

News For All Seasons

August 2015

Issue 61

Wayne County Area Agency on Aging

HAWLEY NEWS

What a rainy beginning to the Summer months! We know the vegetables and flowers are enjoying the cool drink." How is your garden growing?"

We've had delicious vegetables brought into us from one of our seniors to enjoy. Can't wait to taste the freshness out of my own garden this year. I can't believe that we are into August already. The nice warm and sunny weather flies by in the blink of an eye.

Debbie and I hope everyone enjoyed our picnic this year. We had a good time dancing, laughing, singing to old songs of the twenties, meeting new friends and enjoying old ones. And how about all the food and desserts that we had to enjoy? We want to thank Mark Birtel and Ernie Seagraves for cooking the hamburgers and hot dogs. We also want to thank all our volunteers who worked so hard collecting, serving and being there for us at the drop of a hat. We can't say thanks enough. We will write more about the picnic in next month's newsletter.

Mark your calendars for Tuesday, Sept 1st starting @ 10:00 for a Free Glaucoma & Macular Degeneration testing. The Greater Wilkes-Barre Association for the Blind will be in Hawley to perform the procedure. Plan on coming in and staying for lunch. Please let us know so we have enough for everyone. While you are here also check out what the center has to offer.

Friday, August 14th we are celebrating Grandparents Day. Pizza will be served for all Grandchildren who attend. Also the Grandparents and Grandchildren will receive a little something for coming that day. Let us know if you plan to join us.

Make your plans to join AARP's 4 hour course for anyone who has done the class within 3 years and receive a discount on your auto insurance. Call 570-253-4262 to make your reservation. Class will be Monday September 28th from 1pm-5pm. Check out our meal menu and plan to have lunch with us before the class. Call and let us know if you plan to join us.

I also want to remind you that Lynn Guiser our new dietitian will be coming to the Hawley center on Wednesday, August 19th from 11:30 to 12 noon. Bring all your questions and concerns and she will be more than happy to answer them. If you care to stay for lunch please notify Lu two days in advance. Thanks You.

Our August Birthday's are Thelma Dewar, Sandy Howard, Phylliss Rankin, Helen Faro, Carla Tedesco, Marge Corbett, Conrad Liss, Karen Liss, Patricia Schmidt, Richard Kaulfers, Barbara Beecroft and Ed Reim. HAPPY BIRTHDAY TO ALL OF YOU.

Dr. Mark Cruciani @ the Hawley center speaking on RA and Arthritis



CONGREGATE AND HOT HOME DELIVERED

<p>3) Side Caesar salad Fish patty Wh Wh Dinner roll Spinach-garlic marg Succotash w/marg Warm Cinn apple slices</p>	<p>4) Zucchini, squash salad Bkd barbec chicken Mashed potato Mix veg (peas,carrots)w/marg Wh Wh Bread Lorna Doones</p>	<p>5) Pork Loin Perogies-Potato/Cheese Applesauce Oriental Blend veg w/marg Cantaloupe cubes</p>	<p>6) California Burger On Bun- Lettuce, tomato, onion, Mayo Crisp Sweet potato fries, Grapes <u>Northern Wayne, Waymart: orange juice, Chix salad, Pretzel Brd, Grapes</u></p>	<p>7) Apple juice Veget lasagna Meatballs Broccoli w/marg Strawberries</p> 
<p>10)Tom w/beans soup Baked ham-3oz w/pineapple Cauliflower-melted cheese Green beansw/marg Wh wh bread Fruit cocktail</p>	<p>11) Meatloaf Mashed potatoes Mixed veg Cornbread Warm Cinn apple slices</p> 	<p>12)Carrot/raisin salad Chicken Parmesan Whole wheat Pasta Broccoli-cooked w/marg Fresh Cantaloupe cubes</p>	<p>13)Apple juice Tunafish salad Rye Bread Lettuce, tomato Coleslaw Fruit Medley</p>	<p>14) Roast turkey Gravy Mashed potatoes Brussel sprouts w/marg Stuffing Wh Wh dinner roll Pineapple chunks <i>A La Carte will offer Pizza</i></p>
<p>17)Coleslaw Baked cod Stewed tomatoes Sweet potato WW dinner roll Strawberries</p> 	<p>18)Spinach salad Baked ziti Meatballs Cauliflower w marg Pears, diced</p>	<p>19)Marinated Tomato slices topped w/mozz cheese- in oriental dressing Breaded Porkchop Long grain n Wild GardnBlnd rice cooked w/marg Buttered Baby Lima beans Watermelon</p>	<p>20)Orange juice Cottage cheese with Pineapple Egg salad WW Bread Lettuce, tomato, Grapes</p> 	<p>21)Chix Cacciatore over Wh wh pasta Zucchini cookd w/garlic mar Mixed(5 Blnd) Veg w/marg Jello w/ Mandarin Orange segments</p>
<p>24) Calico salad Southern baked chicken strips Asparagus Italian sty. Apricots Herbed rice</p> 	<p>25) Green leaf Tossed Salad w/ broccoli, red n yellow peppers Wh Wh Spaghetti Meatballs Sauce Mandarin wedges</p>	<p>26)Cucumber onion salad Turkey tetrazzini Wh Wh Penne Pasta Mixed veg (carrots,peas)w/marg Jello w/pineapple</p>	<p>27)Grape juice Broccoli n chick pea salad Chicken salad Lettuce ,tomato Pretzel bread Cantaloupe cubes</p>	<p>28)Baby Kale salad w/ Radishes,tomatoes Baked Tilapia Green beanscookedw/garlicnoil Sweet potato Wh Wh Bread Vanilla pudding</p>
<p>31) Corn chowder Wh Wh Crackers Salisbury steak Gravy, Black-eyed peas w/onions Cauliflower cooked w/marg Grapes</p>			<p>Milk served with all meals</p> 	<p>Nutrition Tip: <i>Make half your plate fruits & vegetables</i></p>

EVERYDAY AT THE HAWLEY CENTER

Monday Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	Tuesday Cards & Games 8-3 Gym Equipment 8-3 Gym 1 - 2 Bingo	Wednesday Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong	Thursday Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club	Friday Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise
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EVERYDAY AT THE HAMLIN CENTER

Monday Cards & Games 8:00-12 Pinochle	Tuesday Cards & Games 1:00 Bingo	Wednesday Cards & Games 10:00 Exercise	Thursday Cards & Games 10:00 Exercise 1:00 Crafts	Friday Cards & Games 10:00 Bingo
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EVERYDAY AT HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, AUGUST 12 @ 1:30

Monday 10:00 Walking Club 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing	Tuesday 10:30 Exercise 1:00–4:00 Pinochle 	Wednesday 8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing	Thursday 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards 	Friday 10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub
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NORTHERN WAYNE CENTER Thursday, AUGUST 6 and AUGUST 20

Northern Wayne News.... On July 2nd, we celebrated 4th of July and Father's Day with a red, white & blue dessert. Lynn Guiser, the Wayne County Dietician, was our speaker on July 18th. She gave a very informative lecture on the new PA State nutritional guidelines. On August 6th, we will be having a guest speaker on rheumatology. Come out and join us for a good lunch. Call Marie at 570-253-4262.

Honesdale News . . . Grandparent's Day will be celebrated on August 14TH, so grandchildren can join their grandparents for a fun day at the senior center before heading back to school. Activities and prizes will be provided and grandchildren of any age are welcomed. Please be sure to call Kathy to let her know if you are attending, and also to register your grandchildren and provide their ages so we know who to expect.

Nutrition and Dietary Department News:

Greetings and Happy Summer from the Nutrition and Dietary Department. We expect that everyone is enjoying the warmer weather of summer and we hope you are enjoying the nutritious meals from our kitchen! Recently we served a swiss chard and turnip green mix from our local farmer at Lato Sud Farm. We are also fortunate to be able to season our food with herbs from Farmer in the Dale.

On a more serious note, and even though we are very careful with the food we serve, we want to remind everyone about the signs and potential dangers of foodborne illness (food poisoning).

Foodborne illness is an infection or irritation of the gastrointestinal tract by harmful bacteria, viruses, chemicals or parasites. An infected food may appear and taste normal. General symptoms are vomiting, diarrhea, abdominal pain, fever, and chills.

As you may be aware, our department takes many different precautions to prevent foodborne illness. For example, when delivering food to homes and senior centers, we keep the milk in an insulated bag separate from the hot food. We also wash our hands frequently, and keep work surfaces clean and sanitized.

We can all work to prevent foodborne infection. Here are some things to do:

- Wash hands with warm soapy water for 20 seconds when preparing food, after using the bathroom, after touching pets, and after changing baby diapers.
- Accept your home delivered meals at the door directly from the meal driver, rather than have cold milk placed in a cooler with hot food.
- Raw fruits and vegetables should be washed under running water just before eating, cutting, or cooking.

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- Refrigerators should be set at 40 degrees or lower and freezers should be set at 0 degrees.
 - Use a meat thermometer to ensure foods are cooked to the appropriate internal temperature: 145 degrees for roasts, steaks, and chops of beef, veal, pork, & lamb; 160 degrees for ground beef, veal, pork, & lamb 165 degrees for poultry.
- For information about specific symptoms of various disease causing organisms, you may want to visit the US Food and Drug Administration website: <http://www.fda.gov/Food/FoodborneIllnessContaminants/FoodborneIllnessesNeedToKnow/ucm103263.htm>
- If you have any questions, feel free to contact Lynn Guiser or Amy Costantino in the Nutrition and Dietary department at 570-253-5970, extensions 3190 or 3191.

FROZEN HOME DELIVERED MENU

<p>3) Orange-pineapple juice Fish patty Wh Wh Dinner roll Spinach-garlic marg Succotash w/marg Cinn apple slices</p>	<p>4) Bkd barbec chicken Mashed potato Mix veg(peas,carrots) w/marg Zucchini w/grlic oil Wh Wh Bread Lorna Doones</p>	<p>5) Pork Loin Perogies Applesauce Oriental Blend Veg w/marg</p> 	<p>6) Hamburger On Bun Crisp Sweet potato fries Grapes</p> 	<p>7) Apple juice Veget lasagna Meatball Broccoli w/marg Strawberries</p> 
<p>10) Tomato w/beans soup Baked ham w/pineapple Cauliflower-melted cheese Green beans w/marg Wh wh bread Fruit cocktail</p>	<p>11) Meatloaf Mashed potatoes Mixed veg (5 blend) w/marg Cornbread Cinn apple slices</p> 	<p>12) Apricot Nectar Chicken Parmesan Wh Wh Pasta Carrots cooked w/marg Broccoli-cooked w/marg</p> 	<p>13) Apple juice Filet of Flounder w/marg Garden Rotini w/marg Asparagus Fruit Medley</p>	<p>14) Roast turkey Gravy Mashed potatoes Brussel sprouts w/marg Stuffing Wh Wh dinner roll Pineapple chunks <i>A La Carte will offer Pizza</i></p>
<p>17) Orange-pineapple juice Baked cod Stewed tomatoes Sweet potato Wh Wh dinner roll Strawberries</p> 	<p>18) Baked ziti Meatballs Spinach w/garlic marg Cauliflower w marg Pears, diced</p>	<p>19) Breaded Pork-chop Long grain n Wild Garden Blend rice w/marg Buttered Baby Lima beans Zucchini n tomatoes Watermelon</p>	<p>20)Orange juice Egg omelete w/cheese Potatoes Wh Wh Bread Cinn apple slices</p> 	<p>21)Chicken Cacciatore over Wh Wh pasta Zucchini cooked w/garlic marg Mixd (5 Blend) Vegw/marg Jello w/ Mandarin Orange segments</p>
<p>24) Southern baked chix strips Asparagus Italian style Steamed buttered Cabbage Herbed rice Apricots</p>	<p>25) Wh Wh Spaghetti Meatballs Broccoli w/marg Mandarin wedges</p> 	<p>26) Turkey tetrazzini Wh Wh Penne Pasta Mixed veg (carrots,peas)w/marg Jello w/ pineapple</p>	<p>27)Grape juice Baked Chicken Filet-oil n garlic Succotash w/marg Candied carrots Rice pilaf</p>	<p>28)Spinach potato Soup Wh Wh Crackers Baked Tilapia Green beans cookedw/garlicnoil Sweet potato Vanilla pudding</p>
<p>31) Corn chowder Wh Wh Crax Salisbury steak, Gravy Black-eyed peas w/onions Cauliflower cooked w/marg, GrGrapes</p>				<p>Milk Served With All Meals</p>

Hiroshima, Today and Yesterday:

An Exploration of the Causes, Consequences, Immediate and Long Term Effects of the Atomic Bomb

Tuesday, August 4 at 5:30

Wayne County Library

REGISTRATION: Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org



VETERAN'S OPEN HOUSE

Ladore Lodge, Waymart

August 5

10:00 am—3:00 pm

Motorcycle & Classic Car Show , Music, Community Lunch, Pontoon Boat Rides and so much more. Call 570-488-6129 for more info or to register for lunch.

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Www.sudokucollection

What Does an Ombudsman Do?



Long-Term Care Ombudsman are advocates for residents of nursing homes, board and care homes and assisted living facilities. Ombudsmen provide information about how to find a facility and what to do to get quality care. They are trained to resolve problems. If needed, the ombudsman can assist you with complaints. However, unless you give the ombudsman permission to share your concerns, these matters are kept confidential. Under the federal Older Americans Act, every state is required to have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system.

The Ombudsman Program is administered by the Administration on Aging (AoA). The network has 8,700 volunteers certified to handle complaints and more than 1,300 paid staff. Most State Ombudsman Programs are housed in their State Unit on Aging. Nationally, in 2008 the Ombudsman Program investigated over 271,000 complaints made by 182,506 individuals and provided information on long-term care to another 327,000 people. Visit www.aoa.gov for more information.

Whether through individual contact with residents or systemic advocacy, ombudsmen make a difference in the lives of residents in long-term care facilities everyday.

A Long-Term Care Ombudsman:

- Resolves complaints made by or for residents of long-term care facilities
- Educates consumers and long-term care providers about residents' rights and good care practices
- Promotes community involvement through volunteer opportunities
- Provides information to the public on nursing homes and other long-term care facilities and services, residents' rights and legislative and policy issues
- Advocates for residents' rights and quality care in nursing homes, personal care, residential care and other long-term care facilities
- Promotes the development of citizen organizations, family councils and resident councils

Long-Term Care Ombudsman efforts are summarized in the National Ombudsman Reporting System to include the number of facilities visited, the types of complaints handled and the kinds of complaints filed with ombudsmen. Data has been collected since 1996 and gives a good picture of the extent of ombudsman activities nationally and in every state. A 2001 report compares national data from FY 1996-2001.

(continued on next page . . .)

(continued from page 6) What Concerns Does an Ombudsman Address?

Violation of residents' rights or dignity

Physical, verbal or mental abuse, deprivation of services necessary to maintain residents' physical and mental health, or unreasonable confinement

Poor quality of care, including inadequate personal hygiene and slow response to requests for assistance

Improper transfer or discharge of patient

Inappropriate use of chemical or physical restraints

Any resident concern about quality of care or quality of life



What are Residents' Rights?

The right of citizenship. Nursing home residents do not lose any of their rights of citizenship, including the right to vote, to religious freedom and to associate with whom they choose.

The right to dignity. Residents of nursing homes are honored guests and have the right to be so treated.

The right to privacy. Nursing home residents have the right to privacy whenever possible, including the right to privacy with their spouse, the right to have their medical and personal records treated in confidence, and the right to private, uncensored communication.

The right to personal property. Nursing home residents have the right to possess and use personal property and to manage their financial affairs.

The right to information. Nursing home residents have the right to information, including the regulations of the home and the costs for services rendered. They also have the right to participate in decisions about any treatment, including the right to refuse treatment.

The right of freedom. Nursing home residents have the right to be free from mental or physical abuse and from physical or chemical restraint unless ordered by their physician.

The right to care. Residents have the right to equal care, treatment and services provided by the facility without discrimination.

The right of residence. Nursing home residents have the right to live at the home unless they violate publicized regulations. They may not be discharged without timely and proper notification to both the resident and the family or guardian.

The right of expression. Nursing home residents have the right to exercise their rights, including the right to file complaints and grievances without fear of reprisal.

Who Can Use an Ombudsman's Services?

Residents of any nursing home or board and care facility, including assisted living facilities

A family member or friend of a nursing home resident

A nursing home administrator or employee with a concern about a resident at their facility

Any individual or citizen's group interested in the welfare of residents

Individuals and families who are considering long-term care placement

How Can I Get Involved?

Visit residents frequently. If you don't know a resident, call the ombudsman for suggestions of facilities that need visitation.

Report concerns about poor care or other problems to the ombudsman program. Volunteer to be an ombudsman in your community.





Penn's Peak Bus Trip

Jim Thorpe, PA

The Glenn Miller Orchestra... A Legend Lives On

Thursday, Oct. 8, 2015

\$74.00 per person

Price includes:

Show, family style luncheon, transportation and gratuities.

Sign up with Marie at 253-5540 or Debbie at 689-3766.



Depart:

Honesdale McDonald's @ 9:00am

Hawley old IGA @ 9:30am

Hamlin Center @ 10:00am

Return Home:

Honesdale @ 6:00pm

Hawley @ 5:30pm

Hamlin @ 5:00pm

*Please have your money in by Monday, Sept. 28, 2015 *Cancellation Policy: Money refunded only if your seat can be filled. After Oct. 1st, no refunds for any reason.


HONESDALE PICNIC . . . Let's do a recap about the fabulous roaring twenties picnic we hosted. What a beautiful day to be outside. We could not have asked for better weather. There was so much joy and fun that was had at our event and we have the pictures to prove it! The annual picnic was a success! The Honesdale Senior Center wants to take an opportunity to thank everyone who attended and especially everyone that helped in making it such a success! The center would like to thank the commissioners for stopping by, Jacqui Sturgis the aging director for dressing the part of a flapper and celebrating with us, for Russell on maintenance transporting supplies all day, for transportation for getting everyone to and from the picnic and Jerry, who trucked all the food for the day. We appreciate the kitchen's assistance and the many days of preparation by the senior center staff. Thanks to all the dedicated volunteers and John and Lorrie Fearon for their grilling expertise. We appreciate the young adults from PATH and Trail's End camp for the great service to our seniors and to camp Blue Ridge for painting all the signs and crafting the flapper's headbands. We had great entertainment by the John and Al Duo who we all enjoyed so much. We had assistance with setting up and tearing down by the work release men from the jail. They assist us yearly, and do it with great care. Last but not least we would like to stress a BIG thanks the senior volunteers who assisted with an immense amount of jobs. Thank you all!



Mohegan Sun Casino



Friday, September 11, \$22.00 per person

Price includes: \$25 free slot play, \$5 food voucher, bus transport., & driver's tip.

Sign up with Marie (253-5540) or Debbie (689-3766) Depart the casino at 3:00 pm.

Depart:

Return Home:

Honesdale McDonald's @ 8:30am

Honesdale @ 5:00pm

Hawley Senior Center @ 9:00am

Hawley @ 4:30pm

Hamlin Center @ 9:30am

Hamlin @ 4:00pm

*Money needs to be in by Friday, August 28, 2015. * Cancellation Policy: Your money re-funded only if your seat can be filled, until Sept. 4.

After Sept. 4th money will not be refunded for any reason.

If you're due to renew your AARP driver safety class certificate, join us on either 9/28 or 10/29 here at the Hawley Center. The certificate must be renewed every three years to keep receiving the discount on your auto insurance. Call 570-253-4262 to reserve your spot and to get information on other classes in our area.





















Honesdale Picnic continued . . .The businesses are always very generous with providing



door prizes. The merchants listed assisted with the donations of door prizes, decorations,



and support please thank them to acknowledge their contributions; Peter Robinson from US



Food, Dave's Super Duper, Case Tire, The Red School House ,Villa Como, Hallmark, Tur-



key Hill, Honesdale Green House, Gregory's Auto Service, Weis, Stanton Office Supply,



Highhouse Energy, Woodlock Pines, Castek Floral Shop, Sunrise Market, Stephen's Phar-



macy, Waymart Hotel, Halfway House, Jeannie's Salon, Pizza Hut, The Alpine Wurst and



Meat House, Papa Primo's Pizza, Honesdale National Bank, Wayne Independent, North-



easter Eye Institute , Paulie's hot dogs, Dirlam's Lumber, Trackside Grill, Gibney's Restau-



rant, Laurels' Hometown Café , Honesdale Golf Park, Northeastern Gastroenterologist



Assoc., Universal Hair Design Studio, Nature's Grace, Jennz Café, Tubby's Heros, Music



and Video Express, Two Guys from Italy, Peg Pearsall Hair Studio, Ray's Supermarket,



Ruth Pranzatelli, Trudy Stab, Citizen Savings Bank, Carousel Park, Agway Honesdale, The



Inn at Starlight, The Dime Bank, The Wayne Bank, The Wallflower/ Keen Lake Resort, Jeri-



cho Dairy Barn, and Rothrock's Silversmiths. Thank you all so much for placing smiles on



our senior's faces!











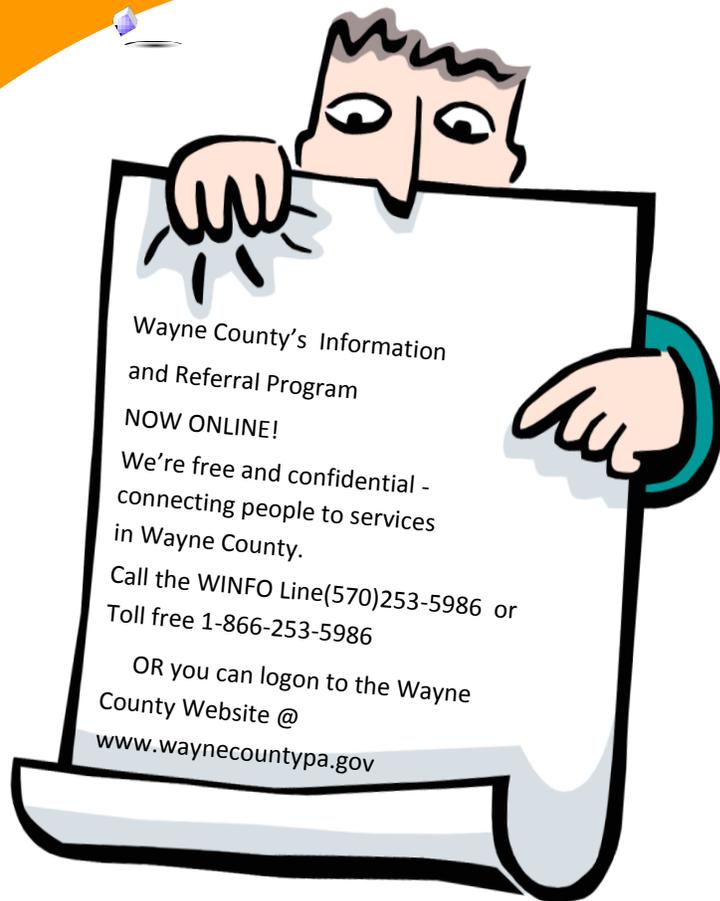












Honesdale Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. 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 Radio Shack

Hawley Robert J. Drake Senior Community Center 337 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

Transportation 323 10th Street, Honesdale, PA 18431 8:00 am - 4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280 out of 253 exchange 1-800-662-0780

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Menu Coordinator: Lynn Guiser

Editor: Kathleen Terry

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Wayne County Area Agency on Aging

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800-648-9620

