

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • NOVEMBER 2010

“A New Café” coming to a Senior Center near You

If “**Variety is the spice of life,**” (see page 4) than Somerset County seniors will be experiencing a most flavorful noontime dining experience in coming months.

In addition to the midday hot meal and entrée salad that has been available for some time, guests will have a variety of other choices including soups, salad, deli sandwiches and other a la carte items though a new

“It’s all about convenience, more food choices, good nutrition, and affordability...”

–Art DiLoreto, Administrator

Café menu. Seniors can also choose to take home a full hot meal or an a la carte item like a salad, a pint or quart of soup, or sandwich, to enjoy later.

“It’s all about convenience, more food choices, good nutrition, and affordability,” says Art DiLoreto Administrator of the Somerset County agency that oversees seven senior centers in the county and a host of other services. In the planning for several months, the new options were made possible through a state grant designed to enhance nutritional programs for seniors.

The Café Menu and take home option began at the Somerset Area Senior Center and Center for Life in Windber in late September. The en-

hanced dining options will expand to the other Senior Centers later this fall.

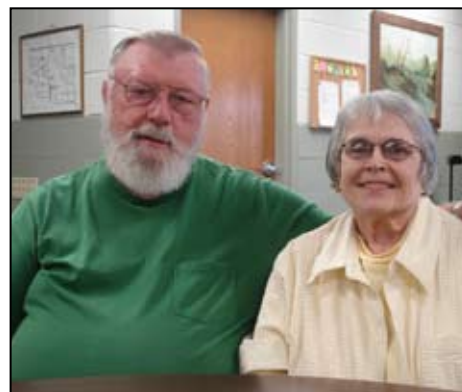
Ruth Lape who attends Somerset with her husband, Fred, thinks the Café addition has been fantastic.

“I take full advantage of it. The food has been very good. It’s just something extra; if you don’t want to eat so heavy, you can get the Café. The salads are very good. It really is nice that we have three choices now,” says Ruth.

Ruth, who struggles with COPD and finds herself winding down later in the day, says, “It’s been a real life saver for me. Now that I can take food home, the Center provides both my lunch and dinner. My husband can get a good hot meal and I don’t feel like he’s getting slighted.” Ruth is also a member of the Advisory Council representing the Somerset Center.

Advisory Council member Bill Stahl from the Center for Life has also become a fan of the new Café. He has chosen the Café Menu option every day since it was introduced in Windber on September 27.

(continued on page 2)



Fred and Ruth Lape enjoy lunch everyday at the Somerset Area Senior Center.

Bring a friend to lunch

Do you have a friend or neighbor you would like to invite to your Senior Center for lunch? Bring a guest and both you and your friend will **receive a free lunch**. The meal program and all Senior Center activities are available to **all Somerset County residents age 60 and better, regardless of income**.

Reservations

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.

Take it Home

By popular demand, Seniors can now take home any of the meal options available at the noon time lunch. Whether you choose to pay and take home the hot meal, entrée salad, or café menu, the price is the same as if you were dining in. The take home containers are also included in the meal price. You can also order a take home meal at the same time you call in your daily reservation.

Café *(continued from page 1)*

“What I like,” says Bill, “I can now choose what I want to eat.” He believes in the first few weeks, the Café has been off to a very good start. “Everything looks very appetizing and is presented very well. After everyone has been served, you can choose to buy something else from the Café, like orange fluff, which I happen to like.”

The suggested minimum donation for the hot meal and entrée salad continues to be \$3 for people over 60 years of age and a \$5 charge for those under 60. The Café Menu of the day is \$4 (over 60) and \$5 (under 60). A la carte items like a soup or salad are priced individually. Meals are the same price whether you dine in or take home.

For a mouth-watering look at the new menu options, please look at the center spread. The monthly menu and all the center activities are located (front and back) on one page so you can easily post on your refrigerator at home. ■

Trivia *(see page 1)*

Who gave us the phrase, “Variety is the spice of life?” English Poet William Cowper (1731-1800) was one of the most read poets of his time and a popular hymnist. The actual quote is “Variety’s the very spice of life that gives it all its flavour.” Cowper was also credited with penning, “God moves in a mysterious way.”

Check the calendar!

November 8 is the last day to register for our annual Thanksgiving meal with turkey and all the trimmings. It will be held on Thursday, November 18 (one week before Thanksgiving).



Senior Snapshot

Name: Rose (Brant) Lindeman

Age: 86

Senior Center Attending: Meyersdale

Husband: Floyd Lindeman (dec.)

Children: Leroy Lindeman (married to Evelyn), Connie Mumford (married to Darrel)

Years attending Senior Center: 25

Hobbies: Crocheting, word search

Interesting Life Achievement:

Completed Nurse’s Aide training through Somerset County at age 47 and spent 13½ years as an Aide in the County’s Nursing Home

Favorite Thing About Somerset County: Friendly people

Favorite TV show: Dancing with the Stars

Favorite Meal at the Senior Center: Turkey dinner with all the trimmings

Three People I’d love to have dinner with: My sister in California that I haven’t seen in 25 years. My two children since they live away, and I don’t see them very often.

If I had three wishes: I wish to keep driving as long I can, stay healthy, and be able to sleep straight through the night.

Favorite Activity at the Senior Center: Cards and bingo

A typical day at the Center: We sign in, and Lloyd Trout delivers



coffee to everyone as soon as they come in. We play cards then bingo, I help with the lunch service and then play cards again until 3:00 when the center closes.

What brought me to the Senior Center for the first time:

When Bernice Wiemer (former center manager) was here, I attended a sauerkraut supper and I really enjoyed it.

How coming to the Senior Center has changed my life: It gives me something to look forward to each day. I enjoy every minute of it. ■

Note: 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 814-443-2681. Next month’s edition will feature a senior from Confluence.

Congratulations RSVP

RSVP of Somerset County is celebrating its 25th anniversary of service to county residents. The Area Agency on Aging initiated sponsorship of the project in October 1985 when Debbie Baker was hired as project director.

Over the past two and a half decades, RSVP volunteers have given over 1.6 million hours of service. Keep up the great work RSVP!

November 2010 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 Challengers, Exercise Equipment, Computer Access/Classes, Cards and Wii Games. APPRISE by appointment 1st Monday of every month

1 8:30 AM Socialization
Wii Games
10:30 AM Sheriff John
Mankey
11:30 AM Lunch
12:00 Nickel Bingo

Café Opens
Public Welcome

8 8:30 AM Socialization
Wii Games
10-11:30 AM Windber
United Mine Workers-
Flu Shots
11:30 AM Lunch
12:00 Nickel Bingo

15 8:30 AM Socialization
Wii Games
10:30 AM Bethlen
Communities
Bingo-Vickie Beaufort
11:30 AM Lunch
12:00 Nickel Bingo

22 8:30 AM Socialization
Wii Games
10:30 AM UPMC Open
Enrollment- Information
11:30 AM Lunch
12:00 Nickel Bingo

29 8:30 AM Socialization
Wii Games
10:30 AM Flower
Essences
Home Care- Joycelyn
Brant
11:30 AM Lunch
12:00 Nickel Bingo
Free Blood Pressures

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

1 Vicki Beaufort- Bethlen
Communities Bingo
2 UPMC Open Enrollment
Information Session
3 10 AM Exercise
Van to Bi Lo
4 Thanksgiving Jingo
5 Van to Somerset

8 Unscramble Military Words
Café Opens-Public
Welcome
9 Trip to Rivers Casino
10 Birthday Lunch
10 AM Exercise
Van to Ideal Market &
Konzattis
11 Veteran’s Day Center Closed!
12 Van to Galleria

15 AseraCare- Alzheimer’s
Helping Patients w/
Dementia- Donna Mock
16 Thanksgiving Jingo
17 Eat Early
10 AM Exercise
Van to Somerset
18 Thanksgiving Day Lunch
Music by Rich Hagens
19 Van to Windber

22 Flower Essences & Home
Care-Joycelyn Brant
23 Thanksgiving Day Trivia
Van to Giant Eagle-Galleria
24 10 AM Exercise
Van to Market Basket
25 Thanksgiving Day
Center Closed!
26 Black Friday Center Closed!
.....
29 Reminisce Old Day
30 Van to Wal Mart

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

Center Manager:

Maretta Thomas
Phone (814) 479-2216
E-Mail mthomas@somersetaaa.org

Hours of Operation:

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

Available Daily:

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

1 Exercise; Bingo
2 Exercise; Bingo
4 Blood Pressures
Exercise; Quilting
Gina’s Exercise
12:15 PM Beautiful You
5 Remember to Turn Back
Your Clocks This Weekend

8 Exercise; Bingo
9 Exercise
12:15 PM Assistance
Living Concepts
10 Birthday Lunch
Honoring Our Veterans
11 Veteran’s Day Center Closed!
12 Domino Day
Wear Black & White
Domino Games

15 Exercise; Bingo
16 Exercise; Bingo
Blood Pressures
17 Baking Bread for Snack
No Van to Center
18 Thanksgiving Lunch
Exercise; Quilting
Gina’s Exercise
6 PM Game Night

22 Exercise; Bingo
23 Exercise; Bingo
25 Thanksgiving Day
Center Closed!
26 Black Friday Center Closed!
.....
29 Exercise; Bingo
30 Exercise; Bingo

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, Wii Games, Daily Trivia

2 10 AM Theology
12:30 PM Grocery Store
3 10 AM Exercise
5 Van to Somerset
.....
9 10 Theology
12:30 PM Grocery Store
10 10 AM Exercise
11 Veteran’s Day Center Closed
12 Van to Pechins

15 10 AM Medi-Home Health-
Audrey Sadler
16 10 AM Theology
12:30 PM Grocery Store
17 10 AM Exercise
12 Noon Van to Somerset
18 9:30 AM Oil Painting with
Ken Corson-
\$25 per person
19 Van to Uniontown

22 7 PM Senior Night-
Uniontown VFW
23 10:00 AM Theology
10:00 AM AseraCare-
Mary M
12:30 PM Grocery Store
24 10 AM Exercise
25 Thanksgiving Day
Center Closed!
26 Black Friday Center Closed!

29 10 AM Audra Unison
30 10 AM Theology
10 AM Conemaugh Home
Health-Carol Collins
12:30 PM Grocery Store

November 2010 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
120 Whistler 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		WEDNESDAY		THURSDAY		FRIDAY	
1 Hot Meal Beef Stew Apple Juice Fruit Cocktail Cherry Pie Corn Bread Milk	Entrée Salad Chicken/Cheese Spinach Salad w/Bacon & Tomato Dressing Café Menu Chicken Rice Soup Italian Sub Side Salad Fresh Apple Milk	2 ELECTION DAY Hot Meal Macaroni & Cheese Stewed Tomatoes Three Bean Salad Strawberries Graham Crackers Wheat Bread-Margarine Milk	Entrée Salad Seafood/Cheese Salad w/Herb Vinaigrette Dressing Café Menu Vegetable Soup Grilled Chicken Caesar Wrap Apricots Milk	3 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 BLT Wrap Baked Potato Chips Pickled Beets/Eggs Sliced Pears Milk	4 Hot Meal BBQ Chicken Scalloped Potatoes Glazed Carrots Molded Fruit Salad Granola Bar Dinner Roll-Margarine Milk	Entrée Salad Ham/Cheese Chef Salad w/French Dressing Café Menu Beef Barley Soup Southwest Chicken Salad Fresh Banana Milk	5 Hot Meal Breaded Fish w/Tartar Sauce Pierogies California Blend Fresh Banana Oatmeal Cookie Rye Bread-Margarine Milk	Entrée Salad Turkey/Cheese Chef Salad w/Ranch Dressing Café Menu Club Wrap Sun Chips Church Slaw Quartered Fruit Salad Milk
8 Deadline to register for Thanksgiving Meal **	Hot Meal Chicken & Gravy Over Biscuit Peas Carrot Raisin Salad Fruit Salad Graham Crackers Milk	9 Hot Meal Porcupine Balls Au Gratin Potatoes Broccoli Spears Fresh Apple Brownie Wheat Bread-Margarine Milk	Entrée Salad Ham/Cheese Chef Salad w/French Dressing Café Menu Stuffed Pepper Soup Steak Salad Sliced Pears Dinner Roll Milk	10  BIRTHDAY LUNCH Hot Meal Roast Pork Whipped Potatoes Sauerkraut Apricots Yogurt Chocolate Cake/Icing Rye Bread-Margarine Milk	Entrée Salad Shrimp/Cheese Caesar Salad w/Caesar Dressing Café Menu Cream of Potato Soup Southwest Chicken Wrap Sun Chips Fruit Cocktail Milk	11 Veteran's Day – Center Closed 		12 Hot Meal Ham, Green Beans & Potatoes Orange Juice Butterscotch Pudding Wheat Bread-Margarine Milk	Entrée Salad Cheese/Egg Garden Salad w/House Dressing Café Menu Chicken Noodle Soup Asian Shrimp Salad French Roll Milk
15 Hot Meal Meatloaf Scalloped Potatoes Sliced Carrots Diced Pears Chocolate Chip Cookie Wheat Bread-Margarine Milk	Entrée Salad Grilled Chicken/Egg Spinach Salad w/Bacon Dressing Café Menu BLT Wrap Baked Potato Chips Pickled Eggs/Beets Sliced Pears Milk	16 Hot Meal Baked Chicken/Gravy Parslied Red Potatoes Mixed Vegetables Tossed Salad w/French Dressing Fresh Banana Dinner Roll-Margarine Milk	Entrée Salad Ham/Cheese Chef Salad w/Ranch Dressing Café Menu Chicken Teriyaki Sub Carrot Sticks Mandarin Oranges Milk	17 Hot Meal Stuffed Pepper Mashed Potatoes Corn Apricots Wheat Bread-Margarine Milk	Entrée Salad Grilled Chicken/Cheese Salad w/Ranch Dressing Café Menu Chicken Rice Soup Italian Sub Side Salad Fresh Apple Milk	18 THANKSGIVING MEAL**		19 Hot Meal Ham Pot Pie Tossed Salad w/Egg w/Ranch Dressing Baked Apples Banana Split Dessert Wheat Bread-Margarine Milk	Entrée Salad Grilled Chicken/Cheese Caesar Salad w/ Caesar Dressing Café Menu Vegetable Soup Grilled Chicken Caesar Wrap Apricots Milk
22 Hot Meal Chicken Rice Soup Egg Salad on Wheat Bread Peas & Carrot Salad Strawberries Milk	Entrée Salad Grilled Chicken/Egg Spinach Salad w/ Bacon & Tomato Dressing Café Menu Wedding Soup Chef Salad Strawberry Applesauce Blueberry Muffin French Roll, Milk	23 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 Greek Chicken Wrap Pasta Salad Seedless Grapes Macadamia Nut Cookie Milk	24 Hot Meal Penne Pasta w/Meat Sauce Tossed Salad w/ Italian Dressing Fresh Apple Italian Bread-Margarine Milk	Entrée Salad Turkey/Cheese Chef Salad w/Ranch Dressing Café Menu Tuna Salad on Whole Wheat Pita Baked Potato Chips Broccoli Salad Fresh Banana Milk	25 Thanksgiving Day – Center Closed 		26 Day After Thanksgiving – Center Closed	
29 Hot Meal Macaroni & Cheese Stewed Tomatoes Three Bean Salad Diced Peaches Graham Crackers Wheat Bread-Margarine Milk	Entrée Salad Seafood/Cheese Salad w/Herb Vinaigrette Dressing Café Menu Chicken Teriyaki Sub Carrot Sticks Mandarin Oranges Milk	30 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 BLT Wrap Baked Potato Chips Pickled Eggs/Beets Sliced Pears Milk			**Please register for Thanksgiving Meal by November 8th		 (814) 443-2681 or 1-800-452-0825 www.somersetaaa.org	

November 2010 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

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 10-11:30 AM - APPRISE
- 3 10-12:00 Flu Clinic
10:30 AM Exercise with Bryan
- 4 10-11:30 AM - APPRISE
- 5 Word Search Puzzle
Political Power Houses

- 8 Steeler Rally-
Wear Black and Gold
12:30-2:30 PM Walk the Line
- 9 Carnival
- 9 10-11:30 AM- APPRISE
- 10 1:00 PM -Blind Assoc. Meeting
6:30 PM Night Bingo
- 10 10:30 Exercise with Bryan
- 11 Veteran's Day Center Closed!
- 12 Word Search Puzzle-
Veterans Day

- 15 11:00 AM Bingo
- 16 10:30 AM Audra Casino-
Benefits of Laughter
10-11:30 AM- APPRISE
- 17 10:30 AM Exercise with Bryan
- 18 10-11:30 AM -APPRISE
- 19 Word Search Puzzle-
Thanksgiving Day

- 22 11:00 AM Bingo
- 23 10-11:30 AM - APPRISE
6:30 PM Night Bingo
- 24 10:30 AM Exercise with Bryan
- 25 Thanksgiving Day
Center Closed!
- 26 Black Friday Center Closed!
- 29 11:00 AM Bingo
- 30 10-11:30 AM- APPRISE

SOMERSET AREA SENIOR CENTER

Senior Services Director:
Sandy Nicholson
Phone (814) 445-7772
E-Mail snicholson@somersetaaa.org

Hours of Operation:
Mon - Fri 8 AM - 3 PM

Available Daily:
Full-size Pool Table, Exercise Equipment, Cards, Games, Volunteer Work, Computer Classes and Socializing, Wii Games Available Daily

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

- 1 10:30-11:30 AM Somerset Home Health - Free Blood Pressure
7:00 PM Military Support Group
- 2 Election Day
10-2:00 APPRISE by appt.
- 3 10:00 AM Computer Bingo
- 4 9-12:00 Flu Shots-
Interim Home Health
5:00 PM TOPS
- 5 Windber Home Health-
Free Blood Pressures

- 8 10:45 Unison Advantage-
Benefits of Laughter
7:00 PM Military Support Group
- 9 6-8:00 PM Music by Gene Smith
- 10 10:00 AM Computer Bingo
- 11 Veteran's Day Center Closed!
- 12 10:30 AM Bulletin Board Trivia

- 15 10:30 AM Brain Teasers
7:00 PM Military Support Group
- 16 10:30 AM Sharon Custer-
Overview of Flight 93
- 17 10:00 AM Computer Bingo
- 18 8:00 Newsletter Assembly
10:30 AM Exercise
Thanksgiving Lunch
5:00 PM TOPS
- 19 10:30-11:30 AM Free Blood Pressures

- 22 10:30 Music by Gene Smith
APPRISE by appt.
7:00 PM Military Support Group
- 23 10:30 AM Word Search
- 24 10:00 AM Computer Bingo
- 25 Thanksgiving Day
Center Closed!
- 26 Black Friday Center Closed!
- 29 10:30 AM Brain Teasers
7:00 PM Military Support Group

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 7:30 AM - 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

Breakfast 8:00-10:00 AM

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

- 2 Election Day-Get Out and VOTE
- 3 10:45 AM Laughter Club-
Colonial Courtyard
- 4 10:30 AM Black and Gold
Show by Jo Marotta
- 5 6:00 PM Snacks &
Entertainment Nite
- 7 Daylight Savings Time
Ends-Turn Your Clock Back
- 9 Center Trip to Rivers Casino
- 10 Birthday Lunch
- 11 Veteran's Day Center Closed!
- 12 Thank You Soldiers!
Past & Present

- 14 11:30 AM Steeler's Game
Sunday Party
- 16 Celebrate Anna Zahurak's
90th Birthday Party
- 17 6:30 PM Center for Life
Dance -Music by Rich Hagens
- 18 Thanksgiving Lunch
11:00 AM CFL Chorus
- 21 11:30 AM Steeler's Game
Sunday Party
- 23 11:00 AM Hospice/ Home
Health Services-WHH
- 25 Thanksgiving Day
Center Closed!
- 26 Black Friday Center Closed!
- 28 11:30 AM Steeler's Game
Sunday Party
- 30 10:30 AM & 6:30 PM
"How to Increase Income in
a Low Rate Environment"

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: 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; 10:30 AM Advanced Computer Class; 1 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

Medicare, APPRISE & You

The following information is provided by the Area Agency on Aging State Health Insurance Program (SHIP) known as the APPRISE Program in PA. This information is taken from the *2010 Medicare & You Handbook*.

Medicare Annual Enrollment: 5 Tips to Survive the Season

There are a few changes to Medicare enrollment this year. It's more vital than ever to check what your plan will cover in 2011. Will it meet your health needs and budget? Will it cover the prescription drugs you need? If not, it's time to find a new plan.

Here are some tips that will help you through the switch:

1. Don't miss your deadline.

There are new rules for when you can switch plans.

- Part D and Medicare Advantage plan members can only switch plans between November 15-December 31, 2010.
- There is one exception. If you have a Medicare Advantage Plan and want to return to Original Medicare you can do so from January

“Don't just pick a plan because the sales agent tells you it's great. Or because your neighbor swears by it.”

1-February 15, 2011. You can also join a stand-alone Part D plan at that time.

2. Make sure your plan will be offered next year.

Plans come and go, especially when Medicare makes changes to how they pay the plans. Be sure that yours will be around. If not, start your search early for a replacement.

3. If your plan will continue, check to see what it will cover next year.

Insurers can change plan benefits, provider's networks, and what they charge you per month or at the doctor's office. They will send you an annual notice of change that tells you what's new.

- What you will pay in monthly premiums and annual deductibles
- What you will pay for doctor's visits (co-pays or co-insurance)
- If your drugs will be covered and what you will pay out of pocket
- If your doctors will continue to accept your plan
- Which extra benefits will be covered, if any

4. If you want to switch, do your research.

Don't just pick a plan because the sales agent tells you it's great. Or because your neighbor swears by it. Use the tools on www.Medicare.gov. You can enter your drugs and the pharmacy you prefer. The program will tell you what plans are right for you and compare the costs. And, you can enroll right then and there.

5. Still having trouble? Get help from an APPRISE Counselor.

If you still need help, give APPRISE a call. Your local team at the Area Agency on Aging of Somerset County can be reached at (814) 443-2681 or toll free at 1-800-452-0825. Their highly trained counselors are in the know. They will help you sort it all out. ■

Caregiver Assistance

Windber Caregiver Support Group
No Meeting This Month!

Somerset Caregiver Support Group
No Meeting This Month!

Enjoy Your Holidays.
See you next month.

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

October 27, 2010 at Noon – Town Hall, please bring your place setting. Please call Katherine Livengood at (814) 352-7655 to make reservation. New members always welcome!

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 County Head Start Classrooms

If you love working with children, the Somerset County Head Start classrooms would love to have you! Volunteers are needed to work one on one or in small groups with four to five year olds in a school setting. Classrooms are in most elementary schools throughout the county.

Somerset County Blind Center

Volunteers are needed to help conduct hearing and vision screening in Somerset County for the Somerset County Blind Center. Volunteer once or twice a month screening children in your community. Early detection is key in getting the children the proper medical attention they may need.

Interpreters for various assignments

Can you speak another language? If you are bilingual and interested in volunteering in your community, there are opportunities that would benefit others.

Boswell Helping Hands Food Pantry

The Boswell Food Pantry serves over 200 families each month during four half days of operation. The pantry operates the first four Thursday mornings of every month. The Pantry is look for a volunteer with management skills that include organizing, collecting, and distributing food items, providing volunteers support and monthly reporting. This volunteer will have Board status and be a key holder.

Senior News

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