

# Northeastern Pennsylvania LIFESTYLES™

## OVER 50

Fall 2023

The Hearing  
Center —  
p. 10

Geisinger  
65 Forward —  
p. 14

FREE







Remain **ACTIVE** in your community  
and maintain your **INDEPENDENCE.**



For information on how our agency can help you access our services,

**please call 570-822-1158 or 1-800-252-1512**

# Cover Story

## GIVING BACK



It feels good knowing you can help others by being a part of something bigger than yourself. This issue is about the value, benefits and ways to give back.

On page 7, it's never too early to start thinking about Christmas and the holidays. Read our article about being a Secret Santa for children

in need; On page 9, learn how you can properly reduce, reuse and recycle consumer goods to preserve the environment; In consideration of your next charitable gift, view our list of nonprofit organizations and missions on page 13; And on page 24, learn how being a volunteer is a great way to mentor young adults and teach them the value of giving back.

Thank you for your support!

**Marci Kacyon**  
*Executive Editor*

570-390-3350

NEPA@LIFESTYLESover50.com

www.issuu.com/nepalifestylesover50

## TABLE OF CONTENTS

Pay It Forward .....	4
Tech Savvy Seniors .....	5
In Your Neighborhood .....	6
Be A Secret Santa .....	7
The Greens At Shadowbrook Resort .....	8
Benefits Of Recycling .....	9
The Hearing Center .....	10-11
Count Your Blessings .....	12
Charitable Giving .....	13
Geisinger 65 Forward .....	14-15
Frozen Meals .....	16
Give Blood .....	17
Blood Pressure .....	18
Remember When? .....	19
Games And Activities .....	20-23
What To Do With Your Grandchildren .....	24
Events Calendar .....	25
Giving Back .....	26

Northeastern Pennsylvania  
**LIFESTYLES**  
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.

Copyright© 2023 by L•A Publishing, publisher of LIFESTYLES Over 50 Northeastern Pennsylvania. The contents of this publication may not be copied or reproduced in any manner without the expressed written permission of the publisher. L•A Publishing assumes no responsibility for damages arising from errors, omissions or editorial content. Interested in receiving our magazine in the mail? Call 570-390-3350 to order your annual subscription (all 6 issues) today!

**COVERING 10 COUNTIES  
OF NORTHEASTERN  
PENNSYLVANIA**



# Pay IT FORWARD

## CONSTANCE (CONNIE) A. CONRAD

Each issue, **LIFESTYLES Over 50** Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. This month, we are proud to “pay it forward” by presenting \$150.00 to Bag-a-Month (BAM) food collection program in care of Connie Conrad – featured in our last issue

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](mailto:NEPA@LIFESTYLESover50.com). We'll be happy to consider you!



Check presentation by Marci Kacyon, executive editor of \$150 to Bag-a-Month (BAM) food collection program in care of Connie Conrad.

**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.



# Tech Savvy Seniors

## WHAT'S THE TEMPERATURE OUTSIDE?

So much of our lives depend on the weather. It's usually the first thing talked about over coffee in the morning. Going for a walk in the afternoon? Plan on supporting your favorite team at tonight's outdoor sporting event? There are those who depend on rain, such as our farmers. Where as, a general contractor may require more dry-like conditions. And, of course our first responders are always concerned for the safety of others during storm events. Regardless of the reason (or season), the weather plays an important part in everyone's lives.

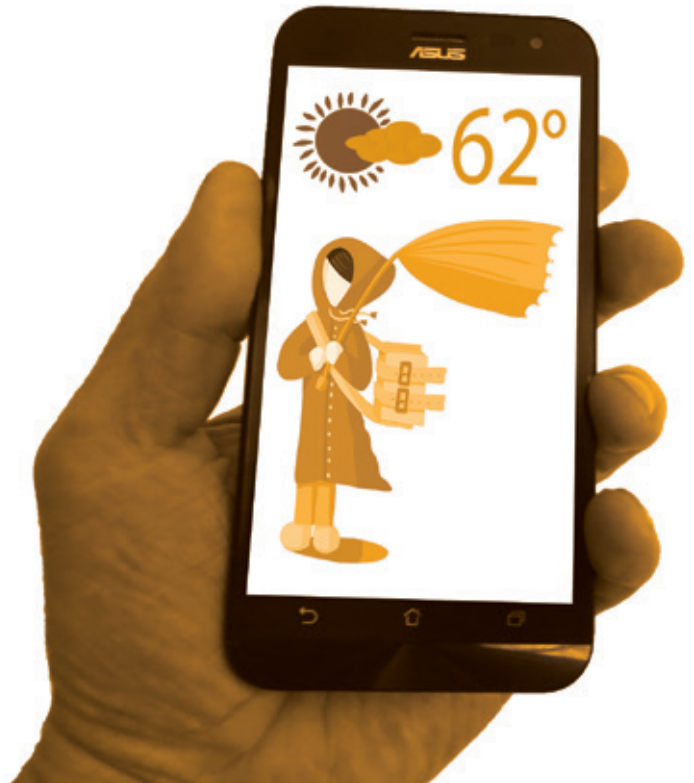
**Today, most smartphones come with a weather App installed. And what local news station doesn't give the daily and weekly forecast? But those of you that truly want to know about the weather in your own backyard, you may want to consider a personal weather station!**

Today's outdoor thermometers are more like personal weather stations. Besides tracking the temperature, you can measure rainfall amounts, wind speeds, and even detect radiation and predict future weather patterns.

Ambient Weather is an Arizona based weather station and software manufacturer that specializes in custom solutions and products for the home and office, industry, schools, resorts, government and media. The company was placed on Inc. Magazine's 500/5000 Honor Roll list for five consecutive years. Its flagship product, Virtual Weather Station is a software package for connecting personal computers to weather stations and the Internet, which displays, plots and stores data for monitoring and analysis. They launched a weather station cloud service in 2017. AmbientWeather.net provides live data monitoring, forecasts and weather maps, graphs and historical data, e-mail and text alerts, with API, IFTTT, Amazon Alexa and Google Home integration.

### Build your own weather station

The AcuRite Personal Weather Station builder allows you to customize your weather station with the features that matter most to you. All custom weather stations measure temperature, humidity,



wind speed, wind direction and rainfall with the advanced option to include UV index, light intensity and lightning detection.

### Join a weather network

Weather Underground is a global community of people connecting data from environmental sensors like personal weather stations and air quality monitors. As the Internet's first weather service, Weather Underground's mission is to make quality weather information available to every person on the planet. Its forecast model leverages the personal weather station community to provide the most reliable and localized forecasts available, combined with meteorologists and climatologists to provide valuable insight into the science behind the data.

As we approach winter and the holidays, a personal weather station is certainly something you should consider buying for a loved one ... or yourself.

*Sources usnews.com, acurite.com, ambientweather.com and amazon.com*

# In Your Neighborhood

## SCRANTON, PA

### The Electric City

In 1778, Isaac Tripp, the area's first known white settler, built his home in what is now North Scranton, formerly known as Providence. More settlers from the Connecticut Colony came to the area in the late 18th and early 19th centuries following the end of the American Revolutionary War. They gradually established mills and other small businesses in a village that became known as Slocum Hollow. Though anthracite coal was being mined in Carbondale to the north and Wilkes-Barre to the south, the industries that precipitated the city's early rapid growth were iron and steel.

In the 1840s, brothers Selden T. and George W. Scranton, who had worked at Oxford Furnace in Oxford, New Jersey, founded what became Lackawanna Iron & Coal, later developing as the Lackawanna Steel Company. It initially started producing iron nails, before switching its focus to producing T-rails for the rapidly expanding railroads. From 1860 to 1900, the city's population grew substantially. Most new immigrants included the Irish, Italians, Germans and Polish. When electric lights were introduced in 1880 at the Dickson Manufacturing Company, Rev. David Spencer, a local Baptist minister was inspired to give the city its nickname "The Electric City". Six years later, the nation's first electrified streetcar (trolley) system was established in the city.

Business was booming at the end of the 19th century. The tonnage of coal mined increased virtually every year, as did the steel manufactured by the Lackawanna Steel Company. At one point the company had the largest steel plant in the United States, and it was still the second largest producer at the turn of the 20th century. Since the mid-1980s, the city has emphasized revitalization. Local government and much of the community at large have adopted a renewed interest in the city's buildings and history. Some historic properties have been renovated and marketed as tourist attractions. The Steamtown National Historic Site captures the area's once-prominent position in the railroad

#### QUICK FACTS

**County:** Lackawanna

**Established:** 1866

**Population:** 76,328  
(2020 Census)

**Mayor:** Paige Cagnetti

**Website:**

[www.scrantonpa.gov](http://www.scrantonpa.gov)

industry. The former DL&W train station was restored as the Radisson Lackawanna Station Hotel. And The Electric City Trolley Museum was created next to the DL&W yards.

As the county seat of Lackawanna County, Scranton is home to a growing downtown business district and several institutions of higher education, including The University of Scranton, Marywood University, Geisinger Commonwealth School of Medicine, Lackawanna College, and Johnson College. And perhaps more famously, NBC's hit television series, *The Office*, which was based on the fictitious Dunder Mifflin Paper Company's Scranton branch. The show shared real restaurants, shopping malls, and local businesses around the Scranton area to an entire nation of viewers. With a vibrant arts community and a diverse population, there is plenty of opportunity to honor the city's rich past.

*Sources Wikipedia, [scrantontomorrow.org](http://scrantontomorrow.org) and [scrantonpa.gov](http://scrantonpa.gov)*



The Electric City Sign shines from on top of the Scranton Electric Building.

Photo courtesy, Getty Images.

# Be A Santa

## FOR CHILDREN IN NEED

The mission of the Marine Corps Reserve Toys for Tots Program is to bring hope and joy to children in need through the gift of a new toy, book, or game, at Christmastime and throughout the year.

Ongoing economic hardships challenge many families across the nation. “Every day, we’re hearing from more hardworking parents who won’t be able to give their children anything for Christmas,” says LtGen James B. Laster, USMC (Ret.), CEO of the Marine Toys for Tots Foundation. “We can’t let these girls and boys down.”

That is why we are asking our faithful donors to give as generously as they can in time for Christmas – so no child is forgotten. No matter how an individual, company, family, or organization donates, every supporter has a story, and everyone who contributes to our mission is a ‘Secret Santa’.

What may seem like a simple contribution of time or money can set the stage for a lifetime of hope and security. “If children experience darkness all year long, and then someone like me, dressed in a fancy uniform, says, ‘I think we can help you a little bit,’ that can give at least some of them the hope they need, and they will go on to do great things,” says Staff Sergeant James Caldwell. SSgt Caldwell is a United States Marine, and his seventeen-year connection with the Marine Toys for Tots Program and the Foster Care system goes back to his childhood, when he and his younger sister were placed in Foster Care. Now, as a Reservist, SSgt Caldwell is deeply involved with the Toys for Tots Program each Christmas. He recalls one event in particular that continues to inspire him.

“About eight years ago, I was a door greeter for a toy distribution day. I was in my dress blues, and we had a group of Foster Care children arriving. I handed a young girl a bag of toys. She looked at me, reached into her bag and handed me a stuffed animal, and said, ‘someone needs to make sure you get a toy, too.’” That moment when the little girl gave him one of her toys is one that SSgt Caldwell often replays in his mind, and he knows he is making a difference to boys and girls growing up in difficult circumstances similar to his.

“Everybody goes through life looking for something that will fulfill them. I was given a great opportunity as a child. So, I value the chance to give back and show these kids the possibility of a brighter future,” he says. You too can make a difference to a disadvantaged child by being a ‘Secret Santa’. Your donation will ensure that every child in need receives the gift of hope this Christmas.

Visit [www.toysfortots.org](http://www.toysfortots.org) to make a difference and change a life!

*Source NewsUSA*



LIFE GEISINGER

Still living in the  
home she loves.

Geisinger

LIFE Geisinger helps seniors live at home by providing medical care, transportation and other support services. Learn more about our day centers in Kulpmont, Lewistown, Scranton, Wilkes-Barre and Minersville.

855-842-0958 (TTY: 711)  
[lifegeisinger.org/life](http://lifegeisinger.org/life)



# Active 55+

## THE GREENS AT SHADOWBROOK RESORT

Purchased on September 1, 2023 by the Angelicola family, renovations are underway on the region's iconic 175-acre resort, located along Route 6 outside of Tunkhannock, Pa. Comprising of a meticulously groomed and picturesque 18-hole golf course, indoor and outdoor restaurant, and hotel, the Angelicola's are local developers with extensive experience renovating and building senior living communities. Their work includes Glenmaura Assisted Living in Moosic, Highland Park Senior Living in Moosic, and The Village at Green Briar Senior Living in Dallas.

According to Dominic Angelicola, son of developer, Richard Angelicola, "Tucked away in the beautiful, endless mountains of Northeastern Pennsylvania, Shadowbrook Resort fulfills a need in our area for quality senior living and recreation." Construction

is by LHC Construction Management, based out of Tunkhannock, Pa. "... a trusted and well-respected team of professionals that have assisted us on numerous other, similar projects."

Work started right away since close of sale. Both the golf course and restaurant (when it reopens in early 2024 after renovation work is completed) will remain open to the public, "forever!" according to Dominic. However, the hotel, currently being converted into a 100-unit facility, will be available for private use only by its residents, when it reopens in the spring of 2024. The rooms for its residents will consist of both studio and either one- or two-bedroom apartments, available by rent with an annual lease agreement subject to change.



Additional amenities, exclusive only to its residents will comprise of a new outdoor swimming pool, pickle ball courts, and putting greens. A cocktail lounge and golf simulator are in the plans for resident use only as well. As an all-inclusive resort, golf memberships are included in the room rentals paid by its residents.

**Deposits will be accepted shortly – look for more information to come in the future – with hardhat tours available by schedule only for those who want to take a closer look.**





# Benefits Of Recycling

## HOW YOU CAN HELP

### Facts & Figures

According to the the Environmental Protection Agency (EPA), recycling and composting of municipal solid waste saved over 193 million metric tons of carbon dioxide equivalent in 2018. Recycling saves energy. For example, recycling just 10 plastic bottles saves enough energy to power a laptop for more than 25 hours. The EPA's own Recycling Economic Information (REI) study of 2020 found that in a single year, recycling and reuse in the United States helped the economy by accounting for: 681,000 jobs; \$37.8 billion in wages, and \$5.5 billion in tax revenues.

### What you can do to help

**1. Reduce, reuse and recycle** – Reducing the amount you consume and shifting your consumption to well-designed products, is the first step. Lastly, return used goods for reuse if possible, especially electronics.

### 2. Buy recycled

**products** – Look at the labels that are now commonly found on most merchandise.

**3. Know what can and can't be recycled** – There's recycling, and there's green-washed, 'feel-good' recycling. Know the difference. And read up on the recycling rules for your area.

**4. Don't dispose** – Lots of charities welcome your donations. Check the "free stuff" section of your local newspaper or area's Facebook page. If you don't find one, start one.

*Sources epa.gov, sosfuture.org and dep.pa.gov*



Helping you navigate through tax regulations  
both today and tomorrow.



**BUCKNO  
LISICKY**  
& COMPANY

Certified Public Accountants | Business Consultants

[www.bucknolisicky.com](http://www.bucknolisicky.com)

Lifetime batteries with  
purchase of non-rechargeable  
hearing aids.



## Providing Quality Hearing Care For Over 40 Years!

The Hearing Center's licensed and board certified audiologists are trained to evaluate your hearing. Hearing consultations are offered daily by appointment, using the latest diagnostic equipment to determine which type of hearing aid is best for you. We offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. We'll repair all brands of hearing devices, even if you didn't purchase them from us.

Mention code AG60-11  
when calling to  
receive our offers.



Geisinger  
Gold

We are an approved Geisinger Gold  
provider. Please inquire about other  
insurances we accept.

Visit The Hearing Center at any of our convenient locations, and say hello to better hearing.

### BLOOMSBURG

Ace Hearing Centers  
2201 5th Street  
Hollow Road, Suite 3  
Bloomsburg, PA 17815  
570-784-8050  
Monday – Friday:  
9:00 am - 4:30 pm

### HAWLEY

2591 Rt. 6, Suite 101  
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  
45 Forest Drive  
Lewisburg, PA 18740  
670-523-1163  
Monday – Friday:  
9:00 am - 4:30 pm

### WILLIAMSPORT

Ace Hearing Centers  
440 River Avenue  
Williamsport, PA 17701  
570-567-1053  
Monday – Friday:  
9:00 am - 4:30 pm



# Ask The Experts

## BENEFITS TO WEARING HEARING AIDS

Mention code AG60-11  
when calling to  
receive our offers.

Most people who can benefit from wearing hearing aids do not even try them on. There are many reasons why people do not wear or even try wearing hearing aids, following are just a few, including:

- Denial of having a hearing loss;
- Believe that hearing aids will make them look old;
- Have financial concerns;
- And more!

The best way to find out if you can benefit from wearing hearing aids is to have your hearing evaluated by a Board-Certified Licensed Audiologist. If hearing aids are recommended, a free trial of the hearing aids to be worn in your home, work and social setting should be arranged.

Beside the benefits listed, you may be able to hear sounds you may not have heard for many years! For instance: birds singing; the wind in the trees; the waves in the sea; the clock ticking; running water; the turn signal in your car; and the computer and refrigerator humming.

Today's hearing aids are comfortable, nearly invisible, work in many listening situations and come in a variety of price ranges. Many insurances pay for the Audiology evaluation, and many contribute to the purchase of hearing aids.

Make an appointment with a Board-Certified Licensed Audiologist at THE HEARING CENTER of NEPA and ACE Hearing Centers.

Visit: [www.hearing-center.net](http://www.hearing-center.net)

*Courtesy The Hearing Center*

### Benefits to wearing hearing aids

- You may hear better in all situations
- You may be in closer contact with your partner or spouse
- You may be better at communicating with your children or grandchildren
- You may be much better at having and following conversations
- You may be better able to participate in social gatherings and parties
- You may be better at following the news, films, ad series on TV as well as listening to the radio or music
- You may keep your brain fit and reduce the risk of cognitive decline and short-term memory problems
- You may be at a lower risk of social isolation, loneliness and depression
- You may improve your mental and physical health



# Count Your Blessings

BY ELISSA SISIA CLAUSNITZER

## Let love live in your heart!

Let's think of a happy time in your life. Where were you and what were you doing? People don't stop and think about the little moments that happen, and that we are making memories. God winks!

Recently, I had a busy day and realized it was one of the nicest time in my almost 80 years. My son came over for a weekly visit to help me with some chores, and a friend of mine stopped over to give me some homegrown tomatoes. Good conversation and peaceful surroundings made the day special! Simple yet memorable.

I am aging and realize the importance of receiving support in my old age. We should help each other and show care and concern for everyone. That is a key to being productive at any age. Learn, listen, care, and be proactive. A good trait is to be helpful, encouraging, and positive in your attitude. Attitude



is everything. It changes your perspective on all things. I wish I had known this years ago – it would have made my life a lot easier!

Don't look back – look forward to new beginnings. Appreciate each new day and make it a priority to do something every day to make yourself happy. Listen to music, read a book, or laugh at a joke or a fond memory. Think about the precious time we have been blessed with. Every moment counts. Be courteous, do a kindness, or call an old friend and share a memory. Paint a picture. Look at the birds and flowers. How beautiful creation is in all its glory! Spectacular. Butterflies and lightning bugs. Visit a lonely person or call them and say hello. You may be the only one that spoke to them that week. How sad. Say a prayer for someone and ask God to send them peace and tranquility.

We don't know what people are going through that day and you could be the person who gives some happiness and joy! What a blessing. I hope that this little article helps someone to think, listen, and learn. Be happy and love the little things in life that do mean a lot. God bless!

*Courtesy LIFESTYLES Over 50 Lehigh Valley*



**In-home nursing, caregiving and companionship.**

- Alzheimer's & dementia care
- Skilled, personal and companion care
- Specialize in pre- and post-op care

**Call for your free in-home assessment.**  
**570-223-2248**

[brightstarcare.com/stroudsburg-allentown](https://brightstarcare.com/stroudsburg-allentown)  
04730501 & 14273601  
©BrightStar Care Independently Owned and Operated



# Charitable Giving

## SUPPORTING OLDER ADULTS

Charitable giving is a donation of cash, time or property made to a nonprofit organization to help it accomplish its goals. While the donor typically receives nothing of value in return, donations can be deducted from the federal tax return of the individual, couple or company making the contribution.

Please consider the following nonprofit organizations and missions supporting our older adults and their families as your next charitable gift.

**Allied Services** provides Hospice & Palliative Care, At-Home Care, and In-Home Care, as well as community, rehabilitation, and transitional care services to help you or your loved one recover from an illness, injury, surgery, or manage the symptoms of a chronic condition.

**LIFE Geisinger** offers an all-inclusive model of care that includes preventive care, medical care, social services and long-term care to help older adults live independently, at home. Participants enjoy socialization, coordinated healthcare, personal care, meals, and transportation to and from home.

**Telespond Senior Services** provides community-based care to older adults and caregivers to enhance the well-being of older adults by promoting independent living, offering low-cost alternatives to institutionalized care, and collaborating with service providers and healthcare experts to ensure an effective program.

**Area Agency on Aging** is part of the Pennsylvania Department of Aging, serving the needs of mature adults out of 52 offices across all 67 counties of Pennsylvania. A short list of programs include: Adult Day Centers, Senior Community Centers, Foster Grandparent Program, Home Delivered Meals, Mature Worker Program, and more.

**Meals on Wheels** operates more than 5,000 independently run local programs nationwide. While the diversity of each northeast Pennsylvania program vary, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.

**NEPA Aging Network Alliance** promotes the awareness of services and issues affecting older adults in northeast Pennsylvania. Members are caring professionals representing different businesses and organizations available to help answer questions from healthcare insurance, elder law, short and long term care options, and more.

**Special Recreation Services** is dedicated to providing recreational, socialization, and rehabilitation activities for independent adults (18+) who are intellectually disabled, autistic and/or mentally ill. Three quarters of participants are older than age 55. Group activity programs mainly take place in Monroe County with other services available throughout NEPA.


Sources [investopedia.com](https://www.investopedia.com) and [irs.gov](https://www.irs.gov)

WHERE  
ARE  
WE?

An added benefit to  
publishing our magazine  
is delivering our  
magazine!

Can you guess  
from this photo  
what area of NEPA  
we're visiting?

**LIFESTYLES**  
OVER 50  
Northeastern Pennsylvania



Answer: Falls

# Feel younger than you've felt in years.

Geisinger  
**65Forward**







## Our doctors see fewer patients and spend more time with you.

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.

### Accepting new patients at all locations.

Join us for a Saturday open house or call for a private tour.

#### Scranton

866-986-1948

[geisinger.org/GoingForwardScranton](https://geisinger.org/GoingForwardScranton)

#### Kingston

866-566-2967

[geisinger.org/GoingForwardKingston](https://geisinger.org/GoingForwardKingston)

#### Wilkes-Barre

866-595-7921

[geisinger.org/GoingForwardWB](https://geisinger.org/GoingForwardWB)

#### Hazleton

866-288-5302

[geisinger.org/GoingForwardHazleton](https://geisinger.org/GoingForwardHazleton)

We're taking every precaution to keep you safe during the COVID-19 pandemic. Learn more: [geisinger.org/safe](https://geisinger.org/safe)

Safety



# Frozen Meals

## FIVE WAYS TO FUEL SUCCESS

In a recent One Poll on behalf of Nutrisystem that surveyed 2,000 Americans, 61 percent of people say they have gained between 6 and 25 lbs. since March 2020. While growing health and immunity concerns have us wanting to find ways to eat healthy at home, cooking fatigue has also set in and left us looking for a quicker and easier way to get dinner on the table. The good news is that frozen meals serve up the right solution. According to Courtney McCormick, RD, MPH, manager of clinical research and nutrition at Nutrisystem, frozen meals offer five key benefits:

### 1. Frozen Meals are Convenient

Frozen meals eliminate prep time in the kitchen. “Gone are the days of having to spend significant time in the kitchen preparing a healthy dinner for the family,” says McCormick. Frozen meals help get dinner on the table quickly. As an added bonus,

many companies, such as Nutrisystem, will deliver meals right to your door also eliminating the need to go to the grocery store.

### 2. Frozen Meals are Nutrient Rich

The frozen food industry has been working hard to focus on adding ingredients to frozen meals that taste good and are good for you. “Not only do frozen meals deliver on taste, many options today deliver on health too,” adds McCormick. Many include vegetables, which are harvested at the peak of freshness when they have the most nutrients.

### 3. Frozen Meals are Portion Controlled

“For many food categories, portions have doubled over the past 20 years, and this isn’t just at restaurants, but in packaged foods as well. Without even knowing it, we often find ourselves eating more than we should,” said widely recognized nutrition expert Dr. Joan Salge Blake, EdD, RDN, LDN, FAND in a recent Webinar titled “The Hottest Trend in Nutrition: Frozen Meals.” Frozen meals not only take the guesswork out of portion control but re-teach reasonable portion sizes.

### 4. Frozen Meals are Versatile

Frozen meals leave the door open for creativity. By adding fresh vegetables directly to the dish, meals become a bit more substantial. In addition, rounding out a meal with a salad on the side or steaming a fresh vegetable for the family is a simple way to ensure you’re all eating healthy.

### 5. Frozen Meals are Sustainable

With frozen meals there is no need to store leftovers or over-purchase ingredients that will eventually be thrown out. They can also help eliminate weekly trips to the grocery store as meals tend to have a longer shelf life. And you can feel even better about buying them since many meal cartons are recyclable.

For more information, recipes and inspiration for healthy side dishes, visit [leaf.nutrisystem.com](http://leaf.nutrisystem.com).

Source NewsUSA



**UNITED METHODIST HOMES**  
Tunkhannock Campus

*Enjoy Every Moment*

Tunkhannock Manor offers seniors a safe, secure, home-like community, taking the worries out of daily life. Enjoy an active lifestyle with personalized support based on your individual needs.

*Schedule a Tour Today!*

Call 570.836.2983 or email [tunkhannockadmissions@umhwc.org](mailto:tunkhannockadmissions@umhwc.org) for more information about life at Tunkhannock Manor!

*Now Offering Independent Living, Personal Care and Memory Care!*

UnitedMethodistHomes.org   



# Giving Blood

## GIVE THE GIFT OF LIFE

According to the Pennsylvania Department of Health, every two seconds, someone in the United States needs lifesaving blood. Many patients who have major surgeries will need a blood transfusion. And, transfusions are used for patients who have serious injuries from car crashes or natural disasters, and people with illnesses that cause anemia, like leukemia or kidney disease. During the pandemic, an increase in demand was only exasperated by the decrease in donor response, and either canceled or postponed blood drives.

### Become a blood donor

Severe blood shortages can happen any time. You can help to ease the strain on the nation's blood supply, and save lives, by becoming a blood donor. Blood donors of all types are needed to ensure the supply is available when it's needed. If you're able, consider donating blood throughout the year. Donating blood is quick, safe and easy. Most people can donate blood every 56 days, up to six times a year, if they meet the following criteria:

- You are in good health and feeling well
- You are at least age 16
- You weigh a minimum of 110 pounds

### Facts and questions

Before giving blood, avoid fatty foods, such as a hamburger, fries or ice cream, and drink plenty of water. Check to see if any medications you are taking or recently took would prevent you from donating. Though most donors do not witness any adverse effects from a blood donation, some people may experience lightheadedness or minor bruising for a brief amount of time after giving.

### Where to donate blood

There are five major blood donation centers in Pennsylvania, besides donation centers within hospitals and at other locations throughout the commonwealth. To find a blood drive or donation center nearest you, contact the Central Pennsylvania Blood Bank at 1-800-771-0059 or go online.

Sources [redcross.org](http://redcross.org), [cpbb.org](http://cpbb.org) and [health.pa.gov](http://health.pa.gov)

## WHERE TO DONATE BLOOD

**American Red Cross  
Greater Pennsylvania Region**

**Central Pennsylvania  
Blood Bank**

**Community Blood Bank of  
Northwest PA and Western NY**

**Miller-Keystone Blood Center**

**Vitalant Blood Center**

**GET \$10 OFF**  
YOUR FIRST ORDER!  
with purchase of \$50 or more  
Use Promo Code: **PROGRAMAD2022**  
EXPIRES 12/31/2022

**LOCAL PICKUP \$4.99**  
**DELIVERY \$9.99**

**SAVE TIME**  
Grocery shoponline with Gerrity's Delivers.

Download the app and let Rosie get it.  
[rosieapp.com](http://rosieapp.com)

**Gerrity's DELIVERS**  
Powered by **Rosie**

Find out more about online shopping at  
**GerritysDelivers.com**

# Blood Pressure

## BE AWARE OF RISKS WITH OTC PAIN RELIEVERS

According to the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, more than half of U.S. adults have high blood pressure, a leading risk factor for heart disease and stroke. However, a new poll from the Association revealed only about one-third (30%) of adults have talked with their health care professional about the effect some over-the-counter (OTC) pain relievers can have on blood pressure.

If you have high blood pressure, ask your health care professional – such as a doctor, nurse or pharmacist – about monitoring your blood pressure at home with a validated device, and discuss the impact of any over-the-counter medications. Some medicines, such as over-the-counter pain relievers and decongestants, oral birth control, amphetamines and others may raise blood pressure, according to the American Heart Association's most recent Guide-

line for the Prevention, Detection, Evaluation and Management of High Blood Pressure.

The poll, conducted online for the American Heart Association by market research firm Big Village, surveyed approximately 3,000 U.S. adults aged 18 and older. The most frequent users of over-the-counter pain relievers were adults aged 45-54 years; nearly half took medication for pain once a week or more. Overall, 61% of those polled had not discussed the effects of some over-the-counter pain relievers on blood pressure with a health care professional.

"It's paramount that people who have high blood pressure, or are at risk for it, understand the effects associated with some over-the-counter pain relievers," said Mitchell S. V. Elkind, M.D., M.S., FAHA, chief clinical science officer of the American Heart Association and a tenured professor of neurology and epidemiology at Columbia University in New York City. "A conversation with a healthcare professional about pain relief options is essential to preventing and managing high blood pressure," he emphasized.

If you have high blood pressure, checking blood pressure at home regularly with a validated device is a proven way to manage it. High blood pressure is defined as a consistent measurement of 130 over 80 mm Hg or higher, according to the American Heart Association. Work with your health care professional to develop a plan to control it.

"Some over-the-counter pain relievers are safer than others," added Elkind. "A conversation with a health care professional regularly about medications you or a loved one takes is an important step in finding safe options and controlling blood pressure."

For more information on managing high blood pressure, visit [heart.org/bptools](http://heart.org/bptools)

*Source NewsUSA*

### Elan Gardens Senior Living

A Jewish Senior Life Community



Interested in a Temporary Stay?  
Ask About Our Respite Care  
Respite residents enjoy all the  
amenities of Elan Gardens Senior  
Living at a special rate. Many who stay  
with us return time and time again!

### The Gold Standard for Your Golden Years

#### Amenities:

- Private Apartments
- Clean, Safe Environment
- All-Inclusive Pricing Covers Utilities, 3 Homemade Meals Every Day, Scheduled Transportation, and More
- Healthcare Coordination
- Located on 20 Beautiful Acres in the Abingtons
- Daily Social Activities
- Memory Care Available



465 Venard Road, Clarks Summit, PA 18411  
570-585-4400 • [www.elangardens.org](http://www.elangardens.org)



# Remember When?

## MOVIE TRIVIA

### Test your movie knowledge!



From the silent films of the 1920s to the big-budget blockbuster hits of today, movies have captivated audiences with their ability to tell compelling stories and transport us to different worlds. From dramas that explore the complexities of human relationships to action movies that take us on thrilling adventures, movies have the power to make us feel a wide range of emotions. Whether you're watching a movie with friends, family, or a loved one, movies have a way of creating a shared experience and sense of togetherness.

As popular as movies are among today's youth, older moviegoers still regularly go to the theatre. Perhaps it's nostalgia. Whatever the reason, the allure of going to the movies never really passes, at any age.

**Test your movie knowledge against others by answering the following trivia questions:**

1. What year was *Gone with the Wind* released?
2. What are the dying words of Charles Foster Kane in *Citizen Kane*?
3. What movie does the line "Every time a bell rings an angel gets his wings." come from?
4. What was the first feature-length animated movie ever released?
5. What was the first animated movie to be nominated for Best Picture at the Oscars?
6. What was the first James Bond movie ever made?
7. In what 1983 film does actor Tom Cruise dance in his underwear to the song *Old Time Rock and Roll*?
8. Which movie star is killed off in the opening scene of *Scream*?
9. What's the name of the skyscraper in *Die Hard*?
10. What color did Frenchy color her hair in *Grease*?
11. Who does Patrick Swayze 'pick up' in *Dirty Dancing*?
12. What gift does Rose find in her coat pocket at the end of *Titanic*?
13. Which character was intended to replace Obi-Wan Kenobi after his death in *Star Wars: A New Hope*?
14. In *Back to the Future*, what speed does the DeLorean have to reach to experience time travel?
15. What is the name of the award-winning film in which Tom Hanks suited up for an ill-fated moon mission?

Sources *rd.com*, *trivianerd.com* and *watercoolertrivia.com*

# Games

## AND ACTIVITIES

# .....SUDOKU.....

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

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

### 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.**

## 10 Commandments for Seniors:

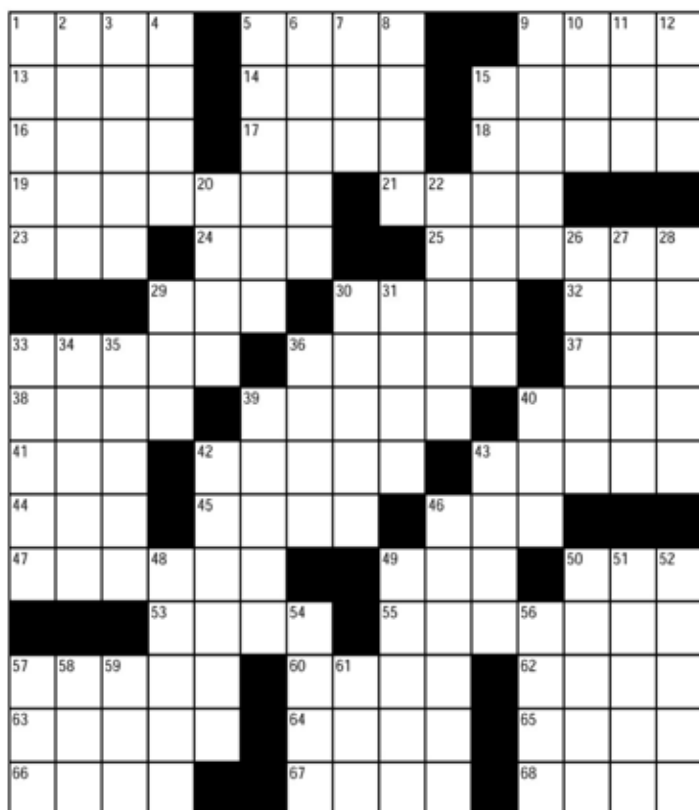
1. Talk to yourself. There will be times you need expert advice.
2. In style are the clothes that still fit.
3. You don't need anger management; you need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, I don't need to write that down.
6. On time is when you get there.
7. Duct tape cannot fix stupid.
8. It would be wonderful if we could put ourselves in the dryer for just 3 minutes and then come out wrinkle free and 3 sizes smaller.
9. People your age are so much older than you.
10. Growing old should take longer.



# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



### ACROSS

- 1 Berets
- 5 Difficult
- 9 Traveled by airplane
- 13 Actor Alda
- 14 Dueling sword
- 15 Receiver
- 16 In \_\_\_ of (instead of)
- 17 Please respond
- 18 Feudal superior
- 19 Swaziland capital
- 21 Despot
- 23 Offence
- 24 Bro.'s sibling
- 25 School assignments

- 29 Thirst quencher
- 30 Swiss-like cheese
- 32 Killed in action
- 33 Dardic language
- 36 Waitress on Cheers
- 37 Rapid eye movement
- 38 Season
- 39 Kinds of stars
- 40 Horse game
- 41 Lodge
- 42 Tendon
- 43 Makers of the Prelude
- 44 Compass point
- 45 Not women's
- 46 Tear
- 47 Dracula's fear

- 49 Extremely high frequency (abbr.)
- 50 Drain
- 53 Beers
- 55 Revel noisily
- 57 Wear away
- 60 Roaring
- 62 Article for sale
- 63 Club
- 64 \_\_\_ upon a time
- 65 Soft cheese
- 66 Gawk
- 67 Antes
- 68 Was looked at

### DOWN

- 1 Lulls
- 2 Where you were at crime time
- 3 Encomium
- 4 Ignore
- 5 Protrusion of organ
- 6 Recesses
- 7 Pastor (abbr.)
- 8 Department (abbr.)
- 9 Festivals
- 10 Caustic substance
- 11 Electroencephalograph (abbr.)
- 12 Petite
- 15 Blood part
- 20 At sea
- 22 Enthusiasms
- 26 City in Ohio
- 27 Grant
- 28 Nation
- 29 Trinitrotoluene
- 30 Roof overhang
- 31 Attract

- 33 Hurt arm holder
- 34 Dye
- 35 Central
- 36 Connecticut (abbr.)
- 39 Relative
- 40 Dad
- 42 Gave a happy face
- 43 High fidelity sound system
- 46 Brand of frozen dough
- 48 Scoop
- 49 Burp
- 50 Leer
- 51 Eagle's nest
- 52 Clean
- 54 Pig
- 56 Southwest by south
- 57 Self
- 58 Toupee
- 59 Fat
- 61 Only

Answers are provided on page 23.

# Jokes

## AND FUNNIES

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

Apparently, you can't use Beef Stew as a Password. It's not Stroganoff.

**TIMEKEEPERS HAVE CLOCKED THE ACTION IN A 60-MINUTE FOOTBALL GAME TO ACTUALLY BE AROUND 14 MINUTES.**

A white flag is used as a symbol of truce, or to give up, because it symbolizes untouched purity.

The longest U.S. highway is Route 6, which starts in Cape Cod, Massachusetts and ends in Bishop, California.

The older we get, the fewer things seem worth waiting in line for.

**WHEN YOU ARE DISSATISFIED AND WOULD LIKE TO GO BACK TO YOUTH, THINK OF ALGEBRA.**

**A belly button is basically a scar from when you got into a knife fight with a guy in a mask after being evicted from your first place.**

Some people try to turn back their odometers. Not me, I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

## ANNUAL DIRECTORY

Aging In Place • Senior Care Services  
Senior Housing • Professional Services

**(Reserve Your Spot for 2024)**

**570-390-3350**

Call to Inquire About Our Rates

Northeastern Pennsylvania  
**LIFESTYLES**  
OVER 50



# Games

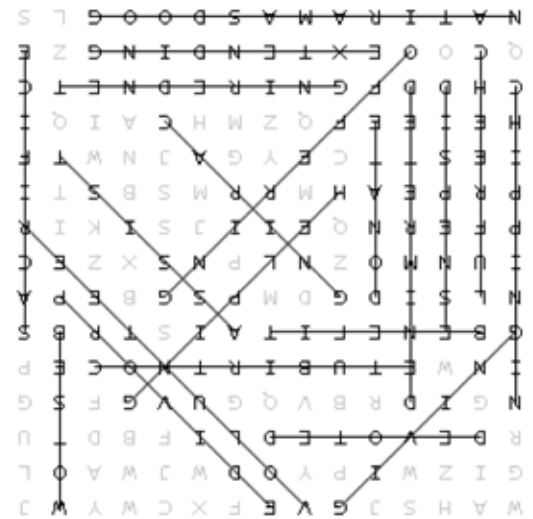
## AND ACTIVITIES

### Word Search

#### Giving Back

W A H S J G V E F X C W Y W J  
G I Z W I P Y O D W J W A O L  
R D E V O T E D L I F B D T U  
N G I D R B V Q G U V G F S G  
I N W E T U B I R T N O C E P  
G B E N E F I T A I S T R B S  
N L S I D G D M P S G B E P A  
I U N M O Z N L P N S X Z E C  
P F E R N Q E I I J S I K I R  
P R P E A H M R R M S B S T I  
I E S T T C E Y G A J N W T F  
H E I E E F Q Z M H C A I Q I  
C H D D F G N I R E D N E T C  
Q C O O E X T E N D I N G Z E  
N A T I R A M A S D O O G L S

Assist  
Benefit  
Bestow  
Caring  
Cheerful  
Chipping In  
Contribute  
Determined  
Devoted  
Dispense  
Donate  
Extending  
Giving  
Good Samaritan  
Helping  
Offering  
Provide  
Sacrifice  
Tendering  
Volunteer



#### SUDOKU ANSWERS

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

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

#### CROSSWORD PUZZLE ANSWERS

CAPS	HARD	FLEW
ALAN	EPEE	PAYEE
LIEU	RSVP	LIEGE
MBABA	ANE	TZAR
SIN	SIS	ESSAYS
TEA	EDAM	KIA
SHINA	CARLA	REM
LENT	NOVAS	POLO
INN	SINEW	HONDA
NNE	MENS	RIP
GARLIC	EHF	SAP
ALES	ROI	ISTER
ERODE	LOUD	WARE
GUILD	ONCE	BRIE
OGLE	BETS	SEEN

# What To Do

## WITH YOUR GRANDCHILDREN



## THE VALUE OF VOLUNTEERING

**Volunteering is a great way to teach children and young adults about empathy and compassion. And not only can volunteering be fun for everyone involved, grandparents may realize some added benefits from it as well.**

Raising youth to not only care about others and the world around them, but teaching them about the importance of getting involved and making a difference requires the patience, wisdom and experience of an older adult. It's important to explain to children the value of volunteering. Volunteering is important for children and young adults for many reasons:

- **IT GIVES** kids a sense of priority and purpose toward making a difference
- **IT BUILDS** strong social skills by bringing people together from different races, educational experiences, and socioeconomic backgrounds
- **IT HELPS** our young adults feel like they are part of something bigger than themselves – a community of people that share similar values
- **IT ENCOURAGES** our youth to listen and consider multiple perspectives
- **IT TEACHES** children to appreciate and value what they have

But simply explaining the value of volunteering isn't enough. You must lead by example. Older adults can be important role models to their grandchildren. When considering a volunteer project, you may want to start small, like spending an hour helping a close

family member or friend. Or you can make a bigger commitment, like helping out at a local food bank or animal rescue mission. Some families choose a volunteer project and make it a yearly tradition, like preparing gift baskets for those in need around the holidays.

Volunteering helps kids build future life skills as well. They learn to show up on time. They learn about the importance of teamwork and sharing duties with others. They may even take on a leadership role, and learn about taking responsibility and the importance of delegating to others to get things done. Teens can even talk about their volunteer work on a college application or at a job interview.

### The Benefits of Volunteering with your Grandchildren

Ask any adult, and they will tell you that some of their happiest moments in life are when they were giving back, doing something for others or paying it forward. When you volunteer with your grandchildren, you have something to speak about. You share the same interests. It becomes a teaching moment, for both the grandparent and the grandchild. There are generational differences that are easily shared and understood by one another as a result of working together towards the same goal.

This season, be sure to reach out to your grandchildren, or another child and young adult. Encourage them to volunteer their time along with you. Everyone will be sure to benefit!

*Sources [kidshealth.org](https://kidshealth.org), [verywellfamily.com](https://verywellfamily.com) and [forbes.com](https://forbes.com)*



# Events Calendar

## NOVEMBER THRU YEAR-END



**Area Agency on Aging –  
Wyoming County Active Adult Center**  
101 Dymond Terrace  
Tunkhannock, PA 18657

### Weekly Activities

**Monday:** Arthritis Foundation Exercise; Ceramics

**Tuesday:** Men's Club; Double Deck/Airplane Pinochle; Single Deck Pinochle

**Wednesday:** Arthritis Foundation Exercise Class; Play Pitch; Arts in Education NEPA

**Thursday:** Crochet Club; Double Deck/Airplane Pinochle; Single Deck Pinochle; Card Club playing Canasta

**Friday:** Shuffleboard/Billiards; Nutrition Education

### December Events & Programs

#### Friday, December 8

12:45 p.m.

Sing Along with The Romeo's  
Smoothie Day

#### Friday, December 15

Noon

Christmas Party  
Snacks, refreshments, entertainment, and more.

#### Friday, December 29

Noon

New Year's Eve Party  
Snacks, refreshments, entertainment by Honey Pot Productions, and more.

Call Rachael Kiwak at 570-836-2324 for more information.

**Area Agency on Aging –  
Pike County**  
150 Pike County Blvd.  
Hawley, PA 18428

Visit any of Pike County's three convenient locations to socialize, enjoy a game of cards, exercise, eat a warm lunch, and more. Milk included with all meals for \$3.00.

#### Blooming Grove Center

150 Pike County Blvd.  
Hawley, PA 18428

#### Lackawanna/Shohola Township Center

Lackawaxen Fire Dept.  
Beisel Beck Rd. & Rte. 590  
Lackawaxen, PA 18435

#### Eastern Pike Center at Matamoras

Matamoras Fire House  
506 Avenue Q.  
Matamoras, PA 18336

For a FREE subscription to the Pike County, Area Agency on Aging newsletter, send your e-mail address to [kdantuono@pikepa.org](mailto:kdantuono@pikepa.org) and receive it via e-mail. For more information, e-mail Robin Soares, executive director at [rsoares@pikepa.org](mailto:rsoares@pikepa.org)

**E-mail [nepa@lifestylesover50.com](mailto:nepa@lifestylesover50.com) a copy of your organization's newsletter or event schedule, and we'll be happy to share a select listing in one of our upcoming issues with our seniors and their families.**

# Giving Back

## DINGMAN'S FERRY DELAWARE TOWNSHIP HISTORICAL SOCIETY

**The Dingman's Ferry Delaware Township Historical Society, Inc. was founded in 1994 to preserve the rich history of the area. Dingman's Ferry began with its settlement by Andrew Dingman in 1732, and extended for 230 years, until its removal by the Army Corps of Engineers and its incorporation into the Delaware Water Gap National Recreation Area.**

The mission of the Historical Society is to promote and encourage historical study and research and, particularly, the collection, discovery, preservation and publication of the history, historical records and data relative to Dingman's Ferry and Delaware Township. The repository for the artifacts, books and files resides at the Historical Society's Headquarters & Museum, located at Akenac Park, Route 739 in Dingman's Ferry.

The Historical Society, its executive board and committee members collect and preserve atlases, books, deeds, engraving, genealogies, journals, letters, manuscripts, maps, newspapers, painting, photographs, portraits, relics, and any and other related materials. It acquires by donation or purchase objects of antiquarian interest such as appliances, tools and other related items relative to the growth and progress of agricultures, arts, commerce, education and manufacturing in the area. The Historical Society strives to identify and preserve landmarks of local historical significance and supports all possible local historical endeavors.

President, Tim Singleton is instrumental in the success and growth of the Historical Society through his

tireless leadership and vision. Tim works hard to plan the programs, present some of the topics, provide AV support for the presenters, give museum tours, create the audio recording for the museum, acquire new donations, and more. His wife, Patrice handles membership, e-mails, and numerous administrative roles as the Recording Secretary.

Unfortunately, the Historical Society lost several volunteers due to death, illness and moving away over the past year. According to Tim, "While I am pleased that our membership has grown, dues alone are only a part of what is needed to sufficiently maintain this organization as it is today. We need your help or else, I fear in a short time, this organization will no longer be in existence." We are short on committee volunteers and the executive board has been stretched to its limits.

**If you are interested in serving on the executive board or a committee, please contact Tim.**

**Tim Singleton, President**  
**[tbsingleton@286mapletree.com](mailto:tbsingleton@286mapletree.com)**

**Dingman's Ferry Delaware Township  
Historical Society  
116 Wilson Hill Road  
Dingmans Ferry, PA  
18328**

**[www.dingmansferryhistoricalsociety.org](http://www.dingmansferryhistoricalsociety.org)**

**Hours & Programs: Closed for winter,  
reopening in April 2024**



Historical Society's Headquarters & Museum,  
located at Akenac Park, Route 739 in Dingman's Ferry.

Consumer Cellular®

**EXACT SAME  
COVERAGE UP TO  
HALF THE COST.**

**AWARD-WINNING  
CUSTOMER SUPPORT  
14 TIMES IN A ROW**

We've been ranked "#1 in  
Customer Service among  
Wireless Value MVNOs,  
14 Times in a Row."

**100% U.S. BASED  
CUSTOMER  
SUPPORT**

All of our support  
teams are just a  
call or click away.

**833-522-0557**

© 2023 Consumer Cellular Inc. Terms and Conditions subject to change. Half the cost savings based on cost of Consumer Cellular's single-line, 5GB data plan with unlimited talk and text compared to lowest cost, single-line post-paid unlimited talk, text and data plans offered by T-Mobile and Verizon, May 2023.



NORTH AMERICA'S

# #1 Selling Walk-In Tub

Featuring our  
Free Shower Package

**SPECIAL OFFER**

*Now* you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

*Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!*

Call today and receive a  
**FREE SHOWER PACKAGE**

**PLUS \$1600 OFF**

FOR A LIMITED TIME ONLY

Call Toll-Free 1-833-262-0841

**SAFE STEP  
WALK-IN TUB**

With purchase of a new Safe Step Walk-In Tub.  
Not applicable with any previous walk-in tub purchase.  
Offer available while supplies last. No cash value.  
Must present offer at time of purchase.

Call Today for Your Free Shower Package

# 1-833-262-0841

FINANCING  
AVAILABLE  
WITH APPROVED  
CREDIT



LIFETIME  
LIMITED WARRANTY

CSLB 1082165 NSCB 0082999 0083445