

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • October 2023



Autumn has arrived and with it comes falling leaves and cooler days. Although this seasonal change will be bringing most of us indoors, there are still some safety hazards that need to be addressed when it comes to senior health. Here are just a few tips that can help you this Autumn season.

- Stock up on warm clothing**—The cooler weather will be upon us before we know it. So it's important to stock up with socks, warm hats and gloves, comfortable house shoes, long sleeve shirts, warm pants, coats, and sweaters.
- Be sure to have waterproof, slip-resistant shoes**—They are very useful on slippery leaves or icy sidewalks or walkways. They can also help prevent accidental falls indoors caused by poor lighting, water, or other trip hazards.
- Prevent sickness**—The cooler weather brings with it more opportunities to get sick. Keeping your immune system healthy is important to staying healthy during this time. Take vitamins like; vitamin C and zinc, make sure to wash your hands often especially after being in a public space or handling money.
- Get plenty of exercise and sleep**—Exercise and a good amount of sleep are also important to maintaining a healthy immune system and preventing sickness during the cooler months. Exercising regularly will help you sleep better. There are many benefits that come with exercise and good sleep; better balance, fall prevention, faster recovery and repair, and promotes strong muscles and healthy joints.
- Consider a PERS device**—a PERS device is a Personal Emergency Response System or medical alert device. These can be worn around the neck or on a belt clip or hung in an easily accessible area in the home. They're small, water-resistant, and can fit into a bag or purse. With a push of a button you can be in contact with family, friends, or even 911 after a fall or other accident. A PERS device can save you or your loved ones life.

8.3%

The proportion of breast cancer patients treated with trastuzumab who developed heart failure. Only 2.7 percent of patients not treated with trastuzumab developed heart failure. As age increased, the risk of heart failure increased consistently. Only 46.2 percent of trastuzumab-treated patients received guideline-adherent cardiac monitoring.

Source: Henry ML, Niu J, Zhang N, et al. *JACC Cardiovasc Imaging* 2018;11:1084-93.

22%

The increased survival rate for breast cancer patients who followed a low-fat diet largely consisting of fruits, vegetable and whole grains compared with those who did not follow a low-fat diet. These women were also less likely to have died from other causes, especially heart disease.

Source: HealthDay. News article. May 24, 2018.

3-4 million

The number of people in the U.S. who have an identifiable genetic risk for cancer or heart disease that could be detected and clinically managed through genomic screening. This approach may be able to identify subclinical disease and prompt important medical interventions. Implementation models for screening are preliminary but show promise.

Source: American College of Physicians. News release. July 30, 2018.

4%

The percentage of women with breast cancer taking Herceptin for six months who had to stop treatment due to heart issues, compared with 8 percent of women who took it for one year. The same study found the shorter drug regimen may be equally beneficial.

Source: HealthDay. News article. May 16, 2018.

15%

The rate of metabolic syndrome in breast cancer survivors who worked out three times a week for four months, compared with 80 percent in those who had not exercised. Many cancer patients become sedentary, especially if undergoing chemotherapy. Women with metabolic syndrome are more likely to develop breast cancer or have a breast cancer recurrence.

Source: HealthDay. News article. Jan. 22, 2018.

3x

The increased risk of developing heart failure within five years of a diagnosis of breast cancer or lymphoma. Further, 20 years after undergoing cancer treatment, vs. patients who never had cancer, they had a twofold risk of heart failure. In the study, about seven of every 100 cancer patients developed heart failure during the 8.5-year follow-up.

Source: Larsen C, Dasari H, Arciniegas Calle MC, et al. ACC.18 presentation 1105-066.



OCTOBER IS
NATIONAL
Breast
CANCER
AWARENESS
MONTH

HALLOWEEN FUN FACTS

History of Halloween

- Originated in Ireland 2,000 years ago, called Samhain
- People celebrated the new year which started November 1.
- Oct. 31 was the last day of summer and the people believed ghosts of dead people returned to earth that night.
- To avoid harm from evil spirits, people wore masks and costumes to look like spirits themselves.



HALLOWEEN FUN FACT



Chocolate is America's favorite. More than half of the money Americans spend on Halloween candy is used to buy chocolate.

Spooky HALLOWEEN FACTS

Scarecrows

was created by Greek farmers to protect their crops.

Witch

comes from the Old English wicce, meaning "wise woman."

Werewolves

main weakness is their vulnerability to silver.

Vampires

are often depicted in old folklore as dark, ruddy colored, and bloated.

Crabby Road

10-27-06



Halloween Fun Fact:
The first Jack-O-Lanterns were actually made from turnips.

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

- 2 National Smarties
—Day—
Smarties Treat.
12:00 —Music with
Tom & Carolyn
- 9 —CLOSED—
Columbus Day

- 10 10:00 Ceramics
with then Makery.
- 16 10:00 Crafts with
Brian
12:00 “Cyber
Security Basics”
Seminar

- 23 Sweet Treats with
Melissa from
Windber Woods
- 30 “Halloween
Party” Potluck

PA MEDI By
Appointment

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: 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



shutterstock.com · 110112701

- 1 International
Coffee Day.



- 3 Mean Girls Day!
Careful Guys;—
PA Medi
Appointments
- 4 Community Life
Prize Bingo
- 5 National be nice
day.
- 9 —CLOSED—
Columbus Day

- 11 Rite Aid
- 16 Birthday Lunch



- 16 Blind Association
Speaker
- 20 Music with Marlee
Olsen



- 23 Ceramics with the
Makery.
- 30 Music with Tom
and Carolyn
- 31 Halloween



**Monday &
Wednesday: 10:30**
 Geri-Fit w/Jan

Monday-Friday:
 Bingo

**Tuesday &
Thursday: 9-11**
 Skipbo

Bible Study Class—
 2nd Thursday of the
 month 6:00 pm to
 8:00 pm

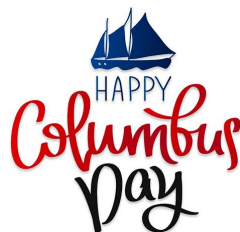
CONEMAUGH TOWNSHIP AREA SENIOR CENTER

**959 South Main Street
Hollisopple, PA 15935**
Center Operator: Melissa Ray
Phone: (814) 479-2216
E-Mail: mray@somersetaaa.org

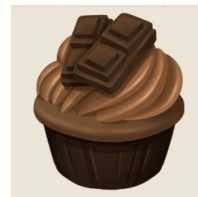


Hours of Operation:
 Monday - Friday 9:00 AM - 2:00 PM
Daily Activities: Wii, Exercise
 Machines, Volunteer Opportunities
Wi-Fi Available

- 2 National Smarties
—Day—
Smarties Treat
9:00-Let’s Chat
- 5 National Do
Something Nice Day
12:00 “Mobile Device
Basics” Seminar
- 6 World Smile Day
- 9 —CLOSED—
Columbus Day



- 11 12:00 Ceramics
with the Makery
- 12 12:00 Music with
Tom and Carolyn
- 13 “Train Your Brain”
Brain Puzzle
- 17 12:30 Uno Attack



- 18 National Chocolate
—Cupcake Day—
Cupcake Treat
12:00 Brian from
the Arts Center

- 24 12:30 Uno Attack
- 25 10:30 Coffee with
a Cop
- 26 Sweet treats with
Melissa from
Windber woods.
Pot Luck
Halloween Party.
- 27 National Black Cat
Day—Find the
Black Cat.



- 31 National Knock
Knock Joke Day

Monday-Friday-
 Exercise Equipment
 9:00-2:00 ; Cards;
 Puzzles; Games;
 Socializing ; Uno;
 volunteer
 Opportunities.

Tuesday:
 10:00 Geri-Fit

Thursday:
 10:00 Geri-Fit


Center Activities

October 2023

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street
Confluence, PA 15424
Center Operator: Christine Saylor
Phone: 814-395-5117 /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
Wi-Fi Available

- 2 Octoberfest Lunch
- 5 National Be Nice Day
- 9 —CLOSED—
- 11 Columbus Day
- 11 National Stop Bullying Day
- 13 National M & M Day;

-  16 Birthday Lunch
- 26 National Pumpkin Day —PA Medi by Appointment
- 30 Halloween Lunch

31 Costume Contest



31 10:30 Music with John Larimer

Mon- Wed- Friday-
10:00 Exercise
KARAOKE— Every Wednesday
Tuesday-10:00
Theology w/Pr. Dean
Daily
9:30 Wii Games
12:00 Bingo

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 Octoberfest Lunch



- 3 10:00 Craft
- 5 10:00 Geri Fit
- 9 —CLOSED—
- Columbus Day

- 10 10:00 Community Life Bingo
- 12 10:00 Geri Fit
- 16 Birthday Lunch
- 17 10:00 Geri Fit
- 19 10:30 UPMC Hospice Seminar & Activity
- 24 10:00 Sing Along

- 25 PA Medi-By Appointment
- 26 10:00 Geri-Fit
- 30 Halloween Lunch
- 31 Halloween Party/Covered Dish

Monday-Friday:
11:00 Bingo, Wii Games



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

- 2 Octoberfest Lunch
- 3 12:00 Music-Doc's Boys
- 9 —CLOSED—
- Columbus Day
- 10 10:30 UPMC Hospice Seminar & Activity
- 11 10:30 Music-Denise Baldwin
- 12 12:15 Brain Puzzles

- 16 Birthday Lunch
- 10:30 Music with Pastor Sam McClintock
- 18 10:30 Community Life Seminar and Prize Bingo
- 19 12:30-4:30 AARP Driver's Course (Reservation ONLY)

- 20 10:00 Bell Tone Seminar
- 30 10:30 Music-Eric Harris



Monday, Wednesday, Friday:
10:00 Bingo—12:15 if something is scheduled
Tuesday & Thursday: 10:30 Prize Bingo
Wednesday & Friday 12:15
On The Move Class

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

- 2 Octoberfest Lunch
- 3 10:30-11:30 Flu Shots with Rite Aid
- get your  Shot
- 5 National Be Nice Day
- 9 —CLOSED—
- Columbus Day

- 11 National Stop Bullying Day
- 13 National M & M Day
- 16 Birthday Lunch
- 26 National Pumpkin Day
- 27 Covered Dish
- 30 10:30 Music with John Larimer

30 Costume Contest & Halloween Lunch



31 PA-Medi Appts.

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

October Menu

<p>OKTOBERFEST ² LUNCH</p> <p>Roast Pork w/ Sauerkraut Mashed Potatoes Green Beans Fruit Salad German Chocolate Cake Milk</p>	<p>³</p> <p>Creamed Chicken over Biscuit Peas & Carrots Citrus Salad Cottage Cheese Milk</p>	<p>⁴</p> <p>Lasagna Mixed Green Salad w/ Eggs Italian Dressing Applesauce Italian Bread w/Margarine Milk</p>	<p>⁵</p> <p>Baked Cod Loin Tartar Sauce Macaroni & Cheese Capri Vegetables Fresh Orange Rye Bread w/ Margarine Milk</p>	<p>⁶</p> <p>Chopped Steak Mashed Potatoes w/ Gravy Succotash Diced Pears Wheat Roll w/ Margarine Milk</p>
<p>CLOSED ⁹ COLOMBUS DAY</p>	<p>¹⁰</p> <p>Chicken Patty w/Cheese on Wheat Bun Sliced Tomato w/Lettuce Carrot Raisin Salad Fresh Apple Milk</p>	<p>¹¹</p> <p>Beef Noodle Soup Egg Salad on Bun Pineapple Tidbits Church Slaw Milk</p>	<p>¹²</p> <p>Chile w/Cheese Mixed Green Salad w/ Egg Mandarin Oranges Corn Muffin w/ Margarine Milk</p>	<p>¹³</p> <p>Italian Chicken Breast Parslied Red Potatoes Broccoli Florets Apricot Halves Milk</p>
<p>BIRTHDAY LUNCH ¹⁶</p> <p>Baked Ham w/ Pineapple Sauce Yams & Apples Brussel Sprouts Diced Pears Carrot Cake w/Icing Milk</p>	<p>¹⁷</p> <p>Rigatoni w/Meat Sauce Normandy Vegetables Fresh Plum Mozzarella Cheese Stick Italian Bread w/ Margarine Milk</p>	<p>¹⁸</p> <p>Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fresh Orange Milk</p>	<p>¹⁹</p> <p>Sirloin Beef Tips w/ Mushroom Gravy Noodles Sliced Carrots Fruit Medley Milk</p>	<p>²⁰</p> <p>Barbequed Chicken Potato Salad Baked Beans Citrus Salad Milk</p>
<p>²³</p> <p>Hot Dog on Bun Pickled Egg/Beets Melon Fruit Salad Sugar Cookie Milk</p>	<p>²⁴</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Winter Blend Vegetables Pineapple Tidbits Milk</p>	<p>²⁵</p> <p>Bean & Ham Soup w/ Crackers Chicken Salad on Whole Grain White Bread Sliced Tomato w/Lettuce Fresh Clementine Milk</p>	<p>²⁶</p> <p>Ham Loaf w/Pineapple Glaze Au Gratin Potatoes Baby Carrots Tropical Fruit Salad Milk</p>	<p>²⁷</p> <p>Stuffed Cabbage Mashed Potatoes Italian Vegetable Blend Fresh Pear Milk</p>
<p>HALLOWEEN ³⁰ LUNCH</p> <p>Chicken Cordon Bleu w/Gravy Scalloped Potatoes Normandy Vegeta- bles Apricot Halves Halloween Cookie Milk</p>	<p>³¹</p> <p>Ham Pot Pie Mixed Green Salad w/ Egg Diced Peaches Wheat Dinner Roll 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.



Sticky Truth on Sugar



Sugar is found in many everyday foods, some are more obvious than others. When eaten in excess, sources of sugar take place of wholesome, nutritious food. Here's how to identify sugar to keep intake at bay:



Natural Sugar vs. Added Sugar



Natural sugar is an innate compound in fruits, vegetables and dairy products. These foods provide other essential nutrients like fiber, protein, vitamins & minerals.

Added sugars are used to sweeten a food during production. Sources of added sugar provide calories but little-to-no nutrition. It is used in a variety of foods, many you may not expect →

Sources of added sugar:

- Sugary beverages
- Cereals and granola
- Candy and chocolates
- Flavored yogurt
- Baked goods
- Instant oatmeal
- Frozen foods
- Granola bars, protein bars
- Pasta sauce
- Dried fruit, canned fruit, applesauce and juices
- Baby food
- Condiments (BBQ sauce, ketchup, dressing)
- Nut spreads (i.e. peanut butter)

Don't be fooled by sugar in disguise!

Look for added sugars in ingredient lists.



Here are some common names for added sugars:

Brown rice syrup, brown sugar, cane sugar, corn syrup, crystal solids, dextrose, evaporated cane juice, fructose, high-fructose corn syrup, honey, raw sugar, sucrose, maple syrup

Take-home Tips:

- Read nutrition labels and ingredient lists to identify foods with added sugar
- Replace sources of added sugar with sources of natural sugar
- Make foods from scratch so you have full control of the sugar content
- Be mindful of the total sources of sugar consumed in a day
- Look for "no sugar added" options

("Sugar-free" options are not the same, these contain alternative additives for sweetness)



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,
a department of Somerset County
Government under the
Commissioners of Somerset County

Gerald Walker, Chair

Colleen R. Dawson, Vice Chair

Pamela A. Tokar-Ickes, Secretary

James T. Yoder, Administrator

Jennifer Clark, 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 information about any newsletter topic or Agency services please call the Somerset office at

(814) 443-2681 or 1-800-452-0825

www.somersetaaa.org

To renew subscription, clip out mailing label and send it in with the \$5 Non-Refundable yearly fee. If you have email, just send your email address to : webmaster@somersetaaa.org and get your newsletter sent right to your email address for FREE!

RETURN SERVICE REQUESTED

Phone: (814) 443-2681
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

