



*If you need
something, just ask!*



Holiday Traditions, Old and New

Traditions were very important to my parents, especially my mother, who poured her heart into the year-end holidays. She made sure there were special menu items on the table, and she decorated the house with great flair. When my father built her a new home after the children were grown, he included a tall closet designed specifically to store her fully decorated Christmas tree. Each December, it would roll out on wheels—ready to take its place for the season.

Mother collected Santas, Thanksgiving cornucopias, angels, reindeer, and snowflakes, transforming her home into a festive wonderland. At the time, I thought she went a bit overboard. Now, I deeply appreciate the joy, comfort, and beauty she created for all who visited.

As an adult, I carried many of these traditions with me, though I adapted them to fit my own life. Living in a one-bedroom apartment in New York City meant storage space was scarce, so my decorating couldn't rival hers. But anyone who has spent the holidays in New York knows the city itself decorates—you only need to stroll around to feel the magic.

One tradition I swore I'd never break was hosting or attending Thanksgiving in someone's home. The idea of going out to eat on that day felt unthinkable, even a little sad. For years I cooked or joined others, but last year was different. I wasn't up for the work, and no invitations were coming my way.

When I asked my friend Jane Luchsinger—one of GOT’s founders—about her plans, she told me she was heading to the Chestnut Inn on Lake Oquaga, near Deposit, NY. A night’s stay had been donated to the GOT summer fundraiser auction by one of our corporate sponsors, Settler’s Hospitality, and Jane had won the high bid. She invited me to join her and her daughter, Claudine. I declined at first, clinging to tradition, certain another invitation would arrive. None did. Reluctantly, I reconsidered.

I’m so glad I did. The Chestnut Inn is a delightful, rambling wooden inn, reminiscent of a lodge you might find in one of our national parks, and is only an hour north of the GOT service area. And – they welcome dogs, so my Labrador, Maude, came along. A fresh snowfall that first night turned the lake into a living Hallmark card. Cancellations due to the storm meant the dining room had room for locals and guests alike, and the Thanksgiving feast was more abundant than anything I could have prepared. The next night, thanks to an extended-stay offer, we lingered by the stone fireplace, played Scrabble, chatted with other guests, and watched Maude bound up and down the staircase and charm the staff behind the reception desk.



*Claudine & Jane Luchsinger
and Thomas with Maude*

By letting go of what I thought was a hard-and-fast rule, I discovered a new kind of Thanksgiving tradition. This year, I may return—though now Maude has a sister, Babe. The Inn allows two dogs per guest however, so I suspect we’ll be making the trip.

Happy Holidays, everyone!

By Thomas Cambridge, Executive Director of GOT

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Winter is Coming

It seems like the big winter storms happen with less frequency now, but I wait for them. I remember wet, heavy snowfalls of the past. Humbling snow, capable of breaking off giant branches and bending slender birch trunks to the ground. The Inuit have a word for this icy, sodden blanket: *matsaaruti*. It weighs down the giant spruces, transforming them into ancient Norsemen with long white beards, and takes out the power lines, leaving us crippled in the cold dark. I can recall a white-knuckle drive home from the airport, the road a cryptic, churning mess, like driving into the sea, into the night sky, into the abyss.



Having grown up in California, I'm no good at parsing winter weather. Black ice is my nemesis, hiding in plain sight. When the wind is howling, there's no better place to be than holed up at home in front of the fire.

But when the storm has passed and the day dawns clear with a brilliant blue sky, nothing is more glorious. If the snow is just the right texture, snowshoes are a great way to navigate the world. Otherwise, sturdy waterproof boots will do—with crampons if needed. As the Scandinavians say, "There is no such thing as bad weather, only bad clothing." Properly attired, it's a joy to be outside in winter.

Laura Chávez Silverman

Fresh snow brings with it a quality of stillness unparalleled at any other time of year. Signs of life in the wild are thrown into sharp relief. Scarlet rose hips, crabapples and hawthorn berries that remain on their respective bushes and trees are sweeter after the frost. A handful of these steeped in hot water yields a fragrant tea rich in vitamin C. A small, sturdy green leaf with a red-tinged stem growing on the forest floor is wintergreen, a refreshing nibble that remains hardy all year long.



Scarlet rose hips



Wintergreen

In the cold season, you can often find dried seeds still clinging to their stalks—Queen Anne's lace seeds taste of celery, carrot and parsley; mugwort seeds are sweetly pungent. Both are delicious ground with salt for a seasoning to sprinkle on eggs, soups and roasted roots. Evergreens offer up another potent source of vitamin C. Make tea by gently simmering (not boiling—too many tannins) the needles of white pine, eastern hemlock or spruce until you get a lightly flavored brew, which can be enriched with a spoonful or two of honey.



Turkey tracks

Walking through the hushed winter woods, you may encounter the occasional chickadee or dark-eyed junco flitting about. Other signs of life will most likely be limited to markings in the snow. I have a treasured vintage field guide, *Tracks and Trailcraft* by Ellsworth Jaeger (1897-1962), a former Curator of Education and Hayes Professor of Science at the Buffalo Museum of Science in Buffalo, New York, and an authority on Native American lore and camping.

It contains helpful illustrations of markings left behind, like the most commonly seen tracks of squirrel, turkey, coyote and rabbit. Also documented in its pages are the rarer traces we dream of coming across, like the sweeping brush strokes made by an owl's wings as it swoops down upon a mouse and the large feline paw prints of the elusive bobcat.

In winter, the shorter days and colder temperatures invite us to turn inward. This is the time for reflection and introspection, for some much-needed respite after the hustle and bustle of summer and the battering down of autumn. We seek out the light of the fire, the warmth of community gathered round the hearth and the nourishing sustenance of slow-cooked stews and braises. Outside, life goes on, subdued and buffeted but remarkably resilient. You can be part of it if only you will relinquish the creature comforts for a short while.

Feeling even the thin fingers of January sun on your face can be so restorative. The beauty and magic of the winter wonderland awaits you.

By Laura Chávez Silverman, founding naturalist of The Outside Institute

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Ada Jensen Started an Orphanage at an Age Most People Retire

When she was younger, Ada Jensen of Beach Lake, PA, yearned to be a missionary. But then life took over. She married a truck driver, had three children and held various secretarial jobs. In 2003, a widow at 60, the pastor of her church--New Covenant Fellowship in Hawley--asked if anyone wanted to go on a 10-day mission trip to the Philippines. "I was the first to say yes," she says. "As soon as we arrived, I had a deep sense of belonging. I told friends and family I wanted to return and start an orphanage. Everyone thought I was insane at my age." Despite these caring concerns, she returned to the Philippines.



"I visited many remote villages, and was aware there were many children living on the streets who needed a place to live," she says. "They'd been abandoned, or their parents had died. I would invite them to my place, give them snacks, and rice soup--*lugaw*, a Filipino comfort food, which I soon learned to make. The idea of the orphanage was taking shape.

"Money was short. I only had my savings. Then I received a \$1,000 donation. I rented a house and hired a cook. The next day, a social worker arrived with three small children. Before I knew it, we had 19 children, ages three to seven, who had been abused, neglected or abandoned. The kids were calling me Momma Ada. Mango House had begun.

GOT member Ada Jensen

"We found donors and sponsors. Our oldest orphan since Mango House opened is now 24. Romelyne came to us when her parents and sister died. She is currently in college studying psychology, thanks to an American couple sponsoring the cost. She comes back weekly to help out with the little kids. We have also received generous donations from the nearby U.S. Naval base, and kind people send clothes and toys.

"Our first Christmas, I asked the children how they wanted to celebrate. I suggested a weenie roast, as it was inexpensive, but they didn't know what that was. I explained it was a hotdog roasted on a bonfire on a stick with two gooey, and then in a bun, marshmallows, which they loved. We'd walk through a shopping mall, so they could see the Christmas decorations. I would tell them Bible Christmas stories. These became our Christmas traditions.



Mickey

"We were given Mickey, an abandoned baby boy who looked about six months old. He was so thin and covered in scabies, a highly contagious skin infestation caused by a tiny mite that burrows under the skin and causes intense itching. Worse, he had cigarette burns on his feet! If he heard a noise, he was terrified. I put him in my bed, and just held him. He was hungry all the time. I fed him every two hours. He'd never had milk or nutritional food. His health was never good after his bad start as an infant, and tragically, he developed pneumonia at 13 and died.

"Weather was a challenge. It would be a sunny day and then the sky would turn black. The typhoon winds were fierce." The orphanage was also hit when a volcano, Taal, erupted when Ada was there. "Ash was everywhere, about nine-inches thick over our roof. It was terrible trying to breathe. People had to be evacuated; they lost everything. We didn't know how to begin cleaning it up. Everything was covered in thick ash. But people stepped up to help us. Motorbike club members came and cleaned and bagged the ash and took it away. It was a major job."

Three years ago, when she hadn't been back to America for many years, Ada's daughter Crystal visited her from America. Ada was making breakfast when she collapsed. She was rushed to the hospital and diagnosed with congestive heart failure. She was 80. "I'd been in the Philippines twenty years. I was so sick, I thought I would die."

Crystal flew her back to the U.S. "When I got off the plane at JFK airport, I needed a wheelchair, I couldn't walk," she says. "My grandson Kory, who met us, scooped me up. I was immediately hospitalized. This was February 1st, 2023. I've been back in Beach Lake ever since."

Now 84, doctors have told her the 16-plus hour flight back to Manila would be difficult with her heart condition. "I so miss my Mango House children," Ada says. "I facetime them on my iphone every week, to chat and see each other. Tagalog is the national Filipino language. I understand it, and speak some. But I was always amazed at how quickly the children in the orphanage learned English. They always ask when I am coming back.

"Starting at 60, I ran the orphanage for 20 years. I was 80 when I was forced to stop by ill health. I loved every minute of being there."

Donations can be made to the tax-deductible fund for the Mango House orphanage at the Honesdale National Bank, 733 Main Street, Honesdale, PA 18431.

By Jan Goodwin, award-winning journalist and author, and editor of the GOT newsletter

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The GREAT OUTDOORS - The Pause That Refreshes

"Nature is not a place to visit. It is home." Gary Snyder, poet

It's true that our lives, more and more, are defined by the work of technology; temperature-controlled buildings; transportation that allows us to travel the world with our feet barely touching the ground; instantaneous communication across the planet with a few taps on a screen.

As we grow older, comforts and conveniences certainly become more highly esteemed than they might have been in younger years of more rough-and-ready living. We are able, if we wish, to live our daily lives without ever stepping fully present into the world that made us but is not of our making, the spaces we call Nature and natural. Still, the importance of a physical relationship with that nature remains deep and increasingly valuable in the complexity and stress of modern living.

Numerous studies document changes in heart rate, blood pressure, and stress hormones after spending time outdoors. The restorative effects on brain and body that time in green spaces, forests, fields, and other undomesticated wilds include improved mood, better immune function, lower stress levels, better breathing, even sharpened mental focus and improved sleep.

And there is also the shift in attention and sensation that occurs when we immerse ourselves in nature. How do we measure the sensations of awe, the spontaneous tingle of wonder when surrendering to a clear November night of uncountable stars?

How much nature do we need?

At some point, hikes on steep and slippery trails may be surrendered in deference to backs and knees that no longer agree to go along. Recommendations for reaping the health benefits of spending time outdoors vary: a one-hour walk every day; a few minutes every hour; 120 minutes a week.

Some research suggests that even very quick visits outdoors can be beneficial. One study shows that exposure to nature can regulate the fight-or-flight nervous system and lower the level of stress hormones in the body in as little as five minutes. As with guidelines for exercise, the best option for time in nature is the one that you can and will actually do.

It's not always about "green space" or wilderness.



Time outdoors is relatively easy to commit to in the lush, warm days between May and October. Then November comes. Days grow shorter and colder, and the trend is to spend less time lingering outdoors for pleasure. When ice and snow appear, concerns about a nasty slip on the driveway or footpath keep many of us housebound, reading a good book about nature while comfortably camping in a favorite easy chair.

But just as reading about brushing your teeth cannot give you the benefit of actually brushing them, watching someone eat chocolate cake is not the same as tasting it yourself. There is no substitute for joining, with all your senses, the living world that has no walls or ceiling.

Why not go out on your porch, patio, or driveway now, after reading this, whatever the weather. For five minutes, quietly become part of that spaciousness of the land and sky, the smells and sounds, temperature and temperament of the day or night that surrounds you. Nature's invitation for refreshment of body, mind, and spirit is offered in all seasons, free for the taking, as ready to receive us as the next breath we take in the open air.

By Liz Huntington, poet and editor of Rising Lark Press, an independent publishing project situated in the foothills of the southern Catskills.

RESOURCES: Looking Further:

Healthline: 8 Health Benefits of Getting Back to Nature and Spending Time Outside - <https://www.healthline.com/health/health-benefits-of-being-outdoors>

Step Outside: Health Boosting Senior Outdoor Activities: <https://seniorsite.org/resource/step-outside-health-boosting-senior-outdoor-activities/>

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MORE ABOUT REINDEER THAN SANTA KNEW

Reindeer are not just fictional characters in Christmas tales. Two varieties are abundant in the mountainous polar regions, Arctic tundra, and damp forests of Greenland, Scandinavia, Russia and Northern Mongolia. The tundra reindeer migrate seasonally, sometimes in enormous groups, while forest reindeer spend their lives in the woodlands year-round.

Male reindeer, called bulls (or sometimes stags), shed their huge antlers in the fall, after their rut, or mating season. Pregnant females, or cows, keep theirs until spring, and use them to defend small patches of moss and reindeer lichen to feed on during the harsh winters. Despite this, five of the animals pulling Santa Claus's sleigh have male names!



Reindeer are perfectly designed for extreme cold. Numerous tiny blood vessels circulate blood around reindeer noses, warming the air that they breathe, and giving them a reddish cast, just like Rudolph's. Above a thick, woolly undercoat, hollow outer hairs insulate extremely well even when snow collects on a napping reindeer. Their long, spindly legs are perfect for maneuvering through deep snow, and also contain a high concentration of oleic acid, which prevents freezing. In wintertime, the pads of their cloven hooves shrink, revealing sharp edges that dig into ice and rocky outcroppings for traction, just like our snow-boot cleats.

Similarly, reindeer eyes are a deep blue at this time of year, helping the creatures see better in the low winter light in the Arctic regions. They are also the only animals able to see ultraviolet light, which helps them find food and spot predators, such as ferocious wolverines and bears.

Calves are born at winter's end without the juvenile white spots we're familiar with seeing on other species of deer. That adaptation for survival isn't needed by newborn reindeer, who can keep up with the running herd only hours after birth, despite the fact that reindeer are among the fastest land animals in the world. Day-old calves can run nearly twice as fast as an Olympic runner.

Fueled by their mothers' exceptionally rich and nutritious milk, they have little trouble joining the herd on its trek to warm-weather feeding grounds, often hundreds of miles away. With each step a reindeer takes, tendons "snap" over the bones in their back hooves, producing a clicking noise, so youngsters can always stay with the group, even in blinding snowstorms, just by listening for that familiar sound.

Spring follows close upon the heels of the migrating reindeer. Their hoof pads swell and become spongy, helping them navigate the softer terrain. Their eyes turn golden, similar to many other mammals. The hollow-haired coats also make the animals buoyant. They are great swimmers, often reaching a speed of six miles per hour, with the ability to cross wide and rough rivers, even at an early age.

Although moss and lichen are the reindeers' favorite foods, grasses, leaves, and mushrooms are also part of their diet. A wayward few manage to find the spotted *fly agaric*, or Christmas mushroom, and become so intoxicated on its hallucinogenic properties that they go missing from the herd for a little time, while sleeping off their overindulgence.

A reindeer can survive 15 years in the wild, although domesticated animals, such as those kept by the Sami herders of northern Norway, can live as long as 20 years.

While males are a little bigger, female reindeer can weigh up to 460 pounds. That is something to think about while you listen for the sound of eight sets of clicking hooves on your rooftop on Christmas Eve.

By Dawn MacIntyre, author of the book *The Paper Pirate*, available on Amazon.com

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Make That Holiday Meal Shine With these Yummy Side-Dishes

Of course, the beautiful golden roasted turkey, the tasty glazed baked ham or the amazing crown roast beef are the true stars of the holiday meal, but the side dishes that sit patiently on the table are the supporting cast that can make it a true feast.

Not only do they evoke comfort, tradition and nostalgia, fostering a sense of community and creating lasting memories for family and friends, but if chosen carefully and prepared well, they offer an opportunity to include more nutritious options and ensure that guests with diverse preferences have something to enjoy.

The Thanksgiving and Christmas celebratory meal experience will be enhanced by the flavor and texture diversity of the side dishes. They can provide visual appeal through a variety of colors making the table more festive and appealing and giving balance by adding lighter elements like roasted vegetables or a fresh salad to create a more complete and satisfying meal. But more than these, side dishes can generate shared culinary experiences, through preparing them together, that can connect family and friends. Offering multiple side dishes ensures there are options for everyone, including guests with dietary restrictions or different tastes.

The new GOT Cookbook offers a tasty variety of side dishes to try. Here are a few we suggest you consider in planning your holiday menus this year.



Maple Roasted Brussels Sprouts with Bacon

- 1 lb Brussels sprouts, trimmed
- 1/4 Cup Extra-virgin olive oil
- 3 Tbsp pure maple syrup
- 1 lb Bacon, cut into 1/2-inch pieces
- 1/4 Tsp Salt
- 1/4 Tsp Freshly ground black pepper

Preheat oven to 375 degrees F. Line baking dish with foil. Place Brussels sprouts in a single layer in a baking dish. Drizzle with olive oil and maple syrup; toss to coat. Sprinkle with bacon; season with salt and black pepper. Roast in the preheated oven until bacon is crispy and Brussels sprouts are caramelized, 30 minutes, stirring halfway through.

Who knew Brussels sprouts could ever taste this good! Caramelized and crispy, these sprouts gain a nutty flavor from the roasting process.



Dole Pineapple Pasta Del Sol Salad

- 1 20 oz. can chunk pineapple in juice
- 8 oz. medium shell pasta
- 2 oranges, peeled & chunked
- 1 red bell pepper, julienned (julienne, to cut food into long, thin, uniform strips, like matchsticks.)
- 1/2 cup julienned ham
- 1 cup julienned carrots
- 1 cup frozen peas, thawed
- 1 cup cashew nuts

Dressing:

- 1/2 cup reserved pineapple juice
- 1/2 cup fresh orange juice
- 1/2 cup vegetable oil

- 1 Tbsp grated orange peel
- 1 Tbsp sugar
- 1 Tbsp dried sweet basil, crumbled
- 1/4 Tsp black pepper
- Dash nutmeg

Drain pineapple, reserving 1/2 cup juice for dressing. Cook pasta according to package directions, then drain. Combine salad ingredients in large bowl. Combine dressing ingredients in a separate bowl. Pour dressing over salad, toss well. Cover and refrigerate at least 1 hour or overnight.



Roasted Squash with Goat Cheese and Poached Cranberries

- 1 Butternut squash, sliced crosswise into 6 rounds
- 1 Tbsp Olive oil
- Kosher salt and freshly ground black pepper
- 2 Cup fresh cranberries, or dried, soaked in hot water and then drained to plump them
- 1/2 Cup pure maple syrup
- 2 Tbsp Fresh orange juice
- 2 Tsp Chopped fresh rosemary
- 1 x 4-ounce goat cheese, at room temperature
- 1/4 Cup heavy cream
- 1/3 Cup roasted and salted pepitas, a type of pumpkin seed, naturally unhulled and light green in color. Available online if necessary.

Preheat oven to 425°F. Toss together squash and oil on a rimmed baking sheet. Season with salt and pepper. Roast, turning once, until golden brown and tender, 25 to 30 minutes. Combine cranberries, maple syrup, orange juice, and rosemary in a medium saucepan. Simmer over medium heat until cranberries begin to pop, 10 to 12 minutes. Stir together goat cheese and heavy cream in a bowl until smooth. Season with salt and pepper. Serve squash topped with cheese mixture, cranberries, and pepitas.



Beets & Sweets

- 6 Medium beets, peeled and cut into about 1-inch chunks
- 2 1/2 Tbsp Olive oil, divided
- 1 Tsp Garlic powder
- 1 Tsp Kosher salt
- 1 Tsp Ground black pepper
- 1 Tsp Sugar (optional)
- 3 Medium sweet potatoes, cut into about 1-inch chunks
- 1 Large sweet onion, chopped

Preheat the oven to 400 degrees F. Toss beets with 1/2 tablespoon olive oil to coat in a bowl. Spread in a single layer on a baking sheet. Mix remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag. Place sweet potatoes and onion in the bag. Seal the bag

and shake to coat vegetables with the oil mixture. Bake beets in the preheated oven for 15 minutes. Mix sweet potato mixture with beets on the baking sheet. Continue baking, stirring after 20 minutes, until all vegetables are tender, about 45 minutes. Total bake time is about an hour.

Whether you're cooking for yourself or gifting to a friend, the GOT cookbook is a meaningful and delicious way to support our cause. You may order securely online (\$15 + \$6 added for shipping and handling) at:

<https://www.paypal.com/ncp/payment/HZ4T8ZZRSSQAL>

If you live in our service area, you may also call the GOT Hotline at 570-630-0509 and arrange for one of our volunteers to drop a copy by your house.



Avoiding Loneliness over the Holidays

As the holidays approach, we all know the emotional toll for those who may be alone over Thanksgiving and/or Christmas. "This great festival of togetherness is also a marking of absences," says author Katherine May. But as we become seniors, we can keep ourselves positive during times when loneliness may be particularly potent.

Betty Parker is 96 years young. She has kept her life vibrant: Instead of dwelling on the past, she fills her journal with all the great things she is still doing: picking roses from her garden, reading, playing cards with her regular group, and baking pies when she entertains. Her 90s have been filled with purpose and connection, something many people struggle with no matter their age.

"We want to make sure that people are living good years, as opposed to just living longer," says geriatrician Dr. John Batsis. Purpose is an important word to keep in mind. Don't stop growing. One man took up golf after he retired and also started playing a musical instrument. Now, he plays the guitar and also attends local concerts he might not have been interested in before. If you have always wanted to publish a book, you are never too old to start writing. Think about activities that can keep you moving.



Diversify your social portfolio! Once a month, Parker meets with a group she calls "the youngs" to play canasta, which she taught them. "The youngs" are a group of women in their 60s whom she met through her daughter-in-law. Although they are much younger, Parker values having a diverse group of friends. That is especially true as she has outlived her husband and other close connections. Make a connection with people from your past. Even small interactions with a neighbor or at your coffee shop can often lead to meaningful relationships.

Loneliness is dangerous to longevity, and volunteering can help. You be the one to call to make a date or to remember a birthday, or to sit by somebody's hospital bed or to drive them to their chemo session.

While Parker has a lot of joy in her 90s, it hasn't come without a need to adapt, she says. She had to give up tennis years ago, which she misses, and now has to use a walker to get around. But those changes haven't prevented her from laughing with her family, spending time in her yard or even being in a local parade for the Fourth of July holiday.

People who age well are the ones that accept and even embrace change. Those of us who believe that aging is a time of continued growth live 7.5 years longer, studies show.

Sounds like a lot to do? Don't worry. Start small. Maybe it is delivering a lemon from your tree to a friend or offering to watch your neighbors' young children while they run errands. Creating art, planting a garden or calling someone who is sick is an act of giving that can give you purpose and build your strength during times when loneliness could strike. Start whenever you can. It is never too early or too late to start creating a life you enjoy.

Adapted by Shirley J. Longshore, writer and editor

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Mark Your Calendar - The GOT Year End Fundraiser is December 2nd!



You're Invited to a Festive Evening of Art, Music, and Community. Last year's celebration was such a success, we're bringing it back! GOT is once again partnering with the **Delaware Valley Arts Alliance** to host our **Year-End Fundraising Event - "HOME FOR THE HOLIDAYS"** alongside the beloved **Art in Sixes Exhibit**.

Join us for a joyful evening to celebrate the season and support GOT's mission to serve seniors throughout our region. Enjoy a private gallery viewing, holiday-inspired fare and sweets, refreshing beverages, and a live spectacular holiday cabaret performance by **Janice Hall at 6PM**. The event runs from 4:30PM – 7:00PM in Krause Hall at the DVAA, 37 Main Street, Narrowsburg, NY.

🔪 Tickets are \$30 at the door or \$25 in advance at: <https://myrivertickets.com/events/GOT-2025>

We hope to see you there!

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, northern Pike County, PA, 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 visit our website and click the **Donate** button, or mail your check to GOT, 830 Main Street #574, Honesdale, PA 18431. Thank you in advance for your support.

Looking to plan your estate or make provisions in your will or beneficiary designations? Making bequests to non-profit organizations like GOT are a great way to ensure your legacy makes an impact in your community, benefitting future generations.

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.growingoldertogether.org Thank you!

Growing Older Together is supported in part by generous grants from the Honesdale National Bank Foundation, Moses Taylor Foundation, Robert H. Spitz Foundation, 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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Diversity is a Source of Strength, Creativity, and Innovation. Growing Older Together is committed to fostering an environment that welcomes and values every person and respects all identities, cultures, heritages, and abilities.

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