

Hand in Hand...
Linking Lives



July/August 2023

GOT — GROWING OLDER TOGETHER

570 630 0509

830 Main St. #574 Honesdale, PA 18431

GOT.clubexpress.com

*If you need
something,
just ask!*



Pexels photo by Jill Wellington

MESSAGE FROM THE EXECUTIVE DIRECTOR

Fourteen months ago, I became Growing Older Together's first Executive Director. I had no experience working for a nonprofit organization, but I had an MBA in finance and years dealing with organizational change and staff development. I left my employer, UBS, in 2010 to pursue a new career as an actor. Since then, I've had several creative opportunities writing scripts and performing, but not exactly a "second career."

However, not making a living as an actor hasn't dissuaded me from doing it. Aging has taught me a thing or two, including the importance of taking actions and letting go of outcomes. I may have missed out on opportunities, but if I can look back without regret, then hopefully I can find the lesson – even in a wrong decision. I do my best to remain "teachable."

The brochure of my life drafted in my twenties looks nothing like the life I have now. I stand in my meadow, fully in the moment, and realize that everything I have done, said, and decided has led me to where I am. My job with Growing Older Together has taught me a great deal. My

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teachers are the GOT Board of Directors, our members and volunteers, and the leaders in our communities, to name a few.

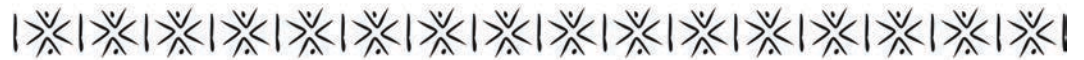
In this second act, the important thing is to remain open to new opportunities. For the old saying is true – “It’s about the journey, not the destination.”

Wishing you and yours a lovely summer, and perhaps a teachable moment or two!

Thomas Cambridge



In May, US Surgeon General Dr. Vivek Murthy released an **advisory** addressing the epidemic of loneliness and isolation in America which is causing a rise in symptoms such as pain, insomnia, depression, anxiety, and shorter life span. Isolated older adults may incur higher risks of heart disease, stroke, diabetes, addiction, and dementia. However, the advisory notes, social connections counteract the negative impacts of isolation while positively impacting communities. We are truly fortunate to live in a region where lively and entertaining events abound. Continue reading below for opportunities to get out, have fun, meet neighbors, and make new friends in our spirited community this summer.



GROWING OLDER TOGETHER PRESENTS

THE 1ST ANNUAL

LAVAPALOOZA
2023

All are invited to the first annual LAVAPALOOZA on Saturday, August 5. This 1950s “Rock-a-Billy” style carnival and picnic will be held in a meadow under a big tent, with great food, a midway with games, a raffle, and live music by Philadelphia-based band, Mighty Joe Castro and the Gravaman. The event takes place from 3:00 to 7:00 p.m. at 7811 State Route 52, Lava, NY (near the Lava Fire Station).

Two weeks before the event there will be an on-line auction of works by local artists, half-day day spa visits, and dinners at local restaurants, to name a few enticements.

The cost is \$65 per ticket, children under 10 free. Purchase tickets [here](#).

This fundraiser will benefit nonprofit Growing Older Together and raise awareness about the organization’s efforts to help older adults age in place. If you are interested in donating to the online auction or raffle, or becoming a corporate sponsor of the event, contact Growing Older Together Executive Director Thomas Cambridge at 646-522-9335.



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GET SOCIAL

Tusten Social, in collaboration with GOT and Sullivan County Office for the Aging, hosts The Sage Sessions, twice-monthly gatherings where people aged 60 years and older meet old friends, make new friends, laugh, converse, enjoy free coffee and pastries, and have fun. At past events, people enjoyed trivia games with topics from the 1960s and '70s. Future events will host presenters on a variety of topics. Also offered is a “How Can We Help?” desk, where attendees are connected to useful resources in the area to help them age safely in their homes.

The Sage Sessions meet on the first and third Tuesdays of each month, from 1:30 to 3 p.m. at Bridge Street Bakehouse in Narrowsburg, NY. Visit www.tustensocial.org.



THE JOY OF PICKLEBALL

By Colette Ballew

Pickleball, often described as a combination of tennis, Ping-Pong, and badminton, has become America's fastest-growing sport. Those who do not yet play ask the question: "Why?"

First, the pickleball court is much smaller than a standard tennis court. Second, the game can be played either with single players or doubles. Third, its rules keep the game fascinating and challenging. Fourth, many of your childhood skills of ping-pong, badminton, or tennis can help you play the game well. Worth noting, any tennis court can be fashioned into a pickleball court with imagination, chalk lines, or a portable net.

I discovered the game because it appealed to my sense of athleticism. Another part of the game that I have enjoyed is how easy it is to attain the skills to play. The more you play the easier it becomes. It is played underhand, which can take some getting used to but is less stressful on the body. The best way to improve is to play with others who are much better than you are or take lessons.

It is easy to get hooked, for the ease of play, the fun, and the camaraderie of the players. It's hard to take the game too seriously when the most savage shot in the game is a "dink," one that you hit into the zone called the "kitchen." Or when someone wears a T-shirt that says, "Dink Responsibly."

You can find games at the YMCA in Honesdale, PA and at **Dropshots Pickleball** in White Mills, PA, which also offers lessons for beginners.

Get out and enjoy!

[Colette Ballew is GOT volunteer coordinator and a member of the board.]



Pexels photo by Erik Scheel

TO MARKET, TO MARKET WE GO!

By Mary Greene

One of the great joys of summer is visiting the farmers markets that dot our region. If you like to eat and like to cook, the markets offer the best of fruits and vegetables in season. In addition to getting an eyeful (and basket full) of fresh food, it is a pleasurable way to see and greet the members of your community. Lots of folks flock to the markets every weekend, including families, children, young folks, and seniors.

Nutrition expert Melinda E. Cater advocates for **the benefits of buying produce** from a farmer: "Produce from local farmers has spent more time on the vine, on the tree or in the ground, so you get better taste and more nutrients," she says. "When it comes to fresh fruit and vegetables, the shorter the time and distance from farm to sale, the higher the levels of vitamins and minerals."

Cater points out that most farmers markets don't have just fruit and vegetables. You can also buy bread, eggs, pastries, meat, fish, homemade soups, local spirits, olive oils and other goods. "The great thing about the markets is that the sellers are often the producers: They raise, grow, harvest, bake or prepare the products themselves," says Cater.

Carefully executed visits to the markets can also prompt you to eat not only locally but seasonally, as the markets advance from early lettuce to great bundles of kale, to carrots, herbs, and potatoes, and finally those luscious piles of tomatoes and sweet corn. Fruits progress from berries, plums, and peaches to pears and ripe autumn apples. Cater also suggests that shoppers talk with the sellers to find out what might be coming to their booth in future weeks.

You may leave the farmers market with a healthy amount of produce and other goods, and you don't want good food to go bad. A bit of research on the internet or delving into some of those old cookbooks on the shelf may inspire you to prepare familiar foods in new ways. For example, try sautéing eggplant, at its peak in late summer, with onions and apples, or try some adventures with salad, such as combining fresh corn kernels with red onion and basil.

There really is no limit to what quality goods from the farmers market and your imagination can bring to the table.

[Member and call manager Mary Greene frequently writes for the newsletter.]



Pexels photo by Tuur Tissegham

GO OUT AND PLAY

By Marcia Nehemiah

Some of us may have gotten into a habit of streaming our entertainment while we lounge on the sofa in our pajamas. It's nice to be comfy, but don't pass up the opportunity to take in a live performance. Going out to a musical performance or play is invigorating and uplifting. Attending concerts and plays has numerous benefits, including enhanced feelings of social engagement and belonging as well as improvements in mood, cognitive function, and psychological well-being.

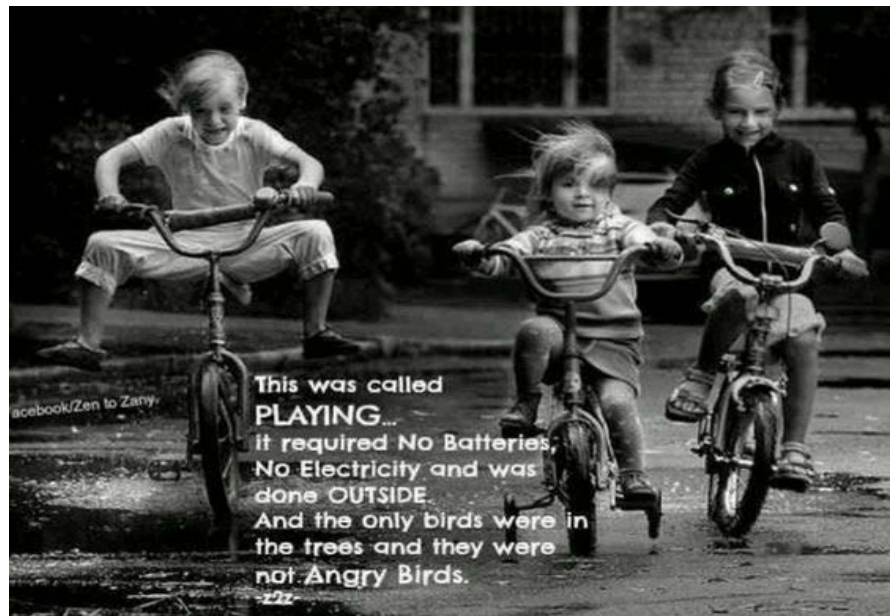
Our region is host to a rich selection of live cultural events. While the list below is by no means complete, it's a place to start sampling from the entertainment banquet offered this summer.

In Wayne and Pike Counties, PA: **Concerts in the Park, The Cooperage Project, Dorflinger's Wildflower Music Festival, Harmony in the Woods, Farm Arts Collective, Ritz Playhouse, Milford Theater.** In Sullivan County, NY: **Forestburg Playhouse, Hurleyville Performing Arts Center, Delaware Valley Opera, Weekend of Chamber Music, Shandee Music Festival.**

Visit these sites for listings of events: **Sullivan County Visitors Association, Wayne County Pocono Mountains, myrivertickets.com.**

[Marcia Nehemiah served as GOT president and is a member and volunteer.]

JUST FOR LAUGHS...



Your **tax-deductible donation** will go a long way in sustaining GOT as we continue to fulfill our mission: to give residents aged 60 and older who live in Wayne County, PA, western Sullivan County, NY, and surrounding areas both the practical means and the social connections to live independently in their homes. GOT is a registered 501(c)(3) non-profit organization. Any amount, large or small, is welcome. Please mail your check to GOT, 830 Main Street #574, Honesdale, PA 18431. Thank you in advance for your support.

Please help spread the word about the benefits of becoming a member and/or volunteer for GOT. If you know a friend or neighbor who might want to offer a helping hand or might benefit from one, share our phone number, 570-630-0509, and/or our web address, www.growinggoldertogether.com. Thank you!

Growing Older Together is supported in part by generous grants from the Sullivan County Legislature, Wayne Memorial Health Foundation, and Wayne County Community Foundation, as well as with support from the following corporate sponsors:

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