

Senior Review

Office of Human Services/Area Agency on Aging

August 2021

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Best wishes to Michael Shuey of Johnsonburg, PA as he competes in the 2021 Olympics in Tokyo, Japan. Michael enters the Olympics as the 9th ranked thrower in the world. In his last competition on American soil on July 17, 2021, Michael became just the fourth American to throw over the 85 meter mark with a throw of 85.67 meters. Michael will be competing in the preliminary round on Tuesday, August 3, 2021 starting at 8:05 pm EST.



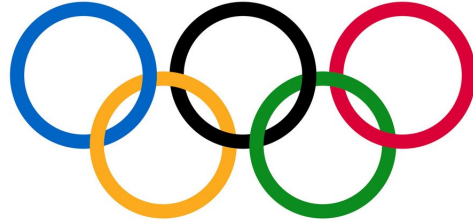
Shown above is Michael's grandmother, Nancy Shuey, with her sign. These signs are throughout Elk County.



Members of the Johnsonburg Senior Center recently dressed in red, white and blue in support of Michael's qualification for the Olympics.



Olympic Fun Facts



1. Athens, Greece hosted the first modern Olympics.
2. The Olympics have been hosted by 19 different countries since 1896.
3. The Olympic rings represent solidarity and unity among the continents of Africa, North America, South America, Asia, Oceania, and Europe.
4. Gold, silver and bronze medals were not awarded until 1904. During ancient Olympics, the winners were awarded with an olive wreath.
5. The United States has won more than 2,800 medals. Entering the 2021 Games, no other country has won more than 1,000.
6. Michael Phelps is the most successful Olympian. The U.S swimmer earned 28 medals, including 23 gold, over four Olympics.
7. Originally, the Games were only in the summer. The Winter Olympics began in 1924.
8. Golf made its Olympics debut in 2016. Baseball/softball, karate, skateboarding and sport climbing will be debuting in 2020.
9. The United States has hosted the Summer Olympics four times: twice in Los Angeles (1932 and 1984), St. Louis (1904) and Atlanta (1996).
10. Figure skating started out as a Summer Olympics sport.

<https://kslnnewsradio.com/1952547/fun-facts-about-the-olympics/>



Center Spotlight

Est.
2/4/74

Kane Senior Center

**100 N. Fraley St.
Kane, PA 16735
(814) 837-6981**

Open
M—F
7:30am to
3:00pm

Director:
Beth Lenaway

Recurring fundraisers at
the center:
Monthly 50/50 Raffle



Pre-Covid activities that may
return once restrictions are
lifted:

Monthly Supper Club
Monthly Breakfast Club
Monthly Birthday Party

Activities currently taking
place on a regular basis with
Covid Restrictions:

Monday Social Circle at the
Kane Community Center.

Fun August Holidays

- 8/1 Respect for Parents Day
- 8/2 National Coloring Book Day
- 8/3 National Watermelon Day
- 8/4 National Chocolate Chip Cookie Day
- 8/5 National Underwear Day
- 8/6 National Root Beer Float Day
- 8/7 Purple Heart Day
- 8/8 Happiness Happens Day
- 8/9 National Women's day
- 8/10 National Lazy Day
- 8/11 Mountain Day
- 8/12 World Elephant Day
- 8/13 International Lefthanders Day
- 8/14 National Bowling Day
- 8/15 National Relaxation Day
- 8/16 National Roller Coaster Day
- 8/17 National Thrift Shop Day
- 8/18 National Couple's Day
- 8/19 World Humanitarian Day
- 8/20 National Radio Day
- 8/21 National Senior Citizens Day
- 8/22 World Plant Milk Day
- 8/23 National Heroes' Day
- 8/24 National Waffle Day
- 8/25 National Banana Split Day
- 8/26 National Dog Day
- 8/27 National Just Because Day
- 8/28 National Bow Tie Day
- 8/29 National Lemon Juice Day
- 8/30 National Grief Awareness Day
- 8/31 Eat Outside Day

New Faces Around OHS

The Office of Human Services has welcomed a few new faces to our organization over the last month. These individuals will be working out of the main office in Ridgway.

PS Investigator

On July 19, 2021, OHS welcomed Justin Placer as the new Care Manager/ Assessor in the Protective Services Department. In the past, Justin has worked as a service coordinator and a blended case manager for Service Access and Management (SAM) and as a supports coordinator for Cameron/Elk Behavioral and Developmental Programs. Justin will replace Bill Decker, who moved onto to pursue a different career path.



Accounting Department

Chelsea Strathen has recently been hired as our new accountant. Chelsea comes to us from Helpmates, currently PH-Elk, and has extensive experience in payroll processing and accounts payable. Chelsea will be replacing Nicole Mocik beginning August 2, 2021.



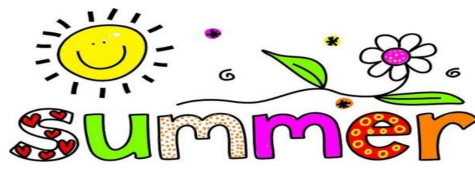
Monthly Menu

ALL of our centers are open for in-person dining. Most centers will still be offering drive-up pick-up 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.

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.

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meal 18 Beef Stew Biscuit Oranges in Tropical Fruit Salad	3 Meal 16 Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices	4 Meal 20 Cheeseburger/Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Fresh Orange	5 Meal 19 Ziti w/Meatballs Grated Cheese Tossed Salad w/ Cucumber & Tomato Garlic Breadstick Mixed Fruit Salad	6 Meal 17 Baked Crab Cake Cheese Slice Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges
9 Meal 21 Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	10 Meal 22 Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	11 Meal 23 Chicken & Biscuit Pepper Slaw Warm Peaches	12 Meal 24 Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Cantaloupe	13 Meal 25 Sloppy Joe Wheat Bun Broccoli Slaw Diced Pears w/Blueberries
16 Meal 1 Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	17 Meal 2 Salisbury Steak w/Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	18 Meal 3 BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	19 Meal 4 Spaghetti & Meatballs Italian Bread Tossed Salad 1 1/2 cup w/ Tomato/ Cucumber	20 Meal 5 Tuna Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
23 Meal 8 Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	24 Meal 7 Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Honeydew	25 Meal 6 Roasted Pork w/Apples Whipped Potatoes w/chives Carrots Mini Biscuit w/Apple butter	26 Meal 9 Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberries in Applesauce	27 Meal 10 B Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix
30 Meal 15 Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	31 Meal 12 Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll			

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



Senior Center News

The **Greater Bradford Senior Center** is open for inside dining, at last!! We are having people enjoying other people's company. So good to see and hear them laughing again!!

The **Greater Bradford Senior Center** will be having a "Picnic" outside in our parking lot, on August 14, 2021. Hot dogs will be on the menu, which is being discussed. There will be a petting zoo for the children and games. Our raffle on June 30th, was a great success.

The **Greater Bradford Senior Center** had the local fire department take down our old American and Pennsylvania flags. (The ropes were twisted at the top). The members were kind enough to put our new flags up at the same time. Great group of guys!!

The **Bennetts Valley Senior Center** offers Bingo on Tuesdays at 1:00pm as well as exercise classes on Tuesdays and Thursdays at 11:00 am and Monday and Thursdays at 5:30 pm.

The **Bennetts Valley Senior Center** will be hosting a Polka band outside starting at 4:00 pm. There will be BBQ Ham available, also. All are welcome!

The **Bennetts Valley Senior Center** will be hosting an ice cream social on August 11, 2021 at 4:30 pm. Cost is \$5.00

Congratulations to Eli Rippey on completing his Eagle Scout project and achieving the rank of Eagle Scout! Eli chose the **Bennetts Valley Senior Center** to restore a walking path across from the senior center, and also built three beautiful bridges .

Behind the **Bennetts Valley Senior Center**, the Bennetts Valley Sportsman Club has been working on removing tress and widening paths to provide a safer environment for seniors and children to fish and walk along the stream.

August marks the second anniversary since the **Emporium Senior Center** had our grand opening in our new building! The new building has been such a blessing, and we look forward to all the adventures yet to be had there.

The **Emporium Senior Center** plans to join in the fun festivities on the last Saturday in August (the 28th!) as Cameron County holds a Super Saturday Event with all kinds of fun activities and shenanigans. We have even seen advertisements for something called "Bed Races!" Sounds like it will be a terrific good time for sure! The senior center plans to hold a fundraiser in the parking lot! More details to be announced, so be on the lookout.

The **Emporium Senior Center** is dining in and things seem to be going fairly smoothly. A board meeting is planned to be held on Tuesday, August 10th at 1pm, where many things will be discussed as we all do our best to work together to move forward.

The **Fox Township Senior Center** opened on July 12th with a soft opening. The hours, for now, are 10:00 am—1:00 pm Monday– Friday. Everyone is looking forward to visiting with their friends again.

The **Fox Township Senior Center** dues of \$10.00/yr have been waived for this year if you paid your dues in 2020.

The **Johnsonburg Senior Center** offers blood pressure checks at 11:00am on the first Tuesday of each month.

The Rotary Club of **Johnsonburg** had a stone placed at the Center to commemorate Sam Guaglianone's 72 years of service as a Rotarian.

The **Johnsonburg Senior Center** Bingo will start in October 2021. Bingo will be held the second Friday of each month.

The **Johnsonburg Senior Center** will be starting up the Wellness/Exercise Committee in August/September.

The **Johnsonburg Senior Center** will host a blood drive on August 13th from 10am until 3pm.

The **Johnsonburg Senior Center** general membership meetings will be held the second Tuesday of the month at 12:30 pm.

Senior Center News

The **Johnsonburg Senior Center** would like to start having class luncheons at the center. Check the Johnsonburg Press for the schedule. Call the center and order a lunch the day before.

UPMC Kane nurses are resuming the monthly blood pressure screenings at the **Jones Township Senior Center** the last Wednesday of the month from 11:00 to 11:45 am. Masks are required during these screenings.

The **Jones Township Senior Center** has scheduled a Seniors for Safe Driving Refresher class on Thursday, October 14th from 1pm until 5pm. Advanced registration is required. We hop you join us!

The **Kane Senior Center** is slowly but surely returning to some kind of “normal” since we opened our doors several months ago. New this month will be the return of Friday Afternoon BINGO as well as entertainment here at our Senior Center. We are also having the return of blood pressures with the UPMC Home Health staff.

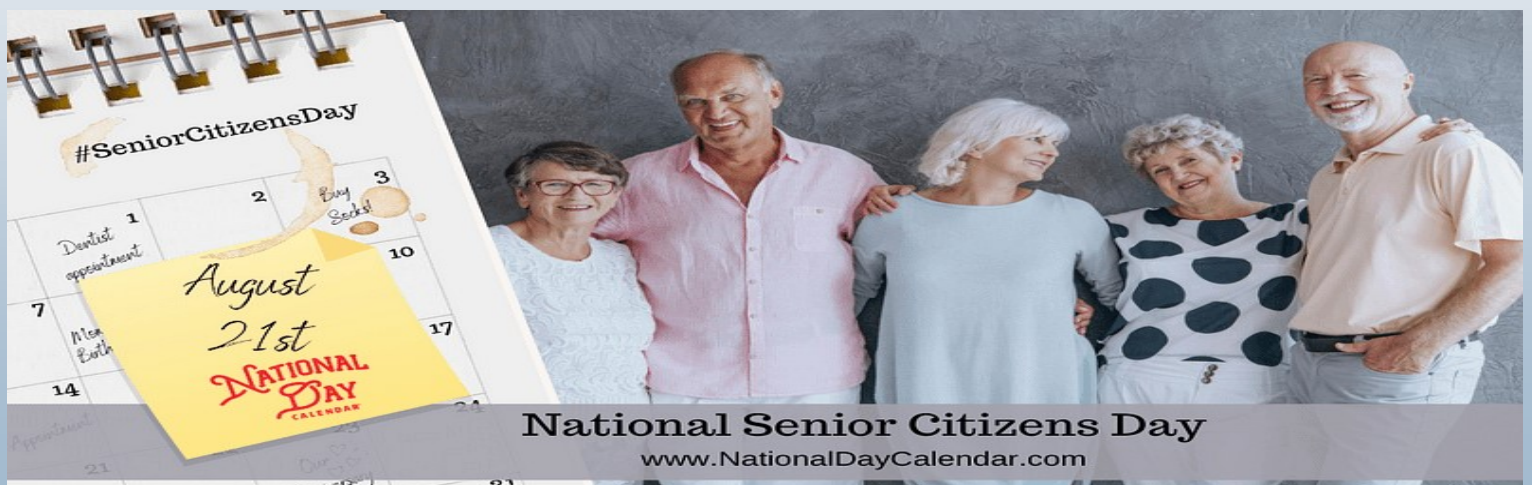
The **Mt. Jewett Swedish Festival** will be held the 13th-15th. This year will be the 50th year celebration and the theme will be, “To Be Swedish is Golden.” During the Swedish Festival, the **Mt. Jewett Senior Center** will have a bake sale, 50/50 raffle and Swedish Festival Museum at the center. Please stop by on Saturday the 14th for refreshments and fellowship from 10:00am-5:00pm.

The **Eldred Senior Center** is currently looking for new volunteers for daily and hourly positions.

A very special thank you goes out to Jo Ellen Kille, Mary Haskins, Virginia Brewer, and Sherry Southard at the **Eldred Senior Center** for their help through the pandemic.

The **Port Allegany Senior Center** will hold their Fall Craft Day on Thursday, August 19 at 9:00 am. You will need to pre-register.

Please join us at the **Port Allegany Senior Center** in the morning for coffee, tea, or water.



Senior Center Volunteer and PA MEDI Programs

Kellie Rusciolelli, Coordinator

August 2021

APPRISE has changed its name, but not our service!

Effective July 1, 2021, APPRISE is now **Pennsylvania Medicare Education and Decision Insight, PA MEDI;**

same program, same services for Pennsylvania's Medicare beneficiaries, now with a new name. The new branding presents a unique opportunity for PA's SHIP to grow, innovate, connect with beneficiaries and organizations, tap into new populations, and to be relevant to beneficiaries' needs. It also supports our vision to be the known and trusted community resource for Medicare information.

Local contact person:
Kellie Rusciolelli,
PA MEDI Local Coordinator
(814) 776-0428
krusciolelli@ohsaging.com



Welcome New Volunteers:

Kathy Cochran: Smethport SC
Linda Winter: Johnsonburg SC
Ruth Gregori: Bennett's Valley SC
Mary Ann Wickett: Bennett's Valley SC

Thank you!

Medicare Advantage Terms: PPO

Preferred Provider Organization

A Medicare PPO Plan is a type of Medicare Advantage Plan (Part C) offered by a private insurance company. PPO Plans have network doctors, other health care providers, and hospitals. You pay less if you use doctors, hospitals, and other health care providers that belong to the plan's Network.

New to Medicare? Click the link below to view a Medicare 101 video.

<https://www.youtube.com/watch?v=BuhytJaSFrU>

For more information, or help with your Medicare questions Contact Kellie @

814-776-0428

krusciolelli@ohsaging.com



AUGUST IS MEDIC ALERT AWARENESS MONTH

MedicAlert Awareness Month was declared by the MedicAlert Foundation, to promote the life-saving qualities of the MedicAlert bracelet.

Not all medical bracelets are created equal and that's why August has been designated as Medic Alert Awareness Month.

Are you a diabetic? Are you allergic to penicillin? Do you require certain life-saving medication in an emergency? Do you have a peanut allergy?

Medic Alert can tell the doctors caring for you what they need to know.

A medical ID can save precious time in diagnosing the reason for the emergency. It can also clue doctors in on any allergies the wearer has before administering medication or first aid.

In an emergency, you may be unable to speak for yourself. A Medic Alert bracelet speaks for you – and may well make the difference in saving your life.

Do you already have a Medic Alert bracelet or necklace? Make sure you wear it. It cannot help you if it isn't on you when that emergency happens.

To get a medic alert bracelet or necklace you can check with your Doctor or Pharmacy.
If you are a veteran check with your local VA Office.

or

You or your family can also just order one online.

Information provided by The MedicAlert Foundation

WILDLIFE

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Bat	Elk	Rabbit
Bear	Fox	Raccoon
Beaver	Geese	Skunk
Coyote	Loon	Snake
Deer	Moose	Squirrel
Duck	Owl	Turtle
Eagle	Quail	Wolf

	7			6				
4						9		
8	2	1			4			
			7	8			6	
2			9					5
	9			2		8	3	
		9	2	1	6	4		8
5								
		8		7		1		3

Sudoku Puzzle #N620WR
Presented by Puzzle Baron

Rated: Easy

6	4	8	5	7	9	1	2	3
5	1	2	4	3	8	6	9	7
7	3	9	2	1	6	4	5	8
1	9	7	6	2	5	8	3	4
2	8	6	9	4	3	7	1	5
3	5	4	7	8	1	2	6	9
8	2	1	3	9	4	5	7	6
4	6	3	1	5	7	9	8	2
9	7	5	8	6	2	3	4	1

Sudoku Puzzle #R396LD
Presented by Puzzle Baron

Rated: Medium

			8					4
4				2				7
6	8		7		3	9		
		6	1	3	8	7		
9								
		8			2			
7		2		9	4		3	8
3	6		2				7	
		4			6			9

8	5	4	3	1	2	6	7	9
3	6	9	2	8	1	4	7	5
7	1	2	5	9	4	6	3	8
1	7	8	9	6	2	5	4	3
9	2	3	4	5	7	1	8	6
5	4	6	1	3	8	7	9	2
6	8	5	7	4	3	9	2	1
4	3	1	6	2	9	8	5	7
2	9	7	8	1	5	3	6	4



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



Office of Human Services, Inc.
PO Box A
Ridgway, PA 15853

PLACE
STAMP
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