

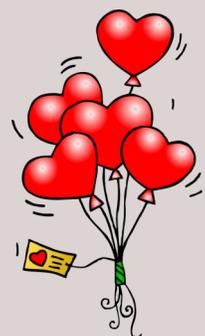
Senior Review

Office of Human Services/Area Agency on Aging

February 2022

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**Effective February 1, 2022, our center directors will have new hours.
The director hours may be different than the actual center hours.**

Bennetts Valley Senior Center	8:30AM—12:30PM (M, T, Th)
Driftwood Senior Center	9:00 AM—2:00PM (M, T, W)
Eldred Senior Center	TBD
Emporium Senior Center	9:00AM—2:00PM (M—F)
Fox Township Senior Center	8:30AM—1:30AM (M—F)
Greater Bradford Senior Activity Center	8:30AM—1:30PM (M—F)
Johnsonburg Senior Center	8:30AM—1:30PM (M—F)
Jones Township Senior Center	8:30AM—2:00PM (T, W, Th)
Kane Senior Center	9:00AM—2:00PM (M—F)
Mt. Jewett Senior Center	8:00AM—1:00 PM (M—F)
Port Allegany Senior Center	8:30AM—1:30PM (M—F)
St. Marys Senior Center	8:30AM—2:00PM (M—F)
Smethport Senior Center	9:00AM—1:30PM (M—F)

Please note: The Smethport Senior Center is temporarily meeting at the East Smethport United Christian Church by the blinker light in East Smethport, due to a recent fire at their West Main Street location.

February Activities

Fun February Holidays

- 2/1 Nat'l Dark Chocolate Day
- 2/2 Nat'l Ukulele Day
- 2/3 The Day the Music Died
- 2/4 Bubblegum Day
- 2/5 Nat'l Weatherperson's Day
- 2/6 Pay a Compliment Day
- 2/7 Send a Card to a Friend Day
- 2/8 Nat'l Kite-Flying Day
- 2/9 Nat'l Pizza Day
- 2/10 Nat'l Umbrella Day
- 2/11 Nat'l Make a Friend Day
- 2/12 Darwin Day
- 2/13 Nat'l Tortellini Day
- 2/14 Nat'l Donor Day
- 2/15 Nat'l Gumdrop Day
- 2/16 Nat'l Almond Day
- 2/17 Nat'l Cabbage Day
- 2/18 Nat'l Battery Day
- 2/19 Tug of War Day
- 2/20 Nat'l Muffin Day
- 2/21 Family Day
- 2/22 World Thinking Day
- 2/23 Nat'l Banana Bread Day
- 2/24 Nat'l Tortilla Chip Day
- 2/25 Nat'l Clam Chowder Day
- 2/26 Letter to an Elder Day
- 2/27 No Brainer Day
- 2/28 Rare Disease Day

<https://nationaltoday.com/february-holidays/>

Ridgway/Elk County

February 1—28: Rally for the Y. Pedal to raise money for the Ridgway YMCA. Stop in or call to register/get details. (814) 776-1146

February 19th: Elk County Riders Winterfest '22 Registration 9:00 - 11:00am \$30.00/person + \$5.00 each additional rider. For full details on this 53 mile guided ATV road and trail ride visit: <https://www.facebook.com/elkcountyriders/>

St. Marys

Every Wednesday, 4:00—5:00 pm: Bowls of Love (Take out ONLY) are free community meals provided every Wednesday at First United Methodist Church (140 N St Marys St.). Stop up for a FREE Take out meal!

February 24th—26th & March 3rd—5th: Footlighters of Elk County Present "*Murder Is A Game*" at the St. Marys Moose Club. Stay tuned for ticket sale info. Tickets available at the St. Marys Chamber office, Cliffe's, The Old Brickyard, and www.eventbright.com.

Emporium

February 1st, 1:00—3:00pm: Veterans Assistance. Veterans of Foreign Wars, 427 East 3rd Street, Emporium. Melissa Davis will be available to help with questions or issues.

February 4th—6th: Winter Women in the Wilds Weekend at Sinnemahoning State Park.

Bradford

February 3rd @ 5:30pm: Paint workshop at Cummins Country Charm. We have 12 spots available \$35 per person. Please stop down to pay your deposit to hold your spot.

February 16th, 7:30 PM: "Chasing the Silver Lining," Bromeley Family Theater. Reading, talk and book signing with Dr. Livingston Alexander. Pitt-Bradford's first Black president

Allegheny National Forest

February 5th, 12pm—3pm: Winter Fun Day, Kinzua Bridge State Park. Celebrate some of the activities that can be done outside! Call (814) 778-5467 for more information.

February 14th, 5:30—6:30pm: Valentine's Evening Walk on the Bridge. Visit the park for a romantic walk out on the Kinzua Bridge. Dress for the weather.

February 19th, 7:30—8:30am: Winter Bird Walk, Kinzua Bridge State Park.

February 19th, 12:00pm: Basics of Snowshoeing, Kinzua Bridge State Park.

February 27th, 12:00pm: Worry-Free Walk around the main park area, Kinzua Bridge State Park.

** This is not an all-inclusive listing. Events are taken from Facebook pages and other websites. OHS is not affiliated with any of these events. **



Attention Seniors: Property Tax/Rent Rebate Clinics to Begin in February 2022

With the 2021 Property Tax/Rent Rebate program set to open soon for applications, a series of Property Tax/Rent Rebate Clinics are available help eligible seniors and others obtain their rebates.

No appointment is needed to attend the clinics, and there is no cost to receive assistance. Help is also available at any of State Representative Martin Causer's district offices in Bradford, Coudersport or Kane.

Wednesday, February 23

- Ulysses Library, 401 N. Main St., Ulysses – 9-11 a.m.
- Eldred Senior Center, 169 Main St., Eldred – 9:30-11 a.m.
- Smethport Senior Center, 119 W. Main St., Smethport – 1-2:30 p.m.

Thursday, February 24

- Oswayo Valley Library, 103 N. Pleasant St., Shinglehouse – 10 a.m. – noon

Friday, February 25

- Austin Borough Building, 21 Turner St., Austin – 10 a.m. - noon

Monday, February 28

- Port Allegany Senior Center, 216 N. Main St., Port Allegany – 9:30-11 a.m.

Tuesday March 1

- Kane Senior Center, 100 N. Fraley St., Kane – 1-3 p.m.

Wednesday, March 2

- Emporium Senior Center, 105 E. Fourth St., Emporium – 9:30-11:30 a.m. (Appointments preferred. Call 814-486-3707.)

Monday, March 7

- Bradford Senior Center, 60 Campus Drive, Bradford – 9:30-11 a.m.

The program benefits eligible Pennsylvanians who are 65 years or older, widows and widowers 50 years or older, and those 18 years or older with disabilities. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975.

Applications are due by June 30.

Center Spotlight

Fox Township Senior Center

Barb Rajchel, Director

365 Main Street

Kersey, PA 15846

(814) 885-8111

Director Hours

8:30am - 1:30pm Monday - Friday

Miscellaneous Information

The Fox Senior Center has a beautiful Greenhouse in the back of the Center that is the home to some beautiful plants.

This gives members the opportunity to care for the plants and watch them grow. Sometimes people leave their plants with us over the winter to carry over to the next spring.



On the left is the green house at the Fox Township Senior Center.

On the right is a mural in the sitting room of the Fox Township Senior Center painted by the director's son, Michael. You can see more pictures on his blog at <https://inspiredbycharm.com>.

Monthly Menu

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

February 2022

OHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Feb BBQ Pulled Pork Sandwich 1/2c. Creamy Coleslaw 1/2c. Baked Beans Sandwich Bun 1/2c. Pineapple Tidbits	2-Feb Groundhog Day Creamy Chicken Divan 1/2c. White Rice 1c. Tossed Salad Italian Breadstick 	3-Feb Swiss Steak w/ 2oz. Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Blushed Pears	4-Feb 1c. Chili 1oz. Cheddar Cheese 1c. Tossed Salad Cornbread 1/2c. Applesauce
7-Feb Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mix Greens Salad w/ Dressing 1/2c. Island Blend Vegetables Dinner Roll Angel Food w/ Berries & Topping	8-Feb Pot Roast w/ Gravy 1/2c. Mashed Potatoes 1/2c. Coin Carrots Italian Bread Cookie	9-Feb Roasted Pork w/ Dijon Mushroom Sauce 1/2c. Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit	10-Feb Spaghetti & Meatballs (4) 3/4c. Pasta w/ Sauce 1c. Tossed Salad w/ Dressing Garlic Breadstick 1/2c. Mixed Fruit Salad	11-Feb Egg Omelet w/ Cheese 1 Sausage Patty 1/2c. Breakfast Potatoes Wheat English Muffin w/ Jelly Fresh Fruit
14-Feb Valentine's Day BBQ Chicken Thigh 1/2c. Bowtie Pasta 1c. Tossed Salad Wheat Bread Fresh Fruit 	15-Feb Hot Dog 2oz. Sauerkraut 1/2c. Cheesy Potatoes Hot Dog Bun 1/2c. Sliced Apples	16-Feb Baked Cabbage Roll w/ 2oz. Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Dinner Roll Fresh Fruit	17-Feb Salisbury Steak w/ Gravy 1/2c. Mashed Potatoes 1/2c. Coleslaw Wheat Bread 1/2c. Sliced Pears	18-Feb Tuna Noodle Casserole (3oz. Tuna, 4oz. Noodles) 1/2c. Peas & Carrots Wheat Bread 1/2c. Pineapples & Cheerios
21-Feb President's Day OHS Closed 	22-Feb Roast Beef & Dumplings 1/2c. Creamy Coleslaw WG Buttermilk Biscuit 1/2c. Cinnamon Applesauce	23-Feb Roasted Turkey w/ Gravy 1/2c. Mashed Potatoes 1/2c. Mixed Vegetables Wheat Bread Cookie	24-Feb Orange Glazed Pork Loin 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower 1/2c. Sliced Apples	25-Feb Baked Ham Slice w/ Fruit Sauce 1/2c. Sweet Potatoes 1/2c. Coin Carrots Wheat Bread 1/2c. Sliced Pears
28-Feb Taco Salad 1/2c. Spanish Rice 1/2c. Corn & Black Bean Salad Nacho Chips 1/2c. Pineapple Delight				
This institution is an equal opportunity provider.				*menu subject to change



Check out our new menu! A great mix of some old favorites as well as some new, exciting meals!



Senior Center News

The **Greater Bradford Senior Activity Center** has Bingo Day on the 1st Tuesday of each month.

The **Greater Bradford Senior Activity Center** is planning a Euchre Tournament. Date has not yet been determined.

The **Greater Bradford Senior Activity Center** is planning on having guest speakers, starting in February.

The **Greater Bradford Senior Activity Center** is having a Fundraiser Raffle for this month. 1st prize is a Ninja Foodi, 2nd is a Gift Card from Sav-a-Lot and the 3rd is a Gasoline Gift Card.

The **Bennetts Valley Senior Center** Birthday Bash will be held February 28 at 1:00pm.

The **Bennetts Valley Senior Center** ice cream social will be held on February 9 at 4:30.

The **Bennetts Valley Senior Center** hold Quarter Bingo on Tuesdays at 1:00 at the center.

The **Fox Township Senior Center** will have Mad Music with mike Doty on February 1 at 10:30.

The **Fox Township Senior Center** will hold a cash bash on Friday, February 4 at 10:30.

A special Valentines Day Dance will be held on February 8 at the **Fox Township Senior Center** with Still Kickin'.

The **Fox Township Senior Center** will hold Pound Bingo on February 15 at 10:30.

Jim Shaffer and Friends will be at the **Fox Township Senior Center** at 10:30 on February 25.

The **Kane Senior Center** will once again be trying their hand at BINGO on Friday afternoons at 1:30 pm. The cost of each card is .10 cents per game and we play a total of 11 games. Bingo is for paid members only.

The **Kane Senior Center** wishes to welcome Ms. Erica Steele. Erica will be helping us at the center as our new intern. She is finishing up her degree in Human Services from Penn State World Campus.

Interested in learning how to knit? Join us at the **Mt. Jewett Senior Center** in the next month or so and learn from the best.

The **Mt. Jewett Senior Center** Valentine's Day Party will be held on the 14th at 12:30pm.

The **Johnsonburg Senior Center** will host JM Williamson and Tango on February 15 from 10:00—11:30.

Jim and Val Shaffer will be performing the **Johnsonburg Senior Center** on February 24 from 10:00—11:30.

The **Smethport Senior Center** will hold a Craft Day on February 23 at 1:00.

February's Birthday Party for the **Smethport Senior Center** will be held on February 25.

The **Jones Township Senior Center** will have a February Scavenger Hunt highlighting historical events, services, businesses, recreational sites, and people in the Wilcox/Jones Township area. All age groups may participate and prizes will be given.



Senior Center Volunteer and PA MEDI Programs

Kellie Rusciolelli, Coordinator

February 2022



What is the **Open Enrollment Period** **MEDICARE ADVANTAGE**



OEP

DID YOU KNOW???
Medicare offers an additional opportunity to change plans from **JANUARY 1- MARCH 31**



WHY WOULD YOU USE THIS ENROLLMENT PERIOD?

- Think you chose the wrong plan in AEP?
- Unhappy with your network doctors or pharmacies?

If you're thinking of **MAKING A CHANGE**, this may be the perfect time to **CHECK OUT YOUR OPTIONS FOR MEDICARE ADVANTAGE PLANS.**



Welcome New Volunteers

- Genevieve Cavallett– Fox Twmsp SC
- Deborah Timblin– Smethport SC
- Erica Steel– Kane SC
- Deborah Bonanno– Bennett's Valley SC
- Dennis Bonanno– Bennett's Valley SC
- Debra O'Connell– Jones Twmsp SC
- Kathy Mertz– Bennett's Valley SC

PACENET Update

The PACENET income guidelines have been increased. The new income figures are updated on the PACE website: <https://pacecares.magellanhealth.com/>. The new PACENET income guideline for a single is \$33,500 and a married couple is now \$41,500.

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



American Heart Association.

Healthy for Good™

FIGHT STRESS WITH HEALTHY HABITS

1. **Slow down.**

Plan ahead and allow enough time to get the most important things done without having to rush.

2. **Snooze more.**

Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity.

3. **Let worry go.**

The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.

4. **Laugh it up.**

Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.

5. **Get connected.**

A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.

6. **Get organized.**

Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.

7. **Practice giving back.**

Volunteer your time or spend time helping out a friend. Helping others helps you.

8. **Be active every day.**

Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.

9. **Give up the bad habits.**

Too much alcohol, tobacco or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.

10. **Lean into things you can change.**

Make time to learn a new skill, work toward a goal, or to love and help others.

Learn more at heart.org/HealthyForGood

ADULT DAY SERVICES

Penn Highlands Community Nurses

Located in Elk County Pennsylvania at 625 Maurus Street in St. Marys, the Community Nurses Adult Day Center offers an interactive, safe, supervised environment for older adults and adults with a dementia-related disease, Parkinson's Disease, or other organic brain syndromes or physical limitations. This community-based alternative to institutionalization also acts as a reliable source of support and respite for family caregivers of individuals who need daily care but wish to remain in their current living situation.

The center is open 7:30 AM to 5:00 PM, Monday through Friday, excluding holidays, with the possibility of earlier start or end times.

Daily Activities include:

- Morning coffee and conversation
- Nutritious meals and snacks served
- Crafts, puzzles, and games
- Exercise program and therapeutic activities
- Entertainment and special guests
- General health monitoring (respirations, blood pressure, glucose check, weight, etc.)
- Medication administration

Specialized services included for a nominal additional fee:

- Podiatry services
- Beautician services
- Venipuncture services
- Personal care services

Other:

- Bus transportation to and from the center may also be covered by grant funding
- The staff nurses communicate health concerns and updates directly with the clients' care team members

This type of care is not covered by Medicare and is usually paid for by the consumer. However, there are three government funded programs that can help. The Community Health Choices Medicaid Aging Waiver and the lottery-funded OPTIONS program and Veterans Benefits may pay for this care for eligible individuals. Also, Adult Day Services may be covered by long-term care insurance. Call your insurance provider to find out.



WHO IS THE PROGRAM IDEAL FOR?

Individuals who may...

- Require supervision due to physical or mental impairment.
- Be recovering from stroke
- Be in the early stages of Alzheimer's or Dementia
- Have Parkinson's Disease
- Need assistance with activities of daily living
- Require daytime support

Family Caregivers who

- Feel isolated from friends and activities they enjoy
- Are missing work to care for a loved one at home
- Worry when they leave their loved one at home
- Need time to recuperate from a recent surgery or are struggling to care for themselves and their loved one

PENN HIGHLANDS COMMUNITY NURSES

Adult Day Services

814-781-8253 phone

814-781-4732 fax



VALENTINE'S DAY



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.

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

By Evelyn Johnson - www.qets.com

Bow	Flowers	Lover
Candy	Friend	Party
Cards	Happy	Poetry
Chocolate	Hearts	Red
Cupid	Hug	Roses
Date	Kiss	Sweetheart
February	Love	Valentine

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

Sudoku Puzzle #P320SJ
Presented by Puzzle Baron

Rated: Easy



Solutions can be found at www.Printable-Puzzles.com

Sudoku Puzzle #C294SR
Presented by Puzzle Baron

Rated: Medium



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



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

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

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
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PLACE
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HERE