



## NEWS FOR ALL SEASONS

Wayne County Area Agency on Aging

Issue 64

December 2015

*We would like to recognize the Honesdale-Hawley Duplicate Bridge Club for their contribution to the Alzheimer's Association, The Longest Day. The bridge club members, who meet at the Honesdale Senior Center, donated \$900.00 to the cause for the continuing research, and enhancement of care and support for all affected. 44 million people worldwide live with Alzheimer's and participation in programs like Bridge promotes brain health and reduces the risk of dementia. So again, hats off to the Bridge Club for a job well done!*

There is a stigma when the words Wayne County Correctional Facility are spoken but the Director of Inmate Services, Ryan Williams, is changing the mindset of the community and inmates alike with the inmate garden program. Jail inmates are working in their very own garden while helping offset the cost of their meals at the same time. The garden program was introduced last year when Mr. Williams predecessor started it. This year the garden has fully doubled in size to a 12ft x16ft x4ft with the help of Mr. Williams instruction and the inmates' hard work. The morale was picked up and the difference in inmates who worked the garden or in the kitchen preparing the fresh food was quite noticeable. The sense of pride was apparent.



The prison has transformed part of the "yard" into a garden. Inmates have been involved since the beginning of the introduction of the gardening program. They have been responsible for building boxes for the planting. Raised garden boxes are easier to plant, weed, water and harvest than in-ground beds. Above ground beds also produce bigger & better yields in a smaller space than traditional garden rows. Inmates are also responsible for planting and harvesting. To date, the garden has produced 90 different

plants such as eggplant, green and yellow peppers, cherry and regular tomatoes, squash, cucumbers and zucchini. At the end of the season there was a production of 1025.5 lbs of vegetables. 70 percent of food was successfully used on site for inmate and employee meals and the rest was donated to the Honesdale Senior Center. The senior center consumers were appreciative and happy to receive fresh vegetables.





|   |   |   |   |  |
|---|---|---|---|--|
| <p>CONGREGATE MEAL<br/>DECEMBER 2015</p> <p><b>MILK SERVED WITH<br/>ALL MEALS</b></p>  | <p>1) Breaded pork chop<br/>Garden Rotini<br/>Green beans<br/>Buttered carrots<br/>Strawberries w/ whipped topping</p>  | <p>2) Orange-pineapple juice<br/>Egg Omelette<br/>Turkey Sausage Patty<br/>Potatoes<br/>Rye bread<br/>Grapes</p> <p><b><u>!NEW MEAL!</u></b></p>  | <p>3) Honey mustard Chicken<br/>Mashed potato<br/>Zucchini<br/>Mixed Vegetables<br/>WW Bread<br/>Lorna Doones</p> <p><u>Northern Wayne: Grape juice, tossed salad w/ peppers, tomatoes, dressing, ham n cheese sandwich on rye, pineapple tidbits</u></p> | <p>4) Stuffed Shells<br/>Meatballs<br/>Sauce<br/>Parmesan<br/>Cauliflower<br/>Italian bread<br/>Pineapple tidbits</p> <p><b><u>!NEW MEAL!</u></b></p> <p><u>Honesdale Birthday</u></p> |
| <p>7) Baked Chicken filet<br/>Succotash<br/>Candied carrots<br/>Rice pilaf<br/>Pink Grapefruit</p>  | <p>8) Cream of potato soup<br/>Whole wheat Crackers<br/>Baked Tilapia<br/>Green beans<br/>Butternut squash<br/>Vanilla Pudding<br/><u>Hamlin Birthday</u></p> | <p>9) Green leaf Tossed salad<br/>Cheese Pizza<br/>Meatballs<br/>Sauce<br/>Broccoli<br/>Strawberries over biscuit<br/>Whipped topping</p>                | <p>10) <u>EARLY LUNCH:11:30</u></p> <p>Vegetable Slaw<br/>Southern baked Chicken Strips<br/>Asparagus Italian Style<br/>Herbed brown Rice<br/>Apricots</p>  | <p>11) Pork Loin Chop<br/>Pierogies<br/>Applesauce<br/>Oriental Blend<br/>Vegetables<br/>Ambrosia</p>  |
| <p>14) Corn chowder<br/>Salisbury steak w/Gravy<br/>Mashed potatoes<br/>CapeCod Vegetables<br/>Whole wheat bread<br/>Orange segments</p>                                | <p>15) Shredded pork Barbecue<br/>Regular bun<br/>Brussel sprouts<br/>Cauliflower</p> <p>Warmed diced peaches<br/>Over biscuit w/ whipped topping</p>         | <p>16) Vegetarian Chile<br/>Baked Salmon<br/>Creamy Dill Sauce<br/><u>!New Sauce!</u><br/>Whole Wheat Rotini<br/>Spinach<br/>Rye Bread<br/>Grapes</p>  | <p>17) <u>Christmas Dinner</u></p> <p><b>Green leaf tossed salad<br/>Buffet Ham<br/>w/ pineapple raisin sauce<br/>Sweet potato<br/>French green beans<br/>Whole wheat Dinner Roll<br/>Cheesecake<br/>(Hawley Birthday)</b></p>                            | <p>18) Baked breaded Chicken Tenders<br/>Baked potato w/ Sour Cream<br/>Butternut squash<br/>Cabbage<br/>Cornbread<br/>Fruit Cocktail w/whipped topping</p>                            |
| <p>21) Haddock Fish Patty<br/>Whole wheat Dinner roll<br/>Tartar Sauce<br/>Stewed Tomatoes<br/>Asparagus<br/>Apricots</p>   | <p>22) Chicken Cacciatore over Whole Wheat<br/>Penne pasta<br/>Zucchini<br/>Succotash<br/>Jello Cake</p>  | <p>23) Vegetable Lasagna<br/>Meatballs<br/>Broccoli<br/>Strawberries w/ whipped topping</p>    | <p>24) California Burger<br/>On Regular bun<br/>Lettuce, tomato, onion<br/>Mayonnaise<br/>Sweet potato cubes<br/>Grapes</p>    | <p>25) Office closed</p>    |
| <p>28) Meatloaf<br/>Mashed potatoes<br/>Mixed vegetable<br/>Cornbread<br/>Warm cinnamon apple slices</p>  | <p>29) Tom w/beans soup<br/>Baked ham<br/>Macaroni Salad<br/>Asparagus<br/>Granola bar</p>  | <p>30) New Year's Dinner</p> <p>Tossed Salad<br/>Pork Chop- 3oz<br/>-cookd in sauerkraut<br/>Mashed Potatoes<br/>Carrots<br/>Rye bread<br/>Spice cake, w/pumpkin<br/>Whipped topping</p>  | <p>31) Soup-butternut squash soup<br/>Whole wheat crackers<br/>Tunafish salad<br/>Pita<br/>Lettuce, tomato<br/>Vegetable Slaw<br/>Fruit Medley</p>  | <p><b>CUT BACK ON FOODS HIGH IN ADDED SUGARS, SALT, AND SOLID FATS</b></p>   |



**EVERYDAY AT THE HAWLEY CENTER**

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

**EVERYDAY AT THE HAMLIN CENTER**

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



**EVERYDAY AT THE HONESDALE CENTER**

**CAREGIVER'S SUPPORT GROUP - WEDNESDAY, DECEMBER 9 - 1:30**

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



**ALL CENTERS CLOSED - FRIDAY, DECEMBER 25**



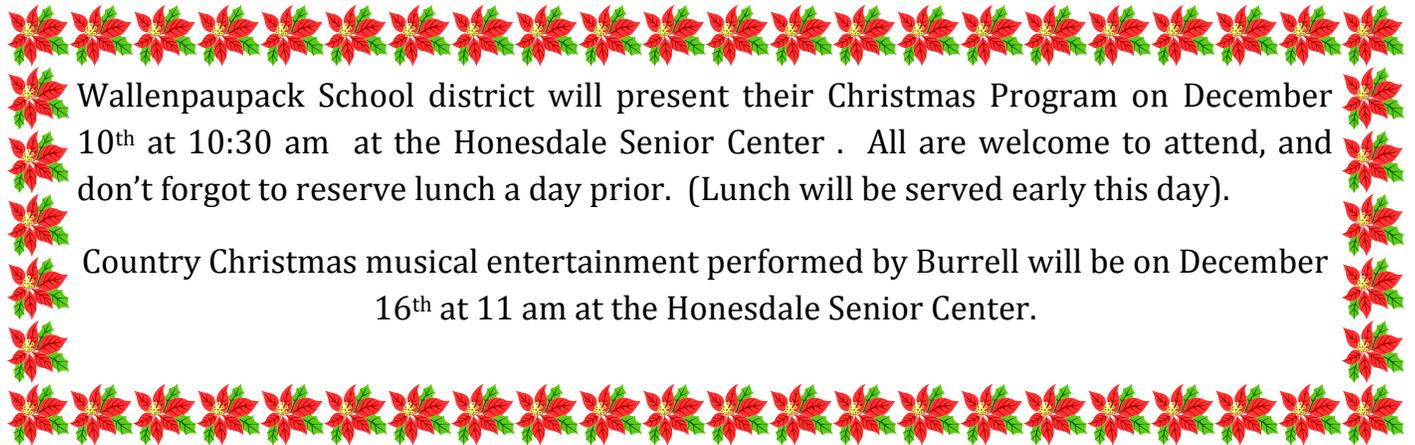
**A Network of caring for seniors, persons with disabilities & their caregivers**

The Pennsylvania LINK to Aging and Disability Resources is a state wide partnership of federal, state, regional and local agencies led by the Pennsylvania Department of Aging with a shared goal to empower all Pennsylvanians, regardless of age, ability or income, to better understand available resources and supports.

The goal is to seamlessly connect people to supports and services of their choice and help them to effectively navigate long term living options based on their own preferences, values and strengths while building safety nets through increased cross-system communication and collaboration.

To access information please call 1-800-753-8827 statewide OR (Monroe County Area Agency on Aging at 570-420-3735 or email: [monroeagingpa.gov](mailto:monroeagingpa.gov) / Pike County Area Agency on Aging 570-775-5550 or email: [bleary@pikepa.org](mailto:bleary@pikepa.org) / Wayne County 570-253-4262 or email: [WCAAAIntake@waynecountypa.gov](mailto:WCAAAIntake@waynecountypa.gov)

**“No Wrong Door System”**



Wallenpaupack School district will present their Christmas Program on December 10<sup>th</sup> at 10:30 am at the Honesdale Senior Center . All are welcome to attend, and don't forgot to reserve lunch a day prior. (Lunch will be served early this day).

Country Christmas musical entertainment performed by Burrell will be on December 16<sup>th</sup> at 11 am at the Honesdale Senior Center.



REMINDER:

**Transportation Cancellation Policy**

If the Wayne Highlands School District is closed due to bad weather— Wayne County Transportation will also be closed/won't run.

If Wayne Highlands School District is on a delay— Transportation will try to run as normal as possible/appropriate.



**STAY TUNED!**

**\*We anticipate starting the a la carte menu January 2016**





## Tips for Healthy Skin

- **Wash up.** Bathe in warm—not hot—water; use mild cleansers that don't irritate; and wash gently—don't scrub.
- **Block sun damage.** Avoid intense sun exposure, use sunscreen, and wear protective clothing.
- **Don't use tanning beds or sunlamps.** They emit the same harmful UV radiation as the sun.
- **Avoid dry skin.** Drink plenty of water, and use gentle moisturizers, lotions, or creams.
- **Reduce stress.** Stress can harm your skin and other body systems.
- **Get enough sleep.** Experts recommend about 9 hours a night for teens and 7-8 hours for adults.
- **Speak up.** Talk to your doctor if you notice any odd changes to your skin, like a rash or mole that changes size or color.



Source: NewsInHealth



Greetings everyone, from the dietary corner, Hope you all had a nice Thanksgiving. We are continuing to plan and prepare special meals. While we work to create festive menus, we hope you are enjoying some of our fun desserts- cookies, strawberries with whipped topping, ice cream, and vanilla pudding-for example. Please know that while we always consider the desires of our senior consumers and make every effort to accommodate the holidays, each meal offered must meet the state and federal government elderly nutrition program demands. We invite you to inquire for more information if you have concerns. More recently- as per some survey requests, Amy and I moved some meals to different days of the week, plus added a few new ones to the cuisine. We hope you find the new mix enjoyable!

### Menus:

We are aware that folks are quite interested in what's cooking in our kitchen. Therefore, the monthly menus are now published and available a week or two ahead of the newsletter publication. Copies of the upcoming monthly menu are placed in every senior center and put in each Home Delivered Meal bag. We hope to see you at the centers as much as possible.

### Home Delivered Meals:

With the possibility of inclement weather approaching-causing unsafe road conditions, emergency meals are going to be sent out November 30 through December 4<sup>th</sup>. The meals will arrive on your scheduled delivery days.

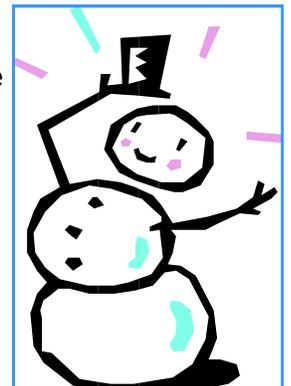
Please keep your walkways unobstructed, clear of snow and ice, and overall safe for the meal drivers to get to your door.

In addition, we appreciate you making an attempt as often as possible to meet your meal driver and receive the home delivered meal.

Happy Holidays to you and your friends and families! Bon Appetit,

Lynn Guiser, Registered Dietitian/Nutritionist

Amy Costantino, Food Production Manager





## IF I HAD MY LIFE TO LIVE OVER

(written by Erma Bombeck—after she found out she was dying from cancer) . . . Submitted by a reader

- \* I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day .
- \* I would have burned the pink candle sculpted like a rose before it melted in storage.
- \* I would have talked less and listened more.
- \* I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.
- \* I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.
- \* I would have taken the time to listen to my grandfather ramble about his youth.
- \* I would have shared more of the responsibility carried by my husband.
- \* I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.
- \* I would have sat on the lawn with my grass stains.
- \* I would have cried and laughed less while watching television and more while watching life.
- \* I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.
- \* Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.
- \* When my kids kissed me impetuously, I would never have said, "Later. Now go wash up for dinner."
- \* There would have been more "I love you's" More "I'm sorry's."

***But mostly, given another shot at life, I would seize every minute...look at it and really see it... live it and never give it back. STOP SWEATING THE SMALL STUFF!!!***

Don't worry about who doesn't like you, who has more, or who's doing what. Instead, let's cherish the relationships we have with those who do love us. Let's think about what God HAS blessed us with, and what we are doing each day to promote ourselves mentally, physically, emotionally. I hope you have a blessed day.



MERRY CHRISTMAS and HAPPY NEW YEAR !!! Who would think we would be saying that so soon. How time fly's when your having fun.

Just think, a New Year ahead of us. Hopefully it will bring you good health, wealth and happiness.

Our Thanksgiving Dinner was a big success with a great meal, lots of happy people and Andy Anderson who put on a great show this year. We hope everyone had a

wonderful Thanksgiving Day with family and friends.

I hope everyone listened carefully to our speaker this month. Janene Holter had a lot of informative information on Theft Protection that she shared with us.

This years Christmas dinner will be on Thursday December 17th with all the trimmings, music, Santa & Mrs. Claus, door prizes and all the wonders of the season. Call Lu two days in advance to make your reservations. Also in December we will celebrate New Years Eve on Wednesday the 30th. Bring your noise makers and help us ring in 2016.

Our December Birthday's are, Barbara Billow, Carmelina Gonzalez, Karen Mehrtens, Al Parson, Linda Simons, Gerri Lueck, Gerd Haugen, Edilma Ocampo and Ruth E. Thomas. Happy Birthday To  
" HAPPY HOLIDAYS ONE AND ALL FROM THE HAWLEY SENIORS"

**HOME DELIVERED MEALS  
DECEMBER 2015**



|  |  |   |  |   |
|--|--|---|--|---|
| <p><b>Milk served with all meals</b></p>  | <p>1) Breaded pork chop<br/>Garden Rotini<br/>Green beans<br/>Buttered carrots<br/>Strawberries</p>                                | <p>2) Orange–pineapple juice<br/>Egg Omelette<br/>Turkey Sausage Patty<br/>Potatoes<br/>Rye bread<br/>Warm Cinnamon Apple slices</p>  | <p>3) Honey mustard Chicken<br/>Mashed potato<br/>Zucchini<br/>Mixed Vegetables<br/>Whole Wheat Bread<br/>LornaDoones</p>  | <p>4) Stuffed Shells<br/>Meatballs<br/>Cauliflower<br/>Spinach<br/>Italian bread</p> <p><b><i>!NEW MEAL!</i></b></p>  |
| <p>7) Grape Juice<br/>Baked Chicken filet<br/>Succotash<br/>Candied carrots<br/>Rice pilaf</p>                             | <p>8) Cream of potato soup<br/>Whole wheat Crackers<br/>Baked Tilapia<br/>Green beans<br/>Butternut squash<br/>Vanilla Pudding</p> | <p>9) Apple Juice<br/>Cheese Pizza<br/>Meatballs<br/>Broccoli<br/>Graham Crackers</p>    | <p>10) Southern baked Chix Strips<br/>Asparagus Italian Style<br/>Steamed buttered cabbage<br/>Herbed brown Rice<br/>Apricots</p>  | <p>11) Pork Loin<br/>Pierogies<br/>Applesauce<br/>Oriental Blend<br/>Vegetables<br/>Ambrosia</p>  |
| <p>14) Orange juice<br/>Corn chowder<br/>Salisbury steak w/Gravy<br/>CapeCod Vegetables<br/>Whole wheat bread</p>          | <p>15) Shredded Pork Barbecue<br/>Regular bun<br/>Brussels<br/>Cauliflower<br/>Diced peaches On Biscuit</p>                        | <p>16) Veget chile<br/>Baked salmon<br/>Creamy Dill sauce<br/>Whole Wheat Rotini<br/>Spinach<br/>Rye Bread<br/>Fruit cocktail</p>  | <p>17) <u>Christmas Dinner</u><br/>Buffet Ham w/ pineapple raisin sauce<br/>Sweet potato<br/>French green beans<br/>Whole wheat Dinner Roll<br/>Cheesecake</p>   | <p>18) Baked breaded Chicken Tenders<br/>Petite potatoes<br/>Carrots<br/>Cabbage<br/>Whole Wheat bread</p>  |
| <p>21) Haddock Fish Patty<br/>Whole wheat Dinner roll<br/>Stewed Tomatoes<br/>Asparagus<br/>Apricots</p>                   | <p>22) Chicken Cacciatore over Whole wheat Penne<br/>Zucchini<br/>Succotash<br/>Jello Cake</p>                                     | <p>23) Vegetable Lasagna<br/>Meatballs<br/>Broccoli<br/>Warm peach slices</p>    | <p>24) Cranberry Juice Cocktail<br/>Hamburger<br/>Regular Bun<br/>Sweet potato Rounds</p> <p>Merry Christmas</p>  | <p>25) <u>OFFICE CLOSED</u><br/><u>Frozen Home Delivered Only:</u><br/>Orange-pineapple juice<br/>Chicken tetrazzini<br/>Whole Wheat Penne Pasta<br/>Peas<br/>Wax beans</p> |
| <p>28) Meatloaf<br/>Mashed potatoes<br/>Mixed vegetables<br/>Whole wheat dinner roll<br/>Warm cinnamon apple slices</p>    | <p>29) Tom w/beans soup<br/>Baked ham w/pineapple<br/>Asparagus<br/>Whole wheat bread<br/>Granola bar</p>                          | <p>30) <u>New Year's Dinner</u><br/>Cranberry Juice Cocktail<br/>Pork Chop -cooked in sauerkraut<br/>Mashed Potatoes<br/>Carrots<br/>Rye bread<br/>Spice cake w/pumpkin</p>   | <p>31) Apple juice<br/>Pollock Loin<br/>Garden Rotini<br/>Wax beans<br/>Hubbard squash</p>   |    |



### Christmas Word Search

U Z F H R U D O L P H P U H U  
 N U V A Y E L L E B A R W N T  
 L O S I G T I L S C U P I D E  
 T E R A X L S N A M W O N S M  
 S S P T N E J O D B R H R E O  
 T T R S H T N I R E H S A D C  
 N O E L U P A A K F E K T Y H  
 Y C S E W G O C C Z X R S E T  
 B K E D R R A L L Y Y O T M A  
 G I N G E R B R E A D W I M E  
 S N T N C W M G P E U N B I R  
 M G N T N E Z T I L B S A H W  
 K O U D A N C E R F U S A C K  
 D N P R R C H R I S T M A S A  
 L A A G P E A C E A Z V S V X

- |           |             |             |
|-----------|-------------|-------------|
| BALL      | FROSTY      | SANTA CLAUS |
| BELL      | GIFT        | SLED        |
| BLITZEN   | GINGERBREAD | SNOWMAN     |
| CANDYCANE | NOEL        | STAR        |
| CHIMNEY   | NORTHPOLE   | STOCKING    |
| CHRISTMAS | NUTCRACKER  | SUGARPLUMS  |
| COMET     | PEACE       | TOY         |
| CUPID     | PRANCER     | TREE        |
| DANCER    | PRESENT     | VIXEN       |
| DASHER    | REINDEER    | WORKSHOP    |
| DONNER    | RUDOLPH     | WREATH      |
| ELF       | SACK        |             |

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### Annual Community Dinner

Grace Episcopal  
 Church

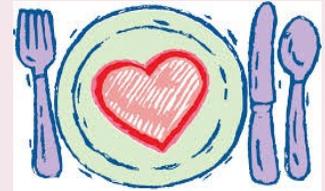
827 Church St,  
 Honesdale

570-253-2760 or 570-470-7001

Christmas Day - Dec. 25

New Year's Day—Jan 1

Serving starts at noon



COMMUNITY DINNER

You're never too old to make – and keep –  
 New Year's resolutions.

1. Celebrate often. For some, birthdays and other milestones are dreaded reminders of aging. In reality we should celebrate our achievements. Celebrations bring joy and fellowship, which is healthy at any age.

2. Eat colorfully. A healthy diet is rich in fruits and vegetables, which bring vibrant color to any meal. From the time we were young, our parents told us to eat our vegetables. Well, it's never too late to start,

3. Move it. Exercise offers physical, emotional and psychological benefits. Whether you go for a leisurely walk or join a yoga class, try to exercise for at least 30 minutes every day.

4. Get checked. Schedule your annual check-up, and be sure you're current on all of your screenings and immunizations.

5. Be social. Look for opportunities to get together with others. "You can go to a senior center, become a volunteer, or just meet a friend for coffee," suggested Coleman. "It doesn't have to be elaborate, but connecting with other people is important for our mental health as we age."

Source: Businesswire.com



## NORTHERN WAYNE HAPPENINGS

On October 22nd we had our Halloween party. Everyone enjoyed treats and games. We even wrapped up our mummies.

November 5th we celebrated Thanksgiving with door prizes. In the afternoon we made Christmas ornaments.

Our Christmas party will be December 3, 2015. The children



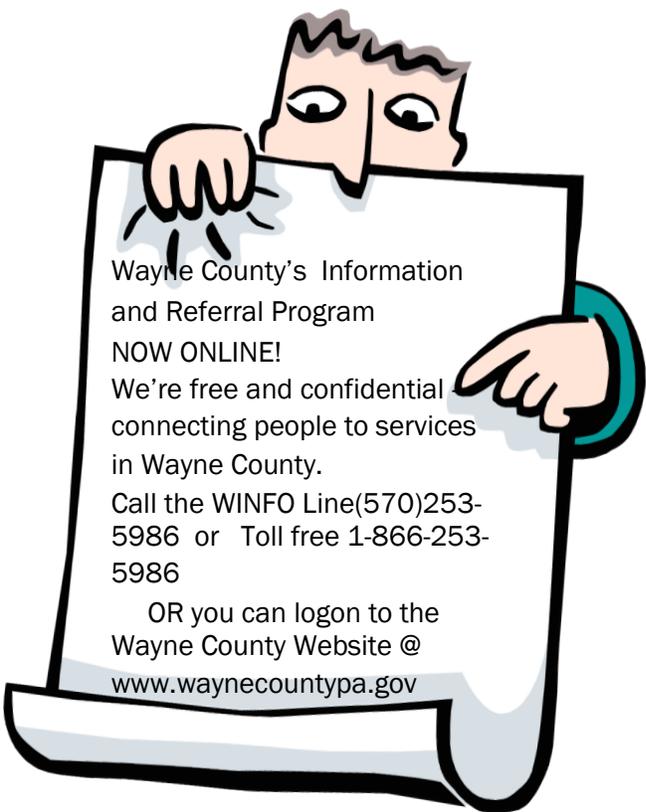
from Preston Park School will be entertaining us. Santa may be dropping by for a visit. We hope to see you there. For reservations call Marie at (570) 253-4262.

## The Waymart Golden Years Seniors Celebrate Thanksgiving at the Gravity Inn



Those present on November 19:

*Barb & Jack Ondash, Sue Borowski, Wyland & Shirley Clift, Gladys Feldman, Bonnie Shaffer, Kimber Best, Helene Skates, Irma Nering, Helen & Ken Swan, Evelyn Bennett, Joan Elmore, Betty Heggins, Marion Figgins, Al Stewart, Bob Gianello, Connie Wash and Pat Parker.*



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](http://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.waynecountypa.gov](http://www.waynecountypa.gov) go to "human services" click on "transportation" 570-253-4280 out of 253 exchange 1-800-662-0780

*Production Coordinator: Kathy Robbins*

*Menu Coordinator: Amy Costantino*

*Editor: Kathleen Chicoski [kchicoski@waynecountypa.gov](mailto:kchicoski@waynecountypa.gov)*



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

Happy  
Holidays!

If you receive the newsletter by mail, please take a moment to look at your mailing label above. If it has a date of **January 2016**, then you are asked to pay the yearly \$3.00 donation to cover postage costs. Remember, you can always receive the newsletter for free by email or from the Aging website at <http://aging.waynecoutypa.gov>