

# News For All Seasons



Wayne County Area Agency on Aging

## AARP Driver Safety releases the 2018 Wayne County Class Schedule

Issue 93

April 2017



The Wayne County Area Agency on Aging is again sponsoring the AARP Driver Safety Program designed for drivers 50 years and older. There will be several eight hour classroom courses available. Each course is given over a two day period - four hours each day - and is taught by a volunteer instructor. Those completing the course will be given a certificate which is valid for three years. Attendance both days of the course is required for certification.

All automobile insurance companies doing business in Pennsylvania are mandated by state law to give a minimum discount of 5% to all qualified policy holders 55 years of age or older who successfully complete this Driver Safety Program. There are no tests. Membership in AARP is not required.

There will also be a four hour classroom Refresher Course. If you haven't completed the full course within the last three years, you must take the full eight hour class. To qualify for the Refresher Course, proof that you have previously taken the full class within the last 36 months (3 years) must be presented at the class. Proof of taking the class would be either a copy of your Course Completion Certificate or a copy of your auto insurance policy indicating you are currently receiving the discount for Defensive (Safe) Driving.

Cost for either full or refresher course is \$20.00 per person (\$15.00 for AARP members) payable in cash the day of your class. AARP members, please bring your membership card to class. Class size is limited, so advance reservations are required. Remember to bring your driver's license & a pen to class.

Senior Center: Lunch is served at noon daily at each of the senior centers. Anyone interested in eating lunch at the center is asked to call at least one day before to make a reservation. Anyone over the age of 60 may reserve a lunch and contribute to the cost of the meal on a donation basis. The suggested price is \$2.00

If you are under the age of 60, the cost of the meal is \$5.00. Please visit our website for more information about the many services offered by the Wayne County Area Agency on Aging.

<http://aging.waynecountypa.gov>

### Full 8 Hour Course (from 1:00pm to 5:00pm each day)

Honesdale: August 22 and 23 – Wednesday and Thursday  
Hawley: June 19 and 20 – Tuesday and Wednesday  
Hamlin: August 15 and 16 – Wednesday and Thursday

### Refresher 4 Hour Course (from 1:00pm to 5:00pm)

Honesdale: June 26 - Tuesday  
Hawley: July 25 – Wednesday  
Hamlin: September 6 - Thursday



Call The Wayne County Area Agency on Aging at 570-253-4262 to make a reservation and to get directions to one of the classes listed here, or if you have any questions regarding the classes.



2 Vegetable Lasagna  
Meatballs/Side of Marinara  
Spring Mix/  
Shredded carrots  
Cherry tomatoes/  
Balsamic Dressing  
**HB: Roasted Broccoli**  
**Amazing Apricots**

3 Vegetable Beef Soup  
Sloppy Joe on a Pretzel Bun  
Roasted Brussel Sprouts  
Beaming Bananas  
**HB: Chilled Pears**

4 Chicken Marsala  
Baked Sweet Potatoes  
Capri Veggies  
WG Breadsticks  
Chilled Peaches 

5 Tuna salad in a WG Pita Pocket  
Romaine Lettuce Cup  
Thinly sliced tomatoes  
Marinated Vegetable Salad  
**HB: Herb Fish**  
**Couscous**  
**Roasted Carrots/Perky Peas**  
**Pink Grapefruit Slices**

6 Boneless Pork Chop/  
Natural Juices  
Smashed Potatoes  
Blistered Beets  
WG roll/Butter  
Chilled Applesauce 

9 Carrot/Ginger Soup  
WG Deep Dish Pizza  
Broccoli Salad  
HB: Roasted Broccoli  
Fresh Strawberries with a dollop of whipped cream  
**HB: Chilled Peaches**

10 Open Faced Roast Beef Sandwich on WG Bread  
Fluffy Whipped Potatoes  
Snappy Green Beans  
Chilled Pears

11 Mediterranean Fish  
Baked Sweet Potato  
Wild Wax Beans  
WG Roll with butter  
Tropical Fruit Salad

12 Chicken & Dumplings  
Parslied Buttered Potatoes  
Luscious Lima Beans  
Beaming Bananas  
**HB: Mandarin Orange Slices** 

13. Turkey & Beef Macaroni (1&1/2c)  
Spring Mix  
Cucumber slices  
Cherry tomatoes  
**HB: Capri Veggies**  
**Baked pears w/ oatmeal crisp topping**

16 California Burger (Beef Patty)  
Avocado  
Romaine Lettuce  
Tomato Slice/Red onion on w WG Pretzel roll  
Carrot/raisin salad  
Melon Slice  
**HB: Burger on a Pretzel Bun**  
**Roasted Carrots**  
**Home Fried Potatoes**  
**Chunky fruit cocktail**

17 Sweet & Sour Pork Cantonese  
Fluffy Brown Rice  
Spring Mix  
Garbanzo Beans/  
Balsamic Dressing  
**HB: Edamame**  
**Grilled Asparagus**  
**Strawberry/Banana/Pineapple Cup**

18 ITALIAN DAY  
Tuscan Style Roasted Chicken with Basil,  
White Beans & Tomatoes  
Risotto  
Italian Green Beans  
Gigglin Grapes  
**HB: Stewed Prunes**  
**Gelato** 

19 Sheperd's Pie  
Sautéed spinach in garlic & olive oil  
WG roll/Butter  
Adoring apricots 

20 White bean, Wheatberry & Escarole Soup  
Steamed Salmon fillet w/fresh dill & lemon  
Mixed Vegetable Medley & WG Breadsticks  
Fresh fruit cup w/ dollop of whipped cream  
**HB: Fruit cocktail**

23 Creamy tomato soup  
LS Ham and LS cheese on a WG croissant  
Spring Mix  
Shredded carrots & Cherry tomatoes  
**HB: Garden sweet peas**  
**Mandarin Orange slices**

24   
Swiss steak/gravy  
Fluffy Whipped potatoes  
Roasted Butternut squash  
WG Roll/Butter  
Pink Grapefruit slices

25 Italian Wedding Soup  
2- Slider Rolls with Sliced Turkey  
Beds of Romaine Lettuce  
Sweet Tomato Slices  
Cucumber slices  
**HB: Hot turkey sandwich/open face**  
**Perky Peas**  
**Crunch Carrots**  
**Amazing apricots**

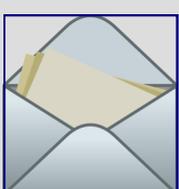
26 NATIONAL PRETZEL DAY  
Smokin Chili Con Carne  
Shredded LS Cheddar cheese  
Creamy cole slaw  
**HB: Roasted broccoli**  
Hot Bavarian Pretzels with yellow ls mustard  
Giggling grapes  
**HB: Chilled pears**

27 White bean, Wheatberry & Escarole Soup  
Steamed Salmon fillet with fresh dill and lemon  
Roasted asparagus  
WG Breadsticks  
Fresh fruit cup with a dollop of whipped cream  
**HB: Fruit cocktail**

30 WG Macaroni & Cheese  
Stewed tomatoes  
Spring Mix  
Shredded Carrots  
Garbanzo beans  
Balsamic Dressing  
HB: Roasted broccoli rabe  
Purple Plums  
**HB: Chilled peaches**

ICE COLD MILK AVAILABLE  


  
  
**April** 

**April 27**  
**VOLUNTEER LUNCHEON**  
Roast Turkey with Gravy  
Candied Yams  
Roasted Asparagus  
WG Stuffing  
Cranberry Sauce  
Baked Apples 

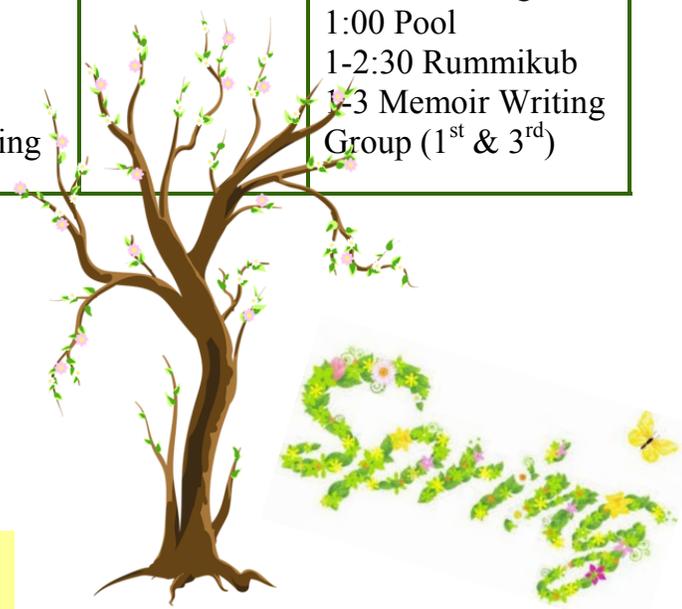


## EVERYDAY AT THE HONESDALE CENTER

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

<p><u>Monday</u>                  10:30 Bridge                  12:00 Jazz Class                  1:00 Crafts                  12-2 Advanced Class                  Line Dancing                  2-4 Beginning / Intermediate Line Dancing</p>	<p><u>Tuesday</u>                  10:30 Exercise                  1:00–4:00 Pinochle</p> 	<p><u>Wednesday</u>                  10:30 Exercise                  10:30 Bridge                  11:00 Tai Chi                  1:00 Art Class                  1:00 Bingo                  1:00 Mah Jong                  3:00 Jazz Dancing</p>	<p><u>Thursday</u>                  10:00 Games                  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 (1<sup>st</sup> &amp; 3<sup>rd</sup>)</p>
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 \*  \*  
 \* NORTHERN WAYNE \*  
 \* THURSDAY \*  
 \* APRIL 5 \*  
 \* & \*  
 \* APRIL 19 \*  
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## EVERYDAY AT THE HAMLIN CENTER

<p><u>Monday</u>                  Cards &amp; Games                  8:00-12 Pinochle                  10:00 Piano Time</p>	<p><u>Tuesday</u>                  Cards &amp; Games                  1:00 Bingo</p>	<p><u>Wednesday</u>                  Cards &amp; Games                  10:00 Exercise                  1:00 Sing-Along</p>	<p><u>Thursday</u>                  Cards &amp; Games                  10:00 Exercise                  1:00 Crafts</p>	<p><u>Friday</u>                  Cards &amp; Games                  10:00 Bingo</p>
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## EVERYDAY AT THE HAWLEY CENTER

<p><u>Monday</u>                  Cards &amp; Games                  8-3                  Gym Equipment                  10:30 – 11:30                  Exercise                  11:30 - 3                  Mah Jong</p>	<p><u>Tuesday</u>                  Cards &amp; Games                  8-3 Gym Equipment                  1 - 2 Bingo</p>	<p><u>Wednesday</u>                  Cards &amp; Games                  8-3 Gym Equipment                  10 - 12 Crafts                  10:30 – 11:30                  Exercise                  1-2 Tai Chi                  5:30 – 8:30                  Mah Jong</p>	<p><u>Thursday</u>                  Cards &amp; Games                  8-3                  Gym Equipment                  1:00 Bingo                  11 – 2:30 Card Club</p>	<p><u>Friday</u>                  Cards &amp; Games                  8-3                  Gym Equipment                  10 - 2 Crafts                  10:30 – 11:30                  Exercise</p>
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**HAWLEY NEWS**

Oh boy what can I say? Snow, snow and more snow. I think we have been closed more than we have been opened. I hope everyone is back to their normal lives after the Big snow storm we had in the beginning of March. Now down to center business.



This month we can look forward to Spring, Easter Eggs, flowers blooming and birds singing. We have our Chair Yoga starting up in April on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday's of each month at 10:30. Mark your calendars and join us.

On Friday, April 6th at 11:30 we will have a representative from Ellen Memorial. On Friday, April 13th someone from Wayne Memorial Hospital will discuss Parkinson's disease, starting at 11:15.

Also in April we will be celebrating Italian day with some good old Italian cuisine on Wednesday April 18. We're going to try something different for our entertainment: Welcome The Duo featuring Roger and Joe - well known entertainers from Plains Pa. They are looking forward to meeting the seniors and performing for you. Make sure to pass the word and see if we can get some new people to join us that day. Would be nice to have a decent crowd for them to play for.



We are hoping that April will bring back some of our snow birds and other familiar faces that the weather has kept home. In the mean time take a look at our News for all Seasons to keep up with the activities we have going on at each center.

We had a great time on St Patrick's Day. Andy Anderson played some Irish tunes, we ate Irish soda bread had a wonderful meal and enjoyed each other's company. Take a look at the pictures of the happy party goers. Diane Cron and Francis Lloyd having a good time, (above); the old Leprechaun himself AKA Andy Anderson and Ernie Seagraves enjoying the festivities of the day. A good time was had by all. Pictured right with Lu Seagraves is Judy Potratz from the Hawley Women's Club who made a generous donation to our center. We all want to shout out a big THANK YOU to the Hawley Women's Club for thinking of us.



Our Birthdays for the month of April are: Robert Hughes, Andy Anderson, Sandra Wegst, Ann Kreiter, Shara Jane Compton, Linda Gardepe, Carlene Guzzo, Jean Fasig, Della Galgan, Linda Barbitto, Yvette Emmet, Peggy Datto and Joann Rohrbach.

**Submitted by Joanne Pesota . . .**

A healthier eating plate has been designed by nutrition experts at the Harvard School of Public Health to provide guidance in helping people make better eating choices.

Here is a quick snapshot of this protocol:

1. Make most of your meal vegetables and fruits ( If possible, half (1/2) of your plate.) Aim for color and variety and remember that potatoes don't count as vegetables here because of their negative impact on blood sugar.

2. Go for whole grains - 1/4 of your plate. Whole wheat, barley, wheatberries, quinoa, oats, brown rice and foods made with them such as whole grain pasta, have a milder effect on blood sugar and insulin.

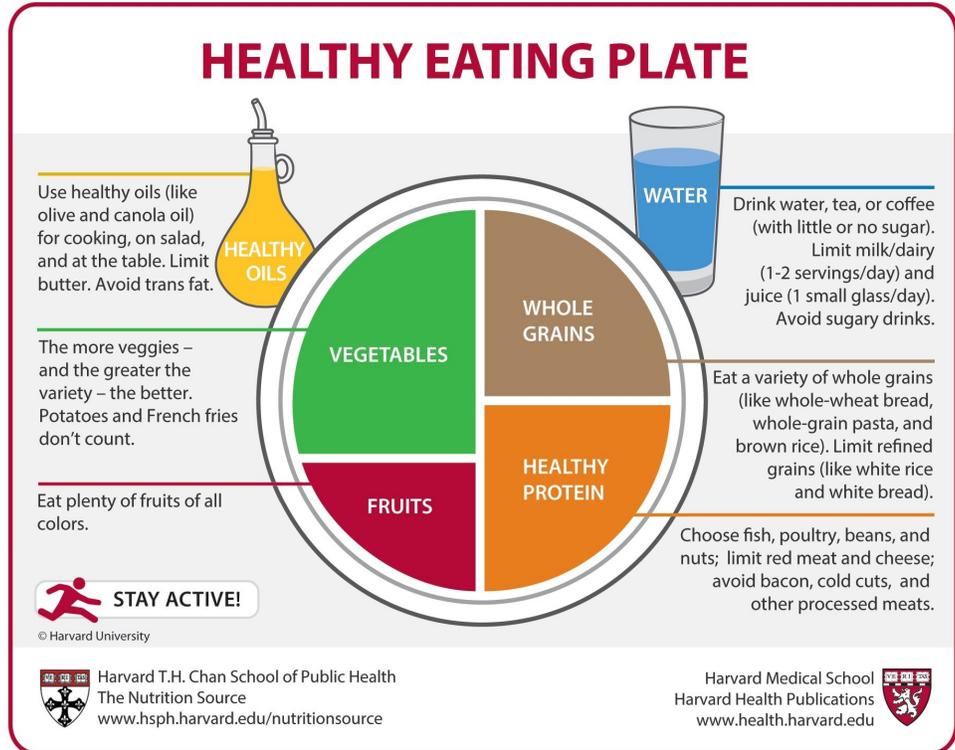
3. Protein power - 1/4 of your plate. Fish, chicken, beans and nuts are all healthy protein sources. Limit red meat and avoid processed meats such as bacon and sausage.

4. Healthy plant oils - in moderation. Choose healthy vegetable oils like olive, canola, soy, corn, sunflower and peanut. Try and avoid partially hydrogenated oils which may contain unhealthy fats. Remember, low fat does not mean healthy.

5. Drink water, coffee or tea. Skip the sugary drinks and limit fruit juice to one small glass per day.

6. Stay as active as possible. This is a key component to weight control.

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Wayne Co Public Library, 1406 Main St, Honesdale Pa 18431 presents the following programs for April:

- "Ooh! or Our Happy Hour"--April 3, May 15, and June 5 at 5:30 with Glenn of Trees. Got a joke to tell or a funny story. Join us.
- Library tours and Author Talk on Tuesday, April 10. Register for a tour of the historic aspects of the library and meet local authors and hear them talk about their books.
- Culinary Book club meets Wednesday, April 11 for a night of Swedish food.
- Adult Story Time returns with Christine San Jose on Wednesday, April 18th at 12:00. Bring your lunch. Coffee and tea provided.

Contact Elizabeth to register at 570-253-1220 or [ewilson@waynelibraries.org](mailto:ewilson@waynelibraries.org)





**NOTHING LIKE BEING HOME**

Dottie M. made a surprise appearance after a hiatus from the Hamlin Senior Center. Dottie and her sister Connie have been part of the Hamlin Senior Center family for the past 15 years. That came to a halt following a car accident in October 2017. Dottie moved away to be with family in Nanticoke, PA and to provide support for her sister recovering from injuries.

It was touching to witness all her friends hugging, kissing and providing warm salutations. Something Dottie used to do was call bingo when she was an active member. We asked if she wished to call bingo and she didn't hesitate to jump in. It was so nice to hear her call out numbers with her big and bold personality.

Dottie made a little speech before calling bingo and shared heartfelt gratitude, mentioning how good it felt to be at the center with her friends and stating she has plans to relocate back home within the next six months.

This reunion brought joy to all present. It is unbelievable how one person can have an impact on so many others. This experience was so touching to my heart and soul. How blessed am I to be surrounded by love, friends, wisdom, and support. Thank you Dottie and thank you Hamlin Senior Members!

**HAMLIN SENIOR CENTER BIRTHDAYS**

Richard K.	April 4th
James R.	April 6th
Dottie M.	April 7th
Sandy W.	April 17th
Lorraine W.	April 17th

**HAPPY BIRTHDAY**

**HAMLIN NEWS**

**HERB-GARDEN CENTERPIECE  
DIY CRAFT**

Come Join the Hamlin Senior Center to make your own herb garden

Thurs., April 19<sup>th</sup>.

RSVP Becky by 4/16/18  
at 570-689-3766

\$5.00 Donation for Supplies



**Upcoming Events**

April 9<sup>th</sup> and Every Monday - Chair Yoga with certified specialist Ruth Pipitone at 10 AM in the Meeting Room. \$5.00 Donation

April 10<sup>th</sup> - In-Service with Hearing Specialist of NE PA at 11 AM.

April 13<sup>th</sup> - April Birthday Bash at 1 PM following lunch

April 16<sup>th</sup> - DIY Herb-Garden Craft with Becky at 1 PM.

April 20<sup>th</sup> - Welcome Spring Mocktail Party at 1 PM following lunch

April 27<sup>th</sup> - Volunteer Luncheon at the Park Street Complex at 11:30 AM. Invite Only Event.



## HOW TO COPE WITH CABIN FEVER

If you have been feeling irritable, unmotivated and lethargic lately, you may be able to blame cabin fever- and the bone-chilling days and long dreary nights that have driven you indoors. As we wait the approach of spring, after a prolonged winter, your feelings may intensify.



Symptoms include— inactivity, crankiness, sleep loss, and simply feeling down in the dumps – is real to millions of people and could be more intense because of anxieties over world events.

### Coping With Cabin Fever

Here are some things you can deal effectively with seasonal depression.

*Don't Overdose On The News* – At least one day a week have a news-free day. “No television news, no newspaper. Just give yourself a break from it all.

*Use a Relaxation Technique to Unwind* – A simple breathing exercise can blow away stress: Try this: inhale deeply through the nose for about four seconds, then exhale through your mouth for about eight seconds. Repeat three or four times.

*Limit Your Intake of Alcohol* – you may think alcohol helps you sleep, but alcohol may disrupt sleep, making it harder for you to concentrate the next day.

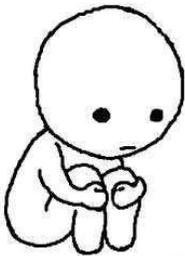
*Maintain Contact With Friends* – Meaningful relationships can provide comfort and ease anxiety. Find ways to make connections with others. Even if you have mixed feelings about it, just do it.

*Exercises Regularly* - Aerobic activity by walking, using a treadmill, or stationary bicycle ( for 30 minutes three times a week) can be as effective as antidepressant medications for relieving depression.

Submitted by Becky Klepadlo

-WebMD

### Grief Support at Wayne Memorial Hospital



A free support group designed to help people cope with the grieving process will be offered at Wayne Memorial Hospital. The six-week session will provide support and focus on grief as a normal part of an individual's transition through life. The sessions will be held Tuesday evenings from 5:30 until 6:30 from April 3<sup>rd</sup> through May 8<sup>th</sup> in Conference Room #4 on the second floor of Wayne Memorial Hospital.

“Grief is experienced by each individual very differently,” explains Social Worker Anna M. Walsh. “There is no ‘right or wrong’ way to engage in that experience, but the process for each person is encountered in different ways. Sharing the experience often helps us understand our own losses more clearly. It makes us aware we

are not alone in our feelings.”

Acknowledging that grief is a very individual process, the Support Group will encourage participants to explore their own solutions to the challenges of living without their loved ones and dealing with the many changes that follow a loss. The support group will be facilitated by Rev. Edward K. Erb, Wayne Memorial Hospital & Hospice Chaplain, and Hospital & Hospice Social Worker Anna Walsh. The group will provide a safe place in which individuals can sort out their feelings and share as they are able and willing. No one will be required to share. Your experience will be enhanced by attending all sessions; however, it is understandable if you cannot attend some. You may enter or exit at any time.

Participants are asked to complete a registration form, which can be found at [www.wmh.org](http://www.wmh.org) More information can be had by e-mailing [edwardkerb@aol.com](mailto:edwardkerb@aol.com).

### HONESDALE NEWS

**March 15, 2018 – St. Patrick’s Day Party**  
Diners enjoyed a delicious traditional ham and cabbage dinner for our St. Patrick’s Day celebration. Loretta Douglas serenaded them with sweet sounds on her accordion and many received door prizes. (See More Pictures Page 10)

### April 18, 2018 – Italian Day

Please join us as we celebrate all things Italian! A Tuscan chicken dish, risotto & gelato are on the menu. Call Kathy at 253-5540 to make a reservation.

### April 26, 2018 – Pretzel Day

One never needs an excuse for a special treat. Call Kathy and make a reservation—we’ll have hot pretzels and dipping sauces on hand!

### Pinochle Card Players Wanted!

A new pinochle card group is forming. All are welcome—beginners to experts. This friendly group meets Tuesdays and Thursdays from 12:45 to 3:45 p.m. in the card room. For questions, call Suzanne at 253-5540.



### NORTHERN WAYNE HAPPENINGS

On March 15, hardy seniors braved the snow for the annual St. Paddy’s Day party. The next meeting will be on April 5, with a speaker from the Wayne Memorial Rehabilitation Center, preceding the Easter party. After, MaryAnn Corey from Bloom Gifts will arrive at 1:00 to do a jewelry-making class—there is a \$5 fee per piece for each item made.

On April 19 a speaker from Wayne Memorial Hospital will do a presentation on Parkinson’s disease. On May 3 the group USA Wellness will visit and do a special bingo. Please call Marie Alexander at 253-5540 to make reservations. See you there !!

FREE TRAINING SPONSORED BY



**TUESDAY, May 1, 2018**

Light Supper Served – Workshop 6 PM to 8 PM

## Understanding the Psychiatric Issues of Dementia

Hawley Senior Center -Bingham Park, Hawley

**OPEN TO THE PUBLIC – Reservations required**

Call or email Juliann Doyle: 570-253-4262 [jdoyle@waynecountypa.gov](mailto:jdoyle@waynecountypa.gov)

# PA LINK 2nd Annual Caregivers Conference

## Schedule of Events

9:30am Doors open: Coffee and Danish

10:00-12:00 noon Workshop A  
**Understanding Psychiatric Issues of Dementia**  
(Logan Dougherty, Pa. Behavioral Health & Aging Coalition)

12:00-1:00pm Lunch (no charge)

1:00-2:00pm Workshop B  
**Effective Communication Strategies**  
(Jeff Dauber, NE Regional Office Alzheimer's Association)

2:00-3:00pm Workshop C  
**Home to Hospital**  
(Susan Parise, Regional Marketing Mgr. At Home Quality Care)  
**To Hospice**  
(Karen Dekel, Visiting Nurse Association)

\*Limited Vendor Space Available



Workshop A                       Workshop B

Workshop C                       All Workshops

Vendor Space Requested (Limited)

Lunch Reservation

Special Meal Request: \_\_\_\_\_

Would you need transportation to the event?

Would you need on-site caregiving services?

**Tuesday, May 1**  
**The Salvation Army**  
**Ladore Lodge**  
**398 South Street**  
**Waymart**



Conference registration is free.  
Registration deadline is April 23  
Workshop Registration

Please complete and return 2 boxes below :

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Agency: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Please return completed registration form to:

Email: [jdoyle@waynecountypa.gov](mailto:jdoyle@waynecountypa.gov)  
Mail: Wayne County Human Services  
ATTN: Juliann Doyle  
323 10th Street  
Honesdale, PA 18431  
Phone: (570) 253-4262  
Fax: (570) 253-9115







## *Silver Birches Bus Trip*

### Wine Festival and The Joey Vincent Show

### Thursday, April 12, 2018

\$60.00 per person includes: Family Style Italian Luncheon, Wine tasting, snacks upon arrival & departure, and the amazingly talented *Joey Vincent* will delight and entertain with music and humor.

A great show for everyone.

Reserve your seat with Marie at 570-252-5540 or Debbie at 570-630-2385.

Depart:

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

Arrive Home:

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

\*Money needs to be in by Friday, March 30, 2018.

\*Make checks payable to: Wayne County Aging

\*Cancellation Policy: Money refunded only if your seat can be filled.  
 After April 1<sup>st</sup> no refunds for any reason.

### UNUSED RX DROP OFF BOXES - AVAILABLE DURING REGULAR BUSINESS HOURS

<p><b><u>Products accepted:</u></b>                  Solid medications, tablets &amp; capsules, liquid medications, inhalers, creams, ointments, nasal sprays, and pet medications.</p> <p><b><u>NOT Accepted:</u></b>                  Intravenous solutions, injectable and needles.</p>	Lackawanna County	City Of Carbondale Police Department, 1 North Main Street, Carbondale South Abington Police Department, 104 Shady Lane Road, Chinchilla Lackawanna County Sheriff's Department, 200 North Washington Ave., Scranton Moscow Borough Police Department, 123 Van Brunt St, Moscow	
		Luzerne County	Borough Of Dupont Police Department, 600 Chestnut Street, Dupont Hanover Township Police Department, 1267 Sans Souci Parkway, Hanover Township Pittston City Police Department Headquarters, 35 Broad Street, Pittston Luzerne County District Attorney's Office, 200 North River Street, Wilkes-Barre Wilkes-Barre Twp. Police Department, 150 Watson Street, Wilkes-Barre
	Pike County	Pennsylvania State Police Blooming Grove, 434 Route 402, Hawley Lords Valley Village Pharmacy, 658 Route 739, Lords Valley Eastern Pike Regional Police Dept., 10 Avenue I, Matamoras Pike County Sheriff's Office, 500 Broad Street, Milford	
	Monroe County	Barrett Township Police Department, 993 Route 390, Cresco Monroe County Sheriff's Office, 610 Monroe Street, Stroudsburg	
	Susquehanna County	Susquehanna County Court House, 105 Maple Street, Montrose State Police Barracks, 2856 State Route 848, Gibson Forest City Library, 531 Main Street, Forest City	
	Wayne County	Wayne County Court House (Vestibule) 925 Court Street, Honesdale PA (8:30-4:30) State Police Barracks, Troop R (Vestibule) Route 191 South, 14 Collan Park, Honesdale	
Wyoming County	Wyoming County Sheriff's Department, 1 Courthouse Square, Tunkhannock		



**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** @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

**Transportation** 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm [www.co.wayne.pa.us](http://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 314-10<sup>th</sup> Street, 9-4, Monday through Friday. 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](http://www.waynecountypa.gov)**

*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.*

*Production Coordinator: Kathy Robbins*

*Menu Coordinator: Joanne Pesota*

*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

*Is not wisdom found among the aged?  
Does not long life bring understanding?  
Job 12:12*

