



June is Men's Health Month!

Men's Health Month is celebrated every June to raise awareness about the importance of health and wellness among men. It serves as a reminder for men to prioritize their physical, mental, and emotional health, which are often overlooked. During this month, communities, organizations, and healthcare providers collaborate to encourage men to take steps toward a healthier life.

Men's health encompasses a wide range of physical, mental, and emotional well-being, highlighting the importance of proactive care and regular check-ups. For physical health, men should pay close attention to key concerns such as heart health, prostate health, and maintaining a healthy weight. Regular exercise, a balanced diet, and abstaining from harmful habits like smoking or excessive alcohol consumption can significantly lower the risk of chronic illnesses. Annual screenings for conditions like high blood pressure, prostate and testicular cancers, diabetes, colon cancer, and cholesterol are vital preventive measures that contribute to long-term health.

Mental health is equally important, yet it is often overlooked due to societal expectations that discourage men from expressing vulnerability. Depression, anxiety, and stress can have profound effects on men's overall quality of life, and seeking professional support should never be stigmatized. Building strong support networks, practicing mindfulness, and finding outlets for self-expression can help men cultivate resilience and emotional well-being. Open conversations about mental health can also encourage others to prioritize it.

Holistic health strategies aim to bridge the gap between physical and emotional wellness, ensuring men live fulfilling lives. Alongside medical care, nurturing positive relationships, engaging in hobbies, and creating a sense of purpose are integral components of a healthy lifestyle. Tackling men's health requires not just awareness but also active commitment to making choices that foster well-being at every stage of life. Recognizing that health is multi-faceted empowers men to take charge of their overall wellness.


















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.

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

Legend: NW-Northern Wayne, HB-Homebound Meals

<p>2) Vegetarian Chili Baked potato with butter Mixed vegetable Wheat dinner roll/butter Fresh orange</p> 	<p>3) Juice Ground beef stroganoff over Noodles w/gravy Green beans Wheat bread butter Mandarin oranges</p> 	<p>4) Southwest fish taco French fries Spinach Wheat bread butter Pineapple</p> 	<p>5) Chicken Cacciatore over Cauliflower rice Broccoli Rye bread butter Fruit cocktail NW: Juice, Ham & Cheese sandwich, mustard pc, broccoli salad, Fruit</p> 	<p>6) Apple BBQ pulled pork on a wheat bun Baby Baker potatoes Carrots Cantaloupe</p>
<p>9) Juice Hot ham with cheese on a croissant Mixed vegetables Warm peaches</p> 	<p>10) Eggplant parmesan Orzo, chick peas & spinach Broccoli Rye bread butter Yogurt & peaches</p>	<p>11) Mediterranean meatloaf/gravy Mashed potatoes Cauliflower Wheat dinner roll butter Fresh Fruit cup</p> 	<p>12) Fish Patty on a wheat bun tartar sauce Tater Tots Carrots Fresh orange</p> 	<p>13) Father's Day & Flag Day Orange juice Chicken and Mushrooms Mashed potatoes Vegetable blend Wheat roll butter Special dessert</p> 
<p>16) Chicken patty on a wheat bun Sweet potato fries Broccoli/ cauliflower blend Peaches</p> 	<p>17) Cranberry juice Red pepper and broccoli quiche Cauliflower Rye Bread Butter Warmed apples w cinnamon</p>	<p>18) Open faced hot turkey sandwich on wheat bread and gravy Mashed potatoes Peas & carrots Mandarin oranges</p>	<p>19) closed</p> 	<p>20) Juneteenth Orange juice BBQ rib patties Diced potatoes Green beans w bacon Cornbread butter Watermelon</p> 
<p>23) Stuffed Shells Mini meatballs Marinara sauce Creamed Spinach Wheat bread butter Peaches</p> 	<p>24) Juice Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread butter Fresh cantaloupe</p>	<p>25) White Chili Cauliflower rice Broccoli Corn bread butter Fruit cocktail</p> 	<p>26) Stuffed Cabbage casserole Brown rice Baby carrots Wheat bread butter Fresh orange</p>	<p>27) Juice Chicken parmesan Pasta w sauce Cauliflower Wheat bread butter Pears</p> 
<p>30) Honey ginger chicken Roasted red potatoes Cauliflower Wheat dinner roll butter Peaches</p> 	<p style="text-align: center;"><u>TASTY TIDBITS</u></p> <p>Summer is here & we are buzzing with new life! In the garden we have fresh herbs, plants, & veggies. A family of cardinals has taken up residence & they have 3 babies! We also have a new swing! Come by and enjoy the garden!!</p>			



THE Talent SHOW

May 13, 2025



Honesdale Senior Center- June Activities

June 12th & 26th (Thursdays) Crafts with Sandy Klein

June 13th (Friday) Father's Day Ice Cream Social- Make your own Sundae, Wear Red, White, & Blue to honor Flag Day. Door Prizes for the Men!

June 17th (Tuesday) Northeast Sight Meets

June 19th (Thursday) Centers & Office Closed in Recognition of Juneteenth Holiday

June 20th (Friday) Juneteenth Celebration with lunch that celebrates African-American foods

Thursdays, 1pm-4pm– Mahjong Group, New Players Always Welcome!



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!



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



Hamlin June Events



Tai Chi- with Peter Brown on Mondays at 10:30 AM
Chair Yoga- with Ruth P. on Mondays 6/2, 6/9, 6/16, 6/23, & 6/30 at 1 PM
Healthy Steps Course- Wednesday & Thursday 6/4 & 6/5, 6/11 & 6/12 at 10 AM
Healthy Steps Exercise Class- Wednesday 6/4 & 6/11 at 11 AM . Healthy Steps In Motion Exercise class schedule will resume on Wednesdays & Thursdays at 10 AM effective 6/18
Garden Spot- Vegetable & Flower bed upkeep Tuesdays 10-11 AM
Bingo- Tuesdays at 1 PM and Fridays at 10 AM
Evening Pizza & Bingo- Friday 6/6 & 6/27 from 5 -7 PM
How to Series- Busy Fit Intro- Tuesday 6/10 at 11 AM sponsored by Donna Doherty from Traditional Home Care
Father's Day & Flag Day Celebration – Friday 6/13. Come enjoy a special meal and Ice Cream Sundae Bar! Wear your Flag T-shirts!
Senior Dinner Night – Friday 6/13 at 5 PM at R Place. A night out for Father's Day weekend.
Craft with Matt- Tuesday 6/17 at 10 AM. Geisinger sponsored event. Craft TBA.
Picnic Centerpiece Making Craft – Wednesday 6/18 at 1 PM in the "Thrive" room.
Dept of Health- Tuesday 6/17 at 11AM Dehydration & Exhaustion focus facilitated by Angela.
Juneteenth Celebration- Friday 6/20. A day of recognition and enjoy a Southern styled lunch.
How to Series- Cooking for Two-Tuesday 6/24 at 10 AM. Enjoy the hands-on cooking experience in the "Thrive" Room (rescheduled Taco Salad)
Birthday Bash- Tuesday 6/24 at 12:30 PM following lunch
How to Series- Learning the Charleston with Kathy Miller Saturday 6/26 at 11 AM for the July 11th Picnic. Schedule subject to change.



June Birthdays: Vita Martel, Rhoda Ward, Sandy Baluta,
 June Phillips, Wanda Gorman, Lynn Taylor,
 Mary Ann Asimake Noon, William Fleming



A SPECIAL THANKS TO TAMMY BUDNOVICH FOR HOSTING PYSANKY EGG CLASS

Oh, what an experience! It's one of those items you place on your bucket list to complete and what a feeling of satisfaction when you do. Tammy makes the whole Russian/Polish tradition an enlightening and easy process. She requires at least six students to conduct a class and is able to work around any theme. I requested a Mother's Day themed egg with flowers. She blew out the eggs and designed them in pencil so our members could go right to the waxing process of the design and the different color applications required to complete the egg. Everyone was pleased with the final outcome of this special activity! Those who participated were Irene H., Bette V., Carolyn L., Keely Y., Trish, Mary D., and MaryAnn A-N. Thank You, Tammy!



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-12 Pinochle (Thrive Room) Fun in Games 10:30-11:30 Tai Chi 1-2 Chair Yoga 1-3 Pinochle & Games	9-12 Pinochle & Fun in Games (Main Room) 10:30-12 Program or craft (Thrive Room) 11-12 Garden Spot 1-2 Bingo 2-3 Fun in Games	10-11 Exercise Class 1-3 Nu-Step Machine 1-3 Shuffleboard & Fun in Games	10-11 Exercise Class 9-12 Texas Hold'em 1-3 Fun in Games, Texas Hold'em & Crafts Your Way	9-12 Pinochle 10:00 Bingo 1-3 Pinochle & Fun in Games (Every other Friday) 5-7 Pizza & Bingo 6/6 & 6/27
<p>PINOCHLE anyone?</p>				



Hawley June Events



Weekly Events

Mondays— 10:30-2:30 Ceramics; 10:30-11:30 Exercise; 11:00-2:30 Mahjong

Tuesdays— (NEW) 10:00-11:00 Yoga with Jamie, Class limited to 15 people. Bring your own mat or call center if you need one. Call to reserve your spot (\$5.00); 1:00-2:00 Bingo

Wednesdays— 10:00-11:00 Tai Chi (\$5.00); 10:30-11:15 Healthy Steps In Motion Maintenance Class; 10:30-2:30 Ceramics

Thursdays— 10:30-2:30 Cards; 1:00-2:00 Bingo

Fridays— 10:30-11:30 Exercise; June 20th Bingo/Pizza Night, Doors open 5:30

Come and learn about the Shared Housing Program. **Tuesday, June 10th at 10:30** Christina Grape-Garvey will be here to speak about this wonderful program.

Come and find out how Shared Housing can help you.



The Wayne Highlands Quilt Guild will be at the center on **Tuesday June 17th at 11:00 am** to talk about their quilting club which meets on the third Monday of every month at the First Presbyterian Church. If you would like more information, come down to the center to see the wonderful projects.



Come to the center to check out our other fun activities taking place this month!

Thursday June 12th 10:30 am—A Ukulele Concert will be given by the Pike County Ukulele Group. Come and support them and also sign up if you would like to learn how to play.



Friday June 13th Father's Day Celebration

Come down for our Father's Day lunch and ice cream social. Please call 570-226-4209 by June 12th by 12pm to reserve your spot.

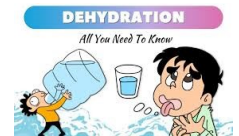


Thursday June 19th— Center is **closed** for Observation of Juneteenth.

Friday June 20th Juneteenth Celebration

Come down for our Juneteenth lunch of rib patties, potatoes, corn bread, and green beans with bacon as we learn about the history of Juneteenth. Please call 570-226-4209 by June 18th 12pm to reserve your spot.

Summer is upon us, come down to the center and learn about Dehydration and Heat Exhaustion. Lois from the PA Dept of Health will be here on June 24th at 11:00 for a brief informative session with a Question and Answer to follow.



Save the date: Summer Picnic is on **Friday, July 25th**. There is a limit of 100 seniors on a first come, first serve basis. **Payment must be made within 3 days of making a reservation for the picnic.** The theme this year is **The Roaring 20's**. Please call the center for more information.





Northern Wayne Senior Center

June 5th– 10:30 Exercise Class; 12:45 Bingo

Join us for a Special Father's Day Treat!

June 19th– Closed for Juneteenth Holiday



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 Kathy at (570) 253-5540 for more information or to make a reservation for lunch. See you soon!

Mindfulness for Men

Mindfulness is a powerful tool for men who want to navigate life with more clarity, resilience, and purpose. In a world that often demands constant action and results, taking moments to be fully present can help reduce stress, improve focus, and strengthen emotional well-being, mindfulness can create space between your thoughts and reactions, allowing for more thoughtful decisions and deeper connections.



Practicing mindfulness can be as simple as being intentional with your morning routine, paying attention to your body during workouts, or truly listening when someone speaks. By fostering self-awareness, men can break free from autopilot mode, manage emotions more effectively, and cultivate a stronger sense of self. Over time, mindfulness can enhance relationships, increase productivity, and bring a greater sense of fulfillment to everyday life.

Mindfulness doesn't just benefit the mind; it also has tangible effects on physical health. Regular mindfulness practices, like meditation, have been linked to reduced blood pressure, improved sleep, and a stronger immune system. Given that men often face societal pressure to neglect routine health check-ups, incorporating mindfulness can be a proactive step toward overall health.

Complimentary Supplies for the Community

The Honesdale Senior Center often receives generous donations of gently used walkers, canes, wheelchairs, shower benches, and other supplies and equipment. 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 ask a member of our dedicated Senior Center staff if we have what you need. 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.



A MESSAGE FROM AARP

Thank you to the Honesdale Senior Center staff for supporting our program to help people file their tax returns. We had a very successful tax season and were able to provide a much needed service to the community. We could not do it without you! The Honesdale Senior Center filed 144 returns, served 205 people, 186 people over 60 years old with total Federal refunds of \$87,839 and total PA refunds of \$26,969.



Pysanky Egg Class



**Monday, June 30th
4-6 PM
\$30 per person**

**Class size is limited to 15 attendees -
Sign up early to save your spot!**

Payment is due, Monday, June 23, 2025



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

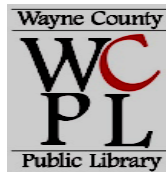
Monthly on the 2nd & 4th Wednesday

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



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

June Programs:

Wednesday 6/4/25

Essential Oils with Helen Mele Robinson—
Discover how pure essential oils can support
men's wellness and help the whole family
embrace a healthier, toxin-free lifestyle.

Wednesdays 6/11 6/18 & 6/25

Life Appreciation with Glenn of Trees— Life
Appreciation is an enlivened discussion
group welcoming all! We will breathe, listen,
and be renewed by thoughts that encourage
love, joy, hope, healing, and enthusiasm as
we explore ancient wisdoms in reflections of
our present conditions.

To Register Contact:
Miles Keesler
Phone: 570-253-1220



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

Deep Roots & Fresh Starts: AgroLegacy Continues to Grow

In the past few years, Wayne Tomorrow's Agriculture task force has created a Wayne County local producer brand named AgroLegacy. AgroLegacy is designed as a trusted, recognizable label that helps shoppers know when they are spending their dollars to the benefit of local family farms and communities.

The brand continues to grow each month as the WT! Specialist team travels on "farm tours," recruiting more local producers. Farms, both four generations old, and new, starting in the last year, are participating. 7 farms became AgroLegacy certified in the month of April alone. The newest initiative of the AgroLegacy brand is to include restaurants that use locally sourced products for their menu items. This initiative promotes at least two local families at once, supporting the restaurant as well as every farm that the restaurant sources from.

On May 22nd, the AgroLegacy team hosted a screening of their first promotional video at The Cooperage Project in Honesdale. The video was made to educate viewers about the brand and take them virtually to some of our participants' farms to hear from them directly. For the full experience, AgroLegacy even hosted a few of their certified vendors for snacks and beverages, such as ice cream from Creamworks and tea from Mount Pleasant Herbary.



Turkey Spaghetti Zoodles

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 1/4 lbs ground turkey
- 1 cup diced green bell pepper
- 1 tablespoon minced garlic
- 2 teaspoons italian seasoning
- 1 /4 teaspoon red pepper flakes
- 3 cups marinara sauce
- 2 cups marinara sauce
- 2 cups baby spinach leaves
- 4 zucchini , cut into noodle-shape strands



Instructions:

Heat olive oil in large skillet over medium heat. Add turkey, green pepper, garlic, and seasonings; cook and stir until turkey is lightly browned, 4 - 5 minutes.

Stir marinara sauce and baby spinach into turkey mixture; cook and stir until sauce is warm through, about 3 minutes.

Stir zucchini noodles into the sauce with tongs; cook and stir until zucchini is tender, 2-3 minutes

Volunteer Opportunities

Salvation Army Honesdale Extension: Food Pantry



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

june

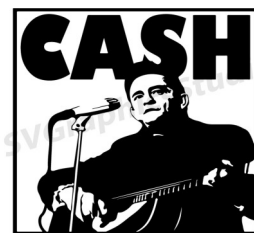
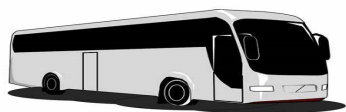
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afternoon tea
barbeques
beaches
garden
warm

sandwiches
wildlife
singing
summer
tea

cappuccino
solstice
sandles
birds

cut grass
picnics
parties
happy



Tribute to *The Man in Black*: **Johnny Cash**
 Villa Roma Resort Callicoon, NY
Monday, September 15, 2025
 \$100.00 per person

Your day includes: The Johnny Cash & June Carter show. Luncheon is a choice of Roast Loin of Pork, Chicken Francese, or Fillet of Cod, fun at the indoor sports complex, bingo, bus transportation & driver's tip. We depart for home after bingo.

Reserve your seat with Pat or Kathy at 570-253-5510, Michelle at 570-226-4209, or Debbie at 570-630-2385.

Depart:

Hamlin Center at 8:00am

Hawley Center at 8:30am

Honesdale at 9:00am

(Between Harbor Freight & T J Maxx)

Return Home:

Hamlin at 6:30pm

Hawley at 6:00pm

Honesdale at 5:30pm

*Please have your money in by Tuesday August 19, 2025.



Hunterdon Hills Playhouse Presents:

CLUE THE MUSICAL

Wednesday August 6, 2025

\$117.00 per person

The internationally popular board game is now a fun-filled musical that brings the world's best-known suspects to life and invites the audience to help solve the mystery. Delight with the comic antics, witty lyrics, and a beguiling musical score. Even after the culprit confesses, there may be a surprising twist at the end.

Price includes: Luncheon, Show, Transportation, and Tips

Reserve your seat with Pat or Kathy at 570-253-5510 or Debbie at 570-630-2385

Depart:

Honesdale at 8:30am

(Between Harbor Freight & TJ Maxx)

Hawley Center at 9:00am

Hamlin Center at 9:30am

Arrive Home:

Honesdale at 6:00pm

Hawley at 5:30pm

Hamlin at 5:00pm

*Please Have your money in by July 15th

*Make checks payable to: Wayne County Aging

*Cancellation Policy: Money refunded only if your seat can be filled. After July 15th money will not be refunded for any reason

For office use only
Application

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2025 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2025) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$28,953** for 1 person in the household; or **\$39,128** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2025).

1st Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

Address (print): _____
(Street) (City) (State) (Zip Code)

Telephone Number: _____ County of residence: _____

☐ I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

Please circle appropriate identifier for each:

Ethnicity:	Hispanic or Latino	Not Hispanic or Latino	
Race:	American Indian or Alaskan Native	Asian	Black or African American
	Native Hawaiian or <u>other</u> Pacific Islander	White	

Check Range: _____ (Office Use Only)

PLEASE MAIL APPLICATION TO:
Wayne County Aging Office or email to kmcginnis@waynecountypa.gov
323 10th Street
Honesdale PA 18431

Please see back for USDA Nondiscrimination Statement

LAST DAY TO RECEIVE CHECKS: 9/30/25

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail any discrimination complaints to:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

Victims' Intervention Program



Courage to Speak, Strength to Heal: A Message for Men This June

"Asking for help isn't giving up—it's stepping up to take your power back."

June marks Men's Health Month, a time to focus on staying healthy—not just in body, but in mind and spirit, too. As we age, health means more than just doctor visits and medication. It means feeling safe, heard, and supported in every part of life.

For many older men, opening up about personal struggles, such as trauma or abuse, can be incredibly difficult. The truth is, there is still a stigma around what it means to be a man, and expressing vulnerability or emotions often doesn't align with societal expectations. But no one should face these challenges alone. That's where we come in.

VIP offers free, confidential support to anyone affected by crime or abuse, including:

Elder abuse (physical, emotional, financial, exploitation, or neglect)

- Domestic or family violence
- Grief and trauma recovery

Emotional distress from past or present experiences

Our dedicated and trained staff are here to offer a safe space for healing. Our services include:

One-on-one or group counseling

- Advocacy and guidance through police or legal processes
- Referrals to health care, housing, or financial resources

Personalized safety planning tailored to your needs



For many older men, silence has been the norm—whether out of pride, past experiences, or the fear of being seen as a "burden." However, trauma, abuse, and emotional pain don't heal by being ignored. They deserve to be acknowledged and supported.

Men's Health Month is about more than physical checkups; it's about recognizing the emotional resilience required to confront life's challenges and reach out for help when needed. This June let's remind our fathers, brothers, partners, and friends: there is incredible strength in speaking up, and true healing happens when you're heard.

Remember, your voice matters, your healing matters, and you don't have to face this journey alone. VIP is here to listen, offer support, and walk alongside you—with no judgment, just care.

Contact VIP 🌐 **Visit:** www.vipempowers.org 📞 **24-Hour Hotline:** 570-253-4401



• 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

AgingNewsletter@waynecountypa.gov

Be Positive



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.**