

McKEAN COUNTIES

OFFICE OF HUMAN SERVICES, INC. SENIOR REVIEW

(A Private, Non-Profit Corporation)

SERVICES FOR OLDER ADULTS IN CAMERON, ELK AND McKEAN COUNTIES

WEB SITE: www.ohsaging.com



TO REPORT ELDER ABUSE OR NEGLECT (800) 490-8505

Social Security—www.ssa.gov Medicare—www.medicare.gov IRS—www.irs.gov

POINTS OF INTEREST:

- Merry Christmas 2020
- Senior Volunteers
- Health & Wellness



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SENIOR CENTERS AND OHS OFFICES WILL BE CLOSED IN OBSERVANCE OF THE HOLIDAY Christmas Eve Day/ Christmas Day THURSDAY, 12/24/2020 & FRIDAY, 12/25/2020

Senior Center Volunteer and APERISE Programs: Kellie Ruscidelli, Coordinator

December Volunteer

Birthdays

Dorothy Allegretto Johnson

Jeanine Allegretto

Tom Allegretto

Patty Barr

Charlotte DeMarte

Victor Detwiler

John Ford

Joyce Green

Rose Hager

William Hungiville

Becky Kreckel

Robert Lupole

Frances Malobicky

Linda McMichael

Deb Quickel

Jody Reed

Ron Scrafini

Linda Shaffer

Carol Shefcyk

LaRue Smith

Sandra Smith

Sherry Southard

Stephen Stanko

Marilyn Tunall

Janet Weidner

Myrna Wilcox

Robert Wildfire

Laura Wirtz

Geraldine Wolfe

Notes...

While you are shut in

Write a Xmas song

Phone a shut in

Share a Xmas memory

Watch an old Xmas movie

Think positive,

and remember, this too

will pass.





Merry Christmas volunteers We've turned the comer!

Open Enrollment ends December 7th.

REMINDER



Toolkit for Medicare Beneficiaries.

We are offering a small e-booklet that consists of a brief history of Medicare, Medicare facts, a Medicare Preventive Benefit checklist, find-a-word puzzles, crossword puzzles, a list of commonly used terms, and a county listing of each APPRISE office with a contact phone number.

The link to view or download the e-book:

https://ohsaging.com/medicare-toolkit

(works best in Google Chrome)





Beating the Holiday Blues

The holiday season can be a joyous time of year, filled with family, friends, gift giving and good food. But the holidays may also trigger feelings of sadness, anxiety, and even depression, which can cast a long shadow on the season. Reasons for feeling down are many: Stress, fatigue, finances, loneliness, or the absence of a loved one – are just a few reasons for low feelings.

The key is to avoid these feelings:

*PACE YOURSELF: Holiday obligations, especially for older adults, can be overwhelming. Prevent exhaustion and stress by pacing yourself. Organize your time. It's called "Reason for the Season" for good reason....it's a season, not just one day. Spread your holiday activities over the course of a few weeks. This will eliminate stress.

*STAY ACTIVE: It's vital to participate in life's activities. Walk with a neighbor, call a sibling on the phone, or take a grandchild to the movies. It's also helpful to share your feelings with a loved one, a friend, a religious leader, or a counselor.

*LEAVE THE "GOOD OLD DAYS" IN THE PAST: Reminiscing about the past can bring back fond memories, but remember....hindsight is 20-20. Life brings changes. To avoid getting bogged down in the past, try celebrating the holidays in a new way...decorate the house differently or cook an unusual dish. Start a new tradition.

*WATCH YOUR HEALTH: Get plenty of sleep, and sneak in some exercise. Limit your alcohol consumption. Eat a well-balanced diet. Set aside some "you" time each day. Take a hot bath or find a quiet place to read another chapter in your book. Even 10 minutes of calm can make a difference.

*REACH OUT: Try volunteering this holiday season to help others who are less fortunate than you. Helping others will not only take the focus off "you" and negative thoughts, but will add new meaning to your holiday season. Spend time with supportive and caring people. Reach out to newer friends or contact an old friend for a holiday chat.

From: The John Hopkins Medical Letter

PDA Health and Wellness Program

Have A Berry Merry Christmas



NUTRITION SUDOKU-ADULT

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A-I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Cereal		Egg	Berry	lce cream	Date	Fig		Honey
Ice cream	Grapes		Fig		Honey	Avocado	Date	
Honey		Date		Grapes		lce cream		Cereal
Date	Cereal		Egg		Avocado	Honey		
		Honey	lce cream			Berry		Avocado
Avocado	Berry		Honey		Cereal		Egg	lce cream
Berry		Cereal		Honey		Egg		Date
			Date		Berry		Ice cream	Fig
Egg		Fig	Cereal		Ice cream	Grapes		

Avocado Berry Cereal Date Egg Fig Grapes Honey Ice Cream



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Wishing you a Merry Christmas and a Happy New Year

PDA Health and Wellness program

CDC Prediabetes Screening Test



COULD YOU HAVE PREDIABETES?

Yes

No

0

0

0

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST-KNOW YOUR SCORE!

Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are O points.

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

	AI-KISK WE	IGHI CHA	IRI
Height	Weight Aust	Height	Weight Pounds
4'10"	129	57"	172
4'11"	133	5'8"	177
50"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	610"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		02/12	224

AT DISV MEIGHT CHART

National Center for Chronic Disease Prevention and Health Promotion Division of Diabetes Translation



IF YOUR SCORE IS 3 TO 8 POINTS

This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

IF YOUR SCORE IS 9 OR MORE POINTS

This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

HOW CAN I GET TESTED FOR PREDIABETES?

Individual or group health insurance: See your health care provider. If you don't have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

Medicaid: See your health care provider. If you don't have a provider, contact a state Medicaid office or contact your local health department.

Medicare: See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don't have a provider, contact your local health department.

No insurance: Contact your local health department for more information about where you could be tested or call your local health clinic.



Bennetts Valley Senior Center 149 Plum Street VO. Box 77

Weedville, PA 15868

814-787-7888

www.bennettsvalleyseniorcenter.com

December 2020

The Bennetts Valley Senior Center Board and Center
Director would like to extend to everyone a very
Merry Christmas and a Happy New Year.

Although we remain closed at this time due to Covid-19. Take-out meals are still available. Please call the center no later than 11:30 am to order a meal for the next day. 787-7888

Menus are able to be viewed at our web page www.bennettsvalleysenlorcenter.com or pick up a menu in the display case located by the front doors. RESOLUTION BE THIS.
WE WILL BE THERE FOR FELLOW MEMBERS OF FINEST SENSE OF THE WORD

GORAN PEASE

Medicare open enrollment date for fall is coming to an end on Dec. 7th. Contact Kellie Rusciolelli @ 776-0428 to answer any questions you may have.





So my kids set me up with a facebook account....NOW WHAT?

Settings are your controls where you can edit, change your facebook name.change notifications, preferences, and turn on security features.

To find your settings:



in the top right of Facebook



Click on the setting you would like to update from the options in the left sidebar.



General Edit - the basics like your name, username and email

Security & Login- Change your password, and turn on alerts and approvals to keep your account secure.

Privacy- Who can see things like your post and who can "friend" you.

Blocking- Who and what you block

Language and Region- Language and Date format that you want Facebook to use.

Face Recognition - Turn face recognition on and off.

Security Tips

Choose friends wisely.

Don't feel obligated to connect with everyone that sends you a request, especially if you don't know them well. To change who can add you as a friend:



Click on the in the top right of facebook

Click Setting and Privacy > Settings

Click Privacy in the left column

Click Edit next to who can send friend requests?

From the dropdown menu, click Everyone or Friends of Friends

2. Facebook Privacy Settings.

One of the most important things you can do is become familiar with the Privacy settings in facebook. This will save you a lot of time and trouble in the future.

3. Click Carefully

Popular Scams:

Change your facebook color.

Free gift card or voucher. The old saying, If it is too good to be true.... applies here!!

Support a wounded soldier.....taking advantage of supporting our military.

See who is viewing your profile. - Facebook doesn't provide this function to allow you to track who is viewing your timeline.

Copyright privacy protection-anyone who uses Facebook controls the content and information they post.

Enticing videos or posts- this is called "click bait" it is meant to get you click on it. It is so that Malware can be downloaded onto your computer. Malware- software that is meant to disrupt, damage, or gain unauthorized access to a computer.

4.Choose strong passwords

Strong passwords are more than 8 characters long and use a combination of uppercase, lowercase, numbers and symbols

5.Don't over Share

It is nice to be on vacation, out to eat or visiting family and friends but posting while you are gone lets EVERYONE know you are not at home!! Not a good idea.

6. Learn how to Block someone.



in the top right of Facebook.

Select Settings & Privacy

Click blocking on left side menu

In the block users sections type name of person or group and then click block.

This person will no longer be able to see anything you post. They will also not be able to post on your timeline. Remember "unfriending" someone is not the same as "blocking" them. People that you are no longer friends with may still be able to see your profile and posts (depending on your settings).

Facebook is a great place to stay in touch with your family, friends and is a place to learn about new things, places and ideas. In the age of technology the opportunities and benefits are endless. Start the journey with just the click of the mouse just proceed wisely and informed.





OHS is now on facebook. Follow us at Office of Human Services Inc.



DRIFTWOOD SR. CENTER IS OPEN WITH COVID 19 REQUIREMENTS

The Driftwood Sr. Center is open with COVID-19 rules and restrictions. If you are interested in dining in, please call for details. Seats are limited. Lunches are served Monday, Tuesdays and Wednesdays. Please call 546-2331 for reservations.



THANK YOU TO OUR CENTER OFFICERS!

Everyone at The Driftwood Sr. Center would like to Thank the 2020 officers who will continue to hold their current positions in the year 2021.

President—Earl Stickel, Vice-President—James
Teats and Secretary / Treasurer Devorah Miller.





December 2020

Eldred senior center



169 Main St (814) 225-4752 Open 8:00 am-2:30 pm Monday thru Friday

The Eldred Senior Center would like to say THANK YOU to our nurses

December

- Birthday Wanes

APPRISE REFERRALS

can call to make a appointment for your Medicare changes

Open Enrollment Ends December 9th







The Mistletoe

The magic of kissing underneath

the mistletoe has many meanings. As our current Christmas tradition, it means friendship, goodwill, and deep romance. The pagan meaning is

found in many countries. It is interpreted as a promise to marry, with a long marriage, happiness and long life. The mistletoe is considered to have magical powers, giving life and fertility. A young lady standing under a sprig of mistletoe can not refuse to be kissed. If she refuses she may not expect to get married. It was also hung over stables and homes to ward off evil spirits and prevent witches from entering. The plant itself is interesting in that it is a parasite which will grow on the branches and trunks of trees. Its roots cling and grow absorbing nutrients from the tree. The plant itself also able to grow on its own, but is found growing on trees mostly. So when you see the mistletoe you may expect someone to come up and give you a "Christmas Kiss".

Where can I find personalized Medicare information online?

Register at MyMedicare.gov

Manage your personal information (like medical conditions, allergies, and implanted devices).

Sign up to get your "Medicare Summary Notices" (eMSNs) and this handbook electronically, but you won't get printed copies if you choose to get them electronically. Manage your personal drug list and pharmacy information. Search for, add to, and manage a list of your favorite providers and access quality information about them. Select your primary clinician from your list of favorite providers. Your primary clinician is the practitioner who you want responsible for coordinating your overall care, regardless of where you choose to get services. By choosing a primary clinician, your doctor may have access to more tools or services for your care available to patients of doctors participating in an Accountable Care Organization or certain other Medicare alternative payment models. (This is also known as "voluntary alignment.") Track Original Medicare claims and your Part B deductible status.





















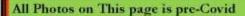












The members from the Eldred Senior Center Wishes everyone a Merry Christmas and A Happy New Year











The Eldred Senior Center Birthday Corner would like to say HAPPY BIRTHDAY to the following Eldred Senior Center Members

Sandy Smith

Bruce Lingley

Jeanne Lowe

Sherry Southard













Contact

Director: Kelly Spencer Call: 814-486-3707

Call: 814-486-3707

Email: kspencer@ohsaging.com

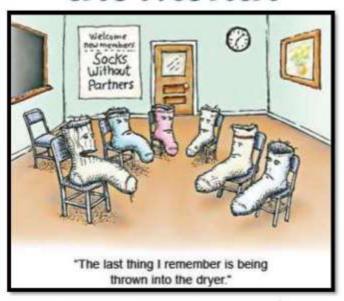
Facebook: facebook.com/emporiumseniorcenter

Notice:

Currently, our center remains closed, in order to help protect the higher-risk population we serve, during this Covid-19 Pandemic.
We continue to serve Take Out Meals, at the door, weekdays, at Noon.

If you would like to order a meal, please call the Center at 486-3707 anytime before 12:45pm on the business day prior. Thank You.

the Month



Laughter is good for the body & soul!

Emporium Senior Center

December 2020

Pumpkin Picking Madlibs

A MADLIB activity sheet was given out early in October. Anyone who returned a completed sheet had their name put into an ongoing drawing. Below are the stories we received back!

Fall has arrived with a chill in the FRED. The leaves are turning BLUE and RED. Night time comes quicker, which usually means EMPORIUM! But today was a CUTE day. My TABLE went to the PEA patch. The SALESMAN took us on a hav RUN to a big TIRED field. We all got to pick a CORN that was AWAKE! Yes, night comes quicker now that it's Fall. But, tonight my GREEN BEAN sits by my ST. MARYS.

> **HEY!**, What a **SLEEPY** day! -Rob Bennett

Fall has arrived with a chill in the **COUNTRY**. The leaves are turning RED and YELLOW. Night time comes quicker, which usually means SISTER! But today was a FALLING day. My **FARM** went to the **SQUASH** patch. The **DOCTOR** took us on a hay RUNNING to a big SMART field. We all got to pick a **PUMPKIN** that was **HOT**! Yes, night comes quicker now that it's Fall. But, tonight my PEPPER sits by my STORE. **HOORAY!**, What a **COLORFUL** day!

Diane Williams

Fall has arrived with a chill in the TOWN. The leaves are turning ORANGE and GREEN. Night time comes quicker, which usually means **VALLEY!** But today was a QUIET day. My ROAD went to the APPLE patch. The ENGINEER took us on a hay SEND to a big PRETTY field. We all got to pick a CORN that was BEST! Yes, night comes quicker now that it's Fall. But, tonight my BEAN sits by my WINDOW.



MAD@LIBS

WOW!, What a **BETTER** day!

-Ken Ostrum

Emporium Senior Center

December 2020

More October Shenanigans

To help generate a little more traffic to the center's Facebook page, we had a guessing contest through the month of October. Those wishing to participate had to like the page, share the post, and take a guess at how many lifesavers were in the bowl.

Brian Heitzenrater was the winner with a guess of 57 out of 67.



Like us on Facebook: Emporium Senior Center During the week of Halloween, we encouraged any willing participants to dress up when they came to pick up their lunch. The weather did not cooperate too much, but we still had a few that got in on the fun!



We also had another fun drawing during Halloween week.
Anyone who dressed up during that week OR completed and turned in their Pumpkin MadLib story was entered.

Ken Ostrum was the winner!







No, this person was not dressed as the headless horseman, but they wished for their identity to remain mysterious!

costume



FOX TOWNSHIP SENIOR CENTER

FOX TOWNSHIP SENIOR CENTER 365 MAIN STREET KERSEY, PA 15846

Phone: 814-885-8111 Fax: 814-885-6011

Open: Mon– Fri 8:30 -2:30 CENTER DIRECTOR BARBARA RAJCHEL



WEEKLY:

Mondays:

10:30 - HSIM Cards and Games

Tuesdays:

10:30 - Entertainment

Wednesday:

10:30 - Bingo

1:00 - Bible Study

W/Rev Karen Trask

Thursday:

1:00 - Crocheting Cards and Games

Friday:

Cards and Games

The Fox Senior Center still remains Closed due to COVID 19 Pandemic.

Center is continuing their distribution Of Hot Meals during the COVID 19 Pandemic.

Please call the Center to order your lunch.

Reservations for the Holiday Meal are due Tues. Dec. 14th

If you need any nutrition information, Medicare information or a friendly hello, please feel free to call the Center.





BIRTHDAY

12/5	Alice Dollinger	
12/8	Bruno Genevro	
12/10	Rose Whalen	
12/12	Noel Feronti	
12/16	Joanne Gahr	
12/18	Michael Straub	
12/19	Anita Genevro	
12/25	Marion Shefcyk	
12/28	Geraldine Wolfe, Mildred Morelli	
12/31	Shar Lou Moyer	

THE GREATER BRADFORD SENIOR ACTIVITY CENTER DECEMBER, 2020



60 CAMPUS DRIVE
BRADFORD, PA 16702
8:30am - 2:30 P M

DUGTO COVID WE ARE SUPPLYING
LUNCHES
FROM 11:30 AM - 12:30 P M
TAKES OUTS ARE ALSO AVAILABLE

THE GREATER BRADFORD SENIOR ACTIVITY CENTER CHRISTMAS BEFORE 2020



THE GREATER BRADFORD SENJOR ACTIVITY CENTER DECEMBER BIRTHDAYS

12/1 Linda Strait

12/8 Carole VanSichle

12/10 Theresa Bond Debra Bennett Gary Makon

12/13 Bonnie Connor

12/22 Max Spindler

12/24 Вонна Выфаоне

12/29 Rose Hager

12/31 George Connor Tom Bennett

> HAPPY BJRTHDAY!!





Johnsonburg Senior Center



JoAnn Schatz, Director 430 Center Street Johnsonburg, PA 15845 814-965-5638

Due to Covid-19, we are closed to activities and social gatherings. Take-out meals continue Monday-Friday from 11:30am to 12:00pm. Call the previous day by 12:30pm.





Important Dates & Info: Holiday Meal— December 22nd

Meals reservations due by

December 15.

Center will not be serving meals on December 24th and 25th.

The Board is not collecting dues for the 2021.

Book Exchange-

We exchanged books with the Bennetts Valley Senior Center. Call the center to pick up a book to read. 965-5638. We have a number of Christmas stories, romance, mystery, and history.





We have puzzles too!

Benefit Open Enrollment until December 7th. Call Kellie Rusciolelli with questions. 776-0428





12/5 Nancy Rekowski

12/7 L Linda Shaffer

12/11 Larry Pistner 12/11 Jeanine Allegretto

12/16 Judy Koza

12/22 Charlotte DeMarte 12/22 Becky Kreckel

12/29 Judy Rettger



Top Ten Recipes made for Thanksgiving Dinner:

- 1. Stuffing (Filling)
- 2. Pumpkin Pie
- 3. Turkey
- Gravy
- 5. Cranberry Sauce
- 6. Sweet Potatoes
- 7. Green Bean Casserole
- 8. Mashed Potatoes
- 9. Dinner Rolls
- 10.Corn

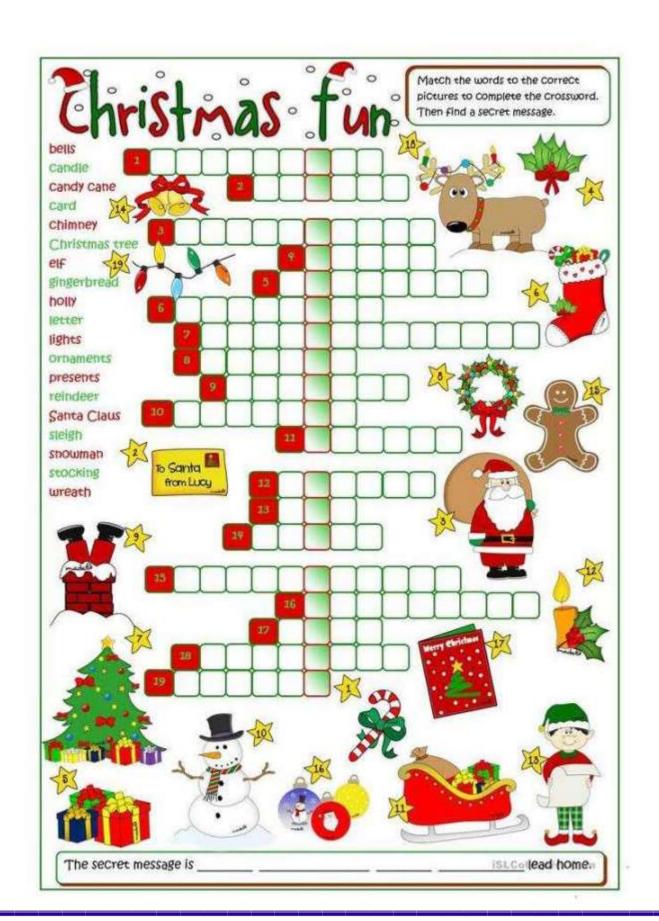






Top Classic Christmas Cookies

- 1. Peanut Butter Blossoms
- 2. Shortbread Cookies
- 3. Thumbprint cookies
- 4. Mexican Wedding cookies
- 5. Candy Cane Cookies
- 6. Snickerdoodles
- 7. Gingerbread cookies
- 8. Sugar Cookies
- 9. Spritz Cookies
- 10.Buckeyes



JONES TOWNSHIP TIMES

DAISY SUTTER, DIRECTOR 320 FARIES STREET / PO BOX 380

> WILCOX PA 15870 PHONE/FAX: 929-5443

TUES., WED. & THURS. (8:30 AM TO 2:30 PM)

DECEMBER 2020

Our Center will be closed December 24th, Christmas Eve.

Merry Christmas to all!

Our Holiday Meal is December 22nd.

Please RSVP by 12:30 the 15th.



DECEMBER BIRTHDAYS

12/4	Marty Kreckel
12/6	Dorothy Allegretto-Johnson
12/6	Tom Allegretto
12/17	Pete Largey
12/21	Frannie Malobicky



DUE TO COVID-19, WE ARE CLOSED FOR FITNESS ACTIVITIES AND SOCIAL GATHERINGS.

TAKE-OUT MEALS CONTINUE.

PLEASE RSVP BY 12:30 PREVIOUS

DAY AT 929-5443.

JONES TOWNSHIP -

CAR MEMORIES



Joe Mehalko- My first car was a 1963 Chevy 2, 4-door sedan. It had a 6 cylinder engine and the fastest it would go was 82 miles an hour. It was great on fuel. I paid 21 cents a gallon for gas. My second car was a 1969 Chevy Pickup. I put 93,000 miles on it in 10 1/2 months driving back and forth to New Jersey to help my sister on her house.

Kaki Allegretto—Last year, I had three flat tires plus one blow-out. My tires were only a year old. I purchased a new car (of course with new tires). Let's hope I have a better year. Maybe a nail won't be waiting for me to run over!

Doris Neubert- My first car was a white Chevy Impala. I bought it in 1965, the year I graduated. I wish I had some of the gas I put in on Main Street in Johnsonburg! We had a lot of fun.

Marlene Cook-The first car I drove a lot was my brother Gordon's 1953 blue Chevy. He was in the Navy, so I used it while he was gone. He was lucky I never wrecked it! My dad had an old Chevy Coupe. I drove that sometimes, but not a lot. My dad was not as trusting as Gordy was. I had some fun times! I have lots of good memories.

Bonnie Hogue- It was love at first sight! I never wanted to learn to drive, but Dad made sure I did. At 21, I went car shopping. She was a beauty- a sleek green and black 1969 Ford Torino! "Baby" wasn't new. Someone else drove her 2000 miles and then deserted her. She was my "Baby" for almost 10 years before PA road salt rusted her to pieces. Her heart never gave up, but mine nearly broke when I traded her for a blue Firebird. I'd rather have my "Baby" back.

JONES TOWNSHIP

CAR MEMORIES



Liela Kronenwetter-

Our first car was a 1950 Plymouth. We had it for 6 years and put 100,000 miles on it. When our 7 kids were growing up, we'd pile them all in the car on a Sunday afternoon and go on backroad adventures.

Barb O'Rourke-Sometimes we kids went to Buffalo with Mom and Dad to Mom's doctor appointments for her Rheumatism. We'd pack lunches and all go together. And sometimes my neighbors would take my sister and I along with them when they went different places every weekend. I'm still good friends with their daughter Peggy. In later years, my Dad took care of Mom and I'd help when I got done at work.

Norah Buzard-I like going riding in the car. I take my mask and sit in the car while my daughter Noreen gets the groceries. It gets me out of the house! And I like it when I can go get a haircut.

Daisy Sutter-I got a 1975
Plymouth Fury for \$531.00.
It had been in an accident and needed bodywork.
All the money I earned that summer as a nurse's aide went into fixing up the car. My first year as a nurse, the car dropped a universal joint on a Foote Avenue. After that, it was a great car for years.



Kane Senior Center

December 2020







"Decked-Out" December!!



Fun December Pacts

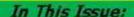
- -The flower symbol is
- Holly and the Poinsettia.
- December's birthstone is the Turquoise.

Did You Know...

- --Jingle Bells was written for Thanksgiving and not Christmas?
- Rudolph's red nose was a result of a parasite infection of his respiratory system.
- -two weeks before Christmas is a popular times for couples to break up.

- -in Germany, Poland and the Ukraine, finding a **spider** or a **spider web** on a Christmas Tree is a sign of good luck.
- in Armenia, Christmas Dinner consists of fried fish, lettuce and spinach.
- Japanese folks traditionally eat K.F.C. for Christmas dinner-closest thing they have to turkey.
- -the 1st artificial Christmas Tree was not a tree at all-it was created out of dyed green goose feathers.
- -I celand has 13 Santa's and an old lady who kidnaps naughty children.
- -in **Germany**, if you are pure in heart, you can hear animals talking.

"Who Knew?"



- 1,126 meals
- Social Circle-COVID Style
- December Birthdays
- Social Circle CON'T





What a Month!

Kane

What a month the "To-Go Team" from the Kane Senior Center had....we were so very honored to be able to serve so many folks their meals. This broke all records for the Kane Senior Center! We are so grateful that so many folks in Kane are taking advantage of this opportunity to receive a delicious lunch daily!! Whether you were the phone caller, one of the kitchen helpers or one of our many drivers....we thank you!! This number would not have been possible without the countless volunteers we have coming to our center day in and day out. I have said it a million times...a center is only as strong as the team of volunteers it has standing behind and coming to the aid of the director. I am greatly humbled by all of you!!

1,126 MEALS IN OCTOBER!



Kane

Covid Social Circle at the Community Center



One of our most favorite things to do at the Kane Senior Center is to visit with one another....although COVID has put a damper on that, it has not stopped us from meeting at the Kane Community Center for an hour every Monday at 1:00 pm, to chat and listen to some wonderful entertainment. We are so grateful to the Community Center for allowing us to gather in their beautiful facility so we can get in a little socialization as well as listen to some great music!!









December Birthdays



Loretto LoBue Grace Yasurek Jeanette Imbrogno Janet Weidner Sam Moran Linda Harris Steve Stanko Bill Bloom

.........





Mount Jewett Senior Center

8 East Main Street, P.O. Box 7105 Mount Jewett, PA 16740 (M-F) 8:00am-2:30pm 814-778-5547

We are very pleased with the new flooring in the kitchen, front entrance and bathrooms. We are at the end of our renovations and have been busy putting things back in there place.



Happy Birthday!!!
Hazel Kelley 12/1
Doug Robinson 12/5
LaRue Smith 12/6
Karen Barber 12/20
John Keesee 12/21





The Center will not be serving take-out meals

December 24th & 25th (Christmas)



Mount Jewett Senior Center

PORT ALLEGANY SENIOR CENTER DECEMBER NEWSLETTER MONDAY—FRIDAY, 8:30—2:30PM 814 642 2101



BECAUSE OF COVID-19 THE
PORT CENTER IS CURRENTLY
CLOSED, BUT, WE ARE HERE
FOR YOU! NEED A DELICIOUS, NUTRIOUS LUNCH,
PLEASE CALL. PICK UP IS
AVAILABLE MONDAY
THROUGH FRIDAY
11AM-NOON!



Port Allegany

FLU SEASON—PROTECT YOURSELF!



What else can you do to avoid the flu?

- Wash your hands often. Use soap and water for at least 20 seconds. If you cannot wash with soap and water, use an alcohol-based hand cleaner.
- When coughing or sneezing, use a tissue and throw it away. Then Wash your hands.
- KEEP you hands away from your eyes, nose and mouth.
- If you can, stay away from people who are sick.
 When not at home wear a mask.

STAY HEALTHY MY FRIENDS!

DECEMBER BIRTHDAYS

Dec. 07 Patricia Starr

Dec. 11 Gary Mattison

Dec. 13 Ann Thomas

Dec. 20 Helen McCanna

Dec. 22 Elaine Ernest

Dec. 25 Robert Kinney

Dec. 26 Carolyn Hawver

Dec. 27 Michael Neubert

Dec. 28 Ralph Bush

Dec. 29 Thelma Mattison

Dec. 31 Linda McMichael

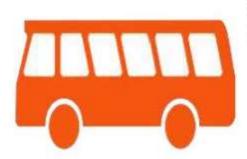


NEED A RIDE?

YES, ATA IS STILL GOING STRONG GIVE THEM A
CALL, AND YES AGAIN THEY CAN GIVE YOU A RIDE
TO THE CENTER TO PICK UP YOUR MEAL, AND RETURN YOU AND YOUR MEAL HOME AGAIN!

1-866-282-4968

BEEP! BEEP!



Port Allegany

MERRY CHRISTMAS



"I never thought it was such a bad little tree. It's not bad at all, really. Maybe it just needs a little love."



St. Marys Senior Center

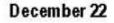


72 Erie Avenue Marienstadt Place St. Marys, PA 15857 814-781-3555 Lesa Lamb, Director

llamb@ohsaging.com







Holiday Meal

(order by Dec. 15)

Dec. 24 & 25 and

Jan. 1 CLOSED

No program handouts in December.

APPRISE counseing

Available - Call for an

Appointment - 781-3555.



You are a gift from God; Redeemer of the world. Little baby Jesus; You are the Lord of lords.







St. Marys Senior Center

Where good friends grow Like Wildflow-



the m&m Christmas

As you hold these candies in your hand And turn them, you will see the 'M' becomes a "W" An "E", and then a "3"

> They tell the Christmas Story-I'm sure its one you know ...it took place in a stable a long, long time ago

The 'E' is for the East, where the star shone so bright The 'M' is for the Manger, where the Baby Jesus slept at night

The '3' is for the Wisemen,
Bearing gifts, with which they came,
'W' is for Worship,
Hallelujah! Praise His Name!

So as you eat these candies Or share them with a friend, Remember the meaning of Christmas: It's a love that never ends

Make your Lunch

Reservations by 12:45

the day before at the latest.

Take-Out Lunches can be picked up at the door from 11:15-11:45.

Call us if you're running late.

When you really enjoy a meal — a little

extra in the collection box is greatly appreciated.





2021 membership dues are now being collected.

Mail to SMSC

72 Erie Avenue

Still just \$12

Make check to SMSC.

This makes a GREAT

CHRISTMAS GIFT!!





from the SMSC

Officers 4

Director



SMETHPORT SENIOR CENTER



YOU HAVE HEARD OF CHRISTMAS IN JULY? WELL THIS IS JULY AT CHRISTMAS!
BEAUTIFUL SOUL, BEAUTIFUL

COLORS!

"What Did The Farmer Say When He Could Not Find His Tractor? Where's My Tractor"

DECEMBER 2020

SOCIALLY DISTANCED BINGO

Every Tues @ 10

NO HEALTH AND WELLNESS PROGRAMS IN DECEMBER

FOR

CHRISTMAS

HOLIDAY

DECEMBER 24TH &

DECEMBER 25TH





SMETHPORT DECEMBER 2020



RICHARD PARKER DOES NOT BELIEVE IT IS POSSIBLE TO HAVE TOO MANY FISHING OR HUNTING KNIVES.

IT IS NECESSARY FOR SOME PEOPLE TO WEAR FACE SHIELDS. PLEASE NOTE THAN WHILE FACE SHIELDS SOMEWHAT PROTECT OTHERS BETTER THAN NOTHING THEY DO NOT NECESARRILY PROTECT THE PERSON WEARING THEM FROM VIRUS AEROSOLS THAT MAY BE FLOATING AROUND IN THE AIR.

SMETHPORT SENIOR CENTER

DECEMBER 2020

Christmas (A Poem by Don Ross)

Christmas with its wreaths of holly;

And then there
is Santa who is
quite jolly
Santa with his "ho ho
ho"!
At Christmas time: he



Bringing gifts from afar

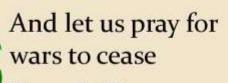
Guiding his reindeer by the Northern star.

Yes Christmas is a great

time of year

is on the go.

So let's relax with a hot cup of cheer.



To end this poem with a sign of Peace.







Sue Townsend made an inspired quilt for her secret sister . Beautiful Work Sue.



HANDY HAROLD
HARDENSTINE
REPURPOSED
HIS WEEDEATER
FACESHIELD AND
COMMANDEERED
IT FOR USE AS A
FACESHILED WHEN
HE GOES INTO
PUBLIC PLACES.
CLEVER HAROLD!





SOME PREFER MASKS, SOME REQUIRE SHIELDS.
SUE AND KATHY ARE MAKING THINGS SHINE AROUND
HERE AND WE HAVE NEVER LOOKED SO GOOD!



Marilyn Straight

And

Her

Pretty

Scary

And



BOOOoooOOOoootiful Nails!. Nice Job Lisa Burdick!



Denise, Toni, Vina, Marilyn and Kathy posing pretty with the fall baskets they made at the socially distanced craft class the Elderberries scheduled after regular business hours. Nice!



Ed Grimes, Bill Hungiville, Gloria French, Marge
Adams, Richard Parker, Toni Cowher,
Doug Yingling, Naomi Cornelius,

Joan Hardenstine, Darlene Dorward, Karen Placer,
Adelaide Stanton, Harold Hardenstine, Marilyn
Straight, Mabel Nearing, Vina Cole,
Sue Townsend and Ami Shavalier.

SMETHPORT DECEMBER 2020



















December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meal 11 Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread	2 Meal 20 Cheeseburger/Wheat Bun Chopped Onion Potato Salad Baked Beans Mandarin Oranges	Goulash w/ Grated Cheese Cinnamon Pears Tossed Salad w/ Broccoli and Cauliflower	Lemon Pepper Fish w/Tartar Sauce & Lemon Parsley Potatoes Green Peas Coleslaw Wheat Bread
7 Meal 21 Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	8 Meal 24 Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	9 Meal 23 Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries
Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	Spaghetti & Meatballs Italian Bread Tossed Salad 11/2 cup w/ Broccoli and Cauliflower	Chicken Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping	17 Meal 2 Salis bury Steak w' Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Colesiaw	BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread
21 Meal 8 Chicken Parmesan Penne Pasta Italian Blend Vegetables W Zucchini Sliced Pears	Roast Turkey Stuffing w/ Gravy Whipped Potatoes	23 Meal 12 B BBQ Pulled Pork Wheat Sandwich Bun Broccoli/ Cauliflower Salad Peach Fruit Cup w/ Coconut	6 9	25 OHS Close Pristmas
Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	29 Meal 11 Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/Yogurt Wheat Bread	30 Meal 13 Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tossed Salad w/ Broccoli and Caulifower Wheat Bread	Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices Happy New Year!!	

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



January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
業業				1 HAPPY NEW YEAR CLOSED
4 Meal 18 Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	5 Meal 19 Goulash wl Grated Cheese Tossed Salad wl Broccoli and Cauliflower Cinnamon Pears	6 Meal 10A Chicken Florentine Buttered Noodles Mixed Vegetables Banana/Pineapple Mix	7 Meal 20 Cheeseburgerl Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	Meal 17 Lemon Pepper Fish w/Tartar Sauce & Lemon Parsley Potatoes Green Peas Coleslaw Wheat Bread
11 Meal 21 Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	12 Meal 22 Stuffed Pepper in/Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries
18 Martin Luther King Jr Day CLOSED	Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread	BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	Spaghetti & Meatballs Italian Bread Tossed Salad 11/2 cup w/ Broccoli and Cauliflower	Chicken Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	26 Meal 9 Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	Pork Roast Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	Chili Cornbread Muffin Buttered Noodles Mixed Vegetables Banana/Pineapple Mix

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

