

SENIOR Times

Age Well, Live Long!

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

Est. 1974



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

Income Tax Preparation

The following locations
offer free basic tax preparation
and filing services. Most sites
operate by appointment only.
For more information, contact
the IRS at 1-800-829-1040 or
visit www.swpavita.com.

Fayette County
*The Volunteer Income Tax
Assistance Program at Fayette
County Community Action
Agency, 137 N Beeson Ave,
Suite 107, Uniontown, PA
15401*

- Appointments only
- Monday – Friday
- No Walk ins
- 724-430-6430

Greene County
*Blueprints VITA Program, 58
E. Greene Street, Waynesburg,
PA 15370*

- Appointments available on

Mondays, January 26 until
April 6.

- 1pm – 5pm
- No appointments are avail-
able on March 2.
- Must call 211 or 888-856-
2773 Monday -Friday,
7am-8pm to schedule an
appointment

Washington County
*Blueprints VITA Program,
150 W Beau Street, Washing-
ton, PA 15301*

- Appointments available on
Tuesdays, January 27 until
April 7, 4pm – 8pm
- No appointments are avail-
able on March 10
- Must call 211 or 888-856-
2773 Monday -Friday,
7am-8pm to schedule an
appointment

Center in the Woods, 130

*Woodland Court, Brownsville,
PA 15417*

- Appointments only
- Tuesdays, Wednesdays and
Fridays
- 724-938-3554 Ext. 108
*Riverside Place, 303 Chamber
Plaza, Charleroi, PA 15022*

- Appointments only
- Tuesdays starting February
9
- 724-483-5800
*The Bible Chapel, 300 Gallery
Drive, McMurray, PA 15317*

- No appointments. WALK-
IN ONLY – 1st Come; 1st
Served

- Mon thru Thursday, Feb-
ruary 9 – April 9, 8 a.m.- 1
p.m.

- Federal, State, Local Taxes
and Property Tax Rent/
Rebate forms prepared.

- Must bring: Last year's

tax return: ID for yourself
and spouse; Social Security
numbers, birthdates for
yourself/spouse/depen-
dents; all W-2/1099 tax
documents (including SS
1099), 1095 health care
statements and property tax
receipts. Both spouses must
sign joint returns.

- For information call only:
724-222-8566

FARMER'S
ALMANAC
FEBRUARY 2026

Temp. 37° (2° above
avg.); precip. 3.5" (1"
above avg. east, 1" be-
low west). 1-5 Heavy
snow east, rain to snow
west; turning very cold.
6-17 Sunny, then rainy
periods; turning very
warm. 18-23 Rain at
times, mild. 24-28
Snowy east, rainy west;
chilly.

NOTICE OF PUBLIC MEETINGS

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

March 3	June 2	November 19
May 5	September 1	December 1

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

February 18	June 17	October 21
April 15	September 16	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 _____

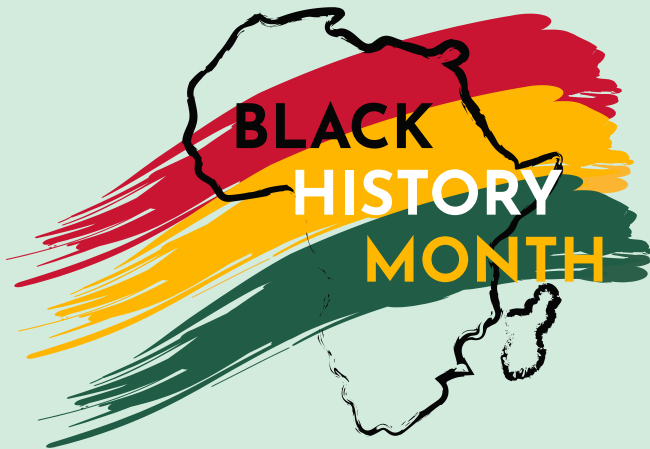
Email _____

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 Depart-
ment of State Bureau of Charitable Organizations by calling toll free, within
Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.



Celebrating Black History
Month 2026

The 2026 Black His-
tory Month theme “A
Century of Black History
Commemorations” was
announced by the Asso-
ciation for the Study of
African American Life and
History (ASALH’).

2026 marks a century
of national commemora-
tions of Black history. Dr.
Carter Godwin Woodson,
George Cleveland Hall,
William D. Hartgrove, Jes-
se E. Moorland, Alexander
L. Jackson, and James E.
Stamps institutionalized
the teaching, study, dis-
semination, and commem-
oration of Black history
when they founded the
Association for the Study
of Negro Life and History
(ASNLH) on September
9, 1915.

As part of the global
African diaspora, people
of African descent in the
United States have viewed
their role in history as crit-
ical to their own develop-
ment and that of the world.

Along with writing Black
histories, antebellum Black
scholars north of slavery
started observing the mile-
stones in the struggle of
people of African descent
to gain their freedom and
equality. Revealing their

connection to the diaspo-
ra, they commemorated
the Haitian Revolution,
the end of the slave trade,
and the end of slavery in
Jamaica. They observed
American emancipation
with Watch Night, Jubilee
Day, and Juneteenth cele-
brations.

Since the passing of the
founder, ASALH has con-
tinued his work, making
Negro History Week and
Black History Month an
even more deeply rooted
American institution. On
February 10, 1976, during
the United States Bicenten-
nial, President Gerald R.
Ford became the first pres-
ident to issue a message
recognizing Black Histo-
ry Month. Then in 1986,
Congress passed Public
Law 99-244 designating
February as Black History
Month. These efforts have

made February the month
when Black history finds
its way not simply into the
schools of the American
nation, but also into cul-
tural heritage sites (mu-
seums, archives, libraries,
parks, etc.), public squares,
workplaces, houses of wor-
ship, and homes across the
land and across the oceans.
These institutions offer
sites to discover and learn
more about African Amer-
ican history through pro-
gramming, camps, book
displays, and exhibitions.

For a more detailed
look at Black History
Month 2026, please visit
the Association for the
Study of African American
Life and History (ASALH’
) at [https://asalh.org/
about-us/](https://asalh.org/about-us/) about-black-
history-month/.

Source: [https://asalh.
org/black-history-themes/](https://asalh.org/black-history-themes/)

On Friday February 27, 2026, the Fay-
ette County Senior Action Council (SAC)
will host the 2026 Black History Celebra-
tion at William Hickman Post #762 (Trotter
American Legion) 209 Ridge Blvd. Con-
nellsville, PA 15425 from 11 a.m. to 2 p.m.
Reservations are required. Please call your
local SAC chapter to make reservations by
Feb. 9. Story and photos will appear in the
March 2026 *Senior Times*.

After my knee replacement
at UPMC Washington, I was
home in a matter of hours

Rob M.
Washington, PA
Proud Grandpa



When it became harder for Rob to keep up with his
granddaughter, he knew he needed a second opinion
for his knee pain. So he went to UPMC Washington,
where he found advanced joint care for everything
from sports injuries to chronic pain. He also had access
to the latest treatments, including same-day joint
replacement and innovative recovery techniques,
all without traveling far from home.

UPMC | WASHINGTON

Learn more about Rob's story at upmc.com/Washington

Property Tax/Rent Rebate Season is now open

The Department of Revenue opened the application period for the Property Tax/Rent Rebate program on January 15, 2026. The Department is accepting applications for rebates on property taxes or rent paid in 2025. Forms and instructions are available online on that date.

Eligible Pennsylvanians are encouraged to file their applications online through <https://mypath.pa.gov> 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.

NEW ELIGIBLTY TABLE FOR HOMEOWNERS AND RENTERS		
INCOME	MAX REBATE	
\$0 - \$8,550	\$1,000	
\$8,551 - \$16,040	\$770	
\$16,041 - \$19,240	\$460	
\$19,241 - \$48,110	\$380	

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 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

Property Tax/Rent Rebate preparation is being offered at the following locations in Fayette County:

(No appointment necessary)

Briarwood Apartments, March 17, 1-3 p.m.

Confer Vista Apartments, March 11, 10 a.m.-12 p.m.

Fort Mason Village, Feb. 17, 1-3 p.m.

Masontown Senior Center, March 24, 10 a.m. -12 p.m.

Meadow Heights Apartments, Feb. 18, 10 a.m.-12 p.m.

Meridian Point, Feb. 23, 10 a.m. – 12 p.m.

Mountain Citizen's Action Group, Feb. 5, 10 a.m. – 12 p.m.

Smithfield Satellite Center, Feb. 19, 11a.m.-12 p.m.

Uniontown Adult Recreation Center, Feb. 24, 10 a.m.-12 p.m.

Wynnwood Commons, March 16, 10 a.m.-12 p.m.

Property Tax/Rent Rebate Preparation is being offered at the following Senior Centers in Greene County: (No appointment necessary)

Bobtown, Feb. 18, 10:30 am

Carmichaels, Feb.16, 10:30 am

Jefferson, March 4, 10:30 am

Mt. Morris. Feb. 25, 10:30 am

Waynesburg, Feb. 23, 10:30 am

West Greene, Feb. 26, 10:30 am

How Diet and Physical Activity Impact Cancer Risk

How much do daily habits like diet and exercise affect your risk for cancer? More than you might think. Research has shown that certain dietary patterns and not being physically active are

key factors that can increase a person's cancer risk. Luckily, people can take steps to lower their risk.

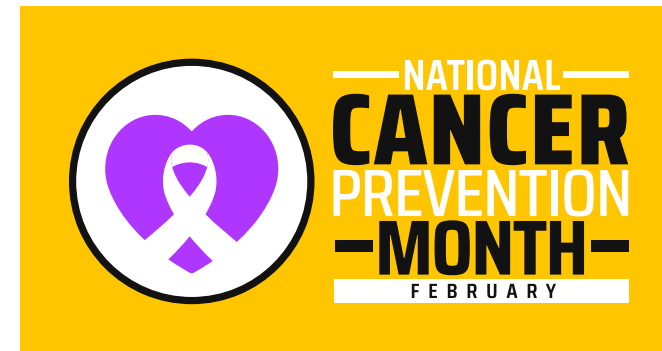
What is the link between diet and cancer?

Unhealthy eating habits

are linked to a higher risk of getting certain cancers and to cancer death. Key factors include:

- Eating too few fruits and vegetables
- Eating processed meats (like bacon, hot dogs, or lunch meats)
- Eating too little fiber
- Eating too much red meat
- Getting too little calcium

These risks can be significant. For example, eating processed meats is linked to about 1 in 8 colorectal cancer cases, and low fruit and



vegetable intake is linked to almost a third of cancers of the mouth, throat, esophagus, and voice box (larynx).

Ultra-processed foods (UPFs) like packaged snacks,

cakes, and cookies have been linked to weight gain and may increase cancer risk, as well as other health problems.

Eating a balanced diet can lower your cancer risk and improve your overall health. Replace refined grains, added sugars, and highly processed foods with whole grains, beans, vegetables, and fruits. Choose fish, chicken, and plant-based protein sources more often, and limit red and processed meats to help protect against cancer.

What is the link between

physical activity and cancer?

About 3 out of every 100 cancer cases are linked to not being physically active. Regular physical activity can lower the risk of many cancers, including colon, breast, kidney, uterus, bladder, esophagus, and stomach cancers. More evidence is available looking at the benefits of cardio exercise compared to strength training when it comes to cancer risk. However, many still recommend strength training to promote overall health.

Sitting or lying down too much while awake can raise the risk of colon, uterus, and lung cancer, and can increase the chance of dying from cancer. Even small changes help – replacing just 30 minutes of sitting with light activity can lower the risk of cancer death by about 8%.

Source: <https://www.cancer.org>

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



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

DO YOU HAVE BLACK LUNG? HAVE YOU BEEN SCREENED?



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



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.

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

Burial Benefit Update



A rule change at the Department of Veterans Affairs now allows Veterans to apply for burial in national cemeteries before their death, rather than requiring family members to apply on their behalf.

Veteran burial benefits previously were approved at the "time of need." For families, that meant waiting until the Veteran died to apply for the benefits via fax or email by sending in a copy of the veteran's DD-214 or separation documents and then following up by phone.

The rule change instead allows Veterans to be approved for burial in a VA National Cemetery "pre-need," or before death. This form can be filled out by the Veteran or with our office's help. Burial locations are assigned based on availability at the time of need. Although Veterans cannot reserve a gravesite, they can indicate a cemetery preference on the form.

The predetermination process qualifies Veterans for burial in 135 VA-operated cemeteries and 33 VA-operated Soldiers' lots

nationwide. The process does not include Arlington National Cemetery, which is operated by the U.S. Army and uses a different application system. In addition to burial in a national cemetery, the VA provides most Veterans who were not dishonorably discharged with a government headstone or marker, a burial flag, and a Presidential Memorial Certificate after death. Your local VA office may assist you: Fayette 724.430.1241; Greene 724.852.5275; Washington 724.228.6865.

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

National Wear Red Day the First Friday in February

The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day[®] each year on the first Friday in February to raise awareness about heart disease as the leading cause of

death among Americans, especially women.

Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity

- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk: • Don't smoke • Eat for heart health • Aim

for 30 minutes of physical activity at least 5 days a week • Ask your doctor to check your blood pressure, cholesterol, and blood glucose.

Source: <https://www.nhlbi.nih.gov/education/american-heart-month>



Understand Your Risk for Heart Disease

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person.

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

Risk factors for heart disease Include:

- High blood pressure
- High blood cholesterol
- Overweight or obesity
- Prediabetes or diabetes
- Smoking
- No regular physical activity
- A family history of early heart disease
- A history of pre-eclampsia
- Unhealthy eating behaviors
- Age 55 or older for women or age 45 or older for men

Each risk factor increases your chance of developing heart disease. The more risks you have, the higher your overall risk.

Some risk factors cannot be changed. These include your age, sex, and a family history of early heart disease (for example, if your father or brother was diagnosed be-



fore age 55, or your mother or sister was diagnosed before age 65). Many others can be modified. For example, being more physically active and eating healthy are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

Women and heart disease

Women generally get heart disease about 10 years later than men do, but it's still women's #1 killer. After menopause, women are more likely to get heart disease, in part because estrogen hormone levels drop. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not gone through menopause. Middle age is also a time when women tend to develop other risk factors for

heart disease, such as high blood pressure.

Preeclampsia, which is high blood pressure during pregnancy, raises your risk of developing coronary heart disease later in life. It is a risk factor that you can't control. However, if you've had the condition, you should take extra care to monitor your blood pressure and try to lower other heart disease risk factors.

You and your healthcare provider: A heart-healthy partnership

Risk factors such as high blood pressure or cholesterol generally don't have obvious signs or symptoms. A crucial step in determining your risk is to see your provider for a thorough checkup and risk assessment. Your provider may use a risk calculator to estimate your risk of having a heart attack, having a stroke, or dying from a heart or blood vessel disease in the next 10 years or throughout your life.

Your provider can be an important partner in helping you set and reach goals for heart health. Ask about your risk for heart disease at your annual checkup. Since your risk can change over time, keep asking each year.

Source: <https://www.nhlbi.nih.gov>

Your Financial Future

Gary W. Boatman
MBA, CFP

February may be known as the month of love, but one of the most meaningful expressions of love is planning for the long term, especially when it comes to family finances. True love isn't just flowers or cards; it's the foresight to ensure that a spouse and beneficiaries are protected for a lifetime, no matter what the future holds. Financial preparation means making intentional decisions about income, debt, insurance, beneficiary designations, and estate planning so loved ones are not left guessing or scrambling during an already emotional time. When families take the time to plan, they replace uncertainty with clarity and fear with confidence, an enduring gift that lasts far longer than Valentine's Day.

Women, particularly wives, face a disproportionate financial risk, which makes this planning even more important. Statistically, women live longer than men, are more likely to become widowed, and often experience a significant drop in household income after the death of a spouse. Many spend years earning less, taking career breaks to care for family, or relying on a spouse's pension or Social Security benefit that may be reduced at widowhood. At the same time, healthcare and long-term care costs often rise later in life.

This is why actions taken decades before can have a huge effect on survivor's lifestyles. My aunt who I lost last year had been a widow for thirty-three years. Decisions that my uncle made affected my aunt's income for a third of her life. One of the biggest is when to start taking Social Security. It is estimated that between 25-30% of people start taking SS at 62. For people born after 1960 this is over 30% less lifetime income or about \$110,000.00. Recipients like my aunt who lived to age 95 lose much more.

In fact, it is estimated that there are more than 100,000 people over the age of 100 in this country. This is why the fear of running out of money is many seniors' biggest fear. Currently it is estimated that only 15% of private company workers will receive a defined benefit pension unlike our parents or grandparents when the percentage was much higher. These pensions guaranteed a lifetime income like Social Security and possibly a survivor's benefit. Today's 401ks and IRAs do not guarantee this lifetime income if they are invested in the stock market.

Another important consideration when planning for survivors that most people forget is taxes. The widow's penalty is a major surprise to many families. Although Social Security and taxes are both gender neutral, fam-

ilies take a big financial hit upon the first death in a couple. This is because of three main components. First upon the first death one SS check is going to end. The good news is that it is the smaller one, but the bad news is many of the expenses do not go away. Property taxes, utilities and home maintenance will continue at the same level. Since Social Security is not 100% taxed after a death probably less of your income will get the SS tax discount. Also, when you can file tax returns as married filing jointly you get twice as much in personal exemption and each tax bracket is almost twice as wide. When these are combined, the surviving spouse total tax bill could increase 200 – 300%. You may be able to reduce this with good tax planning.

Retirement planning needs to be different than how you saved money during your working years. The rules completely change from when you are working. Unfortunately, many people and even financial planners do not make the necessary changes. Do not allow that to happen to your family. Without careful planning, a lifetime of shared love can unintentionally turn into years of financial stress for the surviving spouse. Preparing now is a powerful way for families to say, "I love you, not just today, but for the rest of your life."



In Medicine

We Restore Motion

Orthopedics

Our highly specialized team of fellowship-trained bone and joint experts offers an array of complex surgical and non-surgical procedures and therapies. At WVU Medicine **Uniontown Hospital Orthopedics and Spine Center**, we deliver a personalized approach to meet each patient's goals.

WVUMedicine.org/Uniontown

WVUMedicine

HEALTHY LIVES START WITH A GOOD NIGHT'S SLEEP.

zecliner
Live. Sleep. Be Well.

Sleep Score
121% reported increase in overall sleep quality

Power Headrest & Lumbar

Performance Fabric

Optional Heat & Massage

Optional Technogel® Cooling Pillow

Whether you are recovering from an injury, dealing with a chronic condition, or simply looking for a comfortable and convenient chair, Zecliner® is the ideal choice that provides you with the support and assistance you need.

LOWEST PRICE GUARANTEED!

MON VALLEY'S LARGEST DISPLAY OF LIFT CHAIRS

HIGHWAY
APPLIANCES - FURNITURE - MATTRESSES
724-326-5616
highwayappliance.com

2214 Route 88 DUNLEVY Exit #40 off Interstate 70

Protect Your Family and Yourself from Carbon Monoxide Poisoning

Carbon Monoxide Can Be Deadly

You can't see or smell carbon monoxide, but at high levels it can kill a person in minutes. Carbon monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of CO produced is usually not hazardous. However, if appliances are not working properly or are used incorrectly, dangerous levels of CO can result.

CO Poisoning Symptoms

Know the symptoms of CO poisoning. At moderate levels, you or your family can get severe headaches, become dizzy, mentally confused, nauseated, or faint. You can even die if these levels persist for a long time. Low levels can cause shortness of breath, mild nausea, and mild headaches, and may have longer-term effects on your health. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

Play it Safe

If you experience symptoms that you think could be from CO poisoning:

DO GET FRESH AIR IMMEDIATELY. Open doors and windows, turn off combustion appliances and leave the house.

DO GO TO AN EMERGENCY ROOM and tell the physician you suspect CO poisoning. If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.

A Few Words about CO Detectors

Carbon Monoxide Detectors are widely available in stores and you may want to consider buying one as a backup - BUT NOT AS A REPLACEMENT for proper use and maintenance of your fuel-burning appliances. However, it is important for you to know that the technology of CO detectors is still developing, that there are several types on the market, and that they are not generally considered to be as reliable as the smoke detectors found in homes today.

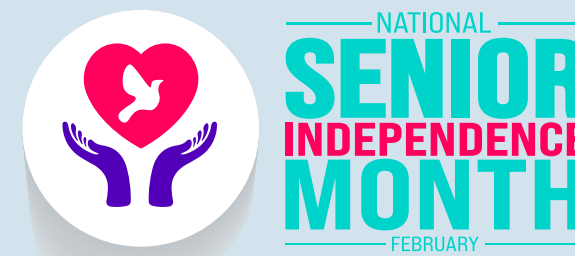
So What's a Consumer to Do?

Carefully follow manufacturers' instructions for its placement, use, and maintenance.

If the CO detector alarm goes off:

- Make sure it is your CO detector and not your smoke detector.
- Check to see if any member of the household is experiencing symptoms of poisoning.
- If they are, get them out of the house immediately and seek medical attention. Tell the doctor that you suspect CO poisoning.
- If no one is feeling symptoms, ventilate the home with fresh air, turn off all potential sources of CO - your oil or gas furnace, gas water heater, gas range and oven, gas dryer, gas or kerosene space heater and any vehicle or small engine.
- Have a qualified technician inspect your fuel-burning appliances and chimneys to make sure they are operating correctly and that there is nothing blocking the fumes from being vented out of the house.

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



Celebrating Senior Independence Month: Empowering Pennsylvania's Older Adults

February marks National Senior Independence Month, a time to honor and support the independence of older adults across Pennsylvania. The AAAs in PA are committed to ensuring older Pennsylvanians can maintain their autonomy and age comfortably in their own homes.

The Importance of Older Adult Independence

Independence is crucial for the well-being and dignity of older adults. It allows them to maintain control over their daily lives, preserve their sense of purpose and self-worth, and continue contributing to their communities.

Pennsylvania's AAAs encourage older adults to age-at-home by providing many of the resources they need to do so comfortably. **How We Can Support YOU**

Southwestern Pennsylvania Area Agency on Aging offers a wide range

of services designed to help older Pennsylvanians remain in their homes and communities, including:

- In-home and congregate meals
- Information and assistance
- Health and wellness programs
- Caregiver Support
- In-home personal care services

Southwestern Pennsylvania Area Agency on Aging also encourages older Pennsylvanians to stay active and engaged in their communities by being involved in a Senior Center. Our Senior Centers are located in Fayette, Greene, and Washington Counties. Senior Community Centers are places for older adults to gather with old friends, make new ones, enjoy a meal, or engage in a variety of activities.

Please contact the Southwestern Pennsylvania Area Agency on Aging for more information and resources at 1-800-734-9603 or visit <https://www.swpa-aaa.org/>

Source: <https://p4a.org>

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.



For advertising rates, contact Judi Dubs, Ads Manager at (412) 708-7328



BBB Tip: Protect yourself from tax scams in the U.S.

Tax scams are often as predictable as taxes themselves; they reappear each tax season with a slightly different spin, but the central theme is scammers posing as the Internal Revenue Service (IRS) trying to trick people into paying up or sharing personal information. Here are a few of the most common tax scams and red flags to watch out for:

IRS or CRA impersonation scams

These tax scams may start with a phone call and take two primary forms. In the first version, the IRS "agent" says you owe back taxes and pressure you into paying with a prepaid debit card or wire transfer. If you don't comply, the scammer threatens you with arrest and fines.

In the other version, scammers claim they are issuing tax refunds and ask you for personal information to send your refund. This information can later be used for identity theft. Scammers also use this approach to target college students by claiming a "federal student tax" has not been paid.

These impostors often go to great lengths to appear real. The scammer may give a fake badge number and name. If it's a phone scam, your Caller ID may show that the call comes from Washington, D.C. Con artists sometimes follow up scam calls with an email that uses the IRS logo, colors, and official-sounding language. Often, these scams start with a serious and official sounding "robocall" recording.

Scammers typically try to push you into action before you have time to think. The IRS will allow you to ask questions or appeal what you owe. Also, their first contact with you will always be by mail, not by phone or email.

Scammers may also demand that payment be made by wire transfer, prepaid debit card, or other non-traditional payment methods because these methods are mainly untraceable and non-reversible. The real IRS and CRA will never demand immediate payment, require a specific form of payment, or

ask for a credit card or debit card number over the phone.

The real IRS may call you about outstanding debts after reaching out through a letter in the mail.

Tax identity theft scams

Another tax scam to look out for is tax identity theft. This occurs when a scammer uses your government-issued identity number (Social Security number in the U.S. or Social Insurance number in Canada) to file a tax return in your name and collect your refund. It can also be someone using your information to get a job. Consumers don't usually realize they have been victims of tax identity theft until they get a written notice from the IRS or CRA saying that more than one tax return was filed or they were paid by an employer they don't know.

Email phishing scams

These emails appear to be from the IRS and include a link to a bogus website intended to mirror the official IRS website. These emails state, "You are to update your IRS e-file immediately." The emails sometimes mention USA.gov and IRS.gov (without a dot between "IRS" and "gov"). Don't get scammed. These emails are not from the IRS.

Mailing scams

The IRS warned taxpayers of a new mailing scam that tricks victims into believing they are owed a tax refund. In this scam, taxpayers receive a cardboard envelope from a delivery service, which includes a fake letter from the "IRS" about an unclaimed refund and asks for personal and financial information that scammers could use.

Tax relief scams

Scammers posing as tax relief experts claim they can settle your tax debt or secure special government programs, but their real goal is to collect large upfront fees or steal your personal information. These schemes often use official-sounding names, fake credentials, and high-pressure tactics.

Source: <https://www.bbb.org>

Living with Joint Pain: Q&A with Dr. Jason Kinney

Q: What are common sources of joint pain in older adults?

A: Joint pain can have multiple causes, including autoimmune diseases, gout, tendonitis, or bursitis. However, one of the most frequent sources of joint pain I see in patients is osteoarthritis, or the breakdown of cartilage over time, which commonly affects the hips and knees.

Q: When should someone experiencing joint pain seek treatment?

A: A patient should seek treatment if they experience severe and sudden joint pain, especially after a fall or trauma, if the joint shows signs of infection, including redness, swelling, being hot or tender to touch, or if the pain interferes with quality of life or activities of daily living.

Q: What is one thing you wish adults, who are dealing with joint pain, knew?

A: The first thing is that living a healthy lifestyle, exercising and stretching regularly, and maintaining a healthy weight can significantly help with joint pain and decrease the risk of osteoarthritis.

Something else I would highlight is the impact mental health conditions can have on pain levels. For example, depression and anxiety can increase pain sensitivity, reduce pain tolerance, and make people less active, which can lead to stiffness and muscle weakness. They can also interfere with sleep, worsening fatigue and making it harder to stick to treatment plans.

Q: What do you hear most often from your patients during their appointments?

A: I have many patients who suffered with severe hip and knee arthritis for many years without seeking help because they feared they would need surgery or that nothing could be done to help them because it was just "old age." Then, after they recover from surgery or have a positive response to nonoperative treatment, I often hear that they wish they had sought care much earlier.

If you are experiencing joint pain and want to speak with a skilled provider about the treatment plan that is right for you, schedule an appointment with Dr. Kinney today at **724-912-7533** or visit **WVUMedicine.org/Uniontown/Orthopedics** for more information.



WVUMedicine
UNIONTOWN HOSPITAL

ATTENTION SENIORS!

Thomas Campbell Apartments and Thomas Campbell North

Currently accepting applications for all units!

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



Giving Residents a Voice: Become a PEER!

For over 20 years, the Pennsylvania Department of Aging's Office of the Long-Term Care Ombudsman has given older adults a voice through the PEER Project.

PEER, which stands for Pennsylvania's Empowered Expert Residents, is a specialized advocacy pro-

gram that equips residents with the tools and expertise they need to advocate for both themselves and their fellow residents.

PEER empowers residents to speak up about the day-to-day and larger concerns facing long-term care residents and older adults. The PEERs work

with facility staff and their fellow residents to address and resolve issues, enhancing the quality of life and care for both themselves and for their neighbors.

Any resident of a long-term care facility, such as a nursing, personal care, an assisted living home in Pennsylvania can become a PEER. Certification includes ten hours of training in residents' rights, self-resolution, and the Long-Term Care Ombudsman Program. After successfully completing training, attendees are presented graduation certificates from the Pennsylvania Office of the Long-

Term Care Ombudsman, a starfish pin (the program's logo!) and a door sign.

If you or someone you know in a long-term care setting needs confidential assistance from the Ombudsman, please visit the Southwestern Pennsylvania Area Agency on Aging's website at <http://www.swpa-aaa.org> or call the Ombudsman closest to you:

Fayette and Greene County:
1-855-450-2274

Washington County:
1-844-507-8898

Always remember that Ombudsman services are confidential and free!



The PEER Philosophy

Resident focused

Give residents a voice

Provide a connection with ombudsman, volunteers and other PEERs statewide

Provide residents an opportunity to stay productive and involved

Honor PEERs through recognition events

From the PA Ombudsman PEER brochure



PACE/ PACENET

PACE

PACE/PACENET is Pennsylvania's state pharmaceutical assistance program. PACE/PACENET offers low-cost prescription medications to qualified PA residents, age 65 and older. PACE/PACENET income eligibility is determined by the previous calendar years gross income. If you have been previously denied by PACE/PACENET and your last years' income has changed, it's a good idea to reapply. To be eligible for PACE/PACENET, you must be 65 years of age or older; be a PA resident for at least 90 days prior to applying and not be enrolled in the Department of Human Services Medicaid RX benefit.

PACE income limits: Single person, total income must be \$14,500 or less; Married couple, combined

total income must be \$17,700 or less. PACENET income limits: Single person, total income can be between \$14,501-\$33,500; Married couple, total income can be between \$17,701 - \$41,500. To apply for PACE or PACENET, you can contact PA MEDI, which offers services in every county in Pennsylvania. PA MEDI will

screen you for PACE/PACENET and any other assistance programs, such as Extra Help or the Medicare Savings Program. Contact the local PA MEDI at 724-489-8080, ext. 4438. You can also contact PACE directly and apply over the phone by calling 1-800-225-7223 or complete an application online at pacecares.primetherapeutics.com or visit your local Area Agency on Aging for a paper copy of the form.



Creating Meaningful Moments Through Music

Music is a gentle and effective way caregivers can support the emotional, mental, and physical well-being of their loved ones. Music has a unique ability to reach people even when communication becomes difficult, offering comfort, familiarity, and a sense of connection. For individuals living with dementia, chronic illness, or emotional stress, music can help reduce anxiety, improve mood, and create moments of joy throughout the day.

One of the greatest strengths of music is its flexibility. Caregivers can easily incorporate music into daily routines without

special training or equipment. Playing familiar songs during meals, personal care, or quiet times can create a calming environment and help ease resistance to care. Singing together, clapping along, or gently moving to music can also encourage participation and self-expression.

Familiar music often has the strongest impact, especially songs connected to meaningful life moments. Music from a person's youth or early adulthood can spark memories, increase alertness, and promote conversation. Even when memories are unclear, the emotional response to music often remains, providing

reassurance and comfort during difficult moments.

Music can also help manage challenging behaviors such as agitation, restlessness, or withdrawal. Calm, slow-tempo music may help reduce stress and promote relaxation, while upbeat music can increase energy and motivation. Caregivers may find that music makes daily tasks feel smoother and more positive for both them and

their loved ones.

Just as importantly, music supports caregivers as well. Sharing music can strengthen bonds, reduce caregiver stress, and bring moments of peace into demanding days. Whether through personalized playlists or simple shared listening, music offers caregivers an accessible and meaningful way to enhance quality of life for everyone involved.



Do you feel overwhelmed or need assistance with caregiving? Join our virtual coffee talk from the comfort of your own home!

We explore different topics pertaining to caregiving such as wellness and burnout, dementia, legal services, insurance counseling, getting organized, tips for new caregivers and more!

GoToMeeting Web Browser
<https://gotomeet.me/kaylasnyder/csp-cgcoffeetalk>

Landline or Cellphone
+ 1 (872)240-3212
Access Code:
369-829-805



Sheryl R. Heid,
Attorney at Law



Find true love at the senior center, church or gym- not online. Protect your bank account and your heart!!

- Estate Attorney
Sheryl R. Heid

Call for an appointment
724-437-4700



Upcoming In-Person Caregiver Groups

For questions regarding the Caregiver Support Program or Caregiver Support Groups, please call 1-800-734-9603.

The SWPA AAA invites all caregivers to its upcoming meetings.

Open to the Public!

WASHINGTON

First Christian Church
Gathering Room
615 East Beau St.
Washington, PA 15301

TUESDAY
FEBRUARY

3

FROM 1:00
TO 2:00 PM

WASHINGTON ALZHEIMER'S SUPPORT GROUP

Miraculous Medal CCD
Activities Center
280 Hallam Ave,
Washington, PA 15301

THURSDAY
FEBRUARY

12

FROM 6:00
TO 7:00 PM

FAYETTE COUNTY

Fayette County Community
Action Agency
Building B Board Room
137 N. Beeson Ave.,
Uniontown, PA 15401

FRIDAY
FEBRUARY

13

FROM 1:00
TO 2:00 PM

GREENE COUNTY ALZHEIMER'S SUPPORT GROUP

Blue Prints Office
Conference Room
58 E. Greene Street
Waynesburg, PA 15370

WEDNESDAY
FEBRUARY

11

FROM 1:00
TO 2:00 PM

MON VALLEY

AAA Conference Room
300 Chamber Plaza,
Charleroi, PA 15022

MONDAY
FEBRUARY

16

FROM 1:00
TO 2:00 PM

PARKINSON'S

Abundant Life Church
1239 Brownfield Rd.
Uniontown, PA 15401

TUESDAY
FEBRUARY

24

FROM 1:00
TO 2:00 PM

GRANDPARENT'S SUPPORT GROUP

SPHS Board Room
300 Chamber Plaza,
Charleroi, PA 15022

WEDNESDAY
FEBRUARY

25

FROM 1:00
TO 2:00 PM

We hope to see you there!

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

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

MEDICAL STAFF

Colon/Rectal:
Steven Esser, MD

General Surgery:
Prakorb Isariyawongse, MD

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

Orthopedic/Spine:
Jocelyn Idema, DO

Pain Management:
Anthony Cuneo, MD

Ophthalmology:
Thomas Findlan, DO
Angela Gauthier, MD
Nisha Dhawlikar Gosai, MD
Anagha Medsinghe, MD
Julia Kisin Polat, MD
Aaron Wang, MD

Orthopedic/Spine:
Jocelyn Idema, DO

Podiatry:
Khoi Vo, DPM

Recipe of the month



Chicken Chile Stew

The ultimate comfort food, with lower saturated fat and cholesterol.



Ingredients

Nonstick cooking spray

3 lb boneless, skinless chicken (breast or leg), cubed

3 stalks of celery, chopped

1 medium tomato, diced

7 green chilies, roasted, peeled, seeded, and chopped

4 cloves garlic, peeled and crushed

Ground black pepper to taste



Directions

1. Spray a heavy iron skillet with cooking spray and preheat over medium heat. Brown the chicken cubes, in batches, with cooking spray as needed.
2. Place the meat in a 3- or 4-quart casserole (with cover) and add the remaining ingredients.
3. Deglaze the skillet: On high heat, add some cold water and scrape the hardened juices with a spoon or spatula to dissolve them into the water. Add the sauce to the casserole.
4. Add water to barely cover the ingredients. Cover the casserole, and simmer until the stew is thick and the meat is very tender, about 1½ hours.
5. Add black pepper to taste before serving.

Source: <https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/chicken-chile-stew>

TOWNVIEW
Health & Rehabilitation Center

SPECIALIZING IN
NURSING & REHAB

300 BARR STREET | CANONSBURG, PA 15317
724.746.5040

National Fettuccine Alfredo Day ~ February 7

by Cindy Bartolotta

It's been a long, cold winter. I don't know about you, but I think it's time to indulge in something soothing, decadent, cheesy and gooey. How about a plate of Fettuccine Alfredo with a side salad, garlic bread and a sweet Italian dessert.

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

CHEESE RAVIOLI

CHICKEN CASSEROLE

CHICKEN PEPPER

DIPS

FETTUCINE

GNOCCHI

HAM RAVIOLI BAKE

LASAGNA

MANICOTTI

MARINADE

PENNE BAKE

PESTO

PIZZA

PROSCIUTTO PASTA

SAUCES

SHRIMP

SOUPS

SPINACH

STUFFED SHELLS

TORTELLINI

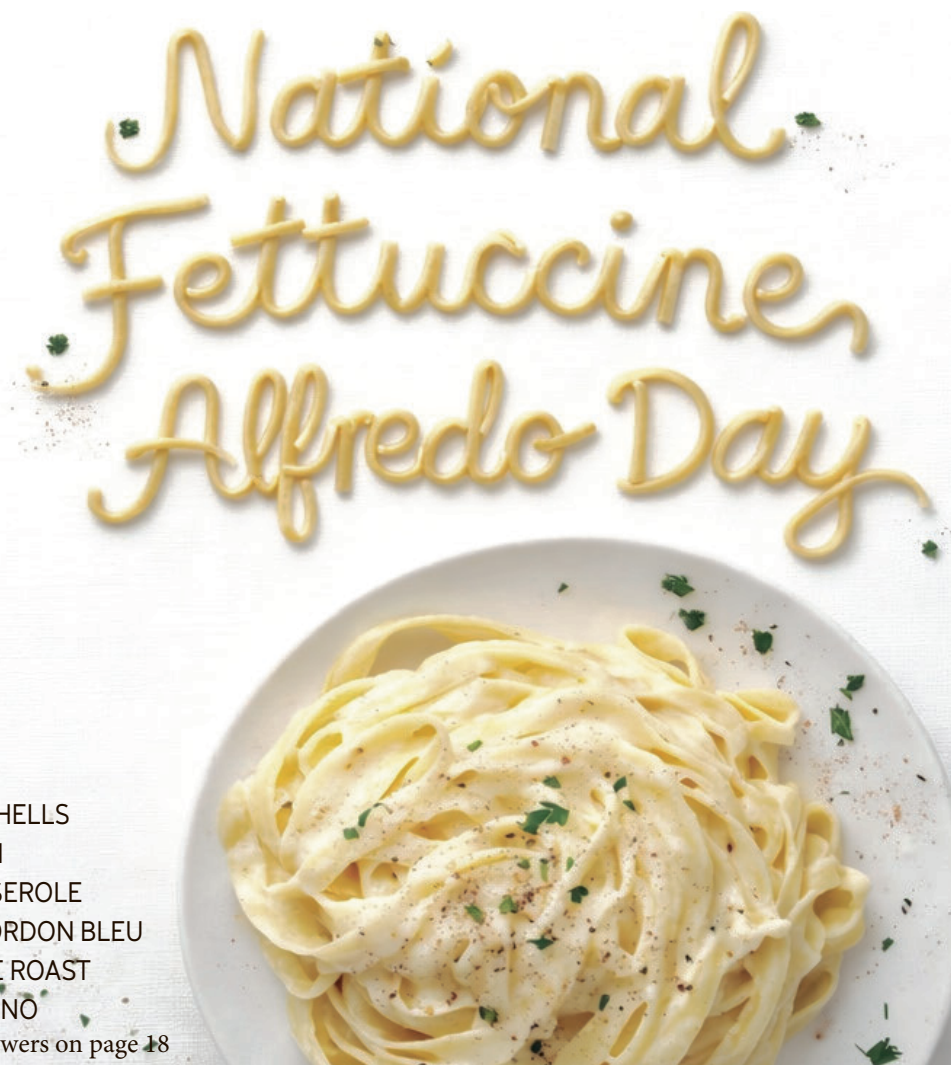
TUNA CASSEROLE

TURKEY CORDON BLEU

VEGETABLE ROAST

ZITI AL FORNO

See answers on page 48



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



SOUTHWESTERN PENNSYLVANIA
AREA AGENCY ON AGING



Pennsylvania
Department of Aging

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

pennsylvania
Medicare Education and Decision Insight

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.

pennsylvania
Medicare Education and Decision Insight

This project was supported, in part by grant number 2201PAMAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Color your way to relaxation and wellness



Senior Community Center Notes



FAYETTE COUNTY

BROWNFIELD

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

-Corrine McKnight

... Happy Valentine's Day!... 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 the month, ten games of bingo are called... On the third Wednesday of each month, we enjoy cake to celebrate birthdays...

In December, members had a CPR training with **Corinne McKnight** and **Thomas Williams**. Members were trained on the use of the defibrillator machine that is housed in our center... Happy February birthdays to **Donna Ellar, James McKnight, Barb Rozycki, and Brenda Baird**...

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 Fridays for some fun and relaxation... On Feb. 2, Grocery Bingo was called... On Feb. 7, we will hold our all-you-can-eat breakfast and bake sale from 8 to 11 a.m. The cost is \$12 for adults and \$6 for children under 12. Children under 6 eat for free. Veterans can eat for free with proof of military ID. Eat in or take out... On Feb. 9, **Kitty Bowers** will entertain us from 10 to 11 a.m... On Feb. 10, a

representative from Aetna will present a program on Medicare changes from 10:30 to 11:30 a.m... On Feb. 12, we will enjoy a Valentine's Day Party and potluck from 10 to 11:30 a.m... On Feb. 19, **Jeff and Rich** will perform music from 10 to 11:15 a.m... On Feb. 26, **DJ Mike** will entertain us from 10 to 11 a.m... 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

... Welcome February!... Join us on Feb. 12 for a Valentine's Dance from noon until 2 p.m. Come and bring a friend for an afternoon of music, dancing and fellowship! Please sign up by Feb. 6... 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. Stop by and join the fun!... Join us Tuesday through Friday mornings to assemble puzzles, read a book or just enjoy a cup of coffee and fellowship followed by lunch... 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, Pinochle Club plays at 12:30 p.m. They are currently looking for more members. Come out and have some fun... One Thursday per month, the Canasta Club plays. Call **Darlene Ondrejko** at 724-929-7263 for more details... Stop by and see **Roxi** at the beauty shop on Thursdays during normal

center hours for cuts, wash and sets. Need a perm or color, call to 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 better serve our community... Help make a difference for people like you...

FAIRCHANCE CENTER IN THE BANK



FREE TO OLDER ADULTS



and



1 YMCA Drive, Uniontown

Call 724-438-2584 for more information or to register

Enhance@Fitness and Tai Chi for Arthritis are group exercise programs for older adults that use simple, easy-to-learn movements that motivate individuals to get and stay moving (particularly those with arthritis).

Enhance@Fitness reduces the risk of falling and incorporates strength training to keep you strong and healthy.

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



Southwestern Pennsylvania Area Agency on Aging



Senior Community Center Notes

67 West Church Street
Fairchance, PA 15436
724-564-0600

-Geraldine Bricker
... Greetings. Here we are beginning a new year. We have acquired five new members since our center was repaired... In December we enjoyed a catered dinner for Christmas... In January, we enjoyed My Plate Bingo and nutritionist **Rosemarie** from Community Action as our speaker... We meet on Fridays at 10 a.m. We start with the Pledge of Allegiance, the Lord's Prayer and a devotional reading by **Mary Ann David**. We enjoy a 50/50 drawing and Nickel Bingo is called. Bingo is \$.05 a card and covers

all for \$.25 a game... Happy belated January birthdays to **Terry Eicher, Donna Guthrie, Betty Mills II and Rob Myers**... Happy February birthdays to **Art Adams and Darlene Lewellen**... Everyone stay warm and God bless you all...

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

... Welcome to February 2026 in the beautiful Laurel Highlands and surrounding areas... During the winter months, when Uniontown School District is closed or on a two-hour delay, our center will be

closed... Our center opens on Tuesdays and Thursdays at 9 a.m. and lunch is served at 11:30 a.m... On Tuesdays and Thursdays, we enjoy exercises with **Virgil and Pam Chambers** at 9:15 a.m. to get the body moving... Also, on Tuesdays and Thursdays, bingo is called unless there are special activities planned... On the second Tuesday of each month, we celebrate members birthdays by decorating a birthday table and enjoying birthday cake. This month our birthday table will be decorated by two volunteers. Happy February birthdays to **Isaac Burnsworth, Kathleen Garber, Janet Horr, John**

Lear, Brian Merkel, Debra Molisee, Ron Steimer, and Danny Thomas... Our center has an ongoing flea market for members and guests to shop. If you have items you would like to donate just 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 February... Feel free to stop in for fun times and good food!... Our center is cozy and inviting. All are welcome!... Lunch is served Monday through Friday at noon with a suggested donation of \$2. Please reserve your meal by noon the day before... On Mondays, Wednesdays and Fridays, bingo is called from 10 a.m. to 2 p.m... On Tuesdays and Thursdays, our card club meets at 12:30 p.m... This month we celebrate Valentine's Day with a Valentine's Bingo on Feb. 9 with prizes and treats!... Have a blessed month...

SMITHFIELD COLONIALS
14 Water Street
Smithfield, PA 15478
724-564-2934
-Janice Woods

... Happy February to everyone!... We will start the month off by celebrating birthdays and anniversaries, congratulations to

all. Then take a chance on **Louise's** 50/50 and buckle up for some fun exercises with **Pam Alderson**... Join us at the Diner on Main on Feb. 10 for breakfast and good friends... On Feb. 12, we will take a chance on **Elaine's** basket raffle and **Louise's** 50/50. Blood pressure screening will be conducted in the library and the fun begins. Bring your favorite sweetheart and party with **Vivian Galika** for Valentine's Day... On Feb. 19, **Steve** will be back with Crazy Bingo... On Feb. 26, we will enjoy Fun Day. Test your creativity and sense of humor as we join together to write a new story... We meet on Thursdays at 10 a.m. Come and make new friends...

GREENE COUNTY
CARMICHAELS
125 Municipal Road
Carmichaels, PA 15320
724-491-2011
-Stacy Stroman

... Cold days are better when we spend them together so join us this February... We're open Monday through Friday from 8:30 a.m. to 1:30 p.m. Bingo is called at 11 a.m., lunch is served at 11:30 a.m., and exercise equipment is available for use... On Monday, Wednesday, and Friday, we enjoy playing pool in the mornings and we just added a third table... On Feb. 13, we will celebrate Valentine's Day,

be sure to wear your red!... Be sure to call 724-491-2011 to reserve your lunch the day prior... Come be part of our February fun!...

JEFFERSON
190 Washington Street
Jefferson, PA 15344
-Colleen Valosen

... As we take our second big step into 2026, our Site Council is determined to not only add variety to our Wednesdays, but continue to with some old favorites themes as well... On Feb. 4, we will combine our love of good food and good football. Soup-er Bowl Wednesday will be full of crockpots of various delicious homemade soups as an extra appetizer along with some tasty breads. We'll also take part in a football pool for the game... On Feb. 11, the high school class will stop in and spearhead activities centered on Make a Friend Day. We seem to always have great attendance on the days that they're in charge, but there's always room for a few more... A Mardi Gras will be in full swing on Feb. 18 before lunch. The mood will switch to a Lent-like day then as we dine on a meatless lunch for the start of Easter preparation. Our Mardi Gras will find us wearing purple, gold and green as well as masks and lots of beads. A King Cake will provide a sweet treat as we enjoy our morning coffee and wait to see who finds the hidden baby... On Feb. 25, we decided on Pittsburgh Penguins Day. One of our valuable members is a Penguins fan extraordinaire and we can't wait to share her enthusiasm that day. We'll be wearing our Penguin shirts or black and gold, trying our skill at scoring a goal, and waddling in to earn a

Senior Community Center Notes

chance to win a prize. Crab and shrimp appetizers may appear on our welcome table alongside penguin crackers... Enjoy this short month with us or with a center near you!...

MT. MORRIS
Box 43
Mt. Morris, PA 15449
724-324-5396
-Stacy Stroman

... February is a month for friendship, fun and feeling connected... We are open on Wednesdays from 8 a.m. to 2 p.m... Each week we have delicious coffee and donuts available... Fellowship begins at 10 a.m... Lunch is served at 11:30 a.m... On Mondays, we enjoy line dancing starting at 5 p.m. at no cost... On Feb. 6, a Special Bingo will be called from 10 a.m. to 12 p.m. Two paper cards for \$1. Winner takes half... Do you enjoy reading? Our center's book club will meet on Feb. 10 at 6:30 p.m. and our Sunshine Book Club convenes on Feb. 24 at 10 a.m... Please be sure to call 724-324-5396 to reserve your lunch as we continue to grow and want to ensure that everyone receives a meal... Come enjoy good conversation and great company!...

WAYNESBURG
1505 Morris Street
Waynesburg, PA 15370
724-627-6366
-Betty Grove

... Happy New Year to all!... Our center is currently closed due to remodeling. We will be back to regular business when it is completed... We are serving meals, so you can come

to the Center for lunch in the dining room. You can also assemble puzzles and play a few games until they move us around to complete more work... Hope to see you soon. God bless you all... Until next time...

WASHINGTON COUNTY
BENTLEYVILLE
931 Main Street
Bentleyville, PA 15314
724-239-5887
-Hannah Burns

... February may be the shortest month of the year, but it's full of heart!... As winter continues, we're looking forward to cozy gatherings, fun activities, and plenty of reasons to smile together at the Center!... Lunch is served Monday through Friday at 11:30 a.m. Please make your reservations a day in advance to reserve your meal... On Mondays, we enjoy chair exercise at 11:30 a.m... On Feb.

2, we held our monthly meeting... On Feb. 3, **Pat** conducted blood pressure screenings... On Feb. 6, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Feb. 10, Quarter Bingo will be called at 10:30 a.m... On Feb. 13, we will enjoy a Valentine's Day Sock Hop at 12:30 p.m. Step back in time with our Sock Hop Party! Enjoy familiar tunes, lighthearted games, and good company. It's sure to be a fun and festive time at the Center... On Feb. 19, **Jamie** from Amedisys will host a round table discussion at 10:30 a.m... On Feb. 24, we will enjoy Game Day at 10:30 a.m. Join us for cards, dominos, Yahtzee, scrabble, LRC, or you are welcome to bring your own!... Check out our Facebook page to keep up to date with what's going on at the Center!... We can't wait to see you!...

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



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

... February, the month of love, and we love being together at the Center making friends and memories that are cherished the most... On Feb. 4, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Feb. 9, we will hold our monthly meeting at 12 p.m. Please feel free to stop in and see what we are all about... On Feb. 11, we will enjoy a Valentine's Day craft at 12:15 p.m. Come on in and wrap your heart with love... On Feb. 13, celebrate a day of love with Big Bingo at 12:30 p.m... We also are planning on visits from **George** from Highmark, **Jamie** from Amedisys and Fairway Florals. Stay tuned for updates... Lunch is served Monday through

Friday at 11:30 a.m. Please make your reservation a day in advance to reserve your meal... On Mondays, Wednesdays and Fridays, exercise classes are held at 7 p.m... On Tuesdays, join us for movie and game day, chair exercises, bingo, puzzles, and card games.

BURGETTSTOWN
200 Senior Way
Burgettstown, PA 15021
724-947-9524
-Kristin Frazier

... Think Spring! We are looking forward to sunny skies and longer, brighter days ahead... On Feb. 11, Day craft at 12:15 p.m. Come on in and wrap your heart with love... On Feb. 13, celebrate a day of love with Big Bingo at 12:30 p.m... We also are planning on visits from **George** from Highmark, **Jamie** from Amedisys and Fairway Florals. Stay tuned for updates... Lunch is served Monday through

Mahjong is played at 1:30 p.m... On Wednesdays, 500 Bid is played at 12 p.m... On Thursdays, Euchre is played at noon... On Fridays, bible study is held at 10:30 a.m., bingo is called at 12 p.m and Silver Sneakers' starts at 2 p.m... Lunch is served at 11:30 a.m. Please call 724-947-9524 a day in advance to make your lunch reservation...

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

... We hope everyone is adjusting to the new year!... February is a busy and exciting month... On Feb. 4, **George** from Highmark will host bingo at 9:30 a.m... On Feb. 9, we will welcome back our Canon McMillen art students after lunch for a multigenerational art project!... On Feb. 11, **Sam** will host Gro-

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

**COMMUNITY LIFE**
Living Independence for the Elderly



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

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

**USB PORTS**

**Swift AUDIOLOGY**
Celebrating 38+ Years
Serving the Greater Pittsburgh Area

**Now Accepting New Patients!**

Helping our Neighbors hear their best is our passion and privilege.

Since 1987 thousands have trusted us - and we'd love to welcome you too.

Debra Swift - Founder of Swift Audiology

Following a comprehensive hearing evaluation, we invite you to take our Hearing Aid Test Drive —No Commitment or Deposit Required.

Call 724-222-9010 to schedule your appointment and experience for yourself how hearing well can make a difference in your overall health.

 **facebook**  **BBB Rating: A+**    **Care Credit accepted, and financing options are available.** **3 Locations Serving the Greater Pittsburgh Area**
Washington • South Hills • North Hills





Senior Community Center Notes



cery Bingo at 10:15 a.m.... On Feb. 12, we will hold our business meeting at 10 a.m.... We will celebrate in spirit for Valentine's Day on Feb. 14 since we will be closed that day... On Feb. 18 at 9:30 a.m., we will welcome **Elizabeth Cope**, daughter of legendary broadcaster **Myron Cope**. **Elizabeth** will share stories and insights into **Myron's** lasting impact of the Pittsburgh Steelers, local sports culture, and generations of fans. The 50th anniversary of the Terrible Towel is upon us and she will share its story as well as his memorable catch phrases, including his beloved "Yoi!" The event is open to members

as well as guests!... On Feb. 25, **Kelly** from Townview will host horseraces at 10:15 a.m....

CENTER IN THE WOODS

130 Woodland Court
Brownsville PA 15417
724-938-3554

-**Nanette Andre**

...Greetings!... We offer a full calendar of weekly activities for older adults looking to stay active and engaged... Each weekday our walking club starts 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, enjoy chair exercises at 11 a.m., music jam at 12:30 p.m. and bingo is called at 12:30 p.m.... On Fridays, join us for Euchre at 12:30 p.m.... Lunch is served Monday through Friday at 12 p.m. Reservations are required at least one day in advance by calling 724-938-3554... On Feb. 13, we will enjoy a Valentine's Celebration at 11 a.m.... On Feb. 23, we will hold our 5th Annual Winter Games at 11 a.m.... Our 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

Word Search Answers from page 13

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

remains a vibrant place for connection, wellness, and community service...

CHARTIERS TOWNSHIP

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

-**Rick Kauffman**

... Instead of our regular business meeting and luncheon, we will have a potluck on Thursday, February 19, at 11 a.m. Bring a dish to share. Upcoming activities are: Keep Moving exercise class, Mondays, 1 p.m.; Bingo, Tuesdays & Fridays, 10 a.m.; Grocery Bingo, Friday, February 13;

10 a.m., hosted by **Bridget Borelli**, SeniorLIFE's outreach coordinator, there is no charge and groceries are provided by **Bridget**; Playing Cards, Tuesdays, 1-4 p.m.; Card Making, Tuesdays, February 10 & 24, 5-7 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, February 12 & 26; 12:30 p.m.; You can follow us on our Chartiers-Houston Senior Center Facebook page and also by accessing the Chartiers Twp. Community 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 (724-485-2126)...

CROSS CREEK VALLEY

28 Clark Avenue
Avella, PA 15312
724-587-5755

-**Rita Grubbs**

... February may be chilly outside, but it's always warm and welcoming at the Center. There's always something happening at the Center, and February is no exception!... One of our favorite events returns this month. On Feb. 18, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. **Bridget** will bring the donuts and we'll have fresh coffee ready. Together we will enjoy bingo, smiles and great company... On Mondays, we play Pokeno after lunch and it's the perfect way to start the week. If you've never played before, don't worry, we're happy to teach you... On Wednesdays and Fridays, bingo is called following lunch, a favorite tradition that brings plenty of excitement and friendly competition. Everyone is welcome... Lunch is served Monday through Friday at

Senior Community Center Notes



11:30 a.m. A \$2 donation is suggested for those 60 and older. To help us prepare, please call at least one day ahead to reserve your meal... February is a wonderful time to reconnect, share a laugh, and enjoy the comfort of community. We look forward to seeing you at our center, where friends gather, and fun is always on the schedule... Check out our Facebook page for our menu and schedules...

DONORA

683 Meldon Avenue
Donora, PA 15033
724-379-6446

-**Calvalier LaRue**

... February is the month of love, so we encourage you all to do something daily that makes someone feel inspired and loved... February can often seem like a difficult month. It's the last month of winter, so you may be fed up with waking up on cold, dark mornings, but just think of how lovely it is to warm up your hands with a hot drink after you've been out in the cold. Or how reassuring it is to curl up under a warm blanket on the sofa and just relax by reading a book or watching a movie. We can still enjoy life and make the most of any sunshine we see!... On Mondays and Wednesdays, bingo is called at 12:30 p.m.... On Tuesdays, Wii bowling fun starts at 1 p.m.... On Thursdays, Pokeno is played starting at 12:30 p.m.... On Fridays, we offer board games, cards and puzzles... Lunch is served Monday through Friday. Please call the day before by noon

to reserve a meal. A \$2 donation is suggested... We offer coffee hour from 9:30 to 10:30 a.m. daily... On Feb. 4, **Payton** from Meditrust will present a program on Medicare Cost Assessments from 11:30 a.m. to 12:30 p.m. Free dessert will be provided... We are always looking for volunteers. Please contact the Center for more information... We would like to wish **Tammy Jones** a Happy Birthday!...

McDONALD/CECIL

Cecil Township Municipal
Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827

-**Marlene Wilson**

... Welcome to February! We now have a month with hearts and flowers. It is also time for **Phil** to make his prediction for Groundhog Day. Let's hope for some better weather to come... This month we will celebrate Black History Month... On Feb. 3, Breathe PA presented a program... On Feb. 11, we will hold our monthly meeting at 12 p.m.... On Feb. 12, **Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m.... On Feb. 13, wear red for Valentine's Day... On Feb. 17, **Kelly** from Townview will host horseraces at 10:30 a.m.... On Feb. 19, we will enjoy craft day at 10:30 a.m.... Lunch is served Monday through Friday at 11:30 a.m. Bring a friend... Don't let the winter weather keep you from coming down to the Center to enjoy yourself... Happy Valentine's Day! Share the love...

MIDWAY

Center U.P. Church
110 Washington Avenue
Midway, PA 15060
724-796-0505

-**Linda Matchett**

... Our members are working their way through winter and are looking forward to spring... We have been entertaining ourselves with celebrating birthdays and anniversaries with singing and treats... We always make time to pray for our members and other concerns in our communities... Fellowship is a very important part of aging, so that no one feels alone... This month we will receive updates on all of the events taking place at the Heritage Library in McDonald and will soon be planning our entertainment for our monthly meetings for the remainder of the year... Happy Valentine's Day to everyone!...

MONONGAHELA

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

-**Mickelina Smith**

... We hope everyone had a wonderful New Year... It is time to welcome February!... On Feb. 13, we will hold a Valentine's Party from 1 to 4 p.m. We will enjoy a DJ, food, snacks, games, prizes, 50/50, and tips. There is an \$8 fee to help with the cost. Come and have some fun with us!... Lunch is served Monday through Friday at 12 p.m. Please call the day before to make your reservation... On Thursdays, bingo is called, and we sell hotdogs from 1 to 4 p.m.... We could use some volun-

teers at the Center to help with serving meals in the dining room, delivering meals to homebound, wiping tables and other things. It only takes a couple hours a day and if you can just help one day a week it is appreciated. So please, if you or someone you know is able and willing, please call or stop down the Center... Hope to see you at the party!...

RIVERSIDE PLACE

303 Chamber Plaza
Charleroi, PA 15022
724-483-5800

-**Alexis Lovas**

... Happy February. By now we should all be used to writing 2026... The sweetest holiday is Valentine's Day on Feb. 14. Be sure to order your roses early... On Feb. 13, we will enjoy a Valentine's Day Party. **Bobby Shawn** will entertain us with some love songs. Don't forget to wear your heart shirt... On Feb. 20, we will hold our delicious sub sale. Reserve yours early. The cost is \$8... On Mondays and Wednesdays, we enjoy Zumba... On Tuesdays, we enjoy playing the card game Golf... On Wednesdays, Big Bingo is called. Bring a friend and show them what a good time we have... On Thursdays, crafts are enjoyed. It's a fun time and they really make some unique things... On Fridays, Euchre is played... Both card groups would love to have new players join... Keep in touch for any news...

VENETIA COMMUNITY CENTER

800 Venetia Road
Venetia, PA 15367
724-228-6996

-**Shawn Arent**

... Welcome February, the month of love and laughter... We will meet on Feb.

12 and 26 this month. Consider coming for a visit when you are looking for something to do... On Feb. 12, Breathe PA will visit the Center... On Feb. 26, a special activity is planned. We will enjoy a craft with **Shawn**. The cost will be \$5 if you choose to participate... We would love to have you join us... Our doors open at 11 a.m. and lunch is served at 12 p.m. Our planned activities start at 12:30 p.m.... For more information or to make a lunch reservation/cancellation, please call 724-228-6996. Reservations should be made no later than two days before the meal date...

WASHINGTON

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

-**Amy Mieczkowski**

... Hello February! Will Punxsutawney Phil see his shadow on Feb.2? We sure hope not!... Pick-ups for the Souper Bowl will start on Feb. 4 between 9 a.m. and 3 p.m.... On Feb. 11 at 12:15 p.m., stick around after lunch for our movie matinee "My

Big Fat Greek Wedding" starring Nia Vardalos and John Corbett... On Feb. 15, the Center is hosting a Big Bingo at the American Legion. Doors open at 12 p.m. and the cost is \$30 per ticket. Come and join the fun!... On Feb. 25, **Bridget** from SeniorLIFE will host Grocery Bingo at 12:15 p.m.... We are making tax preparation appointments with AARP, call 724-222-8566 to make an appointment while they last... On Mondays, Silver Sneakers' with muscle strength and cardio starts at 10:30 a.m. and dartball is played at 12:30 p.m.... On Tuesdays, Euchre is played at 12 p.m.... On Wednesdays, Bible study is held at 9:30 a.m.... On Thursdays, Silver Sneakers' with cardio, muscle strength and yoga starts at 9 a.m. and the Card Club plays 500 Bid at 12:30 p.m.... On Fridays, bingo is called after lunch... Let us welcome February and take every chance to show love to all we meet...

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





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 receive \$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



FREEDOM TRANSIT

FREE AND DISCOUNTED SENIOR RIDES

Free bus rides and affordable door-to-door shared rides for seniors 65+



724-223-8747



freedom-transit.org

**One fall
could
change
everything.
This stairlift
keeps me
safe.**



\$200 OFF
your next stairlift

Expiration date: March 1, 2026
Must present coupon upon estimate request

**WE OFFER STRAIGHT
AND CURVED STAIRLIFTS**



**FAYER
FAMILY
ACCESSIBILITY
SOLUTIONS**

www.homecaremods.com

Free Estimates: 412-495-0907

General Help Line & After

Installation Support: 412-924-8229

**“I can go up and down my stairs
with confidence again—no fear,
no strain, no risk.”**



**HIGHLY RATED BY
LOCAL CUSTOMERS**

See our reviews online!