



# Senior Connection

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

January 2021

*"In the depth of winter, I finally learned that there was in me an invincible summer."*

– Albert Camus



## What's Happening

[Announcements & News Highlights](#)

## Upcoming Events

[Virtual Events Schedule](#)

## Meals on Wheels Endless Mountains

We're currently operating on an alternative menu due to COVID-19. For more information, please call 1-800-982-4346.



## Wellsboro Active Living Center Receives Donation

The Wellsboro Active Living Center and the Meals on Wheels recipients they serve received a wonderful surprise from the Mountain Laurel Quilt Guild: beautifully handmade quilt placemats.

[Get the full story here.](#)

## In Celebration of a Legacy of Service

Dr. Martin Luther King, Jr. once said, "Life's most persistent and urgent question is: **'What are you doing for others?'**" Is this question plaguing you? We have the answer: volunteer with us!

Learn more about rewarding and flexible volunteer opportunities [here](#).





## Silent Blessings in the Storm

Sometimes in the darkest of times, we miss the silent blessings in the storm. Times have been tough and now we are in the midst of winter, so we nestle down in our homes, mostly unaware of the quiet blessings that are stirring. We turn on the television only to see strife and conflict, but there is unity and compassion, right in our own neighborhood. Now, usually unity and compassion goes unnoticed, uncelebrated. Here is a story of warmth and harmony, taking place in a common everyday classroom, between a teacher, a senior, and a classroom of kids.

[READ MORE](#)

## Cold Weather Safety for Older Adults

*From the National Institute on Aging*

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.



[Read More](#)

*Persevere*



COVID-19 CRISIS COUNSELING PROGRAM

CONNECT WITH A **FREE**  
CRISIS COUNSELOR



**CALL 1-855-284-2494**



*Do you feel...*

*Stressed?*

*Overwhelmed?*

*Alone?*

*Afraid?*

*Anxious?*

*During these uncertain  
times, you are not alone.  
We are here to listen.*

**Please call our Pennsylvania Support and Referral Helpline**

**1-855-284-2494 TTY: 724-631-5600**

There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.

These services are **FREE & CONFIDENTIAL**.

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**B/S/S/T Area Agency on Aging, Inc. | [bsstaaa.org](http://bsstaaa.org)**

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