



September

2022

Issue 146

News For All Seasons

Wayne County
Area Agency on
Aging

September is National Senior Center Month



Every September the National Council on Aging designates September as National Senior Center Month. "Strengthening Community Connections" is this year's theme and you can connect by visiting your local center. Positive social interactions on a consistent basis help keep older adults stimulated, mentally sharp and intellectually engaged. Not surprisingly, the improvements in these cognitive areas can help prevent general cognitive decline, including memory loss, Alzheimer's disease and other forms of dementia. Importantly, when these social interactions include exercise groups, the benefits of both are increased significantly. As you can see, the upshot of all this is that healthy socialization leads to an increase in the quality of life seniors experience on a daily basis. Our centers offer Bridge, art classes, card games, billiards, shuffleboard, holiday celebrations, special events, live music, games of Bingo and so much more!

In Wayne County, this is an opportunity for those visiting a center on September 21, 2022 for *the first time* to enjoy a complimentary meal of Chicken Marsala, red-skinned mashed potatoes, peas with pearl onions, dinner roll followed by apricots for dessert. Lunch is served promptly at noon, but why not come early to have coffee/tea and a snack? Additionally, those who have yet to take advantage of the County's transportation system may do so at no charge. To make a lunch reservation, please call the center you plan to attend 24 hours prior to attendance. Call Transportation 48 hours prior at 253-4280 to reserve your ride, if necessary.

Since September is also Healthy Aging Month AND Fall Prevention Month, why not try the Healthy Steps in Motion strength and balance exercise classes? (See each center's schedule on pages four, five, and six for days and times.) The classes are taught by certified instructors and participants may do as much or as little as they are capable of. Incorporated in the instruction are exercises to improve balance which in turn helps to prevent falls. (See page three.)

A February 2022 study showed that exercise is good for the brain. The findings, published in the Journal of the American Medical Association's Network Open (a monthly open access medical journal covering all aspects of medical science), found that a daily walk, jog or swim, or regular cycling or dancing, can lower the risk of Alzheimer's disease and other forms of dementia. The study found that even light physical activity, like walking at a leisurely pace, may help stave off dementia in older men and women. They found that compared to adults who were sedentary and got very little exercise, highly active people, such as those who jogged or swam laps for at least 20 minutes five times a week, were 28 percent less likely to develop dementia. Those who were moderately active, such as those who took a brisk walk or rode a bike casually for 30 minutes five days a week, were 20 percent less likely to develop dementia. And those who were only lightly active, such as those who were on their feet for at least 30 minutes most days, were 10 percent less likely to develop dementia. Exercise guidelines recommend you get at least 150 minutes of moderate exercise a week, or 30 minutes on five days. But even if you can't get that much, this study shows, any physical activity can be good for the brain. The simplest way to get moving is to start walking, even for a few minutes at a time. It's free, easy and can be done anywhere. Remember to check with your healthcare provider when beginning an exercise program.



Hamlin—(570) 689-3766

Hawley—(570) 226-4209

Honesdale and Northern Wayne—(570) 253-5540

September



Suggested meal price: \$2.50. Milk is included

with all meals.

		<p>1) Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread/ Butter Fresh orange NW—Juice, turkey sandwich, potato salad, s'mores bar</p>	<p>2) Apple Juice California burger Diced potatoes Baked beans S'mores bars</p> <p>S'MORE LOVE</p>
<p>5)</p> <p>LABOR DAY</p>	<p>6) Fish patty on wheat Bun Tartar sauce Potato wedges Carrots Pudding</p>	<p>7) Eggplant Parmesan Broccoli Pasta Cottage cheese w/ Peaches</p>	<p>8) Meatloaf/gravy Brown rice Cauliflower Wheat dinner roll/ Butter Fresh orange</p> <p>09 Prompton Hike Day Tomato Juice Ham & cheese on croissant Carrots Pineapple</p>
<p>12) Baked ham w/ Pineapple Mashed sweet po- tatoes Cauliflower Rye bread/butter Fresh orange</p>	<p>13) BBQ Chicken Baked potato w/ Sour cream Brussel Sprouts Wheat bread/butter Pudding</p>	<p>14) Baked fish Florentine Creamed potatoes Carrots Wheat bread/butter Melon</p>	<p>15) Grape juice Cheese pizza w/ Sau- sage Broccoli Cottage cheese w/ Peaches NW—Juice, ham & cheese sandwich, cottage cheese, peaches</p> <p>16) Pasta with meatballs & Sauce Green beans Italian bread/butter Pears</p>
<p>19) Stuffed pepper cas- serole Baked potato w/ Butter Mixed vegetables Wheat dinner roll/ Butter Fresh apple</p>	<p>20) Pinto, zucchini and Mushroom bake Spanish rice Green beans Wheat bread/butter Mandarin oranges</p>	<p>21) Senior Center Day Chicken Marsala Red-skinned mashed Potatoes Peas with pearl onions Wheat dinner roll/ Butter Apricots</p>	<p>22) Pulled pork on a Wheat bun Baby potatoes Sautéed cabbage Fresh orange</p> <p>23) Baked cod w/ dill sauce Pasta Primavera Spinach Wheat bread/butter Pudding</p>
<p>26) Chicken patty on Wheat bun Sweet potato fries Broccoli & cauli- flower Peaches</p>	<p>27) Red pepper & broc- coli quiche Creamed spinach Brussel sprouts Wheat bread/butter Fresh apple</p>	<p>28) Open-faced hot turkey Sandwich on wheat Bread w/ gravy Mashed potatoes Brussel sprouts Pudding</p>	<p>29) Stuffed cabbage cas- serole Brown rice Baby carrots Wheat bread Butter Mandarin oranges</p> <p>30) Italian sausage, peppers & onions Home-fried potatoes Italian-blend veggies Italian bread/butter Fresh orange</p>

Please call 253-5540 by

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

Menu is subject to change
due to availability.

Striking a Balance to Avoid Dangerous Falls

The thing most likely to keep you from enjoying life after 65 is a fall. Falls are the leading cause of both fatal and nonfatal injuries to older Americans. Every 11 seconds, an older adult goes to an emergency department to treat an injury from a fall, according to the National Council on Aging. The Centers for Disease Control and Prevention found that death rates from falls among adults 65 and older increased more than 30 percent between 2007 and 2016. It's a hidden epidemic, but there's a lot you can do to avoid a severe injury.

So what's the best way to prevent a fall? Finding the correct balance — with our minds as well as our bodies. We need to steer a course between, on the one hand, never thinking we might fall and taking no preventive steps and, on the other hand, being so fearful of falling that we stop moving and, ironically, make ourselves less agile and therefore more likely to fall.

As Charlotte Yeh, M.D., AARP's chief medical officer, puts it: "Too many people develop a fear of falling — and that can make you stop moving. It's important to keep using the brain-body connection."

A critical part of keeping that balance in our lives is staying active. So, what steps can you take?

- **Work on strength and resistance training.** Consider lifting weights and doing Pilates and exercises that build muscle.
- **Walk and use stairs if you can.** Join or start a walking group if it will help motivate you.
- **Improve your balance.** Yoga can help older people, so can martial arts training such as tai chi.
- **Talk with your doctor.** Or ask your pharmacist about medication side effects that could increase fall risk.
- **Wear the right shoes.** Find a pair that won't make you slip.

Falls are a hidden epidemic, but there's a lot we can do to avoid them without slowing down. Let's strike the right balance through exercise and sensible steps to stay safe.

An Exercise to Try

Chair squats—For many older adults, getting up and down from a chair is a big obstacle that often leads to falls. Chair squats strengthen your knees and hips and help your stability. Start in a seated position with your feet firmly planted on the floor. With your chest up and knees forward, push down through the floor to stand up. Then, slowly lower your hips back down to a seated position. If you like, hover over the chair a few seconds to help build strength. Repeat the process. If you have a knee issue that hurts when you squat, start from a seated position and push up just a couple of inches. As your strength improves, you can add a weighted ball to make it more challenging.

Remember to confer with your health care provider before beginning an exercise program.



Hamlin Senior Center

LABOR DAY PICNIC CELEBRATION – 9/2 — Wear your red, white and blue! Followed by bingo, lunch will be served in the Pavilion and picnic areas.

LABOR DAY – 9/5—Closed in observance of holiday

PROMPTON DAM HIKE – Fri., 9/9 (10 AM – 1 PM). Must RSVP to reserve bag lunch.

CHAIR YOGA – Mon. at 1 PM – 9/12, 9/19, 9/26

MAHJONG – Mon. at 12:30 PM

MONEY SMARTS FOR OLDER ADULTS – Tue. 9/13 at 11 AM

BINGO – Tues. at 1 PM and Fri. at 10 AM

MEMORIAL SERVICE FOR JEAN DOLE – 9/16 at 11 AM

NEW MEMBER FREE DAY – Wed., 9/21- For seniors who want to try us on for size! If you've never been to our center, enjoy a free lunch, activities and free transportation if needed. Please RSVP with Becky.

FALL CRAFT – Tue., 9/27 at 10:30 AM. Making fall wreaths. Please RSVP.

SHUFFLEBOARD COMPETITION – Tues., 9/30 at 11 AM. Team up and show who prove who are the masters of shuffleboard!

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

SEPTEMBER BIRTHDAYS

Judith Restaino	9/1
Donna Schreyer	9/5
Joseph Attard	9/7
Alek Stanku	9/7
Ellen Otting	9/10

John Noon	9/14
Judy Sadlon	9/14
Dick Martin	9/23
Ruth Beers	9/27



HAMLIN SENIOR PICNIC

We had a beautiful, HOT day for our festivities! Hamlin had 78 seniors in attendance. The Hamlin senior volunteers were fabulous at decorating and setting up the pavilion for the event and for working the Registration table. We had many carnival games due to the outpouring of support from the Hamlin/Lake Ariel Rotary, Salem Township, Tom Gillette, Debbie Birtel, and the Hamlin Assembly of God Church; the Rotary team also provided all the prizes for their games. We received tremendous support from the Workforce Alliance teenagers who managed the carnival games and meal service. Two young men were volunteering on behalf of their mother, Jill Dwyer, a member of the Rotary, who could not attend; they did an outstanding job making sure everyone was hydrated. Joe Olsen and Alan Wandalowski provided donations for prizes. Jim Cerminello sang easy-listening songs adored by everyone. Thank you, Aging Administrator Mary Ursich and her daughter Cassie and Centers' Manager Pat Perkins for your help and use of the popcorn machine. Water balloons and spray bottles kept us cool and provided hours of fun. Commissioners Adams and Cramer attended the picnic and it was truly appreciated. The Hamlin Senior Center is so grateful for the outpouring of love provided by the community. BIG thanks go to the Red Schoolhouse Restaurant as well as the Maintenance, Transportation, Fiscal, and Dietary departments and the Honesdale Senior Center staff.

GOODBYE TO A DEAR FRIEND

It was with much sadness when we said good-bye to our dear friend Jean Dole, a member of the Hamlin Senior Center since 2014. She loved and was loved and respected by her center friends and lived life fully. Jean was the only person we knew who would ask if she could be the "dummy," of course that was for the Pinochle game! She was sweet yet feisty. Jean enjoyed a good game of Dominoes, but, watch out, because she was a serious competitor. Jean was affectionately known as the "Dole pineapple" lady. Jean was proud of her age; at 94 she certainly held her own. She often shared how she loved having a glass of champagne each night with dinner. We will miss her smile, her deep loving voice, her spunkiness and especially her presence here in Hamlin.



Hawley Senior Center

Can't believe summer is over. We look forward to the colors of fall.

Our Grandparents Day was a big success. We had a delicious pizza lunch and root beer floats enjoyed by all. The kids had the opportunity to make sand art and paint their own rocks. Thank you to everyone who lent a hand to make this day a great event for all in attendance.

As you know, the Hawley Senior Center will be closed for the week of Sept 6th through the 9th. All Hawley participants are more than welcome to go to either centers while we are closed. Have a great week and see you when we reopen. Please call ahead of time to make a reservation at either Honesdale or Hamlin.

Join us on Tuesday, September 20th at 1:00 p.m. for a special Bingo sponsored by Briarwood Adult Home.



Pictured are our July Birthdays Jean Pollaro, Lou Rieser, Kathy Powlics & Marie Patty

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



Left to right: Lu Seagraves w/ grandsons Lucian & Harvey Jr; Maryellen Fillebrown w/ grandchildren CJ & Kelcie; Sarah McAllister w/ grandson Joseph; all grandchildren enjoying painting rocks.

Honesdale Senior Center

September 2, 2022—Labor Day celebration and birthday Friday. Please call for reservations.

September 5, 2022—The center is closed in honor of Labor Day.

September 9, 2022—Hike/rock painting at Prompton State Park . The hike starts promptly at 10:00 AM. If you aren't into hiking, bring a craft to work on or game to play. There will be rocks and paints for rock painting. Call 253-5540 to make a reservation for a bagged lunch and 253-4280 for reservations with the Transportation department if a ride is needed.

September 15, 2022—Burrell Deats plays and sings at 11:00 AM.

September 21, 2022—Complimentary lunch and transportation day for **first-time visitors** who complete membership applications. Please call 253-5540 to make a reservation for lunch and 253-4280 to reserve a ride to the center. Representatives of The Dime Bank present "Money Smarts for Older Adults," a talk on elder fraud and scam prevention at 11:00 AM.

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	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 1:30-3:00 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



Canasta group forming to meet on Mondays at 1:00 PM. Artists group reforming, Thursdays at 1:00 PM. If interested, please call Kathy at 253-5540.

Northern Wayne/Lakewood Center

The September 1st menu is juice, turkey sandwich, potato salad, smore's bar . An elder law attorney from Barna Law speaks at 11:00 AM. Sept.15th menus is juice, ham & cheese sandwich, cottage cheese, peaches. Burrell Deats plays and sings at 11:00 AM. Please call Marie at 253-5540 to make reservations.

Hand in Hand...Linking Lives



GOT—GROWING OLDER TOGETHER

Have you been in a situation where you think "If I only had a second set of hands to help me move this table"? Or maybe some savvy technical support would be nice to get a new printer connected to your computer? Or perhaps, it's as simple as wanting to share a mid-afternoon cup of tea and conversation with someone for an hour.

These are common needs, especially as we grow older in the homes we've built for ourselves and our families, who may have grown up and moved on to build their own lives elsewhere.

Growing Older Together (G.O.T.) is a non profit organization founded in Honesdale, formed to address these, and other needs of people 60 years and older, residing in Wayne and Pike Counties in Pennsylvania and Western Sullivan County in New York. G.O.T.'s mission consists of enabling seniors to remain independent, and age in place in the home of their choosing.

With a well-equipped volunteer brigade, G.O.T. provides a range of services, including personal transportation, household chores, technology troubleshooting, and light gardening. Need a trip to the doctor? Someone to pick up your groceries at the market? G.O.T. can do that. They also offer services in the home for household chores, technology troubleshooting, light gardening work or to share that cup of afternoon tea. Having something to look forward to can be so important for many seniors, so G.O.T. hosts social events throughout the year for its members.

G.O.T. volunteers are fully vetted with complete background checks. Members – those who request and receive the services - pay a \$150 annual fee. Exceptions for sliding scale fees based on income are available and reviewed on a case by case basis.

Could some support from a caring volunteer be what you need to maintain your independence and quality of life? Or maybe you'd like to be a volunteer? Many of G.O.T.'s members are also volunteers! Call 570-630-0509 to get more information or to learn how to sign up. Phone lines are open Mon – Fri from 9AM – Noon and 1PM – 5PM. Or visit Growing Older Together's website at: www.growingoldertogether.com

Gratitude Corner

I would like to thank everyone who had a hand in making the Honesdale Senior Center picnic a great success. It is truly a group effort, and we appreciate the cooperation of all departments. My center staff, Marie, Nancy, Kathy, Suzanne, Ann and Alice began planning months prior, and I am grateful for their dedication. We thank our Dietary Department for ordering supplies; our Transportation Department's drivers for moving supplies and getting attendees safely to the fairgrounds; our Fiscal Department for handling numerous monetary donations, and last, but not least, our Maintenance Department for their assistance with the variety of necessary jobs. We thank all of our volunteers; they are always there for us. Special thanks to Jim Van Orden, Bob Perkins, Kimberly Good Kizer and Justin Kizer for the "heavy lifting" assistance. A big thank you to our fearless leader, Aging Administrator Mary Ursich and her daughter Cassie (known as the "Popcorn Queen") for their assistance with set up, clean up and everything in between. We had great entertainment by Frankie Gervasi and a delicious meal by the Red Schoolhouse restaurant. We received great support from our local businesses, listed below, and can't thank them enough. The young adults who assisted courtesy of Workforce Alliance received many compliments from the seniors for their service not only at the Honesdale picnic but also for their work at the Hamlin and Hawley picnics. Both center managers Becky (Hamlin) and Lu (Hawley) had excellent turnouts at their respective picnics. I am blessed to have them on staff, as well as Debbie, who continues to provide support when needed. A lot of hard work went into these events! To everyone who attended, you are the reason we do our annual picnics—it is a wonderful day of fun and camaraderie, so thank you all!

Pat Perkins, Centers' Manager

Appreciation

Please patronize these businesses and community partners. Thank you to everyone for your generous donations and continued support of the Wayne County Area Agency on Aging.

AAA North Penn * Attorney Mark Zimmer * Barna Law—Elder Law Lawyer * Vannie Williams, CPA and Carol Williams * Case Tire Service * Citizens Savings Bank * The Creative Compound/ Anatomy Café * Dakan Enterprises * The Dime Bank * Dirlam Bros. Lumber Company (Honesdale) * FNCB * Gibney's Restaurant * Gregory's Auto Service * The Halfway House Restaurant * HNB * Here & Now Brewing Company * Highhouse Energy * The Home Depot, Honesdale Farm & Garden, Inc. * Honesdale Greenhouse * The Hotel Wayne * Jeannie's Chapel Street Salon * McDonald's * Meagher Insurance Agency * Mount Pleasant Herbary * The Mountain Quiltworks * Murray Physical Therapy * Nature's Grace Health Foods & Deli * Northeast Med-Equip * Paulie's Hot Dogs* Platform Industries * ReMax Wayne * Robinson Insurance Agency * Seaman's Marine Inc. * Shear Expressions Salon * Turano Insurance Agency * Two Guys from Italy Restaurant *Villa Como Restaurant * Wallflower Boutique * The Wayne Bank * Weis Market Honesdale



PA MEDI Counseling—Pat Perkins

It's difficult to believe that I am discussing Medicare's annual Open Enrollment Period (OEP), but the time is nearing to review your Medicare Advantage plans and prescription plans. The timeframe is October 15 through December 7. I encourage everyone to pay attention to any mailings received from the company with which you are enrolled. This information will inform you of any changes to plans regarding premiums, copays and formularies. (Formularies are maintained by an independent committee of practicing physicians and pharmacists. In simple terms, a formulary is a list of drugs for which your health insurer agrees to pay [at least partially] for a predefined or specified health condition or disease.) You may also receive correspondence from other companies that include prescription cards to "activate." DO NOT ACTIVATE OR USE THESE CARDS as doing so will cancel your current plan and enroll you in one that may be less cost effective. The PA MEDI staff is available to assist with questions and schedule appointments at all centers. Call Lu in Hawley at 226-4209 and Honesdale at 253-4262.

Butterfly Word Search

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

Viceroy	Wings	Veins	Thorax	Scales
Red Admiral	Pupae	Puddle	Proboscis	Painted Lady
Nectar	Mourning Cloak	Monarch	Milkweed	Metamorphosis
Male	Lepidoptera	Legs	Insect	Hindwing
Hibernation Box	Head	Garden	Fritillary	Forewing
Female	Entomologist	Emerge	Egg	Diapause
Compound Eye	Common Sulphur	Claspers	Chrysalis	Caterpillar
Brood	Basking	Antennae	Abdomen	

Veterans' Affairs Update

THE PACT ACT – WHAT YOU NEED TO KNOW

Hello from Veterans' Affairs. The big news this month is the passage of the Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics Act (PACT). At first, the bill was guaranteed to pass, but it was turned down by a surprising vote in the Senate. Finally, it was sent for a revote and passed. By the time you read this article the bill will be officially signed into law; what does it mean for veterans?

Vietnam Veterans – Hypertension and Monoclonal Gammopathy of Undetermined Significance (MGUS) was added to the list of presumptive conditions. Also, there are five new locations and corresponding dates that have been added to the list of presumptive locations. So, if you weren't actually in Vietnam, but feel you may have been exposed to Agent Orange, feel free to call to see if your duty station is now officially recognized as having contact with Agent Orange.

Gulf War Era/Post 9-11 Veterans -- More than 20 presumptive conditions have been added to the already lengthy list of conditions directly linked to burn pits and other toxic exposures such as burning vehicles. You don't have to have served strictly in Iraq or Afghanistan to qualify for burn pit exposure! Additional locations have been added to the presumptive exposure list for soldiers/veterans serving as far back as August 2, 1990. More locations have been added for those serving after September 11, 2001.

The passage of the PACT Act will allow more than 3.5 million veterans to become eligible for VA healthcare and other benefits. (Space constraints do not afford the listing of the exact details of this act.) If you have not already done so, please join the Veterans Registry. It can be done on-line at: www.register.dmvpa.gov. If you do not have access to a computer, there is an "old-fashioned" paper form that can be completed and mailed in. They're available in any county veterans' affairs office. In this way, your voices can be heard and continued progress made. If you have any questions, please contact me, or any Veterans Service Officer.



VIP & Pike County League of Women Voters present

IRON JAWED ANGELS

film screening and discussion.

102 YEARS AGO WOMEN WON THE RIGHT TO VOTE... DON'T WASTE IT.

Wallenpaupack Area High School Auditorium
September 15th at 5:30 pm

Children's (ages 5+) craft group in the lobby for parents who would like to attend but cannot find childcare.

Voter registration assistance & information available

Wayne/Pike Suicide Prevention & Remembrance Walk

Wallenpaupack Area High School Route 6 – Hawley, PA

SATURDAY SEPTEMBER 17, 2022



Share the Journey
Registration begins at 10AM
Program starts at 11AM –walk directly following the program
\$10 donation includes tote bags while they last
Refreshments and give-a-ways
Basket Raffle

Please direct any questions to John Nebzydowski 570-253-9200 or JoAnna Van Tine 862-210-0029

or

Message us on Facebook- Wayne Pike NSPI – Northeast Suicide Prevention Initiative or Instagram @waynepikenspi

Are you unable to attend, but would still like to donate? Visit our website here:



Check out our event on Facebook for more information and reminders!



If you or someone you know is thinking about suicide please contact:
Center Community Resource (CCR) 1-833-55REACH (Wayne County)
New Perspective Crisis 1-570-992-0879 (Pike County)
National Suicide Prevention Lifeline Call or Text 988





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**



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

Hand in Hand...Linking Lives

GOT - GROWING OLDER TOGETHER

Growing Older Together is in search of volunteers to provide transportation, companionship, and to perform in-home tasks/light gardening. Please call 570-630-0509 to get more information. Phone lines are open Mon – Fri from 9 AM – Noon and 1 PM – 5 PM.



Cultivating a Vibrant Future

www.WayneTomorrow.com

Wayne Tomorrow! and the wide ranging collaboration it represents embody the concept that everyone plays a role in economic development. We call it the Entrepreneurial Ecosystem, and while the Stourbridge Project constitutes the heart, there are many arteries and veins feeding it.

Susan Shaffer, director of The Stourbridge Project (TSP) Co-working Space and Business Incubator explained that for a Rural Business Incubator, Wayne County has a very different model from other counties where that means a few computer work stations dedicated to those starting a business.

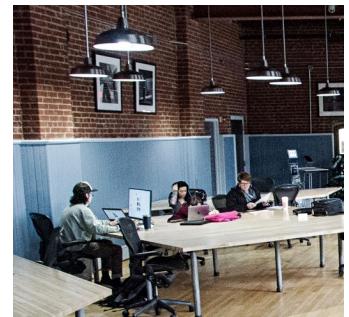
"There really is no other place that has a dedicated facility of 10,000 square feet offering a complete comprehensive array of business services linked to an economic development engine or initiative or a community development initiative, which is what Wayne Tomorrow! is," Shaffer stated.

TSP has been designed to provide the enabling infrastructure to generate Professional & Technical Services jobs and promote entrepreneurial activity in the county. Its creation required efforts, action and funding on the part of community, county, regional, state, federal and philanthropic agencies and organizations. Those efforts constituted a nearly \$2 million investment.

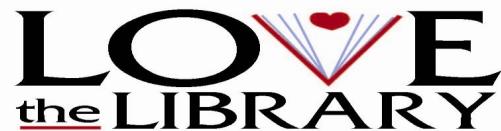
Shaffer offered some statistics that illustrate that the investment is paying off, especially in the wake of the COVID 19 pandemic. In 2020, TSP recorded 218 visits to the co-working space, three companies were enrolled in the Keystone Innovation Zone (KIZ), and a total of 34 people used the prototyping lab. During 2020-21, TSP offered 173 trainings and assisted 37 businesses.

One year later, those numbers rose significantly to 728 visits to the co-working space -- up 230 percent, with twice as many enrollees in the KIZ and more than twice as many individuals using the prototyping lab. More than 80 businesses received assistance, and there were more than 700 training attendees.

Consultant Erik Pages of EntreWorks calls it Economic Gardening, where a community grows its own economic development through the nurturing and support of small existing and new businesses. He argues that over 10 to 15 years, the strategy of building your economy one job at a time will outperform the "swing for the fences" every time. This strategy also provides the community with the opportunity to strengthen the local culture and quality of life as it grows. 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



SEPTEMBER EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online mkeesler@waynelibraries.org

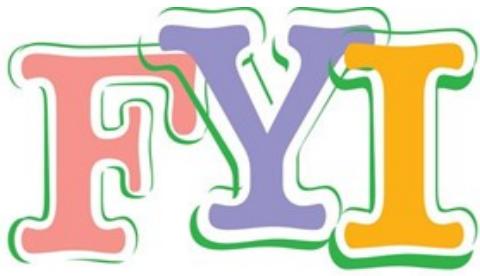
- 1. Chess Club** - Ages 13 and over can join; all skill levels are welcome. Monday, September 5th & 8th, 2022 4:30-5:30pm. Presenter Owen Adams.
- 2. Understanding Your Credit** - Join Ellen Pritchard Vice President of FNCB Bank in Honesdale on understanding your credit score, reading your credit report and tips for managing your credit responsibly. Wed., September 14, 2022 4:30-5:30pm.
- 3. Artist & Author Joan Polishook** - Spend an evening with artist and author Joan Polishook as she shares her poetry and scenic paintings. All are welcome and refreshments will be available. Wed., September 21, 2022 4:30-5:30pm.
- 4. Craft: Mini Journal Cover** - Wendy Johannes owner of WeJo Arts in Honesdale will be teaching a creative mixed media class for journal covers. You will be able to take home a beautiful mini journal. Wed., September 28, 2022 4:30-5:30pm.



Hamlin, Hawley, Honesdale/Northern Wayne Senior Picnics July 2022







•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

Production Coordinator:

Kathy Robbins

Menu Coordinator:

Lynn Potter, RD LDN

Editor: Suzanne Putzi



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