

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



Mental Wellness Month for Older Adults is a meaningful time dedicated to raising awareness about the importance of emotional and psychological health in later life. As people age, they often face unique challenges such as retirement, physical health changes, or the loss of loved ones. These transitions can affect mental well-being, making it essential to highlight resources, practices, and community support that foster resilience and joy. The month serves as a reminder that mental wellness is just as vital as physical health, and that older adults deserve opportunities to thrive emotionally and socially.

One of the central themes of Mental Wellness Month is **connection**. Loneliness and isolation are common concerns among older adults, but engaging in social activities, volunteering, or joining community groups can significantly improve mood and outlook. Programs during this month often encourage seniors to strengthen relationships with family, friends, and neighbors, while also exploring new hobbies or interests. Staying socially active not only reduces feelings of isolation but also supports cognitive health, helping older adults remain sharp and engaged.

Senior centers play a vital role in supporting older adults' mental wellness by providing opportunities for social connection, engagement, and purposeful activity. These centers often host group classes, recreational programs, and educational workshops that help reduce feelings of isolation and loneliness—two major risk factors for depression and anxiety in later life. By fostering friendships, encouraging physical activity, and offering access to resources such as counseling or support groups, senior centers create a welcoming environment where older adults can maintain a sense of belonging, boost their mood, and strengthen cognitive health. In essence, they serve as community hubs that nurture both emotional resilience and overall well-being.

Another focus is on **self-care and mindfulness practices**. Mental Wellness Month encourages older adults to explore techniques such as meditation, gentle exercise, journaling, or creative arts to manage stress and cultivate inner peace. These practices can help reduce anxiety, improve sleep, and enhance overall quality of life. Importantly, mental wellness initiatives emphasize that self-care is not indulgent—it is a necessary part of maintaining balance and vitality at any age.

Finally, Mental Wellness Month highlights the importance of **access to professional support**. Older adults may benefit from counseling, support groups, or wellness workshops tailored to their needs. By normalizing conversations around mental health, this observance helps break down stigma and ensures that seniors feel empowered to seek help when needed. Communities, caregivers, and healthcare providers all play a role in creating supportive environments where older adults can flourish emotionally. This month is ultimately about celebrating resilience, promoting awareness, and ensuring that mental wellness remains a priority throughout the aging journey.

January

Suggested meal price:












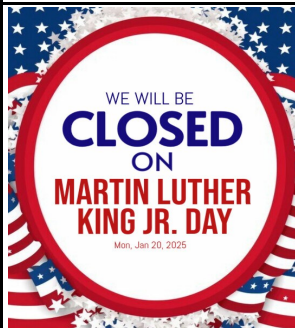







**\$3.00 for 60 and over
\$9.00 all others.**

***Milk included with all meals.**

***Butter included with breads with this symbol ***

Important

1. Milk, bread, butter, juice, & desserts must be refrigerated or frozen
2. If refrigerated, all items should be consumed within a week

January 2026 menu				
				2) Chicken Rancher Orzo and peas White beans with collard green Italian bread* Fresh fruit 
5) Breaded Haddock Red potatoes Carrots Wheat bread* Fresh mixed fruit 	6) Soup/ HB juice Shepard's pie Mashed potatoes California blend Rye bread* Chocolate pudding 	7) Orange juice Stuffed shells Italian blend Wheat bread* Applesauce 	8) German chicken with cabbage Potato pancakes Cauliflower Bavarian pretzel Fresh orange 	9) Greek Spanakopita Lemon roasted potatoes Roasted Greek vegetables Pita bread* Greek honey cake 
12) Orange juice Cheese Omelet Turkey sausage Breakfast potatoes Wheat bread* Applesauce 	13) Italian wedding soup HB-Creamed spinach Cheese manicotti with marinara sauce Italian blend Italian bread* Italian donut 	14) Sweet & sour pork Cantonese Cauliflower rice Carrots Wheat bread* Fresh fruit cup 	15) Pasta with meatballs in sauce Broccoli Wheat bread* Fresh fruit 	16) Juice Turkey pot pie Roasted Brussel sprouts WW Biscuit* Butter Pumpkin mousse 
	20) Linguini with roasted vegetables Meatballs Spinach Wheat dinner roll* Fresh fruit 	21) Soup/ HB-orange juice Chicken Marsala Mashed potatoes Carrots Wheat bread* Pudding 	22) Lemon pepper fish Roasted potato cubes California blend Wheat bread* Peaches & pears 	23) Polish Luau Kielbasa Pierogies Red cabbage Wheat bread* Apple cake 
26) Soup/ HB-orange juice Fish Sticks Macaroni & cheese Stewed tomatoes Wheat bread* Mandarin oranges 	27) Roasted pork With mushroom gravy Spaetzle Red cabbage Wheat bread* Streuselkuchen 	28) Cheese Ravioli with sauce Creamed spinach Italian blend Italian bread* Cottage cheese and peaches 	29) Sloppy Joe on a wheat bun Red potatoes Zucchini and tomatoes Fresh fruit salad 	30) Juice Chicken smothered in mushrooms Mashed sweet potatoes Spinach Wheat bread* Pudding 

Honesdale Senior Center– January Events

Thursday January 1st– **Center Closed** for New Year's Day!

Friday January 2nd– Birthday Friday. Celebrating our members born in the month of January!

Thursday January 15th– National Bagel Day. Come in and enjoy a bagel with us!

Mondy January 19th– **Center Closed** in observance of Martin Luther King Jr. Day

Friday January 23rd– Polish Luau. Come down to the center to enjoy a Polish meal and some Polish music! Wear Red and White to celebrate the Polish flag and Ladies, don't forget your Babushka!!



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>
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 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



Hamlin January Events



Tai Chi with Peter Brown – Certified & Insured. Classes on Mondays at 10 AM

Healthy Steps in Motion Exercise – Mondays at 11 AM, Wednesdays at 10 AM and Thursdays at 10 AM.

Chair Yoga- with Diane Bixler, Certified & Insured. Fridays at 1:00 PM.

Bingo – Tuesdays at 1 PM and Fridays at 10 AM

Penn State Extension- Starting Wednesday, January 7th and runs for 8 weeks. First class topic is “Bone Health.”

Must register. Class is \$25 per person. Facilitated by Christine Pulman

Armchair Travel to Greece- Friday January 9th at 11 AM- Experience the flavor and culture of the Mediterranean.

Armchair Travel to Italy- Tuesday January 13th, starting at 11 AM. The kitchen will prepare a special Italian meal.

How To Series- “How to make an Italian Recipe” January 13th at 10 AM, Recipe TBA. Sponsored by Marie Morales with the Hideout Recreation Department.

Lynn Potter Nutritional Speaker- Tuesday, January 13th at 11 AM. Topic is “Calcium & Vitamin D, Vitamin B12 and You, Drink To Your Health.”

Senior Night Out- At The Newfoundland Hotel, Wednesday January 14th at 4 PM. Wing Buffet & Potato Bar. Must RSVP.

Martin Luther King Jr. Day – Monday, January 19th, **CENTER CLOSED**

Doodling Art Craft – Friday January 16th at 1 PM. Step by step guidance. Facilitated by Becky.

Polish Luau– Friday January 23rd, Starting at 11 AM. Tipping our hats to the Polish heritage with Polish food, activities, and a visual tour of the highlights of Poland.

Armchair Travel to Germany – Tuesday., January 27th. Come and enjoy the old country food and activities!

How To Series- How to Make Homemade Red Cabbage for German Day, Tuesday January 27th at 9 AM. Come take part in making an authentic German recipe.

Penn State Extension- Tuesday January 27th, “Eating Well on a Budget” at 11 AM facilitated by Christine Pulman.

***Schedule Subject to Change**

Debbie Birtel January 3rd

Judy Schrecongost January 3rd

Jacque Gillette January 9th





Kathy Miller January 15th

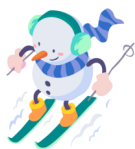


Sharon Kulesza January 18th

Patricia Farrell January 22nd

Michael Antonello January 24th

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



January

Hawley Center Events



January 1st—Thursday- Center is Closed in Observance of New Year's Day- We wish everyone a Happy, Healthy, and Adventurous 2026!

January 6th- Tuesday- 11:15 am- Kenyon College's Ransom Notes- Acapella Choir will be here to perform. Let's all come out to the center to support them.

January 9th- Friday-12:00 pm—National Law Enforcement Day- Come on out to the Hawley Center to have a lunch with our own Law enforcement agency. Let's thank them for keeping us safe.

January 13th- Tuesday- 11:00 am—Rubber Ducky Day- Let's have a Rubber Ducky Races. Prize for champion Rubber Ducky Winner.

January 15th- Thursday- 9:00 am- Come and celebrate National Bagel Day with a Bagel breakfast here at our center.

January 19th- Monday- Center Closed in observance of Martin Luther King Jr. Day.

January 22nd- Thursday 10:00am—Pastries and Paint Day. Come on out and paint a winter scene canvas. Have some fun and meet new friends. (supply fee \$7.00 for canvas and paint)





January 27th - Tuesday—National Chocolate Cake Day- Bake a chocolate cake dessert and bring it in to share with others.

January 29th- Thursday 10:30am- Winter crafting- Lets make a wooden winter penguin pebble sign. (Supply fee TBD)

Exciting new things will be taking place at the center this year including VIP member nights and exclusives. (See Michele for Details) We will be starting new games such as Poker, Mexican Train Dominoes, Bingocize, Bunco and a few more creative classes.

There will also be monthly drawing for your chance to win a gift card or basket if you participate in two or more of these centers programs (Lunch, Bingo (counts as one activity), Ceramics (counts as one activity), Arts and Crafts, Exercise (counts as one activity), Cards, Mahjong, Ukulele, Tai Chi and Yoga)

Also Remember to sign up by 12pm the day prior to receive lunch the following day. Lunch is \$3.00 for 60+ and \$9.00 for under 60. Lunch may be paid on a daily, weekly or monthly basis. (3 times a week is \$9.00; for the month it is \$ \$60.00) Please do not pay for more than a month's meals ahead of time.

<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 1-3 Poker	10:30-2:30 Cards 1-2 Bingo	10:30-11:30 Exercise
				

Northern Wayne Senior Center January Schedule

Thursday January 8th– Winter themed Craft!

10:30 Exercise Class to work off those holiday treats!

1:00 Bingo

Lunch Menu: Soup, Juice, Tuna Fish Sandwich, Sliced Beets, and Fruit.



On December 4th, the Preston School chorus (left) visited the center to sing Christmas Carols!

Members of the center (right) had a lovely Christmas celebration complete with lunch and a craft!



◆ 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

Northeast Sight Services offers a number of different Support Services to adults based on the following qualifications:

Geographic Area: ~Lives in the Counties of Upper Luzerne, Pike, Wayne, and Wyoming.

Visual Eligibility (based on one or more of these four factors): ·

~ A corrected visual acuity of 20/70 or greater in the better eye

~A visual field loss of 20 degrees or greater

~A diagnosis of a progressive sight threatening disease ·A significant functional limitation from vision loss

Individuals who meet these qualifications are eligible for:

Adjustment to Vision Loss Services (Initial Evaluation & Referral) Vision Rehabilitation Therapy Assistive Technology In-Home Independent Living Support Educational and Social Events

1825 Wyoming Avenue, Exeter PA 18643 sara@northeastsight.org 570-693-3555

www.northeastsight.org Toll free 1-877-693-3555



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.





Hamlin Heights is filled with celebration and community spirit.! On Monday, December 1, residents and staff honored Manager Sue's milestone 60th birthday with warm wishes, laughter, and gratitude for her leadership. Several residents also marked birthdays during the week, adding to the joyful atmosphere and reminding everyone of the close bonds that make Hamlin Heights feel like family.

By Wednesday, December 3, the holiday season was in full swing as residents gathered to decorate the community tree. With ornaments, lights, and festive music, the common area was transformed into a cheerful space that reflected the togetherness of the community. Between milestone birthdays and holiday traditions, the week highlighted the joy of celebrating life's moments side by side.

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



January is National Human Trafficking Prevention Month

Raising Awareness, Protecting Our Community

Each January, National Human Trafficking Prevention Month reminds us of the importance of education, awareness, and community involvement in preventing exploitation. Human trafficking is often misunderstood as something that happens far away, but it can—and does—affect people in every community, including older adults.

Human trafficking involves the use of force, fraud, or coercion to exploit someone for labor, services, or commercial sex. Traffickers often target individuals who may be isolated, financially vulnerable, living with disabilities, or dependent on others for care. Older adults can be at risk when someone misuses a position of trust, controls their access to money, or manipulates their need for companionship, housing, or support.

Warning signs may include someone speaking for an older adult, restricting their movements, controlling their finances, or pressuring them to work or perform tasks without fair compensation. A sudden new “friend,” caregiver, family member, or romantic partner who becomes overly controlling can also be a red flag.

Awareness saves lives. By learning the signs and staying connected to our older neighbors, friends, and family members, we can help prevent exploitation and support those who may be at risk.

If you or someone you know needs help or has concerns, Victims' Intervention Program is available 24/7. Call 570-253-4401 or visit us online at vipempowers.org for free and confidential support.



A “Living” Wayne County Resource Binder

The Wayne Tomorrow Workforce Task Force is happy to present our Electronic Resource Binder! You can now access many of Wayne County's resources, all in one place. This was made with convenience in mind—a person in need of these resources may not have the time to scour the internet for phone numbers or addresses. It's like one stop shopping for community help!

The Workforce Task Force will continue to update this link as contact information changes or new services arrive, hence the “living” description. This way, there's no paper document having to be resent every time something changes in our community...

which is quite often! Take a look today, share the link, and contact us if you think a community resource should be added.

[Community Resource Binder](#)

[Contact Us](#)



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

Older adults face unique risks during the colder months, but with preparation and awareness, many dangers can be avoided. Staying warm, preventing falls, and maintaining overall health are the key priorities for winter and fall safety.

As temperatures drop, **older adults are more vulnerable to hypothermia and frostbite** because aging bodies don't regulate heat as efficiently. Dressing in layers, wearing hats and scarves, and keeping extremities covered are essential steps. Indoors, maintaining a safe room temperature and using blankets can help. Even though thirst may feel less noticeable in cold weather, **hydration remains important** since winter air can be very drying.

Fall prevention is another critical concern. **Slippery sidewalks, icy steps, and wet leaves** can all increase the risk of serious injuries. Older adults should wear non-slip, supportive footwear, take their time when walking outdoors, and use handrails whenever possible. At home, keeping walkways clear, ensuring good lighting, and removing clutter can reduce hazards. Staying physically active—through walking, stretching, or balance exercises like tai chi—helps maintain strength and stability, which are vital for preventing falls.

Finally, seasonal safety also includes **planning ahead for emergencies**. Cold weather can cause power outages or frozen pipes, so having extra blankets, flashlights, and a small stock of food and water is wise. Older adults should also keep a list of emergency contacts handy and avoid shoveling heavy snow if they have health conditions that make exertion risky.

In short, winter and fall safety for older adults comes down to **staying warm, staying steady, and staying prepared**. With these precautions, the colder seasons can be navigated safely and comfortably.



Wayne County Transportation – Now Hiring Multiple Positions

Wayne County Transportation is expanding our team and seeking dedicated, community minded individuals to help provide safe, reliable transportation services to residents throughout the county. If you're looking for meaningful work that makes a real difference in people's lives, we'd love to hear from you!

1. TRANSPORTATION MANAGER (FULL-TIME)

- Oversee daily operations of the county transportation system
- Supervise dispatchers and drivers
- Manage scheduling, routing, and service delivery
- Ensure compliance with state and federal transportation regulations
- Coordinate training, safety programs, and performance evaluations
- Work collaboratively with county leadership and community partners

2. DISPATCHERS/CUSTOMER SERVICE (2 FULL-TIME Positions)

- Schedule and coordinate transportation services for clients
- Communicate with drivers throughout the day to ensure efficient routing
- Maintain accurate trip logs and dispatch records
- Provide excellent customer service to riders and partner agencies
- Assist with problem solving and service adjustments as needed

3. VAN DRIVERS (10 PART-TIME Positions)

- Safely transport passengers to medical appointments, shopping, and community destinations
- Assist passengers with mobility needs as required
- Complete daily vehicle inspections and maintain cleanliness

Visit: www.employment.pa.gov to apply or Call Tina Temple at (570) 253-4262, ext. 3111

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

January Events

Project Linus– A volunteer program facilitated by Ellen that provides handmade blankets to children 0-18 who are seriously ill, traumatized, or otherwise in need. Fridays January 9th and 23rd from 4:00 pm-5:30 pm. Come bring your sewing talents to good use!

Wills, Trusts, & Estate Planning– Learn about estate planning from Timothy Barna from Barna Law in Honesdale. Wednesday January 21st from 4:30 pm-5:30 pm.

TO REGISTER CONTACT:

Miles Keesler

Phone: 570-253-1220

Spotlight on US!



January's Spotlight On Us Recipient is Maurice "Mo" Cobb! Mo has been in the kitchen with us at Aging for over 2 years, but has been in the culinary arts for 25 years. A little known fact is that he is also a Personal Trainer!

Here are some things his coworkers have to say about him...

Mo is always there to lend a helping hand, warm smile and who can forget his infectious laugh.

He always has a smile, is so kind, and blesses all with his piano playing!

Mo is genuinely always cheerful, always says hello, always has a smile, and I've never heard him complain. He's a happy-go-lucky kinda' guy!

Mo is very pleasant to work with. Dependable and always on time. Will do anything asked of him. I call him a "Yes Man!"

Mo makes walking in on even the dreariest of Monday mornings pleasant with his cheerful greetings. We're lucky to have him!

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>



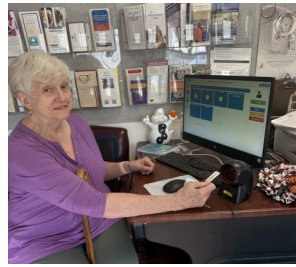
Wayne County Transportation System's Consumers:

- 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.*

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

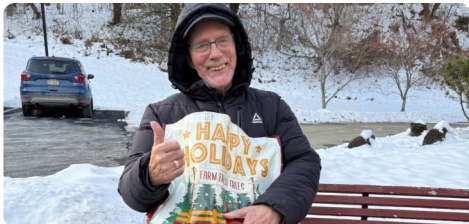
The Co-Pilot system is what helps our centers ensure that you are counted so that we can continue to receive funding for the best possible services and activities. If you are not familiar with the system, please don't hesitate to ask for help, and **remember to sign in for all your activities and meals!**

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



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

The Wayne County Adult Daily Living Center in Hawley (Pictured Below), offers a supportive, structured environment designed to help older adults remain active, engaged, and independent. Located at 337 Park Place, the center provides a full day program that includes social activities, exercise, personal care services, and health related support for individuals who are physically or cognitively challenged. Its mission is twofold: to enrich the lives of participants through social interaction, mental stimulation, and compassionate care, and to give family caregivers essential respite during the day. With weekday hours from 8:00 a.m. to 4:00 p.m. and services such as bathing assistance, medication administration, and LPN support, the center plays a vital role in helping Wayne County residents age safely at home while enjoying meaningful daily connections. Call Nancy Zafiris at (570) 390-7388 for more information.



Deck the Halls with gifts for seniors! Employees at Wayne Memorial Hospital took on the role as Santa's elves with gifts for local seniors. WMH Social Work Manager Mary Burgio-Terpak, LCSW received requests from more than 60 seniors. Many ask for simple necessities including household cleaning and laundry products, toiletries, bed pillows, as well as pet food and litter. New this year, someone asked for bundles of firewood. The Wayne Memorial elves purchased it all and more: a big television, a couple of microwave ovens and lots of extras to help make it a merrier Christmas for homebound seniors throughout the area. Representatives from Wayne County Area Agency on Aging picked up truckloads of beautifully wrapped gifts and delivered them all over the county to grateful seniors. A big Thank You to all involved in helping to brighten the holiday season for so many folks! (Some gift recipients shown Left)



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**

Happy New Year

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.***