

October 2020



AREA AGENCY
ON AGING
ELK, CAMERON &
McKEAN COUNTIES

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

(A Private, Non-Profit Corporation)

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

WEB SITE: ohsaging.com



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

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

POINTS OF INTEREST:

- 2020 HALLOWEEN
- Welcome Fall 2020
- Senior Volunteers
- Health & Wellness

SENIOR CENTER NEWS:

BENNETTSVALLEY-----	9
DRIFTWOOD -----	12
ELDRED -----	13
EMPORIUM-----	15
FOX TWP -----	17
GREATER BRADFORD -----	19
JOHNSONBURG -----	23
JONES TWP -----	31
KANE-----	35
MOUNT JEWETT-----	42
PORT ALLEGANY-----	44
SAINT MARYS -----	49
SMETHPORT (OPEN)-----	51
MENUS -----	57

HALLOWEEN OCTOBER 31, 2020



WHAT ARE YOU DRESSING UP AS
THIS YEAR?
DON'T FORGET TO WEAR YOUR MASK!
(COVID-19)



WELCOME FALL



Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

October Volunteer

Birthdays

Kathy Amell

George Anderson

Lana Cogan

Vina Cole

Carol Falatic

Harold Hardenstine

David Huson

Mary Lu Irons

Jeff Kasaback

Jim Lenaway

Marjorie McCauslin

Kay Rhodes

Mary Ann Schiafone

Ami Shavalier

Jeanne Sheeley

Phil Shefcyk

Alta Smith

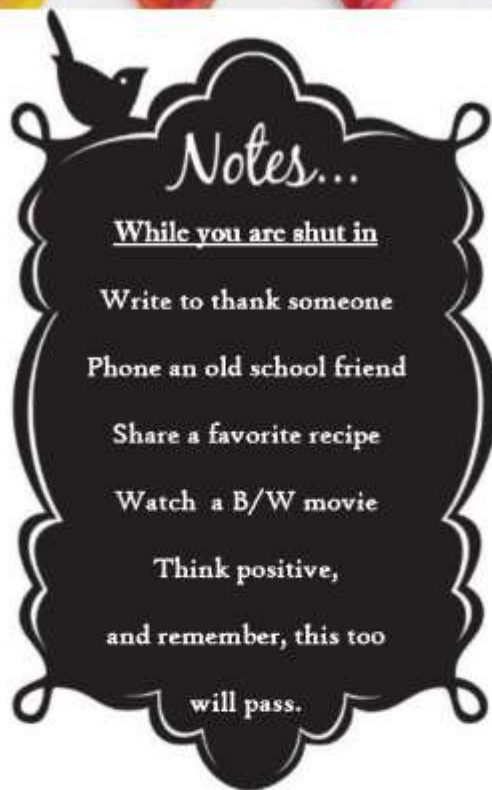
Geraldine Smith

Ella Spiegel

Suzanne Spiegel

Edna Taylor

Carl Wolf



Notes...

While you are shut in

Write to thank someone

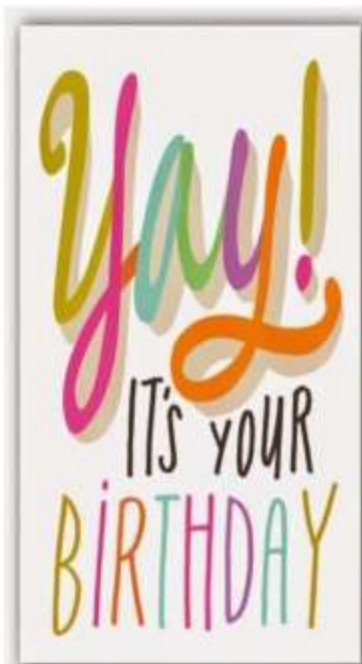
Phone an old school friend

Share a favorite recipe

Watch a B/W movie

Think positive,
and remember, this too

will pass.



**OUR VOLUNTEER'S
ARE THE BEST**





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>

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



Take the 30 – Second Hearing Test



While it's true that sudden loud noises, such as 4th of July fireworks can temporarily damage your hearing, the main cause of permanent hearing loss is the day to day pounding your ears are subjected to from our noisy society.

Try This:

In a quiet room, extend your hand to arms length on a flat surface and scratch the spot under your hand with your fingernail. Or while sitting, cross your feet and rub your shoes together. Either sound is equivalent to a whisper. If you have difficulty hearing the sound, it's a good idea to have your hearing checked.

From: Top Health Almanac

The most important thing you can do if you think you have a hearing problem is to seek professional advice. Your family doctor may be able to help.

PDA Health and Wellness Program

STAY INDEPENDENT: PREVENT FALLS

Take Action:



Falls aren't just a normal part of getting older—they're preventable and there are simple steps you can take to stay independent longer.



Speak Up.

Talk openly with your doctor about fall risks and prevention.

- Tell your doctor right away if you have fallen, or if you're afraid you might fall, or if you feel unsteady.
- Work together and review all of your medications and discuss any side effects like feeling dizzy or sleepy.
- See if taking vitamin D supplements for improved bone, muscle, and nerve health is right for you.



Keep Moving.

Activities that strengthen your legs and help your balance (like Tai Chi) can help you prevent falls.



Check Your Eyes.

Have your vision checked once a year and update your glasses as needed.



Make Your Home Safe.

Most falls happen at home.

- Keep your floors clutter free.
- Remove small rugs or tape down or secure them.
- Add grab bars in the bathroom.
- Have handrails and lights installed on all staircases.
- Make sure your home has lots of light.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

RESOURCES

CDC:
[cdc.gov/homeandrecreational/safety/falls/
adultfalls.html](https://cdc.gov/homeandrecreational/safety/falls/adultfalls.html)

STEADI Initiative:
cdc.gov/steadi

STEADI Patient Materials:
cdc.gov/steadi/patient.html

National Council on Aging Falls
Prevention (NCOA):
ncoa.org/healthy-aging/falls-prevention/

Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

October 2020

OCTOBER 8

NATIONAL FLUFFERNUTTER DAY

The sandwich's first recipe appeared in a 1918 booklet from a early Fluff competitor, Snowflake Marshmallow Creme, a Melrose-based company led by the brother-sister duo, Amory and Emma Curtis. Being in the midst of World War I, they called it "The Liberty Sandwich."

3 INGREDIENT FLUFFER-NUTTER COOKIES

1 cup peanut butter

1 cup marshmallow cream

1 large egg

1. Preheat oven to 350. Prep a sheet pan with parchment paper or silicone baking mat.
2. Use a fork to mix together peanut butter and egg
3. Gently fold in marshmallow cream so that you can still see streaks of marshmallow
4. Scoop cookie dough onto pan using small or medium sized cookie scoop. Bake for 11-13 minutes until slightly brown. Makes about 12 large cookies.



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 11:45 to order a meal. If you need a menu please check out the OHS website: ohsaging.com follow link to senior center and download the latest Senior Review, pick one up in the display case by front doors or call the center to have one mailed to you.



The APPRISE Program is the State Health Insurance Assistance Program (SHIP). Trained volunteers and staff provide free face-to-face or telephone assistance with understanding Medicare, Medicaid, Medigap or supplemental insurance, long term care insurance, Medicare Advantage plans (like an HMO or PPO) and Medicare prescription benefits. Can assist in understanding the Medicare appeals process and assist with appeals. Contact Kellie Rusciollelli (814) 776-0428

SMILING FACES OF FRIENDS



TECH CORNER

The longer the password, the harder it is to crack. Consider a 12-character password or longer.

Avoid names, places, and dictionary words.

Mix it up. Use variations on capitalization, spelling, numbers, and punctuation.

These three rules make it exponentially harder for hackers to crack your password. The strategies employed by password crackers have advanced to an incredibly efficient level, so it's imperative to be unusual with the passwords you create.



How to create a secure Password



Take a sentence and turn it into a password.

The sentence can be anything personal and memorable for you. Take the words from the sentence, then abbreviate and combine them in unique ways to form a password.

WOO!TPwontSB = Woohoo! The Packers won the Super Bowl!

PPupmoarT@O@tgs = Please pick up more Toasty O's at the grocery store.

1tubuupshhh...imj = I tuck button-up shirts into my jeans.

W?ow?imp::ohthgr = Where oh where is my pear? Oh, there.

DRIFTWOOD SR. CENTER



DRIFTWOOD SR. CENTER REMAINS CLOSED BUT STILL OFFERING HOT LUNCHES

The Driftwood Sr. Center remains closed but hot lunches are still being delivered to your car in the parking lot at 12:00 noon. Please be sure to reserve your lunch the day before by 11:30 a.m. Lunches are served Monday, Tuesdays and Wednesdays. Please call 546-2331 for reservations.



DOWN COUNTY BASKET HELPS LOCAL CANCER PATIENTS & FAMILIES

This is the second year that The Driftwood Sr. Center organized a Down County Basket to help raise money at the courthouse for local cancer patients and families.



MONEY RAISED LAST YEAR

Monies raised from Raffle Baskets, 50/50 and Soup Sales was \$18,177.00. Combined with GKN fundraising the grand total was \$ 22,652.00 which was used to help 13 families!



October 2020

Eldred Senior Center

Eldred Senior Center "October brings Frost on the Pumpkin"



Eldred Senior Center
P.O. Box 368
Eldred, Pa 16731



Open Enrollment Begins
Take out Lunches Only.



APPRISE REFERRAL

Please call for your Medicare concerns and make a appointment
Open Enrollment starts October 15th



Halloween is always a fun time of the season for kids to get dressed up.



Continue to wear your mask when picking up your lunch.



ATA Call-A-Bus

Please call a ahead if you wish to ride the ATA bus Monday thru Friday
1-866-743-3282

Extra Notes



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

Protect yourself and your family from the flu. You can get vaccinated through your doctor. If you get the flu it can come on suddenly. It causes high fever, headache, and tiredness. The vaccine is recommended for anyone 6 months and older. It can come in a shot or nasal spray. You can not get the flu from the flu vaccine. Most of the time there is no side effects. Don't get the flu shot, if you have a high fever, if you are allergic to eggs, or had a reaction from your last shot. Getting the flu vaccine is a good way to avoid getting the flu. There are other ways to help from getting the flu. You can wash your hands with soap and water for 20 seconds. When coughing or sneezing use a tissue and throw away. Keep your hands away from your face, eyes, nose and mouth. Avoid problems from the flu get your yearly shot.



Eldred Senior Center "October brings Frost on the Pumpkin"



Thank you Chuck Sherman for making Repairs to our flag pole.

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

Ed Grimes Kathy Amell



Happy Halloween from the Eldred Senior Center. (Photos submitted are (Pre-Covid))



Senior Moments

October 2020

Emporium Senior Center



Contact Us

Director: Kelly Spencer
Call: 814-486-3707
Email: kspencer@ohsaging.com
Facebook: facebook.com/emporiumseniorcenter

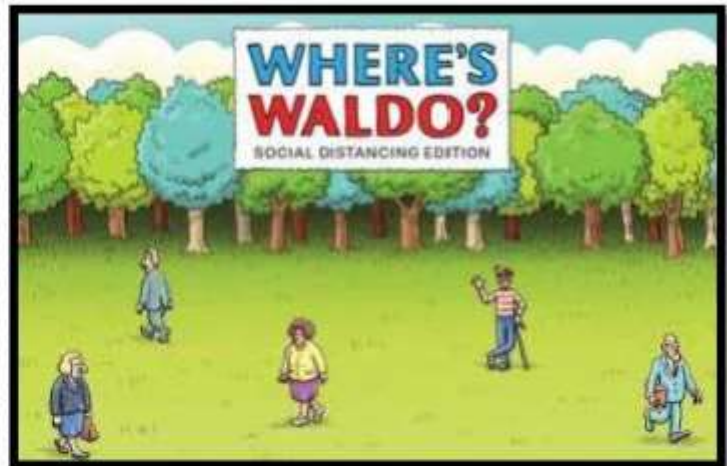
Notice:

Currently, our center remains closed, in order to help protect the higher-risk population we serve, during this Covid-19 Pandemic.

We continue to serve Take Out Meals, at the door, weekdays, at Noon.

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

Funny of the Month



Laughter is good
for the body & soul!

Emporium Senior Center

October 2020



With the new sign hung, the front of the building repaired and finished, the parking lot poured, sealed, & set... The center is looking pretty terrific! Thank You to all those whose funds and hard work made these projects possible!

Ron Barker

Sept 1933

-

Sept 2020



Ron Barker was a frequent visitor at the center. He and his wife used to come often at our breakfast time for coffee, toast, and conversation. He also enjoyed bowling on the Wii and would often try bowling from a far distance just for fun. We enjoyed hearing the stories he would share and we loved to hear him play our piano!
Ron sure will be missed.

Quote of the month: "There'll be 2 dates on your tombstone & all your friends will read em', but all that's gonna matter is that little dash between 'em." -Kevin Welch

One Hundred & Three

This young lady is the oldest of our bunch. She turned 103 at the end of September!



This picture was from last Summer, but she looks about the same!

Eva sure makes 103 look great!

Happy Birthday Eva!

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



10/1	Philip Shefcyk
10/6	Anna Mae Parmigiani
10/10	Norma Dowie
10//11	Harry Himes
10/21	Aileen Mattiuz

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.

Application for Farmers Market Vouches are available, please call the center to receive yours.

The Fox Senior Center remains closed due to COVID 19.

THE GREATER BRADFORD SENIOR ACTIVITY CENTER OCTOBER, 2020



**60 CAMPUS DRIVE
BRADFORD, PA 16701**

MONDAY THRU FRIDAY

**8:00 AM - 4:00 PM
WHEN COVID-19
IS OVER
MAKE US YOUR HOME AWAY
FROM HOME**



**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER**

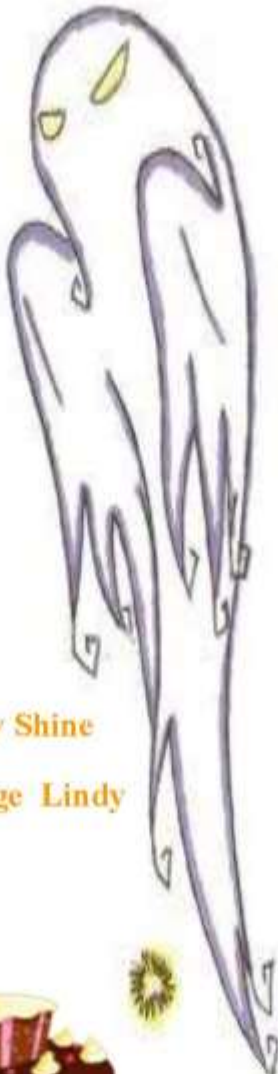


**COME AND PICK UP A LUNCH
ON OCTOBER 29TH TO
CELEBRATE HALLOWEEN
THE “NEW NORMAL”
WAY**

**CALL BY OCTOBER 22 FOR A
RESERVATIONS**

**YOUR NAME WILL BE PUT IN
FOR A PRIZE!**



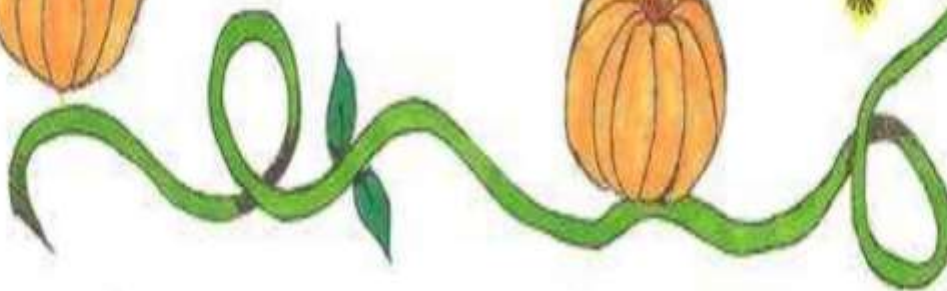


**GREATER BRADFORD
SENIOR ACTIVITY CENTER
OCTOBER BIRTHDAYS**



HAPPY HALLOWEEN

10-06	Frances Olson	10-30	Larry Shine
10-09	Bill Clark	10-31	George Lindy
10-15	Chuck Sisler		
10-19	Marjorie Leonard		
10-22	Jim Lowe		
10-26	Bonnie Kelly		
10-28	Sophie Poletto		
10-29	Barb Daniels Sharon Shine		



**THE GREATER BRADFORD
SENIOR ACTIVITY CENTER**

OCTOBER, 2020





Johnsonburg Senior Center

430 Center Street

Johnsonburg, PA 15845

814-965-5638

Thank you to all of our drivers that allow us to provide meals to those that can't drive. We appreciate all of the volunteers that have filled in to sub for the regulars too!



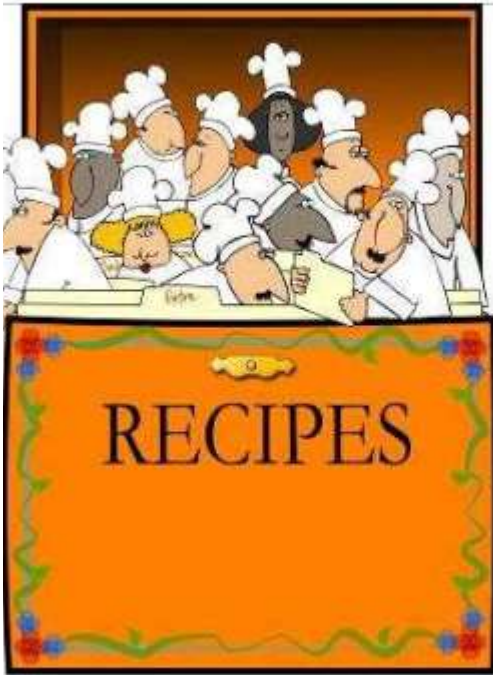
Donations really matter to the Center. Help out a neighbor if you can during this pandemic. We love serving lunches and giving treats. I'd love to see some new faces too!!

October Birthday Celebrations



Jerry Brendel	10/1
Barb Duffy	10/29
Mary Ann Schiafone	10/28
Marlene Sorg	10/25
Ella Spiegel	10/15
John Taylor	10/6

Enjoy your day!!



I asked everyone to share your favorite Fall recipes. Thank you to those that submitted recipes.

Zucchini Fritters- *from Art Stahl*

1 cup flour
2 eggs beaten
Romano Cheese
Salt & Pepper
Garlic
Oregano
Water

Cut zucchini in strips, dip in batter and deep fry in oil

Fried Squash Cakes- from Art Stahl

1 grated small zucchini, not pureed
1 egg
¼ cup grated Parmesan cheese
Garlic Salt
Salt & Pepper
Handful of chopped parsley
Enough flour to hold together like potato pancakes

Fry in ¼ inch hot oil on one side until golden brown
Then turn and fry other side of cakes

Fried Green Tomatoes- from Art Stahl

5 slices large green tomato
½ cup buttermilk
4 TBSP bacon grease (or vegetable oil)
½ cup oyster fritter breading

Oyster Fritter Breading

1 cup white corn meal
1 cup all-purpose flour
2 tsp paprika
1 tsp salt
½ tsp onion powder
½ tsp garlic powder
½ tsp cayenne pepper
¼ tsp black pepper
½ tsp oregano

Combine all breading ingredients in a bowl.
Dredge tomatoes in buttermilk, then in breading.
Heat bacon grease in saute pan.
Add tomatoes and fry in hot pan until golden brown



Morning Drink — from Nancy & Dick Servidea

1 cup Sweetened Almond Milk
½ cup Mothers oats
6-7 Strawberries
1 Frozen Banana

Blend until well mixed

Cucumber Salad- from Art Stahl

Thinly sliced cucumbers, diced ripe tomatoes,
chopped romaine lettuce, cubed red bell peppers,
Newman's Own Olive or Vinegar salad dressing.
Toss the vegetables in a bowl with salad dressing to taste.
Serve on chilled plates.



Refrigerated Pickles- from Art Stahl

Sliced cucumbers to fill 4 Quart jars. Add a few slices of onions to
the top of the cucumbers. Make the following mixture:
4 cups sugar, 4 cups of vinegar, 1 ½ tsp celery seeds, 1 ½ cup turmeric,
½ cup water, ½ cup salt. Stir well. Pour over cucumbers and refrigerate.
Let set 5 days before opening, shake jar every day to stir up mixture,
Always keep in the refrigerator or they will spoil.



Swedish Meatballs- from Art Stahli

1# ground beef

¼ cup minced onions

¼ cup dried bread crumbs

2 TBS salt

1/8 tsp pepper

1 tsp Worcestershire Sauce

1 egg

½ cup milk

¼ cup salad oil

¼ cup flour

2 cups water

¾ cup sour cream

Cooked Noodles

Mix thoroughly; beef, onion, bread crumbs, egg and milk. Shape mixture by rounded TBSP into balls.

In a large skillet, slowly brown and cook meatballs in oil. Remove meatballs and keep warm.

Blend flour, ½ TBSP salt and ½ tsp pepper and oil until smooth and bubbly. Remove from heat.

Stir in water. Heat to boiling, stirring constantly for one minute. Reduce heat and gradually stir in sour cream. Mixing until smooth.

Add meatballs and heat thoroughly. Serve over cooked hot noodles.

Caramel Apple Crisp Cheesecake

-- from JoAnn Schatz

Ingredients:

For the Crust-

12 graham crackers, crushed

6 Tbsp. melted butter

1 tsp ground cinnamon

1/4 Cup granulated sugar

1/4 tsp salt

For the Cheesecake:

4 (8 oz) blocks of cream cheese , softened

1/4 cup caramel sauce, plus more to drizzle

1/4 cup granulated sugar

3 large eggs

1/4 cup sour cream

1 tsp pure vanilla extract

2 Tbsp. all-purpose flour

1/2 tsp salt

1/2 tsp ground cinnamon

For the Topping:

1/4 cup packed brown sugar

1/4 cup all purpose flour

1/2 cup old fashioned oats

1/2 tsp ground cinnamon

1/4 tsp salt

4 Tbsp. butter, softened

1 apple, peeled and finely chopped

Whipped topping for garnish (optional)



1. Preheat oven to 325 degrees and grease an 8" or 9" springform pan with cooking spray.
2. Make Crust: In a large bowl, mix together graham cracker crumbs, melted butter, cinnamon, sugar and salt. Press into the bottom of prepared pan and up the sides.
3. In a large bowl using a hand mixer (or in a bowl of a stand mixer), beat cream cheese, caramel and sugar together until completely smooth. Add eggs, one at a time, then stir in sour cream and vanilla. Add flour, salt and cinnamon. Beat until just combined. Pour mixture over crust.
4. In a medium bowl, whisk together brown sugar, flour, oats, cinnamon and salt. Cut in butter with a fork or pastry cutter. Scatter apples in an even layer over top of cheesecake, then top with an even layer of the oat topping.
5. Wrap bottom of pan in aluminum foil and place in a large roasting pan. Pour in enough boiling water to cup up halfway in the baking pan. Bake until the center of the cheesecake only slightly jiggles, about 1 hour and 30 minutes.
6. Turn off oven, prop open oven door and let the cheesecake cook in oven, 1 hour. Remove foil and refrigerate cheesecake for at least 4 hours and up to overnight.
7. When ready to serve, drizzle with caramel and serve slices topped with whipped topping.



Healthy Halloween Nutrition Food Word Search Puzzle!

There is more to Halloween than just candy. Find these Halloween words!

- | | | | | |
|---------|---------|---------|--------|---------|
| spiders | costume | nuts | orange | popcorn |
| pumpkin | seeds | raisins | black | fangs |
| treats | tricks | patch | apples | broom |



Visit us for more fun kids holiday printable and healthy classroom worksheets. www.TheSilly.com for narrative games, interactive puzzles and healthy food printables! Copyright © 2014 TheSilly.com, All Rights Reserved



Have fun and good luck!!



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)

OCTOBER 2020



OCTOBER BIRTHDAYS

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.

10/14	Dave Huson
10/16	Sandy Burgeson
10/20	Brian Parana
10/25	Kay Rhodes



JONES TOWNSHIP -

MY FAVORITE BOOK/ MOVIE



Frannie Malobicky-

Doing Workbooks, Reading Harlequin Romances, Watching Hallmark Channel Mysteries and Romances.

Barb O'Rourke-

Hallmark movies, Reading soft books like Debbie Macomber's books- romances.

I love to read!

Jan Swanson-

Favorite Authors- Barbara Carlan, Grace Livingston Hill, Norah Roberts, Catherine Anderson, Susan Wiggs. Favorite book- A Woman of Substance

TV Shows- Life Below Zero, Blue Bloods.

Daisy Sutter- Favorite Books

Little House on the Prairie Books- My mom used to read them to us kids when I was little. Now I have the whole set and have re-read them many times. They remind me of my life growing up in a big family, carrying water, taking care of the cows and goats, helping in the sawmill, washing, ironing, and cooking on the wood stove.

Lost Quilter- Jennifer Chiavenelli, Last Testament- John Grisham, Bible

Bonnie Hogue- As a librarian, I have seldom met a book that I did not like! My favorite book I met at a young age and I have read it at least 50 times- to myself, to my children, to my grandchildren, to anyone who would listen. Written and illustrated by E.B. White, Charlotte's Web is a beautiful classic. The characters have exciting and unpredictable personalities. The illustrations are humorous. Who would have thought that a pig could do a backflip? The plot is rich in suspense, right up to the end when Charlotte receives her final gift. If you need an excuse to read this book, look around your neighborhood. There is a child waiting for a good story.

JONES TOWNSHIP

MY FAVORITE BOOK/ MOVIE

Donna Hasney- Movies, Actors and Actresses-

Sleepless in Seattle,
You Have Mail,
Cast Away

Tom Hanks, Jen Lopez, Meg Ryan,
Denzel Washington.



Joe Malobicky- Show, Movies, Books

Jeopardy,
Old War Movies,

Norah Buzard- Shows, Movies, Books

Romance novels.

Romance shows.

Sandy Burgeson- I like sitting out on the porch listening to the wind chimes! When I was a kid, we were always out playing. I didn't watch much TV.

Kaki Allegretto- All Hallmark Movies and Mysteries.

UP-TV Movies, CSI, NCIS, Monk, Diagnosis Murder, Father Brown, Call the Midwife.

Dorothy Allegretto-Johnson-

To Sir With Love- Sidney Poiter

Art Johnson-

Little House on the Prairie- Michael Landon.
It has depth to it on different episodes.

Jim and Dotty Preshak-

Game Shows, especially
"America Says"

Westerns

Tom and Marty Kreckel-

The Fox and the Hound- We really like the animation and friendship shown.

Gunsmoke, Wild Wild West, Heat of the Night, More of Life, Wanted Dead or Alive, Tombstone Territory.

JONES TOWNSHIP

MY FAVORITE BOOK/ MOVIE



Marlene Cook-

Angela's Ashes- Frank McCort- It's about the Irish Potato Famine.

Marley and Me- It made me laugh, made me happy. That dog was a mischief maker. I liked the book better than the movie.

Doris Neubert-

The Amish Books.

I like most of the characters.

Liela Kronenwetter-

Garden of Verses—Robert Louis Stevenson.

Wizard of Oz- I like Dorothy and most of the characters. It's a great movie for the family.

Kay Rhodes-

Jennifer Chiavenelli's book about Mary Todd Lincoln's seamstress.

World War II books.

Debbie Macomber books.

Shirley Stanley-

Danielle Steele- Daddy's Girls.

The dad had 4 daughters- each with her own personality, and each got to do what they were meant to do.

The Librarian in town helps me get my books. She picks out 5 books at a time so I can just pick them up.

Virginia Thorwart-

The Bible.

Nonfiction History, especially the American Revolution and the Civil War periods.

I am a member of the DAR and I had ancestors in each war.

Kane Senior Center

October 2020



YOUR HOME AWAY FROM HOME!!



Spooky October



Fun October Facts

- The flower symbol is the **Calendula**
- October's birthstone is the **Opal**.
- Did You Know...
 - Candy Corn** used to be called **Chicken Feed**.
 - The holiday of **Halloween** dates back more than 2,000 years to the Celts.
 - Keene, New Hampshire** holds the record for the most Jack-o'-lanterns on display...**30.581**..Wow!!

-Jack o' lanterns originated in **Ireland** where they used to carve **potatoes, beets and turnips**.

-they say The White House is **HAUNTED!!** Most frequently seen are the ghosts of **Abe Lincoln** and **Eleanor Roosevelt**.

-**Halloween** is the **2nd largest commercial holiday**-2nd only to Christmas.

-**Illinois** grows **500 million pumpkins** annually-5 times more than any other state in the U.S.A.

-**600 million** pounds of **Halloween candy** is sold annually-**90 million** of which is **chocolate**.

"Who Knew?"

In This Issue:

- **Social Circle-COVID Style**
- **October Birthdays**
- **What A Crew!!**
- **Thank you Shirley**



Kane Social Circle...COVID Style

Kane

We had another Social Circle-COVID Style at Evergreen Park recently. This time we were treated to the music of **Mike Doty** and his girlfriend, **Tressa Wyler**. We so enjoy our time together and it makes having to be apart all the time almost worth it! We also have found the perfect spot in the park to meet as there is a grove of trees on the Park Avenue side of the park that has been working out so great for us. We are in the shade and it is large enough for all of us to be able to sit comfortably, maintaining our 6 feet.



More Kane Social Circle

Kane



October Birthdays



- Valerie Kribbs
- Jack Grube
- Mary Thompson
- Sher Ruggiers
- Jim Lenaway
- Anne Orzechowski
- Carol Moran
- Casey Jones
- Jeff Kasaback
- Helen Gregory
- Pat Vantine



What a Crew!!

Kane

Have you ever wondered what it takes for the Kane center to be able to prepare and deliver hundreds and hundreds of meals each month since the COVID-19 crisis? Well...this month in the Senior Review, you are about to find out. Of course it takes a director BUT a center is only as strong as its team of volunteers. There is **NO WAY** a director could do any of this by themselves...if left up to my own self, I would have retired or pulled out all of my hair a **LONG** time ago... Were it not for this dedicated, loving, caring, helpful team of volunteers, the Kane Center would NEVER be able to accomplish half of what they have done since March 17th. To date, the Kane Senior Center has delivered thousands of meals and made thousands of wellness check phone calls.

Today, I would like you to meet this amazing group of volunteers.



Bags...bags...
and more
bags...

Shirley and
Dixie are
helping to
prep all of the
bags to put
the lunches
in...thanks to
the Dollar
General for
providing us
with clean
bags!!

One of the most important jobs Dixie does at the center is to reach out to all of you with a little phone call each week since the COVID-19 crisis has begun. She has literally made thousands of call just to say hello and check to make sure that you are doing ok!! I am so grateful that she does this for me, for I don't have enough hours in my day to be able to call all of you like I wish I could...Thanks Dixie-from the bottom of our hearts!!



The Prep...

Kane



Thanks to Jim Wilcox and his food deliveries



Food Prep...



Name tags ready for the next day!!



The Delivery Teams

Hane



Day in and day out...just like the Pony Express, these folks deliver the meals to our folks. From James City to Highland to the New Thompson House to Sleepy Hollow to Covert Road...off they go!! Never a question...just a " what can I do to help!!"

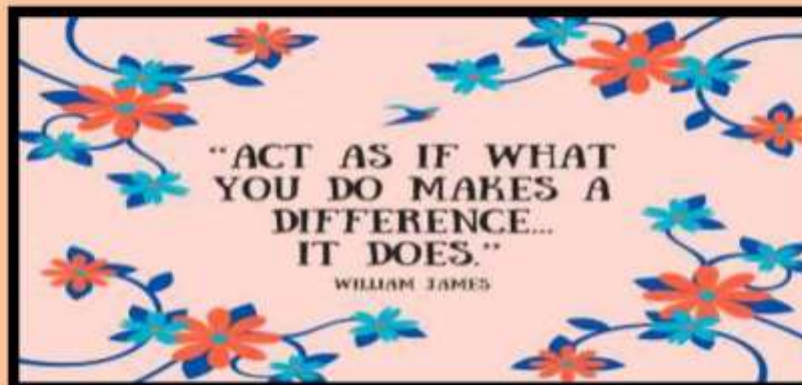
Thank You Shirley!!

Kane



When this COVID Crisis began in March, Shirley stopped in to help and she **NEVER** left. There is **NO WAY** I would be able to serve the thousands of "to-go" meals we have done, without her constant support and friendship. Shirley...**you are one in a million** and on behalf of the Kane Senior Center....thanks you for your selfless service and volunteerism!!

WE LOVE YOU!!



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

Happy Birthday!!!

Russ Swanson 10/7

Norma Batista 10/10

Martha Oertly 10/11

Roxie Compton 10/14



Mount Jewett Senior Center Time to Reminisce



PORT ALLEGANY SENIOR CENTER

OCTOBER 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!

Port Allegany

OCTOBER BIRTHDAYS

Oct. 1 Susanne Spiegel

Oct. 2 Mike Culver

Oct. 21 Debbie Mallery

Oct. 25 Judy Evans

Oct. 26 Minnie Herzog

Oct. 31 Edna Taylor



**MEDICARE— YES—IT IS COMPLICATED!
DO NOT BE MIS-INFORMED CALL FOR HELP!
CALL APPRISE (STATE HEALTH INSURANCE
PROGRAM)**

FOR MEDICARE ASSISTANCE

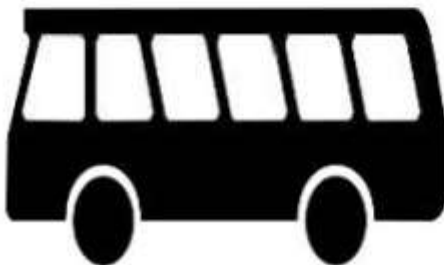
814-776-0428

NEED A RIDE?

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

1-866-282-4968

BEEP! BEEP!



PORT ALLEGANY

FARM MARKET VOUCHERS



YES, YOU CAN STILL GET YOUR FARMER MARKET VOUCHERS THIS YEAR. IT IS A LITTLE DIFFERENT PROCESS, BUT VERY EASY. PLEASE GIVE THE CENTER A CALL! YOUR VOUCHERS WILL BE MAILED DIRECTLY TO YOU! ENJOY THAT FRESH SUMMER PRODUCE!



FEATURED WEBSITE

COVID-19 RESOURCES FOR OLDER ADULTS

[Www.nia.nih.gov/health/government-covid-19-resources-older-adults](http://www.nia.nih.gov/health/government-covid-19-resources-older-adults)

COVID-19 has changed our everyday lives. Find Government resources for older adults during the pandemic. Learn about financial and housing resources. Find tips on staying healthy and safe.

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

St. Marys Senior Center

72 Erie Avenue

Marien Stadt Place

St. Marys, PA 15857

814-781-3555

Lesa Lamb, Director

llamb@ohsaging.com



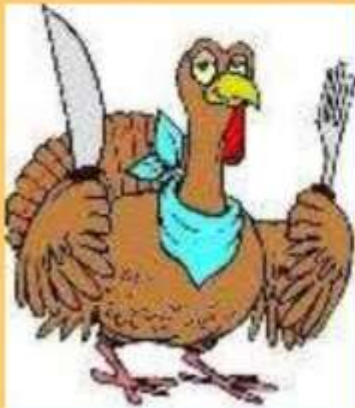
**ALL PROGRAMS, MEALS &
ACTIVITIES ARE SUBJECT TO
CHANGE DEPENDING ON
THE OPENING OF
SENIOR CENTERS STATEWIDE.**

Upcoming

"Holiday Meal"

November 24

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



**The Senior Center remains closed but
informative materials
are often sent home with the
take out lunches.**

October 2020

"Struggling to Hear?"

"Important Nutrients"

Help with MEDICARE.

APPRISE counseling available—

Call for an appointment.

CELEBRATE

Age

St. Marys Senior
Center



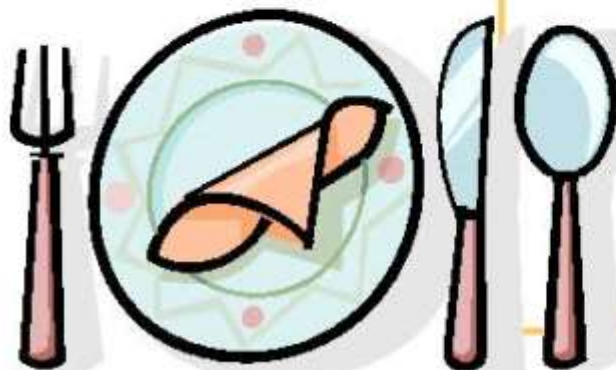
St. Marys Senior Center

Where good friends grow Like wildflowers...

Happy Halloween

REMEMBER

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



Make your Lunch
Reservations by 12:45
the day before at the latest.
To-Go Lunches can be picked up between 11:30
and noon, Monday through Friday.
*When you really enjoy a meal – a little
extra in the collection box is
greatly appreciated.*

SMETHPORT SENIOR CENTER

OCTOBER 2020



THE MANY
MASKS OF THE
SMETHPORT
SENIOR

CENTER



"THE TIMES THEY ARE
A CHANG'IN."



Greetings From The Elderberries Club:

As you may have heard the center had a soft opening on Wednesday, Sept 9, 2020 for eat in meals only.

We will still be providing take-out meals to those individuals who prefer them until further notice.

Other programs and services may possibly be phased in at a later time.

The club has voted to continue with Virus Screening Measures which will be applied to every person entering the center.

Virus Mitigation Standards include wearing a mask at all times you are moving about the center and maintaining 6 feet of distance between all center participants. You may take your mask off only to enjoy your meal.

This will also include:

Confidential completion by all consumers entering the Center, of the "Coronavirus Screening and Agreement Form" as well as subsequent temperature taking and Questions.

A copy of the Coronavirus Screen and Agreement Form is attached for your review.

Seating in the Dining Hall has been arranged and chairs cannot be moved around. Right now the dining hall has space for safely seating 11 consumers.

For everyone's protection Consumers are prohibited from moving around once seated.

Condiments will be single serve and included with the meal.

Consumers will be asked to pack up and dispose of their food containers in the bag their meals were provided in and wipe down their own table top and chair; with the disposable alcohol wipes provided.

Hand sanitizer will be provided at the entrance/exit of the dining hall.

Do not share food or other items.

The center will be sanitizing all frequently touched surfaces twice a day.

Bathrooms will be sanitized every afternoon.

We are asking members to individually take responsibility for their own health and safety by wiping down the bathroom facilities as you use them.

Ideally when you enter and before you leave. Being sure to wash your hands and turn off the spigots with a paper towel as the last step.

As always remember to cough or sneeze into your elbow and wear a mask when moving about the center.

Wash your hands frequently with soap and water and use hand sanitizer when soap and water are not immediately available.

Virus mitigation efforts were voted upon and agreed to by the Elderberries Club to protect every center member.

If a consumer fails to comply with virus mitigation procedures designed to protect others it could result in OHS services being stopped for everyone.

It has been a long time and we look forward to seeing you and working with you to protect the most vulnerable members of our center family.



MASKS ARE REQUIRED WHEN MOVING ABOUT THE CENTER



**NOW OPEN
FOR
LUNCH SERVICE
ONLY**



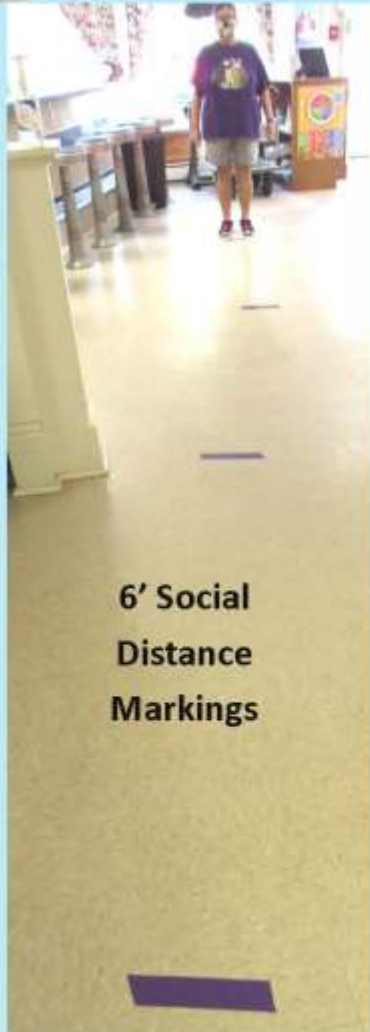
**TAKE OUT MEALS
WILL ALSO BE AVAILABLE
UNTIL FURTHER NOTICE**

What Word In The Dictionary Is Spelled Incorrectly?

“Incorrectly!”



Sneeze Guards



MAXIMUM CAPACITY
OF THIS ROOM IS
11
PEOPLE



October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Meal 24</i> Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	2 <i>Meal 25</i> Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries
			5 <i>Meal 1</i> Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	6 <i>Meal 4</i> Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cup w/ Broccoli/ Cauliflower
12 <i>Meal 8</i> Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	13 <i>Meal 7</i> Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	14 <i>Meal 9</i> Italian Wedding Soup Egg Salad on Wheat Bread Tomato, Cucumber, Onion, Green Pepper Salad Raspberries in Applesauce	15 <i>Meal 6</i> Pork Roast with Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	16 <i>Meal 10 B</i> Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix
19 <i>Meal 15</i> Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	20 <i>Meal 12</i> Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	21 <i>Meal 13</i> Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	22 <i>Meal 14</i> Lasagna Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli/ Cauliflower	23 <i>Meal 11</i> Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
26 <i>Meal 18</i> Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	27 <i>Meal 10 A</i> Chicken Florentine Buttered Noodles Mixed Vegetables Tossed Salad w/ Broccoli/ Cauliflower	28 <i>Meal 16</i> Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices	29 <i>Meal 20</i> Cheeseburger/ Wheat Bun Chopped Onion - 1 Tbs Potato Salad Baked Beans Mandarin Oranges	30 <i>Meal 17</i> Lemon Pepper Fish w/Tartar Sauce & Lemon Parsley Potatoes Green Peas Coleslaw Wheat Bread

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

Milk is served with each meal

OHS MEAL CALENDAR

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>  HAPPY THANKSGIVING	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