

# Senior Review

Office of Human Services/Area Agency on Aging

March 2022

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# MARCH



Welcome to March! The days are getting brighter. The weather is getting warmer. And the birds are slowly returning from their vacation south. There is so much change and growth going on at this time of year—even within our own agency!

March has so many observances taking place this month, aside from St. Patrick's Day, the First Day of Spring, and Daylight Savings Time. Some of these include:

- Women's History Month (<https://womenshistorymonth.gov/>)
- Bleeding Disorders Awareness Month (<https://www.hemophilia.org/>)
- National Kidney Month (<https://www.kidney.org/>)
- National Colorectal Cancer Awareness Month (<https://www.ccalliance.org/>)
- Endometriosis Awareness Month (<https://www.everydayhealth.com/endometriosis/awareness-month/>)
- Multiple Sclerosis Month (<https://www.nationalmssociety.org/>)
- National Brain Injury Awareness Month (<https://www.biausa.org/>)

Looking for something new to do, or a new center to visit? Check out our 13 centers! We have included calendars for activities happening throughout the entire service area. These are included in this edition, and will be a new feature.

We are on the second rotation of our new menus! We have received rave reviews on the new items being offered. This month, there are even more new items added due to Lent. Some of your favorite Lenten specials have been brought back, also! Check out our menu and visit one of our centers for lunch.



## Fun March Holidays

- 3/1 Refired not Retired Day
- 3/2 National Old Stuff Day
- 3/3 World Hearing Day
- 3/4 Nat'l Dress in Blue Day
- 3/5 Nat'l Cheese Doodle Day
- 3/6 Namesake Day
- 3/7 Sock Monkey Day
- 3/8 Nat'l Peanut Cluster Day
- 3/9 Nat'l Barbie Day
- 3/10 Popcorn Lovers Day
- 3/11 Middle Name Pride Day
- 3/12 Nat'l Plant a Flower Day
- 3/13 Nat'l Jewel Day
- 3/14 Nat'l Napping Day
- 3/15 Buzzards Day
- 3/16 Nat'l Panda Day
- 3/17 Nat'l Close the Gap Day
- 3/18 Nat'l Sloppy Joe Day
- 3/19 Nat'l Quilting Day
- 3/20 World Storytelling Day
- 3/21 Nat'l Healthy Fats Day
- 3/22 Nat'l Goof Off Day
- 3/23 Near Miss Day
- 3/24 Nat'l Cheesesteak Day
- 3/25 Int'l Waffle Day
- 3/26 Live Long and Prosper Day
- 3/27 Int'l Scribble Day
- 3/28 Nat'l Triglycerides Day
- 3/29 World Piano Day
- 3/30 Turkey Neck Soup Day
- 3/31 Nat'l Tater Day

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

# March Activities

## Ridgway

**March 4, 5, and 6:** Mountain Fest! Friday & Saturday 10am-10pm, Sunday 10am-3pm. Location: The Tannery, 310 Tanner Street, Ridgway, PA. Vendors, food, and activities for all ages.

**March 12:** Relay for Life Elk County Comedy Night Fundraiser. North Broad Fire Station. Tickets: \$30 per person. Tickets include dinner and soft drinks. BYOB.

**March 13, 11:00 until sold out:** Fundraiser Dinner for Kali Herzog at the Ridgway Eagles. Polish platter featuring homemade pierogis, haluski, cabbage roll, and dessert for \$12.00. Basket raffle also available.

## 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!

**March 3rd—5th:** Footlighters of Elk County Present "*Murder Is A Game*" at the St. Marys Moose Club. Tickets available at the St. Marys Chamber office, Cliffe's, The Old Brickyard, and [www.eventbright.com](http://www.eventbright.com).

## Emporium

**March 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.

**March 5, 1:00-2:00:** Book Dedication to Ralph Harrison. Cameron Co. Chamber of Commerce & Artisan Center.

**March 19:** Muzzleloader Shoot. Sinnemahoning Sportsmen's Association.

**March 26, 10:00-11:30:** Cameron County Chamber of Commerce & Artisan Center. Bonnie from Mountainview Sheep Farm will teach needle felting. Leave with the tools to create at home. You will learn zig zags and polka dots on an Easter Egg.

**March 30, 6:00:** ADAS Town Hall Meeting. Cameron County Chamber of Commerce & Artisan Center.

## Bradford

**March 7-18:** National Art Month Art Show at BCPAC.

**March 19, 7:30:** Candlelight Concert, Harriet B. Wick Chapel, 300 Campus Drive. Free admission. Doors open at 7pm.

## Allegheny National Forest

**March 29-31:** Boomers and Beyond, Older Adults Retreat, Ludlow. Welcoming the young-at-heart once again to Olmsted for a time of fellowship and renewal. Join them as they celebrate positivity and abundant life. Bring your old friends (pun intended) and make some new ones along the way! For more information call (814) 945-6512

\*\* 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. \*\*



## Outreach Hours Set for March 3

To help ensure access to state government information and services, I will host monthly outreach office hours at the following locations on Thursday, March 3:

- **Emporium Borough Office** – 9-10 a.m.
- **Port Allegany Borough Office** – 11 a.m. to noon.

Services available include assistance with any state-related issues or concerns, driver license and vehicle registration applications, and applications for various state programs, such as the senior citizen Property Tax/Rent Rebate and PACE/PACENET prescription drug assistance programs.

As always, you are welcome to stop by my offices in Bradford (78 Main St., first floor), Coudersport (107 S. Main

## Veterans Services Available

Area veterans are invited to contact my office to schedule appointments to talk with a representative from the American Legion to ensure they are getting the services and support they need.

Due to changes initiated by the American Legion, appointments in the Bradford and Kane offices will be conducted virtually via a tablet.

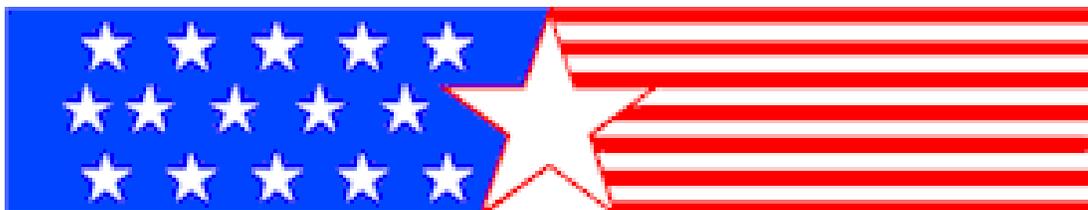
Appointments are required for meetings with the Legion representative, whether they are in person, by phone or by tablet. The schedule for February is as follows:

**Coudersport office:** Thursday, March 3, from 10 a.m. to 1 p.m. The Coudersport office is located at 107 S. Main St. Please call 814-274-9769 to schedule an appointment.

**Bradford office:** Wednesday, March 9, from 9 a.m. to 1 p.m. The Bradford office is located at 78 Main St., first floor. Please call 814-362-4400 to schedule an appointment.

**Kane office:** Wednesday, March 30, from 9 a.m. to noon. The Kane office is located at 55 Fraley St. Please call 814-837-0880 to schedule an appointment.

Assistance is available with issues such as compensation, education, pension, health care and death benefits. Veterans need not be a member of the American Legion to participate.



# Center Spotlight

## Greater Bradford Senior Activity Center, Inc.

Carol L. Steck, Director

60 Campus Drive  
Bradford, PA 16701  
(814) 368-4412

### Director Hours

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

### Miscellaneous Information

Join us for our live music, raffles, holiday parties, games, puzzles, bingo, Wii, Corn Hole Competition, speakers, and HSIM exercise classes.

We also have our monthly gift certificate drawings from the Bradford Area Chamber of Commerce sponsored by the Bradford Elf Fund organization.



Come join us for some entertainment in our beautiful center!

# Monthly Menu

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

## March 2022

OHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1-Mar</p> <p><b>Stuffed Pepper w/ Tomato Sauce</b> 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots White Bread Fresh Fruit</p>	<p>2-Mar</p> <p><b>Ash Wednesday</b> <b>Crab Cake Slider</b> 1/2c. Parmesan Noodles 1/2c. Green Beans Dinner Roll 1/2c. Mandarin Oranges</p>	<p>3-Mar</p> <p><b>Crispy Chicken Salad</b> 1c. Mixed Greens w/ Diced Chic., Bacon Bits, Cheddar, 1/2 Egg 1c. Vegetable Soup w/ Crackers Dinner Roll 1/2c. Warm Peach Crisp</p>	<p>4-Mar</p> <p><b>Tuna Salad Sandwich</b> w/ Lettuce, Tomato 1/2c. Potato Salad 1/2c. Beets Sandwich Bun 1/2c. Fruit Cocktail</p>
<p>7-Mar</p> <p><b>Baked Meatloaf w/ Gravy</b> Baked Potato w/ Margarine 1/2c. Green Beans White Bread 1/2c. Sliced Peaches</p>	<p>8-Mar</p> <p><b>Chicken Marsala</b> w/ 2oz. Sauce 1/2c. Rice Pilaf 1/2c. Broccoli &amp; Cauliflower Wheat Bread 1/2c. Mixed Fruit</p>	<p>9-Mar</p> <p><b>Pineapple Glazed Ham</b> 1/2c. Whipped Sweet Potatoes 1/2c. Peas &amp; Carrots Wheat Bread Fresh Fruit</p>	<p>10-Mar</p> <p><b>Hawaiian Pork Chop</b> 1/2c. Blended Rice Pilaf 1/2c. Island Blend Vegetables Strawberry Shortcake</p>	<p>11-Mar</p> <p><b>Vegetable Lasagna</b> w/ Cream Sauce 1c. Mixed Green Salad w/ Dressing Garlic Breadstick 1/2c. Sliced Peaches</p>
<p>14-Mar</p> <p><b>Chicken &amp; Dumplings 1c.</b> 1/2c. Pepper Slaw WG Buttermilk Biscuit 1/2c. Applesauce</p>	<p>15-Mar</p> <p><b>BBQ Pork Ribette</b> 1/2c. Sweet Potato Bites 1/2c. Green Beans Wheat Bread 1/2c. Pineapple Delight</p>	<p>16-Mar</p> <p><b>Bacon Bleu Cheeseburger</b> w/ Bacon, Lettuce, Tomato 1c. Potato Soup w/ Crackers Sandwich Bun Fresh Fruit</p>	<p>17-Mar</p> <p><b>Happy St. Patrick's Day</b> <b>Hot Turkey Sandwich w/ Gravy</b> 1/2c. Whipped Potatoes w/ Chives 1/2c. Corn White Bread Cookie</p> 	<p>18-Mar</p> <p><b>Salmon Cake</b> w/ White Wine Cream Sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Mixed Fruit</p>
<p>21-Mar</p> <p><b>1c. Chili</b> 1oz. Cheddar Cheese 1c. Tossed Salad Combread 1/2c. Applesauce</p>	<p>22-Mar</p> <p><b>BBQ Pulled Pork Sandwich</b> 1/2c. Creamy Coleslaw 1/2c. Baked Beans Sandwich Bun 1/2c. Pineapple Tidbits</p>	<p>23-Mar</p> <p><b>Creamy Chicken Divan</b> 1/2c. White Rice 1c. Tossed Salad Italian Breadstick 1/2c. Mandarin Oranges</p>	<p>24-Mar</p> <p><b>Swiss Steak</b> w/ 2oz. Onion Gravy 1/2c. Cabbage &amp; Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Blushed Pears</p>	<p>25-Mar</p> <p><b>Potato Crusted Fish</b> 1/2c. Macaroni &amp; Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit</p>
<p>28-Mar</p> <p><b>Chicken Bruschetta</b> 1/2c. Pesto Pasta 1c. Mix Greens Salad w/ Dressing 1/2c. Island Blend Vegetables Dinner Roll Angel Food w/ Berries &amp; Topping</p>	<p>29-Mar</p> <p><b>Pot Roast w/ Gravy</b> 1/2c. Mashed Potatoes 1/2c. Coin Carrots Italian Bread Cookie</p>	<p>30-Mar</p> <p><b>Roasted Pork</b> w/ Dijon Mushroom Sauce 1/2c. Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit</p>	<p>31-Mar</p> <p><b>Spaghetti &amp; Meatballs (4)</b> 3/4c. Pasta w/ Sauce 1c. Tossed Salad w/ Dressing Garlic Breadstick 1/2c. Mixed Fruit Salad</p>	

This institution is an equal opportunity provider.

\*menu subject to change

# ☘ March 2022 Center Activities ☘

Mon	Tue	Wed	Thu	Fri
<p><b>March 13: Daylight Savings Time</b></p> <p><b>March 20: First Day of Spring</b></p>	<p style="text-align: right;"><b>1</b></p> <p>Otter program (F) 10:30 Mike Doty (J) 10:00 Mardi Gras Treat (SM) Rent Rebate (K) 1:00 Tax/Rent Rebate (Em) 9:30 – 11:30</p>	<p style="text-align: right;"><b>2</b></p> <p>Art w/Erica (K) 12:30  Tax/Rent Rebate Workshop (Em) 9:30  Bingo (Em) 1:00</p>	<p style="text-align: right;"><b>3</b></p>	<p style="text-align: right;"><b>4</b></p> <p>Jim Shaffer, Cash Bash (F) 10:30</p>
<p style="text-align: right;"><b>7</b></p> <p>Game Day (S) 1:00</p>	<p style="text-align: right;"><b>8</b></p> <p>Pound Bingo (F) 10:30 “Overcoming Roadblocks to Healthy Eating” (JT) 11:00  Blood Pressures (Em) 1:00</p>	<p style="text-align: right;"><b>9</b></p> <p>100% Payout (SM)  Crafts (PA) Don &amp; Lou (K) 10:45</p>	<p style="text-align: right;"><b>10</b></p>	<p style="text-align: right;"><b>11</b></p> <p>Blood Mobile (J) 10:00</p>
<p style="text-align: right;"><b>14</b></p> <p>Ceramics (PA) 11:00 Sue &amp; Nancy (K) 10:45</p>	<p style="text-align: right;"><b>15</b></p> <p>“Medicare – ER Visits” (JT) 11:00  Line Dance Demo (SM) 10:30</p>	<p style="text-align: right;"><b>16</b></p> <p>St. Patrick’s Day Party (S) 1:00  Art w/Erica (K) 12:30 Bingo (Em) 1:00</p>	<p style="text-align: right;"><b>17</b></p> <p>Still Kickin’ (F) 10:30 Jerry Cole (J) 10:00 St. Patrick’s Party (MJ) 12:30 PM St. Patrick’s Treat (SM) Karaoke (PA) 11:00</p>	<p style="text-align: right;"><b>18</b></p>
<p style="text-align: right;"><b>21</b></p> <p>“Overcoming Roadblocks to Healthy Eating” (K) 12:00</p>	<p style="text-align: right;"><b>22</b></p> <p>Pound Bingo (J) 10:00 “What Counts as a Serving?” (JT) 11:00 BP Check (SM) 11:15 BP Check (D)</p>	<p style="text-align: right;"><b>23</b></p> <p>Treasure Bingo (SM) 12:30</p>	<p style="text-align: right;"><b>24</b></p> <p>Club Meeting &amp; Birthday Club (F) 10:30 Card Making (J) 10:00 Birthday Music (PA) 11:00 Mad Mike (K) 10:45</p>	<p style="text-align: right;"><b>25</b></p> <p>Birthday Party (S) 1:00</p>
<p style="text-align: right;"><b>28</b></p> <p>Don Blair (K) 10:45 Birthday Bash (BV) 1:00</p>	<p style="text-align: right;"><b>29</b></p> <p>Jim &amp; Val Shaffer (F) 10:30</p>	<p style="text-align: right;"><b>30</b></p> <p>Winning Wednesday (PA) 11:00  Art w/Erica (K) 12:30</p>	<p style="text-align: right;"><b>31</b></p> <p>50/50 Drawing (K) 12:00</p>	

BV – Bennetts Valley  
El – Eldred  
J – Johnsonburg  
MJ – Mt. Jewett

B – Bradford  
Em – Emporium  
JT – Jones Township  
PA – Port Allegany  
S – Smethport

D – Driftwood  
F – Fox Township  
K – Kane  
SM – St. Marys



## Weekly Events

See an activity you like? Visit our other centers!  
These activities take place weekly.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00		HSIM (J)			
9:30		HSIM (K)		HSIM (K)	
10:00	Skat (J) Walk (K)	Bingo (S) Exercise (SM)	Walk (K)	Line Dancing (J) Cinch (JT)	Exercise (SM) Walk (K)
10:30	Exercise (MJ)		Wii Bowling (J)	R-L-C Game (J)	
11:00	Blood Pressures (SM) – 4 <sup>th</sup> Monday	Exercise (BV)		Exercise (BV)	Reminisce about Old Times (J)
11:30					
12:00	Line Dancing (J)				Medicare Minute (K)
12:30	Cards (J)	Cards (J)	Cards (J)		Mexican Train (J)
1:00	Bingo (JT) Exercise (S) Quarter Bingo (BV)	Knitting Club (J) Mexican Train (JT) Quarter Bingo (BV)		Exercise (S)	Bingo (K)
1:30					
2:00		Dominoes (JT)			

BV – Bennetts Valley

B – Bradford

D – Driftwood

El – Eldred

Em – Emporium

F – Fox Township

J – Johnsonburg

JT – Jones Township

K – Kane

MJ – Mt. Jewett

PA – Port Allegany

SM – St. Marys

S – Smethport

# Around the Agency



## Bill Platt Retires

After 24 1/2 years of shoveling snow, cutting grass, sweeping sidewalks, and coming in at 4:30 am every single morning to check on the buildings, our beloved maintenance man, Bill, Platt, retired from the agency. Bill was treated to lunch and gifts by those in the two Ridgway office buildings.

We wish Bill much enjoyment and relaxation with his wife, Mary, who retired in December, as well as with his children and grandchildren. We will miss you, and your occasional sweet treats!

## Driftwood Memory Tree

The Driftwood Senior Center recently had a memorial wall painted in their center in memory of member who recently passed.

For many, many years Driftwood has wanted to do a memory tree wall. Recently we lost a member, Wayne Johnson, who was an avid fisherman and outdoorsman. We received many donations in his honor and wanted to do something really special to keep his memory forever in our center."

Larry A. Smail of Kittanning, PA is a self-taught artist specializing in wild-life, nature scenes and French and Indian War historical paintings mostly of local events of that time period. According to Linda, Mr. Smail started this project on Monday, February 14, and slept at the center "a few nights so he could work all night at his convenience."

The Driftwood Center will be holding an open house in the future to view the finished mural.



## Oldies Dance

The Emporium Senior Center invites you to join them for an Oldies Dance on Saturday, March 26<sup>th</sup> beginning at 7pm. Community DJ "Smokin' Sounds" will be paving the way with music from the past. Cover charge is \$5 per couple or \$2.50 for a single. Refreshments will be available for purchase. Hope to see you there!

# Senior Center Volunteer and PA MEDI Programs

**Kellie Rusciolelli, Coordinator**

March 2022

## Guard your card and protect your personal information

- Don't share your Medicare Number or other personal information with anyone who contacts you by phone, email, or by approaching you in person, unless you've given them permission in advance.
- Medicare, or someone representing Medicare, will only call and ask for personal information in these situations:
  1. A Medicare health or drug plan can call you if you're already a member of the plan. The agent who helped you join can also call you.
  2. A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or a representative said that someone would call you back.

*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

Ann Maiers– Johnsonburg SC

**CALLED BY SCAMMERS ABOUT MY MEDICARE SUPPLEMENT POLICY**

**DIDN'T FALL FOR IT**

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

# DAYLIGHT SAVINGS TIME

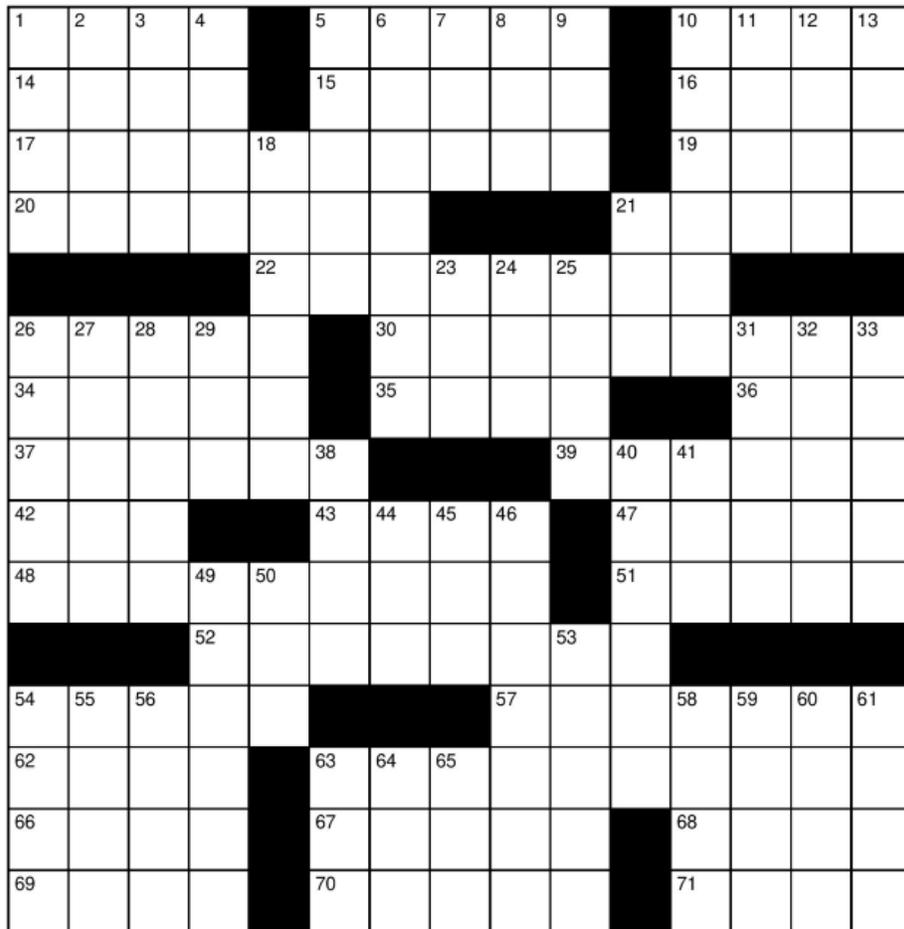
Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

After	Early	Noon
Afternoon	Evening	Savings
Before	Hour	Second
Clock	March	Sunrise
Day	Minute	Sunset
Daylight	Morning	Time
DST	Night	Watch

# Crossword #9C84DU8X



## Across

1. NCO subordinates
5. Garden products name
10. Stooge chuckle
14. Be a voyeur
15. Disney duckling
16. Greek liquor
17. Perk
19. Radar-screen image
20. New business
21. Hallow
22. Denver, for one
26. "Your 15 minutes of fame \_\_\_!"
30. Cat killer?
34. Civilian attire
35. Fatigue
36. Former airline
37. Actress Dushku, and namesakes
39. Become a member again
42. Brussels's nation (abbr.)
43. Proceeds
47. City division

48. Numbers in parentheses
51. Cooks in the oven
52. Exile
54. Ordeal
57. Nielsen stats
62. Alternative to steps
63. Illicit test aid
66. "\_\_\_ Above the Rest" ("The Enchanted Christmas" tune)
67. Comics orphan
68. "Give \_\_\_ further thought"
69. Disorder
70. Egyptian statesman
71. Detente

## Down

1. Third addition to a letter, for short
2. Yard parts
3. Actor Michael of "Year One"
4. Letters found on the Coliseum
5. Hateful disgrace
6. Look up to
7. Light starter?
8. Angry, with "up"
9. "\_\_\_ Como Va" (1971 hit song)
10. Titled peers
11. The end of December
12. "The A-Team" weapons
13. The Keystone \_\_\_\_
18. State of bliss
21. "You Ain't Seen Nothing Yet" band, for short
23. George Sand's "Elle et \_\_\_"
24. Mess up
25. Stadium section
26. Microscope slide creature
27. Czar, e.g.
28. Cyber-submit to the IRS
29. Potato chip brand
31. "\_\_\_ him at his word"
32. Doubly
33. Tugs
38. Traffic sign
40. Field formerly home to the Brooklyn Dodgers
41. DC Comics superhero team (abbr.)
44. Kerfuffle
45. Roc tail?
46. Erik who played Ponch on TV
49. Shows flexibility
50. Animation collectible
53. "...your cake and \_\_\_\_, too"
54. Londoner's streetcar
55. Marathon, for one
56. Talk show host Don
58. "After losing my job as a geologist, \_\_\_ rock bottom"
59. Neighbor of Belg.
60. Rowlands of "Hope Floats"
61. Stash
63. Investment choices, briefly
64. Community mgmt. group
65. Call a halt to



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](mailto:bneilson@ohsaging.com)

Visit us on the web at  
[www.ohsaging.com](http://www.ohsaging.com)



PLACE  
STAMP  
HERE