

Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • September 2023

LABOR DAY— a day for hard workers like you..

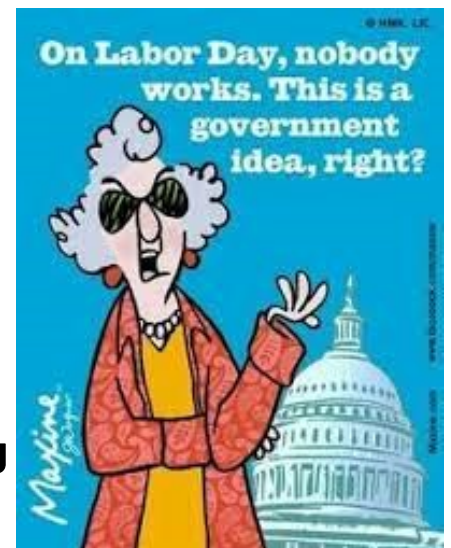
**“Genius is 1% inspiration and 99% perspiration.”
—Thomas Edison**



The Labor Day holiday honors the source of this nation's strength— American workers, unions, and labor leaders. The women and men who campaigned tirelessly, for workers' rights in the labor movement of the late 19th century.

These workers saw that there could be no freedom and liberty in this country without economic freedom for the working class. Their hard-fought wins are the reasons for many of the rights we enjoy today such as, a 40-hour work week, safe work conditions, paid time off, and sick leave.

Labor Day became a U.S. federal holiday in 1894, when President Grover Cleveland officially signed it into law on June 28th. This was following the Pullman strike, a nationwide railroad boycott that turned fatal and shined a national spotlight on workers' rights. Amid this massive unrest, Congress sought to make peace with American workers by passing an act making Labor Day a legal holiday.





Pennsylvania
Get Connected. Get Help.™

211 is a vital service used by millions of people across America. Every day, clients contact 211 to access free and confidential crisis and emergency counseling, disaster assistance, food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veteran services and childcare and family services.

QUICK SOURCE GUIDE

CAMBRIA / SOMERSET

Emergency Shelters

Martha & Mary House - 814-254-4413
Next Step Center - 814-444-8588
Women's Help Center - 814-536-5361

Mental Health Services

Crisis Hotline, Cambria and Somerset - 9-8-8
Cambria County Behavioral Health
Cambria - 814-535-8531
Behavioral Health Services of Somerset and Bedford Counties - Somerset - 814-443-8182

Domestic Violence/Abuse & DV Shelter

Victim Services
Cambria - 814-288-4961
Somerset - 814-443-1555

Free Medical Services

Highlands Health
Cambria - 814-534-6242
Somerset - 814-443-5867

Food Pantry Information

Food For Families - 814-535-3315

Legal Services

Laurel Legal Services - 814-536-8917
SW PA Legal Services Inc. - 814-443-4615

Area Agency on Aging

Cambria - 814-539-5595
Somerset - 814-443-2681

Drug & Alcohol Addiction Services

Cambria County Drug & Alcohol Program
- 814-536-5388
Somerset Single County Authority for Drug & Alcohol - 814-445-1530

Emergency Assistance

Catholic Charities - 814-535-6538
Community Action Partnerships
Cambria - 814-536-9031
Somerset - 814-445-9628
County Assistance Offices
Cambria - 814-533-2491
Somerset - 814-443-3681
Salvation Army
Cambria - 814-539-3110
Somerset - 814-445-9232
St. Vincent DePaul - 814-535-8521

Utility Assistance

Catholic Charities - 814-535-6538
Community Action Partnerships
Cambria - 814-536-9031
Somerset - 814-445-9628
County Assistance Offices
Cambria - 814-533-2491
Somerset - 814-443-3681
Public Utility Commission - 800-692-7380
Salvation Army
Cambria - 814-539-3110
Somerset - 814-445-9232
St. Vincent DePaul - 814-535-8521

Rent/Mortgage Assistance

Community Action Partnerships
Cambria - 814-536-9031
Somerset - 814-445-9628
County Assistance Offices
Cambria - 814-533-2491
Somerset - 814-443-3681
St. Vincent DePaul - 814-535-8521
PA Homeowners Assistance Fund: pahaf.org/
888-987-2423



Locations to Use Farmers Market Vouchers in Somerset County



Airesman Orchard—745 Edie Road Somerset, PA 15501 Stand Phone: (814) 445-5661 (814) 445-5661

FMNP Hours: September - November Tuesday - Saturday 10:00 AM - 5:00 PM FMNP Hours: September - November Sunday 12:00 PM - 5:00 PM

Blooms Family Farm— 702 CHARLES ST HOOVERVILLE, PA 15936 - (814) 798-2098 FMNP Hours: July - November Monday - Sunday 10:00 AM - 6:00 PM

Cascio's Fruit Market—242 West Main Street Somerset, PA 15501 Stand Phone: (814) 445-4852 FMNP Hours: June - November Monday - Friday 8:00 AM - 6:00 PM FMNP Hours: June - November Saturday 8:00 AM - 5:00 PM

Grandma's Produce— 30 Lucinda Lane Windber, PA 15963 Stand Phone: (814) 467-4921 FMNP Hours: July - October Monday - Friday 10:00 AM - 5:00 PM FMNP Hours: July - October Saturday 10:00 AM - 3:00 PM

Laurel Arts Makers Market—214 S Harrison Ave Somerset, PA 15501 - FMNP Hours: June - October Wednesday 5:00 PM - 8:00 PM Only open 2nd Wednesdays of the month

Lucky Acres Farm—2010 Coxes Creek Rd Somerset, PA 15501 Stand Phone: (814) 443-4463 FMNP Hours: June - November Friday - Saturday 10:00 AM - 4:00 PM FMNP Hours: June - November Sunday 11:00 AM - 3:00 PM

Meadow Creek Farm Market— 1120 Laurel Run Rd Somerset, PA 15501 Stand Phone: (814) 443-2740

Miller Janet— (814) 445-2640 FMNP Hours: June - November Monday - Sunday 12:00 PM - 6:00 PM Online ordering available 7/14/2023

Providence Acres Farm—1457 Corner Stone Rd Friedens, PA 15541 (814) 267-6641 FMNP Hours: June - October Monday - Saturday 9:00 AM - 5:00 PM

Stahl's White Oak Farms—550 White Oak Road Somerset, PA 15501 Stand Phone: (814) 445-4040 FMNP Hours: September - November Monday - Sunday 10:00 AM - 4:00 PM

West View Acres—685 Springs Road Springs, PA 15562 - (814) 662-2054 FMNP Hours: June - November Monday - Saturday 8:00 AM - 6:00 PM

Windber Recreation Market in the Park—160 Recreation Rd Windber, PA 15963 - (814) 243-2954

FMNP Hours: June - August Wednesday 4:00 PM - 8:00 PM

McCormick John—FMNP Hours: June - August 30 Wednesday 4:00 PM - 8:00 PM

You Can Also Go To www.pafmnp.org
to look for other farmers.



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

- 4 LABOR DAY-Closed
- 5 9:00 Ceramics with the Makery.
12:00 Music with Tom and Carolyn
- 11 10:30 Seminar with Somerset Trust & Sweet Treats with

- 18 10:30 Let's Chat
12:00 "Reclaim Your Joy" Seminar with Jessica from UPMC
- 25 10:30 Via-Quest

- Hospice Bingo & Blood Pressure
 - 25 12:00 Hangout with Chopper from the Johnstown Tomahawks
- 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



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- 1 Bring Your Manners to Work Day
- 4 LABOR DAY-Closed
- 5 PA Medi appointments
- 6 Music with John Larimer
- 9 Patriots Day
- 10 Grandparents Day
- 11 Birthday Lunch
- 15 Coffee and Talk



- 22 Catered Picnic in the Park. & Music with Denise in the park
- 25 Ceramics with the Makery.



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
 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

- 4 LABOR DAY-Closed
- 6 9:00 Ceramics with The Makery
- 7 12:00 Hangout with Chopper from the Johnstown Tomahawks
- 8 National School Pic Day
- 12 Chocolate Milkshake Day
- 14 12:00 Music with Tom & Carolyn
Sweet Treats with Melissa from Windber Woods
- 20 12:00 Craft with Jan
- 21 12:00 Self Care Seminar with Jessie from UPMC
- 22 National Ice Cream Cone Day-- Ice Cream Cone Treat
- 27 National Scarf Day—Wear a Scarf
10:30 Seminar with Somerset Trust Co
PA MEDI
- 28 12:00 Via-Quest
Hospice Bingo & Blood Pressures



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

September 2023

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

- 4 LABOR DAY-Closed
- 6 National Read a Book Day-Bring a Book to share
- 7 On The Move
- 10 National Grandparents Day-ENJOY!
- 11 Birthday Lunch; Patriot Day—

- Wear Red, White, and Blue; On The Move
- 14 National Cream Filled Donut Day; On the Move
- 28 PA Medi by Appointment
- 29 National Coffee Day-Come Enjoy a cup & Good Conversation.



yum!

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

- 4 LABOR DAY-Closed
- 7 10:00 Geri-Fit
- 11 Birthday Lunch
- 12 10:00 Geri-Fit
- 14 10:30 Music With Sam McClintock
- 15 10:30 Somerset Trust Seminar
- 18 10:00 Geri-Fit

- 21 10:30 UPMC Hospice Seminar & Activity
- 26 10:30 Community Life Seminar & Country Gospel Music
- 27 PA Medi by appointment

28 10:00 Geri-Fit



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 10:30 Music W/ John Larimer
- 4 LABOR DAY—Closed
- 5 12:15 Craft
- 6 12:15 On the Move
- 7 PA Medi Appointments
- 8 12:15 On the Move
- 11 Birthday Lunch 10:30 UPMC Hospice Seminar

- & Activity
- 12 12:15 Craft
- 13 12:15 On the Move
- 14 12:15 On the Move
- 15 12:15 On the Move
- 18 10:30 Music w/ Tom & Carolyn
- 19 12:30-4:00 AARP Driver's Course (Appt Only)
- 20 12:15 On the Move

- 25 10:30 Somerset Trust Seminar
- 26 12:15 Craft
- 27 12:15 On the Move
- 28 10:30 Community Life Seminar & Country Gospel Music
- 29 12:15 On the Move

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

- 4 LABOR DAY-Closed
- 6 National Read a Book Day—Bring a Book to Share
- 10 National Grandparents Day—ENJOY
- 11 Birthday Lunch—Patriot Day—Wear Red, White, & Blue

- 13 10:30 Music with John Wolfe
- 20 National Punch Day—Come in and enjoy a glass
- 22 Fall Celebration Covered Dish Lunch
- 25 10:30 Music with Tom Voytas

- 26 PA-Medi Appointments
- 29 National Coffee Day—Enjoy a Cup and Good Conversation



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

September, 2023

Menu



				1 Potato Crusted Cod Tartar Sauce Pierogis Cole Slaw Apricots Milk
4 <u>CLOSED</u> <u>LABOR DAY</u>	5 Stuffed Chicken Breast w/Gravy Mashed Potatoes Peas & Carrots Fruit Medley Milk	6 Porcupine Meatballs Parslied Red Potatoes Green Beans Fresh Orange Wheat Dinner Roll w/ Margarine Milk	7 Beef Barley Soup Egg Salad on Whole Grain White Bread Tomato Salad Cheese Stick Citrus Salad Crackers Milk	8 Roast Turkey w/Gravy Mashed Potatoes Brussel Sprouts Cranberry Salad Rice Raisin Desert Milk
11 <u>BIRTHDAY LUNCH</u> Chicken Cordon Bleu w/ Gravy Mashed Potatoes Broccoli Florets Melon Cup Yellow Cake w/Icing Milk	12 Stuffed Pepper Mashed Potatoes Corn Fruit Cocktail Milk	13 Italian Marinated Pork Chop Scalloped Potatoes Winter Blend Vegetables Applesauce Wheat Dinner Roll w/ Margarine Milk	14 Vegetarian Vegetable Soup Chicken Salad on Bun Carrot Raisin Salad Fresh Plum Crackers Milk	15 Beef Ravioli Mixed Green Salad Mozzarella Cheese Stick Pineapple Tidbits Italian Bread w/ Margarine Milk
18 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fresh Apple Milk	19 Baked Chicken w/ Gravy Brown Rice Pilaf Sliced Carrots Mandarin Oranges Milk	20 Sliced Ham w/ Pineapple Sauce Sweet Potato Patty Normandy Vegetables Baked Apples Milk	21 Spaghetti w/Meatballs Green Beans Melon Fruit Salad Cheddar Cheese Stick Italian Bread w/ Margarine Milk	22 Fish Sandwich w/ Cheese on Bun Tartar Sauce Marinated Pasta Salad Tropical Fruit Salad Milk
25 Hot Dog on Bun Pickled Egg/Beets Citrus Fruit Salad Peanut Butter Cookie Milk	26 Ham, Green Beans & Potatoes Mixed Green Salad w/ Cheese Fresh Banana Rye Bread w/ Margarine Milk	27 Chicken Noodle Soup Tuna Salad on Wheat Bun Tomato & Cucumber Salad Molded Fruit Salad Crackers Milk	28 Meatloaf Mashed Potatoes w/ Gravy California Blend Vegetables Diced Peaches Wheat Dinner Roll w/ Margarine Milk	29 Baked Smoked Sausage Cheesy Hash Browns Peas Fruit Cup Chocolate Chip Cookie Milk

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.

Questions about your Medicare?

We are here to

HELP

Open Enrollment Dates



Join, switch or drop Medicare Advantage or Prescription Drug Plans.



Area Agency on Aging of Somerset County

reaching out, making a difference

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

1-800-783-7067

Understanding Medicare can be difficult.

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

They can help you:

- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Understand Medicare eligibility & enrollment
- Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Apply for Medicare Savings Programs to save you money... and more!



pennsylvania

Medicare Education and Decision Insight

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Senior News

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

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1338 South Edgewood Avenue
Somerset, PA 15501

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of Somerset County

