

# NEWS FOR ALL SEASONS

**SPOTLIGHT ON**

## The Ombudsman Program



An ombudsman is a person who has been trained to help consumers with a concern or problem with any long term care service; whether it is a service they receive in the community, a personal care home or a nursing home. They work with a group of dedicated volunteers who are trained to ensure that all long term care consumers are treated with dignity and to advocate for high standards of care. Ombudsman can help with questions about consumer's rights, quality of care and information about appealing decisions regarding transfers, discharges or changes in services. More volunteers are needed. For more information, please call the Wayne County Ombudsman at 570-253-4262.

### FREE AND OPEN TO THE PUBLIC

The **Memoir Writing Group**, held at the Honesdale Senior Center for the past eighteen months is ready to expand its membership again and publish our Spring/Summer 2013 schedule. Please join us!

If you have memories and stories, if you enjoy reading and writing, if you like to get to know other people in a secure, open and friendly environment, please consider visiting our group. You are under no obligation!

Participation is open to ALL INTERESTED PERSONS in Wayne County. Regular attendance is encouraged but not required. We meet at the Honesdale Senior Center at 323 10<sup>th</sup> Street, Honesdale - 253-4262.

Our Group is facilitated by South Canaan resident, Susan Lory. Susan has extensive group and teaching experience including 11 years teaching writing at Ithaca College in NYS and 18 years as a Psychotherapist and Clinical Social Worker in New Jersey. For more information, call the Senior Center or Sue Lory directly at 570-937-3148.

#### Spring and Summer Schedule :

1:00 to 3:00 Game Room

Friday, July 12, 2013

Friday, July 26, 2013

Friday, August 9, 2013

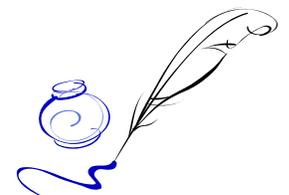
Friday, August 23, 2013

Friday, September 6, 2013

Friday, September 20, 2013

Friday, October 4, 2013

Pictured are members of Memoir Writing Group



1 <sup>st</sup> Chicken & Rice Casserole Spring Blend Vegetables Wheat Dinner Roll Fresh Fruit	2 <sup>nd</sup> Swedish Meatballs Buttered Noodles Spinach Whole Wheat Bread Lorna Doone Cookies	3 <sup>rd</sup> <b>Happy 4<sup>th</sup> Party</b> Cheesburger on Roll Lettuce & Tomato Tater Tots Green Beans Red, White, and Blue Dessert	4 <sup>th</sup> CENTERS CLOSED 	5 <sup>th</sup> Orange Pineapple Juice Chicken Salad on Rye Three Bean Salad Fresh Fruit
8 <sup>th</sup> Stuffed Peppers w/ Parmesan Cheese Buttered Pasta Mixed Vegetables Italian Bread Margarine Apricots	9 <sup>th</sup> Cranberry Juice Chicken Cacciatore over Rice French Green Beans Whole Wheat Roll Fresh Fruit	10 <sup>th</sup> Roast Pork with Gravy Mashed Potatoes Candied Carrots Whole Wheat Bread Pears 	11 <sup>th</sup> Eggplant Parmesan Spaghetti with Meat Sauce Tossed Salad with Dressing Italian Bread Tapioca Pudding	12 <sup>th</sup> <b>Honesdale Picnic</b> Hamburger or Hot Dog on Bun Potato Salad Baked Beans Nuttty Buddy 
15 <sup>th</sup> <b>Breakfast for Lunch</b> Orange Juice Turkey Sausage Cheese Omelet Home Fries Wheat Bread Fresh Melon Mix	16 <sup>th</sup> Chicken Tenders Baked Sweet Potato Fries Cauliflower Whole Wheat Roll Fresh Fruit 	17 <sup>th</sup> Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Peaches	18 <sup>th</sup> Hearty Vegetable Soup Ham Sandwich on Whole Wheat Bread with Lettuce & Mayo Macaroni Salad Peanut Butter Cookie	19 <sup>th</sup> <b>Hamlin Picnic</b> Orange Pineapple Juice Tuna Fish on Rye Lettuce & Tomato Three Bean Salad Strawberry Shortcake
22 <sup>nd</sup> BBQ Chicken Chuckwagon Blend Vegetables Roasted Potato Wedges Fresh Fruit	23 <sup>rd</sup> Oriental Chicken over Steamed White Rice Spinach Whole Wheat Bread Citrus Cup	24 <sup>th</sup> Baked Ham Whipped Potatoes Raw Carrot Salad Whole Wheat Dinner Roll Fruit Jell-o 	25 <sup>th</sup> Stuffed Shells Parmesan Cheese Vegetable Blend Tossed Garden Salad w/ Dressing Italian Bread Mixed Fruit	26 <sup>th</sup> <b>Hawley Picnic</b> Turkey Sandwich on Wheat Bread Lettuce & Tomato Mayo Potato Salad Chocolate Pudding
29 <sup>th</sup> Turkey ala King Over Rice Broccoli & Cauliflower Whole Wheat Dinner Roll Oatmeal Cookie	30 <sup>th</sup> Breaded Fish Parsley Noodles Spring Blend Vegetables Rye Bread Fresh Melon Mix	31 <sup>st</sup> Vegetable Lasagna Italian Blend Vegetables Applesauce Italian Bread Vanilla Pudding	 All meals served with milk	<b>July 2013</b>

# CENTER ACTIVITIES

ALL CENTERS CLOSED THURSDAY, JULY 4, 2013



CAREGIVER'S SUPPORT GROUP – Wednesday, July 10, @ 1:30				
EVERYDAY AT THE HONSDALE 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 Shuffle-board 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub

**HONSDALE SENIOR PICNIC – JULY 12, 2013 – WAYNE COUNTY FAIRGROUNDS**

**ADVANCE PAYMENT REQUIRED WITH RESERVATIONS**

Memoir Writing Group - Friday, July 12 - 1:00 – 3:00

Memoir Writing Group - Friday, July 26 - 1:00 – 3:00

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

**HAWLEY SENIOR PICNIC – JULY 26, 2013 – BINGHAM PARK**

**ADVANCE PAYMENT REQUIRED WITH RESERVATIONS**

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

**HAMLIN SENIOR PICNIC – JULY 19, 2013 – LAKE GENERO**

**ADVANCE PAYMENT REQUIRED WITH RESERVATIONS**

## Hamlin News

Did anyone notice that I put June 2012's news article in last month's newsletter? I do apologize, it's time for me to spring clean my computer. And a few corrections.. our yard sale will be the Saturday of Labor Day weekend. (correct date is Aug. 31<sup>st</sup>) Doors open at 8am. There will be lots of treasures inside the center & out/weather permitting. Also, we have two more seniors turning 90 this year. Carl Clark will celebrate his special day in July. Conrad had his 90<sup>th</sup> birthday cake on May 3<sup>rd</sup>. Conrad and his wife, Doris just joined

the center and we are very excited that Doris plays the piano. Our 100 year old piano has sat quite for many years and it is so nice to hear the old tunes again. That brings our total up to 6 folks having that special birthday this year, anyone else turning 90 this year?

Our Norfolk Azalea Festival bus trip was one of the best overnight trips so far. After leaving Wayne County early Thursday morning we headed to Phila. to pick up Dottie Thornton's seniors. (It was a real pleasure having Dottie's gang join us, such nice folks to travel with and I hope we will be able to get together for more trips in the future.) We arrived in Norfolk just in time for dinner at the *Grand Affairs* restaurant. The lively swing band rounded out the evening with dancing and jokes. After a good night's rest, Friday's agenda kept us hopping. We started our day with a tram ride through *Norfolk Botanical Gardens*, next a visit to the MacArthur Memorial and lunch. The tour through the Norfolk Naval Base was just amazing. It is the largest naval base in the world. When you see some of the monstrous Navy ships moored at the docks you can understand why it has to be so big. Two of the air craft carriers we saw were over 1000 feet long. Our dinner cruise on the *Spirit of Norfolk* was a nice leisurely ride on the Elizabeth River. And we got a great view of the naval ships from the waterside. Our day was topped off with the Virginia International Tattoo. If you ever get a chance to see this show, don't miss it. There were over 850 performers from all over the world. It was an amazing performance. There were marching bands, vocalists from local schools, bag pipers, and precision military bands, just to name a few. Saturday was another beautiful day for the Azalea Festival Grand Parade. There were floats from all over the world and after the parade the different countries were set up in tents in the waterfront park. Visiting each tent was like traveling around the world. I heard so many great comments about the trip and many people said they would love to do the same trip again.

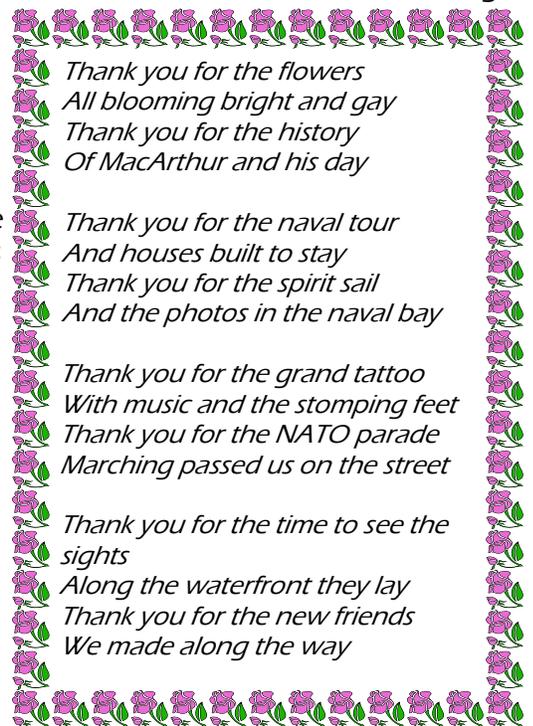
I thought you might enjoy the thank you note (box insert) I received from Jo Anne from Phila. "Thank You" Jo Anne for the clever poem. I also have to put in a thank you to White Star Tours for all their hard work in arranging the trip. We were one of 21 buses they sent to the Azalea Festival. That's about 1000 seniors to make arrangements for... I wouldn't want that job. Back at the center everyone is enjoying the warmer temps and glad summer is here. We had a nice day for our open house on May 7<sup>th</sup>. I'd like to thank Jean David for bringing her gang "The Legends" in for our musical entertainment. They

are a wonderful group of folks from The Hideout who perform a lip-synch show. They had the crowd in stitches. I'd also like to thank Commissioners Brian Smith and Jonathan Fritz for taking time out of their busy day to stop by the center and greet the seniors. I know the county seniors really appreciate the support of all 3 commissioners.

We had a wonderful Mother's Day celebration. About 80 seniors were at the center and that was a nice send off for my vacation. The seniors and I say "Thank you" to the kitchen staff in Honesdale for all their hard work in preparing our lunches and extra goodies. Back from vacation and off and running. Lots of details to work out for the up and coming bus trips. They are filling up fast so get your name in early. All the Dad's were happy with their special day, couldn't have been all the yummy waffles and ice cream. And picnic time is here too. Hamlin picnic will be on Friday the 19<sup>th</sup>. The theme is Country and Western this year, so dust off your cowboy hats. We'll see you at Lake Genero's picnic grove. Please get your in advance tickets from Debbie.

Our Victorian Dancers are back practicing at the center on Monday nights. If you love to dance and love to dress in beautiful Victorian style dresses or tuxedos you may want to join this group. Call me for more details, 689-3766.

Last, but surely not least, we are so sad to say 'Good-bye' to Joe and Marge Papp. Joe has been our faithful volunteer for many years. He was already volunteering before I started in Honesdale in 1996. We hope Marge and Joe will enjoy themselves and their Grandchildren in NJ.



*Thank you for the flowers  
All blooming bright and gay  
Thank you for the history  
Of MacArthur and his day*

*Thank you for the naval tour  
And houses built to stay  
Thank you for the spirit sail  
And the photos in the naval bay*

*Thank you for the grand tattoo  
With music and the stomping feet  
Thank you for the NATO parade  
Marching passed us on the street*

*Thank you for the time to see the  
sights  
Along the waterfront they lay  
Thank you for the new friends  
We made along the way*

A great turnout on Friday, June 14th for the Father's Day Celebration at the Honesdale Senior Center. Pictured are Milt Rollison and Ray O'Leary with the door prizes they won! Call 570-253-4262 or visit us online at <http://aging.co.wayne.pa.us> for information about the many activities



## APPRISE.....Pat Perkins

Happy summer to everyone from the APPRISE Staff. We hope that all the gardeners out there are having good luck with their crops. I am looking forward to those fresh tomatoes and cucumbers. We all need to eat healthy and drink more water (especially on the hottest days). Dehydration could land you in the hospital, which brings me to my first topic – observation status. This is something that most patients would be unaware of. Five years ago, this procedure was unheard of. Three years ago, 5% were considered observation, and now, 25% are under this classification. This will add financial burden to many patients. Observation status means that even if you are in a hospital bed, you may not be classified as a hospital inpatient. You may be receiving tests, food, medication, etc., but for Medicare payment you are considered an “outpatient.” When Lorrie worked in a doctor’s office in New Jersey years ago, a person could be termed as observation, but for not more than 24 hours. Things have changed! I recently read an article about a man who was taken by ambulance to the ER. Testing ensued and he was taken to a room, given IV, special diet, physical therapy, and more tests. But he was not formally “admitted” for 8 days! His wife was informed of this after 5 days. Doctors stated that “this happens.” And how does this happen? There is so much confusion with health care these days and this situation results in a payment issue, with the patient on the short end. Medicare PART A would not be billed, but services would be covered by PART B. For those with supplements to Medicare, everything should still be covered, regardless. For those who do not have a supplement, copays for outpatient services will probably be higher than the deductible (\$1184.00 for 2013) for PART A coverage as an “admission.” Under the “admission” category, all drugs received would be covered. Under “observation” most drugs would not be covered. You would need to have a Medicare drug plan or PACE in order to avoid additional costs. The biggest issue that I see would be for someone in need of rehab or skilled nursing care. After a 3 day hospital “admission,” a patient can be referred to Skilled Nursing and Medicare will pay the first 20 days. The addition of a supplement would pay up to day 100. If you were considered “observation,” you would not qualify for the Medicare coverage in a skilled nursing facility which could mean thousands of dollars. And that is what happened to the man who was in the hospital for eight days. He paid out-of-pocket for a 3 month stay. And, as in the hospital, without Medicare A, drugs are not covered. Continued on page 9 . . .

## HONESDALE / LAKEWOOD NEWS

An early Father's Day celebration took place in Lakewood on June 6<sup>th</sup>, 2013 when quite

a large group turned out to honor all Dads. We celebrated the day with "make your own" sundaes and a Father's Day BINGO and door prizes. The winners of the door prizes were: Tom Sampson, Paul D'Agati, Duane Giles, Bill Ace, Joe Sprovkin, Frank Mrocza, Ron Buell, Jack Haley and Lloyd Bennett. We hope everyone enjoyed the day and will come back for more fun and gatherings during the rest of the year. Besides our special days, Lakewood's usual meetings are on the first and third Thursdays of each month from March until October. The winter months has us meeting only once a month mostly due to the inclement weather. For the month of July only, because of the Fourth of July, we will meet on Friday the 5<sup>th</sup>, and then again on July 18<sup>th</sup>.

If there may be another interest or topic of concern for Lakewood, please let us know. We are always open to suggestions, and will try to accommodate your requests. Rather than crafts all the time, maybe you would like to see a different activity? Or even along with the crafting class, we can have an additional activity at the same time for which we can get a volunteer to teach?

Honesdale celebrated their Father's Day Luncheon on June 14<sup>th</sup> with the same kind of ice cream social day. Everyone attending was able to concoct their own delicious ice cream sundae and enjoy it while door prizes were given out. The gentlemen winners were: Ray O'Leary, Tom LeStrange, John Lassley, Len Silberman, Fred Shakkour, Richard Burdick, Richard Hull, Burl Deat, Mike Hegedus, Milton Rollison, Ralph Davis and Harry Feldman. Before the ice cream sundae, a delicious roast beef dinner was served, and of course all the plates were cleaned so they could enjoy their dessert.

### **ALL CENTERS CLOSED FOURTH OF JULY**

Our next HUGE event will be the upcoming Honesdale Center Annual Picnic to be held once again at the Wayne County Fairgrounds on Friday, July 12<sup>th</sup>, 2013. This year's theme is a country western one. The cost of the donation is \$5.00, payable in advance to hold your reservation. The payment in advance is for your convenience, so as not to cause problems at the fairgrounds and to avoid tie-ups and long lines at the sign in table. You will only have to show your ticket, sign in and get a hand stamp. No one will have to deal with money, change, etc. and wait in line. Tickets are available from Kathy Robbins at the front desk. Our picnic is open to any senior in Wayne County. Our entertainment will be by the group "Shady Grove". Come early and enjoy a breakfast treat, and stay late to play a special BINGO game. Any senior of Wayne County is welcome to attend. The only requirement for the picnic is that you must be 60 years of age to have lunch with us.

"Jingle Bells, Jingle Bells, Jingle all the way! No, Lorrie hasn't quite gone crazy yet! July 24<sup>th</sup> we will be celebrating "CHRISTMAS IN JULY". Of course we don't know if we can talk Santa into stopping by because we hear he'll be down in the Bahamas, but you never know. We might be able to tempt him away from a Mai-Tai long enough to help deliver some good cheer. On the same day we will have a CHRISTMAS in July BINGO!

Please don't forget to keep us in mind if you're ever cleaning out your closets, basements or attics. We will take items for BINGO prizes, as well as craft items for our crafters and volunteers that sew and crochet for those in need. We sort and go through any donated items to make sure they are sent out to the proper people for use throughout the community, and/or right here at the center. We have our own craft classes every Monday, with a special craft class the last Monday of each month.

It is with some sadness that I take this opportunity to say good-bye to all the seniors of Wayne County that I have had the pleasure to meet and help over all the years that I have worked here in the Wayne County Area Agency on Aging. Besides being the Honesdale and Lakewood senior center manager, I was an APPRISE Counselor along with Pat Perkins and was able to be of assistance to many people in need, throughout the entire county. I loved helping people with a great variety of problems, as well as teaching, and growing through the years with them. We have shared heartbreaks and laughs, sad times and partying and I can honestly say that it will bring some tears to my own eyes when I retire. I will be around as a volunteer, still helping with APPRISE and possibly other activities when needed. Thank you to everyone who has touched my life, because every single one of you has made a difference. My love to you all, and best wishes from the bottom of my heart for continued good health and happiness. Lorrie Fearon

People of all ages are sensitive to extremes in temperature. As you age, your body may become less able to respond to extremely hot or cold temperatures. In addition, taking certain types of medications can affect how your body responds to heat. Review some hot weather safety tips:

- Be aware of days when extreme heat conditions are predicted by paying attention to your local weather forecast. On hot days, you should:
- Drink plenty of water;
  - Avoid long periods in the direct sun or in unventilated rooms;
  - Keep air conditioning or fans running;
  - Avoid vigorous activity when it is hot and humid;
  - Reschedule activities for cooler times of the day;
  - Wear light-colored, lightweight, loose-fitting clothing;
  - Wear a hat or other head covering when out in the sun;
  - Wear appropriate sunscreen protection; and
  - Take frequent baths or showers and remain in a cool place.

Heat-related health problems may include :

**Heat Cramps**

Symptoms: Painful spasms usually in leg & abdominal muscles. Heavy sweating.

First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

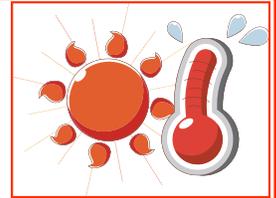
**Heat Exhaustion**

Symptoms: Heavy sweating, weakness, skin may be cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.

First Aid: Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

**Heat Stroke (Sun Stroke)** Symptoms: Extremely high body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.

First Aid: Heat stroke is a severe medical emergency. Dial 911 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Remove clothing. Use fans and/or air conditioners. **DO NOT GIVE FLUIDS.**



The 8 hour classroom defensive driving course & the 4 hour classroom refresher course is designed for drivers 50 and older. There are no tests, and membership in AARP is not required. 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/advanced reservations required. Remember to bring your drivers' license and a pen to class. Call the Wayne County Area Agency on Aging at 253-4262 to make a reservation or if you have questions. Individuals interested in eating lunch are asked to call at least one day before the date of the program to make reservations. 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**  
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>

## 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 re-  
funded only if your seat can be  
filled.**



Here we go again, the rain wind and non seasonal weather we've had this month makes it hard to find something to wear. But if we look ahead we can start planning what to wear to our annual picnic. Our theme this year is Country Western. The date is July 26<sup>th</sup> starting at 10am to approx 3pm. We will be enjoying hot dogs, hamburgers, bake beans, salad and dessert. The band will be playing toe stomping, hair raising, hand clapping good ole country music. Bring your cow girl or guy over to the hoe down on Friday and have a good old time. Remember some lucky participants will be leaving with a door prize donated from our friends and businesses here in Hawley and surrounding areas. Don't forget our bingo game starting around 2pm. Just a reminder, you have to call ahead and let Lu know if you're coming and you require transportation for that day so we have enough food to feed everyone. I'm sure we'll have a wonderful time.

# HAWLEY NEWS

Our Fathers Day celebration turned out to be a great success with 30 people enjoying a good meal, delicious dessert and the wonderful songs and entertainment of our Andy Anderson. Door prizes and goodies were given to all the men who joined us that day. What a great time was had by all.

We are looking forward to our speaker on foot care June 18<sup>th</sup> starting at 11:30. Hopefully we will see participants here to learn how to take good care of their feet and information on wound care for Diabetic patients. The farmers market vouchers being held on June 24<sup>th</sup> should also be a great success.

MARK YOUR CALENDERS; July 3rd Red, White and Blue Day come in and celebrate our Country's Birthday. We will be closed on July 4<sup>th</sup> in remembrance of that day. Tuesday July 23rd we will have Free Memory Screening here at the Hawley Senior Center starting at 10am to 2pm for anyone who thinks they are having a hard time remembering things. Schedule your appointment today. Call 570-253-4262 sign up is required. Once again we have our annual picnic held on July 26<sup>th</sup>. See all of you under the BIG TENT.

As a reminder to everyone please take advantage of all the wonderful things we have going on at the center. Stop in and join us for lunch. (60 and older) Just call a day in advance to let us know you plan to come in. The center is here and activities are open to under 60. Our ala-cart is available regardless of age, or you can bring in your own lunch if you prefer.

Our July Birthday's are; Neille Compton, Jeanne Lawler, Tom Bates, Kathy Drexel, Mary Borys, Jeanne Smack, Trish Ianniello and John Vegar. Happy Birthday to all of you and enjoy you big day.

**At the Platzl Brauhaus**

Pomana, NY

Thursday, October 10<sup>th</sup>, 2013

\$69 per person

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

\*Money needs to be in by Tuesday, September 24

**Oktoberfest**

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



DEPART:

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

ARRIVE HOME:

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

**Mohegan Sun Casino: Friday, August 9th**

\$22 per person 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.

Money needs to be in by Thursday, August 1. Cancellation Policy: Your money refunded only if your seat can be filled.

Depart the casino at 3:30 pm

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

**(APPRISE** cont from page . . .5) To condense what I have read, the problem stems from Medicare threatening to audit hospitals for "admitting" patients who should have been outpatients. To avoid audits, hospitals err on the side of caution; classify the patient as "observation" with the intent to "admit" if the case warrants it. And sometimes, the follow-up does not occur. If you find yourself in the hospital for more than a few hours, keep asking if you are inpatient or outpatient. If you have a Medicare Advantage Plan, coverage could be different and you would need to contact the plan. And you can always do an appeal to Medicare on any discrepancy.

On another note, a very sad note, we are losing one of our APPRISE counselors. Lorrie Fearon will be retiring near the end of July. She will be a tough act to follow! Her knowledge in the health care insurance field has been a huge asset to our agency from day one, which was over 7 years ago. She has promised to volunteer in the future and I am going to hold her to that, especially during the annual drug plan enrollment! I know many people rely on her expertise, particularly during this time. I can't begin to list the many things Lorrie has done for the Center as well. She is always thinking about what we can do next, from the Price is Right and Minute to Win It to all sorts of holiday and theme parties. She has revamped the procedure for soliciting door prizes for our annual picnic, mailing creative letters, which provide a very positive outcome and saves hours of time (We used to deliver requests door to door) Local merchants are very generous, providing a wide array of prizes. And hopefully, Lorrie's husband John will continue to volunteer. He has been our picnic griller (along with Billy) and has provided assistance at numerous events. She has contributed to our program in immeasurable ways and will be so very missed! There will be big shoes to fill! We will celebrate her "Happy Retirement" (happy for her!) on July 25. Join us to wish her well as she begins a new chapter in her life.

