

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • November 2023



## IN HONOR OF OUR VETERANS, THANK YOU!

TROUT, LLOYD  
 SEITZ, JOSEPH  
 WEAVER, JAY  
 WEAVER, JOAN  
 SMILEY, DALE  
 BAER, ROBERT  
 CENTI, A. JOHN  
 DICKEY, DENNIS  
 DRAZENOVICH, JAMES  
 FROMHOLZ, MICHAEL  
 GARY, ELWOOD  
 GREW, JOSEPH  
 GROSS, LARRY  
 ILLAR, JACK  
 KOSAR, PAUL  
 KOSAR, VICTORIA  
 NICHOLS, MARION  
 PYLE, ROGER  
 REEDY, JERRY  
 SIPPLE, CAREY  
 WEIMER, JAY  
 Kemo, Larry  
 Sheely, Bob  
 Byrd, Gordon  
 Owens, David  
 Nibert, John  
 Gruca, Robert  
 Varg, Rich (Dick)  
 Puntureri, Rocco  
 DiGiulio, Mary  
 Mangus, Warren  
 Kovach, Steve  
 Dinan, Warren  
 1968-1970  
 Hildebrand, Howard  
 Miller, Jerry  
 Millinder, Larry  
 Guzzone, Cynthia  
 Ryan, Karen  
 Medical Specialist 3 years  
 Petrina, Ronald  
 Shaffer, Patrick  
 Lonesky, Steve  
 Page, Harry

ARMY/ NATIONAL GUARD  
 ARMY/ AIRFORCE  
 ARMY  
 ARMY  
 NAVY  
  
 ARMY PVT.  
 NAVY FIRST CLASS SCA  
  
 ARMYE2  
  
 C.CORP. OF ENGINEERS- ARMYSPEC. E-5  
 ARMYSP/5  
  
 NAVY EN-3  
 US ARMY E2  
 USA FT SGT  
 AIR FROCE SGT.  
 AIR FORCE E-7 MASTER SGT  
 MARINE CORPCOMBAT ENGINEER  
 ARMY SP/5  
 US Army 1965-1968  
 US Army 1958-1960  
 US Army 1973-1976 and 1983-2003  
 U.S.A.F. 1959-1963  
 Navy 1965-1968  
 US Army 1960-1964  
 Navy 1950-1953  
 Navy 1955-1964  
 Woman's Army Corp 1961-1967  
 Navy 1963-1970  
 US Army 1955-1958  
 Marine Corp- Lance Corporal  
  
 Army Spec-4 2 years  
 Army Reserve E-4  
 Navy Seal GMG2 8 years  
 Coast Guard 7 years  
 Army Reserve  
  
 Army  
 Navy  
 Army  
 Army

McClucas, Art  
 Russell, James  
 Shiffhauer Jr., Richrd  
 Lynch, Terry  
 Monko, Stanley  
 Deneen, Ted  
 Wadsworth, Ron  
 Mauger, Anthony  
 Wilttrout, Robert M.

Army  
 Navy  
 Army  
 Army  
 Army  
 Army  
 Army  
 Army  
 Navy Radio 3<sup>rd</sup> Class (RM3)

IT IS THE **VETERAN**, NOT THE PREACHER,  
 WHO HAS GIVEN US FREEDOM OF RELIGION.

IT IS THE **VETERAN**, NOT THE REPORTER,  
 WHO HAS GIVEN US FREEDOM OF THE PRESS.

IT IS THE **VETERAN**, NOT THE POET,  
 WHO HAS GIVEN US FREEDOM OF SPEECH.

IT IS THE **VETERAN**, NOT THE CAMPUS ORGANIZER,  
 WHO HAS GIVEN US FREEDOM TO ASSEMBLE.

IT IS THE **VETERAN**, NOT THE LAWYER,  
 WHO HAS GIVEN US THE RIGHT TO A FAIR TRIAL.

IT IS THE **VETERAN**, NOT THE POLITICIAN,  
 WHO HAS GIVEN US THE RIGHT TO VOTE.

IT IS THE **VETERAN**,  
 WHO SALUTES THE FLAG

**IT IS THE VETERAN**  
 That should be thanked  
 And not forgotten

PolitiFake.org

# What you need to know about the FLU

## When to Seek Urgent Medical Attention

### In Children:

- Fast breathing or working hard to breathe
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash
- Being unable to eat
- Having no tears when crying

### In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough
- Severe or persistent vomiting

## Flu Prevention

- **Get vaccinated** each year.
- **Cover your nose and mouth** with a tissue when you cough or sneeze.
- **Wash your hands** often with soap and water or an alcohol-based hand rub.



- **Avoid touching your eyes, nose or mouth.**
- Try to **avoid close contact with sick people.**
- If you have the flu, **stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities.
- **Practice good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

## COLD

## VS

## FLU

### Common Symptoms:

Cough, sore throat,  
runny or stuffy nose,  
minor muscle or  
body aches, mild fatigue



### Common Symptoms:

Fever, chills, cough, sore  
throat, runny or stuffy  
nose, muscle or body  
aches, headache, fatigue

Information provided is for quick reference only. Contact your physician or the Centers for Disease Control website at [www.CDC.gov](http://www.CDC.gov) for more and updated influenza information.  
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# WHAT'S new | in the Commonwealth

## PA MEDI Is Ready to Help Older Adults During Medicare Open Enrollment

**Medicare Open Enrollment begins October 15.**

Call PA MEDI for help:  
**1-800-783-7067**

This advertisement is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2.5 million over 5 years, funding by ACL/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

The Medicare Annual Open Enrollment Period begins October 15 and ends December 7. Medicare beneficiaries are encouraged to contact their local Area Agency on Aging to schedule an appointment with a PA MEDI Counselor for assistance during this time when beneficiaries can join, switch, or drop Medicare Advantage or Prescription Drug Coverage.

**Older adults can learn more about PA MEDI on the Department of Aging's website** or by calling the PA MEDI Helpline

at 1-800-783-7067, Monday through Friday, 8 a.m. to 5 p.m.

To help build awareness of PA MEDI as Pennsylvania's trusted unbiased resource, the Department of Aging has launched a statewide campaign featuring television, radio and digital ads urging consumers to call the PA MEDI Helpline, their local AAA or visit the Department's website to learn more.

### Questions about your Medicare?

We are here to  
**HELP**

Call the PA MEDI Helpline,  
Monday - Friday, 8AM - 5PM

**1-800-783-7067**



**pennsylvania**  
Medicare Education and Decision Insight

Insert AAA contact info  
in this space.

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Sue A. Holliday

PA-MEDI Coordinator

Area Agency on Aging of  
Somerset County

1338 S. Edgewood Avenue

Somerset, PA 15501

Phone: 814-443-2681/  
1-800-452-0825



# November 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<sup>th</sup> 12:00 Ceramics with  
 the Makery  
 Sweet treats with Melissa  
 from Windber Woods

20 Thanksgiving Lunch—  
 Sign up by November 13th

13<sup>th</sup> World Kindness Day-  
 “Be kind!”

13th 10:30 Activity with  
 Merit from Via-Quest

13th 12:00 Brian from  
 Cambria Arts

20th Turkey Hunt  
 Thanksgiving Lunch—  
 Sign up by November 13th

20th 10:30 BINGO with  
 Tara from Interim Home  
 Health

27th Morning BINGO  
 12:00 November  
 Auction

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**

1 All saints day  
 2 Men make dinner day,  
 (Laugh now ladies)  
 3 Tell me a joke/story day  
 6 Birthday lunch  
 6 John Larimer, Music,  
 10:30  
 7 PA Medi  
 7 General Election Day  
 10 CLOSED-Veterans Day  
 14 Melissa- Windber  
 Woods 10:30, Bringing  
 desert

15 10:30 Music with  
 Denise Baldwin

17 Somerset Trust  
 Speaker

20 Festive Trivia

23 Thanksgiving- Closed

24 Day after  
 Thanksgiving- Closed

27 The Makery, Ceramics



**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  
Hollsopple, 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<sup>nd</sup> 12:00 BINGO with  
 Merit  
 3<sup>rd</sup> National Jersey Friday  
 - Wear your favorite  
 jersey  
 8<sup>th</sup> 12:00 Ceramics with  
 the Makery  
 9<sup>th</sup> Sweet Treats with  
 Melissa from Windber  
 Woods  
 10<sup>th</sup> CLOSED for Veterans  
 Day  
 13<sup>th</sup> World Kindness Day  
 Be Kind!!  
 15<sup>th</sup> 12:00 Brian from  
 Cambria Arts

12:00 November Auction

16<sup>th</sup> National Check your  
 Wipers Day

17<sup>th</sup> Turkey Hunt

20th Thanksgiving  
 Lunch—Sign up by  
 November 13th

21<sup>st</sup> World HELLO Day-Say  
 HELLO to a stranger!

23<sup>rd</sup> CLOSED- Happy  
 Thanksgiving

24<sup>th</sup> CLOSED- Black Friday



**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

# November 2023 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

Wi-Fi Available

6 Birthday Lunch  
6 Nacho Day  
10 Center Closed—  
Veterans Day  
14 National Pickle Day  
17 12:00 Music with John  
Larimer

20 Thanksgiving  
Lunch—Sign up by  
November 13th  
23 Center Closed—  
Happy Thanksgiving  
Day  
24 Center Closed  
30 Appointments  
available with PA-Medi



**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

11-2 Geri Fit 10:00  
11-6 Birthday Lunch  
11-7 Healthy Steps for  
Older Adults 10:00  
11-9 Somerset County  
Library Seminar on  
Affordable Connectivity  
Program 10:00

11-10 Closed for Veteran's  
Day  
11-14 Healthy Steps for  
Older Adults 10:00  
11-16 UPMC Hospice  
Seminar & Activity 10:00  
11-20 Thanksgiving Lunch  
11-21 Thanksgiving Party  
11-21 Craft 10:00  
11-21 Interim Seminar &  
Activity 10:30

11-22 PA MEDI by  
Appointments  
11-23 & 24 Closed for  
Thanksgiving and Black  
Friday  
11-28 Sing Along 10:00  
11-30 Geri Fit 10:00

**Monday-Friday:**  
11:00 Bingo, Wii  
Games (Unless  
something else is  
scheduled)

## 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

11-1 On the Move 12:20  
11-2 PA MEDI by  
Appointments  
11-3 On the Move 12:20  
11-6 Somerset County  
Library Seminar on  
Affordable Connectivity  
Program 10:00

11-6 Birthday Lunch  
11-6 On the Move 12:20  
(Special date because of  
holiday)  
11-8 On the Move 12:20  
11-10 Closed for  
Veteran's Day  
11-13 UPMC Hospice  
Seminar & Activity 10:00

11-15 On the Move 12:20  
11-17 On the Move 12:20  
11-20 Thanksgiving Lunch  
11-22 Interim Seminar &  
Activity 10:30  
11-23 & 24 Closed for  
Thanksgiving and Black  
Friday

**Monday-Friday:**  
9:30 Bingo—12:15 if  
something is sched-  
uled  
**Tuesday & Thurs-  
day:** 10:00 Prize Bingo  
**Tuesday:** Crafts af-  
ter lunch  
**Thursday:** Brain  
Puzzles

## 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

6 Birthday Lunch  
6 Nacho Day  
10 Center Closed—  
Veterans Day  
14 National Pickle Day  
17 10:30 Craft  
20 Thanksgiving Lunch—  
Sign up by November 13th

23 Center Closed—  
Happy Thanksgiving  
24 Center Closed  
26 Appointments  
available with PA-Medi  
27 10:30 Music with  
John Larimer

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

**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

November, 2023

**Menu**

<p><b>Milk Served With Every Meal</b></p>		<p><b>1</b> Lasagna Broccoli Florets Mozzarella Cheese Stick Fruit Cup Italian Bread w/Margarine Milk</p>	<p><b>2</b> Honey Mustard Marinated Pork Chop Brown Rice Pilaf Peas Melon Fruit Salad Milk</p>	<p><b>3</b> Chopped Steak w/Gravy Mashed Potatoes Wax Beans Fresh Apple Milk</p>
<p><b>6</b> <b>BIRTHDAY LUNCH</b> Swedish Meatballs w/Gravy over Noodles Sliced Carrots Fresh Clementine Marble Cake w/Icing Milk</p>	<p><b>7</b> Vegetable Soup Chicken Salad on Whole Grain White Bread Mozzarella Cheese Stick Baked Apples Crackers Milk</p>	<p><b>8</b> Ham, Green Beans, and Potatoes Mixed Green Salad w/ Cheese Diced Peaches Rye Bread w/Margarine Milk</p>	<p><b>9</b> Stuffed Pepper Mashed Potatoes Winter Blend Vegetables Apricot Halves Wheat Dinner Roll w/ Margarine Milk</p>	<p><b>10</b> <b>CLOSED</b> <b>VETERAN'S DAY</b></p>
<p><b>13</b> Macaroni &amp; Cheese Stewed Tomatoes Three Bean Salad Mandarin Oranges Milk</p>	<p><b>14</b> Barbequed Chicken Seasoned Whole Mini Potatoes Corn Fresh Citrus Salad Rye Bread w/Margarine Milk</p>	<p><b>15</b> Chile w/Cheese Mixed Green Salad w/Egg Tropical Fruit Salad Wheat Dinner Roll w/ Margarine Milk</p>	<p><b>16</b> Potato Crusted Cod Pierogis Melon Fruit Salad Cole Slaw Milk</p>	<p><b>17</b> Chicken/Vegetable Alfredo over Noodles Peas/Carrots Cottage Cheese Pineapple Tidbits Milk</p>
<p><b>20</b> <b>THANKSGIVING LUNCH</b> Roast Turkey w/Gravy Mashed Potatoes Normandy Vegetables Cranberry Salad Pumpkin Pie w/Topping Milk</p>	<p><b>21</b> Meatloaf Scalloped Potatoes Green Beans Fresh Banana Wheat Bread w/Margarine Milk</p>	<p><b>22</b> Baked Ham w/Raisin Sauce Sweet Potatoes Broccoli Florets Fruit Cocktail Sugar Cookie Milk</p>	<p><b>23</b> <b>CLOSED</b> <b>THANKSGIVING DAY</b></p>	<p><b>24</b> <b>CLOSED</b> <b>DAY AFTER THANKSGIVING</b></p>
<p><b>27</b> Cheeseburger on Bun Baked Beans Pickled Egg/Beets Fresh Orange Milk</p>	<p><b>28</b> Baked Chicken w/Gravy Parsley Red Potatoes Mixed Vegetables Tropical Fruit Salad Milk</p>	<p><b>29</b> Salisbury Steak w/Gravy Mashed Potatoes Succotash Diced Peaches Milk</p>	<p><b>30</b> Spaghetti &amp; Meatballs Mixed Green Salad w/ Eggs Applesauce Italian 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 11:30 am the day before. The menu is subject to change due to typographical errors or other unforeseen circumstances.**



## THANKSGIVING WORD SCRAMBLE

Unscramble the letters to solve the puzzle!

1. SATFE \_\_\_\_\_
2. ERINSRAERBC \_\_\_\_\_
3. TKCRSIDMU \_\_\_\_\_
4. YRGVA \_\_\_\_\_
5. EDRAB \_\_\_\_\_
6. CONR \_\_\_\_\_
7. YSAM \_\_\_\_\_
8. LBGCEO \_\_\_\_\_
9. YTDRHAUS \_\_\_\_\_
10. ERKUYT \_\_\_\_\_
11. IFFUSGNT \_\_\_\_\_
12. LRSLO \_\_\_\_\_
13. PNUKPIM \_\_\_\_\_
14. RTSDEES \_\_\_\_\_
15. ADIINSN \_\_\_\_\_
16. NIERDN \_\_\_\_\_

mapleplanners.com

### Special Days in November:

**November 6, 2023—Birthday Lunch**

**November 7, 2023—Election Day**

**November 10, 2023  
CLOSED—VETERANS  
DAY**

**November 23 & 24, 2023—  
CLOSED—Thanksgiving  
Day & Black Friday**



# 10 USEFUL TIPS FOR PREPARING THE SENIORS FOR WINTER



## 1 INSPECT HEATING SYSTEM

It's very important for the elderly to get their heating system checked annually for probable issues.



## 2 INSTALL SMOKE ALARMS

Ensure to install fully functional smoke alarms as well as carbon monoxide detectors in the vicinity of the bedrooms and on every floor of your home or apartment.



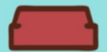
## 3 STACK HANDY RESOURCES

Make sure you stock up on enough warm blankets and have running flashlights handy for a winter power cut.



## 4 STORE EMERGENCY FOOD SUPPLY

You should make sure to store plenty of nutritious canned food supply and other essential non-perishables in your home.



## 5 HAVE A BATTERY-OPERATED RADIO

You should have a battery-operated portable radio handy with you, which will enable you to acquire weather reports and other relevant news in case of a power outage.



## 6 STOCK-UP ON MEDICATIONS

You may require your daily medication on a timely basis for which it is essential to stock them up sufficiently, especially during the harsh and unpredictable weather condition.



## 7 AVOID SLIPPING ON ICE

Ensure to put on shoes with proper grip and non-skid soles, and remain indoors until the roads get cleared. Replace your battered cane to allow yourself better support for walking.



## 8 DRESS FOR WARMTH

Wearing warm layers is a necessary aspect of winter weather dressing. During intensely low temperatures, ensure to have yourself fully covered using a heavy coat, wool socks, a scarf to help defend the lungs from coarse winter air.



## 9 BOOST MENTAL HEALTH

Winter weather can cause enhanced instances of isolation that can become the reason for your depression.



## 10 CHECK THE CAR

It is very dangerous for older people to drive during the winter because of their diminishing reflexes. Have your car serviced ahead of wintertime or get help from a family member to get it done for you.



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Subscription expiring?  
Check the expiration date  
below your address



## Senior News

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