

# Lifestyles<sup>TM</sup>

Northeastern Pennsylvania

O V E R 5 0

March / April 2022

Care Feature:  
Aging In Place —  
p. 12-13

Geisinger  
65 Forward —  
p. 16

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

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

<sup>5</sup>Based on customer experience reviews shared online at [www.thehartford.com/aarp](http://www.thehartford.com/aarp) as of October 2021.

# Cover Story

## WHAT'S NEW



Happy spring!

Suddenly, the days are just long enough, and the weather is starting to warm that I feel inspired to take on new outdoor projects that we've planned. The problem is, we haven't finished the winter indoor projects yet! As they say, "Don't fret about it, the work will wait."

In this issue, we focus on what's new. We review Fitness Trackers and related technology in our Tech Savvy Seniors section on page 5. And new technology in Healthcare Services at Home is explained on page 9. A brief history lesson of how the telephone has evolved since it was invented can be found under Remember When on page 19. We also explore some interesting advances in Alternative Healthcare on page 16.

I hope you're doing well and find the time and energy to be able to enjoy the spring season. I wish health and happiness to you all!

**Marci Kacyon**

*Executive Editor*

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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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

## Special Recreation Services

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. This month, we are proud to “pay it forward” by presenting \$150,000 to Special Recreation Services – 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](mailto:NEPA@LIFESTYLESover50.com). We'll be happy to consider you!**



Check presentation by Marci Kacyon, executive editor in the amount of \$150.00 to Debbie Smith, President & CEO of Special Recreation Services. Also in attendance is Belle.

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

## FITNESS TRACKERS

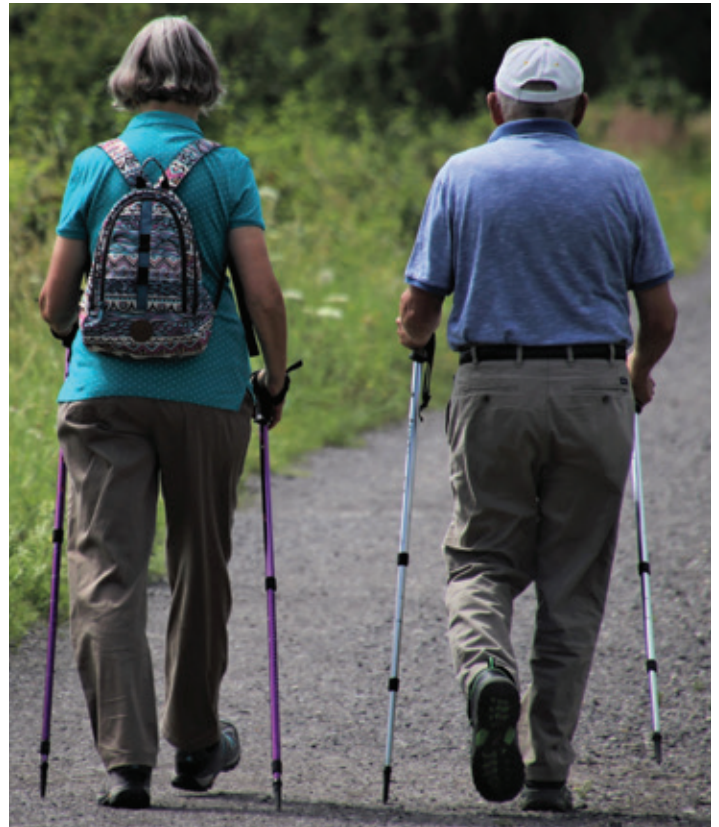
Fitness trackers, like the Fitbit and Apple Watch aren't just for the young and active any more. Increasingly, older adults are turning to "wearable technology" to help them live healthier, happier, and safer lives!

**In a 2015 study conducted by AARP, 45% of participating older adults (age 50+) reported increased motivation for healthier living after six weeks of using a wearable activity or sleep tracker, and 67% felt that such wearables were beneficial or of value.**

Fitbit is most famous for its fitness trackers, of which there are three brands: Charge, Inspire, and Ace. A Fitbit device is worn on your wrist and used to monitor your physical activity in real time, such as tracking your steps, distance traveled, calories burned, heart rate, sleep patterns, and more. The easy-to-use touch screen and Fitbit app is compatible with more than 200 Apple iOS, Android, and Windows mobile devices. Other fitness tracker brands include Jawbone, Garmin, Samsung and Apple Watch. Depending on the model you choose, features include: sleep tracking; heart rate monitoring; GPS coordinates; and call and text notification.

Wearable technology can also provide family members and caregivers peace of mind with emergency features (such as fall detection), giving independent seniors the freedom and flexibility to move around with an extra layer of protection. The Apple Watch Series 6 is one example, and highly recommended for seniors. It offers all the latest health and fitness features, including an always-on altimeter and a blood oxygen monitor. It also includes an electrocardiogram system capable of detecting whether the user is experiencing cardiac abnormalities such as atrial fibrillation. There's also a built-in fall detection tool that automatically contacts emergency services.

That's the mission of the Freedom Guardian, which provides location tracking, emergency monitoring, and automatic alerts to help manage a senior's day-to-day tasks, so seniors don't forget to take their medication or miss a doctor's appointment. The



Freedom Guardian also features oversized icons for individuals with poor eyesight. MobileHelp Smart is another 'discreet' medical alert device designed with seniors in mind. Its feature-rich, wearable technology not only tracks fitness activity, heart rate, and diet goals for a healthier lifestyle, but also includes emergency monitoring. In the event of an emergency, wearers can connect with emergency operators with a single press of a button using the built-in microphone and speaker.

Whether you're looking for a fitness tracker for an active, on-the-go lifestyle or a medical alert device for an aging, independent parent or grandparent, wearable technology exists for everyone's piece of mind. However, if you're looking for something that does not require a computer or sophisticated technology, you might consider an easy to use pedometer watch for basic fitness and activity tracking.

*Sources apple.com, amazon.com and wired.com*



# In Your Neighborhood

## NICHOLSON, PA

### Nicholson Bridge: 9th Wonder of the World

The borough of Nicholson was incorporated on August 23, 1875 and was named after John Nicholson, who was Pennsylvania's comptroller general in the late 1700s. Present day Nicholson was once the crossroads of two Indian trails. Although little is known about the Indians that once lived there, the Iroquois sold the land around the time of the French and Indian War (1754 – 1763) to Connecticut settlers who first named the area, Thornbottom after thorny bushes found nearby.

A local landmark, and among the greatest bridges in the world is the famous Tunkhannock Viaduct or "Nicholson Bridge." Once called the 9th Wonder of the World for soaring above the hills of Northeastern Pennsylvania, the Nicholson Bridge has been a focal point of the Nicholson community since its completion in 1915. It spans Tunkhannock Creek, which flows from the northeast and whose name comes from the Lenape Indian name meaning, "two small streams opposite each other merging to become one." Both Marten Creek and the Horton Brook flow from the north as well. Construction of the Nicholson Bridge was part of a significant engineering and construction endeavor. Not only did the Delaware, Lehigh & Western (D, L & W) railroad construct a smaller version of the Nicholson Bridge nine miles north in Kingsley, the D, L & W also built a tunnel about two miles south of Nicholson. The entire cutoff, sometimes referred to as the

### QUICK FACTS

**County:** Wyoming

**Founded:** 1875

**Population:** 767  
(2010 census)

**Mayor:** Charles H. Litwin Jr.

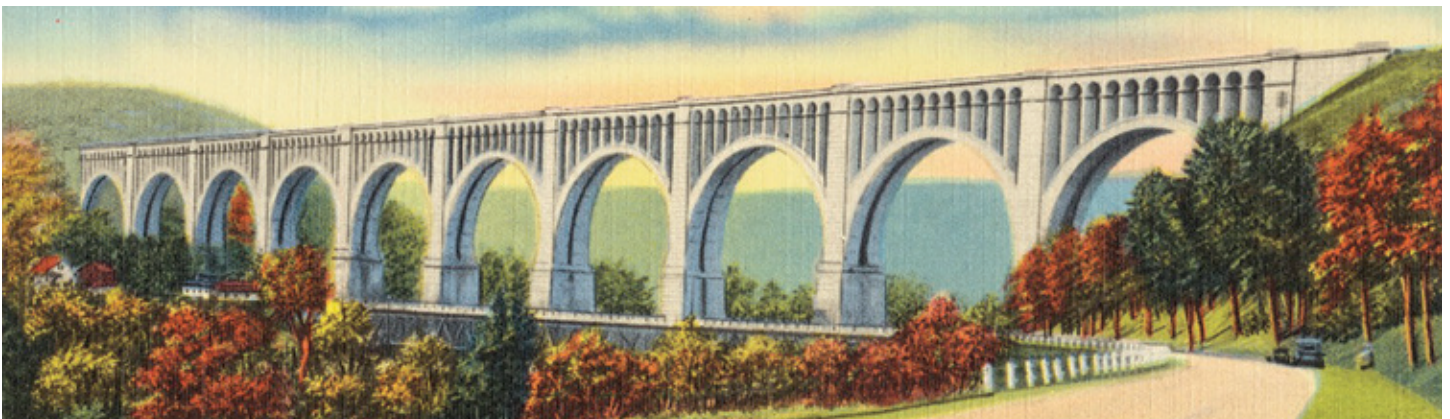
**Website:**  
[www.nicholsonborough.org](http://www.nicholsonborough.org)

Nicholson Cutoff, was built with two sets of tracks to allow for trains to run north and south at the same time. The shortened route cost \$12 million to build and saved considerable travel time for freight trains and passenger trains.

The abandoned D, L & W was turned over to the Pennsylvania Highway Department, who built the Lackawanna Trail, now Route 11, and was opened for traffic in June 1922. In 1965, the Nicholson Bridge celebrated its 50th anniversary. Each year the town organizes a festival in honor of the bridge called Nicholson Bridge Day. The entire main street of the town is shut down and filled with vendors, entertainment, and more.

The town of Nicholson attracted national attention in 1986, when an escaped Bengal tiger was hunted in the area for several days. The tiger was never found.

*Courtesy Wikipedia and [nicholsonheritage.org](http://nicholsonheritage.org)*



Postcard of Nicholson Bridge, along Lackawanna Trail in Nicholson, Pa. Circa: 1930-1945.  
Courtesy Digital Commonwealth and The Tichnor Brothers Collection.

# Silly Signs

## STOP & LAUGH

**Sign in the front yard of Smith's Funeral Home:** Drive carefully — I'll wait.

**Sign on the door of the hospital maternity room:** Push. Push. Push.

**Sign on lawn of grumpy neighbor:** Beware! A quiet neighbor with a big freezer lives here?

**Speed control road sign:** Nude models, next 6 miles.

**Sign on zoo fence:** Please be safe. Do not lean over fence. If you fall, animals could eat you and that might make them sick.

**Sign below stop sign:** Complete stops are FREE. Rolling stops are \$128.50. Your choice.

**Safety record sign:** This work center has been accident-free since Joe left.

**Sign at philosopher convention:** Interested in time travel? Meet here last Thursday at 7:00 p.m.

**Sign in men's bathroom at baseball stadium:** Players with short bats please stand closer to the plate.



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# Area Agency on Aging

## MATURE WORKER PROGRAM

The Mature Worker Program, Senior Community Service Employment Program (SCSEP) sponsored by the Area Agency on Aging for Luzerne and Wyoming counties offers seniors an opportunity to receive the job skills and job leads necessary for a better paying job.

The SCSEP is a federally funded, employment training and placement program by a grant from the U.S. Department of Labor. Older workers are a valuable resource for the 21st-century workforce, and SCSEP is committed to providing high-quality job training and employment assistance to its participants. The program is a “stepping stone” back into the work force. To qualify for the program a person must be at least 55 years old, a resident of Luzerne and Wyoming counties, and meet federal low-income guidelines.

### On-the-job training

The on-the-job training offered by SCSEP assigns a program participant to a government or non-profit agency. At 20 hours per week, participants will be paid minimum wage for on-the-job training, attending educational classes or program meetings, or otherwise engaged in authorized training activities. Program participants perform a wide variety of duties with training customized to the needs of the individual. Typical tasks performed by participants include:

- Clerical and office support for many different government and non-profit agencies, including computer skills, typing, or general office assistance
- Social services to other seniors and members of the community
- Helping in the kitchen of senior nutrition sites
- Many other types of unique tasks

The SCSEP believes that achieving the American Dream is possible for everyone, regardless of age by enhancing employment opportunities for older Americans and promoting them as a solution for businesses seeking trained, qualified, and reliable employees. The Mature Worker Program, Senior Community Service Employment Program (SCSEP) sponsored by the Area Agency on Aging for Luzerne and Wyoming counties will help you every step of the way.



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To learn more about the program, call 570-822-1159 or 1-800-252-1512, or visit [www.Luzerenecounty.org](http://www.Luzerenecounty.org)



# Healthcare Services At Home

## VIRTUAL TECHNOLOGY

**Excerpt by Mary Dehaven, St. Luke's University Health Network**

One positive outcome of the COVID-19 pandemic has been the development of innovative ways to provide healthcare services to patients at home.



Virtual therapy visits are quite popular, especially among patients who have difficulty getting around or who just feel safer at home during the COVID-19 pandemic,

says Jeremy Kushner, PT, DPT, facility director, Physical Therapy at St. Luke's. "We strive to provide the same standard of care through virtual therapy visits as through in-person visits," Kushner says. "I'm seeing a lot of new patients who haven't been able to get into the office. This includes patients who have an underlying health issue, such as cancer, heart disease, or a respiratory illness."

"Although in many cases in-office visits may be preferred, some patients have thanked us for converting them to the virtual platform so they could continue to have access to our expertise and knowledge from their homes. Many also appreciate saving the time it takes to drive to and from the office," he says. "You don't have to be too tech-savvy. If you can work on a computer, you can have a virtual visit. All that is needed is an Internet connection and a computer, tablet, or phone with a camera. An application that provides audio, video, and screen sharing, such as Microsoft Teams meeting, connects the patient and therapist."

Conditions treated through virtual therapy visits include musculoskeletal, neurological, and vestibular conditions. Virtual therapy visits are available with physical therapists, occupational therapists, and speech language pathologists. Patients may schedule virtual visits for initial evaluations and follow-up treatments. The first session is a thorough evaluation to determine the patient's needs and limitations that the therapist uses to develop a treatment plan to start the individual's recovery.

"Subsequent visits might involve exercises," he says. "For example, if the patient has a knee problem, I might ask him to perform a squat and would give verbal instruction to ensure proper movement. We provide feedback to get them moving the right way." Typically, virtual visits occur once a week for 30-60 minutes, but could be more frequent, depending on patient needs.

Kushner believes that due to their use during the COVID-19 pandemic, virtual visits will become more accepted – and even desired – by patients and insurers. "There has been some prominent research that shows virtual appointments can be as effective as in-office ones," he says. Most major insurance companies are covering virtual therapy. Be sure to contact your provider to find out if yours does.

*Courtesy LIFESTYLES Over 50 Lehigh Valley*

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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*



# Aging In Place

## CARE FEATURE




<p><b>Active Day Health Care</b></p>	<p>1122 Highway, 315 Blvd. Wilkes Barre PA 18702 570-823-5161 plains@activeday.com www.ActiveDay.com</p>	<p>ActiveDay Health Care – A home away from home: provides programs for seniors and disabled adults such as, therapeutic activities and rehabilitative therapies in a positive, people-focused way. ActiveDay Home Care – Offers in-home care assistance and senior home health care while lifting the burden of these day-to-day activities.</p>
<p><b>Allied Services</b></p>	<p>Allied Services Corporate Center 100 Abington Executive Park Clarks Summit, PA 18411 570-348-1348</p>	<p>Allied Services is a non-profit, integrated health system providing Hospice &amp; Palliative Care, At-Home Care, and In-Home Care. Allied Services also offers community, rehabilitation, and transitional care services to help you or your loved one recover from an illness, injury, surgery, or manage the symptoms of a chronic condition.</p>
 <p>B/S/S/T Area Agency on Aging, Inc.</p>	<p>220 Main Street Towanda, PA 18848 1-800-982-4346 www.bsstaaa.org</p>	<p>New in 2022 – Senior Companion Program. As a Senior Companion, you provide assistance to older adults with various health issues or simply needing companionship by preparing lunch, playing games, reading, or accompany them to appointments. Volunteers must be income eligible and 55 or older. Call for details.</p>
	<p>6252 Route 209, Stroudsburg, PA 18360 570-223-2248 Diana.Hohmann@ brightstarcare.com</p>	<p>BrightStar Care is licensed as both a Home Care Agency and Home Health Care Agency serving the areas of Lehigh, Monroe and Carbon counties. Its nurses, therapists, CNAs, and caregivers deliver care in the comfort of home: from companionship, bathing, and hygiene assistance, to in-home infusions, and medication management.</p>
<p><b>Comfort Keepers</b></p>	<p>549 Scranton Carbondale Hwy. Scranton, PA 18508 570-307-2273</p>	<p>Comfort Keepers is recognized as a leading provider of quality in-home senior care. Their Interactive Caregiving™ approach to four pillars of care is designed to raise a seniors' quality of life. These include: an active senior mind; a physically active senior; a well-nourished senior; and a safe senior.</p>

# Aging In Place

## CARE FEATURE



<b>Griswold Home Care</b>	78 S. Courtland Street, Suite 3 East Stroudsburg, PA 18301 570-798-1295 570-424-7678 <a href="http://www.GriswoldHomeCare.com">www.GriswoldHomeCare.com</a>	Griswold Home Care provides compassionate home care for the elderly and those with special needs. Founded by the late Jean Griswold in 1982, the characteristics that make Griswold Home Care unique is referred to as Griswoldness. Services include companion care; hospice and palliative care; respite care; live-in care; and more.
<b>Home Instead</b>	506 North State St. Clarks Summit, PA 18411 1-888-607-0308 <a href="http://www.HomeInstead.com">www.HomeInstead.com</a>	Home Instead provides dependable, compassionate senior home care services to help people at any point within the aging process. They'll work with you to develop a personalized care plan tailored to help fit your family's in-home needs, including Alzheimer's care, hospice support, transportation and companionship.
	1076 Washington Blvd. Bangor, PA 18013 570-972-7949 <a href="mailto:dsmith@specialrecreation.org">dsmith@specialrecreation.org</a> <a href="http://www.specialrecreation.org">www.specialrecreation.org</a>	Special Recreation Services provides recreational, socialization, and habilitation activities for independent adults who are intellectually disabled, autistic, or mentally ill. They offer: GROUP Activities – the original private pay program; Community Participation Supports (CPS) – a state funded program; In-Home & Community Supports (IHCS) – companion services for adults.
<b>Visiting Angels</b>	2275 Milford Rd. East Stroudsburg, PA 18301 570-609-2996 <a href="http://www.VisitingAngels.com">www.VisitingAngels.com</a>	Visiting Angels will customize a care program to meet all your needs. Their job is to maintain your loved one's routine to continue living comfortably at home. Visiting Angels will match you with a professional senior home care provider to offer elderly companionship, private duty, palliative, dementia, and other senior care services.

## CARE FEATURE

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

Safety



# Alternative Healthcare

## TAKE CONTROL OF YOUR HEALTH

**“The greatest gift one can receive is feeling empowered when it comes to their health. There is no such thing as a hopeless case!” Amber Summers, Founder of Thrive Wellness Center.**

It is the mission of Thrive to educate and empower the individual to understand that it is possible for your state of health to be better than just “status quo,” says Amber Summers, HHP, HNC, CRP founder and head holistic practitioner. Amber’s experience with holistic medicine began at the age of five when she was diagnosed with Juvenile Rheumatoid Arthritis. After being in and out of hospitals for two years, a friend of the family suggested she see Dr. Sylvester DeVaux, Naturopath and Reflexologist from St. Lucia who traveled to the United States a few times a year to help those seeking holistic and alternative therapies.

The process took several years but Amber was completely cleared of Rheumatoid Arthritis by the time she reached her teens. Dr. DeVaux and his practices of holistic and natural ways of living became Amber’s life long inspiration. Amber graduated with High Honors in Biology from Mount Holyoke College in 2000 and worked at the FDA’s Division of Hematology where her research was published in two peer-reviewed medical journals. She received her certification as a Holistic Healthcare Practitioner in 2002 from the Washington Institute of Natural Medicine while also studying for her certification as a practitioner in Angel Therapy, Reiki, and Nutritional Consulting. She apprenticed with Dr. DeVaux in St. Lucia before seeing clients in 2009.

**“We are committed to improving total wellness and offering programs and services dedicated to assessing the nutritional, physical, emotional, and spiritual needs of our patients.” Dr. Peter Amato, a pioneer in Integrative Medicine.**

Integrative Medicine is a whole-person, relationship-based model of care that uses a multi-disciplinary approach. As a pioneer in Integrative Medicine, Dr. Amato’s approach requires an appreciation for the connection between mind, body, and spirit and how all three play a key role in our overall health.

Dr. Amato and his staff at the Inner Harmony Wellness Center follow a 5-step, “peel the onion process.” It calls for a scheduled monthly visit and generally takes between 3-4 months for healthy people, and 6-12 months for people with health symptoms or diagnosed with an illness. The goal is to work toward elevating pH, raising alkalinity and building a strong foundation with diet, personalized organic vitamins, minerals, and enzymes. They tame retroviruses, target, and eliminate chronic infections with a strong focus on digestion, assimilation, and elimination through building a strong and healthy immune system.

**“There is a continually growing body of research that shows CBD have real medical benefits, ... CBD has been shown to augment the immune system, which can be taxed by stress, allergies, and communicable disease.” Dr. Mark Albert.**

When Dawn and Dr. Mark Albert, and Marlene and Dr. Sam Sebastianelli founded their Dunmore-based business CBD Intact, they did it with the firm belief that their line of hemp-produced CBD (cannabidiol) products carried genuine health benefits for those suffering from chronic pain, anxiety, and sleeplessness. The two couples wanted to have strict control over the entire process from seed to shelf, so they partnered with Mayfield-based Agri-Hemp which not only farms the hemp, but also extracts the CBD from the plants, purifies it, and infuses it into a variety of dosage forms which they manufacture.

“Because all our CBD products come directly from the local manufacturer and not from some wholesaler across the country, our costs and therefore, our selling prices are significantly lower than other brands,” added Dawn. CBD Intact’s extensive product line includes oils, capsules, pain creams, gummies, shampoos, and orally dissolvable tablets (ODTs) the latter of which was developed exclusively for CBD Intact.

*Sources [thrivewellnesskingston.com](http://thrivewellnesskingston.com), [innerharmonywellness.com](http://innerharmonywellness.com) and [cbdintact.com](http://cbdintact.com)*

# What's New In Technology

## HOME, OFFICE, HEALTH, SECURITY & ENERGY

**HOME & OFFICE** — Over the past few years, “smart home” products like Internet-connected thermostats, door locks and robotic vacuum cleaners made major progress. But, the lack of compatibility has created challenges for mass acceptance. This year, the tech industry’s biggest rivals — Apple, Samsung, Google and Amazon — have agreed to adhere to a new standard called, Matter. More than 100 smart home products are expected to talk to one another as a result.

Facebook’s parent company, Meta has generated quite a bit of buzz with its foray into the metaverse — a theoretical shared space where people hang out in virtual reality. No doubt, other technology platforms, from gaming companies, such as Nintendo and Sega, to Microsoft Office 365 and Zoom for conducting business are not far behind.

Fixing your computer equipment will get easier. Apple, which for years maintained strict control over its products is rolling out a self-service repair program that will allow amateur users to access the parts and instructions to fix their iPhones and Mac computers. Others, like Microsoft and Dell have announced similar plans.

**HEALTH** — Fitness gadgets that track our steps and heart rate continue to gain in popularity. So, tech companies are experimenting this year with smaller wearable devices that gather more intimate data about our health. Clinicians are already using individual biometric data to prevent, diagnose and treat health problems by measuring our heart rates, lung capacity, sleep patterns, calorie intake and even sweat! However, without proper context, more data could potentially be used to misdiagnose illnesses or turn people into hypochondriacs. But, if the widely used COVID rapid test kits are any measure, more of us are electing to monitor our health patterns.

**SECURITY** — Security breaches, data privacy problems and AI whistleblowers have dominated technology news. Fortunately, companies are working hard to regain lost trust, says Forrester Research. Using a variety of tactics, tech companies are creating high-ranking roles in charge of “digital

trust,” offering cash rewards to people who identify bias in AI systems, and adopting protocols that partially anonymize personal data. As privacy regulations limit what personal data companies can pass around, companies will get hungrier for “first-party” data — information we share with them directly.

**ENERGY** — Last year, President Biden announced an ambitious goal: Half of all vehicles sold in the United States would be electric rather than gas-powered by 2030. In response, automakers are ramping up production of their electric vehicles. While there’s a lot of marketing hype around electric vehicles, many of us will have to wait. That’s because we have yet to see widespread deployment of charging stations for electric vehicles, especially in more rural areas. But, it’s definitely the future.

*Sources nytimes.com and washingtonpost.com*

### Long live independence.

Are you caring for an older family member?

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[geisinger.org/LifeGeisinger](https://geisinger.org/LifeGeisinger)



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and maintain your ***INDEPENDENCE***.



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# Remember When?

## EVOLUTION OF THE PHONE

Alexander Graham Bell was the first to receive a patent (in 1876) for his liquid transmitter or “tele” phone, as it would eventually be called. While testing the device in his Boston laboratory, he rang his assistant Thomas Watson, and became well known for saying, “*Mr. Watson, come here, I want to see you.*”

By the late 1800’s, telephone lines were established as a part of the Bell Telephone Company and the first telephone exchanges were performed by a switchboard operator well into the turn of the century. It was Almon B. Strowger who invented the automatic telephone exchange, and filed the first patent for a rotary dial phone in 1891.

It wasn’t until 1970 that touch-dial and the first cordless phones became available. During this time, a completely experimental picture phone was being developed by AT&T to transmit images through a phone call. Deemed too bulky and expensive, the idea was scrapped until the development of the personal computer (PC) and introduction of the Internet.

The 1980’s and 1990’s brought about a revolution in communications with VoIP (Voice over Internet Protocol), the transmission of voice and multimedia content over an Internet connection. While the term “smartphone” had not been coined at the time of its release, the IBM Simon is considered the groundbreaking device that combined the telephone with a PDA (Personal Digital Assistant), adding a keyboard for typing messages.

During the 2000’s, newer generations of cellular technology (a network of small interconnected transmitters as opposed to one big one) advanced exponentially with consumers quickly discovering the benefits of the “cell” phone and being accessible while on-the-go.

### Types of Phones

**Candlestick:** Popular in the 1890’s through the 1930’s. Separated by two pieces, it featured a mouthpiece (transmitter) mounted at the top of the stand, and a receiver (ear phone) that the user would hold to their ear during a call.

**Rotary:** Introduced in the 1930’s when manufacturers began to combine the mouthpiece and receiver of the candlestick phones into a single unit. A user would rotate the dial to the phone number (person) they wanted to call.



**Touch-Dial:** In 1963, the Bell System unveiled the first electronic touch-dial phone with touch-tone dialing. Using audible tones for each of the digits on the push-button keypad, specific frequencies were designated to each row and column.

**Mobile:** In 1973, Motorola researcher and executive, Martin Cooper, made the first mobile telephone from handheld subscriber equipment. The prototype was able to give a caller 30-minutes of talk-time and took about 10-hours to charge.

**Cordless:** Invented by a female Jazz musician, Teri Pall in 1965, cordless phones didn’t become a hot commodity until the 1980’s.

**Portable:** The first portable, or mobile phone was the MicroTAC, which was introduced in 1989 as an innovative new “flip phone” design, where the mouthpiece folded over the keypad and could fit into your pocket.

**Smartphone:** Dating back as far as 1997, it was Japan that became the first mobile market to popularize the smartphone. As the smartphone craze escalated, cell phone manufacturers introduced many of the features we enjoy today.

From the early days of speaking to a switchboard operator, to stretch chords that were never long enough, to cutting the chord, and enjoying the benefits of mobile technology, we now use our cell phones to get directions to a business or residence, shop online, share our location on Facebook, exchange photos, and so much more!

*Sources inventionland.com, nextiva.com and Wikipedia*

# Games

## AND ACTIVITIES

# .....SUDOKU.....

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

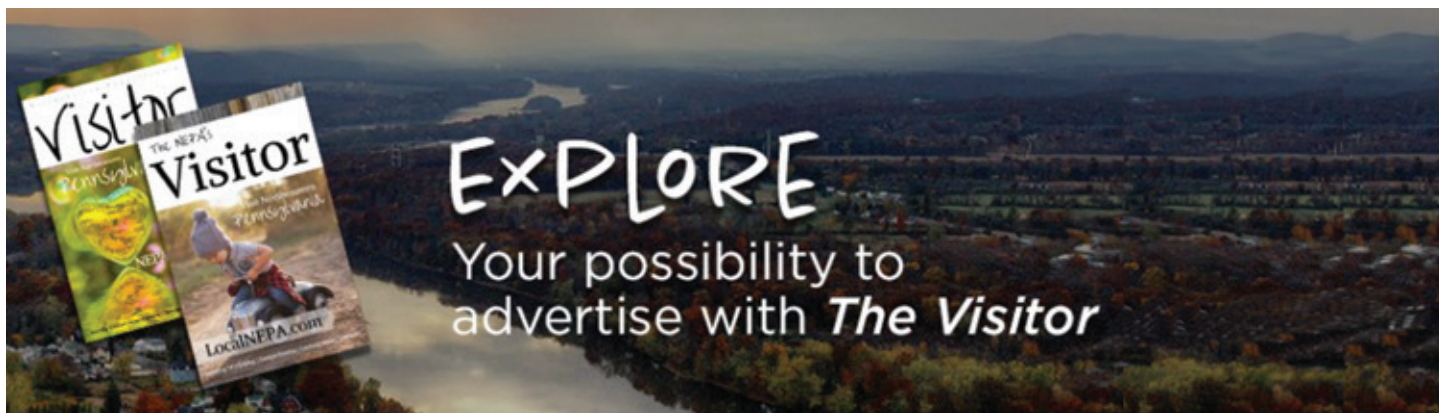
	5	9						
6							2	3
8					6			
9			3	6			7	5
			2					8
5		8	9		7			2
	6	5					9	4
7		2						

### Sudoku Directions:

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

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

**Answers are provided on page 23.**

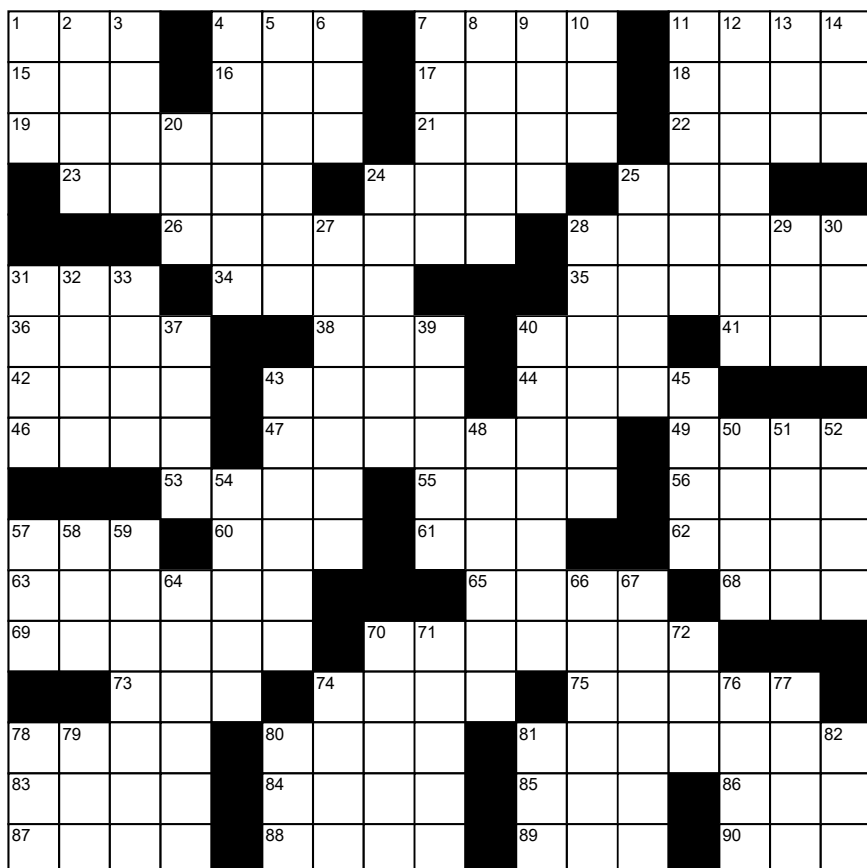




# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



Answers are provided on page 23.

### ACROSS

- 1 Charges
- 4 Heat unit
- 7 Purpose
- 11 Jainism believer
- 15 April (abbr.)
- 16 Tax agency
- 17 Lotion ingredient
- 18 Preposition
- 19 Give out again
- 21 Dig up the soil
- 22 Index
- 23 Quake
- 24 Baseball's Nolan
- 25 Dickens' Tiny \_\_\_\_
- 26 *The hawk family*

- 28 Sea voyage
- 31 American Cancer Society (abbr.)
- 34 Secondhand
- 35 Snake sounds
- 36 *Senior \_\_\_\_*,  
*program to connect*  
*with seniors by phone*
- 38 Flightless bird
- 40 Spiritedness
- 41 Make lace
- 42 Wee
- 43 Asian country
- 44 Won
- 46 Stair
- 47 Kin

- 49 Jewish calendar month
- 53 Start
- 55 Extremely long time periods
- 56 Business note
- 57 Spark
- 60 Lower limb
- 61 Lair
- 62 Panther
- 63 Of this
- 65 Type of tea
- 68 Child
- 69 Pilot
- 70 Local
- 73 Married woman

- 74 Turquoise
- 75 Benefits
- 78 Fine spray
- 80 Mumble
- 81 Grieving with
- 83 Winnie the \_\_\_\_
- 84 Snow gliders
- 85 To be
- 86 Take to court
- 87 European Nomads
- 88 Kind
- 89 Headed
- 90 Compass point

### DOWN

- 1 Sticky black substance
- 2 *Planet of the \_\_\_\_*
- 3 Soft cheese
- 4 Capital of Guinea-Bissau
- 5 Winning cards
- 6 Usage
- 7 Mythical deity
- 8 Anonym
- 9 Cologne (Gr.)
- 10 Snake like fish
- 11 Frozen orange drink
- 12 Believer in spirits and demons
- 13 That (possessive)
- 14 Negative
- 20 Mr.
- 24 NBA's Dennis
- 25 Trash
- 27 Myriad
- 28 Looks into
- 29 Ocean
- 30 Time zone
- 31 Scene division
- 32 Voucher for a small debt

- 33 Sound
- 37 Typing error
- 39 Ill-fed
- 40 *Jack \_\_\_\_*,  
*film star*
- 43 Painter Georgia \_\_\_\_
- 45 Moist
- 48 Potato brand
- 50 \_\_\_\_ ex machina
- 51 Bullets
- 52 Colored horse
- 54 Secret plans
- 57 Expression of surprise
- 58 Reverend (abbr.)
- 59 Red
- 64 Worlds
- 66 "The \_\_\_\_ Strikes Back"
- 67 Tried to lose weight
- 70 Furnish
- 71 Hospital worker
- 72 Bawl
- 74 Alcoholic
- 76 Buss
- 77 Scorn
- 78 Car speed
- 79 Note of debt
- 80 Supersonic transport
- 81 Chum
- 82 "To the right!"

# Riddles & Jokes

## LAUGH TO GOOD HEALTH

One beautiful Sunday morning, a minister announced to his congregation: "My good people, I have here in my hands three sermons: a \$100 sermon that lasts 5 minutes; a \$50 sermon that lasts 15 minutes; and a \$10 sermon that lasts a full hour. Now, we'll take the collection and see which one I'll deliver."



### How smart is your right foot?

While sitting in a chair, lift your right foot off the floor and make clockwise circles. Now, while doing that, draw the number 6 in the air with your right hand. Your foot will change direction. There's nothing you can do about it. There are some things that the brain can't handle.

Ol' Harvey Swanton, 87 years of age, was stopped by the police around 1:00 a.m. and was asked where he was going at that time of night. Harvey replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late." The officer asked, "Really? Who's giving that lecture at this time of night?" Harvey replied, "That would be my wife."



### MORE GROANERS

- When she saw her first strands of gray hair, she thought she'd dye.
- She was only a whisky maker, but he loved her still.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other, "You stay here, I'll go on a head."

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# Games

## AND ACTIVITIES

### Word Search

#### SPRING CROSSWORD PUZZLE

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

AprilFoolsDay

Baseball

Blossom

Bulbs

Bunny

Crocus

Daffodil

EarthDay

Easter

Eggs

Galoshes

Hyacinth

Narcissus

Polliwog

Puddle

Rabbit

Rainbow

Robin

Shower

Slicker

Snowdrop

Sprout

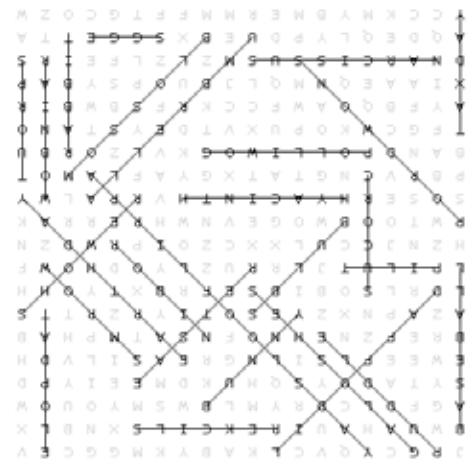
Tadpole

TaxDay

Tulip

Umbrella

Worms



#### SUDOKU ANSWERS

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

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

#### CROSSWORD PUZZLE ANSWERS

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



# What To Do

## WITH YOUR GRANDCHILDREN

### ORIGAMI

#### The Art of Folding Paper

The art of folder paper, known as Origami emerged shortly after China invented paper around 105 A.D. While Origami most likely originated in China, the Japanese are credited with using paper as a medium for art. Early on, monks used Origami during religious ceremonies. But, it soon was used to transform paper into butterflies for weddings and adorn gifts as good luck charms. Japanese tradition says that if a person folds 1,000 paper cranes they will be granted one special wish. The crane is believed to live for 1,000 years.

Akira Yoshizawa is considered the grandmaster of Origami. He published “New Origami Art” and served as a Cultural Ambassador to Japan. Akira started teaching the art of folding paper to employees, so they could understand the important concepts of geometry, vital to their work. Origami was also used as an educational tool to assist in learning Mathematics.

Originally, the use of adhesives or cutting the paper was not an accepted practice in the art of Origami. Origami was also restricted to using only Origami paper, but it is acceptable to use a multitude of products, including wrapping paper, scraps, or newspaper. Today, it is a common practice to use glue and cut paper to ensure the durability of your design.

**Origami is a hobby for young and old. It is an attractive form of art because it is relatively inexpensive, easy (and fun) to make!**

Instructions for unique Origami designs can easily be found online for “kids” of all ages. Besides, making flowers, creating bookmarks, such as ones that look like ‘monsters’ can easily be formed. Another familiar Origami craft is the paper airplane. Paper airplanes are a great way for children to learn Origami and gain interest and appreciation for this fascinating art form.

We encourage you to make a paper airplane with your grandchildren. See how far they can make it fly! Hint: A dab of glue may give you the advantage of stability and distance during flight.


*Sources origamiway.com and thesprucecrafts.com*

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from this photo  
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**Answer:  
Pittston, Pa.**

# Events Calendar

## NATIONAL TELL A STORY DAY

Stories can be fanciful or educational. They transport us to another time and place. Whether they happened in real life or are a product of our imagination, stories represent who we are as a society. They bond us together. From Aesop's Fables and ancient Egyptian hieroglyphics to modern-day Harry Potter, storytelling is as important today as it was to our ancestors.

### National Tell a Story Day – April 27, 2022

National Tell A Story Day was first celebrated in 2009 by George Rafeedie, a businessman who runs a creative marketing agency called, Tell Your Story, Inc.

In modern times, print and digital media have witnessed significant progress in storytelling techniques. Video and hand-held cameras, such as Apple's iPhone allow professional and non-professional storytellers to relay their ideas to the world.

## 7 Types of Stories to Tell

- 1. The local legend** – Many old buildings and unique places have stories attached to them and are often fascinating to the people who live near them.
- 2. The personal story** – As we grow up, we experience many things. Some we remember years later, such as a lesson learned or achievement gained. The best stories are relatable and touch our emotions.
- 3. The scary story** – These stories are often not very complex. How they're told is most important to their effect. So frightening, your hair stands up on your arms.
- 4. The fairy tale** – With their prince and princesses, talking animals, and unbelievably 'happily ever after' endings, these stories stand the test of time.
- 5. The inspirational story** – Stories that make you think, inspire you, and cause you to act are often referred to for a lifetime of moral support, motivation and hope.
- 6. The family story** – Listening to stories by your parents or grandparents gives you a sense of belonging and tradition.
- 7. The made up story** – Tell 1-6 or a combination of any of the above examples. Who would know? As long as it's fun and entertaining!



### In honor of National Tell A Story Day read Aesop's Fables: The Lion and the Mouse

A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her. "Spare me!" begged the poor Mouse. "Please let me go and some day I will surely repay you." The Lion was much amused to think that a Mouse could ever help him. But he was generous and finally let the Mouse go. Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free. "You laughed when I said I would repay you," said the Mouse. "Now you see that even a Mouse can help a Lion." A kindness is never wasted.

Sources [nationaltoday.com](http://nationaltoday.com), [internationalstoryteller.com](http://internationalstoryteller.com) and [read.gov](http://read.gov)

# Giving Back

## WYOMING COUNTY ACTIVE ADULT CENTER

The Wyoming County Active Adult Center is part of the Luzerne County department of Human Resources' Aging Program, and The Area Agency on Aging. Active Adult Centers serve as a place for hot, nutritional lunches; social events; recreational activities; cultural arts; and health and wellness programs for persons over the age of 60 and all income levels.

Just a few of the daily activities at the Wyoming County Active Adult Center include:

- Reading books
- Playing billiards, air hockey and shuffleboard
- Participating in card games
- Watching television
- Enjoying coffee and refreshments
- Socializing with friends

Also provided are educational programs about ID theft, credit counseling, managing chronic conditions, injury prevention, and wellness. A variety of other activities involve travel, fine arts and crafts, and volunteer opportunities.

The Area Agency on Aging aims to enhance the quality of life for all mature adults by encouraging independence, promoting healthy lifestyles, and ensuring safety and protection throughout their life journey. The purpose of Active Adult Centers is to help older adults remain healthy, active, independent and contributing members of the community. Active Adult Centers are often the first support service sought by an older adult, family member or friend, as an important entry point into the Aging network and into the continuum of long-term care.



**For more information about the Wyoming County Active Adult Center and the Area Agency on Aging for Luzerne/Wyoming Counties, contact:**

Rachael Kiwak  
Director, Wyoming County Active Adult Center  
Area Agency on Aging for Luzerne/Wyoming Counties  
Rachael.Kiwak@luzernecounty.org  
570-836-2324  
101 Dymond Terrace  
Tunkhannock, Pa. 18657

**To find an Active Adult Center in your area of Luzerne/Wyoming Counties, visit: <https://pa-luzernecounty.civicplus.com/337/Active-Adult-Centers>**

**To find other Active Adult Centers located in NEPA, contact the Area Agency on Aging in your county.**

Our magazine, *LIFESTYLES Over 50* Northeastern Pennsylvania is available for FREE at the Wyoming County Active Adult Center and dozens of other Active Adult Centers throughout all ten counties of Northeastern Pennsylvania.





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