

Hand in Hand...
Linking Lives



Sept/Oct 2023

GOT — GROWING OLDER TOGETHER

570 630 0509

830 Main St. #574 Honesdale, PA 18431

GOT.clubexpress.com

*If you need
something, just
ask!*



Photo by Pixabay

MESSAGE FROM THE PRESIDENT

It's been a hot and rainy summer, and I sure hope you have been able to keep cool.

I've talked to a lot of members lately, and every one of them tells me how much they appreciate the volunteers who do services for them. We are continuing to expand in Sullivan, Wayne, and Pike counties. I'm so excited about this movement. As you know, we can't accept members in any area unless we have volunteers there first. If you know anyone who might be interested in volunteering, tell them to give us a call.

Executive Director Thomas Cambridge and I had a table at Riverfest in Narrowsburg, NY. We met many people who stopped by to say hello and learn about Growing Older Together. We shared information about the opportunities for both volunteers and members.

We are always looking for places to connect with people and spread the word about GOT. Call 570-630-0509 if you would like us to visit with your organization or attend an event.

Enjoy the rest of the summer and have a beautiful fall.

As always,
Diane Yaddow

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Photos by John Riffey

At Lavapalooza a dog oversees the raffle table, a boy enjoys his yellow balloon, and a hula-hooping woman entertains onlookers.

FUN, FUN, AND MORE FUN!

By Thomas Cambridge

In early August, Growing Older Together hosted its first annual summer fundraiser, Lavapalooza. Community residents, GOT members and volunteers, and corporate sponsors gathered in a stunning meadow to take in all that Lavapalooza offered. Children, young people, families and seniors enjoyed live rockabilly music by Mighty Joe Castro and the Gravamen of Philadelphia. Friends gathered under a festive tent to enjoy of burgers and sausages grilled on the spot, tangy pulled pork, coleslaw, baked beans, mac & cheese, corn salad, and a tower of the most delicious sweets including cupcakes, brownies, and cotton candy. Between musical sets, two raffles and an auction kept the

entertainment going. A carnival midway with games tested everyone's skill and aim. It was an afternoon of mirth, goodwill, and fun, and GOT raised a significant amount of money to expand our service area and support more seniors. Additionally, many more people in the area now know who we are and what we do for our seniors. It was a spectacular day all around. And we will do it again in 2024!

[Thomas Cambridge is executive director of Growing Older Together.]



Image by Dan/Kelli Oakley from Pixabay

STEREOTYPES CHALLENGED

By Marcia Nehemiah

One of the most pervasive stereotypes promoted by ageist attitudes is that of the curmudgeon: the grouchy old person who complains about the current state of the world and who longs for the good old days.

Dr. Laura Carstensen, director of the Stanford Center on Longevity, has spent her career dispelling the myth of the grumpy, depressed old

person. Her research over the past three decades has shown that outlooks and emotions change as we age, often in ways that boost our well-being.

Carstensen identifies what she terms the “positivity effect” in older adults. Her research has shown that older people attend to and remember more positive than negative information. Knowing that their time is finite, older adults seek more emotionally satisfying experiences and avoid negative ones. This attitude brings about an enhanced sense of well-being and improved health.

Surveys of happiness conducted in developed countries consistently show a U-shaped pattern, with people on either end of the age spectrum having the greatest satisfaction. In **one study from the Brookings Institute**, for example, scientists found happiness was high for 18- to 21-year-olds and then dropped steadily until about age 40. But past middle age, the pattern began to reverse, gradually climbing back up to its highest point at age 98.

However, despite the empirical evidence garnered in numerous studies, both the general population and even the research community are skeptical of what Carstensen’s findings have affirmed. Ironically, the stereotype of old age as a time of sadness and loss is held even by older adults, despite the fact that the majority describe themselves as happy and satisfied.

To explore further, listen to Carstensen’s **TED talk** and her interview on the **podcast Hidden Brain**.

[Marcia Nehemiah is a GOT volunteer and member.]



FOR YOUR INFORMATION

Growing Older Together has an amazing cadre of volunteers who can do just about anything. If you need something, just ask. But sometimes, repair of an item may be beyond the skills of a GOT volunteer. Take note: The Repair Café will be held on Saturday, September 16 from 11 a.m. to 3 p.m. at the Tusten Town Hall, 210 Bridge St., Narrowsburg, NY. On

hand will be a variety of area residents who can repair mechanical and/or electrical items, wooden items, or jewelry. Needlecrafters can repair garments or hem pants, and knitters can fix holes in sweaters.

Repairs are free. People are asked to bring no more than two items. If an object needs a special part for the repair (such as a three-way switch or the appropriate zipper), please bring it with you. To learn more, email repaircafetusten@gmail.com.

If you need a ride to the Repair Café, call GOT at 570-630-0509.

The Sullivan County Office for the Aging invites county residents 55 and older to take five minutes to fill out a short survey to help improve services and programs in the county.

“The answers will inform my staff about where we need to improve and what services we should be focusing on,” said Office for the Aging Director Lise-Anne Deoul. “I urge everyone in the county aged 55 or over to spend just a few minutes giving us this crucial information.”

The survey can be found at www.surveymonkey.com/r/SullivanSr. Paper copies are available at the Office for the Aging in the Government Center in Monticello or by request at 845-807-0241.

It’s time for **your annual influenza vaccination**. According to the Centers for Disease Control, new this season for people 65 years and older are three flu vaccines recommended over standard-dose flu vaccines. Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people.

Medicare Part B covers the cost of a flu shot. Many area pharmacies offer walk-in services, or call your physician to schedule an appointment.





Image by Brigitte Tohm from Pexels

SEASONAL REFRESHMENTS

By Mary Greene

Here we are in between seasons – the warm weather has not quite ended and fall has not fully begun. It is a great time to explore some easy, nutritious, and satisfying, beverages to carry you and your loved ones through to the colder weather.

Sun Tea is a classic from the '90s, and all you need is a clear container. Place 4 tea bags – either green, black, or herbal tea or a combination, into a two-quart jar and fill with water. Cover the jar and let it sit in the sun for several hours. (The longer it sits, the stronger the tea.) Flavor with lemon and sugar or honey if you wish. Put in the frig and serve when cold.

A **Bloody Mary** (Virgin or otherwise) uses many fall flavors, and it can be prepared more spicy or mild according to your taste. Combine the following ingredients: 6 ounces tomato or V-8 juice, ¼ teaspoon celery salt, 1 tablespoon dill or sweet pickle juice, 1 lemon or lime wedge, 2 teaspoons prepared horseradish, 2 dashes Tabasco sauce, 2 dashes Worcestershire sauce, 1 pinch ground black pepper, 1 pinch smoked paprika, ¼ teaspoon celery salt, 2 ounces gin or vodka (optional). Add ice

cubes and optional garnish like a parsley sprig, olives, celery stalk, or a tall dill pickle spear.

Classic Mulled Cider or Wine is a warm and soothing drink through the fall and winter seasons. Combine these ingredients in a saucepan: one bottle dry red wine or 3-4 cups apple cider, one sliced orange, ½ teaspoon dried ginger, 3 sticks cinnamon, 1 cup brandy (optional). Heat, stir, and let simmer. Strain, adding sweetener if desired. Serve in ceramic or glass mugs with cinnamon stick, orange, or pomegranate slice.

Many of us grew up on cups of **hot chocolate** made with instant hot chocolate mix, but there is a much more delicious way to make this comforting beverage. Combine 4 cups milk (or substitute plain almond or oat milk), 1/3 cup hot water, ¼ cup dried cocoa, ½ cup sugar, a dash of salt, 1/2 teaspoon vanilla extract. Heat thoroughly. Garnish with baby marshmallows.

[Mary Greene is a volunteer call manager and member of GOT.]

JUST FOR LAUGHS

A **paraprosdokian** is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected. As in:

- Where there's a will, I want to be in it.
- The last thing I want to do is hurt you, but it's still on my list.
- Since light travels faster than sound, some people appear bright until you hear them speak.
- If I agreed with you, we'd both be wrong.
- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
- To steal ideas from one person is plagiarism. To steal from many is research.

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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COMMUNITY PARTNERS

Growing Older Together collaborates with and is supported by numerous organizations in the area to fulfill our mission, including:

Delaware Valley Arts Alliance

Tusten Social

The River Reporter

WJFF Radio Catskills

Wayne County Area Agency on Aging

Sullivan County Office of Aging