



AREA AGENCY
ON AGING
ELK, CAMERON &
McKEAN COUNTIES

www.ohsaging.com

OFFICE OF HUMAN
SERVICES, INC.
SENIOR REVIEW

POINTS OF INTEREST:

- New Employee—Barbara Neilson
- Presentation—Lynn Avenali
- Senior Volunteers
- PDA Health & Wellness

SENIOR CENTER NEWS:

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



WELCOME!
BARBARA NEILSON
Start date 8/3/2020

*As the new
Administration Assistant*



GIFT BASKET PRESENTED TO LYNN FROM THE SENIOR CENTER DIRECTORS



LYNN'S LAST DAY
7/31/20
CELEBRATED WITH A
CAT CAKE

ENJOY YOUR
RETIREMENT

Senior Center Volunteer and APPRISE Programs:

Kellie Rusciolelli, Coordinator

September Volunteer

Birthdays

Terry Ackley

Diane Caliari

Ben Coppolo

Ruth Ann Dailey

George Daniels

Mahlon Davenport

Joel Green

Dixie Keller

Lucille Knepper

Marilyn Lakatos

Lois Larson

Joe Mehalko

Elizabeth Moyer

Jim Nelson

Dorothy Niver

Guy Raught

Guy Raught

Deilila Taylor

Virginia Thorwart

Anne Wheaton

Diane Williams

Notes...

While you are shut in

Write a silly song

Phone a new friend

Share a memory

Watch a funny movie

Think positive,

and remember, this too

will pass.



**OUR VOLUNTEER'S
ARE THE BEST**



Social Security Now Offering On-line Enrollment

Apply Online for Medicare Part B During a Special Enrollment Period

Medicare Part B Enrollment During the COVID-19 Pandemic:

Social Security Field Offices are currently closed. During the COVID-19 pandemic, the Social Security Administration will be taking Medicare Part B enrollment applications online for working aged individuals who qualify for a Special Enrollment Period (SEP).

You may use this online enrollment application if you are 65 or older and you have or had group health plan (GHP) coverage within the last 8 months through your or your spouse's current employment.

Copy and paste this link into your browser: www.ssa.gov/Medicare-PartB-SEP

To complete this online enrollment application you will need:

- Your Medicare number
- Your current address and phone number
- A valid email address
- Documentation verifying your GHP coverage through your or your spouse's current employment. (see forms list on next page)

IMPORTANT: You will need to digitally sign the form to complete your application. To complete your digital signature, you will need to provide an email address. You will receive an email from echosign@echosign.com asking you to confirm your digital signature. If you do not receive the confirmation email within a few minutes of submitting your email address, please check your email Junk folder in case the confirmation was delivered there instead of your inbox.

YOUR SIGNATURE IS NOT COMPLETE AND YOUR APPLICATION WILL NOT BE PROCESSED UNTIL YOU COMPLETE THE INSTRUCTIONS IN YOUR EMAIL.

PLEASE NOTE:

- This application is most compatible with the following browsers: Microsoft Edge and Google Chrome.

There are two forms needed to reclaim the Part B

Form CMS-L564 Request for Employment Information completed by your employer if you're signing up in a SEP

and form CMS-40B Request for enrollment in Medicare Part B (Medical Insurance)

**The APPRISE (State Health Insurance Program)
is here to help.**

**We can email/ mail forms to you.
Help you through the application process.
Answer questions.
Offer guidance in choosing which way to go once you have both
Medicare Part A and Part B in place.**

**Medicare can be confusing and
overwhelming, but there is help, use the contact
information below to obtain help.**

**Don't know where to start?
Contact us, we can help. (contact information below)**

Toolkit for Medicare Beneficiaries.

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

The link to view or download the e-book:

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

(works best in Google Chrome)

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

It's time for Flu shots



Check your senior center schedule for flu shot clinics that may be scheduled at your center.



No Flu 4 U

PDA Health and Wellness Program

Overcoming Barriers to Exercise: No More Excuses



PDA Health and Wellness Program

Finding Time to Exercise

Try exercising first thing in the morning. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. If you don't have 30 minutes to be active, look for three 10-minute periods. As you progress, add more 10-minute sessions until you hit your goal!

Sticking with Your Exercise Plan

Make exercise interesting and enjoyable. Do things you enjoy, but pick up the pace and try new activities to keep your interest alive. Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom. If you can stick with it for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit.

Exercising without Spending Money

Being active doesn't have to cost a thing! All you need for brisk walking is a pair of comfortable, non-skid shoes. For strength training, you can save money by making your own weights using soup cans or water bottles. Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

Increasing Your Energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Exercise can also reduce feelings of depression, while improving your mood and overall emotional well-being. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before.

Quick Tip - Be sure to choose exercises from each of the four types: endurance, strength, balance, and flexibility.

Get up and move!!



Bennetts Valley Senior Center

149 Plum Street P.O. Box 77

Weedville, PA 15868

814-787-7888

Monday September 7

Labor Day

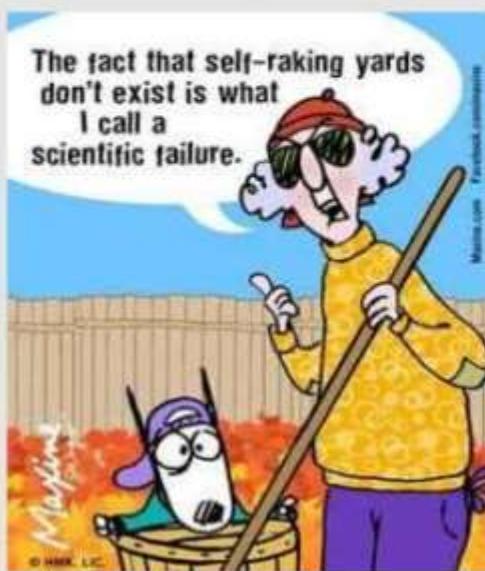
OHS Closed

September 2020

Tuesday September 22

Fall Fest

**Make your meal
reservation by Sept. 15th**



Check it out

For the latest menu and other information check out the display cases at the front entrance to the center.

Feel free to take any information you may need or want.



Natural disasters and pandemics are a perfect time to strike and consumers are most vulnerable during these times, fraud is the last thing on their minds. Government and law enforcement are also temporarily focused more on the disaster than they are on fraud so this is why you most likely have seen an increase in phishing schemes in recent months. (Phishing is any fraudulent communication that purports to be from a legitimate sender to induce a victim to reveal financial data, email credentials, etc.)

Within a month of the initial China outbreak, cybersecurity companies began reporting email phishing scams related to COVID-19. The emails are spoofed and purported to be from the CDC or WHO. The emails route the user to a fake email log-in page to enter their email credentials. (THIS IS A RED FLAG) The email and password are stored for the cybercriminals' later use.

The take away from this is be very cautious during times like these, question everything you receive in email or telephone, 9/10x you are dealing with some sort of scam. Only give your info to trusted sources and be sure to verify the source by calling them back from a known good number or access their official website.

Tech tip courtesy of Ben Franco—IT Director DHS



Sort through keepsakes

Do you have keepsake boxes in your garage or attic that haven't been opened in years? Dust off old yearbooks and family photos to reminisce together. Laugh about old-fashioned trends, and share stories about your childhoods.

Spring clean

A bright and airy space will make social isolation a little less dreary. If you've been meaning to clear out clutter or rearrange rooms, this is a great opportunity to get started. Remember to be careful — save the heavy lifting for when you have help.

Create

If your loved one is a painter, knitter, or writer, encourage these creative activities! It can be difficult to find motivation during these stressful times, but a finished product creates a sense of accomplishment. Some activities for senior citizens can even be used to support your local community, like knitted hats for babies or inspirational poetry to brighten someone's day.



Read

It seems obvious, but reading is a great way to improve brain health. If your loved one doesn't have the eyesight or attention span to read traditional books, consider interesting podcasts or books on tape. If you have similar interests, a mini family book club is a fun way to bond.



DRIFTWOOD SR. CENTER

Like us on
Facebook!

SEPTEMBER



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.

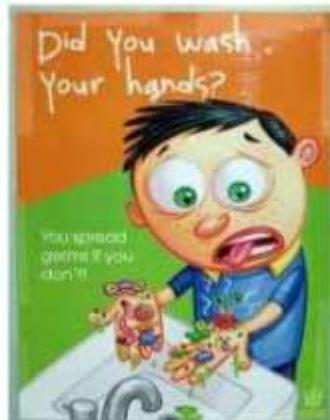


GAIL E. KURTZ

11-1955 - 5-2020

In Memory,

Driftwood Sr. Center member and friend Gail Kurtz lost her courageous short battle with cancer and went to meet her Lord. Gail was a bright light at the center and will be missed by all. Her husband Gary will continue to visit the center and help keep her memory alive!



THANK YOU MASONIC LODGE

We would like to thank the Driftwood Lodge of Masons for the yard sale items. We sold and made some money to help pay bills during the Covid 19.



OLD FOAGIE

HOAGIES

TO BE

ANNOUNCED



September 2020

September 2020 "The Month of Harvest"



There is still time! Don't forget to use your Farmers Vouchers



Eldred Senior Center



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



APPRISE REFERRAL

Please call if you have any Medicare concerns so we can make an appointment.



Currently the Eldred Center is closed. We are providing take out lunches. Please call the day before to order your lunch by 12:30 pm



The Eldred Center continues to serve Take out lunches. Please order your lunch the day before by 12:30 pm.

Original Medicare

Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance).

If you want drug coverage, you can join a separate Part D plan.

To help pay your out-of-pocket costs in Original Medicare (like your deductible and 20% coinsurance), you can also shop for and buy supplemental coverage.

Extra Notes

Don't forget that walking is a healthy exercise, this you can do outside your home. It is easy to practice social distancing while getting your exercise when going for a walk. All you need is a good pair of shoes, and bring your mask in case you may need it. You can also take your dog with you while you are walking. This can add to the walking experience, and it's healthy for the two of you. Getting physical activity is one of the most important things you can do for your health. It helps to control weight, strengthen bones, and can increase your chances of living longer. A 20 minute walk, or about 2000 steps, equals a mile. Be safe during the warm days by either walking early in the morning, or late evening. Make sure you drink plenty of water to stay hydrated.

September 2020 "The Month of Harvest" Eldred Senior Center



Volunteers, Sherry and Virginia, preparing take out lunches. Thank you for all your help during the pandemic.



Remember it's still
Mosquito Season

Help reduce the
number of mosquitoes
by reducing the
amount of standing
water around your
home that breeding
mosquitoes



The Eldred Senior Center Birthday Corner

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



HAPPY BIRTHDAY !! (photos taken before pandemic)

George Daniels Gertrude Whipkey Gloria French Roland Kio (Pictured with his wife June)



Senior Moments

September
2020

By Kelly Spencer



Senior
Center
Edition

FAVORITE CENTER MEAL?

We surveyed some of our regulars to find out which center meal is their favorite. Take a guess at their top answers. Award yourself the number of points associated with each answer and add them up to give you your score.

12 Points or more makes you a winner!

**Answers can be found
on the Next Page.**

Emporium Senior Center

Notice:

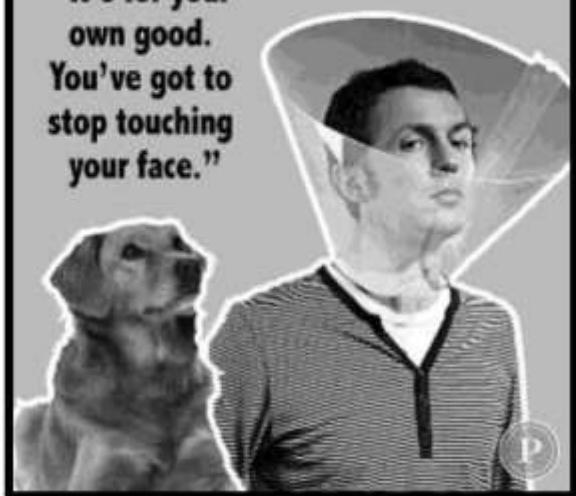
Currently, our center remains closed, in order to help protect the higher-risk population we serve, during this Covid-19 Pandemic. We continue to serve Take Out Meals at the door, weekdays, at Noon.

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!

**"It's for your
own good.
You've got to
stop touching
your face."**





Senior
Center
Edition

**SURVEY
SAYS...**

Which center meals rank as top favorites?

1	Spaghetti 5 Points
2	Meatloaf 4 Points
3	BBQ Ribs 3 Points
4	Italian Wedding Soup 3 Points

*Give yourself 2 extra bonus points for any of these runner ups: Beef Tips, Sloppy joes, Stuffed Peppers, Lasagna, Baked Chicken, Holiday Meal



While so many things are shut down, this crew has been hard at work to make our new parking lot a reality! What a blessing this will be to our consumers when we meet again! This lot was made possible with monies from the CDGB grant!

Emporium Senior Center

How did you score?

If you got 12 points or more, you are a winner! If you guessed all of them, you are a champion and you should let us know to add you to the winner board! Stay tuned for more **Family Feud: Senior Center Edition** in the future!



We were also finally able to get our new sign! Now more people will be able to know where we are located! This sign was made possible with monies from the Sylvan Heritage Council!

Fox Township Senior Center



"The Happenin' Place"

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



© Can Stock Photo

9/4	Rose Salter
9/5	Marion Oldani
9/6	Ruth Steis
9/9	Esther Kirkland
9/11	Ruby Wonderly
9/13	Ruth Ann Dailey
9/15	Delores Padasak
9/18	Joe Gausman
9/19	Grant Reiter, Ken Blessel
9/20	Jerome Troha
9/23	Betty Moyer
9/26	Ann Harvey, Ruth Wendel

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 Vouchers 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

SEPTEMBER, 2020



60 CAMPUS DRIVE
BRADFORD, PA
CLOSED UNTIL FURTHER NOTICE
THINK ABOUT COMING AND SEEING WHAT
WE ARE ALL ABOUT WHEN THE COVID-19
IS OVER!
MAKE US YOUR HOME AWAY FROM HOME

THE GREATER BRADFORD SENIOR ACTIVITY CENTER

**FUN TIMES BEFORE
COVID-19 !**



THE GREATER BRADFORD SENIOR ACTIVITY CENTER PAST KING AND QUEENS

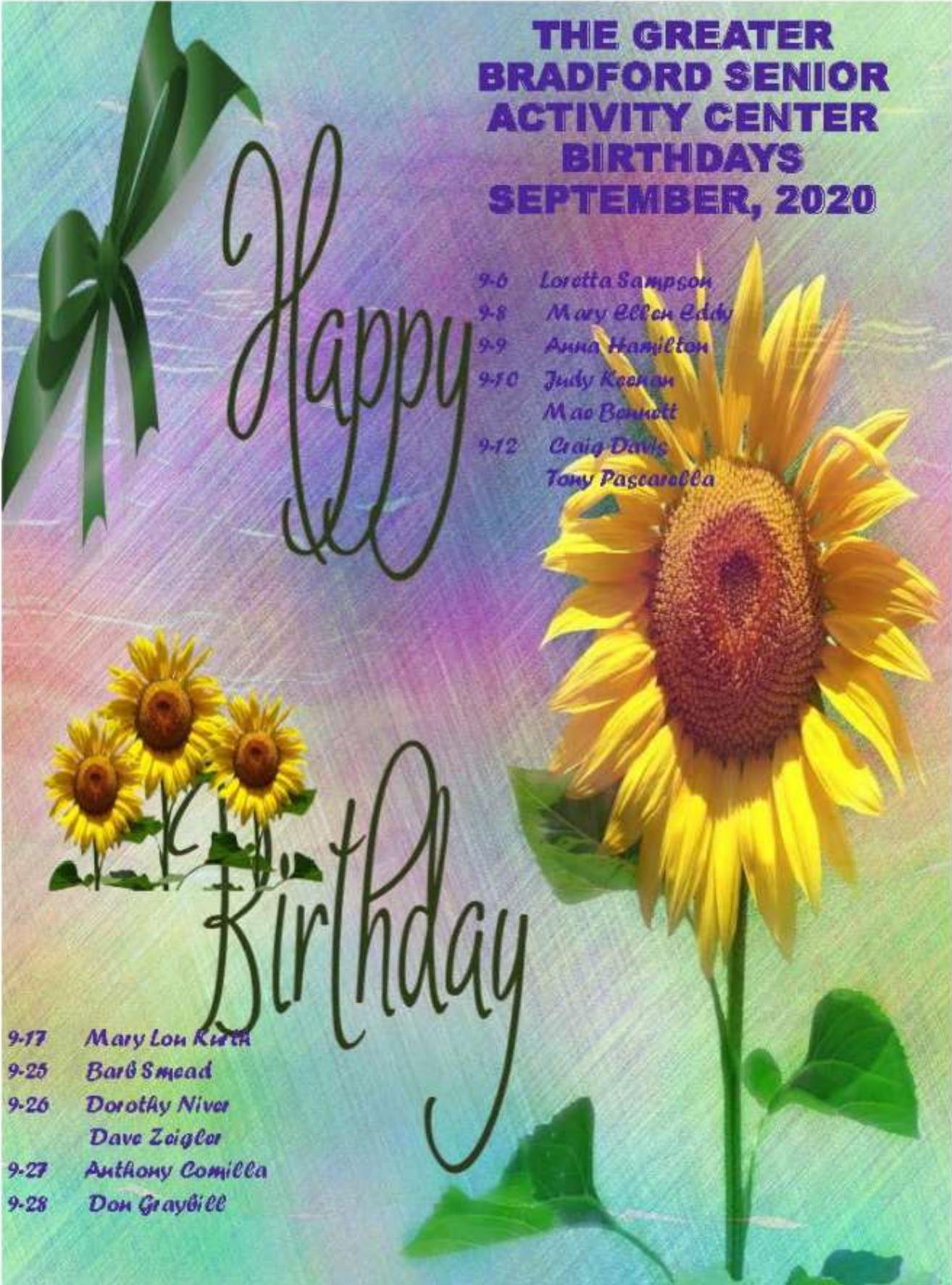


**IT WAS VERY DISAPPOINTING
THAT OUR MCKEAN COUNTY
FAIR WAS CANCELED THIS
YEAR.**

**I LOOKED BACK AND FOUND
THREE OF OUR PAST KINGS
AND QUEENS**

**THOUGHT I WOULD SHARE
THEM WITH EVERYONE.**





**THE GREATER
BRADFORD SENIOR
ACTIVITY CENTER
BIRTHDAYS
SEPTEMBER, 2020**

- 9-6 *Loretta Sampson*
- 9-8 *Mary Ellen Eddy*
- 9-9 *Anna Hamilton*
- 9-10 *Judy Keenan*
- 9-11 *Mao Bennett*
- 9-12 *Craig Davis*
- 9-12 *Tony Pascarella*

- 9-17 *Mary Lou Ruth*
- 9-25 *Barb Smead*
- 9-26 *Dorothy Niver*
Dave Ziegler
- 9-27 *Anthony Comilla*
- 9-28 *Don Graybill*

The Johnsonburg Senior Center

The Johnsonburg Senior Center

430 Center Street, Johnsonburg, Pa (814)-965-5638

A Big **Thank you** to our Kitchen Volunteers!!



Ella Spiegel



Nancy Servidea



Mary Ann
Pennington



Mary Ann
Schiafone



Mary Kay Pavlock

Julia Benson



Becky Kreckel



Betty Gapinski

Mary Gray



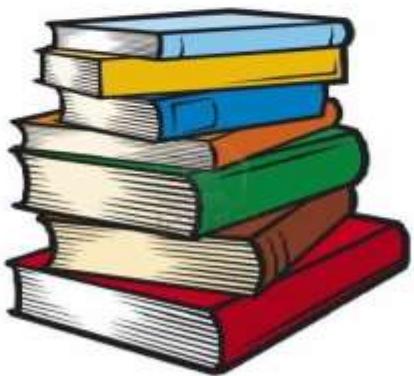
Recipe Exchange—Send in your favorite fall recipe to share with the center. I will post on our New Senior Center Facebook page and add to next months Senior Review. Mail them to the center:

Johnsonburg Senior Center
430 Center Street

Johnsonburg, Pa 15845 or give to me when I deliver your meal to your car.

Let your 60+ friends know about the center. I can get them signed up and receiving meals Monday through Friday.

I can meet you at the door for you to pick up a puzzle or book. It's good to stay busy and keep your mind active.



My Summer Recipe to share with you



Baked Parmesan Zucchini Fries

These are so good, not "crispy" because they're healthy but still tasty. There's no bread crumbs so they're a little healthier than most zucchini fries recipes and less crispy. If you want them crispy and not keto, add bread crumbs to the coating, then spray the outside before baking.

Prep Time 5 mins

Cook Time 18 mins

Total Time 23 mins

Servings: 6 servings

Calories: 100kcal

Ingredients

- 1 1/2 lbs. (680 g) zucchini, cut lengthwise into wedges (about 3 medium zucchini)
- 1/2 cup (50 g) freshly grated Parmesan
- 1 teaspoon (5 ml) dried herbs - thyme, oregano, basil, rosemary, etc...
- 1/2 teaspoon (2.5 ml) smoked paprika
- 1/2 teaspoon (2.5 ml) garlic powder
- Kosher salt, to taste
- black pepper, to taste (freshly ground if possible)

2 tablespoons (30 ml) olive oil
3 tablespoons (45 ml) chopped fresh parsley leaves

1 Instructions

2. Preheat oven to 400° F. Line baking sheet with parchment or aluminum foil. Spray with non-stick cooking spray.
2. In bowl, combine Parmesan, dried herbs, smoked paprika and garlic powder salt and pepper, to taste.
3. Toss the zucchini with olive oil and roll in parmesan/herb mixture to coat all sides. Place zucchini onto prepared baking sheet. Sprinkle with extra parmesan/herb mixture if needed. Bake until crisp, about 15 minutes. Then broil for 2-3 minutes, or until golden brown.

Happy Birthday to our September birthdays!!

Dan Koza	9/14
Shirley Steudler	9/15
Jackie Hedlund	9/19
Helen Ross	9/21

Doris Taylor	9/13
Antoinette Meyer	9/2
Bernie Rekowski	9/3
Linda Winter	9/3



Reminder: Checks
need to be made
out to **OHS** for
your meals.
Thank you!

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)

SEPTEMBER 2020

FARMER'S MARKET VOUCHER

APPLICATIONS ARE NOW
AVAILABLE.

PLEASE CALL 929-5443 TO OBTAIN
YOUR APPLICATION!

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.



SEPTEMBER BIRTHDAYS

9-9	Joe Mehalko
9/13	Laurie Storrar
9/15	Gerri Krieg
9/24	Chris Finn



JONES TOWNSHIP -

"WHAT I HAVE BEEN DOING LATELY"

MAKING MASKS, DEEP CLEANING AND DISCARDING, YARD WORK, SEWING, GOING BACK TO CHURCH, KEEPING IN TOUCH WITH FAMILY, TRYING OUT RHUBARB RECIPES, PUTTING UP PRODUCE- VIRGINIA THORWART

VISITING WITH MY SON AND DAUGHTER AND THEIR FAMILIES, GOING OUT TO EAT.- DORIS NEUBERT

PLAYING IN THE POOL WITH MY GRANDKIDS, HOSTING MY GRAND DAUGHTER'S WEDDING IN MY APPLE ORCHARD- TOM ALLEGRETTO

GETTING MY HAIR CUT! LISTENING TO MY GRANDDAUGHTER PLAY HER UKELELE, WATCHING MY GRANDSON DRIVE HIS FIRST CAR, KEEPING UP WITH MY FAMILY IN PUERTO RICO.- NORAH BUZARD

"DEALING WITH COVID!", READING LIKE A DEMON, WATCHING THE BIRDS, GOING FOR RIDES, BAKING COOKIES AND BREAD, HAD LASER TREATMENT ON MY EYE.- KAY RHODES

CALLING RON AND THE SENIOR CENTER GIRLS ON THE PHONE, PORCH TIME, WATERING FLOWERS, READING LIBRARY BOOKS- MAYBE 40 SINCE COVID, WATCHING DEBBIE'S DOG, HAVING NEIGHBOR KIDS COME VISIT HER DOG, GOING TO MY GRANDSON'S WEDDING.- SHIRLEY STANLEY

JONES TOWNSHIP

"WHAT I HAVE BEEN DOING LATELY"

Walking, Reading, helping at the senior center, babysitting my grands, grocery shopping, cutting the grass, cleaning, saw a Ruffed Grouse and her babies crossing the road, watching deer.– Kaki Allegretto

Talking with my kids and grandkids, walking, reading, sewing, watching the birds, porch sitting, hanging out laundry, picking berries, baking, watching Mary and Roger work on their cabin in Rasselas.– Liela Kronenwetter

Moving into my new apartment with the help of some friends, recovering from back surgery.– Paco (Frank Repko, Jr.)

Talking with my family, gardening, walking, reading, watching birds, rocking on the porch, playing my favorite oldies, going to Twin Lakes to see Patsy and Dusty, writing to my pen pal.– Marty Kreckel

Haying all summer, poured concrete in our Pole building, going to Twin Lakes to see Patsy and Dusty, playing my favorite old songs.– Tom Kreckel

Helping at the Senior Center, watching birds, rocking on the porch, barbecuing, entertained grandson for a week and taught him some wood working, visiting with family.– Art Johnson and Dorothy Allegretto-Johnson.

JONES TOWNSHIP

"WHAT I HAVE BEEN DOING LATELY"

Having my brother, son, and daughter stop by, watching a bear tear down my bird feeder, watching deer eating the crabapples, doing word puzzles and a coloring book, listening to oldies.– Marlene Cook

Camping up in Rasselas, fishing, walking, listening to oldies– bluegrass, and 60's music on Sirius XM. - Dave Huson

Doing puzzles, watching birds, sitting on the back porch, mowing with the riding mower, went to my class party at Cooks Forest.– Donna Hasney

Watching birds fight on my porch, growing porch tomatoes (they are 3 ft. high and blooming now), getting medical tests, having my kids get my mail and groceries.– Barb O'Rourke

Doing PT to get stronger walking with my walker, visiting family through my window at Sena Kean, even got to see my 100 year-old Mom, missing all of my Wilcox friends.– Frannie Malobicky

Calling Sr. Center friends, TV, internet games, gardening potted flowers, sitting on the back deck watching birds at the birdfeeder, listening to 50's and 60's music, missing the center– Dotty Preshak

Cooking Dottie's lunch, taking dog Emily for rides.– Jim Preshak



YOUR HOME AWAY FROM HOME!!



Spectacular September



Fun September Facts

- The flower symbol is the **Morning Glory**
- September's birthstone is the **Sapphire**.

Did You Know...

- Native Americans did not become citizens of the United States until 1924.
- the price of **corn** rose 10,000 % during the American Revolution because of inflation.

-the last signature of the Declaration of Independence was added **5 years** after the United States declared its independence.

-after World War II, Japan sent **cherry trees** to the state of Utah to symbolize friendship.

-during the Civil War, hundreds of **women** dressed as **men** in order to serve in the war.

St. Augustine, Florida is the oldest city in the United States. It was founded in 1565.

women got the right to vote in the United States in 1920.

"Who Knew?"

In This Issue:

- **Social Circle- COVID Style**
- **September Birthdays**



Kane Social Circle...COVID Style

Kane



One of the things we miss the most about our center being closed, is just being together. So....the social circle was born. Every Monday for an hour in our beautiful Evergreen Park, we meet with our face masks on, 6 feet apart and enjoy each others company. We have been blessed to have some amazing musicians come also to share of their talents with all of us. It is such a GREAT way to visit—even if it is from 6 feet away!!! (by the way...if they are sitting close—they are in the same family!!)





More Kane Social Circle

Kane



September Birthdays



• Bill Swanson
• Edythe Gerhart
• Tony Wallace
• Sissy Nelson
• Ken Forsyth
• Helen Holt
• Donald Payne
• Dick Frantz
• Dixie Keller
• Van Townsend

• Cheri Bloomquist
• Suzie Howard
• Judy Punk
• Jim Nelson



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!!!

Janice Swanson 9/6

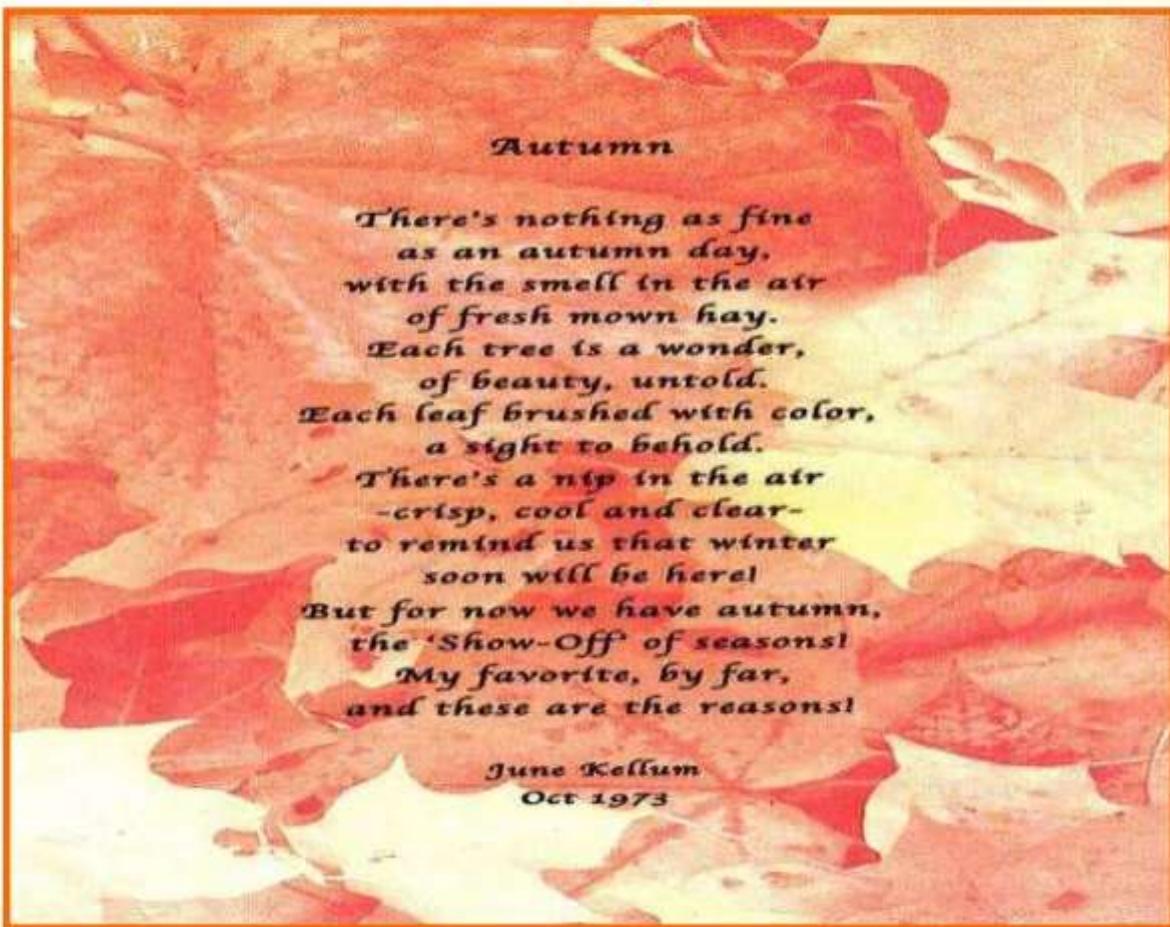
Charles Paar 9/15

Linda Rettger 9/23

Guy Raught 9/28



Mount Jewett Senior Center



PORT ALLEGANY SENIOR CENTER

SEPTEMBER NEWSLETTER

MONDAY—FRIDAY, 8:30—2:30PM

814 642 2101

**Happy
September!**



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

SEPTEMBER BIRTHDAYS

Sep. 06 Ellen Bucheneuer
Sep. 09 Chuck Schmitt
Sep. 17 Betty Stebbins
Sep. 19 Todd Menning
Sep. 24 Mahlon Davenport



MEDICARE—YES—IT IS COMPLICATED!
DO NOT BE MISINFORMED 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 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

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



NEVER EVER
EVER
GIVE UP!



Reminder Monday Sep.
7th the Center will
be closed.

Sigh . . . there goes
another summer, Snoopy!



St. Marys Senior Center

72 Erie Avenue
Marien Stadt Place Apartment Building
St. Marys, PA 15857
814-781-3555
llamb@ohsaging.com
Monday—Friday 8-4
Lesa Lamb, Director



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



St. Marys Senior Center



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

September 2020

"What I need to tell the Doctor"
"10 Reasons to be Physically Ac-
tive for Healthy Aging"

*Help with MEDICARE...
APPRISE counseling available—
Call for an appointment.*

"Look at them wheels!"

SMSC volunteer, Dave, loves to walk, but on this day he made the trip to the center to volunteer on his restored antique bike.

Looks like a NEW
TAKE on TAKE
OUT.....





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

**NEW
PROCESS
this year**

St. Marys Senior Center Farmer's Market Voucher Distribution 2020

Must be age 60 or more in 2020.
Four, \$6 vouchers per person this year.

2020 Income Guidelines:
for 1 person \$23,606 or less
for 2 people \$31,894 or less

By signing the application, you verify that your income qualifies. Vouchers will be mailed to your home from the Office of Human Services in Ridgway.

To receive an application: print one from the www.ohsaging.com website or stop by the St. Marys Senior Center where the information letter and an application form are available in the lobby.

Return the application portion by mail to:
OHS
PO Box A
Ridgway PA 15853

You can find the
complete Details &
Application in this
Newsletter.

Reminder:

Please be sure you are contributing the recommended donation for lunch if you are financially able.

In Nov. 2019 the amounts changed:

\$2.50 \$3.00 or \$3.75

Any extra donation is also very much appreciated



Be Aware of Census Worker Scams

Starting on Aug. 11, Census workers began visiting homes to interview those people who have not yet responded to the 2020 Census. Workers will continue their stops until Oct. 31 to help make sure everyone has been counted.

With these upcoming visits, it's important to stay alert for scam artists. If someone visits an older adult's home saying they are a Census worker, the homeowner can verify their identity by making sure they have a valid ID badge with their picture, a U.S. Department of Commerce watermark and an expiration date.

If anyone still has questions about the worker's identity, they can call **844-330-2020** and speak with a Census Bureau representative.



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

2020 Membership Dues

When the center closed on 3-17-20, many members had not paid their 2020 dues yet. Please do this ASAP by mailing your check for \$12 to the center. We still have bills to pay.

Dues for **NEW** members are now **\$6...** Invite a friend.

Protect Older Adults from Coronavirus Scams

It may come as no surprise that con artists are using the coronavirus pandemic to scam older adults. These thieves are trying to steal money and identities by promoting fake coronavirus cures, vaccines, and protective items.

Although there are medications that may treat COVID-19 symptoms, the FDA has yet to approve a vaccine. If an older adult sees an online sales pitch for a cure, vaccine or test, or if someone contacts them directly, they should not buy the product. The same goes with emails promoting these fake items.

Scammers are also posing as Medicare representatives, claiming to need older adults' Social Security and Medicare information in order to send them free masks, gloves and hand sanitizer.

There are no door-to-door sales of legitimate COVID-19 tests or vaccines. No government organization will unexpectedly call, text, or show up at an older person's house asking for personal information. Also, older adults should not share their credit or debit card information in response to unsolicited requests.

Anyone who has been contacted by a person trying to promote or sell coronavirus cures, tests, vaccines or protective items should call local law enforcement or the Attorney General's Bureau of Consumer Protection at 1-800-441-2555.



Remember this—these things have not been cancelled...

GOING OUTDOORS	READING
MUSIC	SINGING
FAMILY	LAUGHING
PRAYING	HOPE
LOVE	HAPPINESS

We are very blessed.



SMETHPORT CENTER

SEPTEMBER 2020



THE CORRECT WAY TO WEAR A FACEMASK

Do I have to wear a mask both inside and outside?

The Secretary's Order requires individuals to wear a face covering, in both indoor public places and in the outdoors when they are not able to consistently maintain social distancing from individuals who are not members of their household, such as on a busy sidewalk, waiting in line to enter a place, or near others at any place people are congregating. Whether inside in a public place or outside, and when wearing a face covering or not, everyone should socially distance at least 6 feet apart from others who are not part of your household.



ONE OF SMETHPORT'S FINEST ELECTRICIANS BILL GALLUP REPAIRING
THE STREET LIGHT IN FRONT OF THE SENIOR CENTER.
THANKS FOR KEEPING THE LIGHT ON FOR US BILL!



JUDY MARQUART
SOCIAL DISTANCING,
GARDENER
EXTRAORDINAIRE,
POSING WITH THE
HUGE PINK HYDRANGEA
PLANT THAT LIVES IN A
LITTLE POT ON HER
BACK PORCH. JUDY
ALWAYS KEEPS US
SUPPLIED WITH HUGE
HYDRANGEAS BLOOMS
IN THE SUMMER.
LOOKING GOOD JUDY!





Helen Cole was a fixture at the Smethport Senior Center. Action incarnate, she loved having fun and lived life to the fullest. If Helen perceived an event was slowing down she would make it her mission to liven things up. Always dressed to the 9's hair done, jewelry in place and lipstick on.

Helen thought in terms of community service involvement and how the center could best be represented to the community at large. Being in so many organizations Helen was a stickler for Robert's Rules of Orders which was not always the most appreciated observation to those less inclined.

Helen was a member of the Smethport Chamber of Commerce serving as coordinator of the visitors center. She was a member of our local AARP Chapter 933 and did her best to ensure that the chapter stayed viable and active. She worked as an AARP Tax Aid and was the site supervisor of the Senior Volunteer Program. Helen served on both the Elderberries Club governing board and the Office of Human Services governing board and was instrumental in securing and establishing the Route 6 Visitors Center here at the center. She also played the triangle in the centers travelling Kitchen Band.

With direction and encouragement from her painting mentor and friends Joan Hardenstine and Charlotte Clutter Helen created beautiful items for sale as a fundraiser for the center and was a featured artist in the State Medicare Calendar for 2019. Glass items, Christmas balls and greeting cards, Helen was very skilled at flowers and birds. Helen could not see well but it did not stop her...she would use a magnifying glass and the tiniest brush to get the details she wanted.

A member of our American Legion Auxiliary Buck tail Post Helen made sure that the center honored and educated our veterans at every opportunity. She performed special programs at the center and encouraged us all to attended legion fund raising functions. Lunch at the Legion "Saloon Days" was a center favorite.

Helen's activities required her to travel a great deal. She and her friend Marge Adams were our AARP reps at all Senior Expos. They also attended Rebekah's, Red Hats, OHS Governing Board meetings and the Kitchen Band. You rarely saw them apart. Even as recently as last Summer Marge was delivering Helen to some far away location to be picked up to be taken to yet another convention in Harrisburg. This was quite an accomplishment for a woman with her health limitations. Helen loved life and she kept moving as long as she was physically able. Helen had a sparkly, contagious personality driven by her love for involvement.

Everyone that knew her also knew Helen was confident there was always a "right way" to do everything; and no one escaped unscathed from her admonishment and direction. That said we loved and appreciated Helen and this center and our community will never be the same without her. Just before her passing Helen secured her membership to the largest organization in eternity. See you in Heaven Helen!



September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meal 2 Salisbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	2 Meal 3 BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	3 Meal 4 Spaghetti & Meatballs Italian Bread -1 slice Tossed Salad 1 1/2 cup w/ Tomato and Cucumber	4 Meal 5 Chicken Salad Tomato Slices, Lettuce Wheat Bread Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
7 OHS Closed Happy Labor Day!	8 Meal 8 Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Pears	9 Meal 7 Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Honeydew	10 Meal 9 Italian Wedding Soup Egg Salad on Wheat Bread Tomato, Cucumber, Onion, Green Pepper Salad Raspberry Applesauce	11 Meal 6 Pork Roast Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll
14 Meal 15 Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	15 Meal 12 Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	16 Meal 13 Meatloaf w/Gravy Parsley Potatoes Green Beans w/Mushrooms Watermelon Wheat Bread	17 Meal 14 Lasagna Italian Bread Tossed Salad 1 1/2 cups w/ Tomato and Cucumber	18 Meal 11 Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
21 Meal 18 Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	22 Fall Fest  Roast Turkey Stuffing with Gravy Whipped Potatoes Cranberry Sauce Holiday Mixed Vegetables <i>First Day of Autumn</i>	23 Meal 16 Sauerkraut & Pork Whipped Potatoes Apple/Pear Compote Rye Bread - 2 slices	24 Meal 19 Goulash w/ Grated Cheese Cinnamon Pears Tossed Salad w/ Tomato and Cucumber	25 Meal 17 Lemon Pepper Fish w/Tartar Sauce & Lemon Parsley Potatoes Green Peas Coleslaw Wheat Bread
28 Meal 21 Beef Tips Stroganoff Over Noodles Broccoli Pineapple Tidbits	29 Meal 22 Stuffed Pepper in Tomato Sauce Whipped Potatoes Mixed Vegetables Wheat Dinner Roll	30 Meal 23 Chicken & Vegetables in Gravy over Biscuit Tossed Salad w/ Tomato and Cucumber		

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

OHS MEAL CALENDAR

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Meal 1	6 Meal 4	7 Meal 3	1 Meal 24	2 Meal 25
Baked Ham Mashed Sweet Potato Harvard Diced Beets Applesauce Rye Bread - 1 slice	Spaghetti & Meatballs Italian Bread - 1 slice Tossed Salad 1 1/2 cup w/ Broccoli/ Cauliflower	BBQ Chicken Breast Green Beans Macaroni Salad Tropical Fruit Salad Wheat Bread	Turkey Sandwich w/ Cheese, Tomato, Lettuce on Wheat Bread Vegetable Soup Broccoli Slaw	Sloppy Joe Wheat Bun Chuck Wagon Corn Diced Pears w/Blueberries
12 Meal 8	13 Meal 7	14 Meal 9	8 Meal 2	9 Meal 5
Chicken Parmesan Penne Pasta Italian Blend Vegetables w/Zucchini Sliced Pears	Hot Roast Beef Sandwich w/Gravy on Wheat Bread Green & Wax Bean Mix Whipped Potatoes Fruit Cocktail	Italian Wedding Soup Egg Salad on Wheat Bread Tomato, Cucumber, Onion, Green Pepper Salad Raspberries in Applesauce	Salisbury Steak w/ Gravy Whipped Potatoes Green Peas Wheat Dinner Roll Coleslaw	Chicken Salad Tomato Slices, Lettuce Wheat Bread - 2 slices Garden Vegetable Soup Diced Peaches w/ Yogurt Topping
19 Meal 15	20 Meal 12	21 Meal 13	15 Meal 6	16 Meal 10 B
Pasta Fagioli Cheese Slice Strawberries in Fruit Cocktail Wheat Dinner Roll	Barbecued Pork Ribs Baked Potato w/Sour Cream Coleslaw Mandarin Oranges Wheat Dinner Roll	Meatloaf w/Gray Parsley Potatoes Green Beans w/Mushrooms Tomato Juice Wheat Bread	Pork Roast with Gravy Baja Tossed Salad Peas & Carrots Rice Pilaf Wheat Dinner Roll	Chili Corn Bread Muffin Mixed Vegetables Banana/Pineapple Mix
26 Meal 18	27 Meal 10 A	28 Meal 16	22 Meal 14	23 Meal 11
Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	Chicken Florentine Buttered Noodles Mixed Vegetables Tossed Salad w/ Broccoli/ Cauliflower	Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices	Lasagna Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli/ Cauliflower	Baked Chicken Breast Whipped Potatoes & Gravy Roasted Baby Carrots Apple Salad w/ Yogurt Wheat Bread
29 Meal 20	30 Meal 17			
Chicken Florentine Buttered Noodles Mixed Vegetables Tossed Salad w/ Broccoli/ Cauliflower	Beef Stew Biscuit Mandarin Oranges in Tropical Fruit Salad	Sauerkraut & Pork Whipped Potatoes Apple/ Pear Compote Rye bread - 2 slices	Lasagna Italian Bread Tossed Salad 1 1/2 cup w/ Broccoli/ Cauliflower	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