

SENIOR Times

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



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

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

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

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

www.swpa-aaa.org
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Property Tax/Rent Rebate Program deadline extended to Dec. 31, 2026

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

processing.

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

Spouses, personal representatives, or estates may file rebate claims on behalf of

eligible claimants, now deceased, who lived at least one day in 2025. Please note that one-half of social security income is excluded.

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

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

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

AAA Fayette County:
(724) 430-4603

AAA Greene County:
(724) 852-1510

AAA Washington County:
(724) 228-7080

AAA Administrative Office:
1-888-300-2704



**Please spend your Senior Farmers
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The Senior Times extends a warm thank you to its donors

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

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

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

recognized as "SPONSORS" of the Senior Times.



FARMER'S ALMANAC

October 2026

Temp. 58° (avg.) precip. 1.5" (1" below avg.). 1-8 Sunny; cool, then warmer. 9-13 Isolated showers, cool. 14-21 Rainy periods; cool, then warmer. 22-31 Sunny, then showers; warm, then cooler.

NOTICE OF PUBLIC MEETINGS

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

November 19 December 1

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

October 21 December 9

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

DONATION COUPON

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

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Charleroi, PA 15022-1607



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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.



Ageism Awareness Day is Oct. 9

Ageism Awareness Day is an opportunity to draw attention to the impact of ageism in our society and work together to build age-inclusive communities.

Ageism refers to stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or ourselves based on age. It negatively impacts our health and well-being, our financial security, and the economy. It impacts us at every age.

Age inclusion is the way forward. How we view aging impacts where we as a society invest and how we make policy—and we need a shared, realistic view of aging to create solutions that serve us all. We have challenges to tackle and bias against a growing segment of our society—and ourselves, as we age—gets in the way. It's time to expand our

understanding of aging and bring everyone into the tent so we can work together.

Age-inclusion is crucial. Limited, unrealistic views of aging and the "us vs. them" mentality hinder our ability to collaborate and build solutions. This Ageism Awareness Day, help spread the word that **aging is a rich and varied experience, but one that unites us, and offers an opportunity to build a society that works for us all—once we get past ageism.**

Ageism can be found everywhere, from our workplaces and health systems to stereotypes we see in entertainment, advertising and the media. But despite the many pervasive myths about aging, reality is quite different:

► **Myth:** If I avoid aging, I'll be happier and healthier. **Reality:** We can and should change

our views about aging. Negative self-perceptions of aging decrease quality of life and can shorten lifespan by 7.5 years.

► **Myth:** Aging is the same for everyone. **Reality:** Our experience of aging ranges widely, depending on many factors, from genetics to encompassing factors like policies and culture. Ageism exacerbates other experiences of discrimination.

► **Myth:** Older adults can't learn new things, are hoarding wealth - and many other negative stereotypes portrayed in the media. **Reality:** We learn and engage at every age, and older adults are not uniform in wealth, beliefs or any other aspect of who they are.

► **Myth:** Differences between generations are substantial. **Reality:** Differences between generations have been overblown, and we often share as

much across generations within them. These beliefs keep us from working together on issues that impact people of every age.

Aging is a universal experience, but it happens in different ways for different people. Too often, we think about aging only in terms of what we lose and assume that everyone we consider to be "old" has the same concerns and experiences. But that's simply not true. Society is always stronger when we embrace the many different voices, experiences, and perspectives that make us who we are; our chronological age contributes to that richness and needs to be viewed as an asset.

Learn more about ageism and how to take action at the ASA Ageism Awareness Day <https://asaging.org/ageism-awareness/>



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Greene County

Blueprints Annual Greene County Senior Center Picnic on September 18th brought together 120 seniors for a memorable day of fellowship, fun, and patriotic spirit. Embracing a red, white, and blue theme in honor of America's 250th Anniversary, attendees enjoyed good food, great music, and cherished friendships. While a light drizzle made an appearance, it certainly did not dampen spirits. The smiles, laughter, and sense of community on display made the event a wonderful celebration of both our nation and the connections that make our Greene County Senior Centers so special.



Washington County

The 5th Annual Senior Picnic was held at Mingo Park on Wednesday, September 9, 2026. The day started with the antics of the Roving Magician, Steve Haberman. After lunch, there was musical entertainment by Yesterday's Moments. Nearly 300 older adults attended the event. Fun was had by all. The picnic was sponsored by Aging Services of Washington County, the SWPA Area Agency on Aging, Inc., and Washington Area Senior Citizens Center, Inc.



Fayette County

The Fayette County Senior Centers gathered for their annual picnic on Friday, September 18, at Washington Run Park's Sampey Pavilion in Perryopolis. Centers represented at the event included the Brownfield Satellite Center, Brownsville Senior Center, Center on the Hill, Connellsville Senior Center, Masontown Senior Center, Perryopolis Senior Center, Smithfield Satellite Center, and Uniontown Senior Center. Attendees enjoyed an afternoon of musical entertainment by Center on the Hill's Jam Session and door prizes contributed by the participating centers. A highlight of the day was the presentation of the traveling trophy, awarded each year to the senior center with the highest attendance. Perryopolis Senior Satellite Center, last year's winner, returned the trophy, which was presented to Connellsville Senior Center for drawing the largest crowd this year. Lunch was prepared and served by the Central Kitchen.



When Arthur received a written 30-day discharge notice from his nursing facility, he felt overwhelming anxiety. The notice claimed the facility could no longer meet his complex care needs, but Arthur had lived there for three years and considered it his home. Unsure of where to turn or how to appeal the decision, he felt completely powerless.

Situations like Arthur's are why the Long-Term Care Ombudsman Program exists. Offered through the Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) in partnership with the Pennsylvania Department of Aging, our program provides free, confidential advocacy to people living in long-term care.

Answering the Call to Protect Resident Rights

Across Fayette, Greene, and Washington counties, the SWPA AAA Ombudsman Program advocates for individuals living in nursing homes, personal care homes, and assisted living facilities. An Ombudsman is a trained, independent advocate dedicated to protecting resident rights, promoting quali-

ty of care, and ensuring that every individual's voice is heard.

When a concern or appeal is submitted, the intake process begins immediately with a dedicated Ombudsman like Michelle. Unlike regulatory agencies, the Ombudsman Program operates strictly on resident direction, making sure that the resident's voice is always heard and respected.

Resident Consent: The Foundation of Every Case

Once the intake is completed, an Ombudsman conducts an in-person field visit to meet with the resident privately. During this initial meeting, the Ombudsman explains their role, reviews the issue, and (most importantly) asks the resident what they want to happen.

Resident autonomy is absolute. If a resident tells the Ombudsman that they do not want the program involved or choose not to challenge a discharge notice, the process stops immediately. No investigation is conducted, and no action is taken without the resident's explicit con-

sent.

Arthur's Story: Standing Up Against an Unfair Discharge

In Arthur's case, when Michelle visited his room, Arthur made his wishes clear: he wanted to stay in his facility and challenge the 30-day discharge notice.

With Arthur's permission, the Ombudsman initiated a thorough investigation into the notice. The Ombudsman reviewed Arthur's care plans, examined medical records, and interviewed facility staff to evaluate whether the facility had followed proper regulatory procedures and genuinely attempted to accommodate his care needs.

Throughout the entire investigation, Arthur remained in the driver's seat. Together, Arthur and the Ombudsman developed a step-by-step action plan tailored specifically to Arthur's goals. Every action taken by the Ombudsman required Arthur's verification and approval before moving forward:

- **Filing an Appeal:** With Arthur's sign-off, the Ombudsman filed a formal administrative

appeal to pause the 30-day discharge clock.

- **Care Plan Conference:** Before attending a facility care conference, the Ombudsman reviewed strategy with Arthur to ensure his personal preferences were accurately represented.

- **Verifying Progress:** After negotiating updated care protocols with the facility's clinical team, the Ombudsman verified with Arthur that he was comfortable with the revised plan before finalizing any agreement.

Because Arthur had an advocate in his corner ensuring his rights were upheld, the facility agreed that his care needs could indeed be met safely with reasonable accommodations. The discharge notice was officially rescinded, and Arthur remained safely in his home.

Dedicated Professionals, Stronger Community Connections

Long-Term Care Ombudspersons serve with compassion, professionalism, and unwavering dedication to older adults during some of life's most uncertain moments. They navigate

complex state and federal regulations, mediate disputes, and build trusting relationships with residents to ensure that living in a facility never means surrendering personal rights.

Whether addressing improper discharges, care plan concerns, dining preferences, or resident dignity, the Ombudsman Program works to ensure every long-term care resident maintains control over their own life.

You Don't Have to Figure This Out Alone

Every long-term care resident deserves to be treated with respect, and

no family or resident should have to navigate a facility dispute or discharge crisis alone. The SWPA AAA Long-Term Care Ombudsman Program is trained, compassionate, and ready to assist.

If you or a loved one are facing a 30-day discharge notice, have concerns about care, or want to learn more about resident rights in Fayette, Greene, or Washington counties, call the SWPA AAA Long-Term Care Ombudsman Program at: 1-855-450-2274.

All Ombudsman services are strictly confidential and free of charge.

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In a Home Fire, Can Your Family Safely Escape in Just 2 Minutes?

Is your own household prepared for a home fire? Just 2 simple steps can help prepare your family to escape from a home fire.

1. Practice a 2-Minute Fire Drill

•Practice your 2-minute drill (from home to a safe meeting place) at least twice a year.

•Everyone in your household should know two ways to escape from each room in your home.

•In a real fire, remember to get out, stay out and call 911. Never go back inside for people, pets or things.

Download your escape

plan worksheet at: <https://www.redcross.org/content/dam/redcross/get-help/fire-safety/Home-Fire-Escape-Plan-English-Spanish.pdf>

2. Test Your Smoke Alarms Monthly

Test your smoke alarms monthly by pressing the test button.

•You should hear three beeps, letting you know the alarm is working.

•Don't hear the beeps? Then it's time to change the batteries, if your model requires them.

•If your smoke alarm is 10 years old, it's time to get

a new alarm because the sensor becomes less sensitive over time.

Home fires claim seven lives every day, but having working smoke alarms can cut the risk of death by half.

That's why the American Red Cross is rallying volunteers to **install free smoke alarms nationwide**, as part of the Sound the Alarm events.

This year the Red Cross will install free smoke alarms, create escape plans and share fire safety information.

Join the Red Cross for a rewarding day at a **Sound**

the Alarm event near you. Make an even greater impact and donate to help families prepare for, respond to and recover from home fires.

More information can be found by visiting the home fire safety page of the American Red Cross of Greater Pennsylvania Region or by calling 1-833-315-0882.

Source: <https://www.redcross.org/local/pennsylvania/greater-pennsylvania>



Older adults may face health challenges and life changes that increase their risk for depression. However, depression is not a normal part of aging. It is a treatable condition, and with the right treatment, older adults can find relief and feel better.

Depression is not a normal part of aging – and it is treatable.

Depression is a true medical condition that is treatable, much like diabetes or hypertension. It is more than simply having “the blues” and is different from the emotions we may experience while grieving the loss of a loved one.

Although depression is not a normal part of aging, older adults often experience health challenges or changes in life circumstances that may increase their risk for depression. Approximately 4% of adults age 70 and older have depression.

Recognizing the Symptoms

People experience depression differently, so symptoms may vary. Common symptoms can include:

- Feeling sad, empty, or hopeless often or all the time.
- Losing interest in activities that were once enjoyable.
- Weight gain or loss or changes in appetite.
- Having trouble falling asleep or staying asleep or sleeping too much.
- Feeling irritable, easily frustrated, or restless.
- Having little energy or feeling tired.
- Feeling worthless or experiencing excessive guilt.

riencing excessive guilt. •Having trouble concentrating, remembering things, or making decisions.

•Thinking about suicide or hurting yourself.

Older Adults and Depression

Depression is more common among people who have certain medical conditions, such as heart disease or cancer. It can also be more common among people whose daily functioning becomes limited or those experiencing sleep problems.

Unfortunately, many older adults do not seek help with depression. Some may believe their symptoms

Depression and Aging

are simply a normal part of getting older. Others may feel stigma or shame about feeling depressed or may not realize that treatment can help them feel better.

There can also be barriers to receiving treatment, including the cost of care, transportation difficulties, or limited access to mental health services.

Healthcare professionals may sometimes overlook or misdiagnose depression in older adults because symptoms can be confused with physical health problems. Some healthcare professionals may also lack appropriate training in screening for and treating depression among older adults.

Treatment Works

The good news is that depression is treatable, and effective treatments are available. Treatment may include medication, psychotherapy, or a combination of both.

Most older adults experience an improvement in their symptoms when they receive appropriate treatment. If you or someone you care about may be experiencing depression, talk with a healthcare professional about the symptoms and available treatment options.

If You Are in Crisis

If you or someone you care about is experiencing a mental health crisis, help is

available.

If you are suicidal or experiencing emotional distress, **call or text 988** to reach the National Suicide and Crisis Lifeline. Trained counselors are available 24 hours a day, seven days a week.

In a life-threatening situation, **call 911 or go to the nearest emergency room.**

Remember: Depression is not a normal part of getting older. Recognizing the signs and seeking help can be an important first step toward feeling better.

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

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You Are Not Alone



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.

- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.

988

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NATIONAL FIRST RESPONDERS DAY: Honoring Our Everyday Heroes

National First Responders Day is Oct. 28. This day serves as a tribute to the brave men and women who dedicate their lives to protecting and serving our communities in times of crisis.

The vital role of first responders

First responders are the backbone of emergency services: firefighters, law enforcement officers, emergency medical technicians, paramedics and 911 dispatchers. These individuals are the first to arrive at the scene of emergencies, providing critical assistance and often risking their own lives to save others.

Every day, across the United States, approximately 4.6 million first responders stand ready to answer the call of duty. They face a wide range of challenges, from severe weather events and chemical emergencies to fires, vehicle accidents and acts of terrorism.

The toll of service

The work of first responders is not without its risks. Beyond the physical dangers, many first responders also grapple with the mental and emotional toll of their work, including high rates of post-traumatic stress disorder.

Recognizing their sacrifice

National First Responders Day is an opportunity for all Americans to show their appreciation for these everyday heroes. The U.S. Fire Administration encourages everyone to take a moment to reflect on the sacrifices made by first responders and their families.

How to show your support

There are many ways to honor first responders on this special day:

1. Express your gratitude: A simple "thank you" can mean a lot to a first responder.
2. Support local first responder organizations: Consider donating to or

volunteering with local fire departments, EMS agencies or police departments.

3. Raise awareness: Use social media to spread the word about National First Responders Day using #NationalFirstRespondersDay.
4. Attend community events: Many localities host events to honor first responders. Participate and show your support.

On this National First Responders Day, let us all take a moment to recognize the courage, dedication and selflessness of these extraordinary individuals. Their unwavering commitment to public safety makes our communities stronger and safer.

To all first responders: We salute you. Your bravery, sacrifice and service do not go unnoticed. Thank you for being there when we need you most.

Source: <https://www.usfa.fema.gov>

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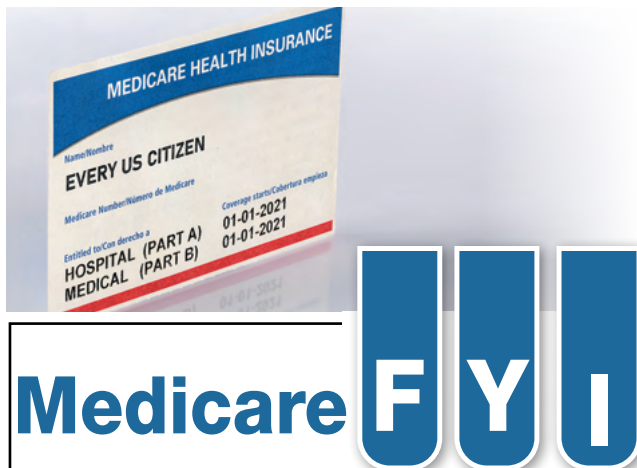
For more information or to register:
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kjackson@swpa-aaa.org



**SOUTHWESTERN PENNSYLVANIA
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Pennsylvania
Department of Aging



Annual Open Enrollment Period: October 15 through December 7

The Annual Open Enrollment Period (AOEP) is the time of year to review your Medicare Advantage Plan (Part C) or Part D coverage. Pennsylvania Medicare Education and Decision Insight, PA MEDI, is here to help answer your Medicare questions. PA MEDI provides unbiased health insurance counseling to Medicare eligible individuals, their families, and caregivers. PA MEDI Local Coordinators assist beneficiaries in making informed decisions that optimize cost-savings and access to health care and benefits. PA MEDI is not affiliated with any insurance agency or brokers, and the counseling services are free.

PA MEDI Local Coordinators can help with:

- Medicare eligibility and enrollment questions
- Medicare Advantage Plans (Part C) • Medicare Part D
- Medicare Supplement Insurance (Medigap plans)
- Help with applying for financial assistance programs
- Comparing plans to determine the best insurance for your healthcare needs and budget
- Medicare appeals and more.

If you have questions about Medicare, please contact your PA MEDI Local Coordinator at 724-489-8080, ext. 4438.



pennsylvania
Medicare Education and Decision Insight

Your Financial Future

Gary W. Boatman
MBA, CFP

If you are over 65, chances are you have a Medicare card somewhere in your wallet. But have you ever stopped to think about why Medicare was created in the first place and just how different retirement might look today without it? Before Medicare became law in 1965, millions of older Americans faced a frightening reality: getting sick could mean financial disaster. As people got older and needed more medical care, many found that health insurance was either unavailable or simply too expensive. Medicare was created to change that. President Lyndon B. Johnson signed Medicare into law on July 30, 1965, creating a health insurance program for Americans age 65 and older.

After more than 60 years, Medicare is still one of the most important financial protections available to America's seniors. But there is an important point that sometimes gets lost; Medicare does not mean that healthcare is free. Every month, your Social Security check deducts a Part B premium of \$202. Later this month, we will learn what next year's deduction will increase too. In addition to this, there are many other deductibles, copayments, prescription drugs, supplemental insurance and expenses that Medicare doesn't cover that can consume a surprisingly large portion of a retiree's

income. Things like dental, vision, and long-term care are not covered by original Medicare.

Medical costs are growing at a much faster rate than general inflation. Every year, Fidelity Investments does a survey of future lifetime medical expenditures for a 65-year-old couple. Their latest finding is \$265,000. This is for insurance premiums, co-pays, deductibles and over the counter medications. Because of these costs, medical cost budgeting must be part of any senior's financial plan.

When it comes to Medicare, one of the most important choices seniors must make is whether to use a Medicare Supplement, commonly called Medigap, or a Medicare Advantage plan. While both can help cover healthcare costs that Original Medicare does not pay in full, they work very differently. Medigap works alongside Original Medicare, helping pay some of the deductibles, coinsurance and copayments that can otherwise come out of your pocket. Most Medigap plans allow you to see any doctor or hospital that accepts Medicare, giving you broad freedom to choose your healthcare providers. Medicare Advantage, on the other hand, is an alternative way to receive your Medicare benefits through a private insurance company. These plans typically combine Part A and Part B coverage and may offer

additional benefits such as prescription drug coverage, dental, vision and hearing services. However, Advantage plans often have provider networks, and you may have copayments or other out-of-pocket costs when you receive care. In simple terms, Medigap generally offers more freedom and predictable cost-sharing but usually requires a separate premium and drug plan, while Medicare Advantage can offer additional benefits and potentially lower premiums but with more restrictions on doctors, hospitals and how care is received. The right choice depends on your health, doctors, budget and how much flexibility you want in your healthcare decisions. Two very important points are that in an emergency all hospitals are required by law to treat you no matter what type of insurance you have. The second is that at your initial enrollment both types of insurance must accept you if you apply without underwriting, but after six months of coverage Medigap plans can conduct medical underwriting and refuse coverage, if you were not previously covered by their plan.

Over the next couple of weeks, you will start receiving many Medicare ads in your mailbox, e-mail and on television. This is because open enrollment for Medicare runs every year between October 15 and December 7. This is when you can make changes to any supplemental coverage that will take effect on January 1st for next year. All seniors should review their coverage at this time to make sure that your current plan still offers the best coverage for your changing medical condition and prescriptions.

**FREEDOM
TRANSIT**

SENIOR SERVICE

FREE AND DISCOUNTED RIDES

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



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Visit Us
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Recipe of the month

Apple Coffee Cake

Tart apples and raisins make this a moist, delicious cake.



Ingredients

- 5 cup tart apples, cored, peeled, and chopped
- 1 cup of sugar
- 1 cup dark raisins
- ½ cup pecans, chopped
- ¼ cup vegetable oil
- 2 tsp vanilla
- 1 egg, beaten
- 2½ cup sifted all-purpose flour
- 1½ tsp baking soda
- 2 tsp ground cinnamon

Directions

1. Preheat oven to 350 °F. Lightly oil a 13×9×2-inch pan.
2. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand for 30 minutes.
3. Stir in oil, vanilla, and egg. Sift together flour, baking soda, and cinnamon; stir into apple mixture about 1/3 at a time, stirring just enough to moisten dry ingredients.
4. Turn batter into pan. Bake 35 to 40 minutes, until a toothpick inserted in the center of the cake comes out clean.
5. Cool cake slightly before serving.

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



Making a Difference

Join Us at the Table

Every October, communities across the nation pause to mark Residents’ Rights Month. Established by the National Consumer Voice for Quality Long-Term Care, this month serves as a vital reminder that individuals living in long-term care facilities retain their full civil rights, personal autonomy, and entitlement to individual dignity.

This year, we celebrate under a theme that hits close to home: Join Us at the Table.

When we think about what makes a home, mealtime is frequently at the center. Food is far more than physical nourishment; it carries our culture, sparks memories, and provides a place to build meaningful connections with others. In long-term care, the dining experience is one of the most important parts of a resident’s overall quality of life.

Under federal and state law, residents have a legal right to self-determination, including in their dining experience. Residents have a say in:

- Selecting preferred foods, requesting alternative meals, and having personal dietary and cultural traditions honored.
- Enjoying meals served at appealing temperatures on schedules tailored to individual routines.
- Dining in a calm, welcoming environment with the necessary support to eat comfortably without feeling rushed.

“Join Us at the Table” is an open invitation for residents, family members, facility staff, and neighbors to pull up a chair, listen closely to resident preferences, and work together to ensure that dignity and respect are served with every meal.

Moving into a long-term care facility should never mean surrendering your voice. The Long-Term Care Ombudsman Program is an independent resource dedicated to protecting these rights every day. Ombudsman representatives work directly for residents by helping address concerns, resolving care issues, and ensuring resident voices are heard and honored.

Whether you need support, want to learn about resident rights, or are interested in serving as a Volunteer Ombudsman, help is only a phone call away: 1-855-450-2274.

All Ombudsman services are strictly confidential and provided at no cost.



Caregiver's Corner

Understanding Wandering

One of the most common safety concerns for people with dementia is that they will leave the house and get lost, better known as wandering. Most times, they are looking for something or someone; they believe they should be somewhere (work, home, picking up a child after school etc.); they want to do something (golfing, fishing, shopping, card club etc.); they have an unmet need (hungry, thirsty, tired, lonely, etc.); or they are scared. We may not understand what they are thinking or why they are confused — and they may not be able to communicate it. If your loved one wanders, trying to identify triggers may not always be easy, but doing so may provide insight to managing the behavior. Even if we don't think our loved ones could get lost, it's best to be prepared.

Here are some steps you can take to lower the risk of wandering:

- 1. Install alarms and locks**
Consider gadgets and technology that will alert you that your loved ones are up and about before they leave the home, such as audio and video monitors, floor mat or seat pad alarms, motion sensor alarms (in the home and near the door or driveway) or simple door chime alarms.
- 2. Make sure they can be identified**
Be sure your loved ones have some form of identification on them. Multiple forms of identification, emergency contact numbers and disclosure of their medical diagnosis of dementia are a good idea, in case one form is removed or lost.
- 3. Use GPS tracking**
If your loved ones have a smartphone, ensure there is a GPS tracking system installed that you can access if you can't find them, like the Find My... app (iPhone, Apple watch, laptop, iPad, or an air tag that you've attached to keys or other items) feature on Apple devices, or Find My Device and Find My Friends on Android devices. Consider a medical alert device (or personal emergency response system — PERS), that has GPS capability so people can access help or be tracked wherever they go if they become lost.
- 4. Pay attention to exits and safety hazards in the yard and garage.**
People who have dementia and visual/perceptual impairments may walk into glass doors, so place stickers on them. Fence in the yard, add locking gates and monitor safety of pathways and steps, including for rain, snow, ice and adequate lighting. If the grill is a concern, lock the cover and access to gas tanks and all fire starters. Check the garage for safety hazards like gasoline, tools or ladders, and block access if they pose a danger.
- 5. Assess whether driving is safe.**
Many people drive for a while after a dementia diagnosis. If your loved ones are still driving, be sure to constantly monitor their judgment, vision and visual processing, safety and driving/navigation skills. They may be able to operate the car safely, but unable to find their way around. Be mindful that your loved ones know that when they stop driving their independence is threatened, and they may fear isolation, so be sure to have alternative transportation options available. Confer with his or her doctor about discussing when and how to discuss hanging up the keys with a loved one.

Source: <https://www.aarp.org/caregiving/home-care/info-2021/prevent-dementia-patients-wandering.html?intcmp=AE-CAR-CAH-R2C3>



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	<i>Your Well-Being Matters Too</i>
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.

FREE MEDICARE CHECKLIST
Morganhealthcaresolutions.com
Giveback plans for Veterans with Tricare and Part B, Medigap & Advantage Plans
Len Morgan, Broker
724-244-5579

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



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- Limited Weekly Fixed Route Services to Pittsburgh and Morgantown.
- Daily Sharded Ride Service (curb to curb service by appointment) to those who qualify.

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

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BARRIER FREE STAIRLIFTS



by *Cindy Bartolotta*
After the crazy summer weather, it is nice to look forward to a cool and crisp autumn. So much to see and do: fall harvests, hayrides, trick or treating, bonfires, and breaking out pumpkin lattes! Is your favorite listed?

S W E A T E R W E A T H E R P S I R C
S S S U O U D I C E D D R A H C R O C
C C U T E K R A M S R E M R A F L R O
A Y H A R V E S T X O N I U Q E E U R
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| ABUNDANCE | DECIDUOUS | HARVEST | RUSTIC |
| APPLE CIDER | EQUINOX | HAYRIDE | SCARECROW |
| AUTUMN | FARMER'S | MAIZE | SCYTHE |
| BONFIRE | MARKET | MOON | SPICY |
| CARAMEL | FLANNEL | MYSTERIOUS | SWEATER |
| CINNAMON | FOLIAGE | ORCHARD | WEATHER |
| CORN MAZE | GOURD | PUMPKIN PATCH | |
| CRISP | GUSTY | PUMPKIN SPICE | |

See answers on page 18



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



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Annual Enrollment Period Ends Dec. 7th

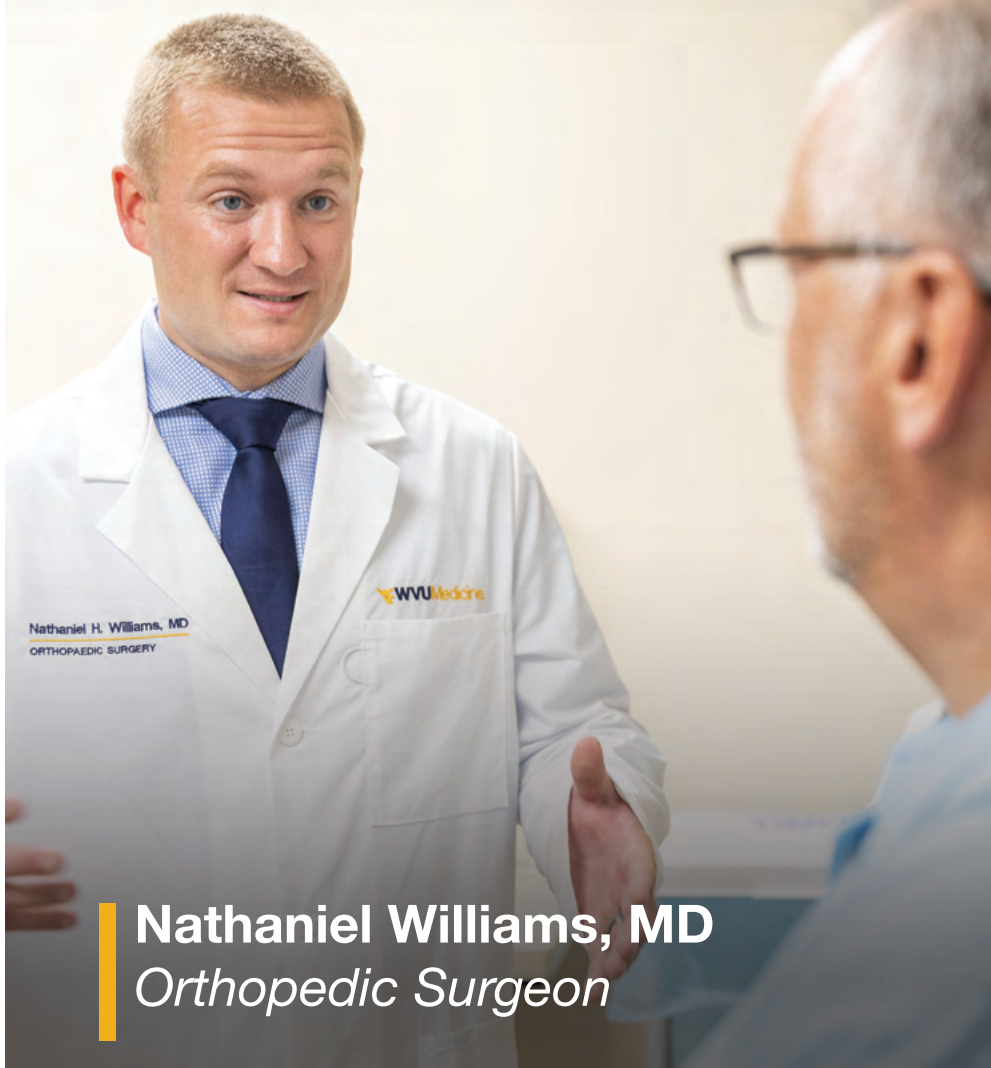
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Nathaniel Williams, MD
Orthopedic Surgeon

Hip and Knee Expert

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Senior Community Center Notes

FAYETTE COUNTY

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

-Corrine McKnight

... Happy October!... Our center meets on Wednesdays at 10 a.m. and enjoys activities including Wii bowling at 10 a.m... We enjoy lunches provided by SWPA Area Agency on Aging... Every Wednesday of the month, bingo is called... On the first Wednesday of each month, we hold our monthly meeting... On the third Wednesday of the month, we enjoy cake to celebrate birthdays. Happy October Birthdays to Eleanor Butela, Rhoda Applebee, Barb Germock, and Donna Sanders...

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

-Kimberly Stewart

... Sweater weather is better together... On Oct. 23, our baked potato bar and soup dinner Fall Fundraiser will be held from 11 a.m. to 6 p.m. The cost is \$10 and includes a potato and toppings, a bowl of soup, and a drink included with eat-in only. The soups available will be chicken noodle, vegetable, wedding, and chili. Quarts of soup are available for takeout. Dessert

will be available for purchase. A chance auction and 50/50 will be available. Meals are available for eat-in or take-out... On Nov. 13, from 10 a.m. to 2 p.m., we will hold a Seniors for Safe Driving Class. Register by calling 1-800-559-4880 or online at www.SeniorsForSafeDriving.com... On Tuesdays, bingo is called. We alternate between Hold em' or Fold em' and Scratch off... Lunch is served Monday through Friday at 11:30 a.m... On Thursdays, we are pleased to announce we are starting a Bible study starting at 10 a.m... We love to see new smiling faces at our center. Bring a friend and enjoy some time together... We can't wait to meet new friends!...

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... On Oct. 1, DJ Mike entertained us... On Oct. 3, we held our all-you-can-

eat breakfast fundraiser and bake sale... On Oct. 5, Grocery Bingo will be called starting at 10 a.m... On Oct. 12, Jeff & Rich will join us with live entertainment at 10 a.m... On Oct. 13, Tina from Hill Manor Estates will join us from 10 to 11 a.m, and Big Bingo will be called following lunch... On Oct. 15, we will enjoy a potluck lunch. Please bring a dish to share... On Oct. 19, we will enjoy trivia with Joe at 10:30 a.m... On Oct. 22, Kings Insurance will join us to play Health Insurance Bingo at 10:30 a.m... On Oct. 26, Bonus Bingo will be called following lunch... On Oct. 29, we will hold our annual Halloween Party and potluck. Please bring a dish to share... 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

... Fall greetings!... 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

Senior Community Center Notes

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, washes, and sets. Need a perm or color, call and make an appointment at 724-812-2560... Lunch is served Monday through Friday at 11:30 a.m. We would love to have you dine in with us. If you are interested in lunch, please call the Center at 724-930-8512 the day before to make your reservation... We are here to serve you, our local senior community. Let us

know if there are topics you would like to learn more about, and we will seek out speakers. If you have a hobby or activity you would like to share or get a group together to share, let us know. Help us grow and serve our community better. Help make a difference!...

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

... Greetings... Here we are on our way to winter... If you would like to meet some new friends, enjoy a hot meal, or play some nickel bingo, come to our center. We are open on Fridays from 10 a.m. to 2 p.m.... Happy October birthdays to Janet Provance, Jim Livengood, and Sherry Critz... In September we enjoyed guest speakers from Heartland Hospice and Beltone Hearing... In October, we celebrate Columbus Day, Breast Cancer Awareness, and

Halloween... Remember to use your Farmers Market Nutrition Program Vouchers before its too late... Until next month. Stay safe and God Bless...

MASONTOWN
22 S. Main Street
Masontown, PA 15461
724-583-7822
-Donella Blair & Laurie Crawford

... Hello "Ber" months... Get ready for our month-long Boo Basket Give-away. Who doesn't love a little spooky season fun? Ticket prices are 1 for \$1 or 6 for \$5. The drawing will be held on Oct. 30. We are looking for some beautiful donations. If you would like to donate a basket or items to help fill our Boo Baskets, we would be thrilled. Every donation helps make this fundraiser fun... We enjoy many activities weekly including Bingo, live music, and educational programs... On Tuesdays and Thursdays, we enjoy Tai Chi... On Wednesdays we enjoy Fellowship... Lunch is

served Monday through Friday. A \$2 donation is suggested. Grab a friend, bring your smile, and come on down! Whether you're here to play, dance, learn, eat, laugh, or just enjoy some great company, there's always room for you here... Come for the fun, and stay for the friendships...

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

... Welcome to October 2026 in the beautiful Laurel Highlands and surrounding area... We encourage you to drive carefully and obey speed limits... Our center opens every Tuesday and Thursday at 9

a.m. with a delicious, preplanned hot lunch served on both days at 11:30 a.m... Join Virgil and Pam for exercise class from 9:15 to 9:45 a.m... On the second Tuesday of each month, we celebrate birthdays with a decorated birthday table and birthday cake. Our October birthday table will be decorated by Bonnie Baker and Patricia Atkinson. Our birthday celebrants this month are Kimberly Anderson, William Barry, Donna Bessen, Terri Brachna, Richard Fazenbaker, Gloria Kertif, Rick King, Anna Mitchell, Esther Nicholson, Barbara Thomas, Charles Tissue, and AnnaMarie Zimmerman... On Wednesday nights from 6 to 9 p.m., bingo

is called. The kitchen is open with food available to purchase. Please come out and support our bingo fundraiser... On Oct. 20, a guest speaker will join us to present a program about open enrollment for Medicare... On Oct. 29, we will enjoy live music performed by Keith King... For more information on events follow us on Facebook or stop by the Center... Our center has an on-going flea market for members and guests to shop. If you have items you would like to donate, bring them to the center on any Tuesday or Thursday... Our center accepts used batteries for recycling...



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

USB PORTS

Senior Community Center Notes

PERRYOPOLIS
P.O. Box 562
Perryopolis, PA 15473
724-736-2250
-Moira Kirk
 ... Hello October!... bingo is called from 10 a.m. to 2 p.m... On our October birthdays Tuesday and Thursday,



October is National Cyber Security Awareness Month

Stay safe when using the Internet with these tips from StaySafeOnline.org:

LOCK YOUR DEVICES

Require a passcode to unlock your phone.

MAKE A LONG, UNIQUE PASSPHRASE

A strong passphrase is a sentence that is at least 12 characters long. Focus on things you like and are easy to remember.

SHARE WITH CARE

Be cautious about how much personal information you provide on social media.

PEOPLE AREN'T ALWAYS WHO THEY SAY THEY ARE ONLINE

Adults of all ages need to be wary of strangers and those appearing to be friends or loved ones online. If someone asks to be your friend on social media, only accept their request if you know them. If someone online asks you for money or sensitive information, pick up the phone and call a trusted number. Dating online? Don't send money or sensitive financial or personal information to anyone you have never met.

Do Your Part. #BeCyberSmart.



this month... Step out and enjoy some great company with fun activities... On Monday, Wednesday, and Friday, bingo is called from 10 a.m. to 2 p.m... On Tuesday and Thursday,

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

-Janice Woods
 ... Happy fall y'all!... October is here and we're looking forward to an amazing month of activities. On Oct. 1, we celebrated birthdays and anniversaries with cake and ice cream... On Oct. 8, try your luck with Louise's 50/50 and Elaine's basket raffle, then Crazy Bingo will be called by Steve. Bob Hileman and Patty Ann Burchard will conduct blood pressure screenings... On Oct. 13, we will meet at Jamie Lynn's for breakfast at 10 a.m. Bring a friend and get to know us... On Oct. 15, we will hold our annual talent show. Time to strut your stuff... On Oct. 22, Kim Miller from SeniorLIFE will present a program on their services and provide entertainment... On Oct. 29, join us for our Halloween party and costume parade. Bring your favorite monster or thing that goes bump in the night

Card Club meets at 12 p.m... Lunch is served Monday through Friday at 12 p.m. Please call the day before by noon to reserve your lunch. A \$2 donation is suggested... Thank you to everyone who supports the Center. We really appreciate you... Have a blessed month everyone...

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

-Stacy Stroman
 ... Greetings... You're invited to join us at the Center this October for a month full of fun, friendship, and fellowship... We're open Monday through Friday from 8 a.m. to 2 p.m. and offer a variety of activities to enjoy... On Monday, Wednesday, and Friday mornings, stop by for a game of pool. Bingo is called Monday through Friday at 11 a.m... On Oct. 30, join us for our Halloween Party at 10:30 a.m. Enjoy festive food, refreshments, spooky music, and a special Halloween bingo event... Come down and join the ghoulish fun with friends and neighbors at the Center...

JEFFERSON
190 Washington Street
Jefferson, PA 15344
-Colleen Valosen
 ... Fall has begun, and hopefully, we're now enjoying cooler weather, beautiful foliage, and the unique activities this season brings... Since October is breast cancer awareness month, we've singled out Oct. 7 as the Wednesday we'll observe that topic. Pink will be the color of the day, and we'll invite the survivors in our midst to share their stories with

and party with us... Join us every Thursday at the Center. The doors open at 10 a.m... Until next month...
 us. We're all fortunate for their successes! Our knowledge of this disease will be tested as we take part in an awareness, just in case we've missed something. Let's support our survivors and have some fun!... Oct. 14, we will enjoy a western theme so consider jeans, a flannel shirt, boots, a cowboy hat, and a bandana. Our welcome table might find itself covered in offerings of biscuits, beans, chili, potato salad, coleslaw, fruit cobbles, and of course, our world-famous coffee. Luckily, Melaney has agreed to lead us in an easy line dance that morning, and the guys will show us their expertise at the indoor horseshoe ring toss game. Head out our way and enjoy some fun... Join us for janitor appreciation day on Oct. 21, as we honor those who volunteer to clean our center each week. Ahead of this day, personal notes of thanks can be written to present to them that morning. We're even hoping each table will chip in for a gift card for them, but this is optional. We'll ask them to say a few words and answer any questions we have. Then, we'll entertain them with some fun races using balloons and brooms. Let's all try to be there and let them know how much they mean to us... We're back to being kids again as we pull out all the stops on Oct. 28 and celebrate Halloween! Will your costume be entered in the ugliest, funniest, or most original

category for judging? Be aware, there is a prize for each one! Proceed with caution as you enter the Center that day because there will be spooky music playing, the lights will be dimmed, and the tables will be covered in cobwebs. Marji promises a scary story and others will be encouraged to add on of their own. A candy jar guess game and Halloween bingo for candy bar prizes will be our way of trick-or-treating this year. Don't miss this or any of the Wednesdays this month that will help make your October amazing!... Take care, everyone...
MT. MORRIS
Box 43
Mt. Morris, PA 15449
724-324-5396
-Stacy Stroman
 ... Hello October... October is a wonderful time to visit the Center, where friends gather each week for fellowship, fun, and community... The Center is open Wednesdays from 8 a.m. to 2 p.m... Join us for Coffee Club at 8 a.m., featuring good conversation and donuts, followed by fellowship at 10 a.m. and a hot lunch at 11:30 a.m. On the second Wednesday of the month, bingo is called at 11 a.m... On the last Wednesday of the month, we celebrate birthdays... On Oct. 28, join us for our Halloween celebration. Come dressed in your favorite costume and enjoy festive decorations, treats, laughter, and fellowship... It's a great opportunity to celebrate the season with friends,

Senior Community Center Notes

share a few scares and smiles, and make lasting memories together...

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

-Betty Grove
 ... Well Fall is here... On Oct. 30, bingo will be called. We will enjoy the clothes bag game, snacks, punch, and door prizes. Snacks will be passed out at 9 a.m. Come down for snacks and games... Until next time. God Bless you all...

WEST GREENE
Harvey's Grange, R.D. 1
Graysville, PA 15337
724-428-3853

-Jean Wise
 ... Greetings... On Aug. 26, the members at the Center held an election. Our President and Vice-President stepped down from their duties. A council was formed to replace them. The council includes, Helen King, Beth Clark, Barb Thomas, and Mary Cunningham. Mary and Barb will be Co-President and Vice-President. Ken Moniger will serve as treasurer with the assistance of Mary Pierson. Jean Wise remains as secretary with the assistance of Beth Clark and Mary Brown. We want to thank Janet and Donna for their years of service and wish them well... The Ice Cream Social held at the Waynesburg Fairgrounds was a big hit. Many vendors participated and provided

information and goodies for us... We meet on Thursdays from 9 a.m. to 2 p.m., and lunch is served at 1:30 p.m... Come join us for Farkle and several other games...

WASHINGTON COUNTY

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

-Renee Presto
 ... The joys of October, Halloween, crisp autumn weather, changing leaves, and the celebration of breast cancer awareness!... With the leaves changing and the cool weather we all know that October is here. Join us this month for activities that will warm your body, mind, and soul... Lunch is served Monday through Friday at 11:30 a.m. please call the day before by 12 p.m. to reserve your meal. A \$2 donation is suggested for those 60 and older... On Oct. 5, Tyffini from Caring Mission will conduct blood pressure screenings at 10:30 a.m. followed by bingo before lunch... On Oct. 9, Big Bingo will be called starting at 12:15 a.m. Stop in and bring a friend. All are welcome... On Oct. 19, we will hold our monthly meeting at 12 p.m. Members are encouraged to

attend to find out what is happening at the Center. We are also always looking for new and exciting ideas... On Oct. 29, we will enjoy our Spooktacular Halloween Party. Come join us for games, food, and excitement. Call the Center to sign up... We enjoy assembling puzzles, daily bingo, cards, exercise class at 7:00 p.m., verse of the day, and question of the day Monday through Friday... The Center is a place to be yourself, reminisce, and enjoy others. We would love to see some new, bright, smiling faces so stop in and have some coffee, lunch, play some games, relax, and enjoy...

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

-Kristin Frazier
 ... Three cheers for October! We love spooky season... We are happy to welcome our new cook Mary Beth Monseau. Mary Beth is a Burgettstown native and retired insurance agent. She has extensive baking and catering experience and manages a local church fish fry. In her spare time, she enjoys watching her grandsons play sports... Please stop by the center for a delicious lunch. Lunch is served at 11:30 a.m. A \$2 donation is suggested... On Oct. 1, we enjoyed some Steel-er fun by wearing black

SPARTAN HEALTH SURGICENTER

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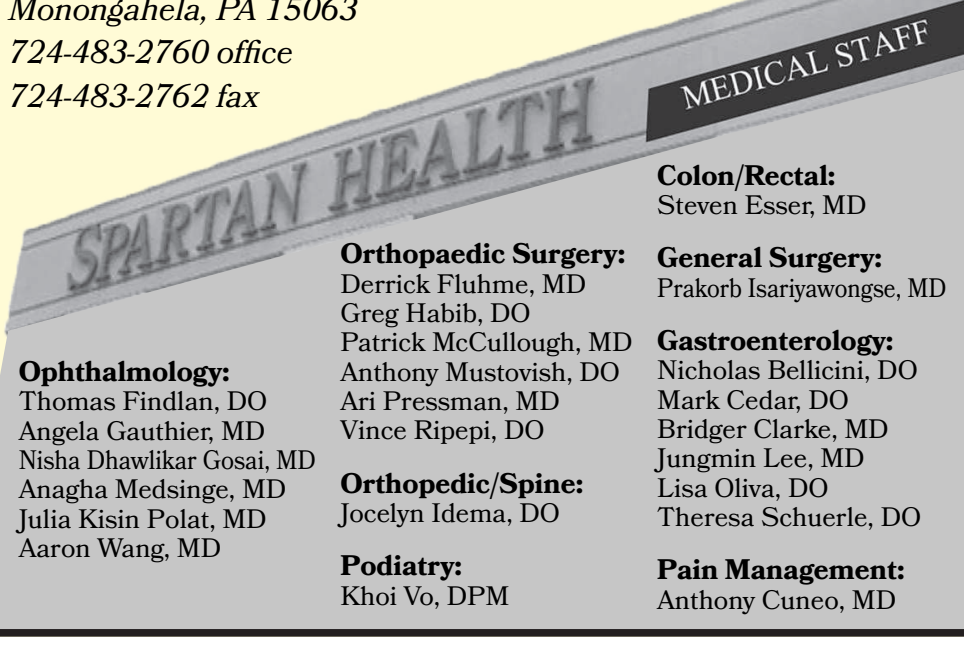
- Ophthalmology (Cataract, Glaucoma, Corneal)
- Pain Management
- Gastroenterology
- Orthopaedics
- General Surgery
- Podiatry

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 Executive Director
Jamie Farmer, RN
 Director of Nursing
Vincent Ripepi, D.O.
 Medical Director



Colon/Rectal:
 Steven Esser, MD

General Surgery:
 Prakorb Isariyawongse, MD

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

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

Orthopedic/Spine:
 Jocelyn Idema, DO

Podiatry:
 Khoi Vo, DPM

Pain Management:
 Anthony Cuneo, MD

Senior Community Center Notes

and gold... On Oct. 14, Bridget from SeniorLIFE will join us with Grocery Bingo at 10:30 a.m., and Pathway will administer flu vaccines. If you'd like additional information on the vaccines, please contact the Center... On Oct. 15, George from Highmark will join us for My Plate Bingo at 10:30 a.m... On Oct. 23, wear your blue and white in preparation for Burgettstown's Homecoming to be held on Oct. 24... On Oct. 29, John from Aetna will join us for bingo and healthcare information at 10:30 a.m... On Oct 30, we will celebrate Halloween Boos and Brews... Please check our Facebook page or stop in the Center for any additions to our monthly activities... On Mondays, Wednesdays, and Fridays, Bingo is called at 12 p.m., and Silver Sneakers® starts at 1:15 p.m. We have also started a new game, Hand and Foot, which is similar to Canasta... On Tuesdays, dartball is played at 12 p.m. and 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... 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...
CANONSBURG
30 E. Pike Street
Canonsburg, PA 15317
724-745-5443
-Jim Southern
... Leaves are falling, and fun is calling... Grab a friend and come enjoy all the laughter, friendship, and activities happening at the Center this month. There's always something fun around the corner... On Oct. 5, Cherneise will join us with Music Bingo at 11:30 a.m... On Oct. 7, Celebration Villas will join us with root beer floats... On Oct. 8, FirstEnergy will provide us with a presentation on our energy costs at 10:15 a.m... On Oct. 14, Sam from SeniorLIFE will join us with Grocery Bingo... On Oct. 15, Bryan from Alliance will join us... On Oct. 16, blood pressure screenings will be conducted... On Oct. 20, John from Aetna will join us with donuts before lunch... On Oct. 22, Ashley from Bubbles of Blessings will join us... On Oct. 28, Kelly from Townview will join us with a horseracing activity... On Oct. 30, we will enjoy our Halloween party. Be sure to sign up and join in on the fun, candy, food, games, and costumes... Come down and join in on the fun and memories here at the Center... Stay happy, stay active, and prepare for the beautiful change

in colors and temperatures...
CENTER ON MAIN
931 Main Street
Bentleyville, PA 15314
724-239-5887
-Hannah Burns
... Fall is here!... We have lots of fun planned this month so come enjoy the season with us at the Center... As many of our members know, Hannah will be starting a new job this month. As she moves on to this next chapter, she wants to thank everyone for allowing her to be your coordinator for the past almost four years. She has truly loved every second of it and will miss seeing everyone each day... Lunch is served Monday through Friday at 11:30 a.m. Please call the day before by noon to reserve a meal... On Mondays, Euchre is played at 10 a.m. and chair exercises are at 10:30 a.m... On Oct. 2, we enjoyed big bingo... On Oct. 5, we will hold our monthly meeting at 12:15 p.m. Come down and find out what is happening at the Center... On Oct. 6, Pat will conduct blood pressure screenings at 11 a.m... On Oct. 8 and 26, Bridget from SeniorLIFE will join us with Grocery Bingo at 10:30 a.m... On Oct. 14, Christopher from CLEAResult and a representative from FirstEnergy will present information on assistance programs for se-

Word Search Answers from page 12

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

niors and low-income households to help reduce their energy bills... On Oct. 15, Quarter Bingo is called at 10:30 a.m. and we will hold our Not all Cancer is Pink Fundraiser. Join us for refreshments as we raise money for a special member of our center who is battling cancer... On Oct. 21, John from Aetna will join us with Grocery Bingo at 10:30 a.m. We will also enjoy an ice cream social following lunch... On Oct. 27, we will enjoy game day and bagels at 10:30 a.m... On Oct. 30, we will enjoy our Halloween party. Stay tuned for more information!... Follow us on Facebook to keep up with all the fun at the center...
CHARTIERS TOWNSHIP
2013 Community Center Drive
Houston, PA 15342
724-485-2126
-Rick Kauffman
...The theme for our Business Meeting and Luncheon on Tuesday, October 20, at 11 a.m. will be Octoberfest and

will include Button Box music. Prizes will be awarded for Halloween costumes. The menu will be: Baked ham with pineapple, scalloped potatoes, seasoned vegetables and cookie. A \$2 donation is recommended. If you didn't fill out a reservation form at the last luncheon or have changed your plans, we ask you to call Debbie Mulshen (724 554-2485) by Thursday, October 15. Upcoming activities include Keep Moving, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery Bingo, Friday, October 16, with grocery prizes provided by SeniorLIFE's outreach coordinator Bridget Borelli; Playing Cards, Tuesdays, 1-4 p.m.; Chair Yoga, Wednesdays, 11 a.m.; Game Days, Wednesdays, 12:30 p.m.; T.O.P.S., Wednesdays, 4:30 p.m.; Card Making, Tuesdays, October 13 & 27; Senior Crafts, Thursdays, October 8 & 22, 12:30 p.m. You can follow us on our Chartiers-Houston Se-

nior Center Facebook page and 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...
CROSS CREEK VALLEY
28 Clark Avenue
Avella, PA 15312
724-587-5755
-Amy Dzurko
... Hello October!... There's a little autumn magic in the air! The leaves are putting on their colorful show, the days are getting cozier, and it's the perfect time to gather with friends at the Center... Whether you're stopping in for lunch, a friendly game, good cup of coffee, or simply a smile and some conversation, we are always happy to see you!... On Oct. 2, Bridget from SeniorLIFE joined us with Grocery Bingo... On Oct. 16, Joni from AmeriHealth will pres-

Senior Community Center Notes

ent a program on Diabetes Health Education... Lunch is served Monday through Friday. A \$2 donation is suggested. Please call the day before to reserve your meal... On Mondays, Pokeno is played... On Wednesdays and Fridays, bingo is called following lunch... As the leaves fall and the temperatures cool, remember that there's always a warm welcome waiting for you at the Center...
DONORA
683 Meldon Avenue
Donora, PA 15033
724-379-6446
-Calvalier LaRue
... October is a month of colorful change, as leaves turn vibrant shades of yellow, orange and red. It's a time for Halloween decorations, candy corn and cheering for your favorite teams on the gridiron... We celebrate some major holidays and events in October such as World Teachers Day,

World Mental Health Day, and Breast Cancer Awareness Month, which promotes early detection and research support... Lunch is served Monday through Friday. Please call the Center the day before to reserve a meal. A \$2 donation is suggested... The Center offers coffee hour from 9:30 to 10:30 a.m., Monday through Friday. Drop in and say hello... On Mondays and Wednesdays, bingo is called. Early bird is called at 12:30 p.m. followed by 13 regular games and 7 specials... On Tuesdays, Wii bowling fun starts at 1 p.m... On Thursday, meet us at the Center to help stuff envelopes for hospice at 1 p.m... On Fridays, we offer board games, cards, and puzzles. Come join in on the fun, or just stop by and say hello. On the last Wednesday of the month, we hold our money can drawing.

You must be present to claim the full prize... We would love to meet you and we are always looking for new friends... The Center would like to wish happy birthdays to Richard James, Christine Surman, and France Filardi...
MCDONALD/CECIL
Cecil Township Municipal Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827
-Marlene Wilson
... Greetings... The Center will be undergoing renovations, and we want to share our schedule and temporary location... Beginning Oct. 7, we will operate from our temporary location at the Cecil Fire Department. We extend our sincere thanks to Representative Jason Ortitay and Cecil Township for their support and assistance during this transition. We greatly appreciate

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ate their generosity and partnership... We look forward to continuing to serve our seniors during the renovations. Please follow us on Facebook for additional announcements and updates... Thank you for your patience and understanding as we make these improvements...
MCGUFFEY
105 Green Street
Claysville, PA 15323
724-663-4202
-Connie Clutter
... Welcome Fall... On Mondays, we enjoy corn bag toss. We have some great competitions... On Tuesdays Bunco is played... On Wednesdays, we enjoy Bible study... On Thursdays, SeniorLIFE joins us with

Nickel Bingo... On Fridays, Left-Right-Center is played... Come on out to the Center to enjoy a delicious lunch... Have a wonderful fall...
MIDWAY
Center U.P. Church
110 Washington Avenue
Midway, PA 15060
724-796-0505
-Linda Matchett
... As we start our journey into the holiday months, we hope you are enjoying autumn... We continue to recognize our members who have birthdays and anniversaries... We have devotions and prayers for those seniors who can no longer attend our meetings due to illness... We also enjoy bringing in some paper products and dry

foods to support the McDonald Food Bank... In October, Mark Scott will join us as our guest speaker... In November we will enjoy our brown bag auction... We take turns bringing in decorations and dessert for the Center... Happy Fall
MONONGAHELA
102 W. Main Street
Monongahela, PA 15063
724-258-9511
-Mickelina Smith
... Well, it's fall y'all!... On Oct. 30, we will enjoy a Halloween party from 1 to 4 p.m. There is an \$8 fee to help with cost. We will have games, prizes, food, snacks, dessert, and drinks, so come down and have fun. You do not have to dress up,

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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.

unless you want to win the best costume prize... Lunch is served Monday through Friday at 12 p.m. A \$2 donation is suggested... On Mondays, Pokeno is played from 12:30 to 3:30 p.m... On Thursdays, we enjoy bingo and hot dogs from 1 to 4 p.m... On Fridays, Ruth Pugh will hold Bible study from 10:45 to 11:45 a.m... Hope to see you all here soon...

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

-Alexis Lovas
 ... Greetings... Time to pack away the shorts and tank tops and get out the sweaters, hoodies and pants... Soon the

leaves will be changing, and the weather will get cooler... On Mondays and Wednesdays, we enjoy Zumba class from 4:45 to 5:45 p.m... On Tuesdays, Golf cards are played at 10 a.m... On Wednesdays, Big Bingo is called at 1 p.m. Come and bring a friend or two... On Thursdays, we enjoy craft days... On Fridays, Euchre is played at 11 a.m... On Oct. 16, we will make our famous subs. They sell out fast so don't forget to order yours early... On Oct. 30, we will enjoy our Halloween Party. The cost is \$10. We will offer a meal, drinks, dessert, and entertainment. Don't forget to wear your

best costume...Lunch is served Monday through Friday at 12 p.m... Keep in touch for any additional updates...

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

-Shawn Arent
 ... Fall is in the air, and we have some wonderful activities and good food planned for October! We invite everyone to join us for good food, fellowship, and fun... On Oct. 8, we will enjoy a delicious pork dinner with gravy, followed by a fun craft activity with Shawn... On Oct. 22, join us for a delicious

pot roast with gravy, followed by bingo with Dan. Come enjoy an afternoon filled with laughter, friends, and a little competition!... Lunch reservations can be made by calling 724-228-6996 or 724-263-7104. A \$2 donation is suggested. Cancellations must be made three days in advance before noon... We look forward to welcoming you. Join us for a warm meal, great company, and plenty of fun this fall...

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

-Amy Mieczkowski
 ... Welcome October!... On Oct. 7, we will enjoy

Mediconnect bingo with Annie at 12:15 p.m... On Oct. 10, we will enjoy Big Bingo at the Alpine Club in Washington. The doors open at 12 p.m. and games begin at 1 p.m. You can get you \$30 ticket at the Center or at the door. We will have raffle baskets, King Tut games, Miss Debbie's Deli sandwiches and more... On Oct. 14, join us for music bingo at 12:15 p.m... On Oct. 21, we will watch "Elvis" starring Austin Butler and Tom Hanks at 12:15 p.m... On Oct. 23, Bryan from Reliance Medicare Helpline will join us with Double Bingo at 10 a.m... On Oct. 28, Bridget from Senior-

LIFE will join us with Grocery Bingo at 12:15 p.m... On Oct. 30, 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 12:15 p.m... On Fridays, bingo is called following lunch...



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Pennsylvania
 Department of Aging