



## Celebrating Heart Month: Taking Care of Your Heart at Any Age



As we embrace the month dedicated to heart health, it's a perfect time to reflect on the importance of taking care of our hearts, especially as we get older. Heart disease remains one of the leading causes of death globally, but the good news is that there are many steps we can take to maintain a healthy heart, no matter our age.

### Understanding Heart Disease

Heart disease refers to a range of conditions that affect your heart, including coronary artery disease, heart rhythm problems (arrhythmias), and heart defects you're born with (congenital heart defects). As we age, our risk for heart disease can increase due to factors like high blood pressure, high cholesterol, and a sedentary lifestyle.

### Risk Factors and Prevention

- **Healthy Diet:** Consuming a diet rich in fruits, vegetables, whole grains, and lean proteins can significantly reduce heart disease risk. Limiting saturated fats, trans fats, and sodium is also crucial.
- **Regular Exercise:** Engaging in regular physical activity helps keep the heart healthy. Even moderate exercise, like walking for 30 minutes a day, can make a big difference.
- **Regular Check-ups:** Regular visits to your healthcare provider for check-ups and screenings are essential. Monitoring blood pressure, cholesterol levels, and blood sugar can help detect issues early.
- **Quit Smoking:** If you smoke, quitting is one of the best things you can do for your heart. It reduces the risk of heart disease and improves overall health.
- **Manage Stress:** Chronic stress may contribute to heart disease. Finding healthy ways to manage stress, such as yoga, meditation, or engaging in hobbies, is important.

### Taking Action

Heart Month is a great opportunity to take steps towards a healthier heart. Here are some actions you can take:

- **Join a Support Group:** Connecting with others who are also focused on heart health can provide motivation and encouragement.
- **Stay Informed:** Educate yourself about heart health by reading articles, attending seminars, and speaking with healthcare professionals.
- **Make Small Changes:** Small lifestyle changes, like incorporating more fruits and vegetables into your diet or taking a daily walk, can lead to significant improvements over time.

### Inspiring Stories

Hearing from others who have successfully managed their heart health can be inspiring. Whether it's a friend, family member, or a story in the news, these examples can provide valuable insights and motivation.

### Conclusion

Taking care of your heart is a lifelong commitment, but it doesn't have to be overwhelming. By making informed choices and taking small, consistent steps, you can significantly improve your heart health. Celebrate Heart Month by prioritizing your heart and encouraging your loved ones to do the same. Remember, it's never too late to start taking care of your heart.

# February

**Suggested meal price: \$3.00 for 60 and over; \$9.00 all others.**

**Milk is Included with all meals.**













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

## Tasty Tidbits from the Kitchen

February is Valentine's Day and we would like to share some suggestions for a Healthy Heart.

1. Control portion sizes, try using a smaller plate for your meals.
2. Eat more fruits and vegetables, tomatoes, carrots, spinach, apples, oranges, bananas, just to name a few.
3. Limit foods with high salt content, read the labels on food packages.
4. Plan your meals ahead. Do you know they sell small crockpots?
5. Start a gratitude list, add people you love and things you like to do.
6. Walk more. In this freezing weather you can take a few extra steps around your house or even when you shop.
7. Talk with friends and family. Even striking up a conversation with an acquaintance can be beneficial.

**For more information, talk to your health care provider.**

3) Meatloaf with Gravy Scalloped potatoes Roasted broccoli Wheat bread butter Pineapple chunks 	4) Ground Turkey Goulash over Noodles Cauliflower Wheat bread butter vanilla pudding with 1/2c strawberries 	5) <b>Lunar New Year</b> Sweet & sour Chicken Cauliflower rice Stir fry vegetables Wheat bread butter Fresh orange slices w fortune cookie 	6) Juice Pork Chop Brown rice Carrots Bavarian pretzel fresh fruit cup <b>NW: Juice            Chicken salad            sandwich, pickled            beets, fruit</b>	7) Breaded fish Baked potato with sour cream Butternut Squash Wheat bread butter Mandarin oranges 
10) BBQ Chicken Red potatoes Carrots Wheat bread butter Fresh fruit salad 	11) Juice Hawaiian Pork Brown rice Cauliflower Wheat bread butter Pineapple chunks	12) Juice Stuffed shells with marinara sauce and mozzarella cheese Italian blend Wheat bread butter Fresh orange slices	13) Shepard's pie with Mashed potatoes California blend Rye bread butter Chocolate pudding 	14) <b>Valentine's Day</b> Orange Juice Chicken Marsala Mashed potatoes Vegetable blend Wheat dinner roll butter Cherry dessert 
17) <b>Closed</b> 	18) Orange juice Cheese omelet Turkey sausage Breakfast potatoes Wheat bread butter Strawberries	19) Juice Pasta with meatballs Spaghetti sauce Broccoli Wheat bread butter Fresh cantaloupe	20) Juice Turkey Pot Pie Roasted brussels sprouts Rye bread butter Pumpkin Mousse	21) Sweet & sour Pork Cantonese Cauliflower rice Stir fry vegetables Wheat bread butter Fresh fruit cup
24) Chile Con Carne Baked potato Cauliflower Cornbread butter Fresh orange slices 	25) <b>Junior Leader-            ship Day</b> Orange juice Chicken with orange sauce Red skin potatoes Baby carrots Wheat bread butter Chocolate pudding	26) Linguini with Roasted Vegetables Meatballs Spinach Wheat dinner roll butter Applesauce 	27) Lemon Pepper Fish Roasted potatoes California blend Wheat bread butter Peaches & pears 	28) Baked Ham Whipped sweet pota- toes Broccoli Rye bread butter Fresh fruit cup 



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

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

**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.

**the  
cooperage  
project**



## **WINTER WATER AEROBICS AT CAMP LADORE**

**JANUARY – FEBRUARY – MARCH**

**398 S. STREET, WAYMART 18472**

**570-488-6129**



**Facilities include the following: Towels, a ramp into the pool, two handicapped bathrooms and showers in pool area (not private)**



**INSTRUCTION BY WATERART TRAINER-DIANE SHERKOW, EDD**

**386-341-6878**

**[d.ceil.ds@gmail.com](mailto:d.ceil.ds@gmail.com)**

**Instruction emphasis is for Physical Well Being, to encourage independent FUNCTIONing, mobility and balance. Specific areas of focus are for Arthritis, Knee, Hip, Neck, and other age related concerns.**

**Class schedule: Tues & Thurs 10:30–11:30 Wed 2:00-3:00**

**Private Sessions and additional classes per demand**

**Fee: \$10.00 per class**

**Weekly and monthly value passes available**

**CALL OR EMAIL DIANE FOR REGISTRATION**

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**



## Hamlin Senior Center– February Activities



**Tai Chi** – Mondays at 10:30 AM excluding 2/17

**Chair Yoga** – Mon. at 1 PM, 2/3, 2/10, and 2/24

**Balance & Strength Exercise** – Wed. & Thurs. at 10 AM

**Weigh-In** – Fri.'s at 11 AM.

**Lunar New Year** – Wed. 2/5 Year of the Wood Snake. Chinese Menu and culture fun!

**SUPERBOWL BINGO & Tailgate Party** – Fri. 2/7 Bingo at 10 AM and Tailgate Party at 11 AM. Wear your favorite team shirts!

**Karaoke Corner** – Sing your favorite songs! Tues. 2/11 at 11 AM.

**Valentine's Celebration** – Fri. 2/14 special entertainment by "Joe C" at 11 AM followed by Valentines meal and then bingo at 1 PM. Wear your best pink and red clothes!

**CENTER CLOSED** – Mon. 2/17 in observance of President's Day

**Craft Corner** – Tues. 2/18 at 10:30 AM. Flowered Diamond Art Coaster making. Facilitated by Colleen M.

**Kitchen Volunteer Re-training** – Thurs 2/20 at 1:30 PM. A combination of kitchen and health safety policies. Facilitated by Becky and Lynn.

**Social Dinner Night** – Fri. 2/21 at 5 PM at Tsunami Restaurant in Honesdale.

**How To Series** – "How to Crochet" Tues. 2/25 at 10 AM. Facilitated by Anny A.

### **\*SCHEDULE SUBJECT TO CHANGE**



**Rita O'Connell, Gail Iannacone,  
Robert Hudson, Janet Kearny, Eva Klidas,  
Susan Good & Jane Aurricchio**

#### **Hamlin Senior Center Volunteer Recognition**

Rita O'Connell, Janet Sauers, Sandy Baluta, Colleen Mentz, MaryAnn Noon, Michael Sell, Thelma Evarts, Fran Kingsley, Marilyn Wormuth and Robert Hudson.



#### **Christmas volunteer team**

Debbie Birtel, Rita O'Connell, Liz Medina, Thelma Evarts, Colleen Mentz and Diane Krajewski



#### **CHRISTMAS AT THE HAMLIN SENIOR CENTER**

What a great time we had during our Christmas Celebration this year! It was a joy to see friendships at their best. Carl Kellogg was our jolly Santa this year and Jim Cerminaro serenaded us with his beautiful songs. The meal was delicious prepared by our dedicated kitchen team. The Ugly Sweater contest was so good that everyone was a winner! All volunteers were recognized for their contribution to our Hamlin Senior family home. This was one of my favorite celebrations and it was because of all of you. It brings me pride to see all the wonderful people having fun who make our center what it is.

### **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 Center

## February EVENTS

We have a lot of fun activities and events planned for February, here are a few of the things we have planned. Come down to the center to pick up a full list of the activities, have some coffee and meet new friends. This is a great place to visit when you want to have some fun and meet new people.

February 4th Tuesday—"SOUP"erBowl Day

February 5th Wednesday—Lunar New Year/Year of the Wood Snake. Come and have a special lunch. Please make sure you call a day ahead to reserve your spot.

February 7th Friday—Join us for our special Super Bowl Celebration Day. Games including Trivia, we will all have a fun day.

February 10th Monday—Flannel Day—Wear your favorite Flannel

February 11 Tuesday—Extraterrestrial Culture Day—Come and celebrate all things from out of this world. Costume Contest for the best themed costume, movies, trivia, games and fun!! Come and join us for a really special day.

February 14th Friday—Come and Join us for a day celebrating friendships with a special lunch. Call a day ahead to reserve your spot.

**February 17th Monday—Center Closed in observance of Presidents' Day**

February 20th will be an awesome day we might even have a few celebrities visiting.....come down to the center and ask what this day is all about. :-)

*Here are some photographs from Our Christmas and New Years Eve Celebrations*



# Honesdale Senior Center-February Activities



**February 5th (Wednesday)**-Join us for the Lunar New Year Celebration as we welcome the Year of the Snake with fortune cookies for everyone and sweet and sour chicken for lunch.

**February 7th (Friday)**-Super Bowl Birthday Friday, come dressed in your favorite team gear and celebrate our February birthdays.

**February 13th (Thursday)**-Crafting will return with our fabulous Sandy Klein.

**February 14th (Friday)**-Valentine's Day, wear red or pink to celebrate the day. We will have a special cherry dessert.



**February 17th (Monday)**- Center closed in observance of Presidents' Day.

**February 18th (Tuesday)**-Lynn Potter our Registered Dietician will give a presentation about "Cooking for One".

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

Wayne Memorial Hospital generously donated some fabulous gifts for the older adults of Wayne County. Pictured below are Irene and her grandson Ryan, Bob and Maggie and Joanne on the right.



Thank you to Betty Padgett for bringing her therapy dogs to visit the Adult Daily Living Center.



We had an amazing time celebrating Elvis' birthday with spectacular performance by Burrell. The day was filled with joy as everyone enjoyed singing and dancing.



## 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> Hozzie 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**



**February 6th (Thursday)**-We will celebrate Valentine's Day, wear your red or pink clothes. Lois from the Department of Health will be here to discuss Glaucoma.

***Reminder: Starting in March we will return to 2 meetings a month on the first and third Thursday.***

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.

### **Pennsylvania's Property Tax/Rent Rebate Program**

Pennsylvania offers a valuable Property Tax/Rent Rebate Program designed to support older adults and people with disabilities. This program provides rebates to eligible homeowners and renters, helping to ease the financial burden of property taxes and rent<sup>1</sup>.

#### **Eligibility and Income Limits**

To qualify for the rebate, applicants must be at least 65 years old, widowed and 50 years old or older, or permanently disabled and 18 years old or older. Additionally, the program has specific income limits<sup>1</sup>. For the 2024 period, the income limit for both homeowners and renters is set at \$46,250. The rebate amount varies based on income, with the maximum standard rebate being \$1,000<sup>1</sup>.

#### **Rebate Amounts**

The rebate amounts are determined by the applicant's income. Here's a breakdown of the standard rebate amounts:

- **\$0 - \$8,000:** \$1,000
- **\$8,001 - \$15,000:** \$770
- **\$15,001 - \$18,000:** \$460
- **\$18,001 - \$30,000:** \$380

Additionally, supplemental rebates are available for those with the most need, providing an extra \$190 to \$500.

#### **Application Process**

Applicants can submit their applications online, by mail, or in-person. The deadline for applications is December 31, 2024<sup>1</sup>. The Department of Revenue provides free assistance to help applicants with their submissions.

This program, supported by the Pennsylvania Lottery and gaming funds, has been expanded to include more Pennsylvanians, making it a crucial resource for those in need. If you need assistance please call your Senior Center for an appointment. **We begin scheduling mid-February.**



## 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)



**Northeastern PA Maple Producers Association**  
**2025 Self-guided Maple Tour**  
**First Weekend of March**  
 Saturday, March 1st and Sunday, March 2nd 10:00-4:00

**Free and Family Friendly**

Explore the art of maple syrup making on a self-guided tour of local sugarhouses. Witness the transformation of sap into golden syrup, breathe in the woody aroma of boiling sap, and savor this seasonal treat. Experience nature, tradition, and taste at your own pace.

**Sugar House Locations**

1) BURKE'S MAPLE FARM 224 CRYSTAL LAKE RD., FELL TWP. 2" X 6" EVAPORATOR - 1800 TAPS	6) NORTH HANFORD MAPLE 2749 STEPHENS RD., NEW MILFORD 2" X 6" EVAPORATOR - 750 TAPS	11) POCONO MOUNTAIN MAPLE 116 SECRET EAGLE DR., NEWFOUNDLAND 4" X 14" EVAPORATOR - 25,000 TAPS
2) STREAMSIDE MAPLE 321 RIDGEMERE RD., GREENTOWN 4" X 14" EVAPORATOR - 2800 TAPS	7) SHERMANSKI MAPLE SYRUP 35A BELMONT ST., WAYMART 2" X 6" EVAPORATORS - 6000 TAPS	12) WATTS HILL MAPLE FARM 43 STOURBRIDGE LANE, HONESDALE 20" X 30" PAN - 40 TAPS
3) JOURNEY'S END FARM 364 STERLING RD., NEWFOUNDLAND 5" X 14" EVAPORATOR - 1400 TAPS	8) MORNING SUN FARM 141 HOLGATE RD., HONESDALE 20" X 5" EVAPORATOR - 200 TAPS	13) DUTCH HILL PRESERVES 344 DUTCH HILL RD., CANADENSIS 2" X 8" EVAPORATOR - 4500 TAPS
4) STICKY DOG SAP HOUSE 41 BIRD LANE, COBBS LAKE PRESERVE, LAKE ARIEL 2" X 5" EVAPORATOR - 115 TAPS	9) AUGUSTA ACRES FARM 229 PEGGY RUNWAY RD., BEACH LAKE 30" X 8" EVAPORATOR - 1000 TAPS	14) MOMMOM & BOPS MAPLE SYRUP 35 BUSH RD., PLEASANT MOUNT 20" X 4" EVAPORATOR - 70 TAPS
5) NEBZYDOSKI'S MAPLE FARM 8 MAPLE AVENUE, PLEASANT MOUNT 40" X 12" EVAPORATOR - 3200 TAPS	10) G & M MAPLE PRODUCTS 59 SNYDER RD., SCOTT TWP. 3" X 10" EVAPORATOR - 2000 TAPS	15) KEYSTONE COLLEGE SUGAR SHACK ONE COLLEGE GREEN, LA PLUME 2" X 6" EVAPORATOR - 275 TAPS

Although we are in the midst of the darkest, coldest days of Winter, it's not too early to think toward Spring and maple syrup production. Syrup production is a historic tradition in our county. Rumor has it that in the late 1700s, Samuel Preston made maple sugar in the Union Sugar Camp in northern Wayne County. The maple sugar was presented to President George Washington as a gift. A few hundred years later and the sap still flows from our thousands of maple trees.

During the weekend of March 1st and 2nd the handiwork of 15 of our region's maple producers will be on display for all to enjoy. The sugar bushes are located throughout the entirety of our county as well as surrounding counties.

Set aside some time to check out two or three, or even all 15 locations. Watch as the sap is cooked down into

syrup and even turned into treats like maple sugar and maple candy.

Touring wouldn't be complete without buying some maple goodies along the way. And if you plan your stops correctly you will end up at one of the 3 locations that offer a pancake breakfast, just when you start to feel famished.

All maple tours are family-friendly and free. For a map of Sugar House Locations and additional information visit <https://waynecountypa.gov/645/Maple-Tour>. Hope to see you on the Maple Trail!

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



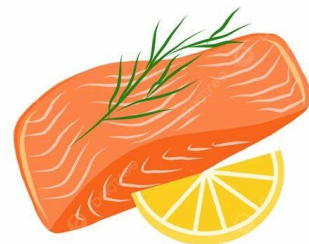
## Lemon Herb Salmon

### Ingredients:

- 4 salmon fillets
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds
- Juice of 1 lemon
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste

### Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a small bowl, mix together the olive oil, minced garlic, lemon juice, chopped parsley, and dill.
3. Place the salmon fillets on a baking sheet lined with parchment paper or aluminum foil.
4. Brush the lemon herb mixture generously over the salmon fillets.
5. Season the salmon with salt and pepper.
6. Place the lemon slices on top of the salmon fillets.
7. Bake in the preheated oven for about 15-20 minutes, or until the salmon is flaky and cooked through.
8. Serve the salmon with your favorite side dishes, such as roasted vegetables or a fresh salad.





**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@servingseiniorsnepa.org](mailto:kerickson@servingseiniorsnepa.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.*

# Word Search

## VALENTINE'S DAY



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

Lovers Red Lace Kindness  
Happy Heart Hugs Romance  
February Cupid Sweetheart Pink  
Love Flowers Cards Valentine  
Chocolate Friends Forget-me-not Candy

## 21 Ways to Say I Love You

German	Ich liebe dich
French	Je t'aime
Portu- guese	Te amo
Italian	Ti Voglio bene
Spanish	Te quiero
Croatian	Volim te
Dutch	Ik hou van jou
Greek	S'agapo
Japanese	Aishiteru
Polish	Kocham cie
Turkish	Seni seviyorum
Yiddish	Ikh hob dikh
Russian	Ya tebya liubliu
Mandarin	Wo ai ni
Creole	Mi aime jou
Farsi	Tora dost daram
Danish	Jeg elsker dig
English	I love you
Esperanto	Mi amas vin
Fijian	Au lomani iko
Maori	E aroha ana ahau ki a koe

## February Word Scramble

- ETVLNIAEN \_\_\_\_\_
- DOUNHROGG \_\_\_\_\_
- TEDISRNEP \_\_\_\_\_
- EVOL \_\_\_\_\_
- PICDU \_\_\_\_\_
- TINWER \_\_\_\_\_
- RPSIGN \_\_\_\_\_



Answer Key: 1. Valentine 2. Groundhog 3. President 4. Love 5. Cupid 6. Winter 7. Spring



Abraham Lincoln, the 16th President of the United States, is widely remembered for his leadership during the American Civil War and his efforts to abolish slavery. Born on February 12, 1809, in a log cabin in Kentucky, Lincoln rose from humble beginnings to become one of the nation's most revered leaders. His Emancipation Proclamation in 1863 marked a significant step towards ending slavery, and his Gettysburg Address is celebrated as one of the greatest speeches in American history. Tragically, Lincoln was assassinated on April 15, 1865, by John Wilkes Booth, but his legacy as "Honest Abe" and the Great Emancipator endures.





## NORFOLK, VIRGINIA

**Featuring The Parade of Nations & Virginia International Tattoo show with marching bands, precision military drill teams, etc.**

**Thursday – Sunday, April 24 – 27, 2025**

**\$750 per person double occupancy**

**\$1040 single occupancy**

**Trip Includes:** 3 nights lodging, 3 breakfast and 3 dinners, The Spirit of Norfolk Dinner Cruise, Parade of Nations, International Tattoo (marching bands) show, admission to the Battleship Wisconsin & Naval Museum, Chrysler Museum, and much more...

**Reserve with Debbie at 570-630-2385 or Christina at 570-253-5540.**

Pick up in Honesdale between Harbor Freight & TJ Maxx - 6am, Hawley center - 6:30am, Hamlin Center 7am.

**If possible, please pay your deposit of \$500 when you sign up for the trip.**

**Balance is due by March 1, 2025.**

**Make checks payable to: Wayne County Area on Aging**

**No refunds for any reason after March 10, 2025.**

Wayne County  
**WC**  
**PL**  
 Public Library  
 1406 Main Street  
 Honesdale, PA 18431  
 570-253-1220  
[www.waynelibraries.org](http://www.waynelibraries.org)  
*Connecting our community*



**TO REGISTER CONTACT:**

**Miles Keesler**

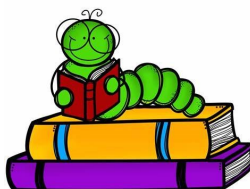
**Phone: 570-253-1220 or**

**Email: [mkeeslerwaynelibraries.org](mailto:mkeeslerwaynelibraries.org)**

## February Programs:

1. **Acupuncture:** Learn the benefits of acupuncture with Lynn Potter Wed., 2/5/25 at 4:30-5:30pm.
2. **Crochet 101** with Carrie Genzlinger Wed., 2/12/25 at 4:30-5:30pm.

**LOVE**  
 the LIBRARY





## **Victims' Intervention Program**

### **Gaslighting**

#### *The Invisible Abuse*

Gaslighting is a tactic that abusers often use to create doubt in their victim's mind.

"You're overreacting."

"It wasn't a big deal."

"You're imagining things."

These are all statements that leave a person questioning their own sanity. Gaslighting can be such a powerful form of abuse that it masks the abuse itself. When a person has been manipulated into thinking that they are the problem, it becomes extremely difficult for them to recognize that they are being abused. If you or someone you know has experienced or is experiencing gaslighting, VIP advocates can help. Call our office to learn more and explore the different services VIP has to offer! 570-253-4401



### *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*

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





• **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@waynecountypa.gov](mailto:AgingNewsletter@waynecountypa.gov)

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

**February is the border between winter and spring.**

**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.***