

Find us on the web at: <https://waynecountypa.gov/101/human-services>



NOVEMBER IS DIABETES AWARENESS MONTH



UNDERSTANDING DIABETES IN OLDER ADULTS

- Diabetes is a chronic condition that affects how the body processes blood sugar (glucose), and it's especially common among seniors.
- Type 2 diabetes is the most prevalent form in older adults, often linked to lifestyle factors such as diet, physical activity, and weight.
- Symptoms may include increased thirst, frequent urination, fatigue, blurred vision, and slow-healing wounds—though they can be subtle or mistaken for aging.
- Early detection and regular screenings are crucial, as unmanaged diabetes can lead to serious complications like heart disease, kidney failure, and vision loss.
- Seniors should work closely with healthcare providers to monitor blood sugar levels and adjust medications or lifestyle habits as needed.



PROMOTING AWARENESS AND PREVENTION

- Raising awareness helps seniors recognize risk factors and take proactive steps toward prevention and management.
- Healthy eating, regular exercise, and maintaining a healthy weight are key strategies to reduce the risk or manage the condition.
- Community programs, support groups, and educational workshops can empower seniors with knowledge and resources.
- Family members and caregivers play a vital role in supporting daily routines, medication adherence, and emotional well-being.
- By staying informed and engaged, seniors can lead active, fulfilling lives while effectively managing diabetes.

November

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

*Milk included with all meals.

Butter included with breads with this symbol ()

*Menu subject to change.

<p>3) Cheese ravioli with sauce Creamed spinach Italian blend Italian Bread Cottage cheese with peaches</p> 	<p>4) Election Day Sloppy joe on a wheat bun Red potatoes Zucchini & tomatoes Fresh Orange</p> 	<p>5) Minestrone soup HB:Orange Juice Roast pork Cabbage & noodles Carrots Wheat bread * Fresh apple</p>	<p>6) Apple Juice Chicken smothered in mushrooms Mashed potatoes Brussel Sprouts Wheat bread * Pudding</p> 	<p>7) Orange juice Fish sticks Macaroni & cheese Stewed tomatoes Wheat bread * Mandarin oranges</p> 
<p>10) Creamy tomato basil soup HB: Orange Juice Creamed ham on a biscuit Diced potatoes Carrots Red, white & blue dessert</p>		<p>12) Grape Juice Vegetarian chili Baked potato with butter Cauliflower Wheat bread * Vanilla Pudding</p> 	<p>13) Meatloaf with gravy Scalloped potatoes Roasted broccoli Wheat bread * Pineapple chunks</p> 	<p>14) Chicken rancher Orzo and peas White beans with collard greens Rye bread * Fresh apple</p> 
<p>17) Chicken with gravy on a biscuit Roasted red potatoes Spinach Fresh orange</p> 	<p>18) Orange juice Ham & potato Casserole Carrots Wheat bread * Applesauce</p> 	<p>19) Salisbury steak with gravy Mashed potatoes Cauliflower Wheat bread * Fresh apple</p> 	<p>20) Turkey with stuffing /gravy Mashed potatoes Green bean casserole Pumpkin pie with whip topping</p> 	<p>21) Spinach & cheese bake Roasted breakfast potatoes Winter Blend Wheat bread * Mandarin oranges</p> 
<p>24) Broccoli & cheese soup HB: Juice Shepherd's pie Mashed potatoes California blend Rye bread * Chocolate pudding</p> 	<p>25) German chicken with cabbage Potato pancakes Cauliflower Bavarian pretzel Fresh orange</p> 	<p>26) Pork with orange sauce Baked sweet potato Steamed broccoli Wheat bread * Pineapple chunks</p> 	 <p>WE WILL BE CLOSED THURSDAY & FRIDAY</p>	

Honesdale Senior Center– November Events

Tuesday November 4th– Election Day– Center closed—Polling Location

Thursdays November 6th, 13th, \$ 20th– Crafts with Sandy from 10:00 AM-11:00 AM

Monday November 10th– Veteran’s Day Celebration. Recognizing those who served. Free lunch for veterans over 60 with a completed application if you are new to our center. Reservations required 24 hours in advance.

Tuesday November 11th– Center Closed due to the Veteran’s Day Holiday

Friday November 14th– Lois from the Department of Health will be speaking about Bladder Health and Diabetes.

Tuesday November 18th– Northeast Sight meets at 1:00PM

Thursday November 20th– Thanksgiving Celebration. Come enjoy a delicious Thanksgiving dinner with all the trimmings.

Thursday November 27th– Thanksgiving Day. Center closed so that our staff may enjoy a special day with their families. Happy Thanksgiving!

Friday November 28th– Center Closed for lunch and activities.



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

Grief Support Group 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

HONESDALE ACTIVITIES

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



Hamlin November Events



Election Day – Tuesday, 11/04 **CENTER CLOSED** – POLLING LOCATION
Tai Chi – Mondays at 10 AM facilitated by Peter Brown.
Healthy Steps Exercise – Mondays at 11 AM, Wednesdays at 10 AM, and Thursdays at 1 PM excluding 11/20 & 11/27
Penn State Extension Class by Christina Pulman “Identity Theft” Monday, 11/03 at 1:30 PM.
Chair Yoga – Thursday at 2 PM – 11/6 & 11/13. No Chair Yoga on 11/20 & 11/27 due to Thanksgiving Celebration and Thanksgiving Day holiday.
State Capital Tree Ornament Making Party – Wednesday, 11/5 at 1 PM. Enjoy Cookies & Hot Cocoa while painting ceramic Christmas ornaments.
Senior Night Out – Will resume in January 2026 after the holidays.
Veterans Day Recognition & Meal – Monday, 11/10 at 11:30 AM
Fall Craft with Marie Morales– Fabric Pumpkins, Monday, 11/10 at 10 AM
Penn State Extension-Monday, 11/10 at 1:30 PM – Last class of “Cooking with Diabetes.”
Veteran’s Day Observance- Monday, 11/11- **CENTER CLOSED**
Bingo – Tuesdays at 1 PM and Fridays at 10 AM excluding 11/11 for Veteran’s Day and 11/28 for Thanksgiving break.
Penn State Extension – Monday, 11/17 at 1:30 PM. “Eating Healthy on a Budget.”
Jeff Olsommer’s Senior Program – Wednesday, 11/19 from 9 AM – 12 PM
Thanksgiving Celebration – Thursday, 11/20. A day of gratitude, wonderful food, special entertainment jamming to the 70’s with Tom Rogo and Bingo at 1 PM.
Craft- 3 Part Series with Corette Stahley – Starting Tuesday, 11/25 at 10 AM “Barn Quilts” Class size is limited to 8 participants. Two other meeting dates are 12/2 & 12/16. Must attend all three classes.
Lois Elick from the Dept of Health- Tuesday, 11/25 at 11 AM – “Medical Focus- Diabetes.”
Thanksgiving Day – Thursday, 11/27 – **CENTER CLOSED**
Black Friday – Friday, 11/28 – **CENTER CLOSED**
SCHEDULE SUBJECT TO CHANGE

Keely Yetter		Janet Sauers
Hector Sola		Joyce Gaus
Carl Kellogg		Janet Heuberger
Elizabeth Davis		Mike Sell
Joan Moore		Diane Krajewski
Thelma Evarts		Alice McAfee



On September 9th we had a big celebration for Joe Attard’s 95th Birthday! We also celebrated Judy Sadlon, John Noon, & all the Birthdays for the month!

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



Hawley November Events



Monday November 3rd-- National Sandwich Day-- If you sign up for lunch, you will be entered to win a gift card for a free regular sub from Jersey Mikes Sandwich Shop.

Tuesday November 4th-- National Candy Day. Come on down for some fun Trivia on Candy!!! Win Candy Prizes !! (10:30am)

Wednesday November 5th-- National Stress Awareness Day. Come on Down and Take a Tai Chi class at 10:00-11:00 to de-stress with Peter Brown our instructor. \$5.00 for class. (10:00 am)

Thursday November 6th-- National Nacho Day. Come down to the center and get a nacho treat. (12:30 pm)

Monday November 10th-- Veterans Day Luncheon. Let's honor our Veterans with a special lunch dessert and special thank you for their past service. (10:30am)

Tuesday November 11th-- Gina from Representative Olsommer's Office will be here to assist with Li-Heap, Rental Rebates, Car Registrations, and more! Come on down and find out how she can assist you.

Thursday November 13th - Sadie Hawkins Day -Let's Celebrate--Breakfast fun come and join us for a light breakfast and let's talk about our "Memorable dates or proposals" Special Treat given for the best stories. Then before lunch we will play a "Name that Tune" Love Song Edition. After Lunch let's get "sweet" and enjoy a Sweet buffet bar. (9:30am)

Monday November 17th-- National Homemade Baking Day-- Bring in some home baked goods to share!

Tuesday November 18th-- National Princess Day-- It's your day. Come dressed as a princess and enjoy some fun, "Do You Know Your Princess Trivia." (10:30am)

Thursday November 20th -- Thanksgiving Celebration-- Enjoy a nice Thanksgiving Luncheon Celebration. Let's have fun and share the time together and be grateful for everything that we have.

Thursday November 27th-- Center Closed

Friday November 28th-- Center Closed

**** We are seeking volunteers to assist in the Hawley Center with Kitchen help , Bingo Calling , Arts and Crafts and Exercise Program instructors who are willing to be trained and conduct classes in accordance with the PA Dept. of Health and Wellness Programs.**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:30-2:30 Ceramics 10:30-11:30 Exercise 1-2:30 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— Exercise Class 10:30-2:30 Ceramics	10:30-2:30 Cards 1-2 Bingo	10:30-11:30 Exercise
				

Northern Wayne Senior Center November Schedule

Thursday November 6th– Veteran’s Day Celebration. We will be recognizing Bill Bennett, a veteran who attends the Center. We will recognize the Thanksgiving holiday by “Journaling our Gratitude.” Let’s reflect on what we have to be thankful for?

10:30 Exercise Class

1:00 Bingo

Lunch Menu: Juice, soup, Chicken salad sandwich, cottage cheese, peaches



Who said we didn’t have fun at the Northern Wayne Senior Center?? Pictured left are some folks trying their hand at Axe Throwing, no, they're not real axes! We also play Bingo and do fun crafts, but the best part is the friendship and camaraderie we enjoy when we get together. Just look at all those happy faces!

- ◆ Located at the Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood
- ◆ Meets at 10am the 1st & 3rd Thursdays March-October
- ◆ Meets at 10am the 1st Thursday November-February (weather permitting)
- ◆ Call Ginny (570) 253-5540 for information & lunch reservations

Presentation by MaryAnn with the Penn State Extension Food Preservation Program

On September 9th at the Hamlin Senior Center MaryAnn (pictured right) facilitated a presentation about Canning the Easy Way! She demonstrated the tricks of the trade, even how to use different products like Vitamin C tablets to keep fruit fresh if you don’t have ascorbic acid. She also advised us on the many items you can use the easy canning method for. We also learned about freezing and what’s better to freeze than can. It was a great class! Thank you MaryAnn!



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.





On 9/11/25, some Residents of Hamlin Heights (shown above) took a group trip, in partnership with Wayne County Transportation and Pike County AAA, to Costas Family Fun Park for some socialization, lunch, and mini golf! Some highlights from the day are pictured above. We had a great time getting outside and meeting new friends. In October, the residents are planning a trip to a local Apple Orchard, and will also be hosting a Pumpkin Decorating event in our community room to bring in the fall season with some themed fun. We hope to see you at our Senior Center events each month!

*Need Inspiraton for your Leftover Turkey Dinner? *

Try **TURKEY CHOWDER**

Courtesy of our Kitchen Staff Tasty Tidbits Crew

- 4 Oz. Bacon
- 4 Tb unsalted butter
- 1 large onion diced
- 3 stalks of Celery, sliced
- A couple of sprigs of thyme and a couple of sage leaves, chopped
- 4 Cups Turkey Stock
- 1 1/2 Lbs Potatoes, diced
- 1 1/2 Cups heavy cream
- Salt and Pepper to taste



Cook bacon in 6 qt. pot over low heat. Remove some fat, then add butter, onion, celery, thyme and sage. Stir occasionally for 10-12 min or until veggies are soft. Add potatoes and turkey stock. Turn heat up and bring to a boil. Add turkey and simmer. Remove from heat when potatoes are soft. Season with salt and pepper. Makes 10-12 cups.

For Those receiving Home Delivered Meals



We have switched to PLASTIC TRAYS!

- ◆ Oven and microwave safe
 - ◆ Freezable to -40°F
- ◆ Oven safe to 350°F for 30 minutes on a sheet pan
 - ◆ Reheating of sealed trays: up to 180°F
- ◆ Sealed compartments: no cross-contamination
 - ◆ Easy to open, just vent film & heat
 - ◆ **Environmental & Sustainable**



If you prefer not to heat and/or eat in the plastic tray, you can transfer the meal onto a microwaveable plate, heat, and **ENJOY!!



- ◆ All Meals are Frozen and delivered weekly
- ◆ Delivery Days are subject to change due to inclement weather, holidays, and staffing issues.
- ◆ Please call the office if you need to make any changes to your meal schedule
- ◆ If you are unable to answer the door to accept the meals, please place a cooler outside and be sure to remove the meals as soon as possible.

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



November is National Gratitude Month:

The Power of Thankfulness in Later Life

Each November, we celebrate National Gratitude Month, a time to reflect on the role that thankfulness plays in our health and quality of life. Gratitude is more than simply saying “thank you.” It’s a mindset — recognizing and appreciating the good in our lives, even in the face of challenges.

Research shows that practicing gratitude has many benefits. It can reduce stress, improve sleep, strengthen relationships, and even boost immune function. For older adults, gratitude can play a particularly powerful role in supporting emotional well-being, reducing feelings of loneliness, and fostering resilience through life’s transitions.

How can older adults practice gratitude?

- **Keep a journal:** Write down three things you’re grateful for each day.
- **Share thanks with others:** A phone call, note, or simple expression of appreciation can brighten someone else’s day — and yours.
- **Reflect on memories:** Looking back on meaningful moments, photos, or family traditions can bring comfort and joy.

Notice the small things: A sunny day, a good meal, or a kind word are all opportunities to pause and give thanks. Gratitude does not mean ignoring difficulties. Many older adults face health issues, caregiving responsibilities, or even experiences of loss and trauma. Cultivating thankfulness can help shift focus from what is missing to what is present — providing strength, perspective, and hope.

This November, let’s embrace gratitude not only as a practice, but as a way to build healthier, more connected lives. And remember: if you or someone you know is struggling with safety, abuse, or trauma, **Victims’ Intervention Program (VIP) is here to help.** Support is available 24/7 at 570-253-4401 or by visiting www.vipempowers.org. Gratitude and healing can go hand in hand — and no one has to walk that journey alone.



PA MEDI staff are available to assist you during the Medicare Annual Enrollment Period. (AOEP) The program runs from October 15th to December 7th 2025. During this time you will be able to join, drop or switch Medicare Prescription Drug Coverage or Medicare Advantage Plans. New coverage would begin January 1st, 2026.

Companies are required to notify consumers of changes, however this information can be missed.

To make an appointment, please call the Honesdale center at 570-253-4262 or the Hawley center at 570-226-4209. There will be limited appointments for the Hamlin center, call Honesdale to schedule those. You can also call Medicare at 1-800-633-4227 or go online at medicare.gov.



pennsylvania

Medicare Education and Decision Insight



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 Amanda Podolsky

570-817-3236

Wayne County Transportation System's Consumers:

- If the schools are closed for inclement weather which affects roads and travel, the Senior Centers, Home Delivered Meals and County Transportation System will not operate.
- Wayne Highlands School District: ALL Centers closed.
- Western Wayne School District only: Hamlin Center closed.
- Wallenpaupack School District only: Hawley Center & Adult Day program closed.
- If the schools are closed for other reasons (i.e. power outages), a determination will be made if the Centers, Home Delivered Meals and Transportation will operate. This will be announced on local radio (Bold Gold Media), TV (WBRE) and the County website (www.waynecountypa.gov) as early in the morning as possible, no later than 7:00 a.m.
- If the schools have a delay for inclement weather, the Senior Centers and Home Delivered Meals will work a normal schedule with no delay. Transportation will attempt to run as close to schedule as possible.
- PLEASE NOTE: The only time the offices will close is when the Courthouse closes. Transportation may cancel your ride if the local roads are not plowed or safe to transport – even if the department is open/operating during inclement weather or questionable road conditions. A determination will be made on a case by case basis. *Early closing of schools will be considered on a case by case basis.*

New Food Lockers Installed in Wayne County

AgroLegacy, the brand born out of the WT! Agriculture task force, is proud to announce the installation of Food Lockers in three locations across Wayne County. These Food lockers are individual, refrigerated storage lockers meant to connect our residents with fresh, local

ingredients, even if they can't make it to the farmers market. These lockers will help fill the rising demand for online shopping and home delivery, while preserving the products' quality and freshness, straight from our farmers.

The three locker locations include Hawley, Lakewood and Waymart. For directions, check out the Food Lockers tab on the AgroLegacy website at...

www.Agrolegacy.org



Scammers are targeting Pennsylvania residents with fraudulent text messages posing as refund notifications from the Department of Revenue.

These phishing texts impersonate state officials and falsely claim to offer tax refunds, urging recipients to click malicious links and provide sensitive banking or personal information. The Pennsylvania Department of Revenue has emphasized that it *never* sends unsolicited texts requesting financial details. Residents are advised to delete such messages immediately, avoid clicking any links, and verify refund status only through official channels like the myPATH portal or by calling 1-888-PATAXES.



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

November Programs

Wed 11/25 4:30-5:30– Nutrition 101 with Barbara Griggs-Pratt, Clinical Nutrition manager WMH will discuss how important a healthy diet is for total well-being

Wed 11/12 4:30-5:30– Immune System Care with Jamie Stunkard from Nature's Grace. Learn how to keep the immune system strong for flu season.

Wed 11/19 3:00-5:00– Color Your Stress Away. Stop by to sit & color your stress away for the holidays or just to relax!

TO REGISTER CONTACT:

Miles Keesler

Phone: 570-253-1220

Spotlight on US!

November's recipient for the staff spotlight is its very own Christina Pane! Christina joined us in March and started out in the clerical department, quickly becoming a positive and helpful member of our "frontline". She recently transitioned to the Aging Care Management unit where she'll be able to use her excellent customer service skills in the field.



Here are some things her co-workers have to say about her:

"Always upbeat, positive, and willing to help anyone out"

"She is always willing to help everyone whether it's with IHM checklists, SAM's stuff, coming out on a visit, iPhone snafu's - you name it! And she does it with a smile and without judgement. Even if she's not sure about something, she will still offer to brainstorm and try to figure it out. She's very much a team player and it does not go unnoticed"

"She is always ready to help anyone at any moment with any task- and always has a smile on her face! ☐ She is a pleasure to work with"

"Team player for entire office and always brings positive attitude!"

Tax-Aide Program Needs Volunteers to Help Taxpayers

Tax filing season may be months away, but the Pike/Wayne AARP Foundation Tax-Aide District is already seeking volunteers who want to serve their community. Tax-Aide provides free tax preparation services with a focus on serving older adults living with low to moderate income and helps them secure much-needed tax refunds. AARP membership is not required.

Volunteers are trained through a combination of self-study and classroom sessions. The classroom sessions will be held in January. The amount of training required depends on the position.

During tax filing season, February through April, volunteers assist taxpayers with tax preparation as well as greeting taxpayers and assisting them in organizing their tax documents. Volunteers can work anywhere from one to three days per week.

If you would like more information on this rewarding volunteer opportunity, please contact District Coordinator Debra Croston at debra.croston@gmail.com. If you are interested in volunteering, please complete the volunteer application at <https://www.aarpfoundation.org/taxaidevolunteer>



Fun Facts about November

We all know that November is home to Election Day, Veterans Day, and Thanksgiving! Besides the fact that the November is National Banana Pudding Lovers Month, here are some other wacky celebrations to look forward to:

November 1st: National Cook for your Pets Day

November 6th: Zero-Tasking Day

November 9th: National Scrapple Day

November 16th: National Button Day

November 21st: World Hello Day



Senior Expo 2025

On Thursday October 30th the Senior Expo sponsored by The Salvation Army and Representative Jonathan Fritz was held at Ladore Pavilion in Waymart. This free expo is devoted to information for those 50+. It features exhibitors, information, free seminars, free refreshments, and health screenings. This year's expo was hugely successful and despite the rain, lots of people attended and had the opportunity to take part in all there was to learn!

Reminder to Use the Co-Pilot Touchscreen System to Check in to Senior Centers

The Co-Pilot system is what helps our centers ensure that you are counted so that we can continue to receive funding for the best possible services and activities. If you are not familiar with the system, please don't hesitate to ask for help, and **remember to sign in for all your activities and meals!**

- Check In Electronically
- Register for Activities
- Order Meals
- Eliminate Sign-In Sheets



Pictured Left: Honesdale Senior Center Participant Cheryl Leonard demonstrating how easy Co-Pilot is to use!



On Wednesday October 8th, the Honesdale Senior Center celebrated National Pierogi Day (pictured left and right) by engaging in a fun activity of "Pinching Play-Doh Pierogies." Not only was it a great sensory experience, but lots of stories were shared about making food with family, cultural traditions, and favorite foods. A special thanks to Ginny and all the ladies in the Senior Center for bringing unique and fun activities to us every day!



Octoberfest at the Hamlin Senior Center (shown below)

On October 8th, the Hamlin Center celebrated Octoberfest. Our entertainment was Jude from the Polka Jets. We served 49 congregate meals and 3 Grab & Go. It was a tremendously successful event and so much fun!



Pat Perkins and Becky Klepadlo recognized Debbie Birtel for almost 30 years of work for Wayne County. She started in Honesdale and then was the first leader to run the Hamlin Senior Center. Pat shared that Debbie was the first person she knew who retired the day before and then returned the next day to work part time filling in for any of the centers as needed and to provide the much enjoyed bus trips. It is with much appreciation that we acknowledge Debbie. She is more than an employee, she's like family. Debbie has always focused on the senior members and their needs. We are grateful for the coaching and mentorship she has provided over the years.

Thank You



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**

Editor: Christina Pane

Menu Coordinator: Lynn Potter, RD LDN

AgingNewsletter@waynecountypa.gov



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

Anything is possible

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, 570-253-5540. 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. 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.***