



Northeastern Pennsylvania LIFESTYLES™

O V E R 5 0

ANNUAL DIRECTORY 2024

Aging In Place —

p. 8-9

Senior Care Services —

p. 10-11

Senior Housing —

p. 16-17

Professional Services —

p. 18-19

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Cover Story

ANNUAL DIRECTORY



Hello,

This is our 2nd Annual Directory listing of senior care services for our northeastern Pennsylvania readers – a comprehensive guide for you to use when it comes to searching for information and assistance with Aging in Place, Senior Care Services, Senior Housing and Professional Services.

We also included articles, games and puzzles for your enjoyment. I've become addicted to the Sudoku puzzles that you can find on page 20. You'll find two puzzles that you can easily do to improve your memory in one sitting. Also, check out the article on Punctuation. The history behind creating pauses and inflection of tone when reading someone else's writings is very interesting. It's also neat to know that punctuation continues to evolve. The creation of emoticons ;) and emojis have become second nature in texting and e-mail. You almost need to use a translator to understand the text messages sent from the younger generation.



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Lif Northeastern Pennsylvania
STYLES
O V E R 5 0

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 & VOLUNTEERS

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 or volunteer for their work, and with a check donation – a small token of our appreciation for your commitment to our seniors of NEPA.

If you are a local nonprofit or volunteer 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

Spirit Of Giving

VOLUNTEERING AMONG SENIORS

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity, and lower mortality rates. One of the key benefits of volunteering is social support, and the prevention of loneliness and isolation. Following are a few more!

It’s good for your mental health

Volunteering keeps the brain active, which contributes to better mental health. Meaningful and productive activities can help you feel happier and provide you with a positive outlook on life.

It increases physical activity

Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking with someone as a companion.

It gives you a feeling of purpose

Children grow up and move out of the house, we retire from our jobs, and family and friends pass away. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new purpose for living.

It helps you learn new skills

Many volunteer activities allow you to try things you’ve never done before and learn new skills. Embrace opportunities that are a little outside of your comfort zone.

Following are just a few organizations that could use your help:

- Area Agency on Aging
- Foster Grandparent Program
- Meals on Wheels
- Ombudsman Program
- Senior Community Service Employment Program
- Senior Companion Program

Call 610-570-390-3350 or e-mail NEPA@LIFESTYLESover50.com and we’ll be happy to refer you to the right organization and contact.

Tech Savvy Seniors

WHAT IS AI, ARTIFICIAL INTELLIGENCE?

Artificial intelligence (AI), in its broadest sense, is intelligence exhibited by machines, particularly computers.

Intelligent beings have been featured prominently in many older belief systems, like the Norse figure, Kvasir (a being made from the spit of the gods), the Greek automaton, Talos (a metal man forged to protect Crete) or the Jewish folklore figure of the golem (a clay being made to serve a master). Examples in popular media, beginning with Mary Shelley's 1818 novel, *Frankenstein* and Fritz Lang's 1927 German expressionist film, *Metropolis* are more fairly recent examples. Today's modern-era films include *Star Wars*, *The Terminator*, *The Matrix*, *I-robot* and others. In the 1950s, two schools had emerged regarding how machine intelligence could be achieved. The symbolic "AI" approach sought to create human-like systems of logical processes and semantics within computer language. The competing approach to machine intelligence was known as the "connectionist approach," which attempted to more closely emulate the workings of the human brain – neural networks that behaved similarly to the networks of neurons in the brain. More recent developments of the 21st century have allowed for connectionist ideas to gain new traction. Improvements in computing speed and cost, coupled with the explosion of big data allowed for incredible advances in machine learning. Computers could now intake and process massive data sets. And by 2015, Google had more than 2,700 AI projects already in development.

The Future is here. Emboldened by cloud computing, deep learning and more big data a "fully intelligent machine" has yet to be created, although the field of AI research has already made incredible and far-reaching impacts on today's society, including:

- Digital assistants, such as Apple's Siri and Google's Alexa
- Facial recognition for secure access, such as used by Apple's iPhone
- Healthcare, such as Website like WebMD.com
- Autonomous driving vehicles, like Elon Musks' Tesla
- Social media for directing advertising to the right audience
- And more!

AI is an increasingly popular topic of conversation when it comes to tech these days, especially with the public release of tools like ChatGPT to assist with writing and creativity. And while AI has legitimate and beneficial applications, some of its negative aspects are overshadowing its positive potential. One of the big concerns when it comes to AI use is how it is being exploited by hackers and scammers for malicious purposes.

Modern AI systems utilize a technique called machine learning. This technique enables systems to learn from data and improve their performance without being explicitly programmed. It involves training a model using a large amount of data, allowing it to begin to recognize patterns in that data and then asking it to make predictions or classifications. Understanding how AI is used by hackers and scammers may protect you and your loved ones from theft or harm:

- One alarming way scammers are using AI is through voice duplication, known as vishing. By utilizing short audio clips of people posted online, scammers can clone voices and deceive individuals into thinking they are speaking to someone they know to trick their victims into divulging sensitive information.
- Phishing e-mails have become increasingly sophisticated, often mimicking genuine company or government communications. AI models are trained using examples of content, enabling scammers to train AI algorithms to create highly realistic impersonations of legitimate e-mails and texts. This technique makes it harder for individuals to discern between real and fake communications.

Being skeptical of unexpected contacts and requests remains essential. However, it's important to note that AI can also be used for good, even in the fight against scammers. If you believe you are a victim of a scam, contact your local police right away.

Sources Wikipedia, The Kirby Foundation and cyberseniors.com

In Your Neighborhood

ARCHBALD

White Oak Run Settlement

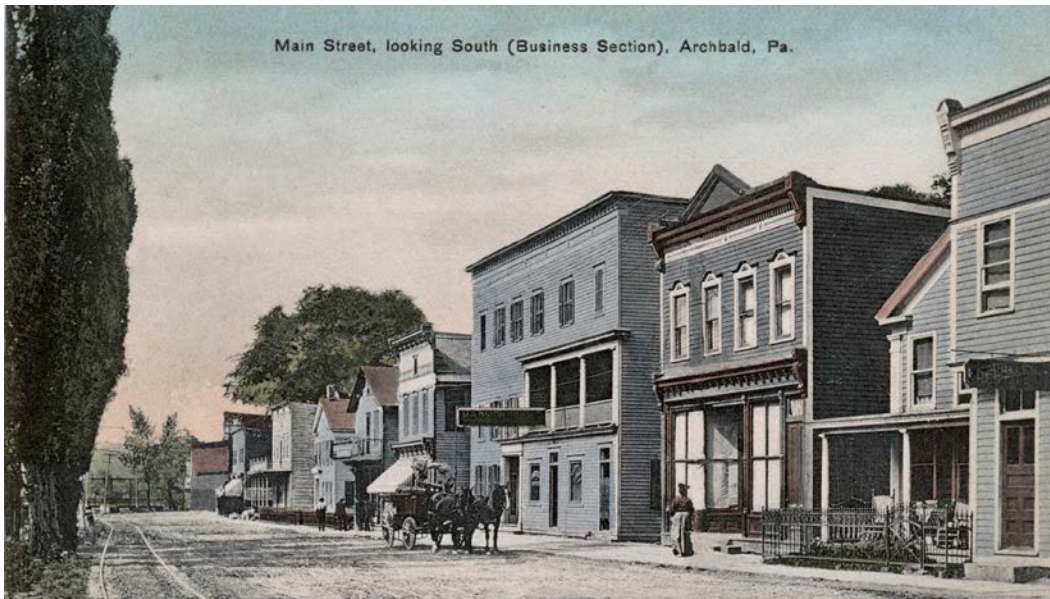
QUICK FACTS

County: Lackawanna

Founded: 1876

Population: 7,297 (2020 census)

Website: archbaldboroughpa.gov



Historic photo of main street in Archbald, Pa.

The first settlers described Archbald as: “A magnificent region in those days. It was a vast expanse of woodland, dotted here and there with well-tilled farms. Viewed from the high rocks at the northern end of town, it made an entrancing panorama as the landscape spread away towards the North and the South. The well-wooded hills especially in the fall gathered up her robes of glory, presented to the beholder a vision of loveliness in color not easily surpassed.”

The settlement of Archbald (or White Oak Run) began in 1845. The vast majority of the settlers were Irish Catholics, fleeing the potato famine in Ireland. Archbald Borough was incorporated in 1876 from Blakely Township and named after James Archbald, who was very prominent in the

development of the Lackawanna Valley, both economically and industrially. Held in high esteem by those who knew him best, Mr. Archbald had the entire confidence and affection of the railroad managers and employees. “The simplicity of his character, the purity of his life and the uprightness of his dealings, have made his name syn-

onymous with honesty. He never failed in his work, he never refused a favor, nor harbored an enemy and he never solicited an office.”

Today, Archbald Borough is the eighth largest borough in the state. It comprises of Archbald Pothole State Park, a 150-acre park, it is named for Archbald Pothole, a geologic feature that formed during the Wisconsin Glacial Period around 15,000 years ago. The pothole is 38 feet deep and has

an elliptical shape. The diameter of the pothole decreases downward. The largest diameter is 42 feet by 24 feet. At the bottom it is 17 feet by 14 feet. The pothole has a volume of about 18,600 cubic feet, therefore it could hold approximately 140,000 gallons of water.

The Lackawanna River, designated as an American Heritage River in 1997, runs through Archbald Borough. The Pennsylvania Fish & Boat Commission classified sections of the river that runs through Archbald as Class A Wild Trout Waters, meaning the river supports and sustains an abundant amount of wild brown trout for anglers to catch.

Sources Wikipedia and archbaldboroughpa.gov



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



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

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

Aging In Place

CARE FEATURE




ActiveDay Health Care	<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>
Allied Services	<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 & 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>
 B/S/S/T Area Agency on Aging, Inc.	<p>220 Main Street Towanda, PA 18848 1-800-982-4346 www.bsstaaa.org</p>	<p>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>
Comfort Keepers	<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



Griswold Home Care	529 Seven Bridge Rd. Suite 214 East Stroudsburg, PA 18301 570-798-1295 570-424-7678 www.GriswoldHomeCare.com	<p>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.</p>
Home Instead	506 North State St. Clarks Summit, PA 18411 1-888-607-0308 www.HomeInstead.com	<p>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.</p>
	Call a LIFE Geisinger center near you. Scranton: 800-395-8759 Wilkes-Barre: 844-835-2766 Kulpmont: 866-230-6465	<p>Helping older adults live independently, at home. This all-inclusive model of care includes preventive care, medical care, social services and long-term care, when necessary. Participants enjoy socialization, coordinated healthcare, personal care, meals, and transportation to and from home to a LIFE Geisinger center.</p>
Telespond Senior Services	Colleen Garrison Director, Foster Grandparent Program 1200 Saginaw St., Scranton, PA 18505 570-961-1950, ext. 330 www.telespond.org	<p>Providing community-based care to older adults and caregivers to enhance the well-being of older adults by promoting independent living, offering low-cost alternatives to institutionalized care, and collaborating with service providers and healthcare experts to ensure an effective program. Inquire about their Foster Grandparent Program for senior volunteers.</p>
Visiting Angels	2275 Milford Rd. East Stroudsburg, PA 18301 570-609-2996 www.VisitingAngels.com	<p>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.</p>

Senior Care Services

CARE FEATURE



	<p>Pennsylvania Office 60 Plaza Lane Wellsboro, PA 16901 570-298-7021 www.a4td.org</p>	<p>Associates for Training & Development (A4TD) provides training and employment services to mature workers. One of its most popular programs is the Senior Community Service Employment Program (SCSEP), a work-based, job-training program for older adults. Authorized and funded by Title V of the Older Americans Act, the program provides training for low-income, unemployed seniors.</p>
<p>Area Agency on Aging</p>	<p>Aging.pa.gov</p>	<p>The Area Agency on Aging (AAA) is part of the Pennsylvania Department of Aging, serving the needs of mature adults out of 52 offices across all 67 counties of Pennsylvania. A short list of programs include: Adult Day Centers, Senior Community Centers, Foster Grandparent Program, Home Delivered Meals, Mature Worker Program, and more.</p>
	<p>Scranton 866-986-1948 Kingston 866-566-2967 Wilkes-Barre 866-595-7921 Hazleton 866-288-5302</p>	<p>At Geisinger 65 Forward, you get more time with your doctor and more access to personalized care. With a variety of services all under one roof, and the ability to make same-day appointments, it's a new approach to primary care for people 65 and older focused on your health needs.</p>
	<p>mealsonwheels america.org</p>	<p>Meals on Wheels operates in virtually every community in America through its network of more than 5,000 independently-run local programs. While the diversity of each northeast Pennsylvania program may vary, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.</p>
	<p>570.677.6988 nepaagingsecretary@gmail.com</p>	<p>NEPA Aging Network Alliance (NANA) is a non-profit inter-agency group with the goal of promoting awareness of services and issues affecting older adults in northeast Pennsylvania. Members are caring professionals representing different businesses and organizations available to help answer questions from healthcare insurance, elder law, short and long term care options, and more.</p>

Senior Care Services

CARE FEATURE



 <p>AmeriCorps Seniors RSVP</p>	<p>Neal Gallagher, Director</p> <p>411 Main Street, Suite 102-B Strouds- burg, PA 18360 570-420-3747</p>	<p>AmeriCorps Seniors RSVP is America's largest volunteer network for people age 55+ by matching the talents, skills, and experiences of its volunteers with the needs of area non- profit agencies, schools, government offices, and other organizations. RSVP of Monroe County is sponsored by the Area Agency on Aging and the County Commissioners.</p>
<p>Serving Seniors – Ombudsman Program</p>	<p>Lackawanna County lkorgeski@ servingseniorsnepa.org Luzerne and Wyoming County sdrake@ servingseniorsnepa.org mgabrielle@ servingseniorsnepa.org Monroe, Pike, and Wayne County mrspoli@ servingseniorsnepa.org</p>	<p>Ombudsman are trained individuals who advocate to resolve concerns on behalf of individuals who receive long-term care services. Ombudsman provide information to residents and their family about rights, procedures and additional resources within the facility or community.</p>
<p>Special Recreation Services</p>	<p>Debbie Smith President & CEO dsmith@special recreationservices.org 570-972-7949 www.special recreationservices.org</p>	<p>Special Recreation Services (SRS) is a non-profit organization dedicated to providing recreational, socialization, and habilitation activities for independent adults (18+) who are intellectually disabled, autistic and/or mentally ill. Three quarters of participants are 55+. Group activity programs mainly take place in Monroe County with other services available throughout NEPA.</p>
	<p>570-422-7810 www.TheOALC.org</p>	<p>The Older Adult Learning Community (TOALC) is an independent community organization that offers diversified courses geared to the interests of its members covering topics of art, history, finance, health, sports, philosophy, and writing. Summer outdoor activities often include birding, kayaking, pickleball, Tai Chi, and more. Class leaders and volunteers receive a free membership.</p>
<p>VetAssist</p>	<p>Sue Ellen Engelman VetAssist Regional Manager 570-793-5491 sengelman@veterans homecare.com www.Veterans HomeCare.com</p>	<p>The VetAssist Program is part of Veterans Home Care that connects a national network of 3,800+ home care agencies with eligible veterans and spouses who need an in-home caregiver. VetAssist clients receive help with transportation, meal preparation, medication reminders, light housekeeping, and personal care such as bathing, dressing, and using the bathroom.</p>

Understanding the Differences

PERSONAL CARE, ASSISTED LIVING & MEMORY CARE

Personal Care Homes – Residences that provide shelter, meals, supervision and assistance with personal care tasks, typically for older people, or people with physical, behavioral health, or cognitive disabilities who are unable to care for themselves, but do not need a nursing home or medical care. Typical services include assistance with: eating, drinking, bathing, toiletry, walking, getting in and out of bed, arranging health care, administering medications, doing laundry, using prosthetics, scheduling doctor's appointments, transportation, shopping, managing finances, communications and more. Personal Care Homes are inspected and licensed by the Pa. Department of Human Services. They are usually privately-owned, although some are operated by local government or non-profit agencies. In Pennsylvania, homes may be licensed to care for as few as four people and as many as several hundred.

Assisted Living Facilities – While those with early-stage Alzheimer's can function independently, those who are in the middle-stage require some supervision

and care. In assisted living facilities, individuals generally live in a private studio, private apartment, or a shared apartment, and have staff available to assist them 24-hours a day. This is ideal for those who are still able to live with some independence, but do require assistance with activities of daily living, such as housekeeping, bathing, dressing and mobility. Medication management, transportation to doctor's appointments and social activities are also offered. In addition, there will be a dining hall where residents gather to eat meals.

Memory Care Units – For individuals with dementia who require a higher level of skilled care and supervision, memory care units are an ideal option. These units offer both private and shared living spaces. Sometimes they exist as a wing within an assisted living facility or nursing home or they can operate as stand-alone residences. 24-hour, supervised care is provided by staff trained to care for the specific needs and demands of dementia patients. Memory care units offer the same services as do assisted living facilities, as well as activities intended to stimulate the memory of those with Alzheimer's and other dementias and possibly slow the progression of the disease. Activities may involve music, arts and crafts, games, etc.

Other Differences – Generally, safety checks are done more frequently in memory care units, and some residences even utilize tracking bracelets that will sound an alarm if the resident goes near an exit. Memory care units also tend to follow a more rigid scheduling structure, since those with dementia can easily become stressed in unfamiliar environments and generally do better with routine. It's common for those with Alzheimer's to have a lack of appetite, so memory care units put forth considerable effort to design meals to address this issue. This may be done by creating a contrast between the color of the food and the plate on which it is served so that residents can easily see their food. Extra safety measures are also taken on memory care units to ensure the safety of their residents.

Courtesy LIFESTYLES Over 50 Lehigh Valley



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Eco Strips

DITCH YOUR LAUNDRY DETERGENT

The laundry industry would have you believe that in order to get brilliant, clean laundry, you need to use powders, liquids and pods that are diluted with water, and come in bulky, single-use plastic containers. However, according to the EPA (Environmental Protection Agency), plastic waste is en route to overtake fossil fuels as the leading environmental pollution by 2030. According to The Ellen MacArthur Foundation, there will be more plastic than fish in the oceans by 2050, making this the best time to consider a more sustainable laundry routine.

Offering the same cleaning power as traditional detergents, eco laundry strips are leading the way with many benefits. Usually sold online by subscription with free sampling, these pre-measured, paper-thin resin strips boast natural ingredients, zero waste and no plastic – good reasons to consider ditching mom's laundry detergent for an eco-friendly one.


In case you're considering reducing plastic in your household this year, here are three earth-impacting reasons to make the switch to laundry strips:

- **95% Less Transportation Pollution.** Significantly reducing greenhouse gases and fossil fuels, laundry strips are concentrated soap that dissolves and biodegrades naturally in water. They're small and lightweight, unlike traditional detergent that is 10% soap and 90% water, which results in transporting water around the world and having a huge eco footprint.
- **Plastic-Free.** Laundry strips are pre-measured with one strip equaling one load, and packaged in recycled paper, unlike most common detergents that use single-use plastic containers. With 292.4 tons of plastic ending up in landfills and less than 9% actually recycled (source EPA), going plastic-free to save the environment is a no-brainer.
- **Plant-Derived Ingredient.** Laundry strips are hypoallergenic and safe for the most sensitive skin types. They boast natural scented oils and plant-derived ingredients that clean laundry, as well as traditional detergent, minus the over-200 synthetic chemicals that can result in skin or eye irritation, eczema, rashes, endocrine disruption, and more.


Adding to the positive environmental impact, let's not overlook the convenience. After all, who wouldn't love not having to deal with big, bulky containers? Ordering by subscription may take a moment to get used to but having your laundry detergent delivered in an envelope to your door and storing it in a drawer is a huge bonus we're guessing your home decorator will love.

By transforming the way we do laundry we can do our part to reduce our environmental impact. Learn more about eco laundry strips, and try them for free at [USolve.com](https://www.usolve.com)

Courtesy NewsUSA



Elan Gardens Senior Living
A Jewish Senior Life Community




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Astronomy

FUN AND EDUCATIONAL FOR ALL AGES

Humankind has been looking up at the night sky forever in awe and wonder. The earliest records of this date back thousands of years. Cave drawings have been found showing constellations, to which some cultures gave names of gods and animals. Others used the movement of the sun and stars to determine when to plant and when to harvest. At the same time, astronomers were asking questions about the nighttime sky, especially “What’s out there?”

Astronomy is an ever-changing science as we learn more and more about not just the Milky Way Galaxy that we live in, but our entire universe. Aristotle learned that the world was round by studying the phases of Venus. He noticed it would cycle like our moon. The famous Hubble Telescope Deep Field image is a great example of our knowledge being changed forever. Hubble was pointed at an area of the sky about the size of a postage stamp, expecting not to see too much. To our amazement, the image was filled with thousands of galaxies pictured at right.

If you can see stars in your backyard, you can still have fun with astronomy. A great start is learning the constellations and naming the stars in them. When do they appear in the sky during the year? Why do they move? What is the story behind the name of the constellations? Who was Hercules, anyway? Many of these stories are embedded in Greek mythology. Ursa Major, The Great Bear and the Big Dipper. How do all of these names apply to one constellation and why? Did you know that the middle star in the handle of the Big Dipper has another, fainter star very close to it? The story is that Native Americans used this as a vision test for young braves. If they could see both of those stars, their elders knew they had vision good enough to hunt for game.

Have a few reclining lawn chairs? Get them ready, bundle up and go out and watch for the Perseid meteor showers! Are they every night? No, they are only at a certain time of year. Well, how do we know when to watch? Astronomy has never been easier, with numerous programs, Apps, and publications that tell you what’s in the sky tonight –

where, when and how long it will be visible. A very nice and simple program to use is called “Stellarium.” It is free and you can load it on a computer or phone. You can set the time and date for any day or time you wish and see what will be in the sky that night. An App like “Sky Safari” will also help you find items in the night sky because it has a compass mode. You just point it at the sky and it will tell you what you are looking at. More advanced users can even control their telescope with these programs. Two very good magazines that make excellent gifts for budding astronomers are *Astronomy* and *Sky and Telescope*.

So, if you want to relive what our relatives saw thousands of years ago, just step outside, look up and imagine what might be there.

Courtesy LIFESTYLES Over 50 Lehigh Valley by Eric Loch, Lehigh Valley Amateur Astronomy Society



Enjoy Every Moment

Tunkhannock Manor offers seniors a safe, secure, home-like community, taking the worries out of daily life. Enjoy an active lifestyle with personalized support based on your individual needs.

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National Punctuation Day

SEPTEMBER 24

The holiday was established in 2004 by Jeff Rubin, a former journalist who now runs a publishing business. Punctuation Day was started to promote the use of punctuation and demonstrate how punctuation is responsible for articulate and effective written communication.

The holiday is celebrated mostly by English teachers by explaining the history of punctuation, watching a Webinar related to punctuation, reading a book out loud and/or baking cookies in the shape of punctuation. Punctuation is important because it helps separate sentences into elements to clarify meaning. Otherwise, the meaning of the written words might get lost or open to interpretation. Interestingly, punctuation did not emerge in conjunction with writing. Before using punctuation, writings were a continuous run on thought, occasionally separated by a space.

The history of punctuation started back in the 3rd century BC by Aristophanes of Byzantium. He was credited with the beginning of the Greek system of punctuation using dots at the end of a completed thought. A dot located at the top indicated a pause similar to using a comma; a dot in the middle was used for a longer pause, like that of a colon; and a dot at the bottom was used to indicate the end of the sentence. Since the beginning, the evolution of punctuation continued to produce even more distinguishing meanings of written text. It is thought that the exclamation mark (!) was derived during the 15th century from the Latin word for joy (oi). The letter "i" eventually moved above the "o" which became the dot below a vertical line. The apostrophe came about in the 16th century to fill in where a letter no longer was pronounced (e.g. loved became lov'd). And today we use this punctuation rule to shorten 'cannot' to 'can't,' and 'would not' to 'won't.'

Music has been influential for punctuation. The breve and caesura are musical symbols used to determine rests. They suggest changes in tone and meaning. They are like punctuation which is a necessary part of the sentence to determine pauses.

But the real evolution of punctuation coincided with the invention of the printing press in 1440s.

The large-scale production of articles and letters helps standardize the punctuation guidelines.

A not-so-common punctuation mark is the interrobang which is a combined question mark and exclamation mark on top of each other, as (!?) or (!?). This symbol represents shouting a question or the use of a rhetorical question.

Today, the digital age has once again transformed punctuation by expressing emotion with emoticons. We are all familiar with the Smiley Face 😊 used to indicate happiness. It is not uncommon to create an entire sentence using just emojis. It just goes to show that punctuation remains dynamic and evolving aspect of our language to convey clarity of written thoughts.

Source: unravellingmag.com/articles/history-punctuation-english

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Senior Housing

CARE FEATURE



B'nai B'rith Senior Apartments	<p>61 East Northampton Street Wilkes-Barre, PA 18701 570-825-8594 www.liveatbbwilkesbarre.com</p>	<p>Perfectly suitable to 62+ and mobility impaired senior residents, a newly renovated, modern interior promises a welcoming home and community for comfortable and relaxed living. Located in a central location of downtown Wilkes-Barre, providing easy access to the city's transportation, shopping, restaurant, healthcare and entertainment destinations.</p>
 CLARKS SUMMIT <small>SENIOR LIVING</small>	<p>950 Morgan Highway Clarks Summit, PA 18411 570-586-8080 www.fivestar-seniorliving.com</p>	<p>You'll be greeted by a wide and welcoming front porch of this 'retreat,' nestled in the quaint Pennsylvania suburb of Clarks Summit. Kick back and relax knowing all your needs are taken care of. That means more time for doing the things you love with new friends. Swap stories by the fire in The Tavern, toss back popcorn as the lights dim for a classic flick in the movie theater.</p>
 Elan Gardens Senior Living <small>A Jewish Senior Life Community</small>	<p>465 Venard Road Clarks Summit, PA 18411 570-585-4400 www.elan-gardens.com</p>	<p>The gold standard for your senior years! Amenities: private apartments; all-inclusive pricing (inquire); clean, safe environment; located on 20 beautiful acres in the Abington's; daily social activities; healthcare coordination; memory care available. Interested in a temporary stay? Ask about their Respite Care.</p>
Gardens at Tunkhannock	<p>30 Virginia Drive Tunkhannock, PA 18657 570.836.5166 www.gardenstunkhannock.com</p>	<p>The Gardens at Tunkhannock for Nursing and Rehabilitation is located off Route 6 outside of downtown Tunkhannock. The facility has 124 beds for both short-term rehabilitation and long-term nursing care, all on one floor. A caring and professional staff offers a variety of clinical care solutions, including physical, occupational and speech therapy.</p>
Masonic Village at Dallas	<p>36 Ridgway Drive, Suite 1 Dallas, PA 18612 570-675-1866 www.masonic-villagedallas.org</p>	<p>A game of cards, or cocktail hour are never hard to find. Join in social groups, volunteer opportunities and clubs. Any time, day or night, staff will be at your door if you need them. You can customize the look and feel of your apartment or villa, while staff help maintain appliances, interior and exterior repairs and landscaping. You can forget about snow shoveling, leaf raking and mowing.</p>

Senior Housing

CARE FEATURE




The Greens at Shadowbrook	<p>201 Resort Lane Tunkhannock, PA 18657 (570) 285-1575 www.shadowbrookresort.com</p>	<p>Nestled in the picturesque Endless Mountains, The Greens at Shadowbrook provides a setting where the caring, comfort and routines of home are maintained. Therapeutic programs provide mental and physical stimulation. A regular program of social activities encourages personal interaction with others. Along with an on-site restaurant and lounge that serves pizza, sandwiches and a variety of home-cooked meals.</p>
	<p>200 Lake Street, Dallas, PA 18612 (570) 675-9336 www.themeadowsdallas.com</p>	<p>The Meadows Manor offers quality personal care, support and security 24/7 by providing assistance with activities of daily living. Medication management/administration, housekeeping, restaurant dining, vibrant activities and more are provided. They offer Physical, Occupational and Speech therapies allowing residents to receive the care they need in one location.</p>
	<p>4 E Center Hill Rd Dallas, PA 18612 (570) 675-8600 www.themeadowsdallas.com</p>	<p>The Meadows Nursing & Rehabilitation Center is a 130-bed center providing both short-term rehab and long-term care. Their interdisciplinary approach incorporates all departments as a team to aid our residents with compassionate and professional services including Physical, Occupational and Speech therapies. And their philosophy has always focused on residents first.</p>
The Pines Senior Living	<p>1300 Morgan Highway Clarks Summit, PA 18411 (570)-587-7709 info@thepinescs.com www.thepinesclarkssummit.com</p>	<p>Providing personal care for seniors, this community is the perfect solution for seniors in the greater Scranton area who wish to remain independent, but need some assistance with daily living. Locally owned and managed, The Pines provides rich and fulfilling living arrangements with hands-on-care by professional staff focused on the interests and needs of each individual resident.</p>
	<p>Wesley Village Campus 209 Roberts Rd., Pittston, PA 18640 570-655-2891 Tunkhannock Campus 50 W. Tioga St., Tunkhannock, PA 18657 570-836-2983</p>	<p>A faith-based nonprofit organization that operates a continuing care retirement community in the Scranton/Wilkes-Barre area and a personal care campus in Tunkhannock, as well as two multi-level senior living communities near Binghamton, New York. Mission: Provide a wide range of senior living services with exceptional care and compassion.</p>

Professional Services

CARE FEATURE



Abington Audiology & Balance Center	790 Northern Blvd. South Abington Township, PA 18411 570.587-3277 www.abington audiology.com	<p>Dr. Erica Schoenberg Gallagher, Audiologist opened the doors of Abington Audiology & Balance Center in 2007. The staff's number one priority is delivering exceptional patient care – combining years of expertise in hearing healthcare and a variety of services ranging from evaluations to treatment.</p>
Area Agency on Aging – Mature Worker Program	570-822-1159 1-800-252-1512 www.Luzerne county.org	<p>The Mature Worker Program, Senior Community Service Employment Program (SCSEP) sponsored by the Area Agency on Aging for Luzerne and Wyoming counties offers seniors (age 55+) an opportunity to receive the job skills and job leads necessary by assigning a program participant to a government or non-profit agency.</p>
	1167 Interchange Rd. Lehighton, PA 18235 610-377-6960 www.buckno lisicky.com	<p>Serving businesses locally and abroad since 1969, Buckno Lisicky & Company's Certified Public Accountants and Business Consultants have the credentials, experience and most advanced computer technology to develop strategic, long-range plans for each and every client. Visit any of their four convenient office locations in Allentown, Bethlehem, Lehighton, as well as New Jersey.</p>
Gannon Associates Insurance	28 Main Street Towanda, PA 18848 570-265-3197 844-GANNONS	<p>Started in 1973, Gannon Associates Insurance can attribute its company's steady growth to one thing: loyalty. With 12 office locations and a service area that covers Pennsylvania, New York and other surrounding states, its friendly and knowledgeable staff are committed to delivering unparalleled service to the communities in which they live and work.</p>
Janney Montgomery Scott	The Butera Jordan Bender Hendricks Group 613 Baltimore Drive, Suite 202 Wilkes-Barre, PA 18702 570-331-2751 www.thebjbhgroup.com	<p>Janney Montgomery begins every relationship with a conversation, helping you identify and prioritize which goals matter most. The team delivers a customized experience to assist clients not only in wealth accumulation and preservation, but in areas that go beyond investments, such as transferring wealth to your loved ones.</p>

Professional Services

CARE FEATURE



Life Money Management	120 Bridge St., Suite 5 Tunkhannock, PA 18657 570-406-3312 julianne@lifemoneymanagement.com	<p>Bringing piece to your financial life! Life Money Management is here to help you achieve greater satisfaction and control over your finances through education, organization and money management. Are you finding yourself smack dab in the middle of caring for your aging parents? Sign up for a free tips and tricks guide.</p>
Notary On Wheelz	Wilkes-Barre / Luzerne County 570-793-1834 www.notaryonwheelz.com sonia@notaryonwheelz.com	<p>Sonia A. Ramos Chesson has been providing mobile notary and loan signing services in Northeastern Pennsylvania since 2013. Notary On Wheelz is a full service, Mobile Notary and Loan Closing Company, providing closing services for realtors, real estate developers, lenders, home sellers, and buyers. "Don't move, I will be right there!"</p>
NovaCare Rehabilitation	www.novacare.com/ contact/ find-a-location	<p>Expert clinical care; Compassion; A trusted and a true partner in feeling better: These are shared sentiments from patients on why they chose NovaCare to help them get back to work, sports and life. NovaCare is committed to helping you heal, regain strength and mobility, and reduce pain. Get back to the things you love through the power of physical therapy.</p>
	www.pivotphysicaltherapy.com/ locations	<p>People. Passion. Purpose. Whether you're recovering from an injury, recently undergone a medical procedure, been in a car accident or have other concerns that keep you from being your physical best, physical therapy can help you. With 41 convenient locations in Pennsylvania, Pivot Physical Therapy offers dozens of specialty services to serve your needs.</p>
	610 Wyoming Avenue Kingston, PA 18704 570-287-8649 www.hearing-center.net	<p>Providing quality-hearing care for over 40 years. They offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. Visit their Website to schedule an appointment at any of their five convenient locations.</p>

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

ANNUAL DIRECTORY

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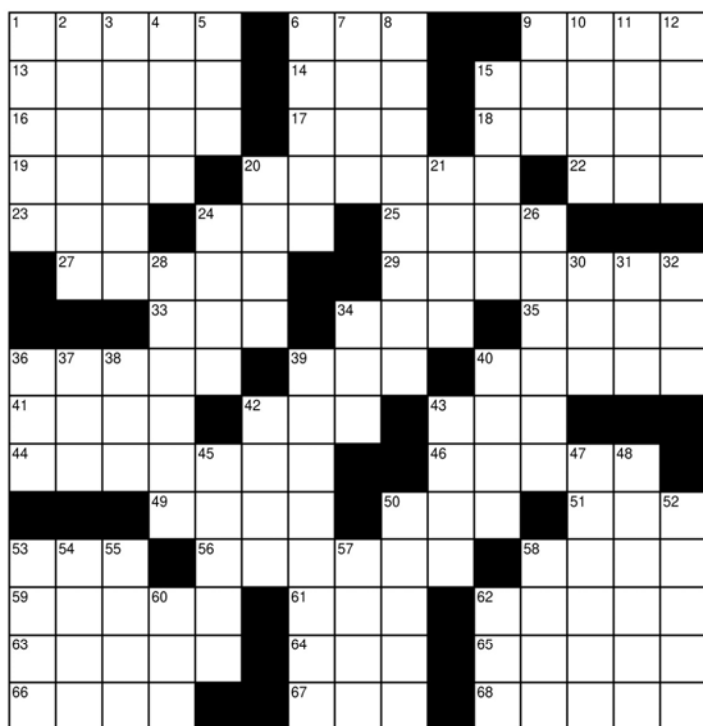
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Games

AND ACTIVITIES

CROSSWORD PUZZLE



DOWN

Answers are provided on page 23.

- 1 Japanese city
- 2 Type of ingredient
- 3 Hunter
- 4 Loom
- 5 Compass point
- 6 Zippy
- 7 Retired persons association (abbr.)
- 8 Slatterns
- 9 Defraud
- 10 Volcano
- 11 Legal document
- 12 Goofs
- 15 See
- 20 Comedian Griffith
- 21 Wind direction
- 24 Billions of years
- 26 Wishes
- 28 Brand of frozen dough
- 30 ___ A Small World...
- 31 Gashed
- 32 Possessive pronoun
- 34 Grain
- 36 Bow
- 37 Morse code "T"
- 38 Stamping tool
- 39 Race on feet
- 40 Colt
- 42 Lush
- 43 Stole
- 45 Set again
- 47 Its own
- 48 Coat part
- 50 Eavesdrop
- 52 Desserts
- 53 Pilgrimage to Mecca
- 54 Healing plant
- 55 Pulpit
- 57 Gets older
- 58 Region
- 60 Trinitrotoluene
- 62 Disks

ACROSS

- 1 Swearwords
- 6 Dab
- 9 Surrender
- 13 Clean thoroughly
- 14 Serving of corn
- 15 Constituent
- 16 Dickens' "___ of Two Cities" (2 wds.)
- 17 For
- 18 Inward
- 19 Punt
- 20 Oranges' partners
- 22 Advertisements
- 23 Street abbr.
- 24 Whichever
- 25 Put down
- 27 Goofed
- 29 Head hiding bird
- 33 Used to attract attention
- 34 Choose
- 35 Decorative needle case
- 36 Annex (2 wds.)
- 39 Foreign Agricultural Service
- 40 Goes without food
- 41 Surprise attack
- 42 Spoil
- 43 Turkey
- 44 Adios
- 46 Desert pond
- 49 Faction
- 50 Sun's name
- 51 What a nurse gives
- 53 Owned
- 56 Got smaller
- 58 At sea
- 59 Having wings
- 61 Past
- 62 River
- 63 Reefer
- 64 Corporate top dog
- 65 Dig
- 66 Joke
- 67 Sixth sense
- 68 Fireproof storage areas

JOKES & FUNNIES

PEARLS OF SENIOR WISDOM

My friend told me he had the body of a Greek god. I had to explain to him that Buddha is not Greek.

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down, I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

Two guys are walking through a game park and they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can, and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the lion saying a prayer: "Thank you Lord for the food I am about to receive."

At the doctor's office, Tom was getting a check-up. "I have good news and bad news," says the doctor. "The good news is you have 24 hours left to live." Tom replies, "That's the good news?!" Then the doctor says, "The bad news is I should have told you that yesterday."

Four men are in the hospital waiting room because their wives are having babies. A nurse approaches the first guy and says, "Congratulations! You're the father of twins." "That's odd," answers the man. "I work for the Minnesota Twins!" A nurse then yells the second man, "Congratulations! You're the father of triplets!" "That's weird," answers the second man. "I work for the 3M company!" A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets." "That's strange," he answers. "I work for the Four Seasons hotel!" The last man begins groaning and banging his head against the wall. "What's wrong?" the others ask. "I work for 7 Up!"

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Games

AND ACTIVITIES

Word Search

Astronomy

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

- Aristotle

Comets

Compass

Constellations

Earth

Eclipse

Galaxy

Gods

Greek

Hercules

Hubble

Jupiter
- Meteors

Moon

Mythology

Planets

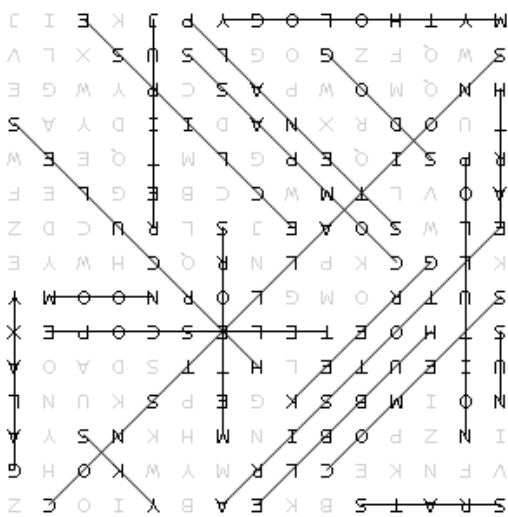
Pollution

Sky

Stars

Sun

Telescope



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

OATHS	S	PAT	CEDE
SCRUB	EAR	VOTER	
ATALE	PRO	INNER	
KICK	APPLES	ADS	
AVE	ANY	LAI	D
ERRED		OSTRICH	
HOY	OPT	ETUI	
ADDON	FAS	FASTS	
RAID	ROT	TOM	
CHEERIO		OASIS	
	SECT	SOL	TLC
HAD	SHRANK	ASEA	
ALATE	AGO	CREEK	
JOINT	CEO	DELVE	
JEST	ESP	SAFES	

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Events Calendar

INTERNATIONAL LITERACY DAY

International Literacy Day is an international observance celebrated each year on September 8. UNESCO declared this day on October 26, 1966 at the 14th session of UNESCO's General Conference. It was celebrated for the first time in 1967. It aims to highlight, the importance of literacy to individuals, communities and societies.



What is UNESCO?

UNESCO is the United Nations Educational, Scientific & Cultural Organization. It contributes to peace and security by promoting international cooperation in education, sciences, culture, communication and information. UNESCO promotes knowledge sharing and the free flow of ideas to accelerate mutual understanding and a more perfect knowledge of each other's lives. UNESCO's programs contribute to the achievement of the Sustainable Development Goals defined in the 2030 Agenda, adopted by the UN General Assembly in 2015.

At least one out of seven adults aged 15 and above (754 million people) lack basic literacy skills. Additionally, millions of children are struggling to acquire minimum levels of proficiency in reading, writing and numeracy, while some 250 million children of 6-18 years old are out of school.

Since 1967, International Literacy Day has taken place on September 8 around the world to remind policy-makers, practitioners and the public of the critical importance of literacy for creating a more literate, just, peaceful and sustainable society. Literacy is a fundamental human right for all. It opens

the door to the enjoyment of other human rights, greater freedoms and global citizenship. Literacy is a foundation for people to acquire broader knowledge, skills, values, attitudes and behaviors to foster a culture of lasting peace based on respect for equality and non-discrimination, the rule of law, solidarity, justice, diversity and tolerance, and to build harmonious relations with oneself, other people and the planet.

This year, International Literacy Day (ILD2024) will be celebrated under the theme of "Promoting multilingual education: Literacy for mutual understanding and peace." There is a pressing need to harness the transformative potential of literacy for promoting mutual understanding, social cohesion and peace. In today's world, in which multilingualism is a common practice for many, empowering people by adopting a first language-based, multilingual approach to literacy development and education is particularly effective for its cognitive, pedagogical and socio-economic benefits. Such an approach can help promote mutual understanding and respect, while solidifying communal identities and collective histories.



ILD2024 will be celebrated in-person and online at the global, regional, national and local levels. The global celebration will be held in Yaoundé, Cameroon. It will include a global conference and the award ceremony of the UNESCO International Literacy Prizes. Side events will include the annual meeting of Global Alliance of Literacy within the Framework of Lifelong Learning with meetings of the Action Research on Measuring Literacy and Alternative Education and the UNESCO Global Network of Learning Cities. It will also shed light on the literacy agenda in Cameroon and Africa in the context of the African Union's Year of Education and beyond.

Courtesy UNESCO

Giving Back

WE WANT TO HEAR FROM YOU!

Giving back to your community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back to your community will touch many people's lives.

Following are three ways by which you can give back:

1 Volunteer: Give back by volunteering your time. You'll be amazed with the people you meet and the experiences you have when you help others in need. Volunteering at your local senior center is a great way to help. Other ways you can help include aiding seniors with daily tasks by keeping them independent and in their own homes.

2 Offer your skills: Are you a handyman? Give back by offering to help a neighbor with some household fixes. A writer? Help your favorite charity promote their work by preparing press releases, managing their social media and updating their Website. Offering your skills to those who can use them is an empowering way to give back.

3 Donate to a charity: Help those in need by giving a few dollars to your favorite charity. Don't have extra money to give? Donate your unused clothing to your local Salvation Army or Goodwill store. Offer your used books to a local library, school or shelter. Or, donate food supplies to an animal shelter or to your local food bank.

Calling all non-profits and volunteers!

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.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region.

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

We're interested in sharing what others are doing to give back!

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