

Northeastern Pennsylvania LIFESTYLESTM OVER 50

Summer 2023



The Hearing
Center —
p. 10

Geisinger
65 Forward —
p. 14

FREE

A portrait of Janet Erickson, MD, a woman with long, wavy blonde hair, smiling. She is wearing a white lab coat over a light blue top and a necklace with a heart pendant. The background is a solid blue color.

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Janet Erickson, MD
Primary care, Scranton

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Cover Story

STAYING ACTIVE



I sit here grinning as I proof-read our articles for this issue. We wrote about, “In the Good Ol’ Summertime” in our Remember When section. It reminds me of a friend who spoke about his fond memories of going on road trips with his parents, even though he and his sister referred to their summer

vacations as, “Spanks across America.” Their father had a short fuse when trying to teach his unappreciative kids sitting in the back seat about America’s history. I also smile when I remember my summers swimming in the pool or floating in canoes on the river. We would finish our day getting ice cream in town. Days were long and time passed slowly. (Hence, my grin.)

I hope a smile appears on your face when you read this issue. Health and happiness!

Marci Kacyon
Executive Editor

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NEPA@LIFESTYLESover50.com

www.issuu.com/nepalifestylesover50

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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

CALLING ALL NONPROFITS & VOLUNTEERS

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.

Pay it Forward

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania intends to “pay it forward” by recognizing a local nonprofit or volunteer for their work, and with a check donation – a small token of our appreciation for your commitment to our seniors of NEPA.

If you are a local nonprofit or volunteer serving within our coverage area of Northeastern Pennsylvania (see our counties map on page 3), we’d like to hear from you. Please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com

Spirit Of Giving

VOLUNTEERING AMONG SENIORS

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity, and lower mortality rates. One of the key benefits of volunteering is social support, and the prevention of loneliness and isolation. Following are a few more!

It’s good for your mental health

Volunteering keeps the brain active, which contributes to better mental health. Meaningful and productive activities can help you feel happier and provide you with a positive outlook on life.

It increases physical activity

Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking with someone as a companion.

It gives you a feeling of purpose

Children grow up and move out of the house, we retire from our jobs, and family and friends pass away. Regaining a feeling of purpose through vol-

unteering can help older adults feel recharged with a new purpose for living.

It helps you learn new skills

Many volunteer activities allow you to try things you’ve never done before and learn new skills. Embrace opportunities that are a little outside of your comfort zone.

Following are just a few organizations that could use your help:

- Area Agency on Aging
- Foster Grandparent Program
- Meals on Wheels
- Ombudsman Program
- Senior Community Service Employment Program
- Senior Companion Program

Call 610-570-390-3350 or e-mail NEPA@LIFESTYLESover50.com and we’ll be happy to refer you to the right organization and contact.

Tech Savvy Seniors

STATIONARY BIKES

Riding a stationary bike is excellent for low-impact, effective cardio workouts. At-home exercise bikes come in a range of options, including resistance levels, riding positions, features, inclusion classes, and price points. Whether you're splurging on a high-end solution or budget model, consider a range of factors including bike style, features, non-essential extras, and more.

Style – There are three exercise bike styles to consider.

- Upright bikes are the original exercise bike. Well-suited for less intense workouts, they often offer fewer features.
- Recumbent bikes ride in a seated position with your legs extended. This puts less stress on your joints, making them a great choice for people with back problems.
- Indoor cycling (or spin bikes) are ideal for multiple seated and standing positions, and are excellent for high-intensity workouts.

Size and objective – Consider your own height and weight to pick the correct bike size for your type of workout needs.

If you're looking for a rugged workout with health App compatibility, an indoor cycling bike is your best bet. Looking for rehab-friendly workouts? Opt for a recumbent bike. For more casual riding and a smaller space requirement, a classic upright bike is a great option.

Features – Some bikes have media stands for holding a tablet so you can read or watch your favorite movie.

Other bikes have built-in screens to stream membership-based, inclusion classes. They likely monitor stats like speed, distance, and calories burned while riding as well.

Budget – Prices range from \$200 to well over \$2,000.

Buying a budget bike doesn't have to mean compromising on all the features. You can expect some give and take with the various styles on the market,



but your choice should fall somewhere between your ideal budget and the features you can't live without.

Peloton Bike – Join high-intensity spin classes by world-class instructors.

Several reasons people don't exercise regularly: lack of motivation, getting bored easily, not wanting to workout alone. Peloton addresses these issues by making the workout experience entertaining, participatory and fun. You can ride while the class is live, but each class is recorded and can be taken on-demand as well. Each class has different degrees of difficulty, from beginner to advanced beginner, low impact, more challenging hill rides, and high-intensity interval training.

Besides convenience, another benefit of the Peloton Bike is that it is well built, sleek and sturdy. It comes with a large, HD touchscreen with a crystal-clear display that is quick and responsive to the touch. It has a two-way adjustable seat that is sport-series quality, and handlebars to accommodate riders from under five feet to over six feet tall.

Regardless of your preference for the style of bike or brand you choose, you'll be sure to enjoy the benefits of a stationary bike for your next workout!

Sources [popularmechanics.com](https://www.popularmechanics.com), [amazon.com](https://www.amazon.com), [nbcnews.com](https://www.nbcnews.com) and [onepeloton.com](https://www.onepeloton.com)

In Your Neighborhood

MATAMORAS, PA

Matamoras is a borough in Pike County of eastern Pennsylvania. Its name is derived from the Mexican city of Matamoros, which was the first to be occupied by U.S. troops during the Mexican-American War.

In 1930, the Merrill-Ronne Airport was opened on the eastern side of Matamoras, named and dedicated to aviators, Mazel M. Merrill and Edwin Ronne who crashed and died in the woods near Milford, Pa. The airport was used to train fighter pilots during WWII before being closed in the 1970s. After the airport was closed it became Airport Park, a popular, local attraction.

Things To Do

Matamoras Recreation-Airport Park provides plenty of space for the whole family to roam and play. The historic, community park offers playgrounds, including the Firefly Field, which has fully accessible equipment for children of all abilities. In the summer, the splash pad is the perfect spot to cool off. Tennis courts, a roller hockey rink, basketball courts, a sand volleyball court, and more provide hours of outdoor fun. Several local youth sports leagues call Airport Park their home turf, boasting athletic fields for baseball, softball, and football. Airport Park is also home to a dog park.

QUICK FACTS

County: Pike

Incorporated: 1905

**Population: 2,362
(2020 Census)**

Mayor: Janet Clark

Website:

www.matamorasborough.com

Veterans Memorial Park and Education Center is located right next to the football field. Stop by to see the monuments and a chronological timeline of American conflicts.

Tri-States Monument, also known as **Tri-State Rock** is a granite monument that marks the tri-point of the state boundaries of Pennsylvania, New Jersey, and New York. It is at the northwestern end of the boundary between New Jersey and New York, the northern end of the boundary between New Jersey and Pennsylvania, and the eastern end of the boundary between New York and Pennsylvania. Located where the Delaware and Neversink rivers meet, the location is also known as Carpenter's Point.

Sources Wikipedia and tripadvisor.com



Elevation of
Matamoras courtesy
of WorldWide Map
Elevation Finder.

Motorized Bicycles

ELECTRIC BIKES

Also known as e-bikes, electric bikes are like traditional 'pedal' bikes but feature a small electric motor.

A major benefit of e-bikes is they enable people of all ages and fitness levels to enjoy bicycling! Because electric bikes are less physically demanding on joints and muscles, they not only benefit riders who might otherwise be inactive, but also offer the opportunity for people to commute or run errands over longer distances in place of walking or driving a car.

Many kinds of e-bikes are available today, but they generally fall into two broad categories: bikes that assist pedal-powered riders, and bikes that add a throttle, for moped-like functionality. While more expensive than your traditional bicycle, there is a slew of financial incentives aimed at low- and fixed-income individuals, and an increasing num-



ber of bike-sharing programs offering motorized bicycles.

Although many older riders won't find themselves doing the sort of vigorous physical activities like mountain biking, e-bike usage has proven to deliver the sort of moderate physical activity most doctors recommend.

Sources *bicycling.com* and *peopleforbikes.org*



LIFE GEISINGER

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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.

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NovaCare Rehabilitation

AQUATIC THERAPY

Location:
Dingmans Ferry

At NovaCare Rehabilitation, Dingmans Ferry, aquatic therapy provides a safe, effective environment to positively impact movement, strength and function.



Dingmans Ferry
1346 Route 739
Dingmans
Ferry, PA 18328
(570) 686-4300
www.NovaCare.com

Photo courtesy
of NovaCare
Rehabilitation

Aquatic (or water) therapy uses the water's buoyancy to support your weight, reducing the pain and stress placed on specific muscles and joints and enabling greater freedom. Warm water also allows muscle relaxation and increased blood flow to injured areas.

Aquatic therapy can also help you function at levels not possible on land, without fear of falling, which affords physical gains and positive reinforcement. Aquatic therapy boosts general conditioning and strength, and is used to treat a variety of conditions:

- Arthritis
- Back pain
- Balance disorders
- Chronic pain
- Multiple sclerosis
- Muscular dystrophy
- Neurological disorders
- Obesity
- Post-surgery care

Call to schedule an appointment with a physical therapist at NovaCare's Dingmans Ferry location.

After an initial evaluation, your physical therapist may determine that aquatic therapy will help the healing process. Aquatic therapy can help achieve:

- Less pain
- Increased muscular strength
- Enhanced joint mobility
- Improved balance and coordination
- Activities that matter

During ongoing appointments, your physical therapist will adjust treatment as you improve and incorporate land-based exercises as soon as possible to maximize the functional gains you make in water.



Musing THOUGHTS

A dog thinks: "Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me. THEY MUST BE GODS!"

A cat thinks: "Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me and take good care of me. I MUST BE A GOD."

I don't mean to brag,
but I just finished my
14-day diet food supply
in 3 hours and
20 minutes.

I may not be that funny or
athletic or good looking or
smart or talented ... I forgot
where I was going with this!

**I just did a week's worth of cardio after
walking into a spider web.**

Kids today don't know how easy they have it.
When I was young, I had to walk nine feet through a
shag carpet to change the TV channel.

**My goal for 2023
was to lose 10 pounds.
I only have 14 to go.**

A recent study has found women
who carry a little extra weight live
longer than men who mention it.

**I ate salad for dinner, mostly
croutons and tomatoes. Really
just one big round crouton
covered with tomato sauce.
And cheese. FINE, it was a
pizza ... Okay, I ate a pizza!**

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when calling to
receive our offers.



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570-784-8050
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HAWLEY

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

KINGSTON

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

LEWISBURG

ACE Hearing Centers
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Ask The Experts

BENEFITS TO WEARING HEARING AIDS

Mention code AG60-11
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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

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



Best Exercises

HEALTH BENEFITS FOR OLDER ADULTS

Our body changes as we get older. Though physical fitness provides benefits at any age, the health benefits of exercising to older adults help you live a longer, healthier, and a more productive life.

The benefits of exercising later in life:

- Independence: Seniors that exercise regularly are less likely to depend on others.
- Balance: Falling down is more prevalent amongst older adults. Exercise improves balance.
- More energy: Regular exercise promotes the release of endorphins, which are essential neurotransmitters linked to pain mitigation and a sense of feeling more lively and energetic.
- Counteract disease: Adopting a more active lifestyle can contribute to the prevention of heart disease, osteoporosis, depression, diabetes and more.



- Improved brain function: A healthy body likely means a healthy mind, and seniors that exercise on a regular basis demonstrate improved cognitive health.

The best exercises for older adults:

- Aerobic workouts – Low impact exercises, such as walking, cycling, swimming, and dancing are safer and productive for aging adults.
- Strength training – Workouts involving resistance, such as the use of rubber bands are ideal for seniors, including leg press, triceps press, lateral raises, and bicep curls.
- Flexibility exercises – Stretches that focus on the shoulders, hips and legs contribute to improved flexibility and balance.
- Balance training – Our vision, inner ear and sense of touch are controlled by the brain and are important to maintain for improved balance.

If you haven't tried Yoga, Tai chi, or Pilates (mind-body exercises that involve movement, meditation, and breathing), we encourage you to speak to your doctor about the possible benefits of these more popular exercise programs for your individual needs.

Sources *forbes.com*, *aarp.org* and *healthline.com*



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Tunes For The Trip

CLASSIC SUMMER MUSIC FOR ON THE ROAD

Ah, summertime! Time for road trips to the shore or the (Pocono) mountains.

Remember fiddling with the AM dial on your car radio to get the best possible reception? The growing popularity of FM radio soon ended the aggravating static we were accustomed to hearing. Then came the 8-track tape. You could listen to your favorite music the entire trip! One big advantage – you didn't have to turn them over, like our next contender. Cassette tapes and affordable recorders enabled us to customize our own sound tracks. But who could forget rewinding spools of tape when entangled in the cassette! Soon these would be replaced by CDs with their rich sound before being replaced by streaming services over the Internet.

So, what is your summertime playlist?

Here are some of our favorite tunes:

- Heat Wave by Martha and the Vandellas
- Lazy, Hazy, Crazy Days of Summer by Nat King Cole
- Summer Breeze by Seals and Crofts
- Summer Lovin' by John Travolta and Olivia Newton-John
- Summer Wind by Frank Sinatra
- Summertime by Ella Fitzgerald and Louis Armstrong
- Surfin' Safari by Beach Boys
- Under the Boardwalk by The Drifters

Excerpt from LIFESTYLES Over 50 Lehigh Valley

Annual Directory 2023

August-September Issue

Advertise in our Annual Directory 2023!

**Aging in Place • Senior Care Agencies
Senior Housing • Professional Resources**

Managing senior care can be overwhelming for our seniors, their loved one's and family members, especially if you are not familiar with what resources are available. If you are a health care organization, senior care agency, service provider or related professional resource and would like to be included in our Annual Directory 2023, please contact us for advertising rates and material due dates.

LIFESTYLES Over 50 Northeastern Pennsylvania
570-390-3350 • NEPA@LIFESTYLESover50.com

Professional Services CARE FEATURE



Abington Audiology & Balance Center	790 Northern Blvd. South Abington Township, PA 18411 570-587-3277 www.abington audiology.com	Dr. Erica Schoenberg Gallagher, Audiologist opened the doors of Abington Audiology & Balance Center in 2007. The staff's number one priority is delivering exceptional patient care – combining years of expertise in hearing healthcare and a variety of services ranging from evaluations to treatment.
BUCKNO LISICKY & COMPANY	1167 Interchange Rd. Lehigh, PA 18235 610-377-6960 www.buckno lisicky.com	Serving businesses locally and abroad since 1969, Buckno Lisicky & Company's Certified Public Accountants and Business Consultants have the credentials, experience and most advanced computer technology to develop strategic, long-range plans for each and every client. Visit any of their four convenient office locations in Allentown, Bethlehem, Lehigh, as well as New Jersey.
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Geisinger 65Forward	Scranton 866-986-1948 Kingston 866-566-2967 Wilkes-Barre 866-595-7921 Hazleton 866-288-5302	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.
Janney Montgomery Scott	The Butera Jordan Bender Hendricks Group 613 Baltimore Drive, Suite 202 Wilkes-Barre, PA 18702 570-331-2751 www.thebjbhgroup.com	Janney Montgomery begins every relationship with a conversation, helping you identify and prioritize which goals matter most. The team delivers a customized experience to assist clients not only in wealth accumulation and preservation, but in areas that go beyond investments, such as transferring wealth to your loved ones.

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

Safety



Glamping In The Outdoors

GLAMOROUS CAMPING

Glamping (short for glamorous camping) offers the enjoyment of the great outdoors without sacrificing the comforts of home.

A perfect marriage of rustic nature and modern luxury, glamping combines the joys of the wild with the amenities of civilization. Benefits include luxury tents, such as Yurts, one of the more comfortable and recognized luxury camping shelters, wrapped in canvas with their unique, circular shape. Other comforts include queen size beds, heating and cooling, running water – not to mention decks, hot tubs, personal butlers, and more!

Glamping in the Poconos

Blue Mountain Resort – Poconos: Choose from 15 glamping sites surrounded by the Pocono Mountains at Blue Mountain Resort. Each site offers its own unique setting and view on the mountain.



Keen Lake Camping & Cottage Resort: Relax and unwind in accommodating glamping luxury by the water's edge, a privately-owned, spring-fed lake in northeast Pa. Enjoy the amenities and family-friendly atmosphere.

The Shawnee Inn & Golf Resort: Overlooking the scenic Delaware River and located on the semi-secluded North Lawn of the resort, Shawnee Riverside Glamping is for guests who desire a luxurious outdoor retreat with the freedom to come and go as you please. The glamping tents feature one queen bed and one daybed, and a private deck overlooking the river. Includes a canoe trip, breakfast in the River Room, and a recreation attendant to assist with fire making and to provide the materials for s'mores. New for 2023 – Stargazing Glamping Tents.

According to KOA, 49 percent of all campers are interested in glamping. So, get out in the wild and relax!

Sources aarp.org, poconomountains.com and airbnb.com



Enjoy Every Moment

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Exercise Your Brain

VISIT PAGES 20-23

Enjoying crossword puzzles, Sudoku, Wuzzles and other challenging games that rely on word, logic, math and visual skills are great ways to increase brainpower!

While games and puzzles involve multiple cognitive abilities, which challenge your brain and improve processing speed and memory, following are a variety of brain exercises to improve memory, creativity and overall cognitive function:

- Cooking
- Learning another language
- Painting
- Playing an instrument
- Reading
- Singing
- Writing



According to numerous university studies, a typical brain fitness program should incorporate the following:

Cognitive training

Exercises that challenge your thinking skills by using games and puzzles to sharpen your response times and attention are important to improving cognitive thinking.

Good nutrition

A diet that features whole grains, fruits and vegetables, and healthy fats from fish, nuts, and oils helps with cognitive skills as well. Tailoring calorie intake is also necessary.

Physical exercise

This form of exercise promotes the growth of new brain cells. But most of us don't work hard enough to realize the benefit. You have to push yourself, and that requires being cleared by your physician to exercise properly to get your heart rate up.

Better rest

Poor sleep can undermine cognition. Brain fitness programs typically check for underlying causes of sleep loss, such as sleep apnea or an overactive bladder. Meditation or exercises such as Tai Chi reallocate brain resources in order to handle unexpected stressors in a way that enable us to cope with day-to-day life.

Sources Wikipedia, health.harvard.edu and everydayhealth.com

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465 Venard Road, Clarks Summit, PA 18411
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Remember When?

IN THE GOOD 'OL SUMMERTIME

There is something about summer that makes many of us feel nostalgic – a longing for when days were better, probably rooted in when we were kids waiting impatiently for the ice cream truck, and trying not to stub our toe on the river rocks. Summer memories differ for many of us and are dependent upon our circumstances. Summer in the desert is different from summer in the Rockies. If swimming was part of those lazy days, it may have been in the ocean, a river, or lake.

Did your summer involve cars, concerts, and kayaks? Fishing trips and trips over the hills and through the woods to grandmother's house? Speaking of relatives, did aunts, uncles and cousins suddenly pop out of the woodwork? Sometimes, it seemed like we got along better with our cousins than our siblings. Let's take an inventory of summers past and see how many memories and laughs they evoke.



Road Trips

Coming out of WW II, families understood the need to get together. With the new prosperity and optimism, and the availability of flashy new cars, road trips became a popular summer adventure. The kids and all the essentials were stuffed into the car, the maps consulted, with everyone smiling before taking off. But the smiles were soon replaced when the kids sung those familiar refrains, "Are we there yet?" and "I gotta go, now!" The really equipped traveler owned a camper or trailer, and didn't need to find one of those new-fangled motels in the middle of the night.

Swim Time

If you weren't close to a lake or pond, or didn't want to make a trip out of it, you could make your own background pool of water. Built-in pools were becoming more common. And, fun-in-the-sun could be enjoyed by most families, thanks to less expensive, inflatable pools. Remember the rubber taste in your mouth as you blew air into the valve to inflate your wading pool? Of course, there were community pools where you could change in muddy concrete cabanas, and develop a taste for chlorine.



Swimsuits

Also called "bathing suits," although not generally worn while in the bathtub, by today's standards, they were more like suits than itty-bitsy, teeny-weenie, bikinis we (barely) see now. Men's swim trunks were more like shorts, and haven't changed a whole lot.



Toys

What immediately comes to mind when we think of outdoor toys? The Hula Hoop by Wham-O? The Frisbee? Or, the Slip 'N Slide, also by Wham-O? How about the ubiquitous water pistol? We didn't want to get squirted by it, but we would run through the water sprinkler!

We hope this brief look at the past will make your summer seem longer and more enjoyable!

Courtesy LIFESTYLES Over 50 Lehigh Valley

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

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.

OLD AGE TEXTING CODES

Texting is the new typing, which was the new stenography, which was the new longhand, which was the new stylus and clay tablet.

ATD - At The Doctor

BFF - Best Friend Fell

BTW - Bring The Wheelchair

BYOT - Bring Your Own Teeth

FWIW - Forgot Where I Was

GGPBL - Gotta Go, Pacemaker Battery Low

If you feel like you are still in the dark ages when it comes to texting, here are some familiar texting abbreviations that can be shared with your group.

GHA - Got Heartburn Again

IMHAO - Is My Hearing Aid On?

LMDO - Laughing My Dentures Out

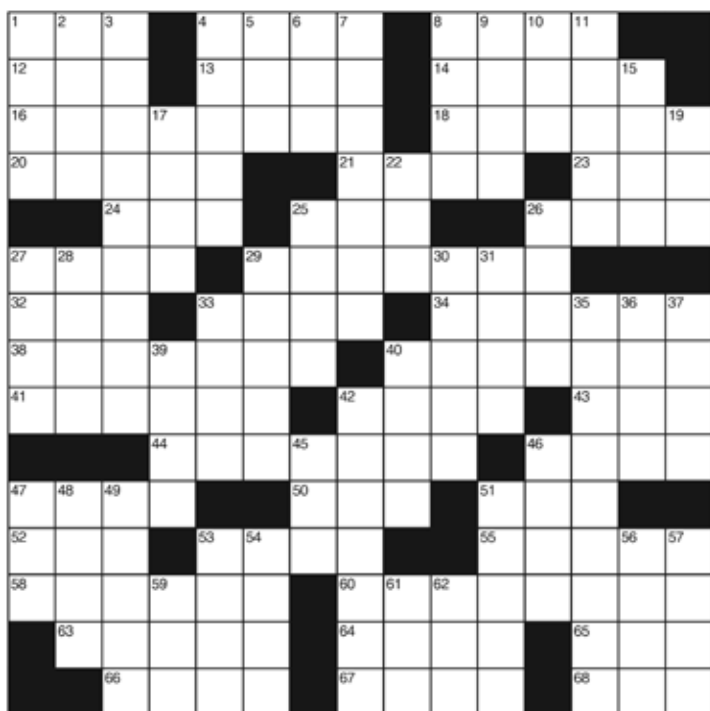
ROFLACGU - Rolling On Floor Laughing And
Can't Get Up

HWM - Have We Met?

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Snake
- 4 Sloven
- 8 Den
- 12 Talk
- 13 Meat alternative
- 14 Disinterested
- 16 Exchange
- 18 Small fish
- 20 Organic compound
- 21 Territory held in fee
- 23 Two
- 24 Attila the ___
- 25 IBM Competitor
- 26 Dinner setting need
- 27 Tolls

- 29 Small keyboard instrument
- 32 Dine
- 33 El ___
- 34 South-Central Dravidian
- 38 Arm muscle
- 40 Monkey companions
- 41 End of performance cheer
- 42 Coin
- 43 Pixie
- 44 Chased
- 46 False bible god
- 47 Wan
- 50 Vase
- 51 Make a mistake

- 52 Demise
- 53 Writer Bombeck
- 55 Official document
- 58 African country
- 60 Carriage type
- 63 Computer phone
- 64 Fat
- 65 Long-term memory
- 66 Right-winger
- 67 Fencing sword
- 68 Yes

- 27 Festival
- 28 Take in
- 29 Jump
- 30 Suffer
- 31 Cabana
- 33 South American country
- 35 Weird
- 36 Merry
- 37 Defunct football league
- 39 Imitate
- 40 Was
- 42 Can be cured
- 45 Add
- 46 Sailing vessel
- 47 High naval rank (abbr.)
- 48 Thailand
- 49 Serf
- 51 Musical composition
- 53 Vessel
- 54 Covered with ice
- 56 Tardy
- 57 Austin novel
- 59 Hoopla
- 61 Tap
- 62 Lode yield

DOWN

- 1 Computer memory unit
- 2 Rowers needs
- 3 Unmotivated
- 4 Intolerant
- 5 W.C.
- 6 Spoiled
- 7 Bison
- 8 Injured
- 9 First letter of the Arabic alphabet
- 10 Cation
- 11 Musical composition
- 15 "three, __, shut the door"
- 17 __ ex machina
- 19 Pan
- 22 Sorbet
- 25 Dining hall
- 26 Syllables used in songs (2 wds.)

Answers are provided on page 23.

Games

AND ACTIVITIES

WUZZLES

1

TAILR
RIALT
AIRTL
TLRIA

2

VA DERS

3

ECONOMY

4

LE
VEL

5

L
O
V
E

6

COVER
COVER HEAD COVER
COVER

1) Trail Mix 2) Space Invaders 3) Growing Economy 4) Split Level 5) Falling In Love 6) Head For Cover

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Games

AND ACTIVITIES

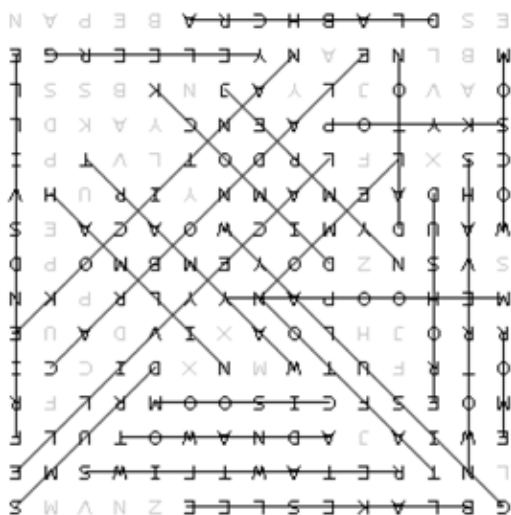
Word Search

NEPA Cities, Towns and Villages

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

Archbald
Blakeslee
Carbondale
Dalton
Dimock
Drums
Dushore
Friendsville
Greeley
Hamlin
Jermyn
Laceyville
Lemon

Mehoopany
Moosic
Moscow
Nanticoke
Rome
Shavertown
Skytop
Swiftwater
Tafton
Towanda
Waymart
Wyalusing



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

BOA	SLOB	LAIR	
YAP	TOFU	ALOOF	
TRADE	OFF	MINNOW	
ESTER		FIEF	DUO
HUN	MAC	FORK	
FEES	CELESTA		
EAT	PASO	TELUGU	
TRICEPS	BANANAS		
ENCORE	CENT	ELF	
	PURSUED	BAAL	
ASHY	URN	ERR	
DIE	ERMA	TITLE	
MALAWI	BROUGHAM		
MODEM	LARD	LTM	
TORY	EPEE	YEA	

What To Do

WITH YOUR GRANDCHILDREN

HOMEMADE ICE CREAM

You can make ice cream without a machine. But the following three ice cream makers will simplify the process and are guaranteed to make perfect, at-home ice cream for your family to enjoy!

The nostalgic 'bucket' is a great value and creates a larger batch of ice cream than most ice cream machines. To use this type of ice cream maker, chill the ice cream canister overnight then in the morning, add your ice cream base to the canister. Pack the surrounding bucket with ice and salt, insert the motorized paddle into the ice cream base and plug in to operate. Note, you'll need a considerable amount of ice (approximately two medium bags).

The classic Cuisinart makes up to two quarts of perfectly thick, velvety-smooth ice cream. An integrated motor spins the mixing paddle inside the double-insulated freezer bowl to autonomously create your frozen treat. You can even drop fruit or candy down the extra-large ingredient spout and the machine will mix it all together for extra flavoring.

The smaller Ninja comes with pint containers you prepare and freeze in advance and then turn into ice cream, milkshakes and more in less than five minutes. It's more compact than most ice cream makers. Insert the frozen pint into the machine, and a blade whips it to your desired consistency. A major benefit, the pint-sized containers versus larger quarts allow you to experiment with more flavors with less waste.

Sources goodhousekeeping.com and foodnetwork.com

Family Recipe

By Grammy Gertrude Kacyon

Makes six quarts of ice cream.



Vanilla:

- 1 Qt. milk
- 2 Tbsp. cornstarch
- 2 Tbsp. flour
- 1 Tsp. salt
- 6 eggs
- 1 $\frac{3}{4}$ cups sugar
- 4 Tbsp. vanilla
- 1 can evaporated milk
- 1 can sweetened condensed milk



- Heat 1 Qt. milk on stovetop (warm, not boiling)
- Mix cornstarch, flour, and salt into a paste; Add to warm milk until it gets thick
- Mix eggs, sugar and vanilla and add to the warm milk; Heat ingredients in microwave until thickened; Stir every 5 minutes; About 20 minutes total
- Add evaporated milk and sweetened condensed milk after using microwave

Chocolate:

Melt 2 squares Baker's Chocolate and 1 Pkg. German Sweet Chocolate; Add after microwave



Use your favorite method or ice cream maker.



Events Calendar

NOW THRU OCTOBER

Thank you to the Area Agency on Aging and Rep. Tina Pickett for sharing with our readers the following upcoming educational events and expos.

Weekly Activities by Area Agency on Aging – Wyoming County Active Adult Center

August

**101 Dymond Terrace
Tunkhannock, PA 18657**

Monday: Arthritis Foundation Exercise; Ceramics

Tuesday: Men's Club; Double Deck/Airplane Pinochle; Functional Balance & Stability Class; PO-KENO; Single Deck Pinochle

Wednesday: Arthritis Foundation Exercise Class; Play Pitch; Line Dancing & Summer Dance Party

Thursday: Crochet Club; Double Deck/Airplane Pinochle; Functional Balance & Stability Class; Single Deck Pinochle; Card Club playing Canasta

Friday: Shuffleboard/Billiards; Nutrition Education

Call Rachael Kiwak at 570-836-2324 for scheduled times.

Active Aging Day by Area Agency on Aging – Luzerne/Wyoming Counties

Thursday, September 14

**Public Square
Wilkes-Barre, PA 18701**

Members from all 15 Luzerne and Wyoming County Active Adult Centers are invited to attend. Vendors will be providing valuable information throughout the day. Lunch is provided. And be sure to enjoy the special music that's scheduled to be performed in the afternoon.

Contact the Director of Senior Center Services at 570-822-1159 for more information.

Master Plan for Older Adults Listening Session by Area Agency on Aging – Pike County

Wednesday, October 11

11:30 a.m.

**Matamoras Fire House
506 Avenue Q
Matamoras, PA 18336**

The Pennsylvania Department on Aging has embarked on the development of a 10-year strategic plan designed to help transform the infrastructure and coordination of senior services for Pennsylvania's older adults. All Pike County seniors are invited to voice your needs and concerns for senior services, housing, etc. Lunch will be served.

Call 570-775-5550 to make reservations.

Seniors Expo by Rep. Tina Pickett

Friday, September 15

10:00 a.m. to Noon

**Triton Hose Company
116 W. Tioga Street
Tunkhannock, PA 18657**

Dozens of exhibitors are expected to offer information on health care, insurance, nutrition and exercise, financial planning, fraud protection, government services, and veteran benefits.

Anyone with questions can contact one of Rep. Pickett's three district offices: Sayre (570-888-9011); Towanda (570-265-3124); or Tunkhannock (570-836-4777).

Giving Back

LIFE GEISINGER

Helping older adults live independently, at home.

This all-inclusive model of care includes preventive care, medical care, social services and long-term care, when necessary. Participants enjoy socialization, coordinated healthcare, personal care, meals, and transportation to and from home to a LIFE Geisinger center.

Service package includes:

- Adult day healthcare
- Chaplain services
- Door-to-door transportation
- Durable medical equipment
- Entertainment and socialization
- Home care
- Laboratory, radiology and other diagnostic services
- Meals at LIFE center
- Medical specialty services, such as dentistry, optometry, podiatry, audiology and psychiatry
- Medication management
- Nursing services
- Nutrition counseling
- Occupational therapy
- Pharmacy
- Physical therapy
- Primary medical care
- Recreational therapy
- Respite care
- Social services
- Speech therapy
- Telemedicine services
- 24-hour on-call service

An experienced team of geriatric professionals:

- Chaplains
- Dietitians
- Home care coordinators
- Nurses
- Occupational therapists
- Personal care aides
- Physical therapists
- Physicians
- Recreational therapists
- Social workers
- Speech therapists
- Transporters

LIFE Geisinger will review your family member's financial eligibility and assist with the application process. Eligibility requirements include:

- Age 55 or older
- Meet eligibility criteria for nursing facility level of care, as determined by the Area Agency on Aging
- Ability to live safely in designated service area



To schedule a tour, call a LIFE Geisinger center near you.

**Scranton: 800-395-8759
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Kulpmont: 866-230-6465**

For the hearing-impaired, call 570-271-8084.

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