



Northeastern Pennsylvania LIFESTYLES™

O V E R 5 0

Annual Directory 2023

Aging In Place —

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FREE



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Cover Story

ANNUAL DIRECTORY



This is our first edition of an Annual Directory, a quick and easy reference guide to help you and your loved one's access information that may be helpful in making important life decisions. It is divided into four categories or Care Features, including: Aging in Place; Senior Care Services; Senior Housing; and Professional Services.

This issue will be updated each year. We hope to see our listings expand. Please let us know if there's any additional information we can provide, so that others may benefit from using this in the future as well.

We're honored to provide you this invaluable resource!

Marci Kacyon
Executive Editor

570-390-3350

NEPA@LIFESTYLESover50.com

www.issuu.com/nepalifestylesover50

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Lifestyles Northeastern Pennsylvania
OVER 50

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

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay IT FORWARD

LIFE Geisinger

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 LIFE Geisinger – 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!



Helping older adults live independently, at home.

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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Tech Savvy Seniors

GRANDPAD TABLET

The GrandPad Tablet is a high-tech device intended for low-tech use – designed with seniors in mind, including those of us who typically shy away from using complicated technology.

The “no-frills” gadget was envisioned to address one major problem. “Adults aged 75 plus are more disconnected and isolated than ever,” says Geoff Rochford, GrandPad’s Technical Support & Product Operations Specialist. The eight-inch tablet comes with a built-in family photo album and a video chat feature for multi-party calls. The touch-screen is more sensitive to dry skin, because as we age, our skin becomes drier and standard touchscreens tend to be less responsive. Its unique, built-in 4G LTE means it can connect anytime, anywhere, with no Wi-Fi hookup.

Safety is important. Families can create a secure social network that includes approved contacts (family, friends, and caregivers). Only people within the network can communicate with the GrandPad, such as share photos and send e-mails. Administrators can customize the GrandPad to an individual’s needs. For example, they can add/remove features that might not fit the individual (for example, an Internet browser, games, music streaming, etc.). Features like oversized buttons, a large screen surface, and ergonomic design make it easy for seniors with varying levels of manual dexterity to use the GrandPad. It even provides 24/7 white-glove customer support, thanks to the tablet’s Help button.

Other brands to consider for seniors include the Galaxy Tab A7 Lite and the iPad Mini. Both offer ease-of-accessibility features and great customer service. But only the GrandPad offers the built-in wireless connectivity.

Sources abilitynet.org and caring.com





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In Your Neighborhood

CARBONDALE, PA

The Pioneer City

Tucked away in Northeastern Pennsylvania is the city of Carbondale. Known as “The Pioneer City,” its founders led the way to unearth the site of the first underground coal mine in the United States, helping give rise to the Industrial Revolution that followed more than a century ago.

The land that became Carbondale was developed in the early 19th century by William and Maurice Wurts, founders of the Delaware & Hudson Canal Company. As the site of the first deep vein anthracite coal mine in the United States, immigrants from Wales, England, Scotland, Ireland, Italy and from continental Europe came to work in the anthracite and railroading industries during the 19th and early 20th centuries.

Notable firsts:

1829 – The Delaware & Hudson Gravity Railroad from Carbondale to Honesdale began operation as the first commercially successful railroad to operate in America

1829 – Carbondale was responsible for the importation of America’s first steam locomotive, the Stourbridge Lion

1833 – The first Saint Patrick’s Day parade was held in Carbondale

QUICK
FACTS

County: Lackawanna

Established: 1824

Population: 8,828
(2020 Census)

Mayor: Justin Taylor

Website:
www.carbondalepa.org

Camp Freedom – *Healing heroes with outdoor adventures*

Camp Freedom is a year-round adventure camp for individuals with disabilities, including veterans and first responders, their families, and Gold Star families. It spans 2,350 acres from the river bottom to the top of the mountain outside of Carbondale. Activities include quality hunting, shooting sports, fishing, camping, hiking, biking, and other year-round outdoor adventures. The terrain is abundantly varied from thick mountain laurels to hardwood stands to house whitetail deer, black bear, turkey, grouse, coyote, fox, waterfowl, and more. Two ponds provide great fishing opportunities along with 2-½ miles of access to the Lackawanna River for trout fishing.

Sources Wikipedia, visitnepa.org and carbondalepa.org



City of Carbondale,
photo courtesy of
Lackawanna County.

Flu Season

THE IMPORTANCE OF THE FLU SHOT

The typical flu season occurs from fall to early spring. The length and severity of an epidemic may vary and some lucky individuals may get through flu-free. We can always expect to be surrounded by sneezing and coughing for a few months out of every year.

According to the National Institute of Allergy and Infectious Diseases (NI-AID), the flu affects between 5 and 20 percent of the U.S. population each year. The coughing, fever, headache, sore throat, and runny nose that come with the flu can be enough to keep you bedridden for a week or more. If you're worried about missing out on holiday celebrations, family events, social activities, or work, prevention is key. Getting an annual flu shot can spare you the misery of illness and ensure that you don't miss out on activities and events this season.



High-Risk Individuals

Certain groups are at an increased risk for catching the flu and developing potentially dangerous flu-related complications. It's important that people in these high risk groups be vaccinated. According to the CDC, these individuals include: people over 50; people whose body mass index is 40 or higher; and those living in a nursing home or chronic care facility. Loved-one's who

are in regular contact with an elderly person should also be vaccinated.

This is simply a short list. So it's very important that you speak with your healthcare provider about your condition before scheduling your flu shot.

*Excerpt courtesy LIFESTYLES Over 50
Lehigh Valley*

LIFE GEISINGER

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LIFE Geisinger helps seniors live at home by providing medical care, transportation and other support services. Learn more about our day centers in Kulpmont, Lewistown, Scranton, Wilkes-Barre and Minersville.

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GerritysDelivers.com

Aging In Place

CARE FEATURE




<p>ActiveDay Health Care</p>	<p>1122 Highway, 315 Blvd. Wilkes Barre PA 18702 570-823-5161 plains@activeday.com www.ActiveDay.com</p>	<p>ActiveDay Health Care – A home away from home: provides programs for seniors and disabled adults such as, therapeutic activities and rehabilitative therapies in a positive, people-focused way. ActiveDay Home Care – Offers in-home care assistance and senior home health care while lifting the burden of these day-to-day activities.</p>
<p>Allied Services</p>	<p>Allied Services Corporate Center 100 Abington Executive Park Clarks Summit, PA 18411 570-348-1348</p>	<p>Allied Services is a non-profit, integrated health system providing Hospice & Palliative Care, At-Home Care, and In-Home Care. Allied Services also offers community, rehabilitation, and transitional care services to help you or your loved one recover from an illness, injury, surgery, or manage the symptoms of a chronic condition.</p>
 <p>B/S/S/T Area Agency on Aging, Inc.</p>	<p>220 Main Street Towanda, PA 18848 1-800-982-4346 www.bsstaaa.org</p>	<p>Senior Companion Program. As a Senior Companion, you provide assistance to older adults with various health issues or simply needing companionship by preparing lunch, playing games, reading, or accompany them to appointments. Volunteers must be income eligible and 55 or older. Call for details.</p>
	<p>6252 Route 209, Stroudsburg, PA 18360 570-223-2248 Diana.Hohmann@ brightstarcare.com</p>	<p>BrightStar Care is licensed as both a Home Care Agency and Home Health Care Agency serving the areas of Lehigh, Monroe and Carbon counties. Its nurses, therapists, CNAs, and caregivers deliver care in the comfort of home: from companionship, bathing, and hygiene assistance, to in-home infusions, and medication management.</p>
<p>Comfort Keepers</p>	<p>549 Scranton Carbondale Hwy. Scranton, PA 18508 570-307-2273</p>	<p>Comfort Keepers is recognized as a leading provider of quality in-home senior care. Their Interactive Caregiving™ approach to four pillars of care is designed to raise a seniors' quality of life. These include: an active senior mind; a physically active senior; a well-nourished senior; and a safe senior.</p>

Aging In Place

CARE FEATURE



Griswold Home Care	529 Seven Bridge Rd. Suite 214 East Stroudsburg, PA 18301 570-798-1295 570-424-7678 www.GriswoldHomeCare.com	<p>Griswold Home Care provides compassionate home care for the elderly and those with special needs. Founded by the late Jean Griswold in 1982, the characteristics that make Griswold Home Care unique is referred to as Griswoldness. Services include companion care; hospice and palliative care; respite care; live-in care; and more.</p>
Home Instead	506 North State St. Clarks Summit, PA 18411 1-888-607-0308 www.HomeInstead.com	<p>Home Instead provides dependable, compassionate senior home care services to help people at any point within the aging process. They'll work with you to develop a personalized care plan tailored to help fit your family's in-home needs, including Alzheimer's care, hospice support, transportation and companionship.</p>
	Call a LIFE Geisinger center near you. Scranton: 800-395-8759 Wilkes-Barre: 844-835-2766 Kulpmont: 866-230-6465	<p>Helping older adults live independently, at home. This all-inclusive model of care includes preventive care, medical care, social services and long-term care, when necessary. Participants enjoy socialization, coordinated healthcare, personal care, meals, and transportation to and from home to a LIFE Geisinger center.</p>
Telespond Senior Services	Colleen Garrison Director, Foster Grandparent Program 1200 Saginaw St., Scranton, PA 18505 570-961-1950, ext. 330 www.telespond.org	<p>Providing community-based care to older adults and caregivers to enhance the well-being of older adults by promoting independent living, offering low-cost alternatives to institutionalized care, and collaborating with service providers and healthcare experts to ensure an effective program. Inquire about their Foster Grandparent Program for senior volunteers.</p>
Visiting Angels	2275 Milford Rd. East Stroudsburg, PA 18301 570-609-2996 www.VisitingAngels.com	<p>Visiting Angels will customize a care program to meet all your needs. Their job is to maintain your loved one's routine to continue living comfortably at home. Visiting Angels will match you with a professional senior home care provider to offer elderly companionship, private duty, palliative, dementia, and other senior care services.</p>

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>Scranton 866-986-1948 Kingston 866-566-2967 Wilkes-Barre 866-595-7921 Hazleton 866-288-5302</p>	<p>At Geisinger 65 Forward, you get more time with your doctor and more access to personalized care. With a variety of services all under one roof, and the ability to make same-day appointments, it's a new approach to primary care for people 65 and older focused on your health needs.</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>

Senior Care Services

CARE FEATURE



	<p>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>
<p>Serving Seniors – Ombudsman Program</p>	<p>Lackawanna County lkorgeski@ servingseniornepa.org Luzerne and Wyoming County sdrake@ servingseniornepa.org mgabrielle@ servingseniornepa.org Monroe, Pike, and Wayne County mrspoli@ servingseniornepa.org</p>	<p>Ombudsman are trained individuals who advocate to resolve concerns on behalf of individuals who receive long-term care services. Ombudsman provide information to residents and their family about rights, procedures and additional resources within the facility or community.</p>
<p>Special Recreation Services</p>	<p>Debbie Smith President & CEO dsmith@special recreationservices.org 570-972-7949 www.special recreationservices.org</p>	<p>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.</p>
	<p>570-422-7810 www.TheOALC.org</p>	<p>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.</p>
<p>VetAssist</p>	<p>Sue Ellen Engelman VetAssist Regional Manager 570-793-5491 sengelman@veterans homecare.com www.Veterans HomeCare.com</p>	<p>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.</p>

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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
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570-567-1053
Monday – Friday:
9:00 am - 4:30 pm

Ask The Experts

BENEFITS TO WEARING HEARING AIDS

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Most people who can benefit from wearing hearing aids do not even try them on. There are many reasons why people do not wear or even try wearing hearing aids, following are just a few, including:

- Denial of having a hearing loss;
- Believe that hearing aids will make them look old;
- Have financial concerns;
- And more!

The best way to find out if you can benefit from wearing hearing aids is to have your hearing evaluated by a Board-Certified Licensed Audiologist. If hearing aids are recommended, a free trial of the hearing aids to be worn in your home, work and social setting should be arranged.

Beside the benefits listed, you may be able to hear sounds you may not have heard for many years! For instance: birds singing; the wind in the trees; the waves in the sea; the clock ticking; running water; the turn signal in your car; and the computer and refrigerator humming.

Today's hearing aids are comfortable, nearly invisible, work in many listening situations and come in a variety of price ranges. Many insurances pay for the Audiology evaluation, and many contribute to the purchase of hearing aids.

Make an appointment with a Board-Certified Licensed Audiologist at THE HEARING CENTER of NEPA and ACE Hearing Centers.

Visit: www.hearing-center.net

Courtesy The Hearing Center

Benefits to wearing hearing aids

- You may hear better in all situations
- You may be in closer contact with your partner or spouse
- You may be better at communicating with your children or grandchildren
- You may be much better at having and following conversations
- You may be better able to participate in social gatherings and parties
- You may be better at following the news, films, ad series on TV as well as listening to the radio or music
- You may keep your brain fit and reduce the risk of cognitive decline and short-term memory problems
- You may be at a lower risk of social isolation, loneliness and depression
- You may improve your mental and physical health



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geisinger.org/GoingForwardKingston

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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



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>
 Elan Gardens Senior Living <small>A Jewish Senior Life Community</small>	<p>465 Venard Road Clarks Summit, PA 18411 570-585-4400 www.elan-gardens.com</p>	<p>The gold standard for your senior years! Amenities: private apartments; all-inclusive pricing (inquire); clean, safe environment; located on 20 beautiful acres in the Abington's; daily social activities; healthcare coordination; memory care available. Interested in a temporary stay? Ask about their Respite Care.</p>
Gardens at Tunkhannock	<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>
Glenmaura Senior Living	<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>

Senior Housing

CARE FEATURE




Grace Park Senior Living	1170 West Main Street Stroudsburg, PA 18360 570-424-8166 www.gracepark seniorliving.com	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.
Masonic Village at Dallas	36 Ridgway Drive, Suite 1 Dallas, PA 18612 570-675-1866 www.masonic villagedallas.org	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.
Spring Village at Pocono	329 E. Brown St. East Stroudsburg, PA 18301 570-534-4893 dcr@spring villagepocono.com www.spring villagepocono.com	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.
The Pines Senior Living	1300 Morgan Highway Clarks Summit, PA 18411 570-587-7709 info@thepinescs.com www.thepines clarkssummit.com	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.
 UNITED METHODIST HOMES	Wesley Village Campus 209 Roberts Rd., Pittston, PA 18640 570-655-2891 Tunkhannock Campus 50 W. Tioga St., Tunkhannock, PA 18657 570-836-2983	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.

Professional Services

CARE FEATURE



Abington Audiology & Balance Center	790 Northern Blvd. South Abington Township, PA 18411 570.587-3277 www.abington audiology.com	<p>Dr. Erica Schoenberg Gallagher, Audiologist opened the doors of Abington Audiology & Balance Center in 2007. The staff's number one priority is delivering exceptional patient care – combining years of expertise in hearing healthcare and a variety of services ranging from evaluations to treatment.</p>
Area Agency on Aging – Mature Worker Program	570-822-1159 1-800-252-1512 www.Luzerne county.org	<p>The Mature Worker Program, Senior Community Service Employment Program (SCSEP) sponsored by the Area Agency on Aging for Luzerne and Wyoming counties offers seniors (age 55+) an opportunity to receive the job skills and job leads necessary by assigning a program participant to a government or non-profit agency.</p>
	1167 Interchange Rd. Lehighton, PA 18235 610-377-6960 www.buckno lisicky.com	<p>Serving businesses locally and abroad since 1969, Buckno Lisicky & Company's Certified Public Accountants and Business Consultants have the credentials, experience and most advanced computer technology to develop strategic, long-range plans for each and every client. Visit any of their four convenient office locations in Allentown, Bethlehem, Lehighton, as well as New Jersey.</p>
Gannon Associates Insurance	28 Main Street Towanda, PA 18848 570-265-3197 844-GANNONS	<p>Started in 1973, Gannon Associates Insurance can attribute its company's steady growth to one thing: loyalty. With 12 office locations and a service area that covers Pennsylvania, New York and other surrounding states, its friendly and knowledgeable staff are committed to delivering unparalleled service to the communities in which they live and work.</p>
Janney Montgomery Scott	The Butera Jordan Bender Hendricks Group 613 Baltimore Drive, Suite 202 Wilkes-Barre, PA 18702 570-331-2751 www.thebjbhgroup.com	<p>Janney Montgomery begins every relationship with a conversation, helping you identify and prioritize which goals matter most. The team delivers a customized experience to assist clients not only in wealth accumulation and preservation, but in areas that go beyond investments, such as transferring wealth to your loved ones.</p>

Professional Services

CARE FEATURE



Life Money Management	120 Bridge St., Suite 5 Tunkhannock, PA 18657 570-406-3312 julianne@lifemoney management.com	<p>Bringing piece to your financial life! Life Money Management is here to help you achieve greater satisfaction and control over your finances through education, organization and money management. Are you finding yourself smack dab in the middle of caring for your aging parents? Sign up for a free tips and tricks guide.</p>
Notary On Wheelz	Wilkes-Barre / Luzerne County 570-793-1834 www.notaryonwheelz sonia@notaryon wheelz.com	<p>Sonia A. Ramos Chesson has been providing mobile notary and loan signing services in Northeastern Pennsylvania since 2013. Notary On Wheelz is a full service, Mobile Notary and Loan Closing Company, providing closing services for realtors, real estate developers, lenders, home sellers, and buyers. "Don't move, I will be right there!"</p>
NovaCare Rehabilitation	www.novacare.com/ contact/ find-a-location	<p>Expert clinical care; Compassion; A trusted and a true partner in feeling better: These are shared sentiments from patients on why they chose NovaCare to help them get back to work, sports and life. NovaCare is committed to helping you heal, regain strength and mobility, and reduce pain. Get back to the things you love through the power of physical therapy.</p>
	www.pivotphysical therapy.com/ locations	<p>People. Passion. Purpose. Whether you're recovering from an injury, recently undergone a medical procedure, been in a car accident or have other concerns that keep you from being your physical best, physical therapy can help you. With 41 convenient locations in Pennsylvania, Pivot Physical Therapy offers dozens of specialty services to serve your needs.</p>
	610 Wyoming Avenue Kingston, PA 18704 570-287-8649 www.hearing- center.net	<p>Providing quality-hearing care for over 40 years. They offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. Visit their Website to schedule an appointment at any of their five convenient locations.</p>

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

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

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

Answers are provided on page 23.

ANNUAL DIRECTORY

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Senior Housing • Professional Services

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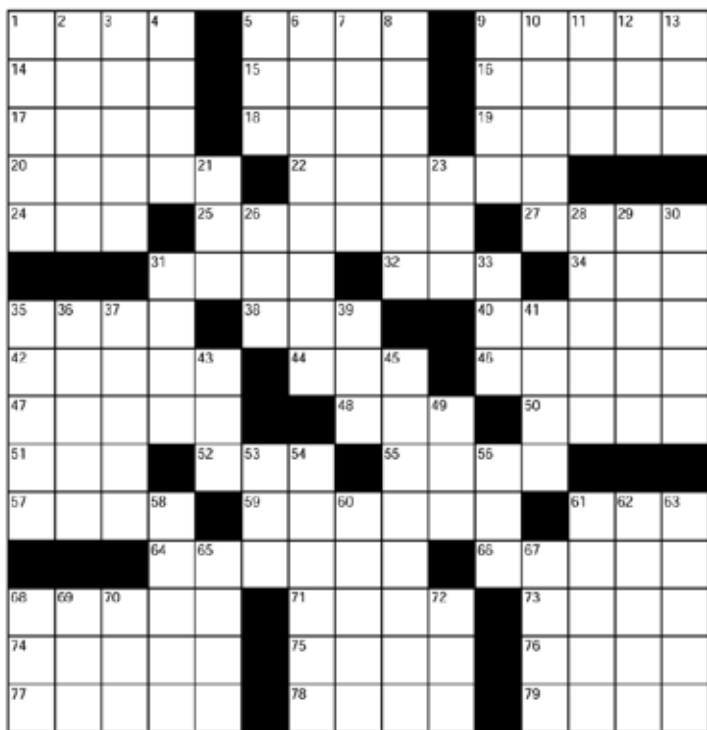
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OVER 50

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Wicked
- 5 Eat quickly
- 9 Ancient Indian
- 14 Read attentively
- 15 Canal
- 16 Sea inlet surround by cliffs
- 17 Computer picture button
- 18 Infant
- 19 Bets
- 20 Long, skinny boat
- 22 Part human part machine
- 24 Wily
- 25 Brief storm
- 27 September (abbr.)
- 31 Touch
- 32 Affirmation

34 River (Spanish)

- 35 Seaweed substance
- 38 Newsman Rather
- 40 Short monster
- 42 Summary
- 44 Floor covering
- 46 Sing
- 47 Become libel
- 48 Thai
- 50 Berths
- 51 Be incorrect
- 52 Klutz
- 55 Real
- 57 Salty water masses
- 59 Felons
- 61 School group
- 64 Acts to impress
- 66 Small bunch of flowers
- 68 Powdered chocolate
- 71 Wait

- 73 Look
- 74 Regarding
- 75 Surrender
- 76 Malaria
- 77 Final inning
- 78 Domain
- 79 No

DOWN

- 1 Sagas
- 2 Spoken
- 3 Figure of speech
- 4 Comedian Jay
- 5 Cobweb
- 6 Wise
- 7 African nation
- 8 Weakly
- 9 Far away
- 10 Shrill noises
- 11 Toddler
- 12 Before, poetically
- 13 Disks
- 21 Compass point
- 23 Bullfight cheer
- 26 It is proven
- 28 Eat away
- 29 Heaped up
- 30 New Jersey fees
- 31 Herr's wife
- 33 Eye infection
- 35 Constellation
- 36 Literary composition
- 37 Capital of Ghana
- 39 Walnut
- 41 After-bath wear
- 43 For
- 45 Sports drink
- 49 Gall
- 53 American Cancer Society (abbr.)
- 54 Soft drink brand

- 56 Ship initials
- 58 Water faucet
- 60 Outside layer
- 61 Ragu's competition
- 62 Truss (2 wds.)
- 63 Assent
- 65 Profanity
- 67 Design
- 68 Food container
- 69 Kimono sash
- 70 Cheat
- 72 Affirmative

Answers are provided on page 23.

A Bit Of Humor For You

REAL LIFE FUNNIES

My husband was driving home from work when he was pulled over for not wearing a seat belt. Two days later ... same ticket, same cop. "So," the officer said, "have you learned anything?" "Yes, I have," said my husband. "I've learned I need to take a different route home from work."



Six dumb questions real lawyers asked in court:

How many times have you committed suicide?

Were you alone or by yourself?

Was it you or your brother who was killed?

Without saying anything, tell the jury what you did next.

Was that the same nose you broke as a child?

Now, doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?



Your home security. When a neighbor's home was burglarized, I decided to be more safety conscious. But my measly front-door lock wasn't going to stop anyone, so I hung this sign outside: Nancy, don't come in. The snake is loose. Mom.



You text and rob. Nicholas Greenly dropped his cell phone near where an 84-year-old woman had her purse snatched in Pennsylvania. Cops suspected that he might be involved in the crime when they read the phone's last outgoing text message: I am ready to grab some old lady's purse.



You don't know when to write off a loss. John Opperman-Green robbed a 7-Eleven in Kissimmee, Florida, then, he called the cops to complain when he tried to hitch a ride with strangers, who, in turn, robbed him.



You're not picky about your office location. Christopher Oxley of Everett, Washington, was arrested for conducting a drug deal over the phone – in the bathroom of the Everett Police Department.

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OVER 50

Games

AND ACTIVITIES

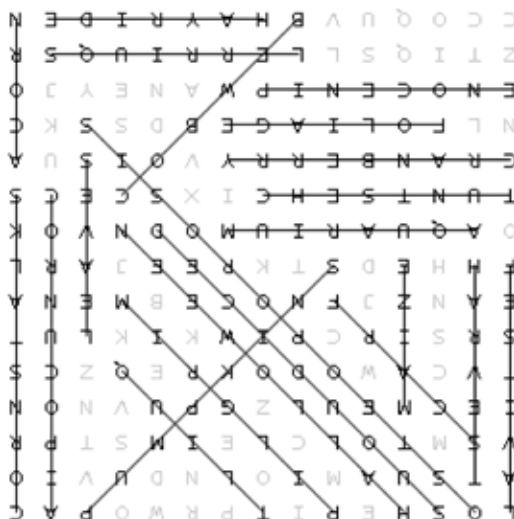
Word Search

Fall Season

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

Acorn
Aquarium
Chestnut
Cobweb
Cornstalks
Cornucopia
Cranberry
Deciduous
Festival
Foliage
Halloween

Harvest
Hayride
Leaves
Maize
Osteoporosis
Pilgrim
Pinecone
Pumpkins
Quilt
Scarf
Squirrel



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

What To Do

WITH YOUR GRANDCHILDREN

ELECTRIC CITY AQUARIUM & REPTILE DEN



Dedicated to education and conservation, Lackawanna County's Electric City Aquarium & Reptile Den is a 20,000-square-foot facility, conveniently located within the Marketplace at Steamtown in Scranton, and where you can explore the depths of the sea, and forest and jungle floors.

Aquarium

Enter the colorful world of a tropical reef teeming with fish both big and small. Get up close to sea life at the interactive touch tank, where guests are wel-

come to touch starfish, horseshoe crabs and sea urchins. And witness the sharks and stingrays, and giant South American catfish and piranha that swim in the waters.

The aquarium staff also conducts educational programs and interactive feedings throughout the day. A separate room for birthday parties, events and school or camp outings is also available.

REPTILE DEN

When your undersea adventure is complete, continue on to the equally stunning Reptile Den. A 25-minute show by the keepers in the education room will teach you about some of their resident animals. During the shows, you'll have the chance to get up close and personal with snakes, alligators, turtles, and more!

And on weekends, get a closer look at how the keepers feed their resident animals.

RAIN FOREST

This new expansion is now open and included with your admission, featuring over ten new species of mammals and birds including animals like a toucan and sloth!

Hours of operation

Open daily from 11:00 a.m. to 6:00 p.m.
Closed Thanksgiving and Christmas day

The Electric City Aquarium & Reptile Den is one of the region's only fully immersive wildlife attractions. With its convenient location in downtown Scranton, be sure to grab a bite to eat and shop at the Scranton Public Market, and other local restaurant and retail outlets.

300 Lackawanna Ave.
Scranton, Pa 18503
570-909-9631
www.electriccityaquarium.com

Sources electriccityaquarium.com and discovernepa.com



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Events Calendar

MONTH OF OCTOBER

WORLD OSTEOPOROSIS DAY

October 20 is dedicated to raising global awareness of the prevention, diagnosis and treatment of osteoporosis, and related musculoskeletal diseases.

Worldwide, millions of people are at a high risk of broken bones (fractures) and unaware of the underlying cause. Osteoporosis means 'porous bone' – a condition where bones become thin and lose their strength as they become less dense and their quality is reduced. It is often referred to as the 'silent disease,' because people don't know they have the disorder until they break a bone after a minor fall or bump (known as a fragility fracture).

Prevention and treatment

Broken bones can have a serious impact on quality of life, mobility, and independence. A bone-healthy lifestyle (including good nutrition and a targeted exercise program) is an essential component of osteoporosis management. Pharmacological treatments (the treatment of disease through the application of medications) have also been shown to reduce the risk of fractures. What you can do:

- Move your bones – bones, like muscles, get stronger when you use them.
- Weight bearing and muscle strengthening – lift, push, run, jump, and step your way up to stronger bones.
- Eat well – a bone-healthy diet is a balanced diet with adequate intake of calcium, protein, vitamin D, vitamin K and other nutrients.
- Avoid bone-damaging habits – smoking, excessive alcohol and overweight are risk factors for osteoporosis.
- Fall prevention – fall-proofing your living environment can reduce your risk.

If you've broken a bone (particularly if you're over age 50), schedule a visit with your family physician

to develop a plan relevant to your needs. People with osteoporosis benefit from a plan that includes exercise to improve strength, balance and posture, and medication tailored to your situation, age and health.

RESIDENTS' RIGHTS MONTH

The month of October honors residents living in long-term care facilities and those receiving care in their home or community.

Contact Serving Seniors – Ombudsman Program (see page 11) for information available to seniors and their family about rights, procedures and additional resources for residents living in long-term care facilities, at-home or in a community.

Sources worldosteoporosisday.org/resources, sciencedirect.com and ltcombudsman.org



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Giving Back

CONSTANCE (CONNIE) A. CONRAD

Bag-a-Month (BAM) food collection program.

In 2012, BVM Queen of Peace parishioner, Jim Conrad had an idea that his church could help feed the hungry in its local parish area. What resulted was the BVM Queen of Peace Bag-a-Month (BAM) food collection program. Sponsored by the Hawley Knights of Columbus Council #797, the program provides basic food items to families in need. The first, full weekend of every month, the Parish of Blessed Virgin Mary Queen of Peace & St. Veronica in Hawley, Pa. hosts the food collection program.

In this issue, we're honored to recognize Connie Conrad (the wife of late husband, Jim and now), program administrator. A graduate of Lutheran Hospital School of Nursing, Baltimore, MD with a B.S. in Professional Arts from St. Joseph's College in Maine, Connie served 30 years as a Federal Medicare specialist at the Centers for Medicare & Medicaid Services (CMS) headquarters in Woodlawn, MD. "I was responsible for all the national Medicare coverage policies," says, Connie. She developed clinical regulations that hospitals, long-term care facilities, home health agencies, and in 1983, hospices had to comply with to participate in the Medicare program.

Connie's volunteer activities

Since retiring, Connie has volunteered for the Tax Counseling for the Elderly (TCE), preparing approximately 15,000 Federal, State, Local and rebate tax returns for Scranton clients. She participated in Scranton's "Pen Pal" initiative, designed to promote writing and social skills for children in 5th grade. For many years, Connie offered her services as a Registered Nurse for the Red Cross Blood donation program. And from 2004 to the present, she has worked at the adult circulation desk of the Hawley Public Library, where she was selected, "Volunteer of the Year" in 2019.

Connie co-managed the BVM Queen of Peace Bag-a-Month (BAM) food collection program with Jim before his passing. Continuing Jim's vision, Connie and her team of volunteers distribute donated food and money to three, local food pantries serving about 375 families. The three qualified pantries are Lakeville, Honesdale, and Loaves & Fishes. Money collected is allocated equitably based upon the number of families enrolled. Monetary donations to the pantries are used to purchase fresh food, vegetables, meats, eggs, and dairy products. All of the money collected goes to the pantries. BAM has no administrative deductions.

Since the first food distribution on September 1, 2012, BAM has provided more than \$200,000 and tons of food to its participating pantries!

To donate, visit:

<https://queenofpeacehawley.com/bam>

Connie Conrad
Program administrator
Connieconrad1@verizon.net
Cell# 570-647-5586

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Queen of Peace & St. Veronica
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Hawley, PA 18428

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