact: It is possible to use the Direct Express card for free. You can buy things at stores that accept Debit MasterCard®, get cash back from the cashier when you buy things, and check your balance at ATMs or online at no charge. There are some fees for optional services-Visit [www.GoDirect.org](http://www.GoDirect.org) for a list of card fees and features.**



### Choose More Complex Carbs

- Choose cereals high in fiber (5 or more grams per serving).
- Switch to whole grains. Look for whole-grain bread, whole-wheat pasta, brown or wild rice, barley, quinoa and bulgur.
- Eat more fresh fruits and vegetables and drink less juice.
- Don't forget legumes. Try different kinds of beans and lentils.
- Snack on fruit and small portions of nuts and seeds. Limit candy and other junk food

**Have you sat down on New Year's Day and come up with a half-dozen changes you would like to make? Common ones include losing weight and exercising more.**

**All of our good intentions, though, can pass as quickly as the weeks on the calendar. Before you know it, you're facing yet another New Year with the same old list. If you want to overcome the obstacles to making healthy changes, consider these three FIT tips that can spell the difference between success and failure.**



**F:** Find a way to make achieving your fitness goals fun. Create a positive, emotionally appealing image of your "new" self. Then begin to impersonate that fun-loving fitness advocate today. If you do this, you'll shift your attitude from "I have to" to "I want to." Flipping this switch will make you more willing to adopt and maintain your new habits.

**I:** Invent the future you want. Implement the changes you want to make today. Don't wait for the perfect time—there isn't one. Yesterday is gone and tomorrow is out of reach. All you have is today. And consider making all your changes at once. Contrary to popular belief, recent research confirms that people who bravely tackle all their changes together tend to fare better than those who take a more gradual, piecemeal approach.



**T:** Tell everyone you can about the changes you are making. When you ask friends and

family for their encouragement, ask also how you can help them realize their fitness goals.

As social creatures, we are profoundly influenced by the behavior of everyone around us. Use this insight to create a support team and to make sure you are a positive role model for others.

It's your life, so have it your way. Design a future that enhances your health and well-being and contributes to the vitality of those around you. Grab the opportunity. That way, when 2010 rolls around, instead of having regrets, you'll experience joy and satisfaction as you reflect on your accomplishments.

Source: [aarp.org](http://aarp.org)

### Components of the "LINK" network (Aging and Disability Resources Network)

- |                       |                            |
|-----------------------|----------------------------|
| 1. Awareness          | 2. Assistance              |
| 3. Streamlined Access | 4. Stakeholder Involvement |

**For information on the LINK program in Wayne County, please call 253-4262 and ask to speak to the Intake Worker. For those out of the 253 exchange, you may call toll free: 1-800-648-9620. We are here to assist you in whatever way we can.**

# Slow Cooker Beef Pot Roast recipe

### Ingredients

- 1 (5 pound) bone-in beef pot roast
- salt and pepper to taste
- 1 tablespoon flour, or as needed
- 2 tablespoons vegetable oil
- 8 ounces sliced mushrooms
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon butter
- 1 1/2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 2 1/2 cups chicken broth
- 3 medium carrots, cut into chunks
- 2 stalks celery, cut into chunks
- 1 sprig fresh rosemary
- 2 sprigs fresh thyme

1. Generously season both sides of roast with salt and pepper. Sprinkle flour over the top until well coated, and pat it into the meat. Shake off any excess.
2. Heat vegetable oil in a large skillet over medium-high heat until hot. Sear the roast on both sides for 5-6 minutes each, until well browned. Remove from the skillet and set aside.
3. Reduce the heat to medium and stir in mushrooms and butter; cook for 3-4 minutes.
4. Stir in onion; cook for 5 minutes, until onions are translucent and begin to brown. Add garlic, stir for about a minute.
5. Stir in 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste, and cook for another minute.
6. Slowly add chicken stock, stir to combine, and return to a simmer. Remove skillet from the heat.
7. Place carrots and celery in the slow cooker. Place roast over the vegetables and pour in any accumulated juices. Add rosemary and thyme.
8. Pour onion and mushroom mixture over the top of roast. Cover slow cooker, turn to high and cook the roast for 5-6 hours, until the meat is fork tender.
9. Skim off any fat from the surface and remove the bones. Season with salt and pepper to taste

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

#### RESOLUTION #1:

- 2000: I will read at least 10 books a year.
- 2001: I will read 5 books a year.
- 2002: I will finish The Pelican Brief
- 2003: I will read some articles in the newspaper this year.
- 2004: I will read at least one article this year.
- 2005: I will try and finish the comics section this year.

#### RESOLUTION #2:

- 1999: I will get my weight down below 180.
- 2000: I will watch my calories until I get below 190.
- 2001: I will follow my new diet religiously until I get below 200.
- 2002: I will try to develop a realistic attitude about my weight.
- 2003: I will work out 5 days a week.
- 2004: I will work out 3 days a week.
- 2005: I will try to drive past a gym at least once a week.

#### RESOLUTION #3:

- 1999: I will not spend my money frivolously.
- 2000: I will pay off my bank loan promptly.
- 2001: I will pay off my bank loans promptly.
- 2002: I will begin making a strong effort to be out of debt by 1999.
- 2003: I will be totally out of debt by 2000.
- 2004: I will try to pay off debt interest by 2001
- 2005: I will try to be out of the country by 2006.

#### RESOLUTION #4:

- 2002: I will try to be a better husband to Marge.
- 2003: I will not leave Marge.
- 2004: I will try for a reconciliation with Marge.
- 2005: I will try to be a better husband to Wanda.

... Some popular resolutions ...



**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

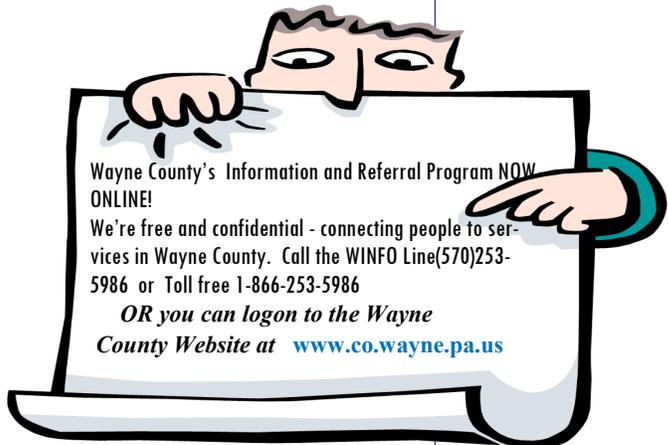
**Hawley** Robert J. Drake Senior Community Center 300 Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

**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*



**Joke of the Week:** Mahatma Gandhi, as you know, walked bare-foot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him what? A super callused fragile mystic plagued with halitosis

**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

