

News For All Seasons

Wayne County Area Agency on Aging

ISSUE 84

CENTER PICNICS

HONESDALE -- JULY 14

WAYNE COUNTY FAIRGROUNDS

HAMLIN / HAWLEY - JULY 21

LAKE GENERO



It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

Dehydration What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

Heat stroke What it is: A very dangerous rise in your body temperature. It can be deadly.

Warning signs: A body temperature of 103°F or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place & take off or loosen heavy clothes. If possible, wet yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, & neck to lower your temperature. Try to see if you can safely swallow water or sports drinks. **Note:** If you are caring for someone else who has heat stroke, only give them water/drinks if they are awake and can swallow.

Heat exhaustion What it is: A serious health problem caused by too much heat and dehydration.

If not treated, it may lead to heat stroke (see above).

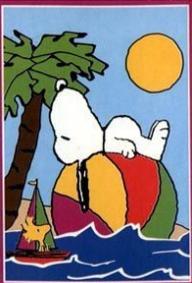
Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope What it is: Fainting caused by high temperatures

Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.

<p>3) Breaded chicken strips Asparagus Butter cabbage Rice pilaf Fresh fruit</p>	<p>4) July 4th Holiday Closed</p>	<p>5) Broccoli n Chick pea salad HD- broccoli WW Spaghetti Meatballs Sauce Apricots</p>	<p>6) Pork patties Pierogies Applesauce Peas n Pearl onions Sour Cream Ambrosia</p> <p><i>Northern Wayne:</i> Grape juice-Tossed salad, chicken salad sandwich, ambrosia, oatmeal raisin cookie</p>	<p>7) Tossed Salad HD-juice Pizza Sausage bites Broccoli Vanilla pudding</p> 
<p>10) Corn chowder WW Bread Salisbury w/Gravy Mashed potato CapeCod blend veggies Fruit cocktail</p>	<p>11) Pork Barbecue On Bun Coleslaw HD-green beans Cauliflower Warm Diced peaches Over Biscuit</p>	<p>12) Vegetable chili Baked salmon WW Rotini Baby carrots Rye Bread Orange segments</p>	<p>13) Side Caesar salad HD-juice Ham with Pineapple slices Parmesan buttered Fettuccini Sweet potato Vanilla Ice cream</p>	<p>14) Breaded Chicken Baked potato w/sour cream Cabbage Cornbread Fresh melon mix</p>
<p>17) Haddock Patty on Bun Tartar sauce Stewed tomatoes Brussels Oatmeal raisin cookie</p>	<p>18) Chicken Cacciatore over Wheat pasta Zucchini Succotash Jello cake</p>	<p>19) California Burger On WW Bun Lettuce, tomato, onion Mayo Sweet Potato wedges Cucumber onion salad HD-zucchini Pineapple tidbits</p>	<p>20) Vegetable lasagna Sausage bites Broccoli Strawberries with Whipped topping</p> <p><i>Northern Wayne:</i> cranberry j, Spinach salad, egg salad on wheat, strawberries</p>	<p>21) Baby Spinach salad Chicken tetrazzini White rice Green beans Watermelon</p> 
<p>24) Meatloaf Mashed potatoes Mixed vegetables Cornbread Apple Betty</p>	<p>25) Tomato bean soup Cheeseburger Regular bun Potato Salad HD- diced potatoes Pink Grapefruit</p>	<p>26) Tossed Salad HD-juice Chicken Parmesan WW Rotini Broccoli Vanilla Ice Cream</p>	<p>27) Soup-Butternut Squash WW crackers Tuna fish salad On wheat Vegetable slaw Fruit Medley HD- breaded fish Squash Cabbage Fruit medley</p>	<p>28) Orange-pine juice Egg omelet Turkey Sausage Patty Oven brown potatoes Rye Bread Oatmeal raisin cookie</p>
<p>31) Stuffed shells Meatballs Sauce Parmesan cheese Cauliflower Italian bread Pineapple tidbits</p>	  <p>Milk served with all Meals</p>			



**ALL CENTERS CLOSED
TUESDAY, JULY 4TH
INDEPENDENCE DAY**

**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**

Everyday at the Honesdale Center

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, JULY 12 – 1:30

<p><u>Monday</u> 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 <i>*fee</i> 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 1:30 Tap Dancing</p>	<p><u>Thursday</u> 10:00 Games 10:00 - 12:00 Wii 10:30 Chair Yoga (2ND & 4TH Thursdays) 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 1-3 Memoir Writing Group (1st & 3rd)</p>
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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</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 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi <i>*fee</i> 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 10:30-11:30 Chair Yoga (1st & 3rd)</p>	<p><u>Friday</u> Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise</p>
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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 1:00 Mah Jong</p>	<p><u>Thursday</u> Cards & Games 10:00 Exercise 1:00 Crafts</p>	<p><u>Friday</u> Cards & Games 10:00 Bingo</p>
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NORTHERN WAYNE GROUP – Thursday, July 6 & Thursday, July 20

Honesdale News

On June 14 Charlotte Myers of the Drug and Alcohol division of Behavioral Health presented an informative talk on prescription medication awareness. Charlotte also enabled those in attendance to dispose of expired medication and medication no longer use in a safe and effective manner. If you would like more information, the center has brochures on several topics covered by Charlotte. Thanks to Charlotte for this important education.

Annual Summer Picnic—Get out your saddle shoes for a trip back to the 1950's!

Please join us for Honesdale's annual Senior Picnic.

Date: Friday, July 14, 2017

Time: 11:00 ARE Entertainment by Frankie Gervasi

**12:00 PM Lunch Served
(Hamburgers and Hot Dogs year)**

Bingo in the afternoon, door prizes, gift baskets and giveaways

Place: Honesdale Fairgrounds, Fair Avenue, Honesdale

Admission: \$ 6.00 per person



Please make your reservations early by calling Kathy for tickets at 253-5540. Remember to call transportation at least two days prior to the picnic date for ride reservations at 253-4280.



HAWLEY NEWS

Hello Summer!
Happy 4th of July!
We made it. Time to look forward to our annual picnic. We are holding it again with the Hamlin Seniors at Lake Genero in Lake Ariel on Friday July 21st starting at 10am.



Pictured above: the Black Bear Conservatory Women's Choir. They were here on Friday June 9th to perform for the seniors.

This years theme is the good old 50's where you wear bobby socks, saddle shoes and the boys wear their hair slicked back in a Duck tail. Fifties music to help us go back in time and remember how wonderful and easy those good old days use to be. The menu this year is Hot Dogs, Hamburgers, bake beans and macaroni salad and as always a cool desert and drink. Bring your dancing shoes, your best partner and join us for an exciting day of fun and activities. The donation for this years picnic will be \$6.00. Please call Lu at 570-226-4209 two weeks ahead to put in your reservation and let her know if you will need transportation that day. Thank You in advance for your cooperation.

The month of June went so fast for me— I broke my wrist at the end of May, and I would like to Thank all my co-workers as they took on the task of filling in for me at the center. I must say they all did a terrific job. What a pleasure to be back at the place that makes me feel right at home. Thank you for all your get well wishes and cards that I received while away from work.

We have a speaker on Wednesday July 5th from USA Nutrition from 11am to 12 noon. Please mark your calendars to reserve that time and date.

Just a little update on our baby birds at home, We had 5 eggs and only one survived. Now we look at the nest and there are 4 more eggs. I guess second time around is the charm. We'll keep you posted hopefully with some interesting pictures.

July Birthday's are; Tom Bates, Jeanne Smack, Jeanne Lawler, Joann Thurgood, Pablo E. Ocampo, Al Guzzo, Jean Pollaro, Justine Burmeister, Josephine Tramutola, Helene Parker, Paul McConnell and Barbara Tscher. Happy Birthday to all of you.

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This is the TENTH of a continuing series on SCAMS: PROTECT YOURSELF. PROTECT YOUR MONEY

PAY UP FRONT

Advance fees, or upfront payments, are an instant “red flag.”

Advance fee con artists pose as representatives of companies that seem real. They use slick presentations to trick their victims into paying large upfront fees for bogus loans, loan modifications, loan refinancing or credit cards. They frequently target individuals with poor credit histories by promising easy or “guaranteed” approval. However, in order to take advantage of the offer, the victim must pay high but seemingly legitimate fees for the application, insurance or other “services.” In the end, the scam artist takes off with the fee and the victim gets nothing in return.

People encounter advance fee scams in a variety of ways, including telemarketing calls, text messages, emails, well-designed documents, classified ads and the Internet, including social media.



Protect Yourself

- * Avoid any credit offer that requires an upfront payment. Although a lender may charge application, credit report and other fees, they are generally subtracted from the loan amount after it is approved.
- * If you are asked to pay fees via a wire transfer or prepaid debit card, especially to someone in another country, exercise caution. Such payments are extremely difficult to recover or trace.
- * Know who you are dealing with. If you have not heard of the person or company, take the time to learn more about them.
- ** If you become a victim of an advance fee scam, contact the Pennsylvania Department of Banking and Securities (1-800-600-0007), the Pennsylvania Office of Attorney General (1-800-441-2555) or the Federal Trade Commission (1-877-FTC-HELP).

The Salvation Army Ladore Lodge
398 South Street, Waymart, PA 18472

VETERAN’S OPEN HOUSE

To Honor All Veterans

Motorcycle Show & Classic Car Show
Trophies awarded & Flea Market

AUGUST 2, 2017
10 am—3 pm 570-488-6129
Music / Pontoon Boat Rides / and more
Community Lunch (donation) . . .
*registration required




(1-800-441-2555) or the
Federal Trade
Commission (1-877-FTC-
HELP).

1	5	9	4	6	2	8	7	3
7	3	4	8	1	5	2	9	6
2	6	8	3	7	9	4	5	1
3	4	6	2	8	7	5	1	9
8	2	5	9	3	1	7	6	4
9	7	1	5	4	6	3	8	2
4	8	7	1	9	3	6	2	5
5	1	3	6	2	8	9	4	7
6	9	2	7	5	4	1	3	8

Nursing Home Transition (NHT)

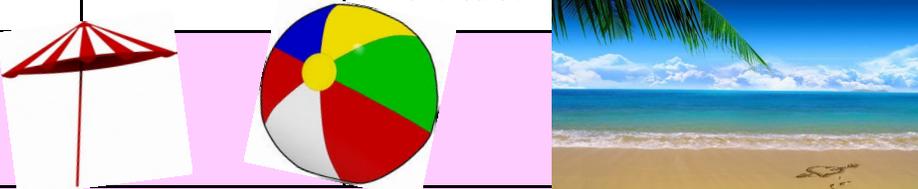
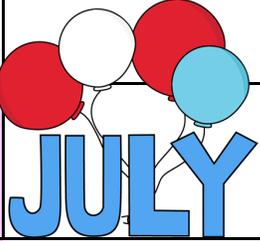


The NHT program was developed to assist and empower consumers who want to move from a nursing facility back to a home of their choice in the community and help the Commonwealth re-balance its long-term living systems so that people have a choice of where they live and receive services.

The NHT program provides the opportunity for individuals and their families or caregivers to be fully informed of all long-term living options, including the full range of home and community-based services, and to ensure that they receive the guidance and support needed to make an informed choice about their long-term living services.

The program assists individuals in moving out of the institutions and eliminates barriers in service systems so that individuals receive services and supports in settings of their choice.

For more information about the Nursing Home Transition Program, please call 570-253-4262 and speak to our Intake Department.

3) Soup of the day Rachael sandwich	4) Holiday-closed 	5) Cottage cheese & fruit Turkey BLT salad	6) Soup of the day Chicken salad on a bun with lettuce & tomato	7) Broccoli & cheese quiche Cheese pizza (slice)
10) Corn chowder Chicken & cheese Quesadilla	11) Cottage cheese & fruit Turkey ranch wrap	12) Soup of the day Chicken Caesar Salad	13) Cottage cheese & fruit BBQ pulled pork wrap with soufflé of cole slaw	14) Soup of the day Ham & cheese quiche
17) Cottage cheese & fruit Sausage with onion/peppers on hoagie roll	18) Soup of the day BLT Sandwich	19) Soup of the day Chicken mandarin salad	20) Cottage cheese & fruit Egg salad on a croissant with lettuce and tomato	21) Soup of the day Small spinach salad (HB egg, bacon bits, tomato)
24) Cottage cheese & fruit Philly cheese steak w/onions on a roll	25) Tomato & bean soup Reuben sandwich	26) Cottage cheese & fruit Chicken, feta, cranberry & almond Salad	27) Butternut squash soup Ham & Swiss on rye	28) Side salad Personal pizza
31) Cream tomato soup Grilled cheese sandwich				
				

**Penn's Peak Bus Trip
Jim Thorpe, PA
"Live at the Sands"
Frank, Dean and Sammy Revisited
Thursday, Oct 19, 2017**



\$70.00 per person includes: Show, family-style luncheon, transportation and gratuities. Be dazzled and transported back to Sinatra's sun-kissed world of wine, women and song. You'll swear that Frank, Dean Martin and Sammy Davis Jr. are in the room.

It's the swinging sixties all over again!

Call Marie at 570-253-5540 or **Debbie at 570-878-5936** to reserve your seat.

Depart:

Honesdale McDonald's @ 9:30am
Hawley Center @ 10:00am
Hamlin Center @ 10:30am

Arrive Home:

Honesdale @ 5:30pm
Hawley @ 5:00pm
Hamlin @ 4:30

*Please have your money in by Wednesday, Oct. 4, 2017

*Make checks payable to: Wayne County Aging

*Cancellation Policy: Money refunded only if your seat can be filled, until Oct. 4th. After Oct. 4th money will not be refunded for any reason.



**Mohegan Sun Casino
Friday, August 4, 2017
\$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 570-878-5936

Depart:

Honesdale McDonald's @ 9:00am
Ray's Market, Waymart @ 9:20am
Hawley Senior Center @ 8:30am
Hamlin Center @ 9:00am

Return Home:

Honesdale @ 4:15pm
Waymart @ 3:45pm
Hawley @ 4:30pm
Hamlin @ 4:00pm

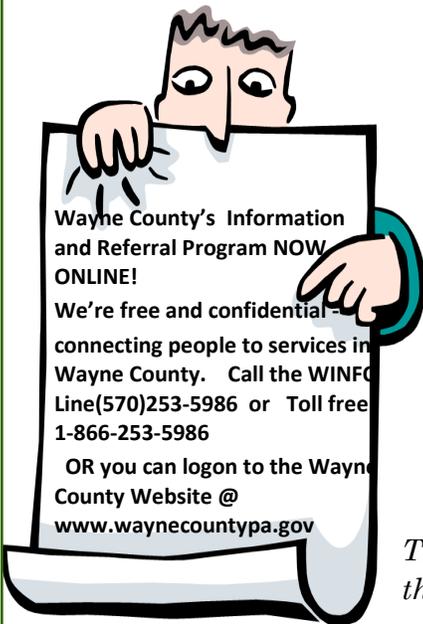
*Money needs to be in by Monday, July 24, 2017
*Make checks payable to: Wayne County Aging.
*Cancellation Policy: Your money refunded only if your seat can be filled, until July 24th. After July 24th money will not be refunded for any reason.

Production Coordinator: Kathy Robbins

Menu Coordinator: Amy Costantino

Editor: Kathleen Chicoski

kchicoski@waynecountypa.gov



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 UPS 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 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 314-10th Street, 9-2, 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.

The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.

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

