

Northeastern Pennsylvania LIFESTYLES™

OVER 50

January / February 2021

**Tech Savvy
Seniors —**

p. 5

**Geisinger
65 Forward
New Locations —**

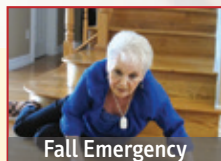
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Cover Story

WELL BEING



Happy New Year everyone! We hope this year finds you in a more peaceful place. The stresses of the pandemic can be exhausting.

We'd like to take some time to focus on your well-being. *Doing Good is Good for You*, is an article pointing out that volunteering keeps

your life active and healthy.

We also included the article, *8 Tips to Help Seniors Conquer Stress*. It will guide you towards better management of your stress and improving your overall health.

We also included a few jokes and riddles to hopefully make you smile. I'm not saying that it's going to be easy. It might take some work. But if we all focus on the big picture – what's most important in our lives – I think we can improve our spirits.

I wish you all a calm and enjoyable new year!

Marci Kacyon
Executive Editor

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Northeastern Pennsylvania
LIFESTYLES
OVER 50

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

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Wallace Cady

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 T.A.C.O. Food Pantry in the name of Santa (aka, Wallace Cady) – featured in our last issue – in appreciation for his 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!



Virtual check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to T.A.C.O. Food Pantry in the name of Santa (aka, Wallace Cady).

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

WEARABLE TECHNOLOGY

Live A Healthier And Safer Life

Increasingly, older adults are turning to wearable technology to help them live healthier, safer and happier lives. In a 2015 study conducted by AARP, 45% of participating adults (age 50+) reported increased motivation for healthier living after six weeks of using a wearable activity or sleep device.

Products like Fitbit and Apple Watch can also provide family members and caregivers peace of mind. Many wearables include features like fall detection and emergency monitoring for more independent and safe living.

Sources AARP and wearable.com



A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa.' 'Pencil' however, is masculine: 'el lapiz.' A student asked, what gender is 'computer'? Instead of

giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation. The women won!

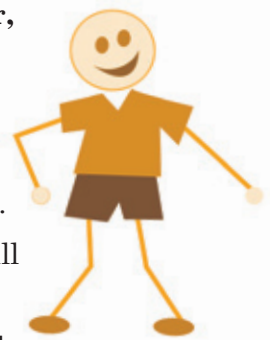
The men's group decided that 'computer' should be of the FEMININE GENDER ('la Computadora'), because:

1. Only their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even the smallest mistakes are stored in long-term memory for possible later retrieval.
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.



The women's group, however, concluded that computers should be MASCULINE ('el Computadora'), because:

1. In order to do anything with them, you must turn them on.
2. They have a lot of data but still can't think for themselves.
3. They are supposed to help you solve problems, but half the time they are the problem.
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.



Source *Beyond the Far Side*

In Your Neighborhood

HAZLETON, PA

Luzerne County

Hazleton is the second largest city in Luzerne County, incorporated as a borough in 1857, and as a city in 1891. During the height of the American Revolution, British sympathizers, known as Tories began attacking the outposts of American revolutionaries located along the Susquehanna River. Captain Daniel Klader and a platoon of 41 men traveled north from the Lehigh Valley along a path known as “Warrior’s Trail” where they were ambushed. In all, 15 men were killed in what is now known as the Sugarloaf Massacre.

In 1818, anthracite coal was discovered in nearby Beaver Meadows. A young engineer from New York, named Ariovistus “Ario” Pardee was hired to survey Beaver Meadows in consideration of extending a railroad from the Lehigh River to it. Knowing Beaver Meadows was already controlled by Coxe and Beach, Pardee bought land in present-day Hazleton. And, in 1836 he incorporated the Hazleton Coal Company. His investment proved to be lucrative. Even today, Pardee is known as the founding father of Hazleton because of this and many other contributions.

The coal mined in Hazleton helped establish the United States as a world industrial power and attracted many immigrants to Hazleton for labor. The first wave, in the 1840s and 1850s consisted mostly of German and Irish immigrants. The second wave, from the 1860s to the 1920s consisted mostly of Italian, Polish, Russian, Lithuanian, Slovak, and Montenegrin immigrants. Leading into the 20th century, Hazleton’s population drastically changed. The population peaked in 1940 at thirty-eight thousand.

In 1947, Autolite Corporation was looking to expand operations in the East and had been looking into Hazleton. In response, several area leaders gathered to launch CAN-DO (Community Area New Development Organization), organized by founder Dr. Edgar L. Dessen. Their main goal was to raise money, through the “Dime A Week” campaign, in which area residents were encouraged to put a dime on their sidewalk each week to be collected by CAN-



By the Mebane Greeting Card Co., Wilkes-Barre, Pa. and the Boston Public Library, Tichnor Brothers collection #63719

QUICK FACTS

County: Luzerne

Settled: 1780

**Population: 25,340 people
(2010 census)**

**Mayor:
Jeff Cusat**

**Website:
www.hazletoncity.org**

DO. The company raised over \$250,000 and was able to purchase over 500 acres of land, which was converted into an industrial park. Because of CAN-DO’s efforts, Hazleton was given the All-American City Award in 1964.

It’s the Greater Hazleton Area’s excellent quality of life that makes it so attractive to families and businesses. Besides golfing, fishing, hunting, hiking and biking, you’ll find many of Northeast Pennsylvania’s best educational schools in and around Hazleton, including MMI Preparatory School; Holy Family Academy; Immanuel Christian School; Penn State Hazleton campus; as well as both Luzerne County Community College; and Lackawanna College branch campuses.

Courtesy of Wikipedia and hazletoncity.org

Spotting The Signs

ALZHEIMER'S DISEASE

According to the Alzheimer's Association, nearly 5.8 million Americans are currently living with Alzheimer's disease. By 2050, that number is expected to rise to 14 million.

Detecting symptoms of Alzheimer's disease as early as possible can be critical to provide appropriate care and avoid potentially dangerous situations. And family and friends can play a vital role in recognizing and calling attention to these changes in behavior, especially for older adults who live alone.

While celebrating with loved ones this holiday season, Home Instead Senior Care encourages everyone to become more familiar with the symptoms of Alzheimer's, to be more aware so that critical warning signs are not overlooked.

Although many are aware that Alzheimer's disease affects a person's memory, there are several other lesser-known indicators that commonly go unnoticed such as notable changes in mood or personality, difficulty completing familiar tasks, trouble pronouncing words or writing, and increased anxiety.

Lakelyn Hogan, Home Instead Senior Care gerontologist and caregiver advocate, says, "People get wrapped up in the holidays and can miss important signs that a family member needs help - and doesn't even know it." She asks families to be mindful of the following signs that a loved one is struggling:

- Disruption of daily life. Is your loved one easily confused by changes to his or her routine? Are they beginning to forget everyday tasks, such as taking medication, feeding a pet or paying bills?
- Unusual behaviors. Have you noticed they seem unusually agitated or upset? Does it seem like his or her personality has shifted? Do they seem depressed or down?
- Disengaged with family. Is your loved one having a hard time remembering names of familiar family members? Does it look as if his or her mind is going blank during conversations? Are they having trouble keeping up with topics of discussion?



- Impairments in mobility and judgement. Do they seem afraid or unsure when using stairs? Do they hesitate before taking steps or going down ramps? A decline in cognitive ability can also affect the senses, impairing depth perception and hearing.
- Loss of words. Does it seem they are forgetting words for everyday objects, such as toothbrushes, spoons or cups? Are they slow to form sentences or respond to questions?

"It's important that we walk alongside our love ones in the aging process to ensure they are living safe and healthy lives," explains Hogan. "This holiday season, consider the signs that may indicate early-onset or developed Alzheimer's disease and talk to your senior relative or their caregiver about ways to accommodate their symptoms."

For tips and resources on spotting the signs of Alzheimer's, go to www.HelpforAlzheimersFamilies.com or, contact your local Home Instead Senior Care office or www.homeinstead.com.

Source NewsUSA

Seniors Find

THAT DOING GOOD IS GOOD FOR YOU

There are two things that older adults have in spades these days: time and knowledge. And both make them the perfect match for volunteering.

By giving back as little as two hours a week, or about 96 hours a year, older adults are discovering how to keep their lives active and healthy.

Research shows that seniors who volunteer can combat depression, stave off chronic pain, and boost brain power. In short, volunteering can promote longevity.

Still need another reason to get out and volunteer? With the number of volunteers age 65 and older expected to double in a few years, chances are you'll reconnect with old friends and make new ones.

"Volunteering gave me a reason to get up in the morning and stimulated my brain as I learned about topics and issues that were completely unfamiliar to me," says one volunteer.

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.

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geisinger.org/LifeGeisinger



To help educate older adults about the benefits of volunteering, the National Association of Area Agencies on Aging (n4a) launched a public education campaign to raise awareness of the issue and to prompt older adults to take action. The centerpiece of the campaign is a publication, "Doing Good Is Good for You: Volunteer!"

This brochure provides you with a Self-Assessment Checklist that can help you evaluate the range of issues and activities that you may find most interesting in a volunteer setting.

For example, are you interested in animals, politics, or art?

Do you enjoy activities such as gardening, tutoring, or counseling?

The Checklist gives you dozens of options.

One prospective volunteer who completed a checklist of his interests was a lifelong musician. He checked "arts and culture" as a favorite and said he loved teaching others. When the local volunteer coordinator signed him up, she had no idea that his instrument of choice was a ukulele. Two years later, his lessons have become so popular, he's teaching in two senior centers to packed classes.

The point is, there's a volunteer opportunity for everyone, and it can be found with the simple click of a mouse.

For more information on volunteering, and to download your free copy of the brochure and other resources, visit www.n4a.org and find the "Volunteer Resource Center" under n4a Initiatives.

Source NewsUSA

When asked for his name by the coffee shop clerk, my brother-in-law answered, "Marc, with a C." Minutes later, he was handed his coffee with his name written on the side: Cark.

Winter Safety Tips

BE PREPARED

Winter is here – cuddling up to a warm fire with a cup of hot chocolate; watching the snowflakes fall outside while cooking your favorite cookies in the warmth of your kitchen; or, enjoying time with friends and family playing your favorite game of cards. Staying safe and healthy during the winter season is the first step to ensuring that you enjoy all that winter has to offer.

1. Keep your home safe and warm

Before the cold season blows in, have a certified technician inspect all heating sources to your home, such as a furnace or fireplace. And be sure to have a qualified professional clean your chimneys and vents as well. Replace all batteries to your smoke detectors and CO alarms that are designed to alert you of a fire and the presence of deadly, odorless and colorless gases. And, be sure to recognize the symptoms of CO poisoning, such as headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. Store a properly inspected fire extinguisher within reach of your kitchen stove, and ready at a moments notice. Insulate water lines that run along exterior walls, and make sure your indoor furniture isn't blocking your home's heating vents.

During extreme cold periods, keep cabinet doors open to allow warm air to circulate around water pipes, particularly those in the kitchen and bathrooms. Lastly, be sure to have an exit plan in case of a fire or other catastrophic event with a place to stay, either with a neighbor, family member or friend.

2. Maintain proper health

Eat healthy. Your body needs antioxidants and vitamins to stay healthy. And, a healthy diet strengthens the immune system, helping the body resist viruses or infection. Get a flu shot. Flu strains are constantly adapting to medical safeguards, so getting vaccinated with the proper flu vaccine can greatly increase your ability to fight off or recover from the flu. Get outside. Staying active will help promote bone and muscle health, control weight, and improve sleep patterns, leading to an overall healthier lifestyle throughout the entire year. Get involved. Feelings of isolation and depression are



common during the long winter months – spending time with others will certainly wash away the doldrums.

3. Have a dependable means of transportation

If you own a vehicle, make sure you service it before winter. Change the engine oil, check the antifreeze level, use wintertime formula as your windshield washer fluid and check your tire treads for excessive wear – replace if necessary. And, be sure to keep the gas tank full to prevent ice from forming in the fuel tank and lines.

At a minimum, make sure your trunk includes blankets, a first aid kit, food and water, booster cables, a spare tire with jack, tire pump, flashlight, and a bag of sand or cat litter, should you get stuck in the snow. If you don't drive, please make sure to have a means of transportation during an emergency. And lastly, make sure you carry a cell phone, should you need to call for help.



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Saturday: 9:30 am - 12:00 pm

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WILLIAMSPORT

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

Hearing Loss

UNDIAGNOSED AND UNDERTREATED

If left undiagnosed and undertreated, hearing loss can significantly affect older adults' cognitive function and social well being, as well as adversely affect their family members and caregivers.

COGNITIVE DECLINE

A recent study completed at Johns Hopkins Medical Center found that people with untreated hearing loss have a greater risk of developing dementia than do individuals who have no hearing loss. Dementia and hearing impairment share several overlapping symptoms, including social isolation, decreased comprehension, discrimination, inappropriate word use, and difficulty following conversation.

LONG TERM CARE FACILITIES

Statistically, hearing difficulties will negatively impact our growing population of aging seniors' quality of life. Hearing loss also affects the physicians, nurses, social workers, aides, and other staff members who care for its residents; it can create barriers to interacting or following directions. It's imperative that long-term care facilities have a certified audiologist on staff who can act as a consultant to provide hearing evaluations and ensure the proper functioning of residents' hearing devices by working closely with the staff to ensure proper hearing care.

DIABETES

Hearing loss is twice as prevalent in adults with diabetes as it is in those who do not have diabetes. This is true especially if blood glucose levels aren't controlled with medication, diet, or exercise. The American Diabetes Association recommends that patients with diabetes who suspect hearing loss should contact their primary care physician for possible referral to an audiologist.

OTHER CONTRIBUTING FACTORS

Idiopathic sudden sensorineural hearing loss (SSNHL), defined as the onset of an unexplained one-sided hearing loss or sudden deafness, occurs over the

course of a few hours and often is accompanied by dizziness, vertigo, and/or tinnitus. Often people who have SSNHL believe it has resulted from impacted earwax and often fail to seek immediate attention. An audiologist can determine whether the loss has resulted from inner ear or sensorineural involvement and differentiate the origin from other causes.

Certain medications can damage the ear, resulting in hearing loss, tinnitus, and balance disorders. Hearing loss caused by an ototoxic medicine usually develops quickly, with ringing in the ears presenting as the first manifestation. Hearing can sometimes return to normal after discontinuing the medication; however, some medications can cause permanent hearing damage. If a known ototoxic drug is prescribed, an audiologist should complete a baseline hearing evaluation and perform serial hearing tests while patients remain on the drugs. If hearing loss is detected, changing the dosage or prescribing a different drug often can prevent permanent hearing loss.

Family members and caregivers can play an important role in encouraging people with hearing loss to try wearing hearing devices and accept them as a way to improve quality of life. Hearing aids and related devices are individually programmed based on many factors, including a patient's age and processing capabilities and the degree and type of hearing loss. As hearing loss progresses, the devices should be reprogrammed by an audiologist to accommodate changes in hearing function.

FINAL THOUGHTS

The prevalence and significant disabling effects of hearing loss should make proper diagnosis and treatment a standard of care in all patients, especially in the elderly. When hearing loss is suspected, primary care physicians and audiologists can work closely together to provide recommendations to help rehabilitate patients with hearing loss.

Excerpt from Today's Geriatric Medicine by Renee A. Monahan, AuD, CCC-A, and Louis R. Sieminski, PhD, CCC-A of The Hearing Center

Five Common Misconceptions

PREVENTING YOU FROM MAKING A WILL

Have you put off making a will? If so, you're not alone. According to a 2020 survey, only 32% of American adults have estate-planning documents, like wills and living trusts, in place. Courtesy of Nick DiUlio and Caring.com, "More than Half of American Adults Don't Have a Will, 2017-2020 Survey Shows." While preparing a will may not be the most pleasant way to spend an afternoon, it could be the most productive – especially for your heirs. Without a valid will, your assets could be tied up in probate court for months, possibly years. What's more, the court will be forced to make decisions that may not conform to your wishes.

Why are so many people reluctant to take this basic, but important step? In many cases, it is the result of five common misconceptions:

1. I'm not wealthy enough to need a will – If you consider the value of your car, furniture, and other worldly possessions, you may be worth more than you think. Plus, some items may have sentimental value to your heirs and will need to be distributed fairly. You can also use a will to make legal arrangements, such as naming a guardian for your minor children that have nothing to do with your wealth.

2. My spouse will inherit everything – Consider children from a previous marriage and discuss with your attorney how to include them in your estate planning. Plus, there's always a chance that you and your spouse could pass away at the same time. If so, the distribution of assets could get tricky. Also, be aware that assets with a designated beneficiary, such as life insurance, IRAs, or 401(k)s, goes to the designated beneficiary. So, check periodically to make sure your beneficiaries are up to date.

3. All my assets are jointly titled – Legal titles, such as Joint Tenants with Right of Survivorship (JTWROS), can be helpful when it comes to transitioning financial accounts. In some cases, however, they can make things more complicated, especially if the joint owner has also passed away and no further instructions have been provided.

4. I don't have any heirs – If you don't have any surviving family members, your assets can still be put to good use. You can leave them to a trusted friend, to your alma mater, or to a favorite charity.

5. I'm not ready to set my final wishes in stone – Updating a will is very common and, because circumstances can change, almost expected. Once the basic framework is in place, adjustments are relatively easy to make and can usually be done at a modest cost.

Please don't let these common misconceptions keep you from preparing a will. Given the vital role a will plays in distributing your assets, protecting your loved ones, and making sure your final wishes are carried out, now is the time to seek out a qualified attorney and make sure you have a legally viable will in place.

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Tax Assistance

FOR SENIORS

Most people dread tax season. Even seniors can use some guidance when it comes to filing taxes, especially when retirement or government benefits; social security; health care costs; insurances; investments; wills and trusts; and other financial concerns need to be addressed. Fortunately, helpful resources and programs for seniors are available.

AARP Foundation

The American Association of Retired People, AARP Foundation provides the nation's largest volunteer-run tax assistance and preparation service available to all low- and moderate-income taxpayers, with special attention given to those age 50 and older.

The IRS

The IRS Volunteer Income Tax Assistance (VITA) program is available to taxpayers who generally make \$56,000 or less, persons with disabilities and

taxpayers who speak limited English. The IRS also offers a free Tax Counseling for the Elderly (TCE) Program for all taxpayers, age 60 and older.

Area Agencies on Aging

The Area Agencies on Aging (AAAs) in your area offers an array of services, benefits and information to help support seniors and family caregivers.

Before preparing your taxes, schedule an appointment with your accountant or local accounting firm for assistance.



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both today and tomorrow.



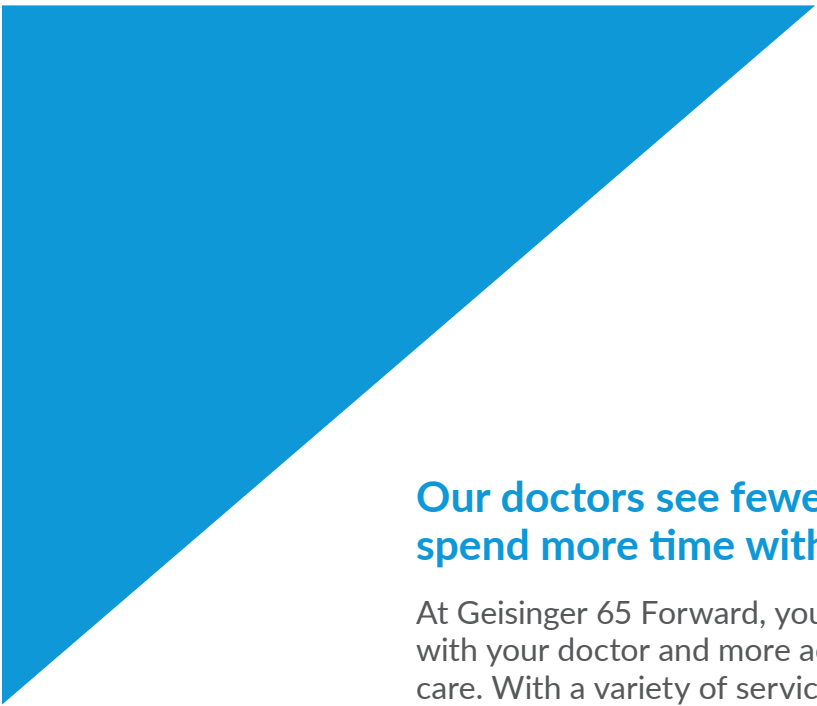
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We're taking every precaution to keep you safe during the COVID-19 pandemic. Learn more: geisinger.org/safe



Safety

8 Tips

TO HELP SENIORS CONQUER STRESS

As boomers retire from their jobs at unprecedented rates in the U.S., you'd think they'd be spending their free time with friends, lingering over the morning newspaper and coffee or taking January vacations in a warm place. But many seniors are finding themselves in a predicament that few anticipate in retirement: parenting for a second time.

Census reports indicate that 2.7 million grandparents are responsible for their grandchildren.

Their added duties may be fulfilling, but they may be stressful, too.

In fact, many things can trigger stress among retired adults — paying bills on a fixed income, failing health, caring for ill parents or spouses, or even grandparenting. Excessive stress can lead to serious health problems.

“When stressed, the body releases substances such as cortisol and adrenaline that affect every organ and can cause muscle tension, insulin secretion and increased heart rate,” said Arthur Hayward, M.D., a geriatrician and the clinical lead physician for elder care with Kaiser Permanente’s Care Management Institute.

“You can’t avoid stress, but managing it can help preserve your health and well-being,” Dr. Hayward added. He recommends identifying and understanding the cause of your stress and finding ways to relieve it, such as these eight tips:

1. Pace yourself. Don’t take on too much. Be aware of your limitations.
2. Set realistic goals and expectations, and don’t be afraid to ask for help.
3. Plan time for yourself. Recharge your batteries.
4. Exercise and eat a balanced diet. Get plenty of fruits, vegetables and whole grains.
5. Try relaxation techniques such as meditation or yoga.
6. Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages and alcohol can affect your ability to get a good night’s sleep.
7. Talk with a loved one or write in a journal.
8. Stay positive. Positive thoughts can make a difference, such as “I am hopeful” or “Things will be better.”

For more information, go to kp.org/healthyaging.

For questions or advice about a specific condition, talk to your physician.

Source *NewsUSA*

**Sometimes I tuck my knees
into my chest and lean forward.
That’s just how I roll.**



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Funny Road Signs

MAKE PASSERSBY SMILE

What started as an April Fools' joke posted by a volunteer at Indian Hills Community Center of Colorado over five years ago, has become a community favorite. Following are a few of the puns:

If you have to wear both mask and glasses, you may be entitled to condensation.

Relish today, ketchup tomorrow.

Eat more doughnuts. It's the original hole food.

The man who fell into an upholstery machine is fully recovered.

I pulled a muscle digging for gold. Just a miner injury.

Lego store reopens after lockdown! Folks lined up for blocks.

Water is heavier than butane because butane is a lighter fluid.

Ghosts like to ride in elevators because it lifts their spirits.

I'm reading a book called "Quick Money for Dummies" by Robin Banks.

Beer is a gateway drug to aspirin.

My fear of moving stairs is escalating.

When you said life would get back to normal after June ... Julyed.

The girl in the middle of the tennis court is Annette.

What do you call a hippie's wife? Mississippi.

I was struck by a bottle of Omega 3 pills. Luckily, my wounds were only super fish oil.

My son wants to study burrowing rodents. I told him to gopher it.

I never finish anything. I have a black belt in Partial Arts.

My relationship with whiskey is on the rocks.

Be careful when you eat at Sam & Ella's Diner.

The man who fell into an upholstery machine is fully recovered.

Nothing tops a plain pizza.

If clowns attack, go for the juggler.

Courtesy Indian Hills Community Center of Colorado and pinterest.com

Fend Off Cold And Flu Season

EAT AND DRINK SMART

It's no secret that a balanced diet with plenty of fruits and veggies can deliver important vitamins and nutrients for better health, but many of your favorite foods can actually help support your immune system, too.

Stay hydrated. Keep the produce going strong. Fresh, seasonal fruits and veggies often come to mind during warmer months, but produce like citrus, leafy greens and root vegetables are plentiful during cold and flu season, too. Get a natural boost of vitamins. Vitamins A and C, found in fresh citrus, are two key nutrients that support your body's natural line of defense, your immune system.

Source Family Features and California Citrus Growers

5 Ways to Get More Vitamin C

- Pick heavy fruit
- Explore versatility
- Use the whole fruit
- Retain Vitamin C content
- Refrigerate for a longer shelf life



Photos courtesy of Getty Images

Senior Community Service Employment Program

HELPING OLDER JOB SEEKERS

As the pandemic has brought incredible new challenges for Pennsylvania's seniors, older job seekers are finding it more difficult than ever to find a job and get hired.

One resource that can help: the Senior Community Service Employment Program (SCSEP), a federally funded jobs training program that is specially designed for older people. In 15 counties in Pennsylvania, the SCSEP is operated by Associates for Training and Development (A4TD), a private nonprofit corporation that specializes in helping seniors to prepare for work and get jobs. A4TD's Regional Director in Pa., Marlene Patrick, emphasizes, "This program is more important than ever. We are here to help people get back on their feet financially, learn new skills, and position themselves to be successful. Pennsylvania's seniors have an incredible wealth of skills and experience, and we are here to make sure that doesn't get lost."

In response to the pandemic, A4TD has made many remote training options available; for example, internships can be completed remotely, and paid online training activities are now used by almost all participants in the program. A few examples of internship host agencies: CareerLink's, Partners in Progress, Township offices, YMCA, Goodwill, Salvation Army, Packwood Museum, Elkland and Knoxville library, and many others. Program participants train part-time at these agencies as interns, typically for about 20 hours per week, with all wages and program costs paid by A4TD.

To qualify for the SCSEP, one must be: a job seeker age 55+, unemployed, at or below 125% of federal poverty level, and motivated to train and work. Applications can be submitted online at www.A4TD.org, or over the phone at 800-439-3307.

Remember When?

IT'S ALL HERE IN BLACK AND WHITE

Although the shows were in black-and-white, the 1950s is considered television's Golden Age. The picture quality of the programs may have been poor, but we knew we were in for some good, clean, family entertainment – something for everyone. Let's take a look at the 'pre-peacock' days when television sets had little screens ... and phones did not.

Action and Adventure

- Lassie was actually a male dog, a Rough Collie (one of six) who was passed from family to family over the course of the show. She never tired of pulling someone from a well or alerting the family to danger.
- Superman was a comic book character from the planet, Krypton. How he could don a pair of glasses as mild-mannered Clark Kent and not be recognized by Lois, Jimmy and Chief was a super feat in itself.

Comedy and Drama

- Steve Allen, 'Uncle Miltie' Berle, Burns and Allen, Jack Benny, Red Buttons, Sid Caesar, Abbot & Costello, Ernie Kovacs and Red Skelton had their own shows, many coming from vaudeville and radio.
- Dragnet began with its famous theme song, "Dum, de dum, dum." Jack Webb popularized cop jargon such as, "Just the facts, Ma'am." And, Joe Friday was all business and all monotone.

Family Shows

- Andy Griffith and Don Knotts were the affable sheriff and deputy. And, Aunt Bee's, "Oh, fiddle faddle!" was as rude as it got.
- Dick Van Dyke was a bit more sophisticated, portraying a family at work and play. If you liked Capri pants ... this was the show for you.
- The Honeymooners was a louder version of the Van Dyke Show, with no less crazy characters. Unfortunately, Alice never made it to the moon.
- The Munsters had the cooler rides, the Munster Coach and the Dragula.
- Ozzie & Harriet and Leave it to Beaver are two more.



Game Shows

- I've Got A Secret featured Garry Moore hosting a panel of celebrities, including Kitty Karlisle, Jayne Meadow, Henry Morgan and others who all played the game for laughs as they tried to guess the secrets of the contestants.
- What's My Line? was the precursor to I've Got A Secret, and was played in similar fashion. The difference, panelists had to figure out the guest's occupation. There would be a celebrity guest, and blindfolded panelists had to guess who he or she was.

Science Fiction and Horror

- The Twilight Zone with its theme song took fans on journeys to places that bent fantasy, sci-fi, horror and thriller into a mold that only existed in the minds of its brilliant writers.

Variety and Entertainment

- The Ed Sullivan Show featured performers with big names, from Elvis's shaking hips to Jackie Mason's quips, to elephants and acrobats.
- The Lawrence Welk Show was all "champagne and bubbles" and on the air for almost 70 years.

Westerns

- The Lone Ranger and Gunsmoke made a Bonanza for their networks.

Courtesy LIFESTYLES Over 50 Lehigh Valley

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

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

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

Answers are provided on page 23.

Hearing Device Technology That's Making Waves!

Introducing Oticon Open S™



- ◆ 45-Day Trial Period
- ◆ No Interest Payment Plan

oticon
PEOPLE FIRST

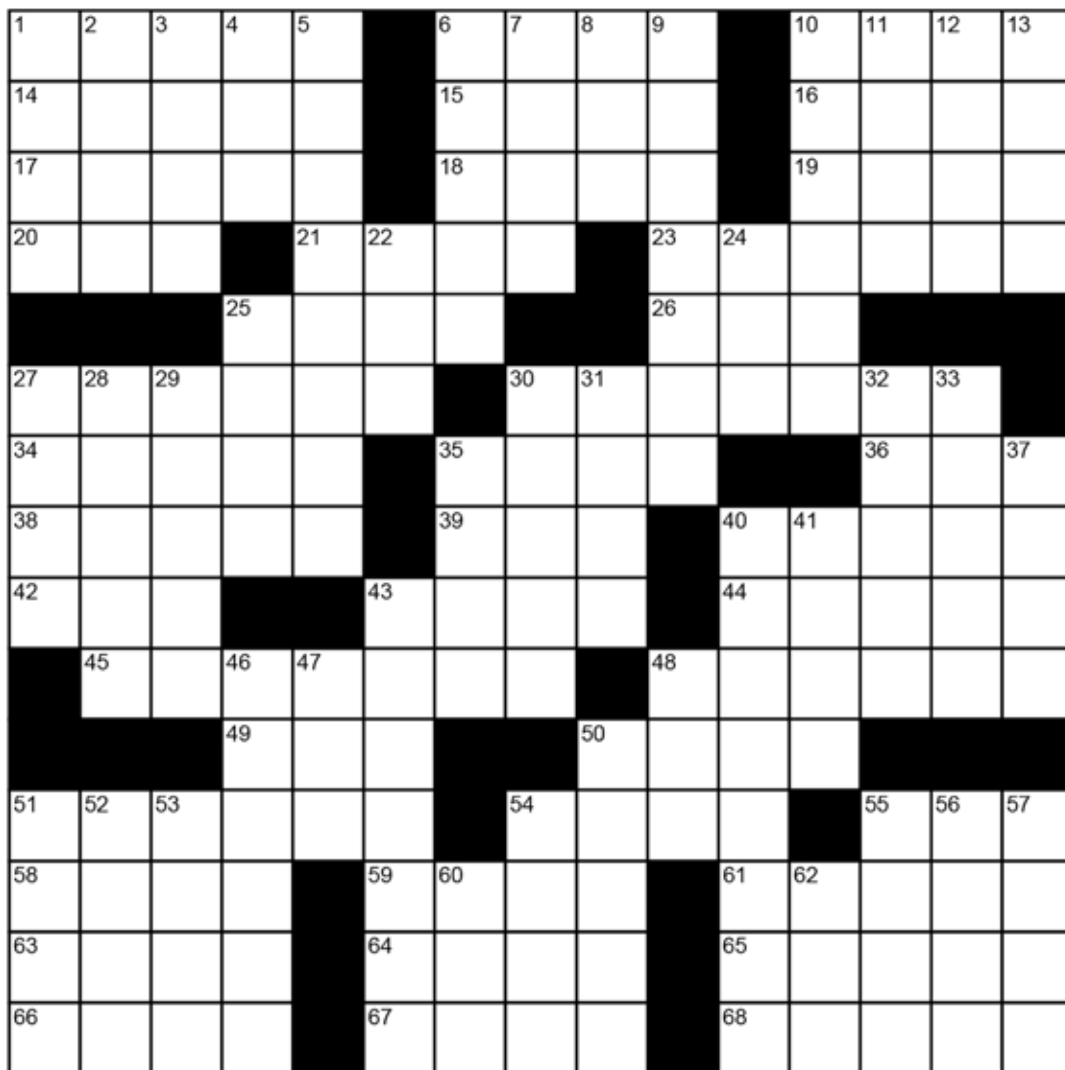
Abington Audiology & Balance Center

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

Games

AND ACTIVITIES

CROSSWORD PUZZLE



66 Was looked at
67 Young Men's
Christian
Association
68 Come on stage

DOWN

1 Please respond
2 Pitcher
3 Upkeep
4 Abdominal muscles
(abbr.)
5 Writes psalms
6 Become looser
7 On top
8 Marsh
9 Things that feel
10 Poisonous acid
11 Not yours
12 Giant
13 Failure
22 Conger
24 Scrambled food
25 Retired persons
association (abbr.)
27 Brews
28 Signal
29 Food covering
30 African country
31 Troop
32 Goofed
33 Sidestep
35 Bankrupt
37 Tyrant
40 Bee type
41 Shine
43 Raffle
46 Warm fabric
47 Public transportation
48 Child
50 Italian food
51 Grabs
52 Off-Broadway award
53 Surrender
54 Zn
55 Sop up
56 Otherwise
57 Colorer
60 Pearl
62 Vase

Answers are provided on page 23.

ACROSS

1 Summary
6 Neckband
10 Chip in
14 Q-tips
15 Fencing sword
16 Author, Victor
17 Vice __
18 __ Ranger
19 Goofs

20 Before (prefix)

21 Tip
23 Glasses part
25 Charge card
26 Freudian term
27 Attack violently
30 Babbled
34 Fibbers
35 Pots
36 Decompose

38 Explode

39 Kimono sash
40 Tends sheep
42 Part of a min.
43 Spoil
44 End
45 Infant
48 More subtly
ridiculing
49 Extinguished

50 Keats

51 Free (2 wds.)
54 Madcap
55 Sleeping place
58 Cain's brother
59 Aegis
61 Hector
63 Wait
64 Engage
65 Jagged

Games

AND ACTIVITIES

At age 4 Success is not peeing in your pants

At age 12 Success is having Friends

At age 16 success is having a driver's license

At age 20 success is having sex

At age 35 success is having money

At age 50 success is having money

At age 60 success is having sex

At age 70 success is having a driver's license

At age 75 success is having friends



Old age is always 15 years older than (what) I am.

The main function of the little toe on your foot is to make sure that all the furniture in the house is in place.



Fun Stuff

If the person who names Walkie Talkie named everything:

Stamps:
Lickie Stickie

Defibrillators:
Hearty Starty

Bumblebees:
Fuzzy Buzzy

Pregnancy Test:
Maybe Baby

Bra:
Breastie Nestie

Fork:
Stabby Grabby

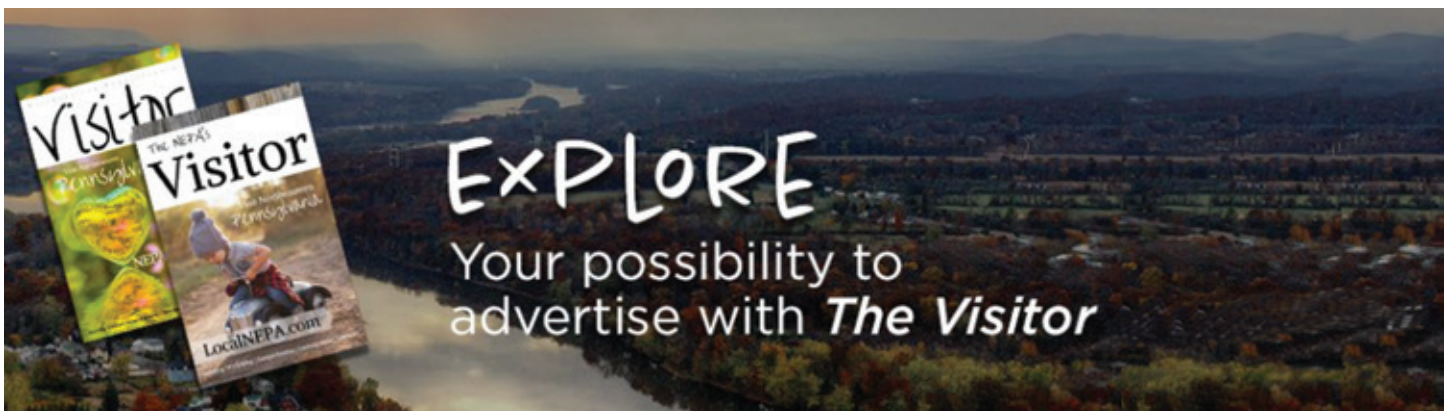
Socks:
Feetie Heatie

Hippo:
Floatie Bloatie

Nightmare:
Screamy Dreamy

I couldn't figure out why the baseball kept getting bigger. Then it hit me.

It was so cold in D.C. today ... that I saw a politician with his hands in his own pockets.



Games

AND ACTIVITIES

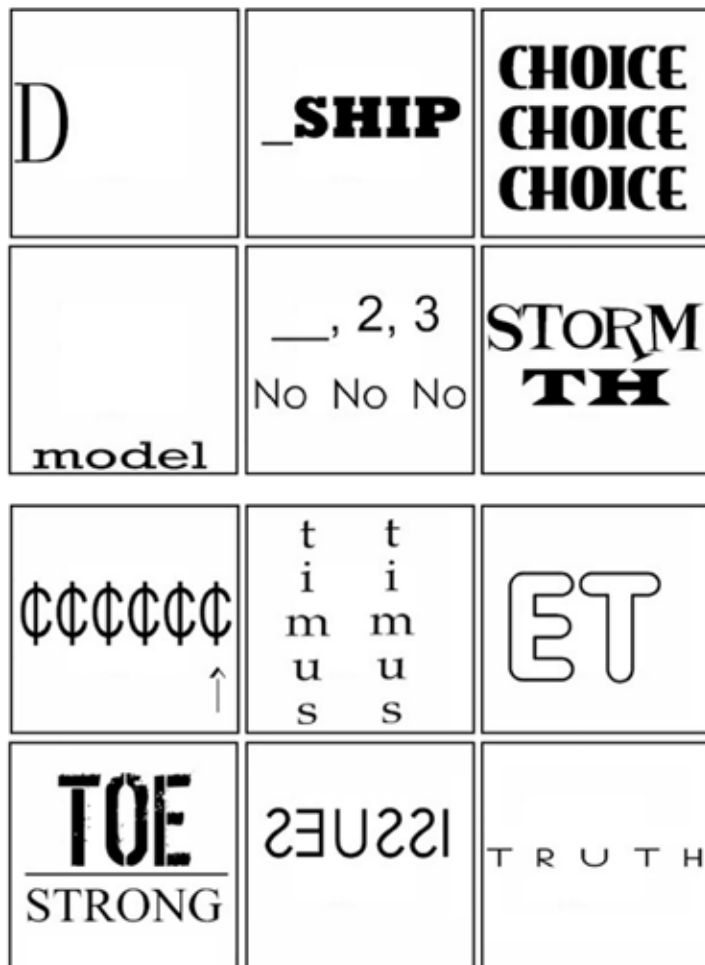
W U Z Z L E S

Wuzzles are word puzzles consisting of combinations of words, letters or symbols that are mixed, jumbled and/or muddled together. The secret to solving a wuzzle is to determine the missing “concept,” such as in, on, over, under, before, after, between etc.

Good Wuzzle Luck!

WUZZLES ANSWERS

WUZZLE #1
Decide
Spaceship
Multiple Choice
Floor Model
No one Knows
Thunderstorm
WUZZLE #2
Sixth Sense
To Sum it Up
Blanket
Strong Undertow
Back Issues
Stretching the Truth



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

RECAP		RUFF		POOL
SWABS		EPEE		HUGO
VERSA		LONE		ERRS
PRE		LEAN		LENSES
	AMEX		EGO	
ASSAIL		GURGL		ED
LIARS		PANS		ROT
ERUPT		OBI		HERDS
SEC		LOOT		OMEGA
	NEWBORN		SNIDER	
	OUT		POET	
NOCOST		ZANY		BED
ABEL		EGIS		BULLY
BIDE		RENT		EROSE
SEEN		YMCA		ENTER

What To Do

WITH YOUR GRANDCHILDREN

Be sure to get out for some fun in the sun this winter, and pass on your passion and skills for wintertime sports, and recreation to your grandchildren. Northeastern Pennsylvania is home to thousands of miles of mountainous, snowy adventures that stretch far beyond the ski slopes. From adrenaline-pumping outdoor pursuits like snowmobiling and snow tubing to relaxing activities such as cross-country skiing and ice skating, there's plenty for you and your family to do!

Snowmobiling

With miles and miles of snowmobile trails across Northeast Pa., you'll find new and exciting places to ride, such as in fragrant pine forests, along crisp mountain streams and across wide-open fields. So, grab your helmet and gear, and hit the trails: Delaware State Forest maintains nearly 115 miles of snowmobile trails which are open to the public; and Lehigh Gorge State Park boasts a wide open 15-mile section from White Haven to Penn Haven Junction.

Cross-Country Skiing

Savor the serenity and exhilaration of cross-country skiing. Trails are plentiful in our state parks and national recreation areas. Whether you are a beginner or expert, there is no better way to discover the majesty of a snow-blanketed countryside. Be sure to visit any of these locations: Beltzville State Park; Delaware Water Gap Recreational Area; Hickory Run State Park; and Mauch Chunk Lake Park.

Snow Tubing

An exciting way for non-skiers to enjoy the slopes is snow tubing. And, thanks to conveyor lifts, you don't even have to walk to the top! Many of our resorts require reservations and are age restricted. So, be sure to call in advance. Following are a few to consider: Adventure Center at Skytop Lodge; Camelback Mountain is home to the Biggest Snow Tubing Park in the USA with 40 lanes; and Blue Mountain Snow Tubing Park is home to the longest (at 1,000 feet) and fastest lanes in Pa.



Ice Skating

Most of our area's state parks allow ice-skating. Here are just a few places to lace up your skates and enjoy the great outdoors: Gouldsboro State Park; Hickory Run State Park; Lackawanna State Park; Promised Land State Park; and Tobyhanna State Park. Ice thickness is not monitored. Thus, before stepping onto the ice, please review proper safety guidelines available at: www.dcnr.pa.gov/stateparks.

Toboggan Riding

Toboggans are runnerless sleds. Since 1929, the toboggan run at Skytop is one of only four in existence in Northeast Pa. Another is the Eagles Mere Toboggan Slide. Carrying on a tradition started in 1904 by Captain E.S. Chase, 1,200 blocks of ice are harvested from the lake every winter. The blocks of ice are put in place down a steep slope onto the lake, smoothed out and grooved for the toboggan. Toboggans travel over a quarter-mile distance, and can reach speeds of up to 45 mph.

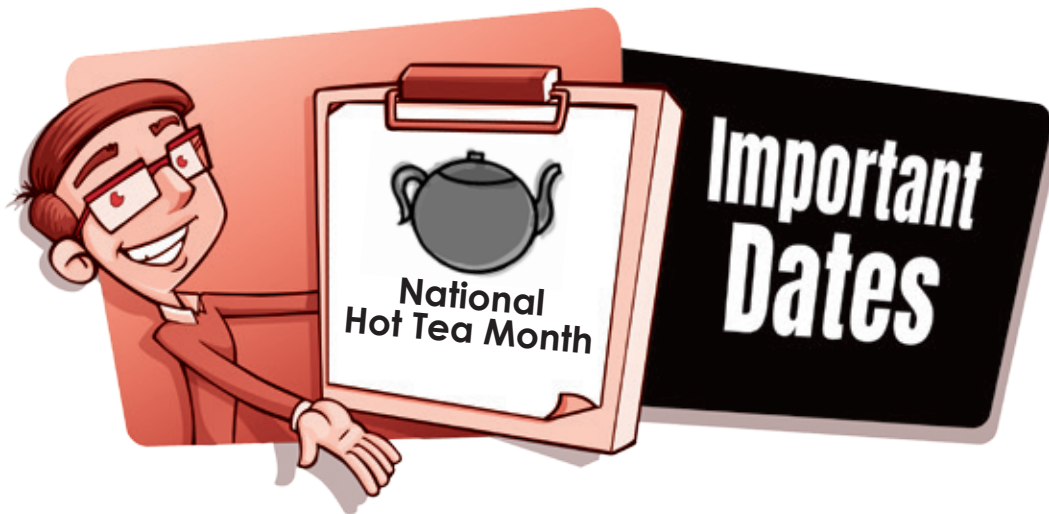
Sledding

One of the most popular winter activities for kids and adults, is sledding. Following are some favorite hills of NEPA: Frances Slocum State Park in the Back Mountain area; Hickory Run State Park; and Nesbitt Park in Kingston.

Sources poconomountains.com, visitpa.com and dcnr.pa.gov

Events Calendar

JANUARY AND FEBRUARY



Besides celebrating your wedding anniversary or grandchild's birthday, be sure to add these important dates to your calendars!

January

Monthly:

- National Blood Donor Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month

Weekly:

- 2nd Week Letter Writing Week

Daily:

- January 1 – National Hangover Day
- January 4 – Trivia Day
- January 8 – Bubble Bath Day
- February 12 – National Pharmacist Day
- February 15 – National Bagel Day
- February 21 – National Hugging Day
- February 24 – Global Belly Laugh Day
- February 29 – National Corn Chip Day

February

Monthly:

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Great American Pie Month
- Spunky Old Broads Month

Weekly:

- 3rd Week International Flirting Week

Daily:

- February 1 – No Politics Day
- February 2 – Ground Hog Day
- February 5 – National Weatherman's Day
- February 7 – Send a Card to a Friend Day
- February 14 – Valentine's Day
- February 18 – National Drink Wine Day
- February 24 – National Tortilla Chip Day
- February 28 – National Chili Day

Sources holidayinsights.com and holidayscalendar.com

Giving Back

SHARING YOUR STORY

Giving back to your local 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 is sure to touch many people's lives.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. Following are just a few of our stories from the past year.

Monroe County Meals on Wheels

Volunteer, Kelli Piscioti

One day a week, Kelli delivers hot and cold meals for Monroe County Meals on Wheels. Kelli also assists with MOW's Pet Program, and can always be depended on to assist with their year-end Holiday Gift Drive.

Monroe County Meals on Wheels

Linda Raudabaugh
Volunteer Manager
570-424-8794

www.MonroeMeals.org

Equines for Freedom

Co-founder, Ann Lewis

Ann Lewis is co-founder and licensed Mental Health Professional of Equines for Freedom. EFF combined with EMDR is a therapy that helps clients heal from traumatic events through hands-on activities with a horse.

Equines for Freedom
570-665-2483

www.equinesforfreedom.org



Santa Claus
Aka, Wallace Cady

A graduate of the world-famous Charles W. Howard Santa Claus School in Michigan with more than 20 years of experience as a Santa portrayer, Wallace Cady was selected in 2020 as one of only 100 Miracle Santa's by HowToSaveChristmas.com

Wallace Cady
Santa Portrayer
HowToSaveChristmas.com



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@LIFE- STYLEOver50.com.

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DENTAL Insurance

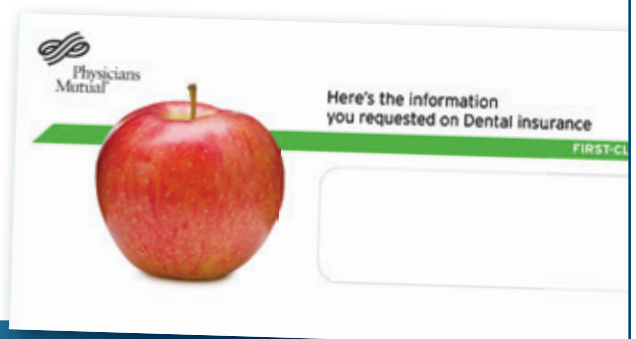
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