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Cover Story



Well, 2020 turned out to be a crappy year. The Coronavirus made its debut, requiring social distancing from friends and family. The summer Olympics, among many other sports, were postponed. The west coast endured horrific wildfires, while the southern states endured hurricanes and

flooding. And, Murder Hornets arrived in the U.S.

Yet, despite all that was thrown at us this year, we've saw the best in all of us. Food drives sprung up to deliver meals for those in need. Grocery stores limited entrance to only the elderly during early morning hours for their added safety. Many of us pulled out our sewing machines to make masks for others. Churches went online to keep their congregations safe and connected. Drive-in movies made a comeback. Distilleries used their resources to produce hand sanitizer. And, a 103-year-old woman who beat COVID-19, celebrated with downing a beer. Can I say more?!

I wish everyone a warm, safe and enjoyable holiday.

Merry Christmas!

Marci Kacyon
Executive Editor
570-390-3350
NEPA@LIFESTYLESover50.com
www.LIFESTYLESover50.com/NEPA

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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

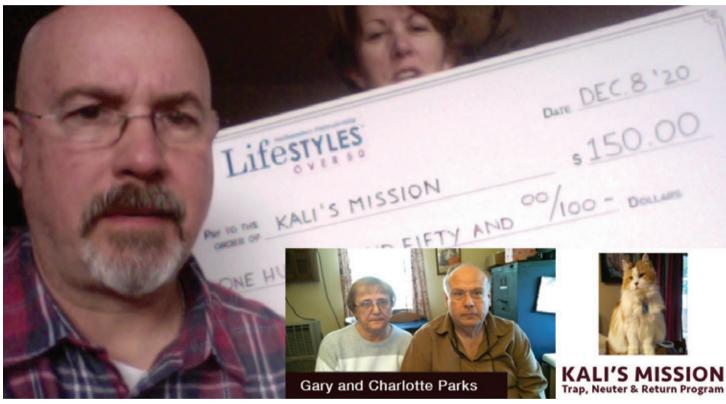


Pay IT FORWARD

Kali's Mission

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 Kali's Mission – 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!



Virtual check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to Kali's Mission, operated by Gary and Charlotte Parks.

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

Tech Savvy Seniors

ONLINE SHOPPING

Any idea that the elderly aren't using the Internet is extremely outdated. Research has shown over and over again that our seniors are 'more likely' to use social media and shop online.

The older population has a great deal to gain from e-commerce. For example, newspaper costs are rising, while many online news sources are now free to the public. As mobility decreases with age, having goods and services delivered to your door makes a great deal of sense. And, since the Covid-19 outbreak, grocery stores have seen a dramatic rise in buying online and sidewalk pickup.

For many seniors, living independently is a life affirming challenge. It keeps them invigorated and



stimulated. They love their home, value their privacy and cherish their independence. If nothing else, living alone offers a sense of security, comfort and familiarity. Seniors represent a market that has a projected worth of \$84 billion by 2030, according to the American Association of Retired Persons (AARP). Their customer needs are very different.

Following is a list of online retailers and products for the elderly. All of these have helped thousands of seniors live an easier, happier, safer and more independent life in the comfort of their own home.

Online retailers:

- AARP Most seniors should be familiar with this nonprofit organization. But, you may not know that its Website is packed with articles ranging from travel tips to health advice. The site also makes it easy for seniors to reap the benefits of AARP's discounts.
- Amazon.com Today's largest online retailer.
 Consider their Prime service and receive free shipping for eligible purchases, streaming of movies,
 TV shows and music, exclusive shopping deals, unlimited reading ... and more!
- Walgreens.com Besides ordering prescription drugs at competitive prices, visit the site for Covid-19 vaccination updates at stores in your area, exclusive offers, coupons and more.
- Overstock.com Need to find an affordable gift or replace a household item? This is the place to shop for heavier items, such as furniture and vacuum cleaners. This site specializes in discontinued and overstocked items offered at a huge discount.

Online products:

- **Medical alert systems** Whether you want protection in your home or outside, automatic fall detection or GPS tracking, there's a medical alert system for you or your loved one.
- **Grab bars** Getting up from the toilet alone, or in and out of the shower safely is a key to staying safe on your feet.
- Video doorbells See, hear and speak with anyone at your door before allowing someone in. Receive notifications remotely as well.
- **Shower chairs** For those with limited mobility or risk of falling, sit down safely while showering.
- **No-tie shoelaces** Transform lace-up shoes into loafers without kneeling and reaching down.
- **Big button remote controls** Fewer buttons with backlit, vision-friendly display makes controlling your television easy again.
- Swivel seat cushions Step out of any chair with ease, even a car seat.

Sources progressive grocer.com, ecommerce guide. com and seniors af etyreviews.com

In Your Neighborhood

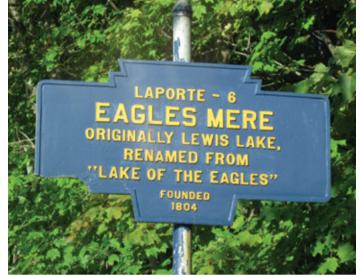
EAGLES MERE, PA

The Eagle's Lake

Eagles Mere is a small community in the endless mountains region of northeastern Pennsylvania. The town center is home to specialty shops, eateries and a museum with a rich history. Boasting a pristine private lake, the town is home to year-round events, such as summer craft and antique shows, and concerts. From the mountaintop of Eagles Mere, downhill slopes are found all around. Since the early 1800's families found wintertime pleasure sledding on the hills and skating on the lake. Some, more adventurous riders took their sleds to the top of Lake Avenue for a swift run down the road and across the frozen lake.

In 1886, Captain Chase moved to Eagles Mere from Williamsport, Pa. He famously initiated projects such as laying out the street plans of the village, planning and cutting paths, such as the well known, Laurel Path around the lake. One of his monumental contributions was his work on a design and method for building a toboggan slide that would be safe and enjoyable for Eagles Mere residents.

The slide was ready for operation in January of 1904. The plans included a wooden toboggan built with three metal runners to fit the groove made in the ice of the slide. Townspeople turned out to build the toboggan slide when the ice was determined to be solid at twelve inches deep. Handsaws were used to cut into the ice blocks. Horse teams with wagons and bobsleds were used to haul the ice blocks to the foot of Lake Avenue where construction began.



Keystone Marker for Eagles Mere, Pennsylvania by Doug Kerr from Albany, New York

QUICK FACTS

County: Sullivan Founded: 1804

Population: 120 people

(2010 census)

Mayor:

Richard Lobach

Website:

www.eaglesmerepa.com

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Info: Visit www.keycommres.com Celebrating 55 years of Caring, since 1964 And, electric lights were strung over the slide using electricity generated by the waters of Hunters Lake four miles away.

Today, besides the annual, winter Toboggan Slide, other attractions include the Eagles Mere Air & Auto Museums; Eagles Mere's premier, private Country Club; and Tennis Center, founded in 1907. For lodging and dining, the Eagles Mere Inn is within walking distance of the quaint shops and historic town homes of this tiny village that is "trapped in time" in the unparalleled natural beauty of northeastern Pennsylvania.

Courtesy of Wikipedia and eaglesmerepa.com

Sun Stands Still

WINTER SOLSTICE

The word, solstice is derived from the Latin term, solstitium, containing sol, which means 'sun' and sistere, meaning 'to make stand'. Due to the sun's position in the sky, which rises and falls throughout the year, the sun appears to pause in the days surrounding the solstice. The winter solstice is the shortest day and longest night of the year. In the Northern Hemisphere, it takes place between December 20 and 23, depending on the year. The reverse is true in the Southern Hemisphere, where the shortest day of the year occurs in June.

The winter solstice is traditionally celebrated as a symbol of the changing seasons. Ancient cultures viewed the winter solstice as a time of death and rebirth. The loss of daylight, along with the very real threat of starvation over the winter months weighed heavily on early societies. They would hold celebrations and rites meant to herald the return of the sun and hope for a new life. The sacred day is also called Yule to pagans celebrating the birth of the new solar year, according to Circle Sanctuary, a prominent pagan group in America. Scandinavian and Germanic pagans lit fires and burned Yule logs as a symbolic means of welcoming back the light. Cattle and other animals were slaughtered around midwinter, followed by feasting on what would be the last fresh meat for several months.

Stonehenge is aligned to the sunset on the winter solstice. The primary axis of the megalithic monument is oriented to the setting sun. Some have theorized that the position of the sun was of religious significance to the people who built Stonehenge, while other theories hold that the monument is constructed along natural features that happen to align with it. Other traditions claim that dark spirits walk the Earth during the winter solstice. The Iranian festival of Yalda is celebrated on the longest night of the year. In pre-Islamic times, it heralded the birth of Mithra, the ancient sun god and his triumph over darkness. Zoroastrian lore holds that evil spirits wander the Earth and the forces of the destructive spirit, Ahriman are strongest on this long night. People are encouraged to stay up most of the night in the company of one another, eating, talking,



and sharing poetry and stories, in order to avoid any brushes with dark entities.

Food has always been a big part of winter solstice celebrations. Many different cultures around the world have long held feasts and celebrated holidays around the winter solstice. In the United States, food such as nuts, berries, spices, squash, potatoes and hunted game like goose and venison are common even today.

Sources mentalfloss.com, britannica.com and history.com

The Poinsettia Plant

A CHRISTMAS TRADITION

Legend has it that a poor child in Mexico, named Pepita had nothing to give baby Jesus on his birthday. Her cousin, Pedro encouraged her that even a small gift would be appreciated, so Pepita gathered weeds into a loving bouquet. As she approached the altar with her lowly gift, the simple weeds were transformed into brilliant red blooms – a poinsettia, the beautiful flower of the Holy Night! The shape of the poinsettia is sometimes thought of as a symbol of the Star of Bethlehem, which led the Wise Men to Jesus. The red leaves symbolize the blood of Christ.

The poinsettia was made known by Joel Roberts Poinsett, the first Ambassador from the USA to Mexico, in 1825. He became interested in the plant while visiting Mexico and had some of the flowers sent back to his greenhouse in North Carolina were he continued to grow, and give the flowers to friends and family. The plant was originally known by it's botanical name, Euphorbia pulcherrima meaning, 'the most beautiful Euphorbia.' It be-

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came known as the Poinsettia by the mid 1830's, after people found out who was responsible for bringing them to North America. We now acknowledge December 12 as National Poinsettia Day to honor Joel Poinsett, to commemorate the day of his death in 1851. The day is meant to honor Poinsett and enjoy the beauty of the Holiday plant.

Today, the poinsettia is the most popular plant sold during the holiday season. Over 60 million plants will be sold in the United States within a six-week period before Christmas.

Poinsettias are perennials, so technically you don't need to dispose of the plant after the holiday season. But, maintaining a poinsettia is a labor-intensive job. There will be a high level of personal involvement in over-wintering this plant. The average person will learn it is easier to give up and spend the \$10 next season. If you do decide to save your plant, place them in a warm and brightly lit spot free of drafts and avoid direct sun. Water when soil is dry, but avoid overwatering so as not to cause root rot. Let the plant dry out somewhat after the holidays are over. Repot in a larger pot around May and prune the plant down to 4-8 inches. They can be moved outdoors for the summer season after temperatures reach 55- degrees. Limiting exposure to sun in the fall will encourage re-blooming. Start around October 1, when new buds are starting. Keep in mind, the florist quality poinsettia is very difficult to achieve without a controlled environment. We won't think any less of you if you end up going to the grocery store to bring the beauty of the poinsettia into your home.

 $Sources\ why christmas. com\ and\ Wikipedia. com$

Christmas Around The World

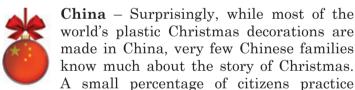
TRADITIONS AND CELEBRATIONS

Because of our multi-cultural background, the United States has many different traditions and ways that people celebrate Christmas. Following are how other countries celebrate Christmas.

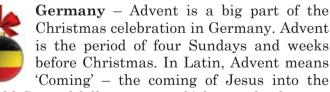


Australia – Because it's so hot in Australia, the Christmas holiday is celebrated over Australia's summer season from mid December to early February. Similarly to the U.S., Australians hang wreaths

on their front doors, decorate their houses and gardens with Christmas trees and lights, and go out Christmas caroling on Christmas Eve. Australians also decorate their houses with 'Christmas Bush', a native Australian tree with small green leaves and cream-colored flowers. Most families gather together for Christmas, and the main meal is normally a cold Christmas dinner, or a barbecue with seafood, such as prawns and lobsters.



Christianity. Because of this, Christmas is mostly celebrated in major cities, where there are Christmas trees and lights, and other decorations on the streets and in department stores. Those who are Christians in China go to special services, such as midnight mass, which has become very popular.



world. Several different types of Advent calendars are used in German homes. Germany is well known for its Christmas Markets where all sorts of Christmas foods and decorations are sold. Perhaps the most famous German decorations are glass ornaments, originally hand-blown and imported in the USA in the 1880's by the Woolworth stores. Carp or Goose are often served for the main Christmas meal, as is Stollen, a popular fruited yeast bread.



India – There are over 25 million Christians in India! However, the population of India is over 1 billion people, so Christians only comprise of 2.3% of the total population. So, compared to other religious traditions,

Christmas is quite a small celebration in India. Midnight mass is a very important service for those who are Christians, especially Catholics. The whole family will walk to mass, followed by a massive feast of different delicacies, (mostly curries) and the giving and receiving of presents. In Southern India, Christians often put small oil burning clay lamps on the flat roofs of their homes to show their neighbors that Jesus is the light of the world. While Christians in Goa hang giant paper lanterns between their houses so that the 'stars' float above you as you walk down the road.



Russia – After the collapse of the Soviet Union in 1991, people were free to celebrate Christmas again. But it's still a quieter and smaller holiday. Christmas in Russia is normally celebrated after the new year,

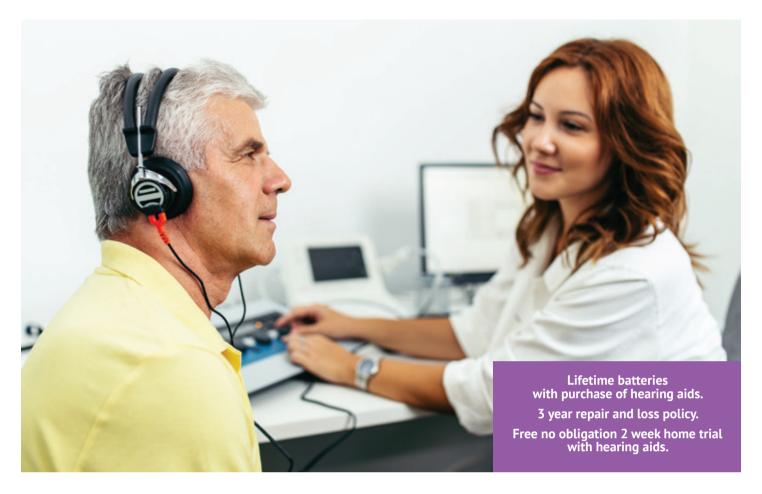
on January 7, because the Russian Orthodox Church uses the old 'Julian' calendar for religious celebrations. The main meal on Christmas day is often more of a feast with dishes like roast pork and goose, Pirog and Pelmeni (meat dumplings). Dessert is often fruit pies, gingerbread and honey bread cookies (called Pryaniki), fresh and dried fruit, and more nuts. And, there are Russian Christmas cookies called Kozulya, which are made in the shapes of sheep, goats or deer.



Turkey – Turkey has a big connection to Christmas. St. Nicholas was born in Myra, which is now in southwest Turkey. But, Christmas really isn't celebrated in Turkey. Only 0.2% of the Turkish population is

Christian. Most Christians are migrants or refugees from Syria and Iran. Christians in Turkey will go to Christmas services at their churches. There is a Santa Claus, known as 'Noel Baba', but he's more likely to bring presents to children on New Year's Eve than at Christmas.

Sources whychristmas.com and theholidayspot.com



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Modern Hearing Aids

AND ASSISTIVE HEARING TECHNOLOGY

Today, hearing aids are no longer simply amplifiers. They are small computers making thousands of adjustments on their own to improve hearing loss. Assistive hearing technology can reduce background noise and enhance human speech frequencies, while providing better amplification at certain pitch levels that may be damaged.

How can you or someone you know tell if there is hearing loss? If you answer 'yes' to any of the following questions, you may need to be evaluated for a hearing device.

- 1. Do you have trouble hearing in groups?
- 2. Do you ask people to repeat what they say?
- 3. Do you think people tend to mumble?
- 4. Do you turn up the volume on the TV?
- 5. Do you have difficulty hearing some people on the phone?
- 6. Do you have difficulty hearing at the movies?
- 7. Do you have difficulty hearing in noisy restaurants?
- 8. Do you have trouble hearing at work?
- 9. Do family members think you have a loss of hearing?
- 10. Do you have difficulty hearing in a vehicle?

Untreated, hearing loss can cause embarrassment, social stress, tension and fatigue. Hearing loss also affects family members, friends and colleagues. There are many reasons why people do not want to wear hearing aids. One of the biggest reasons is denial that a disability exists. Other factors include cost, vanity, inconvenience and misunderstanding. For many, the encouragement of their doctor, as well as family members and friends is the deciding factor in acceptance and benefit.

Assistive hearing technology

- 1. Hearing aids are sophisticated medical devices. It is imperative they be acquired through a reputable, Certified Doctor of Audiology who is experienced in proper diagnosis and fitting. Individual states have licensing bodies that oversee hearing devices.
- 2. Hearing aids are electronic, mechanical devices that need to be properly fitted, programmed and maintained.
- 3. Some hearing devices allow for wireless connectivity to such things as televisions, cell phones and music listening devices. This allows for increased sound quality and convenience.

Today's hearing devices are small, almost unnoticeable, comfortable and self-adjusting to reduce background noise. A majority of hearing losses can be treated with hearing aids, if expertly fitted and programmed to match the person's degree of hearing loss, age and life style.

Summary

Hearing loss is prevalent in the geriatric population, and can have devastating effects on the cognitive function and social well being of the individual. The loss of hearing can also adversely affect their caregivers and family members. Modern, hearing devices can help improve cognitive decline, tension, stress and fatigue of the individual when expertly fitted by an experienced, Certified Doctor of Audiology.

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

Five Common Misconceptions

PREVENTING YOU FROM MAKING A WILL

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

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

- 1. I'm not wealthy enough to need a will If you consider the value of your car, furniture, and other worldly possessions, you may be worth more than you think. Plus, some items may have sentimental value to your heirs and will need to be distributed fairly. You can also use a will to make legal arrangements, such as naming a guardian for your minor children that have nothing to do with your wealth.
- 2. My spouse will inherit everything Consider children from a previous marriage and discuss with your attorney how to include them in your estate planning. Plus, there's always a chance that you and your spouse could pass away at the same time. If so, the distribution of assets could get tricky. Also, be aware that assets with a designated beneficiary, such as life insurance, IRAs, or 401(k)s, goes to the designated beneficiary. So, check periodically to make sure your beneficiaries are up to date.
- **3.** All my assets are jointly titled Legal titles, such as Joint Tenants with Right of Survivorship (JTWROS), can be helpful when it comes to transitioning financial accounts. In some cases, however, they can make things more complicated, especially if the joint owner has also passed away and no further instructions have been provided.

- **4.** I don't have any heirs If you don't have any surviving family members, your assets can still be put to good use. You can leave them to a trusted friend, to your alma mater, or to a favorite charity.
- **5.** I'm not ready to set my final wishes in stone Updating a will is very common and, because circumstances can change, almost expected. Once the basic framework is in place, adjustments are relatively easy to make and can usually be done at a modest cost.

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

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Brighten Someone's Day

CARDS & LETTERS

COVID-19 has prevented many us from spending "face time" with our loved one's and extended families this past year. Unfortunately, one of the unsung casualties of the pandemic has been our elderly. Senior living facilities and retirement communities across the country have maintained restricted visitation policies to help combat the coronavirus from spreading. This has left many of our seniors alone, and isolated. In fact, people of all ages have been shut off from normal interactions of conversation, and even a kind gesture or greeting, such as a handshake or hug.

Remember when visiting the mailbox was the highlight of your day?

Would there be a note from a camp friend ... a letter from your pen pal ... a card from a distant relative? Open the mailbox now, and all there is for us to read are bills, circulars and more bills. Imagine if you received a simple, "We're thinking of you!" card or letter in the mail? The good news is that the CDC, World Health Organization and Surgeon General have indicated that there is no evidence that COVID-19 is being spread through the mail system.

During this holiday season, and even into 2021, I encourage everyone to mail a card or letter to someone you haven't seen in awhile. Make someone happy, or make someone laugh. Just let them know that you care. And, in turn, you will feel good about yourself. According to the experts, "Writing is therapeutic because at the core of writing is self-expression." Handwriting stimulates creativity and encourages us to explore our emotions.

So, brighten someone's day!

People of all ages could benefit from writing, and receiving a card or letter in the mail.



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Learn more: geisinger.org/65forward

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

Hanukkah FESTIVAL OF LIGHTS

Hanukkah is Hebrew for "dedication," or the Festival of Lights. This year, Hanukkah begins at sundown on Thursday, December 10 and lasts until sundown on Friday, December 18. The eight-day Jewish celebration that inspired Hanukkah, commemorates the victory of the Maccabees over the Syrian Greek army in the Maccabean Revolt of the second century B.C.

The events took place during a particularly turbulent phase of Jewish history when Antiochus IV Epiphanes ordered his soldiers to descend upon Jerusalem, massacring thousands of people and desecrating the city's holy Second Temple by erecting an altar to Zeus and sacrificing pigs within its sacred walls. Led by the Jewish priest Mattathias and his five sons, a large-scale rebellion broke out against Antiochus and the monarchy. When Matthathias died, his son Judah, known as Judah Maccabee, 'The Hammer' took the helm. Within two years the



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Jews had successfully driven the Syrians out of Jerusalem.

According to the Talmud, one of Judaism's most central texts, Judah Maccabee and the other Jews who took part in the rededication of the Holy Temple in Jerusalem witnessed what they believed to be a miracle. The miracle of Hanukkah is that only one vial of oil was found with just enough oil to illuminate the Temple lamp for one day, and yet it lasted for eight full days.

Today, Jews celebrate Hanukkah at home by lighting the menorah (each night, one additional candle is lit), playing dreidel (a four-sided spinning top) and eating special foods unique to Hanukkah. Some people also sing songs or exchange gifts after lighting the menorah.

 $Sources\ myjewish learning.com\ and\ national today.com$

More Jokes

FOR THE HOLIDAYS

When one door closes, another one opens.

When one door closes, another one opens.

When one door closes, another one opens.

Me, eating through a chocolate

Advent Calendar.



My favorite outdoor activity is going back inside where it's warm.



Why was Santa's little helper depressed?

Because he had very low elf esteem.

What do you call a kid who doesn't believe in Santa?

A rebel without a Claus.

What do you call a blind

reindeer?
I have no eye deer.

A guy goes into the post office and asks the clerk for new holiday stamps. The clerk behind the counter asks, "Which denomination?"

The guy thinks for a minute, then says,

"Give me 5 Jewish,

2 Lutheran and 7 Catholic."

Grandma's Christmas strategy:

A mother decided she was no longer going to remind her kids to send thank you notes. Consequently, the kids' grandmother never received any thanks for the Christmas checks she sent to the kids. The very next Christmas, all of the kids remembered to thank their grandmother for their checks. When asked what led to their change in behavior, the grandmother replied, "Simple, this year I didn't sign the checks.

How much did Santa pay for his sleigh?

Nothing, it was on the house!

What do you call a broke Santa Claus?
Saint-nickel-less.

Food Charities

WORKING TOGETHER TO END HUNGER

According to the USDA's latest Household Food Insecurity report, more than 35 million people in the United States struggled with hunger in 2019. Due to the effects of the Coronavirus pandemic, that number could increase to more than 50 million people experiencing hunger in 2020.



Working Together to End Hunger. The Feeding America network is our nation's largest domestic hunger-relief organization, working to connect people with food and end hunger. For more than 40 years, Feeding America has responded to the needs of individuals struggling with food insecurity in this country. Particularly in times of uncertainty, Feeding America's donors, staff and volunteers have played an important role in our nation's efforts to end hunger in the United States.

How does the Feeding America network work? Feeding America secures donations from national food and grocery manufacturers, retailers, shippers, packers and growers, as well as from government agencies and other organizations. The Feeding America network of food banks receive and safely store donated food, and grocery products. The food banks distribute food and grocery items through food pantries and meal programs that serve families, children, seniors and individuals at risk of hunger. The Feeding America network of food banks also supports programs that improve food security among the people they serve, educates the public about the problem of hunger and advocates for legislation that protects people from going hungry.



The United Way of Pennsylvania is a membership organization whose purpose is to assist and champion the efforts of local United Ways by connecting them with the resources that will help them address their community needs. Pennsylvania 211: Get Connected, Get Help! is a free and confidential service

that helps those in need by connecting them to local resources. The United Way of Pennsylvania is a significant supporter of PA 211, and administers the state funds from the Emergency Food and Shelter Program.



Your local Area Agency on Aging (AAA) is the front door for aging services in your community. Pennsylvania has 52 Area Agencies on Aging that cover all 67 counties.

Meals are available at the over 500 AAA, Senior Community Centers throughout Pennsylvania. Meals are provided free of charge to individuals age 60 and older and their spouses, and are usually served once a day around noon.



Covid-19 imposed a sudden risk to millions of Americans, particularly our shut-ins. Meals on Wheels America supports more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. What started as a compassionate idea by a small group of Philadelphia citizens in 1954, has grown into one of the largest and most effective social movements in the United States! Today, Meals on Wheels serves nearly 2.4 million seniors annually in virtually every community in our country. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

If you or someone you know is in need of a regular hot meal, please contact any of these organizations in your local community for more information.

Sources feedingamerica.org, uwp.org, aging.pa.gov and mealsonwheelsamerica.org

Remember When?

MY FAVORITE CHRISTMAS MOVIES

National Lampoon's Christmas Vacation

Watching this comedy is a Kacyon-family tradition every Christmas eve ... before we set milk and cookies out for Santa! Preparing to host a family get-together at their home, Clark Griswold (Chevy Chase) wants to have the perfect family Christmas for his visiting relatives. He pesters his wife, Ellen (Beverly D'Angelo) and children into helping him choose the tallest tree, and string the house with lights. Brace for the dysfunction that inevitably comes along when Cousin Eddie, Aunt Bethany and a Rottweiler named Snots make a surprise visit, and Clark's boss decides not to hand out year-end bonuses.

White Christmas

A comedy, musical and romance. The movie includes one of my favorite Christmas songs, Snow. Musical and dance performers Bob (Bing Crosby) and Phil (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, whose country inn is in financial trouble. While romance eventually leads to love amongst the couples, the four plan a yule-tide extravaganza – a fun-filled musical stage show that puts Waverly and his resort back in the black.

It's a Wonderful Life

A drama and fantasy film, starring James Stewart as George Bailey who has so many problems he is thinking about ending his life on Christmas eve. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence from the frigid water. George gets a glimpse that most of us never have the luxury to receive — a look at what life: his family-owned savings and loan, brother, town and wife, Mary would have looked like if he had never existed.

Miracle on 34th Street

Another drama and fantasy film. In this Christmas classic, an old man, by the name of Kris Kringle (Edmund Gwenn) fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. We meet Natalie Wood (Susan Walker), a little girl whose well-meaning mother and Macy's event di-

rector, Doris Walker (Maureen O'Hara) has raised her not to believe in Santa Claus. After Macy's hires Kris Kringle, they are surprised to learn that he really believes he is Santa Claus. The movie concludes in court to determine his mental health and, more importantly, the authenticity of Santa.

A Christmas Story

A story about a boy, Ralphie (Peter Billingsley) living in the 40's trying to convince Santa to give him a BB gun for Christmas. He



spends most of his time dodging a bully (Zack Ward) and dreaming of his 'Red Ryder' air rifle. Frequently at odds with his cranky dad (Darren McGavin) but, comforted by his mother (Melinda Dillon), Ralphie struggles to make it to Christmas morning with his glasses and his hopes intact.

Love Actually

A romantic comedy favorite by my husband, Larry and I. The movie follows numerous, intertwined stories that examine the complexities of love. Among the characters are David (Hugh Grant), a newly elected British prime minister who falls for a young junior staffer (Martine McCutcheon); Sarah (Laura Linney), a graphic designer whose devotion to her mentally ill brother complicates her love life; Harry (Alan Rickman), a married man tempted by his attractive new secretary; and a pelvis-swiveling rock star, Billy Mack (Bill Nighy) that stumbles into recording a chart-topping Christmas favorite.

A Charlie Brown Christmas

And of course, there is the animated television special that is broadcast every year, and is based on the comic strip, Peanuts. Follow Snoopy, Lucy, Linus and many of the other iconic Peanuts' characters sing and dance, and wade through the holiday's trademark commercialism to find the true meaning of Christmas.

Courtesy of Marci Kacyon, executive editor

····SUDOKU····

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

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

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.



CROSSWORD PUZZLE

	1-	1-	1.		-	1-	1-	1-	1-			1	1	1.0
1	2	3	4		5	6	7	8	9		10	11	12	13
14			T		15			T			16	\top	\top	
17	T	\top	\top		18		\vdash				19	\top	\top	\top
20			\top	21			22		+	23		+	+	+
			24			25		26		T				
27	28	29		30			31		32		33	34	35	36
37	T			38				39			40	T	T	\top
41	T		42			43				44		T	\top	\top
45	T		T			46	\vdash		47			48	\top	\top
49	T		T	50	51		52					53	T	\top
				54		55		56			57			
58	59	60	61				62		63		T	64	65	66
67	T		T		68		\vdash	69			70	T	T	\top
71	T		T		72				\top		73	T		\top
74	T	\top	T		75		\vdash		1		76	T		T
	\perp											\bot		

Answers are provided on page 23.

				55 Bow's need
ACROSS	22 Place to go when	43 Mountain Time	58 Outer layer of skin	57 Tiny amounts
1 What a doctor gives	you're sick	44 Hue	63 God	58 Gas burner
5 Vice	24 Reel	45 Brink	67 Melt	59 Nick
10 Quit moving	26 Pacific Time	46 Hinder	68 Bread leftover	60 Myth
14 Run	27 Drug	48 Remind	70 What tourists take	61 Due
15 Growing older	30 Soon	49 Swarm	71 Egyptian river	62 Muffle
16 Join	32 Verse meter	52 Speak indistinctly	72 Add	64 Isolated
17 Peak	37 French "yes"	53 That woman	73 Wager	65 Pear shaped stringed
18 Beverage	38 Demeter	54 Wing	74 Imitated	instrument
19 Bait	40 Pennsylvania (abbr.)	56 Decorative	75 Swedish citizen	66 Mined metals
20 Breath mint	41 Milton	needle case	76 Observes with eye	69 Angry

DOWN
1 Louver
2 Shoshonean
3 Organization of
Petroleum Exporting

6 Self 7 Affluent 8 Watch secretly 9 Tennis player Andre 10 Monetary unit

11 Vaunt 12 Vegetable 13 Take the rind off

21 Quickly
23 School group
25 Averages
27 Earring locales
28 Jacket leather
29 Funeral hymn
31 Bird homes
33 Miles per hour
34 Sandy area
35 Immoderate
36 Make a face
39 Mode
42 Permit

44 Pancake topper 47 Inconstant 50 Held

51 Chooses

Countries
4 Students books
5 Shot you get to
prevent flu





Did you hear about the crossword puzzle addict who died and was buried six feet down and three feet across?



I went to a fancy dress party last night dressed as a jigsaw piece, but I didn't have a good time. I just didn't fit in.



My friend was delighted that he put together his jigsaw puzzle in two years. The box read, "1 to 3 years."



Someone clobbered a victim with a jigsaw puzzle. The police are still piecing the evidence together.



I got tired of working on jigsaw puzzles

— I just went to pieces.



I found a random piece of a jigsaw in my car today. I have no idea where it came from ... it's a bit of a puzzle.



I have a friend who loves puzzles, and she's very sweet. She's never said a cross word.



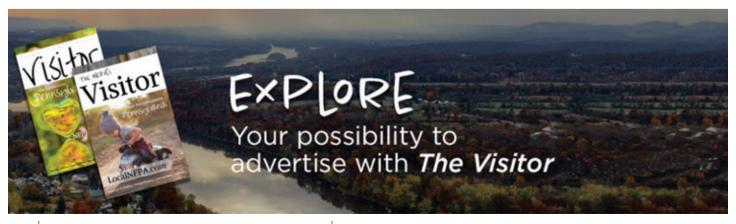
I'm trying to teach my son how to create crossword puzzles, but he doesn't have a clue.



A friend of mine tried to finish a jigsaw puzzle and realized he'd accidentally swallowed part of it. He's trying to find his inner piece.



My friend was excited about his new box of jigsaw puzzle pieces. He called me over to help him, and I asked, "What is it supposed to look like when it's done?" He said it was supposed to be a tiger but he couldn't figure it out. I said, "That's all right. Let's just put the Frosted Flakes back in the box."





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

- 8) 3 Little Pigs
- 5) Four Square
- 4) Merry Go Round
- 3) Looking High and Low
 - 2) For Rent
 - 1) Highly Attuned
 - MOZZLE #2
 - 6) Tight Race
 - 5) I Overslept
 - əuO no ənO (₽
 - 3) Stay Overnight
 - 2) Tricycle
 - 1) Double Bed
 - MOZZLE#1

B€B	cycle cycle cycle	STAY NIGHT
1 1	SLEPT	RACE

ATUNE	rent rent rent rent	LOOKING LOOKING
7 7 X	FOUR RUO H	pigs pigs pigs

SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE

S	Н	0	Т		٧	Е	R	S	Α		S	Т	0	Р
L	0	Р	Е		Α	G	Τ	N	G		Υ	0	Κ	Ε
Α	Р	Ε	Х		С	0	С	0	Α		L	U	R	Ε
Т	Ι	С	Т	Α	С		Н	0	s	Р	Τ	Т	Α	L
	Π		S	Р	Ι	Ν		Р	S	Т				
L	S	D		Α	N	0	N		Ι	Α	М	В	U	S
0	U	Τ		С	Ε	R	Ε	S			Р	Е	Ν	Ν
В	Ε	R	L	Е		М	S	Т		S	Н	Α	D	Ε
Ε	D	G	Ε			s	Т	Υ	М	Υ		С	U	Ε
S	Ε	Ε	Т	Н	Е		s	L	U	R		Н	Ε	R
				Α	L	Α		Ε	Т	U	Т			
Ε	С	Т	0	D	Ε	R	М		Α	Р	0	L	L	0
Т	Н	Α	W		С	R	U	М	В		Т	0	U	R
Ν	Ι	L	Ε		Т	0	Т	Α	L		Α	Ν	Т	Ε
Α	Р	Ε	D		S	W	Ε	D	Ε		S	Ε	Ε	s

What To Do

WITH YOUR GRANDCHILDREN

Board games have been played by many cultures and within most societies throughout history. Senet is one of the oldest board games, found in Egyptian burials dating back to 3100 BC. Backgammon originated in ancient Mesopotamia over 5,000 years ago. Some of our early board game designers of the second half of the eighteenth century were mapmakers. The eventual global popularity of board games, with special themes and branding coincided with the formation of the British Empire. Following are a few of my favorite board games!

You sunk my Battleship!

This is what a player yells after their battleship is bombed and sunk in the board game of Battleship. The game is essentially a guessing game between two players. Before the game begins, players arrange their fleet of ships onto a grid. Every ship occupies a set number of consecutive squares, arranged either vertically or horizontally. Each player calls out a coordinate. If there's a "hit" on a player's vessel, that player will mark it with a red peg. Once the ship is considered destroyed (all the holes of the ship are marked with a red peg), the ship is then sunk. This continues until one of the player's entire fleet of battleships is destroyed.

Do not pass Go and do not collect \$200!

This is a famous game card instruction from the board game, Monopoly. It tells a player to go directly and immediately to the "jail" space. The game is named after the economic term, 'monopoly' meaning the domination of an entire market by a single company or entity. Monopoly has been timeless in its goal, whether to entertain or simply pass time. It can be a frustratingly long game for anyone who's played it! Monopoly has certainly evolved and changed over the years. During World War II, there was a special version of Monopoly for prisoners held by the Nazis. Today, many big brand names have licensed it to promote their products and services. The total sum of currency in a standard Monopoly bank is \$15,140.



Checkmate!

In the game, Chess when a king is in check, and it can't perform any of the preceding moves, it has been checkmated. The popular board game requires two players and is purely a strategy game played on a chessboard, a checkered tiled board with sixty-four squares arranged in an eight-by-eight grid. With just 64 squares, it simulates two opposing nations that wage war on each other – battling until there is a lone king cornered who must concede defeat. It is one of the world's most ancient board games. It is believed to have originated in India, 280–550 BC during the Gupta Empire.

Slide or jump

The goal of Checkers is to remove all of your opponent's pieces from the game board or prevent them from making a move. Pieces can move diagonally by sliding to an adjacent open square or jumping over an opponent's piece or pieces, and removing them from the board. Pieces are moved toward the opposite side of the game board. When a piece reaches the last row on the opposite side of the board it is promoted to a "King" piece. King pieces may move forward and backward. The game is over when one player has no remaining pieces or can't make any valid moves.

S-c-r-a-b-b-l-e

The board game, Scrabble involves two to four players who score points by placing tiles (each tile is imprinted with a single letter) onto a grid of 15×15 cells. The objective of the game is to put letters together and make words, and to accumulate more words than your opponent(s). The game encourages repeat use to improve one's vocabulary and overall literary skills.

Courtesy of Larry Kacyon, publisher; Source wikipedia.com

Events Calendar

ADVENT 2020

Beginning the Christian church's liturgical year, Advent is the season encompassing the four Sundays (and weekdays) leading up to the celebration of Christmas. Advent is a time of preparation that directs our hearts and minds to Christ's second coming, and also to the anniversary of the Lord's birth on Christmas. The final days of Advent, from December 17 to December 24, focus particularly on our preparation for the celebrations of the Nativity of our Lord.

Our staff at LIFESTYLES Over 50 Northeastern Pennsylvania wishes everyone a Merry Christmas, Happy Hanukkah and Kwanzaa, and prosperous new year!

December 17

May you be blessed with good health

December 18

To cherished memories with family and friends

December 19

Out with the old. and in with the new

December 20

The future is your story to write

December 21

Together ... forever

December 22

Peace, love and happiness

December 23

Eat, drink and be merry

December 24

May all of your dreams come true



Winter Semester Program of Virtual Learning for Seniors –

Starting January 25, 2020

The Older Adult Learning Community (TOALC) offers classes by Zoom videoconference, accessible on most computing devices and smartphones. Many classes are also available by telephone and e-mail.

Winter classes include:

- Bridge
- Crafts
- Creative writing
- Current events
- Author readings
 Exercise classes
 New York
 - Local history
 - Music from Bach to the Blues
 - Nature journaling
- Times, science discussion group
- Pennsylvania landmarks
- Virtual tours
- World issues
- A weekly "Happy Hour"
- And ... many more!

To learn more, visit or call: www.TheOALC.org 570-422-7810



Giving Back

SANTA CLAUS (AKA, WALLACE CADY)

Before retiring as a full-time PSEA, Pennsylvania State Education Association field representative of Northeast Pennsylvania in 2006, Wallace Cady had already started his second career as a part-time Santa portrayer. Wally, as his close friends and family call him, began dressing up as Santa well before The Walt Disney Pictures classic, The Santa Clause that came out in 1994, starring Tim Allen.

Starting out as a new teacher of the Towanda school district in 1965, Wally immediately became active in community service by joining the Jaycees. Years later, he organized a local Kiwanis Club, becoming Charter President, and also serving as Lt. Governor of PA Kiwanis. He was Santa for many years, distributing toys for children. Honing his skills, Wally would also visit kids of family and friends during the Christmas season. And, he worked many weekends as a Mall Santa in Wilkes-Barre.

Being a Santa Portrayer takes many years of training and education. Wally's formal education began when he attended the world-famous (opened in 1937), Charles W. Howard Santa Claus School in Michigan. He then completed his studies at the International University of Santa Claus, promoted as the world's largest Santa School with over 4,500 graduates. Since 2009, Wally and his wife, Sandy have spent their winters in central Florida where he has acted as Santa. Then, two years in Austin, Texas before most recently working at Santa's Cottage at Atlantic Station in mid-town Atlanta, Georgia.

Wally has been fortunate to bring so much joy to people over the years. "I remember a time when a Florida mall arranged for a young marine's girlfriend to see Santa," says Wally. While Wally held behind his back the diamond ring she was about to receive, the marine (in full uniform and visiting from California) stepped out from hiding to surprise her. According to Wally, "One of my most memorable experiences was during a Caring Santa event for autistic children." A young boy was waiting while holding a yellow, Pac-Man squeeze ball. Asking the boy to see the ball, Wally used ventriloquism to invite the boy to Santa's chair. The mother said that it was the first time the boy would even approach Santa for a smiling photo.



Photo courtesy of Santa portrayer, Wallace Cady and How To Save Christmas

This year, due to the pandemic, Wally was selected as one of only 100 Miracle Santa's by HowToSaveChristmas.com. How to Save Christmas provides an affordable and virus-safe option for parents and grandparents to have their children and grandchildren visit with Santa live on Zoom® from the comfort of your home.



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