

Hand in Hand...
Linking Lives



Nov/Dec 2023

GOT – GROWING OLDER TOGETHER

570 630 0509

830 Main St. #574 Honesdale, PA 18431

GOT.clubexpress.com

*If you need
something, just
ask!*



Image by Peggy Choucair from Pixabay

MESSAGE FROM THE EXECUTIVE DIRECTOR ***The Year in Review***

Yesterday, I took a basket out to my vegetable garden and gathered up the last of the green tomatoes that won't ripen outside before the first frost. A collection of emerald globes, some big, some not, occupy every windowsill in my sunny breakfast room. In the past I've turned them into green tomato chutney or eventually just tossed them into my compost pile, fertilizer for next year's crop – the circle of life in action. The deer outside my window fatten themselves with the dropped apples in the orchard, though a late freeze last May drastically cut short the yield.

The older I get, the more I hang on to each season. I don't have a favorite, but I do have a least favorite – "mud season." I've developed a romantic relationship with whatever season is in play, and just when the getting is good, it up and leaves me heartbroken!

*Hand in Hand:
Linking Lives*

The end of the year is the time when we start to say “Season’s Greetings” to one another. Even now, I can smell the sage in a turkey roasting at Thanksgiving and sense the quickening pace of footsteps on the street as folks scurry to buy last-minute presents for the holiday season. Yikes! I’m already behind schedule! And breathe, two, three, four . . .

I started my role with Growing Older Together in May, 2022, giving me six seasons or so in the executive director’s seat. 2023 has been my first full year in service and there is a lot on which to reflect and find gratitude. Most importantly, our organization grew. We serve twenty percent more members than in previous years, and we enlisted almost the same number of volunteers, who really are our life’s blood. To each of our volunteers, thank you for the work you do for our members and our organization.

Our board welcomed two new directors, Priscilla Maysonet of Hawley and Amy Becker of Milanville. New board committees will focus on raising funds and assessing the quality and efficiency of our services.

We received two generous grants from the Sullivan County Legislature and Wayne County Community Foundation to continue our programs. We partnered with Tusten Social to host twice-monthly Sage Sessions in Narrowsburg, NY. And of course, we put on quite a show this year with Lavapalooza. It was such fun, and we raised money as well as awareness of what we do for seniors in our region. We are in excellent shape to do even better things in 2024.

As we close out 2023, I wish for you and your loved ones a new year of good health, love, and prosperity. And don’t forget Growing Older Together—we are always here to help!

Thomas Cambridge



Image by Brigitte Tohm for Pexels



Photo by Marileta Robinson

MEET VOLUNTEER APRIL CLARK

By Marileta Robinson

April Clark is a people person. It's not hard to tell, once you see her friendly smile. As a case manager for the Wayne County Area Agency on Aging (WCAAA) office in Honesdale, April keeps busy using her people skills in the community, signing up folks for Meals on Wheels, and assessing people for home care.

She also acts as a service coordinator for the residents of **Hamlin Heights**, an apartment complex for people aged 62 and older, helping them obtain services and complete paperwork. Although there are difficult days, she says, she enjoys her job.

Through her work, April learned about Growing Older Together. WCAAA recommends GOT to people who need transportation or other services or would appreciate a social visit. April decided she wanted to get involved. She signed up as a GOT volunteer in 2022, and spends as much of her free time as she can helping out members who request services. She's happy to do whatever is needed, from putting up curtains to taking out trash. "It's nice to give back," she says, "and it's fun." One of her favorite volunteer assignments was helping at this year's GOT Lavapalooza fundraiser along with her 14-year-old son, Tony. She says they both had a ball.

Being a mom also keeps her busy. Just feeding a 14-year-old boy can be a full-time job. "I didn't know they ate so much!" she admitted. Fortunately, April enjoys cooking and baking. And somehow she finds the energy to ride four-wheelers, go kayaking, and bowl with her son, pastimes they both enjoy.

Recently April took up golf. New to the sport, she went out to play with some friends to see what it was like. She discovered not only that she loved the challenge of it, but that she had a natural ability for it. Her friends urged her to join the Golfing League, and she's thinking about playing regularly-- in her free time, you understand.

[Marileta Robinson is a GOT volunteer and regular contributor to the newsletter.]



Image by Marcelo Verfe for Pexels

FRESH FROM THE OVEN

By Marcia Nehemiah

Ready for another holiday celebration on December 27? It's National Fruitcake Day!

An integral part of holiday tradition, fruitcake evokes a variety of responses. Some people give it as a gift, some make jokes about it, some hide it in the back of the pantry, some place it on the buffet table hoping that others will eat it so they won't have to.

Fruitcake dates back to at least Roman times, when the ancients made it with pine nuts, barley mash, pomegranate seeds, raisins, and honeyed wine and shaped it into a cake they called "satura."

It's unclear whether a Roman fruitcake still exists, but a piece of wedding fruitcake is on display at the Grover Cleveland Birthplace in Caldwell, NJ. its age? 137.

British royalty is fond of fruitcake at birthday and wedding celebrations. Queen Victoria and Prince Albert, as well as Princess Diana and Prince Charles, served fruitcake at their weddings. In fact, Julien's Auctions in Beverly Hills sold a slice of the Charles-and-Di wedding cake for approximately \$6000. The fruit-studded slice was 27 years old at the time of purchase.

A pineapple fruitcake went to the moon and back on the Apollo 11 space mission. This fruitcake is currently on display at the Smithsonian Air and Space Museum in Washington, D.C. because the astronauts did not eat it as they floated through space. That cake is 54 years old. But you probably wouldn't want to eat it either.

The U.S. Department of Agriculture says that fruitcake will last two to three months in the refrigerator without spoiling, and up to a year in the freezer. Fruitcake wrapped in foil or stored in an airtight container and kept in the freezer can still be enjoyed the following Christmas.

I'm a pretty good baker and like to try new things, but I have never baked a fruitcake. A few Christmases ago, a GOT member shared a fruitcake she had baked, and it was delicious. I'll definitely be baking one this year (this [recipe](#) looks good), and I'll be eating it fresh out of the oven, I'm sure.

[Marcia Nehemiah is a GOT member and volunteer and editor of the newsletter.]

JUST FOR LAUGHS...

Want to liven up the end-of-the-year season even more than usual? Try celebrating some of these unusual holidays:

- Fritter away the day on National Fritters Day, December 2
- Light up your life on Candle Day, December 3
- What's not to love? Treat yourself on National Cookie Day, December 4

- Use your imagination for this one: Bathtub Party Day falls on December 5
- Baggy, bell-bottoms, or skinny—wear them all on National Blue Jeans Day, December 5
- Go back to the future on Pretend To Be a Time Traveler Day, December 8
- Or go bananas on National Monkey Day, December 14
- Sweet tooth? National Hard Candy Day is December 19
- It all adds up on Mathematics Day, December 22

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:

GOLD

Annabel Bazante Law, PLLC

Upper Delaware Unitarian Universalist Fellowship

Resorts World Catskills

SILVER

Lake Huntington Automotive

Foster Supply Hospitality

Upper Delaware River Valley Fund

BRONZE

Delaware Valley Farm & Garden

John H. Eschenberg, Inc

Catskill Hudson Bank

Stephens Pharmacy

Wayne Memorial Hospital

RE/MAX Wayne

Dr. John A. Ridd, DMD

Jeff Bank
