

# NEWS FOR ALL SEASONS

Wayne County Area Agency on Aging

June 2013 Issue 35

## SPOTLIGHT ON Family\_ Caregiver\_ Support\_ Program\_



The AAA Family Caregiver Support Program (FCSP) helps the caregivers of an older adult by providing information about services that are available through its State and Federal Caregiver Support Programs. We can help by locating care providers, paying for services, researching for financial grants for services, providing supplies, home modifications or assistive devices. The programs empower the older adult and his/her caregiver to choose what services suit their needs the best so that service is individually tailored for each family. Many services are available at no cost to the family. Those families with greater financial resources would be able to participate through cost-share participation where they would share in the cost, based on a sliding fee scale. For more information, please call 570-253-4262 and ask for our Intake Department.

## Senior Center Tai Chi Class

Cissy Bruce of Honesdale was recently awarded a level one certificate in Tai Chi chuan by Sifu Mike Liuzzo, director of In Touch Healing Arts for Health. Classes are held at the Honesdale Senior Center on Wednesdays at 11:00. New students are welcome.

Seated left to right: Barbara Brumagim, Mike Liuzzo, Cissy Bruce, Willie Bowers

Standing: Dottie Samson, Joan Martinez, Jeanne Wasman, Kay Johnson, Alycia Hawk

Tai Chi is the most popular form of exercise currently. Its popularity stems from the fact that everyone can do it. There are no age boundaries. While some exercise programs are strenuous and tiring, Tai Chi allows you to accumulate energy, leaving you refreshed and relaxed. Graceful, slow speed, emphasis on deep breathing, and meditation create balance, greater range of motion, and stress-relieving calmness. Mike is a great instructor so come in and experience the benefits of this program. Classes are very Wednesday from 11AM – 12. The cost is \$25 for 6 weeks. And for those 60 years of age plus, join us for lunch in the center at 12 PM or grab something at our A La Carte (no age restriction) from 11AM-12:45 PM.



<h1>June 2013</h1>			<p>All meals served with milk</p>	
<p>3<sup>rd</sup> Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Peaches</p>	<p>4<sup>th</sup> Chicken Tenders Baked Sweet Potato Fries Steamed  Cauliflower Multigrain Roll Orange Slices</p>	<p>5<sup>th</sup> Apple Juice BBQ Pork Chop Diced Potatoes Baked Beans Rye Bread Fig Newton</p>	<p>6<sup>th</sup> Turkey Sandwich on Whole Wheat Bread Lettuce &amp; Tomato Mayo Potato Salad Fresh Fruit</p>	<p>7<sup>th</sup> Baked Macaroni &amp; Cheese Stewed Tomatoes Broccoli/ Cauliflower Italian Bread Bran Muffin</p>
<p>10<sup>th</sup> Orange Juice Scrambled Eggs Pancakes Hash Browns Turkey Sausage Fresh Melon Mix</p>	<p>11<sup>th</sup> Baked Ham Whipped Potatoes Raw Carrot Salad Whole Wheat Bread Fruit Jell-O </p>	<p>12<sup>th</sup> Oriental Chicken Seasoned Rice &amp; Beans Spinach Whole Wheat Bread Citrus Cup</p>	<p>13<sup>th</sup> Hamburger on Roll Macaroni Salad Pickled Beets Apricots </p>	<p>14<sup>th</sup> <b>Father's Day Celebration</b> Roast Beef &amp; Gravy Red Skin Mashed Potatoes Glazed Carrots Dinner Roll Ice Cream Social </p>
<p>17<sup>th</sup> Turkey ala King Over Noodles Broccoli &amp; Cauliflower Medley Whole Wheat Dinner Roll Fresh Fruit</p>	<p>18<sup>th</sup> Lemon Pepper Fish Parsley Noodles Spring Blend Vegetables Rye Bread Peach Crisp </p>	<p>19<sup>th</sup> Grape Juice Rotini and Meatballs Parmesan Cheese Cucumber Salad Bread Stick Rice Pudding</p>	<p>20<sup>th</sup> Cranberry Juice Chicken Salad on Rye Fresh Broccoli Salad Lettuce/Tomato Angel Food Cake w/ Strawberries</p>	<p>21<sup>st</sup> BBQ Chicken Pasta Salad Brussels Sprouts Whole Wheat Bread Fresh Melon Mix </p>
<p>24<sup>th</sup> Salmon Patty with Dill Sauce Roasted Potatoes Zucchini Wheat Roll Tropical Fruit</p>	<p>25<sup>th</sup> Vegetable Lasagna Italian Blend Vegetables Italian Bread Chocolate Pudding </p>	<p>26<sup>th</sup> Roasted Turkey &amp; Gravy Mashed Potatoes Carrots Wheat Dinner Roll Applesauce</p>	<p>27<sup>th</sup> Apple Juice Chili con Carne over Rice String Beans Corn Bread Banana Cake</p>	<p>28<sup>th</sup> Stuffed Shells in Tomato Sauce Parmesan Cheese Vegetable Blend Tossed Salad w/ Dressing Italian Bread Fresh Fruit</p>

## EVERYDAY AT THE HAWLEY CENTER

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

<u>Monday</u> Cards & Games 10:00 Exercise	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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## EVERYDAY AT THE HONESDALE CENTER

<u>Monday</u> 10:00 Walking Club 11:00 Bridge 1:00 Crafts 1:00 Tap Dancing 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00 Pinochle	<u>Wednesday</u> 8:30 Quilting 10:30 Exercise 11:00 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	<u>Friday</u> 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub
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CAREGIVER'S SUPPORT GROUP – Wednesday, June 12 @ 1:30 pm

**ATTENTION:** Letters are going out from a Senior Advisory Group stating they will do rebates for \$39. This is the same rebate we do for free. Please disregard these letters and call us 570– 253-4262.

Come and spend your **“Sunday at the Museum”!** Every Sunday, the Wayne County Historical Society presents an exciting topic At 2 p.m., reduced admission, tour/presentation free! More info . . . 810 Main Street, Honesdale, PA 18431; 570 253-3240 [www.WayneHistoryPA.org](http://www.WayneHistoryPA.org)

June 2	Juan Espino	A tour through the Howard Becker Exhibition
June 9	Ann O'Hara & Gloria McCullough	A tour of the Research Library
June 16	Barbara B. Gropper	A tour through the DAR Exhibition
June 23	Albert G. Rutherford	George W. Woodward – forgotten son of Bethany
June 30	Thomas Colbert	Painters and their intentions

## HAMLIN NEWS

May was an exciting month in Hamlin. Lots of activities in the beginning of the month and then vacation for Mark and me towards the end. We kicked off Older Americans' month with an Open House on May 4<sup>th</sup>. Close to 100 people came to check out our center and about 85 stayed for lunch. We started the day off with bingo in the morning, a delicious roast beef lunch and entertainment in the afternoon. Chris Carney, who plays with the Coal Town Rounder's (a band from Scranton) played guitar and sang old bluegrass and country tunes. He was happy to let Johnny Wargo (on guitar) and Dante Giammarco (on accordion) join in with him on many of the songs. The seniors are hoping next time Chris comes back to the center he will bring his Dad, Tony, who plays with The Young Geezers, along with him to play too.

Everyone enjoyed the delicious lunch we had for our Mother's Day celebration. The strawberry shortcake was an extra special treat. Everyone went home with lots of extra goodies too. The live geraniums came from the Victims Intervention Program fund raiser so the seniors took home beautiful plants and we supported a good cause. Many seniors went home with bingo prizes and we also drew names for our quilt raffle. Sandra won the queen size quilt and Carol won the John Deere tractor quilt. Jean won a baby quilt and it was really sweet of Linda to give up her matching baby quilt to Jean. Jean and Larry have identical twin Great Granddaughters and that way there will be no fighting. Now I am off on vacation... so I'll see everyone when I get back from who knows where. We still have not decided where we are going but it's always an adventure with my husband!



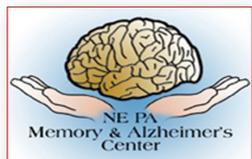
## Tips for Pedestrians

- Cross only at crosswalks. Don't cross between parked cars.
- Wait for a gap in traffic, then step one foot off the curb or fully enter crosswalk and make eye contact with approaching drivers.
- Look left, right then left again & keep looking.
- Always obey traffic signs and signals. Never try to beat the light.
- See and be seen-drivers need to see you and to avoid you.
- Watch for turning vehicles at intersections, even if you have the right-of-way and are proceeding lawfully.
- Watch your children. Children can't judge a vehicle's speed and distance and need the help of an adult to be safe.
- On streets with multiple lanes in each direction, be aware of what drivers in both lanes are doing. If one driver is allowing you to cross, the other might not see you.



## Tips for Motorists

- Slow down when approaching a crosswalk or intersection. Watch for pedestrians and be prepared to yield to them.
- Yield to pedestrians- the law requires motorists to yield to pedestrians in signalized and non-signalized intersections.
- Travel at a prudent speed. Don't try to beat the light.
- Watch for mid-block crosswalks. Pedestrians have the right-of-way in mid-block crosswalks. So yield to them.
- Expect the unexpected- look out for children who may dart out between cars or buses or cross mid-block without a crosswalk.
- Drivers on streets with multiple lanes in each direction should be aware that pedestrians may be crossing all lanes.
- Buckle your seat belt. Seat belts save lives and are the law in Pennsylvania. Click It or Ticket.



**FREE MEMORY SCREENINGS**

Presentation by:  
 NEPA Memory and Alzheimer's Center  
 Geriatric Research & Consulting Group  
 220 S. River St.  
 Plains, Pa. 18705

**Schedule your appointment today**

June 12<sup>th</sup> Wednesday  
 Honesdale Senior Center

June 27<sup>th</sup> Thursday  
 Hamlin Senior Center

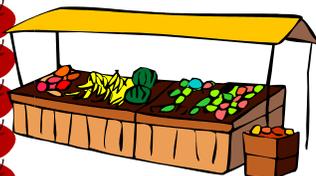
July 23 Tuesday  
 Hawley Senior Center

**EARLY DETECTION IS VERY IMPORTANT**

Memory screenings are a significant first step toward finding out if a person may have a memory problem. Alzheimer's disease or other medical conditions could cause memory problems. A memory screening is not used to diagnosis any particular illness and does not replace consultation with a physician or other qualified healthcare professional.

**Don't let your memory worsen. FREE memory tests available.**

**Senior Farmer Market Nutrition Voucher Distribution**



The Farmer Market Nutrition Program provides \$20.00 in vouchers to eligible seniors

This program is made possible through the Department of Agriculture, an equal opportunity provider and employer.

Hawley Senior Center  
 Bingham Park, 300 Park Place, Hawley  
 Monday, June 24<sup>th</sup>  
 10:00 am - 12:00 noon

Hamlin Senior Center  
 Salem Township Bldg, 15 Township Rd, Hamlin  
 Tuesday, June 25<sup>th</sup>  
 10:00 am - 12:00 noon

Northern Wayne Senior Group  
 Lakewood Fire Hall  
 Thursday, June 20<sup>th</sup>  
 11:00 am – 12:00 noon

Honesdale Senior Center  
 323 10<sup>th</sup> Street, Honesdale  
 Friday, June 28<sup>th</sup> - onward  
 9:00 am – 3:00 pm

**To Qualify You Must Bring With You:**

Proof of Age: driver's license/id card or birth certificate; (must be 60 by December 31, 2013)

Proof of Residence: current utility bill with a street address

The income guidelines: 1 person \$21,257; 2 people \$28,694; 3 people \$36,131



**\*\*\*IMPORTANT REMINDER\*\*\***

If you are picking up vouchers for someone other than yourself (even for a spouse; even if you have p.o.a.), you **must** have a signed proxy form. Please call the aging office at 253-4262 to have one mailed, faxed, emailed, or drop by any senior center for the proxy form, prior to distribution. You will still need to bring the required proof with you, along with the signed proxy form, for that person. Please call (570) 253-4262 with any questions.

**AARP Driver Safety Program**



The 8 hour classroom defensive driving course and the 4 hour classroom refresher course is designed for drivers 50 and older. There are no tests, and membership in AARP is not required. All automobile insurance companies doing business in Pennsylvania are mandated by state law to give a minimum discount of 5% to all qualified policy holders 55 years or older who complete the course.



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

The eight hour class is given in a two day period in two, 4 hour sessions. The non-refundable fee is \$14.00 (\$12.00 for AARP members) per person, paid in advance when registering for any class. All AARP members, please bring your membership card to class. Payment is made by check or money order payable to AARP. Class size is limited and advanced reservations are required. Remember to bring your drivers' license and a pen to class. Call the Wayne County Area Agency on Aging at (570) 253-4262 to make a reservation or if you have any questions. Lunch is served at noon daily. Individuals interested in eating lunch at a center are asked to call at least one day before the date of the program to make their reservation. Any individual over the age of 60 may reserve a lunch and contribute to the cost of the meal on a donation basis. If you are under 60, the cost of the meal is \$7.10.

**Time for both days**

8:00 am to 12:00 pm

**Honesdale Senior Center**

June 27 & 28, 2013

August 15 & 16, 2013

**Hamlin Senior Center**

October 24 & 25, 2013

**Hawley Senior Center**

1:00 p.m.– 5:00 p.m.

Oct 9th

Oct 30<sup>th</sup>

***HAWLEY NEWS***

We have had a very busy month this May, starting out with our annual

Mother's Day dinner enjoying a wonderful meal, door prizes, and the company of good people. Our open House was a big success with 50 participants, lots of food, drinks and entertainment performed by our one and only Andy Anderson. We have our Memorial Day celebration the 24<sup>th</sup> of June. Remember to Fly the Flag for our wonderful country we have the opportunity to live in and join us for a BBQ chicken dinner and Red, White and Blue dessert. Always keep an eye out in our newsletter for all the activities we have going on here at the center. If you are interested in joining us for lunch, let us know a day ahead by 10:30am so we have an idea on how much food to prepare; and think about joining us for our many activities we have here. Our centers are here for you to participate in and enjoy.

Here are some things to keep in mind for June: Friday, June 14<sup>th</sup> we will celebrate Father's Day with music by Andy Anderson and an Ice Cream social. We will have something for all the Dads and door prizes. Please let Lu know if you plan to attend. Tuesday, June 18<sup>th</sup> we have a speaker on foot care: Susan Miller & Rebecca Mickel will be our speakers for that day. Very important date to mark on your calendars Monday, June 24<sup>th</sup> you can pick up your farmers vouchers starting 10am to 12 noon. Bring proof of age and residence and know your income— you have to be 60 years of age by December 31, 2012. DON'T FORGET.....



Now is the time to start thinking about our annual picnic on Friday, July 26<sup>th</sup>. Theme this year is country western. We are giving you plenty of time to plan on what to wear this year. Hope to see you there. We'll have plenty of good food, prizes, a friendly crowd and great entertainment.

Our June Birthdays are: Arlene Diehl, Michael Capobianco, Bettymorton Currier, Leo Compton, Robert Koub, Rosemarie Frank, Joyce Carson, Ethleyn Gross and June Stait Happy Birthday to all of you.

## Honesdale/Lakewood News

On April 23<sup>rd</sup>, the Honesdale Center enjoyed a pleasant treat with a cooking demonstration by our own Marie R. from the ALA Carte. Marie showed all present how to make “stuffed” cabbage soup. Everyone enjoyed a sample along with some door prizes and fun. If anyone would like a copy of the recipe we still have a few copies left.

During the month of May we were especially busy with our Mother’s Day Luncheons in Lakewood and Honesdale and an open house in Honesdale on May 22<sup>nd</sup>. Lakewood’s Mother’s Day celebration was very entertaining when the young adults from Preston School came over to the center and performed songs and dances from their Spring Recital of “Annie Jr”. The group was very talented with performers from the 5<sup>th</sup> through 8<sup>th</sup> grades. There was very loud applause and cheering for their performance!

Remember, our meetings are back to twice a month; first and third Thursdays at the Northern Wayne Fire-hall. Call for Box Lunch reservations.

The Aging Office Staff have been trying to entice some new members into the centers and haven’t been too successful as of yet. The NEW generation of seniors seem to be too busy to drop by. Please remember that besides our regular lunch, which is served every day at 12 noon, we have the new cart which is open from early morning for breakfast, until 1pm for lunch. It is open to the general public, and even if you are still a working senior you could stop by and enjoy a reasonably priced lunch right here at the center. The ALA Carte lunch menu is served between 11am and 1pm. You might even be able to start a new trend, program, or make a contributing suggestion for new ideas here at the center. We are always open to try new things, and programs if it would be at all feasible. Any SUGGESTIONS?????? Let us know.

The Honesdale Center “Open House” brought out a crowd - we saw several new members who were treated to a free lunch. The center was open as usual in the morning with extended hours until 5:30pm. We’re happy to see so many seniors fill the center & are hoping everyone will stop by more often.

It’s never too early to remind everyone of our annual senior picnic. It will once again be held at the Wayne County Fairgrounds on July 12, 2013, with our theme this year being country western. Soooooo, round up all your partners and come on down to the fairgrounds for a fun day out. The lunch will be BBQ hamburgers and hot dogs with a special BINGO to follow lunch, and of course Lorrie has been working hard on getting donations from our county vendors. It is greatly appreciated if you would buy your tickets ahead of time to avoid long lines and confusion when you get to the picnic..

As always we’re looking for any kind of craft donations for all of the groups that participate with different programs throughout the county. Any kind of crafting materials is appreciated. We supply knitters, crocheters, quilters, sewers and even painters. We have volunteers who knit and crochet for those in need at hospitals and nursing homes. Quilters and those who sew make lap quilts and sleeping bags for the homeless and nursing homes, etc. It is only with your help that these volunteers can continue their services to those in need. When you clean out your attics and basements, please consider us for craft items.

Summer

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ARCADE	HEAT	SHOPPING
BAREFOOT	HIKE	SHORTS
BASEBALL	HOT DOGS	SKATES
BEACH	ICED TEA	SLEEPING OVER
BIKE	JOB	SUNBURN
BIKINI	LEMONADE	SWEAT
BORED	MONEY	SWIM
CAMP	MOVIES	TAN
CAR TRIP	MOW	TRAVEL
COKES	NO HOMEWORK	T SHIRT
COOKOUTS	PARKS	TV
FRISBEE	PICNIC	VACATION
GOOF OFF	PLAY	WATER
HANGING OUT	POOL	WORK

Copyright 1996 John R. Potter John's Word Search Puzzles  
<http://www.theotters.com/puzzles.html>



## Corning Museum Of Glass

Thursday, September 12

**\$40.00 per person (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.



### 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

Please have your money in by Monday, September 2

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



When things in your life seem almost too much to handle, when 24 hours in a day is not enough; remember the mayonnaise jar and 2 beers.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a large, empty mayonnaise jar and start to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He again asked the students if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two pints of beer from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand.

'Now,' said the professor, as the laughter subsided, 'I want you to recognize that this jar represents your life.'

The golf balls are the important things - God, family, children, health, friends, and favorite passions— things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the things that matter like your job, house, and car.

The sand is everything else --The small stuff. 'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls.'

The same goes for life.

If you spend all your time & energy on the small stuff, you will never have room for the things that are important. So. Pay attention to the things that are critical to your happiness. Know your God. Play with your children. Take time to get medical check-ups. Take your partner out to dinner.

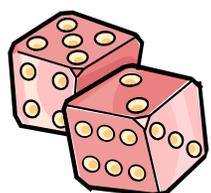
There will always be time to clean the house and fix the dripping tap.

'Take care of the golf balls first -- The things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the beers represented. The professor smiled. 'I'm glad you asked'.

It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers with a friend.' . . Submitted by a reader





# Mohegan Sun Casino: Friday, August 9th

\$22 per person

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

Depart the casino at 3:30 pm

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

Money needs to be in by Thursday, August 1.

Cancellation Policy: Your money refunded only if your seat can be filled.

### Depart:

Honesdale McDonald's @ 9:00 am

Hawley IGA Market @ 9:30 am

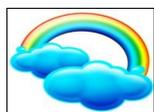
Hamlin Center @ 10:00 am

### Return Home:

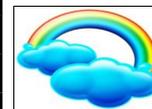
Honesdale @ 5:00 pm

Hawley @ 4:40 pm

Hamlin @ 4:00 pm



## "Marriage Go Round" Rainbow Dinner Theatre



Paradise, (Lancaster County) PA

Wednesday, June 19, 2013 \$65.00 per person

Lancaster-style buffet lunch at the theatre/comedy play "Marriage Go Round,"

After the show we head to the Bird-In-Hand Farmer's Market for a little shopping before heading home. Call Marie at 253-5540 or Debbie at 689-3766 to reserve your seat

### Depart:

Honesdale McDonald's @ 6:30am

Hawley Market @ 7am

Hamlin Center @ 7:30am

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

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

### Arrive Home:

Honesdale @ 10pm

Hawley @ 9:30pm

Hamlin @ 9pm



It's Lilac time in Wayne County. What will be blooming on June 16, the day of the Wayne County Historical Society's Secret Garden Tour? There are always a few surprises on this self-guided driving tour of unique gardens. Tickets/driving directions are \$15 per person at the Wayne County Historical Society, 810 Main St., Honesdale, or by email with a credit card at 570-253-3240 or [wchshop@ptd.net](mailto:wchshop@ptd.net). Don't miss out on this wonderful tour of Wayne County's gardens.

### Caregiver's Support Group "Support and Understanding for all Caregivers"

Wayne County Area Agency on Aging welcomes you to join with other caregivers at the monthly meetings of the Caregiver's Support Group.

The June, 2013 meeting will be held at the **Earl J. Simons Senior Center on Wednesday, June 12<sup>th</sup> from 1:30 pm till 3:00 pm.**

Meeting is informal but informational. The counselors are experienced and understanding. Sharing experiences, ideas, situations, solutions and frustrations can help you and others who attend. Consider this as time for you to bolster your emotional and physical well-being.

For more information or if you need someone to "sit" with your loved one while you attend the meeting, please call Laurie at 570-253-4262 **IMMEDIATELY** so that we have enough time to make arrangements to accommodate you.

Wayne County

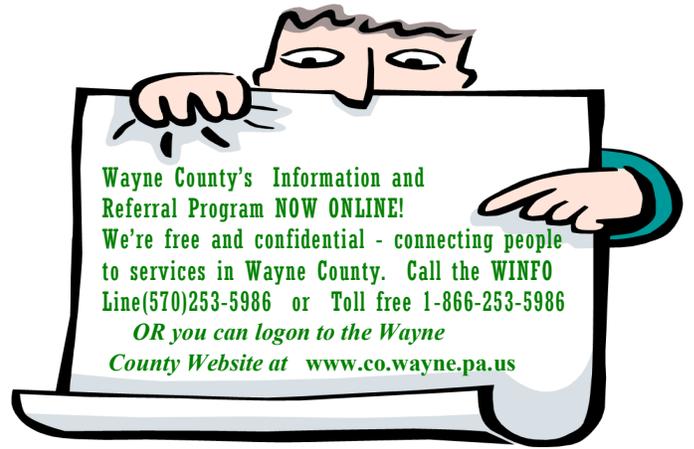


<http://aging.co.wayne.pa.us>



[www.aging.co.wayne.pa.us](http://www.aging.co.wayne.pa.us)  
[kterry@co.wayne.pa.us](mailto: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](http://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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1-800-648-9620 elder abuse/protective services

