

DECEMBER

**Suggested meal price: \$2.50 for 60 and over;
\$5.50 all others. Milk is included.
Menu subject to change due to availability.**



4) Fish sticks Macaroni & cheese Zucchini & tomatoes Wheat bread/Butter Peaches Orange juice 	5) Sloppy joe on a wheat hamburger bun Red skinned potatoes California blend Pears 	6) Stuffed shells Creamed spinach Italian green beans Wheat bread/Butter Fresh apple 	7) Roast pork Cabbage & noodles Roasted beets Wheat bread/Butter Fresh orange NW: Juice Egg Salad sandwich Pickled beets Fresh Apple 	1) Veggie Pasta w / meatballs Broccoli Wheat bread /Butter Fresh apple 
11) Sausage, onions and peppers Roasted potato wedges Baked beans Rye bread /Butter Fresh orange 	12) Baked chicken w orange sauce Brown rice Harvard beets Wheat bread/Butter Mandarin oranges 	13) Christmas Baked Ham w glaze Mashed Sweet potato Green bean casserole Rye bread/Butter Cranberry Juice Strawberry cheese Cake 	14) Turkey chili con carne Pasta w butter Cauliflower Corn bread/Butter Fresh apple Juice 	15) Baked fish Roasted red potatoes California blend Wheat bread/Butter Mixed fruit 
18) Spinach bake Roasted potatoes Winter blend Wheat bread /butter Fresh orange 	19) Salisbury steak/ gravy Mashed potatoes California Blend Wheat bread/butter Fresh apple 	20) Roast Turkey/ gravy Roasted sweet Potatoes Broccoli Wheat bread /butter Pudding Juice 	21) Chicken, biscuit & gravy Red skin mashed potatoes Spinach Fruit cocktail 	22) Ham & Potato casserole Cauliflower w/ parsley Rye Bread/Butter Applesauce 
25) Closed 	26) Meatloaf Scalloped potatoes Roasted broccoli wheat bread/Butter Cantaloupe 	27) New Year's Eve Pork & Kraut Mashed Potatoes Candied carrots Rye Bread/butter Baked Apple Slices 	28) Breaded fish Sliced potatoes w butter butternut squash Wheat bread/Butter Mandarin oranges 	29) Turkey goulash over veggie pasta Cauliflower Wheat bread/Butter Vanilla pudding Juice 

Legend: **Northern Wayne

To make a reservation, please call the center of interest one day prior by 1:00 PM.

Hamlin—570-689-3766; Hawley—570-226-4209; Honesdale—570-253-4262

WAYNE CO. SENIOR COMMUNITY CENTER EVENT

‘Tis the Season to Protect Yourself.....



HHCP presents guest speaker [David P Shallcross](#). Former Bucks Co. PA Sheriff, currently serving as Director of Senior Protection Unit, Office of Public Engagement for Governor Josh Shapiro. Dave will cover the most common holiday scams that target the elderly, pitfalls of holiday shopping on-line and how to report a crime if you've become a victim.

Tuesday December 12th

12:00 P.M.

Honesdale/Wayne Co. Sr Community Ctr.

323 10th St

Honesdale, PA 18431



Hamlin Senior Center

Chair Yoga - Mon. at 1 PM, 12/4, 12/11, and 12/18

Healthy Steps - Wed.'s and Thur.'s at 10 AM, excluding Wed., 12/13 and 12/27

Bingo - Tues's at 1 PM and Fri.'s at 10 AM

Christmas Celebration - Wednesday, 12/13. Special entertainment by Jim Cerminello, Christmas luncheon, and much merriment! Ugly sweater competition. A prize for the two ugliest!

Christmas Bingo - Tues., 12/19 at 1 PM and Christmas snacks.

Mahjong - Mon.'s at 12:30 PM

NYE Party & Bingo , Tues., 12/27 starting at 10 AM. Enjoy games, special entertainment by Randy Light and bringing- in-the- new-year toast! Bingo taking place at 1 PM.

Center Closed - In observance of Christmas 12/25th

Center Closed - In-observance of New Years' Eve 1/1/24!

***Schedule Subject To Change**

Halloween 2023 at the Hamlin Senior Center



Guess Who?

They did such a great job I'm not sure who everyone is!

**HAPPY
BIRTHDAY**

DECEMBER BIRTHDAYS:

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

The Hamlin Shuffuler's Competing – Shuffleboard Fun!!!!



Mary Ann Vaccaro



Billy Fleming



Janet Sauers



Colleen Mentz & Rita O.



Judy Sadlon & Gloria C.



Art Bolduc

Hawley Senior Center

We had a great turnout for Halloween this year. A dozen showed up in costume and several won prizes. Take a look at all the fancy outfits. We're looking forward to our Christmas Holidays this year.

We are sad to say we have to cancel Lanota Dance Club on Dec. 8th due to an unexpected circumstance.

Our activities for the month of November:

- 1) **Christmas dinner** will be held on **Wednesday December 13th** starting around 11am. Please make your reservations a week in advance. Thank you.
- 2) Ring in the **New Year** with us on **Wednesday Dec 27th**. Happy 2024!
- 3) We will be **closed on Monday Christmas Day**. Merry Christmas one and all.
- 4) Also **closed Monday January 1st** To help us get over our hangovers. Happy New Year!

Always keep your eyes & ears open for all the activities going on at the centers.



December Birthday's: Karen Mehrtens, Barbara Briden, Nancy Lombardo, Gary Swartz, Alexis Roberts and John Clever.



Top Left to right: Phil Trippodi, Tom Olszewski, Victoria Warago, Steven Knutson, Roy O'Leary and Michael Patty. All the Happy Halloweeners. Tom & Arlene Olszewski.

Bottom Left to right: Valerie Moll, Maria Stachowiak, JJ Haggett Bautista & Carol Sanchez, Janaya Burnham, Stephanie Tierney, Nancy Zafiris.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 3:00 Exercise Equip.	9:00-3:00 Exercise Equip.	9-3 Exercise Equip. 10:00-10:30 Tai Chi	9:00- 3:00 Exercise Equip.	9-3 Exercise Equip.
10:30 - 11:30 Healthy Steps in Motion Class	1:00 – 2:15 Bingo	10:30 – 2:00 Ceramics 10:30 - 11:30 Healthy Steps 1:00 – 3:00 Crafts 5:30-8:30 Mahjong	1:00 - 2:00 Bingo	10:30-11:30 Healthy Steps in Motion Class 10:30-2:00 Ceramics
11:30 – 2:30 Mahjong				

Northern Wayne Senior Center

Christmas Party on December 7, 2023

at the Northern Wayne Firehall.

Music by Burrell at 11:00

Christmas bingo at 1:00 P.M



Please call Marie at 570-253-4262 for reservations.

Our next meeting will be **January 4, 2024!**



Honesdale Senior Center

December 1—Birthday Friday. Celebrating all those born in December! Birthday treat provided.

December 6 — Burrell will be singing and playing music

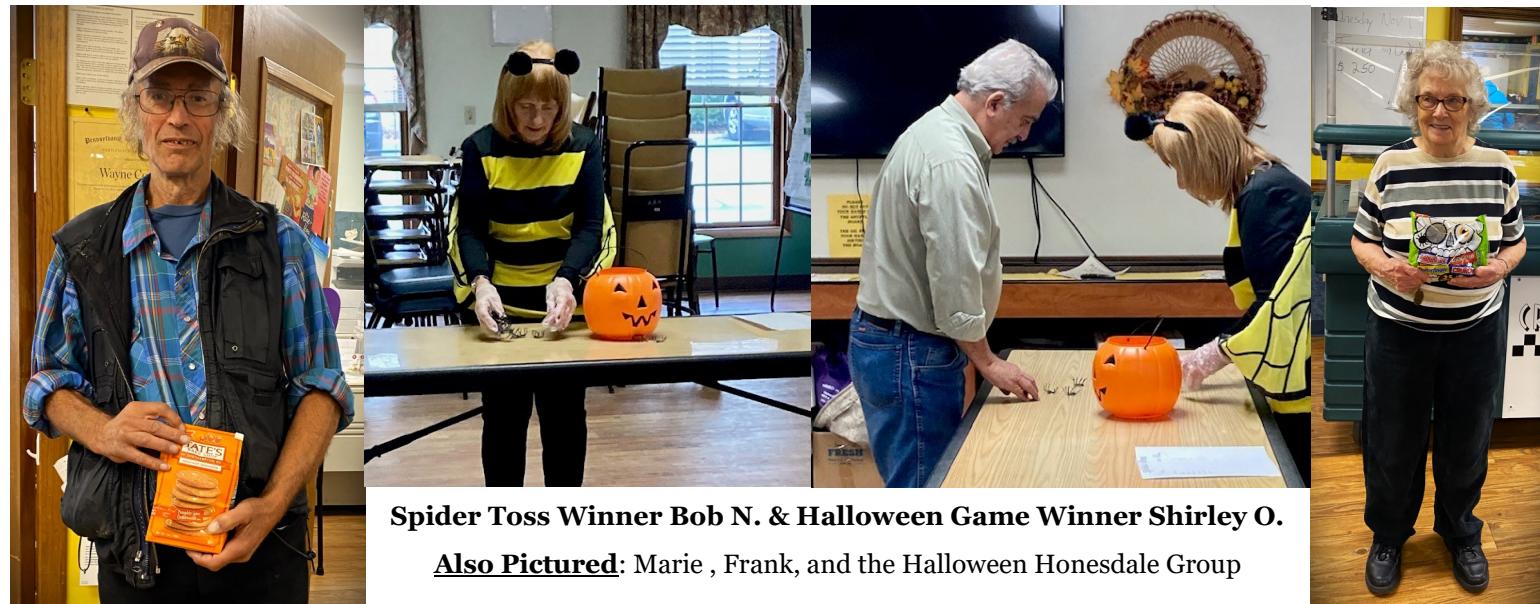
December 12 — 12pm David Shallcross, Director of the Senior Protection Unit

December 13 — Christmas dinner and party, Please call Kathy for a reservation at 253-5540.

December 27— New Year's dinner and party. Please call Kathy for a reservation at 253-5540.

Closed — December 25th and January 1st

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 "Mondays with Marie Chair 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 Excercise 1:00-2:00 BINGO 2:00-3:30 Caregivers Support Group—2nd Wed. each month 2:00-3:30 Grief Support 4th Wed. each month	11:00 AM Chair Yoga* —\$5 fee Crafts/Crocheting 2nd and 4th Thur. 1:00 Shuffleboard Billiards	10:30-11:30 Healthy Steps Class 1:00-4:00 pm Rummikub tile game Shuffleboard



Spider Toss Winner Bob N. & Halloween Game Winner Shirley O.

Also Pictured: Marie , Frank, and the Halloween Honesdale Group



Bus Trip 2023 Highlights and 2024 Updates



by Debbie Birtel

Important Notice

Well... the 2023 bus trip season has ended and it was a great year! So good you won't even give me a minute to breath because everyone is so excited to see where we are going in 2024.

Let's take a minute and talk about this year. In May, we went to the Sight & Sound theatre in Lancaster to see "Moses." The shows there are just over the top and so spectacular. If you have never had a chance to go, treat yourself, you won't be disappointed. After the show we filled our bellies at Miller's Smorgasbord and went home full and happy. In June, we stayed close to home and went to the Electric City Trolley Museum in Scranton, for a trolley ride to Montage Mt. The trolley is an old original from the Philadelphia line. It was nice to learn some local history. We got in a couple of trips to the casinos and a luncheon/show trip to The River-view Inn.

We spent a wonderful week in Cape Cod. Our trip included guided tours of Boston, Plymouth, and Provincetown. We took a harbor cruise in Hyannis to see the Kennedy Compound. But the highlight of our trip was the whale watching cruise out of Provincetown. The boat crew was able to count 38 whales. The whales put on quite a show for us. It was such a treat to be so "up close and personal" to these amazing animals, right off the side of the boat. Also, can't forget all the yummy seafood we enjoyed.

Before we talk about next year, I just want to remind everyone how important it is for you to "think" before signing up for trips. Check your calendars, make sure you are free and able to afford the cost. We all know things are expensive and money is tight. When I figure out the cost of trips I try to make them as reasonable as possible. When it comes time to pay, if 2 people backout at the last minute, that really hurts. We have to remember that the bus trips are a privilege for us. Many counties in PA do not offer bus trips. Our County Commissioners want our seniors to stay active and enjoy themselves and they know that bus trips are one way to do that. So, it is very important that you help by being reliable.

I am going to let you pick our 2024 overnight trip. In October, I went to White Star Tours' seminar and these are their best value trips I thought you might enjoy and my 3 favorites. If you want more details about any of the trips before deciding, call me 570-630-2385. Also call me with your decision. I will keep count of which one is most popular and we will go from there. Just to really confuse you we could also do Washington, D.C. Let me know your thoughts.

1) Many folks have asked me for Niagara Falls. This tour includes; Maid of the Mist boat ride, Cave of the Winds, Platters Chocolate Factory, a winery tour, Seneca Niagara Casino, etc. The cost for a 4-day trip would be about \$900 per person double occupancy.

2) The Parade of Nations & Virginia International Tattoo is April 18 – 21. This event takes place in Norfolk. The show incorporates groups from around the world performing military marching and music, acrobats, choral groups, and precision military drill teams. About \$750 pp. We did this trip many years ago and the seniors really enjoyed it.

3) Here is one we have never done before and something different; Castles of New York and NY State Capital. This includes Bolt Castle, Singer Castle, Wing's Castle, a St. Lawrence River cruise, and a winery tour. Approximately \$800 pp. Just so you are aware, this trip includes lots of on and off the boat and steps into the castles.

I would like to end with "Wishing you all a very Merry Christmas and a New Year filled with happiness and good health." And P.S. Remember when your kids ask "What do you want for Christmas?" Tell them you want to go on bus trips with your buddies!

CELEBRATING AGE WITH PURPOSE AND PASSION



REGISTER NOW ▾

Contact Ricky Korb:
570-470-2269
YMCARKMH@ptd.net

Classes are once a week
for 6 weeks beginning
December 7 at 1:00PM

@ the Honesdale Senior Center
323 10th St. Honesdale

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us, and bring a friend! The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

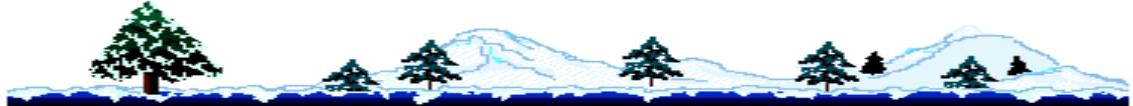
- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

» WELL
BEING
INITIATIVE





Low Income Home
Energy Assistance
Program



LiHeap or the Low-Income Home Energy Assistance Program is a grant to help eligible people pay for heat. HEAP offers both cash and crisis grants. The payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. Grants range from \$300-\$1000 and are based on household size, income, and fuel type. Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$1000 is reached. Crisis situations include broken heating equipment or leaking lines that must be fixed or replaced, lack of fuel, termination of utility service, danger of being without fuel (less than a 15 day supply) or having utility service terminated (received a notice that service will be shut off within the next 60 days).

The income limit for LIHEAP for an individual, that is a gross income of \$21,870 per year, and for a family of four \$45,000 per year. (Add \$7,710 per additional family member.)

Pennsylvanians can apply for LIHEAP now through April 5, 2024 online at www.dhs.pa.gov/COMPASS, by phone toll-free at 1-866-550-4355, or in person at the Wayne County Assistance Office is located at 15 Innovation Drive, Lake Ariel, PA 18436, telephone number 570-253-7118.

Victims' Intervention Program

Why Do They Stay?



From the outside looking in, it's easy to question why anyone would endure repeated domestic abuse. The short answer is, they don't. On average, a survivor tries to leave seven times before they're able to escape for good. Why are so many attempts necessary?

Leaving an abusive situation is often very dangerous. Abuse is a cycle where the offender asserts power and control over their victim in many different ways. When victims try to leave, abusers feel that control slip and their violence often becomes more physical and dangerous.

If a survivor leaves, societal pressure and inequality add even more hurdles. Survivors face constant financial drain due to rent, car payments, gas, food, electricity, phone bills, etc., They are emotionally drained by snide comments, sleeping in their car if they have no place to stay, failing to find justice in the court system, and more. These pressures stack up until they are too heavy to lift. And when all one's resources are gone, when they're out of cash or out of the fortitude to carry on, the only option left to them is to go home—to return to the abuse.

VIP is here to help survivors jump those hurdles and live the best abuse-free lives they can. Call or text us at 570-253-4401, or visit us online at VIPempowers.org.



**Serving
Seniors
INC.**

**VOUNTEERS NEEDED FOR THE
OMBUDSMANPROGRAM IN WAYNE PIKE
AND MONROE COUNTIES**

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 and 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 Melinda Rispoli at 570-344-7190 or email:
mrispoli@servingseniorsnepa.org**



**Do you have extra space in your home?
Would you like some companionship or
assistance with living expenses?**

**The SHARE program may be just what
you need!**

Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who have an option to assist with living expenses, help around the house, or a combination of both.

***SHARE is available here, in Wayne and
Pike Counties!***

Call Larisa Yusko 570-832-5133



Cultivating a Vibrant Future

WEDCO Submits Grants for Broadband Upgrades

The County Commissioners have been working with the Technology Committee from the Wayne Economic Development Corporation and consultant Kelly Lewis for more than a year to develop a strategy for improving broadband internet access and cellular phone service throughout the county.

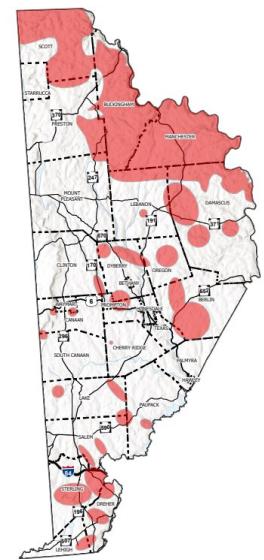
It began with a grant from the William H. Chatlos Charitable Gift Fund to hire Lewis to help the County navigate the unprecedented state and federal investment in rural broadband and best utilize the American Recovery Plan Act funds it received in 2022. Using a survey, Lewis Strategic identified 83 organizations interested in upgraded internet services, more than 3,300 dead cell zones and 63 landowners willing to host tower locations.

The information gathered in the surveys led to Requests for Proposals that attracted seven strong proposals from local Internet Service Providers to upgrade services. Soon after, the PA Broadband Development Authority announced a \$200,000 grant opportunity due Aug. 8. Forced to pivot, WEDCO submitted two grant applications under this program to cover the most rural and underserved households and businesses. The applications seeks nearly \$4.5 million in grant funding, with a corresponding provider match of nearly \$1.5 million.

The Tech Committee also believes several providers submitted strong grant applications for in Wayne County, including Verizon, Adams Cable, Archtop and Charter Communications (Spectrum). Now, the Tech Committee is focused on encouraging qualifying households to take advantage of the Affordable Connectivity Program, which provides households with a \$30/month discount on their internet service costs. To qualify, a family of four must make less than \$60,000 a year. Those receiving SNAP, WIC and Medicaid and other federal benefits, automatically qualify for the program.

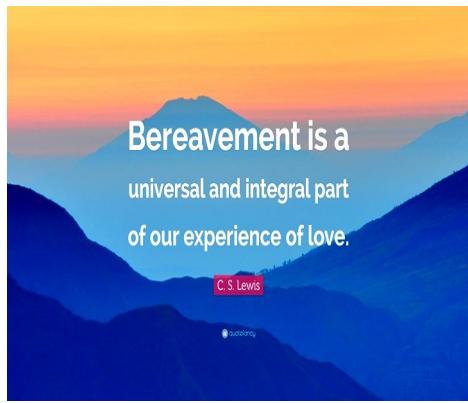
For more information visit www.fcc.gov/ACP or call 877-384-2575.

www.WayneTomorrow.com





Grief Support Group



If you've experienced a loss and find yourself needing extra support, please join us.

HONESDALE SENIOR CENTER

323 10th Street

Honesdale, PA 18431

Virtual option available upon request

4th Wednesday of each month

2:00-3:30 PM

Please RSVP if you plan to attend (570) 253-4262

All are welcome!

Facilitated by volunteers Anthony Campbell & Bill Reitsma



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



TO REGISTER CONTACT:
Miles Keesler
570-253-1220 or
email mkeeslerwaynelibraries.org

December 2023 Programs

Healthy Holidays with Essential Oils. Presenter Helen Mele Robinson PHD.

Wednesday 12/6 4:30 - 5:30pm.

Tai- Chi for Arthritis and Fall Prevention with Larry Robinson Board Certified Tai-Chi Instructor.

Wednesday 12/13 4:30-5:30pm.

Sound Therapy Workshop with Kalin House Certified Sound Healer, learn how to bring back harmony to your mind and body.

Wednesday 12/20 4:30-5:30pm.



For Those Receiving In-Home Meals Delivery:

Currently all home delivered meals will be frozen, we are not serving them hot at this time. You will receive one delivery each week. All of your meals will be delivered on that delivery day. Unfortunately due to staffing we cannot guarantee set delivery days.

The winter months are approaching, and it is time to prepare for those days when your homebound meals will not be delivered. The homebound meal delivery program runs along with the Wayne Highlands School District. When the Wayne Highlands School District closes for inclement weather, you will not be receiving delivery on that day.

Starting this month and continuing into January, and February you will receive a box containing three emergency meals. These meals are for the days when the homebound meal program does not deliver to you due to inclement weather. You will receive a box on the first full week of December, January and February.

Wayne County Transportation System's Consumers:

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 a.m.

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 the department is 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.*

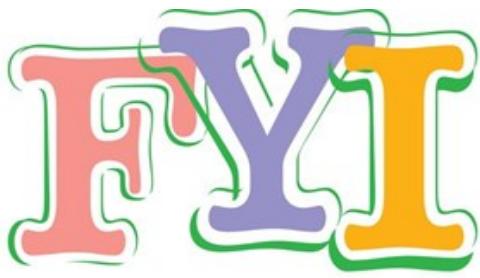
NEW YEAR WORD SEARCH

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

Ball Drop
Celebrate
Confetti
Countdown
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution



•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

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Lynn Potter, RD LDN

Editor: *Leigh Wilson*



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. Meetings are November—February, first Thursday only; March—October –first and third 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" Call 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: 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.**