

Find us on the web at: <https://waynecountypa.gov/101/human-services>



FEBRUARY IS
**AMERICAN
HEART
MONTH**

The Importance of Heart Health

It's easy to overlook our heart until something goes wrong, but taking care of your heart is one of the most important things you can do for your overall health. The heart is the engine that powers the human body, pumping blood, oxygen, and nutrients to every cell. Yet, over time, factors like poor diet, lack of exercise, smoking, and stress can take a toll, leading to conditions like heart disease, high blood pressure, and stroke. The good news? Many of these conditions are preventable.

UNDERSTANDING THE RISK FACTORS

During the month of February, awareness campaigns encourage people to understand the key risk factors for heart disease, which include:

- **High blood pressure (Hypertension):** This can damage the heart and blood vessels, increasing the risk of heart disease, stroke, and kidney failure.
- **Cholesterol levels:** Too much bad cholesterol (LDL) can lead to plaque buildup in the arteries, while not enough good cholesterol (HDL) can leave your heart unprotected.
- **Smoking:** Smoking damages the blood vessels and decreases oxygen flow, leading to an increased risk of heart attack and stroke.
- **Diabetes:** Uncontrolled diabetes can damage blood vessels and increase the risk of heart disease.
- **Physical inactivity:** Lack of exercise contributes to obesity and other heart disease risk factors.
- **Unhealthy diet:** A diet high in saturated fats, sugars, and salt can increase your chances of developing heart disease.
- **Family history:** If heart disease runs in your family, you may be at a higher risk.

The Power of Awareness

Heart Health Awareness Month serves as a powerful reminder that prevention is key. Through education, regular screenings, and lifestyle changes, millions of people can reduce their risk of heart disease.

The message is clear: heart health is too important to ignore, and every day is an opportunity to make healthier choices. It's a chance to prevent the preventable and take steps toward a longer, healthier life. The power to live heart-healthy is within reach, and by making small, informed choices, we can all contribute to a world where fewer lives are lost to heart disease.



Remember, your heart deserves the best care you can give. It's not just about living longer; it's about living better.



**Suggested meal price: \$3.00
for 60 and over \$9.00 all others.**

***Milk included with all meals.**

***Butter included with breads
with this symbol *(*)**

***Menu subject to change.**

Important

1. Milk, bread, butter, juice, & desserts must be refrigerated or frozen
2. If refrigerated, all items should be consumed within a week

February 2026 menu				
2) Salisbury steak with gravy Mashed potatoes Broccoli Wheat bread* Fresh fruit	3) Orange juice Ham & potato casserole Green beans Wheat bread* Applesauce	4) Chicken & biscuit Roasted red potatoes Spinach Fresh orange	5) Veg Soup/ HB Juice Roasted turkey With gravy Mashed sweet potatoes Cauliflower Wheat bread* Pudding Nw: Soup, juice, Ham & Cheese sandwich, bean salad, Pudding	6) Spinach & cheese bake Roasted breakfast potatoes Winter blend Wheat bread* Mandarin oranges
9) Breaded Haddock Red potatoes Carrots Wheat bread* Fresh fruit cup	10) Juice Shepard's pie Mashed potatoes California blend Rye bread* Chocolate pudding	11) Pork with dry fried onions Baked potato * Steamed broccoli Wheat bread* Pineapple chunks	12) German chicken with red cabbage Potato pancakes Bavarian pretzel Fresh orange	13) Valentine's Day Dinner Soup/ HB juice Stuffed Shells with sauce Meatballs Italian blend Wheat bread* Sweetheart dessert
16) Closed	17) Mardi Gras Jambalaya over rice Southwestern corn Corn bread* Donut Fresh fruit	18) Ash Wednesday Vegetarian chili Baked potato with sour cream Cauliflower Wheat bread* Vanilla pudding with strawberries	19) Meatloaf with gravy Scalloped potatoes Roasted broccoli Wheat bread* Fresh fruit	20) Cod with dill sauce Baked potato w sour cream Butternut Squash Wheat bread* Mandarin oranges
23) Pasta with meatballs with Spaghetti sauce Broccoli Wheat bread* Fresh fruit	24) Orange juice Cheese Omelet Turkey sausage Breakfast potatoes Wheat bread* Strawberries	25) Juice Turkey pot pie Biscuit Roasted Brussel sprouts Pumpkin Mousse	26) Sweet & sour pork Cantonese Cauliflower rice Stir fry vegetables Wheat bread* Fresh cut fruit	27) Veg soup/ HB Juice Potato pollock Buttered noodles Carrots Wheat bread* Applesauce

Honesdale Senior Center– February Events

Friday, February 6th– **Birthday Friday!** Enjoy some birthday cake with us as we celebrate those who have a birthday this month.

Thursday, February 12th - Crafts with Sandy 10:00–11:30.

Friday, February 13th–**Valentines Day!** Wear red and enjoy a Sweetheart dessert. Door prizes too!

Monday, February 16th - **CLOSED** in observance of Presidents' Day.

Tuesday, February 17th–**Mardi Gras celebration.** Enjoy a New Orleans menu and a Hurricane drink. Find the baby in the King Cake and have good luck for the year.

Wednesday, February 18th–Crafty Bingo. Prizes include hand made hats, scarves, shawls & blankets.

Friday, February 20th–**Hoodie Hoo Day.** Lets get ready for spring by chasing away those winter blues and shouting Hoodie Hoo!

Thursday, February 26th–Crafts with Sandy 10:00–11:30. Enjoy an appetizer egg roll with our oriental meal.

Join The Fun

Come join us for a friendly game of bridge!

Whether you're a seasoned player or just brushing off the cobwebs, everyone is welcome. We meet Monday mornings at 10:30 AM at the Honesdale Senior Center. If you'd like to join, please give Bonnie a call beforehand at 203-362-7645. We'd love to have you!



- Bob Bryden

Grief Support Group

HONESDALE SENIOR CENTER

323 10th Street

Honesdale, PA 18431

Virtual option available upon request

Monthly on the 2nd & 4th Wednesday

2:00-3:30 PM

Please RSVP if you plan to attend (570) 253-4262

Facilitated by volunteers Anthony Campbell & Bill Reitsma

HONESDALE ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
11:00-3:00 Bridge	10:30-11:30 Exercise Class	10:00-11:00 Exercise Class 1:00-2:00 BINGO	10:00 Crafts/ Crocheting 2nd and 4th Thur.	10:30-11:30 Exercise Class
1:00 Canasta	1:00-4:00 Billiards Shuffleboard	1:00-4:00 Hozzie Card Game 2:00-3:30 Caregivers Support Group 3rd Wed. each month 2:00-3:30 Grief Support Group 2nd & 4th Wed. each month	1:00-4:00 Mahjong Group, Shuffleboard, Billiards	1:00 Rummikub tile game Billiards Shuffleboard
*schedule subject to change				
An illustration of a hand of cards with the text "CANASTA" overlaid.	An illustration of two people playing billiards.		An illustration of a mahjong tile.	An illustration of a billiards table with balls.

February Hamlin Center



TAI CHI – Mondays at 10 AM facilitated by Peter Brown

CHAIR YOGA – Fridays at 1 PM facilitated by Diane Rixner

HEALTHY STEPS IN MOTION – Mondays at 11 AM, Wednesdays at 10 AM and Thursdays at 10 AM

BINGO – Tuesdays at 1 PM and Fridays at 10 AM.

CRAFT CORNER – Tuesday Feb. 3rd at 10 AM. Craft sponsored by Theresa from Julia Ribaudo. Craft TBA.

SUPERBOWL BINGO & TAILGATE PARTY – Friday Feb. 6th Bingo and Tailgate Party at 10 AM with tailgate snacks. Wear your favorite team shirt!

SPECIAL ART GAME – Tuesday Feb. 10th at 10 AM. Facilitated by Karen Jones. “Mixed Art Trading Cards”.

VALENTINE'S CELEBRATION – Fri., 2/13th, special entertainment by “Brian G.” at 11 AM followed by a Valentine's meal and then bingo at 1 PM. Wear your best pink and red clothes!

MARDI GRAS – Tues., 2/17th, Mardis Gras Day/Fat Tuesday Celebration. Enjoy a little New Orleans Jazz and a festive snack day before 2/18th, Ash Wednesday.

CENTER CLOSED – Mon. 2/16th for observance of President's Day

HOODIE HOO DAY – Fri., 2/20th at 11 AM. Come and enjoy the wild and wacky day of fun! Dress in crazy hats, bizarre and colorful clothes, bells, and anything that is eye catching. We have a lot of fun calling out for Spring to come!

CRAFT CORNER – Tues, 2/24th – Mandala Art - facilitated by Becky

SENIOR NIGHT OUT – Wed., 2/25th “Isbellas” in Mt. Cobb at 4 PM. Sign-up sheet posted.



Rita O'Connell	2/1	Gail Iannacone	2/3
Robert Hudson	2/1	Janet Kearn	2/3
Eva Klidas	2/2	Carol Hasse	2/8
Susan Good	2/13	Jane Auricchio	2/22



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-12 Pinochle (Thrive Room) Fun in Games	9-12 Pinochle & Fun in Games (Main Room)	10-11 HSIM	10-11 HSIM	9-12 Pinochle
10-11 Tai Chi	10:30-12 Program or craft (Thrive Room)	1-3 Nu-Step Machine	9-12 Texas Hold'em	10:00 Bingo
11-12 HSIM	1-2 Bingo	1-3 Shuffleboard & Fun in Games	1-2 HSIM	1-3 Pinochle & Fun in Games (Every other Friday)
1-3 Poker (Thrive Room)	2-3 Fun in Games		1-3 Fun in Games, Texas Hold'em & Crafts Your Way	1-2 Chair Yoga
1-3 Pinochle & Games			1-3 Poker	



February

Hawley Center Events



February 2nd- Monday - 11:00am - World Ukulele Day Come and hear our own Hawley Ukulele stars perform.

February 5th-Thursday -11:30am - Belated National Homemade Soup Day. You asked for it so here it is. Come and participate in our Souper Bowl Center Fundraiser and taste some delicious homemade soups. You loved it last year, you'll enjoy it even more this year. (Must sign up by February 2nd)

February 6th- Friday— 11:30am - Superbowl Celebration Day. Come out and enjoy a Superbowl Themed Day. We will have Superbowl Themed food for purchase as well as a raffle. Clips and Interviews from the earlier Superbowls. Superbowl Trivia and games.

February 9th- Monday- 11:30am— National Pizza Day!! Come let's celebrate National Pizza Day.

February 13th- Friday- 11:00am-Valentine's Day Celebration. Come and enjoy each other's friendship with a delightful lunch and a special treat.

February 16th- Monday—Center is closed for Presidents' Day

February 17th- Tuesday-11:30am—Mardi Gras Celebration

February 20th- Friday-11:00am-Hoodie Hoo Day- Come let's call for an end to winter. It is a great day of fun activities.

February 24th- Tuesday- 11:00am— Lois Elick from the PA Department of Health will be at the Center to speak about how to stay independent as an older adult.

February 24th- Tuesday- 9:00-12:00pm—Frank Araujo, our Veterans Affairs Officer, will be here to answer all of your questions.

February -26th- Thursday- 11:00am National Chili Day- Come participate in our center fundraiser and try a bowl of our delicious homemade Chili. (Must sign up by February 19th so we know how much chili to make)

There will also be monthly drawing for your chance to win a gift card or basket if you participate in two or more of these centers' programs on a consistent basis (Lunch and Bingo count as one activity) (Ceramics counts as one activity) (Arts/Crafts and Exercise count as one activity) (Cards, Mahjong, Ukulele, Tai Chi and Yoga count as one activity)

Also Remember to sign up by 12pm the day prior to receive lunch the following day. Lunch is \$3.00 for 60+ and \$9.00 for under 60. Lunch may be paid on a daily, weekly, or monthly basis. (3 times a week is \$9.00; Monthly it is \$ \$57.00) Please do not pay for more than one month's meals ahead of time.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:30-2:30 Ceramics	10:00-11:00—Ukulele with Todd	10-11 Tai Chi with Peter Brown \$5.00 per class	10:30-2:30 Cards	10:30-11:30
10:30-11:30 Exercise	10:00--11:00	10:30-11:15 HSIM—Maintenance Exercise Class	1:00-2:30 —Game Day (including Mexican Train Dominoes)	Exercise
11-2:30 Mahjong	Yoga with Jamie \$5.00 /class	10:30-2:30 Ceramics	1:00-2:00 Bingo	Bingo Bucks
	1-2 Bingo	1:00-3:00—Poker		

Northern Wayne Senior Center February Schedule

Thursday February 5th-

10:30 Exercise Class

1:00 Bingo

Lunch Menu: *Soup, juice, Ham & Cheese sandwich, bean salad, Pudding*

- ◆ Located at the Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood
- ◆ Meets at 10am the 1st & 3rd Thursdays March-October
- ◆ Meets at 10am the 1st Thursday November-February (weather permitting)
- ◆ Call Ginny (570) 253-5540 for information & lunch reservations

Northeast Sight Services offers a number of different Support Services to adults based on the following qualifications:

Geographic Area: ~Lives in the Counties of Upper Luzerne, Pike, Wayne, and Wyoming.

Visual Eligibility (based on one or more of these four factors):

~ A corrected visual acuity of 20/70 or greater in the better eye

~A visual field loss of 20 degrees or greater

~A diagnosis of a progressive sight threatening disease

Individuals who meet these qualifications are eligible for:

Adjustment to Vision Loss Services (Initial Evaluation & Referral) Vision Rehabilitation Therapy Assistive Technology In-Home Independent Living Support Educational and Social Events



**1825 Wyoming Avenue, Exeter PA 18643 sara@northeast sight.org 570-693-3555
www.northeast sight.org Toll free 1-877-693-3555**

Wayne Memorial Hospital Alzheimer's Support Group

Presented by: Alzheimer's Association of greater Pennsylvania

When: First Tuesday monthly from 5:30-6:30 pm

Where: Wayne Memorial Hospital-David Katz Room, 601 Park Street, Honesdale PA 18431

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.
- All are welcome, for information please call 800-272-3900



WHAT IS A ROMANCE SCAM?

You meet someone special on a dating website or app. Soon they want to email, call, or message you off the platform. They say it's true love, but they live far away — maybe for work or because they're in the military. Then they start asking for money. Maybe it's for a plane ticket to visit you. Or emergency surgery. Or something else urgent.

Romance scammers create fake profiles on dating sites and apps or [contact](#) you through popular social media sites like Instagram or Facebook. The scammers strike up a relationship with you to build up trust, sometimes talking or chatting several times a day. Then, they make up a story and ask for money.

People reported a record \$547 million in losses to romance scams in 2021. That's up about 80% from the reports the FTC got in 2020. In 2021, people reported paying romance scammers more with gift cards than with any other payment method. The 2021 reports also showed that cryptocurrency payments were the most costly.

THE LIES ROMANCE SCAMMERS TELL

Romance scammers adjust their story to what they think will work in each situation.

Scammers say they can't meet you in person. They might say they're living or traveling outside the country, working on an oil rig, in the military, or working with an international organization.

Scammers will ask you for money. Once they gain your trust, they'll ask for your help to pay medical expenses (for them or a family member), buy their ticket to visit you, pay for their visa, or help them pay fees to get them out of trouble. They may even offer to help you get started in cryptocurrency investing.

Scammers will tell you how to pay. All scammers, not just romance scammers, want to get your money quickly and they want it in a way that makes it hard for you to get back. They'll tell you to [wire money](#) through a company like Western Union or MoneyGram, put money on [gift cards](#) like Amazon, Google Play, iTunes, or Steam, then give them the PIN codes, or send money through a [money transfer app](#), or transfer cryptocurrency.

Scammers do these things to pressure you into acting immediately by paying money. But it's a scam.

HOW TO AVOID LOSING MONEY TO A ROMANCE SCAMMER

Never send money or gifts to a sweetheart you haven't met in person.

If you suspect a romance scam:

- Stop communicating with the person immediately.
- Talk to someone you trust. Do your friends or family say they're concerned about your new love interest?
- Search online for the type of job the person has plus the word "scammer." Have other people posted similar stories? For example, search for "oil rig scammer" or "US Army scammer."
- Do a reverse image search of the person's profile picture. Is it associated with another name or with details that don't match up? Those are signs of a scam.
- These scammers have sophisticated technology and can even impersonate celebrities. They will offer marriage proposals after a short relationship.
- They will say that they are going to come visit you, but then there will always be a last minute excuse for having to cancel.

Victims of scams often experience anxiety, depression, grief and even physical symptoms such as insomnia, headaches, or stomach issues. Please don't be embarrassed or ashamed to ask for help, this could happen to anyone!

HOW TO REPORT A ROMANCE SCAMMER

If you paid a romance scammer with a gift card, wire transfer, credit or debit card, or cryptocurrency, contact the company or your bank right away. Tell them you paid a scammer and ask them to refund your money.

If you think it's a scam, call 1-877-382-4287 or report it to the FTC at [ReportFraud.ftc.gov](#). Also notify the social networking site or app where you met the scammer.

For Those receiving Home Delivered Meals



We have switched to PLASTIC TRAYS!

- ◆ Oven and microwave safe
- ◆ Freezable to -40°F
- ◆ Oven safe to 350°F for 30 minutes on a sheet pan
 - ◆ Reheating of sealed trays: up to 180°F
- ◆ Sealed compartments: no cross-contamination
- ◆ Easy to open, just vent film & heat
- ◆ **Environmental & Sustainable**



If you prefer not to heat and/or eat in the plastic tray, you can transfer the meal onto a microwaveable plate, heat, and **ENJOY!!



- ◆ All Meals are Frozen and delivered weekly
- ◆ Delivery Days are subject to change due to inclement weather, holidays, and staffing issues.
- ◆ Please call the office if you need to make any changes to your meal schedule
- ◆ If you are unable to answer the door to accept the meals, please place a cooler outside and be sure to remove the meals

Educational Programs & Community Events

Wayne Tomorrow! is passionate about helping promote our partners' community events and educational opportunities. If you're looking for family friendly events, veteran focused activities, digital literacy classes, or just a new hobby, stay up to date on our social platforms!

We share new opportunities to get out into the community on our Facebook page daily. Consider following us to see the upcoming events in your feed!

[Follow us on Facebook here!](#)

Check out our Community Events calendar on our website too!



Relationships, Safety, and Healing Across the Lifespan

February is a month often associated with love and heart health, but it also includes Teen Dating Violence Awareness Month—a reminder that healthy relationships, safety, and respect matter at every age and stage of life. While teen dating violence focuses on young people, its impact reaches far beyond adolescence and deeply affects families, caregivers, and entire communities.

Domestic violence, sexual violence, stalking, and human trafficking are not isolated experiences. Many adults carry the long-term effects of trauma from earlier relationships, while others may be supporting grandchildren, family members, or loved ones currently experiencing abuse. Trauma can affect both emotional and physical health, contributing to chronic stress, heart disease, depression, anxiety, and sleep disturbances over time.

February is an opportunity to reflect on what healthy relationships look like—mutual respect, trust, boundaries, and safety—and to talk openly across generations. Conversations between parents, grandparents, and caregivers can help young people recognize warning signs early and seek help before harm escalates.

It's also a reminder to care for ourselves. Healing is possible at any age, and support can make a meaningful difference. If you or someone you care about has been affected by abuse or trauma, you are not alone.



WHAT IS THE CAREGIVER SUPPORT PROGRAM?

Who is Eligible?

- Individuals 18 or older caring for an older adult (60+)
- Parents (55+) caring for an adult child with a disability
- Grandparents (55+) raising grandchildren



What is Covered?

- Monthly reimbursement for pre-approved caregiving expenses
- Assistance with daycare, summer camp, or Adult Daily Living Center costs

Think you might Qualify?

Contact the Wayne County Area Agency on Aging at (570) 253-4262 and ask to speak with the Intake Department. Ask about the Caregiv-

CRAFT OF THE MONTH

JOIN US EACH MONTH
ON A SUNDAY @ 2:30P.M.
TO MAKE AN EASY
SEASONAL CRAFT

Check out our FB page for monthly dates,
upcoming crafts, and skill level



Suggested \$5 donation for supplies

CRAFT OF THE MONTH at a glance

JANUARY 18TH
BOOK PAGE SNOWMAN



FEBRUARY 8TH
PAPER HEART ART



MARCH 22ND
STRING EASTER EGG



Suggested \$5 donation

Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties

Volunteer Opportunities

Wayne County Area Agency on Aging: Help at a Senior Center, Health & Wellness Instructors

Wayne County Food Pantry: Packing / Distribution Day, Warehouse Pallet Assembly

Serving Seniors, Inc.: Volunteer Ombudsman

RSVP Senior CHAT Program: Call Seniors for a Friendly Chat

Ladore Camp, Retreat & Conference Center :
Food Service, Program Instructor, Grounds Maintenance

Salvation Army Honesdale Extension: Food Pantry



Dawn Houghtaling Call: 570-390-4540 or Email: houghtalingd@diakon.org



**Do you have extra space in your home?
Would you like some companionship or assistance with living expenses?**

The SHARE program may be just what you need!

Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who have an option to assist with living expenses, help around the house, or a combination of both.

SHARE is available here, in Wayne and Pike Counties!

Call Amanda Podolsky

570-817-3236

Older adults face unique risks during the colder months, but with preparation and awareness, many dangers can be avoided. Staying warm, preventing falls, and maintaining overall health are the key priorities for winter and fall safety.

As temperatures drop, **older adults are more vulnerable to hypothermia and frostbite** because aging bodies don't regulate heat as efficiently. Dressing in layers, wearing hats and scarves, and keeping extremities covered are essential steps. Indoors, maintaining a safe room temperature and using blankets can help. Even though thirst may feel less noticeable in cold weather, **hydration remains important** since winter air can be very drying.

Fall prevention is another critical concern. **Slippery sidewalks, icy steps, and wet leaves** can all increase the risk of serious injuries. Older adults should wear non-slip, supportive footwear, take their time when walking outdoors, and use handrails whenever possible. At home, keeping walkways clear, ensuring good lighting, and removing clutter can reduce hazards. Staying physically active—through walking, stretching, or balance exercises like tai chi—helps maintain strength and stability, which are vital for preventing falls.

Finally, seasonal safety also includes **planning ahead for emergencies**. Cold weather can cause power outages or frozen pipes, so having extra blankets, flashlights, and a small stock of food and water is wise. Older adults should also keep a list of emergency contacts handy and avoid shoveling heavy snow if they have health conditions that make exertion risky.

In short, winter and fall safety for older adults comes down to **staying warm, staying steady, and staying prepared**. With these precautions, the colder seasons can be navigated safely and comfortably.



Wayne County Transportation – Now Hiring Multiple Positions

Wayne County Transportation is expanding our team and seeking dedicated, community minded individuals to help provide safe, reliable transportation services to residents throughout the county. If you're looking for meaningful work that makes a real difference in people's lives, we'd love to hear from you!

1. TRANSPORTATION MANAGER (FULL-TIME)

- Oversee daily operations of the county transportation system
- Supervise dispatchers and drivers
- Manage scheduling, routing, and service delivery
- Ensure compliance with state and federal transportation regulations
- Coordinate training, safety programs, and performance evaluations
- Work collaboratively with county leadership and community partners

2. DISPATCHERS/CUSTOMER SERVICE (2 FULL-TIME Positions)

- Schedule and coordinate transportation services for clients
- Communicate with drivers throughout the day to ensure efficient routing
- Maintain accurate trip logs and dispatch records
- Provide excellent customer service to riders and partner agencies
- Assist with problem solving and service adjustments as needed

3. VAN DRIVERS (10 PART-TIME Positions)

- Safely transport passengers to medical appointments, shopping, and community destinations
- Assist passengers with mobility needs as required
- Complete daily vehicle inspections and maintain cleanliness

Visit: www.employment.pa.gov to apply or Call Tina Temple at (570) 253-4262, ext. 3111



Employees wear blue in support of Human Trafficking Awareness Day on January 11th.

To prevent tax fraud consider the following guidelines:

- Protect your personal information: Avoid sharing sensitive information over the phone or through the mail. Be cautious of phishing scams and fake IRS calls.
- Use strong passwords: Create strong, unique passwords for your tax related accounts and change them regularly.
- File Early: The earlier you file your taxes, the less time fraudsters have to file in your name.
- Monitor your Tax Account: If you receive a notice from the IRS about a fraudulent return, respond promptly to protect your tax accounts.
- Stay informed: Educate yourself about common scams and the IRS' Identity Protection PIN program to help prevent identity theft.
- By following these steps, you can significantly reduce the risk of tax fraud and protect your financial information.

Complimentary Supplies for the Community

 The Honesdale Senior Center often receives generous donations of gently used walkers, canes, wheelchairs, shower benches, and other supplies and equipment. In addition, we have adult protective undergarments available to ensure comfort and dignity for those who require them. Our mission is to assist you in maintaining your independence and improving your quality of life. If you are in need of any of these items, please don't hesitate to ask a member of our dedicated Senior Center staff if we have what you need. We are here to help and would be honored to provide support in any way we can.

Wayne County Transportation System's Consumers:

- If the schools are closed for inclement weather which affects roads and travel, the Senior Centers, Home Delivered Meals and County Transportation System will not operate.
- Wayne Highlands School District: ALL Centers closed.
- Western Wayne School District only: Hamlin Center closed.
- Wallenpaupack School District only: Hawley Center & Adult Day program closed.
- If the schools are closed for other reasons (i.e. power outages), a determination will be made if the Centers, Home Delivered Meals and Transportation will operate. This will be announced on local radio (Bold Gold Media), TV (WBRE) and the County website (www.waynecountypa.gov) as early in the morning as possible, no later than 7:00 a.m.
- If the schools have a delay for inclement weather, the Senior Centers and Home Delivered Meals will work a normal schedule with no delay. Transportation will attempt to run as close to schedule as possible.
- PLEASE NOTE: The only time the offices will close is when the Courthouse closes. Transportation may cancel your ride if the local roads are not plowed or safe to transport – even if the department is open/operating during inclement weather or questionable road conditions. A determination will be made on a case by case basis. *Early closing of schools will be considered on a case by case basis.*

Reminder to Use the Co-Pilot Touchscreen System to Check in to Senior Centers

The Co-Pilot system is what helps our centers ensure that you are counted so that we can continue to receive funding for the best possible services and activities. If you are not familiar with the system, please don't hesitate to ask for help, and **remember to sign in for all your activities and meals!**

- **Check In Electronically**
- **Order Meals**
- **Register for Activities**
- **Eliminate Sign-In Sheets**



Pictured Left: Honesdale Senior Center Participant Cheryl Leonard demonstrating how easy Co-Pilot is to use!

The Wayne County Adult Daily Living Center in Hawley (Pictured Below), offers a supportive, structured environment designed to help older adults remain active, engaged, and independent. Located at 337 Park Place, the center provides a full day program that includes social activities, exercise, personal care services, and health related support for individuals who are physically or cognitively challenged. Its mission is twofold: to enrich the lives of participants through social interaction, mental stimulation, and compassionate care, and to give family caregivers essential respite during the day. With weekday hours from 8:00 a.m. to 4:00 p.m. and services such as bathing assistance, medication administration, and LPN support, the center plays a vital role in helping Wayne County residents age safely at home while enjoying meaningful daily connections. Call Nancy Zafiris at (570) 390-7388 for more information.



2025 Property / Rent Rebate Applications

Rebate forms are going out to those with prior applications. Be sure to have proof of all income, which should be received by January 31st. Homeowners need receipt of taxes paid, both spring and fall. Going forward, if you are not paying taxes in person, be sure to send a stamped self addressed envelope to your tax collector for a copy of your receipt. Townships are now charging a fee to mail your receipt after the payment and it could be as high as \$20.00. If you rent, you must have completed a rent certificate. New for 2026, the maximum standard rebate has increased to \$1,000.00. The income cap has been increased to \$48,110.00 for both homeowners and renters.

To know your numbers for health screening, it's important to monitor key health metrics such as:

Blood Pressure: Regularly check to maintain a healthy range.

Cholesterol Levels: Keep track of your LDL and HDL cholesterol.

Blood Sugar Levels: Essential for those with diabetes or at risk.

FYI

211 is a **FREE** and confidential service, connecting people to services in Wayne County.

Get Connected / Get Help
Dial 211 or 1-855-567-5341
Website: pa211ne.org

Editor: Valerie Grossman

Menu Coordinator: Lynn Potter, RD LDN

AgingNewsletter@waynecountypa.gov



Find us on Facebook at Wayne County Office of Human Services

Wayne County Area Agency on Aging

323 10th Street

Honesdale, PA 18431

570-253-4262 / 570-209-5770 fax

Elder Abuse/Protective Services:

1-800-648-9620

Honesdale Center: Earl J. Simons Center, 323 10th Street, Honesdale, PA 18431, 570-253-5540. Located at end of 10th Street across from the Old Stone Jail.

Hamlin Center: Salem Township Building, 15 Township Bldg. Rd, 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 Dunkin Donuts.

Hawley Center: Robert J. Drake Senior Community Center, 337 "A" Park Place, 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.

Northern Wayne/Lakewood Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439. Meetings are November-February, first Thursday only; March-October first and third Thursday. **For reservations**, please call Ginny at 570-253-5540.

Transportation: 323 10th Street, Honesdale, PA 18431; 8:00 AM-4:00 PM www.waynecountypa.gov. Go to "Human Services" click on "Transportation" Call 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans Affairs Representative: 929 Court Street (Rear Entrance of Building), Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov.

Wayne County Adult Day Program: Robert J. Drake Senior Community Center 337 "B" Park Place, Bingham Park, Hawley, PA 18428 **We are accepting applications for new participants. Please call: 570-390-7388; fax 570-390-4564.**

Happy Valentines Day