

November is National Family Caregivers Month

Why recognize family caregivers?

A 2021 AARP report estimates that 38 million U.S. family caregivers devoted 36 billion hours of free care to loved ones.

This is valued at 600 *billion dollars*.

Let's bring it a little closer to home. The older adult population in Pennsylvania continues to rise.

Currently 1 in 4 individuals are ages sixty and over and by the year 2030,

1 in 3 individuals will be ages sixty and over.

This tells us that more informal caregivers will be called to duty.

Taking on this role can be stressful, time consuming, and expensive.

It can also be very rewarding and fulfilling if the caregiver feels supported.

Let's recognize our community's caregivers this month by thanking them for their work and dedication.

We'd like to do more ~ Please reach out to the Aging Office at **570-253-4262** for information on the Caregiver Support Program and how it might help ease some burden.

Don't forget about the Caregiver Support Group which meets monthly at the Honesdale Senior Center.

Our participants have shared very positive feedback!

On behalf of the Aging Team,

THANK YOU, CAREGIVERS!



PA MEDI staff are available to assist you during the Medicare Annual Enrollment Period. (AOEP) The program runs from October 15th to December 7th 2024. During this time you will be able to join, drop or switch Medicare Prescription Drug Coverage or Medicare Advantage Plans. New coverage would begin January 1st, 2025.

Companies are required to notify consumers of changes, however this information can be missed.

To make an appointment, please call the Honesdale center at 570-253-4262 or the Hawley center at 570-226-4209. There will be limited appointments for the Hamlin center, call Honesdale to schedule those. You can also call Medicare at 1-800-633-4227 or go online at medicare.gov.



pennsylvania

Medicare Education and Decision Insight

Tidbits from the kitchen— Our kitchen staff prepares 6000 meals per month on average. We're thankful to provide a helpful service that benefits so many.


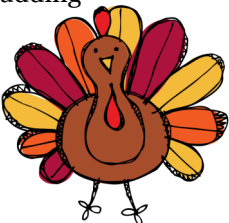


November



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

\$5.50 all others. Milk is Included.

Menu subject to change due to

| | | | | |
|---|--|--|--|--|
| November 2024 menu | | *Milk served with every meal | | 1) Chili Con Carne Baked potato Cauliflower Cornbread Butter Fresh orange  |
| 4) Salisbury steak with gravy Mashed potatoes Cauliflower Wheat bread Butter Fresh apple  | 5) Election Day Chicken and biscuit Roasted red potatoes Spinach Fresh orange  | 6) Turkey & gravy Sweet potatoes Mixed vegetables Wheat bread butter Pudding  | 7) Spinach & Cheese bake Roasted potato wedges Winter blend Wheat bread Butter Pears NW: juice, Ham & cheese sandwich, mayo pc, bean salad, Red, white & blue dessert | 8) Veteran's Day Creamed ham on a ww biscuit Diced potatoes Carrots Red, white & Blue dessert  |
| 11) Closed  | 12) Breaded fish patty Baby baker potatoes with sour cream Butternut squash Wheat bread Butter Mandarin oranges | 13) Pork chop Cauliflower rice Carrots Wheat dinner roll Butter Fresh orange  | 14) Meatloaf with gravy Scalloped potatoes Roasted broccoli Wheat bread Butter Fresh cantaloupe | 15) Juice Turkey Goulash over noodles Cauliflower Wheat bread Butter Vanilla Pudding with 1/2 c. Strawberries |
| 18) Juice Shepard's pie with Mashed potatoes California blend Rye bread Butter Fresh Orange  | 19) Juice Hawaiian pork Brown rice Cauliflower Wheat bread Butter Pineapple chunks | 20) Juice Stuffed shells with mozzarella cheese Italian blend Wheat bread Butter Fresh apple | 21) Thanksgiving dinner Cranberry Juice Turkey & stuffing w gravy Mashed potatoes Peas w pearl onions Pumpkin pie w whip topping | 22) BBQ chicken Red potatoes Carrots Wheat bread Butter Fresh fruit cup  |
| 25) Hamburger stew Creamed spinach Ww Biscuit Butter Fresh orange | 26) Juice Turkey pot pie Roast Brussel sprouts Rye bread butter Pumpkin mousse | 27) Sweet & sour Pork Cantonese Cauliflower rice Stir fry blend Wheat bread Butter Fresh apple | 28) Closed  | 29) Centers Closed |

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

Legend: NW-Northern Wayne, HB-Homebound Meals

The Last day for the mobile farm market will be November 22nd!

Main Street Farmers Market will continue every Saturday from 11AM to 1PM from November 30th to April 26th at the Cooperage.

FMNP vouchers will be accepted until November 30th.

Seniors who receive SNAP may exchange a portion of their funds for NEAR cash vouchers by speaking with staff from the cooperage at the market.



**MOBILE FARM
Market**
the cooperage project

Weekly Market Schedule

Wednesdays - 10 AM to 12 PM
Preston Township Building, 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 :

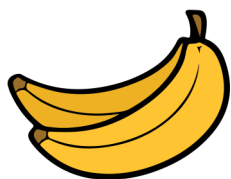


the
cooperage
project

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.



4-INGREDIENT PEANUT BUTTER BANANA OATMEAL COOKIES



Ingredients

- 1 1/4 cups mashed ripe banana
(2 very large bananas)
- 1/2 cup peanut or nut butter
- 1 Tbsp. honey or sugar (optional)
- 2 cups quick-cooking oats
- 1/8 tsp. salt
- 1/4 cup chocolate chips

1. Preheat oven to 350 degrees
2. Peel bananas and mash in a bowl
Add the oats, honey or sugar, and salt
Stir to combine, then fold in chocolate chips
3. Cover a cookie sheet with parchment paper. Drop cookies on sheet, makes about 20.
4. Bake 8-10 mins, Let cool 5-10 mins

*Add a pinch of cinnamon and some vanilla extract or even some raisons!

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.

NOVEMBER EVENTS for Hamlin



Election Day – 11/05/24– **CENTER CLOSED** – POLLING LOCATION

Tai Chi – Mondays at 10:30 AM, excluding 11/11/24

Chair Yoga – Mondays at 1 PM – 11/4, 11/18, 11/25, & Wed. 11/13

Fun in Games – Mon. & Tues., 8 AM – 11:30 AM and afternoons Wed, & Thurs. 4 PM – 3 PM

Balance & Strength Exercises – Wed. and Thurs. at 10 AM

State Capital Tree Ornament Making Party – Wed., Nov. 6th, at 1 PM. Enjoy Cookies & Hot Cocoa while making tree house ornaments.

Veterans Day Recognition & Meal – Fri., 11/8^h at 11 AM

Veteran's Day Observance, Fri., 11/10- **CENTER CLOSED**

Painting with Anny – Tues., Nov. 12th at 10 AM. - **Bring** a glass or plate and enjoy learning the of painting technique. Easier than you think!

Tuesdays at 1 PM and Fridays at 10 AM



HAPPY BIRTHDAY!!!!

| | | | |
|------------------|-------|-----------------|-------|
| Richard Gillette | 11/5 | Janet Sauers | 11/19 |
| Hector Sola | 11/7 | Joyce Gaus | 11/20 |
| Carl Kellogg | 11/8 | Leroy Klouser | 11/20 |
| Elizabeth Davis | 11/10 | Mike Sell | 11/25 |
| Joan Moore | 11/10 | Diane Krajewski | 11/27 |
| Thelma Evarts | 11/17 | Alice McAfee | 11/28 |

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--------------------------------------|--------------------------------------|--------------------------------|--------------------------------|----------------------|
| 8-12:00 | 8-11:30 | 10-11 AM | 10 -11 AM | 10 AM |
| Fun in Games (Thrive Room) | Fun in Games | Balance & Strength Exercise | Balance & Strength Exercise | BINGO |
| 10:30-11:30 | 10:30 – 11:30 | 1- 3 PM | 1-3 PM | 1 PM – 3 PM |
| Tai Chi | Program or Craft (Thrive Room) | Fun in Games | Fun in Games | Fun in Games |
| 1 – 2 PM | 1 – 2 PM | 8 AM – 3 PM | 8AM – 3 PM | |
| Chair Yoga | BINGO | Nu- Step Exer- cise Machine | Nu- Step Exercise Machine | |
| 1 PM – 3 PM | | | | |
| Pinnacle & Games (Thrive Room) | | | | |
| | | | | |

Autumn Wreath Craft

The Hamlin Senior Center sponsored a Fall Wreath Craft on Tues. Sept.24th. Those who participated were (L to right) Lester Davis's caregiver, Carol, Thelma, Colleen and Anny (not shown in the picture).

The other picture is Linda with her wreath. They all did a fabulous job!



Have you seen Bertha? Our newsletter will now feature a cow who likes to hide within the pages. Bertha is just your average cow from Wayne County and she loves to keep up on the happenings at all of our senior centers. We look forward to hearing about her adventures. Can you find Bertha in this month's issue?

Northern Wayne Senior Center

November 7th— Meetings will resume being held once monthly on the 1st Thursday only. Come enjoy a game of bingo and escape the chilly autumn weather. We will be completing our Thanksgiving centerpieces.



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!



November Hawley Happenings



We honestly had a "Spook"tacular October filled with many activities from our Scarecrow Contest, Tim Barna's presentation on Asset Preservation and Elder Law, Intergenerational Pumpkin Glow, Glowing Ghost Craft, Seasonal Painting, Oktoberfest and our Halloween Monster Mash!

We would also like to sincerely thank the Hawley Florist for donating craft items to the center; and, wish them the best of health and luck on all of their future endeavors. Thank you to Tim Barna for his very informative and inciteful presentation and all that were in attendance. We want to thank **Paul** for our music during our Halloween party. You certainly rocked our day!!

In addition, thank you to **everyone** who has been donating Bingo prizes, you are appreciated! Last and not least we thank **all of our volunteers** who assist day in and day out. The center would not be the same without you.



Tim Barna ,
Certified Elder Law
Attorney, came to
the center for a
very informative
session on Elder
Law , Wills and
Asset Preservation.

November 5th– Tuesday– Election Day– Don't forget to vote. Your vote matters. Hawley Center is open for regular fun!!

November 7th –Thursday– Winter Safe Driving Course and Yellow Dot Program **11:00 am**. Come learn some winter driving safety strategies and tips. Also learn about the PDOT Yellow Dot Program. This essential information is for anyone who drives, especially if they are alone.

November 8th– Friday– Veterans' Day Luncheon. Come dressed in red, white, and blue and let us show gratitude for the brave men and women who fought for our country.

November 11th– Monday– Veterans' Day Observed– Center Closed.

November 5th– Tuesday – November Craft 10:00-11:00—Limit to 6 people. Please reserve your spot. See Michele for details

November 17th– Tuesday Painting 10:00-11:00am — Limit 6 people– Please reserve your spot.

November 21st– Thursday– Thanksgiving Luncheon Please make your reservation by 11/20/24 , 12pm .

November 28th and 29th— Thursday and Friday— Hawley Center Closed —Thanksgiving Holiday
Medicare, Li-Heap appointments are available, please call to schedule an appointment .

Reminder—Please sign the Lunch Book , or call the center a day ahead by 12:00 PM if you would like lunch for the next day.

Mark your Calendars: The Polar Promenade will be on Saturday, January 25th from 2 pm to 5 pm in the Wallenpaupack High School Cafeteria.

November Birthdays

Mary Ann Reynolds

Joan McGuirk

Barabra Wertz

Nancy Halpin

Karen McGhee

Alan Segal

Jim Bevlock



Brenda O'Shea

Catherine Fennell

Kathy Burnett

Bud Davis

Beverly Huchenski

John Marino

Patricia Tafuri-Leto



Scarecrow
Competition



Oktoberfest
Celebration

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|-----------------------------|-------------------------------|-----------------------------|-------------------------------|
| 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 | | 10:00-10:30 Tai Chi | | 10:30-11:30 Exercise Class |
| 10:30-2:00 Ceramics | 1:00-2:00 Bingo | 10:30-2:00 Ceramics | 11:00-2:30 Card Group | |
| 11:30-2:30 Mahjong | | 10:30-11:30 Exercise Class | 1:00-2:00 Bingo | 1:30-2:30 Games |
| 1:30-2:30 Games | | 1:30-3:00 Crafting Group | | |

Honesdale Center



November 1st–11:00am Winter Safe Driving Presentation

November 5th–Election Day-Polling place, NO congregate meals or activities.

November 11th (Monday)–CENTER CLOSED IN OBSERVANCE OF VETERANS DAY

November 13th–11:00am Jeff Hiller, Wayne County Historian will be here to give a presentation about the historic buildings in Honesdale.

November 6 & 20 (2nd & 4th Wednesdays)–2pm Grief Support Group

November 7 & 21– 10:30-11:30 Crafts with Sandy Kline

November 13th–2:00pm Caregiver Support Group

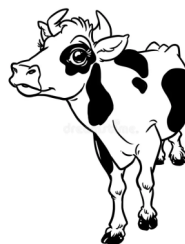
November 15th (Friday) 10:30 am–Free Blood Pressure Screening

November 28th & 29th–Center Closed, Happy Thanksgiving



December 13–We will be hosting a swap and shop in Honesdale. We are currently accepting donations of gently used clean clothing in all adult sizes.

Please drop off donations with Amanda or Christina.



| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|---|--|--|---|
| 10:30 - Walking in the Park 11:00-12:00 Mind Matters Weekly Lecture Series 11:00-3:00 Bridge 1:00 Canasta | 10:30-11:30 Exercise Class 1:00-4:00 Billiards Shuffleboard | 10:00-11:00 Exercise Class 1:00-2:00 BINGO 2:00-3:30 Caregivers Support Group 3rd Wed. each month 2:00-3:30 Grief Support Group 4th Wed. each month | 10:30 - Walking in the Park 10:00 Northern Wayne Center-1st and 3rd Thursday 10:00 Crafts 2nd and 4th Thur. 1:00 Shuffleboard Billiards | 10:30-11:30 Exercise Class 1:00 Rummikub tile game Billiards Shuffleboard <i>*schedule subject to change</i> |



VETERANS DAY

Unlike Memorial Day, which honors our deceased Soldiers/Veterans, Veterans Day is meant to honor all Veterans of our armed forces. It is a day to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good of our great nation!

It all began when World War 1 officially ended with the signing of the Treaty of Versailles, which was signed on June 28, 1919. However, fighting had ceased seven months earlier, when a temporary cessation of hostilities (cease fire) between Allied Nations and Germany, went into effect on the eleventh hour, of the eleventh day, of the eleventh month. In November 1919, President Wilson proclaimed November 11th as the first commemoration of Armistice Day. In 1938, it was officially made a legal holiday, dedicated to the cause of world peace. Flags should be flown at half-mast and a moment of silence may be observed at 11 am.

More than 4,600 Veterans call Wayne County home. Ceremonies will be held throughout the county to honor their service. It is never proper to thank a Veteran on Memorial Day. However, expressing your gratitude to a Veteran is greatly appreciated on Veterans Day!

Thank
You!!

Vicki

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

Get Connected / Get Help Dial 211 or 1-855-567-5341 Website: pa211ne.org



The Low Income Home Energy Assistance Program Also known as LIHEAP is a federal social services program established in 1981. The mission of LIHEAP is to assist low income households with their home energy needs. Funded through grants appropriated by the federal government, a one-time payment is made to the utility company. Financial support was provided to 7.1 million households in 2023. Keeping people warm in the chilly months is the main goal so that nobody has to live in “: heat or eat” mode. Grants may range from \$300 to \$1,000 depending on household size, income and fuel type. The grant does not have to be repaid.

LIHEAP may offer weatherization assistance as well as minor emergency home repairs. Crisis Grants are available as well to those who may have broken heating equipment or lines that must be fixed. Lack of fuel, risk of running out of fuel or danger of terminated service may qualify a person for a crisis grant.

Eligibility depends on income guidelines, you do not need to be on public assistance, you do not need to have unpaid heating bills and you can rent or own your home.

The 2024/25 LIHEAP season will officially begin Monday, November 4th, 2024. Paper applications may be obtained at your local county assistance office. The application can be filled out online using PA Compass via the website or the app. If you need assistance filling out the online application, please contact your local agency on aging to make an appointment.





“MIKKI” UZUPES RECIPIENT OF COMMUNITY CARE ADVOCATE OF THE YEAR AWARD

Cultivating a Vibrant Future

www.WayneTomorrow.com



Wayne Tomorrow! and the entire community, mourn the loss of our colleague and friend, Michele “Mikki” Uzupes. She served as Community Network Specialist for Wayne Tomorrow! since 2022. Mikki believed this was her dream job, while we believe it was her calling.

Mikki was recently recognized by the Settlers Cares Foundation as one of their Community Care Advocates of the Year. Her family received the award, on her behalf, at the annual Settlers Cares Gala held at Silver Birches Resort, Hawley, PA.

The Community Care Advocate Award recognizes those improving our communities through new or improved policies, programs, innovations and opportunities. Wayne Tomorrow’s Transportation Task Force has been focused on assessing and resolving transportation needs within our community. Mikki left behind a framework for addressing the transportation gaps, that have been discovered, which will allow resolution even in her absence.

Mikki embodied what the Community Care Advocate Award stands for through her countless community innovations and most recently spearheading the fixed-route shuttle service initiative . Time Away Transportation launched a pilot program to establish a fixed-route shuttle along the Route 6 corridor between Honesdale and Hawley.

We know Mikki would be proud of her vision coming to life, even in her absence. She was just getting warmed-up with an array of plans for Wayne Tomorrow! While we are all feeling the sting of her loss we find solace in knowing that we will pick up where Mikki left off and strive to give Wayne County many better tomorrow’s.



VOUNTEERS NEEDED FOR THE OMBUDSMANPROGRAM IN WAYNE PIKE AND MONROE COUNTIES

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

Ombudsman Kim Erickson at 570-507-0773

Or email: kerickson@serving seniorsnepsa.org



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

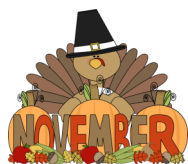
**The SHARE program may be just what you
need!**

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

Health & Wellness Instructors, Meal Delivery, Dishwashers, Kitchen Assistants

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

Serving Seniors, Inc.

Volunteer Ombudsman

Ladore Camp, Retreat & Conference Center

Food Service, Program Instructor, Grounds Maintenance

Salvation Army Honesdale Extension

Honesdale Office/Food Pantry

Wayne County Housing

Volunteers as needed

Dawn Houghtaling Call: 570-390-4540 or

Email: houghtalingd@diakon.org



**AmeriCorps
Seniors**

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



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

Financial Abuse

Yes, it exists.

Financial abuse is sometimes hard to recognize. Take a second to ask yourself these few questions below.

- ◆ Does your partner deny you access to household bank accounts?
- ◆ Does your partner control your paycheck or benefits?
- ◆ Does your partner force you to ask/beg for money for necessities?
- ◆ Does your partner withhold access to money as a form of punishment?
- ◆ Does your partner constantly blame and/or shame you for financial hardships?

If you answered “yes” to one or more of these questions, then you may be experiencing financial abuse. VIP’s advocates are here to help you understand and combat all types of crime and abuse. Call our office today to speak with an advocate and learn more about financial and economic abuse.

570-253-4401

www.vipempowers.org



Grief Support Group

*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

Monthly on the 2nd & 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

Senior Holiday Tea Gathering at The Cooperage

Thursday December, 5th, 2024 from 1pm to 3pm

Featuring a presentation on “The Heritage of Dick Smith’s Winter Wonderland”

Given by Carol Dun of the Wayne County Historical Society

Along with other seasonal delights

The event will be held at The Cooperage

1030 Main Street, Honesdale

Guests must pre- register for this free event by calling Laurel at 570-253-2020 ext 3. Registration opens Monday 10/28 and closes Friday 11/22.

Spoiler Alert!!!

2025

Bus trip

Norfolk, Virginia

April 24-27, 2025

Save the date!

More details to follow.

Wayne Memorial Hospital Auxiliary's Annual Designer Purse Bingo



Sunday, November 10
1 - 4pm Doors at 12pm



Camp Ladore 287 Owego Tpk Waymart, PA 18472

Come join us for a fun-filled afternoon of bingo with a fashionable twist! Get ready to play bingo and win **designer bags** as prizes. 20 Games of Bingo, Specials, Raffles, Door Prizes, and 50/50. This in-person event will be a blast with friends, great prizes, and lots of laughter. Don't miss out on the chance to score some fabulous bags while having a great time.



Visit Moka Origins

Explore the Factory & Store

Café & Store Open Daily from 9 am—4 am

Free factory tours and Tastings every Saturday at 10am and 2pm.

Come learn about the origins of chocolate.

See where it comes from and how its made.

All ages welcome, tours last approximately 45 minutes

Private Tastings and Tours are also available for a fee

Moka Origins is located on the campus of the Himalyan Institute

952 Bethany Turnpike, Honesdale, PA

570-979-1010



Winter Wonderland Parade

Tree & Star Lighting in Central Park

Top Notch Parking Lot Fri Nov 29 2024, 06:00pm EST 4th Street Honesdale PA 18431

Join us in the charming town of Honesdale on Friday, November 29th, for an unforgettable evening of holiday magic!

Parade Kick-Off at 6:00 PM: The festivities begin with a spectacular parade featuring beautifully decorated floats, festive music, and, of course, Santa Claus himself! The parade will start at 4th Street, make its way through town, and end at Central Park.

Santa's Arrival & Tree Lighting: Watch as Santa arrives at Central Park, where he'll help light the town's magnificent Christmas tree, marking the official start of the holiday season. Don't miss the lighting of the Star on Irving Cliff, illuminating the town with festive cheer.

Cocoa, Donuts & Photos with Santa: After the tree lighting, stick around for warm cocoa and delicious donuts, and don't forget to snap a picture with Santa to capture the holiday spirit.

Gather your family and friends and join us for an evening filled with joy, laughter, and community spirit. It's the perfect way to kick off the holiday season!



Join Us as a Health and Wellness Volunteer!

Are you passionate about promoting healthy living? We're looking for enthusiastic volunteers to teach a Health and Wellness program for Senior Citizens at various community centers!

What You'll Do:

- Lead engaging workshops on nutrition, fitness, and mental well-being.
- Foster a supportive environment that encourages active participation.

Share your knowledge and empower seniors to lead healthier lives.

Why Volunteer with Us?

- Training expenses are covered (registration fees, mileage allowance, room and food costs if programs requires an overnight stay)
- Make a meaningful impact in your community.
- Gain valuable experience and enhance your teaching skills.

Connect with a vibrant community of seniors and fellow volunteers.

Qualifications:

- A passion for health and wellness.
- Patience, empathy, and a positive attitude!
- Be willing to travel for trainings and or to give workshops

Be committed to the program for at least 1 year.

Ready to Make a Difference? Contact us today to learn more about this rewarding opportunity! Together, we can inspire healthy living among our seniors.



Michele Braida
Health and Wellness
Coordinator
570-226-4209



Help us spread wellness—one workshop at a time!

November Programs

Body Mind and Spirit- Linda Bartels will discuss the different ways to care for your soul. Wednesday 11/6/2024 4:30-5:30pm.

Reiki- Join Nakita Shaffer as she shares how Reiki can benefit your health.

Wednesday 11/13/2024 4:30-5:30pm.

TO REGISTER CONTACT:

Miles Keesler

Phone: 570-253-1220 or

Email: mkeeslerwaynelibraries.org



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@northeastsight.org

Website: www.northeastsight.org

Toll free: 1-877-693-3555

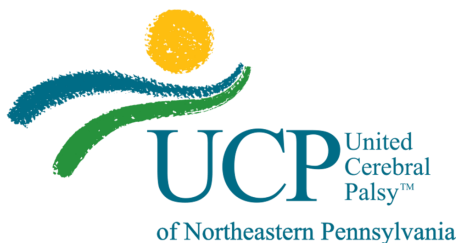
Phone: 570-693-3555



**NORTHEAST
SIGHT SERVICES**

Since 1918

OUR VISION IS CLEAR:
SIGHT LOSS SUPPORT & PREVENTION™



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 it 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



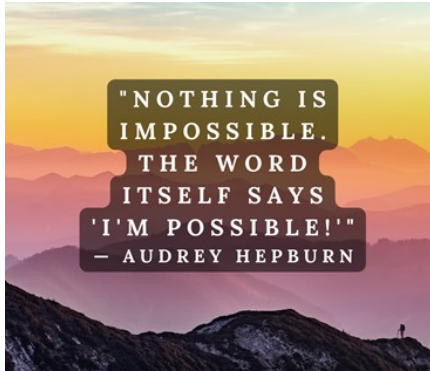


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Buchko & Christina Tiel

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. Open 8-4 M-F

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. Open 8-3 M-F

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. Open 8-3 M-F

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.***