

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • April 2023

Foods You Can Eat Without Gaining Weight

Cutting is critical when you're trying to lose weight. You cut calories. You cut fat. Basically, anything that's crammed with carbs, sweetened with sugar or dipped in a deep fryer is suddenly off-limits.

But dieting doesn't have to require deprivation. Many delicious (and healthy) foods can still be part of your dining repertoire. Some members of the produce family are so light in calories and fat that you can eat them with (relative) abandon.

Vegetable love

The one category of foods that you can eat loads of without suffering the consequences of weight gain are nonstarchy vegetables, says Alexis Supan, an outpatient dietitian with the Cleveland Clinic Center for Integrative & Lifestyle Medicine. "Mostly any vegetable besides potato, corn and peas, you can eat endlessly," she says.

A cup of chopped broccoli or a grilled portobello mushroom contains just 30 calories and less than 1 gram of fat. You can chow down on two entire cups of lettuce and consume less than 16 calories. Because of its high water content, a whole tomato has a mere 22 calories. Cauliflower, kale, carrots and sprouts are similarly nutrient-dense and light in calories.

These produce mainstays bring a few other things to the table. "What makes them so incredible and so beneficial for weight maintenance and weight loss is they are high in macronutrients [such as carbohydrates] and micronutrients [vitamins and minerals]. And they're rich in fiber," says Beata Rydyger, a registered nutritionist based in Los Angeles. Fiber keeps your blood sugar levels stable, which helps you avoid sudden attacks of the munchies that might otherwise make you crave junk foods.

If vegetables aren't your favorite foods, you might be thinking how unappealing this way of eating sounds. But there are ways to spice up your veggies to make them more palatable.

Roast them in olive oil spray, then add a blend of garlic and other herbs and spices, Supan suggests. If you love dip, which tends to be high in fat, use salsa instead to add even more vegetables into the mix. Or blend a ranch flavor packet into plain Greek yogurt. "Now you have a really high-protein, very healthy dip that you can use along with your vegetables," she says.

What about fruit?

Fruits are a different story. With most of them, you don't want to go overboard. "Grapes are a perfect example. A lot of people love to snack on grapes and could eat the whole bag in an afternoon without really thinking about it. But grapes are a high-sugar food," Supan cautions. "Keeping most fruits to a cup-and-a-half for the day is a good goal to have."

The exceptions are berries (strawberries, blueberries, blackberries), kiwi and grapefruit. These fruits are high in fiber and low on the glycemic index — which means they won't boost your blood sugar too much. Just be careful before eating grapefruit to make sure it doesn't interact with any medications (such as statins) you take. And don't load it up with sugar to make it taste sweeter.

Revamping your diet

When you're used to eating a certain way, making large-scale changes to your diet can feel overwhelming. "That's why I recommend for clients to start very slow. Make a few swaps each week, and see if that works. Maybe add one vegetable into a meal once a day," Rydyger suggests. "Starting very small and building your way toward a lifestyle change is important."

When it comes to dieting, the aim is not "How low can you go?" Your body needs calories for energy. Try to focus less on the numbers and more on the overall quality of your diet. The most important thing is to eat whole foods — ones that aren't processed in a factory.

Eating nothing but low-calorie foods could rob your body of the nutrients it needs, such as the calcium that keeps your bones strong. Plus it could leave you starving and have the opposite of the intended effect.

"Those low-calorie diets lead to blood sugar instability and harsh crashes," Rydyger says. "You're bound to crash at some point and overcompensate with even more food than you had originally planned to eat."

When making changes to your diet, you don't need to go it alone. It's preferable to get some help from your primary care doctor or a dietitian. Your doctor can check your vitamin and cholesterol levels to make sure you safely embark on your new way of eating. A dietitian can assess your needs and create a meal plan that's not only tailored to your goals but also sustainable over the long term.

Can Foods Have 'Negative' Calories?

Some fruits and veggies, notably celery, grapefruit and cucumber, have been touted as "negative-calorie foods." The premise is that these foods are so low in calories that the very act of chewing and digesting them burns more calories than the foods contain.

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It might seem a logical assumption. After all, celery is mostly water, and a whole stalk contains less than 6 calories. For a while, drinking celery juice on an empty stomach was all the rage with dieters. But what limited research exists on the subject has pretty much debunked the negative-calorie claim. Researchers tested out the negative-calorie hypothesis by feeding celery to humans, as well as to bearded dragon lizards, and in most cases, it was a bust.

Bottom line: Celery certainly won't make you gain weight, but it won't take weight off, either.

www.aarp.org

SAVE THE DATE

The Annual Senior Picnic

Hosted by the Area Agency on Aging of Somerset County
through the generous support of community donations.

Friday, July 28, 2023

10:00 a.m. to 2:00 p.m.

Lunch served at noon.



Tickets may be purchased beginning in May, 2023 at any Senior Community Service Center or at the Area Agency on Aging Office at 1338 South Edgewood Avenue in Somerset.

April 2023 Center Activities

BOSWELL AREA SENIOR CENTER

**332 Stonycreek Street
Boswell, PA 15531**
Center Operator: Melissa Ray
 Phone: Mon. (814) 629-9926 or
 Tues.— Fri. (814) 479-2216
 E-mail: mray@somersetaaa.org

Hours of Operation:
 Monday 9:00 AM - 2:00 PM

- 3 12:00 Music with Denise Baldwin
- 3 12:00 Sweet treats with Windber Woods
- 10 9:00 Ceramics with The Makery on 601

- 10 12:00 Auction
- 17 9:00 Craft with Jan
- 17 10:30 Grief & Loss with UPMC
- 24 12:00 Music with Tom & Carolyn



Exercise equipment, Wii games, pool table, puzzles, games, cards, volunteer opportunities, Somerset County Bookmobile

Wi-Fi available

CENTRAL CITY AREA SENIOR CENTER

**103 Sunshine Avenue
Central City, PA 15926**
Center Operator: Christine Saylor
 Phone: (814) 754-5615
 E-mail: csaylor@somersetaaa.org

Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise Machines, Volunteer Opportunities

Wi-Fi Available

- 3 10:30 Music w/Tom & Carolyn
- 7 Center Closed—Happy Easter
- 10 10:30 Music with Denise Baldwin
- 19 10:30 Music with John Larimer
- 24 10:30 Music with Colten Danel
- 26 10:30 Craft with The Makery on 601



Monday & Wednesday: 10:30
 Geri-Fit w/Jan

Monday-Friday:
 Bingo

Bible Study Class—
 2nd Thursday of the month 6:00 pm to 8:00 pm

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

**959 South Main Street
Hollisopple, PA 15935**
Center Operator: Melissa Ray
 Phone (814) 479-2216
 E-Mail: mray@somersetaaa.org

Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise Machines, Volunteer Opportunities
Wi-Fi Available

- 3 Coffee & Conversation
- 5th Drug Take Back
- 6th 12:00 Sweet Treats with Windber Woods
- 6 12:00 Music with Tom & Carolyn
- 7 Center Closed—Happy Easter
- 10 Coffee & Conversation
- 12 9:00 Ceramics with The Makery on 601

- 13 10:30 Grief & Loss Seminar with UPMC
- 17 Coffee & Conversation
- 19 9:00 Craft with Jan

- 20 12:00 Music with Denise Baldwin
- 24 Coffee & Conversation



Monday-Friday-
 Exercise Equipment
 9:00-2:00

Tuesday: 10:00
 Geri-Fit w/Jan

Thursday: 9:00
 Quilting
 10:00 Exercise Class w/Jan

April 2023 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Center Operator: Christine Saylor
 Phone: (814) 395-5117 or
 814-443-2681
 E-mail: csaylor@somersetaaa.org

Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM

Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities

- 3 Easter Lunch
- 7 Center Closed—
Happy Easter
- 10 Birthday Lunch
- 18 10:30 Misty's Urban
Manor Seminar with
Misty
- 21 Covered Dish

25 10:30 Craft

28 10:30 Trivia



Monday, Wednesday & Friday-10:00
 Exercise

Tuesday-10:00
 Theology class
 w/Pastor Dean

Everyday
 9:30 Wii Games

MEYERSDALE AREA SENIOR CENTER

120 North Street
Meyersdale, PA 15552
Center Operator: Julie Yinkey
 Phone: (814) 634-0713
 E-Mail: jyinkey@somersetaaa.org

Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM

Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities

- 3 Easter Lunch
- 4 Sing Along 10:00
- 6 Easter Party
- 7 Center Closed—
Happy Easter
- 10 Birthday Lunch

- 11 Promedica
Hospice Seminar
& Auction 10:30
- 14 Geri Fit 10:00
- 18 Senior Solutions
Seminar & Prize
Bingo 10:30

- 20 UPMC Seminar
"Reclaim your
joy" 10:30
- 25 Craft 10:00
- 26 Community Life
Seminar & Prize
Bingo 10:30

Monday-Friday:
 11:00 Bingo, Wii
 Games

Thursday:
 10:00 Geri-Fit

SOMERSET SENIOR CENTER

1338 S Edgewood Avenue
Somerset, PA 15501
Center Operator: Julie Yinkey
 Phone (814) 445-7772
 E-Mail: jyinkey@somersetaaa.org

Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM

Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities

Wi-Fi Available

- 3 Easter Party
- 3 Promedica Hospice
Seminar & Auction
12:15
- 4 Music with Doc's
Boys 12:30
- 5 Senior Solutions
Seminar & Prize
Bingo 10:30

- 6 Brain puzzle
12:15
- 7 Center Closed—
Happy Easter
- 11 Craft 12:15
- 12 Geri Fit 12:15
- 13 Brain Puzzle
12:15
- 18 Craft 12:15

- 20 Brain Puzzle 12:15
- 24 Community Life
Seminar & Prize &
Bingo 10:30
- 25 Craft 12:15
- 26 Music with Tom &
Carolyn 10:30
- 27 Brain Puzzle 12:15

Monday, Wednesday, Friday:
 10:00 Bingo—12:15 if
 something is sched-
 uled

Tuesday & Thursday: 10:00 Prize Bin-
 go

Wednesday: Geri-Fit
 12:15

CENTER FOR LIFE

700 Fifth Street, Suite 200
Windber, PA 15963
Center Operator: Christine Saylor
 Phone: (814) 467-5912
 E-Mail: csaylor@somersetaaa.org

Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM

Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities

Wi-Fi Available

- 5 10:30 Music
w/Colten Danel
- 7 Center Closed—
Happy Easter
- 10 10:30 Music with
Tom & Carolyn
- 17 10:30 Craft with
The Makery on 601

- 19 10:30 Music
with Denise
Baldwin

- 26 10:30 Music
with John
Larimer



Monday & Friday 10:00
 Strong Bones

Tuesday 10:00-Body
 Strengthening

Wednesday 12:30 Bin-
 go

Thursday 10:00 Tai-Chi

Friday 9:30 Chorus

**Monday, Wednesday &
 Friday** Pinochle

Monday 5:00 Tops

April, 2023

Menu

<p>3 EASTER LUNCH Baked Ham Pineapple Sauce Sweet Potato Souffle Green Beans Melon Fruit Salad Peach Pie</p> <p>Holy Monday</p>	<p>4 Chicken Patty w/Cheese on Wheat Bun Lettuce Leaf Pickles Cucumber & Tomato Salad Apricot Halves</p> <p>Chicken Cordon Bleu Day</p>	<p>5 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits</p> <p>Peeps Day</p>	<p>6 Vegetable Soup Egg Salad on Wheat Bun Mozzarella Cheese Stick Carrot Raisin Salad Fresh Orange Crackers</p> <p>Army Day</p>	<p>7</p> <p><u>CLOSED</u> <u>GOOD</u> <u>FRIDAY</u></p>
<p>10 BIRTHDAY LUNCH Meatloaf Scalloped Potatoes Broccoli & Cauliflower Diced Peaches White Cake</p> <p>Hug Your Dog Day</p>	<p>11 Chicken Rice Soup Tuna Salad Sandwich on Wheat Bun Lettuce Leaf Sliced Tomato Cole Slaw Applesauce Crackers</p> <p>Barbershop Quartet Day</p>	<p>12 Lasagna Mixed Green Salad w/Cheese Banana Italian Bread</p> <p>Licorice Day</p>	<p>13 Hot Dog on Bun Potato Salad Citrus Fruit Salad</p> <p>Scrabble Day</p>	<p>14 Stuffed Pepper Mashed Potatoes Mixed Vegetables Fruit Medley Cottage Cheese</p> <p>Gardening Day</p>
<p>17 Baked Cod Loin Tartar Sauce Mini Pierogis Broccoli Florets Fruit Cup</p> <p>Cheeseball Day</p>	<p>18 Porcupine Meatballs Au Gratin Potatoes Brussel Sprouts Diced Pears Sugar Cookie</p> <p>Jugglers Day</p>	<p>19 Kielbasa Sauerkraut Mashed Potatoes Gravy Sliced Carrots Diced Peaches</p> <p>Wear Your Pajamas to Work Day</p>	<p>20 Ham Pot Pie Mixed Green Salad w/Egg Fresh Apple Rye Bread</p> <p>Look Alike Day</p>	<p>21 Creamed Chicken over Biscuit Peas & Carrots Pineapple Tidbits Cottage Cheese</p> <p>Tea Day</p>
<p>24 Baked Chicken Gravy Mashed Potatoes Normandy Vegetables Fresh Orange Dinner Roll</p> <p>Pigs in a Blanket Day</p>	<p>25 Cheeseburger on Wheat Bun Lettuce & Tomatoes Pickled Egg/Beets Fruit Cocktail</p> <p>Zucchini Bread Day</p>	<p>26 Chicken Noodle Soup Ham Salad Sandwich on Whole Grain White Bread Broccoli Salad Tropical Fruit Salad</p> <p>Pretzel Day</p>	<p>27 Roast Turkey Gravy Mashed Potatoes Capri Vegetables Cranberry Salad Wheat Dinner Roll</p> <p>Woody Woodpecker Day</p>	<p>28 Roast Pork Gravy Mashed Potatoes Succotash Mandarin Oranges Rye Bread</p> <p>Blueberry Pie Day</p>
<p>Butter Served with Bread</p>	<p>HAPPY <i>Easter</i></p> 			<p>Milk Served with Every Meal</p>

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

SPONSOR A SENIOR

IN HOME DELIVERED MEALS PROGRAM

With the holidays behind us some seniors are trying to catch up with every day bills, prescriptions and heating concerns. If you could donate to just one senior for their daily meals this would be a burden off of their shoulders.

Our Home Delivered Meal Program has grown to over 900 meals delivered daily. Our suggested donation is \$3.00 per meal; however, some find it difficult to make that donation. We are asking for your support and help. Although all donations are welcomed, please consider sponsoring a senior for \$66.00 which will cover the cost of one month of meals.

The Federal Government, local funds and the Pennsylvania Lottery provide only a portion of the total cost. This is why we depend so much on donations. In order to continue and increase quality meal service, we need your help.

Your tax-deductible gift provides hot meals to those among us who are most in need. Donations can also be made in Remembrance. Any questions please call 814-443-2681.

Thank you for your generous donation

DONATION COUPON

Make your donation payable to: AAA of Somerset County

Mail to: Area Agency on Aging, 1338 S Edgewood Avenue, Somerset, PA 15501

Name: _____ Donation\$ _____

Address: _____ Zip Code _____

Donation for or in Remembrance of _____

May we tell your recipient you are the donor? Yes No

Do you need a receipt? Yes No

Special Lunch Days

April 3rd—Easter Lunch

April 10th—Birthday Lunch

May 1st—Birthday Lunch

May 15th—Mother's Day Lunch

May 22nd—Memorial Day Lunch

June 5—Birthday Lunch

June 19—Father's Day Lunch



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reaching out, making a difference

Area Agency on Aging
of Somerset County

