

# Alzheimer's and Brain Awareness Month: Nurturing Our Minds

As we embrace the warmth of spring, it's essential to turn our attention to a matter close to our hearts: brain health. June is **Alzheimer's and Brain Awareness Month**, a time to raise awareness, educate, and support those affected by Alzheimer's disease and related conditions.

## UNDERSTANDING ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive neurological disorder that primarily affects memory, thinking, and behavior. It is the most common cause of dementia, a term encompassing various cognitive impairments. As we age, our risk of developing Alzheimer's increases, making it crucial to recognize the early signs and seek timely intervention.

## THE IMPORTANCE OF AWARENESS

- **Early Detection:** Knowledge is power. Recognizing the initial symptoms—such as forgetfulness, confusion, and difficulty with familiar tasks—allows for early diagnosis. Early detection enables individuals and their families to plan for the future, access support services, and participate in clinical trials.
- **Reducing Stigma:** Unfortunately, stigma still surrounds dementia. By fostering awareness, we can dispel misconceptions and promote empathy. People living with Alzheimer's deserve understanding, compassion, and respect.
- **Promoting Brain Health:** Alzheimer's prevention begins with a healthy lifestyle. Regular exercise, a balanced diet, mental stimulation, and social engagement contribute to brain resilience. Let's encourage everyone to adopt brain-boosting habits.

## WAYS TO GET INVOLVED

- **Educate:** Attend workshops, webinars, or community events to learn about Alzheimer's research, caregiving strategies, and available resources.
- **Advocate:** Raise your voice! Advocate for increased funding for Alzheimer's research, improved care, and policies that support affected families.
- **Purple Power:** Wear purple—the official color of Alzheimer's awareness—during June. Share your photos on social media using #EndAlz.

## SUPPORT AND COMPASSION

For those caring for loved ones with Alzheimer's, **remember that you are not alone**. Reach out to support groups (see newsletter for our caregiver support group), seek respite care, and prioritize self-care. Compassion and patience go a long way.

## REMEMBERING OUR LOVED ONES

Let us honor those who have faced Alzheimer's with courage and grace. Their stories inspire us to continue the fight for a world without this devastating disease.

Together, we can raise awareness, ignite conversations, and work toward a future where Alzheimer's is preventable, treatable, and ultimately curable.



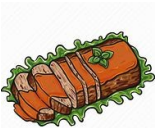

















Join us this June as we celebrate **Alzheimer's and Brain Awareness Month**. Let's nurture our minds, support one another, and envision a world where memories remain vibrant and cherished.

# June

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

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

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

<b>June 2024 menu</b>				
3) Roasted chicken Potatoes O'Brien Vegetable blend Wheat dinner roll butter Cantaloupe  	4) Tomato soup Hot Ham & cheese on a croissant mixed vegetable Warm Peaches  	5) Mediterranean meatloaf/gravy Mashed potatoes Cauliflower Wheat dinner roll butter Pears  	6) Eggplant parmesan Vegetable pasta with sauce Broccoli Wheat bread butter Cottage cheese Peaches (1/2 c) <b>NW: Juice, ham &amp; cheese on croissant, cottage cheese, peaches</b>  	7) Fish Patty on Wheat bun tartar sauce Potato wedges carrots Fresh orange  
10) Chicken patty on a wheat bun Sweet potato fries Broccoli & Cauliflower Peaches  	11) Cranberry juice Red pepper & broccoli quiche Creamed spinach Wheat bread butter Fresh Apple  	12) Orange juice Open faced hot turkey on wheat with gravy Mashed potatoes Carrots Pineapple  	13) Baked fish Scalloped potatoes Stewed Tomatoes Wheat bread butter Fresh pear  	14) <b>Father's Day</b> Pork chop w apples Red skin mashed potatoes Baked beans Rye bread butter <b>Center's-ice cream social</b> <b>HB-Pie</b>  
17) Juice Stuffed shells Mini meatballs Marinara sauce Creamed spinach Wheat bread butter Fresh apple  	18) Orange juice BBQ Ribs Parsley buttered potatoes Green beans with bacon Corn bread butter Peach Cobbler  	19) <b>Closed Juneteenth</b>  	20) Chicken Parmesan Vegetable pasta w sauce Cauliflower Italian bread butter Pears <b>NW: Juice, Egg Salad sandwich, Quinoa salad, fruit</b>  	21) Vegetable soup Egg salad sandwich Quinoa salad Fresh Orange  
24) Honey ginger chicken Roasted red potatoes broccoli Wheat dinner roll butter Peaches  	25) Meat lasagna Spinach California blend Wheat bread butter Fresh pear  	26) Cranberry glazed Pork roast Vegetable pasta Capri blend Wheat bread butter Vanilla pudding Strawberries (1/2c)  	27) Corn & Bean salad Cheese Omelet Turkey sausage Home fries Wheat bread butter Fresh orange  	28) Turkey roll ups with cornbread stuffing Gravy Baked sweet potato fries Roasted brussel sprouts Pineapple  

**Legend: NW-Northern Wayne**

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



## 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.



**Flag Day in 2024 is Friday, June 14th.** It is observed on June 14 to honor and commemorate the adoption of the American flag, which occurred on this day in 1777 by the Second Continental Congress.

**Flag Day holds significant importance in the United States for several reasons:**

**Patriotic Celebration:** Flag Day is a time to express patriotism and love for the country. It provides an opportunity for citizens to reflect on the values, history, and unity represented by the American flag.

**Commemorating the Flag's Adoption:** On June 14, 1777, the Second Continental Congress officially adopted the American flag. This historic moment marked the birth of the Stars and Stripes as the national emblem. Flag Day

serves as a reminder of this crucial event in American history.

**Symbol of Freedom and Democracy:** The flag symbolizes the principles of freedom, democracy, and unity. Its design, with **13** alternating red and white stripes representing the original colonies and **50** stars representing the states, reflects the nation's growth and resilience.

**Honoring Veterans and Service Members:** Flag Day is an occasion to honor veterans, active-duty military personnel, and their sacrifices. The flag represents the dedication and courage of those who have served and continue to serve the country.

**Educational Purpose:** Schools and educational institutions often use Flag Day to teach students about the flag's history, proper etiquette (such as folding and displaying the flag), and its significance. It fosters a sense of civic responsibility and pride.

**Community Celebrations:** Communities across the nation organize parades, ceremonies, and events to celebrate Flag Day. These gatherings promote unity, foster a sense of belonging, and strengthen community bonds.

**Respect and Reverence:** Observing Flag Day encourages respect for the flag. Citizens are reminded to handle the flag with care, display it properly, and treat it as a sacred symbol of the nation.

**In summary, Flag Day serves as a reminder of America's heritage, values, and the enduring spirit that binds its people together.**

# Hamlin Senior Center

## JUNE ACTIVITIES



**Tai Chi**– with Peter Brown Mon. 10:30 AM

**Chair Yoga**– with Ruth P. Mon. 1 PM 6/3, 6/10, 6/17, and 6/24

**Healthy Steps**– Wed. & Thu. 10 AM

**Garden Spot**– Vegetable & Flower beds upkeep Tue., 10-11 AM

**Bingo**– Tue., 1 PM and Fri. 10 AM

**How to Series “Understanding Your Cell Phone”**– Tue., 6/11 at 10 AM in the “Thrive Room” For Android and iPhone cell phone users.

**Friday Night Bingo**– 6/14 and 6/28, 5 PM-7 PM

**Father’s Day Celebration and Flag Day**– Fri., 6/14 Enjoy the Father’s Day Celebration while wearing red, white and blue for Flag Day, Bingo at 10 AM and special entertainment by *The Barber Shop Quartet at 11 AM*. Ice Cream Sundaes for dessert.

**Juneteenth Celebration**– Tue., 6/18 learn about the history of this holiday and enjoy a special lunch menu.

**Country themed Senior Picnic Centerpiece Making**– Tue., 6/18 at 10 AM in the “Thrive” Room.

**Birthday Bash with “Soul Train Theme”**– Fri., 6/21 at 1 PM. Be ready to dance your way to the birthday cake!

**Railriders Game**– The Wooster Red Sox vs. the Scranton Railriders at 6:30 PM on 6/26. The theme is Wagon Wednesday– You may bring your dog and enjoy the \$1.00 special for Hot Dogs! Meeting at the Hamlin Senior Center at 5:30 PM.

**Tick Bite Presentation**– Mon., 6/10 by Angela Reeves, RN,BSN Department of Health

**June 30th**– Deadline to file for the Property Tax/Rent Rebate Program

**Center Closed on Wednesday June 19th in observation of Juneteenth.**

June Birthdays:	Vita Martel Howard Card Rhoda Ward Sandy Baluta June Phillips		Wanda Gorman Lynn Taylor Mary Ann Asimake Noon William Fleming
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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>8:00-12:00</b> Fun in Games Pinochle Dominoes and Rummikub <b>10:30-11:30</b> Tai Chi <b>12:30</b> Mah-jong	<b>8:00-11:30</b> Fun in Games <b>10:00</b> Shuffle-board <b>10:00</b> - 6/4 Cooking <b>10:00-11:00</b> Garden Spot <b>10:00 6/11</b> Understanding your cell phone	<b>8:30</b> VA Rep 5/1 & 5/15 <b>10:00</b> Healthy Steps <b>10:00</b> Fun in Games <b>1:00</b> Poker Group  <i>*Schedule subject to change</i>	<b>10:00</b> Healthy Steps <b>1:00-3:00</b> Fun in Games Pinochle, Dominoes and Rummikub	<b>10:00-2:00</b> BINGO <b>11:00</b> Weigh in Fridays <b>1:00</b> Yoga & Meditation <b>6/14</b> Father’s Day/Flag Day



The National Diabetes Prevention Program (DPP) will be offered at the Hamlin Senior center beginning in June 2024. This is a program that focuses on diabetes prevention, by eating healthy and increasing exercise. The class will be free with a grant from the American lung association, and the greater Carbondale YMCA staff will present it. The program is a yearlong program that begins Thursday, 6/13/24 at 1 PM. Classes will be weekly for the first 16 weeks, then bi weekly for the next 2 months, then monthly for last 6 months. Each class meets for one hour. Participants will be weighed and minutes of activity recorded at each session.

All educational supplies will be provided by the American Lung association.

This class will benefit those who are striving to prevent or delay type 2 Diabetes This program will offer education about Pre-Diabetes, and help you take control of the foods and behaviors that may put you at risk for developing Type 2 Diabetes. Dee Sabia RN will be overseeing the program, and Lorrie Williams RN, will be the facilitator.

Anyone interested please contact Becky Klepadlo 570-689-3766



## Hawley Senior Center– May Events

We made it through another month of activities and gatherings. Summer is on its way and now we are diligently planning for our annual picnic. This year's theme is Country Western, music is by Sarah Sings. Tickets this year will be \$8.00 in advance. The date is Friday July 26<sup>th</sup> starting @ 10am. The Red School House will cater the food again this year. Make your reservations at least 2 weeks ahead of time. Thank you in advance.



We have a couple of events this month starting out with a speaker on Men's health Wednesday June 12<sup>th</sup> @ 11am followed by a Father's Day Ice Cream social Friday June 14<sup>th</sup>. Dinner will consist of Pork with apples, baked beans and potatoes.

Juneteenth will be celebrated on Tuesday June 18<sup>th</sup> with a meal of BBQ Ribs, green beans with bacon and cornbread.

Heads up, our 4<sup>th</sup> of July picnic, this year will be on Wednesday July 3<sup>rd</sup>. We will be closed on July 4<sup>th</sup> for the holiday.

**June 30<sup>th</sup> is the last day to file for the Property Tax/Rent Rebate Program**

**The centers will be closed to observe Juneteenth on Wednesday June 19<sup>th</sup>.**



Pictures-#1 Arlene Olszewski painting- #2 Gary & Maryellen @ Easter-#3 Carlene, Al and Betty @ Easter, #4 Mary & caregiver also Easter- #5 ADL center for Mother's Day music-#6 Donna & Jerry enjoying music on Mother's Day #7 Richard Perrata entertainment for Mother's Day

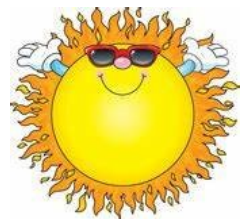
### June Birthdays:

Joyce Carson, Annmarie Thompson, Pat Gememhardt, Laura Edwards, Joan Nixon, Adeline Kellett, Michael Patti, Shirley Stalnecker, Phil Dux and Edith Fitzpatrick



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

# Honesdale Senior Center June Events



**June 5th (Wednesday)**-Blood pressure screening 11am (first Wednesday monthly)

**June 7th (Friday)**-Lynn Potter from our dietary department will speak to us about food safety.

**June 11th (Tuesday)**-Hunterdon Hills Playhouse bus trip

**June 13th & 27th (Thursday) 10:30-11:30**-Crafting with Sandy Kline (2nd and 4th Thursday monthly)

**June 14th (Friday)**-Father's Day Ice Cream Social, wear red, white and blue to celebrate Flag Day while enjoying a frosty dessert for Father's Day.

**June 14th (Friday)**- Luis Elick from the Pa Dept. of Health will join us for a Men's Health presentation.

**June 18th (Tuesday)**- Juneteenth Celebration, come join us for BBQ Ribs and Peach Cobbler.

**June 20th (Thursday)**- Pool Party Day, bring your own pool cues, play some games and meet some new friends.

**June 21st (Friday)**- Have some fun in the sun and play outdoor games in our back courtyard.

**June 28th (Friday)**- Angela Reeves from the Pennsylvania Department of health will be here to offer free blood pressure screenings and a presentation about tick bites.

**Monday and Thursday 10am (weekly weather permitting)**-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 topics range from self-care to history and fun facts.

**June 30th**- Deadline to file for the Property Tax/Rent Rebate Program

**Center Closed on Wednesday June 19th in observation of Juneteenth**

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



**Amanda and Bernice making  
bird feeders.**



**Our Mother's Day Celebration**



**Pat and our May Birthday Boys!**



## **Northern Wayne Senior Center**



*We enjoyed our Mother's Day celebration on May 2nd. Loretta was our lucky winner during Bingo and won the jackpot.*



**June 6th** - Angela Reeves from the Pennsylvania Department of health will be here to offer free blood pressure screenings for anyone who is interested. She will also do a presentation about tick bites.

**June 20th** - Amy and Lynn from our dietary department will be stopping by to give a presentation about the benefits of high protein snacks. We will enjoy a healthy treat afterwards.

**June 30th**– Deadline to file for the Property Tax/Rent Rebate Program

## **Summer Lentil Salad**

### **INGREDIENTS:**

- 2 tablespoons white balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon extra virgin olive oil
- 2 scallions finely chopped
- 2 cups cooked lentils, cooled
- 2 cups peeled and cubed English cucumber
- 1 cup halved cherry tomatoes
- 1 shallot finely chopped
- 1/2 cup feta cheese crumbled
- 1/4 cup chopped cilantro
- 2 fresh mint leaves minced
- kosher salt to taste
- Freshly ground black pepper to taste



### **INSTRUCTIONS:**

1. In a small bowl, whisk together the white balsamic vinegar and Dijon mustard. Whisk in the olive oil, then stir in the scallions. Set the dressing aside. Whisk once more before using.
2. In a medium bowl, combine the lentils, cucumber, tomatoes, shallot, feta, cheese, cilantro and mint. Toss with the dressing. Season to taste with the salt and pepper.

## **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.



## Program Repairs 11 Homes for Low Income Seniors

In its first year, the Whole Home Repair Program has helped make critical repairs and address habitability and safety concerns in 11 homes owned by low-income senior citizens in Wayne County. The funding, just over \$330,000, comes from the American Rescue Plan through the PA Department of Community & Economic Development. It is administered by NeighborWorks Northeastern Pennsylvania (NeighborWorks) at the request of the County Commissioners.



Melody Robinson, a Certified Aging in Place Specialist, oversees the NeighborWorks programs in Wayne County, which go beyond Whole Home Repair. While NeighborWorks NEPA has its roots in Lackawanna and Luzerne Counties, the agency was encouraged to branch into this area by the Wayne Tomorrow! Housing Task Force. It was an opportunity they embraced by launching their Aging in Place program.

Currently, NeighborWorks also offers Critical Safety and Accessibility Modifications, which begin with a preliminary inspection conducted by Robinson, who is looking for anything that might get in the older person's way or possibly cause injury. "Do they need handrails? Is the entrance safe? Are there storm doors or trip hazards?" she explained.

Armed with a tape measure and camera, Robinson thoroughly reviews all aspects of the home's condition, including the roof. Although an occupational therapist, contractor and construction manager will all be brought on to help with the project, Robinson said she remains the primary point of contact throughout the process.

The team provides a list of recommended improvements, but the homeowner has final say in what work is done on their home. Robinson said, "Sometimes (the homeowners) don't see the need for the modifications, so I take the time to explain how it will be useful or safer for them. Ultimately, it's their decision, but I've had a number of seniors tell me afterward they never realized how helpful this or that would be."

Homeowners interested in the program should contact NeighborWorks NEPA directly at 570-588-2490. There is also an application available online. "We have different funding sources at different times that dictate our eligibility guidelines, apply and let us worry about the eligibility," said Robinson.



## YOU CAN TAKE CONTROL Diabetes Prevention Program

**58%** OF NEW  
CASES OF  
**TYPE 2**  
**DIABETES**  
CAN  
BE PREVENTED  
THROUGH PROGRAMS LIKE THE  
**YMCA's DIABETES**  
**PREVENTION PROGRAM**

The GREATER CARBONDALE YMCA and  
the American Lung Association  
are conducting a  
**FREE DIABETES PREVENTION PROGRAM**  
STARTING IN JUNE  
IN THE COUNTIES OF  
Lackawanna, Susquehanna,  
& Wayne  
(Participants receive a free Y membership  
while in the program)

Call for more information  
(570) 282-2210  
Ask for Nurse Dee at ext. 110



## **Victims' Intervention Program**



For many years now, Pennsylvania has ranked within the top 10 states older Americans call home. In 2022, just under 20% of our population was 65 years of age or older. Reflecting a national trend, we are seeing this number steadily increasing. This means that Pennsylvanians over the age of 65 will soon outnumber our youth. More than half of Americans who turn 65 will develop a disability serious enough to require long term care services and/or lack the financial resources needed to pay for basic needs.

June is known across the globe as Elder Abuse Awareness Month. Elder abuse is a widespread public health concern. According to the CDC, 1 in 10 older Americans experience elder abuse, neglect, or exploitation. Yet, it is estimated that only 1 in 24 cases actually get reported. As with most types of interpersonal violence, elder abuse can occur everywhere, to everyone. We can all benefit from learning about some of the risks, signs, and tactics involved, as well as, how to make a report.

- Educate yourself and others on the signs of abuse and neglect. The more people know the more likely they are to prevent or report abuse
- Learn about services available in your community to support people as they age. The more eyes on a situation for an elder, can prevent isolation which makes people vulnerable to scams and financial exploitation
- Check in regularly with older adults in your family and neighborhood
- Provide over-burdened caregivers with much needed support
- Learn about your county Ombudsman program. This is a resident advocate who helps individuals residing in long-term care facilities resolve issues or concerns they may have about the quality of care they receive.

If you have reasonable suspicion of abuse, neglect, or exploitation, contact the statewide Adult Protective Services hotline at 1-800-490-8505. This hotline is available to all US residents, 24 hours a day. Reporters can be anonymous and confidential. Local county information can be obtained through your Area Agency on Aging office.

The staff at Victims' Intervention Program is committed to strengthening awareness about elder abuse through education. If you suspect a loved one is being abused and are unsure what to do, Victims' Intervention Program is here to help. Call us anytime, day or night, at 570-253-4401, or visit us online at [VIPempowers.org](http://VIPempowers.org).

Wayne County 1406 Main Street  
Honesdale, PA 18431  
570-253-1220  
[www.waynelibraries.org](http://www.waynelibraries.org)  
Connecting our community

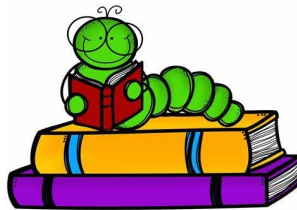


### **TO REGISTER CONTACT:**

**Miles Keesler**

**570-253-1220 or**

**email [mkeeslerwaynelibraries.org](mailto:mkeeslerwaynelibraries.org)**



### **June Programs:**

**1. Myths and Tricks of Houseplants: Tricks on how to take care of your houseplants.**

Presenter: Kristen Armstong Wednesday 6/5/2024 at 4:30-5:30pm.

**2. Essential Oils: Non-Toxic Living with Essential Oils.**

Presenter: Helen Mele Robinson PHD Wednesday 6/12/2024 at 4:30-5:30pm.

**3. Connecting with Spirit Guides: Learn how to connect with your guides.**

Presenter: Miles Keesler Wednesday 6/26/2024 at 4:30-5:30pm.



For office use only  
Application \_\_\_\_\_

COMMONWEALTH OF PENNSYLVANIA  
DEPARTMENT OF AGRICULTURE  
SENIOR FARMERS MARKET NUTRITION PROGRAM

2024 APPLICATION FORM

*To qualify, you must be 60 or older (or turn 60 by 12/31/2024) and meet the household income guidelines.*

**RIGHTS AND RESPONSIBILITIES**

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$27,861** for 1 person in the household; or **\$37,814** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2024).

**1st Participant Name (print):** \_\_\_\_\_ **Birth Date** \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

**2nd Participant Name (print):** \_\_\_\_\_ **Birth Date** \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

**Address (print):** \_\_\_\_\_  
(Street) (City) (State) (Zip Code)

**Telephone Number:** \_\_\_\_\_ **County of Residence** \_\_\_\_\_

☐ I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

**Please circle appropriate identifier for each:**

**Ethnicity:** Ethnicity Hispanic or Latino Not Hispanic or Latino  
**Race:** American Indian or Alaskan Native Asian Black or African American  
Native Hawaiian or other Pacific Islander White

Please see back for USDA Nondiscrimination Statement

**Check Range:** \_\_\_\_\_ **(Office Use Only)**

Please mail completed application to:

**Wayne County Aging Office**  
323 10<sup>th</sup> Street, Honesdale PA 18431

**For any questions: call 570-253-4262 option '0'**  
or email to: [kmcginnis@waynecountypa.gov](mailto:kmcginnis@waynecountypa.gov)



## USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

## Celebrating National Dairy Month

**June is here, and that means it's time to raise a glass (or a carton) to National Dairy Month!**

### The Creamy Goodness of Dairy

Dairy products have been a staple in human diets for centuries. From the humble glass of milk to the indulgent scoop of ice cream, dairy brings comfort, nutrition, and joy to our tables. Let's explore why dairy deserves a month of celebration:

#### 1. Nutrient Powerhouse

Dairy is packed with essential nutrients. Calcium, vitamin D, and protein are just a few of the goodies found in milk, cheese, and yogurt. These nutrients support strong bones, healthy teeth, and overall well-being. So go ahead, savor that creamy latte guilt-free!

#### 2. Farm-to-Table Connection

National Dairy Month is a nod to the hardworking farmers who tend to their cows day in and day out. These dedicated folks rise before dawn, milk their cows, and ensure that fresh, wholesome dairy products make their way to our breakfast tables. Let's tip our hats to these unsung heroes!

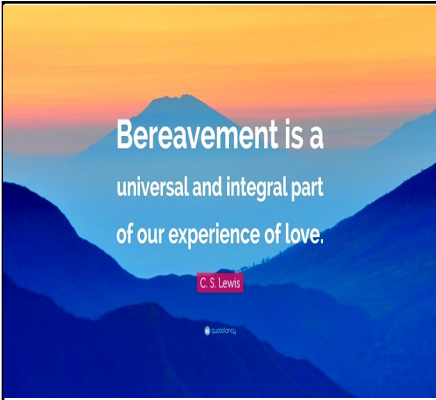
#### 3. Versatility Galore

Dairy isn't just about sipping milk. It's about culinary creativity! Whip up a cheesy lasagna, layer yogurt parfaits with fruits, or indulge in a buttery croissant. The possibilities are endless. And don't forget the ice cream—whether it's a classic vanilla cone or a trendy artisanal flavor, dairy desserts delight our taste buds.

#### How Can You Celebrate?

- **Visit a Dairy Farm:** Take a tour, meet the cows, and learn about the milking process. It's udderly fascinating!
- **Cook Up Dairy Delights:** Try your hand at homemade yogurt, paneer, or ricotta. Your kitchen will smell like a dairy wonderland.
- **Support Local Dairies:** Buy from local producers. Your morning cereal will thank you!

Remember, whether you're a milk enthusiast, a cheese connoisseur, or an ice cream aficionado, National Dairy Month is a time to celebrate the deliciousness that comes from our bovine friends. So grab that milkshake, raise your glass, and say, "Cheers to dairy!" 🥛



# Grief Support Group



*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*

## Summer Word Scrambler



1. OPLO. RPYAT \_\_\_\_\_
2. CIE. RAMCE \_\_\_\_\_
3. WMSINMGI \_\_\_\_\_
4. CINPCI \_\_\_\_\_
5. AWRETKPAR \_\_\_\_\_
6. NUSASLSGSE \_\_\_\_\_
7. HECBA \_\_\_\_\_
8. EPIPLNPAE \_\_\_\_\_
9. EPIPLNPAE \_\_\_\_\_
10. MDELOEAN \_\_\_\_\_



Words to find: Lemonade, Camping, Beach, Picnic, Swimming, Pool party, Ice cream, Waterpark, Sunglasses, Pineapple



• **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**



**Production Coordinator:**  
*Kathy Robbins*

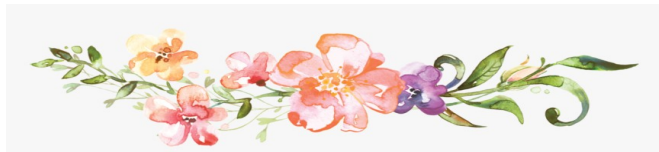
**Menu Coordinator:**  
*Lynn Potter, RD LDN*

**Co-Editors:** *Michele Braida and Christina Tiel*



[AgingNewsletter@waynecountypa.gov](mailto: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](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.***