



October
2022
Issue 147

News For All Seasons

Wayne County Area
Agency on Aging



pennsylvania
Medicare Education and Decision Insight

Greetings to all from the PA MEDI staff. The change of seasons from summer to fall signals the onset of the Medicare Annual Open Enrollment Period (AEP). Like most everyone, we are not happy that we are this point already.

With the autumn season comes the deluge of mailings and phone calls related to Medicare drug plans and Medicare Advantage plans. The AEP begins October 15th and runs to December 7th. We encourage everyone to pay attention to the information received from your current plan, whether it is a “stand alone” drug plan or an Advantage plan, which includes both health and drug coverage. Premiums for plans will likely increase; many times we have seen a consumer’s current plan increase, concurrent with the introduction of a lower cost plan to attract new consumers.

The cost of a plan premium does not determine how good the plan is. The best plan for each beneficiary is dictated by your medications. Staff enters your medications at the Medicare “Plan Finder” website and provides details on the most cost-effective plan for each consumer. The website also gives information on the cost of the medication during each phase of the Medicare structure, availability on the plan’s formulary, and pharmacy information. We rarely see a pharmacy that is not in network, but costs vary according to “standard” or “preferred” sites. Again, the outcome is determined by the consumer’s medications. Advantage plans undergo these changes as well and the health coverage portion is subject to a wide variety of copays. Providers can choose to not participate with certain companies, and, if so, that would cause a consumer to incur an “out-of-network” increase.

For those who have a traditional supplement, such as Plan G, Plan N, etc., no changes occur except for the yearly premium increase due to a consumer’s increased age. “New to Medicare” recipients are eligible to purchase a supplement plan without health questions (aka Guaranteed Issue), however when changing supplement plans, whether for lower premiums or more or less coverage, consumers are subject to health questions. The answers will determine acceptance, denial or a higher Tier 2 premium cost.

Pennsylvania’s Pharmaceutical Assistance Contract for the Elderly (PACE) cardholders will receive a letter stating what course of action to follow. Most PACE participants have a Part D “Partner Plan” that coordinates with the state-operated program funded by the PA lottery. This past year’s partners were Silver Script Choice and Well-care. PACE will inform you of the plan that’s best for you and if you agree, (which you should), you will not have to do anything. PACE staff will take care of any changes. Please remember to note what plan you will be in.

For questions or appointments, please call for PAMEDi assistance in Honesdale - 570-253-4262 or Lu in Hawley - 570-226-4209. You can also go online to Medicare.gov or call Medicare at 1-800-633-4227.

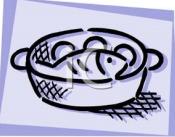
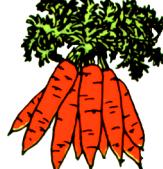
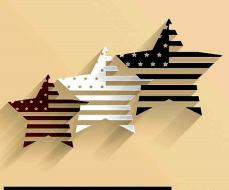
MEDICARE



HEALTH INSURANCE



**Suggested meal price aged 60 and over: \$2.50.
Milk is included.**

3) Breaded Fish Sliced Potatoes Butternut squash Wheat bread/butter Mandarin oranges 	4) Tuscan style chicken Pasta with marinara sauce White beans with collard greens Italian bread/butter Fresh apple	5) Meatloaf Scalloped potatoes Roasted broccoli Wheat bread/butter Vanilla pudding 	6) Wayne County Goulash Noodles Cauliflower Wheat bread/butter Pineapple NW: Juice, chicken salad sandwich, pickled beets, vanilla pudding	7) Pork chop Brown rice Carrots Wheat dinner roll Butter Fresh orange 
10)  COLUMBUS DAY	11)  Bratwurst w/ sauerkraut Potato pancakes Carrots Bavarian pretzel Apple dessert	12) BBQ chicken Red potatoes California blend veggies Wheat bread/butter Fresh Pear 	13) Shepherd's pie Candied carrots Rye bread/butter Chocolate pudding 	14) Vegetarian Lasagna Italian blend veggies Wheat bread/butter Applesauce 
17) Hamburger Stew Creamed spinach Biscuit/butter Fruit cup 	18) Orange juice Omelet Sausage patty Breakfast potatoes Wheat bread/butter Strawberries	19) Pasta with meatballs Broccoli Wheat bread/butter Fresh apple 	20) Turkey pot pie Roasted Brussel sprouts Rye bread/butter Pumpkin mousse NW: Juice, ham & cheese sandwich, pickled beets, pumpkin mousse	21) Sweet & sour pork Brown rice Stir-fry blend veggies Wheat bread/butter Fresh Pear 
24) Baked ham Whip Sweet potatoes Broccoli Rye bread Butter Applesauce	25) Lemon pepper fish Roasted potatoes California-blend veggies Wheat bread/butter Peaches & pears 	26) Vegetarian shepherd's Pie Spinach Biscuit/butter Fresh apple	27) Chili con Carne Baked potato Cauliflower Cornbread/butter Fresh orange 	28) Chicken in mushrooms Mashed potatoes Brussel sprouts Wheat bread/butter Pudding
31)  Chicken w/ Orange sauce Red-skinned pota- toes Baby carrots Wheat bread/butter Dirt dessert				

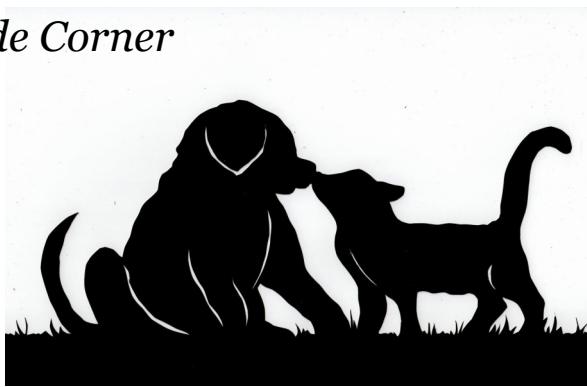
Please call 253-5540 by

1:00 PM one day prior to make a reservation.

NW=Northern Wayne

Menu is subject to change
due to availability.

Gratitude Corner



For a dozen years, Wayne County resident Carolann Schwartz has purchased, packaged and donated cat and dog food to WCAAA for delivery to qualifying homebound consumers. Carolann has enabled these individuals to continue to enjoy the companionship of their furry friends with the added benefit of an addition to their pet food supplies. Thank you Carolann for your continued volunteerism, generosity and community partnership.



Community Lunches To-Go

2nd Saturday | 11:30am to 12pm
St. John's Evangelical Lutheran Church
Laura Ruddy, (570) 510-8154

4th Saturday | 11-11:45am
St. Mary Magdalene Catholic Church
Dave Nonnenmacher, (570) 253-3378

5th Saturday | 11-11:30am
Central United Methodist Church
Sue Keyes, (570) 470-3868

Hamlin Senior Center

Hamlin Senior Center 24nd Anniversary – 10/11- Come celebrate our Hamlin anniversary! Octoberfest theme with entertainment by John Stevens and the Doubleshot Band at 11 AM. Enjoy German food, followed by Bingo at 1 PM.

Chair Yoga – Mondays at 1:00: 10/3, 10/17, 10/24, & 10/31.

Columbus Day Observance – Center closed 10/10.

Healthy Steps In Motion – Weds and Thurs. at 10 AM

Dr. Betty's Mindfulness – Mon., 10/17 – 1:30 PM. “Dealing With the Holidays Joyfully.”

Craft Corner – Tues., 10/18 – Toilet Paper Pumpkins at 10:30 AM.

Shuffleboard Competition – Friday, 10/28 at 11 AM.

Bingo – Tues. at 1 PM (except 10/31 special) and Fri. at 1 PM.

Halloween Gathering – Mon., 10/31. Judging of the ugliest, funniest, scariest and most original costumes. Prizes for the winners! Bingo At 1 PM.

***Schedule Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Pinochle/ Dominoes 12:30 Mahjong 1:00—2:00 Chair Yoga	10:00 Cards/Games 1:00—2:00 Bingo *Schedule Subject to Change	10:00—11:00 Healthy Steps Class	10:00—11:00 Healthy Steps Class	10:00 Bingo



Sharon Carrol 10/09

William Waller 10/23



Grandparents Day
The Hamlin senior family wishes to say thanks to Betty and Phyllis for sharing their grandsons and great grandsons with us! The children brought a vibrant ray of sunshine to our home. Along with the special pizza meal provided by the kitchen team, the kids enjoyed playing games and Bingo. They won prizes, and everyone had root beer floats. Can you believe the children never experienced root beer floats?



Geisinger-sponsored craft class on August 10th at left, and August 19th Woodstock Day celebration on right.

Hawley Senior Center

I want to start out with a special thank you to all the Hawley and surrounding area merchants who donated to our annual Senior Picnic 2022: B. Madigan Jewelry Arts, A. M. Skier Agency, Gresham's Chop House, Barb Wallace Hair Designs, Shooky's Distributors, Gumble Brothers, Christina Peirano (Mary Kay), Joe & Lorenzo's Pizza, Lake Region IGA, Pat's Bar & Grill, PJ's Route 6 Garden Center, The Settlers Inn, Teeters' Furniture, Penny Lane Candles & Candies, Cora's 1850 Bistro, The General Store and Stephen Pokowicz, DC Chiropractic. You are all the best; you show the senior population they are cared for and thought of each and every day.

Halloween party is on Monday, the 31st. Wear your scariest outfit and perhaps win a prize!

Oktoberfest is Tuesday, October 11th. Come in and enjoy a traditional German meal.

We will be closed Monday, October 10th in observance of Columbus Day.

October birthdays: **Frances Lloyd's 103rd**, Valerie Moll, Ann Morgan, Mia Kwiatkowski, Doris Cory, George Hazen, Jim Mancuso, Monica Steele and Dottie Geiss.



Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Exercise Equip. 10:30—11:30 Healthy Steps in Motion Class 10:30 —2:00 Ceramics 11:00—2:30 Mahjong	9:00—3:00 Exercise Equip. 10:30—2:00 Ceramics 1:00—2:15 Bingo *Schedule Subject to Change	9:00—3:00 Exercise Equip. 10:00—10:30 Tai Chi (small fee) 10:30—2:00 Ceramics 10:30—11:30 Healthy Steps in Motion Class 5:30—8:30 Mahjong	9:00—3:00 Exercise Equip. 1:00—2:00 Bingo	9:00—3:00 Exercise Equip. 10:30—11:30 Healthy Steps in Motion Class



Dottie Sherman celebrated her August birthday, left and Judy Reisel celebrated her September birthday, right.

Honesdale Senior Center

October 3, 2022—Birthday Friday. Come in for a sweet treat in honor of those born in October. Please call for reservations.

October 10, 2022—The center is closed in honor of Columbus Day.

October 11, 2022—Celebrating Oktoberfest! Please come in for a traditional German meal, including Bavarian pretzel and live accordion music!

October 28, 2022—It's time to be silly, scary and creative. Celebrate Halloween with us; prizes for costumes in several categories. Call 253-5540 to make reservations.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 "Mondays with Marie"— Exercise streamed live on Wayne County PA Human Services' FACEBOOK page 11:00-3:00 Bridge 1:00 PM Canasta	10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard	10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers' Support Group—2nd Weds. each month	10:00 AM Northern Wayne Center meets 8/4 and 8/18 1:00 Shuffleboard Billiards Art Group	10:30-11:30 Healthy Steps Class 1:00-4:00 Rummikub tile game Shuffleboard

Did you know that Sinclair's Home Health Agency provides free blood pressure screenings once a month at the all centers? Please call your respective center for days and times.

Hamlin: 689-3766

Hawley: 226-4209

Honesdale: 253-5540

**CHECK
THIS OUT**



Grandparents Day August 5, 2022

Thank you to all who brought their grandchildren and great grandchildren to the Honesdale center. Pictured here are Charlotte Sobolak and her great grandchildren on the left and Phyllis Hull and her great granddaughter, right.



Northern Wayne/Lakewood Center

The October 6th menu is juice, chicken salad sandwich, pickled beets, vanilla pudding. The October 20th menu is juice, ham & cheese sandwich, cottage cheese, peaches. Please call Marie at 253-5540 to make reservations.

Caregiver Support Group

Second Wednesday of the Month

NEW TIME 2:00-3:30

Honesdale Senior Center

323 10th Street

Honesdale, PA 18431



Anyone in a caregiving role is welcomed to attend. Our goal is to provide you the opportunity to share your experience, gain some insight, and relate to others in a similar situation. Caregiving can be stressful and feel quite overwhelming—please don't go it alone! Please RSVP if you plan to attend—570-253-4262.



September Birthdays



Entertainment by Burrell Deats



Many thanks to Burrell (with Nelsa Loscig, left, and Oliver Washburn, right,) for entertaining us this last month



AGRICULTURE

AUTUMN

BALE

CLEAN

CROPS

CUT

DIG UP

FRUIT

GATHER

GLEAN

GRAINS

HUSK

MARKET

PICK

PILE

PLUCK

PRICE

PRODUCE

PROFIT

REAP

RIPE

SEASON

SELECT

SELL

SORT

STACK

STORE

WEIGH

YIELD

HARVEST TIME

WORD SEARCH PUZZLE

N U M H K M D L E I Y A C P
U A G R I C U L T U R E R J
H R G M S F A L R G M I H S
T U F B N E Q T L J C E T H
E L A B E U A E S E M O U I
K P V P P L A S P S R S E W
R G R A I N S A O E K D E E
A X W E R X U E R N R I K C
M H P R Y T R L C U G G J U
C P Z R U T L E P H T U K D
L T I M O L I I H R I P C O
E U N L E F C U O T O V U R
A C K S E K I S R V A R L P
N T S E L E C T T F R G P E

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Veterans' Affairs Update

Hello from Veterans Affairs. When you read this, fall will have already arrived in our neighborhood. Yikes—note to myself serves as a reminder to enjoy each warm, crisp day outside that we are given, if only for a few minutes! But, there is also work to do. Looking ahead on my calendar shows that is the Annual Senior Expo at Lodore Lodge on Thursday, Oct 27th from 9:30 to 12:30 at the Lodore Pavilion on Owego Turnpike in Waymart (see press release on page 12). I plan to have a table near the front entrance, so stop over and say hello. After the Senior Expo comes Veterans Day. I am once again planning on honoring our local veterans in ceremonies at each of the senior centers. Please contact my office, or your local senior center for the exact day and time. And, of course, consider staying for the lunch that follows immediately after the program. Call Kathy Robbins for lunch reservations at 253-5540.

I am still gathering information on the PACT ACT that I spoke briefly about last month. If you have not already done so, please consider registering with the Department of Military and Veterans Affairs (DMVA) at www.register.dmv.pa.gov. The toxic exposure screening that you will be scheduled for after enrolling is very important now and in the future! If you do not have access to a computer, I can assist you in enrolling. Camp Lejeune is constantly in the news. Please remember that this is completely separate from the compensation for disabilities that any VSO can assist you in applying for free of charge!! There are many, many attorneys that are taking part in this class action lawsuit. None will charge for their services to file a claim; however, before you agree to have a particular attorney represent you, please have a very clear understanding on exactly how much they will charge you when you received a settlement. The rates that they will charge are not standard and vary from law firm to law firm. Please proceed with caution if you decide to take part in this lawsuit.

On a closing note: **HAPPY HALLOWEEN TO ALL! AND, REMEMBER, CANDY CORN IS ONLY AVAILABLE FOR A LIMITED TIME, SO GET YOURS WHILE YOU CAN!**

Vicki



#Every1KnowsSome1

It's true. Everyone knows someone who has been affected by domestic violence. Maybe it's you. Maybe it's a friend or a loved one. The truth is, one in four women and one in seven men across the country experience physical abuse from a spouse or intimate partner. If you'd like to help these survivors, here's your chance!

VIP is participating in TWO days of giving this Fall! That's TWO chances for you to provide support for survivors. Here's what your donation can help provide:

A care kit for children forced to leave their homes due to violence.

Shelter for a victim who has fled their home due to abuse.

Transportation for victims and children to get to safety.

Shelter for a pet who may be unsafe at home while their owner is in shelter.

Food for pets and humans in our shelter.

Clothing for a rape victim who needs to give up her clothes for evidence in the emergency room.

A night of warmth and safety for a child who has witnessed violence in their own home.

Feeling motivated to make a difference? Follow the link below to donate! <https://givefordv.nnedv.org/organizations/vip>





VOLUNTEERS NEEDED FOR THE OMBUDSMAN

PROGRAM

Serving Seniors Inc. is recruiting **Volunteer Ombudsmen**. **Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long-term living facilities.** **If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home & assisted living/ personal care home residents and interested in making a difference in the lives of long-term living residents, then you may be perfect for the Volunteer Ombudsman Program.** For more information, please contact: **Ombudsman Linda Korgeski at (570) 344-7190 or send email: lombudsman@epix.net**



DO YOU HAVE EXTRA SPACE IN YOUR HOME?

WOULD YOU LIKE SOME COMPANIONSHIP?

EXTRA INCOME ?

If you answered "yes" to these questions, the SHARE program may be just what you need.

SHARE (Shared Housing And Resource Exchange) is a housing program being offered in Carbon, Monroe, Pike and Wayne Counties.

Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an affordable living situation.

If this sounds like a good idea for you or someone you know, please contact: Larisa Yusko (570) 832-5133, email lyusko@pikepa.org



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

Volunteer Opportunities



Wayne County Area Agency on Aging

Adult Day Assistant, Help at a Senior Center

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

Ladore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

Salvation Army

Honesdale Office/Food Pantry

Dawn Houghtaling Call: 570-390-4540 or

Email: houghtalingd@diakon.org



**AmeriCorps
Seniors**

*RSVP is funded by AmeriCorps and sponsored by
Diakon Community Services.

 **DIAKON COMMUNITY SERVICES**
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES



Cultivating a Vibrant Future

www.WayneTomorrow.com

Honesdale officially received designation as a Keystone Communities Main Street from the Department of Community and Economic Development further enabling the borough to support downtown businesses and improve quality of life for residents.

Deputy Secretary Rick Villelo said, "This Main Street designation means Honesdale is getting the additional tools they need to make their town a better place to live, work, and play for many years."

As a designated Keystone Communities Main Street, Honesdale will receive priority status for various applications and will be eligible for Neighborhood Assistance Program Enterprise Zone tax credits for private sector development.

"This is another big step forward in the effort to continually improve our quality of life as well as make downtown Honesdale safer for everyone," said James Hamill, President, Honesdale Borough Council. "The borough is appreciative of the efforts of the Greater Honesdale Partnership as well as our local lawmakers who fought to bring this critical funding to the Honesdale area, which will have lasting benefits. This community is special, and we are excited to see how plans develop in the coming months and years."

Honesdale is also now eligible to receive complimentary technical assistance and programmatic support from the Pennsylvania Downtown Center over the next five years.

The primary goals of designated Main Street areas are improving the quality of life in a community by making the traditional downtown area a more attractive place to live and work. They also strive to increase business development and create jobs in the area, improve the level of planning in the community, and ensure that public and private investments are impactful to the local economy.

"It's so exciting to have this opportunity to enhance downtown Honesdale," said Kim Fisch, President, Greater Honesdale Partnership. "Because of our designation, we can provide infrastructure upgrades such as improved sidewalks, lighting, parking, and overall pedestrian safety. It is an aesthetic framework for Honesdale, creating an environment where people want to visit and live."

To learn more about what Wayne Tomorrow! is doing to encourage economic development, visit www.WayneTomorrow.com where you can listen to the Wayne Tomorrow! Podcast or call 570-493-0080.



1406 Main Street
Honesdale, PA 18431
570-253-1220
www.waynelibraries.org
Connecting our community

LOVE
the LIBRARY

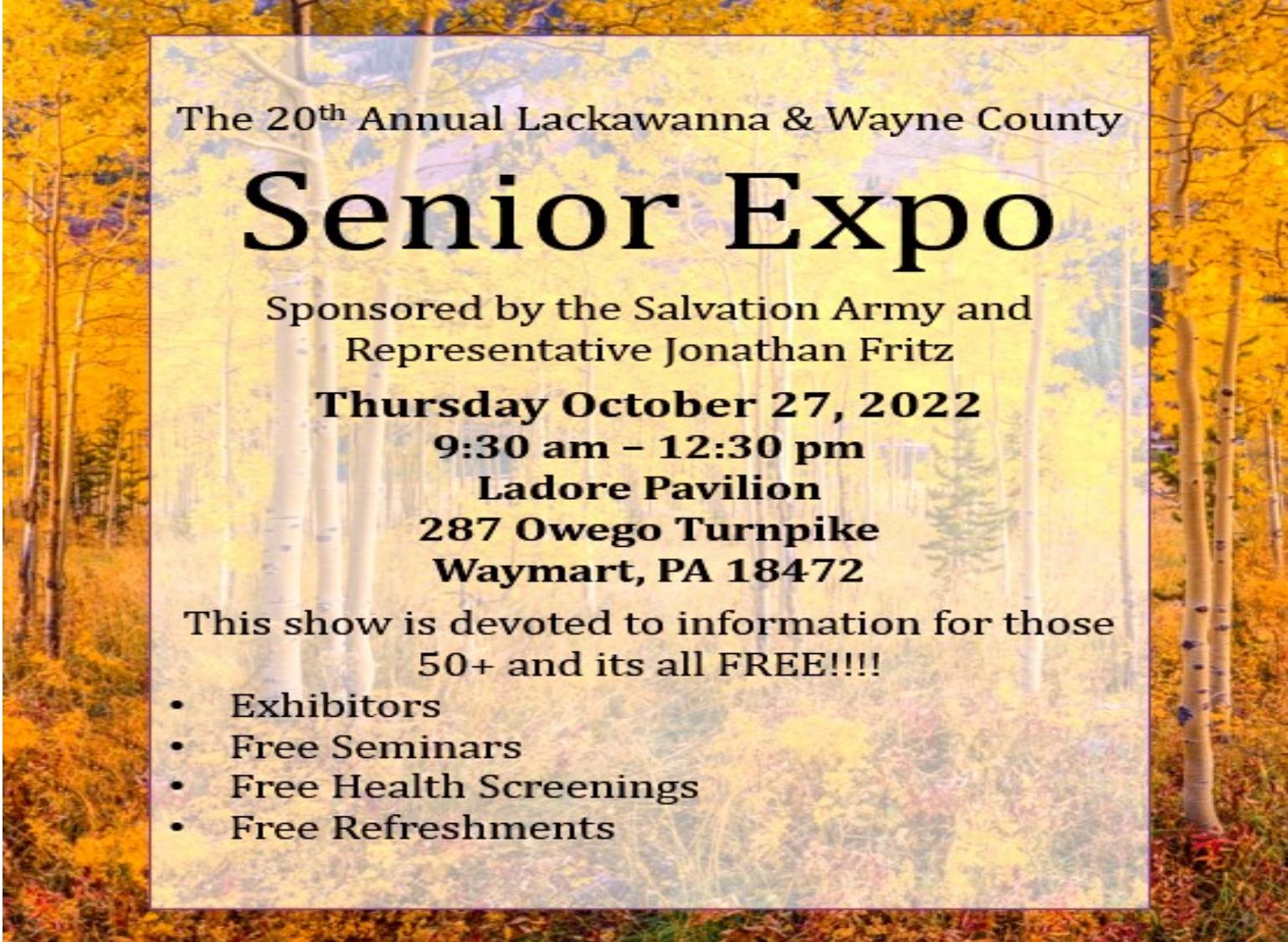
OCTOBER EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online mkeesler@waynelibraries.org

- 1. Chess Club** - Ages 13 and over can join; all skill levels welcome. Monday, October, 3, 10, 17, 24 & 31st, 4:30-5:30 PM. **Presenter Owen Adams.**
- 2. Parapsychology** - **Presenter Linda Bartels** will be discussing near death experiences as well as how we can use this knowledge to improve our lives. Wednesday, October 19th, 4:30-5:30 PM.
- 3. Tarot (Not Just For Fortune Telling)** - Join Miles as she shares how you can use tarot for personal growth and help tap into your intuition. Wednesday, October 26th, 4:30-5:30 PM. **Presenter Miles Keesler**





The 20th Annual Lackawanna & Wayne County

Senior Expo

Sponsored by the Salvation Army and
Representative Jonathan Fritz

Thursday October 27, 2022

9:30 am – 12:30 pm

Ladore Pavilion

287 Owego Turnpike

Waymart, PA 18472

**This show is devoted to information for those
50+ and its all FREE!!!!**

- **Exhibitors**
- **Free Seminars**
- **Free Health Screenings**
- **Free Refreshments**

Calling all Lackawanna & Wayne County 50+ crowd to this one-day senior expo that has been designed with you in mind. Individuals interested in learning about products and services available to them in the area are invited to attend the Lackawanna & Wayne County Senior EXPO, Thursday, October 27, 2022.

The Senior EXPO, presented by The Salvation Army/Ladore Conference Center and Representative Jonathan Fritz will be held at Ladore Camp in The PARC/Pavilion building, 287 Owego Turnpike, Waymart, PA 18472, from 9:30 am to 12:30 pm. Refreshments are compliments of Rep Fritz and will be served throughout the event. Parking and admission to the EXPO is FREE.

Exhibitors representing a wide range of expertise will provide you with resources and information that will foster healthy and productive lifestyles, ranging from areas of wellness, travel, financial planning, nutrition, home improvements, retirement living, insurance and much more. Get the chance to talk one on one with the people who have the answers.

Contact Ladore at 570-488-6129 with any questions.

Prompton State Park Hike September 9, 2022

What a beautiful day for a hike and outdoor gathering! We had a great turnout of folks from all the centers. Thank you to Fran Cirelly for being our fearless leader, year after year.





•FOR YOUR INFORMATION•

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

Text your zip code to: 898211

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Lynn Potter, RD LDN

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AgingNewsletter@waynecountypa.gov



Honesdale Center: Earl J. Simons Center, 323 10th Street, Honesdale, PA 18431, 570-253-4262/570-253-9115 fax. Located at end of 10th Street across from 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 UPS sign.

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 570-798-2335 (fire co #) **November-February events — 1st Thursday only** events March-October - 1st & 3rd Thursday. **For reservations**, please call Marie 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" 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans' Affairs Representative: 314 10th Street, Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov

Wayne County Adult Day Program - Hawley Center 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.**

Wayne County Area Agency on Aging

323 10th Street

Honesdale, PA 18431

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

Elder Abuse/Protective Services:

1-800-648-9620