



Northeastern Pennsylvania

# LIFESTYLES™

OVER 50

WINTER 2024

Geisinger  
65 Forward —  
p. 7

The Hearing  
Center —  
p. 10

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# Cover Story

## TECHNOLOGY



Our goal for this issue is to educate you on the more basic and practical implementations, best practices and uses of technology to improve your life. At the same time, we want to make you a better-informed consumer by bringing your attention to technology's pitfalls, and the unfortunate criminal activi-

ty of frauds and scams that occur online if you don't properly protect yourself.

In this issue: we list common technology tips to remember under our regular Tech Savvy Seniors section; we investigate the benefits of wearable, medical ID tags to assist first responders during emergency situations; we provide some valuable insight into choosing trustworthy Websites for online health information, so you can make better informed health-care decisions; and more!

Now, on to spring.

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

570-390-3350

NEPA@LIFESTYLESover50.com

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

## 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

## TECHNOLOGY TIPS

*Technology promotes connection and communication with loved ones. It enhances social engagement; seniors can feel less isolated when they have access to social media, games, online groups, etc. Seniors can easily access tips, tricks, and new ways to enjoy their favorite hobbies...even if their interests are not computer related. Using technology provides mental stimulation through reading, playing games, interacting with others, and learning. The following tips are meant to help you receive the greatest benefit and fullest enjoyment from using today's latest technology.*

### E-mail

- Stay organized with e-mail by creating folders based on topics or, if you have a lot of e-mail and need to find something specific, do a search on sender, date or subject.
- Stop junk e-mail by unsubscribing from recurring e-mails sent to you.
- It's okay to keep the e-mail App on your phone open if you practice good phone security by using a PIN #, facial recognition or finger scan to unlock your phone.

### Passwords

- Web browsers, such as Google Chrome will remember passwords for you and autofill them the next time you visit.
- Chrome will also suggest secure passwords when creating them.
- Shy away from using online password management services ... it's just another password you'll need to remember.
- Use the old-fashioned way of saving passwords by writing them down. Just keep them in a safe place, yet easily accessible.

### Cell Phones

- Cell phone plans and bills can be confusing. Most data plans advertise unlimited talk, text and data, but keep in mind that data may be capped after a specific amount of usage. Taxes and additional service fees can also add up.
- Consider a flat-rate plan that includes all fees. Ask about discounted rates for auto payments. Discounts may apply for extended contracts. And always inquire about discounted rates for seniors.

### Social Media

- Social media is a fantastic way to connect with family and friends, but it can also make it easier for scammers to gain access to personal information.
- Avoid posting vacation dates, phone numbers, addresses, pictures of your property, etc.
- Remember to never respond to messages from unknown people, even if they claim it's an emergency – real emergencies will never be addressed or brought to your attention via social media.

### Computers

- Do not be afraid to reach out and ask for help when you make the choice to learn about technology. This is often the best excuse to spend time and bond with your child or grandchild.
- Google is your friend. Once you are connected to the Internet, you can use Google to learn just about anything. If you search "how to use Microsoft Word," Google will provide you with countless detailed results to pick from, including written instructions and video Webinars.
- Install antivirus and malware scanning software on your computer to prevent unwanted intruders and protect your personal information. The good news is that most computers nowadays come with this type of software built in and is user-friendly.

### Smart Devices

- Electronic doorbells that connect directly to the Internet will send you an alert when someone is at your door. These devices may also videotape the surrounding area as a means of discouraging someone from unlawfully trying to break in.
- Wearable fitness devices can be a great tool to monitor your health. Many smart devices can monitor your heart rate, pulse, sleeping patterns, and more. Some newer devices will automatically sound an alarm by informing loved one's or a monitoring service should you fall and require immediate assistance.

*Sources AARP, seniorservicesamerica.com and aging.com*

# In Your Neighborhood

## OLD FORGE, PA

### Pizza Capital of the World



Courtesy:

[www.facebook.com/OldForgePAHistoricalSociety](http://www.facebook.com/OldForgePAHistoricalSociety)

Built on the south bank of the Lackawanna River was the region's oldest forge (after which the town was named), built in 1789 by Dr. William Smith, who was an army surgeon in the American Revolutionary War and James Sutton. During the 1820s, Charles Drake operated the only stagecoach inn between Wilkes-Barre and Carbondale. Drake's son, secured a post office for Old Forge in 1848, where he served as postmaster until 1885. On May 26, 1871, Old Forge Township was designated, as it previously had been part of Lackawanna Township. Old Forge Borough was incorporated on May 2, 1899.

During the early part of the twentieth century, the borough's main industry was anthracite coal mining along with a minor silk throwing industry. During the 1920s, the Dutchess Underwear Company came to Old Forge. The 1930s brought a new industry to the borough in that of textiles. This was an important addition to the industry of Old Forge during World War II. By the 1950s, the Maxson Corporation began operating its electronics factory. During the 1960s, Brooks Manufacturing was the major employer in town. But by the 1970s, Brooks was undergoing a major reduction in workforce and eventually closed, replaced in the 1980s by its current tenant, King Coil Mattress Co.

The 1960s and 1970s saw the growth of what has become the borough's trademark, the pizza business. The origins of selling pizza are believed to be rooted in the early 1900s when immigrants arrived from Italy to work in the coal mines. They mostly came from Felitto, a mountain town in the Cilento National Park near Salerno. Italian miners would take the pizza down into the mines for lunch. But Old Forge style pizza was made popular by Nonna Ghigiarelli, who made it for regulars of her and her husband's bar back in 1926. Old Forge Pizza is typically rectangular in shape with a balanced sauce and topped with a blend of cheeses – usually mozzarella and white American, or mozzarella and mild cheddar; on a crispy thick crust.

### Notable people:

- Louis Carpellotti, World War II hero and namesake of the USS Carpellotti
- Chuck Cherundolo, professional football player
- Glynn Lunney, NASA engineer
- Robert Nardelli, CEO of Chrysler Corporation
- Paul Plishka, opera singer
- Lou Tomasetti, professional football player

Sources Wikipedia, [oldforgeborough.com](http://oldforgeborough.com)

### QUICK FACTS

**County:** Lackawanna

**Incorporated:** 1899

**Population:** 8,497 (2020 Census)

**Mayor:** Bob Legg

**Website:** [www.oldforgeborough.com](http://www.oldforgeborough.com)



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#### Hazleton

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# Unusual Winter Traditions

## FROM AROUND THE WORLD

### Beard Growing

Winnipeg's Festival du Voyageur is a 10-day celebration of the region's French heritage and fur trading past, which began in the 1500s. The festival's beard-growing competition is one of its longest-running and most beloved events, with all lengths, styles, and shapes welcome – the fluffier and curlier, the better. Contestants can choose between: Novelty, in which groomed mustaches are a welcome part of the ensemble; Clean-Shaven, in which participants are given eight weeks before the festival to grow the most awesome beard imaginable; and Open, meaning entrants create their own 'beards' using whatever materials they have on hand.

### Boxing Day

Boxing Day originated in the United Kingdom and is celebrated in a number of countries that previously formed part of the British Empire. Boxing Day is held on December 26, and is also concurrent with the Christian holiday Saint Stephen's Day, as well as the very popular, Black Friday in the U.S. The name refers to a Christmas box traditionally given to servants and tradespeople, containing money, a gift and sometimes leftover food. The European tradition of giving money and other gifts to those in need, or in service positions, has been dated to the Middle Ages, but the exact origin is unknown. It is sometimes believed to be in reference to the alms box placed in the narthex of Christian churches to collect donations for the poor.

### Polar Bear Plunge

These events are held annually in January throughout many parts of the northeastern United States and Canada to ring in the new year. Participants often brave sub-zero temperatures with a freezing water plunge, foregoing any sort of protective wet suit. The events are usually held to benefit a charity or bring awareness to a cause.

### Soaking in Yuzu Baths

In Japan, it's common to draw steaming baths filled with yuzu, an aromatic, citrus fruit that's something between a grapefruit and lemon. The fruit can be whole, halved, or placed within a cloth bag to slowly release its scent, which is believed to ward off colds and

to ease both the body and the mind. This customary practice has taken place since the early 1700s and is tailored to the winter solstice, though many Japanese people practice the soothing ritual all season long. It's also considered good for the upcoming year.

### The Feast of Juul (Yule Log)

The present-day custom of lighting a Yule log at Christmas is believed to have originated from the Feast of Juul, a Winter Solstice festival observed in Scandinavia when fires were lit to symbolize the heat and light of the life-giving Sun. The log was never allowed to burn completely and was kept as a token of good luck, then used as kindling to start the following year's log. In other European countries, the Yule log was burned until nothing but ashes remained, which were collected and spread into the fields as fertilizer. The Celts lit bonfires during Yule both for warmth and as a prayer of hope.

Sources [farmersalmanac.com](http://farmersalmanac.com), [fodors.com](http://fodors.com) and [cmu.edu](http://cmu.edu)



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# Online Health Information

## FINDING A TRUSTED RESOURCE

### Can you trust the health information available online?

Choosing trustworthy Websites is an important step in gathering reliable health information. There are thousands of medical Websites. Some provide accurate, up-to-date medical news and reliable health information, and some do not. Use your good judgment when searching online. Always verify your sources. Never consider one site's opinion over another without gathering several reports on the topic. And discuss what you find with your doctor before making any changes to your health care. Always consider your doctor's opinion over anything you read online.

Your health care provider may also suggest sources for information. Following are just a few:

- The National Institutes of Health Website is a good place to start for reliable health information.
- The Centers for Disease Control and Prevention Website is another one.
- MedlinePlus.gov is a Website from the NIH National Library of Medicine that has dependable consumer health information on more than 1,000 health-related topics.
- You can reach all federal Websites by going to [www.usa.gov](http://www.usa.gov)

Other medical and healthcare related organizations, hospitals, and academic medical institutions are also considered to be reliable sources of health information. The following questions can help determine which ones are trustworthy. Many of the answers can often be found on a Website's "About Us" section.

### What is the purpose of the Website, and who owns or sponsors it?

The goal of any trustworthy health information Website is to provide accurate, current, and useful information versus trying to make a sale. Knowing who pays for a Website may provide you with insight into the mission or goal of the site. For example, if a business sponsors the site, the health information may favor that business and its products.

### What is the Website's address (or URL) and type of government agency, organization or company that owns the site?

For example: .gov identifies as a U.S. government agency; .edu identifies as an educational institution, such as a school, college, or university; .org usually identifies as a nonprofit organization, such as a medical or research society and advocacy group; .com identifies as a commercial Website, such as a businesses or pharmaceutical company. While many commercial Websites do provide accurate, useful health information, it can be hard to distinguish this content from marketing and promotional materials. Any advertisements on a site should be clearly marked as such.

### Who wrote or sponsors the Website content and material?

Website pages should 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. Does the author work for an organization and, if so, what are the goals of that organization? Trustworthy Websites will also provide contact information, such as an e-mail address, phone number, and/or mailing address of the site's sponsoring organization. Also, there is a big difference between information written by a single person interested in a topic versus a Website developed by professionals using researched and peer-reviewed scientific and health-related evidence.

The following can be used to find and evaluate online health information that is accurate and reliable:

- Is it a government Website, such as the National Institutes of Health?
- Is it a medical association or healthcare society?
- Is it a reputable hospital, such as the Mayo Clinic, Johns Hopkins, etc.?
- Can the author of the information be verified?
- Are citations provided?
- Is the purpose of the information to sell a product?
- Does it claim a "secret cure" or "miraculous result"?
- Are there content spelling errors or poor grammar?

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

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### HAWLEY

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Hawley, PA 18428  
272-336-0560  
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Friday: 9:00 am – 5:00 pm

### KINGSTON

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Friday: 9:30 am - 2:00 pm  
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### LEWISBURG

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### WILLIAMSPORT

Ace Hearing Centers  
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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.

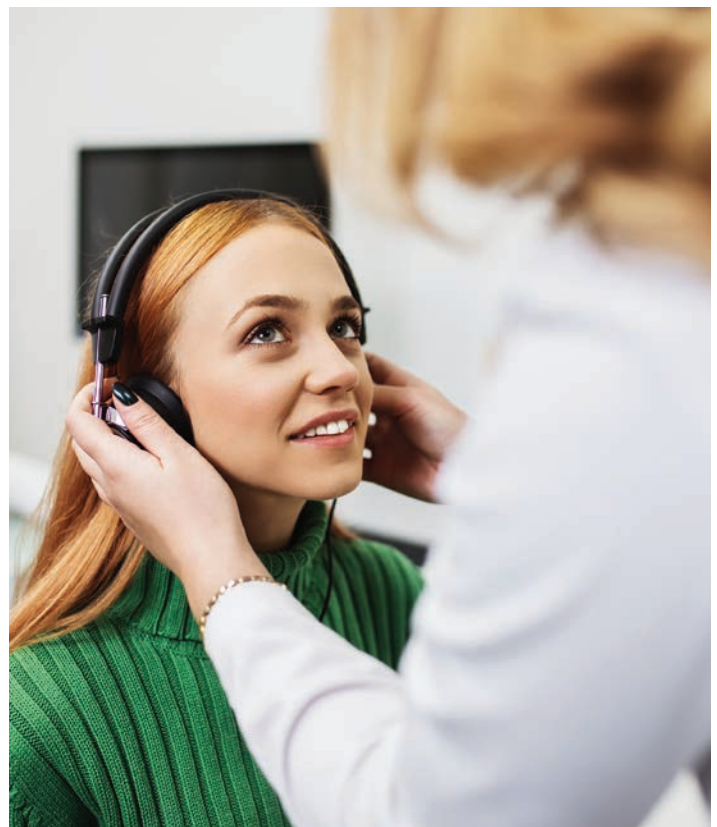
Make an appointment with a Board-Certified Licensed Audiologist at THE HEARING CENTER of NEPA and ACE Hearing Centers.

Visit: [www.hearing-center.net](http://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





# Online Scams

## UNCERTAINTY, EMOTION, URGENCY

*According to a report by passi.us, one in ten U.S. adults is a victim of fraud each year. Elderly Americans lose \$3 billion to scams each year, as investigated by the FBI's Internet Crime Complaint Center. And online scams targeting older adults have increased 400% between 2014 and 2019.*

**Fortunately, there is something the seniors can do to protect themselves online by knowing that scammers target people by playing with their emotions. For example, con artists can steer you into a bad decision by making you unsure how to act (uncertainty), then create a sense of fear or excitement (emotion), before forcing you to act quickly (urgency).**

### Types of online scams:

**Authority scams** – Scammers pretend to be from organizations like the IRS, law enforcement, or some other group with wide authority. Knowing how these

organizations operate will help you spot a scam: The IRS and other agencies will always contact you by mail first; they will never threaten immediate consequences; and they won't ask for bank information or other personal data.

**Romance scams** – Catfishing is when a scammer creates a fake profile to look like someone else. Usually it happens on dating sites: a scammer may pretend to be an attractive woman to take money from a single man. After starting a relationship with someone online, the scammer will start to ask for money. Over time, these requests will get larger until the victim catches, often too late.

**Prize and lottery scams** – The hallmark of a prize or lottery scam is the scammer will ask you to pay for shipping or taxes upfront in order to receive your prize. Once you do, you're left waiting for a prize that never arrives. No legitimate contest will ever ask you to pay the taxes up front.

**Fake receipts or charges** – Scammers send you a receipt that looks like it comes from a real online seller like Amazon or eBay. The receipt will be for a product you never purchased, and the message will include a link for you to dispute the charge. Don't click on the link. It's a trap. Either the link will infect your computer with a virus, or it will take you to a fake site to steal your personal information.

**Grandparent scams** – Seniors are the most common target of grandparent scams. Scammers call or e-mail claiming a relative is in trouble and needs money, usually for something like bail or medical expenses. If you get a call like this, the best thing to do is hang up and call your relative to confirm they are okay.

*Everyone is a potential victim, but the more you know about how online scams work, the better you can protect yourself and your loved ones. There are resources to help you stay up-to-date on the latest scams. The FTC publishes Scam Alerts on its Website. And you can sign up for free Watchdog Alerts from AARP.*

*Sources passi.us, aarp.org and ftc.gov*

WHERE ARE WE?

An added benefit to publishing our magazine is delivering our magazine!

Can you guess from this photo what area of NEPA we're visiting?

Northeastern Pennsylvania  
**LIFESTYLES**  
OVER 50

Stillwater Lake  
US Army Corps of Engineers

Answer: Clifford

# The Benefits of Exercise

## SLOW THE EFFECT OF AGING

By Mary DeHaven of St. Luke's University Hospital & Health Network

Baby Boomers are expected to spend billions each year on anti-aging products and services. But if you really want to look and feel younger get moving. Exercise is effective in stalling or even reversing the body's natural tendency to lose muscle cells and fiber as we age, says Gary Angstadt, exercise physiologist, St. Luke's Health and Fitness Center.

Physical decline as we age is not inevitable. By getting regular exercise, you will experience a whole host of benefits from reducing blood pressure, falls, aches and pains, to lowering your risk of having a stroke or developing diabetes. Through exercise, especially weight and strength training, you can build muscle, strengthen bones and better manage your weight. Meanwhile, cardiovascular training will improve your breathing, heart function and circulation. "Exercise is the key to thriving as we



get older," Gary says. "And it's never too late or too early to start. To become fit, you have to train regularly and increase the intensity level as you become stronger. I have guys in their 60s and 70s who just returned from hiking Mt. Ranier. They're vibrant, happy, energetic and hiking some of the roughest trails in the country."

And, you don't have to be in great shape to start an exercise program. However, if you have a health condition, Gary suggests that you exercise at a gym with qualified professionals who are knowledgeable in proper positioning and movement. "You don't want to go somewhere where they just hand you a towel and tell you to go work out," he says. "You want to go where the trainers are well versed in different diseases and disabilities. All of the exercise trainers at St. Luke's Health & Fitness Centers have bachelor's or master's degrees in fitness-related majors."

Gary, who also works in St. Luke's Cardiac Rehabilitation Program, has witnessed heart attack patients who were very weak when they first started. With regular workouts, however, they feel better and have more energy than several years before their heart attack. The key to success is making it a priority, he said. Many older adults find it actually easier to commit to exercise regularly now that they have less demanding work responsibilities and are no longer raising children.

"It's all about vitality," Gary says. "We can't always determine how long we live, but we can determine how much life we have in our lives."

*Excerpt courtesy of LIFESTYLES Over 50 Lehigh Valley*



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# Active 55+

## THE GREENS AT SHADOWBROOK RESORT

Purchased on September 1, 2023 by the Angelicola family, renovations are underway on the region's iconic 175-acre resort, located along Route 6 outside of Tunkhannock, Pa. Comprising of a meticulously groomed and picturesque 18-hole golf course, indoor and outdoor restaurant, and hotel, the Angelicola's are local developers with extensive experience renovating and building senior living communities. Their work includes Glenmaura Assisted Living in Moosic, Highland Park Senior Living in Moosic, and The Village at Green Briar Senior Living in Dallas.

According to Dominic Angelicola, son of developer, Richard Angelicola, "Tucked away in the beautiful, endless mountains of Northeastern Pennsylvania, Shadowbrook Resort fulfills a need in our area for quality senior living and recreation." Construction

is by LHC Construction Management, based out of Tunkhannock, Pa. "... a trusted and well-respected team of professionals that have assisted us on numerous other, similar projects."

Work started right away since close of sale. Both the golf course and restaurant (when it reopens in early 2024 after renovation work is completed) will remain open to the public, "forever!" according to Dominic. However, the hotel, currently being converted into a 100-unit facility, will be available for private use only by its residents, when it reopens in the spring of 2024. The rooms for its residents will consist of both studio and either one- or two-bedroom apartments, available by rent with an annual lease agreement subject to change.



Additional amenities, exclusive only to its residents will comprise of a new outdoor swimming pool, pickle ball courts, and putting greens. A cocktail lounge and golf simulator are in the plans for resident use only as well. As an all-inclusive resort, golf memberships are included in the room rentals paid by its residents.

**Deposits will be accepted shortly – look for more information to come in the future – with hardhat tours available by schedule only for those who want to take a closer look.**





# Power Outages

## WHAT TO DO WHEN THE POWER GOES OUT

**Power outages can be frustrating, troublesome and potentially dangerous, especially when they last over an extended period of time. The following are some things you can do before a power outage occurs, so that you're ready.**

### Before a Power Outage

- Sign up for mobile alerts to stay informed.
- Build or restock your emergency kit, including a flashlight, batteries, cash, and first aid supplies.
- Make sure your phone or any other type of emergency device or equipment is fully charged at all times.
- Purchase ice or freeze water-filled plastic containers to help keep food cold during a temporary power outage.
- Keep your car's gas tank full at all times, as gas stations rely on electricity as well to power their pumps.
- If you use your car to re-charge your devices or run a gas-operated generator, DO NOT keep the car running in the garage, and DO NOT run the generator in or near the house.

### During a Power Outage

- Only use flashlights or battery-operated lights for emergency lighting, candles can cause fires.
- Turn off or disconnect appliances and other equipment in case of a momentary power "surge" that can damage computers and other devices. Make sure valuable equipment is hooked up to surge protection.
- Never use your oven as a source of heat.
- Keep the refrigerator and freezer doors closed. Most food requiring refrigeration can be kept safely in a closed refrigerator for several hours. An unopened refrigerator will keep food cold for about 4 hours. A full freezer will keep the temperature for about 48 hours.
- Take steps to remain cool if it is hot outside, and warm if it is cold outside. If the power is off for an extended period of time, consider going to a movie theater, shopping mall, family member's or friend's home.
- Be sure to lock up and secure your property if you do decide to leave.
- Drink plenty of water to remain hydrated.

### After a Power Outage

- Throw away any food that has been exposed to temperatures 40° F (4° C) for two hours or more or that has an unusual odor, color, or texture. When in doubt, throw it out!
- If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- Contact your family doctor if you're concerned about any medications that may have spoiled.
- Restock your emergency kit with fresh batteries, canned foods, and other supplies.
- Test all electrical devices, appliances and, heating and cooling equipment to confirm that they are safe and functional.
- Immediately report any damages to your insurance provider.
- If an emergency, contact your local contractor right away.

Other things to keep in mind before, during or after a power outage. Do not call 911 to report the outage. If your power goes out, you may have to contact your local power provider to report an outage or get an estimated restore time. Many utility companies provide an online outage map and text service to keep you informed. Building an emergency preparedness kit can help you ride out a power outage. During severe weather, power lines can fall. It's important to stay inside and away from any fallen line as it could be active. If you are aware of a fallen power line, do not get near it or touch the line. Contact your local utility company immediately.

If you are considering purchasing a generator for your home, consult an electrician or engineer before purchasing and installing it. Only operate generators away from your home and never inside a home or garage, and never connect it to your home's electrical system.

*Sources [pa.gov](http://pa.gov), [redcross.org](http://redcross.org) and [ppl.com](http://ppl.com)*

# Eat & Drink Smart

## FEND OFF COLD & 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. In addition to precautions like avoiding people who are sick and washing your hands often, you can influence your immune system through what you eat and drink.

**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, and California Navel oranges are in their peak season – just in time for the height of cold and flu season.

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 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 jalapenos 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-degrees F. To get the most juice out of the orange, bring it to room temperature before cooking.

### Orange Spiced Tea

6 cups water

1 clove cinnamon or ½ teaspoon ground cinnamon

6 tea bags

1 cup California Navel orange juice

½ 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 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 Feature; Recipe by California Citrus Growers*

# Caring For Aging Parents

## LIFE MONEY MANAGEMENT

### Tips for Managing the Bills

Are you finding yourself smack dab in the middle of caring for your aging parents? Just as you were getting used to the empty nest syndrome, your parents have asked for your help. It's even more confusing when they stay quiet but you can see they're struggling with their bills and money.

I get this, their need for emotional and financial support when the confusion starts because, like you, I'm right there in the middle of it. Helping my aging parent with his bills. That's why I've created a set of invaluable tips and tricks to help you decide when your parents might need help with their bills, whether they acknowledge it or not.

Are you ready to confidently navigate your aging parents' money needs while keeping them safe from scams and organized and paying bills on time?

**Sign up now to gain access to our FREE Tips & Tricks Guide at:**  
<https://lifemoneymanagement.com/resources>



Julianne Miller, AFC  
Accredited Financial Counselor

**Join me, as together we  
work to make informed  
decisions for the well being  
of our aging parents!**



**Tunkhannock, PA 18657**

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# Emergency Identification

## MEDICAL ID TAGS

Wearing a medical ID tag or bracelet provides critical information about a person's health in emergency situations by alerting first responders to the following information:

- **Blood type:** Information that can be critical in an emergency situation.
- **Medical conditions:** Information such as allergies, heart disease, diabetes, etc.
- **Medications:** Information about the medications a person is taking, including dosage and frequency.
- **Other important information:** Information about the person's health history or treatment plans that can be important in an emergency.
- **Emergency contacts:** Information about the person's immediate contacts and next of kin.

In an emergency situation, time is of the essence, and a medical ID tag can quickly provide first respond-

ers with the information they need to make informed decisions and provide appropriate care. It can also provide peace of mind for the person wearing the bracelet and their loved ones, knowing that important health information is readily available in case of an emergency.

The benefits of wearing a medical ID tag:

- **Emergency identification:** provide first responders with critical information about your medical conditions, allergies, medications, and emergency contacts.
- **Prevent medical errors:** alert healthcare providers to important information about your medical history and current medications.
- **Peace of mind:** know that your important medical information is readily available in case of an emergency.
- **Easy to wear:** a variety of styles and materials make it easy for you to wear something that is attractive, comfortable and effective.

In an emergency when time is critical and every second counts, medical ID tags can effectively advocate for your health and safety. Half of all medical errors occur because of mistakes made upon admission or discharge from the hospital. Wearing a medical ID tag protects against potentially harmful medical errors. Some devices hold up to 2GB worth of your medical data. Uniquely designed bracelets or engraved dog tags are equipped to store imbedded flash drives securely. Most medical ID tags are waterproof and biohazard safe, so you will never have to worry about your data becoming unreadable or unusable.

An attractive and easy to wear bracelet or necklace can reduce unnecessary hospital admissions, prevent minor emergencies from becoming life threatening events and provide peace of mind for your loved ones!

Source [laurenshope.com](http://laurenshope.com), [universalmedicaldata.com](http://universalmedicaldata.com) and [americanmedical-id.com](http://americanmedical-id.com)



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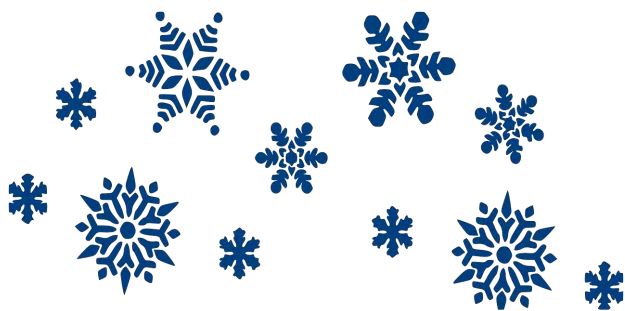
[UnitedMethodistHomes.org](http://UnitedMethodistHomes.org)



# Remember When?

## TIMELESS WINTER ACTIVITIES

Remember those snowy, wintery days playing outside from sun up to sun down, and when a pair of blue jeans and darned mittens would suffice to keep you warm? Following are some timeless winter activities that you can still enjoy with your grandchildren or loved one ... even if you must dress warmer and can only withstand the cold for a brief amount of time.



### Build a Snow Castle

Whether you refer to it as a castle or a fort, you'll enjoy building something from nothing. And the protection it provides from a snowball fight will be well worth it.

### Have a Snowball Fight

Divide into teams, build your forts (or castles) and let the snowballs fly! Snowball fights are a great way to enjoy some healthy family (or neighborhood) competition.

### Make Snow Angels

Not only will you leave a lasting impression (ha, ha) but you'll enjoy watching the clouds drift by as they reveal the warmth of the sun on your face.

### Build a Snowman

A moist snowfall is perfect for packing and rolling those large size snowballs across the lawn to build your shapely companion.



### Take a Sleigh Ride

Ride through a winter wonderland in a classic horse-drawn sleigh or have someone pull you around on the toboggan ... that works too.

### Go Sledding

It doesn't require too much of a downhill slope to take advantage of a cold, icy snowfall. Whether using a toboggan, saucer or the old fashion runner sled, be ready to bail out at any time.



### Enjoy Ice Skating

One of the more nostalgic winter activities involves a frozen pond, a pair of skates, and ice skating with family and friends. The crisp sound of blades dancing on the ice is something you'll never forget.

### Study Snowflakes

Not up for breaking a sweat? Then studying snowflakes is a great way to enjoy nature's beauty – every snowflake has its own unique design, no two are the same.

### Get Warm by the Fire

In the era of central heating and electric blankets, enjoying a cozy evening by the fire (indoors or outdoors) might seem like a relic of the past. However, there is something truly magical about the warm flicker of flames, the crackling sounds of burning wood, and the comforting warmth only a fire can provide. And don't forget to heat up a cup of hot chocolate to sip while you relax.



Sources [wikipedia](http://wikipedia), [intotheoutdoors.org](http://intotheoutdoors.org) and [prevention.com](http://prevention.com)

# Games

## AND ACTIVITIES

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

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

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

### Sudoku Directions:

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

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

Answers are provided on page 23.

## ANNUAL DIRECTORY

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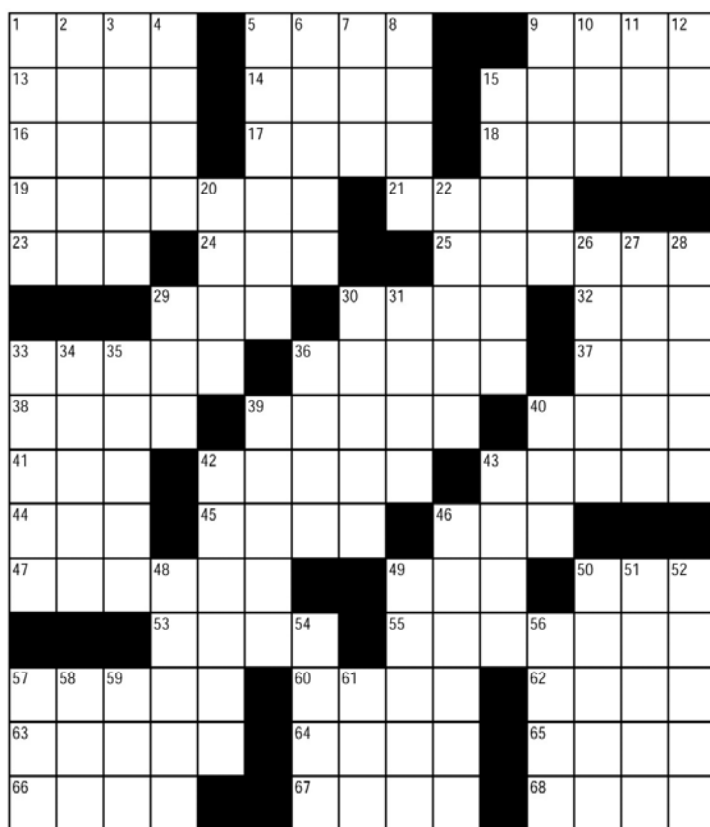
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# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



### ACROSS

- 1 Berets
- 5 Difficult
- 9 Traveled by airplane
- 13 Actor Alda
- 14 Dueling sword
- 15 Receiver
- 16 In \_\_\_ of (instead of)
- 17 Please respond
- 18 Feudal superior
- 19 Swaziland capital
- 21 Despot
- 23 Offence
- 24 Bro.'s sibling
- 25 School assignments
- 29 Thirst quencher
- 30 Swiss-like cheese

- 32 Killed in action
- 33 Dardic language
- 36 Waitress on Cheers
- 37 Rapid eye movement
- 38 Season
- 39 Kinds of stars
- 40 Horse game
- 41 Lodge
- 43 Makers of the Prelude
- 44 Compass point
- 45 Not women's
- 46 Tear
- 47 Dracula's fear
- 49 Extremely high frequency (abbr.)
- 50 Drain
- 53 Beers
- 55 Revel noisily

- 57 Wear away
- 60 Roaring
- 62 Article for sale
- 63 Club
- 64 \_\_\_ upon a time
- 65 Soft cheese
- 66 Gawk
- 67 Antes
- 68 Was looked at

### DOWN

- 1 Lulls
- 2 Where you were at crime time
- 3 Encomium
- 4 Ignore
- 5 Protrusion of organ
- 6 Recesses
- 7 Pastor (abbr.)
- 8 Department (abbr.)
- 9 Festivals
- 10 Caustic substance
- 11 Electroencephalograph (abbr.)
- 12 Petite
- 15 Blood part
- 20 At sea
- 22 Enthusiasms
- 26 City in Ohio
- 27 Grant
- 28 Nation
- 29 Trinitrotoluene
- 30 Roof overhang
- 31 Attract
- 33 Hurt arm holder
- 34 Dye
- 35 Central
- 36 Connecticut (abbr.)
- 39 Relative
- 40 Dad
- 42 Gave a happy face

- 43 High fidelity sound system
- 46 Brand of frozen dough
- 48 Scoop
- 49 Burp
- 50 Leer
- 51 Eagle's nest
- 52 Clean
- 54 Pig
- 56 Southwest by south
- 57 Self
- 58 Toupee
- 59 Fat
- 61 Only

Answers are provided on page 23.

# JOKES & FUNNIES

## SIGNS FROM INDIAN HILLS, COLORADO

If you have to wear both mask  
and glasses, you may be entitled  
to condensation.

WHAT DO YOU CALL A HIPPIE'S  
WIFE? MISSISSIPPI.

When you said life would get back  
to normal after June ... Julyed.

GHOSTS LIKE TO RIDE IN  
ELEVATORS BECAUSE IT  
LIFTS THEIR SPIRITS.

I'll take the high  
road and you take  
the psycho path.

If clowns  
attack, go for  
the juggler.

My fear of moving  
stairs is escalating.

My son wants to study  
burrowing rodents. I  
told him to gopher it.

Be careful when you eat  
at Sam & Ella's Diner.

Past, present and  
future walked into a  
bar. It was intense.

Eyes on the road and head  
out of your Apps.

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# Games

## AND ACTIVITIES

### Word Search

#### Security

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

Application

Bionics

Blog

Byte

Cache

Cloud

Code

Communication

Computer

Cyberspace

Digital

Disk

Electronics

Hardware

Information

Internet

Media

Modem

Online

Phone

Platform

Robotics

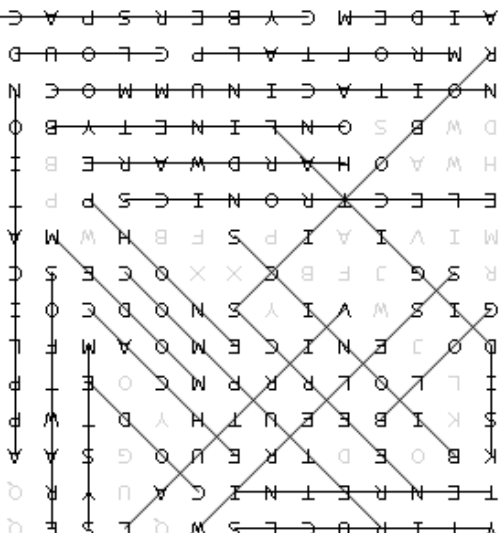
Screen

Security

Software

System

Virtual



#### SUDOKU ANSWERS

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

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

#### CROSSWORD PUZZLE ANSWERS

CAPS		HARD		FLEW
ALAN		EPEE		PAYEE
LIEU		RSVP		LIEGE
MBABANE		TZAR		
SIN		SIS		ESSAYS
		TEA		EDAM
SHINA		CARLA		REM
LENT		NOVAS		POLO
INN		SIN		HONDA
NNE		MENS		RIP
GARLIC		EHF		SAP
		ALES		ROI
ERODE		LOUD		WARE
GUILD		ONCE		BRIE
OGLE		BETS		SEEN



# What To Do

## WITH YOUR GRANDCHILDREN

### GO FISH

**Objective:** Collect as many complete sets of four matching cards (one from each suit) as you can. Players can collect the cards they need from other players, or by “fishing” for cards from the “fish pond.” Each player is dealt seven cards. The remaining cards are placed face down in a pile, the “fish pond.” Each player sorts their cards into groups of the same number or suit (i.e., a group of fives or Queens), making sure not to show anyone. The requester (person to the left of the dealer) starts the game by asking another player for cards that will match his/her hand. For example, if the requester has two Kings, he will ask the other player for Kings. If the other player has these cards, they must hand them over. The requester continues asking the same player for more cards until the player does not have the cards he/she wants. If the player does not have the right cards, he can tell the requester to “go fish.” The requester then has to take one card from the “fish pond.” The player who told him/her to “go fish” becomes the new requester.

### OLD MAID

**Objective:** Form and discard pairs of cards, and not to be left with the odd card (a Queen) at the end – the person left holding this card is the ‘Old Maid’ and loses the game. All cards are dealt face down to players. Each player sorts their cards into matching pairs of the same number or suit, keeping them hidden from other players. Players holding pairs of matching cards lay them down on the table face up. If anyone has three matching cards, he/she only puts down one pair and keeps the spare card. If anyone has four matching cards, he/she puts down two pairs. The player to the left of the dealer offers his/her cards to the player on the left, who cannot see them. That player selects a random card from his/her hand. If the new card he/she picks matches any of the cards they already have, they can put down the pair, or if not, keeps it. He/She then offers their cards to the player on the left. This continues until all the cards have been put down in pairs, except the old maid, which is left alone and cannot be paired.

# POPULAR CARD GAMES

### RUMMY

**Objective:** Get rid of your cards as you group them into “melds.” A meld is a set of three or four of a kind, or a “run” (three or more cards in order of the same suit, such as the three, four and five of Hearts). The dealer shuffles the deck and deals the cards one at a time to each player as follows: Two players get 10 cards each; three or four players get seven cards each; five or six players get 6 cards each. The remaining cards are placed face down in the middle of the table and serve as the “stock” pile. The top card of the stock pile is turned face up and set next to the stockpile; this card begins the “discard” pile. Each player then groups all matching cards and runs together in their hand, which makes it easier to see the melds in their hand. Do not show the other players. The player to the left of the dealer plays first by taking the top card from either the stock pile or the discard pile. If the player has a meld, he/she will lay it down on the table so all cards in the meld are visible. Then they will discard another card from their hand by placing it face up in the discard pile. Players can also place a card down on any existing meld if they have a card that matches the meld or if they draw a card that matches the meld. This continues until all of the cards have been played.

### CRAZY 8's

**Objective:** Be the first player to discard all of your cards. Deal out five cards to each player. Place the remaining cards face down in a pile in the center. Turn over the first card from the pile and pop it on the floor next to the pile face up. The first player puts a card on top of the face up card that matches suit or rank. If you don't have a card, you pick one up from the face down pile. The player draws up to three cards before they pass to the next person. 8's are the ‘crazy’ cards. They can be played on any turn. The player who puts down the 8 card gets to pick the suit, and the next player has to play a card of that suit. Once the draw pile is empty, if you don't have a card that matches, you have to pass on your turn.

*Sources* [todaysparent.com](http://todaysparent.com), [lovetoknow.com](http://lovetoknow.com) and [target.com](http://target.com)

# Events Calendar

## WINTER 2024

E-mail [nepa@lifestylesover50.com](mailto:nepa@lifestylesover50.com) a copy of your organization's newsletter or event schedule, and we'll be happy to share a select listing.

### FEATURED IN THIS ISSUE:

**RSVP of Monroe County**  
411 Main Street, Suite 102B  
Stroudsburg, PA 18360  
570-420-3747

### Attention Merry Mat Makers

Were you a part of the Merry Mat Makers? Do you like to crochet? Are you interested in taking part in a unique and innovative project to help our community and our neighbors?

We would love to get the group together to crochet sleeping mats once again. If anyone is interested, please call the office of RSVP of Monroe County at 570-420-3747. We are looking for someone to take the 'lead' to help organize the group and get it started. RSVP has plenty of bags to use!

### Community Calendar

**March 14:** Board Game Night for Adults at Eastern Monroe Public Library

**April 2-4:** Pennsylvania Department of Aging Conference at Wind Creek, Bethlehem

**April 30:** Community Night at Northampton Community College in Monroe County

**May 4:** Lake Naomi Volunteer Fair

**May 5:** PATH Walk in Courthouse Circle, Stroudsburg

**May 17:** WIC 50th Anniversary Party at the Mountain Center

**June 13:** RSVP's 34th Annual Volunteer Recognition Luncheon & Talent Show

**Area Agency on Aging – Pike County**  
150 Pike County Blvd.  
Hawley, PA 18428

### Casino Time

**When:** Tuesday, April 23

**Destination:** Resorts World Catskills Casino, Monticello, NY

**Package:** Bus ride plus \$25 slot free play with \$15 food voucher

**Price:** \$50 to paid at registration

*Pick up:* Bus will pick up at the Blooming Grove Center at 150 Pike Blvd., Lords Valley, Pa.

**Time:** Must be at the center by 9:00 a.m. with a possible second stop in Matamoras

**Contact:** Lana at 570-775-5550 ext. 1317

*Visit any of Pike County's three convenient locations to socialize, enjoy a game of cards, exercise, eat a warm lunch, and more. Milk included with all meals for \$3.00.*

**Blooming Grove Center**  
150 Pike County Blvd.  
Hawley, PA 18428

**Lackawanna/Shohola Township Center**  
Lackawaxen Fire Dept.  
Beisel Beck Rd. & Rte. 590  
Lackawaxen, PA 18435

**Eastern Pike Center at Matamoras**  
Matamoras Fire House  
506 Avenue Q.  
Matamoras, PA 18336

For a FREE subscription to the Pike County, Area Agency on Aging newsletter, send your e-mail address to [kdantuono@pikepa.org](mailto:kdantuono@pikepa.org) and receive it via e-mail. For more information, e-mail Robin Soares, executive director at [rsoares@pikepa.org](mailto:rsoares@pikepa.org)

# Giving Back

## AMERICORPS/SENIORS RSVP OF MONROE COUNTY

AmeriCorps/Seniors RSVP, Retired and Senior Volunteer Program is America's largest volunteer network for people age 55 and over by matching the talents, skills, and experiences of local, senior volunteers with challenging and exciting opportunities at area non-profit agencies, schools, government offices, and other organizations.

AmeriCorps/Seniors RSVP of Monroe County is sponsored locally by the Area Agency on Aging and the County Commissioners. As part of the National Senior Corps, under the Corporation for National and Community Service, AmeriCorps/Seniors RSVP strives to improve lives, strengthen communities and foster civic engagement through service and volunteering. Senior volunteers help by building ramps, tutoring, visiting, grocery shopping, computing, knitting, serving, driving and much more!

*LIFESTYLES Over 50 Northeastern Pennsylvania is proud to support AmeriCorps/Seniors RSVP of Monroe County, and is appreciative of the support it provides to our publication; and the seniors and their loved ones who are inspired by reading our great magazine!*

### Monroe County RSVP volunteers:

- Are age 55 and older
- Enjoy working with others to solve community problems
- Are determined to stay active and involved
- Want to make a difference

### Monroe County RSVP volunteers:

- Receive free volunteer placement
- Are provided an opportunity to share their experiences and skills
- Learn something new every day
- Are offered supplemental accident and liability insurance
- Receive the satisfaction of making a difference
- Are invited to attend RSVP's annual recognition event

### Monroe County RSVP volunteers:

- Contributed 153,000 hours of service
- Grocery shopped for over 100 residents
- Delivered meals, groceries and fresh produce to more than 50 shut-ins
- Built handicapped ramps, did minor home repairs and assisted 70 homeowners
- Tutored and assisted in all four school districts in the county
- Helped local law enforcement make communities safer
- Protected fragile rivers and forests
- Brought cheer by singing and performing at 11 nursing homes and senior centers

Today's adults are busy, productive people. After retirement, many RSVP volunteers use their experience to tutor and mentor children, counsel small businesses, assist at health clinics, and teach other seniors to use the Internet. Others distribute food to the homeless, or volunteer at a variety of one-time community events.

If you would like to give of your time and talents to make a difference in someone else's life, please contact AmeriCorps/Seniors RSVP of Monroe County.



**AmeriCorps**  
**Seniors**

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**RSVP**

**570-420-3747**

AmeriCorps/Seniors RSVP of Monroe County  
411 Main Street, Suite 102-B  
Stroudsburg, PA 18360



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