

Northeastern Pennsylvania LIFESTYLES™

OVER 50

SUMMER 2024

A photograph of two elderly women with short, styled grey hair, laughing heartily. The woman on the left wears round gold-rimmed glasses, a pink floral-patterned top, and a multi-strand beaded necklace. The woman on the right wears a solid orange top and a colorful beaded necklace with large tassels. They are seated in front of a dark wood-paneled wall.

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inside front cover

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Cover Story

ENJOY THE PRESENT



Happy Summer!

Okay, well maybe let's just say, "Hello Summer!" Just between you and me, I'm kind of over all the rain, heat and humidity already.

Last issue, I explained how exciting it was to start potting all my flowers. Update: The flowers have exceeded

my expectations and are overflowing their homes/pots. I can't take all the credit. My 91-year-old father has taken an interest in helping me water them each day. We try to make sure he's cautious because, as you'll read in this issue, it's easy for seniors to get overheated quickly.

We hope you enjoy this issue!

Marci Kacyon
Executive Editor

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www.L-Aadvertising.com/LIFESTYLES

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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**

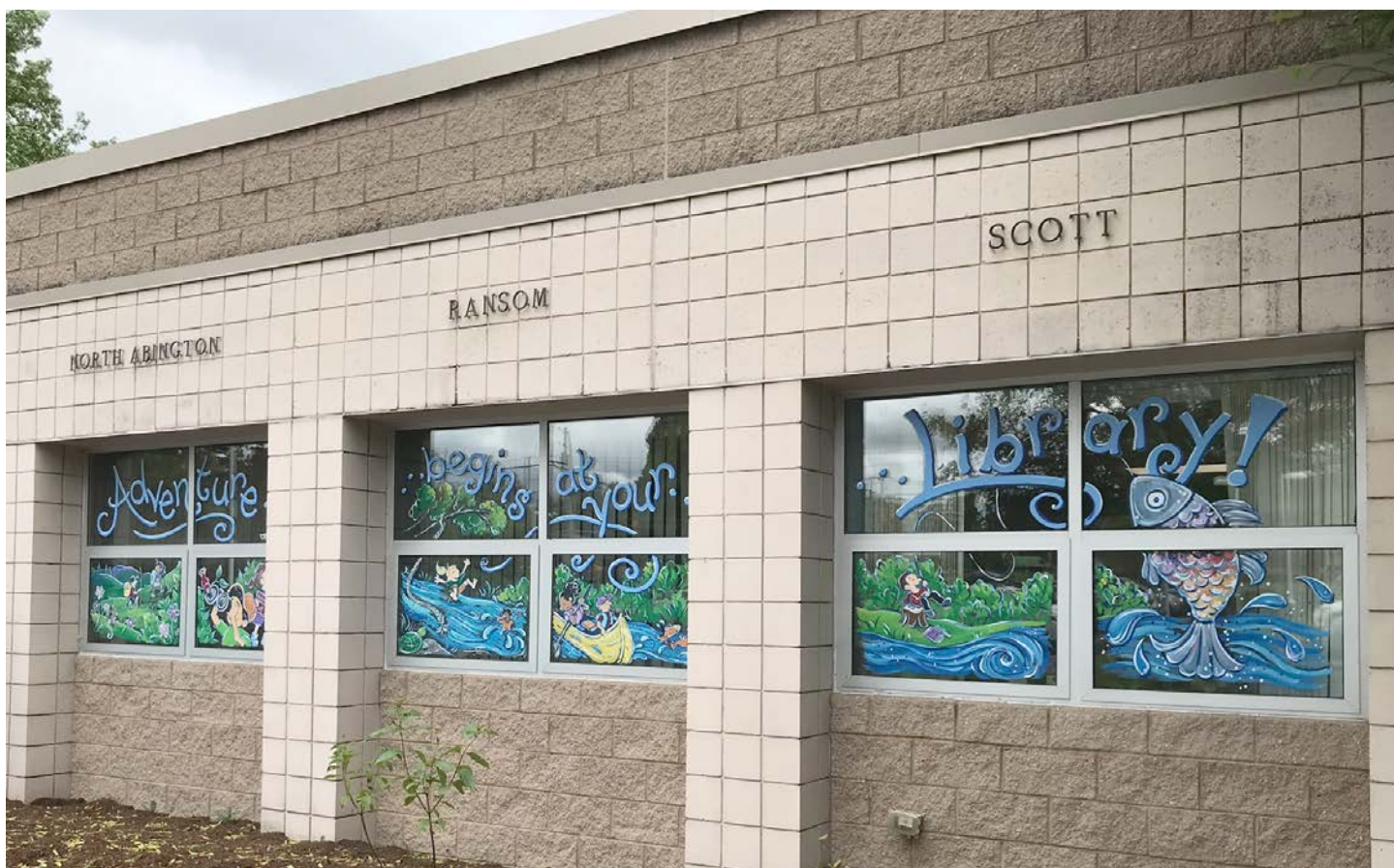


Pay IT FORWARD

Abington Township Public Library

Each issue, **LIFESTYLES Over 50** Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. This month, we are proud to “pay it forward” by presenting \$150,000 to Abington Township Public Library in appreciation for their service.

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



Window painting “Adventure Begins at Your Library” by artist, Milas

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Tech Savvy Seniors

DO'S AND DON'TS OF SOCIAL MEDIA

As an older adult or a caregiver to an older adult, you may feel overwhelmed using computers and the Internet, let alone e-mail and social media. Understanding privacy and security settings as well as how to spot a fraudster is the first step towards a safe and enjoyable online experience.

- Americans over 65 are the fastest-growing segment of social media users. In 2021, 45% of seniors over 65 use social media.
- Seniors are the most targeted group for fraud in the U.S. In 2021, the FBI reported more than 92,000 fraud victims over 60, with losses in excess of \$1.6 Billion.
- According to the FTC, 1 in 4 Americans who lost money in 2021 said they were first contacted via social media.
- Annually, Americans lose more than \$770 million from social media scams.

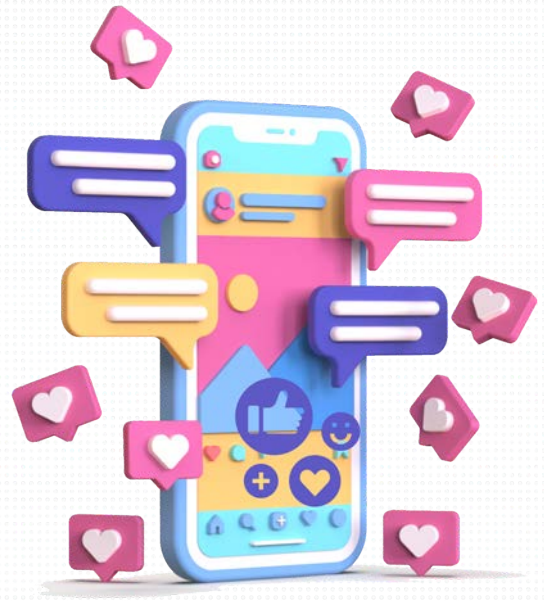
Follow These Do's and Don'ts and soon you'll be a pro at using social media.

DO Enable Privacy and Security Settings – Unlike business accounts, keep your personal social media accounts private. Make sure only your friends and family can see your posts and information.

DO Be Selective of Who You Follow and Who Follows You – Only engage people you know and trust. Someone tagging you in an inappropriate photo is not cool no matter how innocent it may appear to them. Be careful about following spam accounts or spam accounts following you. These accounts often post fake articles, steal information about you or try to hack into your account.

DO Think Before You Post – Everything on the Internet is permanent. Anyone with access to your posts can save, print or make a screenshot of your material. Remember, a post that encourages healthy conversation is one thing. However, posts that lead to negative backlash and hurt feelings are likely not.

DON'T Fight or Argue on Social Media – This type of behavior is best handled face to face and not in front of a group. As the saying goes, "If you have nothing nice to say, then don't say it at all."



DON'T Overshare Content – We really don't care what you ate for breakfast. Oversharing can actually drive social media users away. Ask yourself before you post it, if what you are about to share is meaningful to your followers.

DON'T Misuse Hashtags or Trending Topics – Do your research before using a trending topic, hashtag or keyword in your post. If the hashtag relates to a negative or unfortunate event, do not unknowingly share it.

DON'T Ignore Your Followers – The entire point of social media is to engage with your audience. If a friend or family member posts a question, comment or message to you, be sure to address them promptly.

DON'T Brag – There is a fine line between being proud and bragging. Be sincere and honest about what you post, and your followers will appreciate reading about it.

Social media is a great way to connect with friends and family with shared interests. It's also a helpful tool to reduce feelings of isolation and loneliness.

Sources AARP, allaboutcookies.org and reputation911.com

In Your Neighborhood

LEHIGHTON

QUICK FACTS

County: Carbon

Founded: 1746

Population: 5,248 (2020 census)

Website: lehightonborough.com



Lehighton is a borough in Carbon County. The area was originally part of the shared hunting territory of the Iroquoian Susquehannock and the Algonquian Lenape tribes. Later, Lehighton was built on the site of the German Moravian Brethren's mission station, as a mission to the Lenape by Moravians of Bethlehem, Pa.

Lehighton was an early center for U.S. industrialization due to its proximity to the Lehigh River, a source of waterpower for developing industries in the 19th century. Lehighton had silk and lace mills, a meat-packing house, shirt factory, automatic-press works, car shops, stone works and foundries. The coming of the railroad made it even easier for early residents to get their products to major markets. The coming of the railroad was a major economic boost for the town. For many years, the Lehigh Valley Railroad had a major repair facility in Lehighton. It was the area's largest company, employing several thousand work-

ers. Restructuring in the railroad industry eventually led to the repair facility being moved to another location and lost jobs.

Top Attractions

The Appalachian Trail is a long-distance hiking trail extending from Maine to Georgia and is located in the Ridge-and-Valley region of the Appalachian Mountains, south of Lehighton near Palmerton.

Beltzville State Park is a Pennsylvania state park located in Franklin and Towamensing townships of Carbon County. Covering almost 3,000 acres, the park opened in 1972 and was developed around the U.S. Army Corps of Engineers flood control project on Pohopoco Creek. Activities include swimming, boating,

hiking, fishing and more.

Country Junction along Route 209 in Lehighton is the world's largest general store and top destination for family fun all year long. In addition to great shopping, Country Junction hosts seasonal, themed events for all ages. From corn and wine-centric celebrations to the Great Pocono Pumpkin Festival and pictures with Santa, Country Junction's calendar is full of fun.

Mahoning Valley Speedway is a ¼-mile asphalt track featuring Modifieds, Sportsman Modifieds, Street Stocks, Hobby Stocks, Late Models, Pro 4, and Dirt Modifieds. The season runs March thru October, every Saturday night.

Sources Wikipedia, carboncountychamber.org and lehightonborough.com



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Can You Feel The Heat?

STAY HYDRATED

The temperature's rising, the sun's shining, and it's that time of year when we want to soak up some rays and enjoy the great outdoors. So, grab a cool glass of water, sit back, and dive into why staying hydrated is crucial for older people this summer.

- **Quench your thirst.** The elderly have a diminished sense of thirst, so you may not realize that you are thirsty. Plus, as heat increases, bodies lose more water through perspiration, making it essential to replenish those fluid levels. Water is the ultimate thirst quencher, to stay safe by sipping on this life-sustaining elixir and feel rejuvenated throughout your day.
- **Beat the heat.** Dehydration can sneak up on you faster than a melting ice cream cone on a sweltering afternoon. By staying adequately hydrated, you help regulate your body temperature and keep cool. Water acts as a natural coolant, helping to dissipate heat and maintain your body's equilibrium.
- **Energize your body and mind.** Feeling sluggish under the blazing sun? Water is your secret weapon to combat fatigue and boost energy levels. Dehydration can lead to decreased cognitive function and a lack of vitality, but staying hydrated ensures your body and mind are firing on all cylinders.
- **Support your body's natural detoxification process.** Water is nature's detoxifier, and as summer heat intensifies, it's essential to support your body's natural detoxification process. Adequate hydration helps flush out toxins, waste products, and impurities from your system, improving kidney function (which declines with age) and aiding digestion.
- **Decrease joint pain.** As we age, our bodies undergo various changes, and joint pain becomes a concern. Staying hydrated stimulates the joint's natural lubricant, reducing joint pain. Drinking more water also improves overall joint health, reducing the risk of joint-related injuries and associated pain.

- **Aid digestion and weight management.** Maintaining a healthy digestive system is essential to your overall well-being, and water plays a vital role in this process, especially if you have digestive discomfort or constipation. Staying hydrated helps your body break down food, absorb essential nutrients, and prevent constipation. Drinking more water reduces calorie consumption, helping you lose weight.
- **Stay mentally sharp.** As the heat intensifies, staying mentally sharp becomes even more vital. Dehydration can impair cognitive function, leading to headaches, poor concentration, and mood swings. As older adults, it is even more essential for you to stay hydrated as cognitive function declines with age. Keeping hydrated can enhance your mental clarity and improve your mood.

Courtesy LIFESTYLES Over 50 Lehigh Valley by Robert Pickell, CFO & Partner, CarePatrol



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Cars, Cars and More Cars

VW BEETLE

Cars have been a part of our lives since the 1800s. Well, maybe our lives don't stretch back that far, but the history of the automobile as we know it can be traced back to Karl Benz in the 1880s. Do you know who first began designing self-propelled vehicles? The answer (and date) may surprise you: Leonardo da Vinci in the 15th century.

The Bug Everyone Loved

Summertime is the time for bugs. However, when it comes to automobiles, the VW Bug may bring back pleasant memories. Sadly, Volkswagen is no longer bringing back the VW Beetle. On July 10, 2019 the last Beetle rolled off the Mexican assembly line and into the hearts of 'punch buggy' players worldwide. Punch buggy was a travel game wherein children would punch each other in the arm when they saw a VeeWee Beetle.



VW Beetle Facts & Fables

Facts:

- Ferdinand Porsche was commissioned by Adolph Hitler in 1938 Germany to design an affordable vehicle to promote car ownership – a true 'people's car,' the meaning of volks wagen.
- Although created in Nazi Germany, it became an icon for the 1960s peace-loving hippies.
- The last Beetles are being sold on Amazon.
- The Bug was more than a means of transportation; it was fun to play with. Hippies painted and decorated them, giving visual meaning to 'flower power.' Clowns and college students crammed into them; weightlifters picked up the front end.
- The most famous VeeWee is probably Herbie, The Love Bug, a 1963 Beetle who starred in several films in the late 1960s.
- In the 1999 Car of the Century competition – an international award given to the most influential car of the 20th century – the Beetle came in fourth behind the Ford Model T, the Mini and the Citroen DS.

- The Bug surpassed the Ford Model T as the best-selling car in history (which is pretty good considering the competition is much greater now). The Model T line ended in 1927 with 15 million sales; the Beetle ends with 21.5 million sold.

Fables:

- VW came up with the Beetle 'look.' It seems Tatra, a Czech company, built similar vehicles a decade earlier.
- The Volkswagen Beetle was always called the Beetle. Its original name was the Volkswagen Type 1 (not much cleverer than the Ford Model T). VW eventually adopted the name in 1967.
- Volkswagen only makes VW cars. They actually make other cars, including Audi, Bentley, Porsche, and even Bugatti (a fancy Bug) and Lamborghini.
- Volkswagens are always reliable. Despite the scene in Woody Allen's movie, Sleeper, where he finds a rusted-out 200-year old Bug in a cave and starts it right up, their reliability has diminished in recent years.

Courtesy LIFESTYLES Over 50 Buxmont

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Ask The Experts

BENEFITS TO WEARING HEARING AIDS

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Most people who can benefit from wearing hearing aids do not even try them on. There are many reasons why people do not wear or even try wearing hearing aids, following are just a few, including:

- Denial of having a hearing loss;
- Believe that hearing aids will make them look old;
- Have financial concerns;
- And more!

The best way to find out if you can benefit from wearing hearing aids is to have your hearing evaluated by a Board-Certified Licensed Audiologist. If hearing aids are recommended, a free trial of the hearing aids to be worn in your home, work and social setting should be arranged.

Beside the benefits listed, you may be able to hear sounds you may not have heard for many years! For instance: birds singing; the wind in the trees; the waves in the sea; the clock ticking; running water; the turn signal in your car; and the computer and refrigerator humming.

Today's hearing aids are comfortable, nearly invisible, work in many listening situations and come in a variety of price ranges. Many insurances pay for the Audiology evaluation, and many contribute to the purchase of hearing aids.

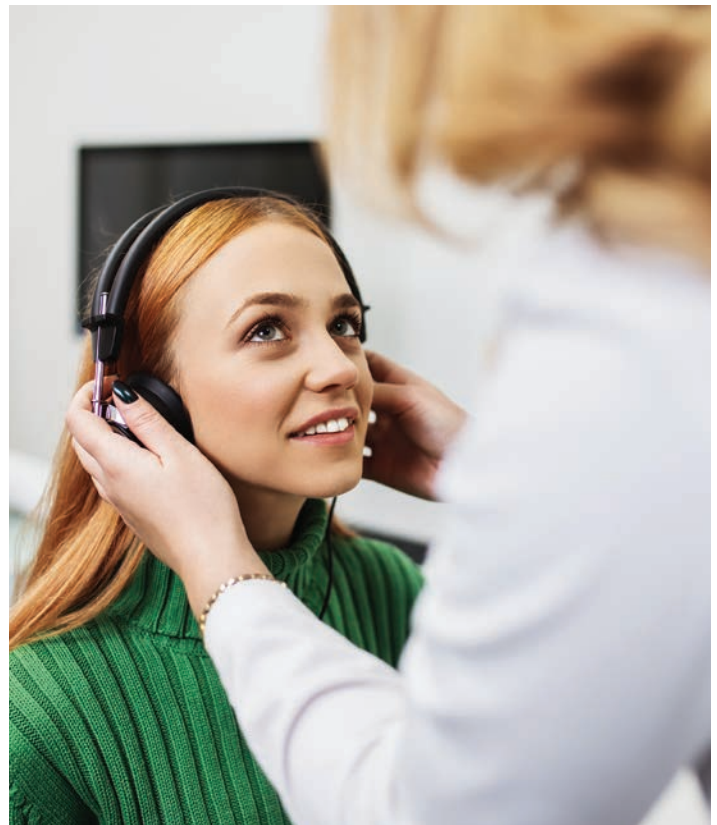
Make an appointment with a Board-Certified Licensed Audiologist at THE HEARING CENTER of NEPA and ACE Hearing Centers.

Visit: www.hearing-center.net

Courtesy The Hearing Center

Benefits to wearing hearing aids

- You may hear better in all situations
- You may be in closer contact with your partner or spouse
- You may be better at communicating with your children or grandchildren
- You may be much better at having and following conversations
- You may be better able to participate in social gatherings and parties
- You may be better at following the news, films, ad series on TV as well as listening to the radio or music
- You may keep your brain fit and reduce the risk of cognitive decline and short-term memory problems
- You may be at a lower risk of social isolation, loneliness and depression
- You may improve your mental and physical health



Seniors in The Olympics

PARIS, FRANCE 2024

The Olympics has always been a showcase of the world's greatest athletes, and the 2024 Summer Olympics that were recently held in Paris, France was no exception. But in today's modern Olympics, you are seeing an even wider range of age groups competing for gold. From 11-year old skateboarder, Zheng Haohao of the People's Republic of China to Spain's own 65-year old equestrian rider, Juan Antonio Jimenez, there is a growing number of athletes breaking the age barrier ... and records.

Laura Kraut made history for Team USA as a 58-year old showjumper who won silver alongside teammates Karl Cook and McLain Ward, and in doing so became the oldest U.S. medalist at the Olympic Games in 72 years. Kraut has three Olympic medals to her name. With over 100 Grand Prix wins and numerous National Cup appearances under her belt, Paris 2024 marked Kraut's fifth Olympic Games, which began at Barcelona in 1992. Her first podium appearance was at Beijing in 2008 as part of the gold medal-winning U.S. team. She picked up her second Olympic medal when she won silver at Tokyo in 2020. The Florida-born showjumper's career began at the early age of three, when she took her first riding lesson. Kraut's childhood was spent taking lessons alongside her sister Mary, and the pair still train together today.

Kraut came into Paris this year with a wealth of Olympic experience and knew what it would take to medal in the French capital. "I think in every sport there are a lot of people who really want to make an Olympic team, but I think there are the ones who actually not only want to make it, but they want to win when they get there." Kraut is already looking to the future by wanting to inspire the next generation of riders to continue Team USA's legacy.

Steffen Peters is a German-born equestrian rider who also competes for the United States in dressage. He has participated in five Olympic Games as well, winning a team bronze medal on two occasions, in 1996 and 2016, along with a team silver in 2020. Peters has been successful in numerous other international competitions, including winning team bronze at the 2006 World Equestrian Games, two individual

bronze medals at the 2010 World Equestrian Games and individual and team gold at both the 2011 and 2015 Pan Am Games. Steffen is age 60.

Other noteworthy 50+ year old Olympic athletes include:

- Andy Macdonald, Great Britain, skateboarding: 50-year old
- Nino Salukvadze, Georgia, shooting: 55-year old
- Carl Hester, Great Britain, equestrian: 57-year old
- Mario Deslauriers, Canada, equestrian: 59-year old
- Jill Irving, Canada, equestrian: 61-year old
- Pius Schwizer, Switzerland, equestrian: 61-year old
- Rolf-Göran Bengtsson, Sweden, equestrian: 62-year old
- Mary Hanna, Australia, equestrian: 69-year old

Physical benefits of regular exercise:

- Cardiovascular health
- Weight management
- Muscle and bone health
- Enhanced immune function
- Improved flexibility and balance

Mental health benefits of regular exercise:

- Stress reduction
- Improved mood and self-Esteem
- Enhanced cognitive function
- Better sleep quality
- Increased focus and concentration

Practical tips for incorporating physical activity into your life:

- Start small and gradual
- Set realistic goals
- Choose enjoyable activities
- Stay consistent
- Listen to your body

There's so much evidence that if you keep physically active, you don't experience some of the difficulties associated with aging ... and you may even win a medal.

Aquatics

IT DOES A BODY GOOD!

Swimming classes and aquatic exercises provide significant health benefits as described below:

Easy on the Joints – Treadmills and bicycles can be difficult sometimes even painful on the joints of mature adults. This is particularly true if you are overweight to some degree. Water exercises relieve your joints of this stress. Your buoyancy in the water allows you to exercise longer and more comfortably.

Healthy Heart – This exercise will pay dividends as your heart becomes healthier. Heart disease is still a leading cause of death and major surgeries in this country. You can live a healthier and happier life with a stronger heart.

Muscle Toning – As you swim or partake in water exercises your muscles get a thorough workout. You become stronger and fitter the more you swim. As your body gets toned you not only feel better, you look better!

Flexibility – Water exercises will definitely increase

your flexibility. The areas that will benefit the most are your arms, legs, hips and neck. This will improve your posture and add to your muscle tone.

Osteoporosis – Men, but especially women, lose bone mass as they get older. This can lead to serious injury should one fall or be in some kind of accident. These exercises will lead to stronger bones in a much healthier body.

Swimmer or not, there are numerous aquatic programs that you can dangle your toes in. Below are a few programs that are ideal for seniors:

Aquatic Classes – A wide range of group aquatic classes for various fitness and activity levels. Classes include Aquaticize, Aqua Pump, Hydrotone, and more.

Aqua Pi-Yo-Chi – This aquatic class offers a combination of Pilates, Yoga, and Tai Chi to help each participant develop a range of motion, strength and balance – all while providing a soothing, stress-relieving workout.

Aquaticize – This well-balanced total body workout includes a warm up, cardiovascular workout, toning, flexibility and abdominal work. No swimming skills are necessary.

Aqua Arthritis – This gentle aquatics class will help minimize symptoms related to rheumatoid and osteoarthritis. Conducted in the warm water therapy pool, joints will move with minimal restriction and increase range of motion.


Aqua Pump – Add the resistance of water without the impact to this non-stop action aqua class. This class is designed to move you through a challenging full body workout using noodles, barbells and dumbbells. All levels are welcome.

Whatever your needs and desires are in regard to your fitness, reach out to your local community pool to inquire about what programs are offered to fit your needs. Those over the age of 60, as well as veterans and first responders will usually receive a discount.

Excerpt from LIFESTYLES Over 50 Lehigh Valley by Art Villafane



Elan Gardens
Senior Living
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Interested in a Temporary Stay?
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RETIREMENT:

A WIDOW'S REALITY

My husband and I enjoyed our retirement in a quiet way, with simple pleasures, like summer vacations with the children and grandchildren. Those are fond memories! Fast forward to today and let me tell you about my retirement.

Officially, I am not retired and I still maintain my real estate license but only work with personal referrals. A couple that has planned for a secure retirement for traveling throughout the country is very blessed. We did not plan. It becomes a challenge if you are a widow on a fixed income.

My typical day starts with attending church because I need guidance and inspiration. There is always a steno pad at my side to take notes to remember what has to be done the following day. There is also my bucket list.

Did I mention that I am now on my own? My wonderful husband passed away three years ago during COVID and that forever changed my life and our family. Every day, I check the booklet from Allentown Senior Living to see what is available for the week ahead. It is a great resource. I check the Service Electric channel to observe the events ahead. I enjoy the Morning Call's Go section on Thursdays to see what cultural happenings are on schedule for the week. I wait for friends to call and invite me to lunch, which I like to do. It doesn't happen. Everyone is busy doing their own thing.

There are senior clubs through the church or communities to consider. They sometimes have interesting speakers. There are flea markets and community garage sales. There are also concerts in the parks and theatre shows. Lancaster County has shows and wonderful eating places. You do have to have enough money to attend these events. When you are retired, that is a consideration. All these activities are wonderful but not so great when you have to attend alone because your friends don't have the same interests as you.

“Retirement is better shared.”

You are lucky when someone calls to keep in touch. There are some days that I could scream from loneliness. This is my reality. There has to be a goal, and attitude is everything. Life is what you make it, but we have to have hope, joy, and laughter.

There are days when I feel lonely and hopeless. I have a wonderful family, but they have their lives and I realize that. Attitude is imperative to keep our retirement moving. I guess I have not painted a pretty picture. That is my reality. Every day when I wake up I thank God for a new beginning and am grateful for a new day, and hope that I can be a good voice to someone and remember all the blessings of the past and look forward to making things better for someone else now.

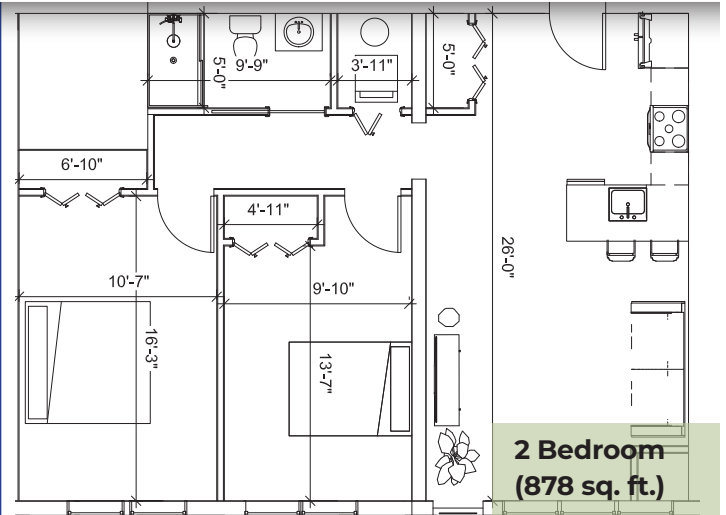
Grandchildren are a blessing and visiting their activities is a delight. Sports events are great. Tomorrow is a new day and I ask the Good Lord to get me through another day. Keep busy and keep learning to let your mind be active! Thank God for the time we have and make the best of it. Keep smiling!

Courtesy LIFESTYLES Over 50 Lehigh Valley by Elissa Clausnitzer

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Spirituality

AN IMPORTANT PART OF OVERALL HEALTH



By Mary DeHaven, St. Luke's University Hospital and Health Network.

When speaking of health, most people's minds think of physical well-being. Am I disease free? Do I have pain in any part of my body? Some people might also consider mental, emotional or social health. But, there's one other aspect that is often missed, spiritual health. An abstract concept, even defining spiritual health is difficult with its meaning varying from person to person. But, one thing is certain, spirituality affects – and is affected by – every other aspect of health.

“Our health comes in many forms and they are all interconnected,” says Mary Catherine Cole, M. Div., St. Luke's University Health Network's Director of Pastoral Care. “It's about having experiences, that bring you fulfillment and help you to become connected to the world around you – being part of something bigger than yourself.” For some, especially many older adults, spirituality involves prayer, worship services, rituals and activities related to traditional religion. This might take the form of providing meals for those in need, knitting prayer shawls or delivering communion to hospital patients. For others, it might center around yoga, meditation and mindfulness, connecting with nature, or losing themselves in art or music.

Often, spirituality is not contemplated until there is a crisis, such as a health emergency. Recognizing the importance of spiritual support, most hospitals provide pastoral care services available to help patients and families during such times. If the patient is involved with a local worship community, the chaplain's role may be limited to informing the individual's pastor, priest, rabbi

or other spiritual leader that he or she is in the hospital. Other times, they take on a counseling role. “We're not really here to talk about religion, but to explore whatever gives your life meaning, joy and fulfillment,” she says. “We often try to get the patient to identify the people, places and activities that make them feel their best. We help them to explore who and where they are in the world. Those are the questions that help people get better spiritually, and in turn, physically.”

Spirituality helps people heal in many ways, including emotionally or the healing of a relationship. Regardless of whether you're in the hospital or at home, determine what gives your life meaning. “Then, make that a priority, allocating time to it,” she says. “By doing so, you learn to love and accept yourself and others and relate better to the people and the world around you.”

Courtesy LIFESTYLES Over 50 Lehigh Valley



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Resolve To Improve Your Memory

IT'S NEVER TOO LATE

By Mary DeHaven, St. Luke's University Hospital and Health Network.

It's never too late to resolve to improve your memory. First, start by understanding what's normal and what's not. Alaa Mira, MD, Chief of Geriatric Medicine, St. Luke's University Hospital says some absentmindedness, such as forgetting where you left your glasses, can be expected as we age.

Changes in the brain related to aging can lead to some forgetfulness. For example:

- The hippocampus, the area of the brain involved in forming and retrieving memories, may decline.
- Reduced levels of certain hormones and proteins may affect the ability to protect and repair brain cells and stimulate neural growth.
- Decreased blood flow to the brain may influence processing and memory. This may be worsened by decreased activity.

In addition, emotional problems, such as stress, anxiety or depression, may cause memory loss and may mimic more serious problems like dementia. "It's important to determine the cause of the senior's forgetfulness," Dr. Eldin says. "Some memory loss may be a symptom of a more serious condition, such as Alzheimer's disease. The sooner we know the cause, the sooner we can begin treatment to address symptoms and slow the progression of the disease. If you suspect that your or a loved one is experiencing significant memory loss, talk with your doctor and have a thorough evaluation."

St. Luke's Center for Positive Aging offers a comprehensive senior assessment program that provides a physical, mental and social evaluation. Seniors may also opt to have a Mindstreams® Cognitive Health Assessment, an advanced scientific computerized evaluation. The tests evaluate memory, executive function, attention, information processing, visual spatial, motor skills, and verbal function. Results of the test enable physicians to assess cognitive deficits earlier in the disease state, before it has progressed too far, and begin an appropriate course of treatment.

Five Tips for Improving Your Memory as You Age:

1. **Stay Active Mentally** – Like any muscle, to keep your brain strong you have to use it. Continue to be involved in mentally challenging activities, such as bookkeeping, or playing chess, bridge or Scrabble. Continuously challenge yourself by learning something new. Take a math course, plan a garden, learn a new language or play an instrument.
2. **Stay Active Physically** – Decreased blood to the brain can cause cognitive decline and memory loss. As you age, continue to exercise. An American Academy of Neurology study found that older adults who walked between six and nine miles per week had more gray matter in their brains nine years after the start of the study than people who didn't walk as much.



3. **Limit Alcohol Use** – Heavy or binge drinking over time can cause memory loss and permanent brain damage.
4. **Get Adequate Sleep** – During sleep, the brain solidifies memories. Most healthy adults should strive for seven to nine hours of sleep each night.
5. **Socialize** – Depression and stress both contribute to memory loss and both can be lessened through regular social interaction. Having a loved one or good friend to talk to goes a long way in improving your mood.

Courtesy LIFESTYLES Over 50 Lehigh Valley

In Yoga...

YOU DECIDE

What do you need your exercise routine to do? Make you more flexible? Improve your balance? Help prevent falls? Reduce aches and pains? Lower your stress level?

Yoga can do all that, and more. “The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Dr. Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor. “Yoga can also lower blood pressure and reduce insomnia.” Perhaps you’ve considered trying yoga but feared you may be judged for being out of shape, be challenged beyond your abilities, or not be flexible enough. Or maybe you thought you would have to look like a yogi on the cover of a yoga journal, participate in an unfamiliar religious ritual, or buy special clothing.

Yoga does not require any of the above. I am neither a ‘yogi’ nor an expert on the subject. I’m a 50-plus year-

old mom who has been practicing yoga for about 16 years. By sharing my own experience with yoga, I hope to allay your fears and encourage you to give it a try. One definition of yoga, according to Dictionary.com is, “any of the methods or disciplines prescribed, especially a series of postures and breathing exercises practiced to achieve control of the body and mind, tranquility, etc.” This is the yoga I practice, with special attention to my own abilities and limitations.

I attended my first yoga class when my daughter was an infant, when I had muscles still stiff from pregnancy and lack of exercise. The weekly evening class gently loosened me up, eased my pain, and cleared my mind. I was hooked. I bought a couple of instructional videos after the class ended and was delightfully surprised at the range of motion I gained, and my hips no longer ached when I lay down in bed at night. I continued to practice weekly at my gym for years. That mid-week hour of escape and renewal became necessary to my physical and emotional well-being.

Through the years, I have dabbled in a number of yoga classes at gyms and yoga studios, plus home practice. My husband and I practice gentle yoga weekly with a certified teacher in our home. For several years, I had explained pain in my shoulder, diagnosed by an orthopedic surgeon as a muscle injury. I tried the exercises he prescribed, which helped. But it was the stretching and relaxation of weekly gentle yoga that all but eliminated the pain in my shoulder.

There are many different styles of yoga, from Power Yoga to Chair Yoga; and every yoga pose (position) can be modified to accommodate different levels of ability and flexibility. A yoga practice can be as simple as doing one or two poses a day, such as my favorites, legs up the wall and supine twist. The one pose common to every yoga session is shavasana, a relaxation pose at the end of class.

If you are a beginner, start your practice in a class or private lessons with a certified instructor to prevent injury. After you learn the basics, you can use videos and/or practice on your own.

Courtesy LIFESTYLES Over 50 Lehigh Valley by Vicki Bezems

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Remember When?

APPRECIATE TODAY



Dalai Lama

"The roots of all goodness lie in the soil of appreciation for goodness."

SHANIA TWAIN

"WHEN YOU DON'T COME FROM STRUGGLE, GAINING APPRECIATION IS A QUALITY THAT'S DIFFICULT TO COME BY."

Willie Nelson

"When I started counting my blessings, my whole life turned around."

John F. Kennedy

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

Doris Day

"Gratitude is riches. Complaint is poverty."

MARGARET COUSINS

"APPRECIATION CAN MAKE A DAY, EVEN CHANGE A LIFE. YOUR WILLINGNESS TO PUT IT ALL INTO WORDS IS ALL THAT IS NECESSARY."

Helen Keller

"Walking with a friend in the dark is better than walking alone in the light."



Games

AND ACTIVITIES

.....SUDOKU.....

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

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

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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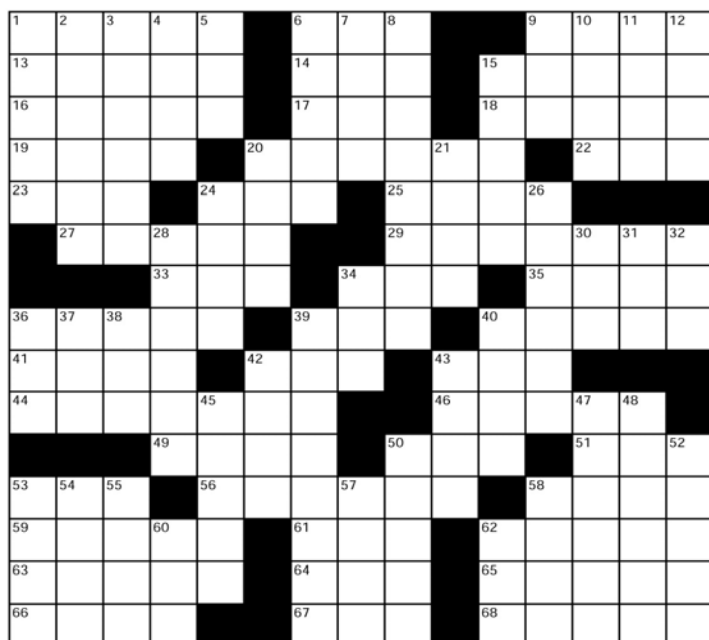
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OVER 50

Games

AND ACTIVITIES

CROSSWORD PUZZLE



Answers are provided
on page 23.

ACROSS

- 1 Baby sheep
- 6 Tree
- 9 Falsehoods
- 13 Senile
- 14 Condemn
- 15 Go to see
- 16 Nether
- 17 Flightless bird
- 18 Ice house
- 19 Discharge
- 20 Boards
- 22 Sixth sense
- 23 Fib
- 24 Shoshonean
- 25 Selector
- 27 Sects
- 29 Plans
- 33 Chap
- 34 Governor (abbr.)
- 35 Bread spread
- 36 Ms. Winfrey
- 39 August (abbr.)
- 40 CDS
- 41 Lounge

- 42 Whichever
- 43 ___ feeling
- 44 Laments
- 46 Afloat (2 wds.)
- 49 Salad
- 50 Shifty
- 51 Director (abbr.)
- 53 Alphabet
- 56 Angry
- 58 Bog down
- 59 Pope's governing organization
- 61 Scarlet
- 62 Spiritual leader
- 63 Legion
- 64 Airport abbr.
- 65 Ethan that led the Green Mountain Boys
- 66 Mistake
- 67 Jogged
- 68 Acts

DOWN

- 1 Mark
- 2 Pale

- 3 Surroundings
- 4 Soak up
- 5 Quilt
- 6 White poplar
- 7 Bod
- 8 Basset (2 wds.)
- 9 Newton filler
- 10 Island
- 11 Life histories
- 12 Pawl
- 15 Permissions to enter foreign countries
- 20 Posttraumatic stress disorder
- 21 Capital of the Ukraine
- 24 Mormon State
- 26 Restrains
- 28 Horse-like animals
- 30 Butane
- 31 Big Apple (abbr.)
- 32 Distress call
- 34 Man
- 36 Ball
- 37 Poet Edgar Allen
- 38 Move a boat
- 39 Responder
- 40 Tax
- 42 Like a wing
- 43 Irritate
- 45 Book by Homer
- 47 Doesn't taste too bad
- 48 Air mattress
- 50 African country
- 52 Controls
- 53 Account (abbr.)
- 54 ___ the hatchet, forgive
- 55 Cut hair short
- 57 Soft cheese from Greece
- 58 Not female
- 60 The other half of Jima
- 62 Really cool

JOKES & FUNNIES

PEARLS OF SENIOR WISDOM

I changed my car horn to gunshot sounds. People get out of the way much faster now.

I didn't make it to the gym today. That makes five years in a row.

GONE ARE THE DAYS WHEN GIRLS USED TO COOK LIKE THEIR MOTHERS. NOW THEY DRINK LIKE THEIR FATHERS.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

I decided to stop calling the bathroom the "John" and renamed it the "Jim." I feel so much better saying I went to the Jim this morning.

I don't have gray hair; I have "wisdom highlights." I'm just very wise.

IF GOD WANTED ME TO TOUCH MY TOES, HE WOULD'VE PUT THEM ON MY KNEES.

Old age is coming at a really bad time. When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

Last year I joined a support group for procrastinators. We haven't met yet.

The easiest way to find something lost around the house is to buy a replacement.

The biggest lie I tell myself is: "I don't need to write that down, I'll remember it."

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O V E R 5 0

Games

AND ACTIVITIES

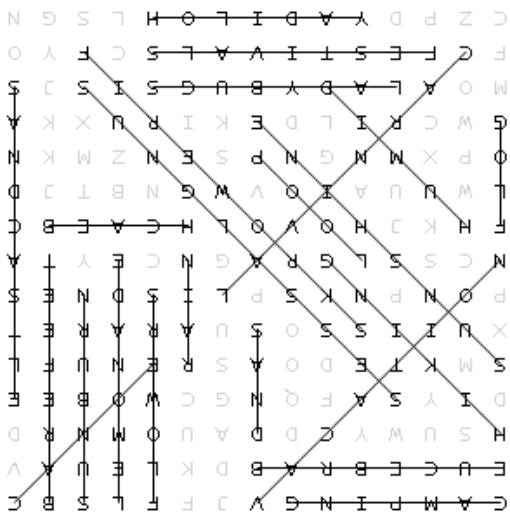
Word Search

Summer

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

BARBECUE
BAREFEET
BEACH
CAMPING
CANOE
CARNIVAL
FESTIVALS
FIREWORKS
FLOWERS
GOLF
HIKING
HOLIDAY

HUMID
LADYBUGS
LEMONADE
POOL
RAIN
SAND
SANDCASTLE
SUNBURN
SUNGLASSES
SUNSHINE
VACATION



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

What To Do

WITH YOUR GRANDCHILDREN

States are taking steps to support financial literacy in schools but there's still no substitute for teaching your loved ones, particularly young children about the value of money than by leading by example. The following strategies can be done from early childhood up to college age and beyond.

- 1. Introduce the value of money:** Earning an allowance for completing certain chores around the house introduces children to the importance of hard work and team work as contributing members of the family.
- 2. Emphasize saving:** Encouraging children to save teaches them the concepts of delayed gratification and managing priorities. Make a routine of setting aside a small portion (10%) of every dollar earned to get them into the habit of 'paying themselves first.'
- 3. Introduce them to investing:** Along with gaining a sense of ownership, your grandchild will learn the importance of dollar-cost-averaging and compounding interest. A long-term investment plan leads to financial independence.
- 4. Encourage a part-time job:** The benefits of 'holding down' a job when you get older can go far beyond any money received. Regardless of the take-home pay, your grandchild will certainly value every penny earned.
- 5. Establish a budget:** A plan is required to achieve any goal. And it's easy to underestimate everyday expenses, such as rent, groceries, utilities, etc. A budget is imperative to ensure your teenager lives within their means, so they can still enjoy the fruits for their labor.
- 6. Introduce them to credit:** When your young adult takes on a full-time job, enroll them in a credit card program. They will learn to spend within their means, the role of borrowing and interest, and the value of establishing a quality credit rating.

MONEY MATTERS

- 7. Remain invested:** Time is the greatest ally when it comes to investing. When in doubt, choosing a product that allocates and invests your grandchild's money for them, such as a target-date fund may make good sense starting out. But don't neglect to take full advantage of their employer's retirement savings program as well.

What can grandparents do to help?

Perhaps the simplest approach to gifting is to give a grandchild an outright gift. You may give each grandchild up to \$16,000 annually (as of 2022) without having to report the gifts. If you're married, both you and your spouse can make such gifts. For example, a married couple with four grandchildren may give away up to \$128,000 a year with no gift tax implications. In addition, the gifts will not count as taxable income to your grandchildren (although the earnings on the gifts, if they are invested, will be taxed). Just remember that any gift can interfere with Medicaid eligibility.

If you have misgivings about making outright tax-free gifts to your grandchildren, there are a number of options to protect against misuse of the funds. You can pay for educational and medical costs for your grandchildren. There's no limit on these gifts, meaning that you can pay these expenses in addition to making annual gifts. But you have to be sure to pay the school or medical provider directly. You can make gifts to a custodial account that parents can establish for a minor child. You can transfer money into a trust established to benefit a grandchild. You can reduce your taxable estate while earmarking funds for the higher education of a grandchild through the use of a "529 Plan." And you can use other gift vehicles like IRAs and savings bonds.

To determine the best way of gifting money to your grandchildren, as well as managing all other aspects of your estate planning, the best thing to do is discuss your questions and concerns with your accountant, financial advisor or estate planning attorney.

Sources schwab.com, progressive.com and fidelity.com

Events Calendar

SUMMER 2024

 <h1>The RSVP IMPACT</h1> <p><i>"getting things done"</i></p> 	
<h3>DONATIONS NEEDED!</h3> <ul style="list-style-type: none"> • Clean yarn and cotton fabric • Greeting cards • Old prescription eyeglasses • Personal Hygiene Items • Gently used backpacks • Hats, gloves, socks, scarves, blankets 	 <h3>Seeking Friends</h3> <p>Volunteers are needed as Friendly Visitors in all areas of the county. Multiple male requests waiting for a new friend.</p>
<h3>For Our Veterans</h3> <p>Local Veteran's organization is seeking volunteer help with:</p> <ul style="list-style-type: none"> • sorting clothing donations • garden maintenance • meal preparation for 12 to 13 individuals • office help (answer phones, light clerical work) • assist at Stand Downs 	<h3>Road Ready</h3> <p>Drivers are needed to assist with medical transportation requests. Must be willing to drive Aging car and pass driver's license check.</p> 
<h3>Restored</h3> <p>Local humanitarian organization is seeking volunteer help at retail store. Volunteer opportunities include customer service, stocking, unloading items, and sorting donations. Wednesday - Saturday, 9am to 6pm</p> 	<h3>The Best from the Rest</h3> <p>Clothing Closet looking for assistance in sorting clothing donations. Monday, Tuesday, and Fridays from 9am - 12pm.</p> 
<h3>Helping Hand</h3> <p>Local transitional housing organization needs help with reception duties and client intake (training provided). Monday - Friday, 4 hour shifts available from 9am - 5pm.</p> 	<h3>Plenty of Rummy</h3> <p>Personal Care Homes seeking volunteers to perform for residents, assist with activities, and interact with seniors by playing games or cards.</p> 
	<h3>Food On the GO</h3> <p>Local organization looking for volunteers to help deliver meals to homebound clients. Routes available throughout Monroe County.</p> 
	<h3>BINGO!</h3> <p>Senior Center is looking for volunteers to call Bingo and keep track of the numbers board. Monday through Friday from 12pm to 1pm.</p> 

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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