

# Lifestyles

Northeastern Pennsylvania

## OVER 50

November / December 2021

**The Advent  
Wreath —**  
p. 7

**Geisinger  
65 Forward —**  
p. 15

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# Cover Story

## HOLIDAY TRADITIONS



As the holiday season draws near, we notice a bit more “frost” outside and maybe in our reflections while looking in the mirror. Aging does not mean that the person shimmers any less, it just means we’ve become more thoughtful and patient. We no longer sweat the small stuff.

For instance, I recently found my cat at eye level in our Christmas tree. Did I get upset and yell? No, I did not. I simply pried his claws from the branches of my poor tree and gave him a belly rub. He never listens to me any way!

This issue is a culmination of all good things. We focus on The Spirit of Giving on page 4 and how to Create New Traditions this holiday on page 12. We also feature an article about Be My Eyes, a free app to assist blind and low vision people. And, of course games, activities and jokes to get you in the holiday spirit.

Merry Christmas and Happy Holidays!

**Marci Kacyon**  
**Executive Editor**

570-390-3350

NEPA@LIFESTYLESover50.com

www.LIFESTYLESover50.com/NEPA

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Northeastern Pennsylvania  
**LIFESTYLES**  
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

## 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](mailto:NEPA@LIFESTYLESover50.com)**

**We’ll be happy to consider you!**

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# Spirit Of Giving

## VOLUNTEERING IN YOUR COMMUNITY

Have you done your holiday shopping? If the answer is yes, you’re well ahead of the rush. But if you’re like many, you’re just starting to think about the busy crowds at the mall. Or maybe you’re an online shopper. Either way, searching for those perfect items for your loved ones can be time consuming, stressful and expensive.

If you’re willing to change your mindset, there are much more meaningful ways to give during the holidays. The key is to give without expecting anything in return. The Bible verse, “It is more blessed to give than to receive,” is quoted often during this time of year. Most religions support this principle, as does science. According to “Psychology Today” magazine, multiple studies have shown that buying gifts for others makes people happier than buying for themselves.

This year, instead of going overboard with material gifts, you can give the gift of time to a local charity, a friend in need or a neighbor. You won’t receive a brightly wrapped package in return, but you will gain the satisfaction of knowing that you are help-

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***“It is more blessed to give than to receive”***

---

ing others. Plus, you’ll meet new people and learn new skills. If you have grandkids or other youngsters in your midst, you’ll be teaching them about the joy of giving as well.

**Here are just a few ideas for selfless giving.**

- **Deliver meals to those in need**
- **Volunteer your time at a local hospital**
- **Work with children with special needs**
- **Participate in mission trips**
- **Rescue an animal in need**
- **Teach children a skill or hobby**
- **Help a neighbor or friend**

*Courtesy **LIFESTYLES Over 50** Lehigh Valley*

# Tech Savvy Seniors

## BE MY EYES

**Be My Eyes is a FREE app that connects blind and low vision people with sighted volunteers and company representatives for visual assistance through a live video call.**

Be My Eyes' goal is to make the world more accessible to people who are blind or have a low level of vision. According to Pamela Wyckoff, "People who have family and friends that are visually impaired might be interested in learning how to use this free app so they can help others use it too!" Be My Eyes relies on a community of over 5 million volunteers contributing their time towards identifying and answering specific needs of the visually impaired. Users can request assistance in over 180 languages making the app the biggest online community for blind and low-vision people as well as one of the largest micro-volunteering platforms in the world.

Visit [www.bemyeyes.com](http://www.bemyeyes.com) to learn more, download the app and sign up to a monthly newsletter to keep abreast of new services and volunteer opportunities. More information is located on social media, such as Facebook, Twitter, YouTube and Instagram. Be My Eyes won Apple's Design Award for Social Impact and was recognized as Best Apps for Charitable Giving 2021. "My favorite way to learn about challenges overcome by Be My Eyes users is through their Stories and Podcasts. As a visually challenged individual, I have greatly benefited from this app myself and would highly recommend this exciting experience," says Pamela.

### How it works

Every day, volunteers sign onto Be My Eyes to lend their sight to blind and low-vision individuals to tackle challenges and solve problems together.

#### **Blind or low-vision person requests assistance**

– As a blind or low-vision person, whenever you need visual assistance, volunteers are happy to help. Through a live video call, you and a volunteer can communicate directly and solve a problem. The volunteer will help guide which direction to point your camera, what to focus on or when to turn on your torch.



**Sighted volunteer receives video call** – As a sighted volunteer you can help just by installing the Be My Eyes app. A blind or a low-vision user may need help with anything from checking expiry dates, distinguishing colors, reading instructions or navigating new surroundings.

### Want to learn more?

Contact TOALC, The Older Adult Learning Community (see ad on page 19) to inquire about Pamela's class and learn more about this app.

*Courtesy Pamela Wyckoff and [bemyeyes.com](http://bemyeyes.com)*

# In Your Neighborhood

## FOREST CITY, PA

### A mile of hospitality!

Forest City is where the three counties of Susquehanna County, Lackawanna County and Wayne County meet. Forest City sits on 603 acres, comprising of four avenues, spread across 10 blocks with a small surrounding suburb and 87% of its population living 'in town'. At its height, Forest City was a booming area in the early twentieth century. Between the timber, silk, lumber and coal industries, the population swelled to nearly 6,000.

In the 1850s, the land that would eventually become Forest City was known as "Forest Mills". From 1879-1886, the post office was called "Pentecost". It was named after one of the first local settlers, William Pentecost, who started the lumbering and milling industries in the area. The post office was renamed Forest City in 1886, and the Forest City borough was formed in 1888.

A railroad spur of the D&H Canal Company (the Jefferson Branch) was built in Forest Mills and ran between the Susquehanna Depot and Carbondale from 1866 to 1871. It transported harvested lumber from the area. Lumbering was the only industry at that time, with the exception of a small mining operation run by William Pentecost, which supplied coal to neighboring farmers during the winter.

A bit later, an outcropping of coal was discovered, and the Hillside Coal and Iron Company bought large tracts of land in the area. By 1872 the first commercially profitable coal mining enterprise was established at North Railroad Street. A small breaker at Railroad

### QUICK FACTS

**County:** Susquehanna

**Incorporated:** 1888

**Population:** 1,911 people  
(2010 census)

**Mayor:** Christopher D. Ginton

**Website:**

[www.forestcityborough.com](http://www.forestcityborough.com)

Street processed the 75-ton daily output from this operation until 1883. In 1886, another shaft, Shaft No. 2 was opened before its collapse on April 1, 1916 that killed seven Welsh mining-boys between the ages of 6 and 11. Coal mining continued until The Great Depression when lumber and coal were hardest hit, and the population slowly dwindled.

William Pentecost's 1864 description of the area: "Cut in the dark woods where never a shimmer of golden sun shines through the trees and the surface

was covered with vegetation in wild luxuriance. There were monster hemlock trees, some of them of beautiful symmetry lifting their magnificent proportions to an altitude of nearly one hundred feet. Others were bent toward each other having their long limbs locked across the narrow road as if embracing each other and whispering secrets."

Today, the Borough

Building houses a facility on the third floor named, The Pentecost Hall, which was recently renovated for event rentals.

*Courtesy Wikipedia and forestcityborough.com*



Photo of downtown by Forest City Area Historical Society, [www.forestcityareahistoricalsociety.org](http://www.forestcityareahistoricalsociety.org)

# History Of The Advent Wreath

## COUNTING THE DAYS 'TILL CHRISTMAS

Though there is evidence that Christians in the Middle Ages used lighted wreaths as part of their spiritual preparation for Christmas, the Advent is generally attributed to German Lutherans in the 16th century. But, it was a German theologian and educator, Johann Hinrich Wichern who is credited with the idea of lighting candles as Christmas approached.

Wichern was born on April 21, 1808, in Hamburg, Germany. He was a theologian who traveled throughout Germany, preaching and establishing schools, homes, and rescue missions. A man who put his teaching into practice, Wichern founded Rauhen Haus (or Rough House) in Hamburg, Germany – a home for poor children.



In 1839, Wichern ingeniously thought to use a wreath as a teaching tool. For each Sunday of Advent, he positioned a large white candle in the wreath. For every other day in between, Wichern placed a small red candle in the wreath. Each day, a new candle was lit. The children then knew exactly how many days were left until Christmas. The youngest ones also learned how to count.

Wichern's idea may also have influenced the modern Advent calendar. Like the Advent wreath,

the Advent calendar also appears to have its origin in Germany.

*Sources recollections.biz and thepeoplesfriend.co.uk*

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# Origins Of Christmas Tradition

## CELEBRATING THE HOLIDAYS

### Why do we put lights on Christmas trees?

Martin Luther, a famous religious reformer from Germany, is said to be the first person to put lights on a Christmas tree back in the 16th century. Legend has it that he walked through a forest one night and was moved by the beautiful stars shining through the trees. He went home and recreated what he saw for his family by putting a tree in their living room and placing lighted candles on the branches.

### Origin of Eggnog

In early England, Eggnog was an expensive holiday drink made with eggs. When it made its way to the American colonies in the 1700s, colonists substituted rum for the pricey English liquors. Rum was called grog, so bartenders named the drink egg-n-grog. Later, it became Eggnog, after the wooden “noggin” mugs that Eggnog was served in.

### Why we hang stockings

According to legend, St. Nicholas heard about a widower who was worried his three daughters would never marry because they were poor. He found out where the family lived and snuck down their chimney that night. He saw the girls' socks drying over the fireplace, filled them with gold coins, and disappeared. The girls woke up the next morning to find their dowries.

*Courtesy LIFESTYLES Over 50 Lehigh Valley*





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### Interested in volunteering?



Monroe County Meals on Wheels is proud to announce its new refrigerator/freezer. If your hours prevent you from volunteering to deliver meals in the morning or over lunch time, meals can now be safely stored to accommodate for afternoon deliveries.

*Shown in the photo: Alyssa Koeck, Operations Coordinator (left) and Heidi Fareri, Executive Director (right).*

# The Cab Ride

## BY ANONYMOUS

**W**hen I arrived at 2:30 a.m., the building was dark except for a single light in a ground-floor window. Under these circumstances, many drivers would just honk the horn, wait a minute and drive away. But, unless a situation smelled of danger, I always went to the door. This passenger might be someone who needs my assistance. So, I walked to the door and knocked. “Just a minute,” answered a frail, elderly voice.

After a long pause, the door opened. A small woman in her 80’s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940’s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

“Would you carry my bag out to the car?” she asked. I took the suitcase to the cab, and returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. “It’s nothing,” I told her. “I just try to treat my passengers the way I would want my mother treated.” “Oh, you’re such a good boy,” she said.

When we got in the cab, she asked, “Could you drive through downtown?” “It’s not the shortest way,” I answered quickly. “Oh, I don’t mind,” she said. “I’m in no hurry. I’m on my way to a hospice.” I looked in the rear-view mirror. Her eyes were glistening. “I don’t have any family left,” she continued. “The doctor says I don’t have very long.” I quietly reached over and shut off the meter. “What route would you like me to take?” I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she’d ask me to drive slowly in front



of a particular building or corner, as she would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, “I’m tired. Let’s go now.” We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in the wheelchair. “How much do I owe you?” She asked. “Nothing,” I said. “You have to make a living,” she answered. “There are other passengers,” I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly. “You gave an old woman a little moment of joy, thank you.” I squeezed her hand, and walked into the dim morning light. Behind me, a door shut. I didn’t pick up any more passengers that shift. I drove aimlessly lost in thought. What if that woman had gotten an angry driver or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don’t think that I have done anything more important in my life. We’re conditioned to think that our lives revolve around great moments. But great moments often catch us unaware – beautifully wrapped in what others may consider a small one. People may not remember exactly what you did, or what you said, but they will always remember how you made them feel.

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### **KINGSTON**

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# 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*

# Create New Traditions

## THIS HOLIDAY

People of many faiths and cultures gather together to celebrate during the holiday season. Christians exchange gifts, others give presents to only children, some sing carols or bake cookies, and some celebrate quietly. Some homes receive a visit from Santa, Christians decorate a Christmas tree, and the Jewish place a Menorah in their home. Africans display the seven symbols of Kwanzaa and the colors of their flag.

Some families share Christmas Eve with one set of relatives and Christmas day with the in-laws. All of these practices and traditions are statements, beliefs, legends, customs, etc., passed down from generation to generation. Decorating trees, baking cookies, and even making a holiday meal are all familiar traditions. This year, why not consider a new tradition?

### Here are just a few ideas for starters:

**Give back** – volunteer ‘as a family’ at a local food bank or community center

**Donate used toys** – teach your grandchildren generosity this holiday season

**Hang a new ornament each year** – make an ornament and fill your tree with heirlooms

**Organize a book exchange** – share your favorite story with family and friends

**Take a holiday time off from using technology** – spend time socializing, sharing stories and reminiscing

**Celebrate cultural heritage** – celebrate your family history by practicing lost traditions


*Courtesy LIFESTYLES Over 50 Lehigh Valley*

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from this photo  
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# Tips For Older Adults

## COVID-19

With COVID-19 still looming this fall, the upcoming flu season will be more challenging and complicated than in years past. Flu vaccine manufacturers recently projected they will provide as many as 198 million doses this year, surpassing the record set by last winter's flu season (175 million doses).

"While questions remain about exactly what this year's flu season will look like, one thing is very clear: Older adults are particularly vulnerable and more at risk for related complications that could lead to hospitalization," says LaNita Knoke, a registered nurse and health care strategist at Home Instead Senior Care. "Whether you are a member of the aging population or you care for someone who falls into that category, it is critical to take every necessary precaution this year to protect yourself from flu." Similar to COVID-19, influenza presents serious health concerns for individuals 65 years and older, especially those with preexisting conditions such as asthma, diabetes, COPD and heart disease. It is important for older adults to take preventive measures and understand key symptoms of the flu, as well as how they differ from COVID-19.

**Knoke encourages older adults and their families to prepare for flu season with the following suggestions:**

1. Get the flu shot. A simple precaution can be a great act of love for not only yourself, but your community. Get the flu shot as early as possible this year to help reduce the strain on health care systems grappling with COVID-19. Not only can it protect you and others from a preventable disease and its potentially serious complications – it can lessen the severity of symptoms, should you contract the flu. Contact your health care provider, local urgent care clinic or pharmacy to see if they are administering the vaccine and consider making an appointment to avoid long wait times.
2. Prepare your immune system. It's no surprise that our immune defense systems become weaker as we age. However, there are simple, proactive ways to strengthen our immune systems today in order to give ourselves the best chance at staying healthy tomorrow. Staying active with daily



walks or yoga can help our bodies ward off illnesses such as COVID-19 and influenza.

3. Get a good night's sleep. Lack of sleep decreases one's ability to fight off viruses. Consider adding a humidifier to your indoor environment during the winter months and peak flu season. By increasing water vapor in the air, you can reduce the potential for flu symptoms, speed up recovery and ward off future illnesses. Give your body proper time to rest in the right environment, and you'll see positive returns for your overall health.
4. Maintain a healthy diet. Eating nutrient-rich meals is another way to protect your immune system against common illnesses. Fuel your body with nutritious foods that contain a high number of vitamins and antioxidants, such as broccoli, tomatoes and strawberries. Consider speaking with your general practitioner or meeting with a dietitian to help build a meal plan that's right for you.
5. Know the difference. While both influenza and COVID-19 are contagious respiratory illnesses that share many of the same symptoms (such as a fever, cough, body aches or fatigue), there are a few key differences to keep in mind. Symptoms for the coronavirus appear two to 14 days after exposure, whereas flu symptoms come on suddenly. Many people who have been diagnosed with COVID-19 report a change or loss of taste and smell. Shortness of breath, difficulty breathing and chest pain are warning signs for both illnesses that require immediate medical attention.

For more information on staying healthy this flu season, visit [www.preventseniorhospitalizations.com](http://www.preventseniorhospitalizations.com).

*Source NewsUSA*

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Safety  
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# Gift Card Scams

## SPOTTING AND THWARTING

**The warning couldn't be blunter: "Any time someone asks you to solve a problem using gift cards, it's a scam."**

So say consumer fraud experts as we head into the holiday season – an especially popular time for scammers who love tricking people into buying gift cards as step one of their own nefarious schemes. And once they've wormed the PIN number on the back of those cards from their victims, well ... as the Federal Trade Commission notes, "they can get quick cash while staying anonymous."

How much cash? More than \$429 million since 2018, according to the latest FTC figures. And just to show you how trendy these con artists can be, some are now selling the cards for Bitcoin on online exchanges instead of just, say, auctioning them off the old-fashioned way on normal websites. So how could anyone fall for a scam like this? It's all about plausible excuses. "Scammers prey on people's fear and have just enough personal information to create a sense of panic," says Jenny Grounds, chief marketing officer of Cybercrime Support Network, an organization combating cybercrime for individuals and small businesses and educating consumers about scams through resource platforms like scam-spotter.org. "It's that panic that makes their targets feel they need to act immediately without a chance to stop and think."

**Here are some common scenarios to be on the alert for:**

**The E-mail from Your "Boss" Scam** – Either by hacking into their account or using a spoofed email address, the fraudster asks for your urgent help with something job-related. Maybe it's a surprise office party. Or maybe it's a gift for a special client. Whatever, you're told the supposed vendor needs to immediately be paid in gift cards and that you'll naturally be reimbursed for buying them – except, of course, you won't be.

**The Government Imposter Scam** – "This is the IRS calling," the fraudster begins, using the five words sure to strike terror in any- one's heart. But



that's the point. Whether it's the IRS, the Social Security Administration or some other agency, according to a report by the Better Business Bureau, "they claim the consumer has done something illegal, and must either pay a 'fine' with a gift card or move their money temporarily to a 'safe' account by purchasing gift cards." This may be the one time in your life when you're absolutely encouraged to hang up on an "authority figure."

**The Romance Scam** – Reported scams increased by nearly 70 percent last year, according to the FTC, and the pandemic no doubt played a major role. That's because these silver-tongued devils find their prey on online dating sites and social media, and COVID-19 made for the perfect excuse as to why – as much as they really, really "love" their newfound marks – they couldn't meet in person. Often impersonating soldiers, they'll tell you the military doesn't pay great, so could you please send gift cards to have their car, say, fixed. The one possible surprise? It was those aged 20 to 29 – not the elderly – that saw the most striking increase in reported romance scams in 2020.

**The Tech Support Scam** – Those pop-up messages warning that there's a serious problem on your computer can be alarming. But as Grounds says, "they're asking you to pay for services you don't need to fix a problem that doesn't exist." ScamSpotter.org's new campaign uses a series of hyperbolic videos to raise awareness about the latest scams just in time for the holidays. Using the platform's "three golden rules," sharing what you've learned with loved ones, and taking their online quiz to test your own street smarts can help keep yourself and your bank account safe.

*Source NewsUSA*

# It's a Wonderful Life

## AN AMERICAN CINEMA CLASSIC

It's a Wonderful Life is a 1946 American Christmas fantasy, comedy-drama. The film stars James Stewart as George Bailey, a man who has given up his dreams in order to help others, and whose imminent suicide on Christmas Eve brings about the intervention of his guardian angel, Clarence Oddbody (Henry Travers). Clarence shows George all the lives he has touched, and how different life in his community of Bedford Falls would be if he had never been born.

The film is considered one of the most loved films in American cinema and has become traditional viewing during the Christmas season. It all began with a Christmas card. After years of unsuccessfully trying to shop his short story, *The Greatest Gift*, to publishers, Philip Van Doren Stern decided to give the gift of words to his closest friends for the holidays when he printed up 200 copies of the story and sent them a 21-page Christmas card. David Hempstead, a producer at RKO Pictures, ended up getting ahold of it and purchased the movie rights for \$10,000.

### Quiz

1. What is the name of the stumbling, bumbling, but very lovable angel who helps George realize what a wonderful life he has?
2. What is the name of the city where this story takes place?
3. What is the name of the book that Clarence is reading in the beginning of the movie?
4. Who lost the \$8,000?
5. What does it mean when a bell rings?



### Answers

1. Clarence Oddbody
2. Bedford Falls
3. The Adventures of Tom Sawyer
4. Uncle Billy lost it at the bank
5. An angel gets his wings

*Courtesy LIFE-  
STYLES Over 50  
Lehigh Valley*

## Long live independence.

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



**LIFE**  
Living Independence for the Elderly  
Geisinger



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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?

## HOLIDAY GIFTS & PRICES

### 1900 Sears, Roebuck and Co., Fall Catalog

- A GENUINE STRADIVARIUS MODEL VIOLIN: \$7.85
- THE WONDERFUL HOME GRAPHOPHONE – Not a toy but a high-grade and perfect talking machine: \$5.00
- THE WORLD'S BEST ROYAL BLUE VERMONT MARBLE TOMBSTONE: \$29.00
- HIGH GRADE WAGON SCALES – Freight prepaid: \$29.00
- MILK WAGON: \$68.00
- BEST QUALITY 14-KARAT GOLD FILLED RINGS: From 60¢

- HEIDELBERG ELECTRIC BELT – Producing a 40-gauge current of electricity: \$8.00
- HANDY POCKET TABLET REMEDIES – For nervous troubles, cold in the head, pimples, pleurisy, etc.: 15¢
- SUMMER CORSETS – Give waist measurement and not your bust measure: From 25¢
- MEN'S FORM FITTING UNION SUITS: 85¢ and up
- GLASSWARE OUTFIT – 39 elegant pieces: \$2.75

*Courtesy LIFESTYLES Over 50  
Lehigh Valley*



## The Older Adult Learning Community (TOALC) announces its Winter/Spring Semester of virtual and in-person learning Starting January 24, 2022.

### Winter/Spring classes include:

- Arts and Crafts
- Author Readings
- Brain Health
- Bread Baking
- Country Line
- Dancing
- Creative Writings
- Current Events
- Eagle Watch
- Exercise Classes – both in person and online
- Farm Tour at Pocono Organics
- The Music of Billy Joel and Janis Joplin
- The Life and Work of a Political Cartoonist
- Literature and Poetry
- Pennsylvania German Folk Art
- Philosophy of Religion
- Science
- Trivia Contests
- Virtual Museum Tours
- The Work of a County Coroner

To learn more,  
visit or call:  
[www.TheOALC.org](http://www.TheOALC.org)  
570-422-7810



Learning  
is Good  
for Life!!

# Games

## AND ACTIVITIES

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

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

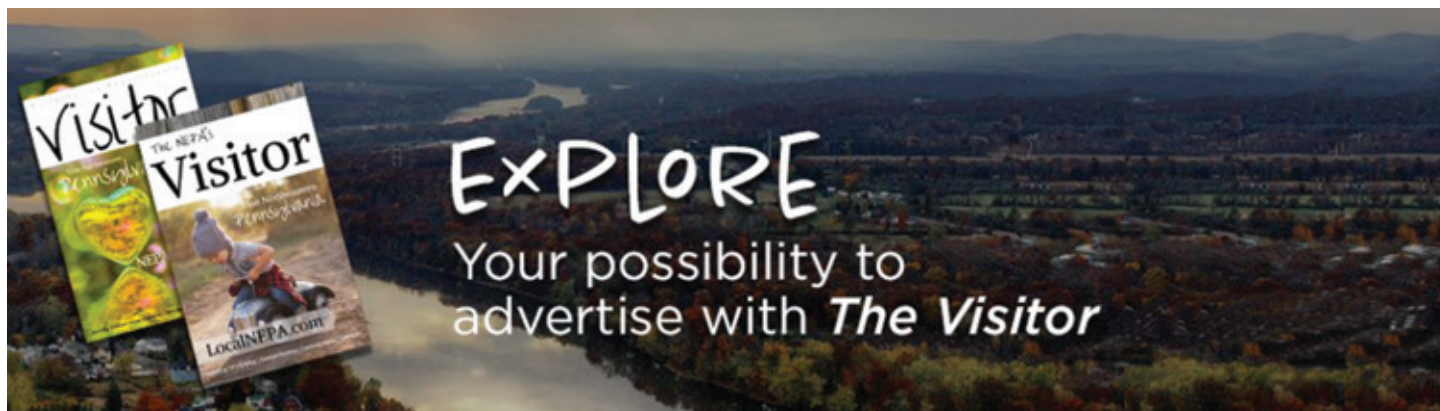
		3		4				2
5			2	1		6		
		9						1
4								6
1								9
9	3	2				5		8
6			4					
3	9				6			
	2		3	9				5

### 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.

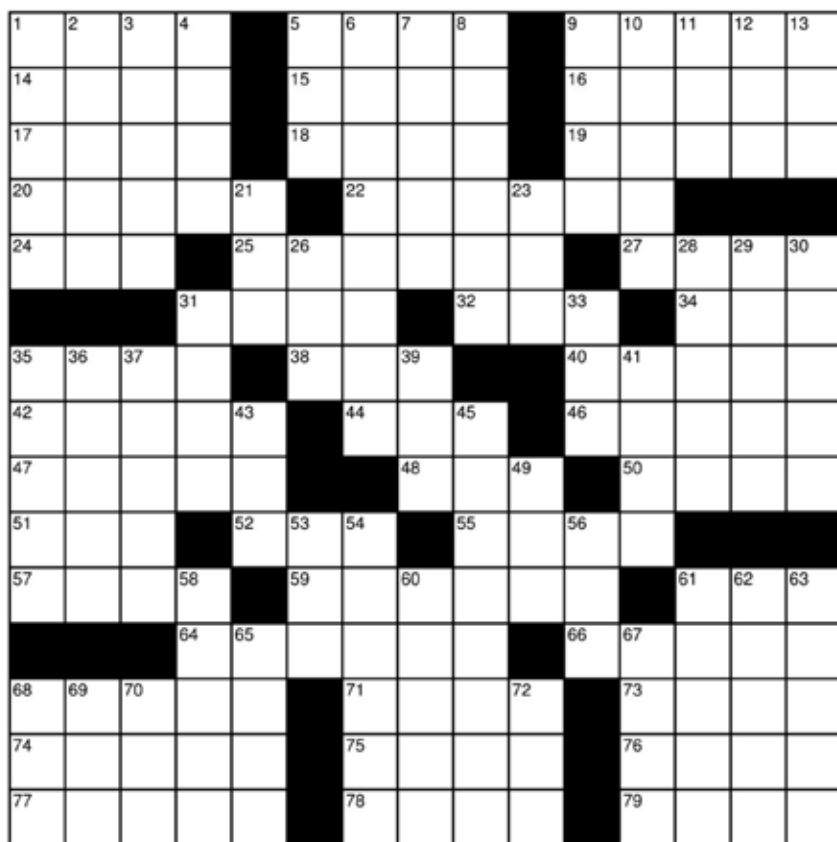
**Answers are provided on page 23.**



# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



### ACROSS

- 1 Tableland
- 5 Underdone
- 9 Red fruit
- 14 Epochs
- 15 Charge card
- 16 Pronoun
- 17 Northeast by east
- 18 Mongolian desert
- 19 Sharp point
- 20 Throw away
- 22 Electrical devices
- 24 Snacked
- 25 Locked
- 27 Vivacity
- 31 Call
- 32 Distress call
- 34 Epoch

- 35 Energy
- 38 Tender loving care
- 40 Singing parts
- 42 Hedge
- 44 Talk
- 46 Molten rock
- 47 Soaking
- 48 Remit
- 50 Fuel
- 51 Anger
- 52 Estimated time of arrival
- 55 Spring flower
- 57 Saclike structures filled with fluid or diseased matter
- 59 Dowdy
- 61 Microgram
- 64 S. American llama
- 66 Author Dickinson

- 68 Japanese poem
- 71 Compass point
- 73 Native ruler in Asia
- 74 Colder
- 75 Cabbage cousin
- 76 Comedian Jay
- 77 Have a bad odor
- 78 Afresh
- 79 Clothing

### DOWN

- 1 Elite intellectuals' society
- 2 Construct
- 3 Sword
- 4 Afloat
- 5 Newspaper
- 6 Done without virtue
- 7 Renounce allegiance

- 8 Banishes
- 9 Lawyer (abbr.)
- 10 Period
- 11 High-school club
- 12 Tell a tall tale
- 13 Stray
- 21 Pressure unit
- 23 Flurry
- 26 Nosh
- 28 Freed (2 wds.)
- 29 Scent
- 30 Whining speech
- 31 Leaky faucet noise
- 33 Surface to air missile
- 35 Alkaline
- 36 Off-white
- 37 Cords
- 39 Hat
- 41 Webbed
- 43 Change hue
- 45 Tumor that can be felt
- 49 Shriek bark
- 53 Teaspoon (abbr.)
- 54 Most northern American state
- 56 Caustic substance
- 58 Occupied
- 60 Large water body
- 61 Graph machine
- 62 Cohere
- 63 Greek sandwiches
- 65 Conceal
- 67 Soften cheese
- 68 Hellos
- 69 Skit
- 70 Roman three
- 72 Tailor

Answers are provided on page 23.

# To Make You Laugh



1. Buy a turkey
2. Have a glass of wine
3. Stuff the turkey
4. Have a glass of wine
5. Put turkey in oven
6. Relax and have a glass of wine
7. Turk the bastey
8. Wine of glass another get
9. Hunt for meat thermometer
10. Glass yourself another pour of wine
11. Bake the wine for 4 hours
12. Take the oven out of the turkey
13. Tet the sable
14. Grab another wottle of wine
15. Turk the carvey
16. Serve with wine

Stick with me for more helpful tips to get through the holidays!

The media reports that people in Dubai wouldn't understand the humor in the Flintstones, but I know for a fact people in Abu Dhabi do.

You matter, unless you multiply yourself by the speed of light ... then you energy.

**Dear Optimist, Pessimist, and Realist, while you guys were arguing about the glass of water, I drank it. Sincerely, the Opportunist.**

***I don't always Whoop, but when I do ... there it is!***

**Raise your hand if you try to breathe quieter while walking up a hill so bystanders don't hear you fighting for your life.**

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**LIFESTYLES**  
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# Games

## AND ACTIVITIES

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

## Word Find Puzzle

### Random Countries

- Algeria
- Argentina
- Burma
- Canada
- China
- Congo
- Ghana
- India
- Iran
- Nigera
- Peru
- Philippines
- Saudi Arabia
- Spain
- Tanzania
- Thailand
- Uganda

### SUDOKU ANSWERS

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

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

### CROSSWORD PUZZLE ANSWERS

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

# What To Do

## WITH YOUR GRANDCHILDREN

**More and more grandparents are becoming the primary caregiver for their grandchildren.**

*In 2017, there were nearly 90,000 Pennsylvania grandparents responsible for the basic needs of one or more of their grandchildren. This is approximately 195,000 children or about 7.2 percent of all children (under the age of 18) in our state.*

Many factors have contributed to the dramatic increase in these numbers:

- Drug and alcohol abuse
- Teenage pregnancy
- HIV/AIDS
- Incarceration
- Divorce
- Loss of a parent
- Military deployment
- Neglect

### **What is Pennsylvania doing about this important issue?**

The Family Caregiver Support Program (FCSP) allows the Pennsylvania Department of Aging to provide aid to those who find themselves in a Kinship Care situation.

### **What is Kinship Care?**

Kinship Care is defined as the full-time nurturing and protection of children who must be separated from their parent(s) and temporarily placed in the home of a caregiver. Kinship caregivers, particularly grandparents, face a variety of emotional, legal and daily living challenges as they unexpectedly find themselves in the position of raising a second family. Depending on the situation, relationships between the grandparent(s) and the parent(s) of the child(ren) often lead to profound feelings of disappointment, anger, embarrassment and shame.



### **Eligibility for grandparents:**

- Caregiver must be 55 years of age or older
- Child must be 18 years of age or younger
- Caregiver and child must be related
- Caregiver and child must reside in the same household
- Caregiver must be the primary caregiver of the child
- Eligibility is based on the assessed needs, and total household income
- Proof of income for all members of the household is required

### **The NEPA Intergenerational Coalition**

The coalition is a local branch offered to assist grandparents facing the responsibility of raising their grandchildren. It meets monthly at the Pittston Memorial Library providing information on child support, custody, adoption, legal assistance, education, health care, support group participation, financial issues and referrals. Concerned families can call to get individual support, and access resources of state, local, and private organizations. Online support groups and educational content is also available via a guided Web search.

For more information on these or other programs, contact your local Area Agency on Aging.

*Sources [pahouse.com](http://pahouse.com), [grgnepa.org](http://grgnepa.org) and Area Agency on Aging*

# Events Calendar

## NEW YEAR'S EVE TRADITIONS

Civilizations around the world have been celebrating the New Year for at least four millennia. The earliest recorded festivities date back 4,000 years. Ancient Babylonians celebrated the start of a New Year at the first new moon following the vernal equinox, the day in late March with an equal amount of sunlight and darkness. Today, most New Year's Eve festivities begin on December 31, the last day of the Gregorian calendar.

### Celebrating the New Year around the world.

**Australia:** Sydney Harbour is site to one of the world's more impressive fireworks display.

**Denmark:** Residents of Denmark greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off of them together at midnight to "leap" into January in hopes of good luck.

**Finland:** People predict the coming year by casting molten tin into a container of water, interpreting the shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

**Greece:** January 1 is also the Festival of Saint Basil. One tradition is to make a St. Basil's Cake. The secret ingredient? A gold or silver coin. Whoever gets the slice of cake with the coin can expect to have a year full of good luck.

**Japan:** Celebrating the New Year in Japan is a three-day festival. One special tradition is to place a kadomatsu outside your home. A kadomatsu is made of pine branches, bamboo, and plum twigs. It symbolizes good luck and is believed to help welcome good spirits into your home.

**New Zealand:** Auckland Sky Tower is part of an impressive fireworks display.



**Peru:** The annual Takanakuy festival is in a province where the people bring in the New Year with fist fights. It is believed to clear the air for the year ahead.

**Scotland:** The 'first-footer' is seen as the bringer of good fortune for the year. If you're the first person to enter someone's house in the New Year, you had better come bearing a gift.

**South Africa:** In Cape Town (the country's second-largest city), different neighborhoods hold a special carnival. Groups sing and dance while wearing brightly colored clothes and face paint.

**United States:** The most iconic New Year's Eve tradition has taken place almost every year since 1907. Millions of people around the world watch the dropping of a giant ball in New York City's Times Square. The ball is a brightly patterned sphere, 12 feet in diameter and weighing in at nearly 12,000 pounds. Many towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops ranging from the Just Born marshmallow Peeps (Bethlehem, Pennsylvania) to possums (Tallapoosa, Georgia).

*Sources history.com, travelchannel.com and tasteofhome.com*

# Giving Back

## NORMA & STEVEN LEVINE



Norma and Steven Levine delivering sleeping mats and canopies made of plastic grocery bags to the homeless.

**“Two of my most active seniors are Norma and Steven Levine, who work their butts off helping seniors, veterans and the homeless!” says Merle Turitz, director, RSVP of Monroe County.**

Norma’s background was in education, teaching in the New York City school system. Her husband, Steven worked for the New York Stock Exchange. Upon semi-retiring 30 years ago, they moved to a ‘retirement’ home they designed and built here, in northeastern Pennsylvania. Steven continued working part time. And for a while, Norma worked part time as a paid tutor for East Stroudsburg University. Then, in 2006, Norma learned that Norma Fagen, the previous director, RSVP of Monroe County was looking to engage the local school districts to offer tutoring. Well, Norma (Levine) jumped right in as RSVP’s education coordinator, a volunteer position.

According to Merle, “It was Norma who recruited me as a volunteer! Through that role, I accepted a paid responsibility as full-time assistant before being offered my current position as director two years later.” Shortly after, Norma came to me and said, “Steven is now retiring full time and you have to find him something to do.” So, I recruited him, and just like Norma, he was off and running. A few months later, Norma came to me and asked, “Merle, what did you do? I don’t see Steven anymore!”

And so it began for Norma and Steven. Steven eventually took on the position of liaison between RSVP and local politicians, and advocacy groups. And they’re both part of RSVP’s Merry Mat Makers – plastic grocery bags weaved into 60-inch by 4-foot rolls – delivering sleeping mats and canopies to the homeless. The Levines’ volunteer their time with the Adult Literacy program (part of RSVP) as well. And, because meals are not being served at the Barrett Senior Center due to the pandemic, they are delivering to food pantries and community meal programs.

But, it doesn’t end there. Norma and her husband are also members of the Monroe County United Way. They volunteer their time with Operation Chillout, assisting homeless veterans find a place to stay, or anyone who finds themselves in an emergency situation. And, their caring voices can be heard on the other end of the phone as they take time to make calls to shut-ins. You will also see Norma’s warm smile volunteering at a local library, especially around Hanukkah.

**Should you want to volunteer your time taking care of our seniors, assisting veterans in need or helping the homeless, contact Merle Turitz, director, RSVP of Monroe County at 570-420-3747 to learn how you can help.**



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Your health deserves a partner.

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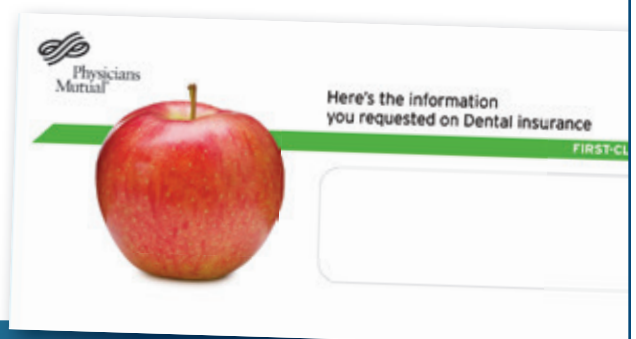
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