

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • January 2023

The Holidays are over, now what

If you are like most people, the weeks between the middle of November through the beginning of January come with mixed feelings. There seems to be either an overabundance or lack of get-togethers, food, shopping, and cards in the mail. Whether you are someone who loves or dreads this time of year, there is no avoiding it.

The following steps to guard your mental health, especially during the holidays, were taken from an article posted in 2016 on the National Council on Aging website.

Make communication a priority

Some older adults go days without speaking to anyone at all, especially those who are in poor health or who have limited mobility or transportation options. If you or someone you know doesn't get many calls or visits, take the first step.

Encourage and facilitate social activities through local organizations

Places of faith, like churches, temples and mosques, are a great place for individuals of all ages to meet like-minded people and find opportunities for group activities. If you aren't religious, consider activities available through a local senior center. Even better, call a friend and go together to reduce anxiety and apprehension.

Explore hobbies and other areas of interest

If you don't currently have any hobbies, is there one you used to do that could be started again? Is there something new you've been wanting to try? Odds are that other people share that interest and there are opportunities for socializing around it. Even seemingly solitary hobbies can become social. Avid readers can join book clubs; people who like to quilt or knit can join sewing or knitting circles.

Identify opportunities to combat loneliness at any time

For those times between visits, calls, organizational activities and hobbies when loneliness can strike, determine some options that you can take advantage of at any time of day. Mental Health America (MHA) has a Friendship Line at 1-800-971-0016. The Friendship Line is available 24/7 for adults aged 60+ to offer a caring ear and friendly conversation, and it also offers outreach services.

When these steps don't do the trick

If you have taken steps to address loneliness, but still find that you are withdrawn and in low spirits, you may be showing signs of depression. Please don't hesitate to call someone who can help - DHBS Somerset 814-443-4891. If you or someone you know is having thoughts of suicide call the Suicide and Crisis Lifeline - 988.

HUMAN TRAFFICKING

WHAT CAN YOU DO?


RECOGNIZE

- Sex and labor trafficking is happening in rural, suburban, and urban communities in Pennsylvania
- Anyone can be a victim regardless of age, sex, ethnicity, or socioeconomic background

REPORT

- Disoriented, confused, malnourished, lacking sleep
- Signs of verbal and/or physical abuse
- Clothing/dress is inappropriate for given situation
- Avoids eye contact and is fearful of authority
- Submissive, tense, or nervous/paranoid behavior
- Not in control of making their own decisions

RESCUE

- Contact the Pennsylvania State Police Human Trafficking Tipline at **888-292-1919** or **tips@pa.gov**
- Download and use the **See Something Send Something** app (See Send ) for iOS or Android

**BE THE VOICE
FOR THOSE WHO ARE SILENCED**



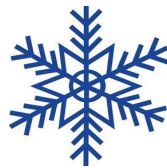


Visit us at the Somerset Senior Center to enjoy crafting, games and fellowship before and after a hot lunch at 11:30.

Pictured decorating Christmas houses for the holidays are: L-R Rhoda Berndt, Debra Hamel, Sandee Smail, Carol Whetstone, Barb Mishler.

Beat the Winter Blues with the
Somerset Senior Center
1338 S. Edgewood Ave., Somerset, PA 15501
Tuesday, January 10, 2023

Ceramic Snowflake with The Makery on 601 at 10:00 am



Lunch served at 11:30.

Menu: Chopped Steak w/Gravy, Parslied Red Potatoes, Winter Blend Vegetables, Apricot Halves, Dinner Roll w/Margarine and Milk

Special Music by John Larimer at 12:00

Please call 814-445-7772 by noon on Monday, January 9th to RSVP!

January 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

2 Center Closed—
Happy New Year
 9 9:00 The Makery on
601
 9 10:30 Blood
Pressures w/Merit

9 12:00 Auction
 16 Center Closed—
Martin Luther King
Day
 17 9:00 Winter Craft
w/Jan
 17 12:00 Auction w/
Promedica

23 The Cup Game
 23 12:00 Sweet
Treats w/Windber
Woods
 30 Morning Bingo
 30 12:00 Music w/
John

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 Center Closed—
Happy New Year
 3 PA-Medi
 9 Celebrate National
Joy Germ Day-
Share the Joy Germ
 11 10:30 Music w/John
Larimer
 13 10:00 Injury
Prevention
w/Vantage Physical
Therapy

16 Center Closed—
Martin Luther King
Day
 19 National Popcorn
Day-try different
popcorn flavors
 23 10:30 Snowflake
craft with The
Makery on 601
 24 10:30 Music
w/Denise Baldwin
 27 Winterfest—
Covered Dish Party

31 10:30 Music
w/Tom & Carolyn



**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
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

2 Center Closed—
Happy New Year
 4 12:00 Auction
 5 12:00 The Cup
Game
 10 12:00 The Gift
Game
 11 9:00 The Makery
on 601
 11 Elvis Movie
Matinee w/the
Conemaugh
Township Library
 12 The Hunt for Frosty

12 12:00 Music
w/Denise
 16 Center Closed—
Martin Luther King
Day
 18 9:00 Winter Craft
w/Jan
 18 12:00 Auction w/
Promedica
 19 Popcorn Bar for
National Popcorn
Day
 19 11:00 Blood
Pressures w/Merit

19 12:00 Music w/
John
 24 12:00 Unwrap it
 25 12:00 Manicures
 26 12:00 Sweet Treats
w/Windber Woods
 31 PA-Medi



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

January 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

2 Center Closed—
 Happy New Year
 5 10:30 Blood
 Pressure Check
 w/ Somerset Home
 Health
 9 10:30 Seminar w/
 Promedica

16 Center Closed—
 Martin Luther King
 Day
 17 10:00 Blood
 Pressure Check
 w/Via Quest
 26 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

2 Center Closed—
 Happy New Year
 10 10:30 Seminar &
 Auction
 w/Promedica
 Hospice

12 10:30 Seminar &
 Prize Bingo
 w/Community Life
 16 Center Closed—
 Martin Luther
 King Day

17 10:30 Seminar &
 Prize Bingo
 w/Senior
 Solutions
 24 Winter Party
 31 10:00 Seminar &
 Craft w/Promedica

Monday-Friday:
 11:00 Bingo, Wii
 Games
Thursday:
 10:00 Geri-Fit

SOMERSET SENIOR CENTER

Chronic Disease Self-Management Classes Start February 2, 2023—Call today

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

2 Center Closed—
 Happy New Year
 4 10:30 Seminar &
 Prize Bingo
 w/Senior Solutions
 6 10:30 Seminar &
 Craft w/Promedia

9 12:15 Seminar &
 Auction w/
 Promedica
 Hospice
 10 10:00 Ceramics
 with The Makery
 on 601
 11 12:00 Music
 w/John Larimer

16 Center Closed—
 Martin Luther King
 Day
 18 10:30 Seminar &
 Prize Bingo
 w/Community Life
 19 PA-Medi
 27 Winter Party

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

2 Center Closed—
 Happy New Year
 4 10:00 Craft
 w/Community Arts
 Center
 10 Celebrate National
 Joy Germ Day-
 Share the Joy Germ

11 10:30 Music
 w/Denise
 Baldwin
 16 Center
 Closed—Martin
 Luther King Day
 18 10:30 Music
 w/Tom &
 Carolyn

25 10:30 Music
 w/John Larimer
 31 PA-Medi



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

Menu

<p>2</p> <p>CLOSED</p> <p>NEW YEAR'S DAY OBSERVED</p>	<p>3</p> <p>BBQ Chicken Brown Rice Pilaf Broccoli Florets Tropical Fruit Salad</p> <p>Fruitcake Toss Day</p>	<p>4</p> <p>Roast Pork w/Gravy Mashed Potatoes Mixed Vegetables Fresh Banana Rye Bread</p> <p>Trivia Day</p>	<p>5</p> <p>Chicken Noodle Soup Egg Salad on Whole Grain White Bread Cucumber/Tomato Salad Diced Peaches</p> <p>National Bird Day</p>	<p>6</p> <p>Chile w/Cheese Mixed Green Salad w/Eggs Melon Fruit Salad Corn Muffin</p> <p>Bean Day</p>
<p>9 BIRTHDAY LUNCH</p> <p>Chicken Cordon Bleu w/Gravy Mashed Potatoes Capri Vegetables Fresh Apple Chocolate Cake</p> <p>Apricot Day</p>	<p>10</p> <p>Chopped Steak w/Gravy Parslied Red Potatoes Winter Vegetables Apricot Halves Dinner Roll</p> <p>Houseplant Appreciation Day</p>	<p>11</p> <p>Macaroni & Cheese Stewed Tomatoes Three Bean Salad Diced Pears</p> <p>Step in a Puddle Day</p>	<p>12</p> <p>Baked Chicken w/Gravy Mashed Potatoes Normandy Vegetables Fruit Salad Chocolate Chip Cookie</p> <p>Marzipan Day</p>	<p>13</p> <p>Potato Crusted Cod Tartar Sauce Au Gratin Potatoes Brussel Sprouts Fruit Cocktail Wheat Roll</p> <p>Peach Melba Day</p>
<p>16</p> <p>CLOSED</p> <p>MARTIN LUTHER KING JR DAY</p>	<p>17</p> <p>Porcupine Meatballs Seasoned Whole Mini Potatoes Green & Wax Beans Church Slaw Pineapple Tidbits</p> <p>Hot Buttered Rum Day</p>	<p>18</p> <p>Beef Rice Soup Chicken Salad on Whole Grain White Bread Pea & Carrot Salad Fresh Clementine</p> <p>World Day of Snowman</p>	<p>19</p> <p>Ham, Green Beans, & Potatoes Mixed Green Salad w/Cheese Baked Apples Cottage Cheese</p> <p>Popcorn Day</p>	<p>20</p> <p>Cheese Omelet Sausage Links Fresh Orange Whole Grain Muffin V8 Juice</p> <p>Penguin Awareness Day</p>
<p>23</p> <p>Creamed Chicken over Biscuit Peas & Carrots Diced Peaches Yogurt</p> <p>Pie Day</p>	<p>24</p> <p>Ham Loaf w/Pineapple Glaze Scalloped Potatoes Succotash Applesauce Rye Bread</p> <p>Compliment Day</p>	<p>25</p> <p>Beef Pot Roast Mixed Green Salad w/Eggs Fruit Cocktail Wheat Bread</p> <p>Police Day</p>	<p>26</p> <p>Stuffed Chicken w/Gravy Mashed Potatoes Normandy Vegetables Melon Fruit Salad</p> <p>Spouse's Day</p>	<p>27</p> <p>Spaghetti w/Meatballs Brussel Sprouts Diced Pears Italian Bread</p> <p>Fun at Work Day</p>
<p>30</p> <p>Roast Pork w/Gravy Mashed Potatoes Italian Blend Vegetables Apricot Halves</p> <p>Croissant Day</p>	<p>31</p> <p>Chicken Pot Pie Mixed Green Salad w/Cheese Fruit Cocktail Wheat Dinner Roll</p> <p>Brussels Sprout Day</p>	<p>Reminder: Somerset County Senior Center Closings or Home Delivered Meal Cancellations due to inclement weather will be announced on WJAC .</p>		<p>Milk Served with Every Meal</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.

SPONSOR A SENIOR

IN HOME DELIVERED MEALS PROGRAM

With the holidays behind us some seniors are trying to catch up with every day bills, prescriptions and heating concerns. If you could donate to just one senior for their daily meals this would be a burden off of their shoulders.

Our Home Delivered Meal Program has grown to over 900 meals delivered daily. Our suggested donation is \$3.00 per meal; however, some find it difficult to make that donation. We are asking for your support and help. Although all donations are welcomed, please consider sponsoring a senior for \$66.00 which will cover the cost of one month of meals.

The Federal Government, local funds and the Pennsylvania Lottery provide only a portion of the total cost. This is why we depend so much on donations. In order to continue and increase quality meal service, we need your help.

Your tax-deductible gift provides hot meals to those among us who are most in need. Donations can also be made in Remembrance. Any questions please call 814-443-2681.

Thank you for your generous donation

DONATION COUPON

Make your donation payable to: AAA of Somerset County

Mail to: Area Agency on Aging, 1338 S Edgewood Avenue, Somerset, PA 15501

Name: _____ Donation\$ _____

Address: _____ Zip Code _____

Donation for or in Remembrance of _____

May we tell your recipient you are the donor? Yes No

Do you need a receipt? Yes No

Chronic Disease Self-Management Classes Start February 2, 2023

Call the Somerset Senior Center to sign up at 814-445-7772

Special Lunch Days

January 9, 2023—Birthday Lunch

February 6, 2023—Birthday Lunch

February 13, 2023—Valentine's Day Lunch

February 22, 2023—Ash Wednesday Lunch



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Senior News

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

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

