

March 2021



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ON AGING  
ELK, CAMERON &  
McKEAN COUNTIES

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**OFFICE OF HUMAN  
SERVICES, INC.  
SENIOR REVIEW**

(A Private, Non-Profit Corporation)

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


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(800) 490-8505**

Social Security—[www.ssa.gov](http://www.ssa.gov)  
Medicare—[www.medicare.gov](http://www.medicare.gov)  
IRS—[www.irs.gov](http://www.irs.gov)

## POINTS OF INTEREST:

* St. Patrick's Day 	* Post COVID
* Farewell/Welcome	* Senior Volunteer
* Property Tax/Rent Rebate	* Health & Wellness
* When to Start Receiving Retirement Benefits	* Social Security Matters

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## ST. PATRICK'S DAY WEDNESDAY, MARCH 17, 2021

Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity.

Patrick's revelers thought wearing green made one invisible to leprechauns, fairy creatures who would pinch anyone they could see (anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers

Farewell  
APRIL FANTECHI,  
Bennett's Valley Senior Center Director

April's last day was  
Thursday, February 11, 2021

Good luck with your  
new endeavor

Farewell  
and  
Good Luck



WELCOME  
TRESA OUELLETTE,  
As the new Administrative Assistant  
Tresa started on February 1, 2021



# PROPERTY TAX/RENT REBATE ONLINE!

The PA Department of Revenue debuted a new online system this year that allows PTRR applicants to file their applications online. Paper applications are still an option, but we are encouraging applicants to use the new online system available at [mypath.pa.gov](http://mypath.pa.gov).

Here are some resources/guidance:

[Pennsylvanians Can Now File Property Tax/Rent Rebate Program](#)

[Applications Online](#) (press release)

[myPATH User Guide](#) (PDF)

[myPATH FAQs](#) (link to specific answers in our Online Customer Service Center)

[Property Tax/Rent Rebate Program](#) (general information on the program, links to forms/instructions, etc.)



## When to Start Receiving Retirement Benefits

At Social Security, we're often asked, "What's the best age to start receiving retirement benefits?" The answer is that there's not a single "best age" for everyone and, ultimately, it's your choice. The most important thing is to make an informed decision. Base your decision about when to apply for benefits on your individual and family circumstances. We hope the following information will help you understand how Social Security fits into your retirement decision.

### Your decision is a personal one

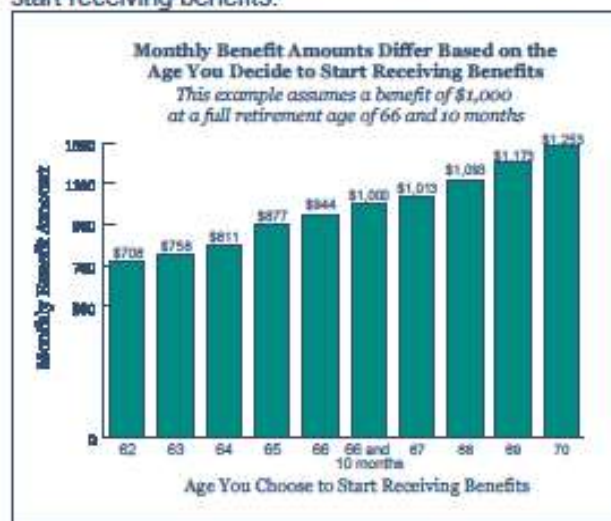
Would it be better for you to start getting benefits early with a smaller monthly amount for more years, or wait for a larger monthly payment over a shorter timeframe? The answer is personal and depends on several factors, such as your current cash needs, your current health, and family longevity. Also, consider if you plan to work in retirement and if you have other sources of retirement income. You must also study your future financial needs and obligations, and calculate your future Social Security benefit. We hope you'll weigh all the facts carefully before making the crucial decision about when to begin receiving Social Security benefits. This decision affects the monthly benefit you will receive for the rest of your life and may affect benefit protection for your survivors.

### Your monthly retirement benefit will be higher if you delay starting it

Your full retirement age varies based on the year you were born. You can visit [www.ssa.gov/benefits/retirement/planner/ageincrease.html](http://www.ssa.gov/benefits/retirement/planner/ageincrease.html) to find your full retirement age. We calculate your basic Social Security benefit — the amount you would receive at your full retirement age — based on your lifetime earnings. However, the actual amount you receive each month depends on when you start receiving benefits. You can start your retirement benefit at any point from age 62 up until age 70, and your benefit will be higher the longer you delay starting it. This adjustment is usually permanent: it sets the

base for the benefits you'll get for the rest of your life. You'll get annual cost-of-living adjustments and, depending on your work history, may receive higher benefits if you continue to work.

The following chart shows an example of how your monthly benefit increases if you delay when you start receiving benefits.



Let's say you turn 62 in 2021, your full retirement age is 66 and 10 months, and your monthly benefit starting at full retirement age is \$1,000. If you start getting benefits at age 62, we'll reduce your monthly benefit 29.2 percent to \$708 to account for the longer time you receive benefits. This decrease is usually permanent.

If you choose to delay getting benefits until age 70, you would increase your monthly benefit to \$1,253. This increase is the result of delayed retirement credits you earn for your decision to postpone receiving benefits past your full retirement age. The benefit at age 70 in this example is about 77 percent more than the benefit you would receive each month if you start getting benefits at age 62 — a difference of \$545 each month.

and one out of seven will live until at least age 95. Social Security benefits, which last as long as you live, provide valuable protection against outliving savings and other sources of retirement income. Again, you'll want to choose a retirement age based on your circumstances so you'll have enough Social Security income to complement your other sources of retirement income.

## Married couples have two lives to plan for

Your spouse may be eligible for a benefit based on your work record, and it's important to consider Social Security protection for widowed spouses. After all, married couples at age 65 today would typically have at least a 50-50 chance that one member of the couple will live beyond age 90. If you are the higher earner, and you delay starting your retirement benefit, it will result in higher monthly benefits for the rest of your life and higher survivor protection for your spouse, if you die first.

When you are receiving retirement benefits, your children may also be eligible for a benefit on your work record if they're under age 18 or if they have a disability that began before age 22.

## You can keep working

When you reach your full retirement age, you can work and earn as much as you want and still get your full Social Security benefit payment. If you're younger than full retirement age and if your earnings exceed certain dollar amounts, some of your benefit payments during the year will be withheld.

This doesn't mean you must try to limit your earnings. If we withhold some of your benefits because you continue to work, we'll pay you a higher monthly benefit when you reach your full retirement age. So, if you work and earn more than the exempt amount, it won't, on average, decrease the total value of your lifetime benefits from Social Security — and can increase them.

Here is how this works: When you reach full retirement age, we'll recalculate your benefit to give you credit for months you didn't get a benefit because of your earnings. In addition, as long as you continue to work and receive benefits, we'll check your record every year to see whether the extra earnings will increase your monthly benefit. You can find more

information about working after retirement on our website at [www.ssa.gov/benefits/retirement/planner/whileworking.html](http://www.ssa.gov/benefits/retirement/planner/whileworking.html).

## Don't forget Medicare

If you plan to delay receiving benefits because you're working, you'll still need to sign up for Medicare three months before reaching age 65. If you don't enroll in Medicare medical insurance or prescription drug coverage when you're first eligible, you can sign up later. However, you may have to pay a late enrollment penalty for as long as you have coverage. You can find more detailed information about Medicare on our website at [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare).

## More resources

You can find more information to help you decide when to start receiving retirement benefits at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement). If you have a *my* Social Security account, you can get your *Social Security Statement* at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to verify your earnings and get personalized benefit estimates. If you are unable to create a *my* Social Security account, you can get benefit estimates using the *Retirement Estimator* at [www.ssa.gov/estimator](http://www.ssa.gov/estimator). These tools provide retirement benefit estimates based on your actual earnings record.

When you're ready for benefits, you can also apply online at [www.ssa.gov/applyforbenefits](http://www.ssa.gov/applyforbenefits). If you want more information about how your earnings affect your retirement benefits, read *How Work Affects Your Benefits* (Publication No. 05-10069). This pamphlet has the current annual and monthly earnings limits.

## Contacting Social Security

The most convenient way to do business with us from anywhere with any device is to visit [www.ssa.gov](http://www.ssa.gov) to get information and use our online services.

Or, call us toll-free at **1-800-772-1213** or at **1-800-325-0778** (TTY) if you're deaf or hard of hearing. We can answer your call from 7 a.m. to 7 p.m., weekdays. You can also use our automated services via telephone, 24 hours a day. We look forward to serving you.



Securing today  
and tomorrow

Social Security Administration  
Publication No. 05-10147  
January 2021 (Recycle prior editions)  
When to Start Receiving Retirement Benefits  
Produced and published at U.S. taxpayer expense



## PENN HIGHLANDS HEALTHCARE **POST-COVID** Recovery Center

### **Post-COVID-19 Care Is Here.**

#### **WE ARE PLEASED TO INTRODUCE THE POST-COVID RECOVERY CENTER, A SERVICE OF THE LUNG CENTER.**

COVID-19 is a complex, multi-system disease that is frequently associated with pulmonary issues and other symptoms. These symptoms can range from mild to severe, with long-term impact on the overall health of the patient. The extent and severity of long-term complication of COVID-19 remains to be seen. The importance of having early comprehensive evaluation and management is a priority.

In some cases, patients may have residual deficits in pulmonary function as they recover, or even after. The Penn Highlands Post-COVID Recovery Center is here to help. We offer specialized follow-up care for lingering symptoms such as difficulty breathing, cough or fatigue and exhaustion.

#### **Contact Us Now to Schedule an Evaluation**

If your patient has lingering symptoms upon hospital discharge or four weeks or more after their COVID-19 diagnosis, we welcome you to call the The Lung Center Navigation team at 814-503-4732 to schedule an initial consultation.

#### **THE LUNG CENTER**

Penn Highlands DuBois | 100 Hospital Avenue, First Floor  
DuBois, PA 15801 | 814-503-4732





## Senior Center Volunteer and APPRISE Programs:

**Kellie Rusciolelli, Coordinator**

### March Birthdays

Marge Adams	Dorothy McNutt
Katherine Allegretto	Mary Kay Pavlock
Pat Bloam	Kathleen Payne
Barbara Bowley	Josephine Peterson
Elizabeth Cheatle	Shirley Schneider
Virginia Corio	Harriet Stahl
Bev Fielding	Charles Veronesi
Betty Gapinski	
Eleanor Green	
Donna Hasney	
Wayne Johnson	
Liela Kronenwetter	
Larry Malacarne	
Joanne Mattie	
Floyd McAfoose	



### **WELCOME NEW VOLUNTEERS:**

Debera Elliot– Eldred SC  
Susan Townsend– Smethport SC  
Lynn Avenalli– Kane SC



# Differences between Medicare and Medicaid



Medicare and Medicaid are two separate, government-run programs. They are operated and funded by different parts of the government and primarily serve different groups.

- **Medicare** is a federal program that provides health coverage if you are 65+ or under 65 and have a disability, no matter your income.
- **Medicaid** is a state and federal program that provides health coverage if you have a very low income.
- If you are eligible for both Medicare and Medicaid (dually eligible), you can have both. They will work together to provide you with health coverage and lower your costs.

Also know that while Medicare and Medicaid are both health insurance programs administered by the government, there are differences in covered services and cost-sharing. Make sure to call 1-800-MEDICARE or contact your local Medicaid office to learn more about Medicare and Medicaid costs and coverage, especially if you are a dual-eligible.

## Don't wait: Medicare Advantage Open Enrollment ends March 31

Did you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

- Switch to a different Medicare Advantage Plan with or without drug coverage  
Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans or go back to Original Medicare with or without a Medicare drug plan, your new coverage will start the first day of the month after your new plan gets your request for coverage. Keep in mind, if you go back to Original Medicare now, you may not be able to buy a Medicare Supplement Insurance (Medigap) policy.

The Medicare Plan Finder can help you find, compare, and enroll in a new Medicare Advantage Plan or a Medicare drug plan in your area. You can also call 1-800-MEDICARE (1-800-633-4227) for help. TTY users can call 1-877-486-2048.

The Medicare Advantage Open Enrollment Period isn't for people who already have Original Medicare.

It's important to understand and be confident in your Medicare coverage choices. If you have a Medicare Advantage Plan and want to change your plan, check out your options today.

Remember, this Medicare Advantage Plan Open Enrollment Period ends March 31.

# FACT OR FICTION?

## National Nutrition Month® 2021 Quiz

**Circle the correct answer.**

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully. **FACT OR FICTION?**
2. Added sugars and naturally occurring sugars are the same. **FACT OR FICTION?**
3. A vegetarian diet can provide the recommended amount of protein for people of all ages. **FACT OR FICTION?**
4. Foods that contain carbohydrates should be avoided. **FACT OR FICTION?**
5. All types of dietary fat are the same. **FACT OR FICTION?**
6. Frozen and canned fruits and vegetables can be nutritious choices. **FACT OR FICTION?**
7. A gluten-free diet is recommended for weight loss. **FACT OR FICTION?**
8. Some processed foods can be healthful. **FACT OR FICTION?**
9. Adding salt at the table is the main source of sodium in the U.S. **FACT OR FICTION?**
10. Three servings from the Dairy Group are recommended daily for adolescents and adults. **FACT OR FICTION?**

# FACT OR FICTION?

**eat right.** Academy of Nutrition and Dietetics

## National Nutrition Month® 2021 Quiz

### Answers

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

**FICTION:** A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.

2. Added sugars and naturally occurring sugars are the same.

**FICTION:** Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

**FACT:** A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.

4. Foods that contain carbohydrates should be avoided.

**FICTION:** Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

5. All types of dietary fat are the same.

**FICTION:** Healthier types of fat come from plant-based sources, such as vegetable oils and nuts. Fish, like salmon, also contain heart healthy forms of fat. Saturated fats and trans fats may increase the risk of heart disease, so it is recommended that these types of fat be limited. You can do this by choosing lean cuts of meat, skinless poultry and low-fat or fat-free dairy products and by reviewing the Nutrition Facts Label.

6. Frozen and canned fruits and vegetables can be nutritious choices.

**FACT:** Frozen and canned fruits and vegetables can be just as nutritious as fresh produce. Look for products with no added sugars and ones that are lower in sodium.

7. A gluten-free diet is recommended for weight loss.

**FICTION:** A gluten-free diet is medically necessary for individuals who have been diagnosed with celiac disease or non-celiac gluten sensitivity. It is not recommended for weight loss and is often customized by a registered dietitian nutritionist to help meet nutrient needs.

8. Some processed foods can be healthful.

**FACT:** There are different types of processed foods – some are only minimally processed, such as baby carrots or bagged spinach. Others are highly processed, like pre-made meals, frozen side dishes, and other convenience-type foods. Compare labels to find healthier options when purchasing these types of foods.

9. Adding salt at the table is the main source of sodium in the U.S.

**FICTION:** Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping.

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

**FACT:** For both males and females ages 9 and older, 3 cups (or cup equivalents) of low-fat or fat-free dairy products, such as milk, cheese, yogurt, or calcium-fortified soy milk are recommended per day. These foods and beverages provide important nutrients, like calcium and vitamin D.



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## Social Security Matters



Securing today  
and tomorrow



### [Direct Deposit: A Fast, Convenient, and Secure Way to Receive Your Benefit Payments](#)

*02/12/2021 10:00 AM EST*

At Social Security and Veterans Affairs, issuing timely benefit payments is a core service we both provide. After all, we know you want your benefits on time to cover your household or medical expenses. The most secure way to get your benefits is to receive them electronically. It's faster, safer, and more convenient than a [...]

[Visit the Blog](#)

Stay Connected with Social Security:



Join the millions and discover your benefits!  
Open a [my Social Security](#) account.

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# Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

March 2021



CELEBRATING  
100 YEARS YOUNG  
HAROLD SMITH  
HAPPY BIRTHDAY !!!!!



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.



## Hearing aids smartphone compatible? Yes!

### If you have an iPhone

iPhone-compatible hearing aids connect directly to your phone and allow you to stream phone calls, music, and other audio without the use of an intermediary device. If you haven't already downloaded the app specific to your hearing aid, check the app store.

### Connecting to an iPhone

Follow these steps to connect your hearing aids to your iPhone:

1. Make sure you have a fresh battery in your hearing aid but leave the battery doors open so it's not powered up.
2. On your iPhone, go to "Settings", then "Bluetooth", and make sure it is turned on.
3. Close the battery door to power up your hearing aid so your iPhone can detect it.
4. Then on your phone, go to "Settings", "General", and "Accessibility".
5. Under "accessibility Tap the "MFI Hearing Devices" option.
6. Tap on the name and model number of your hearing aid when it appears. Your hearing aid will have a check mark next to it once it is connected to your phone.
7. Tap "Pair" to complete the connection. If you are pairing two hearing aids, you will receive two pairing requests.

You can also visit [Apple's website](#) to:

- Check if your hearing aids are iPhone compatible.
- See more detailed instructions on how to set up your hearing aids

### If you have an Android phone

Many smartphone-compatible hearing aids work with Android phones. However, not all hearing aid models will work with all Android phones. Check your hearing aid user guide or your manufacturer's website (links below) for a list of Android phones that will work with your hearing aids. Manufacturer's websites:

With most hearing aid models, you will need to purchase a separate phone clip accessory in order to stream phone calls, music, and other audio to your hearing aids. However, even without a Bluetooth accessory, you can still use many of the other smartphone features available through the app, such as changing volume and switching programs.

<https://www.truhearing.com/getstarted/using-your-hearing-aids-with-a-smartphone/>



## Connecting to an Android phone

Follow these steps to pair your hearing aids to your Android phone.

1. Make sure you have a fresh battery in your hearing aid but leave the battery doors open so it's not powered up.
2. If you've already downloaded the app specific to your hearing aids, your app may have a pairing feature that will walk you through connecting to your phone. If you haven't downloaded the app, see below for links to the apps in Google Play®.
3. On your phone, go to "Settings" and then "Bluetooth" and make sure it is turned on.
4. Close the battery door to power up your hearing aid, so your Android phone can detect it.
5. Then try launching the app to help you with the setup.
6. For manual setup, go to the Bluetooth settings and look for the name and model number of your hearing aid. It should appear under "Paired Devices".
7. Tap the hearing aid name to complete the connection to each hearing aid

## Download the Hearing Aid App

Each hearing aid manufacturer has its own app that is designed specifically for use with your hearing aids. In order to take full advantage of the smartphone features, you will need to download the app specific to your hearing aid from the Apple App Store (for iPhones) or Google Play for (Android phones).

- TruHearing (Flyte): [App Store](#) | [Google Play](#)
- Oticon On: [App Store](#) | [Google Play](#)
- Phonak Remote (B-Direct): [App Store](#) | [Google Play](#)
- Phonak RemoteControl (Belong, Venture): [App Store](#) | [Google Play](#)
- ReSound Smart 3D (3D models): [App Store](#) | [Google Play](#)
- ReSound Smart: [App Store](#) | [Google Play](#)
- Starkey TruLink: [App Store](#) | [Google Play](#)
- Widex Beyond: [App Store](#) | [Google Play](#)

In addition to apps designed specifically for hearing aids, there are many other apps that can enhance your hearing experience. Here are a few you can try:

- **Clear Captions** : automatically creates captions for your phone calls
- **Tunity** : audio from any live TV program without an intermediary device
- **Sound Alert** : alerts you to sounds like the doorbell, smoke alarms, etc. that you might not hear

<https://www.truhearing.com/getstarted/using-your-hearing-aids-with-a-smartphone/>



# DRIFTWOOD SR. CENTER

MARCH

## 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.



### 2020 PENNSYLVANIA PROPERTY TAX OR RENT REBATE PROGRAM

Apply for your rebate by going to [myPATH.pa.gov](http://myPATH.pa.gov) or visit The Driftwood Sr. Center and I will be happy to print out an application for you!

**TAX REBATE**



### FATHER & SON DON'T WINE! THEY MAKE WINE!

Joe Lowe was happy to share his wine making adventure of him and his son with the group. Everyone enjoyed the process of wine making. The only thing that was missing, was the wine!

### SOME TOPICS WE WILL DISCUSS THIS MONTH!

National Nutrition Month  
"Smart Food Choices for Healthy Aging"

Diet & Prevention of Alzheimer's Disease

Other important information available.



# DRIFTWOOD SR. CENTER

## A DAY IN THE LIFE OF A SINNAMAHONING WORKING MAN

*Written by: James Deetscreek*



You know if you start your day out being stressed out or depressed because you have to rush around to get ready to be somewhere or do something and you just watched the news and like always it was nothing but bad news, I wish you could come to Sinnamahoning and start your day like I did. First, I walk out on the back porch and put bird seed in the feeder and on the side walk for the birds because the deer cleaned it up during the night and talk to the deer and elk that are in the yard watching me. Then I get in my truck and start my 43 mile ride to work. All through town in most every yard there are deer and elk. Then driving up the road there are more deer and elk saw a few squirrel 2 bald eagle and a flock of turkey. And by the way never got over 45 miles per hour and only met 3 cars in 43 miles you have to admit a nice relaxing way to start my day and for a hour not much on my mind except the beauty of nature. But back to reality and put my chainsaw in my hand and cut some trees enjoy your day everyone.



# March 2021 Eldred Senior Center

Eldred Senior Center  
"May the Luck of the Irish  
be with you"



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

## Review Highlights

Happy St Patrick's Day



## APPRISE Referrals

Please call 225-4752 to make a  
appointment



## ATA

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

Reservation need to be made 24  
hours  
in advance.



Happy St. Patrick's day from Rose and Ed  
(pre-Coved photo)



Please stop by Senior Center and get information on  
how to register for your Covid shot. You can also give  
us a call at 225-4752 and we can give you more  
information.

The Eldred Senior Center would like to say  
**THANK YOU** to our front line nurses.

## Extra Notes



### Signing Up for Medicare

If you are close to 65, but not getting Social Security of Railroad Retirement Board (RRB) benefits. You will need to sign up for Medicare. Contact Social Security 3 months before you turn 65. You can also apply for Part A and Part B at [ssa.gov/benefits/Medicare](http://ssa.gov/benefits/Medicare). If you worked for the railroad, contact the RR.

### Where you can get more information

Call Social Security at 1-800-772-1213 for more information about your Medicare call 1-800-325-0778



## Eldred Senior Center



Thank You Volunteers for all you do. Please continue to wear your mask and be safe.



### The Four Leaf Clover

The four leaf clover is recognized as acquiring good luck if a 4 leaf clover is found. The first leaf on the clover represents, hope. The second stands for faith, the third is for love, and the fourth is to the luck finder. If you happen to find a six leaf you will be famous and seven is for longevity of life. The final luck of a four leaf clover will granted you the power to see fairies.



### The Eldred Senior Center Birthday Corner

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

Judy Baker   Dave Baker   Darlene Covert   Delores Lafferty



### Finding Your Pot Of Gold

With St Patrick's Day soon upon us we will be celebrating in various ways. A few examples are wearing green, drinking green beer, or chasing after the pot of gold. The story behind the pot of gold is based on a elderly couple in Ireland. They were very poor and lived mostly off the land. They had both found themselves completely out of food and money. So the husband went to the next town to try to find some work. His wife continue to work there garden. Working in the garden can be very hard work with weeding and spading. She had some carrots growing and needed to harvest a few for there dinner. Upon pulling out one of the carrots she herd a voice coming from the hole of the carrot she just pulled. A little voice asked "What are you doing?" She said "Who are you ?" He said to "Look down I am a leprechaun!" He jumped out of the hole the carrot was growing in and brushed off the dirt. He proceeded to head to the old couples home with the farmers wife following him to the kitchen table. The little leprechaun had come to grant her one wish. She waited until her husband came home and they talked all night deciding on what there wish would be. In the morning the leprechaun asked the couple what did they decide for their one wish? At first the wife said money, then gold, then silver. Her husband asked for new tools, a new house, and cloths. The leprechaun was not very happy with the indecisions and called them selfish and greedy. He was so upset that he decided not to grant them any of there wishes at all. Instead he gave them a hint. "I have hidden a pot of gold at the end of the rainbow. All you have to do is find it" So the old couple went in search of the rainbow with the pot of gold at the end. They left there home in search of the pot of gold but never did find it.



# Senior Moments

March 2021

Emporium Senior Center



## Contact Us

Director: Kelly Spencer  
Call: 814-486-3707  
Email: [kspencer@ohsaging.com](mailto:kspencer@ohsaging.com)  
Facebook: [facebook.com/emporiumseniorcenter](https://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.



## Tax Time

Though things will look a lot different this year, with a lot less contact, AARP has partnered with the Emporium Senior Center to help bring Tax Aide\* to those in our community. The volunteers put in SO many hours assisting so many!

Thank you to our awesome Tax volunteers!

\*By Appointment only, limited space available.

## Funny of the Month

Laughter is good for the body & soul!

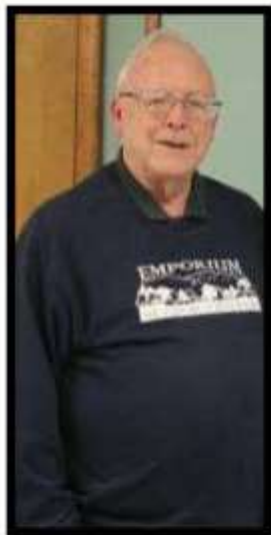




# Volunteer Spotlight

Last month we highlighted one of our awesome volunteers, Diane Williams! So, this month we decided to show you some of the other faces that can be found behind the scenes!

Our Morning Help-  
Kenny!



Our End-of-Week Lunch Crew— Gina & Kathyl



Board President  
&  
Our Beginning-  
of-the-week  
Lunch Helper—



Our Board Secretary  
and all-around Help, &  
the lovely lady  
behind all those sweet  
cards you receive!

## Thank You All For All You Do!

\*All photos taken pre-Covid



Live Well, Love Well,  
& Hold Onto Hope.



# Happy Spring!

-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.

# Fox Township Senior Center



"The Happenin' Place"

# MARCH



03-01	Floyd McAfoose
03-02	Bob Mader
03-05	Shirley Schneider
03-07	Aldo Morelli
03-08	Jim Shaffer
03-12	Anne Herzing
03-16	Fred Couch
03-17	Patty Moyer
03-18	Beverly Fielding
03-19	Ted Schneider
03-24	Loue Parisi
03-25	Norma Fischer
03-28	Larry Malacarne
03-30	Karen Schatz, Bob Lilja





***THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER***

***ST. PATRICK'S DAY PARTY  
MARCH 17, 2021***

***LUNCH  
12:00 PM***

***DOOR PRIZE  
CALL FOR LUNCH BY  
MARCH 10, 2021***

**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
BIRTHDAYS FOR  
MARCH, 2021**

**3-03 Carol Henke**

**3-05 Mary Ellen Bushey**

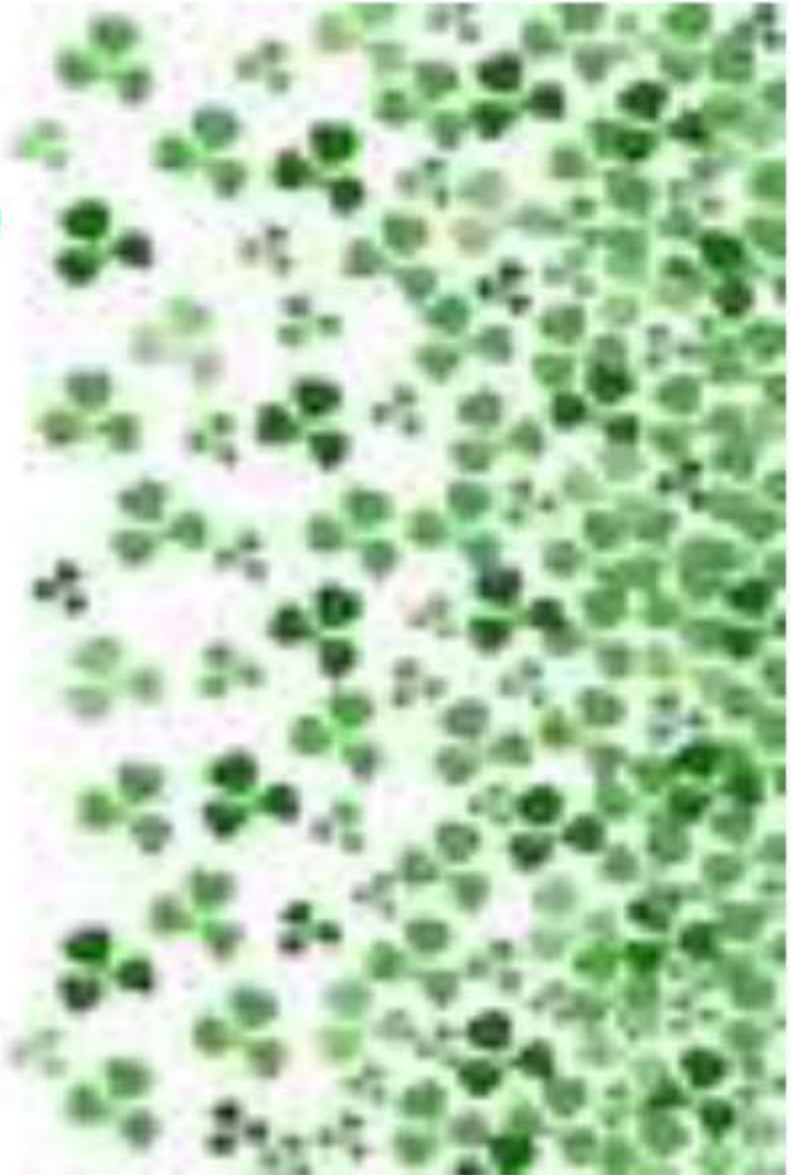
**3-08 Virginia Comilla**

**3-09 Pat Harrington  
Jeff Sanderson**

**3-18 Don Warner**

**3-24 Nancy Kinney**

**3-26 Don Himes**



***HAPPY BIRTHDAY***

**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER**

**WISHES ALL OF YOU A**



**Happy  
St. Patrick's Day!**



Johnsonburg Senior Review

March 2021

430 Center Street, Johnsonburg, Pa 15845

Center Director- JoAnn Schatz

Phone and Fax- 814-965-5638

Email- jschatz@ohsaging.com



Call for information about Property Tax/Rent Rebates, APPRISE/Medicare Referrals, LIHEAP & many other areas of public service.

***I can help you get registered for your Covid-19 vaccine too!!***

Follow us on Facebook @ New Johnsonburg Senior Center page.



Sunday

3/14/21



3/13 Joe (Moe) Cardoni

3/17 Pat Bloam

3/20 Mary Kay Pavlock

3/26 Barb Stine

3/30 Joe Timblin

3/17 Pat Vanatta

3/17 Dave Rettger

3/25 Harriet Stahl

3/29 Betty Gapinski



We have books and puzzles at the center if you want to stop and pick a few up.



## THE GOOD OLD DAYS! PAST ST. PATRICK'S DAY PARTIES!

Look for the new menu items for Lent



Holiday Meal : March 30th, call by the 23rd.  
Roast Turkey, Stuffing with Gravy, Whipped Potatoes, Holiday Mixed Vegetables and Cranberry Sauce. The Easter Bunny may bring a treat for you too!



Recipes for the Lenten Season or all year round:

**Shrimp Dip:**

1 1/2 Packs of Knox Gelatin. Dissolve in 1 1/2 cup of cold water. Let sit while you prepare in a sauce pan:

1 can tomato soup      1- 8 oz Philly Cream Cheese

Then take off the stove and add:

1 cup Mayonnaise      1 can of drained Shrimp

3/4 cup chopped onion

Stir in Gelatin and chill in a mold



### **Tuna Burger**

- 1 can tuna
- 1 cup chopped celery
- 1/2 cup shredded cheese
- 1 small onion, chopped
- 1/4 cup Mayonnaise
- Salt and Pepper to taste



Form into patties and bake at 350 degrees for 15 minutes

### **Fried Fish (Perch, Trout, Cod....)**

- |                               |               |                        |
|-------------------------------|---------------|------------------------|
| 2 lbs. fish fillets           | 1 Tbsp. Milk  | 3 Tbsp. Butter         |
| 1/3 Cup Olive Oil             | 1/4 cup Flour | 1 egg                  |
| 3 Tbsp.. Lemon Juice          | Salt & Pepper | 1 cup Dry Bread Crumbs |
| 1/3 cup finely chopped onions |               | 3 Tbsp. Vegetable Oil  |

Place fillets in shallow dish. Combine onions, olive oil and lemon juice. Pour over fish and marinate for one hour. Remove from marinade and pat dry with paper towel. Sprinkle fillets with salt and pepper. Dredge with flour. Beat egg and milk together lightly. Dip floured filets in egg then in bread crumbs. Fry in hot butter and oil until golden brown. Serve immediately. Makes 8 servings.

Per serving: 348 calories, 17g protein, 18g carbohydrates, 23g fat.

### **Recipes from Art Stahl– Senior Center Member**





# 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)

## MARCH 2021



### MARCH BIRTHDAYS

**Covid-19 Vaccines**— now available  
for Phase 1A— Age 65 and up  
plus ages 16-64 with high risk  
conditions.

Please call if we can help you  
make an appointment for  
your vaccine.

3/10	Daisy Sutter
3/12	Mary Steudler
3/18	Liela Kronenwetter
3/27	Donna Hasney
3/31	Kaki Allegretto

Property/ Rent Tax Rebate  
Forms are available— please call.



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 -

### WELCOMES AND ACCOMPLISHMENTS

We extend a warm welcome to the our newest members-

Betty Grasser

Martha Poague

Frank and Joanne Snook

Thank You, Thank You  
For completing Food Safety  
Training and being  
Kitchen Volunteers -

Katherine (Kaki) Allegretto

Liela Kronenwetter

Walter J. (Joe) Mehalko

Patsy Rhodes



#### Pre-Covid-19 -

(top to bottom, L-R)

Liela Kronenwetter, Kaki Allegretto and Patsy Rhodes wash dishes. It's a humble task, but we are so grateful for those willing to help. Below, Joe Mehalko checks lunch reservations for the day.



Kane Senior Center

March 2021



YOUR HOME AWAY FROM HOME!!



## "Magnificent March!!"



### Fun March Facts

- The flower symbol is the **Daffodil**.
- March's birthstone is the **Aquamarine**.

### Did You Know...

- Chicago** dyes it's river green every year since 1962.
- the color of St. Patty's Day used to be **BLUE!!**
- the Irish drink of choice is **Guinness**.

-**13 million pints** of Guinness will be consumed worldwide.

-the shortest Irish parade was **90 meters long** and was held between two pubs in Drisby, Ireland.

-the odds of finding a **four-leaf clover** are about 1 in 10,000.

-the first **St. Patrick's Day** celebration in the United States was held in Boston in 1737.

-Before millions of pints of Guinness were consumed, St. Patrick's Day was a **non-alcoholic holiday**.

-St Patrick's real name was **Maewyn Succat**.

**"Who Knew?"**



### In This Issue:

- Meet the Crew
- March Birthdays



# 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...this month we will get to know our Tuesday crew...Grace Yasurek and Kathy Todd. We are so grateful to these folks and the hard work they put in to make our "to-go" lunch program possible. Let's meet them together...

## Getting to Know...

*Grace Yasurek*

Lived in Kane: *50 years*

Named After: *Grace's Grandma Vito*

Married: *Yes*      How Long: *19 years*

How did you meet your mate? *Knew him for years.*

Do you have children? *Yes...3 children*

Do you have pets? *No*

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

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

What is your favorite thing to cook? *I love to cook Spaghetti sauce because my husband loves it.*

What is your favorite flower? *My favorite flower is the rose.*

What are your hopes for 2021? *I hope I can stay healthy.*



### Getting to Know...

*Kathryn Ann Todd*

Lived in Kane: *I have lived in Kane for 39 years.*

Graduated from: *Collinwood High School in Cleveland, OH.*

Married: *I have been married for 53 years.*

How did you meet your mate? *We met on a Blind Date.*

Do you have children? *I have 3 children.*

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

What is your favorite color? *My favorite color is blue.*

What is your favorite food? *I don't have one particular favorite.*

What is your favorite thing to cook? *I just love to cook anything..*

What is your favorite flower? *My favorite flower is the Daisy.*

What are your hopes for 2021? *Good health and happiness for all in my family.*



### March Birthdays



Kathy Payne  
 Dee Greville  
 Audrey Towns  
 Jim and Pat Vantine  
 Butch Garris  
 Tom Dalton  
 Diana Hollabaugh  
 Frances Haight  
 Loretta Niklas

Louise DeSio  
 George Chatmon  
 Josie Peterson  
 Rich Avenali  
 Dan Troutman



# 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!!!**

**David Thompson 3/8**

**Joann Hale 3/9**

**Edward Hale 3/25**

**Easter Holiday Meal will be served this month,  
March 30th. Please call the Center by 12:30pm,  
March 23rd to place your order.**

**Thank you!**





# PORT ALLEGANY SENIOR CENTER

## MARCH 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!





# FEELING STRESSED?

NIH News in Health

Have you been feeling more stressed than usual? Many people are during these challenging times. The Covid-19 pandemic has many people feeling overwhelmed.

"It's the feeling that you're overloaded, out of control, and unable to cope," says Dr. Janice Kiecolt of the Ohio State University.

Stress can also come from a sudden negative change in your life like a divorce or losing a job. Traumatic events like a major accident, assault or natural disaster can cause severe stress.

It's important for your health and well-being to learn how to cope with stress. Researchers are working to understand how stress affects health. They're also studying ways to relieve stress. These techniques may help you to feel calmer and more relaxed.

"There's a really big body of research now that says that chronic stress promotes *inflammation*" says Kiecolt-Glaser.

Inflammation is associated with many diseases, including heart disease, cancer, arthritis, and most mental health conditions. Stress may also affect your metabolism - the chemical changes in the body that releases energy and produce the substances you need to grow, move, and stay healthy.

- **BE OBSERVANT** Recognize signs of excessive stress. These include difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy
- **EXERCISE REGULARLY** Just 30 minutes per day of walking can help boost your mood and reduce stress, can't walk just move, arm circles, sit in chair and lift legs and hold.
- **GET ENOUGH SLEEP** Adults need about 7 or more hours of sleep per night.
- **SET GOALS AND PRIORTIES** Decide what must get done now and what can wait. Learn to say NO to new tasks if you start to feel like you're taking on too much.
- **SHOW COMPASSION FOR YOURSELF** Note what you've accomplished at the end of the day, not what you've failed to do.

## STAY HEALTHY MY FRIENDS!

**MARCH BIRTHDAYS**

- Mar 14 Esther Harner
- Mar. 22 Joanne Campbell
- Mar. 23 Carl Campbell
- Mar. 23 Gloria Chelgreen
- Mar. 27 Gloria Huey
- Mar. 30 Richard Lewis

Port Allegany



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

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



**HOLIDAY MEAL—March 30th, for Easter which is Sunday, April 4th!**



• Be sure to call 814-642-2101 on or before  
Monday, March 15th to order yours. Yum!

**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!**

## St. Marys Senior Center

72 Erie Avenue  
Marien Stadt Place  
St. Marys, PA 15857  
(814) 781-3555  
llamb@ohsaging.com  
Monday—Friday 8:30—2:20  
Lesa Lamb, Director  
www.ohsaging.com

# MARCH

Happy   
St. Patrick's Day

### Hand-Out information March

“Smart Food Choices  
for Healthy Aging”

“Diet and Prevention  
Of Alzheimer’s Disease”

-----  
March 23 12:45  
Deadline to order the  
Easter Holiday Meal  
being served on  
March 30  
*Turkey and all  
the trimmings.*  
-----

*APPRISE counseling is offered.  
Call for an appointment.*

### Servers Needed

Help is needed from  
10:45—11:45 to serve the  
lunchtime meals on Monday  
through Friday.  
Phone Lesa to get the details.  
No experience necessary.

 Welcome  
Spring 

## Saturday, March 20



Make your  
Lunch  
Reservations  
by 12:45  
the day before  
at the latest.  
Lunch Pick Up is  
11:15—11:45.



*March is:*  
NATIONAL  
NUTRITION  
MONTH



St. Marys Senior Center  
"Where good friends grow  
Like wildflowers..."



**MARCH**  
goes in like a **LION**  
& out like a **LAMB**

kismist.com

2021



Phone the center  
or stop in to get the  
current menu.

781-3555

8:30—2:30

Monday—Friday



Remember to pay your 2021  
dues... still just \$12.

**SUPPORT OUR CENTER**

Make checks payable  
to *SMSC.*



**March 14 \* \* \***

Daylight Saving  
Time Begins



SPRING BEGINS MARCH 20TH



# March 2021

SMETHPORT SENIOR CENTER

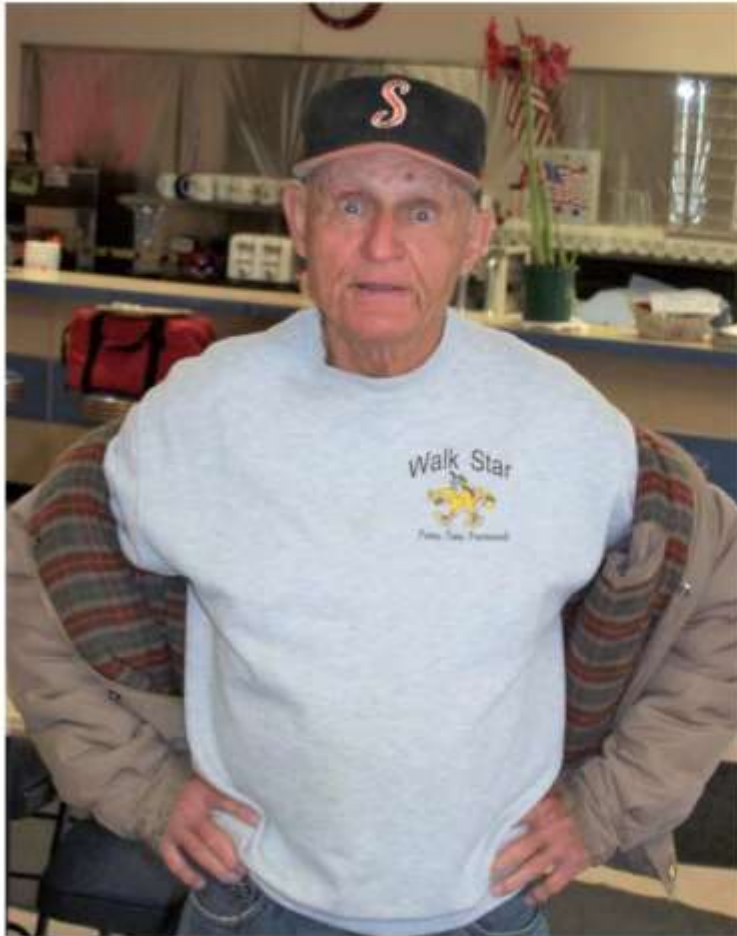
NATIONAL NUTRITION MONTH



Senior Center Valentine Day Windows Decorated by Kathy and Sue



Sue Townsend and Ami Shavalier displaying a heart wreath she made with instruction from Sue at an after hours wreath class held in February. Nice



## St Patrick's Day

( A Poem By Don Ross)

Ireland with its hills of  
various shades of green  
It is most truly a  
magnificent scene  
Ireland noted for its  
tasty whiskey  
Try a glass it will make  
you frisky  
Ireland with its  
leprechaun  
Who is in charge from  
dusk to dawn

Yes Ireland is a fantastic place  
And on St Patrick's Day  
We are all Irish at least with a trace



## March 2021

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

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

# OHS MEAL CALENDAR



## April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <span style="float: right;">Meal 10B</span>  Chili Corn Bread Muffin Tossed Salad w/ Broccoli and Cauliflower Applesauce	2 <span style="float: right;">OHS Closed</span>  <b>Good Friday</b> <i>Have a Happy            Easter!</i>
5 <span style="float: right;">Meal 8</span>  Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	6 <span style="float: right;">Meal 7</span>  Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	7 <span style="float: right;">Meal 6</span>  Roasted Pork w/Apples Whipped Potatoes w/chives Carrots Mini Biscuit w/Apple butter	8 <span style="float: right;">Meal 9</span>  Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberry Applesauce	9 <span style="float: right;">Meal 10 A</span>  Chicken Florentine Buttered Noodles Mixed Vegetables Banana/Pineapple Mix
12 <span style="float: right;">Meal 15</span>  Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	13 <span style="float: right;">Meal 12</span>  Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	14 <span style="float: right;">Meal 13</span>  Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	15 <span style="float: right;">Meal 14</span>  Lasagna Italian Bread Tossed Salad 1 1/2 cups w/ Broccoli/ Cauliflower	16 <span style="float: right;">Meal 11</span>  Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
19 <span style="float: right;">Meal 18</span>  Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	20 <span style="float: right;">Meal 20</span>  Cheeseburger/Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	21 <span style="float: right;">Meal 16</span>  Sauerkraut & Pork Whipped Potatoes Apple/Pear Compote Rye Bread - 2 slices	22 <span style="float: right;">Meal 19</span>  Baked Ziti w/Meatballs Grated Cheese Tossed Salad w/ Broccoli/ Cauliflower Garlic Breadstick Mixed Fruit Salad	23 <span style="float: right;">Meal 17</span>  Baked Crab Cake Whole Grain Bun Cheesy Twists Stewed Tomato Medley Mandarin Oranges
26 <span style="float: right;">Meal 21</span>  Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	27 <span style="float: right;">Meal 22</span>  Stuffed Pepper in/Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	28 <span style="float: right;">Meal 23</span>  Chicken & Biscuit Pepper Slaw Warm Peaches	29 <span style="float: right;">Meal 24</span>  Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	30 <span style="float: right;">Meal 25</span>  Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries

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

# OHS MEAL CALENDAR