



News For All Seasons

Martin Luther King Jr. Day is intended to be a day of service. One day of service helping your community can lead to a life of service. "If I cannot do great things, I can do small things in a great way." Martin Luther King Jr.

Through the struggles COVID-19 presented, we watched our community rise up and embrace the challenges and support each other – we were and are Wayne County Strong. We donated money to feed our neighbors, we volunteered to drive food to those who needed the support, we packed and distributed food at pantry sites and the temporary Emergency Relief Food Program. Our volunteers represented those who watched their businesses come to a crashing halt, which included those from real estate, restaurants, school district employees, administrators, teachers, counselors, food service and maintenance workers, parents, young adults – in short, our entire county community was represented.

Volunteerism has always had a strong presence in our county. We have enhanced the experiences for the young, the old, and those with special needs and families. Out-reach to retired potential volunteers was enhanced by the partnership formed in March 2018 between Wayne County Area Agency on Aging, Wayne County Food Pantry and the Retired and Senior Volunteer Program of Berks, Pike and Wayne Counties (RSVP). This program is administered and grant funded by AmeriCorps, formerly known as the Corporation for National and Community Service. They are sponsored by Diakon Community Services who supports various community service programs in Pennsylvania. As of today we have 99 volunteers helping in our local senior centers and the Area Agency on Aging, and 39 volunteers helping in our local food pantries.

Did you know that we now have proof that volunteering is not just helpful to the clients we serve? Evidence shows that seniors who regularly volunteer are healthier, happier, and live longer and more productive lives, not to mention meeting new friends and truly making a difference in our community!

We continue to encourage people to think about giving a few hours each month to help. Once we have moved beyond COVID-19 challenges, the pantry program is planning to enhance volunteer opportunities in the 2021 growing season through the development of a Gleaning Program – harvesting produce that will not make it to market. The food will go into the pantry program to help feed families. The addition of fresh produce will help to address food insecurity issues.

If you would like to be involved, please contact:

Dawn at (570) 390-4540 or email houghtalingd@diakon.org, Website <https://www.diakon.org/community-services/rsvp>, or <https://www.facebook.com/RSVPBerksPikeWayne>



"Life's most persistent and urgent question – What are you doing for others?" Martin Luther King Jr.

*** Due to current restrictions on in-person dining and gatherings, the Wayne County Area Agency on Aging has suspended congregate meals and activities effective 12/14/20. This pertains to the Honesdale Senior Center, Hawley Senior Center, Hamlin Senior Center, and the Adult Daily Living Center. Drive-thru and delivered meals will be available with advance reservations. We will tentatively plan to resume congregate meals and activities on 1/4/20. If you would like to make a reservation, call the Aging office at 253-4262. Please remember to check out our county website and social media pages for any additional updates.**



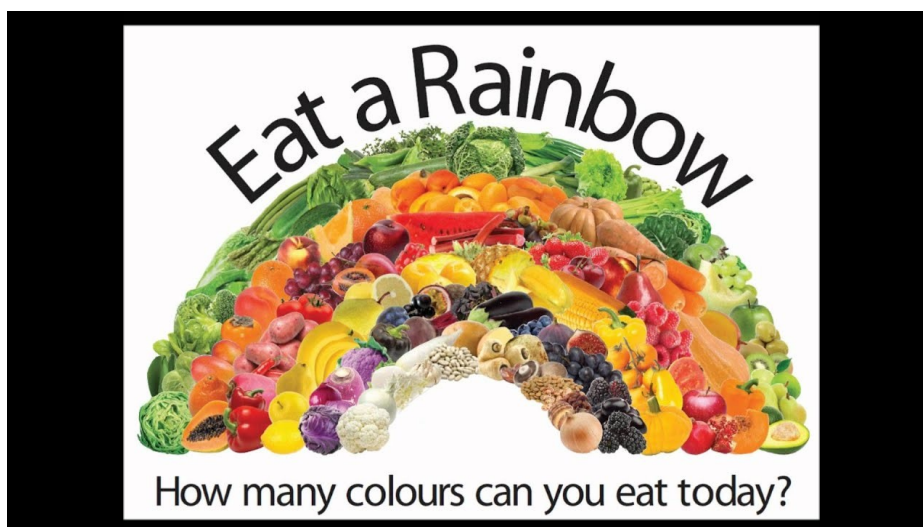
***Suggested meal price:
\$2.50. Milk is included
with all meals.***



				1) <i>Offices and Centers are Closed</i>
4) Chicken Sweet Potatoes Mixed Vegetable WG Roll/Butter Apricots	5) Hawaiian Pork Brown Rice Peas Corn Pineapple Chunks	6) Turkey Cutlet W/Honey Glaze Red Potatoes w/ Herbs Butternut Squash WG Roll/Butter Cranberry/ Orange Relish	7) Shepherd's Pie Squash Rye Bread w/ Butter Applesauce	8) Chicken Enchilada WG Orzo w/ Peas Corn Plantains
11) Beef Stew Cabbage Biscuits w/ Butter Apple Slices Brown Sugar & Cinnamon	12) Hot Ham & Cheese WG Croissant Carrots Fried Potatoes Tropical Fruit	13) Beef Burgundy WG Noodles Cauliflower Vegetable Medley Pears	14) Turkey Pot Pie Vegetable Medley Strawberry & Pineapple Cup	15) Orange Juice Sweet & Sour Pork Brown Rice Stir Fry Veg- gies
18) <i>Offices and Centers are Closed</i>	19) Salisbury Steak Gravy Sweet Potato Fries Green Beans WG Roll/Butter Fresh Orange	20) Chicken With Mushrooms Mashed Potatoes Roasted Carrots Kaiser Roll/ Butter Peaches	21) Pork Chop Candied Yams Beets WG Roll/Butter Applesauce	22) Salmon w/ Honey Mustard Sauce Mashed Sweet Potatoes Broccoli WG Roll/Butter Peaches
25) Chili Con Carne Asparagus Roll/Butter Pineapple Chunks	26) Baked Fish Sweet Potato Peas & Onions WG Roll/Butter Raisins	27) Apple Pork BBQ Sandwich Cabbage Scalloped Potatoes Pears	28) WG Macaroni & Cheese Stewed Tomatoes Broccoli Tropical Fruit	29) Roasted Chicken Breast Potatoes Green Beans WG Roll/Butter Mandarin Oranges

The Emergency Packs

The emergency packs will be delivered with meals during the first weeks of December, January and February. These are shelf stable meals intended for use during bad weather when we are unable to get the regular meals delivered.



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 and Adult Daily Living closed.

Western Wayne School District: Hamlin Center closed.

Wallenpaupack School District only: Hawley Center & Older Adult Daily Living 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.



Early closing of schools will be considered on a case by case basis



JANUARY EVENTS And ACTIVITIES

New Year's Observance - Friday, January 1, 2021 - **CENTER CLOSED**
Brain Games - Mondays at 11 AM
Chair Yoga - Mondays, 1/4, 1/11, 1/18 and 1/25 at 1 PM
Bingo - Tuesdays at 1 PM and Fridays at 10 AM (trial for the month)
Healthy Steps Exercise - Wednesdays & Thursdays at 10 AM
Mahjong - Wed., 1/6, 1/13, 1/20 & 1/27 at 12:30 PM
Veteran's Affairs Representation- Harry Young - Wednesday's 1/13 and 1/27, 9 AM - 1 PM
Zumba Gold Video Workouts - Thursdays in January at 11 AM
Weigh in Competition - Friday's in January - 1/8, 1/15, 1/22, 1/29
Martin Luther King Jr. Day - Monday, 1/18/21, **CENTER CLOSED**
***Schedule Subject to Change**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00-11:00 Brain Games	10:00-11:00 Bingo	10:00-11:00 Healthy Steps in Motion Exercise	10:00-11:00 Healthy Steps in Motion Exercise	10:00-11:00 Shuffleboard or Ladderball
1:00-2:00 Chair Yoga	1:00-2:00 Bingo			

THANKSGIVING AT THE HAMLIN SENIOR CENTER This year we celebrated a little differently in the wake of COVID-19. The question was "how do the volunteers and I serve as many congregates as possible at the occupancy level of sixteen (16)? We were used to serving 60 or more in years past. I spoke with our center volunteers first and asked if they were willing to serve two separate meals. They said sure and we scheduled an 11:30 AM seating and a 1:00 PM seating. On the day of the celebration we played a game of GRATITUDE for each group and then everyone enjoyed a very nice meal prepared by our kitchen. Many compliments were received about the meal and once again we have to thank our kitchen team. Gratitude was the attitude from everyone. I wish to thank Alex, MaryAnn, Judy, Irvin, Janet, Sue and Sandy who volunteered to ensure our celebration was a CELEBRATION! Becky Klepadlo



January Birthdays



Barbara Groh 1/4
 Fran Ward 1/7
 Sharon Kulesza 1/18
 Ursula W. 1/23

Anna Gregg 1/6
 Sandi Roy 1/9
 Donna Lynn S. 1/22
 Bob Warsh 1/26

Marie Barton 1/7
 Kathy Miller 1/15
 Irene Holowchak 1/23



Hamlin Senior Center - continued

Healthy Steps in Motion Group (HSIM)

I'm very proud of the HSIM group who completed the course we held this fall. The exercise program started on Wednesday, 9/23/20 and was completed on 11/25/20. The course focuses on building exercise routines to assist with balance and strength to assist with activities of daily living. It helps to know that certain exercises help in specific areas such as getting in and out of the car or from a chair. To improve your gait when you walk for better foot placement. I've seen improvement with each person based on their own personalized goals for improvement, especially balance! Almost everyone is going to continue the exercise program at exercise programs held at our center or at home. Each participant received a certificate verifying the course completion.



Left to Right back row – Becky Klepadlo, Judy Franc, Loretta Curtis, Carol Butler
Second row – Janet Sauers, Paige Balitski
Front – Joe Attard



Hawley Senior Center

We want to wish everyone a Happy, Healthy and Prosperous New Year. I can say we're glad to see 2020 go. What a scary and peculiar year it was for all of us.

As we move on to the New Year, wishing a better outcome for all, we can hope to again plan for gatherings. Hopefully we will re-open the Centers soon. Please keep in mind the activities we offer. Please plan to come in and meet new friends and try something new. Our doors are always open for all to join us for parties, games, exercise classes, ceramics and Tai Chi every week. We offer a hot meal at noon for anyone over the age of 60 for a small donation. Have a safe and healthy holiday.



Hawley Activities - Schedule Subject to Change

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-3:00 Exercise Equipment	9:00-3:00 Exercise Equipment	9:00-3:00 Exercise Equipment	9:00-3:00 Exercise Equipment	9:00-3:00 Exercise Equipment
10:00-11:30 Games	1 - 2:15 Bingo	10:00-11:00 Games	1 - 2:15 Bingo	10:30-11:30 Exercise
10:30-11:30 Exercise		10:30 - 11:30 Exercise		
1 - 1:30 Tai Chi (small fee)		10:30 - 2 Ceramics		

January Birthdays

William Dewar, James Firestine, Nina Chambers, Duane Austin, Victoria Bickel, Charles Reisel, Helen Pat Vetter, Linda Mancuso, Eileen Robano, Barbara Rankin, Sandy Murphy, Liz Lopue and Mike Satriano.



Honesdale Senior Center

Here's to a Happier and Healthier

2021



Honesdale News



Shirley Ostrander was honored December 7, 2020, on the occasion of her 85th birthday. Shirley has been volunteering at the center since 1995; she said today that, she started right after she retired in 1994. She is such a great help to all of us. What a role model!



Eileen Cook

It is with heavy hearts we announce that senior center member and volunteer Eileen Cook passed away in December.

Eileen was a steadfast volunteer for many years. Eileen could always be counted on to wrap silverware, clip coupons, and care for the vegetable garden—watering, tending to, and picking the veggies grown in the front and back of the center. She filled the bird feeder for the birds AND squirrels! Eileen was part of the team that sorts and bundles the monthly Aging office newsletters for distribution. Eileen was diligent about fitness; she was one of the first to attend the chair exercise program as well as a weekly user of the stationary exercise bicycle. Eileen enjoyed many rounds of the tile game Rummikub, too.

Eileen was beloved and appreciated by staff members and friends. We will miss her. A fitting motto to remember her by is, "Be More Like Eileen." (See photo.)

HONESDALE ACTIVITIES*

<u>Monday</u> 9:00-10:00 "Mondays with Marie" Exercise on FACE-BOOK	<u>Tuesday</u> 10:30- 11:30 Exercise 1:00 - 4:00 Billiards	<u>Wednesday</u> 10:30- 11:30 Exercise 11:00 -12:00 Tai Chi 11:30 Painting Class 1:00 Bingo	<u>Thursday</u> 1:00 – 4:00 Billiards	<u>Friday</u> 10:30 – 11:30 Exercise
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***SUBJECT TO CHANGE AND LIMITATIONS**

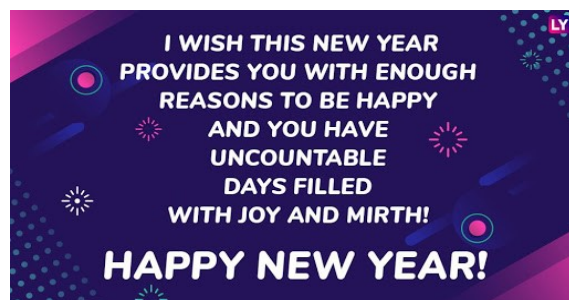
NORTHERN WAYNE/LAKESWOOD CENTER

Congregate meals and activities are suspended for the month of January. Please call Marie at 570-253-5540 with any questions.



APPRISE Follow-up

Please call Lu in Hawley, 226-4209 or staff in Honesdale at 253-4262 if you have yet to receive new enrollment cards for your drug plans or with questions concerning ongoing issues.





**DID
YOU
KNOW
?**

January is the first month of the year in the Julian and Gregorian calendars and the first of seven months to have a length of 31 days. The first day of the month is known as New Year's Day. It is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere. In the Southern hemisphere, January is the seasonal equivalent of July in the Northern hemisphere and vice versa.



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

Check Out This Resource



Why does PPL keep sounding the alarm about utility scammers?

Because they never take a day off. They're always looking for the next opportunity to trick you into giving them money or your personal information. Often they'll say that your power will be shut off immediately if you don't pay instantly. PPL may call you to discuss an overdue bill, but their goal is always to work with customers to get the assistance you needed. PPL offers options, not ultimatums.

These thieves want to catch you off guard and push you into doing something quickly. Don't fall for it. If you get a call, an email or someone comes to your door, and you think it might be a scammer, slow down and use your senses. Look and listen closely. If something doesn't seem right, call PPL at [1-800-342-5775](tel:1-800-342-5775) to verify anything someone tells you about your electric service or your account.

Another piece of advice: spread the word. If a scammer tries to target you, they may also try to target others in your community. Together, we can stop scams.

Contributed by PPL, November 2020



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



MyPlate
MyWins

Based on the
**Dietary
Guidelines
for Americans**

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

PROGRAMS IN A BAG: Missing program: Pick up a themed take out bag with activities, books, supplies for crafts, and more. Bags will be available first week of December. **Registration Required!** (In order that we have enough bags prepared with supplies.) Instructions will be included with the supplies. Adult Activities. This is an ongoing program. You can sign up at any time. Check out January's activities.

MYSTERY BOOK CLUB: Began in November, but you can sign up at any time. Read a mystery book each month. Each month it is a different type of mystery. We use padlet for posting our book discussions, and detective stories. Do you need a book discussion this winter from home? This is your best way to go.

NATIONAL DRESS UP YOUR PET DAY: Dress up your pet and submit entry via email, mail or drop off by January 14, 2021. Prize for funniest and most creative entries.

JANUARY LITERARY HOLIDAY: Dragon Appreciation Month. Tell us why you like dragons and who is your favorite.



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



Volunteer Opportunities

Wayne County Food Pantry

Honesdale –Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

-Blood Donor Ambassador, Pillowcase Project, Recruitment

Serving Seniors, Inc.

-Ombudsman

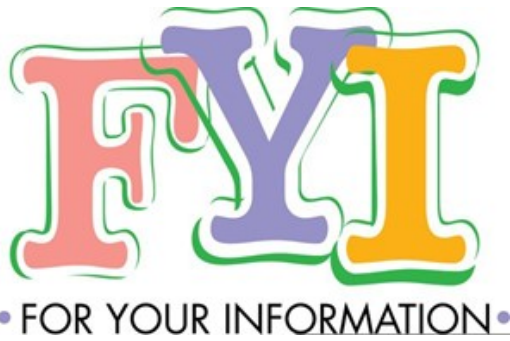
Dawn Houghtaling, RSVP Coordinator

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



**RSVP is funded by the Corporation for National Community Service and sponsored by
Community Services.*





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: Joanne Pesota
Editor: Clarissa Wimmers
cwimmers@waynecountypa.gov

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

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 "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 Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lake-wood, PA 18439 570-798-2335 (fire co #) **November-February Events — 1st Thursday only** Events March-October - 1st & 3rd Thursday. **For reservations** for the once a month activities, 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 Service - 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;*

