

Columbia Montour  
Aging Office Inc.  
January Newsletter



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Happy New Year

We would like to say a big Thank You to Met Express for shopping for our consumers for Christmas! You have no idea how much you brightened their holiday.



In Photo: Will Grozier and  
Hunter Sones.

- Benton Senior Center is hosting a movie night bingo on 1/13/24. Check out page 12 for more information!
- This month the contest will be open only to those outside of the agency. Email us with where you found the company logo hidden in the newsletter and be entered in a drawing for a \$10 gift card. Participants can only win once per year.

Example of Logo: 

[cguerin@cmaaa15.org](mailto:cguerin@cmaaa15.org)

BENTON SENIOR CENTER  
42 COMMUNITY DRIVE  
BENTON, PA. 17814  
925-6533



**CENTER HOURS**  
**9AM—2 PM.**  
**MONDAY THRU**  
**FRIDAY**

Mon	Tue	Wed	Thu	Fri
<b>1. Center Closed</b> <b>Happy New Year!</b>	2. Morning chat 9 Pedal power 9:30 New Years resolutions? 10 Shuffleboard 10:30 Wii Games 12	3. Panera/Coffee 9 Center plans for the New Year 9:30 Sit & Fit 10 Penny Bingo 12 Board games 12	4. Local News 9 Pedal Power 9:30 Wii Bowling 10 Puzzles 12	5. Morning Chat 9 Sit & Fit 10 Word games 10:30 Yahtzee 12
8. <b>Board Meeting 9 B day</b> Sit & Fit 10 Snowball toss 10:30 Dominoes 12	9. Coffee/tea 9 Pinochle tournament 9 Wii Bowling 12	10. What's new with you? 9 Sit & Fit 10 Benefits of Cinnamon 10:30 Board games of choice 12	11. Morning Drink and Chat 9 Pedal Power 9:30 Word games 10 Free time 12	12. Center happenings 9 Share a laugh 9:30 Sit & Fit 10 Board games 10:30 Free time 12
15. <b>Center Closed!</b> <i>Life's most urgent and persistent question. What are you doing for others?</i>	16. Morning Chat 9 Chair exercise 9:30 Charlotte antibiotic overuse 10:30 Puzzles 12	17. <b>Covered dish Day!</b> Share a Laugh 9 Sit & Fit 10 Cards 10:30 Wii games 12	18. Chair Exercise 9 Helpful Winter tools 9:30 Board games 10 Things to do when snowed in 12	19. Local happenings 9 Sit & Fit 10 Share a book to read 10:30 Free time 12
22. Morning drink/chat 9 Sit & Fit 10 Kim M talk on Gluten 10:30 Cards 12	23. Passing card tourna- ment 9 Games 12	24. Share a laugh 9 Sit & Fit 10 Favorite winter foods and drinks 10:30 Word games 12	25. Movie 9 (Kate & Leopold) Games after lunch 12	26. Coffee/chat 9 Sit & Fit 10 This was the year 1989 10:30 Dominoes 12
29. Coffee/tea 9 George D/Fraud Bingo 10:30 Sit & Fit 10 Hand & foot 12	30. Chair Exercise 9 Puzzles 9:30 Drumming 10 Upwords 12	31. Coffee/snack 9 Sit & Fit 10 Pedal power 10 Wii Bowling 12	<b>Sat Jan 13 Movie bingo</b> <b>Matinee 1 P.M. RSVP</b>	<div> <b>I'm Not Going Outside</b>    <b>Until The Temperature Is Above My Age.</b> </div>

# January 2024 Berwick Senior Ctr.



1401 Orange St., Berwick PA 18603  
Phone: 570-204-0884 \*  
bcenter@cmaaa15.org  
Open Monday—Friday 9-2  
Site Mgr Jan Banko

Lunch is served daily at 11:30 AM

Order lunches/rides by 9:30 the day before your visit

Mon	Tue	Wed	Thu	Fri
<b>1 CLOSED!!!</b> 	<b>2 Natl. CREAM PUFF day (Yes, we will!)</b> PINOCHLE if you please 10:45 POKENO 12:15 Penny Bingo	<b>3 Warm Cinnamon Buns</b> Bus Trip Review (on paper) <b>10:00 Meeting with guest Tylee Fausey from CMAOI</b> 12:15 Penny Bingo	<b>4 Games of Choice</b> 10:45 Pokeno 12:15 Bingo for Qtrs	<b>5 Canasta / Skip-Bo Skee-Ball (?)</b> Shuffleboard, Wii Sports 10:45 Pokeno 12:15 Penny Bingo
<b>8 CRAFT DAY</b> <i>"Rundown" of what Mosaics are all about</i> 10:45 Pokeno 12:15 Penny Bingo	<b>9 SCRABBLE DAY!</b> Games of Choice 10:45 Pokeno Bingo - Quarters	<b>10 Card Games of Choice</b> 9-10 Social hour <b>SPEAKER: Sara from Family Care</b> on "Healthy You, Healthy year!" 12:15 Penny Bingo	<b>11 Cards and Games of Choice</b> 10:45 Pokeno 12:15 Bingo for Qtrs	<b>12 FUN FRIDAY!!!</b> Games of Choice 10:45 Pokeno 12:15 Penny Bingo 
<b>15 CLOSED—MLK Day</b> 	<b>16 Games of Choice</b> <b>10:30 ELDER LAW with Nicholas Lutz—Cardinal Estate Planning</b> 12:15 Bingo for Quarters	<b>17 Games of Choice</b> Topic Talk (Jan) on <b>FOOD SAFETY</b> , info on SNAP, Elder Food Boxes Penny Bingo Birthdays!	<b>18 Games of Choice</b> <b>10:00 Winnie the Pooh!!!</b> Book Reading, Virtual Tour of Pooh Country, Pooh Games & giveaways 12:15 Bingo For Quarters	<b>19 Nat'l POPCORN day!</b> Butter, Kettle, Caramel! <b>FUN FRIDAY with games of choice!</b> 10:45 Pokeno 12:15 Penny Bingo
<b>22 MOSAICS</b> Start your project! Planning and layout. 10:45 Pokeno 12:15 Penny Bingo	<b>23 SCRABBLE DAY!</b> Games of Choice 10:45 Pokeno Bingo - Quarters	<b>24 BELLY LAUGH day!</b> Bring jokes! Let's Laugh it Up! Special Wed Pokeno 12:15 Penny Bingo 	<b>25 LET'S GET PHYSICAL!</b> Shuffleboard, Skee-Ball, Wii Bowling, Bean Bags! 12:15 Bingo for quarters	<b>26 PIZZA PARTY!</b> FUN FRIDAY Games of Choice 10:45 Pokeno 12:15 Penny Bingo
<b>29 NAT'L PUZZLE DAY</b> start a jigsaw puzzle to work when you want! Pokeno * Penny Bingo 	<b>30 CANASTA TOURNAMENT</b> Games of Choice for others! Bingo for Quarters after lunch	<b>31 Games of Choice</b> <b>10 AM Shaun, Visiting Angels making Valentine Cards for Veterans!</b> 12:15 Penny Bingo	<div> <b>MARK YOUR CALENDARS for Wed Jan. 3rd</b>            ⇒ 9-10 <b>Bus Trip Review</b> (on paper &amp; discussion)            ⇒ 10:00 Center Meeting with guest Tylee Fausey to talk about <b>what's important to our Center!</b> Please try to be here.         </div>	





# January

Bloomsburg Senior Center, Open 9:00-2:00 daily  
229 WEST 6TH ST Bloomsburg 570-784-8615  
Lunch at 11:30, please order the day before by 9:45AM



Mon	Tue	Wed	Thu	Fri
1 <b>CLOSED TODAY</b> <b>HAPPY</b> <b>NEW</b> <b>YEAR</b> <b>2024</b>	<b>2</b> <b>9:00 COFFEE TIME</b> <b>UNO CARD GAME</b> <b>BLANK SLATE</b> <b>GAME</b> <b>TABLE TALK 2024</b> <b>NEW YEAR NEW</b> <b>IDEAS FOR SR</b> <b>CENTER</b>	3 9:00 SNACK TIME 10:00 CARDS 11:00 EXERCISE CLASS WITH COLLIN PUZZLES CARDS	4 9:00 TEA & COOKIES 10:00 PEDAL VIDEO EXERCISE BIKE RIDE CARDS YOUR CHOICE BINGO AFTER LUNCH	5 9:00 COFFEE TIME 10:00 MOVIE DAY SODA & POPCORN GAMES AFTER MOVIE CARDS PINOCHLE
8 9:00 SNACKS 9:30 EXERCISE WITH ANDREA IPAD GAMES PINOCHLE	9 9:00 TEA TIME 10:00 YOGA CLASS 10:30 YOGA CLASS BP SCREENING AT 10:00 AM	10 9:00 COFFEE TIME PANERA DAY SHUFFLEBOARD PINOCHLE GAME	11 9:00 COFFEE / CHAT TIME DOMINOS AFTER LUNCH SHUFFLEBOARD GAME EXERCISE ON MACHINES	12 9:00 SNACKS 10:00 CORNHOLE GAME PUZZLES GAME LRC
15 <b>SR CENTER</b> <b>CLOSED</b> <b>TODAY</b>	16 9:00 COFFEE HR TABLE TALK 10:00 YOGA CLASS 10:30 YOGA CLASS UNO CARD GAME	17 9:00 SNACKS 11:00 EXERCISE CLASS WITH COLLIN CARDS AFTER LUNCH	18 9:00 COFFEE HR 10:00 FAMILY CARE ALTERNATIVE MEDICINE 11:00 DOMINOS	19 9:00 COFFEE TIME SHUFFLEBOARD CARDS DOMINOS ALL GAME DAYS
22 9:00 COFFEE TIME 10:00 CRAFTS BY MARIE FOR VETERANS & VALENTINES DAY	23 9:00 SNACKS 10:00 YOGA CLASS 10:30 YOGA CLASS UNO CARD GAME CATAWISSA VISITING	24 9:00 SNACKS 10:00 SHUFFLEBOARD 11:00 EXERCISE WITH COLLIN CARD GAMES	25 9:00 COFFEE BOARD MEETING TO- DAY ALL JAN BIRTHDAYS CAKE/ICE CREAM CATAWISSA VISITING	26 9:00 COOKIES/TEA 10:00 SHUFFLE- BOARD PINOCHLE EXERCISE ON MACHINES
29 9:00 SNACKS 10:00 TV TRIVIA LETS PLAY DOMINOS RUBIKS CUBE GAME	30 9:00 COFFEE HR 10:00 YOGA CLASS 10:30 YOGA CLASS UNO CARD GAME	31 9:00 COFFEE TIME IPAD GAMES PUZZLES NUMBERED DOMINOS	FEB 1 9:00 SNACKS 10:00 PINOCHLE SEQUENCE GAME PUZZLES	FEB 2 9:00 COOKIES DOMINO GAME TV TRIVIA GAME PUZZLES



# CATAWISSA SENIOR CENTER

319 PINE STREET, CATAWISSA, PA  
570-356-2219 HRS: 9am-2pm M-F  
EMAIL CCENTER@CMAAA15.ORG



## JANUARY



Mon	Tue	Wed	Thu	Fri
<b>1—CLOSED</b> 	<b>2</b> 9 COFFEE+COOKIES CENTER ACTIVITIES 10:30 YOUR NEW YEAR RESOLUTIONS 11 JANUARY FUN FACTS W/DEBI 12:30 PLAY SKEE- BALL GAMES	<b>3</b> 9 DRINKS + SNACKS SOFT MUSIC 10:30 REFLEXOLOGY FACTS—DEBI 11 RELAXING MUSIC CHAIR MESSAGES 12:30 PICK YOUR OWN BINGO #'S	<b>4</b> 9 POP-TARTS+MILK XBOX BOWLING 10:30 CRANBERRY FACTS + GROWING TIPS -ALMANAC 12:30 PUZZLES + WORD GAMES	<b>5</b> 9 TEA+TOAST 10 OLDIES MUSIC 10:30 BLANK SLATE 11:15 NATIONAL BIRD DAY WORD GAMES 12:30 PLAY BIRD BINGO
<b>8</b> 9 HOT TEA+SNACKS OLDIES MUSIC 10:30 SENIOR CHAIR EXERCISES 11 PLAY BLANK SLATE GAME 	<b>9</b> 9 PRETZEL BITES + MUSTARD 10:15 BIBLE STUDY GLENN ADLER 11:15 LET'S TALK... START NEW YEAR MORE ORGANIZED	<b>10-BIRTHDAYS</b> 9 COFFEE & COOKIES XBOX BOWLING 10 BLOOD PRES- SURES BLAIR/ ENCOMPASS HEALTH 11 JANUARY 2024 = FULL WOLF MOON	<b>11</b> 9 APPLE SLICES 9:30 COMEDY MOVIE WITH POPCORN & DRINKS 12:30 CHOICE OF GAMES 	<b>12-SOUP LUNCH \$5</b> 9 VEGGIES AND DIP PLAY SKEE-BALL 10:30 ELDER CARE TALK + BINGO With JOE KURTEK 11:15 MLK FACTS + WORD GAMES
<b>15-CLOSED</b> 	<b>16-TACO TUESDAY</b> 9 CHIPS + SALSA 10 SKEE-BALL GAMES 11 CHINESE NEW YEAR=DRAGON SEE YOUR HORO- SCOPE FOR 2024	<b>17</b> 9 CHEESE+CRACKERS 9:30 CENTRAL SUSQ SIGHT SERVICES EYE TESTS \$1 WITH JOHN MARTIN 12 ACTIVITY CHOICE	<b>18</b> 9 COFFEE & CHATS XBOX BOWLING 10 PLAY SHUFFLE- BOARD GAMES WITH TEAMMATES 12:30 SNACK BINGO	<b>19</b> 9 BREAKFAST BARS PLAY SKEE-BALL 10:30 PUZZLES & CARD GAMES POPCORN DAY- ENJOY HOT or COLD
<b>22</b> 9 PB & J TOAST 10 XBOX BOWLING TABLET TRAINING 11 USE EXERCISE MACHINES	<b>23-CLOSED</b>  <b>MEMBERS GO TO            BLOOMSBURG SR            CENTER TODAY</b>	<b>24-PANERA</b> 9 DRINKS & GOODIES 10:30 CARD GAMES 11 SEASONAL AFFEC- TIVE DISORDER (SAD) WITH JESSICA 12:30 WINTER BINGO	<b>25-CLOSED</b>  <b>MEMBERS GO TO            BLOOMSBURG SR            CENTER TODAY</b>	<b>26</b> 9 HOT CHOCOLATE SNACKS+CHATS 10 ACTIVITY CHOICE 11 TELL WINTER JOKES TO WARM  <b>SMILE</b>
<b>29</b> 9 COFFEE & TREATS PUZZLES + GAMES 10 CHAIR EXERCISE AND MACHINES 11 BLANK SLATE GAME FOR PRIZE	<b>30</b> 9 CHEESE+CRACKERS SOCIAL CHATS 10:15 BIBLE STUDY GLENN SADLER 12:30 TREASURY REPORT/TYLEE	<b>31</b> 9 BAGELS+DIP MUSIC + CHATS 10 MAKE A WINTER PAINTING WITH DEB 12:30 SHUFFLEBOARD GAMES		<b>WELCOME</b>  <b>FOLKS AGE 60+            COME JOIN US!</b>  



ENJOY A HEALTHY MEAL DAILY WITH OTHER SENIORS  
MEALS NEED ORDERED BY 10AM DAILY—> LUNCH SERVED AT 11:30 am

January

# MONTOUR SENIOR CENTER

2024

605 W. Mahoning St. Danville \* 570 275 1466

dcenter@cmaaa15.org

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>
<p><u>1</u></p> <p>CLOSED</p>	<p><u>2</u> 9am Sort &amp; Enjoy Baked Goods from Giant 10am Skip-Bo 12:30 New Years Reso-</p>	<p><u>3</u></p> <p>CLOSED</p>	<p><u>4</u> 10:30 Blair– Encompass Health 12:30 Board Meeting</p>	<p><u>5</u></p> <p>CLOSED</p>
<p><u>8</u></p> <p>CLOSED</p>	<p><u>9</u> 9am Sort &amp; Enjoy Baked Goods from Giant 11am Music w/ Mike 12:30 Skip-Bo</p>	<p><u>10</u></p> <p>CLOSED</p>	<p><u>11</u> 10am Therapy Dog-Susie Close Early 12:30</p>	<p><u>12</u></p> <p>CLOSED</p>
<p><u>15</u></p> 	<p><u>16</u> 9am Sort &amp; Enjoy Baked Goods from Giant 10:30 Dominoes 12:30 Pastor Bill</p>	<p><u>17</u></p> <p>CLOSED</p>	<p><u>18</u> 10am Close the Box Game 12:30 Out to Eat</p>	<p><u>19</u></p> <p>CLOSED</p>
<p><u>22</u></p> <p>CLOSED</p>	<p><u>23</u> 9am Sort &amp; Enjoy Baked Goods from Giant 11am Music w/ Mike 12:30 Shuffleboard</p>	<p><u>24</u></p> <p>CLOSED</p>	<p><u>25</u> 10am Selena– Speaker Close Early 12:30</p>	<p><u>26</u></p> <p>CLOSED</p>
<p><u>29</u></p> <p>CLOSED</p>	<p><u>30</u> 9am Sort &amp; Enjoy Baked Goods from Giant 10am Scarlett the Dieti- cian 12:30 Close the Box</p>	<p><u>31</u></p>		



## Senior Center Activities



Chris Wenner, from the Catawissa Center holds the highest score for the Skee-ball tournament games. She scored 500 on November 30, 2023.



Rita Campbell won the raffle at the Bloomsburg Senior Center



Catawissa center members putting together a puzzle that was donated by the Columbia-Montour Visitors Bureau.



17 of the veterans who attended the Berwick Center's Veteran's Meal.



Harry Bashnick at Apple Harvest talking to the police



Terry and friends at Apple Harvest



# Berwick Senior Center Fall Ornament Project



Cathy McQuown, Sharon Traugh,  
Lettie Kukorlo



Carla Giger, RuthAnn Lemons



Cathy McQuown



Lucy Ruggiero celebrating her  
100th birthday!



Ornament painted by JanEva  
Boone, Evelyn O'Neill in  
background



Foreground: Carla Giger, Ruthann Lemons. Background left  
to right : Russel Berger, Sharon Traugh, Lettie Kukorlo,  
Carol Gross, JaneEva Boone, Jane Kingston, Cathy  
McQuown, Evelyn O'Neill



## Frey's Regular

January 1  
HAPPY NEW YEAR  
HAPPY NEW YEAR  
HAPPY NEW YEAR  
HAPPY NEW YEAR

January 8  
Turkey and Gravy  
over Stuffing  
Mashed Potatoes  
Butternut Squash  
Baked Custard

January 15  
Chicken Ala King  
Sweet Potatoes  
Creamed Spinach  
Oatmeal Apple Sauce Cake

January 22  
Honey Mustard Chicken  
Glazed Carrots  
Cheesy Breadstick  
Fresh Orange

January 29  
Texas Hot Dog  
with Hot Dog Roll  
Molasses Baked Beans  
Carrots & Cauliflower  
Apple Sauce

January 2  
BBQ Pork Rib  
Sandwich Roll  
Green Beans  
Carrots  
Gelatin with Fruit

January 9  
Chicken Florentine  
Wild Rice Blend  
Lemon Pepper Vegetables  
Apple Sauce  
Graham Crackers

January 16  
Sausage Meatballs  
with Mushroom Sauce  
Radiatore Noodles  
Broccoli and Carrots  
Fresh Orange

January 23  
Alpine Hamburger  
with Hamburger Roll  
Molasses Baked Beans  
Warm Beets  
Baked Custard

January 30  
Chicken Fajita Wrap  
with Peppers and Onions  
Pimento Cheesy Rice  
Spanish Beans  
Fresh Pear

January 3  
Chicken and Mushroom Marsala  
Brown Rice Pilaf  
Green Bean Casserole  
Fresh Orange

January 10  
Sloppy Joe  
Sandwich Roll  
Creamed Corn  
Green Beans  
Fresh Banana

January 17  
Creamy Tuscan Chicken  
Wild Rice Blend  
Winter Vegetable Blend  
Tropical Fruit Salad

January 24  
Baked Liver  
with Onion Gravy  
Mashed Potatoes  
Peas and Cauliflower  
Oatmeal Apple Sauce Cake

January 31  
Chicken Pot Pie  
with Bow Tie Gravy  
Biscuit  
Mixed Vegetables  
Mandarin Oranges

January 4  
Mexican Taco Bowl  
Spanish Beans  
Tortilla Chips  
Romaine with Taco Sauce

January 11  
Pork BarBeQue  
with Sandwich Roll  
Macaroni and Cheese  
Green and Wax Beans  
Creamy Cole Slaw

January 18  
Breaded Fish Sandwich  
Sandwich Roll  
Stewed Tomatoes  
Macaroni and Cheese  
Pickled Beet Salad

January 25  
BarBeQue Turkey Burger  
Sandwich Roll  
Broccoli and Carrots  
Macaroni and Cheese  
Tropical Fruit Salad

February 1  
Tuna Noodle Casserole  
Glazed Carrots  
Broccoli  
Chocolate Cake with Pudding

January 5  
Pork and Pea Carbonara  
Buttered Noodles  
Lemon Pepper Broccoli  
Apple Sauce  
Dinner Roll

January 12  
Sweet and Sour Chicken  
Rice Pilaf  
Broccoli and Cauliflower  
Fresh Pear

January 19  
Chili Con Carne  
Baked Corn Bread  
Four Season Vegetable Blend  
Fresh Pear

January 26  
Italian Meatballs  
Spaghetti with sauce  
Italian Blend Vegetables  
Fresh Romaine with Italian

February 2  
Meatloaf with Marinara  
Macaroni and Cheese  
Peas and Carrots  
Fresh Orange

## Frey's Lighter Fare

January 1  
HAPPY NEW YEAR  
HAPPY NEW YEAR  
HAPPY NEW YEAR  
HAPPY NEW YEAR

January 8  
Ham and Bean Soup  
Turkey and Swiss Wrap  
with Lettuce Leaf  
Three Bean Salad  
Mandarin Oranges

January 15  
Ham, Turkey, Swiss  
with Lettuce Leaf  
Whole Grain Bread  
Cinnamon Apples  
Broccoli Salad

January 22  
Ham Salad  
Whole Grain Bread  
Carrot & Raisin Salad  
Banana Pudding  
Fresh Orange

January 29  
Seafood Salad  
Croissant  
Fresh Orange  
Baby Carrots  
Vanilla Ice Cream

January 2  
Beef Barley Soup  
Tuna Salad  
Whole Grain Bread  
Baby Carrots  
Fresh Orange

January 9  
Chicken Craisin Salad  
Whole Grain Bread  
Tropical Fruit Salad  
Carrot & Raisin Salad

January 16  
Antipasta Salad  
with Italian Dressing  
Macaroni Salad  
Minted Pears  
Dinner Roll

January 23  
Chicken Caesar Salad  
with Croutons and Dressing  
Pasta Salad  
Fresh Apple

January 30  
Turkey Club  
Whole Grain Bread  
Cottage Cheese  
with Apple Butter  
Carrot Raisin Salad

January 3  
Waldorf Chicken Salad  
Croissant  
Pickled Beet Salad  
Cinnamon Apple Slices  
Gelatin with Fruit

January 10  
Ham Salad  
Croissant  
Pickled Beet Salad  
Mandarin Oranges  
Sugar Cookie

January 17  
Chicken Noodle Soup  
Bacon, Lettuce, Tomato  
Whole Grain Bread  
Pepper Slaw  
Pears

January 24  
Italian Hoagie  
with Lettuce  
Creamy Cole Slaw  
Mandarin Oranges

January 31  
Chicken Rice Soup  
Chef Salad  
with Ham, Turkey, Cheese  
Pasta Salad  
Fruit Cocktail  
Fresh Banana

January 4  
Buffalo Chicken Wrap  
with Blue Cheese Dressing  
and Lettuce Leaf  
Mandarin Oranges  
Celery Sticks

January 11  
Chicken Bacon Ranch  
with Lettuce Leaf  
Whole Grain Bread  
Creamy Cole Slaw  
Banana

January 18  
Chef Salad  
with Ham, Turkey, Cheese  
Macaroni Salad  
Mandarin Oranges  
Fresh Banana

January 25  
Beef Vegetable Soup  
Tuna Salad Wrap  
Mandarin Oranges  
Baby Carrots  
Fresh Pear

February 1  
Chicken Salad  
Croissant  
Pickled Beet Salad  
Fresh Orange

January 5  
Greek Salad  
with Breaded Chicken Strips  
Pasta Salad  
Tropical Fruit Salad  
Fresh Apple

January 12  
Chicken Cobb Salad  
with Blue Cheese Dressing  
Pasta Salad  
Fresh Apple

January 19  
Chicken Salad  
Wrap  
Pepper Slaw  
Fresh Apple

January 26  
Buffalo Chicken Salad  
with Blue Cheese Dressing  
Tropical Fruit Salad  
Chocolate Pudding  
Dinner Roll

February 2  
Sliced Ham and Swiss  
Rye Bread  
Three Bean Salad  
Mandarin Oranges



# January Spotlight



For this month's Employee Spotlight meet Charity Rubendall! She graduated Penn College with a degree in HVAC in 2011 and in 2019 graduated from Purdue with a degree in Criminal Justice. She worked as a corrections officer in one of the county jails and then as a disciplinary officer for Red Rock Job Corps. She has been with our agency for 7 months and chose this job for it's calmer environment.

In her free time she enjoys reading and watching The Good Doctor. She recently won an electric guitar and has been enjoying learning to play it. If she had any superpower it would be to create fire, because she's always cold.





# January is Thyroid Awareness Month

An estimated 20 million Americans have some form of thyroid disease and nearly 60% don't know they have the condition. One out of eight women will develop a thyroid disorder in their lifetime. The causes of thyroid problems are mostly unknown.

## WHAT IS HYPERTHYROIDISM?

Hyperthyroidism means that your thyroid gland is making too much thyroid hormone. You may also hear the term thyrotoxicosis. This also means there is too much thyroid hormone in your body.

## WHAT CAUSES HYPERTHYROIDISM?

Hyperthyroidism can be caused by an autoimmune condition (*Graves' disease*), inflammation of the thyroid (*thyroiditis*), or due to thyroid nodules making too much thyroid hormone (hot nodule or toxic multinodular *goiter*). We will briefly describe each of these but be sure to check out our other resource links.

Women are five to eight times more likely than men to have thyroid problems and one in eight will develop a thyroid disorder during her lifetime.

## WHAT ARE THE SYMPTOMS OF HYPERTHYROIDISM?

If there is too much thyroid hormone, your body speeds up and this can cause symptoms such as:

- increased sweating and feeling hot
- feeling like your heart is racing or is beating irregularly
- hand tremors
- anxiety, nervousness, and irritability
- weight loss despite normal or even increased appetite
- frequent bowel movements or diarrhea
- difficulty sleeping
- hair loss
- changes in menstrual periods, often lighter and/or less frequent
- trouble swallowing or fullness in the neck
- increased or decreased energy level
- pain behind the eyes and/or swelling or bulging of eyes (for *autoimmune thyroid dysfunction* only)

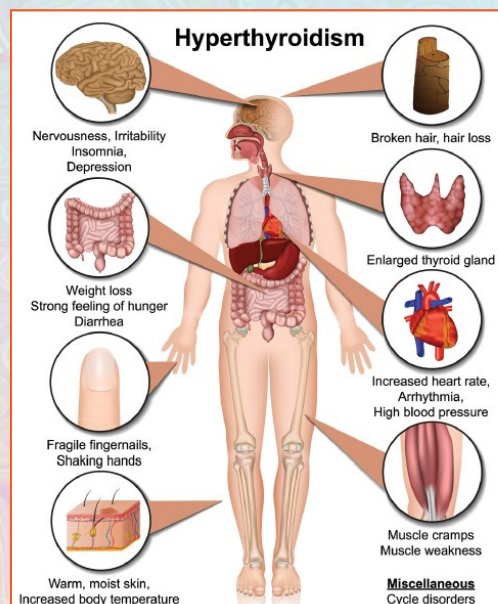
Everyone is different and you may not have all the symptoms. Symptoms can start suddenly or come on slowly over time.

Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.

## HOW IS HYPERTHYROIDISM DIAGNOSED?

If your doctor suspects that you have hyperthyroidism, they may:

- Perform a physical exam to:
  - Examine your thyroid for enlargement or nodules.
  - Look for signs of too much thyroid hormone like fast heart rate, shakiness/tremor of the hands, warm and moist skin.
  - Look for signs of thyroid eye disease like eye redness, swelling, or bulging of the eyes.
- Check your blood for the level of thyroid hormones (TSH, T4 and T3) and thyroid antibody levels (Thyroid stimulating immunoglobulin (TSI), thyrotropin receptor antibodies (TRAB), and/or Thyroid Peroxidase (TPO) antibodies).
- Lab test results in hyperthyroidism usually show high T4 and/or T3 and low TSH.
- Order imaging tests like thyroid ultrasound or nuclear medicine scans which can help determine why your thyroid is making too much thyroid hormone.



## HOW IS HYPERTHYROIDISM TREATED?

There is no single treatment that is best for all patients with hyperthyroidism. The treatment that you and your doctor decide on will take into account factors such as your age, your symptoms, and other medical problems (ex. heart disease). It also depends on the cause of hyperthyroidism and how abnormal the tests are. You should consult with your endocrinologist to determine your treatment plan.

There are several treatments that may be recommended:

1. BETA BLOCKERS
2. ANTITHYROID DRUGS (ATD) – METHIMAZOLE (MMI) AND PROPYLTHIOURACIL (PTU)
3. RADIOACTIVE IODINE (RAI)
4. SURGERY



## Additional Resources

Benton  
Senior Center  
Hosts...

January  
**Movie**  
Night  
Bingo!

Saturday 13th  
1:00 pm

570-925-6533  
42 COMMUNITY DRIVE,  
BENTON, PA

Located in the N4C's Building



From our  
HOME...



...to your  
HOME.

Your local Ombudsmen  
are committed to  
connecting with our  
personal care home  
and nursing facility  
residents.



Do you need an advocate to help resolve  
problems, address complaints or answer questions  
regarding your long-term care facility?

CONTACT YOUR LOCAL OMBUDSMEN:  
Union-Snyder Agency on Aging  
(570) 524-2100 or (570) 374-5558  
Or toll-free at  
1-800-533-1050

Union-Snyder Agency on Aging  
116 North 2<sup>nd</sup> St.  
Lewisburg, PA 17837

Check out our Website at:  
<https://www.usaaa17.org>



**988**  
SUICIDE  
& CRISIS  
LIFELINE

If you or someone you know  
needs support now,  
call or text 988  
or  
[chat.988lifeline.org](https://chat.988lifeline.org)



MEMBER OF A.C.A.

Are you 60+ years old?

Struggling to make  
ends meet?

Food impacts your  
health. Don't  
compromise.

Sign up for the Pennsylvania  
**SENIOR FOOD BOX  
PROGRAM**



**pennsylvania**  
DEPARTMENT OF AGRICULTURE  
[agriculture.pa.gov/SeniorFoodBox](https://agriculture.pa.gov/SeniorFoodBox)  
800-468-2433





## Additional Resources

### GETTING READY FOR MEDICARE?

Understanding Medicare can be difficult. The PA MEDI Program (PA Medicare Education and Decision Insight) educates and counsels Medicare beneficiaries or soon-to-be beneficiaries on Medicare and its related topics.

PA MEDI Counselors can assist you in understanding:

- \* Medicare Eligibility & Enrollment
- \* Services under Medicare Parts A & B
- \* Medigap (Medicare Supplemental Insurance)
- \* Medicare Advantage (Part "C" of Medicare)
- \* Prescription Drug Benefit (Part "D" of Medicare)
- \* Medicare Savings Programs to save you money
- \* PACE and/or PACENET

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

**Call us today!**  
**570 - 784-9272**

The Columbia-Montour PA MEDI program is managed by Diakon Community Services under a contract with the Columbia-Montour Aging Office with funding by the PA Department of Aging.

COLUMBIA-MONTOUR  
Aging Office, Inc.  
*The Agency with Heart!*



### Ombudsman Are Special Volunteers...

**Have you ever had a loved one in a Long Term Care Facility?**

(Nursing Home, Personal Care Home or Assisted Living)

**If so, then you know the importance of visitors.**

Ombudsman volunteers are special people who enrich the lives of residents who are living in Long Term Care Facilities. Ombudsman volunteers will receive training to help empower all residents, to ensure they are living with dignity and respect and to ensure they are receiving the highest quality of care they deserve.



You can help with this important program! We will provide all necessary training, orientation and experience...

**APPLY NOW!**

The Union-Snyder Area Agency on Aging, Inc. is a 501(c)(3) nonprofit corporation advancing the rights of older adults living in Union and Snyder counties. It serves as the primary agency for developing and providing services for persons sixty and over in Union and Snyder counties.

**For information, call Amy Foster: 570-524-2100**



**Union-Snyder Agency on Aging, Inc.**

*Serving older adults and their families  
with vision, dedication and concern*

\*\* We serve nursing facility and personal care home residents in Union, Snyder, Northumberland, Columbia, Montour & Perry county facilities \*\*

### ICYMI: Second Round of Ordering for Free COVID-19 Tests Now Open

Starting on September 25, every U.S. household had an opportunity to order four free at-home COVID-19 tests through a partnership between the HHS Administration for Strategic Preparedness and Response and the United States Postal Service.

On November 20, a second round of ordering opened, allowing each household to place a second order to receive four more free tests. Households that have not yet placed an order can place **two** orders now, to receive a total of **eight** tests.

To order your free tests, go to [COVID.gov](https://www.covid.gov) and complete the form with your contact and shipping information.

People who are blind or have low vision can place a second order for free Ellume COVID Home Tests, which are more accessible than other options. For more information, including ordering instructions, please visit [ACL's website](https://acl.org).

### Over 55, Unemployed and Looking for Work?

**Get the training and skills you need  
to compete in today's job market.**

The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market.

AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

Learn more...

Call us today! 570-972-0080

**AARP Foundation**

For a nation without senior poverty.

AARP Foundation's SCSEP program (CFOA 12231) is funded with \$17,908,000 in federal grants from U.S. Department of Labor funds. This funding provides 100% of the salaries for SCSEP with AARP Foundation matching 10% (\$2,774,913 in total). AARP Foundation operates in 19 states and Puerto Rico.

**Over 55, Unemployed and Looking for  
Work? Get the training and skills you  
need to compete in today's job market.  
All while receiving a paycheck.**

***Paid Training that will not affect SNAP  
or Housing.***

**Local AARP Foundation  
SCSEP Office:  
570-972-0080 or email:  
[AARPworks@gmail.com](mailto:AARPworks@gmail.com)**

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program administered by the Department of Human Services (DHS) that provides assistance for home heating bills.



**Paper applications:** Call 1-866-857-7095 to request a paper application. Paper applications can also be downloaded from the DHS LIHEAP web page.

**Click to Apply**



## Additional Resources



### AmeriCorps Retired and Senior Volunteer Program (RSVP)

**Happy New Year from RSVP!** We can help you achieve your New Year's resolution to give back to your community by volunteering at one of our many stations throughout Columbia and Montour counties. If you are 55 or older, RSVP can help you find a volunteer opportunity, like:

- Hang artwork, assist at the front desk, and aid in Bloomsburg's annual ArtFest with The Exchange
- Assist disabled children and veterans at Eos Therapeutic Riding Stables
- Teach an adult exercise class or read to and watch over children at the Bloomsburg YMCA

Volunteering with RSVP also comes with many benefits and perks, like:

- CIMA supplementary insurance
- Annual volunteer recognition event
- Quarterly newsletter with volunteer spotlight

**To see what other opportunities we have, please**

**reach out to**

**Penny Davis or Selena Vivino at  
 (570) 784-9272**

### Tools help people.

TechOWL finds tools and technology for people across Pennsylvania.



- **Lending Library**  
see what items will work best for you



- **Free Special Phones**  
if you have difficulty hearing, talking, seeing, thinking or moving



- **Used Equipment**  
donate or get free devices



- **Information and Assistance**  
call, email or chat online



- **Emergency Plans**  
in case of a disaster



- **Get a Demonstration**  
try a variety of different devices



- **Affordable AT**  
help paying for what you need



- **iCanConnectPA**  
communication access if you have both hearing and vision loss



- **Testing and Recommendations**  
to match your needs with tools and technology



- **Training**  
wide range of topics for your class or organization



- **Get Something Made**  
3D printed and custom devices



- **Connect with Tech**  
Free tablets to help you stay connected to healthcare

Follow us on social media @TechOWLpa

tel 800-204-7428  
 email TechOWL@temple.edu



Technology for Our Whole Lives  
 (TechOWL) at the Institute on Disabilities

**Temple University** | Institute on Disabilities  
College of Education and Human Development

**YOUR LOCAL CONTACT IS**  
**CILNCPA - Center for Independent Living of North Central PA**



serving Centre, Clinton, Columbia, Lycoming, Montour, Northumberland, Snyder, Sullivan, Tioga and Union counties

24 East Third Street Williamsport, PA 17701  
 contact Amy Cline  
 voice 570-327-9070 ext. 214  
 fax 570-327-8610  
 email AT@cilncp.org web cilncp.org

### PA Link Check-In Line

A FREE service to connect older adults with volunteers to chat and check-in



#### How it Works

Anyone over the age of 60 who lives in our 9 counties can register for a free check-in phone call from a local volunteer.

The senior or a loved one can complete the enrollment form to find out about interests, convenient times, and other details. Then, PA Link will match the senior with a volunteer.

If a match doesn't work or feel right, it will be discontinued immediately.  
 NO QUESTIONS ASKED!

### What to Expect on a Call

There is no standard script or questions expected during these phone calls. They are simply intended to be a friendly voice on the other end. We want to build rapport between callers.

### We Protect Your Privacy!

We do not give out phone numbers and want to be as safe as possible. Both the senior and volunteer will dial our special PA Link Check-In Line to automatically be connected to their friend. No phone numbers, addresses, or last names are disclosed.



570-428-3521  
 www.PALink8.com

### Enroll Today!

**As a Participant Who Would Like a Call:**

- Visit our website at [www.palink8.com](http://www.palink8.com) and complete the short registration form.
- Or, call 570-428-3521 to enroll over the phone.
- We will personally match you with a volunteer.
- All calls will be directed through our PA Link Check-In Line.

**As a Referral Source for a Participant:**

- Visit our website at [www.palink8.com](http://www.palink8.com) and complete the short referral form.
- PA Link will contact the participant to confirm their interest.

### As a Volunteer

Anyone from the ages of 18 - 118 can register to become a volunteer. We will do our best to match callers based on geography and interest. Volunteers are asked about their schedules and how often they would like to make calls.



**WE HELP CONNECT PEOPLE WITH THE TOOLS THEY NEED THROUGH OUR EQUIPMENT REUSE PROGRAM.**

DONATED EQUIPMENT IS FREE AND AVAILABLE TO PEOPLE WITH DISABILITIES, THEIR FAMILIES, FRIENDS, AND SERVICE PROVIDERS  
 call or email: 570.327.9070 or AT@cilncp.org





## January Recipes

### Perfect Pan Seared Steak



Heat a high heat oil in a pan on high. Ensure steak is room temperature and pat dry with a paper towel. Season steak with sea salt and black pepper. When the oil shimmers, add the steak. Do not touch for 3-4 minutes (medium rare). Flip and add butter, garlic, and thyme sprigs to pan. Cook an additional 3 minutes. Slide steak around in pan and baste with the butter. Use meat thermometer to check the steak's internal temperature. Let the steak rest at room temperature for 5 minutes before slicing. Pour juices from pan over steak before serving.

1 Steak (Rib Eye or New York Strip)  
2-4 Cloves Garlic, crushed  
4 Tbsp Butter  
Sea Salt (to taste)  
Black Pepper (to taste)  
High Heat Cooking Oil  
Thyme Sprigs



### Hasselback Potatoes



In a saucepan, melt butter and add the garlic, rosemary, salt and pepper. Add olive oil, mix thoroughly, and set aside. Slice potatoes thinly but not completely through.

Place the potatoes on baking sheet. Use a pastry brush to coat the potatoes with the butter mixture. Reserve 2 tbsp of the mixture. Bake potatoes for 25 minutes. Remove from oven and brush with remaining butter mixture.

6 strips of Bacon, thinly sliced  
4 Russet Potatoes  
5 tbsp Butter  
2 sprigs Rosemary, chopped  
2 tbsp Olive Oil  
1 tbsp Garlic, minced  
 $\frac{1}{2}$  tsp Ground Black Pepper  
 $\frac{1}{2}$  tsp Salt



### No Bake Truffle Cookies



Simmer dates, water, and lemon juice in a medium saucepan on medium heat. Break up large pieces of dates until it resembles a thick paste. 15 to 20 minutes. Add butter, cocoa powder, honey, peanut butter and salt. Stir until combined. Add graham crackers and oats. Stir until mixed thoroughly. Remove from heat.

Coat baking sheet with cooking spray. Roll tablespoon of the mixture into a ball and place on the prepared pan. Repeat for remaining dough.

Refrigerate 20 minutes. Using small bowls for the toppings, roll each cookie in the topping. Cover and refrigerate until set. Serve chilled.

**Coating Examples: Coconut Flakes, Crushed Graham Crackers, Nuts (finely chopped), Granola, Crushed Candy Bars**

1  $\frac{1}{4}$  c (8 sheets) Graham Crackers, finely ground  
1 c Dates, dried & pitted, plus  $\frac{1}{2}$  c chopped  
1 c Water  
2 tbsp Chunky Peanut Butter  
2 tbsp Honey  
2 tbsp Cocoa Powder (Unsweetened)  
1 tbsp Lemon Juice  
1 tbsp Unsalted Butter  
 $\frac{1}{2}$  c Coating (see below)  
 $\frac{1}{2}$  c Old-Fashioned Oats, not instant  
 $\frac{1}{4}$  tsp Kosher Salt  
Cooking Spray

