

January 2021



AREA AGENCY
ON AGING
ELK, CAMERON &
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:

- ⇒ Social Security Star newsletter
- ⇒ Happy New Year 2021
- ⇒ Martin Luther King Day
- ⇒ New Employee: Jennifer Catalano
- ⇒ Senior Volunteers
- ⇒ Health & Wellness



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- SOCIAL SECURITY AND SMALL BUSINESSES

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The Social Security Star

SOCIAL SECURITY BENEFITS INCREASE IN 2021



Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the COLA helps to offset these costs.

January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change in 2021. You can read our press release for more information at

www.ssa.gov/news/press/factsheets/colafacts2021.pdf.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via the Message Center inside *my Social Security* in early December without waiting for the mailed notice.

If you don't have an account yet, you will have to create your account by November 18, 2020 to receive the COLA notice online this year. *my Social Security* account holders can opt out of receiving a mailed COLA notice and other paper notices that are available online. You can choose text or email alerts when there is a notice in Message Center by updating your Preferences at www.ssa.gov/myaccount/opt-out.html so you always know when we have something important for you.

Be the first to know! Sign up for or log in to your personal account today at www.ssa.gov/myaccount. Choose email or text under

"Message Center Preferences" to receive courtesy notifications. This way you won't miss your online COLA notice!

You can find more information about the 2021 COLA at www.ssa.gov/cola.

Most Social Security services are available online by visiting www.socialsecurity.gov, and by calling Social Security toll-free at 1 (800) 772-1213 or 1 (800) 325-0778 TTY

Remember, visit www.ssa.gov/agency/emergency/ for up-to-date information about Social Security Office Closings and Emergencies. Subscribe to state or territory specific updates!

GET YOUR NEW STANDARDIZED BENEFIT VERIFICATION LETTER ONLINE



If you receive a Benefit Verification letter, sometimes called a "budget letter," a

"benefits letter," a "proof of income letter," or a "proof of award letter," we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, the new Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage, and other verification purposes.

The same standardized letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual representative payee, you can use the [my Social Security Representative Payee](#) portal to access the same standardized Benefit Verification letter online for your beneficiaries.

This new standardized Benefit Verification letter is another example of our commitment to improve our service to you.

No matter how you request your letter, whether calling our National 800 Number, your local office, the Interactive Voice Response system, or online with your personal [my Social Security](#) account at

www.ssa.gov/myaccount, the Benefit Verification letter now contains a seamless look.

During the current coronavirus pandemic, we continue to provide help to you and other people in your communities.

While our offices are not providing service to walk-in visitors due to COVID-19, we remain ready and able to help you by phone with most Social Security business.

You can speak with a representative by calling your local Social Security office or our National 800 Number. You can find local office phone numbers online by using our Social Security Office Locator at www.ssa.gov/locator.

TOP TEN SITES OF SOCIAL SECURITY FOR 2020



Our online services often allow you to do business with us without visiting a local office or calling. Here are our top 10 webpages of 2020:

1. Open your own personal [my Social Security](#) account, where you can verify your earnings, get future benefit estimates, obtain benefit verification letters, update your Social Security information if you receive benefits, and more, at www.ssa.gov/myaccount. We continue to add new features to make doing business with us easier than ever.
2. Need answers to your Social Security related questions? Our Frequently Asked Questions page is the authoritative source at www.ssa.gov/faq.
3. Our hub for Social Security news and updates is our blog at blog.socialsecurity.gov. You can use social media to easily share these informative articles with friends and family.
4. You can complete and submit our online application for retirement benefits in as little as 15 minutes at www.ssa.gov/retirement.
5. You can conveniently apply for disability benefits online at

www.ssa.gov/benefits/disability.

6. Access our publication library — we have online booklets and pamphlets (including audio versions) on key subjects at www.ssa.gov/pubs.
7. You can learn everything you need to know about Medicare at our dedicated page at www.ssa.gov/benefits/medicare.
8. There's no need to call or visit a local office when you use our online services page at www.ssa.gov/online/services.
9. There are times when you may need to fill out a form and submit it to us. You can find what you need easily at www.ssa.gov/forms.
10. Reporting Social Security fraud is a key part of preventing it. You can help stop scammers at www.ssa.gov/antifraudfacts.

We care about giving you easy access to the information you need from us. Please feel free to share these pages with your friends and family.

SOCIAL SECURITY AND SMALL BUSINESSES



According to the U.S. Small Business Administration, about 30 million small businesses in the United States employ tens of millions of people. Running a small business can be a 24-7 endeavor. Managing employees, inventory, scheduling, services, and marketing can be challenging. If you're a small business owner, or you work for one, we can help make your life easier with our suite of services. Our business services allow you to file W-2/W-2Cs online and verify your employees' names and Social Security numbers against our records.

If you run a business, make us your first stop at www.ssa.gov/employer. It will save you valuable time when you need information on W-2s, electronic filing, and verifying Social Security numbers. Small business owners can also take advantage of our Business Services Online at www.ssa.gov/bso/bsowelcome.htm. You must register to use this free service, which also offers fast and secure online

W-2 filing options to Certified Public Accountants, enrolled agents, and individuals who process W-2s and W-2Cs.

For more information about electronic wage reporting, please read our publication at www.ssa.gov/pubs/EN-05-10034.pdf.

DO YOU SUSPECT SOMEONE OF
COMMITTING FRAUD, WASTE,
OR ABUSE AGAINST
SOCIAL SECURITY?

REPORTING FRAUD TO THE
SSA OFFICE OF THE INSPECTOR
GENERAL IS EASY, SAFE, AND
SECURE.

REPORT SOCIAL SECURITY
SCAMS AT
[HTTPS://SECURE.SSA.GOV/PF/FF/
HOME](https://secure.ssa.gov/pf/ff/home)

REPORT OTHER SOCIAL
SECURITY FRAUD, WASTE,
AND ABUSE AT
[HTTPS://SECURE.SSA.GOV/PF/RF/
HOME](https://secure.ssa.gov/pf/rf/home)

OTHER WAYS TO
REPORT FRAUD

U.S. MAIL:

SOCIAL SECURITY FRAUD
HOTLINE
PO BOX 17785
BALTIMORE, MD 21235

FAX:
(410) 597-0118

PHONE:
(800) 269-0271
10:00 A.M. TO 4:00 P.M. ET,
MONDAY TO FRIDAY,
EXCEPT FEDERAL HOLIDAYS

(866) 501-2101 TTY



**HOPING AND PRAYING THAT 2021
BRINGS PEACE AND TRANQUIL TIMES
TO OUR COUNTRY.**

GOOD RIDDANCE TO 2020!

**The Senior Centers and OHS offices will be
closed in observance of the Holiday,
New Year's Day on Friday, January 1, 2021.**



MARTIN LUTHER KING DAY
MONDAY, JANUARY 18, 2021
OHS Offices and Senior Centers will
be closed in observance of the holiday.



I look to a day when people will
not be judged by the color of their
skin, but by the content of their
character.

Martin Luther King, Jr.

Welcome
Jennifer Catalano

*Jennifer will be joining
the OHS staff as the
Fiscal Officer.*

*She brings CFO experience
working with Community
Nurses and ATA.*

*She will be joining us on
January 11, 2021*





Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

January Volunteer

Birthdays

Joe Burkes
Cassie Burlingame
Regina Caton
Ruth Coppolo
Laura Covert
Doris Dempsey
Joyce Dunworth
Jayne Erickson
Guy Gerhart
Gerald Huff
Art Johnson
Kenneth Keefer
Susan Keefer
Charlotte Knopic
Judith Lachner
George Lavella
Mary Lazzo
Chester Lundy
Alvin Lyon

Iva Miller
Dorothy Mosier
Donald Nelson
Ken Ostrum
Richard Parker
Mary Ann Pennington
Raymond Pettys
Dorothy Preshak
Karen Stone
Joyce Warmbrodt
Grace Yasurek
Doug Yingling



While you are shut in

Write a happy song
Phone a friend
Share a book
Watch for signs of spring
Think positive,
and remember, this too
will pass.

Have a wonderful new Year

Volunteers



Medicare Enrollment Periods

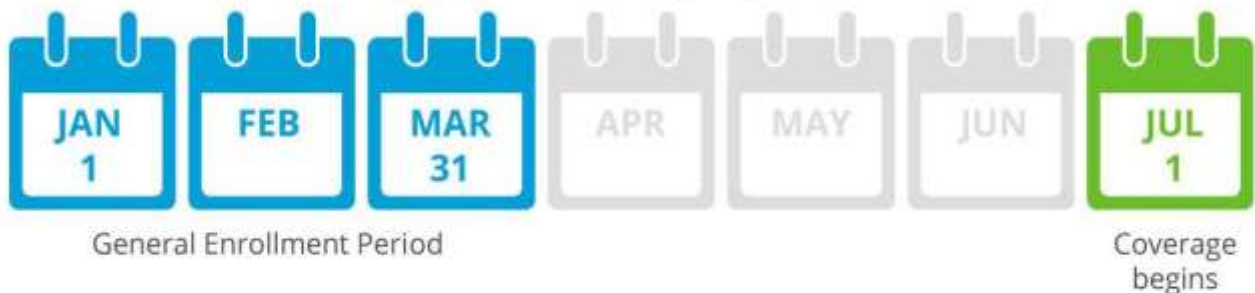
Initial Enrollment Period:

The Initial Enrollment Period (IEP) is the first time you can sign up for Medicare.



General Election Period:

The General Enrollment Period (GEP) allows individuals to enroll in Parts A and B, but late enrollment penalties may apply and increase your premiums.



Open Enrollment Period:

The Medicare Open Enrollment Period, often called the Annual Election Period (AEP), is the time when individuals can change their Medicare Advantage and/or Medicare Part D plans. This is also the time to switch from Original Medicare to Medicare Advantage (or vice versa).



Make eye health a New Year's resolution. Get a dilated eye exam.



Make a resolution to learn more.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But, did you realize that *feeling* your best includes *seeing* your best too? January is Glaucoma Awareness Month – the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed.

Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.



2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

3. In the United States, half the people who have glaucoma don't know they do. Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.

4. Some people are at higher risk than others. African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.

5. There is only one way to know if you have glaucoma. Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.

To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.

To learn more, visit www.nei.nih.gov/glaucoma



YouTube



The National Eye Institute (NEI) leads the federal government's research on the visual system and eye diseases. NEI supports basic and clinical science programs to develop sight-saving treatments and address the special needs of people with vision loss. For more information, visit www.nei.nih.gov.

Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

January 2021

SOMETHING NEW!!!

Located at the front entrance is now a locked drop box for your convenience.

You can now drop off your membership dues, memorial donations, raffle tickets or any other monetary item at your leisure. Monetary donations and menus for take-out meals need to be given to the center director and not placed in this box.



HEY, CAN I ORDER A TAKE-OUT MEAL?

Serving only humans at this time Mr. Elk!!



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.



Don't just stare at the TV this winter!!

Check out our local public library.

The library has many resources to access such as government resources, technology training, health resources and continuing education. Along with genealogy and local history and e-books to download onto your device so you never have to leave your couch!

Call the St. Marys Public Library for more information at 814-834-6141

Hours are: Mon. 10-5

Tues. 1-7

Wed. 10-5

Thurs. 1-7

Fri. 10-5

Knowledge is free at
the library. Just bring
your own container.



2020 Raffle Winners

\$100.00 Cash prize winners: Christine Gavazzi,
Dolores Floravit, Amanda & Alex Giambi

\$50.00 Cash prize winners: Stephen & Patty Gerber,
Tony Azzato, Rodney Chiodo, Mary Amoriello

Santa Decoration : Peggy Schneider

Unwanted Phone Calls

What is SPOOFING?

Calls from Fake Numbers — or “Spoofing”

Call blocking technology can sometimes stop calls from scammers who can make fake names or numbers show up on your caller ID. Scammers often use these “spoofed” names and numbers in [government imposter scams](#) to make you think it's Social Security or law enforcement calling. Then they try to convince you to [wire money](#) or pay them with [gift cards](#). Learn more about [common phone scams](#).

In something known as neighbor spoofing, scammers display a number with your area code. They often match the first six digits of your phone number, so you're more likely to answer the call. Often the faked name and number belong to a real person who has no idea their information is being misused.

What About the National Do Not Call Registry?

The [National Do Not Call Registry](#) is designed to stop sales calls from real companies that follow the law. The Registry is a list that tells telemarketers what numbers not to call. The FTC does not and cannot block calls. Scammers don't care if you're on the Registry.

Report Unwanted Calls

Report unwanted calls at [ftc.gov/complaint](https://www.ftc.gov/complaint). Report the number that appears on your caller ID — even if you think it might be spoofed or faked — and any number you're told to call back. The FTC analyzes complaint data and trends to identify illegal callers based on calling patterns. We also use additional information you report, like any names or numbers you're told to call back, to track down scammers.

We take the phone numbers you report and release them to the public each business day. This helps phone carriers and other partners that are working on call-blocking solutions. Your reports

**Above information take from the Federal Trade Commission Website for more information
check out the website. <https://www.consumer.ftc.gov/articles/how-block-unwanted-calls>**

Driftwood Senior Director, Linda Burrows made this delicious, beautiful Christmas cake for the OHS offices to enjoy.



LINDA



DRIFTWOOD SR. CENTER



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.



If you live in Driftwood or Sinnemahoning you know that we have a lot of power outages. Keep in mind, we have a generator!!



2021 MEMBERSHIPS ON SALE NOW!

The Driftwood Sr. Center memberships are now on sale for the new year. Become a member today and enjoy the benefits!

COVID TIPS FOR SENIORS

Wash Your Hands

Sneeze And Cough Into Your Sleeve

Avoid Touching Your Eyes, Nose Or Mouth

Avoid Contact With People Who Are Sick

Healthy Lifestyle

Seek Immediate Help If Symptoms Appear

Keep The Environment Clean



7 YEARS IN OUR NEW CENTER

It is hard to believe that we have been in our new Senior Center for 7 years already! Hats off to Basil Buchanan who was instrumental in starting the process year ago!



Happy New Years

Eldred Senior Center

*January 2021 is a New Year
for Resolutions*

Phone (814) 225-4752
Open 8:00 am—2:30 pm



Monday thru Friday



APPRISE REFFERALS

Call to make an appointment 225-4752

ATA

Reserve a ride today

Call 1-866-282-4968 Reservation need to
be made 24 hours
in advance.



- Extra Notes
- Happy New



What are my Medicare rights?

No matter how you get your Medicare, you have certain rights and protections. All people with Medicare have the right to: Be treated with dignity and respect at all times

Be protected from discrimination

Have personal and health information kept private

Get information in a way they understand from Medicare, health care providers, and Medicare contractors

Have questions about Medicare answered Have access to doctors, other health care providers, specialists, and hospitals. Learn about their treatment choices in clear language that they can understand, and participate in treatment decisions. Get Medicare-covered services in an emergency . Get a decision about health care payment, coverage of services, or prescription drug coverage

Request a review (appeal) of certain decisions about health care payment, coverage of services, or prescription drug coverage. File complaints (sometimes called "grievances"), including complaints about the quality of their care.

Extra Notes



Thank You To my Kitchen volunteers!



Eldred Senior Center



Happy New Year From The Eldred Senior Center



The Eldred Senior Center Birthday Corner

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

Dana Goldsmith Linda Clouser Pat Tyler

Fran Petruzzi



Auld Lang Syne

It's the song we sing at the end of each year which most of us mumbles our way through it. At the last chime of the old year and the chime of the New Year will find most of us singing. Auld Lang Syne refers to "days gone by". It has been deemed the song that nobody really knows the words to. There is reference to getting drunk and singing, at the New Year, to the days that have gone by. We share it with long time friends and new friends, as we sing, we share in song about not forgetting about them. The main song;

Should auld acquaintance be forgot,

And never brought to mind?

Should auld acquaintance be forgot, and old lang syne?

and auld lang syne?

We'll tak'a cup o' kindness yet,

For auld lang syne

And surely you'll buy your pint cup! And surely I'll buy mine

and we'll take o' cup kindness yet for auld lang syne.

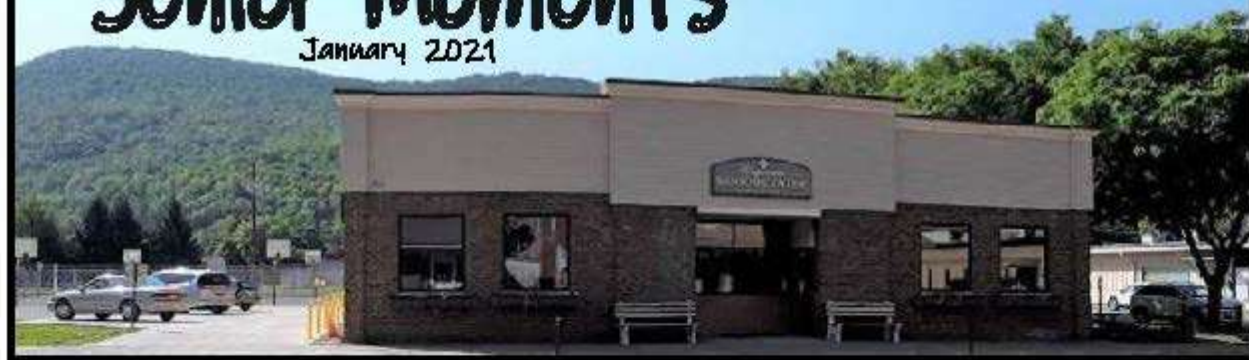
And there's a hand my trusty friend! and give me a hand o' thine! And
we'll take a right good-will draught,

For auld lang syne.

Senior Moments

January 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.



Funny of the Month

Laughter is good for the body & soul!



Linda Lucas made & donated Christmas themed masks to be given out to our consumers.

These are just a few of the festive masks!

Thanks for thinking of us Linda!



For many of the people in our communities, 2020 has felt like a year full of unexpected challenges and setbacks. Many may feel as though they completely lost a year out of their lives. 2020 was hard in a lot of ways, but if you are still here, then that means you have opportunity to tackle year 2021 and live well. We don't know what the year may hold, but good times or hard times, spend the time you have been given as best as you can.



Live Well, Love Well,
& Hold Onto Hope.



The Dash Poem

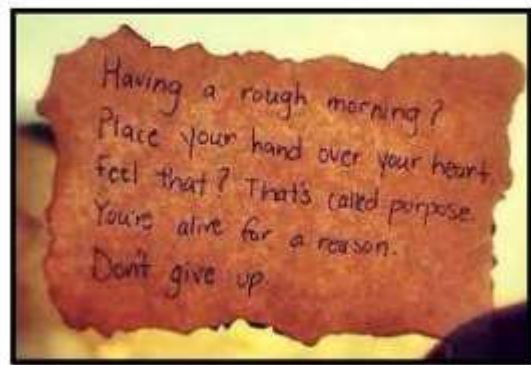
by Linda Ellis

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on her tombstone
From the beginning to the end

He noted that first came the date of her birth
And spoke the following date with tears,
But he said what mattered most of all
Was the *dash* between those years

For that *dash* represents all the time
That she spent alive on earth.
And now only those who loved her
Know what that little line is worth.

For it matters not how much we own;
The cars, the house, the cash,
What matters is how we live and love
And how we spend our *dash*.



Wishing You A Hopeful New Year! -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
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.

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

HAPPY NEW YEAR

The Fox Senior Center will be closed
on Friday Jan 1st and Monday Jan.
18th

Fox Township Senior Center



1-9	Gerald Huff
1-10	Iva Miller
1-11	Dorothy Mosier
1-16	Jacquelyn Himes
1-21	George Lavella
1-23	George Heigel

**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER
JANUARY, 2021**

happy new year



**60 Campus Drive
Bradford, PA 16701
8:30 AM - 2:30 PM
Monday thru Friday**

**Due to COVID-19 Virus, we are closed for
activities, and programs, but some (25) are
allowed to eat in or anyone can take a
lunch out.**

**Call a day ahead by 12:30 PM to make a
reservation.**



**THE GREATER
BRADFORD SENIOR
ACTIVITY CENTER
NEW YEAR'S PARTY**

NEW YEAR'S PARTY

**JANUARY 19, 2021
LUNCH INSIDE WILL BE
LIMITED TO 20 AND TAKEOUTS
WILL BE OFFERED.
HAM IS ON THE MENU!**

**RESERVATIONS MUST BE IN BY
JANUARY 12, 2021**

DOOR PRIZES

**Happy
New
Year**

The background of the page is a light blue gradient with faint, stylized illustrations of balloons and falling confetti. The balloons are in various shades of blue, green, and grey, some with patterns. The confetti consists of small, dark grey geometric shapes like diamonds and squares.

THE GREATER BRADFORD SENIOR ACTIVITY CENTER BIRTHDAYS IN JANUARY, 2021

01/09	Carol Zeigler
01/20	Ted Gross
01/12	Clair Butler
01/22	Fannie Parrott
01/23	Cordie Eddy

Happy Birthday



**THE GREATER
BRADFORD
SENIOR ACTIVITY
CENTER**

**WANTS TO WISH
EVERYONE A
HAPPY NEW YEAR**

**HERE'S HOPING THIS YEAR
WILL BE SO MUCH BETTER!**

STAY SAFE AND HEALTHY

HAPPY

NEW YEAR

Spectacular Christmas Star appearing this month: When is the best time to see it?

A rare “close encounter” of the solar system’s two largest planets Dec. 21 will be the chance to see one of the theories to explain the biblical “Christmas Star”.



Jupiter and Saturn will come so close together – visually- in the western sky that they will be basically one bright point of light. Because Saturn is five times farther from the Earth than Jupiter, they won’t really be that close but will appear that way. The two planets align every two decades, but astronomers say you’d have to go back to hundreds of years for a conjunction this close.

The last time they were this close was about 400 years ago in the 1623. That’s the time of early astronomers like Galileo and Johannes Kepler. Kepler was the first person who really understood how orbital mechanics worked and these objects traced elliptical paths through space. Some astronomers theorize that the Star of Bethlehem in the biblical story may have been a rare triple conjunction of Jupiter, Saturn and Venus. Others point to a supernova around 5 B.C. as a possible explanation.

In the northern hemisphere this December, the planets will be low in the western sky at the time of conjunction. They will be special to see any night on the week of Christmas but they will be the closest on the 21st. **The clearest possible view will be in the Western sky right at sunset on Dec. 21st.** Look out your windows or step outside to see this beautiful star that won’t be seen for hundreds of years to come.



Johnsonburg Senior Center

January Senior Review



430 Center Street
Johnsonburg, PA 15857
814-965-5638



*Christmas Holiday Meal—
Dec 22nd
Closed December 24-25
Jan 1st For New Year's Day
Jan 18th for Martin Luther
King*



The phone number
is back to the
original number of
814-965-5638



shutterstock · 356091257

Dues are not being collected for 2021 but if you still want to donate you can send a check to the center. Much appreciated.

New Lenten items will be on the menu in the near future. Try them out! Remember to call by 12:30pm the last business day before you would like to order a meal.



January Birthdays

1/1 Joyce Dunworth	1/20 Joyce Warmbrodt
1/1 Sally Smith	1/21 Rose Brendel
1/1 Linda Boulais	1/21 Judi Lachner
1/2 Nancy Shuey	1/22 Mary Ann Pennington
1/2 Barb Pistner	1/22 Lillian Bliskey
1/2 Mary Lynn Smith	1/26 Julia Benson
1/10 Jane Erickson	1/27 Sam Guaglianone
1/16 Charlotte Knopic	1/28 Cecelia Miller
1/18 Dennis Lee	1/31 Margaret Johnson



From Art Stahli

All are welcome to share their favorite recipes– just give them to me for next months review pages.

Easy Parmesan Garlic Chicken

6 servings

1\2 Cup Parmesan Cheese

1 envelope good season Italian salad dressing mix

1\2 tsp Garlic Powder

6 Boneless, Skinless chicken breast halves (about 2lbs)

Mix cheese, garlic powder & salad dressing. Moisten chicken with water, coat with cheese mixture.

Place in a shallow baking dish.

Bake at 400 degrees for 20-25 minutes or until chicken is baked to 165 degrees.

Cucumber Salad

1\2 cup Milk

1 cup Miracle Whip

1\4 cup Vinegar

1 1\2 tsp. Sugar

2 Sliced Cucumbers

Mix together and serve. Add Salt and Pepper to your liking.

Past Christmas Fun



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)

JANUARY 2021

HAPPY NEW YEAR!



JANUARY BIRTHDAYS

1/3	Art Johnson
1/16	Chuck Hoyt
1/24	Dotty Preshak
1/31	Mary Lazzo



WE WOULD LOVE TO GET TO KNOW
YOU AND HAVE YOU JOIN US!
PLEASE CALL US TO REGISTER AND
START GETTING YOUR
MEALS.

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 - CHRISTMAS MEMORIES TOGETHER



Oh, how we miss being together! Shown sitting (L-R) are Virginia Thorwart, Patsy Rhodes, Doris Neubert, Marlene Cook, Daisy Sutter, Donna Hasney, and Kay Rhodes. Middle Row– Barb Thorwart, Marty Kreckel, Kaki Allegretto, Barb O'Rourke, Paulette Tarr, Liela Kronenwetter, and Maryanne Peterson. Back row– Ron Peterson, Dusty Rhodes, Tom Kreckel, Joe Mehalko, Tom Allegretto, Pete Largey, and Jim Preshak. Missing from picture– Dotty Preshak, Norah Buzard

JONES TOWNSHIP -

CHRISTMAS MEMORIES TOGETHER



Our tree decorators are Liela Kronenwetter and Jan Swanson. Tom Allegretto and Dorothy Allegretto-Johnson serve Christmas dinner. Domino buddies Marlene Cook, Shirley Stanley, and Doris Neubert share a laugh. Gerard Kronenwetter sports his Reindeer antlers.

JONES TOWNSHIP - CHRISTMAS MEMORIES TOGETHER



Friends pictured eating together (top photo) are (L-R) Vern Konen, Ron Peterson, Fred Swanson, Gerard Kronenwetter, and Maryanne Peterson. Friends signing Christmas cards for shut-ins are Doris Neubert, Marlene Cook, Kaki Allegretto, and Barb O'Rourke. At right is Sandy Burgeson.





YOUR HOME AWAY FROM HOME!!



"Jumpin' into January!!"



Fun January Facts

- The flower symbol is the **Snowdrop**.
- January's birthstone is the **Garnet**.

Did You Know...

- the name for January comes from the Roman god **Janus**.
- Janus** is always depicted with **two heads**-one looking forward into the New Year and one to look back on the previous year.

-more **couples** separate or divorce in January than in any other month.

-originally the **Roman Calendar** had only 10 months-it excluded January and February..

-**January** is the coldest month of the year in the Northern Hemisphere.

-one of the most influential events in U.S. history happened on **January 1, 1892**. **Ellis Island opened**, allowing for the immigration of over 20 million people.

-for a long period in European History, the **New Year** was celebrated in **March**.

"Who Knew?"

In This Issue:

- Christmas Wishes
- Special Thanks
- January Birthdays
- More Wishes for Christmas



My Christmas Wish...

Kane

This week at our COVID Social Circle at the Kane Community Center I asked my folks what there Christmas wish was for this year. I hope you enjoy their answers as much as I did. If 2020 has taught us anything, it has taught us that we are resilient, strong and capable. I think all of us look forward to 2021 and moving past 2020.

What a year it has been!!



Sher wishes for COVID to leave us!



Bon & Paul wish for things to get back to "normal".



Richard wishes to make it one more year.



Lila wishes to celebrate the birth of our Savior and that people would get the message.

Thank You So Much!!

Kane

I would like to take out this opportunity to thank each of my kitchen staff, my drivers, my runners and my pick up folks for the tremendous job you have been doing since March 17th of 2020. None of us ever dreamed that our center would be closed for this long, yet day by day, you are there helping me to help others. What we thought was going to last for two week has turned into almost a year...yet day after day, sometimes even if you yourself are not eating, you come to deliver the meals or help me help others.

I will NEVER be able to repay the kindness you have shown all of us at the Kane Senior Center. Thank you from the bottom of my heart for your willingness to continue helping!! YOU are AMAZING!!

Thank You!

January Birthdays



Ellie Troutman
Sally Anderson
Don Blair
Ruth Truden
Karen Stone
Tom Dinger
Phyllis Swanson
Carol Compton
Jerry Melvin Cole



Mary Brzezinski
Curt Hartman
Don Nelson
Nita Peterson
Walt Nelson
Jim Remick
Ron Swanson
Sue Anderson

More Christmas Wishes!!

Kane



Don already got his Christmas Wish...a new Explorer and a heating system.



Rowland wishes for good Health.



Stu wishes to see his daughter.



Robert wishes to get back in the Sr. Center.



Von wishes for more Strudel.



Kathy wishes for PEACE.



Christmas Wishes!!

Kane



Fern wishes for Jesus to
wipe the virus off the face of
the earth.



Dixie wishes that every-
body be happy and have
a wonderful time.



Beverly wishes to get thru
Christmas



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

**Our wonderful mitten makers,
LaRue, Harriet and Sally have been
very busy this year. The mittens below
have been distributed to our local
children to keep them warm.**



Happy Birthday!!!

Skip Riekofsky 1/15

Jeanne Verolini 1/17



HAPPY★NEW★YEAR

**The Center will not be serving take-out meals
January 1st & 18th**

Sleigh Riding ❄️ Scarfs
Jack Frost Nipping At Your Nose
Cold ❄️ Snowmen
SNOWY Mittens ❄️
SNOW DAYS Slushy
Snowball Fights Windy
❄️ ❄️ ❄️ ❄️ Slipperv

Mount Jewett Senior Center

PORT ALLEGANY SENIOR CENTER

JANUARY 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 DELI-
CIOUS, NUTRIOUS LUNCH,
PLEASE CALL. PICK UP IS
AVAILABLE MONDAY
THROUGH FRIDAY
11AM-NOON!



PROTECT YOURSELF!

I know your tired, but as of December 11, 2020 Pennsylvania has 475, 412 cases of covid-19 and McKean County has 972 cases. Now is the time to stay alert and make you health your top priority.

What else can you do to avoid Covid?

- **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.**
- **When not at home wear a mask!**
- **Clean and disinfect frequently touched objects and surfaces daily**
- **Do Not Be timid, not the time. If you feel unsafe in any situation, SAY SO.**
- **DO NOT BE AROUND OTHERS WHO HAVE SICKNESS OF ANY KIND!**

STAY HEALTHY MY FRIENDS!

JANUARY BIRTHDAYS

Port Allegany

Jan. 07 Floy Lapp

Jan. 20 Mitzi Haskins

Jan. 20 Ray Petteys

Jan. 22 Barbara Mumford

Jan. 25 Laura Covert

Jan. 31 Ella Bieler



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



"May You Continue to Touch the Lives Around You"

God Bless and Happy Birthday!

Senior Center will be closed; Friday, January 1—New year's Day and
Monday, Jan 18, Martin Luther King Day

*"Darkness cannot drive out darkness; only light can do that. Hate cannot
drive out hate, only love can do that."*

Martin Luther King Jr.

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 RE-
TURN YOU AND YOUR MEAL HOME AGAIN!

1-866-282-4968

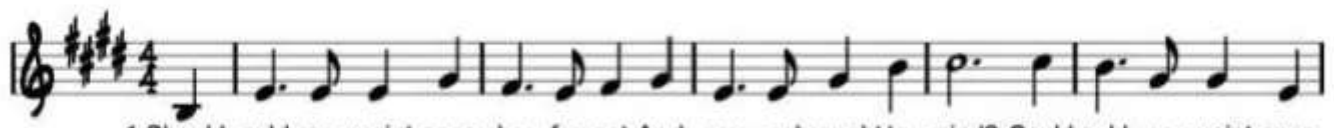
BEEP! BEEP!

HAPPY★NEW★YEAR

Auld Lang Syne

Robert Burns, 1788

Scottish folk tune



And there's a hand my trusty friend!
And give me a hand o' thine!
And we'll take a right good-will draught,
for auld lang syne. *Refrain*

***"The Lord Bless you and keep you; the
Lord make his face shine upon you and be
gracious unto you; the Lord look upon you
with favor and give you Peace."***

Numbers 6:24-26

St. Marys Senior Center

72 Erie Avenue (across from parking garage on Depot Street)

Marion Stadt Place

St. Marys, PA 15857

814-781-3555

llamb@ohsaging.com

Monday—Friday 8:30—
2:30



*No Take-Out meals
On January 1*

Make your Lunch Reservations
by 12:45 the day before at the latest.
Pick up between 11:15 and 11:45.





St. Marys Senior Center

*"Where good friends grow
Like wildflowers...."*



2021 membership dues

\$12 is payable for your 2021 yearly dues. Make checks payable to SMSC.

Just write your name and month & day of birth on an envelope that includes your money.



\$12



NEW HOURS

Monday—Friday

8:30—2:30

The St. Marys Senior Center remains closed for activities during the COVID 19 Pandemic, but is serving hot meals Monday through Friday.

Meals are TAKE OUT only.

Call 781-3555 by 12:45 the day before at the latest to order.

Please have correct change ready for the donation box.

**HAPPY
NEW YEAR!**





JANUARY 2020

**SMETHPORT SENIOR
CENTER**

BINGO

Every Tues @ 10

VISITING NURSES

Practicing

Gratitude

Jan 14 @ 11

**COMMUNITY
NURSES**

Bulging Veins

Jan 27 @ 11:30

CENTER CLOSED

New Year Day

Jan 1

CENTER CLOSED
Martin Luther King

Day

Jan 18

Each Year Elderberries Club
member Corky Hull brings one of



his fresh trees
to the center.
This year Corky
also brought a
lovely wreath
which Joan

Hardenstine made even more striking with a hand
made bow and snow flakes. This majestic wreath
will retain its beauty into late
March. Thank you very much
to two of our faithful
and talented
Elderberries Club members.

You Rock!



One Of The
Center's Faithful
Friends
Ed Althouse on
His Way To The
Bank. Thank
You Ed For
Helping Out
When And
Where You Can.
Many Hands
Make For
Light Work.



Grey Clouds

(A Poem By Don Ross)

Grey clouds over head - Makes one feel like staying in bed

Wet rain changing to snow - Sure could use a cup of Joe

But out the door with my shovel in hand

Sure wish somebody would strike up the band

But soon winter will be no more

And smelling the flowers - won't be a chore

Burrrrr - but for now - please shut the door!

Trying hard to maintain social distance; two of our favorite guys restoring Joseph's countenance after a bountiful meal of chicken breast, mashed potatoes with gravy, roasted baby carrots and apple salad.

It seems over the years Joseph had lost his inner light; further



investigation revealed that a light bulb in Joseph's abdomen had broken off in the socket.

Not being one to shy away from a challenge Phil Kennedy brought in a wrench and needle nosed pliers for the surgical removal of the broken socket and Doug Yingling literally

lent his hand.

Thanks fellas!

Ami Shavalier displays a check she received from the McKean County Commissioners for the center's application for funding from the McKean County CARES County Relief Act allocation. Pursuant to the Commissioners letter accompanying the check: "The County is partnering with the PA Department of Community and Economic Development to provide immediate relief to our local small businesses, non-profits and government agencies that have been impacted by the COVID-19 crisis. Thank you!"

Elderberries 2020
Christmas Party at
Chico's Café
and Bakery.

Dinner included
Hors d'oeuvres , Beef on
Wick, Potato Salad and
Coleslaw.

Ami and Sue gave
everyone a tall glass mug,
a can of soda and a mini
bottle of
Christmas cheer to take
home and enjoy later in
the evening.

Jill gave everyone a
box of their favorite candy.





January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HAPPY NEW YEAR CLOSED
4 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	5 <i>Meal 19</i> Goulash w/ Grated Cheese Tossed Salad w/ Broccoli and Cauliflower Cinnamon Pears	6 <i>Meal 10A</i> Chicken Florentine Buttered Noodles Mixed Vegetables Banana/Pineapple Mix	7 <i>Meal 20</i> Cheeseburger/ Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	<i>Meal 17</i> Lemon Pepper Fish w/Tartar Sauce & Lemon Parsley Potatoes Green Peas Coleslaw Wheat Bread
11 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	12 <i>Meal 22</i> Stuffed Pepper in/ Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	13 <i>Meal 23</i> Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	14 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	15 <i>Meal 25</i> Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries
18 Martin Luther King Jr Day CLOSED	19 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread	20 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	21 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli and Cauliflower	22 <i>Meal 5</i> Chicken Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
25 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	26 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	27 <i>Meal 10B</i> Pork Roast Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	28 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	29 <i>Meal 6</i> 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

OHS MEAL CALENDAR

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
				

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OHS MEAL CALENDAR