

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

American Heart Month is a national observance in February that aims to raise awareness and prevention of heart disease, the No. 1 Killer of Americans. It was first proclaimed by President Lyndon B. Johnson in 1964. During this month, people can focus on their cardiovascular health, especially on managing hypertension, a leading risk factor for heart disease and stroke. Taking care of one's heart is also part of self-care setting an example for others.

Seniors can improve their heart health by adopting healthy lifestyle Habits. Here are some tips to stay heart healthy:

- ♦ Follow a heart-healthy diet that includes a variety of fruits and vegetables, whole grains, healthy protein sources, and liquid non-tropical plant oils.
- ♦ Quit Smoking.
- ♦ Stay active.
- ♦ Maintain a healthy weight.
- ♦ Keep your diabetes, high blood pressure and/or high cholesterol under control.
- ♦ Minimize unnecessary stress.
- ♦ Know the symptoms of heart disease and seek medical attention immediately.
- ♦ Understand your risk of heart disease.



If you or someone you know is exhibiting symptoms of Heart attack, seek medical attention immediately.

Symptoms and severity varies from person to person. Some may not notice symptoms and some may experience very mild signs. The most common warning symptoms may include:

Discomfort in the chest region

Pressure or tightness in the chest

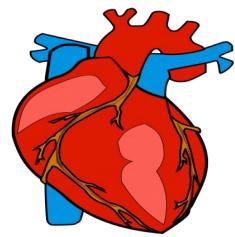
Pain or discomfort in the arm, back or neck region- usually on the left side

Excessive sweating

Shortness of breath, either on exertion or at rest

Nausea

Vomiting





**Suggested meal price: \$2.50 for 60 and over;
\$5.50 all others. Milk is included.
Menu subject to change due to availability.**



				
5) Breaded fish, Sliced potatoes with butter, Butter-nut squash, Wheat bread, butter, Mandarin oranges		6) Grape juice, Turkey goulash over veggie pasta, Cauliflower, Wheat bread, butter, Vanilla pudding		7) Lunar New Year Sweet & sour chicken over cauliflower rice, Stir fry vegetables, Wheat bread, butter, Vanilla Pudding
12) BBQ Chicken, Red diced potatoes, Carrots, Wheat bread, butter, Fresh orange		13) Mardi Gras Jambalaya over rice, Southwestern corn, Rye bread, butter, Donut, Fresh fruit cup		8) Meatloaf, Scalloped potatoes, Roasted broccoli, Wheat bread, butter, Cantaloupe
19) Closed 		20) Orange juice, Cheese omelet, Sausage patty, Hash browns, Wheat bread, butter, Fresh fruit cup		14) Valentine's Day -Ash Wednesday Juice, Stuffed shells w red sauce, Dreamy spinach, From the heart green beans, Wheat bread, butter, Cherry dessert
26) Sausage, onions & peppers, Potato wedges, Baked beans, Rye bread, butter, Fresh orange		27) Baked chicken w/orange sauce, Brown rice, Harvard beets, Wheat bread, butter, Mandarin oranges		15) Shepherd's Pie, Cauliflower, Rye bread, butter, Applesauce
28) Baked Ham, Mashed sweet potatoes, Broccoli, Wheat bread, butter, Applesauce		29) Juice, Turkey Chili con carne, pasta w/butter, Cauliflower, Corn bread, butter		16) Orange juice, Baked cod, Potato pancakes, Red Cabbage, Rye bread, butter, Pears
20) Orange juice, Vegetarian lasagna, Italian blend, Wheat bread, butter, Applesauce				21) Turkey pot pie w/crust, Roasted red potatoes, roasted Brussel sprouts, Pumpkin Mousse
21) Turkey pot pie w/crust, Roasted red potatoes, roasted Brussel sprouts, Pumpkin Mousse		22) Pork Cantonese, Cauliflower rice, Stir fry Veggies, Wheat bread, butter, Pears		23) Orange juice, Vegetarian lasagna, Italian blend, Wheat bread, butter, Applesauce
22) Pork Cantonese, Cauliflower rice, Stir fry Veggies, Wheat bread, butter, Pears		24) Juice, Turkey Chili con carne, pasta w/butter, Cauliflower, Corn bread, butter		25) Sausage, onions & peppers, Potato wedges, Baked beans, Rye bread, butter, Fresh orange
23) Orange juice, Vegetarian lasagna, Italian blend, Wheat bread, butter, Applesauce		26) Baked Ham, Mashed sweet potatoes, Broccoli, Wheat bread, butter, Applesauce		
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Legend: **Northern Wayne

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

Daily physical activity is important for many reasons.

1. Controlling weight
2. Combating diseases such as heart disease, cancer and diabetes
3. Improving mood
4. Boosting energy and improving cognitive functioning
5. Improving sleep
6. Improved sexual functioning



In addition, physical activity is important if you are trying to lose weight or maintain a healthy weight.

- When losing weight, more physical activity increases the number of calories your body uses for energy. Using calories through physical activity, combined with reducing the calories you eat, creates a calorie deficit that results in weight loss.
- Most weight loss occurs from decreasing caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Wayne County Area Agency on Aging offers many opportunities for physical activity at the Senior Centers. Please check the newsletter for details.

- ◆ Tai Chi - Hamlin and Hawley centers.
- ◆ Chair yoga - Hamlin centers.
- ◆ Healthy steps - Hawley, Hamlin and Honesdale centers.

All three centers have exercise equipment available such as treadmills. It would be best to confirm with the center manager when the equipment is available as it may vary depending on the Senior Center activities.

Remember: it is absolutely necessary for you to discuss your activity program with your licensed primary care doctor before beginning a new exercise/ activity regime.

Healthy Recipe Delicious Cottage Cheese Pancakes

2 eggs	1 tsp vanilla extract	butter for pan
1/3 cup of whole wheat flour	1 cup 4% milkfat cottage cheese	1/2 tsp lemon or orange zest

1. Pulse cottage cheese, eggs and vanilla in a blender or food processor until smooth.
2. Pour mixture into a bowl with flour and lemon/orange zest (if using).
3. Heat a non-stick skillet over medium heat, if desired use olive oil or coconut oil to grease the pan.
4. Add 1/3 cup of batter to the skillet and cook for 2-3 minutes on each side. Repeat for remaining pancakes.

Add 1/2 cup of fresh fruit on the side to complete this healthy meal.



Hamlin Senior Center

February Events



Tai Chi by Sensei Anthony - Certified & Insured. Mondays from 10:30 AM - 11:30 AM. Donation amount is \$10.00 per/month.

Mahjong - Mondays at 12:30 PM

Chair Yoga - Certified & Insured- Mondays at 1:00 PM. \$5 donation per class **Reminder center closed on Monday 2/19**

Bingo - Tuesdays at 1 PM and Fridays at 10 AM

Healthy Steps Exercise - Wednesdays & Thursdays at 10 AM (No Fee)

Weigh-In Fridays - Taking place Friday mornings at 11 AM. Program in place January - March. Biggest loser wins a special prize.

Lunar (Chinese) New Year - Wed. 2/7 Year of the Dragon. Chinese Menu and culture fun!

SUPERBOWL BINGO & Tailgate Party - Tues. 2/9 Bingo at 10 AM and Tailgate Party at 11 AM.

Wear your favorite team shirts!

Presidents' Day - February 19 (Monday) CENTER CLOSED 

Mardi Gras Celebration - Tues. 2/13 enjoy a taste of New Orleans food and Fat Tues goodies!

Valentine's Celebration - Wed. 2/14 special entertainment by "Sarah Sings Music". Valentine's meal and bingo at 1 PM. Wear your best pink and red clothes!

Craft Corner - Tues. 2/20 at 10:30 Making shell turtles

Lynn Potter - Tues. 2/20 facilitating a presentation- "Remaining Active to Maintain Weight" at 11:30 AM

Rummikub Competition - Fri. 2/23 at 11 AM & 1 PM

A How To Series - Tues. 2/27 at 10:30 AM "How to make Eco-Friendly Laundry Soap". An 8-person class. Please RSVP.

February Birthdays:

Rita O'Connell

Eva Klidas

Gail Iannacone

Janet Kearny

Jane Gwazdziewycz

Maria Fulton

Susan Good

Gloria Englesia

Happy
birthday

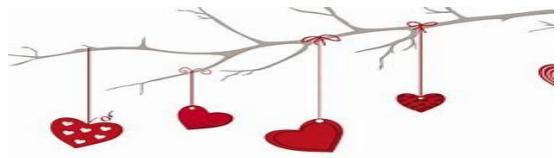
SANTA CLAUS CAME TO TOWN!

Santa Claus, our own beloved Carl Kellogg, arrived in style and was the merriest of characters for this years Christmas celebration. Jim Cerminaro shared his wonderful gift of singing and joined in the fun. He complimented our senior members for making a memorable event for him as well. The food was great and the games were fun. It truly was a full day with bingo following lunch. A BIG thank you goes out to the Kitchen Dept. who made a wonderful holiday meal and for all the volunteers who worked hard to make for a successful event!



Hawley Senior Center

We started out the new year on a little bit of a bad note, we have had some people under the weather.



Always think of others and stay home when you're not feeling well. Take care of yourself, always wash your hands regularly and sanitize as often as you can.

On a finer note we had a great New Year's Eve celebration with many people willing to make lots of noise to ring in 2024. Let's get this New Year on the move. Here is a list of events for the month of February:

- We have a change for our Veteran's service officer to visit the Hawley center. Instead of every 2nd & 4th Wednesday it is changed to every 2nd & 4th Tuesday of every month starting in the month of February.
- Join us on Wednesday February 7th for Lunar (Chinese) New Year.
- Come in on Wednesday February 14th to celebrate a day of Love and Romance.
- **All centers will be closed on Monday February 19th in observance of Presidents' Day.**
- VA Rep will be here on Tuesday February 13th & 27th. Depending on weather. Always check your news station for school closings. (WNEP & WBRE)
- Just a reminder rent and tax rebates are started in the middle of February. You will need an appointment and all the paperwork needed to fill out the application. Call Lu @ 570-226-4209 to set it up.



Pictures from Holiday gatherings:

Jean Pollaro with Santa, Frosty and Rudolph.

Santa, Frosty & Rudolph aka Tom, Arlene & Jolene Olszewski. All in the family.

Lorraine Englect, Maryellen Fillebrown, Pat Gemeinhardt, Theresa & Bob Nurnberger New Year's.

Northeasters Barber Shop Choir.

Bill Collins & Louis Licausi celebrating the New Year.

Jean Pollaro & Bill Collins clowning around.

February Birthdays:

Brenda Nonnemacher, Mike O'Connor, Bob Nurnberger, Christina Peirano, Liz McGonigal, Paul Bonczek, George Stieler, Virginia Romaine, Bob Vanderwall, Arlene Olszewski & Peter McAfee Jr.

HAPPY BIRTHDAY!

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-3:00 Exercise Equip. 10:30-11:30 Healthy Steps in Motion Class 11:30-2:30 Mahjong	9:00-3:00 Exercise Equip. 1:00-2:15 Bingo *Schedule Subject to Change	9:00-3:00 Exercise Equip. 10:00-10:30 Tai Chi 10:30-2:00 Ceramics 10:30-11:30 Healthy Steps in Motion Class 1:00-3:00 Crafts	9:00-3:00 Exercise Equip. 1:00-2:00 Bingo	9:00-3:00 Exercise Equip. 10:30-11:30 Healthy Steps in Motion Class 10:30-2:00 Ceramics





Honesdale Senior Center



February Events

February 2nd (Friday)-Birthday Friday. Celebrating those born in February, birthday treat provided.



February 7th (Wednesday)-Lunar (Chinese) New Year Celebration with Fortune Cookies. Year of the Dragon.

February 8th & 22nd (Thursday)-Crafting with Sandy Kline 10:00-11:30 am.



February 13th (Fat Tuesday)-Mardi Gras with Jambalaya.



February 14th (Wednesday)-Ash Wednesday, no meat meal and Valentine's Day, Cherry Dessert.

February 19th (Monday) Center Closed in observance of Presidents' Day.



February 29th (Thursday) Crafting with Angela Carl 10:00-11:30 am.

Just a reminder Rent and tax rebates are started in the middle of February. You will need a appointment and all the paperwork needed to fill out the application. Please call 570-253-4262 to make an appointment.

Monday	Tuesday	Wednesday	Thursday	Friday
11:00-3:00 Bridge 1:00 Canasta	10:30-11:30 Healthy Steps Class 1:00-4:00 Billiards Shuffleboard	10:00-11:00 Healthy Steps Class 1:00-2:00 BINGO 2:00-3:30 Caregivers Support Group—2nd Wed. each month NEW—Grief Support group 4th Wed. each month	10:00 Northern Wayne Center— Feb 1st 11:00 Crafts/Crocheting 2nd and 4th Thur. 1:00 Shuffleboard Billiards	10:30-11:30 Healthy Steps Class 1:00 Rummikub tile game Billiards Shuffleboard



Here are some highlights from our Christmas party and our January Birthday Celebration.



Ruth Robbins and Betty Blaine made beautiful Christmas candle centerpieces with Sandy Kline. Starting February 8, 2024 she will again hold classes every other Thursday from 10:00 to 11:30. Sandy has great ideas for Valentine's and spring crafts, so come and have some fun being creative with friends!



Northern Wayne Senior Center

We enjoyed a countdown to the new year with a special toast in January. We will celebrate Valentine's Day at our next meeting. Christina is enjoying getting to know everyone!

Please call Christina at 570-253-4262 for reservations.

Our Next meeting will be February 1, 2024. Starting in March we will be back to two meetings a month. The first and third Thursday.



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@northeast sight.org

570-693-3555

www.northeast sight.org

Toll free 1-877-693-3555



Presidential Trivia

Let's see how much you really know about the Presidents.

1. Which President got stuck in the bathtub?
2. Who was the first President to be born in the United States?
3. Who was the real first President elected in 1781?
4. Which President has a middle initial that did not stand for literally anything?
5. Which President watched the Battle of Bunker Hill from his family farm as a child?
6. Most Presidents had dogs while living in the White House, but which President cared for a family of White House mice?
7. Which 4 Presidents were assassinated?
8. Which President was named after the doctor that delivered him?
9. Which President officially gave the White House its name?
10. Which three Presidents won Grammy Awards?



New Video Tour Features Story of Wayne County

Last year, the National Association of Counties selected Wayne County as one of two in Pennsylvania to be featured in a professionally produced promotional video, completed by CGI Digital. The program gives a voice to counties to share what makes them unique while showcasing the impact businesses, tourism and history have on their communities.

The County Showcase Video Program provides a way for counties to effectively tell their story through the power of video at no cost to taxpayers. This program promotes the assets and attributes of counties through a series of custom videos that helps welcome new residents, recruit businesses, showcase sustainability efforts, promote workforce development, highlight quality of life and more.

The finished video is now available at www.WayneCountyPA.gov, social media platforms and other local websites that aid in the promotion of the area.

CGI Video worked with county officials to create a script, and a crew visited the county back in June to shoot some footage in addition to the images and videos provided by the County, Wayne Tomorrow! and the Pocono Mountains Visitors Bureau.

The end product features six sections that include a welcome, and specific features on outdoor recreation, agriculture, history, economic development and community organizations, with a total run time of more than six minutes. While in the county, the company offered local businesses and non-profits the opportunity to have professionally-produced videos created for them at an affordable rate. Many took them up on the offer creating a win-win for the county and local businesses.



Welcome
Outdoor Recreation
Agriculture
History
Economic Development
Community Organizations

AARP Foundation Tax-Aide is looking for compassionate, friendly people to join our team of volunteers for the upcoming tax season.

Tax-Aide is a free program that makes it easier for older taxpayers to file their tax returns. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, acting as interpreters, or making sure everything runs smoothly.

There's a role for everyone. You can volunteer in person or virtually. Go to aarpfoundation.org/taxaidevolunteer

AARP Foundation Tax-Aide

NOW HIRING



We are hiring part time meal drivers.

If interested, call 570-253-4262

FREE COVID TESTS AVAILABLE

Get four free at-home COVID-19 tests this fall on covid.gov via the federal government.

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home. [Order Free At-Home Tests](#) (If you are reading this on line, click the link to fill out form) OR place an order by calling 1-800-232-0233 (TTY 1-888-720-7489). The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs.

Answer Key for Presidential Trivia

1. William Taft
2. Martin Van Buren
3. John Hanson
4. Harry S. Truman
5. John Quincy Adams
6. Andrew Johnson
7. Abraham Lincoln, James A. Garfield, William McKinley and John F. Kennedy
8. Chester A. Arthur
9. Theodore Roosevelt
10. Jimmy Carter, Bill Clinton and Barack Obama

Victims' Intervention Program



The month of February usually brings shortened daylight hours, frigid temperatures, and unpredictable weather. It's also a time to celebrate National Senior Independence Month. For most of us, living at home on our own terms is the basic building block of stability within our lives and yet, it is most often overlooked and taken for granted. For the majority of our senior population, it holds the key to their independence.

Throughout this month, check in on your elderly loved ones, neighbors, and acquaintances. There are many ways you can lend a helping hand to ensure their living spaces are appropriately maintained: Install a hand rail, de-clutter living areas, place anti-slip mats on smooth floors, and ensure walkways are well-lit to help prevent falls, just to name a few. Take note of any sudden or drastic changes in their personality, finances, mental health, physical health, personal hygiene, appearance, and more.

If you notice things which make you wary or uncomfortable, the single most important thing you can do is offer your support. Find a way to talk to them in private. State your concern and listen to what they have to say without judgment. Make sure they know you hear them, see them, and value them. Encourage seniors to prioritize their own individual needs to reach personal goals for health and happiness. Maintain direct, open, honest, and above all, safe, communication.

National Senior Independence Month is the perfect time to connect with our aging population and ensure all aspects of their safety are being met. Victims' Intervention Program is available 24 hours a day, seven days a week to help those living with physical or emotional abuse, abandonment, exploitation, or neglect. All services are free, confidential, and offered not only to victims themselves but to their family and friends or those collaterally affected by abuse. If you or someone you know needs help, VIP is here. Call or text us at 570-253-4401. For more information, visit www.vipempowers.org.



LiHeap or the Low-Income Home Energy Assistance Program is a grant to help eligible people pay for heat. HEAP offers both cash and crisis grants. The payment is sent directly to your utility company or fuel provider, and it will be credited on your bill. Grants range from \$300-\$1000 and are based on household size, income, and fuel type. Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your heat. You can receive more than one Crisis grant, as necessary, during the season until the maximum benefit of \$1000 is reached. Crisis situations include broken heating equipment or leaking lines that must be fixed or replaced, lack of fuel, termination of utility service, danger of being without fuel (less than a 15 day supply) or having utility service terminated (received a notice that service will be shut off within the next 60 days).

The income limit for LIHEAP for an individual, that is a gross income of \$21,870 per year, and for a family of four \$45,000 per year. (Add \$7,710 per additional family member.)

Pennsylvanians can apply for LIHEAP now through April 5, 2024 online at www.dhs.pa.gov/COMPASS, by phone toll-free at 1-866-550-4355, or in person at the Wayne County Assistance Office, located at 15 Innovation Drive, Lake Ariel, PA 18436, telephone number 570-253-7118.



**Serving
Seniors
INC.**

Helping you service give time
socialising skill improve offer
caring impact rewarding time however
Volunteering fun support love
Volunteer however
difference generous local positive
initiative happy development
motivate
good quality altruistic talent
thank worth

**VOUNTEERS NEEDED FOR THE
OMBUDSMAN PROGRAM IN WAYNE PIKE
AND MONROE COUNTIES**

Volunteer Ombudsmen are community neighbors who are specially trained to help clarify responsibilities and rights of consumers in long-term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home and assisted living/personal care home residents and interested in making a difference in the lives of long-term living residents, then you may be perfect for the Volunteer Ombudsman Program. For more information, please contact:

Ombudsman Melinda Rispoli at 570-344-7190 or email:
mrispoli@servingseniorsnepa.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 Larisa Yusko 570-832-5133

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



Volunteer Opportunities

Wayne County Area Agency on Aging

Help at a Senior Center, Meal Delivery Drivers

Wayne County Food Pantry

Packing / Distribution Day, Warehouse Pallet Assembly

American Red Cross

Blood Donor Ambassador, Disaster Relief

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

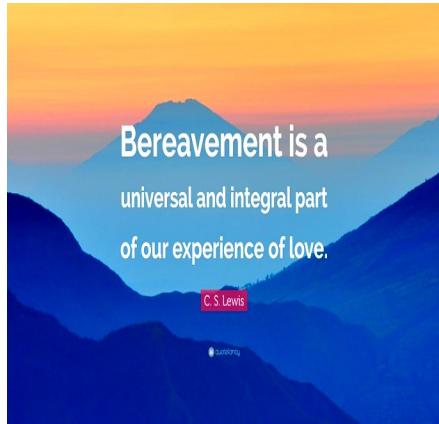
Dawn Houghtaling Call: 570-390-4540 or

Email: houghtalingd@diakon.org

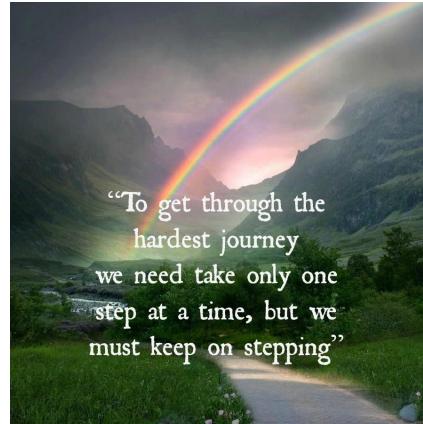


**RSVP is funded by AmeriCorps and sponsored by Diakon Community*





Grief Support Group



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

HONESDALE SENIOR CENTER

323 10th Street

Honesdale, PA 18431

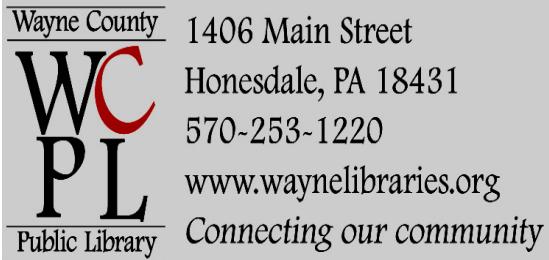
Virtual option available upon request

4th Wednesday of each month

2:00-3:30 PM

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

All are welcome!



TO REGISTER CONTACT:
Miles Keesler
570-253-1220 or
email mkeeslerwaynelibraries.org



February Programs:

- 1. Gut Health** - Join Lori Krol RN as she discusses your gut health. Wednesday 2/21 at 4:30 - 5:30pm.
- 2. Trivia night** - Thursday 2/8 at 6pm, snow date 2/15 at 6pm.



For Those Receiving In-Home Meal Delivery:

Currently all home delivered meals will be frozen, we are not serving them hot at this time. You will receive one delivery each week. Unfortunately due to staffing, we cannot guarantee set delivery days.

During these winter months we encourage everyone to prepared for those days when your home-bound meals will not be delivered. The homebound meal delivery program runs along with the Wayne Highlands School District. When the Wayne Highlands School District closes for inclement weather, you will not be receiving delivery on that day.

For the month of February you will receive a box containing three emergency meals. These meals are for the days when the homebound meal program does not deliver to you due to inclement weather. You will receive a box on the first full week of the month.

Meals may not be delivered if your driveways and/or sidewalks are not clear.

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.*



FEBRUARY

WORD SEARCH

S C H O C O L A T E	F R W D L O C Y	ARROW
R U R A U Y M J P A A	E K X T N A A	CHILI DAY
E P B T F L S A R G I	D R A M S Y D	CHINESE NEW YEAR
W I N T E R S W E E T	H E A R T K I	CHOCOLATE
O D M U B R T E S H R V	X J E V O L	CUPID
L G L N R E S G I W A F	D R E W M I	FEBRUARY
F W W S U T P B D L R	E H E K F L H	FLOWERS
G R O R A E Y W E N E S	E N I H C C	FRIENDS
G J B I R U K N N U F A U	M N A E S	GROUNDHOG DAY
R H R R Y B T S T T I C	P L D K R R	KINDNESS
A E E E L I L N S E T U	Y Y N E R G	LEAP YEAR
S E P C N R R O D L I T	J K E A A H	LOVE
S E U E D S Y E A L R A	S G S A R R	MARDI GRAS
I T S R E P P I Y A W T A	P S Q R N	NUTELLA
W F R I E N D S P S G E	L K B T O R	PARTY
C H Y A D G O H D N U O	R G O O W R	PRESIDENTS DAY
		SUPER BOWL
		SWEETHEART
		VALENTINES
		WINTER



•FOR YOUR INFORMATION•

211 is a **FREE** and confidential service, connecting people to services in Wayne County.

Get Connected / Get Help

Dial 211 or 1-855-567-5341

Website: pa211ne.org

Text your zip code to: 898211



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Braida and Christina Tiel



AgingNewsletter@waynecountypa.gov

Find us on Facebook at Wayne 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 UPS sign.

Hawley Center: Robert J. Drake Senior Community Center, 337 "A" Park Place, Bingham Park, Hawley, PA 18428, 570-226-4209 / 570-226-3422 fax. Route 6 to Hawley, past ball field across from mayor's office, just before bridge, left onto Park St.

Northern Wayne/Lakewood Satellite Center located at: Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439. Meetings are November—February, first Thursday only; March—October –first and third Thursday. **For reservations**, please call Christina at 570-253-5540.

Transportation: 323 10th Street, Honesdale, PA 18431; 8:00 AM—4:00 PM www.waynecountypa.gov. Go to "Human Services" click on "Transportation" Call 570-253-4280; out of 253 exchange 1-800-662-0780.

Wayne County Veterans Affairs Representative: 314 10th Street, 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.**