



Northeastern Pennsylvania LIFESTYLES™

OVER 50

NEW YEAR 2024

**The Hearing
Center —**

p. 10

**Geisinger
65 Forward —**

p. 14

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Cover Story

TRADITIONS



Traditions are beliefs, values or past times that are repeated and passed on generation to generation. Traditions create a connection, a feeling of belonging and being a part of something unique and extraordinary. For our extended family, we just celebrated 30 years of enjoying a week at the beach

together ... something we look forward to every year!

In this issue we look at traditions within the family, of the winter season, still practiced today in America, and more.

Finally, we'd like to make a special toast to Jeff White, our graphic designer for helping us produce a quality magazine. Jeff is retiring after 38 years of dedication and loyalty to the advertising business. We will miss your humor and creativity!

Cheers and best wishes,

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

Dingman's Ferry Delaware Township Historical Society

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 Dingman's Ferry Delaware Township Historical Society – featured in our last issue.

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!



The Dingman's Ferry Delaware Township Historical Society, Inc. was founded in 1994 to preserve the rich history of the area. Dingman's Ferry began with its settlement by Andrew Dingman in 1732, and extended for 230 years, until its removal by the Army Corps of Engineers and its incorporation into the Delaware Water Gap National Recreation Area.

The mission of the Historical Society is to promote and encourage historical study and research and, particularly, the collection, discovery, preservation and publication of the history, historical records and data relative to Dingman's Ferry and Delaware Township. The repository for the artifacts, books and files resides at the Historical Society's Headquarters & Museum, located at Akenac Park, Route 739 in Dingman's Ferry.

Tim Singleton, President

tbsingleton@286mapletree.com

Dingman's Ferry Delaware Township Historical Society

116 Wilson Hill Road

Dingmans Ferry, PA 18328

www.dingmansferryhistoricalsociety.org

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Tech Savvy Seniors

SATELLITE INTERNET



Extended families are further apart than ever before, a trend that is only increasing each year. According to the latest report by the Pew Research center, only 27% of Americans live near some extended family, with 24% saying they live near a few and 20% saying they don't live near any at all. Considering this distance, coupled with the desire to be together this time of year, it's no wonder that the holidays are the busiest travel season.

Unfortunately, not everyone is able to make a trip, whether it's due to flight cancellations, poor weather or even the cost of transportation. Thanks to the digitally advanced world we live in, we can still connect with family in real time through Apps like FaceTime and WhatsApp.

Meeting virtually is becoming an increasingly popular way to stay connected with friends and family who live in different parts of the country. Connecting via the Internet gives us the chance to socialize with loved ones without the need for transportation, which can be a major barrier for many families.

However, for the 46 million Americans residing in rural parts of the country, fiber or wireline connectivity is often unavailable. Here, satellite Internet plays a crucial role in connecting them to family, friends, business opportunities and education. Satellite Internet is widespread, reliable and available

in remote areas that cable or fiber providers will often overpass. And thanks to new technology and innovations, satellite Internet continues to improve.

Recently, Hughes, the original pioneer of satellite Internet, introduced new Hughesnet® service plans that are redefining connectivity and accessibility for rural America and feature unlimited data, increased speeds and reduced latency. By leveraging capacity from JUPITER™ 3, the most advanced commercial communications satellite ever built, as well as new multipath technology through Hughesnet Fusion® plans, Hughes is offering customers more ways to connect, stream and play.

As the holiday season begins, and people look to connect with distant family and friends, they increasingly rely on email, social media and video chats to remain present in each other's lives. Satellite Internet enables those personal connections to remain strong, no matter how much distance separates us from loved ones. So, this season, whether they're looking to FaceTime their grandchildren or play a multi-player game with cousins, families know that satellite Internet is there to help connect virtually to what matters most.

Source NewsUSA

In Your Neighborhood

WILKES-BARRE, PA

Progressive City with Industrial Roots



Wilkes-Barre, Pa. 1889. Courtesy Library of Congress, Geography and Map Division.

The city of Wilkes-Barre is a progressive city with industrial roots.

Located along the Susquehanna River, Wilkes-Barre is the seat of Luzerne County, conveniently situated in the tri-state area. Located approximately two hours from New York City and Philadelphia, Wilkes-Barre offers easy access to Interstates 81, 80, and 476, and other transportation terminals.

Founded in 1769, Wilkes-Barre was incorporated as a borough in 1806, and formally re-incorporated as a city in 1869. The city grew rapidly in the 19th century after the discovery of nearby coal reserves and the arrival of hundreds of thousands of immigrants, who provided a labor force for the city's mines. The mining of high-quality anthracite coal fueled industrialization in the city, which reached the height of its prosperity in the first half of the 20th century. Following World War II, the city's economy declined due to the collapse of industry. The Knox Mine disaster only accelerated this trend. Today, the city's population is roughly half that of its peak in 1930s but remains the 13th-largest city in Pennsylvania.

Local Attractions

There are many venues throughout the city for residents and visitors to enjoy, such as Kirby Park and Coal Street Park that provide outdoor recreational

amenities such as playgrounds, pavilions, picnic tables, basketball courts, and multi-purpose fields. The renovated River Common area, located along the Susquehanna River, features an amphitheater for outdoor performances, walking corridors, a boat launch, and other accommodations for concerts and festivals.

Wilkes-Barre's Public Square hosts many events throughout the year. A Farmers Market, which runs from late June to October, brings fresh produce, homemade food, crafts, and music to the downtown each Thursday. The Fine Arts Fiesta, a week-long festival on the Square, brings live performances and art exhibits to the public. And The Square is a central point of the City's parades and numerous other celebrations.

The downtown offers a wide variety of dining and shopping options. Both locally owned and nationally recognized restaurants are within walking distance from Public Square, RC Movies 14, and the F.M. Kirby Center for the Performing Arts. Large and small retail shops, including Boscov's and Barnes & Noble are easily accessible. And if you want to get out of the city, you are only a short drive from the beautiful Pocono Mountains and numerous natural parks of the surrounding communities.

Quality Education

Wilkes-Barre values the colleges that frame its downtown, including King's College, Wilkes University, The Commonwealth Medical College, and Luzerne County Community College.

Sources Wikipedia, wilkes-barre.city

QUICK FACTS

County: Luzerne

Incorporated: 1806

Population: 44,328 (2020 Census)

Mayor: George Brown

Website: www.wilkes-barre.city

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.



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, fodors.com and cmu.edu



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Old American Traditions

STILL CARRIED OUT TODAY

4th of July Fireworks – Fireworks have been a tradition since the first Fourth of July. That year, the Pennsylvania Evening Post reported, “At night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated.” Though Fourth of July celebrations have been a tradition since 1777, it wasn’t made a federal holiday until 1941.



Competitive Eating – An America tradition since 1916, when Nathan’s held its first hot dog-eating contest on the Fourth of July at Coney Island. The contestants were said to be four immigrants, who competed to determine who was the most patriotic. An Irishman won, consuming 13 hot dogs. Since then, World Champion, Joey Chestnut holds the title after setting a new world record in 2021 after eating 76 hot dogs and buns.

Football Tailgating – Fans of American football spend hours before football games gathered in the stadium parking lot tailgating, which involves grilling and playing games with friends or strangers to get pumped up before entering into the stadium to cheer on their favorite team. The first tailgate party to occur at a football game was in 1869 in New Jersey, against Princeton and Rutgers Universities.

Groundhog Day – Dating back to 1887, every year on February 2 in Punxsutawney, Pa. this ceremony is held. It involves a groundhog named Punxsutawney Phil. If he sees his shadow, it means winter will last for six more weeks; if he doesn’t, it means an

early spring. The National Climatic Data Center reported that Phil’s predictions have been correct 39% of the time.

High School Proms – Before the 1920s, proms were elaborate tea parties reserved for male college students and their affluent families. In the 1920s, proms began transitioning to high schools where they became a much more causal and inclusive event for teenage boys and girls on the brink of graduation.

Mardi Gras – The holiday, which is French for “Fat Tuesday,” is widely celebrated in New Orleans due to the city’s French heritage. It was started in 1699 by a French-Canadian explorer, Pierre Le Moyne d’Iberville who arrived in what is now Mobile, Alabama in. He named the location Point du Mardi Gras and threw a party.



Thanksgiving Turkey Pardon – The tradition of turkey pardoning dates back to 1863 and president Abraham Lincoln. A reporter, Noah Brooks wrote in a dispatch, “A live turkey had been brought home for the Christmas dinner, but [Lincoln’s son Tad] interceded in behalf of its life. [Tad’s] plea was admitted and the turkey’s life spared.” Though other presidents have also pardoned turkeys, the tradition wasn’t made official until 1989, by George H.W. Bush.

Sources businessinsider.com, lovetoknow.com, history.com and Wikipedia

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Ask The Experts

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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.

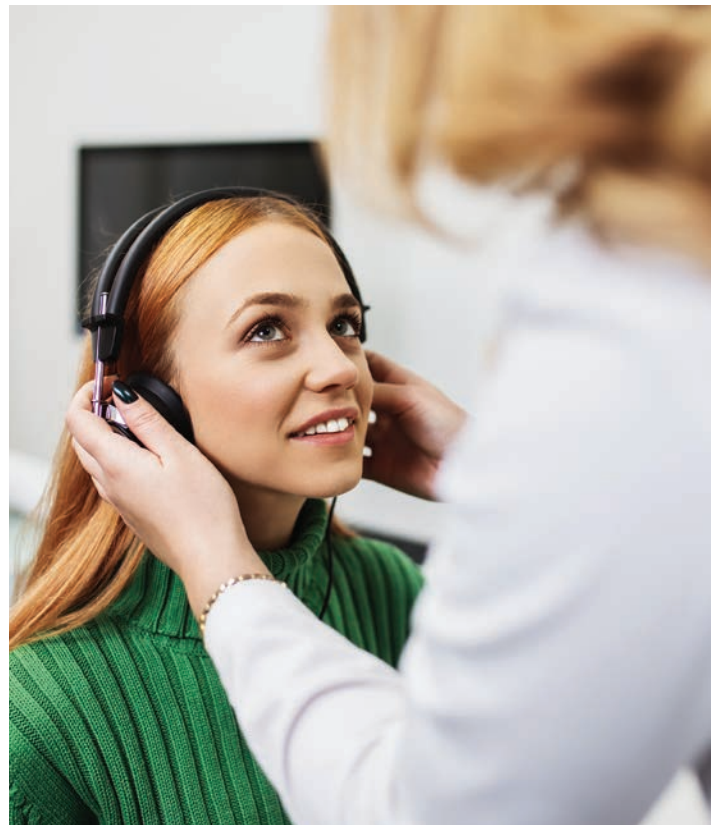
Make an appointment with a Board-Certified Licensed Audiologist at THE HEARING CENTER of NEPA and ACE Hearing Centers.

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



Record Your Family History

PRESERVE YOUR LEGACY

First it was Alex Haley's *Roots*. Then, it was Ancestry.com. Currently, Henry Louis Gate's *Finding Your Roots*, PBS show is sparking the latest trend in geneology. For centuries, some religions and cultures have placed great emphasis on family history and ancestry. There is something special about discovering that your great- (x5) grandfather was King Farquhar the Wiener or your maternal great-grandmother handed Betsy Ross the needle and thread.

Often, our ancestor's stories are cloaked in mystery due to lost records and improbable myths. Why not vow that this won't happen to your progeny by recording your family history, using the latest technology and your little gray cells?

First person narratives and family histories are important historical documents. Instead of having just an oral history, printed and digital documents can provide proof of your family history.



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You and your immediate family are important to many people. Your extended family will appreciate the history, and this will also encourage them to do likewise.

Over time, memories become fragmented and distorted. People may not remember the things you told them but did not write down. (By the way, it would be good to write down where the documents are stored, too!)

Writing your family history gives you the chance to depict your ancestors as you see fit. This can dispel myths and pre-conceived notions about your ancestors.

It will help you build or solidify a sense of family. This can bring members closer together, especially those you have not seen for a while.

It will have a wider impact than you might imagine. As your tree expands, you learn more and more about family and friends.

You will be encouraged to archive and preserve the documents on which your family history research is based: certificates, letters, diaries, etc. Having visible proof of your family's history is very powerful and satisfying.

Ways to record family history:

- Capture oral history with a smart phone or other aural recording device.
- Record the reading of family documents, like letters and diaries.
- Video record as many members as possible, especially your most advanced member. Nothing is more powerful than watching a family member recall his or her life and the memories of their family and ancestors.
- If you have images from older technologies (photos, 8mm, VHS, camcorder, slides), it is a good idea to convert them to more modern, usable, durable media, like DVDs. These preserve your images and make sharing them with other family members easier.

Courtesy LIFESTYLES Over 50 Lehigh Valley

Unwanted Phone Calls

HOW TO DEAL WITH IT

According to a 2020 report from Truecaller, about 56 million Americans received some type of unwanted call. Approximately \$19.7 billion were lost to phone scams in the U.S.

The safest way to avoid falling for a telephone scam is to simply not answer the phone. However, many adults live alone and look forward to calls from friends and family. Older adults also are more likely to be waiting for return calls from medical providers. Finally, many older adults do not have phones that display the incoming number. Clearly, not picking up the phone is impractical for many elders.

Fortunately, there are a number of tools available to reduce the volume of calls. Identify the type of phone you have (mobile, landline, or Voice over Internet Protocol), and your service provider (Verizon, Comcast, etc.). This will determine what options exist. For example, there are Apps for mobile phones

that block unwanted calls, and devices that display incoming calls on a landline. Some service providers offer their customers call blocking services.

Keep in mind that no solution will block all unwanted calls. When in doubt, let the call go to voicemail. And, if you pick up and it's an unwanted call, just hang up! For additional guidance, read the article, "How to Stop Unwanted Calls" at ftc.gov/features/how-stop-unwanted-calls/

Excerpt from LIFESTYLES Over 50 Lehigh Valley

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We're taking every precaution to keep you safe during the COVID-19 pandemic. Learn more: geisinger.org/safe

Safety



Loneliness

THE OVERLOOKED EPIDEMIC

How many people suffer from this overlooked epidemic? I never realized this until it affected me. In as many ways as there are life situations, the COVID-19 pandemic deeply affected our lives. My husband died from COVID-19 and my whole life changed forever. Thank God that I am surrounded by family and friends. I feel compassion for people who do not have these connections.

Staying connected to loved ones is vital and necessary. People without friends and family need to connect to someone or some organization that can give them support. Organizations such as churches, senior groups and support groups, and community organizations, could be helpful. They may help with easing the frustration of being alone. This magazine always writes about all the organizations and groups that are available to people. I read this magazine and get ideas and really enjoy the variety of articles that inform, amuse, and overall enlighten

me about what is available. Loss of freedom, emotional support, and positive social stimulation need to be addressed.

It helps to remember all the good times that can bring a smile to you. Growing older sometimes makes us forget about all the dreams and goals we have always had but maybe didn't complete. Now is your time to remember and start new beginnings.

Economic and financial situations will likely change and one has to adjust. Look for help from reputable people who can direct you to good choices that fulfill your needs. Accepting a loss is a daily reality and process. Sadness is a part of everyday life, especially if you had a good marriage, relationship, or friendship. Isolation isn't good and you must become connected to new people, places and achievements. Do you remember all the activities you used to do? Start reacquainting yourself with past acquaintances and activities, or step into new beginnings. Personally, I love to read, play piano, sing and laugh! I look for opportunities to indulge these joys as much as possible. Watch something funny on the television. Laughter is good for the soul. Keep in touch with sincere friends, because it is hard to find new ones with such loyalty. Be careful and selective. Join some organizations, and if you don't like them, go on and try others.

Recall all the wonderful memories of your past. Life is forever changed and you must find new avenues of interest. I find that my spiritual life carries me through the day – through tears, disappointments, and depression. Be optimistic and surround yourself with people who can be positive, care about you, and make you smile. Hobbies can be further developed and shared with others. I would also like to mention that it is alright to be quiet and alone at times. Read the Bible or a book that you like. Meditate and be quiet at times. It is very healthy for you. This is your time to possibly fulfill a lifetime goal? Wouldn't that be wonderful?

By Elissa Clausnitzer, courtesy LIFESTYLES Over 50 Lehigh Valley

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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
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decisions for the well being
of our aging parents!**



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A promotional advertisement for Gerrity's Delivers. The top section has a black background with white and pink text: "GET \$10 OFF YOUR FIRST ORDER! with purchase of \$50 or more". It includes a "SPONSORED BY MOM" badge and a "Use Promo Code: PROGRAMAD2022" with an expiration date of "EXPIRES 12/31/2022". To the right is a photo of a woman holding a laptop displaying the website. Below this, a pink banner reads "SAVE TIME Grocery shoponline with Gerrity's Delivers." The bottom section shows a laptop, tablet, and smartphone displaying the app, with text "Download the app and let Rosie get it. rosieapp.com". The Gerrity's Delivers logo is shown, along with "Powered by Rosie". The bottom pink banner says "Find out more about online shopping at **GerritysDelivers.com**".

Fun Family Traditions

CREATE MEMORIES

The best gift you can give a family member or loved one is not a gift at all. Creating fun, family traditions are the best gifts because not only do they foster positive experiences but memories that will last a lifetime!

Family traditions help young children understand who they are and what is important to the family to which they belong. Traditions create a connection, a feeling of belonging and being a part of something unique and extraordinary. Family traditions can even enhance one's self-esteem and overall well-being.

Benefits of family traditions:

- Provide a strong sense of belonging
- Pass on family values: culture, history and religious beliefs
- Stay connected and involved
- Be part of a unique and enjoyable experience

- Make memories that last a lifetime

Try these or other traditions with your family and loved ones.

Plan a monthly game night

Nothing garners more laughter and old-fashioned rivalry like playing a game together. Board games are popular again. Sit down to one of your favorite. Or, try any one of today's electronic games with your grandchildren. They would be happy to teach you how to play something new!

Go on vacation together

There is nothing better to look forward to than summer vacation or a week off to visit the shore. Regardless of where you go, be sure to include family and loved ones. The brief amount of time you spend together each summer will yield far more memories for you to enjoy beyond your years!

Schedule a family reunion

There's no better way to share family values, traditions and memories than to get together on a regular basis with extended family. For youngsters, sharing experiences with relatives, such as cousins, aunts and uncles, and grandparents is a great way to establish a foundation of love and support upon which they will forever cherish.

Take a family photo

You probably have plenty of snapshots of individual family members through the years from birthdays, holidays, and family trips. Why not pose for a family portrait? Whether on vacation, or at your next family reunion, a history of family photos is a great way to capture generations of family and fun.

Volunteer together

Collect food for a local food bank, or help prepare a hot meal for those in need. Regardless of the charity of work, taking time out of your busy schedule for giving back to others is a great way to establish priorities and work/life balance in an upcoming generation of family members.

Sources verywellfamily.com, southernliving.com and happyyouhappyfamily.com



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Remember When?

OLD TECHNOLOGY

Remember when you turned old? Of course not! The same is true with technology. One day we're listening to our favorite rock group on cassette tape and the next day we're listening to them on an iPod ... now replaced by online streaming services. So, what other technology has become obsolete without us knowing it?

Answering machine – Remember recording a welcome message and sometimes a corny joke on the family answering machine? Found in most consumer households, they connected to the phone via landline and recorded any messages that came in.

Cassette deck – Remember the first time you accidentally recorded over your favorite musical soundtrack on audio cassette? Better yet, remember when your best album got stuck in the cassette deck ... the tape crinkled up beyond repair?

Fax machine – Remember saying, just 'fax' it to me? The facsimile machine was the precursor to the office copier and desktop laser printer. These devices not only scanned an image but, transmitted it via phone line to another fax machine on the receiving end.

Floppy disk – Today, the common home computer can store gigabytes, if not terabytes of data. But back in the early days of desktop computing, information could only be stored and transmitted on floppy disk. Storage capacity: 1.44 MB on a 3.5-inch disk.

Pay phone – Where would Clark Kent change into Superman today? Not only were these phones located in convenient places, the booths that held them were fun to fill up with as many people as possibly could fit into a comparable-sized VW.

Polaroid camera – The camera is still relevant in this day and age of instant gratification and quick turnaround. I still remember shaking the photo and watching the image develop right in front of my eyes! And, don't forget the sticky corners that were used to adhere them to your favorite photo album.

Slide carousel – Remember when family would gather around to watch a slide show? A special projector was required to transmit the light onto a



screen, while between 80 to 140 individual 35mm slides were housed in a round tray. This was the precursor to Microsoft Powerpoint.

Transistor radio – Following the invention of the transistor in 1947, these economical, usually handheld devices could easily pick up weaker broadcast radio waves, such as AM/FM. Listen to your favorite broadcast wherever you were at ... as long as you didn't mind the static!

Typewriter – No doubt, the greatest advancement in this area of technology was the ability to 'erase' what you typed. Otherwise, you'd have to start all over again! I do miss the sound the slugs made hitting the paper and the 'ring of the bell' when you reached the end of the line.

VHS tape – Similar to the audio cassette, VHS tapes were commonplace for consumer-level analog video recording and playback. Family movie nights were popular uses of this new technology. Before the players became economical to purchase, you'd have to rent them from the video store.

Technology is growing exponentially faster. To keep pace, many companies have incorporated 'planned obsolescence' into their product development cycles, anticipating their product will already be considered outdated by the time it hits the store shelves. **Let's hope this doesn't happen to us humans!**

Sources electronicproducts.com, housebeautiful.com and Wikipedia

Games

AND ACTIVITIES

.....SUDOKU.....

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

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

Sudoku Directions:

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

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

Answers are provided on page 23.

ANNUAL DIRECTORY

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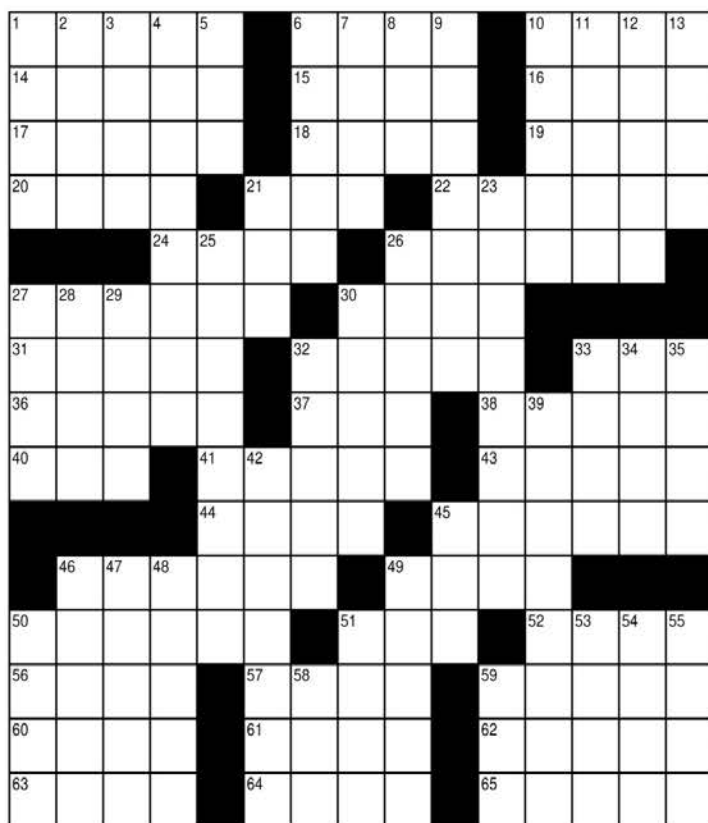
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OVER 50

Games

AND ACTIVITIES

CROSSWORD PUZZLE



- 59 Dwarf
60 Chicken product
61 Salamander
62 Eyed
63 Oxford
64 Ended
65 Adolescents

- 50 Did
51 Stitched
53 Part to play
54 Prayer ending
55 Sleeping places
58 Executive
59 Have

DOWN

- 1 What children learn
2 Canal
3 Range
4 Infallible
5 Extension (abbr.)
6 Unused
7 Gambol
8 Flightless bird
9 Irritatedly
10 Household cleaner brand
11 Reward
12 Looks over
13 Sticky black substances
21 Sign language
23 Without heel
25 Water insects
26 Dinner drinks
27 Some (2 wds.)
28 Stack
29 Type of moss
30 Dug for ore
32 Chooses a candidate
33 Dreaded school subject
34 Land unit
35 Blacken
39 Switch
42 England neighbor
45 Consume
46 Express disgust
47 Ragu's competition
48 Writing style
49 Rush
50 Did

ACROSS

- 1 Eagle's nest
6 Guitar finger marker
10 Final
14 Manhattan's neighbor
15 Capital of Italy
16 Young Women's Christian Association
17 Type of cat
18 Flightless birds
19 France & Germany river
20 Oracle
21 Viper
22 Plant spines
24 Daring
26 Exerts
27 Shock
30 5280 feet
31 Monster
32 Plastic
33 IBM Competitor
36 Thrill
37 Only
38 Remove
40 Sodden
41 Ceremonies of passage
43 More
44 ___ Estaire
45 Artist of illusion
46 Red fruits
49 Chop up
50 Baseball's Strawberry
51 Rested
52 Middle East dweller
56 Brand of sandwich cookie
57 Pros

Answers are provided
on page 23.

Random Funnies

LAUGH UNTIL YOU CRY

Astronauts use Linux because
you can't open windows in space.

**LATELY LIFE HAS BEEN
ALL PANIC AND NO DISCO.**

I tried to grab
the fog; I mist.

Can't decide if I want to go
off the grid or off the rails.

The past, present and future
walked into a bar. It was tense.

Finland has closed its
border. No one can
cross the Finnish line.

Having a dog named, Shark
at the beach was a mistake.

**Just sold my homing pigeon
on eBay for the 18th time.**

**I WENT BALD BUT I
KEPT MY COMB. I JUST
CAN'T PART WITH IT**

There's no way that
'everybody' was
Kung Fu fighting.

If a cow can't make
milk, is it an udder
failure or a milk dud?

Tradition is
peer pressure
from the dead.

**Becoming a vegetarian
is a big missed steak.**

What if soy milk is just
regular milk introducing
itself in Spanish.

**I CALL MY HORSE MAYO AND
SOMETIMES MAYO NEIGHS.**

Ban pre-shredded cheese.
Make America grate again.

Promised Deliveries

UPS tracking: "Your package has arrived at your
'address' on a truck driven by Tom and will be at
your door at 1:33 p.m. today."

Facebook: "We know you were just thinking about get-
ting a Crock Pot for your mother-in-law. Here are sev-
eral ads for Crock Pots for you to make your purchase."

Amazon: "We are inside your house."

FedEx: "Your package will be delivered; you will get
it when we get there."

USPS: "Did you order something?"

Games

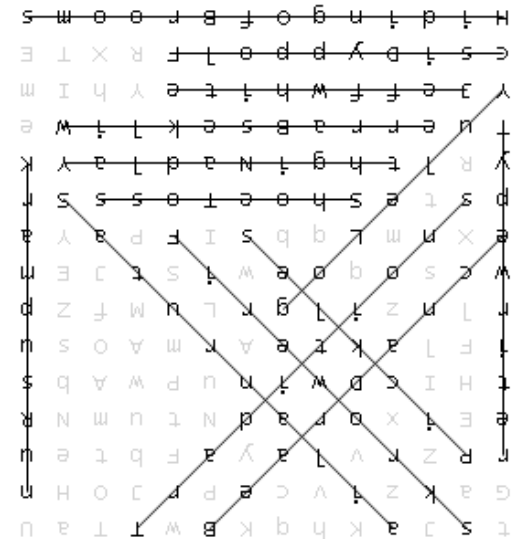
AND ACTIVITIES

Word Search

New Year Traditions

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

BearDance Saturnalia
DongzhiFestival ShoeToss
Fireworks Traditions
FloppyDisc Typewriter
HidingOfBrooms WilkesBarre
JeffWhite YaldaNight
KrampusRun YuleLog
Pickles



SUDOKU ANSWERS

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

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

CROSSWORD PUZZLE ANSWERS

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

What To Do

WITH YOUR GRANDCHILDREN

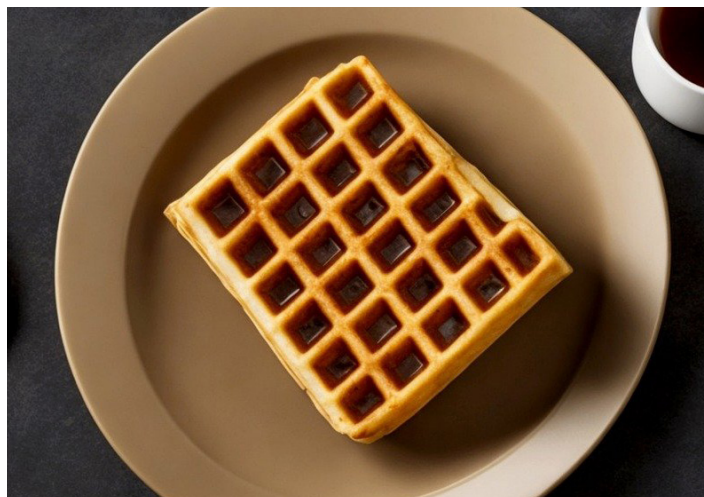
Start a tradition by creating a signature recipe.

You don't have to be an amazing chef to prepare a delicious dish that your family and grandkids will always remember. The secret is repetition – memories build over time and solidify with regularity. Creating a signature recipe everyone can easily follow is a great way to start.

In our family, Gram and Pop-pop maintain a family tradition by fixing waffles covered with left over turkey and gravy from Thanksgiving Day. Everyone helps in the kitchen. This not only makes a great meal the day after but is a good excuse for family to spend more time together. Gram makes everyone set aside our electronic devices, out of reach from being distracted, while we all enjoy a bit more relaxing, informal and delicious meal.

Maybe there is a special recipe that you can make with your grandkids? It doesn't have to be fancy. It

CREATE A SIGNATURE RECIPE!



can even come from a box. Our signature recipe for the waffle mix was handed down over time. Gram was very kind to allow us to share this waffle recipe you. Hopefully it will inspire you and your grandchildren to start a tradition of your own!

Signature Recipe: Waffles by Grammy Derr

- Fills a 4 quart bowl
- 1 quart buttermilk (set out to warm)
- 1 pint milk
- 3 egg yolks (beaten)
- 1 teaspoon salt
- 1/2 cup sugar (little more)
- 1 teaspoon baking soda (dilute in hot water)
- 1 teaspoon baking powder
- 6 cups flour
- Fold in 3 egg whites
- Beat until stiff

*Pour into the heated waffle maker. Be careful not to burn.
Serve and enjoy!*

Events Calendar

NEW YEAR 2024

E-mail 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:

**Area Agency on Aging –
Wyoming County Active Adult Center**
101 Dymond Terrace
Tunkhannock, PA 18657

Call Rachael Kiwak at 570-836-2324 for more information.

Weekly Activities

Monday: Arthritis Foundation Exercise; Ceramics

Tuesday: Men's Club; Double Deck/Airplane Pinochle; Single Deck Pinochle

Wednesday: Arthritis Foundation Exercise Class; Play Pitch

Thursday: Crochet Club; Double Deck/Airplane Pinochle; Single Deck Pinochle; Card Club playing Canasta

Friday: Shuffleboard/Billiards; Nutrition Education

February Events & Programs

Thursday, February 15

11:30 a.m.

Blood Pressure Check

12:15 p.m.

Lunch & Learn: Your Heart & More

By Lois Elick of the PA Dept. of Health

Friday, February 23

12:45 p.m.

Move Day

Now showing: Sweet Home Alabama

Thursday, February 29

Smoothie Day

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

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 and receive it via e-mail. For more information, e-mail Robin Soares, executive director at rsoares@pikepa.org

BREAKFAST

**Knights of Columbus Breakfast @
St. Vincent DePaul Church,
101 St. Vincent Dr., Milford**

second Sunday of each month

9:00-11:00 a.m.

In the parish hall.
Join fellow parishioners for a
full hot breakfast.

Cost \$5/person, maximum \$20/family.

Giving Back

LOOKING BACK AT 2023

Giving back to your local 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 is sure to touch many people's lives.

Each issue, **LIFESTYLES Over 50** Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region. Following are just a few of our stories from the past year.

LIFE Geisinger



Helping older adults live independently, at home.

This all-inclusive model of care includes preventive care, medical care, social services and long-term care, when necessary. Participants enjoy socialization, coordinated healthcare, personal care, meals, and transportation to and from home to a LIFE Geisinger center.

LIFE Geisinger will review your family member's financial eligibility and assist with the application process. Eligibility requirements include:

- Age 55 or older
- Meet eligibility criteria for nursing facility level of care, as determined by the Area Agency on Aging
- Ability to live safely in designated service area

To schedule a tour, call a LIFE Geisinger center near you.

Scranton: 800-395-8759

Wilkes-Barre: 844-835-2766

Kulpmont: 866-230-6465

For the hearing-impaired, call 570-271-8084.

Hamlin Community Library



Our local, community libraries are the welcoming heart of our communities where everyone can learn, discover, create, and connect.

Hamlin Community Library is a regional library that continues to grow to meet the evolving needs of its community surrounding Lake Ariel. It is affiliated with the Wayne Library Alliance (WLA), a system comprising of seven other member libraries, and is part of the larger Northeast Library District of the Pennsylvania State Library. This affords Hamlin Community Library to provide more resources for its patrons, such as being able to provide extensive inter-library access, and a myriad of online resources.

518 Easton Turnpike

Lake Ariel, PA 18436

570-689-0903

info@libraryhamlin.org

www.libraryhamlin.org



**Constance (Connie)
A. Conrad**

Bag-a-Month (BAM) food collection program.

This past year, we recognized Connie Conrad, program administrator for the Bag-a-Month (BAM) food collection program. Sponsored by the Hawley Knights of Columbus Council #797, the program provides basic food items to families in need. The first, full weekend of every month, the Parish of Blessed Virgin Mary Queen of Peace & St. Veronica in Hawley, Pa. hosts the food collection program. Connie and her team of volunteers distribute donated food and money to three, local food pantries. Monetary donations to the pantries are used to purchase fresh food, vegetables, meats, eggs, and dairy products.

Connie Conrad, Program administrator

Connieconrad1@verizon.net

Cell# 570-647-5586



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and maintain your **INDEPENDENCE.**



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