

SENIOR REVIEW

Office of Human Services/Area Agency on Aging

May 2021

Need help registering for a Covid-19 Vaccine?

As of April 13, 2021, all adult Pennsylvanians are eligible to enroll for a Covid-19 vaccine. If you are 60 years of age or older and need help registering for the Covid vaccine, you may contact your local Senior Center during normal business hours. The Office of Human Services also has a staff member that is aiding individuals in our service area who are over 60 with getting registered for the vaccine. Please contact our office during normal business hours (8am—4pm Monday through Friday) for assistance. Our number is (800) 672-7145.

Do you know someone over 60 that could use help?

Protective Services investigates reports of abuse, neglect (including self-neglect), abandonment and financial exploitation. It also provides assistance to alleviate the risk of harm. Any person who suspects that an older adult is being abused, neglected, exploited or abandoned may file a report 24 hours a day/7 days a week. Abuse reports can be made on behalf of an older adult whether the person lives in the community or in a care facility such as a nursing home, personal care home, etc. Reporters may remain anonymous and have legal protection from retaliation, discrimination and civil or criminal prosecution.

To report Elder Abuse/Neglect, call Protective Services at 1-800-490-8505.

Our offices and centers will be closed on Monday, May 31, 2021, in observance of the Memorial Day Holiday.



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Older Americans Month: Communities of Strength

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Cameron, Elk and McKean Counties as friends, neighbors, and businesses have found new ways to support each other.

In our communities, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger, too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience, too.

This year, Office of Human Services, Inc. will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join Office of Human Services, Inc. in strengthening our community.

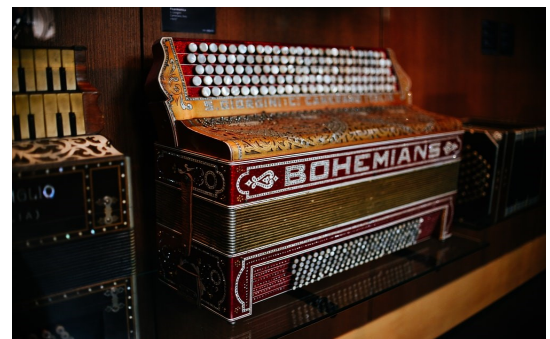
For more resources, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation via #OlderAmericansMonth.

Communities and Centers Coming Together



The Annual Sinnemahone Canoe and Kayak Classic brought many boaters out to the water and also brought out the members of The Driftwood Senior Center. The center members put on a wonderful bake sale, which was a huge success. By noon the sale was sold out and everyone got to enjoy some delicious goodies while helping to support the Sr. Center. Not only did the center make a little bit of money, but more importantly everyone enjoyed being outside and visiting with old friends and making new ones. This was the first year that the center took part in this event, and because of it's huge success, it won't be the last. We would like to sincerely thank everyone that helped support us by baking, working, or purchasing our goods.

May 1st - Music at the Pavilion - There will be an outdoor music concert at the **Bennetts Valley Senior Center Pavilion** featuring Greg Snelick playing the accordion. Doors will open 5 PM for hot dogs, sloppy joes, chips, desserts, beverages, 50/50 and a basket raffle. Basket tickets will be sold at the Center beginning April 26 when baskets will be displayed.



The **Greater Bradford Senior Center** is planning a raffle for a meat package from one of our local grocery stores. We will be selling tickets to the community. Drawing will be held at the end of the month.



Fun May Holidays

- 5/1 May Day
- 5/2 International Harry Potter Day
- 5/3 Constitution Memorial Day
- 5/4 Teachers Day
- 5/5 Cinco de Mayo
- 5/6 Nurses Day
- 5/7 National Space Day
- 5/8 Coconut Cream Pie Day
- 5/9 Mother's Day
- 5/10 National Shrimp Day
- 5/11 Eat What You Want Day
- 5/12 National Limerick Day
- 5/13 Fair Trade Day
- 5/14 Dance Like a Chicken Day
- 5/15 National Chocolate Chip Day
- 5/16 National Love a Tree Day
- 5/17 National Walnut Day
- 5/18 No Dirty Dishes Day
- 5/19 Devil's Food Cake Day
- 5/20 Be a Millionaire Day
- 5/21 National Pizza Party Day
- 5/22 Buy a Musical Instrument Day
- 5/23 National Taffy Day
- 5/24 National Brothers' Day
- 5/25 Sing Out Day
- 5/26 National Paper Airplane Day
- 5/27 Sun Screen Day
- 5/28 National Brisket Day
- 5/29 Learn About Composting Day
- 5/30 National Water a Flower Day
- 5/31 National Macaroon Day

A Mother's Day Wish

Happy Mother's Day...Mom! You are the best! You have given us a path to follow. Our heart is full of love for life, and family. Thank you for being here. You are what holds our family together. We want you to know you are greatly appreciated, and loved with all our hearts. Some mothers may have passed, but their love lives on forever. She is my friend, and will always be my forever friend. Her love is always true, and I am so happy to say that you are my mother. I love you Mom!

*Happy Mother's Day
from the Eldred Senior Center*



MEMORIAL DAY FACTS

- ◆ Originally called Decoration Day, Memorial Day remembers the men and women who died while serving in the military.
- ◆ General John A. Logan, commander-in-chief of the Grand Army of the Republic, issued a decree in May 1868 suggesting May 20 should be a day of commemoration to the 620,000 soldiers killed in the Civil War.
- ◆ By 1890, Decoration Day was an official state holiday in every northern state.
- ◆ Southern states continued to honor their dead on different dates until after WWI.
- ◆ Although several places, including Boalsburg, PA, claim to be the birthplace of Memorial Day, the federal government declared Waterloo, NY as the official birthplace in 1966.
- ◆ The Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees, was passed in 1968.
- ◆ Memorial Day weekend is commonly touted as the unofficial start of the summer season.
- ◆ The American flag is supposed to be flown at half-staff until noon, and then raised to full-staff until sunset, on Memorial Day.
- ◆ Alabama, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Texas and Virginia still celebrate Confederate Memorial Day.
- ◆ While it is unclear of the origins of the tradition, a national moment of remembrance takes place at 3:00 pm on Memorial Day.
- ◆ The tradition of wearing a red poppy on Memorial Day originated from the 1915 poem “In Flanders Fields” by John McCrae.

Sources:

history.com/topics/holidays/memorial-day-history

history.com/news/8-things-you-may-not-know-about-memorial-day

https://www.softschools.com/facts/holidays/memorial_day_facts/158/

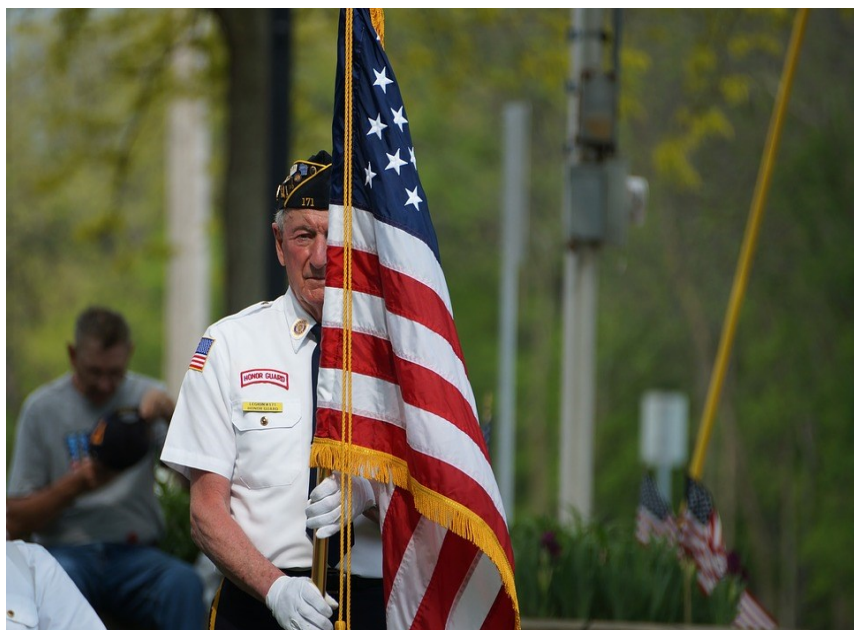
In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Lieutenant Colonel John McCrae



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 May 25 must be submitted **by 12:30pm on May 18, 2021.**

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.

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meal 1 Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread	4 Meal 2 Salisbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	5 Meal 3 BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	6 Meal 4 Spaghetti & Meatballs Italian Bread -1 slice Tossed Salad 1 1/2 cup w/ Tomato-Cucumber	7 Meal 5 Tuna Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
10 Meal 8 Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	11 Meal 7 Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Honeydew	12 Meal 6 Roasted Pork w/Apples Whipped Potatoes w/chives Carrots Mini Biscuit w/Apple Butter	13 Meal 9 Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	14 Meal 10 A Chicken Florentine Buttered Noodles Mixed Vegetables Banana/Pineapple Mix
17 Meal 15 Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	18 Meal 12 Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	19 Meal 13 Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Watermelon Wheat Bread	20 Meal 14 Lasagna Italian Bread Tossed Salad 1 1/2 cups w/ Tomato and Cucumber	21 Meal 11 Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
24 Meal 18 Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	25 Holiday Meal Roast Turkey Stuffing with Gravy Whipped Potatoes Holiday Mixed Vegetables Cranberry Sauce	26 Meal 20 Cheeseburger/Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Fresh Orange	27 Meal 19 Ziti w/Meatballs Grated Cheese Tossed Salad w/ Tomato and Cucumber Garlic Breadstick Mixed Fruit Salad	28 Meal 17 Baked Crab Cake Cheese Slice Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges
31 OHS Closed Memorial Day				

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

Currently, the following centers are open for in-person dining and activities:
 Bennetts Valley, Driftwood, 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 a Mother's Day Party to celebrate Mother's Day 2021. We are planning on having a "soft opening", so hopefully we will have several Mothers here to celebrate. Door prize and just getting caught up will be the agenda for the afternoon.

On May 11th, the **Bennetts Valley Senior Center** will be holding a Mother's Day lunch celebration to honor the ladies. Flowers are being donated by Janice Stiffler Landscaping for all ladies in attendance with a live Blue Grass performance by Rick and Edie Sipe.

Efforts are being made to reopen the **Fox Township Senior Center** soon.

Yearly dues at the **Fox Township Senior Center** have been waived for this year if you paid your dues last year (2020).

May 6th – Healthy Steps for Older Adults - Fall Reduction Workshop Presented by Anna Kreckel at the **Johnsonburg Senior Center**. The class is filling up fast, so call to make your reservations today. 814-965-5638.

The **Johnsonburg VFW** will be holding its annual Memorial Day Parade. The Center is usually the site for donuts/ coffee but that will probably be on hold until next year.

The **Johnsonburg Community Center** has Adult Swimming Monday –Thursday from 8am-10am and Monday – Wednesday from 4pm-5pm.

The **Johnsonburg Senior Center** would like to say thank you to those that have donated candy, cupcakes, or money for treats for the take-out meals.

The **Johnsonburg Senior Center** is in need of a few volunteers in the kitchen or to deliver meals. It would only be for 1 1/2 hours once a week or on an on-call basis. You could also volunteer from home by calling shut-ins to brighten their day.

The **Jones Twp. Senior Center** opened for dine-in as well as take-out meals April 20th. We are open for fitness activities and social gatherings within state and CDC guidelines with masks, social distancing, and COVID screening with temperatures taken.

The **Jones Twp. Senior Center** continues to help seniors and eligible community members register for Covid-19 vaccines.



News from our Centers

(continued)

Several members of the **Kane Senior Center** Board recently met with Kim Briggs and Dave Steel from OHS to determine when would be the best time to re-open the Kane Senior Center. This is exciting and we will keep you posted as things unveil. We are doing all we can to keep you as safe as possible when we reopen. Yes, there will be some changes but as you have shown in the last year, you are amazing and resilient and I am sure you will be able to adapt to any changes!!

The May Hunger Project/**Mt. Jewett And Hamlin Township** Community Food Bank distribution is Tuesday, 5/18 at 5:30pm at the Mt. Jewett United Methodist Church on Boyd St.

Mt. Jewett is having a Borough Wide Spring Fling & Food Truck Day on May 15th from 9:00am-2:00pm at the Mt. Jewett Fire Department parking lot. This event will include a borough wide yard sale, food trucks and vendors. Please join us!

The **Port Allegany Senior Center 50 Plus Club** is hoping to reopen on Monday, May 3rd. There will be many safety measures in place to keep all who enter safe. We are striving to keep you safe and to keep a homey, enjoyable place for you to visit.

The **Port Allegany Senior Center 50 Plus Club** will be repairing the parking lot to give us a shiny new look. We might have to have meal pick-up at the front door instead of the side door. We will keep you posted.

The **St. Marys Senior Center** is moving ahead with preliminary plans to open. However, no date has been set. There is a great need for volunteers to assist with new protocols. The Center Director is looking for persons to help as Kitchen Servers, Meal Packers, Lunchtime Greeters and Organizational Assistants. Presently the center is open for take-out meals only. Phone the center for full details, 814-781-3555.

The **Smethport Senior Center** is open and serving hot nutritious in-house meals for our members who are interested in socializing. We also have take-out lunches for consumers who would prefer not to come into the center at this time. You must call by noon a day in advance to make lunch reservations.

The **Smethport Senior Center** will be hosting a HSOA Workshop on May 12th. Class size is limited and, to date, all participants will be fully vaccinated at that time.

Milestone Birthdays/ Anniversaries

Recently, **Kane Senior Center** member Marge Caruso had a new baby penguin chick from the Pittsburgh Aviary named in her honor in celebration of her 100 years “young” birthday in July!! We congratulate Margie on the birth of her new “BABY” penguin!!!

Ellanne Olewinski, long-time former **Jones Twp. Senior Center** member, turned 101 in April.



***SENIOR HEALTH AND FITNESS DAY IS
WEDNESDAY MAY 26, 2021.
HERE ARE SOME WAYS YOU CAN PARTICIPATE!***

1. Go to the Park

Park and Recreational Departments are getting involved in National Senior Health and Fitness Day, posing the opportunity for seniors to get out in nature. Check out local events near you or construct your own day at the park, filled with trail walking and a picnic!

2. Attend a Fitness Class

What more appropriate way to spend National Senior Health and Fitness Day than by attending a fitness class? Whether at a local community center or private gym, look for a structured workout session. Having an instructor helps demonstrate proper technique to prevent injury while a large group of people heightens motivation and energy! Some fitness classes are being held outside too!

3. Walk to Health

Organizations near you may be organizing walking events, so take advantage of such. But not all fitness activities have to be structured, and can include a walk with close friends and family members. Whether walking on your favorite trail or around the neighborhood, enjoy the feeling of walking to health with loved ones.

4. Work in the Garden

Gardening is a leisurely hobby promoting both health and fitness. Attend to a personal or community garden or plant a garden bed or pot filled with fresh produce of herbs. Take gardening a step further, with personal crop or purchased from the grocer, and cook a meal with fresh produce filled with extensive nutrients to nourish the body.

5. Dance

Groove and dance to the music! Whether signed up for a Zumba class or in the comfort of your own kitchen, there are endless possibilities when it comes to dancing, as it can be done just about anywhere.

6. Schedule A Health Screening

Along with being active, be proactive with health. Scheduling a health screening keeps seniors in the know of their own personal health and offers a chance to take preventative measures or actions, which may also be dependent on the physical results and discussions held with a healthcare professional.

7. Volunteer

Volunteering is a chance to offer health and wellbeing not only to yourself, but the ability to extend it to others. Seek out volunteer options at health fairs to spread the word of good health, food pantries to offer nutrition to individuals in need, your local Senior Center, or any other opportunities available in your community or area.



Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

May 2021

MEDICARE TIDBITS

What's an appeal?

(Pages 94-96 in the M&Y Handbook 2021)

An appeal is the action you can take if you disagree with a coverage or payment decision made by Medicare, your Medicare health plan, or your Medicare Prescription Drug Plan. You can appeal if Medicare or your plan denies one of these:

- Your request for a health care service, supply, item, or prescription drug that you think you should be able to get.
- Your request for payment for a health care service, supply, item, or prescription drug you already got.
- Your request to change the amount you must pay for a health care service, supply, item or prescription drug.

You can also appeal if Medicare or your plan stops providing or paying for all or part of a health care service, supply, item, or prescription drug you think you still need.

If you have a [Medicare Medical Savings Account \(MSA\) Plan](#), you may appeal if you've met your deductible or you believe a service or item should count toward your deductible.

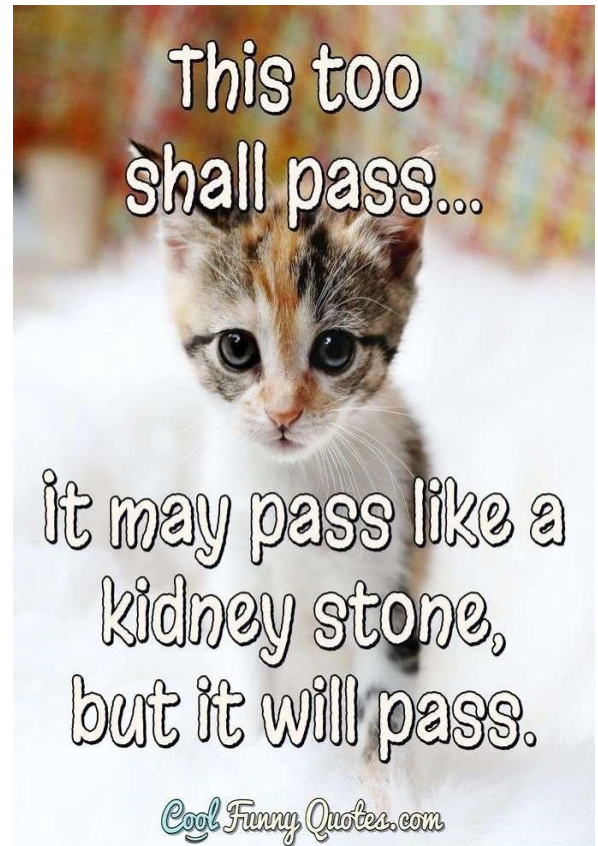
Medigap Terms: Issue Age Rated

How it's priced

The premium is based on the age you are when you buy (when you're "issued") the Medigap policy.

What this pricing may mean for you

Premiums are lower for people who buy at a younger age and won't change as you get older. Premiums may go up because of inflation and other factors, but not because of your age.



**OUR VOLUNTEERS ARE
THE GREATEST, WE SAY:**



Seniors For Safe Driving

Dedicated To Highway Safety


Date **Jun 24, 2021**

Location: **St. Leo Magnus**
111 Depot Street
Ridgway, PA 15853

Time: **9:00am - 1:00pm**

Phone: **(724) 283-0245 or**
(800) 559-4880

Instructor: **Larry Nunamaker**

Google Map: 

**Classes are in the Social Hall located in
the basement of the church**

Tuition for all Seniors For Safe Driving Classes is:
\$ 16.00 per person

Mature Driver Improvement

Here is a driver improvement course designed specifically for mature drivers (55yrs+). This opportunity allows you to refresh your driving techniques, regain lost confidence, and develop a positive driving attitude.

Upon completion of the Mature Driver Improvement Course, you may be eligible to receive a reduction on your auto insurance premium for a period of three (3) years, as mandated by state law.

Refresher Course (1 Day)

For those who have successfully completed a classroom or online Mature Driver Improvement course at least once.

GET SCREENED

Community Health Screening

Penn Highlands Elk

May 15, 2021

6:30 AM - 9:00 AM

RIDGWAY AREA YMCA

34 N. Broad Street, Ridgway, PA

\$40.00 BLOOD ANALYSIS INCLUDES:

HEART DISEASE:

Cholesterol
HDL Cholesterol
LDL Cholesterol
HDL Risk Factor
Triglycerides

KIDNEY DISEASE:

Blood Urea Nitrogen (BUN)
Creatinine
GFR

ANEMIA:

White Blood Cell count
Red Blood Cell count
Hemoglobin
Hematocrit
Platelet
Serum Iron
Red Blood Cell Indices:
(MCV,MCH,MCHC,RDW)

DIABETES:

Glucose

LIVER DISEASE:

A/G Ratio
Albumin
ALT
AST
GGT
LDH
Total Bilirubin
Direct Bilirubin
Total Protein
Alkaline Phosphatase
Globulin

OTHER TESTS:

Calcium
Magnesium
Chloride
Phosphorus
Potassium
Sodium
Uric Acid

**OPTIONAL
HEMOGLOBIN
A1C TEST
\$15.00**

**OPTIONAL
iFOB COLON-
RECTAL CANCER
SCREENING
\$15.00**
At-Home Collection Kit

**OPTIONAL
THYROID
TEST
\$10.00**
(T4,TSH)

**OPTIONAL
PSA TEST
\$15.00**
Prostatic Specific
Antigen (PSA) Test

12-HOUR FASTING REQUIRED

IN CONJUNCTION WITH THE RIDGWAY AREA YMCA

For information or to make an appointment, please call 1-800-370-9640

Monday Through Friday - 8:00 AM - 5:00 PM | Registration deadline May 13, 2021.

Walk-ins will be accepted. Cash or Checks made payable to: Ridgway YMCA

www.phhealthcare.org



Covid-19 Vaccination

Waiting List for Covid-19 Vaccine:

Call Center

814-887-3443

Tuesdays & Thursdays 9:00 AM - 4:00 PM

or

www.mckeancountypa.org

Popup window will open on the lower right side
for self-service form for [waiting list](#)



PENNSYLVANIA STATE POLICE COMMUNITY AWARENESS BULLETIN

CAB 002-2021

March 12, 2021

GIFT CARD SCAMS

The Pennsylvania State Police (PSP) is reminding Pennsylvania residents to be vigilant about scams involving gift cards. The PSP is aware of several variations on scams in which the scammer claims the victim has a problem that must be solved immediately and that payment in gift cards is required to solve it. Some of these variations include:

- Claims of problems such as outstanding warrants, tax debts, or utility bills.
- Claims that a relative is visiting overseas and needs money to pay a hospital bill or bail. This is frequently called the "grandparent scam."
- Claims to be collecting gift cards for charity.
- Promises of employment in exchange for payment. These jobs do not exist or may involve illegal activities.
- Requests sent by email or text from a friend for a "favor" to purchase gift cards with claims that the "friend" will pay the victim back.

In each of these scams, the scammer requests payment in gift cards because they are widely available in many denominations, untraceable, and only the information on the back of the card is needed to redeem it. Once the cards are purchased, the scammer will instruct the victim to read the information over the phone or take a photo of the back of the card and text the photo to the scammer.

RECOMMENDATIONS

- Government agencies do not accept gift cards for payment of taxes or other debts. They also send notifications of such debts in writing. Ignore anyone who claims you owe a debt that must be repaid with gift cards.
- If someone claims to be collecting gift cards for charity, contact the charity directly to verify the request.
- If someone who claims to know you asks for gift cards as a favor or to get out of trouble, contact that person directly to verify the situation. It is most likely a scam and the person may have to report possible identity theft or change a hacked password.
- More information about gift card scams can be found at the Federal Trade Commission's website at <https://www.consumer.ftc.gov/articles/paying-scammers-gift-cards>.
- The Pennsylvania Department of Banking and Securities is partnering with the Pennsylvania Food Merchants Association (PFMA) to provide training for store employees to identify and prevent seniors from becoming victims of gift card scams. More information is available at https://www.media.pa.gov/Pages/banking_details.aspx?newsid=329.
- The free *See Something, Send Something* smartphone application enables individuals to report suspicious activity by capturing a photograph, screenshot, and other information to send it directly to the Pennsylvania State Police. Tips may also be sent to tips@pa.gov.



PSP reminds residents who fall victim to a scam to report it to their local police department.

Happy Retirement!

Congratulations to Janet Redmond on her retirement from the Agency. Janet's last day was Thursday, April 8, 2021.
Janet worked for Office of Human Services, Inc. for 24 years.

Enjoy your retirement, Janet!





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
HERE