



January 2023



Wayne County Area
Agency on Aging

News For All Seasons



HUMAN TRAFFICKING, EXPLOITATION, AND ABUSE OF OLDER ADULTS

Human trafficking of older adults can be simply defined as profiting from the exploitation of others through the use of force, fraud, and coercion. Human trafficking takes on a variety of forms and often intersects with domestic violence, sexual assault, and other forms of abuse in multiple ways. It is important to recognize that human trafficking and other types of victimization don't occur in silos – rather, there is a marked overlap in the pattern of behaviors that both abusers and traffickers use to exert power and control over a victim, as well as in the impact survivors may experience.

Intimate partner violence in later life (IPVILL) is the physical, financial, sexual, and/or emotional abuse of an individual aged 60 and older by a current or former intimate partner, spouse, or family member. Older adults experience various types of domestic abuse; however, the impact can be compounded by implicit and explicit biases that society may have about older adults, actual or perceived mental health issues, and/ or people with disabilities. These biases leave older adults more vulnerable for compound abuse and trafficking by exploitation.

Across age groups, survivors of sexual exploitation, harassment, abuse, and assault experience a range of emotional, psychological, physical, and spiritual reactions. Some impacts may include increased feelings of shame, anxiety and depression, sleep disturbances, changes in appetite, social withdrawal, substance use and abuse, sexually-transmitted infections, suicidality, or exacerbation of existing medical conditions or diagnoses. Older adults, in particular, are at increased risk of genital trauma and physical injury from sexual abuse or assault. (The terms abuse, exploitation, and trafficking are often used interchangeably when referring to victimization against older adults, but they may mean different things depending upon the situation and have different legal definitions. Understanding the intersection between domestic violence, sexual assault, and trafficking is extremely important for raising awareness of the realities of what survivors and victims face-- especially when it is compounded by the unique needs and experiences of those who are aged 60 and older. Human trafficking, exploitation, and abuse of older adults can present as:

- Benefits trafficking- withholding food stamps, social security benefits, Medicaid, veteran's benefits in exchange for sex, drugs, money, or as a tool of coercion
- Profiting from the sale of explicit pictures of an older adult without their consent.
- Forcing the older adult to provide childcare without payment or not providing appropriate living conditions or food. • Threatening an older adult's independence if they don't comply with demands for sexual activity.
- Financially exploiting the older adult by abusing their Power of Attorney or Guardianship rights and misusing the older adult's money and assets.
- Sexually exploiting an older adult in exchange for drugs, money, or something else of value.

Due to ageism and bias, older people are often perceived as having less agency and bodily autonomy. They are placed at greater risk for exploitation and abuse because they are more likely to rely on closed systems for support and are at a higher potential risk for injury. Older adults are less likely to report instances of abuse due to the biases of others or their own internal biases, reporting barriers or coercion from an abusive family member and/or partner.

ACT 105 & ASSISTANCE FOR VICTIMS OF HUMAN TRAFFICKING Act 105 is Pennsylvania's comprehensive human trafficking law, which went into effect on July 2, 2014. Along with the Federal TVPA Act of 2000, Act 105 provides legal definitions of trafficking that are prosecutable by law.
















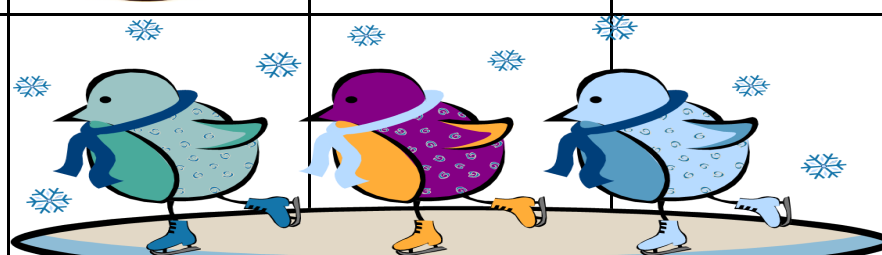
If you suspect that you or someone you know is a victim of trafficking, please contact the National Human Trafficking Hotline: 1-888-373-7888. If you suspect elder abuse or neglect, please call the Protective Services Department in Wayne County at 1-800-648-9620. All calls are confidential.



Article courtesy of PCAR (Pennsylvania Council Against Rape)

JANUARY

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

<p>2) Closed New Year's holiday</p> 	<p>3) Chicken Potato pancakes Red cabbage Bavarian pretzel Fresh orange</p> 	<p>4) Hawaiian Pork Brown rice Cauliflower Wheat bread/butter Pineapple chunks</p> 	<p>5) Shepherd's pie Candied carrots Rye bread/butter Chocolate pudding N.W.-Juice, tuna fish sandwich, bean salad, choco- late pudding</p>	<p>6) Vegetarian lasagna Italian blend veg. Wheat bread/butter Applesauce</p> 
<p>9) Pork Cantonese Brown rice Stir-fry veg. Wheat bread/butter Fruit cup</p> 	<p>10) Turkey pot pie Winter blend veg. Rye Bread/butter Pumpkin mousse</p> 	<p>11) Pasta w/ meatballs Broccoli Wheat bread/butter Fresh apple</p> 	<p>12) Orange juice Cheese omelet Sausage patty Breakfast potatoes Wheat bread/butter Strawberries</p> 	<p>13) Hamburger stew Creamed spinach Biscuit/butter Fresh pear</p> 
<p>16) Closed Martin Luther King Jr. holiday</p> 	<p>17) Baked ham Whipped sweet Potatoes Broccoli Rye bread/butter Applesauce</p> 	<p>18) Lemon pepper fish Roasted potatoes California blend veg. Wheat bread/butter Peaches & pears</p> 	<p>19) Sausage, onion & Peppers Potatoes O'Brien Baked Beans Wheat bread/butter Fresh Orange</p> 	<p>20) Chicken w/orange Sauce Red skin potatoes Baby carrots Wheat bread/butter Pudding</p> 
<p>23) Fish sticks Macaroni & cheese Zucchini & tomatoes Wheat bread/butter Mandarin oranges</p>	<p>24) Chicken & Mush- rooms Mashed potatoes Brussel sprouts Wheat bread/butter Pudding</p>	<p>25) Roast pork Cabbage & noodles Carrots Wheat bread/butter Fresh orange</p> 	<p>26) Sloppy Joe on Wheat bun Red potatoes California blend veg. Fresh apple</p>	<p>27) Cheese ravioli Creamed spinach Italian blend veg. Wheat bread/butter Peaches & cottage cheese</p>
<p>30) Salisbury steak w/ Gravy Noodles Cauliflower Wheat bread/butter Fresh apple</p>	<p>31) Ham & potato Casserole Broccoli Wheat bread/butter Applesauce</p>			

Please call 253-5540 by

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

NW=Northern Wayne

Tips for Winter Hydration for Older Adults

Maintaining hydration in during winter months should be an all-day affair in order to yield the best results. Here are some ways that you can incorporate hydration into aspects of your daily routine:



Moisturize Face & Body

Using moisturizer daily for your face and body is a great way to add moisture back into your skin and keep it trapped there. Or, as one Harvard Health article describes it, “they supply a little bit of water to the skin and contain a greasy substance that holds it in.” As an added benefit, use a light-weight sun protection factor (SPF) over your daily moisturizer or use a moisturizer with SPF to also keep you protected from the sun’s harmful rays, no matter the season.

Keep a Water Bottle On Hand

Of course, a big part of maintaining hydration is drinking plenty of water, especially if you take prescription medications that can cause dry mouth. Carrying around a portable water bottle is a great way to get into the habit of drinking water throughout the day

Use a Humidifier

Between the cold, dry air outside and the hot, dry air that heats your home in winter months, your whole body can feel dehydrated and dry. Using a humidifier can help to maintain your body’s hydration by keeping moisture in the atmosphere of your home. Humidifiers also help to support saliva production, alleviate dry, itchy skin, and decrease snoring.

Make Dietary Changes

Incorporating water-dense fruits and vegetables into your diet, such as cucumbers, lettuce, celery, spinach, and oranges, can be a discreet way of sneaking more water into your daily routine. Soups and stews are also great options to add to the menu, as they are made with a significant amount of liquid, which can aid in hydration in the elderly. Always check with your health care provider when making changes in diet or routine.

Invest in a Safety Net

Because older adults are less likely to feel the thirst sensation when their body needs water, the symptoms of dehydration in the elderly might not appear until a serious health concern is underway. Should you feel fatigue, dizziness, and confusion, along with less frequent urination or dark-colored urination, you are most likely in the throes of dehydration and need to seek medical attention immediately.



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 – Mondays, 1/9, 1/23, 1/30 at 1 PM
Bingo – Tuesdays at 1 PM & Fridays at 10 AM
Healthy Steps Exercise – Wednesdays & Thursdays at 10 AM
Mahjong – Mondays at 12:30 PM
Veterans' Affairs Representation- Vicki Wargo – Wednesdays 1/4 and 1/18, 8:30 AM – 3:30 PM
Joe Liebatore "How to Beat the Winter Blues" Tuesday 1/10 at 11 AM
Marie Laskowski's Memorial- Friday, 1/13 at 11:00 AM
Craft Class– Tuesday 1/17 at 10:30 AM (Valentines theme)
Birthday Bash – Friday, 1/20 (Following lunch)
Shuffleboard Team Competition – Tuesday, 1/24 at 11 AM
Weigh-in Competition – Fridays in January at 11 AM
Martin Luther King Jr. Day – Monday, 1/16/23, **CENTER CLOSED**

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



Debbie Birtel 1/3
 Judy Schrecongost 1/3
 Jacque Gillette 1/9
 Kathy Miller 1/15

Sharon Kulesza 1/18
 Eileen Bohn 1/19
 Irene Holowchak 1/23

December Birthday Celebration

Happy birthday to Joan Bowers and Susan Johnson



Hawley Senior Center

HAPPY NEW YEAR. Welcome 2023.

Hope everyone had a wonderful holiday with family and friends. We look forward to the new year. As activities come up, we will keep you informed in our *News for all Seasons* letter.

We are closed Monday, January 2 for the New Year as well as Monday, January 16 in remembrance of Dr. Martin Luther King Jr.

We want to wish happy holidays to two special people we don't see much any more— 103-year-old Frances Lloyd and entertainer Andy Anderson (see photo left, below). Our holiday party was not be the same without them here.

Our neighbor, the Adult Day Program had visitors recently. Betty Schaffer and her two canine companions Tarra and Jedi. (See photo right, below.)



Our January Birthdays: William Dewar, James Firestine, Duane Austin, Victoria Bickel, Charles Reisel, Linda Mancuso, Eileen Robano, Sandy Murphy, Michael Satriano, Maryellen Fillebrown, Joan Palinkas and Carolyn Freethy.

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



Honesdale Senior Center

January 2, 2023—Center is closed for New Year's Day holiday.

January 6, 2023—Birthday celebration for those born this month. Come in for a sweet treat.

January 12, 2023—Pajama Day! Come to the center in your best cozy, comfy clothes and enjoy breakfast for lunch! Please call 570-253-5540 to make a reservation.

January 16, 2023—Closed in honor of Martin Luther King Jr. holiday.

January 18, 2023—Free blood pressure screenings from 11:00 AM to noon; no appointment necessary.

Monday 9:00-10:00 "Mondays with Marie"— Exercise streamed live on Wayne County PA Human Services' FA- CEBOOK page 11:00-3:00 Bridge 1:00 PM Canasta	Tuesday 10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard	Wednesday 10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers' Support Group—2nd Weds. each month	Thursday 10:00 AM Northern Wayne Center meets first Thursday 1:00 Shuffleboard Billiards	Friday 10:30-11:30 Healthy Steps Class 1:00-4:00 Rummikub tile game Shuffleboard
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Nelsa Loscig, left, with Diane Kron, enjoyed the holiday tunes played by Burrell and Cliff, right, on December 7. Thanks for coming gentlemen and getting us in the holiday spirit!



Northern Wayne/Lakewood Center

We had a great holiday party on December 1. We were pleased to have the students from Preston school come and perform Christmas carols as well as a visit from Santa and Mrs. Claus. January 5, 2023 is our New Year's party. Please call Marie at 253-5540 to make reservations.



VETERANS AFFAIRS' UPDATE



I happen to be writing this article on Pearl Harbor Day. I know that when you read this, it will be last month's news. But, from a veteran's perspective, it is important that this date not be forgotten. We all know the date of December 7th as "one that will live in infamy," to quote President Roosevelt's now famous words. More than 2,400 sailors/soldiers and civilians perished in the attack. Two battleships (the USS Arizona and the USS Oklahoma) were completely destroyed. The USS Arizona rests for eternity where she sank. Seven more battleships suffered significant damage.

With so much negativity in our world today, let's stop for a moment and do an "About Face." Instead of concentrating on the damage that the Japanese succeeded in inflicting upon us, let us remember what they DID NOT SUCCEED in doing!! What happened to those seven battleships that were not completely destroyed? – They were eventually repaired and put back into action. By the 1940's, battleships were no longer the most important naval vessels on the seas. Aircraft carriers were now more important. Those carriers were all away from Pearl Harbor on December 7th. Not a single one was within range of the Japanese bombers! Also, the base's most vital onshore facilities – oil storage depots, repair shops, shipyards and submarine docks were untouched! This allowed the Navy to recover rather quickly from the attack.

As Americans, we continue to honor the memory of all those who perished on that fateful day. But, let us not forget, that we were **not** destroyed in the attack. We nursed our wounds and rebounded as a stronger, more unified nation. We, as Americans today, must remember that we still have that same fighting spirit within us. Let us use that fighting spirit to build a stronger, more unified nation once again.

Wayne County Veterans' Affairs would like to wish everyone a healthy new year. "Peace on Earth, Good Will to All."



HUMAN TRAFFICKING—IT HAPPENS HERE

Human trafficking is a crime that effects every country across the globe, including the United States. Polaris, an organization dedicated to helping victims and ending Human Trafficking, reported that over 23,000 victims were identified in the United States in 2018. Since Human Trafficking is a notoriously underreported crime, this number is sadly only a fraction of the real issue.

In their report from 2018, Polaris discovered that the three most common types of trafficking victims they encountered were sex trafficking (escorts, forced prostitution & pornography), labor trafficking (domestic & agricultural workers), or a combination of both sex and labor trafficking (illicit massage parlors, strip clubs, bars, spas, etc.).

Though it is easy to think of Human Trafficking as an incredibly violent crime, many traffickers use subtle tactics to recruit their victims. Often times, the recruiter is an intimate partner or family member of the victim. It is also common for traffickers to deceive their victims with false promises or job opportunities. Traffickers are known to use several forms of control over their victims including severe isolation or confinement, economic abuse, threats to harm the victim or their family, and/or physical abuse.

Of the 23,078 victims that contacted the National Hotline, 648 were from Pennsylvania. VIP of Wayne and Pike Counties is here to help. Our services are free and confidential for victims of human trafficking, domestic violence, sexual assault and any other serious crime. **If you or someone you know is a victim, call our 24-hour hotline at 570-253-4401 to speak with trained and dedicated advocates.**



National Human Trafficking Hotline: 1-888-373-7888

Social Security Administration Announces Increases in Payments in 2023

Cost of Living Adjustment Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced. On average, Social Security benefits will increase by more than \$140 per month starting in January 2023. The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. "Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilo Kijakazi said. Source: Social Security Administration.



Department of Homeland Security Announces REAL ID Extension Full Enforcement Deadline

States to have additional time to meet requirements

On December 5, 2022, the Department of Homeland Security (DHS) announced its intent to extend the REAL ID full enforcement date by 24 months, from May 3, 2023 to May 7, 2025. Under the new regulations published to execute this change, states will now have additional time to ensure their residents have driver's licenses and identification cards that meet the security standards established by the REAL ID Act. As required by the law, following the enforcement deadline, federal agencies, including the Transportation Security Administration (TSA), will be prohibited from accepting driver's licenses and identification cards that do not meet these federal standards.

"DHS continues to work closely with U.S. states, the District of Columbia, and the U.S. territories to meet REAL ID requirements," said Secretary of Homeland Security Alejandro N. Mayorkas. "This extension will give states needed time to ensure their residents can obtain a REAL ID-compliant license or identification card. DHS will also use this time to implement innovations to make the process more efficient and accessible. We will continue to ensure that the American public can travel safely."

The extension is necessary, in part, to address the lingering impacts of the COVID-19 pandemic on the ability to obtain a REAL ID driver's license or identification card. REAL ID progress over the past two years has been significantly hindered by state driver's licensing agencies having to work through the backlogs created by the pandemic. Many of these agencies took various steps in response to the pandemic including automatically extending the expiration dates of driver's licenses and identification cards and shifting operations to appointment only.

Flower Word Search



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



Amaryllis
 Anemone
 Aster
 Astilbe
 Begonia
 Bluebell
 Buttercup
 Carnation
 Columbine
 Cosmos
 Crocus
 Daffodil
 Dahlia

Echinacea
 Foxglove
 Freesia
 Gardenia
 Geranium
 Hibiscus
 Hyacinth
 Impatiens
 Iris
 Jasmine
 Jonquil
 Lavender
 Lily

Lotus
 Marigold
 Nasturtium
 Orchid
 Pansy
 Petunia
 Rose
 Snowdrop
 Tulip
 Violet
 Wisteria
 Yarrow
 Zinnia



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

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



Recovery-to-Work Project Receives Weinberg Support

The Wayne County Community Foundation announced the securing of \$2 million in funding to go toward the Wayne Recovery-To-Work Ecosystem project, thanks to a very generous grant from The Harry and Jeanette Weinberg Foundation.

The funds will be used to supplement construction costs for the facility and will be disbursed annually in two \$1 million increments, an instrumental piece in the planning and execution of this project.

The Recovery-To-Work Ecosystem is a multi-discipline treatment, rehabilitation, and long-term care hub designed to address key service gaps for individuals struggling with substance use disorders and behavioral health challenges within the defined Project Service Area - nine counties within northeastern PA consisting of Wayne, Carbon, Lackawanna, Luzerne, Monroe, Pike, Schuylkill, Susquehanna, and Wyoming.

The model focuses on individual needs by connecting existing local services and supplementing them with its own programming, following a three phase approach; 1) treatment & rehabilitation, 2) skills-based training & career development, and 3) job creation & supportive services.

The proposed project will create jobs, treat hundreds of patients annually, and respond to the identified regional labor shortage by facilitating patient re-entry into the labor pool.

"We are excited that this project is continuing to progress closer to completion and are extremely grateful for the support of the Weinberg Foundation," said Wayne County Commissioners Brian Smith, Joe Adams and Jocelyn Cramer. "Since the initial discussions, we have picked up so many partners, funders and supporters who all believe this is the right project in the right location at the right time.

"We all know there's a service gap but rather than simply acknowledging there's an issue and hoping something changes while continuing to see our residents travel across the state to seek services or not seek services at all, we're moving forward with a plan to keep people closer to their homes, their families and their support system."

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



Wayne County
**WC
PL**
Public Library

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



JANUARY EVENTS

Contact Miles Keesler at 253-1220 with questions.

Register online: mkeesler@waynelibraries.org

1. Chess will be held every Monday in January from 4:30-5:30 p.m. **Presenter Adam Owens.**
2. The Color Wheel with **Debby Pollak.** Come and play with paint as we investigate the science of color and emotion. Wednesdays, Jan.4 & 11 from 4:00-5:30 p.m. There is a \$5:00 fee for each workshop.
3. Heart Health: Learn the steps to prevent heart disease and stroke, risk factors, heart disease basics and the effects of heart disease. Wednesday, Jan.18 from 4:30-5:30 p.m. **Presenter Emily Daly.**

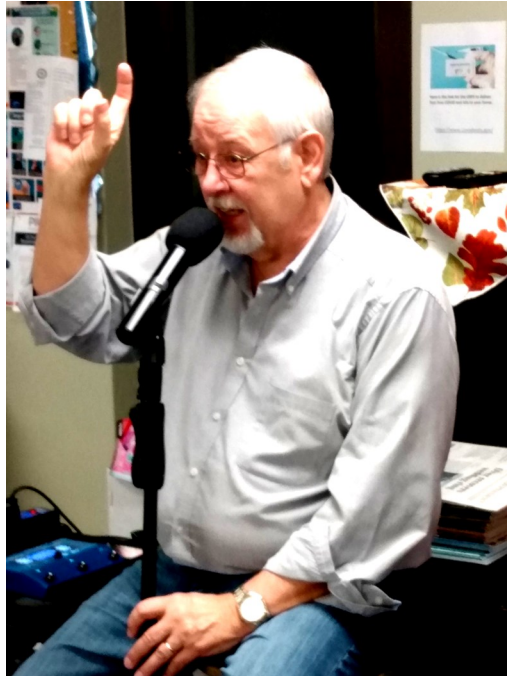
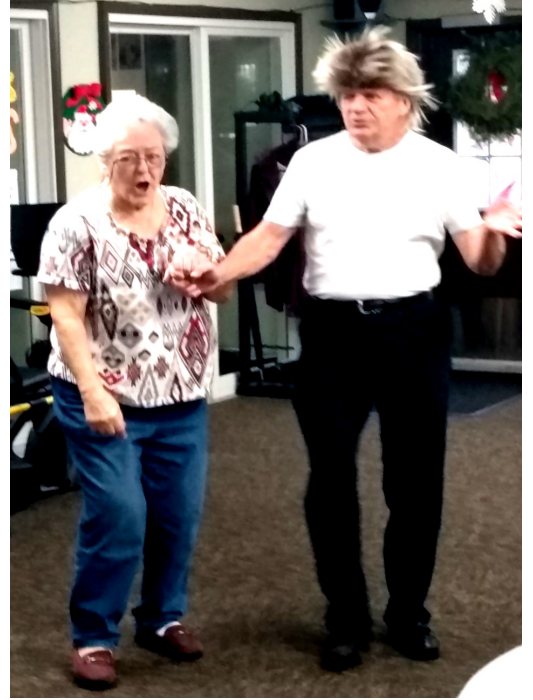


Dig Into READING

Hamlin Highlights



George Rittenhouse,
left, with Barry Landis.



Everyone had a wonderful time during our annual Thanksgiving celebration. We played a of couple games, enjoyed wonderful music by George Rittenhouse. George also paved a way for Barry Landis to sing an Elvis melody! The food was very good and we again wish to thank the Dietary team for their hard work and preparation of our delicious Thanksgiving meal.

ON Tuesday, December 6th, the Hamlin Senior Center enjoyed the fabulous entertaining group know as "The Legends". They are a popular group from "The Hideout" who sing and act out popular artists such as, Liza Minelli, Elvis, Frank Sinatra, Shania Twain, and many more. They were very interactive and invited Dottie M. and Betty S. to dance with them during certain acts. All the women jumped up and danced for the Cyndi Lauper "Girls Just Want To Have Fun" segment. We are very grateful for the gift of their talents and their time!

Honesdale Highlights



We were so pleased to have a full house at our holiday party on December 14! Lucky door prize winners were Freda Haun, left and Anna Kristofits, right, pictured with her husband John.



Rabbits as Therapy Pets



Bernice Russell, left, and Vince D'Agostino, right, enjoyed visiting with a Flemish rabbit as part of a recent therapy pet visitation program.



• 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*

AgingNewsletter@waynecountypa.gov



**Find us on Facebook at Wayne
County Office of Human Services**

Wayne County Area Agency on Aging

323 10th Street

Honesdale, PA 18431

570-253-4262 / 570-209-5770 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.**