

# SENIOR Times

*Age Well, Live Long!*

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

*Est. 1974*



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



SENIOR TIMES  
REVIEW BOARD

**Fayette County**  
Carolyn Capozza

**Greene County**  
Rev. James Cherry  
Pat Lemley

**Mon Valley**  
Linda Pankiewicz

**Washington County**  
Rita Hritz  
Gay Massey  
Pat Ross  
Mary Jane Stewart

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

**Editorial Staff:**  
Mary Harris  
Kristen Jackson  
Robbie Spaziani  
Judi Dubs

**Ads Manager:**  
Judi Dubs

Opinions or ideas expressed  
through "Letters to the Editor," or  
guest columns, are not necessarily  
those of the editorial staff or the Senior  
Times, nor does advertising in this  
publication constitute endorsement by  
the Senior Times, or the Southwestern  
Pennsylvania Area Agency on Aging,  
Inc. The Senior Times reserves the  
right to decline an advertisement for  
any reason.

Editorial and advertising copy  
cannot be reproduced without prior  
permission from the Southwestern  
Pennsylvania Area Agency on Aging, Inc.

Southwestern Pennsylvania  
Area Agency on Aging, Inc.

Corporate Office  
888-300-2704 or 724-489-8080  
Fax No: 724-483-9360  
Fayette County Office  
724-430-4603  
Greene County Office  
724-852-1510  
Washington County Office  
724-228-7080

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

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

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

[www.swpa-aaa.org](http://www.swpa-aaa.org)  
E-Mail: [seniortimes@swpa-aaa.org](mailto:seniortimes@swpa-aaa.org)

# Property Tax/Rent Rebate Program deadline extended to Dec. 31, 2025

The deadline for older and disabled Pennsylvanians to apply for rebates on rent and property taxes paid in 2024 has been extended to Dec. 31, 2025. The rebate program benefits eligible Pennsylvanians who are aged 65 and older; widows and widowers age 50 and older; and people with disabilities aged 18 and older.

The maximum income limit is \$46,520 to receive a maximum rebate of \$380. Half of the 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 (SWPA AAA) and state legislators' offices. For assistance, or for more information, call the Property Tax/Rent Rebate Program at 1-888-222-9190.

# The Senior Times appreciates your support!

Each month, the *Senior Times* seeks to bring timely and interesting information to older adults, their families, caregivers, friends and loved ones, in an effort to help make some challenges associated with aging a little easier to handle.

Working with staff from the Southwestern PA Area Agency on Aging, senior community centers, aging services providers and many others, we continue to explore ways to "spread the word" about services and resources available to assist older adults, increase awareness and knowledge about potential scams and fraud, promote better health, and provide human interest stories.

We've developed special sections on caregiving, healthy eating, stress reduction, and long-term care advocacy. The Senior Notes section features activities and events being held at senior community centers throughout Fayette, Greene, and Washington Counties, including the contact information and details for each location.

The *Senior Times* is made possible through donations and ad sales. This revenue goes 100% toward monthly publication and distribution costs.

There are several ways you can support the *Senior Times*. The special Donor section allows you to remember and pay tribute to a loved one if you choose or simply send a donation in support of the publication. (see Donation Coupon to the right).

You can also visit the Agency website's "Ways to Give" page at <https://www.swpa-aaa.org/ways-to-give>. Here you can make an online donation through PayPal or a debit or credit card. You can also use the online form found there, or simply mail donations to: The Southwestern PA Area Agency on Aging, Inc. Attn: *Senior Times* 305 Chamber Plaza Charleroi, PA 15022

We wish to offer a sincere "Thank you!" to those who choose to contribute to the continued efforts of the *Senior Times*.

*In Memoriam*

Elaine Kessler

*In Memory of*  
Andrew Sedlock;  
Lillian Sedlock

*In Memoriam*

Dorothy Koratich

*In Memory of*  
Teresa Bellish;  
Michael P. Koratich;  
Tony Lingis, Jr.;  
Rudy Marisa;  
David Hook

August 26  
NATIONAL  
DOG  
DAY

FARMER'S ALMANAC  
AUGUST 2025

Temp. 78° (4° above avg.); precip. 4" (2" above avg. east, 1" below west). 1-6 Isolated t-storms, then sunny; hot. 7-11 Scattered showers, warm. 12-16 Showers east, sunny west; warm. 17-28 Sunny, then showery; warm. 29-31 Sunny, warm.

NOTICE OF PUBLIC MEETINGS

The Southwestern PA Area Agency on Aging, Inc., Board of Directors will meet on the following dates in 2025:  
September 2      November 20      December 2  
The Southwestern PA Area Agency on Aging, Inc., Advisory Council will meet on the following dates in 2025:  
September 17      October 15      December 10  
For the location and time of the meetings, contact Mary Harris, Executive Director, Southwestern PA Area Agency on Aging, Inc., at 1-888-300-2704, Ext. 4420.

Donation Coupon

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

Make your donation payable to: SWPA AAA  
Mail to: Southwestern PA Area Agency on Aging, Inc.  
Senior Times  
305 Chamber Plaza  
Charleroi, PA 15022-1607

Amount of Donation      Type of Donation

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Zip \_\_\_\_\_  
Email \_\_\_\_\_

May we print your name as a donor?  
\_\_\_\_ Yes    \_\_\_\_ No

Are you a member of a senior center?  
\_\_\_\_ Yes    \_\_\_\_ No

Thank You

The official registration and financial information of the Southwestern PA Area Agency on Aging, Inc., may be obtained from the Pennsylvania Department of State Bureau of Charitable Organizations by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Veterans Spotlight

The Veterans Pension program, also known as Aid & Attendance, is for veterans needing assistance with unreimbursed medical expenses. Aid & Attendance is also available to surviving spouses of veterans. Aid & Attendance has specific requirements before being awarded:

• You did not receive a dishonorable discharge

• Wartime service

• Income and assets under \$159,240

• You need assistance with at least two daily living activities

The wartime service periods include:

• World War II (December 7, 1941, to December 31, 1946)

• Korean conflict (June 27, 1950, to January 31, 1955)

• Vietnam War era for Veterans who served in Vietnam (November 1, 1955, to May 7, 1975)

• Vietnam War era for Veterans who served outside Vietnam (August 5, 1964, to May 7, 1975)

• Gulf War (August 2, 1990, through a future date to be set by law or presidential proclamation)

Currently, the maximum amount of Aid & Attendance for a veteran is \$2353.33. For the surviving spouses, the amount is \$1515.58. The amount of Aid & Attendance awarded depends heavily on unreimbursed medical expenses, which can include nursing home costs, copays, medical equipment, dental fees, home health services, medical transportation, vision care costs, medical facility costs, and medical insurance premiums, including Medicare. Of these expenses, 5% is the responsibility of the veteran. These expenses are deducted from the total of the veteran's income and assets to determine the amount of the award.

Aid & Attendance is a program that can benefit a veteran's family in their time of need when paying for home health care or a care facility. Your county veteran's affairs office is an excellent resource for explaining the benefits of Aid & Attendance and assisting with filing a claim. Aid & Attendance is often overlooked as a benefit to veterans or surviving spouses.

CANCER CARE SHOULDN'T  
JUST BE GOOD ENOUGH

IT SHOULD BE  
LIFE CHANGING

As the region's only National Cancer Institute-designated Comprehensive Cancer Center, UPMC Hillman Cancer Center provides innovative clinical trials and groundbreaking medical procedures. We proudly offer world-renowned cancer specialists and a compassionate support system for patients and their families. Discover more at [UPMCHillman.com/LifeChanging](http://UPMCHillman.com/LifeChanging).

Stanley Marks, MD  
Chairman,  
UPMC Hillman Cancer Center

UPMC | HILLMAN  
CANCER CENTER



# Celebrating 60 Years of the Older Americans Act Advancing Health and Independence

On July 14, 1965, the Older Americans Act (OAA) was signed into law, creating the first U.S. system providing home and community-based services to older adults. Sixty years later, the law remains a cornerstone of support for older Americans.

The OAA helps older adults stay connected to their communities and remain independent in the places they call home. Annually, it serves more than 14 million people — about 1 in 6 older Americans — through services like meals, transportation, in-home care, and caregiver support. That adds up to more than 250 million meals, 14

million rides, and 30 million hours of in-home and caregiver support delivered each year.

These services are made possible by a robust aging services network created by the OAA. The network includes 56 state units on aging, 291 tribal organizations, more than 600 area agencies on aging, over 20,000 local service providers, and 80,000 volunteers. Together, this national network and the services it delivers represent a powerful, enduring investment in older adults.

At this milestone, the Older Americans Act continues to demonstrate the impact of a national commitment to

supporting older adults. Its programs remain vital to helping people live with health, independence, and dignity — goals that matter as much today as they did in 1965.

Source: <https://acl.gov/news-and-events/announcements/celebrating-60-years-older-americans-act-advancing-health-and-independence>  
[fbclid=IwY2xjawLnM2BleHRuA2FlbQIxmABicmlkETBtNXhBcG1Sc0pzMTl5ODBwAR51q-djsKw7BO9aWK\\_i8bZs9jsHTFzoGogGrHZnrJbCJMYtIZF-jRY-BuahXw\\_aem\\_26c58\\_fhZlmt-PMI-HIWA6Q](https://acl.gov/news-and-events/announcements/celebrating-60-years-older-americans-act-advancing-health-and-independence)



## Social Security Transition to Electronic Payments—What Beneficiaries Receiving Paper Checks Need to Know

Starting September 30, 2025, the Social Security Administration (SSA) will no longer issue paper checks for benefit payments. This change is part of a broader government-wide initiative to modernize payment systems and enhance service delivery. By moving to electronic payments exclusively, we aim to improve efficiency, security, and ensure beneficiaries receive their monthly benefits promptly.

### Who Does This Affect?

This transition primarily affects a small

group of beneficiaries who have not yet switched to electronic payment methods. Less than one percent of beneficiaries currently get paper checks. We encourage these individuals to enroll in direct deposit or opt for the Direct Express® card to continue receiving their monthly benefits timely.

### Why the Shift to Electronic Payments?

The transition from paper checks to electronic payments offers several important advantages:

- **Speed and Efficiency:** Electronic Funds Transfers (EFTs) are processed more quickly than paper checks, helping beneficiaries receive their payments on time without delays.
- **Cost Savings:** According to the U.S. Department of the Treasury, issuing a paper check costs about 50 cents, whereas an EFT costs less than 15 cents. This shift could save the federal government millions of dollars annually.
- **Enhanced Security:** Paper checks are 16 times more likely to be lost or stolen compared to electronic payments, increasing the risk of fraud. Electronic payments provide a safer, more secure way to receive benefits.

### What We're Doing to Help

We're proactively sending notices to people who currently receive paper checks, to explain the upcoming change and highlight the benefits of switching to electronic payments. In addition, all benefit checks will include an insert explaining the steps a beneficiary can take to transition to electronic payments, and our technicians are ready to assist. These efforts aim to ensure

a smooth transition and help recipients understand their options.

### Your Payment Options

People who currently receive paper checks have two convenient options to receive their Social Security payments electronically:

- **Direct Deposit:** Beneficiaries should enroll in direct deposit with their financial institution. Payments can be deposited directly into your checking or savings account.
- **Direct Express® Card:** For people without a bank account, the Direct Express card is a prepaid debit card designed specifically for federal benefit payments. You can update your payment information anytime through your personal my Social Security account online. For more details and to learn how to enroll in direct deposit or obtain a Direct Express card, please visit [www.ssa.gov/deposit/](https://www.ssa.gov/deposit/).

Source <https://blog.ssa.gov/author/9def154796090964ff3e-08925487b04115800af3/>



## Mon Valley Volunteer Luncheon



On July 18, Diversified Human Services, Inc., held a luncheon at Riverside Place, Charleroi, to honor Senior Community Centers volunteers. Volunteers from Riverside Place (Charleroi), Donora, Monongahela, and Center on the Hill were in attendance. Robert Weinstein, Board of Directors President, Diversified Human Services, Inc., welcomed more than 75 volunteers who attended the event. Alexis Lovas offered the blessing before the meal.

In addition to the vol-

unteers, distinguished guests included PA State Senator Camera Bartolotta, Washington County Commissioner Larry Maggi, and Mary Harris, Executive Director, Southwestern PA Area Agency on Aging, Inc.

Senator Bartolotta recognized each of the senior community centers and presented them with a Certificate of Appreciation.

After the delicious meal, the audience enjoyed entertainment provided by Bobby Shawn.

## Washington County Senior Expo September 25, 2025

Southwestern Pennsylvania Area Agency on Aging, Inc. along with co-hosts State Senator Camera Bartolotta, State Representative Tim O'Neal and the Washington County Commissioners Nick Sherman, Electra S. Janis and Larry Maggi are hosting this year's Washington County Senior Expo at the Washington Crown Center, Washington, PA.

The Expo is a free event

that will feature 100+ agencies, businesses and organizations eager to share information on the many programs, services and benefits available to people aged 55+ and their families.

Expo Hours are 10:00 a.m.-1:30 p.m. The Welcome will take place at 10:00 a.m. at the stage area. Entertainment will be provided by Bobby Shawn and DJ Chelsea beginning at 10:30 a.m. Door prize winners

will be awarded at 1:15 p.m. Participants must be present to win.

Lunch vendors are Texas Roadhouse and Soup'd Up. Coffee, donuts and water will be available, at no cost, compliments of UPMC. Entertainment will be sponsored by Range Resources.

Vendor tables will feature displays and experts on aging will discuss products and issues of importance. Come and take advantage of

the numerous opportunities, including free health screenings, flu shots and more.

For more information you can contact The Southwestern Pennsylvania Area Agency on Aging, Inc. at 724-489-8080 or 888-300-2704. Also, visit the website: <https://www.swpa-aaa.org/>. We hope you will join us this year to participate in the Washington County Senior Expo 2025.



Over the past few months, Senior Community Centers participated in the tournaments for 500 Bid Cards and Euchre. Center on the Hill won the 500 Bid Card Tournament and Riverside Place won the Euchre Tournament.



## ATTENTION SENIORS!

### Thomas Campbell Apartments and Thomas Campbell North

Currently accepting applications for all units!

*Applicants for TCA must be 62 years & older*

*Applicants for TCN must be 62 years & older or on disability*

- Utilities Included
- On Site Resident Services
- Elevator Buildings
- On Site Laundry
- Section 8 Vouchers Accepted

724-225-2290 or 724-228-2855





## Be physically active

Being physically active — through regular exercise, household chores, or other activities — has many benefits. Physical activities can help you:

- Maintain and improve your strength
- Have more energy
- Improve your balance
- Prevent or delay heart disease, diabetes, and other disorders
- Improve your mood and reduce depression

Several studies have supported a connection between physical activity and brain health. For example, one study found that higher levels of a protein that boosts brain health were present in both mice and humans who were more physically

active than in sedentary peers. An observational study with cognitively normal, late-middle age participants found that more time spent doing moderate levels of physical activity was associated with a greater increase in brain glucose metabolism — how quickly the brain turns glucose into fuel — which may reduce the risk for developing Alzheimer's. And a randomized controlled trial showed that exercise can increase the size of a brain structure important to memory and learning, resulting in better spatial memory. Although these results are encouraging, more research is needed to determine what role exer-

cise may play in preventing cognitive decline.

Federal guidelines recommend that all adults get at least 150 minutes (2.5 hours) of physical activity each week. Walking is a good start. You can also join programs that teach you to move more safely and help prevent falls. This is important because falling can lead to serious injury, including injuries to the brain. Check with your health care provider if you are not currently active but want to start a vigorous exercise program.

Source: <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>

## Senior addiction recovery support

Let's travel together on your road to recovery!

**Our Programs:**  
Senior Housing  
Substance Recovery



75 East Maiden Street,  
Washington, Pennsylvania  
15301, United States  
724-986-7364  
[www.serenityfarmsinc.org](http://www.serenityfarmsinc.org)



## Top tricks used to scam older adults

No matter your age, no one is immune to scams. In the most recent BBB Scam Tracker Risk Report, investment/currency scams continued to be one of the riskiest scams for ages 55+. Online purchase scams were the second riskiest for consumers 55-64, along with romance scams for consumers 65+. The third riskiest for both groups were home improvement scams. Regardless of the type of scam, BBB recommends the following precautions to avoid becoming a victim.

### What are the tips to spot a potential scam targeting older adults?

**Watch out for phone fraud.** The Federal Trade Commission reports that fraudulent telemarketers often direct their calls to older adults. Scammers will claim to be with a government agent or pose as a bank employee. They may sound friendly and courteous or aggressive and threatening. They may even have a caller ID to match their claims. You can also reduce the number of unsolicited calls by registering your phone number with the National Do-Not-Call registry at 1-888-382-1222 or Donotcall.gov.

**Know the red flags.** Most scammers use common tactics to get your money or personal information. Keep an eye out for the following too-good-to-be-true claims:

- "Free," "low cost," or "buy one, get one" deal
- Request for unusual payment types (i.e. prepaid debit cards or wired funds)
- Claims that you only pay postage or administrative fees
- Pressure to act now and/or aggressive tones
- Deals that must be secured with a credit card or bank account information
- Sure-fire investment opportunities
- Charities that send 100% of your donation directly to the victims

**Only hire trustworthy, licensed contractors.** Older adults often need extra help around the house and may hire someone to complete a renovation project and landscape work. However, never hire someone who just shows up at the door and don't let them in or around your home for an inspection. Instead, if you need repair work, use [BBB.org](http://BBB.org) to search for accredited businesses and ask friends and family for recommendations. Then, research the companies, keeping a close eye on past reviews or complaints. Always make sure the contractor or company is properly licensed and never pay in full upfront.

**Watch out for Medicare fraud:** Here is one scam typically directed towards

older Americans: free medical equipment. Medicare fraud has cost the American public more than \$6 billion, and a large part of that is fraud around "durable medical equipment," such as knee braces or walkers. By making repeated calls, scammers badger Medicare recipients into taking "free" medical equipment. Then, they bill Medicare for it. By law, no one is allowed to make unsolicited calls to consumers about durable medical equipment. If you get such a call, just hang up.

**Beware of government impostors:** Similar to Medicare fraud, older adults are susceptible to bad actors pretending to be from various government agencies, such as the IRS, the Social Security Administration, and even Veterans Affairs. They typically claim the victim owes money or is in danger of losing benefits unless they provide sensitive information or make immediate payments, often through suspicious methods like gift cards or wire transfers.

**Think before you click.** Older adults may be less comfortable with technology making them more vulnerable to phishing schemes, fake tech support and hacking. Links found in unsolicited emails or messages on social media can be especially dangerous. They may look like they lead to an official website, but they will download malware onto your computer that gives scammers access to your sensitive information. Protect yourself by only clicking on links that come from people you know and trust and by keeping your antivirus software up to date.

**Take time to research your purchases.** Scammers often make unsolicited offers to older adults for medical supplies, anti-aging products, and vitamins and supplements. They might contact you over the phone, as a door-to-door salesperson, or via online messages. They make incredible offers with the goal of getting their hands on your personal information or money. Before you agree to purchase the next miracle product that comes your way, take a few minutes to research the company to make sure its products and offers are legitimate.

**Guard your personal information carefully.** Never share your personal information with a stranger on the phone, in an email, on a social media network, or otherwise. Keep careful records of your transactions by reviewing your bank and credit card statements regularly. Check them for accuracy and then shred any documents that include personal information before throwing them away.

Source: <https://www.bbb.org/article/news-releases/18436-top-tricks-used-to-scam-older-adults>

## HOW TO CHANGE YOUR DIET

# 5 Tips for eating healthy

What you eat has a major influence on your health. A diet rich in vegetables and fruits, for example, can reduce your risk of heart disease, stroke, vision issues, digestive problems, and some cancers.

Yet, the average American consumes only 0.9 cups of fruit and 1.4 cups of vegetables per day, significantly less than the recommended 5 servings.

Conversely, consuming a lot of ultra-processed foods has been associated with increased risk of obesity, hypertension, and cancers like breast and colorectal. These foods make up about 60% of an American adult's diet and 70% of a children's diet! Clearly, there is an opportunity to improve the average American's diet. But what should you eat for better health and how can you make changes to your diet?

### What is a healthy diet?

There are many opinions in the field! Most experts agree that an ideal diet includes lots of vegetables and fruits, beans and legumes, nuts and seeds, olive oil, and some lean meats/seafood and dairy if desired. A healthy diet limits saturated fat and trans fats, sodium, added sugar, refined grains, and ultra-processed foods. One of the best dietary patterns to follow for preventing chronic disease is the Mediterranean diet.



### Why do Americans struggle with healthy eating?

This question is complex and needs to be looked at from both a broad and individual perspective. On a broad level, we need to ensure access to healthy foods, make them more affordable, limit ads for junk food and sugary drinks, and teach people how to prepare healthy meals. On an individual level, we need to consider personal behaviors and choices.

### What can you do to change your diet?

**1** Analyze and change your physical environment. Your environment matters! Are healthy foods easy to access in your kitchen? (on the counter and at the front of the refrigerator). Are unhealthy foods less easy to access or perhaps not even in the house? What about portion sizes? Do you serve food family-style? If you like to eat family style, consider putting only the healthier items, like vegetable or whole grain dishes, on the table and keep your portion to 1 serving size for the other dishes (requiring you to get back up if you want a second helping).

**2** Consider your social environment too: your friends and family! People often model the eating habits of others and make similar food choices to the people they dine with. Do people in your household like to eat healthy foods? For pickier family members, can you cook one of their favorite dishes in a healthier way? For example, a lower fat version of macaroni and cheese with spinach. Do you and your friends typically go out to more indulgent dinners and happy hours? Could you suggest a walk or exercise class instead of a happy hour?

**3** Consider self-monitoring your diet or logging your foods. We may not realize everything we put in our mouths each day. Consider creating a food log for one week so that you have a good understanding of what your diet currently looks like. You might not realize that you are mindlessly snacking at 3 p.m. each day.

HEALTHY cont'd on page 12



Serving the Mon Valley since 2005, Spartan Health Surgicenter is a freestanding, Medicare - certified, Joint Commission accredited, ambulatory surgery center located off of Coyle Curtain Road in Carroll Township.

Spartan strengthens the convenience of health care in the Mon Valley Community by providing greater health care in the Mon Valley Community comfort, more privacy and a relaxed environment for ambulatory surgery center patients.



- Easily accessible from Toll Hwy 43, I-70 & Route 88
- Accept Medicare and most insurances
- Experienced physicians, nurses and anesthesiology staff
- State-of-the-art equipment and procedures
- Joint Commission Accredited
- FREE and convenient parking
- Comfortable waiting area for families

### Specialties Include:

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

Now  
MMVTA  
Bus  
Service!

100 Stoops Drive,  
Ground Floor  
Monongahela, PA 15063  
724-483-2760 office  
724-483-2762 fax



**Patrick Garman, M.H.A.**  
Executive Director  
**Jamie Farmer, RN**  
Director of Nursing  
**Vincent Ripepi, D.O.**  
Medical Director

MEDICAL STAFF

**Colon/Rectal:**  
Steven Esser, MD

**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

**General Surgery:**  
Prakorb Isariyawongse, MD

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

**Pain Management:**  
Anthony Cuneo, MD



# Your Basic Medicare Rights

When you become eligible for Medicare, you are entitled to several basic rights regarding your care, treatment and personal health information.

You have the right to be treated fairly, understand the information you get, and keep your personal information safe.

You have the right to be treated with courtesy, dignity and respect at all times. You are protected from discrimination. Every company or agency that works with Medicare must obey the law. They can't treat you differently because of your race, color, national origin, disability, age, religion, or sex.

You have the right to have your personal and health information kept private, and to have access to doctors, specialists, and hospitals for medically necessary services.

**You have the right to get:**

- Medicare-covered services in an emergency.
- Information in a way you understand from Medicare, health care providers, and, under certain circumstances, contractors.
- Information about your treatment choices in clear language that you can understand, and allow you to participate in treatment decisions.
- Medicare information and health care services in a language you understand. If you need plan information

in a language other than English, or in an accessible format, contact your plan.

- Your Medicare information in an accessible format, like braille or large print.
- Answers to your Medicare questions.
- A decision about health care payment, coverage of items and services, or drug coverage.

- Request a review (appeal) of certain decisions about health care payment, coverage of items and services, or drug coverage.
- File complaints (sometimes called "grievances"), including complaints about the quality of your care. You may decide to do this if you have concerns about the quality of care and other services you get from a Medicare provider.
- Work with End-Stage Renal Disease (ESRD) Networks and State Survey Agencies to help you with complaints (grievances) about your dialysis or kidney transplant care.

or get copies of your personal health information from Health care providers who treat you and bill Medicare for your care and from Health plans that pay for your care, including Medicare.

Personal health information includes claims and billing records; information related to your enrollment in health plans, including Medicare; medical and case management records, and any other records that doctors or health plans use to make decisions about you. In most cases, you will not be charged for viewing, searching, downloading, or sending your information through an electronic portal.

You are entitled to many other rights under Medicare. For more information, please visit the Medicare website at <https://www.medicare.gov/basics/your-medicare-rights/your-rights>.

You may also contact the Pennsylvania Medicare Education and Decision Insight, PA MEDI for help answering any of your Medicare questions. PA MEDI provides accurate, unbiased health insurance counseling to Medicare-eligible individuals, their families and caregivers.

PA MEDI services are available in every county in Pennsylvania and PA MEDI counselors are always available to assist with any Medicare questions. If you live in Fayette, Greene or Washington Counties and have questions about Medicare or Medicaid, please contact the local PA MEDI coordinator at 724-489-8080, ext. 4438.

**CHAR HOUSE HIGHRISE**  
251 9th Street, Charleroi, PA 15022  
Call Today: **724-489-4445**

**LIBERTY TOWER HIGHRISE**  
520 Liberty Street, California, PA 15419  
Call Today: **724-938-3003**

**CANON HOUSE HIGHRISE**  
121 N. Central Avenue, Canonsburg, PA 15317  
Call Today: **724-745-7771**

**Beautiful One-Bedroom Apartments**  
For Individuals **62 or Older** or  
Persons with **Disabilities**

**Affordable, Income-Based Housing**

**Maximum Income Limits:**  
1 Person: \$60,100  
2 Persons: \$68,700

**Enjoy These Great Amenities:**  
On-Site Manager & Maintenance  
On-Site Supportive Services  
Indoor Mail Delivery  
Secure Building Access  
Community Room with Full Kitchen  
T.V. Room  
Laundry Facility  
Appliances Included  
Individual AC/Heat Units  
Outdoor Living Space



**Apply Now!**

**SOUTHWESTERN PENNSYLVANIA  
AREA AGENCY ON AGING**



**Open your heart and your home.**  
Provide adults with a caring family by becoming a  
**Domiciliary Care provider!**

Domiciliary Care providers offer living arrangements in their own home for those unable to live alone because of physical or mental impairment. Providers receive \$1,313.36 a month per individual in their home.

For more information scan the QR code or call  
724-489-8083 ext. 4612 • 1-800-411-5655 ext. 4617



# Preventing Heat Stroke And Know The Signs

## What can I do to prevent a heat-related illness?

- Stay indoors in air conditioning as much as possible.
- Drink plenty of water during the day – don't wait until you are thirsty!
- Outdoor workers should drink between two and four cups of water every hour while working.
- Avoid drinks with caffeine, alcohol or large amounts of sugar.
- Limit your outdoor activity to mornings and evenings and rest often in the shade.
- Wear light-colored and loose fitting clothing, a hat, sunglasses and SPF 15 or higher sunscreen.
- Check on those who may be more at risk from high temperatures like:
  - ♦ infants and young children
  - ♦ people aged 65 or older
  - ♦ people with chronic medical conditions

- Never leave your children or pets in a vehicle.
- Know the symptoms of heat stroke and heat exhaustion.

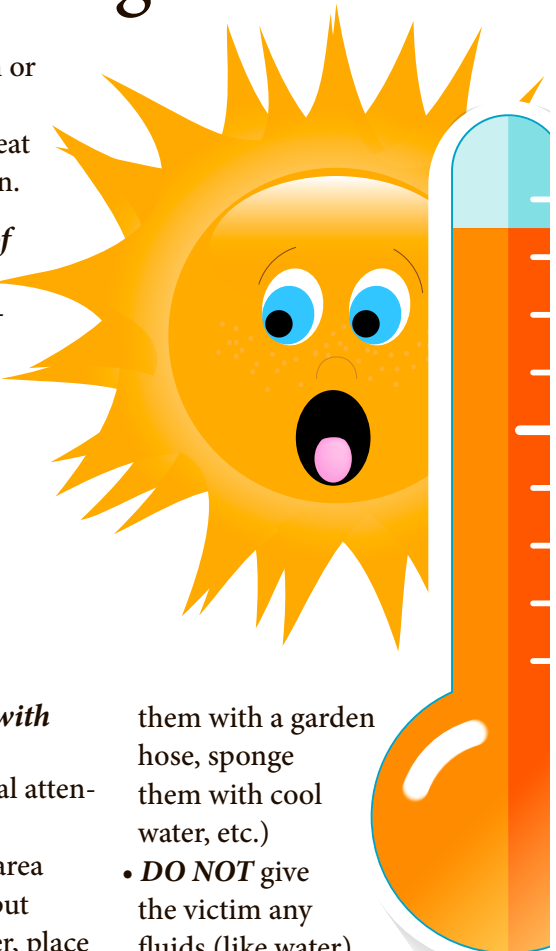
## What are the symptoms of heat stroke?

- extremely high body temperature (above 103°F)
- red, hot and dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness
- nausea
- confusion
- unconsciousness

## How can I help someone with heat stroke?

- call for emergency medical attention
- get the victim to a shady area
- cool the person rapidly (put them in a tub of cool water, place them in a cool shower, spray

- them with a garden hose, sponge them with cool water, etc.)
- **DO NOT** give the victim any fluids (like water) to drink



Source: <https://www.pa.gov/agencies/health/diseases-conditions/heat-illness>

# Staying Safe in Hot Weather



## Watch for these signs of hyperthermia:

**Dizziness**

**Muscle cramps**

**Swelling in your ankles and feet**

**Nausea and weakness**

**Rapid pulse**

## Tips to prevent hot-weather illness:

**Drink liquids**

**Limit caffeine and alcohol**

**Wear light-colored, loose fitting clothes**

**If it's too hot, try exercising indoors**

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety)

# SUMMER SAFETY:

## Tips for exercising in hot weather



Many people enjoy warm-weather outdoor activities like walking, gardening, or playing tennis. Make sure to play it safe and avoid outdoor activity when it's too hot.

- Drink plenty of water. Avoid caffeine and alcohol. If your doctor has told you to limit liquids, ask what to do when it is very hot outside.
- Wear clothes that let air circulate and moisture evaporate.
- Stay sun safe with sunscreen, sunglasses, and a hat.
- Know the signs of heat-related illnesses, such as heatstroke.
- Check the weather forecast. If it's too hot or humid, consider exercising inside instead. You can view exercise videos online or walk in a temperature-controlled building such as a shopping mall.

Source: <https://www.nia.nih.gov/health/exercise-and-physical-activity/safety-tips-exercising-outdoors-older-adults#hot>

**FREEDOM  
TRANSIT**

**Public Transit  
Serving Seniors**

Stay active and independent with free or discounted rides for seniors ages 65+ in Washington County — reliable rides to medical appointments, shopping, entertainment, and more.

**SENIOR TRANSIT OPTIONS**

- ✔ Free to sign up, seniors 65+ can access fixed route and shared ride services.
- ✔ 65+ ride for free on the fixed route bus and discounted on the door-to-door shared ride program.
- ✔ Fixed route service to Tanger Outlets, Hollywood Casino at Meadows, downtown Pittsburgh, and more.
- ✔ Shared rides at discounted rates to medical appointments, shopping, entertainment and free rides to adult daycares and senior centers at 60+.

**LEARN MORE**

Contact Us  
**724-223-8747**





USE THIS  
**Valuable Coupon**  
CLIP & SAVE

**FREE PA STATE INSPECTION**  
**724-483-5541**

**Quick Lane**  
TIRE & AUTO CENTER

\*With This Coupon Only.  
Parts & Labor  
to Repair Extra.  
Expires 10/31/2025.

816 McKean Avenue, Downtown Charleroi  
DAVIESCHARLEROI.COM

**HEALTHY LIVES**  
START WITH A **GOOD**  
**NIGHT'S SLEEP.**

**zecliner**  
Live. Sleep. Be Well.  
FLEXTECH

**121%**  
reported increase in  
overall sleep quality

Power Headrest & Lumbar  
Performance Fabric  
Optional Heat & Massage  
Optional Technogel® Cooling Pillow

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

**LOWEST PRICE GUARANTEED!**

**MON VALLEY'S LARGEST DISPLAY OF LIFT CHAIRS**

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

2214 Route 88 DUNLEVY Exit #40 off Interstate 70

# Making a Difference

## Getting Involved with Your Loved One's Long-Term Care Facility Stay

Research shows that family involvement helps to ensure quality care in long-term care facilities, but 60% of residents never receive a single visitor. By law, family members have the right to be involved with the care of their loved one, unless the resident says otherwise, and there are many ways families can help the resident to grow in their new home.

When a resident is admitted to a long-term care facility, they have an assessment to gather information about their condition. The resident, facility staff, and family

use this meeting to talk about the resident's habits, activities, and relationships. Families can use the assessment to share their loved one's story and introduce the resident to the facility, all while sharing our loved one's needs even if different than what we think is best for them.

After the assessment, the resident's care plan is created. The care plan is the facility's strategy for how staff will provide care and clarifies the role of facility staff. The resident and family use this meeting to talk about the resident's medical and

non-medical issues, ensuring that the resident's personal needs are the focus.

Once the initial work is complete, visits from family members support a resident's emotional well-being and care. Visits give family a chance to watch for changes in their loved one's health and to check for progress in meeting care plan goals. Family can visit at different times of the week and should plan visits around their loved one's schedule. Family should also get to know the facility's staff and develop positive

relationships with them, as these relationships are key, especially if problems occur.

Even with the best of intentions, problems can still occur. In those cases, the Long-Term Care Ombudsman can advocate for quality care. 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!

## Sheryl R. Heid, Attorney at Law



Helping seniors establish an estate plan they understand.

Offices in Perryopolis and Uniontown

Call for an appointment.  
**724-437-4700**

## Apartments for Rent

### Ahepa 156 Apartments Canonsburg, PA

#### 1 Bedroom Apartments, Secure Bldg.

- » 62 and Over Community
- » HUD Subsidized Apts
- » Utilities Included, On Site Laundry
- » Must pass a credit and background check

Location: within 5 miles of shopping, hospitals, Tanger Outlets, and Meadows Race Track



To request an application or more information:  
Please call 724-746-3570



## Communicating Effectively as a Caregiver

Good communication skills are key to building a strong, meaningful relationship with the person you are caring for. It helps you share information easily with the person you are caring for, healthcare providers, and family members. Talking with the person you are caring for can be tough. Situations often feel stressful. Emotions run high, and the person you are caring for might not be very cooperative. You may even find there are times when you wish you weren't a caregiver. If you find yourself in a situation where communication feels tense or difficult, there are things that you can do to improve communication with the person you are caring for and preserve your relationship.

**Be patient and respectful.** Try to set your feelings aside so the conversation doesn't escalate into an argument. Walk away and revisit the conversation if you find yourself getting frustrated or angry. Try "pulling back", recognizing the emotion, compartmentalizing it for now, using a quick easy de-escalation technique. Try counting down from 10 or taking three deep breaths. This will allow you to regroup and continue with the conversation with less emotion.

**Don't interrupt.** Listening is as important as speaking. Give the person you are caring for time to explain their needs or feelings without being rushed.

**Use "I" instead of "you".** Starting a sentence with "you" often emphasizes blame and may put the person you are caring for on the defensive. Beginning a sentence with "I" highlights your feelings and perspective. It avoids blaming the person for things beyond their control. For example, compare "You never use your walker like you're supposed to. You're going to fall if you don't listen to me!" to "I feel worried when you don't use your walker because

## Caregiver's Corner

I want you to stay safe. How can I make it easier for you to use it?"

**Take turns.** Allow the person you are caring for the chance to share their opinions throughout the conversation. Ask for their thoughts and input so they feel engaged.

**Ask questions if the person you are caring for is unclear.** Make sure you are certain about what the person you are caring for wants so that there is no room for misinterpretation.

No matter what you try, you may face challenges in having productive conversations. In those cases, keep trying and reassure the person you are caring for that your desire to help is coming from a good place.

Source: <https://www.pa.gov/agencies/aging/pa-care-kit/caregiving-resources/communication-tips.html#accordion-73a69fa677-item-852cdb321>

**Caregiver Coffee Talk**  
**AUG 7**  
10 AM - 11 AM

*This Session's Topic:*  
**CAREGIVER WELLBEING**

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

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

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

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



## Upcoming In-Person Caregiver Groups

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

The SWPA AAA invites all caregivers to its upcoming meetings.

**Open to the Public!**

### FAYETTE COUNTY

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

FRIDAY  
AUGUST  
**8**  
FROM 1 TO 2 PM

### MON VALLEY

SPHS Board Room  
300 Chamber Plaza,  
Charleroi, PA 15022

MONDAY  
AUGUST  
**18**  
FROM 1 TO 2 PM

### PARKINSON'S

Abundant Life Church  
1239 Brownfield Rd.  
Uniontown, PA 15401

TUESDAY  
AUGUST  
**26**  
FROM 1 TO 2 PM

### GRANDPARENTS

SPHS Board Room  
300 Chamber Plaza,  
Charleroi, PA 15022

WEDNESDAY  
AUGUST  
**27**  
FROM 10:30 TO 11:30 AM

### WASHINGTON

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

TUESDAY  
SEPTEMBER  
**2**  
FROM 1 TO 2 PM

**We hope to see you there!**



Recipe of the month



# Lemon and Oregano Grilled Chicken

Prep Time: 15min | Cook Time: 35min | Total Time: 50min



## Ingredients

- 1 (3 1/2 to 4 pounds) whole chicken or chicken pieces

1/4 cup extra virgin olive oil

3 tablespoons balsamic vinegar juice + zest of 1 lemon

1/4 cup fresh oregano, chopped
- 2 tablespoons fresh thyme, chopped

2 cloves garlic, minced or grated

pinch of crushed red pepper flakes

kosher salt and pepper

fresh basil for, serving



## Directions

- 1.If using a whole chicken, remove the chicken giblets. Pat the outside dry. Place the chicken on a cutting board, breast side down, so that the chicken's back is facing up. Using a pair of sharp kitchen scissors, cut closely along either side of the backbone.

2.Remove the bone and discard. Turn the chicken over so the breast is now facing up and press down firmly on the breast and flatten the chicken. Place the chicken in a resealable bag.

3. In small bowl, whisk together the olive oil, balsamic vinegar, lemon zest + juice, oregano, thyme, garlic, and crushed red pepper flakes. Pour the marinade over chicken, rubbing the marinade all over the chicken's skin. Seal the bag and place in the fridge for 1-2 hours or preferably overnight.

4. Preheat an outdoor grill or large grill pan to medium high.

5. Season the chicken generously with salt and pepper. Grill, breast side down, covered for 10-15 minutes, or until the chicken has a nice char, flip and grill another 10-15 minutes. Flip once more and grill until cooked through and the chicken registers 160 degrees F on a thermometer. Let rest 10 minutes.

6. Serve the chicken with fresh melon, basil and oregano. Enjoy

Source: <https://www.halfbakedharvest.com/lemon-and-oregano-grilled-chicken/>

# Tips for Successful Grilling that won't Harm your Health



Grilling fresh vegetables and fruits without oil is the healthiest way to enjoy a healthy BBQ. It's also an easy way to add natural, mouthwatering flavor to foods without risking your health.

Here are a few tips:

- **Vegetables don't need oil to prevent them from sticking to the grill.** You can use lemon or lime juice or other marinades instead.
- **You can also use a grill basket or kabob skewers to prevent veggies from falling through grill grates.** Grill pans or plates are another way of grilling foods on the grill or in your kitchen.
- **If it rains or you don't have an outdoor grill, you can use an oven broiler.**

HEALTHY from page 7

Maybe you don't need this snack, and can have water instead, or perhaps you reach for a piece of fruit instead of chips. You can track your diet manually or with a digital app. If weight loss is one of your goals, tracking food regularly has been demonstrated to be a significant factor in successful weight loss.

**4** Analyze and address your own barriers to eating healthier foods. If you don't know what is blocking you, next time you make a less healthy

Like a grill, the broiler uses intense heat that comes from one side. The main difference is a grill's flame is below, and a broiler's heat comes from above.

- **Preheating the grill is important because it's the only way to get perfect grilling marks.** Tip: Don't move the food until you can see it's getting grill marks.
- **Marinating creates delicious flavors, but be wary of store-bought dressings and sauces.** They can be loaded with sugar, bad oils, and other unhealthy ingredients. Instead, make your own simple blends with ingredients such as vinegar, citrus, and herbs.

Source: <https://foodrevolution.org/blog/healthy-july-4th-recipes/>

choice, write down a reason why and a plan to overcome this for next time!

**5** Make cooking fun! Can you find a way to enjoy cooking? Perhaps as a busy parent, you may find cooking to be a peaceful activity. Or maybe cooking can be a bonding activity you can do with your children. For singles and couples, a cooking class or recipe club could be fun. If none of these appeal to you, try throwing on some of your favorite music and cook to the beat!

Source: <https://www.sbm.org/healthy-living/how-to-change-your-diet-five-tips-for-healthy-eating>

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

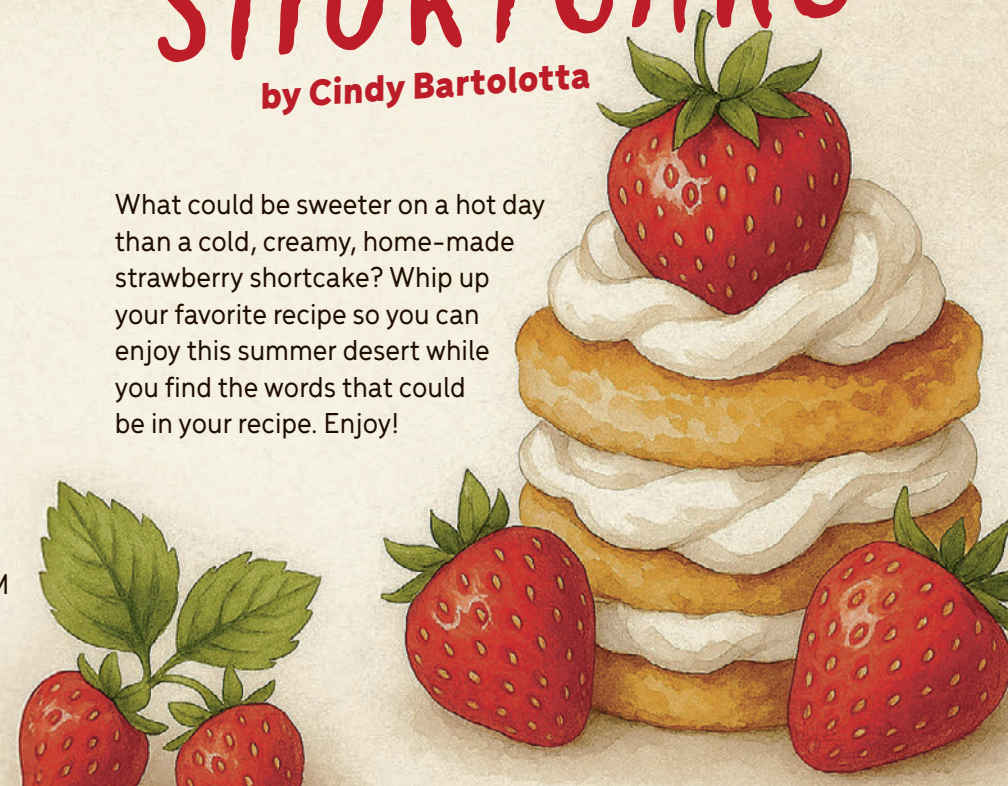
ADD	DIRECTIONS	MIXTURE	STRAWBERRY
ALL PURPOSE	DOLLOP	QUARTS	SHORTCAKE
FLOUR	DRY	SALT	SUGAR
BAKING	EGG	SERVINGS	TEASPOON
POWDER	FILL	SHORTENING	VANILLA
BEAT	GARNISH	SLICED	EXTRACT
BOWL	GREASED	SPLIT	WHIPPED CREAM
COMBINE	INGREDIENTS	SPREAD	WIRE RACK
COOL	MILK	SQUARE	YIELD
CUP	MINUTES		

See answers on page 18

# STRAWBERRY SHORTCAKE

by Cindy Bartolotta

What could be sweeter on a hot day than a cold, creamy, home-made strawberry shortcake? Whip up your favorite recipe so you can enjoy this summer desert while you find the words that could be in your recipe. Enjoy!



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

can help increase your "odds" of  
choosing a health insurance plan  
that works best for you.

Our PA MEDI counselors offer free, confidential, unbiased assistance about Medicare health insurance and screenings for Medicare Savings and Extra Help Programs.

Call the Southwestern Pennsylvania Area Agency on Aging today at  
**724-489-8080, ext. 4438**

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.

At 25, George loved to spend time improving his home.

At 85, he still can.

**25 years of keeping seniors independent in their homes.**

Community LIFE helps seniors confidently and safely live at home with an all-inclusive program and insurance plan. With eight Health and Wellness Centers throughout the region and transportation provided, you can drop by and have a cup of coffee, laugh with friends, and take care of your health all at once. For a community that's full of LIFE, call **866-419-1693** or visit **commlife.org** to learn more.

**COMMUNITY LIFE** Living Independence for the Elderly





*Color your way to relaxation and wellness*



## Senior Community Center Notes

### FAYETTE COUNTY

#### BROWNFIELD

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

*-Corrine McKnight*

... Our center meets on Wednesdays at 10 a.m.... Our activities include dartball at 10 a.m., assembling jigsaw puzzles and Wii bowling... We enjoy lunches provided by SWPA Area Agency on Aging... On the first Wednesday of each month, we hold our monthly meeting... On the second and fourth Wednesday of the month, ten games of bingo are called... On the third Wednesday of each month, we enjoy cake to celebrate birthdays and a representative from SeniorLIFE hosts bingo and winners receive a small snack... Dartball is played on Thursdays at 6:30 p.m.... Happy August birthdays to **Paula Hart** and **Scott Christner**... Happy August anniversary to **Denise and John Zundell**...

#### BROWNSVILLE CROSSKEYS

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

*-Stephanie Crable*

... Hello August!... We look forward to welcoming all and new center participants. Come and try your luck with Scratch Off Bingo on Aug. 19 at 10 a.m.... We hope to see you soon!...

#### BULLSKIN

52 Medsger Road  
Connellsville, PA 15425  
724-887-0655

*- Lisa Wilson*

... On Mondays and Thursdays, lunch is served at 11:30 a.m. followed by

Nickel Bingo. Please call or arrive by 10:30 a.m. to reserve a lunch... We welcome all seniors over 60 to become members. It is free to sign up... We have our pavilion, upstairs and downstairs halls available to rent for all events. Please contact the Center for rental rates... All members are invited to join us on Funday Fridays for some fun and relaxation... On Aug. 2, we held our all-you-can-eat breakfast and bake sale... On Aug. 4, Grocery Bingo was called... On Aug. 7, SeniorLIFE will be at the Center for a meet-and-greet and will host Grocery Bingo at 10 a.m... On Aug. 11 and 28, Community Action will host nutrition talks at 10:30 a.m... On Aug. 12, Big Bingo will be called after lunch... On Aug. 14, we will enjoy our Summer Picnic... On Aug. 21, we will enjoy music with **Rich Hardy** at 10:30 a.m... On Aug. 25 at 10:30 a.m., **Alexa** from Columbia Gas will be at the Center... 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

*-Kellie Espey*

... Hello August!... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to everyone. Stop by and join the fun!... Join us Tuesday through Friday mornings to assemble puzzles, read a book or just grab a cup of coffee, enjoy some company, and maybe even stay for lunch... On Wednesdays, we enjoy our weekly Jam Session at 11 a.m. Bring your instruments or come up to sing! If you don't want to play or sing, come and listen to our talented performers... On Thursdays, Pinochle club plays at 12:30 p.m. They are currently looking for more members... Our beauty shop is open on Thursdays during normal center hours. If you would like to make an appointment for another day, please call our beautician **Roxi** at 724-812-2560... On Fridays, our 500 Bid group plays at 11 a.m. If you are interested in playing, please contact the Center... Lunch is served Monday through Friday at 12 p.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 by 12:00 p.m. the day before to make your reservation... On Aug. 8, we will enjoy our Summer Party! There will be fun, food, music and

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

**FACT**  
**Fayette Area**  
COORDINATED TRANSPORTATION

#### Our Programs:

- Daily Fixed Route Services in Uniontown, Brownsville, Connellsville, Masontown, Fairchance and Farmington. Seniors may ride these Routes for free.
- Limited Weekly Fixed Route Services to Pittsburgh and Morgantown.
- Daily Sharded Ride Service (curb to curb service by appointment) to those who qualify.

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

a basket raffle. This party is open to the public... On Aug. 11 and 25, Big Bingo will be called. We have lowered the prices and it is open to the public... All bingos benefit the Center and are open to the public...

#### CONNELLSSVILLE

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

*-Christina Tringhese*

... Happy August! We hope everyone is enjoying the weather... Lunch is served Monday through Friday at 11:30 a.m... On Mondays, Wednesdays, and Fridays, two games of bingo are called, one at 10:30 a.m. and one at 11 a.m... On Tuesdays, one game of bingo is called at 11 a.m., Grocery Bingo is called from 12:15 to 12:45 p.m., and afternoon bingo is called at 1 p.m... On Thursdays, Magic Number is called at 10:45 a.m. and one game of bingo is called at 11 a.m... On

Aug. 4, we were entertained by Hey Joe... We hope you can stop by and join us for bingo and lunch!... Have a great August...

#### MASONTOWN

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

*-Dan Visnauskas*

... July focus was on our kitchen. Grants helped cover our new dishwasher and convection oven, but more is needed to cover the rest... **Laurie and Autumn** did an awesome job keeping our 200 daily meals going through all the madness... Our new challenge is a leaking roof. The replacement is scheduled and with the help of our staff, volunteers, and seniors we have raised some of the funds, but we need help raising the rest. Since our July calendar raffle ticket was a hit, we will try another one in September. Calendar tickets give you something

to look forward to each day... We enjoy activities, guest speakers, live entertainment, games, bingo, great affordable meals and much more daily... Lunch is served Monday through Friday at 11:30 a.m. Don't forget about our meals to go fundraiser available from 10 to 11 a.m. for eat in or take out... Please contact us before 9 a.m. to reserve your meal. Order a couple of meals and enjoy your lunch with some friends. Call **Donella** at 724-583-7822 to order a meal, purchase a ticket or volunteer at our center...

#### MOUNTAIN CITIZENS

Box 105  
Farmington, PA 15437  
724-329-4260

*-Wanda Sherry*

... Welcome to August 2025 in the beautiful Laurel Highlands and surrounding areas... Our center opens on Tuesdays and Thursdays at

**WHY CHOOSE?  
EAT SMART,  
MOVE MORE,  
WEIGH LESS!**

**FREE**  
to Adults 60 and Over

MAKE HEALTHY CHOICES ABOUT EATING AND PHYSICAL ACTIVITY



Get Informed, Empowered & Motivated!

- 15-week online program
- Trained and experienced instructor
- Real-time, interactive, weekly sessions

Eat Smart | Move More  
**Weigh Less®**  
Online

For more information or to register:  
Contact Kristen at 1-888-300-2704, ext. 4405  
[kjackson@swpa-aaa.org](mailto:kjackson@swpa-aaa.org)



**SOUTHWESTERN PENNSYLVANIA  
AREA AGENCY ON AGING**



Pennsylvania  
**Department of Aging**



# Senior Community Center Notes

9 a.m. and lunch is served at 11:30 a.m.... On Tuesdays and Thursdays, we enjoy exercises with **Virgil Chambers** and **Pam Dillon** at 9:15 a.m. to get the body moving... On Tuesdays at 10 a.m., Store Bingo is called... On Thursdays, Dime Bingo is called at 10 a.m.... On the second Tuesday of each month, we celebrate members birthdays by decorating a birthday table and enjoying a birthday cake. This month our birthday table will be decorated by volunteers. Happy August birthdays to **Virgil Chambers, Bryan Fonner, Susan Holly, Jim Means, Shirley Sigwalt, Elaine Swaney** and **Bill Tissue**...

On the fourth Tuesday of the month, blood pressure screenings are conducted... On the fourth Thursday of each month, we enjoy special music... Our center started a bingo fundraiser, and it will run through November. Every Wednesday bingo will be called from 6 to 9 p.m. The public is encouraged to come out and enjoy the evening and support our center. The kitchen will be open for business... Our center has an ongoing in-house flea market where members and guests can shop; you never know what treasures you may find at a very reasonable price... Our

center accepts used batteries for recycling and please remember we no longer collect plastic lids or bottle caps... We want to thank everyone who supported our flea market and cook out in June... We are always happy to welcome anyone to come and join us for fun and fellowship...

## PERRYOPOLIS

P.O. Box 562  
Perryopolis, PA 15473  
724-736-2250

-**Moir Kirk**

... Hello and welcome August!... Please feel free to join us whenever you'd like for lunch, or any of our activities. All are welcome... Lunch is served Monday through Friday at noon. Please call the day before by noon to sign up for the following day... On Mondays, Wednesdays, and Fridays, bingo is called from 10 a.m. to 2 p.m... On Tuesdays, our On The Move exercise class is held at 9:30 a.m... On Tuesdays and Thursdays, our card club meets at 12:30 p.m... Fayette County Community Action Agency visits the center every other Wednesday to present programs on health and nutrition... Have an awesome month!...

## SMITHFIELD COLONIALS

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

-**Janice Woods**

... Happy August! The summer is flying by too quickly. Nothing says summer like Senior Day at the Fayette County Fair. A big shout out to those responsible for making this day so special and a big thank you to all our members who attended... On Aug. 7, our satellite council will meet, we will celebrate anniversaries and birthdays, take a chance on **Louise's** 50/50 and then exercise with **Pam**... On Aug. 12, join us for breakfast of **Jamie Lynn's**. Bring a friend and any excess garden produce you might want to share... On Aug. 21, blood pressure screenings will be conducted, we will enjoy **Elaine's** basket raffle, and **Steve's** Crazy Bingo will be called... On Aug. 28, **Joe and Leah Hudak** will host our Labor Day program... Thanks to our officers and committee chairman who keep things rolling. Also, a big thank you to our volunteers who work behind the scenes often without being noticed. Stop in every once in a while to tell them you appreciate their efforts. Better yet, become a volunteer and do your part to help out... We meet every Thursday starting at 10 a.m... Try to do a random act of kindness for someone every day, it will change your life...

## GREENE COUNTY

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

-**Stacy Stroman**

... Come celebrate August

with us at the Center as we enjoy the sunny days, laughter and friendships... We're open Monday through Friday from 8:30 a.m. to 1:30 p.m. Bingo is called at 11 a.m., lunch is served at 11:30 a.m., and exercise equipment is available for use... On Monday, Wednesday, and Friday, we enjoy playing pool in the mornings... Stop by and meet our newest addition center aide **Calista Tharp**... Be sure to call 724-491-2011 to reserve your lunch the day prior... We'd love to see you and feel free to bring a friend...

## JEFFERSON

190 Washington Street  
Jefferson, PA 15344

-**Colleen Valosen**

... Our members are enjoying summer's Wednesdays so much, and because of some fresh theme ideas from those members, the Hump Days of August will have us continue that light-heartedness for four more weeks!... On Aug. 6, we're excited for our first County Fair Day. It was suggested that we don our straw hats, jean shorts, bandanas, and anything else that brings a fair to mind. Bingo is usually called at fairs, so members will grab a handful of corn and a bingo card. Word has it that many of the prizes will be kind of corny... On Aug. 13, the dog days of summer will have just ended but we know it will still be very hot so Popsicle Day could be just what the doctor ordered. As we play trivia, we'll learn more about that tasty treat... On Aug. 20, wear your black and gold to celebrate Honeybee Day. Some of our members say they'll dress as bees that day, so this makes it a must-see event. We're hoping to invite a local beekeeper to share knowledge with us, and we'll play a fun game with each table of members

being a team... On Aug. 27, Share a Hobby Day will give each of us a chance to talk about something that we enjoy doing. I bet we'll be surprised by some of the hobbies... We welcome folks from near and far, surprise us!... Have an awesome August!...

## MT. MORRIS

Box 43  
Mt. Morris, PA 15449  
724-324-5396

-**Stacy Stroman**

... August is a great month to embrace summer fun and meaningful connections at the Center... We are open on Wednesdays from 8 a.m. to 2 p.m... Each week we have delicious coffee and donuts available... Fellowship begins at 10 a.m... Lunch is served at 11:30 a.m... On Mondays, we enjoy line dancing from 6 to 7 p.m. at no cost... On Aug. 1, we held a Cash Bingo... On Aug. 12 at 6:30 p.m. and on Aug. 26 at 10 a.m., join our monthly book clubs... On Aug. 13, Amedysis Hospice will visit the Center at 11 a.m... Please be sure to call 724-324-5396 to reserve your lunch as we continue to grow and want to ensure that everyone gets a meal. Don't forget to bring a friend or two...

## WAYNESBURG

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

-**Betty Grove**

... Well, the weather has been really hot... In July, we had visits from Bright Star Care, Baltimore Life Insurance and SeniorLIFE... This month we will enjoy a back-to-school party. We will also have pictures of members and will try to see if everyone can guess who they are. Dress like you did when you were in school!... We enjoy regular activities such as On The Move, Tai Chi, yoga and line dancing classes... Starting in September, we

will enjoy craft classes on the second Thursday of the month, game day on the third Thursday of the month from 2 to 5 p.m., and movie afternoon from 2 to 5 p.m. on the fourth Thursday of the month... Until next time, enjoy yourselves...

## WEST GREENE

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

-**Jean Wise**

... We would like to wish our center president **Janet Robinson** and her husband **Frank** a happy anniversary of 62 years. We wish them many more healthy and happy anniversaries together. **Janet** is a great leader, and we appreciate everything she does to keep our center running smoothly. Thank you, **Janet**, for a job well done... Our attendance at the Center has been very good... We meet on Thursdays from 9 a.m. to 2 p.m. Lunch is served at 11:30 a.m. Everyone is welcome to come and join us. We enjoy playing cards and Farkle in the mornings and bingo is called after lunch...

## WASHINGTON COUNTY

### BENTLEYVILLE

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

-**Hannah Burns**

... Hello August! As summer winds down, let's make the most of these sunny days at the Center... 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... On Mondays, we enjoy chair exercise at 10:30 a.m... On Aug. 1, Big Bingo was called... On Aug. 4, we held our monthly meeting... On Aug. 5, PNC presented a program on fraud... On Aug. 15 and 28, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Aug. 19,

# Senior Community Center Notes

we will enjoy a stepping stone craft at 12 p.m. The cost is \$3 per person... On Aug. 21 at 10:30 a.m., Ombudsman **Melissa Gorby** from Aging Services of Washington County will present information on the Ombudsman Program... On Aug. 26, **Jamie Bennett** from Amedisys will be at the Center for Senior Talk at 10:30 a.m... Also, on Aug. 26, we will enjoy Game Day! Join us to play some games. Cards, dominos, LRC or bring a game you love!...

## BETH CENTER

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

-**Hannah Burns**

... August is the perfect time to savor the last bit of summer fun!... Check out what is going on at our center this 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... Exercise classes are held every Monday, Wednesday and Friday at 7 p.m... On Aug. 6, **Jamie Bennett** from Amedisys will be at the Center for Senior Talk at 10:30 a.m... On Aug. 8, Big Bingo will be called at 12:30 p.m... On Aug. 11, we will hold our monthly meeting at 12 p.m... On Aug. 13 at 10:30 a.m., Ombudsman **Melissa Gorby** from Aging Services of Washington County will present information on the Ombudsman Program... On Aug. 20, we will enjoy craft day... On Aug. 27, **Renea** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... We are always happy to welcome new members to participate in our activities...

## CANONSBURG

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

## BURGETTSTOWN

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

-**Kristin Frazier**

... Hello August! We can almost smell the pumpkin spice and feel the cool autumn breeze... On Aug. 13, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. and help us celebrate birthdays... On Aug. 14, Columbia Gas Cares will host an informative program at 10:30 a.m... On Aug. 16 at 1 p.m., our center will host a Big Bingo. Doors will open at 12 p.m. All proceeds will benefit the Center. Cost is \$25 for the first book and \$10 for the second book. We will have tear offs, raffle baskets, and food will be available... On Aug. 27, the Burgettstown Community Library will present a program on the wonderful benefits of having a library card. You may sign up for a card that day... On Mondays and Wednesdays, Silver Sneakers starts at 1:15 p.m... On Tuesdays, Thirty-One is played at 12 p.m... On Wednesdays, 500 Bid is played at 12 p.m... On Thursdays, Euchre is played at noon... On Fridays, pool is played at 12 p.m., bingo is called at 12 p.m and Silver Sneakers starts at 2 p.m... Lunch is served at 11:30 a.m. Please call 724-947-9524 a day in advance from 10:30 to 11:15 a.m. to make your lunch reservation... Follow us on Facebook to keep up to date with our activities or stop in the Center for the latest updates!...

## CHARTIERS TOWNSHIP

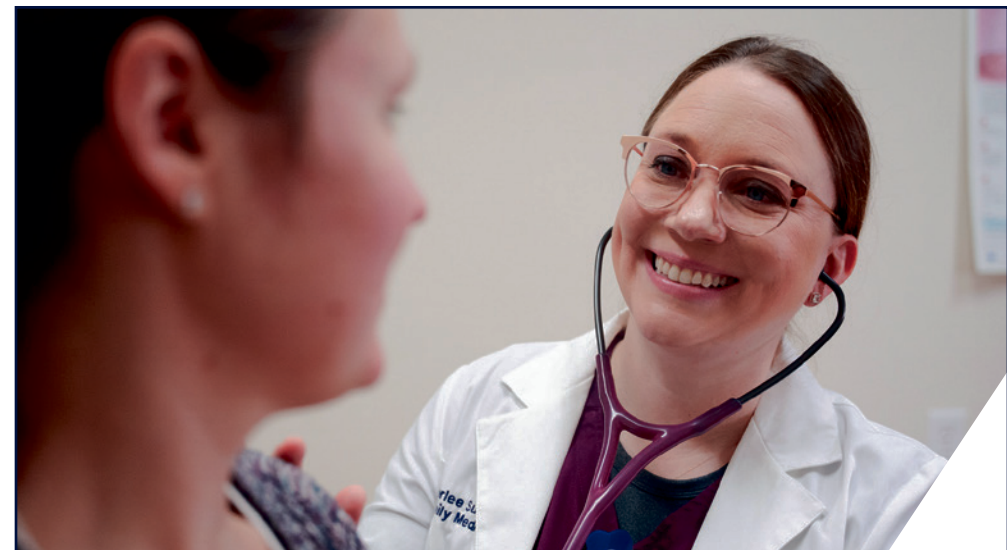
2013 Community Center Drive  
Houston, PA 15342  
724-485-2126

-**Rick Kauffman**

... Our Business Meeting and Italian-themed pro-

-**Tracy Weishner**

... We welcome you! Building our center family, one day at a time, one person at a time... Lunch is served Monday through Friday from 11 a.m. to 12 p.m. A \$2 donation is suggested... Our weekly activities include crocheting on Mondays at 10 a.m., Blessings Bible study on Tuesdays from 9:30 to 11 a.m. and Steady and Strong (fitness) at 12 p.m., bingo on Wednesdays at 12:30 p.m. (purchase specials at noon), Euchre on Thursdays at 12 p.m., and darts and chair yoga on Fridays at 12 p.m. Evening hours will host Poker Club from 6 to 10 p.m... On Aug. 4, we held our activity meeting... On Aug. 6, **Ashley** from Bright Star will visit the Center at 10 a.m... On Aug. 8, **Hannah** will conduct blood pressure screenings at 10:30 a.m... On Aug. 13, **Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Aug. 14, we will hold our business meeting... On Aug. 20, **Tiffany** from The Greenery will host Grocery Bingo at 10:30 a.m... On Aug. 21, we will enjoy ballroom dancing at 1 p.m... On Aug. 27, **Kelly** from Townview will host horseraces at 10:30 a.m... Congratulations to all newly elected officers. We know that you will do well!... Invite a friend and let them join in the fun...



# A healthy tomorrow starts today

From routine wellness and sick visits to sports physicals, get the quality care you need close to home.

## Our Primary Care Locations



### Carmichaels Plaza Primary Care

102 Carmichaels Plaza  
Carmichaels, PA 15320  
724-912-7526



### Uniontown Primary Care

201 Mary Higginson Lane  
Uniontown, PA 15401  
724-430-5940



### Fay West Primary Care

109 Crossroads Road, Suite 201  
Scottsdale, PA 15683  
724-887-5989



### Connellsville Primary Care

224 Memorial Boulevard  
Connellsville, PA 15425  
724-626-7335

*New patient appointments available  
in as little as 7 days!*

Schedule an appointment today at  
**WVUMedicine.org/Uniontown**



UNIONTOWN HOSPITAL

**724-489-0880**

The Mid Mon Valley Transit Authority (MMVTA) provides public transportation service to community riders through repetitive, fixed-schedule routes.

**Services:** Park & Ride Lots • Bike Racks  
Student Discounts • ADA Paratransit • Wi-Fi  
Free 65+ Transit Program Reduced Fare  
TraXster - Real Time Bus Information Services Alerts

**VULCAN FLYER FOR CALU STUDENTS!**  
For more info, visit [WWW.MMVTA.COM](http://WWW.MMVTA.COM)

**USB PORTS**



# Senior Community Center Notes

gram will be Tuesday, August 19, at 11 a.m. Our entertainment will be provided by **Anna Harsh** who will give us “A tour of Italy through dance,” by talking and demonstrating various dances. Our menu will be Rotini with meat sauce, tossed salad, bread sticks and fruit pies. Metz Culinary Management will serve the meal. A \$2 donation is recommended. If you didn’t fill out a reservation form at the last luncheon or have changed your plans, please call **Debbie Mulshen** (724-554-2485) by Thursday, August 14. Upcoming activities are: Keep Moving exercise class, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery Bingo, Friday, August 8; Cards, 500 bid & euchre, Tuesdays, 1-4 p.m.; Sweet Sentiments will provide supplies to create handmade greeting cards, Tuesdays, August 12 & 26; 5:30 p.m.; Chair Yoga, every Wednesday, except

August 13, 11 a.m., Tops: Wednesdays, 5 p.m.; Game Day, Wednesdays, August 6 & 20, 12:30 p.m.; Crafts, Thursdays, August 14 & 28, 5 p.m.... A special thank you to **Bridget Borelli**, SeniorLIFE outreach coordinator, for providing prizes for Grocery Bingo. You can follow us on our Chartiers-Houston Senior Center Facebook page and also by accessing the Chartiers Twp. Community Center’s website— [www.chartiersparks.com](http://www.chartiersparks.com)... For additional information, contact **Mary Jane Stewart**, President (724-745-8703); or **Angela O’Connor**, at the Chartiers Twp. Community Center (724-485-2126)...

**CROSS CREEK VALLEY**  
28 Clark Avenue  
Avella, PA 15312  
724-587-5755  
-*Rita Grubbs*  
... “Let the sunshine of August inspire you to shine your brightest” ~

us one last chance to stop and smell the flowers before school resumes and business ramps back up... Warm August evenings are perfect for stargazing and making wishes... Lunch is served Monday through Friday. Please call the day before by noon to reserve a meal. A \$2 donation is suggested. We always welcome new faces to join us for our morning coffee hour at no cost from 9:30 to 10:30 a.m. or just relax and enjoy the cool air... On Mondays and Wednesdays, bingo is called. Early bird starts at 12:30 p.m. followed by thirteen regular games and seven specials... On Tuesdays, it’s all about Wii bowling. The fun starts at 1 p.m... On Thursdays, Pokeno is played at 1 p.m. so gather up those dimes and join the fun... On Fridays, we enjoy board games, cards, puzzles, and good books. Feel free to bring your own and find a cozy corner, we would love to have you stop by!... On Aug. 11 at 11:30 a.m., Community Life will present a program on their services with light refreshments. You don’t want to miss this informative event... Happy August birthdays!...

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

... August is here already, and we are nearing the end of summer. The school bells will be ringing soon... On Aug. 4, we enjoyed National Chocolate Chip Cookie Day... On Aug. 5, PA Health & Wellness presented a program... On Aug. 7, we will have a substance abuse/chronic pain presentation from 1 to 2:30 p.m... On Aug. 12, a representative from Columbia Gas will present a program

on assistance at 10:30 a.m... On Aug. 13, we will hold our monthly meeting at 12 p.m... On Aug. 14, **Sam** will host Grocery Bingo at 10:30 a.m... On Aug. 19, **Kelly** from Townview will host horseraces at 10:30 a.m... On Aug. 22, we will celebrate National Peach Day. Come and enjoy a peach with us... On Aug. 26, we will enjoy craft day at 10:30 a.m... On Aug. 27, **Dr. Dan** will visit the Center at 10:30 a.m... Why not enjoy lunch with us while you are here for one of our events... The Washington County Picnic will be held on Sept. 4 at Mingo Creek Park from 10 a.m. to 3 p.m... Happy Labor Day!...

**MCGUFFEY**  
105 Green Street  
Claysville, PA 15323  
724-663-4202  
-*Olivia Gorby*

... We started the month off on Aug. 4 with a lesson in the Japanese art of Origami... On Aug. 7, **Pat Maggi** will host a history lesson at 10 a.m... On Aug. 8, we will enjoy our monthly van trip!... On Aug. 12, we will hold our monthly activities meeting at 12 p.m... On Aug. 14, we will hold our monthly center meeting at 12 p.m... On Aug. 14 and 29, SeniorLIFE will host Grocery Bingo... Our center is open from 8:30 a.m. to 1 p.m. Monday through Friday. We enjoy coffee and home baked goods each day and a delicious lunch is served at 11:30 a.m... On Tuesdays, we enjoy Bunco... On Wednesdays, we hold Bible study... We would like to thank everyone who brought in food last month and everyone who brought in the sweet treats for the ice cream social!... If you’re looking for laughter, love games, or just enjoy company, come in and hang out with us!...

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

... August is here already!... Join us Monday through Friday at 12 p.m. and enjoy lunch with some friendly seniors... We enjoy activities throughout the week, bingo, arts and crafts, Wii bowling, Bible study and game day. Just call the Center if you have any questions or stop down. We have a monthly menu and activities calendar for you to take with you, so you know when we have something you would enjoy!... On one Friday per month, we enjoy a party with food, snacks, drinks, games, prizes, and music. This month’s party will be held Aug. 8 from 1 to 4 p.m. There will be an \$8 fee to help with the cost... We would like to thank all our ticket sellers for helping us raise money. We would also like to thank all of our members, donors, and volunteers for all they do. We now have a new refrigerator, freezer, steam table, hot dog machine, bingo machine with flashboard and stand!... Get out and enjoy the rest of summer and fellowship at our center!...

**PETERS TOWNSHIP**  
700 Meredith Drive  
Venetia, PA 15367  
724-942-5000  
-*Maura George*

... Senior luncheons are held on the second Wednesday of each month from 12 to 2 p.m. at the Peterswood Park, shelter 4. At each luncheon, entertainment, an interesting speaker or an interactive activity is provided. This is a free event, but we encourage you to bring a covered dish or a dessert to share. This event is hosted by the Peters Township Parks and Recreation Department. Pre-registration is required by the

# Senior Community Center Notes

Monday before the event or until full. Luncheons will be held on Aug.13, with a performance of magic by Ray Lewis and Sept. 10 to plant flowers...

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

-*Alexis Lovas*  
... Time does fly. We are already into August!... We are planning a trip to either Trax Farm or Triple B Farm to redeem our Farmers Market Nutrition Program vouchers. Keep in touch for the date... On Aug. 7, we will enjoy a craft day. **Colette** and the girls have a good time plus they enjoy lunch... On Aug. 22, we will be entertained by **Bobby**

**Shawn**. He always has a great time entertaining us... On Aug. 29, we will enjoy our popular cookout with **Missy**. Sign up early... Lunch is served Monday through Friday at 12 pm. Sign up the day before to reserve your meal... Our fitness room is open Monday through Friday from 8:30 am to 3:30 p.m. It is a great way to stay fit...On Mondays and Wednesdays, we enjoy Zumba at 4:45 p.m... On Tuesdays, we play Golf. It is a fun card game... On Wednesdays, Big Bingo is called... On Fridays, Euchre is played. They always welcome new players!... We hope to see your smiling faces!...

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

-*Shawn Arent*  
... Goodbye July, hello August! Summer is quickly passing us by. Consider stopping down. You can enjoy a hot meal while you are here... We meet on the second and fourth Thursday of every month. For more information, call 724-228-6996... Meal reservations or cancellations should be made no later than two days before the meal date... Our doors open at 11 a.m. and lunch is served at noon. Planned activities start at 12:30 p.m. We would love for you to

join us... On Aug. 14, **Bryan** from Humana will visit the Center... On Aug. 28, we will have the privilege of listening to **Rev. Richard Roberts** perform for us... The Washington County Picnic will be held on Sept. 4 at Mingo Creek Park... Look for us on Facebook, Venetia Senior Center...

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

... Hello August!... On Aug. 6, we will enjoy bingo with **Renee Presto** from SeniorLIFE at 12:15 p.m... On Aug. 11, stick around after lunch for a sweet treat at 12 p.m. Our ice cream social returns!... On Aug. 13, come sit and relax for the monthly matinee at 12:15 p.m. Movie is to be determined... On Aug. 27, join the fun and games with Social Club at 12:15 p.m... Don’t forget

Word Search Answers from page 13									
S	T	R	A	W	B	E	R	R	Y
H	S	I	N	R	A	G	B	E	R
O	A	R	U	O	L	F	E	S	O
R	L	E	M	A	E	R	C	D	E
T	T	E	A	S	P	O	O	N	E
C	Y	P	O	L	L	O	D	Y	A
A	R	K	C	A	R	E	R	I	W
K	D	I	R	E	C	T	I	O	N
E	K	L	I	M	T	I	L	P	S
S	B	A	K	I	N	G	P	O	W
G	L	C	O	O	L	B	E	A	T
G	R	A	G	U	S	Z	S	T	N
E	C	U	P	Y	I	E	L	D	U
L	W	O	B	S	L	L	I	F	E

to check the schedule for On The Move’... Try one of our weekly activities... On Mondays, Silver Sneakers’ with muscle strength and cardio starts at 10:30 a.m. and dartball is played at 12:30 p.m... On Tuesdays, Euchre is played at 12 p.m... On Wednesdays, Bible study is held at 9:30

a.m... On Thursdays, Silver Sneakers’ with cardio, muscle strength and yoga starts at 9 a.m. and the Card Club plays 500 Bid at 12:15 p.m... On Fridays, bingo is called after lunch starting at 12:15 p.m... “August: The last hot, sweaty month, standing between me and pumpkin season!”...

NOW LEASING!

Meadow Heights Apartments

Accepting Applications

62 years and older

144 N. Beeson Ave., Uniontown PA 15401

Community Amenities:

✓ Laundry Facilities ✓ Property Manager Onsite


Apartment Features:

✓ AC/Heat ✓ Cable Ready


✓ Kitchen/Oven/Refrigerator

724-438-3089






FREE TO OLDER ADULTS



1 YMCA Drive, Uniontown


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




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

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

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

Southwestern Pennsylvania Area Agency on Aging

pennsylvania  
DEPARTMENT OF AGING





This National Senior Citizens Day  
take a moment to help a local senior  
by becoming a Volunteer Ombudsman!



Contact us today to begin  
your journey as an

# OMBUDSMAN

# 1-855-450-2274