

LifestylesTM Northeastern Pennsylvania

O V E R 5 0

Spring 2023

The Hearing
Center —

p. 10

Geisinger
65 Forward —

p. 16

FREE



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Cover Story

FRESH START



Happy spring!

This issue is about a fresh spring start. And with this topic in mind, we chose to focus on spring cleaning. We hope you find some excellent tips to make the process easier (and enjoyable), and take away some interesting bits from our article about the History of Cleaning under

our regular feature, Remember When? We also investigated today's Robot Vacuums in our Tech Savvy Seniors section on page 5. Side note: this was actually research for our family, as we're considering possibly making a purchase. Please read our article on Tips for Healthy Living on page 17. And of course, there are plenty of puzzles and jokes to entertain you, make you laugh, and hopefully smile!

To good health and happiness,

Marci Kacyon
Executive Editor

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www.lifestylesover50.com/pages/northeast-pennsylvania

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

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COVERING 10 COUNTIES OF NORTHEASTERN PENNSYLVANIA

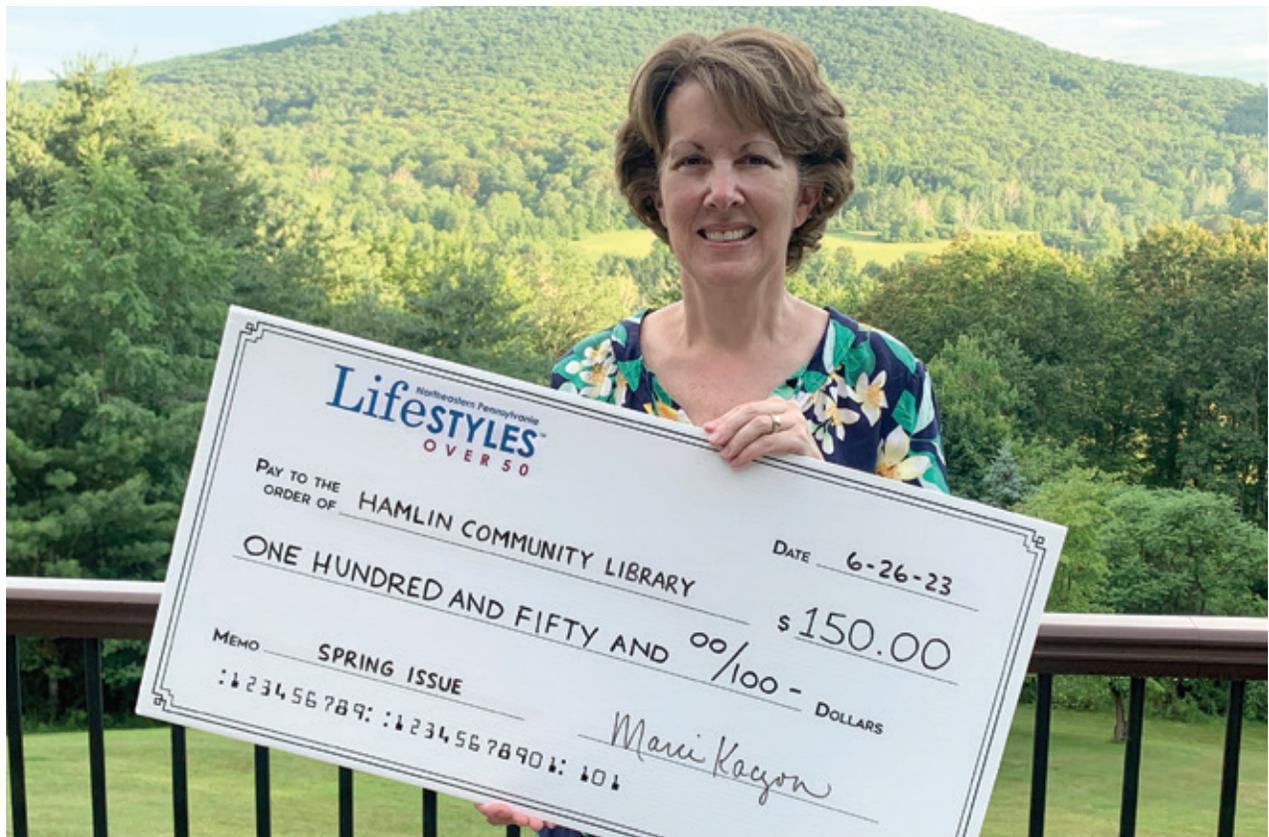


Pay IT FORWARD

HAMLIN COMMUNITY LIBRARY

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 Hamlin Community Library – featured in our last issue – in appreciation for their service.

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



Check presentation by Marci Kacyon, executive editor of \$150.00 to Hamlin Community Library and its volunteer staff.

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Tech Savvy Seniors

ROBOT VACUUMS



The first robotic vacuum was inspired by Star Wars and was invented by Helen Greiner. “I saw Star Wars when I was 11, and I was enthralled by R2D2 because he was more than a machine.”

What are robot vacuums?

Robot vacuums are autonomous cleaning systems, equipped with spinning brushes, combined with sensors and artificial intelligence for improved cleaning, object identification and scheduling. Models vary in their efficiency and hazard detection, and some may be better suited to certain room environments than others.

Determining the best robot vacuum make and model for your home or apartment.

First, consider the floor plan and layout of your space. Do you need to clean multiple rooms? One important factor is how consistent, reliable, and easy is it to navigate. Some models have wireless capabilities to respond to commands from a smartphone App. Battery life is another important concern. Be sure to note how long the model you are considering takes to charge and how much area they can cover before recharge. And of course, you must consider the type of flooring your vacuum is intended to clean. Lastly, special consideration should be given to dependable mapping functions and convenient scheduling, so the device keeps your space clean without getting in your way.

The best robotic vacuums are able to move from hardwood flooring to carpet and rugs automatically without clogging or bogging down. Some robotic vac-

uums are better at handling different types of dirt and debris than others. A thick-pile carpet requires a more powerful motor than low-pile carpet or hardwood flooring. If you’re a pet owner, homes with large amounts of pet fur also require more power. Choosing a unit with a high-efficiency (HEPA) filter helps keep allergens at a minimum as well.

Popular makes and models.

The iRobot Roomba s9+

Robot vacuums can be messy to maintain, but Roomba has features that make it easier to clean. Its self-emptying, dirt disposal system automatically transfers the debris it has collected to a sealed, bag-lined dustbin in the charging base.

Miele Scout RX2 Home Vision

This robot vacuum tackles larger size rooms and messes efficiently and has been noted for doing so without bumping into any of the obstacles it comes across. On bare floors, it picks up 98% of the dry debris in its path.

Shark IQ

The robot vacuum’s compact footprint and streamlined design is great for smaller and tighter spaces. It’s ready to go after only six hours of charging and navigates its way around and under chairs and other objects with ease. It has no problem cleaning under kitchen cabinet toe kicks or figuring out how to clean tight spaces without getting stuck.

Sources Wikipedia, zdnet.com, goodhousekeeping.com, and pcmag.com

In Your Neighborhood

NANTICOKE, PA

The name, Nanticoke is derived from Nentego, “Tidewater People,” Native Americans who moved from their Chesapeake Bay homelands. The nearby Nanticoke Creek, also named after the tribe, was once known as Muddy Run, as well as Lee’s Creek, Rummage Creek and Warrior Run Creek, besides other names.

The settlement was incorporated as a village in 1830. Nanticoke experienced a population growth between 1917 and 1925, allowing it to qualify as a city. The city gained prominence in the late 19th and early 20th centuries as an active anthracite coal mining community when it reached a peak population of 27,000 people by the 1930’s. The eventual collapse of the mining industry left behind abandoned mines, breakers, and buildings. Still standing as an historic site and tourist attraction is Concrete City, built by the Delaware, Lackawanna & Western Railroad’s coal division.

In 1967, Luzerne County Community College was established. The main campus covers roughly 167 acres within the city limits. It also operates numerous satellite learning centers throughout northeastern Pennsylvania. Over 30,000 students have graduated from LCCC.

QUICK FACTS

County: Luzerne

Founded: 1793

Population: 10,628
(2020 census)

Mayor: Kevin Coughlin

Website:

www.nanticokecity.com

Notable people:

Nick Adams – actor and screenwriter best known as Johnny Yuma in the television series, *The Rebel*

Steve Bilko – played professional baseball for the St. Louis Cardinals

John S. Fine – 35th Governor of Pennsylvania from 1951 to 1955

Jerry Orbach – former cast member in the television series, *Law & Order*

Doug Turley – a former football player for the Washington Redskins

Sources Wikipedia and nanticokecity.com



Nanticoke is a city in Luzerne County, located along the Susquehanna River. Photo courtesy of Wikipedia.

Why We Go Fishing

BY ART VILLAFANE

Fishing can play an important role in one's personal and social development. Fishing is a lifetime skill and activity that can be enjoyed at any age. Just ask a youngster who reeled in their first fish how much fun fishing can be. A parent can enjoy being a mentor to his or her children.

There might be many reasons to go fishing, but the following are some of the most popular.

Relieving Stress – Spending a day fishing for trout on a cool mountain stream or fishing on a pond helps to release us from our highly stressful, everyday environment. Fishing brings a sense of well-being and refreshes our reserves.

Bonding – Sharing a fishing experience helps strengthen relationships with family and friends. A relaxing day with others allows for calming reflecting and communication.

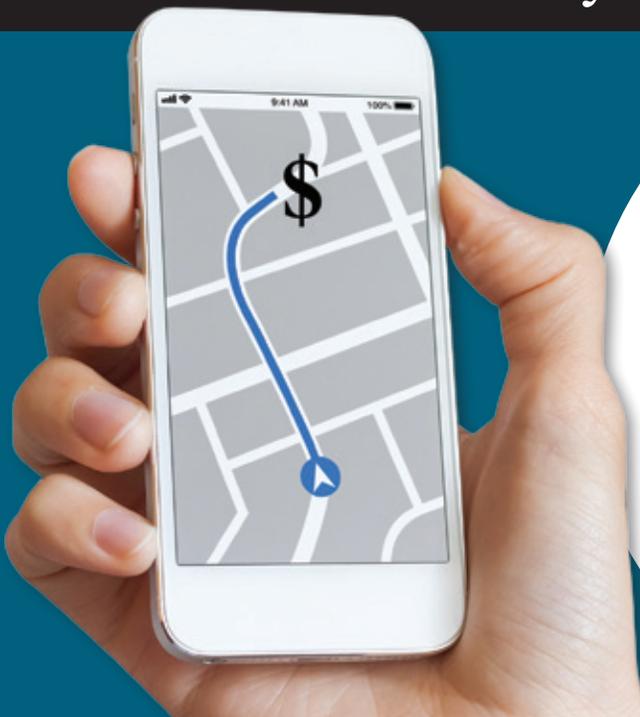
Health Benefits – More than fifty percent of Americans are overweight. Being outside and active helps to make you feel better and encourages a healthier way of life. Hiking to your favorite fishing spot beats reaching for the remote.

Recreation – Having a bad day of fishing still beats a day in the office or tending to house chores. The most common reason you will find with people who like to fish is that it is simply fun.

Wildlife Management – Fishing fees help to maintain a well-managed fishery, which helps our environment and preserves the area for future generations.

Courtesy LIFESTYLES Over 50 Lehigh Valley

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Elan Gardens Senior Living

SENIOR CARE BORN FROM COMMUNITY BONDS

Article by: Audrey J. Ross

May is a surprisingly busy month for senior caregivers. Everyone knows about Mother's Day and the many visits and gifts that come with it, and National Nurses Week at the beginning of May is a time to honor some of the most important healthcare workers. The whole month is dedicated to a slew of causes, but for Elan Gardens Senior Living, the two most important celebrations are Jewish American Heritage Month and Local and Community History Month, both of which hold a special significance for the Northeastern PA personal care home.

Elan Gardens has been serving the community for over 25 years, but its history starts over a century ago in Scranton, PA. At start of the 20th century, coal replaced iron ore as Scranton's main export, and the city saw an influx of workers from Italy and Eastern Europe, including a large Jewish population. Victorian homes cropped up on the Scranton hills even as collapsed mines swallowed other houses and workers fought for safer working conditions. As much as the coal industry was a boon for some, it was a major plight for others.

In 1915, Mrs. Selma Stark founded the Jewish Home for the Friendless, a residence for orphaned children under six, the elderly and the infirm. The Torah is clear in its instruction: "Defend the poor and the orphan; do justice to the afflicted and needy." The Jewish Home embodied these ideals, and over the coming decades would shelter a total of 125 orphaned children and many seniors in need.

When the Jewish Home for the Friendless discontinued their childcare programming in the mid-1940s, they became the Jewish Home for the Elderly, then simply the Jewish Home of Eastern PA,



focusing their resources on elder care and operating as a nursing home beginning in the 1960s with the purchase of a significantly larger campus.

In 1996, the Jewish Home expanded again, opening Elan Gardens for personal care in Clarks Summit, PA. Like the Jewish Home for the Friendless, Elan Gardens was built by the generosity of our Jewish community with the goal of providing a safe and caring home for the area's aging population. Elan Gardens is proud to serve seniors of all faiths, welcoming Rabbis and local ministers to speak with residents and celebrate holiday gatherings.

Over the past several years, a large rebranding effort has brought together Elan Gardens with the Jewish Home, now renamed Elan Skilled Nursing and Rehab, and Webster Towers, an independent living apartment building also founded by the Jewish Home, under the umbrella of Jewish Senior Life of Eastern Pennsylvania. These three businesses work in harmony to provide a continuum of long-term care to our area's seniors, no matter where they fall in the aging spectrum.

Elan Gardens in particular has taken their bright new image into the local community, donating raffle baskets, school supplies, and funds to local organizations. Administrator Brittany Elko is an especially strong advocate for community outreach. Under her leadership, Elan Gardens has strengthened ties with organizations such as the Jewish Community Center, the Abington Community Library, and the Abington Senior Center.

No matter what form these businesses take in future, Jewish Senior Life of Eastern PA will continue its mission of developing and delivering services to enhance the lives of older adults.

Predictions

FROM THE 1950'S

- Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the president.
- Do you suppose television will ever reach our part of the country?
- I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now.
- It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet.
- It won't be long before young couples are going to have to hire someone to watch their kids so they can both work.
- Did you know the new church in town is allowing women to wear slacks to their service?
- Marriage doesn't mean a thing any more. Those Hollywood stars seem to be getting divorced at the drop of a hat.
- Next thing you know is, the government will start paying us not to grow crops.
- Thank goodness I won't live to see the day when the government takes half our income in taxes. I sometimes wonder if we are electing the best people to congress.
- Why in the world would you want to send your daughter to college? Isn't she going to get married? It would be different if she could be a doctor or a lawyer.
- I just hate to see the young people smoking. As I tell my kids, 'Don't take a cigarette from anyone. You never know what might be in it!'

Courtesy *LIFESTYLES Over 50 Lehigh Valley*



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570-784-8050
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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
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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

BENEFITS TO WEARING HEARING AIDS

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:

- They deny having a hearing loss;
- They believe that hearing aids will make them look old;
- They 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.

Benefits to wearing hearing aids

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

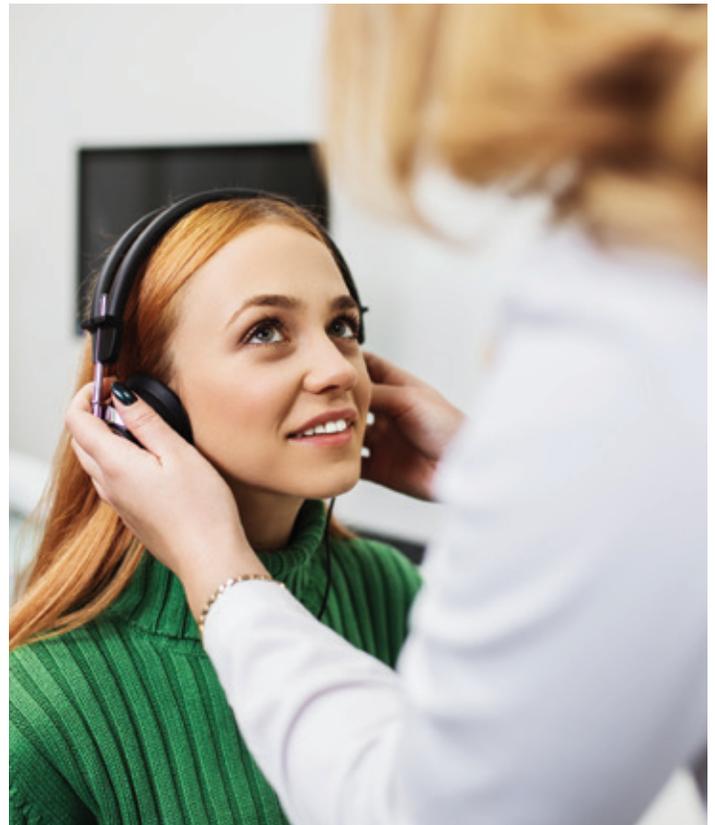
Beside the benefits listed, you will be able to hear sounds you may not have heard for many years! For instance: birds singing; the wind in the trees; the waves in the sea; the clock ticking; running water; the turn signal in your car; and the computer and refrigerator humming.

Today's hearing aids are comfortable, nearly invisible, work in most listening situations and come in a variety of price ranges. Most 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 NE PA and ACE Hearing Centers.

Visit: www.hearing-center.net

Courtesy The Hearing Center



Spring Cleaning Fever

BY J. PAINTER

Spring can represent a new day; some say it is dawn in the wheel of the year. For me, I always have a feeling of restlessness and excitement, an urgency to get outside. I look around and see what I want to accomplish to prepare my home for spring. Please note I used the word “want,” not “need.”

Before my husband and I move our focus to the yard and outside activities, I have a “fever” to get prepared. Typically, spring cleaning can mean the decluttering, throwing clothes out, organizing, cleaning the baseboards, and opening windows to let the fresh air in. I can almost smell the fresh air pouring in with the sunlight shining in. Rome was not built in a day, so creating a checklist really helps me to stay focused. There are some things that can be done quickly, and other things that can be done on the “fly” throughout the day.

Some things to explore in your spring cleaning fever:

Check all the labels on your medicines, both over-the-counter, prescriptions and vitamins. To dispose of prescriptions and over-the-counter drugs, call your city or county government’s household trash and recycling service and ask if a drug-take-back program is available in your community.

Evaluate your bathroom for safety. Are there grab rails strategically located for use when bathing or using the toilet? Are toiletries and towels located conveniently? Be sure to identify fall risks. For example, if there are steps, railings should be installed.

Check your balance with your healthcare team to see if you are at risk for falling. Wear safe shoes! Check your sneakers and outdoor shoes, and make sure they have good support. Throw away those old ‘comfy’ shoes that do not have the support.

Check sunscreen bottles for expiration dates. If you do not have sunscreen, purchase some. Next, dig out your sun hats and sunglasses for fit and facial coverage. This is a good time to visit the dermatologist to check any worrisome areas on your face and neck for skin cancer.

Purge beauty products. If you have not used a product for six months, get rid of it. Yes – lipstick, mascara, and all make up. This is a great time to buy new exciting colors and maybe create a new look!

Organize spices. When my husband and I began our spring cleaning this year, we decided to organize our spice rack. During our cleanup, we discovered spices from 2009 and 2012. Spices are safe even if they expired, but we chose to discard them since flavor and potency are affected.

In closing, spring is a reminder that God is all about making things new: a new sun rising; a new flower coming out of the ground; a new hatchling in the nest. As daylight increases, we sometimes experience fresh new energy and a desire to do more. This spring can be about a new beginning, new life, and a new light. Blessings to all!

Courtesy LIFESTYLES Over 50 Lehigh Valley



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Memorable Quotes

BASEBALL LEGEND, YOGI BERRA

- ☞ “It ain’t over till it’s over.”
- ☞ “It’s déjà vu all over again.”
- ☞ “Pair up in three’s.”
- ☞ “It gets late early out here.”
- ☞ “Take it with a grin of salt.”
- ☞ “We made too many wrong mistakes.”
- ☞ “Never answer an anonymous letter.”
- ☞ “You can observe a lot by watching.”
- ☞ “The future ain’t what is used to be.”
- ☞ “If you don’t know where you are going, you might wind up someplace else.”
- ☞ “If the people don’t want to come out to the ballpark, nobody’s going to stop them.”
- ☞ “I usually take a two-hour nap from one to four.”
- ☞ “Baseball is 90 percent mental. The other half is physical.”
- ☞ “He hits from both sides of the plate. He’s amphibious.”
- ☞ “I always thought that record would stand until it was broken.”
- ☞ “In baseball, you don’t know nothing.”
- ☞ “I never said most of the things I said.”
- ☞ “It ain’t the heat, it’s the humility.”
- ☞ “So I’m ugly. I never say anyone hit with his face.”
- ☞ “We were overwhelming underdogs.”
- ☞ “You should always go to other people’s funerals. Otherwise, they won’t come to yours.”

Courtesy *LIFESTYLES Over 50 Lehigh Valley*

Annual Directory 2023

August-September Issue

Advertise in our Annual Directory 2023!

**Aging in Place • Senior Care Agencies
Senior Housing • Professional Resources**

Managing senior care can be overwhelming for our seniors, their loved one’s and family members, especially if you are not familiar with what resources are available. If you are a health care organization, senior care agency, service provider or related professional resource and would like to be included in our Annual Directory 2023, please contact us for advertising rates and material due dates.

**LIFESTYLES Over 50 Northeastern Pennsylvania
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Professional Services

CARE FEATURE



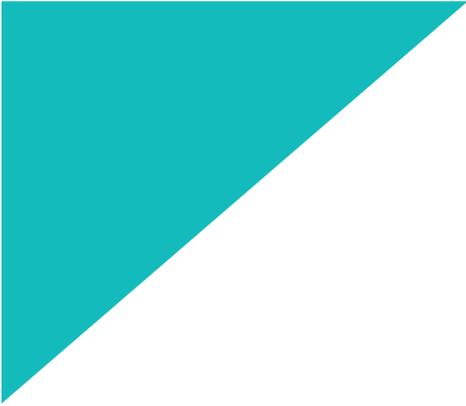
Abington Audiology & Balance Center	790 Northern Blvd. South Abington Township, PA 18411 570.587-3277 www.abington audiology.com	Dr. Erica Schoenberg Gallagher, Audiologist opened the doors of Abington Audiology & Balance Center in 2007. The staff's number one priority is delivering exceptional patient care – combining years of expertise in hearing healthcare and a variety of services ranging from evaluations to treatment.
	1167 Interchange Rd. Lehigh, PA 18235 610-377-6960 www.buckno lisicky.com	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, Lehigh, as well as New Jersey.
Gannon Associates Insurance	28 Main Street Towanda, PA 18848 570-265-3197 814-GANNONS	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.
	Scranton 866-986-1948 Kingston 866-566-2967 Wilkes-Barre 866-595-7921 Hazleton 866-288-5302	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.
Janney Montgomery Scott	The Butera Jordan Bender Hendricks Group 613 Baltimore Drive, Suite 202 Wilkes-Barre, PA 18702 570-331-2751 www.thebjhggroup.com	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.

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The Best Tips

FOR LIVING HEALTHY

By Mary DeHaven, St. Luke's University Hospital & Health Network

Today, more than 72,000 Americans have reached the age of 100 and that exclusive club is growing. Between 2000 and 2016, the percentage of centenarians increased by more than 43 percent. Whether you aspire to reach 100, or just want to feel your best, there are several things you can do to stay healthy physically as you grow older.

“The health status of older adults is determined by a combination of genetics and the effects of lifestyle choices,” says Alaa-Eldin A Mira, MD, Chair of Geriatric Medicine, St. Luke's University Hospital – Bethlehem. “As we age, we often have chronic conditions like arthritis, heart and vascular disease, stroke or cancer. And many people are more likely to develop these diseases because they have a genetic predisposition to them, meaning, ‘It runs in the family.’ “Fortunately, however, through diet, exercise, not smoking, and not drinking alcohol – or only in moderation, you can reduce your risk of developing these illnesses,” he says. Furthermore, if you already have them, maintaining a healthy lifestyle will help you to slow the progression of the disease and manage your symptoms.

Carrie Fleckenstein, Senior Network Director, Geriatric Institute of St. Luke's University Health Network, says that in addition to your physician, hospitals and health systems also play a role in helping you to stay as healthy as possible. She encourages older adults to select physicians affiliated with senior-friendly hospitals. “Does the hospital have programs designed to meet the special needs of older adults?” she asks. “For example, St. Luke's offers a senior surgical program that provides a nurse navigator to guide the patient through all the testing needed before the procedure and helps to arrange for care afterwards. We have a Geriatric Fellowship program to train physicians in the care of seniors. In addition, we work with skilled nursing facilities in the area to provide the support needed for patients to transition safely home. Our goal is to help our patients stay as healthy and independent as possible.”

Although you are responsible for your health, a physician knowledgeable in geriatric medicine can help you stay well. “Fortunately, in our area there are many excellent family physicians experienced in caring for older adults, says Dr. Mira. “They understand that illnesses and injuries often affect seniors differently than their younger peers and are adept at diagnosing and treating older adults.”

Sometimes, however, an older adult may experience a significant decline that is difficult to understand. In these situations, Dr. Mira suggests the individual or family care provider talk with their doctor about the appropriateness of a geriatric assessment. For example, the St. Luke's Senior Assessment Service conducts a thorough evaluation to assess the individual's physical, mental and emotional health.

Excerpt from LIFESTYLES Over 50 Lehigh Valley, published 2017



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Little Quips

FOR YOUR ENTERTAINMENT

It's not the job of being a cabbie that he likes;
it's the people he runs into.

**TO ERR IS HUMAN.
TO ADMIT IT, ISN'T.**

**Alimony:
the high cost
of leaving.**

I went to a parachute-jumping class.
The dropout rate was incredible.

*Adam had no mother-in-law;
that's why it was called Paradise.*

***This lousy movie
was not released –
it escaped.***

I like to do things for my wife on Valentine's Day. I open the door for her when she puts the laundry in the washing machine.

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A Jewish Senior Life Community



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- Memory Care Available

**MIDDLE AGE IS WHEN WORK
IS A LOT LESS FUN, AND FUN
IS A LOT MORE WORK.**

**He's the light of her life –
she won't let him go out.**

For every student with a spark
of brilliance, there are about ten
with ignition trouble.

***She's so lazy she puts popcorn
in the pancakes, so they'll turn
over by themselves.***



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Remember When?

THIS HISTORY OF CLEANING

Prior to the 1900's many middle- to upper-income families had servants to clean their estates. The less wealthy, might only be able to afford one servant, who would have to do all of the housework, from cleaning to cooking and raising the kids. Back then keeping the house clean was a mammoth (and expensive) task. But technological advances have made tidying up much quicker and easier ... handled today by a majority of homeowners themselves.

Vacuum cleaners were developed in the 1860's as a labor saving device. The first iterations were operated by hand, unlike today's robot vacuums (read page 5) and some even needed two people to operate them!

Records show ancient Egyptians combined animal and vegetable oils with alkaline salts to form a soap-like material used for treating skin diseases, as well as for washing. Soap got its name from an ancient Roman legend about Mount Sapo. Rain would wash down the mountain mixing with animal fat and ashes, resulting in a clay mixture found to make cleaning easier.

The chemistry of soap manufacturing stayed essentially the same until 1916. During World War I and again in World War II, there was a shortage of animal and vegetable fats and oils that were used in making soap. Chemists had to use other raw materials instead, which were synthesized into chemicals with similar properties.

From the beginnings of Bicarbonate of Soda to the invention of washing machines, let's take a look back at some of the ultimate and retro cleaning products and brands of the 20th century.

Arm & Hammer Baking Soda: The bright yellow box with the red logo is unmistakable. The use of Arm & Hammer Bicarbonate of Soda has been a popular way to clean your home like a professional. Back then it was packaged by hand into paper bags for distribution.

Borax: A powdery mineral that has been used as a household cleaner for decades. The salt cleaner is now a controversial product and is banned in many



countries. It might be natural but it can be toxic to young children.

Clorox: A bleach, germicide, cleanser and disinfectant. Today it's a familiar household name and is stocked in almost every supermarket in the U.S.

Electrolux Vacuum Cleaner: Founded in 1912, the LUX 1 weighed in at a hefty 14 kilograms but it was still one of the lightest models on the market. Electrolux continues to develop new and innovative machines, including a self-cleaning vacuum.

Lysol Disinfectant: Used to clean everything from streets to visors, the chemical agent proved instrumental in tackling the Coronavirus. Although, we should all be taking precautions when spraying any disinfectant, as its fumes can be toxic.

Shake n Vac: The powdered carpet freshener was first sold in the late 70's, but the commercial and jingle made it popular during the 80's. The jingle: "Do the Shake n Vac and put the freshness back!"

Westinghouse Washing Machine: While front-loader washing machines gained popularity throughout the 20th century, traditional wringer-washers were still being manufactured well into the 1980's.

Sources Wikipedia.com, museumofthehome.org and loveproperty.com

Games

AND ACTIVITIES

..... SUDOKU.....

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

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

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.

A Few MORE Little Quips

It's so easy to meet expenses these days. I meet them everywhere I look!

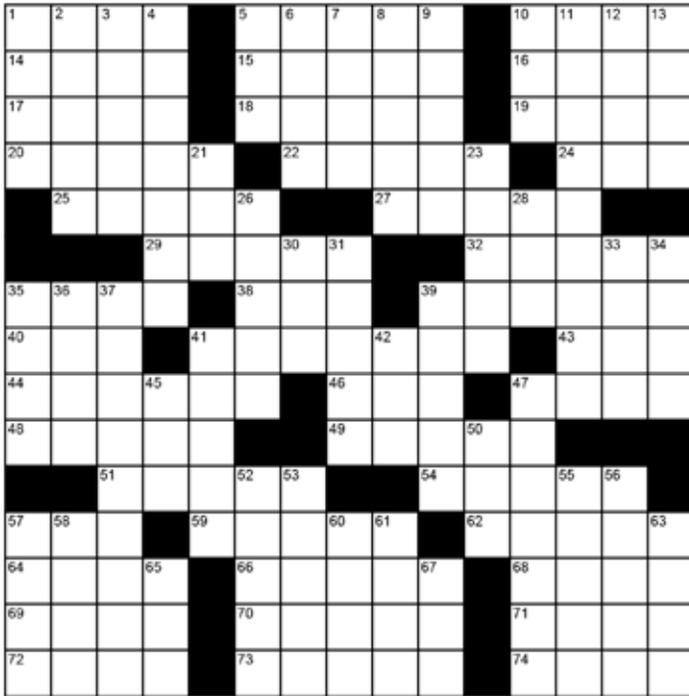
She used to play the trombone when she was a kid; then she let it slide.

He was a pantomime heckler: he made faces at the people on stage.

Money doesn't talk nowadays - it goes without saying.

Games AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- | | |
|---------------------------------|----------------------|
| 1 Pedestal part | 29 Sporty car brand |
| 5 Thoughts | 32 Musician Adams |
| 10 Pit | 35 Religious song |
| 14 __ Tel | 38 Chest bone |
| 15 Vulgarly | 39 Light white stone |
| 16 Rolled chocolate candy brand | 40 IOU part |
| 17 Bird of peace | 41 Navies |
| 18 Beer mug | 43 North northwest |
| 19 Pixies | 46 Top |
| 20 Saber | 47 Gets older |
| 22 Bower | 48 Steals |
| 24 "Raven" author | 49 Type of shorts |
| 25 Throat infection | 51 Under, poetically |
| 27 Utopian | 54 Italian "dollars" |
| | 57 Hog |
| | 59 Succumb |

- | | |
|------------------------------|--|
| 62 Speak without preparation | 34 Nightly tv show |
| 64 Astringent | 35 Frost |
| 66 Lotion ingredients | 36 Young Women's Christian Association |
| 68 Stare at | 37 Pie types |
| 69 Guilty or not | 39 Of the pope |
| 70 Cleans a hole | 41 Analyze quality |
| 71 Coat | 42 Morse code "T" |
| 72 Association (abbr.) | 45 Poem |
| 73 Red headed orphan | 47 Hangar |
| 74 Lock openers | 50 Killed in action |

DOWN

- | | |
|-------------------------|-----------------------|
| 1 Pops | 52 Jeweled headdress |
| 2 Affirms | 53 _ Macinnes, author |
| 3 A piece of turf | 55 Fish tank growth |
| 4 Infested | 56 Smooth |
| 5 Tax agency | 57 Dada |
| 6 Information | 58 Evils |
| 7 Vessel | 60 Lend |
| 8 Excuse | 61 Prefix for half |
| 9 Governing group | 63 Honey makers |
| 10 __ Lanka | 65 Woman's partner |
| 11 Obeying | 67 Compass point |
| 12 Dog food brand | |
| 13 Love flower | |
| 21 Winter mo. | |
| 23 Picture puzzle | |
| 26 Happy cat sounds | |
| 28 Extremity | |
| 30 Lip | |
| 31 Taken_(shocked) | |
| 33 Inflammatory disease | |

Answers are provided on page 23.

Punny Signs

INDIAN HILLS COMMUNITY OF COLORADO

When you teach a wolf to meditate he becomes aware wolf.

The girl in the middle of the tennis court is Annette.

My fear of moving stairs is escalating.

Beer is a gateway drug to aspirin.

Water is heavier than butane because butane is a lighter fluid.

Relish today, ketchup tomorrow.

I was struck by a bottle of omega 3 pills. Luckily, my wounds were only super fish oil.

Nothing tops a plain pizza.

My relationship with whiskey is on the rocks.

I pulled a muscle digging for gold. Just a miner injury.

**Lego Store Reopens after lockdown!
Folks lined up for blocks.**

The man who fell into an upholstery machine is fully recovered.

***Eat more doughnuts.
It's the original hole food.***

I never finish anything. I have a black belt in Partial Arts.

I'm going to start collecting highlighters. Mark my words.

I'm reading a book called "Quick Money for Dummies" by Robin Banks.

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Games

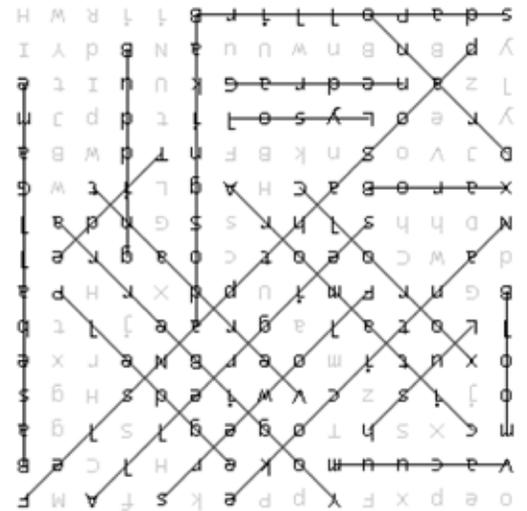
AND ACTIVITIES

Word Search

Spring 2023

o e p x F Y p P e k s f A M F
 v a c u u m o k e r H l C e B
 m c X s h T o g e g l s l g a
 o j i s z c v w i e d s H g s
 o x u t i m o e r B N e r x e
 l L o t a l a g r a e j l t b
 B G n r F m i U p d X r H P a
 d a w C o e o t c o a g r e l
 N D h h s l h r s S G n d a l
 x a r o B a C H A g L i t w G
 D J v o s n k B F n T d w B a
 y r e o L y s o l i t d p J m
 l z a n e d r a G k U u I t e
 y p B n B n w U u a N B d Y I
 s d a P o l l i r B i i R W H

- Allergies
- Aromatic
- BakingSoda
- BaseballGame
- Bloom
- Borax
- BrilloPads
- Budding
- Clorox
- Drano
- FelsNapthaSoap
- Flowers
- Garden
- Lush
- Lysol
- Nanticoke
- Pledge
- Tide
- Vacuum
- Verdant
- YogiBerra



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

What To Do

WITH YOUR GRANDCHILDREN

TAKE ME OUT TO THE BALLGAME

If you have a grandchild who is starting to express interest in sports, then you should definitely consider introducing them to baseball. Not only is baseball one of the most loved and popular sports in the U.S., but it also offers a huge range of physical and mental benefits. Following are just a few:

It gets your child out of the house –

If you're looking for a way to cut down on your child's screen time and get them outdoors, then baseball is a great option. This is a sport that offers both the physical health benefit of exercising as well as the mental boost coming from spending time outdoors.

It improves hand-eye coordination –

Looking at the ball, following its trajectory with the eyes, and hitting it with the bat is no easy feat for a young child. With practice and determination, baseball not only helps to enhance their coordination and fine motor skills but builds confidence as well.

It teaches the importance of teamwork

– This sport can help your child to learn how important it is to build collaborative, effective teamwork, while at the same time offering them a chance to shine as an individual when it's their time to hit, pitch, or run.

Experiencing baseball is so much more fun that watching it on TV.

- **Take me out to the ballgame:** Your child will never forget the excitement of visiting the ballpark. Sing the National Anthem; do the wave; participate in the seventh-inning stretch by singing, *Take Me Out to the Ball Game*; dance for the jukebox; and cheer when your team gets a run.
- **Bring their glove:** If you arrive to the park early, stop by batting practice for a chance to catch some foul balls, or head to the outfield to play catch. Your child will have fun wearing a glove, and they'll



be ready to catch anything that comes their way during the game.

- **Go to batting practice:** Batting practice is a great time to see your favorite players up close, take a photo, or even get an autograph.
- **Attend kid-friendly events:** Many baseball stadiums have special kids' nights, discounted kids' tickets and activities geared toward younger fans, especially during games for minor league and non-pro teams.
- **Take home a souvenir:** During your day, remember to keep something to remind you of the fun you had together, such as the team hat; an official jersey; a small wooden bat; or team pennant. All of these things add to the fun. And they serve as a reminder to your grandchild the enjoyable day they had at the ballpark with you!

Sources littlerookies.com, allprodad.com and thirdage.com

Events Calendar

OLDER AMERICANS MONTH

Each May, we commemorate Older Americans Month to encourage and recognize the countless contributions that older adults make to our communities. This year's theme is Aging Unbound, which focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

Here are some ways we can all participate in Aging Unbound:

Embrace the opportunity to change. Find a new passion or go on an adventure. Don't let age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

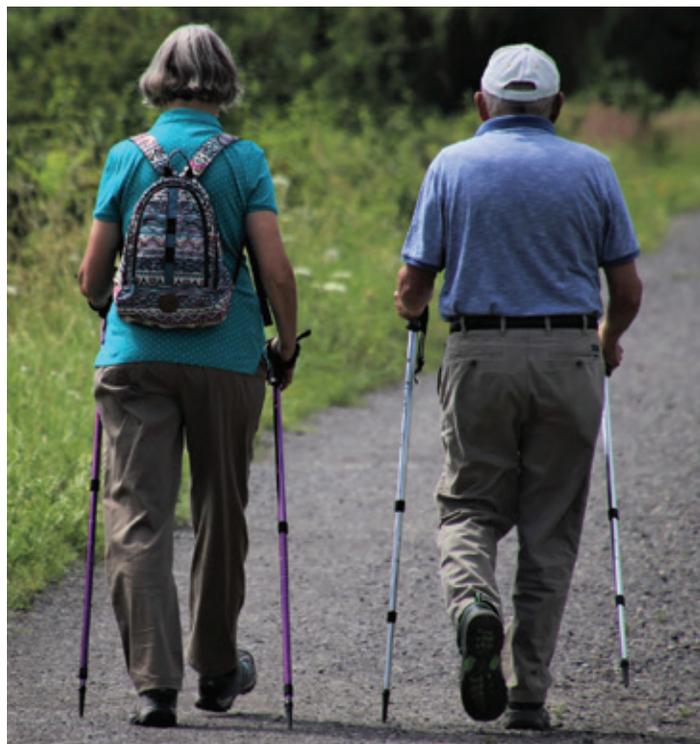
Stay engaged in your community. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community. Everyone benefits when everyone is connected and involved.

Form relationships. Relationships are an essential ingredient of well-being, and can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

The history of Older Americans Month

In April 1963, a meeting was held between President John F. Kennedy and members of the National Council of Senior Citizens (NCSC), leading to the designation of May as Senior Citizens Month, when at the time, there were only 17 million living Americans that had reached their 65th birthday.

Since 1978, Older Americans Month has been observed with a different theme each year. In 2020, it was Make Your Mark, in which individuals of all ages, communities, and organizations were en-



couraged to make their marks. The 2021 theme was Communities of Strength, celebrating the stories and contributions of older Americans that helped support and inspire others. In 2022, the theme for Older Americans Month was Age My Way. It focused on how older Americans can plan to stay in their homes and live independently in their communities. 2023 is the 60th anniversary of Older Americans Month. This year's theme is Aging Unbound, which focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.



Sources [ACL.gov](https://www.acl.gov) and [nationaldaycalendar.com](https://www.nationaldaycalendar.com)

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 the past year.

Volunteer Ombudsman

The Volunteer Ombudsman program is through the Office of Serving Seniors, Inc. Ombudsmen are trained individuals who advocate to resolve concerns on behalf of individuals who receive long-term care services. Ombudsmen provide information to residents and their family about rights, procedures and additional resources within the facility or community. For more information, contact: Linda Korgeski, Ombudsman Program Director for Serving Seniors Inc. Linda also is the Lackawanna County Ombudsman. E-mail: lkorgeski@serving seniorsnepa.org



Heather Taber

At age 16, Heather suffered a hemorrhage stroke and as a result, her left side was paralyzed. After rigorous physical and occupational therapies, Heather knew she wanted to be an occupational therapist some day. Fast forward 20 years, when a Penn State counselor suggested an Assistive Technology (AT) evaluation for Heather before starting classes. This is when she met the AT Specialist at UCP of NEPA, a position Heather now holds. "I love my job! The lessons I've learned enable me to communicate instructions clearly and offer 'out-of-the-box' solutions," says Heather.



Rosemarie (Rosie) Letcher

A certified instructor, Rosie conducts classes at numerous health centers and fitness centers throughout NEPA. Her love for health and fitness has helped hundreds of seniors. A lot of Rosie's members do a lot of volunteer work in their communities and weren't able to do so during COVID. So, Rosie started several initiatives in coordination with the Area Agency on Aging, Luzerne County, including a 'Cold Hands, Warm Hearts Winter Coat Drive' and a 'Seniors to Soldiers' letter writing program." Both programs have been very successful and continue today.



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.

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