



Northeastern Pennsylvania
LIFESTYLESTM

O V E R 5 0

March / April 2021

**BrightStar
Care —**

p. 12

**Geisinger
65 Forward —**

p. 15

FREE

GENERAC®

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!

833-626-0548

FREE

**7-Year Extended Warranty*
A \$695 Value!**

Offer valid February 15 - June 6, 2021

Special Financing Available

Subject to Credit Approval

***To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.**



Cover Story

SENIOR SERVICES



As we say goodbye to the cold winter weather, we welcome the fresh smells of spring and a season of new beginnings! I'm looking forward to warmer weather, an increase in daylight hours and new blooms appearing on the plants and flowers.

In this issue we're pleased to share with you valuable information provided to us by the Assistive Technology Resource Center at UCP of NEPA; a resource for helping seniors prepare for a job through the Associates for Training and Development (A4TD); the benefits of owning a pet by Healthy Paws Pet Insurance; home care and medical staffing services and training by BrightStar Care; summer learning programs offered by The Older Adult Learning Community (TOALC) ... and more!

I wish you all a happy spring. My hope is that the season brings you cheer and a renewed energy, as we come out of winter's hibernation.

Marci Kacyon
Executive Editor

570-390-3350
NEPA@LIFESTYLESover50.com
www.LIFESTYLESover50.com/NEPA

TABLE OF CONTENTS

Pay It Forward	4
Tech Savvy Seniors	5
In Your Neighborhood	6
Helping Older Job Seekers	7
Scam Alert – Text Messaging	8
Seniors And Pets	9
The Hearing Center	10-11
Home Care And Medical Staffing	12
There's No Age Limit On Dreams	13
Geisinger 65 Forward	14-15
Senior Resources	16
Scam Alert – Gift Cards	17
Area Agency On Aging	18
Remember When?	19
Games And Activities	20-23
What To Do With Your Grandchildren	24
Events Calendar	25
Giving Back	26



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.

Copyright© 2021 by L•A Publishing, publisher of LIFESTYLES Over 50 Northeastern Pennsylvania. The contents of this publication may not be copied or reproduced in any manner without the expressed written permission of the publisher. L•A Publishing assumes no responsibility for damages arising from errors, omissions or editorial content. Interested in receiving our magazine in the mail? Call 570-390-3350 to order your annual subscription (all 6 issues) today!

COVERING 10 COUNTIES OF NORTHEASTERN PENNSYLVANIA



Pay It Forward

CALLING ALL NONPROFITS!

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.

Pay it Forward

Each issue, **LIFESTYLES** Over 50 Northeastern

Pennsylvania intends to “pay it forward” by recognizing a local nonprofit for their work, and with a check donation – a small token of our appreciation for your commitment to our readers of NEPA.

If you are a local nonprofit serving within our coverage area of Northeastern Pennsylvania (see our counties map on page 3), we’d like to hear from you. Please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com

We’ll be happy to consider you!

Helping you navigate through tax regulations
both today and tomorrow.



**BUCKNO
LISICKY**
& C O M P A N Y

Certified Public Accountants | Business Consultants

www.bucknolisicky.com

Tech Savvy Seniors

ASSISTIVE TECHNOLOGY

“At 16 years of age, I suffered a hemorrhagic stroke (brain aneurysm rupture) which required emergency brain surgery. As a result of that event, my left side was paralyzed. I went to an inpatient rehabilitation hospital where I received rigorous physical and occupational therapies. When I was not in therapy, I helped out with other patients. It is there where I fell in love with the concept of therapy and wanted to be an occupational therapist.”

– My Road to AT Specialist by Heather Taber

Fast forward 20 years, while Heather’s younger kids were in high school, she decided to go back to college to get her Bachelor’s degree program in Human Development and Family Studies (HDFS) at Penn State Scranton. With this degree, Heather can help people through human services. “It is the best of what I loved about Occupational Therapy and also what I liked about Social Work,” says Heather. She gets to help people with disabilities, problem solve and overcome the limitations they face due to their disabilities. She also helps connect them to other services or resources as needed. As an AT Specialist, Heather gets to be the cheerleader and encourager – to get her patients invested in improving their daily lives and increasing independence.

As a result of Heather’s aneurysm, her left hand is still paralyzed but her brain works quite well at problem solving. “I have been given this gift to help others!” exclaims Heather. “I can look at the person with limitations and I know how to bridge that gap to accomplish the task. This is done either through the use of devices, most often low tech or already owned, or just a different way of doing things. I believe everyone is an individual with different, varying needs.”

The Assistive Technology Resource Center at UCP of NEPA facilitates use and awareness of the following programs:

- **PA’s Assistive Technology Lending Library** – This program provides hundreds of assistive technology devices (such as hearing, vision, fine mo-

tor, communication, gross motor, and cognitive) to borrow a short term for free, so that people can try out different devices before they go and purchase one.

- **Telecommunication Device Distribution Program** – This program provides adaptive phones to people with disabilities, who qualify, for free. There are amplified phones, closed captioning, large button with braille, photos, etc.
- **Pass AT On Reuse Program** – This program accepts donations of gently-used assistive devices, cleans, sanitizes, and checks for safety. The devices that pass are then given to anyone in need of such devices. Most common items received are canes, walkers, wheelchairs, commode chairs, shower chairs, and adaptive phones.
- **iCan Connect Program** – This program provides advanced telecommunication devices for low income individuals who have both (significant hearing loss and significant visual impairment). This program has the same requirements as the phone program.

For more information about these programs and their qualifications, please contact Heather Taber, Assistive Technology Specialist at the Assistive Technology Resource Center at UCP of NEPA of 425 Wyoming Avenue, Scranton, PA 18503. Toll Free: 1-877-UCP-TECH. Office: (570) 347-3357 ext. 32. TTY: (570) 347-3117. E-mail: atrc@UCPnepa.org. Website: UCPnepa.org.



In Your Neighborhood

DALLAS, PA

Luzerne County

The Heart of the Back Mountain

Dallas was first settled in 1797, and incorporated as a borough on April 21, 1879, from land entirely within Dallas Township. It was named for Alexander J. Dallas, who was the 6th United States Secretary of the Treasury and the father of George M. Dallas, the vice president of James Polk. Most of Dallas is urban. However, there are pockets of forest scattered throughout the borough. PA 309 and PA 415 travel through the northern and eastern sections of Dallas. The Huntsville Reservoir makes up the community's southwestern border.

Places to visit

The Lands at Hillside Farms

2.7 miles from Dallas

65 Hillside Road
Shavertown, PA 18708

The Lands at Hillside Farms is a historic, 412-acre educational dairy farm. Its mission is to teach life choices that are healthy, logical, and sustainable. Every dollar spent on its products and every dollar raised through fund raising is responsibly reinvested back into this living classroom. Each year, thousands of regional students of all ages and means work side-by-side with educators and "co-faculty" farm animals to learn about science, agriculture, ecology, history, nutrition, animal husbandry, land conservation, sustainable living, and community service.

Frances Slocum State Park

3.2 miles from Dallas

567 Mt. Olivet Road
Wyoming, PA 18644

Frances Slocum State Park consists of 1,035 acres with a horseshoe shaped, 165-acre lake for boating and fishing, and is a home to many species of birds, fish, and wildlife. Numerous hiking and mountain biking trails and a large day-use area attract visitors to picnic and explore the forests. The park is

QUICK FACTS

County: Luzerne

Settled: 1797

Population: 2,804 people
(2010 census)

Mayor:
Timothy J. Carroll

Website:
www.dallasborough.org

open every day of the year, sunrise to sunset. The park office, pool, overnight areas, and other areas are open specific seasons and hours. Natural, cultural, historical and recreational programs are conducted by a park environmental educator from March through November. From Memorial Day weekend through Labor Day, many programs are offered at the campground amphitheater. Curriculum-based, environmental education programs and teacher workshops are available to area schools.

The Music Box Dinner Playhouse

5.0 miles from Dallas

196 Hughes Street
Swoyersville, PA 18704

The Music Box Players is a volunteer-run, nonprofit organization in operation since 1987. The Board of Directors and Players are working hard during this unfortunate downtime by preparing to re-open safely and getting back to offering a first-class, theatrical entertainment experience to its guests. Recently, the organization installed a new stage and upgraded its electrical systems. Other improvements include a modern back-stage for its performers and expanded storage capacity for its designers and technicians. Eventual enhancements include a new restroom, new lighting and better sound equipment.

Courtesy of Wikipedia, dallasborough.org and tripadvisor.com

Helping Older Job Seekers

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM

As the pandemic has brought incredible new challenges for Pennsylvania's seniors, older job seekers are finding it more difficult than ever to find a job and get hired.

One resource that can help

The Senior Community Service Employment Program (SCSEP), a federally-funded jobs training program that is specially designed for older people. In 15 counties of Pennsylvania, the SCSEP is operated by Associates for Training and Development (A4TD), a private nonprofit corporation that specializes in helping seniors to prepare for work and get jobs. The SCSEP helps older job seekers by matching them with paid internships at local nonprofits or public agencies.

A few examples of internship host agencies

CareerLink's, Partners in Progress, Township offices, YMCA, Goodwill, Salvation Army, Packwood Museum, Elkland and Knoxville library, and many others. Program participants train part-time at these agencies as interns, typically for about 20 hours per week, with all wages and program costs paid by A4TD. There is no cost to either the individual or the host agency to participate in the program. In response to the pandemic, A4TD has made many remote training options available; for example, internships can be completed remotely, and paid online training activities are now used by almost all participants in the program. For those who can't use a computer, or don't have access to one, non-digital training options (like take-home workbooks) are also available.



"This program is more important than ever. The pandemic is brutal on our seniors, but keeping them engaged and active makes it less so. We are here to help people get back on their feet financially, learn new skills, and position themselves to be successful. Pennsylvania's seniors have an incredible wealth of skills and experience, and we are here to make sure that doesn't get lost."

– A4TD's Regional Director in PA, Marlene Patrick

To qualify for the SCSEP, one must be a job seeker age 55+, unemployed, at or below 125% of federal poverty level, and motivated to train and work. Applications can be submitted online at www.a4td.org, or over the phone at 800-439-3307.



Scam Alert

TEXT MESSAGING

Have you ever gotten a text message from an unknown sender? It could be a scam artist trying to steal your personal information. They typically impersonate a government agency, bank or company to get consumers to provide passwords and sensitive information. These scam artists use a multitude of different ways to entice you to hand over your private information so they can steal your money.

Some examples of text messaging scams:

- Call back now by clicking on this link to reactivate your credit card.
- Mortgage rates are at an all-time low, click here to get more information.
- Suspicious activity has been found on your account. Click here to review.
- You've missed payment on your account. Click here to expedite a transaction before you accrue penalties.

Long live independence.

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

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

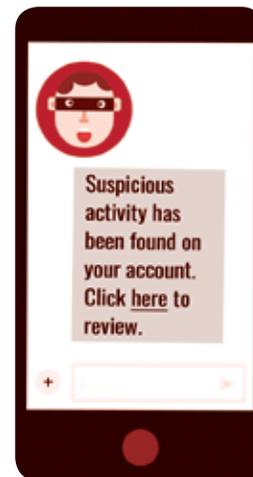
geisinger.org/LifeGeisinger



- A fake package notification is sent with a link to track it's whereabouts.
- Be the first person to visit this link and win a free prize.
- Your grandchild needs money at college. Click here to deposit money into their cafeteria account.

What to do if you get a text messaging scam:

- If you get a message from an unknown sender or a message that you weren't expecting, **DO NOT CLICK ON ANY LINKS** within the text message. Legitimate companies won't ask for information about your account by text. These links could send you to a spoofed Website that is designed to steal your personal information. Other links can install a harmful virus on your phone.
- If you think the message may be real and you want to respond, contact the company using their phone number or Website you know to be safe.
- Report any unwanted text messages to your cell phone carrier so they can take steps to limit messages to other consumers. You can also contact the Federal Trade Commission at 877-382-4357 or the Federal Communications Commission at 888-225-5322.
- Filter or block any messages from unknown senders on your phone. Your phone carrier can assist you to set up these filters.
- Delete the message from your phone so you don't accidentally click on any of the links.
- Finally, plan a lunch with your grandchild. Give them a squeeze and then ask for information to their college cafeteria account so you can make direct deposits (safely) to help satisfy those cravings while studying late at night.



Seniors And Pets

A MUTUALLY BENEFICIAL RELATIONSHIP

The benefits of owning a pet are endless and can help seniors lead a healthier and more active lifestyle. In fact, according to the University of Michigan's National Poll of Healthy Aging, 88% of adults between the ages of 50-80 years old reported that their pet helped them enjoy their life. Eighty-six percent said their pet made them feel loved. In otherwise dreary times, pets can become that silver lining that promotes a purposeful and happy lifestyle. Need more incentives to bring a furry family member home? Consider these three key benefits seniors derive from pet parenthood:

- **Reducing Loneliness.** Our furry friends are always there for us, offering their support and love at all hours of the day. In short, they make us feel good – and it turns out there's science behind it. Oxytocin, a hormone released by the pituitary gland and sometimes known as the “love hormone,” facilitates bonding and is linked to positive emotions. Studies indicate that oxytocin can be emitted during human-animal interaction. So, simply spending time with your pet can release this emotion, producing happy feelings and ridding loneliness.
- **Staying Active and Healthy.** Whether you're looking for light or moderate exercise, there's a pet that's in sync with your desired level of activity and pace. For example, if you're a dog lover looking to engage in mild to light exercise you might check out a lower energy breed such as a Basset Hound, Chow Chow, Chihuahua, or Yorkshire Terrier.
- **Creating a Sense of Routine and Purpose.** Being a retiree or empty nester takes some time to get used to; having a pet can help make that transition easier. Our furry friends are literal creatures of habit – craving a schedule for everything from walks and snacks to rubs and playtime. Their need for routine can be a plus for seniors who are seeking structure in their day after years of scheduling around work, family and other commitments.

The benefits of owning a senior pet – if you're sold on the idea of a pet but don't want to start from scratch



with a potentially rambunctious and untrained puppy or kitten, a senior pet could be the right choice for you. You could also make a big difference in the life of an older animal that may not be in as high a demand as its younger counterparts. Other benefits of adopting a senior pet include:

- **Less Maintenance.** Senior pets can be a little more easygoing, making them great companions for senior citizens.
- **Minimal Training.** Senior pets are typically already trained on the basics and are ready to go. But they're also still teachable. With a new environment and brand-new lifestyle, they can adjust and adapt as needed.
- **No Surprises.** Mature dogs and cats have already fully developed their personalities and dispositions, so you can feel confident knowing that what you observe at the shelter is what you can expect when you take your furry friend home.

Ready to take the next step on your journey into pet parenthood? Check out PetFinder or other online pet adoption sites to learn more about the process and meet your match! And no matter your pet's breed or age, consider protecting them with a pet insurance plan that offers coverage for unexpected and expensive veterinary bills.

Courtesy Rob Jackson, chief pet protector at Healthy Paws Pet Insurance

Lifetime batteries
with purchase of hearing aids.
3 year repair and loss policy.
Free no obligation 2 week home trial
with hearing aids.



Providing Quality Hearing Care For Over 40 Years!

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



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

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

BLOOMSBURG

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

HAWLEY

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

KINGSTON

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

LEWISBURG

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

WILLIAMSPORT

Ace Hearing Centers
435 River Avenue
Williamsport, PA 17701
570-567-1053
Monday – Friday:
9:00 am - 4:30 pm

Ask The Experts

YOUR HEARING QUESTIONS ANSWERED

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Courtesy The Hearing Center

Home Care And Medical Staffing

BRIGHTSTAR CARE

BrightStar Care is licensed as both a Home Care Agency and Home Health Care Agency serving the areas of Lehigh, Monroe and Carbon counties with offices in Stroudsburg and Allentown, Pa.

Franchise owners, John and Diana Hohmann are fulfilling their dream of making a difference in the lives of residents by operating the home care and medical staffing agency. Both have a long history of health care experience, with Diana's expertise in occupational therapy, while John holds a doctorate in pharmacy with more than 25 years in the practice.



Owners, John and Diana Hohmann

BrightStar Care nurses and caregivers deliver professional and compassionate care in the comfort and familiarity of home. From companionship, bathing, and hygiene assistance to in-home infusions and medication management, BrightStar Care's professional care staff is available 24/7 to help when you need it most.

According to John, ***"Being able to provide local families with reassurance that their loved ones are in good hands during a time of incredible need is what's most important to me."***

Services provided:

- Home Care – Personal Care and Companion Care
- Skilled Care – Home Infusions, Wound Care and Home Nursing Care
- Staffing – Facilities, MDs Offices and Infusion Centers

BrightStar Care is always looking to partner with community organizations to provide the best continuity of care to its clients. The first Tuesday of every month, BrightStar Care hosts a, Basic Home Care Training course for all interested in making home care a career. Registration is required and space is limited.



BrightStar Care nurses, therapists, CNAs and caregivers

"Every single day, our caregivers and nurses serve as the shining light for people who cannot care for themselves any longer. It's our driving force," says, Diana.

Last year, BrightStar Care's own caregiver, Sarah Shoup was nominated by one of her clients by going on to win, Northeast Regional Caregiver of the year. And, Forbes magazine found that with the number of independent franchise brands growing to support the rising demand for in-home health care, BrightStar Care continuously came out on top of its ranking of over 3,000 brands.

BrightStar Care

Office: 6252 Route 209 / Stroudsburg, PA 18360
Office: 1401 North Cedar Crest Blvd., Suite 104 / Allentown, PA 18104; Phone: 570-223-2248



BrightStar Care is a national franchise with over 300 locations throughout the United States.

There's No Age Limit On Dreams

HUMAN INTEREST STORY

While most almost-60-year-olds are card-carrying members of AARP, counting down the days until they spend time with their grandkids or until they hit the links for 18-holes, Mike Flynt decided he wanted to play college-level football. He was 59.

To understand the how and the why, you'll have to read his new book, "The Senior," which details his experience as the oldest contributing member of a college football team in NCAA history. Suffice it to say, Flynt is striving to prove that certainly there is life after football, but should you choose to, you can always go back and achieve your dreams, no matter the age.

Flynt grew up in Odessa, Texas, a relatively small town by Texas standards with a big heart for football. And like most young boys, Flynt grew up living and breathing the sport.

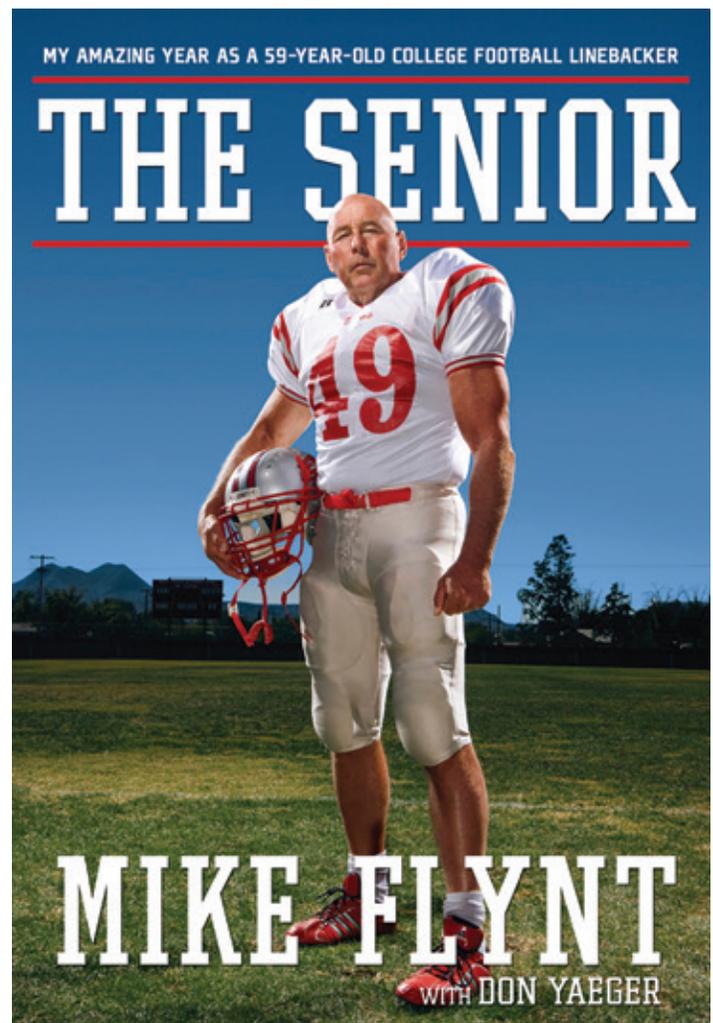
So much so that in high school, he was on the first state championship team at Odessa Permian, the same high school that inspired the movie "Friday Night Lights."

From there, Flynt went on to play linebacker for three years at Sul Ross State University. In his senior year, a fight resulted in Flynt being kicked out of school – one year before his eligibility was up. He completed his credits elsewhere, finally receiving his degree from the very college that had asked him to leave.

Deciding that his passion lay in training athletes like he was at one time, Flynt spent the next five years as a strength and conditioning coach at Nebraska, Oregon and Texas A&M.

In the early 1980's, Flynt resigned from A&M in order to start training the next generation of athletes – children. His organization, "Train Up A Child" was designed to help parents who home-schooled their kids to strength train safely, without equipment, while still achieving aerobic development.

Fast forward to 1999, and a new epidemic was sweeping the country – childhood obesity. Determined to make a difference, Flynt used his knowl-



edge and talent as a springboard and created Powerbase Fitness – a portable device that uses resistance tubing to help users increase their strength.

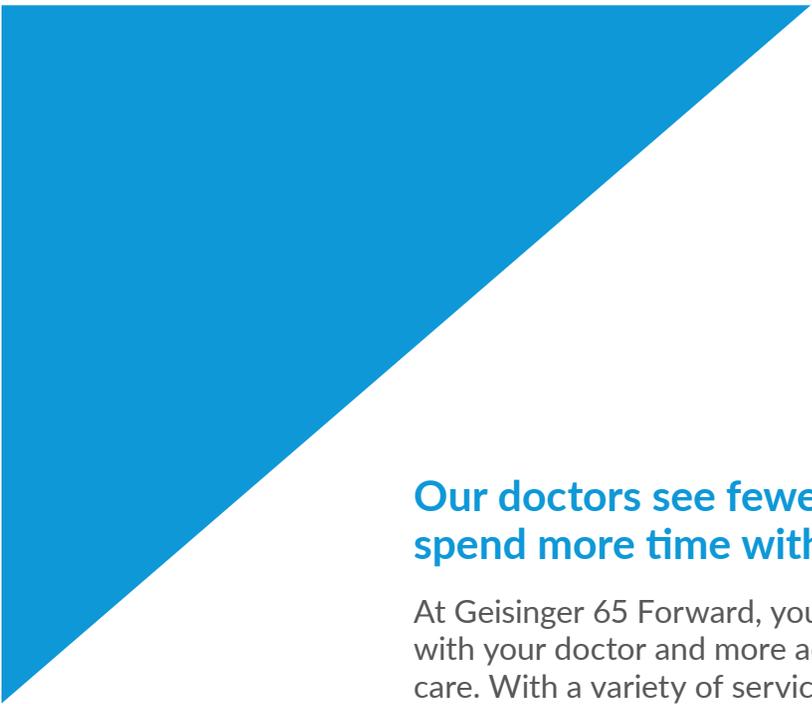
With more than four decades of fitness training under his belt, Flynt applied for and received his fourth year of eligibility from the NCAA, allowing him to try out for the Sul Ross State football team – and bringing him full-circle.

"I think it was Carl Yastrzemski who used to say, 'How old would you be if you didn't know how old you were?' I'd be in my late 20s or early 30s, because that's how I feel," Flynt says.

Source NewsUSA

**A new kind of
care for a new
kind of senior.**

Geisinger
65. Forward



Our doctors see fewer patients and spend more time with you.

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.

Accepting new patients at all locations.

Scranton

3 W. Olive Street
866-986-1948

Kingston

499 Wyoming Avenue
866-566-2967

Wilkes-Barre

41 S. Main Street
Midtown Village
866-595-7921

Hazleton

20 Diana Lane
West Hazleton Plaza
866-288-5302

Learn more: [geisinger.org/65forward](https://www.geisinger.org/65forward)



We're taking every precaution to keep you safe during the COVID-19 pandemic. Learn more: [geisinger.org/safe](https://www.geisinger.org/safe)



Safety
✓

Senior Resources

COURTESY AARP

Pennsylvania Department of Aging **717-783-1550**

Oversees local Area Agencies on Aging (AAA) and manages senior programs, including meal delivery, caregiver support, health and wellness programs, certain in-home care services, Medicare enrollment assistance and elder abuse prevention, among other services.

Pennsylvania Department of Human Services **800-692-7462**

Maintains several programs and resources for older adults with disabilities, long-term care services and supports, including heating and food assistance and financial and housing help, among other services.

APPRISE – Medicare Counseling **800-783-7067**

Connects older adults with trained counselors who can provide free consultations and answer questions related to Medicare and Medicare Supplemental Insurance, Medicaid and long-term care insurance.

PACE Prescription Assistance Program **800-225-7223**

Helps the elderly understand their options for accessing low-cost prescription medication.

Pennsylvania Hospice and Palliative Care Network **717-533-4002**

Advocates for improving end-of-life care and provides training and support services to help loved ones in need.

OPTIONS Program **717-783-1550**

Helps eligible residents over the age of 60 develop in-home care plans, such as personal care, meals, medical transportation and home modifications.



The Pennsylvania Caregiver Support Program **717-783-1550**

Supports caregivers in the state with information, training, counseling and financial reimbursement for certain out-of-pocket expenses related to their caregiving duties.

Pennsylvania Living Independence for the Elderly **833-472-5433**

Connects citizens over age 55 with information, training and resources related to caregiving, social services and respite care.

Pennsylvania Link to Aging and Disability Resource Center (The Link) **800-753-8827**

Link partners work together to connect consumers with all available resources related to long-term care, medication, nutrition, insurance, housing and transportation, and other services for them to continue to live as independently as possible.

Pennsylvania Office of Veterans Affairs **717-861-8910**

Offers services and information to veterans and their families, ensuring that they are able to access all of the health, financial and social services available to them.

Scam Alert

GIFT CARDS

Gift Cards have become a popular way for criminals to steal your money.

Crooks have developed a way to drain the cash placed on gift cards that have been legitimately purchased. They scratch off the strip of film from the back of the gift card to steal the PIN. Then, they cover it up with another sticker and place the gift card back on the sale's rack. They enter the PIN into a computer program that continuously checks for when money has been transferred to it. The criminal can then transfer that money into their personal account.

These same criminals lurk on resale/auction Websites. They request payment by gift card, which can easily be stolen – once they get your gift card number and PIN, the crook is gone without a trace – leaving you without the product or any money remaining on your gift card.

Another scam using gift cards is when you receive an e-mail or text message from a familiar store offering you a free gift card.

To claim your prize, you're asked to log onto what is the criminal's Website to answer a few questions. When you do so, the criminal uploads a virus onto your computer, so they can steal any personal information you have saved on your computer.

Be cautious when purchasing gift cards and make sure they do not appear to have been tampered with.

Don't buy the top card on the gift rack. Inspect the gift card before purchasing it. Only purchase gift cards from reputable sources. Use caution purchasing online. And, be wary of people that only accept payment with gift cards ... this is always a sure sign of a scam.

Remember, gift cards are like cash.

If someone steals the money placed on a gift card, it's difficult to get your money back. However, if you have been victimized, report the scam to the Federal Trade Commission by calling 877-382-4357, or the Consumer Financial Protection Bureau at 855-411-2372.



BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard

In-home nursing, caregiving and companionship.

- Alzheimer's & dementia care
- Skilled, personal and companion care
- Specialize in pre- and post-op care

Call for your free in-home assessment.
570-223-2248
brightstarcare.com/stroudsburg-allentown
04730501 & 14273601
©BrightStar Care Independently Owned and Operated



Remain ***ACTIVE*** in your community
and maintain your ***INDEPENDENCE.***



For information on how our agency can help you access our services,

please call 570-822-1158 or 1-800-252-1512

Remember When?

THINGS MY MOTHER TAUGHT ME

- My mother taught me to Appreciate a job well done. “If you’re going to kill each other, do it outside. I just finished cleaning.”
- My mother taught me Religion. “You better pray that will come out of the carpet.”
- My mother taught me Logic. “Because I said so, that’s why.”
- My mother taught me More Logic. “If you fall off that swing and break your neck, you’re not going to the store with me.”
- My mother taught me Foresight. “Make sure you wear clean underwear in case you’re in an accident.”
- My mother taught me Irony. “Keep crying, and I’ll give you something to cry about.”

My mother taught me about Time Travel.

“If you don’t straighten up, I’m going to knock you into the middle of next week!”

- My mother taught me about the science of Osmosis. “Shut your mouth and eat your supper.”
- My mother taught me about Contortionism. “Will you look at that dirt on the back of your neck?!”
- My mother taught me about Stamina. “You’ll sit there until all that spinach is gone.”

Follow Your Dreams

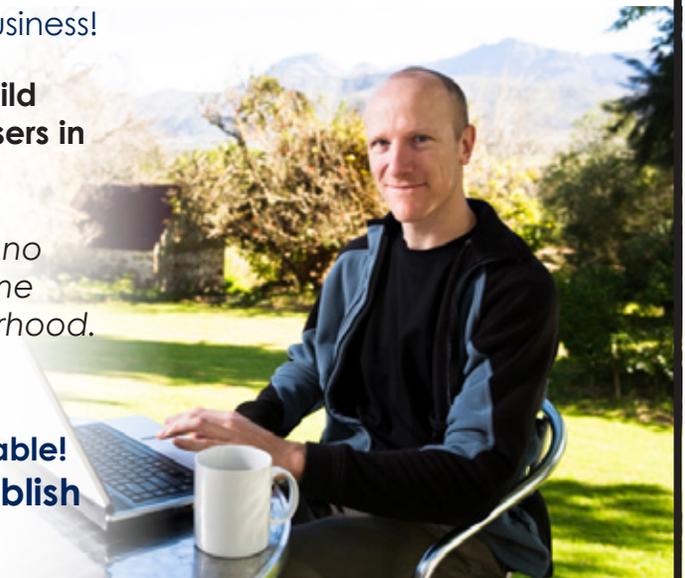
Become a Lifestyles over 50 Publisher, make a difference, and pursue the lifestyle that you’ve always wanted.

- Low initial investment
- Proven system servicing an exploding senior market
- Home-based business
- Training and on-going support
- Exclusive territory rights to build your business!

Our proven model helps publishers quickly build readership, and it connects them with advertisers in the exploding health and senior care industry.

With 10,000 boomers turning 65 each day, it is no wonder that new senior communities and home care companies are opening in your neighborhood. Don’t miss your opportunity!

**Call to see if a territory in your region is available!
855-233-7034 | [Lifestylesover50.com/publish](https://lifestylesover50.com/publish)**



Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Hearing Device Technology That’s Making Waves!

Introducing Oticon Open S™

- ◆ 45-Day Trial Period
- ◆ No Interest Payment Plan





&

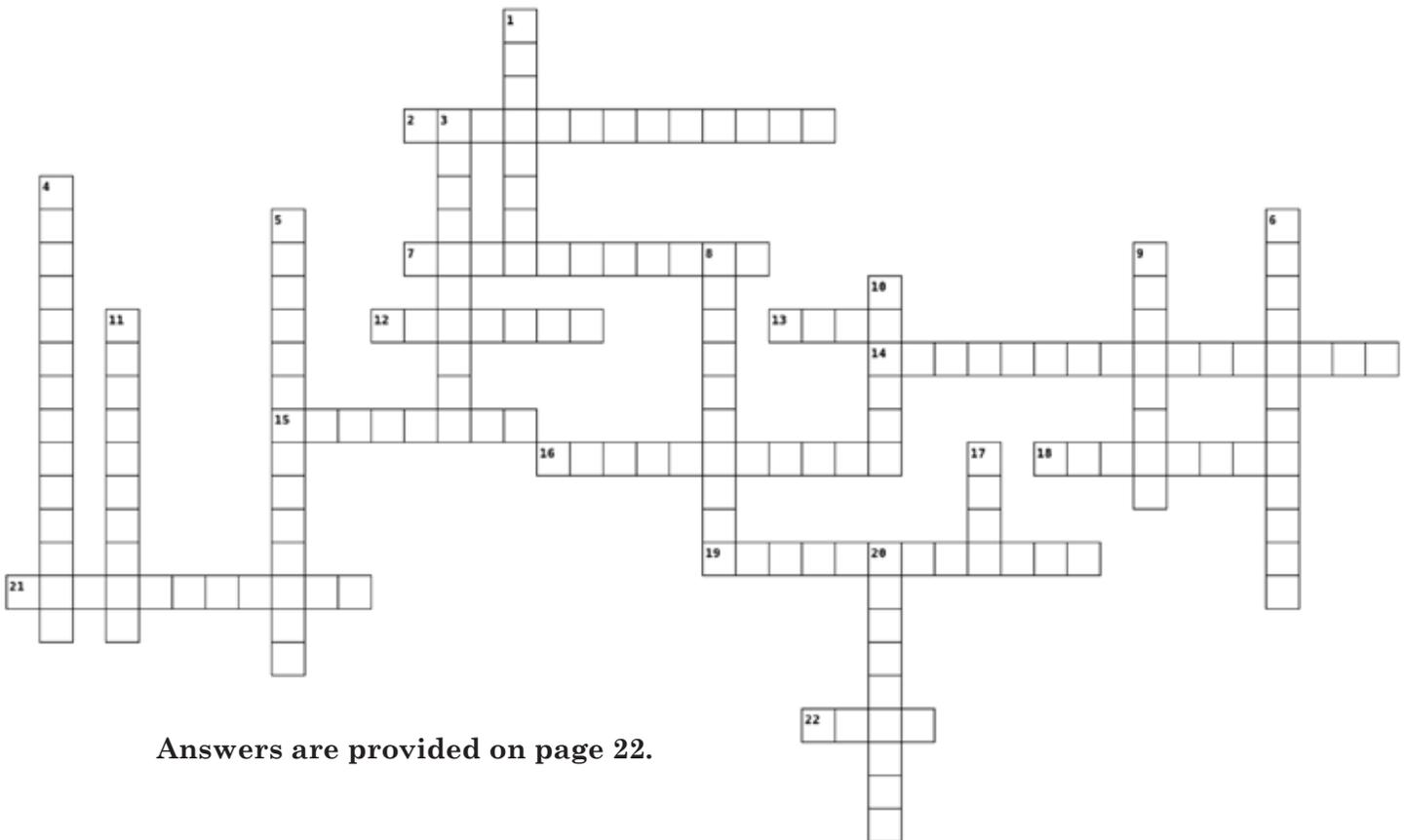
Abington Audiology
& Balance Center

Clarks Summit
570-587-EARS (3277)
www.AbingtonAudiology.com

Games

AND ACTIVITIES

CROSSWORD PUZZLE



Answers are provided on page 22.

Across

2. Kids you love to visit
7. What to do with your grandchildren
12. State tree
13. Northeastern Pennsylvania
14. Fun magazine for people over 50
15. Electric City
16. Another name for COVID-19
18. Government-sponsored healthcare plan
19. Bring May flowers
21. Device to amplify sound
22. Online senior information website

Down

1. Ringing in the ears
3. Time when you can stop working
4. PA state flower
5. Senior income provided by government
6. TV Bandleader associated with bubbles
8. State park with 198 acre man-made lake
9. Disease that affects memory
10. NEPA town "In Your Neighborhood"
11. Local minor league baseball
17. Winter precipitation
20. Earliest spring bloomers

Games

AND ACTIVITIES

The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

- Doughboy was buried in a lightly greased coffin.
- Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The grave site was piled high with many flours.
- Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.
- Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes.
- Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.



- Doughboy is survived by his wife, Play Dough and three children: John Dough, Jane Dough and Dosey Dough. Plus, they had one in the oven. He is also survived by his elderly father, Pop Tart.
- The funeral was held at 3:50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.

Courtesy of anonymous

Crossword Puzzle

Answers

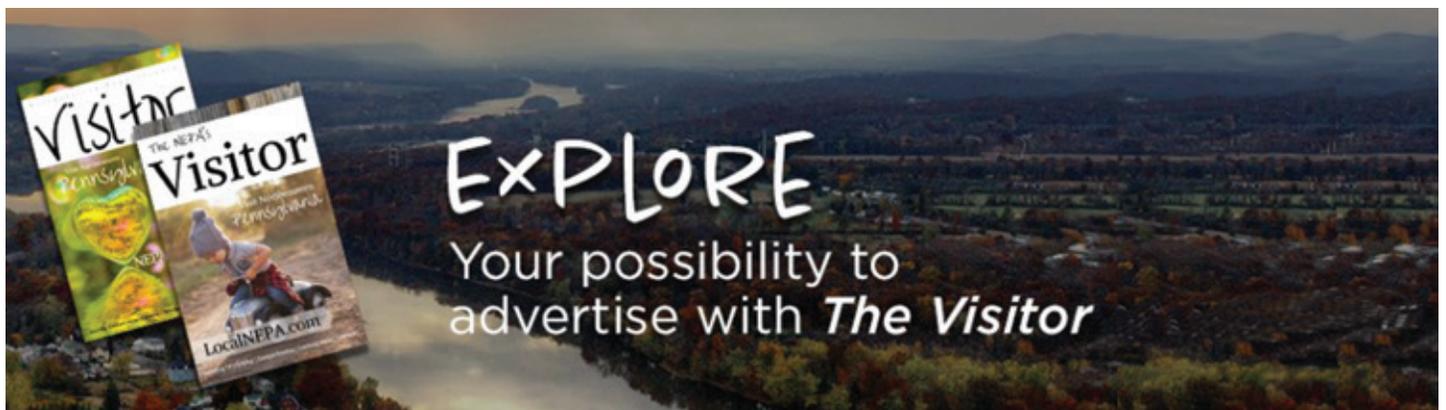
Across

- 2. Grandchildren
- 7. FrisbeeGolf
- 12. Hemlock

- 13. NEPA
- 14. LifestylesOver50
- 15. Scranton
- 16. Coronavirus
- 18. Medicare
- 19. AprilShowers
- 21. HearingAids

Down

- 1. Tinnitus
- 3. Retirement
- 4. MountainLaurel
- 5. SocialSecurity
- 6. LawrenceWelk
- 8. Lackawanna
- 9. Dementia
- 10. Dallas
- 11. Railriders
- 17. Snow
- 20. Snowdrops



Games

AND ACTIVITIES

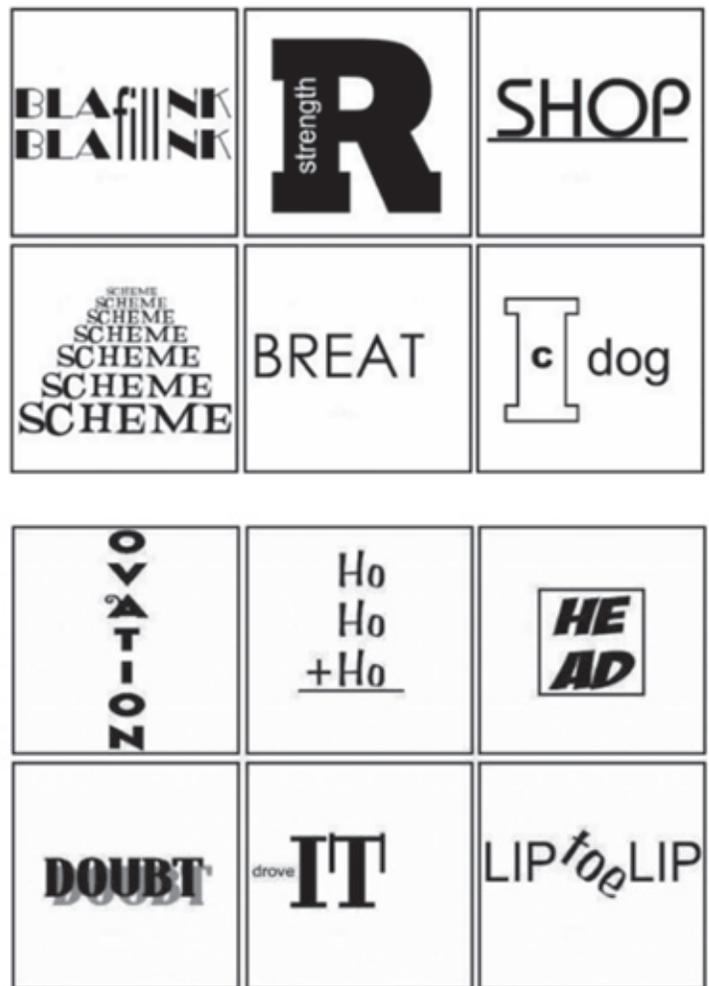
W U Z Z L E S

Wuzzles are word puzzles consisting of combinations of words, letters or symbols that are mixed, jumbled and/or muddled together. The secret to solving a wuzzle is to determine the missing “concept,” such as in, on, over, under, before, after, between etc.

Good Wuzzle Luck!

WUZZLES ANSWERS

WUZZLE #1
 Fill in the Blanks
 Inner Strength
 Shop Online
 Pyramid Scheme
 Short of Breath
 Seeing Eye Dog
 WUZZLE #2
 Standing Ovation
 Tally-Ho!
 Block Head
 Shadow of Doubt
 We Drove Right by It
 Tip Toe Through the Tulips



SUDOKU ANSWERS

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

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



A recent study has found women who carry a little extra weight live longer than men who mention it.

What To Do

WITH YOUR GRANDCHILDREN

Modern Disc Golf

Frisbee golf, more popularly known as Disc Golf today, is a game that is very similar to traditional golf. However, instead of using golf balls and golf clubs, players throw a Frisbee or Disc into a basket or at a target. Scoring is the same as traditional golf – the person with the lowest score wins.

I'm sure many of you that are age 50 and older spent your summer afternoons as kids, running around with a group of friends and throwing Frisbees at targets. I did, and we even made a game out of it. It was not unusual for us to spend hours (and miles) walking around our neighborhood – sometimes until after dark – targeting various objects, such as trees, telephone poles, and anything that didn't move, but was a challenge to hit.

Modern Disc Golf actually started in the early 1960s, but there is debate over who came up with the idea first. Today, Disc Golf is played in about 40 countries and, as of 2020 there are over 70,000 active members of the PDGA worldwide. It is usually played on an official course with 9 or 18 holes (baskets). Players complete a hole by throwing a Disc from a "Tee Pad" towards a target, the basket, throwing again from where the previous throw landed, until the target is reached. Usually, the number of throws a player uses to reach each target is tallied (often in relation to par), and players seek to complete each hole in the lowest number of total throws.

As kids, we played with one Frisbee. Now defined as Specialty Discs with a loyal following, many of these Discs comprise of the classic "old school" model Frisbees that we used. But, for the seasoned professional or weekend athlete, a typical Disc Golf set today comprises of many Discs. Starting with Distance Drivers, these Discs are designed for maximum distance off the tee and to perform uniquely in various conditions and situations. Fairway Drivers deliver confidence in both driving and approach situations with added control and accuracy. Mid-



Range Discs are designed to provide accuracy and control for a wide variety of shots and dependability from fairway to the basket. And lastly, Putt and Approach Discs are designed specifically for making short controlled upshots. The discs come in a variety of models and plastics for executing controlled upshots, short drives and "go for it" shots.

Google the words "Disc Golf" and you'll find numerous resource listings of Disc Golf courses in Pennsylvania. My favorite, the William B. Kresge Memorial Disc Golf Course in Tunkhannock Township. It was designed and built by Evan Talcot of Boy Scout Troop 518, as part of his Eagle Scout project. Other popular courses, include Nesbitt Park Disc Golf Course, Linesville Park Disc Golf Course and many of our State Parks with a complete list found at www.dcnr.pa.gov

I encourage you to get out this summer, enjoy a game of Frisbee golf (I mean, Disc Golf) and time with your grandchildren, friends and family!

Sources Wikipedia and dynamicdiscs.com

Events Calendar

APRIL FOOLS' DAY

The true origins of April Fools' Day remain unknown and are probably lost to history, but theories abound.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian calendar, the new-year began with the spring equinox, around April 1. People who were slow to get the news or failed to recognize that the start of the new-year had moved to January 1 became the butt of jokes and hoaxes and were called, "April Fools."

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. There's also speculation that April Fools' Day was tied to



the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather. April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "Hunting the Gowk," in which people were sent on phony errands. Gowk is a word for Cuckoo Bird, a symbol for fool.

Sources history.com, dictionary.com and Wikipedia

Summer Semester Program of Virtual Learning for Seniors – Starting May 24, 2021



The Older Adult Learning Community (TOALC) announces its Summer Semester Learning Program of virtual and outdoor in-person learning as well as classes by e-mail, starting May 24, 2021.

Summer classes include:

- The art of Michelangelo
- Author readings, including David Andelman
- Bridge
- Creative writing
- Current events
- Elder law and estate planning
- Existential philosophy
- A film watch group
- Italian
- Meditation
- A painting class
- Photography
- Exercise classes
- Poetry
- Shakespeare
- Virtual art studio
- Museum tours
- Outdoor activities include: birding, kayaking, pickleball, Tai Chi, wine tasting, and a performance by Blues vocalist/guitarist/recording artist Son Lewis.

To learn more,
visit or call:
www.TheOALC.org
570-422-7810



Learning
is Good
for Life!!

Giving Back

LEONARD S. BUXTON

Many have been touched by Leonard S. Buxton's lifetime of giving! A Methodist minister his entire career, the first time he retired was 1993. He and his wife Loretta moved near Lake Wallenpaupack, where they intended to relax and take time off to travel. Then, two church congregations in Wayne County were in need of a pastor. "What was to last six months turned into four and a half years," exclaimed Len, as his friends and family warmly call him.

"My wife and I were blessed with a supportive and understanding congregation during that time period," said Len. They allowed us to take time off to travel, visiting over 15 countries. According to Len, "Our favorite country was Thailand. The people were so loving and sweet." A tour guide attributed it to their predominantly Buddhist religion and culture. They also visited Malaysia, to see an exchange student they once hosted.

Len retired (again) in 2001. And then, September 11 happened! The United Methodist bishop of the New York Conference called upon Len to coordinate counseling in lower Manhattan churches. Len of course, obliged. His office was only two blocks from Ground Zero of the World Trade Center. And, his wife helped run the relief effort. They lived out of a suitcase in a nearby hotel, working twelve-hour shifts.

As Len and I spoke on the phone, I could hear his lovely wife in the background contributing to our conversation. No doubt Tita, as Len calls her and is Hispanic for "Little Loretta" has been a supportive and loving partner throughout their marriage. She helped raise three boys: Mark, Jon and Dale while moving across multiple states. And, she still had time to teach kindergarten, high school and college before taking on an administrative position in the New York Conference of the United Methodist church.

Len and Tita finally did retire. They now live in the beautiful Wesley Village Campus of the United Methodist Homes in Pittston, Pa. Recently Len published the first of two books, his memoir. After writ-

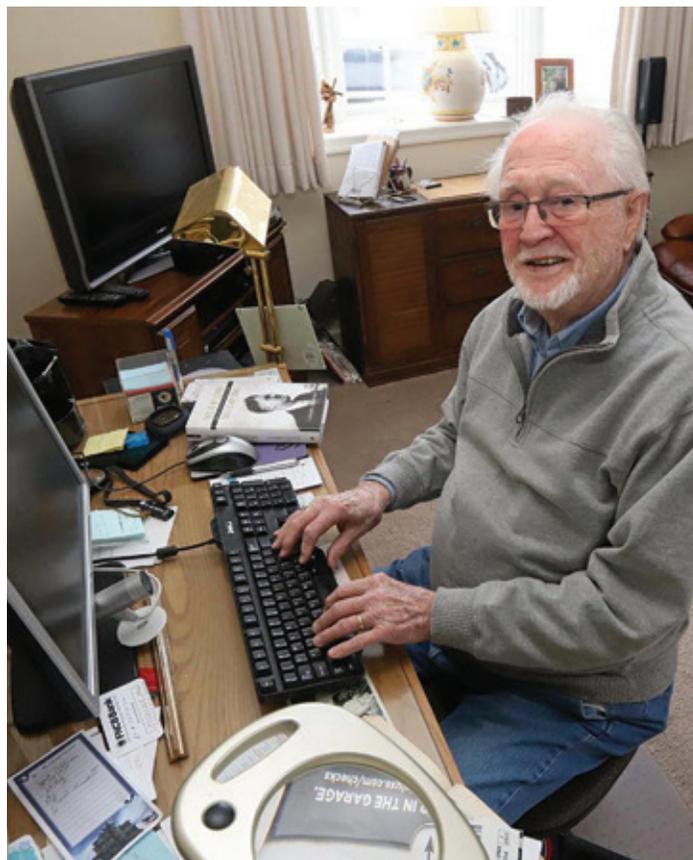
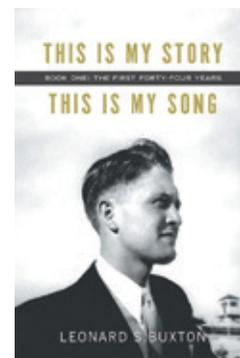


Photo of Leonard S. Buxton, courtesy of The Citizens' Voice.

ing the first 300 pages, "I knew it would require two books to finish it," joked Len. The first book is entitled *This is my Story, This is my Song*. It is available in both paperback and hardcover on Amazon.com. *Sing along with me*, the title of Len's second book was just going to press as this article was being written.

"My wife and I give thanks every day for our good health, a happy and loving family ... and 90+ years of being alive!"

Published by Friesen Press: *This is my Story, This is my Song* – the first of two books by Leonard S. Buxton.



Saving a person
from a potential catastrophe*
every 10 minutes!

I live *alone*

but I'm never alone.
I have *Life Alert*®.



AS SEEN ON
TV

One press of a button sends help fast, 24/7, for:

medical • fall • fire • invasion • CO gas emergencies
even when you can't reach a phone.

FREE
USE OF
EQUIPMENT**



No landline? No problem!

The Medical Alert
Industry Leader
since 1987

Life Alert 

I've fallen and I can't get up!®

* Life Alert defines a person saved from a potential catastrophic outcome, where a subscriber activated the system, had an actual emergency, was home alone, was unable to get to the phone for help, and Life Alert dispatched help. ** With Subscription.

For a **FREE** brochure call:

1-855-682-6329

DENTAL Insurance

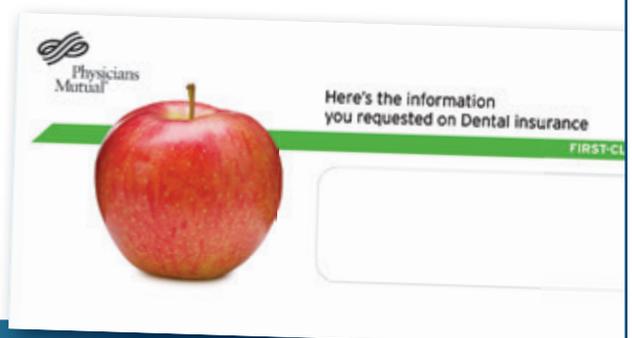
Get Dental Insurance from Physicians Mutual Insurance Company. It helps cover over 350 procedures – from cleanings and fillings to crowns and dentures. Call today to get help paying big dental bills.

- **See any dentist you want**, but save more with one in our network
- No deductible, **no annual maximum**
- **Immediate coverage** for preventive care

Call to get your **FREE** Information Kit

1-855-978-1209

dental50plus.com/NEPA



Includes the Participating (in GA: Designated) Providers and Preventive Benefits Rider. Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN); Rider kinds B438/B439 (GA: B439B).

6255