



December

2021

Issue 137

News For All Seasons

Wayne County Area

Agency on Aging



pennsylvania

Medicare Education and Decision Insight

PA MEDI by Pat Perkins

Greetings to everyone from the PAMEDI (formerly APPRISE) staff. PAMEDI is a Medicare counseling program that offers free, unbiased assistance, enabling consumers to navigate the Medicare maze. Staff are able to provide direction for consumers that are new to Medicare, require assistance with medical billing issues, and for comparison of Medicare prescription drug plans and Advantage plans. Staff encourages everyone to check plans annually as premiums, deductibles, out-of-pocket costs and drug prices change. In most cases, the costs go up.

The first week of December marks the closing of the Annual Enrollment Period, with December 7 being the last day for changing plans. Consumers can save hundreds or thousands of dollars by reviewing medications with Medicare's plan finder online tool. The tool is located at Medicare.gov. Not computer savvy? Call staff in Honesdale, 570-253-4262. As one would imagine, it has been extremely busy and appointment slots filled quickly! Consumers may also call Medicare to review their medications and plan at 1-800-633-4227. For those in the Hawley area, appointments may be made with Lu at the Hawley Senior Center at 570-226-4209.



Recently I received several phone calls asking me if I received the new "laminated" Medicare card. When I inquired about the procedure to receive it, I was advised that I could be further assisted by providing the numbers on my Medicare card. **REMINDER—DO NOT GIVE OUT YOUR MEDICARE NUMBER!** I told the caller that there is no such thing as a laminated card, that this is a scam to defraud consumers! Unfortunately, scams like these run rampant so stay on your guard.

On a lighter note, we wish everyone a great holiday season, and please stay safe.



Community Luncheon

HONESDALE, PA

2nd Saturday | 11:30am to 12pm
St. John's Evangelical Lutheran Church
Shelley Carr, 609-668-9141

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

5th Saturday | 11-11:30am
United Methodist Church



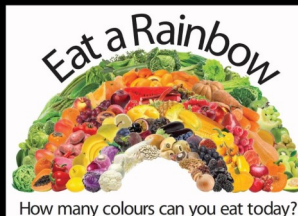
**Suggested meal price:
\$2.50. Milk is included**

Call 253-5540 for reservations

		<p>1) Turkey Pot Pie Roasted Brussel Sprouts Rye bread/butter Pumpkin mousse</p>	<p>2) Sweet & Sour Pork Cantonese Brown rice Stir fry veggies Bread/butter Fresh fruit cup NW- Juice, Turkey Salad Sandwich Bean salad, Cheese- cake/ Strawberries</p>	<p>3) Beef Stew Creamed Spinach Biscuit/butter Fresh Cantaloupe HB-fruit cocktail</p>
<p>6) Chicken Smothered In Mushrooms Mashed potatoes Mixed vegetables Bread/butter Butterscotch Pudding</p>	<p>7) Fish sticks Macaroni & Cheese Zucchini & To- matoes Bread/butter Apple crisp</p>	<p>8) Cheese Ravioli Creamed spinach Italian blend Italian bread/butter Peaches w/cottage Cheese</p>	<p>9) Sloppy joe on a Wheat bun Brown rice California blend Fresh apple</p>	<p>10) Roast Pork Cabbage & Noo- dles Carrots Wheat bread/ Butter Fresh orange</p>
<p>13) Lemon pepper fish Roasted potatoes California-blend Veggies Wheat bread/ Butter Peaches & pears</p>	<p>14) Vegetarian Shepherd's pie Spinach Biscuit/butter Fresh apple</p>	<p>15) Christmas Dinner Meal Baked ham Garlic mashed pota- to Green bean Casse- role Rye bread w/butter Cheesecake w/ Strawberries</p>	<p>16) Chicken w/ Orange sauce Red skin potatoes Baby carrots Wheat bread/ Butter Chocolate Pudding</p>	<p>17) Chili Con Carne Baked potato w/ Butter Cauliflower Corn bread Fresh orange</p>
<p>20) Spinach/cheese Bake Roasted potato Wedges Broccoli & Cauli- flower mix Bread/Butter Fig Newtons</p>	<p>21) Turkey with gravy Mashed pota- toes Mixed vegeta- bles Wheat bread/ Butter Lemon Pudding</p>	<p>22) Salisbury steak Noodles w/ gravy Cauliflower Wheat bread/ Butter Fresh apple</p>	<p>23) Chicken & Dump- lings Roasted red Pota- toes Carrots Fresh orange</p>	<p>24) Closed</p>
<p>27) Meatloaf Scalloped Potatoes Roasted broccoli Rye bread/ butter Fresh orange</p>	<p>28) Goulash with Pasta Carrots Bread/butter Vanilla pud- ding</p>	<p>29) New Year's Eve Meal Pork w/ sauerkraut, Boiled potatoes, Carrots, Apple dessert w/ice Cream</p>	<p>30) Lemon butter cod Baked potato w/ Sour cream Cole slaw HB-cabbage Bread/butter Ambrosia</p>	<p>31) Closed</p>

*HB=Home bound

*NW=Northern Wayne



*Menu is subject to change due to availability .

Note: Emergency Meals will be sent out the week of December 6th.

Ten Tips to Beat the Holiday Blues



While joy and happy family times are often associated with this time of year, experts at UConn Health's Department of Psychiatry say the holiday season may also usher in feelings of extra stress, anxiety, feelings of depression, and loneliness. Plus, cold weather and less daylight, along with the lingering COVID-19 pandemic's isolation, isn't helping.

"The annual idealized images of holiday celebrations presented in the outside world may not fit, or be realistic, for many people," says [Karen Steinberg, Ph.D.](#), associate professor of psychiatry at UConn Health. "Also, holidays can be challenging because they may also herald sadness or grief about people who are no longer here, or other losses."

This holiday season, UConn Health psychiatry experts' top recommendations include:

1. Take action well in advance of the holidays to plan, keep stress low, or create new memories.
2. Make time to examine your life and be grateful for both the small and big blessings.
3. Remember you are not alone, in your feelings or daily challenges.
4. Have compassion for both yourself and others.
5. Identify negative emotions when they arise and work to transform them into positive ones.
6. Stay connected to family and friends who bring you joy, and avoid things that don't.
7. Stay active and ensure you get enough daily exercise to help boost your mood.
8. Get enough sunlight outdoors, or alternatively inside through your home's windows.
9. Make sure to rest and recharge yourself, too, as your body needs time to recuperate.
10. Always make time to do what you love or what brings you fulfillment, whether that means exercise, a hobby, spending time with supportive people, or finding quiet time to meditate.

"It's important to know you are not alone if you feel sad, anxious, or overwhelmed during or leading up to the holidays," stresses Steinberg. She adds: "Try to make a space for these feelings and have compassion for yourself with your own process. Help transform negative emotions by identifying and incorporating new helpful practices that can help, whether connecting with supportive people in your life, or using creativity or pleasurable hobbies that engage your imagination and broaden your perspective."

Adapted by permission courtesy of University of Connecticut's Lauren Woods, *UConn Today*.



Did you know that the Hamlin, Hawley, Honesdale Senior Centers offer a variety of meals Monday through Friday?

We offer these meals to our Seniors age 60 and older. The spouse of a registered member may also enjoy a meal regardless of their age! We request a donation per meal of \$2.50. If someone is younger than 60, our suggested donation is \$5.50.

Indoor dining is available, but limited because of COVID-19 restrictions. As restrictions are lifted, indoor dining will not be as limited. You will have the opportunity to meet new people and develop new friendships. For now, another nice option is our drive-up/take-out meals.

Once you have registered, all that we request of you is to call and make a reservation by 1:00 p.m. one day prior to dining in or taking out your meal(s).

To join, please register by calling Kathy at: 570-253-5540. She will be happy to assist you.

Did you know that we offer home delivered meals to those who qualify for the service?

If you are unable to travel to pick up your meal(s), you may be eligible for home-delivered meals. To learn more about this service, please call 570-253-4262 and ask for the *Intake Worker*.

Hamlin Senior Center

DECEMBER SPECIAL EVENTS



Chair Yoga – Mon. at 1 PM, 12/6, 12/13, 12/20, and 12/27

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

Christmas Celebration – Weds., 12/15. Special entertainment by Randy Light, Christmas luncheon, and much merriment! Ugly sweater competition.—prizes for the two ugliest!

Christmas Bingo - Tues., 12/21 at 1PM and Christmas snacks.

Mahjong – Mon. at 12:30 PM

NYE Party & Bingo, Wed., 12/29 starting at 10 AM. Enjoy games, special luncheon and a special bringing-in-the-new-year toast!

Center Closed – Christmas Eve 12/24

Center Closed – New Year's Eve 12/31

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
12:30	10:00	10:00-11:00	10:00-11:00	10:00
Mahjong	Crafts & Games	Healthy Steps in	Healthy Steps in	Bingo
1:00-2:00	10:00	Motion Exercise	Motion Exercise	11:30
Chair Yoga	Pinochle			Weigh-in
	1:00-2:00			
	Bingo	***SCHEDULE SUBJECT TO CHANGE***		



Rosselyn Grohol

12/2

Sandor Vegh

12/10

Fran Cirelly

12/3

Carol Hibbs-Butler

12/19

Susan Johnson

12/6

Nancy Adams

12/21

Edward Cahill

12/7

James Ward

12/21

Halloween Recap

It was all fun and games at the Hamlin Senior Center on October 29, 2021! Our seniors were full of the Halloween spirit and dressed the part! We had donuts and ""poo"" punch. We played a couple of group games after the costume contest. Most original went to Janet Sauers and Louise Tramer as the ketchup and mustard team. The scariest went to Judy Sadlon as the scary witch, the cutest went to Phyllis Parry as the playful cow. Debbie Birtel was voted as the best costume as the rip-roaring 20's girl. Thank you everyone for making this year's Halloween party so much fun! Congratulations Sandy Baluta for winning the candy jar count!



Veteran's Day Honors

The Hamlin veterans and seniors took time to recognize and remember those among us who had served our country with dignity and honor on Tuesday, November 9th. Fourteen veterans were recognized and presented with a special commemorative military coin and certificate. Veterans' Affairs Director Vicki Wargo provided a presentation, and David Simmons recognized the fallen by placing the POW cover on the chair at the Remembrance table. Becky Klepadlo did a small presentation, then sang and played guitar to "America the Beautiful." Truly a heartfelt event. (See photos on page 6.)

Hawley Senior Center

MERRY CHRISTMAS AND HAPPY NEW YEAR.

Can you believe that another year has gone by? We are still in the midst of this pandemic; hopefully there is a light at the end of the tunnel. As we go forward into 2022, we'll keep the faith that this year will be the start of something good.

We had the opportunity to celebrate Frances Lloyd's 102nd birthday. She is amazing, and we all love her dearly.

We had a great turnout for Halloween this year. Lots of costumes; most original, cutest, and scariest.

Victoria Wargo, Veterans' Affairs Director, honored our veterans on November 8th. She presented challenge coins to vets in honor of their service.

Calling all chess players! We are looking for people to start a chess tournament. Call Lu @ 570-226-4209 if interested.

Happenings at the center:

- 1st) Christmas party and dinner with Santa, entertainment by the Barber Shop Quartet —Wednesday, December 15th at 11 AM.
- 2nd) New Year celebration/dinner on Wednesday, December 29th. Come in and help us ring in the New Year "2022."
- 3rd) All centers will be closed on Friday, December 24th for Christmas and Friday, December 31st for New Year.

<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.
11:00-2:30	10:30 - 2:00	10:00-10:30	1:00-2:00	10:30-11:30
Mahjong	Ceramics	Tai Chi (small fee)	Bingo	Healthy Steps
10:30-11:30	1:00-2:15	10:30 - 2:00		Class
Healthy Steps	Bingo	Ceramics		
Class		10:30-11:30		
10:30 -2:00		Healthy Steps		
Ceramics		Class		
11:—2:30		5:30-8:30		
Mahjong		Mahjong		

December birthdays: Karen Mehrtens, Luecreaher Stevenson, Barbara Briden, Nancy Lombardo, Gary Swartz and Alexis Roberts. Happy Birthday!



Hawley's Halloween revelers!



Frances Lloyd

Honesdale Senior Center

December 3, 2021 – Birthday Friday – Born in December? Come for lunch and enjoy a delicious birthday treat in honor of your birthday month.

December 8, 2021 – Burrell Deats will play guitar and serenade us with some holiday classics beginning at 11:00 AM. Call Kathy at 253-5540 to make a reservation.

December 15, 2021 – Christmas dinner will be served, featuring baked ham, garlic mashed potatoes, green bean casserole, rye bread with butter followed by cheesecake and strawberries for dessert. Santa and his elf will make a stop on his journey around the world; perhaps he will pick a raffle prize with your name on it from his sack! Seating is limited so make your reservation as soon as possible.

December 24, 2021 – The center is closed for the Christmas holiday.

December 29, 2021 – New Year's celebration featuring a dinner of pork with sauerkraut, boiled potatoes, carrots and an apple dessert with ice cream.

December 31, 2021 – The center is closed for the New Year's holiday.

Check
this
out ➡

Have you heard of the tile game called Rummikub? Rummikub is a group of rummy games played with tiles as opposed to cards. The Rummikub group meets on Fridays after lunch and would love to have more players. Instruction provided. For more information call 253-5540.



Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 "Mondays with Marie"— Exercise streamed live on Wayne County PA Human Services' FACE- BOOK page 11:00-3:00 Bridge	10:30-1:30 Exercise 1:00-4:00 Billiards	10:00-11:00 Exercise 11:00-12:00 Tai Chi 1:00-2:00 BINGO	1:00-4:00 Billiards 1:00-2:00 Walk w/ Ease	10:30-11:30 Exercise 1:00-4:00 Rummikub tile game

***SUBJECT TO CHANGE AND LIMITATIONS**



Consumers and staff got in on the Halloween fun on October 29. Congrats to our costume contest winners!

NORTHERN WAYNE/LAKEWOOD CENTER

On November 4, 2021 we held a program to honor our local veterans. Vicki Wargo, Director of Veterans' Affairs, was our speaker. Veterans were presented with challenge coins to commemorate their service. (See photos on page six.)

Our holiday party is scheduled for December 2. Those who have been good may receive a visit from the jolly old elf himself! Lunch will be turkey salad sandwich, green bean salad with cheesecake for dessert. Please call Marie at 253-4262 to make a reservation.

Veterans' Affairs Update



Pearl Harbor Day

By the time most of us read this, Pearl Harbor Day will have come and gone for 2021. We all know the date of December 7th as "one that will live in infamy," to quote President Roosevelt's famous words. More than 2,400 sailors, soldiers and civilians perished in the attack. Two battleships (the USS Arizona and the USS Oklahoma) were completely destroyed. Seven more battleships suffered significant damage.

Since this has been a rather hard year for most of us, let's stop for a moment; instead of concentrating on the damage the Japanese succeeded in inflicting upon us, let us remember what they DID NOT SUCCEED in doing! Those seven battleships that were not completely destroyed? Eventually those ships were repaired and returned to action. By the 1940's battleships were no longer the most important naval vessels on the seas, aircraft carriers were. Those carriers were all away from Pearl Harbor on December 7th. Not a single one was within range of the Japanese bombers! Also, the base's most vital onshore facilities – oil storage depots, repair shops, shipyards and submarine docks were untouched!! This allowed the Navy to recover rather quickly from the attack.

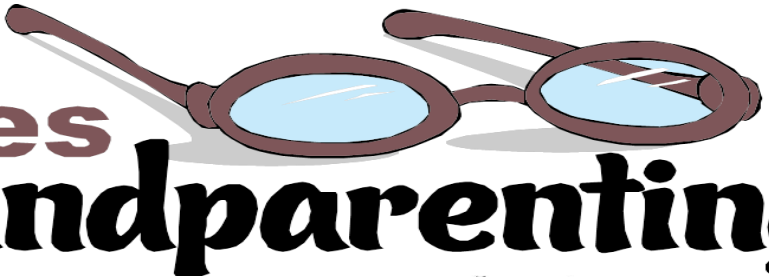
As Americans, we continue to honor the memory of all those who perished on that fateful day. Let us not forget that our country was not destroyed in the attack!! We nursed our wounds and rebounded stronger and more unified than ever before! May we, as Americans today, continue to be blessed with that same fighting spirit.

Veteran's Day Honors

Veterans attending the Hamlin, Hawley, Honesdale and Northern Wayne Senior Centers each received "challenge" coins in acknowledgement of their service. In the military, challenge coins are proof that one is a member of a unit or served on a specific tour of duty. Thank you veterans!



Adventures in grandparenting



Pennsylvania Grandparents Raising Grandchildren

In 2017, there were nearly 90,000 Pennsylvania grandparents who were responsible for the basic needs of one of more grandchildren under the age of 18. These grandparents are caring for approximately 195,000 children, which is about 7.2 percent of all children in our state. Over 20 percent of these grandparents are living below the poverty level. Kinship caregivers, particularly grandparents, face a variety of emotional, legal and daily living challenges as they unexpectedly find themselves in the position of raising a second family. Many factors contribute to the dramatic increase in the number of kinship care families including:

- Drug and alcohol abuse
- Teenage pregnancy
- HIV/AIDS
- Incarceration
- Divorce
- Loss of a parent
- Military deployment

The NEPA Intergenerational Coalition is the branch that assists grandparents and other relative caregivers facing the responsibility of raising their grandchildren or youngsters. The coalition meets monthly at the Pittston Memorial Library providing information on child support, custody, adoption, legal assistance, education, health care, support group participation, financial issues and referrals. Grandparents Raising Grandchildren of NEPA is located within the Pittston Memorial Library, 570-262-3443 or email grgnepa@gmail.com

What is Kinship Care?

Kinship care is defined as the full-time nurturing and protection of children who must be separated from their parent(s) and temporarily placed in the home of a caregiver. For the most part, it is a compassionate warm-line families can call to get individual support. The organization strives to locate the right resources in caller's counties and help them apply or access those resources, whether they are state, local, or private organizations. In addition, there are free trainings, an online support group, and new educational content for families and professionals along with a guided search to access over 10,000 resources throughout PA. For more information call 1-866-546-2111 or visit the webpage for more details: Kinconnector.org

Eligibility for Grandparents and Other Older Relatives

- Caregiver must be 55 years of age or older.
- Child must be under 18 years of age.
- Caregiver and child must be related.
- Caregiver and child must reside in the same household.
- Caregiver must be the primary caregiver of the child.

Eligibility is based on the assessed needs and total household income. Proof of income for all members of the household is required. For more information please contact the Wayne County Area Agency on Aging at 570-253-4262. For information about the Grandparents support group meeting at Wayne Memorial Hospital, 601 Park Street, Honesdale, call Allison Pretty-Hopkins at (570) 253-5838. The group meets the first and third Thursday of each month.



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: lcombudsman@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



We Love Our Volunteers!

WINTER WORD SEARCH



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

WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND



The Wayne County Commissioners, representatives from the Clean Energy Co-op, SEEDS (Sustainable Energy Education & Development Support), Wayne Tomorrow! and the Wayne Economic Development Corp. unveiled the educational component of the Stourbridge Solar Project on Wednesday, Oct. 27.

The panel not only shows the real-time function of the 33 kW system, it also explains how the energy from the sun is captured by the photovoltaic panels on the roof, stored and used by the building and even how it connects to the local electricity grid and enhances resiliency.

Stourbridge Maker-in-Residence Lisa Glover said she created the informational panel with a lot of help from the various partners involved in the solar project, relying on the experts for the explanations and using equipment available at the Stourbridge Project to create the three-dimensional elements. The Wayne County Arts Alliance provided the funding for the materials used in its construction.

The laser-cut elements include trees bearing the names of the partner organizations, and a replica of the 1928 school building that houses the Stourbridge Project Business Incubator and Co-working Space as well as the solar array. Joined to it by a string of utility poles is an abbreviated version of Honesdale's Main Street. Glover said she used her background as an architect to identify and incorporate key architectural elements from the town to allow the viewer's imagination to fill in the missing parts of the familiar streetscape.

The commissioners said, "Using innovative solar technology was a perfect fit for the Stourbridge Project, a hub for innovation and education. Monitoring the power output allows people to see in real time, the power the sun is generating." By adding the information kiosk, the solar system is also an educational tool, demonstrating the exact measure of power generation.

When the project was first proposed more than two years ago, its key value lay in its ability to educate the public about the value of solar energy, but rising post-pandemic energy prices indicate the county will start saving money on the project sooner than initially expected.

The Northeast Environmental Partners named the Stourbridge Solar Array on the roof of The Stourbridge Project Business Incubator and Co-Working Space in Honesdale as Project of the Year in 2021.



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



Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register or with questions.

DECEMBER 2021 ADULT PROGRAMS AT THE WAYNE CO PUBLIC LIBRARY



1. Seasons of spice ends with December and the spice mace.
2. Fall art programs with Debby Pollak. Classes are Tuesday, December 7 and December 14 from 5:00 to 6:00. Join us as we make paintings inspired by seasons and continuity of things. (Each session is \$5.00 to help with the cost of supplies.)
3. The last culinary book club will meet Wednesday, December 8 from 5:00 to 6:00. This month we are traveling to the Philippines. Prepare a recipe from the Philippines. We will taste test the foods and discuss our recipes.
4. Happy Birthday Jane Austen (December 16)! Send Jane a birthday card and be entered in a raffle to win a Jane Austen prize. The drawing will be on Jane's birthday, December 16. (Library Literary series for December.)

IMPORTANT ANNOUNCEMENT!



EMERGENCY/INCLEMENT WEATHER POLICY

If the schools are closed for inclement weather which affects roads and travel, the Senior Centers, Home Delivered Meals and County Transportation System will not operate.

Wayne Highlands School District: **ALL** Centers closed.

Western Wayne School District only: Hamlin Center closed.

Wallenpaupack School District only: Hawley Center & Adult Day program closed.

If the schools are closed for other reasons (i.e. power outages), a determination will be made if the Centers, Home Delivered Meals and Transportation will operate. This will be announced on local radio (Bold Gold Media), TV (WBRE) and the County website (www.waynecountypa.gov) as early in the morning as possible, no later than 7:00 am. If the schools have a delay for inclement weather, the Senior Centers and Home Delivered Meals will work a normal schedule with no delay. Transportation will attempt to run as close to schedule as possible.

PLEASE NOTE: The **only time the offices will close** is when the Courthouse closes.

Home Delivered Meals **may not be delivered** if clients' sidewalks or driveways are not clear.

Transportation **may cancel your ride** if the local roads are not plowed or safe to transport – even if they are open/operating during inclement weather or questionable road conditions. A determination will be made on a case by case basis.



Winter Driving Tips From

Severe weather can be both frightening and dangerous for travelers. Winter storms, bad weather and sloppy road conditions are a factor in nearly half a million crashes and more than 2,000 road deaths every winter, according to research by the AAA Foundation for Traffic Safety. Drivers should know the safety rules for dealing with winter road emergencies. AAA urges drivers to be cautious while driving in adverse weather. AAA recommends the following tips while driving in snowy and icy conditions:

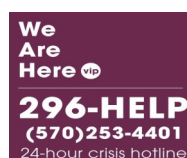
- Keep cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.
- Make certain your tires are properly inflated and have plenty of tread.
- Keep at least half a tank of fuel in your vehicle at all times.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Do not use cruise control when driving on any slippery surface, such as on ice and snow.

Tips for Driving in the Snow

- **Stay home.** Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- **Drive slowly.** Always adjust your speed down to account for lower traction when driving on snow or ice.
- **Accelerate and decelerate slowly.** Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- **Increase your following distance** to five to six seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- **Know your brakes.** Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- **Don't stop if you can avoid it.** There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- **Don't power up hills.** Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.
- Don't stop while driving up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.



ONLINE SAFETY



Thanks to social media, we're more connected now than ever! This comes with benefits and risks. Platforms like Facebook, Instagram, Twitter and TikTok offer us a sense of community and a vast array of information. For survivors of violence, finding groups online can be extremely helpful when it comes to healing from trauma and/or abuse. However, the internet can also be a very dangerous place. For those experiencing intimate partner violence, a social media account created to keep them connected with friends and family can easily become a means of control for their abusive partner. Here are some quick tips to stay safe online.

- Always use creative passwords that are unique. It's easy for us to use pets' names and birthdates, passwords with those numbers and names can be easily guessed.
- Keep your photos vague. Try to limit posts that show your location. Sometimes we don't even realize that there may be a giveaway to our location in the background of pictures (like a mailbox or front door with the street number).
- If you are going on vacation, wait until you get home to post photos from your trip. This way, no one knows that your home is left empty and unguarded, making it an easy target.
- Check your security settings and consider making your pages private. This way no one can see what you post without you allowing them to.
- Turn off geotagging. Social media platforms can automatically tag your location while you use their app. Turning off your location ensures that your location won't accidentally be shared.
- You can also turn off your location or go into "ghost mode" on Snapchat to be undetectable on the Snapchat map.

Choose a vague nickname instead of using your real name. You can also use a different name for each platform you use. This makes it harder for abusers to keep tabs on their victim's social media.

Don't forget, people can easily hide their true identity online. It's a good idea to never plan to meet an online friend. If you choose to meet someone you've only ever talked to online, be sure to do it in a public place during the day and always let another person know who you are meeting and where you are going.

If you or someone you know has been harassed or stalked online, VIP can help. Call our 24-hour hotline for more information or to speak with an advocate at 570-253-4401.



HELP STOP SCAMMERS!

Scammers are expected to steal over \$3 billion in 2022. We can thwart their efforts with three golden rules:

Slow it down—Scammers often create a sense of urgency so that they can bypass your better instincts. Take your time and ask questions to avoid being rushed into a bad situation. **WHAT A SCAMMER MIGHT SAY:** “You need to act fast. If you don't make a payment now, we'll be forced to take legal action against you.”

Spot check—Do your research to double check the details you're getting. If you get an unexpected phone call, hang up, then look up the bank, agency or organization that's supposedly calling and get in touch directly. **WHAT A SCAMMER MIGHT SAY:** “This is the IRS calling. We haven't received your tax payments for four years. That's a federal crime.”

Stop don't send—No reputable person or agency will ever demand payment on the spot. Often, scammers tell you to go buy gift cards—which are only meant to be given as a gift, not as payment under threat. So if you think the payment feels fishy, it probably is. **WHAT A SCAMMER MIGHT SAY:** “Please send us (Visa, MasterCard, etc.) gift cards of \$100 or \$200 face value. I need 20 of each card.”

HELP FIGHT FRAUD. If a scammer has tried to contact you, report it to the FTC at ReportFraud.ftc.gov or call 1-877-FTC-HELP so that agencies can be on the lookout and can protect more people.



• **FOR YOUR INFORMATION** •

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

Get Connected / Get Help
Dial 211 OR 1-855-567-5341
Website: pa211ne.org
Text your zip code to: 898211

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AgingNewsletter@waynecountypa.gov



Improvements on the way!

Please bear with us as we undergo renovations at the Honesdale Senior Center. Thank you for your continued patience and understanding.



Wayne County Area Agency on Aging

323 Tenth Street

Honesdale, PA 18431

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

Honesdale Center Earl J. Simons Center, 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax. At end of 10th St. across from Old Stone Jail.

Hamlin Center Salem Township Building, 15 Township Bld. 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 Thursdayonly** Events March-October - 1st & 3rd Thursday. **For reservations**, please call Marie at 570-253-4262

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: 323 10th Street, Honesdale: 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*



Happy Holidays