Senior News

THE AREA AGENCY ON AGING OF SOMERSET COUNTY

September 2025

BEAT THE HEAT

HYDRATE SMART

THE HEALTHIER WAY TO QUENCH YOUR THIRST

DEHYDRATION

Not drinking enough fluids can cause dehydration, leading to serious health risks such as UTIs, heat stroke, heart problems, kidney failure, blood clots, and increased risk of falls. Since your cells rely on water, dehydration also slows healing from injuries, illnesses, and infections. **Symptoms of Dehydration**: dark urine or reduced urination, fatigue or weakness, irritability or mood changes, dizziness or headaches, muscle cramps, dry mouth, confusion.

WHY ARE OLDER ADULTS AT GREATER RISK?

As we age, the risk of dehydration increases. A study from UCLA's School of Nursing found that up to 40% of older adults may be chronically underhydrated. Key reasons include:

- Reduced thirst and appetite: You may feel less thirsty, even when your body needs fluids.
- Lower body water content: Muscle mass, which holds water, decreases with age, leaving less total body water and making dehydration easier.
- Medications: Many seniors take medications—such as diuretics or certain diabetes drugs—that increase fluid loss.
- Decreased temperature regulation: Aging reduces your ability to sweat, making it harder to cool down and avoid overheating.

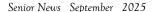
HOW DO WE STAY HYDRATED?

Drink about one-third of your body weight in ounces (e.g., 150 lbs = 50 oz or ~6 cups/day). The National Academy of Medicine suggests 13 cups/day for men and 9 cups/day for women 51+. Consult your doctor for personalized guidance based on your health and medications.

TIPS TO STAYING HYDRATED

- Eat water-rich foods: Cucumbers, watermelon, lettuce, strawberries, tomatoes, celery, soups, and broths can boost fluid intake.
- Keep fluids handy: Carry water so it's always within reach.
- Limit alcohol: It's a diuretic and increases dehydration risk.
- Add flavor: Use fruit, flavorings, or low-sugar electrolyte drinks.
 (Coffee and tea don't fully count toward your fluid goal.)
- Make it routine: Drink water when you wake up, with meals, or set reminders to stay on track.

SOURCES: "The Importance of Hydration for Older Adults." How to Stay Hydrated: A Guide for Older Adults, National Council on Aging, 18 Mar. 2024, www.ncoa.org/article/how-to-stay-hydrated-for-better-health/.



Important Resources

To receive a digital copy of our publication, please visit our website

www.somersetaaa.org

Somerset County Warmline

877-814-4891

866-611-6467

988lifeline.org

You can also call or text 988

Homeless Helpline

(814)-444-8588

Mental Health Association

(814)-445-2699

Report Elder Abuse

(814)-443-2681 or

1-800-490-8505

Veterans Affairs

(814)-445-1551

Funding Sources

Federal and State Grants

Fundraising



Health & Wellness

Join NCOA Sept. 22-26, 2025, for Falls Prevention Awareness Week (FPAW)!

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable.

Stay safe with these tips!



Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



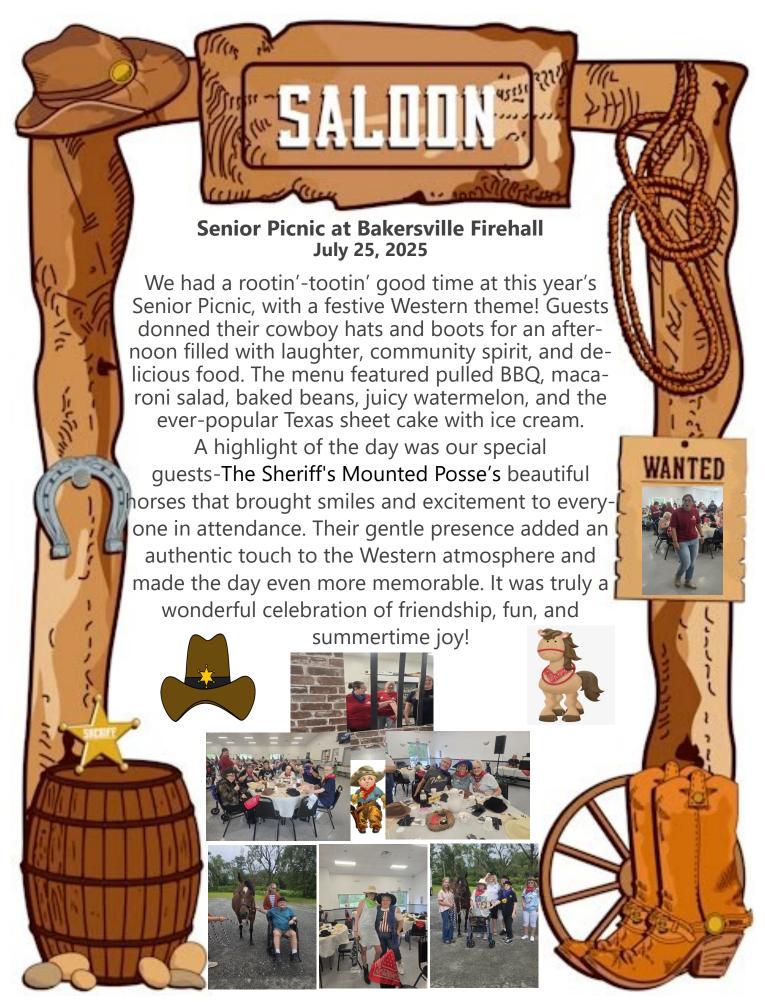
Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not iust a seniors' issue.

To learn more, visit ncoa.org/FallsPrevention.

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September 2025 Center Activities

BOSWELL AREA SENIOR CENTER

332 Stonycreek Street Boswell, PA 15531

Senior Center Manager: Melissa

Phone: Mon/Fri: (814) 629-9926 or Tues-Thur: (814) 479-2216 E-mail: mray@somersetaaa.org

Hours of Operation:

Monday & Friday 9:00 AM - 2:00 PM

1st Labor Day (Center Closed) 2nd 12:00 Sháke Shak Ice Cream

5th Crazy Hair Day 5th Deer Valley Trip

8th Birthday Lunch 8th 12:00 Fall Craft

12th National Milkshake Day-Chocolate or Vanilla?

15th 12:00 September Auction 19th 12:00 Music with Billy

22nd First day of Fall—Wear something Fall Themed

22nd 12:00 BINGO

26th Celebrate Johnny Appleseeds Birthday 29th Reservations due for Birthday Lunch on October 6th

29th 12:00 Music with Tom & Carolyn

29th World Heart Day- Take Care of your **HEART!**

HEWRT

Exercise equipment, Wii games, pool table, puzzles, games, cards, volunteer opportunities, Somerset County Bookmobile, BINGO

Wi-Fi available

CENTRAL CITY AREA SENIOR CENTER

103 Sunshine Avenue Central City, PA 15926

Senior Center Manager: Marika

Roberts

Phone: (814) 754-5615

E-mail: mroberts@somersetaaa.org

Hours of Operation:

Monday-Friday 9:00 AM - 2:00 PM Daily Activities: Wii, Exercise Machines, Volunteer Opportunities

Wi-Fi Available

1st Labor Day (Center Closed)

3rd 10:30 Music with Billy

4th Crazy T-Shirt Day

5th Crazy Hair Day

8th Birthday Lunch

8th 10:30 Music with Ed Cominsky

9th Mismatch Day

10th 10:00 Sue Holiday (Insurance)

11th Patriot's Day

12th Wear your PJ's Day

15th 10:30 Community Life Prize Bingo

16th Crazy Hat Day

18th 10:30 Music with Tom & Carolyn

19th Flight 93 trip-call your center for details

19th Senior Appreciation Day

22nd-26th Mini Pumpkin Hunt

23rd Wear Something Fall Themed

24th Mini Fall Festival



Monday & Wednesday: 10:00 Exercise Class

Monday-Friday: Binao

Bible Study Class:

1st & 3rd Saturday at 11:00 AM AND every other Tuesday at 5:00 PM

> **EVERYONE IS** WELCOME!

CONEMAUGH TOWNSHIP AREA SENIOR CENTER

959 South Main Street Hollsopple, PA 15935

Senior Center Manager: Melissa

Rav

BINGO

Wi-Fi Available

Phone: (814) 479-2216

Hours of Operation:

E-Mail: mray@somersetaaa.org

Monday - Friday 9:00 AM - 2:00 PM

Machines, Volunteer Opportunities,

Daily Activities: Wii, Exercise

1st Labor Day (Center Closed)

1st 12:00 BINGO

3rd US Bowling League Day—Lets Bowl today!

3rd 12:00 Silver Bell Ice Cream

3rd Crazy T-Shirt Day

4th Eat An Extra Dessert Day— HAVE

THAT EXTRA PIECE OF CAKE!

5th Crazy Hair Day

5th Deer Valley Trip

8th Birthday Lunch

9th Mismatch Day

9th 12:00 Windber Hospice Blood

Pressures

11th 12:00 Music with Billy

12th National Milkshake Day-Chocolate or Vanilla?

12th Wear your PJ's Day

15th 12:00 BINGO

16th Crazy Hat Day

18th Rice Krispie Treat Day— SNAP, CRACKLE, POP!

19th Flight 93 trip-call your center for details

22nd First day of Fall— Wear something Fall Themed

24th 12:00 BINGO

25th 12:00 Music with Tom & Carolyn

Monday-Friday:

Exercise Equipment 9:00-2:00

Tues & Thurs:

10:00-11:00

Geri-Fit

Thursday: 9:00 Quilting



September 2025 Center Activities

CONFLUENCE AREA SENIOR CENTER

700 Reynolds Street Confluence, PA 15424 Senior Center Director: 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

Volunteer Upportuni Wi-Fi Available $1^{\rm st}$ Center Closed-Happy Labor Day

3rd 10:30 **f** Music **f** with Sheila

8th Birthday Lunch 📛

11th Patriot Day

12th Chocolate Milk Day-enjoy a big

18th National Cheeseburger Day

19th Flight 93 trip-call your center for details
24th 12:00 **W** Music **W** with Billy

29th National Coffee Day-enjoy an extra

SPIRIT WEEK

22nd Hat Day-wear your favorite hat today

23rd Pajama Day-Wear your favorite PJs

24th Wear something PURPLE

25th Twin Day-dress like your friend 26th Center T-shirt Day-Wear yours today 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 1st Closed Labor Day 4th 10:00 Sing Along 5th 11:00-3:00 Deer Valley Van Trip Must make reservations by September 28th 8th Birthday Lunch



8th 10:00 Scavenger Hunt 10th 10:00 Healthy Steps for Older Adults Class 11th 10:00 Craft 12th 10:00 Healthy Steps for Older Adults Class 15th 10:00 Music/ Tom & Carolyn 17th 10:30 Music/ Pastor Sam McClintock

19th Flight 93 trip-call your center for details 22nd 10:00 Trivia 24th 10:00 Music/ Dixie & Friends 25th 10:30 Seminar & Activity/ UPMC Hospice 26th 10:00 Craft

29th 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

1st Closed for Labor Day

2nd Last Day for Reservations for Birthday Lunch Monday Sept. 8th

5th Deer Valley Trip

5th National Cheese Pizza

Day

5:00 Game night

8th Birthday Lunch

10:30 Trivia with UPMC

9th Tara from Interim BP's and footcare information

12th Stand up to Cancer Day—— Bring your spare change for donation to the American Cancer Society

13th 2:00 Saturday Tea 15th 9:30-11:30 Healthy

Steps for Older Adults

18th 11:00 Windber Hospice Blood Pressures 19th Flight 93 tripcall your center for details

21st 5:00 Potluck Dinner

22nd 9:30-11:30 Healthy Steps for Older Adults

29th Reservations due for Birthday Lunch on October 6th 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 Manager:

Marika Roberts

E-mail: mroberts@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 Labor Day (Center Closed)

3rd Crazy T Shirt Day

5th Crazy Hat Day

8th Birthday Lunch

9th 10:30 Music with Denise Baldwin

10th Crazy Hair Day

11th Patriot's Day

15th-19th Mini Pumpkin Hunt

15th Wear your PJ's Day

17th 10:30 Music with Billy

19th Flight 93 trip-call your center for details

22nd Mismatch Day

23rd 10:30 Music with Tom & Carolyn 24th Wear Something Fall Themed Day

25th Mini Fall Festival

29th 10:30 Music with Ed Cominsky

30th 12:00 Windber Woods Prize Bingo



Monday & Friday: 10:00 Strong Bones Tuesday: 10:00-Body

Strengthening Wednesday: 12:30

Bingo **Thursday:** 10:00

Tai-Chi Monday, Wednesday & Friday: Pinochle

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

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2025 MENU

Closed Labor Day	Creamed Chicken over Biscuit Peas & Carrots Mandarin Oranges Milk	Stuffed Peppers Seasoned Whole Mini Potatoes Corn Fruit Cocktail Wheat Dinner Roll Margarine Milk	Chili Mixed Green Salad w/ Egg Apple Cornbread Margarine Milk	Hot Dog on Wheat Bun Baked Beans Green Beans Diced Pears Milk
8 BIRTHDAY LUNCH Broccoli & Cheese Stuffed Chicken Gravy Sliced Carrots Tropical Fruit Marble Cake Milk	9 Beef Ravioli Mixed Green Salad w/Cheese Quartered Fruit Wheat Dinner Roll Margarine Milk	Honey Mustard Pork Chop Au Gratin Potatoes Capri Blend Vegetables Clementine Italian Bread Margarine Milk	Ham, Green Beans & Potatoes Cantaloupe Chunks Rye Bread Margarine Snack Bar Milk	Cheese Omelet Sausage Cottage Cheese Baked Apples Milk
Beef Stew Church Slaw Citrus Salad Garlic Breadstick Milk	Country Fried Pork Fritter Gravy Parslied Red Potatoes Mixed Vegetables Blueberries Milk	17 Chicken Pot Pie Mixed Green Salad w/Egg Mango Cup Wheat Dinner Roll Margarine Milk	Meatloaf Cheesy Hashbrowns Chuck Wagon Vegetables Melon Cup Milk	Fish Sandwich w/ Cheese on Wheat Bun Tater Tots Cucumber/Tomato Salad Applesauce Milk
BBQ Beef on Wheat Bun Macaroni & Cheese Green Beans Apricot Halves Milk	Baked Ham Pineapple Sauce Sweet Potatoes Baby Carrots Pineapple Tidbits Dinner Roll Margarine Milk	24 Vegetable Lasagna Cottage Cheese Orange Milk	25 Broccoli Cheese Soup Whole Grain White Bread Margarine Fresh Pear Granola Bar Milk	Salisbury Steak Gravy Mashed Potatoes Brussel Sprouts Cranberry Salad Milk
Haddock Wedges Hush Puppies Tomato Zucchini Salad Fruit Medley Milk	30 Ham & Bean Soup Mixed Green Salad Banana Wheat Roll Margarine Milk		HELLO ** Falli	

To ensure you have a relaxed and comfortable dining experience, we recommend making a reservation. Please call the center you plan to visit by 11:30 am the day before.

Note that the menu might change due to typos or other unexpected issues.

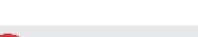


These 3 types of physical activity can help you stay healthy and independent:











Aerobic activity can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood or inside your home when the weather's bad
- Play a sport with friends consider pickleball or tennis

Aim for at least 150 minutes a week of moderate-intensity aerobic activity.

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



Build your muscle strength.

Muscle-strengthening activity can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights or fill a plastic bottle with water and lift that instead

Aim for at least 2 days a week of muscle-strengthening activity.



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

www.somersetaaa.org

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