

# Area Agency on Aging of Somerset County



## Senior News

January 2009



### Come Visit Your Local Senior Center

#### BOSWELL SENIOR ACTIVITIES CENTER

Established in August of 1996, friends and neighbors meet every Monday at the Boswell senior center located at 322 Stonycreek St., Boswell, Pa. Hours of operation are 8:30 AM-1:30 PM, with lunch being served at 11:30 AM. A variety of educational and entertaining activities are planned every month. For more information or to reserve a meal call the center Manager, Carol Turner, at (814) 629-9926 during operational hours.

#### CENTRAL CITY SENIOR ACTIVITIES CENTER

The senior center was established at its present location in 1981. The center is located at 103 Sunshine Avenue, Central City, PA. The center is open Monday through Friday, from 9:30 AM - 2:30 PM. Numerous classes and programs from art to podiatry services are enjoyed by the seniors who attend. Lunch is served at 11:30 AM. To reserve a meal or for answers to your questions call Manager Carol Turner at (814) 754-5615.

#### CONEMAUGH TOWNSHIP SENIOR ACTIVITIES CENTER

The senior center is located at 120 Whistler Street, Hollsopple, Pa. The former schoolhouse is now beautifully remodeled to suit the needs of the centers numerous activities. Exercise classes and quilting sessions take place weekly. The center is open from 9:30 AM - 2:30 PM, Monday through Friday with lunch being served at 11:30 AM. To reserve a meal call Manager Maretta Thomas at (814) 479-2216.

#### CONFLUENCE SENIOR COMMUNITY CENTER

Confluence Senior Community Center is located in a scenic setting near hiking and biking trails, the Yougheny Dam and the Laurel Hill Creek. The address is 700 Reynolds Street, Confluence, PA. The center Manager, Betty Mancini, can be reached Monday through Friday 9AM-2PM at (814) 395-5117 for more information. Lunch is served at 11:30 AM.

#### CENTER FOR LIFE SENIOR ACTIVITIES CENTER

Center For Life opened at 700 Fifth St., Suite 200, Windber, Pa. in 1999. The center was appropriately named "Center For Life" where senior citizens are encouraged to keep their minds, bodies and spirits active and healthy to improve or maintain the quality, independence and substance of their lives. The center opens for breakfast at 7:30 AM, lunch is served at 11:30 AM, and activities end at 4:00 PM. Evening activities take place Tuesdays, Wednesdays and Thursdays. To learn more about the numerous opportunities the center has to offer or to reserve a meal call Senior Services Director Eleanor Pile at (814) 467-5912.

#### MEYERSDALE SENIOR COMMUNITY CENTER

This center was established in 1971 and is located in the heart of Meyersdale near the Somerset County Fairgrounds and the Pennsylvania Maple Festival. The address is 120 North Street, Meyersdale, PA. Lunch is served at 11:30 AM. The center Manager, Cinda Yinkey, can further assist you Monday through Friday 10AM-3PM. by calling (814) 634-0713.

#### SOMERSET SENIOR COMMUNITY CENTER

Somerset Senior Community Center was the first senior center established in 1973. Located in the County Seat, this is the largest senior center in the County. Operated by Senior Services Director, Sandy Nicholson who can be reached Monday through Friday 8AM-3PM (center (814) 445-7772) (office (814) 443-2681) 8 AM-4 PM. Lunch is served at 11:30 AM.

Each of these centers offer a variety of programs, a nutritious hot lunch and activities to suit a variety of preferences. There is much laughter, singing and wholesome fellowship to enjoy.

Each center has kitchen facilities, well maintained restrooms, ample well lit parking and are available evenings/weekends for qualifying group use. A fee is required depending on the nature of use.

# Legal



# Issues

A partnership between

the Area Agency on Aging  
and the  
Somerset County Bar Association

The topic for this month’s feature is “Pennsylvania Low Income Energy Assistance Program (LIHEAP)”.

The Pennsylvania Department of Public Welfare (CAO) provides a low income home energy assistance program to help low income families and seniors pay a portion of their winter heating bills. LIHEAP is not a welfare program or loan and no lien is placed on your home. Consumers do not have to pay the money back.

Household Size	Income Limit
1	\$23,220
2	\$30,221
3	\$37,332
4	\$44,443
5	\$51,554

After your application is reviewed, you will receive a written notice explaining your eligibility and the amount of assistance you will receive. Payments are generally sent directly to a utility company and are credited to your account. Please allow 30 days for a response.

For more information please contact the local CAO office at (814) 443-3681.

**Next Month’s Feature:** Do Not Call Lists.

**Disclaimer:** The information presented in the Legal Issues feature has been prepared for informational purposes only. It is not offered for and does not represent legal advice or a legal opinion on any specific fact or issue.

# Recipe



# Corner

## Savory Turkey Pot Pie

### Ingredients:

- 1/2 cup chopped onion
- 8 ounces sliced mushrooms
- 1 tablespoon olive oil
- 2 cups frozen mixed vegetables or 1 can (15 ounces) mixed vegetables, drained
- 6 ounces diced cooked turkey
- 2 cans (10.5 ounces) chicken or turkey broth
- 3 cups minute White rice
- 1 can (8 count) large flaky biscuits

### Directions:

Preheat oven to 375 degrees. Cook onions and mushrooms in hot oil for 5 minutes in a large saucepan. Mix all remaining ingredients except rice and biscuits; bring to a boil. Stir in rice. Pour into 13 X 9 inch baking dish. Separate biscuits and place on top of filling. Bake 10-12 minutes or until biscuits are golden brown.

## Tutti Frutti Rice Cream

### Ingredients:

- 1 cup minute white rice
- 1 can (15 ounces) tropical fruit salad, drained
- 2 cups miniature marshmallows
- 1/4 cup sugar
- 1 1/2 cups non-dairy whipped topping
- cinnamon (optional)

### Directions:

Cook rice according to package directions. Cool. Combine cooled rice with remaining ingredients. Toss. Chill. Sprinkle with cinnamon, if desired.

Makes 4 servings.

## Sheriff's Corner



Sheriff John A Mankey with you for January 2009.

Here it is already 2009. I imagine that a lot of you are just like me and wonder where all of the years have gone. Father time never stops and the older that you get, the faster it goes. I am not going to tell you a lot about security, safety, or driving this month. I am just going to tell you to enjoy life.

Many people make resolutions for the new year that are ridiculous or are too hard to keep. Lots of people make their lives and the lives of others miserable over very trivial things. Remember that excessive worry never adds one day to your life. I want all of you to have the best year possible and enjoy your senior years.

Try These New Year's Resolutions:

1. Say something nice to someone every day.
2. Get rid of past meaningless grudges.
3. Follow the Golden Rule.

You just might be surprised at the response.

I say to you that I will help you in any way that I can. I think that all of you are great and I hope that you have the best year ever.

Answer to December's Word Scramble- Yule Tide

January's Word Scramble- nGedlo Erlu

HAPPY NEW YEAR

SEE YOU NEXT MONTH.

### Rockwood Seniors Club

**January 28 , 2009 at Noon**

At the Town Hall

Bring a Covered Dish and table settings.

Weather Permitting.

Please call Katherine Livengood at (814) 352-7655 for more details and to make reservations.

If you missed the Vogue Concert on November 2, 2008 you can visit our website at [www.somersetaaa.org](http://www.somersetaaa.org) and see the pictures.

## Know of Someone Who's 100 Years Old?

The Area Agency on Aging is seeking your help, as well as the help of your family and friends, in promoting the Centenarian Program. Started in 1998, this program is intended to recognize and celebrate the life of any Somerset County resident who has reached 100 years of age.

Should you know of anyone 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 8:00 AM and 4:00 PM any Monday through Friday (except those days designated as county holidays).

The only information you need to provide when you call is the person's full name, current address and birth date (month, day and year). Upon receiving this information, the Agency shall arrange for the presentation of a special certificate and an article (with a picture, if authorized) to be printed in a future edition of the Senior News.

The Agency thanks you for your assistance in spreading the word about the Centenarian Program. Who knows, maybe someday, you'll be one of the program's honorees!!

## Caregiver Assistance

### Windber Caregiver Support Group

January 8, 2009 at 10:00 AM

### Somerset Caregiver Support Group

January 29, 2009 at 10:00 AM

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

Please remember to look at the **Caregiver's Corner** in the Daily American the last Wednesday of the month.

## 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.

**Somerset Blind Center**-Needs a crew of volunteers to act as receptionist/phone attendant for this office. Hours of operation are Monday through Friday, 8 AM until 4 PM-Pick your day (s) and time to volunteer each week. If you have other office skills, such as making copies, stuffing mail, your skills can also be put to good use.

**St. Francis Sharing and Caring Food Pantry**-In Hollsopple could use some extra help this winter, when the snowbirds head south. Please phone RSVP for more information.

**Meals on Wheels**-This very important nutrition program serves those who are unable to prepare their own meals and depends on volunteers to pack, drive and carry the meals. Regular volunteers and substitutes are needed for all positions, especially during the winter months when volunteers go South. RSVP provides some mileage reimbursement. Call for details.

**County Office Building**-Regular shifts are available at the information desk of the County Office Building to direct public to offices within that building and the Court-house. Call RSVP for details.

This Agency is a branch of Somerset County Government under the Commissioners of Somerset County  
Pamela A. Tokar-Ickes  
John P. Vatauk  
James C. Marker

Arthur N. DiLoreto,  
Administrator  
Cheryl Brill, Chairperson of  
the Advisory Council.

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

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



Return Service Requested

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