

On Oct. 6th the Hamlin Seniors celebrated 17 wonderful years! It was a gorgeous day for an Anniversary Celebration! Pennsylvania certainly has the most stunning display of autumn leaves...golds, reds, orange with green & brown adding depth and variety. We celebrated with an Oktoberfest menu of roast pork, sauerkraut, potato pancakes and applesauce. Entertainment was provided by George Rittenhouse from Wilkes-Barre. He sang everything from polkas, to sixties' rock and roll, to the golden oldies. He even sang some Elvis songs. And we topped the day off with Bingo. Happy Anniversary Hamlin Seniors!! *Group photo of all in attendance for the Party!!*



PRESENTATION: THEFT PROTECTION

The Wayne County Senior Centers will have the pleasure of welcoming Special Agent Janene M Holter, Attorney Generals Office. It seems that more & more these days, senior citizens are becoming victims of scams. Please join us for this presentation called "Theft Protection" which will give a review of many scams to be aware of. Education is your best protection. Join us, be informed.

All presentations will be from 11:00 am—12 (lunch is at noon)

Nov. 18th Honesdale Center Nov. 19th Hamlin Center

Nov. 24th Hawley Center Dec. 3rd Northern Wayne

All are welcome to our Wayne County Senior Centers for this presentation. Lunch is served at noon (You must call in advance to order lunch & be 60 years or older). Please call 570-253-4262 for more information or visit our website: <http://aging.waynecountypa.gov>

The Memoir Writing Group at the Honesdale Senior Center is almost 5 years old and we want to celebrate our birthday by inviting all interested people to join us. Returning, current, and new participants are welcome to come and brain-storm with us as we begin to expand our focus to include current stories and issues, poems, stream of consciousness writing, and listening (not only memoirs from our pasts). Come celebrate with us as we continue to grow, change, and expand together. Our group is caring, sharing, and supportive. Our stories are always respected and confidential, each one received in a kind and safe environment. And WE HAVE FUN! Please Call 570-253-4262 for more information or to reserve a spot to join us!

WAYNE COUNTY PRESS RELEASE OCTOBER 19, 2015

It is with regret that, due to the current Commonwealth budget impasse, Wayne County may be forced to reduce and/or interrupt some of the social services the County provides to our community's families by the end of December. **It is important to note however, that those receiving services covered by the Commonwealth's Medical Assistance (MA) programs will NOT BE affected,** as the Commonwealth has pledged to maintain funding for eligible persons participating in those programs.

During the next eight weeks, the County, and its Human Services Agency (HSA), will be planning for a staged and systematic approach to what may become a considerable reduction and/or shutdown of some services in the event the budget impasse is not resolved. However, it is our responsibility and it is prudent for us to provide sufficient notice to the many families, friends and neighbors who will be affected. The County will begin announcements during the month of November of any services which may be delayed, reduced and/or curtailed during the month of December, 2015. Advance notice will be given by the HSA to individuals and families for any delayed or interrupted services, to help them in planning for service interruptions. During that time, the HSA will also be notifying and working with HSA contracted community services providers so that we may work together and most effectively.

The Commonwealth's budget impasse has sorely strained the resources of our county and our local community resources as we have struggled to maintain uninterrupted services to local residents who are most vulnerable. Uninterrupted services have been possible due to limited support from the County, the Commonwealth, and our community.

However, as the end of the calendar year approaches, the County resources and the HSA reserves will dwindle. The modest incoming revenue we continue to receive will not be sufficient to continue indefinitely. If the Commonwealth does not pass a budget on or about December 1, 2015, so that funds may begin to flow to the county, the HSA will be unable to continue to provide some services to Commonwealth funded programs greatly used by so many, with such positive effects for the entire community. Service interruption will have a considerable impact as all funding has the goal of helping people to remain independent, contributing members of our community, and keeping them out of more restrictive alternatives with higher costs, such as emergency rooms, physical and mental health hospitals, other institutions, and even prisons.

Without these services, now currently and unobtrusively being provided, those with mental health disorders may risk escalation of unacceptable private and public behaviors. Children and the elderly may be at higher risk for abuse and neglect. Those with addictive disease will more likely fail at recovery, leading to relapse and more costly rehabilitation measures. Some adults with intellectual disabilities may no longer be able to maintain their independence in the community and will be forced to live in an institutional setting. Children ages 0-3 years may not get the early intervention, which is critical, to correct speech and other delays; this will affect those children for life. Many senior citizens will not be able to use transportation services to get to medical appointments and food shopping. Many seniors will not receive the services that literally enable them to remain in their homes, such as personal care and meals, and senior centers may not be able to stay open. *Continued*

It is of note that the Pennsylvania Lottery funds many Senior Citizen programs (i.e. senior centers meals and programs, senior transportation, home-delivered meals and personal care services provided to seniors in their homes so they may remain at home). Lottery funding the County receives from the Commonwealth is NOT generated through tax dollars, but through PA Lottery ticket sales. In the past, these considerable funds have been forwarded to the counties regardless of the Commonwealth's budget status. However, when this budget impasse began, authority to release the Lottery funds after July 1, 2015, was not given to the Commonwealth Treasury. Therefore, no lottery funding has been available to counties since July 1, 2015.

People are still buying Lottery tickets, and sales revenues are building up. As a practical matter, these funds might be able to be released, regardless of the budget stalemate, if spending authority is granted by the Commonwealth to the Treasury. Wayne County and its older population would be extremely appreciative if this could be accomplished, as the HSA will then be able to maintain current services to senior citizens uninterrupted.

The County encourages interested parties to contact our Governor and all state legislators to urge that (1) a budget compromise be reached; and (2) that, separate and distinct from the impasse negotiations, the Lottery funds held and being accrued by the Commonwealth be authorized to be released to counties immediately. These two actions will avoid a huge adverse impact on our families and in our community.

Contacts:

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570-675-3931

www.senatorbaker.com

22 Dallas Village Shopping Center

Dallas, PA 18612

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570-226-5959

www.reppeifer.com

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Hawley, PA 18428

Representative Sandra Major

570-253-5533

www.repmajor.com

32 Commercial Street

Honesdale, PA 18431

Governor Northeast Regional Office

Cassandra Coleman-Corcoran

570-614-2090

409 Lackawanna Ave

Oppenheim Building – 3rd Floor

Scranton, PA 18503

<p>2) Vegetable Slaw Southern baked Chix Strips Asparagus Italian Style Herbed Rice- brown Apricots</p>	<p>3) <i>Only Hawley Center open</i> Crm of potato soup <i>*New soup*</i> Whole wheat Crackers Baked Tilapia Green beans Butternut squash Vanilla Pudding <u>Election Day</u></p>	<p>4) Green leaf Tossed salad Cheese Pizza Turkey-Chix-Beef Meatballs w/sauce Broccoli Strawberries over biscuit <i>*New Meal*</i></p>	<p>5) Baked Chicken filet Succotash Candied carrots Rice pilaf w/marg Pink Grapefruit <u>Northern Wayne:</u> Grape juice, tossed salad w/ brocc, peppers, tomatoes, turkey sandwich, wheat brd, pink grapefruit</p>	<p>6) Turkey tetrazzini Whole Wheat Penne Pasta Peas Wax beans Ambrosia</p>
<p>9) Corn chowder Salisbury steak w/ Gravy Sweet potato bites CapeCod Vegetables Whole Wheat bread Orange segments</p>	<p>10) Creamed ham on ½ Biscuit Carrots Mashed potatoes Whole wheat Dinner roll Strawberries and blueberries Honor Veteran's Day!</p>	<p>11) OFFICE CLOSED</p> 	<p>12) Tossed salad w/ tomatoes, radishes Shredded Pork Barbecue on bun Brussels Cauliflower Oreos</p>	<p>13) Baked Chicken Tenders Baked potato w/ Sour Cream Butternut squash Cabbage Cornbread Fruit Cocktail w/whipped topping</p>
<p>16) Haddock Fish Patty w/ Tartar Sauce Whole Wheat Dinner roll Stewed Tomatoes Asparagus Apricots</p>	<p>17) Chicken Cacciatore over Whole wheat pasta Zucchini Succotash Jello Cake</p>	<p>18) Vegetable Lasagna Meatballs Broccoli Strawberries w/ whipped topping</p>	<p>19) Thanksgiving Dinner! Roast turkey w/gravy Mashed potatoes Brussel sprouts Cranberry Sauce Whole Wheat dinner roll Pumpkin Mousse</p>	<p>20) Side Caesar Salad Pork loin Chop Pierogies Applesauce Oriental Blend Pink grapefruit</p>
<p>23) Tom w/beans soup Whole Wheat Crackers Baked ham w/ pineapple Macaroni Salad Cauliflower w/ melted cheese Fruit cocktail</p>	<p>24) Meatloaf Mashed potatoes Mixed vegetable Cornbread Warm cinn apple slices</p>	<p>25) Tossed Salad Chicken Parmesan Whole wheat Pasta Broccoli cooked Vanilla ice cream</p>	<p>26)</p>  <p>Office & Centers Closed Thanksgiving Holiday</p>	<p>27)</p>  <p>Centers Closed</p>
<p>30)Coleslaw Baked cod Stewed tomatoes Sweet potato Whole Wheat dinner roll Peanut butter cookie</p>	 <p>Milk served with all meals</p>	<p>Wash hands frequently to prevent illness</p> 		<p>NOVEMBER 2015 CONGREGATE MEAL MENU</p>

ELECTION DAY – TUESDAY, NOVEMBER 3
HONESDALE AND HAMLIN CENTERS CLOSED
CLIENTS WILL RECEIVE HOME DELIVERED MEALS
HAWLEY CENTER IS OPEN

ALL CENTERS and OFFICES CLOSED –
 WEDNESDAY, NOVEMBER 11 – VETERANS DAY
 THURSDAY, NOVEMBER 26— THANKSGIVING
ALL CENTERS WILL ALSO BE CLOSED
 FRIDAY, NOVEMBER 27

EVERYDAY AT THE HONESDALE CENTER

NO CAREGIVER’S SUPPORT GROUP THIS MONTH

<u>Monday</u> 10:00 Walking Club 10:30 Bridge 12:00 Jazz Class 1:00 Crafts 2:00 Line Dancing	<u>Tuesday</u> 10:30 Exercise 1:00–4:00 Pinochle	<u>Wednesday</u> 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	<u>Thursday</u> 10:00 Walking Club 10:00 Games 10:00 - 12:00 Wii 1:00 Cards	<u>Friday</u> 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)
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EVERYDAY AT THE HAWLEY CENTER

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

<u>Monday</u> Cards & Games 8:00-12 Pinochle	<u>Tuesday</u> Cards & Games 1:00 Bingo	<u>Wednesday</u> Cards & Games 10:00 Exercise	<u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts	<u>Friday</u> Cards & Games 10:00 Bingo
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NORTHERN WAYNE CENTER – Thursday, NOVEMBER 5

HAMLIN NEWS

Winter is fast approaching (the bad news first) but it has been a good year and the holidays are just around the corner too. The holidays are always nice at the center because the seniors can spend time with their friends even if their families live far away. Thanksgiving dinner is on Thursday, November 19th and Christmas dinner is Thursday, December 17th. Of course, we end the year with our New Year's Eve party on Wednesday, December 30th. I told you we would have lots of good news too. Watch the center's calendar for more special days and please remember to sign up early for lunch.

The 2015 bus trip season has come to an end and it was a great year for trips. We ran a total of 11 trips and all were wonderful. In the early spring we went to Erhardt's for an Irish Murder Mystery show with lots of laughs. In May we enjoyed a magical musical revue at the American Music Theatre in Lancaster and loved the home cooking at Hershey Farms restaurant. In June we toured the PA State Capitol building and had a group photo taken with Representatives Michael Peifer and Sandra Major on the Grand Marble Staircase. After lunch we boarded the *Pride of the Susquehanna* for a cruise on the river. The boat is a beautifully restored authentic paddlewheel boat. The paddlewheel is actually used to propel the boat just like the old Mississippi river boats. Summer came and it was picnic time and casino trips. Our five day trip to Maine in September was the highlight of the year. We were blessed with beautiful weather and blue skies. The cruise around Casco Bay provided a fantastic view of Portland Headlight lighthouse. We had knowledgeable guides who told us the history of the area and all about the lobster industry. Mark and I showed the seniors the fun of eating whole Maine lobsters at the lobster/clam bake. Penn's Peak was our last trip with the music of the Glenn Miller Band. We had a clear day and we could see all the way to the Delaware Water Gap from on top of the mountain. When we get those snow days in January I'll start planning our 2016 trips and I'm always grateful for your ideas.

On the Saturday of Labor Day week-end we had our annual yard sale and craft fair. It was a busy day; I estimate we had about 300 people stop by for some great deals and a little lunch. Our thanks to the American Legion boys who provided lunch. I also want to thank all the folks who donated yard sale goodies and all my great volunteers for donating their valuable time and hard work.

Our 17th anniversary celebration was held on October 6th this year. Looking back over the years we realized there are two members that are still with us from day 1! Marie Laskowski and Charlotte Gershey started volunteering from the beginning when the center was only open 3 days a week. I knew Bernice and John Rockman from the Honesdale center and they came soon after we opened our doors in Hamlin. "We have come a long way baby!" We celebrated with an Oktoberfest menu of roast pork, sauerkraut, potato pancakes and applesauce. About 50 seniors were singing and clapping to the music provided by George Rittenhouse. He played polkas, sixties' rock and roll, and golden oldies. He even does a pretty good Elvis. As a holiday treat George will be back to the center on December 8th at 11am with his Christmas show.

As the holidays are coming fast I want to wish everyone a Happy Thanksgiving, a very Merry Christmas and all the best for a New Year that is full of love and good health.

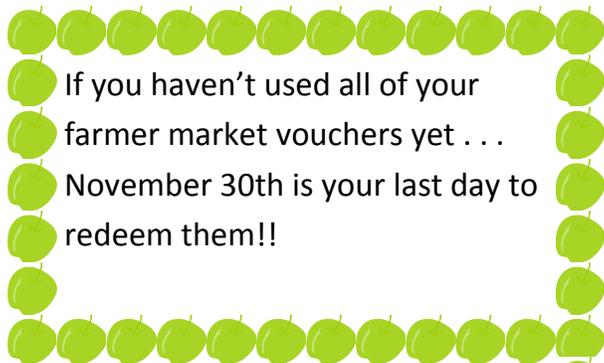
P.S. Mark and I would like to thank everyone for their prayers, cards and sympathy for the passing of my sister, Gloria. Your support and kindness are greatly appreciated.



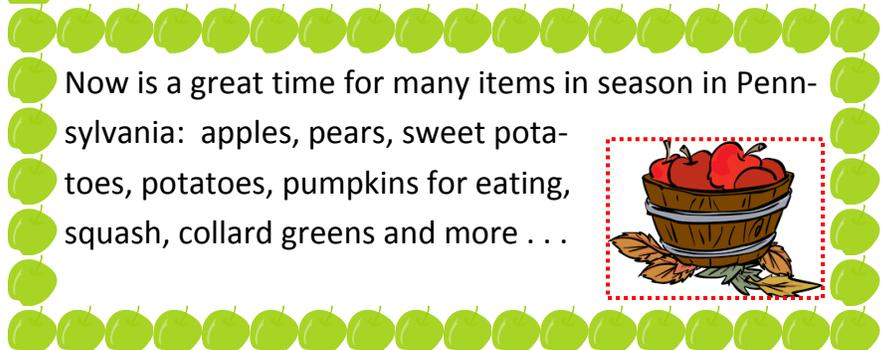


Wayne County Seniors took a 5 day bus trip with Hamlin Senior Center Manager Debbie Birtel.

These photos show some of the seniors at Booth Bay Harbor, Maine and The Lighthouse in Portland Headlight, Maine. (see article on page 6)



If you haven't used all of your farmer market vouchers yet . . . November 30th is your last day to redeem them!!



Now is a great time for many items in season in Pennsylvania: apples, pears, sweet potatoes, potatoes, pumpkins for eating, squash, collard greens and more . . .



NUTRITION AND DIETARY CORNER



CHICKEN

POTATO

CARROTS

CORNBREAD

CABBAGE

Greetings, All. Brrrr! Fall is definitely here, and winter is on the way! We are continuing to make menu changes to accommodate meal survey responses, seasonal temperature, as well as meal delivery challenges.

We are glad to learn that you are reading the menus published monthly in the newsletter. Please make a mental note that the 'Congregate Menu' only applies to food served in congregate settings. These are meals offered to participants who come out to one of our senior centers for lunch. The other published menu, labeled, 'Home Delivered', applies to folks receiving either hot or frozen meals at home.

There are some differences in the menus. For example, home delivered recipients may receive juice in place of fruit at times. And, instead of the cold salad served in the congregate setting, home delivered meal recipients receive a nutritionally equivalent hot vegetable or fruit in their plate. Desserts are not required, however, are frequently offered. Be assured, there is no compromise to nutritional value. Whether receiving home delivered or congregate meals, you are served at least one third of the nutrients needed in a day.

Summary of Meal Survey Results:

193 recipients of our county nutrition program meals returned a completed survey.

Areas assessed in each survey: Appearance, Taste, Temperature, Portion Size, Variety, Overall

In all the above areas, these are the highlights of the collated results:

Howley Center: 29 surveys completed. 83-93% of people find the food is very good or excellent.

Honesdale Center: 46 surveys completed. 91-100% of participants rated the food, as, very good or excellent.

'Hot' Home Delivered Meals: 41 surveys completed. 82-92% of participants rated the food, as, very good or excellent.

Frozen Home Delivered Meals: 77 surveys completed. 78-92% of participants rated the food, as, very good or excellent.

Some of the commenters stated they want to sample other meals, and therefore, requested we switch Monday meals with Friday meals, to accommodate their Friday attendance. Please be aware that, when nutritionally feasible-without infringing upon 'variety' of grains and vegetables, etc., we have switched a couple of meals within a couple of the weeks. In addition, we have removed a few meals and replaced them-based on survey requests. Lastly, please know that meals are sometimes unable to be moved/switched- due to kitchen staffing, days off preceding the meal, and the amount of time required for preparation.

Thank you for your kind collaboration.

Bon Appetit, Lynn Guiser, Registered/Licensed Dietitian, ext 3190

Amy Costantino, Production Manager



Medicare Annual Open Enrollment is October 15 through December 7

Trained Counselors answer your questions & provide information on:

**Medicare & Medicare Supplemental Insurance;
Long-Term Care Insurance; Medicare Drug Plans**



CONTACT THE WAYNE COUNTY AREA AGENCY ON AGING AT 570-253-4262

Ask to speak to an Apprise Counselor to schedule your appointment. Sorry, No Walk-Ins Accepted

<p>2) Southern baked Chicken Strips Asparagus Italian Style Steamed buttered cabbage Herbed Rice- brown Apricots</p>	<p>3) Crm of potato soup <i>*new soup!*</i> Whole wheat Crackers Baked Tilapia Green beans Butternut squash Vanilla Pudding <u>Election Day</u></p>	<p>4) Apple Juice Cheese Pizza Turkey-Chix-Beef Meatballs w/sauce Broccoli Graham Crackers <i>*New Meal!*</i></p>	<p>5) Grape Juice Baked Chicken filet Succotash Candied carrots Rice pilaf</p>	<p>6) Turkey tetrazzini Whole wheat Penne Pasta Peas Wax beans Ambrosia</p>
<p>9) Orange juice Corn chowder Salisbury steak w/ Gravy CapeCod Vegetables Whole wheat bread</p>	<p>10) <i>Honor Veterans Day</i> Creamed ham on Biscuit Carrots Mashed potatoes Whole Wheat roll Strawberries and blueberries</p>	<p>11) Office Closed <u>Frozen Meals only:</u> Vegetarian chile Baked Salmon w/ Dill sauce over WW Pasta Spinach  Rye bread Pears</p>	<p>12) Apple Juice Shredded Pork Barbecue on bun Brussels Cauliflower</p>	<p>13) Bakd brded Chix Tenders Petite potatoes Butternut squash Cabbage Whole Wheat bread</p>
<p>16) Haddock Fish Patty Small whole wheat Dinner roll Stewed Tomatoes Asparagus Apricots</p>	<p>17) Chicken Cacciatore over whole wheat pasta  Zucchini Succotash Jello Cake</p>	<p>18) Vegetable Lasagna Meatballs Broccoli Warm peach slices</p>	<p>19) Roast turkey w/ Gravy Mashed potatoes Brussel sprouts Cranberry Sauce Whole Wheat dinner roll Pumpkin Mousse</p>	<p>20) Pork loin Chop Pierogies Applesauce Oriental Blend Pink grapefruit</p>
<p>23) Tom w/beans soup Whole Wheat Crackers Baked ham w/ pineapple Cauliflower w/ meltd cheese Whole wheat bread</p>	<p>24) Meatloaf Mashed potatoes Mixed vegetables Whole wheat dinner roll Warm Cinnamon Apple slices</p>	<p>25) Chicken Parmesan Whole wheat Pasta Broccoli Carrots Bread </p>	<p>26) Office Closed Thanksgiving Holiday <u>FROZEN HOME DEL MEALS ONLY:</u> Apple juice Haddock Garden Rotini Asparagus Hubbard squash</p>	<p>27) Centers Closed <u>Frozen Home Delivered:</u> Cranberry Juice cocktail Hamburger on Regular bun Sweet potato fries <u>Daily Home Delivered:</u> Cranberry juice cocktail Vegetable slaw Chicken salad Bread Applesauce (BAG-delivered WED)</p>
<p>30) Orange juice Baked cod Brown rice Stewed tomatoes Sweet potato Whole Wheat bread</p>	<p>Milk served with all meals </p>	<p>Wash hands frequently to prevent illness </p>		<p>NOVEMBER 2015 HOME DELIVERED MEAL MENU</p>

RESPIRE: Care for Caregivers



NOVEMBER

2015

is

National

Family

Caregivers

Month

“Respite:

Care for

Caregivers”

is this year’s

theme

Respite—the chance to take a breather, the opportunity to reenergize—is as important an any other item on your caregiver’s to-do list. People think of respite as a luxury, but considering caregivers’ increased risk for health issues from chronic stress, those risks are a lot costlier than some time away to recharge. Respite is the key to your own well-being. Respite protects your own health, strengthens family relationships, prevents burn-out and allows your loved one to stay at home up to three times longer. No wonder respite is one of the most frequently requested support services for family caregivers.

R is for “Rest and Relaxation”

Everyone needs a little “R and R” - especially family caregivers. Relaxing is the best way to return refreshed to handle your many responsibilities as a caregiver.

E is for “Energize”

Caregiving is often round-the-clock 24/7. Respite isn’t simply “getting a few hours off.” It’s necessary to help you reenergize, reduce stress & provide care for your loved one.

S as in “Sleep”

Caregivers often have sleep problems. Address sleep problems and insomnia before they take too great a toll on your health.

P is for “Programs that can help you”

Respite—which can be in the home or out of the home—can be hard to find but there are programs available to help you.

I is for “Imagination”

Let your mind run free; read a book; see a movie. You have been so occupied with the nuts-and-bolts of caregiving that refreshing your mind will actually help you be a better caregiver.

T as in “Take Five”

... Or better yet take ten. Do you find yourself saying, “I wish I had just ten minutes to myself?” Don’t feel guilty. You need a reprieve—a few minutes to temporarily disengage.

E is for “Exhale”

A simple breath in and then a long exhale can help you focus and increase your vitality. A few deep breaths can give you more energy, reduce stress, and lift your mood.

Source: www.caregiveraction.org

Helping Older Loved Ones from Afar

Many of us find that we need to help care for aging parents or other loved ones who live far away. Caregiving

can be difficult and time-consuming, but it can also be rewarding.

An online booklet from NIH, called *So Far Away: Twenty Questions and Answers for Long-Distance Caregiving*, is filled with ideas that can help make caring for a loved one from afar more manageable and less stressful.

Anyone, anywhere can be a long-distance caregiver. Caregiving might involve managing an elderly aunt’s budget or helping your dad sort through medical bills. You might check the references of a home health aide, or try to take some pressure off a sibling who lives in the same town as your aging relatives.

Visit www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving to read or download the online publication. Source: newsinhealth



There is a lovely woman named Charlotte Schaffer who lives in Wayne County. She has acquired the long time skill and knowledge of crocheting. Crocheting is a process of creating fabric by interlocking loops of yarn, thread, or strands of other materials using a crochet hook. Charlotte who is widowed and is a spry 80-something year old turns out at least 2-4 lap afghans & shawls a week. She then takes her love filled pieces to donate to Wayne Woodlands nursing home with the help of her friend Dorthea Cook and the project co-coordinator Philip Barcola, a meal transporter for Wayne County Area Agency on Aging.



Not only does Mrs. Schaffer donate her time and the pieces themselves, but also all the cost of materials as well. Charlotte refers to it as “just a hobby” and loves to bring comfort to the seniors.

The health benefits of crocheting are when people crochet they sometimes go into a form of meditation focusing all of their attention on the task at hand. This helps to let go of stressful thoughts. This meditative state has many health benefits; reduced blood pressure, reduced heart rate and a more relaxed state of mind. Crocheting is therapeutic. Because of its calming, rhythmic movements, many studies have shown positive results for people suffering from chronic depression, Alzheimer’s disease, dementia and schizophrenia. It’s also great for keeping your fingers nimble. Mrs. Schaffer benefits from crocheting in such ways that her works of love are as much a blessing to her as to the people who receive them.

The Honesdale senior center will be collecting donations of yarn for Mrs. Schaffer. You can reach Kathy to coordinate at 570-253-5540. The picture above is the first of hopefully many donations of yarn!

Honesdale Center
September 18th, 2015
POW / MIA
Remembrance
Ceremony

The table set for one is small- symbolizing the frailty of one prisoner alone against his oppressors.

The white table cloth is to remind you of the purity of their intentions to respond to their country’s call to arms.

The single red rose displayed in a vase reminds us of the families and loved ones of our comrades – in –arms who keep the faith awaiting their return.



The red ribbon, tied so prominently on the vase, is reminiscent of the red ribbon worn upon the lapel and breasts of thousands who bear witness to their unyielding determination to demand a proper accounting of our missing.

The candle is lit, symbolizing the upward reach of their unconquerable spirit.

A slice of lemon on the bread plate is to remind us of their bitter fate. Salt is sprinkled next to the lemon symbolizing the families’ tears as they wait.

The glass is inverted because they cannot toast with us.

The chair is empty to represent their absence from our lives.



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.waynecountypa.gov go to "human services" click on "transportation" 570-253-4280 out of 253 exchange 1-800-662-0780

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