

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • June 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.

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

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.

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**

June 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

- 5 9:00 Ceramics with
The Makery on 601
- 5 10:30 Selfcare with
Jessie from UPMC
- 5 12:00 Music with
Denise

- 12 9:00 Craft with Jan
- 12 12:00 Bingo
- 19 12:00 Root beer
Floats and an
Auction

- 26 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 Say Something Nice
Day
- 2 Covered Dish
- 6 PA-Medi
appointments
available
- 12 10:30 Music with
Tom & Carolyn
- 21 Summer Solstice
- 23 10:30 Seminar with
Beltone
- 26 10:30 Craft with
The Makery on 601

- 27 National
Sunglasses Day—
Wear your favorite
pair
- 28 10:30 Music with
John Larimer



**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

- 1 11:00 The Foot
Nurse
- 1 12:00 Music with
Denise
- 2 Nonsense
- 5 Coffee &
Conversation
- 7 9:00 Ceramics with
The Makery on 601
- 7 Duck Hunt
- 8 12:00 Music with
Tom & Carolyn
- 9 Movie Matinee with
the library

- 12 Coffee &
Conversation
- 14 9:00 Craft with Jan
- 15 10:30 Selfcare
with Jessie from
UPMC
- 15 12:00 Bingo with
Val

- 16 Life could be a
dream
- 19 Coffee &
Conversation
- 20 Root beer Floats
- 22 12:00 Auction with
Tara
- 29 12:00 Music with
Colten



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

June 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
with Somerset
Home Health

5 10:30 Seminar
with Promedica

12 Last day to sign up
for the Father's Day
Lunch

14 Wear Red, White &
Blue to celebrate
Flag Day

20 10:00 Blood Pressure
check with Via Quest

21 12:00 Music
with John



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 10:00 Sing Along

13 10:30 Promedica
Hospice Seminar &
Auction

15 10:30 UPMC
Seminar & Activity

20 10:30 Senior
Solutions
Seminar & Prize
Bingo

27 Patriotic Party



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 Brain Puzzle

5 12:16 Promedica
Hospice Seminar &
Auction

6 12:16 Craft

7 10:30 Senior
Solutions Seminar
and Prize Bingo

12 10:30 UPMC
Hospice Seminar
and activity

13 12:16 Craft

14 Flag Day Party

15 12:16 Brain
Puzzle

19 10:30 Music with
Denise

20 12:16 Craft

21 10:30 Music with
Eric

22 12:16 Brain Puzzle

27 12:16 Brain Puzzle

29 12:16 Craft

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

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

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

6 10:30 Music with
John Larimer

9 12:00 Ice cream day

14 Wear your Red,
White & Blue for
Flag Day

21 10:30 Seminar with
Beltone

27 PA-Medi
appointments



**Line
Dancing
every
Friday**

Monday & Friday
10:00 Strong Bones

Tuesday 10:00-
Body Strengthening

Wednesday 12:30
Bingo

Thursday 10:00
Tai-Chi

Friday 9:30 Cho-
rus

June, 2023

Menu

<p>Milk Served with Every Meal</p>	<p>Last day to sign up for Father's Day lunch is June 12th</p>		<p>1 Baked Smoked Sausage Brown Rice Pilaf Capri Vegetables Fruit Cup</p>	<p>2 Vegetable Lasagna Mixed Green Salad w/Eggs Italian Dressing Fruit Cocktail Italian Bread</p>
<p>5 BIRTHDAY LUNCH Baked Chicken Gravy Mashed Potatoes Broccoli Florets Fresh Orange Yellow Cake</p>	<p>6 Ham, Green Beans, & Potatoes Mixed Green Salad w/Egg Pineapple Tidbits Corn Muffin</p>	<p>7 Chicken Rice Soup Tuna Salad Sandwich on Wheat Bun Fresh Tomato Salad Quartered Fruit Salad</p>	<p>8 Porcupine Meatballs Seasoned Whole Mini Potatoes Normandy Vegetables Baked Apples</p>	<p>9 Kielbasa Sauerkraut Mashed Potatoes Gravy Peas Fruit Cup Wheat Bread</p>
<p>12 Potato Crusted Cod Tartar Sauce Green Beans, Wax Beans, & Carrots Pierogis Fresh Banana</p>	<p>13 Meatloaf Scalloped Potatoes Corn Diced Peaches</p>	<p>14 Spaghetti & Meatballs Mixed Green Salad w/Cheese Tropical Fruit Salad</p>	<p>15 Chopped Steak Gravy Mashed Potatoes Sliced Carrots Citrus Salad Oatmeal Cookie</p>	<p>16 Creamed Chicken over Biscuit Peas & Carrots Diced Pears Yogurt</p>
<p>19 FATHER'S DAY LUNCH Roast Beef Gravy Mashed Potatoes Capri Vegetables Melon Fruit Salad Cherry Pie</p>	<p>20 Chicken Patty w/Cheese on Wheat Bun Baked Beans Church Slaw Fresh Apple</p>	<p>21 Egg Salad on Bun Baked Potato Chips Tropical Fruit Salad Mozzarella Cheese Stick V-8 Juice</p>	<p>22 Ham Pot Pie Mixed Green Salad w/Cheese Applesauce Wheat Roll</p>	<p>23 Roast Turkey Gravy Mashed Potatoes Broccoli & Cauliflower Cranberry Salad Dinner Roll</p>
<p>26 BBQ Ham Sandwich on Wheat Bun Cheddar Cheese Rectangle Marinated Pasta Salad Mandarin Oranges</p>	<p>27 Beef Pot Roast Mixed Green Salad w/Eggs Apricot Halves Cottage Cheese Rye Bread</p>	<p>28 Italian Marinated Pork Chop Au Gratin Potatoes Broccoli Florets Pineapple Tidbits Wheat Dinner Roll</p>	<p>29 Chicken Pot Pie Mixed Green Salad w/Cheese Fruit Cocktail</p>	<p>30 Ham Loaf w/Pineapple Glaze Maple Sweet Potatoes Brussel Sprouts Diced Pears</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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(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

