

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

## CELEBRATING INTERNATIONAL VOLUNTEER DAY: THE HEARTBEAT OF HUMANITY

As we approach December 5, 2024, it's time to shine a spotlight on International Volunteer Day (IVD)—a day dedicated to those remarkable individuals who selflessly give their time and effort to make the world a better place. Established by the United Nations in 1985, IVD recognizes and promotes volunteerism, encouraging everyone to step up and join the global effort to create positive change.

The theme for this year, "Volunteering for an Inclusive Future," emphasizes the crucial role volunteers play in fostering inclusivity and equality in our communities. Volunteers bridge the gap, uplift marginalized voices, and drive progress towards a society where everyone feels valued and included.

### The Impact of Volunteering

Volunteering transcends boundaries, connecting people from different walks of life and fostering a sense of shared humanity. Whether it's through education, healthcare, environmental conservation, or social justice initiatives, volunteers are the backbone of countless organizations and movements. Their contributions are often the catalysts for significant societal changes, proving that every act of kindness, no matter how small, can ripple outwards and create waves of impact.

### Getting Involved

This International Volunteer Day, why not make a commitment to volunteer in your community? There are numerous ways to get involved, from mentoring youth, supporting local food banks and senior centers to participating in environmental clean-ups and advocating for human rights. Volunteering not only benefits those in need but also enriches the lives of volunteers themselves, offering a sense of purpose, fulfillment, and connection.

### A Call to Action

As we celebrate the dedication and hard work of volunteers worldwide, let's also use this day as a call to action. Each of us has the power to make a difference, and there's no better time to start than now. So, let's roll up our sleeves and contribute to building a more inclusive and compassionate world.

On December 5, join the global community in recognizing the invaluable contributions of volunteers. Share your experiences, spread the word, and most importantly, take that first step towards making a positive impact.

**Remember, it's not about changing the world in one day; it's about starting with one act of kindness at a time.**

Happy International Volunteer Day and **THANK YOU** to all of our volunteers in Wayne County!

*Thank you*














**Suggested meal price: \$2.50 for 60 and over; \$5.50 all others.**

**Milk is Included with all meals.**

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

<p>2) Linguini with ½ c. roasted vegetables Mini meatballs Spinach Wheat dinner roll butter Applesauce</p> 	<p>3) Ground turkey Chili Con Carne Baked potato Cauliflower Cornbread butter Fresh orange</p> 	<p>4) Orange juice Chicken with orange sauce Red skin potatoes Baby carrots Wheat bread butter Chocolate pudding</p>	<p>5) Baked Ham Whip sweet potatoes Broccoli Rye bread butter Fresh apple <b>NW: juice, Ham &amp; cheese sandwich, pickled beets, Peaches &amp; pears</b></p>	<p>6) Lemon pepper fish Roasted baby bakers California blend Wheat bread butter Peaches &amp; Pears</p> 
<p>9) Orange juice Fish sticks Macaroni &amp; cheese Stewed tomatoes Wheat bread Butter Mandarin oranges</p>	<p>10) Juice Chicken smothered in mushrooms Mashed potatoes Spinach Wheat bread butter Pudding</p>	<p>11) Roast pork Cabbage &amp; noodles Carrots Wheat bread butter Fresh orange</p> 	<p>12) Sloppy Joe on a wheat bun Red diced potatoes California blend Fresh apple</p> 	<p>13) Cheese Ravioli Creamed spinach Italian blend Wheat bread butter Cottage cheese &amp; Peaches</p>
<p>16) Spinach &amp; Cheese Bake Roasted potato wedges Winter blend Wheat bread butter Pears</p> 	<p>17) Orange juice Turkey &amp; gravy Sweet potatoes Mixed vegetables Wheat bread butter Pudding</p> 	<p>18) <b>Christmas Dinner</b> Cranberry juice Ham w Glaze Red skin mashed potatoes Green bean Casserole WW Dinner roll butter Strawberry cheesecake</p>	<p>19) Salisbury steak with gravy Mashed potatoes Cauliflower Wheat bread butter Fresh apple</p> 	<p>20) Chicken &amp; biscuit Roasted red potatoes Spinach Fresh orange</p> 
<p>23) <b>Hanukkah</b> Rosemary roasted Chicken Potato Latkes Candied carrots Sweet treat Applesauce</p>	<p>24) Meatloaf with gravy Scalloped potatoes Roasted broccoli wheat bread butter Pineapple chunks</p>	<p>25) <b>Closed</b></p> 	<p>26) Breaded fish patty Baked potato w sour cream Butternut squash Wheat bread butter Mandarin oranges</p>	<p>27) Juice Ground Turkey Goulash over noodles Cauliflower Wheat bread butter Vanilla pudding with strawberries</p>
<p>30) <b>New Year's Eve Dinner</b> Pork &amp; kraut Mashed potatoes Vegetable blend Rye bread butter Baked slice cinnamon apples</p>	<p>31) BBQ chicken Red diced potatoes Carrots Wheat bread butter Fresh fruit cup</p> 	<p><u><b>Tasty Tibbetts from the Kitchen</b></u></p> <p>Ever wonder how many meals our Dietary Department prepared last December? We crafted 8,601 meals, including in-home services, all our Senior Centers, and takeout options.</p> <p>From all of us, we wish you and your family a happy, healthy holiday season, and blessings for the New Year!</p>		



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

**Legend: NW-Northern Wayne, HB-Homebound Meals**

Dear Valued Congregate and In-Home Meal Participants:

Did you know that it costs approximately \$9.04 for each meal that we serve at the Senior Centers or deliver to someone's home? The cost includes the price of food, as well as overhead costs including staff salaries, utilities, packaging, gas, and maintaining the vehicles. While we do receive some Federal and State funding for these programs, we also rely on donations to offset our costs.

For the last 5 years, our suggested contribution has remained at \$2.50. At this time, we are increasing the **suggested contribution to \$3.00 per meal, effective 1/1/2025**. We feel that this is still a reasonable donation, considering the quality and quantity of food that is provided with each meal.

Thank you for understanding and please feel free to contact me at 570-253-4262 with any questions or concerns.

Best Regards,

*Mary Ursich, MSW*

Director

Wayne County Area Agency on Aging



## the cooperage project

The Last day for the mobile farm market was 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 are no longer being accepted.

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.

## 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.

### 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 Braidà, Health and Wellness Coordinator**  
**570-226-4209**

## Hamlin Senior Center-December Activities



**Tai Chi** - Mon.'s at 10:30 AM - *excluding 12/30*

**Chair Yoga** - Mon. at 1 PM, 12/2, 12/9, 12/16 & 12/23

**Balance & Strength Exercise** - Wed.'s and Thur.'s at 10 AM, (*excluding Wed., 12/18th and 12/25th*)

**Bingo** - Tues.'s at 1 PM (*excluding 12/17th*) and Fri.'s at 10 AM

**Scams Against the Elderly** - Tues., 12/10 at 11 AM. Retired Bucks County Sheriff will facilitate a one-hour presentation from 11 AM - 12 PM.

**Nutrition Presentation** - Tues., 12/17<sup>th</sup> at 11:30 AM "Understanding the Nutrition Facts Label." Facilitated by Lynn Potter.

**Christmas Celebration** - Wednesday, 12/18th. Special entertainment by Jim Cerminaro, Christmas luncheon, and much merriment! Ugly sweater competition. A prize for the two ugliest! Bingo at 1 PM

**Christmas Bingo** - Tues., 12/24th at 10 AM with Christmas snacks.

**NYE Party & Bingo** - Wed., 12/30th starting at 10 AM. Enjoy games, special entertainment by Randy Light and bringing in the new year toast! Bingo taking place at 1 PM.

**Center Closed** - In observance of Christmas 12/25th

**Center Closed** - In-observance of New Years' Day 1/01/25

\*Schedule Subject To Change



**Fran Cirelly**  
**Geraldine Fuggetta**  
**Susan Johnson**

**Carolyn Lennan**  
**Alex Vegh**  
**Joan Bowers**



### **HAMLIN SENIOR CENTER 26<sup>TH</sup> ANNIVERSARY**

The Hamlin Senior Center celebrated their 26<sup>th</sup> Anniversary on Friday, October 4<sup>th</sup>. Again, we followed our Octoberfest theme and enjoyed German food provided by our talented kitchen team. John with the John Steven's Doubleshot Band performed festive polka favorites. In lieu of the Commissioner's busy schedule, Andrew Seder, joined us as we took time to recognize Donna Schreyer, our last remaining senior dating back to the origination of the Hamlin Senior Center and those people outside of the senior center who support us through their gifts and time. We also had the privilege of having Mary Ursich and Pat Perkins attendance. We recognized Sue Sullivan and her helper Veronica from the 4-H Explores. They help to bring support by assisting with staple items for our bingo supplies. We also recognized Kimberly Klein a kind-hearted good Samaritan who finds special deals online and also helps with the bingo/food pantry items. She also spent time this year assisting with putting favors together for a couple holiday events. The day concluded with a great game of bingo! Later in the month Debbie facilitated a pumpkin making class while Becky was attending the PASC conference. A BIG thank you goes to our hardworking volunteers MaryAnn Noon, Judy Sadlon, Rita O'Connell, Colleen Mentz, and Diane Krajewski.

### **HAMLIN ACTIVITIES**

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<b>8-12:00</b> Fun in Games (Thrive Room)	<b>8-11:30</b> Fun in Games	<b>10-11 AM</b> Exercise Class	<b>10 -11 AM</b> Exercise Class	<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>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>(9/13 &amp; 9/27/24)</b>
<b>1 PM – 3 PM</b> Pinnacle & Games (Thrive Room)				<b>*Schedule subject to change</b>





# Hawley December Happenings



**Come down to the center and pick up a list of all of the special center activities that are taking place for the month of December. We have a lot of excitement going on this month and not enough room to list here.**

**Some Important Dates in December :**

**December 10th and 24th— Tuesday—Victoria Wargo ,Veterans Affairs Officer, will be in Hawley .**

**December 18th— Wednesday—Christmas Lunch Celebration 12:00PM**

**December 23rd-Monday— Hanukkah Lunch Celebration 12:00 PM**

**December 25th –Wednesday– Center Closed in Observance of the Christmas Holiday.**

**December 30th Tuesday– New Year's Eve Lunch Celebration 12:00 PM**

**\*\*\* PLEASE CALL A DAY PRIOR ( by 12pm ) to reserve your spot for any of our lunches, or sign book in center.**

**Save the Date :** The Polar Promenade will be on Saturday, January 25<sup>th</sup> from 2 pm to 5 pm in the Wallenpaupack High School Cafeteria.



**Halloween Cake Plate Crafters**



**Halloween Trick or Treat Bingo**

**Pumpkin.** Winners chose their prize by punching into the cup. They either won treats of gift cards, free bingo cards, meals, various prizes or they meet the Womp—Womp Monster.

Happy to report no one met the Womp— Womp Monster ...



**Breakfast and Create**

Artists were treated to breakfast as they created their pumpkin masterpieces.



One of our Halloween Photos Winter Driving Safety Program



**Happy Birthday to all of our members who have December Birthdays. We will publish your names next month , due to lack of space.**



**Our Veteran Day Celebration**

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



## Honesdale Senior Center-December Activities



**Wednesday 1pm (Weekly)** we have a new **Hazzi Card Group**, come join us!

**December 4th (Wednesday) 10am**-Christmas tree trimming, join us in decorating the trees around the Senior Center. Hot cocoa and cookies will be provided for all who participate.

**December 4th (Wednesday) 1pm**-Get ready to jingle all the way to our highly anticipated Christmas Bingo.

**December 5th, 12th and 19th (Thursday)**- Crafting with Sandy (holiday edition).

**December 6th, (Friday)**-Join us for cookie decorating with our amazing kitchen staff.

**December 13th (Friday)**- ***Our first ever shop and swap.*** We will be collecting gently used and new clothing leading up to the event. On the day of the event, you will get to swap out the clothes you brought in for something new. **We will not be accepting clothing that is ripped, stained, musty, smelly or dirty.** Any clothing left at the end of the day will be donated to the Salvation Army. You will also be voting on the best door decorations in the senior center.

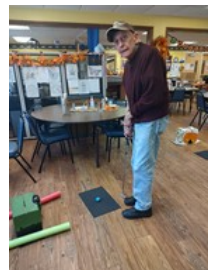
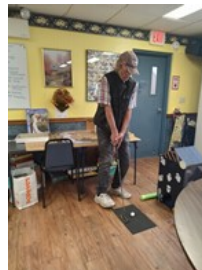
**December 18th (Wednesday)**- Christmas Dinner and Party. We will have an Ugly Sweater Competition. Please reserve your spot with Kathy in advance.

**December 20th (Friday) 11am**-Maurice, our talented pianist, will enchant us with Christmas carols, and we'll join in for a festive sing-along.

**December 23rd(Monday)**-Join us for a delightful Hanukkah celebration filled with great food and even better company.

**December 25th (Wednesday)**- **Center closed in observance of Christmas**

**December 30th (Monday)**- New Year's Dinner and Party. Please reserve your spot with Kathy in advance.



Have a look at the pictures from our Halloween Party. We played mini golf, had axe throwing and a ring toss game. Oliver won the costume contest and Bob won the mini golf game. Everyone had a blast!

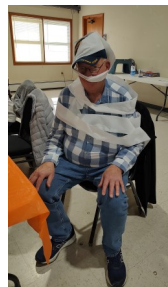
## **HONESDALE ACTIVITIES**

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<b>11:00-12:00</b> Mind Matters Weekly Lecture Series  <b>11:00-3:00</b> Bridge  <b>1:00</b> Canasta	<b>10:30-11:30</b> Exercise Class  <b>1:00-4:00</b> Billiards Shuffleboard	<b>10:00-11:00</b> Exercise Class <b>1:00-2:00</b> BINGO <b>1:00-4:00</b> Hozzi Card Game <b>2:00-3:30</b> Caregivers Support Group 3rd Wed. each month <b>2:00-3:30</b> Grief Support Group 2nd & 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> Exercise Class  <b>1:00</b> Rummikub tile game Billiards Shuffleboard  <i><b>*schedule sub- ject to change</b></i>



## Northern Wayne Senior Center

**December 5th (Thursday)**- Join us for our festive Christmas Party. Students from Preston Area School will visit and sing Christmas carols. We will all enjoy hot cocoa.



*Here are some pictures from our Halloween Party. We had fun wrapping up like mummies and playing ring toss.*

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, if schools are closed so are senior centers) Please call Christina at (570) 253-5540 for more information or to make a reservation for lunch. See you soon!

**The Low-Income Home Energy Assistance Program (LIHEAP)** helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. The program offers both cash and crisis grants. Families may apply for cash grants that help pay heating bills. The one-time payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. (In some cases, the check may be mailed to you directly.) Cash grants range from \$200-\$1000 and are based on household size, income, and fuel type. Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$1000 is reached. Crisis situations include broken heating equipment or leaking lines that must be fixed or replaced, lack of fuel, termination of utility service, danger of being without fuel (less than a 15 day supply) or having utility service terminated (received a notice that service will be shut off within the next 60 days).

**Pennsylvanians can apply for LIHEAP November 4th, 2024 through April 5, 2025** online at [www.dhs.pa.gov/COMPASS](http://www.dhs.pa.gov/COMPASS), by phone toll-free at 1-866-550-4355, or in person at the Wayne County Assistance Office, located at 15 Innovation Drive, Lake Ariel, PA 18436, telephone number 570-253-7118. Anyone over 60 years old can call their local senior center for an appointment, see back of newsletter for phone numbers.



When the weather outside is frightful, there's nothing quite like cozying up indoors and exploring the world through live webcams. Whether you're yearning for a glimpse of serene natural wonders, or exotic wildlife, these free webcams offer a perfect escape from the cold. You can watch on your computer, tablet, smart phone or smart TV. Here are some of my favorites:

**Explore.org**-Check out 130 live cameras. See exotic wildlife, the Northern Lights and many other views from around the world while relaxing at home.

**YouTube**-You can find many nature webcams on YouTube. I like Deer, Bird & Wildlife Cam.

**National Park Service (nps.gov)**-Did you know that you can see what's happening live at our National Parks without leaving your home?

Webcams allow you to get up close to wildlife without disturbing them. Start exploring today!



## For Those Receiving In-Home Meal Delivery:



Currently all home delivered meals will be frozen, we are not serving them hot at this time. You will receive one delivery each week. All of your meals will be delivered on that delivery day unfortunately due to staffing we cannot guarantee set delivery days.

The winter months are approaching, and it is time to prepare for those days when your home-bound meals will not be delivered. The homebound meal delivery program runs along with the Wayne Highlands School District. When the Wayne Highlands School District closes for inclement weather, you will not be receiving delivery on that day.

**There will not be any emergency meal boxes delivered during the winter months.**

## Wayne County Transportation System's Consumers:

**If the schools are closed for inclement weather which affects roads and travel, the Senior Centers, Home Delivered Meals and County Transportation System will not operate.**

- Wayne Highlands School District: ALL Centers closed.
- Western Wayne School District only: Hamlin Center closed.
- Wallenpaupack School District only: Hawley Center & Adult Day program closed.

If the schools are closed for other reasons (i.e. power outages), a determination will be made if the Centers, Home Delivered Meals and Transportation will operate. This will be announced on local radio (Bold Gold Media), TV (WBRE) and the County website ([www.waynecountypa.gov](http://www.waynecountypa.gov)) as early in the morning as possible, no later than 7:00 a.m.

If the schools have a delay for inclement weather, the Senior Centers and Home Delivered Meals will work a normal schedule with no delay. Transportation will attempt to run as close to schedule as possible.

PLEASE NOTE: The only time the offices will close is when the Courthouse closes. Home Delivered Meals may not be delivered if clients' sidewalks or driveways are not clear. Transportation may cancel your ride if the local roads are not plowed or safe to transport – even if the department is open/operating during inclement weather or questionable road conditions. A determination will be made on a case by case basis. \*Early closing of schools will be considered on a case by case basis.\*



### **Wayne Memorial Hospital Alzheimer's Support Group**

**Presented by:** Alzheimer's Association of greater Pennsylvania

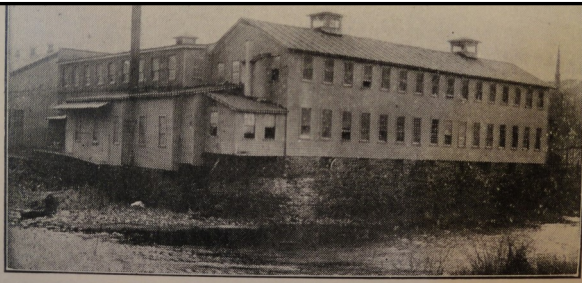
**When:** First Tuesday monthly from 5:30-6:30 pm

**Where:** Wayne Memorial Hospital-David Katz Room, 601 Park Street, Honesdale PA 18431

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.
- All are welcome, for information please call 800-272-3900 or go online to [alz.org](http://alz.org)





The Krantz and Sell Cut Glass Company.



## A Jewel of Wayne County, Sycamore Point Park



Cultivating a Vibrant Future

[www.WayneTomorrow.com](http://www.WayneTomorrow.com)

The Krantz and Sell Cut Glass Company sat on Industrial Point, along 12th Street, in downtown Honesdale, during the 1920s. The factory functioned there until 1936 when it was flooded by the rising waters of the Dyberry and Lackawaxen Rivers. Nearly 90 years later and Industrial Point has taken on a new look. The former location of the glass company is now home to Wayne County's Sycamore Point Park.

Sycamore Point Park is an all-inclusive park featuring ADA-compliant amenities, allowing for expanded public access to fishing, boating and outdoor recreation along the Lackawaxen River. The park features a picnic area that includes tables and benches, a boat launch, a paved walkway along the riverbank, beautiful landscaping, informative signage, a self-composting restroom, as well as benches for sitting and enjoying the scenery and wildlife.

As Commissioner Smith said at the recent ribbon cutting, "the river trail is quickly becoming one of the jewels of Wayne County" and we encourage you to get out and enjoy this beautiful addition to Wayne County.

### SHEET PAN GARLIC PARMESAN CHICKEN & POTATOES

4 tablespoons vegetable oil, divided  
1/4 cup grated parmesan cheese  
1 tablespoon lemon zest  
2 1/2 teaspoons garlic powder  
1 1/2 teaspoons onion powder  
1 teaspoon parsley flakes

1/2 teaspoon black pepper  
1/4 teaspoon salt  
4 bone-in chicken thighs  
1 1/2 pounds baby potatoes halved (4 cups)  
1/2 pound thin asparagus spears, trimmed



### INSTRUCTIONS

- ♦ Preheat oven to 425°F. Line large sheet pan with foil and spray with no stick cooking spray. Set aside. Mix 3 tablespoons of the oil, Parmesan, lemon zest, garlic, onion, parsley and black pepper in large bowl. Add chicken and potatoes; toss to coat evenly with seasoning mixture. Arrange chicken (skin-side up) on one half of sheet pan. Arrange potatoes in single layer on other side of sheet pan.
- ♦ Roast 20 minutes. Meanwhile, toss asparagus with remaining 1 tablespoon oil. Carefully remove sheet pan from oven. Push potatoes to one side, making room for asparagus. Arrange asparagus on pan. Rotate pan before placing back in oven.
- ♦ Roast 15 to 20 minutes longer, or until chicken is cooked through (internal temperature reaches 165°F), and potatoes and asparagus are tender.



**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 570-344-7190  
Or email: [kerickson@servingseiorsnepa.org](mailto:kerickson@servingseiorsnepa.org)



**Do you have extra space in your home?  
Would you like some companionship or as-  
sistance 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)**



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

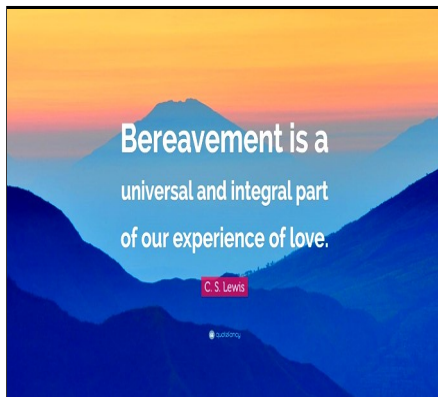


# FIND SANTA'S REINDEER!

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

Reindeer Dasher Dancer Prancer Vixen  
Comet Cupid Donner Blitzen Rudolph

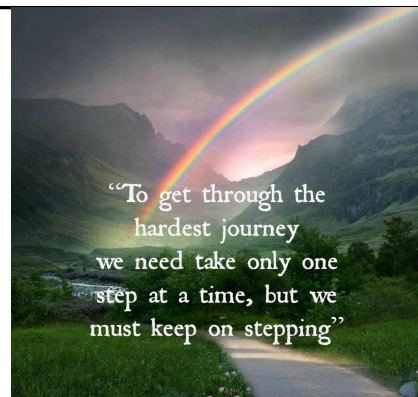




# Grief Support Group



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



**HONESDALE SENIOR CENTER**

**323 10<sup>th</sup> Street**

**Honesdale, PA 18431**

*\*Virtual option available upon request\**

**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*

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



**TO REGISTER CONTACT:**

**Miles Keesler**

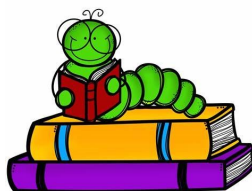
**Phone: 570-253-1220 or**

**Email: mkeeslerwaynelibraries.org**

## December Programs

**1. Emotional Freedom Technique ( Tapping ) with Dr. Betty Demaye Caruth and Sally Rothacker-Peyton. Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress.**

**Wednesday 12/4/2024 4:30-5:30pm**



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## Victims' Intervention Program



The holiday season is a time designed to bring out the best in people. Many of us strive to be more emotionally charitable at family and social gatherings, or financially charitable toward our favorite organizations and causes. Being our best selves can come as a challenge for even the most well-intentioned, given that the holiday season is so busy and stressful.

However, for domestic violence survivors, the holiday season can bring with it far more stressors than for most, as this should-be joyful, family-filled time sees higher rates of abuse. Understanding the factors contributing to this is crucial for prevention and intervention efforts. Here's why domestic violence during the holidays is a serious problem.

**Financial Stress:** The pressure to buy gifts and host gatherings can strain household budgets. Often exacerbating existing tensions within relationships, making it a trigger for violent behavior.

**Emotional/Psychological Stress:** The expectation to maintain a cheerful demeanor during family and community interactions can lead to heightened emotions. For those already in volatile relationships, these emotional triggers can escalate conflicts into physical violence.

**Alcohol:** Alcohol can impair judgment and lower inhibitions, making it easier for underlying tensions to erupt into physical confrontations.

**Family Dynamics:** Family gatherings can sometimes act as a catalyst for domestic violence. The presence of extended family can either inhibit or provoke violent behavior. In some cases, family members may even normalize or trivialize the abuse, making it difficult for victims to speak out.

**The Illusion:** The emphasis we place on family and togetherness means victims may be more reluctant to leave or report their abusers during this time, fearing they'll ruin the holidays for their children and others.

Victims' Intervention Program is available 24 hours a day, seven days a week to help those living with physical or emotional abuse, abandonment, exploitation, or neglect. All services are free, confidential, and offered not only to victims themselves but to their family and friends or those collaterally affected by abuse. If you or someone you know needs help, VIP is here. Call or text us at 570-253-4401. For more information, visit [www.vipempowers.org](http://www.vipempowers.org).



Happy Holidays to all of my Wonderful Friends. The 2024 bus trip season has come to an end and I have to say we had a great year. The trips went really well and everyone seemed to have a good time. We had many new folks join us this year, which helps to keep the trips going. I am also grateful for all of the people that travel with us year after year and for all their help in promoting our trips.

- We are excited to start 2025 off with a 4-day trip to Norfolk, Virginia, April 24<sup>th</sup> – 27<sup>th</sup>. This trip includes the Parade of Nations & The International Tattoo Show. (Don't let tattoo show scare you, not ink or needles) This show has marching bands and precision military drill teams from all over the world. We went here 10 years ago and everyone loved it. Sign up starts in January and it would be a great help if you could get your deposit in when you sign up.
- On May 14<sup>th</sup>, we go back to Resorts World casino in the Catskills. Our day includes: a show with music from the 50's & 60's, a buffet lunch and \$25.00 slot play. All for only \$87.00 per person.
- Sight & Sound in Lancaster is our destination on June 3<sup>rd</sup>. The show is "Noah" and after the show we go around the corner to the new Hershey Farms Restaurant for a buffet lunch and a little shopping. Sign up for all the 2025 trips starts after the holidays in January.

I hope your holidays will be filled with special moments with family and friends. Remember bus trips and the senior centers are great places to make new friends. Merry Christmas and can't wait to see you on the bus!!!



• **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*

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

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

**May the spirit of the season fill  
your heart with joy, love and peace.**

**Wayne County Area Agency on Aging**  
**323 10th Street**  
**Honesdale, PA 18431**  
**570-253-4262 / 570-209-5770 fax**  
**Elder Abuse/Protective Services:**  
**1-800-648-9620**

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

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

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

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

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

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

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