



READY...SET...RETIRE!

VOLUME 13, ISSUE 1

JULY 2017

Summer Picnic

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Upcoming Events:

- 08/08 Summer Picnic
- 10/12 Retirees Lunch Meeting @ Perkins

WHEN: Tuesday, August 8, 2017
@ 1:00 p.m.

WHERE: Russ & Marie Reitz Farm,
Gracious Meadows
2549 Lick Run Road
Williamsport, PA 17701

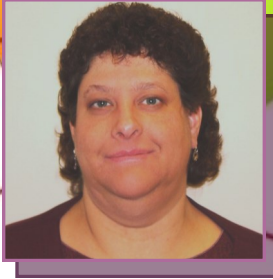
DIRECTIONS: From 180, take the Faxon exit (25) onto Northway Road. Travel 5 miles to Lick Run Road (right turn). Gracious Meadows is the second farm on right. There will be signs directing you to the pond. A short business meeting will be conducted during the picnic.

***PLEASE BRING A DESSERT OR
SALAD (no dressing please, it will be provided)**

**RSVP By calling 570-435-2223 or 570-220-7875
by August 1st & let Marie know what you will
be bringing!**



Congratulations Retirees!



Christine Hayward

*Retired on March 17th
after 23 years of service
with the County*



Jantha King

*Retired on March 17th
after 21 years of service
with the County*



Jody Dietz

*Retired on May 2nd
after 12 years of service
with the County*



Susan Smith

*Retired on June 1st after
5 years of service with
the County*



Paulette Clementoni

*Retired on June 23rd
after over 26 years of
service with the County*



George Slater

*Retired on June 30th
after 6 years of service
with the County*

Attention Retirees : Are you interested in becoming a member of the Lycoming County Retiree Group? The cost to join is \$10. As a member you will receive postcard notices regarding retiree luncheons held every other month as well as special events held by the committee! This is a great way to net-work with fellow county retirees & enjoy an afternoon out! If you would like to join, please see the back page for member dues and details.

MINUTES: Tuesday December 13, 2016

LYCOMING CO. RETIREES HOLIDAY/LUNCHEON

Officers: Alice Bair – Chair

Jean Stump – Co-Chair

Barb Thomas – Treasurer

Esther Crawford-Cohick – Secretary

The Lycoming County Retirees 11th Annual Meeting-Holiday/Luncheon was held at The Villa. Reservations were for 61 members and guests. Russ Reitz gave the invocation.

A delicious buffet meal was prepared and served. The secy. read the minutes from the October 13th meeting and motion to approved by Russ Reitz and seconded by Rick Wehler.

Treasurer's report with balance of \$1,114.58 and 31 members paid dues for 2017 today.

A letter was read by Barb Thomas as a \$100 donation was given to Big Brothers & Big Sisters in memory of Judge Raup. This year the Retirees are giving the collection received today to Family Promise. Donna Maxwell, gave an overview of their services.

Guests today included Controller, Human Resources and 2 of the County Commissioners.

Motion to adjourn made by Rick Wehler and seconded by Scott Thomas.

Respectfully submitted,

Esther Crawford Cohick

Esther Crawford-Cohick, Secy



LYOMING COUNTY RETIREES MEETING

Thursday February 9, 2017

Officers present: JEAN STUMP – Vice Chair
ESTHER CRAWFORD-COHICK-Secy

There were only 11 members and guests present, so there was no meeting held. The meeting place was Perkins, but because of the Snow there was a low turnout.

Respectfully submitted,
Esther Crawford-Cohick
Esther Crawford-Cohick
Secretary



LYCOMING COUNTY RETIREES MEETING

Thursday April 13, 2017

Officers present: Alice Bair – Chair

Esther Crawford-Cohick – Secretary

There were 12 members and guests present. Minutes were read by the secretary and Scott Thomas made motion to accept and Marie McGee seconded. Members present approved. Barb Thomas gave a treasurer's report and gave a report on donations made by the retirees: Family Promise of Lyc. Co. \$300 and Pine Street Methodist Church – \$50 Clinton Smith Memorial – Thank Yous were received from both.

Motion made by Barb Hall for \$50 and Larry Campbell seconded in memory of Jim Reed (St James Episcopal Church) Muncy – Members present approved.

Several retirees are recouping: Joe Radley, Connie Dewald Jean Stump.

Steve Tucker from Resource Management has passed recently.

Motion to adjourn made by Scott Thomas and seconded by Larry Campbell.

Respectfully submitted,

Esther Crawford-Cohick

Esther Crawford-Cohick

Secretary



STEP Healthy Aging Centers



Are you bored? Tired of the same old routine? or do you just want to do something different? If so, then check out the STEP Healthy Living Centers! All you have to do is visit 1 of the 8 locations and register! Once you are registered you can take advantage of the various programs, activities & services that the centers have to offer. The Healthy Living Center locations are listed below. Please see pages 7-10 for more information on events & programs that are offered!

STEP Centers for Healthy Aging Locations

Clinton County Community Center

570-858-5820
124 East Walnut Street
Lock Haven, PA 17745

Loyalsock Montoursville

570-601-9590
2725 Four Mile Drive
Montoursville, PA 17754

George C. Meck

570-546-2542
50 Fitness Lane, Suite 2 (East Lycoming YMCA)
Muncy, PA 17756

Mill Hall

570-726-6378
9 Peale Avenue (Mill Hall Fire Hall)
Mill Hall, PA 17751

Jersey Shore

570-601-9591
641 Cemetery Street (Tiadaghton Gardens)
Jersey Shore, PA 17740

Renovo

570-923-2525
415 Fourth Street (South Renovo Fire Hall)
South Renovo, PA 17764

Lincoln

570-601-9573
2138 Lincoln Street (STEP Building)
Williamsport, PA 17701

RiverWalk Center

570-601-9592
423 East Central Avenue
South Williamsport, PA 17702



Centers for Healthy Aging

The Office of Aging, through its centers for healthy aging provide a variety of recreational, educational, and health related group activities to promote healthy aging. Centers are open daily Monday through Friday.

Social/Recreational Activities include card parties, art classes, crafts, holiday festivities, exercise programs, square dancing with live music, wood carving for beginners, computers with internet access, line dancing, picnics, and much more.



Wellness Programs

Each center for healthy aging offers an array of wellness programs including Tai Chi, Healthy Steps in Motion, Zumba Gold, and Healthy Aging through Local Harvest. Various health screenings and informative brochures are also offered.



Healthy Steps in Motion is a program that offers exercise routines to build strength (especially in the lower body), increase flexibility, and improve balance.



Tai Chi is a type of martial art very well known for its defense techniques and health benefits. Practicing tai chi is good for balance, bones, brains, and other things we risk losing as we age.



Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves.



Healthy Aging through Local Harvest is geared towards helping seniors live longer, healthier lives by preparing and eating fresh, healthy foods.

Congregate Meals

Meals are prepared with fresh ingredients every day and menus incorporate locally grown fruits and vegetables when seasonally available. These hot, nutritionally balanced meals are served in each of our centers for healthy aging Monday through Friday.

Donations are welcomed and reservations are required 24 hours in advance.



workshops are held from
12:30 - 2 PM

The workshops are FREE, but registration is required. Call the corresponding STEP Center for Healthy Aging to reserve your spot today!



- 7 Mindful Eating Guidelines**
Healthy & Approachable Food Practices
- Eat Real Food
 - 80/20 Balance
 - Healthy Substitutes
 - Practice Gratitude with each Bite
 - Eat Locally and In Season
 - Waste Not, Want Not
 - Try to Diversify - Eat the Rainbow
- Join us at the workshops to learn more!

Healthy Aging through Local Harvest 2017

February - RiverWalk Center	June/July - Renovo
Feb. 2 - Fruit Hand Pies	Jun. 21 - Pasta Salad
Feb. 9 - Cherry Bomb Chicken	Jun. 28 - BBQ Chicken Pizza
Feb. 16 - Baked Goods	Jul. 5 - Baked Potato Bar
Feb. 23 - Moroccan Pistachio Chicken	Jul. 12 - Sweet Potato Pierogi
March - Jersey Shore	July/August - Lincoln Center
Mar. 7 - Pasta Salad	Jul. 26 - Pasta Salad
Mar. 14 - BBQ Chicken Pizza	Aug. 2 - BBQ Chicken Pizza
Mar. 21 - Baked Potato Bar	Aug. 9 - Baked Potato Bar
Mar. 28 - Sweet Potato Pierogi	Aug. 16 - Sweet Potato Pierogi
April/May - Clinton County Community Center	September - Meck
Apr. 12 - Fruit Hand Pies	Sep. 6 - Pasta Salad
Apr. 19 - Cherry Bomb Chicken	Sep. 13 - BBQ Chicken Pizza
Apr. 26 - Baked Goods	Sep. 20 - Baked Potato Bar
May 3 - Moroccan Pistachio Chicken	Sep. 27 - Sweet Potato Pierogi
May/June - Loyalsock Montoursville	October - Clinton County Community Center
May 17 - Saffron Chicken & Herb Salad	Oct. 11 - Pasta Salad
May 31 - Grain Salad with Local Vegetables	Oct. 18 - BBQ Chicken Pizza
Jun. 7 - Picnic Party Preparations	Oct. 25 - Baked Potato Bar
Jun. 14 - Shakshouka & Limeade	Nov. 1 - Sweet Potato Pierogi
November - RiverWalk Center	
Nov. 2 - Saffron Chicken & Herb Salad	
Nov. 9 - Grain Salad with Local Vegetables	
Nov. 16 - Picnic Party Preparations	
Nov. 30 - Shakshouka & Limeade	

Healthy Aging through Local Harvest Workshop Locations

Clinton County Community Center 570-858-5820 124 East Walnut Street Lock Haven, PA 17745
George C. Meck 570-546-2542 50 Fitness Lane, Suite 2 (East Lycoming YMCA) Muncy, PA 17756
Jersey Shore 570-601-9591 641 Cemetery Street (Tiadaghton Gardens) Jersey Shore, PA 17740
Lincoln 570-601-9573 2138 Lincoln Street (STEP Building) Williamsport, PA 17701
Loyalsock Montoursville 570-601-9590 2725 Four Mile Drive Montoursville, PA 17754
Renovo 570-923-2525 415 Fourth Street (South Renovo Fire Hall) South Renovo, PA 17764
RiverWalk Center 570-601-9592 423 East Central Avenue South Williamsport, PA 17702

July 2017 STEP Centers for Healthy Aging

LoyalsockMontoursville - 2725 Four Mile Drive, Montoursville, PA 17754	570-601-9590
Jersey Shore Senior Center - 641 Cemetery St. Jersey Shore, PA 17740	570-601-9591
Lincoln Street Senior Center - 2138 Lincoln Street, Williamsport, PA 17701	570-601-9573
Clinton County Community Center - 124 E. Walnut Street, Lock Haven, PA 17745	570-858-5820
Renovo Senior Center - 415 Fourth St. South Renovo, PA 17764	570-923-2525
Meck Senior Center - 50 Fitness Lane, Suite 2 Muncy, PA 17756	570-546-2542
Mill Hall Senior Center - 9 Peale Ave. Mill Hall, PA 17751	570-726-6378
RiverWalk Center - 423 East Central Avenue, South Williamsport, PA 17702	570-601-9592

Exercise	Day	Date	Time	Location
Aqua Aerobics	Mon		8:00 AM	Meck
Aqua Aerobics	Tue		10:00 AM	Meck
Aqua Fit & Tone	M/W/F		9:00 AM	Meck
Aqua Strength & Stretch	T/Th		11:00 AM	Meck
Aqua Zumba	Fri		10:00 AM	Meck
Gentle Yoga w/Wanda	Thurs		1:30 PM	RiverWalk
Guided Bike Tour w/Louisa	Weds		10:30 AM	RiverWalk
Healthy Steps in Motion exercise	Thurs		9:45 AM	Meck
Healthy Steps in Motion exercise	M-F		9:00 AM	Loyal/Montour
Healthy Steps in Motion exercise	M/Th		8:45 AM	Jersey Shore
Healthy Steps in Motion exercise	T/Th		2:30 PM	Clinton Co. Center
Healthy Steps in Motion exercise	Tue		10:15 AM	Meck
Healthy Steps in Motion exercise	Tue		9:00 AM	Lincoln
Healthy Steps In Motion exercise	Th		9:30 AM	Lincoln
Healthy Steps in Motion exercise	M/W/F		10:00 AM	RiverWalk
Line Dancing with Betty	Mon		2:30 PM	Clinton Co. Center
Mats w/ Mary	Mon		10:15 AM	Loyal/Montour
Square Dancing with Live Band	Mon		12:30 PM	RiverWalk
Strong Women/Growing Stronger Exercise	Mon/Wed		9:00 AM	Mill Hall
Tai Chi for Fall Prevention (Advanced)	Thur		9:30 AM	Clinton Co. Center
Tai Chi for Fall Prevention (Beginners)	Wed		9:30 AM	Clinton Co. Center
Tai Chi for Fall Prevention	Mon		12:30 PM	Meck
Tai Chi for Fall Prevention	Mon		2:00 PM	Renovo
Tai Chi for Fall Prevention	M/Th		3:00 PM	Jersey Shore
Tai Chi for Fall Prevention (Beginners)	T/Th		9:00 AM	RiverWalk
Tai Chi for Fall Prevention (Beginners)	Wed		7:30 AM	Loyal/Montour
Tai Chi for Fall Prevention** (Beginners)	Fri		8:00 AM	Loyal/Montour
Tai Chi for Fall Prevention	Fri		9:00 AM	Mill Hall
Tai Chi for Fall Prevention(advanced)	Mon		8:00AM	RiverWalk
Tai Chi for Fall Prevention(advanced)	Fri		12:30 PM	RiverWalk
Tai Chi for Fall Prevention (Intermediate)	Tue		9:30 AM	Clinton Co. Center
Use Your Noodle	Tue/Thurs		9:00 AM	Clinton Co. Center
Walk Aerobics	M/W/F		9:30AM	RiverWalk
Walking Club Indoors	everyday		all day	Clinton Co. Center
Walk With Ease	M/W/F		10:00 AM	Renovo
Walking Group	Fri		10:15 AM	Loyal/Montour
Zumba Gold **	Mon		8:00AM	Loyal/Montour
Zumba Gold	M/W/F		9:00 AM	Clinton Co. Center
Zumba Gold	Tue		4:30 PM	Loyal/Montour
Zumba Gold	Tue/Thur		5:00 PM	Clinton Co. Center

July 2017 Schedule for STEP Centers Cont'd...

Zumba Gold	Wed		4:30 PM	Lincoln
Zumba Gold	Thur		3:00 PM	RiverWalk
Zumba Gold	Wed/Fri		9:00AM	RiverWalk
Zumba Gold	Wed		2:00 PM	Renovo
<i>**Some Loyalsock/Montoursville Exercise Programs will be held at the Loyalsock Township Community Center**</i>				
Food Box				
	Day	Date	Time	Location
Central PA Senior Food Bank Distribution	Tue	18	10:00 AM	Mill Hall
Central PA Senior Food Bank Distribution	Thur	20	11:30 AM	RiverWalk
Central PA Senior Food Bank Distribution	Thur	20	9:00 AM	Lincoln
Health Screenings				
	Day	Date	Time	Location
Blood Pressure Check w/VNA	Tue	18	12:00 PM	Jersey Shore
Blood Pressure with Susquehanna Home Care & Hospice	Wed	7	11:00 AM	Lincoln
Blood Pressure with Susquehanna Home Care & Hospice	Thur	6	10:00 AM	Loyal/Montour
Blood Pressure Clinic w/ Sun Home Health's Helen	Wed	12	11:00 AM	Meck
Free Vision Screening	Tue	18	10:00 AM	Mill Hall
Blood Pressure with Susquehanna Home Care	Wed	21	10:00 AM	Renovo
Blood Pressure with Susquehanna Home Care	Tue	18	11:30 AM	RiverWalk
Health Education & Speakers				
	Day	Date	Time	Location
AARP Safe Driver 4 Hour Refresher	Fri	21	12:30 PM	Clinton County
PEER Day-All Day	Fri	28		Clinton County
Mystery Auction w/AI, Elmcroft	Wed	5	12:00 PM	Jersey Shore
Heat Stress in the Elderly Discussion/Handout	Fri	7	12:00 PM	Jersey Shore
Keep Your Cool in Hot Weather Discussion	Wed	12	12:00 PM	Jersey Shore
Walking Safety Tips Discussion/Handout	Fri	21	12:00 PM	Jersey Shore
Walking Safety Tips H/O	Mon	17	11:00 AM	Lincoln
When choosing your sunglasses, does UV protection mat..	Fri	21	11:30 AM	Lincoln
Heat Stress in the Elderly H/O	Fri	28	11:30 AM	Lincoln
Crime Safety in the Home w/Linda Bigelow-Hillside	Thur	6	12:00 PM	Loyal/Montour
Keep Your Cool in Hot Weather	Fri	7	12:00 PM	Loyal/Montour
Heat Stress in the Elderly-Discussion	Tue	11	12:00 PM	Loyal/Montour
Walking Safety Tips-Discussion	Fri	21	12:00 PM	Loyal/Montour
Safety Awareness w/ AI from Elmcroft	Tue	20	12:15 PM	Loyal/Montour
Benefits of Walking-Relaxation-Discussion	Wed	28	12:00 PM	Loyal/Montour



Don't forget that STEP also offers discounted & even free transportation! Contact the STEP office of Aging at (570) 323-7575 for more information!

REDUCE YOUR COSTS! SEE IF ANY OF THE SPONSORSHIPS BELOW APPLY TO YOU! FARES EFFECTIVE AS OF APRIL 23, 2015

No charge for STEP Office of Aging-sponsored customers age 65 and above

STEP Office of Aging customers Ages 60 to 64

- ◆ Senior Center dining and activities
- ◆ Medical and Social Service appointments
- ◆ Bi-weekly grocery shopping

Fares range from \$1.00 to \$6.00 per one-way trip depending on miles traveled.

Lottery Shared-Ride Program
for customers 65 years of age & older

- ◆ Trips for any purpose not covered by the STEP Office of Aging (age 65 and over)

Fare range from \$2.75 to \$7.50 per one-way trip depending on miles traveled.

Medical Assistance Transportation Program (MATP)

- ◆ Transportation provided at no charge for PA Access cardholders to a medical provider who accepts the PA Access card for that appointment.

Persons With Disabilities (PwD)

- ◆ If you have a physician-documented disability you may ride STEP Transportation for trips that are considered unsupervised and allow you to remain independent. Call us for more details!

Fares range from \$4.00 to \$7.50 per one-way trip depending on miles traveled.

Americans with Disabilities Act (ADA)

- ◆ Sponsorship same as PwD but ADA service is available during River Valley Transit operating hours and if you are a customer located within 3/4 of a mile from the current bus routes.

Fares range from \$4.00 to \$7.50 per one-way trip depending on miles traveled.

Call us for other options and registration information or visit us online at www.stepcorp.org

4/2015



**INDEPENDENT LIVING
PATHWAY TO SUCCESS**

TRANSPORTATION

YOUR SHARED-RIDE TRANSPORTATION SERVICE PROVIDER COVERING LYCOMING AND CLINTON COUNTIES PLUS THE SURGERY CENTER IN ALLENWOOD AND GEISINGER MEDICAL CENTER IN DANVILLE, PA.

Days and Hours of Operation

MONDAY THROUGH FRIDAY

6:00 AM UNTIL 6:00 PM

(EXCEPT FOR STEP-OBSERVED HOLIDAYS)

Please contact STEP Transportation for the earliest and latest pick-up times based upon your pick-up address and appointment location, and for a list of STEP-observed holidays.

A FEW REASONS TO USE STEP TRANSPORTATION ARE:

- ◆ Medical appointments
- ◆ Social activities
- ◆ Education
- ◆ Employment
- ◆ Shopping
- ◆ Family gatherings
- ◆ Holiday activities
- ◆ Hair dresser appts.
- ◆ Dining
- ◆ and More!

**STEP TRANSPORTATION PROVIDES
DOOR-TO-DOOR SERVICE AND ALL VEHICLES ARE
WHEELCHAIR ACCESSIBLE AND SMOKE FREE.**

To register for STEP Transportation or if you would like more information please call us at

570-323-7575 or

1-800-222-2468 (Lycoming County)

1-800-206-3006 (Clinton County)

VISIT US ONLINE AT WWW.STEPCORP.ORG

Master Gardener's Summer Program Schedule



Additional programs and events are planned for the year. Please check our events website regularly, stop by the office to pick up a program brochure, or check out our Facebook page at <http://www.facebook.com/LycomingCountyMasterGardeners>

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing special accommodations or have questions about the physical access provided, please contact Jean Hammond at (570) 320-4429 prior to your participation or visit.

- August 4** First Friday – Stop by the Master Gardener's table downtown Williamsport from 5:00 to dark. Materials and topics will vary monthly.
- August 5** Using and Preserving Herbs from the Garden 10:00 to 11:00 AM Learn about how to dry or freeze herbs, as well as preparing other tasty ways of using and saving the taste of summer from your garden.
- August 12** Garden Fest 9:00 to 1:00 PM Join us for great workshops on Non-native invasive species, growing your own 'medicine', tools and tricks to stay healthy, and creating items from your garden; Ask the Experts, Educational Displays, Refreshments, Door Prizes, MG Cookbooks, Plant and Garden Treasure Sale, Tour the Gardens—Perennial, Native, Annual, Vegetable, Pollinator and Sensory; bring your pressure canner to be professionally checked; garden themed vendors!
- August 19** Outdoor Grower's Market 8:00 to 1:00 PM – Stop by the Master Gardener's table at the Grower's Market, corners of Hepburn and Little League Blvd.
- August 26** Pollinators in Decline--Learn How You Can Help! 10:00 to 11:30 AM DID you know...One of every three bites of food comes to us by pollinators? What's happening to our bees, birds, butterflies, insects, and other pollinators and why does it matter anyway? Come learn the answers to these questions and how we can all help be part of the solution to this rapid decline of these very important pollinators.
- September 1** First Friday – Stop by the Master Gardener's table downtown Williamsport from 5:00 to dark. Materials and topics will vary monthly.
- September 9** What's Growing on in the Garden? 10:00 to 11:00 AM – Come see what pests, practices, and produce are in the gardens, and tips and tricks to get the most from our gardens. Bring a sample of mystery weeds, bugs or disease from your gardens to share! Rain or shine, so dress accordingly!
- September 16** Outdoor Grower's Market 8:00 to 1:00 PM – Stop by the Master Gardener's table at the Grower's Market, corners of Hepburn and Little League Blvd.
- September 30** Composting 9:00 to 11:00 AM Composting is nature's original recycling program. Reduce household waste by up to 50% and create healthy soil by making and using compost. Join us to learn about the benefits of composting, as well as how and what to compost to ensure success.

**LYCOMING COUNTY
COMMISSIONERS**

R. JACK MCKERNAN
TONY R. MUSSARE
RICHARD MIRABITO

**RETIREE GROUP
OFFICERS**

CHAIR-Alice Bair
570-322-6052

CO-CHAIR– Jean Stump
570-220-8389

SECRETARY-Esther Cohick
570-323-6405

TREASURER-Barb Thomas
570-322-6460

**SEE YOUR NEWSLETTER
IN COLOR!!!**

go to: www.lyco.org &
click on the link for
“Human Resources”
At the bottom of the
page you will find a link
to the Retiree Page &
Newsletters



It is extremely important to keep any changes updated with the County Controller. Bank changes, beneficiary changes, address change, withholding changes, etc. or questions on 1099R's

**Contact the Controllers Office at:
570-327– 2295**



Stay cool this summer &
enjoy the weather!