

SENIOR Times

Southwestern Pennsylvania Area Agency on Aging, Inc.
providing senior services in Fayette, Greene & Washington Counties



Call your local Southwestern PA Area Agency on Aging for services and supports for seniors.
Toll free 1-800-734-9603 or visit www.swpa-aaa.org

SENIOR TIMES REVIEW BOARD

Fayette County
Carolyn Capozza

Greene County
Rev. James Cherry
Pat Lemley
Mon Valley
Linda Pankiewicz

Washington County
Gay Massey
Pat Ross
Mary Jane Stewart

Publisher:
Southwestern PA Area Agency
on Aging, Inc.,
an affiliate of Southwestern PA
Human Services, Inc.

Editorial Staff:
Mary Harris
Kristen Jackson
Kelly Juba
Robbie Spaziani
Judi Dubs

Ads Manager:
Judi Dubs

Opinions or ideas expressed through "Letters to the Editor," or guest columns, are not necessarily those of the editorial staff or the Senior Times, nor does advertising in this publication constitute endorsement by the Senior Times, or the Southwestern Pennsylvania Area Agency on Aging, Inc. The Senior Times reserves the right to decline an advertisement for any reason.

Editorial and advertising copy cannot be reproduced without prior permission from the Southwestern Pennsylvania Area Agency on Aging, Inc.

**Southwestern Pennsylvania
Area Agency on Aging, Inc.**

Corporate Office
888-300-2704 or 724-489-8080
Fax No: 724-483-9360

Fayette County Office
724-430-4603

Greene County Office
724-852-1510

Washington County Office
724-228-7080

The project is funded, in part, by the Pennsylvania Department of Aging.

The Senior Times is a monthly publication designed to bring you news about information on services available to you, people you know and those you would like to meet, and activities you enjoy. The publication is online at www.swpa-aaa.org. If you would like to receive it, at no charge, via email, send your contact information to seniortimes@swpa-aaa.org.

Write to:
Senior Times
Southwestern Pennsylvania
Area Agency on Aging, Inc.
305 Chamber Plaza
Charleroi, PA 15022-1607
Circulation 39,000

www.swpa-aaa.org
E-Mail: seniortimes@swpa-aaa.org

Property Tax/Rent Rebate Program deadline extended to Dec. 31, 2026

The Department of Revenue opened the application period for the Property Tax/Rent Rebate program in mid-January. The Department is accepting applications for rebates on property taxes or rent paid in 2025. The extended deadline to submit your rebate application is December 31, 2026. Applications postmarked by that date will be accepted for processing.

Forms and instructions are available online. Please see below for more information. Eligible Pennsylvanians are encouraged to file their applications online through myPATH to ensure their rebates are processed as quickly as possible.

Spouses, personal representatives, or estates may file rebate claims on behalf of eligible claimants, now deceased, who lived at least

one day in 2025. Please note that one-half of social security income is excluded.

Property tax/rent rebate application forms and assistance are available at no cost through the Department of Revenue, the Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) and state legislators' offices.

For more information on the program, visit www.revenue.pa.gov/ptrr. To download or request an application, visit <https://www.pa.gov/agencies/revenue/ptrr/property-tax-rent-rebate-program-forms-and-information>. For assistance, or for more information, call the Property Tax/Rent Rebate Program or any SWPA AAA county office:

Property Tax/Rent Rebate Program:
1-888-222-9190

AAA Fayette County:
(724) 430-4603

AAA Greene County:
(724) 852-1510

AAA Washington County:
(724) 228-7080

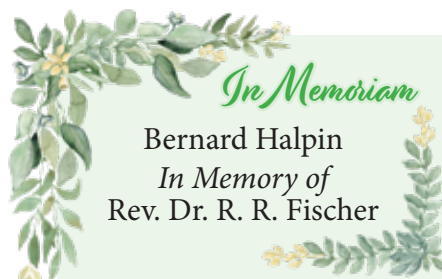
AAA Administrative Office:
1-888-300-2704

The Senior Times extends a warm thank you to its donors

Thank you to those who choose the Senior Times as a means of remembering and paying tribute to their loved ones. Your generous contributions make this monthly publication possible.

The names of all contributors who support our mission to provide quality information to older adults in southwestern Pa. are acknowledged in this space, unless anonymity is requested.

Those who make donations of up to \$25 are recognized as "DONORS." Those who generously give between \$26 and \$49 receive "PATRONS" status. And individuals who donate \$50 or more are recognized as "SPONSORS" of the Senior Times.



FARMER'S ALMANAC

August 2026

Temp. 72.5° (1.5° below avg.); precip. 2.5" (1" below avg.). 1-9 Sunny, then t-storms; warm. 10-19 Sunny, mild. 20-28 Scattered t-storms, warm. 29-31 Sunny, mild.

NOTICE OF PUBLIC MEETINGS

The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2026:

September 1 November 19 December 1

The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2026:

September 16 October 21 December 9

For the location and time of the meetings, contact Mary Harris, Executive Director, Southwestern PA Area Agency on Aging, Inc., at 1-888-300-2704, Ext. 4420.

DONATION COUPON

**Please use this coupon to make personal donations of support, as well as for recognitions of birthdays or special honors and for offering memorial tributes.*

Make your donation payable to: SWPA AAA
Mail to: *Southwestern PA Area Agency on Aging, Inc.*

Senior Times
305 Chamber Plaza
Charleroi, PA 15022-1607

Amount of Donation	Type of Donation
Name: _____	
Address: _____	
	Zip: _____
Email: _____	

May we print your
name as a donor?
____ Yes ____ No

Are you a member
of a senior center?
____ Yes ____ No

Thank You

The official registration and financial information of the Southwestern PA Area Agency on Aging, Inc., may be obtained from the Pennsylvania Department of State Bureau of Charitable Organizations by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Information and Assistance: The starting point for older adults seeking services and supports

Where do I begin?

Many older adults in need of help don't know where to start. By calling the Southwestern Pennsylvania Area Agency on Aging, Inc. Information and Assistance (I and A) unit, the caller can quickly be in contact with one of the I and A specialists. The specialists can help identify the types of services they need, inform the caller about programs and services, and connect them to appropriate service providers.

Shonda and Camille, our I and A specialists, work hand in hand to ensure older adults are provided the information they need. Every call is different, but the one thing all callers have in common is that they are not sure where to turn for help. Sometimes the caller is frustrated and has run out of options. By providing a listening ear, understanding the challenges the older adult faces, and connecting them to resources, the expertise of our team allows the caller to remain calm and at ease while helping them to find a resolution.

When experience makes a difference.

Drawing on her years of experience, Shonda uses a person-centered approach when helping the older adult. She has been a leader of the Person-Centered Counseling Program and is one of the outstanding counselors across the state. She continually looks for



ways to help engage, inform, and guide the older adult so that they understand what process must occur to ensure a positive outcome. Walking past Shonda's office, she is often overheard providing insight, clarification, and honest conversation about the services the caller is seeking.

Recently, Shonda assisted Elaine with enrolling into the Community Health Choices Waiver Program. Elaine is unable to speak, and Shonda has been the main contact between her, the County Assistance Office, and the Pennsylvania Independent Enrollment Broker. Shonda is the link between Elaine and vital partners in getting services in her home. Shonda knows that Elaine will have the ability to remain independent in her home with services

that she needs.

When a phone call isn't enough.

Camille brings the same commitment to the team with every call or in-person visitor that she connects with throughout the day. She has learned to recognize that callers reach out for help at some of the most challenging times in their lives.

Throughout the week, Camille is found assisting older adults that come directly to the agency for guidance. She assists in the completion of Property Tax Rent Rebate Application forms, as well as providing resources to older adults who aren't sure who they should reach out to.

Like Shonda, Camille discusses all the programs when someone

comes to the agency for assistance.

Dan came into the agency one day seeking any type of assistance he was eligible for and asked for assistance with counseling. Camille was able to connect Dan with a supervisor in the Southwest Behavioral Care Blended Case Management Program.

There are times when Camille encounters an older adult who comes into the agency hungry. As an advocate of Senior Centers, Camille talks to the older adult and takes them to the Center for a meal. She has also provided a meal box in a short period of time. The older adult can continue to participate in the Senior Center activities and meals and engage in the socialization they were lacking.

Professionals need help

also.

In addition to assisting older adults in need, the I and A team also works with a wide-ranging mix of professionals from the community. When hospital social workers fax or call, the team is ready to respond, with the information needed to complete their referral.

When a physician's office calls, they can determine what is needed to help get the older adult into programs or services that would suit them best. The team's familiarity with the medical forms and records makes it easy for the team to guide the physician to complete the correct submission of information.

Resources when needed.

The I and A team is ready to discuss any of the following information:

In Home Meals, Transportation, Caregiver Support Program, PA Medi Medicare Counseling, Housing and Community Resources, OPTIONS Services, Community Health Choices Waiver, LIFE Programs, and Residential Facilities.

Individuals that are seeking information about services can contact the Southwestern Pennsylvania Area Agency on Aging, Inc. Information and Assistance Team by calling 1-800-734-9603.

MEDICARE

TURNING 65 SOON? NEW TO MEDICARE?
WHAT YOU NEED TO KNOW.

FREE MEDICARE CHECKLIST
Morganhealthcaresolutions.com

Giveback plans for Veterans with Tricare
and Part B, Medigap & Advantage Plans

Len Morgan, Broker
724-244-5579

**Public Transportation
Services. Come ride with us
and we'll get you there!!!**



Our Programs:

• Daily Fixed Route Services in Uniontown, Brownsville, Connellsville, Masontown, Fairchance and Farmington. Seniors may ride these Routes for free.

• Limited Weekly Fixed Route Services to Pittsburgh and Morgantown.

• Daily Sharded Ride Service (curb to curb service by appointment) to those who qualify.

If you need a ride, call (724) 628-7433. Visit our newly updated, user friendly website to stay up-to-date with the latest bus schedules, cancellations, and delays at www.factbus.com. Follow us on Facebook: FACT-Fayette Area Coordinated Transportation.

We'll Help You Up and Down Stairs



- Straight and Curve Stairlifts
- New and Used models
- Free estimates

Call for a free brochure

275 Curry Hollow Road
Pittsburgh, Pa. 15236

(412) 653-6450 • 1-800-288-5625

BARRIER FREE STAIRLIFTS

Washington County Senior Expo September 24, 2026

Southwestern Pennsylvania Area Agency on Aging, Inc. along with co-hosts State Senator Camera Bartolotta, State Representative Tim O'Neal and the Washington County Commissioners, Nick Sherman, Electra S. Janis, and Larry Maggi, are hosting this year's Washington County Senior Expo at a **new location, the Washington County Fairgrounds, Washington, PA**

The Expo is a free event that will feature 100+ agencies, businesses and organizations eager to share information on the many programs, services and benefits available to people aged 55+ and their families.

Expo Hours are 10:00 a.m.-1:30 p.m. The Welcome will take place at 11:30 a.m. at the stage area. Entertainment will be provided by Music by Gary V. and Jack Nicora beginning at 10:00 a.m. Door prize winners will be awarded at 1:15 p.m. Participants must be present to win.

Lunch vendors are Texas Roadhouse and Miss Debbie's Deli. Coffee, donuts and water will be available, at no

cost, compliments of UPMC. Entertainment will be sponsored by Range Resources.

Vendor tables will feature displays and experts on aging will discuss products and issues of importance. Come and take advantage of the numerous opportunities, including free health screenings, flu shots and more.

For more information you can contact The Southwestern Pennsylvania Area Agency on Aging, Inc. at 724-489-8080 or 888-300-2704. Also, visit the website: <https://www.swpa-aaa.org/>.

We hope you will join us this year to participate in the Washington County Senior Expo 2026.

Veteran Spotlight



What to Know About Veteran Pension Poaching

There are more than 700,000 veterans in Pennsylvania and over half of them are age 60 and older. Veterans may be eligible for a wide array of benefits from both the Pennsylvania Department of Military and Veterans Affairs (DMVA) and the U.S. Department of Veterans Affairs (USDVA or VA). One such benefit is a VA pension.

Unfortunately, there are unscrupulous people who are preying on veterans, particularly older veterans, to profit from the veteran's desire to apply for the benefits they earned while defending our country and our freedoms.

Pension poaching is financial exploitation targeting veterans and

beneficiaries who are potentially eligible for VA pension benefits. Pension poaching comes in several forms but is always an attempt to defraud America's heroes.

Some poachers sell financial products of questionable value or charge a fee to restructure assets to make the veteran or beneficiary meet income eligibility criteria. Other scams include the promise of pension eligibility for a fee or an offer of a lump sum or advanced loan against a future awarded pension. Other scammers will sell in-home care that is overpriced or is never actually provided to the veteran, while others will cold call veterans and try to sell them assistance in applying

for benefits. The scammers request credit cards, bank accounts or other personally identifying information over the phone or through email.

If you suspect or experience a scam or financial exploitation related to any Veteran benefit, including a VA pension, file a report immediately with the Pennsylvania Attorney General's Military and Veterans Affairs section or call your local VA office: Fayette County 724.430.1241; Greene County 724.852.5275; Washington County 724.228.6865.

Source: <https://www.pa.gov>

PA Senior Farmers Market Nutrition Program vouchers reminder

The 2026 Farmers Market Nutrition Program (FMNP) and Senior Farmers Market Nutrition Program (SFMNP) vouchers can be used from June 1, 2026, through November 30, 2026

The program provides five \$5 vouchers, totaling \$25, to eligible seniors one time during the program year.

The Pennsylvania SFMNP is a cooperative

effort between the Pennsylvania Department of Agriculture, the Southwestern Pennsylvania Area Agency on Aging, senior community centers and other distribution sites to support the nutrition of older adults, as well as to support the economic needs of Pennsylvania farmers by stimulating sales at local farmer's markets.

The vouchers are redeemable only at partic-

ipating farmers' market/vendor sites. Look for the PA Preferred logo when you visit a local farmers' market to purchase fruits and vegetables grown in Pennsylvania.

To use your Farmers Market vegetables please see the recipe on page 10.

To find a farmers' market or farm stand with eligible farmers, please download the FMNP app, available at no cost in the Google Play store

and the Apple Store. Search for PA FMNP farmers market locator and download the app. You can also find a list of participating farmers markets at the SFMNP website: <https://www.pa.gov/agencies/pda/food/food-assistance/farmers-market-nutrition-programs>

For additional information, please contact your local senior community center.

Workshop

Healthy Steps for Older Adults



A Healthy Steps for Older Adults workshop was held on June 25, 2026 at the Masontown Senior Center. The interactive workshop raised participants' awareness of multiple aspects of fall risk, including home safety, medication management, strength, balance, flexibility, effective communication with medical professionals,

nutrition, depression, substance use, stress, sensory challenges, foot health, social connection, and well-being. Through activities, assessments, and discussions, participants were assisted in identifying potential risks in their own lives to develop individual strategies to help reduce falls and remain healthy and active.

Medicare Annual Open Enrollment Period



Medicare's Annual Open Enrollment Period (AOEP) is fast approaching, and PA MEDI (Pennsylvania Medicare Education and Decision Insight) can help!

The PA MEDI program is offered at no charge through the Southwestern Pennsylvania Area Agency on Aging. AOEP runs from October 15th to December 7th, with changes becoming effective on January 1, 2027.

AOEP is when Medicare beneficiaries can join, change, or drop their Medicare Advantage Plan and/ or their Part D pre-

scription drug plan. PA MEDI certified counselors want to ensure that your health care plan meets your healthcare needs and budget. They will review your current coverage and review any potential plans for the upcoming year.

Medicare Advantage Plans and Part D prescription drug plans can change yearly. All plans are required to send enrollees an Annual Notice of Change (ANOC) by September 30. This ANOC will explain any changes in your cur-

rent plan for the upcoming year – changes can include premiums, deductibles, co pay/co-insurance amounts, formulary changes and/or network provider changes.

For 2026 AOEP, staff and counselors will be completing comparisons over the phone and in person, by appointment only. There is no fee for PA MEDI to assist individuals with comparing their insurance options.

To make an appointment for Fayette, Greene, or Washington counties, please call 724-489-8080 ext.4438.

IF IT WASN'T FOR A SECOND OPINION I MIGHT NOT BE HERE TODAY.

CLARENCE D. | BLOOD CANCER PATIENT

When Clarence was told there were no more treatment options for his lymphoma, he turned to UPMC Hillman Cancer Center—one of **the region's only NCI-Designated Comprehensive Cancer Centers**. Here, he found access to cutting-edge clinical trials, groundbreaking treatments, and world-renowned cancer experts. Discover the power of hope at **UPMCHillman.com/SecondOpinion**.



**UPMC HILLMAN
CANCER CENTER**
Affiliated with the University of Pittsburgh Health Sciences



AFFORDABLE HOUSING! NOW ACCEPTING APPLICATIONS

for One & Two Bedroom Units

*Uniontown Elm Street
Senior Housing*

also known as

Maple Garden Apartments

Two Bedroom Units + Market Units
55 and Older
Rent includes water, sewage and trash
Section 8 Vouchers Accepted

Applications Available at:
Maple Garden Apts Office
114 N. Gallatin Avenue, #102
Uniontown, PA 15401
Please call 724-550-4143



SPARTAN HEALTH SURGICENTER

www.spartansurg.com

Serving the Mon Valley since 2005, Spartan Health Surgicenter is a freestanding, Medicare - certified, Joint Commission accredited, ambulatory surgery center located off of Coyle Curtain Road in Carroll Township.

Spartan strengthens the convenience of health care in the Mon Valley Community by providing greater health care in the Mon Valley Community comfort, more privacy and a relaxed environment for ambulatory surgery center patients.



- Easily accessible from Toll Hwy 43, I-70 & Route 88
- Accept Medicare and most insurances
- Experienced physicians, nurses and anesthesiology staff
- State-of-the-art equipment and procedures
- Joint Commission Accredited
- FREE and convenient parking
- Comfortable waiting area for families

Specialties Include:

- Ophthalmology (Cataract, Glaucoma, Corneal)
- Pain Management
- Gastroenterology
- Orthopaedics
- General Surgery
- Podiatry

Now
MMVTA
Bus
Service!

100 Stoops Drive,
Ground Floor
Monongahela, PA 15063
724-483-2760 office
724-483-2762 fax



Patrick Garman, M.H.A.
Executive Director
Jamie Farmer, RN
Director of Nursing
Vincent Ripepi, D.O.
Medical Director

Colon/Rectal:
Steven Esser, MD

Orthopaedic Surgery:
Derrick Fluhme, MD
Greg Habib, DO
Patrick McCullough, MD
Anthony Mustovich, DO
Ari Pressman, MD
Vince Ripepi, DO

Orthopedic/Spine:
Jocelyn Idema, DO

Podiatry:
Khoi Vo, DPM

General Surgery:
Prakorb Isariyawongse, MD

Gastroenterology:
Nicholas Bellicini, DO
Mark Cedar, DO
Bridger Clarke, MD
Jungmin Lee, MD
Lisa Oliva, DO
Theresa Schuerle, DO

Pain Management:
Anthony Cuneo, MD

Stopping for Water Keeps You Going

When working in extreme heat and humidity, a person can lose three to four liters of water per hour, or as much as ten liters per day. The effects of dehydration begin when a body loses just 1% of its weight in water and becomes life-threatening at 10% loss.

Follow the basic guidelines of "Water, Rest, Shade" when outdoors for extended time periods.

Before working in the heat, drink 16–20 ounces of water 2–4 hours in advance. Plan to bring 1.0–1.5 liters of water for every hour you expect to spend working in hot conditions, and drink 8–12 ounces of water every 15 minutes while working. Be sure to incorporate reg-

ular work-rest cycles to help prevent heat-related illness. If working in the heat for more than 60 minutes, consume a 20-ounce sports drink, such as Gatorade or Powerade, in addition to water to help replenish lost electrolytes.

Heat illness can be deadly, so it is important to take precautions when working or spending time in hot conditions. Drink water

frequently, even if you do not feel thirsty, and take breaks in the shade or an air-conditioned area to cool down. Be aware of the signs and symptoms of heat-related illness and report them as soon as they occur. In the event of an emergency, know the appropriate steps to take and seek medical assistance immediately.

Source: <https://www.cbp.gov>



Need Help with Your Energy Bills?

If you're having trouble paying your utility bills, assistance may be available.

The Pennsylvania Public Utility Commission (PUC) requires electric and natural gas utilities to offer programs and protections to help income-eligible customers maintain their utility service. These programs may help lower your

monthly bills, reduce energy usage, or provide financial assistance during times of hardship.

While program names may vary by utility company, many offer the following:

- Budget Billing
- Customer Assistance Program (CAP)
- Customer Assistance

Referral and Evaluation Program (CARES)

• Low-Income Usage Reduction Program (LI-URP)

• Hardship Funds

To learn more about assistance programs for electric, natural gas, and water service, visit the Pennsylvania Public Utility Commission's Utility Assistance Programs webpage:

<https://www.puc.pa.gov/about-the-puc/consumer-education/utility-assistance-programs/>

You'll find information about available programs, eligibility requirements, and contact information for your utility provider to determine which assistance options may be available for your household.



If you're having difficulty paying your water bill, assistance may be available through the **Dollar Energy Fund's Water Assistance Program** in partnership with **Pennsylvania American Water**.

The program offers two types of assistance:

• **Hardship Grant** through the Dollar Energy Fund

• **Tiered Discount Program**, which may provide a discount on monthly water service charges and/or wastewater service charges

Eligibility Requirements

To qualify, you must:

- Be a Pennsylvania American Water customer.
- Provide proof of household income.
- Have a gross (before-tax) house-

Get Help Paying Your Water Bill

hold income at or below **250% of the Federal Poverty Income Guidelines**. (see below)

How to Apply

Online: Eligible Pennsylvania American Water customers may complete portions of their application through the online **My App Portal**.

By Phone: Call **1-888-282-6816** to apply for the Discount Program.

Before You Apply

Be sure to have the following information available:

- Total gross monthly income for all adults living in the household
- Number of people living in the household
- Pennsylvania American Water account number
- Service address

Don't wait if you're struggling to keep up with your water bill. Assistance may be available to help reduce your monthly costs and maintain your water service.

Federal Poverty Income Guidelines.

Household Size	250% Monthly	250% Yearly
1	\$3,325	\$39,900
2	\$4,508	\$54,100
3	\$5,692	\$68,300

Source: <https://www.dollarenergy.org/program/pennsylvania-american-water-h2o-help-to-others-program/>

- Medical Care
- Support Team
- In-Home Care
- Medications
- Health & Wellness Centers
- Rides to Appointments

Community LIFE helps seniors Live at home with medical, social, and in-home supports.

Find your **LIFE** here at **COMMUNITY LIFE** Living Independence for the Elderly

1-866-419-1693

www.commlife.org

TARENTUM • MCKEESPORT • HOMESTEAD • EAST END • LOGANS FERRY • BEDFORD • MON VALLEY • SOMERSET

Here is why our patients say they chose Swift Audiology!

- "My hearing aids have changed my life."
- "The people are the reason to choose Swift Audiology."
- "I can't imagine going anywhere else."
- "They take the time to understand your personal hearing needs."

- "I felt like they were family."
- "They held my hand through the entire process."
- "I never felt pressured or rushed."
- "This will truly improve my quality of life."

*All statements are taken directly from our patients' own reviews and experiences.

Call 724-222-9010 or scan the QR code to schedule your appointment.

Like us on Facebook
BBB Rating: A+
 Care Credit accepted, and financing options are available.

3 Locations Serving the Greater Pittsburgh Area
Washington • South Hills • North Hills
swiftaudiology.com

DO YOU WORK IN THE COAL INDUSTRY?

HAVE YOU BEEN SCREENED FOR BLACK LUNG?

CENTERVILLE CLINICS BLACK LUNG PROGRAM

We offer Black Lung screenings for early detection of lung problems, and treatment options.

WE HAVE TWO CONVENIENT LOCATIONS

Joseph A. Yablonski Memorial Clinic
1070 Old National Pike / Fredericktown, PA 15333

Carmichaels Clinic
601 West George Street / Carmichaels, PA 15320

To set up an appointment call 724-632-6801, ext. 1216

All services at Centerville Clinics are provided without discrimination based on financial ability, race, color, religion, sex, age, marital status, parenthood, ethnic background, national origin, physical or mental handicap or disability.

VOLUNTEER LUAU CELEBRATION



On July 17, SPHS Aging Services celebrated their incredible volunteers who continuously give their time to supporting older adults in our Mon Valley communities. The luncheon was provided in gratitude for each volunteer's service, generosity, and commitment. The luau-themed celebration included delicious food, great music, and raffles. Everyone had a wonderful time, and the turnout was amazing!

National DOG DAY

AUGUST
26

CONFER VISTA APARTMENTS

**NOW ACCEPTING APPLICATIONS
for 1 Bedroom Apartments
62 & Older**

Appliances included are new electric ranges and Energy Star refrigerators. Building and site amenities include a community room, laundry room, elevator accessible, and off-street parking adjacent to the building, and intercom-controlled access entry door.

APPLICATIONS AVAILABLE AT:
Confer Vista Apartments
98 Confer Vista Drive
Uniontown PA 15401
 Please call 724.437.8659




Stay Cool, Connected, and Safe

Older adults are especially vulnerable during periods of extreme heat. As we age, our bodies become less efficient at regulating temperature, making it more difficult to stay cool. Certain medications and chronic health conditions can also increase the risk of heat-related illnesses.

Health conditions such as heart disease can worsen in high temperatures. In addition, power outages that often accompany heat waves can create serious challenges for individuals who rely on life-sustaining medical equipment. Those who depend on oxygen, refrigerated medications, or other essential medical supplies may also be hesitant to leave home during extreme heat, increasing their risk.

Tips to Stay Safe

• **Don't stay home alone** during a power outage or extreme heat event, especially if your home does not have air conditioning.

• **Ask a trusted friend, neighbor, or family member** to check on you regularly. Make sure they have an extra key to your home, know where your emergency supplies are located, and understand how to operate any lifesaving equipment or administer medications if needed.

• **Stay hydrated** by drinking fluids throughout the day. Talk with your healthcare provider about whether drinks containing electrolytes are appropriate for you during hot weather.

• **Limit time outdoors**, especially during the hottest part of the day. If you must be outside, take frequent breaks in an air-conditioned building and choose caffeine-free beverages to help prevent dehydration.

Stay Cool. Stay Connected. Stay Safe.

Extreme heat can become dangerous quickly, but a little preparation

can go a long way. Check on family members, friends, and neighbors during heat waves, and don't hesitate to seek a cool, safe place if your home becomes too hot. Taking simple precautions can help you stay healthy all summer long.



Source: <https://heat.gov>

Gary W. Boatman
MBA, CFP

One of the biggest financial mistakes many retirees make isn't a bad investment, it is making a large purchase without considering how it will affect the rest of their retirement. A new luxury vehicle, a motorhome, an expensive boat, or a major home remodeling project can easily cost tens or even hundreds of thousands of dollars. While these purchases may be enjoyable, they often come with ongoing expenses such as insurance, maintenance, taxes, fuel, and repairs. Every dollar spent on a depreciating asset is a dollar that is no longer available to

generate retirement income or help pay for future healthcare and long-term care needs.

Before making any major purchase in retirement, it's wise to ask one simple question: "Will this improve my financial security, or simply satisfy a temporary want?" Retirees should carefully consider whether the purchase will reduce the income their savings can produce, increase their monthly expenses, or limit their flexibility if unexpected events occur. A thoughtful financial review before signing a contract can help prevent buyer's remorse and ensure that today's excitement doesn't become

Your Financial Future

tomorrow's financial burden. In retirement, protecting your future financial independence is often more valuable than owning one more expensive possession. Too often, I have seen such expenditures delay or even prevent retirement.

Another thing that can delay a planned retirement is health care cost. Medicare does a great job of providing health insurance for seniors 65 and older. While it does not cover all costs, there are different supplemental plans that can help complete coverage. It is important to remember that basic Medicare does not cover long term care, dental and eye care

among others. If someone is retiring before 65 and does not have health care coverage available from an employer, buying coverage in the open market can be very expensive and make it hard to retire.

While many people do not save enough during their working years to enjoy the retirement they desire, saving the wrong way also can present challenges. Many people end up with most of their savings in qualified plans such as 401k, IRA, TSP or 403b. This is easy to do while you are contributing because you get to deduct your contributions from your taxes and your investment grows

tax deferred. The problem comes when you must start withdrawing funds in retirement.

This is because you must pay taxes on every dollar that you take out of these accounts. This can cause more of your Social Security income to be taxable and can even drive up the cost of your monthly Medicare Part B & D premiums. Upon the first death, the survivor could see their tax rate explode resulting in the widow's penalty. This is because you only get one personal exemption instead of two and the tax bracket is much narrower for people not filing jointly. Careful tax planning can drastically

reduce this tax expense.

There are several important points you must keep in mind to have the best retirement possible. It is not the sheer volume of money in your accounts but having a plan to produce guaranteed and predictable income in retirement. Things that worked while you were working and accumulating money completely change when your paycheck stops. You need to have a plan to protect loved ones from unnecessary taxes and unpleasant surprises. This requires a holistic plan that co-ordinates many parts of your financial life into a simple to understand written plan.

Swimming and Your Health

Health benefits

Swimming can improve mood and people report enjoying water-based exercise more than exercising on land.

People can exercise longer in water without increased joint or muscle pain, which has been shown to be especially helpful for people with arthritis and osteoarthritis. Water-based exercise can help people with arthritis improve the use of their arthritic joints, decrease pain, and not worsen symptoms. People with rheumatoid arthritis

have shown more health improvements after participating in hydrotherapy (exercising in warm water) than with other activities.

For people with fibromyalgia, swimming can decrease anxiety, and exercise therapy in warm water can decrease depression and improve mood. Parents with developmental disabilities find that recreational activities, such as swimming, improve family connections.

Water-based exercise can benefit older adults by

improving their quality of life and decreasing disability. It can also improve or help maintain the bone health of post-menopausal women.

Staying healthy and safe while you swim

To stay healthy and safe while you swim, it is important to understand how to prevent illness and injury when you are in or around the water.

You can get swimming-related illnesses if you swallow, have contact with, or breathe in mists of water contaminated with germs. The most

Celebrate Our Seniors!

NATIONAL SENIOR CITIZENS DAY



AUGUST 21ST

Walk. Run. Dance. Play. What's Your Move?

Everyone needs physical activity to stay healthy, but finding time in a busy schedule isn't always easy. The good news is that even a few extra minutes of movement each day can make a difference.

Why Get Moving?

Regular physical activity can improve your overall well-being by:

- Boosting your mood
- Sharpening your focus
- Reducing stress
- Improving sleep

Over time, staying active can also help you:

- Lower your risk of chron-

ic diseases, including type 2 diabetes and certain cancers

- Control your blood pressure
- Maintain a healthy weight
- Live a longer, healthier life

How Much Activity Do You Need?

Adults should aim for: **Moderate-Intensity Aerobic Activity**

- At least **150 minutes each week**
- Activities that make your heart beat faster, such as brisk walking, biking, or dancing

Muscle-Strengthening

Activities

- At least **2 days each week**
- Activities that make your muscles work harder than usual, such as lifting weights, resistance band exercises, or gardening

If you prefer **vigorous-intensity activities**, such as jogging or swimming laps, you can receive similar health benefits with **75 minutes per week**.

The "Talk Test"

Not sure if you're exercising at the right intensity? **Try the Talk Test:**

- **Moderate Intensity:**

You can talk comfortably while exercising, but you're breathing harder than usual.

• **Vigorous Intensity:** You can only say a few words before needing to catch your breath.

Short on Time?

Don't worry! **Even 5 minutes** of activity is a great place to start. Every minute counts, and small changes can add up to big health benefits over time.

The most important thing is to find activities you enjoy and make movement a regular part

of your day. Whether you walk, run, dance, garden, or play with your grandchildren, **every step toward a more active lifestyle is a step toward better health.**

To create a personalized weekly activity plan and discover more ways to stay active, visit: <https://odphp.health.gov/moveyourway/activity-planner>

Check with your physician before beginning an exercise plan to see what level of activity is right for you.

Source: <https://odphp.health.gov>

Free On-Line Training:
Protecting Seniors Online:
Think Before You Click
 Wednesday, September 9, 2026
 1:00 PM - 4:00 PM



Older adults are increasingly being targeted by financial fraud, including impersonation scams, phishing emails, and other schemes designed to steal personal and financial information.

To help protect this vulnerable population from online scams, the Pennsylvania Office of Homeland Security, in partnership with the Pennsylvania Attorney General's Office, is hosting a virtual workshop on cybercrime prevention.

Speakers will include Pennsylvania Attorney General Dave Sunday, David Shallcross of the Senior Protection Unit, Mary Bach, Consumer

Issues Task Force Chair of AARP PA, Rick Cimasky, representing the PA Bankers Association and VP Bank Fraud & Security Officer with Penn Community Bank and former FBI Special Agent, and the Pennsylvania State Police.

Designed for older adults, caregivers, family members, and anyone who supports seniors, this informative session will provide practical tips for recognizing online threats, protecting against financial scams, safeguarding personal information, and knowing what steps to take if you or a loved one becomes the victim of fraud.



MID MON VALLEY TRANSIT

724-489-0880

The Mid Mon Valley Transit Authority (MMVTA) provides public transportation service to community riders through repetitive, fixed-schedule routes.

Services: Park & Ride Lots • Bike Racks
 Student Discounts • ADA Paratransit • Wi-Fi
 Free 65+ Transit Program Reduced Fare
 TraXster - Real Time Bus Information Services Alerts

USB PORTS

VULCAN FLYER FOR CALU STUDENTS!
 For more info, visit WWW.MMVTA.COM



Making a Difference

Rethinking Bed Rails: Prioritizing Safety in Long-Term Care

When a family member moves into a long-term care facility, keeping them safe from falls is always a top priority. It is very common for families to assume that installing bed rails, also known as side rails, is a smart way to prevent a loved one from rolling out of bed or wandering at night. While these metal or plastic bars are often used with the best of intentions, public health data shows that bed rails can introduce hidden, severe dangers for frail or confused older adults.

The biggest risk associated with bed rails is entrapment. An older adult

can easily slide or roll into the small gap between the mattress and the rail. If they are weak or disoriented, they may lack the strength to pull themselves out, which can lead to cuts, severe bruises, or life-threatening strangulation and suffocation. Furthermore, if a resident with dementia becomes determined to get out of bed, side rails will not stop them. Instead, they will often try to climb over the barrier, resulting in a much higher, more dangerous fall that can cause critical head injuries. Because thousands of people have been hurt or killed by these devices over the years, many care com-

munities are actively moving away from using them.

Fortunately, there are several effective, modern alternatives that keep residents secure without trapping them. You can work with your loved one's care team to request an adjustable-height bed that lowers almost completely to the floor during sleeping hours. Placing cushioned safety mats on the floor alongside the bed provides a soft landing zone if they do happen to roll out. For residents who just need physical support to sit up or turn, a secured vertical floor pole or an overhead bed trapeze can safely help them

reposition themselves and stand up independently. By discussing these safer alternatives with facility staff, you can protect your loved one's freedom of movement while ensuring their peace of mind.

We know that navigating the long-term care world can be tough, but your local Ombudsman is here to help!

You can contact your local Long-Term Care Ombudsman at:
 Fayette and
 Greene County:
 1-855-450-2274
 Mon Valley and
 Washington County:
 1-844-507-8898

Recipe of the month

Roasted Zucchini with Parmesan

Turn fresh zucchini into a delicious side dish with this quick and easy roasted Parmesan recipe.



Ingredients

- 2 Medium zucchini, cut into ½ inch thick rounds
- 2 Tablespoons extra-virgin olive oil
- ½ Teaspoon sea salt, plus more to taste
- ½ Teaspoon freshly cracked black pepper
- 1 Teaspoon garlic powder
- ½ cup grated Parmesan Cheese



Method

1. Preheat the oven to 450 degrees with a rack in the center position
2. In a large bowl, toss the zucchini with olive oil, salt, pepper and garlic powder
3. Arrange on a rimmed sheet pan in a single layer, top with the Parmesan cheese and bake for 5 minutes. Turn the oven broiler to High. Continue to bake until the cheese is golden brown and the zucchini is tender, about 2-3 minutes.

Source: <https://themodernproper.com/>



What Is Caregiving Fatigue?

Caring for an aging parent or loved one is one of the most meaningful things you can do, but it can also be one of the hardest. Over time, constant responsibility, worry, and emotional strain can take a toll. This is known as caregiving fatigue — a type of physical and emotional exhaustion that many caregivers experience but rarely talk about.

Caregiving fatigue (sometimes called caregiver burnout) happens when you are giving so much of yourself that there is nothing left in reserve. It often starts subtly, a few sleepless nights, skipping meals, or canceled social plans, but over time, it can grow into overwhelming stress or health problems.

The Cleveland Clinic defines caregiver burn-

out as a state of physical, emotional and mental exhaustion that happens while you're taking care of someone else. Research from the National Institutes of Health shows that long-term caregivers experience significantly higher levels of stress and anxiety, and that support networks can make a major difference in maintaining health and balance.

Common Signs of Caregiving Fatigue

Recognizing the signs early can help you take action before burnout sets in. According to Johns Hopkins Medicine, key symptoms include:

- Persistent fatigue, low energy, or frequent headaches
- Trouble sleeping or feeling constantly stressed or anxious
- Irritability, frustration,

or mood swings

- Withdrawing from hobbies, friends, or social activities
- Neglecting personal health or feeling like no one else can help

If any of these symptoms sound familiar, you are not alone, and there are ways to get support. Please see the section next to this article for dates, times and locations of support groups offered in our service area each month. Taking the time to recognize and address burnout is not selfish, it is one of the most loving choices you can make.

Sources: <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>. <https://pmc.ncbi.nlm.nih.gov/articles/PMC2791523/>. <https://www.hopkinsmedicine.org/about/community-health/johns-hopkins-bayview/services/called-to-care/causes-symptoms-caregiver-burnout>



Southwestern Pennsylvania
 Area Agency on Aging, Inc.

CAREGIVER SUPPORT GROUPS

This group provides support and education for people who are providing care to a loved one or for anyone interested in caregiving issues.

OPEN TO THE PUBLIC

MON VALLEY
 THIRD MONDAY OF EACH MONTH
 SPHS JBM Boardroom
 300 Chamber Plaza, Charleroi, PA 15022
 1 PM - 2 PM

WASHINGTON COUNTY
 FIRST TUESDAY OF EACH MONTH
 Gathering Room at First Christian Church
 615 E Beau Street, Washington, PA 15301
 1 PM - 2 PM

GREENE COUNTY ALZHEIMER'S CAREGIVER
 SECOND WEDNESDAY OF EACH MONTH
 Blue Prints Conference Room
 58 E Greene Street, Waynesburg, PA 15370
 1 PM - 2 PM

FOR GRANDPARENTS & OLDER ADULTS CARING FOR CHILDREN
 LAST WEDNESDAY OF EACH MONTH
 SPHS JBM Boardroom
 300 Chamber Plaza, Charleroi, PA 15022
 10:30 AM - 11:30 AM

Light Refreshments Served

INDIAN HEAD
 SECOND THURSDAY OF EACH MONTH
 Indian Head Church of God
 691 Indian Creek Valley Rd, Indian Head, PA 15446
 1 PM - 2 PM

WASHINGTON COUNTY ALZHEIMER'S CAREGIVER
 SECOND THURSDAY OF EACH MONTH
 Miraculous Medal CCD Activities Center
 280 Hallam Avenue, Washington, PA 15301
 6 PM - 7 PM

VIRTUAL SUPPORT

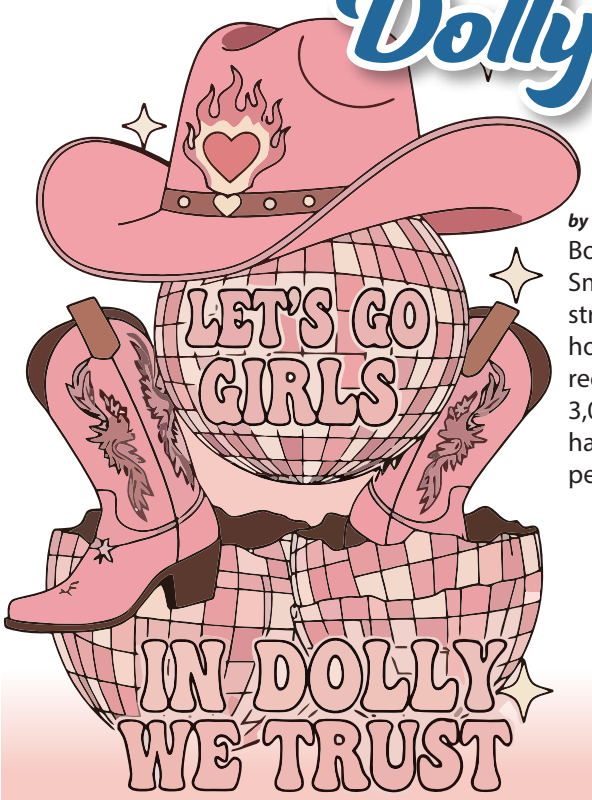


Scan QR Code
 for quick access

10 AM - 11 AM
 FEB 5 • MAY 7 • AUG 6 • NOV 5

August 5:

Dolly Parton DAY

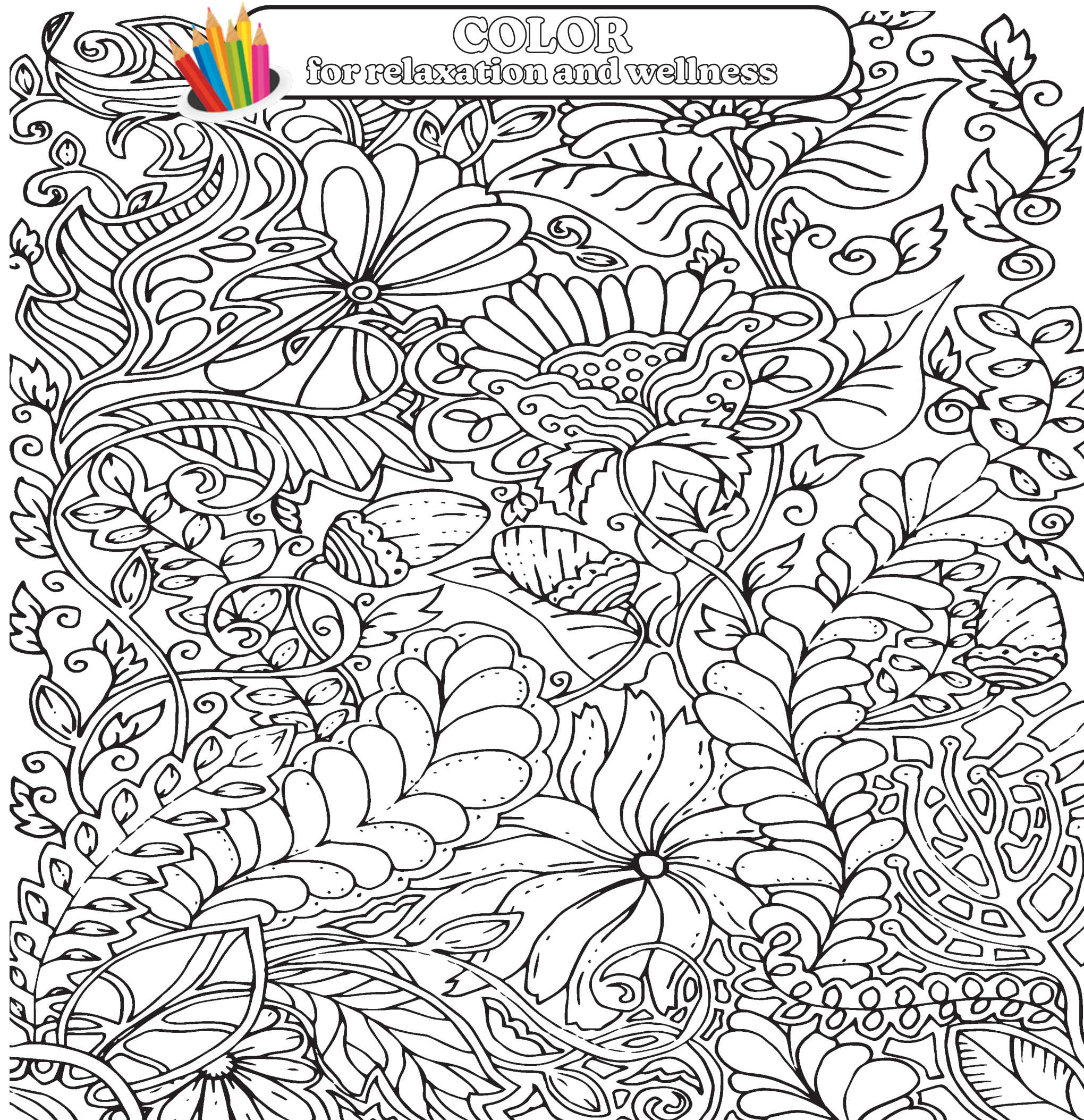


by Cindy Bartolotta
Born in a small cabin in the Great Smoky Mountains, Dolly's career has stretched over seven decades. She holds 11 Guinness World Records, recorded 66 albums and written over 3,000 songs. With a unique voice, she has reached professional levels some performers only dream about!



L I F E A C H I E V E M E N T A W A R D H
R E G N I S N I A T N U O M Y K O M S O A
E S P O G T S I P O R H T N A L I H P L L
T U O I O S C R O H T U A C T R E S S L L
I R P T D T A C I S U M Y R T N U O C Y O
R Y C A M R R R E N N I W Y M M A R G W F
W C U D O E L G R A N D O L E O P R Y O F
G Y L N T C D R E N G A W R E T R O P O A
N E T U H N E D T E N N E S S E E S E D M
O L U O E O A R A T S D O O W Y L L O H E
S I R F R C N N A M O W S S E N I S U B C
I M E L E V E N S I B L I N G S C I R Y L
B I L L B O A R D R E C O R D S C I S U M

- | | | |
|-------------------|------------------|-----------------|
| ACTRESS | FOUNDATION | MILEY CYRUS |
| AUTHOR | GODMOTHER | MUSIC |
| BILLBOARD RECORDS | GRAMMY WINNER | PHILANTHROPIST |
| BUSINESSWOMAN | GRAND OLE OPRY | POP CULTURE |
| CARL DEAN | HALL OF FAME | PORTER WAGNER |
| CONCERTS | HOLLYWOOD STAR | SINGER |
| COUNTRY MUSIC | LIFE ACHIEVEMENT | SMOKY MOUNTAINS |
| DOLLYWOOD | AWARD | SONGWRITER |
| ELEVEN SIBLINGS | LYRICS | TENNESSEE |
- See answers on page 18*



COLOR
for relaxation and wellness

Senior addiction recovery support

Let's travel
together
on your road to
recovery!

Our Programs:
Senior Housing
Substance Recovery

75 East Maiden Street,
Washington, Pennsylvania
15301, United States
724-986-7364
www.serenityfarmsinc.org



WHY CHOOSE? EAT SMART, MOVE MORE, WEIGH LESS!

FREE
to Adults 60 and Over

MAKE HEALTHY CHOICES ABOUT EATING AND PHYSICAL ACTIVITY



Get Informed, Empowered & Motivated!

- 15-week online program
- Trained and experienced instructor
- Real-time, interactive, weekly sessions

Eat Smart | Move More
Weigh Less
Online

For more information or to register:
Contact Kristen at 1-888-300-2704, ext. 4405
kjackson@swpa-aaa.org



Senior Community Center Notes

FAYETTE COUNTY

BROWNFIELD
291 Banning Road
Dawson, PA 15428
724-529-2530

-Corrine McKnight

... Happy Left-Handers Month... Our center meets on Wednesdays at 10 a.m. and enjoys activities including Wii bowling... We enjoy lunches provided by SWPA Area Agency on Aging... On the first Wednesday of each month, we hold our monthly meeting... On the second and fourth Wednesday of each month, ten games of bingo are called... On the third Wednesday of the month, we enjoy cake to celebrate birthdays. Happy August Birthdays to Scott Christner and Pau-

la Hart... Happy August Anniversary to Denise and John Zundell...

BROWNSVILLE CROSSKEYS
302 Shaffner Ave
Brownsville, PA 15417
724-785-6180

-Kimberly Stewart

... Summer is still in full swing at the Center... On Tuesdays, bingo is called at 10 a.m. We hope to see new friends... On August 5, we will enjoy Senior Citizens Day at the Fayette County Fair. A van will be available for transportation for anyone interested. Space will be limited. Please call for more information... We continue our search to fill our Wii bowling team, bring a friend and have a fun time learning something new... It's al-

ways a fun time at our center... Lunch is served Monday through Friday at 11:30 a.m... Hope to see all of you soon...

BULLSKIN
52 Medsger Road
Connellsville, PA 15425
724-887-0655

-Lisa Wilson

... On Mondays and Thursdays, lunch is served at 11:30 a.m. followed by Nickel Bingo. Please call or arrive by 10:30 a.m. to reserve a lunch... We welcome all seniors over 60 to become members. It is free to sign up... We have our pavilion, upstairs and downstairs halls available to rent for all events. Please contact the Center for rental rates... All members are invited to join us on Funday Fri-

days for some fun and relaxation... On August 3, Grocery Bingo will be called starting at 10 a.m... On August 10 and 27, we will enjoy a nutritional talk at 10:30 a.m... On August 13, we will hold our summer picnic at 10:30 a.m. Please bring a dish to share... On August 17, we will enjoy trivia with Joe at 10:30 a.m... On July 16, Jeff and Rich will join us with live entertainment at 10 a.m... On August 31, Bonus Bingo will be called following lunch... Follow us on Facebook at Bullsken Township Senior Center for more information...

CENTER ON THE HILL
100 Summit Road
Belle Vernon, PA 15012
724-930-8512

-Rick Swaney

... Are you looking for a place to chill out? Join us at our spacious air-conditioned facility and en-

joy food, fellowship, and fun. Don't let the summer heat get you down and keep you home... Senior Day at the Fayette County Fair will be held on August 5. You must enter the Fair between 10 a.m. and 2 p.m. Check out the event and other free days... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to the public, so bring a friend and enjoy the fun!... Join us Tuesdays from 9 a.m. to 12 p.m. to practice your strikes with Wii bowling. Also, on Tuesdays, enjoy our new chair exercise program at 10 a.m... On Wednesdays, we enjoy our weekly jam session at 11 a.m. Bring your instruments and your singing voice and join the group. If you don't play an instrument or sing very well, that's ok, come enjoy the talent!... On Thursdays from 9 a.m. to 12 p.m, you can sharpen your bowling skills with Wii bowling, or catch the afternoon session of chair exercises at 1 p.m... On Thursdays, Pinochle Club plays at 12:30 p.m. They are currently looking for new members. Come out and have some fun... One Thursday per month, the Canasta Club plays. Call Darlene Ondreijko at 724-929-7263 for more details... Monday through Friday is a great time to assemble puzzles, read a book, or just enjoy a cup of coffee and fellowship followed by lunch... Stop by and

see Roxi at the beauty shop on Thursdays during normal business hours for cuts, wash, and sets. Need a perm or color, call and make an appointment at 724-812-2560... Lunch is served Monday through Friday at 11:30 a.m. We would love to have you dine in with us. If you are interested in lunch, please call the Center at 724-930-8512 the day before to make your reservation... We are here to serve you, our local senior community. Let us know if there are topics you would like to learn more about, and we will seek out speakers. If you have a hobby or activity you would like to share or get a group together to share, let us know. Help us grow and serve our community better. Help make a difference!...

FAIRCHANCE CENTER IN THE BANK
67 West Church Street
Fairchance, PA 15436
724-564-0600

-Geraldine Bricker

... Greetings... We hope everyone is staying cool in this hot weather... All seniors over 60 are invited to join us on Fridays from 10 a.m. to 2 p.m. for a fun day. We enjoy guest speakers, Nickel Bingo and more... We would like to send our thoughts, prayers, and get well wishes to our president, Mary Ann David... Happy August Birthday to Barbara Haines, Michele Marano, Rose Salapek, Betty Miller, and Janet

Senior Community Center Notes

Bierer... In July, we enjoyed guest speakers who joined us to present programs on many important topics... Until next month. God Bless...

MASONTOWN
22 S. Main Street
Masontown, PA 15461
724-583-7822

-Donella Blair & Laurie Crawford

... Greetings. We hope everyone is enjoying this wonderful summer... On August 5, we will enjoy the Fayette County Fair Senior Day... On August 8, we will enjoy

our All-Around-Town yard sale, and as always, indoor tables will be available for rent at the Center. There will also be a bake sale and hot food available. Space is limited, so be sure to contact the Center at 724-583-7822 for details... On August 13, we will enjoy live entertainment... We enjoy guest speakers and bingo throughout the month... On Tuesdays and Thursdays, we have Tai Chi classes... On Wednesdays, we enjoy fellowship with Mrs.

Mary Swaney... Lunch is served Monday through Friday. A \$2 donation is suggested...

MOUNTAIN CITIZENS
Box 105
Farmington, PA 15437
724-329-4260

-Wanda Sherry

... Welcome to August 2026 in the beautiful Laurel Highlands and surrounding area... We encourage you to drive careful and enjoy our beautiful historic area... Our center opens every Tuesday and Thursday at 9 a.m. with a delicious,

preplanned hot lunch served on both days at 11:30 a.m... Join Virgil and Pam for exercise class from 9:15 to 9:45 a.m... On the second Tuesday of each month, we celebrate birthdays with a decorated birthday table and birthday cake. Our August birthday table will be decorated by Angela Bricker and Wanda Sherry. Our birthday celebrants this month are Virgil Chambers, Bryan Fonner, Susan Holly, Jim Means, Shirley Sigwalt, Elaine Swaney, and Bill Tissue... On Wednesday nights from 6 to 9 p.m., bingo is called. The kitchen is open with food available to purchase... For more information on events follow us on

Facebook or stop by the Center... Our center has an on-going flea market for members and guests to shop. If you have items you would like to donate, bring them to the Center on any Tuesday or Thursday... Our center accepts used batteries for recycling...

PERRYOPOLIS
P.O. Box 562
Perryopolis, PA 15473
724-736-2250

-Moira Kirk

... Hello August... Happy birthday to all our August birthdays... If you would like to get out and enjoy a healthy lunch, meet great people, and enjoy fun activities, come to our center... Lunch is served Monday through Friday at 12 p.m. Call

the day before by 12 p.m. to reserve your lunch... On Mondays, Wednesdays, and Fridays, bingo is called from 10 a.m. to 2 p.m... On Tuesdays and Thursdays, card club meets at 12:30 p.m... Every other Wednesday we enjoy guest speakers from Fayette County Community Action Agency who join us for fun games and healthy topics... For anyone who enjoys stretching, join us for chair exercises before bingo is called... We deliver home-delivered meals Monday through Friday at 10:30 a.m. If anyone is interested in volunteering to deliver, please give the Center a call. Have a blessed August!...

NOW LEASING!

Meadow Heights Apartments

Accepting Applications
62 years and older

144 N. Beeson Ave., Uniontown PA 15401

Community Amenities:

✓ Laundry Facilities ✓ Property Manager Onsite

Apartment Features:

✓ AC/Heat ✓ Cable Ready
✓ Kitchen/Oven/Refrigerator



724-438-3089

SENIOR SERVICE

FREE AND DISCOUNTED RIDES

Seniors 65+ can enjoy free bus rides and affordable door-to-door shared rides. Reliable transportation for seniors in Washington County, connecting you to the places that matter, from doctor's appointments to shopping and entertainment.



AFFORDABLE RIDES
Free fixed route bus and free or reduced shared rides



SERVICE AREA
Rides in Washington County and surrounding areas



Contact Us
724-223-8747



Visit Us
freedom-transit.org

ENHANCE FITNESS®

FREE TO OLDER ADULTS

EnhanceFitness is a group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals to get and stay moving (particularly those with arthritis). EnhanceFitness reduces the risk of falling and incorporates strength training to keep you strong and healthy.

- SPACE IS LIMITED •
- CLASSES FILLING FAST •
- REGISTRATION IS REQUIRED •

For more details or to register call the
Uniontown YMCA at 724-438-2584.



SOUTHWESTERN PENNSYLVANIA AREA AGENCY ON AGING



Pennsylvania
Department of Aging

Senior Community Center Notes

SMITHFIELD COLONIALS
14 Water Street
Smithfield, PA 15478
724-833-4371

-Janice Woods
... Happy August... What better way to enjoy summer than to spend a day at the Fayette County Fair. On August 5, join us for games, prizes, and good food. Thank you to those who put this great day together for us... On August 6, we will celebrate birthdays and anniversaries with cake and ice cream. Following the celebration, our exercise program will be led by Pam Anderson... On August 11, we will meet at Jamie Lynn's for breakfast at 10 a.m. Bring a friend and get to know us... On August 13, try your luck with Louise's

50/50 and Elaine's Basket Raffle. Blood pressure screenings will be conducted in the library with Bob Hileman and Patty Ann Burchard. Then we will welcome Melinda Bonderanko from the PA State Police Department to speak with us about scams targeting seniors and much more... On August 20, Steve will call Crazy Bingo... On August 27, Fun Day will be hosted by Betty Toth, Pam Anderson, Joyce Flowers, and Elaine Kessler... Join us every Thursday at the Center. The doors open at 10 a.m., the program begins at 11 a.m., followed by lunch at 12 p.m... Keep on celebrating the birthday of this great country and get out and enjoy those crazy days of sum-

mer... Stay cool...

GREENE COUNTY

JEFFERSON
190 Washington Street
Jefferson, PA 15344

-Colleen Valosen

... August is smack dab in the middle of the "dog days of summer", but hopefully, we won't be experiencing those hot, sultry days this year. Instead, if we're smart, we'll be headed towards a center for the AC and fun they promise... Here, we'll be cool, calm, and excited to welcome one and all to the Wednesdays we've planned... On August 5, we're going to have some fun as we observe when we were young. Those who wish to participate will bring in a picture of themselves as a teen. Those pictures will be displayed, and the challenge of the day will be to identify each one.

Maybe the welcome table will contain foods we enjoyed from those days, too. What fun to reminisce... On August 12, we will highlight County Fair Day. We're going to stage our own pie baking contest since our bakers are some of the best. We'll accept handmade pies that day (not store bought), and our panel of judges will determine whose culinary creations win a blue ribbon... On August 19, we will celebrate Aviation Day. We invite members and friends to bring in either a small wooden airplane (like those sold in dollar stores) or a paper airplane folded in the most aeronautical fashion possible. We'll have our own flyout and determine whose plane traveled the furthest. The Wright Brothers have nothing on us. The welcome table may be laden with "plane" bagels that morning with some tasty toppings... Our site council was in stitches as we decided to make August 26, show your scars day!

Some of us have many to show (or not show) and have fascinating stories related to each one. Listening to everyone's tales should get us to know one another even better, right? Think there will be someone with no scars at all? Join us and see! Would cold cuts on the welcome table be appropriate, why not?... There's crazy, fun stuff happening in all our senior centers around the county. Try to get out and sample what life as a senior citizen could be. There's lots awaiting you, don't cheat yourself... Have an awesome August everyone...

WASHINGTON COUNTY

BETH CENTER
PO Box 151,
316 Station St
Vestaburg, PA 15368
724-377-0000

-Renee Presto

... We can't believe we're celebrating August already. Where has the summer gone?... The Center is open Monday through Friday from

8:30 a.m. to 4:00 p.m. and lunch is served at 11:30 a.m. Our new meals have been a big hit. Your opinion matters, so please stop in and check them out. Please call 724-377-0000 the day before by 12 p.m. to reserve your meal... On August 3, Tyfini from Caring Mission will conduct blood pressure screenings at 10:30 a.m... On August 5, Bridget from SeniorLIFE will host Grocery Bingo at 12:15 p.m... On August 10, our monthly meeting will be held at 12:15 p.m. Come check us out and give some new ideas for events... On August 14, we will enjoy everyone's favorite Big Bingo at 12 p.m... We will enjoy some craft days as well. Call the Center for more information... We enjoy assembling puzzles, daily bingo, cards, chair exercises, verse of the day, and question of the day Monday through Friday... The Center is a place to be yourself, reminisce, and enjoy others. We would love to see some new, bright, smiling faces so stop in and have some coffee, lunch, play some games, relax, and enjoy...

CANONSBURG
30 E. Pike Street
Canonsburg, PA 15317
724-745-5443

-Jim Southern

... Summer is in full swing, and there's no better time to connect, laugh, and make memories together... On August 5, join us for root beer floats from Celebra-

Senior Community Center Notes

tion Villas at 10 a.m... On August 10, we will enjoy Craft Day with friends at 10 a.m... On August 12, Sam will host Grocery Bingo... On August 13, we will hold our monthly meeting at 10 a.m. We would love to have new and old members bring new ideas!... On August 21, we will conduct blood pressure screenings at 10 a.m... Also, on August 21, John from Aetna will join us with donuts at 10 a.m... Our open house was a great event and hope to have more events like it at the Center... Our center is more than just a place to gather, it's a place where friendships grow, memories are made, and everyone is welcome! Thank you for helping make our community so special... Until next month, stay safe, stay active, and remember there's always a seat for you here...

CENTER IN THE WOODS
130 Woodland Court
Brownsville PA 15417
724-938-3554

-Nanette Andre

... Greetings... Looking for a fun way to stay active, meet new people, and enjoy your community? Stop by the Center. We have no membership fees, and everyone is welcome... We offer a full calendar of weekly activities for older adults look-

ing to stay active and engaged... Each weekday, we enjoy walking club starting at 8 a.m... On Mondays, we play dartball at 12:30 p.m... On Tuesdays, we enjoy chair exercises at 11 a.m. and bingo is called at 12:30 p.m... On Wednesdays, we offer painting group at 10 a.m., Bible study at 10:30 a.m. and Yahtzee at 12:30 p.m... On Thursdays, chair exercises are held at 11 a.m., music jam at 12:30 p.m. and bingo is called at 12:30 p.m ... On Fridays at 12:30 p.m., join us for Euchre and Wii bowling... A nutritious lunch is served Monday through Friday at 12 p.m. Reservations are required at least one business day in advance by calling 724-938-3554... The Center is seeking volunteers to deliver meals to homebound neighbors. Those interested in giving back to the community can contact Elaine at 724-938-3554, ext.103... The center is a welcoming place for connection, wellness, and community coming together... Hope to see you soon...

CENTER ON MAIN
931 Main Street
Bentleyville, PA 15314
724-239-5887

-Hannah Burns

... August is here and we're soaking up every bit of summer at the

Center. Join us for good food, fun activities, and great company all month long. We can't wait to see you... Lunch is served Monday through Friday at 11:30 a.m. Please call by 12 p.m. the day before to reserve your meal... On Mondays, we enjoy Euchre at 10 a.m. and chair exercises at 10:30 a.m... On Tuesdays, weather permitting, we meet at Richardson Park to walk the track at 10:30 a.m... On August 3, we will hold our monthly meeting at 12:15 p.m. Members are encouraged to attend to find out what will be going on at the Center... On August 3 and 27, Bridget from SeniorLIFE will host Grocery Bingo... On August 5, Pat will conduct blood pressure screenings at 10:30 a.m... On August 7, Big Bingo is called at 1 p.m... On August 12, John Crnovic with Aetna will host Grocery Bingo at 10:30 a.m... On August 31, join us for a virtual presentation by AARP on safeguards to avoid social security fraud at 11 a.m... Please check our Facebook page, Bentleyville Senior Center, to find our current lunch menu, calendar of events, and daily activities available at the center...

CHARTIERS
2013 Community Center Drive
Houston, PA 15342
724-485-2126

-Rick Kauffman

...Our Business Meeting and Luncheon will have a Mexican theme on Tuesday, August 18, at 11 a.m. Chartiers Twp. Fire Chief Rob Fetty will give a presentation on fire safety. Our menu will include taco salad, fruit and desert prepared by the Canonsburg Senior Center. A \$2 donation is recommended. If you didn't fill out a reservation form at the last luncheon or have changed your plans, please call Debbie Mulshen (724-554-2485) by Thursday, August 13. Upcoming activities are: A Park Day for all seniors from Noon to 2 p.m. at Arnold Park with hot dogs, chips, beverages, games and entertainment; Keep Moving, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery Bingo, Friday, August 10, with grocery prizes provided at no cost by SeniorLIFE's outreach coordinator Bridget Borelli; Playing Cards, Tuesdays, 1-4 p.m.; Chair Yoga, Wednesdays, 11 a.m.; Game Days, Wednesdays, 12:30 p.m.; T.O.P.S., Wednesdays, 4:30 p.m.; Senior Crafts, Thursdays, August 13 & 27, 12:30 p.m. You can follow us on our Chartiers-Houston Senior Center Facebook page and also by accessing Chartiers Twp. Commu-

nity Center's website—www.chartiersparks.com ...For additional information, contact Mary Jane Stewart, President (724-745-8703); or Angela O'Connor, at the Chartiers Twp. Community Center...

CROSS CREEK VALLEY
28 Clark Avenue
Avella, PA 15312

724-587-5755

-Amy Dzurko

... August is like the Sunday of summer; warm, relaxed, and filled with simple joys. We hope you are enjoying these beautiful summer days! August is here, bringing sunshine, friendship, and plenty of reasons to stop at the Center... On August 9, Bridget from Se-

HEALTHY LIVES START WITH A GOOD NIGHT'S SLEEP.



AFFORDABLE HOUSING!
NOW ACCEPTING APPLICATIONS
for One & Two Bedroom Units
Fairchance Senior Housing
Two Bedroom Units + Market Units
55 & Older
Rent includes water, sewage & trash
Section 8 Vouchers Accepted
Applications Available at:
Fairchance Senior Housing Office
120 Fair Street
Fairchance, PA 15436
Please call 724-564-8016

EQUAL HOUSING OPPORTUNITY

TOWNVIEW
Health & Rehabilitation Center
SPECIALIZING IN
NURSING & REHAB
300 BARR STREET CANONSBURG, PA 15317
724.746.5040

Senior Community Center Notes

niorLIFE will host Grocery Bingo. As always, she brings a sweet treat for all to enjoy and prizes for everyone... We provide hot dine-in meals to seniors who come to the Center. Lunch is served Monday through Friday. A \$2 donation is suggested. Please call the day prior to reserve your meal... Our center remains a place to gather, laugh, share stories, and enjoy the company of friends old and new... We look forward to seeing you... Wishing you a month filled with sunshine, good health, and happy moments...

DONORA
683 Meldon Avenue
Donora, PA 15033
724-379-6446
- Calvalier LaRue

... Welcome to Au-

gust, the month where the sun's still blazing, vacations are in full swing, and everyone is in deep denial about summer slowly ending. So, squeeze every drop out of the warm month before fall creeps in... August is recognized as National Health Awareness Month. A time to pause and take a closer look at your well-being and the health of those around you. On August 12, to celebrate Health Awareness, the Center will host a mobile podiatry and blood pressure clinic in the parking lot from 10 a.m. to 2 p.m. Thank you to Centerville Clinics and their staff. This is a free event open to the public... Lunch is served Monday through Friday. Please call the

Center the day before to reserve a meal. A \$2 donation is suggested... The Center offers coffee hour from 9:30 to 10:30 a.m. Monday through Friday. Drop in and say hello... On Mondays and Wednesdays, bingo is called. Early bird is called at 12:30 p.m. followed by 13 regular games and 7 specials... On Tuesdays, Wii bowling fun starts at 12:30 p.m... On the last Wednesday of the month, we enjoy our money can drawing... On Thursday, meet us at the Center to help stuff envelopes for hospice at 1 p.m... On Fridays, we offer board games, cards, and puzzles. Come join in on the fun, or just stop by and say hello. We would love to meet you and we are always look-

Word Search Answers from page 12

L	I	F	E	A	C	H	I	E	V	E	M	E	N	T	A	W	A	R	D	H
R	E	G	N	I	S	N	I	A	T	N	U	O	M	Y	K	O	M	S	O	A
E	S	P	O	G	T	S	I	P	O	R	H	T	N	A	L	I	H	P	L	L
T	U	O	I	O	S	C	R	O	H	T	U	A	C	T	R	E	S	S	L	L
I	R	P	T	D	T	A	C	I	S	U	M	Y	R	T	N	U	O	C	Y	O
R	Y	C	A	M	R	R	R	E	N	N	I	W	Y	M	M	A	R	G	W	F
W	C	U	D	O	E	L	G	R	A	N	D	O	L	E	O	P	R	Y	O	F
G	Y	L	N	T	C	D	R	E	N	G	A	W	R	E	T	R	O	P	O	A
N	E	T	U	H	N	E	D	T	E	N	N	E	S	S	E	E	S	E	D	M
O	L	U	O	E	O	A	R	A	T	S	D	O	O	W	Y	L	L	O	H	E
S	I	R	F	R	C	N	N	A	M	O	W	S	S	E	N	I	S	U	B	C
I	M	E	L	E	V	E	N	S	I	B	L	I	N	G	S	C	I	R	Y	L
B	I	L	L	B	O	A	R	D	R	E	C	O	R	D	S	C	I	S	U	M

ing for new friends... The Center would like to wish happy birthday to Keith Yarbrough, Curtis Jacobs, June Myers, Susan Smith, and Shelia Teets...

McDONALD/CECIL
Cecil Township Municipal Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827
-Marlene Wilson

... August is here already, and we are near-

ing the end of summer. By the end of the month school bells will be ringing again... On August 11, John from Aetna will host Grocery Bingo at 10:30 a.m... On August 12, we will hold our monthly meeting at 12 p.m... On August 13, Sam will host Grocery Bingo at 10:30 a.m... On August 18, Kelly from Townview will host a horse racing activity at 10:30 a.m... On August 26, we will enjoy Craft Day... On September 9, the Washington County Picnic will be held at Mingo Creek Park from 10 a.m. to 3 p.m. The event is sponsored by the SWPA Area Agency on Aging in partnership with Aging Services of Washington County. Transportation will be provided. Please call the Center to reserve your space on the bus... Why not enjoy lunch with us while you're here? Check out our menu for any changes or additions...

MONONGAHELA
102 W. Main Street
Monongahela, PA 15063
724-258-9511
-Mickelina Smith

... On August 24, we will hold our spaghetti fundraiser. Please call the Center for more information... Lunch is served Monday through Friday at 12 p.m. Please stop down the day before by 12 p.m. to reserve your meal. A \$2 donation is suggested...

RIVERSIDE PLACE
303 Chamber Plaza
Charleroi, PA 15022
724-483-5800
-Alexis Lovas

... Hello August... We hope everyone is staying cool and comfortable this summer. Our town has cooling centers available for anyone who needs it... On Mondays and Wednesdays, we enjoy Zumba at 4:45 p.m... On Tuesdays, we enjoy golf cards at 10:30 a.m... On Wednesdays, Big Bingo is called from 1:30 to 3 p.m. Come and bring a friend... On Thurs-

Senior Community Center Notes

days, we enjoy Craft Day at 10:30 a.m. Come join them for some new ideas... On Fridays, we enjoy Euchre... On August 14, we will enjoy a cookout with entertainment... On August 21, we will be making our famous subs. Be sure to order in advance... Keep in touch for more news and our entertainment schedule...

VENETIA COMMUNITY CENTER
800 Venetia Road
Venetia, PA 15367
724-228-6996
-Shawn Arent

... Come join us at the Center for food, fun, and fellowship. We open at 11 a.m. the second and fourth Thursday of the month and lunch is served at 12 p.m. Please

call at least three days in advance to reserve your meal by calling 724-228-6996. Everyone is welcome... On August 13, Dan will host bingo... On August 27, Shawn will host an Educational Bingo... On September 9, the Washington County Picnic will be held at Mingo Creek Park from 10 a.m. to 3 p.m. The special event is sponsored by





Sheryl R. Heid,
Attorney at Law

Have you recently lost a loved one and need help settling the estate?

We're here to help.

Call us today.

Call for an appointment.
724-437-4700

ATTENTION SENIORS!

Thomas Campbell Apartments and Thomas Campbell North

Immediate openings for income based efficiency units in TCA

Applicants for TCA must be 62 years & older

Applicants for TCN must be 62 years & older or on disability



- Utilities Included
- On Site Resident Services
- Elevator Buildings
- On Site Laundry
- Section 8 Vouchers Accepted



724-225-2290 or 724-228-2855



SOUTHWESTERN PENNSYLVANIA AREA AGENCY ON AGING



Open your heart and your home.

Provide adults with a caring family by becoming a **Domiciliary Care provider!**

Domiciliary Care provides offer living arrangements in their own home for those unable to live alone because of physical or mental impairment. Provides relieve \$1,334.96 a month per individual in their home.

For more information scan the QR code of call 724-489-8083 ext: 4617 • 1-800-411-5655 ext. 4617



the SWPA Area Agency on Aging in partnership with Aging Services of Washington County... We look forward to seeing you this month and hope you'll join us for great food, fun activities, and good company...

WASHINGTON
69 W. Maiden Street
Washington, PA 15301
724-222-8566
-Amy Mieczkowski

... Hello August... On August 5, we will continue watching the gripping medical drama "The Pitt" season 1, episode 13 and 14 at 12:15 p.m... On

August 7, Tim Holeczy, Banking Manager, from WesBanko Bank will join us to present a program on fraud prevention... On August 12, we will enjoy live entertainment at 12:15 p.m. Hey Joe will return with country hits and some oldies... On August 19, come check out Music Bingo at 12:15 p.m... On August 28, Rachel from Caring Mission will conduct blood pressure screenings at 10 a.m... On August 29, Bridget from SeniorLIFE will join us for Grocery Bingo at 12:15 p.m...

On Mondays, we enjoy Mahjong at 12:15 p.m., we play dartball at 12:30 p.m., and enjoy Silver Sneakers® with muscle strength and cardio at 10:30 a.m... On Tuesdays, we play Euchre at 12 p.m. and Cornhole at 12:15 p.m... On Wednesdays, we enjoy Bible study at 9:30 a.m... On Thursdays, we enjoy Silver Sneakers® with cardio, muscle strength, and yoga starting at 9 a.m. and Card club (500 Bid) at 12:30 p.m... On Fridays, bingo is called following lunch...



Feel like you're "Rolling the dice" when it comes to choosing Medicare coverage?



can help increase your "odds" of choosing a health insurance plan that works best for you.

Our PA MEDI counselors offer free, confidential, unbiased assistance about Medicare health insurance and screenings for Medicare Savings and Extra Help Programs.

Call the Southwestern Pennsylvania Area Agency on Aging today at 724-489-8080, ext. 4438



Southwestern Pennsylvania Area Agency on Aging, Inc.



This project was supported, in part by grant number 2201PA000A-05 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

UNIONTOWN HOSPITAL



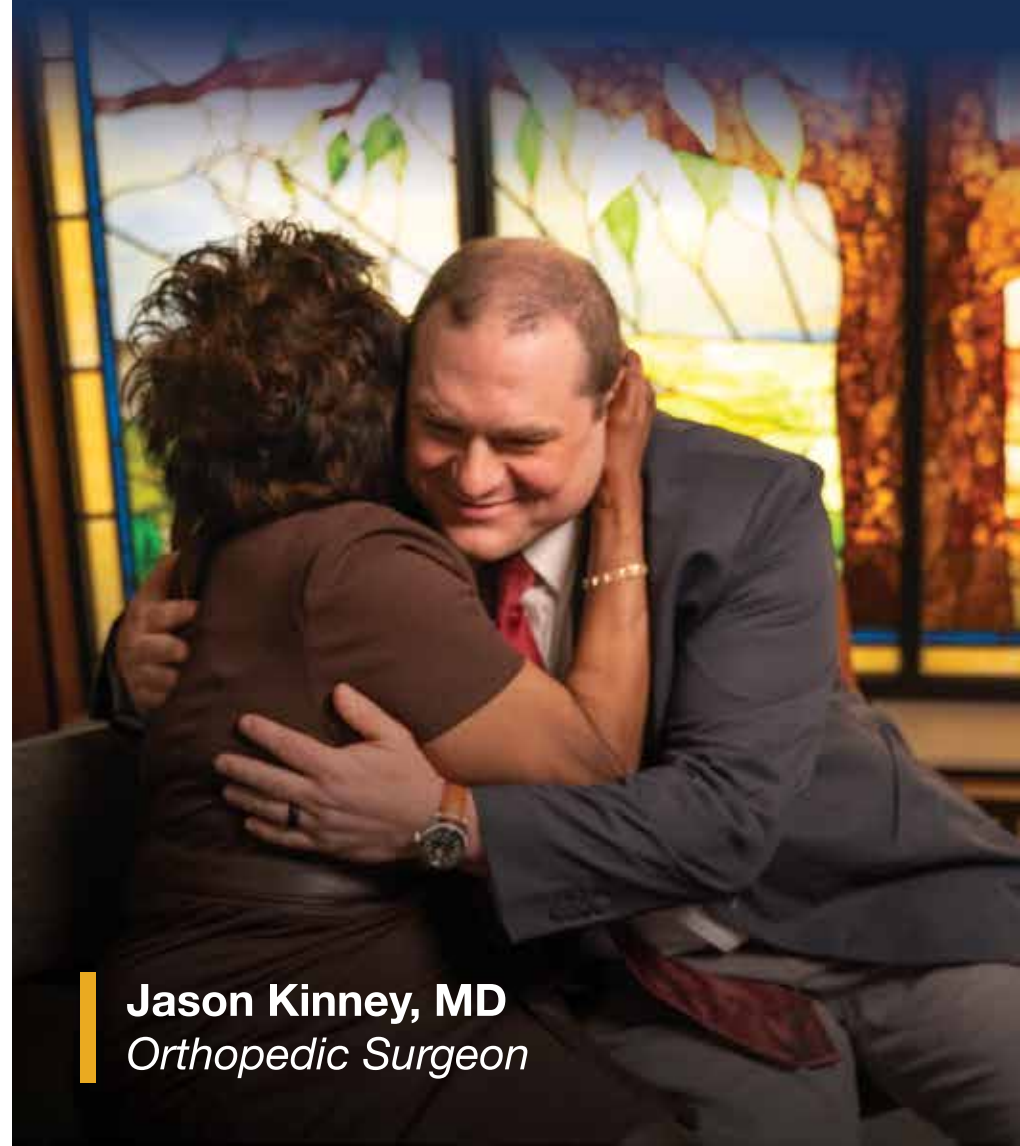
**“The music stopped
when I started
having knee pain.”**

Andrea Michaux
Connellsville



**Now I’m
singing
his praises.”**

WVUMedicine.org/Uniontown



Jason Kinney, MD
Orthopedic Surgeon