

November 2020



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](http://www.ohsaging.com)**



**TO REPORT ELDER ABUSE OR NEGLECT  
(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:

- **Veteran's/Thanksgiving Day**—HOLIDAYS
- Social Security Star Information
- PA COVID Crisis Counseling
- Senior Volunteers
- Health & Wellness



## SENIOR CENTER NEWS:

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**VETERAN'S DAY—WEDNESDAY, NOVEMBER 11, 2020**  
**THANKSGIVING DAY—THURSDAY, NOVEMBER 26, 2020**  
**BLACK FRIDAY—FRIDAY, NOVEMBER 27, 2020**

ALL SENIOR CENTERS AND OHS OFFICES  
WILL BE CLOSED IN OBSERVANCE OF THE HOLIDAYS.



THANK YOU  
FOR YOUR SERVICE!



# Putting you in control...



Securing today  
and tomorrow

Social Security benefits and Supplemental Security Income (SSI) payments for approximately 70 million Americans will increase 1.3 percent in 2021, the Social Security Administration announced today.

For more information, please visit <https://www.ssa.gov/news/press/releases/>.

SocialSecurity.gov

Stay Connected with Social Security:



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

SUBSCRIBER SERVICES:  
[Manage Subscriptions](#) | [Unsubscribe All](#) | [Help](#)



- 3 WAYS TO USE SOCIAL SECURITY ONLINE
- LEARN ONLINE WITH SOCIAL SECURITY

- 1 WHEN SHOULD YOU START RECEIVING SOCIAL SECURITY BENEFITS?
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# The Social Security Star

## WHEN SHOULD YOU START RECEIVING SOCIAL SECURITY BENEFITS



We're often asked, "What's the best age to start receiving retirement benefits?" The answer is: there's not a single "best age" for everyone. 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.

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 your family longevity. You should also consider plans to work in retirement and other sources of retirement income. Most importantly, study your future financial needs and obligations, and calculate your future Social Security benefit.

We encourage you to 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.

SSA's New Retirement Portal  
Our new [retirement portal](#) is more user-friendly and easier to navigate, whether you're ready to learn about, apply for, or manage your retirement benefits. The redesigned portal will make it easier for you to find and read about retirement benefits, with fewer pages and clearer information. We condensed and rewrote most of the pages to make them easier to understand. The portal is compatible for use on mobile devices so you can learn and do what you want from wherever you want.

Our retirement webpage has information including:

- Retirement Publications;
- Benefit Calculators;
- Retirement benefits estimates;
- Full retirement age information; and
- Spouse benefits.

You and your loved ones can access all of these resources at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement).

*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](http://www.ssa.gov/locator).*

## SOCIAL SECURITY CELEBRATES HISPANIC HERITAGE MONTH



At SSA, we strive to deliver great customer service and easy-to-access information about our services. If Spanish is your primary language, you can visit [www.ssa.gov/espanol](http://www.ssa.gov/espanol), our Spanish-language website. There, you can find information about how to get a Social Security card, plan for retirement, apply for benefits, manage your benefits, and much more.

Spanish-speaking customers wishing to speak with a representative and apply for retirement, disability, survivor, and other benefits, as well as Medicare, can call us at 1-800-772-1213.

We also provide many publications in Spanish on popular topics like:

- Retirement, Disability, and Survivors benefits;
- Retirement planning;
- Online services information;
- Medicare; and

- Supplemental Security Income.

You can find them at [www.ssa.gov/espanol/publicaciones/](http://www.ssa.gov/espanol/publicaciones/).

You can also visit [www.ssa.gov/espanol](http://www.ssa.gov/espanol) for other resources in Spanish. Share these resources with friends and family who may need them.

*Most Social Security services are available online by visiting [www.socialsecurity.gov](http://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/](http://www.ssa.gov/agency/emergency/) for up-to-date information about Social Security Office Closings and Emergencies. Subscribe to state or territory specific updates!*

## SEE YOUR LIFETIME EARNINGS WITH MY SOCIAL SECURITY



Did you know you can see your work history online all the way back to your first job? Your earnings history is a record of your progress toward your

Social Security benefits. We keep track of your earnings so we can pay you the benefits you've earned over your lifetime. This is why reviewing your Social Security earnings record is so important.

If an employer didn't properly report just one year of your earnings to us, your future benefit payments could be less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled. It's important to identify reporting problems as soon as possible. As time passes, you may no longer have easy access to past tax documents, and some employers may no longer exist or be able to provide past payroll information.

While it's your employer's responsibility to provide accurate earnings information to us, you should still review and inform us of any errors or omissions so you get credit for the contributions you've made through payroll taxes. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

The easiest way to verify your earnings record is to visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and set up or sign in to your personal *my Social Security* account. You should review each year of listed earnings



carefully and confirm them using your own records, such as W-2s and tax returns. Keep in mind that earnings from this year and last year may not be listed yet.

You can find detailed instructions on how to correct your Social Security earnings record at [www.ssa.gov/pubs/EN-05-10081.pdf](http://www.ssa.gov/pubs/EN-05-10081.pdf).

Let your friends and family know they can access important information like this any time at [www.ssa.gov](http://www.ssa.gov) and do much of their business with us online.

### 3 WAYS TO USE SOCIAL SECURITY ONLINE



There are many online sources for Social Security information, but you need to make sure you're getting the right information. By using [www.ssa.gov](http://www.ssa.gov), you know that what you're reading and watching is approved by our experts and specifically created for you. Here are three of our resources where you can find

valuable information about your Social Security benefits.

**Our blog** – Stay informed about our latest news, retirement planning tips, and other helpful information. Our blog at [blog.ssa.gov](http://blog.ssa.gov) features messages direct from our Commissioner, as well as information from expert contributors. From there, you can also connect with us on Facebook, Twitter, LinkedIn, Instagram, and YouTube, where you can watch our popular videos.

**my Social Security** – You're in control with many services available online through *my Social Security*. Creating a secure account will help you conduct Social Security business from home. With your personal *my Social Security* account, you can:

- Estimate your future benefits with our Retirement Calculator to compare different dates or ages to begin receiving benefits.
- Check the status of your Social Security application.
- Review your work history.

If you already receive benefits, you can also:

- Get a benefit verification or proof of income letter.
- Set up or change your direct deposit.
- Change your address.

- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

You may also be able to quickly request a replacement card online with a *my Social Security* account, if you meet certain qualifications listed at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

### Frequently Asked Questions

– Do you have to pay taxes on Social Security benefits? How do you apply for Social Security retirement benefits? What is your full retirement age? Discover the answers to your Social Security related questions at our Frequently Asked Questions page at [www.ssa.gov/faq](http://www.ssa.gov/faq).

With so many services available online, we are here for you when your schedule allows. Be sure to tell friends and family about all the business they can do with us from the comfort of their home at [www.ssa.gov](http://www.ssa.gov).

## LEARN ONLINE WITH SOCIAL SECURITY



With more people learning online, we would like to highlight some of the digital resources we have for educators. Chances are a student will know someone who receives retirement or disability benefits. This could be a way to relate our many programs to a new audience. Showing young people that our programs help wounded warriors and children with disabilities can help them develop greater empathy and provide a path to inspired learning.

We offer an educator's toolkit teachers can use to engage students and educate them on our programs. The toolkit includes:

- Lesson plans with objectives;
- Infographics and handouts for each lesson plan;
- Links to Social Security web pages;
- Talking points; and
- Quiz questions and answers.

You can access the toolkit at [www.ssa.gov/thirdparty/educators.html](http://www.ssa.gov/thirdparty/educators.html).

Parents are a child's first educators. You can use our toolkit to introduce your child or grandchild to the importance of having a social safety net for hardworking Americans. We value and welcome the efforts all teachers make to educate America's young people, and we want to help spark discussions with students about the benefits Social Security provides to millions of people. Please share our toolkit with your favorite educators today.

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/IPFF/HOME](https://secure.ssa.gov/ipff/home)

REPORT OTHER SOCIAL SECURITY FRAUD, WASTE, AND ABUSE AT  
[HTTPS://SECURE.SSA.GOV/PFR/HOME](https://secure.ssa.gov/pfr/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



# *Persevere* **PA**

COVID-19 CRISIS COUNSELING PROGRAM

CONNECT WITH A **FREE**  
CRISIS COUNSELOR



 **CALL 1-855-284-2494**



*Do you feel...*

*Stressed?*

*Overwhelmed?*

*Alone?*

*Afraid?*

*Anxious?*

*During these uncertain  
times, you are not alone.  
We are here to listen.*

**Please call our Pennsylvania Support and Referral Helpline  
1-855-284-2494 TTY: 724-631-5600**

There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.

These services are **FREE & CONFIDENTIAL**.

This publication was made possible by FEMA Grant Number 4506-DR-PA, in collaboration with the Pennsylvania Department of Human Services.

**Senior Center Volunteer and APPRISE Programs:**

**Kellie Rusciolelli, Coordinator**

**November Volunteer**

**Birthdays**

Floyd Bardo	Helen Swanson
Sue Bauer	Barbara Vecellio
Elberta Billsborough	Mary Webster
Jack Bish	Dave Wolf
Rose Chiesa	Mary Lane Youngmark
Anna Mae Commينو	
Brett Ferguson	
Marilyn Gorrell	
Joan Hardenstine	
Ginger Horning	
Ronald Huff	
Phil Kennedy	
Lavern Konen	
Virginia Kunes	
Shirley J. Moore	
Robert Poinelli	
Willis Rush	
Jane Shuttleworth	





Open Enrollment is rolling along,  
the end is just around the corner.



# MEDICARE OPEN ENROLLMENT OCTOBER 15–DECEMBER 7

## **Toolkit for Medicare Beneficiaries.**

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

### **The link to view or download the e-book:**

<https://ohsaging.com/medicare-toolkit>

(works best in Google Chrome)





## THE HEALTHIEST WHOLE GRAINS

WHOLE WHEAT



QUINOA



OATS



BULGUR



WHOLE RYE



WHOLE COUSCOUS



BUCKWHEAT



BARLEY



BROWN RICE



**Boosting Fiber in your meals and eating more whole grains is an important part of a healthy diet.**

**In fact, eating whole grains is associated with various benefits, including a lower risk of diabetes, heart disease, and high blood pressure.**

**PDA Health and Wellness Program**

# Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

DON'T  FORGET

November 2020



Nov. 1—Turn clocks back 1 hour



Nov. 3—Election Day

Polls open at 7 am

Close at 8 pm

Nov. 11—Veterans Day - OHS Closed

**Nov. 17** — Last day to make a reservation for  
Holiday Meal.

**Nov. 24** - **Holiday Meal**

Nov. 26 & 27—

Thanksgiving—OHS closed

The Bennetts Valley Center remains closed at this time due to COVID-19. Take out meals are still available. Please call the day before no later than 11:30 to order a meal. If you need a menu please check out the OHS website : [ohsaging.com](http://ohsaging.com) follow link to senior center and download the latest Senior Review, or at the Senior Center website : [www.bennettsvalleyseniorcenter.com](http://www.bennettsvalleyseniorcenter.com)



Menus Available

If you are driving past the center and are in need of a menu for the month they are always accessible in the display cases located outside the building.



OHS now is on Facebook. Like and follow us at  
Office Of Human Services, Inc.



## Veterans Day

Our veterans protected the USA,  
With courage and commitment every day,  
Americans are proud of their dedication,  
Veterans deserve the utmost admiration.

Veterans had a spirit to never give up,  
Facing new challenges each day,  
Fighting to keep our country at peace,  
All, so loyal and brave.

Thank you, veterans for our freedom,  
For your sacrifices and hardships that you endured,  
You are very special heroes,  
We are honored that you served.

We appreciate your patriotism,  
A "Thank You" is a must.  
Your love of our Country and our Flag,  
Means so much to us.

By Deb Quickel

THANK YOU, VETERANS !



Frank Azzato	Frank " Pico" Gregori
William "Buck" Benson	Louis Gregori
Joe Caliari	Mary Gutowski
LeRoy Carpin	Ray Kostecki
Victor Cortina	Larry Kunes
Richard Crocco	Frank Michelini
Beno DeMonte	Mike Mirtich
John Franzoni	Willis Rush
Rico Franzoni	Simon Shutters
Walter Gavazzi	Will Smith
Randy Giovanini	Charles Veronesi
Stanley Gralak	Don "Woody" Wood



# How to Recognize and Avoid Phishing Scams

## How to Recognize Phishing

Scammers use email or text messages to trick you into giving them your personal information. They may try to steal your passwords, account numbers, or Social Security numbers. If they get that information, they could gain *access to your email, bank, or other accounts*. Scammers launch thousands of phishing attacks like these every day — and they're often successful. The FBI's Internet Crime Complaint Center reported that [people lost \\$57 million to phishing schemes in one year](#).

Scammers often update their tactics, but there are some signs that will help you recognize a phishing email or text message.

**Phishing emails and text messages may look like they're from a company you know or trust.** They may look like they're from a bank, a credit card company, a social networking site, an online payment website or app, or an online store.

**Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment.** They may

- say they've noticed some suspicious activity or log-in attempts
- claim there's a problem with your account or your payment information
- say you must confirm some personal information include a [fake invoice](#)
- want you to click on a link to make a payment say you're eligible to register for a [government](#) refund
- offer a [coupon for free stuff](#)

Information for this article taken from the Federal Trade Commission Website. Address is below

<https://www.consumer.ftc.gov/articles/how-recognize-and-avoid-phishing-scams>



# How to Protect Yourself From Phishing Attacks

Your email spam filters may keep many phishing emails out of your inbox. But scammers are always trying to outsmart spam filters, so it's a good idea to add extra layers of protection. Here are four steps you can take today to protect yourself from phishing attacks.

## Four Steps to Protect Yourself From Phishing

**1. Protect your computer by using security software.** Set the [software to update automatically](#) so it can deal with any new security threats.

**2. Protect your mobile phone by setting software to update automatically.** These updates could give you critical protection against security threats.

**3. Protect your accounts by using multi-factor authentication.** Some accounts offer extra security by requiring two or more credentials to log in to your account. This is called [multi-factor authentication](#). The additional credentials you need to log in to your account fall into two categories:

- Something you have — like a passcode you get via text message or an authentication app.
- Something you are — like a scan of your fingerprint, your retina, or your face.

Multi-factor authentication makes it harder for scammers to log in to your accounts if they do get your username and password.

**4. Protect your data by backing it up.** [Back up your data](#) and make sure those backups aren't connected to your home network. You can copy your computer files to an external hard drive or cloud storage. Back up the data on your phone, too.

## What to Do If You Suspect a Phishing Attack

If you get an email or a text message that asks you to click on a link or open an attachment, answer this question: **Do I have an account with the company or know the person that contacted me?**

**If the answer is "No,"** it could be a phishing scam. Go back and review the tips in [How to recognize phishing](#) and look for signs of a phishing scam. If you see them, [report the message](#) and then delete it.

**If the answer is "Yes,"** contact the company using a phone number or website you know is real. Not the information in the email. Attachments and links can install harmful malware.

## What to Do If You Responded to a Phishing Email

If you think a scammer has your information, like your Social Security, credit card, or bank account number, go to [IdentityTheft.gov](#). There you'll see the specific steps to take based on the information that you lost.

If you think you clicked on a link or opened an attachment that downloaded harmful software, [update your computer's security software](#). Then run a scan.

## How to Report Phishing

If you got a phishing email or text message, report it. The information you give can help fight the scammers.

**Step 1.** If you got a phishing email, forward it to the Anti-Phishing Working Group at [reportphishing@apwg.org](mailto:reportphishing@apwg.org). If you got a phishing text message, forward it to SPAM (7726).

**Step 2.** Report the phishing attack to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).



THANK YOU, LINDA



FOR SENDING THIS DELICIOUS  
HAPPY FALL CAKE TO OHS



# DRIFTWOOD SR. CENTER

**CLOSED FOR HOLIDAYS**

**Veteran's Day**

**Wednesday, Nov 11th**

**Thursday, Nov 26th**

**Thanksgiving Day**



## DRIFTWOOD SR. CENTER REMAINS CLOSED BUT STILL OFFERING HOT LUNCHES

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



### HOMETOWN FOOD COMPANY

The Hometown Food Company in Chicago, IL was so generous to The Driftwood Sr. Center. A huge box of cake mixes, frostings, sugar free mixes and so much more arrived by Fed Ex and was greatly appreciated. The members enjoy these gifts and are extremely appreciative of their generous gifts. Like we all say "If it's Pillsbury, it has to be good".



### THANK YOU WALMART!

Thanks go out to Walmart again for the very generous donation of groceries! Each member enjoyed a box of goodies!





November 2020

# Eldred Senior Center

November 2020 is the month for giving thanks



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

**ATA**  
Reserve a ride today  
Call 1-866-743-3282  
Reservation need to be made 24 hours in advanced

### APPRISE REFFERALS

Please call 225-4752 for your appointment during  
Open Enrollment Continues until December 6

- Extra Note
- Happy Thanksgiving



## November



Please remember honoring our vets on  
Veterans Day, November 11, 2020



Please call the ahead to order your

THANKSGIVING Lunch

Must be signed up by November 17th



# THANK YOU

The Eldred senior Center would like to say THANK YOU to our nurses for your care.

Extra Note

Thanksgiving is a time for gathering with friends and family. The traditional turkey dinner, Macy's parade, and football come to all of our memories. This is far different than the colonists. There dinner may have consisted of a goose, or a duck. Thanksgiving occurs on the fourth Thursday in November based on the original harvest meal. Our beloved pumpkin pie has been around, since 1654. It has a long history as part of the traditional

Thanksgiving dinner. In the early stages of pumpkin pie construction there were layers of pumpkin, apple, seasoned with rosemary, thyme and marjoram. As the pie developed a crust was added. Molasses was used, along with sweetened milk, making the pie more savory. Today we add a topping of whipped cream.



Happy Turkey Day!



# Eldred Senior Center

In Everything, Give Thanks



Eldred Center Wishing everyone a Happy Thanksgiving  
(Photos are pre Covid)



*Kitchen staff getting together take out lunches. Be safe continue to wear your mask.*



# Senior Moments

November 2020

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.

## Funny of the Month

A duck, a skunk and a deer went out for dinner at a restaurant one night.



When it came time to pay,  
The skunk didn't have a scent;  
The deer didn't have a buck;  
So they put the meal  
on the duck's bill!

Laughter is good  
for the body & soul!

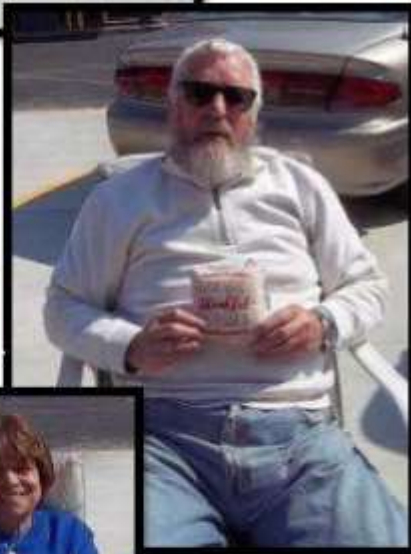


# Socially-Distanced Parking Lot Party

To help celebrate the new parking lot, a few members stayed around to eat their Fall Holiday Meal together!

Those who wished to stick around were encouraged to bring a lawn chair and to wear their mask when not sitting down to eat their meal. Chairs were spaced apart and those who came just enjoyed a little conversation while they ate together.

All the names of those who stayed were put into a container and the name drawn out won a small Fall decoration! Congratulations Keith!





# FOX TOWNSHIP SENIOR CENTER



## **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.

Our Holiday Meal will be held on Thurs., Nov. 24th, all reservations are due on Tues. Nov. 17th. By 1:00 PM

The Fox Senior Center remains closed due to COVID 19.



# 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



11-1	Florence Secco, Charlie Fisher, Dan Williamson
11-2	Cecelia Krise
11-4	Anna Petrocchi
11-6	Judy Shuttleworth
11-7	Pierina Lenox
11-11	Julie Zarowski
11-19	Joan Gerber
11-23	Ellen Schreiber
11-26	Dean Girls
11-27	Patty Eckert
11-28	Linda Heigel

***THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
NOVEMBER, 2020***



**60 Campus Drive  
Bradford, PA 16701  
Monday through Friday  
8:30 AM - 2:30 PM  
DURING THE COVID-19 DAYS, WE ARE CLOSED**

**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
NOVEMBER, 2020**



I love a brisk fall  
breeze, especially  
when the leaves blow  
into the neighbor's  
yard!!

**Autumn**  
The season that  
teaches us, that  
change, can be  
beautiful





# THE GREATER BRADFORD SENIOR ACTIVITY CENTER PAST NOVEMBERS



# Thanksgiving



**THE GREATER BRADFORD  
SENIOR ACTIVITY CENTER  
THANKSGIVING PARTY**

**NOVEMBER 24, 2020  
MAKE A RESERVATION FOR A  
TAKEOUT LUNCH  
AND GET A CHANCE TO WIN  
A PRIZE**

**CALL BEFORE NOVEMBER 17TH**





# THE GREATER BRADFORD SENIOR ACTIVITY CENTER BIRTHDAYS FOR NOVEMBER



11-10	<i>Carolyn Frant</i>
11-13	<i>Jeanne Hodgson</i>
11-14	<i>Mary Webster</i>
11-15	<i>Carol Felmler</i>
11-18	<i>Kathy Kunkle</i>
11-20	<i>Geraldine Crooks</i>
11-21	<i>Deb Nichols</i>
11-23	<i>Victoria Walker</i>





# Johnsonburg's November Senior Review

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



We remain closed for activities and social gathering. We do provide Take-out meals Monday-Friday from 11:30-12:00pm. Please call the prior day by 12:30pm to order your lunch. I am always looking for **volunteers** to help serve the meals or deliver the meals to those that can't drive. It is only **an hour** of you time . Please call if interested.





Don't forget to *vote on November 3rd.*

The Center will be closed on *November 11th* in honor of Veteran's Day



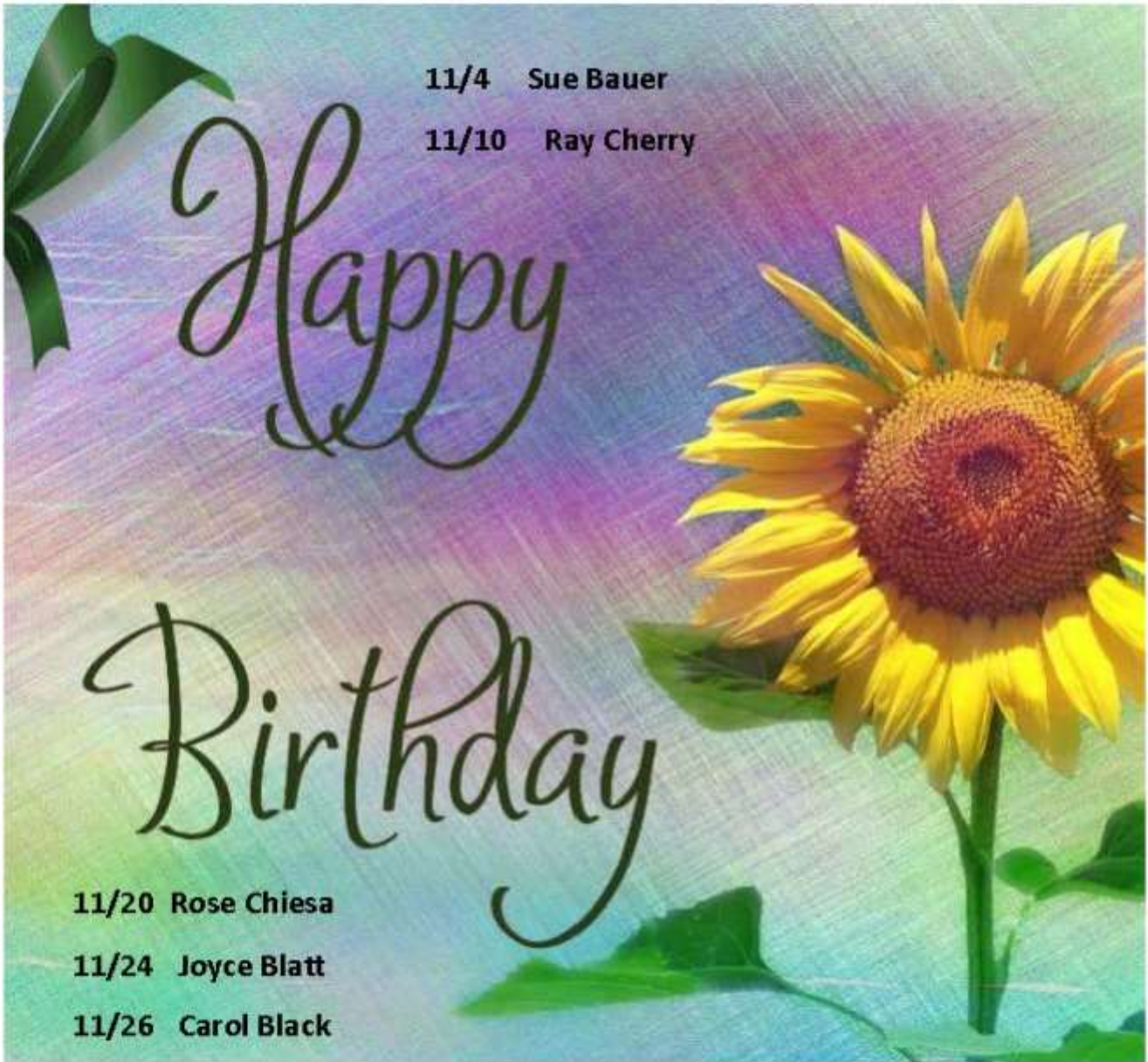
Check out our Facebook Page - New Johnsonburg Senior Center



It's more important this year than ever to get your flu shot with our current pandemic situation.







11/4 Sue Bauer

11/10 Ray Cherry

Happy

Birthday

11/20 Rose Chiesa

11/24 Joyce Blatt

11/26 Carol Black





APPRISE- Medicare open enrollment is from October 15th to December 7th. To set up a meeting or for more information, call the center or Kellie Rusciolelli directly at 776-0428.

**Thanksgiving meal, Tuesday, November 24th.  
Reservations for this Take-out meal are needed by Tuesday, November 17th.**





More of Art Stahl's Recipes! Thanks Art!

**Venison Jerky-** from Art Stahl

Use Lean Venison, Round Steak or Rump Roast

Trim off all excess fat

Slice meat against the grain into  $\frac{1}{4}$ - $\frac{1}{2}$  strips, 6 inches long

Lightly salt all pieces on one side

Season with cinnamon, pepper or Hickory flavor to taste.

Place pieces salt down in a non-metallic container

Salt and season other side of meat

Criss-cross other layers of seasoned meat

Let stand in refrigerator for at least 8 hours

Dry in oven on a cookie sheet for 4 hours at 180 degrees

Meat will turn hard and almost black when done.

Store in a plastic bag



**Puppy Chow-** (not for dogs) from Art Stahl

1 stick of butter or margarine

12 oz of chocolate chips

1 cup peanut butter

12 oz box of Chex Cereal

1 lb powdered sugar

Melt butter in a sauce pan, then add peanut butter and finally the chocolate chips to melt.

Pour Chex mix in a bowl. Slowly, pour chocolate mixture over until all Chex are covered. Gently fold mixture together. In a large plastic storage bag, add  $\frac{1}{2}$  lb of powdered sugar, add the Chex mixture and the remaining  $\frac{1}{2}$  lb of p. sugar. Gently shake the bag. Let cool and store.

**Monster Cookie Bars-** from Art Stahl Makes 36 bars

$\frac{1}{2}$  cup butter

1 cup sugar

1 cup brown sugar

3 eggs

1  $\frac{1}{2}$  cup peanut butter

1 tsp vanilla extract

2 tsp baking soda

4  $\frac{1}{2}$  cup oatmeal

2 cups chocolate chips

2 cups M & M's

Preheat oven to 350 degrees. Cream butter & sugar together.

Add eggs and peanut butter. Mix well.

Stir in vanilla, baking soda and oatmeal.

Stir in chips and M&M's.

Spread into greased jelly roll pan.

Bake for 15 minutes or until lightly golden brown.

Do not overbake.



# JONES TOWNSHIP TIMES

DAISY SUTTER, DIRECTOR  
320 FARRIES STREET / PO BOX 380  
WILCOX PA 15870  
PHONE/FAX: 929-5443

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

## NOVEMBER 2020

Open Enrollment Appointments  
for Medicare with Kellie Rusciolelli  
Thursday, November 11th  
8:00 AM to 2:30 PM  
Call 929-5443 to schedule.



### NOVEMBER BIRTHDAYS

11/6	Virginia Thorwart
11/11	Fred Swanson
11/28	Laverne Konen
11/30	Kay Hoyt

**Closed Thursday November 26th-  
Happy Thanksgiving!**

**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 -

### PETS AND ANIMALS I'VE KNOWN



**Sandy Burgeson**— We always have an animal. Now we have a 14 year-old Chihuahua named Pepper that we got at the Humane Society. He's lots of company, and goes everywhere we go.

**Shirley Stanley**- for 17 years, we had a poodle named Jojo. Now, I get to babysit my daughter Debbie's dog Bella every day. I dog sit for her while she's at work.

**Marlene Cook**- We had a dog named Cooter. He was a Hungarian Visla— a gun dog. He was a great dog to have around! He was a pretty red (very handsome). He was bred to chase birds, but would chase airplanes too! He lived to be 18 years old. We miss him a lot.

**Kaki Allegretto**— I have been watching a mama deer and her fawn in the yard. The fawn is getting big. The mom is limping— she has a bone sticking out of her leg. I watch them everyday when I sit on the porch.

**Frannie Malobicky**— We had a Collie dog and a mixed dog when I lived up in Rasselas. One day they took off and we couldn't find them. They travelled all the way to the Drive-In Theatre in Kane. We also had a bird dog. We had a big field up there in Rasselas where he used to kill woodchucks. We also had geese. They are the best watch Dogs! In the winter time if it got slushy, they used to jump in a take a bath. One day they got out on the road and wouldn't let the school bus through.



## JONES TOWNSHIP

### PETS AND ANIMALS I'VE KNOWN

Joe Mehalko– The first dog I owned, “McKeever”, was 3/4 St. Bernard and 1/4 Collie. He weighed 175 pounds. He loved to lay out in the snow and let it snow on top of him. He looked just like a big mound of snow! He lived to be 14, maybe because my dad liked to feed him Chicken soup!



Donna Hasney– We took in a stray cat who had kittens. It took \$500 to fix them all. We still have 3 of those cats running half-wild– but they all know where the food dish is.!

Virginia Thorwart– We had a dog named Dixie for 7-9 years. My granddaughter Rachel was determined my husband Dan needed a dog, so she got a little “free” Peekapoo dog in Ridgway. Of course he needed shots, etc. But he was a great dog for my hubby in his last years.



Daisy Sutter– We had a great dog- Duke. But I most miss the cows and the goats. I milked them, hayed, pitched manure, carried them water, etc. I loved the calves and kids.

Doris Neubert– We had a long-haired tiger kitty named Jill for many years. At night, she'd get her little red ball and make great squeaky sounds. Then she'd drop her ball down the stairs and chase it down over and over again!



## JONES TOWNSHIP

### PETS AND ANIMALS I'VE KNOWN

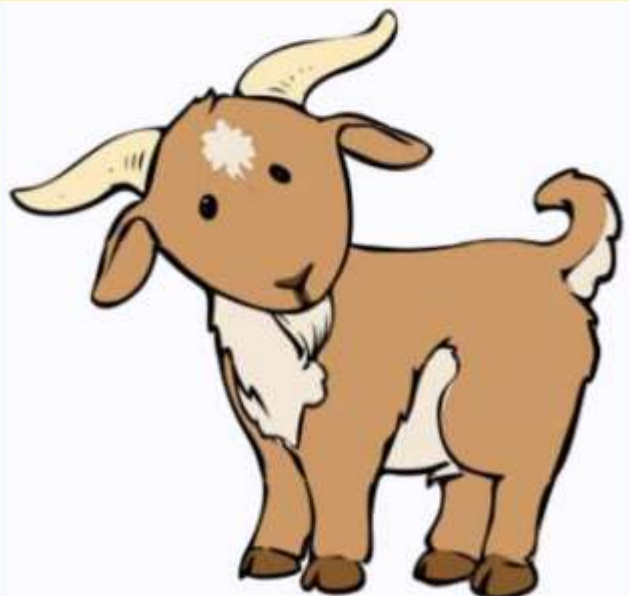


Kay Rhodes– My son and daughter-in-law were taking care of my dachshund while I was in the hospital. She disappeared from their home into the woods in Ludlow looking for me. No one could find her. She showed back up five weeks later in good condition and lived a long time after.

Dorothy and Art Johnson– Our little dog Penny is half-blind, but he gets around the house just fine. He's a dachshund. He loves Squeaker toys– he'll play and chew and pull on them till he gets the squeaker out. He chews nylon bones, but anything else he destroys.

Bonnie Hogue– My husband got me a Yorkie named Whisper. He was quite a character! The girls next door liked to take her out to play. She got so she thought the door bell was for her! When I was at my Mom's, Mom always had ice cream at 8 PM. Whisper would run to get some too.

Liela Kronenwetter– My sister Nancy and her four kids were riding in her Ford Coupe, when they came across a family of skunks. Nancy thought skunks were cute and wanted to take the babies home for pets. So she got out of the car and tried to pick one up. Even the babies sprayed her! Her kids didn't want Nancy back in the car afterward, but she had to drive home. It took her weeks to get the smell out of her car.





# Nifty November



## Fun November Facts

-The flower symbol is the **Chrysanthemum**

- November's birthstones are the **Topaz and the Aquamarine.**

### Did You Know...

--the **first Thanksgiving** was actually a **three day** affair.

-part of **Plymouth, Mass.** still looks like it did in the **17th century.** It is an amazing place to visit!!

-they may not have had **turkey** at the **First Thanksgiving.**

-Thomas Jefferson refused to call **Thanksgiving** a **holiday.**

-Sarah Josepha Hale, the woman that wrote "**Mary Had a Little Lamb**" is the person who petitioned Abe Lincoln to make Thanksgiving a national holiday.

-the first **Macy's Thanksgiving Parade** did **NOT** have any balloons.

-Americans prepare **46 million** turkeys every **Thanksgiving.**

-the **Turkeys** pardoned by the **President** go on to live full lives.

-only **MALE** turkeys actually **gobble.**

**"Who Knew?"**

YOUR HOME AWAY FROM HOME!!



## In This Issue:

- **Social Circle-COVID Style**
- **November Birthdays**
- **Part of the Future!!**





# Kane Social Circle...COVID Style

*Kane*

We have so enjoyed heading to Evergreen Park every Monday for our Social Circles and we were blessed with perfect weather, every Monday. What to do though as it gets colder and colder, yet we still want to meet each other? Michelle Palmer, Director of the Kane Community Center came to our rescue. We are now able to meet at the Community Center every Monday from 1:00 pm to 2:00 pm inside, warm and toasty AND still maintain our 6 foot apart with masks. We are so happy to have this opportunity to enjoy each other's company AND enjoy some beautiful music together!!



# More Kane Social Circle

*Kane*



## November Birthdays



- Steve Miller
- Lila Hepler
- Ralph Holt
- Sandy Swanson
- Basil Imbrogno
- Carolyn Rockwell
- Chuck Dangelo
- Shirley J. Moore
- Verna Wooditch





# COVID Circle @ the Community Center



The COVID Crisis may have put a "kink" in our style at the Kane Senior Center but where there is a will there is a way...we just LOVE seeing each other once a week at the Community Center and because we have access to electricity, we can now have our favorite singers come back in to perform for us....it is a win...win.



# Our Voice Counts...

The Kane Senior Center was asked recently to fill out a survey regarding our beloved Kane, PA. The survey included what makes Kane unique now and where in the future we would like to see Kane headed. Perhaps you have noted that since we have a young mayor and a young Chamber of Commerce President, Kane is becoming the town we always dreamed it could become!! We were most honored to be asked to participate in the survey and many of our seniors offered their points of view. It will be exciting to see what the future will hold for our little town and even more exciting that we were asked to be a part of the process.



## Survey



**General Thomas L. Kane**



# Mount Jewett Senior Center

8 East Main Street, P.O. Box 7105

Mount Jewett, PA 16740

814-778-5547 (M-F) 8:00am-2:30pm

814-778-5547

We recently purchased two new refrigerators and a new coffee station. Also, we plan to update the flooring in the kitchen, front entrance and the bathrooms.



Give  
thanks  
with a  
grateful  
heart



**Happy Birthday!!!**

**Rose McLaren 11/12**

**Bernadine Swanson 11/24**



Kellie Rusciolelli (APPRISE counselor)  
will be at the center on 11/16 from  
8:30am-2:30pm for open enrollment.  
Please call for an appointment if you  
need to discuss making changes in your  
health care plan.

To Register:

814-776-0428 or 814-778-5547

By Appointment Only



**The Center will not be serving take-out meals**

**November 11th (Veterans Day)**

**November 26th & 27th (Thanksgiving)**

**Mount Jewett Senior Center**



# PORT ALLEGANY SENIOR CENTER

## NOVEMBER 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!



## FLU SEASON—PROTECT YOURSELF!



### **What else can you do to avoid the flu?**

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

## **STAY HEALTHY MY FRIENDS!**



**NOVEMBER BIRTHDAYS**

**Port Allegany**

Nov. 08 Jim Petzold

Nov. 08 Noreen Coneys

Nov. 13 Tom Durkin

Nov. 20 Anna Mae Commino

Nov. 20 Dee Jones

Nov. 21 James Gotshall

Nov. 23 Bill Grandin



Nov. 23 Joan VanCamp

Nov. 24 John Buchanan

Nov. 26 Robert Shelley



**MEDICARE— YES—IT IS COMPLICATED!  
DO NOT BE MIS INFORMED CALL FOR HELP!  
CALL APPRISE (STATE HEALTH INSURANCE  
PROGRAM) November 18, appointments  
Here!**

**FOR MEDICARE ASSISTANCE**

**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!**

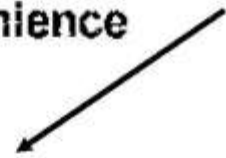
**Is your plan in tune with your life?**

**CALL NOW!  
WE ALL NEED  
HELP!**



**Fine Tune Your Medicare:  
Check Your Cost, Coverage, & Convenience**

November 18, 2020  
Port Allegany Senior Center  
216 N. Main St



**To Register: 814-776-0428 or 814-642-2101**  
**By Appointment Only**

**We Make Medicare Easy**

- Choose a plan that makes sense for you.
- Make sure you get the coverage you're entitled to.
- Get info on ways to save money.

**Can't make it?**

**APPRISE Can Still Help**  
Call us for free, one-on-one help.  
**814-776-0428**



*APPRISE is a free, public program of the Pennsylvania Department of Aging. We are here to give unbiased advice. We do not sell or endorse any insurance plans or products.*



Port Allegany



# VOLUNTEER



Stay young and  
active by  
volunteering!  
Looking for kitchen  
help. 642-2101



**Never be afraid to help others  
in their time of need  
You never know  
when you may  
need that  
shoulder  
to lean on**

Whisper of the Heart

Happy  
Thanksgiving



**St. Marys Senior Center**

72 Erie Avenue  
Marien Stadt Place  
St. Marys, PA 15857  
814-781-3555

Lesa Lamb, Director

llamb@ohsaging.com  
www.ohsaging.com



**The Senior Center remains  
closed but informative**

**Materials are sent home with  
the take out lunches.**

**November 2020**

"Boosting Fiber"

"What Is Diabetes?"

*Help with MEDICARE...*

*APPRISE counseling available—*

*Call for an appointment.*

**REMEMBER OUR VETERANS**

11-11-2019

*O'er the land of the free  
and the home of the brave!*

**Francis Scott Key 1814**



**Make your Lunch  
Reservations by 12:45  
the day before at the latest.**

**Lunch is served at 11:30.**

*When you really enjoy a meal – a little  
extra in the collection box is appreciated.*

**"Holiday Meal" 11:45**

November 24

Reservations are due on Nov 17 at the  
latest, no cancellations.



**CELEBRATE**

**Age**

St. Marys Senior Center





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



**HAPPY THANKSGIVING**  
**TO OUR**  
**MEMBERS & FRIENDS**

**Sleep in Sunday**

Don't forget to set  
clocks back  
one hour  
at 2 a.m.  
Sunday.



**NOV. 1st**

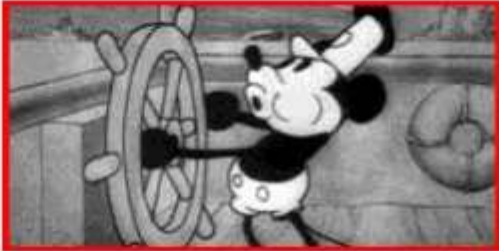
**REMEMBER**  
**REDEEM YOUR FARMERS MARKET**  
**VOUCHERS**  
**BY NOVEMBER 30**



**Change your**  
**CLOCKS** and **smoke**  
**BATTERIES!** **alarm**



**1928**



**Happy Birthday Mickey**



# Smethport Center

## November 2020

ELDERBERRIES CLUB

AMERICAN DIABETES &  
NATIONAL HEALTHY  
SKIN MONTH

SOCIALLY DISTANCED  
BINGO  
Every Tues @ 10

EAT SMART

How To Add  
Whole Grains  
To Your Diet

WELLNESS  
INFORMATION

Easy Ways To  
Boost Fiber  
In Your Daily Diet

Overcoming  
Roadblocks  
To  
Health

CENTER CLOSED  
NOV 26TH & 27th



In July of this year Sue Townsend of the Smethport Senior Center contacted Kevin Hagerty of Pet Management Consultant with Invisible Fence when she saw that Invisible Fence would donate a pet respirator to a local fire department on Pet Safety Day. Kevin

responded and the respirator was received by the Smethport Fire Department. Yesterday the Fire Department had the opportunity to use that respirator!

Pictured above is RN Holly Peranio of the Smethport Fire Department who works with her father Jim Dougherty as an EMT and First Responder. Rescue photo courtesy of



talented photographer Jim Dougherty. May God Bless You All!





**Richard Parker displays a diamond crystal he purchased this weekend. This one came from Virginia. According to Richard many of these crystals are found in granite rock and must be sledge hammered and chiseled to get them out. Richard said**



**he heard that "you can pick them right off the ground in Herkamer, NY. " Who knew!**

**The center is now open and the guys are able to meet**



**every morning for Breakfast Club. To the best of their ability everyone is honoring the Clubs Virus Mitigation Guidelines in a concerted effort to do all they can to protect those who are the most vulnerable. Thank you Harold and Phil you are two of the best.!**







**Last night at their weekly dinner out the center members presented Elderberries Club President Ami Shavalier with \$100; a beautiful bag hand painted by Joan Hardenstine and a card thanking Ami for how grateful they are for her daily efforts to keep the meals operating through the pandemic and working so hard to open the center. We are most blessed to have such wonderful people.**



**OH NO! LOOK WHAT IS HAPPENING OUT OUR BACK DOOR. ISADORE'S GARDEN CENTER BURNED LAST TUESDAY AT LUNCH TIME. OUR CONCERNED AND INTERESTED CONSUMERS WERE WISE TO KEEP THE BACK DOOR CLOSED SO THE CENTER WAS NOT FILLED WITH THICK BLACK SMOKE. A WEEK BEFORE ON THE MAIN STREET SIDE OF THE BLOCK HULLS HOTEL BURNED! YIKES.....**





## November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
2 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	3 <i>Meal 22</i> Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	4 <i>Meal 23</i> Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	5 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	6 <i>Meal 25</i> Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries	
9 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	10 <i>Meal 2</i> Salisbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	11 <i>OHS Closed</i>  VETERANS DAY	12 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cup w/ Broccoli and Cauliflower	13 <i>Meal 5</i> Chicken Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping	
16 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	17 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	18 <i>Meal 10B</i> Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix	19 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Broccoli Slaw Raspberries in Applesauce	20 <i>Meal 6</i> Pork Roast Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	
23 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	24 <i>Holiday Meal</i>  Roast Turkey Stuffing w/ Gravy Whipped Potatoes Holiday Mixed Vegetables Cranberry Sauce	25 <i>Meal 12B</i> BBQ Pulled Pork Wheat Sandwich Bun Broccoli/ Cauliflower Salad Peach Fruit Cup w/ Coconut	26 <i>OHS Closed</i> 27 <i>OHS Closed</i> 		
30 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad					

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

# OHS MEAL CALENDAR

## December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread	2 <i>Meal 20</i> Cheeseburger/Wheat Bun Chopped Onion Potato Salad Baked Beans Mandarin Oranges	3 <i>Meal 19</i> Goulash w/ Grated Cheese Cinnamon Pears Tossed Salad w/ Broccoli and Cauliflower	4 <i>Meal 17</i> Lemon Pepper Fish w/Tartar Sauce & Lemon Parsley Potatoes Green Peas Coleslaw Wheat Bread
7 <i>Meal 21</i> Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	8 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	9 <i>Meal 23</i> Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Broccoli and Cauliflower	10 <i>Meal 22</i> Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	11 <i>Meal 25</i> Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries
14 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	15 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli and Cauliflower	16 <i>Meal 5</i> Chicken Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping	17 <i>Meal 2</i> Salsbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	18 <i>Meal 3</i> BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread
21 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/ Zucchini Sliced Pears	22 <i>Holiday Meal</i>  Roast Turkey Stuffing w/ Gravy Whipped Potatoes Holiday Mixed Vegetables Cranberry Sauce	23 <i>Meal 12 B</i> BBQ Pulled Pork Wheat Sandwich Bun Broccoli/ Cauliflower Salad Peach Fruit Cup w/ Coconut	 <i>Merry Christmas</i>	
28 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	29 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread	30 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tossed Salad w/ Broccoli and Cauliflower Wheat Bread	31 <i>Meal 16</i> Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices <i>Happy New Year!!</i>	

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

# OHS MEAL CALENDAR