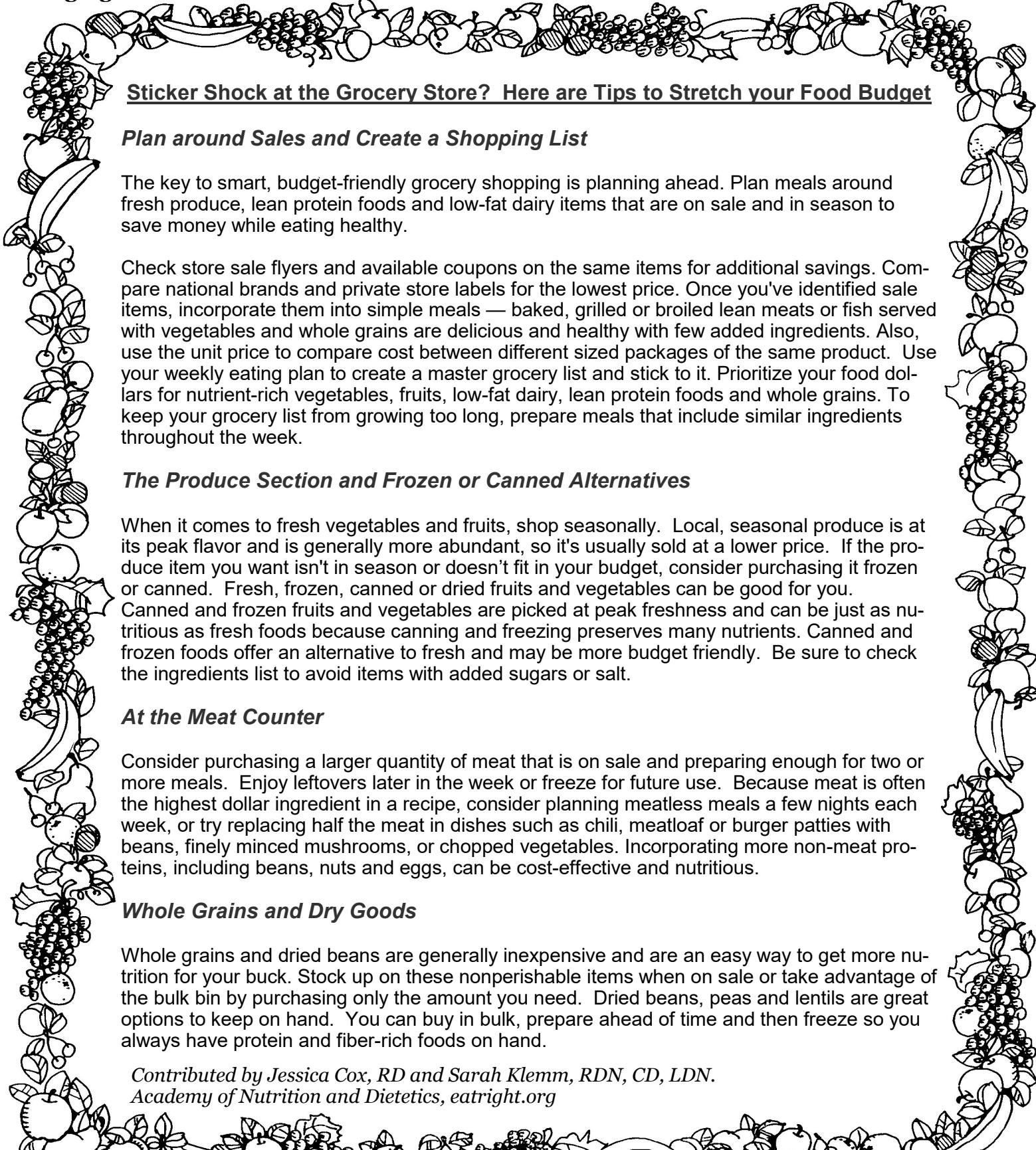




News For All Seasons

Wayne County
Area Agency on
Aging



Sticker Shock at the Grocery Store? Here are Tips to Stretch your Food Budget

Plan around Sales and Create a Shopping List

The key to smart, budget-friendly grocery shopping is planning ahead. Plan meals around fresh produce, lean protein foods and low-fat dairy items that are on sale and in season to save money while eating healthy.

Check store sale flyers and available coupons on the same items for additional savings. Compare national brands and private store labels for the lowest price. Once you've identified sale items, incorporate them into simple meals — baked, grilled or broiled lean meats or fish served with vegetables and whole grains are delicious and healthy with few added ingredients. Also, use the unit price to compare cost between different sized packages of the same product. Use your weekly eating plan to create a master grocery list and stick to it. Prioritize your food dollars for nutrient-rich vegetables, fruits, low-fat dairy, lean protein foods and whole grains. To keep your grocery list from growing too long, prepare meals that include similar ingredients throughout the week.

The Produce Section and Frozen or Canned Alternatives

When it comes to fresh vegetables and fruits, shop seasonally. Local, seasonal produce is at its peak flavor and is generally more abundant, so it's usually sold at a lower price. If the produce item you want isn't in season or doesn't fit in your budget, consider purchasing it frozen or canned. Fresh, frozen, canned or dried fruits and vegetables can be good for you. Canned and frozen fruits and vegetables are picked at peak freshness and can be just as nutritious as fresh foods because canning and freezing preserves many nutrients. Canned and frozen foods offer an alternative to fresh and may be more budget friendly. Be sure to check the ingredients list to avoid items with added sugars or salt.

At the Meat Counter

Consider purchasing a larger quantity of meat that is on sale and preparing enough for two or more meals. Enjoy leftovers later in the week or freeze for future use. Because meat is often the highest dollar ingredient in a recipe, consider planning meatless meals a few nights each week, or try replacing half the meat in dishes such as chili, meatloaf or burger patties with beans, finely minced mushrooms, or chopped vegetables. Incorporating more non-meat proteins, including beans, nuts and eggs, can be cost-effective and nutritious.

Whole Grains and Dry Goods

Whole grains and dried beans are generally inexpensive and are an easy way to get more nutrition for your buck. Stock up on these nonperishable items when on sale or take advantage of the bulk bin by purchasing only the amount you need. Dried beans, peas and lentils are great options to keep on hand. You can buy in bulk, prepare ahead of time and then freeze so you always have protein and fiber-rich foods on hand.

*Contributed by Jessica Cox, RD and Sarah Klemm, RDN, CD, LDN.
Academy of Nutrition and Dietetics, eatright.org*



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



				1) Applesauce Wheat bread/ Butter Italian-blend Vegetable Lasagna (Crazy day—eat dessert first!)
4) Orange-pineapple juice Cheese omelet Turkey sausage Home fries Wheat bread/butter Warm peaches 	5) Turkey roll ups/ Corn bread Stuffing & Gravy Mashed sweet potatoes Brussel sprouts Fresh apple 	6) Breaded Pork Chop Garden rotini Carrots Wheat bread/butter Vanilla pudding w/ Strawberries 	7) Chicken Parmesan Wheat rotini w/ Sauce Broccoli Italian bread /butter Pears NW- Juice/turkey sandwich/mayo/bean salad/pears	8) Fish Sticks Macaroni & cheese Stewed tomatoes Wheat bread/ Butter Fresh orange
11) BBQ chicken Baked potato w/ Sour cream Brussel sprouts Wheat bread/butter Pudding 	12) Baked Fish Florentine Creamed potatoes Carrots Wheat bread/butter Melon 	13) Baked ham w/ pineapple Mashed sweet potatoes Cauliflower Rye bread/butter Coconut cream pie 	14) Grape juice Cheese pizza w/ Sausage Broccoli Cottage cheese w/ Peaches	15) Closed Good Friday
18) Pulled BBQ pork on Wheat bun Baby potatoes Sautéed cabbage Fresh orange 	19) Chicken Cacciatore Over brown rice Brussel sprouts Wheat bread/butter Apricots 	20) Baked Cod w/ dill sauce Pasta primavera Spinach Wheat bread/butter Fresh apple 	21) Pinto beans, Zucchini & Mushroom bake Spanish rice Green beans Wheat bread/butter Mandarin oranges NW-Juice/chicken salad sandwich/pickled beets/dirt dessert	22) California burger Cheese, roasted Peppers & mushrooms on bun Sweet potato fries Corn "Dirt" dessert
25) Stuffed shells Mini meatballs Marinara sauce Spinach w/ butter & garlic Wheat bread/butter Pears	26) Baked fish Scalloped potatoes Broccoli Wheat bread/butter Pudding 	27) Honey-mustard Chicken Mashed potatoes Peas & carrots Wheat dinner roll/butter Mandarin oranges 	28) Sweet & sour Pork Cantonese Brown Rice Zucchini & tomatoes Wheat bread/butter Fresh fruit salad	29) Meat lasagna Spinach Wheat bread/butter Fresh orange

*HB=Home bound

*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.

Do you have COPD, Congestive Heart Failure, Diabetes or Uncontrolled Hypertension?



You may qualify for this FREE program

The Wayne Memorial Food Prescription Program (WMFRxP) helps patients with certain diagnoses--who are having difficulty purchasing healthy foods--better understand their condition and how eating proper food can make a difference. You must be either a patient at one of our Wayne Memorial Community Health Centers or hospital specialty offices.

Program includes:

- Education on your disease process
- Nutrition education either in person or over the phone with a Registered Dietitian
- Healthy recipes designed for healthier eating
- Grocery store coupons to purchase food to prepare one healthy meal per day

Participation is voluntary and free. You can enroll in the program for up to one year. We work with you and your physician office to track your progress. All information you share will be kept confidential.

Want more information and details?

Call program coordinator Carol Kneier, Wayne Memorial Hospital Community Health Manager, at 570-253-8422

Program is a partnership of

WAYNE MEMORIAL HOSPITAL

WAYNE MEMORIAL COMMUNITY HEALTH CENTERS

ALL ONE
FOUNDATION

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

TAI CHI – With sifu Luke Shumko Mon., 4/4 & 4/18 at 10 AM.

Chair Yoga – Mon. at 1 PM, 4/4, 4/11, 4/18, and 4/25.

Healthy Steps Exercise – Wed. & Thurs. at 10 AM.

Dancercise – Thur., 4/7, 4/14, 4/21, & 4/28 at 11 AM.

CENTER CLOSED on Fri., 4/15 in observance of Good Friday.

April Fool's Fun Day – Fri., 4/1. Mismatched clothes or pajamas are the attire for the day. A mixed-up menu and a special April Fool's BINGO!

Easter Egg Coloring – Fri., 4/8 at 11 AM.

Easter Celebration – Wed., 4/13. Come enjoy entertainment from Randy & Rose at 11 AM, a special holiday meal and Easter Bingo!

Earth Day – Thur. 4/22 at 11 AM, Plant your own flowers or vegetables by seed! Enjoy a special Earth day lunch.

Italian Day - Wed., 4/29 – Special lunch with music like the sounds of Italy, dress in red, white & green, and did someone say cannolis?

MaryAnn's Craft Corner – Tues., 4/19 at 10 AM. Making Mother's Day Hats for Mother's Day Tea Party Social.

*Schedule Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Tai Chi (small fee) (1st & 3rd Mon.) 12:30 Mahjong 1:00-2:00 Chair Yoga	10:00 Cards/Games 1:00-2:00 Bingo	10:00-11:00 Healthy Steps in Motion Exercise	10:00-11:00 Healthy Steps in Motion Exercise 11:00 Dancercise	10:00 Bingo

APRIL BIRTHDAYS

Richard Kurz	4/4	William Littlejohn	4/14
Diana Torre	4/4	Louise Tramer	4/16
Vincent Rivezzi	4/5	Alba Bolduc	4/24
James Robertson	4/6	Ernest Iannacone	4/24
Dottie Maritato	4/7	Grace Card	4/27
Anita Deuerlein	4/14		



The Hamlin seniors celebrated Mardi Gras and Fat Tuesday with much merriment and lots of food! During the morning Mardi Gras music played while the seniors enjoyed their favorite games, snacks and goodies. Lunch was a special Jambalaya lunch, followed by a donut, and then finished off with an ice cream sundae! Marianna arrived and was a party in herself with favors and Mardi Gras door prizes for our Mardi Gras Bingo. Billy and MaryAnn topped the tables off with lollipops and candy. It was a very festive and joy-filled day. Ask some of us how we felt during exercise the next morning!



Mardi Gras celebrants from left to right: Fran & Rich Kurz, Loise Johnson, John and Madelyn Kirkella.

Hawley Senior Center

Welcome to SPRING. "Hallelujah." You know the old saying, March comes in like a lion and goes out like a lamb. Let's hope for the best. We had a good visit with Joe Liberatore and Maria Davis from Home Health Care Professionals to talk about heart health. They both celebrated Mardi Gras with us. Our St Paddy's Day was a success with goodies, music, a traditional Irish feast and all the Irish soda bread you could ask for. Maybe this year we'll have the luck of the Irish. We had Kathy Ferman from Geisinger here to uplift our spirits and treat us to a painting class. We have some nice paintings to showcase in next month's newsletter. Happenings in the month of April are as follows: Friday's April 1st CRAZY DAY! Wear something crazy and possibly win a prize. Our Easter Dinner with all the fixings is Wednesday, April 13th. Come and join us for a day of fellowship with friends. Call to make reservations. Don't forget Earth Day on Friday, April 22nd. Watch over Mother Earth. On Friday, April 29th we are celebrating Italian Day. Come in and be Italian for a day. Speaker on Tuesday, April 19th is Debbie from the Cancer Institute, who will be here at to speak 11 am. Come and see what information she has for us. Every Thursday we have organ playing with Jim Firestine and a sing-along to inspire everyone's talents. Check out all the activities we offer at the centers.



April Birthdays: Ken Filardo, Fred Hannel, Andy Anderson, Ann Kreiter, Linda Gardepe, Carleen Guzzo, Della Galgan, Yvette Emmet, Peg Datto, Joann Rohrbach, Diana Torre, Bella Mehrten and Pat Hartshorn

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



Standing, Louise Sheridan and Pat Hortshorn;
seated Ruthann Carlson and Paula Kuzmack.
Happy Year of the Tiger!



Carleen & Al Guzzo
in the Mardi Gras
spirit!



January And February birthday celebrants Brenda Nonnemacher, Jim Firestine and Joan Palinkas

Mark your calendar!

RSVP VOLUNTEERS RECOGNITION LUNCHEON DATE SET!

Friday, May 13, 2022 is the date scheduled for the RSVP Volunteers Recognition Luncheon to be held at Hemlock Farms in Pike County. Volunteers, please watch your mailboxes for your invitation with details and directions.

Honesdale Senior Center

April 1, 2022—It's Crazy Day and Birthday Friday rolled into one. Wear your craziest outfit, forwards or backwards! Staying for lunch? Plan to eat dessert first! Call Kathy at 253-5540 to make a reservation.



April 13, 2022—Celebration of Easter today with a meal of baked ham and pineapple followed by coconut cream pie for dessert. Limited seating so please call for reservations.

April 13, 2022—Caregivers' Support Group meets 1:00-2:00 PM once a month. Call 253-4262 to register.

April 15, 2022—The center is closed in observance of Good Friday.

April 18, 2022—Bridge group returns from winter hiatus.



April 22, 2022—Join us as we celebrate Earth Day. Remember to renew, reuse, recycle and repurpose!

April 29, 2022—Italian Day today with meat lasagna, "wine mocktail," mini cannoli for dessert and music ala Roma!

Our shuffleboard table has been cleaned and polished. Looking for players—come on down!



Monday 9:00-10:00 "Mondays with Marie"—Exercise streamed live on Wayne County PA Human Services' FACEBOOK page 10:00-3:00 Bridge (starts 4/18)	Tuesday 10:30-1:30 Exercise 1:00-4:00 Billiards Shuffleboard	Wednesday 10:00-11:00 Exercise 1:00-2:00 BINGO Shuffleboard 1:00-2:00 Caregivers' Support Group—3rd Weds. each month	Thursday Northern Wayne Center meets twice monthly, April 7 and 21 Shuffleboard	Friday 10:30-11:30 Exercise 1:00-4:00 Rummikub tile game Shuffleboard
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Left to right, Shirley Clift, Nelsa Loscig, Doris Day and Betty Blaine were our birthday celebrants for the month of March. Wishing another year of health and happiness to all of them!



Vince D'Agostino was the lucky recipient of the baby in his piece of King cake, served during our Mardi Gras celebration. A year of good fortune awaits!



Representatives from Geisinger visited and brought wooden shamrock cut-outs for seniors to decorate. Many thanks! Left to right, Bernice Russell, Geisinger representatives, Betty Blaine and Marcie Gardner.

NORTHERN WAYNE/LAKWOOD CENTER

Easter party is on April 7. Menu is juice, turkey sandwich, bean salad with pears for dessert. Salvation Army's Lodore Lodge representatives Majors Leonard and Karen Boynton will be the guest speakers. The Boyntons will discuss the programs available at Lodore in Waymart as well as provide musical entertainment. Call for a reservation. We next meet on April 21. Menu is juice, chicken salad sandwich, pickled beets and "dirt" dessert for Earth Day.



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 Office/Food Pantry Coordinator



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



**AmeriCorps
Seniors**

DIAKON COMMUNITY SERVICES
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES

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



GET ON THE BUS! September and October 2022 Trips
Trips are open to anyone 18 and older!



Wayne County Area Agency on Aging Bus Trip to



OCEAN CITY, MARYLAND

September 19 – 22, 2022 4 Days – 3 Nights

\$499 per person double occupancy \$649 per person single occupancy

Package includes; 3 nights lodging in Ocean City, 3 breakfasts, 2 dinners
Ocean Downs Casino – Guided tour of Assateague Island –
Scenic Cruise on the Bay –

Tour of Nassau Valley Winery – Evening of Entertainment - Taxes, gratuities, transportation

**Call Debbie at 570-630-2385 or
Marie at 570-253-5540 for all the details.**

***Deposit of \$300 is due by July 5, 2022. Make checks payable to: Wayne County Area on Aging (WCAA). Balance is due August 5, 2022. *Cancellation Policy: No refunds for any reason after August 6, 2022. Trip insurance is available.**



Wayne County Area Agency on Aging Bus Trip to



PENN'S PEAK

Jim Thorpe, PA

"An Afternoon with Dolly and Kenny"

Tribute Show

Wednesday, Oct. 12, 2022

\$75.00 per person



The colorful autumn leaves should be peaking and the view from top of the mountain will be spectacular. After a delicious luncheon we will be entertained by "Dolly & Kenny."

Price includes: Lunch, show, transportation & tips.

Reserve your seat with Marie at 570-253-5540 or Debbie at 570-630-2385.

***Full payment required by Oct. 1, 2022. Make checks payable to: Wayne County Area Agency on Aging (WCAA). *Cancellation Policy: Money refunded only if your seat can be filled. No refunds after Oct. 1st for any reason.**



Veterans' Affairs Update

Hello from Veterans' Affairs. Spring is here, AND, to add to this good news – TDY (temporary duty assignment) orders were cut in March for the Veterans' Affairs office. That's right, the office has moved. For you old-timers (like myself), I have moved into Tom McDonald's former office; for you not-so-old timers, the new location is what is known as the Livery Building at 314 10th Street, Honesdale. I am excited because the move means that I will no longer be working from a mobile (back-pack) office for every visit, nor running upstairs for unexpected items. For the veterans that I am privileged to serve, it means convenient parking in front of the building, a shorter walk to the office, and a more private location to discuss sensitive matters. I will continue to serve Hawley and Hamlin areas on Wednesdays.

If you are wondering why this is a TDY assignment and not a permanent duty station, here is the story. Wayne County owns what will be known as the Judge Waller building on the courthouse side of Court and 10th Streets, and it is a beautiful old building. This is the future home of the Veterans' Affairs office. When renovations are complete, there will be a wheel-chair lift on the side of the building facing the Walk-of-Honor. This will make it handicapped accessible as well as draw more attention to the Walk-of-Honor. I foresee, that in this lovely building, room for the future veterans programs that are desperately needed!! A huge thank you to the Commissioners for recognizing the growing needs of our veterans and for making these moves possible.

On a closing note, please continue to keep the Ukrainian people in your thoughts and prayers.

Sincerely,

Vicki Wargo, Director, Wayne County Veterans' Affairs



Why is Elder Abuse Underreported?

Elder abuse is historically underreported in the United States. Many states, including Pennsylvania, have laws about mandated reporting of child and elder abuse. But even with these laws in place, many older adults go without help. VIP offers counseling, legal and medical advocacy, shelter and a variety of other services for survivors of abuse. No matter your age, race or income level, we are here to help. You can reach an advocate by calling our 24-hour hotline at **570-253-4401**.

Here are some common reasons why elder abuse may not be reported—

- They may not be able to report due to physical or mental limitations.
- They may be dependent on their abuser for food, shelter, and physical care.
- There may be a serious fear of retaliation from the abuser.
- If they live with the abuser, they may fear being placed in an institution after reporting.
- Feelings of shame and guilt that the abuse has happened.
- Fearing that they will get the abuser in trouble with the law.
- There are also times when abuse IS reported, but it isn't taken seriously.



APRIL IS POETRY MONTH

Word Search: Poetry

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partial rhyme quatrain stanza triplet verse



Wayne Tomorrow! Debuts New Video Review of 2021

Wayne Tomorrow! launched a new video today on its YouTube Channel and Social Media, called "Wayne Tomorrow! 2021 Cultivating a Vibrant Future."

The video features comments from the three Wayne County Commissioners and Wayne County Community Foundation Executive Director Ryanne Jennings with cameos by many of the members of the WT! Community Impact Network (CIN), which has been meeting monthly for more than eight years. James Hamill of the Pocono Mountains Visitors Bureau and a member of the CIN, serves as narrator for the video and was responsible, along with #\$\$%, for its production.

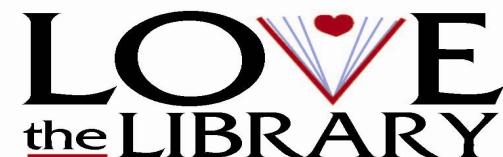
"This video represents one of the many ways Wayne Tomorrow! is working to spread the word in the community," said WT! Community Network Specialist Kim Rickard. "It's another way of telling the story of this amazing group of collaborators, who typically number between 30 and 40 participants each month."

"We also want to thank James and the people at PMVB for putting this video together," said County Digital Media Specialist Mikki Uzupes. "Their professional expertise really made this a high quality addition to our communication arsenal."

You can view the video at <https://youtu.be/3wPYLvAZkMo> or on Facebook at <https://www.facebook.com/WayneTomorrow>. To learn more about Wayne Tomorrow! visit <https://www.waynetomorrow.com>



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



APRIL EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online mkeesler@waynelibraries.org

- 1. Cooking with Essential Oils** — Explore the possibilities for cooking with pure essential oils for beverages, entrees, desserts & snacks. Wednesday, April 6th 2022 from 4:30-5:30 p.m. Helen Mele Robinson, instructor.
- 2. Learn to Sew**— Learn basic sewing skills. Make a blanket for project Linus or complete a project to take home. Thursdays, 4:00-5:30 p.m., April 7th and 14th; April 21st and 28th; May 5th and 12th; May 19th and 26th; June 2nd and 9th; June 16th and 23rd. from 4:00 - 5:30 p.m. Note: Two-part session—see dates above, (each session stands alone). Ellen Caleca, instructor.
- 3. Working with Crystals To Improve Your Life**—This is a beginner's course to help aid in learning on how to utilize crystals and gemstones for their healing purposes. Wednesday, April 13th 2022 from 4:30 to 5:30 p.m. Jen Ricca, presenter.
- 4. Painting with Debby**— Six sessions of painting, each stand-alone—sign up for one or for all. Four sessions remaining. Five-dollar fee for each session and masks are required.

Sessions run from 4:00 to 5:30 p.m.

April 27th memory drawing (pencil)

May 4th Line, shape and color (acrylic paint)

May 11th Imagination drawing (pencils, markers and watercolors)

May 25th Five senses (collage)



Connect with Tech at TechOWL

CONNECT WITH TECH

helps people get
free tablets and tech support.



People who have trouble getting technology and health care services may be eligible.

Live in Pennsylvania and need a tablet computer?
You might be able to get one for free if you:

- Have limited income or
- Have a disability or
- Speak a primary language other than English or
- Are unable to leave home easily or
- Don't have housing or
- Are LGBTQIA+ or
- Experience racial or ethnic inequities or
- Are Hispanic or Latinx or
- Live in a place with limited health care or
- Are impacted by medical discrimination

These identities may make it harder to get quality health care.
A tablet can help you access doctors and medical services.



FOR MORE INFORMATION:

Heather Taber, AT Specialist
UCP of NEPA

425 Wyoming Ave., Scranton PA 18503
call 570-347-3357 or atrc@ucpnepa.org



This project was funded by the PA Department of Health's CDC COVID-19 Health Disparities Grant.



Institute on Disabilities

Ladore Day Trips & Getaways



Senior Day Trips

Ladore Camp & Conference Center in Waymart, Pa
June to October 2022

Chart your course to "Shipwrecked at Ladore" for an unforgettable adventure.

Day Trips are from 10:00 am to 3:00 pm on any Tuesday, Wednesday or Thursday during the months from June thru October.

Cost per person for the day is \$17.50. Included in that cost is **LUNCH** and you are more than welcome to join in on the scheduled activities for that day including boat rides, if they are scheduled and as space is available.
(Shuffleboard, Bocce, Outdoor Ping Pong and an 18 Hole Handicap Accessible Miniature Golf Course, Corn Toss, Ladder Ball, Peddle Carts, Pool, Cards and Table Games) Also. . . .

Some of the best fishing awaits you along with a spectacular view of the 265 acres of our own Lake Ladore. Bring your PA Fishing License and your own Bait. Transportation down to the lake will be on your own or arrangements can be made ahead of time. Our heated pool and hot tub are enclosed. So, bring along your bathing suit & towel!
[There are bathrooms in our pool area for changing into your bathing suits]

This is a great experience if you're not yet sure you want to commit for a Full Week.

A day trip will give you a 'little taste' of what Ladore has to offer.
Come join us for an afternoon to **RELAX**, to be **REFRESHED** and **RENEWED**!
You never know, we just might lure you back for a full week of

FUN, ADVENTURE & FELLOWSHIP!

All-inclusive 5 day senior vacation getaways
starting at just \$250.00 each double occupancy!

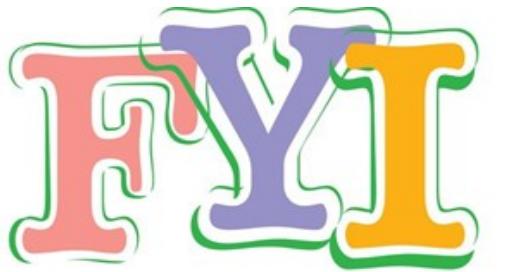
5 Days, 4 Nights, Meals & Entertainment

All included in one low price.

Come see why Ladore is the
"Best kept secret in the Northern Pocones"

For more information and to make a reservation to join us for Shipwrecked at Ladore
Call our Sales Office at: 570-488-6129





•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



Take note: The newsletter has expanded by two pages—more content for our readers!

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

The 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:

800-648-9620