

Northeastern Pennsylvania LIFESTYLES™

OVER 50

July / August 2022

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

**Geisinger
65 Forward —
p. 16**

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Cover Story

EXPERIENCE NEW THINGS



We're excited to bring you this issue of LIFESTYLES Over 50 Northeastern Pennsylvania because it's our 3-Year Anniversary!

We have met so many wonderful people, and are comforted in knowing that NEPA is truly a great place to live. We're delighted to publish a magazine connect-

ing seniors with resources to help you and your loved one's live more active and healthier lives. We'd love to hear from you, our readers. Please reach out to us to share your memories or an idea for an article.

We particularly hope you enjoy this issue, and will Experience New Things for yourself. We write about Shickshinny in our In Your Neighborhood section, Benefits of Learning on page 8, and Computer Learning for Tech Savvy Seniors on page 5.

I wish you all good health and happiness.

Warmly,

Marci Kacyon
Executive Editor

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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

Gerrity's Supermarkets

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 \$150,000 to Gerrity's Supermarkets – 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!

Gerrity's is committed to giving back to the community by offering 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 these opportunities: Coupon Fundraising; Bagging for Charity; Direct Donation from Mom; Shursave CommunityRewards; EScrips; 5% Paper School Certificates; and Weinberg Food Bank (CEO).



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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

COMPUTER LEARNING

For younger folks, computer skills come naturally growing up in the digital age. For seniors wanting to stay in contact with their children, grandchildren, and loved one's – computers and the Internet are a matter of adapting. Many of today's educational institutions, e-learning programs, online Apps and Blogs offer computer learning to seniors trying to navigate through the world of technology.

Alison.com

Over the past few years, more Baby Boomers are going back to college. If you are interested in earning a degree online or feel more comfortable with in-person classes, options are available. Alison is an e-learning platform where seniors can increase their computer literacy. The Website offers over 3,000 courses, such as Caregiving Skills – Dementia and Caring for the Disabled.

Meganga.com

Meganga is a video-based learning tool that covers various topics for seniors and people new to computers. Other video tutorials include basic Internet skills, troubleshooting, setting up an e-mail account, and more. Popular courses cover photo editing, Web design, and essential computer functions. One of the benefits of using Megana's Website is that it is easy to navigate and does not require setting up an account. If you are seeking free, basic computer training, this is it.

Skillfulsenior.com

The Blog, Skillfulsenior.com is an excellent resource for anyone new to computers by offering easy-to-understand tutorials. The most basic courses teach how to use a mouse and keyboard. Also, typing games make learning fun, provide practice skills, and improve typing speed. It is a perfect program for elders to learn new essential skills, such as e-mailing your grandchildren and how to search the Internet for information.



TechBoomers.com

Tech-savvy seniors are using social media more than ever before. TechBoomers.com offers instruction for using platforms such as Facebook, Instagram and other popular social media sites. Venturing into the world of social media can be intimidating. The site offers 'crash courses' on everything from how to open an account to detailed, step-by-step video tutorials.

In 2021, Senior Planet, specializing in teaching technology skills to older adults united with AARP to offer its courses to even more seniors nationwide by helping more people learn the computer skills they need to access activities and events that are only available online.

Senior Planet and its parent organization, Older Adults Technology Services (OATS), have been working with AARP on projects for a decade or more, including a How to Use Zoom class early in the coronavirus pandemic. Now OATS has joined forces with AARP as an affiliated charity, like AARP Foundation, Legal Counsel for the Elderly and Wish of a Lifetime. OATS will continue to offer its programs independently. AARP will support OATS in expanding its offerings and making them known to a wider audience through AARP's new Virtual Community Center.

Sources medicare.org and aarp.org

In Your Neighborhood

SHICKSHINNY, PA

The borough is named after Shickshinny Creek, which runs through the municipality and the surrounding area. According to the Shickshinny Historical Society, the name Shickshinny means, “Five Mountains” in Native American language.

Settled in 1782, Shickshinny wasn’t incorporated as a borough until 1861. Many businesses sprung up during that decade, including a flour mill, a foundry and a planning mill. Two blacksmith shops also resided in the borough. The first newspaper in the area, The Mountain Echo, established by C. A. Boone and M. E. Walker was first published in 1873. Shickshinny eventually became a central hub for many farmers and businesses. A toll bridge was built in 1865 to Mocanaqua, the first of three up to 1920. And in 1877, a turnpike was built along the creek, heading towards Huntington Mills, now Route 239.

Shickshinny is located at the lower end of the Wyoming Valley Coal Deposit, near a Red Ash vein that ran across the Susquehanna River. Soon, coal was discovered on Rocky Mountain. For the next decade, coal was extracted from the mountain by teams of men when in 1840, Dr. Darwin Crary invented the first inclined chute. It sent coal to the canal down the mountain. In 1857, roads and bridges were built to connect the Lackawanna & Bloomsburg Railroad, which ran on opposite sides of the river, so as to be able to mine Newport Mountain as well. In 1865,



Aerial view of Shickshinny. Courtesy Wikipedia.

QUICK FACTS

County: Luzerne

Founded: 1782

Population: 630
(2020 census)

Mayor: Jordan Madl

Website:
www.shickshinny.org

during the last year of the American Civil War, the mines were purchased. In 1869, the mines exchanged hands again and were bought by the Paxton Coal Company. The Salem Coal Company was formed four years later. Under its ownership, the mines produced 65,000 tons of coal and employed nearly 200 men and boys.

FLT Museum, Archives & Children’s Library

Located at 13 N. Main Street is the FLT Museum, Archives & Children’s Library. The building was built in 1910 and originally used as an Odd Fellow Organization. The letters FLT, on the building’s roofline stand for:

- Friendship: The strongest bond of fraternity that teaches goodwill and harmony
- Love: The basis of all of life’s ambitions, service to others and their communities
- Truth: The standard by which we serve people and the foundation of our society

In order to save and restore this downtown landmark, the project was undertaken jointly by The Business Association of the Greater Shickshinny Area and the Historical & Preservation Society of the Greater Shickshinny Area. The building is now home to a museum displaying local and regional historic memorabilia, and a full-service children’s library.

Courtesy Wikipedia, shickshinny.org and shickshinnyhistoricalsociety.org

Moving Checklist

Downsizing? New Apartment? Senior Housing?

The complete moving checklist by mymove.com – from planning to move day

Let's face it, moving is a pain. It's never easy boxing up your life and loading it onto a truck. A little planning now will go a long way towards making your moving day as painless as possible.

2 months out: Tell your landlord (if renting) that you're moving out; Book your movers (or request help from friends and family if you're doing it yourself); Decide what stays and goes.

1 month out: Gather supplies – boxes, tape, bubble wrap, blankets, etc.; Sell or donate items you're not taking; Update your address on subscriptions, car insurance, bank accounts, etc.; Transfer services such as Internet, utilities, etc.; Pack what you can; Plan your goodbyes.

Moving week: Eat whatever's left in the refrigerator; Finalize moving day game plan; Label all

your boxes by room location; Don't forget your pets.

The night before: Throw out, donate, or pack your remaining food items; Put down cardboard or a carpet runner along the main routes in your house to protect the floors; Pack an essentials bag with things like toiletries, phone charger, cleaning supplies, and fresh clothes.

Moving day: Take a deep breath; Do one last sweep of the house; Get your bed set up first; Pace yourself; Be sure to feed your help; and drink a lot of fluid.

Courtesy mymove.com



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Benefits Of Learning

IMPORTANT AT ANY AGE

Learning new things isn't just for those under age 50.

Researchers have found that learning boosts mental power and protects against Alzheimer's disease. Therefore, older adults need to keep both the body and mind active and healthy. Whether it is learning a new recipe for your favorite meal, watching an instructional video, reading a book, or taking a college course to master a new skill, it is good to take part in activities that allow you to continually grow in your knowledge of new and interesting things.

Improve memory and communication skills

An active brain is very helpful when it comes to preventing cognitive decline or conditions related to dementia. Think of your mind as a muscle – if you stimulate it often, you'll improve its strength.



Learning new things boosts your memory, and improves communication skills.

Create a positive, emotional well-being

Learning new things can help create a positive, emotional well being. For example, when you choose to learn a new skill or a different form of exercise, you build confidence and pride. Actively taking part in something and looking forward to your next class or workout session, can give your life purpose and meaning. All these things will help 'lift up' your emotional well-being.

Strengthen social engagement

For many older adults, social isolation or loneliness can be a very worrisome issue. Often left unnoticed, it can happen to both adults who are living alone and those who are living with working children. Taking part in a class or activity where you can participate with other people your age will create more opportunities to form meaningful and long-lasting friendships.

Guarantee happiness

Regardless of whether you end up mastering a musical instrument or learning all the rules to chess, trying a new activity can be extremely fulfilling. Not only can it shake up your routine, the enjoyment of trying something new can also make you happier. Having an active social life provides numerous benefits to older adults, such as meeting new and interesting people, improving cognitive function, reducing the risk for depression ... and enjoying life!

Sources discoveryvillage.com and kendalathome.org

Long live independence.

Are you caring for an older family member? LIFE Geisinger centers give seniors a place to spend the day with healthcare, wellness activities, social opportunities and transportation provided – so they can continue to live independently at home. And you know they're getting the compassionate, comprehensive care they need.

Call **800-395-8759** to schedule a tour or find out more about our Scranton, Wilkes-Barre, Kulpmont and Lewistown locations.

geisinger.org/LifeGeisinger



Types Of Skills

FIVE CLASSIFICATIONS

New skills for seniors to learn can be classified into technical requirements, artistic pursuits, active practices, spiritual work, and cultural exploration. As a senior, choose a skill that excites you and, at the same time, challenges you in one of these five areas.

Technical Requirements. Many of today's technical requirements involve learning the computer and using the Internet. And since we live in a digital age, such skills are vital as they are required in almost every aspect of life. Several of interest to seniors, include: Photo Editing, Social Media, and Coding.

Artistic Pursuits. If you are an art enthusiast, consider learning something artsy. Art can open your mind to new possibilities by forcing you to think out of the box, and to look at things from a different perspective. Several of interest to seniors, include: Creative Writing, Painting, and Music.

Active Practices. These skills best apply to seniors who want to improve their health, enjoy a challenge and are goal oriented. Several of interest to seniors, include: Yoga, Pickle Ball, and Hiking.

Spiritual Work. Your faith, values, beliefs, principles and morals define you as a person. Developing the skills for compassion, the capacity for love and forgiveness, altruism, joy, and fulfillment also leads to good health. Several of interest to seniors, include: Religion, Meditation, and Volunteerism.

Cultural Exploration. Cultural exploration involves learning something outside your culture and emerging yourself in other peoples' way of life. Several of interest to seniors, include: Language, Cooking, and Music.

Sources retirementtipsandtricks.com and aginggreatly.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?





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Providing Quality Hearing Care For Over 40 Years!

The Hearing Center's licensed and board certified audiologists are trained to evaluate your hearing. Hearing evaluations are offered daily by appointment, using the latest diagnostic equipment to determine which type of hearing aid is best for you. We offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. We'll repair all brands of hearing devices, even if you didn't purchase them from us.



Geisinger
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We are an approved Geisinger Gold provider. Please inquire about other insurances we accept.

Visit The Hearing Center at any of our convenient locations, and say hello to better hearing.

BLOOMSBURG

Ace Hearing Centers
2201 5th Street
Hollow Road, Suite 3
Bloomsburg, PA 17815
570-784-8050
Monday – Friday:
9:00 am - 4:30 pm

HAWLEY

2591 Rt. 6, Suite 101
Hawley, PA 18428
272-336-0560
Tuesday: 9:00 am – 5:00 pm
Friday: 9:00 am – 5:00 pm

KINGSTON

601 Wyoming Avenue
Kingston, PA 18704
570-287-8649
Monday – Thursday:
9:30 am - 5:00 pm
Friday: 9:30 am - 2:00 pm
Saturday: 9:30 am - 12:00 pm

LEWISBURG

ACE Hearing Centers
45 Forest Drive
Lewisburg, PA 18740
670-523-1163
Monday – Friday:
9:00 am - 4:30 pm

WILLIAMSPORT

Ace Hearing Centers
435 River Avenue
Williamsport, PA 17701
570-567-1053
Monday – Friday:
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 Housing

CARE FEATURE




B'nai B'rith Senior Apartments	<p>61 East Northampton Street Wilkes-Barre, PA 18701 570-825-8594 www.liveatbbwilkesbarre.com</p>	<p>Perfectly suitable to 62+ and mobility impaired senior residents, a newly renovated, modern interior promises a welcoming home and community for comfortable and relaxed living. Located in a central location of downtown Wilkes-Barre, providing easy access to the city's transportation, shopping, restaurant, healthcare and entertainment destinations.</p>
 CLARKS SUMMIT <small>SENIOR LIVING</small>	<p>950 Morgan Highway Clarks Summit, PA 18411 570-586-8080 www.fivestar-seniorliving.com</p>	<p>You'll be greeted by a wide and welcoming front porch of this 'retreat,' nestled in the quaint Pennsylvania suburb of Clarks Summit. Kick back and relax knowing all your needs are taken care of. That means more time for doing the things you love with new friends. Swap stories by the fire in The Tavern, toss back popcorn as the lights dim for a classic flick in the movie theater.</p>
<p>Gardens at Tunkhannock</p>	<p>30 Virginia Drive Tunkhannock, PA 18657 570.836.5166 www.gardenstunkhannock.com</p>	<p>The Gardens at Tunkhannock for Nursing and Rehabilitation is located off Route 6 outside of downtown Tunkhannock. The facility has 124 beds for both short-term rehabilitation and long-term nursing care, all on one floor. A caring and professional staff offers a variety of clinical care solutions, including physical, occupational and speech therapy.</p>
	<p>11 Glenmaura National Boulevard Moosic, PA 18507 570-591-5800 www.glenmauraliving.net</p>	<p>Newly constructed in 2019, Glenmaura Senior Living is northeastern Pennsylvania's premier affordable, resort-style residential community for active adults, age 55 and over. Residents enjoy a safe, maintenance-free, active, and social lifestyle thanks to the many luxurious amenities offered on site, its spectacular view, and convenient location to the Shoppes at Montage, located up the hill.</p>
	<p>1170 West Main Street Stroudsburg, PA 18360 570-424-8166 www.gracepark-seniorliving.com</p>	<p>A 55+ retirement community that has the feel of a French, Country Bed & Breakfast. Grace Park Senior Living offers four distinct lifestyles: Cottage Living, Independent Apartments, Supportive Living Apartments, and Secure Apartments offering Memory Care. A Great Room offers opportunities to spend time with family, enjoy live entertainment, and dance at Happy Hour.</p>

Senior Housing

CARE FEATURE



Masonic Village at Dallas	36 Ridgway Drive, Suite 1 Dallas, PA 18612 570-675-1866 www.masonicvillagedallas.org	<p>A game of cards, or cocktail hour are never hard to find. Join in social groups, volunteer opportunities and clubs. Any time, day or night, staff will be at your door if you need them. You can customize the look and feel of your apartment or villa, while staff help maintain appliances, interior and exterior repairs and landscaping. You can forget about snow shoveling, leaf raking and mowing.</p>
Spring Village at Pocono	329 E. Brown St. East Stroudsburg, PA 18301 570-534-4893 dcr@springvillagepocono.com www.springvillagepocono.com	<p>Nestled in the scenic Pocono Mountain area of northeastern, Pennsylvania. Spring Village at Pocono is an active Personal Care Community, which also offers a Secured Memory Care neighborhood. Each resident receives an individualized support plan, developed in partnership with staff, the resident and his or her family.</p>
The Pines Senior Living	1300 Morgan Highway Clarks Summit, PA 18411 570-587-7709 info@thepinescs.com www.thepinesclarkssummit.com	<p>Providing personal care for seniors, this community is the perfect solution for seniors in the greater Scranton area who wish to remain independent, but need some assistance with daily living. Locally owned and managed, The Pines provides rich and fulfilling living arrangements with hands-on-care by professional staff focused on the interests and needs of each individual resident.</p>
	Wesley Village Campus 209 Roberts Rd., Pittston, PA 18640 570-655-2891 Tunkhannock Campus 50 W. Tioga St., Tunkhannock, PA 18657 570-836-2983	<p>A faith-based nonprofit organization that operates a continuing care retirement community in the Scranton/Wilkes-Barre area and a personal care campus in Tunkhannock, as well as two multi-level senior living communities near Binghamton, New York. Mission: Provide a wide range of senior living services with exceptional care and compassion.</p>

CARE FEATURE

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LIFESTYLES
OVER 50

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Scranton

866-986-1948

geisinger.org/GoingForwardScranton

Kingston

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geisinger.org/GoingForwardKingston

Wilkes-Barre

866-595-7921

geisinger.org/GoingForwardWB

Hazleton

866-288-5302

geisinger.org/GoingForwardHazleton

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

Safety



MEDICARE

WHAT YOU NEED TO KNOW

Approaching age 65 can be an overwhelming time for many newly eligible Medicare beneficiaries. When can you begin to enroll? Which plans should you consider? What do you need to know? Here's some information that can help.

You have a seven-month window called the Initial Enrollment Period (IEP) to sign up for Medicare benefits, which begins three months prior to the month you'll turn 65. You are first eligible to receive Medicare coverage at the start of your birthday month. If your current benefits end once you turn 65, it's important to begin researching and comparing your Medicare options early to make sure there's no gap in your coverage.

There are several different types of Medicare plans available:

- Medicare Part A (hospital) and Medicare Part B (medical) – Administered by the federal government, Original Medicare includes Parts A and B that provide hospital and medical coverage. For most people, Part A is free, so it's important to evaluate your options as soon as you become eligible for Medicare.
- Medicare Part C (Medicare Advantage) – Offered by Medicare-approved private insurance companies and can be considered an “all in one” alternative to Original Medicare. These plans include all the coverage provided by Medicare Part A and B, and some may include additional benefits like prescription drug coverage, routine dental, vision and hearing care, and innovative offerings such as fitness programs, healthy food debit cards for those who qualify and transportation benefits to help you get to doctor's appointments.
- Medicare Part D (Prescription Drug Plans) – Original Medicare doesn't cover most prescription drugs, so you'll need to sign-up for a stand-alone prescription drug plan (PDP) if enrolled in Original Medicare. These Part D plans are offered by Medicare-approved private insurers, like Humana.
- Medicare Supplement Insurance (Medigap) – Like Medicare Advantage, these plans are offered by private insurance companies and may help pay

some of the healthcare costs that Medicare Parts A and B don't, like coinsurance, copayments or deductibles.

When selecting a prescription drug plan, you'll want to make sure the medications you're currently taking are covered and compare their costs across different plans. Some plans also take steps to help save you money, like Humana for example. They suggest generic or lower-cost equivalent drugs to their members when they're available. And when it comes to costs, look beyond the monthly premium and consider the additional out-of-pocket costs. Always evaluate the full cost of the plan, including co-payments or co-insurance, and the deductible as well as which pharmacies are in network.

While the many plan options can seem overwhelming, there are resources available to help you choose Medicare coverage that best suits your needs. The Medicare Plan Finder on [Medicare.gov](https://www.Medicare.gov) allows you to easily compare the benefits and costs of different plans. Other resources on sites such as [Humana.com](https://www.Humana.com) include helpful information to consider in shopping for plans like Physician and Pharmacy finders to help you see if your providers are in a plan's network. While planning ahead is helpful, rest assured that, as your needs change, you can change your plan during the Medicare Advantage and Prescription Drug Plan Annual Enrollment Period, which goes from October 15th to December 7th each year.

Medicare-eligible individuals can visit www.Medicare.gov or call 1-800-MEDICARE (800-633-4227), 24 hours a day, seven days a week. Additionally, you can learn about Humana Medicare Advantage and Prescription Drug Plans by going to www.Humana.com/Medicare, www.Humana.com/pdp or calling 1-800-213-5286 (TTY: 711) to speak with a licensed sales agent from 8 a.m. to 8 p.m. local time, seven days a week.

Humana is a Medicare Advantage HMO, PPO, PDP, and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Courtesy NewsUSA

Easy To Learn Skills

LEARN AT ANY AGE



Growing older doesn't mean you should stop learning; in fact, the human brain has a regenerative capacity, making learning new things possible and exciting, even in your older years. Seniors often

have more time available to choose things that interest them. So, try one of these easy to learn skills today, and start on a path towards continuous learning ... long into your golden years!

1. **Say hello in different languages** – Enjoy meeting different people from other cultural backgrounds and start a new friendship.
2. **Learn to cook** – Impress your loved one's or simply try eating something you never would have ordered at a restaurant.
3. **Take a cold shower** – No, not because of that, but because it's healthy for you. Cold temperatures improve blood flow, reduce inflammation and promote faster healing.
4. **Paint like Picasso** – Mastering any art form reduces stress and anxiety, as well as improves both sides of your brain: creativity and logic.
5. **Make a fire** – Remember your Scouting or 4H days camping outdoors? Nothing can be more relaxing than sitting by a fire under the stars at night.
6. **Perform a magic trick** – Not only will you develop a skill that will entertain others, you'll learn the basics of science and the laws of nature.
7. **Solve a puzzle** – For instance, Rubik's Cube uses a formula or algorithm that once you master it, will not only impress others, but introduce you to the skill of computer programming.
8. **Start juggling** – You probably spent your entire life, juggling a career, family and friends. Try your skill at juggling a 'ball' and improve your balance, eyesight and concentration.

9. **Learn to meditate** – Yes, this is a skill that requires patience and relaxation. But, the benefits can also help with improving your core strength, stretching and balance.
10. **Take better photos** – With today's smart phone technology and online Apps, you can quickly become your family's go-to photographer for reunions, birthdays, and holiday get-togethers.
11. **Try yoga** – Benefit from similar results associated with meditation, and enjoy practicing this skill virtually anywhere, at any time.
12. **Fix something** – Not only save money by not having to hire someone, but enjoy figuring something out on your own, and the pride of a 'job well done.'



In-home nursing, caregiving and companionship.

- Alzheimer's & dementia care
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Remember When?

IN THE GOOD OL' SUMMERTIME

There is something about summer that makes many of us feel nostalgic – a longing for when days were slower, and yet rooted in a time when we were kids waiting impatiently for the ice cream truck. Summer memories differ for many of us and are dependent upon our circumstances. Summer in the desert is different from summer in the Rockies. If swimming was part of those lazy days, it may have been in the ocean, a river, or a lake.

Did your summer involve cars, concerts, and kayaks? Or, fishing trips and Sunday drives over the hills and through the woods to grandmother's house? Speaking of family did your aunts, uncles, and cousins suddenly pop out of the woodwork and pop back in? Sometimes, it seemed like we got along better with our cousins than with our own siblings.

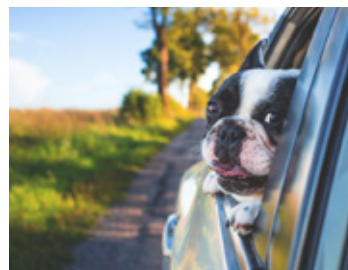
Let's take an inventory of summers' past and see how many memories and laughs they evoke.

Road trips

After WW II, and with the new prosperity and availability of flashy new cars, and the optimism that followed, road trips became a popular summer adventure. The kids and the essentials were stuffed, often into a station wagon, along with the family dog. We didn't have air conditioning in those days, so windows remained down to stay cool. The smiles were soon replaced by, "Are we there yet?" and "I have to go to the bathroom!" The really equipped travelers had Airstreams – their polished, aluminum, distinctive shape – that are still popular today. And, what a joy it was to finally make it to the roadside hotel with their uniquely bright and blinking "Vacancy" signs welcoming you to stay!

Swim holes

Of course, finding that familiar swimming spot made cooling off a necessity during the "dog days of summer!" And, while there were your community pools and backyard inflatables, these paled in comparison to your favorite creek bed, or jumping into your neighbor's pond. Where else can you get bit by horse flies and stub your toes on the rocks ... and still have fun? And, do you remember the first time you went skinny-dipping? Speaking of which, how about to-



day's swimsuits? Yesteryear's itsy-bitsy, teeny-weenie bikinis are far more conservative than today's swimming attire.

Doing nothing

And, if you still remember riding your bike, going fishing, playing tag, catching fireflies (lightning bugs), chasing butterflies, skipping stones, jumping rope, and throwing the frisbee, I bet you'll never forget the times you simply did nothing. Those were the most relaxing.

Edited from original article by LIFESTYLES Over 50 Lehigh Valley

Games

AND ACTIVITIES

.....SUDOKU.....

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

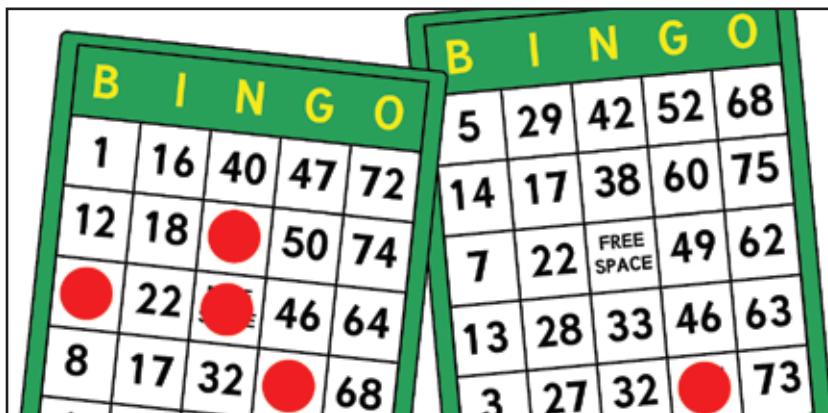
			2	7			6	
		1						
8					1	5	4	3
		4		3	7		1	8
5						4		
6		3			4		7	
				1				
			7					
		2		6	5		8	

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.



CASH BINGO

**3rd Wednesday
of each month.**

Pike County Area Agency on Aging

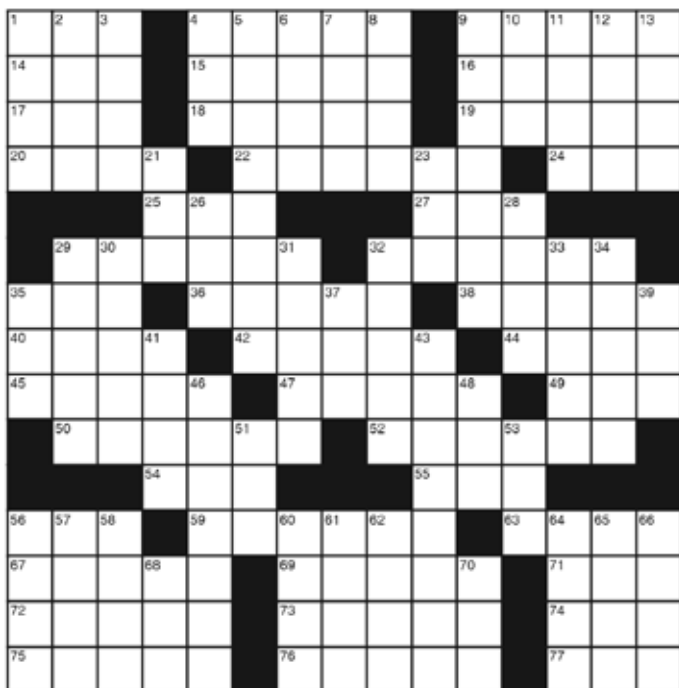
570-775-5558

www.PikeAAA.org

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Supersonic transport
- 4 Bog
- 9 Grist
- 14 Constellation
- 15 Screamer's throat dangler
- 16 Greeting
- 17 Terror
- 18 Pranks
- 19 Electronic communication
- 20 Want
- 22 Borrower
- 24 Football assoc.
- 25 Pot
- 27 Spider's net
- 29 Transparent gems

- 32 Scottish fabrics

- 35 First day of wk.
- 36 City
- 38 European ermine
- 40 Religious ceremony
- 42 Common last name
- 44 Austin novel
- 45 Narrow openings
- 47 Detestation
- 49 Recede
- 50 Member of an American Indian people
- 52 New York Indian
- 54 To be
- 55 Dual
- 56 Hole punching tool
- 59 Parts in a choir

- 63 Unattractive
- 67 ___ con carne
- 69 Play
- 71 Today
- 72 Copy
- 73 Artist's need
- 74 Electric spark
- 75 Eat away
- 76 Concerning
- 77 Oolong

- 32 Courtyard
- 33 Rounded
- 34 Do a dance
- 35 Mr.'s wife
- 37 Child
- 39 Charge
- 41 Bunsen burner
- 43 Hunters
- 46 Charity
- 48 Kitten's cry
- 51 Executive director

DOWN

- 1 Svelte
- 2 Very large truck
- 3 Peaks
- 4 Dirt
- 5 Eagerness
- 6 Impolite
- 7 Pig
- 8 Poetic "has"
- 9 While on the contrary
- 10 Noise
- 11 Eagerness
- 12 First letter of the Arabic alphabet
- 13 Fee
- 21 Underwater boat
- 23 Night bird
- 26 River (Spanish)
- 28 Prick
- 29 Churns
- 30 Undo shoes
- 31 Island nation

- 53 Promissory note
- 56 Apex
- 57 Make a whizzing sound
- 58 Type of car
- 60 Whim
- 61 Ocean Spray's drink starters
- 62 Relive
- 64 Annoying insect
- 65 Folk story
- 66 Young Women's Christian Association
- 68 Topper
- 70 Alternative (abbr.)

Answers are provided on page 23.

Interesting STUFF



No other animal gives us more by-products than the pig.

According to Metropolitan Life Insurance, major league baseball players live significantly longer than the average male – especially if you are a third baseman.



AN ELECTRIC EEL PRODUCES an average of 400 VOLTS.

The only brothers to sign the Declaration of Independence were Francis Lightfoot Lee and Richard Henry Lee.



A myrmecologist studies ants.

The tip of a whip makes a cracking sound because it is moving faster than the speed of sound.

The Bank of America was originally called The Bank of Italy.



The working title of Joseph Heller's 1961 novel Catch-22 was Catch-18.

Dolphins sleep with one eye open.

Why is someone who is not doing their job said to be “not worth his salt?”

At one time soldiers in ancient times were paid, in part, with a ration of salt called a salarium, from the Latin word “sal” meaning salt. If a soldier's performance was not up to standard, the soldier was said to be “not worth his salt.” Later, when salt was replaced with money to purchase the salt, this money was called a salarium. Later, salarium came to mean the wages themselves which led to what we now call salary.

Mexican jumping beans jump because of a moth larva inside the bean.



Scuba stands for Self-Contained Underwater Breathing Apparatus

The 7 Wonders of the Modern World are The Great Wall of China, The Hagia Sophia, The Leaning Tower of Pisa, The Washington Monument, The Eiffel Tower, The Taj Mahal, and The Empire State Building.



TUNA FISH SWIM AT AN AVERAGE SPEED OF 9 MILES PER HOUR. THEY ALSO NEVER STOP MOVING.

Sugar was first added to chewing gum in 1869 by a dentist named William Semple.

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Northeastern Pennsylvania
Lifeways
OVER 50

Games

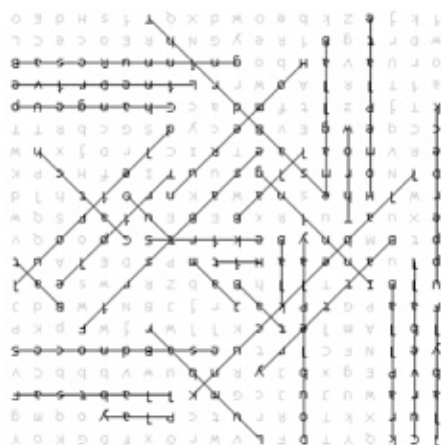
AND ACTIVITIES

Word Search

Take Me Out to the Ballgame

l c k q y t d f l v w r o x f d g k o y
 l u r x k t o r r u t c p l a y o q m g
 a r a w u j u j c g m k l l a b t s a f
 b v p e g x b j y r n b u w v b b b c v
 y e l n f c l r t u e s a b d n o c e s
 l b l a m l e t c k l l w r j w f p k p
 f a a p g t p k a j r j j b n i w b d j
 u l b i t t l l h b a b z r r w s e a l
 p l u a n e a a h i t m p s d e l a u t
 p t b m b n y b e k i r t s c p o o q v
 e x u a t u i r x b e b e u i a f s q w
 r w l h h e s n a w a k n r o i t h l d
 d l n o r m s l g s u u t i e f h c p k
 e r v m o a l a e t r i c l r d j x h w
 c c q e w g e v b e c y d s g c b r t t
 k t j p z l t f m d a c c h a n g e u p
 a i t l r l a o w r r l i n e d r i v e
 o r u a v a h b o g n i n n u r e s a b
 w d r t g b i r e y g n h r e o c e c l
 i k j e z k b e o w d x q t i s h d e o

Balk
 Ball
 Ballgame
 BallPark
 BaseRunning
 Bat
 Bat
 Battery
 Catch
 ChangeUp
 Curveball
 DoublePlay
 Fastball
 Field
 FirstBase
 Flyball
 Foul
 Hit
 HomePlate
 HomeRun
 Inning
 Jam
 Knuckleball
 LineDrive
 Lumbar
 Out
 Play
 SecondBase
 Strike
 ThirdBase
 Throw
 Triple
 UpperDeck



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

What To Do

WITH YOUR GRANDCHILDREN

Petting Zoos In Eastern Pennsylvania



Barnes Yard Petting Zoo

P.O. Box 322

Mount Bethel, PA 18343

570-269-3361

www.barnesyardenpettingzoo.com

Best known for its famous Rainbow Ponies, **Barnes Yard Petting Zoo** features an array of home raised, rescue based animals available for hire. Their reputation is measured by a strong rehabilitation program, and the successful integration of their ponies into the petting zoo and pony ride programs. On occasion, ponies are fostered with the intention of adoption to the perfect home. With education at the forefront of its program, the zoo caters to a broad spectrum of parties, senior events, festivals, photo shoots and more.

Claws 'N' Paws Wild Animal Park

1475 Ledgesdale Rd.,

Lake Ariel, PA 18436

www.clawsnpaws.com

Claws 'N' Paws is an open-air attraction with shady, spacious woodland trails, open 7 days a week from May 1st through mid-October. School groups are welcome. Animal favorites include: Alpacas, Paula and Lady Gaga; African Lions, George and Henry; Camel, Merlin; Giraffe, Jethro; Lynx, Prince; Sloth, Perl; Prairie Dogs, Bob and Eileen; Jaguars, Beliza and Rio; and more! Enjoy lunch at the cash only Snack Bar or bring your own picnic lunch.

Lehigh Valley Zoo

5150 Game Preserve Road

P.O. Box 519

Schnecksville, PA 18078

Founded in 1906 by General Harry C. Trexler, a local industrialist, the 1,100-acre Trexler Nature Preserve has played a significant role in saving the North American bison from extinction by providing a place where both bison and elk could roam freely undisturbed. The 29-acre **Lehigh Valley Zoo**, located in the heart of the Trexler Nature Preserve, is home to more than 325 animal ambassadors representing over 125 species. Open year-round, the Zoo hosts year-round family-friendly events and activities, educational programs, and camps.

What-Knott Farm – Traveling Petting Zoo

1711 Kratz Rd.,

Perkiomenville, PA 18074

215-234-9379

www.whatknottfarm.com

What-Knott Farm has been a breeding farm since 1982, specializing in breeding miniature animals. “Buster”, a miniature donkey, was the farm’s first “pet” Before expanding into miniature horses and pygmy goats. The farm now owns miniature baby doll sheep, miniature potbelly pigs, miniature rabbits, and miniature chickens. A wallaby, a Patagonian cavy, a muntjac deer, a few llamas, a yellow-nape amazon parrot, giant tortoises, fennec foxes, skunk, and more are part of the traveling petting zoo as well.

Events Calendar

NATIONAL SENIOR CITIZENS DAY



National Senior Citizens Day is commemorated on August 21 of every year.

It is a privileged moment for all of us to honor our senior citizens. This day should be directed towards a sense of gratitude and thankfulness. We honor those who gave and continue to give endless support to their families, loved ones and communities all across the United States so all of us have a better place to live.

History of National Senior Citizens Day

Better healthcare has improved our life expectancy and increased the productivity of older Americans, allowing many to be more active than ever before. With more opportunities to 'give back' and volunteer our time and resources, senior citizens often start second careers, and are a positive example for younger generations. Our country's foundation and stable economy are the result of the hard work of our senior citizens and they deserve our gratitude.

President Ronald Reagan took the initiative to honor senior citizens in 1988 when he signed Proclamation 5847 and marked August 21 as the day senior citizens will be celebrated. **"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land,"** Reagan proclaimed. **"For all they have achieved throughout life and for all they**

continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

Reagan himself set an example for everyone. He was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. And not only was he the oldest person to be elected president (at that time), he was also the oldest when his term ended at 77 years and 349 days. Reagan lived till the ripe old age of 93.

Statistics

According to the U.S. Census Bureau's 2019 population estimates, our nation's 65-and-older population has grown rapidly since 2010, driven by the aging of Baby Boomers born between 1946 and 1964. The 65-and-older population grew by over a third (34.2% or 13,787,044) during the past decade, and by 3.2% (1,688,924) from 2018 to 2019. Approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in our nation's history.

Sources nationaldaycalendar.com and census.gov

Giving Back

SHARING YOUR STORY

Giving back to your local community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back is sure to touch many people's lives.

Each issue, **LIFESTYLES Over 50 Northeastern Pennsylvania** recognizes a local nonprofit, individual or group for their contribution to our region. Following are just a few of our stories from 2022.

Gerrity's Supermarkets



As one of the largest family-owned supermarkets in northeastern Pennsylvania, Gerrity's is committed to giving back to the community by offering 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 these opportunities: Coupon Fundraising; Bagging for Charity; Direct Donation from Mom; Shursave Community Rewards; EScrips; 5% Paper School Certificates; and Weinberg Food Bank (CEO).

Special Recreation Services



Special Recreation Services is a non-profit dedicated to providing recreational, socialization and habilitation activities for independent adults (18+) who are intellectually disabled, autistic and/or mentally ill. Group activity programs mainly take place in Monroe County, but other services are available

throughout Northeastern, Pa., including: GROUP Activities – the original private pay program; Community Participation Supports (CPS) – a state funded program; In-Home and Community Supports (IHCS) and companion services for adults who qualify for waiver services, also state funded programs.

Wyoming County Active Adult Center



The Wyoming County Active Adult Center is part of the Luzerne County department of Human Resources' Aging Program, and The Area Agency on Aging. Active Adult Centers serve as a place for hot, nutritional lunches; social events; recreational activities; cultural arts; and health and wellness programs for persons over the age of 60 and all income levels. Just a few of the daily activities include: Reading books; Playing billiards, air hockey and shuffleboard; Participating in card games; Watching television; Enjoying coffee and refreshments; and Socializing with friends.

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're interested in sharing your story about giving back!

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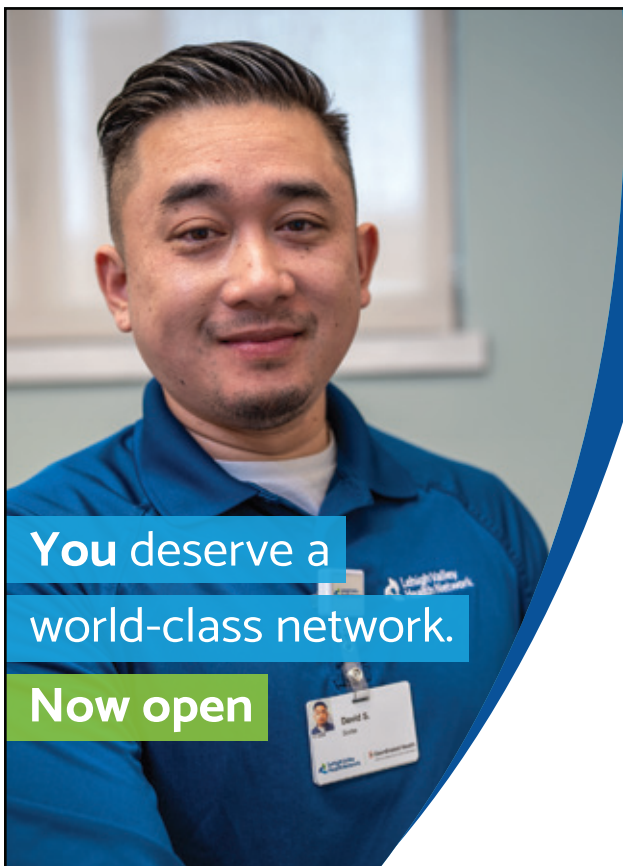
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¹In Texas, the Auto Program is underwritten by Redpoint County Mutual Insurance Company through Hartford of the Southeast General Agency, Inc. Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Redpoint County Mutual Insurance Company.

²Average savings amounts based on information reported by customers who switched to The Hartford from other carriers between 1/1/20 and 12/31/20. Your savings may vary. ³Accident Forgiveness is not available to CA policyholders. Terms and conditions apply. ⁴Gift is a limited time offer and not available in all states. Email address required in most states. Allow 4-7 weeks for delivery. Bottle not included.

⁵Based on customer experience reviews shared online at www.thehartford.com/aarp as of October 2021.



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