

A photograph of a healthcare worker in blue scrubs leaning over to assist an elderly woman with white hair who is seated in a wheelchair. The woman is wearing a blue patterned shirt and a pink cardigan. The background is a warm, indoor setting.

Northeastern Pennsylvania LIFESTYLES™

OVER 50

Fall 2022

**Care Feature:
Professional
Services —**
p. 12-13

**Geisinger
65 Forward —**
p. 16

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Cover Story

LIFE ACHIEVEMENTS



We've been lucky! Autumn temperatures have been warm, the fall leaf colors have been vibrant, apple pies are delicious, and pumpkin spice is available at the local coffee shop. I love fall!

Did you know that falling leaves don't just look beautiful and give you a sense of awe, but they may also bring

you good luck? If you believe in superstitions, you should know that for every falling leaf caught in your hand, the same number of happy months will follow.

This issue focuses on the advice you would pass on to the next generation. We have an article on page 16 about "Being a Good Parent & Child." We share "Life Lessons." And we discuss "Being a Role Model" to your grandchildren on page 24. As always, don't forget to check out "In Your Neighborhood," where we visit Wyalusing this issue.

We wish to all our readers that you catch a falling leaf for good luck this season. Health and happiness to all of you!

Warmly,

Marci Kacyon
Executive Editor

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NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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Lifestyles
Northeastern Pennsylvania
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. Following are just a few of the organizations we've been fortunate to "pay it forward" over the last several years in appreciation for their service.



Marci Kacyon, Executive Editor presenting a check for \$150.00 to Nancy Huey of Hezekiah's Hands.



Check presentation (left to right): Robin VanValkenburg, Active Living Center Director; Marlea Hoyt, Agency Director; and Marci Kacyon, our Executive Editor. Absent: Kelly Hall, Community Services Coordinator; and volunteer, Paul Urner.

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events.

If you are a local nonprofit, individual or group serving within Northeastern Pennsylvania (see our counties map on page 3), please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com. We'll be happy to consider you!



Check presentation by Marci Kacyon, executive editor and Ann Lewis (right) of Equines for Freedom.



Check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to The Older Adult Learning Community (TOALC) accepted by Gregory Nulle.

Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Tech Savvy Seniors

AUTOMATIC MEDICATION DISPENSERS

A key component of living independently for many elderly people is being able to effectively manage their prescribed medication. Using an automatic medication dispenser helps organize pills and tablets in advance and dispense them at their prescribed times. They're even good for dispensing vitamins and other supplements.

Benefits:

1. Labels on medication packaging, as well as their information leaflets, are often difficult to read. With an automated medication dispenser, the pills or tablets can be loaded in advance by a pharmacist or caregiver and easily retrieved by the patient.
2. Despite safety caps, young children may still be able to open bottled medicines. Also, if your pills or tablets accidentally fell on the floor, your pet or young child could potentially eat them. Once your medication is loaded into the dispenser, it's secure and nothing can fall out.
3. It's been estimated that up to 75% of older adults do not take their medicines properly, with many of those thought to forget to take their medication. When a medication is not taken at the right time, the dispenser will flash and beep. The user will then receive a phone reminder. If the patient still doesn't take their medication, a caregiver will be alerted.

Will Medicare pay for automatic medication dispensers?

Medicare does not cover the cost of automatic medicine dispensers. In some states, Medicaid may pay for the cost. Ask about your state's coverage, as every state determines their Medicaid coverage. If you're a veteran, some Veterans Affairs programs will cover dispensers. Check to see what your benefits include.

How much does an automatic medication dispenser cost?

The cost of automatic medication dispensers run the gamut, with some costing as little as \$60, while others cost hundreds of dollars. The ones that have



more bells and whistles tend to cost the most. Some also require a subscription service because they can contact caregivers much in the same way as a medical alert system. They can range in size from small travel containers that easily fit in a carry-on bag to large machines that distribute up to 90 days' worth of medication.

Where can I purchase an automatic medication dispenser?

Many dispensers can be bought online or at a pharmacy. Medical equipment companies also sell them. Following are just a few of the brands available:

- Hero Automatic Medication Dispenser
- e-Pill Voice
- MedaCube
- LiveFine

Check out the customer reviews.

There's a lot you can learn from the item's description, but nothing beats reading customer reviews to see how well (or not so well) a dispenser works. Placing your pills in a safe container matters! Those that are free of bisphenol A (BPA), and made with durable, food-grade materials get top honors. Whether you want the bare basics or something with all the bells and whistles, there are plenty of automatic medication dispensers to help you stay organized and safe.

Sources progresslifeline.org, seniorliving.org and healthline.com

In Your Neighborhood

WYALUSING, PA

Situated where Wyalusing Creek enters the Susquehanna River, Wyalusing is nestled between Browntown Mountain and the renowned Wyalusing Rocks.

The river enabled early Native American Indians and eventual European settlers the earliest means of transportation through the Endless Mountains. In 1752, Paupanhunk, a Monsey Chieftain of the Delaware Tribe, established a settlement with about 20 families. The village was built upon the ashes of a previously destroyed settlement. It was named M'chwihilusing; meaning "home of the honorable warrior", from which the name "Wyalusing" was obtained. In 1760, Charles Frederick Post introduced Christianity at the request of the Indians. In 1774, the first, permanent settlement was established by settlers from Connecticut before being burned to the ground in 1778 by Indians sympathizing with the British.

Through the 1800's, Wyalusing served as a hub for the shipment of logs down the Susquehanna River and grew as a commercial center for the surrounding farms. The Welles Mill Company was established along the Wyalusing Creek in 1820, and was a prime reason settlers came to reside in the town and farm the surrounding countryside. The town's business section, built between 1840 and the early 1900's retain the same charming, old storefronts

QUICK FACTS

County: Bradford

Founded: 1887

Population: 596
(2010 census)

Mayor: Susan "Suky" Burgess

Website:
www.wyalusingborough.com

from more than a century ago. Wyalusing was incorporated as a Borough in 1887; the same year The Wyalusing Rocket, the local newspaper that still operates today. Wyalusing is also home to one of the largest beef processing plants on the east coast that was started in the late 1970s by the Taylor family. Cargill Corporation now owns and operates the plant, employing over 1,000 local residents.

Wyalusing's most dominant feature is the natural beauty in which the town is set and the Wyalusing Rocks overlook, located one mile west of the Borough on State Route 6. Today, Wyalusing is a commercial, social, recreational, educational and spiritual hub that supports a junior-senior high school and an elementary school that also accommodates Laceyville, New Albany and Camptown.

Courtesy Wikipedia and wyalusingborough.com



View overlooking the Susquehanna River from the Wyalusing Rocks.

Ombudsman Program

CITIZEN REPRESENTATIVE

An Ombudsman is a Swedish term meaning Citizen Representative.

Ombudsmen are trained individuals who advocate to resolve concerns on behalf of individuals who receive long-term care services. Ombudsmen provide information to residents and their family about rights, procedures and additional resources within the facility or community. An Ombudsman investigates concerns and works to resolve issues that may arise involving a resident in a long-term care facility.

The mission of the Ombudsman Program is to “**Advocate for those who can’t, support those who can, and ensure that all long-term care residents live with dignity and respect.**” Ombudsman services are confidential.

For more information on the Ombudsman Program, please contact:

Luzerne and Wyoming County – Ombudsman Marcia or Susan at 570-550-3811 or e-mail at lcombudsman@epix.net

Lackawanna, Monroe, Pike and Wayne Counties – Ombudsman Linda or Melinda at 570-344-7190 or e-mail at lcombudsman@epix.net



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Embrace The Fall Season

APPLE TIDBITS

Johnny Appleseed was a real person. John Chapman was a missionary that crossed Pennsylvania, Ohio, Indiana, Illinois, and West Virginia planting apple trees. He installed fencing around these nurseries to protect them from livestock and left the local town folk in charge of their care. He became a figure of fascination to many for wearing a pot (tin hat) on his head and sleeping outside. Today, he is credited for planting more than 100,000 square miles of orchards.

It's true. **An apple a day keeps the doctor away.** They are nutritious, providing lots of nutrients per serving. They have an antioxidant effect that protects against cancer and regulate your immune system to help fight asthma. Apples are high in fiber and water, which makes them filling, helping to manage your appetite and promote weight loss. They contain soluble fiber which can help lower



your cholesterol levels and lower your risk for heart disease. The bottom line, apples are delicious and are good for you. A win, win!

Bobbing for Apples began as a British courting ritual. Each apple was assigned a young man's name. The bobber was then tasked with retrieving the apple. If she was successful on her first try, the couple was destined for happiness.

There are over **7,500 varieties of apples**. The state of Washington is the leading apple grower, producing over 5.4 billion pounds of apples. The Kiku apple is a mutation of the Fuji apple and known to be the sweetest with the highest level of sugar content at 12.73 grams. The healthiest apple is considered to be the Red Delicious apple because of the antioxidant content in their skin.

The Adam's Apple is really the larynx that protects the vocal cords and deepens a man's voice. In the original biblical story of Adam and Eve in the Garden of Eden, Adam ate a piece of forbidden fruit from the apple tree and part of it got stuck in his throat.

Apples helped discover gravity. Sir Isaac Newton developed the theory of gravity while out in the orchard witnessing apples falling straight down. This led him to research and discover gravity in 1665.

The term **"Apple of My Eye"** refers to someone you value above all other things. It is usually associated with feelings of love, admiration, and beauty.

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geisinger.org/LifeGeisinger



Our Kids In Crisis

RISE OF THE iGENERATION

Social media, the pandemic and technology have left a generation of kids anxious and depressed.

Rise of the iGeneration

To understand the crisis facing today's children, understand this: They have 'superpowers' that most older adults can only begin to understand. They are the most technologically immersed generation with the "i" representing the types of communication technologies they depend on (iPhone, iPod, Wii, iTunes, etc.); besides the fact that these technologies have become mostly "individualized" forms of communication, despite social media's original intent.

For example: Many of the social media platforms kids use today compare their lives with those of others who post filtered, idealized and false portraits of themselves. Algorithms dictate what kids see on social media, feeding them a daily diet of

content related to their deepest passions, fears and insecurities. This technology makes a child uniquely vulnerable.

What you can do to help


Put your cell phone down. Adults need to be good role models to today's teens by giving your complete attention to them. Instruct your kids to keep their social media settings on private. And when they are at home, turn their location services off. Above all, be present. What children are looking for is love and attention. If they are not getting it at home, it's readily available online, even if it's not authentic and misguided. Note: If a child in your family has been approached in a way that's inappropriate, contact law enforcement right away.


Sources AARP Bulletin, September 2022 and psychologytoday.com

WHERE ARE WE?

An added benefit to
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is delivering our
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from this photo
what area of NEPA
we're visiting?





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570-784-8050
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Hawley, PA 18428
272-336-0560
Tuesday: 9:00 am – 5:00 pm
Friday: 9:00 am – 5:00 pm

KINGSTON

601 Wyoming Avenue
Kingston, PA 18704
570-287-8649
Monday – Thursday:
9:30 am - 5:00 pm
Friday: 9:30 am - 2:00 pm
Saturday: 9:30 am - 12:00 pm

LEWISBURG

ACE Hearing Centers
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Lewisburg, PA 18740
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WILLIAMSPORT

Ace Hearing Centers
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Williamsport, PA 17701
570-567-1053
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9:00 am - 4:30 pm

Ask The Experts

YOUR HEARING QUESTIONS ANSWERED

If you or someone you know is having trouble hearing, our board certified audiologists at The Hearing Center are available to help with all of your hearing concerns.

Q. My family complains that I do not hear well but I think they mumble when they speak, what should I do?

A. We recommend that you get your hearing tested by a certified and licensed doctor of Audiology. Studies have shown that hearing loss is commonly first noticed by others before the hearing-impaired person notices it.

Q. A few of my friends and relatives tell me that hearing aids do not work, but I have trouble hearing. What should I do?

A. There are a number of factors that impact how well someone hears with hearing aids. Every person is different. I would urge you to try hearing aids at no cost and then decide for yourself if you are hearing better. The Hearing Center can help you get started with this process.

Q. I recently read that untreated hearing loss is associated with cognitive decline and dementia. Is this true?

A. Recent research has shown a strong relationship between untreated hearing loss and these conditions. However, the use of hearing aids has been shown to reduce this relationship. Additionally, untreated hearing loss has been linked to depression and also an increased risk of falling. That's why it is important to see an audiologist and address your hearing loss.

Q. I read that there are new state-of-the-art hearing aids that are small and barely noticeable when you are wearing them. Is this true?

A. Advances in hearing aid technology have been tremendous in the last decade. Today's hearing devices are digitally programmable

and can improve hearing immensely in all listening situations. The look and technology of hearing aids are always advancing. Today's hearing aids are so small that they are practically unnoticeable by other people.

Q. I think that I hear fine, but I have terrible ringing and buzzing in my ears. Is there anything I can do about it?

A. Ringing or buzzing in the ears is called Tinnitus. This can result from damage of the inner ear or other, more serious conditions. Talk to your primary care physician about seeking an audiological evaluation. Our board of certified audiologists at The Hearing Center can evaluate your condition and make an appropriate treatment plan for you.

Q. How long should a hearing aid last before I think about replacing them with a new pair?

A. On average, hearing aids should be changed every 4 to 5 years. However, higher quality hearing aids can last longer when you take good care of them. One of the biggest reasons people change hearing devices is that the advancements in hearing aid technology and performance occur regularly. Hearing aids are always evolving. That is why a free trial of a hearing aid is equally important to a new hearing aid wearer, as it is to someone who has been wearing hearing aids regularly.

Q. I am ready to get my hearing loss treated. What is the next step I should take?

A. Call and schedule your appointment with one of our board certified audiologists at The Hearing Center.

Courtesy The Hearing Center

Professional Services

CARE FEATURE





<p>Abington Audiology & Balance Center</p>	<p>790 Northern Blvd. South Abington Township, PA 18411 570.587-3277 www.abington audiology.com</p>	<p>Dr. Erica Schoenberg Gallagher, Audiologist opened the doors of Abington Audiology & Balance Center in 2007. The staff's number one priority is delivering exceptional patient care – combining years of expertise in hearing healthcare and a variety of services ranging from evaluations to treatment.</p>
<p>BUCKNO LISICKY & COMPANY <small>Certified Public Accountants Business Consultants</small></p>	<p>1167 Interchange Rd. Lehigh, PA 18235 610-377-6960 www.buckno lisicky.com</p>	<p>Serving businesses locally and abroad since 1969, Buckno Lisicky & Company's Certified Public Accountants and Business Consultants have the credentials, experience and most advanced computer technology to develop strategic, long-range plans for each and every client. Visit any of their four convenient office locations in Allentown, Bethlehem, Lehigh, as well as New Jersey.</p>
<p>Gannon Associates Insurance</p>	<p>28 Main Street Towanda, PA 18848 570-265-3197 844-GANNONS</p>	<p>Started in 1973, Gannon Associates Insurance can attribute its company's steady growth to one thing: loyalty. With 12 office locations and a service area that covers Pennsylvania, New York and other surrounding states, its friendly and knowledgeable staff are committed to delivering unparalleled service to the communities in which they live and work.</p>
<p>Geisinger 65 Forward</p>	<p>Scranton 866-986-1948 Kingston 866-566-2967 Wilkes-Barre 866-595-7921 Hazleton 866-288-5302</p>	<p>At Geisinger 65 Forward, you get more time with your doctor and more access to personalized care. With a variety of services all under one roof, and the ability to make same-day appointments, it's a new approach to primary care for people 65 and older focused on your health needs.</p>
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Professional Services

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	<p>www.pivotphysical therapy.com/ locations</p>	<p>People. Passion. Purpose. Whether you're recovering from an injury, recently undergone a medical procedure, been in a car accident or have other concerns that keep you from being your physical best, physical therapy can help you. With 41 convenient locations in Pennsylvania, Pivot Physical Therapy offers dozens of specialty services to serve your needs.</p>
	<p>610 Wyoming Avenue Kingston, PA 18704 570-287-8649 www.hearing- center.net</p>	<p>Providing quality-hearing care for over 40 years. They offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. Visit their Website to schedule an appointment at any of their five convenient locations.</p>

CARE FEATURE

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Safety
✓

Sandwich Generation

BEING A GOOD PARENT & CHILD

Many adults today are juggling the demands of work, household upkeep, finances and school-aged children, while also caring for an aging parent. This group, known as the ‘sandwich generation’, may feel more like a panini – pressed and grilled between the weight of their caregiving duties.



According to a recent survey by Home Instead, Inc., 62% of those in the sandwich generation feel they must choose between being a good parent or being a good daughter or son. These pressures are intensified by economic uncertainty and the impact of the pandemic. “Caregiving can take an emotional, mental and even physical toll on someone, and it can be hard to divide attention and resources to provide the best care to loved ones of different ages,” says Lake-lyn Hogan Eichenberger, Ph.D., gerontologist and caregiving advocate at Home Instead. “While caregivers may feel they have to do it by themselves, it’s best to avoid the superhero mentality and recognize where support is needed.”

Hogan Eichenberger offers five ways to help manage stress and survive the sandwich generation press:

1. Seek support. To help manage the pressure, seek out a group where you can share your experience with others who are in a similar situation and talk through ideas for respite and support.

Consider virtual and in-person support groups for caregivers in the sandwich generation or groups geared toward specific conditions such as Alzheimer’s.

- 2. Prioritize yourself.** It’s easy to view your role as a caregiver as your entire identity. In fact, 63% say that caregiving makes it harder to care for themselves. Set aside time to address your mental and physical health. Aim to eat healthy, exercise regularly and get seven to eight hours of sleep.
- 3. Line up professional care.** Supportive care services can offer much-needed respite and ensure your parent or aging loved one is safe while you’re not there. Many professional caregivers trained specifically for elder care can assist with tasks such as bathing and housework. Family members or friends can also provide relief. For example, you might team up with other parents to carpool or line up play dates.
- 4. Consider delivery services.** As a caregiver, it can be challenging to find time for typical errands. Save valuable time by subscribing to delivery services like Instacart for groceries or your local pharmacy for medications.
- 5. Communicate with your employer.** Seventy-seven percent of caregivers say they have had to make major or minor changes to their work to meet commitments. Help your manager and co-workers understand the responsibilities in your personal life, and discuss a plan that works for you and the team. Ask about benefits or services your employer offers, such as an Employee Assistance Program.

For more information and practical resources to help, visit: <https://www.homeinstead.com/sandwichgen>.

Courtesy NewsUSA

Safely Manage Medications

FIVE TIPS

It's no surprise that many older adults struggle to keep track of their medications.

According to a 2019 survey by the Kaiser Family Foundation, the majority of adults 65 and older (54%) report taking four or more prescription drugs. While many older adults want to remain independent and manage their own medications without a plan, they are putting themselves at risk. Medication mismanagement is among the most serious health threats facing seniors. Mistakes can often lead to severe drug interactions or forced placement into a long-term care facility.

Having the right plan in place to safely manage prescription and over-the-counter drugs can help alleviate the potential hazards of medication management. To help avoid the pitfalls of medication misuse, consider the following tips from Home Instead Senior Care:

- Create a master list. It can be easy to lose track of all your prescriptions and supplements, when they should be taken and how often. Keep a list of all current prescription medications, over-the-counter medications and any vitamins or herbal supplements you are taking. Share the list with all health professionals involved in your care.
- Enlist a loved one. A second set of ears and eyes can help you remember everything you intended to discuss during a doctor's appointment, including the prescriptions you are taking and why. At home, consider asking a friend or loved one to help you stick to a daily routine.
- Stay organized. A variety of prescriptions and dosages can make it difficult to stay on track. Establish a safe system or regimen to manage your medications. Use organizers, such as pillboxes or printed trackers. Consider signing up for a pharmacy service such as Simple Meds, which automatically organizes and sorts your medications, packaging each dose into clearly labeled packets that are mailed to you each month.
- Designate a physician gatekeeper. It's typical to see multiple doctors for various health needs. While many assume doctors talk to one another,

that isn't always the case. To minimize the potential for error or miscommunication, identify a single provider to manage medications and monitor your overall health.

- Watch for red flags. Changes in mood or side effects such as weight gain, insomnia and constipation are examples of things that may indicate medications are adversely interacting with one another. A full pill bottle may indicate missed dosages. If you have any concerns or questions regarding a prescription or your ability to successfully manage your medications, reach out to your pharmacist or health provider.

To learn more about the resources available to help with medication management, visit www.LetsTalkAboutRx.com or call a Home Instead office near you.

Courtesy NewsUSA



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Life Lessons

SHARE WITH FUTURE GENERATIONS



Importance of love and family – sharing the gift of love between generations is perhaps the most powerful life lesson.

Enterprising pursuits – A business owner's story of passion, persistence, luck, and other pivotal business challenges are invaluable lessons for any future generation to learn.

Formula for parenting – We all feed off the experience and wisdom of our parents and grandparents when it comes to parenting. The lessons shared help guide our approach to parenting the next generation.

Treat others with respect – It doesn't matter where someone is from, what they look like, or what they believe in, accept who they are. More often than not, if you're nice to them, they will be nice to you.

Don't be afraid of making mistakes – Don't be discouraged by prior setbacks. Learn from your mistakes. Use 'failure' as fuel to create an infinitely bigger success.

Dream big – Wake up every day with a goal in mind. We only get one shot at life, and there's a lot to accomplish.

Never lose your imagination – As adults we lose our imagination and creativity and often see things more in black and white. As important as logic is to living a successful life, it can also be paralyzing. Success and happiness require a healthy mix of imagination and logic.

Belong – Whether it's playing a sport, an instrument, or any other activity - whatever you enjoy, do it with others. It will increase your sense of belonging, confidence, and purpose in life.

Be optimistic – Don't allow your past disappointments govern how you envision the future. Don't waste your time on negative people – they will drain your energy, which is so important. Live life as if the glass is half full ... not half empty!

You are not entitled – We all have to pay our dues. We all have to work hard. We all have to face failure and rejection before we can achieve success. View it as a rite of passage and the price you pay for happiness.

It's okay to be wrong – The best way to learn is by doing, and making mistakes. Being wrong is the only way we can find out what's right, and therefore become smarter. If we convince ourselves that we already know everything, we will never learn and grow.

Everything in moderation – This is true with eating and drinking, and all other pursuits. It doesn't matter if those around you aren't acting accordingly – you are not them. Unless you want to be grouped with others, allow your actions to speak for you.

People are not perfect – And neither are you. Understanding this is a mark of maturity. You'll be much happier for it.

Don't be afraid to fall in love – Love is like winning the lottery: you may have to lose a lot before you win, but you will never win if you don't play. Everyone has a different path to happiness. Follow yours with passion.

Sources mywordcts.com, jamesmsama.com and huffpost.com

Remember When?

HOW HALLOWEEN HAS CHANGED OVER THE DECADES

Halloween has worn many masks, resembling no other holiday we celebrate. Here's a look back to how Halloween has changed over the decades.

Halloween, or All Hallows' Eve, is a holiday that traces its Druidic origins to Ireland. It was a religious day, designated by the ancient Irish for celebrating and communicating with visiting spirits. Modern celebrations of Halloween incorporated aspects of other traditions over the years, gaining popularity in the United States in the 1840's by the massive Irish immigration to escape the Potato Famine. The Pagan roots of the celebration may be what led to it being popular with farm communities and people looking to connect with the land as the seasons turned.

1950's and 1960's

Until the 1920's, most Halloween costumes were handmade. This all changed in the 1920's with the advent of manufactured costumes. Plastic masks with elastic bands were the norm. They were cheap to produce and could resemble any character a child wanted to be. The more traditional scary costumes were common, such as skeletons, witches, and ghosts. Cowboys, clowns, and a few popular TV show characters like Zorro and Superman soon became popular as well. It was during this period that "trick-or-treating" really became widespread. Kids were likely to receive coins, nuts, fruit, or drinks. But, once the candy companies got involved, kids could expect atomic fireballs, chewing gum, mini Baby Ruth bars, and Milky Way bars.

Fake blood from movies like "The Shining" came about in the 1960's, invented by pharmacist John Tinegate. And the rise of Halloween music occurred in 1962, the year of "The Monster Mash," a novelty song about the spontaneous party in a mad scientist's lab.

1970's and 1980's

During this era, massively successful movie introductions inspired an ongoing Halloween tradition of horror movies opening in late October, including Halloween, The Texas Chainsaw Massacre, Beetle-Juice, and more! Now that the candy companies had



claimed the holiday, kids had an extensive variety of candy options. However, parents were becoming more concerned with their kids being poisoned or swallowing sharp items hidden in their treats. Many of the spooky and superhero costumes of the 50's and 60's were still on display, but a number of pop cultural icons were added to the list, such as characters from Star Wars and popular Disney films. In the 1980's, iconic images of the time like Michael Jackson, Alf and Pac-Man joined the fray.

1990's and 2000's

By the 1990's, most parents opted to walk their children around familiar neighborhoods and houses when taking their kids out for Halloween. Popular treats were conveniently packaged into fun-sized Halloween packages, such as Sweet Tarts, Gummi Bears and Swedish Fish for added safety. Halloween parties for adults remained popular as they were in the preceding decades. During these decades, the most popular costumes each year were determined by the most popular pop cultural experience, like Power Rangers, Ninja Turtles, and Harry Potter characters.

Halloween Today

No matter how old you are, Halloween is a celebration that spans all age groups and inspires a number of creative costumes and party ideas. The rise of "Trunk-or-Treating" has also emerged as a safer alternative to trick-or-treating. Popular amongst local charities, children gather candy from the opened trunks of cars parked together in a designated parking lot.

Sources Senioradvisor.com and stacker.com

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” made up of 3 x 3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9,

without repeating any numbers within the row, column or square.

Answers are provided on page 23.

.....AWFULLY BAD JOKES.....

These jokes are awful. Please do not read them.

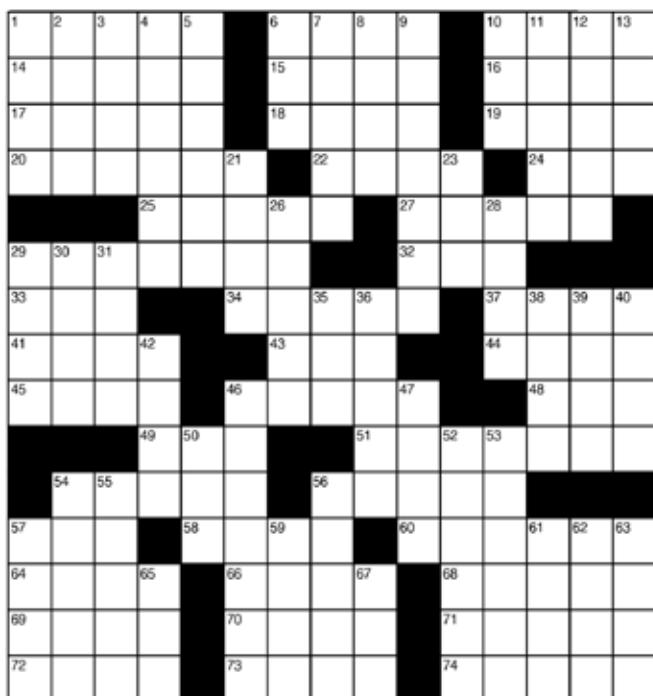
- It’s hard to explain puns to kleptomaniacs because they always take things literally.
- I used to think the brain was the most important organ. Then I thought, look what’s telling me that.
- A farmer in the field with his cows counted 196 of them, but when he rounded them up, he had 200.
- You kill vegetarian vampires with a steak to the heart.

- If you want to catch a squirrel just climb a tree and act like a nut.
- A magician was walking down the street and turned into a grocery store.
- Why don’t you ever see hippopotamus hiding in trees? Because they’re really good at it.
- How does NASA organize their company parties? They planet.

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Clean
- 6 Ammunition
- 10 Opaque gem
- 14 Distant
- 15 Place
- 16 Smoke duct
- 17 Parody
- 18 Institution (abbr.)
- 19 Skins
- 20 Hang on (2 wds.)
- 22 Vale
- 24 Tangle
- 25 Sandwich cookies brand
- 27 Mid-Eastern dwellers
- 29 Turning point

- 32 Western Athletic Conference
- 33 Compass point
- 34 Life and ___
- 37 Not this
- 41 Teen disease
- 43 Ex-serviceman
- 44 Movie ___
- 45 Noblewoman
- 46 Group
- 48 Luau dish
- 49 Adam's wife
- 51 Trying to lose weight
- 54 Malicious burning
- 56 Dig
- 57 Expression
- 58 Eye

- 60 Petroleum worker
- 64 Speaks
- 66 France & Germany river
- 68 Finale
- 69 Fades
- 70 Writer Bombeck
- 71 Theme
- 72 Afresh
- 73 Murder
- 74 Pinch

- 31 Sell
- 35 Males
- 36 Musical composition
- 38 Shoshonean
- 39 Long time
- 40 Trigonometry
- 42 Sight organs
- 46 Beginnings
- 47 Farm building
- 50 Volume (abbr.)
- 52 Expels
- 53 Tattle (2 wds.)
- 54 Do over
- 55 What a poem has
- 56 Play
- 57 U.S. Department of Agriculture
- 59 Royalty
- 61 Pout
- 62 Land mass
- 63 What a tie hangs on
- 65 Compass point
- 67 Visible light

DOWN

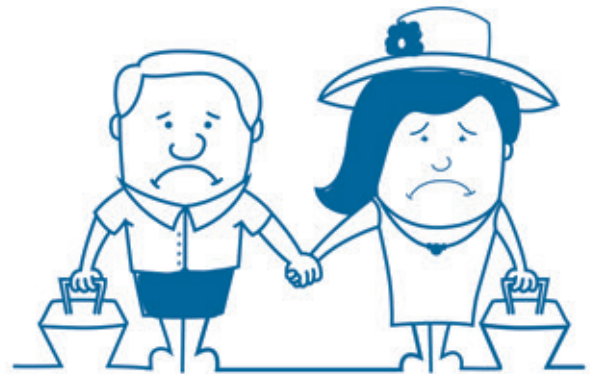
- 1 Big party
- 2 Dog food brand
- 3 Implement
- 4 Rock column
- 5 Hard work
- 6 Boxer Muhammad
- 7 Brains
- 8 Tableland
- 9 Hoods
- 10 Disconnected
- 11 Vertical line
- 12 Halos
- 13 For fear that
- 21 Legible
- 23 Epoch
- 26 Fatty vegetable
- 28 Acting (abbr.)
- 29 Ring
- 30 S.A. Indian

Answers are provided on page 23.

Travel Complaints

ACTUAL COMPLAINTS FROM DISSATISFIED TRAVELERS

- ⊖ “On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don’t like spicy food.”
- ⊖ “They should not allow topless sunbathing on the beach. It was very distracting for my husband.”
- ⊖ “We went on a holiday to Spain and had a problem with the taxi drivers as they were all Spanish.”
- ⊖ “We booked an excursion to a water park but no one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price.”
- ⊖ “The beach was too sandy. We had to clean everything when we returned to our room.”
- ⊖ “We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow.”
- ⊖ “It’s lazy of the local shopkeepers to siesta in the afternoon. I often needed to buy things during ‘siesta’ time – this should be banned.”
- ⊖ “No one told us there would be fish in the water. The children were scared.”
- ⊖ “Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers.”
- ⊖ “I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts.”



- ⊖ “The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun.”
- ⊖ “It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair.”
- ⊖ “I compared the size of our one-bedroom suite to our friends three-bedroom and ours was significantly smaller.”
- ⊖ “The brochure stated: ‘No hairdressers at the resort.’ We’re trainee hairdressers and we think they knew and made us wait longer for service.”
- ⊖ “When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners.”

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O V E R 5 0

Games

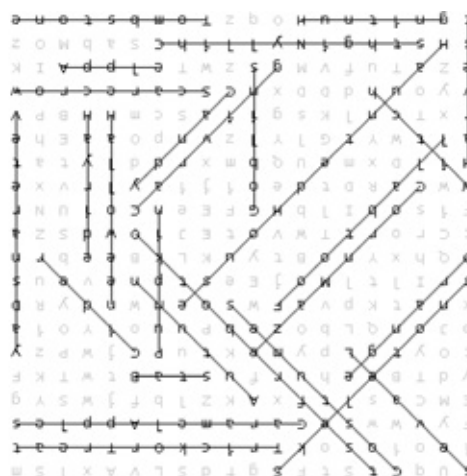
AND ACTIVITIES

Word Search

Fall Fun

s u q c t s t f s g f d s l v a x l s m
 i e o i o s o k t r i c k o r t r e a t
 f y v w w s e c a r a m e l a p p l e s
 e m c a s l t f x a k z l b f j w s y g
 y d t b e e h u r f u s t a b t w t k f
 t o y t g l p y m e k t u p c j w p z y
 b j o n q l b o z e b p u u o i y o i a
 x n a t k p v a f w s o e m w n d y r d
 s r i l t l m o j e e s t p n e v e u s
 o q h x y n o b t y u k l k b e e b r n
 t c r o r t t w v o t e j i o w d s z a
 f i s o b i l b h g f e e n c o i u n r
 w w c a r d t d e o i j i a y l r v x e
 h i l d x m e u q b m x r d d l y t a t
 a l t w y t g l y l z v n p o a a e h e
 r x t c n l k s g i i a s c m h h b p v
 v y o u h d d d x n c s c a r e c r o w
 e z a t u f v m g s z w t e l p p a i k
 s h s t h g i n y l l i h c s a b m o z
 t g n i t n u h o q z t o m b s t o n e

Apple
 Autumn
 Bats
 Candy
 CaramelApples
 Carving
 ChillyNights
 Cider
 CornMaze
 Costumes
 Football
 Goblins
 Halloween
 Harvest
 HauntedHouse
 Hayride
 Hunting
 Leaves
 Oktoberfest
 Orange
 Pumpkin
 Scarecrow
 Skeletons
 Tombstone
 TrickOrTreat
 VeteransDay
 Witch



SUDOKU ANSWERS

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

CROSSWORD PUZZLE ANSWERS

BATHE	AMMO	OPAL
ALOOF	LIEU	FLUE
SPOOF	INST	FURS
HOLDON	DALE	MAT
OREOS	ARABS	
PIVOTAL	WAC	
ENE	TIMES	THAT
ACNE	VET	GOER
LADY	GENUS	POI
EVE	DIETING	
ARSON	DELVE	
UGH	LEER	OILMAN
SAYS	SAAR	CLOSE
DIMS	ERMA	TOPIC
ANEW	SLAY	SNEAK

What To Do

WITH YOUR GRANDCHILDREN

Being A Role Model

Grandchildren often look to their grandparents for how life is to be lived. Grandparents can be positive role models for their grandchildren by: providing moral support; sharing common social values to live by; telling stories about family and relatives; giving short biographical history lessons about how others lived; offering themselves as a close friend and confidant; and being a wizard at making and fixing things!

All of these roles are significant and important to nurturing the next generation. Unfortunately, sometimes children look up to their grandparents because their own mom and dad are not worthy role models. Some parents live their lives selfishly without regard for loved ones and others. Some parents are not present in their children's lives because of work obligations, sickness or incarceration. When these situations occur, children look to others for guidance.

In the information age of 'misinformation', grandchildren need examples of truth and morality that don't change with the times. Grandparents can teach young people the difference between right and wrong. Children need to see honesty and integrity consistently displayed. Grandparents often have the patience and experience to fulfill that role.

Following are just a few of the roles grandparents can fulfill in a child's developing years:

- **Nurturer** – Grandparents nurture their grandchildren by loving them unconditionally, showing gentleness, kindness, and seeking to understand and accept them.
- **Playmate** – Grandparents are fun. They should be willing to act silly, play on a child's level, build blocks together, run through the grass, swing at the park, stay up late, and eat different foods.
- **Spiritual advisor** – Sometimes it's a grandparent that answers a grandchild's difficult questions about God and the purpose of life.



- **Teacher** – Even though parents are a child's first teacher, grandparents are a close second because of the vast amount of knowledge and experience they have. Their grandchild can quickly and easily learn and benefit from them.
- **Caregiver** – Many grandparents are babysitters to their grandchildren and care for them when a parent is busy or away. Studies show that grandparents are the best caregivers for their grandchildren when a parent is absent.
- **Mentor** – Grandparents can guide, direct, and help their grandchildren as they seek to navigate the challenges of life and find answers to difficult questions.
- **Positive example** – Sometimes, without saying anything, grandparents can demonstrate the differences between right and wrong, and the importance of honesty and integrity simply by their actions.

Sources goodparentingbrighterchildren.com and focusonthefamily.com

Events Calendar

FALL 2022

Bradford – Run or walk the Turkey Trot. The Annual Guthrie Sayre Turkey Trot is a holiday tradition for nearly 1,000 participants. A great way to begin your Thanksgiving morning: the course starts and finishes at the historic Sayre Theatre, running through the streets of Athens and Sayre.

Carbon – Take a train ride through Lehigh Gorge State Park. Rides depart from the historic train station in Jim Thorpe. Riders get to see the Glen Onoko Falls while being surrounded by beautiful mountain views. Or board the train with your bikes. When the train stops, passengers hop off and ride their bikes along the 25-mile Lehigh Gorge Trail back to Jim Thorpe.

Lackawanna – Fall fun at Roba Family Farms. Whether it's visiting the pumpkin patch or choosing a freshly cut Christmas tree, there's no shortage of food, fun and entertainment for your family. Roba Family Farms specializes in hosting all types of events, including birthday parties; family, church, and scout gatherings; and field trips. Be sure to also check out their other attraction at Lakeland Orchard & Cidery in Scott Township.

Luzerne – Experience The Lands at Hillside Farms. Walk the grounds, meet the animals, and volunteer your time at this historic, non-profit, 412-acre, educational and working farm in Shavertown. Stroll through 19th century greenhouses; stop by the Mercantile and shop for American-made items like soaps, candles and lotions; the Potting Shed features an assortment of stylized décor items and antiques; check out the Dairy Store for an incredible selection of locally-made products like honey, jams and ice cream; and finally, meet the stars of the show ... the animals.

Monroe – Quiet Valley Historical Living Farm. Help preserve 19th century Pennsylvania German heritage by decorating a tree for Old Time Christmas by adorning your tree with items, textures, and color schemes inspired by nature. The event takes place the weekends of December 3-4 and 10-11, 2022. This year's theme is "Out of the Woods."

Pike – Hiking at Bushkill Falls. Known as the "Niagara of Pennsylvania," Bushkill Falls features a series of eight waterfalls, with the Main Falls plum-



meting 100 feet. Four hiking trails wind through this 300-acre park. The area also features a playground, maze, snack bar, paddleboats, gift shops, mini golf, fishing, and gem mining.

Sullivan – Lumberjack competition. Held at the Sullivan County Fairgrounds in Forksville, the event raises money for the Sullivan County Chamber of Commerce. Lumberjacks spend the weekend chopping wood, throwing axes, and carving wooden sculptures.

Susquehanna – Live music in Montrose. Enjoy the best of live music in Montrose where you will find music of all genres. From jazz nights at the clubs to soulful outdoor musical concerts, relax and listen, while enjoying the beautiful hills and surroundings of the area.

Wayne – Hawley Winterfest is a wonderful way to start your holiday. Stroll through downtown, shop for holiday bargains, and make a craft with your grandchildren. Enjoy live theater at The Ritz Playhouse and music at many of the local churches. Or just relax on a horse-drawn carriage ride, and the Christmas Tree Express train.

Wyoming – Pumpkin Walk at Creekside Gardens. Walk amongst thousands of pumpkins and gourds creatively arranged into mosaic designs throughout the gardens and participate in an 'I SPY' activity that is fun for all ages. Picnic tables are nestled in the event area and guests are welcome to bring a lunch or snack to enjoy.

Sources discovernepa.com and visitnepa.org

Giving Back

OMBUDSMAN PROGRAM

The mission of the Ombudsman Program is to “Advocate for those who can’t, support those who can, and ensure that all long-term care residents live with dignity and respect.”

Ombudsmen are trained individuals who advocate to resolve concerns on behalf of individuals who receive long-term care services.

Ombudsmen provide information to residents and their family about rights, procedures and additional resources within the facility or community.

An Ombudsman investigates concerns and works to resolve issues that may arise involving a resident in a long-term care facility. Ombudsman services are confidential. The program is through the Office of Serving Seniors, Inc.

Be a Volunteer Ombudsman

Volunteer Ombudsmen are typically community neighbors who are specially trained to help clarify responsibilities and rights

of consumers in long term living facilities. If you are available for a few hours a month, over 18 years of age, concerned about the rights of nursing home and assisted living/personal care home residents, and interested in making a difference in the lives of long-term living residents, then you may be perfect for the Volunteer Ombudsman program. Training is provided by the Pennsylvania Department of Aging through the State and Local Ombudsman Offices.

For more information on being a Volunteer Ombudsman, contact:

Tel. 570-344-7190

E-mail: lombudsman@epix.net

For more information on the Ombudsman Program, contact:

Luzerne and Wyoming County – Ombudsman Marcia or Susan at

570-550-3811 or e-mail at lombudsman@epix.net

Lackawanna, Monroe, Pike and Wayne Counties – Ombudsman Linda or Melinda at 570-344-7190 or e-mail at lombudsman@epix.net



Serving Seniors, Inc. is funded in part by: The Pennsylvania Department of Aging and The Board of Commissioners through the Lackawanna, Luzerne, Monroe, Pike, Wayne and Wyoming Counties Area Agencies on Aging, and the United Way of Lackawanna and Wayne Counties.



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