

Northeastern Pennsylvania LIFESTYLES™

O V E R 5 0

May / June 2020

**Geisinger 65
Forward
Extra Safety
Measures —
p. 15**

**Giving Back
Equines for
Freedom —
p. 26**

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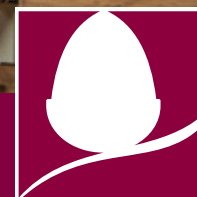
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ACORN
STAIRLIFTS

Cover Story

OUTDOOR ACTIVITIES



I'd like to thank all of the doctors, nurses, postal workers, truckers, grocers, farmers and volunteers (just to name a few) that are keeping NEPA going during the pandemic. Because of your efforts, our lives will return to normal ... eventually. Until then, we must be patient, and try to maintain a balance of socialization with staying healthy.

This issue focuses on outdoor activities. Our goal is to remind you that you need to get up and move around to stay healthy, and what better way to do that than to get outside. Our *Remember When* article highlights outdoor games we used to play as children. *What To Do With Your Grandchildren* gives suggestions on exploring the backyard with the kids. We included a feature on National Parks of NEPA. And, for your safety, we've included an article about *Guarding Against Lyme Disease*. The most important take-away: Get up and start moving. Motion will stimulate endorphins to reduce your stress and boost your happiness.

I wish all of our readers' good health and happiness. I hope you are able to stay calm and remain optimistic.

Marci Kacyon

Executive Editor

570-390-3350

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www.LIFESTYLESover50.com/NEPA

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LIFESTYLES
Northeastern Pennsylvania
OVER 50

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

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Monroe County Meals on Wheels

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 \$150.00 to Monroe County Meals on Wheels, in the name of volunteer, Kelli Piscioti.

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



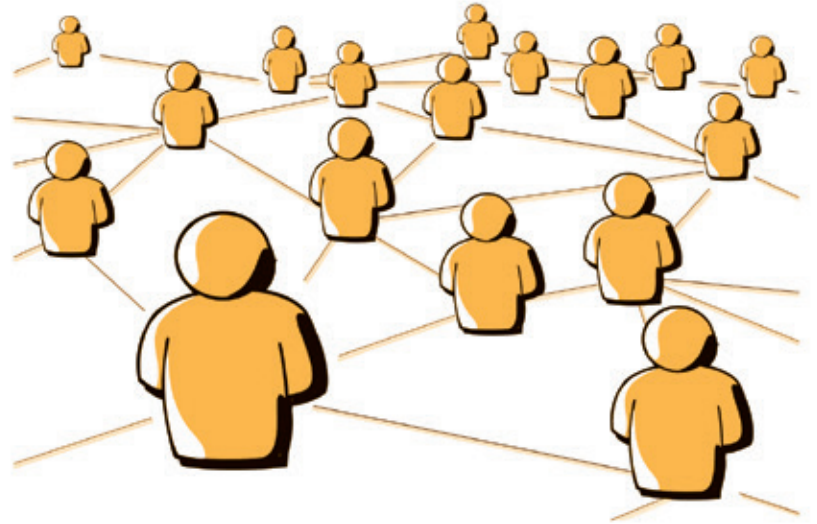
Virtual check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to Monroe County Meals on Wheels, in the name of volunteer, Kelli Piscioti.

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Tech Savvy Seniors

USE ZOOM TO CONNECT WITH FAMILY & FRIENDS



The Zoom application (App) is a video conferencing tool that allows us to easily connect with family and friends during times of social distancing. While there is a paid version of this App, the free version allows for up to 100 participants, video chat and screen sharing. As of April 13, 2020, Zoom is now even safer to use, when it added password protection.

There are two ways to JOIN a Zoom Meeting:

The easiest way is to receive an invitation via e-mail and click on the hyperlink. The e-mail invitation will contain a meeting ID and a Password that may be required when signing into the meeting. After clicking the hyperlink, you will be prompted to DOWNLOAD (permanently install the Zoom App on your computer) or LAUNCH (temporarily use the Zoom App during this instance). Upon opening, you may read, "Waiting for the Host to start," which means you logged on before the host did. You simply need to wait for the host to join the meeting.

The second way is to use the Zoom App/program. You can go to zoom.us/signup to download and install the App onto your computer. The App can then be accessed from your Windows Start menu, located at the bottom left corner of your screen for Microsoft users or, from your Launchpad, located

at the bottom of your screen for Apple users. The Zoom App allows you to create an account after answering a few questions, provide an e-mail address and user name, as you would like to have displayed during the meetings. This App will allow you to easily JOIN any Zoom meeting sent to your e-mail.

The Zoom App also lets you SCHEDULE a meeting on the HOME tab. Simply provide a name for your meeting and choose a time. Your meeting is then scheduled on your Zoom App, and available when you're ready to "Start the meeting."

To invite others to your meeting, there is a button to COPY INVITATION. This button can be found immediately after scheduling the meeting at the bottom of "Your meeting has been scheduled" page, or by selecting the MEETINGS tab at the top of the screen.

During the meeting, a toolbar appears to control your audio, video and chat. This toolbar will disappear if you haven't moved your mouse for a few seconds. Just give the mouse a quick wiggle to reveal the toolbar again.

I would suggest a practice meeting to get started. You can't break it. If Zoom gives you troubles, just log off and start over. It's fun and it gives you a chance to safely socialize. If you have any questions, there are plenty of YouTube videos that provide easy to understand tips and tricks. If I can learn it, so can you. Enjoy!

In Your Neighborhood

EAST STROUDSBURG, PA

A Borough in Monroe County

East Stroudsburg is located in the Poconos region of Pennsylvania. The Stroudsburg area was first permanently settled in 1738, when James Monroe received a warrant of 600 acres in Bucks County, now Monroe County; along what is now named, Brodhead Creek. An additional warrant for 150 acres on the west bank was given to Brodhead in 1750. Brodhead, a judge, was friendly with the local Indians, as well as with the Moravian missionaries who came to the area from Bethlehem, Pennsylvania.

Originally known as “Dansbury,” East Stroudsburg was renamed when the Delaware, Lackawanna and Western Railroad (DL&W) opened. The depot, known locally as the Dansbury Depot is located on Kistler Street in downtown East Stroudsburg. Passenger service ended in January 1970 with the discontinuance of the Hoboken-Chicago *Lake Cities*, the last long-distance passenger train operated by the DL&W successor Erie Lackawanna. The East Stroudsburg Railroad Station is a restored train station built in 1864 by the DL&W. The station served as the local stop for both East Stroudsburg and Stroudsburg, Pennsylvania.

Rail transportation still plays an important part of the borough and continues to have an impact today. The Pennsylvania Northeast Regional Rail Authority oversees the use of common rail freight lines in northeastern Pennsylvania, including one formerly owned by Conrail, running from Scranton, through East Stroudsburg towards New Jersey, and the New York City market.



QUICK FACTS

County: Monroe

Founded: 1738

**Population: 9,840 people
(2010 census)**

**Mayor:
Armand M. Martinelli**

**Website:
[www.eaststroudsburg
borough.org](http://www.eaststroudsburgborough.org)**

Other important facts: East Stroudsburg is home to East Stroudsburg University of Pennsylvania, a public university that is one of the 14 state universities of the Pennsylvania State System of Higher Education. Located downtown is the Sherman Theatre, a historic 1920s venue for live music and entertainment. The Schisler Museum of Wildlife & Natural History is a museum at East Stroudsburg University of Pennsylvania. It features habitat recreations that display and interpret more than 130 wildlife specimens from around the world. And, the office of the Pocono Mountains Visitor Bureau is located in East Stroudsburg.

Courtesy of Wikipedia and eaststroudsburgborough.org

New! Day Options in Lehigh County



Providing Choices for Adults with Autism & Intellectual Disabilities

*KCR provides a variety of day options, customized
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Keeping Senior Loved Ones Close

When A Physical Visit Is Not Possible

(NU) - On a typical day, the average person doesn't think about how it feels to go days with little human connection or interaction.

With most of our communities practicing social distancing to stunt the spread of COVID-19, we are gaining a new level of empathy for what many older adults face every day. According to the 2018 National Poll on Healthy Aging, 27 percent of older adults reports feeling isolated and more than one in four says they experienced social contact once a week, if not less.

"The uneasiness, loneliness and helplessness that many of us are feeling now will eventually pass," says Jeff Huber, CEO of Home Instead Senior Care.

"For socially isolated seniors, however, this pandemic has the potential to amplify the impact on their already-fragile situations. While the world stays home to prevent illness, we must reach out to our neighbors and loved ones to make sure our seniors stay connected."

For many seniors who live alone, social distancing will amplify the loneliness they already feel. And isolation can have significant health implications such as higher risks of heart attack, stroke, depression, anxiety and even premature death. But there is a cure, and it's called community.

In a time when bringing family and friends together may not be feasible, we need a little creativity and a lot of intention to ensure regular contact with neighbors and loved ones.

Whether you're helping a relative or neighbor navigate social distancing, or looking to minimize the effects of isolation, Home Instead Senior Care recommends the following ideas to stay connected:

1. Set a schedule. Despite our best efforts, it can be easy to let days go by before the next call or e-mail. Regular check-ins can go a long way toward helping older relatives, friends and neighbors feel supported. The trick is to plan ahead. Establish a regular cadence for phone calls, e-mails and video chats – and stick to it!

2. Chat through video.

While no technology can take the place of in-person human interaction, video-chat platforms such as Skype or Zoom and tablets such as an iPad or GrandPad, can supplement seniors' social interactions when visits with friends and family aren't possible. Webcams are a user-friendly and affordable gift to keep the generations connected – offering grandchildren the chance to show off their latest school project, or faraway relatives an opportunity to hear and see one another.



3. Give them a ring. Texting is an easy way to keep in touch, but sometimes picking up the phone is the best way to get the job done. Call a parent, relative or neighbor, and when you do get them on the line, give them your full attention. If you're drawing a blank for conversation topics, consider requesting their advice or asking about their family, hobbies or recent activities.

4. Embrace snail mail. Sending an old-fashioned letter or postcard is an easy way to say hello and remind someone you're thinking of them. While a thoughtful letter may not completely stamp out loneliness, it can help lift spirits and show how much you care. If you have young children, consider enlisting them to draw pictures or practice their handwriting with a special note.

As we all continue to adjust to the impact of COVID-19, it's easy to spread a bit of cheer and help make a senior smile. For more ideas on how to forge a meaningful relationship with older adults in your life, visit [ReadytoCare.com](https://www.readytocare.com) or contact your local Home Instead Senior Care office.

Source NewsUSA

Parks & Recreation

NORTHEAST REGION

Our national parks are America's crown jewels, inspiring awe and wonder. Iconic locations like Yosemite and Yellowstone attract visitors from all over the world. And yet, right here in Northeastern Pennsylvania we have 1 national recreation area; 3 state forests; and 18 state parks.

Listed are just a few you might consider visiting this year:

Archbald Pothole State Park

Archbald Pothole State Park is a 150-acre park. The park is named for Archbald Pothole, a geologic feature that formed during the Wisconsin Glacial Period, around 15,000 years ago. It was discovered in 1884 by coal miner, Patrick Mahon while extending a mineshaft.

Delaware Water Gap National Recreation Area

This park preserves 40 miles of the Delaware River and almost 70,000 acres of land along the river's New Jersey and Pennsylvania shores. At the south end of the park is the scenic Delaware Water Gap. A one-day auto tour of the park includes waterfalls, rural scenery and the historic Millbrook Village. Visitors can also canoe, hike, camp, swim, picnic, bicycle, cross country ski and horseback ride along the park. Fishing and hunting are also permitted in season with state licenses.

Mount Pisgah State Park

Mt. Pisgah State Park is in the scenic Endless Mountains of Pennsylvania's Northern Tier region. The 1,302-acre park is along Mill Creek, at the base of Mt. Pisgah, elevation 2,260 feet. The park is only two miles north of US 6, the major route through the northern tier. A dam on Mill Creek forms Stephen Foster Lake, named after the famous composer and one-time, local resident. The 75-acre lake provides fishing, boating and skating.

Promised Land State Park

About 3,000 acres in size, Promised Land State Park is in the Pocono Plateau (1,800 feet above sea level), and is surrounded by 12,464 acres of Pennsylvania's Delaware State Forest, including natural areas. The forests of the park consist primarily of beech, oak, maple and hemlock trees. Two lakes and several small streams add to the park's scenic beauty.

Wyoming State Forest

World's End State Park was developed in 1936 by the Department of Forest & Waters and the Civilian Conservation Corps. The park consists of 780-acres nestled in the Wyoming State Forest. It was first known as "Whil's Glen" due to its location at a narrow S-shaped gorge in the Loyalsock Creek area. The stream runs up against a sheer rock wall and then, continues its journey at a right angle to its original course.

Courtesy of stateparks.com

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Human Body Trivia

FUN FACTS



The cornea is the only part of the body with no blood supply – it gets its oxygen directly from the air. Oxygen first dissolves in your tears and then disperses to the cornea.



You are taller in the morning than you are at night.



You can't breathe and swallow at the same time. This prevents any food or liquid from entering the lungs.



The human body contains enough fat stored in our cells to make seven bars of soap.



Humans have a "diving reflex" that slows down bodily functions when submerged in cold water to conserve oxygen and delay brain damage.



By six months after conception, an embryo has fully developed fingerprints.



When listening to music, your heartbeat will sync with the rhythm.



Between birth and death, the human body goes from having about 300 bones, to just 206.



Every organ you have two of, you only need one of to survive.



Hearts can beat outside of our bodies.



Stomach acid can dissolve metal. If it touched your skin, it would burn right through it.



When you blush, the inside of your stomach does too.



Babies only blink once or twice a minute, while adults average 10 times a minute.



Astronauts can grow up to two inches taller in space.



The jaw muscle is the strongest in the human body.



One quarter of your bones are in your feet.



While awake, your brain produces enough electricity to light a bulb.



Tongue prints are as unique as fingerprints.



In camera terms, the human eye views about 576 megapixels.

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June Fun Facts

SUN, FLOWERS AND LONGER DAYS

Astronomy

The month of June was named after Juno, the wife of Jupiter, and queen of the gods (Hera in Greek mythology).

Birthstones

June's birthstone is generally considered the Pearl, but also Alexandrite and Moonstone; Pearls are associated with purity, honesty and calmness.

Birth flowers

June's birth flowers are the honeysuckle and the rose.

Quotes

"Roses are red, violets are blue, but they don't get around, like the dandelions do."

— Slim Acres



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geisinger.org/LifeGeisinger



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Living Independence for the Elderly
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Holidays

- June 5 is World Environment Day
- June 6 is National Yo-Yo Day
- June 14 is Flag Day
- June 20 is the Summer Solstice, and the longest day of the year (in the Northern Hemisphere)
- June 21 is Father's Day
- June 21 is also National Go Skateboarding Day

Nature and wildlife

June is the month of fishing, especially for trout.

Gardening

Many gardeners think of Memorial Day as the cut-off for planting. But, you can still plant Basil, Carrots, Beets, Lettuce and more for a second harvest in the vegetable garden. And, annual wildflowers can often be seeded later to enjoy a round of blooms as other plants begin to fade.

Courtesy of The Old Farmer's Almanac and Pop Culture Madness

Health Tips

FOR ACTIVE BOOMERS

(NU) - Exercise improves health at any age. But when unprepared boomers hit tracks, trails and tennis courts, they can harm their bodies.

“Weekend warriors and boomers are more susceptible to injury because oftentimes they are not keeping themselves physically prepared,” says Dr. Anne Meyer, whose private practice in West Los Angeles, California, focuses on sports rehabilitation.

Physical activities can strain ligaments and muscles, and damage joints. Falls and overexertion can injure aging exercisers. But boomers don't have to exchange outdoor fun for weekends spent channel surfing.

With a few steps, exercisers can stay both active and healthy. According to Meyer, exercising and stretching three times a week can help prepare boomers' bodies for active weekends.

Simple stretching before and after exercise can help prevent injury. Boomers should always include warm-ups and cool-downs in their workout routines. Nutrition also helps the body recover from exercise. Limiting processed foods and consuming more fresh fruits, vegetables and high-quality proteins encourages the body to build healthy new tissues.

“Tissues are constantly being renewed. Sometimes what you remove from your diet is more important than what you add. Artificial sweeteners should be eliminated,” Meyer advises. “To keep hydrated, exercisers need to drink water often. Eating a small amount every four hours can boost metabolism and keep bodies energized during exercise. Weekend warriors with arthritis may want to avoid citrus, which can aggravate arthritic symptoms. Fish oils are a good addition to help decrease inflammation.”



If an injury occurs, boomers should rest, apply ice, elevate an injured arm or leg, and consider treating pain with topical agents like Boiron's odorless Arnica Gel. Arnica Gel safely treats muscle aches and stiffness, and relieves swelling and bruising.

“I recommend Arnica Gel to my patients to reduce pain, swelling and bruising when injuries do occur,” says Meyer. She also advises people to seek medical attention if pain persists.

For more information, visit www.arnicare.com

Source NewsUSA

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you want to share?

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

Northeastern Pennsylvania
LIFESTYLES
OVER 50

Why Timing Is Important

GENERAL OVERVIEW

Understanding the sequence of returns risk: Why timing can be important in retirement. Although ‘time is money’ is a popular adage, when it comes to retirement, it’s often timing that matters most. Significant losses or depletions to your savings early in retirement can shrink your nest egg. This is known as the sequence of returns risk, and it is an important concept to know about so you can adequately plan for your financial wellness in retirement.

Let’s take a closer look at some important considerations that can help create financial security later in life.

Avoiding early losses. Losses and significant depletions occurring early in retirement can have significant consequences for your portfolio. Reducing the size of your retirement nest egg means that any possible future gains would now accrue off a smaller base, so you may not have ample time to benefit from a market recovery, particularly if you need to make additional withdrawals from your retirement account.

Minimizing risks yet maintaining equity exposure. It may seem that a simple solution for reducing a retiree’s sequence of returns risk would be for you to reduce your equity holdings in your portfolio in favor of fixed-income investments. However, this approach compromises the portfolio’s upside potential and may lead to quicker (and premature) reduction of your long-term savings.

Finding solutions that hedge against risk. Whether you’re in your 40s or 50s and looking for upside investment potential, or are nearing your retirement years and find guaranteed options more appealing, annuity solutions can address a range of long-term retirement planning needs.

Income annuities are a useful hedge against sequence of returns risk for two main reasons: 1) they provide a guaranteed source of lifetime income that is not correlated to market ups and downs or interest rate fluctuations, and 2) annuity income, lowers the withdrawals that you might need to take to cover expenses. This is particularly good news should the market perform poorly in the early years

of one’s retirement because these solutions can help retirees avoid selling at the bottom.

Closing the ‘risk gap’ supports growth. Often emotions can influence your investment decisions, particularly if you’ve been burned before. Fear of losses may leave worried investors sitting on the sidelines. Often there’s a gap between the exposure investors are willing to take and the exposure that may be needed to potentially grow your retirement nest eggs. A **variable annuity** with the purchase of an optional accumulation benefit rider addresses this ‘risk perception gap’ because it can provide equity exposure coupled with principal protection on the initial investment. Those who utilize this retirement planning solution aren’t facing sequencing risks during those critical, early years of their retirement.

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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 NEPA 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

**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

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

A Healthy You

ACTIVE LIVING WHEN YOU CAN'T GET OUTDOORS



For those of you who can't get outdoors during this time of social distancing, there are several body strengthening and stretching routines you can do to maintain an active lifestyle.

Hip Cross Overs

1. Lie on your back with your shoulders in contact with the floor (preferably, a soft, yet firm surface); extend your arms outward with the palms of your hands facing upward; bend your knees towards you, while the bottom of your feet remain on the floor; cross your left leg over your right leg.
2. Rotate your hips to the left; lower your knees towards the floor, as far as you can; return to the starting position.
3. Repeat #1 and #2 by doing the opposite.

Hip Flexor Stretch

1. Place your left knee on the floor (preferably, a soft, yet firm surface); plant your right foot in front of you with your right knee bent 90-degrees; rest your hands on your right knee for balance.
2. Keep your back straight and slowly move your hips forward; hold this position as you stretch; raise your left arm into the air, while keeping your right hand on your knee for an even greater stretch.
3. Repeat #1 and #2 by doing the opposite.

Lower Back Stretch

1. Sit cross-legged on the floor (preferably, a soft, yet firm surface); bend at the waist, while touching your fingertips to the floor in front of you.
2. Gently twist your upper body to the left; try to touch both hands to the floor beside you.
3. Repeat #2 by doing the opposite.

Factoid

BLUE ZONES

People who live in Blue Zones, the seven regions of Ikaria, Greece; Okinawa, Japan; the province of Ogliastra in Sardinia, Italy; the community of Seventh-Day Adventists in Loma Linda, California; and Costa Rica's Nicoya Peninsula have been identified as having the highest concentration of individuals who live to be over 100-years-old.



1. Move naturally – live in environments that nudge you into moving
2. Purpose – wake up every day with something to do
3. Down shift – reduce stress through prayer and meditation
4. 80% rule – eat your smallest meals in the late afternoon and early evening
5. Plant slant – beans are the cornerstone of most diets

What are they doing different?

To answer this question, bluezones.com teamed up with *National Geographic* and learned that the answer lies within their lifestyle and environment. Following are nine common denominators found amongst the Blue Zones.

6. Wine @ 5 – drink alcohol moderately and regularly
7. Belong – be a part of a faith-based community
8. Loved ones first – keep aging parents and grandparents nearby
9. Right tribe – choose social circles that support healthy behavior

Courtesy of Wikipedia and bluezones.com

Follow Your Dreams

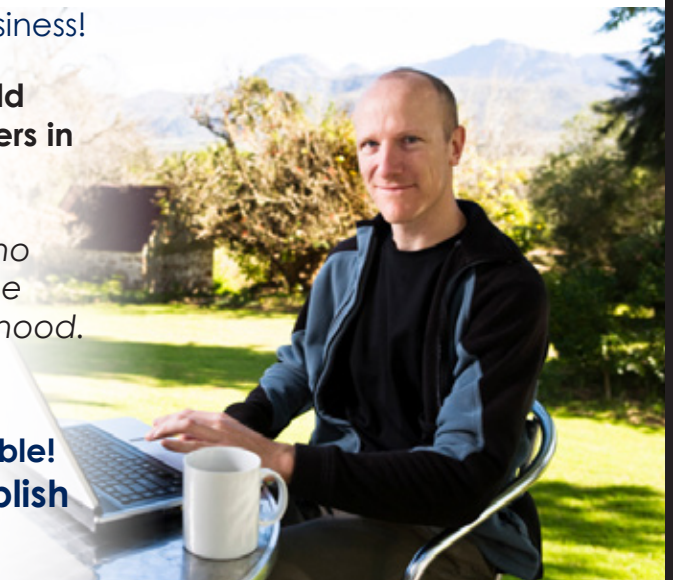
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Guarding Against Lyme Disease

PROTECT AND DEFEND

What is Lyme disease?

Lyme disease is an infectious disease caused by the bacteria, *Borrelia burgdorferi*. It is transmitted to humans by a bite from an infected black-legged or deer tick. Lyme disease was first recognized in the town of Old Lyme, Connecticut, in 1975. It's the most common tick-borne illness in Europe and the United States. People who live or spend time in wooded areas known for transmission of the disease are more likely to get this illness. People with domesticated animals that visit wooded areas also have a higher risk of getting Lyme disease.

Protect and Defend

Applying a repellent whenever you're going outside for an extended period of time, especially in wooded areas, is a must. DEET is still the first choice of experts. Dress appropriately by covering your legs with long pants, and your arms with a long-sleeve



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shirt. As soon as you return home, remove your clothes and wash them. And, be sure to take a shower before you move around the house. Make your back yard and surroundings unattractive to ticks by keeping your grass short, clearing out brush piles and trimming shrubs regularly.

If You've Been Bit

Many people with Lyme disease have no memory of a tick bite. Ticks are tiny, and their saliva acts as an anesthetic. If you think you've been bit, understand your symptoms. Fever, muscle aches, headache and joint pain (especially during warm months) are common symptoms of a tick-borne illness. A rash in the shape of a bulls-eye is another sign of Lyme disease. If you have these symptoms and have been outside working in your garden or walking in the woods, be sure to schedule an appointment with your doctor, so that you can be tested and treated in a timely manner.

Courtesy of cdc.gov and webmd.com

Remember When?

CLASSIC OUTDOOR GAMES

Spend this summer enjoying some of these classic outdoor games from your childhood, while practicing safe social distancing. Not only will your grandchildren entertain themselves for hours, even older ‘kids at heart’ will enjoy the fun!

Hide & Seek

What might be one of the most classic games of all time, designate someone to close their eyes and count to 30 while everyone else finds a safe hiding place ... preferably within a small designated area. The objective is to find everyone within a given amount of time.

Simon Says

One person is designated “Simon” and stands in front of the rest of the group. Simon then issues commands to the players, such as, “Simon says, pat your belly three times with your left hand.” The group must only follow the commands that are preceded by the phrase, “Simon says.” If Simon simply says, “Touch your nose,” any player who follows such a command is out of the game. The objective is to stay in the game as long as possible.

Red Light, Green Light

One person is designated the ‘stoplight’ and stands at a short distance from the others, who are standing in a straight line. When the stoplight says, “Green light!” everyone moves toward the stoplight. Everyone in the line must immediately stop when the stoplight says, “Red light!” If you do not obey the commands as instructed, you must return to the starting point. Begin a new round when the first person reaches the stoplight.

Four-Square

Using chalk or tape, draw a giant square that has four equal-size squares inside. One person occupies each of the smaller squares. One square is designated the first square. The person in the first square hits the ball into another square. If it is hit to your square, you must hit it into another square before it

bounces twice. If you hit it outside of the square or let the ball bounce twice, you are out.

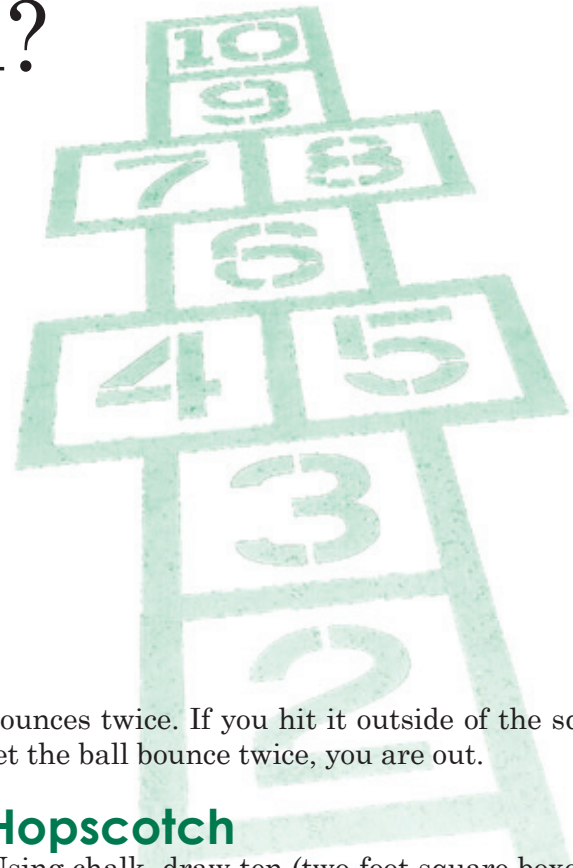
Hopscotch

Using chalk, draw ten (two-foot square boxes, numbered 1-10) on asphalt or concrete. Each person takes a turn throwing a small stone or similar object (i.e., a bean bag) into square one. The person hops on one foot into the next empty square (i.e., skipping square one) and every subsequent square, jumping with both feet at the pairs (4-5 and 7-8). When the person reaches square 10, he/she turns around by hopping on both feet, and heads back to the beginning. When he/she reaches the marked square, they pick up the object while standing on one foot, to complete the course. Repeat the sequence.

Pickle

Designate two bases (they can be shoes, rope or other object) and choose two throwers. Everyone else is a runner. The throwers toss a soft rubber ball back and forth while the runners try to get safely from one base to the next without getting tagged, or hit by the ball. If you are tagged, you’re out. The last person remaining, wins.

While organized sports have their benefits, sometimes games that require few rules and regulations, and a little imagination are best for long summer days, and lasting memories!



Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

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

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

Answers are provided on page 23.

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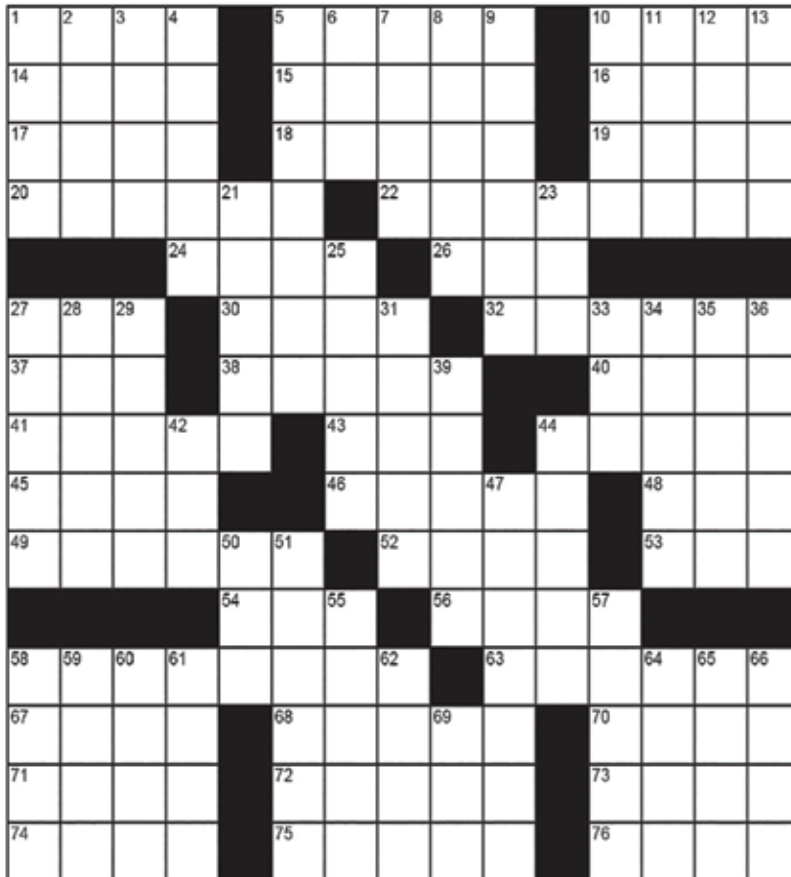
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Games

AND ACTIVITIES

CROSSWORD PUZZLE



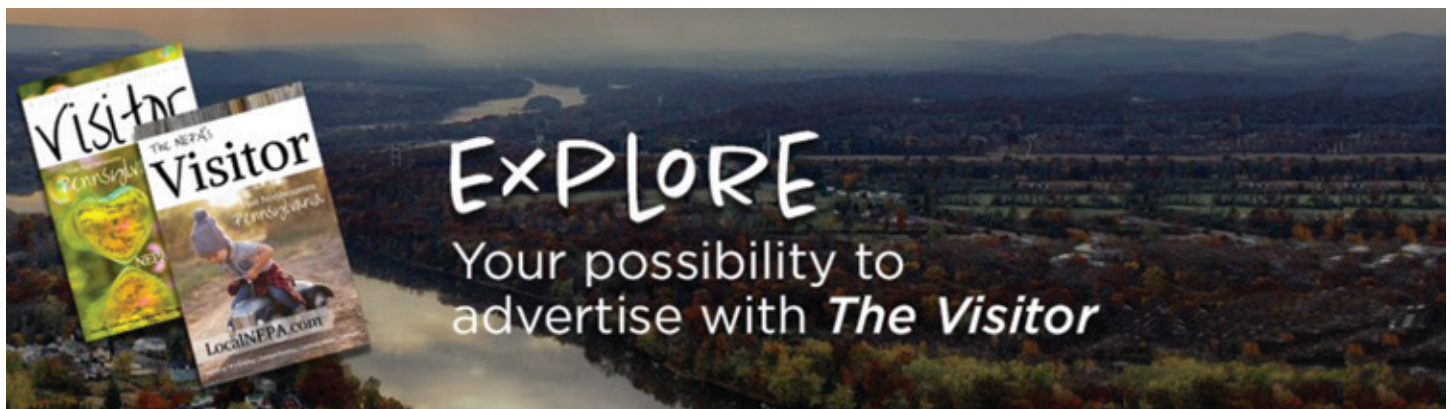
www.CrosswordWeaver.com

ACROSS

- 1 The alphabet
- 5 Yellow pigment
- 10 Engrave
- 14 Garrison
- 15 Bog
- 16 Scat!
- 17 Winged
- 18 Elan
- 19 Satisfy
- 20 Admire
- 22 Forever
- 24 Expect
- 26 Winter sport
- 27 Hertz
- 30 Japanese dress
- 32 In the middle
- 37 Type of meat
- 38 What a camera takes
- 40 Swerve
- 41 Opposite of ally
- 43 Summer skin color
- 44 Phase
- 45 6th month (Jewish calendar)
- 46 Slither
- 48 Wing
- 49 3.26 light-years
- 52 Yell
- 53 Acid drug
- 54 Ornament
- 56 Egyptian river
- 58 Removal
- 63 Gestured "hello"
- 67 Elide
- 68 Expend
- 70 European monetary unit
- 71 Sign
- 72 Noel
- 73 Brew
- 74 Asian bird
- 75 Atmosphere layer
- 76 As well as

DOWN

- 1 Far away
- 2 Tree trunk
- 3 Cliff
- 4 What broke the camel's back
- 5 6th century B.C. prophet
- 6 Sedan
- 7 Dr. Jekyll's "partner"
- 8 History
- 9 Gold finder's phrase
- 10 Sports channel
- 11 Tai
- 12 Foal
- 13 Consecrated
- 21 Harsh
- 23 Flange
- 25 Walks
- 27 Not expensive
- 28 Chinese bear
- 29 Wipe
- 31 European country
- 33 Climbing vine
- 34 Decorative picture printed on sticky, glossy paper for transferring to glass or wood
- 35 Offers to customers
- 36 Shoe bottom
- 39 Vegetable
- 42 Married woman
- 44 Stringed instrument
- 47 Wane
- 50 Snack
- 51 Shortening brand
- 55 Transparent gem
- 57 Water retention
- 58 Predestine
- 59 TV award
- 60 Legal claim
- 61 Bunsen burner
- 62 Roman emperor
- 64 Cowboy fight
- 65 Time periods
- 66 Extinct bird
- 69 Not (refix)



Games

AND ACTIVITIES

Riddles



1. There are three chests, each of which contains 100 coins. One chest has 100 gold coins, one has 100 silver coins, and the third has an equal split of 50 gold coins and 50 silver coins. Each chest is labeled, but you are labeled incorrectly. You are allowed to pick one coin from just one of the chests and after this you must correctly identify each of the three chests. What should you do?
2. I have cities but no houses, forests but no trees, water but no fish. What am I?
3. A man runs away from home. He turns left, and keeps running. After some time, he turns left again and keeps running. He later turns left once more and runs back home. Who was the man in the mask?
4. What time of day is spelled the same forward and backwards?

Answer (1): Take a coin from the chest labeled 50/50. If you pick a gold coin, you know that chest must contain all gold coins (it can't be the 50/50 chest because all the chests are incorrectly labeled). So the chest labeled silver must be the 50/50 chest and the one labeled gold must be the silver chest. On the other hand if you pick a silver coin, you know that chest must contain all silver coins, while the one, labeled silver must be the gold chest, and the one labeled gold must be the 50/50 chest.

Answer (2): A map.

Answer (3): The catcher (in a baseball game).

Answer (4): Noon.

Jokes



- Doctor: "I'm sorry, but you suffer from a terminal illness and have only 10 to live."
Patient: "What do you mean, 10? 10 what? Months? Weeks?!" Doctor: "9."
- A priest, a minister and a rabbi want to see who's best at their job. So they each go into the woods, find a bear, and attempt to convert it. Later they get together. The priest begins: "When I found the bear, I read to him from the Catechism and sprinkled him with holy water. Next week is his First Communion." "I found a bear by the stream," says the minister, "and preached God's holy word. The bear was so mesmerized that he let me baptize him." They both look down at the rabbi, who is lying on a gurney in a body cast. "Looking back," he says, "maybe I shouldn't have started with the circumcision."
- A turtle is crossing the road when, he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened so fast."
- A man, shocked by how his buddy is dressed, asks him, "How long have you been wearing that bra?" The friend replies, "Ever since my wife found it in the glove compartment."
- A man is struggling to find a parking space. "Lord," he prays. "I can't stand this. If you open a space up for me, I swear I'll give up the drink and go to mass every Sunday." Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the man says: "Never mind, I found one!"

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. To Have and to Hold
2. Overcoming the Obstacles
3. Playing Hard to Get
4. One Foot in Front of the Other
5. Seasonings
6. Trial Separation
1. The Odds are Overwhelming
2. Vanished into Thin Air
3. Wireless Internet
4. Close Quarters
5. He's Getting Under my Skin
6. Part-time Job



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

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

What To Do

WITH YOUR GRANDCHILDREN

You don't have to go too far from your own backyard to explore all of the exciting things nature has to offer. Practice safe social distancing, while spending time with your grandchildren by getting outdoors and exploring nature!

Catch a butterfly

Create an experience your grandchildren will enjoy and always remember by heading outdoors to find and collect butterflies. Do they flutter, fly in straight paths, hover over flowers, or travel with a purpose? Be sure to use a net to catch them – one that is made of soft material and safe for the butterfly, so not to damage its wings.

Lie on your back

Find a quiet area in your backyard to cultivate the lost art of simply sitting, watching and listening. After a few minutes, birds and other wildlife will become more noticeable. This activity works particularly well in view of a bird feeder, where the kids can observe birds eating and flying back and forth.

Collect Leaves

The thrill of identifying trees can be greatly enhanced by identifying and collecting their leaves. The best time to collect green leaves is early in the leafing season but not so early that immature leaves can confuse the collector. The months of June and July provide the best leaf samples, but to enjoy their autumn colors you have to wait until fall.

Hunt for bugs

Create your own terrarium. A plastic container with a few air holes punched in the lid is all you will need to make you bug habitat. Adding soil, twigs, leaves and stones will allow the bugs to survive for a short while. Potato bugs, beetles and ladybugs are the best candidates for observation. Be sure to have a magnifying glass handy. Notice their colors and unique shapes, and how beautiful (or fierce) they look. After a few days, return your subjects to the wild, at the place you found them.



Collect rocks

Whether it's collecting rock samples, stamp collecting, sea shell collecting, or coin collecting all have one common skill worth teaching your grandchildren: Organization. Once you have a rock specimen, you need to identify it. All rocks can be grouped into one of three basic types of rocks, Igneous, Sedimentary and Metamorphic. Now that you have identified your rock type, don't forget to label and catalog it. The last step to organizing your collection is to decide how you will display your rocks. By displaying them, both you and others can appreciate their natural beauty for years to come.

There's no better way for kids to learn about the world around them than by going outside. Encouraging your grandchildren to explore the outdoors will lead to unforgettable adventure and fun!

Events Calendar

THINGS TO DO OUTDOORS

While many of our counties throughout northeastern Pennsylvania have changed to “yellow” or even “green,” the CDC, Center for Disease Control still advises safe social distancing to prevent a rebound in the spread of COVID-19. Because of this, we thought we’d devote this issue’s Events Calendar to listing things to do outdoors while practicing safe social distancing.



Try kayaking – Whether you’re out on a lake or the river, the calmness of the water, and the refreshing cool breeze it offers during the heat of the summer, can be very relaxing.



Go hiking – While on your nature hike, be sure to listen to the sounds of the birds and other wildlife, while enjoying the smell of fresh air, the flowers and natural plants that surround you.



Take a bike ride – See what the railway engineers saw many years ago as you peddle along many of the ‘rails to trails’ that are now available for our enjoyment, exercise and relaxation.



Camp in a tent – Stay right in your own backyard, while enjoying an evening under the stars, snuggled up in a warm sleeping bag while reading a good book by flashlight.



Study the stars – Brush up on your astronomy by studying the constellations, and if you’re lucky ... see a falling star or the International Space Station high up in the sky.



Walk around your neighborhood – Get out and say hello to your neighbors and familiarize yourself again with your own surroundings.



Go to the drive-in – Remember those summer nights at the drive-in theatre? Bring your own popcorn and snacks, and enjoy a night out at the movies ... in the safety of your own vehicle.



Visit the park – Enjoy a walk, or simply relax by sitting on a bench or enjoying a picnic on the lush green grass.



Go fishing – Even if you don’t own fishing tackle, a cheap pole with a bobber and some worms is all that you need to enjoy a day at a local pond. Be sure to visit pfbc.pa.gov for fishing licenses and regulations.

Giving Back

EQUINES FOR FREEDOM

Equines for Freedom, EFF treats current and former U.S. Service Members and First Responders dealing with Post-Traumatic Stress Disorder, PTSD.

EFF is not a horse riding class. It is a therapy that helps the client learn to process a traumatic experience along with their feelings, emotions, behaviors and patterns through hands-on activities with a horse. Why a horse?

According to Ann Lewis, co-founder and licensed Mental Health Professional of EFF, “We rely on the horse to sense the mood and level of anxiety our client is experiencing. The horse is a clear indicator as to whether or not our client’s trigger mechanism is being managed effectively.”

A graduate of Temple University with a BS in Education, Ann was inspired to study Psychology while a teacher at Tunkhannock Area High School. Ann eventually received her degree in Psychology from Marywood College in 1985, first specializing in childhood abuse. This transitioned to Sports Psychology in the early 90’s when, after traveling to Alaska, Ann fell in love with horse back riding.

Shortly after a return trip to Alaska, Ann purchased her first horse, named Smitty. By this time, Ann was certified in EMDR (or Eye Movement Desensitization and Reprocess-



Ann Lewis, co-founder and licensed Mental Health Professional of Equines for Freedom.

ing) therapy, the number one treatment of PTSD. When, in 2014 Ann met Heather Stage, an Equine Specialist, who shared Ann’s interest in exploring the use of horses for the treatment of PTSD. The two formed EFF that year. And today, EFF is one of only a few non-profits providing Equine-Assisted EMDR therapy in the United States.

“The measureable progress we have seen is compelling evidence that the ‘horse’ combined with EMDR (referred to as EA-EMDR

therapy) helps our clients heal from traumatic events, as well as life-disturbing experiences,” says Ann.

This innovative therapy offers a team approach. In addition to Ann and Heather, there are two other therapists treating roughly 26 clients on a weekly basis. The therapy is FREE. Clients are treated over an average period of 29 weeks. Historically, symptoms of PTSD are reduced by 77.7% within the first 12 weeks of treatment.

Equines for Freedom is a 501(C)(3) non-profit located near Clarks Summit, Pa. in Newton Township and is able to provide its therapy for FREE on an operating budget of \$11,000 per month through the generous donations from individuals, corporations and fundraisers. To learn more, visit www.equinesforfreedom.org or call 570-665-2483.

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