

# SENIOR Times

*Age Well, Live Long!*

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

*Est. 1974*

## ***Celebrate Senior Nutrition Month....***



## ***....Serving Up Solutions***

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](http://www.swpa-aaa.org)

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Southwestern Pennsylvania Area Agency on Aging, Inc.

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888-300-2704 or 724-489-8080  
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#### Fayette County Office

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#### Greene County Office

724-852-1510

#### Washington County Office

724-228-7080

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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](http://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](mailto:seniortimes@swpa-aaa.org). Write to:

#### Senior Times

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## 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](http://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 available on Mondays, January 26 until April 6.

**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 available 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, Washington, PA 15301*

- Appointments available on Tuesdays, January 27 until April 7, 4pm - 8pm
- No appointments are available 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, February 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/dependents; 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 MARCH 2026

Temp. 45° (avg.); precip. 3.5" (1" below avg.). 1-8 Isolated showers east, sunny west; cool. 9-15 Snowy east, showers west; cool. 16-26 Scattered showers; cool, then much warmer. 27-31 Rain, heavy west, then sunny; turning cooler.

### 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:

April 15	September 16	December 9
June 17	October 21	

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.

## SW PA Area Agency on Aging's Senior Golf Tournament coming in May!

The Southwestern Pennsylvania Area Agency on Aging (AAA), Inc.'s annual Senior Golf Tournament will be held on Tuesday, May 19, at the Chippewa Golf Club in Bentleyville.

Sign-in begins at 8:30 a.m. on the veranda. Tee time is 9:30 a.m. sharp, with a shotgun start. Entry fee is \$37 per person, which covers the registration fee, the green and the golf cart fees. Refreshments will be available for purchase from the clubhouse.

All Fayette, Greene and Washington County residents aged 50 and older, along with those belonging to a senior center in those three counties, are eligible to participate. Those who golfed in 2025 should receive their invitation to this year's tournament in the mail. Golfers from outside of the three-county area

welcome to play but are not eligible to win.

Age group categories begin at age 50 and continue in five-year increments through 90-plus. Medals will be awarded to the male and female winner in each of nine age group categories.

**Advance registration is required!** Registrations will be accepted through May 5th or until filled. Registration forms are available at your local AAA office and senior center or may be downloaded at <https://www.swpa-aaa.org>. You may register as a foursome, or register as one, two or three individuals. If you register as less than

a foursome, you will be grouped at registration with others to form a foursome.

The tournament will go on, rain or shine, unless there is a total rain-out. In the case of a rain-out, the tournament's make-up day is scheduled for **Tuesday, May 26.**

Skill prizes will also be awarded in both male and female categories for Closest to the Pin (Hole #17) and Longest Drive (Hole #4). The Callaway Scoring System will be used to determine net scores. For more information, please call 724-489-8080 ext. 4433.



### Apply for Home Heating and Energy Assistance

The Low-Income Home Energy Assistance program (LIHEAP) provides cash grants to help Pennsylvanians pay their heating bills. The 2025-2026 LIHEAP season runs DECEMBER 3, 2025, THROUGH APRIL 10, 2026. Call the LIHEAP Hotline at 1-866-857-7095.

You may also Call the Southwestern Pennsylvania Area Agency on Aging, Inc. for assistance at 724.489.8080 or 1.800.734.9603.



## 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 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*.

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# OPTIONS: Helping Older Adults Live Safely and Independently at Home

For most older adults, there is no place like home. Remaining in familiar surroundings, connected to community, family, and routines, plays a vital role in overall well-being. The Southwestern Pennsylvania Area Agency on Aging (SWPA AAA) OPTIONS Program, a Home and Community-Based Services program, helps make that possible.

Through individualized services and profes-

### What Is the OPTIONS Program?

The OPTIONS Program provides services to adults age 60 and older who need help with daily activities but may not qualify for Medicaid long-term care

sional care management, OPTIONS supports older adults who need assistance to remain safely in their homes and avoid premature nursing home placement.

Each participant receives an individualized assessment to determine their functional needs and develop a plan of care tailored to their unique situation.

### Services That Make a Difference

Depending on individual needs, OPTIONS may provide:

- Personal care assistance
- Home Support services
- In-home meals
- Adult day services
- Personal emergency response systems (PERS)
- Ongoing care management

These services work together to promote safety,

independence, and dignity.

Teresa is 75-years old and resides alone in an apartment in Washington County. Her income is limited and she has no immediate family who reside nearby. Her OPTIONS Care Manager from Aging Services of Washington County, Melodie Corbett, developed a care plan based on her needs. Teresa now receives in-home meals and Personal Care services. One of her main needs is help with showering and dressing, which her caregiver from Twin Oaks provides three days a week. Her caregiver also assists with light housework, such as mopping, dusting, and cleaning the bathroom, and assists with laundry, grocery shopping, and transportation to medical appointments.

According to Teresa, having the meals and personal care services enables her to continue to reside in the community. Without these services, she states she is unsure of where she would be living, but she is certain she would not be able to live independently. Today, Teresa continues to live independently — supported not just by services, but by Melodie, a dedicated Care Manager who ensures those services truly meet her needs.

### The Care Manager: The Heart of the Program

At the center of every successful OPTIONS care plan is the Care Manager.

Care Managers are trained professionals who serve as advocates, coordinators, and trusted partners for older adults and their families. They begin by conducting a comprehensive assessment to understand not only medical and functional needs, but

also social supports, personal goals, and potential risks.

From there, the Care Manager:

- Develops a person-centered plan of care
- Arranges and authorizes services
- Coordinates with providers and community resources
- Monitors ongoing safety and service effectiveness
- Reassesses needs as circumstances change
- Responds quickly to emerging concerns

Care Managers do far more than arrange services; they build relationships. They help families navigate complex systems, problem-solve barriers, and prevent small challenges from becoming major crises.

There are OPTIONS program offices in Uniontown (SWPA AAA office),

OPTIONS cont'd on page 5

### OPTIONS from page 4

Waynesburg (Blueprints), and Washington (Aging Services of Washington County).

Care Managers' proactive involvement often prevents unnecessary hospitalizations and delays or eliminates the need for nursing facility placement. Through regular contact and monitoring, they ensure that services remain appropriate, effective, and aligned with each participant's goals.

More than service coordinators, they are advocates and trusted partners, ensuring that each participant receives the right support at the right time.

Jack is 86 years old and lives alone in Fayette County. He was the primary caregiver for his spouse

until she passed away. He receives In-Home Meals from the OPTIONS program. Jack refers to his OPTIONS Care Manager, Joslyn DeCarlo, as "kid" and is always happy to see her. He shares stories with her about his grandchildren, who he loves spending time with. Jack and his grandchildren like to build Lego sets together, and he shows them off to Joslyn when she visits. The OPTIONS program ensures that Jack has access to regular, nutritious meals. He commented that "The best part of receiving the meals is the prepared food... I have no cook in me - everything I try to make ends up burnt... The meals are super helpful."

### Strengthening Our Community

Home and Commu-

nity-Based Services like OPTIONS not only benefit individuals; they strengthen our entire community. By supporting older adults at home, we:

- Promote independence and dignity
- Reduce reliance on institutional care
- Preserve family stability
- Use public resources responsibly

The OPTIONS Program reflects our shared commitment to helping older adults live safely, confidently, and meaningfully in the communities they helped build.

### Learn More

If you think that you or someone you know may benefit from the OPTIONS Program, contact SWPA AAA at 1-800-734-9603 for more information.

## PARTICIPANT SPOTLIGHTS: The Difference a Care Manager Makes

### Meet Michael, Age 72

Michael resides alone in his apartment in Washington County. At a recent home visit with his OPTIONS Care Manager from Aging Services of Washington County, Amanda Cerciello, Michael asked Amanda if she knew of any resources to assist with dental work. He had some teeth that had been bothering him and were at risk for infection. Amanda provided him with information for "The Dental Lifeline - Donate Dental Services Program." When she spoke with him during a routine care management call three months later, Michael was excited to report that he was able to get all of his dental work done at no cost to him through the program she referred him to.

### Meet Ms. L., Age 86

Ms. L. is a retired Catholic Nun who is deaf and lives alone in Greene County. She received OPTIONS In-Home Meals for many years. Ms. L. was always so independent and said she did not want to go to a nursing home. Her OPTIONS Care Manager from Blueprints, Tiffany Huffman, assisted her in many ways to maintain her independence. When her TTY (teletypewriter) phone broke, Tiffany helped her obtain a new one, had it installed for her, and assisted with showing her how to use it. When Ms. L.'s hot water tank stopped working, she had no way to pay for a new one, due to her fixed income. Tiffany applied for Blueprints' Little Lift to help with the cost of a new hot water tank, which was over \$1000. The Little Lift committee approved the "Lift" and Ms. L. received a new hot water tank.

**Spring Forward**  
DAYLIGHT SAVING TIME  
CHANGE YOUR CLOCKS  
March 8

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**Sheryl R. Heid,  
Attorney at Law**

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Anthony Cuneo, MD

# VA Disability Rating Criteria Changes Expected in 2026

VA is proposing several significant changes to disability rating criteria in 2026 that Veterans should watch closely. Specifically, the most notable conditions subject to proposed changes include:



### Sleep Apnea

sleep apnea, the proposed changes eliminate the automatic 50% rating for veterans using a CPAP machine. Instead, ratings would be based on mea-

surable functional impairment and whether treatment successfully controls symptoms. Likewise, tinnitus may no longer qualify for a standalone 10%

rating and would instead be evaluated in relation to associated hearing conditions.

Proposed mental-health rating revisions

could benefit some veterans by raising the minimum rating from 0% to 10% and replacing the current "occupational and social impairment" model with a functional-impact assessment that evaluates areas such as cognitive ability, daily self-care, and the ability to safely navigate environments.

The implementation dates for these specific changes are unknown and depend on the finalization of the rulemaking process. They could be finalized

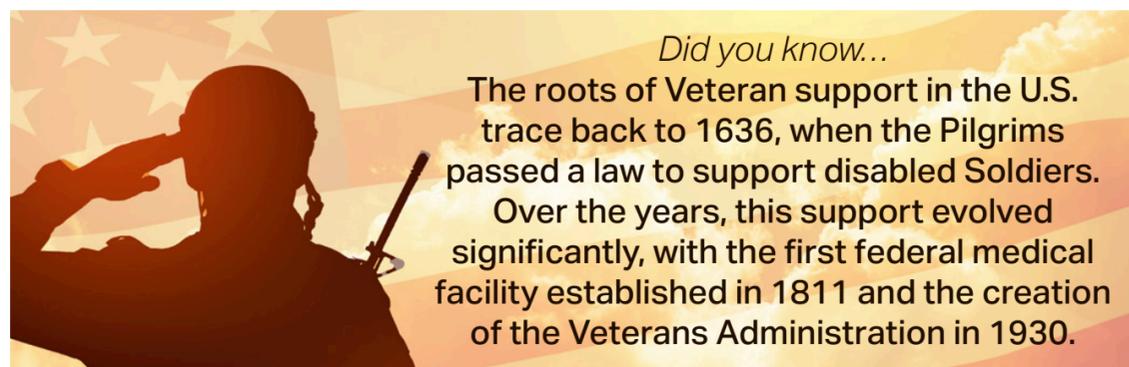
in 2026. Veterans already rated under current rules will be grandfathered in if changes are finalized, meaning their existing ratings should remain protected. Historically, this has been the standard practice for any changes to rating criteria.

The bottom line: if you're a Veteran who's been putting off filing your VA disability claim, now is the time to act. Don't wait until these changes take effect. For more information, contact your County Veterans Affairs office:

**Fayette County**  
724-430-1241

**Greene County**  
724-825-5275

**Washington County**  
724-228-6865



# Stay Healthy and Independent with BenefitsCheckUp

The National Council on Aging (NCOA) offers a free online tool called BenefitsCheckUp that has been helping older adults find and enroll in benefits programs since 2001.

The tool connects older adults and people with disabilities to programs that can help them afford daily expenses like food, health care, medication, utility bills and more. It's now easier than ever to find out about benefits programs you may qualify for and learn how to apply.

With this tool you can browse benefits programs available to you to see what is offered in your local area.

Just visit <https://benefits-checkup.org> to start browsing programs by entering your zip code on the home screen. You will then be asked to select the categories you're most interested in—like Food & Nutrition, Income, or Housing & Utilities. You can also check to see if you might qualify by selecting "See If You May Be Eligible". For programs like the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps), the Medicare Low-Income Subsidy, and Medicare Savings Programs, you may need to provide more information to see if you're eligible.

To get started you may

apply online or in person. If you'd rather get help in person, the community map on the website makes it easy to find support near you. The map shows local partner organizations that can explain benefits programs, check if you qualify, and help you apply. You may also talk to a benefits enrollment specialist person. It's free, confidential and unbiased.

Find out how you can get help finding and enrolling in benefits programs by calling the BenefitsCheckUp helpline at 1-800-794-6559, Monday through Friday, 8 a.m. to 7 p.m. ET, or visit <https://benefitscheckup.org>.

# LET'S CELEBRATE... The Senior Nutrition Program this March

Every March, the Administration for Community Living (ACL) celebrates its Senior Nutrition Program and the vital services it has provided to millions of older Americans since 1972. The program anniversary is an opportunity to promote the program's purpose and impact, engage with partners, and recognize the achievements of the aging services network.

The 2026 theme, Serving Up Solutions, emphasizes the creativity, innovation, and collaboration that define the Senior Nutrition Program. It spotlights how local programs continue to adapt and respond to community needs — from providing nutritious meals to

offering opportunities for older adults to stay engaged and independent. With every meal, programs are serving up solutions that support health, well-being, and stronger communities.

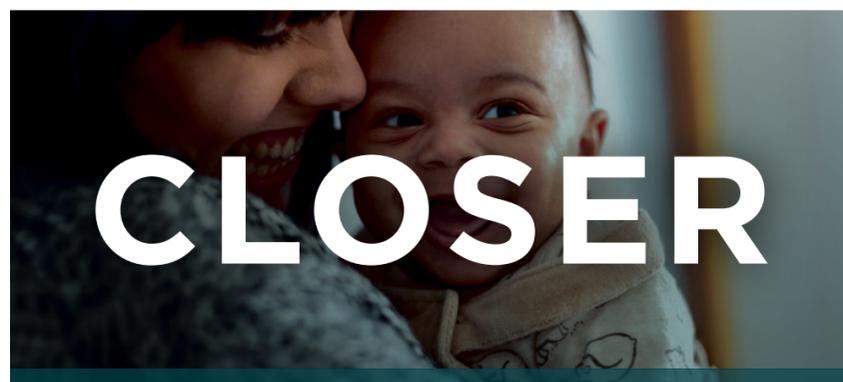
**Help with Nutrition**  
The Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) offers two nutrition options for adults aged 60 and older residing in Fayette, Greene and Washington Counties:

- Congregate Meals: Reserved through and eaten within a Senior Community Center.

- In-Home Meals (IHM): Eligibility of need determined through SWPA AAA OPTIONS program assessment.

Visit your local Senior Center for meals, activities, social events & much more. For more information visit <https://www.swpa-aaa.org/community-services/senior-community-centers> or visit the Senior Community Center Notes near the back of this issue.

For more information, contact the Information and Assistance Unit at 1-800-734-9603.



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## 7 Ways Veterans Can Protect Themselves From Scams

Veterans have served our country with honor and deserve to be protected from threats to their benefits and personal information. Unfortunately, scammers often pose as employees of the Department of Veterans Administration (VA) and contact veterans by mail, phone, email, and social media offering to help them access or file for benefits, for a fee.

March 5th is National "Slam the Scam Day," organized by our Office of the Inspector General to raise awareness about government imposter scams. We want to remind veterans and their loved ones about the importance of staying informed. If you're a veteran, here are 7 ways you can protect yourself:

1. Be cautious of companies that advertise that you can only receive VA benefits with their help
2. If a company pressures you to sign a contract right away or take some other immediate action, that's a red flag.
3. Disregard advertisements that promise an immediate or overly generous payout.
4. Be alert to "phishing" and requests for personal information about you, your benefits, medical records, and finances.
5. Limit the personal details you share on social media.
6. Be careful about the websites you visit.
7. Watch out for common red flags in emails, texts, and on social media.

Source: <https://www.ssa.gov/blog/en/>

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## Your Financial Future

Gary W. Boatman  
MBA, CFP

Spring often feels like a second chance for many seniors, because it can be a more natural time than January to refocus on financial goals. Now that the holidays are in the rearview mirror and winter blues are starting to fade, it is a great time to take steps to remove financial stress.

As tax season approaches, people have a clearer picture of their income, expenses, and savings, making it an ideal moment to adjust. Rather than chasing investment returns, the priority in retirement should be creating reliable income, reducing unnecessary risk, and making finances easier to manage. A good first step is reviewing monthly cash flow to ensure Social Security, pensions, and investment withdrawals are working together to provide stable and predictable income.

Money needed to provide regular monthly expenses must be predictable, guaranteed and not subject

to stock market swings. Investors normally get a little more conservative with investments as they age because there is less time to make up for losses. The challenge for many seniors is to control the fear of missing out on large market gains. While they are great when they happen, sometimes not losing is as important as those gains.

Another important area for seniors to address is taxes. Many retirees are surprised to find that withdrawals from retirement accounts can increase taxes and even affect Medicare premiums. Reviewing withdrawal strategies, considering partial Roth conversions and planning ahead for the required minimum distributions can help reduce lifetime tax burdens. Most people do tax preparation at this time of the year. The smart ones also do tax planning to reduce their family's lifetime tax burden. This is especially important for people who have large balances in qualified accounts such as 401k and IRAs.

This is a great time to simplify finances by consolidating accounts and reducing complexity because this can make day-to-day management easier and prevent costly mistakes later. Simplified finances also help surviving spouses or family members avoid confusion during already difficult times. In most families one person handles most financial issues. It is important for the surviving spouse to have good records and understand the family's financial situation. Taxes will go up upon the first death and income will go down. This is often known as the widow's penalty. With proper planning, these issues can be made a little easier.

Finally, seniors should take time to review estate documents and protect against risks that go beyond market fluctuations. Updating beneficiary designations, wills, and powers of attorney ensure that wishes are carried out properly and assets transfer smoothly. Proper estate planning can eliminate many legal

expenses in estate planning including reducing probate cost and protecting assets in case a nursing home is needed. Many seniors do not realize that there may be some options to get long term care coverage without paying monthly premiums.

Just as important is protecting against growing threats such as financial scams, unexpected health-care costs, and the possibility of declining health affecting financial decision-making. For many seniors, one of the easiest ways to protect from identity fraud might be to freeze your credit. This prevents anyone from opening new accounts in your name but allows you to continue using existing lines of credit. It is simple to un-freeze it if you do need to open a new account and there is no cost for this valuable protection. Taking a few proactive steps in the spring can provide peace of mind and help seniors enjoy retirement with greater confidence and security.

## Medicare Advantage Open Enrollment Period Ends March 31st

The Medicare Advantage Open Enrollment Period runs from January 1st through March 31st each year. If you are currently enrolled in a Medicare Advantage Plan, you can use this Open Enrollment period to switch to a different Medicare Advantage Plan, or you can drop your Medicare Advantage Plan and go

to Original Medicare and a Part D prescription drug plan. Coverage of your new plan will begin the first day of the following month. For example, if you enroll in March, your new plan will begin April 1st. This will be your last chance to change your Medicare Advantage Plan until AOEP (Annual Open Enrollment Period)

which runs October 15th through December 7th.

Please note, the Medicare Advantage Open Enrollment Period is only for people who have Medicare Advantage Plans. You cannot use this enrollment period to switch from one Part D prescription drug plan to another, or to switch from Original Medicare

to Medicare Advantage. It is important to review your current plan yearly, to ensure it is still meeting your healthcare needs and budget. If you live in Fayette, Greene, or Washington Counties and have questions about Medicare, please contact the local PA MEDI coordinator at 724-489-8080 ext. 4438.

Recipe of the month

### Pasta Primavera Salad

Use whole grain pasta to boost the fiber in this tasty spring salad.



### Ingredients

- 12 ounces uncooked pasta
- 1 package (10 ounces) frozen mixed vegetables
- 1 cup low-fat salad dressing
- 1/2 cup reduced-fat cheese (shredded)
- 3 hard boiled eggs, sliced

### Directions

1. Wash hands with soap and water.
2. Cook pasta according to package directions. Rinse in cold water to stop cooking and prevent sticking. Drain.
3. Cook vegetables until just tender. Drain and cool.
4. Combine cold pasta, vegetables, and salad dressing.
5. Top with sliced eggs and cheese.
6. Refrigerate until time to serve.

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

## 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.

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# Healthy Meal Planning: Tips for Older Adults

Eating healthy and maintaining an active lifestyle can help support healthy aging. Creating a nutritious meal plan is an important step toward improving overall well-being and maintaining energy as we age.

Answering the question, "What should I eat?" does not need to feel confusing or frustrating. With the right information and motivation, individuals can feel confident in making healthy choices that benefit both body and mind.

Planning ahead is one of the most effective ways to build healthy eating habits. Preparing meals

in advance helps remove uncertainty and ensures a balanced variety of nutritious foods are included throughout the day. Creating a shopping list before going to the store can also help individuals stay within their budget while selecting wholesome ingredients.

Preparation time is another important factor to consider. Some meals can be prepared in as little as five minutes, making healthy eating convenient even on busy days. For those who enjoy cooking or preparing meals with family and friends, trying new recipes can make the experience both enjoyable

and rewarding. It is also important to keep your calorie needs in mind, as daily requirements vary from person to person. Individuals should consult with their health care provider before making significant changes to their diet, especially when working toward specific weight or fitness goals.

By planning ahead, choosing nutritious foods, and staying mindful of individual needs, healthy eating can become a simple and sustainable part of everyday life.

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

# ★ Making a Difference Caregiver's Corner

## Your Care, Your Way: Taking Charge of Your Care Plan

Moving into a nursing home is a major life change that can often feel overwhelming, but every resident has a powerful tool available to ensure their voice is heard and their needs are met. This tool is called a Care Plan and it outlines exactly how your new home will help you stay healthy and reach your goals.

A Care Plan is essentially a roadmap for your daily life. It covers everything from your medical treatments and physical therapy to your favorite activities and what time you prefer to eat. By law, a

basic plan must be started within 48 hours of your arrival, and a full, detailed plan must be in place within 21 days. Many residents do not realize that the Care Plan belongs to them, not the facility. You have the right to read it at any time, ask for a copy, and request changes if something isn't working out.

The process starts with an assessment where staff members from different departments talk with you about your health and hobbies. This information is then used to create goals, such as walking a certain distance or maintaining a

healthy weight. You should always be invited to attend a meeting with the staff to review your goals and you can go to this meeting alone, bring a family member or trusted friend, or even ask an Ombudsman to sit with you for support.

It is important to remember that a Care Plan is not set in stone. It is a "living" document meant to grow with you. If you have a new health concern or simply want to try a different routine, your plan can be updated. By taking part in your Care Planning, you ensure that your care is centered on you, helping you live as independently and comfortably as possible.

The Long-Term Care Ombudsman is available to help you understand this process. Their main job is to make sure you know that you have the right to be involved in every decision. If you or someone you know needs confidential assistance from the Ombudsman, please call us today:

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

Washington County:  
1-844-507-8898

Always remember that Ombudsman services are confidential and free!

## PA CareKit: A One-Stop Resource for Pennsylvania Caregivers

Caregiving, in any capacity, can be both rewarding and overwhelming. Developed as part of Aging Our Way PA, Pennsylvania's 10-year strategic plan to strengthen aging services, the PA CareKit was shaped by input from caregivers and professionals. The result is a practical, easy-to-use resource that includes tools and step-by-step guides that support caregivers at every stage of their experience.

Approximately 1.5 million Pennsylvanians serve as unpaid caregivers, including family members, friends, and neighbors who provide critical daily assistance to older adults and individuals with disabilities. While caregiving can be deeply rewarding, it is often accompanied by stress, burnout and confusion about available resources. Many caregivers take on these

responsibilities with little formal training and limited knowledge of available resources. The PA CareKit addresses this challenge by offering a user-friendly toolkit that meets caregivers where they are.

The PA CareKit includes a personalized online quiz that helps caregivers identify their needs and receive personalized recommendations. It also offers worksheets and guides to help caregivers organize care responsibilities, track medications and appointments, plan budgets, and prepare for emergencies. In addition, the CareKit connects users to a directory of local and statewide resources, including respite care, community programs, and professional support services.

Recognizing that caregiving can take a physical and emotional toll, the PA

CareKit also emphasizes caregiver well-being. Self-care and wellness resources encourage caregivers to prioritize their own health, manage stress, and seek support when needed.

The PA CareKit is available online at <https://www.pa.gov/agencies/aging/pa-carekit> and in print, with free copies distributed through Area Agencies on Aging, public libraries, and community centers throughout Pennsylvania. By making information easy to find and use, the PA CareKit empowers caregivers, reduces stress, and strengthens families and communities across the Commonwealth. Please contact the Southwestern Pennsylvania Area Agency on Aging for more information at 724-489-8080.



Southwestern Pennsylvania Area Agency on Aging, Inc.

## CAREGIVER SUPPORT GROUPS

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



OPEN TO THE PUBLIC	Light Refreshments Served
<b>MON VALLEY</b> THIRD MONDAY OF EACH MONTH SPHS JBM Boardroom 300 Chamber Plaza, Charleroi, PA 15022 1 PM - 2 PM	<b>INDIAN HEAD</b> SECOND THURSDAY OF EACH MONTH Indian Head Church of God 691 Indian Creek Valley Rd, Indian Head, PA 15446 1 PM - 2 PM
<b>WASHINGTON COUNTY</b> FIRST TUESDAY OF EACH MONTH Gathering Room at First Christian Church 615 E Beau Street, Washington, PA 15301 1 PM - 2 PM	<b>WASHINGTON COUNTY ALZHEIMER'S CAREGIVER</b> SECOND THURSDAY OF EACH MONTH Miraculous Medal CCD Activities Center 280 Hallam Avenue, Washington, PA 15301 6 PM - 7 PM
<b>GREENE COUNTY ALZHEIMER'S CAREGIVER</b> SECOND WEDNESDAY OF EACH MONTH Blue Prints Conference Room 58 E Greene Street, Waynesburg, PA 15370 1 PM - 2 PM	VIRTUAL SUPPORT COFFEE TALK Scan QR Code for quick access
<b>FOR GRANDPARENTS &amp; OLDER ADULTS CARING FOR CHILDREN</b> LAST WEDNESDAY OF EACH MONTH SPHS JBM Boardroom 300 Chamber Plaza, Charleroi, PA 15022 10:30 AM - 11:30 AM	10 AM - 11 AM FEB 5 • MAY 7 • AUG 6 • NOV 5

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by Cindy Bartolotta

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- CHEESE
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- ESCARGO
- GUILLOTINE
- LE MARAIS
- LOUVRE
- MACARON
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- SEINE RIVER



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 O R N O T R E D A M E S I R A P E R V T L  
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See answers on page 18

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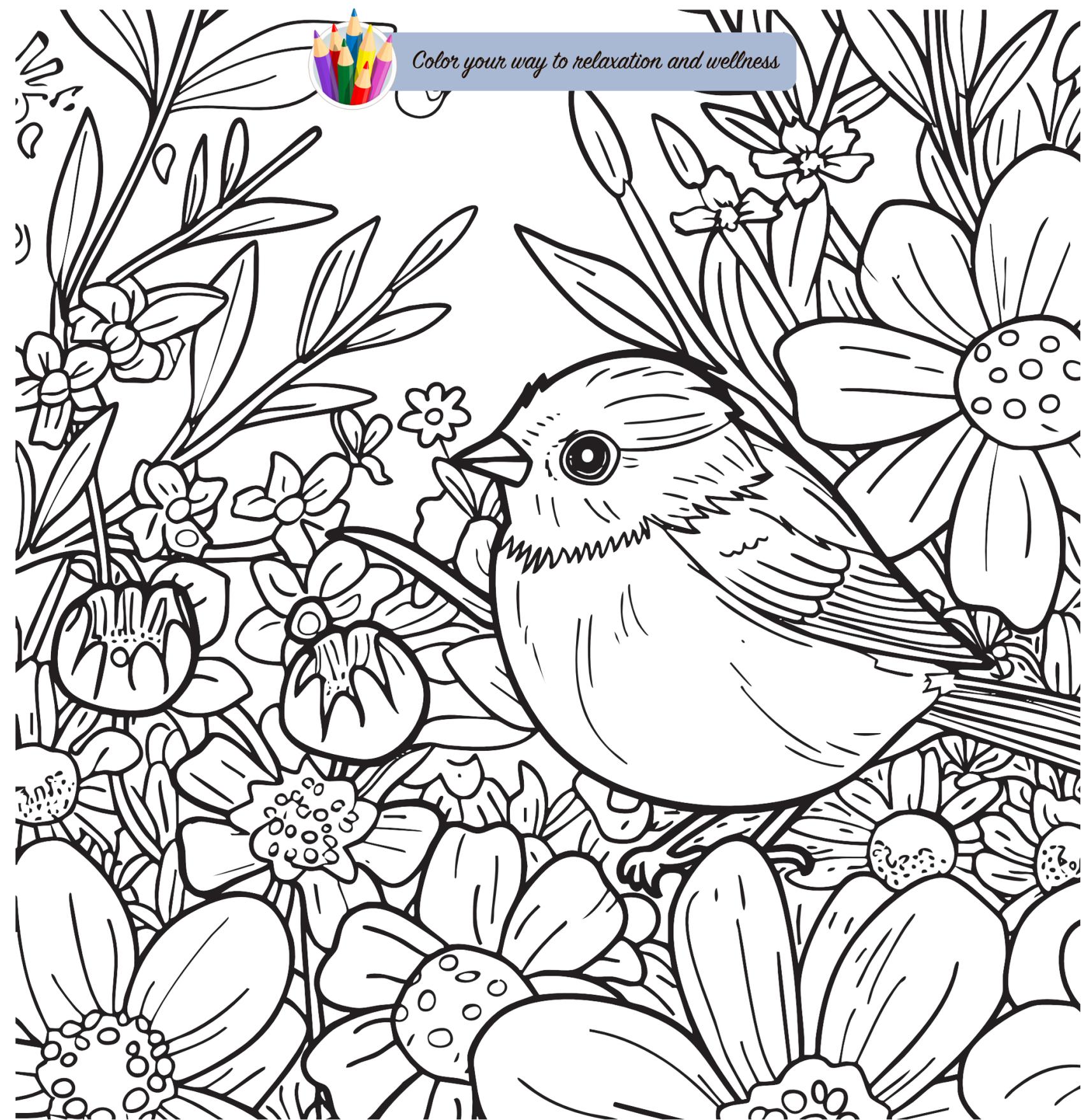
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# Senior Community Center Notes

## FAYETTE COUNTY

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

-Corrine McKnight

... Happy St. Patrick'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... We have a

new addition to our senior room as a local resident donated a billiard table. So now we have a new activity to enjoy!... Happy March birthdays to **Corrine McKnight, Carl Ansell, Linda Cottom, Russell Kuhns, and Thomas Wiltrout**... Happy Anniversary to **Lois and Carl Ansell**...

## BROWNSVILLE CROSSKEYS

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

-Stephanie Crable

... Welcome back!... We are open for dine in lunches again... Come and view some of our recent renovations and enjoy a hot lunch at 11 a.m... On March 24, we will call Scratch Off

Bingo at 10 a.m. The cost is \$5. Please call for reservations...

## 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 Mar. 2, Grocery Bingo was called... On Mar. 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 Mar. 9, **DJ Laurie** will entertain us from 10 to 11 a.m... On Mar. 10, Big Bingo will be called... On Mar. 16, we will enjoy trivia with **Joe** at 10:30 a.m... On Mar. 19, **Bound Turner** will perform music from 10 to 11:15 a.m... On Mar. 23, SeniorLIFE will host Health Bingo from 10 to 11 a.m... On Mar. 26, we will hold a Nutrition Talk at 10:30 a.m... On Mar. 30, Bonus Bingo Day will be called after lunch... Follow us on Facebook at Bullskin Township Senior Center for more information...

## CENTER ON THE HILL

100 Summit Road  
Belle Vernon, PA 15012  
724-930-8512

-Rick Swaney

... Marching into March!... Join us on Mar. 16 for Pot of Gold Bingo. Come and bring a friend... Mark your calendar for weeks filled with fun and fellowship... 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 stop by to enjoy the fun!... Join us Tuesday through Fri-

day 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 communi-

ty... Help make a difference for people like you...

## FAIRCHANCE CENTER IN THE BANK

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

-Geraldine Bricker

... Greetings. Since the groundhog saw his shadow, we have six more weeks of winter. We are ready for some warmer weather!... All seniors are invited to join us on Fridays from 10 a.m. to 2 p.m. We start with the Pledge of Allegiance, the Lord's Prayer and a devotional reading by **Mary Ann David**... Some Fridays we enjoy a guest speaker. Nickel Bingo is called before and after lunch. Our members take turns with clean up after lunch... Happy March birthdays to **Mabel Brownfield, Katie Ashe and Betty Salisbury**... Don't forget Daylight Savings Time starts on Mar. 8... Celebrate St. Patrick's Day on Mar. 17, the first day of Spring on Mar. 20 and Palm Sunday on Mar. 29... Well until next month... God bless everyone and stay warm...

## MASONTOWN

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

-Donella Blair & Laurie Crawford

... Shimmering shamrocks, March is here!... We're kicking off the month with our Silent Auction, running Mar. 9 to 27. Be sure to grab your tickets early and good luck to everyone participating... On Mar. 21, we will enjoy a special visit from the Easter Bunny who will be stopping by for brunch from 9 a.m. to 12 p.m. Bring your smiles and your appetite... On Mar. 12, live music returns with our very own **Eberhart Band** from 10 a.m. through lunch. It's always

# Senior Community Center Notes

a great time when they're in the house... We have plenty of activities planned throughout the month, so keep an eye out and join in the celebration... Join us Monday through Friday for lunch with a suggested donation of \$2... Come help us celebrate March; fun, food, music and community await!...

## MOUNTAIN CITIZENS

Box 105  
Farmington, PA 15437  
724-329-4260

-Wanda Sherry

... Welcome to March 2026 in the beautiful Laurel Highlands and surrounding areas. Winter has been pretty harsh, and the groundhog didn't give us much hope for an early Spring, however, hopefully the worst weather is behind us. Now we will be dealing with the Ides of March... Our center opens every Tuesday and Thursday at 9 a.m. with a delicious prepared hot lunch 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 **Debbie Molisee and Shirley Williams**. Happy March birthdays to **Dan Burd, Joy Burd, Gary Coneway, Shirley Fabian, Kenny Fike, Mary Hawk,**

**Betty Jenkins, Barbara Marker, Phyllis McGinnis, Ricky Teets, and Andrew Van Sickle**... 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

-Moir Kirk

... Hello March... If you'd like to get out after a long winter, please feel free to stop in. We enjoy great company and delicious food every day!... 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... Every other Wednesday at 11 a.m. we enjoy a guest speaker from Fayette County Community Action Agency... On Tuesdays and Thursdays, our card club meets at 12:30 p.m... On Mar. 8, don't forget to turn your clocks ahead for Daylight Savings Time... On Mar. 17, we will celebrate St. Patrick's Day. Don't forget to wear your green... Spring is coming! Have a blessed March...

## SMITHFIELD COLONIALS

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

-Janice Woods

... Happy March to everyone! We hope this long Winter is finally behind us and we can look forward to a wonderful Spring... We will start the month off by celebrating birthdays and anniversaries with cake and ice cream. Congratulations to all. Then we take a chance on **Louise's**

50/50 and do some chair yoga with **Janice** and the pool noodles... Join us at **Jamie Lynn's** on Mar. 10 for breakfast and good conversation... On Mar. 12, we will take a chance on **Elaine's** basket raffle, and blood pressure screening will be conducted. We will celebrate the Irish with **Susan Schiffbauer** and **Mary Armstrong**. We will wear our green, dance a jig and have a great time... On Mar. 19, **Kelly Beres** from LaFayette Manor will be back for another day of fun and games. We are looking forward to seeing her again... On Mar. 26, **Steve** will be back with Crazy Bingo... We meet on Thursdays at 10 a.m. Come get to know us and keep your fingers crossed for an early Spring...

## GREENE COUNTY

### CARMICHAELS

125 Municipal Road  
Carmichaels, PA 15320  
724-491-2011

-Stacy Stroman

... As the days grow brighter, we invite you to celebrate the season with us... 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 Mar. 3, UPMC presented a program on oral health and cancer awareness... Don't forget to call 724-491-2011 to reserve your lunch the day prior...

## JEFFERSON

190 Washington Street  
Jefferson, PA 15344

-Colleen Valosen

... The arrival of March signals a very welcome start of Spring... On Mar.

4, we will celebrate Unique Names Day. We'll have some fun listening to our members talk about names that their families can list under that description. If some are coming to mind as you read this, consider joining us to add to the merriment... On Mar. 11 National Promposal Day will be highlighted. Our favorite high school group will be visiting that day, and they'll probably leave with a new understanding of how things have changed over the years. Let's bring in our prom pictures and be ready to show them what the dances we did look like, and talk about how the promposals were done back then... On Mar. 18, as we put aside our heavy coats, hats, and scarves and get ready to welcome Spring, our members and visitors are asked to share their brown thumb stories as we enjoy learning

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**724-489-8080, ext. 4438**



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.

# Senior Community Center Notes

about what goes on in your homes and gardens. Several who attend that day will leave with a packet of seeds to get it all started... On Mar. 25, we will focus on baseball's opening day and the Pittsburgh Pirates. You'll want to be here by 9:30 a.m. so you can be placed on a team and be ready for the National Anthem at 10:15 a.m. Wear your Pirate shirts or anything black and gold and bring any souvenirs to help decorate your table. As the games come to an end, the winners will be leaving with peanuts or Cracker Jacks. Players from other centers are welcome to join our rosters... Have a marvelous March!...

## MT. MORRIS

Box 43

Mt. Morris, PA 15449  
724-324-5396

-Stacy Stroman

... Spring is just around the corner, and we're marching into a month full of fun, friendship, and fresh beginnings. Join us this month for activities, laughter, and good company!... 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... 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...

## WAYNESBURG

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

-Betty Grove

... A lot of snow in January, cold days in February and the Groundhog seeing his shadow means we are ready for spring!... Our center is looking new and now we are ready for everyone to visit. So, come and see us!... On Mondays and Thursdays, we enjoy **On The Move** classes at 12:15 p.m... On Tuesdays, we offer line dancing lessons from 12:30 to 1:30 p.m... On Wednesdays, we enjoy yoga at 12:30 p.m... On Fridays, we enjoy Tai

Chi classes at 12:30 p.m... On the first Thursday of the month, we watch oldies concert DVDs from 1:30 to 3:30 p.m... On the second Thursday of the month, we enjoy Movie Day from 2 to 4 p.m... On the third Thursday of the month, Game Day is held from 2 to 5 p.m... Remember if the weather is bad, please watch WTAE News or WPXI News for center closures... Take care and keep warm... God bless...

## WASHINGTON COUNTY

### BETH CENTER

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

-Renee Presto

... March is a month of transitions. It's cold, but signs of Spring are everywhere... On Mar. 8, don't forget to spring forward... Our center is open Monday through Friday from 8:30 a.m. to 5 p.m. and lunch is served at 11:30 a.m. Please call 724-377-0000 a day in advance to make your reservation... On Mondays, Wednesdays, Fridays, exercise class is

held at 7 p.m... On Mar. 4, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Mar. 9, we will hold our monthly meeting at 12 p.m. Please stop in and see what's going on at the Center... On Mar. 10, a representative from AAA (American Automobile Association) will present the Yellow Dot program at 10 a.m... On Mar. 11, we will enjoy crafts at 12:15 p.m... On Mar. 13, Big Bingo will be called at 12:30 p.m... On Mar. 18, a center member will host a craft at 12:30 p.m... On Mar. 25, **Jamie** from Amedisys will host a Senior Talk at 10:30 a.m... Stay tuned for other activities... We enjoy puzzles, bingo daily, cards, chair exercises, verse of the day, and question of the day... We would love to see some new faces, so stop in, have some coffee, some lunch, play games, relax, and enjoy...

## BURGETTSTOWN

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

-Kristin Frazier

... So happy for sunshine

and bright skies!... On Mar. 2, Washington County Drug and Alcohol presented a program on responsible gambling... On Mar. 5, Freedom Transit will be at the Center at 10:30 a.m... On Mar. 10, we will hold our business meeting at 12 p.m... On Mar. 11, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Mar. 13, be sure to wear your green for our Lucky Bingo at 10:30 a.m... On Mar. 18 at 10:30 a.m., **Tony** from 101 Mobility will be at the Center... On Mar. 23, the Pittsburgh Ballroom Dancers will entertain us at 12:45 p.m... On Mar. 29, our center will host its annual fundraiser, Day at the Races. Lunch is served at 11:30 a.m. and the races will follow at 12:30 p.m. Tickets are \$10 in advance and \$15 at the door! It's a fun filled day!... On Mondays and Wednesdays, Silver Sneakers starts at 1:15 p.m... On Mondays and Fridays, pool is played at 12 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 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

... Spring is in sight! It has been quite a frigid and messy winter. With all the cold weather, we unfortunately had a waterline burst that caused some flooding, but we are all dried up and will be good as new soon. Thank you for your patience... On Mar. 3,

# Senior Community Center Notes

we held our activity meeting... On Mar. 4, **Brenda** from Blessed Home will visit the Center at 10 a.m... On Mar. 10, we will hold our business meeting at 10 am... On Mar. 11, **Sam** will host Grocery Bingo... On Mar. 17, don't forget to wear green... On Mar. 18, **Mark** from ClearCaptions will be at the Center with donuts... On Mar. 25, **Kelly** from Townview will host horseraces at 10:15 a.m... Lunches are served Monday through Friday at 11 a.m. Bring a friend!... We are all hoping the snow and cold temperatures start to move on out so we can enjoy some nicer days ahead!...

## CENTER IN THE WOODS

130 Woodland Court  
Brownsville PA 15417  
724-938-3554

-Nanette Andre

... Think Spring!... We offer a full calendar of weekly activities for older adults looking to stay active and engaged... On Mar. 17, we will enjoy a St. Patrick's Day celebration beginning at 11 a.m... 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 business day in advance by calling 724-938-3554... On Feb. 13, we will enjoy a Valentine's Celebration 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 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, March 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, March 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, March 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, March 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 [web site—www.chartiersparks.com](http://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

... In March the sun shines a bit brighter, the days grow a bit longer, and our hearts grow a little warmer... Lunch is served Monday through Friday at 11:30 a.m. and it's always better when shared with a friend. A \$2 donation is suggested for those 60 and older. We kindly ask you to call the

Center a day or two before to order your lunch so we can be sure to have everything ready for you... After lunch, the fun continues... On Mondays, we ease into the week with Pokeno... On Wednesdays and Fridays, we enjoy one of our favorites, bingo! There's nothing quite like a little friendly competition and a lot of laughter to brighten the afternoon... On Mar. 6 and 18, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. **Bridget** will bring the donuts, great prizes and as always, a wonderful time for everyone... It's a crowd favorite and we can't wait to enjoy the fun together... Be sure to check out our Facebook page where the daily menu is always posted along with any updates to activities. It's a great way to stay in the loop... Don't forget to spring forward on Mar. 8!... Remember, you never



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Southwestern Pennsylvania Area Agency on Aging



pennsylvania  
DEPARTMENT OF AGING

# Senior Community Center Notes

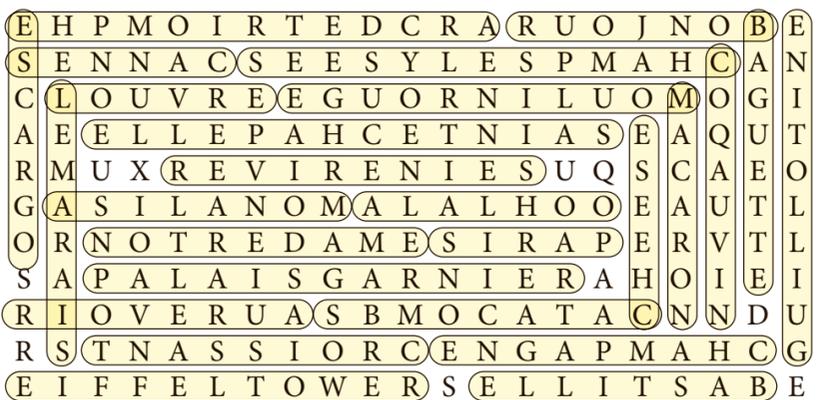
need a special reason to stop by. Come in for a cup of coffee, help assemble a puzzle, or simply relax and enjoy the company. That's what makes our center feel like home... We look forward to seeing you soon and sharing another great month together...

celebrate St. Patrick's Day. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon... On Mondays and Wednesdays, bingo is called. Early bird starts at 12:30 p.m. followed by thirteen regular games and seven specials... On Tuesdays, Wii bowling fun starts at 12:30 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 always welcome new faces for our morning coffee hour from 9:30 to 10:30 a.m. daily or just relax and enjoy some good company... On Mar. 9, solo singer and acoustic guitar player **Scott Schwartz** will entertain us from 11:30 a.m. to 12:30 p.m... On Mar. 17, a representative from **State Representative Tim O'Neal's** office will assist with completing Property Tax Rent Rebate applications from 9:30 a.m. to 1 p.m... Happy March birthdays to **Teresa McParland, Margie Pritchett, Richard A. James, Emma Fraley,**

**DONORA**  
683 Meldon Avenue  
Donora, PA 15033  
724-379-6446  
-*Calvalier LaRue*  
... National Good Samaritan Day is Mar. 13 and recognizes the unselfish actions of those who provide help when needed. Take this time to volunteer at your local senior centers. It would be greatly appreciated by all... On Mar. 17,

## Word Search Answers from page 12



**Janet Basey, and Al Loss-er...**

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

... March is here, which means Spring is coming soon!... Do you need a book to read? Check out our lending library and our puzzles... Don't forget to turn you clocks ahead on Mar. 8... A Volunteer Luncheon is being planned for April. More details

will follow. Where would we be without or volunteers?... Consider coming to the Center to join us for lunch. Lunch is served Monday through Friday at 11:30 a.m... On Mondays, Wednesdays and Fridays, cards are played... On Tuesdays and Thursdays, bingo is called... On Mar. 5, **George** from Highmark will host My Plate Bingo... On Mar. 10, **Abby** will host Snap Bingo at 10:30 a.m... On Mar. 11, we will hold our monthly bingo... On Mar. 12, **Sam** from Senior-LIFE will host Grocery

Bingo at 10:30 a.m... On Mar. 17, wear green for St. Patrick's Day... On Mar. 18, PA Health and Wellness will visit the Center at 10:30 a.m... On Mar. 19, **Dr. Dan** from Pittsburgh Integrated Wellness will visit the Center at 10:30 a.m... On Mar. 24, **Kelly** from Townview will host horseraces at 10:30 a.m... On Mar. 26, we will enjoy craft day at 10:30 a.m... We look forward to seeing you all!...

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

... March promises to be a busy month with St. Patrick's Day, Palm Sunday and preparing for Easter... Our monthly meetings are held on the first Thursday of the month and all are welcome! We begin with a short meeting followed by a delicious catered lunch... This month we are planning on having a member from the Midway Council attend to discuss things that are going in around the Midway area... Our upcoming activities will include Grocery Bingo other activities that are still in the planning stages. We

# Senior Community Center Notes

often enjoy various speakers to help with everyday living. We are always open for suggestions on activities that our members would like to do... We continue to collect items for the McDonald Area Food Bank... If you have any questions or suggestions, please call **Nancy Hillberry** at 724-796-0505... Hope to see you at our next meeting...

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

... Our center enjoys a party every month to celebrate monthly birthdays and we blend it in with any holiday in that month. This month we will enjoy a Doo Wop band for our St. Patrick's Day Party! So, come down and have some fun with us. If you have been to one of our parties you know we have a lot of fun and prizes, good food and drinks! So, we hope to see you on Mar. 20 from 1 to 4 p.m. There will be a \$10 fee to cover the cost of the band... Lunch is served Monday through Friday at 12 p.m. Please call or stop in the day before to make your reservation. There is a suggested \$2 donation... On Mondays, we play Pokeno or games from 12:30 to 3:30 p.m... On Tuesdays, we enjoy arts and crafts from 12:30 to 2 p.m... On Thursdays, bingo is called, and we sell hotdogs from 1 to 4 p.m... On Fridays, **Ruth Pugh** holds Bible study from 10:45 to 11:45 a.m... Our center has its own beauty shop open

Wednesdays, Thursdays, and Fridays. Just give **Laurel** a call at 724-258-9518 and she will make you an appointment... Volunteers are desperately needed here and surrounding areas. If you or anyone you know can help a couple hours a day or even one day a week, please give us a call at the Center... Let the Shenanigans begin! Happy St. Patrick's Day!...

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

... Hello everyone... One of the main things to remember to do in March is turn your clocks ahead one hour on Mar. 8. We lose an hour of sleep but who cares since it means Spring is right around the corner... On Mar. 17, we will enjoy a St. Patrick's Day Party. **Bobby Shawn** will be singing some Irish tunes for you to dance the jig. Don't forget to wear your green... On Mar. 19, we will be making our famous subs. Call to place your order... On Mondays and Wednesdays, we enjoy Zumba. Join us to shed off some of those Winter pounds... On Tuesdays, the card game Golf is played... On Wednesdays, Big Bingo is called. Come in to play and bring a friend... On Thursdays, we enjoy crafts. We have fun and make some unique items... On Fridays, Euchre is played... Golf and Euchre are both fun and welcome new players... Lunch is served Monday through Friday at 12 p.m. Call the day before to make

your reservation... We are looking for a volunteer bingo caller for two hours on Wednesdays. No experience needed. We will train you and lunch will be provided. Stop in for details...

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

... Goodbye February and hello March!... Don't forget to turn your clocks ahead on Mar. 8. Let's spring into Spring... Are you looking for something to do? Come on down to the Center and join us. Feel free to bring a friend. Anyone 60 years of age or older are welcome to join in, whether it's lunch, activities, or camaraderie... We meet the second and fourth Thursday of every month. Our doors open at 11 a.m. and lunch is served at 12 p.m. Any

activities/presentations scheduled for those days start at 12:30 p.m... On Mar. 12, we will be entertained by **Rev. Richards**... On Mar. 26, bingo will be called... For more information or to make a lunch reservation/cancelation, please call 724-228-6996. Meal reservations cancelations 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*

... Welcome March! Hello Spring!... On Mar. 4 at 12:15 p.m., join us for our movie matinee "Nonnas" starring **Vince Vaughn** and **Susan Sarandon**... On Mar. 11, we will continue to watch "The Pitt" season 1, episodes 3 and 4; the new hit show surrounding a fictitious Pittsburgh Trauma Medical Center... Also, on Mar. 11, we will be rocking and rolling to Music Bingo. Games start at 12:15 p.m... On Mar. 17, help us celebrate St. Patrick's Day with an ice cream social after lunch.

Wear your green and bring your sweet tooth!... On Mar. 25, **Bridget** from SeniorLIFE will host Grocery Bingo at 12:15 p.m... 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 March and take every chance to show love to all we meet... "May your troubles be less, and your blessings be more, and nothing but happiness come through your door." ~ Irish blessing...

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