



# People



## Think of elderly at Christmas time

The Pennsylvania Department of Aging recommends that some extra thought be given to older people during the holiday season - a time that can be sad for a person living alone, or ailing and homebound.

Indeed, a visit to an elderly relative or friend can bring about the merriest of Christmases. And it doesn't cost anything except your time.

If you're choosing a gift, let the lifestyle of the senior citizen be your guide, and give it some special thought. Too many older people have sweaters, belts and neckties hanging idel in the closet from Christmases past.

Here is a brief checklist of gift suggestions:

- Sports equipment for the active senior, which can include boating, fishing or camping gear for the outdoors person.

- Clothing, but keep colors deep for paler skin tones. Seniors like wraparound styles, easycare materials.

- Household appliances - look for convenience and small family items like a portable vacuum cleaner, electric can opener, two-cup coffee pot, small microwave oven, cookbooks for small families or special diets.

- Physical fitness - pedometer (meter to measure walking); a three-wheel or exercise bike; devices to measure blood pressure; a "Y" or health club membership.

- Security and safety devices - though not romantic gifts, are practical for older people. Examples: smoke detectors, dead bolts for doors, special bath grips or shower stool, telephone amplifier, magnifying glass.



### Scouts rededicated

In a traditional candlelighting ceremony, Junior Girl Scout Troop 633 of Shavertown, recently rededicated themselves to the Girl Scout Promise and Law. Each girl promised to serve God, their country and other people as they lit a blue flame for purity.

From left, Heather Adams, Kara Wojtowicz (around table): Valerie Marino, Maria Farris, Melanie Belles, Michelle Metzger, Lori Buss, Stacey Gobbler, Karen Wisnieski, Maryann Ochman, Nancy Kingsbury, Robin Dennis, Valerie Gorda and Mindy Henry. Absent was Jennifer Krakosky.



### Volunteers decorate

Pink lady volunteers at Wilkes-Barre General Hospital recently welcomed the beginning of the Christmas holidays with tree-trimming festivities. The women gather each year to decorate Christmas trees in dayrooms throughout the hospital. This year the volunteers decorated with newly purchased Christmas trees and ornaments, donated to General Hospital by the Auxiliary. Traditionally, the tree-trimming festivities begin the volunteers' season of giving. They also distribute poinsettias, given by the Auxiliary, to patients who must remain in the hospital through Christmas. Pictured above are volunteers who participated in decorating activities. From left, seated, Mrs. Irving Pezzner, Wilkes-Barre; Mrs. John Biernacki, Mountaintop; Mrs. Mortimer Goldsmith, Dallas; and Mrs. John D. McCarthy, Wilkes-Barre. Standing, Mrs. F. William Strickler, Bear Creek; Mrs. Sid Alinkoff, Edwardsville; Mrs. Charles Golden, West Pittston; Mrs. Michael Hudacek, Plymouth; Mrs. Clayton Karambelas, Kingston; Mrs. Gerald Gunster, Dallas; Mrs. Thomas Saxton, Kingston; Mrs. Charles Reilly, Wyoming; and Mrs. Guy Serpico, Auxiliary president, Trucksville.



### Project conducted

Cub Scout Pack 281 conducted a service project this year that acknowledged and thanked the Dallas Methodist Church for offering its facilities for the pack's monthly meetings. The year, the Cub Pack discovered that the church's Christmas tree needed ornaments to replace the old worn ones from previous years. Each den hand-painted and decorated ceramic ornaments for the church and helped decorate the tree on Saturday, December 14. Shown here following the tree-trimming ceremony are, from left, first row, Willie Morgon, Donny Hartshorne, Eric St. Clair, Aaron Gingo, Michael Goldsmith, Dennis Miller, Kris Miller, Jamie Bottoms. Second row, Carl Wiedlick, David Townend, Brad Kozick, David Seidel, Andy Flint, Chris Thomas, Ron Hubbard, Chris Brown.

### Officers named

The Northeast Pa. Chapter of L.O.V.E., League Opposing Vivisection Experiments, recently held election of officers and board directors for 1986.

The following were elected: Gene Crossin, president; Ginger Rinehimer, vice president; Kristine Albert, treasurer; Mary Lou Phillips, secretary.

Board of directors elected were Ron Schriber, Ann Marie Ushing, Edward Basta, Thomas Daniels, Edward Rinehimer, Todd Mayer and Maggie Mayer.

L.O.V.E., is open for membership interested persons can write to L.O.V.E., P.O. Box 1284, Wilkes-Barre, Pa. 18703.

## Art contest scheduled

For the third year in a row, the Pennsylvania Optometric Association (POA) is sponsoring an "Older American Art Contest" in honor of Save Your Vision Week, March 2-8, 1986. Contest entrants must be 60 years of age or older. Art submissions will be judged on originality and execution of the contest theme: "Eye Care Is A Bright Eye-dea!" Submissions may be in any medium: oil paint, water color, collage, sculpture, pen and ink, etching, crafts, etc., however, no submission may be larger than 22"x28". The deadline for art entry submissions is Feb. 21, 1986.

March 2-8, 1986 will mark the 59th celebration of Save Your Vision Week for American Optometric Association member doctors of optometry, auxiliary members and students of optometry.

Since 1927, professional optometry has spearheaded this national annual event for the purpose of informing and educating the public about the importance of vision and the role of doctors of optometry in providing vision care.

Entries will be displayed in the Pennsylvania Capitol Building March 3-7, 1986, and also during the 90th Annual POA Congress June 7-10, 1986, at Seven Springs Resort,

Champion, PA.

The following prizes will be awarded: First Place: \$100; Second Place: \$75; Third Place: \$50; and five entries will receive \$15 Honorable Mention prizes and five entries will receive \$10 Commendation prizes.

A special judging will be held on Wednesday, March 5 in the House of Representatives lobby. Representatives from the Pennsylvania Area Agencies on Aging, Department of Aging, Association of Retired Teachers and local art association will judge the art submissions.

All art submissions must be mailed either rolled or flat to the Pennsylvania Optometric Association, 218 North Street, Harrisburg, PA 17101. The entrant's name, address, and phone number must be affixed to the back of each admission, as well as entrant's age. All water colors, pencil, and or ink sketches are to be matted for presentation. No glass is allowed, and frames are discouraged.

The Pennsylvania Optometric Association is implementing this project with the assistance of the 51

county Area Agencies on Aging. For more information call the Pennsylvania Optometric Association at (717) 233-0925.

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Feeling Blue?  
★ There are times when you need to do something a little bit special, to pull yourself out of a blue mood, and get yourself feeling in the pink again.  
★ A tried and true pick-me-up is to splash a touch of color around. Adding a red scarf to a grey outfit is like adding a smile to your face.  
★ Go out and buy yourself a new lipstick in a dazzling new shade. While you're at it, get nail polish to match.  
★ Don't be afraid to be creative with color. Look what Mother Nature has done with flowers.

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