



## 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 casserole  
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

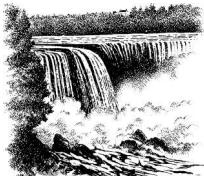
Hawley 5:30 pm

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

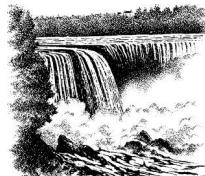
(no passport required)

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 foraging 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 24<sup>th</sup>! 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



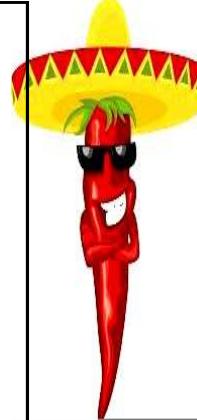
Monday  
8:00-12:00  
Fun in Games  
Pinochle  
Dominoes and  
Rummikub  
10:30-11:30  
Tai Chi  
12:30 Mah-jong  
1:00 – 2:00  
Chair Yoga

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  
Antenello  
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 advantage 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 Mehrtens (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

<b>Monday</b> 9:00-3:00 Exercise Equip 10:30-11:30 Healthy Steps in Motion Class 11:30-2:30 MahJong	<b>Tuesday</b> 9:00-3:00 Exercise Equip 1:00-2:15 Bingo	<b>Wednesday</b> 9:00-3:00 Exercise Equip 10:00-10:30 Tai Chi 10:30-2:00 Ceramics 10:30-11:30 Healthy Steps 1:30-3:00 Crafts	<b>Thursday</b> 9:00-3:00 Exercise Equip 11:00-2:30 Card Group 1-2:00 Bingo	<b>Friday</b> 9:00-3:00 Exercise Equip 10:30-11:30 Healthy Steps in Motion Class 10:30-2:00 Ceramics
<b>*Schedule subject to change</b>				

# 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.

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

\*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.



**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.

### **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.



## 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, picaridin, 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 Kentuckiana 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 recommit 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.



**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:  
mrисpoli@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***

**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**

Make or Receive Friendly Phone Calls

**Ladore Camp, Retreat & Conference Center**

Food Service, Program Instructor, Grounds Maintenance

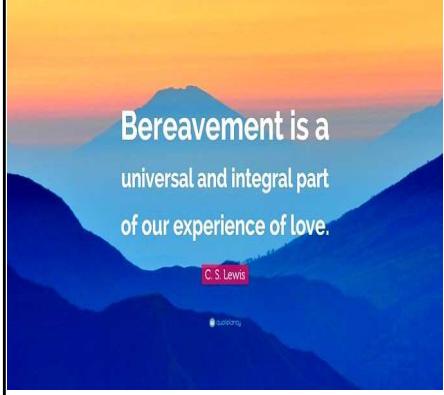
**Salvation Army**

Honesdale Extension

**Dawn Houghtaling Call: 570-390-4540 or**

**Email: [houghtalingd@diakon.org](mailto:houghtalingd@diakon.org)**





Bereavement is a universal and integral part of our experience of love.

C.S. Lewis

©2010

# Grief Support Group



“To get through the hardest journey we need take only one step at a time, but we must keep on stepping”

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

## HONESDALE SENIOR CENTER

323 10<sup>th</sup> Street

Honesdale, PA 18431

*\*Virtual option available upon request\**

4<sup>th</sup> 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 Kandrov at  
[complexmedicalneeds@gmail.com](mailto: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](http://pa211ne.org)  
Text your zip code to: 898211



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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](http://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](mailto: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.**