

# LifestYLES™

Northeastern Pennsylvania

O V E R 5 0

July / August 2021

The Hearing  
Center —

p. 10

Geisinger  
65 Forward —

p. 15

FREE

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# Cover Story

## DISCOVERY



Hello all,

Have you ever come to the realization that enough is enough? This pandemic has really tested our endurance. We've tried to avoid large crowds and stay at home. We've cleaned, painted, rearranged furniture and done small home improvement projects.

Perhaps, now it's time to go into the forgotten area of the house and discover what's in our attic. You never know, you might find a valuable collectable. Read our Remember When section about Discovering Valuable Collectables in your Attic on page 19. You might come out of this a little bit richer?

In this issue, we encourage you to discover. The article about Ancestry (NewsUSA) explains how to dig into your family history to learn about your heritage. You can learn about Solar Energy on page 16. You can read up on Palmerton in our In Your Neighborhood section. And, you can find out about the interesting program at Keystone College Observatory on page 9. Hopefully, this issue sparks your interest. So, get out there, and discover new things!

**Marci Kacyon**

**Executive Editor**

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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**Lif** Northeastern Pennsylvania  
**STYLES**  
**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**

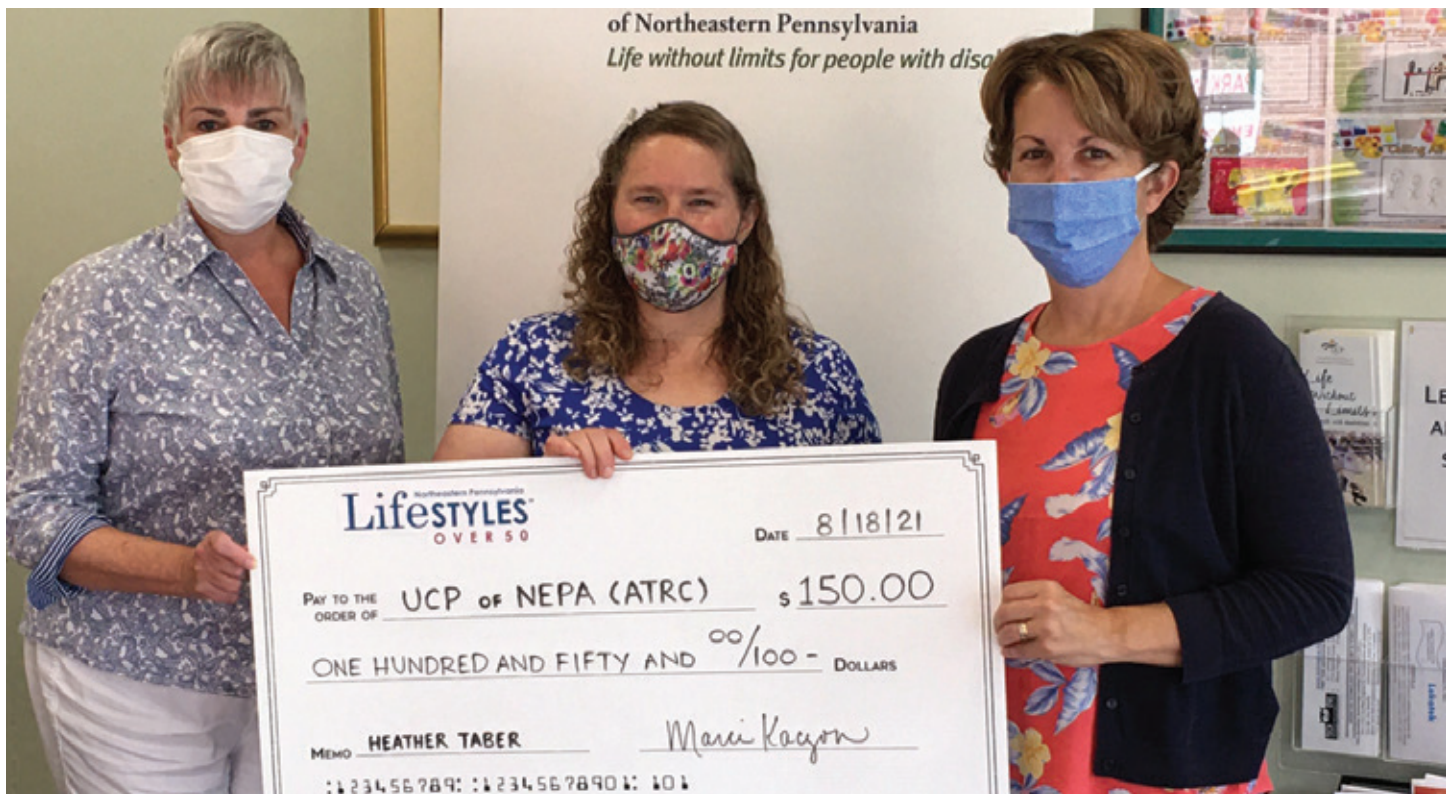


# Pay IT FORWARD

## Heather Taber

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 \$150.000 to UCP of NEPA (ATRC) in the name of Heather Taber, Assistive Technology Specialist – featured in our last issue – in appreciation for her service.

**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 in the amount of \$150.00 to UCP of NEPA (ATRC) in the name of Heather Taber, Assistive Technology Specialist. Attending is Sarah Drob, CEO.

**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

## TELEMEDICINE

Visits with your doctor can now be done ‘virtually’ from the safety and comfort of your home.

### What is telemedicine?

Telemedicine (or telehealth) is a Web-based technology that allows you, the patient to speak and see your doctor using video over the Internet, similar to other online applications such as Zoom and FaceTime. These type of doctor visits are safe and secure. Your doctor can review your symptoms, examine, diagnose and treat you the same way they would if you were in their office. Your doctor will discuss any test results, procedures, medications or follow-up appointments that may be needed. The doctor can even order your prescriptions while online. The best part – the appointment can take place from the safety and comfort of your home!

### Added benefits of using telemedicine:

Some of the benefits of telemedicine most often cited by our patients include avoiding waiting in a lobby or waiting room, avoiding being around other people who may be sick, and the convenience of being able to stay in a comfortable environment, such as their home.

### When should I use telemedicine?

Telemedicine can’t always replace face-to-face medical care, but it’s a great option for routine or follow-up and some specialty care appointments. However, telemedicine should not be used in emergency situations! If you have a health emergency that requires care right away, like a heart attack or stroke, a broken bone or cut that requires stitches, you should seek immediate attention.

### What technology do I need for telemedicine?

For a successful virtual doctor visit, the following are recommended:

- A smartphone (iPhone or Android), tablet or computer with webcam (video camera) and speaker



- A high-speed Internet connection

If you need a professional non-English or American Sign Language (ASL) interpreter, let a care team member know when scheduling your telemedicine appointment. If requested, an interpreter can join you online.

### Some interesting facts:

- Currently, Geisinger Health completes about 5,000 telemedicine visits per week.
- During the height of COVID, Geisinger was conducting roughly 20,000 telemedicine visits per week.
- 65 and older is Geisinger’s largest age group of patients utilizing telemedicine.
- While Geisinger’s telemedicine services are frequently utilized for primary care appointments, many of its specialties offer telemedicine as well. For example: gastroenterology, pulmonary, urology, cardiology, psychiatry, neurology, and pre- and post-surgery checkups.
- Some departments are even offering group classes and support groups using telemedicine, such as Geisinger’s monthly support group for Type 2 Diabetics.

*Courtesy Geisinger Health*



# In Your Neighborhood

## PALMERTON, PA

**Located in the outskirts of the Lehigh Valley and Poconos.**

Palmerton is located in southern Carbon County just north of the junction of the Lehigh River and Aquashicola Creek, and just north of the Lehigh Gap through Blue Mountain. To the north of Palmerton is Stony Ridge.

Palmerton was officially incorporated in 1912. That year, the New Jersey Zinc Company located a Zinc smelting operation in order to take advantage of the anthracite coal being mined just north of Palmerton and the zinc mines in Franklin, New Jersey. The town was named after New Jersey Zinc's then-President, Stephen S. Palmer. A second location (the East Plant) was established on the other side of town. Though other industries came to Palmerton, the zinc company was the major employer for most of the town's history. Much of the population came to the area, principally from Eastern Europe, in order to work in the zinc plants.

The layout of Palmerton's streets and alleys is extremely regular, because most of the town was planned and built by the zinc company. Avenues, running east to west, contain the majority of addresses and are named for colleges and universities. Streets, running perpendicular, are numbered from

### QUICK FACTS

**County:** Carbon

**Settled:** 1912

**Population:** 5,414 people (2010 census)

**Mayor:** William A. Gallagher

**Website:**

**[www.palmertonborough.com](http://www.palmertonborough.com)**

First Street in the west to Eighth Street in the east. Zinc smelting was ended in 1980 due to a poor zinc market and environmental regulation. The Palmerton Historic District, covering the downtown area, was added to the National Register of Historic Places on January 19, 2018.

### Things to do in the area:

**Palmerton Area Veterans Memorial** – The Palmerton Community Park is located downtown between Third and Fourth Streets. It includes the Palmerton Area Veterans Memorial, which was dedicated in 2012.

**The Palmerton Community Band** – The non-profit concert band began playing summer concerts in Palmerton Community Park in 1911. Today, the band consists of musicians from Palmerton and nearby communities, and continues to play in summer concerts and festivals, continuing its long tradition of community performances.

**The Appalachian Trail** – The trail crosses the Lehigh River less than two miles south of Palmerton. The former town jail (below City Hall) had been converted into a hostel, which served Appalachian Trail thru-hikers for forty years. In April 2015, this service was discontinued.

**Blue Mountain Resort** – Located just outside of town in the beautiful Pocono Mountains region is Blue Mountain Resort. Enjoy a mountain getaway skiing, tubing, zip lining, camping, glamping and more.

*Courtesy of Wikipedia and Palmertonborough.com*



Photo of Palmerton Area Veterans Memorial by Zeete - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org>.



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



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

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# Know Your Family History?

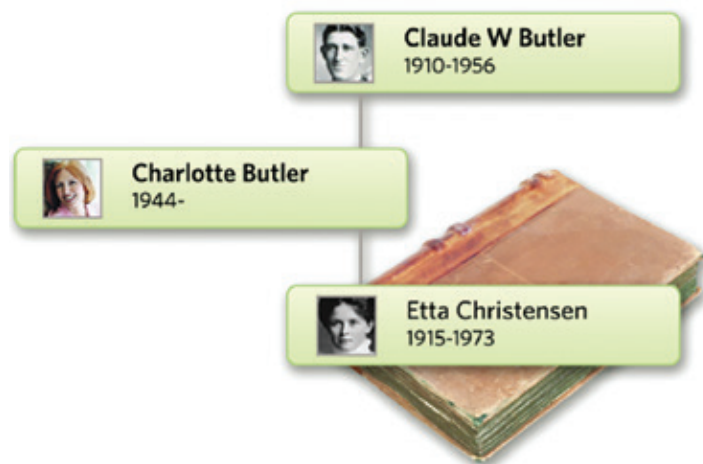
## DISCOVER USING THESE TIPS

Have you ever wondered about your heritage or ancestry? If so, you're not alone. Research shows that 78 percent of Americans are interested in discovering their family history.

If you're ready to uncover the hidden treasures of your family tree, there's no time like the present to unearth the past. Ancestry.com, a Web site that specializes in aggregating historical records, offers these tips:

**Start with what you know.** The best place to start your family history journey is with information you already have. Write down what you know about your ancestors, and talk to family members.

**Organize your family tree.** Organizing your family tree can seem daunting, but software or the Internet can streamline the process. Programs such as Family Tree Maker make it easy to organize and update your family history.



Online tools make researching your family history easier than ever.

**Decide which ancestor or branch of your tree you want to research.** Once you have organized your family tree, decide what direction you would like to take your research. Which ancestor have you always wanted to know more about? Which branch of your family tree has gaps in it? Are there any family mysteries you would like to solve?

**Search family history records.** Researching your family history has never been easier. With sites like Ancestry.com, which houses 8 billion historical records online, a simple online search can help you find family members in historical censuses, military and immigration records and old newspaper articles. Use these records to trace your family history.

**Connect with others researching their family history.** Family history is a growing hobby, and several Web sites offer message boards where users post questions and offer advice. Lots of people with experience in family history are happy to offer free advice and help, and who knows, you might even connect with a distant cousin.

For more information to help you begin your family history, visit [www.Ancestry.com](http://www.Ancestry.com).

*Source NewsUSA*

## Long live independence.

Are you caring for an older family member? LIFE Geisinger centers give seniors a place to spend the day with healthcare, wellness activities, social opportunities and transportation provided — so they can continue to live independently at home. And you know they're getting the compassionate, comprehensive care they need.

Call 800-395-8759 to schedule a tour or find out more about our Scranton, Wilkes-Barre, Kulpmont and Lewistown locations.

[geisinger.org/LifeGeisinger](http://geisinger.org/LifeGeisinger)

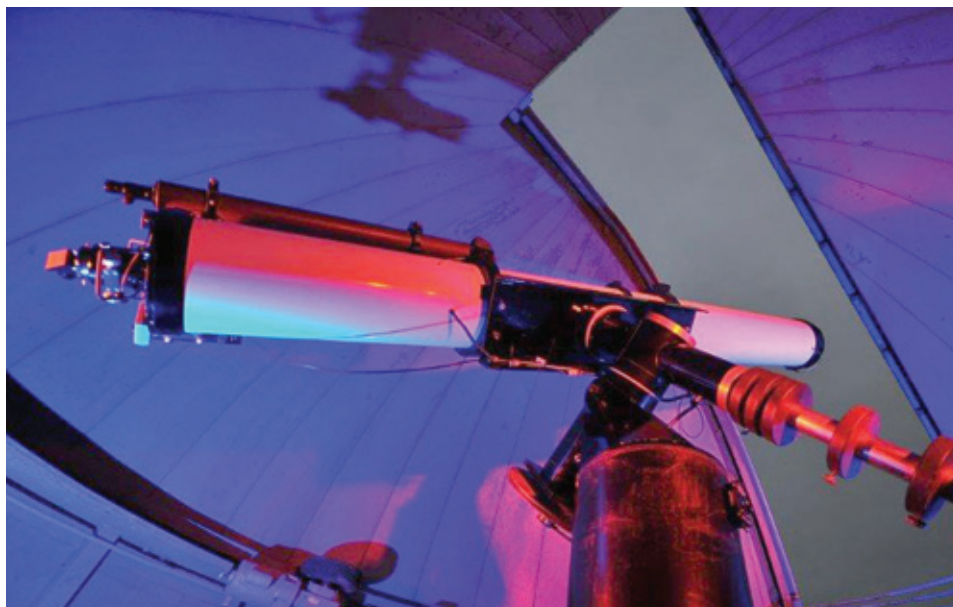


**LIFE**  
Living Independence for the Elderly  
Geisinger



# Keystone College

## THOMAS G. CUPILLARI '60 ASTRONOMICAL OBSERVATORY



For anyone who wants a fun and educational night out, Keystone College's Thomas G. Cupillari '60 Astronomical Observatory is the place to be this fall. The Observatory, named in honor of the late Keystone Professor Thomas G. Cupillari, will begin its fall schedule on Wednesday, September 8, and continue each Wednesday and Friday evening 8-10 p.m. through Friday, November 19. The sessions are provided free of charge as a community service. Advanced registration or reservations are not required. Sessions are also offered each spring as well.

For more information, visit [www.keystone.edu/observatory](http://www.keystone.edu/observatory). The Thomas G. Cupillari '60 Astronomical Observatory is not on the Keystone College campus. The facility is located on Route 107, approximately two miles west of Interstate 81, exit 202, and approximately two miles east of Fleetville.

In addition to its current service to the public, the Observatory has a rich and colorful history. In August, 1971 Professor Cupillari saw an advertisement in the magazine *Sky & Telescope*; Dave Garroway, a television personality best known for being the original host of the *Today Show*, was selling the telescope and dome that he purchased from Beloit College in 1967. Professor Cupillari wrote a letter of inquiry to Mr. Garroway. A series of letters and telephone calls

followed. Numerous individuals and organizations, indicated an interest in acquiring the telescope and dome. Ultimately, Mr. Garroway, assured that Keystone College would make the telescope available to students of all ages and the general public, rejected all other offers and sold his 'baby' to Keystone.

The astronomy observatory at Keystone College was officially dedicated and opened to the public on Tuesday, May 22, 1973. Regularly scheduled public programming began in July of that year and has been a central part of Observatory's mission ever since. Students in astronomy and physics courses began using the facility that September, and on occasion, students in history and literature also made visits there to the observatory. At the same time a cooperative effort with the Lackawanna Astronomical Society began, helping create what is still going strong.

On September 22, 2000, Keystone rededicated the facility as the Thomas G. Cupillari '60 Astronomy Observatory. Additional changes and innovations have been added over the years, enhancing the observatory even more. Sadly, Professor Cupillari passed away earlier this year. But the Observatory he founded and dedicated his life to lives on to serve all of Northeastern Pennsylvania.

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3 year repair and loss policy.  
Free no obligation 2 week home trial  
with hearing aids.



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

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### **HAWLEY**

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

### **KINGSTON**

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Kingston, PA 18704  
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Friday: 9:30 am - 2:00 pm  
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# 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*



# Telespond Senior Services

## A FOCUS ON YOUR LOVED ONE AND YOUR FAMILY

Today's seniors have lived their lives on their terms. They're resilient and they want to stay independent. Initiating the conversation about in-home services or out-of-home options – whether for day-to-day activities or more long-term care – is an important step towards finding the care solution that works for your loved one, your family and for you.

Telespond Senior Services is sensitive to the unique emotional, mental and physical needs of our aging population as well as the individualized circumstances of each family unit. Open conversations with immediate and extended family members, with healthcare professionals and social support providers are key to developing an effective plan that works for your family.

**Our professional staff and dedicated volunteers will meet you where you are!**

- In-Home Personal Care and Caregiver Respite
- On-Site Adult Day Care, Therapy and Transportation
- Senior Companion Program and Services

*Caregivers, individuals and families must feel completely comfortable with all decisions made, and researching available options is the first step. We're so glad you're here, and we're ready to help!*

Call Julie or Stacey at (570) 346-7860 for more information.

Telespond Senior Services  
1200 Saginaw St.  
Scranton, PA 18505  
570-346-7860  
[SeniorDayServices.org](http://SeniorDayServices.org)

*We provide compassionate,  
professional on-site and in-home  
services for our region's seniors.*



1200 Saginaw Street  
Scranton, PA 18505  
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[SeniorDayServices.org](http://SeniorDayServices.org)

# Discover Bird Watching

## A RELAXING AND EDUCATIONAL PASTIME

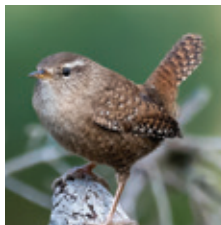


Bird watching or birding is the observation of birds, either as a recreational activity or as a form of scientific research. A bird-watcher may observe by using their naked eye, by using binoculars or a telescope, by listening for bird sounds, or by watching public Webcams.

Pennsylvania, with its diverse natural scenic vistas, ridges, mountains and gorges make birding a fun hobby you can do anywhere, anytime, without spending a lot of money. When planning your trip, be sure to follow the tips published by the National Audubon Society to ensure a memorable and safe experience.

### Following are some scenic areas of Pennsylvania famous for birding:

**Bald Eagle State Park** – Bald Eagle State Park contains diverse habitats that attract many bird species. The mountain ridges create excellent flyways for migrating birds that stop at the park to rest and feed during their migration.



**Blue Knob State Park** – Blue Knob is the second-highest point in Pennsylvania, offering spectacular views of the Ridge and Valley Province. Catch a glimpse of owls, wild turkeys, peregrine falcons, hawks and woodpeckers that all flourish in this diverse habitat.



**Codorus State Park** – Designated by The National Audubon Society as an Important Bird Area, Codorus State Park is home to nearly 240 species of birds. Five miles of trails provide easy access to varied habitats where you can spot waterfowl, osprey, bald eagles, hawks and more.



### Hawk Mountain Sanctuary

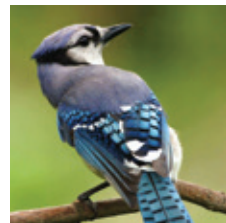
– Located along the Kittatinny Ridge, Hawk Mountain Sanctuary is a great option for viewing the migration of raptors. The sanctuary publishes available peak migration dates and times, and also provides instructors to answer your questions.



**Middle Creek Wildlife Management Area** – Situated in Lancaster County, the Middle Creek Wildlife Management Area is an Important Bird Area, owned and managed by the Pennsylvania Game Commission. The space is an exceptional location for viewing nesting, migrating and wintering birds.

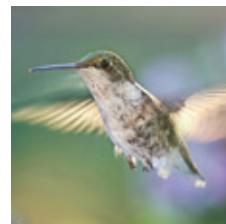
### Presque Isle State Park

– Located on the Atlantic Flyway, Presque Isle State Park is a favorite spot for birds to stop, feed and rest on their migration across Lake Erie. During March and during late November through December, visitors can enjoy waterfowl migration. Those who wish to visit at a later time can enjoy both shorebird and warbler migration in the months leading up to September.



### Promised Land State Park

– Designated as an Important Bird Area, Promised Land State Park is situated on the Pocono Plateau, 1,800 feet above sea level, and offers a wildlife observation station. While there, catch a glimpse of bald eagles native to the area and their nests.



*Sources Wikipedia and Audubon.org*

# A new kind of care for a new kind of senior.

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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.

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#### Scranton

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

#### Kingston

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

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

Safety



# Power For The Future

## SOLAR ENERGY

**Did you know? One hour's worth of energy generated by the sun could meet a full year's worth of global energy needs.**

The sun is a powerful energy source. Harnessing solar energy can be extremely beneficial to our environment and the economy. And, thanks to available state grants, as well as increasingly competitive market pricing, solar energy is becoming the green energy solution of choice.

**Following are just a few of solar energy's benefits:**

- 1. Renewable Energy Source** – Solar energy is truly a renewable energy source. **We cannot run out of solar energy** and it can be harnessed in all areas of the world.
- 2. Reduces Electric Bills** – Not only will you be saving on your electric bill but, there is the possibility to **receive payments for the surplus energy** that you export back into the grid.

**3. Diverse Applications** – You can generate **electricity (photovoltaics)** or **heat (solar thermal)**. And, solar energy can be used to produce electricity even in areas without access to the energy grid.

**4. Low Maintenance Costs** – Solar energy generally **doesn't require a lot of maintenance**. There are no moving parts. The inverter is usually the only part that needs to be changed.

*Sources Greenmatch and Solarreviews.com*



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# NEPA Aging Network Alliance

## (NANA)

NEPA Aging Network Alliance is a nonprofit inter-agency group with the goal of promoting awareness of services and issues affecting older adults in northeast Pennsylvania.

### **How can NANA help you?**

According to Kristen Scott of Saber Healthcare and president of NANA, "NANA members are caring professionals representing different businesses and organizations available to help answer your questions from healthcare insurance, elder law, short and long term care options and more!"



**570.677.6988**

**[nepaagingsecretary@gmail.com](mailto:nepaagingsecretary@gmail.com)**

### **Member:**

Kristen L. Scott  
Marketing Specialist  
Saber Healthcare

# Why Join A Senior Center?

## TOP-10 REASONS

1

**LOCATION** – There are (5) Senior Centers throughout Carbon County

2

**CHOICES** – We offer a variety of programs and activities to choose from

3

**LEARNING** – We provide informational programs, such as Safe Driving and Health & Wellness

4

**VOLUNTEER** – Opportunities exist for you to share your skills with others

5

**SOCIALIZING** – Play cards, shoot a game of pool, participate in Bingo, attend picnics, enjoy parties, go shopping and more

6

**TRIPS** – We schedule van and bus trips for sight-seeing, entertainment, shopping and more

7

**HEALTHY LIVING** – Exercise, participate in line dancing and other senior games and activities

8

**GREAT FOOD** – Lunchtime meals are available

9

**TRANSPORTATION** – We'll pick you up and take you home

10

**BENEFITS** – Our Senior Centers are the gateway to knowledge and information on all services available to seniors



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HOME CARE | MEDICAL STAFFING  
A Higher Standard



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

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**Call for your free in-home assessment.**

**570-223-2248**

[brightstarcare.com/stroudsburg-allentown](http://brightstarcare.com/stroudsburg-allentown)

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*Courtesy Carbon County Area Agency on Aging*



# Onions Or People

BY TIM WYMBS

*As told to me by a good friend.*

Like most of us, I'm not one to walk up to a stranger and say, "Hello. I'm Joe." But just before Sunday morning worship someone I'd never seen before stood in the back of our church sipping coffee from a styrofoam cup. He seemed the outdoor type – tall, well tanned, and able.

As I sat in my regular seat, I glanced back again and again. Then the Lord said in his small still voice, that no one else heard, "Go speak with him."

"But Lord, I'm not good at that." "Go – talk to him," he said.

I slipped out of my seat and walked to the back. We did the typical "Hello, where yah froms," and shook hands. With that over, (or so I thought) it was back to my chair. Then came those quiet words that nobody else heard, "Invite him to lunch."

"But God, my wife's away, and I've got onions to plant. Precious onions." "Go," he said.

The service over, I found him in the crowd and began with more small talk, then after some stomach wrenching I said, "How about some lunch?"

"Sure," he said (taking me back a little).

We grabbed a couple of sandwiches at Subway, and drove five miles to my house to continue our visit. While eating, I discovered he supervised thirty-four men on a pipeline construction site nearby. And, he missed his wife who led worship in their good-sized church in Oregon. What a happy surprise. One I'll remember long after the onions come and go. What did I learn? Never let onions get in the way. And the planting? That happened anyway.

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# Remember When?

## DISCOVERING VALUABLE COLLECTABLES IN YOUR ATTIC

The pandemic required many of us to spend more time at home. With more time on our hands, we updated our furnishings, repainted our rooms, washed the curtains, cleaned the basement and even cleared out the garage enough to fit our vehicles back inside it. And yet, we still find ourselves bored at times! Admit it. How many Zoom meetings can one have with family and friends? So, what more is there to do?

Well, did you ever consider looking in your attic? Remember when you were young and would spend hours exploring your grandparent's attic? When was the last time you saw any of those "priceless family heirlooms" stored in your attic? Your attic can be a treasure trove of valuable items.

So before you toss another item out or donate it, following is a list of valuables worth keeping!

**Video Game Consoles** – Video games from the 1980s are worth a lot of money, especially when they're unused and/or a rare edition. The Nintendo PlayStation prototype sold at an auction in 2020 for \$360,000. Individual video games can be worth more than \$20,000.

**Concert Posters** – Original concert posters, especially when framed are more desirable. But, the big headliners can bring in much more at an auction. For instance, a poster for a 1966 Shea Stadium Beatles' concert sold for \$137,000.

**Milton Bradley Board Games** – When young lithographer, Milton Bradley founded his printing business, an English board game he'd been introduced to was very interesting to him. He decided to launch a U.S. version of the game, The Checkered Game of Life. It was 1860, and so began his company's new direction. When it comes to resale, sealed, unopened boxes often double in value.

**Art Deco Clocks** – Art Deco reached peak popularity in the 1930s and '40s. Many clocks can be found for under \$50, but higher value models by esteemed makers like Westclox and Telechron can reach nearly \$1,000 in value.



**Baseball Cards** – The general rule in this category is that the older they are, the more they're worth. Based on variables like condition, player, and year, a card can be sold online for thousands of dollars. And some have even fetched millions of dollars.

**Lunch boxes** – Lunchboxes have made their way to becoming one of the most cherished collectors' items around. Cartoon characters, superheroes, and rock groups have all been printed on the side of a tin box for kids to carry their school lunch. The Bonanza lunchbox sold for \$130, while The Beatles, even in poor condition, can command around \$400.

**Fashion Accessories** – Even vintage clothing and accessories, such as scarves, handbags, and belts can bring thousands of dollars. A limited edition, Hermes Birkin bag sold for \$125,000. According to appraisers, the quality and condition of the material is the key to fetching a good price.

The nostalgia and memories of childhood family nights playing board games, collecting baseball cards amongst friends, storing more than just a PB&J sandwich in your lunch box, and trying on old clothes is what's important. For many of us, these items are priceless ... despite their monetary value!

*Sources countryliving.com, mentalfloss.com and pinterest*

# Games

## AND ACTIVITIES

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

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

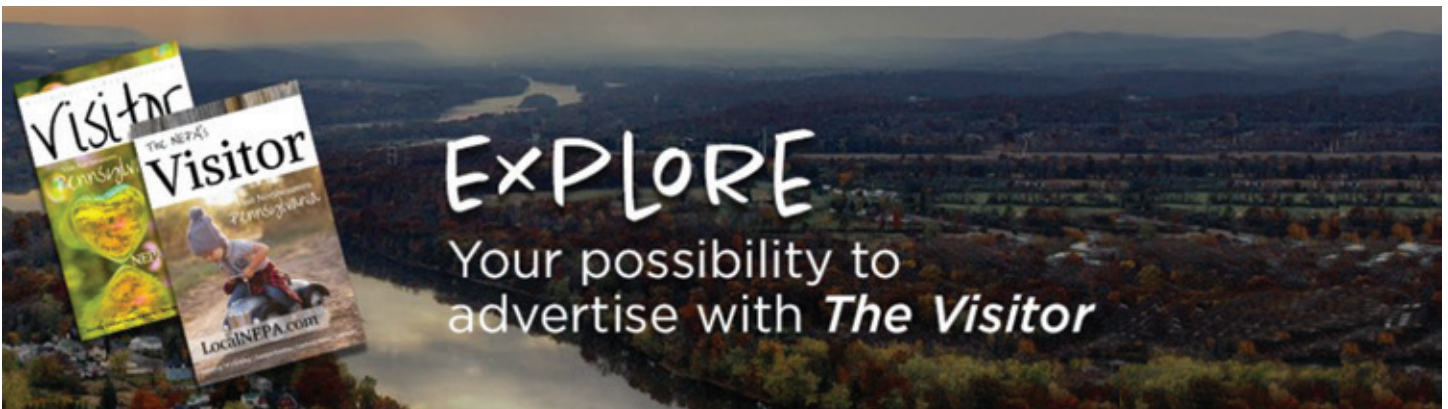
9							4		8
		8		9	7		2		6
		4	2		3				
		9			6				5
		5		7		9			
7			5			8			
			9		1	5			
8	5		7	6		2			
1		2							7

### 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.**

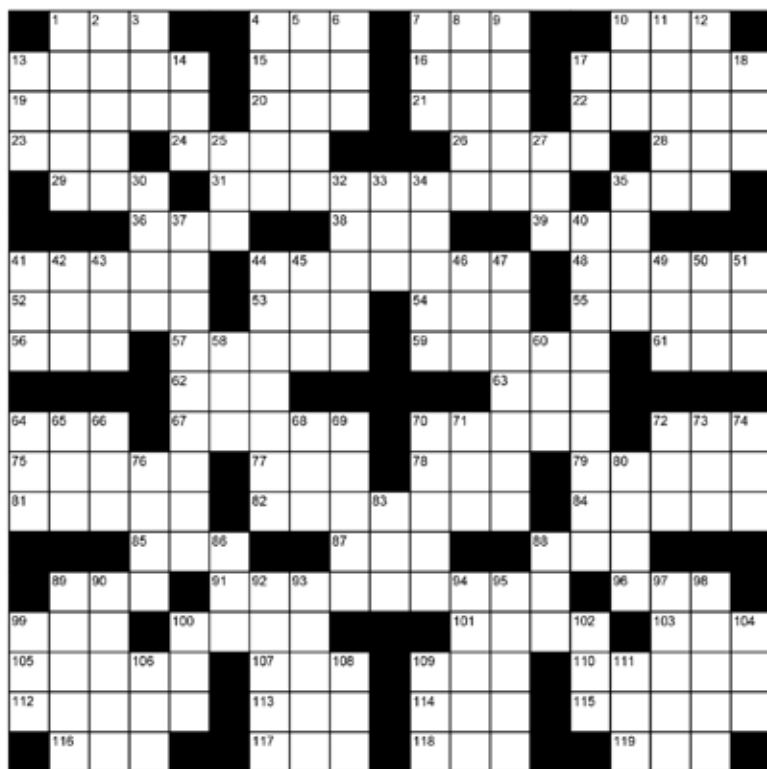




# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



# Games

## AND ACTIVITIES

I have been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips.

**A Bumper Sticker on the back of a senior's car: I AM SPEEDING BECAUSE I HAVE TO GET THERE BEFORE I FORGET WHERE I AM GOING!**

## WHY I like retirement

**Q:** How many days in a week?

**A:** 6 Saturdays, 1 Sunday.

**Q:** When is a retiree's bedtime?

**A:** Two hours after falling asleep on the couch.

**Q:** How many retirees does it take to change a light bulb?

**A:** Only one, but it might take all day.

**Q:** What's the biggest gripe of retirees?

**A:** There is not enough time in the day to get everything done.

**Q:** Why don't retirees mind being called Seniors?

**A:** The term comes with a 10% discount.

**Q:** Among retirees, what is considered formal attire?

**A:** Tied shoes.

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# Games

## AND ACTIVITIES

- ☺ If you don't pay your exorcist you can get repossessed.
- ☺ You are stuck with your debt if you can't budge it.
- ☺ Local Area Network in Australia: The LAN down under.
- ☺ He had a photographic memory, which was never developed.
- ☺ When she saw her first strands of gray hair, she thought she'd dye.
- ☺ Bakers trade bread recipes on a knead to know basis.
- ☺ Santa's helpers are subordinate clauses.
- ☺ Acupuncture: a jab well done.



# Jokes

### SUDOKU ANSWERS

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

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

### CROSSWORD PUZZLE ANSWERS

OWN	PTA	AHA	CPA
ISAAC	ERR	SAD	CARLO
CARPS	SUE	HID	DRAIN
EKE	TWOS	TOSS	TEE
ASP	ASSASSINS	TEN	
EEG	USE	ERA	
EATEN	DOGTROT	EXCEL	
SPORT	EW	FBI	DIANA
PRE	REFER	SINAI	NEW
WAS	USA	FDR	
ALOFT	SQUAB	BOOZE	GYM
CADRE	LIE	ALI	CLEAR
	TRAMMEL	TALKS	
ADO	NAB	ASK	
PLY	CALORIFIC	EYE	
VII	ETNA	INTO	END
OTTER	KPH	ALL	FLANK
WORSE	LEE	FCA	FORUM
NET	ELM	THY	PSI



# What To Do

## WITH YOUR GRANDCHILDREN



*Visit* your local county museum  
to discover the history of  
northeastern Pennsylvania!

### Bradford County Museum in Towanda

In 1998, after the Bradford County jail was determined to be in a rapidly deteriorating state, the Bradford County Commissioners transferred the property to the Bradford County Historical Society, in operation since 1870.

Today, the museum features two floors of museum exhibits, which are creatively arranged in what were the jail's cellblocks. Along with items from the Civil War, the museum features artifacts from almost every major war. The Research Center and Genealogical Library is located on the third floor. It's purpose is to acquire and permanently preserve valuable public and private records that establish, maintain and develop the identity of Bradford County and to make archives available to the public for personal research. The collection contains an extensive number of printed and microfilmed materials and continues to grow through volunteer research, purchases and donations from members and historians.

Another interesting exhibit in the museum focuses on the Boy Scouts of America. While the organization wasn't started in Bradford County, the troop in Troy, Pennsylvania was the first to join.

### Eagles Mere Museum; Auto Museum and Air Museum

The Eagles Mere Museum is tucked inside a restored general store that doubles as a visitor information desk and gift shop. It showcases Eagles Mere history from the Native Americans that once inhabited the area to explaining the formation of its pristine lake. Travel through time experiencing 200 years of unique history, such as glassmaking, farming, nearby homes and buildings. View a video telling the story of Eagles Mere both past and present. And, be sure to visit the upstairs gallery and model train room.

The Auto Museum is a result of a life-long passion for automobiles by the founder, beginning when he would read hotrod magazines in the local grocery store as a child. It is laid out with cars and trucks from the 1950s and 1960s, filling the ground floor and a second floor mezzanine. Vintage memorabilia is spread throughout, including hundreds of historic neon, metal, and porcelain signs, antique gas pumps, and even a large collection of small, metal cars and trucks.

Nearby is the Air Museum, which houses a living and flying collection of airplanes, airplane engines, and related toys and artifacts from the golden age of flying – 1908 to 1940. There are approximately 31 antique airplanes located at Merritt Field Airport.

### The Greater Hazleton Historical Society & Museum

First settled as a mining village in the early 19th century, Hazleton transformed into a melting pot city that innovated mining technology, pioneered the third rail electric railroad, featured the world's largest silk mill, and encompassed neighborhoods where over thirty languages were spoken.

Founded in 1980, the Greater Hazleton Area Historical Society & Museum is a non-profit organization that works to advocate and preserve the rich cultural, industrial, and architectural heritage of the City of Hazleton and its surrounding communities in southern Luzerne County. The three-story building, which houses one of the largest collections of artifacts in Northeastern Pennsylvania, is at the site of the former Borough Hall. It was completed in 1924, when constructed as a firehouse by Hazleton's Pioneer Fire Company.

# Events Calendar

## LABOR DAY

This year, Labor Day is celebrated on Monday, September 6.

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement of the late 19th century and became a federal holiday in 1894. For many Americans, Labor Day weekend also symbolizes the end of summer, and is celebrated with parties, street parades and athletic events.

Labor Day originated during one of American labor history's most dismal chapters. In the late 1800s, at the height of our Industrial Revolution, the average American worked 12-hour days, seven-days a week to make a living. Despite restrictions in some states, adults and children, particularly the very poor and recent immigrants, faced extremely unsafe working conditions. As manufacturing increasingly supplanted agriculture, labor unions grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. On May 11, 1894, employees of the Pullman Palace Car Company in Chicago went on strike to protest wage cuts and the firing of union representatives. To break the Pullman strike, the federal government dispatched troops to Chicago, unleashing a wave of riots that resulted in the deaths of more than a dozen workers.

Many historians credit Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor. Others have suggested that Matthew Maguire, a machinist and later the secretary of Local 344 of the International Association of Machinists in Paterson, New Jersey, proposed the holiday while serving as secretary of the Central Labor Union in New York.



Both McGuire and Maguire attended our nation's first Labor Day parade on Tuesday, September 5, 1882, in New York City. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.

*Sources Wikipedia and History.com*

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# Giving Back

## TOALC

The Older Adult Learning Community (TOALC) is an independent community organization that offers a number of diversified courses geared to the interests of its members covering such topics as art, history, finance, health, sports, philosophy and writing.

**Courses offered are limited only to the interest and imagination of TOALC's members, such as:**

- The Art of Michelangelo
- Creative Writing
- Elder Law & Estate Planning
- A Film Watch Group
- A Painting Class
- Shakespeare
- Museum Tours
- And more!

Summer outdoor activities often include: birding, kayaking, pickleball, Tai Chi, wine tasting and musical performances.

**The benefits of participation in TOALC, include:**

- The sheer joy of learning without the pressure associated with term papers and exams
- The opportunity to interact with people who share a commonality of interests
- The opportunity to explore unfamiliar subjects and broaden horizons
- The opportunity to realize the unique satisfaction that exploring new ideas and experiences generates

**Your choice: virtual or in-person**

TOALC held its first semester of virtual learning in summer 2020. The students appreciated the convenience of attending from home and the savings on gas.

**Fall membership begins in September:**

TOALC members gladly pay \$45 per semester for as many courses as they wish to take. If you would like to register, volunteer or make a donation, please visit TOALC's Website or call the office. Class leaders and volunteers receive a free membership.



**To register, volunteer or make a donation, please visit TOALC's Website or call the office:**

**The Older Adult Learning Community**

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**www.TheOALC.org**  
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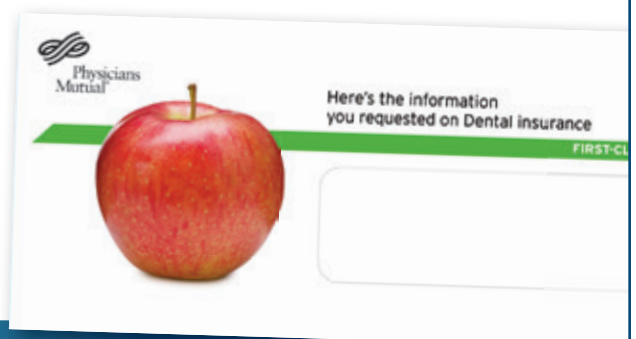
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