

News For All Seasons

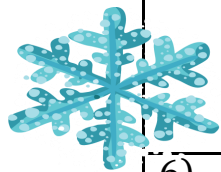
Communities That Care (CTC), is an after-school enrichment program based out of the Lakeside School in the Wayne Highlands School District. The program focuses on academic support for students 3rd through 5th grade, while also providing a fun safe place for students to be after school. CTC as the program is known, offers homework help, various trips and special activities to its students. CTC is pleased to work closely with the Wayne Highlands School District for the betterment of the program and service to its students and their families. CTC is supported by various members of our community and could not operate without their generous support. More information about CTC can be found at www.honesdalectc.com or by calling 570-229-0055.

As part of CTC's mission, the organization strives to mold the young students into contributing members of our community. Every so often the students at CTC are encouraged to give back to their local community. One such way was to create Christmas cards for local families at our local food pantry. The staff at CTC are always trying to instill in the students a strong sense of community and giving to those less fortunate. The staff is happy to report that our CTC students need very little encouragement to give back to the community in ways like this, and the students are always happy to participate. Submitted by: Rick Palazzo



January

Mon	Tue	Wed	Thu	Fri
		1 <i>Happy New Year!</i> Centers Closed	2 Tomato soup Tuna salad/Pita Lettuce/onion Carrot salad HB: Haddock Yams & Carrots Tropical fruit	3 Beef stew Salad /Dressing HB-Sugar snap peas Biscuit w/ butter Apricots
6 Shepard's Pie Asparagus Garlic bread Strawberry/Pineapple Cup	7 Corn Chowder Toasted Ham & Cheese Croissant Carrot salad HB-Carrots Fruit cocktail	8 Pork Chops Baked Sweet Potato Wax beans Honey Biscuit Butter Applesauce	9 Hot Roast Beef Sandwich/Gravy Whipped Potatoes, Beets Banana HB-pears	10 Chili Con Carne Salad /Dressing HB-sugar Snap Peas Corn Loaf Grape HB-Fruit cocktail
13 Macaroni & Cheese Stewed Tomatoes Asparagus Peaches	14 California burger / Wheat Roll Sweet Pot. Fries Broccoli Salad HB-Broccoli Grapes HB-Pineapple	15 Polish Luau Haluski Kielbasa w/ Horseradish Beets Tangerines	16 Turkey w Gravy Sweet Potatoes Peas Biscuit w/ Butter Emerald Pears	17 Lentil soup Pork Cantonese Farro Stir fry veggies Banana HB-Apricots
20 Centers Closed	21 Pizza Salad Hard-boiled egg Dressing HB-Cheese stick HB-Broccoli	22 Tuscan Chicken & White Beans & Tomatoes Red Potato Vegetable Honey Biscuit	23 Mediterranean Meatloaf Scalloped potatoes Corn, Rye bread Apples /Cinn. & Raisins	24 Beef Burgundy/ Noodles Salad Dressing HB-cauliflower HB-Beets Pears
27 Honey Mustard Salmon Candied Yams Broccoli Honey Biscuit Grapefruit Slices	28 Chicken & Rice Soup Sloppy Joe on WG Bun Green beans Carrots Applesauce	29 Spaghetti & Meatballs Salad w/ Dressing HB-spinach Vanilla yogurt w/Strawberries	30 Stuffed Pepper Casserole Potatoes Veggies Italian bread Banana HB-pineapple	31 Chicken Leg Baked Sweet Potato WG stuffing Brussel Sprouts Orange Sections



**January
2020
Ala carte
Menu**



1)
**Centers
Closed**

*Hot Dogs
Available
upon request*

2)
Soup of the
Day

Hot Ham &
Cheese on a
Croissant

3)
Soup of the
Day

Turkey, Ba-
con Ranch
Wrap

6)
Soup of the
Day

Chef Salad

7)
Soup of the
Day

Broccoli &
Cheese
Quiche

8)
Soup of the
Day

BLT Sand-
wich

9)
Soup of the
Day

Pasta &
Meatballs &
Garlic Bread

10)
Soup of the
Day

Italian
Hoagie

13)
Soup of the
Day

Grilled Chick-
en
Mandarin Or-
ange Salad

14)
Soup of the
Day

Chicken
Cheesesteak
Wrap

15)
Soup of the
Day

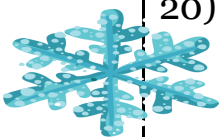
Bacon
Cheese Burg-
er w/Chips

16)
Soup of the
Day

Soft Taco

17)
Soup of the
Day

Pizza by the
Slice



20)

**Centers
Closed**

21)
Tomato Soup

Grilled
Cheese Sand-
wich

22)
Soup of the
Day

Chicken
Quesadilla

23)
Soup of the
Day

Italian
Hoagie

24)
Soup of the
Day
Tuna, Let-
tuce, Tomato
Wrap

27)
Soup of the
Day

Taco Salad

28)
Soup of the
Day

Meatball
Hoagie

29)
Soup of the
Day

Chicken &
Gravy Over
Biscuit

30)
Soup of the
Day

Chicken let-
tuce & toma-
to Sandwich
&w/Chips

31)
Soup of the
Day

Pizza by the
Slice



EVERYDAY AT THE HAMLIN CENTER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cards & Games 8 :00–12:00 Pinochle 10:00 Chair Yoga 11:00 Brain Games	Cards & Games 10:00 Crafts 10:30 Tai Chi 1:00 Bingo	Cards & Games 10:00 Healthy Steps Exercise 12:30 Mah Jong 6:30 pm Square Danc- ing (Beg.) 7 p.m. All	Cards & Games 10:00 Healthy Steps Exercise 11:00 Zumba Gold 1:00 Mind & Body Exercise	Cards & Games 10:00 Bingo 11:00 Weigh-In

EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP – Wednesday , January 8, 2020 at 1:30

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:30 Bridge 12-2 Advanced Class Line Dancing 2-4 Beginning / Inter- mediate Line Dancing	10:30 Exercise 1:00–4:00 Pinochle	11:00 Bridge 10:30 Exercise 11:00 Tai Chi 11:30 Painting Class 1:00 Bingo 1:00 Mah Jong	12:30 Jazz Class 1:00 Cards	10:30 Exercise 1-2:30 Shuffleboard 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)

NORTHERN WAYNE CENTER – THURSDAY, January 2, 2020

EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:30 Bridge 12-2 Advanced Class Line Dancing 2-4 Beginning / In- termediate Line Danc- ing	10:30 Exercise 1:00–4:00 Pinochle	11:00 Bridge 10:30 Exercise 11:00 Tai Chi 11:30 Painting Class 1:00 Bingo 1:00 Mah Jong	12:30 Jazz Class 1:00 Cards	10:30 Exercise 1-2:30 Shuffleboard 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)

Hamlin Senior Center



BLACK BEAR CONSERVATORY WOMEN'S CHOIR

A big THANK YOU goes out to these special ladies! For years, they have come to the Hamlin Senior Center and shared their angelic voices with our seniors. This year, for reasons unknown to us, the director told us the group is disbanding. The BBCWC decided as a last measure of love they wanted to have our center piano tuned, and the group mailed us a check to cover the cost. Their gift has touched our hearts dearly. Submitted By: Becky Klepadlo



JANUARY BIRTHDAYS!

Barbara Groh	1/4	Anna Gregg	1/6	Marie Barton	1/7
Fran Ward	1/7	Sandi Roy	1/9	Nancy Zaffino	1/10
Kathy Miller	1/15	Francis Storz	1/16	Donna Lynn S.	1/22
Ann Ambrose	1/22	Irene Holowchak	1/23	Ursula W.	1/23
Robert Warsh	1/26	John Kirkella	1/31		



HAMLIN'S JANUARY SPECIAL EVENTS

Center Closed - Wednesday, 1/1/20 in observance of New Years' Day

Weigh In Competition - Friday's in January - 1/3, 1/10, 1/17, 1/24, 1/31

Brain Games - Mondays at 11 AM

Chair Yoga - Mondays, 1/6, 1/13, 1/20 and 1/27 at 10 AM

Tai Chi - Tuesdays, 1/7, 1/14, 1/21, and 1/28 at 10:30 AM

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

Mahjong - Wed., 1/8, 1/15, 1/22, and 1/29

Square-Dancing - Wed. nights at 7 PM (call Fran Ward 570-698-8606 to verify schedule).

Zumba Gold Video Workouts - Thursdays in January at 11 AM

Mind & Body (Conductorize) Exercise - Thursdays at 1 PM

MaryAnn's Craft Corner - Tues., 1/21 at 10 AM, Jewelry Making

Birthday Bash - Friday, 1/31 following lunch

Center Closed - Monday, 1/20 in observance of Martin Luther King Jr. Day

Paint & Sip Party - Friday, 1/24, at 1 PM

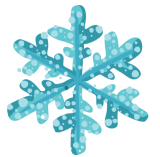
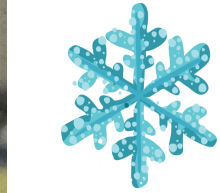
Movie Matinee - Friday, 1/31 Serving Snacks and beverage.



Honesdale Senior Center



Burrell Deats, and his helper Warren, were at our Center to entertain for Christmas. The theme was Western. We wore cowboy hats and boots. Burrell played the guitar and fiddle ,and Warren played base guitar. He had an occasional vocal accompaniment by Nelsa Loscig, and there was foot stomping and dancing to some old familiar Christmas tunes.



Chris Doherty recently presented on Medicare fraud. He represented “CARIE”, The Center for Advocacy for the Rights and Interest of the Elderly. The agency has served for over 32 years. It is a non-profit organization dedicated to improving the quality of life for vulnerable older adults. The CARIE LINE specializes in providing information to obtain needed services, and to resolve problems for older people. CARIE services are free of charge and confidential. CARIE representatives will help with questions, concerns or complaints about potential fraud and abuse issues. Agency hours are Monday through Friday from 9a.m. -5p.m. A real person will answer your call-no buttons to push or menus to follow.



Northern Wayne/Lakewood Senior Center



Santa stopped in to join in our Christmas celebration, while Preston School Chorus performed carols.



Northern Wayne 2019 Christmas Party

Hawley Senior Center

Happy New Year. We have finally come to the end of another year. We have a lot to be thankful for, good health, family, friends and all the senior centers in the great county of Wayne.

Our Christmas party was a Huge SUCCESS with a visit by the BIG man himself along with his own little Elf. Andy Anderson accompanied Santa and provided Christmas music. We enjoyed each other's company, a delicious Ham dinner, door prizes and gifts for all. We are now looking forward to ringing in the New Year with songs by Steve Faubel. May you have a Happy, Healthy and Prosperous 2020.

We are looking forward to a Polish Luau on Wednesday Jan 15th. Come and enjoy music, friends and a yummy dinner with all the fancy fixings. Hope to see you then. Let's make January a month to remember instead of being so long and boring. Submitted by: Lucretia Seagraves



Our Birthdays for the month of January are;: William Dewar, Jim Firestine, Jule McConnell, Nina Chambers, Duane Austin, Victoria Bickel, Charles Reisel, Helen (Pat) Vetter, Linda Mancuso, Eileen Robana, Barbara Rankin, Sandra Lynch, Dawn VanDenend, Florence Glunk and Sandy Murphy.

Happy Birthday to you all.

CONDUCTORIZE A NEW FORM OF EXERCISE

A new workout founded by Maestro Dworkin is providing the benefits of increasing cognitive ability, relieving stress, building aerobic stamina and shedding unwanted pounds. Stated benefits are:

CREATING NEW BRAIN CELLS- The combination of exercise combined with sharpening and learning new listening skills creates new brain cells at any age.

IMPROVED COGNITION – which helps to enhance our perception and comprehension.

STRESS RELIEF – too much stress severs connections between neurons.

CONDUCTORIZE – counteracts this breakdown by increasing blood flow to the brain and creating a surge in protective neurochemicals.

STIMULATING BOTH SIDES OF THE BRAIN – By using both arms in the conducting, one sends messages to both parts of the brain, helping the brain to keep invigorated.

INCREASING CIRCULATION – when creating the “conductor motion” energy and blood flow are stimulated which increases circulation and strengthens the heart while improving lung capacity.

There are many more benefits available at <http://www.conductorcise.com/about.html>

The Hamlin Senior Center is going to launch our own version of this program called “Mind and Body Exercise” Thursday afternoons at 1:00 PM. No fee for participation. This is a fun light hearted exercise program.

Editorial by: Maestro David Dworkin



Honesdale Senior Center

December Birthdays

Happy Birthday to each of you ! Pictured to the left are: Fran Cirelly, Phyllis Hull and Stu Skinner. Unfortunately, Judy Healy was not available for the photo.



Oooops on the November birthday photos. Shirley Chapman was wrong, her name is Shirley Ostrander. So sorry, Shirley!

APPRISE

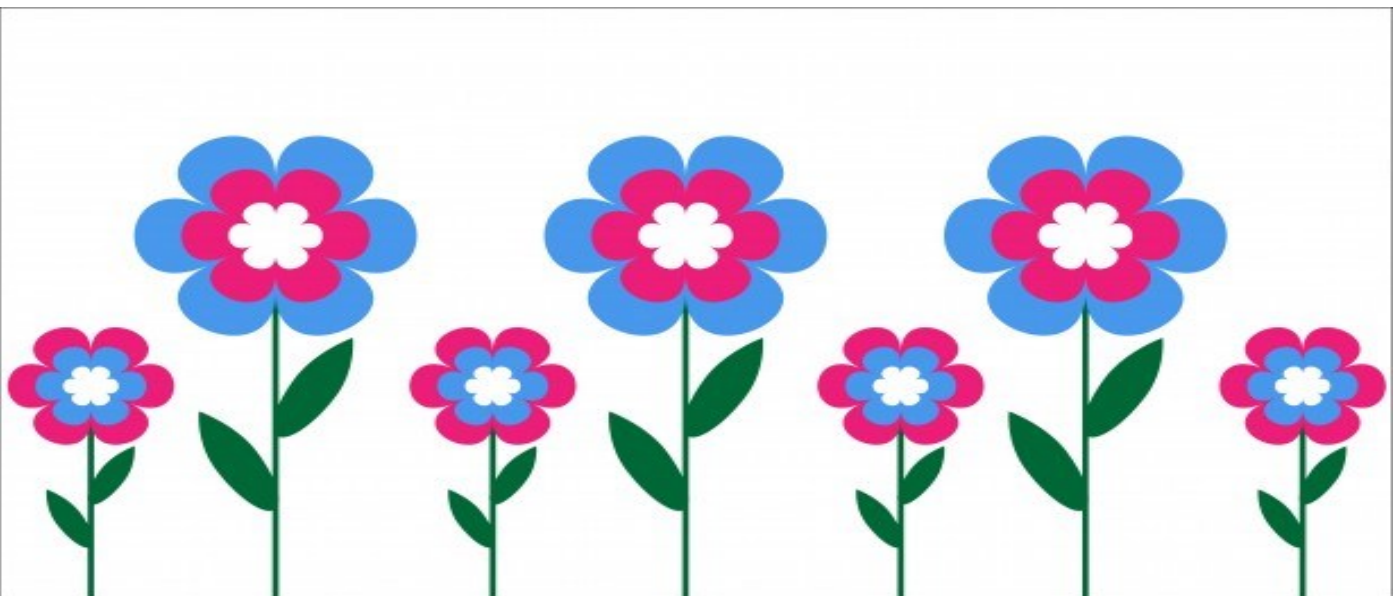
Greetings to all from the APPRISE staff. We have managed to get through another Annual Enrollment Period (AEP), October 15 through December 7, but not without struggles. Medicare decided to revamp the drug plan finder. Apparently, they are not familiar with the saying, "If it ain't broke, don't fix it." Not to mention, they decided to begin their project six weeks prior to the start of the AEP.

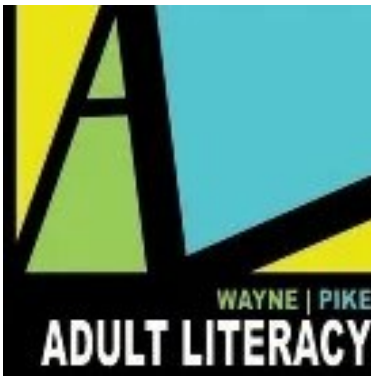
At the outset, the most important button to click on for an accurate total annual cost was not available. There was a choice between "lowest premium" and "lowest deductible;" since drug costs were not factored in, neither selection was helpful. The Medicare drug plans are driven by the medications consumers take; choosing the lowest premium or the highest premium does not ensure that the coverage is appropriate for the consumer. Secondly, it was inconvenient to move back and forth between screens to change a medication list or pharmacy choice. APPRISE Staff with years of experience have become familiar with the medications listed however, the average consumer is unfamiliar with the myriad of variations on some medications and the new system was just not user friendly. Lastly, although the third button provided the lowest drug costs, it did not account for the monthly premium-- plans that had high premiums were appearing as the "best," when a \$13 or \$14 was sufficient.

One of my first complaints to our APPRISE coordinator was the feeling that the revamped system was "designed to mislead," and now Senator Robert Casey has taken up this clarion call. Senator Casey is exploring a "Special Enrollment Period" (SEP) to allow plan participants the opportunity to change their plans if there was an error in enrollment. Casey also voiced concern about drug pricing, and staff believed (or hoped!) that the information we provided to consumers would not change (aside from retail costs, which always fluctuate slightly).

Despite the inefficiency of the "new and improved" program, I feel confident that our consumers received accurate information and enrollments. Our experience with the prior system allowed us to work through the shortcomings of the new system. I am sure more details will be forthcoming from Harrisburg; we will keep you updated! If you experience any issues as the 2020 plans go into effect, please call Honesdale at 253-4262 or Hawley at 228-4209.

On a personal note, I would like to thank Becky and the Hamlin seniors for the certificate and uplifting comments during their anniversary party. I, in turn, sincerely appreciate the diligence of the centers' staff and APPRISE staff throughout the year. We have a great team. "Thank you" to Kathy, Debbie, Marie, Lu, Nancy, Suzanne, Becky and Vicki. Submitted by: Pat Perkins





Our area is unfortunately 22% illiterate per national numbers. Do you know someone who needs literacy tutoring for their GED, English as a second Language, Adult Continuing Education for a new position or promotion, Driver's, Citizen's or Union test or any other literacy need? Do you have an hour a week that you can spare to change someone's whole world?

We provide one on one literacy tutoring for adults, 17 and older, at no cost. We also train volunteer tutors, provide the teaching materials and only tutor in public venues. Make 2020 the year you get the employment you need to take care of your family or as a volunteer to make life better for not just the student, but their family and a positive contribution to our community at the same time.

Please contact us at 570-253-3221 or wpalp@ptd.net and check us out at www.wpalp.org

Wayne Pike Adult Literacy Program (WPALP), being the only surviving literacy program in Northeast Pennsylvania, serving all of Wayne and Pike Counties. We have 40 tutoring locations within our geographic area of operation, including both the Wayne County and Pike County Correctional Facilities. We've proudly served 4,000 students and trained 450 tutors during our 30 years. WPALP receives no federal or state support and is only supported by grants and individual donations.

WPALP tutors students for GED testing, licensing tests, college entrance tests, union employment tests, Citizenship test, continuing adult education and English as a second language.





RSVP of Pike, Wayne & Berks Counties* **Volunteer Opportunities**



Wayne County Area Agency on Aging

Home Delivered Meals Drivers, Senior Centers, Exercise Assistant, Kitchen Help

Wayne County Adult Day - Assistant

Wayne County Food Pantry - Food Pantry Helpers

American Red Cross

Blood Donor Ambassador, Pillowcase Project, Recruitment

Serving Seniors, Inc. - Ombudsman

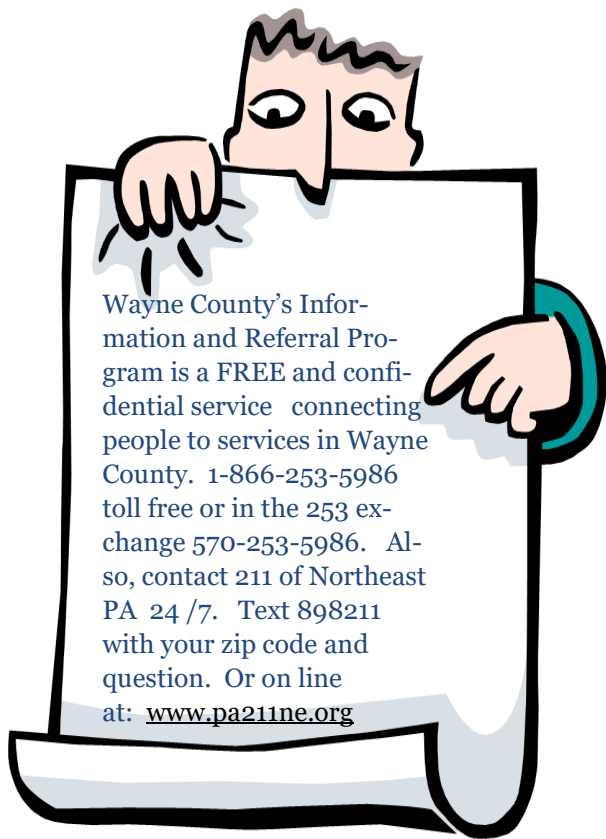
Dawn Houghtaling, RSVP Coordinator

Call: 570-390-4540

Email: houghtalingd@diakon.org

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





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

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: Walk-In Fridays or for appointment call 570-253-5970, ext 3114

The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley; fax 570-390-4564



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