

WAYNE GARDENS



September/October 2023

Wayne Gardens Tenant/Staff Meeting & Resident Council Update

Wayne Gardens received feedback from only two residents that they were interested in resident council positions. If you would like a resident council position and to try to get a resident council started please notify Lydia but at this point in time there does not appear to be an interest in having an active resident council.

We do realize that Wayne Gardens residents would appreciate the opportunity to have a meeting with staff periodically regarding Wayne Gardens. There will be a **tenant/staff meeting on Wednesday, October 25th at 1pm in the Wayne Gardens Community room.**

Management and Supportive Services will both attend. Sign up sheets are on the boards. Attendance is optional. This meeting is a chance to share suggestions and ideas and also get questions you may be wondering about addressed. If you have questions we encourage you to drop them in the Supportive Service box inside the building by Lydia's office ahead of time and she will make sure the questions are answered at the meeting. They can be anonymous if you like. If you drop your question off ahead of time that way if we do not immediately know the answer we will be able to find out for you before the meeting.

What's Inside

Wayne Gardens Events

Resident Contributions

Birthdays

Resources

Notices & Closures

Dates to Remember & Contact Info

Brain Activity



Wayne Gardens Events

Fresh Express



Fresh Express is a food program that is offered through Central PA Food Bank. This is an in person food selection event held at the Valley Terrace Community Center on the last Tuesday of the month. (Please see exceptions listed on the following page for November & December). Wayne Garden residents may come from 10:30-11:30. Residents bring bags/carts and make food selections from items provided by the Central PA Foodbank. Usually there is a protein, eggs, fresh produce and dry goods. If you are new to Fresh Express and would like to enroll contact Lydia.

We sometimes have a few leftovers from Fresh Express. These we put in the Wayne Garden's Community room. They are for residents to take who can use, especially residents who have trouble getting to Fresh Express, carrying items back or had a scheduling conflict.



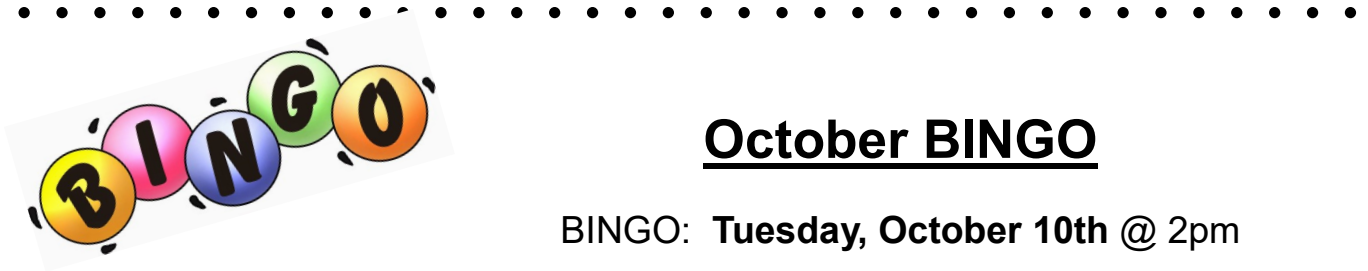
Senior boxes (CSFP & Eldershare) with additional shelf-stable items are also available for those who meet eligibility income levels. You must enroll ahead of time for these programs and commit to picking up your box every month. If interested schedule a time with Lydia to enroll.

Change to Fresh Express for November & December

Please note, due to a request by the Foodbank Fresh Express for November and December will NOT be the last Tuesday. Below are the dates:

November Fresh Express: Tuesday, Nov. 21st

December Fresh Express: Tuesday, Dec. 19th



October BINGO

BINGO: Tuesday, October 10th @ 2pm

October BINGO is gift bag BINGO! Please sign up on sheets on corkboard. BINGO will be in the community room as usual.



Presentation on Seasonal Affective Disorder by Martha Swope

Franklin/Fulton counties mobile psychiatric nurse, Martha Swope, will return to present on arthritis on **Wednesday, October 18th at 1pm to the Wayne Gardens Community Room**. Sign up sheets are on corkboards



Bookmobile Info

The bookmobile stops between the two Wayne Garden buildings the third Monday of the month between 10am-10:30am and does have a lift for those who may need it. Happy Reading!



Monday Meals from Restoration Church

Restoration Church of Waynesboro delivers homemade free meals on the last Monday of the month to the Wayne Gardens Community Room from 5:10-5:30 for either pickup or to eat at a table in the Wayne Gardens Community Room.

Feel free to stop by and get a meal to eat in the community room or take back to your apartment.





Pumpkin Paint

Sign up for our second annual pumpkin paint! All supplies will be provided. Sign up sheets on corkboard. **Monday, October 16th at 2pm**



.....

Garden Club

To everything there is a season! Last Garden Club meeting of this year will be **Thursday, October 26th at 3pm**. Lydia will help everyone dispose of their soil and collect buckets/planters.

Thanks for those who were able to make it to our Tomato Taste Testing in September!

If you are not able to make the October meeting but need to return pots/help emptying soil reach out to Lydia.



Happy September & October Birthdays!



Judith Aldridge 09/06

Marcelino Melendez 10/27

.....



Event Recap



Thanks to everyone that braved the weather for our annual block party!



Residents have been busy with chair exercise class and craft groups! Join in the fun with the mask party coming up this October!



Resident Contributions

Chair-er-cise

Chair-er-cise is back! Join the group in the Wayne Gardens Community room on Mondays and Wednesdays at 2pm.



Resident Lead Mask Craft and Party!

Resident Sandy Zombro would like to invite you to a masked party in the Wayne Gardens Community room on Monday, October 30th at 2pm. Sign up on the corkboards to receive a mask. Get creative and decorate it in the comfort of your own home. Then wear it and bring a small simple treat (think snacks) to the masked party!



Resources & Info

Electric Bill Assistance-LIHEAP to Open Soon

LIHEAP is a federally funded program administered by DHS that provides assistance for home heating bills, so low-income Pennsylvanians can stay warm and safe during the winter months.

LIHEAP is distributed directly to a household's utility company or home heating fuel provider in the form of a grant, so the individual or households do not have to repay assistance.

Maximum income levels last year to qualify were 20,385 for 1 person household, 27,465 for 2 people. These levels may have increased slightly this year. There are two initial ways to apply for LIHEAP*

Online: Apply for benefits online using COMPASS, the online tool for Pennsylvanians to apply for health and human service programs and manage benefit information. You will need an email address.

By paper: You can download a paper application, print it, fill it out, and return it to your local county assistance office which for Franklin County is:

Franklin County Assistance Office

620 Norland Avenue

Chambersburg, PA 17201

Your SSC Lydia can provide you with an application and help you apply. Call her at 717-977-3900 ext 112 to schedule an appointment. If you received LIHEAP last year they may mail you an application.

Medicare Open Enrollment Approaching

Medicare open enrollment is October 15th-December 7th. During this period each year Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage Coverage. Medicare Part D and Medicare Advantage plans change the coverage costs each year so it is important to review your plan and compare it to others on the market that are available to Franklin County residents. You may also be eligible for Medicare savings programs that may pay your Part A and Part B deductibles, coinsurance, and copayments.

There will be health counselors from PA-MEDI available during open Annual Open Enrollment Period at the Office on Aging to help you understand your options in comparing Part D and Medicare Advantage plans and provide you with information regarding the Medicare saving programs. Appointments are required and do fill up quickly. **To schedule call PA MEDI-Franklin County Area Agency on Aging at 717-263-2153**



Flu Shots Available at Waynesboro Senior Center

The Franklin County Area Agency on Aging and Keystone Health are hosting mobile flu vaccination clinics for seniors at their activity centers. The Waynesboro Senior Activity Center on **October 2 will have a session from 11am-12pm with a possible second session at 2pm.** Seniors who wish to get a flu shot need to pre-register by calling (717) 762-2758 or visiting their chosen senior center. They should also bring their insurance proof to the clinic.



Waynesboro Community and Human Services Thanksgiving Meal Sign Ups Begin in October

WCHS, along with the Fellowship of Churches, coordinates and sponsors the Waynesboro Community Thanksgiving Lunch. The meal is for anyone in the community who is shut in or unable to prepare a Thanksgiving Meal. Sign-ups begin in October.

Last year 90 meals were served.
An additional 263 turkeys/chickens or hams were distributed to families to support a home cooked meal.

See Lydia in October for updated information on how to reserve a meal or call Waynesboro Community and Human Services at 717-762-6941

.....

WellSpan Community Health Worker Meeting By Appointment

Ashley Corradino, the Wellspan Community Health Worker that was onsite is going remote due to lack of utilization. If you need help with communicating with your doctor over appointments, test results, concerns and other matters Ashley can assist. Ashley can also help with filling out applications for assistance. **You can reach Ashley at 717-264-0081.** Leave a message and Ashley will call you back and schedule an appointment.



Notices

Dog Safety & Elevators



Did you know elevators can be dangerous for dogs (or other leash trained animals)? Dogs have been injured and even killed by elevators. If a dog on a leash enters the elevator ahead of the handler and the doors close on the leash separating the two and the elevator then travels up or down it can strangle the pup. The same could happen if the handler exits an elevator ahead of a pet and the doors close on the leash. How to prevent this? It is advised to **keep the leash very short while entering/exiting and riding the elevator so that your pet is right beside you. You could also carry your pet if it is small and that is something easy and comfortable for you. Using one of these methods you and your pets can both ride safely.**

• •



Quiet Hours

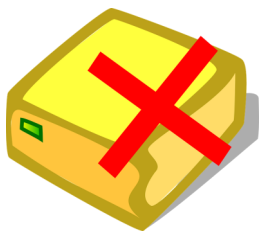
Waynesboro quiet hours are from 7am-10pm. In apartment living noises can carry so please be mindful of your neighbors and refrain from vacuuming, doing laundry, running fans that vibrate on floors and other louder activities during this time.

• •

Parking



We do not have assigned parking at Wayne Gardens. However, if you have visitors and caregivers coming to see you unless they require accessible parking or are taking you somewhere please encourage them to park further away from the building and leave the spots close to the building for residents who may need them. Thank you.



Mail Notice

Do not pick up mail left for other residents and deliver to them or their unit *unless* they have specifically asked you to.

• • • • •

Doors

Wayne Gardens is a secure building. Please do not let anyone into the building who is not here to see you. Even if you recognize the person as the caregiver of a resident or a family member, please do not let them in. We realize this can feel awkward at first, but sometimes a resident does not wish to see the person visiting at that time.

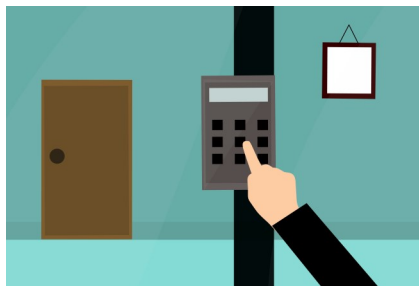
You can offer to help the visitor by showing them how to use the call box to dial management or the resident they wish to visit

• • • • •

Door Codes

This is just a reminder to everyone-your door code is like a set of keys. We keep Wayne Gardens secure by only giving out door codes to those we trust. Please do not give out codes to delivery people, short term caregivers, cable providers and others you do not know very well. Remember, if you wouldn't give them a set of keys you should not give them a code.

Visitors can reach you by using the call box at the front entrances.



Free Items

We appreciate the community mind of wanting to share. We request that you use the designated areas for this and nowhere else to keep our building uncluttered and eliminate confusion.

Please only put items in the below locations and not on other tables/locations:

Food: Refrigerated items can be placed in the community room refrigerator. Dry good items can be placed on the counter in the community room. If nobody takes the refrigerated items please toss once they expire.

Small Non-Food: Small items you wish to give away can be set in one location: the left corner (the fireplace side) of the long table in front of the sink in the community room. Please ensure not more than 3 items are on the table at a time-if there are already 3 items there please wait until the table empties to add yours. Please also remove the items if after a week if nobody has taken them.

Books: If you have books to donate to the Wayne Gardens library Lydia welcomes them. Please give them to her first so that she can color code them with a label and then work them into the book rotation.

Large/Multiple Items: If you would like Lydia can place an add for your free items in the Wayne Gardens Newsletter



Golden Gazette Newsletters Now Being Delivered to Wayne Gardens

A Wayne Gardens resident suggested that we look into having The Golden Gazette, a newspaper published by the Franklin County Office on Aging delivered to Wayne Gardens which we thought was a wonderful idea. We looked into it and the Golden Gazette will now be delivered! This paper is published every other month and contains information on the senior centers and local programs going on in the area as well as some interesting articles.

Around 20 papers will be delivered. Staff will put them on a table in both building's common areas for residents to read there or borrow. If you borrow it and finish it we encourage you to return it for someone else to read. If you want to read the newsletter and all copies are gone no worries-Lydia will keep an extra one in her office.



Heating Odors



Residents may notice a burning or “hot” odor when first running heat. This is typical and does not require a work order unless the smell is persistent and lasts longer than an hour.

Medicare Scam Alert

People (including some of the residents of this building) have recently been targeted by a “Medicare” scam where someone not affiliated with Medicare calls and pretends to be working for Medicare. They may say things like they are going to issue you a new card. This is a scam designed to get your personal info!

- Medicare does not call you uninvited and ask you for personal or private information.
- You will usually get a written statement in the mail before you get a phone call from a government agency.
- Calls requesting health insurance information should not be trusted.

Medicare.gov advises that you **take the following precautions**:

Never give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like PA MEDI counselors) Do NOT accept offers of money or gifts for free medical care.

- Don't allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.

- Never Join a Medicare health or drug plan over the phone unless YOU called Medicare.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal details, hang up and call 1-800-MEDICARE (1-800-633-4227) or visit [medicare.gov](https://www.medicare.gov).





Maintenance calls—

When calling in a work order, please speak clearly/slowly and provide: name, address (development name), and issue. Maintenance will usually only return your call if it is an emergency work order call made after hours—however, if your phone blocks unknown calls they will not be able to reach you if they have questions. Please remove this feature after calling in your workorder particularly if it is after hours. Please be aware that usually maintenance does not return calls for work orders that are non-emergency nor for emergency calls during regular hours unless they need more information. They do return calls for emergency after hour work orders.

Examples of emergencies are (but not limited to):

Plumbing leaks which could flood the unit or cause damage; Electrical hazards; No heat; malfunctioning fire alarms, clogged toilet or clogged tub, if on a weekend and have no second tub and/or toilet; and completely clogged kitchen sink.

Non-emergency work orders will be handled as time permits. Changing light bulbs, etc. is not considered an emergency—no power or flooding is. considered an emergency.

Dates to Remember

10/10 BINGO

10/16 Pumpkin Paint

10/18 Seasonal Affective Disorder Presentation

10/25 Wayne Gardens Resident & Staff Meeting

10/26 Garden Club Meeting

10/30 Mask Party

10/30 Church Meals

10/31 Fresh Express

October Wayne Gardens Schedules

Management: Susie Lenfestey-Tues & Wed 9am-3pm, Fridays 8:30 am-12:30pm

Supportive Services: Lydia-Monday & Wednesdays 9-4

Contact Information:

Call 717-977-3900

Susan Lenfestey (Management) Ext 111 or email at slenfestey@luminest.org

Lydia Frech (Supportive Services) Ext 112 or email at lfrech@luminest.org

**When mailing payments please make out check to Wayne Gardens
(not Luminest) but use our office address:**

Luminest

82 W. Queen Street

Chambersburg, PA 17201

717-977-3900

