

News For All Seasons

Wayne County Area Agency in Aging

Issue 62

Wayne County Area Agency on Aging Senior Picnics

September 2015

Every year the Wayne County senior centers host a picnic for members of the centers as well as others in the community. This year's theme was the Roaring 20's. Campers from Blue Ridge Camp came to the center and painted posters and signs as well as other craft items for those attending the picnic to enjoy.

This year the Honesdale center came together at the Wayne County Fairgrounds. It was a beautiful sunny day on July 10th. The Al & John Duo (*pictured right*) performed for the crowd, always great entertainment. Many attended in flapper dresses and enjoyed a luncheon of burgers, hot dogs, salads and, of course, ice cream!



Pictured top: Trail's End Campers helped out for the day!

Pictured left: Senior center staff member, Nancy Kutch, Marie Alexander, Amanda Stout, AAA Director Jacqui Sturgis and Senior Center Director Pat Perkins

CONGREGATE AND HOT HOME DELIVERED MEALS FOR SEPTEMBER

| | | | | |
|---|---|---|--|---|
| <p>BUILD A HEALTHY PLATE</p>  | <p>1) Shredded Pork barbecue on bun Brussel sprouts CapeCod blend veget Warm Diced peaches On Biscuit</p>  | <p>2) Veget chile Baked Salmon Whole Wheat Pasta Spinach Grapes</p> | <p>3) Side Caesar salad Ham Wrm Pineapple slices Parmesan butterd Fettuccini Black-eyed peas w/onions Fresh honeydew <u>Waymart, N'thern Wayne:</u> Apple Juice, Caesar Salad, Ham n Swiss on Rye, mustard, Fresh honeydew</p> | <p>4) Carrot raisin salad Cheeseburger Roll Potato Salad Red, White and Blue Dessert</p> <p><i>Happy Labor Day!</i></p> |
| <p>7)</p>  <p>Office Closed</p> | <p>8) Honey Mustard chicken Mashed potato Mix veg Zucchini WW Bread Lorna Doones</p>  | <p>9) Pork Loin Perogies Applesauce Oriental Blend Vegetables Cantaloupe cubes</p> | <p>10) California Burger on bun Lettuce,tomato,onion,m ayo Sweet potato fries Grapes <u>Northern Wayne, Waymart:</u> o.juice, Chix salad, Lettuce, tomato, Pretzl Bread, Grapes</p> | <p>11) Vegetable Lasagna Meatballs Broccoli Strawberries</p>  |
| <p>14)Tom w/beans soup Whole Wheat Crax Baked ham w/pineapple Macaroni Salad Cauliflower-melted cheese Fruit cocktail</p> | <p>15) Meatloaf Mashed potatoes Mixed veg Cornbread Warm cinn apple slices</p> | <p>16)Carrot/raisin salad Chicken Parmesan Whole wheat Pasta Broccoli Fresh Cantaloupe cubes</p> | <p>17)Apple juice Tunafish salad Rye Bread Lettuce, tomato Coleslaw Fruit medley</p> | <p>18) Roast turkey Gravy Mashed potatoes Brussel sprouts Stuffing Wh Wh dinner roll Pineapple chunks</p> |
| <p>21)Coleslaw Baked cod Stewed tomatoes Sweet potato WW dinner roll Strawberries</p> | <p>22)Spinach salad Baked ziti Meatballs Cauliflower Pears, diced</p> | <p>23)Marinated Tomato slices-topped w/ mozz cheese Breaded Porkchp Garden Rotini Baby Carrots Watermelon</p> | <p>24)Orange juice Cottage cheese w/Pineapple Egg salad Wh Wh bread lettuce,tomato Grapes</p> | <p>25)Chix Cacciatore over Wh wh pasta Zucchini Mixd(5 Blend)Veg Jello Cake</p> |
| <p>28) Calico salad Southern baked chix strips Asparagus Italian style Herbed rice-(brown) Apricots</p> | <p>29) Grn leaf Tossed Salad Wh Wheat Spaghetti Meatballs Mandarin wedges</p> | <p>30) <u>Veget Slaw</u> Turkey tetrazzini Wh Wh Penne Pasta Peas Jello w/pineapple</p> | <p> MILK SERVED WITH ALL MEALS</p> |  |

NORTHERN WAYNE
 Thursday,
 September 3 / September 17

CAREGIVER'S SUPPORT GROUP
 WEDNESDAY, SEPTEMBER 9
 1:30 PM @ HONSDALE CENTER

EVERYDAY AT HONSDALE CENTER

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--------------------|--------------------|------------------|--------------------|---------------------|
| 10:00 Walking Club | 10:30 Exercise | 8:30 Quilting | 10:00 Walking Club | 10:30 Exercise |
| 10:30 Bridge | 1:00-4:00 Pinochle | 10:30 Exercise | 10:00 Games | 1-2:30 Shuffleboard |
| 12:00 Jazz Class | | 10:30 Bridge | 10:00 - 12:00 Wii | 1-2:30 Cribbage |
| 1:00 Crafts | | 11:00 Tai Chi | 1:00 Cards | 1:00 Pool |
| 2:00 Line Dancing | | 1:00 Art Class | | 1-2:30 Rummikub |
| | | 1:00 Bingo | | |
| | | 1:30 Tap Dancing | | |

EVERYDAY AT THE HAMLIN CENTER

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



EVERYDAY AT THE HAWLEY CENTER

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



ELLEN MEMORIAL HEALTH CARE CENTER

23 Ellen Memorial Lane, Honesdale PA 18431
570-253-5690

THIRD TUESDAY @ 12 NOON
Greater PA Chapter

The Alzheimer's Association's Caregiver Support Groups

. . . designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.

Call 1-800-272-3900, or visit us at alz.org

- ✦ To attend this support group
- ✦ To find a support group in another area
- ✦ To learn about other Alzheimer's Association programs and services
- ✦ To access our services day or night
- ✦ To volunteer your time and energy to achieve a world without Alzheimer's disease

Presented by Ellen Memorial Health Care Center

Assistive Technology Resource Center gives Presentation

Marianne Davis from Assistive Technology Resource Center at United Cerebral Palsy of Northeastern Pennsylvania will present a program for the Wayne County Seniors. This organization offers a variety of devices which can assist a person to communicate, work, play, learn or perform other activities which may have been impossible previously. There is an amazing variety and number of devices available at little or no cost to the individual. There is even a lending program! Marianne will have many of these devices on display for all to see.

The program is being offered at various locations so as many people as possible may attend. All presentations will be from 11:30 – 12:00 (noon).

Honesdale Senior Center (323 Tenth Street; 570-253-4262) – Wednesday, September 9th

Hamlin Senior Center- (Rt 590, Township Building; 570-689-3766) – Thursday, September 10th

Hawley Senior Center (Bingham Park; 570-226-4209) – Wednesday, September 16th

Northern Wayne Fire Company (Crosstown Highway, Lakewood) – Thursday, October 1st. You must call 570-253-4262 to reserve a lunch at least a week before this presentation.

If you would like to join us for lunch at Hamlin, Honesdale or Hawley, please call the individual center to reserve your meal at least two days in advance.

If you would like to attend but need transportation, please call 570-253-4280 to register for transportation.

Nutrition and Dietary Corner



Meatloaf w/ potato on top, cornbread & mixed vegetable

Hello, everyone. It's hard to believe that another summer month is about to pass. We hope you have enjoyed the wonderful long days.

Last month, we wrote about the importance of food safety, and would like to remind people again to regularly meet the driver to receive your home delivered meal packages. Also, remember to wash your hands frequently.

Our office has received many com-

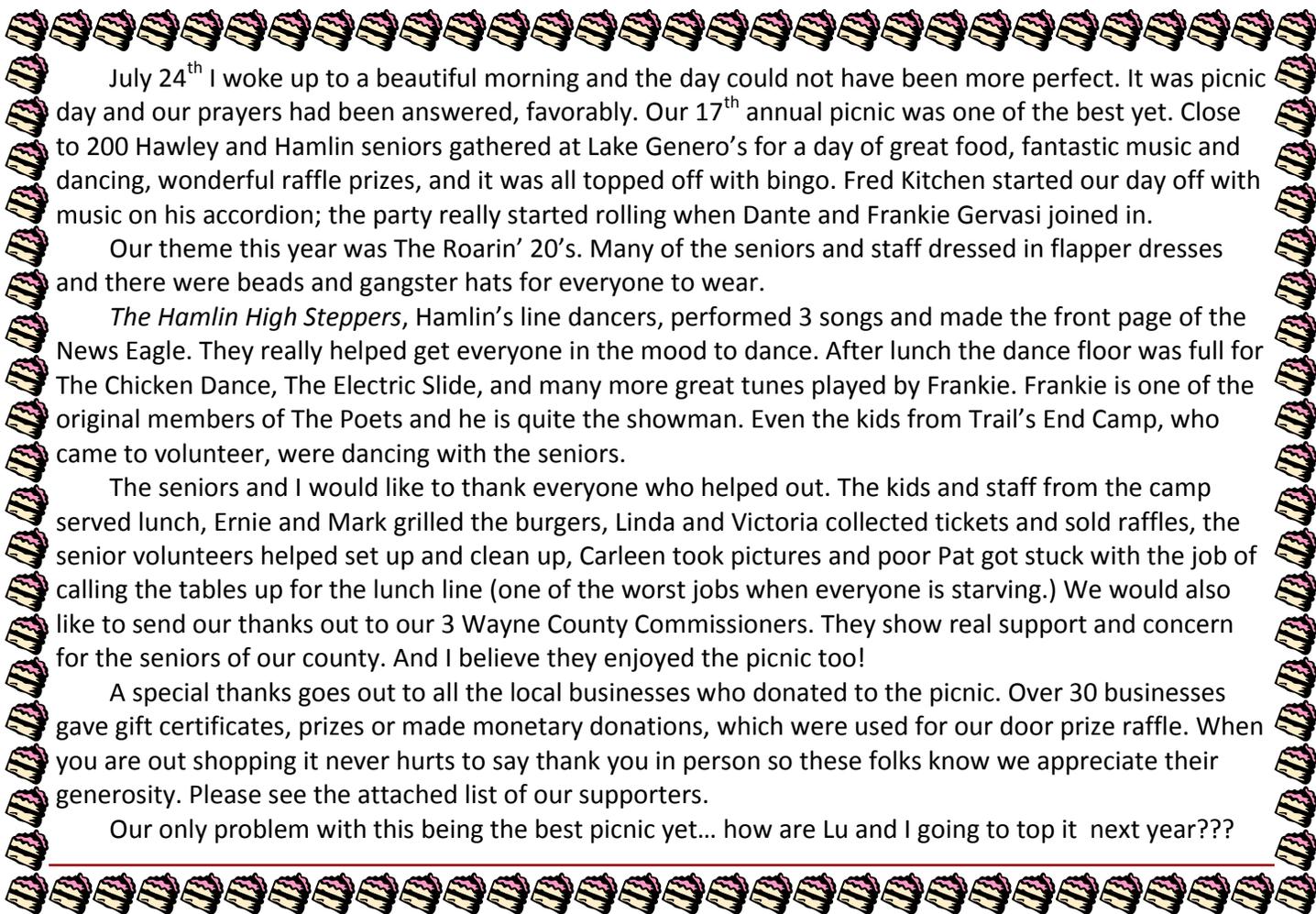
pleted surveys from folks who are getting the frozen meals. Thank you for taking the time to answer and provide valuable feedback. We are reading every comment & compiling the data. Preliminary information shows the food is well received -overall.

Currently, we are passing out menu surveys to people receiving hot home delivered meals. Please give your finished survey to your meal driver or send it to us via US Postal mail. The same advice goes for any recipient who would still like to return their frozen meal survey.

Through surveys and other comments, we learned that some folks would like more grains-especially

bread, with their meals. Please be aware that we must adhere to the Pennsylvania regulations regarding senior menus. They limit the amount of servings of grains that may be offered each meal. The regulations allow seven grains per weekday in a program that serves one meal per day (as we do). Half of the grains served are required to be 'whole'. Most of the time, the grain we serve is pasta, noodles, a roll, bread, and sometimes crackers or rice. I hope this information helps explain any concerns about the grain servings.

We look forward to reading more of your feedback. If you have questions or concerns, feel free to contact Lynn Guiser or Amy Costantino at 570-253-5970, ext 3190.



July 24th I woke up to a beautiful morning and the day could not have been more perfect. It was picnic day and our prayers had been answered, favorably. Our 17th annual picnic was one of the best yet. Close to 200 Hawley and Hamlin seniors gathered at Lake Genero's for a day of great food, fantastic music and dancing, wonderful raffle prizes, and it was all topped off with bingo. Fred Kitchen started our day off with music on his accordion; the party really started rolling when Dante and Frankie Gervasi joined in.

Our theme this year was The Roarin' 20's. Many of the seniors and staff dressed in flapper dresses and there were beads and gangster hats for everyone to wear.

The Hamlin High Steppers, Hamlin's line dancers, performed 3 songs and made the front page of the News Eagle. They really helped get everyone in the mood to dance. After lunch the dance floor was full for The Chicken Dance, The Electric Slide, and many more great tunes played by Frankie. Frankie is one of the original members of The Poets and he is quite the showman. Even the kids from Trail's End Camp, who came to volunteer, were dancing with the seniors.

The seniors and I would like to thank everyone who helped out. The kids and staff from the camp served lunch, Ernie and Mark grilled the burgers, Linda and Victoria collected tickets and sold raffles, the senior volunteers helped set up and clean up, Carleen took pictures and poor Pat got stuck with the job of calling the tables up for the lunch line (one of the worst jobs when everyone is starving.) We would also like to send our thanks out to our 3 Wayne County Commissioners. They show real support and concern for the seniors of our county. And I believe they enjoyed the picnic too!

A special thanks goes out to all the local businesses who donated to the picnic. Over 30 businesses gave gift certificates, prizes or made monetary donations, which were used for our door prize raffle. When you are out shopping it never hurts to say thank you in person so these folks know we appreciate their generosity. Please see the attached list of our supporters.

Our only problem with this being the best picnic yet... how are Lu and I going to top it next year???

Wayne County Area Agency on Aging Senior Picnics



The Hamlin/Hawley picnic was held at Lake Genero on July 24th. A beautiful day with music by Frankie Gervasi. Everyone enjoyed the food, dancing, laughing, and being with friends!

Guests doing the Macarena! (above)

Hamlin center manager Debbie Birtel, Hawley center manager Lu Seagraves (right)

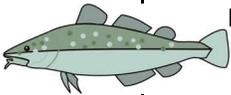


Remember to visit any of the three centers in Wayne County. Activities are open for those 50 + and meals for 60+. If you would like to join us for lunch at Hamlin, Honesdale or Hawley, please call the individual center to reserve at least two days in advance. Honesdale Senior Center (570) 253-5540; Hawley Senior Center (570) 226-4209; Hamlin Senior Center (570) 689-3766

If you would like to attend but need transportation, please call 570-253-4280 to register for transportation. You can also visit our website for the monthly newsletter, menu, activities and more information. <http://aging.waynecountypa.gov>



FROZEN HOME DELIVERED MEALS FOR SEPTEMBER

| | | | | |
|---|---|---|--|--|
| BUILD A HEALTHY PLATE  | 1) Shredded Pork barbecue on Bun Brussel sprouts Cape Cod blend veget Diced peaches On Biscuit | 2) Veget chile Baked Salmon Whole Wheat Pasta Spinach Grapes  | 3) Apple juice Ham Warm Pineapple slices Parmesan buttered Fettuccini Black-eyed peas w/onions | 4) Cheeseburger on Roll Baked potato Carrots Red and Blue Dessert <i>Happy Labor Day!</i> |
| 7) Fish patty Wh Wheat Dinner Roll Stewed tomatoes Asparagus Apricots | 8) Honey Mustard chicken Mashed potato Zucchini Mix veg peas/carrots WW Bread LornaDoone | 9) Orange-pineapple juice Pork Loin Perogies Applesauce Oriental Blend Vegetables | 10) Hamburger on Bun- Sweet potato fries Grapes  | 11) Vegetable Lasagna Meatball Broccoli Strawberries |
| 14) Tom w/beans soup Whole Wheat Crackers Baked ham w/pineapple Cauliflower-meltd chees Whole Wheat Bread Fruit cocktail | 15) Meatloaf Mashed potatoes Mixed veg Cornbread Cinnamon apple slices  | 16) Cranberry Juice Cocktail Chicken Parmesan Whole Wheat Pasta Carrots Broccoli  | 17) Apple juice Filet of flounder Garden Rotini Asparagus Fruit medley | 18) Roast turkey Gravy Mashed potatoes Brussel sprouts Stuffing Whole Wheat dinner roll Pineapple chunks |
| 21) Baked Cod Stewed tomatoes Sweet potato WW dinner roll Strawberries  | 22) Baked ziti Meatballs Spinach Cauliflower Pears, diced | 23) Breaded Porkchop Garden Rotini Baby Carrots Green beans Mandarin segments | 24) Orange-pineapple juice Egg omelet Turkey Sausage Patty Potatoes Cinn apple slices Wh Wh Bread | 25) Chix Cacciatore over Wh Wh pasta Zucchini Mixed(5 Blnd) Veget Jello Cake |
| 28) Southern bkd chix strips Asparagus Italian style Steamed buttered Cabbage Herbed rice-(brown) Apricots | 29) WW Spaghetti Meatballs Broccoli Mandarin wedges | 30) Turkey Tetrazzini Whole Wheat Penne Pasta Peas Wax beans Jello w/ pineapple | MILK SERVED WITH ALL MEALS  |  |

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WALK TO PREVENT SUICIDE

PROMISED LAND STATE PARK

September 12

Check In: 8:00 am Walk Begins: 9:00 am

Register Online: OutOfTheDarkness.org

Contact MValinski@waynecountypa.gov

Please bring a picture of your loved one for the Memory Wall

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 lunch, transportation & gratuities

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

Depart:

Honesdale McDonald's @ 9:00am

Hawley old IGA @ 9:30am

Hamlin Center @ 10:00am

Arrive Home:

Honesdale @ 6:00pm

Hawley @ 5:30pm

Hamlin @ 5:00pm

Mohegan

Sun

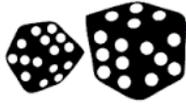
Casino

Friday

September 11

\$22.00

per person



Mohegan Sun Casino

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

Sign up w/Marie @ 253-5540 or Debbie @ 689-3766



Depart the casino at 3:00pm



Honesdale McDonald's @ 8:30am

Hawley Senior Center @ 9:00am

Hamlin Center @ 9:30am

Honesdale @ 5:00pm

Hawley @ 4:30pm

Hamlin @ 4:00pm



*Money needs to be in by Friday, August 28, 2015.

* Cancellation Policy: Your money refunded only if your seat can be filled.



Free Macular Degeneration & Glaucoma Screening



Come out and have your vision screened and receive valuable information on services, prevention, detection and age related vision loss!



Hawley Senior Center

Tuesday, September 1

10:00 am — noon



Honesdale Senior Center

Wednesday, September 2

10:30 am — noon



Northern Wayne Senior Group

Thursday, September 3

10:30 am — noon

Conducted by: Greater Wilkes-Barre Association For The Blind

Serving: Luzerne, Pike, Wayne & Wyoming Counties



Donations for the 2015 Picnic

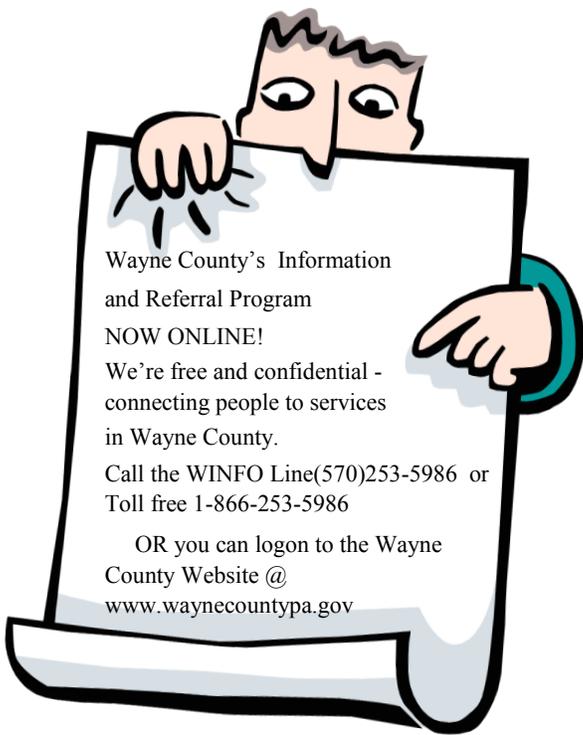
- Allstate Insurance
- (- Dan Truskowski)
- Barbara Phillips Beauty Shoppe
- Brian & Michelle Mattern
- Countryside Floral
- Creative Cuts
- Daryl's Hairstyling
- Electric City Tattoo Gallery
- (-Elijah Birtel)
- Gravity Inn
- Greentown Agway



- Hamlin Dental Center
- Hamlin Distributors
- Hunters' Gallery
- Joann Strada's Beauty Salon
- Kellogg's Garden Center
- Kundla's BBQ Pit
- Ledgedale Country Kitchen & BBQ Pit
- Linda Nicholson
- Locklin's Bottled Gas
- Martin's Hallmark (Honesdale)
- Minooka Pastry & Bakery
- Moss Hollow Country Market
- Piero's Pizza
- Robbie's Deals for Dollars
- Smokin' Joe's Ice Cream Shoppe
- Sue's Corner Cuts
- South Canaan Farm Market
- The Buffalo Shoppe
- Trio's Restaurant
- U. S. Foods
- Weis Market
- Weis Market
- (old Mr. Z's)
- Weis Market of Honesdale
- Wendy's in Honesdale
- Zeiler – Caruth Meats

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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.waynecountypa.gov

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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Honesdale, PA 18431
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Fax: 570-253-9115
Elder Abuse/Protective Services: 800-648-9620

