

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • August 2025

## WHAT TO KNOW ABOUT VETERAN PENSION

There are more than 700,000 veterans in Pennsylvania and over half of them are age 60 and older. Veterans may be eligible for a wide array of benefits from both the Pennsylvania Department of Military and Veterans Affairs (DMVA) and the U.S. Department of Veterans Affairs (USDVA or VA). One such benefit is a VA pension. Unfortunately, there are unscrupulous people who are preying

## VETERANS: AVOID BEING SCAMMED!

LEARN ABOUT AND APPLY FOR VETERAN BENEFITS FROM AN ACCREDITED VETERAN SERVICES OFFICER!

- NEVER PAY FOR FORMS OR TO SUBMIT AN APPLICATION
- NEVER PAY TO RESTRUCTURE ASSETS IN ORDER TO "QUALIFY"
- NEVER PAY FOR THE PROMISE OF ELIGIBILITY FOR A PENSION
- NEVER PAY TO RECEIVE A LUMP SUM PAYMENT ON A PENSION



Pennsylvania  
Department of Military  
and Veterans Affairs

## VETERANS: AVOID BEING SCAMMED!

NEVER PAY TO APPLY FOR VETERAN BENEFITS  
GET THE ASSISTANCE YOU NEED FOR FREE!

Visit: [www.dmva.pa.gov/vetconnect](http://www.dmva.pa.gov/vetconnect) to find your County Office of Veterans Affairs or another Accredited Veteran Services Officer near you!

**SCAM**  
ALERT

## SUSPECT A SCAM?

Call 717-783-1944 or email [PAvets@attorneygeneral.gov](mailto:PAvets@attorneygeneral.gov) or submit a complaint online at [www.attorneygeneral.gov](http://www.attorneygeneral.gov)



Pennsylvania  
Department of Military  
and Veterans Affairs

on veterans, particularly older veterans, to profit from the veteran's desire to apply for the benefits they earned while defending our country and our freedoms.

The Pennsylvania Department of Military and Veterans Affairs (DMVA) wants you to know that free and safe assistance is available to help veterans and their beneficiaries apply for veteran benefits including VA pension.

# Health & Wellness

## Important Resources

To receive a digital copy of our publication, please visit our website

[www.somersetaaa.org](http://www.somersetaaa.org)

## Somerset County Warmline

877-814-4891

866-611-6467

[988lifeline.org](http://988lifeline.org)

You can also call or text  
988

## Homeless Helpline

(814)-444-8588

## Mental Health Association

(814)-445-2699

## Report Elder Abuse

(814)-443-2681 or

1-800-490-8505

## Veterans Affairs

(814)-445-1551

## Funding Sources

Federal and State Grants

Fundraising



## **Hydrate for Hot Weather!**

Water is essential for almost all bodily functions, from lubricating joints to pumping blood. Staying hydrated, especially in hot summer months, is crucial for health.

## **Dehydration**

Dehydration occurs when you don't drink enough fluids, leading to serious health issues like urinary tract infections, heat stroke, heart problems, kidney failure, blood clots, and falls due to fatigue and impaired coordination. It weakens the body's ability to heal from injuries, illnesses, and infections.

## **Symptoms of Dehydration:**

- Dark urine/infrequent urination
- Weakness/tiredness
- Irritability
- Dizziness/headaches
- Muscle cramps
- Dry mouth
- Confusion

## **Why are Older Adults More Susceptible?**

Older adults are more prone to dehydration due to:

- Decreased appetite and thirst
- Changes in body composition (less muscle mass and body water)
- Medications that increase dehydration risk (e.g., diuretics, some diabetes medicines)

Reduced ability to sweat, affecting temperature regulation

## **How to Stay Hydrated**

- Drink one-third of your body weight in ounces of fluid daily (e.g., 150 lbs = 50 oz or ~6 cups of water/day).
- The National Academy of Medicine recommends 13 cups/day for men and 9 cups/day for women aged 51+.
- Consult your doctor for personalized fluid recommendations.

Tips to Stay Hydrated:

- Eat water-rich foods (e.g., cucumbers, watermelon, lettuce, strawberries, tomatoes, celery, soups, broths, stews).
- Keep water or fluids within reach.
- Reduce alcohol intake.
- Flavor your water with fruit or low-sugar sports drinks.

Build hydration into your daily routine (e.g., drink water when you wake up, with meals, or set reminders).

# FARMER MARKET LOCATIONS: \*\*THIS INFORMATION IS SUBJECT TO CHANGE\*\*

## BEDFORD COUNTY

**BOYER ORCHARDS-** 4116 Cortland Drive New Paris, PA 15554 Stand Phone: (814) 839-4715 Hours: July - November Monday - Saturday 9:00 AM - 5:00 PM  
Hours: July - November Sunday 1:00 PM - 5:00 PM

**SLEEK'S ORCHARD-** 181 Wentz Road New Paris, PA 15554 Stand Phone: (814) 733-4776 Hours: June - November Monday - Sunday 9:00 AM - 5:00 PM

## CAMBRIA COUNTY- 500 Galleria Dr Johnstown, PA 15904

**Byler's Produce @ Galleria Mall-** Hours: June - October Wednesday 2:00 PM - 6:00 PM  
Hours: June - October Saturday 9:00 AM - 2:00 PM

**Downtown Johnstown Farmers Market- Central Park, Main Street Johnstown, PA 15901**

**Hill Farm-** (814) 472-7268

**HORIZON MICROFARM LLC- FMNP Hours:** June - October Friday 9:00 AM - 2:00 PM (814) 421-7752

**YARNICKS FARM- FMNP Hours:** June - September Friday 9:00 AM - 2:00 PM (724) 349-3904

**Fosbrink's Four Seasons-** 555 Goucher St Johnstown, PA 15905 Hours: June - November Tuesday - Sunday 10:00 AM - 5:00 PM

**HIMMEL'S DAIRY FARM MARKET-** 1224 Scalp Ave Johnstown, PA 15901 (814) 344-8489 Hours: July - September Monday - Sunday 10:00 AM - 5:00 PM

**Luray Avenue Market- 1224 Scalp Ave Geistown, PA 15904**

**DICKERT FARMS** June - October Tuesday 3:00 PM - 6:00 PM

**HARRIS FAMILY PRODUCE-** Hours: June - September-Wednesday 4:00 PM - 8:00 PM (814) 624-9169

**Westmont Community Farmers Market- 601 Luzerne Street Johnstown, PA 15905 Market Phone: (814) 536-0796**

**Eliza's Organics LLC-** Hours: June - November Saturday 9:00 AM - 12:00 PM

## SOMERSET COUNTY

**AIRESMAN ORCHARD INC-** 745 Edie Road Somerset, PA 15501 Stand Phone: (814) 445-5661 Hours: September - November Thursday - Saturday 10:00 AM - 5:00 PM  
Hours: September - November Sunday 12:00 PM - 5:00 PM

**BLOOMS FAMILY FARM-** 702 CHARLES ST HOOVERVILLE, PA 15936 (814) 798-2098 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 Hours: June - November Monday - Friday 8:00 AM - 6:00 PM  
PM Hours: June - November Saturday 8:00 AM - 5:00 PM

**Grandma's Produce- J & M FARMS** 30 Lucinda Lane Windber, PA 15963 Stand Phone: (814) 467-4921 Hours: June - September Monday - Saturday 10:00 AM - 5:00 PM

**LUCKY ACRES FARM-** 2010 Coxes Creek Rd Somerset, PA 15501 Stand Phone: (814) 443-4463 (814) 442-4961 Hours: June - November Friday - Sunday - 10:00 AM - 3:00 PM

**Meadow Creek Farm Market-** 1120 Laurel Run Rd Somerset, PA 15501 Stand Phone: (814) 443-2740 (814) 445-2640 Hours: June - November Monday - Saturday 12:00 PM - 6:00 PM

**Mountain Acres Farm Market-** 158 Walker Grove Rd Somerset, PA 15501 (814) 442-6284 Hours: June - October Monday - Friday 9:00 AM - 5:00 PM  
Hours: June - October Saturday 9:00 AM - 12:00 PM

**Somerset County Farmers' Market- 243 W. Main St, Somerset, PA 15501**

**Hours: June - October Saturday 9:00 AM - 12:00 PM**

**STONEY ACRE FARMS-** Hours: June - September Saturday 8:00 AM - 12:00 PM

**EE's Gardens-** Hours: June - October Saturday 9:00 AM - 2:00 PM

**Star Cross Naturals-** Hours: June - October Saturday 9:00 AM - 1:00 PM

**STAHL'S WHITE OAK FARMS-** 550 White Oak Road Somerset, PA 15501 Stand Phone: (814) 445-4040 Hours: September - November Monday - Sunday 10:00 AM - 4:00 PM

**WEST VIEW ACRES-** 685 Springs Road Springs, PA 15562 (814) 662-2054  
Hours: June - November Monday - Saturday 8:00 AM - 6:00 PM

**Windber Recreation Market in the Park- 160 Recreation Rd Windber, PA 15963**

**MCCORMICK FAMILY FARM LLC-** Hours: June - August 30 Wednesday 4:00 PM - 8:00 PM

**Donegal American Legion -Rt 31 East Donegal, PA 15626**

**MOUNTAIN PRODUCE FARMS-** (724) 593-9598 Hours: June - October Thursday - Sunday 9:00 AM - 7:00 PM

**JL Hershberger Produce-** 104 Toll Place Mt. Pleasant, PA 15666 Hours: June - November Monday - Saturday 9:00 AM - 5:00 PM

**Ligonier Country Market- 110 Andi Lane Ligonier, PA 15658 Market Phone: (724) 238-6702**

**POND VALLEY FARM-** (724) 455-3498 Hours: June - September Saturday 8:00 AM - 12:00 PM

**BROWN'S TRUCK PATCH-** Hours: June - September Saturday 8:00 AM - 12:00 PM (814) 445-4443 Hours: June - October Thursday 5:00 PM - 9:00 PM Only open on the 3rd Thursday of each month.

**DEPALMA FARMS LLC-** Hours: June - September Saturday 8:00 AM - 12:00 PM (724) 771-4758

**SAND HILL BERRIES-** Hours: June - September Saturday 8:00 AM - 12:00 PM (724) 547-7460.

**Simon's Apple Orchard-** (724) 244-8416 Hours: September - November Saturday 8:00 AM - 12:00 PM

**MOUNTAIN VIEW ACRES-** 291 Mountain View Road Champion, PA 15622 (724) 212-5850 Hours: June - October Wednesday - Sunday 9:00 AM - 6:00 PM

**Pletchers Farm Market-** 175 State Rt 711 Champion, PA 15622 (724) 593-8330  
Hours: June - November Tuesday - Sunday 8:30 AM - 6:30 PM

**Savage Mountain Farm CSA-** 469 Albright Rd Meyersdale, PA 15552 (828) 582-9407 Hours: June - November Wednesday 8:00 AM - 6:00 PM  
Hours: June - November call for hours

**Stauffer's Produce-** 3513 Rt 711 N Ligonier, PA 15658 Hours: June - October Tuesday 2:00 PM - 5:30 PM

## TO FIND MORE LOCATIONS VISIT:

[www.pameals.pa.gov/public/farmmarketsearch](http://www.pameals.pa.gov/public/farmmarketsearch)



# August 2025 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 & Friday 9:00 AM - 2:00 PM**

4th Birthday Lunch  
4th National Friendship Day-Make a new friend  
4th 12:00 Music with Billy Stoppe  
8th 12:00 Ice Cream Social with Melissa  
11th 12:00 BINGO  
15th 12:00 Sand Art Craft

18th 12:00 Music with Denise  
22nd 12:00 BINGO  
25th 12:00 Music with Tom & Carolyn  
25th Labor Day Lunch  
29th 12:00 BINGO  
September 1<sup>st</sup> Center Closed for Labor Day

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

**Wi-Fi available**

## CENTRAL CITY AREA SENIOR CENTER

**103 Sunshine Avenue**  
**Central City, PA 15926**  
**Senior Center Manager:** Marika Roberts  
**Phone:** (814) 754-5615  
**E-mail:** mroberts@somersetaaa.org

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

**Wi-Fi Available**

4th Birthday Lunch  
4th National Friendship Day-Make a new friend  
6th National Farm Worker Appreciation Day—Thank a farmer  
6th 10:30 Music with John Larimer  
11th 10:30 Music with Billy Stoppe  
12th Trivia with Bobbie from UPMC  
13th 10:30 Better Business Bureau with Cathlin on Scams  
18th Last day to sign up for Labor Day Lunch  
20th 10:30 Music with Denise Baldwin  
21<sup>st</sup> National Senior Citizen Day-Enjoy!

22<sup>nd</sup> National Hamburger 🍔 Day-What are your favorite toppings.  
25th Labor Day Lunch  
27th National Just Because Day



**Monday & Wednesday: 10:00**  
Exercise Class

**Monday-Friday:**  
Bingo

**Bible Study Class:**  
1st & 3rd Saturday at 11:00 AM AND every other Tuesday at 5:00 PM

**EVERYONE IS WELCOME !**

## CONEMAUGH TOWNSHIP AREA SENIOR CENTER

**959 South Main Street**  
**Hollsopple, 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, BINGO

**Wi-Fi Available**

4th Birthday Lunch  
4th National Friendship Day-Make a new friend  
6th National Farm Worker Appreciation Day—Thank a farmer  
8th 12:00 Ice Cream Social with Melissa  
18th Last day to sign up for Labor Day Lunch  
21st 12:00 Music with Denise  
22nd National Hamburger 🍔 Day-What are your favorite toppings.  
27th National Just Because Day  
28th 12:00 Music with Tom & Carolyn



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

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

**Thursday: 9:00**  
Quilting

## CONFLUENCE AREA SENIOR CENTER

**700 Reynolds Street**  
**Confluence, PA 15424**  
**Senior Center Director:**  
**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**

4<sup>th</sup> Birthday Lunch 🎂  
 4<sup>th</sup> National Friendship Day—Make a new friend  
 6<sup>th</sup> National Farm Worker Appreciation Day—Thank a farmer  
 12<sup>th</sup> National Middle Child 🧒🧒 Day—Enjoy your day.  
 18<sup>th</sup> Last day to sign up for Labor Day Lunch  
 19<sup>th</sup> 12:00 Better Business Bureau with Caitlyn

20<sup>th</sup> 10:30 🎵 Music 🎵 with Sam  
 21<sup>st</sup> National Senior Citizen Day—Enjoy!  
 22<sup>nd</sup> National Hamburger 🍔 Day—What are your favorite toppings  
 25<sup>th</sup> Labor Day Lunch  
 27<sup>th</sup> National Just Because Day  
 September 1<sup>st</sup> the Center is Closed 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

4<sup>th</sup> Birthday Lunch  
 4<sup>th</sup> 10:30 Community Life Seminar & Activity  
 6<sup>th</sup> Craft  
 7<sup>th</sup> 10:00 Sing Along  
 8<sup>th</sup> Deck of Cards Fund Raiser  
 11<sup>th</sup> 10:00 Carnival Games  
 14<sup>th</sup> 10:00 Ice Cream Sundays  
 18<sup>th</sup> 10:00 Music with Tom & Carolyn  
 20<sup>th</sup> 10:00 Music with Gary Yoder  
 21<sup>st</sup> 10:00 Scavenger Hunt

25<sup>th</sup> Labor Day Lunch  
 25<sup>th</sup> 10:00 Trivia  
 28<sup>th</sup> 10:00 Sing Along

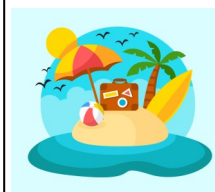
**Monday-Friday:**  
 11:00 Bingo, Wii Games  
 (unless otherwise noted.)  
**TUESDAY:** Geri-Fit  
**WEDNESDAY:** Word Search Puzzles

## 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**

4<sup>th</sup> Birthday Lunch  
 Chocolate Chip Cookie Day  
 12<sup>th</sup> 10:30 Tara from Interim Health Care BP's  
 Foot Care information  
 13<sup>th</sup> 10:30 Music with Denise Baldwin  
 15<sup>th</sup> 5:00 Game Nite  
 18<sup>th</sup> Last Day for Labor Day Lunch on August 25<sup>th</sup>  
 24<sup>th</sup> 5:00 Pot Luck Dinner  
 25<sup>th</sup> Labor Day Lunch  
 26<sup>th</sup> Toilet Paper Day Bingo  
 27<sup>th</sup> 10:30 Eric Harris Music



**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 Manager:**  
 Marika Roberts  
**E-mail:** mroberts@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**

4<sup>th</sup> Birthday Lunch  
 4<sup>th</sup> National Friendship Day -Make a new friend  
 6<sup>th</sup> National Farm Worker Appreciation Day—Thank a farmer  
 6<sup>th</sup> 10:30 Better Business Bureau with Caitlyn on Scams  
 11<sup>th</sup> 10:30 Music with & Carolyn  
 18<sup>th</sup> Last day to sign up for Labor Day Lunch  
 20<sup>th</sup> 10:30 Music with Billy Stoppe  
 21<sup>st</sup> National Senior Citizen Day—Enjoy!  
 22<sup>nd</sup> National Hamburger 🍔 Day—What are your favorite toppings

25<sup>th</sup> Labor Day Lunch  
 25<sup>th</sup> 10:30 Music with Ed Cominsky  
 26<sup>th</sup> 12:00 Bingo with Windber Woods  
 27<sup>th</sup> National Just Because 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  
**T-W-TH:** 6:00 P.M. Wii Golfing, Wii Bowling & Corn Hole

				1 Chicken Patty w/ Cheese on Wheat Bun Potato Salad Tomato Salad Diced Pears Milk
4 <u>BIRTHDAY LUNCH</u> Chopped Steak Gravy Parsley Potatoes Wax Beans Cantaloupe Chunks Maple Cake Milk	5 Beef Ravioli Mixed Green Salad w/Cheese Tropical Fruit Rye Bread Margarine Milk	6 Chicken Rice Soup Cole Slaw Quartered Fruit Wheat Dinner Roll Margarine Milk	7 Meatloaf Scalloped Potatoes Sliced Carrots Fresh Blackberries Popcorn Milk	8 Baked Cod Tartar Sauce Cheesy Hash Browns Macaroni Salad Mandarin Oranges Milk
11 Baked Chicken Gravy Roasted Seasoned Red Skin Potatoes Brussel Sprouts Diced Peaches Wheat Bread Margarine Milk	12 Chicken/Vegetable Alfredo Linguini Fresh Banana Wheat Dinner Roll Margarine Milk	13 Porcupine Meatballs Seasoned Whole Mini Potatoes Peas Fruit Cocktail Milk	14 Ham Pot Pie Mixed Green Salad Pickled Beets Mandarin Oranges Milk	15 Kielbasa Sauerkraut Mashed Potatoes Rice Raisin Whip Milk
18 Macaroni & Cheese Stewed Tomatoes 3 Bean Salad Pineapple Tidbits Milk	19 Potato Crusted Cod Mixed Vegetables Applesauce Snack Bar Milk	20 Stuffed Pepper Soup Mixed Green Salad w/Cheese Orange Whole Grain White Bread Margarine Milk	21 Italian Marinated Pork Chops Spanish Rice Baby Carrots Melon Cup Milk	22 Roast Turkey Gravy Stuffing Mashed Potatoes Corn Tomato Salad Cranberry Salad Milk
25 <u>LABOR DAY LUNCH</u> BBQ Ham on Wheat Bun Au Gratin Potatoes Seasonal Salad Watermelon Milk	26 Lasagna Mixed Green Salad w/Egg Diced Peaches Wheat Dinner Roll Margarine Milk	27 Chicken Noodle Soup Baked Apples Garlic Breadstick Milk	28 BBQ Pork Patty Brown Rice Pilaf Italian Blend Vegetables Clementine Milk	29 Sirloin Beef Tips in Mushroom Gravy Noodles Winter Blend Vegetables Mango/Papaya Milk

**To ensure you have a relaxed and comfortable dining experience, we recommend making a reservation. Please call the Senior Center you plan to visit by 11:30 am the day before.**

**Note that the menu might change due to typos or other unexpected issues.**

Just a  
friendly  
reminder...

## LEGAL ASSISTANCE?

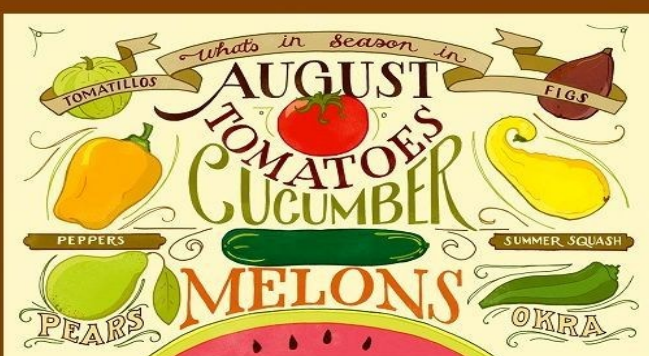
The AAA will provide a referral to our solicitor for a complete **Power of Attorney** or **Will**, free of charge, one time only.

You must be a Somerset County resident, over the age of 60 and the service is limited to only a POA or a WILL.

Applications are available on the AAA website [www.somersetaaa.org](http://www.somersetaaa.org) or at the Area Agency on Aging  
1338 S Edgewood Ave  
814-443-2681

## **Be Aware of Senior Scams**

Throughout the year, it is always wise to be cautious of scams that target seniors. NEVER give out your personal information over the phone, even if the caller claims to be from a Federal agency, bank or a company that you have done existing business with. If you are not sure about the company, verify information about them with the Better Business Bureau.



Arugula	Cabbage	Cucumbers
Avocado	Carrots	Eggplant
Basil	Celery	Endive
Beans	Chard	Fennel
Beets	Collards	Garlic
Broccoli	Corn	Horseradish
Burdock	Cress	Farm Fresh U.S.

Is your Senior Newsletter  
Subscription expiring?  
Check the expiration date  
below your address



## Senior News

Published monthly by the  
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Government under the  
Commissioners of Somerset County

**Brian Fochtman**

**Irvin Kimmel**

**Pamela A. Tokar-Ickes**

**Jennifer Clark, Director**

**Jessica Berkey, Assistant Director**

**Linda Myers, Advisory Council Chairperson**

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If you would like to obtain further infor-  
mation about any newsletter topic or Agency  
services please call the Somerset office at

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

**[www.somersetaaa.org](http://www.somersetaaa.org)**

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letter sent right to your email address for FREE!

### RETURN SERVICE REQUESTED

1338 South Edgewood Avenue  
Somerset, PA 15501  
Phone: (814) 443-2681  
Fax: (814) 443-0557  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
Website: [www.somersetaaa.org](http://www.somersetaaa.org)

*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

