



Northeastern Pennsylvania LIFESTYLES™

OVER 50

Winter 2023

The Hearing
Center —
p. 10

Geisinger
65 Forward —
p. 16

FREE



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Cover Story

GOOD HEALTH



As winter winds down, the days get longer and temperatures rise, it's good to evaluate your health going into a new year.

In this issue, we write about the importance of taking care of your heart on page 7, entitled Heart Smart. We explore the popular workout of indoor cycling, its benefits

to your body, as well as your social activity on page 8. On pages 9 and 13, we talk about the importance of maintaining good dental health and the negative consequences of gum disease. In addition to proper eating and drinking, found on page 16, we hope you enjoy reading our regular feature sections of In Your Neighborhood, Giving Back, Games And Activities, and more.

Here's to good health!

Marci Kacyon
Executive Editor

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NEPA@LIFESTYLESover50.com

www.lifestylesover50.com/pages/northeast-pennsylvania

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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**

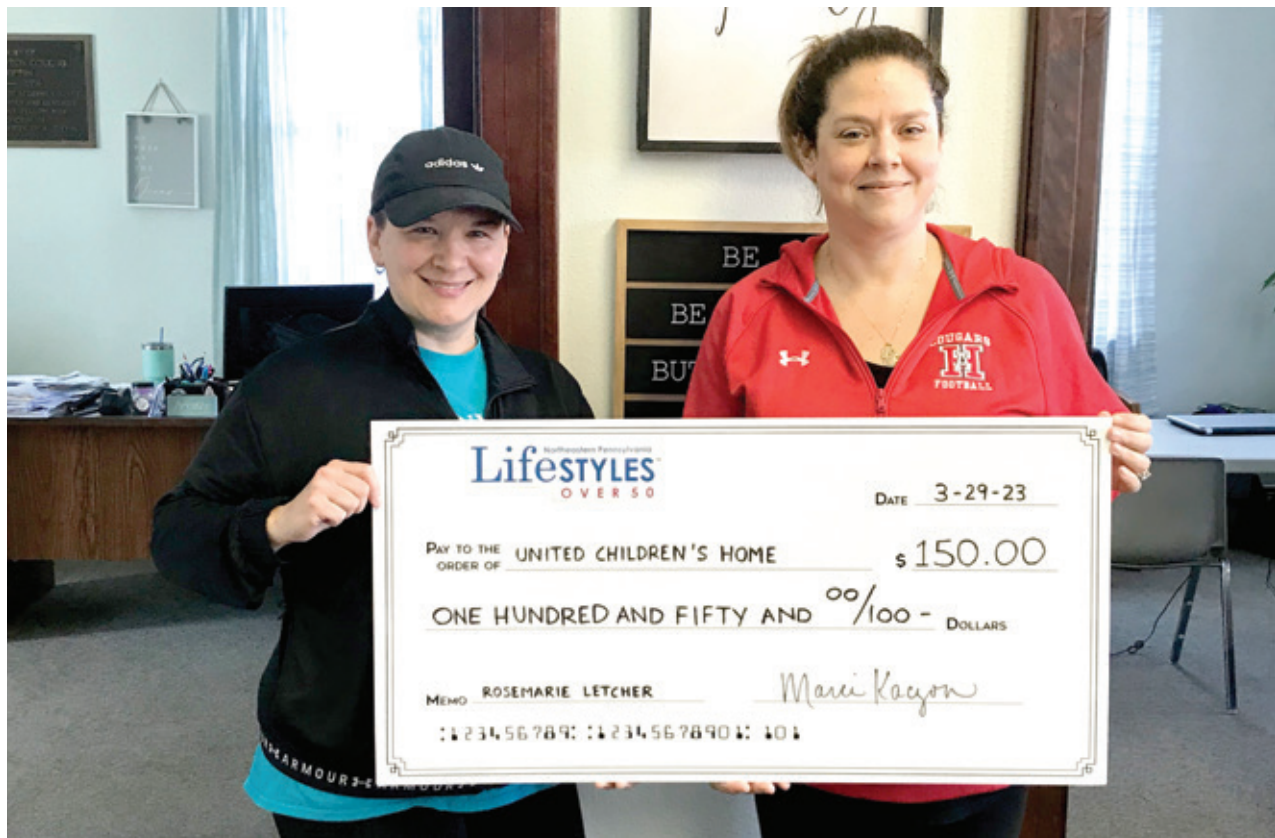


Pay IT FORWARD

ROSEMARIE LETCHER

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 United Children’s Home in the name of Rosemarie Letcher – 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 of \$150 in the name of Rosemarie Letcher to Jill Zapatocky, Director of United Children’s Home in West Hazleton.

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events.

Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Tech Savvy Seniors

COMMON SCAMS TO BE AWARE OF

Scammers will try to take advantage of you!

Being a bit cautious and overly protective of your personal information will go along way to protecting yourself and your family. Don't share personal information like your bank account number, Social Security number, or date of birth with an unknown source! In most cases, a trusted, legitimate source will never request personal information from you by phone, e-mail, text, or social media. If you believe you've been 'scammed,' please contact your local authority immediately.

Common types of scams:

Cryptocurrency – These scams can take different forms but often involve fake, early investment opportunities. The scammers may impersonate celebrities or share fake login information to encourage you to 'invest' in a project.

Debt collection – Debt collectors may contact you to collect on legitimate debts you owe. But there are scammers who pose as debt collectors who try to get you to pay for a debt you don't owe.

Extortion – Scammers will use any means possible to steal your money by supposedly 'hijacking' your computer and threatening to share personal information about you if you don't comply with their demands.

Government census – Government census scams involve someone pretending to work for the Census Bureau calling to request and confirm your personal information.

Grandchild – If you get a call from someone who sounds like your grandchild or relative asking you to wire or transfer money to get them out of trouble (such as jail), it's most likely a scam.

Lottery and sweepstakes – Scammers attempt to get your money or personal information through fake lotteries, sweepstakes, or other contests. Many claim that you've won a prize but must pay a fee to collect it. Others ask for your personal information in order to enter a contest.



Romance – Scammers often target victims' insecurities or desires by attempting to develop a close and intimate 'relationship' with their victims. They will then lure you into sharing personal or financial information.

Student loan forgiveness – Student loan forgiveness scammers attempt to steal your Social Security number or your bank account information by contacting you, or creating phony application Web sites aimed at luring you to create an account.

Sources USA.gov, experian.com and care4yourfuture.gov

In Your Neighborhood

TUNKHANNOCK, PA

The name, Tunkhannock is derived from the Minsi-Len'api term Ptuk'hanna'unk, which means, "Bend-in-river-place."

Tunkhannock, which is the County Seat of Wyoming County, is within the greater Scranton and Wilkes-Barre metropolitan areas. Wyoming is derived from an Indian word meaning, "extensive meadows." Tunkhannock was incorporated as a borough on August 8, 1841, and was named for Tunkhannock Creek. The creek's name means, "small stream." Wyoming County is perhaps best known for the Nicholson Bridge (aka, the Tunkhannock Viaduct), an enormous arched, concrete railroad bridge. Built in 1925 for the Delaware, Lackawanna, and Western Railroad, the span, with a measured length of 2,375 feet and a height of 240 feet extending across the Tunkhannock Creek, made it the largest concrete bridge in America when it opened. Lumbering was carried on extensively in the early days of Tunkhannock. Today, many residents are employed by Procter & Gamble, at its plant in nearby Washington Township.

Located within the boro, the Wyoming County Historical Society and Genealogical Library offer a major source of research material. The collection includes numerous books on New England ancestry,

QUICK FACTS

County: Wyoming

Founded: 1841

Population: 1,766
(2020 census)

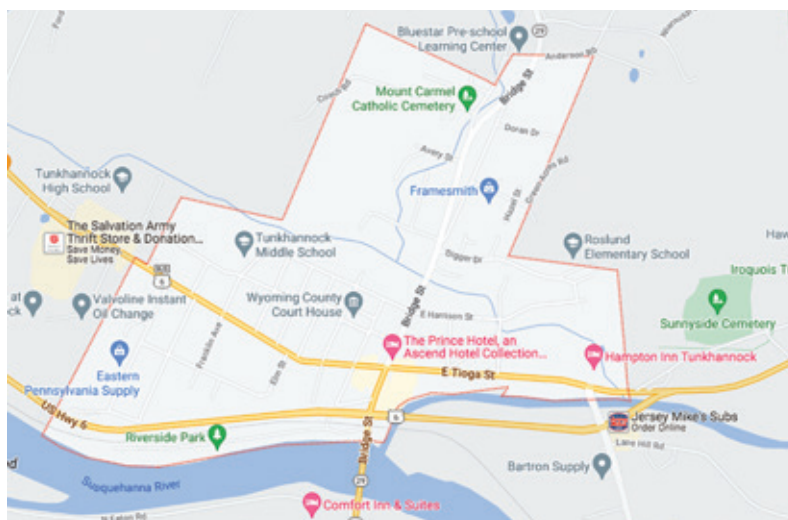
Mayor: Stacy Huber

Website:
www.tunkboro.com

newspapers dating back to 1797 and census records for Wyoming and surrounding counties from 1790 to 1930. Also on file are records for over 90 area cemeteries and other local history information.

A mural depicting a battle by American settlers and local Native American tribes leading up to Sullivan's March was painted as an oil on canvas in 1941 by artist, Ethel Ashton for the local post office. Tunkhannock is also the home of the Northern Tier Symphony Orchestra. In the center of town, the Dietrich Theatre serves as a cultural attraction, with four movie screens showing popular new releases, as well as hosting film festivals and miscellaneous community activities.

Sources Wikipedia and tunkboro.com



Tunkhannock is a borough in Wyoming County, Pennsylvania, 31 miles northwest of Wilkes-Barre, Pa. Image by Google Maps.

Heart Smart

WHAT TO KNOW FOR A HEALTHIER HEART

One in five deaths in the United States is due to heart disease, even though the disease is largely preventable. Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Take this short Heart Smart Quiz:

True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.

True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.

True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.

True or False? Eating lots of vegetables, fruits,

and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.

True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

All answers are True. Learn more about heart disease prevention from The Heart Truth® at www.hearttruth.gov and download the Heart Smart Basics fact sheet to improve your knowledge about heart health.

Courtesy NewsUSA

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Riding To Good Health

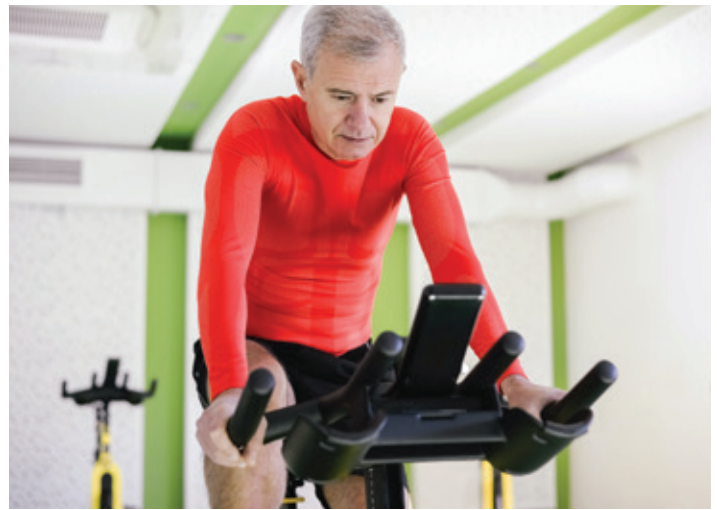
INDOOR CYCLING FOR SENIORS

It goes without saying that staying active is the secret to good health.

Try a Spin Class!

Indoor cycling, often called ‘Spinning,’ is a form of exercise with classes focused on endurance, strength, intervals, high intensity and recovery. The class involves using a special stationary, exercise bicycle in an indoor setting. Besides developing strength and endurance, cycling provides a certain camaraderie and social aspect to exercising with your peers as well. Indoor cycling offers plenty of benefits, including:

Easy on the Joints: Cycling is much easier on the joints than many other types of exercise. Cycling avoids the shock to your body that comes from exercises like running. Stationary bikes are easy on your joints – so much so that cycling is used in many rehab programs. You can exercise your



muscles using different resistance levels without risking damage.

Balance: A stationary bike eliminates fears with balance issues. A standard bicycle brings with it the danger of a fall due to inexperience or balance problems. Spinning eliminates that physical limitation without worrying about losing your balance.

Weather-Free: Stationary bikes eliminate concerns about foul weather or road hazards. Whether it is raining, snowing or windy, your spin class pedals on. Additionally, you do not have to worry about foul air, texting motorists, and animals chasing you other malfunction on your bike. You can bike any day(s) of the week no matter the weather.

Resistance Levels: With a spin class you can easily increase or decrease the amount of resistance on your bike. Feel like a stronger workout? Raise the knob on your bike’s resistance. Want to go a bit easier? Lower the knob on your bike’s resistance. It is that easy.

Ask about an indoor cycling facility or spin class in your area. A trainer will listen to your needs and goals and will develop a spin program just for you. And, you may meet others in your age group who have started their own spin program and will share their experience with you!

Excerpt from 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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lifegeisinger.org/life

Dental Coverage

FOUR THINGS SENIORS NEED TO KNOW

By Dr. John Yamamoto, Dental Director of Clinical Innovations, Humana

Despite the importance of good oral health, dental care often falls by the wayside. According to the Healthy Aging Poll, one in five older adults delayed getting dental care or went without it in the past two years, with cost and lack of dental coverage being major factors. Although dental coverage is a highly desired supplement for seniors, Original Medicare does not cover routine dental care and procedures. However, many Medicare Advantage plans do. During this year's Annual Election Period, people eligible for Medicare should consider the following when comparing dental benefits available on Medicare

Advantage plans:

- **Will the Plan Meet Your Dental Needs?** Carefully review the dental services covered under the plan to ensure they cover the care and procedures you may need in the coming year based on the state of your oral health. If possible, get a dental check-up to learn what your dentist anticipates will be the level of care you'll require.
- **Is Your Dentist a Network Provider?** Even if the plan allows you to receive care from any dentist, it may cost you less to use those within the plan's network of providers. Check to see if your dentist is on the list of the plan's network providers; if not, look to see if there are other dentists in your area who are in network.
- **Are Visits Limited?** Some plans limit the number of dental visits covered while others allow you to make as many visits as needed until you reach the maximum dollar amount your plan will pay. Not having limits on the frequency of visits will allow you more flexibility to get the services you need, when you need them.
- **Can You Get Care Outside Your State?** It's especially important for those who travel often or are snowbirds spending part of the year in another state to make sure that their dental coverage will cross state lines. For example, Humana's Medi-

care Advantage plans offer members in-network care inside and outside of their home state.

Good dental care doesn't just benefit your teeth, it can improve your health and quality of life. Visit www.Medicare.gov or call 1-800-MEDICARE (TTY: 1-877-486-2048) 24 hours a day, seven days a week. You can learn about Humana Medicare Advantage plans by going to www.Humana.com/Medicare or calling 1-888-372-2614 (TTY: 711) from 8 a.m. to 8 p.m. local time, seven days a week, to speak with a licensed sales agent. Humana is a Medicare Advantage HMO, HMO SNP, PPO, PPO SNP and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Courtesy NewsUSA

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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.



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570-784-8050
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HAWLEY

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

KINGSTON

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Kingston, PA 18704
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Friday: 9:30 am - 2:00 pm
Saturday: 9:30 am - 12:00 pm

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ACE Hearing Centers
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Ace Hearing Centers
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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

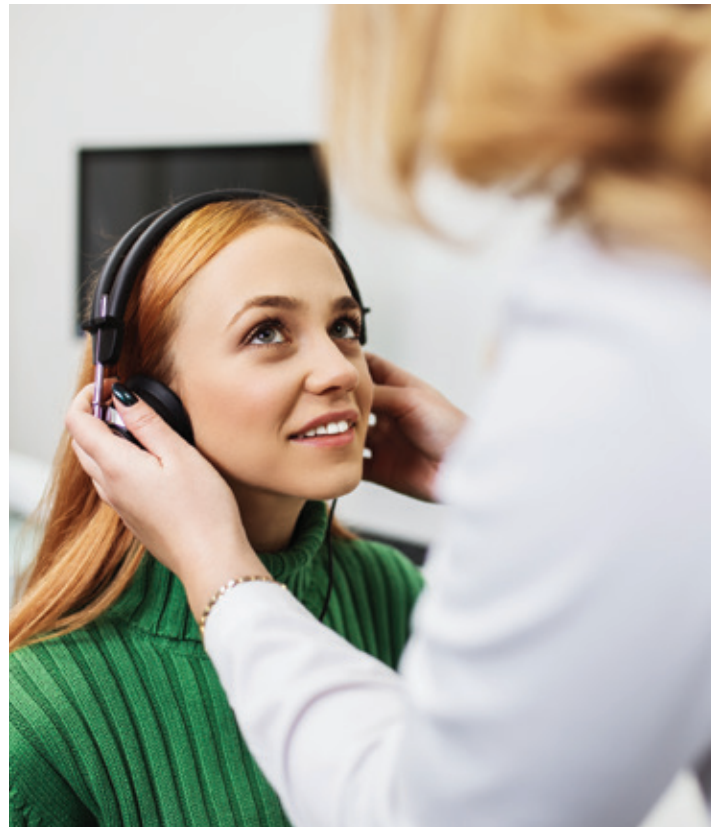
Beside the benefits listed, you will be able to hear sounds you may not have heard for many years! For instance: birds singing; the wind in the trees; the waves in the sea; the clock ticking; running water; the turn signal in your car; and the computer and refrigerator humming.

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



Senior Health

TIPS FOR HEALTHY AGING

The early stages of aging, such as wrinkles around the face are likely the most noticeable. However, there are other factors (if left unnoticed) like subtle vision loss, reduced strength and balance, and memory decline that can lead to more serious health issues later in life, including anxiety and depression. Studies show that those who practice a healthier lifestyle enjoy a 40% reduction in the risk of death from any cause and a 35% lower chance of having a cardiovascular episode, like a heart attack or stroke.

It's never too late to begin living a healthier lifestyle! Consider following these tips for healthy aging:

- 1 Well Visits and Screenings** – Annual wellness exams go beyond the standard physical, allowing doctors to identify preventive measures that will keep you healthier longer. In addition to your well visit, don't forget the recommended health screenings for prostate cancer, colon cancer, breast cancer, and other medical conditions. Choosing a doctor that gets to know you, as an individual will help to identify changes in your health before they become a problem.
- 2 Screen for Vision Loss** – Older adults who already wear eyeglasses should have their prescription checked every year for changes and have their eyes tested for any developing issues. New eyeglasses help reduce your chance of falling, and provide clarity when engaging in other activities, like playing games.
- 3 Test Your Hearing** – Are you regularly told that you have the TV volume up too high? Do you have a persistent ringing in your ears? If so, you might be experiencing hearing loss, or a related condition called tinnitus. Good hearing not only leads to better health but a better mood and cognitive function.
- 4 Eat a Healthy Diet** – Taking care of your heart should be a top priority for everyone. Eating a heart healthy diet is an important first step that requires: reducing cholesterol; lowering sodium intake; eating your vegetables; drinking a lot of water; and more.
- 5 Challenge Your Mental Health** – As you age it's common to see a decline in memory. It's important that you challenge your mental health by: playing games; reading and writing; enjoying a hobby; volunteering; and more. Activities like these not only stimulate the mind but, connect people with others and the world around them.
- 6 Stay in Touch** – Regular socialization with family, friends and loved ones improves mental health. For the in-bound: utilizing today's technology, such as the Internet, social media, e-mail, texting, and video calling strengthen your connection with others. However, don't neglect in-person visits between friends and loved ones. Engaging in face-to-face activities create lasting bonds and fond memories!
- 7 Exercise and Stay Active** – Exercise is vitally important for seniors. No matter your fitness level, staying active improves both your physical and mental well-being. Following are just a few ways to exercise and stay active: Tai Chi for low impact aerobic exercising; walking for improved strength, balance and breathing; swimming for stretching and improved cardio health; and more.
- 8 Get a Good Night's Sleep** – Lack of sleep can lead to multiple health problems. For a better rest: make sure your bedroom is quiet and dark, and set at a comfortable temperature; turn off electronic devices, such as smart phones and the television; avoid large meals, caffeine, and alcohol before bedtime; get regular exercise.

Sources fiftyforward.org, aplaceformom.com and healthline.com

Gum Disease

REDUCE THE RISK WITH THIS EASY RINSE

According to the Centers for Disease Control and Prevention (CDC), nearly half of American adults aged 30 years and older (47.2 percent) suffer from some form of gum disease. Gum disease, also known as periodontal disease, is one of the main threats to dental health, but maintaining a healthy mouth goes beyond the benefits of a bright smile. Gum disease is a chronic, inflammatory condition, and recent studies suggest that gum disease and tooth decay may be associated with an increased risk of other inflammatory conditions, including heart attacks and strokes if left untreated.

The CDC describes common warning signs of gum disease, including bad breath, gums that are red, swollen, bleeding, or tender; pain when chewing; loose or sensitive teeth; receding gums; change in bite; and change in the fit of partial dentures. Additional factors that increase the risk of gum

disease include smoking, diabetes, stress, and poor oral hygiene. That said, most people can improve their dental hygiene and reduce their risk for developing gum disease by following a few simple steps:

- Brush your teeth twice daily with a fluoride toothpaste
- Floss your teeth once a day
- Use an oral rinse to fight bacteria

Healthy Gums Oral Rinse from TheraBreath contains cetylpyridinium chloride, an ingredient approved by the FDA and clinically proven to kill the germs linked to gum disease. For more information about keeping your mouth healthy and reducing your risk of gum disease, go to therabreathhealthygums.com.

Courtesy NewsUSA

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
570-390-3350 • NEPA@LIFESTYLESover50.com**

Professional Services CARE FEATURE



Abington Audiology & Balance Center	790 Northern Blvd. South Abington Township, PA 18411 570-587-3277 www.abingtonaudiology.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.
BUCKNO LISICKY & COMPANY	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, or as well as New Jersey.
Gannon Associates Insurance	28 Main Street Towanda, PA 18848 570-265-3197 614-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.
Geisinger 65Forward	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.thebjbhgroup.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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We're taking every precaution to keep you safe during the COVID-19 pandemic. Learn more: geisinger.org/safe

Safety



Eat & Drink Smart

FEND OFF THE FLU SEASON

It's no secret that a balanced diet with plenty of fruits and veggies can deliver important vitamins and nutrients for better health, but many of your favorite foods can actually help support your immune system, too. In addition to precautions like avoiding people who are sick and washing your hands often, you can influence your immune system through what you eat and drink.

Fresh, seasonal fruits and veggies often come to mind during warmer months, but produce like citrus, leafy greens and root vegetables are plentiful during cold and flu season, too. "Consuming the whole fruit is the best way to ensure you gain the maximum nutritional benefit," Dr. Poonam Desai

said. "When speaking with patients, I recommend seeking nutrients like vitamin C from whole food sources, rather than supplements, especially with a vitamin C-rich fruit like California oranges."

Vitamins A and C, found in fresh citrus, are two key nutrients that support your body's natural line of defense, your immune system. Just one orange offers 90% of the daily-recommended value of vitamin C. And, while keeping well hydrated can be difficult during the winter months, especially if you spend most of your time indoors, a warm, flavorful orange tea provides a strong dose of vitamin C along with a delicious dose of hydration.



1 Pick heavy fruit

When shopping for citrus, choose fruit that smells fresh and feels heavy for its size. The heavier the orange, the juicier it's likely to be.

2 Explore versatility

Fresh citrus like California Navel oranges make a nutritious addition to sweet and savory dishes, beverages, cocktails, sauces and more.

3 Use the whole fruit

Reduce food waste by consuming the flesh, juice, zest and peel. Try squeezing juice and grating zest into a smoothie, using orange segments for a vibrant salad or combining diced Navels with red onion, cilantro and jalapenos for a zesty salsa.

4 Retain vitamin C content

Vitamin C is water soluble, so to retain as much as possible, eat citrus fresh, avoid overcooking and use minimal amounts of water.

5 Refrigerate for longer shelf life

Keep your citrus fresh longer by storing it in the refrigerator at a temperature below 42 F. To get the most juice out of the orange, bring it to room temperature before cooking.

Get inspired with more ideas to boost your immune system with essential vitamins and nutrients at www.californiacitrusgrowers.com

Courtesy Family Features

BrightStar Care

RECEIVES AWARD

2023 Best of Home Care® – Leader in Experience Award two Years in a Row

BrightStar Care of Stroudsburg and Allentown recently received the distinguished 2023 Best of Home Care – Leader in Experience Award. The award is the highest recognition by Home Care Pulse, HCP and is given to select home care businesses that consistently rank among the very highest in 10 or more quality metrics. This places BrightStar Care amongst the top 10% of home care providers participating in the nationwide HCP Experience Management Program.

To qualify for this award, 10% of BrightStar Care's clients and caregivers were interviewed each month over a 12-month period by HCP. Using feedback from clients and employees, as well as quality benchmarks from HCP, the company's management team set goals to reach the highest level of experience possible. Metrics included client and caregiver satisfaction ratings in areas such as caregiver training, compassion of caregivers, communication, scheduling, client/caregiver compatibility, and more.

"Receiving this award is important because it encompasses the feedback from both our clients and our employees. We strive to have a company culture that encourages problem solving. We need to listen to our client's and our employee's feedback to provide a higher standard of care," says John Hohmann, RPh owner.

HCP believes that by honoring these providers, families looking for in-home care for a loved one will be able to recognize and choose a trusted home care



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provider. "At HCP, our mission is to help home care businesses create an experience that goes beyond client and caregiver expectations," says Todd Austin, President of HCP. "When we see agencies like BrightStar Care that have so effectively provided outstanding care and employment experiences, we know we're on the right track."

To find out more about BrightStar Care's commitment to experience, please visit www.brightstarcare.com or call 570-223-2248. HCP empowers providers in home care, home health, and hospice. For more information, visit www.homecarepulse.com.

WHAT OUR CUSTOMERS SAY!

"My family cannot say enough about our experience with BrightStar. They truly are amazing and the care my mom got was absolutely tremendous, she loved her caregivers, Lynn, Sue, Jean-tel, Lisa, Andrea, Sarah, Sasha, Brittany, and Deb. We would not hesitate to use them in the future. They would be the first call if we need in home care again."

"Elizabeth has been amazing with my father-in-law. He has had many caregivers and she is by far the best we ever had. She is kind and competent, caring and efficient. We so appreciate her!"

Interesting Stuff

TRIVIA TO AMUSE & ENTERTAIN

In ancient Greece women didn't start counting their age until their wedding day, rather than the actual day they were born. They believed the wedding date was the real start of a woman's life.

Hershey's Kisses are called that because the machine that makes them looks like it's kissing the conveyor belt.

The Whole 9 Yards came from WWII fighter pilots in the Pacific. When arming their airplanes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 feet, before being loaded into the fuselage. If the pilots fired all their ammo at a target, it got "the whole 9 yards."



When Alexander Graham Bell died on August 4, 1922, millions of phones went dead. In Bell's honor, all phones served by the Bell System in the U.S. and Canada went silent for one minute.



Dr. Miles Compound Extract of Tomato, a patent medicine, went on the market in the 1830's. We now know it as ketchup.

Picasso's full name was: Pablo Diego Jose Francisco de Paula Juan Nepomuceno de los Remedios Cipriano de la Santisima Trinidad Martyr Patricio Clito Ruiz y Picasso.

Wilma Flintstone's maiden name was Wilma Slaghoopal, and Betty Rubble's Maiden name was Betty Jean McBricker.

When buttons were invented, they were very expensive and worn primarily by the rich. Because the wealthy were dressed by maids, dressmakers put the buttons on the maids' right. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. And that's where women's buttons have remained since.



Robert E. Lee was buried barefoot as the coffin was too small to allow for his boots.

Dog and Pony Show was originally used to describe a small circus, which had little to offer in the way of animal life. No elephants, lions, bears, or horses, just dogs and ponies. After a period of time, this expression was used to describe any unimpressive performance.

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Remember When?

HISTORY OF SPORTS

Dating back more than 15,000 years ago, the famous cave paintings in Lascaux, France depict Wrestling as the oldest sport in the world. By 5,000 BC, the Chinese played a form of soccer called, Tsu Chu. And in 776 BC, the first recorded ancient Olympics were held in Athens, Greece.

100 AD to 1900

100 – The sport of Sumo was developed

1500 – Golf originated from a game played on the coast of Scotland

1750 – Cricket clubs were established in London, England

1834 – Originally played by North American Indians, Lacrosse became popular

1845 – Alexander Cartwright wrote the first set of rules for Baseball

1839 – The Grand National Horse Race was run

1855 – The first modern game of Ice Hockey was played in Kingston, Ontario

1874 – The first American Football game was played between McGill University and Harvard

1875 – The first Kentucky Derby was held

1891 – Basketball was invented by James Naismith

1897 – The first Boston Marathon was run

Modern sports

American Football existed in various forms before Walter Camp of Yale University helped establish rules that made the game appear much as it does today.

Boxing dates back to Ancient Greece. But the National Boxing Association, which later became the World Boxing Association, wasn't formed until 1921.

Downhill Skiing dates back to the 1850s when Norwegian legend, Sondre Norheim popularized skis with curved sides and bindings with stiff heel bands made of willow. The International Ski Federation (FIS) first recognized downhill racing in 1930, and the first world championships for men's down-



hill and slalom events were held in 1931. Women's events were added in 1950.

Figure Skating is one of the most popular winter Olympic sports. The sport was first introduced in the 1908 Summer Olympic Games before becoming a permanent part of the Winter Games in 1924.

Motor Racing began to emerge at the very end of the 19th century, leading into the development of tracks built for auto racing in the first decade of the 1900s, first in Britain, then in 1909 with the famous Indianapolis Motor Speedway.

Skateboarding was first invented in the 1950s in California. Larry Stevenson is credited with inventing the skateboard, as well as patenting the double kicktail. Stevenson also formed the first skateboarding team, and organized the first skateboarding contest.

Soccer is widely considered the world's most popular sport, tracing its roots back to England and the mid-1800s. However, the current governing body of international soccer is the Federation Internationale de Football Association (FIFA), which wasn't formed until 1904.

Tennis is one of the oldest of modern sports, going back as far as the 1500s. The modern game of "lawn tennis" dates back to the Wimbledon Championships in 1877.

Sources Wikipedia, thoughtco.com and history.com

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

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.

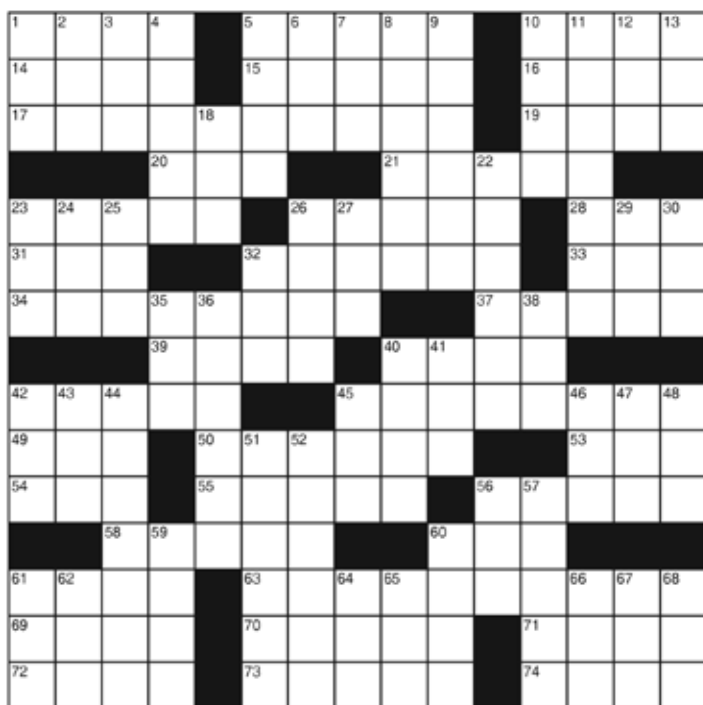
Bar Jokes

- A penguin walks into a bar, goes to the counter, and asks the bartender, “Have you seen my brother?” The bartender says, “I don’t know. What does he look like?”
- Charles Dickens walks into a bar and orders a martini. The bartender asks, “Olive or Twist?”
- Dr. Jones likes to stop at a bar after work and enjoy an almond daiquiri. One day, Dick, the bartender runs out of almonds and uses hickory nuts instead. The doctor takes a sip and says, “Is this an almond daiquiri, Dick?” And Dick says, “It’s a hickory daiquiri, Doc.”

Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Close the door hard
- 5 Japanese dish
- 10 Mast
- 14 El ____
- 15 Wan
- 16 Visionary
- 17 Valuers
- 19 Loose
- 20 Elder
- 21 Ladies
- 23 Repent
- 26 Setting
- 28 Disconnected
- 31 Crow's cry
- 32 Drove

- 33 Clutch
- 34 Treacherous act
- 37 Raccoon-like animal
- 39 Acquired Immune Deficiency Syndrome (abbr.)
- 40 Nova
- 42 Mythical deity
- 45 Wind vessel
- 49 Wing
- 50 Chukka boot
- 53 Shoshonean
- 54 I want my ____
- 55 To that time
- 56 Divided nation
- 58 School assignment
- 60 Spr.. month

- 61 Brand of coffee alternative
- 63 Dressing type (2 wds.)
- 69 Gas burner
- 70 Minimum amount
- 71 Opaque gem
- 72 Chore
- 73 Painter Richard
- 74 Pouch

DOWN

- 1 Resort hotel
- 2 Drink
- 3 Viper
- 4 Half-wit
- 5 Stated
- 6 Ship initials
- 7 That girl
- 8 Rounded up
- 9 Batty
- 10 Risk-free
- 11 Public image
- 12 Is
- 13 Grain
- 18 Brew
- 22 Peyote
- 23 Hovercraft
- 24 Thai
- 25 Night bird
- 26 Male children
- 27 Whoop
- 29 Pudgy

- 30 Federal Bureau of Investigation
- 32 Concealed
- 35 Amateur
- 36 Airplane for mass transportation
- 38 Globe
- 40 Boat's wind catcher
- 41 Can metal
- 42 Surface to air missile
- 43 Alternative (abbr.)
- 44 Bars
- 45 Slide on snow
- 46 Possessive pronoun
- 47 Dined
- 48 Beverage
- 51 Incapable of
- 52 Modes
- 56 Km/h
- 57 Sandwich cookies brand
- 59 Infuse
- 60 Parts of plays
- 61 Caress
- 62 Terminal abbr.
- 64 Ingest
- 65 Wield
- 66 Government agency
- 67 Pocket
- 68 Deer relative

Answers are provided on page 23.

Jokes

TO MAKE YOU LAUGH

I can't take my dog to the park because the ducks keep trying to bite him. I guess that's what I get for buying a pure bread dog.

My parents didn't want to move to Florida, but they turned 60 and that's the law.

What did the big flower say to the little flower? Hi, bud!

My boss just texted me: "Send me one of your funny jokes!" I texted him back, "I'm busy working. I'll send one later." "That's hilarious," he said. "Send another one!"

It was so cold in DC today ... that I saw a politician with his hands in his own pockets.

An elderly lady fills out the registration form at a doctor's office. After the address, the form asks for "Zip." She writes, "Not bad for my age!"

My teachers told me I'd never amount to much because I procrastinate so much. I told them, "Just you wait!"

While he was visiting, my father asked for the password to our Wi-Fi. "It's taped under the modem," I told him. After three failed attempts to log on, he asked, "Am I spelling this right? T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?"

What's the difference between a hippo and a Zippo? One is really heavy, and the other is a little lighter.

I decided to change calling the bathroom the 'John' and renamed it the 'Jim'. I feel so much better saying I went to the 'Jim' this morning.

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Games

AND ACTIVITIES

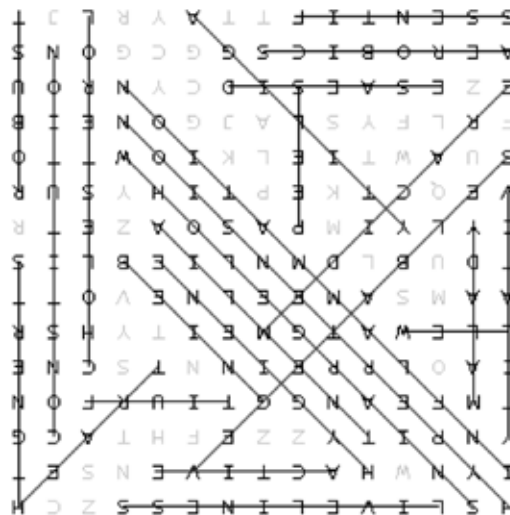
Word Search

Here's to Your Health

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

Active
Aerobics
Agility
Ailment
Being
Cholesterol
Constitution
Disease
Fitness
Fruit
Heart
Hygiene

Hypertension
Inflammation
Liveliness
Malady
Medicare
Robust
Sleep
Strength
Vegetables
Vitality
Well
WholeGrains



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

What To Do

WITH YOUR GRANDCHILDREN

BIRD FEEDING

Make a bird feeder to share with others

A bird feeder can be a great gift to a neighbor or friend. Many nursing homes have an outdoor courtyard where several birdfeeders provide a smile to their residents. While many feeder birds gravitate to a variety of food in the wild, once cool weather settles in, those same birds will start looking for food. The following ideas can make any outdoor space the perfect area for your feathered friends!

Bird food

Bird seed – For many species, especially finches, thistle is a good option. If you prefer to buy mixed seed, look for those with high percentages of sunflower seeds, nuts and safflower.

Ground feed – Many bird species prefer to eat on the ground. Accommodate those birds by spreading a small amount of bird seed underneath your feeders, or patio and deck.

Suet cakes – Unlike bird seed, this type of bird food is mixed with a number of other bird-friendly ingredients and hardened into a cake-like wedge. Birds can pick at it to build up their own fat reserves. And while many suet cakes can spoil in warm weather, they're perfect for fall and winter bird feeding.

Peanut butter – The easiest DIY bird feeder involves spreading peanut butter on to a pinecone and hanging it on a tree branch. Your birds will happily enjoy the high-protein, high-fat sandwich spread.

More ideas

Water – Clean water for birds is an important supplement to food. Whatever type of bird bath you choose, make sure to change the water frequently and keep it from freezing.

Clean areas – You don't have to drop food directly on the ground. Placing bird seed on a deck, railing or other inviting flat space will attract ground foragers.



Keep the space clean and clear of fallen leaves and snow to encourage healthy eating.

Other hints

All summer long, your resident birds are assessing and re-assessing their options for the fall and winter. Since those decisions are being made months before the first snowfall, set up your feeders in a safe location and keep them full so those birds recognize your space as a reliable source of food.

Did you know?

Feeding birds through the fall and winter can create an unexpected side effect in the spring – bird seed dropped on the ground can start to grow! To avoid this, you can sterilize your bird seed before placing it into the feeder by pouring bird seed into a paper bag and microwaving it on high for five minutes. If you only have an oven, pour the bird seed on to a baking sheet and cook it for 30 minutes at 300 degrees.

When it comes to feeding birds, there are many benefits beyond the enjoyment of bird watching. These benefits include insect control, weed control, flower pollination, education, interacting with nature, and the enjoyment shared with your loved ones!

Sources perkypet.com, thehumanesociety.org and thehomeschoolscientist.com

Events Calendar

A VEGETABLE PLANTING CALENDAR

Two of the most important aspects of gardening are: understanding when to plant and knowing what to plant in your vegetable garden. The gardening experts at The Old Farmer's Almanac have done the homework for you. Their planting calendar is personalized down to your zip code, pulling from a database of thousands of weather station reports, and uses the "days until harvest" for the most popular vegetables. Whereas, The Gilmour Planting Guide is viewed as the ultimate reference tool to determining when to plant what, and is based on your planting zone and frost dates in your area.

What is a planting calendar? A planting calendar is a reference guide that tells when the optimal time to plant any type of vegetable. Timing for all planting is based on the first and last frost dates.

What is a frost date? A frost date is the first and last average day or range of days a frost is usually experienced in a zone. These are important to know, as some plants will not tolerate extreme cold from a frost.

Why start planting seeds indoors? There are many reasons why gardeners may choose to start plants from seed. Some do so simply to get a jump-start on the gardening season. For others, it's to save cost, as a pack of seeds is cheaper and will produce a larger yield than a starter plant. Caution: how well a plant will do indoors versus outdoors, will vary from plant to plant.

Planting vegetables in northeastern Pennsylvania:

- Cole crops like broccoli, cauliflower, and cabbage can be direct seeded into your garden around March 19, assuming the ground can be worked, but it's better to start them indoors around February 20 and then transplant them into the garden around April 10. Do the same with lettuce and spinach.
- Plant onions and potatoes around March 1. Sow the seeds of peas at the same time. If the ground is still frozen, then plant these as soon as the ground thaws.
- Start tomatoes, peppers, and eggplants indoors around February 20. Then, around April 26 you



should start watching the weather forecast and, as soon as no frost is present, transplant these into the ground.

- For summer vegetables like beans, cowpeas, corn, squashes, pumpkins, cucumbers, watermelons, gourds and sunflowers, you should plant the seeds directly into the ground around April 30, or if your soil is still very cold, wait until the soil is near 60° F. Some summer vegetables may need more days to mature than your area will provide. For this reason, get a head start by starting these summer vegetables indoors around April 10, and transplant the seedlings after the danger of frost is past.
- Gardening in the summer is perfect for all the usual hot weather veggies like beans, cowpeas, corn, squashes, pumpkins, cucumbers, watermelons, gourds and sunflowers. You should plant these seeds directly into the ground around July 2. Cole crops like broccoli, cauliflower, and cabbage can be seeded into your garden around August 6, but because of the heat during that time of year, it may be better to start them indoors around June 17 and then transplant them into the garden around July 27. Do the same with lettuce and spinach.
- Fall is the time to plant garlic. Around August 31, take your cloves apart and plant the toes about 3 to 4 inches deep at a soil temperature of 60 F. For everything else, fall planting can be much more challenging, because you are in a race to get your crops harvested before the winter frosts begin, around October 15.

Sources farmersalmanac.com, garden.org and gilmour.com

Giving Back

HAMLIN COMMUNITY LIBRARY

Our local, community libraries are the welcoming heart of our communities where everyone can learn, discover, create, and connect.

Hamlin Community Library is a regional library that continues to grow to meet the evolving needs of its community surrounding Lake Ariel. It is affiliated with the Wayne Library Alliance (WLA), a system comprising of seven other member libraries, and is part of the larger Northeast Library District of the Pennsylvania State Library. This affords Hamlin Community Library to provide more resources for its patrons, such as being able to provide extensive inter-library access, and a myriad of online resources.

Library hours

10:00 am to 5:00 pm, Monday through Thursday
9:00 am to 1:00 pm, Friday and Saturday

Regularly scheduled events

STORYTIME is every Friday and Saturday morning at 10:30 am. Stories, fun activities, crafts, and interaction with other children are some highlights the program. Reservations are not necessary.

FREE COMPUTER LEARNING for all levels is available every Thursday from 2:00 pm to 3:30 pm. The Wayne Pike Workforce Alliance is usually on site to answer your technical questions. Please register in advance.

BASKET RAFFLE is an annual event known for the quality and value of the baskets created. Come to the library and see the beautiful offerings you can bid on during February and March. You don't have to be present at the drawing to win.

Interested in volunteering?

Volunteer shifts are 2-3 hours once a week, although some volunteers give more of their time, or prefer to be on call. Volunteers are also needed for fundraising, board membership, and other project-oriented opportunities.

OPEN HOUSE

**Saturday, April 22, 2023
9:00 am to 5:00 pm**

Recent renovations to the stairs are finished, and the library is expanding to fill the space. Tours of the library, educational programs, crafts, and activities for all ages will be held throughout the day. Stop by to find out what the library has to offer.



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