

SENIOR REVIEW

Office of Human Services/Area Agency on Aging

April 2021

We've Changed our Look!

Welcome to the all new Senior Review for the Elk, Cameron and McKean senior centers. We are excited for this change and hope to add some new features as we roll out this new format.

Need help registering for a Covid-19 Vaccine?

If you need help registering for the Covid vaccine, you may contact your local Senior Center during normal business hours. The Office of Human Services also has a staff member that is aiding individuals in our service area who are over 60 with getting registered for the vaccine. Please contact our office during normal business hours (8am—4pm Monday through Friday) for assistance. Our number is (800) 672-7145.

Do you know someone over 60 that could use help?

To learn more about making a referral for OPTIONS, Caregiver Support programs, or Person Centered Counseling, please call 800-672-7145 or email ohsreferrals@ohsaging.com. To expedite your phone call, please have available the name of the older adult in need, phone number, address, and a brief description of needs; for example “help with a bath”, “medications”, “respite for caregiver”, or a general description of what is needed.

Our offices and centers will be closed on Good Friday, April 2, 2021 in observance of the Easter Holiday.

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Due to Covid-19, most of our centers are closed at this time for in-person gatherings. Those centers that are open include Driftwood and Smethport Senior Centers.

Office of Human Services, Inc.

Incorporated in 1973 as a not-for-profit entity, Office of Human Services' purpose is to provide services that meet the social, educational, recreational, nutritional and health needs of persons living in North Central Pennsylvania. Office of Human Services provides services to approximately 4,000 persons over age 60 residing in McKean, Cameron, and Elk Counties in a typical year. Office of Human Services does this through cooperative relationships with 13 senior centers and over 50 health and human service organizations.



Senior Centers

Senior Centers offer people age 60 and older, and their spouses, a place to go for nutritious meals, social activities, and a range of programs such as health screenings, health and consumer education, creative arts, exercise and other special events which are unique to individual centers. Senior Centers often work with a variety of local organizations, and provide access to other community services as well. Centers also offer volunteer opportunities where older people can contribute their experience and skills in meaningful and satisfying ways.

**To Report Elder Abuse or Neglect
(800) 490-8505**

Fun April Holidays

4/1	April Fools Day
4/2	PB & J Day
4/3	Pillow Fight Day
4/4	Vitamin C Day
4/5	Deep Dish Pizza Day
4/6	Hostess Twinkie Day
4/7	No Housework Day
4/8	Draw a Bird Day
4/9	Unicorn Day
4/10	Siblings Day
4/11	Pet Day
4/12	Grilled Cheese Day
4/13	Make Lunch Count
4/14	Gardening Day
4/15	World Art Day
4/16	Orchid Day
4/17	Herbalist Day
4/18	Piñata Day
4/19	Bicycle Day
4/20	Cheddar Fries Day
4/21	Banana Day
4/22	Jelly Bean Day
4/23	English Muffin Day
4/24	Eeyore's Birthday
4/25	Plumbers' Day
4/26	Pretzel Day
4/27	Babe Ruth Day
4/28	Superhero Day
4/29	Zipper Day
4/30	Bugs Bunny Day

All OHS offices and Senior Centers will be closed on Good Friday, April 2, 2021, for the Easter Holiday.

Every year children color eggs bright colors in anticipation of Easter, the Easter Bunny and Easter egg hunts. Eggs are a celebration of spring and they are symbolic of new life that emerges after winter. This symbolism of new life fits well with the celebration of Easter and the resurrection of Jesus. For children it is exciting to color eggs and search for them in garden, and around the house.

Has anyone ever thought about the real name of the Easter Rabbit? His real name is Egbert. It is thought the Easter Bunny is between 400 and 500 hundred years old. His birth date is March 21, which is the spring solstice. The tradition of the rabbit laying colored eggs started in Pennsylvania, by German immigrants. He carries a basket which is considered a sign of wealth. The egg laying rabbit is seen carrying a full basket of colored eggs, toys and chocolate, which he delivers to all the good little boys and girls!

Submitted by Charlotte Schweikart
Eldred Senior Center Director



Earth Day 2021—April 22

What is Earth Day?

Earth Day is a day of educating about our planet and the effects of pollution on the Earth.

When did Earth Day begin?

Earth Day was first held in 1970, making 2021 the 51st anniversary of the first Earth Day.

Who Started Earth Day?

US Senator Gaylord Nelson announced the concept of Earth Day in 1969 “to shake up the political establishment and force this issue onto the national agenda,” in order to make everyone aware that the planet was at risk. Twelve months later, the Environmental Protection Agency (EPA) was created.

<https://www.history.com/topics/holidays/earth-day>



What can you do to celebrate Earth Day?

Seniorly.com offers these ideas for celebrating Earth Day:

1. **Host a seedling swap.** Get together with a few friends or neighbors and share seedlings or cuttings of plants with each other.
2. **Plant a tree.** Get together with friends and purchase a tree native to your area. Plant the tree in a common area for all to enjoy.
3. **Update your recycling program.** Make sure everyone is using the correct bins for the already established recycling programs in your area, or meet with your local representatives to establish a program.
4. **Share a Bloom.** Contact your local florist or nursery and ask about distributing small bouquets or plants to brighten their rooms.
5. **Create a Craft.** Contact your local assisted living facility about doing some Earth-friendly crafts.

<https://www.seniorly.com/resources/articles/seniors-celebrate-earth-day-with-style>



Our Senior Centers

During the Covid-19 pandemic, most of our centers are closed to face-to-face activities.

If you are age 60 or older and would like to become a member of your local center, please contact the center director.

Senior Center	Operating Hours	Phone #	Director
Bennetts Valley	M T & Th 8:30AM to 1:30PM	(814) 787-7888	Lorraine Crocco
Driftwood	M T 8AM to 3PM W 8-2	(814) 546-2331	Linda Burrows
Eldred	8:30AM to 2:30PM	(814) 225-4752	Charlotte Schweikart
Emporium	M W Th F 8:00-1:30 T 8:00:4:30	(814) 486-3707	Kelly Spencer
Fox Township	8:30AM to 2:30PM	(814) 885-8111	Barb Rajchel
Bradford	8:30AM to 2:30PM	(814) 368-4412	Carol Steck
Johnsonburg	8AM to 2PM	(814) 965-5638	JoAnn Schatz
Jones Township	T W Th 8:30AM - 2:30PM	(814) 929-5443	Daisy Sutter
Kane	7:30AM to 3PM	(814) 837-6981	Beth Lenaway
Mt Jewett	8AM to 2:30PM	(814) 778-5547	Sally Troutman
Port Allegany	8:30AM to 2:30PM	(814) 642-2101	Debra Kinney
St Marys	8:30AM to 2:30PM	(814) 781-3555	Lesa Lamb
Smethport	9AM to 2:30PM	(814) 887-5630	Jill Simms-Yingling

Currently our Driftwood and Smethport Centers are open for in-person activities.


Hot Meals Are Available

Although most of our centers are closed to visitors due to Covid, we are still providing hot meals. Centers are offering drive-up pick-up for meals. Please contact your local senior center for serving times.

Reservations must be made with the Center Director or designated volunteer no later than 12:30pm the day before the regularly scheduled meal is to be served.

Reservations for Holiday Meals must be submitted by 12:30 one week before the meal is served.

If you do not have transportation to the center, contact the center to see if they have any arrangements in place to get the meals to you.

April 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Meal 10B</i> Chili Corn Bread Muffin Tossed Salad w/ Broccoli and Cauliflower Applesauce	2 <i>OHS Closed</i> Good Friday <i>Have a Happy Easter!</i>
5 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	6 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	7 <i>Meal 6</i> Roasted Pork w/Apples Whipped Potatoes w/chives Carrots Mini Biscuit w/Apple butter	8 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	9 <i>Meal 10 A</i> Chicken Florentine Buttered Noodles Mixed Vegetables Banana/Pineapple Mix
12 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	13 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	14 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	15 <i>Meal 14</i> Lasagna Italian Bread Tossed Salad 1 1/2 cups w/ Broccoli/ Cauliflower	16 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
19 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	20 <i>Meal 20</i> Cheeseburger/Wheat Bun Chopped Onion Potato Salad Baked Beans Fresh Orange	21 <i>Meal 16</i> Sauerkraut & Pork Whipped Potatoes Apple/Pear Compote Rye Bread - 2 slices	22 <i>Meal 19</i> Baked Ziti w/Meatballs Grated Cheese Tossed Salad w/ Cucumber & Tomato Garlic Breadstick Mixed Fruit Salad	23 <i>Meal 17</i> Baked Crab Cake Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges
26 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	27 <i>Meal 22</i> Stuffed Pepper in/Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	28 <i>Meal 23</i> Chicken & Biscuit Pepper Slaw Warm Peaches	29 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Cantaloupe	30 <i>Meal 25</i> Sloppy Joe Wheat Bun Broccoli Slaw Diced Pears w/Blueberries

Subject to change, check with your center director for a complete menu
Milk is served with each meal

Ten-digit Dialing to be Required Soon

Due to exhausting all numbers in the 814 area code, a new area code had to be created for parts of the current 814 area code.

Beginning on Saturday, April 3, 2021, anyone making calls in the current 814 area code will be required to dial all 10 digits of the phone number.

Individuals that do not dial all 10 digits will receive a recording reminding them to use the area code when dialing a phone number.

If you use a cell phone, make sure that all of your contacts have an area code listed with them.

News from our Centers

The children from the Northern Tier Head Start program made and hung birdfeeders on the trees outside of the **Johnsonburg Senior Center**. The birds are enjoying their treats!

The **Johnsonburg Senior Center** is looking to recruit a few volunteers to help out in the kitchen. This would only be 1 ½ hours a week. It is a great way to socialize and help the community.

Monday, April 5 is Special Sweet Treat day at the **Driftwood Senior Center**.

2021 Memberships for the **Driftwood Senior Center** are available. Cost is \$10 for the year.

Members of the **Kane Senior Center** are once again meeting at the Kane Community Center on Mondays at 1:00 for their Covid Social Circles. This month, attendees are being entertained by Don Blair, Dawn and Lou Calabresse, Sue VanGeisen and Nancy Detrick, and Jim Lenaway. Michelle Palmer, the director of the community center provides coffee and the senior center provides the sweets. We are so appreciative of being able to meet together...even if we are 6 feet apart and wearing masks!!

AARP has been enabled to do taxes this year at the **Smethport Center**. Because of social distancing requirements, this has greatly limited the number of taxes that can be completed. The sign up sheet filled up quickly with center members and those lucky individuals were able to get a phone call in before sign ups stopped.



News from our Centers

(continued)

The **Smethport Senior Center** is happy to report that a majority of center members that attend regularly have received their first vaccine and are awaiting their second. Woo Hoo!

The **Jones Township Senior Center** is considering a partial re-opening of the center for social gathering and fitness activities, within CDC guidelines. When the board, with guidance from OHS, reaches a decision, we will notify the Johnsonburg Press as well the Senior Review.

The **Jones Township Senior Center** is helping seniors register for Covid-19 vaccines. We are thrilled to report that at least 19 of our members have received full or partial vaccinations.

St. Marys Senior Center membership dues are being accepted. Dues are still \$12 and can be mailed to the senior center.

This year, the AARP Tax Volunteers at the **Emporium Senior Center** had to do things a lot differently, but they worked very hard to help as many as possible. Documents were collected and scanned on site, while the tax work was done virtually. By the middle of April, the two volunteers at our center will have helped over 70 people.

The **Fox Township Senior Center** has received a fresh coat of paint throughout, with the hopes of opening our doors soon.

The April Hunger Project/**Mt. Jewett and Hamlin Township** Community Food Bank distribution is Tuesday, April 20th at 5:30pm at the Mt. Jewett United Methodist Church on Boyd Street.

The **Greater Bradford Senior Center** is continuing their monthly member drawings for Gift Certificates from the Bradford Chamber of Commerce. The center is grateful to the ELF Fund for sponsoring these certificates.

The **Greater Bradford Senior Center** wants to thank the AARP volunteers for completing taxes for seniors. The seniors really appreciate the service.

Milestone Birthdays/Anniversaries

The **Emporium Senior Center** mascot, Elle Hope, will be celebrating her 1st birthday on April 10th.

Dan & Donna Hasney from the **Jones Township Senior Center** will be celebrating their 61st wedding anniversary on April 30.

NEW DIRECTOR SPOTLIGHT

Office of Human Services, Inc. is happy to welcome Lorraine Crocco as our new Bennetts Valley Senior Center Director. Lorraine is a retired school counselor with over 25 years of experience working with a 1000+ student population in grades pre-K through 12. She most recently has been a substitute teacher. Lorraine will be joining our agency on March 23, 2021.

**WELCOME
LORRAINE!!**

NEW EMPLOYEE SPOTLIGHT

Office of Human Services, Inc. is happy to welcome Kim Cortina as our new Care Manager/Assessor in Protective Services. Most recently, Ms. Cortina served as an Adult Probation/Parole Officer as well as having previous experience in the mental health and emergency response areas. Kim is also a veteran of the U.S. Army. Kim is joining the Protective Services department on March 22, 2021.

**WELCOME
KIM!**



Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- **Take care of your body.**
 - ◇ Take deep breaths, stretch, or meditate.
 - ◇ Try to eat healthy, well-balanced meals.
 - ◇ Exercise regularly.
 - ◇ Get plenty of sleep.
 - ◇ Avoid excessive alcohol, tobacco, and substance use.
 - ◇ Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
 - ◇ Get vaccinated with a COVID-19 vaccine when available.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Guidelines provided by CDC.gov

Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

MEDICARE TIDBITS

Ambulance services

Your costs in Original Medicare

(If you have a Medicare advantage plan,
check with your plan.)

Medicare will only cover ambulance services to the nearest appropriate medical facility that's able to give you the care you need.

Part B covers emergency ambulance services if:
An ambulance is medically necessary, meaning it is the only safe way to transport you.

The reason for your trip is to receive a Medicare-covered service or to return from receiving care. ...

And, the transportation supplier meets Medicare ambulance requirements.

Medicare generally does not cover transportation to get routine health care. However, it may cover non-emergency ambulance transportation to and from a health-care provider if you need to have a health condition diagnosed or treated and other forms of transportation could endanger your health.

For more information, or help with your Medicare questions

Contact Kellie @
814-776-0428

krusciolelli@ohsaging.com

MEDIGAP TERMS: ATTAINED-AGE-RATED

How it's priced

The premium is based on your current age (the age you have "attained"), so your premium goes up as you get older.

What this pricing may mean for you

Premiums are low for younger buyers, but go up as you get older. They may be the least expensive at first, but they can eventually become the most expensive. Premiums may also go up because of inflation and other factors.



WELCOME NEW VOLUNTEERS:

Debra Elliot:
Eldred SC

Susan Townsend:
Smethport SC

Lynn Avenalli:
Kane SC

Penn Highlands

QRyde Services

Transportation can be a challenge in our rural market for patients and families. There is now a service in our Elk, Clearfield and Jefferson county markets that may help you for discharge or other appointment needs.

North Central Planning recently acquired a grant to support rural healthcare transportation needs and asked Penn Highlands to join them in supporting this effort to reach the underserved needs in our communities. After review, they chose a nationally based company called QRyde. QRyde is a community partner available to everyone.

There is financial assistance for those who qualify and this service can be used for appointments, transportation home from inpatient stays and so much more.

This service is available 24/7.

Call Toll Free

1.888.611.0670



Wolf Administration Highlights Free, Subsidized Public Transit to Vaccine Appointments

On March 10, 2021, Governor Tom Wolf reminded the public that transit is available in every county in the Commonwealth to ensure that citizens are able to get vaccinated.

“Transportation should not be an impediment to medical care or receiving the COVID-19 vaccine,” PennDOT Secretary Yassmin Gramian said. “We are reminding Pennsylvanians that public transportation is available in every county and we encourage them to contact their local transit provider to take advantage of these services.”

According to the Area Transportation Authority (ATA), our local mass transit provider, OHS consumers should call customer service to get registered. We can do this in advance and we are working to get applications expedited.

Customer Service: 866-282-4968

For passengers already registered, call
Ride Reservations: 866-743-3282

ATA will then direct the consumers, if they are unable to pay their portion of the fare, to the programs that they offer for free or complimentary service.



The Office Of Human Services, Inc. services Cameron, Elk, and McKean Counties in PA.

Contact Us

Would you like the monthly Senior Review emailed directly to you?

Do you have ideas for an article for an upcoming issue of the Senior Review?

Do you have a service that would aid seniors that you would like us to mention in an upcoming issue?

Email us!!

bneilson@ohsaging.com

Visit us on the web at
www.ohsaging.com



PLACE
STAMP
HERE

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