



# Senior Connection

An E-Newsletter of B/S/S/T Area Agency on Aging, Inc.

September 2020

*"All labor that uplifts humanity has dignity."*

*-Martin Luther King, Jr.*

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## September: Senior Center Month

Every year in September, we take time to recognize the importance of Senior Centers to our communities. This year's theme is *Senior Centers: Delivering Vital Connections!* Together we've weathered the challenges brought by COVID-19, and we're overjoyed to be slowly welcoming back participants to our Active Living Centers. We're taking all precautions possible - limiting guests, requiring masks, social distancing, and encouraging regular hand washing. Reservations are required, so be sure to call your local center prior to attending.



We thank our participants for their patience while we work to come together again safely!

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## Active Living Center Menus



**Meals on Wheels Endless Mountains is operating on an alternative delivery schedule and menu at this time to protect the health and safety of recipients, volunteers, and staff.**

**Questions?  
Call us! 1-800-982-4346**

**Stay well, everyone!**



## Foster Grandparents Continue to Serve

It is the start of a new school year and this year will look different in many ways. There will be stepped-up health measures, smaller class sizes, staggered schedules, remote learning, social distancing and fewer Foster Grandparents.

Each new school year fifty to sixty Foster Grandparents head out to schools, day care centers and Head Start centers to serve in Bradford, Sullivan, Susquehanna and Tioga Counties serving over two hundred children with special or exceptional needs. However this year COVID-19 guidelines have caused limited service activities for Foster Grandparent volunteers.

The Foster Grandparents will miss seeing the children they serve. There are still ways Foster Grandparents are able to serve their communities while following COVID-19 guidelines. Foster Grandparents are able to serve by; making take-home activities for students, support the preparation and/or delivery of meals to students, support the development of student packets for distance learning, tutor/mentor students virtually or by phone, telephone wellness check-ins with students focused on overall well-being of student, telephone wellness check-ins with parents/caregiver to determine what learning resources are needed to support the students virtual learning needs, create video demonstrations, provide life skills lessons, read books with children virtually engaging with students in discussion questions, and support connection to education resources for both students and parents.

For more information on the Foster Grandparent Program and other B/S/S/T Area Agency on Aging, Inc. services please call 1-800-982-4346. The B/S/S/T Area Agency on Aging, Inc. is funded in part by the Pennsylvania Department of Aging and the Bradford, Sullivan, Susquehanna, and Tioga County Commissioners.

*The Foster Grandparent Program is sponsored by the B/S/S/T Area Agency on Aging, Inc. and federally funded by the Corporation of National Community Service. Finding also provided by the Bradford County United Way, the Susquehanna County United Way, the Lycoming County United Way-Tioga County Fund and the Tioga Downs Regional Community Foundation.*

## Volunteer Celebrates 80th Birthday

Early in August, Bill Broughton celebrated his 80th birthday at the Wellsboro Active Living Center with his fellow volunteer Meals on Wheels Endless Mountains delivery drivers. Bill has been a loyal volunteer, delivering meals to local older adults since 2008. Bill has always enjoyed helping others, and is a valued member of the team. Bill likes delivering meals because it gives him a chance to check in and chat with recipients in the community.

Happy Birthday, Bill!



## **Annual Medicare Open Enrollment Period October 15 - December 7**

Bradford County(September 3, 2020)Every year beginning October 15 and ending December 7 the Annual Medicare Open Enrollment period (AOEP) takes place. The coverage and costs of Medicare Prescription Drug Plans and Medicare health plans, known as Advantage Plans, can change from year to year, and this is an opportunity for Medicare beneficiaries to review any changes, and choose the coverage that will best suit their needs.

The APPRISE program, Pennsylvania's State Health Insurance Assistance Program, has counselors available to Medicare beneficiaries for assistance with plan comparisons, helping to ensure individuals' insurance and prescription drug plan needs will be met in in the coming year.

In order to protect the health and safety of the community during the COVID-19 pandemic, the APPRISE program will be offering service by telephone appointment only during the AOEP. APPRISE Program services are free, confidential, unbiased, and open to all Medicare beneficiaries. Appointments can be made for your plan review by calling 1-800-982-4346.

*The APPRISE program and the B/S/S/T Area Agency on Aging, Inc. are funded in part by the Pennsylvania Department of Aging; the United Way of Bradford County; the United Way of Susquehanna County, and the Lycoming County United Way serving Wellsboro and southern Tioga County.*



**B/S/S/T Area Agency on Aging, Inc.**  
**Serving Bradford, Sullivan, Susquehanna, and Tioga Counties**

**1-800-982-4346 | [info@bsstaaa.org](mailto:info@bsstaaa.org) | [bsstaaa.org](http://bsstaaa.org)**

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