

# Lifestyles

Northeastern Pennsylvania

OVER 50

NEW YEAR 2025

**Geisinger 65 Forward –**  
p. 7

**Elan Gardens –**  
p. 11

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# Cover Story

## TRADITIONS



Welcome to our New Year issue.

We are excited for the season here at LIFESTYLES Over 50. Everyone is doing well and we're staying healthy. We are making it a tradition to take things one step at a time, so we don't get stressed, and we're monitoring our health.

This issue can help you keep an eye on things as well. Read our articles on eating smart for cold and flu season and the benefits of getting a good sleep. We didn't want to forget about mental health, so there's some information about keeping a positive attitude to promote a longer and happier life. Remember, one step at a time.

I hope you are enjoying the new year and have the time to enjoy good food and friends. And as the song says, "It's the most wonderful time of the year." I wish health and happiness to you and your loved ones.

Take care,

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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 & 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**

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# 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

## ELECTRIC FLYSWATTERS MAKE STUNNING GIFTS

Back in 2020, a bizarre news story described a man in France who, while in pursuit of an annoying fly, apparently ignited leaking gas with a spark from an electric flyswatter and demolished part of his home in the resulting explosion.

My mother also detested the flying nuisances in the house, especially when they inevitably circled our table just as the food arrived. While she wielded the traditional plastic flyswatter with laser-like precision, she was not opposed to emptying half a can of fly spray in the dining room killing both an elusive fly and our sense of taste under an aerosolized cloud of insecticide.

The commercial flyswatter originated in 1900 when an Illinois man patented a consumer version, while the high-tech electric swatter is generally credited to a Taiwanese inventor in the mid-1990s. As discoveries go, the printing press, electric light bulb, and wheel are often cited among humanity's best. Perhaps. But you can't take down a single house bug with any of them.

Despite my mother's aversion to fancy gadgets, when electric swatters became popular in the late 90s, I bought several and presented her with one for Christmas. A simple device delivering up to 3,000 volts, the low current makes them harmless to humans although they can deliver a surprising jolt. Shaped like a mini tennis racket, you simply push a button on the handle just before making contact with the aerial invader, resulting in a loud and satisfying 'zap!' as it plummets earthward on its scorched dying descent.

Mom toyed with her new device a few times that year, but after accidentally zapping other family members the shock was too much – for all of us – so we encouraged her to resume her traditional insect massacring methods. Although contemporary models include a safety mesh preventing human contact with the wiring, I continue to brandish my original electronic bug slayer with delight and still consider it one of the most ingenious household inventions.

However, I rarely use mine for flies which only

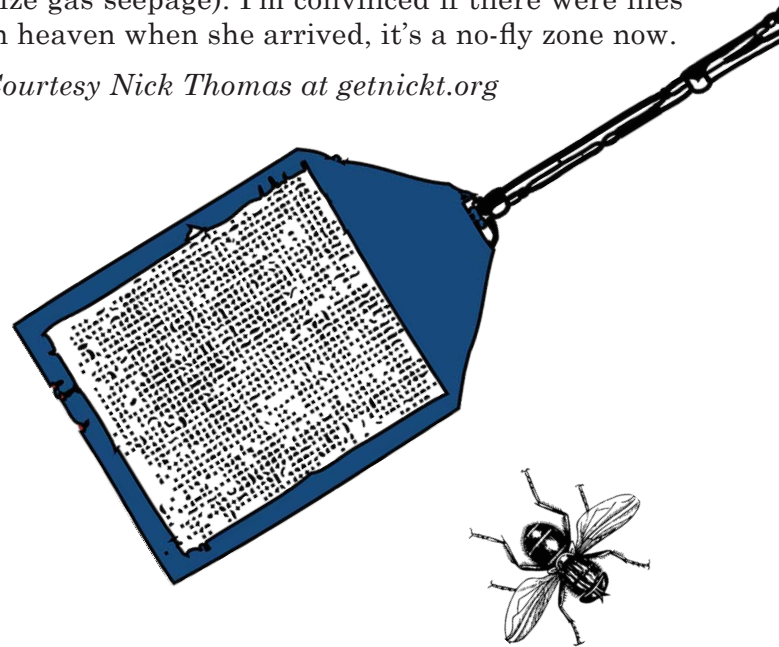
make sporadic appearances around mealtime. Apparently, they have no taste for my cooking. But I have found the electric swatter quite useful on larger airborne pests such as wasps, immobilizing them to make removal quite efficient. They are also effective on cockroaches, notoriously difficult to catch as they speed skate across a surface to elude capture.

Of course, if you're fast enough, you can always impede a roach's progress with a regular flyswatter or other heavy weapon in hand, but they tend to 'explode' when whacked, discharging a mass of insect entrails that can turn even the most robust stomach. But after one touch from the nifty zapper, the stunned roaches can be easily scooped up for disposal.

While bugs may be less common in the winter, that hasn't prevented me from giving more as gifts over the years. With the exception of my mother, most recipients have safely added them to their bug-fighting arsenal throughout the year.

We lost Mom some time ago, but she would have surely applauded that Frenchman's dedication to fly eradication (while scolding his failure to recognize gas seepage). I'm convinced if there were flies in heaven when she arrived, it's a no-fly zone now.

*Courtesy Nick Thomas at getnickt.org*



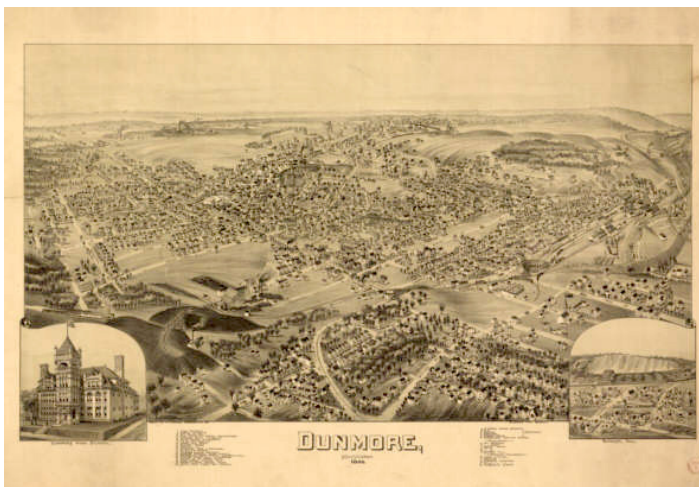
# In Your Neighborhood

## DUNMORE

A Borough in Lackawanna County

### QUICK FACTS

**County:** Lackawanna  
**Founded:** 1862  
**Population:** 14,042 (2020 census)  
**Mayor:** Max Conway  
**Website:** dunmorepa.org



*Courtesy U.S. Historical Archive.*

The first person to set foot on Dunmore soil was a missionary, Count Zinzendorf of Saxony in 1742.

The territory now encompassing Dunmore was purchased from the natives (Munsee-speaking Delaware) in 1754 by the Susquehanna Company of Connecticut and became the township of Providence. The first settlers of the Dunmore area arrived in 1771 and were originally from Connecticut. In 1783, William Allsworth established the first inn. And in the summer of 1795, Charles Dolph, John Carey and John West began the labor of clearing and plowing lands in the neighborhood of “Bucktown” or “Corners,” as the area was called. Edward Lunnon, Isaac Dolph, James Brown, Philip Swartz and Levi De Puy purchased land here between 1799 and 1805.

In 1820, Stephen Tripp began the area’s first business, erecting a saw and grist mill on the Roaring Brook half a mile south of the village. That same year, the Drinker Turnpike Company opened a store at the Corners. Shortly after Joseph Tanner opened the first blacksmith shop, C.W. Potter opened the first merchandising house in the village in 1845. But it wasn’t until 1847–1848 when the Pennsylvania Coal Company turned it into a growing and diverse town.

By 1875, the township of Providence was dissolved, and the land was split up into various smaller boroughs and towns with Dunmore being one of them. Today, Dunmore is a borough bordering the city of Scranton. The name ‘Dunmore’ comes from Dunmore Park, located in the Falkirk area of Scotland (home of the Dunmore Pineapple, ranked as the most bizarre building in Scotland).

Golo Footwear is a fashion company that was established in 1915 by a German immigrant, Adolf Heilbrunn. The company initially designed and manufactured slippers at its facilities in Dunmore until 1957. Golo is best known for its go-go boot, which was worn by Barbara Streisand.

Notable people from Dunmore include:

- **Nestor Chylak**, Major League Baseball Umpire
- **Vic Demore**, Major League Baseball Umpire
- **Vic Fangio**, Defensive Coordinator, Philadelphia Eagles
- **Paul Richards**, Astronaut who flew on board the Space Shuttle, Discovery
- **Tim Ruddy**, Center for the quarterback, Dan Marino of the Miami Dolphins
- **Carol Ann Drazba**, first American nurse to die in the Vietnam War

*Sources Wikipedia and dunmorepa.org*





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# Eat & Drink Smart

## FEND OFF COLD AND FLU SEASON

It's no secret that a balanced diet with plenty of fruits and veggies can deliver important vitamins and nutrients for better health, but many of your favorite foods can actually help support your immune system, too.

**Stay hydrated.** Keeping well hydrated can be difficult during the winter months, especially if you spend most of your time indoors. A warm drink like this flavorful Orange Spiced Tea provides a strong dose of vitamin C along with a delicious dose of hydration.

**Keep the produce going strong.** Fresh, seasonal fruits and veggies often come to mind during warmer months, but produce like citrus, leafy greens and root vegetables are plentiful during cold and flu season, too. "Consuming the whole fruit is the best way to ensure you gain the maximum nutritional benefit," Dr. Poonam Desai said. "When speaking with patients, I recommend seeking nutrients like vitamin C from whole food sources, rather than supplements, especially with a vitamin C-rich fruit like California oranges."

**Get a natural boost of vitamins.** Vitamins A and C, found in fresh citrus, are two key nutrients that support your body's natural line of defense, your immune system. Just one orange offers 90% of the daily recommended value of vitamin C.

**Get inspired with more ideas to boost your immune system with essential vitamins and nutrients at [www.californiacitrusgrowers.com](http://www.californiacitrusgrowers.com)**

### 5 Ways to Get More Vitamin C:

- Pick heavy fruit. When shopping for citrus, choose fruit that smells fresh and feels heavy for its size. The heavier the orange, the juicier it's likely to be.
- Explore versatility. Fresh citrus like California Navel oranges make a nutritious addition to sweet and savory dishes, beverages, cocktails, sauces and more.
- Use the whole fruit. Reduce food waste by consuming the flesh, juice, zest and peel. Try squeezing juice and grating zest into a smoothie, using orange segments for a vibrant salad or combining



diced Navels with red onion, cilantro and jalapeños for a zesty salsa.

- Retain vitamin C content. Vitamin C is water soluble, so to retain as much as possible, eat citrus fresh, avoid overcooking and use minimal amounts of water.
- Refrigerate for longer shelf life. Keep your citrus fresh longer by storing it in the refrigerator at a temperature below 42 F. To get the most juice out of the orange, bring it to room temperature before cooking.

### Orange Spiced Tea Recipe – courtesy of California Citrus Growers

- 6 Cups water
- 1 Clove cinnamon or 1/2 teaspoon ground cinnamon
- 6 Tea bags
- 1 Cup California Navel orange juice
- 1/2 Cup white sugar
- 2 Tablespoons lemon juice
- 1 Slice California Navel orange

Bring water and cinnamon to boil; let cinnamon dissolve. Remove from heat and add tea bags; soak at least 5 minutes. Remove tea bags. In a separate pan, bring orange juice, sugar and lemon juice to boil. Stir until sugar dissolves. Pour juice mixture into spiced tea. Garnish with orange slice and serve hot.

*Courtesy Family Features; Photos courtesy of Getty Images*



# Boost Your Immune System

## SIX FOODS TO EAT THIS COLD & FLU SEASON

**What you eat is one of the best pills in your cold- and flu-fighting medicine cabinet. These six foods can help boost your immunity.**

**Almonds** – are a rich source of vitamin E, calcium, phosphorous, iron and magnesium. They also contain zinc, selenium, copper and niacin. Compared to all other nuts, they are richer in nutrients and beneficial components.

**Blueberries** – contain flavonoids, a type of antioxidant that can help reduce damage to cells and boost your immune system. Blueberries also have plenty of vitamins, including vitamin C, vitamin A, potassium, dietary fiber and manganese.



**Cruciferous vegetables** – are packed full of vitamins A, C and E as well as antioxidants and fiber. Some vegetables in the cruciferous family are broccoli, bok choy, kale, cabbage and Brussels sprouts. These vegetables are healthiest raw or lightly cooked.

**Green tea** – contains catechin, which helps maintain your immune system, as well as a powerful antioxidant.

**Mushrooms** – contain vitamin D, which can help keep your immune system strong. Varieties like shiitake, maitake and reishi are particularly good for staying healthy.

**Peppers and citrus** – are great sources of vitamin C, which supports your immune system.



## SAFE WALKING

### Snow & Ice

**Follow the lead of some arctic experts – take penguin steps.**

- Spread your feet out and bend your knees to lower your center of gravity
- Point your feet out to the side like a Y
- Walk flat footed and wear shoes with treads
- Take short, slow, shuffling steps
- Look ahead and extend your arms out to maintain balance
- Keep your hands out of your pockets
- Don't rush



If you find yourself falling, tuck into a ball to protect your head and face. Don't extend your arms and hands to catch yourself. Try to land on the fleshy parts of your body.

*Sources heart.org and nytimes.com*

# Mirth Without Mischief

## AN ILLUSTRATED CHILDREN'S BOOK

Published in London around 1780, this popular children's book contained nursery rhymes, sign language and "The Twelve Days of Christmas."

Evidence suggests that the origin of today's well-known Christmas carol started in Newcastle. However, earlier versions of it were not set to music. Small children were required to repeat the verse of poetry started by the leader. Those that made a mistake were required to pay a small penalty such as a candy.

Sources suggest that earlier musical versions started as memory and forfeit games. Later on, Scotland's version was entitled, "The Yule Days." It counted 13 days, but the number of gifts did not increase. Iceland sang of placing the gifts in children's shoes for each of the 13 nights of Christmas. The Faroe Islands version included gifts that featured mostly farm animals. And France's interpretation ended with an additional verse, "Who Flies in the Woods?"

The earliest known melody as we know it today was recorded in Providence, Rhode Island in 1870, which has since become the popular carol we sing today.

*Source Wikipedia*

I have a friend who loves  
puzzles, and she's very sweet.  
She's never said a cross word.

My friend recently got crushed by  
a pile of books, but he's only got  
his shelf to blame.

Why can't a  
bike stand on its  
own? Because  
it's two tired.

What time is it  
when you have to  
go to the dentist?  
Tooth-hurtie.

Why didn't the lifeguard save the hippie?  
Because he was too far out man!

Did you hear about the new  
corduroy pillows? They're  
making headlines everywhere!

I'll be spontaneous when I get  
around to it.



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# Medical Identity Theft

BY ART VILLAFANE

Medical identity theft occurs when someone steals your personal information and uses it to obtain medical care, buy drugs, submit false billings to an insurance company or Medicare, or sell it to someone else for illegal purposes. Medical identity theft can leave you with a pile of bills to deal with, and as a consequence, create credit problems for you. But more importantly, this crime can result in incorrect information being inserted into your medical records – information that your doctor or other health-care provider might rely on during your care, such as the wrong blood type or prescription medication.

Once inaccurate information gets into your medical file, it can be difficult to correct because of certain privacy laws. Take these steps to protect your personal medical information:

- Don't share your insurance or other personal information with anyone other than a legitimate health-care provider.

- Don't provide your medical information to anyone, even someone who has promised free services.
- Don't lend your insurance card or Medicare card to anyone for his or her use. Besides the obvious potential medical consequences, this is illegal, and you could face criminal charges.


Credit reports are also a valuable review tool to ensure that someone else hasn't stolen your medical information. Under federal law, you are entitled to one free annual credit report from each of the three credit reporting companies. You can request it by writing: Free Annual Credit Report – Annual Credit Report Request Service, P.O. Box 105281, Atlanta GA 30348-5281; or visiting [www.annualcreditreport.com](http://www.annualcreditreport.com)


If you are a victim of medical identity theft, here are ways to correct your record:

- Report it. If you learn of medical services that were paid on your behalf, but you never received, report it to the PA Attorney General's Office at 1-800-441-2555. If the services were paid for by Medicare, contact the U.S. Department of Health and Human Services Inspector General hotline at 1-800-447-8477.
- File a police report. If it becomes apparent that your records have been stolen and are being improperly used, file a report with local law enforcement. You may need to provide this information to medical providers when you try to correct your medical records. Your insurance company also may require a copy of the report.
- Request copies of your medical records from health-care providers and correct them. This may include contacting doctors, hospitals, pharmacies and laboratories. It also may require contacting health-care providers with whom you've never had any dealings, but who have sought payment from you or your insurance company.

If you have other questions regarding your medical records, contact the U.S. Department of Health & Human Services Office of Civil Rights at 1-866-627-7748.

*Courtesy LIFESTYLES Over 50 Lehigh Valley*

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# Good Health

## SLEEP IS BENEFICIAL

**The amount of sleep required varies with each individual and changes with age. The National Sleep Foundation says most older adults should aim for 7 to 9 hours of sleep each day.**

### Health benefits of sleep:

- Get sick less often
- Reduces stress and improves your mood
- Improves your heart health and metabolism
- Keeps your blood sugar consistent and lowers the risk of diabetes
- Prevents inflammation which is associated with ulcers, dementia and heart disease
- Controls weight by maintaining the balance of hormones that control appetite
- Improves your attention and memory to better perform daily activities

### Common sleep disorders:

- Insomnia – trouble falling, staying or getting a good quality sleep
- Restless leg syndrome – a neurological condition that causes irresistible urge to move your legs
- Narcolepsy – chronic disorder that causes periods of extreme daytime sleepiness and falling asleep without warning
- Sleep apnea – breathing stops and restarts many times while you sleep, which prevents the body from getting enough oxygen

Please contact your healthcare provider, should you suffer from any of these disorders.

### Best sleep practices:

- Proper environment – Build an association with your bedroom as a place of sleep, not watching television, reading, or surfing the Internet. Maintain proper temperature (65-68 degrees is determined optimal) and a dark environment (perhaps even using a sleep mask or blackout curtains). Keep a comfortable bed with supportive pillows and soft sheets. Weighted blankets provide comfort.

- Daily routine – Get to bed and wake up the same time each day. Get sun exposure, even 15-20 minutes of sunlight will help with your circadian rhythm. Exercise regularly and avoid excessive naps. Be consistent in your daily habits to help your body regulate the release of sleep hormones. Even use your alarm on vacation.
- Avoid frustration – When having difficulty falling asleep, it is important not to associate frustration with your bedtime routine. If you are unable to fall asleep, get up and move to a new environment until your body is ready to sleep.
- Proper diet – Caffeine after 3:00 p.m. can prohibit a restful sleep. Alcohol also inhibits restful sleep by suppressing REM (rapid eye movement) leading to increased disturbances in your sleep cycle. It's also important to maintain a healthy diet. Avoid high sugar diets and increase your fiber intake. This will help your body's regulation of melatonin (a hormone that plays a role in sleep cycle). Consider consuming food like bananas, almonds and spinach which promote relaxation.
- Relaxation techniques – Meditation and deep breathing exercises along with essential oils like lavender or chamomile have calming effects.

### 10, 3, 2, 1, 0 rule:

- Eliminate caffeine 10 hours before sleep
- Cut alcohol 3 hours before sleep
- Stop working 2 hours before sleep
- Stop screen time 1 hour before sleep
- Hit the 'snooze' button 0 times before getting up

*Sources neurologysolutions.com and verywellhealth.com*

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# Donate Blood

## SAVE & IMPROVE LIVES

Every two seconds, someone in the United States needs blood, and a single donation can save lives. Shortages in the nation's blood supply can happen any time. Donors, especially those who donate regularly, keep our blood supply stable.

## Blood Diseases & Disorders Education Program

A Program of the National Institutes of Health

Blood transfusions are essential for some patients undergoing surgery, or who've had serious injuries or are dealing with certain medical conditions. While everyone is impacted when there are shortages of blood and blood products, people living in communities with higher numbers of patients with rare blood types or diseases are disproportionately affected.

Take those with sickle cell disease (SCD), a condition that affects more than 100,000 people in the U.S., the majority of who are Black or of African ancestry. Many people with SCD need blood transfusions throughout their lives but often find it difficult to get the type they need. That's why Black or African American blood donors are so vital, as 1 in 3 are a match for people with SCD.

While it may seem outdated to think of blood in terms of race – the practice of segregating donated blood by race was discontinued shortly after World War II – scientific studies have found that, to reduce the risk of transfusion complications, some people do require blood or blood products from donors with the same racial or ethnic background.

Most people can give blood, but only 3% of Americans donate each year. If you are in good health, at least 16 or 17 years old (depending on the state), and weigh at least 110 pounds, consider donating. A diverse blood supply ensures that every American has equitable access to blood and blood products. You can make a difference in your community

by donating blood and by encouraging others to do the same.

### Diversity in Blood Types

Most blood types fall into one of the four major groups: A, B, AB, O. Blood donations from all types are always needed. However, some people have rare blood types. Some of the rare blood types for African Americans include U- and Fy (a-b-). For these patients, the U.S. blood supply must be more diverse. The best blood type match for patients with rare blood types often comes from donors of the same race or similar ethnicity.

**Learn more by visiting the National Heart, Lung & Blood Institute's Blood Diseases & Disorders Education Program.**

*Courtesy NewsUSA*



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# Online Health Information

## CHOOSING TRUSTWORTHY WEBSITES

**“Can I trust the health information I find online?” Many older adults share this common concern. There are thousands of medical Websites. Choosing trustworthy Websites is an important step in gathering reliable health information.**

As a rule, health Websites sponsored by federal government agencies are accurate resources of information. You can reach all federal Websites by visiting [www.usa.gov](http://www.usa.gov). The National Institutes of Health ([www.nih.gov](http://www.nih.gov)) Website is a good place to start for reliable health information. The Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) Website is another one. And [www.medlineplus.gov](http://www.medlineplus.gov) is a Website by the NIH National Library of Medicine that provides dependable consumer health information on more than 1,000 health-related topics. Medical and health care organizations, hospitals and academic medical institutions may also be reliable sources of health information. And if your doctor’s office has their own Website, it may already include direct links to trusted online resources.

### Questions to ask before trusting a Website:

#### 1. What is the purpose of the Website?

Is the purpose of the Website to inform or explain, or is it trying to sell a product or service? The goal of any trustworthy health-related Website is to provide accurate, current and useful information versus trying to make a sale.

#### 2. What is the URL (Website address)?

Knowing who owns or publishes a Website may provide you insight into the objective and content of the Website. For example:

- .gov identifies a U.S. government agency
- .edu identifies an educational institution, such as a school, college or university
- .org identifies nonprofit organizations, such as medical or research societies and advocacy groups
- .com identifies commercial entities, such as businesses and pharmaceutical companies

#### 3. Who wrote the information?

Website pages often, but not always, identify the authors and contributors. If the author is listed, are they an expert in the field? Look for health care professionals or scientific researchers with in-depth knowledge of the topic. Trustworthy Websites will include contact information. Look for this information at the bottom of the Web page or in a separate “About Us” or “Contact Us” section.

#### 4. Is your privacy protected?

Read the Website’s privacy policy statement. It is usually at the bottom of the page or on a separate page. If a Website says it uses “Cookies,” your information may not be private. Cookies are small text files that enable a Website to collect and remember information about your visit. Many Websites will ask if you want to accept Cookies, but others may not.

#### 5. How can I protect my health information?

Secure Websites that collect personal information responsibly have an “s” after “http” in the start of their Website addresses ([https://www.\\_\\_\\_\\_](https://www.____)) and often require that you create a username and password. Never share personal information online, such as your Social Security number without the assistance of your doctor’s office, health care provider or trusted family member.

**Use your good judgment when gathering health information online. There are Websites on nearly every health topic, and many have no rules for overseeing the quality of the information provided. Use the information you find online as simply a tool to become better educated and informed of your medical issues or concerns. Trust your doctor. Share what you learned online with your doctor before making any changes to your health care.**

*Sources [nia.nih.gov](http://nia.nih.gov) and [empr.com](http://empr.com)*

# History of the Thermometer

## MEASURING HOT & COLD

Although Galileo was given the prestige of inventing the thermometer to measure changes in temperature, what he actually created was a thermoscope. A thermoscope has neither a calibrated scale or a sealed tube. It contained small air bubbles trapped in a glass ball that would shrink or expand according to the surrounding liquid, causing the balls to rise or fall in the tube indicating the temperature. Other scientists would go on to perfect the instrument as well.

In 1612, the Italian inventor Santorio Santorio became the first person to put a numerical scale on his thermoscope. It was perhaps the first crude clinical thermometer, as it was designed to be placed in a patient's mouth for temperature taking.

In 1654, the first enclosed liquid-in-a-glass thermometer was invented by the Grand Duke of Tuscany, Ferdinand II. The Duke used alcohol as his liquid. However, it was still inaccurate and did not use a standardized scale.

Using the melting point of ice and the boiling point of water as standards did not become universal until 1701 when Isaac Newton proposed the idea.

Which led to the Fahrenheit scale, developed in Germany in 1724 by Gabriel Fahrenheit. He used mercury for higher levels of accuracy. His scale is measured at sea level with a freezing point of 32 degrees and a boiling point of 212 degrees.

The Celsius scale, also referred to as the Centigrade scale means "consisting of or divided into 100 degrees." In 1742, the Celsius scale was invented by Swedish Astronomer Anders Celsius. The Celsius scale has 100 degrees between the freezing point (0 degrees) and boiling point (100 degrees) of pure water at sea level air pressure. The term 'Celsius' was adopted in 1948 by an international conference on weights and measures.

The Kelvin scale was developed by Lord Kelvin in Scotland and is also a measurement of temperature. It considers the temperature at which all molecular motion stops as zero degrees (at absolute zero: minus 273.16 degrees), which is far beyond the Celsius scale.

The mercury thermometer evolved into a

thermocouple in 1820 by Thomas Seebeck. This is a device associated with contact temperature measurement. Sir Thomas Allbutt invented the first practical medical thermometer in 1867. It was portable and six inches in length and took five minutes to record a patient's temperature. A small radiometer measures the temperature in the inner ear, measuring as close to the brain as possible. The mercury thermometer was adapted by creating a sharp bend that was narrower than the rest of the tube, so it could be taken out of the body to read the temperature. This narrow bend kept the temperature reading in place by creating a break in the mercury column. That is why you shake a mercury medical thermometer before and after you use it to reconnect the mercury and get the thermometer to return to room temperature. But it wasn't until 1964 that the first non-contact thermometer was invented, by Theodor Benzinger.

Sources [thoughtco.com](http://thoughtco.com) and [whipplemuseum.cam.ac.uk](http://whipplemuseum.cam.ac.uk)

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# Martin Luther King Jr.

## "I HAVE A DREAM"



As the leader of the American civil rights movement, Martin Luther King Jr. instituted the practice of massive, nonviolent civil disobedience to injustice. He organized a number of sit-ins, boycotts and public speeches that resulted in peaceful, nationwide movements for equal rights, including The March on Washington for Jobs and Free-

dom on August 28, 1963. It was the largest, nonviolent civil rights demonstration that the country ever witnessed when hundreds of thousands of people arrived in the nation's capital of Washington, D.C. and heard Dr. King's famous speech, "I have a Dream."

Martin Luther King, Jr. was born on January 15, 1929. As a young boy, he attended segregated public schools in Georgia, graduating from high school at the age of fifteen. He then went on to receive a B. A. degree in 1948 from Morehouse College, a distinguished Negro institution of Atlanta from which both his father and grandfather had graduated. Following the family's long tradition as pastors, led by his grandfather and father, Martin Luther studied theology at Crozer Theological Seminary in Pennsylvania where he was awarded the B.D. in 1951. With a fellowship won at Crozer, he enrolled in graduate studies at Boston University, receiving the degree in 1955. In Boston he met and married Coretta Scott. They had two sons and two daughters together.

Unfortunately, racial segregation and the exclusion of African Americans continued another 100 years after the American Civil War and through the Jim Crow (a pejorative term for an African American) era of the late 19th into the early 20th centuries. Always a strong worker for civil rights for members of his race, King became a member of the executive committee of the National Association for the Advancement of Colored People, the leading orga-

nization of its kind in the nation. In December of 1955 he accepted the leadership of the first nonviolent demonstration of contemporary times in the United States. The boycott lasted 382 days. During the boycott, Dr. King was arrested, his home was bombed, he was subjected to personal abuse, but at the same time he emerged as a leader.

In 1957 he was elected president of the Southern Christian Leadership Conference, an organization formed to provide new leadership for the now burgeoning civil rights movement. The ideals for this organization he took from Christianity; its operational techniques from Gandhi. In the eleven-year period between 1957 and 1968, Dr. King traveled over six million miles and spoke over twenty-five hundred times, appearing wherever there was injustice, protest and action. He even wrote five books as well as numerous articles.

During those years, he led a massive protest in Birmingham, Alabama that caught the attention of the entire world, providing what he called a coalition of conscience. This inspired his "Letter from a Birmingham Jail," a manifesto of the Negro revolution. He planned the drives in Alabama for the registration of Negroes as voters. And he directed the peaceful march of 250,000 people on Washington, D.C., to whom he delivered his address, "I Have a Dream."

Dr. King was awarded five honorary degrees; was named Man of the Year by Time magazine in 1963; and became not only the symbolic leader of American blacks but also a world figure. At the age of thirty-five, he was the youngest man to have received the Nobel Peace Prize.

Dr. Martin Luther King Jr. remained one of the most prominent leaders in the civil rights movement until his assassination in 1968, when he was shot standing on the balcony of his motel room in Memphis, Tennessee, where he was to lead a protest march in sympathy with striking garbage workers of that city.

*Sources Wikipedia and thekingcenter.org*



# New Year Resolution

## POSITIVE EMOTIONS LEAD TO A LONGER, HEALTHIER LIFE

Do you tend to the glass half full or half empty? A growing body of research suggests that having a positive outlook can benefit your physical health. Having a positive outlook doesn't mean you never feel negative emotions, such as sadness or anger. "Positive emotions expand our awareness and open us up to new ideas, so we can grow and add to our toolkit for survival," explains Dr. Barbara L. Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill.

"But people need negative emotions to move through difficult situations and respond to them appropriately in the short term. Negative emotions can get us into trouble, though, if they're based on too much rumination about the past or excessive worry about the future, and they're not really related to what's happening in the here and now."

People who are emotionally well, experts say, have fewer negative emotions and can bounce back from

difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life – and focusing on what's important to you – also contributes to emotional wellness.

Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. But many studies can't determine whether positive emotions lead to better health, if being healthy causes positive emotions, or if other factors are involved.

Among those who appear more resilient and better able to hold on to positive emotions are people who've practiced various forms of meditation. In fact, growing evidence suggests that several techniques – including meditation, cognitive therapy (a type of psychotherapy), and self-reflection (thinking about the things you find important) – can help people develop the skills needed to make positive, healthful changes.

Being open to positive change is a key to emotional wellness. As mounting research suggests, having a positive mindset might help to improve your physical health as well.

*Courtesy LIFESTYLES Over 50 Lehigh Valley*



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**“Eventually you will reach a point when you stop lying about your age and start bragging about it.”**

**- Will Rogers**

# Remember When?

## SCENT-IMENTAL – HOLIDAY SMELLS EVOKE HAPPY MEMORIES

**Does a whiff of cinnamon bring back memories of your grandmother's kitchen? Is the smell of a fir tree unalterably linked to Christmas morning?**

The sense of smell is uniquely connected to memories, especially during the holiday season.

The connection between smell and memory is strong because it is so immediate. In fact, did you know that the sense of smell is the only one of the five senses that bypasses the rational part of the brain and goes directly to the limbic area, where memory and emotion are? Which is why when you smell something, it immediately takes you on a walk down memory lane, allowing you to recall the emotion associated with that scent from the first time you smelled it.

This direct connection between smell and the brain is how aromas become strong memory triggers, often without our awareness until we smell the same scent again. Now think about how that plays out in your home. When you or a guest walks in, the strongest first impression will be the scent, and it will be the number-one thing that is sure to be remembered. It's not a detail you want to overlook!

Part of the fun of holiday festivities is revisiting the sights, sounds, and smells of the season. During the holidays, many Americans bring Christmas trees and greenery into their homes to create a festive atmosphere and evoke memories of wonderful smells from childhood of hanging wreaths and visits to tree farms. However, real greens are not always a feasible option due to allergies, pets, mess, and many other factors.

**More and more families in the U.S. are displaying artificial Christmas trees and greenery, and products such as ScentSicles Scented Ornaments provide an alternative that offers the beauty of holiday smells that bring the memories home.**

**"I genuinely believe that the sense of smell is the most important sense, because it is so closely tied to memory. One's life is made up of nothing but a collection of memories and experiences. To have a sense that can literal-**

**ly take you back 40 years to your childhood on Christmas morning in an instant – well, it's incredible,"** says Emrie Oliver, in-house fragrance expert for ScentSicles.



The ScentSicles family of products includes Scented Ornaments that are designed to be hung on trees to add a fresh-cut scent to an artificial tree or extend the scent of a real tree.

Scented Table Ornaments in the form of decorative glass jars with fragranced paper ribbons bring the aroma of the holidays nearby with no mess and no flame. Lastly, Scented Sprigs can be easily tucked into wreaths or garland to create holiday nostalgia and Christmas cheer. The products are created from natural, sustainably-sourced paper and infused with pure, holiday-inspired fragrance oils.

Current ScentSicles fragrances include: White Winter Fir, O Christmas Tree, Snow Berry Wreath, Two Dashes of Cinnamon, and Spiced Pine Cones.

**Visit [www.scentsicles.com](http://www.scentsicles.com) for more information about the range of holiday options that help preserve old memories and make new ones.**

*Courtesy NewsUSA*

# Games

## AND ACTIVITIES

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

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

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

### 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.

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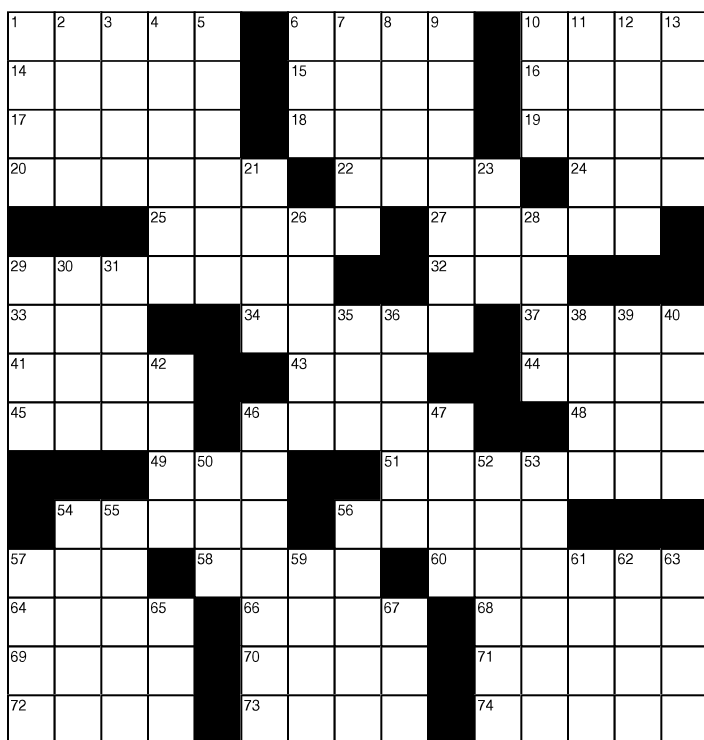
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# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



### ACROSS

- 1 Whipped dairy food
- 6 Nation fights
- 10 Because of this
- 14 Popular Key
- 15 Water (Spanish)
- 16 Am not
- 17 Pointed at
- 18 Connecticut (abbr.)
- 19 Not out of
- 20 Flying machines
- 22 Make over
- 24 Vegetable dunk
- 25 Play
- 27 Terrible
- 29 Tropical grassland
- 32 MGM's Lion
- 33 Alien's spaceship

### DOWN

- 34 Yucky
- 37 Deli
- 41 World organization
- 43 Expected
- 44 Lazily
- 45 Nourished
- 46 Vented
- 48 Garden tool
- 49 Flightless bird
- 51 Feared
- 54 Refastens
- 56 Contending
- 57 Lingerie
- 58 Thirteen
- 60 Analyzed grammatically
- 64 Wading bird
- 66 Hee-haw
- 68 Disney character
- 69 Volcanic rock

- 70 Dirt road
- 71 Engage
- 72 Had known
- 73 Aborts
- 74 Organic compound

Answers are provided on page 23.

### DOWN

- 1 Applaud
- 2 Berate
- 3 Writer Bombeck
- 4 Schedule
- 5 Current
- 6 Western Athletic Conference
- 7 One hundred of these makes a shekel in Israel
- 8 Ancien German character
- 9 Thongs
- 10 Thai
- 11 Eastern religion
- 12 To that time
- 13 Finish
- 21 Made music vocally
- 23 IOU part
- 26 \_\_\_ Gras
- 28 Central points
- 29 Made music vocally
- 30 Far away
- 31 Ballot
- 35 Possessive pronoun
- 36 Unkempt
- 38 Attention-Deficit Hyperactive Disorder (abbr.)
- 39 Ice sheet
- 40 Ogled
- 42 Collectable
- 46 Sonic
- 47 Leaky faucet noise
- 50 Unite
- 52 Endow
- 53 United
- 54 City
- 55 Gullible
- 56 Piece of food
- 57 Elude
- 59 Persia
- 61 Stave
- 62 Otherwise
- 63 Stags
- 65 Jigsaw
- 67 Affirmative

# JOKES & FUNNIES

## PUZZLE JOKES

I got tired of working on jigsaw puzzles.  
I just went to pieces.

I have a friend who loves puzzles, and she's very sweet. She's never said a cross word.

Did you hear about the crossword puzzle addict who died and was buried six feet down and three feet across?

My friend was delighted that he put together his jigsaw puzzle in two years. The box said, "1 to 3 years."

Someone clobbered a victim with a jigsaw puzzle. The police are still piecing the evidence together.

My friend was excited about his new box of jigsaw puzzle pieces. He called me over to help him, and I asked, "What is it supposed to look like when it's done?" He said it was supposed to be a tiger, but he couldn't figure it out. I said, "That's all right. Let's just put the Frosted Flakes back in the box."

A friend of mine tried to finish a jigsaw puzzle and realized he'd accidentally swallowed part of it. He's trying to find his inner piece.

I went to a fancy dress party last night dressed as a jigsaw piece, but I didn't have a good time. I just didn't fit in.

I'm trying to teach my son how to create crossword puzzles, but he doesn't have a clue.

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# Games

## AND ACTIVITIES

### Word Search

#### Mirth Without Mischief

P g n i p a e L H T Q s M g D  
u a H U G x x S Z u F d i n a  
q n r e M V C Y e r s r l i n  
s B e t W a o e e t E i k m c  
r s g t r k i n B l D B i m i  
e s o n g i c d y e L g n i n  
m z D V O h d w s D i n g w g  
m o B c H c d g S o i i T S h  
u q C e n V s n e v z l r e y  
r i n e e r T r a e P l u B K  
D s F i Q H L Y e s c a e o a  
s n a w S o J B u p X C L t C  
C m I L r O C g q D i J o X c  
G o l d e n R i n g s P v x M  
V x s J T Q e V L a d i e s h

CallingBirds

Dancing

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FrenchHens

Geese

GoldenRings

Ladies

Leaping

Lords

Maids

Milking

Partridge

PearTree

Pipers

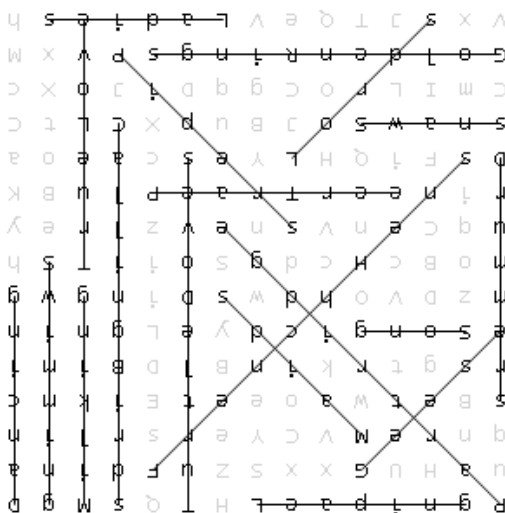
Song

Swans

Swimming

TrueLove

TurtleDoves



#### SUDOKU ANSWERS

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

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

#### CROSSWORD PUZZLE ANSWERS

CREAM	WARS	THUS
LARGO	AGUA	AIN'T
AIMED	CONN	INTO
PLANES	REDO	DIP
DRAMA	AWFUL	
SAVANNA	LEO	
UFO	GROSS	CAFE
NATO	DUE	IDLY
GREW	AIRE	HOE
EMU	DREADED	
UNDID	VYING	
BRA	XI	PARSED
IBIS	BRAY	BELLE
LAVA	LANE	LEASE
KNEW	ENDS	ESTER



# What To Do

## WITH YOUR GRANDCHILDREN

Making snowflakes is an easy way to have fun and at the same time, decorate your home with your grandchildren. Choose lightweight paper that can easily be cut. Remember, there is no need for perfection, and no two snowflakes are alike.

### Materials:

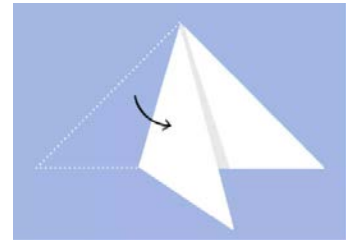
- 12 x 12 inch (square) 'thin' piece of paper
- Scissors

### Directions:

- **Step 1:** Fold paper in half (diagonally) to form a triangle as precise as possible
- **Step 2:** Fold paper (triangle) in half again
- **Step 3:** Fold paper (triangle) into thirds

## MAKE PAPER SNOWFLAKES

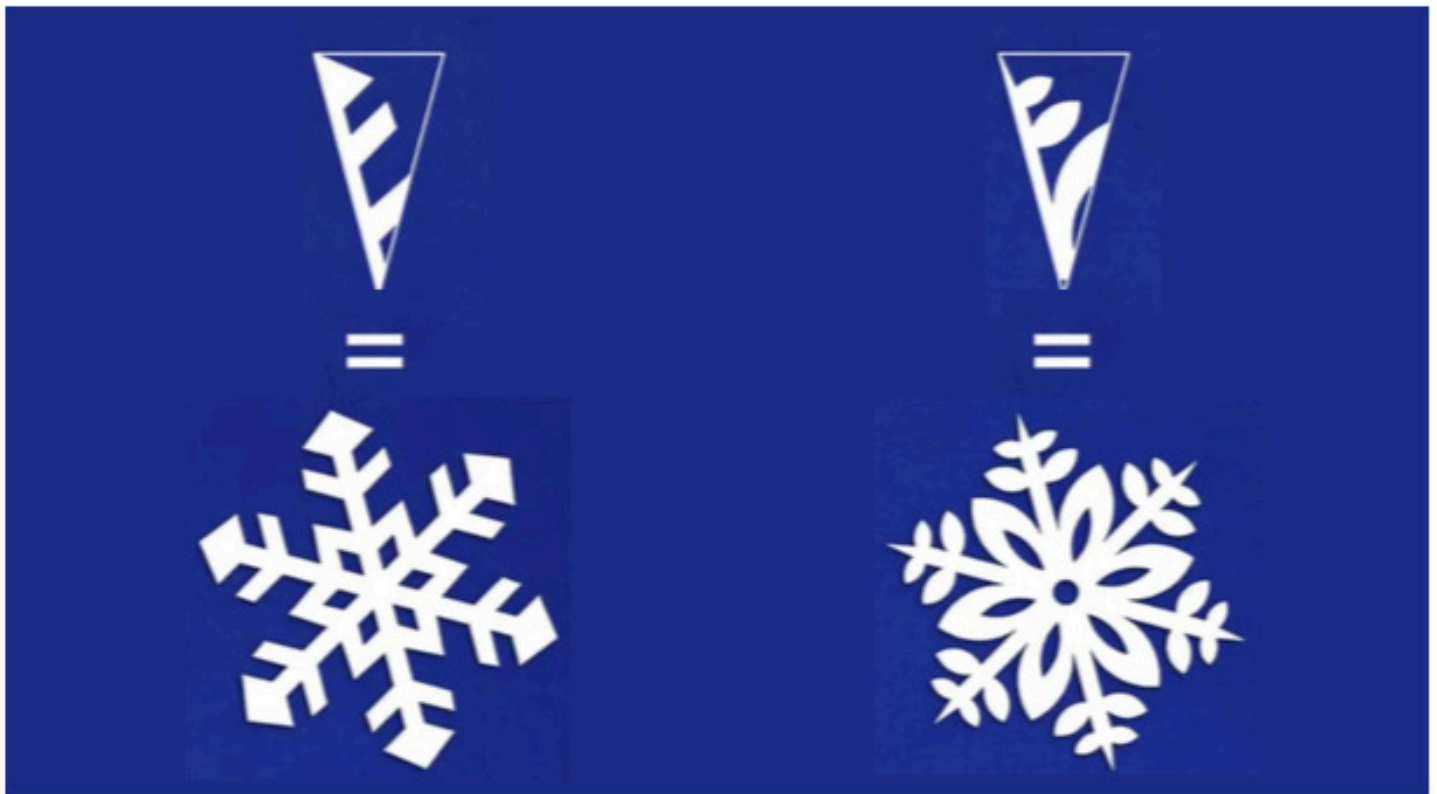
- **Step 4:** Trim the points off of the bottom of the triangle to form a new triangle



- **Step 5:** Cut out snowflakes.



Reference the following two designs to give you inspiration.



# Events Calendar

## POLAR BEAR PLUNGE

**The Polar Bear Plunge is an annual event that usually takes place at the start of the new year and is now held all around the world. The first recorded Polar Bear Plunge took place in Boston, in 1904 and continues as a tradition today.**

**In Canada,** the Polar Bear Plunge (or Swim, or Dip) is a New Year's Day tradition in numerous communities across the country. Vancouver, British Columbia's annual Polar Bear Swim Club has been active since 1920 and typically has up to 2,000 registered participants, with a record 2,128 plunging into English Bay in 2000.

Every New Year's Day since 1960, around 60,000 people dive at the same time into the icy cold sea water at **Scheveningen, a Dutch beach resort town.**

The annual "Loony Dook" takes place in **South Queensferry, Scotland** on New Year's Day. Several thousand attend the event with over one thousand taking the plunge. Participants regularly dress up for the occasion and will usually parade through the local town prior to jumping in.

### **In Northeastern Pennsylvania:**

Join the Greater Scranton YMCA's Aquatics Department on January 2 from 8:00 a.m. to 7:00 p.m. for their membership only Polar Bear Plunge. Registration is not required. Cold water therapy, or polar plunges, may have several health benefits, including:

- Improved recovery: Cold water can reduce inflammation and soreness after exercise.
- Boosted metabolism: Cold exposure can increase your metabolic rate, which can help with weight loss and energy expenditure.
- Improved mood: Cold plunges may help improve mood and stress resilience.
- Reduced inflammation: Cold water constricts blood vessels, which can help with swelling.
- Improved focus: The jolt of cold may help snap your brain into focus.
- Better sleep: Some say that cold plunges can help you sleep better, but research is limited.
- Activated brown fat: Cold plunges can activate brown fat, which burns calories to generate heat.
- Stimulated diving reflex: Putting your face in the water boosts happy hormones and reduces inflammation.

Friday, January 24 and Saturday, January 25 get ready for The Northeast Polar Plunge at Montage Mountain. Take a dip into icy water to help raise funds for Special Olympics Pennsylvania. All the funds raised go to provide FREE sports, health and leadership programming to the athletes in Lackawanna, Luzerne, Pike, Susquehanna, Wayne and Wyoming Counties. Check-in/registration begins at noon. Opening ceremonies begin at 1:30 p.m. with the plunging starting immediately after. General registration is \$75 and registrants who raise \$75 get a plunge day sweatshirt. Participants will enjoy giveaways, games, music, free food and coffee, photo ops, a sports-themed silent auction in the lodge, and other entertainment.

On Saturday, January 25 participants will plunge into the icy waters at Mauch Chunk Lake Park. Registration begins at 10:00 a.m. at the beach area of the lake, and the first wave of plungers enter the water at noon. This year, many of Marian Catholic's students, as well as faculty, staff and parents will take the plunge on behalf of the Marian Catholic Blue & Gold Club. Participants have come from 15 Pennsylvania counties to this annual event.

*Sources Wikipedia, [montagemountainresorts.com](http://montagemountainresorts.com) and [pahomepage.com](http://pahomepage.com)*

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

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