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Northeastern Pennsylvania

OVER 50

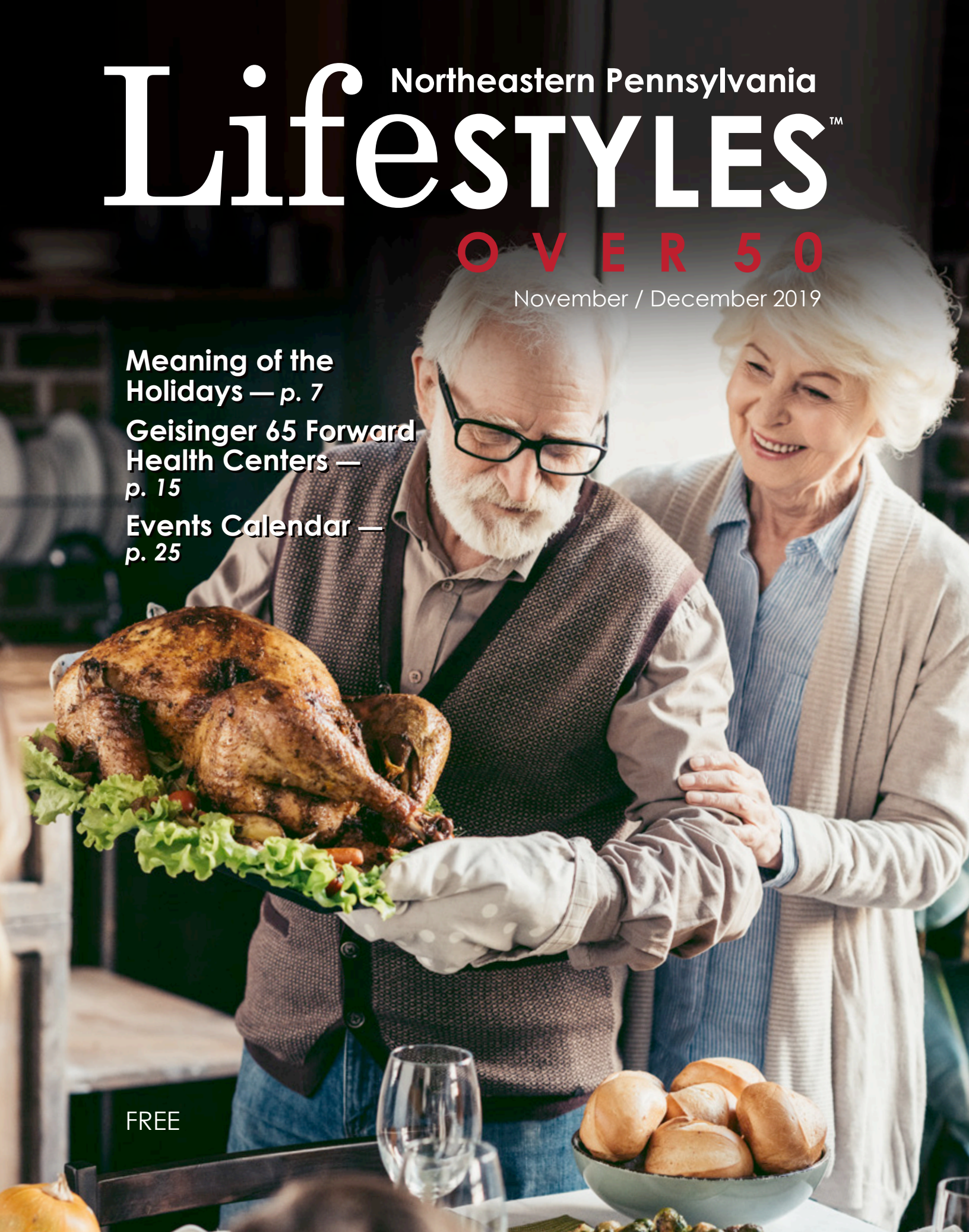
November / December 2019

**Meaning of the
Holidays — p. 7**

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p. 15**

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Our Story

LETTER FROM THE EDITOR



I love this time of year! The holidays are approaching, people are running about with a bit more enthusiasm, and I'm proud to say that I'm still able to tolerate the cold weather. The change in season allows me to force out the tired old habits that I've had over the warmer season, and refocus my routine

to adapt to the coming months. I find it exciting to embrace the chaos that comes about during the holidays - now, if I can just convince my husband that the garage roof does not need a full nativity scene.

I am proud to present our second issue of LIFESTYLES Over 50 Northeastern Pennsylvania. We've received positive reviews following our first issue, which encourages me to continue. I hope you are finding the articles to be useful and the games fun and entertaining. I want to provide information that you feel is relevant. Please contact us via e-mail or a phone call to give your suggestions.

Merry Christmas, Happy Holidays and a Healthy New Year!

Marci Kacyon
Executive Editor

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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Lif Northeastern Pennsylvania
STYLES
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 7x 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**



Cover Story

HOLIDAY TRADITIONS

LIFESTYLES Over 50 Northeastern Pennsylvania is proud to present our Holiday Traditions issue. While there are a lot of exciting things to do and see in NEPA this holiday season, let's not neglect to spend time with family and friends – enjoying the traditions passed down by our loved ones.

In this issue:

Emily Stackhouse, a senior at DeSales University shares with us, The Meaning of the Holidays. **Read more on page 7.**

Decorating for the holidays can be one of the most enjoyable times to spend with family and loved ones, while appreciating the warmth it brings as the temperature outside gets colder. **Read more on page 9.**

Of course, there is our regular feature, the Events Calendar! Enjoy many of NEPA's Holiday Happenings this holiday season, along with family, friends and grandchildren. **Read more on page 25.**

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LIFESTYLES™
OVER 50

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Pay IT FORWARD

Hezekiah's Hands

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 Hezekiah's Hands – featured in our last issue – in appreciation for their work.

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



Marci Kacyon, Executive Editor presenting a check for \$150.00 to Nancy Huey of Hezekiah's Hands.



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In Your Neighborhood

HONESDALE, PA

Birthplace of the American Railroad

Honesdale is located in the scenic Endless Mountains region of Northeastern Pennsylvania. Located 32 miles northeast of Scranton, Honesdale was originally called “Dyberry Forks,” and was laid out as a village in 1826 when the D&H Canal Company was created. It was incorporated as a borough on January 28, 1831 and today, is the county seat of Wayne County.

On August 8, 1829, the Stourbridge Lion started in Honesdale, ran three miles to Seelyville, and returned, making Honesdale the home to the first commercial steam locomotive run on rails in the United States. Therefore, Honesdale became known as the birthplace of the American Railroad. The Delaware and Hudson Canal Company (D&H) who owned the Stourbridge Lion, also transported anthracite coal by a unique gravity-railroad. From the mines to Honesdale, the coal was transferred to barges and transported via a 108-mile canal to Kingston, New York, and shipped by barges down the Hudson River to New York City.

The Wayne County Historical Society Museum contains a full-scale replica of the Stourbridge Lion. The museum is located on Main Street and was once the D&H Canal Company office. The Society also displays many historical photographs, artifacts and other exhibits. Today, The Stourbridge Line Rail Excursions lets you experience how relaxing rail travel was during the 1920’s to the 1950’s.



QUICK FACTS

County: Wayne
First settled: 1826
Population: 4,480 people (2010 census)
Mayor: Sarah Canfield
www.honesdaleborough.com

Found in Honesdale

- The Stourbridge Line Rail Excursions
- Wayne County Fair
- Wayne Memorial Hospital
- Highlights for Children magazine

Other notable facts about Honesdale include, the Wayne County Fair, which has been hosted by Honesdale for over a century. The Fair spans nine days and draws thousands of visitors. The hospital serving Honesdale and the surrounding communities is Wayne Memorial Hospital, which is part of the Wayne Memorial Health System, serving more than 100,000 people across Wayne and Pike Counties. And, the well-known children’s magazine, Highlights for Children was founded in Honesdale in 1946.

Courtesy of Wikipedia and honesdaleborough.com

New! Day Options in Lehigh County



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KCR Day Options are open to waiver eligible individuals

*Info: Visit www.keycommres.com
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Meaning

OF THE HOLIDAYS



There's a certain change in the air as the leaves begin to crisp and change color. A change that is felt both inwardly and outwardly. As summer changes to fall, hope fills my heart, which seems like a paradox to say the least. It becomes darker earlier and colder even on the sunniest of days. But my hope doesn't lie in the changing atmosphere around me. It lies in wonder, in full expectation of the holiday season approaching.

Many peer over their shoulders at the lists sitting on the counter, a reminder of all that needs to be done in preparation of a holiday meal or the exchanging of gifts. Lines wrap around department stores as individuals flock to grab the latest technology or high-fashion trends. Dollar signs hover over the holiday season, attempting to derail the meaning of true holiday spirit.

For me, the holiday season was never about the gifts I had received or the delicious food that scattered the dining room table, although my wonderful grandmother would say otherwise! It was about presence. Family. Joy-filled laughter of young cousins running up and down the basement stairs at my grandpa's house. A long table of family I hadn't seen in a few months, gathered around sharing stories and turkey with mashed potatoes. It reminded me that although there were stressful circumstances that appeared as clouds above my head, the long-awaited anticipation of seeing my extended family ignited my spirit with hope that maybe the joy of snow would fall from those clouds instead of rain.

I hope that as you enter the holiday season with long-lists and worries of expenses, the true meaning of the holidays is not lost or far from you. Because it is not about the wrapping or the cooking; it is about your presence. It is about the gift of family, the beauty of forgiveness, and the remembrance of those who have gone before us. The meaning of every holiday season is love. It keeps us warm like a hug on a cold fall day. Love is the figure of the family that fills the seats at our tables. It is the presence that keeps the holiday spirit alive. I hope and pray with full expectation that love, gratitude, and forgiveness dwells within each of you. No matter where you may be this holiday season, you will always be welcomed where love exists. And it exists everywhere.

Happy Holidays!

*Courtesy of Emily Stackhouse,
a senior at DeSales University*





ANNUAL HOLIDAY BLANKET DRIVE

Now Through December 14th
Drop off donations of BLANKETS, SOCKS, and
TOILETRIES at
Meals on Wheels of NEPA
541 Wyoming Ave | Scranton, PA 18509

Every year, Meals on Wheels gives each of our clients a new blanket as a holiday gift. We have approximately 500 clients to make gift bags for, and this year we are providing toiletry items and warm, fuzzy socks in addition to the blanket. Any donations of new, unopened blankets, socks, or toiletries would greatly be appreciated! We can pick up bulk donations or accept donations of any size at our building.

Meals on Wheels of NEPA
Call 570-346-2421 for more information!



Decorating for the Holidays

MY FAVORITE MEMORIES



I love to decorate for the holiday seasons. I decorate the same every year. I enjoy bringing out the family heirlooms, the children's handmade decorations, and the decorations I have received from friends and family over the years. It's expected that these items will be displayed in our house, and I feel a great sense of pride that this tradition remains intact.

My favorite decorations are the various wooden Santa figures that my parents made us over the years. Dad would cut the wooden pieces and mom would paint

them. I might be biased, but I believe they are the cutest decorations ever made.

One of my favorite traditions for the holiday is going to get the tree. I remember the first time my husband and I went with close friends in the Lehigh Valley. After tying two trees on top of the Bronco and driving down off the mountain, the two trees fell to each side of the SUV because of loose ropes. (I still snicker.) My favorite memories are when we took our boys to a tree farm. We would drag them on sleds to find the perfect tree. It was wonderful to watch the kids discover the magic of the season. These days, we travel to a new tree farm here in NEPA and pick the biggest tree we think can fit in the house. I save any trimmings to fill outdoor pots. I have learned NOT to add any decorative red berry picks to these pots. The deer up here will eat anything they can reach.

Marci Kacyon, Executive Editor

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Geisinger 65 Forward

SCRANTON OPEN HOUSE



Photo courtesy of Matthew Kacyon

Geisinger 65 Forward is a new kind of healthcare, specializing in senior healthcare and services for those 65+. On Thursday, October 17, 2019, Geisinger 65 Forward revealed to the public the opening of its second 65 Forward Health Center. The new Health Center features a fitness center with state-of-the-art equipment, space for exercise and wellness classes, and room for educational activities like cooking, arts and crafts.

“This model is VIP concierge-level services for seniors, specifically around primary care,” says Jaewon Ryu M.D., J.D., Geisinger President & Chief Executive Officer.

65 Forward members will be able to spend more time with their doctor at the Health Center, with appointment times of up to one hour. Primary care physicians of 65 Forward will see a maximum of 450 patients, compared to the national average of 2,500 to 3,000 patients per primary care physician. Members will have access to a team of healthcare professionals, including nurses, nutritionists and a personal healthcare advocate who can assist with coordinating care between specialists, hospitals and insurance.

According to Dr. Kenneth H. Tomeczyk, DO, “Geisinger 65 Forward is a multi-disciplinary, comprehensive care model that is being delivered to those over 65. The beauty of it is, the size of the patient panel is small. I am going to be taking care of a max. 450 patients. I get to spend quality time with each individual patient. So, we can effectively manage lifestyle along with managing their clinical needs.”

This, more intimate patient experience will allow for a better focus on early detection and discussion of possible health concerns and better care management of complex, chronic and other medical conditions.

“We’re open, right now Monday through Friday between 8:00 a.m. and 5:00 p.m. We’re looking to extend those hours ... once we add more providers and staff,” says Juli Molecavage, DHA Associate Vice President, Quality & Primary Care Services.

Now open in two locations with more to come!

499 Wyoming Avenue
Kingston, PA 18704
570-740-3096

3 West Olive Street
Scranton, PA 18505
570-207-5970

Diabetes

NOVEMBER IS NATIONAL DIABETES MONTH



Linking Diabetes and Cardiovascular Disease

November is National Diabetes Month. This year's focus is emphasizing the link between diabetes and heart disease. An increase in blood sugar can weaken and damage the blood vessels. In turn, diabetes can cause blindness, nerve damage, kidney disease, strokes and heart disease. We should use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Diabetes is a condition that occurs when the body can't use glucose (a type of sugar) normally. There are two types of diabetes. Type 1 - the pancreas does not produce insulin. This type of diabetes usually starts before age 20. Type 2 - the pancreas does not secrete enough insulin or the body is resistant to the insulin that is produced. This is the most common type of diabetes, affecting almost 18 million Americans. Type 2 diabetes is referred to as adult-onset diabetes because it usually occurs in people over age 40 that are overweight. The good news, many of these cases can be managed or even prevented.

Ways to manage your diabetes

- Stop smoking!
- Get more sleep. Your body requires more insulin to get glucose into your cells when it doesn't get enough rest.
- Manage your A1C, BP and cholesterol.
- Increase your physical activity. Exercise helps control weight, lower blood pressure, lower harmful LDL cholesterol and triglycerides, raise healthy HDL cholesterol, strengthen muscles and bones, reduce anxiety, and improve your general well-being.
- Drink water. When glucose levels are high, fluids help the kidneys to flush excess sugar out of the body.
- Eat healthy. Create a cookbook to cater to your special needs. Enjoy recipes for diabetics that use light sugar, reduced-fat whipped toppings, sugar-free sauces and low cholesterol products to create your meals.
- Inspect your feet everyday for changes. Numbness, burning, tingling and heaviness are all symptoms of early nerve damage. Contact your doctor if any of these symptoms start.
- Connect with others that have diabetes to give and receive encouragement regarding the management of your disease.
- Practice good oral hygiene to prevent cavities. Some diabetics experience dry mouth and can be predisposed to ulcers and gum disease.
- Pharmacies and other stores or service providers often have sales or discounts on diabetes-related items during National Diabetes Month. You may find free or low-cost health services such as blood pressure checks or vision screenings, discounts on diabetes supplies, or discounts on coaching or other educational services.
- Stay organized with your diabetes. Keep a list of medications with you at all times. Keep a list of your emergency contacts with this list, including your primary physician.
- Schedule a check up with your doctor if you have been putting it off for a long while.
- Be vigilant in following your doctor's recommendations about checking your blood sugar levels and taking the recommended doses of medication.

Festival of Lights

STONE HEDGE GOLF COURSE

In only its third year, the Festival of Lights (FOL) at Stone Hedge Golf Course definitely belongs on everyone's short list of family-friendly, holiday traditions!

Tucked away in the beautiful, endless mountains of Northeastern Pennsylvania, FOL is located just a few miles off of Route 6, directly between Clarks Summit and Tunkhannock, Pa. The 2-1/2 mile, drive-through Christmas light show meanders through the first nine holes of the Stone Hedge Golf Course, which begins its transformation in early October into a mystical wonderland of dinosaurs, zoo animals, musical instruments, sea creatures, heavy-duty construction equipment and more!

.....
According to Karen Force, co-owner, creative director and brainchild of FOL, "It doesn't matter if you are age 8 or 80 ... we offer something that everyone can enjoy!"
.....

Force said she wanted to do something that would allow the golf course to be financially viable during the winter months, keep the grounds crew employed year-round and offer something the entire community could appreciate. According to Bill Ruark, also co-owner, "This is the only business where everyone is happy and smiling, even our employees."

Open at sundown each evening from November 22 through New Year's Eve (except Christmas Eve), over two million LED bulbs attached to miles of string and extension chords are lit to reveal an eye-popping light show that you won't find anywhere else. 90% of the displays are custom designed, and all are made in the USA. Displays include both still and animated characters. For instance, you can see a gingerbread man tumbling down a hill in the dark, a boy sledding down another hill and Santa Clause casting his fishing line into the water.

.....
"And, this year we are introducing four new themes, and one new 'major display' of lights," says, Erika Edwards, general manager of Stone Hedge Golf Course.
.....



Festival of Lights
Stonehedge Golf Course
55 Stonehedge Drive
Tunkhannock, PA 18657

570-836-5108 ext. 8
Visit us on Facebook



Cost of the show is \$25 per carload (Sunday through Thursday from 5:00 to 9:00) and \$30 per carload (Friday through Saturday from 5:00 to 10:00). Included in the price is a coupon (one per vehicle) that can be redeemed at a \$2.50 value towards a S'mores kit to be roasted at the fire pits.

For the kids, don't forget the free photo with Santa Claus, plus train ride through part of the front nine of the gold course.

Vendors selling various other goods, such as wood-carvings, maple syrup, pebble art and children's novelties are also available every night.

On select Donation Nights, a percentage of the night's ticket sales are donated to a local charity chosen by FOL and its staff.

It's Flu Season

DID YOU GET YOUR FLU VACCINE?

If you haven't already, it's time to get vaccinated. Ideally, you should get the vaccine by the end of October. However, getting vaccinated with the flu shot makes sense any time during flu season, which may last from September to May.

Flu vaccine facts:

- The flu vaccine cannot give you the flu. The vaccine is made with a dead flu virus (flu shot) or weakened form of the flu virus (nasal flu vaccine), which can't give you influenza.
- You must get vaccinated every year. Each year's vaccine is unique, derived from the flu strains health officials believe will be most prevalent that season.
- For those age 65 and older, a high-dose version of the flu vaccine (Fluzone or Fludac) is recommended when available.

Tips to make the flu shot easier to tolerate:

- Relax your arm. The shot is less painful in a relaxed muscle.
- Getting the shot in your dominant arm may be sore at first, but the extra motion in your dominant arm will work the vaccine into the muscle faster, thus quickly reducing the pain.
- Take a dose of ibuprofen or acetaminophen before injection to help reduce inflammation.
- Stay hydrated before and after the shot. Hydrated muscles have a quicker recovery.
- Have a sweet sucker or chew gum during the injection. Endorphins released while eating the treat reduce the amount of pain.

Source: NorthShore University HealthSystem and WebMD.com

—THE—
Festival of Lights

Presented by:
STONE HEDGE
GOLF COURSE

NOW:
2.5 Miles
Long

Opening Night:	November 22nd, 2019	Sunday-Thursday Hours:	5pm - 9pm	SUNDAY - THURSDAY	
Closing Night:	December 31st, 2019	Friday-Saturday Hours:	5pm - 10pm	\$25.00 PER VEHICLE	FRIDAY & SATURDAY
					\$30.00 PER VEHICLE

OPEN EVERY NIGHT EXCEPT CHRISTMAS EVE
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Geisinger 65 Forward

Join us for an open house at
your new health center.

Geisinger
65⁺Forward



What's 65 Forward? Glad you asked.

It's extended visits with doctors who really listen.

Less time spent in waiting rooms.

Card games, yoga, cooking demos: A revolving roster of activities that mean you're either enjoying a favorite pastime, or learning something new.

It's friends. New and old.

A clean, bright, beautiful place to relax — and get some preventive screenings in between sharing the latest neighborhood news.

Did we mention doctors who have time to get to know you as a patient — and a person?

It's good health, good friends and good fun, all in one place. And there's never been anything like it around here. The best part is, it's all included for standard Geisinger Gold Medicare Advantage members. So stop by to learn more. We promise you'll be greeted by a friendly face.

geisinger.org/65forward

Stop by and enjoy a free breakfast while we tell you more about Geisinger 65 Forward.

Scranton


3 W. Olive Street
(570) 207-5970

Thursday, Nov. 21
Tuesday, Nov. 26
Thursday, Dec. 5

Kingston

499 Wyoming Avenue
(570) 714-3050

Saturday, Nov. 16
Saturday, Nov. 23
Saturday, Dec. 7



Medicare Open Enrollment

RUNS FROM OCTOBER 15 THROUGH DECEMBER 7

The enrollment date is a critical part of the enrollment process. The following are some key points about enrollment.

If you're already receiving Social Security or Railroad Retirement Board benefits and you're a U.S. resident, you won't have to worry about your enrollment date, since the government automatically enrolls you in both Part A and Part B at age 65. About three months prior to your 65th birthday, your Medicare card will arrive in the mail.

If you are 65, but you're not receiving Social Security or Railroad Retirement Board benefits, you won't be automatically enrolled in Original Medicare. Instead, you'll be able to enroll during one of three enrollment periods.

Initial enrollment period — A seven-month window of time that begins three months prior to the month of your 65th birthday. If your birthday is the first of the month, your special enrollment period is still seven months long, but it's shifted back to begin and end one month earlier than the normal schedule. The date your coverage starts depends upon how early in the IEP you enroll. If you wait until the last four months of the IEP, the start date of your coverage will be later.

General enrollment period – January 1 to March 31 of each year. Your coverage will begin on July 1 of the year you enroll.

Special enrollment period – You can wait to enroll in Part B and not incur a premium hike if you had coverage through your job or your spouse's job at the time you became eligible for Medicare. While you're still covered, you can enroll in Medicare at

any time — and for another eight months after you lose your group coverage or you (or your spouse) stop working.

For more information about signing up in Parts A and B, call Social Security at 1-800-772-1213 (TTY users, call 1-800-325-0778).

The Annual Open Enrollment Period (AOEP) runs from October 15 through December 7. You have the opportunity to change or enroll for a Part D prescription drug plan or Medicare Advantage plan. The changes take effect on January 1.

You can make the following changes during the Medicare AOEP:

- Change from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.

Remember: Medicare Open Enrollment period runs from October 15 through December 7.

Do You Have Old Classic Records That You Want to Sell?

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Medicare

A LONG HISTORY



In July 1965, under the leadership of President Lyndon Johnson, Congress enacted Medicare under Title XVIII of the Social Security Act.

Discussion goes back to the turn of the century and Teddy Roosevelt's run for the presidency in 1912. In Teddy's day, professionally trained physicians were just becoming widespread, along with the famous "snake oil" salesmen. These hucksters became wealthy from their "miracle cures" and other scams.

To protect the consumer, Roosevelt enacted the Pure Food and Drug Act, requiring that accurate ingredients be listed to warn consumers of what they were ingesting. Certain ingredients were included on the government list as harmful, including cocaine, opium and cannabis. It also allowed for penalties for medicines that (by name) gave the impression certain ingredients were included, but in actuality did not exist in the products at all. On the same day, he also passed the Meat Inspection Act, allowing the government to control the inspection of beef and the purity of meat goods sold.

These two acts had a significant impact on the health of Americans during that time period. Later, president Harry S. Truman fought for a national health plan that would pay for many typical healthcare needs, such as doctor visits, hospital visits, laboratory services, dental care and nursing services.

It was president John F. Kennedy, seeing that 56% of seniors over 65 were uninsured, who pushed for a national healthcare plan. But, it was his successor, Lyndon Johnson, who brought it to reality on July 30, 1965. Fittingly, Harry Truman and his wife, Bess, received the first Medicare cards.

**Remember: Medicare
Open Enrollment
period runs from
October 15 through
December 7.**

Help is only a phone call away!

Navigating Medicare can be tricky, but there are many helpful resources. One is APPRISE, from the PA Department of Aging. APPRISE counselors are available to answer your Medicare-related questions. The APPRISE Helpline is available at 1-800-783-7067 from 9:00 a.m. to 4:00 p.m., Monday through Friday.

Workforce Development

FOR MATURE WORKERS

Associates for Training & Development

Associates for Training & Development (A4TD) was founded in 1983, and is currently operating in Connecticut, Maine, New York, Pennsylvania and Vermont.

A4TD Mission: To provide training and employment services to mature workers!

One of the most popular programs of A4TD is the Senior Community Service Employment Program (SCSEP), a community service and work-based job training program for older Americans. Authorized and funded by Title V of the Older Americans Act, the program provides training for low-income, unemployed seniors.

SCSEP participants gain work experience in a variety of on-site community service training activities, such as at non-profits and public facilities, including schools, hospitals, day-care centers and se-

Who Qualifies for SCSEP?

- Individuals age 55+
- Income <125% of federal poverty guidelines
- Unemployed

nior centers. Participants train 20-hours per week while earning minimum wage, developing the job skills necessary in their job search efforts. Participants are trained in career tracks that serves as a bridge to unsubsidized employment opportunities.

Career tracks include: home health aide, food service, customer service, office administration, stock clerk and retail sales. In addition to training, SCSEP services may also include career assessment, Individual Employment Plan development, supportive services and specialized skill training.

“The Senior Community Service Employment Program helped me update my work skills, get my confidence back and get the job I love. I never could have done this on my own. I believe this program changed the direction of my life for the better. I am so grateful.”

Testimonial from a former SCSEP participant

For more information on the SCSEP, contact:

**A4TD Pennsylvania State Office
60 Plaza Lane, Wellsboro, PA 16901**

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Remember When?

TOYS OF THE 1950s & 1960s

Have toys really changed all that much over the years? Following were the most-requested holiday toys of the 1950s and 1960s.

Let's start with everyone's favorite vegetable, **Hasbro's Mr. Potato Head**. It consisted of plastic parts that you inserted into a real fruit or vegetable. Sadly, but understandably, due to complaints about rotting fruits and vegetables, and government health standards, Mr. P. went plastic in 1964.

Gumby was an odd little character. Why green? His beginning was associated with pea soup. His creator, Art Clokey, produced a stop-motion animation commercial for Andersen's Pea Soup early in the decade. From there, Gumby went on to fame and fortune.

Pogo Sticks, **Play-Doh** (originally a wallpaper cleaner), **Hula Hoops**, **Mattel's Hot Wheels** and **Barbie** were also born in the 1950s.

By 1962, **Barbie** was getting lonely, so Mattel introduced her and the world to Ken. Like many of us, **Ken** started out with "real" hair (felt) but switched to "fake" hair (plastic) soon after.

Some dolls were out protecting our freedom. Roll call: **Hasbro's G. I. Joe**! In order to keep his cool image, Joe was marketed as an "action figure," not a doll (although he was a doll). During the Vietnam War, interest in the military declined, and so did Joe's popularity.

In 1965, a concoction of chemicals that are hard to pronounce, gave us the **Superball**. While kids love the super bounce, physicists have written papers about its fascinating properties, like its, "... almost perfect coefficient of restitution and does things other balls do not." And we thought toys were not educational!

Some of these "old" toys are still kids' favorites!



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Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

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

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

Answers are provided on page 23.

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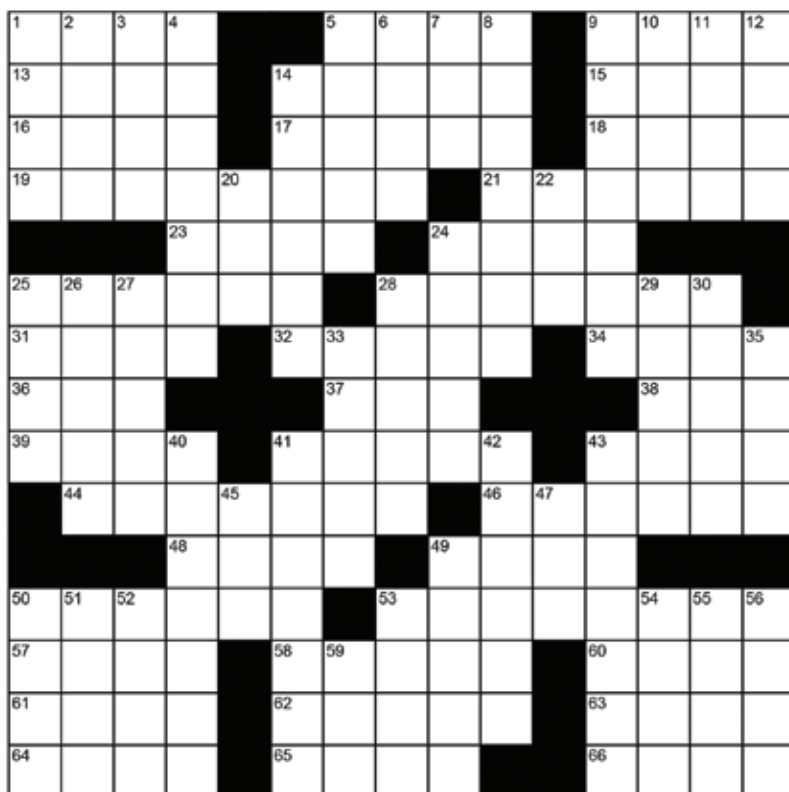
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Games

AND ACTIVITIES

CROSSWORD PUZZLE



www.CrosswordWeaver.com

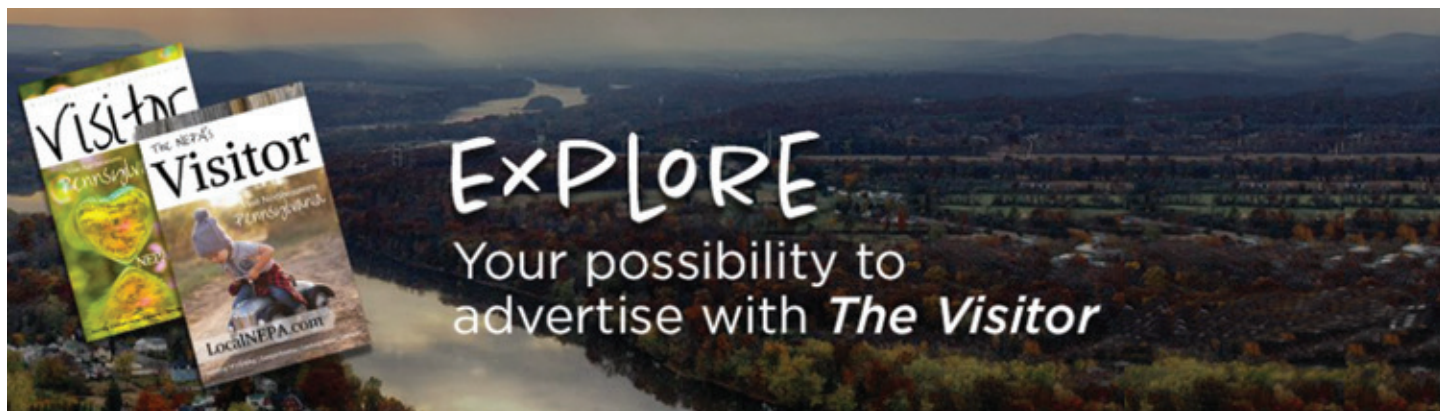
Answers are provided on page 23.

ACROSS

- 1 Knocks (2 wds.)
- 5 Decorative needle case
- 9 Forehead
- 13 Pig food
- 14 Held on tightly
- 15 Volcanic rock
- 16 Jar
- 17 Jalopy
- 18 Spoken
- 19 Mediums
- 21 George __ ("War of the Worlds" author)
- 23 27th U.S. president
- 24 Three
- 25 Its own
- 28 Male roe deer
- 31 Danish physicist
- 32 Narrow openings
- 34 Canned meat
- 36 Wrath
- 37 Ripen
- 38 Pole
- 39 Celebrity
- 41 Rich man Donald
- 43 Round cracker brand
- 44 Wears down
- 46 Useless
- 48 Father
- 49 Ocean Spray's drink starters
- 50 Buyer
- 53 Smug
- 57 Assure
- 58 Bird claw
- 60 Lazy
- 61 Plateau
- 62 With
- 63 Come close to
- 64 Game animal
- 65 Neck
- 66 Wide open

DOWN

- 1 Invitation abbreviation
- 2 Alack's partner
- 3 Bunch of flowers
- 4 Ghost
- 5 Chosen
- 6 "Calciums" antacid brand
- 7 Spanish "one"
- 8 Misses
- 9 Big win
- 10 Not well cooked
- 11 Ovoid
- 12 Fence
- 14 Canyon walls
- 20 Movie 2001's talking computer
- 22 Eve's beginning
- 24 Emblem
- 25 Wading bird
- 26 Cake
- 27 Trim sheep
- 28 Villain
- 29 Peculiarity
- 30 Ties
- 33 Worm-like stage
- 35 Cutting tool
- 40 Vehicle path
- 41 Type of Monk
- 42 Reading intensely
- 43 Phone action
- 45 South by east
- 47 Label
- 49 Old woman
- 50 Invent
- 51 Always
- 52 Smeller
- 53 Squishy fall
- 54 Thought
- 55 Cuff
- 56 Not there
- 59 Wing



Games AND ACTIVITIES



- **A large swarm of locusts** can eat 80,000 tons of corn in a day.
- **Bamboo** (the world's tallest grass) can grow up to 90 cm in a day.
- **Jeremy Bentham**, a British philosopher who died in 1832, left his entire estate to the London Hospital provided that his body be allowed to preside over its board meetings. His skeleton was clothed and fitted with a wax mask of his face. It was present at the meeting for 92 years.
- **Your skin will regenerate** itself every 27 days.
- **M&M's** were created during the Spanish Civil War. They were made with a hard shell so the soldiers could eat candy without getting their fingers sticky.
- **Did you know you share a birthday** with at least 21 million other people in the world?
- **Muffins** spelled backwards is sniffum.
- **Oak trees** do not start producing acorns until they are at least 20 years old.

Ramblings of a Retired Mind

- You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.
- I was thinking that women should put pictures of missing husbands on beer cans!
- I thought about making a fitness movie for folks my age, and call it 'Pumping Rust'.
- When people see a cat's litter box, they always say, 'Oh, have you got a cat?' Just once I want to say, 'No, it's for company!'
- Employment applications always ask who is to be notified in case of an emergency. I think you should write, 'A Good Doctor!'
- He who hesitates is probably right.
- If you can smile when things go wrong, you have someone in mind to blame.
- Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
- Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.
- When you are dissatisfied and would like to go back to your youth, think of Algebra.

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Games

AND ACTIVITIES

Ask someone to answer these simple questions?

1.) What do you put in a toaster?

A: The answer is “bread,” not toast.

2.) Say “Silk” Five Times. Now, spell silk.
What do cows drink?

A: Cows drink water, not milk.

3.) If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a greenhouse made from?

A: Greenhouses are made from glass.

Try this
memory test
— *just*
for fun.



Without using a calculator — You are driving a bus from Towanda to Jim Thorpe to enjoy the beautiful scenic mountains of NEPA. In Towanda, 17 people get on the bus. In Eagles Mere, six people get off the bus and nine people get on. In Kingston, two people get off and four get on. In Tunkhannock, 11 people get off and 16 people get on. In Montrose, three people get off and five people get on. In Blakely, six people get off and three get on. In Honesdale, 5 people get off. The next stop is Blooming Grove where 2 people get on and 4 people get off. At Paradise Valley, everyone gets off to use the bathroom and all but one get back on. You finally arrive at Jim Thorpe. What was the name of the bus driver? (Answer Below)

SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

RAPS		ETUI		BROW
SLOP		CLUNG		LAVA
VASE		LEMON		ORAL
PSYCHICS		ORWELL		
	TAFT		TRIO	
ITSELF		ROEBUCK		
BOHR		SLOTS		TUNA
IRE		AGE		ROD
STAR		TRUMP		RITZ
	EROSIVE		OTIOSE	
	ABBA		CRAN	
VENDEE		PRIGGISH		
AVOW		TALON		IDLE
MESA		ALONG		NEAR
PREY		NAPE		GAPE

MEMORY TEST ANSWER — It was YOU.

Baking Holiday Cookies

Cut-out cookies are almost always associated with the holidays. It is believed that cut-out cookies trace back to mumming, a Christmas tradition in colonial areas where the Church of England was influential. In mumming, Christmas stories were acted out and food was used to help depict the stories.

A tradition has been passed down to leave milk and cookies on a plate for Santa to eat on his journey to deliver presents. Historians believe the tradition began during the Great Depression, as a way for parents to encourage generosity in their children.

We have included a recipe for Cut-out Sugar cookies. Try this recipe and let us know if Santa enjoys them.

GLORIA'S SUGAR COOKIES FOR CUT-OUTS

¾ cup butter (softened)
1 cup sugar
2 eggs
1 cup all-purpose flour
1 tsp baking powder
½ tsp salt
1 tsp vanilla extract

Mix butter, sugar, eggs, and vanilla. Set aside. Stir flour, baking powder and salt together. Mix into butter mixture.

Chill dough for at least an hour or longer (well covered with saran wrap).

Separate dough into two balls. Roll out each ball about ¼ inch thick.

Use your favorite Christmas cookie cutter or cutters and have fun!


Bake 400 degrees for 6–8 minutes.

You can keep this dough in refrigerator overnight or for a day. Do ahead of time and be ready for the grandkids to start cutting out and decorating.

If you have never used parchment paper for your baking, give it a try. It makes clean-up so easy.

SUGAR COOKIE ICING

1 box 10-x powdered sugar (1 lb.)
2 egg whites
1 tsp vanilla extract
1 tsp lemon juice



Decorate cookies after they have cooled.

Events Calendar

HOLIDAY HAPPENINGS

Bradford County

- **Towanda Hometown Christmas** — Dec 6 Tree Lighting Ceremony @ 5:00 pm at Madigan Park.

Carbon County

- **Jim Thorpe's Olde Time Christmas** — Dec 7-8, 14-15, 21-22. See the Historic district decorated for the Holiday season. It's like something right out of a Hallmark movie.

Lackawanna County

- **Santa Parade in Scranton** — Nov 23 @ 9:15 am.
- **North Pole Limited** — Steam Train Ride with Santa - Dec 8, 14 & 15 @ 10:00 am, 12:00 noon, 1:30 pm, and 3:00 pm - requires admission fee.
- **Steamtown's Holiday Express** — Nov 30 @ 9:30 am and 1:30 pm - requires admission fee.

Luzerne County

- **Wilkes-Barre Christmas Parade and Tree Lighting Ceremony** — Nov 23 starting @ 3:00 pm.
- **Old Fashion Holiday Market on Public Square** — Nov 30 from 11:00 am - 7:00 pm. This event will host craft and food vendors along with many other holiday festivities.

Monroe County

- **Stroudsburg Tree Lighting Ceremony** in downtown — Nov 29 from 5:00 - 7:00 pm. Carriage rides, caroling and a visit from Santa are but a few of the activities planned for this event.
- **Quiet Valley Farms Old Time Christmas** — Dec 7-8 and 14-15, from 3:00 - 7:00 pm - requires admission fee.

Pike County

- **Milford Tree Lighting Ceremony** — Dec 7 starting @ 4:30 pm at the Milford Community House. Santa Claus will arrive on top of Milford Fire Department's Engine 33 with a very cool team of reindeer on motorcycles from the Pike County PA chapter of ABATE.

Sullivan County

- **Home for the Holidays** — Nov 29-30 @ Eagles Mere Historic Village.

Susquehanna County

- **Christmas in Montrose** — Dec 6-8. Experience many Holiday events throughout the weekend.
- **Tall Pines Forest of Lights** — Nov 22 - Dec 31 @ 5:00 pm - requires admission fee.

Wayne County

- **Hawley Winterfest** — Dec 13-15. The town will host a Beer Tour, a Cookie Walk, Breakfast with Santa, an Artisan's Fair, amongst many other events.
- **Honesdale Winter Wonderland** — Friday, Nov 29-30. The town will offer up a Santa Parade, a Tree Lighting Ceremony and lots of holiday fun.
- **Winter Wonderland Limited** — Dec 27-29 @ 12:00 noon and 2:30 pm. Take the Stourbridge Line train ride to see nature's beauty - requires admission fee.

Wyoming County

- **Christmas in Our Hometown, Tunkhannock** — Dec 6 from 5:00 - 9:00 pm. and Dec 7. A family friendly event featuring food and entertainment plus many seasonal activities.
- **Santa Train Ride** — Dec 14 and 15 @ 10:30 am, 1:00 pm and 3:30 pm from Tunkhannock Riverside Park - requires admission fee.
- **Festival of Lights** Nov 22 - Dec 21 at Stone Hedge Golf Course - requires admission fee
- **Journey to Bethlehem** — Dec 13-14 from 6 pm – 9 pm @ Tunkhannock United Methodist Church - FREE.

Source: County, township and event Websites



Giving Back

SEVEN LOAVES SOUP KITCHEN

When Janice and Ed Shaffer opened the doors of Seven Loaves Soup Kitchen in Tunkhannock, Pa. in September 2007, they were convinced of their purpose to provide a hot, nutritious meal for all in need. Joined by a small group of concerned citizens, they approached the Tunkhannock Ministerium with their idea. Interest grew. Local food stores and restaurants offered food from their surplus and volunteers gave of their time and money. Since opening, more than 173,000 meals have been served.

According to Raleigh Bloch, President of the Board of Directors, *"Seven Loaves Soup Kitchen is a non-profit, non-affiliated group of volunteers that strive to be of assistance to others and serve with a spirit of compassion, respect, and dignity."*

The Seven Loaves Soup Kitchen's mission has been to enhance the health and quality of life of the unfortunate and elderly in our community by providing regular hot, hearty, nutritious, well-balanced meals five days a week at no cost. Each meal is planned with nutrition in mind.

"Anyone who comes to our door is welcome – without question or qualification," says, Mission Coordinator, Donna Shaffer.



Volunteers keep the soup kitchen open!

The Seven Loaves Soup Kitchen accepts monetary gifts to assist with the utilities, insurance and maintenance as well as for the purchase of food and supplies.

They accept prepared and non-perishable food items as well. Bulk quantities of professionally packaged meat are also needed. Kitchen cleaning supplies as well as disposable tableware are appreciated. Additional volunteers are needed for food pick-up and stocking – most days it takes about an hour.

If you're able to help prepare the food or prefer to serve, consider helping one evening a week or once a month – from start to finish, it takes about four hours.

Seven Loaves Soup Kitchen serving times:

Monday – Friday from 5:00 pm – 6:30 pm

Closed Saturday and Sunday

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

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