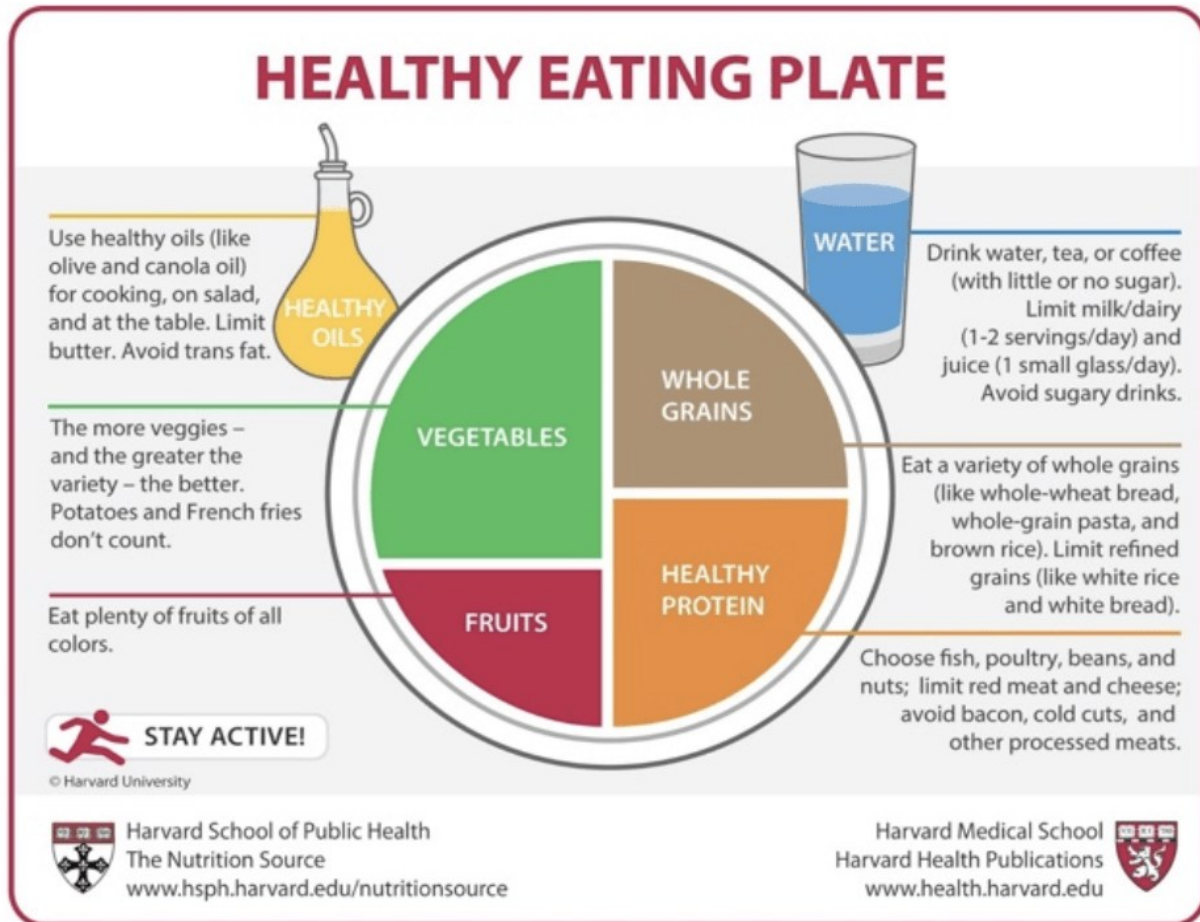


# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • March 2025



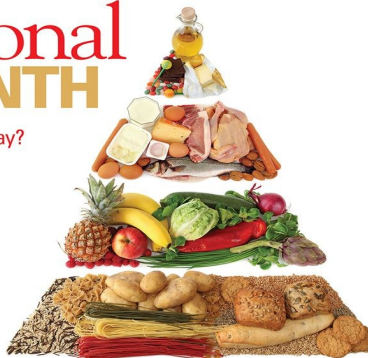
## March is National NUTRITION MONTH

### The Tale of Hunger Pains – What is your body trying to say?

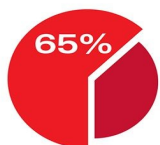
- Cravings for beef could be an indication your body is low on iron.
- Lack of appetite could mean your body is low on vitamin B.
- Dehydration can be mistaken for mild hunger.

### Kick Cravings to the Curb.

- Raw sea salt can help curb your craving for French fries or other salty foods.
- High protein snacks can help deal with cravings for sugar.
- Comforting experiences (like a massage or a hot bath) can help with cravings for comfort food.
- Eating raw seeds can help curb your desire for chocolate.



### THE SKINNY ON DIETS



Number of dieters who return to their pre-dieting weight within three years

**It is safe to lose 1 to 2 pounds per week.**



Number of people who lose weight on a crash diet will keep the weight off

## March is National Nutrition Awareness Month



Did you know that eating foods rich with antioxidants (like colorful fruits & veggies) can improve the signs of aging in your skin?

**Eat well for health & beauty!**

A cluster of colorful fruits including a red apple, a yellow banana, a purple eggplant, and several oranges.

# FOOD and NUTRITION

## WORDSEARCH

L E E E F R U I T U H Z C Z R E P Q  
J Y X A I E J O P Q P U A E I G Y N  
W B C V B R E A D X A V R D P G T U  
M Y R I H I L F P M V F B A R S F T  
C W E T X J E O G I O D O J O B B R  
P A T A Q C T O M L C M H B T K J I  
I T I M C S T D L K A A Y A E K M T  
X E O I A G U L B S D U D C I B Q I  
M R N N G R C J K F O C R O N R I O  
J V G S J X E W K E L S A N V T D N  
Q Z M I N E R A L S Y G T C C F R N  
K E A T T E I O D E R U E E A K F Z

AVOCADO

BACON

BREAD

CARBOHYDRATE

EGGS

EXCRETION

FOOD

FRUIT

LETTUCE

MILK

MINERALS

NUTRITION

PROTEIN

VITAMINS

WATER

# Volunteer Income Tax Assistance - VITA

**Where: Tableland Services Inc. 535 East Main St Somerset, PA 15501**

The following Items are required: Valid Photo ID for you (and your spouse if married filing jointly), Social Security Cards for you, spouse, and all dependents being claimed on tax return, IF YOU DO NOT HAVE A SOCIAL SECURITY NUMBER - Individual Taxpayer Identification Number (ITIN) Current assignment letter, birth dates for you, your spouse and dependents being claimed. All W2/1099/SSA Forms, 1095 for Obama Care if applicable.

**Income Guidelines:** \$68,000 or less

Official start date is February 3, 2025

**Operation hours:** Monday through Friday 10:00 am to 2:00 pm

Registration will remain active up until the last appointment date, (April 14), or unless the client calls to cancel otherwise.

To complete the eligibility intake and schedule an appointment, please visit our office at the address listed above, or call 814-445-9628, extension 289.

## ***DUE TO LIMITED AVAILABILITY***

Please do not call for an appointment until you have received all of your 2024 tax documentation.

Rescheduling is not guaranteed if you do not have all your information the day of your appointment.

## Property Tax/Rent Rebate Program Now Open With Expanded Eligibility

The PTRR program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The table below shows how much homeowners and renters who fit this criteria are eligible for, depending on their income:

INCOME	MAX STANDARD REBATE
\$0 - \$8,270	\$1,000
\$8,271 - \$15,510	\$770
\$15,511 - \$18,610	\$460
\$18,611 - \$46,520	\$380

Submitting your application online through myPATH is easy and does not require you to sign up for an account. Filing online gives you instant confirmation that your claim has been successfully filed. Applicants also will have access to automatic calculators and other helpful features that are not available through the paper application.

It's free to apply for a rebate and assistance is available at hundreds of locations across the state: Department of Revenue district offices, local Area Agencies on Aging, and state legislators' offices. You must reapply for a rebate every year as they are based on annual income and property taxes or rent paid during the prior year.





# March 2025 Center Activities

## BOSWELL AREA SENIOR CENTER

**332 Stonycreek Street**  
**Boswell, PA 15531**  
**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**

3<sup>rd</sup> Sweet Treats with  
 Melissa Windber Woods  
 10<sup>th</sup> Birthday lunch  
 10<sup>th</sup> 12:00 Chat with  
 Angelica

17<sup>th</sup> 12:00 Decorate  
 Shamrock Cookies with Kathy  
 24<sup>th</sup> Eat your Fruits and Veggies  
 31<sup>st</sup> 12:00 Music with Tom & Carolyn

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

**Wi-Fi available**

## CENTRAL CITY AREA SENIOR CENTER

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

4<sup>th</sup> PA-Medi  
 5<sup>th</sup> 10:30 Music with John  
 Larimer  
 5<sup>th</sup> Ash Wednesday Lunch  
 9<sup>th</sup> Daylight savings time  
 begins  
 10<sup>th</sup> 10:30 Music with Ed  
 Cominsky  
 10<sup>th</sup> Birthday lunch  
 14<sup>th</sup> 10:30 Battle of the  
 Sex's trivia  
 17<sup>th</sup> 10:30 Prize bingo with  
 Renae from Community Life

17<sup>th</sup> Happy Saint Patrick's Day,  
 Wear your **green**  
 17<sup>th</sup> Saint Patrick's Day Lunch  
 18<sup>th</sup> 10:30 Speaker Carol from  
 Conemaugh Hospice  
 20<sup>th</sup> Spring begins  
 24<sup>th</sup> 10:30 Tell a joke day. Bring  
 your jokes  
 26<sup>th</sup> 10:30 Music with Denise  
 Baldwin  
 25<sup>th</sup> Eat your Fruits and Veggies



**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**  
**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

**Wi-Fi Available**

4<sup>th</sup> Mardi Gras Day  
 5<sup>th</sup> Ash Wednesday Lunch  
 6<sup>th</sup> Sweet Treats with  
 Melissa from Windber  
 Woods  
 7<sup>th</sup> National Oreo Day  
 9<sup>th</sup> Daylight savings time  
 begins -Spring Forward  
 10<sup>th</sup> Birthday Lunch 🍰  
 10<sup>th</sup> 10:00 Chat with  
 Angelica from Help at Home  
 13<sup>th</sup> Eat your Fruits and  
 Veggies

14<sup>th</sup> National Potato Chip  
 Day  
 17<sup>th</sup> Wear **Green**-St.  
 Patrick's Day Lunch  
 19<sup>th</sup> 12:00 Activity with  
 Bobbi From UPMC  
 19<sup>th</sup> National Laugh Day-  
 Tell a joke  
 20<sup>th</sup> FIRST DAY OF SPRING!  
 20<sup>th</sup> 12:00 Decorate Soring  
 Cookies with Kathy  
 25<sup>th</sup> 12:00 Blood Pressures  
 with Windber Hospice

27<sup>th</sup> 12:00 Music with  
 Tom & Carolyn



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

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

**Thursday: 9:00**  
 Quilting

# March 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**

5<sup>th</sup> 12:00 Music with Sheilah 🎵

6<sup>th</sup> National Oreo Day

9<sup>th</sup> Daylight savings time begins -Spring Forward

10<sup>th</sup> Birthday Lunch 🍰

14<sup>th</sup> National Potato Chip Day

17<sup>th</sup> Wear **Green**—St. Patrick's Day Lunch

19<sup>th</sup> National Laugh Day-tell a joke

26<sup>th</sup> 12:00 Devoted Health Bingo



**Monday, Wednesday:  
& Friday:**

10:00 Exercise

**Tuesday:** 10:00

Theology class w/Pastor  
Dean

**Wednesday:** Karaoke

**DAILY:**

9:30 Wii Games

12:00 BINGO

9-1 Exercise Machines

## MEYERSDALE AREA SENIOR CENTER

**120 North Street  
Meyersdale, PA 15552**

**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

5<sup>th</sup> Ash Wednesday  
Lunch

6<sup>th</sup> 10:00 Sing Along

7<sup>th</sup> 10:00 Craft

10<sup>th</sup> Birthday Lunch

10<sup>th</sup> 10:00 Music with  
Tom & Carolyn

13<sup>th</sup> 10:00 Root Beer  
Floats

14<sup>th</sup> 10:30 Music with  
Pastor Sam McClintock

17<sup>th</sup> St. Patrick's Day  
Lunch

19<sup>th</sup> 10:00 Seminar with  
Blind & Visual Services

20<sup>th</sup> 10:00 Craft

21<sup>st</sup> 10:00 Sing Along

24<sup>th</sup> 10:00 Seminar &  
Prize Bingo with  
Community Life

27<sup>th</sup> 10:30 UPMC Hospice  
Seminar & Activity

**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 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**

5<sup>th</sup> 10:30 Music with Denise Baldwin

Ash Wednesday Lunch

10<sup>th</sup> 10:30 Activity with Bobbie UPMC

Birthday Lunch

11<sup>th</sup> 10:30 Activity with Renae Community Life

17<sup>th</sup> St Patrick's Day Lunch

17<sup>th</sup> 10:30 Christy Pritts from NSF Health Care Insurance

19<sup>th</sup> 10:30 Music with Eric Harris

21<sup>st</sup> 10:30 Music with John Larimer



**Monday-Friday:** 9:30  
Bingo

**Tuesday:** 12:15 Craft

**Tuesday & Thursday:**

9:30 Prize Bingo

**Thursday:** 12:15

Games and other  
activities

**FRIDAY:** -12:30 Geri-Fit

## 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**

4<sup>th</sup> Mardi Gras Day

5<sup>th</sup> Ash Wednesday Lunch

6<sup>th</sup> 12:00 Devoted Health  
Bingo

7<sup>th</sup> National Oreo Day

9<sup>th</sup> Daylight savings time  
begins -Spring Forward

10<sup>th</sup> Birthday Lunch 🍰

12<sup>th</sup> 10:30 🎵 Music  
with Gary Lee

14<sup>th</sup> National Potato  
Chip Day

17<sup>th</sup> Wear **Green**-St.  
Patrick's Day Lunch

19<sup>th</sup> 10:30 🎵 Music  
with Billy Stoppe

19<sup>th</sup> National Laugh Day  
-Tell a joke

20<sup>th</sup> Eat your Fruits and  
Veggies



**Monday & Friday:**

10:00 Strong Bones

**Tuesday:** 10:00 Body  
Strengthening

**Thursday:** 10:00

Tai-Chi

**Monday, Wednes-**

**day: & Friday:**

Pinochle


**Tuesday, Wednes-**

**day & Thursday:**

12:30 Bingo

**T-W-TH:** 6:00 P.M. Wii

Golfing, Wii Bowling

<p>3</p> <p>Roast Turkey Gravy Mashed Potatoes Capri Vegetables Cranberry Sauce Milk</p>	<p>4</p> <p>Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits Milk</p>	<p>5</p> <p>ASH WEDNESDAY LUNCH</p> <p>Vegetable Soup Crackers Ham Salad on Whole Grain White Bread w/ lettuce Marinated Pasta Salad Cheddar Cheese Rectangle Fresh Clementine Milk</p>	<p>6</p> <p>Chopped Steak Gravy Parslied Red Potatoes Brussel Sprouts Fruit Medley Milk</p>	<p>7</p> <p>Haddock Wedges Tartar Sauce Mini Pierogis Broccoli Salad Fresh Banana Milk</p>
<p>10</p> <p>BIRTHDAY LUNCH</p> <p>Salisbury Steak Gravy Seasoned Potatoes Succotash Mandarin Oranges Carrot Cake Milk</p>	<p>11</p> <p>Beef Noodle Soup Crackers Egg Salad on Bun Pickled Beets Fresh Apple Milk</p>	<p>12</p> <p>Chili Mixed Green Salad w/Cheese Fresh Orange Corn Bread Margarine Milk</p>	<p>13</p> <p>Kielbasa Sauerkraut Mashed Potatoes Sliced Carrots Diced Peaches Milk</p>	<p>14</p> <p>Fish Sandwich Cheese on Bun Tartar Sauce Cole Slaw Diced Pears Milk</p>
<p>17</p> <p>ST PATRICK'S DAY LUNCH</p> <p>Irish Roast Beef Mashed Potatoes Gravy Peas &amp; Carrots Fruit Cocktail Irish Scone Milk</p>	<p>18</p> <p>Chicken Pot Pie Mixed Green Salad w/Eggs Apricot Halves Wheat Dinner Roll Margarine Milk</p>	<p>19</p> <p>Stuffed Cabbage Mashed Potatoes Chuckwagon Vegetables Cantaloupe Chunks Cheddar Cheese Rectangle Wheat Dinner Roll Margarine Milk</p>	<p>20</p> <p>Ham, Green Beans, &amp; Potatoes Carrot Raisin Salad Pineapple Tidbits Yogurt Rye Bread Margarine Milk</p>	<p>21</p> <p>Cheese Omelet Sausage Link Fresh Orange Whole Grain Muffin V-8 Juice Milk</p>
<p>24</p> <p>Baked Ham Pineapple Sauce Maple Sweet Potatoes Green Beans Mango &amp; Papaya Cup Milk</p>	<p>25</p> <p>Beef Ravioli Mixed Green Salad w/Cheese Italian Dressing Citrus Salad Italian Bread Margarine Milk</p>	<p>26</p> <p>Chicken Rice Soup Tuna Salad on Whole Grain White Bread w/ lettuce Coleslaw Tropical Fruit Crackers Milk</p>	<p>27</p> <p>BBQ Ham Sandwich on Wheat Bun Broccoli Salad Mozzarella Cheese Stick Diced Peaches Milk</p>	<p>28</p> <p>Potato Crusted Cod Tartar Sauce Capri Vegetables Macaroni Salad Melon Fruit Salad Milk</p>
<p>31</p> <p>Italian Marinated Pork Chop Spanish Rice Brussel Sprouts Applesauce Rye Bread Margarine Milk</p>				<p><b>March 9th</b></p>  <p>Don't forget to "Spring Forward" and set your clocks 1 hour ahead.</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.**



### Doctor's Prescription for Socialization

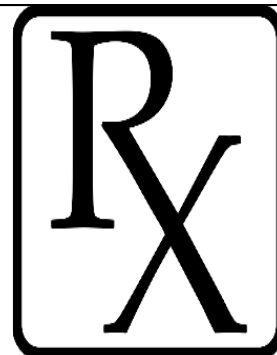
Patient Name: Anyone over 60 yrs old

Date: ASAP

Doctor's Name: Any Doctor would recommend.

Practice Name: Your doctor's office!

Prescription: SOCIALIZATION



Considering your recent health assessments and our discussions about your well-being, I am prescribing a vital component of your health plan: SOCIALIZATION. Engaging with others is essential for both your mental and physical health.

Recommendation: I encourage you to visit your local senior center regularly. Participating in activities, classes, and social gatherings can significantly enhance your mood, reduce feelings of loneliness, and improve your overall quality of life.

Action Steps:

Visit the Senior Center: Check out **YOUR LOCAL SENIOR CENTER** for their schedule of activities.

Join a Group: Consider joining a class or group that interests you, such as art, gardening, or book clubs. Wishing you health and happiness,

Your Very Concerned Doctor!

Benefits of Socialization:

- Improved Mental Health: Regular interaction with peers can help reduce anxiety and depression.

Enhanced Cognitive Function: Engaging in conversations and activities stimulates your brain.

- Physical Activity: Many senior centers offer exercise classes that promote physical health.

Community Connection: Building friendships and support networks can provide a sense of belonging.

- Attend Events: Participate in social events to meet new people and reconnect with old friends.

Please feel free to reach out if you have any questions or need assistance in finding activities that suit your interests.



### **Attention Volunteers!**

As our banquet quickly approaches, we want to remind everyone to complete their volunteer hours. Your dedication and hard work have been truly amazing, and we couldn't have come this far without you. Let's make this event a memorable one by giving it our all in these final days. Thank you for your incredible efforts!

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



## Senior News

Published monthly by the  
Area Agency on Aging of Somerset County,  
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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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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**

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Website: [www.somersetaaa.org](http://www.somersetaaa.org)  
1338 South Edgewood Avenue  
Somerset, PA 15501

*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

