

A photograph of two elderly women in a bright, indoor setting, likely a community center or gym. The woman in the foreground is an African American woman with short, curly grey hair, wearing black-rimmed glasses and a bright pink long-sleeved shirt. She is smiling and looking down at a blue resistance band she is holding with both hands. Behind her, slightly out of focus, is a white woman with short grey hair and glasses, wearing a purple long-sleeved shirt. She is also smiling and holding a yellow resistance band. The background is a plain, light-colored wall.

Northeastern Pennsylvania LIFESTYLES™

O V E R 5 0

May / June 2022

**Care Feature:
Senior Care Services —
p. 12-13**

**Geisinger
65 Forward —
p. 16**

FREE

A photograph of an older Black woman with short, dark, curly hair, smiling broadly. She is wearing a light purple cardigan over a matching top. She is sitting outdoors on a porch with white columns and a railing in the background. A blue banner is overlaid on the image.

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Scranton, Pa.*

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Cover Story

GET MOVING



Welcome to LIFESTYLES Over 50 Northeastern Pennsylvania, a regional magazine that aims to inform and entertain seniors across all ten counties of NEPA.

This issue is focused on indoor and outdoor activities. Basically, we're encouraging you to "get moving!" We all know that exercise and ac-

tivity helps us stay healthy, and that's the name of the game. The article about celebrating National Trails Day from NewsUSA on page 16 will certainly encourage you to get out. There is also information on technology-assisted home workouts under our Tech Savvy Seniors section on page 5.

Positive mental health is also important to your overall wellbeing. Smiling and laughing plays a big part in it! Be sure to reminisce about the unique, Vintage Exercise Machines on page 18. And of course, take a peak at our Jokes on page 22. They'll be sure to make you laugh and smile.

Take care,

Marci Kacyon

Executive Editor

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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LIFESTYLES
OVER 50
Northeastern Pennsylvania

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

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

Wyoming County Active Adult Center

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 Wyoming County Active Adult Center – featured in our last issue – in appreciation for their service.

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!



Check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to Rachael Kiwak, Director, Wyoming County Active Adult Center. Also attending: Mary Roselle, Executive Director, Area Agency on Aging for Luzerne County; Sharon Evans, Senior Center Manager; and other representatives.

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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

TODAY'S WORKOUT EQUIPMENT

Remember Pong and Space Invaders and the endless hours of fun you had playing these and other video games? Health experts say that you achieve weight loss and a healthy heart with 20-30 minutes of aerobic exercise a day, three times a week. For those of you who can't walk on a treadmill for three minutes without getting bored, video games are a great way to get your heart pumping and your body perspiring just as much as if you'd walked on the treadmill.

Just Dance by Wii is often a favorite on the best of the best list. A large number of great new modern songs with variations of new and fun choreography make Just Dance 2016 as fun as ever. Its "Just Sweat" mode provides running stats on your workout with incentives to keep coming back for more. Zumba Fitness World Party is another Wii series fitness game. Real-life video instructors, as well as a new "Adventure Mode" have you travelling the world and dancing to exotic locale music. And of course, video games that mimic bowling, tennis, golf and others are also great ways to get moving, while having fun doing it!

Have you heard of the brand, Peloton? Like Kleenex or Xerox, its name is often used synonymously with any 'connected' fitness bike, even if that model happens to be made by another manufacturer. Peloton was one of the first companies to truly succeed in the subscription-based, remote fitness market. The live and on-demand classes in the Peloton App are available to paying members to take classes in-person, if you opt-in. From casual exercisers to budding Tour-de-France participants, numerous other brands and models will fulfill every workout preference. NordicTrack is one of these. While NordicTrack doesn't offer in-studio classes, they do offer a more robust library of scenic classes.

I'm sure you heard of the MIRROR? Another name that's become synonymous with fitness technology, its innovative, wall-mounted design is the perfect home gym for virtual workouts. It was created in 2018 by former professional dancer Brynn Putnam. If you're up for getting your heart rate moving and your blood pumping, an extensive list of compet-



ing brands will deliver the right 'mirror' for your needs. Each mirror product has a similar mission: Making it easier than ever to train at home and work out with only the assistance of an unobtrusive wall-mounted mirror and a virtual instructor or personal trainer. And yes, even NordicTrack has jumped into the marketplace with their "reflective" home gym!

The benefits of a virtual workout are numerous:

- Perhaps the most powerful attraction of a virtual workout is the convenience
- You can participate with others at a similar level of experience as yourself
- You can receive professional advice, personal attention and motivation
- It improves your confidence

If you need more structure and accountability in your workouts, the kind that comes with a gym membership, personal trainer and fitness class, you'll appreciate what any of these brands and models deliver. Most of these products offer basic starter packages, with both accessories and a membership for digital fitness content costing extra. And most Apps are easy to navigate, enabling you to filter through classes quickly and easily.

So, get moving ... and enjoy!

Sources webmd.com, gaming.fit and zdnet.com

In Your Neighborhood

JIM THORPE, PA

Mauch Chunk

Jim Thorpe is located in the Pocono Mountains of northeastern Pennsylvania about 80 miles north of Philadelphia and 100 miles west of New York City. It was founded in 1818 as Mauch Chunk, meaning “Bear Place” in the language of the native Munsee-Lenape Delaware people. The town’s growth was largely attributed to Joshua White, the founder of the town, when he discovered how to effectively use Anthracite coal as an energy source. Located at the end of a gravity railroad (called the Switchback Gravity Railroad, which is known as one of the oldest roller coasters in the world), the Summit Hill & Mauch Chunk Railroad would bring coal to the head of the Lehigh Coal & Navigation Company, LC&N. The coal would then be transported to Philadelphia, Trenton, New York City, and other large cities in New Jersey and Delaware, and by ocean to the whole East Coast.

After the Pennsylvania Canal Commission smoothed the way, LC&N built the Lehigh and Susquehanna Railroad, L&S – referred to as the “Grand Lehigh Canal” – which shortened the Lehigh Gorge route, cutting the distance from Philadelphia to Wilkes-Barre and the Wyoming Valley coal deposits by over 100 miles. Mauch Chunk’s population grew again when the Lehigh Valley Railroad pushed up the valley in 1885 to oppose LC&N’s monopoly over the region.



Aerial view of Jim Thorpe. Courtesy Wikipedia.

QUICK FACTS

County: Carbon

Founded: 1818

Population: 4,781
(2010 census)

Mayor: Mike Sofranko

Website:
www.jimthorpe.org

The borough was eventually renamed Jim Thorpe following the 1953 death of renowned athlete and Olympic medal winner, James Francis Thorpe. The municipality obtained the athlete’s remains from his wife and erected a monument to the Oklahoma native, who began his sports career 100 miles southwest, at the Carlisle Indian Industrial School in Carlisle, Pennsylvania. The monument site contains his tomb, two statues of him in athletic poses, and historical markers describing his life story.

Considered one of the most beautiful small towns in America, visitors frequent Jim Thorpe from nearby Lehigh Valley, Philadelphia, and New York City for hiking, biking, and white water rafting. Visitors can also enjoy the No. 9 Coal Mine & Museum and admire the incredible mansions of wealthy industrialists like Asa Packer, a coal and railroad magnate, philanthropist, and founder of nearby Lehigh University in Bethlehem, Pa. Jim Thorpe’s Broadway Street was then known as “Millionaire’s Row.” Guests can additionally tour the historic Old Jail Museum, The Lehigh Gorge Scenic Railway, Old Mauch Chunk Train Station, and Mauch Chunk Opera House.

Courtesy Wikipedia, jimthorpe.org and jtborough.org

Pocono Pony

MONROE COUNTY TRANSIT AUTHORITY

The Monroe County Transit Authority, also known as the Pocono Pony, is a public transportation service located in Monroe County. Its mission is to enhance the mobility of the people who live, work or visit Monroe County for the purposes of offering all individuals access to quality-of-life activities, including, but not limited to, health care, shopping, education, recreation, public services, and employment.

Seniors 65+ and Persons with Disabilities are eligible for subsidized rates. Fares are based on mileage traveled and the rider's eligibility for fare subsidies. All buses are ADA Accessible.

Interested in a fun getaway?

"Trippers" are fun getaways for seniors, such as trips to Cooper's Seafood House in Scranton, the Shoppes at Montage Mountain, and wine tasting at



Sorrenti Family Estate Winery, Distillery & Pizzeria and more! The cost is a combination of the event price as well as the transportation fee. Trippers also allow seniors to be introduced to Pocono Pony's Shared Ride program.

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Monroe County Transit Authority

Pocono Pony

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SHARE

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The Pennsylvania Department of Aging

SHARE is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved.



Homesharing offers the homeowner:

- Income to help with expenses
- A responsible tenant

Homesharing offers the home seeker:

- A private bedroom with agreed upon, shared common spaces
- Affordable rent

Who is eligible?

Older adults, persons with disabilities, veterans, working professionals, college students, individuals at-risk of homelessness, single-parents, or people simply wishing to share their lives and homes with others. SHARE participants must be at least 18 years of age and one of the individuals in the match must be over age 60.

SHARE is currently available in Carbon, Monroe, Pike, and Wayne counties of northeastern Pennsylvania. Schedule a meeting with one of our SHARE Housing Counselors to discuss needs and preferences, and complete the application process.

Carbon County

Kellie Cummings

Carbon County Area Agency on Aging

(570) 249-1159

kcummingssharecoordinator@ptd.net

Monroe County

Lauren Buccine, MSW

(570) 832-0538

lbuccine@pikepa.org

Pike and Wayne Counties

Larisa Yusko

(570) 832-5133

lyusko@pikepa.org

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Retirement Planning

FOUR WAYS YOUR RETIREMENT COULD PLAY OUT

Excerpt from original article.



One hundred. That's the age that 69 percent of Americans say they want to live till, according to a just-released, "Longevity and the New Journey of Retirement" study conducted by financial services firm Edward Jones in partnership with Age Wave and The Harris Poll. "Today's retirees have a growing array of opportunities to stay engaged, possibly reinvent themselves, and enjoy the freedoms that stage of life affords," said Edward Jones' Ken Cella. Ah, but, just how enjoyable your later years wind up being depends on which "path," as Edward Jones calls it, you follow.

1 Purposeful Pathfinders

You've seen the photos of older couples hiking or happily sightseeing outside the Eiffel Tower, right? Unless they inherited their wealth or hit the lottery – two things you don't want to depend on – it's likely because they began saving for retirement earlier (age 34, on average) than most of the more than 4,000 retirees surveyed and invested their money wisely along the way.

2 Relaxed Traditionalists

Rest, relaxation and generally enjoying life free from past responsibilities typify them. They, too, have mainly heeded Edward Jones' most important warning: "The value of financial foresight cannot be underestimated since the conventional three-legged stool for funding retirement – pensions, Social Security and personal savings – has become even more wobbly, and unexpected expenses like healthcare can arise."

3 Challenged Yet Hopefuls

Okay, here's where things start to get a bit dicey.

Most of those surveyed said they should have started saving at age 29; this group, ruefully as they now

admit, actually started at 45, which was seven years later than the average of those polled. Consequently, while they lead active lives and are doing the best with what they have, their retirement years are what you would call, "constrained."

4 Regretful Strugglers

The name says it all. A whopping two-thirds of them seriously worry about outliving their savings. A fate you wouldn't wish on your worst enemy and one you can potentially avoid by consulting a financial advisor, like a trusted local one at Edward Jones, who can help bring you closer to the future you see for yourself.

Whether you live to be 100 or not is an entirely different story.

Source NewsUSA

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Hawley, PA 18428
272-336-0560
Tuesday: 9:00 am – 5:00 pm
Friday: 9:00 am – 5:00 pm

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9:00 am - 4:30 pm

Ask The Experts

YOUR HEARING QUESTIONS ANSWERED

If you or someone you know is having trouble hearing, our board certified audiologists at The Hearing Center are available to help with all of your hearing concerns.

Q. My family complains that I do not hear well but I think they mumble when they speak, what should I do?

A. We recommend that you get your hearing tested by a certified and licensed doctor of Audiology. Studies have shown that hearing loss is commonly first noticed by others before the hearing-impaired person notices it.

Q. A few of my friends and relatives tell me that hearing aids do not work, but I have trouble hearing. What should I do?

A. There are a number of factors that impact how well someone hears with hearing aids. Every person is different. I would urge you to try hearing aids at no cost and then decide for yourself if you are hearing better. The Hearing Center can help you get started with this process.

Q. I recently read that untreated hearing loss is associated with cognitive decline and dementia. Is this true?

A. Recent research has shown a strong relationship between untreated hearing loss and these conditions. However, the use of hearing aids has been shown to reduce this relationship. Additionally, untreated hearing loss has been linked to depression and also an increased risk of falling. That's why it is important to see an audiologist and address your hearing loss.

Q. I read that there are new state-of-the-art hearing aids that are small and barely noticeable when you are wearing them. Is this true?

A. Advances in hearing aid technology have been tremendous in the last decade. Today's hearing devices are digitally programmable

and can improve hearing immensely in all listening situations. The look and technology of hearing aids are always advancing. Today's hearing aids are so small that they are practically unnoticeable by other people.

Q. I think that I hear fine, but I have terrible ringing and buzzing in my ears. Is there anything I can do about it?

A. Ringing or buzzing in the ears is called Tinnitus. This can result from damage of the inner ear or other, more serious conditions. Talk to your primary care physician about seeking an audiological evaluation. Our board of certified audiologists at The Hearing Center can evaluate your condition and make an appropriate treatment plan for you.

Q. How long should a hearing aid last before I think about replacing them with a new pair?

A. On average, hearing aids should be changed every 4 to 5 years. However, higher quality hearing aids can last longer when you take good care of them. One of the biggest reasons people change hearing devices is that the advancements in hearing aid technology and performance occur regularly. Hearing aids are always evolving. That is why a free trial of a hearing aid is equally important to a new hearing aid wearer, as it is to someone who has been wearing hearing aids regularly.

Q. I am ready to get my hearing loss treated. What is the next step I should take?

A. Call and schedule your appointment with one of our board certified audiologists at The Hearing Center.

Courtesy The Hearing Center

Senior Care Services

CARE FEATURE



| | | |
|---|--|---|
|  | <p>Pennsylvania Office 60 Plaza Lane Wellsboro, PA 16901 570-298-7021 www.a4td.org</p> | <p>Associates for Training & Development (A4TD) provides training and employment services to mature workers. One of its most popular programs is the Senior Community Service Employment Program (SCSEP), a work-based, job-training program for older adults. Authorized and funded by Title V of the Older Americans Act, the program provides training for low-income, unemployed seniors.</p> |
| <p>Area Agency on Aging</p> | <p>Aging.pa.gov</p> | <p>The Area Agency on Aging (AAA) is part of the Pennsylvania Department of Aging, serving the needs of mature adults out of 52 offices across all 67 counties of Pennsylvania. A short list of programs include: Adult Day Centers, Senior Community Centers, Foster Grandparent Program, Home Delivered Meals, Mature Worker Program, and more.</p> |
|  | <p>mealsonwheels america.org</p> | <p>Meals on Wheels operates in virtually every community in America through its network of more than 5,000 independently-run local programs. While the diversity of each northeast Pennsylvania program may vary, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.</p> |
|  | <p>570.677.6988 nepaagingsecretary@gmail.com</p> | <p>NEPA Aging Network Alliance (NANA) is a non-profit inter-agency group with the goal of promoting awareness of services and issues affecting older adults in northeast Pennsylvania. Members are caring professionals representing different businesses and organizations available to help answer questions from healthcare insurance, elder law, short and long term care options, and more.</p> |
|  | <p>Merle Turitz Project Coordinator 411 Main Street, Suite 102-B Stroudsburg, PA 18360 570-420-3747</p> | <p>RSVP is part of the National Senior Corps. It is America's largest volunteer network for people age 55+ by matching the talents, skills, and experiences of its volunteers with the needs of area non-profit agencies, schools, government offices, and other organizations. RSVP of Monroe County is sponsored by the Area Agency on Aging and the County Commissioners.</p> |

Senior Care Services

CARE FEATURE



| | | |
|------------------------------------|--|---|
| SHARE | Carbon County Kellie Cummings 570-249-1159 Monroe County Lauren Buccine, MSW 570-832-0538 Pike & Wayne Counties Larisa Yusko 570-832-5133 | Shared Housing and Resource Exchange (SHARE) by The Pennsylvania Department of Aging is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house or a combination of both. |
| Special Recreation Services | Debbie Smith President & CEO dsmith@special recreationservices.org 570-972-7949 www.special recreationservices.org | Special Recreation Services (SRS) is a non-profit organization dedicated to providing recreational, socialization, and habilitation activities for independent adults (18+) who are intellectually disabled, autistic and/or mentally ill. Three quarters of participants are 55+. Group activity programs mainly take place in Monroe County with other services available throughout NEPA.. |
| | 570-422-7810 www.TheOALC.org | The Older Adult Learning Community (TOALC) is an independent community organization that offers diversified courses geared to the interests of its members covering topics of art, history, finance, health, sports, philosophy, and writing. Summer outdoor activities often include birding, kayaking, pickleball, Tai Chi, and more. Class leaders and volunteers receive a free membership. |
| VetAssist | Sue Ellen Engelman VetAssist Regional Manager 570-793-5491 sengelman@veterans homecare.com www.Veterans HomeCare.com | The VetAssist Program is part of Veterans Home Care that connects a national network of 3,800+ home care agencies with eligible veterans and spouses who need an in-home caregiver. VetAssist clients receive help with transportation, meal preparation, medication reminders, light housekeeping, and personal care such as bathing, dressing, and using the bathroom. |

CARE FEATURE

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geisinger.org/GoingForwardHazleton

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Safety



Community Recreation

GET OUTSIDE AND CELEBRATE NATIONAL TRAILS DAY



Credit: Verónica Miranda

This year, on June 4, millions of people across the United States will hit the trail, any trail, to celebrate the 30th annual American Hiking Society's National Trails Day. This year's celebration focuses on encouraging novice and veteran trail lovers to come together to leave trails and the outdoor community better than they found them. Hikers, cyclists, horseback riders, paddlers, trail clubs, federal and local agencies, land trusts and businesses will partner at events across the country to forge a more inclusive trail community and advocate for, maintain and clean up trails and public lands.

American Hiking Society and the nationwide trails community invite people of all ages and abilities to connect with their friends and neighbors around the joy of being outside. Anyone can join the national movement by giving back to the trails to help ensure that everyone can enjoy the outdoors. "There's something magical about being outdoors," says Kate Van Waes, Executive Director of American Hiking Society. "Fresh air, birds singing, moving along a trail, or even just around the block; there's nothing quite like it," she emphasizes. "But today, those trails and

green spaces are in dire need of help, and not everyone has access to or feels welcome in these places that can calm and inspire," Dr. Van Waes explains. "National Trails Day is the perfect opportunity to get out there with the people you love, give back to the trails that bring us together and make sure no one is left out."

Not just on National Trails Day, but any day is a great time to commit to keeping the outdoors accessible and restorative for all. Some ways you can make a difference include:

- Join a local trail event, or start your own. Search the American Hiking Society website for events in your area.
- Take the National Trails Day Pledge, and commit to leaving the trail and the outdoor community better than you find them. For example, take a trash bag with you on a walk or hike. Or speak up and tell your Members of Congress to support the Transit to Trails Act. You'll be entered to win prizes from National Trails Day sponsors AKHG by Duluth Trading Co., Athletic Brewing Co., REI Co-op, Osprey Packs, and more.
- Share how you'll leave the trail and the outdoor community better than you found them, and tag #NationalTrailsDay and @AmericanHiking on social media. Photos and videos tagged on Instagram will be entered into the National Trails Day photo contest for a chance to win premium gear prize packages.

Visit americanhiking.org for more information and to find events near you. American Hiking Society's National Trails Day is made possible by the generous support of corporate sponsors: AKHG by Duluth Trading Co., Athletic Brewing Co., REI Co-Op, and Osprey Packs. Federal partners include the National Park Service, Bureau of Land Management, Federal Highway Administration, and U.S. Forest Service.

Source NewsUSA

Common Factors Affecting RETIREMENT INCOME

Excerpt from Broadridge Investor Communication Solutions, Inc.

When planning for your retirement, consider these common factors that can affect your income and savings. While many of these same issues can affect your income during your working years, you may not notice their influence because you're not depending on your savings as a major source of income. However, investment risk, inflation, taxes, and health-related expenses can greatly affect your retirement income.

Investment risk – Different types of investments carry with them different risks. Sound retirement income planning involves understanding these risks and how they can influence your available income in retirement.

Inflation risk – Inflation is the risk that the purchasing power of a dollar will decline over time, due to the rising cost of goods and services.

Long-term care expenses – Long-term care may be needed when physical or mental disabilities impair your capacity to perform everyday basic tasks. As life expectancies increase, so does the potential need for long-term care.

The costs of catastrophic care – Despite the availability of Medicare coverage, you'll likely have to pay for additional health-related expenses out-of-pocket.

Taxes – You should understand how the income generated by your investments is taxed, so that you can factor the tax into your overall projection.

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BJBH Group, Financial Advisors

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Remember When?

VINTAGE EXERCISE MACHINES

American fitness guru, Jack LaLanne introduced several pieces of exercise machines in the 1950s that have been widely used ever since. The mechanical principles behind the first cable-pulley machine, the Smith machine, and the first leg extensions machine can be found in fitness gyms all over the world.

It was 1968 when Dr. Keene Dimick created the first electronic exercise machine, the Lifecycle stationary bike. The bike provided simple workout information, such as pulse rate and average calories burned per hour. By the 1970's, rowing machines, stationary bicycles, slant boards, and more were being introduced to feed the fitness craze of the era.

Glide-A-Matic

An exerciser that simulated a jog or fast-paced walk on a smooth, flat surface without the discomfort of "running on rollers." It was often referred to as the lawnmower-style treadmill with its exclusive flat bed. Designed to prevent hot, sore feet; for the first time, you could jog comfortably while firming-up, toning-up muscles all over your body.

Belt Massager

Designed to massage two areas of your body at once. Enjoy a workout while your toes are pampered in plush, fluffy pile carpeting. Variable-speed control allowed you to set the massager for any speed. And a visual dial indicator enabled you to choose custom-like exercise action.



Barbell-Dumbbell Set

At-home workouts were now easy with a complete barbell-dumbbell set. Plates and collars interlocked with twist-on end collars to change plates on the barbell in seconds. The bar separated into three pieces to store easily and to be used as separate dumbbells for individual arm workouts.

Shaking Platforms

Also called vibration machines, these devices used large, vibrating belts and were actually invented in 1850 by Swedish physician, Dr. Gustav Zander. The science behind the marketing was simple: by intensely shaking somebody's flabby midsection, the belts loosened the fat, helping your body to flush it away. Important: The idea that you can selectively decrease fat on your stomach, or anywhere else, is a myth, according to the American Council on Exercise.

Sources *athleticbusiness.com*, *clickamericana.com* and *bluefitness.com*



Larry and Marci Kacyon, publisher and executive editor of LIFESTYLES Over 50 Northeastern Pennsylvania showcasing our magazine at The Greater Scranton Chamber of Commerce EMPOWER 2022: NEPA Women's Leadership Conference.



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Games

AND ACTIVITIES

.....SUDOKU.....

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
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| 8 | 7 | 1 | 3 | | 2 | | | |
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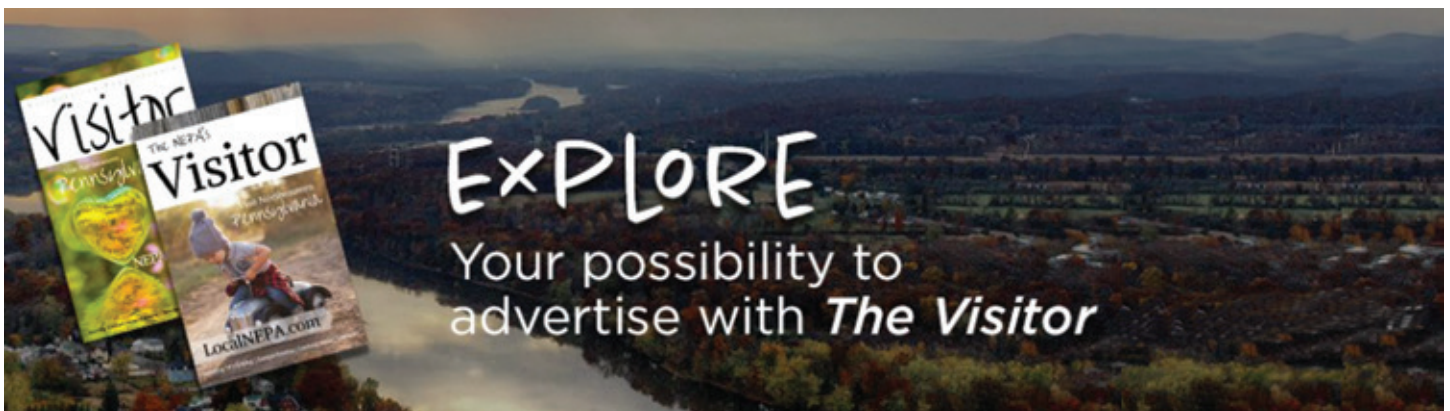
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Sudoku Directions:

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.

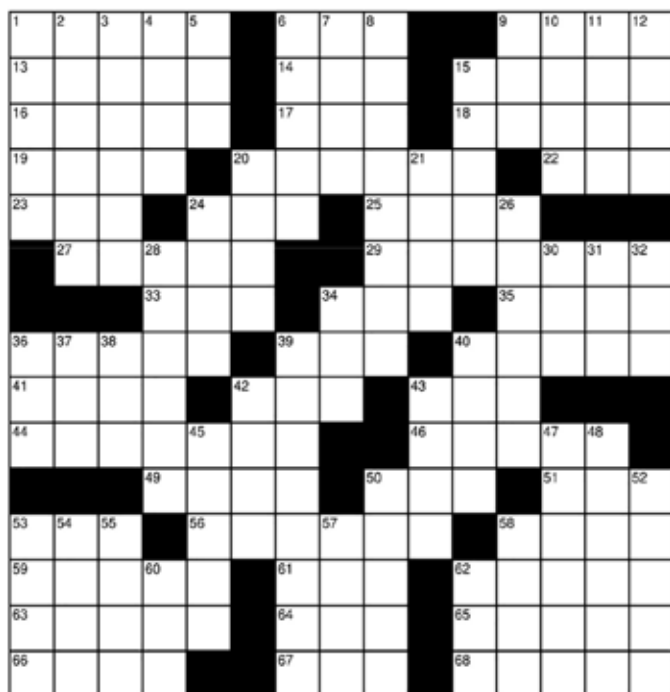
Answers are provided on page 23.



Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Swearwords
- 6 Dab
- 9 Surrender
- 13 Clean thoroughly
- 14 Serving of corn
- 15 Constituent
- 16 Dickens' "___ of Two Cities" (2 wds.)
- 17 For
- 18 Inward
- 19 Punt
- 20 Oranges' partners
- 22 Advertisements
- 23 Street abbr.
- 24 Whichever
- 25 Put down

- 27 Goofed
- 29 Head hiding bird
- 33 Used to attract attention
- 34 Choose
- 35 Decorative needle case
- 36 Annex (2 wds.)
- 39 Foreign Agricultural Service
- 40 Goes without food
- 41 Surprise attack
- 42 Spoil
- 43 Turkey
- 44 Adios
- 46 Desert pond
- 49 Faction
- 50 Sun's name
- 51 What a nurse gives
- 53 Owned

- 56 Got smaller
- 58 At sea
- 59 Having wings
- 61 Past
- 62 River
- 63 Reefer
- 64 Corporate top dog
- 65 Dig
- 66 Joke
- 67 Sixth sense
- 68 Fireproof storage areas

DOWN

- 1 Japanese city
- 2 Type of ingredient
- 3 Hunter
- 4 Loom
- 5 Compass point
- 6 Zippy
- 7 Retired persons association (abbr.)
- 8 Slatterns
- 9 Defraud
- 10 Volcano
- 11 Legal document
- 12 Goofs
- 15 See
- 20 Comedian Griffith
- 21 Wind direction
- 24 Billions of years
- 26 Wishes
- 28 Brand of frozen dough
- 30 ___ A Small World...
- 31 Gashed
- 32 Possessive pronoun
- 34 Grain
- 36 Bow

- 37 Morse code "T"
- 38 Stamping tool
- 39 Race on feet
- 40 Colt
- 42 Lush
- 43 Stole
- 45 Set again
- 47 Its own
- 48 Coat part
- 50 Eavesdrop
- 52 Desserts
- 53 Pilgrimage to Mecca
- 54 Healing plant
- 55 Pulpit
- 57 Gets older
- 58 Region
- 60 Trinitrotoluene
- 62 Disks

Answers are provided on page 23.

Riddles & Jokes

LAUGH TO GOOD HEALTH

- The easiest way to find something lost around the house is to buy a replacement.
- If you can smile when things go wrong, you have someone in mind to blame.
- The sole purpose of a child's middle name is so he/she can tell when he's/she's really in trouble.
- Long ago when people cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.
- Apparently, you can't use Beef Stew as a Password. It's not Stroganoff.
- One minute you are young and funny and the next minute you are turning down the stereo in your car so you can see better.

Useless Facts

THAT MEAN SOMETHING TO SOMEBODY

Do you remember Leopold Auenbrugger? His father owned a tavern in Graz, Austria, and that's why a doctor taps your back, and sometimes, your front. The elder Auenbrugger judged the amount of wine in his casks by noting whether his tapping produced a hollow (empty) sound or a dull (full) note. Leo applied this to people, and now doctors can tell if the chest cavity is clear (hollow) or contains fluid or something else that shouldn't be there (thud). Now you know over 200 years of medical history.

An historical event that affects us all and deserves a holiday all its own: The International Olive and Olive Oil Agreement of 1986. This agreement defines the terms "virgin olive oil" and "extra virgin olive oil". As far as we know, there is not yet a "super extra virgin olive oil" or an "ultra virgin olive oil". The difference is rather complex, but the bottom line is: Extra virgin olive oil must taste like ... olives!

Have you ever had that experience where it feels like food went up your nose when you swallowed or basically, did the opposite of swallowing? That's because the uvula failed to guard the nasal cavity like it's supposed to do. That flap of muscle and mucus membrane that hangs in the back of your throat like an upside-down bowling pin helps elevate the roof of the mouth during swallowing so food can plop down into the digestive system.

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Games

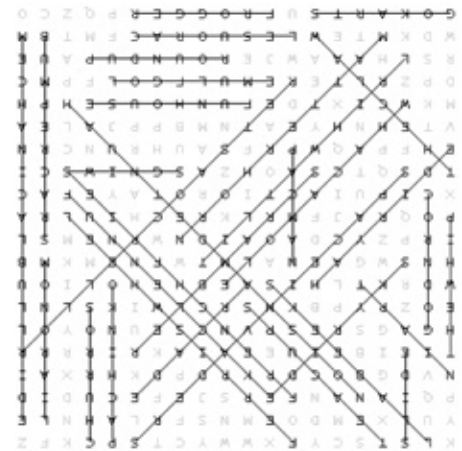
AND ACTIVITIES

Word Search

AMUSEMENT PARK FUN

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

Arcade
 BumperCars
 Carousel
 Churros
 CornDog
 FerrisWheel
 FrenchFries
 Frogger
 FunHouse
 FunnelCake
 GoKarts
 HauntedMansion
 Hayride
 LogFlume
 Matterhorn
 MechanicalBullRide
 Monorail
 Pachinko
 PacMan
 RollerCoaster
 RoundUp
 Scrambler
 SkeeBall
 SkyRide
 Slide
 SpaceInvaders
 Swings
 Teacups
 TheClaw
 TheWhip
 TiltAWhirl
 Train
 WhacAMole



SUDOKU ANSWERS

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| 5 | 7 | 3 | 8 | 1 | 2 | 4 | 6 | 9 |
| 1 | 4 | 2 | 6 | 3 | 9 | 8 | 5 | 7 |
| 7 | 5 | 9 | 3 | 2 | 8 | 6 | 1 | 4 |
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CROSSWORD PUZZLE ANSWERS

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| ATALE | PRO | INNER |
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| HOY | OPT | ETUI |
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| RAID | ROT | TOM |
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| SECT | SOL | TLC |
| HAD | SHRANK | ASEA |
| ALATE | AGO | CREEK |
| JOINT | CEO | DELVE |
| JEST | ESP | SAFES |

What To Do

WITH YOUR GRANDCHILDREN

Pennsylvania Amusement Parks

Dorney Park & Wildwater Kingdom

One of the most visited amusement parks in the United States, enjoy two parks in one with over one hundred rides, shows and attractions to choose from, including eight roller coasters, the largest collection of kids' rides and one of the country's best-ranked water parks.

Hersheypark

Hersheypark was originally created by Milton S. Hershey as a leisure area for the employees of Hershey's Chocolate Factory. Today, this family theme park consisting of 14 coasters from mild to wild welcomes guests from around the world!

Knoebels Amusement Resort

Enjoy 60+ rides, swimming, camping and more. Located in Central Pennsylvania's Susquehanna River Valley. Enjoy an old-fashioned getaway with classic roller coasters, kid-friendly rides, swimming, camping, golf and attractions for the whole family ... all while relaxing under the shade of trees with plenty of seating areas!

Other popular parks you may not have heard about!

Conneaut Lake Park

First opened in 1892, Conneaut Lake Park is the Pennsylvanian amusement park to visit if you want to feel like you've stepped back in time. One of the biggest attractions in the park is an old wooden roller coaster that dates back to 1938, but other rides include a vintage carousel, a flying scooter ride, and a classic tilt-a-whirl.

DelGrosso's Amusement Park

Offering an excellent selection of family-friendly rides, DelGrosso's Amusement Park has been in operation for more than 100 years. In addition to rides like a kiddie carousel and a classic scrambler ride,



the park offers plenty of midway-style games like a balloon bust and a ping-pong toss. The park also includes a waterpark with slides and a kid-friendly pool.

Kennywood

Originally a small trolley park that was opened in 1898, Kennywood is now a large amusement park with nearly 50 exciting rides. The park is a designated National Historic Landmark; many of the rides and attractions date back to the early 1900s, but there are also plenty of newer attractions like a free-fall ride known as the Skycoaster and an exciting sky rocket with an optional virtual reality component.

Lakemont Park

Home to the oldest surviving roller coaster in the world, Lakemont Park is an historic amusement park located on a 51-acre property in Altoona. There are more than 30 rides in the park, including several roller coasters and water slides. Most of the rides are included in the price of admission, but guests must pay an additional fee if they want to enjoy the paddleboats, the go-karts, or the mini-golf course.

Sources vacationidea.com and paamusementparks.com

Memorial Day

REMEMBER AND HONOR

This U.S. federal holiday is observed on the last Monday of May to honor the men and women who died while serving in our military. It was formerly known as Decoration Day.



Several cities and towns across the country lay claim as the first to observe Decoration Day. On May 5, 1866, Waterloo, New York, hosted its own community-wide event. Two years later, on May 5, 1868, veteran, Maj. Gen. John A. Logan inspired commander-in-chief of the Grand Army of the Republic (a fraternal organization of Union Civil War veterans) to issue General Order No. 11, designating the 30th of May as an annual day of remembrance.

After World War I, Decoration Day included all fallen soldiers, not just those from the Civil War, and the term Memorial Day started being used. By World War II, Memorial Day became the term more commonly used across different states adopting resolutions to make it an official holiday. In 1971, the name, Memorial Day became a national holiday by an act of Congress and Memorial Day was set to occur on the last Monday in May.

What's the Difference Between Memorial Day and Veterans Day?

Veterans Day is the day set aside to thank and honor ALL who served in the United States Armed Forces – in wartime or peacetime – regardless of whether they died or survived. Veterans Day is observed on

November 11. On both Veterans Day and Memorial Day, it's customary to spend time remembering and honoring the veterans who served the United States throughout our country's history. However, Memorial Day memorializes the veterans who made the ultimate sacrifice for their country by commemorating the men and women who died while serving in the United States Armed Forces, particularly those who died in battle or as a result of their wounds.

Traditionally, on Memorial Day, volunteers place small American flags on each gravesite of the fallen at cemeteries all across our country. Many organizations would be grateful for volunteers. If you are interested in helping, contact your local Veterans of Foreign Wars post, the Daughters of the American Revolution, or the Boy Scouts of America.


Source almanac.com and farmersalmanac.com

WHERE ARE WE?

An added benefit to publishing our magazine is delivering our magazine!

Can you guess from this photo what area of NEPA we're visiting?

Northeastern Pennsylvania LIFESTYLES[™] OVER 50



Answer:
Hawley, Pa.

Giving Back

GERRITY'S SUPERMARKETS

Gerrity's Supermarkets is the largest family owned supermarket business in northeastern Pennsylvania and one of the largest in the country that is owned by a mom ... more about that later.

Started in 1895, William Gerrity opened a small meat shop named Gerrity's Market in West Scranton. A few years later, Joseph Hoban became a partner and the two men expanded the business to include two other stores. Eventually, after his partner left to pursue other interests, William passed it on to his three sons, Joseph, William Jr., and Thomas in 1948. By 1957, William Jr. had moved out of the area, Thomas had passed away, and Joseph Gerrity became the sole owner.

Neal Fasula began his career with Gerrity's when he was hired as a delivery boy in 1964. Working his way through high school at West Scranton and college at the University of Scranton, Neal became familiar with every aspect of the business. Soon after Neal graduated from college in 1969, Gerrity's burned down. It was then that Neal and Joseph decided to open up another meat market as partners. A few years later, Joseph retired and sold his half to Neal. Since then, the business has been in the Fasula family, maintaining the Gerrity's name.

In 1980, Neal opened the first Gerrity's Supermarket. The new store was the first Gerrity's location to offer customers all of the products and services found in full service supermarkets. In 1987, the store was remodeled and celebrated its Grand Re-opening. The store still stands at that same location today, at 702 South Main Avenue in West Scranton, and is now the flagship of a nine-store business.

From the 1970's into the 1990's, Neal worked very hard with the help of his mother, "Aunt" Mary, his wife, Joyce, and his sisters, Doxie and Rosemary to grow the business. Unfortunately, Neal passed away and Joyce was left with the responsibility of running the business. "If it wasn't for the help and support of the community, our employees, and our management staff, we never would have made it," Joyce said. "Neal built an excellent support staff,

and a good reputation in the area, and that carried us through."

Joyce, who is better known as "Mom," remains the president and CEO. Why Mom? Joyce is a mother and a grandmother, and this gives Gerrity's a big advantage! Joyce is also a graduate of Maywood University with a Masters in Counseling Education. After she married Neal in 1971, she became a teacher in North Pocono School District while Neal ran the family business. In 1975, she left teaching to raise their two boys, Joe and Neil, while still finding time to help her husband. When Neal passed away in 1997, Gerrity's was in the process of growing from four stores into nine. And while Joyce didn't have the day-to-day management experience, she had firsthand knowledge of the grocery operation. More importantly, as a mom, she knew what shoppers wanted. With the support of Gerrity's employees and managers, Joyce stepped in to continue the business where her husband left off.



Today, Gerrity's is committed to giving back to the community, feeling a deep sense of responsibility to make our area a better place to live and work. Gerrity's offers several ways for you and your non-profit organization to raise money as well as the opportunity to request a donation directly from Gerrity's. Visit Gerritys.com to learn more about all of the these opportunities: Coupon Fundraising; Bagging for Charity; Direct Donation from Mom; Shur-save CommunityRewards; EScrips; 5% Paper School Certificates; and Weinberg Food Bank (CEO).

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