



Celebrating Older Americans Month: Powered by Connection 🌟

In the month of May, we unite to pay tribute to the wisdom, resilience, and invaluable contributions of our older generation during Older Americans' Month. This year's theme, "Powered by Connection," underscores the profound influence that meaningful relationships and social ties have on our overall health and well-being.

This year, Wayne County is commemorating Older Americans' Month by fostering connections between older adults and high school students through a shared gardening endeavor. Join us at our Senior Community Centers on May 16th, from 11:00 am to 2:00 pm, for a delightful day of gardening and camaraderie. (rain date is May 17th)

At each center, we'll facilitate intergenerational bonding as high school students and older adults plant flowers, exchange stories, engage in outdoor games, and create lasting memories. Additionally, in-home meal participants will receive planting supplies to cultivate their own herbs—parsley or basil—promoting year-round connection through gardening and cooking.

To add to the festivities, a picnic-style brown bag lunch will be available for \$2.50. It's an excellent opportunity to forge meaningful connections and celebrate community.

To participate, kindly contact your respective community center a day in advance to reserve your spot and ensure inclusion for lunch:

- **Hamlin Center: 570-226-4209**
- **Hawley Center: 570-689-3766**
- **Honesdale Center: 570-253-5540**



Moreover, don't miss the Proclamation signing honoring this event at the courthouse at 10:30 am. Join us as we come together to honor our older adults and strengthen bonds across generations.





May

**Suggested meal price:
\$2.50 for 60 and over;**

**\$5.50 all others. Milk is
included.**

**Menu subject to
change due to
availability.**

		1) Cranberry juice Red pepper & broccoli Quiche Creamed spinach Wheat bread butter Fresh Apple 	2) Baked fish Scalloped potatoes Stewed tomatoes Wheat bread butter Pears NW: Juice, Turkey sandwich, mayo pc, pickled beets, pears	3) Cinco de mayo Chicken enchilada caserole Mexican rice Chuckwagon blend Plantains Churros
6) Juice Meat lasagna Spinach California blend Wheat bread butter Fresh Pear 	7) Turkey roll ups w stuffing & gravy Baked Sweet potato fries Roasted brussell sprouts Pineapple 	8) Corn and bean salad Cheese Omelet Turkey sausage Home Fries Wheat bread butter fresh orange 	9) Cranberry Glazed Pork Roast Vegetable pasta Summer squash Wheat bread butter Vanilla pudding Strawberries	10) Mother's Day Chicken cordon bleu Mashed potatoes Vegetable blend Wheat dinner roll butter Strawberry shortcake
13) Stuffed Shells Mini meatballs Marinara sauce Creamed spinach Wheat bread butter Peaches 	14) Chicken & mushrooms Red skin mashed potatoes Broccoli Wheat dinner roll butter Peaches 	15) Stuffed cabbage casserole Brown rice Baby Carrots Wheat bread butter Fresh orange 	16) Older American Day Orange juice Egg Salad Sandwich Quinoa Salad Fruit Cocktail NW: same as above	17) Juice Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread butter Fresh Cantaloupe
20) Baked Ham with pineapple Mashed sweet potatoes Cauliflower Rye bread butter Pears 	21) Grape juice Vegetable Cheese Pizza Garlic spinach Cottage cheese with peaches 	22) Baked fish Florentine Creamed potatoes Carrots Wheat bread butter Cantaloupe 	23) Swedish meatballs Mashed potatoes Green beans Wheat bread butter Fresh orange 	24) Memorial Day BBQ chicken Potato salad Broccoli Wheat dinner roll butter Red, White & Blue dessert
27) CLOSED MEMORIAL DAY 	28) Apple BBQ pulled pork on a wheat bun Baby potatoes Sautéed cabbage Pineapple chunks 	29) Chicken Cacciatore over Cauliflower rice Broccoli Wheat bread butter Fruit cocktail 	30) Southwest fish taco Baked French fries Spinach Cantaloupe 	31) Hamburger Stroganoff Cauliflower rice Green beans Wheat bread bread Mandarin oranges

Legend: NW-Northern Wayne

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



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 9:30am

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.
- *NO REFUNDS AFTER MAY 14TH FOR ANY REASON.**



Niagara Falls, NY
(no passport required)
4 Days – 3 Nights
September 10 – 13, 2024
\$900 per person double occupancy
\$1100 per person single occupancy



Included in the price: 3 nights lodging, 3 breakfast at the hotel, 3 dinners, tour of Niagara area, Maid of the Mist boat ride, Cave of the Winds, Platters Chocolate Factory, Winery tour, Lockport Canal Cruise, Seneca Niagara Casino, Transportation, taxes and gratuities.

For more details & to sign up call Debbie at 570-630-2385 or Christina at 570-235-5540.

Depart Honesdale (between Harbor Freight & TJ Maxx)
at 8:00am, Hawley Senior Center at 8:30am &
Hamlin Senior Center at 9:00am.

*Please have your deposit of \$500 in by June 1, 2024.

Final payment due July 1, 2024.

* Make check payable to: Wayne County Aging.

*Trip insurance is available and encouraged.

Hamlin Senior Center



May Events



Healthy Steps Exercise Course– Wednesdays and Thursdays concluding on 5/23/24. Normally scheduled HSI Exercise Class will resume 5/29 & 5/30.

BINGO – Tuesdays at 1PM and Fridays at 10AM.

Special Evening Bingo -Fridays 5/3, 5/17, & 5/31 at 5PM

Cinco De Mayo – Thursday, May 3rd! Bingo at 10AM, Wear bright colors and enjoy Mexican Food.

Mothers' Day Social – Friday, May 10th! Enjoy a bit of tea and scones! Bring your hats, boas, and your favorite china cup and saucer. A prize for the top three cup and saucer sets.

SENIOR FREE DAY –Tuesday 5/14th – Invite your friends to the center and they will receive free lunch and learn about the programs available at our center and within Wayne County Aging. Activities include the **HOW TO SERIES** – “Learn About Wild Edibles” -Natalie from the Lacawac Sanctuary will facilitate a class about foresting food from nature at 10 AM and a **CRAFT** facilitated by Geisinger “Working with Succulents” at 11 AM..

Older Americans' Month Celebration – Thursday, May 16th -“The Power of Connection” themed event. Come enjoy an intergenerational day with Western Wayne students and seniors. Activities will include flowers and gardening, outdoor games and a bagged lunch!

Jewelry Making with Anny Antenello- Tuesday, May 21st- Learn some of the basics on how to prepare costume jewelry.

Memorial Day Celebration – Friday, May 24th! Wear your red, white and blue and let's celebrate the onset of summer in the pavilion, weather permitting.

HAMLIN SENIOR CENTER CLOSED in observance of Memorial Day-May 27th



May Birthdays



Collen Mentz

Karen Hall



Tom Gillette

Mark Birtel

Phyllis Parry



Monday
8:00-12:00
Fun in Games
Pinochle
Dominoes and
Rummikub
10:30-11:30
Tai Chi
12:30 Mah-jong
1:00 – 2:00
Chair Yoga

Tuesday
8:00-11:30
Fun in Games
10:00 Shuffle-board
10:00 - 4/23
Crafts
10:30 How to Series
1:00- 2:00
BINGO

Wednesday
8:30 VA Rep
5/1 & 5/15
10:00 Healthy Steps
10:00
Fun in Games
1:00
Poker Group

Thursday
10:00 Healthy Steps
1:00-3:00 Fun in Games
Pinochle,
Dominoes and
Rummikub
11AM
Boomwacker
Motion & Music

Friday
10:00-2:00
BINGO
11:00 Weigh In Fridays
12:30 – 3:00
Poker Chip Game
1:00 Yoga & Meditation



Vernon Jones



Rhonda Ward

April Easter Fun

The Hamlin Center had a wonderful day of Easter games such as egg toss, a very funny team egg game and a team art project in which everyone was the artist. Sue Good, our Easter Bunny Mascot, provided a very festive atmosphere! Vernon Jones from “Windfall” brought his very own style of music favorites to everyone. Our members enjoyed their special holiday meal. We wish to thank the Kitchen Team and Meal Delivery for their hard work. Many hands were at work inclusive of all our volunteers and Debbie Birtel. Bingo in the afternoon was our featured finale to a wonderful day.

Sue Good and Anny Anttenello
Egg Toss



Ron Devens
and
Kathy Miller



Hawley Senior Center– May Events



YAHOO!!!!!! Finally spring has arrived.

We had a wonderful turnout for our St Patrick's Day and Easter Celebrations. Happy party goers joined us for two fabulous meals. Our kitchen staff does a wonderful job preparing the meals, and works hard to please all of our palettes. Thank you for what you do every day for our seniors.

We have a lot to look forward to this month:

Friday, May 3rd-We celebrate Cinco-De-Mayo with a wonderful meal and music by Sarah Sings starting at 11am.

Friday, May 10th- Let's celebrate Mom with a delicious meal of Chicken Cordon Bleu and all the fixings, plus a yummy dessert. Music performed by Richard Perrota starting at 11am.

Tuesday, May 14th—Free Day at the Centers. If you are a new senior and have never visited one of our senior centers, you are welcome to come and join us for a free lunch and also free transportation ride too. You will need to sign up with transportation prior to utilizing the ride. Keep in mind you must make your reservation two days prior to your appointment day. We hope you will take advance of this opportunity and see what we have to offer.

Thursday, May 16th— Celebrate Older Americans' Month with the theme "Power by Connection". We will have an intergenerational day pairing seniors with our Wallenpaupack High School Students who will garden together around the Veterans' Memorial. There will be bagged lunch for everyone with popcorn after which, we will enjoy some fun and games (corn hole, pickle ball etc.) All are welcome to attend. Please call a day ahead to reserve your place for lunch.

Last but not least, let's bring in summer with our Memorial Day Picnic on **Friday, May 24th**. What a great way to end the month of May. See you there.



April Birthdays: (I apologize for the mistake last month)

Ken Filardo, Fred Hannel, Andy Anderson, Ann Kreiter, Linda Gardepe, Carleen Guzzo, Della Galgan, Peggy Datto, Joann Rohrbach, Diana Torre, Bella Mehrstens (our furry friend) and Pat Hartshorn.

May Birthdays:

Helene Burgess, Joanie Russo, Anna Swartz, Robert Foell, Lenore Weisse, Dennis Hage, Joanne Dugan, Peter Brown and Alison Paolini



<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	1:00-2:15	10:00-10:30	11:00-2:30	10:30-11:30
Healthy Steps in	Bingo	Tai Chi	Card Group	Healthy Steps in
Motion Class		10:30-2:00	1-2:00	Motion Class
11:30-2:30		Ceramics	Bingo	10:30-2:00
MahJong		10:30-11:30		Ceramics
		Healthy Steps		
		1:30-3:00		
		Crafts		
	*Schedule subject to change			

Honesdale Senior Center- May Events



May 1st (Wednesday)-Blood pressure screening 11am (first Wednesday monthly)

Monday and Thursday 10am (weekly)- Walking in the Park- Join Christina or Amanda for a walk in the park. Let's meet at the Senior Center for some stretching, and then we will proceed to the park.

Monday 11am (weekly)- Join us for the "Mind Matters Lecture Series" we will stream a different informational lecture every Monday at 11 am. The first lecture will focus on Tick Prevention.

May 3rd- (Friday) - Cinco De Mayo Celebration– Wear bright colors and celebrate the day with friends, music and lunch.

May 7th- (Tuesday)- Kentucky Derby Day– Let's have our own Kentucky Derby– Come dressed for the derby and have a great time at the races.

May 10th-(Friday) - Mothers' Day Celebration– Come dressed to the "tea" as we celebrate Mothers' Day with a special tea and muffin breakfast. You are more than welcome to bring your favorite tea cup and saucer.

May 14th- (Tuesday)- Senior Free Day. Bring a friend or a group of friends to the center for a " free lunch" , so they can see how much fun we are having. They can discover all we have to offer them .

May 16th- (Thursday)- Older Americans" Month Celebration. Come join us as we celebrate an inter-generational gardening activity and outdoor fun with our local high school students .

May 24th-(Friday)- Memorial Day Observation– Dress in red, white and blue and show your patriotism for our military servicemen and women. Show your military ID and get a special treat.

May 27th– (Monday)- Memorial Day Observed Center is closed.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00-11:00 Walking in the Park	10:30-11:30 Healthy Steps Class	10:00-11:00 Healthy Steps Class	10:00-11:00 Walk- ing in the Park	10:30–11:30 Healthy Steps Class
11:00-12:00 Weekly Lecture Series	1:00-4:00 Billiards Shuffleboard	11:00-12:00 Wise Wellness Initiative (6 weeks starting April 17th)	10:00 Northern Wayne Center– 1st and 3rd Thursday	1:00 Rummikub tile game
11:00-3:00 Bridge		1:00–2:00 BINGO	10:30 Crafts/ Crocheting	Billiards
1:00 Canasta		2:00-3:30 Caregivers Support Group—2nd Wed. each month	1:00 Shuffleboard Billiards	Shuffleboard
NEW—Grief Support group 4th Wed. each month				
*Schedule subject to change				



Here are a few pictures of our Easter celebration and our Barbershop Quartet Day Chorus!!We thank everyone for coming out and celebrating with us.

Northern Wayne Senior Center

May 2nd -We welcome Amy and Lynn from our dietary department who will give a presentation about "Ways to increase protein through snacks." A delicious, high protein snack will be provided to all who attend.

May 2nd-Angela Reeves from the PA Department of Health will be coming to do a blood pressure screening, for anyone who is interested.

Our next meetings will be May 2nd and 16th. Please call Christina at 570-253-4262 for reservations.

We celebrated Easter a little bit late this year with help from a spring snow storm on April 4th. Here is a picture from our party.



Chicken Salad Stuffed Tomatoes

Servings : 4 stuffed tomatoes
Prep Time : 25 minutes

Ingredients:

1 and 1/2 cups of chicken cooked and shredded (rotisserie chicken is the best for this)

1/2 cup chopped celery

1/8 cup of green chopped onion

1/3 cup of mayonnaise

1/2 teaspoon of lemon juice

1/4 teaspoon of salt

1/4 teaspoon of black pepper

1/4 teaspoon of onion powder

1/8 teaspoon of garlic powder

4 large ripe tomatoes



Instructions :

- In large mixing bowl, combine chicken, celery, green onion, mayonnaise, lemon juice, salt, pepper, onion powder and garlic powder. Stir until combined well. Refrigerate until ready to serve.
- Using a sharp knife, cut the top of the large tomatoes about 1 inch down from top and carefully remove all the tomato pulp. Pat the inside of the tomato dry .
- Use a scooper or a large spoon to fill the tomatoes (about 1/2 cup with the chicken salad. Garnish with your favorite toppings like crumbled bacon, chopped green onions etc. and serve on a bed of salad.



REGISTER NOW ▼

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

When: Wednesdays from 11-12pm starting April 17th

Where: Area on Aging

323 10th St.

Honesdale, PA 18431



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.



Community Impact Network Tours Fish Hatchery

The PA Fish & Boat Commission recently hosted members of the Wayne Tomorrow! Community Action Network at its Pleasant Mount Fish Hatchery, offering the group a tour on the eve of the opening day of trout season.

Pleasant Mount is not involved in producing the more than 3 million brook, brown and rainbow trout stocked in publicly accessible creeks, streams and lakes each year. Those trout are more likely to thrive in waters from the underground sources used in the central Pennsylvania hatchery. The surface water used at Pleasant Mount is better suited to the Tiger Muskies, Lake Trout and Walleye they breed there.



The visit included some citizen science, as members of the group assisted the hatchery staff in their Walleye Spawning operation. They helped collect the eggs, fertilize and prepare them for incubation. The adult male and female specimens were due to be returned to Lake Wallenpaupack the next day, and their offspring will provide sport fishing opportunities across the Commonwealth.

The PA Fish & Boat Commission has been an important partner with Wayne County through their support of the Lackawaxen River Trail development, and in helping the county transform the land around the historic Hankins Dam into a public park. The Wayne Tomorrow! Community Impact Network started the day at the historic, hand-laid dam on Route 670 just south of the village of Pleasant Mount to learn more about the plans for the site.

The park project includes a handicap-accessible walking trail, parking, an education pavilion and access road. The County is working separately to address the safety of the dam and the fate of the pond behind it that once watered the D&H Canal.

Visitors are welcome at the Pleasant Mount Fish Hatchery, and you can call 570-488-2101 for information.



Lyme Disease Prevention



Lyme Disease Awareness Month plays a vital role in empowering communities to stay safe and healthy, particularly during the peak tick season in the spring and summer months.

Avoiding ticks is crucial for preventing Lyme disease and other tick borne illness. Here are several strategies to help minimize your risk of tick bites.

Stay on cleared paths: When hiking or walking in wooded or grassy areas, stick to cleared paths and avoid walking through dense vegetation where ticks may be lurking.

Wear Protective clothing Dress in light-colored , long-sleeved shirts, long pants and closed-type shoes to minimize skin exposure. Tuck your pants into your socks or boots and wear a hat to further protect yourself.

Use insect repellent. Apply, insect repellents, containing Deet,picardian, or permethrin to exposed skin and clothing .

Perform tick checks– After spending time outdoors, thoroughly check your body, clothing and gear for ticks. Pay close attention to areas such as the scalp, behind the ears, underarms, groin and behind the knees.

Shower after outdoor activities: Taking a shower within two hours of coming indoors can help wash away ticks that have not attached to your skin.

Create a tick-safe environment: Keep your lawn well-maintained by mowing regularly and removing barriers between wooded areas and recreational spaces.

Protect Pets: Use tick preventatives recommended by your veterinarian for your pets as they can carry ticks into your home. Check pets for ticks regularly, especially after they have been outdoors.

Avoid Tick Habitats: Ticks thrive in wooded, brushy and grassy areas. Minimize the time spent in these environments , especially during peak tick activity periods in the warmer months.

By following these precautions , you can significantly reduce your risk of encountering ticks and lower the likelihood of tick-borne infections like Lyme disease.

Victims' Intervention Program

Older Americans Month, which is celebrated every May, is a time to honor and strengthen our commitment to older citizens. This year's theme, *Powered by Connection*, recognizes the profound impact our relationships have on our overall health and well-being. Sharing our lives and time with others is vital to our physical, mental, and emotional health, especially as we age. What happens when we choose the wrong person to share our lives with?

Domestic violence, also referred to as intimate partner violence, occurs when a person achieves power or control by inflicting harm to a person with whom they have an ongoing relationship. Typically, perpetrators will use a pattern of coercive tactics such as isolation, intimidation, threats, stalking, manipulation, and violence to gain and maintain control over their victims. Domestic violence affects people of all ages, genders, ethnic, cultural, racial, economic and religious backgrounds. As we age, domestic violence is viewed as a subset of the much larger problem, elder abuse. The key distinguishing factor is that the abuser is a person with whom the victim shares a close personal relationship such as a partner, spouse, or blood related family member.

Older victims of domestic violence can face increased barriers in getting the help they need. In general, it often comes down to generational values and beliefs. Older Americans find speaking about personal or private matters with others extremely uncomfortable. Some victims opt to stay with their abuser for religious, cultural or financial reasons. Many don't want the relationship to end, just the abuse. Over the years, some have given up hope. With all of this going against the victim, what can we do to truly help someone?

First, take time to listen. Respect their values and choices, whether you agree with them or not. Offer compassion and acknowledge how difficult this is for them. Let the victim know that help is available and provide them with the support and assistance they need. Because everyone deserves better than abuse.



1) Empire State Building 2) Eta Aquarids 3) May the 4th be with you
4) Lilly of the Valley and Hawthorn 5) The Titanic 6) The Kentucky
Derby 7) Star Wars 8) 19th Century 9) Audrey Hepburn 10) blue
jeans

Trivia Answers



Memorial Day is more than just a day off-it's a solemn reminder of the incredible sacrifices made by those who served our country. As we come together with family and friends to celebrate, it's crucial to take a moment to recognize the deep meaning behind this day. It's a time to show sincere appreciation for the brave men and women who gave everything to protect the freedoms we cherish.

While we are having fun with cookouts and outings, it's easy to lose sight of the true purpose of Memorial Day. However, pausing to reflect on the sacrifices of our fallen heroes adds profound significance to the day. Their unwavering courage and dedication stand as a testament to the resilience of our nation, inspiring us to uphold the principles they fought for so courageously.

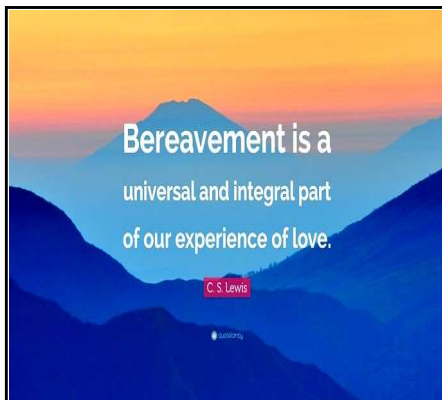
While Memorial Day is to honor those who have passed, we must also express gratitude to the current members of the armed forces and the veterans who have returned home. Their unwavering commitment and sacrifice embody the highest ideals of patriotism and service. This Memorial Day, let's remember their bravery and selflessness, and re-commit ourselves to the values of freedom, democracy, and unity for which they made the ultimate sacrifice.

All Centers will be closed Monday, May 27, 2024 in observance of Memorial Day



Remember -
our fallen heroes.
They are the reason
that we are free.





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!



COMPLEX MEDICAL NEEDS EXPO

**JOIN US FOR OUR 4TH ANNUAL
COMPLEX MEDICAL NEEDS EXPO
FRIDAY, MAY 10TH 10AM-2PM
Wayne County Park Street Complex
648 W PARK ST #A HONESDALE PA 18431**

VENDORS FROM LOCAL AGENCIES INCLUDING BUT NOT LIMITED TO:
PA ELKS, WAYNE CO. EARLY INTERVENTION, GEISINGER, AVEANNA, BAYADA,
GRANDPARENTS RAISING GRANDCHILDREN, AMERIHEALTH, UNITED
CEREBRAL PALSY AND MANY MORE TO HELP YOU NAVIGATE QUESTIONS

ABOUT:

DME - HOME HEALTH - INSURANCE
DISABILITY LIFE PLANNING - MEDICAL ASSISTANCE -
WAIVERS - HOME MODIFICATION
AND MUCH MORE!

Enter for great raffle prizes and a chance to win a Family Day Pass
from Woodloch Pines Resort!



For questions about this event contact Alison Kandrovsky at
complexmedicalneeds@gmail.com

WAYNE COUNTY BEHAVIORAL & DEVELOPMENTAL PROGRAMS/EARLY
INTERVENTION



- 1) Which building first opened it's doors on May 1, 1931?
- 2) What is the name of the meteor shower that happens each May?
- 3) What phrase is used on May 4th to greet fellow Star Wars fans?
- 4) May is the only month with 2 official flowers, what are they?
- 5) What ship sank on its maiden voyage on May 15, 1912?
- 6) What event is known as "The Greatest Two Minutes in Sports" and happens in May?
- 7) What iconic film by George Lucas was released on May 25, 1977?
- 8) May is National Bicycle Month, in which century was the bicycle invented in?
- 9) What famous actress was born on May 4, 1929?
- 10) Which piece of clothing was officially invented in May of 1873?

The Therapeutic Magic of Gardening

Gardening is more than just a hobby; it's a transformative experience that nurtures both our bodies and souls. Whether you have a sprawling backyard or a tiny balcony, tending to plants offers a wealth of benefits. Let's explore the therapeutic magic of gardening:

1. Stress Reduction and Mental Well-Being

Nature Therapy: Spending time in green spaces reduces stress hormones and promotes relaxation. The act of planting, weeding, and nurturing plants provides a meditative escape from daily worries.

Mindfulness: Gardening encourages mindfulness. As you focus on the present moment, feeling the soil, smelling the flowers, and listening to birds, you cultivate a sense of calm.

2. Physical Fitness and Vitamin D

Low-Impact Exercise: Digging, planting, and pruning engage various muscle groups. Gardening is a gentle form of exercise that improves flexibility, strength, and endurance.

Sunshine Exposure: Sunlight triggers vitamin D production, essential for bone health and immune function. Just 10–15 minutes of sun exposure while gardening can boost your mood and overall well-being.

3. Connection with Nature and Community

Eco-Consciousness: Gardening fosters a deeper connection with the natural world. You become attuned to seasonal changes, weather patterns, and the delicate balance of ecosystems.

Community Gardens: Joining a community garden allows you to share knowledge, seeds, and stories with fellow gardeners. It's a space for camaraderie and learning.

4. Nutritious Harvests and Culinary Joy

Homegrown Produce: Growing your own fruits, vegetables, and herbs ensures freshness and flavor. There's nothing quite like biting into a sun-ripened tomato or snipping fresh basil for your pasta.

Cooking Creativity: Gardening inspires culinary creativity. Experiment with new recipes using your homegrown ingredients—it's a feast for the senses.

5. Environmental Impact and Biodiversity

Carbon Footprint: By planting trees and shrubs, you contribute to carbon sequestration. Gardens absorb carbon dioxide and release oxygen, benefiting the planet.

Pollinator Paradise: Flowers attract bees, butterflies, and other pollinators. Creating a pollinator-friendly garden supports biodiversity and ensures food security.

6. Sense of Accomplishment and Patience

Growth and Renewal: Witnessing seeds sprout, plants bloom, and seasons change instills a sense of accomplishment. Gardening teaches patience and resilience.

Harvest Rituals: Harvesting your first crop or arranging a bouquet from your garden brings immense satisfaction. It's a tangible reward for your efforts.

Conclusion

Gardening transcends mere aesthetics; it's a healing balm for our bodies and souls. So grab your trowel, feel the earth beneath your fingertips, and let the therapeutic magic of gardening transform you—one leaf, one bloom at a time. 🌱🌸🌿

For Those Receiving In-Home Meal Delivery

Presently all meals delivered to your home will arrive frozen; we are not offering hot meal deliveries at the moment. You will receive one delivery per week. Regrettably, due to staffing constraints, we cannot promise fixed delivery days. You will receive a phone call in the morning of your delivery day to notify you. If you won't be available at home, kindly leave your cooler out for the driver.





May Word Find



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

Basket

Flowers

May Day

Soil

Bouquet

Gardening

Mother's Day

Umbrella

Butterflies

Ladybug

Plants

Worms

Caterpillar

Ribbons

Spring

Maypole



• **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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AgingNewsletter@waynecountypa.gov

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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.**