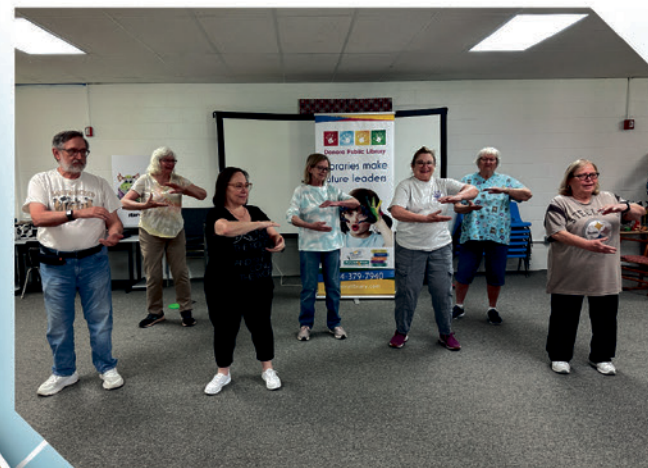


SENIOR Times

Age Well, Live Long!

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

Est. 1974



OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

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

Editorial Staff:

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Southwestern Pennsylvania Area Agency on Aging, Inc.

Corporate Office

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

Fayette County Office 724-430-4603

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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. Write to:

Senior Times

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

www.swpa-aaa.org

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PA Senior Farmers Market Nutrition Program

The Pennsylvania Senior Farmers Market Nutrition Program (SFMNP) provides income-eligible seniors with the opportunity to purchase fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs from approved farmers in Pennsylvania. The SFMNP vouchers will be distributed in-person only at senior community centers, satellite centers and other locations. Vouchers will not be distributed by mail. A distribution schedule listing distribution locations, dates and hours will be published in the June issue of the Senior Times and will be available on our website www.swpa-aaa.org and Facebook page once the schedule is complete.

FARMER'S ALMANAC MAY 2026

Temp. 64° (1° above avg. east, 1° below west); precip. 4.5" (0.5" above avg.). 1-2 Sunny, mild. 3-13 Scattered t-storms, cool. 14-18 Sunny, warmer. 19-31 Scattered t-storms, mild.

NOTICE OF PUBLIC MEETINGS

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

May 5 September 1 December 1 June 2 November 19

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

June 17 October 21 September 16 December 9

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

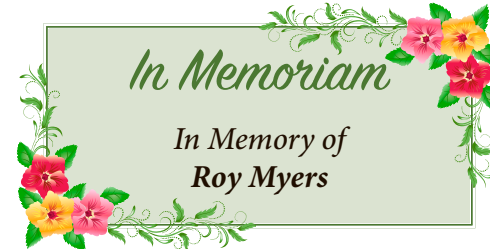
The Senior Times extends a warm thank you to its donors

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.



Celebrating Nurses' Week

National Nurses' Week is held every year beginning on May 6 and ending on International Nurses' Day and Florence Nightingale's birthday, May 12. The week-long celebration was officially established in 1990 by the American Nurses Association. Earlier efforts to honor nurses date back to the 1950s, but it took several decades to become a formal national observance.



community well-being and to celebrate their compassion, skill, and dedication, especially in challenging environments.

The purpose of National Nurses' Week is to recognize the critical role nurses play in healthcare, public health, and com-

At the Southwestern Pennsylvania Area Agency on Aging, Inc., our two Registered Nurses (one employed and one

volunteer) work in the Older Adult Protective Services Program (OAPS). Tom and Sandy work to keep older adults safe from abuse, neglect, and exploitation (see the June issue of the Senior Times for more information about Protective Services). During Nurses' Week, we proudly recognize the dedication, compassion, and expertise that Tom and Sandy bring to our agency all year long, and we thank them for their unwavering commitment to making a difference in the lives of the older adults we serve.

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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.

Older Americans Month 2026



CHAMPION YOUR HEALTH: MAY 2026

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month, a time to recognize older adults' contributions and reaffirm our commitment to supporting their health and independence.

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, we are focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the pre-

lude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.



To check out past themes, please visit https://acl.gov/oam/history

Locally, the County Commissioners in Fayette, Greene, and Washington Counties will each issue a proclamation for Older American Month:

Washington County

Date: May 7

Time: 9 a.m.

Location: County Office Building

Greene County

Date: May 14

Time: 11 a.m.

Location: County Office Building

Fayette County

Date: May 21

Time: 10 a.m.

Location: Gallatin Building, 2 W. Main Street, Uniontown, PA



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Washington County Senior Center Navigator Academy



The Senior Center Navigator Academy is a new four-part training curriculum that was piloted for the first time between March 24 and April 14 by the Washington County Senior Center Revitalization Implementation Committee. The curriculum is specifically designed for the professional development of the Senior Center Coordinators.

The Academy included everything Coordinators need to know about managing a Senior Center. Some of the specific topics that were covered included:

- Pennsylvania Department of Aging Senior Center regulations
- Knowledge of Care Systems that benefit/ serve older adults
- Resources available to Older Adults
- Legal Issues
- Advocacy
- Marketing Tips

This educational training will ensure that Coordinators in all the Senior Centers will have the tools necessary to provide older adults with a meaningful Center experience and help connect them with any needed resources, services and/or benefits.

A partnership between the Southwestern Pennsylvania Area Agency on Aging, Aging Services of Washington County, SPHS Diversified Human Services, and the Washington Area Senior Center, the Washington County Senior Center Revitalization Implementation Committee is a group that is working to implement the strategic plan created in 2024. Their vision is that "Senior Centers in Washington County will be a best-in-class ecosystem of locations and programs that are beloved and regularly utilized to fuel the body, engage the mind, and nurture the spirit of citizens over the age of 60."

A partnership between the Southwestern Pennsylvania Area Agency on Aging, Aging Services of Washington County, SPHS Diversified Human Services, and the Washington Area Senior Center, the Washington County Senior Center Revitalization Implementation Committee is a group that is working to implement the strategic plan created in 2024. Their vision is that "Senior Centers in Washington County will be a best-in-class ecosystem of locations and programs that are beloved and regularly utilized to fuel the body, engage the mind, and nurture the spirit of citizens over the age of 60."

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Student Dietitians visit Southwestern Pennsylvania Area Agency on Aging

Recently, the Southwestern Pennsylvania Area Agency on Aging welcomed student dietitians from Seton Hill University for a visit.

During their time with us, they met with our colleague Dawn Morrell Carson, who shared practical insights and spoke about her experience as a Registered Dietitian.

The discussion gave the students a helpful look at what to expect in the field and allowed them to connect their studies to real world practice.

It was a positive and engaging visit, and we look forward to seeing all they will achieve as they continue their professional paths.

2026 Senior Tournaments Coming

The Southwestern Pennsylvania Area Agency on Aging, Inc. is planning several tournament competitions for 2026.

Upcoming Tournament dates:

| | |
|--|--|
| 500 Bid: Washington County June 5 at McDonald Cecil Senior Center | Euchre: Washington County June 12 at McDonald Cecil Senior Center |
| Fayette & Mon Valley June 9 at Center on the Hill | Fayette & Mon Valley June 23 at Center on the Hill |
| FINALS July 26 at Center on the Hill | FINALS July 10 at Center on the Hill |

FINALS:
Please note that all Final Tournaments will be held at Center on the Hill:
500 Bid: July 26 Euchre: July 10

For more information, contact your local senior community center.

Memorial Day



The commemoration of Decoration Day, or, as it increasingly became known, Memorial Day, continued through the late nineteenth and early twentieth century as an informal patriotic holiday. After World War I, the event was expanded to honor those who died in all American wars.

The federal government continued to recognize Memorial Day through legislative actions. "The Congressional joint resolution approved May 11, 1950 (64 Stat. 158), has requested the President to issue a proclamation calling upon the people

"That Nation which respects and honors its dead, shall ever be respected and honored itself."

— Brevet Lieut.-Col. Edmund B. Whitman, 1868

of the United States to observe each Memorial Day as a day of prayer for permanent peace and designating a period during each such day when the people of the United States might unite in such supplication."

A congressional resolution in 1966 officially recognized a century of Memorial Day events held on May 30 in Waterloo, NY, officially proclaimed by President Lyndon B. Johnson. Thus the federal government declared this location as the "birthplace" of Memorial Day. Shortly after that, the Uniform Monday Holiday Act, legislation enacted in 1968 — effective in 1971 — designated Memorial Day a national holiday and moved it from May 30 to the last Monday in May.

Source: <https://www.cem.va.gov>

As we observe Memorial Day, we pause to honor and remember the brave men and women who gave their lives in service to our country. Their sacrifice has secured the freedoms we cherish today, and we extend our deepest gratitude to them and their families. This day also reminds us of the importance of community, reflection, and continuing support those who have served.

Did you know...
Despite representing a small percentage of the population, Native Americans have historically served in the military at the highest per-capita rate of any ethnic group in the U.S.

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Self-Care for Arthritis: Five Ways to Manage Your Symptoms

Managing arthritis can help relieve your symptoms so you can do the activities that are important to you. It can also help you manage other chronic conditions you may have, such as diabetes, heart disease, or obesity.

- 1. Learn the skills you need to manage arthritis**
Learn the skills you need and gain confidence to manage your condition.
 - There are low-cost self-management education workshops (about \$25-\$35) across the country.
 - These workshops can help you learn to manage pain, exercise safely, and gain control of your arthritis. View the physical activity and self-management education programs for arthritis at <https://www.cdc.gov/arthritis/programs/index.html>
- 2. Be active**
Research shows physical activity for arthritis:
 - Reduces pain.
 - Improves physical function.

- Delays physical limitations that can be caused by arthritis.
- All adults, including those with arthritis, should try to get at least 150 minutes (2.5 hours) each week of moderate physical activity, such as fast walking or bicycling.
- 3. Keep a healthy weight**
 - Keeping a healthy weight can help slow arthritis symptoms from getting worse so you can keep doing the activities you enjoy.
 - For adults who are overweight or obesity, even a small amount of weight loss can help reduce arthritis-related pain and disability.
 - Even a 5%, or 12-pound loss, for a 250-pound person can help.
- 4. See your health care provider**
 - If you have arthritis (especially inflammatory arthritis), it is important that a health care provider detects it early.
 - Health care providers can recommend physical activity and other ways to manage arthritis without medicine so you can maintain a good quality of life.
 - If medicines are needed to help you cope with symptoms, health care providers can prescribe them.

5. Protect your joints

- Avoiding injuries to joints can reduce the chances of getting osteoarthritis or making it worse.
 - Doing sports or jobs that have repetitive motions, such as repeated knee bending, put people at higher risk for this type of arthritis.
- There are many things you can do to manage arthritis symptoms. The things you do to manage your condition and stay healthy are called "self-management" or "self-care." You can make it easier to get the recommended (150 minutes a week of) physical activity by choosing activities that you enjoy. Breaking it up into small chunks—for example, 30 minutes a day, 5 days a week and taking personal or group exercise programs.
- If you cannot meet the recommendation, be as active as you can. Even small amounts of physical activity can have some health benefits.

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

The Southwestern Pennsylvania Area Agency on Aging has several health and wellness programs, like Tai Chi for Arthritis and On The Move, that may help alleviate arthritis symptoms. For more information call our Information and Assistance Unit at 1-800-734-9603 or email contact@swpa-aaa.org

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Reporting Medicare Fraud & Abuse

Medicare fraud and abuse can happen anywhere. It's important that you protect your Medicare card, number, and other personal information, and check your Medicare claims regularly. What are some examples of Medicare fraud?

Some examples of Medicare fraud include:


- A provider that bills Medicare for services or supplies they never gave you, like charging you for a visit you never had, or a back brace you never got.
- A provider that charges Medicare twice for a service or item that you only got once.
- A person who steals your Medicare Number or card and uses it to submit fraudulent claims in your name.
- A company that offers you a Medicare drug plan that Medicare hasn't approved.
- A person comes to your house or calls you, offering to sign you up for Hospice care if you give them your Medicare number.

To help spot and prevent Medicare fraud and abuse:

- Compare the dates and services on your calendar with the Medicare statements you get to make sure you got each service listed and that all the details are correct.
- Protect your personal information and become familiar with how Medicare uses it.

- Know what a Medicare health or drug plan can and can't do before you join. If you join a Medicare health or drug plan, the plan will let you know how it will use your personal information.
- Learn more about Medicare and recent scams.

This article and information was taken from the website Medicare.gov



If you suspect fraud call 1-800-MEDICARE (1-800-633-4227) or Report Medicare Fraud online.

If you have a Medicare Advantage Plan or Medicare drug plan you can also call the Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379).

Be Prepared for Spring Weather

As we transition into spring, it is important to stay prepared for seasonal weather changes. Spring can bring weather hazards such as thunderstorms, heavy rainfall, flooding, high winds, hail, and even tornadoes.

Please take a moment to review these spring weather safety reminders:

Preparing for Severe Spring Weather

- Keep an emergency kit in both your home and in your car (battery powered weather radio, flashlight, blankets, cell phone, batteries, etc.)
- Sign up for local emergency alert notifications. (Most municipalities provide alert notifications which will inform residents in times of crisis.)
- Monitor your local radio or television for current weather conditions and possible severe weather.
- In the event of severe weather know the difference between storm watches and warnings.
 - Watch - A weather watch means there is the potential, or conditions exist, for a dangerous weather event.
 - Warning - A weather warning means that a dangerous weather event is imminent. Immediate action must be taken to protect life and property.
 - Advisory - A weather advisory means weather conditions that are less serious than a warning is possible. These events may cause a significant inconvenience, and if caution is not exercised, it could lead to a situation that may be threatening to life and property.

When Severe Weather Strikes Indoors

- Stay away from windows.
- Use flashlights if the power goes out. Have a battery-powered NOAA weather radio on hand to monitor weather reports.

- Discontinue use of landline phones and electrical equipment.
- Avoid taking a shower or bath. If lightning strikes your house, it may send a current of electricity across metal plumbing throughout the house.

Outdoors

- Stay low. If possible, find shelter in a building.
- Keep away from trees, tall objects, metal objects and water.
- Boaters and swimmers should get to land as soon as possible.

While Driving

- Reduce your speed.
- Pull off to the shoulder of the road. Be sure you're away from tall objects, such as trees, which could fall due to wind or lightning. Do not clog highway underpasses.
- Turn on your emergency flashers and remain in the car until the storm passes.
- Do not touch any metal objects in the car.
- Never attempt to drive on roads covered by water.
- In a vehicle: Being in a vehicle during a tornado is not safe. The best course of action is to drive to the closest shelter. If you are unable to make it to a safe shelter, either get down in your car and cover your head or abandon your car and seek shelter in a low-lying area such as a ditch or ravine.

By taking a few simple precautions and staying informed, you can help protect yourself and those around you during severe spring weather. Preparation and awareness are key—when you know what to do before, during, and after a storm, you can respond quickly and confidently. Stay safe, stay alert, and make weather readiness a priority this season.

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

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Your Financial Future

Gary W. Boatman
MBA, CFP

Spring has arrived and we are thinking about many outside activities. An extreme example might be trying to climb one of the world's highest mountains. Reaching the summit of Mount Everest is one of the world's greatest achievements, but seasoned climbers will tell you the real danger begins on the way down. Over the years, more than 13,000 successful summits have been recorded, yet sometimes big accidents happen after reaching the summit that can ruin the whole experience. Exhaustion, depleted oxygen, and deteriorating conditions often combine to make the descent far more dangerous than the climb itself. In fact, many climbers who stand on the summit never make it safely back down, proving that success is only halfway complete until the journey is finished.

Retirement follows a remarkably similar path. The working years are like the climb decades spent saving, investing, and preparing for the day you can finally "reach the top." But arriving at retirement is not the finish line; it is the beginning of a new and often more complex phase. Without a thoughtful plan for generating income, managing taxes, and protecting against market downturns, even well-prepared retirees can face unnecessary risks. Just like Everest, the goal is not simply to reach the summit, but it is to navigate the descent safely. Those who plan carefully for this stage of life give themselves the best chance to enjoy the journey and arrive securely at the end.

All retirement planning starts at the same place. That



is income planning. While the overall experience will be much better with integrated planning, nothing happens without an income plan. You must have income to pay for life's living expenses. Whether you own your home or rent, there are many monthly expenses. Of course we need money for food, health care, transportation and hopefully to do things on your bucket list.

The sources for these activities come from multiple areas including Social Security, pensions and personal savings. Historically this was the three-legged stool. Today, many retirees do not receive defined benefit pensions from their employer, so personal saving is even more important.

When using personal funds for retirement, it is important to remember that they must last a lifetime. This means you must consider volatility, taxes, longevity and sequence of returns risk. Big market losses right before or early in retirement can quickly wipe out saving. Taking withdrawals from the stock market are

not guaranteed to last for life like Social Security or a pension.

Social Security is a benefit most retirees receive, but many do not collect all the dollars they could have because they did not make optimal claiming decisions. This can cost people tens of thousands or much more in lifetime benefits. SS is one of the few retirement assets that you can't outlive and has cost of living increases. It also pays to a spouse and has survivor benefits.

After securing your income, people should look at their financial life from a holistic viewpoint. With proper planning, your lifetime tax bill may be able to be reduced substantially. It is not just how much you earn that is important, but how much you get to keep. Health care costs can be very expensive as we age. Creditable studies have shown that a 65-year-old couple will spend \$265,000 in out-of-pocket cost for health care. This includes premiums, deductible and co-pays. It does not include long-term care which can cost over one hundred thousand per year. Legacy planning is a final step to make sure that your assets go to your intended recipients and not an ex-spouse. Make a mistake here and you can easily dis-inherit a grandchild.

Considering all these aspects of financial planning will make your descent into retirement more enjoyable. Remember once you enter retirement many of the steps you took to get there change. Your investment decisions will look completely different to what they did while you are still working. Make sure that your choices match this new life reality. That is the best way to make down from the peak.

Call for Entries: April 26 – May 24

2026 Celebration of
PA's Older Artists: Featuring
Artists with Dementia

The Pennsylvania Department of Aging (PDA) and PA Creative Industries have opened the call for art for the second annual Older Artists of PA Showcase. The Department is accepting submissions from Pennsylvanians aged 60 and older through May 24, 2026.

The 2026 Showcase will feature selected works from across the Commonwealth, on display in the East Wing Rotunda of the Pennsylvania State Capitol during the month of August. Up to 30 pieces will be selected by jurors from across the Commonwealth.



This year, the Showcase will also highlight older adults living with dementia, recognizing that artistic expression can be a powerful tool for connection, identity, and storytelling. PDA encourages submissions from all eligible artists, including older adults living with dementia and those in congregate care settings.

Artists aged 60 and older who reside in Pennsylvania are invited to

submit one piece of art for consideration. There is no cost to enter, and submissions must have been created within the past 18 months in one of three categories:

- Professional
- Non-professional
- Artist Over 60 Living with Dementia

In addition to being featured in the exhibition, selected artists will be invited to attend a reception in Harrisburg to celebrate their creative contributions.

Applications will be collected online via CaFÉ at https://artist.callforentry.org/festivals_unique_info.php?ID=17337

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



Mental Health Awareness Month: Caring for Mental Health as We Age

May is Mental Health Awareness Month, a time to emphasize the importance of emotional well-being at every stage of life and to encourage open conversations about mental health. It also serves as a reminder that mental health needs can evolve over time, particularly as individuals age and face new life experiences and challenges.

Why is it important to take care of our mental health as we age?

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.

Mental health is important at every stage of life. Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

What are symptoms of mental disorders in older adults?

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues,

- or pain
- Misuse of alcohol or drugs
- Sadness or hopelessness
- Thoughts of death or suicide or suicide attempts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that concerns others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Health hotlines

• 988 Suicide & Crisis Lifeline :

The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. Call or text 988 to connect with a trained crisis counselor.

• Veterans Crisis Line:

This helpline is a free, confidential resource for veterans of all ages and circumstances. Call 988, then press 1 or text 838255; to connect with 24/7 support.

• Disaster Distress Hotline:

This helpline from the Substance Abuse and Mental Health Services Administration provides immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, 7 days a week. Call or text 1-800-985-5990.

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

Protect Your Information—Guard Your Card

Your Social Security number is key to your personal and financial information. Protecting it is essential to prevent identity theft and avoid scams. The following tips will help you safeguard your card and personal information:

• **Don't Carry Your Card Daily:** Keep your Social Security card in a safe place. Only bring it with you when absolutely necessary.

• **Share Only When Required:** Always remember that most situations do not require you to show your card. Just knowing your number is usually enough.

• **Ask Questions:** If someone requests your Social Security number, ask why it's needed, how it will



be used, and what happens if you refuse to provide it.

• **Avoid Carrying Documents with Your Number:** Don't carry papers or cards that display your Social Security number unless absolutely necessary.

• **Prevent Identity Theft and Avoid Scams:**

• Be cautious of unsolicited requests for your Social Security number, whether by phone, email, or online.

• Never share your number or personal information with unknown sources.

• Stay informed about current scams and how to protect yourself on the scam alert webpage at <https://www.ssa.gov/scam/>

• **Need a Replacement Card?** If you need a replacement Social Security card, you may be able to request one online using your personal Social Security account at <https://www.ssa.gov/myaccount/> or call your local SSI office.

The key to protecting your Social Security number is to stay vigilant and informed.

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



Did you know?

Our Premium Hearing Aid Packages come loaded with benefits — at no extra cost!

- ✓ Hearing Aid Test Drive
- ✓ 45-Day Return & 60-Day Exchange
- ✓ 3-Year Warranty + Loss & Damage Protection
- ✓ Loaner Devices As Needed
- ✓ Unlimited Adjustments
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- ✓ Trade-In Options to Upgrade
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- ✓ Yearly Battery Supply & Maintenance Kits
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- ✓ Unlimited Acclimation Training
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Ensuring Quality Care: The Vital Role of Facility Surveys

The facility survey occurs on an annual basis, regulatory agencies may visit more frequently if prompted by specific complaints or concerns regarding resident welfare. Every facility survey is conducted on an unannounced basis to ensure that surveyors observe the environment in its natural, day-to-day state. The process is comprehensive, involving a deep dive into administrative records, direct observations of facility practices, and private interviews with the residents themselves. The duration of these visits varies depending on the type of facility; a personal care home may be surveyed in a single day, whereas a nursing home can require a team of surveyors to remain on-site for up to a full week.

The primary objective of these visits is to measure compliance with both state and federal regulations. If the survey team identifies areas where the facility is failing to meet these requirements, they document what are known as deficient practices. These findings eventually become a matter of public record, allowing anyone to review a facility's history of care through official state websites or at the facility itself.

Following a survey, facilities are held accountable for any identified shortcomings. They are generally required to develop and implement a formal plan of correction to address deficiencies by a set deadline. In serious cases where residents are at immediate risk, or if a facility fails to bring its practices into compliance, regulatory agencies can take significant licensing actions. These repercussions may include heavy fines, the issuance of a provisional license, or a ban on any new resident admissions until the issues are fully resolved. Through this oversight, the survey process remains a critical mechanism for protecting the health and dignity of those in long-term care.

Interested in learning more about facility surveys or need help navigating the long-term care community? The Long-Term Care Ombudsman is here to help you. If you have questions about long-term care or need support, call the Ombudsman today:

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

Washington County:
1-844-507-8898

Ombudsman services are confidential and free!

Long-distance caregiving is becoming an increasingly common reality for families across the United States, as adult children and relatives often live hours or states away from aging loved ones. Despite the miles, these caregivers play a crucial role in ensuring the well-being of family members who need support. Experts estimate that millions of Americans are now providing care from a distance, balancing jobs, personal responsibilities, and the emotional weight of staying connected to someone in need.

Unlike traditional caregiving, long-distance caregiving rarely involves hands-on daily assistance. Instead, it often centers on coordination and communication. Caregivers may schedule medical appointments, manage finances, research local services, and check in regularly through phone or video calls. While these tasks may seem less visible, they are essential to maintaining stability and continuity of care for loved ones.

Still, the role comes with significant challenges. Distance can make it difficult to accurately assess a loved one's health or living conditions, leaving caregivers to rely on secondhand information. Many report feelings of guilt or anxiety about not being physically present, especially during emergencies or health declines. Coordinating care from afar can also be complicated, requiring trust in neighbors, friends, or professional caregivers who are closer to the situation.

To navigate these obstacles, experts recommend building a strong local support network and using technology to stay connected. Video calls, shared calendars, and medication reminders can help caregivers stay informed and involved. Planning regular visits is also important, allowing caregivers to evaluate needs in person, meet healthcare providers, and strengthen emotional bonds. Staying organized and maintaining clear communication with everyone involved can significantly reduce stress and confusion.

As families continue to spread out geographically, long-distance caregiving is likely to remain a vital part of modern life. While it presents unique emotional and logistical challenges, it also demonstrates that caregiving is not defined by proximity alone. With thoughtful planning and consistent communication, caregivers can provide meaningful support—no matter the distance.



The Growing Role of Long-Distance Caregivers

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

MEDICARE

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

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FREEDOM TRANSIT

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Free fixed route bus and free or reduced shared rides

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Property Tax/Rent Rebate Application open through June 30

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 deadline to submit your rebate application is June 30, 2026. Applications postmarked by that date will be accepted for processing.



[pa.gov/ptrr](https://www.pa.gov/ptrr). To download or request an application, visit <https://www.pa.gov/agencies/revenue/ptrr/property-tax-rent-rebate-program-forms-and-information>

For assistance, or for more information, call the Property Tax/Rent Rebate Program or any SWPA AAA county office:

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

AAA Fayette County:
(724) 430-4603

AAA Greene County:
(724) 852-1510

AAA Washington County:
(724) 228-7080

AAA Administrative Office:
1-888-300-2704

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.

For more information on the program, visit www.revenue.pa.gov.

Is your business trying to reach new customers in Fayette, Greene and Washington Counties?

Let us connect you!
Advertise in the **Senior Times!**

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



FBI Issues Warning on Scams Impersonating Law Enforcement and Government Officials

The Federal Bureau of Investigation is warning the public about ongoing schemes in which scammers impersonate law enforcement or government officials to extort money or obtain personally identifiable information. These scams may involve individuals posing as federal, state, or local agencies.

Recent reports indicate that initial contact is often made via text message, though similar schemes may also occur through email or phone calls.

On the phone, scammers often spoof caller ID information, so fraudulent calls appear to be coming from an agency's legitimate phone number. Recipients should hang up immediately and report the call to law enforcement. Fraudulent emails may give the appearance of legitimacy by using pictures of the FBI Director and/or the FBI seal and letterhead. Common hallmarks of a scam email include misspellings, missing words, and incorrect grammar.

Be advised, law enforcement does not call or email individuals threatening arrest or demanding money.

To avoid becoming a victim of this scam:

- Be wary of answering phone calls from numbers you do not recognize.
- Do not send money to anyone that you do not personally know and trust.
- Never give out your personal information, including your Social Security number, over the phone or to individuals you do not know.

The FBI will never:

• Call or email private citizens to demand payment or threaten arrest. You will also not be asked to wire a "settlement" to avoid arrest.

• Ask you to use large sums of your own money to help catch a criminal.

• Request you send money via wire transfer to foreign accounts, cryptocurrency, or gift/prepaid cards.

If you believe you are a victim of a law enforcement or government impersonation scam:

- Cease all contact with the scammers immediately.
- Notify your financial institutions and safeguard any financial accounts.
- Contact your local law enforcement and file a police report.

• File a complaint with the FBI IC3 at www.ic3.gov.

• Be sure to keep any financial transaction information, including prepaid cards and banking records and all telephone, text, or e-mail communications.

If you think you are a victim of this, or any other online scam, please file a report with your local law enforcement agency and the FBI's Internet Crime Complaint Center (IC3) at ic3.gov. Source: <https://www.fbi.gov/>



Looking to Spend More Time Outdoors? Volunteer in Pennsylvania's Parks and Forests

Spending time outdoors provides many health benefits to older adults – from reducing stress and anxiety, to lowering risk of chronic disease and improving memory, attention and overall well-being. For older adults looking to get outside while also giving back to their community, the Department of Conservation and Natural Resources (DCNR) has launched a Conservation Volunteer system.

What is a Conservation Volunteer?

A Conservation Volunteer is someone who cares about protecting and enhancing our beautiful natural resources. People of all ages can participate in the program, which matches interests and abilities with appropriate outdoor projects. You can

join as a group or an individual. Work is challenging, exhilarating and, above all, rewarding. From a few hours to a lifetime commitment, the choice is yours. Any amount of time will benefit you and the outdoors.

What volunteer opportunities (Opportunities) can I help with?

Volunteers assist with a variety of seasonal or ongoing state park & state forest needs, including but not limited to:

- Maintain and improve all trails to ensure safety, accessibility, and sustainability.
- Maintain and upkeep other recreational facilities, such as pavilions, playgrounds, gardens, and picnic tables.
- Assist with campground upkeep, including campsite

maintenance, trash cleanup, and serving as a campground host.

- Promote healthy forests through tree planting, community education, and sustainable land management.

The new online system connects Pennsylvanians of all ages with service opportunities in the Commonwealth's 125 state parks and 2.2 million acres of state forests. It's simple to sign up, and it automatically tracks volunteer hours and milestones. Volunteers can earn rewards as they reach service benchmarks, like free camping and cabin stays in state parks and forests. To get involved and make a difference visit the new online system at: <https://dncrvolunteers.pa.gov/>

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

Retired Person's Vehicle Registration

If you are retired, you may qualify for a Retired Status Vehicle Registration.

Retired Status Vehicle Registration is a discounted vehicle registration processing fee that is available for retired people who meet the requirements.

Note: 100% of a veterans' benefit payment or payment to the unmarried surviving spouse, upon the death of a veteran, is entitled to receive should not be included as income for the reduced Retired Status fee.



Eligibility

To qualify for Retired Status Vehicle Registration, you need to:

- Be retired and receive Social Security, SSI payments, retirement benefits, or other pensions and annuities.

- Your total income should be \$30,778 or less, including income from business, rental, and

unemployment.

- You must be the main driver of the vehicle you're registering, unless you're mentally or physically incapable.

- Your vehicle must weigh 9,000 lbs. or less.

Note: Only one vehicle per qualified applicant may be registered for the retired status fee.

For more information, visit <https://www.pa.gov/services/dmv/apply-for-retired-status-vehicle-registration>

Recipe of the month

Pita Pizzas

Personal pita pizzas are fun to make, and even more fun to eat!



Ingredients

- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped, and cooked
- 2 Tbsp grated parmesan cheese
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
- 4 (6½-inch) whole-wheat pitas

Directions

1. Preheat oven or toaster oven to 450 °F.
2. For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

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

Senior addiction recovery support

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Are You a Pennsylvania Senior or an Individual with a Disability?



Let PA Link Help You:

- Connect to Services
- Maintain Independence
- Stay in Your Own Home
- Care for a Loved One

PA Link partners represent federal, state and local agencies that support consumer long-term living preferences, and empower them to understand, determine and effectively navigate their support service options, regardless of age, disability or income.

(800) 753 – 8827
PA Link Helpline

www.pa.gov/PALink

The Pennsylvania Link to Aging and Disability Resources is a statewide partnership led by the Pennsylvania Department of Aging.



MAY 6 - NURSE'S DAY

by Cindy Bartolotta

CLINICAL EXPERIENCE
 COLLEGE
 COMPASSION
 DEDICATION
 DISEASES
 EMERGENCY ROOM
 FLORENCE NIGHTINGALE
 FRONT LINE
 HEALTH CARE

IV LINES
 LABS
 LONG HOURS
 MEDICINES
 NCLEX-M
 SCIENCES
 SCRUBS
 SHIFTS
 SURGERY
 SYRINGES
 TRANSFUSIONS

ADVANCE DEGREES
 BANDAGES
 BEDPANS
 BIOLOGY
 BLOOD
 CHEMISTRY

Nurses are often overlooked, underpaid, and disrespected. Yet they are some of the most important employees in the health care system. Yes, all employees are important, but nurses are the ones that shoulder the most compassion.

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

See answers on page 18



and



1 YMCA Drive, Uniontown

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

FREE TO OLDER ADULTS

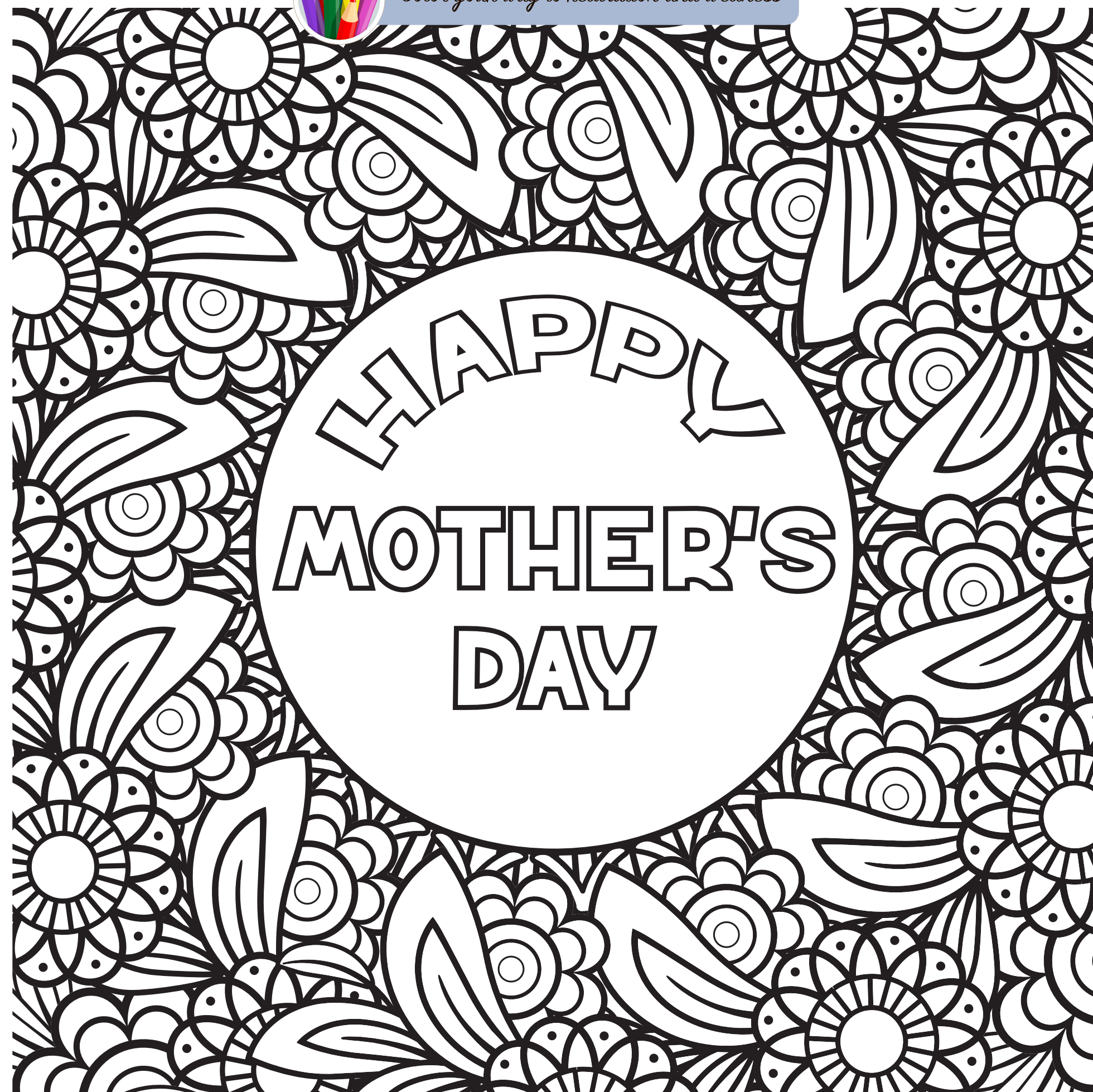
Enhance@Fitness and Tai Chi for Arthritis are group exercise programs for older adults that use simple, easy-to-learn movements that motivate individuals to get and stay moving (particularly those with arthritis).

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

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



Color your way to relaxation and wellness



Senior Community Center Notes

FAYETTE COUNTY

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

-Corrine McKnight

... Happy May and Mother'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 the month, we enjoy cake to celebrate birthdays. Happy May birthdays to Lois

Ansell, Emma Jane Davis, Donald Lewis, Alice Niswonger, and Harry Germock... Happy Anniversary to **Barb and Harry Germock...**

BROWNSVILLE CROSSKEYS

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

-Stephanie Crable

... On May 8, we will enjoy a trip to the Penn Alps Buffet for a Mother's Day luncheon. The cost is \$20 which includes lunch and transportation. We will be leaving at 10 a.m. Maximum amount is 25 people. Please call if interested... On May 12 at 10 a.m., the Center is hosting a Scratch Off Bingo. The cost is \$5.

Bring a friend and enjoy some fun and a delicious lunch...

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 Friday Fridays for some fun and relaxation... On May 2,

we held our all-you-can-eat breakfast fundraiser and bake sale from 8 to 11 a.m... On May 4, Grocery Bingo was called at 10 a.m... On May 11, we will enjoy a nutritional talk at 10:30 a.m... On May 18, we will enjoy trivia with **Joe** at 10:30 a.m... On May 19, we will host our annual Spaghetti Dinner from 11 a.m. to 7 p.m. The cost is \$12 for Adults and \$6 for children under 12. Children under 5 eat for free... On May 21, **Bond Turner** will entertain us with music from 10:30 to 11:30 a.m... On May 28, we will enjoy a nutritional talk at 10:30 a.m... Follow us on Facebook at Bullsken Township Senior Center for more information ...

CENTER ON THE HILL

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

-Rick Swaney

... Welcome May! Mark your calendars for a week filled with fun and fellowship. Come and bring a friend... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to the public, so bring a friend

and enjoy the fun!... Join us Tuesdays from 9 a.m. to 12 p.m. to practice your strikes with Wii bowling. Also on Tuesdays, enjoy our new chair exercise program at 10 a.m... On Wednesdays, we enjoy our weekly jam session at 11 a.m. Bring your instruments and your singing voice and join the group. If you don't play an instrument or sing very well, that's ok, come enjoy the talent!... On Thursdays from 9 a.m. to 12 p.m., you can sharpen your bowling skills with Wii bowling, or catch the afternoon session of chair exercises at 1 p.m. On Thursdays, Pinochle Club plays at 12:30 p.m. They are currently looking for new members. Come out and have some fun... One Thursday per month, the Canasta Club plays. Call **Darlene 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 for people like you...

CONNELLSVILLE

100 E. Fayette Street
Connellsville, PA 15425
724-626-1515

-Christina Tringhese

... Happy May!... On May 13, the Center will host a spring concert. The Bullsken Elementary School will perform at 12:15 p.m... May 19 is Election Day. Voting will be held here at the Center... We would like to wish all the mothers a Happy Mother's Day... Bingo is called Monday through Friday. On Mondays, the first game of coverall is called at 10:30 a.m. and the second game is called 11 a.m. On Tuesdays, one game of coverall is called at 11 a.m., grocery bingo is called at 12:15 p.m., and afternoon bingo is called at 1 p.m. On Wednesdays, the first game of coverall is called at 10:30 a.m. and the second game is called at 11 a.m. On Thursdays, Magic Number Bingo is called at 10:45 a.m., and a game of coverall is called at 11 a.m. On Fridays, one game of coverall is called at 10:30 a.m. and the second game is called at 11 a.m... Lunch is served Monday through Friday at 11:30 a.m. Please call the Center a day in advance to reserve your

Senior Community Center Notes

meal...

MASONTOWN

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

-Donella Blair & Laurie Crawford

... Hello friends! With the dreary winter months finally behind us and sunshine-filled days ahead, May is the perfect time to make new friends and enjoy all the fun we have planned at the Center... We have a full month of activities, including live music, trivia, games, guest speakers, relaxing with friends and sharing stories from days gone by... We'll also be celebrating all our wonderful mothers this month... On Tuesdays and Thursdays, we enjoy Tai Chi... On Wednesdays, we enjoy Bible study... Join us Monday through Friday for lunch with a suggested donation of \$2... We can't wait to see your smiling faces soon...

MOUNTAIN CITIZENS

Box 105
Farmington, PA 15437
724-329-4260

-Wanda Sherry

... Welcome to May 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 available to purchase... On the second Tuesday of each month, we celebrate birthdays with a decorated birthday table

and birthday cake. Our May birthday table will be decorated by **Beverly Diehl, Esther Nicholson and Sharon Tissue**. Our birthday celebrants this month are **Robert Bryner, Cindy King, L.J. Savage, Joyce Savage, Roger VanSickle, Sonny VanSickle and Elmer Wilburn**... On May 9, the Center will hold a potted flower and bake sale at 10 a.m. until sold out... 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 May! Warmer days have arrived... On May 5, we celebrated Cinco de Mayo... On May 10, celebrate Mother's Day... On May 25, celebrate Memorial Day... All are welcome to eat, share, and enjoy company with us... Lunch is served Monday through Friday at 12 p.m. Call the day before by noon to reserve your meal. A \$2 donation is suggested... On Mondays, Wednesdays, and

Fridays, bingo is called between 10 a.m. and 2 p.m... On Tuesdays and Thursdays, our card club meets in the afternoon... On May 6 and 20, we will enjoy a guest speaker from Fayette County Community Action at 11 a.m... This month we will host a fundraiser with Orsini's Greenhouse if anyone would like to purchase flowers or hanging baskets. All proceeds benefit the Center... Soon we will be starting cornhole games and Wii bowling. Check back on updates for days and times... We hope everyone has a blessed month and enjoys the springtime...

SMITHFIELD COLONIALS

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

-Janice Woods

... Happy May everyone and happy springtime. Do your part to make the world amazing... We will begin this wonderful month celebrating birthdays and anniversaries with cake and ice cream... We will also take time to honor the mothers in our lives with a Mother's Day Celebration hosted by **Judy McCarthy** and **Maryann Mrowca**. Take a minute to thank the women who have taken on the

most difficult task of raising children and thank them for their effort. If you are a mom, we appreciate all the things you've done to make lives better... On May 12 at 10 a.m., we will meet at **Jamie Lynn's** restaurant for breakfast and a good time with friends. Come join us... On May 14, **Bob Hileman** and **Patty Burchard** will conduct blood pressure screenings... Try your luck with **Steve's Crazy Bingo, Louise's 50/50, and Elaine's** basket raffle... On May 21, **Charmaine Steve** will host our Memorial Day Program. Thanks to our brave men and women in the military for their dedication and sacrifice to keep us safe... On May 28, **Pam Alderson** and **Charmaine Steve** will host fun day, so come out and have some fun... We meet every Thursday at the Smithfield Community Center...

GREENE COUNTY

JEFFERSON

190 Washington Street
Jefferson, PA 15344

-Colleen Valosen

... After all those pesky April showers, we're so ready to enjoy all those beautiful May flowers and the opportunities we'll have to get together for some laughs and fun... Feel free to join us anytime... On May 6, we will celebrate Cinco De Mayo-ish Day. The festivities may be a day late, but we adjusted it to fit our craziness. Let's all wear Mexico's colors (red, white, and green) that day and bring your sombrero if you have one. Plans include, making walking tacos, doing the Mexican hat dance, and learning how to make beautiful paper flowers... On May 13, to honor our high school helpers, we're going to stage our own high school day. Wear your own school colors! Bringing in

your yearbooks, class rings, and any other memorabilia from that time in our lives will add to the fun. Be ready to select our own center superlatives and enjoy a refreshing root beer float as you do... On May 20, we will celebrate Heritage Day. A week before, we'll pick a nationality for each of our tables. Then, we'll ask members who share each nationality to plan how to decorate their country's table, decide what dishes they might like to prepare, what clothing they might highlight, and if there's a type of music appropriate to the culture that they'd like to play. Wonder how many countries will be represented?... On May 27, our first Senior Health and Fitness day is planned. We're asking those who wish to participate to wear workout clothes, or something loose and comfy and be ready to move (a little). One of the leaders of our



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Senior Community Center Notes

Tuesday and Thursday senior exercise classes will lead us in a 30-minute session. Resistance bands and water will be provided, and hopefully, a healthy selection of snacks will cover our welcome table. Let's all get moving as we bring May to a close... Here's wishing all the moms out there a beautiful Mother's Day...

WASHINGTON COUNTY BENTLEYVILLE

931 Main Street
Bentleyville, PA 15314
724-239-5887

-Hannah Burns
... Happy May! Spring is in full swing, and with it comes a fresh season of fun, friendship, and community. Whether you're joining

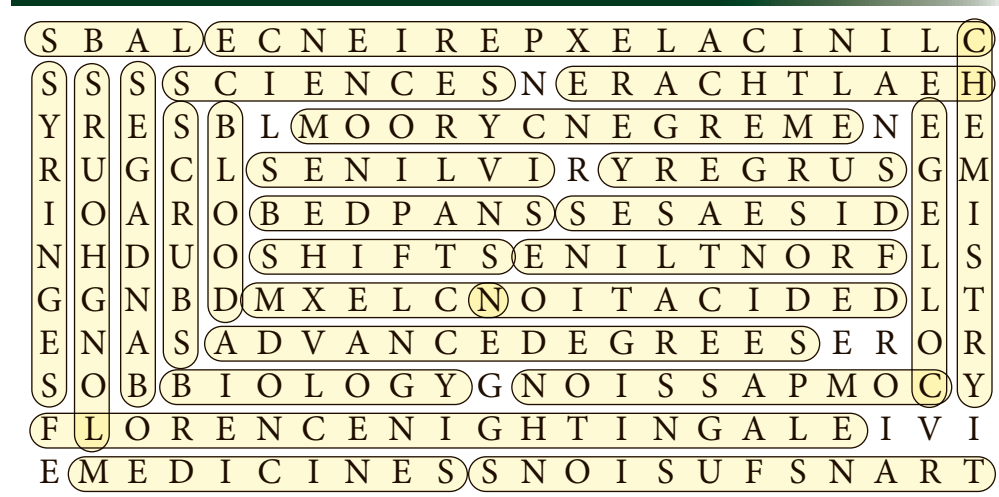
us for special events, activities, or just stopping by for a good conversation, we're so glad to have you with us... Lunch is served Monday through Friday at 11:30 a.m. Please call the Center at 724-239-5887 to make a reservation in advance. We would love to see you here... On Mondays, we enjoy chair exercises at 10:30 a.m... On Mondays and Wednesdays at 10 a.m., we play Euchre... On Tuesdays, we will continue our Morning Walk and Coffee Crew at 10:30 a.m., weather permitting, at Richardson Park... On May 1, Big Bingo was called... On May 4, we held our monthly meeting. All members were encouraged to attend to find out what is going on within

the Center... On May 6, we are hosting a Mother's Day tea after lunch. Please call ahead to let us know if you would like to attend. We will have an assortment of teas and snacks... On May 21, Quarter Bingo will be called at 10:30 a.m. Bring four quarters to play... On May 28, we will enjoy a game day at 10:30 a.m. Bring in your own games or join in on one here... On May 29, **Bridget** from SeniorLIFE will host Grocery Bingo... Be sure to stop down for a calendar or check out our Facebook page to keep up with what's going on at the Center...

BETH CENTER

PO Box 151, 316 Station St
Vestaburg, PA 15368

Word Search Answers from page 14



724-377-0000
-Renee Presto
... We are excited to celebrate the wonderful month of May. The sun shines brightly, and the flowers fill the air with the beautiful smell of summer. May is also Older Americans Month... Our center is open Monday through Friday from 8:30 a.m. to 4 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, and Fridays, exercise class is held at 7 p.m... On May 6, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. Stop in and enjoy **Bridget** as much as we do... On May 7 at 9:30 a.m., we will celebrate Older Americans Month Proclamation Day. It will highlight local programs supporting health, independence, and ensuring older adults can connect and contribute to their communities... On May 8, Big Bingo will be called at 12:30 p.m... On May 10, don't forget to celebrate the moms in your life... On May 11, we will hold our monthly meeting at 12 p.m. Stop in and see what's going on at the Center... On May 13 and 20 we will enjoy crafts starting at 12:30 p.m... On May 27, we will enjoy the 33rd

annual National Health and Fitness Day at the Wilfred R. Cameron Wellness Center at 9 a.m. More than 1,000 organizations across the U.S. will host local events for older adults to help promote fitness activities and learn ways to stay healthy and fit... We enjoy Puzzles, bingo, cards, chair exercises, verse of the day, and question of the day daily... We would love to see some new, bright, smiling faces, so stop in, have some coffee, some lunch, play some games, relax, and enjoy...

BURGETTSTOWN

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

-Kristin Frazier
... April Showers bring May flowers! We are so ready to be outdoors and enjoying the sunshine... On May 7, we will enjoy Older Americans Proclamation Day at the Crossroads Building. Please see **Kristin** if you're interested in going... On May 8, we will enjoy a Mother's Day Celebration at 10:30 a.m. All senior mothers and their daughters and granddaughters are welcome... On May 12, we will hold our business meeting at 12 p.m... On May 13 at 10:30 a.m., **Bridget** from SeniorLIFE will host Grocery Bingo and

CANONSBURG

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

-Jim Southern
... May is packed with fun, celebration, and just enough activity to keep us on our toes at the Center... On May 7, we kick things off with Proclamation Day for

celebrate May birthdays... On May 15 at 10:30 a.m., **Abigail** from Washington County Department of Human Services will host SNAP Bingo... On May 22 at 10:30 a.m., a Memorial Day celebration will be held. Be sure to wear your patriotic attire... On Mondays and Fridays, 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... Have a happy and safe Memorial Day weekend...

CANONSBURG

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

-Jim Southern
... May is packed with fun, celebration, and just enough activity to keep us on our toes at the Center... On May 7, we kick things off with Proclamation Day for

Senior Community Center Notes

Older Americans Month. We will celebrate all of you who prove every day that age is just a number (and a well-earned one at that)... On May 10, we celebrate Mother's Day. It's a perfect excuse to be spoiled, appreciated, and not lift a finger if you can help it... On May 13, mark your calendars for Grocery Bingo with **Sam**. Nothing says excitement like winning snacks and household goodies... On May 27, we will enjoy the 33rd annual Health and Fitness Day at the Wilfred R. Cameron Wellness Center. Don't worry its all about feeling good, having fun, and doing what you can do. No Olympic training required... We can't wait to see you. Join the fun, bring a friend, and let's keep things lively...

CHARTIERS TOWNSHIP

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

-Rick Kauffman
... Our Business Meeting and Luncheon for May will be a week earlier due to Election Day. On Tuesday, May 12, we invite you to "A Day at The Races." At 11 a.m. we will call the meeting to order and enjoy a breakfast brunch catered by Zane Catering. The cost will be \$5. The horse racing, Derby horses and most interesting and prettiest Derby hat will be awarded. If you didn't fill out a reservation form at our April luncheon or have changed plans, please call **Debbie Mulshen** (724-554-2485) by Thursday, May 7. Upcoming Activities are: Keep Moving, Mondays, May 4, 11 & 18; Bingo, Tuesdays

and Fridays, 10 a.m.; Grocery Bingo, Friday, May 8, 10 a.m. with grocery prizes provided at no cost by SeniorLIFE's outreach coordinator **Bridget Borelli**; Playing Cards, Tuesdays, 1-4 p.m.; Chair Yoga, Wednesdays, May 6, 13 and 20, 11 a.m.; Game Days, Wednesdays, 12:30 p.m.; T.O.P.S., Wednesdays, 4:30 p.m.; Senior Crafts, Thursday, May 14, 12:30 p.m. There will be no Chair Yoga on Wednesday, May 27, due to the Health and Fitness Day at the Wilfred R. Cameron Wellness Center. Reservations are needed, so please contact **Mary Jane** if you plan to attend. Tee shirts will be provided, and there is a \$2 charge. 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

-Rita Grubbs
... Spring has arrived, and May is a wonderful time to gather, laugh, and enjoy the friendship and community that make our center so special. There is always something happening and a friendly face waiting to welcome you... On Mondays, we play Pokeno after lunch. A perfect time to relax, play, and share a few laughs... On Wednesdays and Fridays, bingo

is called after lunch. It's always a lively time filled with friendly competition and plenty of fun... If you enjoy a quiet challenge, we always have a puzzle on the table that anyone can work on whenever they visit... On May 20 at 10:30 a.m., one of our favorite events returns. **Bridget** from SeniorLIFE will host Grocery Bingo. She always brings delicious donuts and wonderful prizes, making it a morning everyone looks forward to... On May 22, **Mary Beth** will conduct blood pressure screenings to help us stay on top of our health. Be sure to stop by and take advantage of this helpful service... Lunch is served Monday through Friday at 11:30 a.m. and we always enjoy sharing a meal together. A \$2 donation is suggested for those 60 and older. Please remember to call at least one day in advance to reserve your meal... May is a beautiful month to spend together, share stories, and make new memories. We look forward to seeing you at the Center soon...

DONORA

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

-Calvalier LaRue
... May is Older Americans Month. This is a time to honor the contributions and achievements of seniors across the nation. The Center would like to acknowledge and thank you all for the valuable role you play in making this center a meaningful place. To celebrate we have guest speakers and presentations for you to enjoy... On May 6 at 2 p.m., Bridges Hospice will present an overview

on volunteer opportunities and the many ways you can help with a wide variety of roles... On May 11, solo singer and acoustic guitar player **Scott Swartz** will entertain at 11:30 a.m. during lunch... On May 13 at 11:30, **Colette** from UPMC will host a workshop on mental health... May 27 is Senior Health and Fitness Day. Think about ways to promote fitness no matter how small they appear to be, everything counts... On Mondays and Wednesdays, bingo is called starting at 12:30 p.m... On Tuesdays, Wii bowling fun starts at 1 p.m... On Thursdays, Pokeno is played starting at 1 p.m... 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... We are always looking for new volunteers.

Contact the Center for more information. 724-379-6446... Our center and members would like to thank **Representative Tim O'Neal** for sending volunteers to assist with completing Property Tax and Rent Rebate applications. See you next year!... Happy May birthdays to **Pat Haywood, Frank Gambino, Linda Biagini, David Demarino, and Belinda (Gail) Dixon**...

McDONALD/CECIL

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

-Marlene Wilson
... May brings warmer weather and beautiful blooming flowers... On May 7, the Washington County Commissioners will celebrate Proclamation Day at the Crossroads Building. May is designated as Older Americans Month... On May 8, **John Kaufman** will

join us to talk about his "glass" baskets. We are very excited for his presentation... On May 10, celebrate Mother's Day. We hope all moms know that they are amazing! Your love and strength make the world a better place... On May 13, we will hold our monthly meeting. We will also be hosting our first line dancing event from 6 to 8 p.m. Please make reservations at the Center. Spots are filling up quick... On May 14, **Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On May 20, **Kelly** from Townview will be with us for horseracing at 10:30 a.m... On May 20, we will host our annual Duck Race. Each duck costs \$5. Proceeds go to the Center... On May 27, the 33rd Annual Senior Health and Fitness Day will be held at the Wilfred R. Cameron Wellness Center. Reservations are required. We are looking forward to this event... On May 28,

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pennsylvania Medicare Education and Decision Insight

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

Senior Community Center Notes

George from Highmark will host My Plate Bingo at 10:30 a.m... Happy summer to all! Hope you can stop in and check out all the fun things we have to offer...

MONONGAHELA

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

-*Mickelina Smith*

... Hard to believe we are already into May... On May 29, our center will host a Memorial Day party from 1 to 4 p.m. We will enjoy a DJ, food, drinks, snacks, games and prizes, 50/50, and tips! Come and enjoy the day with us, we have a lot of fun... 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 from 12:30 p.m. to 3:30 p.m., and we serve a small snack at 2:30 p.m. to all the players... 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... 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, we would really appreciate the help. Just contact us or your nearest center if you have any questions...

RIVERSIDE PLACE

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

-*Alexis Lovas*

... May has one of the best holidays. Mother's Day is on May 10. Celebrate the mothers in your life... The beginning of summer festivities

starts on Memorial Day... On May 15, we will be making our delicious subs. Call to reserve yours... On May 22, **Bobby Shawn** will perform for our first cook-out. Call to let us know if you will be attending... On Mondays and Wednesdays, join our Zumba class... On Tuesdays, we play golf cards... On Wednesdays, Big Bingo is called. Come and bring a friend... On Thursdays, we enjoy craft day... On Fridays, we play Euchre. We always welcome new smiling faces... We appreciate anyone who wants to volunteer, especially for our home-delivered meals program

VENETIA COMMUNITY CENTER

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

-*Shawn Arent*

... Goodbye April, hello May! Time to shine and enjoy life. Start out by discovering our little gem here in Venetia... We are open the second and fourth Thursday of each month. Our doors open at 11 a.m. and lunch is served at 12 p.m. Meal reservations or cancellations can be made by calling 724-228-6996. We ask that reservations be made no later than two days before the meal date... On May 14, Work Money Bingo will provide an informational and fun program at 12:30 p.m... On May 27, join us at the Wilfred R. Cameron Wellness Center for the 33rd annual National Senior Health and Fitness Day. Please sign up with **Shawn**. Reservations are required... On May 28, **Dan** will host bingo. Bingo will be called at

12:30 p.m... We are looking forward to seeing all of you this month...

WASHINGTON

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

-*Amy Mieczkowski*

... Hello May!... On May 6 at 12:15 p.m., we will continue to watch the gripping TV series "The Pitt" season 1, episodes 7 and 8... On May 7, celebrate Older Americans Proclamation Day with a meet and greet with the Washington County Commissioners at the Crossroads Building... On May 13, we will head to Pittsburgh for Molly's Trolleys Tour and dining on the strip... On May 20, Music Bingo will be called at 12:15 p.m... On May 27, learn to stay healthy and fit at the 33rd Annual Senior Health and Fitness Day at the Wilfred R. Cameron Wellness Center in Washington from 9 a.m. to 2 p.m... On May 27, **Bridget** from SeniorLIFE will host bingo at 12:15 p.m... On May 29, **Rachel** from Caring Mission will conduct blood pressure screenings at 10 a.m... On Mondays, we play dartball at 12:30 p.m. and enjoy Silver Sneakers' with muscle strength and cardio at 10:30 a.m... On Tuesdays, we play Euchre at 12 p.m... On Wednesdays, we enjoy Bible study at 9:30 a.m... On Thursdays, we enjoy Silver Sneakers with cardio, muscle strength, and yoga starting at 9 a.m. and Card club (500 Bid) at 12:30 p.m... On Fridays, bingo is called following lunch... May is a gentle reminder that life keeps blossoming in beautiful ways...

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