

## Summer Safety Tips for Senior Citizens

Summer is a time for enjoying longer days, sunny strolls, and backyard gatherings. But for senior citizens, the season also comes with risks that require a little extra care. With thoughtful preparation, you can enjoy every sunbeam with peace of mind.

### 1. Beat the Heat



As we age, our bodies become less efficient at regulating temperature, which means seniors are more vulnerable to heat-related illnesses. Watch out for signs of heat exhaustion—like dizziness, rapid heartbeat, or nausea—and avoid outdoor activities during the hottest parts of the day, usually between 10 a.m. and 4 p.m. Lightweight, breathable clothing and wide-brimmed hats can go a long way in keeping you cool.

### 2. Hydrate, Hydrate, Hydrate



Dehydration can sneak up quickly and is a leading contributor to emergency visits during the summer. Even if you don't feel thirsty, sip water regularly throughout the day. Keep a refillable water bottle nearby, and avoid beverages that act as diuretics, like coffee and alcohol. Adding fruits like watermelon or cucumbers to your diet is also a delicious way to stay hydrated.

### 3. Watch for Spiders in Cool, Shady Spots



While most spiders are harmless, some—like black widows or brown recluses—can pose health concerns, particularly for seniors with thinner or more delicate skin. These spiders often seek refuge in garages, sheds, and shaded corners of patios. When gardening or moving stored items, wear gloves and long sleeves. If bitten, don't wait—seek medical attention promptly.

### 4. Stay Tick-Aware



Ticks thrive in tall grass and wooded areas, and they can carry Lyme disease and other infections. Before heading out, use insect repellent containing DEET or picaridin, and dress in long pants and light-colored clothing to spot ticks more easily. After spending time outdoors, do a full body check—or have a loved one help—and don't forget hidden spots like behind the knees and under the arms.

## A Safe Summer is a Happy Summer

By paying attention to a few key safety tips, senior citizens can make the most of summertime with confidence. A little prevention goes a long way—and there's no age limit on enjoying an evening breeze or a scoop of ice cream in the sunshine.



**The Wayne County Senior Centers offer a great weekday respite from the heat. Come for lunch, activities, and to spend time with or make new friends. Please call Hamlin (570)689-3766, Hawley (570)226-4209 or Honesdale/Northern Wayne (570)253-5540 for information or find the schedules inside this newsletter. For information about the Adult Day Program in Hawley, please call (570)390-7388.**





**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.**

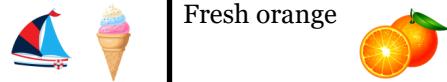
**To make a reservation please call the center of interest the day prior by 1:00 PM.**

Legend: NW-Northern Wayne, HB-Homebound Meals

### Tasty Tidbits

Ice cream, hot dogs, burgers galore! These are things of summer that I adore! Summer skies with stars so bright. Everything just feels so right! Fairgrounds, picnics, boating on the lake. These are the things that keep me awake! Summer, Summer, your months are so few...I will enjoy every second with you!

*-poem courtesy of our multi-talented kitchen team*



4) Baked ham with pineapple Mashed sweet potatoes Cauliflower Rye bread butter fresh Pears	5) Chicken Corn Chowder Baked potato with sour cream broccoli Wheat bread butter Pudding w 1/2c strawberries	6) Baked fish Florentine Scalloped potatoes Carrots Rye bread butter Honey dew	7) Stuffed Shells Mimi meatballs Marinara sauce Creamed Spinach Wheat bread butter Peaches <b>NW: Juice, Ham &amp; Cheese sandwich, Mustard, Pickled beets, Fruit</b>	1) Italian sausage with peppers & onions Home fried potatoes Italian blend vegetables Italian bread Butter Fresh orange
11) Juice Chicken Parmesan Pasta red sauce Cauliflower Wheat bread butter Pears	12) ) Swedish meat-balls Mashed potatoes Green beans Rye bread butter Fresh orange	13) White Chili Cauliflower rice Roasted Broccoli Corn bread butter Fruit Cocktail	14) Juice Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread butter Cantaloupe	15) <b>Woodstock Day</b> Mushroom burgers on a wheat bun Sweet potato fries Creamed spinach Brownies
18) Baked fish patty Baked French fries Broccoli Rye bread butter Fresh orange	19) Turkey roll ups with corn bread stuffing gravy Mashed sweet potatoes Roasted Brussel Sprouts Pineapple	20) Orange Juice Cranberry Glazed pork roast Mashed potatoes Capri blend Wheat bread butter Pudding	21) Meat lasagna Spinach Cauliflower Wheat bread butter Fresh Pear <b>NW: Juice, Turkey sandwich, Mayo, bean salad, Fruit</b>	22) Honey mustard chicken Roasted red potatoes California blend Wheat dinner roll butter Fresh apple
25) Orange Juice Hamburger Stroganoff over noodles Green beans wheat bread butter Applesauce	26) Vegetarian chili Baked potato with butter Mixed vegetable Wheat dinner roll butter Pineapple	27) Chicken Cacciatore over Cauliflower rice Broccoli Wheat bread butter Fresh Fruit cup	28) Southwest fish taco baked French fries Spinach Rye bread butter Fresh Orange	29) <b>Labor Day</b> Chili dog on a roll Roasted Red Potatoes Italian Blend Red, White & Blue Dessert



# Honesdale Senior Center– August Events



**Lunch with Frank Araujo**– Thursday 8/7 at 12:00pm. Q&A Session with Veteran's Affairs Representative.

**Grandparents' Day**– Friday 8/8. Bring your grandchildren for a fun filled day. Crafts begin at 11AM. Enjoy pizza for lunch & Root Beer floats for dessert. Every child will get a gift bag.

**Woodstock Day**– Friday 8/15. *Boogie on down* to the Senior Center in your **hip 70's threads** for a **groovy** day! *Nosh* on some **radical** mushroom burgers. Keep the **Good Vibes** going while watching the Woodstock movie. *Far Out!*

**Labor Day Party**– Friday 8/29. Wear your patriotic attire, Enjoy chili dogs for lunch, and a special red, white, and blue dessert



## August Birthdays



**Oliver Washburn 8/4**

**Lorraine Fearon 8/8**

**Suzanne Putzi 8/15**

**Chris Antzakas 8/27**

**Martha Quinn 8/30**

**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!



**Join Our 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>
11:00-3:00 Bridge	10:30-11:30 Exercise Class	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
<b>*schedule subject to change</b>				
				



# Hamlin August Events



**Tai Chi with Peter Brown**- Mondays at 10:30 AM 8/4, 8/11, 8/18 & 8/25

**Chair Yoga with Mindy Hill**- Thursdays at 2 PM 8/7, 8/14, 8/21, & 8/28

**Healthy Step Exercise**- Wednesday & Thursday at 10 AM

**Bingo**- Tuesday at 1 PM and Friday at 10 AM

**Dining with Diabetes Classes**- Mondays in August at 1:30 PM Facilitated by Christina Pullman from the Penn State Extension. Reservations are required and family members are welcome.

**Grandparent's Day**- Friday 8/8 Bring your grandchildren. Bingo at 10 AM with one FREE bingo card per child. Basketball Shoot-Off at 11 AM. Pizza for lunch!

**How To Series**- Tuesday 8/12 at 10 AM Cooking for Two "Refreshing Parfaits"

**Veteran's Affairs Representation**- Wednesday August 13<sup>th</sup> at 9 AM Come meet Frank Araujo.

Walk-Ins welcome!

**Woodstock Day**- Friday 8/15. Wear your favorite 70's style clothes. Enjoy **GROOVY** food, entertainment by WINDFALL and **FAR OUT** Bingo.

**Senior Dinner Night Out**- Friday 8/15 at 5PM at Wayne on the Hill in Honesdale. Please sign up.

**Pizza & Bingo Nights**- Friday 8/8 and Friday 8/22 at 5PM

**Dept of Health**-Tuesday 8/19 at 11AM Lois Elck is presenting & the topic is "Accidental Overdose."

**State Rep. Olsommer's Senior Outreach Program**- Wednesday 8/20 9-12 PM

**Labor Day Celebration**- Friday 8/29 starting at 10 AM. Enjoy the end of summer fun activities. You may even get wet! The picnic lunch is at 12 PM and BINGO is at 1 PM.

**\*Schedule Subject to Change**

## August Birthdays



**Donna Reifler**  
**Edward O'Connor**  
**Clare Karnick**  
**Bette Vogler**

**Loretta Curtis**  
**Helen Ward**  
**Debbie Carlson**  
**Grace Fell**



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9-12 Pinochle (Thrive Room) Fun in Games <b>10:30-11:30</b> Tai Chi 1-2 Poker (Thrive Room) <b>1-3</b> Pinochle & Games	9-12 Pinochle & Fun in Games (Main Room) <b>10:30-12</b> Program or craft (Thrive Room) <b>11-12</b> Garden Spot 1-2 Bingo 2-3 Fun in Games	<b>10-11</b> Exercise Class <b>1-3</b> Nu-Step Machine <b>1-3</b> Shuffleboard & Fun in Games	<b>10-11</b> Exercise Class <b>9-12</b> Texas Hold'em 2-3 Chair Yoga <b>1-3</b> Fun in Games, Texas Hold'em & Crafts Your Way	<b>9-12</b> Pinochle <b>10:00</b> Bingo <b>1-3</b> Pinochle & Fun in Games (Every other Friday) <b>5-7</b> Pizza & Bingo 8/8 & 8/22



# Hawley August Events



**Friday, August 1st Water Balloon Day**— 1:30-2:30 Yes, we here at the Hawley Center know how to have some fun! Join us for a water balloon tossing contest as we celebrate National Water Balloon Day. Be prepared to get wet!

**Monday, August 4th Happy Belated Watermelon Day**— 12:30—Come down to the center for a nice cold watermelon treat after lunch.

**Wednesday, August 6th National Root beer Float Day**— 12:30— Come relax on our deck and enjoy a nice Root beer float.

**Thursday, August 7th Lighthouse Day**— 10:00am— Come and join us for some lighthouse fun facts and trivia as we make a lighthouse craft. (\$5.00 craft supply fee).

**Friday, August 8th Grandparents Day**— 10:00— 2:30 Bring your grandchildren for a fun-filled day of activities and even a special bingo day. **(Please register your grandchildren and their ages for this day so we can have an accurate count)**

**Friday, August 15th Woodstock Day**— 10:30-2:30 Come and join us for some Woodstock Fun—including music, movies, trivia, and our famous “Mushroom Burgers” for lunch. Get dressed in your Woodstock Attire as we celebrate the day.

**Tuesday, August 19th National Aviation Day**— Hopefully we will have a presenter come and discuss the history of aviation. We will also have some trivia and fun facts on aviation topics and maybe even try to fly paper airplanes made with straws and cardstock.

**Wednesday, August 20th National Lemonade Day**— Come on down to the center for a nice refreshing glass of cold lemonade.

**Wednesday, August 27th— World Rock, Paper, Scissors Day**— 1:30 pm. Let's have a rock, paper scissor championship. Come in and join the fun.

**Friday , August 29th Labor Day Celebration**— 10:30-2:30 Join us for a fun day of music, trivia and a chili dog for lunch . Come dressed in Red, White, and Blue.

**\*Our wonderful and generous Picnic Contributors will be listed in September's issue—Stay tuned.**



<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
10:30-2:30 Ceramics 10:30-11:30 Exercise 11:2:30 Mahjong  	10:00-11:00—Ukulele with Todd 10:30--11:30 Yoga with Jamie \$5.00 /class 1-2 Bingo	10-11 Tai Chi with Peter Brown \$5.00/ class 10:30-11:15 HSIM—Maintenance Exercise Class 10:30-2:30 Ceramics	10:30-2:30 Cards 1-2 Bingo	10:30-11:30 Exercise  

## Northern Wayne Senior Center

August 7th– Clothing Swap for World Thrift Day. Bring your gently used items & maybe go home with something “New to You!”

10:30 Exercise Class

1:00 Bingo



August 21st– Beach Day Celebration! Picture Frame decorating

10:30 Exercise Class

1:00 Bingo



\*Board Games and Cards are always available...let's have some fun!!

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!



Timing is Everything! Isn't it about time that you found out what the **PA LINK** Can do for you? Are you over 60, have disability, or both?

Contact the **PA LINK** and get connected to the resources in your community.

1-800-753-8827

Don't waste another minute! Call Today!



ALL PROCEEDS TO BENEFIT

**FARMS to FAMILIES  
FUND**

AT THE WAYNE COUNTY COMMUNITY FOUNDATION

**HUGE  
BASKET RAFFLE**

**AUGUST 9 | 5:00 PM – 8:00 PM**

**LIVE  
MUSIC**  **MR. JONES  
AND ME**

**LOCATION: R PLACE ON 590  
482 HAMLIN HWY, HAMLIN, PA**

*“Bringing fresh nutritious food from Wayne county farmers to Wayne county tables”*

## 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.



ADVENTURE  
AMUSEMENT PARK  
AUGUST  
BACK TO SCHOOL  
BACKYARD  
BICYCLE  
CAMPFIRE  
CAMPING  
CORN ON THE COB  
FARMERS MARKET  
FIREFLY  
FLOWERS  
FRUIT  
FUN  
GRILLING  
HOT  
HUMID  
LAKE  
PLAYGROUND  
POPSICLE  
RELAXATION  
ROAD TRIP  
SAILBOAT  
STATE FAIR  
SUMMER  
SUNFLOWER  
SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



## 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*

## **For Those receiving Home Delivered Meals**

- All Meals are Frozen and delivered weekly
- Due to staffing, we cannot guarantee delivery days
- Please call the office if you need to make any changes to your meal schedule



And...Don't forget to put your cooler out!!

## WHAT IS THE CAREGIVER SUPPORT PROGRAM?

### **Who is Eligible?**

- Individuals 18 or older caring for an older adult (60+)
- Parents (55+) caring for an adult child with a disability
- Grandparents (55+) raising grandchildren

### **What is Covered?**

- Monthly reimbursement for pre-approved caregiving expenses
- Assistance with daycare, summer camp, or Adult Daily Living Center costs

### **How do I Qualify?**

- Monthly reimbursement is determined by the care receiver's total household income
- Must be a Wayne County resident

### **Think you might Qualify?**

Contact the Wayne County Area Agency on Aging at (570) 253-4262 and ask to speak with the Intake Department. Ask about the Caregiver Support Program!



## 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





# 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**

# SUMMER Word Scramble

Unscramble the ten summer themed words below.

1. SLCOPEIP \_\_\_\_\_
2. NCAOE \_\_\_\_\_
3. NUNYS \_\_\_\_\_
4. SWRRBAITSREE \_\_\_\_\_
5. SNSLSSAGUE \_\_\_\_\_
6. GRNSUIF \_\_\_\_\_
7. TWMISUSI \_\_\_\_\_
8. CMNAPGI \_\_\_\_\_
9. OTORODSU \_\_\_\_\_
10. ASELBAL \_\_\_\_\_

DOWNLOAD MORE FREE PRINTABLES AT [WWW.PJSANDPAINT.COM](http://WWW.PJSANDPAINT.COM)

## Tomato, Onion, & Cucumber Salad

- 5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced
- 1/4 red onion, peeled, halved lengthwise, and thinly sliced
- 1 cucumber, halved lengthwise, and thinly sliced
- A generous drizzle of Extra Virgin Olive Oil, about 2 TB
- 2 splashes red wine vinegar
- Salt and Pepper to taste



### Directions

1. Dress the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, pepper.
2. Let stand while you prepare dinner, about 20 minutes. Re-toss and serve with crusty bread for mopping up juices and oil.

# 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**



**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 Kelly Foley*  
**Cell:570-832-0538**

# Accessibility Inclusivity

Wayne Tomorrow's Transportation Task Force is taking some time to focus on accessibility throughout our local towns. Our historic buildings are full of character and charm, but these buildings pre-date accessibility requirements.

Thanks to grants, accessibility advocacy and local teamwork, WT! is working on making more businesses accessible to all, whether that be through semi-permanent ramps, revamping entrances, or expanding bathrooms. In the near future, keep an eye out for this signage letting you know that the place of business is accessible.



**\$12**  
Per Person

# PAY ONE PRICE!

Admits Everyone to  
the Wayne County Fair

(includes 24 months+ of age)  
Must have wrist band to ride.  
All rides have posted  
height requirements.

**PAY-ONE-PRICE (POP) admission includes:**  
parking, small stage shows, most grandstand  
shows, and best of all ...  
**ride all day at no further cost!**

POP does not include Food, Beverages, Midway Games and Shows,  
Demolition Derbies or Monster Truck Show.

\* Price of Admission to the grandstand includes  
10% Amusement Tax levied by Dyberry Township

## SENIOR CITIZEN'S (Age 62) and MILITARY/VETERAN DAYS

**Friday, August 2 and Wednesday, August 7**  
\$6.00 Admission on both days.

## SEASON TICKETS – \$50

**SAVE BY PURCHASING TICKETS IN ADVANCE!**  
Season Tickets are for admission to the grounds only,  
and do not include rides.

### SEASON TICKETS ARE ON SALE AT:

- Dirlam Brothers Lumber Co. – 250 Sunrise Avenue, Honesdale
- Turkey Hill Convenient Store – 1050 Main Street, Honesdale
- Iron Hill at 1940 – 228 Roosevelt Hwy., Waymart
- Wayne County Fair Office – Fair Week Only

• Fair Grounds Open at 9 AM

• Midway & Rides Open 12 Noon to 11 PM

• Exhibit Buildings Open 10 AM to 10 PM

(Please note that all livestock exhibits and shows  
will take place in the arena. NOTICE: For the public's safety,  
the barns will be closed during all livestock shows.)

Sorry, no pets are allowed on the fairgrounds.

No alcoholic beverages allowed on fairgrounds or property.

No firearms allowed on the fairgrounds or property.

ATM's Are Available at  
the Main Gate, on the Midway and North End of the Midway.

For more information go to:

**[www.waynecountyfair.com](http://www.waynecountyfair.com)**



THE CHOICE OF THE  
162<sup>nd</sup> WAYNE COUNTY FAIR

**2025 Fair Dates: August 1 – 9**

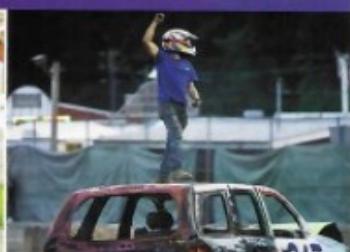
# 162nd WAYNE COUNTY FAIR

**August 2-10, 2024**

270 Miller Drive,  
Rte. 191 N., Honesdale, PA



**RIDES • GAMES • ENTERTAINMENT • 4H EXHIBITS • GREAT FOOD**



**[www.waynecountyfair.com](http://www.waynecountyfair.com)**



**The Honesdale National Bank**

[www.hnbbank.bank](http://www.hnbbank.bank) 800-HNB-9515

Member FDIC

\*Proud Sponsor\*

ATMs will be available at the Security Office and Main Gate!

### Did you know about the Wayne County Farmer's Market Coupon Program?

Through the PA Dept of Agriculture, persons over 60 can qualify to receive vouchers to purchase fresh produce at farm stand and farmer's markets. When someone uses a voucher at the Wayne County Farmer's Market, they are given a WCFM coupon for the same amount which they can spend for anything at the market, produce, eggs, meat, maple syrup, breads, honey, etc. In other words, the coupons include items that you can't get with the Farmer's Market vouchers. Market vendors take the coupons like cash and are then reimbursed by the Wayne County Farmer's Market. What a wonderful way to give back to our seniors!



# Do you have news fatigue?

Do you avoid catching up on news because it's overwhelming?

Join the River Reporter at the  
**Hamlin Community Library**  
for the Summer Media Literacy Series on  
**August 5, 4 PM!**

Learn tools to navigate the ever-changing news cycle and tips and tricks to help you tell fact from opinion, recognize bias, and understand the role of paid placement in stories you read!

**RIVER REPORTER.**<sup>com</sup>

## Spotlight on US!



"From the day I started, Kathy VanHorn was welcoming! Her positivity is contagious, her witty humor adds so much fun to every day, and her humility is inspiring!"

"Kathy VanHorn has great energy, brings a smile to many & is always wearing one herself, passionate about her job and it shows."

"I would like to nominate Kathy VanHorn because she always has such a positive attitude and is very creative and always trying new things."

"I would like to nominate Kathy VanHorn, she's been here for 5 years, she always goes above and beyond with the Ala Carte and tries so hard to accommodate everyone who orders from her. Her spirit and kindheartedness do not go unknown."



Bernice Russell and Frank Lopez pictured left on Honesdale Senior Center's July Birthday Friday



HAPPY BIRTHDAY



Sandy Klein and her "Crafts with Sandy" group pictured right. They are having a great time as usual, enjoying the companionship and taking away a fun handmade craft.



## Are you a veteran or surviving dependent of a veteran?

There may be Veteran's Benefits you are unaware of! Frank Araujo, Director of and Veteran's Service Officer with Wayne County Veteran's Affairs will be visiting our Senior Centers to answer your questions and get you the information you need!

**Honesdale Senior Center**

Thursday 8/7 at 12pm— Come for lunch and an informative Q&A session. (Call to make reservations at least one day in advance if coming for lunch)

**Hamlin Senior Center**

Wednesday 8/13 at 9:00am— Information Session

**Frank Araujo**  
929 Court St.  
Honesdale, PA 18431  
570-253-5970 x3114

## Pennsylvania's Property Tax/Rent Rebate Program

Pennsylvania offers a valuable Property Tax/Rent Rebate Program, providing rebates to eligible homeowners and renters. Applicants can submit their applications online, by mail, or in-person. The deadline for applications has been extended to December 31, 2025.

### Eligibility and Income Limits

Applicants must be at least 65 years old, widowed and 50 years old or older, or 18 or older and permanently disabled. 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

Please don't hesitate to call your Senior Center for assistance or to make an appointment.

### Supporting Older Adults Impacted by Crime and Violence

Crime and violence can affect anyone—but older adults often face unique challenges when they become victims. Whether it's fraud, financial exploitation, physical abuse, neglect, or intimate partner violence, older survivors may struggle to access help or even recognize what's happening to them as a crime.

Aging can bring physical, cognitive, or financial changes that make someone more vulnerable to harm. Older adults may depend on others for care, which can sometimes lead to power imbalances. Many feel shame, fear retaliation, or worry about losing their independence if they speak up.

#### How You Can Help



##### 1. Listen and Believe Them

If an older adult confides in you, thank them for their trust. Let them know you believe them and that they deserve safety and respect.

##### 2. Respect Their Autonomy

Even if you're concerned, it's important to avoid pressuring them. Offer support and options, not ultimatums.

##### 3. Watch for Red Flags

Unexplained injuries, isolation, sudden financial problems, or changes in behavior can all be signs that something isn't right.

##### 4. Connect Them to Resources

Adult protective services, victim services, healthcare providers, and legal aid can help address both safety and support needs. Many communities offer programs specifically for older adults.

##### 5. Stay Involved

Isolation increases risk. Staying connected through regular visits or phone calls can help older adults feel less alone and more empowered to ask for help if needed.

Supporting older adults isn't about having all the answers - it's about showing up with care and compassion. At VIP, we know that supporting survivors means more than just offering services—it means listening, building trust, and meeting people where they are.

**No one is ever too old to deserve safety, healing, and justice. If you or someone you know needs help, contact VIP at 570-253-4401 or visit [www.vipempowers.org](http://www.vipempowers.org).**





**FYI**

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**

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County Office of Human Services**

**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 Ginny 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:** 929 Court Street (Rear Entrance of Building), 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.**