

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • June 2024



Elder Justice Day Seminar 2024

Friday June 14th, 2024 from 10:00am to 2:30pm - check in begins at 9:30am



TOPICS THIS YEAR

- \$CAM JAM
 - The Web of Deceit
- Understanding scams and their impact

ELDER ABUSE HAPPENS.

Registration:

Please RSVP no later than June 6th, by contacting the Area Agency on Aging of Somerset County 814-443-2681

Where:

Friedens Lutheran Church
131 S Main St Friedens PA 15541

Transportation:

Free transportation is provided from all Somerset County Senior Centers

Cost:

There is no cost to participate, and a box lunch will be provided by My Girls Deli & Catering

Target Audience:

- 18 and older, all are welcome
- The AAA has sponsored a shredder for on-site disposal of personal information
- The Drug Take Back program will be held for attendees to safely dispose of unused or expired medication



For office use only

Application _____

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

2024 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2024) 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: **\$27,861** for 1 person in the household; or **\$37,814** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2024).

1st Participant Name (print): _____ Birth Date _____
(Person checks are for) (Month, Day, Year)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for) (Month, Day, Year)

(Signature)

Address (print): _____
(Street) (City) (State) (Zip Code)

Telephone Number: _____ County of residence: SOMERSET

I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

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

Check Range: _____ (Office Use Only)

Please see back for USDA Nondiscrimination Statement

Please **mail** or **email** your completed form before **September 15, 2024** to: Attn: FMNP/Christine Saylor
Windber Senior Center-CFL
700 Fifth Street, Suite 200
Windber, PA 15963
OR EMAIL: csaylor@somersetaaa.org
Questions call 814-467-5912

JUNE IS
ALZHEIMER'S
DISEASE
AWARENESS
MONTH

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association®
THE BRAINS BEHIND SAVING YOURS:

June 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

3rd Birthday Lunch
12:00 BINGO
5th Wii Championship game
at Meyersdale--Center
Closed
10th 12:30 June Auction

17th 12:00 BINGO with
Bobbie from UPMC
17th Father's Day Lunch
24th Craft



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

3rd Birthday Lunch
4th PA Medi
5th 10:30 Music with Colton
Danel
5th Wii Championship—
Meyersdale Senior
Center
7th 10:30 Tell a joke day
10th 10:30 Music with John
Larimer
11th 10:30 UPMC Bobbie
14th Elder Justice— Center
Closed

17th Father's Day Lunch
17th 10:30 Music with Fast
Eddie
27th 10:30 Trivia



**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



5th Wii Championship
game at Meyersdale--
Center Closed
6th D-Day
7th National Chocolate Ice
Cream Day
7th 12:00 BINGO
10th Last day to sign up
for the Father's Day Lunch
12th 12:00 BINGO
13th Music with Luke
Ream
14th Flag Day
14th Elder Justice
17th Father's Day Lunch

19th Family Feud with
Bobbi from UPMC
20th 12:00 BINGO
25th 12:00 BINGO
27th 12:00 Music with
Colten Danel
27th National Bingo Day
28th 12:00 June Auction



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

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

**Thursday: 9:00
Quilting**



CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Center Operator: Christine Saylor
Phone: (814) 395-5117 or
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

3rd Birthday Lunch
5th Wii Championship game
at Meyersdale--Center
Closed

6th D-Day
7th National Chocolate Ice
Cream Day
10th Last day to sign up for
the Father's Day Lunch

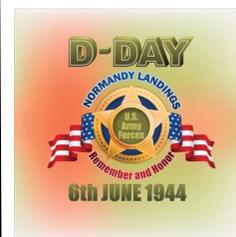
12th 10:30 Music with
Sheilah

14th Flag Day

14th Elder Justice Day
17th Father's Day Lunch—
**Last day to sign up May
10th**

18th 10:30 Heartland
Hospice

27th National Bingo Day
28th 10:30 Music with
John Larimer



**Monday, Wednesday
& Friday:**
10:00 Exercise
Tuesday: 10:00
Theology class w/Pastor
Dean
WEDNESDAY: Karaoke
DAILY:
9:30 Wii Games
12:00 BINGO
Exercise Machines 9-1

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

3rd Birthday Lunch
5th Wii Final at Meyers-
dale
6th Senior Expo at St.
Paul's Presbyterian
Church, Somerset.
Sign-up to ride the van
to the event

7th 10:00 Sing Along
12th 10:15 Community
Life Seminar & Music
13th 10:00 Craft
14th Elder Justice Day at
Friedens Lutheran,
Senior Centers Closed
17th Father's Day Lunch

20th 10:30 UPMC Hospice
Seminar & Activity
21st Hawaii Party
24th Craft

Monday-Friday:
11:00 Bingo, Wii Games
(unless otherwise noted.)
TUESDAY: Geri-Fit
WEDNESDAY: Word
Search Puzzles

SOMERSET SENIOR CENTER

1338 S Edgewood Avenue
Somerset, PA 15501
Center Operator: Gloria Maust
Phone: (814) 445-7772
E-Mail: gmaust@somersetaaa.org

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

Wi-Fi Available

3th Birthday lunch
5th Wii Championship and
banquet
6th Music by John Larimer
12th Jennifer from
Somerset County Library
on Tele Health

13th 10:30 Music with
Colten
14th Elder Justice at
Friedens Lutheran
Church
17th Father's Day Lunch
19th Music from Denise
Baldwin

20th 11:30-12:30
Community Life will
sponsor the Ice Cream
Truck at The Somerset
Center



Monday-Friday: 9:30
BINGO (unless otherwise
noted.)
TUESDAY: 12:15 Craft
(unless otherwise noted.)
Tuesday & Thursday:
9:30 Prize Bingo (unless
otherwise noted.)
Thursday: 12:15 Games
and other activities (unless
otherwise noted.)

WINDBER SENIOR CENTER-CFL

700 Fifth Street, Suite 200
Windber, PA 15963
Center Operator: Christine Saylor
E-mail: csaylor@somersetaaa.org
Phone: (814) 467-5912

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

Wi-Fi Available

3rd Birthday Lunch
5th 10:30 Music with John
Wolfe
6th D-Day
7th National Chocolate Ice
Cream Day
10th Last day to sign up
for the Father's Day Lunch
10th 10:30 Music with
Colton Daniel

14th Flag Day
14th Elder Justice Day
17th Father's Day Lunch
19th 10:30 Music with
Billy Stoppe
21st 11:00 Heartland
Hospice
27th National Bingo Day



Monday & Friday:
10:00 Strong Bones
Tuesday: 10:00-Body
Strengthening
Wednesday: 12:30
Bingo
Thursday: 10:00
Tai-Chi
**Monday, Wednesday
& Friday:** Pinochle
Monday: 5:00 Tops
T-W-TH: 6:00 P.M. Wii
Golfing, Wii Bowling
& Corn Hole



2024

Menu

3	4	5	6	7
<u>BIRTHDAY LUNCH</u> Stuffed Chicken w/Gravy Parslied Red Potatoes Broccoli Florets Fruit Cup Spice Cake w/Icing Milk	Italian Wedding Soup Tuna Salad on Croissant Fresh Tomato Salad Melon Cup Milk	Cheeseburger on Wheat Bun Leaf Lettuce & Sl. Tomatoes Baked Beans Mixed Vegetables Fresh Pear Milk	Ham, Green Beans, and Potatoes Cheese Salad on Bun W/Lettuce Leaf & sliced Tomato Quartered Fruit Milk	Italian Marinated Pork Chop Brown Rice Pilaf Normandy Vegetables Blueberry Pineapple Fruit Cup Milk
10	11	12	13	14
Chopped Steak w/Gravy Mashed Potatoes Capri Vegetables Fresh Apple Milk	Ham & Potato Casserole Succotash Cheddar Cheese Rectangle Citrus Salad Yogurt Milk	Beef Rice Soup Chicken Salad on Whole Grain Bread w/Lettuce leaf/ Sl. Tomato Cucumber Salad Crackers Apricot Halves Milk	Stuffed Pepper Seasoned Whole Mini Potatoes Brussel Sprouts Cottage cheese Mandarin Oranges Milk	Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fruit Medley Milk
17	18	19	20	21
<u>FATHER'S DAY LUNCH</u> Roast Beef w/Gravy Mashed Potatoes Broccoli & Cauliflower Melon Fruit Salad Blueberry Pie Milk	Chicken/Vegetable Alfredo over Noodles Peas/Carrots Quartered Fruit Salad Milk	Egg Salad on Bun Baked Potato Chips Fresh Banana V-8 Juice Mozzarella Cheese Stick Milk	Meatloaf Scalloped Potatoes Italian Blend Vegetables Baked Apples Milk	Lasagna Mixed Green Salad w/Cheese Cantaloupe Chunks Italian bread w/Margarine Milk
24	25	26	27	28
Potato Crusted Cod Tartar Sauce Pierogis Cauliflower Salad Cranberry Apple Sauce Milk	Ham Pot Pie Mixed Green Salad w/Egg Diced Peaches Corn muffin w/Margarine Milk	Meatball Hoagie Cheesy Hash Browns Sliced Carrots Tropical Pineapple Milk	Vegetable Soup Turkey Salad on Pretzel Bun w/Lettuce Leaf & Sl. Tomato Coleslaw Crackers Diced Pears Milk	Baked Chicken w/Gravy Stuffing Winter Blend Vegetables Peaches & Cream Milk

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.

Spring into Health!

As we welcome the vibrant blooms of June, let's also embrace the bounty of nutrition that comes with it. This month, we focus on **colorful fruits and vegetables**—nature's way of offering us vitamins, minerals, and antioxidants. Remember, a **rainbow on your plate** means a wealth of nutrients for your body.

Enjoy seasonal and asparagus, and with water infused cucumber. Small impact on your June a month **nutrition** for a



produce like strawberries don't forget to hydrate with a slice of lemon or changes can make a big health. So, let's make this of **renewed focus on** happier, healthier you!

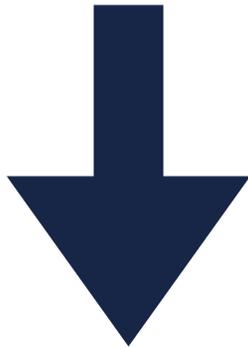


Elder Justice:
June 14, 2024
Senior Picnic:
July 19, 2024



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Senior News

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Brian Fochtman

Irvin Kimmel

Pamela A. Tokar-Ickes

Jennifer Clark, Administrator

Jessica Berkey, Deputy Administrator

Linda Myers, Advisory Council Chairperson

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

www.somersetaaa.org

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Phone: (814) 443-2681
Fax: (814) 443-0557
Email: webmaster@somersetaaa.org
Website: www.somersetaaa.org

1338 South Edgewood Avenue
Somerset, PA 15501

reaching out, making a difference

Area Agency on Aging
of Somerset County

