

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@geisigner.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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Move of the month: Clap jacks





Directions:

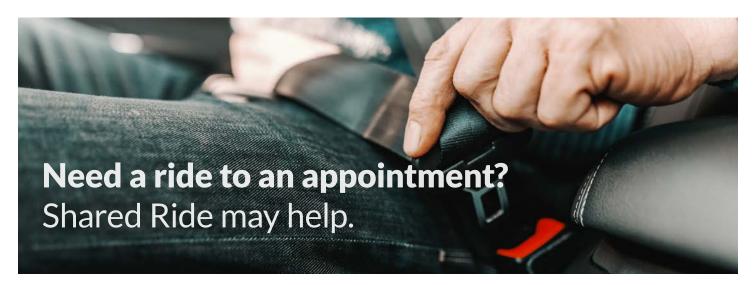
- 1. Stand tall with hands together at shoulder height.
- 2. Step to the side or jump with open arms and feet wide.
- 3. Clap as you return to starting position.
- 4. Repeat on the other side if doing the step version.
- 5. Start with 30 seconds and work up to 3 minutes.

Benefit:

Improves heart health, strength and endurance.

Pictured:

Abbey Inch, Wellness Associate — 65 Forward Shamokin Dam



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)

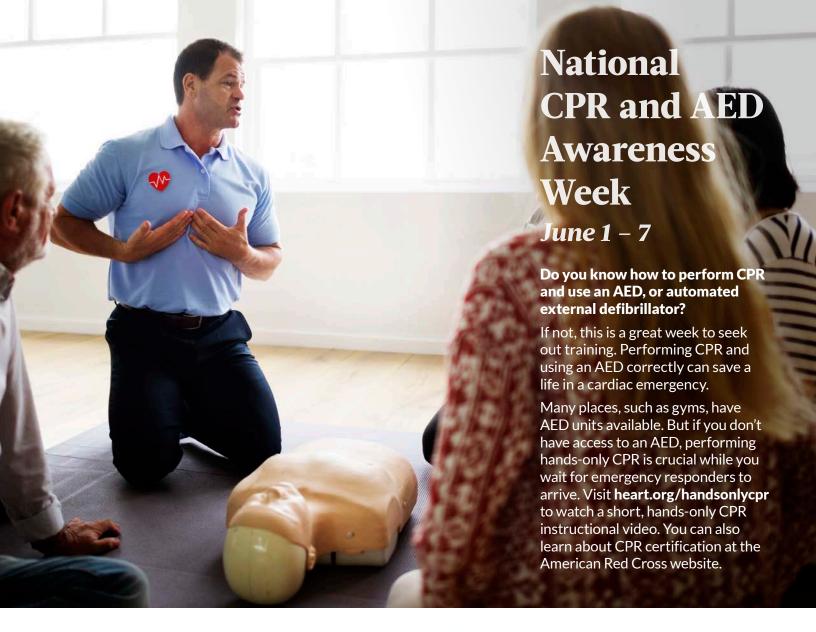


Apply a broad-spectrum sunscreen, SPF 30 or higher, every day you plan to be outside.

Healthy habit hack

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





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

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

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.

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.



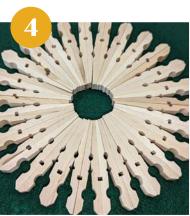












Clothespin trivet

Supplies:

- ☐ About 26 wooden clothespins
- ☐ Extra-strength multipurpose glue

Directions:

- 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 exerciss 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.**







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

Serves 4

Ingredients:

- O 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
- O 2 teaspoons salt-free steak seasoning blend
- O ¼ teaspoon salt
- O 1 teaspoon canola or corn oil
- O 2 slices fresh pineapple, each ½ inch thick, patted dry
- O 1 cup whole strawberries (about 5 ounces), diced

- O ¼ cup finely chopped red onion
- O 3 4 tablespoons chopped fresh mint leaves
- O 1 2 teaspoons sugar
- O Pinch crushed red pepper flakes
- O 1 lemon

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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

Recipe courtesy of the American Heart Association.

Summer adventure word find

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Secret word:

Hint: The term for "glamorous camping"

ALEXANDRITE AMUSEMENT PARK BARBECUE CAMP CARNIVAL

COMFORT

COUNTY FAIR
FARMERS MARKET
FATHERS DAY
FESTIVAL
FIREFLIES
FLAG DAY

GRADUATION GRIEF GRILLING HEAT HONEYSUCKLE JOY JUNETEENTH MEDICATION MEN MOONSTONE MUSEUM NATURE PEARL
RATTLESNAKE
ROAD TRIP
ROSES
SOLSTICE
STRAWBERRIES

SUMMER SUN SUNSCREEN SUPPORT VACATION WIDOWER

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 65Forward

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.