

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • SEPTEMBER 2011

## Meet Our New Administrator

Mary Piatt-Bruner was appointed as the new Administrator for the Area Agency on Aging by the Somerset County Commissioners on July 19, 2011 and began work on the very next day. Mary received a Masters of Science Degree in Counseling Psychology from Frostburg State University, Frostburg, Maryland in 1988 and a Bachelors of Arts in Social Work from the University of Pittsburgh, Pittsburgh, PA in 1982. Mary is a licensed professional counselor and a national member of North American Association of Masters in Psychology (NAMP).

Mary had been employed by the County in the field of human services for 27 years at the Bedford-Somerset MH/MR Agency. She held numerous positions with that Agency, including direct care work as well as a variety of administrative roles including the County Manager position, which administered the County's provider system, and as the Quality Assurance Director. The last position she held was the Deputy Administrator position for both mental health and mental retardation services. While at the Agency, Mary



was part of the management team that successfully developed and enhanced community mental health services and supports after the Somerset State Hospital closed. She also acted as the Agency Based Coordinator for the Agency's community crisis response team.

Mary is a strong believer in volunteerism and volunteers her time as a member of the CASA (Court Appointed Special Advocate) Advisory Board and is also a CASA volunteer in Somerset County. Mary is also a volunteer for Birth-

right, a crisis pregnancy service in which she is part of the training team for new volunteers. Mary has volunteered in the community in other capacities including work with the senior athletes with the Pennsylvania state senior games.

Mary is excited about being part of the Area Agency on Aging and is looking forward to meeting everyone as well as working with everyone to assure the mission of the Agency is being met. Mary welcomes anyone to stop in to visit her at the Somerset office or to give her a call. Mary stated that she has already met many wonderful people and she is grateful for the warm welcome she has received.

Mary is a graduate of Somerset Area High School and was a former Volleyball coach for that school. She enjoys spending time with her family, kayaking, hiking, swimming and being with friends. Mary resides in Somerset with her husband, Duane Bruner and their daughter, Anna.



Hello, My name is Debbie Bench, and I am the Conemaugh Township Senior Center Manager in Hollsopple. I volunteered for several different social services over the years and then accepted this position in May of 2011. I am enjoying working with and getting to know the area seniors as the Center Manager. They are truly a wonderful group of people. My husband, Doug of 25 years and I live in Hollsopple where we raised our twin girls, Breanna and Alison, both grown and married now. We also have two beautiful granddaughters; Sadie 2 and Samantha 2 months.

After my days at the Center ends I enjoy many different activities including reading, swimming, attending church activities and of course playing with my grandchildren.

Debbie Bench



Hello Everyone!

I would like to take a minute and introduce myself. My name is Beth Hollis, and I am the new Somerset Senior Center Manager at 1338 South Edgewood Avenue.

I currently reside in Somerset and I have 3 children and 5 grandchildren. I also have my fair share of my adorable pets which range from dogs, cats, and, just recently, a frog my son caught.

I am very glad to be able to serve the center and the seniors that visit the center. I would like to invite you to the center so I can share with you all the new ideas and activities that I have planned for your enjoyment.

Evening entertainment, trips to different events in other areas, going to ballgames, trips to Pittsburgh and many more to come.

We mail out newsletters so you may read about our meals and upcoming events. If you know someone that does not receive one give us a call and we will mail one out for them.

I look forward to you visiting our center, so bring a friend to share a great meal, entertainment and make new friends and I guarantee a good time! Hope to see you soon!

Beth Hollis



### **ATHLETIC PASSES: SENIOR CITIZENS IN THE SOMERSET AREA SCHOOL DISTRICT**

The Somerset Area School District is offering athletic passes to Senior Citizens, age 62 and older, residing in the Somerset Area School District. The pass is for admission to all home athletic events held during the 2011-2012 school year. There is no cost for the athletic pass. We are hopeful that many Senior Citizens will take advantage of this opportunity and support the student-athletes in the Somerset Area School District.

Senior Citizens **who live in Somerset School District** and wish to participate are encouraged to mail their name, address, phone number, and date of birth along with a **self-addressed stamped envelope** to:

ATHLETIC OFFICE  
Somerset Area Senior High School  
645 S. Columbia Avenue, Suite 130  
Somerset, PA 15501

Passes will be available from Monday, August 1, 2011 through Thursday, September 15, 2011. If you have any questions, please call the Athletic Office at 444-3230.



# September 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

5

Labor Day  
Center Closed!!



12

8:30 AM Socialization  
Wii Games  
10:30 AM Carol Gresh  
Comes to Sing  
11:30 AM Lunch  
12:00 Nickel Bingo

19 8:30 AM Socialization  
Wii Games  
10:30 AM Music by Rich  
Hagens  
11:30 AM Lunch  
12:00 Nickel Bingo

26 8:30 AM Socialization  
Wii Games  
10:30 AM Sailing  
Songs by Brian  
Harshberger  
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

MEDICARE Counseling available by appointment 2nd Tuesday of every month

1

Brian Harshberger  
Sings Sailing Songs

2

Van to Somerset

5

Labor Day  
Center Closed!!

6

Dr. Marc Schmerin-  
Podiatrist

7

10 AM Exercise  
Van to Bi Lo

8

Farmers Market  
Remembering 9-1-01

9

10 years ago-Sylvia  
Baker  
Van to Galleria

12

10:30 AM Fall Pre-  
vention in-service-  
Jocelyn Brant

13

River's Casino

14

10 AM Exercise  
Van to Ideal Market  
& Conzattis

15

Music by Rich Hagens

16

Van to Windber

19

Summertime Fun

20

Jingo  
Beulah Kitchen Band

21

Eat Early  
10 AM Exercise

22

Van to Somerset

22

BBQ Covered Dish

23

Van to Galleria

26

Carol Gresh comes to  
Sing

27

10:30 National Parks  
Flight '93 Memorial

28

10 AM Exercise  
Van to Market Basket

29

Trivia Day

30

Mountain Play House  
& Lamonica's for  
Dinner

**Tuesday-Zumba 6:30-  
7:30 PM; Exercise 6-8  
PM**

**Thursday-Zumba 6:30-  
7:30 PM; Exercise 6-8  
PM**

## CONEMAUGH TOWNSHIP AREA SENIOR CENTER

### Center Manager:

Debbie Bench  
Phone (814) 479-2216  
E-Mail dbench@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

1

Gina Exercise  
Free Blood Pressure  
Noon Rich Hagens

2

Word Search

5

Labor Day  
Center Closed!!

6

12:15 Senior Life  
Bingo

7

Exercise  
Word Search

8

Word Search  
Hidden Picture

9

Pizza Party  
Noon John Wolfe

9

Word Search

13

8:30 Blood Glucose  
Screening

15

Bingo; Word Search  
Somerset Trust

20

Legal Issues  
POA-Living Will  
Birthday Lunch

21

Noon Meadow View  
Bingo  
They Made Us Laugh

22

Trivia  
Fred & Nancy

23

Word Search

27

10-11:30 Black Lung  
Clinic/Pulse Ox and  
Lung Screens

28

Word Search  
Autumn Word

29

Scramble  
12:15 Food Safety-  
Senior Care

30

Homestead  
Word Search

**Monday-Word Search,  
Exercise, Socialize,  
Bingo**

**Tuesday-Exercise,  
Socialize, Bingo**

**Wednesday-Socialize**

**Thursday-Exercise,  
Socialize, Quilting**

**Friday-Socialize, Word  
Search**

1st Thursday-Blood  
Pressures by Windber  
Home Care

## CONFLUENCE AREA SENIOR

### 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**

1

10 AM Somerset Home  
Health-Jane Lowry-  
Blood Pressure Check

2

10 AM Exercise  
Van to Somerset

5

Labor Day  
Center Closed!!

8

9:30 AM Oil Painting  
w/Ken Corson-\$25 per  
person-includes all  
supplies

9

10 AM Exercise  
Van to Pechins

12

10 AM Exercise  
Medi-Home Health-  
Audrey Sadler  
12:30 Bingo

16

10 AM Exercise  
Van to Uniontown

19

Birthday Lunch

21

Noon Van to Somerset

22

10 AM Center for  
Independent Living-  
Lindsay Miller

23

10 AM Exercise

29

10:30 AM Sheriff  
Mankey to visit

30

10 AM Exercise  
5th Friday Field Trip

**Monday-Medicare  
Counseling by  
appointment; 10 AM  
Exercise; 12:30 Bingo**

**Tuesday-10 AM Theology  
class w/Pastor Hay**

**12:30 Grocery Shopping**

**Wednesday-  
10 AM Exercise,  
12:30 Bingo**

**Thursday-12:30 Bingo**

**Friday-Frivolous Friday  
10 AM Exercise**

# September 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

The menu is subject to change due to typographical errors or other unforeseen circumstances.

## TUESDAY

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

5

Labor Day  
Center Closed!!



6

**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**  
Roast Beef Sub  
Sun Chips  
Garden Salad  
Apple Slices  
Milk

12

**Hot Meal**  
Porcupine Balls  
Scalloped Potatoes  
Green Beans  
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

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

**Entrée Salad**  
Chicken/Cheese Caesar  
Salad w/Caesar  
Dressing  
**Café Menu**  
Stuffed Pepper Soup  
Steak Salad  
Sliced Peaches  
Dinner Roll  
Milk

13



BIRTHDAY LUNCH

19

**Hot Meal**  
Ham Loaf w/Pineapple  
Sauce  
Au Gratin Potatoes  
Green Beans  
Orange Juice  
Applesauce  
Maple Cake  
Wheat Bread-  
Margarine  
Milk

**Entrée Salad**  
Shrimp/Cheese Caesar  
Salad w/Caesar  
Dressing  
**Café Menu**  
Beef Barley Soup  
Southwest Chicken  
Salad  
Apple Slices  
Maple Cake  
Milk

**Hot Meal**  
Stuffed Pepper  
Mashed Potato  
Corn  
Apricots  
Chocolate Chip Cookie  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Grilled Chicken/Cheese  
Salad w/Ranch  
Dressing  
**Café Menu**  
Italian Sub  
Carrot Sticks  
Mandarin Oranges  
Snickerdoodle Cookie  
Milk

20

26

**Hot Meal**  
Spaghetti w/  
Meatballs  
Peas w/Pearl Onions  
Fresh Orange  
Chocolate Mousse  
Italian Bread-  
Margarine  
Milk

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

**Hot Meal**  
Roast Turkey/Gravy  
Mashed Potatoes  
Broccoli Florets  
Cranberry Sauce  
Rice Raisin Dessert  
Rye Bread-Margarine  
Milk

**Entrée Salad**  
Seafood Chef Salad w/  
Vinaigrette Dressing  
**Café Menu**  
Tuna Salad on  
Croissant  
Broccoli Salad  
Sliced Peaches  
Milk

27

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1

2

**Hot Meal**  
Vegetable Soup  
Ham Salad on Whole Grain White  
Cottage Cheese  
Fresh Orange  
Crackers  
Milk

**Entrée Salad**  
Taco Salad w/Catalina Dressing  
**Café Menu**  
Club Wrap  
Baked Potato Chips  
Fruit Cocktail  
Muffin  
Milk

**Hot Meal**  
Hot Dog on Bun  
Potato Salad  
Pickled Beets  
Quartered Fruit Salad  
Brownie  
Milk

**Entrée Salad**  
Chicken/Spinach Salad w/Bacon Dressing  
**Café Menu**  
Tuna Salad on Croissant  
Broccoli Salad  
Fresh Watermelon  
Milk

7

8

9

**Hot Meal**  
Roast Beef /Gravy  
Mashed Potatoes  
Broccoli Florets  
Butterscotch Pudding  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Cheese/Egg Garden Salad w/House Dressing  
**Café Menu**  
Chicken Rice Soup  
Seafood Salad Spread on Croissant  
Church Slaw  
Quartered Fruit  
Milk

**Hot Meal**  
Baked Ham  
Scalloped Potatoes  
Glazed Carrots  
Molded Fruit Salad  
Granola Bar  
Dinner Roll-Margarine  
Milk

**Entrée Salad**  
Turkey/Cheese Chef Salad w/Ranch Dressing  
**Café Menu**  
Italian Sub  
Carrot Sticks  
Mandarin Oranges  
Snickerdoodle Cookie  
Milk

**Hot Meal**  
Breaded Fish w/Tartar Sauce  
Brown Rice Pilaf  
Summer Vegetables  
Diced Pears  
Snickerdoodle Cookie  
Rye Bread-Margarine  
Milk

**Entrée Salad**  
Ham/Cheese Chef Salad w/French Dressing  
**Café Menu**  
BLT Wrap  
Pickled Beets  
Pineapple Chunks  
Chocolate Chip Cookie  
Milk

14

15

16

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

**Entrée Salad**  
Shrimp/Cheese Caesar Salad w/ Caesar Dressing  
**Café Menu**  
Club Wrap  
Baked Potato Chips  
Fruit Cocktail  
Muffin  
Milk

**Hot Meal**  
Salisbury Steak/Gravy  
Parslied Red Potatoes  
Mixed Vegetables  
Tossed Salad  
Fruit Medley  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Chicken/Egg Spinach Salad w/Bacon Dressing  
**Café Menu**  
Ham Salad on Croissant  
Broccoli Salad  
Fresh Grapes  
Milk

**Hot Meal**  
Chicken Cacciatore  
Penne Pasta w/ Sauce  
Peas  
Fruit Cocktail  
Graham Crackers  
Italian Bread-Margarine  
Milk

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

21

22

23

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

**Entrée Salad**  
Cheese/Egg Garden Salad w/House Dressing  
**Café Menu**  
Grilled Chicken Caesar Wrap  
Apricots  
Brownie  
Milk

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

**Entrée Salad**  
Ham/Cheese Chef Salad w/Ranch Dressing  
**Café Menu**  
Chicken Rice Soup  
Seafood Salad Spread on Croissant  
Cole Slaw  
Quartered Fruit  
Milk

**Hot Meal**  
Ham Pot Pie  
Tossed Salad w/Egg  
Baked Apples  
Banana Split Dessert  
Wheat bread-Margarine  
Milk

**Entrée Salad**  
Grilled Chicken/ Cheese Caesar Salad w/Caesar Dressing  
**Café Menu**  
Taco Salad  
Tropical Fruit  
Apple Pie  
Dinner Roll  
Milk

28

29

30

**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**  
Cream of Potato Soup  
Steak Salad  
Fresh Banana  
Dinner Roll  
Milk

**Hot Meal**  
Vegetable Lasagna  
Tossed Salad w/Egg  
Fresh Apple  
Wheat Bread-Margarine  
Milk

**Entrée Salad**  
Steak/Cheese Salad w/ Ranch Dressing  
**Café Menu**  
Southwest Chicken Wrap  
Macaroni Salad  
Tropical Fruit  
Milk

**Hot Meal**  
Chicken Rice Soup  
Egg Salad on White Bread  
Pea & Carrot Salad  
Cottage Cheese  
Tropical Salad  
Milk

**Entrée Salad**  
Grilled Chicken/Egg Spinach Salad w/Bacon Dressing  
**Café Menu**  
Turkey & Swiss on Pretzel Roll  
Spring Salad  
Mandarin Oranges/ Strawberries  
Milk

# September 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

- 1 10 AM Conemaugh Home Health-Blood Pressure Check
- 2 Labor Day Word Search Puzzle
- 5 Labor Day Center Closed!!
- 7 10:30 AM Exercise Grocery Bingo

- 8 Trip to Deer Valley- Call for Information (634-0713)
- 9 Word Search Puzzles
- 13 1 PM Blind Association
- 15 6:30 PM Night Bingo
- 15 10 AM Conemaugh Home Health Blood Pressure Check
- 16 Word Search Puzzles

- 19 Birthday Lunch
- 23 1 PM Flight '93 Bus Trip & Coal Miner's Diner
- Word Search Puzzles
- 27 6:30 PM Night Bingo
- 30 Word Search Puzzles

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

## SOMERSET AREA SENIOR CENTER

### Center Manager:

Beth Hollis  
Phone (814) 445-7772  
E-Mail: bhollis@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  
Gladden Maust (814) 893-5686

4th Monday Medicare Counseling upstairs by appointment. Call 443-2681

- 1 Labor Day covered dish picnic
- 2 Bingo
- 5 Labor Day Center Closed!!
- 6 6 PM Roof Garden Chorus-Covered Dish
- 7 Bingo/Computer
- 8 10 AM Sheriff Mankey to Visit
- 9 Bingo
- 12 Bingo
- 13 10 AM Mike Boyer-Financial Planning
- 14 Bingo/Computer

- 15 10 AM Mary Woy-Representative of 1st Summit Bank for Trust & Wealth Management
- 16 9 AM Trip to the Strip Bingo
- 19 Birthday Lunch Bingo
- 20 10 AM Somerset Med Services-Lori Ream (RN)
- 21 Bingo/Computer
- 22 8 AM Newsletter Assembly

- 23 Blood Pressure Check w/Jocelyn Brant Presentation-Diabetes (No Bingo Today)
- 26 Bingo
- 28 Bingo/Computer
- 30 10 AM Rose Svonavec -Singer/Harp Player (No Bingo Today)

Daily:  
**Monday:**  
10 AM Bingo  
6 PM Military Support Group  
**Wednesday:**  
10 AM Bingo Computers  
**Thursday:**  
6 PM TOPS  
**Friday:**  
10 AM Bingo

## 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

### Line Dancing Fridays 6 PM

- 1 11 AM Senior Dietary Needs-Are You Eating to Keep Healthy-Home Instead
- 2 6 PM Movie & Refreshments
- 5 Labor Day Center Closed!!
- 6 CFL Trip to Rivers Casino
- 7 CFL Covered Dish Dinner
- 8 11:15 AM Lee Initiatives-John Augustine
- 9 11:15 AM Tribute to Those Who Lost Their Lives on 9/11
- 12 11 AM Center for Independent Living
- 13 10:30 AM Free Back to School Bingo-Senior Life
- 14 10:30 AM Dan & Gala Fun Fall Festival
- 15 11 AM Somerset County Sheriff's Office-Services for

- Senior Citizens-Sheriff John Mankey
  - 16 CFL Submarine Sandwich Lunch
  - 19 Birthday Lunch
  - 20 10 AM Free Black Lung Clinic-Pulse/Ox and Lung Screens
  - 21 6:30 PM CFL Dance-Music by Rich Hagens
  - 22 10:45 AM Practical Exercise-Windber Home Care
  - 23 1st Day of Autumn
  - 26 10:30 AM Nail Parlor-Windber Care
  - 27 6:30 PM Polka Party-Fred & Nancy Warshel
  - 28 10:30 AM Coal Mining Historian-Walter Prozialeck
  - 29 10:30 AM "Touch a Heart"-John Wolf sings
- 2nd Tuesday of each month at 9 AM Book Club.  
Accepting new members.

### Available Weekly at Center For Life:

**Medicare Counseling:** 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

## ROCKWOOD SENIORS CLUB

September 28, 2011 at Noon—Town Hall. - Call to make reservations to (814) 926-4308 or (814) 926-3439.

# Senior Employment Program

Saint Francis University Independent Monitoring for Quality (IM4Q) Program is an independent agency in Blair, Bedford, Somerset, Cambria and Centre County that goes into the homes of people with developmental disabilities to see how they feel about the services and supports that they receive. The IM4Q Program is looking for individuals who would like to work in their county on a per-diem basis to conduct interviews of people with developmental disabilities and their families. Work is based upon your availability—day, evening, weekend, but we are mostly looking for people available to work during the day with reliable transportation. If you are interested in meeting new people and working with someone with a disability please contact our office at 800-457-6300 ext 6 for more information and an application. Training is available so please contact us as soon as possible.

## Recipe Corner

### Italian Confetti Pasta Salad

1 cup mayonnaise  
1 tablespoon red wine vinegar  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
1 clove garlic, minced  
1 1/2 tablespoons chopped fresh basil  
2 cups colored rotini pasta  
1 cup chopped tomatoes  
1/2 cup chopped yellow bell pepper  
1/2 cup sliced black olives

Cook pasta according to package directions. Rinse in cold water, and drain.

In a large mixing bowl, whisk together mayonnaise, vinegar, salt, black pepper, and garlic until well blended.

Mix in basil. Add pasta, tomatoes, bell peppers, and olives; fold gently until mixed.

Chill several hours.

Stir gently before serving

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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.

**Church of the Brethren Home**—This Windber-area facility offers multiple levels of care from independent living through skilled nursing. Volunteers are a valued part of the Home's family. Opportunities include afternoon or evening entertainers, Tuesday morning sewing volunteers, or Wednesday morning beauty shop volunteers. Contact Rebecca Hoffman at (814) 467-5505 or Barb Walker, RSVP coordinator for details.

**Sonrise Counseling Ministries, Inc.**—Formerly affiliated with New Day Ministry of Johnstown, this new entity will offer services to the Somerset community. Key to their growth will be financial support. Volunteers are needed to assist with various fundraising events. Call RSVP to learn more.

**Schools need volunteers**—Volunteers are a great asset to children and teachers. Regular interaction with children enhances their academic, emotional and behavioral success. Working one-on-one or with small groups of children from K through fifth grade improves reading and math skills. Children stay focused and seek approval. Fall placement is available. To learn more about how you can help a child with as little as one hour a week, contact RSVP to learn about September placement.

**Escort Drivers**—Volunteers are needed through Somerset County. Escort drivers use their own vehicles to transport consumers to needed treatment such as dialysis, chemotherapy or doctor's visits. Trips are scheduled through a coordinator for the Area Agency in Somerset. Reimbursement applies.

## 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 County Commissioner recognizing achievement, and their biography will be featured in a future edition of the *Senior News*.

## Senior News

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Area Agency on Aging of Somerset County  
A department of Somerset County  
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**Pamela A. Tokar-Ickes**  
**John P. Vatauvuk**  
**James C. Marker**

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**Mary Piatt-Bruner, Administrator**

**Nancy Miller**  
*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)

## Caregiver **Assistance** ♥

### **Windber Caregiver Support Group**

September 8, 2011 at 10 AM

### **Somerset Caregiver Support Group**

September 29, 2011 at 10 AM

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

RETURN SERVICE REQUESTED

Website: [www.somersetaaa.org](http://www.somersetaaa.org)  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
Fax: (814) 443-0557  
Phone: (814) 443-2681

1338 South Edgewood Avenue  
Somerset, PA 15501

**Area Agency on Aging of Somerset County**

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