

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • August 2023

National Senior Citizen's Day: Celebrating the value of experience and wisdom.

Did you know that August 21 is National Senior Citizen's Day? The purpose of the day – proclaimed by President Ronald Reagan in 1988 – is to increase awareness of the issues that affect older adults, such as deteriorating health. It is also a day to acknowledge the accomplishments - and show our appreciation - of our senior citizens. Whether it's National Senior Citizen's Day or any other, we can all show our appreciation by reaching out to the older people in our lives, be they family, friends, or neighbors. Seniors with social support tend to have better mental and physical health, and brain power.

According to an AARP study in 2017, workers age 55 and up are among the most engaged members of the workforce, and offer employers lower turnover. Another study found that older people are more likely to be successful entrepreneurs thanks to their patient, collaborative natures, and their lack of a “need to prove myself” attitude. National Senior Citizen's Day is an opportune time to recognize the value that older employees bring to the workplace. Studies of the aging mind characterize this skillset as a “fine-tuned coordination of cognition, motivation, and emotion, knowledge about the self and other people and society”—which can only be acquired with age.

While today we're all more aware of race, gender, and cultural biases, we may be less aware of age bias. While our culture often fails to recognize the value of senior citizens, even mocking them, other societies across the globe revere and respect their elders—and the wisdom that comes with it.

So this Senior Citizen's Day, remember to recognize, respect, and reach out to the seniors in your life. After all, we'll all be “old” one day!



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

Build a Healthy Eating Routine as You Get Older



Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

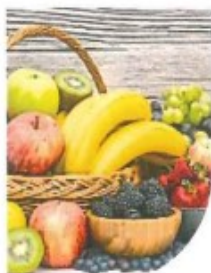
Follow these tips to build a healthy eating routine that works for you.

Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf).



Locations to Use Farmers Market Vouchers in Somerset County



Airesman Orchard—745 Edie Road Somerset, PA 15501 Stand Phone: (814) 445-5661 (814) 445-5661

FMNP Hours: September - November Tuesday - Saturday 10:00 AM - 5:00 PM FMNP Hours: September - November Sunday 12:00 PM - 5:00 PM

Blooms Family Farm— 702 CHARLES ST HOOVERVILLE, PA 15936 - (814) 798-2098 FMNP Hours: July - November Monday - Sunday 10:00 AM - 6:00 PM

Cascio's Fruit Market—242 West Main Street Somerset, PA 15501 Stand Phone: (814) 445-4852 FMNP Hours: June - November Monday - Friday 8:00 AM - 6:00 PM FMNP Hours: June - November Saturday 8:00 AM - 5:00 PM

Grandma's Produce— 30 Lucinda Lane Windber, PA 15963 Stand Phone: (814) 467-4921 FMNP Hours: July - October Monday - Friday 10:00 AM - 5:00 PM FMNP Hours: July - October Saturday 10:00 AM - 3:00 PM

Laurel Arts Markers Market—214 S Harrison Ave Somerset, PA 15501 - FMNP Hours: June - October Wednesday 5:00 PM - 8:00 PM Only open 2nd Wednesdays of the month

Lucky Acres Farm—2010 Coxes Creek Rd Somerset, PA 15501 Stand Phone: (814) 443-4463 FMNP Hours: June - November Friday - Saturday 10:00 AM - 4:00 PM FMNP Hours: June - November Sunday 11:00 AM - 3:00 PM

Meadow Creek Farm Market— 1120 Laurel Run Rd Somerset, PA 15501 Stand Phone: (814) 443-2740

Miller Janet— (814) 445-2640 FMNP Hours: June - November Monday - Sunday 12:00 PM - 6:00 PM Online ordering available 7/14/2023

Providence Acres Farm—1457 Corner Stone Rd Friedens, PA 15541 (814) 267-6641 FMNP Hours: June - October Monday - Saturday 9:00 AM - 5:00 PM

Stahl's White Oak Farms—550 White Oak Road Somerset, PA 15501 Stand Phone: (814) 445-4040 FMNP Hours: September - November Monday - Sunday 10:00 AM - 4:00 PM

West View Acres—685 Springs Road Springs, PA 15562 - (814) 662-2054 FMNP Hours: June - November Monday - Saturday 8:00 AM - 6:00 PM

Windber Recreation Market in the Park—160 Recreation Rd Windber, PA 15963 - (814) 243-2954

FMNP Hours: June - August Wednesday 4:00 PM - 8:00 PM

McCormick John—FMNP Hours: June - August 30 Wednesday 4:00 PM - 8:00 PM

You Can Also Go To www.pafmnp.org
to look for other farmers.



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

- 7 9:00 Ceramics with the Makery.
12:00 Music with Colton
- 14 9:00 Craft with Jan
Creamsicle Treat

- 14 12:00 Auction
- 21 Senior Center Picnic at The Quemahoning
Music with Tom & Carolyn

- 28 12:00 Game of the 60's—Jacks
- PA MEDI By Appointment

BINGO, 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

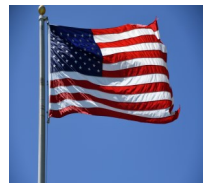
Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise Machines, Volunteer Opportunities

Wi-Fi Available



- 1 Music with Colton Danel
- 1 PA Medi appointments (1ST TUESDAY OF THE MONTH)
- 2 Ice Cream Sandwich Day
- 5 Work like a dog day
- 7 Birthday Lunch
- 9 Book Lovers Day. Expand your mind.

- 16 Blind Association Speaker
- 21 Senior Citizens Day
- 23 Paul Stevenson, Oldies Music Variety
- 28 The Makery, Ceramics
- 28 Labor Day Lunch



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

Monday-Friday:
 Bingo

Tuesday & Thursday: 9-11
 Skipbo

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

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

959 South Main Street
 Hollsopple, 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

- 2 Ice Cream Sandwich Day
- 3 Watermelon Day
- 4 12:00 Auction
12:00 Bingo with Valarie
- 9 9:00 Ceramics with The Makery
- 10 12:00 Music with Tom & Carolyn
- 11 10:30 Game of the 90's~UNO Attack
- 16 Joke Day— Tell us your favorite joke
12:00 Craft with Jan

- 17 Black Cat Hunt
- 18 Popcorn & Movie with the library
- 22 National Peach Day/ Peach Treat
- 25 10:30 Game of the 60's ~ Jacks
- 30 PA Medi by Appointments



Monday-Friday-
 Exercise Equipment 9:00-2:00 ; Cards; Puzzles; Games; Socializing ; Uno; volunteer Opportunities.

Tuesday:
 10:00 Geri-Fit

Thursday:
 10:00 Geri-Fit

Center Activities

August 2023

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

- 2 Red Cross Fire Alarm Seminar
- 3 10:30 On The Move
- 7 10:30 On The Move
- 10 10:30 On The Move
- 14 10:30 On The Move
- 17 10:30 On The Move
- 21 10:30 On The Move

- 21 Senior Citizen Day
- 23 12:00 Music with John Larimer
- 24 10:30 On The Move
- 24 PA Medi by Appointments
- 28 10:30 On The Move
- 31 10:30 On The Move



Monday, Wednesday & Friday-10:00
 Exercise

Tuesday-10:00
 Theology class w/Pastor Dean

Everyday
 9:30 Wii Games
 12:00 Bingo

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

- 1 10:00 Geri-Fit
- 3 10:00 Red Cross Ready Seminar
- 4 Birthday Lunch
- 10 10:00 Bell Tone Seminar
- 15 10:00 Geri-Fit
- 17 10:30 UPMC

- Hospice Seminar & Activity
- 22 10:00 Sing Along
- 23 PA Medi by appointment

- 24 10:00 Geri-Fit
- 31 10:00 Geri-Fit

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

- 1 12:15 Craft
- 3 12:15 Brain Puzzle
- 4 10:30 Tomahawks Seminar & Activity
- 7 Birthday Lunch;
- 8 12:15 Craft
- 9 10:30 Music with Eric Harris
- 10 10:30 Music with Denise Harris

- 10 12:15 Brain Puzzle
- 11 10:00 Red Cross Seminar
- 14 10:30 UPMC Hospice Seminar & Activity
- 15 12:15 Craft
- 17 PA Medi Appointments
- 17 12:15 Brain Puzzle

- 18 10:30 Music with Pr. Sam McClintock
- 22 12:15 Craft
- 24 12:15 Brain Puzzle
- 29 12:15 Craft
- 31 12:15 Brain Puzzle

Monday, Wednesday, Friday:
 10:00 Bingo—12:15 if something is scheduled

Tuesday & Thursday: 10:30
 Prize Bingo

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

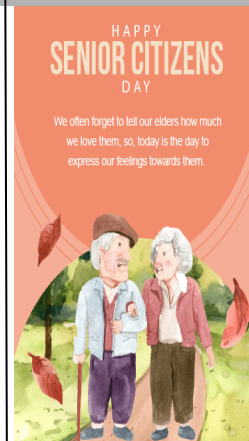
Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM

Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities

Wi-Fi Available



- 2 10:30 Red Cross Fire Alarm Seminar
- 7 Birthday Lunch
- 21 National Senior Citizen Day
- 24 PA Medi Appointments
- 28 Labor Day Lunch



Monday & Friday
 10:00 Strong Bones

Tuesday 10:00-Body
 Strengthening



Wednesday 12:30
 Bingo

Thursday 10:00 Tai-Chi

Friday 9:30 Chorus

Monday, Wednesday & Friday Pinochle

Monday 5:00 Tops

 <p>What do you say? Let's do LUNCH!!</p>	<p>1 Chicken Patty w/ Cheese on Wheat Bun w/Lettuce & Tomato Broccoli Salad Applesauce Milk</p>	<p>2 Stuffed Pepper Mashed Potatoes Mixed Vegetables Fresh Citrus Salad Milk</p>	<p>3 Beef Barley Soup Ham Salad on Whole Grain White Bread Cole Slaw Fruit Cup Crackers Milk</p>	<p>4 Lasagna Mixed Green Salad w/Eggs Fresh Orange Italian Bread w/ Margarine Milk</p>
<p>7 BIRTHDAY LUNCH Chicken Cordon Bleu Parsley Red Skin Potatoes Capri Vegetables Fresh Orange White Cake w/ Icing Milk</p>	<p>8 Ham Pot Pie Mixed Green Salad w/Cheese Applesauce Rye Bread w/ Margarine Milk</p>	<p>9 Chicken Rice Soup Tuna Salad Sand- wich on Wheat Bread Tomato Salad Fruit Cocktail Crackers Milk</p>	<p>10 Porcupine Meat- balls Au Gratin Potatoes Normandy Vegeta- bles Fresh Citrus Salad Milk</p>	<p>11 Kielbasa Brown Rice Pilaf Brussel Sprouts Tropical Fruit Salad Milk</p>
<p>14 Meatloaf Scalloped Pota- toes Broccoli and Cau- liflower Diced Pears Milk</p>	<p>15 Creamed Chicken over Biscuit Mixed Vegetables Mandarin Oranges Cottage Cheese Milk</p>	<p>16 Baked Ham Sweet Potatoes w/ Maple Seasoning Green Beans Fresh Banana Wheat Dinner Roll w/Margarine Milk</p>	<p>17 Vegetable Lasagna Mixed Green Salad w/Egg Pineapple Tidbits Italian Bread w/ Margarine Milk</p>	<p>18 Fish Sandwich w/ Cheese on Bun Tartar Sauce Lettuce & Toma- toes Marinated Pasta Salad Fruit Medley Milk</p>
<p>21 Honey Mustard Marinated Pork Chop Au Gratin Potatoes Glazed Carrots Apricot Halves Rye Bread w/ Margarine Milk</p>	<p>22 Salisbury Steak w/ Gravy Mashed Potatoes Succotash Fresh Peach Wheat Dinner Roll w/Margarine Milk</p>	<p>23 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk</p>	<p>24 Beef Pot Roast Mixed Green Salad Fruit Cocktail Peanut Butter Cookie Milk</p>	<p>25 Cheese Omelet Sausage Link Fresh Orange Whole Grain Muffin Milk</p>
<p>28 LABOR DAY LUNCH Barbequed Chicken Scalloped Potatoes Peas & Carrots Church Slaw Melon Fruit Cup Milk</p>	<p>29 Chile w/Cheddar Cheese Mixed Green Salad w/Eggs Fresh Apple Corn Muffin w/ Margarine Milk</p>	<p>30 Ham Loaf w/ Pineapple Glaze Sweet Potato Patties Pes Fresh Pear Milk</p>	<p>31 Chopped Steak w/ Gravy Mashed Potatoes Capri Vegetables Quartered Fruit Sal- ad 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.



The Somerset County Mobile Food Bank is excited to continue its efforts to serve those that qualify for their services. We pride ourselves in striving to give fresh, healthy food options at all of our distributions. Families can expect to receive anywhere from 40 to 50lbs of food varieties each time they attend a distribution. SCMFB also works at providing to those that are homebound without any access to come out to receive food at a distribution. For any questions or to inquire about our program please reach out to mobilefoodbank11@verizon.net. The following shows our upcoming schedule starting in July through the rest of 2023. Clients can attend once at a Saturday distribution as well as once during our Regular Monthly distributions.

Saturdays, July 8, Aug. 12, Sept. 9, Oct. 14, Nov. 4, Dec. 2

- 9 a.m. – 9:45 a.m. Conemaugh Township High School (300 W. Campus Ave. Davidsville)
- 10:45 a.m.- 11:30 a.m. Meyersdale Church of the Brethren, 9 Beachley St., Meyersdale
- 12:30 p.m. – 1:15 p.m. Somerset County Education Center, 6024 Glades Pike, Somerset

Remain in your vehicle and look for traffic instructions

Regular Monthly Distributions

Tuesdays, July 25, Aug. 22, Sept. 26, Oct. 24, Nov. 14, Dec. 19

- 11 a.m. – 11:30 a.m. **Central City** Central City - Shade Recreation Park, Chestnut Street.
- 12:30 p.m. – 1 p.m. **Berlin** Berlin Brethren Church, Main Street.
- 1:45 p.m. – 2:30 p.m. **Meyersdale** Meyersdale Church of the Brethren, 9 Beachley St., Meyersdale

Wednesdays, July 26, Aug. 23, Sept. 27, Oct. 25, Nov. 15, Dec. 20

- 11 a.m. – 11:30 a.m. **Boswell** 231 Center St.
- 12:15 p.m. – 12:45 p.m. **Hollsopple** St. Anne's Catholic Church, exit 219 Davidsville
- 1:30 p.m. – 2 p.m. **Windber** Calvary United Methodist Church, 1800 Stockholm Ave.

Thursdays, July 27, Aug. 24, Sept. 28, Oct. 26, Nov. 16, Dec. 21

- 12:15 p.m. – 12:45 p.m. **Rockwood** Across from Rockwood Church of the Brethren, 600 Main St.
- 1:45 p.m. – 2:15 p.m. **Confluence** Confluence Borough Building, 711 Logan Place
- 4:15 p.m. – 5 p.m. **Somerset** Somerset Alliance Church, 708 Stoystown Road, Somerset

For further information and income guidelines please visit : SCMFB.org

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Senior News

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

www.somersetaaa.org

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reaching out, making a difference

Area Agency on Aging
of Somerset County

