

Northeastern Pennsylvania LIFESTYLES™

OVER 50

January / February 2020

**Living A
Meaningful Life:
Have No Regrets
— p. 7**

**Geisinger
65 Forward
Open House
— p. 15**

**Games And
Activities
— p. 20**

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Cover Story

BUCKET LIST



Happy New Year from all of us at LIFESTYLES Over 50 Northeastern Pennsylvania. We wish good health and happiness to all of you!

This is the time of year to make resolutions. I can't say that I made a firm decision to do anything specific, but I want to try to be more organized this year.

This issue was designed to give inspiration to those of you searching for something to do, and to improve your outlook on life. We're happy to share an article on 'Hobbies for Seniors,' as well as an article about 'How to Age with Optimism.' We hope to help you 'Get Organized' with our article on page 18. We also wrote an article to encourage you to get your Atari video game console out and whip your grandchildren in a game of Space Invaders. And, be sure to read 'Laws Related to Murphy' in our regular 'Games And Activities' section on pages 20-23.

We hope to bring a smile to your face!

Marci Kacyon
Executive Editor

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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LIFESTYLES
Northeastern Pennsylvania
OVER 50

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

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Seven Loaves Soup Kitchen

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 Seven Loaves Soup Kitchen – featured in our last issue – in appreciation for their work.

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



Marci Kacyon, executive editor presenting a check for \$150.00 to Raleigh Bloch, Cassandra Bell and Janice Shaffer of Seven Loaves Soup Kitchen.



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Tech Savvy Seniors

BOOMERS ARE FLOCKING TO FACEBOOK

At first, Facebook was a must-have for those in their teens. But lately, Facebook's demographic has shifted. There's a surge of users from our senior population.

46% of users 65 and older now have an account on Facebook. Source: Pew Research Center.

Seniors are using Facebook for a number of reasons:



It allows seniors to stay connected, and current with friends and family no matter if it is their grandchildren or a past college roommate.



Seniors have fun looking at pictures and sharing memories.



Facebook gives seniors the opportunity to meet others with similar hobbies and backgrounds. You can share ideas and stories and be a part of a community with similar interests.



You can learn new things on Facebook by posting a question, or by simply searching for a topic that is intriguing. You can raise awareness about important issues to you and your generation.

Things about Facebook to be mindful of:



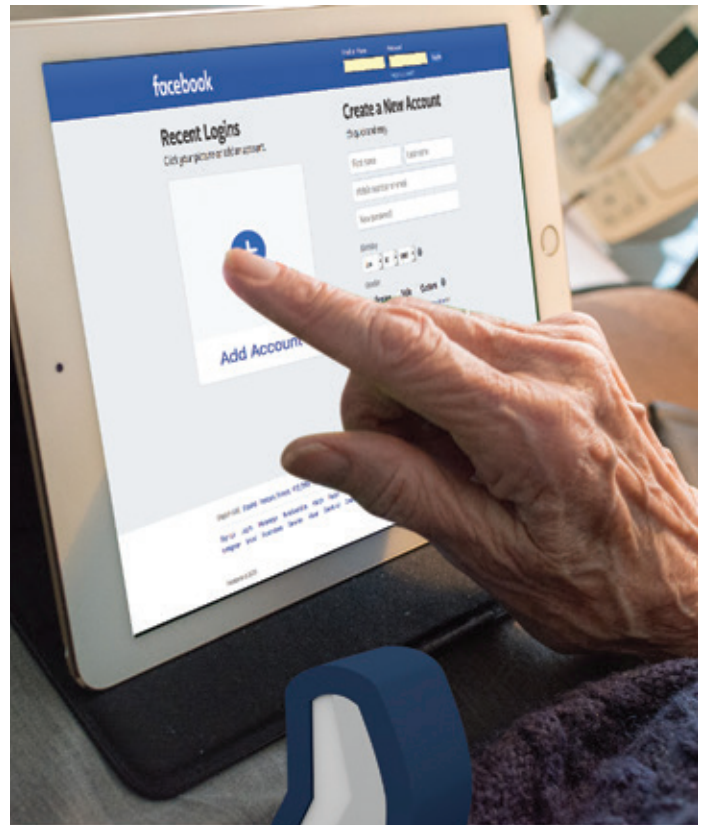
Facebook is a 'public' social media networking service. Take measures to ensure your information is reaching the intended audience. Privacy settings can be modified on Facebook's homepage, if you wish.



Be mindful of spam and scams, and careful about what you click on. You can usually detect a scam if the person is asking you to send money, or if there are incorrect spellings and/or grammatical errors. If a message from a friend seems fishy, contact them outside of Facebook to verify whether or not it is a scam. And NEVER accept Friend Requests from people you don't know.



Do not share your location on Facebook when traveling – this is an invitation to be robbed while you are away from home.



And, don't believe everything you read. Fake news is increasingly becoming a problem on social media.

There is a growing interest by seniors to get connected, and a greater comfort level using technology, such as Facebook. Using social media can be very rewarding, whether you use it to simply stay connected, laugh, learn or share.

In Your Neighborhood

MILFORD, PA

Beauty and Tranquility Along the Delaware River

Milford was founded in 1796 after the American Revolutionary War as a United States settlement. Located on the Upper Delaware River, which divides Pennsylvania's Poconos region from the Catskill Mountains of New York, in what was historically a heavily forested area, it was first settled by the Lenape, an Algonquian-speaking indigenous tribe. Judge Biddis, one of Pennsylvania's first four circuit judges bought up the land and laid out the lots for the new town, generally following the urban plan of Philadelphia. Today, Milford is the county seat of Pike County.

Milford has a large number of buildings of historical significance, many constructed in the nineteenth century and early twentieth centuries. Of the 655 buildings in the district, 400 of them have been deemed to be historically significant. Some are listed on the National Register of Historic Places, while numerous others are included in the Milford Historic District, also listed on the NRHP.

Grey Towers National Historic Site, the ancestral home of Gifford Pinchot, the noted conservationist, two-time Governor of Pennsylvania and first head of the U.S. Forest Service, is located in Milford. From 1904 to 1926, Grey Towers was the site of summer field study sessions for the Master's program of the Yale School of Forestry, together with the Forester's Hall, a commercial building that was adapted and expanded for this purpose.



By Nicholas; cropped by Beyond My Ken (talk) 23:22, 27 September 2011 (UTC) - originally posted to Flickr as Bird's-Eye View, CC BY 2.0

QUICK FACTS

County: Pike

Founded: 1796

**Population: 1,021 people
(2010 census)**

**Mayor:
Sean O'Brien Strub**

**Website:
www.milfordboro.org**

Other properties of significance, include the Jer-vis Gordon Grist Mill Historic District, Hotel Fau-chere and Annex, Metz Ice Plant, and Pike County Courthouse are also listed on the National Register of Historic Places. Nearby is Arisbe, the home of Charles S. Pierce, a prominent logician, philosopher and scientist in the late 19th century, and another NRHP property.

The Pike County Historical Society Museum in Milford includes in its collection the "Lincoln Flag", which was draped on President Abraham Lincoln's booth at Ford's Theatre the night he was assassinated. The flag was bundled up and placed under the President's head, and still bears his blood.

Courtesy of Wikipedia

New! Day Options in Lehigh County



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Living a Meaningful Life

HAVE NO REGRETS

Not stopping enough to appreciate the moment.

People are constantly on the go, but stopping to take it all in now and again is not only healthy, but you'll be sure to remember the moment.

Not traveling when you had the chance.

Traveling becomes infinitely harder the older you get, especially if you have a hitch in your giddy-up.

Forgoing sunscreen.

Wrinkles, moles and skin cancer can largely be avoided if you protect yourself.

Being scared to do things.

Looking back you'll think, "What was I so afraid of?"

Failing to make physical activity a priority.

Too many of us spend the physical peak of our lives on the couch. When you reach your later years, you'll wish you could have gotten outside more.

Caring too much about what other people might think or say.

The negative comments someone makes about you, is likely a reflection of them.

Supporting others' dreams over your own.

Supporting others is a beautiful thing, but not when it means you never get to shine.

Holding grudges, especially with those you love.

What's the point of re-living the anger over and over?

Not volunteering enough.

Nearing the end of one's life without having helped to make the world a better place is a great source of sadness for many.

Working too much.

No one looks back from their deathbed and wishes they spent more time at the office, but they do wish they spent more time with family, friends and hobbies.

Never mastering a party trick.

You will go to hundreds of parties in your life. Wouldn't it be fun to be the life of the party ... just once?

Letting yourself be defined by cultural expectations.

Don't let them tell you, "We don't do that."

Refusing to let friendships run their course.

People grow apart. Clinging to what was, instead of acknowledging that things have changed, can be a source of ongoing agitation and sadness.

Never taking a big risk.

Knowing that you took a leap of faith at least once – even if you fell flat on your face – it will feel like a great accomplishment.

Worrying too much.

As Tom Petty sang, "Most things I worry about never happen anyway."

Getting caught up in needless drama.

Who needs it?

Not spending enough time with loved ones.

Our time with our loved ones is finite – make it count.

Never sharing your talents.

Many elderly people regret not having shared their talents with others.

Not being grateful sooner.

Eventually it becomes clear that every living moment – from the mundane to the amazing – is a gift worth embracing.

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Senior Volunteers

MAKE A DIFFERENCE IN THE LIVES OF OLDER ADULTS

With years of experience and a willingness to make a difference in their communities, more older adults are volunteering to serve their peers in need. By doing so, they are staying active, meeting new people and learning new skills – all factors that contribute to health and longevity. But most importantly, they are making a difference in the lives of others.

Volunteers Making a Difference in the Lives of Older Adults, a new report from the National Association of Area Agencies on Aging (n4a), highlights five volunteer programs that are changing lives.

These programs demonstrate how local Area Agencies on Aging across the country are innovating to meet critical needs and offer local seniors meaningful volunteer opportunities.

“My volunteer work has given me the opportunity to meet with some very inspirational people, whom I otherwise would have never been able to meet because they are homebound,” says one volunteer.

The five volunteers highlighted in the n4a report represent thousands of older adult volunteers across the country who give their time and talents to ensure that other, older Americans live with dignity and choices in homes and communities for as long as possible. They may inspire you to volunteer your time and talents.



In Atlanta, trained volunteers teach health and wellness classes to their peers. The classes cover topics such as fitness, healthy sexuality, disaster preparedness and issues related to mental health. Program staff members report that most of their volunteer community educators are in their mid-60s with the most dedicated volunteers in their 70s and 80s.

Veterans in Maine are volunteering to visit other veterans who are often isolated in rural communities. They swap stories and provide companionship. The volunteers also link their fellow veterans to social services and programs that address unmet needs.

“As Vets age, they seem to be forgotten. The need is huge for volunteer veterans to visit and share life stories with other veterans,” says the program’s director.

Other senior volunteers across the country are staying active in their communities by making weekly phone calls to homebound seniors, helping seniors navigate public transportation, providing rides to medical appointments, and educating seniors about Medicare, among many other critical tasks.

There is a role for everyone! For more information about how you can volunteer, contact your local Area Agency on Aging or the Eldercare Locator at 800-677-1116. For a copy of the five case studies, visit www.n4a.org and find “Volunteer Resource Center” under n4a Initiatives.

Source: NewsUSA

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Hearing Loss And Your Health

ABINGTON AUDIOLOGY & BALANCE CENTER

Age-related hearing loss, or Presbycusis is the gradual loss of hearing. One in three people by the age of 75 have hearing loss. Loss of hearing – even at the more mild levels – can affect your daily life and put you at risk for a slew of health concerns, especially for someone living alone. Source: www.AgingInPlace.org

Research shows that hearing loss can lead to depression and a feeling of isolation. Untreated, even moderate hearing loss is 3x more likely to lead to cognitive decline and may be an early indicator for dementia and Alzheimer's disease. According to Erica Schoenberg Gallagher, Au.D. of Abington Audiology & Balance Center, "If we don't use it, we lose it!" Changes in brain function, cognitive load and social isolation are a few factors that may contribute to this. If you are experiencing hearing loss, you should make a point to seek out treatments for it. Other related health conditions associated with hearing loss include diabetes, cardiovascular disease, high blood pressure, depression and tinnitus.

If you or a loved one is experiencing hearing loss, see an Audiologist. If it's determined to be medically related, then you should expect to be referred to a primary care physician or ENT for a closer evaluation. For age-related hearing loss, a lot of technological advances have occurred over the last several years that make the devices much more attractive and less intrusive to wear. And, the sound is more natural. An Audiologist will evaluate you for consider-

ation of a hearing device that best fits your needs, by understanding:

- The degree of your hearing loss
- Your daily lifestyle
- Your budget
- Your dexterity

A very popular, and award-winning hearing aid, is the Oticon Opn S™ hearing device, featuring a next-generation microchip that is able to ana-

lyze the environment 360° around you – not just directly in front of you.

It also works with most cell phone devices.

Most insurance companies do not cover 100% of the cost for hearing aids. Some will cover a portion of the cost. Medicare does not offer a coverage plan for hearing aids, however they will cover hearing evaluations if medically necessary. Abington Audiology & Balance Center offers its own zero interest payment plan, and will recommend other third-party financing programs, if you require it.

Please check with your provider to understand your options.

If you or a loved one is experiencing hearing loss, schedule an appointment with an Audiologist to monitor your hearing every 1-2 years. If you are being outfitted with a new hearing device, verify your coverage plan with your insurance company.

Courtesy of Erica Schoenberg Gallagher, Au.D. of Abington Audiology & Balance Center



Hobbies

FOR SENIORS

It's time to get out there and do something. I'm not suggesting that you have to make a New Year's Resolution, but you do need to contribute to your emotional well-being. Starting a new hobby is just what's needed.

Seniors that have more free time and are bored can resolve to find something to do. Even seniors with decreased independence and mobility can find there are lots of activities available. Hobbies allow us to express our creativity and increase our self-esteem. We can stay connected by interacting with others. More creative activities can help battle chronic illness, decrease negative emotions and increase positive feelings – helping to reduce stress and anxiety. Decreasing your stress and anxiety levels can improve medical outcomes, as noted in the American Journal of Public Health.

If you are in a rut on deciding what to do, here are some suggestions:

Exercise. Join a walking club to get moving. If you have limitations, there are other options. Even if it's chair exercises, you can still plan to get the ol' bones moving.

Get outside. Go outdoors to golf, hike, garden or enjoy bird watching. Or, relax on your front porch to get some sun and fresh air on a routine basis. While you are out and about, count the number of Volkswagen Beetles that pass by on the road and play Punch Buggy with company. (If you are unfamiliar with the Punch Buggy game: The first person to spot a Volkswagen Beetle driving on the road screams out, "Punch Buggy" and punches, lightly the arm of the person closest to them).

Join a Library. You can also join a book club and get involved in the social aspect of an intense book discussion.

Volunteer. Look for opportunities to make a difference in your community, and at the same time, enrich your life.

Cook. Get inspired reading cooking books, or watching cooking shows on TV. Try out a recipe or two and surprise your neighbors and friends.



Play games. Start a social club to play cards, board games or video games.

Be crafty. Express your creativity and your self-esteem by taking art classes, learning to knit or making jewelry.

Enjoy music. Appreciate music by listening to recordings or going to concerts. Sing in a choir at church or learn how to play an instrument. Music helps decrease your stress and stimulate your brain.

Become a Citizen Scientist. There are organizations looking for the public's help in research by observing the world that we live in. There are many projects currently underway. Log on to the U.S. Fish & Wildlife Service Website at www.fws.gov for more information.

Learn a foreign language. Parlez-vous français?

Explore your family history. Be the family historian. Learn the names and stories of your family. Websites like www.ancestry.com and www.familysearch.com can help.

The point is, there's so much to do out there. Be your own advocate. Research something that sounds interesting and go do it. Start expanding your boundaries and you'll find the benefits of a hobby will contribute to your psychological well-being. For more suggestions, contact your church or your county's Area Agency on Aging to visit a senior center nearest you.

Valentine's Day

THE LEGEND OF ST. VALENTINE

There is a lot of mystery and legend surrounding St. Valentine and the celebration that bears his name. There is a mixture of Roman and Christian tradition that led to what we recognize today as, *Valentine's Day*.

One story states that Valentine was a priest serving in Rome during the third-century. The emperor Claudius had decided that single men made better soldiers than those with wives and families. So, he outlawed marriage for young men. Valentine defied this edict and continued to marry young couples in secrecy. When he was found out, he was put to death. Another story says Valentine was killed for helping Christians escape Roman prisons. According to legend, he himself was imprisoned, where he fell in love with a young girl who visited him in jail. Before his death he sent her a letter signed, 'From your Valentine.' An expression we still use today.

Why in February? There is a theory that the Christian church chose to recognize St. Valentine's Feast Day in the middle of February in an effort to 'Christianize' the pagan celebration of Lupercalia, a fertility festival dedicated to Faunus, the Roman God of Agriculture, as well as to the Roman founders Romulus and Remus. It was commonly believed in France and England that February 1 was the beginning of birds' mating season, which added to the idea that the middle of February should be a day for romance.

Valentine greetings go back to the Middle Ages. The oldest known Valentine was a poem written in 115 by Charles, Duke of Orleans to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. Americans probably began exchanging hand-made valentines in the early 1700s.

Courtesy of Art Villafane, Lifestyles Over 50



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What To Do With Rollover Funds

GENERAL OVERVIEW

At some point, many people with retirement or employer-sponsored investment accounts will be faced with the decision of what to do with rollover funds. This can happen when you change jobs or when you retire. In any case, it's important to think through your options. Ideally, it's best to choose a strategy that meets your retirement needs, minimizes the impact of taxes, and avoids penalties.

Please note that this is a general overview, and tax laws can be tricky, so be sure to talk to an accountant and/or tax attorney before making your final decision.

Roll it over.

One possible option is to directly roll your entire distribution into an individual retirement account (IRA) or the employer-sponsored 401(k) at your new job. Either option will allow you to continue to defer taxes and enable you to continue building your retirement savings for the future.

Leave it where it is.

You may want to keep funds in your employer's plan, if that's an option. This may be ideal if you want to take advantage of certain investment options or managed money services available in your existing plan. Your funds will remain tax-deferred and can later be moved, if you wish, to a new employer's qualified plan or an IRA.

Take the taxable distribution.

Depending on your situation, you may choose to withdraw the funds from your 401(k). Although this will give you immediate access to your savings, there are a few things to consider before taking a lump-sum distribution.

First, your money will no longer have the potential to grow tax deferred. Second, it will be subject to ordinary state and federal income taxes. Third, if you are under age 59½, a 10% IRS penalty may apply.



Please note: Rollovers must be completed no later than the 60th day after the day you receive the distribution. To avoid any possibility of missing the deadline, have the money moved electronically from one account to the other. (This is known as a direct rollover.)

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Winter Power Outages


BE PREPARED


Before a power outage occurs, there are several things you can do to be prepared. Start by providing your phone number and e-mail address to your electric utility provider so you can be served faster in the event of an outage. Purchase appliances with built-in surge protection or install surge protectors to help safeguard valuable electronic equipment such as computers and home heating systems. If you can afford to do so, purchase a generator capable of powering critical heating and cooling equipment throughout the home. But, be sure you understand how to operate an energy back-up system safely! Store warm blankets, candles, and plenty of drinking water with some food rations, should the power be out for an extended period of time. Keep a battery-operated transistor radio around for local news updates and weather reports. And, have a few board games handy to pass the time with family or friends. Lastly, don't be afraid to leave your residence, should the temperature get too low. It's better to be safe, than sorry.

Should a power outage happen, report your situation immediately to your electric company. Many utility providers offer text updates to inform you of their status and estimated time for restoration of power. Be careful if going outside – treat all fallen wires and anything touching them as though they are energized. Keep your freezer and refrigerator doors closed. Food will stay frozen for up to 48 hours in a fully loaded freezer, if you keep the door closed. If the indoor temperature drops to 55°F or below, open your faucets slightly so they constantly drip to prevent pipes from freezing. If using portable stoves, kerosene heaters or lanterns, make sure that the area is sufficiently ventilated. During the daytime, open your blinds to allow the warm sun to shine in, and cover your windows with drapes at night to provide added insulation. To avoid a circuit overload that may result when power is restored, turn the power off on all major appliances, even your furnace, water heater and water pump. Leave on one lamp to know when power has been fully restored.

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(570) 762-9514

2 to 4 p.m.

Thursday, Jan. 23
Thursday, Feb. 13
Thursday, Feb. 27
Thursday, Mar. 12
Thursday, Mar. 26

Scranton
3 W. Olive Street
(570) 354-5481

9 to 11 a.m.

Saturday, Feb. 8
Saturday, Feb. 22
Saturday, Mar. 7
Saturday, Mar. 21



Now enrolling new patients.

Pet Program

MONROE COUNTY MEALS ON WHEELS

Monroe County Meals On Wheels not only provides nutritious meals to the elderly, but also offers FREE pet food as well. If you have a pet and are a client of Monroe County Meals on Wheels, please call to inquire about the Monroe County Meals on Wheels Pet Program!

Pet Food — is delivered once per month at time of your meal delivery and includes a FREE two-week supply of wet or dry pet food (for dogs and cats only). The program is limited to only two pets per household. While pet food brands may vary, Monroe County Meals on Wheels does try to accommodate its clients' brand preference, but cannot guarantee it based on currently available donations.

Pet Care — is also available with the support of several participating veterinarians within Monroe County. Through a grant, Monroe County Meals on Wheels is able to provide financial assistance with some of the annual exam and immunization costs (for dogs and cats only) at these veterinarians. The program is limited to two pets per household.



Donations are greatly appreciated:

- All brands of pet food (for dogs and cats only) are accepted
- Dry dog food is needed for mostly small dogs
- 4 pound bags are preferred, but larger quantities are accepted
- Expired bags or open bags are not accepted
- Donations can be picked up, but scheduled drop-offs are preferred

For inquiries, please call and ask for Stacey Koeck, the Monroe County Meals on Wheels Special Events & Pet Program Coordinator.

Stacey Koeck
Special Events & Pet Program Coordinator
Monroe County Meals on Wheels
570-424-8794 • www.MonroeMeals.org

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monroe county
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How To Age With Optimism

HAVING A “GLASS HALF FULL” APPROACH

Having a “glass half full” approach to life has long been considered important for overall wellness. But evidence suggests that there may be truth in this folk wisdom.

Humana recently surveyed 2,000 people aged 60 and over, and found that 87 percent of seniors who identify themselves as “most optimistic” reported their health as good to excellent. This is compared to 44 percent for those who said they’re “least optimistic.”

Also, the most optimistic people reported nine fewer physically unhealthy and seven fewer mentally unhealthy days per month than their least optimistic counterparts.



Seniors who rated themselves as most optimistic also reported positively on other attributes linked to health, including sleep, confidence and overall happiness.

- 91 percent of the most optimistic respondents reported feeling confident in the past week, while only 52 percent of the least optimistic respondents did, a difference of 39 percentage points.
- 90 percent of the most optimistic respondents reported feeling happy in the past week, compared to 44 percent of the least optimistic respondents, a difference of 46 percentage points.
- And only 31 percent of the most optimistic respondents reported getting a restless night's sleep in the past week, while 62 percent of the least optimistic respondents did, another difference of 31 percentage points.

Despite these impressive numbers, having an optimistic mindset is often easier said than done. The stresses of life, social stereotypes and one's natural temperament can all impede approaching aging with optimism. Dr. Yolangel Hernandez Suarez, Humana vice president and chief medical officer for care delivery, has the following advice:

1. Take ownership and recognize that your health is your own. To achieve your best health, you need to set personal goals - just for you.
2. Engage with your doctor or other health care professional and build a trusting relationship.
3. Find a higher purpose that makes you excited to get up in the morning. Humana's survey found that the majority of respondents (86 percent) who identify as optimists also rank a sense of purpose as an important attribute for aging.
4. Remain socially engaged, not isolated, and nurture close relationships. The importance of social engagement is recognized by the 71 percent of Humana survey respondents who identify as optimists and get together with friends or relatives either monthly or weekly. Further, 80 percent of optimists say maintaining an active social life is an important motivator to stay healthy.
5. Stay active and remember that physical activity is important. Find something that's right for you and that you like to do. Almost all of the most optimistic survey respondents (97 percent) say remaining physically active is a major motivator for retaining good health.
6. Practice gratitude and make it a habit to look for and appreciate everything you're thankful for in life.

“As a boomer myself, I know that the majority of the decisions about my own health take place outside of a doctor's office,” said Dr. Hernandez Suarez. “With the knowledge that optimism may be linked to health and well-being, I'm focused on making positive health decisions through all aspects of my life. Our goal at Humana is to empower everyone to approach health in the same way.”

Source: NewsUSA

Get Organized

FOLLOW THESE SIMPLE TIPS

January is a great month to get organized. You'll be spending more time indoors, so there will be plenty of time to get organized. Here are a few tasks to help keep things in order.

- ✓ **Gather your important documents** – Collect and file your birth certificate, veteran's discharge papers, marriage license, deed to your home/property, investment information and insurance policies.
- ✓ **Schedule an insurance check-up** – Circumstances change and your policy should be evaluated annually to ensure you have the right type of coverage. Check your Homeowners, Car, Life and Health Insurances. Work with your insurance agent to review.
- ✓ **Review Power of Attorney documents** – You may have a Will, a Living Will and or an Advanced Directive. Resolve to meet with a lawyer to ensure all documents are current, legal and reflect your preferences.



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- ✓ **Buy a calendar** – Add the birth dates of friends/family and all major holidays that you'd like to send a card to or buy a gift for.
- ✓ **De-clutter and sell** – Commit to selling your unwanted items that do not have special meaning. Consider selling your items on eBay or at a flea market. This will help you organize what you do keep.
- ✓ **Start taking better care of your vehicle** – Read your owner's manual and follow the service schedule listed. Plan for inspection. Know where your Auto Insurance card and registration forms are located. And, do some cleanup ... don't use the trunk as a catch-all. Keep your vehicle's interior clean of trash and vacuum on a regular basis to prevent premature wear and tear, and staining. Plan for your vehicle to be waxed at least once a year to preserve the paint job and it's resale value.
- ✓ **Schedule a health check-up** – Regular doctor visits are essential to catch any potential problems. Stay up to date on your vaccinations. Take inventory of all of your medications. And, take a photo of this list on your cell phone in case of an emergency.

Doing these things will give you peace of mind, and allow you to focus on the more important things in life.

Remember When?

THINGS TO REMINISCE ABOUT

Kids would play: **Cops & Robbers; Hopscotch; Red Light, Green Light; Cowboys & Indians; Kickball and Dodgeball** during school gym class; and **Hide & Go Seek** at dusk?

Running through the **lawn sprinkler**?

Butterscotch Candy? Sunflower Seeds? **Penny Candy in a brown paper bag**? Wax Lips and Mustaches?

Catching lightning bugs in a jar?

There were two types of sneakers – **Keds for girls** and **PF Flyers for boys** – and the only time you wore them was in gym class?

Neighborhood **snowball fights**?

Sitting on the porch?

Milk went up a penny and everyone talked about it for weeks?

Being sent to the principal's office for misbehaving was nothing compared to the fate that waited for you at home?

You would get **dressed up to go out to dinner and a movie** with your family?

Submit your Remember When? by e-mailing us at NEPA@LifestylesOver50.com and it will be considered for our next issue.



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855-233-7034 | Lifestylesover50.com/publish**



Games

AND ACTIVITIES

.....SUDOKU.....

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

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

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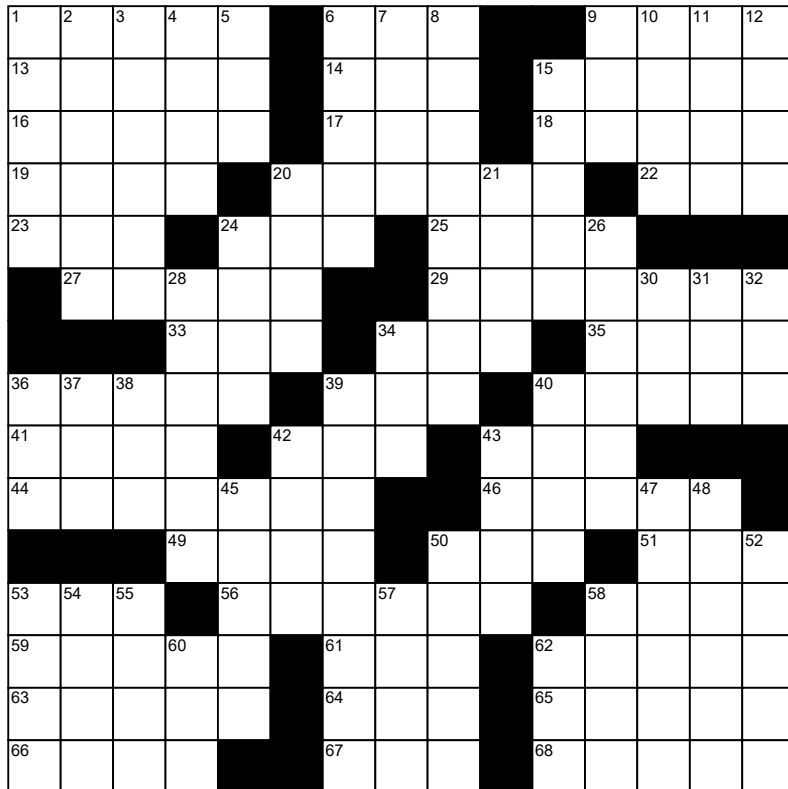
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Clarks Summit
570-587-EARS (3277)
www.AbingtonAudiology.com

Games

AND ACTIVITIES

CROSSWORD PUZZLE



www.CrosswordWeaver.com

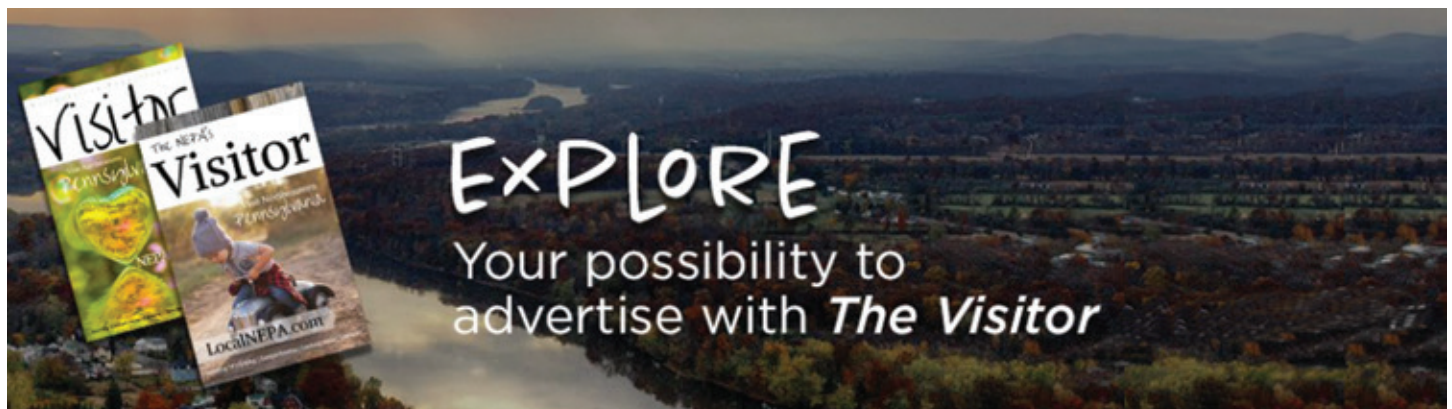
Answers are provided on page 23.

ACROSS

- 1 Area
- 6 McDonald's "Big _"
- 9 A spinning toy (2 wds.)
- 13 Black cow
- 14 Good grief!
- 15 Duck
- 16 Canned chili brand
- 17 Thai
- 18 Widely known
- 19 Hand
- 20 Lecture
- 22 Leer
- 23 Sister for short
- 24 Free of
- 25 Outlet
- 27 Table cloth fabric
- 29 Wed again
- 33 Beg
- 34 Soup container
- 35 Tropical island
- 36 Used a broom
- 39 Ship initials
- 40 Heavy
- 41 _ Minor
(Little Dipper)
- 42 Choose
- 43 Buddy
- 44 Cilium
- 46 Perfect
- 49 Manly
- 50 Watch secretly
- 51 Contender
- 53 Loose gown worn
at mass
- 56 Cooks with dry heat
- 58 Cast metal
- 59 Folded sheet of paper
- 61 Compete
- 62 Alter
- 63 Nut
- 64 Lager
- 65 Aviator
- 66 Memorization
- 67 Prune
- 68 Plaything

DOWN

- 1 Files
- 2 Implicate
- 3 Tennis player Andre
- 4 Pulls
- 5 Chinese seasoning
- 6 Muffled
- 7 Seaweed substance
- 8 Fire breathing monster
- 9 Circle part
- 10 Story
- 11 All right
- 12 Peter, for short
- 15 Fabric
- 20 Droop
- 21 Wagon pullers
- 24 Letup
- 26 "Hot _"
- 28 Weapon of war
- 30 Radiation dose
- 31 Fear
- 32 Yang's partner
- 34 Central Time
- 36 Take to court
- 37 Crooked
- 38 Compass point
- 39 Revolt
- 40 Madam
- 42 National capital
- 43 Small fruit seeds
- 45 Moses' brother
- 47 Terrified
- 48 Coiled
- 50 Imbrue
- 52 Door
- 53 Far away
- 54 South of the
border crazy
- 55 Absorb
- 57 Grainery
- 58 Doing nothing
- 60 Anger
- 62 Behind



Games

AND ACTIVITIES



Related to Murphy

Law of Mechanical Repair — After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity — Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

Law of Probability — The probability of being watched is directly proportional to the stupidity of your act.

Law of Biomechanics — The severity of the itch is inversely proportional to the reach.

Law of the Result — When you try to prove to someone that a machine won't work, it will.

Law of Random Numbers — If you dial a wrong number, you never get a busy signal; someone always answers.

Variation Law — If you change traffic lanes, the one you were in will always move faster than the one you are in now.

Law of the Bath — When the body is fully immersed in water, the telephone will ring.

Law of Close Encounters — The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

The philosophy of ambiguity...

- Don't sweat the petty things and don't pet the sweaty things.
- One tequila, two tequila, three tequila, floor.....
- If man evolved from monkeys and apes, why do we still have monkeys and apes?
- I went to a bookstore and asked the saleswoman, "where's the self- help section?" She replied, "If I told you, it would defeat the purpose."
- What if there were no hypothetical questions?
- If a deaf person swears, does his mother wash his hands with soap?
- If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?
- Is there another word for synonym?
- Where do forest rangers go to get away from it all?
- What do you do when you see an endangered animal eating an endangered plant?
- If a parsley farmer is sued, can they garnish his wages?
- Would a fly without wings be called a walk?
- If a turtle doesn't have a shell, is he homeless or naked?
- Can vegetarians eat animal crackers?
- If the police arrest a mime, do they tell him he has the right to remain silent?
- Why do they put Braille on the drive-through bank machines?
- How do they get deer to cross the road only at those yellow road signs?
- What was the best thing before sliced bread?

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Games

AND ACTIVITIES

Can you guess



which of the following are true
and which are false?

Apples, not caffeine, are more efficient at waking you up in the morning.

Alfred Hitchcock didn't have a belly button.

A pack-a-day smoker will **lose approximately 2 teeth** every 10 years.

People do not get sick from cold weather; it's from being indoors a lot more.

When you sneeze, **all bodily functions stop**, even your heart!

Only 10 per cent of the population are lefties.

Babies are born without kneecaps. They don't appear until they are 2-6 years old.

The average person over 50 will have spent **5 years waiting in lines.**

The toothbrush was invented in 1498. Coarse hairs from a hog's neck were attached to a handle.

The average housefly **lives for one month.**

40,000 Americans are **injured by toilets** each year.

Your feet are **bigger in the afternoon** than any other time of day.

Most of us have **eaten a spider** in our sleep.

The REAL reason ostriches stick their head in the sand is to lay their head flat on the ground to swallow sand and pebbles. The hard grit helps them to grind their food in their crop.

The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.

John Travolta **turned down the starring roles** in "An Officer and a Gentleman" and "Tootsie."

In most television commercials advertising milk, **a mixture of white paint and a little thinner** is used in place of the milk.

The first Harley Davidson motorcycle built in 1903 **used a tomato can for a carburetor.**

Humphrey Bogart was **related to Princess Diana.** They were 7th cousins.

Answers: They are all true.

SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

REALM	MAC	ATOP			
ANGUS	UGH	DRAKE			
STAGG	TAI	ECLAT			
PASS	SERMON	EYE			
SIS	RID	EXIT			
LINEN	REMARRY				
ASK	CAN	MAUI			
SWEPT	USS	LADEN			
URSA	OPT	PAL			
EYELASH	IDEAL				
MALE	SPY	FOE			
ALB	ROASTS	IRON			
FOLIO	VIE	ADAPT			
ACORN	ALE	FLIER			
ROTE	LOP	TEDDY			

What To Do

WITH YOUR GRANDCHILDREN



Remember your first Nintendo game? In 2019, over 50 million senior citizens played games in some capacity. Source: AARP. Today, the video game giant, Nintendo is focusing a lot of its attention on the rapidly growing demographic of seniors – 39 percent of all gamers are above the age of 50.

Nintendo has partnered with Dr. Ryuta Kawashima, a neuroscience researcher at Tohoku University, whose research shows that certain types of games can actually reduce the symptoms of dementia and other brain-related illnesses.

Other researchers have demonstrated that some forms of cognitive stimulation may even delay or slow down the onset of degenerative neurological diseases, such as Alzheimer's.

Besides seeing a growing number of Americans over age 50 playing video games as a way to remain cognitively sharp in a world that is increasingly digital, video games also offer a social benefit. By interacting with other players, the social aspect is reportedly responsible for the rise of senior gamers as well, with many reporting that time with family and friends can be emotionally rewarding.

For grandparents who want to connect with their grandchildren, video games can act as that bridge, allowing you to forge a relationship that may have been difficult for previous generations. Simply asking your grandchildren about their gaming activities can be a great way to start, an opening to a whole new set of conversations and shared experiences.

So, what are some video games you can consider playing with your grandchildren?

Minecraft

If you live apart from your grandchildren, this online game is hugely popular. It allows players to build virtual homes or castles out of blocks that work like Legos. If your grandchildren are playing it already, you might like competing with timed challenges, where you and your grandchildren have a few minutes to build a giant cow, or a virtual train. Or, you

can help them with their favorite projects, such as adding rooms to a palace, or building a tree house.

Playing together online can be a great way to connect, however far apart you live.

Some online games have chat functions for exchanging short messages along with your game play. This can be a good way of inserting yourself into your grandchildren's texting habits. You're much more likely to hear from them more regularly if you stay in touch via texting rather than e-mailing them.

Genealogy

Working on the family tree together can introduce grandchildren to their ancestral history. On some Websites, like Geni.com and Ancestry.com, family members can collaborate. Ask your grandchildren to fill in details on the immediate family, or encourage them to research an ancestor who interests them. For younger kids, consider the App, Little Family Tree that teaches children about their family history through interactive games and activities.

Pokémon Go

Get outside. This game conquered the world, as both adults and children had to roam the streets, searching for virtual Pokémon (animated creatures) using their smartphones or other hand-held devices. Even if you're not a "Pokémon Go" player, taking your grandchildren outside can be a great way to encourage physical activity tied to education by walking to nearby parks and visiting historical landmarks.

Another possibility for fun with your grandchildren is Geocaching. Think of it as a treasure hunt that uses a mobile phone. Using a Geocaching App, or a standard GPS device, you get directions to the GPS coordinates of a local "Cache," where you will find a small treasure. Once you've found the treasure, leave a new one behind for someone else to find.

As always, please be mindful of all video games, that they are age appropriate and safe to use.

Events

CALENDAR

January 9 at 9:00 a.m.
AARP Smart Driver™
Refresher Course

Heritage Hill Senior Community
800 6th Street
Weatherly, PA 18255
Price: \$15 to \$20

January 15 at 6:30 p.m.
Balance, Dizziness & Fall
Prevention Workshop

Township Community Center
411 W. Butler Drive
Drums, PA 18222
Price: FREE

January 25 at 7:00 p.m.
Ballroom, Latin,
Swing Social Dance

TC Dance Club
6623 Sullivan Trail
Wind Gap, PA 18091
Price: \$12

February 4 at 2:00 p.m.
Jesse Dameron, The Mentalist
Heritage Hill Senior Community

800 6th Street
Weatherly, PA 18255
Price: FREE

February 12 at 1:00 p.m.
Alzheimers Support Group

Elmcroft of MidValley
67 Sturges Road
Peckville, PA 18452
Price: FREE

February 15 at 10:00 a.m.
Health Transformation
Workshop

Dietrich Theater
60 E. Tioga St.
Tunkhannock, PA 18657
Price \$10

February 21 at 6:00 p.m.
Adult Mini Golf

Pittston Memorial Library
47 Broad Street
Pittston, PA 18640
Price: \$25 to \$75

Leap Year

Leap years are added to the calendar to keep it working properly. The 365 days of the annual calendar are meant to match up with the amount of time it takes the earth to complete its orbit around the Sun. However, the actual time it takes for the Earth to travel around the Sun is a bit longer than that – by 5 hours, 48 minutes, and 45 seconds to be exact. So in reality, the calendar and the solar year don't exactly match.

It may not appear to be a big discrepancy, but those quarter days begin to add up after a few years. For example, over the period of 100 years, the difference between the solar year and the calendar year would be 25 days! This becomes a problem with the weather. For example, instead of summer beginning in June, it wouldn't start until nearly a month later, in July.



To rectify this, every four years a Leap day was added to the calendar to allow it to catch up to the solar year. And, while this seems to work out perfectly, the precise length of a solar year is 11 minutes and 14 seconds less than $365\frac{1}{4}$ days. So, even though a Leap day was added every four years, the calendar still overshoots the solar year by 11 minutes and 14 seconds per year. These minutes add up, and after 128 years, the calendar would gain an entire extra day.

So, while Leap year days were a great counteraction to this problem, it wasn't perfect. The calendar was reformed so that a Leap day would occur in any year that is divisible by 4 but not divisible by 100 except when the year is divisible by 400. Thus 1600 and 2000, although century marks, have a Leap day. Now, our year of 365.2425 days is only off from our solar year by .00031, which amounts to only one day's error after 4,000 years.

Giving Back

WE WANT TO HEAR FROM YOU

Giving back to your community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back to your community will touch many people's lives.

Following are three ways by which you can give back:

Volunteer

Give back by volunteering your time. You'll be amazed with the people you meet and the experiences you have when you help others in need. Volunteering at your local senior center is a great way to help. Other ways you can help include aiding seniors with daily tasks by keeping them independent and in their own homes.

Offer Your Skills

Are you a handyman? Give back by offering to help a neighbor with some household fixes. A writer? Help your favorite charity promote their work by preparing press releases, managing their social media and updating their Website. Offering your skills to those who can use them is an empowering way to give back.

Donate To Charity

Help those in need by giving a few dollars to your favorite charity. Don't have extra money to give? Donate your unused clothing to your local Salvation Army or Goodwill store. Offer your used books to a local library, school or shelter. Or, donate food supplies to an animal shelter or to your local food bank.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. Following are two recent stories we published:

Hezekiah's Hands is a Christian, faith-based home-repair ministry comprising of roughly 85 volunteers that help build wheelchair ramps, paint, repair drywall and floors, clean kitchens, as well as minor plumbing repairs for those in need throughout Bradford county.

Hezekiah's Hands
c/o Nancy Hughey
Towanda Presbyterian Church
318 State St.
Towanda, PA 18848
570-265-3767

Seven Loaves Soup Kitchen provides a hot, nutritious dinner for all in need of a meal or companionship. Local food stores and restaurants offer food from their surplus and volunteers give of their time and money.

Seven Loaves Soup Kitchen
51 Warren St.
Tunkhannock, PA 18657
570-996-5005
www.SevenLoavesKitchen.org

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

We're interested in sharing what others are doing to give back!



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◀ **Joan Lunden** former host of *Good Morning America* and senior living advocate.

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