

NEWS FOR ALL SEASONS



WAYNE COUNTY AREA AGENCY ON AGING

Issue 70

May 2016

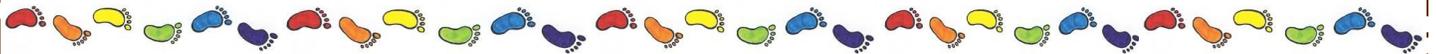


You Are Invited!!

**Older Adult
Appreciation Day**



May is Older American's Month



The theme this year is "**Blaze a Trail.**" Join us as we blaze a trail by promoting activities, inclusion, and wellness for older Americans.

Our three Wayne County Senior Centers will be open on May 16th from 8am to 3pm to honor **Older Americans Month**. We would like to invite everyone to come in and see all we have to offer. Come visit each of our three Senior Centers: Honesdale * Hawley * Hamlin

Coffee, Tea and Donuts available from 8-10 am

Free lunch and transportation for anyone NEW to the Center.

This year we will be partnering with Paul Mang and Jeff Hiller who have offered to provide a guided beginner's hike and disc golf activities at Prompton State Park.

The hike/activities will begin at the park at 11am. There will be a free cold lunch provided to NEW members (over 60) who complete our registration forms. There is a \$2 suggested donation for those who already participate at the centers and a \$5 suggested donation for those under 60 years of age.

Transportation will be leaving each center at **10:15am** to go to Prompton State Park. Transportation will be free, but you must pre-registered with Transportation.

Please RSVP for the event by May 9, 2016 by calling 570-253-4262. Please speak to Mary Ursich or Maggie Hicks with any questions.

NEWS FOR ALL SEASONS

<p>2) Corn chowder Whole Wheat Bread Salisbury steak w/ Gravy Mashed potatoes Cape Cod blend vegetables</p>  <p>Orange segments</p>	<p>3) Shredded Pork Barbecue <i>On a Bun</i> Coleslaw Cauliflower</p> <p>Warm Diced peaches— Over Biscuit, <i>whipped topping</i></p> 	<p>4) Vegetarian chili Baked salmon w/Creamy Dill sauce Whole Wheat Rotini Brussels Rye Bread</p> <p>Fresh Honeydew</p>	<p>5) <i>Cinco de Mayo</i></p> <p>Tossed salad w/ tomatoes Beef n bean burrito -cheddar on top Sour cream Mexican style corn</p> <p>Vanilla Ice cream</p> <p><i>N'thern Wayne:</i> <i>apple juice, tossed</i> <i>salad w/tomatoes,</i> <i>Ham n swiss on</i> <i>rye, strawberries</i></p>	<p>6) <i>Mothers Day</i></p> <p>Barbecued Chicken Baked potato Sour cream Baby carrots Bread</p> <p>Strawberries over biscuit, <i>whipped topping</i></p>
<p>9) Haddock Fish Patty Dinner Roll Tartar sauce Stewed tomatoes Asparagus</p> <p>Apricots</p>	<p>10) Chicken Cacciatore over whole wheat pasta Zucchini Succotash</p> <p>Jello cake</p>	<p>11) California burger On bun Sweet potato cubes</p> <p>Grapes</p>	<p>12) Vegetable lasagna Meatballs Broccoli</p> <p>Strawberries w/ whipped topping</p>	<p>13) Baby spinach salad Chicken Tetrizzini White rice Green beans</p> <p>Pineapples & orange bits</p>
<p>16) Meatloaf Mashed potatoes Mixed vegetables Cornbread</p> <p>Apple Betty</p> 	<p>17) Tomato w/beans soup Cheeseburger Potato Salad</p>  <p>Pink Grapefruit</p>	<p>18) Tossed Salad Breaded chicken Parmesan Over whole wheat rotini Broccoli</p> <p>Vanilla ice cream</p>	<p>19) Soup-butternut squash Whole Wheat crackers Tunafish salad on Pita Vegetable Slaw Fruit Medley</p> <p><i>N'thrn Wayne: Tuna</i> <i>sandwich, fruit,</i> <i>vegetable slaw, juice</i></p>	<p>20) Orange–pineapple juice Egg Omelette salsa Turkey Sausage Patty Potatoes Rye bread Ketchup if desired</p> <p>Grapes</p>
<p>23) Stuffed Shells Meatballs w/ sauce Cauliflower Italian bread</p> <p>Pineapple tid- bits</p>	<p>24) Tossed salad Breaded pork chop Garden Rotini Butternut squash</p>  <p>Fruit medley</p>	<p>25) Honey Mustard Chicken Mashed potatoes Zucchini Mixed vegetables Whole Wheat bread</p> <p>LornaDoones</p>	<p>26) Roast turkey w/ gravy Mashed potatoes Brussel spouts Whole wheat dinner roll</p> <p>Warmed diced peaches on biscuit w/ whipped topping</p>	<p>27) <i>Memorial Day</i></p> <p>Tossed salad w/broccoli and peppers Frankfurter on Roll Sauerkraut German baked beans</p> <p>Strawberries w/whipped topping</p>
<p>30) CLOSED</p> 	<p>31) Cream of potato soup Whole Wheat crackers Baked Tilapia Florentine Carrots</p> <p>Cookies</p>	<p>CONGREGATE</p> <p>MENU</p>		<p>MILK SERVED WITH ALL MEALS</p> 



**ALL CENTERS
& OFFICES
CLOSED**

MONDAY MAY 30



EVERYDAY AT THE HONESDALE CENTER

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, MAY 11 – 1:30

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




NORTHERN WAYNE CENTER – Thursday, MAY 5 & MAY 19

EVERYDAY AT THE HAMLIN CENTER

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



EVERYDAY AT THE HAWLEY CENTER

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



NEWS FOR ALL SEASONS

Wellness Chair Yoga Class . . . With Diana Torre

Notable credentials include:

Diana is a Certified Kriplau Yoga teacher since 1993. (Kriplau Yoga is defined as compassionate self acceptance, observing the activity of the mind and body without judgment and taking what is learned into daily life). Diana is a yoga practitioner for thirty + years. She also leads classes for Silver Sneakers/YMCA/Arthritis Foundation/ and meditation certifications.

Yoga provides benefits for all ages and abilities. You will notice increased length and strength. Stress relief through breathing techniques and is known to provide arthritis relief, decreased blood pressure, relaxation, encourage meditation and more.

Please come join us for these enlightening, healthful classes for our mental and physical well being. Classes are scheduled to begin on the 2nd and 4th Thursdays of every month, from 10:30-11:15 am at the Honesdale Senior Center. Give us a call at 570-253-4262 for further information.



HONESDALE HAPPENINGS . . .

- Hats off to our Mother's Or Hat's on! It's a party; actually it's a dual party!! May 6th is the Honesdale Senior Center's Mother's Day celebration, as well the Kentucky Derby Party! Please join us in wearing our best Kentucky Derby hats to enjoy a day of friendship and laughter.

- Mind Matters : WITF and Jeffrey W. Roberts, Ph.D presents: A crash

course on Politics and religion. Wednesday May 11th, 10am-11:15 am Lecture and Q&A. The presentation will take place in the dining room at the Honesdale Senior Center.

- Thank you to Woodloch for the Home for the Holidays Cooking Class that was offered by Joey and Chef Dave Nordenhold for the morning of learning, laughter and tasty treats! Thank you to Avery's for the safe and reliable transportation.
- If you know someone who is visually impaired, The Association for the Blind will be hosting a meeting the second Tuesday of every month at 1 pm at the Honesdale Senior Center. Please call and reserve a spot, 570-253-5540. The Association for the Blind is a non-profit organization that helps community members based on income eligibility and vision screening having to be legally blind with a 20/70 vision or worse. They offer adaptive aid packets and have such tools such as large check ledgers, clocks that speak the time, & many other helpful devices which can aid in enhancing the remaining vision by recommending a device to help you in your daily living. They can also help register consumers to vote or obtain an absentee ballot.

SCAM ALERT

The Office of Attorney General has seen a significant increase in phone calls from consumers who have been victims of a lottery or sweepstakes scam. The office's Bureau of Consumer Protection offers the following tips to consumers.

- **NEVER** give personal info to strangers.
- Be suspicious of anyone claiming you won something, especially if you do not remember entering a contest.
- Legitimate lotteries will not require you to pay money before claiming a prize.
- Make a report if you have been the victim of a scam.

For more info visit:
www.attorneygeneral.gov

Brought to you by:
The Pennsylvania Office of Attorney General
Bureau of Consumer Protection



Spring has come to Hamlin and we are thankful for the sunshine and blooming flowers. It hasn't been a bad winter compared to what other areas got this year but we are happy it's over. Things are busy at the center and in a blink of an eye it will be summer and picnic time. Yes, besides bus trips we are already planning our picnics for July.

We have a new afterhours program at the Hamlin Center. Anyone interested in Square Dancing? Our new square dancing group meets on Wednesday nights at 6pm. They are happy to have people join them, even if you just want to come and watch.



I've had a request for someone to volunteer to teach the seniors how to use a computer. If you have some computer skills, and are a patient person, the seniors would like to learn computer skills starting with how to turn one on and working their way up from there. Call Debbie at 689-3766.

We had a very special treat for our Easter party this year. The Hinkle Family, all the way from Decatur, Texas, treated us to a gospel music concert. This Musical, Ministry Family travels 365 days a year from coast to coast playing in nursing homes, retirement centers and senior centers. Seven family members make up this talented group from Grandpa to the Grandkids. The seniors and I would like to thank them for sharing their talents with us and I'd also like to thank the Hollisterville Baptist Church for arranging the concert. Due to lack of interest I've had to cancel the New York City trip in June. It will be replaced with another gambling trip to Mohegan Sun Casino on Wednesday, June 15th.

<p>2) Orange juice Corn chowder Bread Salisbury steak w/gravy Cape Cod blend vegetables</p> 	<p>3) Shredded pork barbecue on a roll Asparagus Cauliflower Diced peaches on a biscuit</p>	<p>4) Vegetarian Chili Baked salmon w/dill sauce Rotini Brussels Bread Fruit cocktail</p> 	<p>5) <i>Cinco de Mayo</i> Beef and bean burrito w/cheddar on top Mexican style corn Zucchini n tomatoes Churro</p>	<p>6) <i>Mother's Day</i> Barbecued chicken Baked potato Baby carrots Bread Strawberries over biscuit</p>
<p>9) Haddock Fish Patty WW Dinner Roll Stewed tomatoes Asparagus Apricots</p>	<p>10) Chicken Cacciatore over WW pasta Zucchini Succotash Jello cake</p>	<p>11) Cranberry juice cocktail Hamburger on bun Sweet potato cubes</p>	<p>12) Vegetable lasagna Meatballs Broccoli Warm Cinn Apple slices</p>	<p>13) Orange-pineapple juice Chicken Tetrizzini White rice Green beans Baby carrots</p>
<p>16) Meatloaf Mashed potatoes Mixed vegetables WW Dinner Roll Apple Betty</p>	<p>17) Tomato bean soup Cheeseburger on bun Sweet potato fries Pink Grapefruit</p>	<p>18) Chicken Parmesan over Pasta WW Rotini Broccoli Carrots Italian bread</p>	<p>19) Apple juice Pollock loin Garden rotini Wax beans Hubbard squash</p>	<p>20) Orange-pineapple juice Egg Omelette Turkey Sausage Patty Breakfast Potatoes Rye bread Warm peach slices</p>
<p>23) Stuffed Shells Meatballs with Sauce Cauliflower Spinach Italian bread</p>	<p>24) Breaded porkchop Garden Rotini Butternut squash Wax beans Fruit Medley</p>	<p>25) Honey Mustard chicken Mashed potato Zucchini Mixed vegetables WW bread LornaDoones</p>	<p>26) Roast turkey w/ gravy Mashed potatoes Brussel spouts WW dinner roll Warm diced peaches on biscuit</p>	<p>27) <i>Memorial Day</i> Frankfurter on roll Sauerkraut German baked beans Strawberries</p>
<p>30) <u>HOLIDAY OFFICE CLOSED</u> <u>Frozen Home Delivered:</u> Grape juice Breaded Chicken Strips Rice pilaf Asparagus Italian Style Steamed Buttered Cabbage</p>	<p>31) Apple juice Cream potato soup WW crackers Baked tilapia Florentine Buttered carrots Cookies</p>	<p style="text-align: center;">HOME DELIVERED MENU</p> 		<p style="text-align: center;">MILK SERVED WITH ALL MEALS</p> 

NEWS FOR ALL SEASONS

10 tips to help you eat whole grains



Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Make simple switches .

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

Whole grains can be healthy snacks.

Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



Save some time.

Cook extra brown rice or whole-wheat pasta when you have time. Refrigerate half to heat and serve later in the week as a quick side dish.

Mix it up with whole grains.

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

Try whole-wheat versions.



For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni & cheese.

Bake up some whole-grain goodness.

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

Be a good role model for children.

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

Check the label for fiber.

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

Know what to look for on the ingredients list.

Read the ingredients list and choose products that name a wholegrain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

Be a smart shopper.

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grain.

Source: www.choosemyplate.gov



THE MEDICARE LOW INCOME SUBSIDIES

WHAT THEY ARE: The Medicare low-income subsidies are a set of federally and state funded programs that help make Medicare more affordable for low-income Medicare recipients. These programs include the Medicare Savings Programs (MSPs), and the Medicare Part D Low Income Subsidy/Extra Help program (often referred to either LIS or Extra Help).

For information on how to apply, see next page.

UNDERSTANDING MSPs

MSPs are a set of 4 programs run by the state Medicaid agencies that can help low-income Medicare recipients save on Medicare costs. MSPs include the Qualified Disabled and Working Individual (QDWI), Qualifying Individual (QI), Specified Low-Income Medicare Beneficiary (SLMB), and Qualified Medicare Beneficiary (QMB) programs.

HOW THEY WORK: Individuals must have Medicare Part A and must fall into the income and asset guidelines in their state to qualify for an MSP (see charts below).

The QDWI program applies to working people with disabilities.

Program	Program Details	Monthly Income Limits*		Asset Limits*		Pays for:
		Single	Married	Single	Married	
QDWI	Open to working people with disabilities who lose their Social Security Disability Insurance (SSDI) benefit and lose premium-free Part A. Not for those who have Medicaid.	\$3,955	\$5,309	\$4,000	\$6,000	Part A premium

*Limits vary by state and are updated annually.

The QI and SLMB programs cover the cost of the part B monthly premium for low-income Medicare recipients.

Program	Program Details	Monthly Income Limits*		Asset Limits*		Pays for:
		Single	Married	Single	Married	
QI	Not for those who have Medicaid. Enrollment is limited.	\$1,313	\$1,770	\$7,160	\$10,750	Part B premium
SLMB	Open to those who have Medicaid.	\$1,167	\$1,573	\$7,160	\$10,750	Part B premium

*Limits vary by state and are updated annually.

Program	Program Details	Monthly Income Limits*		Asset Limits*		Pays for:
		Single	Married	Single	Married	
QMB	Open to those who have Medicaid. Doctor must accept Medicare and Medicaid for cost of care to be covered.	\$973	\$1,311	\$7,160	\$10,750	Part A/B premiums, deductibles, co-pays and coinsurance

*Limits vary by state and are updated annually.

UNDERSTANDING LIS / EXTRA HELP

LIS or Extra Help is a program run by the Social Security Administration that helps low-income Medicare recipients save on Medicare Part D prescription drug costs.

HOW THEY WORK: Individuals must fall into the federal income and asset limits (see chart below). Individuals who receive Extra Help must sign up for a Medicare Part D prescription drug plan or a Medicare Advantage plan with prescription drug coverage.

Medicare pays for the full monthly premium if an individual signs up for one of the stand-alone Prescription Drug Plans that offer the standard Part D benefit, referred to as low-income benchmark plans. People who are dual-eligible (on both Medicaid and Medicare), receive Supplemental Security Income (SSI), or have an MSP are automatically signed up for the Extra Help program.

Level of Coverage	Monthly Income Limits*		Asset Limits*		Benefits:
	Single	Married	Single	Married	
Full LIS	\$1,313	\$1,770	\$8,660**	\$13,750**	Premium/deductible: \$0; co-pays: \$1.20–2.55 generic, \$3.60–\$6.35 brand-name; no co-pay after reaching \$4,550 out-of-pocket threshold
Partial LIS	\$1,459	\$1,966	\$13,440**	\$26,860**	Premium: income-based; deductible: \$63 and under; co-pays: 15% coinsurance or plan co-pay, \$2.55 generic and \$6.35 brand-name or 5% of drug cost (whichever is greater), after \$4,550 in total out-of-pocket costs

*Amounts are updated annually.

**Amounts include a \$1,500 per person disregard for burial expenses.

HOW TO APPLY:

Interested persons may apply for an MSP at their local Medicaid office.

For Extra Help, individuals can apply online or at their local Social Security office.

More information and assistance available at:

- State Health Insurance Assistance Program (SHIP): www.shiptalk.org
- Medicare Rights Center: www.medicarerights.org; (800) 333-4114
- NCOA Center for Benefits Access: www.centerforbenefits.org; centerforbenefits@ncoa.org
- www.medicare.gov

Issue 70



SENIOR FAIR

Wayne Co Public Library, 1406 Main St, Honesdale will hold its 9th annual Senior Fair on May 18 from

10:00 to 4:00.

It is an all day program with different speakers. Each participant selects the sessions that they want to participate in and a lunch is served. (Event is Free)

(Choose 1 event from each time slot)

10:00-10:15: Welcome and Coffee

___ 10:15-11:30: Jay Smar, "Northeast Pa Coal Mine and Folk Music"—Jay's singing, fiddling, clogging has gained him recognition from Pa House of Representatives, Philadelphia Folk Festival, recorded music for a BBC movie, and more.

___ 11:45-12:30: Your Lyme Disease Questions, Roy Harrity, Community Health Nurse, Wayne Co State Health Center

___ 11:45-12:30: Orchids, with Ed Kulick, orchid enthusiast

LUNCH 12:45-1:30

___ 1:45-2:30: Give Your Medicine Cabinet a Checkup, Jane Oswald, Ameri Health Northeast

___ 1:45-2:30: Learning Face Book, Ann Foster. Limited to 6 participants. (Must have an email address.)

___ 2:45-3:30: Green Cleaning with Janet Brown of Green Leaf Cleaning—eco-friendly and non-toxic cleaning agents for humans and pets.

___ 2:45-3:30: Summertime Snacks with Marcia Dunsmore

3:45-4:00: Closing and Door Prizes



I see you working hard for me
And wonder what it means:
Whether I will do the same
And give up my own dreams

To offer someone else my world,
A stranger from my womb,
And say: Here, take my life,
So you, not I, can bloom.

I often wonder at the depth
Of that cool sacrifice;
I know it can't be "just because,"
Or simply to be nice.

It is so awesome, I can't think
How I could make that choice,
Except I see something in you
That gives my own heart voice.



I see sometimes a happiness
Amid the stressed-out day
That no one else can hope to know
In any other way.



I feel it when you look at me
And understand sometimes
That things I do, I do for two,
And then your hard life shines.

And when I give you grief, I know
That all the bitter pain
Between a mom and growing child
Is simply like the rain

That alternates with sunny days,
Passion without end,
While underneath is more of life
Than we can comprehend.



And then I know, perhaps, why I
Like you might be so moved
To give my life to someone else,
And know that I have loved.

Happy
Mother's
Day



NEWS FOR ALL SEASONS



Happy Spring, everyone!

We are busy in the nutrition and dietary department putting some greens back on the menu, and preparing for a few “special” days-Cinco de Mayo, Mother’s Day and Memorial Day. You may have noticed that, even for holidays, we are required to adhere to PA Department of Aging menu regulations. You can count on the fact that everyday, the meal we serve contains one third of the nutrients an older person needs in a day.

We’d like to highlight calcium this month. Our meals contain milk to meet your calcium (and vitamin D) needs. We serve eight ounces of 2% fat milk. That means, it has lower fat than regular milk, with the same amount of protein and carbohydrate as skim or regular fat milk.

Milk counts as part of the total energy (calories) offered in a meal. If you skip the milk, the calcium and the energy consumed in that meal is less. Each day, you need to consume two more strong calcium sources, in addition to the milk in the meal we offer. Yogurt and cheese are excellent sources. Spinach, kale, and fortified orange juice are other good examples.

Why is calcium important? One reason is that calcium in our diet helps protect from calcium loss in bones. Calcium loss in bones raises our risk of developing a disease called osteoporosis. People with osteoporosis are at risk of breaking bones more easily. Broken bones could lead to hospitalization, and certainly, immobilization.



Don’t forget dairy. And, do your best to eat a variety of foods within all food groups to give your body an opportunity to maintain health and manage any diseases. Best,

Lynn Guiser, Licensed and Registered Dietitian
Amy Costantino, Certified Food Service Manager

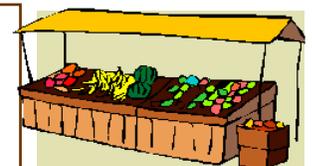


Community Calendar: Grief workshops, free of charge, offered by Wayne Memorial Hospice and Social Service Departments; five Tuesdays beginning May 17- June 14, 5:30-6:30pm at Wayne Memorial Hospital, 601 Park St., Honesdale. Registration required. For information call (570) 241-2685.



The Farmers Market Nutrition Program provides \$20.00 in vouchers to eligible seniors.

This program is made possible through the Department of Agriculture, an equal opportunity provider and employer.



Hamlin Senior Center

Friday, June 24th
10:00 am - 12:00 noon

Hawley Senior Center

Monday, June 27th
10:00 am - 12:00 noon

Honesdale Senior Center

Tuesday, June 28th
9:00 am – ?? till run out

*****IMPORTANT RE-MINDER*****

If you are picking up vouchers for someone other than yourself (even for a spouse; even if you have p.o.a.), you **must** have a signed proxy form. Please call the aging office at 253-4262 to have one sent to you, or drop by any senior center for the proxy form, prior to distribution.

You will still need to bring the required proof with you, along with the signed proxy form, for that person. Please call with any questions.

Vouchers will also be distributed in June at the five Wayne County Food Pantry Distribution Sites

To Qualify You Must Bring With You:

bring Proof of Age: driver’s license/id card /birth certificate; (must be 60 by December 31, 2016)

And Proof of Residence: utility bill with a street address
The income guidelines: 1 person \$21,978; 2 people \$29,637

The Wayne County Transportation System: 40 Years of Country Roads

In 1976, the Wayne County Transportation System began with one driver and a station wagon. Since then, we have grown slowly but surely, and last year we were able to provide over 47,000 trips to Wayne County residents. Although it now takes a full team and a fleet of vehicles to accomplish this, we strive every day to see that each rider receives a personal touch.

So, you may be asking, "How can I sign up to get on this bus?" Well, the usual way to register is to visit our office and talk with a staff member. While the public may ride the vehicles, nearly all who do ride are subsidized through various government funded programs. Transportation office staff are trained to gather the information needed from ID and medical cards, and they can help you to determine the best available funding source for which you may qualify (or discuss full fare rates if you cannot qualify for subsidized service). For example, most of the costs for many trips are able to be funded by the PA Lottery. Examples of other funding sources include the PA Department of Aging, Persons with Disabilities, and the Medical Assistance Transportation Program.

Then, when you're registered, you should call the office two or more days before the ride you would like to schedule, and a staff member will personally set up the trip or series of trips. Some of the most-common destinations are medical and dental appointments for Medical Assistance riders, senior-center and grocery-shopping trips for seniors, and workplaces for Persons with Disabilities. Certain funding sources do limit the destinations to which they provide funding, and riders should remember that in any medical emergency, they should call 911. (Our drivers do their best to provide courteous and safe transport every workday, but they aren't trained EMTs.)

Our drivers all live in nearby areas, and they're trained to provide door-to-door service. However, if the driver determines it is safe, he/she may help you to negotiate your way from the front door of your home, into the vehicle, and back again when the trip is done. They can even help to carry a package or two to your door. They are trained in securing wheelchairs within vehicles, and these dedicated men and women consistently provide these courtesies Monday through Friday, year in and year out, and in all sorts of Wayne County weather. And, at the end of each workday, they help us to further support our community by refilling the vehicle with fuel that is bought locally.

As one could imagine, a variety of conditions can influence the time a vehicle arrives for pick-up, including road traffic, the boarding time for a previous rider, and the complex demands of any day's schedule. Within these parameters, our drivers always prefer being early to being late! In the course of each workday, each of our drivers often cover well over 100 miles. To help to control costs, we try to be as efficient as we can and put multiple persons on the shared-ride trip when they're traveling similar paths. Experienced riders admit that this can make the trip take longer than it would take in a personal car, but it is more economical for their pocketbooks, and they often take these opportunities and get in some social time to get to know one or two of their fellow Wayne County residents.

From our citizens, we truly appreciate the many great comments we have gotten over the years. Drivers and staff alike all do their best to personally provide the best trip possible. As one of our riders put it, "I am so happy to have Transportation in our county! ...the entire staff is very helpful. From the minute you walk in the front door, everyone is willing to help you."

With its rolling hills, scenic waters, and lush countryside, each drive through Wayne County offers so much beauty. We are so happy to contribute to this decades-long tradition, to have the privilege and honor of taking our neighbors to where they need to be. We thank each of our riders for trusting us with these opportunities and responsibilities. We also thank you for all that you do to make Wayne County a great place to live, and we look forward to further opportunities to serve. See you down the road!

To register for Transportation or to schedule a ride, our office is open Monday through Friday, 8:00 AM to 4:00 PM, on the second floor of the Aging Building at 323 Tenth Street in Honesdale. All are welcome to stop by, or call us at (570) 253-4280 or (800) 662-0780 for long-distance calls.

This Program is funded in part under a contract with the Pennsylvania Department of Aging, the Pennsylvania Department of Transportation, the Pennsylvania Department of Public Assistance, and the Wayne County Commissioners, an Equal Opportunity Employer.



FTC DETECTS NEW SOCIAL SECURITY SCAM



Dear Friend,

You look in your email inbox and see the subject line "Get Protected." Well, we all want that! Upon opening the email, you learn that the Social Security Administration (SSA) is supposedly offering great new features to help taxpayers protect their personal information and identities. Sounds so good that you may be tempted to click on the link provided -- but before you do, read this! It's a SCAM! The Federal Trade Commission recently caught on to this scam and is asking for help in tracking down the fraudsters.

- Scammers pretending to be from the SSA send out the email offering new features to help consumers monitor their credit and learn whether someone is engaging in unauthorized use of their Social Security number. It sounds very official and may even mention the "SAFE Act of 2015." The Social Security Administration is not offering such a program. It's actually a "phishing" email designed to get you to click on the link. Doing could cause "malware" to be installed on your computer, like viruses and spyware.

The link might also take you to a "spoof" site designed to look like the SSA's website and ask you to provide personal information, like your Social Security number and bank or credit account numbers. If you get a questionable email, DO NOT click on any links. Instead, report it to the Federal Trade Commission by forwarding it to spam@uce.gov.

- Unsure about whether it's for real? Here are a couple clues: "hover" your cursor over the address link in the email if it's fake, you'll see that the address is an unrelated .com address, not the .gov address it appears to be. And did it end up in your junk folder? If so, that's because your email filters recognized that it wasn't for real.

If you're unsure if an email is coming from the government, call them yourself. But use an email address you find yourself, not the contact info listed in the email.

Please share this alert with your friends and family and urge them to do the same! Together we can stop scammers in their tracks and keep your hard earned dollars in your pocket where they belong!

For information about other scams, sign up for the Fraud Watch Network. You'll receive free email alerts with tips and resources to help you spot and avoid identity theft and fraud, and gain access to a network of experts, law enforcement and people in your community who will keep you up to date on the latest scams in your area.

Sincerely, Bill Johnston-Walsh, State Director AARP Pennsylvania

AARP SMART DRIVER 4 and 8 hour defensive driving course is designed for qualified drivers aged 50 and older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in PA are required by state law to give a minimum discount of 5% to all qualified policyholders age 55 and over and who take the course.

The 8 hour class is given in two, four hour sessions and is required for first timers and those who have not taken the class within the past 36 months. The one day, four hour class, is only open to those who provide evidence of taking the class during the previous 36 months. A \$20 fee (\$15 for AARP members) is charged for each class. Class size is limited so advanced reservations are necessary for placement in any class. Please bring your driver's license, AARP card if a member, and proof of your previous course (if taking the 4-hour refresher).

For more information please call Wayne County Are Agency on Aging at (570) 253-4262 or to make a reservation and get directions to one of the classes.

8 Hour Sessions: 1 pm – 5pm
HONESDALE CENTER
June 15 & June 16
HAWLEY CENTER
August 16 & August 17

4 Hour Sessions: (Must Have a Recent 8 Hour Course)

Table with 3 columns: Date, Location, Time. Rows include May 9th, May 20th, September 12th, September 22nd, and October 14th.

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

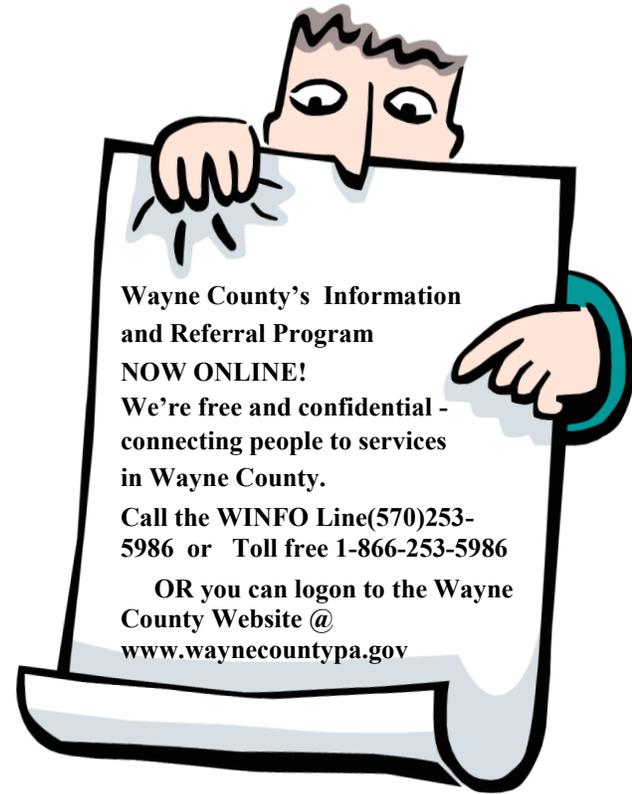
Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439; 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

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.

Production Coordinator: Kathy Robbins; Menu Coordinator: Lynn Guiser; Editor: Kathleen Chicoski kchioski@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

