

SENIOR REVIEW

Office of Human Services/Area Agency on Aging

June 2021

Farmers Market Vouchers are Available

To use the Vouchers you must:

- Go to a state approved Farmers Market Vendor that sells produce grown in Pennsylvania or was purchased directly from a farmer in a neighboring state: Delaware, Maryland, New Jersey, New York, Ohio, West Virginia.
- Use Vouchers to purchase only approved items.
- Use them Beginning June 1st through November 30th.
- **Note: Child support is counted as household income, unless the child is a foster child
- **Be willing to sign a registration form attesting to the eligibility information you provide.

****Call The Senior Center in advance in case the Schedule Changes**

The 2021 household income eligibility is:

- 1 person - \$23,828
- 2 people - \$32,227
- 3 people - \$40,626
- 4 people - \$49,025
- 5 people - \$57,424
- 6 people - \$65,823

To receive you application:

- Contact your local senior center, OR
- Visit <https://ohsaging.com/farmers-market-vouchers> to download and print your application, OR
- Contact The Office Of Human Services at (814) 776-2191.



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2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

DISCRIMINATION

is a barrier to Alzheimer's and dementia care. These populations reported discrimination when seeking health care:



of Black Americans



of Native Americans



of Asian Americans



of Hispanic Americans



1 IN 3

seniors dies with Alzheimer's or another dementia

MORE THAN 6 MILLION

Americans are living with Alzheimer's

Alzheimer's and dementia deaths have increased

16%

during the COVID-19 pandemic



OVER 11 MILLION

Americans provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided an estimated 15.3 billion hours valued at nearly

\$257 BILLION

It kills more than

BREAST CANCER



PROSTATE CANCER

COMBINED

Between 2000 and 2019, deaths from heart disease have

DECREASED 7.3%

while deaths from Alzheimer's disease have

INCREASED 145%

In 2021, Alzheimer's and other dementias will cost the nation

\$355 BILLION



By 2050, these costs could rise to more than

\$1.1 TRILLION

alzheimer's
association

Alzheimer's Awareness Facts



Why Purple?

According to the Alzheimer's Association, the color purple was chosen to represent Alzheimer's Awareness because it is a combination of blue, which represents calm stability, and red, which represents passionate energy. Therefore, the color makes the statement of being of strong and relenting in the fight against Alzheimer's. Purple also tends to be the last color that Alzheimer's patients forget.

Why is the Forget-Me-Not the flower?

Simply put, the Forget-Me-Not is a gentle reminder to never forget those that have been lost to Alzheimer's.



Why an elephant?

Most people know that an elephant has an amazing memory and never forgets. Therefore, it was an easy choice to choose the elephant as the official animal for Alzheimer's Awareness as a promise to never forget those that suffer from the disease.



Fun June Holidays

- 6/1 Flip a Coin Day
- 6/2 National Rocky Road Day
- 6/3 Repeat Day
- 6/4 National Doughnut Day
- 6/5 World Environment Day
- 6/6 National Frozen Yogurt Day
- 6/7 Chocolate Ice Cream Day
- 6/8 Best Friends Day
- 6/9 Strawberry Rhubarb Pie Day
- 6/10 Iced Tea Day
- 6/11 Corn on the Cob Day
- 6/12 Peanut Butter Cookie Day
- 6/13 Sewing Machine Day
- 6/14 Monkey Around Day
- 6/15 Smile Power Day
- 6/16 Fresh Veggies Day
- 6/17 Nursing Assistants Day
- 6/18 Go Fishing Day
- 6/19 National Kissing Day
- 6/20 Ice Cream Soda Day
- 6/21 National Selfie Day
- 6/22 National Onion Ring Day
- 6/23 National Pink Day
- 6/24 National Handshake Day
- 6/25 Global Beatles Day
- 6/26 Beautician's Day
- 6/27 Sun Glasses Day
- 6/28 National Tapioca Day
- 6/29 Hug Holiday
- 6/30 International Asteroid Day

Father's Day Message

To the world's best father. There is no one else on earth like you. You are so caring, giving, and love so deeply. I am so lucky to have you as my father. You are smart, strong and brave. You are the rock of the family. Thank you for teaching me what is important in life, and guiding me to make the right decisions. Seeing what a great dad you are makes me love you even more. Near or far, I am so grateful you are my father. I remember all the fun times we had together, you are so amazing.

Happy Father's Day!

Submitted by the
Eldred Senior Center



Flag Day Facts

- ◆ Flag Day Commemorates of the day the US approved the design for it's first national flag on June 14, 1777.
 - ◆ June 14 marks the birth of the American Continental Army on June 14, 1775.
- ◆ June 14 was not declared the official date for Flag Day until President Woodrow Wilson in 1916.
 - ◆ Date was permanently established by Congress in 1949.
- ◆ Flag Day is not a federal holiday, but it is a state holiday in Pennsylvania.

DID YOU KNOW???

- ☑ The flag always flies at the White House, Fort McHenry, and the Iwo Jima memorial.
- ☑ There is no evidence that Betsy Ross designed the first American flag. But, at one point, she was paid for creating “ships’ colours.”
- ☑ Some people believe a man names Francis Hopkinson helped design the original flag.
- ☑ There are still five American flags on the moon, but they are all probably bleached white due to radiation from the sun.
- ☑ When two or more flags are flown on the same pole, the American flag must be at the top.
 - ☑ The colors of the flag have important meanings:
 - Red symbolizes hardiness and valor,
 - White symbolizes purity and innocence, and
 - Blue represents vigilance, perseverance, and justice.

Sources:

<https://www.britannica.com/topic/Flag-Day>

<https://tinyurl.com/FlagDayFacts>



In need of a hot lunch?

Visit your local Senior Center!




Although many of our centers are closed to visitors due to Covid-19, 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 the May Holiday Meal on June 29 must be submitted **by 12:30pm on June 22, 2021** to the senior center.

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.

J une 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meal 21 Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	2 Meal 23 Chicken & Biscuit Pepper Slaw Warm Peaches	3 Meal 22 Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	4 Meal 24 Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Cantaloupe
7 Meal 1 Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	8 Meal 2 Salisbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	9 Meal 3 BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	10 Meal 4 Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cup w/ Tomato and Cucumber	11 Meal 5 Tuna Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
14 Meal 8 Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	15 Meal 7 Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Honeydew	16 Meal 6 Roasted Pork w/Apples Whipped Potatoes w/Chives Carrots Mini Biscuit w/Apple Butter	17 Meal 9 Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberries in Applesauce	18 Meal 10B Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix
21 Meal 15 Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	22 Meal 16 Sauerkraut and Pork Whipped Potatoes Apple Pear Compote Rye Bread - 2 slices	23 Meal 13 Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Watermelon Wheat Bread	24 Meal 14 Lasagna Italian Bread Tossed Salad 1 1/2 cup w/ Tomato and Cucumber	25 Meal 11 Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
28 Meal 18 Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	29 Holiday Meal  Barbecued Ribs Potato Salad Coleslaw Watermelon Wheat Dinner Roll	30 Meal 17 Baked Crab Cake Cheese Slice Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges		

Currently, the following centers are open for in-person dining and activities:
 Bennetts Valley, Driftwood, Johnsonburg, Jones Township, and Smethport.
 Port Allegany plans to open on May 3, 2021.

News From Our Centers

The **Greater Bradford Senior Center** will be having Father's Day Party. We are looking forward to seeing people!!

The **Greater Bradford Senior Center** will have a "soft opening" on June 1, 2021. We are looking forward to having more people coming in to have lunch. We are working on getting activities started up again.

Members of the **Greater Bradford Senior Center** are selling raffle tickets. 1st prize is a \$100.00 Gift Card at Sav-a-Lot Grocery Store in Bradford, 2nd prize is \$30.00 Gas Card, and 3rd prize is a set of kitchen knives.

The **Greater Bradford Senior Center** is also participating in a program with Pizza Hut. When you buy a meal at Pizza Hut, a percentage of the sale will be given to the Senior Center.

The **Bennetts Valley Senior Center** will have Father's Day Dinner on June 15th at noon to honor the men. The lunch menu for the day is hot roast beef sandwiches. There will also be a membership drawing for anyone who has paid their dues for 2021, with \$25 cash being awarded to the winner.

The **Bennetts Valley Senior Center** will be holding an ice cream social on June 9th at 4:30 pm. Cost will be \$5.

Dues for the **Fox Township Senior Center** members have been waived for 2021 if you paid your dues in 2020.

The **Johnsonburg Senior Center** is open from 9:30am until 1:00pm for meals only. The center is serving continental breakfasts and lunches in-house, as well as take-out meals from 11:15 until 11:45am. The center will look at opening for activities later in the summer.

The **Johnsonburg Senior Center** would like to thank the Johnsonburg Baptist Church for donating snacks and puzzles to the center.

The **Jones Township Senior Center** is open for fitness activities and social gatherings within state and CDC guidelines.

The **Jones Township Senior Center** is happy to welcome back their "snowbirds".

The **Kane Senior Center** is anticipating re-opening the center as soon as McKean County becomes a "Green County". We are excited to get back together as a family as long as we can keep everyone safe. The best part of re-opening is that we will be able to continue our To-Go meal program that has been so successful during the last year. So many folks that we have added into our family are not able to come in for a meal and it makes all of us thrilled that we are going to be able to continue providing them with a meal. In the words of Bonnie, one of our many volunteers, "I am the only person they see all day so I just HAVE to bring the meal!"



News from our Centers

(continued)

The **Kane Senior Center** would like to express their sincere thanks to KARE FOR KANE. Once again this year, they came in to help us wash down our walls and clean our ceiling fans....we are just so thankful for their help every year!!

The June Hunger Project/**Mt. Jewett** And Hamlin Township Community Food Bank distribution is Tuesday, 6/15 at 5:30pm at the Mt. Jewett United Methodist Church on Boyd St.

As of May 10th the **Port Allegany Senior Center** had opened. Do expect a few changes for your safety. What a blessing to be together again!

The **Port Allegany Senior Center** would like to thank the volunteers, Mike, Sue, Edna, Michele and Linda. Our flower boxes are looking amazing, despite being covered with snow on Mother's Day!

Anna Kreckel from the OHS office was at the **Port Allegany Senior Center** on May 5th to share her knowledge of "Safety for older Adults in their Homes". The class was so much fun and we have learned a lot and plan on sharing our knowledge as time goes on with all of you. Thank you Anna and all the volunteers that participated, it sure was an educational enjoyable day!

The **Smethport Senior Center** is open and serving hot nutritious in house meals for our members who are interested in socializing, and also take out lunches for consumers who would prefer not to come into the center at this time.

Ami and Sue of the **Smethport Senior Center** put together a beautiful Mother's Day Brunch. Twenty-three center mothers enjoyed a full buffet of food and drinks. Each participant also received a handmade invitation and corsage.

The **St. Marys Senior Center** continues to work on plans for opening. Volunteers are needed to assist before lunch, to work in the kitchen and for clean up. Volunteers will help on a rotating schedule. Phone Lesa at 781-3555 if you are interested in helping to get our center open.

Due to Pennsylvania lifting all restrictions on Covid-19, the **Eldred Senior Center** opened on June 1st. Hours are 8:30 to 2:30pm daily. Temperature checks upon entering the center will continue. Activities will resume as more individuals start entering the center again.

Member Milestones

Bill and Phyllis Simms from the **Smethport Senior Center** have been married 64 years. They met on the school bus when she was in 7th grade and moved to the Coryville area. Bill was the Patrol Boy on the school bus she rode. They became friends in their teens at a local swimming hole and went on their first date that night. They have been together ever since.



June is Alzheimer's Awareness Month

Know the 10 Signs

Your memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's disease, a fatal disorder that results in the loss of brain cells and function.

What's the difference?	
Signs of Alzheimer's/dementia	Typical age-related changes
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

For more information about 10 signs: www.alz.org



Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

June 2021

Welcome to Medicare preventive visit

The Welcome to Medicare preventive visit is a one-time appointment you can choose to receive when you are new to Medicare. The aim of the visit is to promote general health and help prevent diseases.

Eligibility

Medicare Part B covers your one-time Welcome to Medicare preventive visit. **Note that you must receive this visit within the first 12 months of your Part B enrollment.**

Covered services

During the course of your Welcome to Medicare preventive visit, your provider should:

Check your height, weight, blood pressure, body mass index (BMI), and vision

Review your medical and social history

Review your potential for depression and other mental health conditions

Review your ability to function safely in the home and community

Provide you with education, counseling, and referrals related to your risk factors and other health needs

Give you a checklist and/or written plan with information about other preventive services you may need

The Welcome to Medicare preventive visit is not a head-to-toe physical. This visit is also separate from the Annual Wellness Visit (AWV), which you can choose to receive once each year.

Costs

Original Medicare covers the Welcome to Medicare preventive visit at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover this visit without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

During the course of your preventive visit, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.

See Pages 50 & 51 in the M&Y Handbook for more information.

**SOME DAYS I
AMAZE MYSELF.**

**OTHER DAYS I PUT
MY KEYS IN THE FRIDGE.**

Welcome New Volunteers:

Bethany Brendel– Johnsonburg SC

Peggy Van Luvender– Johnsonburg SC

Volunteers like you
bring a little hope
and
leave a little sunshine
everywhere they go.



Medigap Terms: Community Rated

How it's priced

Generally the same monthly premium is charged to everyone who has the Medigap policy, regardless of age.

What this pricing may mean for you

Your premium isn't based on your age. Premiums may go up because of inflation and other factors, but not because of your age.

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

JUNE

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.

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I F A N G N I Y A L P J U N E
N I G O H T C E O U L D T A L
K I R I T W N N O I T A C A V
O U E T L U D M O U N T A I N
P R M A J G N I N E D R A G O
R N M R B A B F A M I L Y F F
E O U B S W I M M I N G A L R
C I S E G Y O T W B A T O E I
R T A L S N R U T A H E N I E
E A T E I E I N T E L I S P N
A U V C S E N K R D H K I T D
T D E E D R F S I S O C I O S
I A D M A N C L N H N O E N N
O R R F G T M U A I N C R H G
N G J R K R S V C G T Y T S P
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By Evelyn Johnson - www.gets.com

Celebration

Desert
Family
Fathers
Flag
Friends
Gardening

Graduation

Hiking
June
Mountain
Outdoors
Picnic
Playing

Recreation

Sea
Summer
Sunshine
Swimming
Vacation
Walking



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?

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