

Northeastern Pennsylvania LIFESTYLES™

OVER 50

July / August 2020

**Travel
for Baby
Boomers —
p. 8**

**Geisinger 65
Forward
Extra Safety
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DF-CD-NP-Q320

Cover Story

TRAVEL AND EXPLORE



If you're anything like me, you're tired of being stuck in your socially distant environment. These are the days that we're to be outside, enjoying summer and spending time traveling and on vacation with family and friends.

This issue focuses on getting out. The first rule is, stay safe. The second rule is, only do what you feel comfortable doing. There are ways to travel and explore while minimizing the risk to your health and the safety of others. If you follow the guidelines recommended by our health professionals, and use your common sense, you should be able to enjoy the benefits of getting out.

In this issue, we feature articles, including Traveling Tips During a Pandemic; Camping for Retirees; Virtual Travel; and more! Of course, we've included our regularly featured articles, such as: Tech Savvy Seniors; Remember When and What To Do With Your Grandchildren. I look forward to hearing about some of your adventures, and wish you good health.

Marci Kacyon
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Lif Northeastern Pennsylvania
STYLES
 OVER 50

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

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**COVERING 10 COUNTIES
 OF NORTHEASTERN
 PENNSYLVANIA**



Pay IT FORWARD

Equines for Freedom

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 Equines for Freedom – 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!



Check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to Kristen Angelicola (left) and Ann Lewis (right) of Equines for Freedom.

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

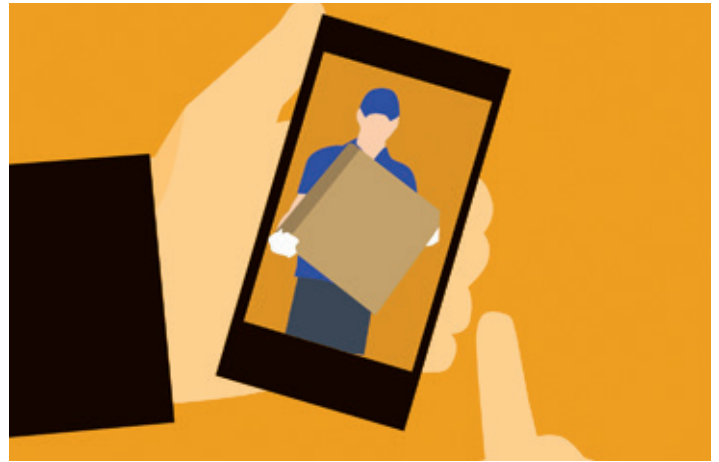
VIDEO DOORBELLS

Video doorbells are the latest advancement in home security, adding streaming video technology to the traditional doorbell for a safer and more secure home. One of the main purposes of the video doorbell is to provide a better view of your home's front doorstep without squinting through your door's peephole.

How does a video doorbell work?

The video doorbell connects to your home's existing wiring and chimes, as well as connects to your home's existing WiFi network. When someone is at your door, a notification is sent to your smartphone or home computer. Combined with the App that comes with many of the video doorbell devices that are available on the market today, you are able to view a live video feed from the device's built-in camera ... even when you're not home.

There is no exact distance that a video doorbell's camera can see, but most devices will view your entire porch and walkway, which can include an area of up to 50 feet. Most video doorbells do not record all the time. The majority of models only record when they are triggered. When you answer the alert, you view the live footage. Depending on your plan, motion-triggered events are automatically re-



corded and saved for up to 60 days. And, depending on how much activity your video doorbell receives, batteries can last up to six to twelve months.

Are video doorbells worth it?

They're not cheap. However, if you simply use the device as a security camera with "eyes" on your front door at all times, a video doorbell can actually be a worthwhile investment. For increased security, some devices also provide night vision, infrared, two-way audio, and other enhanced features at an additional monthly fee.

A User Resetting Their Computer Password

Computer: Please enter your new password.

User: tomato

Computer: Sorry, the password must be more than 8 characters.

User: fried tomato

Computer: Sorry, the password must contain 1 numerical character.

User: 1 fried tomato

Computer: Sorry, the password cannot have blank spaces.

User: 50damnfriedtomatoes

Computer: Sorry, the password must contain at least one upper case character.

User: 50DAMNfriedtomatoes

Computer: Sorry, the password cannot use more than one upper case character consecutively.

User:

50DamnFriedTomatoesGiveMeAccessNow!

Computer: Sorry, the password cannot contain punctuation.

User: 50DamnFriedTomatoesReallyPissedOffGiveMeAccessNow

Computer: Sorry, that password is already in use.

In Your Neighborhood

PITTSTON, PA

Originally called Pittstown

Pittston is a city in Luzerne County. It is situated between Scranton and Wilkes-Barre. The city gained prominence in the late 19th and early 20th centuries as an active anthracite coalmining town, drawing a large portion of its labor force from European immigrants. Named after the famous British statesman, William Pitt the Elder, the city was settled around 1770 by the Susquehanna Company of Connecticut. It was originally called "Pittstown."

During the Revolutionary War, the Wyoming Valley was an active battleground between the British and Connecticut Continentals (American Patriots). On July 3, 1778, a force of British soldiers, with the assistance of about 700 Indians, attacked and killed nearly 300 American Patriots. The Continentals held and maintained a fort in Pittstown (present-day Pittston City) until a group of British soldiers took over the fortress and destroyed parts of it. Two years later, the Continentals stormed the fortification and recaptured it and maintained control until the end of the war in 1783.

With the opening of a canal in the 1830s, Pittston became an important link in the coal industry. Pittston also became an active railroad center with the opening of the Lehigh Valley Railroad station in downtown Pittston, near the foot of the Water Street Bridge. Besides mining, Pittston was home to many industries, including metals, plastics, paper products, apparel, electrical equipment and beverages. Pittston eventually broke away from



Pittston as depicted on an 1892 panoramic map

QUICK FACTS

County: Luzerne

Founded: 1770

**Population: 7,739 people
(2010 census)**

**Mayor:
Michael Lombardo**

**Website:
www.pittstoncity.org**

Pittston Township and officially became a borough in 1853. John Hosie served as the first burgess of the Borough of Pittston. It was later chartered as a City on December 10, 1894. Thomas J. Maloney served as the city's first mayor from 1894 to 1898.

Those decades attracted thousands of immigrants, making Pittston a true melting pot. The towering spires of the many Protestant and Roman Catholic churches dominated the city's skyline to serve the many ethnic communities that made up Pittston. In recent years, the downtown area has been in the process of being renovated with new sidewalks, trees and streetlights. Older buildings are being demolished and newer structures, such as condos are being built.

Courtesy of Wikipedia and pittstoncity.org

New! Day Options in Lehigh County



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Senior Wellness

EXCERISE AND NUTRITION

Regular exercise and eating the right foods is especially important for aging adults.

Health Benefits of Regular Exercise

Regular exercise helps us to live a longer, healthier and more joyous life. As we get older, some of these benefits include:

- Independence – seniors that exercise regularly are less likely to depend on others to assist them with everyday tasks, such as walking, bathing, dressing, cooking, etc.
- Improved balance – according to the National Council of Aging: every 11 seconds, an older adult is admitted to an emergency room for a fall-related injury; and every 19 minutes, a senior dies from a fall.
- Disease prevention – adopting a more active lifestyle can reduce the unpleasant symptoms of heart disease, osteoporosis, depression and diabetes ... to name a few.
- Better memory function – a healthy body likely means a healthy mind. A recent study by the Alzheimer's Research & Prevention Foundation shows that regular exercise can reduce your risk of developing Alzheimer's disease or dementia by nearly 50%.

Health Benefits of Proper Nutrition

The elderly can greatly benefit from a balanced diet and nutrition program. Preparing meals rich in nutrients can lead to the following benefits:

- Foods high in Omega-3 fatty acids help prevent inflammation, which can cause cancer, rheumatoid arthritis and heart disease.
- Foods rich in Calcium help our bodies build and maintain healthy bones. Calcium has also been known to lower blood pressure.
- Foods rich in Fiber promote proper digestion by moving food through the digestive tract. These foods have also been known to reduce the risk of heart disease.
- Foods rich in Iron produce hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body.
- Foods rich in Vitamin C have antioxidant properties, which are believed to prevent cancer and



heart disease. It is also involved in the production of collagen, which gives your skin elasticity and gets rid of dead skin cells.

- Vitamin D aids in the maintenance of bone density; therefore, preventing osteoporosis by absorbing Calcium and slowing down the rate at which bones lose Calcium.
- Foods rich in Vitamin B12 are responsible for maintaining nerve function, production of red blood cells and DNA.
- Foods rich in Potassium aid in cell function by reducing blood pressure and lowering your chances of kidney stones. It is also believed to strengthen bones.
- Magnesium plays a crucial role in your body's physiological functions. It keeps your heart healthy, your immune system and your bones strong.

Sources aging.com and ncoa.org

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Travel for Baby Boomers

MADE EASIER BY AARP

These days, travel for baby boomers can be challenging. But AARP wants to make everyone's road to their favorite destinations quicker and more enjoyable through their new website, Travel.AARP.org. Multiple studies cite travel as the top aspirational activity for individuals ages 50 and over. And, recent research conducted by AARP shows that approximately 80 percent of people 50-plus spend between 30 and 36 hours a year researching, planning and booking their trips online. Ideally, they would prefer to spend about 12-18 hours per year doing so. Additionally, they spend about 18 hours a year online booking these trips, when they would rather spend 12 hours on this.

The nature of travel for boomers is diverse and includes business trips, visiting family members and taking exotic getaways. But online travel planning for any trip can be tedious, with time-consuming tasks of visiting many websites to get information



to plan and book a trip. The new AARP Travel website offers a one-stop shop to plan, book, and share a trip – be it a quick weekend getaway or a longer vacation.

Anyone can explore the site, which pulls together content, tools and features – making each step both fun and easy. The site's articles and tips are particularly geared toward helping people 50-plus think about fun ideas on where they may want to go, including food festival-themed trips, places to reimagine their lives and must-see international destinations. The site also offers more practical information such as saving money, locating accommodations for special health needs and managing safety concerns. The site's interactive tools were designed to make the planning process easier and more delightful.

If a user would like more ideas on places to go, AARP has created a "Trip Finder" tool that offers suggestions. Destination Guides include key information and details about specific locales, including suggested things to do. Within each guide, a detailed "Map Explorer" function shows users street-level details of an area's hotels, restaurants and attractions that can then be saved to "My Saved Trips," where users can save personalized itineraries and build upon them each time they return and log in.

For more information, visit Travel.AARP.org.

Source NewsUSA

**WE'D LIKE TO
HEAR FROM YOU**

Have a story or idea
you want to share?

570-390-3350

Is there something
you'd be interested in
learning more about?

Northeastern Pennsylvania
LIFESTYLES
OVER 50

Camping

FOR RETIREES

One of the best parts about retiring is the ability to take more vacations. If your vacation includes the open road, then you might want to think about camping!

Camping in the outdoors has many health benefits:

- Fresh air • Sunshine • Exercise
- Relaxation • And, more!

Whether you enjoy hiking, biking, skiing or other outdoor activity, camping is a great way to enjoy nature and God's beauty at a reasonable cost.

Camping in the outdoors has numerous cost benefits:

- Many campgrounds offer special discounts for those age 55+
- Consider buying the National Parks & Federal Recreational Lands annual pass, which covers entrance fees to more than 2,000 national parks and national wildlife refuges
- Skip prepackaged meals by cooking your own food, meals that you can prepare over a campfire
- Protect the environment, while saving money by using reusable water bottles and washable dinner kits
- Don't pay for entertainment, when you can enjoy kayaking, hiking, biking, fishing ... and, board games

Before heading out, research the area you'll be visiting. Does your site include electric, water and sewage? Does your site have cell phone coverage? Proper planning will ensure a more pleasurable and safe camping adventure.

Considering an RV?

RV camping is perfect for seniors. It's as easy as hopping aboard and driving off to a campground of your choice, allowing you to enjoy nature and even a bit of outdoor adventure without the troubles of, say, pitching a tent or gathering firewood and starting a fire. If you're new to camping, you may want to consider renting versus owning an RV to learn what you like and don't like. These days, companies like Adventure in Camping have a



fleet of recreational vehicles of all makes and sizes available for you to rent, and "test the waters."

If you know that RV camping is the life for you, approach the purchase of an RV like you would a second home or a vacation property. Most experts recommend financing rather than a liquidation of retirement income to buy the vehicle outright. This is different than a car purchase. RVs are designed to last 20 years or more. Engines, components and interiors are built for durability.

Tenting

Prefer to keep it simple? Today's tents are simple to put up and take down, lightweight and rain resistant! They use aluminum poles that snap easily together with the help of interior elastic strings. However, you need to be aware that a two-man tent is literally big enough for two sleeping bags. Gear can be stowed outside under the rain fly, but many campers prefer the extra space. A three-man tent offers an extra level of roominess that you'll appreciate. Be sure to consider a variety of sizes and brands before you commit.

Don't let your age prevent you from traveling and enjoying the outdoors. RV camping, for example, has never been more popular. And, with so many senior-friendly campgrounds accessible today, a little preparation and planning can go a long way towards making camping so much more fun and enjoyable.

Sources eureka camping.com, budgettravel.com and koa.com



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Kingston, PA 18704
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Saturday: 9:30 am - 12:00 pm

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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

Life Insurance Awareness Month

SEPTEMBER

Did you know that over 40% of Americans have NO Life Insurance coverage? And, out of the people that do have coverage, 1 in 5 people say they do NOT have enough. Courtesy of: www.LIMRA.com

There are some significant myths about Life Insurance:

1. Life Insurance is too expensive –

People think it's more expensive than it is for the protection that they truly need," says Marvin Feldman, president and CEO of Life Happens. And, that is particularly the case for Millennials, who overestimated the cost by 213% on average; and Generation Xers, who overestimated by 119% on average. When asked about the annual cost for a 20-year, \$250,000 Term Life Insurance policy for a healthy 30-year-old, respondents gave a median estimate of \$400. Millennials estimated \$600. Actual cost: approximately \$160.00 per year.

2. It is too difficult to understand, there are too many choices –

When you break it down there are only two choices: Term or Permanent. Term is like "renting" and Permanent is like "owning". The question you need to answer is, would you rather rent or own?

3. I am single and don't need coverage –

Life Insurance is more than a death benefit. Did you know there are living benefits to some life insurance policies?

4. All of my assets are jointly held, my spouse will inherit everything –

You may be right, but did you know Life Insurance benefits generally transfer tax free to your heirs? The right Life Insurance planning can help your family avoid unnecessary taxes and probate.

5. 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 your favorite charity.

Please do not let these common misconceptions keep you from preparing for your future. Given the vital role Life Insurance can play 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 insurance agent and discuss your options.

For more information, a trustworthy third-party Website you can visit is: www.LifeHappens.org. Or, to learn more, visit our Website at: www.BluDoor-FINANCIAL.com and schedule a free consultation so we can help you make sense of it all.

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Virtual Travel

FUN, ECONOMICAL AND SAFE

Due to COVID-19, people are social distancing from one another to maintain a healthy and safe lifestyle. Yet, the pandemic shouldn't limit us entirely from leaving our living space. With many public spaces temporarily closed, cities, tourist attractions and public parks are now offering virtual travel as a safe and convenient alternative to being there.

What is virtual travel?

Virtual travel offers computer-simulated tours of existing places through a sequence of photos and videos. In most cases, you can navigate through the location yourself. Using your tablet, PC or other mobile device, simply search, "virtual travel" and you're there!

Places to visit:

Enjoy our museums – Google Arts & Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum.

Explore our national parks – Go to YouTube, and explore some of America's most popular parks, such as the trails of Yellowstone National Park, Yosemite National Park and more!

Visit the zoo – Don't have a furry friend at home to enjoy? Places like the San Diego Zoo, the Georgia Aquarium and others offer live video of pandas, penguins and beluga whales.

Tour the Great Wall of China – Never traveled out of the United States? Offered by travel agencies, virtual trips around the world are now fun, economical and safe for everyone to enjoy!

Fly to Mars – International trips are one thing, but if you're feeling a bit more adventurous, you can take a trip to Mars. NASA partnered with Google to provide a three-dimensional, virtual tour of the Martian surface, recorded by the Curiosity rover.

While the coronavirus has limited our ability to travel, virtual travel can offer a technological solution for those with wanderlust. While a virtual trip



is not the same as being there – on the beach or hiking in the mountains – it can give you a sense of 'getting away from it all.'

Sources *USA Today* and *thrillist.com*

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Learn more: [geisinger.org/65safety](https://www.geisinger.org/65safety)

Bed & Breakfast

THE COMFORTS OF HOME WHILE TRAVELING



If you're the kind of traveler who enjoys interacting with people during your travels, a stay at a bed and breakfast (B&B) may be perfect for you. Usually renovated, historic and charming older houses, B&Bs possess an atmosphere intended to make guests feel like they never left home.

A Personalized Experience

Because you are staying at someone's home, the owners or innkeepers get to know each individual guest. Your schedule for coming-and-going, meal preferences and interests are all taken into consideration – ensuring you a friendly, enjoyable, personalized experience.

Meeting New People

Each morning, guests usually dine together or mingle in the evening over a cocktail. During this time, you'll have the unique opportunity to connect with other travelers, share worldly experiences, exchange travel stories and receive advice before embarking on an adventure in the area.

Scheduled Activities

B&Bs often provide a list of scheduled events each day, including tours of the house or property you're staying at, or nearby attractions. For some, this is a great advantage because it makes filling your days with activities even easier, plus you may try something or visit somewhere you never expected.

Delicious Home-Cooked Breakfast

Included in the price, breakfast is made and served fresh each and every morning of your stay at a B&B. If you have any allergies or dietary restrictions, you can let the homeowner or innkeeper know ahead of time, and they will be happy to accommodate you.

Owned by local proprietors, B&Bs are more hands-on to ensure their guest's safety, convenience and comfort. By staying at a B&B, you will not just have a bedroom for yourself, but often a living room, dining room, sunroom and outdoor living space to enjoy and relax.

Traveling can help improve your problem solving skills and overall brain health.

The Great Smoky Mountain National Park is actually the most visited national park in the United States! They had more than 12.5million recreational visitors in 2019.

"Hodophobia" is the fear of traveling. The word "hodo" is Greek for "travel" or "road," and "phobia" is Greek for "fear."

The word Pennsylvania is misspelled "Pensylvania" on the Liberty Bell, which tourists can now see in Philadelphia.

Admission to Disney World was only \$3.50 on opening day.

The population of Myrtle Beach, South Carolina jumps from 34,695 to over 498,396 in the summer months.

The temperature in Naples has never reached 100 degrees, the record is 99 set in September of 1986.

The Mall of America, located in Bloomington, Minnesota is so big that it can contain 78 football fields.

Wildwood beach is growing at a rate of 100 feet a year, and is one of the **ONLY** places on the East Coast where the shoreline is not shrinking!

COVID-19 Help For Older Adults

NCOA WEBSITE RESOURCE

(NU) - The COVID-19 pandemic is generating fear, confusion, and economic uncertainty for many older Americans, especially those living on a fixed income. Fortunately, the National Council on Aging (NCOA), a trusted nonprofit that has been helping older adults age with dignity and economic security for the last 70 years, is providing valuable information about coronavirus on its website, www.ncoa.org. NCOA experts are regularly curating and updating resources that are of vital importance to older adults and their caregivers. You will find blogs, links, and videos that address a wide range of issues, including:

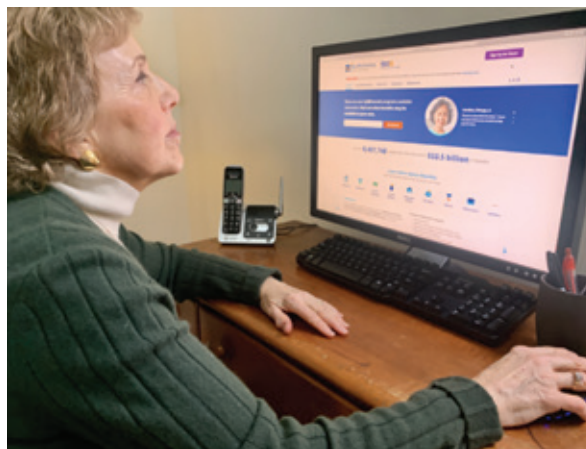
Food

If you or someone you care for needs meals delivered, NCOA offers links to Meals on Wheels and Feeding America with options to search in your zip code for local services. Feeding America and other food banks are adapting to the situation by setting up social distancing guidelines and smaller community drop-off points. For those who qualify, there is a link to apply for SNAP, formerly known as Food Stamps, which helps individuals pay for nutritious food.

Finances

Many older Americans, especially those living on a fixed income, are concerned that COVID-19 will impact their financial situation now and in the future. In fact, many federal, state, and local benefits programs are available to older adults for help with financial challenges, including utility payments, medication costs, rent, and other expenses. NCOA's companion website, www.BenefitsCheckUp.org, offers information about eligibility and how to apply for billions of dollars in benefits.

In addition, although older Americans are advised to avoid non-essential travel, older adults can find options for critical transportation for essential medical visits or to pick up food and medication. NCOA provides a link to Eldercare Locator to help find local transportation services, and also offers information about navigating telemedicine visits, which are becoming easier and more commonplace. Those



concerned about Medicare benefits in the COVID-19 health care environment can use NCOA's links to state and government sites for the latest information.

Feelings

The stress and isolation of the coronavirus pandemic is taking a toll on everyone's emotions. While NCOA urges older adults to follow physical isolation guidelines to remain physically healthy, it also offers tips for older adults, their caregivers, and families to use technology to stay in touch with loved ones and friends, and remain emotionally healthy as well. Visit www.ncoa.org for what older adults should know about COVID-19, as well as other information about healthy aging. It's a treasure trove of valuable resources for older adults and their caregivers.

Source NewsUSA

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Traveling Tips

DURING A PANDEMIC

Traveling increases your chance of getting and spreading COVID-19 and is not recommended during a pandemic. Beyond trips to your local grocery store and other conveniences of every day living, traveling outside your area is often necessary and not always avoidable.

Traveling tips by health experts to ensure your safety and the safety of others:

- Check local, state and public health Websites for up-to-date COVID-19 travel restrictions before you leave
- Take a mask to wear in public places
- Avoid close contact with others by standing at least six feet apart
- Bring along hand sanitizer with at least 60% alcohol
- Wash your hands with soap and water for at least 20 seconds



- Pack enough food and water for your trip in case restaurants and stores are not open
- Be sure to contact hotels and other places of rest in advance of your trip to ensure they are open
- Use online or contactless reservations and check-in procedures
- Use contactless payment whenever possible

Considerations for various types of travel:

Air travel – most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, spending time in security lines and airport terminals, and on crowded flights may increase your risk of getting COVID-19.

Traveling by bus and train – for any length of time can involve sitting or standing within six feet of others, which may increase your risk of getting COVID-19.

Car travel – with close companions is definitely safer, but making frequent stops along the way for gas, food or bathroom breaks can put you and your traveling companions at an increased risk of contacting COVID-19 through others.

RV travel – may involve fewer stops along the way, but usually means longer stays at campgrounds and other public places. These stops may put you and those with you in close contact with others outside of your area, increasing your risk of getting COVID-19.

Sources CDC, Centers for Disease Control and Prevention; National Center for Immunization and Respiratory Diseases, NCIRD; AAA's Road Trip Planner



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Remember When?

THE HISTORY OF APRONS

I don't think our kids know what an apron is. The principle use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven. It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and

the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes. Send this to those who would know (and love) the story about Grandma's aprons. Remember: Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron – but love.

Author unknown



Games

AND ACTIVITIES

.....SUDOKU.....

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

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

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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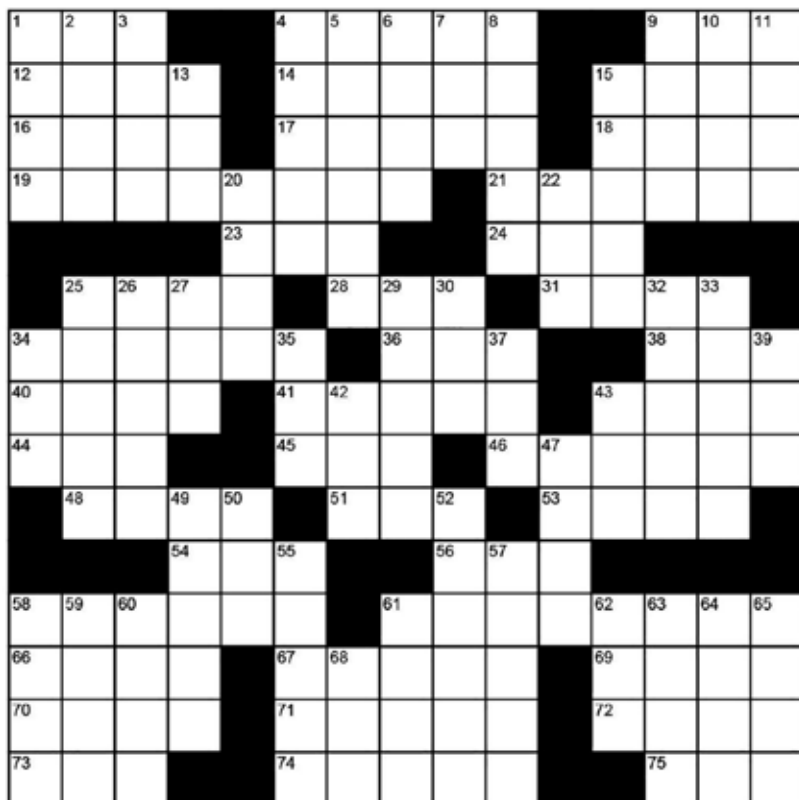


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Games

AND ACTIVITIES

CROSSWORD PUZZLE



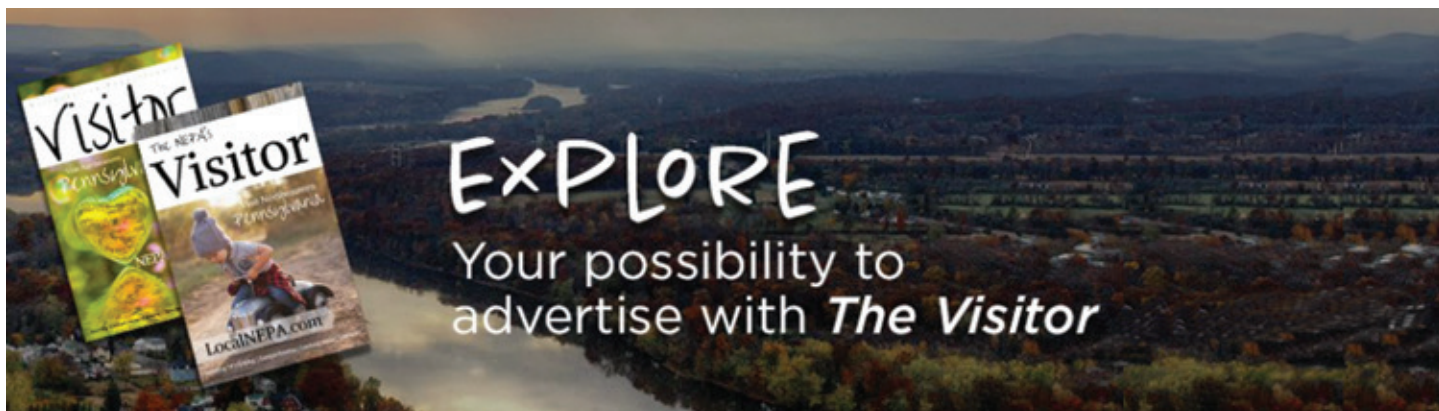
Answers are provided on page 23.

ACROSS

- 1 Foreign Agricultural Service
- 4 Abraham's son
- 9 Affirmative
- 12 S.A. Indian
- 14 Naught
- 15 Multicolor
- 16 Deceive
- 17 Scarf
- 18 Hair holder
- 19 Complete form
- 21 Inlets of the sea
- 23 Snacked
- 24 Child
- 25 Jacob's son
- 28 River (Spanish)
- 31 Baloney
- 34 Long scolding
- 36 Floor covering
- 38 Facial twitch
- 40 Prayer ending
- 41 One hundred of these makes a shekel in Israel
- 43 Deliver by post
- 44 December
- 45 Change color
- 46 Drives too fast
- 48 Poke
- 51 Cheat
- 53 American Civil Liberties Union (abbr.)
- 54 Cooking fat
- 56 Poisonous snake
- 58 Ancient Greek city
- 61 3 sided shape
- 66 Fuzz
- 67 Glass kitchenware
- 69 Data transmission rate
- 70 Gas burner
- 71 Holy person
- 72 Opposed
- 73 Change color
- 74 Take everything out
- 75 Comprehend

DOWN

- 1 Flute
- 2 Soon
- 3 Scotsman
- 4 Set in
- 5 Baby __
- 6 Sailors "hey"
- 7 Cause of sickness
- 8 Rift
- 9 Deck
- 10 Looked at a book
- 11 Chances of winning
- 13 Boxer Muhammad
- 15 Picture
- 20 Bust
- 22 Trade
- 25 Citrus fruits
- 26 Construct
- 27 Moving truck
- 29 Satire
- 30 Possessive pronoun
- 32 Brace oneself
- 33 Large eastern religion
- 34 Little bit
- 35 Munch
- 37 Vapor
- 39 Discs
- 42 Joke
- 43 Part of a min.
- 47 Male parent
- 49 Artery
- 50 Gnawed
- 52 Rear
- 55 Get worse
- 57 Age
- 58 Sliding toy
- 59 Grieve
- 60 Green Gables dweller
- 61 Falter
- 62 BB association
- 63 Teenage group
- 64 Pear shaped instrument
- 65 Modify
- 68 Sweet potato



Games AND ACTIVITIES



WHITE HOUSE WEIRDNESS

Things to ponder in an election year.

Washington didn't have enough money to get to his own inauguration, so he borrowed \$600 from a neighbor.

Woodrow Wilson was the first president to earn a Ph.D. However, he really wanted to be a vaudeville actor. Like every boy's dream, he ran away to join the circus. He knew what awaited him when he got home, so he stuffed his pants with padding to soften his father's "greeting."

General Eisenhower loved to paint but his drawing skills were generally bad. He would ask someone else to draw pictures, then he would paint inside the lines. And so, in the 1950s, the national paint-by-numbers fad was born.

Calvin Coolidge was a fun kinda guy. He loved to ride a horse - in his bedroom. Before you start picturing "The Godfather," Cal's horse was a mechanical bucking horse he rode every day.

When Richard Nixon was running for president after being Ike's vice president, Ike was asked to give an example of one idea he accepted from Dick. His reply, "If you give me a week, I might think of one."

After shaking hands for three hours at a reception, Lincoln said his hand was "almost paralyzed." It was hard for him to hold a pen. After dropping it once, he persevered and picked it up again - and signed the Emancipation Proclamation.

Thomas Jefferson led the first inaugural parade through Washington - sort of. Actually, he was just walking back to his boarding house after being sworn in, and a crowd of people started following him.

Andrew Jackson was the first president to be handed a baby to kiss while campaigning. Not relishing the thought, he passed the baby to his secretary of war instead.

James Polk had his gallstones removed at age 16 - and demanded it be done without anesthesia.

Author unknown

50 **ways** to Beat the Virus



Stay away from the pack, Jack
Don't visit your gran, Stan
Wipe down every toy, Roy

Sneeze into your sleeve, Steve
Stop touching your face, Grace
Keep back 6 feet, Pete

This isn't spring break, Jake
Stay home if you're sick, Dick
Just follow the rules, fools

Just stay virus free

Heed the CDC

Just stay virus free

Don't hop on the bus, Gus
Don't listen to Don, Ron
Don't hoard the TP, Lee

Just use the Purell, Mel
Keep wipes in your purse, nurse
Take care of your stock, Doc

To keep the virus away

You need PPE

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

1. Total Mess
2. Paint By Numbers
3. Four Part Harmony
4. Poison Ivy
5. Tilt a Whirl
6. Internet Site
1. Musically Inclined
2. Overcome the Odds
3. The Underdog
4. Cut Above the Rest
5. One Thing After Another
6. Waving Goodbye



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

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

What To Do

WITH YOUR GRANDCHILDREN

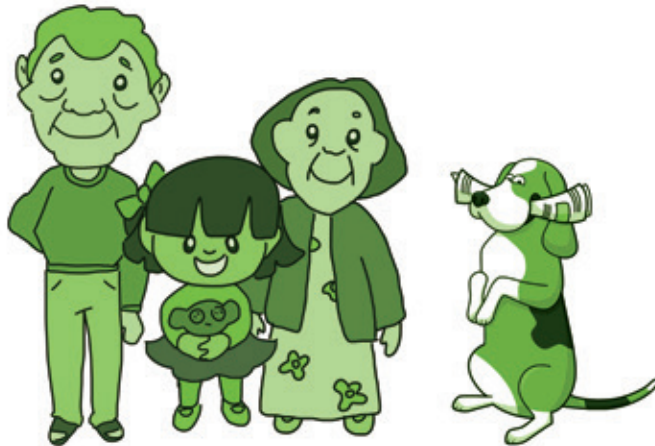
This pandemic is hanging on a lot longer than we hoped. The isolation and limited travel opportunities are making all of us a bit antsy. Children are naturally antsy anyway, especially when they get bored. Having nothing to do could just be a way of saying, “I can’t think of anything to do.” Because of our current circumstances, we have culled some suggestions for indoor and outdoor fun. You can Google these ideas to find more details. Always remember to abide by health and safety recommendations.

PET STUFF

- You’re going to wash your dog anyway, so why not do it outside with the garden hose? Be gentle and considerate, and try not to “accidentally” squirt each other!
- Teach your pet a new trick. Of course, fish and turtles are harder to train.
- Start a terrarium for a pet cricket, lizard or salamander.
- Make decorative pet rocks.

NATuRE STUFF

- Find out what astronomical events are coming up and plan to watch the skies. It may mean getting up early or staying up late, but it will be worth it!
- Build a bird feeder or bird house, or both.
- Sit or lie on the grass and try to find familiar shapes in the clouds.
- Plant something, like a butterfly garden or some grass or a potato.
- Touch flowers, trees and other plants that you normally just look at. No ... NOT the poison ivy!
- Create a fairy garden.
- Find some fresh air and inhale, exhale, slowly.



EATING STUFF

- Bake some treats for the neighbors.
- Have an egg toss. That’s not exactly eating, but it’s food-related ... and bath-related.
- Make homemade ice-cream.
- Make homemade chili (or some other concoction you have in mind, while having a Plan B in case it gets gross).

GAME STUFF

- Play hopscotch.
- Play hide-and-seek.
- Play catch and have a nice chat.
- Make a miniature golf course in your yard.
- Play a game of marbles (before you lose yours from boredom).

CRAZY STUFF

- Have a shaving cream fight.
- Play tag with a wet sponge.
- Get out the water pistols.
- Play air guitar to your favorite song.
- Arm wrestle with an egg in your hands.
- Videotape yourselves doing something fun and share it online. The kids will know how to upload it for you.

Events Calendar

BOOK LOVERS DAY



Book Lovers Day is celebrated on August 9 every year. It is an unofficial holiday observed to celebrate reading and literature. Its origin and creator are unknown. People are advised to put away their smartphones and every possible technological distraction, and pick up a book to read.

While the day's origins may be shrouded in mystery, books themselves are not. Books began as scrolls made from the Egyptian Papyrus plant. The Romans developed the first codex or manuscript, made from wood and animal skins, which opened like a book and featured real pages. Often the wooden cover was tightly wrapped in leather to prevent the wood from getting wet and had clasps or straps to hold it shut. Before the Gutenberg printing press, the Chinese and Koreans also used moveable type (molded letters that could be arranged, inked and reused). The printing press, the typewriter and the computer all had a positive

effect on the sale of books. But more so than most, was the surge in smaller electronic devices, making it that much easier to carry around a small library.

In order to truly appreciate Book Lovers Day, one must only find a good book and story, and read it. When was the last time you visited your local, public library? Many librarians will gladly help you find a title to read. Maybe you wish to dive into the unknown with a good mystery, or see magic in a fantasy setting, or be enthralled in a steamy romance? But no matter your preference, whether you read a book at home over a warm cup of tea, share a book meeting with friends or go to the library, please take time to revel in a good book!

Marci's personal suggestion:
A Man Called Ove

Source Wikipedia and Study.com



The Mature Worker Program

Area Agency on Aging
Luzerne and Wyoming Counties

The Senior Community Service Employment Program (SCSEP) provides temporary community-service training opportunities to older Americans to prepare them for jobs in their community. SCSEP participants train an average of 15-20 hours a week, and are paid at minimum wage.

Participants are placed in a wide variety of community service training assignments at nonprofit and public facilities.

- To participate in SCSEP, you must be aged 55 or older, unemployed and meet our financial guidelines.
- To be a participating Training Site, your organization has to be a nonprofit.

Please call one of the numbers below for more information or visit our Website.

800-252-1512 • 570-822-1158
www.LuzerneCounty.org



We are a federally-funded training program.

Giving Back

PAUL URNER

Volunteering doesn't just benefit others it can also improve your own mental and physical health. A Carnegie Mellon University study found that adults over 50 who volunteered on a regular basis were less likely to develop high blood pressure, a major risk factor for heart attack, stroke, heart failure and metabolic syndrome.

Meals on Wheels, Endless Mountains is probably the most recognizable volunteer service in our area. In 2018, the Area Agency on Aging (B/S/S/T AAA) Meals on Wheels program delivered 150,953 meals to 1,008 individuals.

For an average of four hours each week volunteer, Paul Urner works in the kitchen at the Wellsboro Active Living Center packaging prepared meals for 60 Meals on Wheels, Endless Mountains program recipients in the area.

Paul believes that volunteering with the Meals on Wheels program is a very positive experience for him. *"It's rewarding and fun working with a lot of new people!"* says, Paul.

Paul retired in 2019, where he worked in accounts payable and personnel scheduling for a local company. As a graduate of Penn State, Paul's background is varied. But, working in the kitchen is right up Paul's alley – he also volunteers by preparing food at St. Peter's Catholic Church in Wellsboro.

If you're interested in making a positive impact in the lives of others, please contact Kelly Hall, Community Services Coordinator of the Area Agency on Aging (B/S/S/T AAA) in Towanda at 570-265-6121, which covers a four-county service area of Bradford, Sullivan, Susquehanna and Tioga. For additional information on Area Agency on Aging services in your area, call 1-800-982-4346 and ask to speak with a Volunteer Coordinator.



Paul Urner volunteers at the Wellsboro Active Living Center, working in the kitchen packaging prepared meals for Meals on Wheels, Endless Mountains.



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