

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • May 2024



Spring is finally here and that can only mean one thing! The Farmers Market Program is back in Somerset County. The purpose of the Farmers Market Program is to provide resources in the form of fresh, nutritious, locally grown fruits, vegetables and herbs from farmers markets, roadside stands and community supported agriculture programs to low-income seniors. Low-income seniors who are at least 60 years old (by December 31, 2024) may qualify for this benefit. The income guidelines for one person is **\$27,861** and two people is **\$37,814** Farmers Market checks are distributed through the Area Agency on Aging of Somerset County. A flyer will be provided to each voucher recipient listing the eligible items for purchase and program guidelines when they receive their checks. These checks are then redeemable for fresh fruit and vegetables grown in Pennsylvania. Each consumer receives (5) \$10.00 Farmers Market checks to redeem at qualified farmers' markets or roadside stands within Somerset County. This year we will be mailing checks to eligible recipients. You can use the application on page 2 of this newsletter, print an application from the Area Agency on Aging website at www.somersetaaa.org, if you prefer to pick up a form from a senior center or the AAA, you can do so Monday through Friday 9:00 am to 2:00 pm. Your checks will be mailed in the order they are received. You can make copies of the application. Proxy forms are not required this year.

You will not be able to walk in and receive your checks. Contact Chris at 814-467-5912 for any questions or concerns. The application is on the next page and you can make copies. The USDA Nondiscrimination Statement is on page 7.

2024 INCOME:

1 person - \$27,861	5 people - \$67,673
2 people - \$37,814	6 people - \$77,626
3 people - \$47,767	7 people - \$87,579
4 people - \$57,720	8 people - \$97,532

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM
2024 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2024) 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: **\$27,861** for 1 person in the household; or **\$37,814** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2024).

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, 2024 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



What Can Your Senior Center Do for You?

There are many things that can be done to preserve joint function, mobility and quality of life. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential.

Your Somerset County Senior Centers can help! We offer many Evidence Based Programs that target arthritis. Evidence Based Programs (EBP's) are scientifically proven to help those suffering from chronic conditions. Through our trained instructors, our EBP's are designed to give you the tools needed to increase your quality of life.

From exercise to educational workshops, we can help you manage your pain and provide education for no cost. If you are senior (60 or older) please consider joining one of our programs today:

Geri – Fit: Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Any older adult, regardless of their age or fitness level, can participate. There's no dancing, choreography or floor work and both men and women can enroll. Geri-Fit is challenging, effective and very safe to do. Participants will literally turn back the hands of time each time they do the workout and they will marvel at the results this program has to offer. Offered at: Conemaugh Township, Central City, Meyersdale and Somerset locations. Please call the center for more information.

Chronic Disease Self-Management Workshops: With our small-group workshops, people meet for six weeks, once a week for two hours. The sessions are highly interactive, focusing on building skills, sharing experiences and support. All programs are led by a team of trained leaders. The teaching process makes this program effective. Classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

On the Move: A new program we are offering at some of our centers. This program will help improve and sustain mobility so you can do daily activities more easily and to help decrease the risk for disability. You can participate in this program even if you walk with a straight cane. This group-based exercise program for older adults is designed to target key principles of the biomechanics and motor control of walking. These classes are twice a week for 12 weeks, each class is approximately 50-60 minutes. This program contains unique stepping and walking patterns to promote the time and coordination of stepping and are integrated with the phases of gait cycle, these patterns are progressed in difficulty to continually challenge participants. Call your local Somerset County Senior Center for details.

Tai Chi for Arthritis: This program is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of lives, as well as preventing falls for the older adults. For this reason, arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving it their full support. Offered at our Windber Senior Center (Center for Life). Please call 814-467-5912 for more information.

May 2024 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

6th Birthday Lunch
6th World Laughter Day-
Make someone laugh
today!
6th 12:00 BINGO
13th 12:00 Activity with
Merit
13th Ice Cream with

Melissa from Windber
Woods
13th Mother's Day Lunch-
**Last Day to sign up May
6th**
20th 12:00 Music with
Tom & Carolyn
20th Memorial Day Lunch-
Wear your Red, White &
Blue

24th Centers Closed-
Volunteer Banquet
27th Memorial Day
CENTER CLOSED
28th 11:00 Blood
Pressures with Heartland
Hospice
12:00 Music with Colten
Danel

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: 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



1st Mental Health
Awareness Month
6th 10:30 Music with Tom &
Carolyn
6th Birthday Lunch
13th Mother's Day Lunch
14th 10:30 UPMC Seminar
with Bobbie
15th 10:30 Music with Luke
Ream
16th 10:30 Heartland
Hospice, Blood Pressures
20th Memorial Day Lunch

22nd 10:30 Prize Bingo
with Community Life
24th Centers Closed-
Volunteer Banquet
27th CLOSED Memorial
Day
29th 10:30 Music with
Denise Baldwin



**Monday &
Wednesday: 10:30**
Exercise Class

Monday-Friday:
Bingo

Bible Study Class:
2nd Thursday of the
month 6:00-8:00 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

1st Mental Health
Awareness Month
**3rd National Wear 2
Different Colored Shoes
Day**
3rd 12:00 BINGO
6th Birthday Lunch
6th World Laughter Day-
Make someone laugh
today!
8th 12:00 BINGO
10th Ice Cream Social for
Mother's Day
13th Mother's Day Lunch-
**Last day to sign up May
6th**

15th 10:30 Blood
Pressure with Heartland
Hospice
17th 12:00 BINGO
20th Memorial Day Lunch-
Wear your Red, White &
Blue
22nd 12:00 BINGO
23rd Ice Cream with
Melissa from Windber
Woods
23rd 12:00 Music with
Tom & Carolyn
24th Centers Closed-
Volunteer Banquet

27th Center Closed-
Memorial Day
29th National Flip Flop
Day-Wear your favorite
pair
31st 12:00 Activity with
Merit



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

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

Thursday: 9:00
Quilting

May 2024 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Center Operator: 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

3rd National Wear 2
Different Colored Shoes
Day

6th Birthday Lunch

6th World Laughter Day-
Make someone laugh
today

10th Ice Cream Social for
Mother's Day

13th Mother's Day Lunch-
Last day to sign up May
6th

20th Memorial Day Lunch-
Wear your Red, White &
Blue

21st 10:30 Heartland
Hospice

24th Center Closed-
Volunteer Banquet

27th Centers Closed-
Memorial Day

29th National Flip Flop
Day-Wear your favorite
pair

31st 10:30 Music with
John Larimer

**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
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

6th Birthday Lunch

9th 10:00 Craft

10th 10:00 Sing Along

13th Mother's Day Lunch

13th 10:00 Music/ Pastor Sam
McClintock

17th 10:30 UPMC Hospice

Seminar & Activity

20th Memorial Day Lunch

20th 10:00 Heartland Hos-
pice Blood Pressures

22nd 10:00-2:00 IRS Rent
Rebates

23rd Primary Election
GET OUT AND VOTE

24th Volunteer Banquet at the
Friedens Lutheran Church

24th Meyersdale Senior Cen-
ter Closed

27th Memorial Day Meyers-
dale Senior Center is closed

30th 10:00 Craft

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 Operator: 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 9:30 TAI CHI

3rd 12:30 Geri Fit

6th February Birthday
lunch

7th Department of
Revenue — Rent and
Property Tax rebates

9th 9:30 TAI CHI

10th 12:30 Geri Fit

13th Activity with Renae
from Community Life

Mother's Day Lunch

16th 9:30 TAI CHI

17th Volunteer Banquet-
CENTER CLOSED

20th Memorial Day Lunch

23rd 9:30 TAI CHI

24th 12:30 Geri Fit

27th Memorial Day-
CENTERS CLOSED

28th 12:00 Doc's Boys

30th 9:30 TAI CHI

31st 12:30 Geri Fit

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.)



CENTER FOR LIFE

700 Fifth Street, Suite 200
Windber, PA 15963
Center Operator: 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

1st 10:30 Music with John
Wolfe

3rd National Wear 2
different colored shoes
day

6th Birthday Lunch

6th World Laughter Day-
Make someone laugh
today

10th Ice Cream Social
for Mother's Day

13th Mother's Day Lunch
-Last day to sign up
May 6th

15th 10:30 Music with
Billy Stoppe

17th 11:00 Heartland
Hospice

20th Memorial Day
Lunch-Wear your Red,

White & Blue

24th Centers Closed-
Volunteer Banquet

27th Center Closed-
Memorial Day

29th National Flip Flop
Day-Wear your favorite
pair

29th 10:30 Music with
John Larimer

Monday & Friday:

10:00 Strong Bones
Tuesday: 10:00-Body
Strengthening

Wednesday: 12:30
Bingo

Thursday: 10:00
Tai-Chi

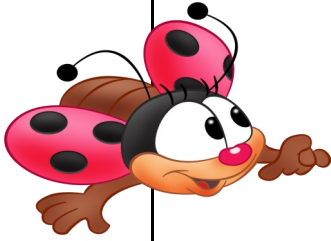
**Monday, Wednesday
& Friday:** Pinochle
Monday: 5:00 Tops

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



2024

Menu

		<p>1 Ham Loaf w/Pineapple Glaze Au Gratin Potatoes Green Beans Melon Fruit Salad Milk</p>	<p>2 Vegetable Beef Soup Chicken Salad on Whole Grain White Bread Lettuce Leaf/Tomato Cucumber/Pepper Salad Fruit Cocktail Milk</p>	<p>3 Country Fried Pork Loin Fritter/Gravy Parslied Red Potatoes Prince Edward Vegetable Blend Fresh Apple Milk</p>
<p>6 <u>BIRTHDAY LUNCH</u> Chicken Cordon Bleu` w/ Gravy Scalloped Potatoes Baby Carrots Fruit Cup Jell-O Poke Cake</p>	<p>7 BBQ Ham Sandwich on Wheat Bun Pasta Salad Creamy Coleslaw Tropical Fruit Salad Milk</p>	<p>8 Chicken Pot Pie Mixed Green Salad w/Cheese Apricot Halves Milk</p>	<p>9 Salisbury Steak w/Gravy Mashed Potatoes Normandy Vegetables Diced Peaches Dinner Roll W/Margarine Milk</p>	<p>10 Ham & Bean Soup Tuna Salad Sandwich on Wheat Bun Tomato Salad Pineapple Tidbits Crackers Milk</p>
<p>13 <u>MOTHER'S DAY LUNCH</u> Baked Ham w/Pineapple Sauce Maple Sweet Potatoes Broccoli Florets Rosy Pears Boston Cream Pie Milk</p>	<p>14 Chicken Rice Soup Egg Salad on Whole Grain Bread Lettuce Leaf Pickled Beets Citrus Salad Crackers Milk</p>	<p>15 Swedish Meatballs w/Gravy over Noodles Capri Vegetables Quartered Fruit Salad Milk</p>	<p>16 Stuffed Pepper Soup Mixed Green Salad w/ Cheese Fresh Orange Corn Bread Margarine Milk</p>	<p>17 Creamed Chicken over Biscuit Peas & Carrots Yogurt Apricot Halves Milk</p>
<p>20 <u>MEMORIAL DAY LUNCH</u> Hot Dog on Bun Baked Butter Beans Macaroni Salad Melon Cup Lattice Apple Pie Milk</p>	<p>21 Hot Turkey w/ Gravy over Whole Grain White Bread Mashed Potatoes Mixed Vegetables Mandarin Oranges Milk</p>	<p>22 Vegetable Lasagna Mixed Green Salad w/Shredded Cheese Fruit Cocktail Italian Bread w/Margarine Milk</p>	<p>23 Honey Mustard Marinated Pork Chop Seasoned Whole Mini Potatoes Corn Fresh Apple Oatmeal/Raisin Cookie Milk</p>	<p>24 Ham, Egg & Cheese Muffin Cottage Cheese Fresh Orange V8 Juice Milk</p>
<p>27 <u>CLOSED</u> <u>MEMORIAL DAY</u></p>	<p>28 Beef Stew Ham Salad Sandwich on Wheat Bread Lettuce Leaf/Sl. Tomato Cole Slaw Fruit Cup</p>	<p>29 Spaghetti w/Meatballs Mixed Green Salad w/ cheese Diced Pears Italian bread w/margarine Milk</p>	<p>30 Baked Smoked Sausage Cheesy Hash Browns Brussel Sprouts Pineapple Tidbits Dinner Roll w/ margarine Milk</p>	<p>31 Fish Sandwich w/Cheese on Bun Tartar Sauce Broccoli/Cauliflower Salad Diced Peaches Milk</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.

Spring into Health!

As we welcome the vibrant blooms of May, let's also embrace the bounty of nutrition that comes with it. This month, we focus on **colorful fruits and vegetables**—nature's way of offering us vitamins, minerals, and antioxidants. Remember, a **rainbow on your plate** means a wealth of nutrients for your body.

Enjoy seasonal and asparagus, and with water infused cucumber. Small impact on your May a month **nutrition** for a



produce like strawberries don't forget to hydrate with a slice of lemon or changes can make a big health. So, let's make this of **renewed focus on** happier, healthier you!

Save the Date

Volunteer Banquet:

May 24, 2024

Memorial Day: CLOSED

May 27, 2024

Elder Justice:

June 14, 2024

Senior Picnic:

July 19, 2024

USDA Nondiscrimination Statement In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: **1.** mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **2.** fax: (833) 256-1665 or (202) 690-7442; or **3.** email: Program.Intake@usda.gov This institution is an equal opportunity provider

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Senior News

Published monthly by the
Area Agency on Aging of Somerset County,
a department of Somerset County
Government under the
Commissioners of Somerset County

Brian Fochtman

Irvin Kimmel

Pamela A. Tokar-Ickes

Jennifer Clark, Administrator

Jessica Berkey, Deputy Administrator

Linda Myers, Advisory Council Chairperson

This project is funded, in part, under
contract with the PA Department of Aging.
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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Fax: (814) 443-0557
Email: webmaster@somersetaaa.org
Website: www.somersetaaa.org

1338 South Edgewood Avenue
Somerset, PA 15501

reaching out, making a difference

Area Agency on Aging
of Somerset County

