

February 2021



AREA AGENCY
ON AGING
ELK, CAMERON &
McKEAN COUNTIES

www.ohsaging.com
**OFFICE OF HUMAN
SERVICES, INC.
SENIOR REVIEW**

(A Private, Non-Profit Corporation)

**SERVICES FOR OLDER ADULTS IN CAMERON,
ELK AND McKEAN COUNTIES**

WEB SITE: 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:

- ⇒ President's Day
- ⇒ Happy Valentine's Day
- ⇒ Welcome Tresa Ouellette
- ⇒ Senior Volunteers
- ⇒ Health & Wellness
- ⇒ Santa's visit



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PRESIDENT'S DAY

MONDAY, FEBRUARY 15, 2021

OHS Offices and Senior Centers
will be closed in observance
of the holiday.





SUNDAY,
FEBRUARY 14, 2021



HAPPY
Valentine's
DAY 



*Welcome
Tresa Ouellette*

*Tresa will be joining OHS
as one of the
Administrative
Professional's staff on
2/1/21.*

Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

February Birthdays

Judy Daniels
Howard Fielding
Mona Fowler
Walter Gavazzi
Patty Geyer
Bonnie Huckabone
Richard Johnson
Laurie Kisko
Kathleen Lewis
Mary Jean Mattiuz
Marjorie McGavick
Shirley A. Moore
Joyce Reinard
Leonard Roboski
Sandra Samick

Phyllis Walter

Debra Warmbrodt

Don Zuback



Notes and Quotes

I don't mean to brag, but I put together a puzzle in 1 day and the box said 2-4 years.

Good Funny Quotes.com

OUR VOLUNTEER'S ARE THE BEST

Edith Sipe- Bennett's Valley SC
Richard Sipe- Bennett's Valley SC



INITIAL ENROLLMENT PERIOD	ANNUAL ENROLLMENT PERIOD	MA OPEN ENROLLMENT PERIOD	MEDIGAP OPEN ENROLLMENT PERIOD
<p>7 MONTHS</p> <p>Based on the individual's 65th birthday</p>	<p>2 MONTHS</p> <p>Runs from Oct 15 - Dec 7</p>	<p>3 MONTHS</p> <p>Runs from Jan 1 - Mar 31</p>	<p>12 MONTHS</p> <p>Available any time, year-round</p>

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)

Call the APPRISE (State Health Insurance Program)
for Medicare assistance
814-776-0428
krusciolelli@ohsaging.com



What Is a Heart Attack?



A heart attack happens when the flow of oxygen-rich blood in one or more of the coronary arteries, which supply the heart muscle, suddenly becomes blocked, and a section of heart muscle can't get enough oxygen. The blockage is usually caused when a plaque ruptures. If blood flow isn't restored quickly, either by a medicine that dissolves the blockage or a catheter placed within the artery that physically opens the blockage, the section of heart muscle begins to die.

Heart attacks are a leading killer of both men and women. Each year, more than 1 million people in the United States have a heart attack, and about half of them die. Half of those who die do so within 1 hour of the start of symptoms and before reaching the hospital.

A heart attack is an emergency. Learn the warning signs of a heart attack:

- Crushing chest pain or pressure and/or discomfort or pain elsewhere in the upper body, neck, or arms
- Nausea
- A cold sweat
- Fainting or lightheadedness
- Shortness of breath

If you or someone you know might be having a heart attack, call 9-1-1 right away. Also call 9-1-1 if you are taking prescription drugs for angina (chest pain) and the pain doesn't go away as usual after you take the medication. You need to take an ambulance to the hospital as soon as possible. Do not try to drive yourself, and do not have someone else drive you unless there is no ambulance service where you live. While waiting for the ambulance, the patient can be given one regular strength or baby aspirin and told to chew and swallow it if possible.

The sooner you get to a hospital, the more emergency medical professionals can do to stop any heart damage and prevent deadly heart rhythm problems, heart failure, and death. If blood flow in the blocked artery can be restored quickly, permanent heart damage may be prevented. Yet, many people do not seek medical care for 2 hours or more after symptoms start.

The good news is that excellent treatments are available for heart attacks. These treatments—which work best when given right after symptoms occur—can save lives and prevent disabilities.

To learn more about heart attacks, visit the National Heart, Lung, and Blood Institute. 1-301-592-8573
nhlbiinfo@nhlbi.nih.gov www.nhlbi.nih.gov or The American Heart Association: 1-800-242-8721 (toll-free)
inquiries@heart.orgwww.heart.org

Compliments of Office of Human Services, Inc. Area Agency on Aging

from: nia.nih.gov

Bennett's Valley Senior Director, April Fantechi visiting with center's member, Milton Gray and Santa taking last minute Christmas wishes.



Johnsonburg Senior Director, JoAnn Schatz received her Christmas present early this year. Tonka, the Red Lab puppy



Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

February 2021



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.bennettsvalleyseniorcenter.com or pick up a menu in the display case located by the front doors.



MEMBERSHIP DUES \$10.00 FOR THE YEAR CAN BE PAID NOW. Please mail in or drop in blue lock box located in front of building

Kids thoughts on LOVE

"When you fall in love, I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." (Harlen, 8)

"To get a girl to fall in love with you... take her out to eat. Make sure it's something she likes to eat. French fries usually works for me." (Bart, 9)

"Love is foolish...but I might try it sometime." (Floyd, 9)

● "Once I'm done with kindergarten, I'm going to find me a wife." (Tom, 5)

● "On the first date, most people tell each other lies, and that usually gets them interested enough to go for a second date." Mike, 9

● "Never kiss in front of other people. It's embarrassing if anybody sees you. But if nobody sees you, I might be willing to try it with a handsome boy, but just for a few hours." (Kelly, 9)

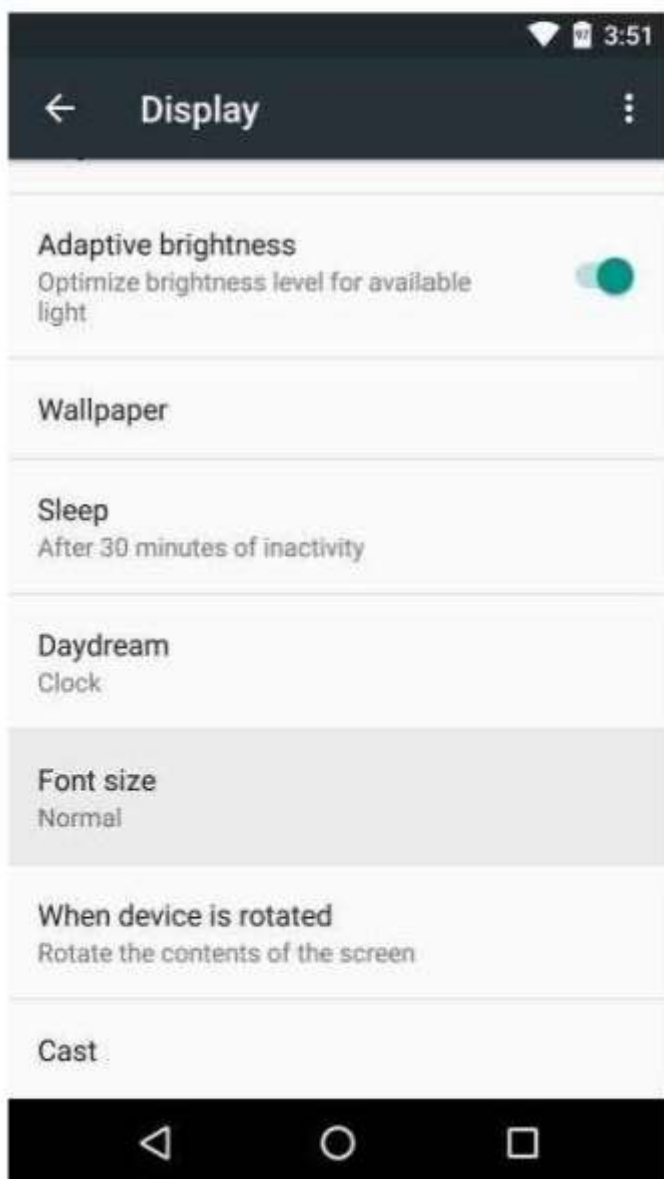
"It's better for girls to be single but not for boys. Boys need somebody to clean up after them." (Lynette, 9)

"Love and Marriage: It gives me a headache to think about that stuff. I'm just a kid. I don't need that kind of trouble." (Kenny, 7)

TECH TIP

Increase Font Sizes

One of the biggest complaints you'll hear from seniors regarding any smartphone is that the text is too small. From Android's main settings menu, head to the "Display" category, then tap "Font size" to change this. By default, this should be set to "Normal," but changing it to "Large" or "Huge" can really help if you have eyesight problems.



DRIFTWOOD SR. CENTER

FEBRUARY

DRIFTWOOD SR. CENTER IS FOLLOWING COVID 19 REQUIREMENTS

The Driftwood Sr. Center is following COVID-19 rules and restrictions. If you are interested in our current situation call for details. Lunches are served Monday, Tuesdays and Wednesdays. Please call 546-2331 for reservations to pick up a meal.



LAST YEARS TREE!



SOME HEART FACTS

- The average **heart** is the size of a fist in an adult.
- Your **heart** will beat about 115,000 times each day.
- Your **heart** pumps about 2,000 gallons of blood every day.
- An electrical system controls the rhythm of your **heart**. ... The **heart** can continue beating even when it's disconnected from the body.



MASK UP FOR SAFETY

Sally Bailey always masks up for safety when she is out of her home! Do you?



VICKIE LOWE

12-1946 ∞ 12-2020

We lost a dear friend but her memory will live on in our hearts forever!

OLD FOAGIE
HOAGIES
TO BE
ANNOUNCED



Eldred Senior Center

February 2021 is the month for Love and Romance



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



Happy Valentine's Day



- Medicare Note
- Donation to Eldred Center



APPRISE REFFERALS

PLEASE call for an appointment at 225-4752



ATA

Reserve a ride today
Call 1-866-282-4968

Happy Valentines Day from the Eldred Center. Photos to the Right are pre-Covid from right to left Gert Whipkey, and Rose Lasher



Medicate Note



Visit the Medicare Plan Finder at [Medicare.gov/find-a-plan](https://www.Medicare.gov/find-a-plan)



Get free help with your Medicare questions

For general Medicare questions, visit Medicare.gov, or call 1-800-MEDICARE. See pages 101-104 to learn about other resources.

Get preventive services

Ask your doctor or other health care provider which preventive services (like screenings, shots, and tests) you need to get. Medicare covers many common preventive services at no cost to you. See pages 29-49 and look for the to learn more.



February 2021 is the month for Love and Romance
Eldred Senior Center



Thank you to the Eldred Lions Club for their donation to the Eldred Center. (from left to right) Judy Kio, Eldred President Jo Ellen Kille, and Connie King.



The Eldred Senior Center Birthday Corner

*I would like to say **HAPPY BIRTHDAY** to the following Eldred Senior Center Members*

- Ann Payne Brigetta Mason Jo Ellen Killie
 Judy Daniels John Lafferty Deanna Taylor*



Cupid, the Symbol for Valentines Day

We see cupid as a winged baby that carries a bow, which he shoots arrows from. The purpose of his actions is to get someone to fall in love. Cupid is the son of Venus, the God of Love. He is known as the god of affection. His name means "desire". If Cupid shoots his gold tipped arrow at any human, piercing their heart, it will cause the human to fall in love. There is actually two different kinds of arrows. One causes someone to fall in love, the other is a blunt tip which causes the person to fall out of love. He is know as a winged cherub that raises havoc when it comes to matters of the heart. He is very mischievous, and uses his power, and matches up those who are destined to be soul mates. Cupid is seen on many valentine greeting cards. As part of the valentines gift some people may need a little push to express themselves. Having cupid around may be just what is needed to get them to express love, and friendship. There are many depictions of cupid, here are few posted below, that we are familiar with.



Emporium, Senior Center Director,
Kelly Spencer's daughter.
Ellee's 1st Christmas



We wish her a joyful Christmas!
Merry Christmas Ellee—I am sure Santa
was good to you!

Senior Moments

February 2021

Emporium Senior Center



Contact Us

Director: Kelly Spencer
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.

TEN WAYS TO LOVE

1. **LISTEN** without interrupting. (Proverbs 18)
2. **SPEAK** without accusing. (James 1:19)
3. **GIVE** without sparing. (Proverbs 21:26)
4. **PRAY** without ceasing. (Colossians 1:9)
5. **ANSWER** without arguing. (Proverbs 17:1)
6. **SHARE** without pretending. (Ephesians 4:15)
7. **ENJOY** without complaint. (Philippians 2:14)
8. **TRUST** without wavering. (Corinthians 13:7)
9. **FORGIVE** without punishing. (Colossians 3:13)
10. **PROMISE** without forgetting. (Proverbs 13:12)

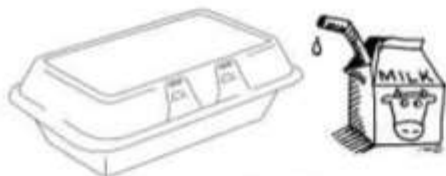
Punny of the Month

Laughter is good for the body & soul!



Emporium Senior Center

February 2021



We did the math! Here at the center, we served over **6,500** meals during 2020! This is an average of 550 meals per month! We truly could not do this without the dedication of our amazing volunteers!



Though we have other awesome volunteers who help when we are operating as normal, we have had 5 main volunteers who have kept things afloat with the Takeout Meals during the pandemic. A very heartfelt



Thank You to Ann Wheaton, Diane Williams, Gina Caton, Kathy Lewis, and Mary Hornung!



*Also, Thank you to Ken Ostrum for his morning help & thank you to each of the board members for helping to make decisions from a distance during this very different season. You all are appreciated!



Volunteer Spotlight



Here is a picture of Diane and our friend Fred from Valentine's Day a couple years ago!

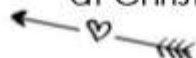
She sure knows how to be festive!!



Diane Williams is one of our amazing volunteers! She always shows up with willing hands and a willing heart. She also always goes above and beyond when it comes to dressing up for holidays!

Here she is at Christmastime!

2020



2019



Though the center has been closed, we still felt the Christmas love from many with their beautiful cards and well wishes. It was nice to hear from several that we had not heard from in awhile.



Live well, Love well,
& Hold Onto Hope.

HAPPY Valentine's Day -The Emporium Senior Center



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



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

Please call the Center to order your lunch.

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

The Fox Senior Center remains closed due to COVID 19.

The Center will be closed on Mon. Feb 15th. For Martin Luther King

Fox Township Senior Center



"The Happenin' Place"



02-02	Mary Ann Dollinger
02-04	Bob Mattiuz
02-06	Philip Wingard
02-08	Sonia Wright, Martha Micale, & Judy Knabb
02-10	Ted Gardner
02-11	Howard Fielding
02-16	Janet Blessel
02-19	Sandra Samick
02-20	Barbara Rajchel
02-25	Pat Sheeley, Kathleen Lecker
02-26	Mary Jean Mattiuz, Donna Girts and Fred Burgeson

THE GREATER BRADFORD SENIOR ACTIVITY CENTER FEBRUARY, 2021



60 CAMPUS DRIVE
BRADFORD, PA 16701
(814) 368-4412

8:30 AM - 2:30 PM

WHEN THE COVID VIRUS IS GONE, WE
WILL BE OPEN FOR EAT IN LUNCHES AND
ACTIVITIES, ...UNTIL THEN
WEAR YOUR MASK, STAY SAFE AND
HEALTHY



***IN LOVING MEMORY OF
TWO BOARD OF DIRECTOR MEMBERS
AT THE GREATER BRADFORD SENIOR
ACTIVITY CENTER***



***Rita Verolini
1927 - 2020***



***James Davidson
1940 - 2020***



**THE GREATER
BRADFORD SENIOR
ACTIVITY CENTER
VALENTINE'S DAY PARTY
FEBRUARY 11, 2021
MAKE A RESERVATION
FOR LUNCH BY
FEBRUARY 4, 2021**

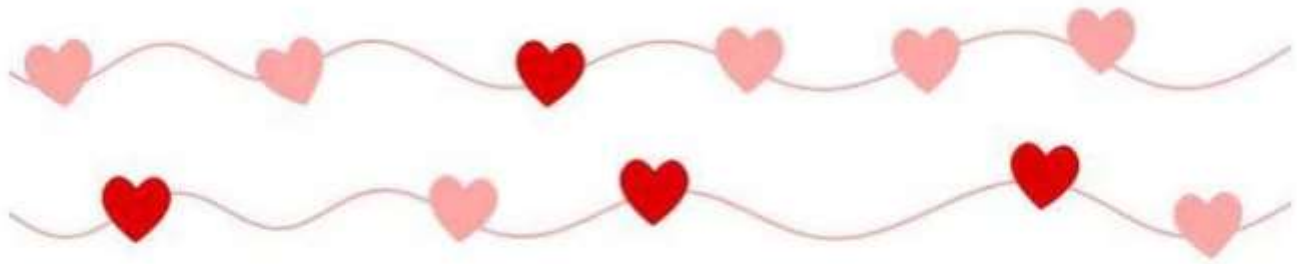
DOOR PRIZES

**CHEESEBURGERS ARE ON
THE MENU**

***THE GREATER BRADFORD
SENIOR ACTIVITY CENTER
PAST VALENTINE'S DAY PARTIES***



THE GREATER BRADFORD SENIOR
ACTIVITY CENTER
FEBRUARY BIRTHDAYS



2-4 Elgie Benson

2-15 Marjorie McGavock
Don Carl

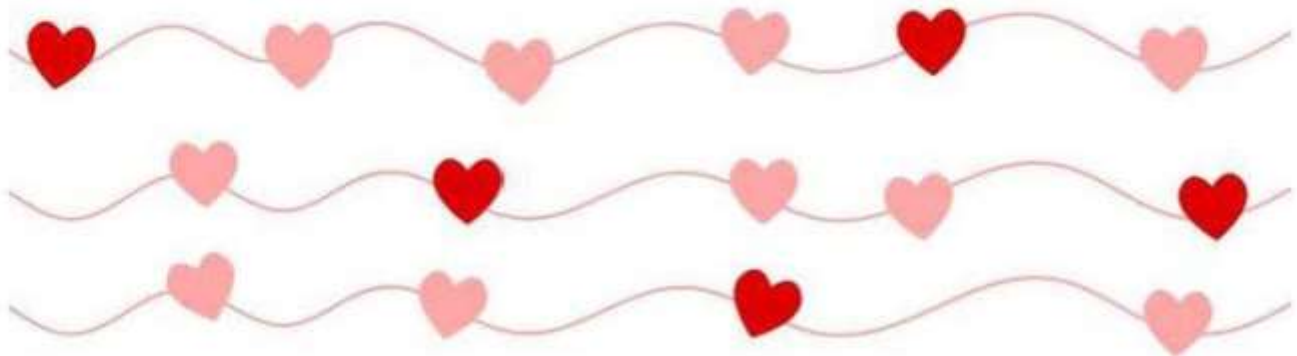
2-16 Irma Lombardi
Marian Lambham

2-17 Deborah Bennett

2-24 Kay Henry

2-25 Don Godding

2-27 Sandra Wilson



HAPPY BIRTHDAY

Johnsonburg Senior Center February's Senior Review

430 Center Street

Johnsonburg, Pa 15845

965-5638



The Center continues to serve
Take-out lunches Mon-Friday
between 11:30am-12:pm.

Hours of operation are 8:00am
-2:00pm to order meals, call
with questions, stop to pick up
puzzles or books.



Vaccines will be available
to the general popula-
tion. Call you doctor.



Past Valentine's
Day Photos





Wanted to share photos of my Christmas flowers from the Board and my new Puppy— "Tonka". He is a Red Lab.



★ HAPPY ★ BIRTHDAY!

2/2 Eileen Weber

2/6 Bob Fidler and Diane Zelechowski

2/20 Debbie Warmbrodt

2/26 Patty Geyer





If you haven't driven by the Center lately, we decorated for the Christmas Season.



Check us out on Facebook @ New Johnsonburg Senior Center page. Look for Monthly Menus, The Medicare Toolkit and other updates and communication.



More Recipes from Art Stahl:

Venison Vegetable Soup:

Ingredients for 8 Servings:

- 1 TBSP Vegetable Oil
- 1 LB Venison cut into Cubes
- 1 cup Diced Onions
- 1- 16 oz. Package of Frozen Mixed Vegetable
- 2—14.5 oz. cans of peeled and diced tomatoes with juice
- 3 cups of Potatoes, peeled and diced
- 4 Cups Water 1 TBSP White sugar
- 2 tsp Beef Bouillon granules or base
- 1 tsp Salt 1/2 tsp Pepper 1/2 tsp Garlic Powder 1/4 tsp Hot Pepper Sauce



Directions:

1. Heat oil in a stock pot over Medium High Heat for 10 minutes or until onions are translucent.
2. Stir in the mixed vegetables, tomatoes and potatoes. Combine with water, sugar and bouillon. Stir into soup. Season with salt, pepper, garlic powder and hot pepper sauce. Cover and simmer for at least 1 hour or until the meat is tender.

Slow Cooker Venison Sloppy Joes Makes 4 servings

1/4 lb bacon, 2 lbs venison stew meat, 1 large yellow onion (chopped), 1/2 cup brown sugar, 1/4 cup wine vinegar, 1 TBSP Cumin, 1 TBSP Chili powder, 2 TBSP Minced Garlic, 1 TBSP Dijon Mustard, 1 Cup Ketchup, Salt & Pepper.

Place bacon in large skillet to brown . Remove and crumble . Sets aside. Put onion, sugar, vinegar, cumin, chili powder, garlic, mustard, ketchup, salt & pepper in slow cooker. Mix Well. Add bacon and venison and stir together. Cook for 8 hours on low setting. Use a fork to separate the meat into thick and yummy Sloppy Joes– BBQ style.

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)

FEBRUARY 2021

Covid-19 Vaccines– now available
for Phase 1B– Age 75 and up.
Watch for 1C– Age 65 plus ages
16-64 with high risk conditions.



FEBRUARY BIRTHDAYS

2/7	Gary Steudler
2/15	Nancy O'Rourke
2/17	Sue Smith



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 -

TAKE-OUT TIME!



Our seniors are great about picking up their lunches on time. Above left, Tom and Marty Kreckel stop by so Tom can show us he's safely back on the road again after surgery. Above right, we welcome Betty Grasser back to the center, with her daughter Bonnie picking up her lunch. Below left, Marlene Cook stops to pick up treasurer paperwork along with her lunch. Below right, Doris Neubert, gets her meal and sends cards for birthdays, get well, etc.



JONES TOWNSHIP -

TAKE-OUT TIME!



Jim Preshak, above left, brings his mighty pooch along to help when he picks up meals for himself and Dotty. Above right, Joe Mehalko checks through the meal reservations for the day. Below left, Dan Hasney picks up his wife Donna's meal. At right, Kaki Allegretto counts meal donations.



Kane Senior Center

February 2021



YOUR HOME AWAY FROM HOME!!



"Fabulous February!!"



Fun February Facts

- The flower symbol is the **Primrose**.
 - February's birthstone is the **Amethyst**.
- Did You Know...**
- Valentine Day started with the **Romans**.
 - passing out Valentine's is a **600 year** tradition.
 - 144 million** Valentine's are sent yearly.

-65% of Americans think the colors of love are **pink and red**.

-Candy conversation hearts were originally created to be used as **throat lozenges**.

-**Roses** are considered the flower of **LOVE**.

-**Valentine's Day** is a popular day to get engaged.

-American's spent **27.4 billion** in 2020 on Valentine's Day.

-a box of chocolates has been around for **140 years**.

-**caramels** are the favorite candy in a box of chocolates.

-Valentine's Day is the biggest holiday for **flowers**.

"Who Knew?"

In This Issue:

- Meet the Crew
- February Birthdays

Happy
Groundhog
Day!



What a Kitchen Crew!!! *Kane*

So how are we able to continue providing meals to so many of our Kane-ites day after day? It is because of our amazing volunteers...I thought maybe you might like to get to know these on a more personal level...starting with our Monday crew...Beverly Lupole and Lynn Avenali. We are so grateful to these gals and the hard work they put in to make our "to-go" lunch program possible. Let's meet them together...

Getting to Know...

Lynn M. Avenali

Lived in Kane: *All her life.*

Graduated from: *Kane High School*

Married: *Yes* How Long: *26 years*

How did you meet your mate? *I met Tony at work.*

Do you have children? *No*

Do you have pets? *Yes...2 cats....Ruby and Benny*

What is your favorite color? *My favorite color is red!*

What is your favorite food? *My favorite food is Lasagna.*

What is your favorite thing to cook? *I love to cook Lasagna and Spaghetti because it is my favorite things to eat.*

What is your favorite flower? *My favorite flowers are carnations and daisies.*

What are your hopes for 2021? *I hope we can stay healthy and happy and get my vaccine.*



Getting to Know...

Beverly Jean Lupole

Lived in Kane: *I have lived in Kane most of my life.*

Graduated from: *Kane High School*

Married: *I was married for 60 years.*

How did you meet your mate?

Do you have children? *I have 4 children.*

Do you have pets? *I do not have any pets.*

What is your favorite color? *My favorite colors are yellow and blue.*

What is your favorite food? *I love to eat anything pasta.*

What is your favorite thing to cook? *I love to fix lasagna because it is my favorite.*

What is your favorite flower? *I don't have a favorite...I love them all.*

What are your hopes for 2021? *I want things to get better.*



February Birthdays



Robert Johnson

Laurie Kisko

Judi Zelina

Missy Hartman

Audrey Marshall

Shirley A. Moore

Phyllis Walter

Jim McCormack

Joyce Reinard

Bonnie Huckabone

Digger Johnson

Stewart Johnson

Ann Pierotti

Brandie Shugars

Judy Lyle



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

Happy Birthday!!!

John McLaren 2/3

Mary Ann Pritchett 2/6

Glendora Norberg 2/20

Mary Lou Stidd 2/23

Arlene Warren 2/23

Millie Reinard 2/28





Valentine's day

14 February

**The Center will not be serving take-out meals
February 15th (Presidents' Day)**



Love me ...

*Love me in the Springtime, when all is green and new,
Love me in the Summer, when the sky is oh so blue,
Love me in the Autumn, when the leaves are turning brown,
Love me in the Winter, when the snow is falling down.*

*Love me when I'm happy, and even when I'm sad,
Love me when I'm good, or when I'm oh so bad,
Love me when I'm pretty, or if my face is plain,
Love me when I'm feeling good, or when I'm feeling pain.*

*Love me always darlin', in the rain or shining sun,
Love me always darlin', after all is said and done,
Love me always darlin', until all our life is through,
Love me always darlin', for I'll be lovin' you!*

Mount Jewett Senior Center

PORT ALLEGANY SENIOR CENTER

FEBRUARY NEWSLETTER

MONDAY—FRIDAY, 8:30—2:30PM

814 642 2101

*Happy
Valentine's
Day*

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



**HAPPY
PRESIDENT'S
DAY**

Improving Ventilation in Your Home



Bring as much fresh air into your home as possible.

Bringing fresh, outdoor air into your home helps keep virus particles from accumulating inside.

- If it's safe to do so, **open doors and windows** as much as you can to bring in fresh, outdoor air. While it's better to open them wide, even having a window cracked open slightly can help.
- If you can, open **multiple** doors and windows to allow more fresh air to move inside.
- Do not open windows and doors if doing so is unsafe for you or others (for example, presence of young children and pets, risk of falling, triggering asthma symptoms, high levels of outdoor pollution).
- If opening windows or doors is unsafe, consider other approaches for reducing virus particles in the air, such as using air filtration and bathroom and stove exhaust fans.

STAY HEALTHY MY FRIENDS!

FEBRUARY BIRTHDAYS

Port Allegany

- Feb. 06 Mona Fowler
- Feb. 08 Leonard Roboski
- Feb. 20 Judy Bush
- Feb. 26 Richard Lewis
- Feb. 26 Mike Coneys
- Feb. 27 Kathryn Gotshall



*I Can't Fully Express How Much You All
Mean to Me".....*

*"May You Continue to Touch the Lives Around
You".....*

Senior Center will be closed; Monday, February 15—PRESIDENTS' DAY—**"LEAVE NOTHING FOR TOMORROW WHICH CAN BE DONE TODAY." - ABRAHAM LINCOLN**



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!

St. Marys Senior Center

72 Erie Avenue
Marien Stadt Place
St. Marys PA 15857
814-781-3555
llamb@ohsaging.com

Monday—Friday 8:30—2:30
Lesa Lamb, Director



February 5
"Wear Red Day"

February 15 CLOSED

Hand outs for February:
** Pain: You can get Help
** A Well-aged Mind

To be announced
Kitchen Training Class

APPRISE counseling available— help
with Medicare questions. Call for an
appointment.

Stop in for a menu.



SMSC 72 Erie Ave, across from the
Depot Street Parking Garage



**Remember to pay your
2021 dues,
still just \$12
SUPPORT OUR CENTER**

*If I had a flower
for every time you made me
smile and laugh
I'd have a garden to walk in
forever.*



The members of the St. Marys Senior Center

february

14

*wish you a wonderful
Valentine's Day filled with
Sweet Surprises.*

St. Marys Senior
Center

"Where good
friends grow
Like
Wildflowers..."



Make your
Lunch Reservations
by 12:45

the day before at the latest.
All meals are carry out.

Pick up between 11:15 and 11:45.

SUGGESTED MEAL DONATION AMOUNTS:
MONTHLY EARNINGS: SUGGESTED COST:

Up to \$1,250/mo.	\$2.50
\$1,251—\$1,750	\$3.00
\$1,751 and up	\$3.75

SMSC CLOSED

Monday, February 15
President's Day



"We are all a little
weird and life's a
little weird, and
when we find
someone whose
weirdness is
compatible with
ours, we join up
with them and fall
in mutual weirdness
and call it love."

~ Dr. Seuss

**Yearly Kitchen Volunteer
Update Class...**

Date to be announced.
Everyone that helps in the
kitchen needs to attend.

**New Helpers
are needed !!!**



February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Meal 15</i> Pasta Fagioli Cheese Slice Fruit Cocktail w/ Strawberries Wheat Dinner Roll	2 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	3 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	4 <i>Meal 14</i> Lasagna Italian bread Tossed Salad 1 1/2 cups w/ Broccoli and Cauliflower	5 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
8 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	9 <i>Meal 19</i> Baked Ziti / Meatballs Grated Cheese Tossed Salad Broccoli & Cauliflower Garlic Breadstick Mixed Fruit Salad	10 <i>Meal 16</i> Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices	11 <i>Meal 20</i> Cheeseburger/ Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	12 <i>Meal 23</i> Chicken & Biscuit Pepper Slaw Warm Peaches
15 CLOSED PRESIDENTS' DAY	16 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	17 <i>Meal 17</i> <i>Ash Wednesday</i> Baked Crab Cake Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges	18 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Fresh Fruit	19 <i>Lenten Meal</i> Egg Salad Wheat Bread Tomato Soup - Chunky Style Saltine Crackers Cold Pea Salad
22 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread	23 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli and Cauliflower	24 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	25 <i>Meal 2</i> Salisbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	26 <i>Lenten Meal</i> Tuna Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
				

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

OHS MEAL CALENDAR

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	2 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	3 <i>Meal 6</i> Roasted Pork w/Apples Whipped Potatoes w/chives Carrots Mini Biscuit w/apple butter	4 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	5 <i>Lenten Meal</i> Lemon Pepper Fish Macaroni and Cheese Stewed Tomato Medley Banana/Pineapple Mix
8 <i>Meal 15</i> Pasta Fagioli Cheese Slice Wheat Dinner Roll Strawberries in Fruit Cocktail	9 <i>Meal 12A</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	10 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	11 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread	12 <i>Lenten Meal</i> Lasagna Florentine <i>Meatless</i> Italian Bread Tossed Salad 1 1/2 cup w/ Hard Cooked Egg, Broccoli and Cauliflower
15 <i>Meal 18</i> Beef Stew Biscuit Tropical Fruit Salad w/Mandarin Oranges	16 <i>Meal 16</i> Sauerkraut & Pork Rye Bread Whipped Potatoes Apple/Pear Compote	17 <i>Meal 19</i> Baked Ziti w/Meatballs Grated Cheese Tossed Salad Broccoli & Cauliflower Garlic Breadstick Mixed Fruit Salad	18 <i>Meal 20</i> Cheeseburger/Wheat Bun Chopped Onion Potato Salad Baked Beans Fresh Orange	19 <i>Meal 17</i> Baked Crab Cake Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges
22 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	23 <i>Meal 23</i> Chicken & Biscuit Pepper Slaw Warm Peaches	24 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	25 <i>Meal 22</i> Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	26 <i>Meal Lenten</i> Egg Salad Wheat Bread Tomato Soup- Chunky Style Saltine Crackers Diced Pears w/Blueberries
29 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread	30 <i>Holiday Meal</i>  Roast Turkey Stuffing w/ Gravy Whipped Potatoes Holiday Mixed Vegetables Cranberry Sauce	31 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread		

Subject to change, check with your center director for a complete menu

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OHS MEAL CALENDAR