

SENIOR Times

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



HAPPY
FATHER'S DAY!

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

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an affiliate of Southwestern PA Human Services, Inc.

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Southwestern Pennsylvania Area Agency on Aging, Inc.

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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.

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Property Tax/Rent Rebate application open through December 31

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, information below. 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.



FARMER'S ALMANAC JUNE 2026

Temp. 74° (3° above avg. east, 1° above west); precip. 4.5" (1" above avg. east, 1" below west). 1-8 Scattered t-storms, then sunny; becoming hot. 9-16 T-storms, warm. 17-18 Heavy rain east, sunny west; warm. 19-30 Sunny, then t-storms; cool, then warmer.

NOTICE OF PUBLIC MEETINGS

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

June 2 November 19 December 1
September 1

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

June 17 October 21 December 9
September 16

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.

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 Washington County: (724) 228-7080
AAA Fayette County: (724) 430-4603	AAA Administrative Office: 1-888-300-2704
AAA Greene County: (724) 852-1510	

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.

In Memoriam

Gwendolyn & Reverend Louis Ridgley Jr.
In Memory of
Lois S. Fairfax
Yvonne "Bunny" Tracy
Leda Gismondi
William "Bill" Blaney
Francis T. "Frank" Varto
Adrienne Wilson
Min. Robert Wilson

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
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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.

Senior Golf Tournament Celebrates 46 Years



Our 46th Annual Senior Golf Tournament was held on May 19th at the Chippewa Golf Course in Bentleyville. Over 100 golfers participated in the outing. We extend our sincere thanks to everyone who helped make this year's tournament such a success. Events like these would not be possible without the continued support and participation of those within our community. Next year's tournament is set for May 18, 2027. Please check our website for registration information after the new year.



FREEDOM TRANSIT

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

A SECOND OPINION IS WHY I'M STILL HERE FOR MY SON.

MARISSA R. | WASHINGTON, PA

After a brain cancer diagnosis and failed surgery at another hospital, Marissa found a new treatment plan at UPMC Hillman Cancer Center—one of **the region's only NCI-Designated Comprehensive Cancer Centers**. Here, she found access to cutting-edge clinical trials, groundbreaking treatments, and world-renowned cancer experts. Discover the power of hope at UPMCHillman.com/SecondOpinion.





Affiliated with the University of Pittsburgh Health Sciences



Veteran Spotlight



Scams targeting surviving family members

Scammers often target surviving family members shortly after a Veteran's death, when benefit payments are issued, and when grief can make some people more vulnerable to manipulation. The scammers may claim military authority or a shared service experience to gain trust, using high-pressure tactics to create a sense of urgency and forcing victims to make quick decisions. These bad actors often contact survivors via social media,

email, text or phone.

Know your entitlements

VA provides the following entitlements at no cost to eligible Veterans, service members, spouses and qualifying family members:

- Burial in a VA national cemetery.
- Military funeral honors.
- Burial allowance (to cover funeral, burial and transportation costs).

- Headstones/markers/medallions.
- Presidential Memorial Certificates.
- Urns or plaques.
- Survivor disability benefits.
- Grief counseling and support for losses of active duty service members.

Rely only on official government sources for accurate information on funeral and memorial benefits.

Source: <https://news.va.gov/>

For more information, contact your County Veterans Affairs office:

Fayette County 724-430-1241

Greene County 724-825-5275

Washington County 724-228-6865

THURSDAY, JUNE 25 FROM 9:30 AM – 2:30PM

Falls Prevention program coming to Masontown Senior Center

Every second of every day, someone aged 65 or older falls in the United States, reports the Centers for Disease Control and Prevention (CDC). Fall injuries are treated at the emergency room every 13 seconds and claim a life every 20 minutes.

Falls don't "just happen," and people don't fall just because they get older. Often there is one or more underlying causes, and risk factors such as medications, health conditions or environment can greatly

increase the chance of a fall.

You can learn to prevent falls in the Healthy Steps for Older Adults (HSOA) workshop being hosted by the Masontown Senior Center, located at 22 S. Main St., Masontown. This free workshop, sponsored by the Southwestern PA Area Agency on Aging Health & Wellness program, will be held on Thursday, June 25 from 9:30 am – 2:30pm.

The workshop discusses various aspects of falls prevention, including home safety modifications, safe

footwear, nutrition for bone health, exercise, medication management, and physician communication.

Participants receive a free book full of tips and ideas to help decrease the risk of falls. Lunch will be provided, then a falls risk screening is conducted. Participants are given a risk assessment which they can share with their doctor or family members.

Please call 724-489-8080 Ext. 4405 to register. Space is limited so pre-registration is required.

Everyday Heroes in Protective Services...

Gerald discovered that his 91-year-old grandfather was being physically and emotionally abused by his father and that his mother ignored his grandfather's pleas for help and filmed the abuse.

Ellen could not get out of bed most days because of her severe depression and began making attempts to take her own life.

Dorothy needed immediate medical attention but was afraid to leave the apartment where she lives alone.

In all three of these situations, help came from the Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) Protective Services team.

Answering the Call to Protect

Pennsylvania's 52 Area Agencies on Aging identify, investigate, and respond to abuse, neglect, exploitation, and abandonment of adults age 60 and older across the Commonwealth. In Fayette, Greene, and Washington counties, SWPA AAA receives as many as 150 or more Reports of Need per month.

A Report of Need is a call or referral made when someone is concerned that an older adult may need help to remain safe, healthy, or supported. These reports can involve concerns such as self-neglect, abuse, neglect by others, unsafe living conditions, confusion, lack of food or medical care, or other situations that may place an older adult at risk. Protective Services staff review each Report of Need to determine what assistance or follow-up may be appropriate and to connect older adults with available services and supports. This work is growing, as Reports of Need continue to rise each year.

When Trust Is Broken

Elder abuse, neglect, and financial exploitation are shockingly common. Victims are often isolated, ashamed, or unaware that what is happening to them is wrong. Perpetrators are frequently people the older adult knows and trusts: a hired caregiver, a family member, or a neighbor.

Justice for Gerald's Grandfather

After an older adult's immediate safety and basic needs have been addressed, our Protective Services staff work to help ensure accountability and justice when abuse, neglect, exploitation, or other harm has occurred. This may include coordinating with law enforcement, medical professionals, legal representatives, financial institutions, and community partners to investigate concerns and support the older adult throughout the process.

What Protective Services Can Do

The SWPA AAA Protective Services staff are equipped to respond to a wide range of situations, including:

- Physical, emotional, or sexual abuse by caregivers, family

members, or others.

- Financial exploitation, including theft, fraud, or misuse of an older adult's assets.

- Self-neglect, when an older adult is unable to meet their own basic needs.

- Caregiver neglect, when a person responsible for an older adult's care fails to provide it.

When a report is made, SWPA AAA Protective Services caseworkers conduct an assessment, coordinate with law enforcement and legal partners when necessary, and connect older adults and families with services that support safety, recovery, and long-term well-being. Critically, access to help isn't held up by paperwork or administrative delays — caseworkers assess and respond from the moment they arrive.

Depending upon the immediate need, services offered might include medical care, daytime or overnight care, in-home services, home-delivered meals, transportation, counseling, and financial or legal advice. The program may offer temporary shelter if the victim is in physical danger.

Self-neglect is often linked to physical or cognitive decline, mental health challenges, social isolation, or limited support systems. Protective Services staff work compassionately with older adults to assess concerns, respect individual rights and choices, and connect individuals with services and supports that can help them remain safe and maintain their independence.

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Protective Services staff advocate for the rights, dignity, and well-being of older adults while helping connect them to resources and supports that promote healing, stability, and protection from future harm.

In the case of Gerald's grandfather, the Protective Services staff worked with the District Attorney's office so that charges could be brought against Gerald's father, the abuser, and his mother, who filmed but did not stop the abuse. The staff's testimony helped achieve justice for Gerald's grandfather through a conviction.

When Basic Needs Go Unmet

About half of all Reports of Need are concerning the self-neglect of an older adult. Self-neglect occurs when an older adult is unable or unwilling to meet their own basic needs, placing their health, safety, or well-being at risk. This may include inadequate food, hygiene, medical care, medication management, safe housing, or protection from hazards.

Self-neglect is often linked to physical or cognitive decline, mental health challenges, social isolation, or limited support systems. Protective Services staff work compassionately with older adults to assess concerns, respect individual rights and choices, and connect individuals with services and supports that can help them remain safe and maintain their independence.

Ellen's Story

Protective Services Caseworker, Ruth Ann, responded to a report about Ellen that she could not remain in her own home due to severe self-neglect and would have to be placed in a nursing facility. During Ruth Ann's initial visit to Ellen's home, Ellen admitted that she had not been out of bed for almost three months and confided in Ruth Ann that she had been attempting to take her own life. Ruth Ann called 911 and convinced Ellen to go to the hospital for mental health treatment.

CONTINUED NEXT PAGE

... Preserving Independence, Maintaining Dignity

CONTINUED FROM PAGE 4

A couple of weeks later, Ruth Ann returned to Ellen's home. Ellen answered the door nicely dressed, hugged Ruth Ann, and told Ruth Ann that she saved her life. Ellen explained that she is now interacting with friends, actively planning medical appointments, and not staying in bed. Ruth Ann helped Ellen to maintain her independence and regain her dignity.

Dorothy's Story

Dorothy lives alone in her apartment and was having increasing difficulty meeting her own needs. Her Nurse Practitioner determined that Dorothy could not be left alone and that her mental health condition warranted immediate hospitalization. Dorothy repeatedly refused to go to the hospital, despite attempts by paramedics and other professionals.

Protective Services Caseworker, Tameika, was persistent and showed caring and understanding in her interactions with Dorothy. Tameika offered to personally take Dorothy to the hospital for evaluation and stop along the way to pick up a nice meal or snack so that Dorothy would not be hungry in the event she had to wait a significant amount of time in the waiting area. Tameika's patience, compassion, and quick thinking allowed her to successfully get

Dorothy to the hospital where she was properly evaluated and treated without being left in an unsafe situation.

Dedicated Professionals, Safer Communities for Older Adults

Protective Services caseworkers serve with compassion, professionalism, and unwavering dedication to older adults in some of life's most difficult situations. They respond to urgent concerns, conduct thorough assessments, coordinate services, and build trusting relationships with individuals and families while navigating complex and often emotionally challenging circumstances.

Protective Services caseworkers put themselves in difficult situations most people never encounter, because the older adults they serve need someone in their corner. Through their advocacy, persistence, and commitment to dignity and respect, Protective Services caseworkers help older adults remain safe, supported, and as independent as possible. Their work not only changes individual lives, but also strengthens the well-being of the entire community.

Prevention: The Best Protective Services Call Is the One That Never Has to Be Made

Abuse and neglect flourish in isolation. That's why the SWPA AAA invests heavily in preven-

tive measures, congregate meals, caregiver support, in-home visits, transportation, and more services that keep older adults connected, supported, and visible. Research consistently shows strong preventive programming directly correlates with a decrease in Protective Services reports. When older adults are engaged with their communities, they are safer.

You Don't Have to Figure This Out Alone

Every older Pennsylvanian deserves to be safe, and no family should have to navigate a crisis like this alone. The SWPA AAA Protective Services caseworkers are trained, compassionate, and ready to act.

If you suspect an older adult in your life is experiencing abuse, neglect, or exploitation, call our hotline at 1-800-537-2424 at any time of the day or night. Confidential reports can be made by anyone: a neighbor, a friend, a family member, or a concerned community member. You don't need proof. You just need to make the call. Help is available 24 hours per day, 7 days per week.

Some sections were adapted from a previous article by the Pennsylvania Association of Area Agencies on Aging - www.p4a.org.

Abuse and neglect flourish in isolation. That's why the SWPA AAA invests heavily in preven-

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH



WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse in 2006 and recognized as a United Nations Observance in 2011. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse, neglect, and exploitation.

WEAAD is in support of the United Nations International Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue. In a society that values the just treatment of all people, WEAAD reminds us that elder abuse has implications for all of us, and so it's important to find the right solutions to it. WEAAD serves as a call-to-action for individuals, organizations, and communities to educate each other on how to identify, address, and prevent abuse.



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

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Senior Action Council – Celebrating Purpose

The Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) values the input of consumers of services. The Advisory Councils allow older adult consumers of services to have ongoing and meaningful input into the SWPA AAA's planning, delivery, and evaluation processes.

An important advisory group is the Senior Action Council (SAC). SAC is charged with the responsibility of advising the SWPA AAA on issues and concerns affecting the older minority community.

Over the past 25 years, the SAC has been a significant voice in helping to en-

sure that the provision of services meets the diversified and unique needs of older minority adults. The group continues to be successful in identifying and eliminating many service provision barriers.

The Senior Action Council (SAC) Mission Statement reads: It shall be the purpose of the Senior Action Councils of the Southwestern Pennsylvania Area Agency on Aging, Inc. (AAA), to affirm the continuing importance of diversity awareness, to advise the Area Agency on Aging regarding issues and concerns which affect older minority groups, and to assure that the provision of services will meet the diversified and unique needs of all older minority adults residing

in the AAA planning and service area, including Fayette, Greene and Washington Counties and the Mon Valley district.

SAC hosts three large events annually, including the well-attended Black History Celebration, a three-county picnic, and the Holiday event. These events celebrate achievements while serving as recruitment tools for new members. SAC is well-represented at all Agency events, and several members also play a vital role on the SWPA AAA's primary Advisory Council. For more information on becoming a part of this advocacy group, contact the SWPA AAA at 724- 489-8080, ext. 4430.



PA Senior Farmers Market Nutrition Program vouchers available

Senior Farmers Market Nutrition Program (SFMNP) vouchers are available throughout Fayette, Greene and Washington Counties to eligible individuals who are 60 years of age or older by Dec. 31, 2026.

The program provides five \$5 vouchers, totaling \$25, to eligible seniors one time during the program year. In-person only distribution of vouchers will be offered at local senior community centers and other locations throughout Fayette, Greene and Washington Counties. Please

see the county distribution schedule listed below. Distributions will not be held at any senior high rises or low-income housing sites.

An eligible individual's gross income includes interest, Social Security, wages, Black Lung, Unemployment Compensation etc., and must be at or below \$29,526. For two persons in a household, the income may be \$40,034.

The Pennsylvania SFMNP is a cooperative effort between the Pennsylvania Department of Agriculture, the Southwestern PA 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.

Seniors living in nursing or residential facilities, where meals are provided, are not eligible for the program.

The vouchers are redeemable only at participating 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 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: www.PAFMNP.org. For additional information, please contact your local senior community center.

County Commissioners recognize May as Older Americans Month

County Commissioners issued proclamations declaring May as Older Americans Month to representatives of the Southwestern Pennsylvania Area Agency on Aging, Inc (SWPA AAA).



The Washington County Proclamation was held May 7 at the Crossroads Building in Washington. Pictured left to right: Back row: Commissioner Larry Maggi, Secretary; Gerald Gillis; Commissioner Nick Sherman, Chairman; Sherri Fiedler; Renee Simpson Front row: Arlene Gillis; Leona Karolewics; Candy Rogers; Renee Presto ; Beth Center Senior Center Coordinator; Anna Marie Simpson; Commissioner Electra Janis, Vice Chairman



The Fayette Proclamation was held on May 21, at the Gallatin Building. Pictured left to right: Commissioner Scott Dunn, Jamie Moore, Southwestern PA Area Agency on Aging, Fayette County Supervisor; Mary Harris, Southwestern PA Area Agency on Aging, Inc., Executive Director; Commissioner Vince Vicites, Commissioner Harry Dutch Kauffman

The Greene County Proclamation was held May 14 at the Greene County Office Building. Pictured left to right: Kristen Jackson, Southwestern PA Area Agency on Aging, Director of Community Services; Gwen Davis, Blueprints, Deputy CEO; Trenna Passalacqua, Blueprints, CEO; Stacy Stroman, Blueprints, Director of Aging; Commissioner Betsy McClure, Vice Chairman; Commissioner Jared Edgreen, Chairman; Tiffany Huffman, Blueprints, Caseworker; Kadie Baker, Blueprints, Volunteer Support Coach; Shannon Goins, Blueprints, Caseworker; Commissioner Blair Zimmerman, Secretary

Washington & Greene County Volunteer Luncheon Celebrations

We are pleased to share that Blueprints' Volunteer Appreciation Luncheon, held on April 24, and the joint Volunteer Appreciation Luncheon hosted by Aging Services of Washington County and Washington Area Senior Citizens Center on April 28 were both tremendous successes.

These special events brought together dedicated volunteers, staff, distinguished guest speakers, and organizational leaders, creating a meaningful and energizing experience for all in attendance. Most importantly, our volunteers left feeling recognized, valued, and inspired to continue their incredible

work within the community. Each location added its own unique flair to the celebration. Greene County honored its volunteers with a lively 1950s rock-and-roll theme, while Aging Services of Washington County embraced a fun and festive country western theme.



FAYETTE COUNTY

BROWNSVILLE SENIOR CENTER WED, JUNE 10, 10:00 A.M. - 12:00 P.M.	POINT MARION AMERICAN LEGION TUE, JUNE 9, 11:00 A.M. - 12:00 P.M.
BULLSKIN TWP SATELLITE CNTR TUE, JUNE 9, 10:00 A.M. - 12:00 P.M.	REPUBLIC SENIOR CENTER MON, JUNE 22, 10:00 A.M. - 12:00 P.M.
CONNELLSVILLE SENIOR CENTER MON, JUNE 15, 9:00 A.M. - 1:00 P.M. TUE, JUNE 16, 9:00 A.M. - 1:00 P.M.	SMITHFIELD SATELLITE CENTER BOROUGH BLDG. LIBRARY THU, JUNE 18, 10:00 A.M. - 12:00 P.M.
FAIRCHANCE CENTER IN THE BANK FRI, JUNE 12, 10:00 A.M. - 12:00 P.M.	UNIONTOWN ADULT RECREATION CNTR MON, JUNE 15, 1:00 P.M. - 4:00 P.M. THU, JUNE 18, 1:00 P.M. - 4:00 P.M.
MASONTOWN SENIOR CENTER WED, JUNE 10, 9:00 A.M. - 12:00 P.M.	
MOUNTAIN CITIZENS ACTION GROUP THU, JUNE 11, 10:00 A.M. - 12:00 P.M.	

GREENE COUNTY

BOBTOWN SATELLITE CENTER WED, JULY 8, 9:30 A.M. - 10:30 A.M.	MT. MORRIS SATELLITE CNTR WED, JULY 8, 10:45 A.M. - 12:00 P.M.
CARMICHAELS SENIOR COMMUNITY CENTER TUE, JULY 7, 9:30 A.M. - 11:00 A.M.	WAYNESBURG SENIOR CENTER FRI, JULY 10, 10:00 A.M. - 11:30 A.M.
JEFFERSON SATELLITE CENTER WED, JULY 1, 10:00 A.M. - 11:00 A.M.	WEST GREENE SATELLITE CENTER THU, JULY 2, 10:00 A.M. - 11:00 A.M.

MON VALLEY AREA

BROWNFIELD COMMUNITY CNTR WED, JUNE 17, 11:00 A.M. - 12:00 P.M.	MONONGAHELA SENIOR CNTR TUE, JUNE 23, 9:30 A.M. - 12:00 P.M.
CENTER ON THE HILL TUE, JUNE 16, 10:00 A.M. - 1:00 P.M.	PERRYOPOLIS SENIOR CENTER TUE, JUNE 30, 9:00 A.M. - 12:00 P.M.
DONORA SENIOR CENTER THU, JUNE 18, 1:00 P.M. - 4:00 P.M.	RIVERSIDE PLACE (CHARLEROI) TUE, JUNE 23, 9:00 A.M. - 11:00 A.M.

WASHINGTON COUNTY

BENTLEYVILLE SENIOR CENTER WED, JUNE 17, 1:00 P.M. - 3:00 P.M.	CROSS CREEK SENIOR CENTER MON, JUNE 15, 10:00 A.M. - 12:00 P.M.
BETH CENTER SENIOR CENTER TUE, JUNE 23, 9:00 A.M. - 11:00 A.M.	MCDONALD CECIL SENIOR CNTR MON, JUNE 22, 9:00 A.M. - 11:00 A.M.
BURGETTSTOWN SENIOR CENTER TUE, JUNE 16, 10:00 A.M. - 1:00 P.M.	MCGUFFEY SENIOR CENTER WED, JUNE 24, 10:00 A.M. - 12:00 P.M. THOMAS CAMPBELL SATELLITE CENTER THU, JUNE 25, 10:00 A.M. - 11:00 A.M.
CANONSBURG SENIOR CENTER FRI, JUNE 12, 9:00 A.M. - 11:00 A.M.	VENETIA SATELLITE CENTER THU, JUNE 25, 10:00 A.M. - 12:00 P.M.
CENTER IN THE WOODS TUE, JUNE 23, 9:00 A.M. - 12:00 P.M. AFTER JUNE 23, DAILY, 9:00 A.M. - 12:00 P.M.	WASHINGTON SENIOR CENTER MON, JUNE 15, 9:00 A.M. - 2:00 P.M.
CHARTIERS TWP. SATELLITE CNTR TUE, JUNE 16, 9:00 A.M. - 11:00 A.M.	

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

Our Programs:

- Daily Fixed Route Services in Uniontown, Brownsville, Conneltsville, Masontown, Fairchance and Farmington. Seniors may ride these Routes for free.
- Limited Weekly Fixed Route Services to Pittsburgh and Morgantown.
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Washington County



Greene County

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120 Fair Street
Fairchance, PA 15436

Please call 724-564-8016

Recipe of the month

Summer Breeze Smoothie

Here's a perfect low-fat thirst quencher.



Ingredients

- 1 cup nonfat plain yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes



Directions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glasses.

Source: <https://www.nlm.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/summer-breeze-smoothie>



Eating Healthy on a Budget

Healthy eating can help you lose or maintain weight, feel better overall, and possibly decrease your chances of getting certain diseases. Making smart food choices is important at any age. But eating healthy can be difficult even if you know which foods you should buy and prepare. Your budget, physical issues, mood changes, and dietary restrictions can be roadblocks to eating food that's best for you.

Even when you know which healthy foods to choose, people living on a fixed or limited income may not be able to buy what's ideal. Start by deciding how much you can afford to spend on food.

Once you have decided on your budget, look for grocery store advertising in the newspaper or online to see what is on sale. Try to plan some meals around featured items and consider purchasing extra nonperishables such as canned goods when they're on sale. Use coupons when

possible and ask your grocery store staff if they have a senior discount or loyalty rewards program. Consider buying store-brand products, which are often the same as more expensive brand-name ones. Focus on buying healthy and inexpensive produce. Many nutritious fruits and vegetables — such as bananas, apples, oranges, lettuce, green peppers, and carrots — may be reasonably priced.

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



Gary W. Boatman
MBA, CFP

For many seniors in Western Pennsylvania, identity theft is no longer just something that happens to "other people." Criminals are targeting older Americans through phone scams, fake emails, stolen passwords, Medicare fraud, and even data breaches from companies that store personal information. Once a thief gains access to your identity, the damage can spread quickly, draining bank accounts, opening credit cards, filing false tax returns, or even stealing medical benefits. Many victims spend months or years trying to restore their credit and recover stolen funds. Nationally, billions of dollars are lost to identity theft every year, and older adults are among the most frequent targets because scammers believe they are more trusting and more likely to have savings or good credit.

When we were younger, identity thieves would look through your garbage to try and obtain sensitive information. Today it is mostly online. Every week I receive several e-mails thanking me for a purchase that I did not make. They want me to call their fraud department if I believe something is wrong. Do not respond to these messages or click on any links. They will either infect your device with a virus or use your response to steal your data. Always use

a credit card and not a debit card when buying on line. This gives you an extra layer of protection. Just this week I received a DocuSign e-mail supposedly from the IRS. They will never send you a message this way.

I have been told by e-mail that I have won large prizes in contests that I never entered. It is hard to win if you don't play. I have been told that I am a valued customer at store where I do not shop. They know that seniors deserve to be rewarded, so identity thieves use that

to their advantage. Do not fall for these tricks.

Sometimes seniors are caught up in romance scams. This is when you meet someone online and they give you a sad story about financial hardship and try to convince you to send them money. Many times, after a national tragedy there are fake scam solicitations for money. You must be careful and reach out to legitimate organizations.

Everyone should check their credit report each year.



Your Financial Future

The free, official government website is annualcreditreport.com. At this site, you can see what accounts have been opened in your name. If you see something you do not recognize, call the company directly. Do not carry your Social Security card in your wallet or purse. If it is lost or stolen, crooks could have

your data. Most people should probably freeze their credit. If you do this, you can continue using your open lines of credit, but no new ones can be opened without your permission. Keep your eyes open and ask a trusted friend if you think something looks suspicious. You are the first line of protection for your family.

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Attorney at Law



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★ Making a Difference

How to Fight a Forced Nursing Home Eviction

Navigating an involuntary nursing home discharge can be overwhelming, but Pennsylvania residents possess significant legal rights to contest forced relocations. Under regulations, a facility cannot simply evict a resident for being disruptive or refusing treatment. Long-term care facilities are legally permitted to discharge an individual under only six strict scenarios, such as when a move is necessary for the resident's welfare, health has improved, safety is endangered, nonpayment occurs, or the facility closes.

To challenge a discharge, a resident or representative must file a written appeal within thirty days of receiving a complete written notice detailing the transfer reason, effective date, relocation address, and instructions. Defective notices

can be challenged. Appeals must state why the discharge is wrong, with coping, but Pennsylvania residents possess significant legal rights to contest forced relocations. Under regulations, a facility cannot simply evict a resident for being disruptive or refusing treatment. Long-term care facilities are legally permitted to discharge an individual under only six strict scenarios, such as when a move is necessary for the resident's welfare, health has improved, safety is endangered, nonpayment occurs, or the facility closes.

residents have the right to continued payment for care until a hearing decision is reached but may owe repayment if they lose. These appeal rights only apply to nursing homes. Personal care homes have no regulatory provision for appealing a discharge, but residents may contact community agencies – like the Long-Term Care Ombudsman – for help, or they may contact the Department of Human Services licensing office to assess the discharge notice's validity.

Prior to the proceedings, consumers have the right to examine all files and evidence the facility intends to use. During the hearing, usually handled via telephone, residents can bring witnesses and introduce supportive medical testimony. Because these are formal legal proceedings, securing professional legal assistance is highly recommended. Medicaid-eligible

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

Mon Valley and Washington County: 1-844-507-8898



Older Adults and Healthy Travel



If you are an older adult considering international travel, learn what precautions to take to stay safe and healthy during your trip.

Before you travel, make an appointment with your healthcare provider that takes place at least 4-6 weeks before you leave. They can help you get destination-specific vaccines, medicines, and information. Discussing your health concerns, itinerary, and planned activities with your provider allows them to give more specific advice and recommendations.

Make sure to bring a copy of your official immunization records with you when you travel.

- Tell your doctor about
- Any chronic medical conditions such as hypertension and asthma.
 - All destinations that you will be visiting.
 - The types of accommodation where you will be staying such as hotels, hostels, short-term rentals, boats, camping etc.
 - The purpose of your trip as to visit friends and relatives, business, or adventure travel.
 - Timing and length of your trip.
 - Planned activities, such as

climbing at high altitudes, scuba diving, humanitarian aid work, or taking cruises.

- All medications that you are taking.

Make sure you are up to date with all your routine vaccines.

Cruise Ship Travel

Cruises are popular among older adults. However, cruise ships can create an ideal situation for diseases to spread. Common diseases that spread on cruise ships include norovirus, that can cause diarrhea and vomiting, and respiratory diseases like influenza and COVID-19. To help prevent getting sick, make sure to wash your hands often, especially before eating and after using the bathroom. Wash your hands before touching your eyes, nose, or mouth.

If you feel sick before your voyage, reschedule your trip. If you feel sick during your voyage, report your symptoms to the ship's medical facility and follow their recommendations.

Plan for the Unexpected

Get travel insurance. Find out if your health insurance covers medical care abroad. Travelers are usually responsible for paying hospital and other medical expenses out of pocket at most destinations.

Make sure you have a plan to get care overseas, in case you need it. Consider buying additional insurance that covers health care and emergency evacuation, especially if you will be traveling to remote areas.

There are different types of travel insurance such as trip cancellation insurance, travel health insurance and medical evacuation insurance.

Enroll with the Department of State's Smart Traveler Enrollment Program (STEP).

Check for and monitor any travel advisories for your destination. Enrolling also ensures that the US Department of State knows where you are if you have serious legal, medical, or financial difficulties while traveling. In the event of an emergency at home, STEP can also help friends and family contact you.

Learn basic first aid and CPR before travel. Bring a travel health kit. Learn the numbers for emergency services at the destination you are visiting.

Source: <https://wwwnc.cdc.gov/>

Caregiver's Corner



The Importance of Respite Care for Caregivers

Caregivers often dedicate countless hours to caring for aging parents, spouses, children with disabilities, or loved ones with chronic illnesses. While caregiving can be rewarding, it can also become physically and emotionally exhausting over time. Many caregivers place their own needs aside to focus entirely on the person they are caring for. Without regular breaks, however, caregivers are at greater risk for burnout, stress, anxiety, and health problems. These are just a few reasons why respite care is such an important part of maintaining both caregiver well-being and quality care for loved ones.

Respite care provides temporary relief for caregivers by allowing another qualified person or service to step in and assist with caregiving responsibilities. This support may last for a few hours, a full day, or even several days depend-

ing on the family's needs. Respite care can be provided in the home, at adult day centers, or through short-term stays at care facilities. These services give caregivers time to rest, attend appointments, spend time with family and friends, or simply recharge mentally and physically. Even short

breaks can greatly improve a caregiver's emotional health and energy levels.

Many caregivers hesitate to seek respite care because they feel guilty or believe they should handle everything on their own. However, taking breaks is not a sign of weakness or failure. In fact, caregivers

who prioritize self-care are often better able to provide compassionate, patient, and effective support over the

long term. Respite care also benefits the person receiving care by offering opportunities for social interaction and engagement with

others, which can reduce feelings of isolation and improve overall well-being.

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Southwestern Pennsylvania Area Agency on Aging, Inc.



This project was supported, in part by grant number 22019AAA-05 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC, 20201.

Senior Community Center Notes

FAYETTE COUNTY

BROWNFIELD

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

-Corrine McKnight

... Happy Father's Day and Flag 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 each month, ten games of bingo are called... On the third Wednesday of the month, we enjoy cake to celebrate birthdays. Happy June Birthdays to Dave Brady, Alma Antoni-

ni, Carol Kuhns, Emma Jobb, and Anna Miller... Happy Anniversary to Corrine and James McKnight and June and Jack Murtland...

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 June 1, Grocery Bingo was called... On June 4 and June 18 at 10 a.m., a representative from Harmon House will join us to talk about journaling... On June 6, we will hold our all-you-can-eat breakfast fundraiser and bake sale from 8 to 11 a.m. The cost is \$12 for adults and \$6 for children under 12. Children under 5 eat for free. It is dine in or take out... On June 8 and June 25, we will enjoy a nutritional talk at 10:30 a.m... On June 15, we will enjoy trivia with Joe at 10:30 a.m... On June 17, we will host an Ice Cream Social event from 3 to 7 p.m. Come make your favorite sundae... On June 29, 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

... Let's swing into summer... On June 9, we will host the 500 Bid card tournament... On June 16, we will be distributing Farmers Market Nutrition Program vouchers from 10 a.m. to 1 p.m. Pick up your vouchers, support our local farmers and help

continue this beneficial program... On June 23, we will host the Euchre tournament... 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 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 Ondrejko 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
... Here we are in June. The year is almost halfway over... On June 21, celebrate Father's Day and the first day of summer. Don't forget to send a card or call the fathers in your life and wish them a Happy Father's Day... On June 19, we will celebrate Juneteenth... Happy belated May birthdays to Eva Kelley, Jean Dawson, and Sue Sumego... Happy June birthdays to Beverly Miller, Marvin Decker, and Joanne Romesburg... Our center is open from 10 a.m. to 2 p.m... We begin our meetings by reciting the pledge of allegiance and the Lord's Prayer. Our president Mary Ann David, reads a devotional...

We enjoy Nickel Bingo and host guest speakers... We will be distributing Farmers Market Nutrition Program vouchers this month... Until next month, stay safe and God Bless...

MASONTOWN

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

-Donella Blair & Laurie Crawford

... Hello friends!... It's hoagie time again, and we're ready to make this our biggest sale yet. From June 1 through July 10, place your hoagie orders and help us break our record of 314 sold. All money is due July 10. Want a chance to win a prize? Be our top seller... We serve lunch Monday through Friday. A \$2 donation is suggested... Come enjoy great meals, great company, and all the activities and music that make our center special... On June 9, Farmers Market Nutrition Program vouchers will be distributed at the Point Marion American Legion from 11 a.m. to 12 p.m., June 10 at the Masontown Senior Center from 9 a.m. to 12 p.m., and June 18, at the Smithfield Community Center from 10 a.m. to 12 p.m... Call 724-583-7822 with any questions. We can't wait to see you...

Senior Community Center Notes

MOUNTAIN CITIZENS

Box 105
Farmington, PA 15437
724-329-4260

-Wanda Sherry

... Welcome to June 2026 in the beautiful Laurel Highlands and surrounding area... This is the perfect time to visit Ohiopyle for a wildflower hike... 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... On Wednesday nights from 6 to 9 p.m., bingo is called. The kitchen is open with food avail-

able to purchase... On the second Tuesday of each month, we celebrate birthdays with a decorated birthday table and birthday cake. Our June birthday table will be decorated by Colby Maroski. Our birthday celebrants this month are Hazel Lee, Debra Lowry, and Jason Thomas... On June 16, Michelle from Humana will present a program... On June 25, Bob Miller will entertain us with some music... 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 June... Welcome summer from the Center where all are welcome... If you feel like getting out of the house for some fun activities, good company, and good food come to the Center... On Mondays, Wednesdays, and Fridays bingo is called

from 10 a.m. to 2 p.m... On Tuesdays and Thursdays, the card club meets at 12:30 a.m... We serve lunch daily at 12 p.m. Orders can be placed the day before by 12 p.m. A \$2 donation is suggested... This month we will celebrate Father's Day and Flag Day... On June 30, we will distribute Farmers Market Nutrition Program vouchers at 9:00 a.m... Have a blessed month and enjoy the sunshine...

SMITHFIELD COLONIALS

14 Water Street
Smithfield, PA 15478
724-564-2934

-Janice Woods

... Happy June everyone. Summer is almost officially here... America is poised to celebrate its

250th birthday, so dust off that red, white, and blue. This is the summer to strut your patriotic stuff and be a part of your community and neighborhood activities... To celebrate our June birthdays and anniversaries we will enjoy birthday cake... On June 9, we will meet at Diner on Main at 10:00 a.m. for breakfast and fellowship. Bring a friend and get to know us... On June 11, blood pressure screening will be conducted in the library... Try your luck with Steve's Crazy Bingo, Louise's 50/50, and Elaine's Basket Raffle... On June 18, we will recognize those special fathers in our lives with a Father's Day program

hosted by Joe and Leah Hudak and Bill and Debbie Hudak... Be sure to make time to remember those amazing fathers we have been blessed with... On June 25, Janice Woods will host an Ice Cream Social with games, prizes, and ice cream for everybody... We meet every Thursday at the Smithfield Community Center at 10 a.m. All are welcome...

UNIONTOWN

137 N. Beeson Avenue
Uniontown, PA 15401
724-437-6050

-Rena Dickinson

... Summer is on its way, why not keep cool at the Center... We offer a delicious lunch at 11:30 a.m... We have an exercise room and a Variety Fair Store... On June 9,

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Senior Community Center Notes

we will hold a Bake Sale from 9:30 to 11:30 a.m... On June 19, we will enjoy a Father's Day Celebration Breakfast at 10 a.m... On June 24 at 10:30 a.m., April Michaels from the Crime Victims Center of Fayette County will present a program on adult bullying... On the last Wednesday in June, bingo will be called (time to be determined)... On Wednesdays, the Center will host an evening activity from 3 to 5 p.m. Please call 724-430-3017 for the activities schedule... Hope to see you soon...

GREENE COUNTY

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

-Betty Grove

... Welcome June... On June 19, we will celebrate Father's and Mother's

Day together. We will have teacups for the women and mugs for the men. We ask the women to wear aprons, and the men to wear ties. We will provide plenty of refreshments... In July we will celebrate our country's 250 anniversary... On the first Thursday of every month, we show an Oldies concert music DVD from 1:30 to 3:30 p.m... On the second Thursday of every month, we watch movies from 1:30 to 3:30 p.m... On the third Thursday of every month, we enjoy a game day from 2 to 5 p.m... On the fourth Thursday of every month, we enjoy craft fellowship from 1:30 to 3:30 p.m... Come down and enjoy. God Bless

WASHINGTON COUNTY

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

-Renee Presto

... Welcome June, your long days and light nights remind us that there's still time to chase the dreams we almost forgot... The Center is ready for the warm and sunny days ahead. We would love for you to join us and help make June memorable... 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. Please call 724-377-0000 a day in advance to reserve your lunch... On June 3, Bridget from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On June 8, we will hold our monthly meeting at 12 p.m. We would love to have you. With your help, thoughts, and ideas you can help us make the Center grow... On June 12, we will enjoy our Big Bingo at 12:30

p.m. Come in and have a great time... On June 17, we will enjoy a patriotic party to celebrate 250 years of America. We will be celebrating all day with snacks, music, games, and good old conversation. We would love to have you stop by... On June 18 from 1:30 to 3:00 p.m., SWPA Area Agency on Aging and Aging Services of Washington County will host the America 250 History Trivia Contest at Trinity High School Auditorium. We would love to see your smiling faces in the audience... On June 19, we will join Bentleyville Senior Center for a summer picnic at 10 Mile Park at 11 a.m... On June 24, we will enjoy a craft day at 12:30 p.m... We enjoy assembling puzzles, daily bingo, cards, chair exercises, verse of the day, and question of the day Monday through Friday... Exercise class is every Monday, Wednesday, and Friday at 7:00 p.m... We would love to see some new, bright, smiling faces so stop in and have some coffee, lunch, play some games, relax, and enjoy...

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

-Kristin Frazier

... We are so excited to soon be celebrating 250 years of our country... On June 10, Bridget from SeniorLIFE will visit us to celebrate June birthdays and host Grocery Bingo... Also, on June 10, we are excited to

be participating in the American History Trivia Contest from 1-3 p.m. at Trinity High School... On June 19, we will hold a Veteran's Breakfast at 9 a.m. All Veterans and spouses are welcome... On June 25, Courtney from Encompass Health will visit the Center at 10:30 a.m... On June 30 at 12:30 p.m., we will celebrate the 250th year of our country with a presentation by the Iron City Guards, presenting a living military history. Members will be present in uniform from multiple time periods in our nation's history. The Iron City Guards take great pride in their authentic uniforms and equipment as well as their extensive knowledge of the various time periods they portray. Everyone of all ages is welcome. Refreshments will be served... On Mondays and Wednesdays, Silver Sneakers® starts at 1:15 p.m... On Tuesdays, Mahjong is played at 1:30 p.m... On Wednesdays, 500 Bid is played at 12 p.m... On Thursdays, Euchre is played at 12 p.m... On Fridays, Bible Study is held at 10:30 a.m., bingo is called at 12:00 p.m., and Silver Sneakers® starts at 2 p.m... Pool is now being played on Mondays and Fridays at 12 p.m... Please call 724-947-9524 a day in advance to make your lunch reservations. Lunch is served at 11:30 a.m... Please check our Facebook page for any additions and updates.

... June is shaping up to be another fun and engaging month at the Center... On June 3, Marius will join us with Laugh Therapy at 10 a.m. Its always a great way to lift spirits and bring smiles to everyone... On June 9, we will enjoy Snap Bingo, with prizes... On June 10, Sam will host Grocery Bingo... On June 11, we will hold our monthly meeting at 10 a.m. We encourage all members to attend and stay informed on center updates... On June 18, we're excited to take part in a special America 250 History Trivia Contest at Trinity High School from 1 to 3 p.m. It's a great opportunity to test your knowledge and celebrate our rich local history... On June 24, Kelly from Townview will host horse races... On June 26, we will host a Hero's Breakfast from 9 to 10:30 a.m. as we honor and celebrate those who have served... Looking ahead we are also planning an Open House! More details to come, but we will enjoy music, food, and raffle baskets... We look forward to seeing you throughout the month...

CANONSBURG

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

-Jim Southern

Senior Community Center Notes

CENTER IN THE WOODS

130 Woodland Court
Brownsville PA 15417
724-938-3554

-Nanette Andre

... Happy Summer... We offer a full calendar of weekly activities for older adults looking to stay active and engaged... On June 8, we will enjoy Pirate Baseball Day with the first pitch at 11:00 a.m... 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... 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... We are 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... We are a vibrant place for connection, wellness, and community service...

CHARTIERS TOWNSHIP

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

-Rick Kauffman

...Our nation's 250th anniversary will be the theme for our Business Meeting and Luncheon at 11 a.m. Tuesday, June 16. Members are encouraged to wear Patriotic clothing without political messages or flashing lights. The menu will be pot roast with gravy, mashed potatoes, green beans, rolls and apple pie. Meal prepared by Metz Culinary Management with a suggested \$2 donation. If you didn't fill out a reservation form at our May brunch or have changed plans, please call Debbie Mulshen (724-554-2485) by Thursday, June 11. Upcoming Activities are: Keep Moving, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery Bingo, Friday, June 5, 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, June 11 & 25, 12:30 p.m. You can follow us on our Chartiers-Houston Senior

Center Facebook page and also by accessing 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

-Amy Dzurko

... At the Center, we're all about bringing people together and creating a supportive environment for our seniors. Whether you're coming for a health check, a fun game, or just to connect with others, we are here for you... On June 10, Chris from MediConnect will present a program on healthcare at 10:30 a.m. As always, a treat will be provided... On June 17 at 10:30, we will enjoy the Center's

favorite, Grocery Bingo hosted by Bridget from SeniorLIFE. It's always a good time with a treat provided and winnings to share... On June 19, we will have a Father's Day luncheon. Certainly a sweet treat to be had that day as well... On June 26, Mary Beth will conduct blood pressure screenings... On Mondays, Pokeno is played... On Wednesdays and Fridays, bingo is called following lunch... The last puzzle was finished and framed on the wall since it was so beautiful. Another has been started so let's see how fast we can get this one done... Lunch is served Monday through Friday at 11:30 a.m. Please call at least one day in advance to reserve your meal. A \$2 donation is suggested... June is a season for fulfillment, warmth, and joy... We hope you continue to come to the Center and would love to see new faces as well! Hope to see you soon and have a great summer...

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



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

... June is a month filled with countless celebrations, including international and national days, as well as monthly observances. Some notable celebrations include Juneteenth, Father's Day, National Men's Health Month, World Environment Day, Alzheimer's and Brain Awareness Month, and don't forget National Adopt a Cat Month... The Center offers coffee hour from 9:30 to 10:30 a.m. Monday through Friday... Lunch is served Monday through Friday. Please call the Center the day before to reserve a meal. A \$2 donation is suggested... 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 Thursdays, meet us at the Center for Pokeno at 1:00 p.m... On Fridays, we offer board games, cards, and puzzles.

zles. Come join in on the fun... On June 10, Abby from Washington County Human Services will host Snap Bingo followed by an informational session on benefits. She will also assist with SNAP applications... On June 12, we will enjoy a trip to the Meadows Casino from 9:30 a.m. to 2:30 p.m. You must be registered to attend... On June 18, we will distribute Farmers Market Nutrition Program vouchers from 1 to 4 p.m. It will be first come, first served. Tickets will be handed out at the door... We are always looking for volunteers, drivers, and runners. Contact the Center for more information at 724-379-6446... Happy June Birthdays to Sharon Amati, Linda Volk, Jules Ostetrico, Edie Kassa, Betty Malone, and Nancy Chunko... Have a wonderful summer...

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



TOWNVIEW
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300 BARR STREET | CANONSBURG, PA 15317
724.746.5040



June is Alzheimer's Awareness and Brain Health Month.



VOLUNTEERING
IS A WORK
OF HEART

*Support older adults, become a Volunteer Ombudsman.
You can advocate for people receiving long-term care. Visit residents and support their choices.*



What does an Ombudsman Do?

They provide information about rights, procedures, and resources. They investigate and work to resolve care issues involving a resident. They offer education programs and training initiatives on long-term care. They assist in the development of resident and family councils.

No experience needed, FREE training provided.

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