

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • February 2024

Congratulations Jess Berkey, on your new role as the Deputy Administrator for the Area Agency on Aging! We are thrilled to have you on board and look forward to working with you!



Hello and Happy 2024!!

My name is Jessica Berkey and I am looking forward to serving as the Deputy Administrator at the Area Agency on Aging. A little bit about myself. I was born and raised in Somerset County. I began my career with the Agency in 2013 as the Senior Center Operator at the Confluence Sr. Center. Since then I've held an array of titles here at the Aging office and therefore have a lot of knowledge about the agency, community resources, and the needs of those 60+ in our community. I have 2 young boys, ages 9 and 12, who attend the Somerset Area School District

and put their heart and soul into Baseball. While I do put my heart and soul into these two children, I will also continue to put my heart and soul into the Area Agency on Aging and every individual that we serve. My hope for you is that you will continue to live and age well and I look forward to being part of your journey in life.

# FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the **No.1 killer** of men & women!

Taking **more** lives than all forms of cancer combined!

- The American Heart Association

Heart disease is preventable & controllable.  
**Don't** become a statistic!

**Every 33 seconds someone dies** in the US from cardiovascular disease - roughly equivalent to a September 11th-like tragedy repeating itself every 24 hrs, 365 days a year. - The Heart Foundation

This year more than 920,000 Americans will have a heart attack; nearly half of them will occur **without** prior symptoms or warning signs!

- The Heart Foundation

# Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

## Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

## These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

## Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

## Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at [988lifeline.org](https://988lifeline.org).



**NIH** National Institute  
of Mental Health

[nimh.nih.gov/sad](https://nimh.nih.gov/sad)

NIMH Identification No. OM 22-4320

# February 2024 Center Activities

## BOSWELL AREA SENIOR CENTER

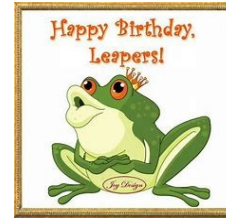
332 Stonycreek Street  
Boswell, PA 15531  
Center Operator: Melissa Ray  
Phone: Mon: (814) 629-9926 or  
Tues-Fri: (814) 479-2216  
E-mail: mray@somersetaaa.org

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

5th Birthday Lunch  
12:00 Afternoon BINGO  
12th Valentine's Day  
Lunch  
12th 12:00 BINGO with  
Valarie from Via-Quest  
12th Hunt a Heart

19th CLOSED— Presidents  
Day  
20th 12:00 Crafts  
26th 11:00 Blood  
Pressures

26th 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: 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> Groundhog Day  
5<sup>th</sup> 10:30 Music with  
Tom and Carolyn  
Birthday Lunch  
6<sup>th</sup> PA MEDI  
7<sup>th</sup> 10:30 Internet  
Safety with Jennifer  
Hoffman  
13<sup>th</sup> 10:30 Play Trivia  
15<sup>th</sup> Blood Pressure  
Screening

19<sup>th</sup> CLOSED-  
Presidents Day  
21<sup>st</sup> 10:30 Music  
with John Larimer  
23<sup>rd</sup> 10:30 Play  
Trivia  
26<sup>th</sup> 10:30 The  
Makery  
28<sup>th</sup> 10:30 Denise  
Baldwin



**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  
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 12:30 BINGO with  
Valarie from Via-Quest  
2nd Ground Hog Day  
Movie Matinee with  
Popcorn  
5th Birthday Lunch  
8th 12:30 BINGO  
13th 12:30 BINGO  
14th Happy  
Valentine's Day  
14th 10:30 Blood  
Pressures  
14th 12:30 White  
Elephant Bingo

15th Music with Tom  
& Carolyn  
16th Valentines day  
Movie & Popcorn  
19th Center Closed—  
Presidents Day  
22nd 12:30 BINGO  
27th 12:30 BINGO  
29th Hunt a Heart



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

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

**Thursday: 9:00**  
Quilting

# February 2024 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

Wi-Fi Available

2<sup>nd</sup> Wear Red Day

2<sup>nd</sup> Ground Hog Day

5<sup>th</sup> Birthday Lunch

9<sup>th</sup> 12:00 Music with  
 John Larimer

12<sup>th</sup> Valentine Day  
 Lunch

19<sup>th</sup> Center Closed-  
 Presidents Day

20<sup>th</sup> 10:30 Heartland  
 Hospice

29<sup>th</sup> Leap Day



**Monday, Wednesday  
 & Friday:**  
 10:00 Exercise

**Tuesday:** 10:00  
 Theology class w/Pastor  
 Dean

**Everyday:**  
 9:30 Wii Games  
 12:00 BINGO

## 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

5<sup>th</sup> Birthday Lunch  
 6<sup>th</sup> 10:00 Geri Fit  
 7<sup>th</sup> Search Word  
 Puzzle  
 8<sup>th</sup> 10:00 Sing Along  
 12<sup>th</sup> 10:00 Valentine's  
 Day Lunch & Craft  
 13<sup>th</sup> 10:00 Geri Fit

14<sup>th</sup> Valentine's Day  
 Party  
 Search Word Puzzle  
 15<sup>th</sup> 10:30 UPMC  
 Hospice Seminar &  
 Activity  
 19<sup>th</sup> Closed  
 President's Day  
 20<sup>th</sup> 10:00 Geri Fit

21<sup>st</sup> Search Word  
 Puzzle  
 27<sup>th</sup> 10:00 Geri Fit  
 28<sup>th</sup> PA MEDI by  
 Appointment  
 Search Word Puzzle

**Monday-Friday:**  
 11:00 Bingo, Wii  
 Games (Unless  
 something else  
 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

PA MEDI by appointment  
 2<sup>nd</sup> 12:30 Geri Fit  
 5<sup>th</sup> Birthday Lunch  
 6<sup>th</sup> 12:15 Craft  
 9<sup>th</sup> 10:00 Heartland  
 Hospice Seminar & Blood  
 Pressures  
 12:30 Geri Fit

12<sup>th</sup> 10:30 UPMC Hospice  
 Seminar & Activity  
 Valentine's Day Lunch  
 13<sup>th</sup> 12:15 Craft  
 14<sup>th</sup> Valentine's Day  
 Party  
 16<sup>th</sup> 12:30 Geri Fit  
 19<sup>th</sup> Closed-President's  
 Day

20<sup>th</sup> 12:15 Craft  
 23<sup>rd</sup> 12:30 Geri Fit  
 27<sup>th</sup> 12:15 Craft  
 28<sup>th</sup> 10:30 Interim  
 Hospice Seminar &  
 Activity  
 29<sup>th</sup> Special Leap Year  
 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 or  
 (814) 443-2681

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

Wi-Fi Available


1<sup>st</sup> 10:30 Craft  
 2<sup>nd</sup> Wear Red Day  
 Ground Hog Day  
 5<sup>th</sup> Birthday Lunch  
 7<sup>th</sup> 10:30 Music with  
 John Wolfe  
 12<sup>th</sup> Valentine Day  
 Lunch

12<sup>th</sup> 10:30 Music  
 with John Larimer  
 13<sup>th</sup> Fat Tuesday  
 15<sup>th</sup> 10:30 Craft  
 16<sup>th</sup> 11:00  
 Heartland Hospice  
 19<sup>th</sup> Center Closed-  
 Presidents Day

20<sup>th</sup> 10:30 Community  
 Arts Craft  
 21<sup>st</sup> 10:30 Music with  
 Billy Stoppe  
 29<sup>th</sup> Leap Day  
 29<sup>th</sup> 10:30  
 Craft



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

		<p>1</p> <p>Hot Dog on Bun Baked Beans Melon Cup Cole Slaw Milk</p>	<p>2</p> <p>Roast Turkey w/Gravy Mashed Potatoes Capri Vegetables Cranberry Salad Wheat Dinner Roll w/Margarine Milk</p>	
<p>5</p> <p><b>BIRTHDAY LUNCH</b> Rigatoni w/Meat Sauce Broccoli Florets Mozzarella Cheese Stick Tropical Fruit Salad Yellow Cake w/Icing Milk</p>	<p>6</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk</p>	<p>7</p> <p>Chicken Rice Soup Ham Salad on Whole Grain White Bread Fresh Tomato Salad Melon Fruit Cup Crackers Milk</p>	<p>8</p> <p>Meatloaf Scalloped Potatoes Sliced Carrots Mandarin Oranges Milk</p>	<p>9</p> <p>Honey Mustard Marinated Pork Chop Au Gratin Potatoes Normandy Vegetables Baked Apples Wheat Dinner Roll w/Margarine Milk</p>
<p>12</p> <p><b>VALENTINE'S DAY LUNCH</b> Stuffed Chicken Breast w/Gravy Parsley Red Potatoes Mixed Vegetables Fruit Cup Cherry Pie Milk</p>	<p>13</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Diced Peaches Milk</p>	<p>14</p> <p><b>ASH WEDNESDAY LUNCH</b> Vegetarian Vegetable Soup Egg Salad on Whole Grain White Bread Marinated Pasta Salad Mozzarella Cheese Stick Fresh Clementine Crackers Milk</p>	<p>15</p> <p>Chicken/Vegetable Alfredo over Noodles Peas/Carrots Cottage Cheese Apricot Halves Milk</p>	<p>16</p> <p>Cheese Omelet Sausage Link Fresh Orange Whole Grain Muffin V-8 Juice Milk</p>
<p>19</p> <p><b>CLOSED</b> <b>PRESIDENT'S DAY</b></p>	<p>20</p> <p>Baked Chicken w/Gravy Seasoned Whole Mini Potatoes Peas Fresh Apple Milk</p>	<p>21</p> <p>Ham Pot Pie Tossed Salad w/Cheese Ranch Dressing Fruit Cocktail Milk</p>	<p>22</p> <p>Stuffed Pepper Mashed Potatoes Corn Creamed Cucumbers Quartered Fruit Salad Milk</p>	<p>23</p> <p>Potato Crusted Cod Tartar Sauce Brussel Sprouts Pierogis Fresh Citrus Salad Cole Slaw Milk</p>
<p>26</p> <p>Roast Pork w/Gravy Mashed Potatoes Green Beans Fresh Orange Rye Bread w/Margarine Milk</p>	<p>27</p> <p>Cheeseburger on Bun Lettuce &amp; Tomatoes Baked Beans Pickled Egg/Beets Melon Fruit Salad Milk</p>	<p>28</p> <p>Lasagna Mixed Green Salad w/Egg Italian Dressing Mozzarella Cheese Stick Tropical Fruit Salad Italian Bread w/Margarine Milk</p>	<p>29</p> <p>BBQ Chicken Brown Rice Pilaf Broccoli &amp; Cauliflower Molded Citrus Salad 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.**

# Valentine's Day Trivia

1. Which U.S. state grows the most roses?
2. What year were conversation hearts - candy hearts with messages on them - first created?
3. How much money will Americans spend on cards for Valentine's Day?
4. What day is Valentine's Day held on?
5. Valentine's Day evolved from what ancient Roman festival?
6. What percentage of Valentine Cards are purchased by women?
7. The British Museum holds a letter believed to be the oldest valentine still in existence. Who wrote it?
8. What percentage of roses purchased on Valentine's Day are red?
9. Who created the first Valentine's Day box of chocolates?
10. T/F: Valentines Day is the most popular card giving holiday.

**ANSWERS:** (1) California (2) 1866 (3) \$1.029 billion (4) February 14 (5) Lupercalia (6) 85 percent (7) Charles d'Orleans (8) 69% (9) Richard Cadbury (10) False. Christmas.

LATEST **LY**



We Are Lucky to Have  
Such Thoughtful,  
Experienced and  
Motivating Generation  
With Us Who Is  
Always There for  
Us to Guide Us...

*Wishing You a Very Happy  
World Senior Citizen's Day.*

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## Senior News

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

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

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1338 South Edgewood Avenue  
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*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

