

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • May 2023

Foods You Can Eat Without Gaining Weight

Cutting is critical when you're trying to lose weight. You cut calories. You cut fat. Basically, anything that's crammed with carbs, sweetened with sugar or dipped in a deep fryer is suddenly off-limits. But dieting doesn't have to require deprivation. Many delicious (and healthy) foods can still be part of your dining repertoire. Some members of the produce family are so light in calories and fat that you can eat them with (relative) abandon.

Vegetable love

The one category of foods that you can eat loads of without suffering the consequences of weight gain are nonstarchy vegetables, says Alexis Supan, an outpatient dietitian with the Cleveland Clinic Center for Integrative & Lifestyle Medicine. "Mostly any vegetable besides potato, corn and peas, you can eat endlessly," she says.

A cup of chopped broccoli or a grilled portobello mushroom contains just 30 calories and less than 1 gram of fat. You can chow down on two entire cups of lettuce and consume less than 16 calories. Because of its high water content, a whole tomato has a mere 22 calories. Cauliflower, kale, carrots and sprouts are similarly nutrient-dense and light in calories.

These produce mainstays bring a few other things to the table. "What makes them so incredible and so beneficial for weight maintenance and weight loss is they are high in macronutrients [such as carbohydrates] and micronutrients [vitamins and minerals]. And they're rich in fiber," says Beata Rydyger, a registered nutritionist based in Los Angeles. Fiber keeps your blood sugar levels stable, which helps you avoid sudden attacks of the munchies that might otherwise make you crave junk foods.

If vegetables aren't your favorite foods, you might be thinking how unappealing this way of eating sounds. But there are ways to spice up your veggies to make them more palatable.



Roast them in olive oil spray, then add a blend of garlic and other herbs and spices, Supan suggests. If you love dip, which tends to be high in fat, use salsa instead to add even more vegetables into the mix. Or blend a ranch flavor packet into plain Greek yogurt. "Now you have a really high-protein, very healthy dip that you can use along with your vegetables," she says.

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What about fruit?

Fruits are a different story. With most of them, you don't want to go overboard. "Grapes are a perfect example. A lot of people love to snack on grapes and could eat the whole bag in an afternoon without really thinking about it. But grapes are a high-sugar food," Supan cautions. "Keeping most fruits to a cup-and-a-half for the day is a good goal to have."



The exceptions are berries (strawberries, blueberries, blackberries), kiwi and grapefruit. These fruits are high in fiber and low on the glycemic index – which means they won't boost your blood sugar too much. Just be careful before eating grapefruit to make sure it doesn't interact with any medications (such as statins) you take. And don't load it up with sugar to make it taste sweeter.

Revamping your diet

When you're used to eating a certain way, making large-scale changes to your diet can feel overwhelming. "That's why I recommend for clients to start very slow. Make a few swaps each week, and see if that works. Maybe add one vegetable into a meal once a day," Rydyger suggests. "Starting very small and building your way toward a lifestyle change is important."

When it comes to dieting, the aim is not "How low can you go?" Your body needs calories for energy. Try to focus less on the numbers and more on the overall quality of your diet. The most important thing is to eat whole foods – ones that aren't processed in a factory.

Eating nothing but low-calorie foods could rob your body of the nutrients it needs, such as the calcium that keeps your bones strong. Plus it could leave you starving and have the opposite of the intended effect.

"Those low-calorie diets lead to blood sugar instability and harsh crashes," Rydyger says. "You're bound to crash at some point and overcompensate with even more food than you had originally planned to eat."

When making changes to your diet, you don't need to go it alone. It's preferable to get some help from your primary care doctor or a dietitian. Your doctor can check your vitamin and cholesterol levels to make sure you safely embark on your new way of eating. A dietitian can assess your needs and create a meal plan that's not only tailored to your goals but also sustainable over the long term.

www.aarp.org

Area Agency on Aging of Somerset Co.

SOMERSET SENIOR POLKA PICNIC

When:

July 28th, 2023
10:00 a.m. to 2:00 p.m.
Lunch served at noon.

Where:

Windber Recreation Park-
Grand Ballroom
160 Rec Road
Windber, PA 15963

Call: 814-443-2681

or Visit Somerset County
Senior Centers to Purchase!
Transportation is provided
from all Somerset County
Senior Centers

\$10.00 per Ticket

Ticket Sales:

May 15th, 2023

**TICKETS CANNOT BE PURCHASED AT
THE EVENT**

Ticket price
includes lunch, live
entertainment &
more!



Live Entertainment
Provided by
Rosie & The Jammers!

May 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

- 1 12:00 May Auction
- 8 9:00 Ceramics with
The Makery on 601
- 8 12:00 Sweet Treats
w/Windber Woods

- 15 10:30 Positive
Thinking with
UPMC
- 19 Volunteer Banquet
- 22 10:30 Bingo with
Somerset H&R
Center

- 22 12:00 Music with
Tom & Carolyn
- 29 Center Closed—
Happy Memorial
Day

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

- 2 12:00 Community
Life Bingo
- 3 Music with Colten
Danel
- 8 Last Day to
Reserve for
Mother's Day Lunch
- 12 10:30 Mainline
Pharmacy
Seminar
- 16 10:30 Music with
John Cash-
Community Life

- 19 Volunteer Banquet
- 22 10:30 Craft with
The Makery on 601
- 23 Memorial Day
Lunch

- 29 Center Closed—
Happy Memorial
Day



**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

- 1 Coffee &
Conversation
- 4 10:30 Positive
Thinking with UPMC
-Jessie
- 4 12:00 Bingo with
Somerset
Healthcare &
Rehabilitation
Center
- 4 12:00 Sweet Treats
with Windber
Woods-Melissa

- 8 Last Day to
Reserve for
Mother's Day
Lunch
- 8 Coffee &
Conversation
- 10 9:00 Ceramics with
The Makery on 601
- 11 12:00 Music with
Tom & Carolyn
- 15 Coffee &
Conversation
- 15 Mother's Day
Lunch

- 18 12:00 Mainline
Pharmacy
Seminar
- 19 Volunteer Banquet
- 22 Coffee &
Conversation
- 23 Memorial Day
Lunch
- 24 12:00 May Auction
- 29 Center Closed—
Happy Memorial
Day

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

May 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

- 15 10:30 Mainline
Pharmacy
Seminar
- 15 Mother's Day
Lunch
- 19 Volunteer
Banquet

- 22 Memorial Day Lunch
- 29 Center Closed—
Happy Memorial Day



Bingo
every
day at
12:00

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

- 2 10:00 Geri-Fit
- 4 10:30 Music with
Sam McClintock
- 9 10:30 Promedica
Hospice Seminar &
Auction
- 11 10:00 Geri-Fit

- 16 10:30 Sr Solutions
Seminar & Bingo
- 18 10:30 Johnny
Cash
Impersonator
with Community
Life
- 19 Volunteer Banquet

- 22 Memorial Day
Lunch
- 23 10:00 Sing Along
- 25 10:00 Geri-Fit
- 29 Center Closed—
Happy Memorial
Day

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 12:15 Promedica
Seminar & Auction
- 3 10:30 Senior
Solutions Seminar
& Prize Bingo
- 4 10:30 Music with
John Larimer
- 8 10:30 UPMC
Hospice Seminar

- 19 Volunteer Banquet
- 22 Memorial Day
Lunch
- 26 10:30 Music with
Sam McClintock
- 29 Center Closed—
Happy Memorial
Day

31 10:30 Johnny Cash
Impersonator with
Community Life
**Tuesday &
 Thursday**
10:00 Prize Bingo
**12:15 Craft or
 Puzzle**

Monday, Wednesday, Friday:
 10:00 Bingo—12:15 if
 something is
 scheduled
**Tuesday & Thurs-
 day:** 10:00 Prize
 Bingo 12:15 Activity
Wednesday: Geri-Fit
 12:15

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 10:30 Music with
Colten Danel
- 8 Last Day to Reserve
for Mother's Day
Lunch
- 15 10:30 Craft with The
Makery on 601
- 16 Mother's Day
Lunch

- 19 Volunteer Banquet
- 22 10:30 Mainline
Pharmacy Seminar
- 22 Memorial Day
Lunch
- 29 Center Closed—
Happy Memorial
Day

Line
Dancing
Resumes
on May
5th at
6:00 pm

Monday & Friday
 10:00 Strong Bones
Tuesday 10:00-Body
 Strengthening
Wednesday 12:30
 Bingo
Thursday 0:00 Tai-Chi
Friday 9:30 Chorus
**Monday, Wednesday
 & Friday** Pinochle
Monday 5:00 Tops

May, 2023

Menu

<p>1 BIRTHDAY LUNCH Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fruit Medley Chocolate Cake</p>	<p>2 Chopped Steak Gravy Mashed Potatoes Normandy Vegetables Fresh Apple</p>	<p>3 Ham, Green Beans, & Potatoes Mixed Green Salad w/Egg Diced Pears Rye Bread</p>	<p>4 Baked Chicken Gravy Seasoned Whole Mini Potatoes Brussel Sprouts Mandarin Oranges Corn Muffin</p>	<p>5 Stuffed Cabbage Mashed Potatoes Corn Pineapple Tidbits Yogurt</p>
<p>8 BBQ Beef Sandwich Whole Wheat Bun Marinated Pasta Salad Cole Slaw Fruit Cocktail</p>	<p>9 Vegetable Soup Egg Salad Whole Grain White Bread Diced Pears Cottage Cheese Crackers</p>	<p>10 Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Fresh Banana</p>	<p>11 Baked Ham Pineapple Sauce Scalloped Potatoes Sliced Carrots Fruit Medley Dinner Roll</p>	<p>12 Potato Crusted Cod Tartar Sauce Pierogis Capri Vegetables Diced Peaches Church Slaw</p>
<p>15 MOTHER'S DAY LUNCH Stuffed Chicken Breast w/Gravy Mashed Potatoes Broccoli Florets Melon Cup Boston Cream Pie</p>	<p>16 Lasagna Mixed Green Salad w/Cheese Applesauce Italian Bread</p>	<p>17 Breaded Pork Chop Au Gratin Potatoes Italian Green Beans Fruit Cocktail</p>	<p>18 Beef Pot Roast Confetti Cole Slaw Tropical Fruit Salad Cottage Cheese Wheat Dinner Roll</p>	<p>19 Creamed Chicken over Biscuit Peas & Carrots Mozzarella Cheese Stick Fresh Orange</p>
<p>22 MEMORIAL DAY LUNCH Hot Dog on Bun Grape Tomatoes Baked Butter Beans Macaroni Salad Quartered Fruit Salad Apple Pie</p>	<p>23 Stuffed Peppers Mashed Potatoes Green Beans Mandarin Oranges</p>	<p>24 Ham Pot Pie Mixed Green Salad w/Eggs Fruit Cup Rye Bread</p>	<p>25 Beef Barley Soup Chicken Salad Whole Grain White Bread Cucumber/Tomato Salad Fresh Apple Crackers</p>	<p>26 Egg Omelet w/Cheese Sausage Link Fresh Citrus Salad Whole Grain Muffin V8 Juice</p>
<p>29 CLOSED MEMORIAL DAY</p>	<p>30 Roast Turkey Gravy Mashed Potatoes Mixed Vegetables Melon Fruit Salad Wheat Roll</p>	<p>31 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pineapple Tidbits</p>	<p>The last day to reserve for the Mother's Day Lunch is May 8th</p>	<p>Milk Served with Every Meal</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.

Somerset Senior Center Volunteers

Alan Rummel
Art McClucas
Barbara Page
Barbara Mishler
Bernard Vater
Betty Makuch
Betty Burnsworth
Betty Renaldi
Bonnie Miller
Bonnie Kline
Bradley Barclay
Caroline May
Catherine Fiola
Christine Bottoroff
Cinda Yinkey
Daniel Bulger
Daniel Pomplas
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Doris Vansickel
Douglas Cober
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Edward Zelenski
Elizabeth McClucas
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Gloria Maust
Gloria Whipkey
Harold Page
Helen Hillegas

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Jane McCracken
Janet Stahl
Janet Klink
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Larry Manges
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Linda McCleary
Linda Forman
Linda Stromsness
Linda Murray
Linda Manges
Lloyd Trout
Lorraine Burns
Lucy Machuta
Margaret Bahorik
Martha Werner
Mary DiGiulio
Mary Kreger
Mary Kay Pcola
Mary Brunberg
Mary Farbo
Mikelene Richards
Mildred Conn
Mildred Augustine

Nancy Houpt
Nancy Conn
Patricia Basinger
Patricia Marcinko
Patricia May
Patrick Shaffer
Patti Parsons
Peggy Shaffer
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to all of our
volunteers!



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Senior News

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reaching out, making a difference

Area Agency on Aging
of Somerset County

