

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • February 2023

## HOW TO OBSERVE AMERICAN HEART MONTH

### 1. Take up a heart-healthy habit

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

### 2. Educate yourself

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

### 3. Get your cholesterol tested

If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

## 5 Interesting Fact about Heart Health

1. **Heart attacks can be silent**—One in five heart attacks occurs without the person even knowing they had one.
2. **Heart attacks affect women differently**—Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.
3. **Young women are at higher risk than men**—Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.
4. **Another reason to hate Mondays**-Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.
5. **Diet soda raises heart attack risk**-If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

## Why American Heart Month is Important

1. It reminds us to take care of our heart-America Heart Month motivates us to examine our health habits and risks and take steps to improve our heart health.
2. It promotes education about heart health-Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and diminish their risk for heart attacks or other cardiovascular diseases.
3. It raises awareness of heart disease-As the number one killer of Americans, heart disease is a slow-moving epidemic that affects almost everyone.

# Balance Problems

Balance problems/disorders are very common for older adults. In fact, an estimated 90 million Americans experience at least one balance problem in their lifetime. Some of these individuals develop balance deficits which result in some type of functional limitation. For individuals over 75 years old, dizziness is the top reason that they visit a physician. In addition, the leading cause for severe injury and death in those over 65 years of age is falling attributed to lack of proper balance. But age is not the only reason that balance problems occur.

The topic of balance: How important is your balance? What are some symptoms and typical causes of these balance problems? What should you do if you suspect that you have a balance problem/disorder? And how can you reduce the risk of balance problems?

## How important is your balance?

To put it simply, good balance allows you to be able to move freely; you have control over your body movement and you can maintain your body's position. Proper balance helps you walk, get up from a sitting position, climb upstairs, and bend over – all of these actions without falling and without added effort.

So, it is not surprising that a good balance is essential in remaining independent to engage in routine daily activities.

## What are some symptoms of balance problems/disorders?

Often, if someone is exhibiting balance problems, they may feel a combination of being lightheaded, nauseous, and dizzy. The room may appear to be spinning around them. They may also feel that they are about to fall or that they are actually falling. Their vision might be blurred and they may be confused and disorientated. In addition, there might be other symptoms of diarrhea, changes in blood pressure and heart rate, or a sudden panic, anxiety, and fear sensation. The individual may feel overly tired and depressed. Any number of these symptoms can appear in short time periods or last for quite some time.

## What are some typical causes of these problems/disorders?

Many balance problems/disorders are the results of problems in the inner ear. That's because the vestibular system, within the inner ear, is mainly responsible for the balance. When the vestibular system is swollen or infected, it can lead to labyrinthitis. Upper respiratory infections and other viral infections along with bacterial infections can cause labyrinthitis. Some other diseases can cause balance problems or dizziness (e.g., a stroke or low blood pressure). Injuries to your head and the side effects of taking certain medicines can cause balance problems as well.

## What should you do if you have a balance problem?

It is important to consult with your doctor or medical professional if you notice any balance problems. Your diet, intake of liquids, and body movements may be addressed. For example, balance problems caused by high blood pressure can usually be managed by eating less sodium, exercising, and maintaining a healthy weight. And if you have low blood pressure and this is causing balance problems, you may be advised to drink more water or additional fluids, avoid alcohol, and be extra careful of your movements and posture (e.g., when standing up – stand up slowly and don't cross your legs when you are sitting, etc.).

You can talk to your doctor about the necessity of curtailing any activities like driving and ways to reduce the chances of falling during other routine activities (e.g., walking up steps, exercising, going to the bathroom, etc.). It is also helpful to note when these problems occur. Is it at a certain time of the day/night or during a specific activity? By pinpointing when the "imbalance" occurs, your doctor will be more accurately address the problem and help control it.

Your doctor may seek out other medical professionals if the symptoms don't disappear or can't be controlled. They may refer you to an otolaryngologist, a specialist who deals with problems of the ear, nose, throat, head, and neck. Or perhaps you may be referred to a physical therapist or vestibular rehabilitation therapist to design a series of exercises for you.

**Cont'd page 3**

## Additional suggestions to prevent injury when you experience balance problems

It is best not to walk in the dark. You can leave a nightlight on in your bedroom and also the hallway and bathroom in case you need to get up during the night. When walking outdoors, it is advisable to wear low-heeled shoes and avoid sandals so you are less apt not to trip. A cane or walker might be recommended. Finally, adding handrails to steps or steep pathways around your house would be a safety caution to consider.

### 7 Balance exercises to add to your day

Ask your doctor about adding some balance exercises to your daily activity. By spending a few minutes each day doing these simple balance exercises, you will be sure to improve your balance and get stronger and more fit in the process.

#1-Single Limb Stance: Hold onto the back of a chair. Lift your right foot to balance on your left foot. Hold that position for as long as you can. Then repeat with your left foot. Try to work up to balancing on each foot for a minimum of one minute.

#2-Heel to Toe Walking: This exercise helps strengthen your legs so you can walk without falling. Put your right foot in front of your left foot by touching the top toes of the left foot. Then move your left foot in front of your right by putting the weight on your heel. Shift your weight to your toes. Repeat the step with your left foot. Try to walk this way for 20 steps.

#3 Rock the Boat: Stand with your feet apart, the same distance as the width of your hips. Press your feet firmly into the ground while standing up straight. Transfer your weight to the right foot while slowly lifting your left foot off the ground. Then repeat with the other foot. Aim to hold each position 5 times.

#4 Clock Reach: Hold onto the back of a chair with your left hand. Imagine that you are facing the no. 12 of a clock with your back toward no. 6. Now, lift your right leg and extend your right arm so it's pointing to no. 12. Then, point your arm toward no. 3, followed by no. 6. Bring your arm back to no. 3, and then return it to no. 12. Stand straight and look ahead the entire time. Repeat this exercise two times per side.

#5 Single Limb Stance with Arm: Stand with your feet together and your arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold for 10 seconds. Repeat on the other side.

#6 Side Leg Raise: Stand behind a chair with your feet apart. Slowly lift your right leg to the side. Stand straight and look ahead. Lower your right leg slowly and repeat 10-15 times per leg.

#6 Marching in Place: You can hold onto a counter if needed. Stand straight and lift your right knee as high as you comfortably can. Lower it, then lift the left leg. Repeat lifting 20 times per leg.

#7 Toe Lifts: Stand straight and put your arms out in front of you. You can hold onto a counter or chair if needed. Raise yourself up on your toes as high as you can, then gently lower yourself down to the floor. Lift and lower yourself 20 times.

### In Summary

You can do something about your balance. If you are experiencing balance problems/disorders, it is important to talk to your doctor to see about any underlying causes and how the situation can be helped. You can also add some simple balance exercises to your day to help improve and maintain your balance as well. In the long run, your body will become stronger and more fit and you will be more able to combat the chance of falling and injuring yourself as you age.

*[seniorlivinglink.org/articles/senior-living-blog/post/balance-problems](https://seniorlivinglink.org/articles/senior-living-blog/post/balance-problems)*

# February 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

- 6 10:30 Valentine  
Cookie Decorating
- 6 12:00 Aetna  
Presentation
- 13 9:00 Valentine craft  
with Jan

- 13 12:00 Auction  
ProMedica
- 21 9:00 Valentine  
ceramic with The  
Makery on 601

- 21 12:00 February  
Auction
- 27 11:00 Depression &  
Anxiety Seminar  
w/Jessie Love
- 27 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**  
**Center Operator:** Tammy Blough  
 Phone: (814) 754-5615  
 E-mail: tblough@somersetaaa.org

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

**Wi-Fi Available**

- 2 Celebrate National  
Wear Red Day—Show  
off your RED
- 3 10:30 Aetna  
Presentation
- 6 10:30 Music w/John  
Larimer
- 7 PA-Medi
- 10 Celebrate National  
Pizza day—Pizza  
Party

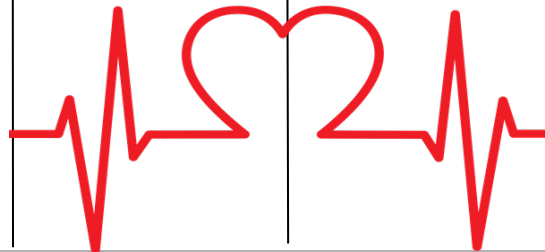
- 13 Valentine's Day  
Party—Covered  
Dish
- 13 Music w/Denise  
Baldwin
- 17 Random Acts of  
Kindness Day—  
Celebrate with an  
Act of Kindness

- 20 Center Closed—  
President's Day
- 24 10:30 Music  
w/Jeannie Ross
- 27 Celebrate  
Fairytale Day—  
Word Search

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

**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  
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 National Red Day—  
Show off your RED!
- 3 12:00 Valentine  
Cookie Decorating
- 7 10:00 Mason Jar  
Craft
- 9 Hunt the Heart
- 9 11:00 Depression &  
Anxiety Seminar w/  
Jessie Love
- 9 12:00 Music w/Tom  
& Carolyn
- 10 Wear your Favorite  
Flannel
- 14 Valentine's Day  
Party—Covered Dish
- 14 10:30 Blood  
Pressures w/Merit

- 15 9:00 Valentine Craft  
w/Jan
- 15 12:00 Auction  
w/Promedica
- 16 11:00 Fat  
Thursday—Coffee  
and Donuts with  
our Cops
- 17 Random Acts of  
Kindness Day—  
Celebrate with an  
act of kindness
- 22 12:00 Auction
- 23 9:00 Valentine's  
Ceramic w/The  
Makery on 601
- 23 12:00 Presentation  
w/Aetna

- 24 12:00 Very Berry  
Smoothies



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

**Tuesday: 10:00**  
 Geri-Fit w/Jan

**Thursday: 9:00**  
 Quilting  
 10:00 Exercise Class  
 w/Jan

# February 2023 Center Activities

## 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

- 1 10:30 Blood Pressure check w/Somerset Home Health
- 9 10:30 Promedica Presentation
- 10 Super Bowl Party

- 14 Valentines Day Party
- 20 Center Closed- President's Day
- 23 PA-Medi



**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

- 6 Birthday Lunch
- 7 10:00 Sing Along
- 14 10:30 Promedica Hospice Seminar & Auction

- 14 Valentines Day Party
- 20 Center Closed- President's Day
- 21 10:30 Senior Solutions Seminar & Prize Bingo

- 28 10:30 Promedica Seminar & Prize Bingo

**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 10:30 Senior Solutions Seminar
- 2 9-11:30 CDSME Class
- 3 10:00 Promedica Seminar & Craft
- 6 12:15 Promedica Hospice Seminar & Auction

- 7 12:15 Craft
- 9 9-11:30 CDSME Class
- 14 Valentines Day Party
- 14 10:30 Music w/Eric Harris
- 16 10:00 Aetna Seminar

- 16 PA-Medi
- 20 Center Closed- President's Day
- 21 12:15 Craft
- 23 9-11:30 CDSME Class
- 28 12:15 Craft

**Monday-Friday:**  
 10:00 Bingo—12:15 if  
 something is sched-  
 uled

**Tuesday & Thurs-  
 day:** 10:00 Prize Bin-  
 go

**Tuesday:** Crafts  
 after lunch

**Thursday:** Trivia  
 after lunch

## CENTER FOR LIFE

**700 Fifth Street, Suite 200  
Windber, PA 15963**  
**Center Operator: Tammy Blough**  
 Phone: (814) 467-5912  
 E-Mail: tblough@somersetaaa.org

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

**Daily Activities:** Wii, Exercise  
 Machines, Volunteer Opportunities

**Wi-Fi Available**

- 1 9:30 The Makery on 601
- 3 Celebrate National Wear Red Day-Show off your RED
- 8 10:30 Music w/Denise Baldwin
- 9 Celebrate National JoyGerm Day— Share the JoyGerm

- 14 Valentine's Day Party-Covered Dish
- 15 10:30 Music w/John Larimer
- 17 Random Acts of Kindness Day— Celebrate with an Act of Kindness

- 20 Center Closed- President's Day
- 22 10:30 Music w/Jeanne Ross
- 23 Celebrate National Pizza day-Pizza Party
- 28 Celebrate Fairytale Day-Word Search

**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

February, 2023

**Menu**

<p><b>Milk Served with Every Meal</b></p>	<p><b>NATIONAL HEART MONTH</b></p>	<p><b>1</b> Chile w/Cheese Mixed Green Salad Ranch Dressing Fresh Apple Corn Muffin</p> <p><b>Dark Chocolate Day</b></p>	<p><b>2</b> Roast Turkey w/Gravy Mashed Potatoes Winter Vegetables Cranberry Salad Wheat Dinner Roll</p> <p><b>Groundhog Day</b></p>	<p><b>3</b> Hot Dog on Bun Baked Beans Melon Cup</p> <p><b>Bubble Gum Day</b></p>
<p><b>6 BIRTHDAY LUNCH</b> Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Yellow Cake</p> <p><b>Oatmeal Monday</b></p>	<p><b>7</b> Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Fresh Orange</p> <p><b>Rose Day</b></p>	<p><b>8</b> Rigatoni w/Meat Sauce Broccoli Florets Mozzarella Cheese Stick Tropical Fruit Salad</p> <p><b>Kite Flying Day</b></p>	<p><b>9</b> Breaded Chicken Breast w/Gravy Oven Roasted Red Skin Potatoes Peas &amp; Carrots Diced Peaches</p> <p><b>Pizza Day</b></p>	<p><b>10</b> Honey Mustard Pork Chop Au Gratin Potatoes Normandy Veggies. Baked Apples Wheat Dinner Roll</p> <p><b>Flannel Day</b></p>
<p><b>13 VALENTINE'S DAY LUNCH</b> Stuffed Chicken Breast w/Gravy Parslied Red Potatoes Mixed Vegetables Fruit Cup Cherry Pie</p> <p><b>Cheddar Cheese Day</b></p>	<p><b>14</b> Meatloaf Scalloped Potatoes Sliced Carrots Mandarin Oranges</p> <p><b>Happy Valentine's Day</b></p>	<p><b>15</b> Chicken Rice Soup Ham Salad on Whole Grain White Bread Fresh Tomato Salad Melon Fruit Cup Crackers</p> <p><b>Gumdrop Day</b></p>	<p><b>16</b> Stuffed Pepper Mashed Potatoes Corn Creamy Cucumbers Fruit Salad</p> <p><b>Fat Thursday Day</b></p>	<p><b>17</b> Veal Parmesan w/Provolone Cheese Spaghetti w/sauce Green Beans Tropical Fruit Salad Italian Bread</p> <p><b>Cabbage Day</b></p>
<p><b>20</b></p> <p><b>CLOSED PRESIDENT'S DAY</b></p>	<p><b>21</b> Baked Chicken w/Gravy Mini Potatoes Peas Diced Pears</p> <p><b>Mardi Gras</b></p>	<p><b>22 ASH WEDNESDAY LUNCH</b> Vegetarian Vegetable Soup Egg Salad on Whole Grain White Bread Pasta Salad Cheese Stick Fresh Clementine</p>	<p><b>23</b> Ham Pot Pie Tossed Salad w/Cheese Italian Dressing Fruit Cocktail</p> <p><b>Chili Day</b></p>	<p><b>24</b> Potato Crusted Cod Tartar Sauce Brussel Sprouts Pierogis Fresh Citrus Salad Cole Slaw</p> <p><b>Fish Fry Day</b></p>
<p><b>27</b> Roast Pork w/Gravy Mashed Potatoes Green Beans Fresh Orange Rye Bread</p> <p><b>Big Breakfast Day</b></p>	<p><b>28</b> Cheeseburger on Bun Lettuce &amp; Tomatoes Baked Beans Pickled Egg/Beets Melon Fruit Cup</p> <p><b>Chocolate Souffle Day</b></p>	<p><b>Reminder: Somerset County Senior Center Closings or Home Delivered Meal Cancellations due to inclement weather will be announced on WJAC, Fox, ABC &amp; Forever Radio Stations.</b></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.**

# Conemaugh Township Senior Center



On Dec 7th Conemaugh Township indulged in a Hot Chocolate Bar here at the Senior Center! Many goodies to go along with the Hot Chocolate and many goodies to go in the Hot Chocolate! This activity was very much enjoyed by everyone here at the center!

Pictured: Donna Shull and Patti Parsons



## Special Lunch Days

March 6th—Birthday Lunch

March 17th—St. Patrick's Day Lunch

April 3rd—Easter Lunch

April 10th —Birthday Lunch



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## Senior News

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*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

