

Health



'Cruise' held

A "Cruise to the Caribbean Luncheon" was recently enjoyed by residents and over 50 family members at the Meadows Nursing Center, Dallas. The dietary staff prepared a special menu featuring tropical fare, and the Meadowlarks joined the cruise to entertain residents and guests along with a rousing music program. Shown taking part in the festivities are Sarah Clark and her husband, Bill Clark, residents at the Center.



Directors named

Harry Rothstein of Dallas and David Andes of Shavertown are among the recently elected members of the Boards of Directors of the Visiting Nurse Association-Home-Health Services, Homemaker Services of Luzerne County, and Home-Care Management of Luzerne County. The Visiting Nurse Association and Homemaker Services are United Way Member Agencies which provide health care in the home to Luzerne County residents. All three are voluntary nonprofit agencies. Shown above are, from left, first row, Harry Rothstein, Elena Parkhurst, and Norma Agati. Second row, Atty. Stephen Fendler, David Andes, Rev. Paul Farber, Dan Koze and James Mileski.

Plan for retirement

By THOMAS LAVELLE
Special to The Dallas Post

In recent years we have stressed the need to plan for retirement as early as possible. However, it should be noted that the earlier one plans to retire, the more planning required.

Age 65 is the age for full benefits from Social Security and is also used by much of private industry. However, most Social Security beneficiaries retire before age 65, and a recent study indicated that age 62 is the most frequent age of retirement in private industry.

Reduced Social Security retirement benefits have been available at 62 for men since 1961 and for women since 1956. Benefits are reduced for each month before age 65 a person receives retirement benefits. At 62, a person receives 80 percent of the full benefit rate.

Reduced benefits are available at 60 for widows and widowers. Payments to widows and widowers range from 71½ percent of the deceased spouse's benefit at 60 to 100 percent at 65.

People who work in some types of jobs - firemen, policemen, military service - may retire as early as age 55. In addition, some employers encourage workers to retire early as a means of cutting back on their payroll. This may mean several years of no earnings that could result in lowering the lifetime average earnings amount on which benefits are based. People who start a second job after retirement, as many do, not only earn extra income to meet current living expenses, they also protect their Social Security benefits for when they finally retire at 62 or later.

People who retire before 65 generally have to worry about what to do about their health insurance coverage since Medicare does not begin until 65. Social Security officials recommend that they retain their job-related group health insurance until they reach 65. A person may also consider joining a health maintenance organization with the provision that the coverage will be changed to supplement Medicare protection at 65.

People who decide to delay their retirement until after 65 should note that a delayed retirement credit of 3 percent a year increases their benefit for each year after 65 they postpone retiring.

(Thomas Lavelle is affiliated with the local Security Security office.)



Staff honored

The Wilkes-Barre VA Medical Center celebrated National Nurse's Day by honoring the nursing staff with a reception for all shifts. Dr. Sheila Pringle, Dallas, Chairperson, Department of Nursing at College Misericordia was guest speaker. She addressed "Nursing For the Future" emphasizing autonomy, independence and power for the profession.

Course completed

Nesbitt Memorial Hospital recently conducted a free babysitting class for teenagers 12 to 16 in the Medical Arts Building, Kingston. Shown here are, from left, first row, Paula Dunbar, Kingston; Diana Reese, Larksville; Kim Dotter, Kingston; Michelle Filipowich, Parsons; Melinda Ostrowski, Wilkes-Barre; and Mary Wenger, Kingston. Second row, Stephanie Jones, Pringle; Elaine Buckley, Kingston; Tami Hoppersberger, Swoyersville; Malinda Hosey, Larksville; Jill Kollar, Nanticoke; Mary Johnson, Kingston; Carolyn Cooper, Kingston; Mary Jo Kovaleski, Plymouth; Stacey Halapin, Wyoming and Dawn Sims, Trucksville. Third row,



Mrs. Carol O'Malley, R.N., instructor; Candi Staniecki, Larksville; Denise Eldridge, Shavertown; Susan Swartswood, Larksville; Kris Egen-ski, Plymouth, Regan Litz, Dallas; Donna Dotter, Kings-

ton; Michele Horensky, Wilkes-Barre; Julie Ann Panetta, Wilkes-Barre; Tara Fino, Wilkes-Barre; Jennifer Keating, Wilkes-Barre and Amanda Kauffman, Shavertown.

Group seeks seat belt stories

People who have been saved from death or serious injury by wearing their safety belts can now help encourage others to buckle up.

The Keystone Safety Belt Network is looking for "saved-by-the-belt" stories for its "Say Yes to Seatbelts" campaign.

"Personal stories and testimonials are the most effective tools we have in helping the public understand how important safety belts really are," says Juli McGreevy, the organization's director. "If we can get people to relate to the life-saving experiences of others, many more drivers and passengers will put on their safety belts when they get into a car or truck."

Participants in the program are enrolled in the organization's "Survivor's Club" at no cost. Members receive a certificate recognizing them as living examples that safety belts save lives.

Anyone interested in giving their safety belt story or helping support a safety belt use law should contact Juli McGreevy, Keystone Safety Belt Network, 20 Erford Road, Lemoyne, PA 17043. Phone: (717) 763-7151.

The Keystone Safety Belt Network is a group of businesses, associations, and other organizations that have joined with concerned citizens to promote a safety belt law in Pennsylvania.

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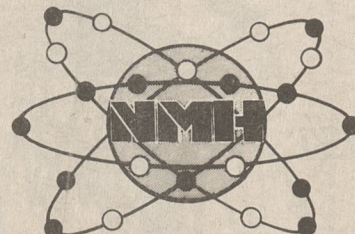
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