

Senior Review

Office of Human Services/Area Agency on Aging

January 2022



In This Issue

- Fun January Holidays
- January Happenings
- Organ Donor Awareness Day
- Center Spotlight: Mount Jewett
- January Menu
- Senior Center News
- PA MEDI
- 5 Tips to Stay Motivated to Exercise
- January Word Search
- Best Wishes

“I don’t know where I’m going from here, but I promise it won’t be boring.”
~ David Bowie

“Sometimes a year has been so disastrous and so terrible that entering a new year will automatically mean entering a wonderful year!”
~ Mehmet Murat Ildan

“The bad news is time flies. The good news is you’re the pilot.”
~ Michael Altshuler

“No Matter how hard the past, you can always begin again.”
~ Buddha

“You’re present circumstances don’t determine where you can go. They merely determine where you start.”
~ Nido Qubein

“You can get excited about the future. The past won’t mind.”
~ Hillary Depiano

“The magic in new beginnings is truly the most powerful of them all.”
~ Josiyah Martin

“Don’t live the same year 75 times and call it a life.”
~ Robin Sharma

Fun January Holidays

- 1/1 Apple Gifting Day
- 1/2 World Introvert Day
- 1/3 Drinking Straw Day
- 1/4 National Spaghetti Day
- 1/5 National Bird Day
- 1/6 National Cuddle Up Day
- 1/7 Harlem Globetrotter's Day
- 1/8 Argyle Day
- 1/9 Nat'l Static Electricity Day
- 1/10 Peculiar People Day
- 1/11 National Milk Day
- 1/12 Kiss a Ginger Day
- 1/13 Nat'l Rubber Ducky Day
- 1/14 Organize Your Home Day
- 1/15 Nat'l Pothole Day
- 1/16 World Snow Day
- 1/17 Customer Service Day
- 1/18 Nat'l Winnie the Pooh Day
- 1/19 National Popcorn Day
- 1/20 Nat'l Penguin Day
- 1/21 Nat'l Hugging Day
- 1/22 Nat'l Polka Dot Day
- 1/23 Nat'l Handwriting Day
- 1/24 Nat'l Compliment Day
- 1/25 Opposite Day
- 1/26 Nat'l Peanut Brittle Day
- 1/27 Clashing Clothes Day
- 1/28 Nat'l Kazoo Day
- 1/29 Nat'l Puzzle Day
- 1/30 Nat'l Croissant Day
- 1/31 Gorilla Suit Day

<https://nationaltoday.com/january-holidays/#jan-2>

January Activities

Ridgway

January 6th—February 5th: Elk County Council on the Arts: A posthumous exhibition and sale featuring artwork by Tom Copella. Reception January 7th, 5 - 7pm.

January 15th: Winter Blues and Brews 4 to 9 p.m. Firemen's Lot on North Broad St., Ridgway. Tickets \$20.00, on sale NOW at the Welcome Center, Monday through Friday 10 a.m. to 4 p.m.

St. Marys

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

Emporium

January 12: Blanket Making Class and cocoa with ADAS. Cameron county Chamber of Commerce & Artisan Center. 5:00—6:00.

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

Bradford

January 29 & 30: Southern Tier Symphony. Series A: INTERLUDE. Saturday 7:30pm @ the Regina A. Quick Center; Sunday 3:00 pm @ UPB.

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



Organ Donor Awareness Day

January 8, 2022

1 DONOR CAN:



SAVE 8 LIVES & HELP 75

MORE THAN

7,000

Pennsylvanians still waiting for transplants



**LIFE-SAVING
DONATIONS
MADE IN
2019**



**Pennsylvanians
are currently
eligible to register**



IMAGINE THE INCREDIBLE IMPACT WE COULD MAKE!

For more information, visit <https://donatelifepa.org/>

Center Spotlight

Mt. Jewett Senior Center

Sally Troutman, Director

8 East Main Street

PO Box 7105

Mt. Jewett, PA 16740

(814) 965-5638

Director Hours

8:00am - 2:30pm Monday - Friday

Activities Taking Place at the Center

We continue to serve take-out meals M-F.

We also deliver books to those who are unable to leave home.

Miscellaneous Information

We have ongoing fundraisers throughout the year.

The Swedish Festival is in August and we have a 50/50 and other drawings during that time.

In the Fall we have weekly Football Pools and a World Series Pool, and a Super Bowl Pool in February.

Healthy Steps in Motion twice a week.

Health & Wellness programs provided by local health agencies.

Medicare/Health Insurance program (monthly), Yoga class weekly and Bingo.

(Check with the center for the most up to date information due to Covid)



Välkommen!

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.

January 2022

OHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jan Roasted Pork w/ Apples 1/2c. Whipped Potatoes w/ Chives 1/2c. Mixed Vegetables Mini Biscuit w/ Apple Butter Fresh Fruit	4-Jan Roast Beef & Dumplings 1/2c. Creamy Coleslaw WG Buttermilk Biscuit 1/2c. Cinnamon Applesauce	5-Jan Roasted Turkey w/ Gravy 1/2c. Mashed Potatoes 1/2c. Mixed Vegetables Wheat Bread Cookie	6-Jan Crab Cake Slider 1/2c. Parmesan Noodles 1/2c. Baked Beans Dinner Roll 1/2c. Mandarin Oranges 	7-Jan Baked Ham Slice w/ Fruit Sauce 1/2c. Sweet Potatoes 1/2c. Coin Carrots Wheat Bread 1/2c. Sliced Pears
10-Jan Taco Salad 1/2c. Spanish Rice 1/2c. Corn & Black Bean Salad Nacho Chips 1/2c. Pineapple Delight	11-Jan Stuffed Pepper w/ Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots White Bread Fresh Fruit 	12-Jan Orange Glazed Pork Loin 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower 1/2c. Sliced Apples	13-Jan Crispy Chicken Salad 1c. Mixed Greens w/ Diced Chic., Bacon Bits, Cheddar, 1/2 Egg 1c. Vegetable Soup w/ Crackers Dinner Roll 1/2c. Warm Peach Crisp	14-Jan Turkey Caesar Club Sandwich w/ Lettuce, Tomato, Cheese 1c. Broccoli Soup w/ Crackers Sandwich Bun Cherry Chip Cake w/ Topping 1/2c. Fruit Cocktail
17-Jan Martin Luther King Jr. Day OHS Closed	18-Jan Chicken Marsala w/ 2oz. Sauce 1/2c. Rice Pilaf 1/2c. Broccoli & Cauliflower Wheat Bread 1/2c. Mixed Fruit	19-Jan Pineapple Glazed Ham 1/2c. Whipped Sweet Potatoes 1/2c. Peas & Carrots Wheat Bread Fresh Fruit	20-Jan Hawaiian Pork Chop 1/2c. Blended Rice Pilaf 1/2c. Island Blend Vegetables Strawberry Shortcake	21-Jan Chef Salad w/ Ham, Cheddar, Egg, Tomato 1c. Mixed Greens 1c. Bean Soup w/ Crackers Dinner Roll 1/2c. Sliced Peaches
24-Jan Chicken & Dumplings 1c. 1/2c. Pepper Slaw WG Buttermilk Biscuit 1/2c. Applesauce	25-Jan BBQ Pork Ribette 1/2c. Sweet Potato Bites 1/2c. Green Beans Wheat Bread 1/2c. Pineapple Delight	26-Jan Bacon Bleu Cheeseburger w/ Bacon, Lettuce, Tomato 1c. Potato Soup w/ Crackers Sandwich Bun Fresh Fruit	27-Jan Salmon Cake w/ White Wine Cream Sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Mixed Fruit	28-Jan Hot Turkey Sandwich w/ Gravy 1/2c. Whipped Potatoes w/ Chives 1/2c. Corn White Bread Cookie
31-Jan Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit				

NEW!

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

NEW!

Senior Center News

The **Bennetts Valley Senior Center's** Birthday Bash will be held on January 24th at 1:00 pm.

The **Greater Bradford Senior Activity Center** will be celebrating the New Year on January 12th. Volunteers will be doing extra special programs.

In December, Don Cummins celebrated his 25th year in doing a Christmas Dinner for the local Senior Citizens in **Bradford**. The Seniors really appreciate him doing this. We also helped in distributing the Elf Fund Christmas presents that the Senior Citizens signed up for in November. Our Center is used as a distribution center.

The **Greater Bradford Senior Activity Center** will be having a dinner for our volunteers, thanking them for all of their help throughout the year.

The **Emporium Senior Center** will be holding Bingo on Wednesday, January 5th and Wednesday, January 19th from 1-3pm and Adult Coloring on Wednesday, January 12th and Wednesday January 26th from 10am-12pm.

Jim Shaffer will be at the **Fox Township Senior Center** on Friday, January 7th for Cash Bash Friday at 10:30am, and Pound Bingo will be Tuesday, January 11th at 10:30am

The **Fox Township Senior Center** club meeting will be held on January 20th at 10:30am.

Organizational meetings will be held this month for volunteers who signed up to help at the **Fox Township Senior Center**.

The **Johnsonburg Senior Center** will be hosting Mad Music by Mike Doty on January 18th from 10:00am until 11:30am.

Starting on February 1st, the **Johnsonburg Senior Center** will open at 9:00am.

The Kane Senior Center has been preparing ourselves for February when our hours change here at the center. One of the things we are doing is encouraging each person that is able to please join us for eating in our center at noon. We are leaving our deliveries to folks whom truly need it!!! Besides that, we need to get our "family" back together as we miss all of our folks so very much!!!

Interested in learning how to knit? The **Mt. Jewett Senior Center** plans to start a knitting class in the near future. Let us know if you are interested.

The **Mt. Jewett Senior Center** needs more volunteers to help in the kitchen and with various activities at the Center. Please contact us to become more involved and support your local seniors.

Please check out the fitness facilities at the **Jones Township Senior Center**. We have a rowing machine, elliptical, recumbent bike, treadmill, weight machine, and free weights.

The **Wilcox** Cash Bash will be held Saturday, March 5, 2022. This community event benefits, our **Senior Center**, the Wilcox Public Library, the Jones Township Recreation Board, and the Wilcox Fire Department.

Senior Center Volunteer and PA MEDI Programs:

Kellie Rusciolelli, Coordinator

January 2022



#115706026



MEDICARE OPEN ENROLLMENT PERIOD (OEP)



JANUARY 1 - MARCH 31

THIS PERIOD APPLIES TO THOSE WHO ARE ALREADY ENROLLED IN MEDICARE ADVANTAGE

- ✓ YOU CAN SWITCH TO ANOTHER MEDICARE ADVANTAGE PLAN (WITH OR WITHOUT DRUG COVERAGE).
- ✓ YOU CAN DROP YOUR MEDICARE ADVANTAGE PLAN AND RETURN TO ORIGINAL MEDICARE (PART A & B). *THIS LETS YOU ADD A DRUG PLAN.
- ✗ CANNOT SWITCH FROM ORIGINAL MEDICARE TO MEDICARE ADVANTAGE.
- ✗ CANNOT JOIN A DRUG PLAN IF YOU ARE IN ORIGINAL MEDICARE.
- ✗ CANNOT SWITCH FROM ONE DRUG PLAN TO ANOTHER IF YOU ARE IN ORIGINAL MEDICARE.

vol•un•teer

/,vælən'tir/

agent of change

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

<https://www.youtube.com/watch?>

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

814-776-0428

krusciolelli@ohsaging.com

5

TIPS

to help you stay
motivated
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1

Find ways to fit exercise into your day.

You are more likely to get moving if exercise is a convenient part of your day.



2

Do activities you enjoy to make it more fun.

Be creative and try something new!



3

Make it social.

Find a virtual “exercise buddy” to help keep you going and provide emotional support.



4

If there’s a break in your routine, get back on track.

Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

Keep track of your progress.

Make an exercise plan and don’t forget to reward yourself when you reach your goals.



Visit www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults to learn more.



January Word Search

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

By Evelyn Johnson - www.qets.com

Baby
Calendar
Champagne
Cheer
Clock
Confetti
Dance

Family
Fireworks
First
Football
Happy
Hat
January

Kiss
Midnight
Music
Parade
Party
Resolution
Year

Best Wishes!

The Office of Human Services wishing to express their best wishes to three members of the staff who have moved on in their journeys. Two have moved on to retirement, while one saw a change in their career. The staff and administration would like to wish them all the best of luck in the future.



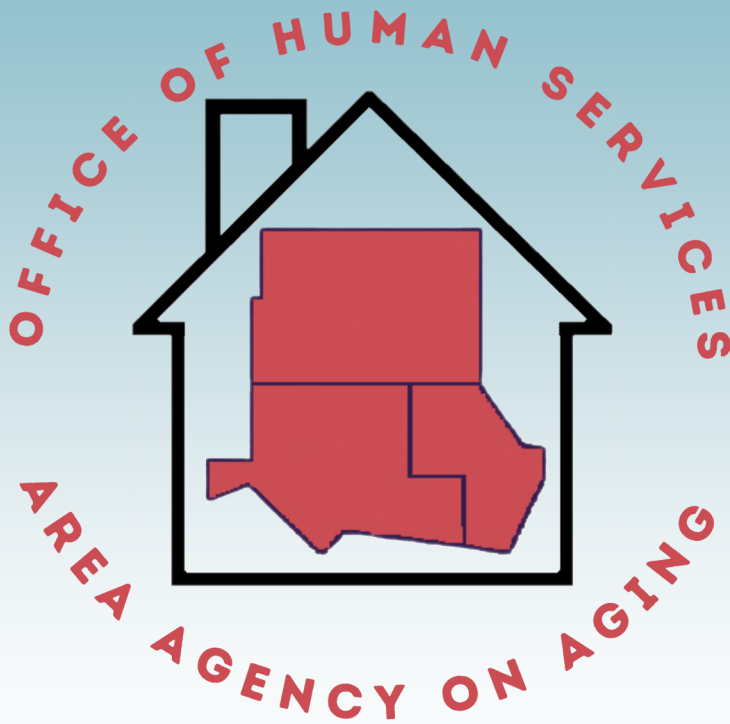
On December 14, 2021, the staff gathered to celebrate the holidays and honored Mary Platt and Dave Steele. Mary retired at the end of the December, and Dave will be retiring in January 2022. Mary and Dave have provided almost 80 years of service combined to the agency.

Congratulations to both of you on your retirement! You deserve it!

Care Manager/Assessor Brett Herzing resigned from the agency on December 20, 2021—exactly 8 years from his start date. Brett is moving on to fulfill his longtime dream of being a full-time police officer for the City of St. Marys Police Department. Brett had been working part-time with the police department up until his resignation. Brett was a great asset to the agency with his knowledge and background.

Best of luck in your future endeavors, Brett!





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



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

PLACE
STAMP
HERE