

# Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY • September 2024

## THANK YOU

Thank You to the following sponsors who contributed to the success of our 48<sup>th</sup> Annual Somerset County Senior Picnic that was held July 19<sup>th</sup>, 2024.

AMERISERV  
BAKERSVILLE VOLUNTEER FIRE  
DEPT.  
BARBERA LAW  
BEER REAM & CO., P.C  
BINGMAN PACKING COMPANY  
BOSWELL ALLIANCE CLUB  
BRIERWOOD ENTERPRISES  
C. HENRY PAINTING  
DEVILBISS  
FRATERNAL ORDER OF EAGLES

HOFFMAN FUNERAL HOME  
JENNERS ROD & GUN CLUB  
K&D AUTO ELECTRIC  
LUTHER P. MILLER  
PNC BANK  
PRICE FUNERAL SERVICE  
ROCKWOOD VETERAN'S CLUB  
SALISBURY BUILDERS SUPPLY  
SECHLER INSURANCE  
SOMERSET AREA JAYCEES

SOMERSET RURAL ELECTRIC  
CO-OP  
SOMERSET TRUST COMPANY  
VFW 7457- CENTRAL CITY  
VFW 7565- HOOVERSVILLE  
VFW 8826- SALISBURY  
VFW 554- SOMERSET  
UPMC



## Another Successful Senior Picnic: A Good Time Had by All

The annual Senior Picnic, held July 19th 2024, was a resounding success, bringing together our community's seniors for a day filled with joy, laughter, and camaraderie. The event, which took place at Bakersville Firehall, saw an impressive turnout, with attendees enjoying live music, delicious food, and perfect weather.

From the moment guests arrived, they were greeted with warm smiles and a beautifully decorated venue. The highlight for many was the live music performance by Rosie & The Jammers, which had everyone tapping their feet and singing along.

The culinary delights did not disappoint either.

A heartfelt thank you goes out to the dedicated team of employees and organizers who worked tirelessly to make this event possible. Their hard work and meticulous planning were evident in every detail, from the seamless registration process to the beautifully arranged seating areas.

Feedback from attendees has been overwhelmingly positive. Many expressed their appreciation for the opportunity to reconnect with old friends and make new ones in such a delightful setting.

As we reflect on the success of this year's picnic, we are already looking forward to next year's event, with plans to make it even bigger and better. Thank you to everyone who participated and contributed to making this day so special.





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:**

<b>Ethnicity:</b>	Hispanic or Latino	Not Hispanic or Latino	
<b>Race:</b>	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

# September 2024 Center Activities

## BOSWELL AREA SENIOR CENTER

**332 Stonycreek Street**  
**Boswell, PA 15531**  
**Senior Center Manager:** 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**

2nd Labor Day— CLOSED  
 3rd 12:00 BINGO  
 9th Birthday Lunch  
 9th 12:00 September  
 Auction  
 16th 12:00 Fun Fair  
 activity with Bobbi from

UPMC  
 20th Deer Valley Trip  
 23rd 12:00 Fun Fair Food-  
 Cotton Candy &  
 BINGO  
 30th 12:00 Music with  
 Tom & Carolyn



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**  
**Senior Center Manager:** 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**

2nd CLOSED-LABOR DAY  
 3rd PA Medi  
 5th 10:30 Juice Bingo  
 5th Teacher's Day-Thank  
 a Teacher!  
 9th 10:30 Music with Fast  
 Eddie  
 9th Birthday Lunch  
 10th 10:30 Trivia with  
 Bobbie from UPMC  
 16th 10:30 Music with  
 Tom Voytas

17th 10:30 Community  
 Life prize Bingo with  
 Renae  
 24th 10:30 Blood Pres-  
 sures with Windber  
 Hospice  
 26th 10:30 Juice Bingo

**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**  
**Hollsopple, PA 15935**  
**Senior Center Manager:** 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**

2nd Closed-Happy Labor Day  
 5th 12:00 Fun Fair  
 Games with Valarie  
 from Via-Quest  
 National Pizza Day  
 7th 7:00 pm Night of  
 Worship  
 Farm On The Ridge  
 Ridge Rd Hooverville  
 9th Birthday Lunch  
 12th 11:00 Funnel  
 Cakes with Melissa Lux  
 from Windber Woods  
 18th 10:30 Music with  
 Denise

18th 12:00 Fun Fair  
 Activity  
 with Bobbi from UPMC  
 19th 12:00 Music with  
 Tom & Carolyn  
 20th Deer Valley Trip  
 26th Fun Fair Food  
 Cotton Candy



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

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

**Thursday: 9:00**  
 Quilting

## CONFLUENCE AREA SENIOR CENTER

**700 Reynolds Street**  
**Confluence, PA 15424**  
**Senior Center Manager:**  
**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**

2<sup>nd</sup> Closed-Happy Labor  
 Day  
 9<sup>th</sup> Birthday Lunch  
 13<sup>th</sup> 12:00 Music with  
 Sheilah  
 17<sup>th</sup> 10:30 Heartland  
 Hospice  
 20<sup>th</sup> National Punch Day

20<sup>th</sup> 12:00 Music with John  
 Larimer  
 27<sup>th</sup> National Coffee Day



**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**  
**Senior Center Manager:** 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<sup>nd</sup> Closed Labor Day  
 Deer Valley Trip \$20/  
 person 11:00-3:00  
 9<sup>th</sup> 10:30 Community Life  
 Seminar & Activity  
 9<sup>th</sup> Birthday Lunch  
 11<sup>th</sup> 10:00 Sing Along

13<sup>th</sup> 10:00 Craft & Inter-  
 national Chocolate or  
 Peanut Day  
 19<sup>th</sup> 10:30 UPMC Hospice  
 Seminar & Activity  
 20<sup>th</sup> 50's Party & National  
 Pepperoni Pizza Day  
 23<sup>rd</sup> Music with Tom &

Carolyn 10:00  
 25<sup>th</sup> PA MEDI by appoint-  
 ment  
 26<sup>th</sup> 10:00 Craft  
 27<sup>th</sup> 10:00 Root Beer Floats  
 30<sup>th</sup> 10:00 Sing Along

**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**  
**Senior Center Manager:** 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**

**Check all mail from your  
 Health Care Insurance  
 Company this month for  
 your Annual Notice of  
 Change.**  
 2<sup>nd</sup> Somerset Center is  
 closed for Labor Day  
 6<sup>th</sup> Deer Valley Trip  
 9<sup>th</sup> Birthday Lunch

10:30 Trivia with Bobbie  
 from UPMC  
 10<sup>th</sup> 10:30 Presentation  
 and BP's with Heartland  
 Hospice  
 12<sup>th</sup> 10:30 Activity and  
 Presentation with Leah  
 from Conemaugh Home  
 Health

13<sup>th</sup> 10:30 Music with  
 John Larimer  
 16<sup>th</sup> Activity with Renae  
 from Community Life  
 18<sup>th</sup> 10:30 Somerset  
 County Resources  
 presentation with  
 Jennifer  
 19<sup>th</sup> 10:30 Windber  
 Hospice

**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.)

## WINDBER SENIOR CENTER-CFL

**700 Fifth Street, Suite 200**  
**Windber, PA 15963**  
**Senior Center Director:** 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**

2<sup>nd</sup> Closed-Happy Labor  
 Day  
 4<sup>th</sup> 10:30 Lifeline Medical  
 Center with Lance  
 5<sup>th</sup> 10:30 Music with John  
 Wolfe  
 9<sup>th</sup> Birthday Lunch  
 9<sup>th</sup> 10:30 Music with John  
 Larimer

18<sup>th</sup> 10:30 Music with  
 Billy Stoppe  
 20<sup>th</sup> National Punch Day  
 23<sup>rd</sup> 10:30 Music with Ed  
 Cominsky  
 27<sup>th</sup> National Coffee  
 Day



**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

2  <u>CLOSED</u> <u>LABOR DAY</u>	3 Roast Turkey Gravy Mashed Potatoes Brussel Sprouts Fruit Medley Milk	4 Beef Barley Soup Egg Salad on Whole Grain White Bread Tomato Salad Cheese Stick Citrus Salad Crackers Milk	5 Stuffed Chicken Breast Gravy Mashed Potatoes Peas & Carrots Cranberry Salad Milk	6 Porcupine Meatballs Parslied Red Potatoes Green Beans Fresh Orange Wheat Dinner Roll w/Margarine Milk
9 <u>BIRTHDAY LUNCH</u> Chicken Cordon Bleu w/gravy Au Gratin Potatoes Broccoli Florets Melon Cup Yellow Cake w/Icing Milk	10 Vegetarian Vegetable Soup Chicken Salad on Bun Carrot Raisin Salad Fresh Plum Crackers Milk	11 Stuffed Pepper Mashed Potatoes Corn Yogurt Fruit Cocktail Milk	12 Honey Mustard Pork Chop Scalloped Potatoes Winter Blend Vegetables Applesauce Wheat Dinner Roll w/Margarine Milk	13 Beef Ravioli Mixed Green Salad Mozzarella Cheese Stick Pineapple Tidbits Italian Bread w/ Margarine Milk
16 Baked Chicken Gravy Brown Rice Pilaf Sliced Carrots Mandarin Oranges Milk	17 Sliced Ham Pineapple Sauce Sweet Potato Patty Normandy Vegetables Baked Apples Milk	18 Macaroni & Cheese Stewed Tomatoes Three Bean Salad Fresh Apple Milk	19 Spaghetti Meatballs Green Beans Melon Fruit Salad Cheddar Cheese Stick Italian Bread w/ Margarine Milk	20 Fish Sandwich w/ Cheese on Bun Tartar Sauce Kidney Bean Salad Tropical Fruit Salad Milk
23 Hot Dog on Bun Pickled Egg/Beets Citrus Fruit Salad Peanut Butter Cookie Milk	24 Ham, Green Beans, & Potatoes Mixed Green Salad w/Cheese Fresh Banana Rye Bread w/ Margarine Milk	25 Chicken Noodle Soup Tuna Salad Wheat Bun Tomato & Cucumber Salad Quartered Fruit Salad Crackers Milk	26 Meatloaf Mashed Potatoes Gravy Normandy Blend Vegetables Diced Peaches Wheat Dinner Roll w/Margarine Milk	27 Baked Smoked Sausage Cheesy Hash Browns Peas Fresh Orange Chocolate Chip Cookie Milk
30 Swedish Meatballs in Gravy over Noodles Capri Vegetables Fruit Cup 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.





**Don't let unwanted or expired medications become accessible to others.**  
 If you have prescriptions or over-the-counter and other unused medicines, PA MedReturn drop boxes are a safe, effective and environmentally – friendly way to dispose of them.

**It's also Free and Anonymous!**

Somerset County Drug Take-Back Locations available  
 Monday thru Friday 8am – 4pm

**Somerset Borough Public Safety Building - 340 W. Union St. Somerset, PA 15501**  
**Pennsylvania State Police Barracks - 142 Sagamore St. Somerset, PA 15501**  
**Hooversville Borough Office - 50 Main St. Hooversville, PA 15936**  
**Shade Township Municipal Building - 1221 #1 Rd. Cairnbrook, PA 15924**  
**Windber Borough Police Department - 1301 Jefferson Ave. Windber, PA 15936**  
**Conemaugh Township Police Department - 1120 Tire Hill Rd. Johnstown, PA 15905**  
**Indian Lake Police Department - 1301 Causeway Dr. Central City, PA 15926**  
**Jennerstown Police Department – 102 Saylor St. Jennerstown, PA 15547**

- Household prescription and over-the-counter solid medications
- Liquids in a leak proof container
- Tablets and capsules
- Pet medications
- Vitamins



- Injectables, syringes, needles
- Aerosol cans (inhalers, etc)
- Medications containing iodine
- Thermometers
- Hydrogen peroxide
- Illegal drugs



**UPMC** | WESTERN BEHAVIORAL HEALTH  
 At Twin Lakes

  
 Somerset County  
 Drug-Free Communities

  
 Somerset County District  
 Attorney's Office

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 September 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, audiotope, 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](mailto:Program.Intake@usda.gov) This institution is an equal opportunity provider

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

**Brian Fochtman**

**Irvin Kimmel**

**Pamela A. Tokar-Ickes**

**Jennifer Clark, Director**

**Jessica Berkey, Assistant Director**

**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](http://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](mailto:webmaster@somersetaaa.org) and get your news-  
letter sent right to your email address for FREE!

### RETURN SERVICE REQUESTED

1338 South Edgewood Avenue  
Somerset, PA 15501  
Phone: (814) 443-2681  
Fax: (814) 443-0557  
Email: [webmaster@somersetaaa.org](mailto:webmaster@somersetaaa.org)  
Website: [www.somersetaaa.org](http://www.somersetaaa.org)

*reaching out, making a difference*

Area Agency on Aging  
of Somerset County

