

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). This time of recognition is dedicated to acknowledging the invaluable contributions of older Americans, highlighting aging trends, and reaffirming our commitment to serving older adults.

The theme for 2025, **Flip the Script on Aging**, focuses on transforming society's perceptions, language, and approaches to aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring the contributions of older adults, exploring the many opportunities for staying active and engaged as we age, and highlighting the avenues for purpose, exploration, and connection that come with aging.

This year's celebration also shines a spotlight on the role intergenerational relationships play in reshaping how we view aging. By fostering connections between generations, we create spaces for learning, mentorship, and mutual support, which benefit not only older adults but also younger individuals. Together, we can build a stronger, more inclusive community that values people of all ages.



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 availabil-



			1) Juice Hot ham & cheese on a croissant Mixed vegetables Warm peaches NW: Juice, ham & cheese on croissant, bean salad, fruit	2) Kentucky Derby Roasted chicken Potatoes O'Brien Vegetable blend Wheat roll butter Cantaloupe
5) Cinco de Mayo Chicken enchilada Mexican rice Southwestern corn Plantains Churros 	6) Italian sausage w peppers & onions Home fried potatoes Italian blend Italian bread butter Fresh orange	7) Baked fish Scalloped potatoes Stewed tomatoes Wheat bread butter Fresh pear 	8) Cranberry juice Red pepper and broccoli Quiche Cauliflower Warmed apples w cinnamon	9) Mother's Day Chicken cordon blue Mashed potatoes Peas & carrots Wheat dinner roll butter Strawberry cheesecake
12) Baked fish patty French fries Broccoli Wheat bread butter Fresh orange 	13) Senior Day Talent show Turkey roll up w corn-bread stuffing/gravy Mashed sweet potatoes Peas Pineapple 	14) Meat lasagna Spinach California blend Wheat Bread butter Fresh pear 	15) Hamlin Expo Juice Cranberry glazed pork Mashed potatoes Capri Blend Wheat Bread butter vanilla pudding NW: juice, Turkey sandwich, beet salad, fruit	16) Honey ginger chicken Roasted red potatoes Cauliflower Wheat dinner roll butter Peaches
19) Juice Fish sticks Macaroni & Cheese Stewed tomatoes Wheat bread butter Fresh Cantaloupe	20) Election Day Stuffed cabbage casserole Brown rice Baby Carrots Wheat Bread butter Fresh orange	21) Summer Showcase Chicken parmesan Pasta w sauce Cauliflower Italian bread butter Pears	22) Proclamation Older Americans Stuffed Shells Mimi meatballs Marinara sauce Creamed spinach Wheat bread butter Peaches	23) Memorial Day Juice BBQ chicken Macaroni salad Baked beans Strawberry shortcake
26) Closed 	27) Swedish meatballs Mashed potatoes Green beans Wheat bread butter Fresh Orange 	28) Baked fish Florentine Creamed potatoes Carrots Wheat bread butter Cantaloupe	29) Baked ham with pineapple Mashed sweet potatoes Cauliflower Rye bread butter Pears	30) Grape juice Vegetable pizza with sausage Garlic Spinach Cottage cheese with peaches

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

Honesdale Senior Center-May Activities

May 2nd (Friday)–Kentucky Derby Day & Birthday Friday - wear your biggest hat & come sip some mint juleps.

May 5th (Monday)–Cinco De Mayo Celebration

May 8th & 22nd (Thursday) Crafting with Sandy Klein

May 22nd (Tuesday)–Intergenerational Garden Day, Rock Painting

May 9th (Friday)–Mother’s Day Celebration

May 13th (Tuesday)–Older Americans Month-Free Day and Talent Show. Show off your skills and join the fun at our Senior Center Talent Show—where your talents take center stage!

May 23rd (Friday)–Red, White, & Blue Day

May 30th (Friday)–Angela Reeves from the PA Department of Health will give a presentation about Hygiene and Tick Prevention.

Thursdays, 1pm-4pm–We have a new Mahjong Group starting, new players welcome!

The **Senior Center** is **closed** on **May 20th** for Election Day, offices will remain open.



Looking for a fun Friday activity? Join us for a lively game of Rummikub, savor a delicious lunch, and enjoy an afternoon filled with laughter and great company! Don't miss out!

Join Our New Writers' Group: "Memoirs & More" We're thrilled to announce that "Memoirs & More" is now meeting on the 1st and 3rd Friday of each month from 1–3 PM. As we journey through life, our memories become a treasure trove of stories, insights, and lessons. This group is all about tapping into those experiences to create, connect, and share. "Memoirs & More" is not a writing skills workshop; it's a welcoming space where we come together to write, reflect, and support one another. Whether you want to capture personal history, tell a good story, or simply enjoy meaningful conversation, you'll find a community here. We'd love for you to join us!

Schedule Subject to Change

HONESDALE ACTIVITIES

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



HAMLIN CENTER MAY UPCOMING EVENTS



HEALTHY STEPS EXERCISE COURSE– Wed. & Thur. during the month of May, concluding on 6/12/25. Normally scheduled HSIM exercise class will resume on 6/18/25

TAI CHI – Mondays at 10:30 AM with Peter Brown

CHAIR YOGA – Monday's at 1 PM with Ruth Pipitone

BINGO – Tues. at 1 PM and Fri. at 10 AM. **Pizza & Bingo 5/2nd, and 5/16th at 5 PM**

CRAFT SOCIAL CLUB – Thurs. at 1 PM. Bring a craft, chat and enjoy a cool beverage.

POKER & PINNACLE CORNOR – Thurs. at 9 AM & 1 PM.

CINCO DE MAYO – Mon., 5/5th! Wear your bright colored clothing and enjoy a Mexican styled lunch.

MOTHER'S DAY PYSANKY EGG CRAFT – Tues., 5/6th starting at 10 AM and concluding at 12 PM. May take up to 12 people. Must RSVP! Facilitated by Tammy a Ukrainian Pysanky Egg teacher. There is a fee to participate.

HAMLIN'S OLDER AMERICAN PROCLAMATION DAY ACTIVITY FOR OLDER AMERICANS

MONTH - Thurs., 5/22 at 10 AM. Bringing students and members together to do the front flower garden and back garden vegetable/herb box!

MOTHER'S DAY TEA SOCIAL – Friday, May 9th! Enjoy a bit of tea and scones! Bring your hats, boas, and your favorite china cup and saucer. A prize for the top three cup and saucer sets. Bingo will take place following lunch at 1 PM.

SENIOR FREE DAY – Tues. 5/13th – The day is starting at 10 AM with a “Lavender Q-tip art piece facilitated by Keely Yetter. A Special Talent Show with Western Wayne Students and Seniors alike will share their gifts starting at 11 AM. Followed by lunch.

HAMLIN CENTER SENIOR EXPO on 5/15th taking place from 9 AM – 12 PM, Chili Dog Fundraiser Lunch to supplement July Senior Picnic in lieu of center lunch and EMERGENCY PREPAREDNESS TECHNIQUES taking place 1 PM – 3 PM.

HOW TO SERIES- “Cooking for Two Taco Bowl” - Tues., 5/20th at 10 AM. Interactive Cooking Experience. RSVP needed.

Angela/Dept of Health on 5/20th at 11 AM – “Hygiene & Prevention Measures”

MEMORIAL DAY CELEBRATION – Friday, May 23! Wear your Red, White, and Blue!

HOW TO SERIES – “How to do the Cha Cha” Tues., 5/27th at 11 AM. Facilitated by Kathy M.

HAMLIN SENIOR CENTER CLOSED on observance of Memorial Day May 26th

DINNER NIGHT – Fri., 5/30th at 5 PM. Venue: The Boathouse in Tafton, PA

** Schedule Subject to change*



May Birthdays: Colleen Mentz, Karen Hall, Mark Birtel and Tom Gillette

ST. PATTY'S DAY CRAFT

Anny Antenello facilitated a Shamrock glass painting class on Tues., 5/17/25. It was a full day of activities but the craft time was the most relaxing part of the day.



HAMLIN ACTIVITIES

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



May Events—Hawley Center



May 2nd-Friday– Kentucky Derby Day– Festivities begin at 10:30 am—Come in your Derby Hats, as we sip our Mint Julep mocktail and have fun at the races.

May 5th– Monday– Cinco De Mayo— 11:00 am -Let's celebrate—Costume Contest “ wear traditional Mexican clothing, or fun, festive outfits like sombreros, or colorful dresses, shirts etc. Prizes for most colorful and best traditional look.

May 8th-Thursday– 10:30-11:30 am -A representative from Dime Bank will be here to discuss fraud prevention.

May 9th-Friday– 11:00 am—Dress in your Mother's Day best and enjoy a nice Lunch with a special bingo following lunch.

May 13th-Tuesday– 10:30 am—Come and join our Older American's month Talent show. Perform a song, dance, comedy routine, juggling, or any other talent that you may possess. Prizes will be awarded. Come and let's just have some fun!!! Life is too short to be boring!!

May 14th Wednesday—11:30 am—Dance Like a Chicken Day!!! Come join us as we do the Chicken Dance before Lunch to celebrate this wonderful holiday.

May 16th– Friday – 10:30 am. National Pizza Party Day– Come and join us as we make our own pizza. (Fee involved for ingredients)

May 16th— Friday Night Bingo and Pizza 5:30PM Come join us for a night of fun and laughs.

May 20th –Tuesday—Lynn Potter will at the Hawley Center to discuss “ Summer Food Safety”

May 22nd—Thursday—Older American Month Celebration—Come help us paint an intergenerational rock mural as we pair up with Wallenpaupack Area Highschool students for a day of food, fun and friendship.

May 23rd– Friday- Come and join us for our Memorial Day Lunch observance. Dress in Red, white and blue

May 26th Monday– Center is closed in observance of Memorial Day.

May 27th, Tuesday– Lois from PA Dept of Health, will be here to discuss Personal Hygiene and Tick Prevention

May 28th, Wednesday– 11:00 am -Paper Airplane Day– Come and join the fun as we partner up to create and race paper airplanes. Prizes will be awarded.

May 30th, Friday - 10:30 am—11:30 am—Healthy Steps in Motion Fall Prevention and Balance 8 week program . You must pre-register . Class is limited to 15 participants.

June 2, Monday, 10:30am– 11:30 am -Healthy Steps in Motion Fall Prevention and Balance 8 week program . You must pre-register. Class is limited to 15 participants.

^^^**Coming Soon: Walk with Ease—Walking Exercise** to ease arthritis

Mondays: Ceramics 10:30-2:30, Exercise 10:30-11:30, Mahjong 11:30-2:30

Tuesdays: Bingo 1:00-2:00 ** New Group 10:00 am –12:30 Journaling Joy– We provide notebooks, & Pens

Wednesdays: Tai Chi with Peter Brown 10:00-10:30 (\$5.00) 10:00-11:30 Healthy Steps in Motion Ceramics: 10:30-2:30

Thursdays: Cards 10:00-2:30, Bingo 1:00-2:00,

Fridays: Exercise 10:30-11:30, Board Games 1:30 -3:00

Northern Wayne Senior Center

May 1st-Join us for our Mother's Day celebration featuring elegant, non-alcoholic mocktails that are as fancy as they are refreshing! We'll also be planting vibrant spring herbs for you to take home and nurture right on your countertop. Don't miss this special day!



May 15th (11am)-Experience the enchanting melodies of the harp with the talented Lauren Floden. Join us for an unforgettable musical performance that will soothe your soul and lift your spirits!

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!

Spotlight on Aging Trends

As the world continues to age, understanding the evolving trends among older adults becomes increasingly essential. By 2030, one in five Americans will be age 65 or older, reflecting the ongoing demographic shift driven by increased life expectancy and declining birth rates. This "longevity revolution" is reshaping societal norms, creating new opportunities for older adults to stay active, connected, and purposeful.



One prominent trend is the rise of technology adoption among older adults. From smartphones to online platforms, seniors are embracing digital tools to foster social connections, access resources, and engage in lifelong learning. Another important shift is the growing focus on holistic health and well-being, with older adults actively pursuing fitness, mindfulness, and nutrition practices to maintain their quality of life.

These trends highlight the importance of challenging outdated stereotypes of aging. Older adults are leading vibrant lives, contributing to their communities, and redefining what it means to grow older in the 21st century.

Free Supplies for the Community

The Honesdale Senior Center is proud to support our community by offering free walkers, canes, wheelchairs, shower benches, and a wide range of other medical supplies and equipment for anyone in need. In addition, we have adult protective undergarments available to ensure comfort and dignity for those who require them. Our mission is to assist you in maintaining your independence and improving your quality of life. If you are in need of any of these items, please don't hesitate to reach out to a member of our dedicated Senior Center staff. We are here to help and would be honored to provide support in any way we can.



Waymart Calvary United Methodist Church located at 151 Belmont St, Waymart Pa 18472 will be hosting a **free clothing shop**. The event is held every Friday from 9:30am-11:30am and the third Saturday of the month from 2pm-5pm.

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.

Assistive Technology Resource Center: 1-877-UCP-TECH



Join The Fun

Come join us for a friendly game of bridge! Whether you're a seasoned player or just brushing off the cobwebs, everyone is welcome. We meet Monday mornings at 10:30 AM at the Honesdale Senior Center. If you'd like to join, please give Bonnie a call beforehand at 203-362-7645. We'd love to have you!

- Bob Bryden



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.

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. 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. Only half of social security income is counted.

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

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.

Grief Support Group

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

HONESDALE SENIOR CENTER

323 10th Street

Honesdale, PA 18431

Virtual option available upon request

Monthly on the 2nd & 4th Wednesday

2:00-3:30 PM

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

Facilitated by volunteers Anthony Campbell &
Bill Reitsma

All Are Welcome

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 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 unfortunately due to staffing we cannot guarantee set delivery days.



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

Wayne Tomorrow! Launches Workforce Task Force to Tackle Local Labor Challenges

WT! is working on strengthening the local workforce by bringing together stakeholders from education, businesses, workforce development and local government. The goal is to bridge communication gaps between these groups, align resources and work together toward shared outcomes. Some discussions center on how to better support career exploration in schools, provide second-chance hiring support for those in reentry and recruiting for high-need sectors.

By identifying gaps and exploring strategic solutions, the Workforce task force aims to support the long-term economic growth of Wayne County. This initiative is to ensure the county's workforce is inclusive, sustainable and responsive to the needs of both employers and workers.



Quinoa and Black Bean Salad

Ingredients:

- 1 cup cooked quinoa
- 1 cup black beans (rinsed and drained)
- 1 red bell pepper, diced
- 1/4 cup chopped cilantro
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste



Instructions:

Combine quinoa, black beans, bell pepper, and cilantro in a large bowl.

In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

Pour the dressing over the salad and toss to combine.

Serve chilled or at room temperature.



**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

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

The SHARE program may be just what you need!

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

SHARE is available here, in Wayne and Pike Counties!

***Call Christina Grape-Garvey
Cell:570-817-3236***

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

Volunteer Opportunities

Wayne County Area Agency on Aging

Help at a Senior Center, 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



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



Scam Prevention Tips

Scam prevention is essential for protecting older Americans from financial fraud and exploitation. **Be cautious of unsolicited phone calls, emails, or texts asking for personal information or money.** Never share sensitive details like your Social Security number, bank account, or credit card information unless you're certain of the recipient's legitimacy. Watch out for high-pressure tactics or "too good to be true" offers, as these are often red flags for scams. Staying informed about common fraud schemes and discussing concerns with trusted friends or family can also be effective ways to stay safe. **Remember, it's always okay to hang up or say no if something feels off.** Protecting yourself is the priority!



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 2ND TUESDAY
of every month

9:30 a.m. to Noon



STATE REPRESENTATIVE
JEFF OLSOMMER

SPONSOR A SENIOR

Please join us in our 2025 Sponsor a Senior drive

The Federal Government, local funds, and the Pennsylvania Lottery provide only a portion of the total cost of senior meals. This is why we depend so much on donations.

Whether a senior comes in to a center for a meal or they receive in home meal delivery we ask for a donation of \$3.00 per meal which can cause hardship. For the seniors who also take transportation to the center this is again an added expense.

Funds raised would allow us to present seniors with vouchers so that the stress of a donation is eliminated. Please consider sponsoring a senior for \$15.00 which would cover donation cost for a week. You can also specify a friend or family member for your donation. Donations will also be used for gift certificates at our Honesdale Senior Center 'Ala Carte' where seniors can get an extra meal for dinner.



Please send donations to:

Wayne County Area Agency on Aging
323 Tenth Street
Honesdale, PA 18431
*please note for Sponsor a Senior
Any question please contact
Maggie Kielar 570-253-4262
mkielar@waynecountypa.gov



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.

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



TO REGISTER CONTACT:

Miles Keesler

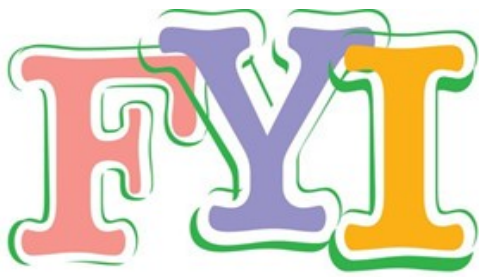
Phone: 570-253-1220 or

Email: mkeeslerwaynelibraries.org

May Programs:

- 1. Energy Healing** with Maya Minwah, learn the many ways essential oils can benefit your energy and well being. Wed. 5/7/25 4:30-5:30pm.
- 2. Lackawanna College**, Cheryl Duquette will discuss the educational opportunities Lackawanna College offers. Wed. 5/14/25 4-5:30pm.
- 3. Chemicals and Kids**, learn how chemicals in foods affect children's health. Linda Pinkney Wed. 5/21/25 4:30-5:30pm.
- 4. Social Security** Join Pat Perkins from The Wayne County Aging Office as she helps you navigate Social Security. Wed. 5/28/25 4-5:30 pm





• **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
Text your zip code to: 898211



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Find us on Facebook at Wayne County Office of Human Services

*Be THE REASON
 SOMEONE
 Smiles
 TODAY*



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 Dunkin Donuts.

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. Go to "Human Services" click on "Transportation" Call 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans Affairs Representative: 929 Court Street (Rear Entrance of Building), Honesdale, PA 18431; For an appointment call 570-253-5970, ext. 3114 or email: va@waynecountypa.gov.

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