The LIHEAP heating assistance program is accepting applications. Turn to page 10 for more information.

For December we are having a Find-It contest! Email us with where you found the company logo in the newsletter and your name will be entered in a drawing for a $10 gift card to Giant: cguerin@cmaaa15.org

Do you know anyone who would be interested in receiving the newsletter? Feel free to share it with others! If they would like to be added to the mailing list, let us know at: cguerin@cmaaa15.org
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<tr>
<td>B-days</td>
<td>Sandy 3       Alison 6</td>
<td>1. Social time 9 Exercise 10</td>
<td>2. Center Closed Outing to Country Cupboard for Dinner Show</td>
<td>3. Coffee 9 Pedal power 9:30 Exercise 10 Trivia 10:30 Free time 12</td>
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<td>Dick 10      Bob M 20</td>
<td>X-mas craft w/ Kim M 10:30 Movie 12</td>
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<td>John R 21    Ron 31</td>
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<td>22. Coffee/tea 9 Exercise 10 Fun things with Jess 10:30</td>
<td>23. Social time/ Cookies 9 X-mas plans &amp; Traditions 9:30 Free time 10 Puzzles 12</td>
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Merry Christmas! Center Closed

Happy New Year!
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<tr>
<td><strong>Wed. Dec. 15</strong>&lt;br&gt;Christmas Party Menu&lt;br&gt;Ham with apple butter glaze, Stuffed chicken Breast, Chantilly Potatoes, Salad, Rolls &amp; Desserts</td>
<td>BERWICK SENIOR CENTER&lt;br&gt;NEW PHONE #: 570-204-0884&lt;br&gt;THRIFT SHOP PHONE #: 570-759-8529</td>
<td>1&lt;br&gt;Center Meeting 10:00&lt;br&gt;Electoin of 2022 Officers&lt;br&gt;Review of Center Rules &amp; “Trip” Rules&lt;br&gt;12:15 Penny Bingo</td>
<td>2&lt;br&gt;Jewelry Making with Beverly&lt;br&gt;Games of Choice&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Bingo for a Quarter</td>
<td>3&lt;br&gt;10 AM Avoiding Falls! Balance Program with Lynn from Commonwealth Health&lt;br&gt;12:15 Penny Bingo</td>
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<td>6&lt;br&gt;Canasta and Uno or games of choice&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Penny Bingo</td>
<td>7&lt;br&gt;9:15 Tai Chi&lt;br&gt;Arts &amp; Crafts (Jan)&lt;br&gt;Introduction to Mosaics&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Bingo for a Quarter</td>
<td>8&lt;br&gt;10:00 Pokeno until...&lt;br&gt;Scarlet on Nutrition&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Penny Bingo</td>
<td>9&lt;br&gt;Arts &amp; Crafts&lt;br&gt;Pour Painting, Mosaic, or Batik&lt;br&gt;10:30 Pokeno&lt;br&gt;NO Bingo&lt;br&gt;Jan leaves 12:30</td>
<td>10&lt;br&gt;GAME CHANGEUP! Rummikub OR Five Crowns&lt;br&gt;12:15 Penny Bingo</td>
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<td>13&lt;br&gt;Canasta and Uno or games of choice&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Penny Bingo</td>
<td>14&lt;br&gt;Scrabble Tuesday&lt;br&gt;9:15 Tai Chi&lt;br&gt;Arts &amp; Crafts projects&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Bingo for a Quarter</td>
<td>15&lt;br&gt;CHRISTMAS PARTY&lt;br&gt;9:30 Dennis Thorne performing!&lt;br&gt;11:45 Buffet Meal&lt;br&gt;12:30 Special Guest (Surprises)&lt;br&gt;UGLY &amp; NICE SWEATER CONTESTS</td>
<td>16&lt;br&gt;Jewelry Making with Beverly&lt;br&gt;Games of Choice&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Bingo for Quarters</td>
<td>17&lt;br&gt;Skip-Bo, Canasta&lt;br&gt;10:30 Pokeno&lt;br&gt;12:15 Penny Bingo</td>
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<tr>
<td>20&lt;br&gt;8:30-10 Games of choice&lt;br&gt;10 AM Music by Berwick School District groups!&lt;br&gt;12:15 Penny Bingo</td>
<td>21&lt;br&gt;9:15 Tai Chi&lt;br&gt;9:30 Kim—Craft&lt;br&gt;10:15 Christmas Wheel of Fortune&lt;br&gt;12:15 Bingo for a Quarter</td>
<td>22&lt;br&gt;9:30 Christmas Movie (By Vote)&lt;br&gt;12:15 Penny Bingo</td>
<td>23&lt;br&gt;NO FREY’S MEAL&lt;br&gt;Sliders &amp; Apps for Lunch!&lt;br&gt;Talk about Christmas traditions&lt;br&gt;12:15 Holiday Bingo</td>
<td>24中枢</td>
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| 27<br>Canasta and Uno<br>10:30 Pokeno<br>12:15 Bingo | 28<br>Tai Chi<br>Scrabble Tuesday<br>9-10:30 Arts & Crafts<br>12:15 Bingo for a Quarter | 29<br>10:15 “Never Have I Ever” Game and Discussion<br>12:15 Penny Bingo | 30<br>NEW YEAR’S PARTY<br>Dogs & Kraut Mashed Taters<br>Comedy, Jokes & Tall Tales! | December 2021
Berwick Senior Center

Lunch is served daily at 11:30 AM

1401 Orange St., Berwick PA 18603
Phone: 570-204-0884 *
bcenter@cmaaa15.org
Open Monday—Friday 9-2
Order lunches & rides day before by 9:30 AM
<table>
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<th>MON</th>
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<tr>
<td>1</td>
<td>9:00 COFFEE HR</td>
<td>9:00 SNACKS</td>
<td>9:00 COFFEE HR</td>
<td>9:00 SNACKS</td>
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<td>2</td>
<td>10:30 SARA FROM FAMILY CARE STAY</td>
<td>TV TRIVIA GAMES</td>
<td>10:30 EXERCISE CLASS WITH TRAINER</td>
<td>REMEMBERING THE 60'S &amp;70'S HEADLINES CRAFTS FOR SALE MADE BY THE SENIORS</td>
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<td>3</td>
<td>HEALTHY TIPS</td>
<td>I-PAD GAMES</td>
<td>PEDAL EXERCISE</td>
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<td>PEDAL EXERCISE</td>
<td>DECORATE FOR XMAS</td>
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<td>4</td>
<td>9:00 COFFEE TIME</td>
<td>9:00 SNACK TIME XMAS CRAFT WITH KIM</td>
<td>9:00 COFFEE TIME</td>
<td>9:00 COFFEE TIME XMAS MUSIC DANCE EXERCISE</td>
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<td>5</td>
<td>9:30 EXERCISE CLASS</td>
<td>10:00 ANDREA SPEAKING ON STRESS RELIEF</td>
<td>10:30 EXERCISE CLASS WITH JADE CARDS</td>
<td>9:00 SNACKS</td>
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<td>6</td>
<td>SILVER SNEAKERS</td>
<td>DURING THE HOLIDAYS</td>
<td>AFTER LUNCH</td>
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<td>7</td>
<td>9:00 COFFEE TIME</td>
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<td>8</td>
<td>9:30 EXERCISE CLASS</td>
<td>WHAT DO YOU WANT FOR XMAS DISCUSSION LCR DICE GAME</td>
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<td>9</td>
<td>10:00 ANDREA SPEAKING ON STRESS</td>
<td>10:00 EXERCISE CLASS WITH JADE CARDS</td>
<td>10:30 XMAS CRAFT WITH KIM PEDAL EXERCISE</td>
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<td>RELIEF DURING THE HOLIDAYS</td>
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<td>14</td>
<td>10:00 PPL PROGRAM</td>
<td>WHAT DO YOU WANT FOR XMAS DISCUSSION LCR DICE GAME</td>
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<td>15</td>
<td>10:30 YOGA CLASS</td>
<td>10:30 EXERCISE CLASS WITH JADE CARDS</td>
<td>10:30 XMAS CRAFT WITH KIM PEDAL EXERCISE</td>
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<td>16</td>
<td>11:00 PPL PROGRAM/LUNCH MUST SIGN UP</td>
<td>10:00 EXERCISE CLASS WITH JADE CARDS AFTER LUNCH</td>
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<td>9:30 EXERCISE CLASS</td>
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<td>23</td>
<td>10:30 YOGA CLASS</td>
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<td>10:30 XMAS CRAFT WITH KIM PEDAL EXERCISE</td>
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<td>24</td>
<td>TABLE TALK</td>
<td>AFTER LUNCH</td>
<td>10:30 XMAS CRAFT WITH KIM PEDAL EXERCISE</td>
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<td>25</td>
<td>HOW WAS YOUR XMAS EXERCISE ON</td>
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<td>26</td>
<td>MACHINES TV TRIVIA GAMES</td>
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**CATAWISSA SENIOR CENTER**

**319 PINE STREET, CATAWISSA, PA**

**570-356-2219 HRS: 9am-2pm M-F**

**EMAIL CCENTER@CMAAA15.ORG**

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<tr>
<td><strong>LOL</strong> Are people who are afraid of Santa Claus-Claustrophobic? What is Santa’s nationality? North Polish What is oh oh oh- Santa walking backwards</td>
<td><strong>1</strong> 9 JUICE + TOAST SOCIAL HOUR 10:30 ROCKETTES CHRISTMAS SHOW ON TV 12:30 ‘PLAY BINGO’</td>
<td><strong>2</strong> 9 SNOWMAN SOUP WARM POPARTS 10 SEND CHRISTMAS CARDS TO MEMBERS 11 WARNING SIGNS OF ATRIAL FIBRILLATION—WEBMD</td>
<td><strong>3</strong> 9 COFFEE + COOKIES Christmas music 10 SENIORS MAKE CHRISTMAS CARDS FOR OUR VETERANS 12:30 PLAY BINGO</td>
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<td><strong>ANYONE AGE 60+ MUST WEAR YOUR MASK</strong></td>
<td><strong>6</strong> 9 FRUIT + DIP COLOR PICS 10 TABLET TRAINING FOR SENIORS 11 SENIOR CHAIR EXERCISE</td>
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<td><strong>7</strong> 9 SNACKS + DRINKS 10 CHRISTMAS CRAFT MADE WITH KIM MCCARTY/GHP 11:15 TALK ABOUT…CHRISTMAS TRADITIONS</td>
<td><strong>8</strong> 9 COFFEE &amp; TEAS DICE GAME XBOX BOWLING 12:30 PENNY BINGO (BRING PENNIES)</td>
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<td><strong>9</strong> 9 PB CRACKERS 10 XBOX BOWLING COLORING PICS 11 RIDDLE ME THIS FUN WITH DEB</td>
<td><strong>10</strong> 9 COCOA+SNACKS BRAIN GAMES 10:30 SENIOR BODY CHANGES WITH WEATHER—SARA @ FAMILY CARE</td>
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<td><strong>11</strong> WARNING SIGNS OF ATRIAL FIBRILLATION—WEBMD</td>
<td><strong>13</strong> 9 DRINKS + COOKIES HOLIDAY MUSIC 10 TABLET GAMES FOR SENIORS 11 SENIOR CHAIR EXERCISE ON TV</td>
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<td><strong>14</strong> 9 DRINK+ SNACKS 9:30 SIGHT+SOUND MOVIE (2 HRS) &quot;IN THE BEGINNING”</td>
<td><strong>15</strong>—BIRTHDAYS 9 COFFEE / COOKIES XBOX BOWLING 10:30 GUESS THE CHRISTMAS CAROLS 12 BIRTHDAY CAKE 12:30 CHRISTMAS BINGO</td>
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<td><strong>16</strong> 9 CHRISTMAS MUSIC FUN GAMES, PRIZES 11 CENTER MEMBERS CELEBRATE WITH GIFT EXCHANGES &amp; CATERED DINNER</td>
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<td><strong>17</strong> 9 VEGGIES + RANCH 10:15 CHRISTMAS TRIVIA, &amp; GAMES ON SMART TV 12:30 PLAY PENNY BINGO</td>
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<td><strong>18</strong> 9 MGR’S SURPRISE 10 COLOR PICTURES XBOX BOWLING 11 SENIOR CHAIR YOGA ON YOUTUBE</td>
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<td><strong>19</strong> 9 COFFEE &amp; TEA 10:15 SING HYMNS ON SMART TV 11:15 TREASURY REPORT STRESSED is DESSERTS backward</td>
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<td><strong>20</strong> 9 TOAST + JELLY MUSIC &amp; 10 COOKIE SWAP FOR MEMBERS BRING YOUR ITEM 11 FREE BLOOD PRESSURES—RHONDA, R.N</td>
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<td><strong>21</strong> 9 COFFEE+COOKIE SOCIAL HOUR 10:30 SING-ALONG CHRISTMAS SONGS TALK ABOUT…. Your Favorite Presents</td>
<td><strong>22—PANERA</strong> DRINKS + MUSIC SOCIAL CHATS 10:30 HEALTHY HOLIDAY EATING—SCARLET STOUT 12:30 CHRISTMAS BINGO</td>
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<td><strong>23</strong> 9 EGGNOG AND SNACKS 10 CHRISTMAS COMEDY MOVIE—A MADEA CHRISTMAS BRING A SENIOR FRIEND</td>
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<td><strong>24</strong> 9 CELEBRATE NEW YEARS EVE—BRING IN 2022 NEW YEAR</td>
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<td><strong>25</strong> 9 CHEESE CRACKERS + JELLY MUSIC &amp; 10 COOKIE SWAP FOR MEMBERS BRING YOUR ITEM 11 FREE BLOOD PRESSURES—RHONDA, R.N</td>
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<td><strong>26</strong> 9 COFFEE &amp; TEA 10:15 SING HYMNS ON SMART TV 11:15 TREASURY REPORT STRESSED is DESSERTS backward</td>
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<td><strong>27</strong> 9 APPLESAUCE &amp; CRACKERS 10 HEALTHY BENEFITS OF CHEESE – WEBMND / DEBI (CHEESE SAMPLES) 11 HOLIDAY JOKES 12:30 BINGO GAMES</td>
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<td><strong>28</strong> 9 CELEBRATE NEW YEARS EVE—BRING IN 2022 NEW YEAR</td>
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<td><strong>29</strong> 9 COFFEE &amp; TEA 10:15 SING HYMNS ON SMART TV 11:15 TREASURY REPORT STRESSED is DESSERTS backward</td>
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<td><strong>30</strong> 9 APPLESAUCE &amp; CRACKERS 10 HEALTHY BENEFITS OF CHEESE – WEBMND / DEBI (CHEESE SAMPLES) 11 HOLIDAY JOKES 12:30 BINGO GAMES</td>
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<td><strong>31—CLOSED</strong></td>
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**MEALS NEED ORDERED BY 10AM DAILY—> LUNCH SERVED AT 11:30 am**
Due to publishing deadlines there is no Montour Senior Center calendar this month.

If you would like to attend the center please call the Columbia Montour Aging Office

(570) 784-9272

to make a reservation

and schedule transportation.
Frey’s Menu

December 6
Ground Sausage with Beans and Greens
Garlic Rigatoni
Sliced Carrots
Gelatin with Fruit

December 7
Chili con Carne
Corn Bread
Zucchini Squash
Sliced Pears

December 8
Roasted Chicken with Gravy and Stuffing
Garlic Zucchini and Cauliflower
Sweet Potatoes
Baked Custard

December 9
Breaded Fish Sandwich with Sandwich Roll
Tomatoes with Peppermill
Macaroni and Cheese
Carrot & Raisin Salad

December 10
Chicken Tetrazzini
Fettuccine Alfredo
Winter Vegetable Blend
Banana

December 11
Italian Meatballs with Spaghetti and Tomato Sauce
Italian Vegetable Blend
Romaine with French

December 12
Honey Mustard Chicken
Brown Rice
Mixed Vegetables
Fresh Orange

December 13
Baked Liver with Onion Gravy
Mashed Potatoes
Peas and Cauliflower
Oatmeal Apple Sauce Cake

December 14
Italian Breaded Pork Loin
Cheesy Penne
Ratatouille
Pineapple

December 15
Alpine Hamburger
Hamburger Bun
Molasses Baked Beans
Garlic Smashed Cauliflower
Vanilla Fudge with Apples

December 16
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas

December 17
Swedish Meatballs
Halushkie
Peas with Pearl Onions
Minted Pears

December 18
Turkey Pot Pie
Pot Pie Bows with Gravy
Mixed Vegetables
Fresh Orange

December 19
Breaded Chicken
Macaroni and Cheese
Ratatouille
Creamy Cole Slaw

December 20
Baked Ham
with Brown Sugar Glaze
Candied Sweet Potatoes
Broccoli and Cauliflower
Baked Custard
Dinner Roll

December 21
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas

December 22
Stewed Tomatoes
Peas
Lemon Pudding

December 23
Hamburger Barbeque
Sandwich Roll
Beans and Greens
Butternut Squash
Pepper Slaw

December 24
Chicken Parmesan
with Tomato Sauce
Baked Ziti Casserole
Garlic Zucchini
Fresh Orange

December 25
Roasted Pork
with Sauerkraut
Cinnamon Apples
Gelatin with Fruit
Dinner Roll

December 26
Merry New Year
Merry New Year
Merry New Year
Merry New Year
Merry New Year

December 27
Macaroni Ham & Cheese
Stewed Tomatoes
Peas
Lemon Pudding

December 28
Hamburger Barbeque
Sandwich Roll
Beans and Greens
Butternut Squash
Pepper Slaw

December 29
Chicken Parmesan
with Tomato Sauce
Baked Ziti Casserole
Garlic Zucchini
Fresh Orange

December 30
Roasted Pork
with Sauerkraut
Cinnamon Apples
Gelatin with Fruit
Dinner Roll

December 31
Happy New Year
Happy New Year
Happy New Year
Happy New Year
Happy New Year

Lighter Fare

December 6
Ham and Swiss on Rye Bread
Mandarin Oranges
Three Bean Salad

December 7
Chicken Fajita Salad with Ranch Dressing
and Tortilla Chips
Chuckwagon Corn Salad
Oatmeal Cookie

December 8
Chicken Caesar Salad with Whole Grain Bread
Fresh Endive and Bacon Dressing
Tropical Fruit Salad

December 9
Ham and Bean Soup
Chicken Cobb Salad
with Blue Cheese Dressing
Pasta Salad
Fresh Apple

December 10
Seaford Salad with Croissant
Baby Carrots
Fresh Orange
Vanilla Ice Cream

December 11
Buffalo Chicken Salad with Blue Cheese Dressing
Tropical Fruit Salad
Chocolate Chip Cookie
Dinner Roll

December 12
Italian Sandwich on Hoagie Roll
Pepper Slaw
Sliced Cinnamon Apples

December 13
Italian Sandwich on Hoagie Roll
Pepper Slaw
Sliced Cinnamon Apples

December 14
Buffalo Chicken with Tortilla Wrap
and Blue Cheese Dressing
Mandarin Oranges
Baby Carrots

December 15
Roast Beef with Whole Grain Bread
on Rye Bread
Creamy Cole Slaw
Banana

December 16
Roast Beef with Whole Grain Bread
on Rye Bread
Creamy Cole Slaw
Banana

December 17
Ham, Turkey, Swiss Cheese on Whole Grain Bread
Minted Pears
Broccoli Salad

December 18
Minestrone Soup
Sliced Turkey and Swiss on Tortilla Wrap
Pepper Slaw
Tropical Fruit Salad

December 19
Minestrone Soup
Sliced Turkey and Swiss on Tortilla Wrap
Pepper Slaw
Tropical Fruit Salad

December 20
Minestrone Soup
Sliced Turkey and Swiss on Hoagie Roll
Creamy Cole Slaw
Mandarin Oranges

December 21
Buffalo Chicken with Tortilla Wrap
and Blue Cheese Dressing
Mandarin Oranges
Baby Carrots

December 22
Roast Beef with Whole Grain Bread
on Rye Bread
Creamy Cole Slaw
Banana

December 23
Ham Salad
with Whole Grain Bread
Carrot & Raisin Salad
Banana Pudding
Fresh Orange

December 24
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas

December 25
Three Bean Salad
Tropical Fruit Salad
Dinner Roll
Oatmeal Cookie

December 26
Beef Barley Soup
Tuna Salad on Whole Grain Bread
Baby Carrots
Fresh Orange

December 27
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas
Merry Christmas

December 28
Chicken, Bacon, Ranch
on Whole Grain Bread
Creamy Cole Slaw
Banana

December 29
Chef Salad
with Ham, Turkey, Cheese
Three Bean Salad
Tropical Fruit Salad
Dinner Roll
Oatmeal Cookie

December 30
Beef Barley Soup
Tuna Salad on Whole Grain Bread
Baby Carrots
Fresh Orange

December 31
Happy New Year
Happy New Year
Happy New Year
Happy New Year
Happy New Year
For December’s Employee Spotlight meet Lacy Temple! Lacy has been with the company for 12 years and started in 2009 as a Protective Services Investigator. She graduated from Danville High and has a degree in Social Work from Lockhaven University. She chose this agency for her career because she enjoys helping people and she liked the legal aspect of Protective Services. Lacy enjoys feeling like she makes a difference in people’s lives.

As a single mom of 3, Lacy does not have a lot of free time. When she does, she enjoys reading, crocheting, and watching TV. If she could choose any superpower it would be flying. It would give her more time because she could travel faster and never have to worry about getting stuck in traffic.
December 1st is World AIDS Awareness Day. Globally, there are an estimated 38 million people who have HIV/AIDS. Since 1984, more than 35 million people died of HIV or AIDS related illnesses. It is spread by contact with certain bodily fluids of a person with HIV. Once you have HIV, you have it for life. If left untreated, HIV can lead to AIDS (acquired immunodeficiency syndrome). AIDS occurs when the immune system is damaged because of the virus. People with AIDS have such badly damaged immune systems that they get a number of severe illnesses, called opportunistic infections.

HIV is spread in rare cases by:
- Contact between broken skin, wounds, or mucous membranes and HIV-infected blood or blood-contaminated body fluids
- Oral sex
- Blood transfusions, blood products, or transplants
- Being bitten by a person with HIV
- Deep, open-mouth kissing if both partners have sores or bleeding gums and HIV infected blood gets into the bloodstream of the HIV-negative partner
- Eating food that has been pre-chewed by a person with HIV

Information courtesy of hiv.gov

HIV is not spread by: air; water; insects; saliva; tears; sweat that is not mixed with blood; shaking hands; hugging; sharing toilets; sharing dishes, silverware, drinking glasses; closed-mouth or “social” kissing; drinking fountains; or touching. HIV can’t be passed through healthy, unbroken skin.

Without HIV medicine, people with AIDS typically survive about 3 years. Once someone develops a dangerous opportunistic illness, life expectancy without treatment falls to about 1 year. The only way to know for sure if you have HIV is to get tested. Many medical clinics, substance abuse programs, community health centers, and hospitals offer testing.

HIV Typically Spreads by:
- Having vaginal or anal sex without using a condom or taking medicines to prevent or treat HIV
- Sharing injection drug equipment such as needles
- From mother to child during pregnancy, birth, or breastfeeding.
- Getting stuck with an HIV-contaminated needle or sharp object

Stage 1: Acute HIV Infection: 2 to 4 weeks after infection, about 2/3 of people will have a flu-like illness lasting a few days to several weeks. Symptoms can include: fever, chills, rash, night sweats, muscle aches, sore throat, fatigue, swollen lymph nodes, mouth ulcers.

Stage 2: Clinical Latency: people in this stage may not have any symptoms. Without treatment, people can stay in this stage for 10 or 15 years, but some move through this stage faster.

Stage 3: AIDS: If you have HIV and are not on HIV treatment, eventually the virus will weaken your immune system and you will develop AIDS. Symptoms can include: rapid weight loss; recurring fever; profuse night sweats; extreme fatigue; prolonged swelling of the lymph glands in the armpits, groin, or neck; diarrhea that lasts for more than a week; sores of the mouth, anus, or genitals; pneumonia; red, brown, pink or purplish blotches on or under the skin or inside the mouth, nose, or eyelids; memory loss; depression and other neurologic disorders.

Each of these symptoms can also be related to other illnesses. The only way to know for sure if you have HIV is to get tested.
The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company or fuel provider to be credited on your bill. These grants range from $200 to $1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

**Crisis Grants**
Households experiencing a heating crisis may be eligible for additional benefits through the LIHEAP crisis program.  
**Emergency situations include:**
- Broken heating equipment or leaking lines that must be fixed or replaced
- Lack of fuel
- The main heating source or second heating source (a source that is used to operate the main heating source or used if the main heating source is not working) has been completely shut-off
- The danger of being without fuel (less than a 15 day supply)
- The danger of having utility service terminated (you’ve received a notice that service will be shut off within the next 60 days)

**To receive help...**
- You must meet income guidelines
- You don’t have to be on public assistance
- You don’t need to have an unpaid heating bills
- You can rent or own your home

### INCOME GUIDELINES

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Maximum Annual Income</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>$ 19,320</td>
</tr>
<tr>
<td>2</td>
<td>$ 26,130</td>
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<tr>
<td>3</td>
<td>$ 32,940</td>
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<tr>
<td>7</td>
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<td>$ 66,990</td>
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<tr>
<td>9</td>
<td>$ 73,800</td>
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<tr>
<td>10</td>
<td>$ 80,610</td>
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</tbody>
</table>

Each Additional Person Add $ 6,810
Caring for a loved one with memory loss is difficult under the best of circumstances, but folks in the LGBTQ+ community face additional challenges because of their identity and a lifetime of marginalization, stigma and trauma. Caregivers might be reluctant to take advantage of resources in the community, fearing discrimination or hostility. They might feel unwelcome in support groups. Or they might forego medical care for their loved one because they don’t have an “official” status to make decisions.

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for the LGBTQ community. Aging with Pride: IDEA is the first federally-funded research study examining ways to improve the health and quality of life for adults with memory loss and their caregivers in the LGBTQ community.

The person with memory loss and their caregiver participate as a pair and at least one of them must be LGBTQ. The caregiver can be a spouse, partner, adult child, relative, friend, or anyone who helps the person with memory loss. The person with memory loss must be 50 years or older.

The IDEA program includes nine individualized sessions with a trained coach. The coach teaches the pair problem-solving skills to improve behavioral challenges and communication. A low-impact exercise program including stretching, flexibility, and balance to strengthen the body, reduce injury and improve mood is also included in the sessions.

The sessions are individualized and virtual, using easy video chatting. Participants don’t have to leave home to participate, can live anywhere in the U.S., and are compensated for completing phone interviews. Tablets with connectivity and simple instructions for using plus tech support can be provided if needed.

To learn more call 1-888-655-6646 or email ageIDEA@uw.edu. You can also visit the IDEA website at https://ageidea.org/

CALL 1-888-655-6646

- Nine coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home.
- Compensation for completing five phone interviews.

Contact us today
Call 1-888-655-6646, email ageIDEA@uw.edu or visit ageIDEA.org.
Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia.

Join others in a one-hour Dementia Friends Information Session. The session will cover five key messages about dementia and touch on what it is like to live with dementia. As a Dementia Friend you will turn your understanding into a practical action that can help someone with dementia living in your community. The action can be as big or small as you choose, because every action counts!

**Information Sessions:**
- December 1, at 3pm
- December 15, at 10am

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The Rural Dementia Caregiver Project may help you!

**Am I eligible?**
You may be eligible if you:
- Are 18 years of age or older
- Able to access the internet
- Provide care for at least 10 hours per week

By “care” we mean assistance with dressing, meals, transportation, medications, shopping, or similar support. Care also includes managing finances, coordinating appointments, and travel time. It is not required for caregivers to live with the person they help support.

Your participation in this study is confidential and voluntary.

To see if you are eligible, go to: caregiverproject.ucsf.edu

For general questions, please call our toll-free line at:
1-833-634-0603
Monday-Friday
9:00 am PST-4:00 pm PST

Funded by National Institute on Aging
Grant No. R01AG057855

See privacy information at: https://caregiverproject.ucsf.edu/privacy

Check if you are eligible! caregiverproject.ucsf.edu
For other questions call toll free at 1-833-634-0603

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Virtual Connections

A program for adults with early stage dementia plus their care partners and family members with the Meadows Museum, SMU.

**Fall 2021**
- **EXPLORE** works of art through interactive activities.
- **CONNECT** and reconnect with friends.
- **DISCOVER** works of art through music, movement, literature, and storytelling.

Register FREE at museumaccess@smu.edu

**WEDNESDAYS**
10:30 am–11:30 am
Online via Zoom

December 15
Covid-19 Boosters and Extra Doses for Those At Risk

Booster shots are available if you received the Pfizer vaccine more than 6 months ago and are:

- Age 65+
- A resident or staff person in a long-term care setting
- Age 18+ and have underlying medical conditions including asthma, diabetes, obesity
- Age 18+ and work in high-risk settings including healthcare workers, teachers, grocery store workers

Additional doses are recommended for immunocompromised individuals.

Additional Resources

KinConnector
866-546-2111 your go-to kinship family support service!

VIRTUAL SUPPORT GROUP
1st Thursday of each month
10:00 a.m. - 11:30 a.m.
SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 9th</td>
<td>Self-Care Skills and Holiday Party: Celebrating your success!</td>
</tr>
<tr>
<td>Jan 6th</td>
<td>Parenting a Second Time Around (PASTA) 2022 kickoff and session 3</td>
</tr>
<tr>
<td>Feb 8th</td>
<td>Navigating Social Media and Being Safe in a Digital World</td>
</tr>
<tr>
<td>Mar 8th</td>
<td>Pasta Session 4: Discipline is not a dirty word</td>
</tr>
<tr>
<td>Apr 7th</td>
<td>Self-Advocacy and PASTA Workshop 6: Standing up for your rights</td>
</tr>
<tr>
<td>May 5th</td>
<td>Fun activity, outing, or summer celebration TBD to wrap up year 1</td>
</tr>
</tbody>
</table>

Email KinSupport@kinconnector.org for more information or call for personalized advice.

Coalition for Aging LGBT
Silver Linings
An LGBTQ+ affirming support group for caregivers of people living with Alzheimer’s & Dementia Disease

4th Sunday of every month at 7 p.m. on Zoom

More information at: www.cla.lgbt/silverlinings

Hosted by:
- C.J. Hodson, M.A.
- Care Scholar
- Board Member, Coalition for Aging LGBT
- Sarah Conner
- Certified Dementia Practitioner
- Hospice Care Consultant
- D.R. Hanson
- Staff, Coalition for Aging LGBT

Find Vaccine Near Me
**Additional Resources**

**Greater Pennsylvania Chapter Support Groups**

The Alzheimer’s Association Greater Pennsylvania Chapter offers a safe and supportive environment for dementia caregivers to share and learn through its monthly SUPPORT GROUPS.

To register, visit [alz.org](http://alz.org), call 800-272-3900, or click “register” for the meetings in which you are interested.

**LAST THURSDAY OF EACH MONTH**

6-7 p.m.

Kreisher, Marshall and Associates LLC
401 S. Market Street
Bloomsburg, PA 17815

December 23

Deadline is December 31st, 2021.

**CRISIS HELP**

*If you or someone you know is in crisis, please reach out for help.*

- **Call 911**: If there is an immediate risk of endangering oneself or others, contact 911. Inform the operator that you are calling about a mental health crisis.

- **National Suicide Prevention Lifeline**: 800-273-8255
  If you or someone you care about is experiencing thoughts of suicide, please call the Lifeline (Español: 888-626-9454)

- **Crisis Text Line**: Text PA to 741741 to start the conversation 24/7.

- **The Trevor Project (LGBTQ)**: 1-866-488-7386

- **Trans Lifeline**: 1-877-565-8860

**Property Tax Rent Rebate Program**

Apply Online
myPATH.pA.gov
**December Recipes**

### Muddy Buddies

Put cereal into a large bowl; set aside. In 1-quart bowl, microwave chocolate chips, peanut butter, and butter for 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag. Add powdered sugar. Seal bag and shake until well coated. Spread onto waxed paper to cool. To make it festive, mix in some holiday color chocolates after it cools. Store in airtight container in refrigerator.

### Slow Cooker Ham

Make sure ham is thawed according to package directions. Scour the ham in a diamond pattern so the juices can reach the meat below the layer of fat. Place ham in the crockpot. Mix the soda, juice from the pineapple rings and some of the cherry juice with the brown sugar and pour over the ham. Use toothpicks to secure pineapple slices to the ham and place a maraschino cherry in the center of each ring. Cook on low heat for 4-5 hours (You may baste the ham periodically but removing the lid of the crockpot frequently may increase cooking time). Cook ham until the thickest piece has reached a temperature of 165°. Remove toothpicks before carving and serving.

<table>
<thead>
<tr>
<th>Slow Cooker Ham</th>
<th>Muddy Buddies</th>
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<tbody>
<tr>
<td>1 bone-in, Cooked Ham Shank (small enough to fit in your crockpot)</td>
<td>9 c. Rice Chex, Corn Chex, or Chocolate Chex</td>
</tr>
<tr>
<td>1 can of Sprite or 7-Up per 3-4 lbs of ham</td>
<td>1/2 c. Peanut Butter</td>
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<tr>
<td>15 oz can of Pineapple rings</td>
<td>1/4 c. Butter or Margarine</td>
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<tr>
<td>Maraschino Cherries</td>
<td>1 tsp. Vanilla</td>
</tr>
<tr>
<td>Whole Cloves</td>
<td>1 1/2 c. Powdered Sugar</td>
</tr>
<tr>
<td>Toothpicks</td>
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