

Senior News

AREA AGENCY ON AGING OF SOMERSET COUNTY • June 2026

Spring Is Here — The Farmers Market Program Is Back!

Spring is finally here, and that can only mean one thing — the Farmers Market Program is back in Somerset County!

What Is the Farmers Market Program?

The Farmers Market Program provides low-income seniors with access to Pennsylvania-grown fresh, nutritious, locally grown fruits, vegetables, and herbs from:

Farmers markets

Roadside stands

Community Supported Agriculture (CSA) programs



Who Is Eligible?

Are 60 years of age or older by December 31, 2026

Meet the income guidelines below (income before any deductions)

Benefit Details

Each eligible senior receives five (5) \$5.00 checks

Checks may be redeemed for Pennsylvania-grown fresh fruits and vegetables

Checks can be used at qualified farmers markets and roadside stands within Somerset County

A flyer listing eligible items and program guidelines will be included with your checks.

How to Apply

Print an application on page 2

Print an application from the Area Agency on Aging website:
www.somersetaaa.org

Pick up an application in person at:

A Somerset County Senior Center, or
The Area Agency on Aging

Monday–Friday, 9:00 a.m. to 2:00 p.m.

Make copies of the application if needed

Questions?

Contact Chris Saylor at 814-467-5912 for any questions

The USDA Nondiscrimination Statement is on page 2 and 3.

How Will I Receive My Checks?

Checks will be mailed to eligible recipients this year

Checks are mailed in the order applications are received

Walk-ins will NOT be able to receive checks

2026 Income

1 Person - \$29,526	5 People - \$71,558
2 People - \$40,034	6 People - \$82,066
3 People - \$50,542	7 People - \$92,574
4 People - \$61,050	8 People - \$103,082

For office use only
Application _____

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

2026 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2026) 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: \$29,526 for 1 person in the household; or \$40,034 for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2026).

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) (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, 2026 to: Attn: FMNP/Christine Saylor

Windber Senior Center
700 Fifth Street, Suite 200
Windber, PA 15963

OR EMAIL: csaylor@somersetaaa.org

Questions call 814-467-5912

USDA Nondiscrimination Statement

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, 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, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). 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 How to File a Program Discrimination Complaint 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:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.



Medicare Telehealth Coverage

TELEHEALTH CHANGES IN 2026

In the past, Medicare telehealth coverage was very limited.

Telehealth coverage was expanded during the COVID-19 Public Health Emergency (PHE) to increase accessibility for at-home care. These flexibilities have been extended through December 31, 2027.

Before the Public Health Emergency, telehealth services were:

Generally only covered in rural areas, and you would still have to go to a specific "originating site" (often a different medical office or clinic) to receive the telehealth.



Generally, only covered if provided via interactive, two-way audio and video technology

Limited to certain providers, such as physicians and nurse practitioners



During the PHE, telehealth coverage was temporarily expanded to include more flexibilities and allow more people to receive care from their homes. These flexibilities have been extended through December 31, 2027.

Through December 31, 2027, telehealth services are:

Covered for all beneficiaries in any geographic area, at home in addition to health care settings



Sometimes delivered using audio only



Provided by any medical professional that is eligible to bill Medicare



After December 31, 2027, telehealth services may become more limited unless Congress intervenes, as only some broader coverage is currently permanent.

After December 31, 2027, telehealth services will likely be:

Still accessible for certain types of care, regardless of location.



Still deliverable via audio-only platforms for behavioral and mental health care.



Subject to pre-PHE restrictions for other types of care



SHIP
State Health Insurance
Assistance Program
shiphelp.org

Your **State Health Insurance Assistance Program (SHIP)** provides free, unbiased counseling for any Medicare-related questions or concerns at no cost to you.

June 2026

Center Activities


CENTRAL CITY AREA SENIOR CENTER

<p>103 Sunshine Avenue Central City, PA 15926 Senior Center Manager: Marika Roberts Phone: (814) 754-5615 E-mail: mroberts@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:30, call the day before by noon to order lunch)</p> <p>3rd Prize Bingo Day 8th 10:30 a.m. Music with Denise Baldwin 9th 10:30 a.m. UPMC Prize Bingo 11th Watermelon Day</p>	<p>15th Flags, Flag, Flags 16th 10:30 a.m. Community Life Bingo 17th 5:00 p.m. - 7:00 p.m. Open House 19th Juneteenth Day</p>	<p>23rd 10:30 a.m. Music with Tom and Carolyn 24th Midsummer Day 30th Fashion Show</p> 	<p>Daily Activities: 9:00 a.m. to 1:00 p.m. Wii Games available 9:00 a.m. to 1:00 p.m. Exercise Machines available 9:00 a.m. to 11:00 p.m. Skipbo card games available 9:30 a.m. Exercise class Mon, Wed, Fri Laptop Classes available Volunteer Opportunities Wi-Fi Available</p>
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CONEMAUGH TOWNSHIP AREA SENIOR

<p>959 South Main Street Hollsopple, PA 15935 Senior Center Manager: Allana Guidry Phone: (814) 479-2216 E-mail: aguidry@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:30, call the day before by noon to order lunch)</p> <p>1st Birthday Lunch 2nd 12:30 p.m. Fraud Bingo 8th Sue Holiday, PA-Medi</p>	<p>11th 12:00 p.m. Hilltop Heights 16th 12:30 p.m. Bingo with Interim Hospice 15th Sign up for Father's Day Lunch 18th 12:00 p.m. Music with Billy Stoppe</p>	<p>22nd Father's Day Lunch 24th Sign-up for 4th of July Lunch 25th 12:00 p.m. Protective Services 30th 12:00 p.m. Music with Denise Baldwin</p>	<p>Daily Activities: Wii Games Puzzles Exercise Machines available 10:00 a.m. Tues & Thurs Geri-Fit Laptop classes available Volunteer Opportunities Wi-Fi Available</p>
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CONFLUENCE AREA SENIOR CENTER

<p>700 Reynolds Street Confluence, PA 15424 Senior Center Director: Terri Dively Phone: (814) 395-5117 E-mail: tdively@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:15, call the day before by noon to order lunch)</p> <p>1st Birthday Lunch 14th Flag Day 15th Last day to sign up for the Father's Day Lunch</p>	<p>18th Elder Justice Day 10:00 a.m. - 2 p.m./ Center Closed 21st First Day of Summer & Father's Day 22nd Fathers Day Lunch</p>	<p>23rd 10:00 a.m. Protective Services 29th 11:00 a.m. Music with Billy</p> 	<p>Daily Activities: 9:30 a.m. Wii Games 12:00 p.m. Bingo Exercise Machines 9:00 a.m. - 1:00 p.m. 10:00 a.m. Mon, Wed & Fri Exercise Class Tue Theology 10:00 a.m. Wed Karaoke Laptop classes available Volunteer Opportunities Wi-Fi Available</p>
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June 2026

Center Activities

LAUREL MOUNTAIN SENIOR CENTER

<p>1609 W Pitt Street Jennerstown, PA 15547 Senior Center Manager: Allana Guidry Phone: (814) 629-9926 E-mail: aguidry@somersetaaa.org Hours of Operation: Monday, Wednesday, & Friday 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:30, call the day before by noon to order lunch)</p> <p>1st Birthday Lunch/ Sue Holiday, PA-Medi</p> <p>3rd 12:00 p.m. Protective Services</p> <p>8th 12:00 p.m. Music with Billy Stoppe</p>	<p>10th 12:00 p.m. Bingo with Interim Hospice</p> <p>13th 5:00 p.m. - 7:00 p.m. Family Game Night</p> <p>15th Sign-up for Father's Day Lunch/12:00 p.m. Hilltop Heights</p> <p>22nd Father's Day Lunch</p>	<p>24th 12:00 p.m. Music Denise Baldwin/Sign- up for 4th of July Lunch</p> 	<p>Daily Activities: Exercise Equipment 9:30 a.m. Mon & Wed On the Move Exercise Class 10:45 a.m. Bingo Wii Games Pool Table Puzzles Games Cards Laptop classes available Volunteer Opportunities Wi-Fi Available</p>
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MEYERSDALE AREA SENIOR CENTER

<p>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 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:30, call the day before by noon to order lunch)</p> <p>1st Birthday Lunch</p> <p>5th 10:00 a.m. Sing Along</p> <p>8th 10:00 a.m. Computer Class</p> <p>10th 10:00 a.m. Protective Services Seminar</p>	<p>12th 10:00 a.m. Scavenger Hunt</p> <p>15th 10:00 a.m. Computer Class/ Reservations due for Fathers Day Lunch</p> <p>17th 10:00 a.m. Craft</p> <p>19th 10:00 a.m. Ice Cream Sundaes</p>	<p>22nd 10:00 a.m. Music with Tom & Carolyn/Father's Day Lunch & Party</p> <p>24th 10:00 a.m. Music with Gary Yoder/Reservations Due for July 4th Lunch</p> <p>26th 10:00 a.m. Sing Along</p> <p>29th 10:00 a.m. Trivia - Summer</p>	<p>Daily Activities: 9:30 a.m. Wii Games Exercise Machines Cards 11:00 a.m. Bingo 10:00 a.m. Tues Geri-Fit 10:00 a.m. Thurs On The Move Word Search Puzzle every Wed Laptop classes available Volunteer Opportunities Wi-Fi Available</p>
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June 2026

Center Activities

SOMERSET SENIOR CENTER

<p>1338 S Edgewood Ave. Somerset, PA 15501 Senior Center Manager: Gloria Maust Phone: (814) 445-7772 E-mail: gmaust@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:30, call the day before by noon to order lunch) 1st Birthday Lunch/ Noon Gary Yoder Music 5th 10:00 a.m. - Noon Sr Expo National St. Paul's Presbyterian Church (National Donut Day)</p>	<p>10th 5:00 p.m. - 7:00 p.m. Somerset Open House 12th 5:00 p.m. Game Night and Potluck Dinner 15th Reservations due for Father's Day lunch June 22nd 18th 10:00 a.m. - 2:00 p.m. Elder Justice Church of the Brethren/Last day for Sr Picnic Ticket sales 22nd Father's Day Lunch/ 12:00 p.m. John Larimer Music</p>	<p>24th 10:30 a.m. Phil Little Atty Generals Office on Bereavement Scams 27th 1:00 p.m. Corn Hole games and tailgate *Get ready for Christmas in July. Find your ugly Christmas T-shirt. Start looking for a \$10 white elephant gift. Find your cookie decoration kit.*</p>	<p>Daily Activities: Wii Games Exercise Machines 9:00 Thurs TAI CHI 9:30 a.m. Bingo (Tues & Thurs prize Bingo) Games, crafts, and other activities available daily Laptop classes available Volunteer Opportunities Wi-Fi Available Friday fun days will be every Friday in June, weather depending. Bring your lawn chair. We will be playing games outside and walking the lower parking lot.</p>
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WINDBER SENIOR CENTER - CFL

<p>700 Fifth Street, Suite 200 Windber, PA 15963 Senior Center Director: Christine Saylor Phone: (814) 467-5912 E-mail: csaylor@somersetaaa.org Hours of Operation: Monday - Friday 9:00AM - 2:00PM</p>	<p>(Lunch Served at 11:30, call the day before by noon to order lunch) 1st Birthday Lunch 2nd 10:30 a.m. Consumer Outreach George Dillman</p>	<p>11th 10:30 a.m. Music with Denise Baldwin 14th Flag Day 15th Last day to sign up for the Father's Day Lunch 17th 10:30 a.m. Music with Billy Stopped</p>	<p>18th Elder Justice call 814-443-2681 to reserve 21st Father's Day & First Day of Summer 22nd Fathers Day Lunch</p>	<p>Daily Activities: Wii Games Puzzles Cards & Board Games 10:00 a.m. Mon & Fri Strong Bones 10:00 a.m. Tues Body Strengthening 10:00 a.m. Thurs Tai-Chi for Arthritis 12:00 p.m. Tues, Wed, & Thurs Bingo 12:30 p.m. Mon, Wed, & Fri Pinochle 6:00 p.m. Wed Corn Hole Laptop Classes available Volunteer Opportunities Wi-Fi Available</p> 
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Senior Centers Open House

We will be hosting an Open House at each of the Senior Centers from 5pm - 7pm. Please come and explore the centers and see what we have to offer!! Call your local Senior Center with any event related questions. We can't wait to see you there!

This Months Open House

Somerset Senior Center: June 10, 2026
Central City Senior Center: June 17, 2026

June

2026 MENU

<p>1 <u>BIRTHDAY LUNCH</u> Chicken/Vegetable Alfredo over Linguini 3 Bean Salad Apricot Halves Carrot Cake w/Icing Milk</p>	<p>2 BBQ Beef on Wheat Bun Au Gratin Potatoes Green Beans Pineapple Tidbits Milk</p>	<p>3 Chicken Rice Soup Mixed Green Salad w/Cheese Clementine Dinner Roll Margarine Pudding Milk</p>	<p>4 Ham Loaf w/Pineapple Glaze Brown Rice Pilaf Prince Edward Vegetables Quartered Fruit Milk</p>	<p>5 Chop Steak w/Gravy Seasoned Whole Mini Potatoes Peas Baked Apples V8 Juice Milk</p>
<p>8 Stuffed Peppers Parslied Red Potatoes Succotash Mango/Papaya Cup Milk</p>	<p>9 Ham Pot Pie Mixed Green Salad Sliced Strawberries in Syrup Chocolate Chip Cookie Milk</p>	<p>10 Haddock Wedges Spanish Rice Broccoli Florets Fresh Apple Milk</p>	<p>11 Beef Barley Soup Turkey Salad on Whole Grain White Bread Honeydew Chunks Milk</p>	<p>12 Honey Mustard Marinated Pork Chop Scalloped Potatoes Normandy Vegetables Diced Peaches Milk</p>
<p>15 Bratwurst Mashed Potatoes Sauerkraut Melon Cup Milk</p>	<p>16 Swedish Meatballs In Gravy Beef Broth Noodles Sliced Carrots Mandarin Oranges Dinner Roll w/Margarine Milk</p>	<p>17 Chili w/Cheese Church Slaw Diced Pears Cornbread w/Margarine Milk</p>	<p>18 Creamed Chicken over Waffle Peas & Carrots Bacon Ranch Pasta Salad Applesauce Milk</p>	<p>19 Crab Cakes Fire Roasted Red Diced Potatoes Caribbean Blend Vegetables Banana Yogurt Milk</p>
<p>22 <u>FATHER'S DAY LUNCH</u> Roast Beef w/Gravy Mashed Potatoes Corn Fruit Cocktail Blueberry Pie Milk</p>	<p>23 Ham, Green Beans & Potatoes Cheese Salad on Wheat Bread Fruit in Jello Milk</p>	<p>24 Beef Ravioli Mixed Green Salad w/Ham Fresh Blueberries Whole Grain White Bread w/Margarine Milk</p>	<p>25 Chicken Patty w/Cheese on Bun Baked Beans Brussel Sprouts Citrus Salad Milk</p>	<p>26 Coconut Mango Papaya Crusted Fish Pierogies Cole Slaw Pineapple Tidbits Milk</p>
<p>29 Baked Chicken w/Gravy Stuffing Capri Blend Vegetables Tropical Fruit Milk</p>	<p>30 Pizza Casserole Cucumber Pepper Salad Apricot Halves Rye Bread w/Margarine Milk</p>			

So you can enjoy a relaxed and comfortable dining experience, reservations are recommended. Please call the Center you plan on attending by 12:00 p.m. the day before. The menu is subject to change due to typographical errors or other unforeseen circumstances.

Attention:

We regret to inform you that, due to rising printing and postage costs, we will be increasing the annual subscription rate for our printed newsletter. This decision was not made lightly, and we have worked to keep the increase as minimal as possible while continuing to provide the quality content and service you expect. We sincerely appreciate your understanding and continued support.

The new annual subscription cost for the printed newsletter will be \$12 and take effect for all renewals occurring after July 1, 2026. As always, you can choose to subscribe for the digital version for free.



SENIOR PICNIC

Casino

Take a Gamble on a Fun Time

July 24, 2026 - 10AM - 2PM

Cost - \$10

Please bring ticket for entry

Tickets are on sale: May 4th - June 19th and can be purchased at local Senior Center or Aging Office

Where: Bakersville Fire Dept 2143 W Bakersville Edie Road Somerset PA, 15501



Call 814-443-2681 with any questions

She hit 100!!

Meyersdale Senior Center Attendee Vivian Ludden hit 100 years old on April 15th. Vivian is the daughter of William McKinley & Clara Lenhart, she is one of 13 siblings, her childhood took place in Garrett PA. Vivian was married to Patrick Ludden for, in Vivian's words, "a long time" whom she had 5 children with, 11 grandchildren, 14 great grandchildren and 3 great great grandchildren. Vivian worked at Snyder's Chip Factory and was a CNA at Maple Mountain Manor. Vivian's hobbies consist of word seek books, walking around town and walking around Walmart. Vivian's advice on how to live a long life is, "Stay busy, walk around town, and talk to others." Congratulations to Vivian on turning the big 100!!



Volunteers are the backbone of many Long-term Care Ombudsman Programs (LTCOP). With the help of volunteers, residents in long-term care facilities benefit from more access to Ombudsman program services. Volunteers lend their time, talent, and voice to make a difference in their communities and the LTCOP could not be its best without the volunteers who help carry out the mission of advocating for long-term care residents.

What Does a Volunteer Ombudsman Representative Do?

- Learn about the Ombudsman program, long-term care, residents' rights, complaint investigation and resolution and more during certification training.
- Visit residents on a regular basis.
- Listens to residents' concerns and helps them resolve their issues.
- Report observations
- Supports residents' rights, privacy, and confidentiality
- Refers urgent concerns to their supervisor.

Who Can Volunteer?

If you are 18 years old or older, have available transportation, and possess genuine care and concern for people living in long-term care facilities, you may be able to become a volunteer Ombudsman representative. Contact the Ombudsman program in your area for more information.

Did you know you have the power to make a difference just by sparing an hour or two a month. Volunteers enjoy getting to know the residents they serve and benefit from making a positive impact when empowering and supporting residents. If you want to hear more about the Ombudsman program, reach out to Somerset County Ombudsman Brenda Nicholas 814-483-6068 or scombudsman@gmail.com

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Senior News

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Brian Fochtman

Irvin Kimmel

Pamela A. Tokar-Ickes

Jennifer Clark, Director

Jessica Berkey, Assistant Director

Linda Myers, Advisory Council Chairperson

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Department of Aging.
If you would like to obtain further information about any news-
letter 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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Fax: (814) 443-0557

Phone: (814) 443-2681

Somerset, PA 15501

1338 South Edgewood Avenue