

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • July 2023

FARMERS MARKET VOUCHERS

Spring is finally here and that can only mean one thing! The Farmers Market Program is back in Somerset County. The purpose of the Farmers Market Program is to provide resources in the form of fresh, nutritious, locally grown fruits, vegetables and herbs from farmers markets, roadside stands and community supported agriculture programs to low-income seniors. Low-income seniors who



are at least 60 years old (by December 31, 2023) may qualify for this benefit. The income guidelines for one person is **\$26,973** and two people is **\$36,482** Farmers Market checks are distributed through the Area Agency on Aging of Somerset County. A flyer will be provided to each voucher recipient listing the eligible items for purchase and program guidelines when they receive their checks. These checks are then redeemable for fresh fruit and vegetables grown in Pennsylvania. Each consumer receives (5) \$10.00 Farmers Market checks to redeem at qualified farmers' markets or roadside stands within Somerset County. This year we will be mailing checks to eligible recipients. You can use the application on page 2 of this newsletter, print an application from the Area Agency on Aging

website at www.somersetaaa.org, if you prefer to pick up a form from a senior center or the AAA, you can do so Monday through Friday 9:00 am to 2:00 pm. Your checks will be mailed in the order they are received. You can make copies of the application. Proxy forms are not required this year.

You will not be able to walk in and receive your checks. Contact the AAA office at 814-443-2681 for all questions. The application is on the next page and you can make copies. The USDA Nondiscrimination Statement is on page 7.

2023 Income

1 person -	\$26,973
2 people -	\$36,482
3 people -	\$45,991
4 people -	\$55,500
5 people -	\$65,009
6 people -	\$74,518
7 people -	\$84,027
8 people -	\$93,536

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2023 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2023) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: **\$26,973** for 1 person in the household; or **\$36,482** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2023).

1st Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____
Street Address City Zip Code

Telephone Number: _____ **County of residence:** _____

Please circle appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino
Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

Please see back for USDA Nondiscrimination Statement

Please mail or email your completed form before September 15, 2023 to: Attn: FMNP/Christine Saylor
Area Agency on Aging
1338 S. Edgewood Avenue
Somerset, PA 15501
OR EMAIL: csaylor@somersetaaa.org

Area Agency on Aging of Somerset Co.

SOMERSET

When:

July 28th, 2023
10:00 a.m. to 2:00 p.m.
Lunch served at

Where:

Windber Recreation Park-
Grand Ballroom
160 Rec Road
Windber, PA 15963

Call: 814-443-2681

or Visit Somerset County
Senior Centers to Purchase!
Transportation is provided
from all Somerset County
Senior Centers.

\$10.00 per Ticket

Ticket Sales:
May 15th, 2023 –
July 10th, 2023

Ticket price includes
lunch, live
entertainment &
more!



**Live Entertainment
Provided by
Rosie & The Jammers!**

***TICKETS CANNOT BE PURCHASED AT THE EVENT**

July 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

- 3 9:00 Bingo
- 3 12:00 Bingo with Somerset Healthcare and Rehabilitation Center

- 10 9:00 Ceramics with The Makery on 601
- 10 12:00 Auction
- 17 9:00 Craft with Jan
- 17 10:30 "Worry" with UPMC-Jess

- 24 10:30 Bingo
- 24 12:00 Freeze Pops
- 28 Senior Picnic at Windber Rec
- 31 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

- 1 Birthday Lunch
- 1 National Postal Worker Day
- 4 Independence Day- Center Closed
- 6 1889 Jefferson Center Health Fair
- 6 International Kissing Day
- 10 Music with Denise Baldwin
- 11 PA Medi appointments

- 12 AED-David Davidson
- 18 Good morning coffee and talk
- 19 Crafts with Marsha
- 24 Craft with the Makery on 601

- 27 Community Life music with the Beach Boys
- 28 Senior Picnic at Windber Rec

**Tuesday and Thursday
 9:00 to 11:00 we now
 play Skipbo card games.
 Come and join in the fun
 and fellowship.**

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

Monday-Friday: Bingo

Tuesday & Thursday: 9-11 Skipbo

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

- 4 Independence Day- Center Closed
- 6 12:00 Music with Denise Baldwin
- 7 12:30 Freeze pops
- 12 9:00 Ceramics with The Makery on 601
- 13 12:00 Music with Tom & Carolyn
- 18 9:00 Craft with Jan
- 21 10:30 "Worry" with UPMC-Jess
- 21 12:30 Homemade ice cream

- 21 10:30 Movie Matinee with the Conemaugh Township Library

- 25 PA Medi appointments
- 28 Senior Picnic at Windber Rec



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

July 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

4	Independence Day-Center Closed	13	12:30 -2:00 1889 Jefferson Center Health Fair
7	10:00 Music with Paul Stephenson	26	10:30 Music with John Larimer
10	10:30 Community Health Listening Session	27	PA Medi
		28	Senior Picnic at Windber Rec



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

4	Independence Day -Center Closed	18	10:30 Senior Solutions Seminar & Prize Bingo	25	10:30 Community Life Beach Boys Impersonator
5	10:00 Sing Along	20	10:30 UPMC Seminar & Activity	26	PA Medi appointments
11	10:30 Heartland Hospice Seminar & Auction			28	Senior Picnic at Windber Rec
13	10:30 Music with Sam McClintock				

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

3	12:17 Promedica Seminar & Auction	11	12:17 Craft	20	12:17 Brain Puzzle
4	Independence Day -Center Closed	13	12:17 Brain Puzzle	24	10:30 Music with Dixie Eisler
5	12:15 Sr Solutions Seminar/Bingo	17	10:30 Community Life Seminar & Beach Boys Impersonator	25	12:00 Music with Doc's Boys
6	12:17 Brain Puzzle	18	12:17 Craft	27	10:30 Music with Tom & Carolyn
10	10:30 UPMC Seminar	19	PA Medi Appointments		

Monday, Wednesday, Friday:
 10:00 Bingo—12:15 if something is scheduled

Tuesday & Thursday: 10:30 Prize Bingo

Wednesday: Geri-Fit 12:15

CENTER FOR LIFE

700 Fifth Street, Suite 200
Windber, PA 15963
Center Operator: Christine Saylor
 Phone: (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

4	Independence Day-Center Closed	25	PA-Medi appointments	28	Senior Picnic at Windber Rec
10	10:30 Music with John Larimer				
17	10:30 Craft with The Makery on 601				
25	10:30 Music with Tom & Carolyn				



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

July, 2023

Menu

<p>3 Porcupine Meatballs Scalloped Potatoes Broccoli Florets Apricot Halves</p>	<p>4 <u>CLOSED</u> <u>INDEPENDENCE</u> <u>DAY</u></p>	<p>5 <u>INDEPENDENCE</u> <u>DAY LUNCH</u> Cheeseburger w/ Leaf Lettuce & Tomato Baked Beans Pickled Eggs/Beets Melon Fruit Salad Holiday Sugar Cookie</p>	<p>6 Creamed Chicken over Biscuit Peas & Carrots Citrus Fruit Salad Strawberry Yogurt</p>	<p>7 Rigatoni w/Meat Sauce Mixed Green Salad w/Cheese Applesauce Italian Bread</p>
<p>10 BIRTHDAY LUNCH Baked Chicken Gravy Mashed Potatoes Sliced Carrots Mandarin Oranges Chocolate Cake</p>	<p>11 Stuffed Peppers Seasoned Whole Mini Potatoes Brussel Sprouts Diced Peaches Cottage Cheese</p>	<p>12 Chicken Pot Pie Mixed Green Salad w/Eggs Pineapple Tidbits</p>	<p>13 Vegetable Soup Chicken Salad on Whole Grain White Bread Cole Slaw Fresh Orange</p>	<p>14 Baked Cod Tartar Sauce Au Gratin Potatoes Broccoli Salad Baked Apples</p>
<p>17 Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Fresh Banana</p>	<p>18 BBQ Chicken Potato Salad Normandy Vegetable Fruit Medley</p>	<p>19 Beef Barley Soup Egg Salad on Whole Grain White Bread Mandarin Oranges Cucumber Salad</p>	<p>20 Ham Loaf Pineapple Glaze Scalloped Potatoes Green Beans Diced Pears Wheat Dinner Roll</p>	<p>21 Vegetable Lasagna Mixed Green Salad w/Cheese Fresh Blueberries Italian Bread</p>
<p>24 Roast Pork Gravy Mashed Potatoes Peas Tropical Fruit Salad</p>	<p>25 Chopped Steak Gravy Baked Potato Succotash Melon Fruit Cup</p>	<p>26 Ham, Green Beans, & Potatoes Mixed Green Salad w/Eggs Diced Peaches Blueberry Yogurt</p>	<p>27 Roast Turkey Gravy Stuffing Fresh Seasonal Salad Cranberry Salad Oatmeal Cookie</p>	<p>28 Potato Crusted Cod Tartar Sauce Seasoned Whole Mini Potatoes Capri Vegetables Fresh Apple Wheat Roll</p>
<p>31 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits</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.

The Somerset County Mobile Food Bank is excited to continue its efforts to serve those that qualify for their services. We pride ourselves in striving to give fresh, healthy food options at all of our distributions. Families can expect to receive anywhere from 40 to 50lbs of food varieties each time they attend a distribution. SCMFb also works at providing to those that are homebound without any access to come out to receive food at a distribution. For any questions or to inquire about our program please reach out to mobilefoodbank11@verizon.net. The following shows our upcoming schedule starting in July through the rest of 2023. Clients can attend once at a Saturday distribution as well as once during our Regular Monthly distributions.

Saturdays, July 8, Aug. 12, Sept. 9, Oct. 14, Nov. 4, Dec. 2

9 a.m. – 9:45 a.m. Conemaugh Township High School (300 W. Campus Ave. Davidsville)
10:45 a.m.- 11:30 a.m. Meyersdale Church of the Brethren, 9 Beachley St., Meyersdale
12:30 p.m. – 1:15 p.m. Somerset County Education Center, 6024 Glades Pike, Somerset

Remain in your vehicle and look for traffic instructions

Regular Monthly Distributions

Tuesdays, July 25, Aug. 22, Sept. 26, Oct. 24, Nov. 14, Dec. 19

11 a.m. – 11:30 a.m. **Central City** Central City - Shade Recreation Park, Chestnut Street.
12:30 p.m. – 1 p.m. **Berlin** Berlin Brethren Church, Main Street.
1:45 p.m. – 2:30 p.m. **Meyersdale** Meyersdale Church of the Brethren, 9 Beachley St., Meyersdale

Wednesdays, July 26, Aug. 23, Sept. 27, Oct. 25, Nov. 15, Dec. 20

11 a.m. – 11:30 a.m. **Boswell** 231 Center St.
12:15 p.m. – 12:45 p.m. **Hollsopple** St. Anne's Catholic Church, exit 219 Davidsville
1:30 p.m. – 2 p.m. **Windber** Calvary United Methodist Church, 1800 Stockholm Ave.

Thursdays, July 27, Aug. 24, Sept. 28, Oct. 26, Nov. 16, Dec. 21

12:15 p.m. – 12:45 p.m. **Rockwood** Across from Rockwood Church of the Brethren, 600 Main St.
1:45 p.m. – 2:15 p.m. **Confluence** Confluence Borough Building, 711 Logan Place
4:15 p.m. – 5 p.m. **Somerset** Somerset Alliance Church, 708 Stoystown Road, Somerset

For further information and income guidelines please visit : SCMFb.org

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1. **mail**: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or 2. **fax**: (833) 256-1665 or (202) 690-7442; or 3. **email**: Program.Intake@usda.gov

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If you would like to obtain further infor-
mation about any newsletter topic or Agency
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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

