



Wayne County Area
Agency on Aging

December

2022

Issue 149

News For All Seasons

Gratitude: The Best Medicine During Tough Times



There is no doubt that the past several years have been challenging for most of us. Sometimes it is difficult to feel grateful for all that we have. However, studies show that gratitude has a positive impact on mental and physical health. Robert Emmons, professor of psychology at UC Davis, says the best medicine for mental health is a regular practice of gratitude. "It is precisely during difficult times where gratitude achieves its maximal power," said Emmons, who is a world-recognized expert on the science of gratitude. "In the face of demoralization, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope."

Of course, it may not be easy to feel grateful if you've lost a job, lost a loved one to COVID-19 or are struggling with long-haul COVID symptoms. It's not easy if you're missing friends and family members that you haven't hugged in over a year, either. Emmons says if you're not feeling grateful right now, consider prospective gratitude. "Project yourself into the future and imagine how grateful you will be when your circumstances change. This has been very powerful for people during the coronavirus pandemic. It's a defiant attitude that insists that gratitude is the best approach to life, no matter what."

Study finds growth in gratitude

A study conducted by Emmons, in collaboration with Gracianna Winery in Healdsburg, CA reinforced this idea of a prospective approach to gratitude. The researchers examined the frequency of grateful feelings within the unique challenges presented by the pandemic. It was the first study to investigate anticipated gratitude, or how grateful people expect to feel in the future.

"The study showed that in the face of crises and during troubling times, people rely on positive feelings to cope, and they seem to turn to gratitude more than any other positive emotion," Emmons said. A grateful approach to life takes intention, and is a choice, notes Emmons. He says cultivating an attitude of gratitude takes regular practice. "We must make the distinction between feeling grateful and being grateful. The latter is a choice that endures and is relatively immune from gains and losses. That gives the person a built-in psychological immune system to cushion them."

Health benefits of gratitude

There are clear medicinal benefits to gratitude.

There is evidence that grateful people are more resilient to stress in general, whether we're talking about minor everyday hassles or major personal upheavals," noted Emmons. He says clinical trials indicate that the practice of gratitude can lower blood pressure, improve immune function and facilitate more efficient sleep. It's also been associated with higher levels of good cholesterol (HDL), lower levels of bad cholesterol (LDL), fewer symptoms of depression, less fatigue and higher levels of heart rate variability (a marker of cardiac health).

A recent review of all the studies on gratitude and cardiovascular health outcomes, published in the *Journal of Positive Psychology*, concluded that, "gratitude can be a low-cost intervention in health care that can lead to improved health behaviors and better cardiovascular outcomes for patients living with cardiovascular disease."

Three ways to get started

It can take some work at first, to be sure," Emmons said. "It is essential to remember that gratitude is a choice, not an emotion."

One good place to begin is with a gratitude journal. Record a few things that you're thankful for each day. It can be simple, such as a hot bath, a walk with your dog or a delicious snack. One study showed that doing this for two weeks reduced perceived stress and depression among health care practitioners.

Another way to incorporate more gratefulness is to focus on the language you use. "Grateful people use the language of gifts, givers, blessings, fortune and abundance, while ungrateful people tend to focus on deprivation, regrets, need or scarcity," explained Emmons. Consider the attitude of gratefulness as the ability to feel grateful regardless of circumstances. "I think the biggest obstacle is that most of us, most of the time, reduce gratitude to a reaction to circumstances. We reduce it to feeling good after something good happens, but this is false. If that were true, then our gratitude would be totally conditional on what happens to us. Think of gratitude as a core aspect of resilience and helpful in times of crisis."

December

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

				
5) Chicken Marsala Mashed potatoes Baby carrots Wheat bread/butter Pudding 	6) Cheese ravioli Creamed spinach Italian-blend veg Wheat bread/butter Peaches with cottage cheese	7) Sloppy Joe on wheat bun Red skin diced potatoes California-blend veg Fresh Apple 	8) Fish sticks Macaroni & cheese Zucchini & tomatoes Wheat bread/butter Mandarin oranges	9) Roast pork Cabbage & noodles Carrots Wheat bread Butter Fresh orange 
12) Chili con carne Sliced potatoes w/butter Cauliflower Cornbread/butter Fresh orange 	13) Chicken in orange Sauce Red skin potatoes Baby carrots Wheat bread/butter Pudding 	14) Christmas Dinner Baked ham with glaze Mashed potatoes Green bean casserole Wheat dinner roll Butter Strawberry cheesecake 	15) Lemon pepper Pollock Roasted potato cubes California-blend veg Wheat bread/butter Peaches & pears 	16) Manicotti & wheat pasta w/ marinara sauce Lentils with spinach Italian bread/butter Fresh apple 
19) Spinach & cheese bake Roasted potato wedges Winter blend Wheat bread/butter Fig Newtons 	20) Turkey & gravy Sweet potatoes Mixed vegetables Wheat bread/butter Pudding	21) Chicken & gravy over Biscuit Red skin mashed potatoes Carrots Fresh orange 	22) Ham and Potato Casserole Brussel sprouts Wheat bread/butter Applesauce	23) Salisbury steak w/gravy Noodles Cauliflower Wheat bread/butter Fresh apple 
CLOSED 	27) Breaded fish Potatoes Butternut squash Wheat bread/butter Mandarin oranges 	28) Meatloaf Scalloped potatoes Broccoli Wheat bread/butter Pudding	29) Roast pork w/sauerkraut Boiled potatoes Carrots Rye bread/butter Apple dessert 	30) Wayne County goulash Over noodles Cauliflower Wheat bread/butter Pineapple 

Please call 253-5540 by

1:00 PM one day prior to make a reservation.

NW=Northern Wayne

Immune System Boosting Tips by Lynn Potter, RD LDN

Exercise. Get medical clearance from your primary care provider to exercise daily. The Center for Disease Control (CDC) recommends 150–300 minutes of moderate to vigorous exercise per week. That breaks down to about 25-40 minutes of moderate to vigorous exercise every day.



Diet. Eat a well-balanced diet including plenty of fruits and vegetables, lean proteins like fish and poultry, legumes (beans, peas, lentils, etc.), whole grains, nuts, seeds and olive oil in moderation.

Sleep. Get adequate sleep – getting more than seven hours of sleep each night decreases your chances of catching a cold.

Vitamin D3. Having enough Vitamin D3 is very important. If you cannot be in the sunshine every day, be sure to take a Vitamin D3 supplement. Consult your primary care provider for more information.



Attention Hawley Area Home-Delivered Meal Recipients:

There will be a transition from hot meals delivered on Mondays/Wednesdays/Fridays to weekly frozen meals delivered on Mondays during the winter months—December 5 through March 31. Delivery of hot meals will resume the week of April 3, 2022.



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 PM, 12/5, 12/12, and 12/19

Healthy Steps — Wed. and Thur. at 10 AM, excluding Wed., 12/14

Bingo—Tues. at 1 PM and Fri. at 10 AM

The Legends—Tues., 12/6 at 11 AM & December Birthday Celebration before Bingo.

Dr. Betty—“**Creating Winter Sunshine**” Mon., 12/12 at 1:30 PM

Christmas Celebration – Wed., 12/17. Special entertainment by Jim Cerminello, holiday luncheon, and much merriment! Ugly sweater competition. Door prizes for the ugliest two!

Christmas Bingo - Tues., 12/20 at 1 PM with Christmas snacks.

Mahjong – Mon. at 12:30 PM

NYE Party & Bingo — Tues., 12/27 starting at 10 AM. Enjoy games, special entertainment by Randy Light and New Year toast!

Center Closed 12/26 in observance of Christmas holiday.

Center Closed 1/2/2023 In observance of New Year's Day holiday.

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



Fran Cirelly	12/3	Sandor Vegh	12/10
Barry Landis	12/4	Joan Bowers	12/15
Susan Johnson	12/6	Nancy Adams	12/21

Halloween Celebration

We had a frightfully good time in Hamlin. Everyone played a Jack-O-Lantern toss game. We had a parade in the center and those who weren't dressed judged the three most outstanding costumes (see photo, right). Selected for first place was Colleen Mentz (far right) as “the tree” with birds in the branches, a cat on a bough and a dog doing its business on her foot! Second place went to Susan Good (far left) as the scary clown from “It.” Third place went to Janet Sauers (center) for her interpretation of “Sister Janice.” The candy corn contest was won by Ruth Beers with her count of 245! (The jar had 247 candies.). Children in costume came by, collected their goodies and paraded around the room for everyone to enjoy.



Christmas Ornaments Creations for the PA State Capitol Christmas Tree

On November 2nd a group of seniors dedicated the day to making ornaments for the Christmas tree located at the State Capitol in Harrisburg. We decorated a variety of shells for one style and created poinsettias using red macaroni noodles for petals with small yellow noodles at the center for the other (see photos, right). While creating, the group enjoyed homemade Christmas tree ornament cookies along with cranberry Christmas punch, Christmas music playing and merry fellowship. The decorating committee included: Anny Antonello, Debbie Carlson, Loretta Curtis, Carmella & John Della Valle, Irene Gillette, MaryAnn Noon, Rita O'Connell, Joan Ritter, Peggy Smith and MaryAnn Vaccaro.



Hawley Senior Center

Many thanks to my coworkers for their kind words of sympathy and all the efforts to ensure the center was running smoothly during my absence.

We had a good time at our Halloween party this year. Two seniors dressed in costume and won a door prize (see below).

November 10 we celebrated and honored our veterans. Victoria Wargo presented each veteran with a beautiful challenge coin and a wonderful tribute. (See photos pages 12 and 13.)

On Wednesday, December 14 we will have our Christmas party starting at 11:00 a.m. with entertainment by Tanya and Marge. Come join us for music and song by Emily Nacchio on Tuesday, December 20th starting at 11:00 a.m. We will be closed on Monday, December 26th for our Christmas holiday. On Thursday, December 29th we will ring in the New Year.



December birthdays: Karen Mehrtens, Luecreahe Stevenson, Barbara Briden, Nanci Lombardo, Gary Swartz, Alexis Roberts and John Clever.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Exercise Equip. 10:30—11:30 Healthy Steps in Motion Class 10:30—2:00 Ceramics 11:00—2:30 Mahjong	9:00—3:00 Exercise Equip. 10:30—2:00 Ceramics 1:00—2:15 Bingo *Schedule Subject to Change	9:00—3:00 Exercise Equip. 10:00—10:30 Tai Chi 10:30—2:00 Ceramics 10:30—11:30 Healthy Steps in Motion Class 5:30—8:30 Mahjong	9:00—3:00 Exercise Equip. 1:00—2:00 Bingo	9:00—3:00 Exercise Equip. 10:30—11:30 Healthy Steps in Motion Class



Thank you to Arlene and Tom Olszewski for dressing up and enjoying Hawley's Halloween party!



Honesdale Senior Center

December 2, 2022—Birthday Friday. Come in for a sweet treat in honor of those born in December.

December 7, 2022—Burrell Deats will be here at 11:00 to play and sing holiday carols. Call Kathy and make a reservation 253-5540.

December 14, 2022—Christmas lunch followed by door prizes. Make your reservation!

December 26, 2022—Center is closed for Christmas Day holiday.

December 29, 2022—New Year's meal.

January 2, 2022—Center is closed for New Year's Day holiday.

Mark your calendar!

Monday	Tuesday	Wednesday	Thursday	Friday
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	10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard	10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers' Support Group—2nd Weds. each month	10:00 AM Northern Wayne Center meets November 3 1:00 Shuffleboard Billiards	10:30-11:30 Healthy Steps Class 1:00-4:00 Rummikub tile game Shuffleboard



There were some great costumes worn at the Honesdale party this year. Congrats to our winners (bottom middle): Left to right: Paula Rizzo, Oliver Washburn and Billie Garbe.

Northern Wayne/Lakewood Center

Veterans' Affairs Director Vicki Wargo visited on November 3 to honor local veterans as part of a Veteran's Day tribute (see page 13). December 1 will be our Christmas party with a meal of tuna fish sandwich, pickled beets and pumpkin mousse for dessert. We will celebrate the new year on January 5, 2023. Please call Marie at 253-5540 to make reservations.

Veterans Affairs Update

By the time everyone reads this, we will be between seasons; Veterans Day and Thanksgiving have passed with Christmas horizon. As done in prior years, local veterans were acknowledged in special ceremonies at all four senior centers. In Northern Wayne (Lakewood), I had the privilege of honoring six of our local veterans. All those in attendance belong to either American Legion Post 209 in Lakewood or Post 964 of Pleasant Mount. In Honesdale, I had the honor of introducing eight veterans, (including two Wayne County employees). Next stop was the Hawley Senior Center. American Legion Post 311 was well represented, with six members being acknowledged for their service. This year saw the highest turnout during my visit to Hamlin. The majority of veterans were in the Korean and Vietnam conflicts. Certificates of appreciation were distributed by the senior center staff as gratitude for service to our nation. A total of ten vets were present. Veterans at all centers received a complimentary lunch courtesy of Wayne County Veterans' Affairs department.



I was privileged to be the guest speaker at American Legion Post 254 for Honesdale's Veteran's Day ceremony. The ceremony started out on a dry note, but the predicted rain could only be held off for so long! Attendees were grateful for the shelters and umbrellas provided by the post.

Both the American Legion and VFW posts are always looking for new members. If you are interested in joining, please reach out to me for the location and meeting time of a post nearest you.

Looking ahead, I hope that everyone has a healthy and blessed holiday season. To repeat the words of General Douglas MacArthur, "The soldier, above all other people, prays for peace..."



DMVA ASSISTS VETERANS WITH SECURING IMPORTANT MILITARY PAPERWORK, RECEIVING CREDIT FOR EARNED SERVICE

The Pennsylvania Department of Military and Veterans Affairs (DMVA) works tirelessly to assist veterans with locating their lost DD Form 214 military paperwork so they can receive credit for time served.

The DD-214 is a Department of Defense document, issued upon a service member's retirement, separation, or discharge from active duty in the U.S. Armed Forces. It contains information needed to verify military service for benefits, retirement, employment, and membership in veterans' organizations. Without this key document, there could be a big delay when veterans seek benefits earned through their service to our nation.

For veterans who have lost their DD-214, or family members who cannot locate it on a veteran's behalf, the DMVA is always ready to assist in retrieving an official copy.

"We assist thousands of Pennsylvania veterans every year, but the No. 1 request we receive is for help locating a lost DD-214," said Brig. Gen. (PA) Maureen Weigl, deputy adjutant general for Veterans Affairs. "The DMVA realizes how important the DD-214 is to those who served, so we leave no stone unturned when searching for this paperwork."

The DMVA can also assist with locating the DD-215, which is used to correct errors or make additions to a DD-214, helping to assure that veterans have accurate discharge documentation. Weigl said that the easiest way to manage military documents and avoid having to frantically search for them is to make sure they are filed in a safe place immediately upon leaving the military. There is a lot to think about when separating from the military, but one thing that should be top of mind for transitioning service members is safeguarding their DD-214," said Weigl. "The best place for safekeeping this information is at the county courthouse Prothonotary's Office. Regardless, veterans who need help looking for their military paperwork should never hesitate to contact the DMVA for assistance."

Anyone needing assistance from the DMVA to locate their DD-214/215, or other military documentation, can call toll-free 1-800-547-2838 or e-mail RA-REQ@pa.gov

Another way to stay in touch is for veterans, family members and people who work with veterans to sign up for the DMVA's Veterans Registry by visiting www.register.dmvpa.gov



The Pennsylvania Low-Income Home Energy Assistance Program (LIHEAP) helps low-income households pay for heating bills through energy assistance grants and crisis grants. Eligible households could receive grants of \$300-\$1000 to help with heating costs. The 2022-2023 program opened on November 1, 2022 and is scheduled to close on April 28, 2023.

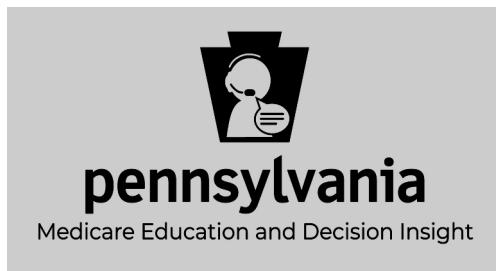
ELIGIBILITY

- You must meet income guidelines
- You don't have to be on public assistance
- You don't need to have an unpaid heating bills
- You can rent or own your home

For more information about LIHEAP, please contact your county assistance office, local Area Agency on Aging or call the LIHEAP hotline at 1-866-857-7095, Monday through Friday. Individuals with hearing impairments may call 711.

HOUSEHOLD SIZE INCOME LIMIT

1	\$20,385
2	\$27,465
3	\$34,545
4	\$41,625
5	\$48,705
6	\$55,785
7	\$62,865
8	\$69,9459



PA MEDI by Pat Perkins

Greetings to all from the PA MEDI staff. We hope that everyone is adjusting to the brisk air and what is surely to follow. The Annual Open Enrollment Period (AOEP) ends on December 7, 2022; it is the last day to change your Medicare Advantage plan or drug plan. According to some statistics, only four in ten people review their options. Many changes can affect your plan from year to year. If you participate in an Advantage Plan, make sure that your preferred providers are still in the plan's network. While Preferred Provider Organizations (PPOs) offer a wider choice of doctors with the option to pay a higher fee if out-of-network, health care providers can still refuse to bill the plan. Television ads and mailings can be misleading, promising many more benefits than original Medicare provides; while some of the information is true, the bottom line is, "Does your doctor participate?"

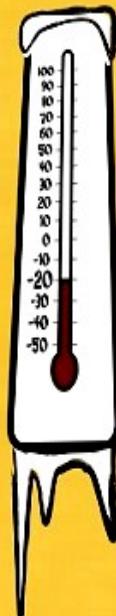
You can access [Medicare.gov](https://www.medicare.gov) online to check your plan, call Medicare for assistance or Wayne County Area Agency on Aging in Honesdale at 570-253-4262 or Lu at the Hawley Senior Center 570-226-4209 for PA MEDI counseling. We will make every effort to return all calls.

Winter Sports Word Find

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

Word List

ALPINE
BOBSLED
CHAIRLIFT
CURLING
DOGSLED
DOWNHILL
HOCKEY
LUGE
MOGUL
NORDIC
SKATE
SKIING
SKIJORING
SLALOM
SNOWBOARD
SNOWSHOE
TELEMARK
TOBOGGAN



But it's a
Dry COLD



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: 1ombudsman@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

Senior CHAT Program

Call seniors who are isolated for a friendly chat

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



**AmeriCorps
Seniors**

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

DIAKON COMMUNITY SERVICES
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES



Cultivating a Vibrant Future

www.WayneTomorrow.com

New Worker Crisis Fund Helps with Unexpected Expenses

The Wayne County Community Foundation announces their new Worker Crisis Fund — a fund designed to provide necessary help to keep employees working in the event of unforeseen difficulties.

Through referrals from the Wayne Pike Workforce Alliance, the Community Foundation uses assets from this fund to alleviate barriers to employment — addressing such questions as *“Do I choose whether to pay my rent or pay for an unexpected car repair needed to be able to get to work?”* and *“Will I have enough to eat for the upcoming months?”*

The fund will fill the gap of services that are not supported through other state and federal programs.



Beginning now, donations to the Worker Crisis Fund will be graciously matched by one of the Community Foundation’s board members and their spouse, up to \$5,000.

To make a donation, visit www.WayneFoundation.Org and select “Worker Crisis Fund” from the options on the Donate Today page or send a check to The Wayne County Community Foundation, 214 Ninth Street, Honesdale, PA 18431 with “Worker Crisis Fund” in the memo.

“A field of interest fund like this wouldn’t be possible without The Wayne County Community Foundation being integrated and having long-standing relationships with the nonprofits that serve our community directly,” said Foundation President & CEO Ryanne Jennings, “Thank you for your support.”

Creation of this fund demonstrates the importance of private and local philanthropic giving combined with the agility of a trusted Foundation in meeting identified needs, especially when they are not being met by other available programs.

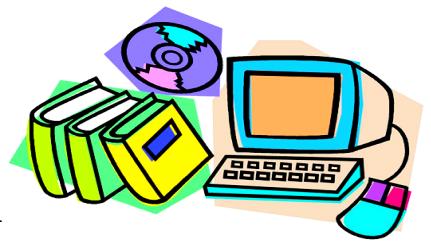
For more information about the fund, contact Ryanne Jennings at 570-251-1993.

Wayne County



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

DECEMBER EVENTS



Contact Miles Keesler at 253-1220 with questions.

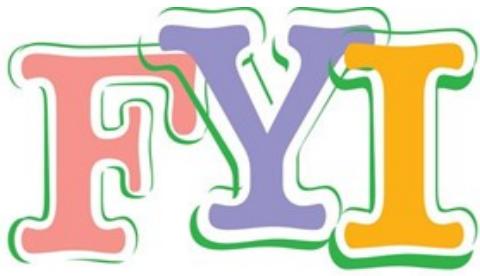
Register online: mkeesler@waynelibraries.org

1. Learn to Sew: Basic skills covered. Presenter Ellen Caleca, Fri., Dec. 2 & 9 from 4:00-5:30 p.m.
2. Holiday Cooking With Essential Oils: Make a holiday gift to take home. Presenter Helen Mele Robinson, Tues., Dec. 6, 2022 from 4:30-5:30 p.m.
3. The Color Wheel with Debby Pollak: Come and play with paint as we investigate the science of color and emotion. Wed., Dec. 7 & 28, 2022 from 4:00-5:30 p.m. There is a \$5.00 fee for each workshop.
4. Join Master Gardener Elizabeth Slocum for a two-day workshop on container arrangements for winter and beyond, as well as information such as hardiness zones and micro climates. Wed., Dec. 14 & 21, 2022 from 4:30-5:30 p.m.
5. Holiday boutique at the Circulation Desk through mid-December: Prices are \$10.00 dollars or less—battery-powered lanterns, toiletry bags, bowl cozies and/or comfy socks. Sales support the library’s building fund.

Veterans' Affairs Director and veteran Vicki Wargo honored Wayne County's vets last month at the Northern Wayne, Hamlin, Hawley and Honesdale centers. Thank you all for your service to the country!







•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



To Aging and Disability Resources

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.**

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