

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • August 2024

20 ELDER JUSTICE 24

On June 14th, 2024, in honor of Elder Abuse Awareness month, the Somerset County Area Agency on Aging hosted its 9th Annual Elder Justice Day Seminar. We had a wonderful turnout of 75 attendees, several County employees, and 10 vendors. The Seminar was located at Friedens Lutheran Church. This year's presenters were Katrina Boyer from Pennsylvania Banking and Securities who held a 2 hour \$CAM Jam. The \$CAM Jam included brief presentations from the Somerset County District Attorney's Office, Somerset County Sheriff's Department, and the Pennsylvania Office of Attorney General. In between each presentation, Mary Bach from AARP called fraud BINGO. The afternoon presenter was Caroline Burnell from Temple University who presented on 'The Web of Deceit' the synopsis of this was how scammers are the chameleons of the crime world. Caroline focused on how Scammers are pervasive and can affect anyone, regardless of age, background, or socioeconomic status. "Scammers are opportunists and will use whatever crafty schemes necessary to get you to believe their lies." She exposed the realities of their impact, explored the different tactics scammers use and provided practical steps to help those that have been targeted by scams. This was a free event and lunch was provided by My Girls Deli and Catering. We want to extend our appreciation to everyone who not only attended but to all those who assisted in making the day a success. Should you or someone you know fall victim to a SCAM, please alert local law enforcement as well as the PA Office of Attorney General. The Area Agency on Aging is also available to discuss SCAMS and will provide appropriate information and guidance, as needed.

To care
for those
who once
cared for
us is one of the
highest honors



Exciting Wii Championship at Meyersdale Senior Center!

Central City Bowling Team
Runner Up



The Meyersdale Senior Center recently hosted an exhilarating Wii Championship Game, featuring spirited teams from Windber Senior Center and Central City Senior Center. After a series of intense and fun-filled matches, the

team from Windber Senior Center emerged victorious, showcasing their impressive skills and teamwork. Congratulations to all participants for their enthusiasm and sportsmanship!

Windber Senior Center

WII Bowling Champions 2024



Christmas in July

The Windber Senior Center had a visit from Santa for a fun filled day at the center. We had Christmas cookies, prizes, an auction and lots of fun

and laughs, and don't forget the snowball fights.



For office use only

Application _____

**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM
2024 APPLICATION FORM**

To qualify, you must be 60 or older (or turn 60 by 12/31/2024) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$27,861** for 1 person in the household; or **\$37,814** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2024).

1st Participant Name (print): _____ **Birth Date** _____
(Person checks are for) (Month, Day, Year)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for) (Month, Day, Year)

(Signature)

Address (print): _____
(Street) (City) (State) (Zip Code)

Telephone Number: _____ **County of residence:** SOMERSET

☐ I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

Please circle appropriate identifier for each:

Ethnicity:	Hispanic or Latino	Not Hispanic or Latino	
Race:	American Indian or Alaskan Native	Asian	Black or African American
	Native Hawaiian or other Pacific Islander	White	

Check Range: _____ **(Office Use Only)**

Please see back for USDA Nondiscrimination Statement

Please mail or email your completed form before September 15, 2024 to: Attn: FMNP/Christine Saylor
Windber Senior Center-CFL
700 Fifth Street, Suite 200
Windber, PA 15963
OR EMAIL: csaylor@somersetaaa.org
Questions call 814-467-5912

August 2024 Center Activities



BOSWELL AREA SENIOR CENTER

332 Stonycreek Street
Boswell, PA 15531
Senior Center Manager: 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

5th Birthday Lunch
 12:00 Craft
 12th 12:00 BINGO
 19th 11:00 Your Health Insurance Shop with
 Cristy Pritts

12:00 Activity with Bobbi from UPMC
 26th 11:00 Seminar with Nikki from Abbott
 Neurostimulation Systems
 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
Senior Center Manager: 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

5th Birthday Lunch
 6th PA Medi
 7th 10:30 Music with Denise Baldwin
 13th 10:30 Trivia with Bobbie from UPMC
 16th 10:30 Tell a joke or story.
 21st National Senior Citizen Day—COME ENJOY THE DAY WITH US!
 21st 10:30 Music with John Larimer
 26th Labor Day Lunch

28th 10:30 Trivia Bring your brain
Reminder: Central City Senior Center is CLOSED September 1st for Labor Day



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
Senior Center Manager: 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

1st 12:00 Music with Colten Danel
 2nd Ice Cream Sandwich Day *Come have an Ice Cream Sandwich*
 5th Birthday Lunch
 6th National Rootbeer Float day *Have a Rootbeer Float with us*
 9th Elvis Movie for Elvis week
 14th Creamsicle Day
 15th Creamsicles with Nikki from Abbott
 Neurostimulation Systems

16th Hawaiian Shirt day
 Wear your Hawaiian Shirt
 19th Reservations due for Labor Day Lunch
 21st National Senior Citizen Day—COME ENJOY THE DAY WITH US!
 21st 12:00 Activity with Bobbi from UPMC
 22nd 12:00 Music with Tom & Carolyn
 26th Labor Day Lunch
 29th 10:30 Q&A with Vinnie from Beltone

Reminder: Conemaugh Township Senior Center is CLOSED September 1st for Labor Day

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

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

Thursday: 9:00
 Quilting



August 2024 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Senior Center Manager:
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

2nd National Watermelon
 Day (3rd)
5th Birthday Lunch
 20th 10:30 Heartland
 Hospice
 21st National Senior Citizen
 Day—COME ENJOY THE
 DAY WITH US!

21st 10:30 Music with
 Sheilah
 26th Labor Day Lunch
 29th 10:30 Music with John
 Larimer
**Reminder: Confluence
 Senior Center is CLOSED
 September 1st for Labor
 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
Senior Center Manager: 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

5th Birthday Lunch
 5th 10:00 Sing Along
 8th Olympic Party/
 Covered Dish
 12th 10:00 Music/Just
 Friends

15th 10:30 UPMC Hos-
 pice Seminar & Activity
 16th 10:00 AARP Fraud
 Task Force Seminar
 21st 10:00 Craft
 22nd 10:00 Sing Along

23rd 9-11 Senior Day at
 the Fair
 26th Labor Day Lunch
 29th 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
Senior Center Manager: 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

5th Birthday Lunch
 10:30 Somerset Trust
 Presentation
 8th 10:30 Music with John
 Larimer
 12th 10:30 Trivia with
 Bobbie from UPMC
 13th 10:30 Heartland
 Hospice Seminar & BP's

15th 10:30 Activity with
 Renae from Community
 Life
 16th 10:30 Music with
 Danny Connor
 19th Reservations due
 for Labor Day Lunch
 21st 10:30 Music with
 Denise Baldwin

22nd 10:30 Activity and
 Presentation with Leah
 from Conemaugh Home
 Health
 26th Labor Day Lunch
**Reminder: Somerset
 Center is CLOSED
 September 1st for Labor
 Day**

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.)

WINDBER SENIOR CENTER-CFL

700 Fifth Street, Suite 200
Windber, PA 15963
Senior Center Director: 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

1st 10:30 Music with John
 Wolfe
 2nd National Watermelon
 Day (3rd)
 5th Birthday Lunch
 7th Casino Trip
 16th 11:00 Heartland
 Hospice
 21st 10:30 Music with Billy
 Stoppe

21st National Senior
 Citizen Day-COME
 SPEND THE DAY WITH
 US!
 26th Labor Day Lunch
 26th 1:30 Music with Ed
 Cominsky
**Reminder: Windber
 Senior Center is CLOSED
 September 1st for Labor
 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



			1 Beef Barley Soup Ham Salad on Whole Grain White Bread Lettuce Leaf & Sliced Tomato Confetti Cole Slaw Fruit Cup Crackers Milk	2 Kielbasa Brown Rice Pilaf Brussel Sprouts Tropical Fruit Salad Milk
5 <u>BIRTHDAY LUNCH</u> Chicken Cordon Bleu Parsley Red Skin Potatoes Capri Vegetables Fresh Nectarine Orange Cake w/Icing Milk	6 Ham Pot Pie Mixed Green Salad with Egg Applesauce Rye Bread Margarine Milk	7 Swedish Meatballs in Gravy over Noodles Prince Edward Vegetables Quartered Fruit Salad Milk	8 Chicken Rice Soup Tuna Salad Sandwich on Wheat Bread Tomato Salad Fruit Cocktail Crackers Milk	9 Meatloaf/Gravy Au Gratin Potatoes Normandy Vegetable Fresh Blueberries Yogurt Milk
12 Spaghetti w/ Meat Sauce Mixed Green Salad w/Cheese Pineapple Tidbits Italian Bread Margarine Milk	13 Creamed Turkey over Biscuit Peas and Carrots Mandarin Oranges Cottage Cheese Milk	14 Ham Loaf Pineapple Glaze Sweet Potatoes & Maple Seasoning Green Beans Fresh Banana Wheat Dinner Roll Margarine Milk	15 Vegetable Soup Turkey Salad on Pretzel Bun Lettuce Leaf & Sliced Tomato Creamy Cucumber Salad Crackers Diced Pears Milk	16 Fish Sandwich Cheese on Bun Tartar Sauce Lettuce & Tomatoes Marinated Pasta Salad Fruit Medley Milk
19 Honey Mustard Marinated Pork Chop Seasoned Mini Potatoes Glazed Carrots Apricot Halves Rye Bread Margarine Milk	20 Beef Ravioli Mixed Green Salad Mozzarella Cheese Stick Pineapple Tidbits Italian Bread Margarine Milk	21 Salisbury Steak Gravy Mashed Potatoes Succotash Fresh Peach Wheat Dinner Roll Margarine Milk	22 Beef Stew Cucumber/Pepper Salad Fruit Cocktail Yogurt Peanut Butter Cookie Milk	23 Cheese Omelet Sausage Link Blueberry Pineapple Fruit Cup Whole Grain Muffin V-8 Juice Milk
26 <u>LABOR DAY LUNCH</u> Barbequed Chicken Potato Salad Church Slaw Fresh Watermelon Apple Pie Milk	27 Chile with Cheddar Cheese Mixed Green Salad With Eggs Fresh Apple Corn Muffin Margarine Milk	28 Chopped Steak Gravy Mashed Potatoes Capri Vegetables Quartered Fruit Salad Rye Bread Margarine Milk	29 Chicken Noodle Soup Egg Salad on Whole Grain White Bread Cucumber/Tomato Salad Diced Peaches Crackers Milk	30 Potato Crusted Cod Tartar Sauce Pierogis Broccoli Salad Apricots Milk

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.

NAME:

DATE:

Back to School Word Search

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

Books

Friends

Gym

Grade

Desk

Library

Lunch

Map

Glue

Drama

Study

Paper

School

Work

Art

Pencil

Tape



cool2beats

ANSWERS ON PAGE: 4

What's In Season? August



www.YellowTurtleFitness.com



Figs

Very high in Fiber to help satiate and aid in weight management. Fruit source of absorbable calcium, to build strong bones. Potassium helps control blood pressure.

More than twice the Vitamin C of an Orange!

Bell Peppers

Aids in healing, strengthens immunity, and prevents inflammation that can lead to Rheumatoid Arthritis. Vitamin A + Lutein protect against Macular Degeneration.



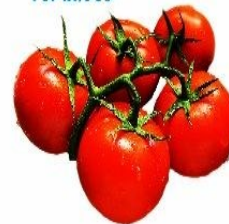
Raspberries



Fiber content in relation to fruit weight is one of the highest of any plant food. Can help reduce nausea for pregnant women - especially when taken as a tea. Improves blood circulation and builds a strong immune system.

Beta Carotene helps protect skin from sun damage. Lycopene has been shown to help reduce risk of many cancers - especially prostate, colon, and ovarian. Chromium helps to balance blood sugar and help control fat and cholesterol levels in the blood.

Tomatoes



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Senior News

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reaching out, making a difference

Area Agency on Aging
of Somerset County

