



Wayne County Area
Agency on Aging

November 2022

Issue 148

News For All Seasons

NOVEMBER
National
DIABETES
AWARENESS
MONTH

Let's Talk Turkey about Diabetes!!

By Ann Marie Kretchik, MS, RD, LDN, CDCES

Wayne Memorial Hospital's Registered Dietitian and Certified Diabetes Care and Education Specialist

The holidays are a joyful time. But, if you have Diabetes, it can be a stressful time. With all the parties, cookies, and fruitcake, you may find it difficult to enjoy yourself, spend time with family and friends, and keep your blood sugars in check. So what do you do? **Here are some tips to keep this time of year from pushing your blood sugars over the edge.**

1. **Don't skip meals.** We have all done it. You are looking forward to the holiday feast, so you don't eat all day to "make room" for all of the goodies. This can cause your blood sugars to drop dangerously low, then climb super high. Instead, have small meals through the day. Make sure you include protein (meat, cheese, eggs, peanut butter, nuts, etc.)
2. **Preview the holiday spread first.** When you are at a holiday buffet, resist the urge to load your plate. Instead, look over the whole table and decide which foods you really want to eat.
3. **Take small amounts.** You don't want to hurt Grandma's feelings by not eating her holiday treat, so what do you do? Have a small amount—a few bites, half a slice, etc. Just having a taste is enough to satisfy your craving.
4. **Bring a healthy treat.** Sugar substitutes, like Splenda and Stevia, can be used in place of regular sugar in many dishes, including baked goods. Using these sugar alternatives will lower the carb content and blood sugar effect and allow you to enjoy a sweet treat.
5. **Slow down.** Don't rush through your meal to get to the "good stuff" or to go back for seconds or thirds. Take a bite and savor it. In other words, actually taste your food! Chew slowly. Take a moment for conversation with others between bites. When you start to feel full, stop eating. You can always get more later or bring leftovers home to enjoy another day.
6. **Focus on friends and family.** Make time with them the centerpiece of your holiday festivities, not the food. Bring music, games, or photo albums to parties to take the focus off the food.
7. **Use the Plate Method.** Divide your plate in half—this is your vegetable section. On the other side of the plate, use half of that for protein and the other half for starch.
8. **Easy on the alcohol!** Alcohol can have a negative effect on blood sugar. Remember to have food with your drink and watch how much you have. Recommendations are no more than one drink per day for women, no more than two drinks per day for men.




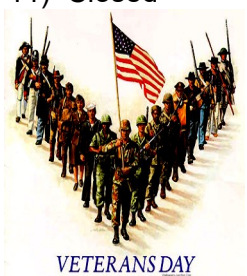




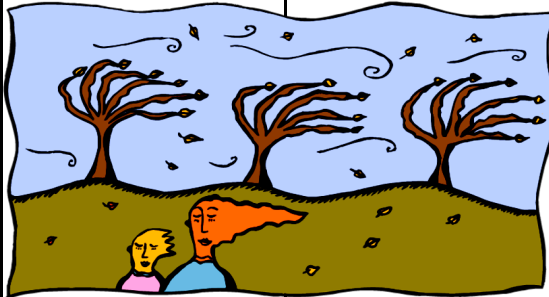
Following these tips can keep your holiday merry and bright and your blood sugars in the target range!

Need some additional help with diabetes, weight management, or other medical conditions? Call Wayne Memorial Hospital's Dietitians' office at (570) 253-8164.





**Suggested meal price aged 60 and over:
\$2.50. Milk is included. Menu is subject to
change due to availability.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Cheese ravioli w/ Marinara Creamed spinach Italian-blend veg. Wheat bread/butter Peaches with cottage Cheese	2) Sloppy Joe/wheat Bun Red skin potatoes California-blend veg. Fresh apple 	3) Roast pork Cabbage & Noo- dles Carrots Wheat bread/butter Fresh orange NW: Juice, turkey salad sandwich, bean salad, man- darin oranges	4) Fish sticks Macaroni & Cheese Zucchini & toma- toes Wheat bread/ but- ter Mandarin oranges
7) Salisbury Steak w/ Gravy Noodles Cauliflower Wheat bread/butter Fresh apple	*8) HAWLEY ONLY Chicken & gravy over Biscuit Roasted red pota- toes Carrots Fresh orange 	9) Spinach & cheese Bake Potato wedges Winter blend veg. Wheat bread/butter Fig Newtons	10) Veterans Day Meal Creamed ham over Biscuit Parsley potatoes Green beans Red, white & blue Dessert 	11) Closed
14) Potato-Crusted Pol- lock Garlic potatoes Butternut squash Wheat bread/butter Mandarin oranges	15) Meatloaf Scalloped potatoes Roasted broccoli Wheat bread/butter Pineapple chunks 	16) Pork chop Brown rice Carrots Wheat dinner roll Butter Fresh orange 	17) Thanksgiving Dinner Turkey & gravy Stuffing Mashed potatoes Peas & onions Cranberry sauce Pumpkin pie w/ Whipped topping	18) Tuscan-style Chicken Pasta w/ marinara White beans w/ Collard greens Italian bread/ Butter Fresh apple
21) BBQ chicken Red skin potatoes California-blend veg. Wheat bread/butter Fresh pear	22) Hawaiian pork Brown rice Cauliflower Wheat bread/butter Pineapple chunks	23) Vegetable lasagna Italian-blend veg. Wheat bread/Butter Applesauce	24) 	25) No meal or sen- ior center activi- ties today; Honesdale Aging office is open.
28) Orange juice Omelet Turkey sausage Breakfast potatoes Wheat bread/butter Fresh apple	29) Pasta and meatballs Spaghetti sauce Broccoli Wheat bread/butter Strawberries 	30) Hamburger stew Creamed spinach Biscuit/butter Fresh pears		

***Hamlin & Honesdale are
polling places; no meals
served.**

**Please call 253-5540 by
1:00 PM one day prior to make a reservation.**

NW=Northern Wayne



Community Lunches To-Go

HONESDALE, PA

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

5th Saturday | 11-11:30am
Central United Methodist Church
Sue Keyes, (570) 470-3868



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.

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

Hamlin Senior Center

CHAIR YOGA – Mon. at 1:00 PM
MAHJONG – Mon. at 12:30 PM
HEALTHY STEPS EXERCISE – Wed. & Thur. at 10 AM
BINGO – Tues. at 1:00 PM and Friday at 10:00 AM
ELECTION DAY – Nov. 8 – Center closed for voting.
VETERANS DAY – Nov. 10 – Center closed.
VETERANS RECOGNITION – Tues., Nov 15th at 11:30 AM
THANKSGIVING CELEBRATION – Thur., Nov 17 at 11:00 with entertainment by George Rittenhouse!
GEISINGER CHRISTMAS CRAFT – Tues., Nov 22 at 10:30 AM
THANKSGIVING HOLIDAY – THURSDAY and FRIDAY, NOV 24 and 25 – Center closed.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00 Pinochle/ Dominoes 12:30 Mahjong 1:00—2:00 Chair Yoga	10:00 Cards/Games 1:00—2:00 Bingo *Schedule Subject to	10:00—11:00 Healthy Steps Class	10:00—11:00 Healthy Steps Class	10:00 Bingo



James LaGrosa
 Janet Sauers
 Joyce Gaus

11/02
 11/19
 11/20

Marianna Duffy
 Michael Sell
 Diane Krajewski

11/22
 11/25
 11/27



Nine new visitors tried the Hamlin Senior Center on for size during “free” day to experience the center’s lunch and programs such as Healthy Steps in Motion and crafts. Six signed up for membership and three have been attending. We are so happy to welcome our new friends!

Fall wreath making at the Hamlin center.



Hawley Senior Center

As we take in the beauty of fall, we sit and reflect on the things we did in the month of October. We enjoyed celebrating Oktoberfest with a great meal, baked goods, fabulous music and friendship. We had a fun time at our Halloween party. Now we look further into the month of November. Join us on Thursday, November 10th to celebrate Veterans Day. The following week on Thursday, November 17th we celebrate Thanksgiving at the center.

The center is closed on November 24th and 25th for Thanksgiving. Hawley seniors send warm wishes for the Thanksgiving holiday to you all.



November birthdays are: Marianne Reynolds, Barbara Wertz, Nancy Halpin, Karen McGee, Alan Siegel, Brenda O'Shea, Catherine Fennell, Kathy Burnett and Bud Davis

<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.
10:30—11:30	10:30—2:00	10:00—10:30	1:00—2:00	10:30—11:30
Healthy Steps in Motion Class	Ceramics	Tai Chi	Bingo	Healthy Steps in Motion Class
10:30 -2:00	1:00—2:15	10:30—2:00		
Ceramics	Bingo	Ceramics		
11:00—2:30	*Schedule Subject to Change	10:30—11:30		
Mahjong		Healthy Steps in Motion Class		
		5:30—8:30		
		Mahjong		



Oktoberfest gathering in Hawley.

Honesdale Senior Center

November 4, 2022—Birthday Friday. Come in for a sweet treat in honor of those born in November.

November 8, 2022—Polling place; no meal or activities today.

November 9, 2022—Veterans Day recognition at 11:30 AM.

November 11, 2022—The center is closed in honor of Veterans Day.

November 17, 2022—Thanksgiving dinner and party. Call Kathy at 253-5540 for a reservation!

November 24 and 25, 2022—Thanksgiving holiday closure on the 24th; office open on the 25th (no meal/activities).

<u>Monday</u> 9:00-10:00 “Mondays with Marie”— Exercise streamed live on Wayne County PA Human Services’ FACEBOOK page 11:00-3:00 Bridge 1:00 PM Canasta	<u>Tuesday</u> 10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard	<u>Wednesday</u> 10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers’ Support Group—2nd Weds. each month	<u>Thursday</u> 10:00 AM Northern Wayne Center meets November 3 1:00 Shuffleboard Billiards	<u>Friday</u> 10:30-11:30 Healthy Steps Class 1:00-4:00 Rummikub tile game Shuffleboard
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Northern Wayne/Lakewood Center

The November 3 menu is juice, turkey salad sandwich, bean salad, and mandarin oranges. Veterans’ Affairs Director Vicki Wargo will be on hand to honor veterans. December 1st will be our Christmas party. Preston Park school’s students will visit and sing carols, and the jolly old elf himself may make an appearance! Please call Marie at 253-5540 to make reservations.



ACTING HUMAN SERVICES SECRETARY WARNS LIHEAP RECIPIENTS OF POTENTIAL SCAM, REMINDS OF SAFE WAY TO APPLY FOR ASSISTANCE

Harrisburg, PA - Pennsylvania Department of Human Services (DHS) Acting Secretary Meg Snead today advised Pennsylvanians of a potential scam in which individuals are going door to door asking Low-Income Home Energy Assistance Program (LIHEAP) recipients to see their bills to ensure they are receiving the correct LIHEAP funds. LIHEAP is distributed directly to a household’s utility company or home heating fuel provider in the form of a grant, and neither DHS nor utility companies will solicit LIHEAP information from recipients in this manner.

Please report any texts or other interactions about DHS benefits that seem suspicious by calling the DHS fraud tip line at 1-844-DHS-TIPS (1-844-347-8477).

“If you have received unsolicited visits asking you about your LIHEAP benefits and for your personal information, it is a scam. Do not respond so you do not fall victim to identity theft, and please inform the DHS fraud tip line immediately,” said Acting Secretary Snead.

DHS administers LIHEAP annually to provide assistance to renters and homeowners for heating bills so low-income Pennsylvanians can stay warm and safe during the winter months. The regular season will open on November 1 and run through April 28.

Applications for other public assistance programs can be submitted online or at onsite County Assistance Offices (CAO). Services are available if clients cannot access online services or need assistance that cannot be accessed through the COMPASS website, the *myCOMPASS* PA mobile app, or by calling the Customer Service Centers at 1-877-395-8930 for clients in all counties except Philadelphia. Call 215-560-7226 for Philadelphia.

HAVE YOU HEARD THE GOOD NEWS?

Over-the-Counter Hearing Aids

Over-the-counter (OTC) hearing aids are a new category of hearing aids that consumers can buy directly, without visiting a hearing health professional. These devices are intended to help adults with perceived mild to moderate hearing loss. Like prescription hearing aids, OTC hearing aids make sounds louder so that some adults with difficulty hearing are better able to listen, communicate, and participate

fully in daily activities. In addition, OTC hearing aids are regulated as medical devices by the U.S. Food and Drug Administration (FDA).

OTC hearing aids are an alternative to prescription hearing aids, which are currently only available from hearing health professionals, such as audiologists, otolaryngologists (ear, nose, and throat doctors), and hearing aid specialists. The hearing health professional fits you for the hearing aid, adjusts the device based on your hearing loss, and provides other services.

You can buy OTC hearing aids directly in stores and online, where prescription hearing aids are not available. You fit them yourself, and you may be able to control and adjust the devices in ways that users of prescription hearing aids cannot. Some OTC hearing aids might not look like prescription hearing aids at all.

OTC hearing aids are for adults with perceived mild to moderate hearing loss. They are not meant for children or for adults who have more severe hearing loss or significant difficulty hearing. If you have more severe hearing loss, OTC hearing aids might not be able to amplify sounds at high enough levels to help you.

The FDA has established regulations that manufacturers of OTC hearing aids need to follow. In general, these federal regulations:

- Ensure that the OTC devices are *safe* and *effective* for people with perceived mild to moderate hearing loss.

- Set standards for package labels to help buyers understand OTC hearing aids and who might benefit from them. The labels also include warnings and other information you should know before buying or when using the hearing aid, such as signs that indicate that you should see a doctor.

Personal sound amplification products (PSAPs) are another class of amplifying devices that you can purchase without a prescription or seeing a health care professional. PSAPs are for people without hearing loss. They boost the ability to hear certain sounds in specific situations, such as while bird watching. While the FDA regulates OTC hearing aids as medical devices for adults for hearing loss, PSAPs are *not* regulated as medical devices by the FDA.

Who are OTC hearing aids for?

OTC hearing aids are for adults (18 and older) who believe they have mild to moderate hearing loss, even if they have not had a hearing exam. You might have mild to moderate hearing loss if, for example:

- Speech or other sounds seem muffled.
 - You have trouble hearing when you're in a group, in a noisy area, on the phone, or when you can't see who is talking.
 - You have to ask others to speak more slowly or clearly, to talk louder, or to repeat what they said.
- You turn up the volume higher than other people prefer when watching TV or listening to the radio or music.

If you have trouble hearing conversations in quiet setting or have trouble hearing loud sounds, such as cars or trucks, noisy appliances, or loud music, consult a hearing health professional. These are signs that you might have more severe hearing loss and that OTC hearing aids won't work well for you. A professional can help you determine if a prescription hearing aid or other device can help you hear better.



THANKSGIVING WORD SEARCH



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

Blessings
 Corn
 Cornucopia
 Cranberry

Family
 Feast
 Gather
 Gratitude

Harvest
 Leaves
 November
 Pilgrims

Pumpkin Pie
 Stuffing
 Sweet Potatoes
 Thanksgiving

Tradition
 Turkey

Veterans' Affairs Update

Unlike Memorial Day, which honors our deceased veterans, Veterans Day is meant to honor all veterans of our armed forces. It is a day to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good of our great nation!

It all began when World War 1 officially ended with the signing of the Treaty of Versailles on June 28, 1919. However, fighting ceased seven months earlier when a temporary cessation of hostilities (cease fire) between Allied nations and Germany, went into effect on the eleventh hour, of the eleventh day, of the eleventh month. In November 1919, President Wilson proclaimed November 11th as the first commemoration of Armistice Day. In 1938, it was officially made a legal holiday, dedicated to the cause of world peace. Flags should be flown at half-staff and a moment of silence may be observed at 11 am.

More than 4,600 veterans call Wayne County home. Wayne County Veterans' Affairs will be honoring our veterans with programs in each of our four senior centers this year. All programs begin at 11:30 and the schedule is as follows:

Northern Wayne – Thursday, Nov 3rd **Honesdale** – Wednesday, Nov 9th

Hawley – Thursday, Nov 10th **Hamlin** – Tuesday, Nov 15th

We encourage all our brave men and women (of all ages), and in all branches of service to come to your local center and be recognized for all that you have done to protect the freedoms that we hold so dear! Lunch will be served immediately following each ceremony. Please remember, that if you would like to eat lunch at the any of the centers, reservations should be made one day prior by 1:00 PM—please call 253-5540 to do so. *There will be no charge for veterans to dine on the day of the ceremony.*

Thank you, Vicki

Victims' Intervention Program of Wayne & Pike Counties

EST. 1988



EDUCATE ~ EMPOWER ~ ENVISION

At Victims' Intervention Program, we believe that counseling—whether for a crisis, short term, or long-term—can support your holistic journey out of violence towards a better life.

We will empower you so that you can make decisions to reach your own personal goals.

Our advocates provide counseling at our Pike County and Wayne County offices, as well as for students at many of the school systems and other social service agencies throughout each county.

1. **Safety:** Our advocates will create a space where you feel emotionally and physically safe to discuss sensitive issues.
2. **Trustworthiness:** Our advocates will provide you with accurate information so you can make the most informed decisions you can.
3. **Choice:** Our advocates recognize that you have choices and control over your decisions.
4. **Collaboration:** Our advocates recognize that when you make decisions, the healing process is more effective. We will work with you and support your decisions.
5. **Empowerment:** Our advocates will work to build your skills and validate your strengths.

If you or your child are interested in counseling, call our 24-hour hotline at **570-253-4401** (Wayne County) or **570-296-HELP** (Pike County). *All services, including all communications, are completely confidential.*





VOLUNTEERS NEEDED FOR THE OMBUDSMAN

PROGRAM

Serving Seniors Inc. is recruiting Volunteer Ombudsmen. Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long-term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home & assisted living/personal care home residents and interested in making a difference in the lives of long-term living residents, then you may be perfect for the Volunteer Ombudsman Program. For more information, please contact: Ombudsman Linda Korgeski at (570) 344-7190 or send email: lombudsman@epix.net



DO YOU HAVE EXTRA SPACE IN YOUR HOME?

WOULD YOU LIKE SOME COMPANIONSHIP?

EXTRA INCOME ?

If you answered "yes" to these questions, the SHARE program may be just what you need.

SHARE (Shared Housing And Resource Exchange) is a housing program being offered in Carbon, Monroe, Pike and Wayne Counties.

Professional Housing Counselors screen and match people who have extra space in their homes with people seeking an affordable living situation.

If this sounds like a good idea for you or someone you know, please contact: Larisa Yusko (570) 832-5133, email lyusko@pikepa.org



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

Volunteer Opportunities

Wayne County Area Agency on Aging

Adult Day Assistant, Help at a Senior Center

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

Ladore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

Salvation Army

Honesdale Office/Food Pantry

Dawn Houghtaling Call: 570-390-4540 or

Email: houghtalingd@diakon.org



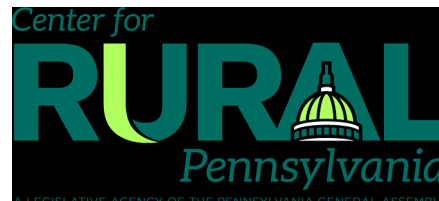
**RSVP is funded by AmeriCorps and sponsored by
Diakon Community Services.*





Cultivating a Vibrant Future

www.WayneTomorrow.com



Wayne Tomorrow! secured an unprecedented opportunity to bend the ear of an agency that helps inform important state policy, thanks to an invitation to speak at the Wayne Economic Development Corp.'s (WEDCO) Annual Dinner.

Center for Rural Pennsylvania Director Ken Kopko spoke Tuesday, Sept. 21, at the dinner then spent Wednesday touring the county and listening to the challenges and real-world experiences here in Wayne County.

The day began with a discussion with members of the Wayne Tomorrow! Community Action Network at The Stourbridge Project, where a group of 20 people held a wide-ranging discussion about rural Pennsylvania and the data generated by the Center.

Kopko explained that the Center for Rural Pennsylvania is mostly made up of data crunchers, who do the research for policy decisions on behalf of the state's rural communities. He and Senior Policy Analyst Jonathan Johnson explained their role in gathering data for both the state House and Senate and in cooperation with both the Republican and Democratic parties.

They shared some interesting results from a Pew Research Study, which showed that given their choice of anywhere to live, most people want to be in a rural area. This may help to explain Wayne County's popularity in the real estate market leading up to but especially during the COVID-19 pandemic. However, the area has seen this happen in the past – particularly after Sept. 11, 2001 but also before and since that time.

Each time they come to the area and each time most of them move back whether for financial, technological or cultural reasons. Kopko talked about wanting to better understand the real or perceived issues at play there. The participants agreed it would be helpful to identify things we did not do then, that we can perhaps do now, as well as get an idea of how many of the newcomers stayed in the community overtime and why. Those assembled also discussed job losses, the out-migration of young families, broadband funding and access as well as challenges in transportation, agriculture and more.

In a letter afterwards, Kopko wrote, "Believe me when I say that what you are doing in Wayne County is truly distinctive relative to other regions of the Commonwealth. I sincerely wish that more rural communities would communicate and collaborate in the same way you do."

Wayne County

WC
PL

Public Library

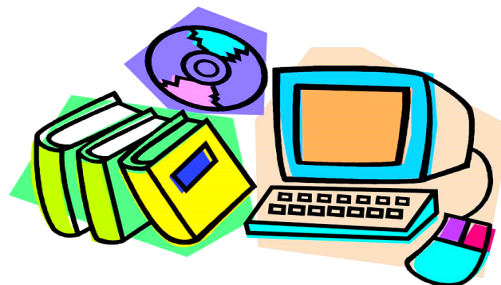
1406 Main Street

Honesdale, PA 18431

570-253-1220

www.waynelibraries.org

Connecting our community



NOVEMBER EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online mkeesler@waynelibraries.org

November Programs:

1. Victims Intervention Program: Chelsea Falotico will be discussing the different services VIP provides for the community. Wednesday Nov. 9 2022 at 4:30 - 5:30 p.m.
2. The Color Wheel with Debby Pollak: Come and play with paint as we investigate the science of color and emotion. Wednesdays Nov. 16 and 30 2022 at 4:00 - 5:30 p.m.

LOVE
the LIBRARY

Bus Trips Recap by Debbie Birtel

The holidays are here and the 2022 bus trip season is over. Thank you to all the fine folks who traveled with me this year. It was one of the best years we've had for traveling. The buses were full with waiting lists for all trips; this has never happened in the past 20 years! A lot of new people took our trips for the first time and many new friendships were made. I heard comments such as, "this was really a nice trip; people are all so friendly; and, where are we going next year?"

On that note, I will start planning 2023 trips right after the holidays with the plan to have most trips ready by March. Check the newsletter and flyers at the centers for details.

For our overnight trip, I'm checking into Cape Cod, Massachusetts—five days/four nights in September with the cost about \$850 per person/double occupancy. So much history and interesting things to see in this area—maybe even a boat ride to look for whales. Let me know what you think or if you have another idea. When I plan trips for you there are many factors considered, such as the amount of walking, distance travelling/time on the bus, price, etc. The list goes on and on, but I am always happy to hear your suggestions, so keep them coming.

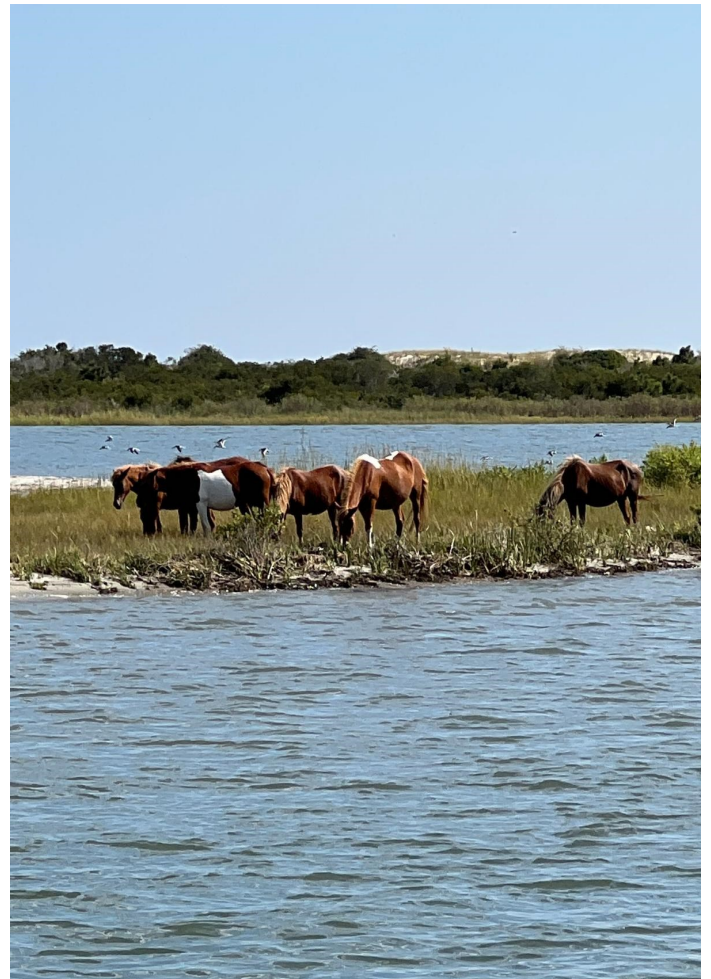
In closing, I'd like to wish everyone a very Merry Christmas and a Happy New Year full of good health and good times with family and friends.

Love to my special seniors, Debbie



It was a great day for the Dolly and Kenny show at Penn's Peak in Jim Thorpe on October 12, 2022.

Some highlights from the trip to Ocean City, Maryland—October 19 through 22, 2022.





• **FOR YOUR INFORMATION** •

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

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



Production Coordinator: *Kathy Robbins*

Menu Coordinator:
Lynn Potter, RD LDN

Editor: *Suzanne Putzi*



**Wayne County Area Agency on Aging
323 10th Street
Honesdale, PA 18431
570-253-4262 / 570-253-9115 fax
Elder Abuse/Protective Services:
1-800-648-9620**

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

Hamlin Center: Salem Township Building, 15 Township Bldg. Rd, Route 590, Hamlin, PA 18427 570-689-3766 /570-689-5002 fax, Route 191 South to Hamlin 4 corners, turn right onto 590 West, go 1/2 mile, turn right after UPS sign.

Hawley Center: Robert J. Drake Senior Community Center, 337 "A" Park Place, Bingham Park, Hawley, PA 18428, 570-226-4209 / 570-226-3422 fax. Route 6 to Hawley, past ball field across from mayor's office, just before bridge, left onto Park St.

Northern Wayne/Lakewood Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co #) **November-February events — 1st Thursday only** events March-October - 1st & 3rd Thursday. **For reservations**, please call Marie at 570-253-5540.

Transportation: 323 10th Street, Honesdale, PA 18431; 8:00 AM—4:00 PM www.waynecountypa.gov go to "Human Services" click on "Transportation" 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans' Affairs Representative: 314 10th Street, Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov

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.**