

# Senior News

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THE AREA AGENCY ON AGING OF SOMERSET COUNTY • MARCH 2011

## National Nutrition Month

March is National Nutrition month, which will be highlighted with a nutrition education and information campaign, sponsored by the American Diabetic Association. This campaign will focus attention on the importance of making informed food choices and developing sound eating habits for persons of all ages. What better time to tell you about the nutritional assistance offered by the Area Agency on Aging (AAA) of Somerset County?

The Area Agency on Aging's nutrition department has been in existence in Somerset County since 1976. The department's operations include meal preparation from the AAA services complex in Somerset and meal delivery for homebound consumers and congregate meal consumers for the Agency's 7 senior centers. The original site for the AAA meal preparation was within the former Somerset County Armory building, where the Somerset County annex building now sits. In June of 1994, the Agency moved into a newly-constructed services complex at 1338 South Edgewood Avenue in Somerset. This complex now serves as the site for the AAA meal operations.

The Area Agency's nutrition department consists of 9 full time & 4 part time meal preparation staff and 1 full-time & 8 part-time meal deliverers. The total years of service for employees range from 2 years to 28 years of service.

All staff are trained in current safe food handling guidelines to ensure

the well-being of every consumer is served. The central preparation site, as well as the AAA's senior centers are inspected and licensed yearly by the Pennsylvania Department of Agriculture.

All meal preparation and packaging activities are undertaken and the meals are delivered, according to 8 individual routes established by geography. From January thru December 2010, approximately 76,145 homebound meals and 42,292 Senior Center meals were prepared and delivered by the AAA Nutrition Department. All homebound and senior center consumers receive a 1/3 RDA (recommended dietary allowance), meal, as established by the Federal Food and Nutrition Board.

Many homebound consumers, due to declining health, lack of reliable source of nutrition and personal limitations, rely on a nutritional, hot meal. These consumers are evaluated by AAA care managers to determine their individualized nutritional needs. If 3 meals per day is required, a breakfast and supper meal can be furnished, along with a hot lunch meal. In addition to a nutritious noon meal, the Agency's 7 senior centers operate, to provide a variety of services and activities, that attempt to keep seniors active and healthy. The AAA is only one of a few remaining Area Agency on Aging Agencies in Pennsylvania that uses AAA employees to provide nutritional services.

In 2007, the Area Agency on Aging of Somerset County was one of the

first AAA's in the State to offer the senior center consumers a "choice" in their noon meal. The salad entrée menu was introduced to great success and is now available at in all senior centers. This choice includes a variety of different fresh and healthy salads, offered on a daily rotating basis.

Currently, through a State grant and many months of planning by AAA staff, the "café" concept was started in September of 2010 as a daily offering at the Somerset and Windber senior centers. The café service now offers a third option for many café senior center consumers. The menu offers soup, salads, or deli sandwiches, along with ala cart items. In the future, the AAA plans to offer the café menu to all Senior Centers of Somerset County. In addition to the café, a "take home" feature has also been started at all senior centers. This feature allows consumers to purchase the entire hot meal and/or salad entrée meal being offered for a given day. Consumers can purchase individual or ala carte components of a meal, such as a soup, main entrée, side dish, or a dessert. To provide better service and convenience, it is recommended the consumer call ahead to place their "take home" order so that the food can be packaged and ready for pick up.

The nutrition department of the Area Agency on Aging of Somerset County encourages you to try out one of its new meal options.

For more information, please contact our Agency's

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**Nutrition Month** (continued from page 1)

main office at (814)443-2681 or toll free at 1-800-452-0825. For your convenience, each Senior News edition publishes a monthly menu and a listing of all of the Senior Centers within Somerset County. The hours of operation and phone numbers for center can be also found in this publication.

You may also visit our website at [www.somersetaaa.org](http://www.somersetaaa.org) for information

about all of the programs provided by the Area Agency on Aging for residents of Somerset County.

## Senior Snapshot

**Word Search: "Good To Eat"**

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

- |           |            |
|-----------|------------|
| BREADS    | CHICKEN    |
| DINNER    | FRUITS     |
| LUNCH     | PIE        |
| WALNUTS   | BREAKFAST  |
| CHOCOLATE | EGGS       |
| GREENS    | MEATS      |
| RICE      | YOGURT     |
| CAKE      | COOKIES    |
| FISH      | JUICE      |
| MILK      | VEGETABLES |



**Name:** Gary Norris, Sr.  
**Age:** 69  
**Spouse:** Karen, married 48 years  
**Current Residence:** Friedens  
**Children:** 3 children, 6 grandchildren  
**Senior Center Attending:** Somerset  
**Years attending Senior Center:** 9  
**Hobbies:** Hunting & Fishing. Telling big tales to anyone who will listen.  
**Interesting Life Achievements:** I retired from full-time work at age 59, but am still working 4 days per week with my son, who owns Dependable Lawn Service & DLS Construction. I have been married for almost 49 years.  
**Favorite Things About Somerset County:** The weather. If you wait 10 minutes, it changes.  
**Favorite TV show:** I prefer to watch action movies on TV.  
**Favorite Meal at the Senior Center:** Either the BBQ Chicken or Sausage.  
**One word my friends would use to describe me:** Ornerly. I've volunteered at the Senior Center

desk for about 8 years now, and I like to have fun with everyone who comes in, joking with them a bit.

**Top thing on my "Bucket List":** I would like to fish in all the lakes, although I think I would have to live to be 110 to accomplish every thing on my list. I have less free time now that I am retired. From full-time work. In fact, I think I still have a "Honey-do" list from when I got married!  
**People would be surprised to know that:** I don't have any secrets. I think everyone knows everything about me.  
**If I had 3 wishes:** I wish for it to be summer, a free trip to Canada to fish, and to catch a 50" Muskie to replace the 43" one currently on my wall now.  
**Favorite Activity at the Senior Center:** Volunteering at the desk, meeting new people and making new friends.

**A typical day at the Center:** My typical day at the Center is Thurs day since I work the rest of the week. I need to keep busy to prevent boredom. I answer the phone, joke with the center participants as I assist them with checking in, play some Wii bowling, and eat lunch.

**What brought me to the Senior Center for the first time:** My wife heard about the center and she wanted to try it out. I came along.  
**How coming to the Senior Center has changed my life:** I have met a lot of people I would not have otherwise that have become friends.

Senior Snapshot will be a regular monthly article of the Senior News featuring a participant from a different Senior Center each month. It is designed to highlight the life of a county senior who has been influenced by the services or activities at a Somerset County Senior Center. If you would like to participate in future articles, please call Hilary Strobe at the Area Agency on Aging at 443-2681. Next month's edition will feature a senior from Cone-maugh Township.

**BOSWELL AREA SENIOR CENTER**

**Center Manager:**

Carol Turner  
Phone: (814) 629-9926  
E-mail: cturner@somersetaaa.org

**Hours of Operation:**

Monday 8:30 AM-1:30 PM

**Available Activities:**

Ping-Pong Table, Pool Table, Volunteer Opportunities, Group Activities, Trivia, Brain Challengers, Exercise and Wii Games.

APPRISE by appointment 1st Monday of every month

7 8:30 AM Socialization  
Wii Games  
10:30 General  
Overview Windber  
Home Health-  
Jocelyn Brant  
11:30 AM Lunch  
12:00 Nickel Bingo

14 8:30 AM Socialization  
Wii Games  
10:30 AM Nutrition  
with Dorothy Naugle  
11:30 AM Lunch  
12:00 Nickel Bingo

21 8:30 AM-  
Socialization  
Wii Games  
10:30 AM Music by  
Rich Hagens  
11:30 AM Lunch  
12:00 Nickel Bingo

28 8:30 AM Socialization  
Wii Games  
10:30 AM Memory  
Health-Unison Health  
with Audra Casino  
11:30 AM Lunch  
12:00 Nickel Bingo

**CENTRAL CITY AREA SENIOR CENTER**

**Center Manager:**

Carol Turner  
Phone: (814) 754-5615  
E-mail: cturner@somersetaaa.org

**Hours of Operation:**

Mon - Fri 9:30 AM - 2:30 PM

**Available Daily:**

Socializing, Cards, Exercise Machines, Volunteer Opportunities, Computer, Crafts & Puzzles  
APPRISE Counseling available by appointment 2nd Monday of every month

1 Podiatrist Dr Marc  
Schmerin  
2 10 AM Exercise Class  
Van to Bi Lo  
3 10:30 AM-  
Representative  
Frank Burns comes  
to visit  
4 Van to Somerset  
7 10:30 AM Nutrition  
by Dorothy Naugle  
8 Casino Trip to the  
Meadows  
9 10 AM Exercise Class  
Van to Ideal Market/  
Conzattis

10 10:30 AM St. Patty  
Craft Day with Brandi  
Ferko  
11 Van to Galleria  
Fish Fry- to be  
announced  
14 10:30 General Over-  
view-Windber Home  
Health-Jocelyn Brant  
15 St. Patty Day Trivia  
16 Eat Early  
10 AM Exercise Class  
Van to Somerset  
17 St. Patrick's Day  
Wear Your Green  
Music by Rich Hagens

18 Van to Windber  
Fish Fry- to be  
announced  
21 10:30 AM Memory  
Health-Unison Health  
with Audra Casino  
22 Trivia For The Day  
23 10 AM Exercise Class  
Van to Market Basket  
24 National Chocolate  
Covered Raisin Day  
25 Van to Galleria  
Fish Fry-To Be  
Announced

28 10:30 AM Homewatch  
Caregivers  
29 10:30 AM Roof Gar-  
den Chorus  
30 10 AM Exercise  
Van to Valu King  
31 Penn State Extension  
-Dying with Diabetes  
Janice Stoudnow

**CONEMAUGH TOWNSHIP AREA SENIOR CENTER**

**Center Manager:**

Eleanor Pile  
Phone (814) 479-2216  
E-Mail epile@somersetaaa.org

**Hours of Operation:**

Mon - Fri 9:30 AM - 2:30 PM

**Available Daily:**

Exercise machines, Socializing, Volunteer Opportunities, Cards, & Puzzles  
Daily: Word Search Puzzle  
APPRISE Counseling 1st Monday of the month by appointment

3 12:15 Music by Carol  
Gresh  
8 12:15 Nail Parlor-  
Windber Home Care  
9 Birthday Lunch  
Ash Wednesday  
10 12:15 Home Safety  
for Seniors-Windber  
Medical Center  
15 12:15 Uncomfortable  
Senior  
Conversations-  
Homestead

17 St. Patrick's Day-Wear  
Green!  
24 12:15 An Afternoon  
with Johnny & June  
31 12:15 Laughter Club-  
Nanette Bankes  
Colonial Courtyard

**Monday-Exercise;**  
Bingo

**Tuesday-Exercise;**  
Bingo

**Wednesday-Exercise**

**Thursday-Exercise**  
Class; Quilting

**CONFLUENCE AREA SENIOR CENTER**

**Center Manager:**

Betty Mancini  
Phone: (814) 395-5117  
E-mail: bmancini@somersetaaa.org

**Hours of Operation:**

Mon -Fri 9 AM - 2 PM

**Available Daily:**

Socialization, Volunteer Opportunities, Current Events, Health Tips, Crafts, New Tread Mill, Computer Use, Tutoring, Exercise Equipment, Brain Builders, Puzzles, Games, Music, Wii Games  
9 AM Coffee Social, Current Events, Daily Trivia  
Mondays- APPRISE by Appointment

1 10 AM Theology Class  
w/Pastor Dean Hay  
12:30 Bingo  
2 10 AM Exercise Lunch  
12:30 Bingo  
3 10 AM Jane Lowry-  
Somerset Home Health  
4 Frivolous Friday  
Van to Somerset  
7 Wear A Hat Day  
12:30 Bingo  
8 10 AM Theology Class  
w/Pastor Dean Hay  
Grocery Shopping  
12:30 Bingo  
9 Birthday Lunch  
10 AM Exercise Class

10 9:30 AM Oil Painting  
w/Ken Corson  
12:30 Bingo  
11 Frivolous Friday  
Van to Pechins  
14 10 AM Medi Home  
Health-Audrey  
Sadler-Blood  
Pressures  
12:30 Bingo  
15 10 AM Theology Class  
w/Pastor Dean Hay  
Grocery Shopping  
12:30 Bingo  
16 10 AM Exercise Class  
12 Noon Van to  
Somerset

17 St. Patrick's Day  
"Wear Green"  
Daniel O'Donnell  
Music Video  
18 Frivolous Friday  
Van to Uniontown  
21 Celebrate Spring  
12:30 Bingo  
22 Washington's Birth-  
day  
10 AM Theology  
Class w/Pastor  
Dean Hay  
Grocery Shopping  
12:30 Bingo  
23 10 AM Exercise  
Class

24 Dia Dela Bandera  
Mexico Day  
12:30 Bingo  
25 Frivolous Friday  
Van to Somerset  
28 12:30 Bingo  
29 10 AM Theology  
Class w/Pastor  
Dean Hay  
10:30 Blood  
Pressures-Carol  
Collins-Conemaugh  
Home Health  
12:30 Bingo  
Grocery Shopping  
30 10 AM Exercise Class

Menu

THE AREA AGENCY ON AGING  
OF SOMERSET COUNTY

**Boswell Area Senior Center**

332 Stonycreek Street  
Boswell, PA 15531  
Lunch served Mondays only  
11:30 a.m. - 12 Noon\*

**(814) 629-9926**

**Central City Area Senior Center**

103 Sunshine Avenue  
Central City, PA 15926  
Lunch served Mon-Fri 11:30 a.m. - 12 Noon\*  
**(814) 754-5615**

**Conemaugh Township Area Senior Center**

959 South Main Street  
Hollsopple, PA 15935  
Lunch served Mon-Fri 11:30 a.m. - 12 Noon\*  
**(814) 479-2216**

**Confluence Area Senior Center**

700 Reynolds Street  
Confluence, PA 15424  
Lunch served Mon-Fri 11:30 a.m. - 12 Noon\*  
**(814) 395-5117**

**Meyersdale Area Senior Center**

120 North Street  
Meyersdale, PA 15552  
Lunch served Mon-Fri 11:30 a.m. - 12 Noon\*  
**(814) 634-0713**

**Somerset Area Senior Center**

1338 South Edgewood Avenue  
Somerset, PA 15501  
Lunch served Mon-Fri 11:45 a.m. - 12:15 p.m.\*  
**(814) 445-7772**

**Center for Life**

700 5th Street, Suite 201  
Windber, PA 15963  
Lunch served Mon-Fri 11:30 a.m. - 12 Noon\*  
**(814) 467-5912**

\*So you can enjoy a relaxed and comfortable dining experience, reservations are recommended. Please call the Center you plan on attending by 11:30 AM the day before. Please indicate your preference for the hot meal, entrée salad or café menu. You may also reserve "take home" meals at the same time.



**MONDAY**

**TUESDAY**

1

**Hot Meal**  
Porcupine Balls  
Scalloped Potatoes  
Broccoli Spears  
Fresh Apple  
Brownie  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Chicken/Cheese Garden  
Salad w/Ranch  
Dressing  
**Café Menu**  
Tuna Salad on Pita  
Broccoli Salad  
Fresh Banana  
Milk

7

8

**Hot Meal**  
Ham Loaf w/  
Pineapple Glaze  
Au Gratin Potatoes  
Peas  
Orange Juice  
Applesauce  
Graham Crackers  
Wheat Bread-Marg.  
Milk

**Entrée Salad**  
Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing  
**Café Menu**  
Taco Salad  
Tropical Fruit Salad  
Dinner Roll  
Milk

**Hot Meal**  
Baked Chicken/Gravy  
Parslied Red Potatoes  
Mixed Vegetables  
Tossed Salad  
Fresh Banana  
Dinner Roll-Margarine  
Milk

**Entrée Salad**  
Ham/Cheese Chef  
Salad w/Ranch  
Dressing  
**Café Menu**  
Beef Barley Soup  
Southwest Chicken  
Salad  
Fresh Banana  
Milk

14

15

**Hot Meal**  
Smoked Sausage  
Brown Rice Pilaf  
Country Blend  
Vegetables  
Diced Peaches  
Apple Juice  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Steak/Cheese Salad w/  
Ranch Dressing  
**Café Menu**  
Vegetable Soup  
Turkey/Cheese Chef  
Salad  
Cranberry Applesauce  
French Roll  
Milk

**Hot Meal**  
Rigatoni w/Meat Sauce  
Tossed Salad  
Fresh Orange  
Garlic Bread  
Milk

**Entrée Salad**  
Turkey/Cheese Chef  
Salad w/Ranch Dressing  
**Café Menu**  
Greek Chicken Wrap  
Pasta Salad  
Fresh Grapes  
Milk

21

22

**Hot Meal**  
Swiss Steak w/  
Onions & Gravy  
Mashed Potatoes  
Broccoli Spears  
Fresh Apple  
Graham Crackers  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Tuna/Cheese Salad  
w/Italian Dressing  
**Café Menu**  
BLT Wrap  
Pickled Egg/Beets  
Pineapple Chunks  
Chocolate Chip Cookie  
Milk

**Hot Meal**  
Macaroni & Cheese  
Stewed Tomatoes  
Three Bean Salad  
Pineapple Chunks  
Graham Crackers  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Seafood/Cheese Salad  
w/Vinaigrette  
Dressing  
**Café Menu**  
Chicken Rice Soup  
Seafood Salad spread on  
Croissant  
Church Slaw  
Quartered Fruit  
Milk

28

29

**Hot Meal**  
Roast Pork  
Whipped Potatoes  
Sauerkraut  
Apricots  
Yogurt  
Oatbran Squares  
Rye Bread-Margarine  
Milk

**Entrée Salad**  
Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing  
**Café Menu**  
Turkey & Swiss on  
Croissant  
Spring Salad  
Mandarin Oranges/  
Strawberries  
Milk

**Hot Meal**  
Chicken Ala King w/  
Peas & Carrots over  
Biscuit  
Church Slaw  
Five Cup Salad  
Graham Crackers  
Milk

**Entrée Salad**  
Chicken/Cheese  
Caesar Salad w/  
Caesar Dressing  
**Café Menu**  
Stuffed Pepper Soup  
Steak Salad  
Baked Potato Chips  
Muffin  
Milk

**WEDNESDAY****THURSDAY****FRIDAY****2****Hot Meal**

Roast Pork/Gravy  
Whipped Potatoes  
Succotash  
Apricots  
Yogurt  
Rye Bread-Margarine  
Milk

**Entrée Salad**

Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing

**Café Menu**

Southwest Chicken  
Wrap  
Macaroni Salad  
Fresh Banana  
Milk

**3****Hot Meal**

Chicken Ala King  
w/Peas & Carrots  
over Biscuit  
Church Slaw  
Fruit Salad  
Graham Crackers  
Milk

**Entrée Salad**

Chicken/Cheese  
Caesar Salad w/  
Caesar Dressing

**Café Menu**

Stuffed Pepper Soup  
Steak Salad  
Sliced Peaches  
Dinner Roll  
Milk

**4****Hot Meal**

Chile Con Carne  
Potato Salad  
Fresh Cantaloupe  
Crackers  
Italian Bread-Margarine  
Milk

**Entrée Salad**

Ham/Cheese Chef  
Salad w/French  
Dressing

**Café Menu**

Greek Chicken Wrap  
Pasta Salad  
Fresh Grapes  
Milk

**9****Hot Meal**

Breaded Fish/Tartar  
Sauce  
Brown Rice Pilaf  
Green Beans  
Tomato Juice  
Yellow Cake/Icing  
Wheat Bread-Margarine  
Milk

**Entrée Salad**

Grilled Chicken/Egg  
Spinach Salad w/  
Bacon Dressing

**Café Menu**

Chicken Teriyaki Sub  
Carrot Sticks  
Mandarin Oranges  
Yellow Cake/Icing  
Milk

**10****Hot Meal**

Chicken Noodle Soup  
Tossed Salad w/  
Cheese House  
Dressing  
Pineapple Chunks  
Peanut Butter Cookie  
Crackers  
Rye Bread-Margarine  
Milk

**Entrée Salad**

Cheese/Egg Garden  
Salad w/House  
Dressing

**Café Menu**

Roast Beef Sub  
Sun Chips  
Garden Salad  
Fresh Apple  
Milk

**11****Hot Meal**

Macaroni & Cheese  
Stewed Tomatoes  
Three Bean Salad  
Diced Pears  
Graham Crackers  
Wheat Bread-Margarine  
Milk

**Entrée Salad**

Turkey/Cheese Chef  
Salad w/Ranch  
Dressing

**Café Menu**

Grilled Chicken Caesar  
Wrap  
Apricots  
Brownie  
Milk

**16****Hot Meal**

Ham BBQ on Bun  
Baked Beans  
Cole Slaw  
Orange Juice  
Yogurt  
Milk

**Entrée Salad**

Tuna/Egg Chef Salad  
w/Italian Dressing

**Café Menu**

Stuffed Pepper Soup  
Steak Salad  
Sliced Peaches  
Dinner Roll  
Milk

**17****Hot Meal**

Roast Turkey/Gravy  
Mashed Potatoes  
Stuffing Balls  
Broccoli Spears  
Cranberry Salad  
Rice Raisin Dessert  
Milk

**Entrée Salad**

Seafood Chef Salad w/  
Vinaigrette Dressing

**Café Menu**

Southwest Chicken  
Wrap  
Macaroni Salad  
Fresh Apple  
Milk

**18****Hot Meal**

Vegetable Soup  
Egg Salad on Wheat  
Bread  
Cottage Cheese  
Tropical Fruit  
Milk

**Entrée Salad**

Taco Salad w/  
Catalina Dressing

**Café Menu**

Asian Shrimp Salad  
Baked Chips  
Muffin  
Milk

**23****Hot Meal**

BBQ Chicken  
Scalloped Potatoes  
Petite Brussel Sprouts  
Molded Fruit Salad  
Granola Bar  
Dinner Roll-Margarine  
Milk

**Entrée Salad**

Ham/Cheese Chef Salad  
w/French Dressing

**Café Menu**

Roast Beef Sub  
Sun Chips  
Garden Salad  
Fresh Apple  
Milk

**24****Hot Meal**

Baked Ham  
Sweet Potato Patties  
Green Beans  
Fresh Orange  
Tropical Pineapple Whip  
Wheat Bread-Margarine  
Milk

**Entrée Salad**

Taco Salad w/Catalina  
Dressing

**Café Menu**

Grilled Chicken Caesar  
Wrap  
Apricots  
Brownie  
Milk

**25****Hot Meal**

Breaded Fish  
Pierogies  
California Blend  
Pineapple Chunks  
Oatmeal Cookie  
Rye Bread-Margarine  
Milk

**Entrée Salad**

Turkey/Cheese Chef  
Salad w/Ranch  
Dressing

**Café Menu**

Taco Salad  
Tropical Fruit Salad  
Dinner Roll  
Milk

**30****Hot Meal**

Beef Pepper Steak  
Noodles  
Green Beans  
Tossed Salad  
Fruit Medley  
Wheat Bread-Margarine  
Milk

**Entrée Salad**

Chicken/Egg Spinach  
Salad w/Bacon  
Dressing

**Café Menu**

Asian Shrimp Salad  
Baked Potato Chips  
Muffin  
Milk

**31****Hot Meal**

Ham, Green Beans &  
Potatoes  
Orange Juice  
Chocolate Pudding  
Wheat Bread-  
Margarine  
Milk

**Entrée Salad**

Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing

**Café Menu**

Greek Chicken Wrap  
Pasta Salad  
Fresh Grapes  
Milk

(814) 443-2681  
[www.somersetaaa.org](http://www.somersetaaa.org)

**MEYERSDALE AREA SENIOR CENTER**

**Center Manager:**  
Cinda Yinkey  
Phone: (814) 634-0713  
E-Mail: cyinkey@somersetaaa.org

**Hours of Operation:**  
Mon - Fri 10 AM - 3 PM  
11 AM Bingo Monday through Friday  
**Available Daily:** Bingo, Cards, Puzzles, Dominoes, Books, TV, Games, Bike, Treadmill, Arm Bike & Wii Games  
Bingo Daily at 11 AM, Blood Pressures are taken twice a month

- |   |  |    |   |    |  |
|---|--|----|---|----|--|
| 2 | 10:30 AM Exercise w/LeAnn                | 11 | Word Search Puzzle                            | 23 | Weather Permitting 10:30 AM Exercise w/LeAnn |
| 4 | Word Search Puzzles                      | 15 | 10:30 AM Rest Assured Speaker-Jodi McClintock | 25 | Word Search Puzzles                          |
| 8 | 6:30 PM Night Bingo Weather Permitting   | 16 | 10:30 AM Exercise Class w/LeAnn               | 30 | 10:30 AM Exercise w/LeAnn                    |
| 9 | Birthday Lunch 10:30 AM Exercise w/LeAnn | 17 | St. Patrick's Day Wear Green                  |    |  |
|   |  | 18 | Word Search Puzzle                            |    |  |
|   |  | 22 | 6:30 PM Night Bingo                           |    |  |

Daily:  
11 AM Bingo  
Tuesday/Thursday:  
10-11:30 AM APPRISE  
Wednesday:  
10:30 AM Exercise w/LeAnn

**SOMERSET AREA SENIOR CENTER**

**Senior Services Director:**  
Karen Ritchey  
Phone (814) 445-7772  
E-Mail: karitchey@somersetaaa.org

**Hours of Operation:**  
Mon - Fri 8 AM - 3 PM  
**Available Daily:**  
Full-size Pool Table, Exercise Equipment, Cards, Games, Socializing, Volunteer Work, Wii Games, and Computer Classes Available Daily

Military Support Group contact  
Gladen Maust (814) 893-5686

- |    |   |    |   |    |   |
|----|---|----|---|----|---|
| 2  | 10 AM Bingo                                     | 11 | 10-11 Windber Medical Center-Jocelyn Brant-Blood Pressure Check                   | 21 | 10 AM Bingo 6 PM Military Support Group Meeting   |
| 3  | 10:30-11:30 Exercise 6 PM TOPS                  | 14 | 10 AM Bingo 6 PM Military Support Group Meeting                                   | 22 | 6-8 PM Gene Smith-Karaoke   |
| 7  | 10 AM Bingo 6 PM Military Support Group Meeting | 16 | 10 AM Bingo Computer Class  | 23 | 10 AM Bingo Computer Class  |
| 8  | 10:30-11:30 AM Gene Smith-Karaoke               | 17 | St. Patrick's Day Party   | 24 | 9-1 APPRISE by appointment 10:30-11:30 Exercise 6 PM TOPS   |
| 9  | 10 AM Bingo Computer Class                      |    | Wear your Green 8-2 Newsletter 10:15 AM Music w/Danny Connor 10:30-11:30 Exercise |    |   |
| 10 | 10:30-11:30 Exercise 6 PM TOPS                  |    |   | 25 | 10 AM Windber Medical Center Jocelyn Brant-Blood Pressure Check 11 AM Windber Medical Center-Jocelyn Brant presents "Flower Essences & Home Care" |
|    |   |    |   | 28 | 10 AM Bingo 6 PM Military Support Group Meeting   |
|    |   |    |   | 30 | 10 AM Bingo Computer Class  |
|    |   |    |   | 31 | 10:30-11:30 AM Exercise   |

28 10 AM Bingo 6 PM Military Support Group Meeting  
30 10 AM Bingo Computer Class  
31 10:30-11:30 AM Exercise

**CENTER FOR LIFE**

**Senior Services Director:**  
Eleanor Pile  
Phone: (814) 467-5912  
E-Mail: epile@somersetaaa.org

**Hours of Operation:**  
Mon - Fri 8 AM - 4 PM

**Available Daily:**  
Early Morning Coffee Social Group, Breakfast 8:00-10:00 AM

Socializing, Indoor Walking Track, Cards/Games, Jigsaw Puzzles, Volunteer Work, Current Events and Memory Teasers

2:30 PM Pinochle  
Exercise Equipment now available  
Tuesday Weekly Computer Class

We now have Table Tennis -  
Come in and Form a Team

Come In and Try Our Wii Fit Program

Every Monday 6:00 PM Game Night:  
Poker, Pinochle, Wii, Scrabble, Rummicube, Hearts, Mexican Train

Tuesdays 2 PM Zumba \$1 per class

- |    |   |    |  |
|----|---|----|--|
| 1  | 11 AM Home Safety for Seniors-Windber Medical Center                              | 24 | 10:45 AM Laughter Club-Nanette Bankes-Colonial Courtyard |
| 2  | 10:30 AM Variety Show by Eric Harris  | 29 | 10:30 AM Nail Parlor-Windber Home Care                   |
| 8  | CFL Trip Rivers Casino  | 30 | 10:30 AM Retired Men's Chorus                            |
| 9  | Birthday Lunch Ash Wednesday  | 31 | 11 AM Uncomfortable Senior Conversation-Homestead        |
| 15 | 10:45 AM Overview of Flight '93-Sharon Custer                                     |    |  |
| 17 | St. Patrick's Day Party Wear Green! 9:30-11:30 AM Oldies Show with an Irish Flare |    |  |
| 22 | 11 AM Times When Shawnee Indians were in PA-Gaylord Carlyle                       |    |  |
| 23 | 6:30 PM CFL Dance-Music by Rich Hagens  |    |  |

**Available Weekly at Center For Life:**

**APPRISE:** Every 3rd Tuesday by appointment

**Mon:** 9 AM Crochet Class; 9:30 Poker; 10 AM Tap Dance Class; 10:30 Strong Bones Exercise Class; 12:30 Pinochle Club; 12:30 PM Cribbage; 3 PM Table Tennis Lessons; 6 PM Game Night

**Tues:** 9 AM Book Club; 10:30 AM Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling; 7:00 PM Digital Camera Class

**Wed:** 9:30 AM Poker; 10 AM Tap Dance Class; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-10:30 AM Internet Computer Class; 9:30-11:30 AM Advanced Computer Class; 1-2 PM Beginner's Computer Class; All classes open to the public and FREE

**Thurs:** 9:30 AM Free Chair Massage; 10 AM Free Tai Chi Class; 12:30 PM Bingo; 12:30 PM Mahjongg

**Fri:** 9:30 AM Chorus; 9:30 AM Poker; 10:30 AM Strong Bones Exercise Class; 12:30 PM Pinochle Club; 12:30 Cribbage

**Every 1st and 3rd Friday -**  
Doctor Ordered Blood Work 8-10 AM

**2nd Tuesday, 3rd Wednesday, 4th Thursday -**  
Free Blood Pressure Checks

## MEYERSDALE FACILITY RECEIVES SPECIAL HONOR

Golden Living Center, a 99-bed nursing care facility located in Meyersdale, has recently been chosen as one of the recipients for the State's prestigious Excellence in Quality Care Award. At a ceremony held at the facility on January 12<sup>th</sup>, which included residents, staff and invited guests, then State Secretary of Aging J. Michael Hall made the special presentation to facility administrator, Ms. Sandra Grenke.

During his remarks, Secretary Hall explained that only of 12 of the State's 631 nursing facilities, were eligible for the honor in 2010.

To be eligible, a nursing care facility must have received a five-star quality rating from the Federal Centers for Medicare and Medicaid Services and a deficient-free inspection survey from the Pennsylvania Department of Health.

Golden Living can now qualify to apply for up to \$ 40,000 in funding, which is designed to enhance the quality of life for its residents.

According to Ms. Grenke, the residents have expressed an interest in screening and roofing an outside deck area, so it can offer a more-relaxing and comforting environment for residents and their visitors.



## AAA FOOD SERVICES HIGHLIGHTED AT FIRE AND ICE

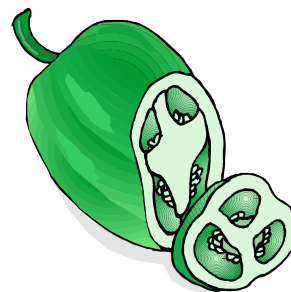
The Area Agency on Aging's food services department was featured at this year's Somerset, Incorporated's Annual Fire and Ice Festival, as one of the participants in the festival's "Hot Stuff Chili and Sensational Soup Cook Off", held on Saturday, January 15<sup>th</sup> at the Somerset American Legion. The department offered festival-goers, a sample of its ever-popular and scrumptious Stuffed Pepper Soup, which is a

regular feature for the meals served at the county's senior community centers.

The Fire and Ice Festival is a weekend fund-raiser held by Somerset, Inc., Somerset Borough's main street management program, that includes food, activities, crafts and entertainment.

In addition to the soup sample, Bob Harrison, AAA Food Services Manager, and Theresa O'Reilly, AAA Food Service Worker, distributed the recipe for the soup and gave out free certificates that invited visitors, age 60 and older, and a guest of the same age, for lunch at any of the county senior centers.

While reflecting on the experience at the festival, Harrison said "it was time well-spent, as it gave our department a chance to introduce itself to the greater community. I hope Somerset, Inc. invites us back to the event next year."



## Caregiver Assistance

### Windber Caregiver Support Group

March 10, 2011 at 10 AM

### Somerset Caregiver Support Group

March 31, 2011 at 10 AM

Please contact the Area Agency on Aging at (814) 443-2681 or 1-800-452-0825 for further information.

## Centenarian Program

### KNOW SOMEONE WHO IS 100 YEARS OLD?

If you know someone who has reached this remarkable milestone, please contact the Agency at (814) 443-2681 or Toll Free at 1-800-452-0825 between the hours of 8 AM and 4 PM Monday through Friday (except those days designated as county holidays). A Centenarian certificate will be presented by the Area Agency on Aging Administrator recognizing achievement, and their biography will be featured in a future edition of the *Senior News*.

### ROCKWOOD SENIORS CLUB

March 23, 2011 at Noon—Town Hall—Weather Permitting. Call to make reservations to (814) 926-4308 or (814) 926-3439. Speaker: Karl Metzgar

# Volunteer Opportunities through RSVP

THE RETIRED AND SENIOR VOLUNTEER PROGRAM of Somerset County provides placement services and support benefits to people age 55 and over who wish to serve their community by volunteering for one of 70 organizations county-wide. For information about these and other volunteer opportunities, please call RSVP at (814) 443-2681 or 1-800-452-0825.

**American Cancer Society-Daffodil Days** will take place March 14th to 20th, 2011. Help is needed to compile orders prior to distribution, and then to deliver orders in March. Please phone the American Cancer Society at 1-888-227-5445 or RSVP for more information.

**Somerset County 4-H**-Share your love of sewing, knitting or crocheting with youth through the 4-H program of Somerset County. Volunteers are needed to assist with sewing projects as instructors, assistants or possible leaders. Contact the Penn State Extension Office at (814) 445-8911, ext. 7 for more information.

**Meals on Wheels**-A few more people are needed for the Meals on Wheels Rockwood Route. Volunteer one day a week for just a few hours delivering meals for those in the Rockwood area. Drivers are needed to assure that consumers will have this service. Help make a difference in your community, volunteer today.

**Blind Center**-Clients in the Meyersdale area are in need of a volunteer to provide transportation each second Tuesday of the month so they can attend a support group meeting at the senior center. The meeting is from 1 to 2 pm. Volunteers would use their car to pick up and deliver clients. Some reimbursement for fuel is provided by the organization.

## Senior News

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*Advisory Council, Chairperson*

This project is funded, in part, under contract with the PA Department of Aging.

If you would like to obtain further information about any newsletter topic or Agency services please call the Somerset office at  
**(814) 443-2681** or **1-800-452-0825**

Find us online at:  
[www.somersetaaa.org](http://www.somersetaaa.org)

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