

March is



# COLORECTAL CANCER AWARENESS MONTH



COLONOSCOPIES SAVE LIVES



March is recognized as Colorectal Cancer Awareness Month, a time to raise awareness about colorectal cancer and the importance of early detection and prevention. Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined.

## Why is this important?

- **Early Detection Saves Lives**: Colorectal cancer is highly preventable and treatable if detected early. Regular screenings can help detect polyps before they turn into cancer.
- **Risk Factors**: The risk of developing colorectal cancer increases with age. All men and women aged 45 and older should be screened.
- **Prevention Tips**: Maintain a healthy diet, exercise regularly, avoid tobacco, and limit alcohol consumption.

## Join Us for a Special Presentation at the Honesdale Center

On March 21st, Lois from the Department of Health will be joining us with a presentation about Colorectal Cancer. Don't miss this opportunity to learn more about how you can protect yourself and your loved ones.

**Stay Informed and Get Screened** Early detection is key to effective treatment. Schedule your screening today and encourage your loved ones to do the same. Together, we can fight colorectal cancer and save lives.

# MARCH

**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**

<p>3) Sloppy joe on wheat bun Red potatoes California blend Pears</p> 	<p>4) <b>Mardi Gras</b> Jambalaya over rice Southwestern corn Corn bread Butter Donut Fresh fruit cup</p> 	<p>5) Orange juice Fish sticks Macaroni &amp; cheese Stewed tomatoes Wheat bread Butter Fruit Cocktail</p> 	<p>6) Juice Chicken &amp; mushrooms Mashed potatoes Spinach Wheat bread Butter Pudding <b>NW: Juice, Ham &amp; cheese sandwich, mustard, Cottage cheese, peaches</b></p>	<p>7) Cheese Ravioli Creamed spinach Italian blend Wheat bread Butter ½ c Peaches with cottage cheese</p> 
<p>10) Salisbury steak with gravy Mashed potatoes Cauliflower Wheat bread Butter Fresh fruit cup</p>	<p>11) Orange juice Ham &amp; potato Casserole Carrots Wheat bread Butter Applesauce</p>	<p>12) Chicken &amp; biscuit Roasted red potatoes Spinach Fresh orange slices</p> 	<p>13) Orange juice Roasted Turkey with gravy Mashed sweet potatoes Mixed vegetable Wheat bread Butter Pudding</p>	<p>14) Spinach &amp; cheese bake Roasted potato wedges Winter blend Wheat bread Butter Pears</p> 
<p>17) <b>St. Patrick's Day</b> Ham &amp; Cabbage Boiled potatoes Baby carrots Pumpnickel Bread Butter Lime fluff</p> 	<p>18) Tuscan Style Chicken Orzo &amp; peas White beans with Collard greens Italian bread Butter Fresh fruit cup</p> 	<p>19) Meatloaf with gravy Scalloped potatoes Roasted broccoli- Wheat bread Butter Pineapple chunks</p> 	<p>20) Ground turkey Goulash over noodles Cauliflower Wheat bread Butter Vanilla pudding with strawberries <b>NW: Juice, Ham &amp; Cheese sandwich, mustard pc, Bean salad, fruit</b></p>	<p>21) Breaded Cod Baked potato with sour cream Butternut squash Wheat bread Butter Mandarin oranges</p> 
<p>24) BBQ chicken Red potatoes Carrots Wheat bread Fresh fruit cup</p> 	<p>25) Juice Hawaiian Pork Brown rice Cauliflower Wheat bread Butter Pineapple chunks</p> 	<p>26) Chicken with cabbage Potato pancakes Broccoli Bavarian pretzel Fresh orange slices</p>	<p>27) Shepard's pie with Mashed potatoes California blend Rye bread Butter Chocolate pudding</p>	<p>28) Stuffed shells with Marinara sauce and Mozzarella cheese Italian blend Wheat bread Butter Applesauce</p>
<p>31) Chicken Parmesan Pasta with sauce Cauliflower Italian bread Butter Pears</p> 	<p>Tasty Tid-bits from the kitchen...</p> <p>If I were a leprechaun, what would I drink? You might think a pint of ale would be for me. No, no, I dare say, it would be tea, that's the drink for me. Dandelion, hibiscus, mullein, and more, Give me some chamomile, that's for sure. What a great alternative for a wee leprechaun like me! Happy Saint Patrick's Day!</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**

# MAIN STREET FARMERS MARKET AT the cooperage



**saturdays | november 2**  
**11 am - 1 pm | to april 26**

**with farm-to-table food  
in our cafe, thanks to...**



## **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**

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

**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**

**386-341-6878**

**d.ceil.ds@gmail.com**

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.**

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





**TAI CHI Qigong–**  
Mondays @10:30 AM.

Facilitated by Peter Brown.

**CHAIR YOGA** – Mondays, 3/3, 3/10, 3/24 and 3/31 @1PM.

Facilitated by Ruth Piptone

**BALANCE & STRENGTH EXERCISE**–Wednesdays & Thursday @10AM

**BINGO** – Tue @1 PM and Fri @10 AM.'

**FUN & GAMES** – Every Monday! Pinochle @10AM and other games.

**MARDI GRAS CELEBRATION** – Tues. 3/4/25 @10AM. Wear your purple, gold & green!

Enjoy lively games, lunch & Fat Tuesday Bingo.

**HOW TO SERIES** – **Tues., 3/11 @10 AM “Cooking for One/Two”**. Enjoy the preparation of the “BLT Skillet”. Healthier meal while cooking smaller portions. Facilitated by Ed O. and manager.

**ST. PATRICK’S PARTY, CRAFT & BINGO**– Mon. 3/17. Bring an Irish attitude and enjoy painting clovers on glasses with Anny @10 AM, and then enjoy an Irish Meal followed by Bingo @1 PM. Don’t forget to wear your green!

**PALERMO’S PIZZA NIGHT** – Fri., 3/21 @5 PM. Come and enjoy time out in a group setting enjoying pizza during the lent season. Group will meet @5 PM. Please RSVP on sign up sheet.



## ***MARCH BIRTHDAYS***

*Joseph Olsen*  
*Fran Kingsley*

*Patricia Donegan*  
*Judit Vegh*

*Irene Gillette*  
*Fran Kurz*

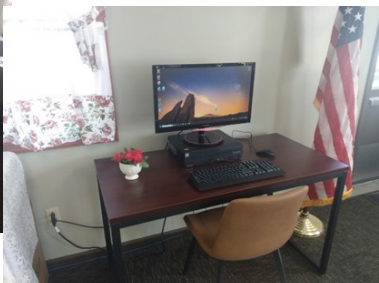
*Marilyn Wormuth*

### **HAMLIN ACTIVITIES**

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

## **HAMLIN SENIOR CENTER GRANT FOR 2024**

**“A NEW LOOK AND A NEW ATTITUDE”**



The Hamlin Senior Center extends heartfelt gratitude to everyone who participated in the clean-out, clean-up, and set-up of our new interior. First and foremost, we thank Mary Ursich for her reporting and grant writing skills, which enabled us to receive this competitive grant and facilitated the interior changes within our building.

We also wish to extend our thanks to the Wayne County Correctional Facility for their Inmate Program and the wonderful gentlemen who assembled the tables, chairs, and assisted with our set-up. The Salem Township team also deserves our appreciation for helping in every possible way to ensure a smooth process, including utilizing their garage bay as a set-up and storage area, providing tools, disposing of boxes and Styrofoam, and assisting with getting the tables into the building.

Our goal is to provide furnishings that present a more modern vibe in our building, attracting Baby Boomers and the new Generation Xers who might feel too young to participate in our center. We aim to demonstrate a positive attitude towards aging and focus on wellness and program activities that cater to the wants and needs of today's youthful seniors!

## Honesdale Senior Center-March Activities



**March 4th- @11:30 Mardi Gras Celebration-** wear purple gold and green, or a mask!

**March 7th- Birthday Friday** with a special treat

**March 17th- St Patrick's Day Party @11:30-** wear green!



**March 10th - @11:30 Here Comes The Sun Social** to celebrate Daylight Savings

**March 19th-@11-12** Dana from the Attorney Generals Office **Senior Scam Prevention**

**March 21st-@11:30** Lois from the Dept. of Health—**Colorectal Cancer Month Presentation** Angela from the Dept. of Health - **Blood Pressure Check**

**March 28- @11:30** SHARE Housing Rep Christina Grape-Garvey—**Info on the SHARE Program**

**April 11-Spring Clothing Swap & Shop** at the Honesdale Center. We are currently accepting donations of clean adult sizes clothing. **See Amanda or Christina.**

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



We want to wish a very **Happy Birthday** to those who celebrated in February!

Here we are dancing and singing on Birthday Friday.

## HONESDALE ACTIVITIES

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>11:00-12:00</b> Mind Matters Weekly Lecture Series	<b>10:30-11:30</b> Exercise Class	<b>10:00-11:00</b> Exercise Class	<b>10:00</b> Northern Wayne Center-1st and 3rd Thursday	<b>10:30-11:30</b> Exercise Class
<b>11:00-3:00</b> Bridge	<b>1:00-4:00</b> Billiards Shuffleboard	<b>1:00-2:00</b> BINGO	<b>10:00</b> Crafts/ Crocheting 2nd and 4th Thur.	<b>1:00</b> Rummikub tile game Billiards Shuffleboard
<b>1:00</b> Canasta		<b>1:00-4:00</b> Hozzie Card Game	<b>1:00</b> Shuffleboard Billiards	<b>1:00-3:00</b> 1st & 3rd Friday Writers Group
<b>*schedule subject to change</b>		<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		





## Hawley Center March Events

We have a lot of fun and entertaining things happening this month. Come down to the center to see our "Classic Citizens" Winter Photography show. We have many talented seniors. We will be starting a photography club coming soon. Representative Olsommer's Office will be here at the Hawley center every 2nd Tuesday of the month to assist people with various concerns. A big shout out to everyone who volunteers at the center, you are appreciated. Whether you are a registered volunteer or lend a helping hand, it never goes unnoticed and just know you are appreciated!!! Thank you to everyone who has donated items to the center for our consumers, we also appreciate all and any donation.

Wednesdays in the Hawley Center from 10:00-11:00, hopefully beginning in March, is the Pennsylvania's Evidenced Based Healthy Steps in Motion Programs. This is an 8 Week Fall Prevention and Balance program for those that are at risk of falling. This is open to anyone in Wayne County. There is a limit of 12-14 for the class. Please call to register or to find out additional information.

**March 4- Tuesday**— Mardi Gras Celebration—Come celebrate Mardi Gras with us at the center. We are having a special Jambalaya lunch with Bingo following right after. Make sure you reserve your spot by 12:00 noon on Monday 3/3.

**March 4- Tuesday**— Chair Yoga with Diana beginning at 10:20 am. ( Limited to the previously 12 registered participants)

**March 9-Sunday**— Daylight Savings Time begins. Remember to spring your clocks ahead 1 hour.

**March 11- Tuesday**— Representative Olsommer's Office will be here to assist in any concerns or questions you might have.

**March 12- Wednesday**— Alfred Hitchcock Day— Come and join us for a Murder Mystery event

**March 14-Friday**— Pi Day Join us for some Pie and some mathematical fun.

**March 17- Monday**— St Patrick's Day— Come and enjoy a nice lunch, listen to some Irish music and play some magical games. Dress in your best leprechaun spirit attire. Please make sure you reserve your spot for lunch before 3/16 @12:00 PM.

**March 20- Thursday**— First Day of Spring—Let's celebrate all things Spring. Come see if you will be a lucky duck with our scavenger hunt and our lucky duck races. We will have some Spring Activities and a spring theme bingo. Dress in spring colors.

**March 31- Monday**— Winners for our " Winter Photography " contest will be announced. Come down to the Hawley Senior Center for a small reception and gallery show.

**Mondays**—Exercise 10:30-11:30. Ceramics—10:00-2:30, Mahjong 11:00-3:00

**Tuesdays**— Yoga for pre registered consumers 10:30—Bingo 1:00-2:00 PM

**Wednesdays**— Healthy Steps In Motion Program for pre Registered participants 10:00-11:00  
Ceramics—10:00-2:30

**Thursdays**— Bingo 1:00-2:00, Card Group 10:00-3:00

**Friday**—Exercise 10:30-11:30, Dance Fridays—Come and dance your way into the weekend.

## **Northern Wayne Senior Center**

**March 6th-** *Angela Reeves will be here to conduct blood pressure screenings and talk about Colorectal Cancer awareness. Wear green to celebrate St. Patrick's Day!*

**March 20th–** *We will be making a tie dye craft project.*

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 \$46,520. The rebate amount varies based on income, with the maximum standard rebate being \$1,000.

#### **Rebate Amounts**

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

- **\$0 - \$8,270:** \$1,000
- **\$8,271 - \$15,510:** \$770
- **\$15,511 - \$18,610:** \$460
- **\$18,611 - \$46,520:** \$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 June 30, 2025. 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.



## 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)



# New Faces, Fresh Ideas

## Building a Brighter Community Together!

Wayne Tomorrow! is pleased to announce the addition of Jenny Mann and Kelli Connor to the Specialists team, further strengthening WT's efforts to support Wayne County's growth and development. In their new roles, Jenny and Kelli will focus on advancing Wayne Tomorrow!'s initiatives by fostering community partnerships, enhancing digital outreach, and supporting groups with their economic development. Jenny will be operating as the WT's! Community Development Operations Specialist, and Kelli will be operating as WT's! Community Development Outreach Specialist. Together, they will play a vital role in advancing Wayne Tomorrow!'s mission by bridging ideas with actions.

By strengthening communication between stakeholders and supporting projects to enhance community well-being, their efforts will ensure that Wayne County remains a place of innovation, opportunity and sustainable growth. They both stated how eager they are to begin projects being thrown their way. Wayne Tomorrow! is excited to have them on board and looks forward to the positive impact they will both bring to the community.



### Cultivating a Vibrant Future

**WayneTomorrow.com**

**WayneTomorrow@waynecountypa.gov**

### 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**



**Serving  
Seniors**  
INC.

**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@serving seniorsnepa.org](mailto:kerickson@serving seniorsnepa.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, Health & Wellness Instructors

**Wayne County Food Pantry**

Packing / Distribution Day, Warehouse Pallet Assembly

**Serving Seniors, Inc.**

Volunteer Ombudsman

**RSVP Senior CHAT Program**

Call Seniors for a Friendly Chat

**Ladore Camp, Retreat & Conference Center**

Food Service, Program Instructor, Grounds Maintenance

**Salvation Army Honesdale Extension**

Food Pantry



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

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



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



## Join The Fun

We invite you to come play bridge with us. You don't need to be an experienced player. This is a friendly game, so if you haven't played much or in a long time please try it out. We play Monday mornings at 10:30 AM at the Honesdale Senior Center. Please call Bonnie @ 203-362-7645 before hand if you would like to play.

- Bob Bryden



# HAWLEY SENIOR CENTER

My staff will be on-site to help with a variety of services, including but not limited to:



PennDOT  
paperwork



Any state-related  
issues



Property Tax/Rent  
Rebate applications



PACE/PACENET  
applications



Unclaimed property  
recovery



Handicapped  
plates and placards

**The 2<sup>ND</sup> TUESDAY**  
**of every month**

**9:30 a.m. to Noon**



STATE REPRESENTATIVE  
**JEFF OLSOMMER**





## Healthy Steps in Motion

A Pennsylvania Health and Wellness Evidenced Based  
Fall Reduction and Balance Program

### Learn About ....

- Exercise Basics
- Exercise Safety
- Setting Goals
- And MORE!!!!

### Participants will....

- Be assessed for fall risk
- Complete exercises to build strength, stability and balance
- Go away with a free textbook and resources

Hawley Senior Center  
337 A Park Place  
Hawley, PA 18428  
( Bingham Park Complex)

8 Classes—1 Hour each

10:00-11:00 am

Wednesdays

March 5-, 2025—April 23, 2025

Call Michele to Register

570-226-4209

This is a free program is open to everyone, 60+ years of age , from Wayne County . Limited to 14 participants .

Sign Up  
Today

## **Victims' Intervention Program**

You already know the saying, "Sticks and stones may break my bones but, words will never hurt me". As kids, we told ourselves this to try and avoid the pain of being picked on or made fun of. Once grown, we realize that words can hurt much worse than any physical injury ever could.

Emotional abuse may be one of the most common forms of elder mistreatment. Sadly, it is often considered a normal part of caregiver stress and is not properly reported. Emotional elder abuse is defined as the intentional infliction of anguish, pain, or distress through verbal or nonverbal acts. It involves controlling the elderly person's freedom to purposely cause feelings of isolation, low self-esteem, and emotional pain. This type of abuse can have a severe negative impact on the mental health and overall well-being of elders. Some examples of these behaviors include:

### Verbal Acts

- Being mean or extremely cold
- Intimidation and/or threats
- Yelling, screaming, or swearing
- Insults/ridicule

### Nonverbal Acts

- Giving the silent treatment or ignoring the individual
- Isolating or restricting access to socialize
- Limiting access to basic necessities
- Hiding or moving personal belongings and/or assistive devices



Almost anyone is capable of committing emotional elder abuse, from loved ones to strangers who are supposed to provide care. The reality is if emotional abuse is occurring, more than likely additional forms of abuse are occurring as well. 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 [vipempowers.org](http://vipempowers.org).

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)**

### **March Programs:**

- 1. Essential Oils and its benefits with Helen Mele Robinson Phd, Wed. 3/5/25 4:30-5:30pm.**
- 2. Author John Harvey will do a discussion on his book "Nature's Pathway" and how sitting still in nature can be healing to you. Wed. 3/12/25 4:00-5:30pm.**
- 3. Heart Health with Emily Daly, find out the many healthy habits you can do to support your heart. Wed. 3/26/25 4:30-5:30pm**





• **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**



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

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

Spring is far more than just  
a changing of seasons; it's  
a rebirth of the spirit.

**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.***