

The Circle

Insight & events for members of Geisinger Silver Circle

How to help men grieve



Men in our culture are expected to be strong, resilient and able to cope on their own — even when they grieve. But everyone who's dealing with a loss deserves care and comfort.

You can support a grieving man by:

- Letting him know you're thinking about him with a call or visit.
- Reminiscing and sharing memories together.
- Offering to accompany him to the cemetery or a service if he wishes.
- Listening or just sitting together quietly.

More support is available online through the National Widowers' Organization and the Men's Grief Network.

Geisinger

The National Widowers' Organization isn't just for people who've lost a spouse. The organization helps men and their families deal with all forms of grief. Turn to them for free webinars and a peer-to-peer support program.

For more information, visit nationalwidowers.org or mensgriefnetwork.org. Let's help end the stereotype that leaves men alone as they grieve and offer them a shoulder to lean on as they heal.



Editor's letter

Dear *Circle* readers,

We open this month's edition by talking about grief — and how to help the men in our lives process it. While we highlight two organizations, many other resources are available, including neighborlypa.org. Just type in your zip code and the keyword "grief," and resources will appear.

In June, many of us start to enjoy outdoor activities. I grew up camping in places like Hickory Run and Moon Lake state parks. It certainly wasn't fancy in our tent, but we made many great memories. These days, you can enjoy more amenities and pampering, but the stars are eternal, and the night sky never gets old. Check out our article on glamping to see if there's a camping option that suits you.



Last but certainly not least, we're proud to share that *The Circle* recently earned a coveted Stevie Award. We hope you enjoy our publication as much as the judges did! And, as always, don't hesitate to reach out to me or our *Circle* coordinator, Amy, at silvercircle@geisinger.edu with your thoughts, ideas and feedback.

Sending kindness your way,

Linda Rowe
Silver Circle Program Manager/Editor

The Circle

Thank you to our contributing writers and staff

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The Silver Lining *Adventure awaits*

Journal prompts to consider:

Summer vacation of a lifetime: Imagine you've just won a free trip anywhere in the world. Where do you go and how does it change your life?

Consider a sad or difficult time in your life. What could someone have done (or what did someone do) to help you?

Looking forward:

"A quest is more fun than a jaunt."
— Gretchen Rubin

"I wandered everywhere, through cities and countries wide. And everywhere I went, the world was on my side."
— Roman Payne

Move of the month: Clap jacks



Directions:

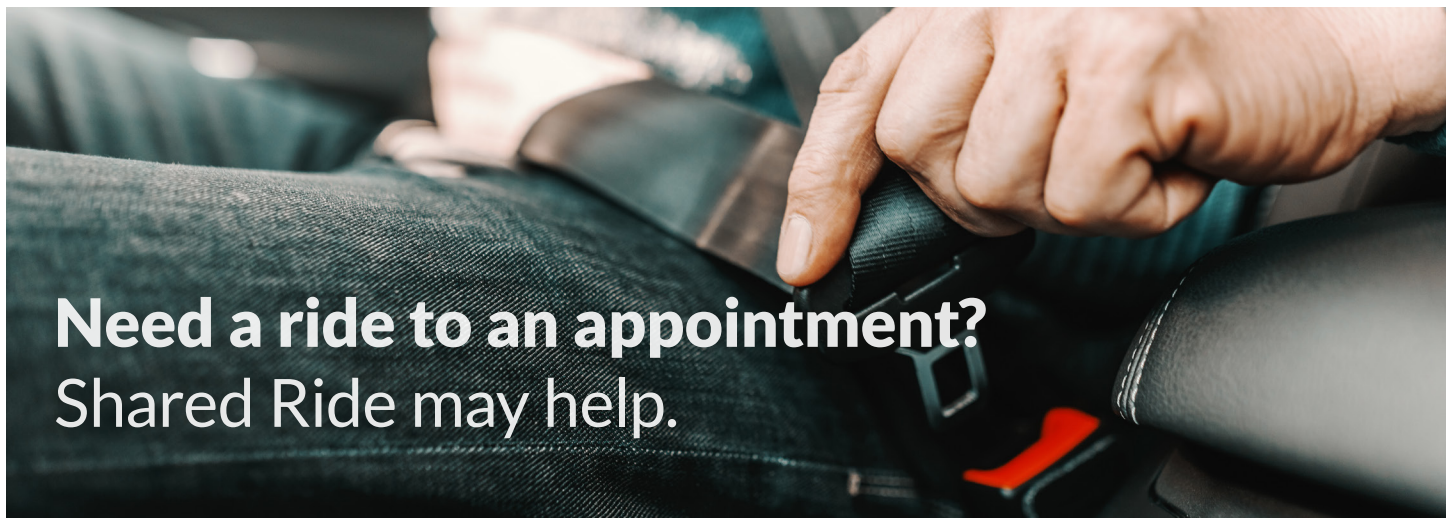
1. Stand tall with hands together at shoulder height.
2. Step to the side or jump with open arms and feet wide.
3. Clap as you return to starting position.
4. Repeat on the other side if doing the step version.
5. Start with 30 seconds and work up to 3 minutes.

Benefit:

Improves heart health, strength and endurance.

Pictured:

Abbey Inch, Wellness Associate – 65 Forward Shamokin Dam



Need a ride to an appointment? Shared Ride may help.

PennDOT's Shared-Ride program allows transit organizations across Geisinger's service area to provide transportation at low or no cost to older people, those with disabilities and others who may have trouble getting to and from errands like doctor's visits.

This is especially helpful if you live somewhere without fixed, reliable public transportation. And unlike public transit, the Shared-Ride program will pick you up and drop you off right at your doorstep.

You might share the ride with others, so build in a little extra time to get where you're going.

You may be eligible if you:

- ✓ Are over age 65
- ✓ Are 18 years or older with a disability
- ✓ Have Medical Assistance or Access cards
- ✓ Have Medicare cards

For a list of transportation services and contact information by county, visit go.geisinger.org/sharedride.

You can also call **844-PA-4RIDE** to get started.

One step (closer to health)



Apply a broad-spectrum sunscreen, SPF 30 or higher, every day you plan to be outside.

Healthy habit hack

If you keep bumping your car door against your garage wall, attach a pool noodle to the wall. Instant bumper!



National CPR and AED Awareness Week

June 1 – 7

Do you know how to perform CPR and use an AED, or automated external defibrillator?

If not, this is a great week to seek out training. Performing CPR and using an AED correctly can save a life in a cardiac emergency.

Many places, such as gyms, have AED units available. But if you don't have access to an AED, performing hands-only CPR is crucial while you wait for emergency responders to arrive. Visit [heart.org/handsonlycpr](https://www.heart.org/handsonlycpr) to watch a short, hands-only CPR instructional video. You can also learn about CPR certification at the American Red Cross website.

Snakebite? Don't panic.

Rattlesnakes aren't aggressive, but they will bite if they're startled or feel threatened.

If you get bitten, try to note the snake's size, color and other details, which can tell medical professionals if you need antivenin treatment. And if you know it was a rattlesnake:

1. Don't panic. Staying calm slows the venom's spread through your bloodstream.
2. Call 911 or get to an emergency room as soon as possible. Most people recover fully from rattlesnake bites if they're treated quickly.
3. Lie or sit down while waiting for emergency responders. Keep the bitten body part below the level of your heart.
4. Wash the bite with warm, soapy water and cover it with gauze or a Band-Aid.



Forget all the old advice about cutting an X shape over each puncture or sucking out the venom. Don't use a tourniquet or put ice on the bite, either. These so-called treatments will do more harm than good.

When you live near rattlesnakes, look before you leap (or step, reach or kneel), especially near wood or rock piles and fallen logs. And keep an ear out for their buzzy, hissy rattle.

If you see a rattlesnake, keep a respectful distance and let it be. Because they eat rats and mice, they're helpful to farmers and homeowners. Like a lot of us, they just want to be left in peace to enjoy the sun.

Protect your pet from *summer heat*



High temps are more than uncomfortable for pets. Hot weather can be dangerous. So take care of your best buddy, keeping them cool and happy.

Most importantly, don't leave your pet in a hot car, even for a few minutes. The inside temperature can quickly reach 120 degrees even with the windows cracked open.

And stay alert for signs of heat stroke — especially for dogs with short noses, like boxers or bulldogs, overweight pets and those with thick fur.

Symptoms include heavy panting, agitation, brick-red gum color and racing pulse. Your pet might also be unable to stand up.

If you suspect your pet has heat stroke, take immediate steps to cool them down in the tub or with a hose. Then get them to the vet as soon as possible. Heat stroke can lead to organ dysfunction and damage.

Keep help at your fingertips by downloading the Red Cross Pet First Aid app. You can also take the Cat and Dog First Aid Online Training course.



Glamour + Camping = Glamping

Is camping a little too... rustic for you? But you love the outdoors? Try “glamping,” or glamorous camping.

Glamping sites allow you to get away from busy life with minimal preparation. No need to pack up sleeping bags, tents, and chairs – the host already did all that for you. Some glamping destinations even have hot tubs, fire pits, heating and cooling, extraordinary views and more. These destinations can be booked like you would for a hotel.

Accommodations include:



Tents and yurts



Cabins



Tree houses



Pods, domes
and bubbles



Campers, tiny houses
and train cars



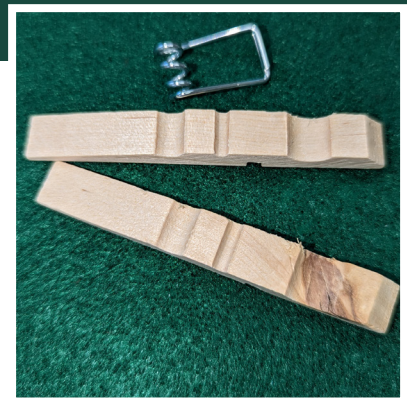
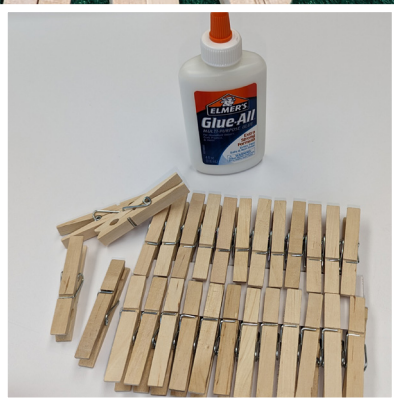
Igloos, caves and
“hobbit houses”

The fresh air and comfortable living quarters allow for a relaxing getaway. Unplugging from the business of life and enjoying nature can boost mood, serotonin levels and vitamin D – and you’ll create lasting memories.





Crafting Corner



Clothespin trivet

Supplies:

- About 26 wooden clothespins
- Extra-strength multipurpose glue

Directions:

- 1 Separate the clothespin halves by twisting the top and bottom in opposite directions to release the metal hinges.
- 2 Place the halves back-to-back and glue them together.
- 3 One by one, glue the tapered ends of the newly glued pins to each other.
- 4 Continue until you have a complete circle.

Courtesy of Susan Fairo, community programs specialist, Geisinger 65 Forward State College

Learn. Do. Get support.

A Matter of Balance – multiple locations*

This award-winning program will teach you how to reduce fall risks and exercise to increase your strength and balance. Registration is required. For classes at 65 Forward, you don't need to be a patient, but you must be 65 or older.

When: Mondays, June 12 – Aug. 7 • 10 a.m. – noon

Where: Milton YMCA, 12 Bound Ave.

When: Mondays, June 12 – Aug. 7 • 1:30 – 3:30 p.m.

Where: 65 Forward Buckhorn, 240 Mall Blvd.,
Bloomsburg

Virtual: Coffee & Convo: Dental Health*

Caring for your teeth can help you prevent tooth loss, gum disease – even heart disease and diabetes. Join us to review oral care tips.

When: Tuesday, June 20 • 10 – 10:30 a.m.

Where: Virtual – Microsoft Teams or phone
(login will be provided after registration)

*Call **866-415-7138** (PA Relay 711) to register.

A Matter of Balance – Wilkes-Barre**

When: Tuesdays • 1 – 3 p.m.

Where: Geisinger South Wilkes-Barre, Terrazzo
Room, 8 Church St.

Email maustin1@geisinger.edu or call **570-808-5356
to register.

Culinary Medicine Cooking Classes – Selinsgrove and virtual

Where: Geisinger Susquehanna Valley Mall,
157 Roosevelt Ave., Selinsgrove, or virtual.

Registration is required.

For more information, visit geisinger.org/cooking
or email culinarymedicine@geisinger.edu

Visit events.geisinger.org for
more information on events
and classes at Geisinger.



A message about meds

“Medication adherence” is a fancy way of saying you take your prescription medicine on a regular basis.

This is especially important if you take maintenance drugs for conditions like high blood pressure and cholesterol. You might not feel different if you skip a day or two, but you could harm your health. Taking your medications as directed, every day, can reduce your risk of heart attack and stroke.

Having a personal connection with your healthcare provider and pharmacist is a key part of medication adherence. Talk to your doctor or pharmacist about how your medication works and tell them about any side effects you're having.

If your doctor verbally changes your dose, tell them to send a new prescription to your pharmacy with directions.

And if cost is a barrier, talk to your doctor or pharmacist about options like 90-day supplies that can save you money.

Want convenience and possible cost savings? Mail-order pharmacy can deliver your medication to your doorstep – and may save you money.



Learn more at [geisinger.org/
pharmacy/mail-order-pharmacy](http://geisinger.org/pharmacy/mail-order-pharmacy).



Guys, put down the packaged snacks for colon health.

Ultra-processed foods like cold cuts and frozen meals might be tasty and convenient, but they can lead to a higher colon cancer risk — especially for men.

Most processed foods contain two or three added ingredients — often some combination of salt, oil or sugar. In addition to those ingredients, ultra-processed foods are likely to contain artificial colors, flavors, sweeteners and preservatives along with fats, starches, sugars and hydrogenated fats extracted from other foods.

In short, if it's made in a factory and contains ingredients created in a lab, it's ultra-processed — and something to avoid.

Why? Because the ingredients in ultra-processed foods may alter the healthy bacteria in the gut, which can worsen inflammation and lead to an increased risk of colorectal cancer.

So, set aside the bag of chips in favor of foods like fruits, whole grains, olive oil and fermented foods such as yogurt and sauerkraut. Replacing sodas and energy drinks with water can also do wonders for your health.

And don't forget your annual colon cancer screening — crucial for men and women!



Cooking Corner

Grilled chicken with strawberry and pineapple salsa

Grilled pineapple is the secret ingredient that makes this recipe stand out at any barbecue.

Serves 4

Ingredients:

- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
- 2 teaspoons salt-free steak seasoning blend
- ¼ teaspoon salt
- 1 teaspoon canola or corn oil
- 2 slices fresh pineapple, each ½ inch thick, patted dry
- 1 cup whole strawberries (about 5 ounces), diced
- ¼ cup finely chopped red onion
- 3 - 4 tablespoons chopped fresh mint leaves
- 1 - 2 teaspoons sugar
- Pinch crushed red pepper flakes
- 1 lemon

Recipe courtesy of the American Heart Association.

Directions:

1. Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack for about 2 minutes. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool before chopping.
2. Meanwhile, in a medium bowl, stir together the strawberries, onion, mint, sugar and red pepper. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt.
4. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates.
5. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Nutrition per serving: 191 calories, 3 g fat, 66 mg cholesterol, 223 mg sodium, 14 g carbohydrates, 10 g total sugars, 27 g protein

Summer adventure word find

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 G R I L L I N G J T N Y K B Z T E R H W A O D N G E N I L E
 Q M N S G R Y E F A Y U S E V P E B U S O N G V N C R O Z N
 H O V P D S C C W M E E B U T U S E R J F P D I O T Y E A T
 R Z J G P P O X I F Q O O D C I J C L M B F O R D R E G V P
 W D H J S O L S T I C E D P O K F U O M E N P A I D T R E A
 N A T U R E X X T C C F D U W R L E X O D I O C C T U I J R
 B Q V J K E H H C P Z D Q H C U D E G Q F R U M C R E E F K
 Q Y U M H E A T K L E O A B A H N C U M U N M I U Z R F R B

Secret word:

Hint: The term for "glamorous camping"

- | | | | | | |
|----------------|----------------|-------------|------------|--------------|-----------|
| ALEXANDRITE | COUNTY FAIR | GRADUATION | JUNETEENTH | PEARL | SUMMER |
| AMUSEMENT PARK | FARMERS MARKET | GRIEF | MEDICATION | RATTLESNAKE | SUN |
| BARBECUE | FATHERS DAY | GRILLING | MEN | ROAD TRIP | SUNSCREEN |
| CAMP | FESTIVAL | HEAT | MOONSTONE | ROSES | SUPPORT |
| CARNIVAL | FIREFLIES | HONEYSUCKLE | MUSEUM | SOLSTICE | VACATION |
| COMFORT | FLAG DAY | JOY | NATURE | STRAWBERRIES | WIDOWER |

May's secret word: Compost

Stumped by the puzzle? We've got the solution. Call us at 570-214-2438.

Geisinger

M.C. 39-10

100 N. Academy Ave.
Danville, PA 17822

ADDRESS SERVICE REQUESTED

Not a Silver Circle member?

If you'd like to have *The Circle* mailed to you monthly, join us today by registering at geisinger.org/silvercircle or call 570-214-2438 for more information.



Geisinger 65 Forward

See 65 Forward for yourself at the June Summer Fun open houses.

Have some fun and see what 65 Forward is all about at an open house. Meet the team, enjoy refreshments and take your chances at winning some baskets or a grocery gift card. Hope to see you there!

Geisinger 65 Forward Hazleton

20 Diana Lane
West Hazleton
Saturday, June 10 • 9 a.m. – noon
Call 866-288-5302 to register.

Geisinger 65 Forward Wilkes-Barre

Midtown Village
41 S. Main St.
Saturday, June 24 • 9 a.m. – noon
Call 866-595-7921 to register.

Can't make an open house? Visit geisinger.org/tour65forward or call 866-314-1311 to schedule a private tour at any of our locations.

Buckhorn

240 Mall Blvd.

Coal Township

9333 State Route 61

Hazleton

West Hazleton Plaza
20 Diana Lane

Kingston

499 Wyoming Ave.

Milton

South Gate Plaza
5170 Route 405

Pottsville

529 Terry Reiley Way
Floor 1

Scranton

3 W. Olive St.

Shamokin Dam

30 Baldwin Blvd.

State College

Trader Joe's Plaza
293 Patriot Lane

Wilkes-Barre

41 S. Main St.