



**MEMORY CARE**

# Specialized care is offered for those with dementia

By Courtney Diener-Stokes  
For MediaNews Group

Hearing a favorite song from the past, smelling a familiar meal being cooked from childhood or cuddling with a stuffed animal that resembles a former family pet are all things that can lessen anxiety for those living with Alzheimer's disease and other forms of dementia.

"We really try to understand our client's current likes and dislikes and things they liked or disliked in the past, and bring them joy through that," said Jennifer Teller, owner of Comfort Keepers, based in West Lawn, Berks County.

In its 21st year of offering in-home caregiving and support at senior centers, Comfort Keepers offers memory care to the 50% of its clients who are living with various forms of dementia.

"Our focus is to work with them on their remaining abilities and strengths and assist them with the tasks they need help with," Teller said.

Memory care, a form of specialized care, is also offered at many senior living communities.

Freedom Village at Brandywine, a continuing care community for seniors in Coatesville, Chester County, offers memory



Jennifer Teller

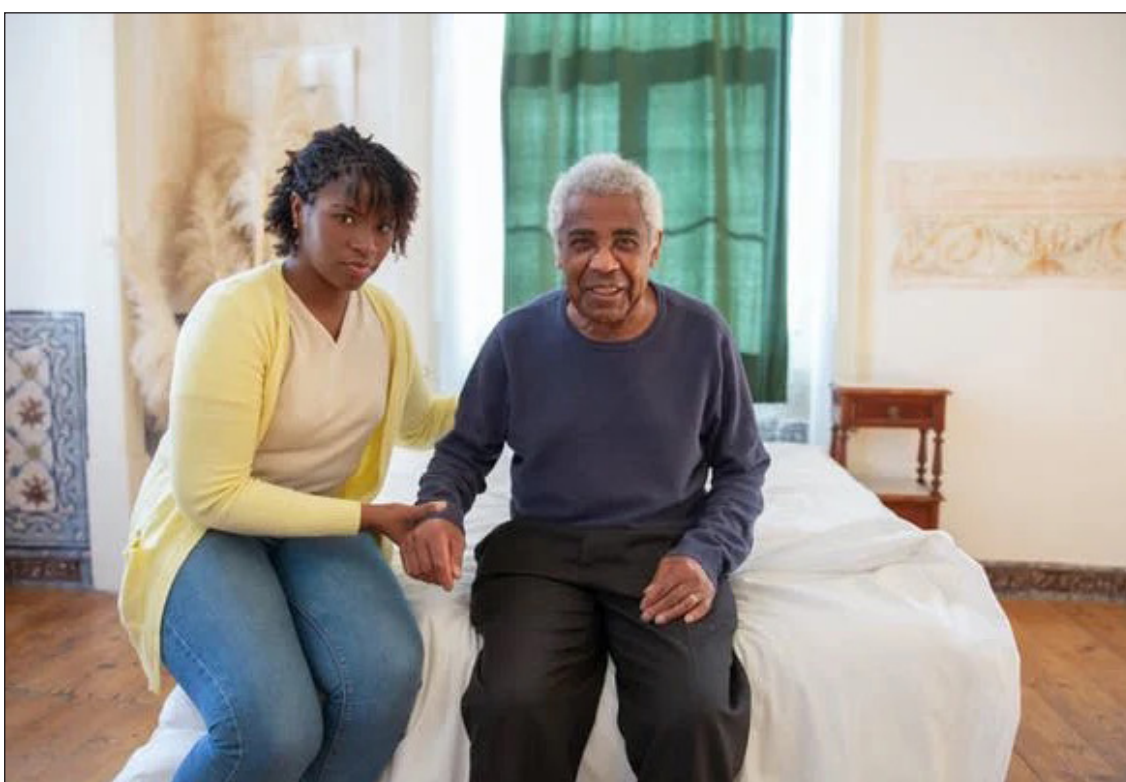
care under the umbrella of all levels of care that is available..

"Anybody with a diagnosis of dementia or Alzheimer's would possibly be appropriate for those services," said Nathaniel Stube, director of personal/memory care.

Stube said that at Freedom Village, they are always learning new techniques and educating the staff to make sure they are putting the resident in the center of the care

"We offer 24-hour nursing, caregivers and geared programming for our dementia residents

**DEMENTIA » PAGE 2**



FREE PUBLIC DOMAIN

Home caregivers can offer relief and support, along with training and helpful resources, to loved ones of those living with dementia..



Animals serve as a huge source of comfort and calm to individuals living with dementia.

**WHAT IS MEMORY CARE?**

Memory care is designed to provide a safe, structured environment with set routines to lower stress for people with Alzheimer's disease or other forms of dementia.

Caregivers are employed to provide meals and help residents with personal care tasks, just like the staff at an assisted living facility, but they are also specially trained to deal with the unique issues that often arise as a result of dementia or Alzheimer's.

They check in with residents more frequently and provide extra structure and support to help them navigate their day.

Source: [www.aarp.org](http://www.aarp.org)



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Access to children, pets, stuffed animals and dolls can be very beneficial to seniors living with dementia.

## Dementia

FROM PAGE 1

that is focused on reducing fear, anxiety and frustration that can get in the way of their daily activities,” Stube said.

For seniors receiving memory care at home, Teller said, it’s an environment that can work to her client’s advantage. The biggest thing she tries to communicate to a family, as well as a caregiver, is the importance of keeping the routine their loved one is familiar with.

“That is what makes in-home caregiving very important, because if they remain in the house, that is one place they feel comfortable and familiar,” Teller said. “If they are moved and taken out of their routine, that can cause challenges.”

Comfort Keepers focuses on other familiar things to create comfort and lessen anxiety, and as a way to stimulate the senses.

“If you put on some ’50s swing music, it takes them back and brings a sparkle in their eyes,” Teller said. “If you bring

them a certain flower they loved as a child, that can make them feel comfortable and calm. Looking at an old photo album of their grandchildren or when they were younger, are all things that help.”

She said it’s all about what brings a client joy, and one of the ways is through touch.

“It’s coming into contact with comforting things,” Teller said. “Especially for women who have cared for people their entire lives, that sense does not go away. They might forget to take medication or not remember what day it is, but they will always have those feelings ingrained in them since they were little.”

She said the joy of human touch and the love and caring you get from people are everlasting.

“Those feelings don’t go away,” she said.

Animals also serve as a huge source of comfort and calm to clients. Holding baby dolls or stuffed animals are other alternatives.

“They remember themselves in their 20s and 30s caring for their own children,” she said. “Baby dolls, stuffed animals,

dogs, cats and children — it lights up the room when they have access to that.”

Through her business, Teller offers a combination of relief and support to the caregiver along with the administration of care. The relief and support involves offering training and solutions, in addition to giving the caregiver helpful resources in the community. Clients receive anywhere from eight hours a week to 24/7 around-the-clock care.

“We might go in and help with the prompting and cueing for bathing and toileting for morning and bedtime routines,” she said. “We can take on that role for the caregiver and give them a little bit of relief for that.”

Teller said that while someone living with dementia might not be the same, it’s about working with their current cognitive abilities. Comfort Keepers’ challenge is helping a family understand the changes happening with their mother, father, grandmother, grandfather or spouse.

“The biggest challenge is we are slowly losing them right before our eyes,” she said.

## ASK RUSTY

# Earnings determine eligibility for collecting early benefits

By Russell Gloor

**DEAR RUSTY»** How much would be withheld from my Social Security benefits? I am 62 and can claim about \$1,900 a month now. I’m still working, making about \$75,000 per year. How much of my benefits would I get? What would be withheld from me and when would I get it back? And would there be any penalty?

— Signed: *Eligible but working*



Russell Gloor

**DEAR ELIGIBLE»** In the scenario you describe, you will not be eligible to collect Social Security retirement benefits at this time because your earnings are too high. Here’s how that is determined:

- At age 62, you are subject to Social Security’s earnings test, which limits how much you can earn while collecting early benefits. The earnings limit applies until you reach your full retirement age (FRA), which for you is 67.

- Your penalty for exceeding the earnings limit now would be \$1 for every \$2 you are over the limit. At your current salary of \$75K per year, you will be over the 2022 annual earnings limit of \$19,560 by \$55,440, which means you would owe Social Security \$27,720. Since your age 62 benefit amount is about \$1,900 per month (\$22,800/year), your annual SS benefit would be insufficient to offset the penalty for exceeding the earnings limit, thus you would not be entitled to a Social Security benefit because of your current earnings. You will again be eligible to collect SS when your earnings are substantially less, or when you reach your full retirement age, whichever oc-

curs first.

Social Security’s earnings test affects everyone who works and earns when collecting benefits before reaching full retirement age. Each year, Social Security sets a limit for how much can be earned before benefits are affected (the 2022 limit is \$19,560; it increases slightly each year).

Those who exceed the limit pay a penalty of \$1 for every \$2 they are over the limit, which must be paid to SS either in a lump sum, or by having benefits withheld for enough months for SS to recover what is owed. If your Social Security benefit isn’t enough to offset the penalty for exceeding the earnings limit, no benefits will be paid.

Those collecting early benefits who earn only slightly more than the annual earnings limit can collect some benefits each year because their penalty is small enough. For example, someone earning \$25,000 per year would exceed the 2022 earnings limit by \$5,440 and, thus, incur a penalty of \$2,720.

That would probably mean about 2 months of withheld benefits, enabling them to get benefits for the remaining 10 months of the year. Social Security will withhold benefits for enough months to recover what-

ever the beneficiary owes for exceeding the limit.

The rules surrounding Social Security’s earnings test are somewhat complex. For example, there is a first-year rule, which exempts salary earned prior to claiming SS from counting toward the earnings limit.

When someone first claims Social Security mid-year they are, instead, subject to a monthly limit (\$1,630 for 2022) for the remaining months of the calendar year. If the monthly limit is exceeded, no benefits are payable for that month.

The earnings limit no longer applies when full retirement age is reached but is still in effect in the months of that year prior to attaining FRA. The earnings limit during those months is much higher and the penalty for exceeding it is less.

Social Security prefers that those working and collecting early benefits contact them in advance to withhold benefits for as long as needed to offset the expected penalty. Doing so will avoid an Overpayment Notice being issued in the following year when your earnings amount is received from the IRS.

After full retirement age, Social Security will adjust the beneficiary’s payment to account for months benefits were withheld and increase the monthly amount accordingly. That will result in some, or perhaps all, of the withheld benefits being recovered over time (depending on longevity).

*Russell Gloor is a certified Social Security adviser by the Association of Mature American Citizens: <https://amac.us/social-security-advisor>.*

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SPOT OF T

# Special time at the beach filled with happy memories

By Terry Alburger

Traditions are so important. All families have some, and mine is no exception. Many are associated with the holidays, but there are certainly others, including vacations.

Inadvertently, my father started one back in 1986, when he announced to us that he had found a small, quiet beach that looked really nice — Nags Head, N.C. None of us had ever heard of it, and it was back in the days before the OBX moniker was created. My dad chose a house close to the ocean and bordering Hatteras National Seashore to the south. It was indeed serenity incarnate.

Fast forward to last week as I sat on the shores of my favorite place, the Outer Banks of North Carolina. I realized just how strong that connection to the past is for me. That beach, those waves, the Carolina sun — it is all part of the same shore that my father loved.

I can still see my dad walking toward me on the water's edge, holding my mom's hand, occasionally stooping to pick up an interesting shell for his gardens back home. He loved that place. And I love him for bringing me there for the first time, 36 years ago.

The one thing that really stands out in my precious memories is



A view of the beach in Nags Head, N.C.

WIKIMEDIA COMMONS

the joy on his face. His smile, his sparkling eyes... yes, he truly loved the beach. But more than that, he loved his family. Being all together, surrounded by the love that he inspired in us all. We played beach volleyball, bocce and enjoyed the camaraderie of being together as a family.

I now understand that sheer joy. For you see,

I am now the age that my father was when he first took us there. (I am ever the mathematician's daughter!) It's funny how your perceptions and paradigm shift as you grow a little older. I am no longer interested in riding the waves or going out at night or in major shopping trips. I am delighted to watch my children and my grandchil-

dren laugh and splash and play. That, coupled with the peaceful and beautiful ocean, is all I want on vacation. It is a gift, to be sure.

Twenty-four years ago, my husband and I were married on that expanse of beach, in a little chapel by the sea. Ah, the wonderful memories that place holds... it is truly my connection

to the past. And now, as the two of us gaze out at the ocean, that same ocean on which we gazed so many years ago when we said, "I do," and we watched the dolphins play games in the waves as they tumbled, carefree and playful, it brings a happiness that is unprecedented.

So, thank you, dad, for bringing us here over 36

years ago, and for beginning this legacy of peace that we now can happily pass along, not only to our children but to their children as well. For now, we look forward to our yearly trek and the family time that we cherish so much. Someday, a few years down the road, we hope perhaps to call that place home. Perhaps.



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SENIOR LIVING

# Waverly Heights Retirement Community acquires GrayCare LLC



For MediaNews Group

Waverly Heights Retirement Community in Lower Merion Township, Montgomery County, has announced its acquisition of GrayCare LLC, a care management company focused on supporting families as they make care decisions for loved ones.

Effective July 1, the business became GrayCare by Waverly Heights and will operate as a complementary business to Waverly Care, the retirement community's one-on-one private duty home care service.

GrayCare by Waverly Heights will provide a comprehensive approach to supporting individuals and their families when navigating difficult decisions and trying to understand the variety of services available.

Care managers will provide information, resources and ongoing support that is individual to each person.

The business will be operated under the leadership of Executive Director Nicole Stroman with oversight by Meredith Feher, Senior Vice President of Health Care Services at Waverly Heights.

"Waverly Heights is committed to broadening our services to meet the ever-increasing demand to assist people in our community," said Thomas P. Garvin, President and CEO, Waverly Heights Retirement Community. "The reputation and mission of GrayCare LLC closely align with Wa-



COURTESY OF GRAYCARE BY WAVERLY HEIGHTS

GrayCare by Waverly Heights' leadership team includes, from left, Nicole Stroman, executive director; Thomas P. Garvin, president and CEO; and Meredith Feher, senior vice president for healthcare services.

verly Heights and Waverly Care, and we are excited to jumpstart the expansion of our care management services.

"Bringing the values, work ethic and quality of Waverly Heights and Waverly Care will provide current and future clients with the confidence of knowing their care needs will be met."

GrayCare LLC was founded in 1992 by owner Joyce Gray. Over the last 29 years, Gray has grown her business into a high-quality, successful organization servicing clients throughout the local region, including at Waverly Heights.

Pattie Rodgers, Vice President and Director of Operations of Waverly Care, and

her team have collaborated with GrayCare in providing caregiver services for over a decade.

The acquisition of GrayCare will provide greater flexibility in how Waverly Heights manages its core business and will support endeavors to offer the best amenities and services for senior living.

About Waverly Heights: Waverly Heights is a not-for-profit Life Plan Community located in the heart of Philadelphia's Main Line. Beyond the beautiful gardens and lawns, Waverly Heights offers unparalleled service in an atmosphere of classic style and elegance. To learn more about Waverly Heights, visit [www.waverlyheightsltd.org](http://www.waverlyheightsltd.org).

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PROMOTING SENIOR WELLNESS

# Memory care: finding peace in the present

By Jennifer Singley

As senior care has evolved and become more personalized, the term memory care is one that you may have heard before with regards to the spectrum of types of senior living options.

In short, memory care is a specialized type of care for individuals with Alzheimer's disease or other forms of dementia. There are several key features of memory care that make it unique.

### Security

Elopement, or when a confused or cognitively impaired resident leaves a facility without anyone's knowledge, is a significant concern among those with dementia.

Risks associated with elopement include falls, exposure to extreme temperatures, traffic accidents and even drowning.

In memory care settings, the neighborhood is a secure environment — meaning that access to get in or out requires a keypad code for all staff and visitors. This is an important safety measure for the residents in memory care, one that prevents elopement into the community.

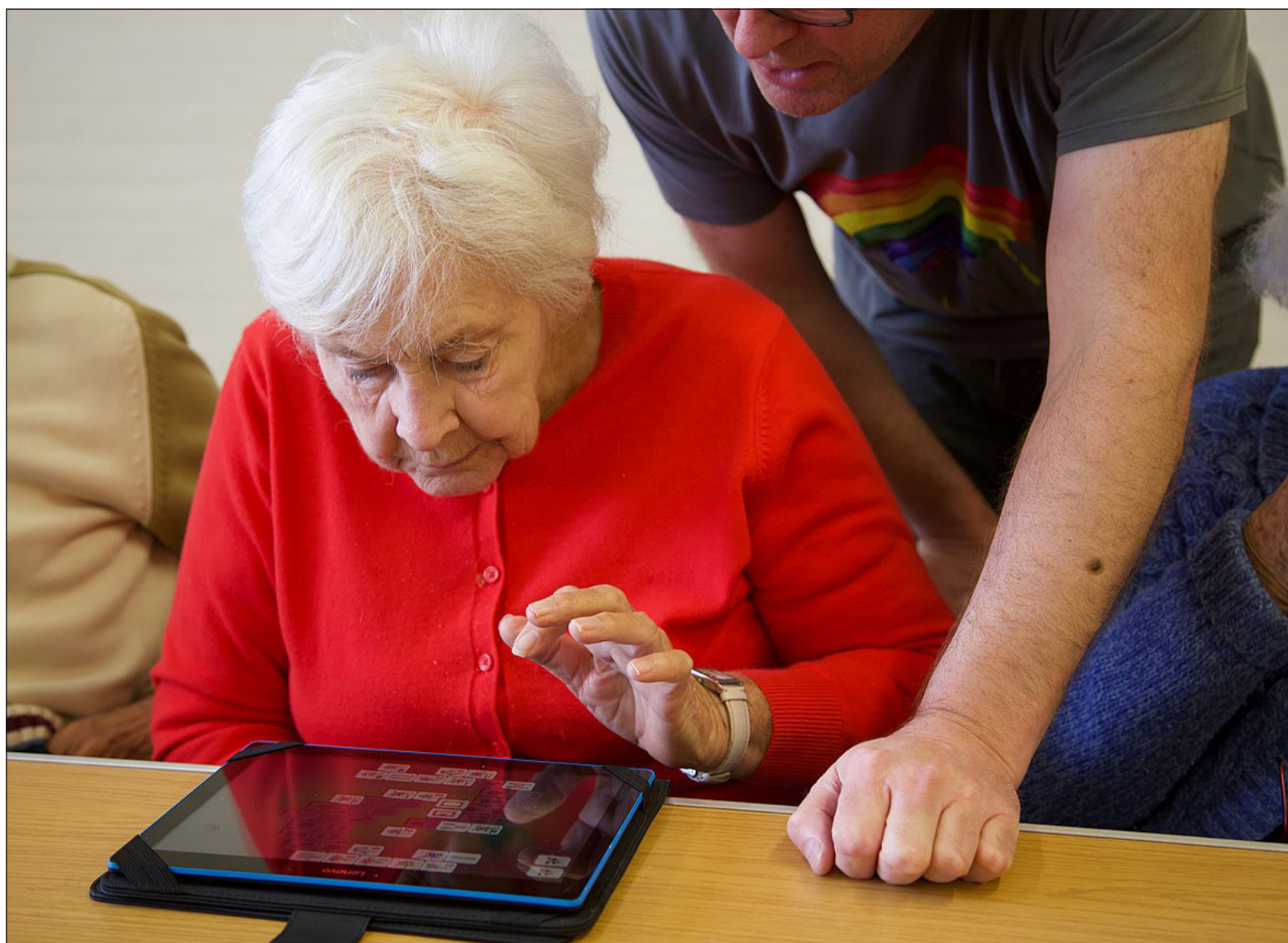
### Atmosphere

Memory care neighborhoods ideally have a brightly lit interior layout that allows for safe exploration by residents and outdoor spaces that are gated.

Aside from the necessary safety measures, a memory care community looks like a home.

Comfortable couches and armchairs to rest, shared areas to socialize and take part in activities and art on the walls create an environment residents will find soothing.

Areas designed for residents to safely participate



WIKIMEDIA COMMONS

An array of group and individual activities should be offered for stimulation, socialization and connection when caring for people with cognitive impairments.

in activities they enjoyed earlier in life, such as kitchenettes, laundry folding stations and baby changing tables, provide opportunities for connection to the past and purpose in the present.

### Engagement

Caring for individuals with dementia requires a special set of skills; the right approach not only facilitates care but more importantly puts the person with dementia at ease and

reduces their stress.

Trained memory care staff are compassionate and will engage in reminiscing with residents, meeting them in the time and place of their perceived reality rather than insisting on bringing them into the present moment.

Reminiscence is key to creating an environment that feels safe to the residents with impaired cognition, allowing them to feel a connection to the confusing

present by way of long-term memories not forgotten (and fundamental to who they are as individuals).

An array of group and individual activities should be offered for stimulation, socialization and connection.

### Personalized care

Like anyone else, those living with dementia are unique and require an approach to care that is tailored to their needs.

A treatment team in

memory care includes professionals from a range of specialties, including — but not limited to — nursing, social work, psychology, occupational therapy, physical therapy, speech therapy and recreational therapy.

A multidisciplinary approach is essential for providing well-rounded care specific to each resident and the stage of dementia they are in.

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THE 'SKY'S THE LIMIT'

# SENIORS HELPING SENIORS GROWS TO MEET DEMAND

Berks company expects to add 500 new franchises in next the 3 years

By Susan Shelly  
For MediaNews Group

Seniors Helping Seniors is celebrating its 25th anniversary this year, having experienced tremendous growth since its beginning in 1998.

Founded by Kiran and Philip Yocum as a stand-alone senior services provider, the Leesport-based agency has grown to include 130 franchises serving more than 200 territories in 32 states. There also are several locations in the United Kingdom and Malta.

Kiran currently serves as chairwoman and Philip is CEO of the company.

According to the Yocum's daughter, Namrata Yocum-Jan, who is president, the need for their services is great and there is no end of expansion in sight for the company.

"We're certainly looking to continue the growth we've been experiencing," Yocum-Jan said. "We're hoping to add 500 new franchises in the next three years. I really look at it as the sky's the limit."

The company got its start when Kiran Yocum moved to the United States from India in 1995.

"When I came to this country, I realized that Americans have a lot of love, but what they don't have is time," she said. "Everyone is busy working and taking care of children and there isn't always time to care for older family members, too." Having worked with



COURTESY OF SENIORS HELPING SENIORS

From left: Daniel Jan; Namrata Yocum-Jan, president of Seniors Helping Seniors; Kiran Yocum, co-founder and chairwoman of the company; and Philip Yocum, co-founder and CEO.

Mother Teresa for 14 years in India, Yocum was used to caring for people. After meeting elderly people who were lonely and without the help they needed,

she decided to do something about it.

"Seniors should be able to stay in their homes and live with dignity," she said. "I saw an opportunity to

do something good for the world."

She and Philip Yocum opened the business, which provides non-medical, in-home services, and began

hiring carefully selected seniors to help.

"People couldn't believe I wanted to hire them when they were in their 70s, but I knew these older people

had a lot to offer other seniors," she said. "Seniors who need some help are comfortable when it's an older person helping them."

SENIORS » PAGE 7

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COURTESY OF SENIORS HELPING SENIORS

Seniors Helping Seniors continues to grow and expects to add 500 franchises in the next three years. This photo shows the company's office, 203 Ulrich Lane, Bern Township.

## Seniors

FROM PAGE 6

Kenn Renninger of Tulpehocken Township can attest to that.

He's had two Seniors Helping Seniors caregivers for the past year-and-a-half, and said they've made a big difference in quality of life for he and his wife, Peg.

"They do a lot of little things that are hard for me to do," said Renninger, 72, who has limited mobility in one arm and other health-related problems. "It makes things a lot easier."

Having people close to his own age helping him makes him feel comfortable.

"They're from my generation," he said. "We've gone through the same things. We talk a lot about what's going on in the world. I've gotten to know them pretty good now and it's a very nice situation."

There currently are 26 caregivers working in Berks County, and the company is always looking for additional, qualified candidates.

All caregivers are screened and trained by third parties with whom Seniors Helping Seniors partners.

Caregivers receive training based on state require-

ments in areas specific to a caregiver's needs. Someone who will be working with a client who has Parkinson's disease, for instance, receives training specific to that person's anticipated needs.

Caregivers can choose to work with clients whose needs they are comfortable meeting and work the number of hours they want. They are paid on an hourly basis.

Noreen Ritz of Sinking Spring has worked for Seniors Helping Seniors for 13 years. Her husband, Brian, is also an employee.

"We knew when we retired that we wouldn't be happy doing nothing, so we started looking around," she explained. "I picked up a pamphlet about Seniors Helping Seniors in the doctor's office and thought it might be something interesting to do."

Her inclination proved correct.

"You meet a lot of nice people — lonely people," Ritz said. "It's a good feeling to know you're helping people or just giving them someone to talk to for a while."

Caregiving tasks can include light housekeeping, laundry, driving clients to appointments or taking them grocery shopping, preparing meals and helping with toileting, bathing

and dressing.

"It all depends on the person you're with and the type of help they need," Ritz explained. "I had one lady who just liked to get out and go for a ride in the car."

She said the company is understanding of her physical limitations — Ritz has problems with her shoulder and lower back — and advises her not to do anything that would put herself at risk.

"It's a very good job for someone who's retired or semi-retired," Ritz said.

As the company, which began franchising in 2006, continues to grow, Yocum-Jan is keeping an eye on technological advances that could benefit caregivers and clients.

"We need to keep looking forward," she said. "Technology is creating opportunities that could enable us to serve our clients even more effectively."

Meanwhile, Renninger is eager for other seniors to learn what the company has to offer.

"I want other people to know about Seniors Helping Seniors and all the services they provide," he said. "There are people who are struggling because they don't know they can get this kind of help, and they don't need to be."



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CAREGIVING

# What caring for an aging parent could cost you

Trying to work while caring for an aging loved one can be difficult, stressful and at times overwhelming. Many people feel they must quit, take a leave of absence or at least reduce their hours in order to cope.



Liz Weston  
NerdWallet

Sometimes, caregivers have little choice. But often people don't realize the heavy financial toll they'll pay or adequately research options that could allow them to keep working, says Amy Goyer, AARP's national family and caregiving expert.

"When you're in a caregiving crisis, you can make a decision out of stress and fatigue and fear," Goyer says. "It's important to make work decisions and financial decisions from a more objective place."

### Calculate the costs

A 2020 AARP study found 61% of caregivers to adults were employed, and the majority had experienced at least one work-related impact. Most commonly that meant being late to work, having to leave early or taking time

off, but caregivers also reported having to take unpaid leave or reduce their hours. One in 10 working caregivers quit or retired early.

Those who leave work don't just lose their current income. They also lose future raises, retirement contributions and company matches. Their future Social Security checks may be smaller, and many find they can't earn as much when they return to work because their skills are out of date. A few years out of the workforce — AARP's study found the average caregiving period was 4 ½ years — can leave you hundreds of thousands of dollars poorer at retirement. Fidelity Investments has a "cost of leaving the workforce" calculator that can help you tally the potential impact. Fidelity is a NerdWallet partner.

### Investigate the alternatives

Caregivers are less likely to quit if they have certain benefits at work, including paid sick days or unpaid family leave, the

AARP study found. Among the most helpful benefits for caregivers are flexible schedules, the ability to work from home and paid family leave, says Cecilia Shiner, research director for the LIMRA Secure Retirement Institute, an insurance industry research group.

Under federal law, you may be eligible for up to 12 weeks of unpaid, job-protected leave in a 12-month period through the Family and Medical Leave Act to care for a child, spouse or parent (although not an in-law or other relative). Eligible employees can keep their health insurance and return to the same or an equivalent job. Those caring for a veteran could be eligible for up to 26 weeks. You must have worked for the employer at least 1,250 hours in the 12 months prior to the leave, and the organization must employ at least 50 people within 75 miles of your work location, among other requirements. You also may be able to break up your leave, allowing you to take off one or two days per week, for example, says Goyer, author of "Juggling Life, Work, and

**"When you're in a caregiving crisis, you can make a decision out of stress and fatigue and fear. It's important to make work decisions and financial decisions from a more objective place."**

Amy Goyer, AARP's national family and caregiving expert

### Caregiving."

Before quitting, you should ask what accommodations your employer is willing to offer, Goyer says. Just the ability to make personal calls at work can help caregivers trying to contact doctors or other professionals who aren't available after hours, she says.

### Seek help outside work

Many communities offer affordable help that can make caretaking easier, such as Meals on Wheels, adult day care, senior companions, chore services, transportation and respite care. Goyer recommends contacting a local Area Agency on Aging — public or private nonprofit organizations that address the needs of older residents — to ask what's available and to request an in-home

assessment of your loved one's needs.

The Department of Veterans Affairs has additional services for veterans, including "aid and attendance" benefits that provide home-based care. If your loved one is impoverished, they may qualify for in-home care at no cost to them through Medicaid, Goyer says. Some states even pay family members to provide such care. Check your state's Medicaid site for more information.

"It's not a huge amount of money, but it's some income coming in to help offset the fact that you've cut back or stopped working," Goyer says.

If you can afford one, a geriatric care manager could be another source of help. These professionals, who are often nurses or social workers, can assess your loved one's situa-

tion, find care options and be on call in case of emergency. Hourly fees often range from \$100 to \$250.

Other family members, friends and even neighbors may also be willing to help if asked. A relative who doesn't live close by could still help by paying bills or dealing with insurance companies, for instance. A neighbor could check in regularly and call you with any concerns.

Even if you do need to quit or reduce your working hours, doing this research can help you create a caregiving plan that details how you'll manage the day-to-day responsibilities, who will help you, where you can turn in an emergency and how you'll take care of your mental and emotional health, says Stacey Watson, head of Fidelity's life events planning. That alone can reduce your stress and help you feel more in control.

"Putting a plan in place can make a huge difference," Watson says.

Liz Weston is a columnist at NerdWallet, a certified financial planner and author of "Your Credit Score." Email: [lweston@nerdwallet.com](mailto:lweston@nerdwallet.com). Twitter: [@lizweston](https://twitter.com/lizweston).

PAIN RELIEF

# New Spectrum Labs offers natural products to deliver pain relief

For MediaNews Group

New Spectrum Labs in Exeter Township combines the power of nature's gifts with modern safety and science.

New Spectrum's chief scientist Gary Black Sr., Ph.D., has developed natural wellness formulations to im-

prove quality of life and deliver a natural treatment alternative.

NSL's formulations bring natural ingredients together to create synergistic products to add nutrients and assist the human body.

Its state-of-the-art facility is recognized by the FDA

to ensure safety and quality in every product.

Topical Joint and Muscle Pain Relief Balm delivers soothing relief with a natural formula of 15 different botanical oils from around the world, including full spectrum hemp/CBD extract, made locally.

Black originally created

this product to help war veterans experiencing phantom limb syndrome. Since then, it has proven to assist in pain management around joint stiffness, muscle strain, inflammation, arthritic pain and more.

"I have chronic back issues, L1-L5, bulging discs, spinal stenosis, plantar fasciitis and a touch of arthritis," one customer said of the balm. "Without this ointment, I stop functioning! It's the first thing I use in the morning and last at night. This isn't the first balm I've tried, but it might be the last."

NSL also produces Hemp CBD Oil Tinctures that deliver a range of benefits from mental health support to pain relief.

While many of us have heard about the cure-all potential of CBD, New Spectrum has created a product with which you can really feel the difference. The effectiveness of its product



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derives from its enhanced absorption technology from its proprietary ingredient, BioFulmate,

By adding BioFulmate, NSL has achieved more than three times the absorption of cannabinoids and phytonutrients found in the hemp oil.

"Eight years ago I started experiencing pain in my tailbone," a customer said. "Dozens of visits to a variety of doctors led to a diagnosis that my nerve damage cannot be cured. To

help manage the situation, I was prescribed four different medicines that help mask the pain.

"Even then, it was always there to some degree. Since taking the MAX 3000 in the morning and night, I find myself feeling better than I have in years. In fact, there are times when I am pain free. A great tool to help me live a better life."

"We now have the technology to reduce suffering by using elements of nature that have been in the making for millions of years, and are widely recognized for their miraculous healing and health benefits," Black said.

New Spectrum Labs is selling its products at [newspectrumlabs.com](http://newspectrumlabs.com), or call or text 610-401-4249. Use discount code "LIFE" for 15% off your order and free shipping.



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# Let Seniorlife tell your story!



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Please send all stories in WORD and photos as JPGs





**FRIENDSHIP**

# The Fearsome Fivesome, lifelong friends, to celebrate 70th birthdays



COURTESY OF RICH STANISLAW

Getting together in advance of their upcoming 70th birthday party are, back row from left, Diane Ohlinger, Linda Ellison and Diane Miller, and front row, from left, Marilyn Adam and Janice Stanislaw.

For MediaNews Group

Six decades ago, five girls met in the seventh grade at Kutztown Junior High and became close friends.

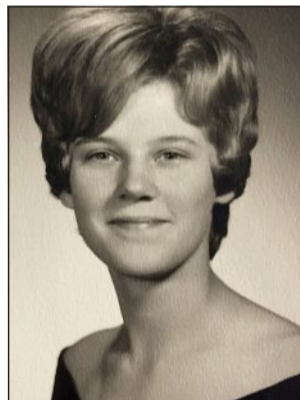
They were Janice (Bond) Stanislaw of Exeter Township, Linda (Dunkelberger) Ellison of Albany Township, Marilyn (Baver) Adam of Greenwich Township, Diane (Scheiwe) Ohlinger of Ruscombmanor Township and Diane (Berger) Miller of Albany Township.

After many years of hanging out, they grew into young women and went to Kutztown High School together.

In their senior year, when the yearbook committee was seeking patron ads, they decided to place an ad as a group. They wanted to use a clever name for themselves. So, they thought, there are five of us, and we are fearless, so let's call ourselves the Fearsome Fivesome.



Diane (Berger) Miller



Janice (Bond) Stanislaw



Diane (Scheiwe) Ohlinger



Marilyn (Baver) Adam



Linda (Dunkelberger) Ellison

More than 50 years later, the Fearsome Fivesome group is still going strong, and they all turn 70 within a 4 ½-month span. The group is planning to celebrate by having a celebration party at Hummels Restaurant in Lenhartsville on Sunday at noon.

It wasn't easy keeping the group together after high school as they all got jobs, got married and started families. But they

would get together periodically, and in time their visits settled into monthly get-togethers.

They played cards, had clam bakes, Christmas parties, dinners and homemade ice cream nights. Sometimes their spouses, who all get along, would be included.

Everyone is retired, they have time on their hands, and, of course, they choose to spend a lot of it with each

other!

No longer do they get together monthly, but instead weekly. They meet every Thursday. They go to lunch, play cards and laugh like they did back in their high school days.

They also go on yearly vacations together. They have gone to Hawaii; Florida; Myrtle Beach, S.C.; Avalon and Cape May in New Jersey; the Poconos; Nags Heads, N.C.; Alexan-

dria, Va.; the Finger Lakes in New York; Ocean Pines, Md.; Mystic Seaport, Conn.; and even a Caribbean cruise.

On each vacation, they laughed, cried, picked on each other and were as close as sisters.

They have been through a lot together, including birth of children and grandchildren, the deaths of parents, the deaths of a few spouses, children's weddings and retirement.

At their planned 70th birthday party, each will be roasted. In addition, a poem will be dedicated to them.

It reads:

"Hey girls don't be upset — after 70 you will just forget! Don't rush to make your will — because you're now Over the Hill. Take time to smile — you've got a while Before everything goes south — and your teeth fall out of your mouth."



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# Laughter is Ageless



Barbara (left) and Helen, Watermark residents

You can spot them from across the room, beaming like besties. They share a funny bone and see the world in a certain way. Friends since childhood? Well, it feels that way.

Helen recalls the day Barbara moved in to Watermark. They felt an instant connection. Now they talk about everything, losing track of time until someone says, “Oh, it’s time to eat!”

“I never thought I’d find my best friend at age 97.”

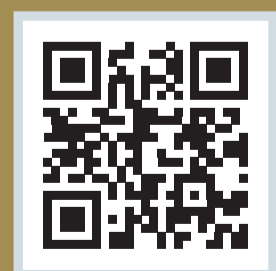
*Helen,*

Watermark Resident

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