

# In The Loop

with the senior scoop

October 2020  
Newsletter

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## Mo's Memo

It's certainly been an unusual summer full of surprises and disappointments. I welcome the change in the season, especially this year. The brisk mornings and warm afternoons allow time for yard work and fall decorating along with putting the garden to bed for another year. Another reason I love fall is because of all the yummy pumpkin recipes, smells, and tastes. At the Center, the staff and the Beaver County Office on Aging are using our creativity to come up with activities to keep our members engaged during this challenging time. Some of these ideas are posted in this newsletter or you can check us out on Facebook. Many of you have come to the mall to say hello through the gate or joined us in our walking group in Beaver. For more information you can certainly call us as we are here at the Center 'holding down the fort' until we can welcome you all back. In the meantime, think only good thoughts, remembering all the fun times we have shared and will share again when we reopen.

Happy fall! We miss all of you!



The Center at the Mall is a program of the Lutheran Service Society. It is operated in cooperation with the Beaver County Office on Aging.



Activities and programs offered at the Center are possible through the efforts of our volunteers. We thank all who volunteer to make our Center a safe, interactive area for seniors. If you are interested in volunteering, please speak with a staff member.

## Staying Updated at Home



Beaver Valley Mall  
Unit 284  
Monaca, PA 15061

T: (724)774-5654  
F: (724)774-5671

[www.centeratthemall.net](http://www.centeratthemall.net)



[www.facebook.com/CenterattheMall](http://www.facebook.com/CenterattheMall)

Visit us on Facebook for up-to-date information, photos from events, lunch calendars, and more.

### Center Hours

(The Center is currently closed to the public but staff is available via phone at the following times)

Monday– Friday  
8 AM - 4 PM

### Funding Source



If you are looking for ways to stay healthy and active while social distancing, Center at the Mall encourages you to check out our Facebook page.

[www.facebook.com/centeratthemall](http://www.facebook.com/centeratthemall)

**We regularly post important updates and information including:**

- Beaver County Office on Aging COVID-19 Taskforce posts
- What is happening at the Center and when we plan to reopen
- Exercise videos taught by our exercise specialists that you can follow along with at home
- Tech tips and answers to questions you have regarding smartphones and computers
- Nutritional guides and healthy recipes
- Craft ideas and instructions for art projects
- Informative videos regarding healthcare, senior services, healthy living, fraud prevention, and other topics to allow you to stay safe and in the know.



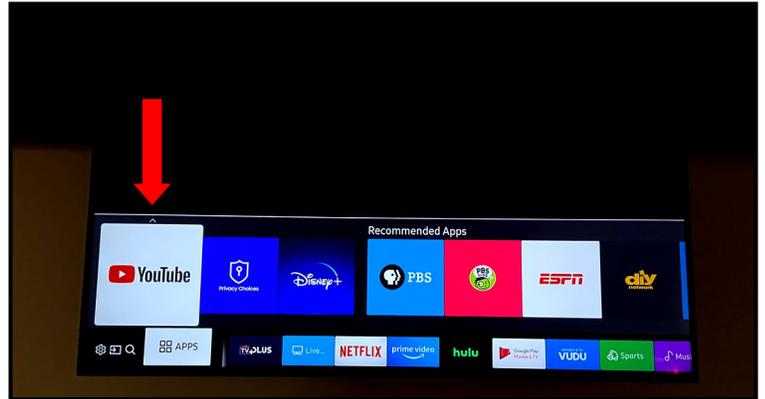
**If you do not have a Facebook account and would like to create one so you can enjoy the aforementioned activities, follow the steps below.**

1. Go to [www.facebook.com/r.php](http://www.facebook.com/r.php).
2. Enter your name, email or mobile phone number, password, date of birth, and gender.
3. Click **Sign Up**.
4. To finish creating your account, you need to confirm your email or mobile phone number.
  - To confirm your mobile number, enter the code you get via text message (SMS) in the Confirm box that shows up when you log in.
  - To confirm your email, click or tap the link in the email you got when you created the account.
5. Type [www.facebook.com/centeratthemall](http://www.facebook.com/centeratthemall) into the URL bar and visit our page. You can now view information and post replies to our posts!

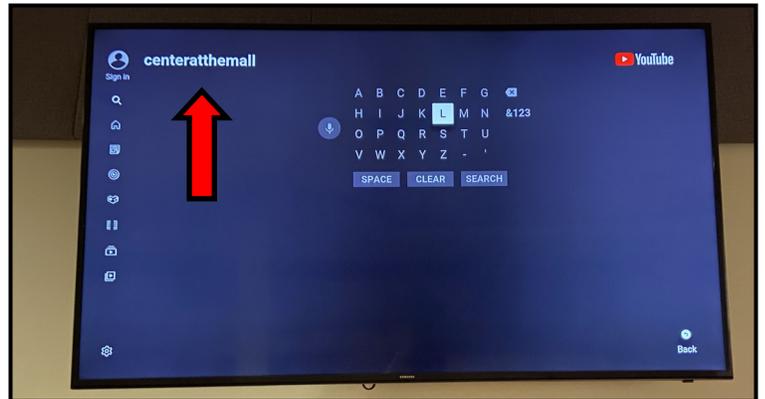
## Technology Tips

### Watch Tracy and Heather teach fitness classes on your smart tv

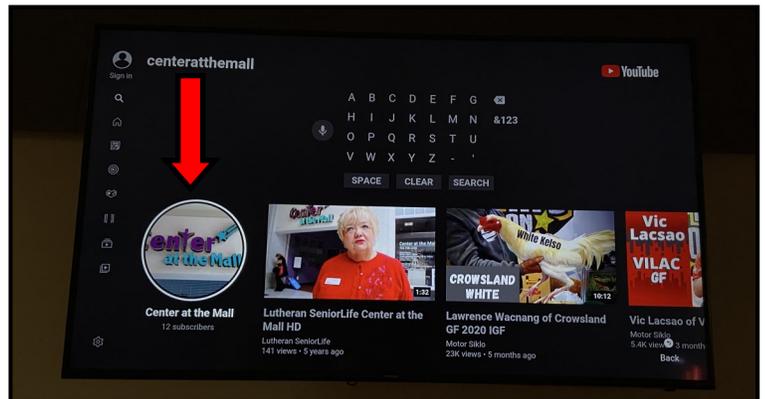
1. Open the Youtube app. If you do not have the Youtube app, it will be free to download in your app store.



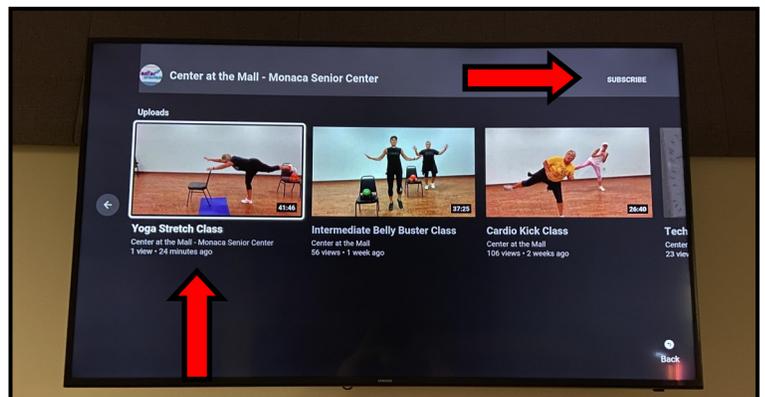
2. In the Search Bar, type centeratthemall (no spaces)



3. Select the Center at the Mall channel



4. Subscribe and select the videos you wish to watch. Once subscribed, the Center at the Mall channel will always appear in your subscribed channels and can be easily viewed.



## Technology Tips

# iPhone Tips *from Peggy*



## "Live Photos" part 2 See LAST MONTH'S Newsletter for PART 1.

*Since a Live Photo is a short video, each one takes up a lot of space on your iPhone.*

Live Photo symbol is  concentric circles in top left of a photo.

*Live Photos reside in these two apps.*

To find Live Photos, IF you have any.



1. Open Photo app.

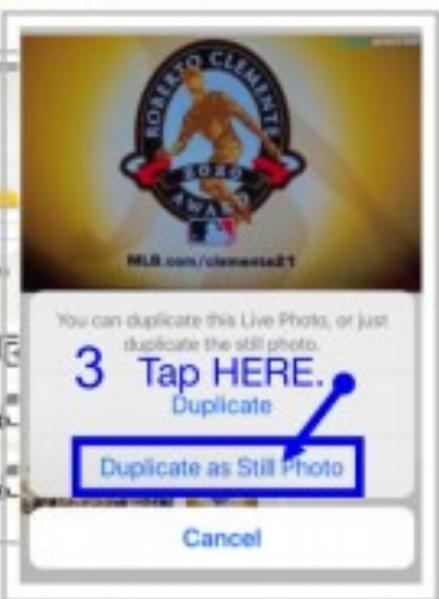
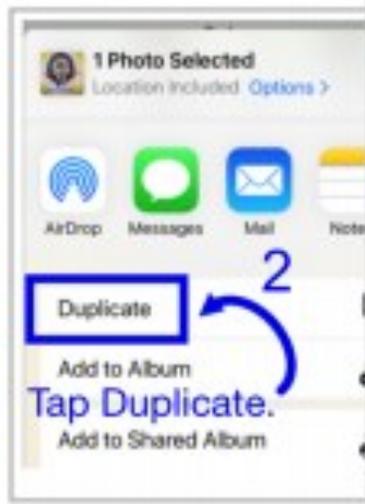
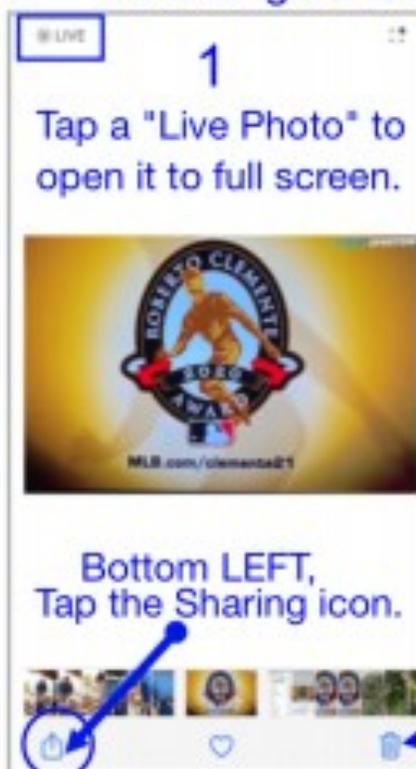
2. At the bottom of your screen, see four viewing options.

3. Tap Albums. (It will light up BLUE.)

4. Scroll down past Media Types to the 3rd & TAP "Live Photos".

*If you have no Live Photos in Photo app, Live Photos will NOT be in the list.*

~ To change a Live Photo, follow the 4 steps below.



## Sponsorships

Gallagher Home Health Services is working on a collection of short videos with pertinent health and wellness information for seniors. They will be sharing them with the Center and you will be able to view the links on our Facebook page this fall.



*We'll Treat You Like Family*



**Home Health Services Include:**

- \*Skilled Nursing
- \*Mental Health Nursing
- \*Physical Therapy
- \*Occupational Therapy
- \*Speech Therapy
- \*Social Services
- \*Home Health Aides

*Call Us First - We Can Help!*

**412-279-7800**

**www.gallagherhhs.com**



*Find Courage & Comfort in our Care*



Gallagher Hospice provides our patients and families with physical, emotional, and spiritual support.

We continually strive to determine your need or desire for:

Nursing visits, Symptom and pain management, Provision of medical equipment & supplies, Hospice aide, Emotional support, Spiritual resources, Bereavement counseling and Volunteer services

**412-279-4255**

**www.gallagherhospice.com**



- Personal Care - Bathing - Grooming
- Companions - Escort to Appointments
- Medication Management - Homemaking
- Private Duty Nursing or Home Health Aides
- Insurances Accepted
- Private Pay - Long Term Care
- Worker's Compensation

**Care can be Provided in Hours, Visits or Shifts**

**412-279-2257**

## Healthy Tips

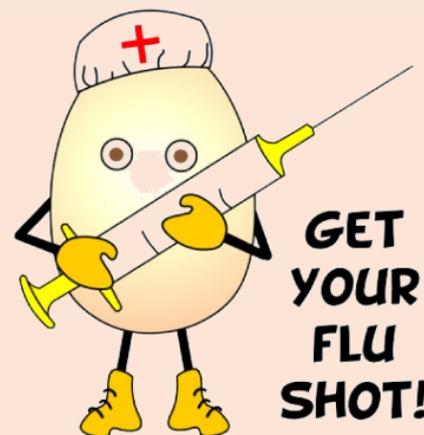
Jessica Aller of Lutheran SeniorLife, who regularly visits on Birthday Thursday to check blood pressures, has some information regarding flu season and getting your flu shots.

“Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

You should get a flu vaccine before flu viruses begin spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. However, getting vaccinated too early is likely to be associated with reduced protection against flu infection later in the flu season, particularly among older adults. Vaccination should continue to be offered throughout the flu season, even into January or later.

See your doctor or pharmacists to get your flu shot!”

Source: CDC.gov



## Healthy Tips

### Fall Produce Spotlight: Apples

There is no ingredient more representative of autumn than a crisp, sweet-tart apple. In North America alone, there are 2,500 types of apples, and over 7,500 kinds grown around the world. Not all apples serve the same purpose; particular types work better in certain preparations. Gala, Granny Smith, and Red Delicious are best eaten raw; those in the McIntosh family, including Cortland, Empire, and Macoun, are good for both eating out of hand or making applesauce; and Jonathan, Jonagold, Pink Lady, Mutsu, and Rome are all well suited to baking, since they tend to hold their shape well. Mix and match flavors and textures to achieve your ideal combination.

#### HOW TO BUY

Choose apples that are firm and unblemished. The old adage "a bad apple spoils the barrel" has a scientific basis: Apples emit ethylene gas, which accelerates the ripening process. The riper they are, the more ethylene they produce, which can rot other produce stored nearby.

#### HOW TO STORE

Store apples in a cool, dark place away from other ethylene-sensitive produce. Early in the season, they are best eaten as soon as possible. Midseason apples will keep for weeks, and late-season fruit is good for up to a few months.

#### HOW TO PREPARE

To core apples, cut them into quarters and use a paring knife to remove the stem and seeds. Cut apples will oxidize quickly; a squeeze of lemon over sliced apples will prevent browning.

## Healthy Recipe

### Sautéed Chicken & Apples With Rosemary

#### INGREDIENTS

- 1/2 tablespoon unsalted butter
- 1/2 tablespoon extra-virgin olive oil
- 1 small sweet onion, thinly sliced (about 1 cup)
- 2 small red apples, sliced
- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1-inch strips
- 1 heaping tablespoon fresh rosemary, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons apple cider vinegar
- 1/3 cup apple juice
- Prepared brown rice



#### INSTRUCTIONS

1. Heat butter and oil in a large sauté pan over medium-high heat.
2. Season chicken with salt, pepper, & rosemary. Add chicken & onion to the skillet and sauté until chicken is browned.
3. Add apple slices, vinegar, and apple juice. Cover and simmer 3-4 minutes until apples are tender.
4. Serve chicken and apples over brown rice with extra pan juices and enjoy!

## Beaver County Office on Aging Programs

# SENIOR DAY AT THE BEAVER VALLEY MALL

Presents



**DRIVE-UP INFORMATION FAIR**



Wednesday

October 14, 2020

10 am to 12 noon

This is a drive-up event and will be located at the old ATM drive-thru across the parking lot from JCPenney. Everyone 60+ is invited to drive up and receive a bag.

**WBVP/WMBA Live: tune in as you drive by**

Premier Sponsor



Event Sponsor



## Surprises for Shut-ins takes place with changes

By Angela Gentile, Beaver County Office on Aging

Since 1987, the Beaver County Office on Aging's Surprises for Shut-in Program has provided a friendly visit and a bag of gifts to our consumers, caregivers, and many personal care home residents. For 33 years, we have been amazed at the enormous generosity of the community and the hard work and dedication of volunteers and staff to help brighten the holiday season for many older adults.

This year, due to the pandemic, we CANNOT accept donated gifts. Please consider sending a monetary donation to assist with the purchase of food, gifts, and necessities. Your support will be greatly appreciated by many isolated and homebound individuals. Beginning in October, please visit the Beaver County Office on Aging website at [beavercountypa.gov/Depts/OOA](http://beavercountypa.gov/Depts/OOA) for updated information about the program. Direct your questions to Angela Gentile at (724) 847-2262. To make a monetary donation, please make checks or money orders (no cash) payable to the Beaver County Office on Aging and mail to Beaver County Office on Aging, 1020 8<sup>th</sup> Ave. Beaver Falls, PA 15010. Thank you for making a difference and spreading joy in the lives of many!

## Puzzles

Puzzle page can be dropped off at the Center, mailed to the Center, or scanned and emailed to [dallas.kerr@lutheranseniorlife.org](mailto:dallas.kerr@lutheranseniorlife.org) for a chance to win a raffle prize. Deadline is October 31<sup>st</sup>.

<b>1</b>			<b>8</b>			<b>6</b>	<b>5</b>	
			<b>9</b>	<b>1</b>			<b>2</b>	
	<b>8</b>			<b>5</b>		<b>7</b>		<b>9</b>
							<b>9</b>	
	<b>5</b>	<b>3</b>		<b>4</b>		<b>1</b>	<b>7</b>	
	<b>4</b>							
<b>5</b>		<b>2</b>		<b>9</b>			<b>3</b>	
	<b>9</b>			<b>7</b>	<b>5</b>			
	<b>7</b>	<b>6</b>			<b>2</b>			<b>5</b>

### How to Solve Sudoku

1. You will need a pencil and an eraser. It is not recommended that you use a pen.
2. Each horizontal row will contain the numbers 1 through 9 once.
3. Each vertical column will contain the numbers 1 through 9 once.
4. Each box will contain the numbers 1 through 9 once.
5. In the Sudoku puzzle, several numbers have already been entered (the given numbers); these cannot be changed.
6. Solving a Sudoku puzzle does not require mathematical knowledge. Simple logic suffices.
7. Have fun!

Easy

## Halloween Word Search

Words can be forward, backward, or diagonal

T	L	U	F	T	H	G	I	R	F	S	P	O	V	D	M	Z
H	E	P	C	Z	C	S	J	S	T	Y	S	O	S	O	K	N
G	P	U	M	P	K	I	N	A	Y	E	D	B	T	S	S	O
I	N	O	T	I	P	G	B	E	G	V	R	N	A	P	X	I
L	R	T	T	A	C	K	C	A	L	B	A	D	M	O	A	T
I	E	R	C	R	C	D	U	Y	S	H	Q	U	U	O	G	O
W	T	I	W	A	G	Z	W	E	P	P	B	P	L	K	O	P
T	N	C	C	P	U	E	I	R	E	E	R	Z	E	Y	M	G
X	A	K	B	P	C	L	Z	Z	S	Z	S	H	T	B	Z	W
U	L	O	R	A	T	G	D	O	G	H	I	W	I	T	C	H
E	O	R	I	R	I	Z	O	R	H	S	P	E	L	L	X	O
V	K	T	M	I	O	G	X	N	O	C	O	N	J	U	R	E
M	C	R	S	T	P	J	T	C	S	N	B	E	W	B	O	C
O	A	E	T	I	K	F	T	E	T	V	O	G	A	J	I	C
O	J	A	O	O	Z	D	S	S	N	O	T	E	L	E	K	S
N	A	T	N	N	B	P	G	B	P	E	U	C	R	X	W	V
J	G	V	E	J	S	U	O	I	R	E	T	S	Y	M	F	O

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Amulet</li> <li>2. Apparition</li> <li>3. Bats</li> <li>4. Black Cat</li> <li>5. Boo</li> <li>6. Brimstone</li> <li>7. Cackle</li> <li>8. Cauldron</li> <li>9. Cobweb</li> <li>10. Conjure</li> <li>11. Eerie</li> <li>12. Frightful</li> <li>13. Ghost</li> </ol> | <ol style="list-style-type: none"> <li>14. Goose bumps</li> <li>15. Jack-O-Lantern</li> <li>16. Moon</li> <li>17. Mysterious</li> <li>18. Phantom</li> <li>19. Potion</li> <li>20. Pumpkin</li> <li>21. Skeleton</li> <li>22. Spell</li> <li>23. Spooky</li> <li>24. Trick or Treat</li> <li>25. Twilight</li> <li>26. Witch</li> </ol> |
|--|---|