

September is Senior Center Month!!!

September is dedicated to highlighting the vital role that senior centers play in the lives of residents who are 60 and older.

These community centers provide social and recreational activities as well as health and wellness programs, assistance with Medicare and even help finding employment.

GRANDPARENTS DAY IN HONESDALE





SEPTEMBER

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

\$5.50 all others. Milk is Included.

Menu subject to change due to availability.

Closed Enjoy your La- bor Day! 	3) Italian sausage with peppers & onions Home fries Italian blend Italian bread Butter Fresh orange 	4) Chicken patty on a wheat bun Sweet potato fries broccoli & cauli-flower Milk Peaches	5) Red pepper and broccoli quiche Potato wedges Creamed spinach Rye bread Butter Pineapple NW: juice, Tur- key sandwich, mayo pc, pickled beets, pineapple	6) Hike: orange juice, turkey sandwich, pick- led beets, apple Hot Turkey sandwich WW bread/gravy Mashed potatoes Beets Butter Fresh apple
9) Juice Stuffed shells Mini meatballs Marinara sauce Creamed spinach Wheat bread Butter Peaches 	10) Juice Fish sticks Macaroni & cheese Stewed tomatoes Rye bread Butter Fresh Cantaloupe	11) Stuffed Cab- bage Casserole Cauliflower rice Baby Carrots Wheat bread Butter Fresh orange	12) Vegetable soup Egg Salad (on WW bread) sandwich Capri salad Fruit cocktail HB-egg omelet Breakfast potatoes	13) Juice Chicken Parmesan Penne pasta with sauce Cauliflower Italian bread butter Pears
16) Corn and bean salad Cheese Omelet Turkey sausage Home fries Wheat bread Butter Fresh orange Pajama Day!! 	17) Turkey roll ups with corn bread stuffing Gravy Sweet potato wedges Roasted Brussel sprouts Pineapple	18) Cranberry glazed pork Mashed potatoes Squash Wheat bread Butter Vanilla pudding with 1/2c strawberries	19) Meat lasagna spinach California blend Wheat bread Butter Fresh pear NW: juice, ham and cheese sandwich, bean salad, peaches	20) Senior Center Day Orange juice Chicken Marsala Rice Pilaf Green beans Wheat dinner roll Butter Peaches
23) Baked Ham with pineapple Mashed sweet potatoes Cauliflower Rye bread Butter Pears 	24) Chicken Corn Chowder Baked potato with sour cream Broccoli Wheat bread Butter Pudding	25) Grape juice Vegetable cheese pizza Garlic Spinach Milk 1/2 c Cottage cheese and 1/2c Peaches	26) Baked fish Florentine Creamed potatoes Carrots Wheat bread Butter Cantaloupe	27) Swedish meat- balls Mashed potatoes Green beans Wheat bread Butter Fresh orange
30) Breaded fish patty Baked potato Butternut squash Wheat bread Mandarin oranges	Tasty Tidbits from the kitchen What's Red, White and Blue and puts stars in your eyes? Our red white and blue dessert that you had last month! Our dessert is a yummy mix crafted using over 400 biscuits, 80 pounds of strawberries, 40 pounds of blueberries, and a HUGE tub whipped topping. Totaling to around 400 desserts. Our Kitchen Staff kindly creates and crafts these dishes for YOU! We serve four Senior Centers and we deliver meals to our homebound clients. If you would like our delicious meals, whether from the Honesdale Senior Center or our Ala Cart just give us a call one day in advance by 1pm at (570)253-4262.			

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

Legend: NW-Northern Wayne



MOBILE FARM
Market
the cooperage project

Weekly Market Schedule

Wednesdays - 10 AM to 12 PM

Preston Township Buidling, Lakewood PA

Thursdays - 4 PM to 6 PM

Fred R. Miller Pavilion, Main Street in Honesdale

Fridays - 1:30 PM to 2:30 PM

Maple City Apartments, Honesdale

We accept these forms of payment :



Supplemental
Nutrition
Assistance
Program



NEW

**We now accept
FMNP vouchers*!**

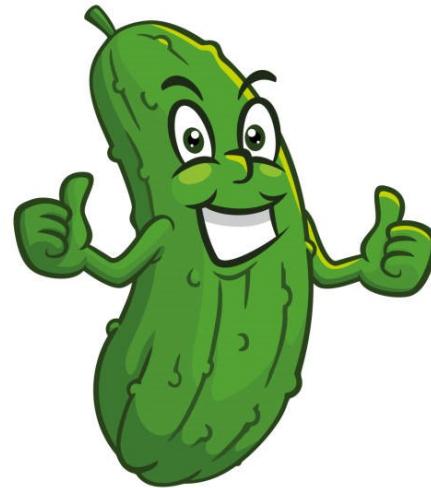
* We accept both WIC and Senior FMNP vouchers.
Valid only on fresh produce.
No change is given when redeeming vouchers.

Overnight Pickles

A.K.A Refrigerator Pickles

You will Need:

- 2-3 Clean Mason Jars and Lids
- 3 Cucumbers sliced into coins or spears
- 2 Garlic Cloves
- 1 Bunch of Dill
- 3/4 Cup White Vinegar
- 3 Cups of Water
- 2 1/4 Teaspoons Salt
- 3 Tablespoons Sugar



Step One- Combine Water, Vinegar, Sugar, Salt into medium saucepan and heat on low until sugar and salt is dissolved. Allow Brine to cool.

Step Two- Place Cucumbers, Dill and Garlic into Jars and cover with brine, secure lid and refrigerate for at least 24 hours for best flavor.

Step Three- Keep refrigerated and enjoy within one month.

Note-Feel Free to add Onion, Tomato, Carrots or any other Fresh Garden Veggies and Herbs that you may like.

Hamlin Senior Center– September Activities

Tai Chi – Monday at 10:30 AM, 9/2, 9/9, 9/16, 9/23 & 9/30

Chair Yoga – Monday at 1 PM, 9/2, 9/9, 9/16, 9/23 & 9/30

Healthy Steps – Wednesday and Thursday at 10 AM

Bingo – Tuesday at 1 PM and Friday at 10 AM

*****Schedule Subject to Change***

We would like to thank the following sponsors for their contribution towards our annual picnic!

Black & Brass

3-D's Deli

California Taco

Century 21

Comfort Inn

Countryside Florist

Dollar General

Drafts

Hamlin Beer Heaven

Joane Strada's Hair Salon

John's Italian Restaurant

Kim & Andrews Farm Market

Locklin's Fuel

Lori's Corner Café

Palermo's Restaurant

Paul Kellogg's Nursery

Pier's Pizza

"R" Place Bar & Restaurant

Remax

Ritter's Farm Market

Schaffer's Best Hardware Store

Smokin Joe's

Subway

Sue's Corner Cuts

Sunoco

The Brew

Trendsetter's Hair Studio

Valero's Gas

Wayne County Family Health

Weis Market's

Yo Po Chinese Restaurant

HAMLIN ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8-12:00 Fun in Games (Thrive Room)	8-11:30 Fun in Games	10-11 AM Healthy Steps Exercise	10 -11 AM Healthy Steps Exercise	10 AM BINGO
10:30-11:30 Tai Chi	10:30 – 11:30 Program or Craft (Thrive Room)	1- 3 PM Fun in Games	1-3 PM Fun in Games	5-7 PM Evening Pizza & BINGO (9/13 & 9/27/24)
1 – 2 PM Chair Yoga		8 AM – 3 PM Nu- Step Exercise Machine	8AM – 3 PM Nu- Step Exercise Ma- chine	
1 PM – 3 PM Pinnacle & Games (Thrive Room)	1 – 2 PM BINGO			*Schedule sub- ject to change



Hawley Happenings



Please support the following Sponsors that made our Hawley Hoedown such a beautiful event. We appreciate you from the bottom of our hearts.....

Mary Kay

Thomas Spinning Lures Inc.—Hawley, PA

Pat's Bar—Hawley, PA

Settlers Inn—Hawley, PA

Joe and Lorenzo's Italian Restaurant—Hawley, PA

Ann Skier Agency—Hawley, PA

Nail Love—Honesdale, PA

Barbara Wallace Hair Designs—Hawley, PA

Beach Lake Bakery—Beach Lake, PA

Theresa's Hair Revue—Hawley, PA

Ridge Restaurant—Hawley, PA

Paupack Watering Hole—Hawley, PA

Wallenpaupack Boat Tours—Hawley, PA



Linda Wells
Cathy Santos
Ernie Seagraves
Nancy Hartmann
Mary Benko
Judy Reisel



Karen Thompson
Richard Martin
Buck Evans
Dorothy Case
Elaine Utter
Anna Huber



First, I want to extend my warmest wishes to Lu for a happy, healthy, and well-deserved retirement. You are truly missed by all of us. I also want to express my deep gratitude to everyone for welcoming and supporting me during my first month at the Hawley Center. Words can't fully capture how much I appreciate your kindness, especially from Lu, who has continued to be there for us even in retirement. Additionally, a heartfelt thank you to everyone who sponsored, attended, or volunteered for this year's picnic; it was a great success because of your support. We truly appreciate each and every one of you. Michele Braida

Lunch Reminder: Everyone must sign the lunch book a day ahead of time in order to receive lunch for the next day. If you are unable to come to the center, than please call to reserve your lunch reservation.

Special Events: We have a lot of fun and special activities planned as we enter into the fall season. C'mon down, pick up a list; find out for yourself and join in the fun!!! Visitors are always welcome!!

Important Dates:

September 6th, Friday-Prompton Hike at Prompton State Park. Hike begins promptly at 10:30 am . Please call 570-253-4262 by Wednesday, September 4th , to reserve your space and your lunch.

September 10th, Tuesday-Lynn Potter will be here at 11:00 am to discuss the Importance of Hydration.

September 20th, Friday-Senior Free Day-Come down to the center and get a free lunch and free transportation for the day. Find out everything the center has to offer , meet some new friends and be involved in the wonderful experiences we have planned for the day. If you are already a member and bring a friend with you for the day , you also will get something special.

Hawley Activities

<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 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
10:30-2:00 Ceramics		10:30-2:00 Ceramics	1-2:00 Bingo	
11:30-2:30 Mahjong		10:30-11:30 Healthy Steps		*Schedule subject to change
		1:30-3:00 Crafts		

Honesdale Senior Center-September Activities

September 6, Friday-Join Us for our annual hike at Prompton State Park.

Hike starts promptly at 10:30! Lunch reservations required.

September 11 and 25, Wednesday-Join Sandy Kline for a free craft 10:30-11:30

September 16, Monday-Pajama Day! Wear your Jammies and enjoy an egg omelet for lunch!

September 20, Friday-It's Senior Center Day Come check out our center, first time visitors enjoy a complimentary lunch and free transportation, if necessary. Reservations required, please call Kathy to reserve your spot. 570-253-4262

September 20, Friday-Angela Reeves from Dept. of health will also be at the center to check blood pressure.

Monday 10:00-11:00 Walking in the Park 11:00-12:00 Mind Matters Weekly Lecture Series 11:00-3:00 Bridge 1:00 Canasta	Tuesday 10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard <i>*schedule subject to change</i>	Wednesday 10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers Support Group 2nd Wed. each month 2:00-3:30 Grief Support Group 4th Wed. each month	Thursday 10:00-11:00 Walking in the Park 10:00 Northern Wayne Center-1st and 3rd Thursday 10:00 Crafts/Crocheting 2nd and 4th Thur. 1:00 Shuffleboard Billiards	Friday 10:30-11:30 Healthy Steps Class 1:00 Rummikub tile game Billiards Shuffleboard
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We would like to thank everyone for their cooperation with our annual Honesdale Senior Center Picnic. Our seniors came out in force and enjoyed a fun-filled day! The senior center staff began preparing months in advance for the event. The local merchants & businesses are very generous allowing us to provide a door prize for everyone. The Red Schoolhouse prepares wonderful food every year and Lighten Up gave us great county music. Trails End Campers were terrific volunteers, serving beverages, food, with some dancing on the side. Our maintenance department assisted where needed and our transportation department made sure those needing a ride got to the fairgrounds. Where would we be without transportation!? Thank you to our fiscal staff for tracking donations and paying the bills. Last, but not least we are grateful to Al Beck and the fairgrounds committee for allowing us the use of the site and the work they do to prepare for our event. We are very appreciative for the volunteers and county staff who have made this day so successful. Thank you to our kitchen staff for their support and every day for great meals at our centers. We thank our commissioners for their dedication to our aging population and Mary Ursich, our director who is always there for us.

Thank you again to everyone.

- Sheriff Pat Perkins





Starting in October, The Grief Support Group will be meeting twice per month on the 2nd and 4th Wednesday

The Caregiver support group will begin meetings on the 3rd Wednesday



Northern Wayne Senior Center

October 3rd-Lynn Potter our registered dietitian will be giving a presentation about reading and using nutrition food labels.

Our meetings next month will be October 3rd and 17th. We will celebrate Halloween on October 17th. Come dressed in your best costume and prepare to do the monster mash!

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.

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

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

Address: 1825 Wyoming Avenue, Exeter PA 18643

Email: sara@northeast sight.org

Website: www.northeast sight.org

Toll free: 1-877-693-3555

Phone: 570-693-3555



**NORTHEAST
SIGHT SERVICES**

— Since 1918 —

OUR VISION IS CLEAR:
SIGHT LOSS SUPPORT & PREVENTION™

Transportation Task Force Launches Shuttle Survey



Transportation Survey



The Wayne Tomorrow! Transportation Task Force seeks input on the feasibility of a shared-ride shuttle service along Route 6.

This service would be provided by a third-party, private enterprise and **WOULD NOT BE OPERATED** by the Wayne County Transportation Department.

SCAN OR VISIT <https://waynetomorrow.com/373/Transportation-Survey>.

HONESDALE – The Wayne Tomorrow! Transportation Task Force has been charged with identifying the changing needs and challenges of transportation for the residents of Wayne County, and they need your help.

The Task Force launched a short survey that will help to gage the feasibility of shared-ride shuttle service along Route 6.

While maintaining and repairing roads and bridges is important, so, too, is the need for accessible and affordable public transportation that can help citizens engage in the economy, educational opportunities, health care, recreation and more.

“This is especially true in the post-pandemic era,” explained Community Network Specialist Mikki Uzupes, “Our partner agencies tell us that in recent years, the costs of purchasing, operating, maintaining and insuring a personal vehicle have been growing out of the reach of some families, compounding the hardships presented by the absolute need for reliable transportation in our rural area.”

Last summer, the Task Force was introduced to a representative from Via Transportation, which provides software and mobility services to communities around the globe. The Task Force provided information about “points of interest” along Route 6, and Via proposed a full-blown shuttle system, running from Waymart to Hawley at a projected cost of more than \$2 million for the first year.

The Wayne Tomorrow! Community Impact Network generally agreed that the price tag was simply too high for a rural community to sustain, even with grant, philanthropic and other funding assistance. A discussion of the realities of the transportation landscape, however, led the network to conclude, ‘We need to do something.’

Earlier this year, a pair of local entrepreneurs started a new taxi service in the community and have also sought a license for a fixed-route shuttle service focused on Route 6. The Task Force hopes to use the results of the survey to better inform this private initiative.

The survey is currently live; you can learn more and find a link at WayneTomorrow.com.

FALL WORD SEARCH PUZZLE

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

<u>Word Bank</u>	HARVEST
	HEATER
BIRDS	JACKET
BRISK	LEAVES
CHANGING	MIGRATE
CLOUDS	NOVEMBER
COAT	OCTOBER
COLD	PUMPKINS
COLORS	RAKE
CORN	SCARECROW
CROPS	SEASON
FOOTBALL	SWEATER
FROST	TREES
GOULD	WIND



Falls Prevention Awareness Week is September 23-27

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented-and you have the power to reduce your risk.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.

3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

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

C. S. Lewis
© 2024

Grief Support Group



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

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

HONESDALE SENIOR CENTER

323 10th Street

Honesdale, PA 18431

Virtual option available upon request

4th Wednesday in September

Changing to 2nd and 4th Wednesdays in October

2:00-3:30 PM

Please RSVP if you plan to attend (570) 253-4262

All Are Welcome

September Programs:

1. Hospice 101- Learn about Hospice care and how it can benefit you and loved ones.

Presenter Mary Alice Cosgrove- Wed. 9/4/2024 4:30-5:30pm.

2. Trivia Night - Thursday 9/5/2024 6:00-7:30pm Please Call The Library For More Information.

Facilitator Elizabeth Wilson

3. Reiki - Learn how Reiki can reduce stress and promote relaxation.

Presenter Nakita Shaffer- Wed. 9/11/2024 4:00-5:30pm.

4. Good Health for Body Mind & Spirit- Explore the many ways you can help yourself be healthier. Presenter Linda Bartels- Wed. 9/18/2024 4:30-5:30pm

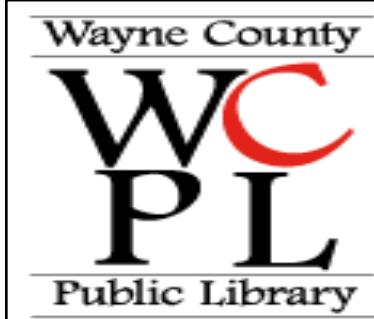
Contact: Miles Keesler

To register:

mkeesler@waynelibraries.org

5. Homeschool - Tammy will provide information on Homeschooling.

Presenter Tammy Preble- Wed. 9/25/2024 4:00-5:30pm



**1406 Main Street
Honesdale, PA 18431
570-253-1220
www.waynelibraries.org
Connecting our community**

Victims' Intervention Program

September- National Preparedness Month

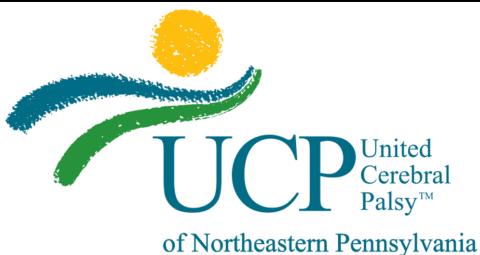
Each September, National Preparedness Month reminds Americans to be prepared for disasters or emergencies in their homes, businesses, and communities. Taking this a step further, we should all plan ahead for emergencies within our personal lives.

Similar to other forms of family violence and domestic abuse, elder abuse can be very complex. Often older adults remain in an abusive situation because of physical, mental, emotional, and/or financial reasons. In these circumstances, having a safety plan can be an important tool to help keep an older adult or someone they care about safe.

A safety plan is a plan of action to help someone protect themselves from abuse. It includes steps to improve safety and strategies for responding to or escaping abusive behavior when it happens. Safety plans need to be practical and realistic, considering the person's strengths as well as their need for support. Emotional safety and wellbeing can be as important as physical safety.

When having this conversation, it is important to listen. Be supportive and encouraging. Let them know they are not alone and validate their feelings. Most importantly, connect them with community resources that can help. Offer ongoing support and encourage the person to review their safety plan often as situations change.

If you know or suspect someone is being abused and are unsure what to do, VIP is here to help. All services are free, confidential, and offered to more than just the victim themselves. Call us anytime, day or night, at 570-253-4401, or visit us online at VIPempowers.org.



United Cerebral Palsy of Northeastern Pennsylvania provides opportunities and resources to individual with disabilities as they build and lead their lives in the community.

UCP serves as one of nine Assistive Technology Resource Centers located in NEPA.

Programs Provided-

- Free Special Phone Program
- Assistive Technology Lending Library
- Pass At ON Reused Exchanged Equipment Partnership which recycles and makes available to the public devices such as Canes, Walkers, Wheelchairs, Commode and shower chairs.

570-347-3357 Assistive Technology Resource Center 1-877-UCP-TECH





•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: *Amanda Buchko & Christina Tiel*



AgingNewsletter@waynecountypa.gov

Find us on Facebook at Wayne County Office of Human Services

Each Day only Comes Once in a Lifetime

Wayne County Area Agency on Aging

323 10th Street

Honesdale, PA 18431

570-253-4262 / 570-209-5770 fax

Elder Abuse/Protective Services:

1-800-648-9620

Honesdale Center: Earl J. Simons Center, 323 10th Street, Honesdale, PA 18431, 570-253-4262/570-253-9115 fax. Located at end of 10th Street across from the Old Stone Jail.

Hamlin Center: Salem Township Building, 15 Township Bldg. Rd, Route 590, Hamlin, PA 18427 570-689-3766 /570-689-5002 fax, Route 191 South to Hamlin 4 corners, turn right onto 590 West, go 1/2 mile, turn right after UPS sign.

Hawley Center: Robert J. Drake Senior Community Center, 337 "A" Park Place, Bingham Park, Hawley, PA 18428, 570-226-4209 / 570-226-3422 fax. Route 6 to Hawley, past ball field across from mayor's office, just before bridge, left onto Park St.

Northern Wayne/Lakewood Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439. Meetings are November—February, first Thursday only; March—October –first and third Thursday. **For reservations**, please call Christina at 570-253-5540.

Transportation: 323 10th Street, Honesdale, PA 18431; 8:00 AM—4:00 PM www.waynecountypa.gov. Go to "Human Services" click on "Transportation" Call 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans Affairs Representative: 314 10th Street, Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov.

Wayne County Adult Day Program: Robert J. Drake Senior Community Center 337 "B" Park Place, Bingham Park, Hawley, PA 18428 **We are accepting applications for new participants. Please call: 570-390-7388; fax 570-390-4564.**