

# Senior News



THE AREA AGENCY ON AGING OF SOMERSET COUNTY • December 2024



On October 18, 2024, Senator **Bob Casey** visited the **Somerset Senior Center** to discuss his policy efforts in the senate. Casey engaged with seniors about his plans to protect Medicare and Social Security, emphasizing his commitment to preventing Medicare from being turned into a voucher program. He expressed strong opposition to any efforts that would limit healthcare access for seniors, stating, “I’m not going to sit down and hold hands with anyone who tries to turn Medicare into a voucher program”.

During the visit, Casey highlighted the challenges seniors face and reassured them of his dedication to advocating for their needs if reelected. This event was part of a broader strategy to connect with constituents and address their concerns leading up to the upcoming election!

# Prevent Winter SAFETY HAZARDS!



## WINTER SAFETY TIPS

### Carbon Monoxide (CO) Poisoning It can kill in minutes.

- ❄ Place portable generators **OUTSIDE** at least 20 feet away from windows, doors and vents.
- ❄ **NEVER** use generators in the basement, shed or garage.
- ❄ Have **WORKING** carbon monoxide alarms in your home.

### Fire Hazards Give Space Heaters Space!

- ❄ Place space heaters **3 feet away** from flammable materials.
- ❄ Install smoke alarms on **EVERY** floor and in **EVERY** bedroom.
- ❄ **Test** smoke alarms to make sure they are working. Replace batteries once a year.



**PLEASE REMEMBER TO CHECK THE MORNING NEWS FOR MEAL OR CENTER CANCELATIONS DUE TO WEATHER!**



# Feeling down this winter?

Here are some tips to help you ward off the winter blues:

Get **7 to 9** HOURS OF SLEEP every night → GO TO SLEEP & WAKE UP at the **same time** every night

Eat **5** servings of FRUITS & VEGETABLES daily → ONE SERVING = ABOUT ONE CUP

Each day, get **30** minutes of AEROBIC EXERCISE

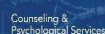
↓  
**WALK TO CLASS** even on COLD & CLOUDY DAYS

Spend time with **FRIENDS & FAMILY** on a regular basis

→ Maintaining **SOCIAL CONNECTIONS** is important

Sit in **SUNNY SPOTS** to maximize your exposure to **NATURAL LIGHT**

→ **LIGHT THERAPY BOXES** are available in 20 Intramural Building  
Call 814-863-0461 or email [promotinghealth@psu.edu](mailto:promotinghealth@psu.edu) for more information.





# Sodium Shakedown

Limiting the salt without limiting flavor!

## Why should I limit my salt intake?

Having too much salt in our diet can cause high blood pressure, which overtime can lead to heart attack, stroke, kidney damage, and heart failure

## So, how much salt should I have?

- Aim for less than 2,300 milligrams, or 1 teaspoon, a day
- Those over the age of 50 or that have certain health conditions should aim for less than 1,500mg a day

## Today's Recipe:

Make your own Mrs. Dash!

Instructions: Fill your salt shaker with the following herbs and spices:

- 1 tablespoon + 2 teaspoons onion powder
- 1 tablespoon garlic powder
- 1 tablespoon ground mustard
- 1 tablespoon paprika
- 1/2 teaspoon celery seed
- 1/2 teaspoon white pepper



# December 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**

2<sup>nd</sup> Birthday Lunch  
 2<sup>nd</sup> 11:00 Blood Pressures with Heartland  
 2<sup>nd</sup> 12:00 BINGO  
 9:30 Decorate Cookies with Kathy

16<sup>th</sup> Christmas Lunch  
 16<sup>th</sup> 12:00 A visit from Bobbie from UPMC  
 23<sup>rd</sup> Christmas Party & Gift Exchange-10.00 Gift to Participate

25<sup>th</sup> MERRY CHRISTMAS-CLOSED  
 30<sup>th</sup> 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**

2<sup>nd</sup> Birthday lunch  
 4<sup>th</sup> 10:30 Presentation with Jennifer Hoffman from Somerset Co Library  
 9<sup>th</sup> 10:30 Music with Fast Eddie  
 10<sup>th</sup> 10:30 Trivia with Bobbie from UPMC  
 12<sup>th</sup> 10:30 Blood Pressures with Heartland hospice  
 16<sup>th</sup> 10:30 Duane Riddle from UPMC Family Hospice  
 16<sup>th</sup> Christmas lunch  
 25<sup>th</sup> Merry Christmas-CLOSED  
 30<sup>th</sup> New Year's Eve Lunch



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

**Monday-Friday:**  
 Bingo

**Bible Study Class:**  
 1<sup>st</sup> & 3<sup>rd</sup> 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

**Wi-Fi Available**

2<sup>nd</sup> Birthday Lunch  
 4<sup>th</sup> 11:00 Blood Pressures with Heartland  
 9<sup>th</sup> Last day to sign up for Christmas Lunch  
 11<sup>th</sup> 10:00 Decorate Cookies with Kathy  
 12<sup>th</sup> Christmas Movie & Popcorn with CT Library  
 16<sup>th</sup> Christmas lunch  
 17<sup>th</sup> 12:00 Christmas Game  
 18<sup>th</sup> 12:00 Visit with Bobbie from UPMC  
 19<sup>th</sup> Christmas card Exchange  
 19<sup>th</sup> 12:00 Music with Tom & Carolyn  
 23<sup>rd</sup> Last Day to sign up for New Years Lunch on December 30<sup>th</sup>  
 24<sup>th</sup> Wear your Ugly Sweater  
 25<sup>th</sup> Merry Christmas-CLOSED  
 30<sup>th</sup> New Years Lunch



**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 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**

2<sup>nd</sup> Birthday Lunch  
 9<sup>th</sup> Last day to sign up for Christmas Lunch  
 13<sup>th</sup> Hot Cocoa ☕ ☕ Day  
 16<sup>th</sup> Christmas 🎄 Lunch  
 16<sup>th</sup> 12:00 🎵 Music with John Larimer  
 23<sup>rd</sup> Last day to sign up for the New Year's Eve Lunch  
 25<sup>th</sup> Center Closed—Merry Christmas 🎄  
 30<sup>th</sup> New Year's 🎉 Eve Lunch



**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

2<sup>nd</sup> Birthday Lunch  
 5<sup>th</sup> 10:30 Conemaugh Home Health Blood Pressures & Seminar  
 6<sup>th</sup> 10:00 Sing Along  
 9<sup>th</sup> 10:30 Heartland Hospice Seminar & Blood Pressures National Christmas Card Day

11<sup>th</sup> 10:00 Music with Charity Troutman Family  
 12<sup>th</sup> 10:00 Craft National Gingerbread Day & Poinsettia Day  
 13<sup>th</sup> 10:30 Music with Pastor Sam McClintock  
 National Cocoa Day  
 16<sup>th</sup> Christmas Lunch  
 18<sup>th</sup> 10:30 Community Life Seminar & Bingo

19<sup>th</sup> 10:30 UPMC Hospice Seminar & Activity  
 20<sup>th</sup> Christmas Party & Covered Dish  
 23<sup>rd</sup> 10:00 Sing Along  
 25<sup>th</sup> CLOSED Merry Christmas  
 27<sup>th</sup> 10:00 Games Day  
 30<sup>th</sup> 10:00 New Year's Eve Lunch & 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**

2<sup>nd</sup> Birthday Lunch  
 10:30 Music with John Larimer  
 3<sup>rd</sup> 10:30 Blood Pressures with Heartland Hospice  
 9<sup>th</sup> Trivia with Bobbie from UPMC  
 Last Day to sign up for Christmas Lunch on December 16th

11<sup>th</sup> 10:30 Music with Eric Harris  
 12<sup>th</sup> 10:30 Leah from Conemaugh Home Health  
 16<sup>th</sup> Christmas Lunch and Celebration  
 Gift Exchange — Bring a \$10 gift to participate

18<sup>th</sup> Music with Denise Baldwin  
 23<sup>rd</sup> Last Day to sign up for New Years Lunch on December 30th  
 25<sup>th</sup> Closed for Christmas  
 30<sup>th</sup> New Years Lunch

**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**

2<sup>nd</sup> Birthday Lunch  
 4<sup>th</sup> 10:30 Music 🎵 with Denise Baldwin  
 5<sup>th</sup> 10:30 Games with Renee from Conemaugh Regional Hospice  
 9<sup>th</sup> Last day to sign up for Christmas Lunch  
 12<sup>th</sup> 10:30 Music 🎵 with John Wolfe  
 13<sup>th</sup> Ugly Sweater Day

13<sup>th</sup> Hot ☕ Cocoa ☕ Day  
 16<sup>th</sup> Christmas 🎄 Lunch  
 18<sup>th</sup> 10:30 Music 🎵 with Billy Stoppe  
 20<sup>th</sup> Christmas Gift 📺  
 Exchange-bring in a \$10 gift to participate  
 23<sup>rd</sup> 10:30 Music 🎵 with John Larimer

23<sup>rd</sup> Last day to sign up for the New Year's Eve Lunch  
 25<sup>th</sup> Center Closed—Merry Christmas 🎄  
 30<sup>th</sup> 10:30 Music 🎵 with Ed Cominsky  
 30<sup>th</sup> New Year's Eve 🎉 Lunch

**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

<p><b>BIRTHDAY LUNCH</b></p> <p>Kielbasa w/Sauerkraut Mashed Potatoes Sliced Carrots Pineapple Tidbits White Cake w/Icing Milk</p>	<p>Barbequed Chicken Baked Potato w/Sour Cream &amp; Butter Capri Vegetables Fresh Banana Sugar Cookie Milk</p>	<p>Chili w/Cheese Mixed Green Salad Mandarin Oranges Corn Muffin w/Margarine Milk</p>	<p>Country Fried Pork Loin Fritter w/Gravy Seasoned Whole Mini Potatoes Broccoli Florets Cottage Cheese Applesauce Milk</p>	<p>Porcupine Meatballs Au Gratin Potatoes Prince Edward Vegetable Blend Apricot Halves Wheat Dinner Roll w/Margarine Milk</p>
<p>Rigatoni w/Meat Sauce Winter Blend Vegetables Mozzarella Cheese Stick Fruit Medley Milk</p>	<p>Baked Ham w/Pineapple Sauce Cheesy Hashbrowns Succotash Fresh Orange Milk</p>	<p>Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Diced Peaches Milk</p>	<p>Pork Chop/Gravy Parslied Red Potatoes Mixed Vegetables Fresh Apple Milk</p>	<p>Fish Sandwich w/Cheese on Wheat Bun Tartar Sauce Coleslaw Diced Pears Milk</p>
<p><b>CHRISTMAS LUNCH</b></p> <p>Stuffed Chicken Breast w/Gravy Rice Pilaf Broccoli Florets Papaya &amp; Mango Fruit Peach Pie Dinner Roll w/Margarine Milk</p>	<p>Ham, Green Beans, &amp; Potatoes Mixed Green Salad w/Cheese Fresh Clementine Wheat Dinner Roll w/Margarine Milk</p>	<p>Stuffed Cabbage Mashed Potatoes Corn Fruit Cocktail Yogurt Milk</p>	<p>Chicken Pot Pie Pasta Salad Mandarin Oranges Cottage Cheese Dinner Roll w/Margarine Milk</p>	<p>Meatloaf Scalloped Potatoes Green Beans Fruit Medley Milk</p>
<p>Creamed Chicken Over Biscuit Peas &amp; Carrots Tropical Fruit Salad Cottage Cheese Milk</p>	<p>Hamburger on Bun Lettuce &amp; Tomatoes Pickled Egg/Beets Macaroni Salad Pineapple Tidbits Milk</p>	<p><b>CLOSED CHRISTMAS DAY</b></p>	<p>Vegetable Soup Ham Salad w/Swiss Cheese on Whole Grain White Bread Broccoli Salad Applesauce Crackers Milk</p>	<p>Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Fresh Banana Rye Bread w/Margarine Milk</p>
<p><b>NEW YEARS EVE LUNCH</b></p> <p>Hot Dog on Bun Sauerkraut Mashed Potatoes Melon Cup Brownie Milk</p>	<p>Roast Turkey w/Gravy Mashed Potatoes Brussel Sprouts Fruit Cocktail Wheat Dinner Roll w/Margarine Milk</p>	<p>HAVE A <b>MERRY Christmas &amp; A HAPPY NEW YEAR</b></p>	<p>Christmas Crossword Puzzle Answer Key</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.**

## CHRISTMAS CROSSWORD PUZZLE

Down



Across



[www.MyPartyGames.com](http://www.MyPartyGames.com)

**On behalf of all the staff  
at the senior centers and  
the AAA office, we wish  
you and your family a  
Merry Christmas and a  
Happy New Year!**



Low-Income Home Energy Assistance Program

**HELP KEEPING YOUR  
HOME WARM & SAFE**

[dhs.pa.gov/LIHEAP](http://dhs.pa.gov/LIHEAP)

**LIHEAP**

Get your  
applications at any  
of our 7 Senior  
Centers now!

## MEDICARE Open Enrollment

Join, switch or drop Medicare Advantage  
or Prescription Drug Plans.



New coverage begins January 1



**PA MEDI** can help.

**Welcome  
2025**



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## Senior News

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If you would like to obtain further infor-  
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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

