

News For All Seasons

Wayne County Area
Agency on Aging



Last year, the FTC got almost a million reports about impersonation scammers — fake government agents, pretend grandkids, bogus sweethearts, and others who took almost \$2.3 billion from people across the country. So far this year, impersonation scams are still the most-reported fraud.

Scammers keep changing their stories to catch you off-guard. Some scams even ask you for your Medicare number. If anyone surprises you with a call, email, text, or message on social media and asks for money or personal information — no matter what story they tell — it's most likely a scam. Learn about protecting your number from health care fraud. Then, take steps to keep impersonators away from your money and valuable information:

Reduce unwanted calls and email

Use call blocking technology or devices that stop unwanted calls — like scams calls and illegal robocalls — before they reach you. Use email spam filters to reduce **phishing*** (*the fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers) scam attempts, and set your computer software to update automatically.

Keep information private

Medicare won't call or text to ask you for money. Even if your Caller ID says it's Medicare, it could be faked. Don't share personal or financial information with anyone who calls, mails, or texts saying they are from a government agency. Don't click links or open attachments in email and text messages, even if they seem to come from Medicare or a company you know. They could be messages phishing for your account numbers, passwords, or other information.

Protect your money

Refuse to pay anyone who demands payment by wire transfer, gift card, or cryptocurrency. Only scammers tell you to pay these ways. It's hard to track those payments, and almost impossible to get your money back.

If you suspect a scam, tell the FTC: go to ReportFraud.ftc.gov or call toll free 1-866-653-4261.

Save These
DATES

Irene Selvaggi, Assistant Vice President/Training Officer and Cindy Burdick, Bank Secrecy Act/Anti-Money Laundering Officer of The Dime Bank will present "Money Smarts for Older Adults," covering Elder Fraud and Scam Prevention on the following dates and locations:

9/13—Hamlin Senior Center—Contact Becky Klepadlo 570-689-3766
















9/21—Honesdale Senior Center—Contact Marie Alexander 570-253-5540

10/18—Hawley Senior Center—Contact Lu Seagraves 570-226-4209

Please contact the centers for presentation times.



**Suggested meal price: \$2.50. Milk is included
with all meals.**

<p>1) Pasta w/ meatballs Green beans Italian bread w/ Butter Pears</p> 	<p>2) Baked ham w/ Crushed pineapple Mashed sweet potatoes Cauliflower Rye bread w/ butter Fresh orange</p> 	<p>3) BBQ chicken Baked potato w/sour Cream Brussel sprouts Wheat bread w/ Butter Pudding</p> 	<p>4) Baked fish Florentine Creamed potatoes Carrots Wheat bread w/ Butter Melon</p>  <p>*NW-juice, ham & cheese on rye, mustard, bean salad, melon</p>	<p>5) GRANDPARENTS DAY Grape juice Cheese pizza w/ Sausage Broccoli Cottage cheese w/ Peaches</p> 
<p>8) Tomato juice Hot ham w/ cheese on Croissant Carrots Pineapple</p> 	<p>9) Fish Patty on wheat Bun Tartar sauce Potato wedges Carrots Pudding</p> 	<p>10) Eggplant parmesan Broccoli Pasta Cottage cheese w/ Peaches</p>	<p>11) Roasted Chicken Potatoes O'Brien Vegetable blend Wheat dinner roll/ Butter Cantaloupe slice</p> 	<p>12) Meatloaf w/ gravy Brown rice Cauliflower Wheat dinner roll Butter Fresh orange</p>
<p>15) Italian sausage w/ Peppers & Onions Home-fried potatoes Italian blend veggies Italian bread/ Butter Fresh orange</p>	<p>16) Chicken patty On a wheat bun Sweet potato fries Broccoli/cauliflower Peaches</p> 	<p>17) Open-faced hot turkey sandwich w/ Gravy Mashed potatoes Brussel sprouts Pudding</p> 	<p>18) Red pepper and broccoli quiche Creamed spinach Brussel sprouts Wheat bread Butter Fresh apple</p> <p>*NW- juice, turkey sandwich, mayo, bean salad, brownie</p>	<p>19) WOODSTOCK DAY Apple juice Hamburger w/ Mushrooms on a Wheat bun Pasta primavera Vegetable-blend Brownie</p> 
<p>22) Baked fish Scalloped potatoes Broccoli Wheat bread w/ Butter Pudding</p> 	<p>23) Stuffed shells Mini meatballs Marinara sauce Spinach w/ butter & Garlic Wheat bread/ Butter Fresh orange</p>	<p>24) Meat lasagna Spinach Wheat bread w/ Butter Pears</p> 	<p>25) Pork Cantonese Brown rice Zucchini & tomatoes Wheat bread w/ Butter Fresh fruit cup</p>	<p>26) Honey mustard Chicken Mashed potatoes Peas & carrots Wheat dinner roll w/ Butter Mandarin oranges</p>
<p>29) Orange-pineapple Juice Cheese omelet Turkey sausage Home fries Wheat bread w/ Butter Peaches</p>	<p>30) Turkey roll-up With cornbread stuffing/gravy Mashed sweet potatoes Brussel sprouts Fresh apple</p> 	<p>31) Breaded pork chop Garden rotini Carrots Wheat bread w/ Butter Vanilla pudding w/ Strawberries</p>		

***NW=Northern Wayne**

**Please call 253-5540 by
1:00 PM one day prior to make a reservation.**

**Menu is subject to change
due to availability.**

Hydration Tips for Older Adults

For many, the long-awaited summer months bring to mind family picnics, cool drinks on the porch, and lazy afternoons at the beach. But, as temperatures soar, warm weather activities can increase the risk for another staple of summer: dehydration. Not getting enough fluids, especially when it's hot outside, can pose serious health problems for anyone, but older adults are at particular risk for dehydration.

The Connection between Aging and Dehydration—There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. Muscle mass (an important storehouse for water in the body) and kidney function tend to decline with age, thereby diminishing the ability to conserve water. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age; by the time one actually *feels* thirsty, essential fluids could already be extremely low.

Hydrating Food—While water is the go-to for most people, keep in mind that beverages are not the only source of fluids. Raw fruits and vegetables can pack a hydrating punch as well. For example, a small plate of cut vegetables, like celery sticks, cucumber slices, cherry tomatoes, and bell pepper slices served with a healthy dressing or hummus for dipping can be a nutrition- and fluid-filled snack. Use the list below to add foods to one's diet to assist in hydration.

Foods with High Water Content

<u>Ingredient</u>	<u>Percent Water</u>	<u>Serving Size</u>
Cucumber	96%	1 cup peeled and sliced
Tomato	94%	1 medium
Watermelon	92%	1 cup diced, or 10 balls
Bell pepper	92%	$\frac{3}{4}$ cup sliced
Grapes	92%	1 cup
Cantaloupe	90%	$\frac{1}{10}$ (1 small wedge)
Orange	97%	1 medium
Blueberries	85%	1 cup
Apple	84%	1 medium

If one has an aversion to fruits and vegetables, especially when they are uncooked, then high water content foods like crudité's, salads, or gazpacho may be an unrealistic approach. Instead, add fresh berries to yogurt, cereal, or dessert, or include slices of tomato and a few leaves of lettuce in wraps and sandwiches. These may not seem like meaningful additions, but every little bit adds up. Incorporating these items on a daily basis can help to prevent dehydration.



Hamlin Senior Center

Chair Yoga – Mon. at 1 PM, 8/1, 8/8, 8/15, 8/22, 8/29

Healthy Steps – Wed. & Thurs. at 10 AM

NU-Step 6 Machine – Easy, stress-free exercise available daily.

Grandparents Day — Fri., 8/5, Bingo at 10 AM and outdoor games at 11 AM. Pizza and root beer floats for all . (Must RSVP)

Woodstock Day Pavilion Picnic — Fri., 8/19 at 11 AM. Woodstock games and picnic. Dress in your favorite groovin' clothes!

Garden Spot – Tues. 10-11 AM, vegetable & flower beds upkeep.

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

Mahjong – Mon. at 12:30 PM..

Sinclair 's Home Care — Blood pressure screenings—Tues., 11 AM in side room

Dr. Betty Caruth's Mindfulness Program— Self-care tips Mon. at 1:30 PM, 8/22.

Craft time w/ Becky – Tues., 8/23 at 10:00 AM. Diamond Art (Must RSVP)

*Schedule subject to change.

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

AUGUST BIRTHDAYS

Keith Good 8/9
MaryAnn Vaccaro 8/16

Debbie Carlson 8/23
Loretta Curtis 8/25



DR. BETTY AT THE HAMLIN SENIOR CENTER

On June 27, 2022 we were delighted to have Dr. Betty from the Minerva Center facilitate a Mindfulness session with a focus on aromatherapy. The class was a great success. Dr. Betty has agreed to come bi-monthly. Class Dates and topics are:

Self-care Tips, Monday, 8/22/22 at 1:30 PM

Joyfully Dealing with the Holidays, Monday, 10/17/22 at 1:30 PM

Creating Winter Sunshine, Monday, 12/22/22 at 1:30 PM

Please RSVP with Becky.



SPECIAL DONATION

Barry Landis, one of our valued members, surprised the center with two picnic tables and umbrellas (right) on Friday July 1, 2022. We were so happy to picnic outside to celebrate July 4th in the gazebo (left) and at the tables. Thank you, Barry, for the tables and gracing us with your talent.



Hawley Senior Center

Who would ever think we'd be into the month of August? All senior picnics are over and just a pleasant memory. Five more months to Christmas, need I say more?

Our picnic was one of the best turnouts we've had. We held it at the center, joined by Adult Day Program's clients and staff and center participants. The music was fabulous, the games enjoyable, the food was out of this world; cooked and served by the Red School House. Thanks to the young adults from Workforce Alliance who pitched in and helped serve the meals. We had door prizes, basket raffles, goodies galore and all the good time you could handle. Thank you to the Wayne County Commissioners in attendance, Aging Administrator Mary Ursich and Centers' Manager Pat Perkins who joined us for a day of fun and had the chance to greet the people.

I have to give a shout out to all who helped put this together; the volunteers who put in countless hours preparing all different things for our picnic and to Tanya & Marge for a great show. What a time we had dancing, singing and enjoying good music. Everyone that helped that day—THANKS—couldn't have done it without you. Picnic pictures to follow in September's newsletter along with a list of donors.

Join us on Friday, August 5th for Grandparents Day. Bring your grandchildren for pizza and root beer floats. Please call a week before to make your reservation.

Lets go back to the 60's on Friday, August 19th and revisit Woodstock.

Labor Day celebration will be held on Friday, Sept 2nd with a picnic lunch.

As always check out our newsletter for all the daily activities. Call a day ahead for lunch.

****PLEAST NOTE: THE HAWLEY CENTER WILL BE CLOSED THE WEEK OF SEPTEMBER 5TH FOR THE INSTALLATION OF NEW FLOORING.****

Happy Birthday



Our August birthdays are: Thelma Dewar, Pat Schmidt, Barbara Beecroft, Ed Reim, Danielle Muscari, Dottie Sherman, Joe Rago, Mary Day, Ann Kovatch and Daniel Murphy.

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



Pictured is our June Birthday girl Adeline Kellett.

Come have lunch with us on Thursdays and enjoy some music with Jim Firestine and Phil Trippodi, pictured above.

Honesdale Senior Center

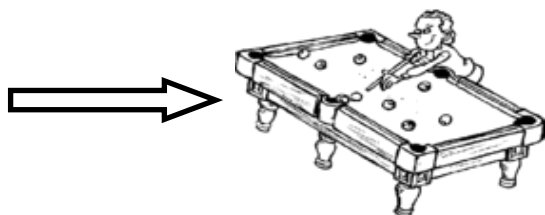
August 5, 2022— Grandparents Day. Advance registration required; please provide ages and whether grandchildren are male or female. Call Kathy at 253-5540 to register. (Birthday Friday will be celebrated too.)

August 19, 2022—Woodstock Day. Break out your tie-dye, bell bottoms and love beads. We will show "Woodstock—3 Days of Peace, Love and Understanding" and play rock and roll from that era. A special themed lunch is planned.



Square dancing classes sponsored by Elk Mountaineers, Wednesdays, 7-9 PM. Fee is \$6 per class. Couples preferred. Call Marie at 253-5540 for reservations.

Monday 9:00-10:00 "Mondays with Marie"— Exercise streamed live on Wayne County PA Human Services' FACEBOOK page 11:00-3:00 Bridge	Tuesday 10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard	Wednesday 10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 1:30-3:00 Caregivers' Support Group—2nd Weds. each month	Thursday 10:00 AM Northern Wayne Center meets 8/4 and 8/18 1:00-4:00 Shuffleboard Billiards	Friday 10:30-11:30 Healthy Steps Class 1:00-4:00 Rummikub tile game Shuffleboard
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Championship-winning billiards player looking for competitors to play matches for fun. Please see schedule above for days and times. Call 253-5540 for more information.



The Honesdale Senior Center's picnic attendees were graced with a glorious summer day, delicious food, memorable music and lots of fun! More photos from all three centers' picnics and acknowledgements to our donors and volunteers coming in the September issue.

Northern Wayne/Lakewood Center

The August 4th menu features juice, ham & cheese sandwich on rye, mustard, bean salad and melon. The August 18th menu is juice, turkey sandwich, mayonnaise, bean salad and a brownie. Bingo at 1:00 p.m. Please call Marie at 253-5540 to make reservations.



ANNUAL FALL FLOWER SALE

Mums, Kale, & Aster

9-inch pots for \$10 each

Delivery on September 1st
Order by August 24th

**Prepayment is required.
Colors will vary.**

For more information please
call Kim at **570-216-0394** or
call Amy at **570-290-2192**

Orders of 10 or more or within communities of
Honesdale, Hawley, or Milford will be delivered on
Thursday, September 1st. All others must be picked
up at the Wayne County Fairgrounds or VIP's
Milford office between 10a - 1p on September 1st.

Proceeds to help provide counseling and support
services for victims and survivors of domestic
and/or sexual assault crimes in Wayne and Pike
County - something that affects every race
and social status.

Your purchase directly helps someone in need.
Thank you for your continued support.

vipempowers.org



Call (888) 987-2423

Pennsylvania Homeowner Assistance Fund

Applications Open

The Pennsylvania Homeowner Assistance Fund, or PAHAF, is a housing-related program funded by the U.S. Treasury to assist Pennsylvania homeowners facing financial hardship due to the COVID-19 pandemic that began after January 21, 2020, (including a hardship that began before January 21, 2020 and continued after that date). The program will provide financial assistance to homeowners for qualified mortgage and housing-related expenses to avoid delinquency, default, foreclosure, or displacement. If you think your next mortgage payment may be late, or if you are currently past due, the most important step is to **contact your mortgage company or loan servicer immediately**.

The Program will accept applications from eligible, Pennsylvania homeowners who meet following criteria:

- *Property is located in Pennsylvania and homeowner owns and occupies the property as their primary residence.
- *Properties that are eligible for PAHAF are dwellings located in Pennsylvania and that are one- to four-unit residential properties, specifically: Single-family/row home (attached or detached properties); condominium units; cooperatives; and manufactured/mobile homes.
- *Household income is equal to or less than 150% area median income (AMI).
- *Homeowner's first mortgage is a conforming loan and meets the federal limits for the year in which the loan was taken.
- *Homeowner has experienced a financial hardship as a result of the COVID-19 pandemic and is seeking assistance with past due mortgage and housing-related expenses incurred since January 1, 2020 (*including a hardship that began before January 1, 2020 and continued after that date*) and is at least 30 days past due on the mortgage payments and/or housing-related expenses for which they are requesting PAHAF assistance. Note: forward mortgage payment is the only assistance type that does not require a delinquency to be eligible.

Homeowner cannot receive the same assistance for mortgage payment, mortgage reinstatement, property charges, and/or utility payment from another federal, state, local, nonprofit, or tribal source.

To determine eligibility, the types of assistance available, and the list of documents required to apply, visit pahaf.org or call 888-987-2423.



Veterans' Affairs Update

The summer is slipping by so fast!! I recently attended the PA State Association of County Directors of Veterans Affairs conference. (PSACDVA). It was held this year in Gettysburg. I had the opportunity to meet both the new Director of Veteran Affairs in Susquehanna County and the new Director in Pike County. I know that our neighboring veterans are in very capable hands.

There is important legislation expected to be passed very soon, affecting a huge number of our veterans. **Vietnam Vets** – hypertension will be a presumptive condition for Agent Orange exposure. If you are already receiving a rating for a heart condition, you should apply for this as well once legislation is passed. **Gulf War Vets** – the list of presumptive conditions keeps getting longer. I will provide more details when I have them.

The last stop on my trip was to the Gettysburg National Cemetery. The pull to visit and pay my respects to our fallen was very strong. I have pictures of the various plaques found in the cemetery. They are posted on the bulletin board outside my office; feel free to stop by any time. Note: If you are planning on a visit there, remember to bring change to feed the parking meters!! Some (completely unnamed!) person did not do this and was stressing about getting a parking ticket the entire time she/he was in the cemetery!! Veterans take care of each other, and, thankfully, no one was checking the meters!!

I hope to see everyone at the Ladore Lodge Veterans Appreciation Day on Wednesday, August 3.

Have a safe and healthy summer,

Vicki



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.



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

Help at a Senior Center, Meal Delivery Drivers

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

RSVP Senior CHAT Program

Make or Receive Friendly Phone Calls

Ladore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

Salvation Army

Honesdale Extension Office/Food Pantry Coordinator



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



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



Cultivating a Vibrant Future

www.WayneTomorrow.com

Planning/GIS Launches Comprehensive Plan Update

Things change. It can be exasperating and inspiring, threatening and promising, but things change. Wouldn't you like to have a say in how things change?

The Wayne County Commissioners and the Planning/GIS Department launched its Comprehensive Plan Update and it all starts with the survey,

Access the surveys online at www.WayneCountyPA.gov/919/ using the links or QR codes. You can download a printer friendly version at <https://www.surveymonkey.com/r/WayneResidentSurvey> or request a paper copy at your local library, senior center or from your township or borough. You can also call 570-253-5970, ext. 4060 to request a copy by mail.

The Wayne County Comprehensive Plan, a multi-year process, looks at where things stand at every level. The document, prepared by a pair of local consulting firms, involves studies of everything from population & demographics to economic development and transportation.

The Comprehensive Plan will also include the nearly completed Natural Resources & Outdoor Recreation Plan and the newly commissioned Housing Assessment and Strategy. Community Facilities and Cultural and Historic assets also receive equal treatment.

The Wayne County Comprehensive Plan Update represents the community strategy for managing change. In 2010 when the County Commissioners adopted the last Comprehensive Plan Update, they wanted all the work and recommendations it contained to have a real impact on the future. The result has been Wayne Tomorrow! and a way of doing business that promotes collaboration and cooperation.

Wayne Tomorrow! stands poised to carry out the vision established by the Comprehensive Plan, making this update an unprecedented opportunity to play a role in shaping Wayne County's future. The new plan will be used to help guide us into a future with the same or better quality of life we have all come to enjoy. Learn more about the process on our website at www.WayneCountyPA.gov/919/.



Wayne County

**WC
PL**

Public Library

1406 Main Street

Honesdale, PA 18431

570-253-1220

www.waynelibraries.org

Connecting our community

LOVE
the LIBRARY

AUGUST EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online mkeesler@waynelibraries.org

- 1. Dream Interpretation** - Learn how to understand your dreams and how you can assign meaning to your dreams. Wed., August 3rd, 4:30-5:30. Presenter Linda Bartels
- 2. Chess Club** - Ages 13 and over can join. All skill levels are welcome. Monday, August 8 & 22, 4:30-5:30. Presenter Owen Adams.
- 3. Author Julia Sweet**- Join Julia Sweet as she shares her memories from her book, *Memories of Silver Lake House*. Wed., August 17, 4:30-5:30.
- 4. Adult Summer Reading Program** - Dive into a book or movie of your choice about the sea, bring in a review, and take home a free book from the book sale, July 13th - August 26th.
- 5. Energy Healing** - Learn the origins of Reiki and how IET & Unicorn Healing can benefit you and your pets. Presenter Kim Follmer Wed., August 24, 4:30-5:30.

Stop a Stroke FAST*

A stroke, sometimes referred to as a brain attack, occurs when the blood supply to the brain is blocked by a clot or tear in a blood vessel.

There are two types of stroke: ISCHEMIC & HEMORRHAGIC

In an ischemic stroke a blood vessel becomes blocked, usually by a blood clot, and a portion of the brain becomes deprived of oxygen. Ischemic strokes are the most common type of stroke, representing about 87% of all strokes. In one second, 32,000 brain cells die, and in 59 seconds an ischemic stroke will have killed 1.9 million brain cells.

A hemorrhagic stroke can occur when an aneurysm, a blood-filled pouch that balloons out from an artery, ruptures, flooding the surrounding tissue with blood. The fatality rate is higher and prognosis poorer for those who experience hemorrhagic strokes.

When it comes to spotting stroke and getting help, the faster, the better. That's because prompt treatment may make the difference between life and death — or the difference between a full recovery and long-term disability. For more information contact the **Stroke Family Warmline: 1888-4-STROKE or 1-888-478-7653, Monday through Friday 8 AM to 5 PM Central Standard Time** or on the web at Stroke.org

***FAST** is an acronym used as a **mnemonic** to help detect and enhance responsiveness to the needs of a person having a stroke. The acronym stands for **F**acial drooping, **A**rm weakness, **S**peech difficulties and **T**ime to call emergency services

F
FACE
DROOPING

A
ARM
WEAKNESS

S
SPEECH
DIFFICULTY

T
TIME TO
CALL 911





Fruit

Word Search

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

APRICOT

CHERRY

CURRENT

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DURIAN

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HONEYDEW

JUJUBE

KIWI

LONGAN

LOQUAT

LYCHEE

MANDARIN

MANGO

MELON

MULBERRY

PEACH

PLANTAIN

PLUM

POMELO

QUINCE

SAPOTE

SOURSOP

TAMARIND

TANGELO

UGLI

YUZU





• **FOR YOUR INFORMATION** •

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

Get Connected / Get Help

Dial 1-855-567-5341

Website: pa211ne.org

Text your zip code to: 898211

Production Coordinator:

Kathy Robbins

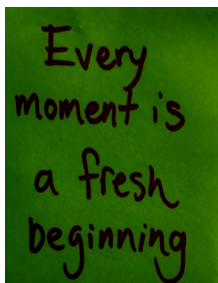
Menu Coordinator:

Lynn Potter, RD LDN

Editor: Suzanne Putzi



AgingNewsletter@waynecountypa.gov



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

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