



News For All Seasons

Governor Tom Wolf recently announced the awarding of two grants to Wayne County for projects at the Senior Community Centers.

Overall 60 senior community centers throughout the commonwealth will be the recipients of Pennsylvania Department of Aging's 2019/2020 grants – totaling \$2 million in funding appropriated by the General Assembly from the Pennsylvania Lottery.

“Senior community centers play an immense role for older Pennsylvanians by assisting them with aging in place,” said Gov. Tom Wolf. “The grants will empower these centers to make their desired changes to further benefit regular attendees while attracting a new generation of participants.”

A grant for \$143,500 will be used to install a generator and do some remodeling on the basement level of the Earl J. Simons Senior Center in Honesdale. This area is currently used for art and other classes. New flooring and ceiling tiles will be installed and the hallways made wider for safety purposes.

A \$15,000 grant to the Hamlin Senior Center will be used to add a new exercise machine at the center. An electronic billboard will be installed on Route 590 to both advertise programs and hopefully attract more participants to the facility.

“These projects will make a positive impact for the senior community centers receiving the grants and the older adults they serve. As we return to some sense of normalcy, older Pennsylvanians may be eager to return to their local senior community center for the activities they enjoyed prior to the stay-at-home orders plus experience some new opportunities that may come once these projects are completed,” said Aging Secretary Robert Torres.

There are more than 500 senior community centers throughout Pennsylvania that provide a variety of offerings, such as nutritious meals, educational opportunities, transportation services, financial and insurance counseling and exercise programs. Proceeds from the Pennsylvania Lottery help to fund these programs every year.

Mary Ursich, MSW


Administrator, Wayne County Area Agency on Aging





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



8/3 Sloppy Joe w/ Pretzel Roll Sweet Potato French Fries Peas Peaches	8/4 Salisbury Steak Broccoli Pasta String Cheese Sautéed Spin- ach In Garlic & Olive Oil Tropical Fruit	8/5 Vegetable Pizza Italian Green Beans Apricots	8/6 Turkey/Gravy Candied Yams Cauliflower WG Roll/Butter Craisins NW-Juice Turkey Sand- wich Bean Salad Craisins	8/7 Pork Chops Red Potatoes Wax Beans WG Apple Muffin Apple Slices
8/10 Salmon w/ Honey Mustard Scalloped Po- tatoes Buttered Beets WG Roll/Butter Mandarin Oranges	8/11 Chicken w/ Gravy Sweet Pota- toes Zucchini & To- matoes w/ Parm Cheese WG Roll/Butter Fresh Fruit	8/12 Open Faced Hot Roast Beef Sandwich Mashed Pota- toes Peas Applesauce	8/13 Pierogi Casserole Roasted Broccoli Glazed Carrots Strawberries	8/14 Hamburger w/ Onions, Pep- pers Mush- rooms Roasted Corn Sweet Potato Fries Pear Slices
8/17 Veal Parmesan WG Pasta Marinara Sauce Sautéed Spin- ach In Garlic & Olive Oil Pineapples	8/18 Fish Taco Brown Rice Black Beans Salsa Butternut Squash w/ Brown Sugar Roasted Plan- tains	8/19 Turkey Pot Pie Mashed Sweet Potatoes Green Beans Apricots	8/20 Ham & Cheese WG Croissant Fried Potatoes Veggies Peaches NW-4 oz Juice Ham & Cheese Croissant Potato Salad Peaches	8/21 Shepard's Pie Broccoli Au Gratin WG Muffins Fruit Cocktail
8/24 Pork Cantonese Orzo w/Peas Stir Fry Veg- gies Pineapple Chunks	8/25 Italian Meatball Hoagie WG Roll Green Beans Potatoes Peaches	8/26 Chicken Smothered In Mushrooms Potatoes Beets WG Roll/Butter Oranges	8/27 OJ, Pancakes Turk. Sausage Potatoes Carrots w/ Pecans Applesauce	8/28 Macaroni & Cheese Stewed To- matoes Roasted Broccoli Tropical Fruit
8/31 Chicken Parm. WG Roll Yams Wax beans Pears				

Senior Care: How to Cope with COVID-19

Adults age 65 and older are at a higher risk of contracting severe illnesses, including coronavirus (COVID-19). That's why it's especially important for older adults to take preventative health measures during a pandemic. At this time, practicing **social distancing**—the act of reducing time spent in society and around others—can help seniors stay safe and healthy.

Under normal circumstances, older adults may experience loneliness and depression. But with the cancellation of many community events and disruption of everyday activities due to COVID-19, the senior population can feel even more isolated.

“Typically, when we reach retirement, we tend to form daily and weekly routines that become very important to us and ensure we are socializing with others and living a fulfilling life,” said Dr. Jeffrey L. Tharp, Wellstar Health System Chief of Primary Care and Medicine Service Line.

“Now that our elderly are practicing social distancing, they no longer have these outlets. This may lead to further downstream effects, such as exercise limitation, nutritional deficiencies and lack of compliance with medical appointments and treatments,” Dr. Tharp explained.

As stress and anxiety about the outbreak increases, seniors may also experience changes in sleep patterns and worsening signs of depression and dementia.

According to the Centers for Disease Control and Prevention (CDC), there are several ways seniors can stay happy and healthy during this difficult time.

Breakaway from news coverage. Watching, reading, or listening to constant news and social media stories about COVID-19 can increase stress and anxiety.

Care for your physical health. Try to maintain your personal hygiene, eat a balanced diet, exercise regularly and get plenty of sleep.

Make time to rest and relax. Every day, set aside time for fun activities you enjoy.

Stay connected with friends and family. Reach out to your trusted loved ones to share your concerns and feelings.

Call your healthcare provider for support. If you are feeling overwhelmed several days in a row, ask for help from your healthcare team.

Take action if strong emotions persist or worsen. If you, or a loved one, are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you may harm yourself or others, call 911 for immediate assistance.

Wellstar Health System



Hamlin Senior Center

THANK YOU SALEM TOWNSHIP!

The Hamlin Senior Center wishes to thank Salem Township for investing in new floors and floor heaters for our senior center. Also, we wish to thank Stephen Wargo for the installation. They did an incredible job. Seniors returning to the center really enjoy the new look.

Becky



AUGUST BIRTHDAYS

Oliver Washburn	8/4	Fritz Edwards	8/22
Keith Good	8/9	Bill Johnni	8/22
Sara Burgin	8/10	Geri Fleming	8/23
Mary Ocwieja	8/14	Madeline Kennesh	8/24
Mary Vaccaro	8/16	Antonio Palumbo	8/24
Bonnie Cummins	8/20	John Czubowicz	8/26
Donna Kirkwood	8/20		



BEATING THE STRESS OF COVID-19

With Ruth Pipitone

What a beautiful sight! Welcome back Chair Yoga! Ruth Pipitone has facilitated chair yoga at the Hamlin Senior Center for the past three years. She has grown a loyal following. Ruth cares about the wellbeing of each person she comes into contact with. With the chaos of life these days people are welcoming back old and searching for new activities that assist with overall wellness. To take advantage of this program reservations must be made a week in advance and are based on first come, first served. Ruth's first class held on Monday, July 6th was filled to the center's covid-19 capacity of (16).



Hawley Senior Center



Welcome Back! We are happy to see everyone again, and we're all enjoying our renewed socialization. As we go on with the opening of the centers, we're getting back into the swing of things. Personally, I have to say that seeing all of you makes such a big difference in my day. Being here with no one left a lot to be desired.

With our reopening after the quarantine, we began playing various games to keep our minds stimulated. Come and join us, it's a lot of fun. Keep an eye out for the date and time when we'll be starting

BINGO again!!

We are open for lunch. We have space for 11 people to dine, while maintaining social distancing, and another area that can occupy 8 more if needed. Remember to call ahead for a reservation. We have exercise class three times a week with Tai Chi on Monday afternoon. Ceramic class is starting back up on Wednesdays at 10am to 2:30pm. Karen is very excited to have all her people back. The class has room for six students. Call to save your spot.

While we were all caught up with COVID-19, look who was busy making a family. How sweet that the Robins make their nest on the wreath at our front door. Take a look at the last baby Robin. It's a wonderful time of the year.



Birthdays for August: Thelma Dewar, Margaret Dacko, Patricia Schmidt, Richard Kaulfers, Barbara Beecroft, Ed Reim, James McGuire, Danielle Muscari, Dorothy Sherman, Joe Rago and Mary Day.

Happy Birthday! Enjoy.



Northern Wayne/Lakewood News

We are happy to be returning to our Northern Wayne/Lakewood center beginning August 6, 2020, with a meal of juice, turkey sandwich, bean salad and raisins for dessert. The seniors group will continue to meet on the first and third Thursdays of the month. The subsequent get together is scheduled for August 20, 2020 with a meal of juice, ham and cheese on a croissant, potato salad and peaches for dessert. September's dates are September 3, and 17; on the 17th there is a Falls Prevention program scheduled, beginning at 10:00 AM.

For more information and reservations, please call Marie at 570-253-4262. Looking forward to seeing everyone soon!

Honesdale Senior Center



HONESDALE NEWS

Happy reopening! We welcomed those who chose to come for meals in the dining room, while continuing to provide our drive-thru lunch pick-up too. It is great to see familiar and new faces! Please call 253-5540 one day prior to reserve a noon meal--**reservations are a must!** Please note, Wayne County policy requires that all who pick up meals or enter the building wear masks.

The Facebook Live exercise program, *Mondays with Marie* continues every Monday at 9:00 AM. Exercise classes at the center are now held in the lower level (elevator on premises) on Tuesdays and Fridays from 10:30 to 11:30 AM. The Tai Chi group meets in Honesdale's Central Park on Wednesdays at 10:00 AM, weather permitting. For questions about exercise, please call Marie at 253-4262.



Social distancing for July Birthdays



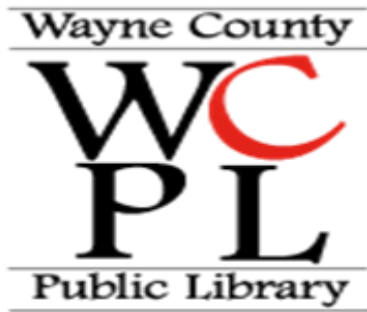
Fran Ford, Bernice Russell and Jim Byrnes



HONESDALE ACTIVITIES SUBJECT TO CHANGE AND LIMITATIONS



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-10 Exercise on FACEBOOK "Mondays with Marie" 12-4 Beginning / Intermediate Line Dancing	10:30- 11:30 Exercise	10:30-11:30 Exercise 11:00 -12:00 Tai Chi 11:30 Painting Class 1:00 Bingo	12:30 –4:00 Dancing	10:30 – 11:30 Exercise 1:00 – 4:00 Billiards



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

AUGUST ADULT PROGRAMS

Culinary Book Club—Meeting every two months with food tastings, book discussions, different recipes and lots of fun. The next meeting is Wednesday August 12 from 5:00 to 6:30. Pick one of these chefs: James Beard, Marcus Samuelsson, or Wolfgang Puck recipes to make and talk about the chef.

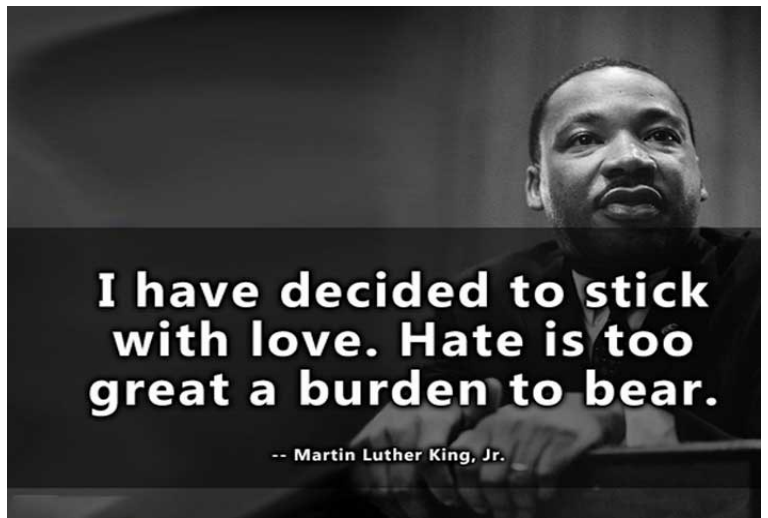
Essential Oils—Make a hand cleansing spray on Tuesday, August 4th. Two sessions from 4:00 to 5:00 or 5:30 to 6:30. Limited space.

Autograph Fellowship Darrell Pickney facilitating. This group will meet for the first time Tuesday, August 11 from 5:00 to 6:30 with the intention of providing instruction on caring for collections to ensure longevity of signed collections. (A second meeting is planned for October 13)

Book discussion for The Lost Hero—(Part of the adult summer learning program.) This year's theme is fantasy. Read the book and a discussion with activities and prizes will be Tuesday, August 18 from 5:00 to 6:00

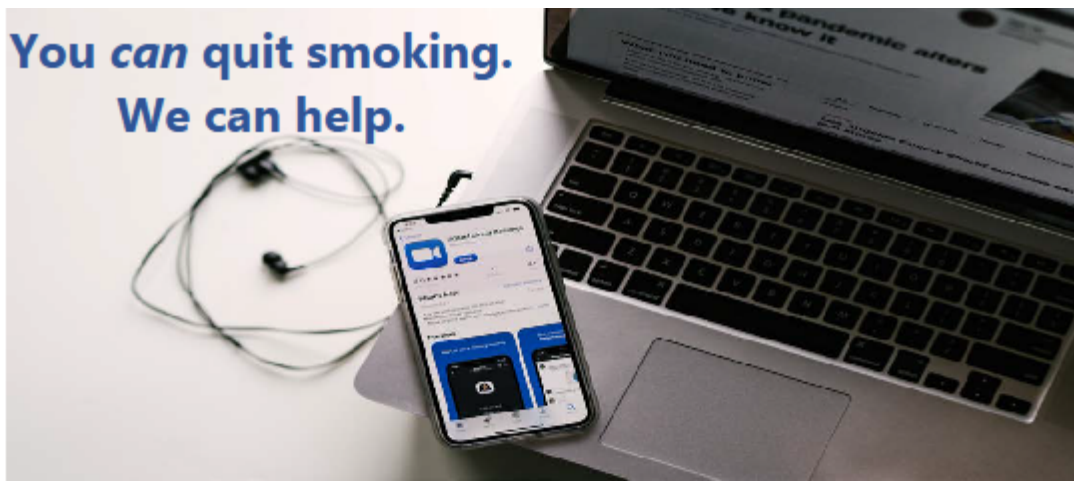
Some programs will be outside. Masks and social distancing apply in all cases. Limited space. Contact Elizabeth at ewilson@waynelibraries.org to register.





The Wayne County Transportation System operates in service to the citizens of Wayne County. To ask about transportation options, please check out our area of the Wayne County website, under Human Services, or call us at **570-253-4280. Monday through Friday 8 AM to 4 PM.**

**You can quit smoking.
We can help.**



Join the American Lung Association's eight-week quit smoking program **now VIRTUAL through ZOOM.** Hundreds of thousands of people have become smokefree through a Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking.

Now available from the comfort of your home.

Overseen by a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smokefree for good

This program is offered for **FREE** and will provide **FREE** Nicotine Replacement Therapy (patches, gum, lozenges) for one month to participants.

Freedom From Smoking Group Quit Program Information Sessions

**1st and 3rd Tuesday of each
month at 6:00pm**

New groups forming NOW!

Email [**info@ecneahec.org**](mailto:info@ecneahec.org)
to register.

Contact the **Northeast PA Area Health Education Center**
by emailing [**info@ecneahec.org**](mailto:info@ecneahec.org) for more information or
to learn how to set up Zoom on your device.



**"One of the most
healing things you can
do is recognize where
in your life you are
your own poison"**

InstaQuote



**American
Red Cross**

We are now offering a Virtual Family Assistance Center (VFAC) to support families struggling with loss and grief due to the ongoing coronavirus pandemic. Those interested or in need of services can visit [redcross.org/VFAC](https://www.redcross.org/VFAC) to access a support hub with special virtual programs, information, referrals and other services to support families in need. The hub will also connect people to community resources provided by partners in their area, including here in Northeastern Pennsylvania Chapter Of the American Red Cross.

All support is provided virtually and is completely confidential and free.

We recognize that many families have experienced a disrupted bereavement and grief process due to restrictions related to COVID-19 and to help, we have set up a virtual team of specially trained volunteers who are:

- o Connecting with families over the phone to offer condolences, support and access to resources that may be available.
- o Providing support for virtual memorial services, including connecting families with local faith-based community partners.
- o Sharing information and referrals to state and local agencies as well as other community organizations.
- o Hosting online classes to help foster resilience and facilitate coping skills.

We also understand that some individuals in need of these services may not have reliable access to the internet. To meet this need, we have established a toll-free number (1-833-492-0094) available daily from 8:00 a.m. to 8:00 p.m. EST. There they will reach a trained Red Cross volunteer available in English or Spanish. Additional information can be found at www.redcross.org/vfac.



Healing is more about accepting the pain and finding a way to peacefully co-exist with it. In the sea of life, pain is a tide that will ebb and weave, continually.

We need to learn how to let it wash over us, without drowning in it. Our life doesn't have to end where the pain begins, but rather, it is where we start to mend."

— **Jaeda DeWalt**



**American
Red Cross**

Red Cross Virtual Family Assistance Center for Those Who Have Lost Loved Ones to COVID-19

Visit redcross.org/VFAC or call toll-free **833-492-0094** for information, referrals and services to support families in need.

A virtual team of specially trained mental health, spiritual care and health services Red Cross volunteers are standing by to provide compassion, comfort and

- Access to national, state or local resources such as grief counseling, legal resources, funeral information, financial information services or veterans' assistance
- Online classes to foster resilience and facilitate coping skills
- Support for virtual memorial services for families
- Additional state and local resources for many areas

All Family Assistance Center support will be provided virtually and is completely confidential and free.

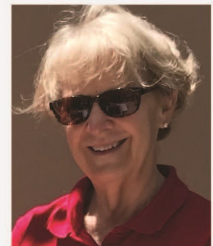
"Serving as a member of the VFAC team has been very rewarding and has stretched me unlike previous disaster deployments. I have personally been impacted with the loss of loved ones due to COVID-19 and I am thankful to serve others as they process their grief and loss."

– Kelvin



"This program has special meaning to me as someone who has recovered from the COVID-19 virus. I have felt the personal grief this virus can cause. I am truly lucky to be alive, and I want to help alleviate others suffering due to this virus and let them know they are not alone. Along with all American Red Cross workers, I am here to provide comfort and care to those in need."

– Cathy



FDA Warns Against Using These 9 Hand Sanitizers

Products may contain potentially toxic substance

by Peter Urban, AARP, June 22, 2020

The U.S. Food and Drug Administration (FDA) is advising consumers not to use any hand sanitizer manufactured by Eskbiochem after samples of the Mexican company's hand sanitizer were found to contain methanol (wood alcohol), which can be toxic when absorbed through the skin or ingested.

"Methanol is not an acceptable ingredient for hand sanitizers and should not be used due to its toxic effects," the FDA said in a statement.

In sample testing, the FDA found the company's Lavar Gel Hand Sanitizer contained 81 percent methanol and CleanCare No Germ contained 28 percent methanol.

If you have purchased these hand sanitizers, the agency recommends you stop using them immediately and dispose of the hand sanitizer in "appropriate hazardous waste containers." Do not flush them down the toilet or pour them down the drain, the FDA advises.

The FDA is not aware of any consumers being harmed by these hand sanitizers to date, but notes that "substantial methanol exposure" can result in "permanent blindness, seizures, coma, permanent damage to the nervous system or death."

"Consumers who have been exposed to hand sanitizer containing methanol should seek immediate treatment, which is critical for potential reversal of toxic effects of methanol poisoning. Although all persons using these products on their hands are at risk, young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute, are most at risk for methanol poisoning," the FDA said.

On June 17, the FDA requested that Eskbiochem voluntarily remove its hand sanitizer products from the market. So far, the company has not complied, which prompted the FDA to issue a consumer alert. Eskbiochem did not respond to a request for comment from AARP before publication of this article.

9 Hand Sanitizers Subject to FDA Safety Warning

- All-Clean Hand Sanitizer (NDC: 74589-002-01)
- Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
- Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
- The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
- Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)

In response to COVID-19, the FDA reminds people to wash their hands using soap and water for at least 20 seconds (especially after going to the bathroom, before eating and after coughing, sneezing or blowing one's nose) to prevent the spread of the coronavirus. If soap and water is not available, the Centers for Disease Control and Prevention (CDC) suggests using a hand sanitizer that contains at least 60 percent ethanol to kill most disease-causing germs. Anything less than that may not work as well "for many types of germs," and could "merely reduce the growth of germs rather than kill them outright," the CDC says.

Hand sanitizer works best when used correctly. Be sure to apply enough hand sanitizer to cover the entire surface of both hands. Rub the hand sanitizer into your hands (paying special attention to the fingertips) until your skin is completely dry – it should take about 20 seconds.



SHARE is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved.

Anyone over 18 is eligible for this program. Homes must be located in Monroe, Pike or Wayne Counties. Each home must have a designated bedroom for the Sharer.

For more information please contact Larisa Yusko at (570) 832-5133 or lyusko@pikepa.org



"I like to listen. I have learned a great deal from listening carefully. Most people never listen."

— Ernest Hemingway

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

Volunteer Opportunities

Wayne County Area Agency on Aging

Wayne County Food Pantry

-packers/ distribution day

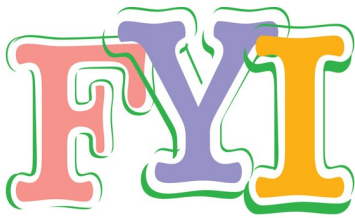
-warehouse pallet assembly

For more info:

Please call Dawn

570-390-4540





• FOR YOUR INFORMATION •

Wayne County's Information and Referral Program is a FREE and confidential service connecting people to services in Wayne County. 1-866-253-5986 toll free or in the 253 exchange 570-253-5986. Also, contact 211 of Northeast PA 24 /7. Text 898211 with your zip code and question. Or on line at: www.pa211ne.org. Toll free 1-855-567-5341



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Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax. End of 10th St. across from 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 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 satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

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

The Wayne County Adult Day Service will reopen 6/29/2020. We are accepting applications for new participants. To contact the Hawley Center please call: 570-390-7388; fax 570-390-4564

Wayne County Area Agency on Aging
323 Tenth Street
Honesdale, PA 18431
570-253-4262 / 570-253-9115 fax
Elder Abuse/Protective Services:
800-648-9620

PLEASE
PLACE
STAMP
HERE

