

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • March 2023

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## Medicine Return Drug Collection Unit

The Area Agency on Aging and the Somerset County District Attorneys' office have teamed up to take drugs off the street. Bring all unused drugs to your local Senior Center on the following dates and have them disposed of properly.

### WANTED:

Unwanted, unused & expired prescription and over-the-counter medications. Don't let unwanted or expired medicines add to the startling statistics. If you have unused medicines, PA MedReturn drop boxes are a safe, effective and environmentally-friendly way to dispose of them.

### **FREE AND ANONYMOUS**

#### Products Accepted

Prescription and over-the-counter solid medications, tablets and capsules, liquid medications, inhalers, creams, ointments, nasal sprays, and pet medicines.

#### Products NOT Accepted

Intravenous solutions, injectables and needles.

### WHERE:

Center for Life—Windber— March 1, 2023— 11 am to 1 pm

Central City Senior Center—March 8, 2023— 11 am to 1 pm

Boswell Senior Center— March 13, 2023— 11 am to 1 pm

Somerset Senior Center— March 15, 2023— 11 am to 1 pm

Confluence Senior Center— March 22, 2023— 11 am to 1 pm

Meyersdale Senior Center— March 29, 2023— 11 am to 1 pm

Conemaugh Township Senior Center— April 5, 2023— 11 am to 1 pm

# National Developmental Disabilities Awareness Month

National Developmental Disabilities Awareness Month (D.D.A.M.), observed throughout March, is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that those with disabilities face. Inclusion is necessary since about 15% of the world's population lives with a disability. D.D.A.M. is about understanding the relationship between the way people function and how they participate in society and making sure everybody has the same opportunities in every aspect of life to the best of their abilities. Find out why acceptance is a fundamental element of D.D.A.M. and what you can do to support this initiative.

## HISTORY OF NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH

Back in the 1960s, people with intellectual and developmental disabilities (I.D.D.) were regarded as 'mentally disabled,' and often relegated to the back rooms of family homes or underfunded state-run institutions open to neglect and abuse. In the early 1960s, President Kennedy leveraged his family's personal experience with his sister Rosemary's disability and used the power of the Presidency to bring attention to the needs of people experiencing life with an intellectual and developmental disability (I.D.D.). He convened a Presidential Panel focused on the exclusion from education, employment, and community participation suffered by people with I.D.D.

The D.D. Act of 1984 set up much of the system we all experience today. The emphasis on goals for services for people with developmental disabilities is "to achieve their maximum through increased independence, productivity, and integration into the community." State Developmental Disabilities Councils were implemented in all states and territories. These were intended to provide additional training to individuals, families, and service delivery systems. They were to develop a statewide strategic plan for services over the next five years to build on community needs. In 1987 President Reagan proclaimed March as National Developmental Disability Awareness Month to focus awareness on the potential of citizens with I.D.D. to work, contribute, and enjoy typical lives.

In 1990, another landmark year, President Bush signed the Americans with Disabilities Act (D.D.). The act was amended again to move from the goals of independence, integration, and productivity toward interdependence, inclusion, and recognition of individual contributions. Training opportunities were expanded to include professionals, paraprofessionals, family members, and individuals with developmental disabilities and advocate for innovative public policy & community acceptance.. The D.D. Act continues to grow to include affirmation of individual dignity, person-centered goals, & multi-cultural focus inclusive of individual and family participation.

## HOW TO OBSERVE NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH

- 1. Share on social media**—Social media is a great way to connect with your community and raise awareness about developmental disabilities. By posting to your social media, you will amplify the voices of people with disabilities. Whether it is about inclusion in the workplace, the school, or the community, share it with your followers to spread awareness.
- 2. Wear Orange**—Orange is a color symbolizing energy and positivity. It's also the official color of Developmental Disabilities Awareness Month. One of the easiest ways to recognize D.D. Awareness Month is to invite your team to wear orange. So grab your orange attire, and let's celebrate!
- 3. Put a smile on a child's face**—Let those children with developmental disabilities feel your love and support. Help them reach their dreams and encourage them to unleash their inner potential. One of the most meaningful ways you can do this is by donating to causes for disability awareness and/or supporting events that raise understanding of developmental disabilities.

## 5 IMPORTANT FACTS ABOUT DEVELOPMENTAL DISABILITIES

- 1. When does it begin?** Most developmental disabilities begin before a baby is born, but some can happen after birth because of injury, infection or other factors
- 2. What causes it?** Most developmental disabilities are thought to be caused by a complex mix of factors including genetics, parental health and behaviors (such as smoking and drinking) during pregnancy, birth complications, infections, and exposure to high levels of environmental toxins, such as lead during pregnancy.
- 3. Over one billion**—About 15% of the world's population live with a disability.
- 4. The numbers are increasing substantially**—More and more people are living with disabilities due to demographic change including population aging and the global increase in chronic health conditions.
- 5. Inadequate healthcare**—Half of the people with disability cannot afford healthcare, compared to a third of people without disabilities.

[nationaltoday.com/national-developmental-disabilities-awareness-month-2/](https://nationaltoday.com/national-developmental-disabilities-awareness-month-2/)

# Beat the Winter Blues with Somerset Senior Center



On Tuesday, January 10, 2023, Somerset Senior Center had a “Beat the Winter Blues” special event. The Makery on 601 provided ceramic snowflake trinket boxes and snowflake ornaments to paint and provided instructions on how to paint the snowflakes with special effects.



We also had special music by John Larimer. After lunch he sang oldies, classics, country and his own original songs. He had two special songs that he wrote everyone especially enjoyed. The one song was about getting older and the other song was about the Quecreek mine rescue.

Winter can be so depressing for people because there is not much to do and the weather can make it hard to get out. We wanted to do some special activities for the consumers at the Somerset Senior Center to add a little fun and to help beat the winter blues.



We found out we have some very talented consumers, each with their own special painting design. We also got to sit back and enjoy some good music.



We encourage you to not let Winter depress you. Get out to the senior centers and meet some new friends, play bingo, play some games, make crafts, and listen to guest singers/speakers. You can use the exercise equipment, computers, and have a delicious, nutritious meal, it will make you feel better. Something that we have learned from the past few years is that we need each other and we need to get out of our homes and socialize.



Call the Somerset Senior Center today at 814-445-7772  
to reserve your meal for tomorrow.

# March 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

- 6 10:30 Auction
- 6 12:00 Music  
w/Denise
- 6 12:00 Sweet Treats  
w/Windber Woods
- 13 9:00 Craft w/Jan

- 13 12:00 Auction  
w/Tara
- 13 11:00-1:00 Drug  
Take back—bring  
in your unused  
drugs.

- 20 9:00 The Makery
- 20 11:00 Innovated  
Decision Making  
w/UPMC
- 20 12:00 Bingo

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:** Christine Saylor  
 Phone: (814) 754-5615  
 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**

- 8 10:30 Music  
w/Denise Baldwin
- 8 11:00-1:00 Drug  
Take back—bring  
in your unused  
drugs.

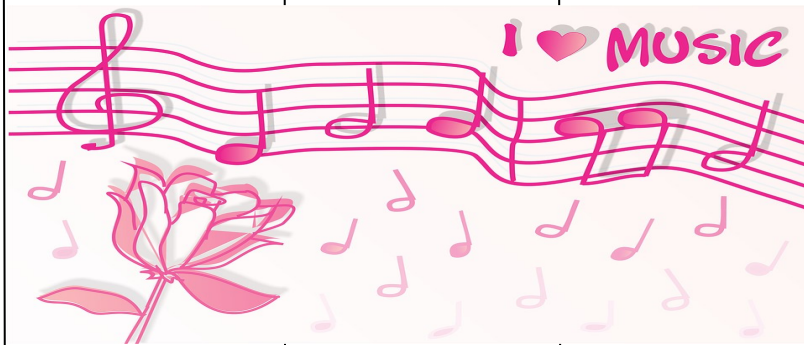
- 15 10:30 Community  
Life Seminar &  
Elvis Impersonator
- 22 10:30 Music  
w/John Larimer

- 24 10:30 Seminar  
w/Aetna

**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**

- 2 10:30 Blood  
Pressures w/Merit
- 2 12:00 Sweet Treats  
w/Windber Woods
- 3 National Dress Blue  
Day
- 6 9:00 Coffee &  
Conversation
- 8 9:00 Craft w/The  
Makery on 601
- 9 12:00 Music w/Tom  
& Carolyn
- 10 Find the Golden  
Four Leaf Clover

- 13 9:00 Coffee &  
Conversation
- 15 9:00 Craft w/Jan
- 15 12:00 Auction  
w/Tara
- 16 11:00 Innovated  
Decision Making  
w/UPMC

- 20 9:00 Coffee &  
Conversation
- 22 12:00 Auction
- 23 12:00 Music  
w/Denise
- 27 9:00 Coffee &  
Conversation
- 30 12:00 Tunes  
w/John Larimer

**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



# March 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

9 10:00 Seminar  
w/Aetna

16 12:00 Music w/John  
Larimer—Country  
& personally written  
songs about  
Somerset County

17 St. Patrick's Day  
Party

22 11:00-1:00 Drug  
Take back—bring in  
your unused drugs.



**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

1 10:30 Misty's  
Urban Manor  
Seminar

8 10:30 Reclaim  
Your Joy seminar  
w/UPMC

9 10:30 Community  
Life Seminar &  
Elvis

14 10:30 Promedica  
Hospice Seminar  
& Auction

21 10:30 Senior  
Solutions Seminar  
& Prize Bingo

28 10:00 Craft

29 11:00-1:00 Drug  
Take back—  
bring in your  
unused drugs.

**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 10:30 Senior  
Solutions Seminar  
& Prize Bingo

3 10:30 Misty's  
Urban Manor  
Seminar

6 12:15 Promedica  
Hospice Seminar &  
Auction

8 10:30 Community  
Life Seminar &  
Elvis

Impersonator

9 10:30 Harnessing  
the Power of  
Positive Thinking  
Seminar w/UPMC

10 10:00 Music  
w/ Pr. McClintock

20 10:30 PA  
Association for  
Retired State  
Employee Seminar

29 10:30 Music  
w/John

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

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

**Tuesday:** Crafts  
after lunch

**Thursday:** Trivia  
after lunch

## 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**

1 11:00-1:00 Drug  
Take back—bring  
in your unused  
drugs.

1 10:30 Seminar with  
Aetna

6 9:30 Craft with  
Community Arts

8 10:30 Music  
w/John Larimer

15 10:30 Music  
w/Denise  
Baldwin

22 10:30 Music  
w/Tom &  
Carolyn

29 10:30 Dedicated  
Nursing



**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

<p><b>Milk Served with Every Meal</b></p>	<p><b>National Disability Awareness Month</b></p>	<p><b>1</b> Lasagna Mixed Green Salad w/Egg Italian Dressing Quartered Fruit Salad Italian Bread</p> <p><b>Peanut Butter Lover's Day</b></p>	<p><b>2</b> BBQ Chicken Brown Rice Pilaf Broccoli &amp; Cauliflower Molded Citrus Salad</p> <p><b>Banana Cream Pie Day</b></p>	<p><b>3</b> Fish Sandwich w/Cheese on Bun Tartar Sauce Cole Slaw Diced Peaches</p> <p><b>National Anthem Day</b></p>
<p><b>6 BIRTHDAY LUNCH</b> Roast Turkey w/Gravy Mashed Potatoes Capri Vegetables Cranberry Sauce Carrot Cake</p> <p><b>Oreo Cookie Monday</b></p>	<p><b>7</b> Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Fresh Clementine</p> <p><b>Cereal Day</b></p>	<p><b>8</b> Chopped Steak w/Gravy Parslied Red Potatoes Brussel Sprouts Fruit Medley Wheat Bread</p> <p><b>International Women's Day</b></p>	<p><b>9</b> Beef Barley Soup Chicken Salad on Whole Grain White Bread Pasta Salad Fresh Apple Crackers</p> <p><b>Meatball Day</b></p>	<p><b>10</b> Breaded Fish Pierogis Normandy Vegetables Church Slaw Fresh Banana</p> <p><b>Landline Telephone Day</b></p>
<p><b>13</b> Salisbury Steak w/Gravy Mashed Potatoes Succotash Mandarin Oranges</p> <p><b>Napping Day</b></p>	<p><b>14</b> Baked Ham w/Pineapple Sauce Scalloped Potatoes Brussel Sprouts Diced Peaches Rye Bread</p> <p><b>Pi Day</b></p>	<p><b>15</b> Stuffed Chicken w/Gravy Mashed Potatoes Peas Pineapple Tidbits</p> <p><b>Ides of March</b></p>	<p><b>16 ST. PATRICK'S DAY LUNCH</b> Irish Pot Roast Mixed Green Salad w/Cheese Jellied Shamrock Salad Irish Scone</p> <p><b>Everything You Do Is Right Day</b></p>	<p><b>17</b> Vegetarian Vegetable Soup Egg Salad on Whole Grain White Bread Cole Slaw Fruit Cocktail Mozzarella Cheese Stick</p> <p><b>Corned Beef and Cabbage Day</b></p>
<p><b>20</b> Kielbasa w/Sauerkraut Mashed Potatoes Sliced Carrots Pineapple Tidbits Dinner Roll</p> <p><b>Spring Equinox</b></p>	<p><b>21</b> Creamed Chicken over Biscuit Peas &amp; Carrots Tropical Fruit Salad Cottage Cheese</p> <p><b>World Poetry Day</b></p>	<p><b>22</b> Stuffed Cabbage Mashed Potatoes Corn Melon Cup Cheddar Cheese Rectangle Wheat Dinner Roll</p> <p><b>Goof Off Day</b></p>	<p><b>23</b> Ham, Green Beans, and Potatoes Mixed Green Salad w/Egg Diced Pears Yogurt Rye Bread</p> <p><b>Chip &amp; Dip Day</b></p>	<p><b>24</b> Cheese Omelet Sausage Link Fresh Orange Whole Grain Muffin V-8 Juice</p> <p><b>Cheesesteak Day</b></p>
<p><b>27</b> Italian Marinated Pork Chop Spanish rice Broccoli &amp; Cauliflower Applesauce</p> <p><b>Scribble Day</b></p>	<p><b>28</b> Beef Ravioli Mixed Green Salad w/Cheese Citrus Salad Italian Bread</p> <p><b>Eskimo Pie Day</b></p>	<p><b>29</b> Baked Chicken w/Gravy Mashed Potatoes Brussel Sprouts Cranberry Salad Wheat Dinner Roll</p> <p><b>Manatee Appreciation Day</b></p>	<p><b>30</b> BBQ Beef Sandwich on Wheat Bun Mozzarella String Cheese Broccoli Salad Diced Peaches</p> <p><b>Virtual Vacation Day</b></p>	<p><b>31</b> Potato Crusted Cod Tartar Sauce Cheesy Hash Browns Normandy Vegetables Fruit Cup</p> <p><b>Crayon Day</b></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.**

# ***SPONSOR A SENIOR***

## **IN HOME DELIVERED MEALS PROGRAM**

With the holidays behind us some seniors are trying to catch up with every day bills, prescriptions and heating concerns. If you could donate to just one senior for their daily meals this would be a burden off of their shoulders.

Our Home Delivered Meal Program has grown to over 900 meals delivered daily. Our suggested donation is \$3.00 per meal; however, some find it difficult to make that donation. We are asking for your support and help. Although all donations are welcomed, please consider sponsoring a senior for \$66.00 which will cover the cost of one month of meals.

The Federal Government, local funds and the Pennsylvania Lottery provide only a portion of the total cost. This is why we depend so much on donations. In order to continue and increase quality meal service, we need your help.

Your tax-deductible gift provides hot meals to those among us who are most in need. Donations can also be made in Remembrance. Any questions please call 814-443-2681.

*Thank you for your generous donation*

### **DONATION COUPON**

Make your donation payable to: AAA of Somerset County

Mail to: Area Agency on Aging, 1338 S Edgewood Avenue, Somerset, PA 15501

Name: \_\_\_\_\_ Donation\$ \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code \_\_\_\_\_

Donation for or in Remembrance of \_\_\_\_\_

May we tell your recipient you are the donor? Yes No

Do you need a receipt? Yes No

### **Special Lunch Days**

**March 6th—Birthday Lunch**

**March 16th—St. Patrick's Day Lunch**

**April 3rd—Easter Lunch**

**April 10th—Birthday Lunch**

**May 1st—Birthday Lunch**

**May 15th—Mother's Day Lunch**

**May 22nd—Memorial Day Lunch**



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## Senior News

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mation about any newsletter topic or Agency  
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1338 South Edgewood Avenue  
Somerset, PA 15501

*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

