



NEWS FOR ALL SEASONS

2013 Older Americans Month: "Unleash the Power of Age"

All centers open at 8:00 am & close at 5:30 pm for Open House dates

Light refreshments will be served throughout the day, as well as the free lunch and transportation for anyone NEW to the center, age 60 and over. Please call at least 24 hours in advance if you are interested in joining us for lunch and 2 days prior for transportation. We will also provide tours of the facility. If you are unable to attend one of the centers on these specific dates, please call and we can make arrangements to accommodate you. Please call 570-253-4262 and/or visit our website for more information <http://aging.co.wayne.pa.us>



Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

Hamlin Center
Salem Township Bldg.—Route 590, Hamlin:
Open House on May 7th

Cards & table games at 9am
 Area Agency on Aging answering questions 10:30-12
 Lunch at noon
 Entertainment at 11 am
 Jean David's group "The Legends" from the Hideout.
 Bingo at 1 pm
 Refreshments 2-5:30



Honesdale Center
Earl J. Simons Center—323 10th St., Honesdale:
Open House on May 22nd

Ala Carte Open for Breakfast 8-10AM
 Exercise Class 10:30-11:30am
 Area Agency on Aging answering questions 10:30-12
 Entertainment 11am - 12 Noon Brian & Wyman Smith
 11am-12 noon TAI-CHI class
 LUNCH SERVED 12 Noon sharp
 Al-A-Carte open for Lunch 11-1
 BINGO 1-2pm
 Crafts 1-2pm
 Art Class 1-2pm
 Shuffle Board 2-5:30pm
 Billiards 2-5:30pm
 Gambling Education Program 2-3:30
 Al-A-Carte open 3:30-5:30

Hawley Center
Robert J. Drake
Senior Community Center
300 Bingham Park, Hawley:
Open House on May 15th

Area Agency on Aging answering questions 10:30-12
 Card Club starting at 11:00- 2pm
 Exercise class 10:30-11:30am
 Juliann Doyle: Information concerning Wayne County Transportation 11:30 – 12:00 noon
 Lunch will be served at 12:00 sharp
 Musician Andy Anderson will be playing from 11-12 and 1-2
 Crafters will be here from 12:30pm- 2pm
 Bingo 2-3 pm

<h1>May 2013</h1> 	 <p>All meals served with milk</p>	<p>1st Apple Juice Chicken and Rice Casserole Green Beans Rye Bread Jell-o Cubes w/ Whipped Topping</p>	<p>2nd Grape Juice Minestrone Soup Ham and Cheese on Rye Lettuce Broccoli Salad Lorna Doone Cookies</p>	<p>3rd Baked Cod Rice Pilaf Steamed Brussels Sprouts Wheat Roll Fresh Fruit</p>
<p>6th Cranberry Juice Sloppy Joes on Roll Seasoned Potato Wedges Cauliflower Fruit and Oatmeal Crisp</p>	<p>7th Hamlin Open House Three Cheese Baked Ziti Italian Mixed Vegetables Wheat Dinner Roll Fresh Melon Cup</p>	<p>8th Breakfast for Lunch Orange Juice Turkey Sausage Cheese Omelet Home Fries Wheat Bread Donut</p>	<p>9th Herbed Chicken Breast Whipped Potatoes Garden Salad w/ Dressing Whole Grain Roll Fresh Fruit</p>	<p>10th Mother's Day Celebration Turkey Divan Twice Baked Potato Green Beans Wheat Dinner Roll Cheesecake with Strawberries</p>
<p>13th Vegetable Lasagna Italian Blend Vegetables Italian Bread Angel Food Cake</p> 	<p>14th Chili Burger on Bun Macaroni Salad Wax Beans Fresh Fruit Cup</p> 	<p>15th Hawley Open House Meatloaf w/ Gravy Parsley Noodles Peas and Carrots Wheat Bread Orange</p> 	<p>16th Chicken Noodle Soup Egg Salad on Wheat Lettuce Raw Carrot Salad Vanilla Pudding with Mandarin Orange Slices</p>	<p>17th Chicken Parmesan Linguine with Sauce Asparagus Italian Bread Peach Slices</p>
<p>20th Beef Shepherd's Pie Whipped Potatoes Whole Wheat Dinner Roll Fresh Fruit</p>	<p>21st Apple Juice Honey mustard chicken Whole Grain Rice Green Beans Rye Bread Oatmeal Raisin Cookie</p>	<p>22nd Honesdale Open House Split Pea Soup Baked Ham Sweet Potatoes Garden Salad Dinner Roll Ambrosia</p>	<p>23rd Cheesy Shell Casserole Stewed Tomatoes String Beans Wheat Bread Fresh Melon Cup</p>	<p>24th Memorial Day Celebration BBQ Chicken Scalloped Potatoes Raw Broccoli Salad Biscuit Red, White & Blue Dessert</p>
<p>27th Centers CLOSED</p> 	<p>28th Grape Juice Turkey Sausage w/ Peppers & Onions on a Wheat Roll Pierogies Wax Beans Fresh Fruit Cup</p>	<p>29th Apple Juice Tuna Noodle Casserole Peas and Carrots Rye Bread Strawberry Shortcake</p>	<p>30th Chicken Fettuccini Alfredo Seasoned Spinach Italian Bread Banana</p>	<p>31st Beef Cubes w/ Gravy Steamed Rice California Blend Veggies Rye Bread Apricots</p>

Issue 34

Everyday at the Honesdale Center

CAREGIVER'S SUPPORT GROUP – Wednesday, May 10, @ 1:30				
<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

NO MEALS SERVED ON TUESDAY, MAY 21, 2013 – ELECTION DAY
 HOMEBOUND MEALS WILL BE DELIVERED AND OFFICES ARE OPEN

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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HAMLIN CENTER WILL BE CLOSED ON TUESDAY, MAY 21, 2013 – ELECTION DAY

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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**ALL CENTERS
 AND OFFICES
 CLOSED
 MONDAY
 MAY 27**

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

SPOTLIGHT ON

Hamlin News

NEWS FOR ALL SEASONS

The Hamlin Senior center recently had a fun day! It was "Crazy Hat" Day!! As you can see in the photo, a good time was had by all. The three Wayne County Senior centers are open Monday- Friday, serving lunch daily for those over the age of 60. For information on any of our programs and activities, please call 253-4262 or visit [Http://aging.co.wayne.pa.us](http://aging.co.wayne.pa.us) where you can access the monthly newsletter and menu as well as all of the services offered through the Wayne County Area Agency on Aging.

Here in Hamlin spring has sprung... the daffodils are blooming, the temps are rising and spirits are high. Everyone is glad that winter is over and very happy we didn't get the spring snow like they got out west.

2013 is the year of the 90's for us. We have 4 seniors turning 90 this year. In February, Ray celebrated his birthday in Florida. Tommy was right here with us in the cold but we warmed up his day with a special surprise. Rachael from Lotus Fire Bellydancers performed a couple of exotic Middle Eastern dances for him. He said it was his best birthday present ever. St. Patrick's Day brought

Eleanor to her 90th. We were all ready with balloons, gifts and a large green cake but sadly, no Eleanor. Unfortunately she spent her special day in the hospital but we are going to celebrate again when she's back on her feet again. And last but not least, Clemy will hit her big day in November. They say "sixty is the new forty" so ninety must be the new seventy because there is just no stopping my seniors. Happy birthday to all! I heard lots of great reviews about our St. Patty's Day bus trip to Woodloch. Woodloch is one of the most beautiful resorts in PA and they still keep that friendly,

family feeling. The food is always good, Sam keeps the entertainment lively and the staff always makes you feel welcome. Easter came early this year and we had a nice day at the center. About 70 seniors joined in the festivities. I want to thank our craft girls who made Easter bunnies out of washcloths for our favors. We have crafts on Thursday afternoons and would love to have more people join us. Right now we are working on wreaths for our annual yard sale, which will be on Saturday, Aug 1st this year. I'm already collecting treasures for the sale and if you have anything you want to donate, give me a call.

The 2013 bus trips are all arranged and posted at the centers. The June trip to Lancaster is just about full. In September we are off to the Corning Museum of Glass. I'm hoping for nice weather so we can enjoy the colored leaves and farmers' market. Hope to see you on the bus!



The Lakewood Senior Group met two times in April, bringing us back to our usual twice-a-month schedule. On May 2nd we will be getting a special treat when the Preston School Chorus will come in at 11am and present us with entertainment from their Spring recital of "Annie". It will also be our MOTHER'S DAY LUNCHEON. 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 follows:

Thursday, May 2nd and May 16th

8-10am	APPRISE Counseling, by appointment
10-11am	Exercise Class
11am	May 2 nd – Preston Chorus
11-11:30am	Blood Pressures taken – May 16 th
11:30-12	Noon Speaker – Medications and Seniors – May 16 th
12-1pm	May 2 nd – Mother's Day Luncheon – Favors and Prizes
1-2pm	BINGO on the 2 nd
1-2pm	Crafts on the 16 th
2-3:30pm	APPRISE Counseling

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.

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.

Honesdale Center will be hosting their Mother's Day Luncheon on Friday, May 10th. Our "special" occasion days have been wonderfully packed with over 100 people in attendance and we strongly recommend that you call and make reservations. Our meals are prepared with a count of reservations, and although we try to add extra meals so that everyone will have a dinner it is much harder to predict the numbers if people do not call in ahead of time. Recently we have been caught short, and we would never want to turn people away for lack of enough food. We encourage everyone to call ahead so we can be sure.

The Honesdale Center will also be having an OPEN HOUSE and welcoming anyone NEW to the center with a free lunch and free transportation. Entertainment, demonstrations, information sessions will all be available on May 22nd, as well as a supper offered from our A LA Carte on that day, when the center will remain open until 5:30pm. For more information you can refer to our flyers and advertisements.

On a really funny note we are reporting of our "Minute to Win It" day on April 12th here in Honesdale. Our top prize winners were Marie Crocker and Nancy Davis, who beat the clock with the tasks they tried to do. It was an afternoon full of laughs and fun. We had a few other participants that almost fulfilled their requirements against time, but were caught just a few seconds short. On April 23rd we had a cooking demonstration and will report on it in the June Newsletter.

Remember that only lunch holds an age requirement of 60 years old. All of our other activities are open for other adults of the community. That includes our bus trips, BINGO, exercise, speaker programs, etc. Everyone is welcome to join us for these activities. It is wonderful to see new "regulars" in the center.



Sleep On It : How Snoozing Strengthens Memories

When you learn something new, the best way to remember it is to sleep on it. That's because sleeping helps strengthen memories you've formed throughout the day. It also helps to link new memories to earlier ones. You might even come up with creative new ideas while you slumber.

What happens to memories in your brain while you sleep? And how does lack of sleep affect your ability to learn & remember? NIH-funded scientists have been gathering clues about the complex relationship between sleep and memory. Their findings might lead to new approaches to help students learn or help older people hold onto memories as they age.

"We've learned that sleep before learning helps prepare your brain for initial formation of memories," says Dr. M. Walker, a sleep scientist at the U. of California "And then, sleep after learning is essential to help save and cement that new information into the architecture of the brain, meaning that you're less likely to forget it."

While you snooze, your brain cycles through different phases of sleep, including light sleep, deep sleep, and rapid eye movement (REM) sleep, when dreaming often occurs. The cycles repeat about every 90 minutes.

The non-REM stages of sleep seem to prime the brain for good learning the next day. If you haven't slept, your ability to learn new things could drop by up to 40%. "You can't pull an all-nighter & still learn effectively," Walker says. Lack of sleep affects a part of the brain called the hippocampus, which is key for making new memories.

You accumulate many memories, moment by moment, while you're awake. Most will be forgotten during the day. "When we first form memories, they're in a very raw and fragile form," says sleep expert Dr. R. Stickgold of Harvard Medical School.

But when you doze off, "sleep seems to be a privileged time when the brain goes back

through recent memories and decides both what to keep and what not to keep," Stickgold explains. "During a night of sleep, some memories are strengthened." Research has shown that memories of certain procedures, like playing a melody on a piano, can actually improve while you sleep.

Memories seem to become more stable in the brain during the deep stages of sleep. After that, REM—the most active stage of sleep—seems to play a role in linking together related memories, sometimes in unexpected ways. That's why a full night

of sleep may help with problem-solving. REM sleep also helps you process emotional memories, which can reduce the intensity of emotions.

It's well known that sleep patterns tend to change as we age. Unfortunately, the deep memory-strengthening stages of sleep start to decline in our late 30s. A study by Walker & colleagues found that adults older than 60 had a 70% loss of deep sleep compared to young adults ages 18 to 25. Older adults had a harder time remembering things the next day, and memory impairment was linked to reductions in deep sleep. The researchers are now exploring options for enhancing deep stages of sleep in this older age group.

"While we have limited medical treatments for memory impairment in aging, sleep actually is a potentially treatable target," Walker says. "By restoring sleep, it might be possible to improve memory in older people."

For younger people, especially students, Stickgold offers additional advice. "Realize that the sleep you get the night after you study is at least as important as the sleep you get the night before you study." When it comes to sleep and memory, he says, "you get very little benefit from cutting corners."



Sleeping to Learn

Research suggests these tips may aid students and other learners:

- Get a good night's sleep before learning. Lack of sleep can cut learning ability by up to 40%.
- Get a full night of sleep within 24 hours after learning to strengthen new memories and build connections between different pieces of information.
- Get enough sleep each night—7 to 8 hours for most adults. Memories won't be strengthened with 4 hours or less of nighttime sleep.
- Naps might help or hinder. A 90-minute nap can strengthen memories, but naps late in the day may make it harder to get to sleep at night.

Hawley Senior Center celebrates St. Patrick's Day

Everyone had a great time at the Hawley senior center in celebration of St. Patrick's Day. Andy Anderson, the music man from Lakeville, played the keyboard and sang for the crowd. A delicious luncheon was served and party favors handed out to all.

For information about the Hawley center and other services offered through the Wayne County Area Agency on Aging; please call 570-253-4262 or visit our website: <http://aging.co.wayne.pa.us>



Happy Spring to everyone, finally we made it though the long winter months. April proved to be a long boring month with not much to do here at the center; we did have the opportunity to enjoy some humorous moments and enjoyable music from Andy Anderson. Our Easter dinner turned out to be a wonderful time with a visit from the Easter Bunny played by Ann Morgan and entertainment done by Any Anderson singing original Easter songs. The month of May will proof to be less boring than the month of April. We had the opportunity to rest so we can get though this month coming up. First of all we start the month out with

Pictured: Linda Gardepe & Maryanne Reynolds and Andy Anderson



the Wayne County Area Agency Representative discussing services that are available to you. May 15th we will be holding our Open House, doors open at 8am through 5:30pm this year's theme is Unleash the Power of Age. Please check our newsletter for more information on all the activities for that day. Gambling Program will be held on May 24th 9am to 10:30 am for Professionals, Caregivers, Family Members, for Hawley seniors 11: am-12:pm. Hope to see you there. The Wayne County Drug & Alcohol Commission will present, Alcohol, Medications and Older People On May 28th starting at 11:30 to 12noon. I sure all the programs for May will keep us busy. Always check the newsletter to keep up on what is going on at our center on a daily basis. Remember if you what to join us for lunch call 24hrs in advance and let us know you will be coming in so we have enough to accommodate everyone.

Our May Birthdays are; Pearl Shugard, Harry Joswick, Sharon Filola, Joan Russo and Frank Gustin. Happy Birthday to all.

APPRISE.....Pat Perkins

- Greetings to everyone from the APPRISE Staff! Lorrie, Lu and I have just returned from our annual AP-
- PRISE conference. Spring was certainly in the air at State College – the trees were budding, spring flowers were blooming, and college students were out and about campus, in full force. Oh, to be young again! Medicare would be the farthest thing from our minds!
- We've had questions recently on the new Affordable Health Care Act and how it will affect Medicare beneficiaries going into 2014. This was the topic for one of our conference sessions, presented by Erin and Fran from the Pennsylvania Senior Law Helpline. I always enjoy their presentations and they provide great information. (continued on page 9 . . .)



Wayne County
Area Agency on Aging Representative
Will be discussing services that are
available



**Grief workshops, free of charge, offered by
Wayne Memorial Hospice and Social
Service Departments.**

Tuesdays, 1:30pm – 3pm

**May 21, May 28, June 4, June 11, June 18,
June 25. Registration required. For
information call (570) 253-8608.**

All times are from 11:30-12:00 (noon)
May 14th Hawley Senior Center
May 15th Honesdale Senior Center
May 16th Hamlin Senior Center

Gambling Program

Can I Gamble Safely?

How do I set limits and know when to stop?

Problem Gambling: What are the Signs and Symptoms I may see in a friend?

*This will be an educational program for seniors to learn more about the gaming industry,
how to keep gambling fun, and potential gambling issues.*

Wednesday, May 22nd The Honesdale Senior Center (for the Community) 2:00 - 3:30 pm

Thursday, May 23rd Link Cross Training @ Ladore Lodge (for Professionals) 9:00 -10:30 am
The Hamlin Senior Center (for Seniors) 11:00 am - 12:00 p.m.
The Hamlin Senior Center (for Professionals, Caregivers, Family Members) 1:00 - 2:00 pm

Friday, May 24th The Hawley Senior Center (for Professionals, Caregivers, Family Members) 9 -10:30 am
The Hawley Senior Center (for Seniors) 11:00 am - 12:00 p.m.



**Wayne County Library, North
Main Street, Honesdale will
feature artists from the senior
art group during the month of
May.**

Wayne County Drug & Alcohol Commission
Presents

“Alcohol, Medications and Older People”

May 16th – Lakewood Senior Group
May 28th – Hawley Center
June 4th – Hamlin Center
June 5th – Honesdale Center



Issue 34

Rainbow Dinner Theatre ; "Marriage Go Round"

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,"

Then 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.

APPRISE continued . . . With that said, there will be no changes for Medicare recipients. Pre-existing exemptions and health insurance exchanges will only pertain for those not on Medicare. Even at this time, there are still many unknowns until all of the wrinkles are ironed out. Regarding Medicare, the new health care act has already begun by reducing and working toward doing away with the "donut hole" in the Medicare Drug Plan. Consumers no longer pay full retail when they hit the gap. The amount has been cut in half and will eventually disappear in 2020. Sometimes things move slowly! We will certainly keep everyone updated as we get the information. We also had a speaker from the Behavioral Health Connection which is an APPRISE program. This is a joint initiation between the PA Department of Aging and the Behavioral Health Community to insure that behavioral health consumers have access to the APPRISE Network and other CMS programs. Mental health clients can receive assistance with prescription medication issues, dual eligibility problems, or loss of coverage for whatever reason. BHC can assist with accessing "emergency meds" when a consumer is between drug plans and handled on a case by case basis. We all know how overwhelming the whole Medicare system can be and the anxiety it creates, so the partnership with BHC provides a great resource. We are constantly striving to make the community aware that the APPRISE program is available and we as counselors do all that we can to solve problems and allow peace of mind for all consumers. You can call Pat or Lorrie in Honesdale at 253-4262 or Lu in Hawley at 226-4209 with questions or to make an appointment.



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



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

\$22.00 per person

Mohegan Sun

Casino

Wilkes-Barre, PA

Thursday, May 30

Depart casino at 3:30pm

Depart:

Honesdale McDonald's @ 9am

Hawley Market @ 9:30am

Hamlin Center @ 10am



Arrive Home:

Honesdale @ 5pm

Hawley @ 4:30pm

Hamlin @ 4pm

www.aging.co.wayne.pa.us
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Wayne County



<http://aging.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

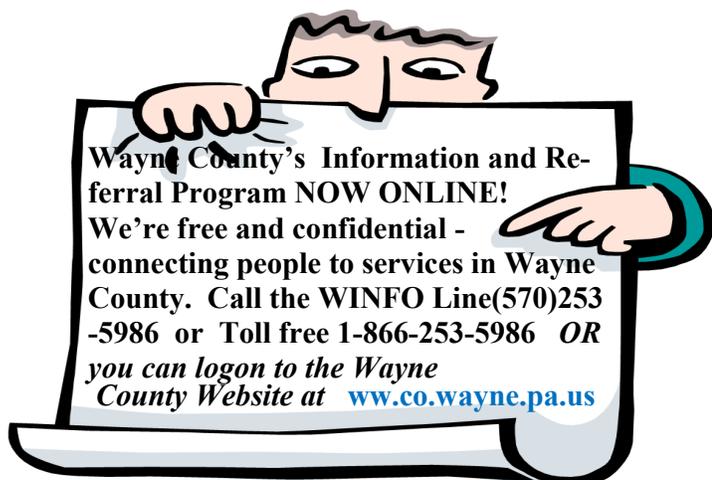
Hawley Robert J. Drake Senior Community Center 300 Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

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

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Wayne County Area Agency on Aging

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

1-800-648-9620 Elder Abuse /

