

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • MAY 2011

## Area Agency on Aging of Somerset County Offers Alternative Programs **Nursing Home Transition and PDA Waiver**

**W**hat is nursing home transition? It is the process of assisting people to move from a nursing home to the community, if that is what they desire. The Area Agency on Aging provides education to nursing home residents and their families about the options available to live safely at home. This service is for anyone 18 years of age or older.

Nursing home transition begins with identifying people who wish to move out of a nursing home. It continues with supporting potential consumers with coordination of the activities related to moving into the community.

Nursing home transition may offer, as needed:

- Support and guidance
- Information and referral
- Assistance in finding and obtaining housing and setting up a household
- Connection to home and community based services and other supports such as transportation, personal assistance, assistive technology, home modifications

- One time funding to assist with items such as security deposits, household items, adaptive equipment, deposits for utilities and some other necessary expenses for an individual to establish and move in to a living arrangement.

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**“The Waiver program is for people aged 60 or older who could remain in a nursing home but would like to receive services at home.”**

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The nursing home transition project assists individuals in Somerset County, currently living in a nursing home, to move back into their homes and communities. One of the programs that supports consumers in their homes is the PDA Waiver program.

The Waiver program is for people aged 60 or older who could remain in a nursing home but would like to receive services at

home. It is funded through a special Medicaid Waiver. There are financial guidelines attached to this program regarding income (maximum \$2011.00 per month) and assets (maximum \$8000.00). If someone is eligible for the program, the services will be at no cost. There are a multitude of services that can be received including personal care, home support, home delivered meals, emergency response systems, transportation and many others.

Contact us today for more information for yourself or loved one who wants to live at home and still receive the care they need and deserve. ■



## Senior Snapshot



**Name:** LuAnn Gore

**Age:** 77

**Spouse:** George (deceased),  
married for 39 years

**Current Residence:** Boswell

**Children:** Two – Ronalyn (Roni)  
and George Robert (Rob)

**Senior Center Attending:**  
Boswell

**Years attending Senior Center:**  
15

**Hobbies:** Volunteer work with  
church, Sunday school, thrift  
shop, senior center, and food pan-  
try. Picnics, games, and yard work.

**Interesting Life Achievements:**  
39 years as a teacher and principal  
with the Somerset School District,  
Friedens Elementary, Penn Hills  
in Pittsburgh and Conemaugh  
Township

**Favorite Things About Somerset  
County:** The beauty of the moun-  
tains, forests and communities –  
but especially the people.

**Piece of Childhood Memorabilia  
I wish I still had:** My mother  
would have said the nipple from  
my bottle. I couldn't give it up.

**Favorite TV show:** Any of the  
Hallmark shows

**Favorite Meal at the Senior  
Center:** Stuffed Peppers

**One word my friends would use  
to describe me:** Nice

**Three People I'd love to have  
Dinner with:** My loved ones who  
have passed away.

**Top thing on my "Bucket List:"**  
I would like to visit Alaska.

**People would be surprised to  
know that:** I am basically lazy.

**If I had three wishes:** I would  
wish to remain healthy and to  
continue to travel and spend time  
with my family and friends.

**Favorite Activity at the Senior  
Center:** Keeping seniors active  
with games, puzzles, singing, and  
other activities.

**A typical day at the Center:**  
My typical day at the Center is full  
of games, exercise and catching up  
on everyone's activities.

**What brought me to the Senior  
Center for the first time:** I  
helped to start this center along  
with 2 other women – Theresa  
DeLuca and Betty Ann Maurer in  
1996.

**How coming to the Senior  
Center has changed my life:**  
It keeps me young and involved  
with many people that I wouldn't  
otherwise see. ■

Senior Snapshot will be a regular monthly article of the Senior News featuring a partici- pant 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 partici- pate 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 Meyersdale.

## Recipe Corner

### Watermelon Pie

1 (3 ounce) package watermelon  
flavored gelatin  
1/4 cup water  
1 (12 ounce) container frozen  
whipped topping, thawed  
2 cups watermelon  
1 (9-inch) prepared graham  
cracker crust

#### Directions:

Mix together the watermelon gela-  
tin and water. Fold gelatin mixture  
into the dessert topping. Add cut  
watermelon.

Pour mixture into graham cracker  
crust. Cool in refrigerator for  
about three hours.

### Broccoli, Cauliflower Chicken Salad

2 cups Broccoli  
2 cups Cauliflower florets  
1 red pepper, cut into strips  
1 1/2 cups chopped cooked  
boneless skinless chicken breast  
1 cup cherry tomatoes, halved  
1/2 cup Kraft Light Ranch  
Dressing  
1/2 cup Kraft Natural 2% Milk  
Colby & Monterey Jack Cheese  
Crumbles  
4 slices OSCAR MEYER Bacon,  
cooked, crumbled

#### Directions:

Combine vegetables, chicken &  
tomatoes in large bowl. Add  
dressing; toss to coat.

Add cheese and bacon; mix lightly.  
Refrigerate several hours or until  
chilled.

# May 2011 Center Activities

## 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 Challenges, Exercise and Wii Games.

Medicare Counseling by appointment 1st Monday of every month

2	8:30 AM Socialization Wii Games 8:30-9:30 Blood Sugar & Cholesterol Screening 10:30 AM Alzheimer with Jocelyn Brant 11:30 AM Lunch 12:00 Nickel Bingo	9	8:30 AM Socialization Wii Games 10:30 AM Music by Pat Montaine 11:30 AM Lunch 12:00 Nickel Bingo	16	8:30 AM Socialization Wii Games 10:30 AM Victim Services-Barbara Holly 11:30 AM Lunch 12:00 Nickel Bingo	23	8:30 AM Socialization Wii Games 10:30 AM Music by Jeff Gruden 11:30 AM Lunch 12:00 Nickel Bingo
						30	Memorial Day Center Closed!!

## 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

MEDICARE Counseling available by appointment 2nd Tuesday of every month

2	Mother's Day Catered Meal Sign Up by April 21, 2011		Brant on Alzheimer's	17	Meadow View Nursing Center-Sally McClintock	26	10:30 AM Jeff Gruden 5 PM Volunteer Banquet
3	Podiatrist Dr. Marc Schmerin	10	Casino Trip to Rivers Medicare Counseling by Appointment	18	Eat Early 10 AM Exercise Van to Somerset	27	Van to Galleria
4	10 AM Exercise Van to Bi Lo	11	Birthday Lunch 10 AM Exercise Van to Conzattis Ideal Market	19	Music by Rich Hagens	30	Memorial Day Center Closed!!
5	8:30-10:30 AM Blood Sugar & Cholesterol Screening	12	Frank Burns comes for a Visit	20	Van to Windber	31	Ameriserv Financial with Glen Wilson
6	Van to Somerset	13	Van to Galleria	23	McCullough House Johnstown		
9	10:30 AM Jocelyn	16	Music by Pat Montaine	24	BBQ Covered Dish		
				25	10 AM Exercise Van to Market Basket		

## 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

MEDICARE Counseling 1st Monday of the month by appointment

5	12:15 Cinco De Mayo -"Fred & Nancy Show	19	12:15 Johnny & June Sing				<b>Monday</b> -Exercise; Bingo
9	Mother's Day Celebration	25	12:15 Arthritis-Occupational Therapy Windber Medical Center				<b>Tuesday</b> -Exercise; Bingo
10	10:30 Nail Parlor						<b>Wednesday</b> -Exercise
11	Birthday Lunch	26	10:45 Laughter Club Volunteer Banquet				<b>Thursday</b> -Exercise Class; Quilting
12	12:15 Carol Gresh Sings	30	Memorial Day Center Closed!!				1st Thursday-Blood Pressures by Windber Home Care
17	8:30 Blood Sugar & Cholesterol Testing-12 Hour Fasting						

## 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-Medicare Counseling by Appointment**

2	10 AM Exercise		10 AM Theology Class	18	10 AM Exercise 12 Noon Van to Somerset	27	Frivolous Friday Van to Somerset
3	9:30 Rebates 10 AM Theology Class		12:30 Grocery Shopping	19	12:30 Bingo	30	Memorial Day Center Closed
	12:30 Grocery Shopping	11	Birthday Lunch 10 AM Exercise 12:30 Bingo	20	Frivolous Friday Van to Uniontown	31	9:30 Rebates 10 AM Theology Class
4	10 AM Exercise 12:30 Bingo	12	9:30 Oil Painting with Ken Corson \$25 per person	23	10 AM Exercise		10 AM Carol Collins-Conemaugh Home Health
5	10 AM Jane Lowry-Somerset Home Health Blood Pressures		12:30 Bingo	24	9:30 Rebates 10 AM Theology Class		12:30 Grocery Shopping
	12:30 Bingo	13	Frivolous Friday Van to Pechins		12:30 Grocery Shopping		
6	Frivolous Friday Van to Somerset	16	10 AM Exercise	25	10 AM Exercise 12:30 Bingo		
9	10 AM Exercise	17	9:30 Rebates 10 AM Theology Class	26	12:30 Bingo 5 PM Volunteer Banquet		
	10 AM Audrey Sadler-Medi Home Health		12:30 Grocery Shopping				
10	9:30 Rebates						

# May 2011 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 11:30 a.m.-12 Noon\*  
**(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	
<b>2</b>		<b>3</b>	
<b>Hot Meal</b> Stuffed Peppers Mashed Potatoes Corn Apricots Wheat Bread-Marg. Milk	<b>Entrée Salad</b> Grilled Chicken/Cheese Salad w/Ranch Dressing  <b>Café Menu</b> Taco Salad Tropical Fruit Salad Dinner Roll Milk	<b>Hot Meal</b> Ham Loaf w/ Pineapple Sauce Au Gratin Potatoes Peas Orange Juice Applesauce Graham Crackers Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Shrimp/Cheese Caesar Salad w/Caesar Dressing  <b>Café Menu</b> Beef Barley Soup Southwest Chicken Salad Fresh Banana Milk
<b>9</b>		<b>10</b>	
<b>Hot Meal</b> Baked Smoked Sausage Brown Rice Pilaf Country Blend Vegetables Diced Pears Apple Juice Wheat Bread-Marg. Milk	<b>Entrée Salad</b> Steak/Cheese Salad w/ Ranch Dressing  <b>Café Menu</b> Turkey & Swiss on Pretzel Roll Spring Salad Mandarin Oranges/ Strawberries Milk	<b>Hot Meal</b> Rigatoni w/Meat Sauce Tossed Salad Fresh Apple Italian Bread-Margarine Milk	<b>Entrée Salad</b> Turkey/Cheese Chef Salad w/Ranch Dressing  <b>Café Menu</b> Asian Salad Baked Potato Chips Muffin Milk
<b>16</b>		<b>17</b>	
<b>Hot Meal</b> Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Chunks Graham Crackers Wheat Bread-Margarine Milk	<b>Entrée Salad</b> Seafood/Cheese Salad w/Vinaigrette Dressing  <b>Café Menu</b> Grilled Chicken Caesar Wrap Apricots Brownie Milk	<b>Hot Meal</b> Beef Stew Apple Juice Fruit Cocktail Cherry Pie Corn Bread Milk	<b>Entrée Salad</b> Chicken/Cheese Spinach Salad w/Bacon Dressing  <b>Café Menu</b> BLT Wrap Pickled Egg/Beets Pineapple Chunks Chocolate Chip Cookie Milk
<b>23</b>		<b>24</b>	
<b>Hot Meal</b> Roast Pork/Gravy Whipped Potatoes Sauerkraut Apricots Yogurt Oatbran Squares Rye Bread-Margarine Milk	<b>Entrée Salad</b> Shrimp/Cheese Caesar Salad w/ Caesar Dressing  <b>Café Menu</b> Southwest Chicken Wrap Macaroni Salad Fresh Watermelon Milk	<b>Hot Meal</b> Beef Pepper Steak Noodles Succotash Tossed Salad Fruit Medley Wheat Bread-Margarine Milk	<b>Entrée Salad</b> Chicken/Egg Spinach Salad w/Bacon Dressing  <b>Café Menu</b> Vegetable Soup Turkey/Cheese Chef Salad Cranberry Applesauce French Roll Milk
<b>30</b>		<b>31</b>	
<b>Memorial Day—Center Closed!!</b>  		<b>Hot Meal</b> Meatloaf Scalloped Potatoes Carrots Sliced Pears Butterscotch Pudding Wheat Bread- Margarine Milk	<b>Entrée Salad</b> Grilled Chicken/Egg Spinach Salad w/ Bacon Dressing  <b>Café Menu</b> Roast Beef Sub Sun Chips Garden Salad Fresh Apple Milk

## WEDNESDAY

4

### 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/Caesar  
Dressing

### Café Menu

BLT Wrap  
Pickled Egg/Beets  
Pineapple Chunks  
Chocolate Chip Cookie  
Milk

### Hot Meal

Hot Dog on Bun  
Potato Salad  
Pickled Beets  
Watermelon  
Apple Dumpling  
Milk

### Entrée Salad

Cheese/Egg Garden  
Salad w/Ranch  
Dressing

### Café Menu

Chicken Rice Soup  
Seafood Salad Spread  
On Croissant  
Cole Slaw  
Quartered Fruit  
Milk

### Hot Meal

Chicken Noodle Soup  
Tossed Salad w/  
Cheese House  
Dressing

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 Honeydew  
Milk



BIRTHDAY LUNCH

11

### Hot Meal

Roast Turkey/Gravy  
Mashed Potatoes  
Stuffing Ball  
Broccoli Spears  
Cranberry Salad  
Marble Cake/Icing  
Milk

### Entrée Salad

Seafood Chef Salad w/  
Vinaigrette Dressing

### Café Menu

Stuffed Pepper Soup  
Steak Salad  
Sliced Peaches  
Marble Cake/Icing  
Dinner Roll  
Milk

### Hot Meal

Beef Barley Soup  
Pears w/Peanut Butter  
Perfection Salad

Cranberry Juice

Sugar Cookie  
Crackers  
Wheat Bread-Margarine  
Milk

### Entrée Salad

Grilled Chicken/  
Cheese Salad w/  
Ranch Dressing

### Café Menu

Greek Chicken Wrap  
Pasta Salad  
Fresh Grapes  
Milk

### Hot Meal

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

### Entrée Salad

Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing

### Café Menu

Vegetable Soup  
Turkey/Cheese Chef  
Salad  
Cranberry Applesauce  
French Roll  
Milk

18

### 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

Chicken Rice Soup  
Seafood Salad Spread  
on Croissant  
Church Slaw  
Quartered Fruit  
Milk

### Hot Meal

BBQ Chicken  
Parslied Potatoes  
Glazed Carrots  
Molded Fruit Salad  
Granola Bar  
Dinner Roll-Margarine  
Milk

### Entrée Salad

Ham/Cheese chef Salad  
w/ French Dressing

### Café Menu

Taco Salad  
Tropical Fruit Salad  
Apple Pie  
Dinner Roll  
Milk

### Hot Meal

Breaded Fish w/  
Tartar Sauce  
California Blend  
Vegetables  
Fresh Strawberries  
Chocolate Chip  
Cookie  
Rye Bread-Margarine  
Milk

### Entrée Salad

Turkey/Cheese Chef  
Salad w/Ranch  
Dressing

### Café Menu

Chicken Teriyaki Sub  
Carrot Sticks  
Mandarin Oranges  
Milk

25

### 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

Tuna Salad on Pita Bread  
Broccoli Salad  
Fresh Banana  
Milk

### Hot Meal

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

### Entrée Salad

Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing

### Café Menu

Stuffed Pepper Soup  
Steak Salad  
Sliced Peaches  
Dinner Roll  
Milk

### Hot Meal

Porcupine Balls  
Baby Baker Potatoes  
Broccoli Spears  
Fresh Apple  
Brownie  
Wheat Bread-Margarine  
Milk

### Entrée Salad

Chicken/Cheese  
Garden Salad w/  
Ranch Dressing

### Café Menu

Turkey & Swiss on  
Pretzel Roll  
Spring Salad  
Mandarin Oranges/  
Strawberries  
Milk

26

27

Area  
Agency on  
Aging of Somerset County

(814) 443-2681 or 1-800-452-0825  
www.somersetaaa.org

# May 2011 Center Activities

## 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

- |    |   |  |
|----|---|--|
| 4  | 11 AM Grocery Bingo                         | 6:30 PM Night Bingo                            |
| 5  | 10 AM Conemaugh Home Health Blood Pressures | 11 Birthday Lunch                              |
| 6  | Word Search Puzzles                         | 13 Word Search Puzzles Van to Johnstown        |
| 9  | Honoring Our Mothers Chair Massages         | 17 10:30 Benefits of Wii-Jocelyn Brant         |
| 10 | 1 PM Blind Association                      | 18 10:30 AM Exercise with LeAnn                |
|    |   | 19 10 AM Conemaugh Home Health Blood Pressures |
|    |   | 20 Word Search Puzzles                         |

- |    |                              |
|----|------------------------------|
| 23 | 11 AM Bingo                  |
| 24 | 6:30 PM Night Bingo          |
| 26 | 5 PM Volunteer Banquet       |
| 27 | Word Search Puzzles          |
| 30 | Memorial Day Center Closed!! |

### Daily:

- 11 AM Bingo  
Tuesday/Thursday:  
10-11:30 AM Medicare Counseling & Rebates  
Wednesday:  
10:30 AM Exercise w/LeAnn

## SOMERSET AREA SENIOR CENTER

### Senior Services Director:

Sonja Rogers  
Phone (814) 445-7772  
E-Mail: srogers@somersetaaa.org

### Hours of Operation:

Mon - Fri 8 AM - 3 PM  
**Available Daily:** Fullsize 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                          | 10 | 10:30-11:30 AM- Country Music by Gene Smith |
| 4 | 7 PM Military Support Group          | 11 | 10 AM Bingo                                 |
| 5 | 10 AM Bingo Computer                 | 12 | 11:15 Carl Metzgar to Visit                 |
| 5 | Cinco De Mayo Party-FIESTA           | 16 | 6 PM TOPS                                   |
| 6 | 6 PM TOPS                            | 17 | 10 AM Bingo                                 |
| 6 | Blood Pressure Check                 | 17 | 7 PM Military Support Group                 |
| 9 | 10 AM Bingo                          | 17 | 10:30 AM Beulah Kitchen Band                |
| 9 | 1 PM Ice Cream Social (Mother's Day) | 18 | 10 AM Bingo                                 |
|   | 7 PM Military Support                |    |   |

- |    |  |
|----|--|
| 19 | 8-2 Newsletter Assembly                            |
| 20 | 6 PM TOPS  |
| 20 | Blood Pressure Checks                              |
| 23 | 11 AM Jocelyn Brant Presentation                   |
| 23 | 10 AM Bingo  |
| 23 | 7 PM Military Support Group                        |
| 23 | 9-2 Medicare Counseling and Rebates by appointment |

- |    |  |
|----|--|
|    | 6-8 PM Tentatively Country Music by Gene Smith |
| 24 | 10 AM Bingo                                    |
| 25 | 6 PM TOPS                                      |
| 26 | 10-11:30 Memorial Day Remembrance              |
|    | 10-12 Caregiver Meeting                        |
| 30 | Memorial Day Center Closed!!                   |

## 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

- |    |   |    |   |
|----|---|----|---|
| 4  | Register for 55 Alive Driving Class               | 19 | 10:45 AM Laughter Club                                      |
| 5  | Cinco De Mayo-Pat Montaine performs               | 24 | 11 AM Arthritis Occupational Therapy-Windber Medical Center |
| 6  | 8:30 Blood Sugar Cholesterol Testing-12 hour fast | 25 | 6:30 PM CFL Dance-Music by Rich Hagens                      |
| 6  | 6 PM Movie Night                                  | 26 | Volunteer Banquet   |
| 9  | Mother's Day Celebration                          | 30 | Memorial Day Center Closed!!                                |
| 10 | CFL Trip to Rivers Casino                         | 31 | 10:30 Nail Parlor   |
| 11 | Birthday Lunch                                    |    |   |
| 12 | 10:30 AM-"Fred & Nancy Show"                      |    |   |
| 16 | 6 PM 55-Alive Driving Class-Open to the Public    |    |   |
| 17 | 6 PM 55-Alive Driving Class-Open to the Public    |    |   |
| 18 | 10:30 AM Country Variety Show with Casey Zemba    |    |   |
- 1st Tuesday of each month at 9 AM Book Club.

### Available Weekly at Center For Life:

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

**Mon:** 8 AM Tap Dance Class; 8:30 AM Poker; 9 AM Crochet 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:** 10:30 AM Body Strengthening Class; 12:30 Bingo; 12:30 Wii Bowling; 7:00 PM Digital Camera Class

**Wed:** 8 AM Tap Dance; 8:30 AM Poker; 12:30 PM Bingo; 12:30 PM Pinochle Club; 9:30-10:30 AM Internet Computer Class; 10:30-11:30 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:** 8:30 AM Poker; 9:30 AM Chorus; 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

**1st Tuesday, 2nd Wednesday, 3rd Thursday -**  
Free Blood Pressure Checks-Windber Home Care

# Centenarian Honored

## Alice Howard Honored for 100 Years

**M**iss Alice Rosalee Howard of Devine Inn in Salisbury is the latest honoree of the Area Agency on Aging's Centenarian Program. Respected as a well-educated and independently-spirited woman, Alice was presented with a special certificate for her life achievements, at a gathering of friends and staff at the inn on March 10, 2011.

Alice Howard was born in Bloomington, Maryland on February 9, 1911, as one of 6 children born to the union of Martha and James Howard. After completing high school and attending Frostburg Normal College [now Frostburg University], she undertook a 35-year teaching career, that started in a one-room schoolhouse in Garrett County, Maryland. She also served as the primary caregiver for her mother, who lived until the age of 104.

Alice's interests in her earlier years included raising her cat; growing flowers [the red rose is



her favorite]; doing yard work and music. It was the love of music that

led her to learn how to play the piano and sing.

Her other life interests are travel and history. She has travelled extensively throughout the states of California and Florida. In her role as a historian, she researched and wrote a book about her hometown of Bloomington and the surrounding area. This book ended up being published locally in 1976.

Alice maintains a special, loving relationship with her nephew, R. Leo Howard, who resides in Sebring, Florida. ■

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## 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.

**Quecreek Mine Rescue Site**—volunteers interested in speaking to the public about the miraculous rescue of the nine trapped miners in the summer of 2002 are needed from May to October. Education on facts and events, as well as training on the cash register and Visa machine will be provided. Volunteers are also needed for basic outdoor grooming and maintenance jobs. There are behind-the-scenes jobs, such as preparing the special bear, that can be done in your home. Please phone RSVP for training dates and other information.

**Somerset Historical Center**—Spring and summer are busy seasons for the Center. Opportunities include daily tour guides, library/genealogy assistants and school tour helpers and presenters at scheduled times. Pick a regular schedule or selected dates. Training is provided. Call RSVP to learn more.

**Drivers**—The SAM Van, Koot Karts of Windber, Area Agency on Aging Escort Driver Program, and Meals on Wheels need people who enjoy driving to help provide transportation services for medical appointments, or to provide a warm meal to individuals who are in need. SAM Van and Koots volunteers use the mini-van provided by the program, escort drivers and Meals on Wheels utilizes your own vehicle. Some mileage reimbursements are available for all programs. Please phone RSVP for more information.

### Caregiver

### Assistance ♥

#### Windber Caregiver Support Group

May 12, 2011 at 10 AM

#### Somerset Caregiver Support Group

May 26, 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

May 12, 2011 at Noon—High School Spring Musical Concert. - Call to make reservations to (814) 926-4308 or (814) 926-3439.

# Senior News

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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**

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