

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!

 <p>1 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.</p>	 <p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 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.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit ncoa.org/FallsPrevention.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.

ncoa
national council on aging

SALOON

Senior Picnic at Bakersville Firehall July 25, 2025

We had a rootin'-tootin' good time at this year's Senior Picnic, with a festive Western theme! Guests donned their cowboy hats and boots for an afternoon filled with laughter, community spirit, and delicious food. The menu featured pulled BBQ, macaroni salad, baked beans, juicy watermelon, and the ever-popular Texas sheet cake with ice cream.

A highlight of the day was our special guests-The Sheriff's Mounted Posse's beautiful horses that brought smiles and excitement to everyone in attendance. Their gentle presence added an authentic touch to the Western atmosphere and made the day even more memorable. It was truly a wonderful celebration of friendship, fun, and summertime joy!

WANTED



September 2025 Center Activities

BOSWELL AREA SENIOR CENTER

332 Stonycreek Street
Boswell, PA 15531
Senior Center Manager: Melissa Ray
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 Shake 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!**



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:
 Bingo

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 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,
 BINGO

Wi-Fi Available

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
Wi-Fi Available

1st Center Closed-Happy Labor Day
 3rd 10:30 🎵 Music 🎵 with Sheila
 8th Birthday Lunch 🎂
 11th Patriot Day
 12th Chocolate Milk Day-enjoy a big glass
 18th National Cheeseburger Day
 19th Flight 93 trip-call your center for details
 24th 12:00 🎵 Music 🎵 with Billy
 29th 🍵 National Coffee Day-enjoy an extra cup

SPRIT 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 trip-call 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



2025 MENU

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

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.



OLDER ADULTS

How can I stay active as I get older?

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



Aerobic activity



Muscle-strengthening activity



Balance activity



Get your heart beating faster.

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.

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

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 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
Website: www.somersetaaa.org

reaching out, making a difference

Area Agency on Aging
of Somerset County

