

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • December 2023



HOPE FOR THE HOLIDAYS

FOR THOSE WHO ARE GRIEVING THIS HOLIDAY SEASON

Please join us and invite others who are in need of
comfort this Holiday season.

THURSDAY, DECEMBER 7, 2023 AT 1:00 – 3:00 pm

NEW HOPE BAPTIST CHURCH
1237 BERLIN PLANK ROAD
SOMERSET, PA 15501



FOR MORE INFORMATION

PLEASE CONTACT

VIAQUEST HOSPICE

SOMERSET OFFICE

724.258.2580



LEAVING THE HOUSE IN EXTREME WINTER WEATHER

A Checklist to Keep Seniors Safe.



1: Bring a cane or walking aid if necessary.



2: Remember any medications you might need in the next 24 hours.



3: Bring enough extra cash for bus or taxi rides.



4: Wear anti-skid shoes and boots with the laces tied.



I'll be back around 4. Call me on my cell if you need anything.

5: Tell someone where you are, expect to arrive and return.

6: Pack water and a snack. If there is a delay, it's important to stay hydrated and energized.



8: Know your transportation options to and from the destination. Don't drive unless it's an emergency.



7: Make sure you are wearing several layers and include a wool hat, gloves/mittens, a coat and a scarf.



9: Only walk on clear and dry sidewalks and use any available handrail.



10: Charge your cell phone and keep a list of emergency contacts.

MAUDE'S
two min
WEDDLINGS

#meddlingmaude
Emeritus.com/MeddlingMaude


EMERITUS
Senior Living

Seasonal Recipe Peppermint Hot Chocolate Recipe

Ingredients:

- 2 tablespoons milk
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon white sugar
- 1 pinch ground cinnamon
- 1/4 teaspoon vanilla extract



- 3/4 cup milk
- 1 peppermint candy cane

Instructions:

1. Stir together the 2 tablespoons of milk, cocoa powder, sugar, cinnamon, and vanilla extract in a mug until well blended.
2. Microwave the remaining 3/4 cup of milk on high for 2 1/2 minutes in a microwave-safe mug. Pour the hot milk over the cocoa mixture and stir with a candy cane.



Important Dates:

- Dec 24th - Christmas Eve - Center Closed
- Dec 25th - Christmas Day - Center Closed
- Dec 31st - New Year's Eve - Center Closed

Dear Seniors,

As we embrace the holiday season, we're delighted to share the exciting happenings at the Senior Centers this December. Your participation and enthusiasm continue to brighten our days. Let's make this holiday season special together!

December 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

4th 10:30 Email Seminar
with S.C. Library

 12:00 Ceramics with The
Makery

 11th Build a Gingerbread
House
 10:30 BINGO with Valarie
from Via-Quest

12:00 Music with
Tom & Carolyn

 18th Sweet Treats with
Melissa from Windber
Woods

 12:00 Community Arts
Center

26th 12:00 December
Auction



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

4th Birthday lunch

 5th PA-MEDI

 6th 10:30 Music with John
Larimer

 7th Pearl Harbor
Remembrance Day

 11th 10:30 Community
Life Prize Bingo

 12th National-Ding-A-Ling
Day

Ring any bells?

 13th 10:30 Music with
Denise Baldwin

 18th 10:30 Ceramics with
The Makery

 18th Christmas Lunch

 20th 10:30 Music with
Marlee Olson

 21st Look on the bright
side day.

22nd 10:30 Card Game,
What would you rather
do?

25th Merry Christmas—
CLOSED

26th Thank a soldier
Week

**Monday &
Wednesday: 10:30
Geri-Fit**

**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

1st National Pie Day
Enjoy some Pie

 5th Wear your Blue Jeans
National Blue Jeans Day

 6th 12:00 Ceramics with
The Makery

 Mitten Tree Day

 7th 11:00 Auction with
Valarie from Via-Quest

 12th Build a Gingerbread
House

 14th Christmas Party
 12:00 Music with
Tom & Carolyn

 Wear your UGLY SWEATER!

15th Christmas Movie &
Popcorn with CT Library

 20th National Game Day
UNO or YAHTZEE

 21st Christmas Card
Exchange
Sweet Treats with
Melissa from Windber
Woods

 Christmas Crosswords
Crossword Puzzle Day

 12:00 Activity with CACCC

 25th Merry Christmas—
CLOSED

28th How to use Email
Seminar with S.C.
Library



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

**Tuesday & Thursdays:
Exercise Class
10:00-11:00**

**Thursday: 9:00
Quilting**

December 2023 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

4th Birthday Lunch
11th Last day to sign up
for Christmas Lunch
15th 10:30 Music with
John Larimer
18th Christmas Lunch
21st Appointments
available with PA-Medi

25th Center Closed—
Merry Christmas



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

4th Birthday Lunch
5th 10:00 Community Life
Seminar & Craft
7th 10:30 ViaQuest
Hospice Seminar & Bingo
12:20 Geri Fit
12th 10:00 Christmas Sing
Along

14th 10:00 Geri Fit
18th Christmas Lunch
19th 10:00 Interim
Seminar & Activity
Christmas Party
21ST 10:30 UPMC Hospice
12:20 Geri Fit

25th **Christmas Day-**
CLOSED
26th 10:00 Craft
28th 10:00 Geri Fit

Monday-Friday:
11:00 Bingo, Wii
Games (Unless
something else is
scheduled)

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

1st 12:20 On the Move
4th Birthday Lunch
10:30 Music with John Larimer
5th 12:15 Craft
6th 10:00 S.C. Library Seminar
Internet basics
12:00 On the Move
7th PA-MEDI by Appointment
10:00 Community Life Seminar
and Craft

8th 12:00 On the Move
11th 10:30 UPMC Hospice
Seminar & Activity
12th 12:00 Music with Doc's
Boys
13th 12:00 On the Move
14th 10:30 ViaQuest Hospice
Seminar & Bingo
15th 12:20 On the Move

18th Christmas Lunch & Party
(Wear your Christmas
Sweaters)
19th 12:15 Craft
22nd 10:30 Sing Along
Christmas Songs
25th **Christmas Day-CLOSED**
26th 12:15 Craft
27th 10:30 Interim Seminar &
Activity

M-W-F
9:30 BINGO (Unless
Something is scheduled)
Tuesday & Thursday:
10:00 Prize Bingo
(Unless Something is
Scheduled)
Thursday: Brain
Puzzles after Lunch

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

4th Birthday Lunch
11th Last day to sign up
for Christmas Lunch
18th Christmas Lunch
Exchange Gift \$10
22th 10:30 Music with John
Larimer
25th **Center Closed-Merry**
Christmas

26th Appointments
available with PA-Medi

T-W-TH 6:00 P.M.
Wii Golfing & Bowling



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>1 Chicken Rice Soup Ham Salad on Whole Grain White Bread Melon Cup Crackers Milk</p>
<p>4 Birthday Lunch Roast Pork w/Gravy Mashed Potatoes Brussel Sprouts Fruit Cocktail White Cake w/Icing Milk</p>	<p>5 Chile w/Cheese Mixed Green Salad Mandarin Oranges Corn Muffin w/Margarine Milk</p>	<p>6 BBQ Chicken Baked Potato w/Sour Cream & Margarine Capri Vegetables Fresh Banana Sugar Cookie Milk</p>	<p>7 Porcupine Meatballs Au Gratin Potatoes Peas Apricot Halves Wheat Dinner Roll w/ Margarine Milk</p>	<p>8 Kielbasa w/Sauerkraut Mashed Potatoes Sliced Carrots Pineapple Tidbits Milk</p>
<p>11 Rigatoni w/Meat Sauce Winter Blend Vegetables Mozzarella Cheese Stick Fruit Medley Milk</p>	<p>12 Honey Mustard Marinated Pork Chop Sweet Potato Patty Mixed Vegetables Fresh Apple Milk</p>	<p>13 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Diced Peaches Milk</p>	<p>14 Baked Ham w/Pineapple Sauce Cheesy Hash Browns Succotash Fresh Orange Milk</p>	<p>15 Fish Sandwich w/Cheese on Wheat Bun Tartar Sauce Cole Slaw Diced Pears Milk</p>
<p>18 CHRISTMAS LUNCH Stuffed Chicken Breast w/ Gravy Rice Pilaf Broccoli Florets Quartered Fruit Salad Cherry Pie Dinner Roll w/Margarine Milk</p>	<p>19 Ham, Green Beans, and Potatoes Mixed Green Salad w/ Cheese Fresh Citrus Salad Wheat Dinner Roll w/ Margarine Milk</p>	<p>20 Stuffed Cabbage Mashed Potatoes Corn Fruit Cocktail Strawberry Yogurt Milk</p>	<p>21 Creamed Chicken over Biscuit Peas & Carrots Tropical Fruit Salad Cottage Cheese Milk</p>	<p>22 Beef Pot Roast Mixed Green Salad w/Eggs Mandarin Oranges Corn Muffin w/Margarine Milk</p>
<p>25 CLOSED CHRISTMAS DAY</p>	<p>26 Hamburger on Wheat Bun Lettuce & Tomatoes Pickled Egg/Beets Macaroni Salad Applesauce Milk</p>	<p>27 Vegetable Soup Ham Salad w/Swiss Cheese on Whole Grain White Bread Broccoli Salad Diced Peaches Milk</p>	<p>28 Meatloaf Scalloped Potatoes Green Beans Fruit Medley Milk</p>	<p>29 NEW YEAR'S EVE LUNCH Hot Dog on Bun Sauerkraut Potato Salad Melon Cup Lemon Meringue Pie 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.

12 Things That Are Free Under Medicare

While most services come with a cost, some preventive screenings, vaccines and counseling are covered without charge

1. A onetime “Welcome to Medicare” visit

This visit must be made within the first 12 months of signing up for Medicare Part B, the part of Medicare that covers doctor visits and other outpatient services.

Think of this initial visit as a [baseline check-in](#). Your provider will review your medical and personal history, see what medications you are taking, give you a flu and [pneumococcal shot](#), take your vital signs (height, weight and blood pressure), do a simple vision test, ask some mental and behavioral health questions, and offer to help you create any advance directives you might not yet have. And all this will be free. But note that if after this general check-in, your doctor wants to order some diagnostic tests or perform some other services, the rules governing Part B will apply and you'll be responsible for 20 percent of the costs. Your coinsurance or copay may be different if you are enrolled in a Medicare Advantage plan or if you have supplemental, or Medigap, insurance.

2. A yearly wellness visit

The first thing to know about this is what it isn't: a physical. According to Medicare, this is a [once-a-year visit](#) to “update your personalized plan to help prevent disease or disability.” Your doctor will probably take your vital signs (height, weight and blood pressure) and review your medical history and the medications you are taking. Providers are also expected to do a cognitive assessment to look for any signs of dementia. If during this visit your doctor needs to order some tests, such as blood work or an actual physical exam, then as with that first welcome Medicare visit, the rules governing your coinsurance under Medicare Part B will apply.

3. Vaccines

Thanks to a federal law passed in 2022, Medicare now covers most vaccines at no cost to enrollees with prescription drug coverage under Medicare Part D or as part of their Medicare Advantage plan. This includes inoculations recommended by the Centers for Disease Control and Prevention, such as the shots for shingles and RSV. Medicare Part B had already covered other vaccines, such as [seasonal flu](#) and [COVID-19](#) shots, at no charge.

4. Diabetes screenings Medicare Part B will cover up to two [diabetes screenings](#) each year, including blood glucose tests, if your doctor determines you are at risk for developing diabetes and you have risk factors such as high blood pressure, a history of abnormal cholesterol levels, are obese or have a history of high blood sugar. Part B will also cover these screenings if two or more of the following conditions apply: you are 65 or older, you're overweight, you have a family history of diabetes or you've had gestational diabetes (diabetes while you were pregnant).

5. Depression screening

[Medicare covers one depression screening per year](#) that must happen in a primary care setting, like a doctor's office. If a provider recommends follow-up treatment or other mental health and behavioral services, then the coinsurance rules under Part B would apply. In a crisis, people can contact the free and confidential Suicide & Crisis Lifeline by calling or texting 988 24 hours a day, seven days a week.

6. Mammograms

Medicare will pay for a screening [mammogram](#) every 12 months if you are a woman age 40 or older. Be advised that if you get a diagnostic mammogram, which a doctor typically will order after a [screening mammogram](#) shows some suspicious results and

they want to take a closer look, then the rules governing Part B will apply and you will be responsible for 20 percent of the cost. That would also apply if, for example, a doctor orders a breast ultrasound because the Medicare enrollee has [dense breasts](#). Medicare will cover diagnostic mammograms more often than once a year if a doctor says they are medically necessary.

7. Colorectal cancer screenings

Four separate screening tests for colorectal cancer are covered for free:

A [fecal occult blood test](#) every 12 months, starting at age 45. This will detect blood in the stool.

A [flexible sigmoidoscopy](#) every 48 months, also starting at age 45, with the proviso that you haven't had a colonoscopy in the past 10 years.

A [stool DNA test](#) every three years for people between 45 and 85 who are not at high risk for colon cancer and don't have any symptoms of colorectal disease.

A screening [colonoscopy](#) every 10 years if you are not at high risk for colon cancer, or every two years if you've had a history of colon problems or there's a family history of colon cancer.

8. Lung cancer screenings

Medicare will cover a [lung cancer screening](#) using low-dose computed tomography once a year if all these conditions apply:

You're between 50 and 77.

You don't have any signs or symptoms of lung cancer.

You either smoke now or quit smoking within the past 15 years.

You have a history of having smoked one pack a day for a 20-year period.

You get an order from your doctor or other health care provider.

9. Prostate cancer

Starting the day after a man turns 50, Medicare will cover a [prostate specific antigen \(PSA\) blood test](#) every 12 months. If you also need a digital rectal exam or other follow-up services, then the 20 percent coinsurance rules under Medicare Part B will apply.

10. Smoking counseling

Medicare will pay for up to eight counseling sessions over a 12-month period to [help you stop smoking](#) or using tobacco.

11. Alcohol counseling

Medicare will cover one annual alcohol misuse screening. In addition, the program will cover up to four brief face-to-face counseling sessions each year if you are someone who uses alcohol but doesn't meet the medical criteria for being alcohol dependent. You must get the counseling at a primary care setting, such as a doctor's office or clinic.

12. Nutrition therapy

Medicare will cover some [nutrition services](#) if you have diabetes or kidney disease or have received a kidney transplant in the past 36 months. These services can include an initial nutrition and lifestyle assessment, individual or group sessions, help managing the lifestyle factors that affect your diabetes, and follow-up visits to check on your progress.

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Senior News

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