

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • June 2025

Welcome to Our Team!

We are thrilled to introduce Devin Miller, our new dietician, who brings a wealth of knowledge and passion for nutrition to our team. With a background in Diabetes, Chronic Kidney Disease, Heart Disease and more, Devin is dedicated to helping our community achieve their health and wellness goals through personalized dietary plans and expert guidance.

Join us in welcoming Devin and feel free to reach out for any nutritional advice or support. We are excited to have Devin on board and look forward to the positive impact he will make!

Here's a little bit about me:

My name is Devin Miller, RD, LDN, and I've been a Registered Dietitian for over six years. I graduated from The Pennsylvania State University in 2018 and completed my internship at the James E. Van Zandt VA Medical Center in Altoona and UPMC Western Maryland Hospital in Cumberland. In the past, I've worked on the High Level Care Unit and in the ICU, and I also helped teach the Diabetes Program.

Currently, I work in Long-Term Care at The Patriot Village in Somerset, where I help provide care to short-term and long-term residents. Additionally, I've been operating my private practice, BGN Wellness, for the last two years, where I offer individualized care for conditions such as diabetes, chronic kidney disease, heart disease, digestive issues, and weight loss.

I look forward to working with you on your food and potential education needs!



Important Resources

To receive a digital copy of our publication, please visit our website

www.somersetaaa.org

Somerset County Warmline

877-814-4891

866-611-6467

988lifeline.org

You can also call or text
988

Homeless Helpline

(814)-444-8588

Mental Health Association

(814)-445-2699

Report Elder Abuse

(814)-443-2681 or

1-800-490-8505

Veterans Affairs

(814)-445-1551

Funding Sources

Federal and State Grants

Fundraising



Important Information

PLEASE READ!

ELDER JUSTICE DAY SEMINAR 2025

Friday June 20th, 2025 from 10:00am-3:00pm - check in begins at 9:30

Presented by:

- Sechler Law Firm, LLC
- Dr. Rebecca Coleman, PSY.D
- Lynn Cooper, Behavior Health Policy Specialist at P4A

Topics:

- Estate and Elder Law
- Improving Access to Mental Health and Substance Abuse Services for Older Adults

Where:

Berlin Fire Hall
700 North St Berlin PA

Transportation:

Free transportation is provided from all Somerset County Senior Centers. Call your local center to reserve transportation

Registration:

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



Sechler Law Firm, LLC
Wills, Trusts & Elder Law



LEGAL ASSISTANCE?

The AAA will provide a referral to our solicitor for a complete **Power of Attorney** or **Will**, free of charge, one time only.

You must be a Somerset County resident, over the age of 60 and the service is limited to only a POA or a WILL.

Applications are available on the AAA website www.somersetaaa.org or at the Area Agency on Aging 1338 S Edgewood Ave 814-443-2681

For office use only
Application _____

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

2025 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2025) 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: **\$28,953** for 1 person in the household; or **\$39,128** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2025).

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, 2025 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 2025 Center Activities

BOSWELL AREA SENIOR CENTER

332 Stonycreek Street
Boswell, PA 15531
Senior Center Manager: 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

2nd Birthday lunch
 2nd National Leave Work Early Day
 - See ya Tomorrow 🙌 😊
 2nd 12:00 BINGO
 9th 12:00 Ice Cream Social with
 Windber Woods

16th Father's Day Lunch
 16th 12:00 Flag Craft
 23rd 12:00 Scavenger Hunt Riddles
 30th 12:00 Music with Tom & Carolyn
 30th Independence Day Lunch

Exercise equipment,
 Wii games, pool
 table, puzzles,
 games, cards,
 volunteer
 opportunities, Bingo

Wi-Fi available

CENTRAL CITY AREA SEN-

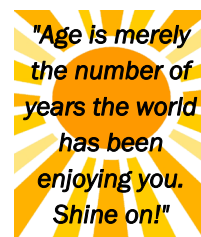
103 Sunshine Avenue
Central City, PA 15926
Senior Center Manager:

Phone: (814) 754-5615
E-mail:

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

Wi-Fi Available

2nd Birthday lunch
 3rd PA Medi
 4th 10:30 Music with Gary Lee
 10th 10:30 Prize Bingo with Bobbie from UPMC
 13th 10:30 Prize Bingo with Ann from Somerset Health Care & Rehab
 16th Father's Day Lunch
 18th 10:30 Music with Denise
 23rd 10:30 Duane Riddle
 24th 10:30 Tell a Joke Day
 25th 10:30 Music with Colton Daniel
 30th Happy Independence Day



Monday & Wednesday: 10:00
 Exercise Class

Monday-Friday:
 Bingo

Bible Study Class:
 1st & 3rd Saturday
 at 11:00 AM AND
 every other Tuesday
 at 5:00 PM

**EVERYONE IS
 WELCOME !**

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

959 South Main Street
Hollsopple, PA 15935
Senior Center Manager: 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,
 BINGO

Wi-Fi Available

1st 7th National Garden
 Week
 2nd National Leave Work
 Early Day- See ya
 Tomorrow 🙌 😊
 2nd Birthday lunch
 4th Plant a Veggie
 5th 12:00 Ice Cream Social
 with Windber Woods
 5th Picnic Tee shirt orders
 due
 9th Reservations due for
 Father's Day Lunch June
 11th 12:00 Flag Craft
 12th 12:00 Seminar with
 Tina from Axonics

16th Father's Day Lunch
 18th Scavenger Hunt
 Riddles
 20th 10:00-2:30 Elder
 Justice Seminar Berlin
 Borough Building
 26th Volunteer Talk With
 Merrit from Via-Quest
 26th 12:00 Music with
 Tom & Carolyn
 30th Independence Day
 Lunch



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

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

Thursday: 9:00
 Quilting

June 2025 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Senior Center Director:
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
Wi-Fi Available

2nd Birthday Lunch 🍰
6th Last day to sign up for Elder Justice
on June 20th
9th Last day to sign up for the Father's
Day Lunch
12th 12:00 Music w Sam McClintock
16th Father's Day Lunch 🎵

20th Elder Justice Day-Sign
up by June 6th
23rd Last day to sign up
for July 4th Lunch

26th Blindness & Visual Services with
Sarah
30th July 4th Lunch



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
Senior Center Manager: 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

2nd Birthday Lunch
2nd 10:30-11:30
Community Life
Seminar & Activity
5th Picnic Tee shirt
orders due
6th 10:00 Craft
9th 10:00 Sing Along

11th 10:00 Ice Cream
Sundaes
13th Deck of Cards Fund
Raiser
16th Father's Day Lunch &
Party
18th 10:00 Be a Star (Show
us your talents)

20th 10:00-2:30 Elder
Justice Seminar Berlin
Borough Building
23rd 10:00 Craft
26th 10:00 Sing Along
27th 10:00 Scavenger
Hunt
30th Independence Day
Lunch

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

SOMERSET SENIOR CEN-

1338 S Edgewood Avenue
Somerset, PA 15501
Senior Center Manager: 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

2nd Birthday lunch
4th 10:30 Angelica from
Help at Home
9th Reservations due for
Father's Day lunch June
16th
9th — 13th Indoor Putt Putt
tournament
13th 10:30 Music with Billy
Stoppe

13th Flag Day Celebration
16th 10:30 Music with
Denise Baldwin
Father's Day Lunch
19th 10:30 Blood
Pressures by Windber
Hospice
20th 10:00-2:30 Elder
Justice at Berlin Boro
Building

24th 12:00-1:00 Ice
Cream Truck with
Renae from
Community
30th 10:30 John
Larimer Music
Independence Day
Lunch
Last day for
reservations for July
7th Birthday Lunch

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

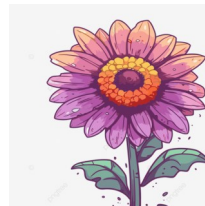
700 Fifth Street, Suite 200
Windber, PA 15963
Senior Center Director:
Christine Saylor
E-mail: csaylor@somersetaaa.org
Phone: (814) 467-5912

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

2nd Birthday Lunch 🍰
5th 10:30 🎵 **Music with**
John Wolfe
9th Last day to sign up for
the Father's Day Lunch
16th Father's Day Lunch
 🎵
18th 10:30 🎵 **Music with**
Billy Stoppe

20th Elder Justice Day-
Sign up by June 6th
20th 12:00 Devoted
Health
23rd Last day to sign up
for July 4th Lunch
24th 12:00 Bingo with
Windber Woods
26th 10:30 🎵 **Music**
with Denise Baldwin

30th July 4th Lunch
30th 10:30 🎵 **Music**
with Ed Cominsky



Monday & Friday:
 10:00 Strong Bones
Tuesday: 10:00-Body
Strengthening
Wednesday: 12:30
Bingo
Thursday: 10:00
Tai-Chi
Monday, Wednesday
& Friday: Pinochle

T-W-TH: 6:00 P.M. Wii
Golfing, Wii Bowling
& Corn Hole

2 <u>BIRTHDAY LUNCH</u> Stuffed Chicken Breast w/Gravy Mashed Potatoes Broccoli Florets Fruit Cup Spice Cake Milk	3 Italian Wedding Soup Tuna Salad Croissant Tomato Salad Honeydew Chunks Crackers Milk	4 Cheeseburger Wheat Bun Lettuce & Tomatoes Potato Wedges w/ Ranch Dressing Creamy Cucumber Salad Fresh Pear Milk	5 Ham, Green Beans & Potatoes Mixed Green Salad w/Egg Quartered Fruit Corn Muffin Margarine Milk	6 Country Fried Pork Loin Fritter Parslied Red Potatoes Normandy Vegetables Blueberry/ Pineapple Fruit Cup Yogurt Milk
9 Chopped Steak Gravy Mashed Potatoes Capri Vegetables Fresh Apple Milk	10 Beef Rice Soup Chicken Salad on Wheat Bread Lettuce Cucumber/Pepper Salad Apricot Halves Crackers Milk	11 Ham Loaf Pineapple Sauce Maple Sweet Potatoes Green Beans Citrus Salad Rye Bread Margarine Milk	12 Stuffed Pepper Seasoned Whole Mini Potatoes Brussel Sprouts Cottage Cheese Applesauce Milk	13 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fruit Medley Milk
16 <u>FATHER'S DAY LUNCH</u> Roast Beef Gravy Mashed Potatoes Corn Papaya/Mango Fruit Blueberry Pie Milk	17 Chicken/Vegetable Alfredo over Noodles Peas/Carrots Quartered Fruit Salad Milk	18 Barbeque Chicken Winter Blend Vegetables Potato Salad Pineapple Tidbits Milk	19 Lasagna Mixed Green Salad w/Cheese Cantaloupe Chunks Italian Bread Margarine Milk	20 Meatloaf Scalloped Potatoes Italian Blend Vegetables Banana Milk
23 Potato Crusted Cod Tartar Sauce Pierogis Cauliflower Salad Cranberry Applesauce Milk	24 Ham Pot Pie Tossed Salad w/Egg Fresh Plum Corn Muffin Margarine Milk	25 Meatball Hoagie Provolone Cheese Cheesy Hashbrown Copper Pennies Mandarin Oranges Milk	26 Vegetable Soup Turkey Salad on Croissant Lettuce Leaf Cheddar Cheese Rectangle Cole Slaw Diced Pears Crackers Milk	27 Baked Chicken Gravy Stuffing Mixed Vegetables Cranberry Salad Milk
30 Sirloin Tips Mushroom Gravy Noodles Succotash Melon Fruit Cup Milk			 A colorful illustration of a summer beach scene. It features a bright yellow sun with rays, a green palm tree, and a red crab on a sandy beach. The text "Have an awesome Summer!" is written in a playful font.	

To ensure you have a relaxed and comfortable dining experience, we recommend making a reservation. Please call the Center you plan to visit by 11:30 am the day before. Note that the menu might change due to typos or other unexpected issues.

Reminders

HEALTH & WELLNESS

National Fresh Fruit and Vegetables Month:

A Juicy and Crunchy Journey in June

June greets us with warmer weather, longer days, and a bounty of fresh produce, making it the perfect time to celebrate National Fresh Fruit and Vegetables Month! This month is all about embracing the vibrant colors, crisp textures, and natural sweetness that fresh fruits and vegetables bring to our plates. Whether you're a seasoned veggie lover or just starting to explore the world of produce, there are countless delicious and creative ways to incorporate more fruits and vegetables into your daily meals. Let's dive into a month of freshness and discover the joys of nature's own treats!

Why Celebrate Fresh Produce?

Fruits and vegetables are not only delicious but also packed with essential nutrients, fiber, and antioxidants. Eating a variety of fresh produce can boost your health, enhance your meals, and even bring a bit of culinary adventure to your cooking.

Celebrating National Fresh Fruit and Vegetables Month

Visit Local Farmers' Markets: Discover the freshest seasonal produce and support local farmers. It's a great way to learn about new varieties you might not find in the supermarket.

Add a Side of Veggies: Make it a habit to include at least one vegetable side dish with every meal.

Grilled asparagus, sautéed spinach, or a crisp salad are excellent choices.

Fruit-Based Desserts: Swap out sugary treats for fruit-based desserts.

Grilled peaches, berry parfaits, or fruit salads can satisfy your sweet tooth in a healthier way.

Experiment with Smoothies: Blend a mix of fruits (and even some vegetables) for a nutritious and refreshing smoothie.

Try Meatless Mondays: Dedicate one day a week to a vegetarian or vegan meal to increase your fruit and vegetable intake.

Be Aware of Senior Scams

It's important to stay vigilant against scams targeting seniors throughout the year. **Never** share your personal information over the phone, even if the caller claims to be from a federal agency, bank, or a company you have previously dealt with. If you're unsure about the legitimacy of the company, verify their information with the Better Business Bureau.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- fax:**
(202) 690-7442; or
- email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

2025 Income

1 person - \$28,953

2 people - \$39,128

3 people - \$49,303

4 people - \$59,478

5 people - \$69,653

6 people - \$79,828

7 people - \$90,003

8 people - \$100,178

Save The Date

SENIOR PICNIC

★ JULY 25, 2025 ★

10:00AM TO 2:00PM

BAKERSVILLE FIRE HALL

2142 W. BAKERSVILLE EDIE ROAD

SOMERSET PA 15501

Is your Senior Newsletter
Subscription expiring?
Check the expiration date
below your address



Senior News

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Linda Myers, Advisory Council Chairperson

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If you would like to obtain further infor-
mation about any newsletter topic or Agency
services please call the Somerset office at

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

www.somersetaaa.org

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letter sent right to your email address for FREE!

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Somerset, PA 15501
Phone: (814) 443-2681
Fax: (814) 443-0557
Email: webmaster@somersetaaa.org
Website: www.somersetaaa.org

reaching out, making a difference

Area Agency on Aging
of Somerset County

