



NEWS FOR ALL SEASONS

Wayne County Aging Office

January 2016

ISSUE 65

We hope you had a Happy Holiday, Merry Christmas and a Happy New Year! This time of year we are usually busy making plans for the year to come, thinking of what improvements we want to make and checking to see that we are still on course. This year we are still busy but it is not with such a positive spin. The Pennsylvania budget has still not been passed and we are in the difficult position of planning on laying off staff and cutting back on some of our services. Not quite the holiday spirit or New Year planning we are traditionally taking part in.

Idealistically, we are still hopeful that a budget will get passed. Realistically, we have to start making cutbacks and letting consumers and vendors know what type of services will be affected. There is a press release that outlines the first wave of changes. Please call your elected officials and urge them to pass a budget, so that funding can flow to our agencies. We continue to advocate for the people we serve, we hope that you can help advocate too. Thank you,

Jacqui Sturgis, Aging Administrator

The Menus & Activities in this month's newsletter are subject to change pending state budget resolution. If unsure, please call your center to verify. Phone numbers listed on page 10.





Build a Healthy Plate	CONGREGATE MEALS	MILK SERVED WITH ALL MEALS	 1) NEW YEAR'S DAY Office Closed WELCOME 2016!	
<p>4) Stuffed Shells Meatballs w/ sauce Parm cheese Cauliflower Italian bread Pineapple tidbits</p>	<p>5) Breaded pork chp Garden Rotini Green beans Buttered carrots- Strawberries</p> 	<p>6) Orange–pineapple juice Egg n cheese Omelette Turkey Sausage Patty Potatoes Rye bread Grapes</p> 	<p>7) Honey mustard Chix Mashed potato Zucchini Mixed Veg Whole Wheat Bread Lorna Doones</p> <p><i>Northern Wayne:</i> Apple juice, coleslaw, egg salad, rye bread, Grapes</p>	<p>8) Coleslaw Baked Cod Stewed tomatoes Sweet potato Whole wheat dinner roll Peanut butter cookie</p>  <p>Honesdale Birthday</p>
<p>11) Baked Chicken filet Succotash Candied carrots Rice pilaf Pink Grapefruit</p> 	<p>12) Cream of potato soup Whole wheat Crackers Baked Tilapia Green beans Butternut squash Vanilla Pudding</p>  <p>Hamlin Birthday</p>	<p>13) Grn leaf Tossed salad w/ peppers Cheese Pizza Meatballs with sauce Broccoli Strawberries over biscuit</p>	<p>14) Vegetable Slaw Southern baked Chix Strips Asparagus Italian Style Herbed brown Rice Apricots</p>	<p>15) Pork Loin Chop Pierogies-Potato/ Cheese Applesauce Oriental Blend Vegetables Ambrosia</p> 
<p>18) OFFICE CLOSED MARTIN LUTHER KING Jr. HOLIDAY</p> 	<p>19) Shredded pork Barbecue On bun Brussel sprouts Cauliflower Warmed diced peaches on biscuit</p> 	<p>20) Veget Chile Baked Salmon w/ Dill Sauce Whole Wheat Rotini Spinach Rye Bread Grapes</p> 	<p>21) Side Caesar salad Ham Warm pineapple slices Sweet potato Parmesan buttered Fettuccini Vanilla Ice Cream</p> <p>HAPPY BIRTHDAY!</p> <p>Hawley Birthday</p>	<p>22) Baked breaded Chix Tenders Baked potato w/Sour Cream Baby Carrots Cabbage Cornbread Fruit Cocktail</p>
<p>25) Haddock Fish Patty w/ Tartar Sauce Whole wheat Dinner roll Stewed Tomatoes Asparagus Apricots</p>	<p>26) Chix Cacciatore over Wh Wh Penne pasta Zucchini Succotash Jello Cake</p>	<p>27) Vegetable Lasagna Meatballs Broccoli Strawberries</p> 	<p>28) California Burger On Regular bun Lettuce, tomato, onion, Mayo Sweet potato cubes Grapes</p>	<p>29) Baby spinach salad w/tomatoes, radishes Chicken tetrazzini Wh wh Penne pasta Wax beans Pineapple n Orange tidbits</p>





ALL CENTERS/OFFICES CLOSED – Monday, Jan. 18
Martin Luther King Jr. Day



EVERYDAY AT THE HAWLEY CENTER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong 1-3 Wii Bowling	Cards & Games 8-3 Gym Equipment 1 - 2 Bingo	Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi <i>*fee</i> 5:30 – 8:30 Mah Jong	Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club	Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise

NORTHERN WAYNE CENTER –
 Thursday, JANUARY 7

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EVERYDAY AT THE HAMLIN CENTER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Cards & Games 8:00-12 Pinochle	Cards & Games 1:00 Bingo	Cards & Games 10:00 Exercise	Cards & Games 10:00 Exercise 1:00 Crafts	Cards & Games 10:00 Bingo

EVERYDAY AT THE HONESDALE CENTER

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00 Walking Club 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing	10:30 Exercise 1:00–4:00 Pinochle	8:30 Quilting 10:30 Exercise 10:30 Bridge 11:00 Tai Chi <i>*fee</i> 1:00 Art Class 1:00 Bingo 1:30 Tap Dancing	10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1:30 Memoir Writing Group (1 st & 3 rd)

CAREGIVER’S SUPPORT GROUP – WEDNESDAY, JANUARY 13 – 1:30





WC Commissioners: Press Release on PA Six-Month Old Budget Impasse

December 22, 2015

Wayne County has been deprived of state funding since July 1, 2015 affecting the majority of state social service programs provided through the County's Human Services Department. This is the result of the Commonwealth's now six-month-old budget impasse.

In the past several weeks, through distribution of press releases, ongoing announcements at formal weekly meetings and informal discussion in many public venues the County Commissioners have made every effort to keep the public informed of the very serious impact that the continued withholding of state funds will have on many Wayne County residents and their families. At this time, with no Commonwealth budget enacted, it is with great disappointment that the County must announce the implementation of the following cost cutting measures, as outlined in a previous press release.

As of January 4, 2016, changes in each of the following Human Services Department agencies/services will be in effect until a state budget is enacted:

Wayne County Transportation System:

Transportation services available to persons 65 years of age and older, those with a documented disability, aged 18-64, and medical transport to those holding a PA Medical Assistance Access card WILL continue.

Wayne County Area Agency on Aging:

Senior Centers:

Northern Wayne Satellite: The Northern Wayne Senior Satellite Center will be closed for meals;

Hawley and Hamlin Senior Centers: these centers will be closed Mondays and Fridays, but will be open three days weekly, on Tuesdays, Wednesdays and Thursdays.

Honesdale Center: It is required by Department of Aging regulations that one senior center congregate meal site remain open five (5) days per week. The Honesdale Senior Center as a centralized location in the county and the primary kitchen where meals are prepared will remain open 5 days per week at this time.

Seniors from all areas of the county may attend the Honesdale Center for a senior meal. Transportation can be provided for seniors from any area of the county to the Honesdale Center on any day. Any reservations for meals and transportation MUST BE MADE at least 24 hours in advance. For meals call 570-253-5540; for transportation call 570-253-4280.

Home Delivered Meals:

At this time, the Area Agency on Aging will make every effort to maintain one weekly package of at least 5 varied frozen meals to those in the greatest need due their frail condition and/or lack of family and other support. No one will receive hot meals. Consumers who are affected are being personally contacted.

Volunteers from at least two churches in the area have offered to deliver those frozen meal packs, at no charge or mileage reimbursement.

Referrals for new consumers requesting meals will be taken, but names will be placed on a waiting list.

(continued on next page)





Pennsylvania Department of Aging OPTIONS Program:

In the past few weeks, referrals for the OPTIONS program have been accepted, however names have been placed on a waiting list. This practice will continue. The OPTIONS Program provides personal care, home-delivered meals and other services in an older person's home so they may remain independent in the community and avoid escalating to needing the services that one may receive in a nursing home.

Aging Waiver Programs: Referrals and services for elderly persons eligible for the Aging Waiver Program will continue, uninterrupted.

(Please contact editor for FULL PRESS RELEASE)

		8	2	4			
7					3	5	
	1		5			2	
	8		7				9
2	6					8	3
9					8	5	
		9			1	6	
		6	8				5
				7	5	3	

Waymart Golden Years Christmas Party at the Gravity Inn on December 10th





See if you can match the Pennsylvania native (below) with the accomplishment they are famous for:

1. ___ I'm a famous American novelist, best known for my book "Little Women" (from Germantown).

2. ___ I'm an American film and stage actor who starred in a number of classic movies, including "It's a Wonderful Life" (from Indiana)

3. ___ I was a seamstress and during the Revolutionary War I was credited for making the first American flag (from Philadelphia)

4. ___ An American engineer and inventor, I was widely credited with developing the first commercially successful steamboat (from New Britain)

5. ___ A shortstop for the Pittsburgh Pirates, I was nicknamed "The Flying Dutchman" because of my speed and German heritage. In 1936, I was one of the first five members to be inducted into the Baseball Hall of Fame (from Pittsburgh)

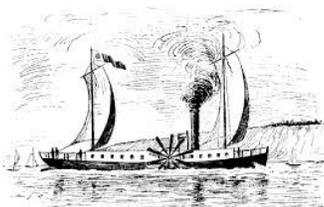
6. ___ I was the 15th President of the United States – the only one from Pennsylvania and the only president to be a life-long bachelor (from Coves Gap)

7. ___ When you think of chocolate, you probably think of me. I founded a chocolate company and a town in Pennsylvania which people call "the Sweetest Place on Earth" (from Derry Church)

8. ___ I was the third astronaut to walk on the moon during the Apollo 12 mission and received the Congressional Space Medal of Honor (from Philadelphia)

9. ___ Nicknamed "The King", I have been called one of golf's most popular stars and a trailblazer in the sport. I even had a drink named after me – a combination of iced tea and lemonade also called the "half and half" (from Latrobe)

10. ___ Known as the "father of American music," I was one of the most famous songwriters in the United States during the 19th century. My most well-known songs include, "Oh! Susannah" and "Camptown Races" (from Pittsburgh)



Answer key on page 9

- a. Milton S. Hershey
- b. James Buchanan
- c. Arnold Palmer
- d. Betsy Ross
- e. Johannes Peter "Honus" Wagner
- f. Jimmy Stewart
- g. Robert Fulton
- h. Pete Conrad
- i. Louisa May Alcott
- j. Stephen Foster



HOME DELIVERED MEALS



<p>BUILD A HEALTHY PLATE</p>	<p>MILK SERVED WITH ALL MEALS</p>			<p>1) New Year's Day <u>Home Deliv Frozen Only:</u> Roast turkey, Gravy Mashed potatoes Brussel sprouts Wh wh dinner roll Diced peaches on a biscuit</p>
<p>4) Stuffed Shells Meatballs w/ sauce Cauliflower Spinach Italian bread</p>	<p>5) Breaded Pork chop Garden Rotini Green beans Buttered carrots Strawberries</p>	<p>6) Orange-pineapple juice Egg n cheese omelette Turkey Sausage Patty Potatoes Rye Bread Wrm Cinnamon apple slices</p>	<p>7) Honey Mustard chicken Mashed potato Zucchini Mixed vegetables Whole Wheat bread Lorna Doones</p>	<p>8) Orange juice Baked Cod Brown Rice Stewed tomatoes Sweet potato Whole grain bread</p>
<p>11) Grape juice Baked Chicken filet Succotash Candied carrots Rice pilaf</p> 	<p>12) Cream of potato soup Whole Wheat Crackers Baked Tilapia Green beans Butternut squash Vanilla pudding</p>	<p>13) Apple juice Pizza Meatballs w/sauce Broccoli Graham crackers</p> 	<p>14) Southern baked chix strips Asparagus Italian style Steamed buttered cabbage Herbed brown rice Apricots</p>	<p>15) Pork Loin Pierogies-Potato/Cheese Applesauce Oriental Blend vegetables Ambrosia</p> 
<p>18) OFFICE CLOSED MARTIN LUTHER KING JR HOLIDAY</p>	<p>19) Shredded pork barbecue On Bun Brussel sprouts Cauliflower Diced peaches On Biscuit</p>	<p>20) Vegetarian chile Baked salmon w/ Dill sauce Whole Wheat Rotini Spinach Rye Bread Fruit Cocktail</p>	<p>21) Apple juice Ham Warm Pineapple slices Parmesan buttered Fettuccini Sweet potato</p>	<p>22) Baked Chicken tenders Petite potatoes Baby carrots Cabbage Whole Wheat bread</p>
<p>25) Fish patty Whole Wheat Dinner Roll Stewed tomatoes Asparagus Apricots</p>	<p>26) Chicken Cacciatore over whole wheat Penne Zucchini Succotash Jello Cake</p>	<p>27) Vegetable lasagna Meatballs Broccoli Warm Peach slices</p>	<p>28) Cranberry Juice Cocktail Hamburger On bun Sweet potato rounds</p>	<p>29) Orange-pineapple juice Chicken tetrazzini Whole Wheat Penne Pasta Peas Wax beans</p>



3	5	8	2	4	7	9	1	6
7	9	2	1	6	3	5	4	8
6	1	4	5	8	9	2	3	7
1	8	3	7	5	6	4	2	9
2	6	5	9	1	4	7	8	3
9	4	7	3	2	8	6	5	1
5	7	9	4	3	1	8	6	2
4	3	6	8	9	2	1	7	5
8	2	1	6	7	5	3	9	4



Hello everyone, the nutrition and dietary staff hope you all have a cheerful 2016!



During the winter, we need to remember to take good care of ourselves. Eating nutritious meals, as the one we serve daily, has been proven to improve health. Keeping physically active through exercise and/or movement that suits our individual needs, is another way to take good care. We need to regularly find ways to move our body that are enjoyable and feel nourishing. Appreciating what our bodies have done for us throughout our lives, and continue to do for us as we age, produces gratitude and helps us accept the ways our movement changes over time. Let's make it our goal to exercise-or- keep moving, something that we do all year long-not just in the new year. Exercise and movement are for every Body, every size.

Lastly, don't forget to drink water. It lubricates all our joints, helps maintain fluid in the eyes, the spine and gastric system. A very important task is that it helps flush out waste.

All the senior centers have staff-led exercise classes that include stretching, balancing, and strengthening. Come and join us! Happy New Year to you all!

Lynn Guiser, Licensed Nutritionist/Dietitian, ext 3190 Amy Costantino, Food Service Manager, ext 3191

Shhh....Do you hear the jingle bells of the sleigh? Who can it be visiting the Northern Wayne Senior Center? It looks like a man with a bright red suit and a white beard! It's that time of year!! You better watch out, you better not cry, Im telling you why....Santa Clause is



coming to town!!!

Santa is pictured with George Dover.



Fun was had by all in attendance and a special musical performance was provided by The Preston Area School students. The children did an amazing job with much adoration and celebration by all in attendance. Thank you to all who helped, or attended.



Christine San Jose takes us back to the Anglo-Saxon mead hall to hear the very oldest English tales: Beowulf.



Come with Christine as she tells tales of dragons, heroes, demons, acts of valor on Tuesday, January 19, at 5:30 at Wayne Co Public Library, 1406 Main St, Honesdale . Contact Elizabeth at 570-253-1220 or

ewilson@waynelibraries.org to register .



APPRISE.....Pat Perkins

Greetings to everyone! I have not written an APPRISE article for several

months. The Annual Enrollment Period for Medicare drug coverage began Oct 15th and calls began coming in during September. Every year demand increases as people find that checking on your drug plan pays off. I have repeatedly stated that you are not rewarded for keeping the same plan. Costs increase for premiums, deductibles, and drug prices as well. I have seen hundreds of dollars saved by switching plans and sometimes thousands. Choosing a plan that is most cost effective depends solely on your medications and if you have no prescriptions, the plan with the lowest premium will work. For those turning 65 in the next year, you can enroll when your Medicare is effective. You did not have to get in during the enrollment period. A special enrollment is also available to those who have PACE. There are special circumstances that allow for a variety of changes, so if you have questions, please call the APPRISE staff at the Honesdale Center or Lu at the Hawley center. Enjoy the unseasonably warm weather while it lasts! And we all hope for the resolution of the state's budget so we can continue to provide needed services.

Answer key to quiz on page 6

- #1—i
- #2—f
- #3—d
- #4—g
- #5—e
- #6—b
- #7—a
- #8—h
- #9—c
- #10—j

Tuesdays With Nellie (Mystery Book Club)

Solve a mystery each month: Jan 12, Feb 9, and Mar 8 at 5:30 at Wayne Co Public Library, 1406 Main St, Honesdale Pa

Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register.





Wayne County's Information and Referral Program

NOW ONLINE!

We're free and confidential - connecting people to services in Wayne County.

Call the WINFO Line(570)253-5986 or Toll free 1-866-253-5986

OR you can logon to the Wayne County Website @ www.co.wayne.pa.us

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Wayne County Area Agency on Aging
323 Tenth Street, Honesdale, PA 18431
570-253-4262 / 570-253-9115 fax
Elder Abuse/Protective Services 800-648-9620



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Honesdale Center 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 Center 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

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Wayne satellite @ Masonic Hall 136 South Street, Waymart, PA 18472 Meetings 1st & 3rd Thursday. Call Kimber Best 570-267-2742.

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

Let the refining and improving of your own life keep you so busy that you have little time to criticize others. – H. Jackson Brown Jr

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