

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • January 2024

Lets start this New year off by welcoming Jennifer Clark into the Administrative Position here at the Area Agency on Aging. A new job can be both exciting and nerve-wracking. We are thrilled to have you on board and look forward to seeing all the great things you will accomplish here!



My name is Jennifer Clark and I am the new Administrator here at the Area Agency on Aging of Somerset County. My family and I moved here from South Florida in 2018. I was a first grade teacher for 12 years there. I've been married to my husband for 17 years. We have twin boys that are turning 16 in the spring, and a 12, going on 13, year old daughter. I started at the agency almost 5 years ago as a care manager. While I was a care manager, I had the pleasure of visiting consumers in the Somerset area and surrounding areas to the north. I have been in the Deputy Administrator position since April. I am looking forward to continuing to advance the programs that we offer through the

AAA. One of my biggest goals is finding new and creative ways to increase the attendance at senior centers, along with having the community be more involved with helping to fundraise for the centers. My door is always open to listen to ideas and suggestions. I am looking forward to the exciting things the future holds for the Area Agency on Aging!

A VISIT FROM SENATOR CASEY!



It was a pleasure to have Senator Casey join us at the Somerset Senior Center in October. He has always been an advocate for the seniors in our community. It is truly encouraging when government leaders take time out of their busy schedules to listen to the concerns and needs of our most experienced population. Our seniors reminded him of the rising cost of medications, healthcare and supplies, and the impact it has on them. Transportation options and the need for better access to telehealth visits, and house calls from physicians, were discussed. Senator Casey was attentive to the comments and concerns of all those who interacted with him. It is our hope that Senator Casey continues his important work on the Special Committee of Aging with our seniors, and their input, in mind when working on legislation.

National Blood Donor Month

Make Lifesaving a Habit



1 in 7 Patients
entering a hospital
have a need for blood



Less Than 20%
of blood donations come from
millennials (age 20-34 years old)*



Less Than 10%
of Americans
donate each year



**More Than
34,000 Units**
must be collected from
volunteers every day

One Donation
can save the lives of 3 people



**January is the time to pay
tribute to voluntary donors
and encourage new donors to
pledge to donate in 2020!**



NATIONAL
**Blood
Donor**
MONTH

**MAKE
LIFESAVING
A HABIT**

**YouGov/Abbott Survey, 2019*

January 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

8th 11:00 BINGO with
Merit For Via-Quest
12:00 VR with Tara From
Interim
15th CLOSED— Martin
Luther King Day

22nd National Polka Dot
Day Wear your Polka Dots
12:00 Music with Tom &
Carolyn
29th National Puzzle Day
Help with the puzzle!

WELCOME
2024

Exercise equipment,
Wii games, pool
table, puzzles,
games, cards, volun-
teer opportu-
nities,
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

5th 10:30 Tell me a
Story or Joke Day
8th Birthday Lunch
8th 10:30 Music with
Fast Eddie, Acoustic
Classics
9th Law Enforcement
Appreciation Day
10th Bobbie, UPMC
Seminar

15th CLOSED, Martin
Luther King Day
17th 10:30 Music with
John Larimer
22nd 10:30 Play Trivia

24th Compliment
Day
29th 10:30 Ceramics
with The Makery
31st 10:30 Music
with Denise Baldwin

The time is
always right
to do
what is
right.
- Martin Luther King, Jr.

**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

4th National Trivia Day
11:00 BINGO with Merit
11th VR with Tara from
Interim
12:00 Foot Nurse
Week Of the 16th is
National Pizza Week
18th Pizza Party
19th National Annie Day
Annie Movie with The CT
Library
25th 12:00 Music with
Tom & Carolyn

31st National Hot
Chocolate Day
Hot Chocolate Bar

**Happy
New Year**

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

Tues & Thurs:
10:00-11:00 Exer-
cise Class

Thursday: 9:00
Quilting

January 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

1st Center Closed-
Happy New Year
4th 10:30 National
Trivia Day 10:30
5th 12:00 Music with
John Larimer
8th Birthday Lunch

12th National Hot Tea
Day-Try a New Flavor
15th Center Closed-
Martin Luther King Jr.
Day
16th 10:30 Blood
Pressure w/Heartland
Hospice

19th National Popcorn
Day-Bring in a
Flavoring/Topping
24th 10:30 Via-Quest
29th National Puzzle
Day-Come help with
the puzzle

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

1st Closed New Year's
Day
2nd 10:00 Geri Fit
4th 10:00 Healthy Steps
8th Birthday Lunch
9th 10:00 Geri Fit
11th 9:30 BINGO

10:00 Healthy Steps
15th Closed-Martin Lu-
ther King Day
16th 9:30 BINGO
10:30 Interim Hospice
Seminar & Activity
18th 9:30 BINGO

10:30 UPMC Hospice
Seminar & Activity
23rd 10:00 Geri Fit
24th PA MEDI by
Appointment
25th 9:30 BINGO

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 Closed-New Year's
Day
3rd 10:30 Music with John
Larimer
4th 9:30 PA MEDI by
Appointment
5th 12:00-1:00 On the
Move Interviews for
those who took the
classes

8th 10:30 UPMC Hospice
Seminar & Activity
Birthday Lunch
10th 10:30 Sing Along
12th 12:20 Geri Fit
15th Closed Martin
Luther King Day
19th 12:20 Geri Fit

24th 10:30 Interim
Hospice Seminar &
Activity
25th 10:30 Sing Along
26th 10:00 Geri Fit

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

1st Center Closed-Happy
New Year
4th 10:30 National Trivia
Day
4th Craft
8th Birthday Lunch
9th 10:30 Music with
John Larimer

12th National Hot Tea
Day-Try a new flavor!
15th Center Closed-
Martin Luther King
Day
16th 10:30 Craft with
Community Arts
Center
18th Craft

19th 11:00 Blood
Pressure w/Heartland
Hospice
19th National Popcorn
Day-Bring in a
Flavoring/ Topping
29th National Puzzle Day
-Come help with the
puzzle

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 CLOSED NEW YEAR'S DAY</p>	<p>2 BBQ Chicken Brown Rice Pilaf Broccoli Florets Tropical Fruit Salad Oatmeal Cookie Milk</p>	<p>3 Roast Pork w/Gravy Mashed Potatoes Mixed Vegetables Fresh Banana Rye Bread w/Margarine Milk</p>	<p>4 Chicken Noodle Soup Egg Salad on Whole Grain White Bread Cucumber/Tomato Salad Diced Peaches Crackers Milk</p>	<p>5 Chile w/Cheese Mixed Green Salad w/Eggs Melon Fruit Salad Corn Muffin w/Margarine Milk</p>
<p>8 BIRTHDAY LUNCH Chicken Cordon Bleu Mashed Potatoes w/Gravy Capri Vegetables Fresh Apple Chocolate Cake w/Icing Milk</p>	<p>9 Chopped Steak w/Gravy Parslied Red Potatoes Winter Blend Vegetables Apricot Halves Dinner Roll w/Margarine Milk</p>	<p>10 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Diced Pears Milk</p>	<p>11 Baked Chicken w/Gravy Mashed Potatoes Normandy Vegetables Quartered Fruit Salad Chocolate Chip Cookie Milk</p>	<p>12 Potato Crusted Cod Tartar Sauce Au Gratin Potatoes Brussel Sprouts Fruit Cocktail Wheat Roll w/Margarine Milk</p>
<p>15 CLOSED MARTIN LUTHER KING JR DAY</p>	<p>16 Porcupine Meatballs Seasoned Whole Mini Potatoes Green & Wax Beans Church Slaw Pineapple Tidbits Milk</p>	<p>17 Beef Rice Soup Chicken Salad on Whole Grain White Bread Pea & Carrot Salad Fresh Clementine Milk</p>	<p>18 Ham, Green Beans, & Potatoes Mixed Green Salad w/Cheese Baked Apples Cottage Cheese Milk</p>	<p>19 Cheese Omelet Sausage Links Fresh Orange Whole Grain Muffin V8 Juice Milk</p>
<p>22 Chicken/Vegetable Alfredo over Noodles Peas & Carrots Diced Peaches Yogurt</p>	<p>23 Ham Loaf w/Pineapple Glaze Scalloped Potatoes Succotash Applesauce Rye Bread w/Margarine Milk</p>	<p>24 Beef Pot Roast Mixed Green Salad w/Eggs Fruit Cocktail Wheat Bread w/Margarine Milk</p>	<p>25 Stuffed Chicken w/Gravy Mashed Potatoes Normandy Vegetables Melon Fruit Salad Milk</p>	<p>26 Spaghetti w/Meatballs Italian Blend Vegetables Citrus Salad Italian Bread w/Margarine Milk</p>
<p>29 Roast Pork w/Gravy Mashed Potatoes Brussel Sprouts Apricot Halves Milk</p>	<p>30 Chicken Pot Pie Mixed Green Salad w/Cheese Applesauce Wheat Dinner Roll w/Margarine Milk</p>	<p>31 Stuffed Cabbage Mashed Potatoes Winter Blend Vegetables Fresh Apple Blueberry Yogurt 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.

SPONSORS WELCOME

Do you know a senior that receives our meals? Wouldn't it be a great surprise for them to know someone has paid for their lunches for a week, month or year? If you would like to help your Mom, Dad, Aunt, Uncle, neighbor or friend, pay for their lunches. Just send it to us with their name and address and we can provide them with a note stating their lunches have been paid for a certain amount of time THANKS to YOU! If you would like to stay anonymous we can accommodate that also. During these trying times this would be a great way to let them know they aren't alone and they wouldn't have to worry about paying for their lunches. Our suggested donation is \$3.00 per meal, please consider sponsoring a senior for \$60.00 which will cover the cost of 20 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. We THANK YOU in advance for your understanding and generosity.

Any questions please call 814-443-2681.

Please send your donation to our office address at:

Area Agency on Aging
Attn: Sponsor a Senior
1338 South Edgewood Avenue, Somerset, PA 15501

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

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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
Somerset, PA 15501

reaching out, making a difference

Area Agency on Aging
of Somerset County

