

NEWS FOR ALL SEASONS



The Memoir Writing Group held at the Honesdale Senior Center is celebrating our 4th year. We are still an open, caring group of folks who get together to write and to talk, to share and support.

However, we are no longer **just** a group that writes and shares our memories of past events in our lives. Our new name is **Mem-oirs and More, (M and M)**, which reflects our new purpose; we no longer focus only on past events, e.g. memories. Now we write about anything we want: memories, **and** ideas, current experiences in our lives, issues of concern to us or anything we want to write about. Also, we not only write personal essays, we can write poems, lists, stream of consciousness, limericks, humor, etc. Or, we can choose not to write at all, but only listen and/or share. The **M AND M GROUP** continues to meet at the Honesdale Senior Center in the Game Room on the main level on the **First and Third Friday** of each month from **1:00 p.m. to 3:00 p.m.** Below are the remaining meeting dates for 2016 (excepting holidays or snow days). For more information, call the Senior Center at 570-253-4262 or our Facilitator, Sue Lory, at 570-937-3148.

March 4th	June 3rd	September 9th	
March 18th	June 17th	September 23rd	
April 1st	July 8th	October 7th	
April 15th	July 22nd	October 21st	
May 6th	August 5th	November 4th	December 2nd
May 20th	August 19th	November 18th	December 16th

Please Note: We do NOT meet January 1st (New Year's), July 1st (4th of July Weekend) or September 2nd (Labor Day Weekend)

ASSOCIATION FOR THE BLIND Sight Loss Support Group

Honesdale Senior Center
(323 10th St, Honesdale, PA 18431)
Tuesday, March 8th 1:00pm-2:00pm
Light refreshments will be served.

This group is open to anyone needing support with vision loss who is a resident of Wayne or Pike County. Reservations are required. Vision loss can have a dramatic effect on a person's life and each person handles this life changing event differently. If you or someone you know is having difficulty dealing with vision loss, or needs assistance in understanding how to handle vision related problems, this support group could be a priceless resource.

The goals of the Sight Loss Support Group are:

- To provide a supportive atmosphere where experiences can be shared
- To foster a positive outlook in your adjustment to sight loss
- To provide a means for information exchange
- To provide a friendly place to meet other people with similar visual impairments

For more info or to RSVP please contact Gayle Yedinak at 1-877-693-3555 x225 or via email at gayle@wilkesbarreblind.com. Deadline to RSVP is Wednesday, March 2nd. If you are in need of transportation to this event, please indicate so when you RSVP. www.wilkesbarreblind.com

<p>MARCH 2016</p>  <p>CONGREGATE MENU</p>	<p>1) Chicken cacciatore over whole wheat pasta Zucchini Succotash</p> <p>Jello cake</p> 	<p>2) California burger On bun Lettuce, Tomato Onion mayo Sweet potato cubes Grapes</p>  	<p>3) Baby spinach salad w/tomatoes, radishes Chicken Tetrazzini White rice Green beans Pineapples n orange tidbits</p> <p><i>Northern Wayne: Cranberry juice, Baby spinach salad w/tomatoes n radishes, egg salad on rye, pineapples n orange tidbits, milk</i></p>	<p>4) Vegetable lasagna Meatballs Broccoli</p> <p>Strawberries Whipped topping</p> 
<p>7) Meatloaf Mashed potatoes Mixed vegetable Cornbread</p> <p>Warm cinn apple slices</p>	<p>8) Tom w/beans soup Cheeseburger On bun Potato Salad</p> <p>Pink Grapefruit</p>	<p>9) Tossed Salad –w/ peppers, carrots Chicken Parmesan Whole wheat rotini Broccoli</p> <p>Vanilla ice cream</p>	<p>10) Roast turkey w/Gravy Mashed potatoes Brussel spouts Whole wheat dinner roll</p> <p>Warmed diced peaches On biscuit</p>	<p>11) Soup-butternut squash Whole wheat crackers Tunafish salad on Pita w/ Lettuce, tomato Vegetable Slaw</p> <p>Fruit Medley</p>
<p>14) Stuffed Shells Meatballs, sauce n parm cheese Cauliflower Italian bread</p> <p>Pineapple tidbits</p>	<p>15) Breaded pork chop Garden Rotini Wax beans Buttered carrots</p> <p>Strawberries</p>	<p>16) Orange–pineappl juice Egg Omelette Turkey Sausage Patty Potatoes Rye bread Ketchup</p> <p>Grapes</p>	<p>17) <u>St Patrick's Day</u> Ham Boiled Potatoes Cabbage Carrots Bread</p> <p>Ice cream</p>	<p>18) Tossed salad w/red n yellow peppers Cheese Pizza Meatballs w Sauce Broccoli</p> <p>Vanilla Pudding</p>
<p>21) Baked chicken filet Succotash Candied carrots Rice pilaf</p> <p>Pink Grapefruit</p> 	<p>22) Cream of potato soup Whole Wheat crackers Baked tilapia Florentine Butternut squash-puree</p> <p>Strawberries over biscuit Whipped topping</p>	<p>23) <u>Easter Dinner</u> Ham Pineapple Potato salad Whole wheat Dinner roll Green beans</p> <p>Jello cake</p>	<p>24) Veget Slaw-zucchini,squash marinate Southern baked Chix Strip Asparagus Ital Style Herbed Rice- brown</p> <p>Apricots</p> <p><i>Northern Wayne: Grape juice, Veget Slaw, chix salad on wh bread, apricots, milk</i></p>	<p>25)</p> <p>HOLIDAY OFFICE CLOSED</p> 
<p>28) Corn chowder Salisbury steak w/ Gravy Mashed potatoes CapeCod Blend Vegetables Wh wh bread</p> <p>Orange segments</p>	<p>29) Shredded Pork Barbecue Barbecue sauce Regular bun Coleslaw Cauliflower</p> <p>Warmed diced peaches on biscuit w/whipped topping</p>	<p>30) Bakd breaded chicken tenders Baked potato w/sour cream Baby carrots Cabbage Cube cornbread</p> <p>Fruit cocktail w/whipped topping</p>	<p>31) Veget Chile Baked Salmon Creamy Dill Sauce Whole Wheat Rotini Brussels Rye Bread</p> <p>Grapes</p>	<p>MILK SERVED WITH ALL MEALS</p> 

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 HONESDALE CENTER

<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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CAREGIVER'S SUPPORT GROUP – WEDNESDAY, MARCH 9 – 1:30 pm



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, MARCH 3 and March 24



ALL CENTERS CLOSED – FRIDAY, MARCH 25



<p>MARCH 2016</p>  <p>A la Carte</p>	<p>1) EARL J SIMONS ONLY: *Chix cacciatore over wh wh pasta, Zucchini, Succotash, Jello cake, milk* Sausage, peppers n onions sub-\$2.50</p>	<p>2) PARK ST ONLY Chix veget soup, crax *California burger on bun Lettuce, tomato, onion, mayo Sweet potato cubes, Grapes, milk* Burger on bun -\$2.50 Spinach salad-small, eggs, croutons, bacon, homemade dressing (\$3.00)</p>	<p>3) EARL J SIMONS ONLY: *Baby spinach salad w/ tomatoes, radishes, Chicken tetrizzini, white rice, green beans, milk, pineapples n orange tidbits* Egg salad on rye bread-\$2.00</p>	<p>4) PARK ST ONLY Cream of tomato soup, crax <i>Vegetable lasagna, meatballs</i> <i>Broccoli, Strawberries, whippd topping</i> Grilled cheese on white (\$1.50)</p>
<p>7) PARK ST ONLY Chicken n rice soup, Crackers *Meatloaf, mashed potatoes, mixed vegetables, cornbread, apple slices, milk* Meatloaf on bread- (\$2.50) Waffle fries - (.50 cents) Hotdog w/sauerkraut/ onion sauce(\$1.00, plus .25)</p>	<p>8) EARL J SIMONS ONLY: Tom w/beans soup, Crackers *Tom w/beans soup, Cheeseburger Bun, Potato Salad, milk Pink grafruit* Reuben SW on rye- (\$3.50)</p>	<p>9) PARK ST ONLY French onion soup, croutons, cheese *Tossed salad, chicken parmesan over rotini, broccoli, ice cream, milk* Chicken parm hoagie- (\$3.50) Southwestern chicken salad-(\$4.50)</p>	<p>10) EARL J SIMONS ONLY: Lobster Bisque, Crackers *Roast turkey, mashed potatoes, brussel sprouts, gravy, dinner roll, milk, peaches over biscuit* Open face hot turkey sandwich (\$2.75 Waffle fries - (.50 cents)</p>	<p>11) PARK ST ONLY Soup-Butternut Squash, Crackers * Soup-Butternut Squash, crax, Tuna fish salad, Pita, Lettuce, tomato, Veget slaw, Fruit Medley, milk* Turkey BLT on toast- (\$3.25)</p>
<p>14) PARK ST ONLY Chicken noodle soup, Crackers *Stuffed shells, meatballs, cauliflower, bread, pineapple tidbits, milk* Cheeseburger on bun - (\$2.50) Waffle fries - (.50 cents)</p>	<p>15) EARL J SIMONS ONLY: *Breaded pork chp, Gardn Rotini, Wax beans, Butterd carrots, milk, Strawberries* Turkey club pannini-turkey, swiss, tomato (\$3.00)</p>	<p>16) PARK ST ONLY Beef and rice soup, crackers *Egg omelette, turkey sausage patty, potatoes, rye bread, grapes, juice, milk* Egg and turkey sausage sandwich on English muffin (\$1.50) Chef Salad - (\$4.25)</p>	<p>17) EARL J SIMONS ONLY: *Ham, Boiled Potatoes, Cabbage, Carrots, Bread, Ice cream, milk* Crisp Salad: greens, zucchini, carrots, celery, onions, croutons, almonds, sesame seeds, HB egg, Dressing (\$4.50)</p>	<p>18) PARK ST ONLY Chicken vegetable soup, Crackers *Tossed salad, Cheese Pizza, Meatballs, Broccoli, Vanilla Pudding, milk* Pizza - slice-\$1.00 Garden side salad - \$1.75 Bagel and cream cheese(\$1.50)</p>
<p>21) PARK ST ONLY Oriental beef and rice soup, crax *Baked chicken filet, succotash, candied carrots, rice pilaf, pink grapefruit, milk* Meatball parm sub (\$2.50) Bagel and cream cheese (\$1.50)</p>	<p>22) EARL J SIMONS ONLY: Cream of Potato soup, Crackers *Crn of potato soup, crackers, Bakd Tilapia florentine, Butternut squash, Milk, strawberries over biscuit* Grilled chicken w/ cheese, lettuce, tomato, mayo on roll (\$3.75)</p>	<p>23) PARK ST ONLY Italian wedding soup, Crackers *Ham w/pineapple, potato salad, dinner roll, green beans, jello cake, milk* Chix mandarin salad-</p>	<p>24) EARL J SIMONS ONLY: *Veget Slaw, Southern bakd Chix Strips, Asparagus Ital Style, Herbed brown Rice, milk, Apricots* Chicken salad on pretzel bread</p>	<p>25)</p>  <p>OFFICE CLOSED</p>
<p>28) PARK ST ONLY Corn chowder, Crackers *Corn chowder, Salisbury steak, mashd pot, gravy, CapeCod blend veget, wh wh bread, orange segments, milk* Cheeseburger- \$2.50 Waffle fries- .50 cents</p>	<p>29) EARL J SIMONS ONLY: *Shredded pork barbecue on bun, Cole-slaw, Cauliflower, Warmed diced peaches on biscuit, whipped topping, milk* Baked cheese broccoli quiche (\$1.75) Shredded pork on bun (\$2.50)</p>	<p>30) PARK ST ONLY Cheese tortellini soup, crax *Breaded chix tendrs, Baked potato, w/sour cream, Baby carrots, Cabbage, cornbread, Milk, Fruit cocktail, w/whippd topping* Baked chicken tender (\$1.50) Waffle fries-.50\$</p>	<p>31) EARL J SIMONS ONLY: Vegetarian chili, crax *Vegetarian chile, Baked salmon w/creamy dill sauce, WW rotini, brussels, rye bread, grapes, milk* Hotdog on bun w/sauce (\$1.00 plus .25) Chicken Caesar Salad (\$4.25)</p>	<p>MILK SERVED WITH ALL MEALS</p> 

HAWLEY NEWS

I hope everyone had a smooth winter this year (No snow to speak of) and this letter finds all of you in good health and great spirits. With the thought of Spring just around the corner, we have a lot to be thankful for. We had one of our best Valentine's Parties ever.

Plenty of happy seniors came out and braved the cold to celebrate Love, Happiness and Friendship on this day of romance. We enjoyed music and entertainment played by our very own cupid (Andy Anderson). What a lovely day.

On Wednesday, February 17th we had the pleasure of meeting and enjoying the musical talents of Bill Frye. We had a wonderful time joining in and singing along. All the seniors request he comes back in the near future.



We have a lot of activities coming up in March. Mark your calendars for Tuesday March 8th @ 11:30 for Marching Out of Pain with Judy Longo.



St. Paddy's Day will be Thursday March 17th starting at 11 am with door prizes, music and a good old fashion Irish meal. Friday ,March 18th, Lynn Guiser our dietitian will be here to answer any and all questions and concerns you may have regarding meals and nutrition. This year St Paddy's and Easter are in the same month so that means our Easter dinner is on Wednesday, March 23rd. Let us know if you plan to come in and join us . Please let Lu know at least 2 days in advance. Thank You.

Our March Birthday's are: Pat McKeel, Bill Burisi, Theresa Cleary, Irene Stark, Daniel Soos, Arlene Diehl, Ruben Velez, Merry Ellen Daniels, Jennie Questone, Gerald Dixon, Sara McAllister, Hank Vreeland, Joan Mc Quone, Theresa Nurnberger, Regina Riecker, John Boguski. Happy Birthday To You All.



Our culinary book club resumes for 2016. Our theme this year is Around the World with Food. It is a night of food demonstrations, tastings, sharing recipes and book discussions starting at 5:30 at Wayne County Public Library, 1406 Main Street, Honesdale.



Our schedule :

March 9---Vietnamese food

July 13---Polish food

Nov 9-----French food

May 11----Hungarian food

Sept 14---Cuban food

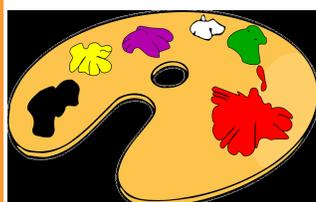
To register contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org

Adult events occurring at Wayne Co Public Library, 1406 Main St. Honesdale

1. Wonderful Women of Wayne County

Tuesday, March 22, at 5:30

Ann O'Hara and Kay Stephenson will tell us about the women of Wayne County through the years for National Women's History Month.



2. Painting With Suzanne

Tuesday, March 29, at 5:30

Spring into spring with a fun and creative night. Bring a vase of your choice to paint.

Painting supplies will be provided. Skill level—Beginner.

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



News from the Nutrition & Dietary Department:

Greetings, everyone:
With the more mild winter this year, we have been able to continue serving meals without much interruption. (Phew!) As you know, it's difficult to reach all recipients in a timely fashion when we encounter challenging weather. Thinking of challenging weather brings up thoughts of the amount of people we serve in their homes.
In this newsletter, we are sharing some interesting factoids about our

home delivered nutrition program:

Did you know our meals are not 'Meals on Wheels'? (Meals on wheels is a franchise.)

Did you know we deliver meals to 400 people in the Wayne County community?

Did you know we are called, 'Wayne County Home Delivered Meals?' (Yes, that simple.)

Most people have not seen our kitchen in action. (Partly, because activities here start at 6:00 am!) No problem, we will share through pictures. You can see the process of how our meals get sealed for safe home delivery. We have a meal sealing conveyor system that we use every day to ensure food safety and quality. Our staff measures and scoops the different foods according to the menu, moves the plate along to the next person, and when filled properly, places the plate onto the conveyor system, where an operator assures it is completely sealed with a strong clear plastic wrap. Lastly, a staff member, using a label maker, applies information for the recipient, about the foods in the plate, names and temperatures when removed from their heat source, our kitchen address, and the date the plate was prepared.

The other 125 meals we prepare daily, are transported in bulk, and/or served in various senior center and satellite sites.

Then, we take a break!

Lynn Guiser, Licensed Nutritionist/
Dietitian, ext 3190

Amy Costantino, Certified Dietary
Manager, ext 3191





HAMLIN NEWS

... Our first snow day came in Feb. and I was finally able to get some bus trips finalized. This has been a very difficult year for planning bus trips but it is finally looking promising. I've had a hard time trying to figure out different places for us to go or the places I picked just didn't work out. I've had many requests for the 911 Memorial and Museum and the One World Observatory in NYC. This looks like it will be a fantastic and memorable trip. I'm looking at a date in early June. The trip would be about \$140.00 per person and would include lunch. We have to purchase a set number of tickets in advance, so I need to hear from you ASAP if you are interested. Please keep in mind this is a long day with a lot of walking.

Here are the trips I have completed (or are just about complete) so you can mark your calendars and reserve the dates. March 16th will be doing the Irish jig at Mt. Haven Resort in Milford. April 8th takes us back to Mohegan Sun Casino for some fun and hopefully some winners! We head to The Rainbow Playhouse in Lancaster on May 11th for the comedy: "Catch Me If You Can." They also put on a tasty luncheon before the show. Early June for the New York City trip, details to follow. And for a totally new trip – The Bethel Woods Center for the Arts and Monticello Casino on Tuesday, August 9th. September 13th to the 16th we will be by the seashore in Cape May, NJ. I'm still working out the details but this looks like a great trip. This year we celebrate Oktoberfest at Split Rock Resort on Thursday, Oct. 20th.

Please remember it is helpful if you sign up and pay early. I hate to cancel trips if we don't have enough people only to find out later more people wanted to go. Sometimes resorts want to know how many will be coming a month in advance of the trip. It is difficult to judge if we don't hear from you. Hope to see you on the bus!

For Healthy Blood Pressure

Keep a healthy weight. Ask your doctor if you need to lose weight.

- **Be physically active.** Get moving for at least 30 minutes most days of the week.

- **Eat a healthy diet.** Choose an eating plan rich in vegetables, fruits, whole grains, and low-fat dairy and low in saturated fat and added sugars.

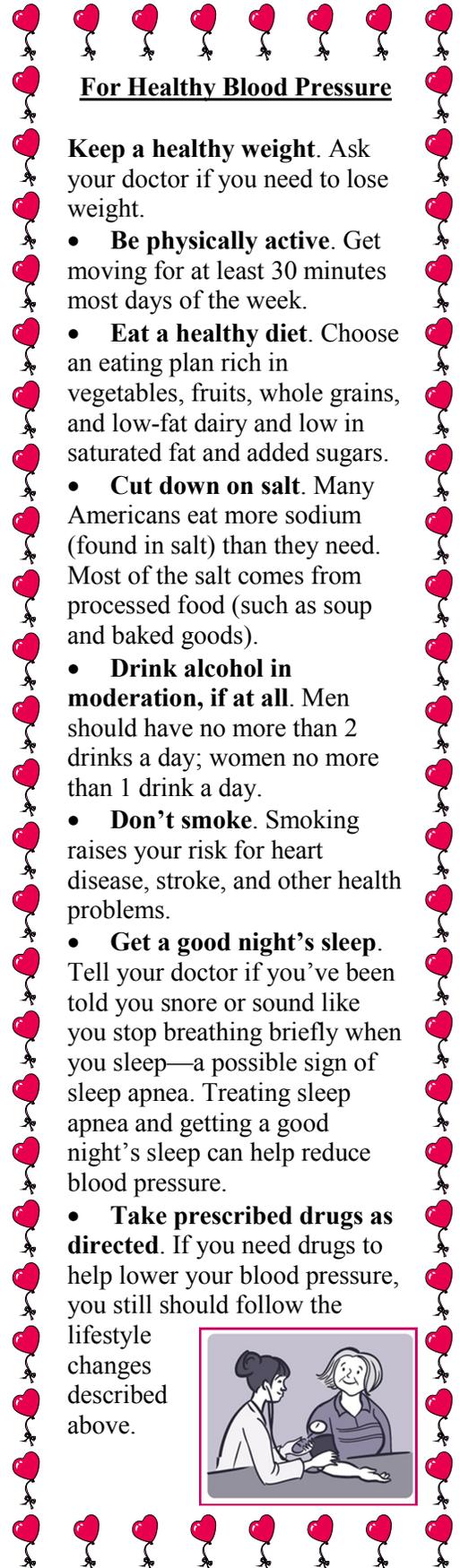
- **Cut down on salt.** Many Americans eat more sodium (found in salt) than they need. Most of the salt comes from processed food (such as soup and baked goods).

- **Drink alcohol in moderation, if at all.** Men should have no more than 2 drinks a day; women no more than 1 drink a day.

- **Don't smoke.** Smoking raises your risk for heart disease, stroke, and other health problems.

- **Get a good night's sleep.** Tell your doctor if you've been told you snore or sound like you stop breathing briefly when you sleep—a possible sign of sleep apnea. Treating sleep apnea and getting a good night's sleep can help reduce blood pressure.

- **Take prescribed drugs as directed.** If you need drugs to help lower your blood pressure, you still should follow the lifestyle changes described above.



Making food choices for a healthy lifestyle can be simple . . . use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.



- Balance Calories** – Find out how many calories YOU need a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.
- Enjoy your food, but eat less** – Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- Avoid oversized portions** – Use a smaller plate, bowl, and glass. Portion out food before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
- Foods to eat more often** – Eat more vegetables, fruits, whole grains and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health – including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
- Make half your plate fruits and vegetables** – Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.



6. **Switch to fat-free or low-fat 1% milk** – They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. **Make half your grains whole grains** – To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. **Foods to eat less often** – Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza,

and fatty meats like ribs, sausage, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. **Compare sodium in foods** – Use the Nutrition Facts label

to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled

“low sodium,” “reduced sodium,” or “no salt added.”

10. **Drink Water instead of sugary drinks** – Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night

Go to www.ChooseMyPlate.gov for more information

Available Medicare Savings:



If you are
low-income, a
Medicare
Savings
Program may
help with some
of your
Medicare costs.

If your monthly income is close to the limits listed below, a Medicare Savings Program may help you.

Monthly Income Limit* (single):	Monthly Income Limit* (married):	Programs Pay for:
\$1,300	\$1,800	Part B monthly premium

*Income limits are approximated and vary by state.

If you are a **working person with a disability** and your monthly income is close to the limits listed below, the **Qualified Disabled Working Individuals Medicare Savings Program** may help you.

Monthly Income Limit* (single):	Monthly Income Limit* (married):	Program Pays for:
\$4,000	\$5,300	Part A monthly premium

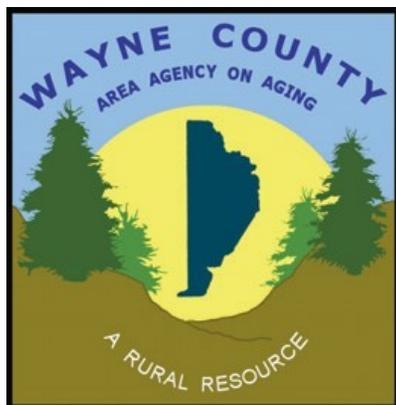
*Income limits are approximated and vary by state.

**FOR ASSISTANCE, CALL: Wayne County Area Agency on Aging
323-10th Street, Honesdale, PA 18431
570-253-4262**

Current as of August 2014



Wayne County Area Agency on Aging



Phone 570-253-4262 (8am-4pm) Or visit our website for a full outline of available services:
www.Aging.WayneCountyPA.gov • Elder Abuse Hotline 1-800-648-9620

County Transportation System 570-253-4280 Please call for information on services available:

- Food Pantry
- Care Transitions
- Aging Newsletter
- Volunteer Program
- Ombudsman Program
- Home Delivered Meals
- Nursing Home Transitions
- Employment Opportunities
- Level of Care Determination
- Personal Assistance Services
- Chronic Disease Self Management
- Family Caregiver Support Program (State/Federal & Grand Parenting)
- PrimeTime Health/Falls Prevention
- Caregiver Support Group Meetings
- Senior Center Activities/Bus Trips

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FACEBOOK!



PENNSYLVANIA



TO AGING AND DISABILITY RESOURCES

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

1-800-753-8827

Aging.WayneCountyPA.gov/ADRC-2

MARCH 2016 Home Delivered Menu	1) Chicken Cacciatore over whole wheat penne Zucchini Succotash Jello cake	2) Cranberry Juice Cocktail Hamburger On bun Sweet potato cubes 	3) Orange-pineapple juice Chicken Tetrazzini White rice Baby carrots Green beans	4) Vegetable lasagna Meatballs Broccoli  Warm peach slices	
	7) Meatloaf Mashed potatoes Mixed vegetables Whole Wheat dinner roll Warm cinn apple slices	8) Tom w/beans soup Cheeseburger on bun Sweet potato Pink Grape- fruit 	9) Chicken parmesan over whole wheat rotini Carrots Broccoli Italian bread	10) Roast turkey w/Gravy Mashed potatoes Brussel spouts whole wheat dinner roll Warmed diced peaches On biscuit	11) Apple juice Pollock loin Garden rotini Wax beans Hubbard squash
	14) Stuffed Shells Meatballs w/ sauce Cauliflower Spinach Italian bread	15) Breaded Porkchop Garden Rotini Wax beans Candied carrots Strawberries	16) Orange-pineappl juice Egg Omelette Turkey Sausage Patty Potatoes Rye bread Warm cinn appl slices	17) <u>St Patrick's Day</u> Ham Boiled Potatoes Cabbage Carrots Bread Lorna Doones	18) Apple juice Cheese Pizza Meatballs w/ sauce Broccoli Graham crackers 
	21) Grape juice Baked chicken filet Succotash Candied carrots Rice pilaf	22) Cream potato soup Whole Wheat crackers Bakd tilapia Florentine Butternut squash Strawberries Over bis- cuit Whipped topping	23) <u>Easter Dinner</u> Ham Pineapple Potato salad Dinner roll Green beans Jello cake	24) Southern baked Chix Strips Asparagus Ital Style Steamed butterd cabbage Herbed Rice Apricots	25) Office closed
	28) Orange juice Corn chowder Salisbury steak w/Gravy CapeCod Blend Veget Whole wheat bread	29) Shredded Pork Bar- becue on bun Asparagus Cauliflower Diced peaches on bis- cuit	30) Baked breaded chicken Baby bakers Baby carrots Cabbage Whole wheat bread	31) Vegetarian Chile Baked Salmon w/creamy dill Sauce Whole Wheat Rotini Brussels Rye Bread Fruit cocktail	Milk served with all meals



WAYNE MEMORIAL HOSPITAL SUPPORT GROUPS
Donna Decker, RN Manager of Community Health Department
570-253-8422 WWW.WMH.ORG



GROUP TITLE	CONTACT PERSON	PHONE	MEETING LOCATION	DAY & TIME
108 Club-Diabetes	Carol Kneier	570-253-8149	Wayne Memorial Hospital	Sundays as announced
Parkinson's	Heather Kerr	570-253-8731	Good Shepherd Rehab @ Wayne Memorial	1 st Thursday 6:30pm
Compassionate Friends	Sandy Worobey	570-727-2839	Wayne Memorial Hospital	3 rd Wednesday 7pm
MS Support	June Utegg	570-253-4855	Wayne Memorial Hospital	4 th Sunday 2pm
Survivors of Suicide	Donna Decker	570-253-8608 or 570-253-8422	Wayne Memorial Hospital CR3	4 th Thursday 7-8:30pm
Stroke Support	Judy Eisenhauer	570-253-8732	Good Shepherd Rehab @ Wayne Memorial	2 ND Thursday 6:30pm
Alanon	Lenny	570-729-0409 or 845-701-1097	Wayne Memorial Hospital DK	Tuesdays 7-8pm
Cancer Support Group	Karen Stumpo	570-253-7322	Wayne Memorial Hospital CR3	1 st Tuesday 6:30-8:00pm

Mohegan Sun Casino Friday, April 8 \$22.00 per person

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

Depart the casino at 3:00pm

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



Depart:

Honesdale McDonald's @ 9:00am

Hawley Senior Center @ 8:30am

Hamlin Center @ 9:00am

**Money needs to be in by Friday, April 1st, 2016.*

** Cancellation Policy: Your money refunded only if your seat can be filled, until April 1st After April 1st money will not be refunded for any reason.*

Return Home:

Honesdale @ 4:00pm

Hawley @ 4:30pm

Hamlin @ 4:00pm

Pennsylvania – First Innovation

Bubble Gum, Petroleum Jelly, Zippers, Groundhog Day, Little League Baseball, the State Police Force, the Gas Station, the Volunteer Fire Department. ... Today, people across the country – and the world – take these things for granted. But we have the resourcefulness and skill of Pennsylvanians to thank for all of them. Among MANY other firsts, Pennsylvania is home to the first successful newspaper (published in 1784), the first public zoo and the first Little League World Series (held in Williamsport in 1946). For hundreds of years, Pennsylvania has been leading the way in innovation – demonstrating why it so richly deserves its reputation as the keystone of our nation.

Notable firsts:

*First United States Capital - Philadelphia was the first capital under the First Continental Congress from September 5, 1774 to October 24, 1774.

*First subscription library – Library Company of PA founded by Benjamin Franklin.

*First commercial radio station -KDKA Radio in PA

*First cable television system -Mahanoy City

*First successful oil well—Edward Drake oil well drilled in 1859 in Titusville

*First steamboat - the Clermont in 1807

*First locomotive operated in the U.S. -The Stourbridge Lion in 1829

*First high-speed multi-lane highway—the Pennsylvania Turnpike

*First organized state police force in the nation -instituted in 1905

*First in the production of pretzels, potato chips, scrapple, sausage, and mushrooms

*First in rural population, covered bridges, and state game lands



Eat, Drink & Be Irish!!! St. Patrick's Day Bus Trip

Mt. Haven Resort, Milford, PA

Wednesday, March 16, 2016 \$ 58 per person

We start off our fun filled day with a breakfast buffet, 4 hours open bar, bingo, dancing, entertainment; featuring the Joey Vincent Show. Before going home we are treated to a grand Irish dinner buffet. If you go home hungry, you have only yourself to blame!

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

Depart:

Hamlin Center @ 8:30am
Honesdale McDonald's @ 9:00am
Hawley Senior Center @ 9:30am

Arrive Home:

Hamlin @ 6:30pm
Honesdale @ 6:00pm
Hawley @ 5:30pm

*Money needs to be in by Monday, March 7th. * Cancellation Policy: Money refunded only if your seat can be filled. No refunds for any reason after Wednesday, March 9th.

Remember to wear your green because everyone is Irish on St Paddy's



"Catch Me If You Can" Rainbow's Comedy Playhouse Paradise, PA

Wednesday, May 11, 2016

\$75.00 per person

We are off to Amish country and a day full of laughs. Our day starts with a Lancaster - style buffet lunch at the theatre, followed by the comedy play "Catch Me If You Can" - A classic who done it. This mystery was the inspiration for the TV series, Columbo. Twists and turns abound as a husband on vacation reports his wife is missing. He said/she said, and maybe a murder or two. After the show we head to the Bird-In-Hand Farmer's Market for a little shopping and a bite to eat before heading home.

To reserve your seat call Marie at 253-5540 or Debbie at 689-3766.

Depart:

Honesdale McDonald's @ 7:00am
Hawley Center @ 7:30am
Hamlin Center @ 8:00am

Arrive Home:

Honesdale @ 9:30pm
Hawley @ 9:00pm
Hamlin @ 8:30pm

*Money needs to be in by Tuesday, May 3rd. *Make checks payable to Wayne County Aging.
* Cancellation Policy: Money refunded only if your seat can be filled. No refunds for any reason after May 4th.

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 Prudential sign

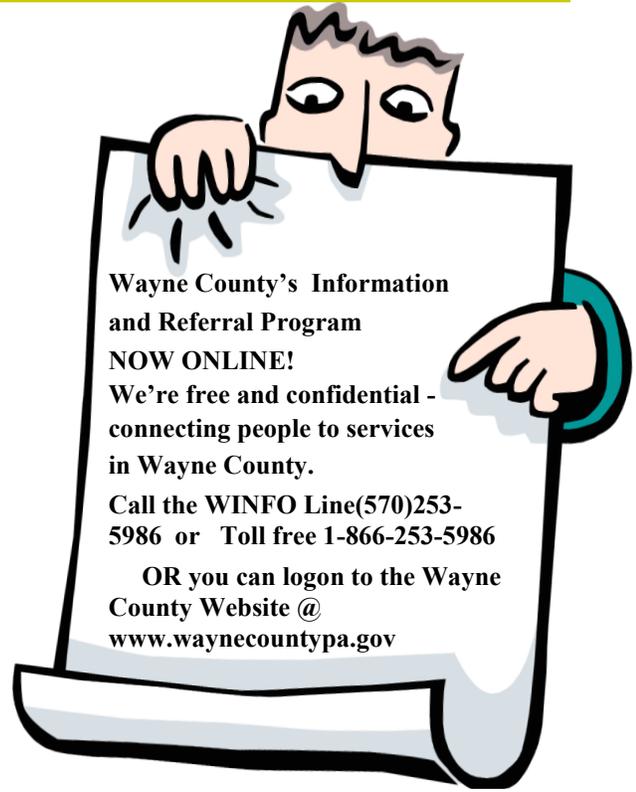
Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

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

Waymart 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

Wayne County Veterans Affairs Representative: Honesdale 308-10th Street, 9-12, Tuesday and Thursday ONLY; Hamlin Senior Center, 9-12, 1st and 3rd Wednesdays; Hawley Senior Center, 9-12, 2nd and 4th Wednesdays. For more info please call: 570-253-5970, Ext. 3114.



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

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Happy St Patrick's Day!

