

Northeastern Pennsylvania LIFESTYLES™

OVER 50

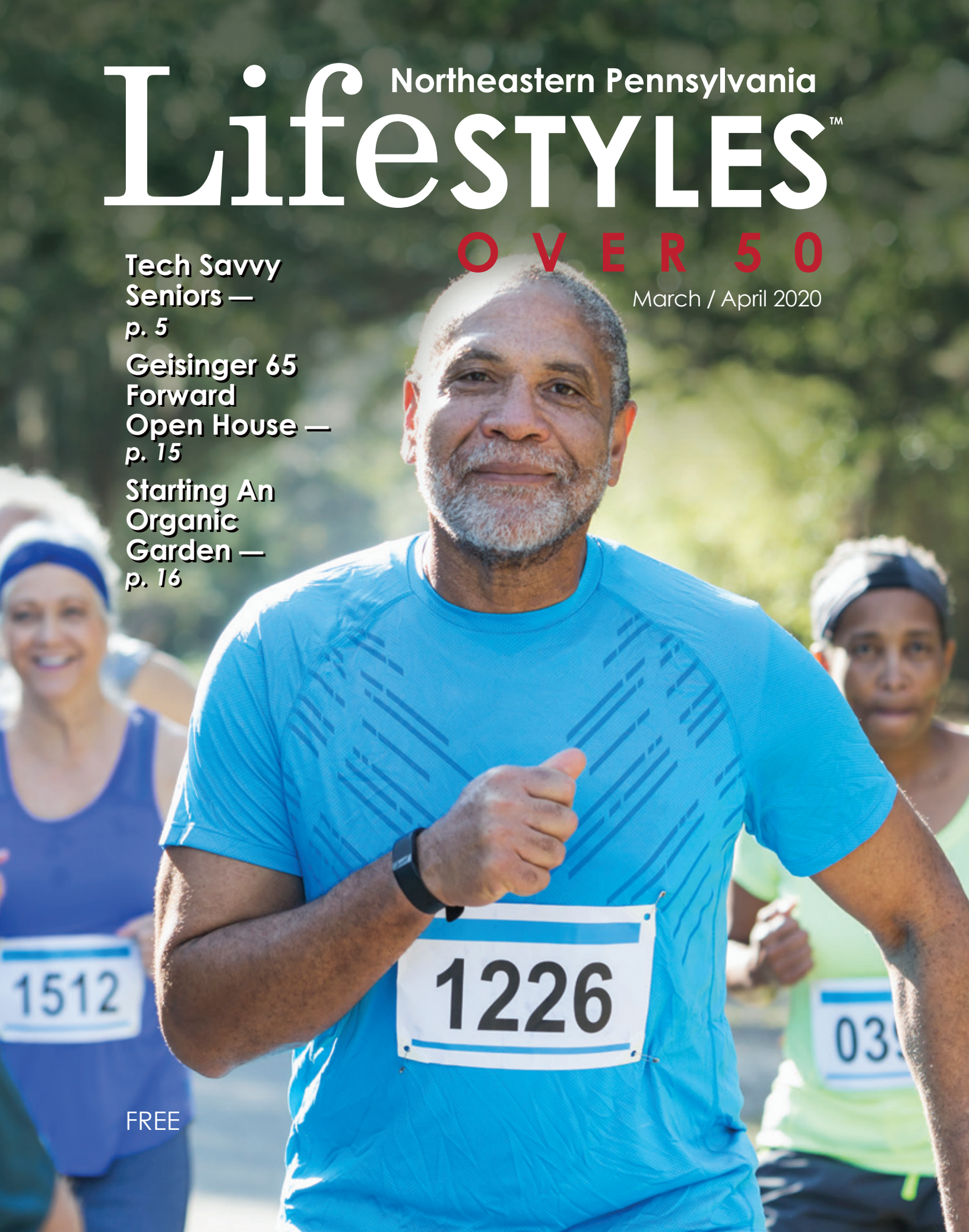
March / April 2020

Tech Savvy
Seniors —
p. 5

Geisinger 65
Forward
Open House —
p. 15

Starting An
Organic
Garden —
p. 16

FREE



Call today to connect with a **SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



UNDERSTAND YOUR OPTIONS — Learn the different types of senior care available



LOCAL KNOWLEDGE — Our Advisors have the local knowledge to help you hand-pick communities in your area



SIMPLIFY — Your dedicated Advisor will simplify your search and help schedule tours



EXPERIENCE — Our Advisors help thousands of families understand their options every day



SUPPORT — Our team is happy to provide additional support from movers to attorneys and much more



There's no cost to you!
(833) 976-0287

! We're paid by our partner communities

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**. Our Advisors are **trusted, local experts** who can help you understand your options.



aPlaceforMom.

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

Cover Story

FRESH START



Here at LIFESTYLES Over 50 Northeastern Pennsylvania, we are deeply concerned over the impact of the Coronavirus on our lives. I encourage you to read updates on trustworthy Websites like CDC.gov and AARP.org for information on the ever-changing status of this disease.

It's no secret that the older population is more at risk to develop serious complications from this virus, especially those with a heart condition, diabetes and lung disease. We encourage everyone to continue to use safe practices: wash your hands; maintain a six-foot social distance; and cough into your elbow. As an added safety precaution, please pay attention to those grocery stores that list special hours for the elderly.

In this issue, we've included: Tech Savvy Seniors provides guidance to protect your computer; and Giving Back features Kelli Piscioti, a volunteer at Monroe County Meals on Wheels. We hope this issue can lighten your spirits, and provide a small distraction while staying at home. We wish good health to all of you, and your loved ones!

Marci Kacyon

Executive Editor

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

TABLE OF CONTENTS

Pay It Forward	4
Tech Savvy Seniors	5
In Your Neighborhood	6
TREHAB	7
Quality Insights	8
Manage Your Seasonal Allergies	9
March Facts	10
Language Humor	11
Estate Planning	12
Nurseries & Garden Centers	13
Geisinger 65 Forward Open House	14-15
Starting An Organic Garden	16
APPRISE – Medicare Help	17
The Mayonnaise Jar	18
Remember When?	19
Games And Activities	20-23
What To Do With Your Grandchildren	24
Events Calendar	25
Giving Back	26

LIFESTYLES
OVER 50
Northeastern Pennsylvania

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.

Copyright© 2020 by L•A Publishing, publisher of LIFESTYLES Over 50 Northeastern Pennsylvania. The contents of this publication may not be copied or reproduced in any manner without the expressed written permission of the publisher. L•A Publishing assumes no responsibility for damages arising from errors, omissions or editorial content. Interested in receiving our magazine in the mail? Call 570-390-3350 to order your annual subscription (all 6 issues) today!

**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Calling All Nonprofits!

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

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

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.



570-629-1334
www.GetzPersonalCare.com

Providing Quality Care for Over 50 Years!



The **Getz**
Personal Care Home

*The
right place
to be.*

Tech Savvy Seniors

HACKING 101 — BE CAREFUL

Hackers illegally steal personal information by accessing your computers or accessing Websites via the Internet. They are difficult to stop because they use smart technology and are usually from outside the U.S. They steal by either invading your computer with Spyware to learn your private information/passwords, or they hack Websites to steal stored account information.

PROTECT YOUR COMPUTER

Firewalls prevent unauthorized access to your computer. Make sure you have a firewall installed and enabled before you go online.

Antivirus software immunizes your computer against threats to your computer. Viruses slow your computer or can delete files. Be sure to allow updates from your antivirus software to protect your computer from new viruses that are created daily.

Anti-spyware blocks threats from harmful programs designed to intrude your computer and cause grief by sending unwanted pop up ads and/or stealing personal information by recording keystrokes while you work on your computer. Spyware is hard to detect and very difficult to remove. Anti-spyware is often included in antivirus software.

Allow updates to your computer's operating system since most updates include security fixes that prevent hackers from accessing your computer.

Change your password often, and use complex passwords. Avoid using correct answers for security questions. And, keep passwords stored on paper. Do not store passwords on your computer.

Log off Websites and turn off the computer when not in use to make it less visible and less of a target for hackers. If possible, turn off your WIFI to prevent intrusions.

Use secure devices and Internet access to log in to your bank accounts. Avoid using public Internet access and computers that could be infected with a virus or Spyware.

Back up your important information onto an external hard drive or USB stick in case hackers do penetrate your computer and delete information. Hope for the best, but prepare for the worst.

With the increase in devices that keep us connected by using the internet, we need to stay vigilant. Predators are always out there waiting to earn an easy buck by stealing our information stored on our computers.

Text Messaging for Seniors



SMS, Short Message Service — is the abbreviated language and slang commonly used with text messaging and e-mail. We all know LOL (Laughing Out Loud) and BFF (Best Friends Forever), but are you familiar with these?

ATD – At the Doctor's

BFF – Best Friend's Funeral

BTW – Bring The Wheelchair

BYOT – Bring Your Own Teeth

CBM – Covered By Medicare

CGU – Can't Get Up

CUATSC – See You At The Senior Center

FWIW – Forgot Where I Was

FYI – Found Your Insulin

GGPBL – Gotta Go, Pacemaker Battery Low

GHA – Got Heartburn Again

IMHO – Is My Hearing-Aid On?

LMDO – Laughing My Dentures Out

LOL – Living on Lipitor

LWO – Lawrence Welk's On

OMSG – Oh My! Sorry, Gas

ROFL – Rolling On The Floor Laughing

WAITT – Who Am I Talking To?

In Your Neighborhood

TOWANDA, PA

The County Seat of Bradford County

Towanda was first settled in 1784, although its early growth was quite modest. The first settler was believed to be William Means who married Elizabeth Fox. Upon the organization of Bradford County in 1812, commissioners were appointed to locate a county seat. They settled upon the current courthouse square in Towanda as a location close to the geographic center of the county, conveniently situated along the Susquehanna River and scenic Route 6.

The name, Towanda means “burial ground” in the Algonquian language. Eventually, incorporated in 1828, Towanda was once known for its industrial interests, which included flour, planing and silk mills, a foundry and machine shop, dye works, and manufacturers of talking machines, cut glass, toys, and furniture.

Today, Towanda is host to several major industries and companies, including Global Tungsten and Powders, a leading global producer of tungsten, tungsten carbide, molybdenum, and phosphor powders and chemicals. DuPont, a manufacturing facility that produces polymer-based coated films for circuit and packaging materials; microcircuit materials and packaging graphics; high-performance materials for flexible circuit construction; holographic films; polyvinyl fluoride films and coated membranes. And, a Jeld-Wen manufacturing facility, located across the river in Wysox.

Since 2008, many national and international companies are actively drilling or leasing Marcellus



Photo courtesy of Google Earth

QUICK FACTS

County: Bradford

Founded: 1784

**Population: 2,919 people
(2010 census)**

**Mayor:
Garrett Miller**

**Website:
www.towandaborough.org**

Shale properties in the area, including: Chesapeake Appalachia, Talisman Energy, Southwestern Energy Products, Chief Oil & Gas, EOG Resources, Vavco, SWEPI, Range Resources and Enervest. Recently, Panda Power Funds opened a 829-megawatt Marcellus, gas-fueled, “Liberty” power plant.

The Towanda Historic District and Bradford County Courthouse are listed on the National Register of Historic Places. The Towanda Historic District includes 440 contributing buildings and one contributing site in the central business district and surrounding residential areas of Towanda. The buildings date between 1830 and 1900, and include notable examples of vernacular and high style Greek Revival, Queen Anne and Classic Revival-style architecture.

Courtesy of Wikipedia, towandaborough.org and bradfordcountypa.org

New! Day Options in Lehigh County



Providing Choices for Adults with Autism & Intellectual Disabilities

KCR provides a variety of day options, customized to each individual's needs & choices.

Now Taking Referrals!

For more information about your loved one attending our programs, please contact Kristie Baker at 570-604-2982 or kbaker@keycommres.com

KCR Day Options are open to waiver eligible individuals

*Info: Visit www.keycommres.com
Celebrating 55 years of Caring, since 1964*

TREHAB

A Community Action Agency



Trehab's Community Resource Center of Wyoming County provides access to a coordinated network of community-based services available through Trehab, as well as other community partners.

Trehab offers a variety of services to meet an individual's and their family's needs, such as:

Drug & Alcohol Outpatient Program – recognizing chemical dependency as a chronic, progressive disorder that can be terminal without proper treatment; Trehab is a community-based program that provides substance use disorder treatment and educational services to individuals and their families in a supportive environment.

Workforce Development – viewing education as playing a key role in the reduction of crime, improved public health, and greater community involvement; Trehab assists the underemployed and unemployed with job skills training, job searching, career counseling and workshop development.

Literacy/HiSET – supportive of a more self-directed approach to independent and flexible learning; Trehab can help you on your journey to earning your high school equivalency credential/certification by taking the HiSET exam, High School Equivalency Test.

Trehab operates as a private, non-profit 501 (c) 3 corporation. Other services include transportation through the Susquehanna-Wyoming County Transportation (SWCT) Shared-Ride Transportation Service; the Weatherization Program, providing insulation, weather stripping, caulking and other energy saving measures to households/families that qualify; as well as a monthly program to help Grandparents Raising Grandchildren. "We're always in need of volunteers to assist with our programs, support groups and community events," according to Ryan Taylor, a Certified Recovery Specialist, and Volunteer & Project Coordinator for Trehab. "And, please remember that any donations you make may be tax-deductible," says Ryan.



Information courtesy of:

Community Resource Center of Wyoming County
102 Warren Street, Suite 2
Tunkhannock, PA 18657

To learn more about Trehab and services available in your area, please contact:

Administrative Office
36 Public Ave., PO Box 366
Montrose, PA 18801

www.TREHAB.org
1-800-982-4045 or 570-278-3338

Trehab does not discriminate against any person because of age, race, color, ethnic background, national origin, religion, mental or physical disability or handicap, sex, sexual orientation, marital status, parenthood or financial status.

Quality Insights

YOUR HEALTH IS YOUR GREATEST ASSET

Your health is your greatest asset. The best way to take care of it is to be an active participant in the care that you receive. But, what does that mean?

If you have an ongoing health condition like diabetes, chronic kidney disease or a heart problem, learn about the things you can do to improve your health at home in between your doctor visits. Things like taking your blood pressure at home, regularly testing and recording your blood sugar, quitting smoking and getting your annual wellness visit from Medicare are things you can do to help you stay healthy.

When you go see your doctor, talk to him or her about the things you're doing at home. Come prepared with a list of medications you're taking, the self-management measures you've taken at home and a list of questions you want answers to. Having

a good relationship with your doctor is an important key to being actively involved in your health.

Sometimes just speaking up can help you and your loved ones have a healthier outcome. Research shows that when patients are engaged in their healthcare, it can lead to measurable improvements in safety and quality, according to the Agency for Healthcare Research and Quality (AHRQ). You can help improve your healthcare by simply sharing your opinions, ideas and experiences. For example, participate as an advisor to a healthcare facility, offer your input to promote better communication among patients, family members and healthcare professionals or help ensure safe continuity of care by staying informed of any changes to the care plan.

As a Quality Innovation Network, Quality Insights collaborates with healthcare providers and patients to make care better. We have brought together representatives from hospitals, nursing homes, home health agencies, veterans' agencies and other organizations to form a community group in your area. The Monroe County Regional Healthcare Coalition includes members from Monroe, Carbon, Pike, Wayne, Luzerne and Lackawanna counties, and we offer opportunities for you – the patient – to participate in this coalition.

Your voice and your opinion count. If you would like to learn more about how you can be involved in this group, we invite you to please contact Biddy Smith via e-mail at: bsmith@qualityinsights.org

Quality Insights is the Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Pennsylvania and West Virginia. Quality Insights partners with healthcare providers across the region to bring about widespread, significant improvements in the quality of care they deliver. Our goal is better care, better health and lower costs.



www.qualityinsights-qin.org

Courtesy of Krista Davis, Quality Insights

AVAILABLE via SUBSCRIPTION

Interested in receiving
our magazine in the mail?

570-390-3350

Call to order your annual
subscription today!

Northeastern Pennsylvania
LIFESTYLES
OVER 50

Spring Has Sprung

MANAGE YOUR SEASONAL ALLERGIES

Pesky allergens will be here before we know it. People affected by seasonal allergies may be suffering from itchy and watery eyes. Older adults suffer from seasonal allergies too. It's not impossible for allergies to develop for the first time later in life.

It's important to understand the difference between allergies and geriatric rhinitis, which is simply mucus and discomfort in the nose due to aging. The cartilage around the nose can grow weak with age. The passageways in the nasal cavity become narrow and lead to stuffiness. There is also less blood flow and this leads to dryness. It's also important to understand that seniors may have other complicating factors, such as chronic diseases, that make it difficult to manage the signs and symptoms of allergies.

Learn the signs and symptoms of allergies. Sneezing, a runny nose, itchy and watery eyes, coughing, headaches and dark circles under the eyes are all a reaction to pollen. These symptoms should be taken seriously and treated as soon as possible. For seniors suffering from a chronic heart condition or respiratory problems, these symptoms can cause a disruption in breathing.

Talk with your doctor. Symptoms of allergies might complicate current conditions. Discuss what medications might be best. Over the counter antihistamines might provide a quick fix but could have harmful side effects. They could potentially cause confusion, drowsiness, urine retention, dry mouth and dizziness. This could lead to falls and change in mood. They could also have harmful side effects with other medications that you are already taking. Your physician will know best how to treat your allergies.

Limit outdoor exposure when pollen counts are high. Pay attention to weather forecasts that provide a pollen count during the spring. As a general rule of thumb, avoid warm dry days especially if it's windy outside. Pollen count is usually highest between 5:00 a.m. to 10:00 a.m. The best time to go outside is after a heavy rain when the pollen has been washed away and stuck to the ground. When outside, wear the correct clothing. Wear glasses to protect your eyes from pollen. Wear a hat or scarf

to prevent pollen from getting into your hair, which can get into your eyes and nose as well.



Keep your house free of irritants. Keep windows and doors closed on high pollen days. Use an air conditioner with a High Efficiency Particulate Air (HEPA) filter. Use an air purifier designed to remove allergens. Use a vacuum with an advanced filtration bag to prevent dust from traveling back into the air. Purchase hypoallergenic pillows and bedding. Place all clothing worn outside immediately in the wash so allergens won't track into your living space. Use the dryer instead of hanging clothing outside on the line. Ask visitors to remove their shoes upon entering your home to keep allergens at bay. Check your cleaning supplies to see if they might be the cause of any symptoms that you may be suffering from. Occasionally, the smell of a cleaning product could be the source of allergies. And lastly, wash your hands and shower, especially after coming in from the outside.

Eat foods that boost your immune system. Apples, walnuts, ginger, leafy greens, strawberries, and yogurt help fight inflammation. Fatty fish also reduces inflammation and is good for your heart and memory.

Suffering from seasonal allergies can put a damper on your day. Learn to recognize the symptoms. Keep in close contact with your primary care physician and/or pharmacist to manage your seasonal allergies!

Julianne Miller, AFC®
Daily Money Manager



www.Life-Money-Management.com

570-406-3312

Managing daily bills and
financing for those in need.



March Fun Facts

DAYLIGHT SAVING TIME AND THE IDES OF MARCH

Daylight Saving Time (DST) is a time change when we set our clocks ahead of Standard Time to take advantage of the sunshine and to conserve energy. It allows us to enjoy daylight an hour longer starting the second Sunday in March and reverts back to standard time the first Sunday in November.

In 1908, the residents of Port Arthur, Ontario were the first people to observe DST, however Germany and Austria were the first countries to adopt DST in 1916, in an effort to conserve fuel needed to produce electricity during World War I. Over the years, the DST plan went through many changes, varying from a two-hour shift to setting the clocks ahead 20 minutes on each of the four Sundays in April and then back by the same amount on each Sunday in September. DST lacked popularity because citizens claimed it disrupted their sleep schedule and farmers claimed it disrupted their work schedule. At one point, the DST plan was denounced by the federal government and sent to the local municipalities to decide if their community should observe the time change. This led to chaos. At one point before the Uniform Time Act of 1966 was passed, a 35-mile bus ride from Moundsville, WV to Steubenville, OH would send a passenger through at least 7 different time changes.

Recently, the Energy Policy Act went into effect in 2007. These changes extended DST to end a few days after Halloween for the purpose of providing greater safety to the Trick or Treat holiday. This time change also proposed a way to encourage greater voter participation, the theory that people would go to the polls if it were still daylight after work.

Interesting fact: DST is not observed by all states in America. Hawaii and Arizona do not change their clocks during DST.

Tidbit: DST can change birth order. In November of 2007, a pregnant mother in North Carolina gave birth to a baby boy at 1:32 a.m. and then to a baby girl 34 minutes later. However, because of DST, time reverted to Standard Time at 2:00 a.m., and the baby girl was technically born at 1:06 a.m., which makes her older than her brother by 26 minutes.



The Ides of March – An anniversary associated with treachery and ill fortune. The Roman calendar marked March 15 as the Ides of March. At that time, days were not expressed as numbers, but in relation to the lunar phase of the month using three markers: Kalends (new moon) refers to the first of the month; Nones (first quarter moon) refers to the 5th or the 7th day of the month; and Ides (full moon) refers to the 13th or the 15th of the month. The Ides of March became famous when the Roman Senators stabbed Julius Caesar on March 15 due to the concern of his increasing power. William Shakespeare further immortalized this date by writing “Beware the ides of March” in *The Tragedy of Julius Caesar*.

Language Humor

ENGLISH IS A CRAZY LANGUAGE

Let's face it, English is a crazy language. There is no egg in eggplant; nor ham in hamburger; and neither apple, nor pine in pineapple. And, English muffins weren't invented in England.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea, nor is it a pig. And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?

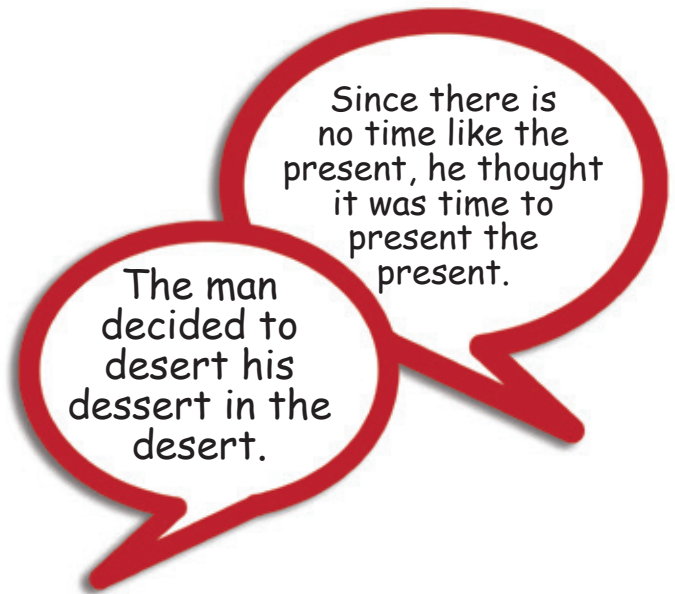
Doesn't it seem crazy that you can make amends, but not one amend? If you have a bunch of odds and ends, and get rid of all but one of them, what do you call it? If teachers taught, why didn't preachers praught? If a vegetarian eats vegetables, what does a humanitarian eat?

Sometimes I think all the folks who grew up speaking English should be committed to an asylum for the verbally insane. In what other language do people recite at a play, and play at a recital? Ship by truck and send cargo by ship? Have noses that run, and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going on. If Dad is Pop, how come Mom isn't Mop?

We'll begin with a box, and the plural is boxes; but the plural of ox became oxen, not oxes. One fowl is a goose, but two are called geese, yet the plural of moose should never be meese. You may find a lone mouse or a nest full of mice; yet the plural of house is houses, not hice. If the plural of man is always called men, why shouldn't the plural of pan be called pen?

If one is a tooth and a whole set are teeth, why shouldn't the plural of booth be called beeth? Then one may be that, and three would be those, yet hat in the plural would never be hose, and the plural of cat is cats, not cose.



We speak of a brother and also of brethren, but though we say mother, we never say methren.

Some other reasons to be grateful if you grew up speaking English:

- The bandage was wound around the wound.
- The farm was used to produce the produce.
- He could lead if he would get the lead out.
- When shot at, the dove dove into the bushes.
- I did not object to the object.
- The insurance was invalid for the invalid.
- There was a row among the oarsmen about how to row.
- They were too close to the door to close it.
- The buck does funny things when the does are present.
- To help with planting, the farmer taught his sow to sow.
- The wind was too strong to wind the sail.
- After a number of Novocain injections, my jaw got number.

Courtesy of Art Villafane, Lifestyles Over 50

Estate Planning

GENERAL OVERVIEW

An estate plan is not just for high-net-worth individuals, it's for everyone who is single, has a spouse, has a partner, has dependents, owns a business, has investments, has retirement funds, owns property, or has material possessions of value such as a car. An estate plan may reduce estate taxes and shield your beneficiaries from having to go through probate. It means your last wishes will be heard. You can name a guardian for any young children and can even direct how you wish a beloved pet to be cared for after you are gone. Having an estate plan can also prevent a mess by bringing clarity to your beneficiaries, and it can protect assets from unforeseen creditors.¹

The estate plan² may contain a will or living trust, the names of your beneficiaries, the appointment of an executor, a letter of intent that tells a beneficiary or executor what you wish to be done with specific assets, funeral details, and special requests. It should contain a healthcare directive with a power of attorney appointing a trusted person to make medical decisions for you when you can no longer voice your opinion, and a durable power of attorney appointing a trusted friend or relative to make financial and legal decisions for you, if you become incapacitated. It may also contain a trust or trusts for passing on assets to your beneficiaries. Life insurance can be an important component in the overall estate plan.

You should update your estate plan whenever a major change occurs in your life, such as purchasing a home, moving in with a significant other, getting married, having or adopting a baby, selling your business, getting a divorce, retiring, or having a beneficiary die before you do. Review your plan when federal and state laws on estate taxes change.

If you should die without a will (which is called "intestate"),³ the state and federal governments will have standard procedures for distributing your assets, and they may not be in line with your wishes. Your beneficiaries may have to pay more in estate taxes, and probate may take considerably longer than it would if you had a will in place.



Consult a professional financial advisor on tax and estate planning. Trusts can be complicated to set up, so consult a professional trusts and estates attorney or certified public accountant before you begin.

This educational, third-party article is provided as a courtesy by – blu door FINANCIAL.



blu door
FINANCIAL

56 Elizabeth Street
Forty Fort, PA
18704
570-763-5876

To learn more about the information or topics discussed, please contact us via e-mail: info@bludoorfinancial.com and don't forget to visit us on the Web: www.bludoorfinancial.com blu door FINANCIAL, nor its agents, provides tax, legal, or accounting advice. Please consult with your professional advisor for tax, legal, or accounting advice. Kristopher D. Vanesko, Stephen B. Vanesko, Daniel Reitz, and Carla Jagodzinski, are Registered Reps. offering securities through NYLIFE Securities LLC, a division of New York Life Insurance Co., Member FINRA/SIPC, a licensed insurance company. 220 Penn Ave Scranton Pa. 18503. BDF is not owned or operated by NYLIFE Securities LLC or its affiliates.

¹ Julie Garber, "Top 5 Reasons Why You Need an Estate Plan," The Balance.com, June 18, 2018. <https://www.thebalance.com/top-reasons-why-you-need-an-estate-plan-3505444>

² Glenn Curtis, "6 Estate Planning Must-Haves," Investopedia.com, April 18, 2018. https://www.investopedia.com/articles/pf/07/estate_plan_checklist.asp

³ Aine Cain, "What Happens If You Die Without a Will," Business Insider.com, August 21, 2018. <https://www.businessinsider.com/what-happens-if-you-die-without-a-will-2018-8>

Nurseries & Garden Centers

FIND YOUR INSPIRATION

At the nursery and garden center, the beautiful colors, breath-taking scents and glorious blooms can make even the most enthusiastic 'green thumb' a shrinking violet! Following is a list of Northeastern Pennsylvania nurseries and garden centers for you to visit, and find your inspiration for spring gardening. Due to the Coronavirus and the need to practice social distancing, please call in advance to confirm they are open.

**Bloomin' Idiots
Garden Center**
Old Forge
570-457-5268

**Bold's Florist, Garden
Center & Gift Shop**
Honesdale
570-253-1630

**Bud Schultz Garden
Center**
Dunmore
570-344-4916

Bunting's Nursery
Honesdale
570-253-5043

**Chestnut Hill
Nursery**
Brodheads ville
570-992-5131

Corky's Garden Path
Clarks Summit
570-586-9563

Creekside Gardens
Tunkhannock
570-836-3595

Davitt's Nursery
Honesdale
570-253-0443

Dundee Gardens
Hanover Twp.
570-735-5452

**Edward's Garden
Center**
Forty Fort
570-287-4329

Farmer Fred's
Towanda
570-268-2929

**Felix-Hinds Garden
Center**
Montrose
570-278-4455

Garden Path
Scranton
570-347-8037

**Greenwood Nursery
& Landscaping**
Plains
570-829-3752

Greystone Gardens
Clarks Summit
570-586-5493

**Jerry's For All
Seasons**
Dunmore
570-341-3692

**KC Landscaping &
Nursery**
Lake Ariel
570-698-5454

**Larry O'Malia's Farm
& Greenhouses**
Wilkes-Barre
570-822-3805

Montrose Produce
Montrose
570-278-9442

Moss Acres
Honesdale
866-438-6677

**Paul Kellogg's
Garden Center**
Lake Ariel
570-689-7912

PJ's Garden Center
Hawley
570-226-3170

**Rave Landscaping
& Discount Plant
Center**
Dallas
570-675-4537


Richard's Tree Farm
East Stroudsburg
570-223-8134

**Ross And Ross
Nursery**
Cresco
570-595-9760




**Skiro's Garden
Center**
Hanover Twp.
570-826-1170

**Whispering Ridge
Farm & Greenhouse**
East Stroudsburg
570-656-2009



Helping you
to live your life



**An innovative program to help seniors
live independently.**


We are here to care for you.

To schedule a tour, please call 800-395-8759
to find the LIFE Geisinger center near you.

Scranton, PA Kulpmont, PA
Wilkes-Barre, PA Lewistown, PA

For the hearing-impaired, TTY: 711

LifeGeisinger.org



**Come meet doctors
who will spend more
time with you.**

Geisinger 65 Forward Open House

Geisinger
65⁺Forward



Fewer patients assigned to each doctor.

Learn more about Geisinger 65 Forward, where you get more access to physicians and more time with your doctor. It's a new approach to primary care for people 65 and older. 65 Forward is all about you and your health needs.

Visit geisinger.org/65Forward-Event or call to RSVP for an event.

Kingston
499 Wyoming Avenue
(570) 762-9514

2 to 4 p.m.

Thursday, March 26

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

9 to 11 a.m.

Saturday, March 21

Now enrolling new patients.



Starting An Organic Garden

IN A FEW EASY STEPS

Admittedly, I'm a procrastinator. When I want to try something new, I usually think, "It's probably complicated; I'm too busy now; or, I'll do it later." Do you ever think that way?

If you want to start an organic garden, now you have no reason to wait any longer. It's easier than you think!

Here's the process in a few easy steps:

- 1** Gather your materials. You'll need seeds, seed trays (a 10 x 20 mesh tray is a good choice, as well as last year's flats, empty milk cartons, or Styrofoam cups) and soil. You can find seed planting kits at most garden centers that contain everything you need. For really good organic soil, go to a specialty garden shop. Then add perlite, vermiculite and compost. Or you can buy a soil mix, which contains everything for a quality seed-starting blend.
- 2** Sow the seeds in the trays. Moisten the soil mix first. Cover the seeds lightly with the mix.



- 3** Place the trays in a warm place near a heat vent or in a south-facing window. Mist them regularly with a spray bottle to keep them damp or cover the trays with plastic wrap.
- 4** Watch them sprout! Move the containers away from the heat to a sunny window. And, water regularly, allowing for drainage. Some people use lukewarm or warm water.
- 5** Feed the plants with a seaweed fertilizer. If the plants outgrow their containers, repot them in a mix that contains compost.
- 6** Harden them off. When the outside temperature remains above 30 degrees and there is no more danger of frost, move the plants outside gradually. Take them outside for a few hours each day, exposing them gradually to increasing amounts of sun and wind.
- 7** After about a week, the plants will be ready to transplant into your garden.

Courtesy of Vicki Bezems, Lifestyles Over 50

**Due To COVID-19, Face-To-Face
Medicare Appointments Are
Not Allowed Until Further Notice.**

Medicare Beneficiaries With
Issues, Please Call:
1-570-822-1158 (Ext. 2395)
APPRISE
Luzerne-Wyoming Counties
Wilkes-Barre, PA 18701



APPRISE

MEDICARE HELP

APPRISE is the State Health Insurance Assistance Program (SHIP) for Pennsylvania's Medicare beneficiaries. The Pennsylvania Department of Aging (PDA) created APPRISE to help seniors understand their health insurance, in order to make sound decisions regarding their health.

If you are interested in volunteering, help is needed for the APPRISE Program in Luzerne and Wyoming counties. Training is provided to you for the volunteer positions of:

- Counselor
- Office assistant
- Speaker

Please call to schedule (by appointment only).



APPRISE

Marg Strein, Coordinator
93 North State Street
Wilkes-Barre, PA 18701
570-822-1158



Follow Your Dreams

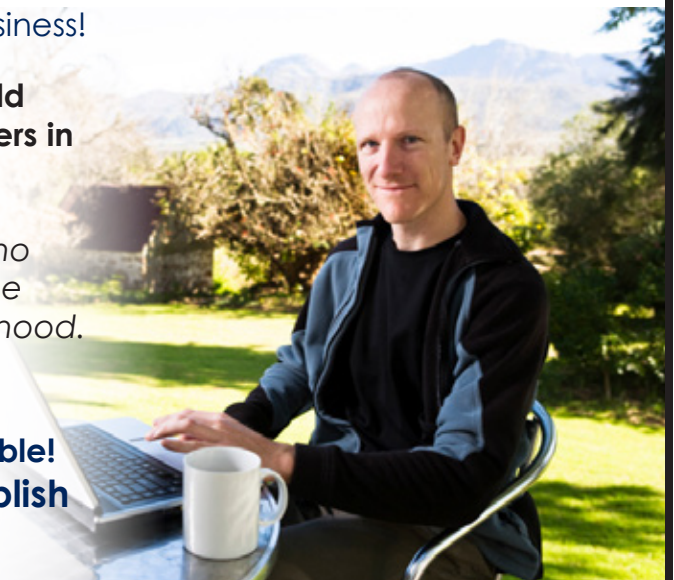
Become a Lifestyles over 50 Publisher, make a difference, and pursue the lifestyle that you've always wanted.

- Low initial investment
- Proven system servicing an exploding senior market
- Home-based business
- Training and on-going support
- Exclusive territory rights to build your business!

Our proven model helps publishers quickly build readership, and it connects them with advertisers in the exploding health and senior care industry.

With 10,000 boomers turning 65 each day, it is no wonder that new senior communities and home care companies are opening in your neighborhood. Don't miss your opportunity!

**Call to see if a territory in your region is available!
855-233-7034 | Lifestylesover50.com/publish**



The Mayonnaise Jar

AUTHOR UNKNOWN

When things in your life seem almost too much to handle, when 24 hours in a day is not enough, remember the Mayonnaise Jar.

A professor stood before his philosophy class and wordlessly, picked up an empty mayonnaise jar and filled it with golf balls. He then asked the students if the jar was full. They agreed it was.

The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly. The pebbles filled the open areas between the golf balls. Again, he asked the students if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. The sand filled the voids around everything else. He asked once more if the jar was full. The students responded with a unanimous, yes.

The professor then produced two cups of coffee from under the table and poured the entire contents into

the jar, effectively filling the empty space between the sand. The students laughed.

“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things: God, family, friends and good health. If everything else was

lost and only these remained, your life would still be full. The pebbles are other things that matter, such as your job, house and car. The sand is everything else - the small stuff.

However, if you put the sand into the jar first,” he continued, “there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you’ll never have room for the things that are most important.”

He explained, “Pay attention to the things that are critical to your happiness. Spend time with family and friends.

Set aside time to get a medical checkup.

Take your loved one out to dinner. There will always be time to clean the house and fix the dripping faucet.

Focus on the golf balls ... the things that really matter. The rest is just sand.”

One of the students raised her hand and inquired what the coffee represented. The professor smiled, “I’m glad you asked. No matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.”



In-home nursing, caregiving and companionship.

- Alzheimer's & dementia care
- Skilled, personal and companion care
- Specialize in pre- and post-op care

Call for your free in-home assessment.

570-223-2248

brightstarcare.com/stroudsburg-allentown

04730501 & 14273601

©BrightStar Care Independently Owned and Operated

Remember When?

CREATING A MEMORY GARDEN

A memory garden is a thoughtful tribute to a loved one or family pet that passed away. It should serve as a quiet and reflective spot where you can relax, and spend time to appreciate, and remember all of the important things in your life.

Choose a quiet place

Choose an area that's quiet and private. Your memory garden can be large or small, depending upon the size of your yard. A corner of your patio or sun-room is perfect, if you don't have a lot of space. If it is outdoors, position the garden where it can be seen from a window or covered porch. This way, you can enjoy the view, even during bad weather.

Decorate your space

Dedicate your garden to your loved one by considering their personality traits, accomplishments or special interests, relying on these to inspire the decorations you choose. Add a stone carving of a cat for instance, to honor your pet. Or, incorporate a small putting green in remembrance of the avid golfer. Consider staying awhile by providing a place to sit – whether you want to invite others into your garden, or simply want to spend time there alone – and meditate, or read a book. Add a soothing water feature or wind chimes for an even more relaxing atmosphere. Increased comfort will allow for moments of reflection. And, don't forget to personalize a bench with an engraving, a plaque bearing your loved one's name, or perhaps a memorial scribed with a special sentiment.

Incorporate plants

Plant your loved one's favorite flowers, or plants that bloom in their favorite colors. Choose flowers that have symbolic meanings, such as forget-me-nots. Rosemary is traditionally the herb of remembrance and is a robust evergreen. It bursts into blue flowers in the spring, which complement the forget-me-nots. Roses are wonderful garden memorials, with a host of varieties including Loving Memory, At Peace and Never Forgotten ... all specially named. A tree can be a long-lasting garden memorial. Bios urns and



Geos urns, available through many funeral directors, combine cremation ashes in the growing matter to bring a tree to life from seedling. Lastly, the sound of natural, running water can be very relaxing. So, positioning your garden alongside a nearby creek or pond, or adding a fountain will make the space even more tranquil.

Encourage wildlife

It's wonderful when wildlife is attracted to a memory garden. Nature can take on special significance when someone we love dies. For many, the cheerful robin is a symbol of hope, while for others butterflies are especially meaningful. Planting wildflowers and forget-me-nots are perfect for attracting wildlife. These flowers attract butterflies, which are not only beautiful, but they're symbolic of hope, growth and transcendence. Adding bird feeders or birdbaths attract a variety of species, which bring life and beauty to your memory garden as well.

Doing these will make your memory garden a place that you'll visit regularly, when you want to reflect upon your loved one, and appreciate all of the blessings and memories God has given you.

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

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

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

Answers are provided on page 23.

Hearing Device Technology That's Making Waves!

Introducing Oticon Open S™



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

oticon
PEOPLE FIRST

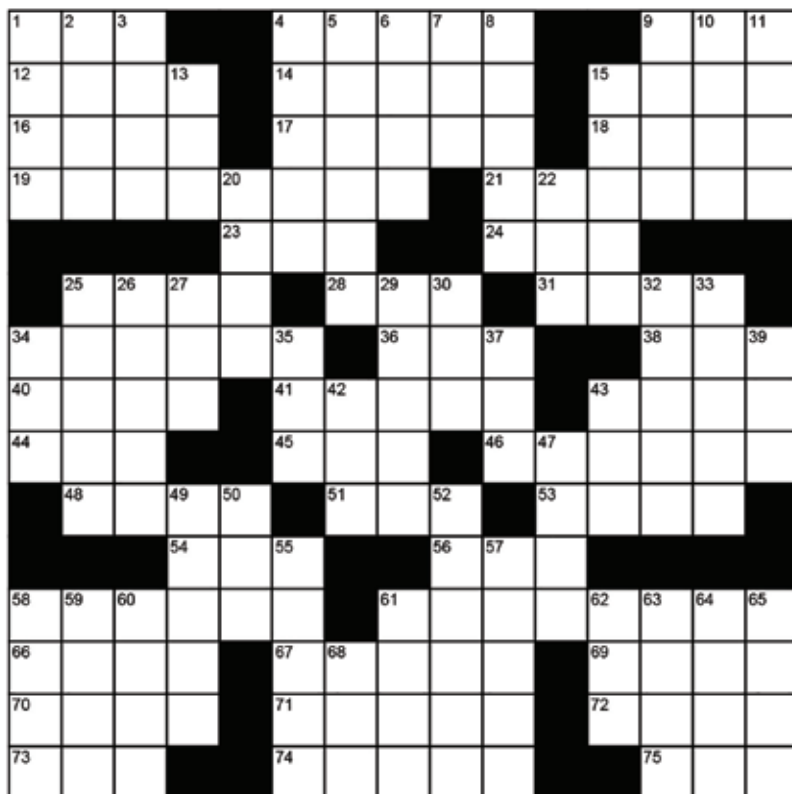
Abington Audiology & Balance Center

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

Games

AND ACTIVITIES

CROSSWORD PUZZLE



www.CrosswordWeaver.com

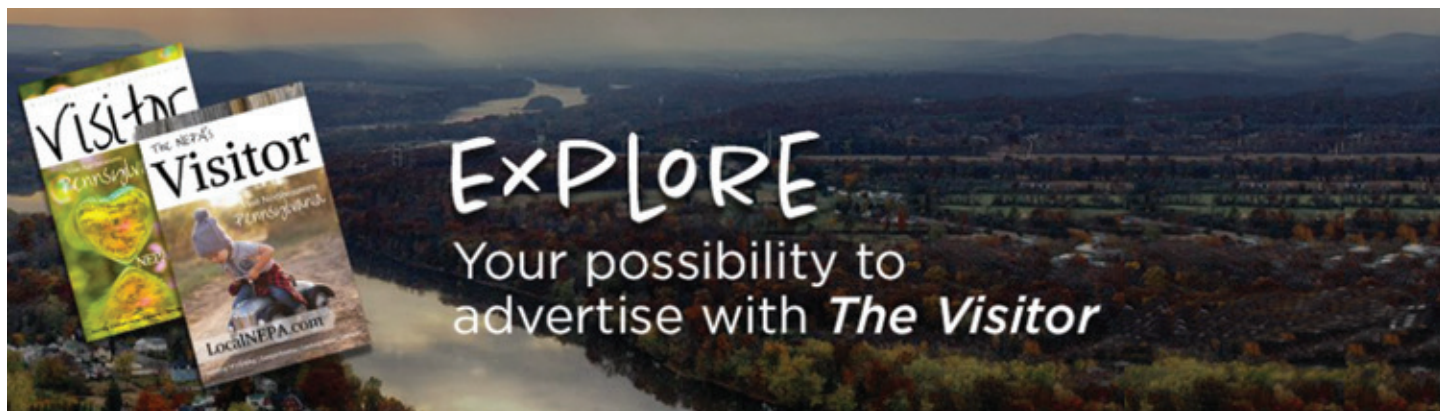
Answers are provided on page 23.

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

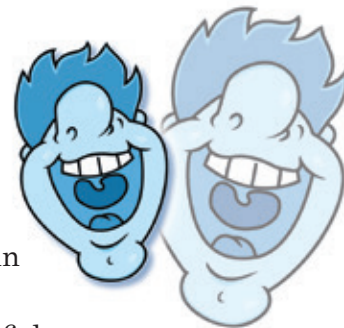
- 1 Flute
- 2 Soon
- 3 Scotsman
- 4 Set in
- 5 Baby ___
- 6 Sailors "hey"
- 7 Cause of sickness
- 8 Rift
- 9 Deck
- 10 Looked at a book
- 11 Chances of winning
- 13 Boxer Muhammad
- 15 Picture
- 20 Bust
- 22 Trade
- 25 Citrus fruits
- 26 Construct
- 27 Moving truck
- 29 Satire
- 30 Possessive pronoun
- 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

Riddles



You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

The more you take, the more you leave behind. What am I?

First, think of the color of the clouds. Next, think of the color of snow. Now, think of the color of a bright full moon. Now answer quickly what do cows drink?

Answers:
1. A candle
2. A map
3. The letter "R"
4. Footsteps
5. Water



- I tried to catch some fog. I mist.
- When chemists die, they barium.
- Jokes about German sausage are die wurst.
- A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- I know a guy who's addicted to brake fluid. He says he can stop anytime.
- How does Moses make his tea? Hebrews it.
- I stayed up all night to see where the sun went. Then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- They told me I had type A blood, but it was a Type O.
- A dyslexic man walks into a bra.
- PMS jokes aren't funny. Period.
- A class trip to the Coca-Cola factory. I hope there's no pop quiz.
- Energizer Bunny arrested: Charged with battery.
- I didn't like my beard at first. Then it grew on me.
- How do you make holy water? Boil the hell out of it!
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- When you get a bladder infection, urine trouble.
- What does a clock do when it's hungry? It goes back four seconds.
- I wondered why the baseball was getting bigger. Then it hit me!
- Broken pencils are pointless.
- What do you do when you see an endangered animal eating an endangered plant?
- If a parsley farmer is sued, can they garnish his wages?
- Would a fly without wings be called a walk?
- If a turtle doesn't have a shell, is he homeless or naked?
- Can vegetarians eat animal crackers?
- If the police arrest a mime, do they tell him he has the right to remain silent?
- Why do they put Braille on the drive-through bank machines?
- How do they get deer to cross the road only at those yellow road signs?
- What was the best thing before sliced bread?

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. Musically Inclined
2. Overcome the Odds
3. The Underdog
4. Cut Above the Rest
5. One Thing After Another
6. Waving Goodbye
7. Bags Under the Eyes
8. Firing Line
9. Snake in the Grass
10. One Step Ahead
11. Within Reason
12. More to it than Meets the Eye



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

FAS		ISAAC		PRO
INCA		NIHIL		PIED
FOOL		STOLE		HEAD
ENTIRETY		FJORDS		
	ATE		TOT	
LEVI		RIO		BOSH
TIRADE		RUG		TIC
AMEN		AGORA		SEND
DEC		TAN		SPEEDS
	STAB		GYP	ACLU
	OIL		ASP	
SPARTA		TRIANGLE		
LINT		PYREX		BAUD
ETNA		SAINT		ANTI
DYE		EMPTY		GET

What To Do

WITH YOUR GRANDCHILDREN



Lessons learned by gardening with your grandchildren

Time spent with each other can provide bonding time. Your grandchildren will learn that they don't need to spend the day staring at an electronic device to have fun. Gardening will allow both of you to relax and have open communication with each other. This is a great time for you to divulge bits of your wisdom from years of experience and teach your grandchild the importance of plant life to this planet. Both of you can practice your listening skills and possibly understand how the other perceives the world. And last, you both just might learn how to relax by working in the dirt with your hands. You will get a sense of accomplishment by seeing the plants grow and spending quality time with each other.

So when it's time to get started, first decide what type of garden to start. Include your grandchildren in the decision making process. Decide on flowers, vegetables or both. Then figure on how much space you need. Containers work, or designate a spot in the garden for your special project. Second, decide on seeds versus bedding plants. It is thrilling to see a plant sprout from the soil, but keep in mind that children do have short attention spans, and to prevent them from losing interest you might want to also plant a few bedding plants to have immediate gratification. Plant edibles to entertain and educate at the same time. Beans, cucumbers and pumpkins are some of the easier vegetables. The kids can even

grow herbs as a quick reward in the garden. And third, be sure to include your grandchildren in the necessary maintenance of weeding and watering.

Do not use chemicals in the garden since your grandchildren will be digging in the soil. Be sure to research and use safe, organic ways to get rid of pests. Also, teach your grandchildren to watch out for other wildlife that can be damaging to a garden, such as squirrels, rabbits and deer.

Raising grandchildren is a lot like gardening. Both are fun. Both take a lot of time and patience. Doing both together can be very rewarding!

Grandchildren are so funny

A little boy surprised his grandmother one morning by bringing her a cup of coffee. He made it himself, and was so proud. He anxiously waited to hear the verdict on the quality of the coffee. As the grandmother 'forced down' the last sip, she noticed three of those little, green army men in the bottom of the cup. She asked, "Honey, why are three little, green army men be in the bottom of my cup?" Her grandson replied, "You know grandma, it's like they say on TV, 'The best part of waking up is soldiers in your cup!'"



Events Calendar

THINGS TO DO AT HOME

The CDC, Center for Disease Control advises a restriction in travel to prevent the spread of this virus. Because of this, we thought we'd devote the Events Calendar of this issue to list suggestions of things to do at home.

Coronavirus 2019 (COVID-19) – The coronavirus is a new disease that has not previously been diagnosed in humans. It was first identified in Wuhan China, and has since spread to the United States. It spreads person to person via cough or sneeze from up to an average distance of six feet. It seems to be spreading easily. Signs and symptoms are fever, cough and shortness of breath. Prevention includes avoiding being exposed. Steps to protect yourself include washing your hands for 20-seconds, avoid close contact with people that could be potentially infected and clean to disinfect items that you touch. This includes: tables, countertops, doorknobs, light switches, phones, keyboards, toilets, sinks and faucets. If you have symptoms or would like to learn more about the Coronavirus, call your physician or go online to: www.CDC.gov

Spring clean – Never pass up a free moment to get a jump on cleaning your home.

Learn a Language – Use an online App to learn the first 100 words of a foreign language and then find a language buddy either local or online to practice conversations.

Read a book – If you need a suggestion, read *To Kill a Mockingbird*. Otherwise, find that book on your shelf that you bought, but never got around to starting.

Plan a movie night at home – Dust off the VHS or DVD player and watch a family favorite, or keep your eye on a scheduled movie and plan accordingly.

Exercise – You know that it's good for you. Now you have time. Get to it.

Improve your diet – Find new recipes and try eating healthier food.

Learn to juggle – Could be fun at the next party you attend, once this virus thing has resolved itself.

Grow a herb garden – Get prepped for summer.

Quilt – It doesn't have to be a blanket. Place-mats and hot pads are handy homemade quilting projects.

Make a scrapbook – Don't tell me that you don't have oodles of photos lying around waiting to be organized.

Learn an instrument – I always wanted to get back to playing the flute that I learned in grade school.

Go fish – This can be with a pole or a deck of cards.

Be a pen pal – No excuses for catching up with distant relatives and friends. Either with pen and paper, or on Facebook.

Enjoy bird watching – Now is the time that our feathered friends are returning to the Northeast. What could be more serene than to watch their habits.

Learn photography – Study up on what that iPhone camera of yours is capable of, and try your shot at some basic skills.

Take an online computer class – AgingInPlace.org recommends going to GCFLearnFree.org for topics that you can learn for free. Or, browse YouTube.com to find videos to learn about almost any topic you can dream of.

Visit a museum – Now museums are available online. You can visit NASA, the Smithsonian, the Metropolitan and the Louvre ... just to name a few.

Giving Back

MONROE COUNTY MEALS ON WHEELS

Volunteer, Kelli Pisciotti

Monroe County Meals on Wheels provides nutritional support, a daily human connection, and other services to the home bound through the support of government funding, United Way, individual donations, grants, special fundraising projects ... and its dedicated volunteers.

In 2019, 280 volunteers supported Monroe County Meals on Wheels by giving more than 8,500 hours, driving over 113,750 miles to deliver meals to 452 individual clients on 12 delivery routes throughout Monroe County.

One of those volunteers is 59-year old, Kelli Pisciotti. Originally born and raised in Texas, Kelli and her family moved 18 times over the course of 24 years. Having lived in many parts of the United States, their stay in New Jersey was the longest they lived anywhere during that time period. Kelli always knew that she would settle back on the East Coast, somewhere near beautiful, northeastern Pennsylvania. Today, Kelli makes her permanent home in East Stroudsburg.

One day a week, Kelli delivers hot and cold meals to nearly 20 clients that live in a retirement home and nearby apartment complex. She enjoys spending time chatting and getting to know her clients. And, on occasion, Kelli will return after completing her route to spend a few more minutes of her time with someone in need of companionship.

“You make friendships,” says Kelli. “When my dad passed away, I missed three weeks of making deliveries, and a client of mine passed



away while I was gone.” The gentleman was very religious, and sang a hymn to Kelli on one of her visits. “He was always happy. He made me happy. And, I never got to say good bye to him.”

Kelli also assists with the Monroe County Meals on Wheels Pet Program by packing wet and dry, dog and cat food for delivery. And, Kelli can always be depended on to assist with Meals on Wheels’ year-end holiday gift drive as well.

A stay-at-home mom while raising her children, Kelli will be graduating this May with a degree in Communications from Dallas Baptist University, where she started before getting married. She always dreamed of completing her degree someday.

If you would like to volunteer your time, whether it’s one day a week or several days each month, please call and ask for Linda Raudabaugh, the Monroe County Meals on Wheels Volunteer Manager.



Linda Raudabaugh,
Volunteer Manager
Monroe County Meals on Wheels
570-424-8794
www.MonroeMeals.org



SAVE ON HOME SECURITY

**GREAT
LOW
PRICE**

MONITORING
\$27⁹⁹
PER MONTH

Monitored
by ADT®
the #1 home
security
company
in the U.S.



**\$850
VALUE**

ADT® 24/7 Monitored Home Security

- 24/7 monitoring provides peace of mind
- Yard sign and window decals help deter crime
- Quickly connect to fire and emergency response
- May qualify for a homeowners insurance discount

**LIMITED TIME OFFER—
CALL TODAY!**

1-877-918-8445



**Protect
Your
Home**

**Ask about same-day
installation!**
Reply By April 15, 2020

FREE HOME SECURITY SYSTEM

New customers only. Early termination fee applies. \$99 installation with 36 month monitoring agreement. See all offer details below. **\$850 VALUE!**

FREE 7 WIRELESS DOOR/ WINDOW SENSORS

—enough to help protect virtually every entrance to your home. **\$695 VALUE!**

FREE \$100 VISA® GIFT CARD

from Protect Your Home!



FREE



**WIRELESS
REMOTE CONTROL**
with panic button.
\$139 VALUE!

FREE DOORBELL CAMERA

When you upgrade to
ADT Pulse® + Video
\$299 VALUE!



See all offer details below.

GIFT CARD: \$100 Visa Gift Card fulfilled by Protect Your Home through third-party provider, Mpell, upon installation of a security system and execution of monitoring contract. \$4.95 shipping and handling fee, gift cards can take up to 8 weeks to arrive after following the Mpell redemption process. **BASIC SYSTEM:** \$99 Installation. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 Offer does not include Quality Service Plan (QSP), ADT's Extended Limited Warranty. **ADT Pulse:** ADT Pulse Interactive Solutions Services ("ADT Pulse"), which help you manage your home environment and family lifestyle, require the purchase and/or activation of an ADT alarm system with monitored burglary service and a compatible computer, cell phone or PDA with Internet and email access. These ADT Pulse services do not cover the operation or maintenance of any household equipment/systems that are connected to the ADT Pulse equipment. All ADT Pulse services are not available with the various levels of ADT Pulse. All ADT Pulse services may not be available in all geographic areas. You may be required to pay additional charges to purchase equipment required to utilize the ADT Pulse features you desire. **ADT PULSE + VIDEO:** ADT Pulse + Video installation is an additional \$299. 36-month monitoring contract required from ADT Pulse + Video: \$59.99 per month, (\$2,159.64), including Quality Service Plan (QSP). Doorbell camera may not be available in all areas. **GENERAL:** For all offers, the form of payment must be by credit card or electronic charge to your checking or savings account, satisfactory credit history is required and termination fee applies. Certain packages require approved landline phone. Local permit fees may be required. Certain restrictions may apply. Additional monitoring fees required for some services. For example, Burglary, Fire, Carbon Monoxide and Emergency Alert monitoring requires purchase and/or activation of an ADT security system with monitored Burglary, Fire, Carbon Monoxide and Emergency Alert devices and are an additional charge. Additional equipment may be purchased for an additional charge. Additional charges may apply in areas that require guard response service for municipal alarm verification. Prices subject to change. Prices may vary by market. Some insurance companies offer discounts on Homeowner's Insurance. Please consult your insurance company. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. **Licenses:** AL-19-001104, AR-CMPY.0001725 AZ-ROC217517, CA-AC06320, CT-ELC.0193944-L5, DC-EMS902653, DC-602516000016, DE-07-212, FL-EC13003427, EC13003401, GA-LVA205395, IA-A5-0206, ID-ELE-SJ-39131, IL-127.001042, IN-C.P.D. Reg. No. — 19-08088, City of Indianapolis: LAC-000156, KY-City of Louisville: 483, LA-F1914, LA-F1915, LA-F1082, MA-1355C, MD-107-1626, ME-LMS0017382, MI-3601205773, MN-TS01807, MO-City of St. Louis: CC#354, St. Louis County: 95091, MS-15007958, MT-PSP-ELS-LIC-247, NC-25310-SP-FA/LV, NC-1622-CSA, NE-14451, NJ Burglar Alarm Lic. # -NJ-348F00021800, NM-353366, NV-0068518, City of Las Vegas: 3000008296, NY-Licensed by the N.Y.S. Department of State UID#12000317691, NYS #12000286451, OH-53891446, City of Cincinnati: AC86, OK-AC1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA022999, RI-3582, RI-7508, SC-BAC5630, SD- 1025-7001-ET, TN-1520, TX-B13734, ACR-3492, UT-6422596-6501, VA-115120, VT-ES-2382(7C), WA-602588694/ECPROTEYH934RS, WI-City of Milwaukee: PAS-0002790, WV-WV042433, WY-LV-G-21499. 3750 Priority Way South Dr. Indianapolis, IN 46240 ©2017 DEFENDERS, Inc. dba Protect Your Home

DF-CD-NP-Q120



One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE – It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines**. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To
Request Your FREE Info Kit

1-888-508-6226



© 2020 Inogen, Inc.
All rights reserved.

MKT-P0108