

Find us on the web at: <https://waynecountypa.gov/101/human-services>



National Kidney Month, observed every March, brings awareness to kidney health and encourages people to support kidney disease research and take steps to keep their own kidneys safe and healthy.

The kidneys, two bean-shaped organs located in the back of the abdomen, perform crucial functions to filter out toxins, produce red blood cells, and regulate ph. They filter about half a cup of blood every hour, creating urine from harmful and unnecessary waste.

When kidneys fail to function properly, waste builds up in the blood and leads to a weakened system and a host of problems like anemia, nerve damage, and high blood pressure. Chronic Kidney Disease (CKD) affects more than 1 in 7 American adults.

There are ways we can protect ourselves from kidney damage or progressive kidney disease through nutrition and exercise.

Some foods that help keep kidneys healthy are cabbage, blueberries, garlic, olive oil, skinless chicken breast, cranberries, red grapes, pineapple, bell peppers, apples, salmon, buckwheat and bulger, arugula, macadamia nuts, onions and endive, water and chamomile tea are some of the best .

Exercise is good for everyone, but it is especially important if you have chronic kidney disease. There are several types of recommended exercises such as stretching and flexibility exercises, strengthening and resistance exercises and cardiovascular or endurance exercises also known as aerobic activity. There are few, if any, risks associated with these activities as long as the exercises are done properly and are started slowly and progressed gradually.

In conclusion, National Kidney Awareness Month provides an opportunity to raise awareness about the importance of kidney health and the prevention of kidney disease. Regular check-ups and screening tests can help identify early signs of kidney disease, enabling prompt treatment and a better prognosis for those affected. Let's all work together to raise awareness about kidney health and promote healthy lifestyles for everyone.

For more information on coping with kidney disease or what you can do to prevent it, visit: <https://www.kidney.org/>

For more information on living a healthy lifestyle to help prevent kidney disease, visit: <https://www.healthline.com/health/kidney-health>

If you or someone you know is living with CKD and is in need of in-home care assistance, or transportation to dialysis, please find an Assisting Hands location near you by visiting: <https://assistinghands.com/location-finder/>



**Suggested meal price: \$2.50 for 60 and over;
\$5.50 all others. Milk is included.**



				
4) Juice, Fish sticks, Macaroni & cheese, Zucchini & tomatoes, Wheat bread/butter, Fresh orange 	5) Sloppy Joe, Wheat bun, Roasted potatoes, California blend, Fresh cantaloupe 	6) Chicken with mushrooms, Mashed potatoes, Broccoli, Wheat bread/butter, Pudding 	7) Roast Pork, Cabbage & noodles, Carrots Wheat bread/butter Mandarin oranges *NW -Juice, Tuna fish sandwich, Bean salad, Mandarin orange 	1) Baked fish, Roasted red potatoes, California blend, wheat bread/butter, Fruit cocktail 
11) Spinach & Cheese bake, Roasted potatoes, Winter blend, Wheat bread/butter, Pears 	12) Chicken & gravy on a biscuit, Red skin mashed potatoes, Spinach, Fresh orange 	13) Salisbury steak with gravy, Mashed potatoes, Cauliflower, Wheat bread/butter, Fresh apple 	14) Roast Turkey with gravy, Mashed sweet potatoes, broccoli, Wheat bread/butter, pudding 	15) St. Patty's Ham & Cabbage, Boiled potatoes, Baby carrots, Rye bread/butter, Lime fluff 
18) Meatloaf, Scalloped potatoes, Roasted broccoli, Wheat bread, butter, Fruit cocktail 	19) Tuscan style chicken, Pasta with sauce, White beans w/collard greens, Italian bread/butter, Fresh apple 	20) Leadership Wayne Pork chop au jus, Cauliflower rice, Carrots, Dinner roll/butter, Fresh orange 	21) Turkey Goulash w/ veggie pasta, Brussel sprouts, Wheat bread/butter, Vanilla pudding 	22) Breaded fish patty, Potato wedges, Butter-nut squash, Wheat bread/butter, Mandarin oranges 
25) BBQ chicken, Red diced potatoes, Carrots, Wheat bread/butter, Fresh orange 	26) Shepherd's pie w/ mashed potatoes, Carrots, Rye Bread/butter, Peaches 	27) Easter Dinner Baked ham with pineapple, Mashed sweet potatoes, Broccoli, Rye bread/butter, Coconut cream pie 	28) Orange juice, Vegetarian lasagna, Italian blend, Wheat bread/butter, Applesauce 	29) Closed Good Friday 

Legend: **Northern Wayne

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



March is National Nutrition Month



This is a good time to evaluate your diet to assure it is nutritious and balanced. This article considers the special nutrition needs of those who are 60 years old and older.

“Eating the same way in your 40s as you did in your 20s? Ignoring your nutritional needs at 60? Not you! Build and maintain your healthiest body by adjusting your eating habits to address the specific needs of each decade.

60s and Beyond: Protein Power

Protein, along with regular strength building activities, is essential for maintaining muscle, which we tend to lose as we age. Consuming enough protein also may be linked with bone health.

Women and men in their sixties need 5 to 5 1/2 ounce-equivalents, respectively, of protein foods daily and preferably spread throughout the day. Good sources include lean cuts of beef, chicken, fish, pork and lamb. Not a meat eater? You'll also find protein in eggs, beans, tofu and nuts, as well as low-fat or fat-free milk, yogurt and cheese.

Vitamin B12, which helps your body make red blood cells and keep the brain and nervous system healthy, is another vital nutrient. However, as people get older they can develop a reduced ability to absorb vitamin B12. You can get B12 through any food that comes from an animal: meat, fish, dairy products and eggs, as well as fortified foods. Talk to your doctor to see if you need a supplement, especially if your eating plan is mostly plant-based.



Healthy Recipe

Chicken Zucchini Boats

1 Tablespoon olive oil

3/4 pound ground chicken

1 garlic clove

1 cup pasta sauce

2 medium zucchini

2 Tablespoons Parmesan cheese

Basil for garnish (optional)

- 1) Preheat oven to 400 degrees.
- 2) Heat olive oil in a large skillet over medium sized heat. Add chicken. Cook 8-10 minutes, or until cooked through.
- 3) Reduce heat to low. Add garlic. Cook and stir one minute. Add pasta sauce. Cook 3 minutes, stirring occasionally.
- 4) While the chicken cooks, cut the zucchini in half, lengthwise. Use a spoon to scoop out seeds and center each zucchini, leaving 1/4-inch thick zucchini boats.
- 5) Place zucchini in baking dish, cut side up.
- 6) Spoon chicken mixture into zucchini boats.
- 7) Sprinkle zucchini and chicken mixture evenly with parmesan cheese.
- 8) Cover baking dish with foil. Bake 35 minutes.
- 9) Sprinkle with fresh basil. (optional)



Hamlin Senior Center



March Events



TAI CHI QIGONG– Mondays starting 3/4/24 at 10:30am. Facilitated by Peter Brown.

CHAIR YOGA – Mondays, 3/4, 3/11, & 3/18/24 at 1pm. *No Chair Yoga 3/25.*

HEALTHY STEPS EXERCISE COURSE – Wednesdays & Thursdays at 10am.

BINGO – Tuesday at 1pm and Friday at 10am, excluding 3/26/24.

GAMES – Every Monday! Pinochle and other games starting at 10am. Afternoon Mahjong group meets at 12:30pm in the side room.

VETERAN AFFAIRS REP. VISITS, Wednesdays, 3/6 and 3/20 from 8:30am– 3:00pm.

RON'S TALENT SHOWCASE- Do you like to dance, act and sing? Ron is focusing on dance steps currently and will work on other talent genres for a future show production. Practices take place Thursday at 11am and Friday at 1pm.

Geisinger Craft Hour –Tuesday, 3/5 at 10:30 am, Angela will have a special Easter themed craft. Please RSVP.

ST. PATRICK'S PARTY & BINGO– Friday, 3/15, a Green Party with goodies and games beginning at 10am. Bingo at 1pm.

HOW TO SERIES– Tuesday, 3/19 at 10:30am, "Senior Defense Techniques, "facilitated by Ken Claflin.

RUMMIKUBE COMPETITION – Friday, 3/22 at 11am and 1pm.

EGG COLORING FUN – 3/26 at 10:30am. Color and decorate eggs for the Easter Celebration.

EASTER CELEBRATION – Wednesday, 3/27, special entertainment by "Windfall's" Vernon Jones, starting at 11am. Enjoy a wonderful Easter Meal and Bingo at 1pm.

***Schedule subject to change**



March Birthdays:

Joseph Olsen
Catherine Lauda
Fran Kingsley
Judit Vegh

Diane Ratcliffe
Fran Kurz
Keith Good
Marilyn Wormuth

HAMLIN SENIOR CENTER "THRIVE" ROOM

The Hamlin Senior Center inherited the old Salem County Township Meeting Room as of January 1, 2024. The room has been decorated to provide a warm and inviting atmosphere by the assistance of volunteer, Fran Kingsley. The space is going to be a place designated for small groups and functions for our seniors for upcoming cooking, art, games, crafts and special lesson classes. We wish to thank the Salem Township for permanently extending us this new addition.

PETER BROWN AS HAMLIN'S NEW TAI CHI INSTRUCTOR

We are happy to announce Peter Brown as our new Tai Chi Sensei. He trained under Mike Luizzi and is certified and insured. He loves working with his senior peers and will begin his classes at the Hamlin Senior Center on 3/4/24 for a 10:30am class. He practices Tai Chi Qigong (Shibashi) which is an ancient discipline for health, relaxation, longevity and for developing the whole body. Shibashi is a simple beginner form and is easy to learn. This program will introduce an 18-step form and will direct students to various sources for future involvement. Those who are interested may contact Becky at 570-689-3766.



Hawley Senior Center

Welcome to the month that brings Spring. Lots of things to look forward to. Punxsutawney Phil saw his shadow this year.. Spring will be early so he says. LOL

Lets take a trip back in time, February brought us Lunar New year with the celebration of the Wood Dragon, then we celebrated Mardi Gras AKA Fat Tuesday. The next day we observed Ash Wednesday and celebrated Valentine's Day. After all that, we enjoyed a day off to rest from all activities to honor our Presidents.

Now lets look forward to March activities;

- ◆ Daylight Savings Time Begins Sunday March 10th don't forget to Spring forward.
- ◆ Wednesday March 20th speaker Christina Pulman from Penn State extension along with Community Health Nurse Angela Reeves on Vaccine Awareness starting @ 11am.
- ◆ St Patty's Day Friday March 15th "LUCK OF THE IRISH" 
- ◆ 1st Day of Spring Tuesday March 19th HOORAY!!!!!!
- ◆ Easter Dinner Wednesday March 27th. 

Let Lu know if you plan to attend any of these activities.

- Just a reminder rent and tax rebates started in the middle of February. You will need a appointment and all the paperwork needed to fill out the application. Call Lu @ 570-226-4209 to set it up.



The Hawley Gang from Lunar New Year

Our "Huge" exercise group.

March Birthdays

Merry Ellen Daniels, Sarah McAllister, Hank Vreeland, Theresa Nurnberger, Marilyn Demray, Ron Devens, Tom Olszewski, Jesse Palinkas, Sharon Peduto, Phil Trippod, Louise Firmstone and Bill Collins.

HAPPY BIRTHDAY!

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Exercise Equip. 10:30-11:30 Healthy Steps in Motion Class 11:30-2:30 Mahjong	9:00-3:00 Exercise Equip. 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 1:00-3:00 Crafts	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 10:30-2:00 Ceramics



Honesdale Senior Center

March Events



March 1st (Friday)-Birthday Friday. Celebrating those born in March, birthday treat provided.

March 4th (Monday) -Celebrating the Importance of Reading for National Reading Month, by partaking in a Book Swap (Bring in a book to swap with a friend) .

March 10th (Sunday)-Daylight Savings Time Begins. Spring Ahead and turn your clocks forward one hour.

March 14th & 28th (Thursday)-Crafting with Sandy Kline 10:00-11:30am.

March 15th (Friday) St. Patrick's Day Celebration. Dress in green, Participate in some fun games and enjoy our ham with cabbage, baked potatoes, and lime fluff lunch.

March 19th (Tuesday) March Madness Kick-off Game. Wear your favorite NBA/NCCA Jersey or gear. Win prizes for the most baskets.

March 27th (Wednesday) Easter fun, lunch and bingo.

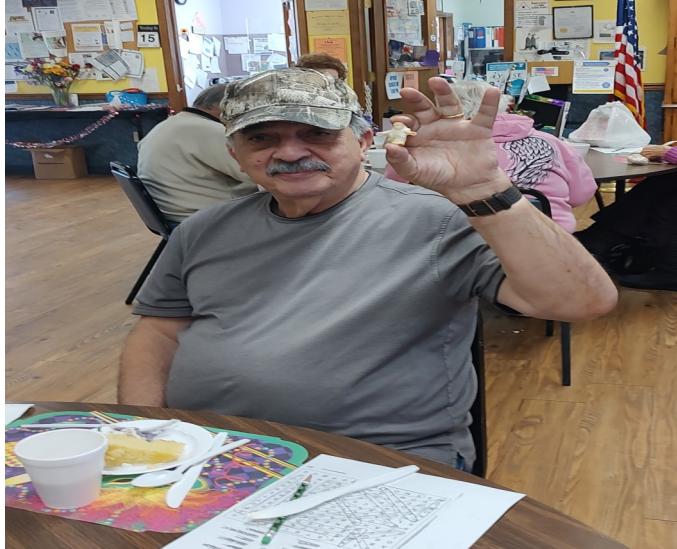
March 29th (Friday) Center closed in observance of Good Friday.



Just a reminder Rent and tax rebates have started . You will need a appointment and all the paperwork needed to fill out the application. Please call 570-253-4262 to make an appointment.

Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-3:00pm Bridge Club 1:00-3:30pm Canasta	10:30-11:30am Healthy Steps Exercise Class 1:00-3:30pm Billiards Shuffleboard	10:00-11:00am Healthy Steps Class 1:00-2:00pm BINGO 2:00-3:30pm Caregivers Support Group—2nd Wed. each month NEW—Grief Sup- port group 4th Wed. each month	11:00am-12:00pm Crafts/Crocheting every 2nd and 4th Thursday 1:00-3:30pm Shuffleboard Billiards	10:30-11:30 Healthy Steps Class 1:00-3:30pm Rummikub tile game Billiards Shuffleboard

New members are always welcomed to join any of our clubs and games.



Frank found the baby in his piece of King Cake during our Mardi Gras Celebration!



Northern Wayne Senior Center

We enjoyed our Valentine's Day Celebration. Our next meeting dates will be on Thursday, March 7th and Thursday, March 21st. On March 7th, Angela Reeves from the Pennsylvania Department of Health will be available to perform blood pressure readings. On Thursday, March 21st, we will be having our St. Patrick's Day celebration. Just a reminder we will be meeting twice a month from March through October. These are photographs of our Valentine's Day celebration.



Northeast Sight Services offers a number of different Support Services to adults based on the following qualifications: Geographic Area: Lives in the Counties of Upper Luzerne, Pike, Wayne, and Wyoming.

Visual Eligibility (based on one or more of these four factors): A corrected visual acuity of 20/70 or greater in the better eye · A visual field loss of 20 degrees or greater · A diagnosis of a progressive sight threatening disease · A significant functional limitation from vision loss Individuals who meet these qualifications are eligible for: Adjustment to Vision Loss Services (Initial Evaluation & Referral) Vision Rehabilitation Therapy Assistive Technology In-Home Independent Living Support Educational and Social Events

1825 Wyoming Avenue, Exeter PA 18643

sara@northeastsight.org

www.northeastsight.org

For more information call :

570-693-3555

Toll free 1-877-693-3555



All Centers will be closed on Friday, March 29, 2024 in observance of Good Friday.



Daylight Savings Time begins Sunday, March 10, 2024. Turn your clocks ahead one hour before going to sleep on Saturday night.



**Murder at Mount Hope Mansion
Mystery Dinner**
Friday, April 26, 2024
\$115.00 per person



Accept this invitation to an interactive culinary "who-done-it," enjoy a sumptuous four-course meal and the opportunity to become a detective, interrogate the suspects, put the clues together and uncover the truth. Keep your wits about you... you can never be too careful about who to trust and remember to keep your eyes open for any lurking double agents.

Our travels take us to Mount Hope Estate & Winery in beautiful Lancaster County. Our day starts off with dinner, Swedish Meatballs, Cream of broccoli soup, French onion stuffed chicken and pineapple upside down cake for dessert. With our bellies full it's time to solve the mystery. Who did the dirty deed???



After the show there will be time to visit the winery.
Reserve your seat with Christina at 570-253-5540 or
Debbie at 570-630-2385.
Price includes: Dinner, show, transportation & gratuities.

Depart:
Honesdale -9:00 am
Between Harbor Freight & TJ Maxx
Hawley Center -9:30 am
Hamlin Center -10:00 am

Arrive Home:
Honesdale-7:30 pm
Hawley- 7:00 pm
Hamlin -6:30 pm



- Money needs to be in by Monday, April 1st, 2024.
- Make checks payable to: Wayne County Aging.
- Cancellation Policy: Money refunded only if your seat can be filled.
- No refunds April 1st for any reason.



**Hunterdon Hills Playhouse
Presents:
Weekend Comedy**

two couples, two generations, one cabin...



Tuesday, June 11, 2024

\$115.00 per person

In this hilarious comedy, two couples rent the same Catskills cabin for the same weekend. One couple is staid & middle aged; the other free-wheeling & young.



They decide to share and before the weekend is over they all have learned a few new life lessons.

Price includes: luncheon, show, transportation & tips.



Reserve your seat with Christina at 570-253-5540 or Debbie at 570-630-2385

Depart:

Honesdale-8:30 am -Between
Harbor Freight & TJ Maxx
Hawley Center -9:00 am
Hamlin Center- 9:30 am

Arrive Home :

Honesdale -6:00 pm
Hawley -5:30 pm
Hamlin -5:00 pm



- * Money needs to be in by May 14, 2024.
- * Make checks payable to: Wayne County Aging.
- * Cancellation Policy: Money refunded only if your seat can be filled.
- * No refunds after May 14th for any reason.



Join us for a conversation about how vaccines protect against seasonal illnesses.



PennState Extension

Learn from Penn State Extension and the PA Department of Health, about the easy steps you can take to protect your health. Join us for a conversation about how vaccines protect against seasonal illness as well as get your blood pressure checked.

Christina Pullman from Penn State Extension and / or Angela Reeves, from the PA Department of Health, will be at the Wayne County Senior Centers on the following dates:

Hamlin Senior Center— Tuesday, March 26, 2024-11:00-12:00pm

Hawley Senior Center—Wednesday, March 20, 2024-11:00-12:00pm(

Honesdale Senior Center—Monday , March 25, 2024 and April 10, 2024 -11:00-12:00pm

Northern Wayne Senior Center—March 7, 2024-11:00-12:00pm



As a veteran, you and your family are likely eligible for additional financial assistance from the VA



Most veterans are unaware that this money is set aside just for them.

The Veterans Aid and Attendance Improved Pension Benefit is a little-known financial program that provides qualified veterans or their surviving spouse with tax-free income to help offset their medical expenses.

The Veterans Administration does not advertise this benefit. Which means, most veterans never hear about it.

Those that do find out about it, hear about it by accident, by word of mouth, or through intense research.

And there is a lot of misinformation regarding this benefit. The application process is also quite complex, time-consuming and hard-to-navigate through. However, if the applicant qualifies, and the application is filed correctly, the payment is all but assured.

For this benefit, success is most often achieved when the application is completed and submitted by a professional.



Anyone can apply, however wading through the Veteran Administration bureaucracy often stops progress, and stops the recipient from receiving their payment.

To qualify for this benefit, a veteran:

- ★ Needs to show at least 90 days of continuous military service, with at least 1 day being during war time.
- ★ Does NOT have to have been injured, wounded or have died during service.
- ★ Does NOT need to have fought in battle.
- ★ Does NOT have to be in a nursing home or assisted living facility.
- ★ Can also be receiving a military pension.
- ★ Can also currently be receiving a partial VA Disability payment.

What you need to start an application:

- ★ Original or certified copy of the veteran's Discharge papers — also called DD-214.
- ★ Marriage information.
- ★ A list of all income, including Social Security, Pensions, interest payments and dividends.
- ★ A full list assets and their sources.
- ★ A surviving spouse will need the veteran's Death Certificate with cause of death.

If you check all the qualification items, and can provide the information above, we will do all the work for you to secure this extra financial benefit. This is ALL we do on behalf of veterans.



We can help you secure this monthly payment. Call now 772-232-6177

See How Sap Becomes Syrup on 2024 Maple Tour

Maple syrup has a long tradition in North America dating back to Native Americans who first discovered how to turn sap into syrup and sugar. The sugar maple tree, is a species unique to Northeastern America, including Pennsylvania, making maple syrup a special product!



The Northeastern PA Maple Producers hold their annual Self-Guided Maple Tour Saturday and Sunday, March 16 and 17, from 10am to 4pm.

This year will feature 12 local maple producers at stops throughout the area: Burke's Maple Farm, Streamside Maple, Journey's End Farm, Sticky Dog Sap House, Nebzydoski's Maple Farm, North Harford Maple, Shemanski Maple Syrup, Morning Sun Farm, Augusta Acres, G&M Maple, and Pocono Mountain Maple and Watts Hill Maple Farm. Stop by one, two, three, or all of them to see the process of turning sap into syrup. Pick up some locally produced maple syrup and maple-infused products along your travels.

Don't forget to stop by one of the pancake breakfasts to enhance your experience:

- Saturday, March 16, 8am -12pm. adults \$12, children 12 and under \$6, Damascus Community Center at 60 Conklin Hill Road in Damascus, PA.

- Saturday, March 16, 8:30am - 12 noon, adults \$10, children 10 and under \$6, Newfoundland Moravian Church at 982 Main St., Newfoundland, PA.
- Sunday, March 17, 8:30am - 12 noon, adults \$14, children 12 and under \$7, Costello Monahan-Brown American Legion at 395 Great Bend Turnpike, Pleasant Mount, PA.

The tour is coordinated by the Northeastern PA Maple Producers Association in partnership with the Wayne Conservation District and Penn State Extension – Wayne County. The Northeastern PA Maple Producers Association has more than 25 members and represents "Sugar Bushes" ranging from a few taps to well over 5,000 taps. Mark your calendar for this fun event and visit maple producers as they share their love for making maple syrup.

The tour is a FREE, family-friendly event open to the public. Please contact Trevor Tochydlowski of the Wayne Conservation District at 570-253-0930 for further information. [Download the brochure & map.](#) [Sugar-House-Promotional-2024 \(waynecountypa.gov\)](#)

VITA—FREE TAX PREPARATION!!

This program is for households and senior citizens from Northeast Pennsylvania that have income of \$60,000 or less. Appointments can be made after January 3, 2024 by visiting www.uwlc.net.

VISIT WWW.UWLC.NET

TO MAKE YOUR APPOINTMENT!

If you cannot make your appointment online, CALL 570-602-3133 OR 866-662-8887

If appointments are cancelled due to inclement weather, you will receive a call from 211.

We will try to reschedule appointments to the best of our ability!

WALK-INS ONLY

THE UNIVERSITY OF SCRANTON
FIRST FLOOR, BRENNAN HALL
300 BLOCK OF MADISON AVE
SCRANTON, PA

*Please contact the University of Scranton for their schedule and more information on how they will operate this year! Their number is 570-941-4045

APPOINTMENTS ONLY Keyser Valley Community Center

103 N. Keyser Ave
Scranton, PA 18504

Monday	February 5	12pm-4pm	Monday	February 26	12pm-6pm
Tuesday	February 6	9am-3pm	Tuesday	February 27	9am-3pm
Thursday	February 8	9am-3pm	Monday	March 11	12pm-6pm
			Tuesday	March 12	9am-3pm
*SATURDAY	February 10	9am-1pm	Thursday	March 14	9am-3pm
Monday	February 12	12pm-6pm	Monday	March 18	12pm-6pm
Tuesday	February 13	9am-3pm	Tuesday	March 19	9am-3pm
Thursday	February 15	9am-3pm	Thursday	March 21	9am-3pm
*SATURDAY	February 17	9am-1pm	Monday	March 25	12pm-6pm
Monday	February 19	12pm-6pm	Tuesday	March 26	9am-3pm
Tuesday	February 20	9am-3pm	Thursday	March 28	9am-3pm
Thursday	February 22	9am-3pm	Monday	April 1	12pm-6pm
			Tuesday	April 2	9am-3pm
			Thursday	April 4	9am-3pm

MOBILE LOCATIONS
APPOINTMENTS ARE FOR SENIORS (65+) AND THOSE WITH MOBILITY ISSUES ONLY!

Abington Fire Hall 321 Bedford Street—Clarks Summit, PA 18411 Monday, March 4th / 9:30am-5:00pm	North Pocono Library 1315 Church Street—Moscow, PA 18444 Thursday, Feb 29th / 11am-5:00pm
Wayne / Pike Wallenpaupack Brewing Co. 73 Wellwood Ave—Hawley, PA 18428 Tuesday, March 5th / 10:30am-2:30PM	Carbondale - Trinity Episcopal Church 58 River St—Carbondale, PA 18407 Thursday, March 7th / 9:30am-5:00pm Friday, March 8th / 9:30am-5:00pm

PLEASE CHECK THE REVERSE SIDE FOR IMPORTANT INFORMATION!



United Way of
Lackawanna, Wayne & Pike

PennState
Scranton

City of Scranton

Please be aware that VITA appointments will be canceled if inclement weather occurs.

All scheduled appointments will be called prior to their appointment to cancel and reschedule.

Victims' Intervention Program



As we celebrate Women's History Month, we honor the diverse, brilliant women across this nation who keep everything going at home and work, within community organizations

Typically, women spend so much time taking care of everyone around them, they often overlook what they need to care for themselves. Some of the best tools used to ensure well-being are also the hardest to grasp in everyday life. Throughout March, ask the women around you to prioritize time for themselves and their own mental health by doing simple things like:

- Take time to do something you want, or do nothing at all
- Get a good night's rest that includes the recommended 7-9 hours of sleep
- Engage in 20-30 minutes of heart pumping exercise daily
- Go outside! Spend time within the sunshine

Health equity is achieved when every person has the opportunity to attain their full health potential and no one is disadvantaged from achieving this potential because of their social position or other socially determined circumstances. It entails that every person, regardless of who they are or where they live, has access to quality health care that is timely, acceptable, and affordable across their lifespan. It also includes the living and working conditions that influence our overall health and well-being.

Women's health equity is crucial to all aspects of our lives. Empowered women are more likely to access health services and have control over their reproductive rights, and are less likely to suffer domestic violence. Research has shown that when women thrive and are supported, entire communities also thrive.



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, located at 15 Innovation Drive, Lake Ariel, PA 18436, telephone number 570-253-7118.



**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**

Helping you service give time
socialising time skill offer
caring impact rewarding fun however
Volunteering involved support
Volunteer generous love
difference projects happy development
initiative inspirer hope
good quality atrractive talent
thank worth

**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

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



Volunteer Opportunities

Wayne County Area Agency on Aging

Help at a Senior Center, Meal Delivery Drivers

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

RSVP Senior CHAT Program

Call Seniors for a Friendly Chat

Ladore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

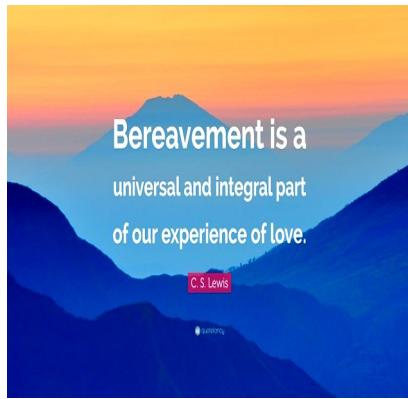


**AmeriCorps
Seniors**

Dawn Houghtaling Call: 570-390-4540 or

*RSVP is funded by AmeriCorps and sponsored by Diakon Community

DIAKON COMMUNITY
SERVICES
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES



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!



Wayne County Library March Events



Wayne County Public Library Chess Club—Every Monday from 3:30-5:00pm.

All skill levels welcomed. If possible, bring your own board.



Come join us to play Scrabble Indoors— Thursday afternoons from 3:30-5:30pm.



Come join us to play Canasta—Tuesdays from 10:00am-12:30pm.



Pleasant Mount Public Library-Penn State Master Gardeners of Wayne County
Gardening Tips and Seed Swap-Saturday, March 9, 2024—10:00-11:30am.



Call for additional information and to register 570-448-2573. (Snow date
3/23/24)

TO REGISTER CONTACT:

Miles Keesler

570-253-1220 or

email mkeeslerwaynelibraries.org



For Those Receiving In-Home Meal 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. Unfortunately due to staffing, we cannot guarantee set delivery days; however, the Aging Office will call you the day your meals will be delivered.

During these winter months we encourage everyone to prepared for those days when your home-bound 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.

Meals may not be delivered if your driveways and/or sidewalks are not clear.

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. 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.*



NOW HIRING



We are hiring part time meal drivers.

If interested, call 570-253-4262



MARCH

WORD SEARCH

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

BIRDS
CLOVER
DAFFODIL
DR SEUSS
FAT TUESDAY
FLOWER
GREEN
LAMB
LEPRECHAUN
MARCH
MARDI GRAS
MARIO DAY
PI DAY
RAIN
RAINBOWS
SHAMROCK
SPRING
ST PATRICKS DAY
TULIP
WAFFLE DAY



•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

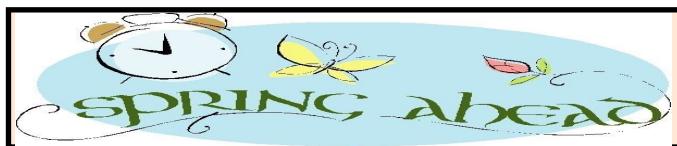
Co-Editors: *Michele*

Braida and Christina Tiel



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. Meetings are November—February, first Thursday only; March—October –first and third Thursday. **For reservations**, please call Christina 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.**