



Greetings to everyone from the PAMEDI staff. We hope that everyone is enjoying the crisp fall air after our hot summer and gardeners are reaping an abundant harvest! This time of year marks the beginning of the Medicare Annual Enrollment Period. (AOEP) The program runs from October 15<sup>th</sup> to December 7<sup>th</sup> 2024. During this time, you will be able to join, switch, or drop Medicare Prescription Drug Coverage or Medicare Advantage Plans. New coverage would begin January 1<sup>st</sup> of 2025.

Pennsylvania Medicare Education & Insight (PA MEDI) is available to assist in making informed health decisions. We can answer questions and compare Medigap, Medicare Advantage and Prescription Drug plans. We are a free and unbiased service working to find the most cost effective plan for you.

The cost of a plan premium does not determine how good the plan is. The best plan for each beneficiary is dictated by your medications. Staff enters your medications at the Medicare plan finder website and will provide details on the most cost-effective plan for each consumer. The website also gives information on the cost of the medications during each phase of the Medicare structure, availability on the plan's formulary, and the pharmacy information. We rarely see a pharmacy that is not in network, but costs vary according to the standard or preferred sites. Again, the outcome is determined by the consumers' medication.

We encourage everyone to check plans as Advantage and drug insurance companies can change their premiums, co-pays and formularies as well as provider networks and prior authorization requirements. We have saved consumers hundreds and even thousands of dollars with plan comparisons. We can do the enrollments and also look for additional cost savings through programs like PACE, Extra Help and the Medicare Savings program. These are income and/or resource based benefits for lower incomes.

Medigap plans can be reviewed during this time, but do not have an annual enrollment period. If you have intentions of changing a gap plan, be aware that answering health questions are routine if you are past your initial enrollment and can add to the cost of your premium or lead to a denial. Medigap plan premiums go up every year as you age, and work with Medicare as the primary payer.

Most Medicare Advantage plans include drug coverage and should be reviewed yearly due to the many changes in details. Medicare is not used with Advantage plans and the company that you enroll with is the primary payer. Advantage plans are continually vying for your business and provide many "extras" to attract consumers, but the bottom line is "Do your providers participate and are they in the network?"

PACE cardholders may receive a letter directing them to the preferred plan and the course of action.

**Companies are required to notify card holders of the changes for the coming year, but with the deluge of junk mail that consumers receive this time of year, this information can be missed. To make an appointment, please call the Honesdale center at 570-253-4262 and the Hawley Center at 570-226-4209. There will be limited appointments for the Hamlin center and for those appointments, call the Honesdale Center.**

**You can also call Medicare at 1-800-633-4227 or go online at medicare.gov.**



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

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

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

**October 2024  
Menu**

1) Tuscan Style Chicken Orzo with peas White beans w/collard greens Italian bread butter Fresh apple	2) Meatloaf with gravy Scalloped potatoes Roasted broccoli Wheat bread butter Pineapple chunks	3) Ground Turkey Goulash Cauliflower Wheat bread butter Strawberries & Vanilla pudding <b>NW: Juice, egg salad sandwich, bean salad, apple crisp</b>	4) <i>Octoberfest</i> Kielbasa with Sauerkraut Potato pancakes with sour cream Green beans Bavarian pretzel Apple Crisp	
7) BBQ chicken Red potatoes Carrots Wheat bread butter Mixed fresh fruit cup	8) Orange Juice Hawaiian Pork Brown Rice Carrots Wheat bread butter Pineapple chunks	9) German Chicken with cabbage Potato pancakes Broccoli Bavarian pretzel Fresh orange	10) Juice Shepard's pie with mashed potatoes California blend Rye bread butter Chocolate pudding	11) Stuffed Shells w/ mozzarella cheese Italian blend Wheat bread butter Applesauce
14) <b>Closed</b> <i>columbus INDIGENOUS People's DAY</i>	15) Orange juice Cheese omelet Sausage Patty Home fries Wheat bread butter Strawberries	16) Juice Pasta with mini meatballs Sauce Broccoli Wheat bread butter Fresh apple	17) Juice Turkey Pot pie Roasted Brussel sprouts Rye Bread butter Pumpkin Mousse <b>NW: Juice, Tuna fish sandwich, pickled beets, fruit cup</b>	18) Pork Cantonese Cauliflower rice Stir fry blend Wheat bread butter Fruit cup
21) Cheese Ravioli Creamed Spinach Italian blend Wheat bread butter Peaches/Cottage cheese	22) Sloppy Joe on a wheat bun Red potatoes California blend Fresh apple	23) Roasted pork Cabbage & noodles Carrots Wheat bread butter Fresh Orange	24) Juice Chicken w mushrooms Mashed potatoes Spinach Wheat bread butter Pudding	25) Orange juice Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread butter Mandarin oranges
28) Baked Ham Mashed sweet potatoes Broccoli Rye bread butter Fresh Apple	29) Lemon pepper fish Roasted potatoes California blend Wheat bread butter Pear & peaches	30) Linguini with roasted vegetables and mini meatballs Spinach Wheat dinner roll butter Applesauce	31) Halloween Chicken Mummy mashed potatoes Boney fingers Harvest bread Bloody butter Dirt Dessert	

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

Legend: NW-Northern Wayne, HB-Homebound Meals





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.

## PUMPKIN SAUSAGE SOUP



### Ingredients:

1 pound Italian sausage

4 cups chicken broth

1 small onion, chopped

1 cup heavy cream

2 cloves garlic, minced

1 teaspoon ground sage

1 can (15 ounces) pumpkin puree

Salt and pepper to taste

### Instructions:

1. In a large pot, cook the sausage over medium heat until browned. Remove and set aside.
2. In the same pot, sauté the onion and garlic until softened.
3. Add the pumpkin puree, chicken broth, and cooked sausage. Stir to combine.
4. Bring to a boil, then reduce heat and simmer for 10 minutes.
5. Stir in the heavy cream and sage. Season with salt and pepper.
6. Simmer for another 5 minutes then serve hot. Enjoy!



# Hamlin Senior Center-October Activities

**Hamlin Senior Center 26th Anniversary** - Friday, 10/4- Come celebrate our special Hamlin anniversary! Octoberfest theme with entertainment by John Stevens and the Doubleshot Band at 11 AM, enjoy German Food and then Bingo at 1 PM.



**Tai Chi w/Peter Brown** - Monday at 10:30 AM

**Chair Yoga w/Ruth Pipitone** - Monday at 1 PM, 10/7, 10/21, & 10/28

**Columbus Day Observance - Center Closed Monday, 10/14**

**Healthy Steps In Motion** - Wednesday and Thursday at 10 AM

**Craft Corner** - Tuesday, 10/8 at 10:30 AM -"Pine Cone Wreaths"

**How to Series** - Tuesday, 10/15 at 10:30 AM "Lac-Awac" Sanctuary Topic

**Bingo** - Tuesday at 1 PM and Friday at 10 AM.

**Halloween Gathering** - Thursday 10/31, Judging the ugliest, funniest, scariest and most original. Prizes for the winners! Bingo At 1 PM.

**\*Schedule Subject to Change**

## October Birthdays:

Sharon Carrol, William Waller, Barbara Giovagnoli and Geraldine Kovalski



State Representative Jeff Olsommer and Gina Ehrhardt have been assisting Hamlin seniors with issues and specialized services available. On August 20<sup>th</sup> they did a short presentation on the services available.



**DECOUPAGE POTS**  
What a fun time we had working on these pots!  
Ann, Thelma and Colleen enjoyed the craft so much they wanted to make more!

The Hamlin Senior Center was blessed to have Kayla Divenuta fulfilling the requirements of her internship with us. She started the beginning of May and completed her hours just in time to return to Niagara University in August.

## HAMLIN ACTIVITIES

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



# OCTOBER HAWLEY HAPPENINGS



We had a lot of fun on Grandparents and Woodstock Day to say the least!! A special Thanks to Mary Ellen for hosting the "Create a Day" - Tie Dying shirts for our Woodstock Day !! We have many new members at the center!!! We would like to welcome everyone and please know we are happy to have you here!! Come down to the center to pick up a listing of all of our "Spook-tacular" activities for the month of October . We are just full of treats for this month .

Here is a small sampling of some of our many activities :

**October 3rd– Thursday**– Join Tim Barna from 10:30-11:30 am, for a discussion on Estate Planning and Elder Law. Tim is one of fewer than 70 attorneys in Pennsylvania certified as an Elder Law Attorney by the National Elder Law Foundation, as authorized by the Pennsylvania Supreme Court. Tim regularly speaks on elder law issues within the community for hospitals, nursing homes, senior centers, libraries, churches, and other organizations.

**October 4th– Friday**– Join us for our Oktoberfest Celebration– Come dressed for the occasion and be ready to polka. Enjoy some delicious food , laugh and share some good times with good people. We will have some other special activities taking place, but you need to come to the center to find out what the fun is all about. Don't miss out– call the center to reserve your lunch today. 570-266-4209.

**October 5th and 6th**– Hawley Hoedown in Downtown Hawley 10:00AM -8:00PM

**October 14th– Monday**– The center is closed in observance of Columbus Day.

**October 22nd– Tuesday**–Join Lois Elick, from the PA Department of Health, from 11:00-12:00 for some Diabetes information as we play Diabetes Bingo.

**October 31st– Thursday**– Halloween Celebration and extra special "TRICK OR TREAT" Halloween Bingo !!!

Come dressed in your best costume for a Howling good time!!

## October Birthdays

**Frances Lloyd**



**Valerie Moll**

**Ann Morgan**

**Mia Kwiatkowski**

**Doris Cory**

**George Hazen**

**Jim Mancuso**

**Monica Steele**

**Dottie Geiss**



<b>Monday</b> 9:00-3:00 Exercise Equip	<b>Tuesday</b> 9:00-3:00 Exercise Equip	<b>Wednesday</b> 9:00-3:00 Exercise Equip	<b>Thursday</b> 9:00-3:00 Exercise Equip	<b>Friday</b> 9:00-3:00 Exercise Equip
10:30-11:30 Exercise Class				10:30-11:30 Exercise Class
10:30-2:00 Ceramics	1:00-2:15 Bingo	10:00-10:30 Tai Chi	11:00-2:30 Card Group	1:30-2:30 Games
11:30-2:30 Mahjong		10:30-2:00 Ceramics	1-2:00 Bingo	
1:30-2:30 Games		10:30-11:30 Healthy Steps		
		1:30-3:00 Crafts		

## Honesdale Senior Center-October Activities

**October 4th (Friday)**-Octoberfest, come join us for a delicious meal of kielbasa, potato pancakes and apple crisp. We will also celebrate our October birthdays.



**October 9th (Wednesday) 9am**-TJ Maxx parking lot-Penn's Peak Bus trip

**October 14th (Monday)-CENTER CLOSED IN OBSERVANCE OF COLUMBUS/INDIGENOUS PEOPLES DAY.**

**October 15th (Tuesday)**-Lynn Potter, our registered dietician, will do a presentation about using the nutrition facts label.

**October 16th (Wednesday) 10:30 am**-Lois from the Department of Health will host Diabetes Bingo. Come and test your knowledge about diabetes causes, prevention and treatment. We also have our Caregivers Support Group at 2:00 pm.

**October 18th (Friday) 10:30 am**-Free blood pressure screening

**October 23rd (Wednesday) 2:00 pm**-Grief Support Group

**October 31st (Thursday)**-Halloween, come dressed in your favorite costume for a chance to win a prize. We will have Halloween themed mini golf for everyone to enjoy. If you have a favorite golf club please feel free to bring it.

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

**The Caregiver support group will begin meeting on the 3rd Wednesday.**



Our Groovy crowd for Woodstock Day!



Honesdale High School had a special 77th year reunion in August!



One of the many sunflowers that were planted around the Aging Building.

## **HONESDALE ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11:00-12:00</b> Mind Matters Weekly Lecture Series	<b>10:30-11:30</b> Healthy Steps Class	<b>10:00-11:00</b> Healthy Steps Class <b>1:00-2:00</b> BINGO <b>2:00-3:30</b> Caregivers Sup- port Group 3rd Wed. each month <b>2:00-3:30</b> Grief Support Group 4th Wed. each month	<b>10:00</b> Northern Wayne Center-1st and 3rd Thursday <b>10:00</b> Crafts/ Crocheting 2nd and 4th Thur. <b>1:00</b> Shuffleboard Billiards	<b>10:30-11:30</b> Healthy Steps Class <b>1:00</b> Rummikub tile game Billiards Shuffleboard  <b>*schedule sub- ject to change</b>
<b>11:00-3:00</b> Bridge	<b>1:00-4:00</b> Billiards Shuffleboard			
<b>1:00</b> Canasta				

## **Northern Wayne Senior Center**

**October 3rd**-Lois from the Department of Health will be back to play Diabetes Bingo and Lynn Potter our registered dietician will be here to talk about reading nutrition labels.

**October 17th**-Our Halloween Party! Wear your best costume and join us for some Halloween fun!



Lois from the Department of Health gave a presentation about vaccine awareness. Everyone enjoyed her visit!

For those who aren't aware, meetings are held at 10:00 AM at the Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood. We meet the 1st and 3rd Thursday March-October and the 1st Thursday of the month November-February (weather permitting). Please call Christina at (570) 253-5540 for more information or to make a reservation for lunch. We hope you will join us!

## **2024 Hike at Prompton State Park**



## **The Cooperage Project Senior Gathering Luncheon**



The next Senior Gathering Luncheon Event for folks age 60 and older is going to be held Wednesday, October 23 at Grace Episcopal Church in Honesdale. Lunch will be served from 11 am to 12 pm, with the program to begin at 12. (Program and menu are still TBD.) Registration will open Wednesday, September 18 and close at 12 noon on Friday, October 11. For more information or to register, call Laurel @ The Cooperage Project : 570-253-2020 extension 3.

# How to Read and Understand a Nutrition Facts Label

(information taken from [www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation))

The nutrition fact label is required on all prepackaged foods. The label can be very helpful when choosing foods that will be good for your health.

There are several areas of particular interest to senior consumers:



**1. Serving size** – This shows you the number of servings in the container. It also shows you the serving size. Often there will be more than one serving per container. It is important to remember that the information on the label relates to the serving size, not the container. The serving size is based on the amount of that food that is usually eaten at one time. Serving size is not necessarily a recommendation of how much to eat. Rather it is a way to determine the nutrition content of that food.

**2. Calories** – This shows the number of calories in one serving of that item. Remember that the calories in the entire package may be more depending on the number of servings in that food. You can check your calorie needs at [www.ChooseMyPlate.gov/MyPlatePlan](http://www.ChooseMyPlate.gov/MyPlatePlan).

**3. Percent Daily Value** – shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide:

5% DV or less of a nutrient per serving is considered low.  
20% DV or more of a nutrient per serving is considered high.  
It is important for seniors to be aware of the following nutrients:  
Dietary fiber – daily value is 28 Grams (g) per day.  
Calcium – Daily value is 1300 milligrams per day.  
Vitamin D – Daily value is 20 micrograms (mcg) per day.  
Potassium – Daily value is 4700 milligrams (mg) per day.  
Saturated Fat – Daily value is 20 grams (g) per day.  
Sodium – Daily value is less than 2300 milligrams (mg) per day.

**4. Added sugars** – Daily value is less than 50 grams (g) per day.



## For Those Receiving In-Home Meal Delivery

Presently all meals delivered to your home will arrive frozen; we are not currently offering hot meals. You will receive one delivery per week. Regrettably, due to staffing constraints, we cannot promise fixed delivery days. If you won't be available at home, kindly leave your cooler out for the driver.

# Wayne County's Creative Communities Art Trail



Cultivating a Vibrant Future  
[www.WayneTomorrow.com](http://www.WayneTomorrow.com)



The Wayne County Community Foundation, Equinunk Historical Society and Wayne County Arts Alliance have started bringing their vision to life. The first installment of Wayne County's new Creative Communities Art Trail celebrated its opening on Saturday, September 14<sup>th</sup>.

The vision for this trail is to connect Wayne County communities along PA Route 191. Locally-designed outdoor artwork will be placed along the trail to be enjoyed as you move between communities.

The trailhead stands on the homeland of the Lenape Tribe and has been recognized as sacred. The Lenape people were known for their beadwork, basket weaving and wampum, dedicating this land for art only seems fitting.

Community art is proven to promote cohesion within its residents. The trail will also physically connect our communities, fostering physical health, while contributing to mental health through reduction of isolation.

This opening in Equinunk was the first of six planned locations destined to open over the next few years, here in Wayne County.

The art for this phase was created by: Trish Blauth, Denis Folz, Kim Glodek, Lisa Glover, Dave Harvey, Tom Holmes, Ellen Martin, Connor Simon and Naomi Teppich.

**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](mailto:sara@northeast sight.org)

**Website:** [www.northeast sight.org](http://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™



**Serving  
Seniors  
INC.**

**VOUNTEERS NEEDED FOR THE  
OMBUDSMAN PROGRAM IN WAYNE PIKE  
AND MONROE COUNTIES**

Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long-term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home and assisted living/personal care home residents and interested in making a difference in the lives of long-term living residents, then you may be perfect for the Volunteer Ombudsman Program. For more information, please contact:

**Ombudsman Kim Erickson at 570-507-0773**

**Or email: [kerickson@servingseniorsnepa.org](mailto:kerickson@servingseniorsnepa.org)**



**Do you have extra space in your home?  
Would you like some companionship or  
assistance with living expenses?**

**The SHARE program may be just what you  
need!**

Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who have an option to assist with living expenses, help around the house, or a combination of both.

***SHARE is available here, in Wayne and Pike  
Counties!***

***Call Christina Grape-Garvey***

***Cell: 570-817-3236***

**Retired & Senior Volunteer Program of Berks, Pike & Wayne Counties**

**Volunteer Opportunities**

**Wayne County Area Agency on Aging**

Help at a Senior Center, Meal Delivery Drivers

**Wayne County Food Pantry**

Packing / Distribution Day, Warehouse Pallet Assembly

**American Red Cross**

Blood Donor Ambassador, Disaster Relief

**Serving Seniors, Inc.**

Volunteer Ombudsman

**RSVP Senior CHAT Program**

Make or Receive Friendly Phone Calls

**Ladore Camp, Retreat & Conference Center**

Food Service, Program Instructor, Grounds Maintenance

**Salvation Army**

Honesdale Extension

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

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



**AmeriCorps  
Seniors**

*\*RSVP is funded by AmeriCorps and sponsored by Diakon Community Services.*

**DIAKON** COMMUNITY SERVICES  
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES

# HALLOWEEN WORD SEARCH

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



Bats  
Scary  
Black



Boo  
Halloween  
Vampire



Skeleton  
Candy



Monster  
Witch  
October



Zombie  
Spiders



Ghost  
Spooky



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 10<sup>th</sup> Street**

**Honesdale, PA 18431**

*\*Virtual option available upon request\**

**Monthly on the 4th Wednesday**

**2:00-3:30 PM**

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

**Facilitated by volunteers Anthony Campbell & Bill Reitsma**

*All Are Welcome*



**TO REGISTER CONTACT:**

**Miles Keesler**

**Phone: 570-253-1220 or**

**Email: mkeeslerwaynelibraries.org**

## October Programs:

- 1. Plant Care:** Join Kristin Armstrong as she shares how to take care of your houseplants. You will go home with a 2in. plant. **Wednesday, 10/2/24 4:30-5:30pm.** (**There is a charge of \$6.00 for this program.**)
- 2. Woodcarving:** Eileen Hetzel from the Cherry Ridge Carvers will teach the basics of woodcarving. **Wednesday, 10/9/24 4:30-5:30pm.**
- 3. Credit 101:** Robert Karoscik from the Dime Bank will go over on how to maintain your credit score. **Wednesday, 10/16/24 4:30-5:30pm.**
- 4. Medicare:** Pat Perkins from the Aging Office will discuss important information on Medicare. **Wednesday, 10/25/24 4:00pm.**
- 5. Essential Oils:** Helen Mele Robinson will show you how essential oils can be a benefit to your health. **Wednesday, 10/30/24 4:30-5:30pm.**



# **Victims' Intervention Program**

## **October- Domestic Violence Awareness Month (DVAM)**



The idea of retirement often paints a picture of tranquility, where the golden years are marked by relaxation, family time, and pursuing long-held passions. It's an age that many anticipate, expecting it to be without any significant tribulations. Unfortunately, for some seniors this idealized notion is overshadowed by the dark reality of domestic violence.

Domestic violence and abuse happen all too often in the United States. This is when a person uses power and control to inflict physical, sexual, emotional, or financial injury on someone with whom they have a current or former intimate or familial relationship.

One of the biggest misconceptions about domestic violence is it's an issue predominantly faced by younger populations. Too often, the national conversation about abuse centers on younger people who do not have disabilities. However, we know there is no one face of domestic violence – it cuts across all demographic groups and age does not safeguard against its risks. It's an issue that occurs across the lifespan.

Older adult's experiencing domestic violence will share many similarities with younger people: abusers control their victims through intimidation, isolation, threats and violence. But for older victims, abuse can be made worse by poor health and other age-related needs. Cognitive impairment and disabilities also increase this risk.

Abusers can include spouses and former spouses, partners, adult children, extended family and caregivers. They may limit access to medical care, give too much medicine or take away assistive devices.

October is recognized worldwide as Domestic Violence Awareness Month (DVAM). DVAM reminds us of the collective duty we have to protect, uplift, and champion the cause of society's most vulnerable, regardless of demographics or circumstance. Bringing awareness & education to the masses is the first step in sparking change. We must shed light on domestic violence and its impact on seniors to foster understanding and empathy. Equipped with knowledge, communities can become the first line of defense, recognizing the signs of abuse and offering support. There is unity in numbers and together, we can usher in a world where safety and dignity aren't the exception but the norm.

If you or a loved one are experiencing domestic violence, please seek help – call VIP at (570) 253-4401.



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.

Phone: 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](http://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@wayneountypa.gov*

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

Whatever you are,  
be a good one.

*-Abraham Lincoln*

**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.wayneountypa.gov](http://www.wayneountypa.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@wayneountypa.gov](mailto:va@wayneountypa.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**