

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • April 2024

## TIPS TO PREVENT SPRING ALLERGIES



Pets can bring the allergens on their fur from outside. You should immediately comb and brush the pets. Wash your hands and put your clothes into the laundry.

Limit the outdoor activities from early morning until midday, pollen counts are highest in this duration.

If you exercise choose a less intense form. Because faster you breathe more allergens you inhale.

Cover your mouth and nose with a scarf. Wear sunglasses to keep allergens out of your eyes.

Dry clothes and beddings in the dryer instead of hanging them outside.

It is best to use air-conditioning in this season.

# APRIL IS MOVE MORE MONTH, TIME TO GET UP AND MOVE!

## Move More Making Physical Activity Routine



Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.

### How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?  
Don't **chuck** your goal, **chunk** it!  
Try 10 minutes a few times a day, for example.



### Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

### You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat

Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.



### Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the [NHLBI website](#).

### Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

**All adults should avoid inactivity.**  
Start gradually and increase slowly.

Learn more about:

- [CDC Target Heart Rate and Estimated Maximum Heart Rate.](#)
- [Different types of physical activity.](#)
- [Recommendations for children, older people, and pregnant women.](#)



NIH National Heart, Lung, and Blood Institute



hearttruth.gov



## Nutrition in the Month of April

April is a great month to enjoy a variety of fresh and healthy foods. Whether you are celebrating Easter, Passover, or just the arrival of spring, there are many delicious and nutritious options to choose from.

Some of the fruits and vegetables that are in season in April are *apricots, bananas, broccoli, cabbage, green beans, honeydew melon, lettuce, mangos, mushrooms, onions, peas, pineapple, rhubarb, spinach, and strawberries*. These foods are rich in vitamins, minerals, antioxidants, and fiber, which can help lower your risk of chronic diseases, boost your immune system, and improve your digestion.

Here are some tips on how to incorporate these foods into your meals and snacks: Start your day with a refreshing smoothie made with yogurt, bananas, strawberries, and honey.

Make a colorful salad with lettuce, spinach, green beans, mushrooms, and hard-boiled eggs. Dress it with a simple vinaigrette of olive oil, lemon juice, salt, and pepper.

Roast some broccoli and cabbage with garlic, olive oil, salt, and pepper, and serve them as a side dish or toss them with cooked pasta and cheese.

Enjoy a tropical fruit salad with pineapple, mango, and honeydew melon. Sprinkle some shredded coconut and chopped nuts for extra crunch and flavor.

Bake some rhubarb and apricot crumble with oats, brown sugar, butter, and cinnamon. Serve it with vanilla ice cream or whipped cream for a sweet treat.

You can also celebrate some of the national food days, weeks, and months that occur in April, such as:

**National Celery Month:** Celery is a low-calorie and high-fiber vegetable that can be eaten raw or cooked. It adds a nice crunch and flavor to salads, soups, stews, and stir-fries. You can also dip it in peanut butter, cream cheese, or hummus for a satisfying snack.

**National Soyfoods Month:** Soyfoods are made from soybeans, which are a good source of plant-based protein, calcium, iron, and omega-3 fatty acids. Some examples of soyfoods are tofu, tempeh, edamame, soy milk, soy yogurt, and soy nuts. You can use them to make dishes like tofu scramble, tempeh burgers, edamame salad, soy milk smoothies, and soy yogurt parfaits.

**National Pecan Month:** Pecans are a type of nut that are high in healthy fats, fiber, and antioxidants. They have a buttery and crunchy texture and a sweet and nutty flavor. You can eat them raw, roasted, or candied, or use them to make pies, cookies, granola, and salads.



# April 2024 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

1st April Fools Day  
 1st 12:00 BINGO  
 8th Birthday Lunch  
 12:00 Auction with Jamie  
 from Senior Life  
 15th 12:00 BINGO Valarie

with Via-Quest  
 15th 12:00 Craft  
 22nd 11:00 Heartland  
 Hospice Seminar & Blood  
 Pressures  
 22nd 10-2 PA Dept of  
 Revenue State Taxes and

Property Rent Rebates-  
 You MUST sign up  
 29th 10:30 Craft  
 29th 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:** Patrick Shaffer  
**Phone:** (814) 754-5615  
**E-mail:** pshaffer@somersetaaa.org

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

**Wi-Fi Available**



1st April Fool's Day  
 3rd 10:30 Music with  
 Denise Baldwin  
 5th 10:30 Tell me a Joke  
 Day  
 8th Birthday Lunch  
 9th 10:30 UPMC with  
 Bobbie  
 10th 10:30 Music with Fast  
 Eddie  
 17th 10:30 VA Info with  
 Nikki Deneen

18th 10:30 Blood  
 Pressures with Heartland  
 19th 10:30 Telehealth  
 with Jennifer Hoffman  
 24th 10:30 Music with  
 John Larimer  
 30th 10:30 Trivia



**Monday &  
Wednesday:** 10:30  
 Exercise Class

**Monday-Friday:**  
 Bingo

**Bible Study Class:**  
 2nd Thursday of the  
 month 6:00-8:00 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**

4th Lunch/ Visit/ Reading  
 with Township Pre-K  
 Headstart  
 4th 10-2 PA Dept of  
 Revenue State Taxes and  
 Property Rent Rebates-  
 You MUST sign up  
 5th 12:00 BINGO  
 9th 12:00 UNO Attack  
 10th 12:00 BINGO  
 11th BINGO with Valarie  
 From Via-Quest

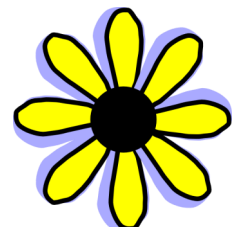
12th National Scrabble  
 Day-Come play a game  
 15th 12:00 BINGO  
 16th National wear your  
 pajamas day  
 17th 10:30 Heartland  
 Hospice Seminar & Blood  
 Pressures  
 18th 12:00 Auction with  
 Jamie from Senior Life  
 23rd 12:00 BINGO

24th Seminar with  
 Jennifer Hoffman  
 "Cutting the Cord"  
 25th National Pretzel  
 Day  
 25th Music with Tom &  
 Carolyn  
 29th 12:00 BINGO  
 30th Craft  
 30th National Raisin Day

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

**Tues & Thurs:**  
 10:00-11:00  
 Exercise Class

**Thursday:** 9:00  
 Quilting



# April 2024 Center Activities

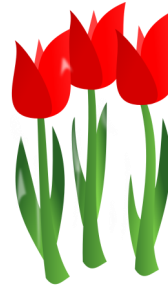
## CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street  
Confluence, PA 15424  
Center Operator: Christine Saylor  
Phone: (814) 395-5117 or  
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

8<sup>th</sup> Birthday Lunch  
11<sup>th</sup> PA Dept of Revenue  
State Taxes and Property  
Rent Rebates- You MUST  
sign up  
12<sup>th</sup> National Scrabble Day-  
Come play a game  
16<sup>th</sup> 10:30 Heartland  
Hospice

16<sup>th</sup> National wear your  
pajamas day  
18<sup>th</sup> 12:00 Music with  
Sheilah Rowe  
19<sup>th</sup> National Animal  
Cracker Day  
25<sup>th</sup> National Pretzel Day  
26<sup>th</sup> 12:00 Music with John  
Larimer

30<sup>th</sup> National Raisin Day



**Monday, Wednesday  
& Friday:**  
10:00 Exercise  
**Tuesday:** 10:00  
Theology class w/Pastor  
Dean  
**WEDNESDAY:** Karaoke  
**DAILY:**  
9:30 Wii Games  
12:00 BINGO  
Exercise Machines 9-1

## 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<sup>rd</sup> 10:00 Veteran's  
Community Initiatives  
Seminar  
4<sup>th</sup> 10:00 Sing Along  
8<sup>th</sup> Birthday Lunch  
10<sup>th</sup> 10:00 Craft  
15<sup>th</sup> 10:00 Heartland  
Hospice Seminar & Blood

Pressures  
17<sup>th</sup> 10:00 Somerset  
County Library Seminar:  
Cutting the Cable  
18<sup>th</sup> 10:30 UPMC  
Hospice Seminar &  
Activity  
24<sup>th</sup> PA MEDI by

appointment  
25<sup>th</sup> 10:00 Dementia  
Friendly Seminar  
29<sup>th</sup> 10:00 Craft



**Monday-Friday:**  
11:00 Bingo, Wii Games  
(unless otherwise noted.)  
**TUESDAY:** Geri-Fit  
**WEDNESDAY:** Word  
Search Puzzles

## SOMERSET SENIOR CENTER

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

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

Wi-Fi Available

4<sup>th</sup> 9:30 TAI CHI Fit over  
50  
5<sup>th</sup> 12:30 Geri Fit  
8<sup>th</sup> February Birthday  
Lunch  
Trivia with Bobbie from  
UPMC  
9<sup>th</sup> Activity with Renae  
from Community Life

10<sup>th</sup> Somerset County  
Library Jennifer,  
Working with Apps  
11<sup>th</sup> 9:30 TAI CHI Fit over  
50  
12<sup>th</sup> 10:00 Heartland  
Hospice Seminar & Blood  
Pressures  
12:30 Geri Fit  
17<sup>th</sup> 10:30 Music with  
Denise Baldwin

18<sup>th</sup> 9:30 TAI CHI Fit  
over 50  
19<sup>th</sup> 12:30 Geri Fit  
22<sup>nd</sup> Earth Day  
25<sup>th</sup> 9:30 TAI CHI Fit  
over 50  
26<sup>th</sup> 12:30 Geri Fit

**Monday-Friday:** 9:30  
BINGO (unless otherwise  
noted.)  
**TUESDAY:** 12:15 Craft  
(unless otherwise noted.)  
**Tuesday & Thursday:**  
9:30 Prize Bingo (unless  
otherwise noted.)  
**Thursday:** 12:15 Games  
and other activities (unless  
otherwise noted.)

## CENTER FOR LIFE

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

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

Wi-Fi Available

3<sup>rd</sup> 10:30 Music with John  
Wolfe  
8<sup>th</sup> Birthday Lunch  
10<sup>th</sup> 10:30 VA Community  
Initiatives  
12<sup>th</sup> National Scrabble Day  
- Come play  
16<sup>th</sup> National wear your  
pajamas day

17<sup>th</sup> 10:30 Music with  
Billy Stoppe  
16<sup>th</sup> National wear  
your pajamas day  
19<sup>th</sup> 11:00 Heartland  
Hospice  
22<sup>nd</sup> 10:30 Music with  
Ed Cominsky  
25<sup>th</sup> National Pretzel  
Day

30<sup>th</sup> National Raisin Day



**Monday & Friday:**  
10:00 Strong Bones  
**Tuesday:** 10:00-Body  
Strengthening  
**Wednesday:** 12:30  
Bingo  
**Thursday:** 10:00  
Tai-Chi  
**Monday, Wednesday  
& Friday:** Pinochle  
**Monday:** 5:00 Tops  
  
**T-W-TH:** 6:00 P.M. Wii  
Golfing, Wii Bowling  
& Corn Hole

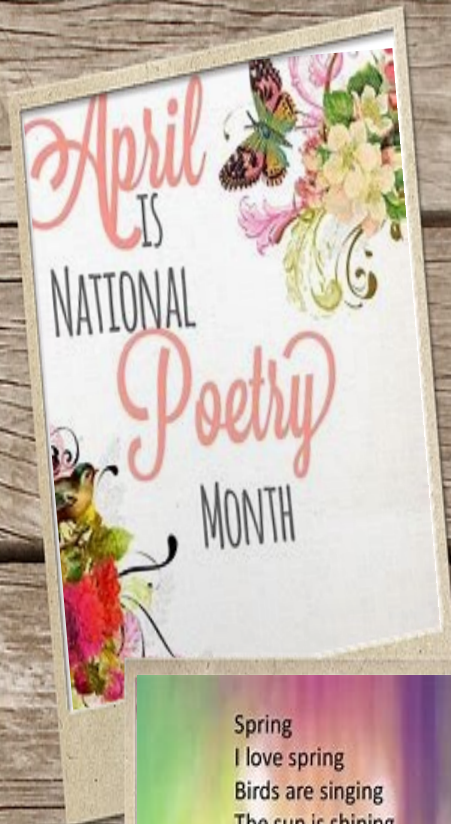


2024

# Menu

<p>1</p> <p>Italian Marinated Pork Chop Spanish Rice Broccoli &amp; Cauliflower Applesauce Milk</p>	<p>2</p> <p>Chicken Patty w/Cheese on Wheat Bun Lettuce Leaf Cucumber &amp; Tomato Salad Apricot Halves Milk</p>	<p>3</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk</p>	<p>4</p> <p>Vegetable Soup Egg Salad on Wheat Bun Mozzarella Cheese Stick Carrot Raisin Salad Fresh Orange Crackers Milk</p>	<p>5</p> <p>Potato Crusted Cod Tartar Sauce Cheesy Hash Browns Normandy Vegetables Fruit Cup Milk</p>
<p>8</p> <p><u>BIRTHDAY LUNCH</u> Meatloaf Scalloped Potatoes Sliced Carrots Diced Peaches White Cake w/Icing Milk</p>	<p>9</p> <p>Chicken Rice Soup Tuna Salad Sandwich on Wheat Bun V8 Juice Cole Slaw Applesauce Crackers Milk</p>	<p>10</p> <p>Lasagna Mixed Green Salad w/Cheese Banana Italian Bread w/Margarine Milk</p>	<p>11</p> <p>Hot Dog on Bun Potato Salad Citrus Fruit Salad Milk</p>	<p>12</p> <p>Stuffed Pepper Mashed Potato Mixed Vegetables Fruit Medley Yogurt Milk</p>
<p>15</p> <p>Baked Cod Loin Tartar Sauce Mini Pierogis Broccoli Salad Fruit Cup Milk</p>	<p>16</p> <p>Porcupine Meatballs Scalloped Potatoes Brussel Sprouts Diced Pears Sugar Cookie Milk</p>	<p>17</p> <p>Kielbasa w/Sauerkraut Mashed Potatoes Sliced Carrots Apricot Halves Milk</p>	<p>18</p> <p>Ham Pot Pie Mixed Green Salad w/Egg Fresh Apple Rye Bread w/Margarine Milk</p>	<p>19</p> <p>Chicken/Vegetable Alfredo over Noodles Peas/Carrots Pineapple Tidbits Cottage Cheese Milk</p>
<p>22</p> <p>Baked Chicken w/Gravy Mashed Potatoes Normandy Vegetables Fresh Orange Dinner Roll w/Margarine Milk</p>	<p>23</p> <p>Cheeseburger on Wheat Bun Lettuce &amp; Tomatoes Pickled Egg/Beets Fruit Cocktail Milk</p>	<p>24</p> <p>Chicken Noodle Soup Ham Salad Sandwich on Whole Grain White Bread Broccoli Salad Tropical Fruit Salad Milk</p>	<p>25</p> <p>Roast Turkey w/Gravy Mashed Potatoes Capri Vegetables Cranberry Salad Wheat Dinner Roll w/Margarine Milk</p>	<p>26</p> <p>Roast Pork w/Gravy Mashed Potatoes Succotash Mandarin Oranges Rye Bread w/Margarine Milk</p>
<p>29</p> <p>Chopped Steak w/Gravy Mashed Potatoes Capri Vegetables Diced Peach Milk</p>	<p>30</p> <p>Ham, Green Beans, &amp; Potatoes Mixed Green Salad w/Egg Diced Pears Rye Bread w/Margarine Milk</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.**



SAVE THE DATE:  
 Volunteer Banquet  
 May 24, 2024  
 Elder Justice  
 June 14, 2024  
 Senior Picnic  
 July 19, 2024

Spring  
 I love spring  
 Birds are singing  
 The sun is shining  
 The bunny is hopping  
 The air is cool  
 The flower is pretty  
 Colors are everywhere  
 I love spring  
 By Noah

Spring Word Search

L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N

BIRD  
 BUD  
 EGG  
 FLOWER

LAMB  
 NET  
 RAIN  
 SPRING

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## Senior News

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**(814) 443-2681 or 1-800-452-0825**

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*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

