

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



Yee– Haw !! Saddle Up for Fun!! Our Wayne County Area Agency on Aging Western Themed Picnic Extravaganza is right around the corner!!!

Across our centers, we're gearing up for a rootin' tootin' good time filled with delicious BBQ food, entertaining activities, bingo , exciting door prizes, and a whole lot of fun.

So, round up your center friends , put on your best Western attire, and join us for a day filled with laughter, good food, and memories that will last a lifetime.

To make your reservation for a ticket please call your appropriate center. All tickets are \$8.00

Honesdale /Northern Wayne Picnic: Wayne County Fairgrounds, – **July 12, 2024**-11:00am-3:00pm. Reserve with Kathy at 570-253-5540

Hamlin Center Picnic– Evergreen Hill—**July 19,2024** –11:00am-3:00pm. Reserve with Becky at 570-689-3766.

Hawley Center Picnic– Hawley Senior Center (under the Big Tent) -**July 26, 2024**-11:00am-3:00pm. Reserve with Lu at 570-226-4209.

Independence Day—July 4th

4th of July is a cornerstone of American identity, representing the nation's founding principles, its ongoing quest for freedom and equality, and its enduring spirit of unity and patriotism

July 4th is a significant day in America because it's when we celebrate our country's birthday. Back in 1776, the Declaration of Independence was signed, declaring America's freedom from British rule. This was a huge deal because it meant we could govern ourselves and make our own decisions as a nation. It's like our country's big coming-out party, marking the beginning of the United States as we know it.

On this special day, we remember the brave people who fought for our freedom and the values they stood for, like liberty and equality for everyone. The 4th of July is a time for fireworks, barbecues, and parades, but it's also a time to think about what it means to be an American. It's about coming together as a nation, no matter our differences, and celebrating the things that make us proud to be Americans, like our freedoms and our diverse communities. So, the 4th of July isn't just about partying – it's about honoring our past, celebrating our present, and looking forward to the future of our great country.



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

\$5.50 all others. Milk is included.

Menu subject to change due to availability.

<p>1) Swedish meatballs Mashed potatoes Green beans Wheat bread/butter Fresh orange</p> 	<p>2) Baked Fish Florentine Creamed potatoes Carrots Wheat bread/butter Cantaloupe</p> 	<p>3) July 4th Celebration Orange juice Chili dog on roll Potato salad Baked beans Red, White & Blue dessert</p> 	<p>4) Centers are closed in Observance of Fourth of July</p> 	<p>5) Chicken Corn Chowder Baked potato with sour cream Broccoli Wheat bread/butter Pudding</p> 
<p>8) Apple BBQ pork on a wheat bun Baby potatoes Sautéed cabbage Fresh orange</p> 	<p>9) Chicken Cacciatore over cauliflower rice Broccoli Wheat bread/butter Fruit Cocktail</p> 	<p>10) Southwest fish taco Baked French fries Spinach Cantaloupe</p> 	<p>11) Ground Beef Stroganoff Cauliflower rice Green beans Wheat bread/butter Mandarin Oranges</p> 	<p>12) Vegetarian Stuffed Pepper Casserole Baked potato with butter Mixed vegetable Wheat dinner roll Butter Pineapple chunks</p> 
<p>15) Fish patty on wheat Bun Tartar sauce Potato wedges Carrots Fresh orange</p> 	<p>16) Eggplant Parmesan Vegetable pasta with sauce Broccoli Wheat bread/butter Cottage cheese & (1/2c) Peaches</p> 	<p>17) Mediterranean Meatloaf with gravy Mashed potatoes Cauliflower Wheat dinner roll Butter Mixed fruit</p> 	<p>18) Tomato soup Hot ham & cheese on a croissant Mixed Vegetables Warm peaches NW: juice, ham & cheese on croissant, bean salad, peaches</p> 	<p>19) Roasted chicken Potato O'Brien Vegetable blend Wheat dinner roll Butter Cantaloupe</p> 
<p>22) Italian sausage with peppers & onions Home fried potatoes Italian blend vegetables Italian bread/butter Fresh orange</p> 	<p>23) Chicken enchilada casserole Cauliflower rice Mixed Vegetables Plantains</p> 	<p>24) Red pepper and broccoli quiche Potato wedges Creamed spinach Wheat bread/butter Fresh Apple</p> 	<p>25) Orange juice Open faced hot turkey sandwich on wheat bread with gravy Mashed potato/carrots Pudding</p> 	<p>26) Baked fish Scalloped potatoes Stewed tomatoes/zucchini Wheat bread/butter Pears</p> 
<p>29) Chicken Parmesan Vegetable pasta with sauce Cauliflower Italian bread/butter Pears</p> 	<p>30) Vegetable soup Egg salad sandwich on rye Quinoa salad Fresh orange</p> 	<p>31) Stuffed cabbage casserole Cauliflower rice Baby carrots Wheat bread butter Vanilla pudding and 1/2c strawberries</p> 	<p>Legend: NW-Northern Wayne To make a reservation, please call the center of interest one day prior by 1:00 PM. Hamlin—570-689-3766; Hawley—570-226-4209; Honesdale—570-253-5540 Northern Wayne—570-253-4262 Ext 3166</p>	

Note from the Dietary Staff regarding Meals:

We receive lots of helpful feedback about the meals we serve, both for groups and for people who can't leave their homes. We really appreciate your ideas and try our best to use them when we plan our menu.

But, there are some things we have to keep in mind when we make our menu. Our kitchen isn't very big, and we don't have a lot of fancy cooking tools. So, we have to choose foods that can fit into the containers we use for the homebound meals. We also have to think about how much space we have in our fridge and freezer.

In addition, we have to think about the number of people working in our kitchen. We make about 400 meals every day, so we need to be efficient with our time.

We also have to pick meals that most people will like. For example, some people can't handle spicy food, so we avoid that. We want our meals to be easy to eat and digest for everyone.

The Department of Aging has rules about the nutrition in our meals. Here are some of the important ones:

- Each meal has to have at least 25 grams of protein.
- You should get two servings of fruits or vegetables every day.
- You need to get 20 milligrams of Vitamin C every day.
- Over the week, you should get at least 250 micrograms of Vitamin A.
- There should be 1-2 servings of grains in each meal.
- You should get at least 350 milligrams of calcium in each meal.
- Each meal should have about 7 grams of fiber.
- The amount of salt in our meals shouldn't be more than 1300 milligrams per day, on average.
- You should get at least 600 calories every day, but not more than 750 in each meal, on average.
- The fat in our meals shouldn't be more than 35% of the total calories.

And we always offer milk with our meals.



Food safety is super important, especially when we're cooking and eating during the summer. Bacteria love warm temperatures, so it's extra crucial to handle food carefully. When you're preparing food, always wash your hands with soap and water before and after touching any raw meat, poultry, or eggs. Also, make sure to clean all surfaces and utensils that come into contact with these raw foods to prevent cross-contamination.

When it's time to cook, use a food thermometer to make sure that meats are cooked all the way through. This means no pink in the middle for things like burgers, chicken, and sausages! The safe internal temperature varies for different types of meat, so it's important to check. And once the food is cooked, don't leave it sitting out in the sun for too long. Bacteria multiply quickly in warm temperatures, so it's best to keep hot foods hot and cold foods cold to prevent any nasty bugs from growing.

Finally, when you're done eating, don't forget to store any leftovers properly. Refrigerate perishable foods within two hours, or one hour if the temperature outside is above 90°F (32°C). And if you're not sure how long something has been sitting out, it's better to toss it than risk getting sick. By following these simple steps, you can make sure that your summer meals are not only tasty but also safe to eat!

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 on 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.



Hamlin Senior Center

July Events



Tai Chi– Mondays at 10:30 am with Peter Brown.

Chair Yoga– Mondays at 1:30pm with Ruth Pipitone.

Healthy Steps– Wednesdays and Thursdays at 10:00 am with Kathy Miller

Bingo– Tuesdays at 1:00 pm and Fridays 10:00am.

Pizza and Bingo–Friday night 7/26/24 from 5:00pm-7:00pm..

Garden Spot– Vegetable and Flower beds upkeep. Tuesdays at 11:00am.

July 4th Celebration–Friday 7/3/24. Wear your red, white, and blue. Bingo at 10:00am. Enjoy a special picnic meal!

Center Closed –7/4/24 in observance of July 4th holiday.

Craft time with Becky: Tuesdays 7/19/24 at 10:00am Making Shell Turtles

Hamlin's "A Little Bit Country" Senior Picnic– Friday 7/19/24 from 10:00am-3:00pm. Hayrides from 10:00am-11:00am. Entertainment by "Paul Bigbear" starting at 11:00am. Picnic meal catered by The Red Schoolhouse, gifts and "Smokin Guns" Bingo at 1:30 PM RSVP with Becky.

How to Series- "Understanding Your Cell Phone"– Topic: Understanding Your Settings. Thursday 7/25/24 at 11:00am.

State Representative , Jeff Olsommer's Senior Outreach Program– The fourth Wednesday of each month from 9:00am-12:00pm. Services and answers relating to PennDOT paperwork, Unclaimed Property Recovery, Issues with State Agency, PACE/PACENRT applications, Senior Citizens information and much more!! Start date is 7/24/24.

July Birthdays

Elizabeth Sullivan
Swadesh Ahluwalia
Barbara Smith
Linda Rasor



Gloria Czubowicz
Kathy Miller
Linda Bogenschneider
Judith Franc

Monday
8:00-12:00
Fun in Games
(Thrive Room)
10:30-11:30
Tai Chi
1:00– 2:00
Chair Yoga
1:00-3:00
Pinnacle and
Games
(Thrive Room)

Tuesday
8:00-11:30
Fun in Games
10:30-11:30
Program or
Craft
(Thrive Room)
1:00-2:00
Bingo

Wednesday
10:00-11:00
Healthy Steps
Exercise
9:00-12:00
Representative
Olsommer's
Senior Program
(Every 4th
Wednesday)
1:00-3:00
Fun in Games
8:00-3:00
Nu-Step Exercise
Machine

Thursday
10:00-11:00
Healthy Steps
Exercise
1:00-2:00
YMCA Pre-
Diabetes
Prevention
(Thrive Room)
1:00-3:00
Fun in Games
8:00-3:00
Nu-Step Exercise
Machine

Friday
10:00 AM
Bingo

5:00-7:00PM
Evening Pizza
and Bingo
7/26/24

Older Americans' Month- "Powered by Connections" Event

A **Big** thank you goes out to all those who participated in the 5/16/24 event bringing Older Americans and Senior High School Students together. Most of the day was spent changing the cosmetic appearance of the Hamlin Senior Center with weeding, planting flowers, planting vegetables in our garden box, and mulching. Everyone who wished enjoyed a special bagged lunch, popcorn, snacks and beverages. The high school students were Julia Wehrmann, Kallie Wehrmann, Hannah DeStefano, Collette Schmitt and Guliana Velazques. The seniors who participated were Trie Pope, Elaine Fedele, ThelmaEvarts, Anny Antonello, Patrick Parini, MaryAnn Noon, Janet Kearny, and Alice McAfee.



Inspired by our Earth Day Butterfly presentation by Sally Chummard, Anny Antonello purchased a Butterfly Transformation Kit. We positioned the Butterfly tent in the "Thrive" Room and carried out the steps until we received our new arrivals. Collen Mentz recently lost her husband and in his memory Colleen and Anny conducted the butterfly release. The butterfly release was very special! Thank you Anny , for touching our hearts in such a special way.



Hawley Senior Center– July Events

Welcome to Summer. We have a lot going on this month. First, we are looking forward to our Country Western themed picnic on Friday, July 26th, under the Big tent. Reservations are on first come first serve basis with a seating capacity of one hundred , so call to reserve your spot today. Our entertainment is Sarah Sings starting @ 11am. Door prizes, games, dancing, great eats catered by the Red School House followed by ice cream for dessert. Plan a day of fun with friends and family. See you there.

July 3rd - Wednesday is our 4th of July celebration , wear your red, white and blue.

July 18th—Thursday– We will celebrate our July birthdays.

Every Wednesday we have Tai Chi with Peter Brown, license and insured certified/specialist. There is \$5.00 donation per session.

Always keep a eye on the calendar for all our activities we offer here. Our list keeps getting bigger, as well as our center as new members are joining often. It makes me a very proud center manager knowing how welcoming the Hawley people are. You always make new people feel welcome and I always appreciate each and every one of you.

Looking ahead; Friday, August 2nd we will celebrate Grandparents Day. Bring your grandchildren for a fun day of activities with pizza and an ice cream float.

Tom Bates
Joanne Thurgood
Al Guzzo
Jean Pollaro

July Birthdays



Steven Evans
Ann Kovatch
Maureen League
Kathy Powlies

**Morgan and Jerry
Dancing**



Wallenpaupack Teens & Seniors OAM



Our Vets Memorial



**30th
Anniversary
Mary and
Paul**



**Summer
Speaker**



Teen Gardeners-OAM



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-3:00 Exercise Equip	9:00-3:00 Exercise Equip	9:00-3:00 Exercise Equip	9:00-3:00 Exercise Equip	9:00-3:00 Exercise Equip
10:30-11:30 Exercise 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
		10:30-11:30 Exercise Class		
	*Schedule subject to change	1:30-3:00 Crafts		

Honesdale Senior Center- July Events

July 3rd– Wednesday– Fourth of July Celebration !! Come dressed in your best patriotic outfit as we dine on chilidogs, potato salad, baked beans and a red, white and blue dessert.

July 4th– Thursday– Fourth of July Observance– Center is closed.

July 5th– Friday– Birthday Friday– Let's celebrate all the July birthdays !

July 10th– Barna Law of Honesdale will be doing a presentation on Elder Law at 11:00 am .

July 11th and 25th–Thursday crafting with Sandy Kline 10:30-11:30.

July 12th– Friday– Gather up your partner and Honesdale's Country Picnic at the Wayne County Fairgrounds . Tickets are \$8.00 .

July 17th– Wednesday–Crazy Hat Emoji Day– Explore your “ emoji's “ as you join Christina and Amanda in making your own cray hat.

July 20th– Thursday– National Ice Cream Soda Day– Come and enjoy an ice cream soda in the afternoon while you play some billiards.

July 25th– Thursday– Christmas in July Day– Let's celebrate Christmas in July with frozen hot chocolate, Name that Christmas Carol contest, Ugly Christmas in July T– shirt contest and Christmas summer craft.

July 26th– Friday– Summer Olympics begin, come and compete in our own Summer Olympic Games . Come prepared to have some fun!

Every Monday at 11:00am join us for a different lecture series each week.



<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 Exercise	10:00-11:00 Healthy Steps Exercise	10:00-11:00 Walking in the Park	10:30-11:00 <i>Healthy Steps Exercise</i>
11:00-12:00 Mind Matters Lecture Series	1:00-3:30 Shuffleboard and Billiards	1:00-2:00 Bingo	10:30-11:30 Crafts and Crocheting	1:00-3:30 <i>Rummikub</i>
11:00– 3:00 Bridge		2:00-3:00 Caregivers Support Group 2nd Wednesday of each month	1:00-3:30 Shuffleboard and Billiards	<i>Billiards and Shuffleboard</i>
1:30-3:30 Canasta		Grief Support Group 4th Wednesday of each month		



“Thank you to everyone who participated in the Older Americans Month “ Power of Connection” Event on 5/16/24. The project included students from Honesdale High School who worked with staff and senior citizen participants to beautify our front flower garden. They students arrived armed with tools for the job and received input from the seniors on planting a wide array of annuals. The task was completed with a load of mulch and we thank the students for their time and hard work!! It looks great! Stop by , enjoy and take in the beauty! Special thanks to Lisa, Maggie and Mary for organizing the intergenerational event, our kitchen staff for providing a bagged lunch , our maintenance guys for their assist , and the senior staff and our seniors for participating. The rewards from this event will continue to bloom well into the fall. “

Sincerely, Pat Perkins., Senior Center Director.

Northern Wayne Senior Center

July 4th we will be closed to celebrate Independence Day. We hope everyone has a great holiday!

July 18th will be our next meeting. I am sure everyone will be ready for some BINGO.



July 12th (Friday)- Our annual picnic at the Wayne County Fairgrounds. We hope that you will join us. Tickets will be on sale for \$8.00 per person. Please call Kathy for reservations 570-253-5540.

Amanda enjoyed meeting everyone during Christina's mini vacation.

Here is a picture from our Memorial Day themed party in early June.

August 1st and August 15th will be our next meetings.

Grilled Chicken Salad with Blueberry Vinaigrette

Ingredients

2 boneless skinless chicken breast halves (6 ounces)
1 tablespoon olive oil
1 garlic clove, minced
1/4 teaspoon salt
1/4 teaspoon pepper

Salads

1 package (10 ounces) ready
1 cup fresh blueberries
1/2 cup canned mandarin
1 cup crumbled goat cheese

Vinaigrette

1/4 cup of olive oil
1/4 cup blueberry preserves
2 tablespoons balsamic vinegar
2 tablespoons maple syrup
1/4 teaspoon ground mustard
1/8 teaspoon salt
Dash pepper



Directions:


1. Toss chicken with oil, garlic, salt and pepper, refrigerate, covered, 30 minutes. In a small bowl, whisk together vinaigrette ingredients, refrigerate, covered, until serving.
2. Grill chicken, covered over medium heat until a thermometer reads 165 degrees. 5-7 minutes per side. Let stand 5 minutes before slicing.
3. Place greens on a serving plate, top with chicken, blueberries and mandarin oranges. Whisk vinaigrette again, frizzle over salad. Top with cheese.

★ ★ ★

**COMMUNITY OPEN HOUSE
& SALUTE TO VETERANS**

WEDNESDAY, AUGUST 7TH


★ ★ ★

**Classic Car & Motorcycle Show.
Trophies Awarded!**

★ ★ ★

Join us as we honor the brave Veterans of the Waymart area and beyond.

Ceremony to honor Veterans : 10:30am
Music
*Community Lunch : 12pm - 1:30pm
Registration Required. Freewill Donation
Pontoon Boat Rides
Flea Market
and more!



★ ★ ★

Rain or Shine Event. (570) 488-6129 to reserve your spot.

County Touts \$11 Million in Broadband Investments



The Wayne County Commissioners announced more than \$11 million in private broadband investments that will impact more than 3,300 unserved or underserved homes and businesses.

Archtop Fiber (formerly Hancock Telephone) already completed a fiber rollout at Island Lake and nearby in 2023 and early 2024. ICON Technologies upgraded existing towers and added micro pops to extend their wireless network, and Adams Cable completed fiber rollouts in The Hideout, and Wallenpaupack Lake Estates with more investment planned for 2024 and 2025.

Additionally, in 2024 and 2025, NEP Broadband, Charter Communications (Spectrum), and T-Mobile announced major investments in Wayne County without state or federal grant funding. NEP Broadband is expanding its fiber broadband network by 90 miles in Berlin, Damascus, Dyberry, Lebanon, Oregon, and parts of Manchester, reaching up to 1,200 households, many unserved or underserved.

Charter Communication (Spectrum) is expanding its fiber broadband network by 100 miles potentially reaching 2,100 homes in Damascus and Manchester townships, and T-Mobile is expanding its 5G investment in Wayne County, upgrading its existing cell towers with 5G technology, and building new towers in 2024 and 2025.

Wayne County will also benefit from two grants from the PA Broadband Development Authority. Adams Cable will receive \$387,969 with a 25% match for a total investment of \$517,292, while Verizon Pennsylvania, LLC will receive \$2,988,566 a total investment of \$5,953,318 with the match for projects in Monroe, Pike, and Wayne. Both projects impact southwestern Wayne County.

The broadband providers said new customers will be getting flyers and other marketing when the new broadband reaches their homes and businesses.

Over the next year, another round of broadband grants, known as BEAD grants, will distribute \$1.16 billion across Pennsylvania. The Wayne County Broadband Project is planning additional strategies to help as many more unserved and underserved households and businesses to access broadband as soon as possible.

For more information on the Wayne County Broadband Project, contact broadband consultant Kelly Lewis, kelly@lewisstrategic.com, 570.510.7745.

www.WayneTomorrow.com

The **Caregiver Support Program** is able to assist our community's **Caregivers of Older Adults** by providing care management services and monthly reimbursement for caregiving expenses.

To be eligible:

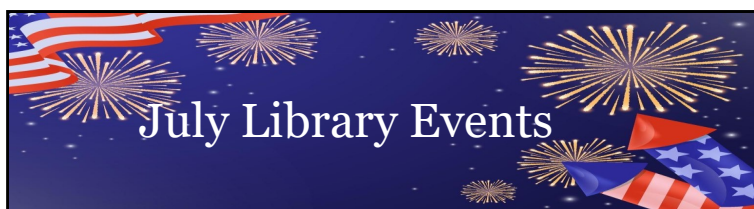
- The Caregiver must be over the age of 18 and currently responsible for providing the majority of care OR paying for care/supplies.
- The Care Receiver (CR) must reside in Wayne County
- The CR must be over the age of 60 and require assistance with Activities of Daily Living such as bathing, dressing, or grooming.
- The **CR's household income** must be less than 380% of the federal poverty level (all household members provide proof of income)
- The Caregiver and/or Care Receiver cannot be enrolled in any MA Waiver programs

Reimbursement:

- Caregivers can receive up to \$600 per month (or a percentage of this; determined by household income) *as reimbursement* for caregiving expenses.
- Reimbursement is approved for caregiving supplies such as protective undergarments, wipes, disposable gloves, over-the-counter medications, nutritional supplements & shakes, PPE, adaptive feeding equipment, and more.
- Reimbursement is approved for services paid such as private-hire personal care, Adult Daily Living Center, and specialized medical transport
- There is a lifetime cap of \$5,000 (separate from monthly reimbursement) for pre-approved larger ticket items like ramps, electric lift chairs, stair glides, wheel chairs, assistive technology, bathroom modifications, etc. (*Health insurance denials may be requested)

****Rule of thumb:** the expenses must be directly related to care provision or the CR's needs in order to be considered for reimbursement.

If interested, please contact the **Wayne County Area Agency on Aging** and ask for the Intake Department. Lisa Gilbert (program supervisor) can also answer any questions or take calls of inquiry. **570-253-4262** or lgilbert@waynecountypa.gov



To register: mkeesler@waynelibraries.org

1. Reiki Healing- Learn the benefits of Reiki healing. Presenter: Nikita Wednesday 7/3/2024 at 4:30-5:30pm.

2. Healthy Me Healthy You- Learn how healthy eating and physical activity can promote a healthy lifestyle. Presenter: Emily Daly Wednesday 7/17/2024 at 4:30-5:30pm.

3. Wildlife Program- The program will discuss the wildlife found in the Upper Delaware River Valley, the history of the park and river safety.

Presenter: Ranger Zachary Tennant Wednesday 7/24/2024 at 4:30-5:30pm.

Wayne County

**WC
PL**

Public Library

1406 Main Street

Honesdale, PA 18431

570-253-1220

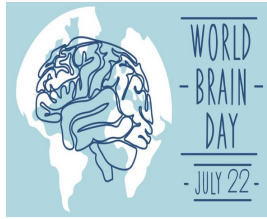
www.waynelibraries.org

Connecting our community

Victims' Intervention Program

July- World Brain Day

Each month, various organizations recognize a multitude of health-related awareness topics. In addition to this, specific days of the month are also dedicated to health awareness. In 2014, the World Federation of Neurology (WFN) began recognizing July 22 as World Brain Day on a global level.



This holiday is designed to increase awareness of brain health issues for people everywhere. According to the World Health Organization, neurologic conditions are the leading cause of disability, illness, and premature death worldwide. One of the most common neurologic conditions in today's world are traumatic brain injuries (TBI). Up until this past decade, the link between TBI and domestic violence has been long ignored.

In the US, 1 in 3 women and 1 in 6 men will experience severe violence from a domestic partner in their lifetime, often resulting in significant trauma to the head and neck. Over 75% of domestic violence survivors suffer single or repeated traumatic brain injuries, most of which go unreported. The number of TBIs from domestic violence is estimated to be 11-12 times higher than the total number of TBIs among athletes and military members combined. Despite these alarming statistics, TBI secondary to domestic violence remains an ongoing problem that affects millions of individuals each year.

Domestic violence can lead to TBI through aggressive shaking, strangulation, a blow to the head (with a fist and/or heavy object), and falling/being thrown to the floor. Single severe head injuries can result in lifelong disability. In the case of repeated head trauma, the potential for long term disability increases substantially. Many survivors report sensitivity to lights and sounds, headaches, fatigue, depression, anxiety, memory or cognitive changes and more. Sometimes these symptoms do not manifest for years after the incident while others appear immediately. Many of these symptoms are shared with professional athletes that sustain repeated head trauma such as football players and boxers. In the case of domestic violence though, survivors aren't wearing helmets and adhering to strict recovery protocols. There are no time outs in the game of life and the hits keep on coming.

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.



Representative Olsommer's Office is instituting a new Senior Outreach Program Initiative in our Hamlin Senior Center .

Beginning July 24, and every fourth Wednesday of the month:

Hamlin Senior Center
15 Township Building Rd.
Lake Ariel, PA

From 9:00am to 12:00pm

Staff will be on-site to help with a variety of services, including but not limited to:

PennDOT paperwork.

Property Tax/Rent Rebate applications.

Unclaimed property recovery.

Unemployment compensation.

PACE/PACENET applications.

Handicapped plates and placards.

**REPLACE YOUR
HARD-TO-READ
LICENSE PLATE**

License plates will be inspected on-site, and help will be available to complete the necessary PennDOT replacement forms. Attendees will be on their way in just a few minutes - please bring your unexpired Pennsylvania driver's license and current vehicle registration card.

**SATURDAY
JULY 20
9 - 11 AM**

Pike Co. Training Facility
135 Pike County Blvd
Lords Valley, PA

Plate Inspection will be done by Rick's Automotive

**SATURDAY
AUG. 10
9 - 11 AM**

Evergreen School
739 Easton Tpk., Lake Ariel, PA

Plate Inspection will be done by PA State Police

Pre-Registration is preferred at RepOlsommer.com/events

**GET
10%
off**
on participating
Weis brands
SENIOR DISCOUNT
60+ all day **TUESDAY**

**Senior Discount
Every Tuesday.**

Seniors 60+ can save 10% on Tuesdays on participating Weis brand products.

HOW TO SIGN UP

Visit the customer service desk with your **valid ID and Weis Rewards Card** and an associate will link the discount to your Weis Rewards Card!

Discount will be applied to Weis Rewards Card. Must scan Weis Rewards Card for discount. See customer service for details.

**Dave's
Super Duper**

**Seniors save 10 % off their orders at
Dave's on Monday's and Tuesday's**

Trivia Answers: 1) 13 times 2) Massachusetts 3) 76 4) 1779 5) John Hancock and Charles Thompson 6) Mary Katharine Goddard 7) 31
Scramble : states, independence, parade, blue, united, white, equality,
fireworks, freedom, red, liberty. All men are created
equal.
Math: Popsicle : 5, balloons:61, bby :34, fireworks: 100 ?=68

Grief Support

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



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

Facilitated by volunteers:

Anthony Campbell & Bill Reitsma

Honesdale's July Concerts in the Park

(Brought to you by the Wayne County Creative Arts Council)

Bring a lawn chair and come on out to Honesdale's Central Park. Have a night of fun, friends and listen to some great music.

Concerts begin at 7:30 pm every Monday and Thursday. There will be a special concert on Monday, July 1st (rain date July 2nd) featuring the Doug Smith Band and the Crystal Band at our Independence Day Celebration which begins at 6:30pm.

- July 4: No concert
- July 8: Lenoxville Community Band
- July 11: Robert Tellefson
- July 15: Eat and Friends
- July 18: Teddy Young
- July 22: Gram Baxtr
- July 25: Old Time Fiddlers
(July 29: Rain Date - Fiddlers)



PROPERTY TAX/RENT REBATE APPLICATION DEADLINE EXTENSION

DECEMBER 31

<http://revenue.pa.gov/ptrr>



AARP Supports Granting Older Adults a

"Wish of a Lifetime"



AARP has partnered with Wish of a Lifetime to grant life-changing wishes to older adults and inspire people to redefine aging in America.

An older adult can nominate themselves to have a wish granted, or someone can nominate an older adult to have a life-changing wish fulfilled.

Learn more about Wish of a Lifetime by visiting: www.wishofalifetime.org

Honey & Blueberry Festival

Weekends

July 20-21 & 27-28, 2024

11am to 5pm

Vendor Spots Open. Reserve Today!

HoneyBlueberryFestival.com OR call 570-798-3234



Protecting the skin from the sun's harmful UV rays is crucial, especially during the summer months when sun exposure tends to be more intense. Here are some steps you can take to ensure sun safety:

Seek Shade: When outdoors, particularly between 10 a.m. and 4 p.m. when the sun's rays are strongest, you should seek shade whenever possible. This can include sitting under trees, using umbrellas, or finding covered areas to reduce direct sun exposure.

Wear Protective Clothing: Opt for clothing that covers as much skin as possible. Lightweight, long-sleeved shirts, long pants, and wide-brimmed hats provide excellent protection against UV rays. Darker colors and tightly woven fabrics offer better sun protection than lighter, loosely woven clothing.

Use Sunscreen: Applying sunscreen is essential for whenever you plan to be outdoors. You should choose a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher. It should be applied generously to all exposed skin areas at least 15 minutes before going outside, and reapplied every two hours or immediately after swimming or sweating.

Wear Sunglasses: Wear sunglasses that provide UV protection to shield your eyes from harmful UV rays. Look for sunglasses labeled as blocking 100% of UVA and UVB rays. This helps protect not only the eyes but also the delicate skin around them from sun damage and potential vision problems.

Stay Hydrated: Drinking plenty of water is essential, especially during hot summer days. You should stay hydrated to prevent dehydration and maintain overall health. Proper hydration also helps keep the skin moisturized and less prone to sun damage.

Avoid Tanning Beds: Tanning beds emit harmful UV radiation, which can accelerate skin aging and increase the risk of skin cancer. Avoiding tanning beds altogether will protect your skin from unnecessary damage.

Check Medication Labels: Some medications can increase sensitivity to sunlight, causing a heightened risk of sunburn or skin reactions. Check the labels of your medications and consult with your healthcare provider if you have concerns about sun sensitivity.

By following these sun safety measures, you can enjoy the summer months while minimizing the risk of sunburn, premature aging, and skin cancer. Prioritizing sun protection helps maintain healthy skin and overall well-being throughout the sunny season and beyond.

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy.

Call the Senior Law helpline if you need assistance at:

877-727-7529

www.seniorlawcenter.org



If you want to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry by calling:

1-888-382-1222 and

1-888-777-3406 or go on line to:

www.donotcall.gov

You Are Not Alone.

PA Support & Referral Helpline
1-855-284-2494
(TTY: 724-631-5600)

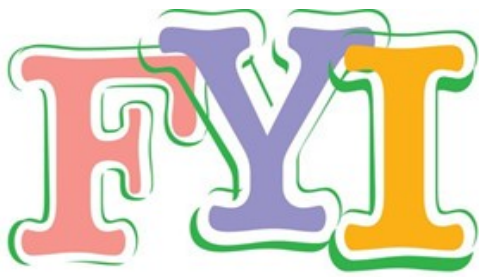
Suicide Prevention Lifeline: Call or Text 988

Trans Helpline: 877-565-8860

Veteran Crisis Line: Call 988 then Press 1

Disaster Distress Helpline:
1-800-985-5990

Crisis Text Line:
Text PA to 741741



• **FOR YOUR INFORMATION** •

211 is a FREE and confidential service, connecting people to services in Wayne County.

**Get Connected / Get Help
Dial 211 or 1-855-567-5341
Website: pa211ne.org
Text your zip code to: 898211**



Production Coordinator:
Kathy Robbins

Menu Coordinator:
Lynn Potter, RD LDN

Co-Editors: *Michele
Braida and Christina Tiel*



AgingNewsletter@waynecountypa.gov

**Find us on Facebook at Wayne
County Office of Human Services**

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.***

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