

# *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  
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724-430-4603

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724-852-1510

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724-228-7080

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The Senior Times is a monthly  
publication designed to bring you news  
about information on services available  
to you, people you know and those you  
would like to meet, and activities you  
enjoy. The publication is online at  
[www.swpa-aaa.org](http://www.swpa-aaa.org). If you would like  
to receive it, at no charge, via email,  
send your contact information  
to [seniortimes@swpa-aaa.org](mailto:seniortimes@swpa-aaa.org).  
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The Property Tax/Rent Rebate Application  
Deadline: December 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 December 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. Prop-  
erty tax/rent rebate appli-  
cation 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 more informa-  
tion on the program, vis-

it [www.revenue.pa.gov/ptrr](http://www.revenue.pa.gov/ptrr). To download or re-  
quest an application, vis-  
it [https://www.revenue.  
pa.gov/FormsandPubli-  
cations/FormsforIndivid-  
uals/PTRR/Pages/default.  
aspx#](https://www.revenue.pa.gov/FormsandPublications/FormsforIndividuals/PTRR/Pages/default.aspx#)

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 Coun-  
ty:** (724) 228-7080  
**AAA Administrative  
Office:** 1-888-300-2704

FARMER'S  
ALMANAC  
DECEMBER 2025

Temp. 36° (3° below  
avg.); precip. 1.5" (1.5"  
below avg.). 1-7 Show-  
ers, then sunny; turn-  
ing colder. 8-9 Rain and  
snow, chilly. 10-18 Sun-  
ny, then snow showers;  
cold. 19-28 Snowy east,  
sunny west; chilly. 29-  
31 Snow, much colder.

NOTICE OF PUBLIC MEETINGS

The Southwestern PA Area Agency on Aging,  
Inc., Board of Directors will meet on the  
following dates in 2025:  
December 2  
The Southwestern PA Area Agency on Aging,  
Inc., Advisory Council will meet on the  
following dates in 2025:  
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.

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 southwest-  
ern Pa. are acknowledged in this space,  
unless anonymity is requested.

Those who make donations of up  
to \$25 are recognized as "DONORS."

In Memoriam

Gwendolyn & Rev. Louis E.  
Ridgley, Jr.

In Memory of

Hazel Brock Rone;  
Frances Maxine  
Higinbotham;  
Sidney Dale Monaghan;  
Rev. Dewvaul W. Tracy, Jr.;  
Susan R. Hunter;  
Hazel Loretta Newell

In Memoriam

Teddi Poli

In Memory of

Sil Poli

May You Have

May you have the gladness of  
Christmas, which is hope;  
The spirit of Christmas, which  
is peace;  
The heart of Christmas, which  
is love.

Ada V. Hendricks

SayingImages.com

SPHS

Southwestern Pennsylvania  
Area Agency on Aging, Inc.

Serving Fayette, Greene and Washington Counties

305 Chamber Plaza, Charleroi, PA 15022

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

For intake and assistance please call:

1-800-734-9603

Information & Assistance Unit

Provides information, receives refer-  
als for aging services, and conducts  
pre-screenings for the Agency's As-  
sessment Unit. 1-800-734-9603

Person-Centered Counseling

Person-Centered Counseling is a per-  
son-centered decision support process  
whereby consumers, family members  
and/or their significant others are sup-  
ported in helping to determine appropri-  
ate choices regarding the consumer's  
needs, preferences and values.

Assessment

Provides functional eligibility determi-  
nation of a participant's need for Medic-  
aid Long-Term Services and Supports.

Care Management

Coordinates the care, planning and  
delivery of all services to individuals in  
need of services to assure the maxi-  
mum possible independence within the  
community.

In-Home Meals

Provides well-balanced, appetizing  
meals to those assessed as having  
difficulty with preparing nutritious meals

In-Home Services

Provides assistance to individuals  
needing help with personal care, such  
as bathing, grooming, or with home  
management, such as light houseclean-  
ing or shopping.

Caregiver Support Program

Provides assistance to persons caring  
for an older adult living in the commu-  
nity. Includes benefits counseling, edu-  
cation, information on community-care  
providers and limited financial assis-  
tance to enhance the caregiver role.  
Also assists older caregivers caring for  
relatives 18 years of age and younger.

Legal Services for the Elderly

Provides professional consultation  
and representation on various legal  
matters. Services are limited to civil,  
non-fee generating issues.

Senior Community Centers

22 senior centers, 13 satellite centers  
provide hot, nutritious meals, recre-  
ation, socialization, education and vol-  
unteer opportunities.

Older Adults Protective Services

Provides resources and supports to  
prevent, detect, reduce, or eliminate  
abuse, neglect and exploitation of older  
adults. Call 1-800-537-2424 to report  
elder abuse.

Adult Day Care

Provides group activities in a support-  
ive environment for individuals with  
physical, cognitive or psychosocial im-  
itations. Emphasis is placed on greater  
independence with daily living skills.

Ombudsman

Investigates and resolves complaints  
made by or on behalf of older persons  
living in long-term care facilities or  
receiving long-term care services in  
their home.

Domiciliary Care (Dom Care)

Provides supervised alternative group-  
home living arrangements for those  
unable to live alone because of physical  
or mental impairment. This service is  
available to adults 18 years of age and  
older. Dom Care home providers are  
paid a monthly tax-exempt reimburse-  
ment for up to three individuals.

PA MEDI

(Pennsylvania Medicare Education  
and Decision Insight) Helps Medicare

Health and Wellness

Provides evidenced-based health pro-  
motion and disease prevention services  
and programs at senior centers, senior  
housing facilities, and community sites  
to foster a healthy lifestyle.

Senior Times Newspaper

A monthly newspaper containing  
articles, schedules of events, Senior  
Center activities, and other news to  
educate and enlighten older adults.

SPHS

SOUTHWESTERN PENNSYLVANIA  
AREA AGENCY ON AGING

Getting Help through the  
Area Agency on Aging

The mission of the Southwestern  
Pennsylvania Area Agency on Aging,  
Inc., is to promote the well-being of older  
adults through a planned, coordinated,  
and collaborative program of health and  
social services.

Services are available to residents  
of Fayette, Greene, and Washington  
Counties and are designed for people

over age 60 and for those age 18 and  
older living with disabilities.

If you, or someone you know, needs  
assistance, please contact the Agency's  
centralized Information and Assistance  
(I & A) Unit at 1-800-734-9603. You may  
also email [referral@swpa-aaa.org](mailto:referral@swpa-aaa.org) or  
submit an online referral through our  
website at [www.swpa-aaa.org](http://www.swpa-aaa.org).

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



# ECHO Housing available in Greene County

As we grow older, we often encounter health issues that make living alone challenging. What if there was a way to live independently but to also be very near to a family member or friend who could provide help when needed?

The Southwestern Pennsylvania Area Agency on Aging, Inc. (SWPA AAA) is seeking older adults and host families who may be interested in participating in the ECHO program in Greene County. ECHO stands for Elder Cottage Housing Opportunity.

An elder cottage is a small, temporary cottage placed on the side or rear yard of an older adult's family member or friend's property. An elder cottage provides safety and autonomy for older adults, easy access to natural supports, and an opportunity to affordably age-in-place. When the cottage is no longer needed, it is relocated to another property for use by a different older adult. All elder cottages are accessible.

Currently, there is one cottage available for placement in Greene County. Funding is provided through a Pennsylvania Housing Finance Agency (PHFA) grant obtained by the Pennsylvania Association of Area Agencies on Aging (P4A) on behalf of several AAAs and in cooperation with the Pennsylvania Department of Aging (PDA) and DMA-Housing, Inc.

ECHO provides an affordable housing option, and the resident will pay no more than 30% of their income in rent. All prospective participants will be screened to ensure that they meet the age, income, and other program eligibility requirements. The older adult's annual income cannot exceed \$46,550.

The SWPA Area Agency on Aging is currently accepting applications for the Greene County ECHO housing project. If you or a family member would like more information or would like to complete an application, please contact SWPA AAA. at 724-852-1510.

# The Power of Mindfulness: 5 Ways to Survive the Holidays

We all have holiday memories that are near and dear to our hearts. Often these memories include special foods. Using some mindful eating strategies can help you get the most out of the season, not miss the foods you love (even the high calorie ones), and still stay healthy along the way.

Below are a few strategies that can help you be more mindful so you can fully enjoy a healthy happy holiday.

1. Plan your Holiday Season

- Pick and choose carefully the things that are most important to you. It is not possible to include all of the events, parties, visits, travel that COULD be included in your holiday. Instead of trying to cram it all in and not enjoying the season, be selective.
- Say no to the events that don't fit into your must-do holiday activities.

2. Determine which foods are "calorie worthy" to you

- Imagine your food calorie budget like your financial

budget. We do not have unlimited money to spend, just like we don't have unlimited calories to consume, so pick the foods that you enjoy the most.

- Determine if a food is one of your favorite food items and/or if it is packed with nutrients to help you decide whether to fit it into your calorie budget.

- Let it go if you don't like it; just because it is on your plate does not mean you have to finish it.

• One-bite studies show that people who just consumed one bite of a certain food satisfied their craving just as much as the people who ate the entire food item.

3. Survive Holiday Parties

- Determine if this party will be your lunch or dinner and eat accordingly beforehand. If it is going to be your full meal, have a small healthy

snack like an apple with peanut butter before the party. If it is not going to be your meal, eat something more filling before attending like whole wheat toast with avocado.

- Remember that the buffet is not necessarily your buffet. The variety and amount of foods on the table are there to provide enough options for guests to be able to find something they like. Zero-in on your favorites instead of trying everything.
- Position yourself away from the food and drinks. Studies show that the closer you are to the food table, the more likely you are to eat even if you are not hungry.

- Hold your beverage glass. If you leave your glass sitting on the table, people will often come by and refill it. This lessens your control over how

SEE 5 WAYS, PAGE 9

## Here are some of the most asked questions and answers about the ECHO program:

### What are the benefits of ECHO Housing?

- ECHO cottages provide safety and autonomy for older adults along with easy access to family members who can assist them. Instead of having to travel far to pick up Mom or Dad for appointments or shopping, he/she is only steps away;
- Both the older adult and the host family maintain their privacy and dignity;
- In addition to improving the health of the older resident, stress on caregivers is reduced and family cohesiveness is preserved;
- Placing a temporary elder cottage on the property of a host family is also more cost effective and timely than making home modifications to the older adult's existing home, which are expensive and can change the permanent character and use of the home.

### Who will own the cottage?

The cottage will be owned by the Southwestern Pennsylvania Area Agency on Aging.

### What are the responsibilities of the landowner or host family?

The landowner/host family will be responsible for maintaining the property, allowing the utilities for the cottage to be hooked up to the main house and permitting an inspection of the cottage on a biannual basis.

These responsibilities will be secured through a Letter of Agreement between Southwestern Pennsylvania Area Agency on Aging and the landowner/host family. A good faith deposit may be required once it is determined that ECHO is a viable option for all interested.

### Will the host family/homeowner need to pay additional taxes on the cottage?

No. Since the elder cottage is considered a temporary structure, no additional taxes will be required.

### What happens when the older adult no longer needs to live in the cottage?

Once the elder cottage is no longer needed by the older adult, the cottage will be removed by Southwestern Pennsylvania Area Agency on Aging.

### What are the responsibilities of the older adult occupant?

The older adult occupant will sign a lease with Southwestern Pennsylvania Area Agency on Aging for the cottage. He/she will also be responsible for providing the necessary information regarding income, for paying rent and for keeping the cottage in good condition. The older adult occupant may also need to obtain renter's insurance.

### Are there zoning considerations that the landowner/host need to address?

No. Southwestern Pennsylvania Area Agency on Aging and local partners will research the zoning regulations associated with the location of a prospective host site and advocate for any changes needed and will let the landowner know whether or not it is feasible to proceed.

# Veterans Spotlight

## Pennsylvania Veteran Homes

If you have served our country, love to show your patriotism, and need long-term care, then one of Pennsylvania's six Veteran Homes may be the ideal place for you and/or your spouse to call home. Their favorite "colors" are Red, White, and Blue, and they believe that every Veteran who lives there is a cele-



brated hero. That is because Pennsylvania's Veteran Homes, operated by the Pennsylvania Department of Military and Veterans Affairs, exists to care for, honor, and respect resi-

dents who have served their country and have protected our freedom.

### Upcoming 2026 Disability Changes

Significant updates to the VA rating system are

scheduled for 2026. Some of these changes will impact ratings for mental health, sleep apnea, and tinnitus. Mental health- The VA will focus on symptom severity rather than social or occupational impact when evaluating mental health conditions. This could result in higher ratings for Veterans with severe symptoms while creating more consistency in how claims are evaluated. Sleep apnea- Under the current rating system, Veterans using a

CPAP receive a 50% rating. With the new update, you may receive a rating of only 10%. Tinnitus- Veterans will no longer receive a separate 10% rating for tinnitus. Instead, it will only be rated if it's tied to another compensable condition.

### Changes Coming to VA's Online Sign-In

There are currently FOUR options for signing into all VA websites and apps. In 2026, VA is streamlining the process to TWO: login.gov and ID.me. My

HealtheVet has a logon option that will be removed after March 4, and the DS login option will be eliminated in late September. You still will be able to use your My HealtheVet health portal. You'll need to sign in to it with a Login.gov or ID.me account. If you haven't done so already, the VA is encouraging Veterans to create a Login.gov and/or an ID.me account now.


For more information, contact your County Veterans Affairs office:

Fayette County  
724-430-1241

Greene County  
724-825-5275

Washington County  
724-228-6865







**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.**



**Stanley Marks, MD**  
Chairman,  
UPMC Hillman Cancer Center





Gary W. Boatman  
MBA,CFP

As we approach the holiday season, decisions that you make now can have a major financial impact all next year. Having a Christmas shopping budget is one of the best ways to protect your finances and enjoy the holiday season without regret. One of the best ways to do this is to make a list for all purchases. This can help you avoid extra impulse purchases. Without a clear plan, it's easy to overspend on gifts, decorations, and outings, only to face financial strain once the new year begins. For seniors,

especially those living on a fixed income, this can lead to difficulty paying regular expenses such as utilities, medications, or groceries in the months that follow. Setting a realistic spending limit and sticking to or with it helps you focus on thoughtful giving instead of financial worry. A well-planned budget keeps the holiday spirit joyful and your finances stable throughout the year. Remember the old saying "That it is the thought that counts". There are some things that you can do to reduce your budget. Some families do a secret Santa drawing and draw a

# Your Financial Future

name of one family member to buy a gift for. This way everyone gets a present and everyone's budget is a little less taxing. Another possible idea is to give a gift of something you make or bake. This can be a great way to show that you care. When buying gifts, pay with cash and do not use your credit card unless you can pay the balance in full when you receive your statement. Interest rates on credit cards are about 20% and they make your purchases much more expensive. The new "Buy Now, Pay Later" (BNPL) programs offered by companies like Affirm, Klarna, and others have become a popular way for consumers to spread out payments for purchases over time, often with no interest if paid on schedule. These services can be convenient, especially for larger purchases or during high-spending seasons like the holidays. However, there are some important drawbacks to consider. Because payments are split into smaller amounts, it can be easy to lose track of spending and take on more debt than intended. Missing a payment can lead to late fees, interest charges, and even damage to your credit score. In addition, using multiple BNPL services at once can make it difficult to manage cash flow, especially for those on fixed incomes. Seniors should approach these plans with caution, always reading the fine print and making sure the full balance can be covered within the required timeframe to avoid unnecessary financial strain. Be sure and shop around for your holiday purchases. Different retail outlets may offer better deals. If you are looking for the newest toy, you might need to buy it early, but for other things wait for better deals as the shopping season is expected to slow this year due

to inflation. Check and see if there are any senior discounts available. Be careful when shopping online. Only buy from recognized merchants and if a deal sounds too good to be true, it may be a scam. Keep your receipts in case you need to make a return. When buying online, use a credit card instead of debit card. This way you get some scam protection and if there is a disputed charge, it is the bank's money and not yours that might not be assessable. I hope you have a great holiday season, but don't let it make your financial life harder than necessary.

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

**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**. Follow us on Facebook: **FACT-Fayette Area Coordinated Transportation**.



## 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**



## Bridging Generations Through Art: Canon McMillan Art Students and Canonsburg Seniors Create Collaboration Together

The Canonsburg Senior Center recently welcomed art students from Canon-McMillan High School for a truly inspiring intergenerational collaboration. McDonald Cecil Senior Center also joined in the excitement. This creative partnership brought together young artists and senior citizens in a shared space filled with stories, laughter, and the joy of artistic expression. Through the project, students and seniors worked side-by-side to design custom story covers and keepsakes that celebrate the lives and legacies of our older community members. The seniors shared memorable life experiences, while students listened, learned, and transformed those stories into meaningful works of art. This collaboration did more than create beautiful art-it built bridges between generations. The experience fostered empathy, understanding, and connection, reminding everyone that creativity and storytelling transcend age. Projects like this strengthen and enrich our community by encouraging mutual respect and appreciation between young and old. The Canon McMillan art students




## PACE and PACENET... Prescription Assistance Program for PA Seniors

**PACE** Older adults in Pennsylvania may benefit from one of the two prescription assistance programs, known as PACE and PACENET. These programs offer low-cost prescription medication to qualified residents, age 65 and older. Eligible participants can save money on co-pays and out-of-pocket expenses. PACE and PACENET work with Medicare Part D plans and other prescription drug plans such as retiree/union coverage, employer plans, Medicare Advantage Plans (HMO, PPO) and Veteran's Benefits (VA) to lower out-of-pocket costs for medications. **Eligibility** The primary difference between PACE and PACENET is income eligibility. Eligibility is based on your gross income from the previous calendar year. You must also have lived in Pennsylvania for at least 90 days before applying and cannot be enrolled in the Department of Human Service's Medicaid prescription benefits program. **PACE Income Limits** • For a single person, total income must be \$14,500 or less • For a married couple, combined total income must be \$17,700 or less **PACENET Income Limits** • For a single person, total income can be between \$14,501 and \$33,500 • For a married couple, combined total income can be between \$17,701 and \$41,500 Please visit <https://www.pa.gov/services/aging/apply-for-the-pharmaceutical-assistance-contract-for-the-elderly> . Applications are also available at your local Area Agency on Aging offices. For more information call 1-800-225-7223.

## Medicare F Y I PA MEDI is here to help!

The Medicare Annual Open Enrollment Period, from Oct. 15th to Dec. 7th, is the time for you to review your current Medicare Advantage Plan or Part D coverage to determine if they are still a good fit for your health needs in the coming year. Although Open Enrollment ends on Dec. 7th, PA MEDI is available to help with your Medicare needs year-round. PA MEDI is the Pennsylvania State Health Insurance Assistance Program (SHIP) that provides free, accurate, unbiased Medicare counseling and is not affiliated with any insurance agency or brokers. Certified counselors will work with you to find choices to ensure your plan meets your healthcare needs and budget; the final decision is up to you. Once you select a plan, they can help you to enroll. PA MEDI counselors can also help you file Medicare appeals, explain financial assistance programs, and help with Medicare eligibility and enrollment questions. If you have questions about Medicare, please contact Pennsylvania Medicare Education and Decision Insight, PA MEDI at 724-489-8080, ext. 4438. PA MEDI services are available in every county in Pennsylvania.



## Living with Joint Pain: Q&A with Dr. Jason Kinney

**Q: What are common sources of joint pain in older adults?**  
A: Joint pain can have multiple causes, including autoimmune diseases, gout, tendonitis, or bursitis. However, one of the most frequent sources of joint pain I see in patients is osteoarthritis, or the breakdown of cartilage over time, which commonly affects the hips and knees.

**Q: When should someone experiencing joint pain seek treatment?**  
A: A patient should seek treatment if they experience severe and sudden joint pain, especially after a fall or trauma, if the joint shows signs of infection, including redness, swelling, being hot or tender to touch, or if the pain interferes with quality of life or activities of daily living.

**Q: What is one thing you wish adults, who are dealing with joint pain, knew?**  
A: The first thing is that living a healthy lifestyle, exercising and stretching regularly, and maintaining a healthy weight can significantly help with joint pain and decrease the risk of osteoarthritis. Something else I would highlight is the impact mental health conditions can have on pain levels. For example, depression and anxiety can increase pain sensitivity, reduce pain tolerance, and make people less active, which can lead to stiffness and muscle weakness. They can also interfere with sleep, worsening fatigue and making it harder to stick to treatment plans.

**Q: What do you hear most often from your patients during their appointments?**  
A: I have many patients who suffered with severe hip and knee arthritis for many years without seeking help because they feared they would need surgery or that nothing could be done to help them because it was just "old age." Then, after they recover from surgery or have a positive response to nonoperative treatment, I often hear that they wish they had sought care much earlier.

If you are experiencing joint pain and want to speak with a skilled provider about the treatment plan that is right for you, schedule an appointment with Dr. Kinney today at **724-912-7533** or visit **WVUMedicine.org/Uniontown/Orthopedics** for more information.



Recipe of the month



Melting Carrots with Garlic Butter  
Are a Knockout Side Dish

These melting carrots strike the perfect balance of earthy sweetness and savory richness, making them a versatile side dish for any occasion.



Ingredients



Directions

- 8 medium carrots (3 ounces each), peeled and halved lengthwise
- 4 tablespoons unsalted butter, melted, divided
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ cup lower-sodium vegetable broth
- 1 tablespoon lemon juice
- 2 cloves garlic, grated (about 2 teaspoons)
- 1 teaspoon fresh thyme leaves

Preheat oven to 425°F with rack in upper third. Toss halved carrots with 2 tablespoons melted butter, 1 tablespoon oil, 1 teaspoon salt and ½ teaspoon pepper in a 9-by-13-inch metal baking pan (do not use glass, which could shatter); spread in a single layer. Roast, flipping halfway through, until browned and tender, 35 to 40 minutes.

Whisk ½ cup broth, 1 tablespoon lemon juice, the grated garlic and the remaining 2 tablespoons butter in a small bowl. Carefully pour into the pan; roast until the liquid is reduced by half, about 8 minutes. Sprinkle with 1 teaspoon thyme.

Source: <https://www.eatingwell.com>

We believe healthy teeth are a vital part of a healthy body.

Take care of yours by visiting one of our dentists at Centerville Clinics.

We offer many services, including regular check-ups and preventative care, to meet your dental health care and treatment needs.

We participate in most insurance programs, including Medicaid, UPMC and Highmark. We provide our services regardless of a person's ability to pay.

Dental Services are provided at these Centerville Clinics locations.

<b>Charleroi Medical and Dental Office</b> 200 Chamber Plaza / Charleroi, PA	<b>Republic Medical and Dental Center</b> 1006 Main Street / Republic, PA
<b>Connellsville Medical and Dental Office</b> 601 South Arch Street / Connellsville, PA	<b>Washington Family Doctors</b> 37 Highland Avenue / Washington, PA
<b>Joseph A. Yablonski Memorial Clinic</b> 1070 Old National Pike / Fredericktown, PA	

All of our dentists are accepting new patients, including seniors, adults, and children.

To make an appointment call 724-632-6801.

For more information, visit [centervilleclinics.com](http://centervilleclinics.com)



CENTERVILLE CLINICS

Affordable, High-Quality Healthcare for the Entire Community

Protect yourself and your loved ones during a winter storm

Winter storms are dangerous. They can bring cold temperatures, power failures, loss of communication services, and icy roads. This can make being outside dangerous, so you should limit your time outside. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face hazards inside your home.

Have at least one of the following heat sources in case the power goes out:

- Extra blankets, sleeping bags, and warm winter coats
- Fireplace that is up to code with plenty of dry firewood or a gas log fireplace
- Portable space heaters or kerosene heaters. Check with your local fire department to make sure that kerosene heaters are legal in your area.
- Use space heaters safely
  - Use electric space heaters with automatic shut-off switches and non-glowing

elements.

- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, bedding, or other flammable materials. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.
- Light your home safely
  - If there is a power failure: Use battery-powered flashlights or lanterns rather than candles, if possible. Candles can lead to house fires.
  - If you do use candles, never leave lit candles unattended.

Conserve heat

- Some gas-fueled heaters, such as vent-less gas fireplaces, require some ventilation. Otherwise, if you don't need extra ventilation, keep as much heat as possible inside your home.
- Avoid unnecessarily opening doors or windows.
- Close off unneeded rooms.
- Stuff towels or rags in cracks under doors.
- Close draperies or cover windows with blankets at night.
- Keep a water supply
  - Extreme cold can cause water pipes in your home to freeze and sometimes rupture or break. When you are expecting very cold or freezing temperatures:
    - Leave all water taps slightly open so they drip continuously.
    - Keep the temperature inside your home warm.
    - Allow heated air to reach pipes. For example, open cabinet doors beneath the kitchen and bathroom sinks.
    - If your pipes freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer.
    - If you cannot thaw your pipes, or the pipes have broken open, use bottled water or get water from a neighbor's home.
    - As an emergency measure, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

CONFER VISTA APARTMENTS

NOW ACCEPTING APPLICATIONS for 1 Bedroom Apartments 62 & Older

Appliances included are new electric ranges and Energy Star refrigerators. Building and site amenities include a community room, laundry room, elevator accessible, and off-street parking adjacent to the building, and intercom-controlled access entry door.

APPLICATIONS AVAILABLE AT:

Confer Vista Apartments  
98 Confer Vista Drive  
Uniontown PA 15401

Please call 724.437.8659



The naughty list: BBB's 12 scams of the holidays

When shopping or donating this holiday season, watch out for schemes trying to swipe your cash or steal your personal information.

1. Misleading social media ads:

As you scroll through your social media feed, you often see products advertised. Always research before you buy. BBB Scam Tracker receives daily reports of people paying for items that they never receive, getting charged monthly for a free trial they never signed up for, or receiving an item that is counterfeit or much different from the one advertised.

2. Social media gift exchanges:

Each holiday season this scheme pops back up. The older version was called "Secret Sister." Newer versions of this scam revolve around exchanging bottles of wine or bourbon; another suggests purchasing \$10 gifts online. Another twist asks you to submit your email to a list where participants get to pick a name and send money to strangers to "pay it forward." There is even a twist about "Secret Santa Dog" where you buy a \$10 gift for your "secret dog."

In all these versions, participants unwittingly share their personal information, along with those of their family members and friends, and are further tricked into buying and shipping gifts or money to unknown individuals. Check [BBB.org](http://BBB.org) before you buy.

3. Holiday apps:

Apple's App Store and Google Play list dozens of holiday-themed apps where children can video chat live with Santa, light the menorah, watch Santa feed live reindeer, track his sleigh on Christmas Eve, or relay their holiday wish lists.

Review privacy policies to see what information will be collected. Free apps can contain malware. Be sure to read reviews as well.

5 WAYS, FROM PAGE 4

and you may not be aware of how much you have had by the end of the party.

4. Sleep- don't skip it!

- Stick with your normal routine even during the holidays to try to get at least 7-8 hours each night. Sleeping too little has been associated with increased appetite and decreased physical activity.
- Avoid caffeine late in the afternoon or evening.
- Limit alcohol or heavy foods late at night.
- Make your bedroom a sleep sanctuary by

much you are consuming,

turning off electronics and maintaining a cool temperature.

5. Stay Active

- Try out a new physical activity with the time you may have off from work or school.
  - Reduce stress with physical activity. Changes in schedules may allow you to vary your typical exercise times. Try yoga in the morning or take a long walk around lunchtime.
  - Stay active to burn off holiday eating – even mindful holiday eating can mean more calories than we need.
- <https://esmmweighless.com>

at BBB's [Give.org](http://Give.org). Where possible, donate to the charity through their website and use a credit card

9. Fake shipping notifications:

More consumers making online purchases during the holidays leads to an increase in the number of notifications about shipping details from retailers and carriers. Scammers use this surge to send phishing emails and texts about package deliveries with links enclosed that may allow unwanted access to your private information or download malware onto your device.

10. Advent calendars:

Each year, there are more and more advent calendars being sold. In past years, BBB received reports to Scam Tracker about advent calendar ads on social media not delivering as promised. Some were not received, and others received inferior products or incomplete orders.

11. Holiday Wishlist items:

Low-priced luxury goods, jewelry, designer clothing, and electronics are almost always cheap counterfeits and knockoffs. The same applies to popular toys. This year, the Tosy Magnet Cube, Klutz Lego Gravity Drop Activity Kit, Easy Bake Ultimate Electric Oven Toy, and the Ms. Rachel Emotions Learning Doll Stuffed Animal are some of the items in high demand. Be very cautious when considering purchasing popular toys from resellers on Facebook Marketplace and other platforms.

12. Puppy scams:

Many families may be considering adding a furry friend to their household this year. However, be on the lookout for scams. Many would-be pet owners turn to the internet to find their future cat or dog, but experts say a shocking 80% of sponsored pet advertisements may be fake. Be sure to see the pet in person before making a purchase.

Source: [www.bbb.org](http://www.bbb.org)



In Medicine

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Orthopedics

Our highly specialized team of fellowship-trained bone and joint experts offers an array of complex surgical and non-surgical procedures and therapies. At WVU Medicine Uniontown Hospital Orthopedics and Spine Center, we deliver a personalized approach to meet each patient's goals.

[WVUMedicine.org/Uniontown](http://WVUMedicine.org/Uniontown)







## You Can Still Help with Project Snowman's 6th Anniversary

Connections to family, to friends, and to the community are an essential component of good health and quality of life for residents of long-term care facilities. Sadly, each year 60 percent of long-term care residents never have a single visitor during the holidays.

The Southwestern Pennsylvania Area Agency on Aging, Inc.'s Long-Term Care Ombudsman Program is proud to sponsor the 6th anniversary of "Project Snowman," a fun, friendly way to spread holiday cheer and help residents to feel connected to the community.

For this project, Ombudspersons in Fayette, Greene, and Washington Counties are collecting donated holiday cards that will be given to residents in celebration of the holiday season. Cards can be sent by individuals, families, or groups. If you would like to participate, we ask that you follow these simple guidelines:

- Cards can be homemade or store-bought.
- Greetings and messages should be general so that they are appropriate for everyone.
- When you sign the card, please put your **first name only**.
- Please make sure that cards are in an envelope.
- Please do not send candy, food, gifts, or money for the residents.

Please mail all cards to the Ombudsman by **Wednesday, December 10, 2025**. The local Ombudsman will then sort and deliver the cards to residents.

Cards put in envelopes may be sent to:

Project Snowman  
305 Chamber Plaza  
Charleroi, PA 15022

The National Long-Term Care Ombudsman Program has long been a champion of residents' rights for more than 40 years. The program provides information on how to find a facility, conducts community education sessions, and supports residents, their families, and the public with one-on-one consultation regarding long-term care.

If you or someone you know in a long-term care

setting needs help from the Ombudsman, please visit the Southwestern Pennsylvania Area Agency on Aging's website at <http://www.swpa-aaa.org> or call the Ombudsman closest to you:

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

**Washington County:** 1-844-507-8898

All Ombudsman services are confidential and free!



*Cards put in envelopes should be sent to:*

Project Snowman  
c/o Southwestern Pennsylvania  
Area Agency on Aging  
305 Chamber Plaza  
Charleroi, PA 15022

## SWPA AAA Senior Center Corn Bag Tournament

Congratulations to the Waynesburg Senior Community Center on their big win, and a huge shoutout to the McDonald-Cecil Senior Center for an awesome runner-up finish!

*Pictured L to R: Stacy Stroman Blueprints Director, John Buchanan, Don Tennant, Rachal Estle AAA Washington/Greene County Supervisor, Jill and Bob Parkison. It was a fantastic day filled with friendly competition, laughter, and community spirit.*



## Caregiving During the Holiday Season: Balancing Joy and Responsibility

The holiday season is often portrayed as a time of joy, connection, family gatherings, and celebration—but for caregivers, it can bring added stress and mixed emotions. Caring for a loved one, whether an aging parent, a partner with a chronic illness, or a family member with special needs, can make it difficult to fully participate in the festivities.

Many caregivers find themselves trying to maintain long-standing family traditions while managing the daily needs of a loved one. This might mean planning around medical appointments, adapting gatherings to be more accessible, or making sure someone with memory loss or mobility challenges feels comfortable and included. The emotional side can be just as demanding—grieving past holidays, feeling isolated, or worrying about doing enough for everyone.

To ease the pressure, caregivers can benefit from setting realistic expectations. Simplifying holiday plans, asking for help from friends and relatives, or creating new, manageable traditions can make a big difference. It's also important to make time for yourself by schedul-

ing short breaks, practicing mindfulness, and connecting with support groups—either locally or online—all of which can help maintain mental well-being.

Above all, caregivers should remember that their presence and compassion are the greatest gifts they can offer. The most meaningful moments often come from simple acts of care, love, and togetherness. The holidays don't have to be picture-perfect; they can simply be those meaningful moments shared with loved ones, however small or quiet those moments may be.

**MID MON VALLEY TRANSIT**

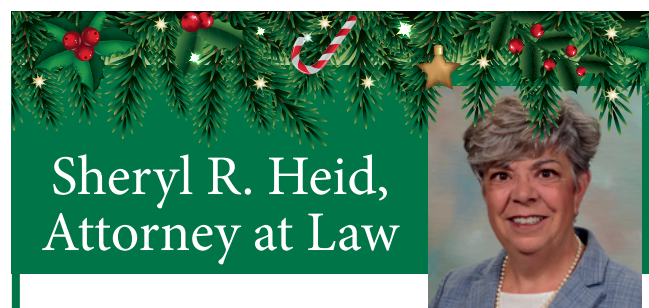
724-489-0880

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

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Student Discounts • ADA Paratransit • Wi-Fi  
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**VULCAN FLYER FOR CALU STUDENTS!**

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Sheryl R. Heid,  
Attorney at Law

*Happy Holidays*

from Attorney Sheryl Heid.

Visit your local Senior Center for some holiday fun!

Call for an appointment 724-437-4700

### 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
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- On Site Laundry
- Section 8 Vouchers Accepted

724-225-2290 or 724-228-2855



## 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!*

### GREENE COUNTY ALZHEIMER'S SUPPORT GROUP

Blue Prints Office  
Conference Room  
58 E. Greene Street  
Waynesburg, PA 15370

WEDNESDAY  
DECEMBER

**10**

FROM 1:00  
TO 2:00 PM

### WASHINGTON ALZHEIMER'S SUPPORT GROUP

Miraculous Medal CCD  
Activities Center  
280 Hallam Ave,  
Washington, PA 15301

THURSDAY  
DECEMBER

**11**

FROM 6:00  
TO 7:00 PM

### FAYETTE COUNTY

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

FRIDAY  
DECEMBER

**12**

FROM 1:00  
TO 2:00 PM

### MON VALLEY

SPHS Board Room  
300 Chamber Plaza,  
Charleroi, PA 15022

MONDAY  
DECEMBER

**15**

FROM 1:00  
TO 2:00 PM

### PARKINSON'S

Abundant Life Church  
1239 Brownfield Rd.  
Uniontown, PA 15401

TUESDAY  
DECEMBER

**23**

FROM 1:00  
TO 2:00 PM

### WASHINGTON

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

TUESDAY  
JANUARY

**6**

FROM 1:00  
TO 2:00 PM

**We hope to see you there!**

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Live. Sleep. Be Well.  
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**121%**  
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Power Headrest & Lumbar  
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1946-2021

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# Card Playing Day ~ December 28

by *Cindy Bartolotta*

Holidays can be rough on your mental state. Often a break is just what the doctor orders. Maybe a coffee and a game of solitaire? Or get your friends together for an evening of poker, bridge, or just a fun game of Crazy Eights.



- BLACKJACK

BLITZ

BLUFF

BRIDGE

BRISCOLA

CANASTA

CRAZY EIGHTS

CRIBBAGE

EUCHRE

FANTAN

GERMAN WHIST

GIN RUMMY

GO FISH

GOLF
- OLD MAIDS

PINOCHLE

POKER

SCOPA

SLAPJACK

SOLITAIRE

SPADES

SPEED

SPIT

SPOONS

TEXAS HOLD 'EM

UNO

WAR

ZETEMA

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

See answers on page 19

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

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kjackson@swpa-aaa.org

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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

... Merry Christmas!... 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... Happy De-

cember birthdays to **June Murtland, Brenda Baird, Wilma Jordan, Nancy Grindle and Denise Zundell...**

### BROWNSVILLE CROSSKEYS

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

-Stephanie Crable

... Happy holidays!... Our center is currently undergoing renovations. Please call the Center before coming and to receive updates on how we are serving seniors...

### BULLSKIN

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

-Lisa Wilson

... On Mondays and Thurs-

days, lunch is served at 11:30 a.m. Please call or arrive by 10:30 a.m. to reserve a lunch. After lunch, Nickel Bingo is called... 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 Dec. 6, we will hold our all-you-can-eat breakfast and bake sale from 8 to 11 a.m. The cost is \$12 for adults and \$6 for children under 12. Children under 6 eat for free. Eat in or take out. Veterans can eat for free with proof of military ID. This will also be our breakfast with Santa... On Dec. 1, Grocery Bingo will be called from

10 to 11 a.m... On Dec. 3, we will hold a basket raffle and chili and soup cookoff from 3 to 7 p.m. There is a \$5 admission fee and you must purchase tickets for a chance to win baskets...

On Dec. 4, **Chelsea** from Peak Advantage will host a hot chocolate bar from 10 to 11:15 a.m... On Dec. 8, **Bond Turner** will perform at 10:30 a.m... On Dec. 9, we will enjoy Big Tuesday and **Jennifer** from Amedisys will be at the Center from 10 to 11 a.m... On Dec. 15, we will enjoy trivia with **Joe** at 10:30 a.m... On Dec. 22, **Hey Joe** will perform from 10:30 to 11:30 a.m... On Dec. 29, Bonus Bingo will be called, and we will enjoy our New Year's Eve Party from 10 to 11:30 a.m... 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

... Come and enjoy the holiday season with us at the Center... Plan your week with fun and fellowship... On Mondays, bingo is called at 10 a.m. and Euchre is played at 12:30 p.m. Both are open to everyone, so bring a friend. Stop by and join the fun!... Join us Tuesday through Friday mornings to assemble puzzles, read a book or just enjoy a cup of coffee and fellowship followed by lunch... On Wednesdays, we enjoy our weekly Jam Session at 11 a.m. Bring your instruments and your singing voice and join the group. If you don't play an instrument or sing very well, that's ok, come enjoy the talent!... On Thursdays, Pinochle Club plays at 12:30 p.m. They are currently looking for more members. Come out and have some fun...

One Thursday per month, the Canasta Club plays. Call **Darlene Ondrejko** at 724-929-7263 for more details... Our beauty shop is open on Thursdays during normal center hours. If you would like to make an appointment, please call our beautician **Roxi** 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... On Dec. 8 at 10 a.m., we will enjoy a special visit from students at St. Sebastian's School... We hope you will come and support your local senior center. It is a great opportunity for fun and fellowship... We are always looking for ideas for new activities. Let **Rick** know if you have any suggestions... Enjoy the holiday season... Anyone in need of food assistance can utilize the Washington Township/ Fayette City Food Bank on the third Friday of the month if you meet the eligibility requirements. If you need emergency food help, contact **Pastor Vann** at 724-326-8722...

### CONNELLVILLE

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

-Christine Tringhese

... Happy December!... Bingo is called Monday through Friday. On Mondays, one game is called at 10:30 a.m. and one game is called at 11:30 a.m. On Tuesdays, one game is called at 11 a.m. and afternoon bingo starts at 12:15 p.m. On Wednesdays, one game is called at 10:30 a.m. and one game is called at 11 a.m. On Thursdays, Magic Number is called at 10:45 and 11 a.m. On Fridays, one game is called at 10:30 a.m. and one game is called at 11 a.m... Merry

Christmas and Happy New Year!...

### MASONTOWN

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

-Laurie Crawford & Donella Blair

... We would like to extend a heartfelt thank you to everyone who helped make our hoagie fundraiser a great success! Our basket raffle did wonderful as well, and we truly appreciate each one of you who continue to work hard in support of our seniors... We're already looking forward to the holiday fun we have planned! Santa will be visiting on Dec. 13 for Brunch with our Seniors, their families, and friends. Of course, the Grinch and the whole crew will be there too to help Santa greet everyone with treats for the little ones and pictures for everyone!... As always, we hope you'll stop by Monday through Friday from 8:30 a.m. to 3 p.m. to visit with friends, make new ones, and join in our never-ending activities and fun!... Lunch is served Monday through Friday at 11:30 a.m. with a reservation made the day before... Hope to see you soon...

### MOUNTAIN CITIZENS

Box 105  
Farmington, PA 15437  
724-329-4260

-Wanda Sherry

... Welcome to December 2025 in the beautiful Laurel Highlands and surrounding areas. Be careful driving on the winter roads... Our center opens on Tuesdays and Thursdays at 9 a.m. and lunch is served at 11:30 a.m... On Tuesdays and Thursdays, we enjoy exercises with **Virgil** and **Pam** at 9:15 a.m. to get the body moving... Also, on Tuesdays and Thursdays, bingo is called unless there are special activities planned... On the second Tuesday

# Senior Community Center Notes

of each month, we celebrate members birthdays by decorating a birthday table and enjoying birthday cake. This month our birthday table will be decorated by **Shirley Fabian** and **Lily Marsh**. Happy December birthdays to **Patty Atkinson, Richard Fike, Judy Glisan, Mary Glover, Rudy Lear, Doris Maust, Annabelle Riggin, Roger Rose, Glenna Savage, Arthur Saylor, Ralph Swaney, and Sandy Zaske**... On Dec. 13 at 1 p.m., we will enjoy a Christmas Party. Members are asked to bring a covered dish and if interested in a gift exchange, women should bring a woman's gift and men should bring a man's gift valued at \$10.... Our center has an ongoing flea market for members and guests to shop. You never know what treasures you might find at a reasonable price... Our center accepts used batteries for recycling... We want to wish everyone a very Merry Christmas and a safe and happy holiday season...

### PERRYOPOLIS

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

-Moira Kirk

### SMITHFIELD COLONIALS

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

-Janice Woods

... Happy December and wishes for a wonderful Christmas season to you and those you love... We will begin the month celebrating birthdays and anniversaries with cake and ice cream. **Steve** will help us exercise those calories

... Merry Christmas and happy holidays to all!... Please join us this year for Christmas in the Circle and our Holly Jolly Christmas celebration on Dec. 6 from 10 a.m. to 3 p.m. Our center will be a warming station. Feel free to stop in and see us for hot coffee, hot chocolate, and some delicious sandwiches... Our center is open Monday through Friday and lunch is served at 12 p.m. Please sign up the day before by noon. A \$2 donation is suggested... On Mondays, Wednesdays and Fridays, bingo is called between 10 a.m. to 2 p.m... On Tuesdays and Thursdays, our card club meets around 12:30 p.m... Please feel free to stop in and share some time and company with amazing people!...

### GREENE COUNTY

**JEFFERSON**  
190 Washington Street  
Jefferson, PA 15344

-Colleen Valosen

... On Dec. 3, you will find each of us donning an ugly Christmas sweater and ready to enjoy whatever **Mrs. Fulks'** high school class has planned for us.

# SPARTAN HEALTH SURGICENTER

Serving the Mon Valley since 2005, Spartan Health Surgicenter is a freestanding, Medicare - certified, Joint Commission accredited, ambulatory surgery center located off of Coyle Curtan 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
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- FREE and convenient parking
- Comfortable waiting area for families

### Specialties Include:

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

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**Patrick Garman, M.H.A.**  
Executive Director

**Jamie Farmer, RN**  
Director of Nursing

**Vincent Ripepi, D.O.**  
Medical Director

100 Stoops Drive,  
Ground Floor  
Monongahela, PA 15063

724-483-2760 office

724-483-2762 fax

## 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.



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**Ophthalmology:**  
Thomas Findlan, DO  
Angela Gauthier, MD  
Nisha Dhawlikar Gosai, MD  
Anagha Medsinghe, MD  
Julia Kisin Polat, MD  
Aaron Wang, 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

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

**MEDICAL STAFF**



# Senior Community Center Notes

We seem to have the highest attendance when they're scheduled to be here... On Dec. 10, we will fill Christmas bags for our shut-ins. We currently have twelve members who fit this category, so each of us will bring twelve of something (snacks, fruit, candy, etc.) to add to those beautiful holiday sacks. To avoid exuberant postage costs, we will also use this day to distribute Christmas cards to our friends who regularly attend... On Dec. 17, we will show up in our Christmas pajamas ready to relax and enjoy each other's company! Maybe some Christmas cookies will appear on our welcome table, along with hot chocolate or coffee, as we enjoy some games of Christmas Bingo... On Dec. 31, we will celebrate the New Year at noon! We'll be wearing anything sparkly, sipping some delicious mocktails, and feasting on any and all snacks that our generous folks bring in.

We may even share New Year's resolutions and left-over Christmas cookies... We appreciate the support of all local agencies who make our center a reality. The memories made this year have been some of the best. What a difference in our lives to know we have at least one day each week to get out of our homes and enjoy quality (and crazy) times with friends!... May each of you have the merriest of Christmases and all the good health and happiness a new year can hold... Our love to all!...

## WASHINGTON COUNTY

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

-Hannah Burns

... Snowflakes, warm smiles, and good company, that's what December at the Center is all about... Lunch is served Monday through Friday at 11:30 a.m. Please

make your reservations a day in advance to reserve your meal... On Mondays, we enjoy chair exercise at 11:30 a.m... On Dec. 1, we will hold our monthly meeting at 12:15 p.m. Members are encouraged to attend to find out what will be going on in the Center!... On Dec. 4 at 10:30 a.m., Quarter Bingo will be called... On Dec. 6, join us for our annual Christmas Dinner at the Tradesman Inn at 1 p.m. where good food, friendship, and plenty of holiday cheer are on the menu. The cost is \$10 for members, and dessert is included. Please call the Center to reserve your spot. We can't wait to celebrate the season together... On Dec. 9, we will enjoy Game Day at 10:30 a.m. Join us for cards, dominos, Yahtzee, scrabble, or bring a new game for us to try out!... On Dec. 11, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Dec. 16, we will enjoy a Christmas craft after lunch...

On Dec. 18, we will enjoy bowling with our friends from Beth Center Senior Center at Bentleyville Lanes. Come play a couple games or just cheer us on... On Dec. 31, we will ring in the New Year at the Center. Join us after lunch for snacks and a couple of games!...

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

-Renee Presto

... There are no "Silent Nights" at the Center... We were thankful for a wonderful November, but "It's Beginning to Look a Lot Like Christmas" here at the Center and we are ready to "Deck the Halls"... On Dec. 2, we will enjoy movie day at 11:30 a.m... On Dec. 3, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... "Baby it's Cold Outside" so stop in for our monthly meeting on Dec. 8 at 12 p.m. Please come to see what is happening at the Center and meet some new people... On Dec. 10, let's "Have Yourself a Merry Little Christmas" while making a Christmas craft... On Dec. 11, **Jamie** from Amedisys will host our monthly senior talk at 10:30 a.m... On

Dec. 12, our bingo always brings "Joy to the World" so "O' Come all ye Faithful" and let's play bingo!... Just like "Last Christmas" our center is open Monday through Friday from 8:30 a.m. to 4 p.m... Lunch is served at 11:30 a.m. Please call before 9 a.m. the day of to reserve your meal! A \$2 donation is suggested for those 60 and older... Daily we enjoy chair exercises and our question of the day... On Tuesdays, we enjoy game day and would love to have you... On Mondays, Wednesdays and Fridays, exercise classes are held at 7 p.m... Christmas music will be playing throughout the month, so come on in and try out your karaoke skills... We need volunteers to help with home-delivered meals. If you are interested or know someone who would be interested, please send them our way... Daily we offer puzzles, bingo, cards, chair exercise, verse of the day, and question of the day... Stop in and join us, and "Have Yourself a Merry Little Christmas!..."

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

-Lindsay Grasha

... It's the most wonderful time of the year, and we have plenty of activities to keep you moving, laughing, and celebrating!... Don't forget we have a Toys for Tots box to collect new and unwrapped toys for those in need! We will be collecting until Dec. 6... On Dec. 1, we will hold our activities meeting and a representative from the Physical Therapy Institute will present a program on arthritis... On Dec. 2, Columbia Gas will present a program on their assistance program... On Dec. 4, SerendipiDee Blooms will be at the Center to make holiday center pieces. If you would like one the cost is \$25 and pictures will be posted on Facebook... On Dec. 8, Life Long Physical Therapy will test our balance... On Dec. 9, Caring Mission will visit the Center... On Dec. 10, **Sam** will host Grocery Bingo... On Dec. 11, we will hold our business meeting at 10 a.m... On Dec. 12, **Hannah** will conduct blood pressure

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

-Kristin Frazier

... Merry Christmas to all! We are looking forward to celebrating this holiday season... On Dec. 3, **Rachael** from the Caring Mission will present a program on dementia care at 10:30 a.m... On Dec. 5, **Karina Garrison**, a Christian romance author, will speak at the Center at 10:30 a.m... On Dec. 9, we will hold our center board meeting at 12 p.m... On Dec. 10, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. and help us celebrate birthdays... On Dec. 12, we will enjoy a small Christmas vendor show. If you are interested in participating as a vendor, please call the Center... On Dec. 15, we

# Senior Community Center Notes

screenings... On Dec. 15, we will enjoy a game of noodle ball with **Roberta**. Which is always a good laugh... On Dec. 17, **Cherneise** brings the fun and gift cards with Music Bingo... On Dec. 18, we will enjoy a Christmas luncheon with the Greenery... On Dec. 22, **Steven** from the Landmark will bring some fun and cookies... On Dec. 31, **Kelly** will wrap up the year with horseracing!... On Tuesdays, we enjoy Bible study at 9:30 a.m. and steady and strong fitness from 11:30 a.m. to 12 p.m... On Wednesdays, bingo is called at 12 p.m... On Thursdays, we enjoy crocheting at 9:30 a.m. and Euchre is played at 12 p.m... On Fridays, we enjoy chair yoga at 11:30 a.m., darts

are played at 12 p.m. and poker club meets from 6 to 9 p.m... Congratulations to the Washington County Corn Bag tournament winners from McDonald-Cecil Senior Center and the runner ups from our very own center!... Wishing everyone a Merry Christmas and a Happy New Year!...

## CENTER IN THE WOODS

130 Woodland Court  
Brownsville PA 15417  
724-938-3554

-Nanette Andre

... Happy Holidays!... Our center offers a full calendar of weekly activities for older adults looking to stay active and engaged... Our special event this month is our annual Christmas Dinner and dance on Dec.

13 starting at 4:30 p.m. A light dinner buffet will start at 5 p.m. DJ and performer **Gary V** will entertain us from 6 to 8 p.m. Tickets are \$20... Weekdays our walking club meets from 8 to 10 a.m... On Mondays, we play dartball at 12:30 p.m... On Tuesdays, we enjoy chair exercises at 11 a.m. and bingo is called at 12:30 p.m... On Wednesdays, we offer painting group at 10 a.m., Bible study at 10:30 a.m. and Yahtzee at 12:30 p.m... On Thursdays, enjoy chair exercises at 11 a.m., music jam at 12:30 p.m. and bingo is called at 12:30 p.m... On Fridays, join us for Euchre at 12:30 p.m... A nutritious lunch is served Monday through Friday at 12 p.m. Reservations are required

at least one day in advance by calling 724-938-3554... Our center is seeking volunteers to deliver meals to homebound neighbors. Those interested in giving back to the community can contact **Elaine** at 724-938-3554, ext. 103... The Center remains a vibrant place for connection, wellness, and community service...

## CHARTIERS TOWNSHIP

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

-Rick Kauffman

... Our Holiday Luncheon will be Tuesday, December 16, at 11 a.m. for members only. Participants are asked to refrain from wearing flashing, blinking light accessories. Santa will visit, special gift baskets will be raffled off and there will be plenty of surprises. Menu: Turkey with gravy, buttered mashed potatoes, carrots, rolls, milk and dessert.

Lunch will be prepared by Metz Culinary Mgt. If you didn't fill out a reservation form at the last luncheon or have changed plans, please call **Debbie Mulshen** (724-554-2485) by Thursday, December 11. Please note the Community Center will be closed December 22-31. Upcoming activities are: Keep Moving exercise class, Mondays, December 1, 8, & 15, 1 p.m.; Bingo, Tuesday, December 2, & Fridays, December 5 & 19, 10 a.m.; Grocery Bingo, Friday, December 12; 10 a.m. playing cards, Tuesdays, December 2, 9 & 16; 1-4 p.m.; Chair Yoga, Wednesdays, December 3, 10 & 17, 11 a.m.; Game Days on Wednesdays, December 3, 10 & 17, 4:30 p.m.; Senior Crafts, Thursday, December 11, 12:30 p.m. A special thank you to **Bridget Borelli**, SeniorLIFE's 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

... "At Christmas, all roads lead home." ~ **Marjorie Holmes**... The holiday season is upon us, and we're excited to celebrate this joyful time together at the Center! Join us for friendship, food and plenty of holiday cheer throughout the month of December.. Lunch is served Monday through Friday at 11:30

# Elder Cottage Housing Opportunity in Greene County

The ECHO Housing Project will install and maintain a small temporary cottage on your property for your older relative.

## Close to you, private for them.

*Elder Cottage Housing Opportunities (ECHO)*  
An independent living option for qualifying older adults.



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for One & Two Bedroom Units

*Uniontown Elm Street  
Senior Housing*

also known as

*Maple Garden Apartments*

Two Bedroom Units + Market Units  
55 and Older  
Rent includes water, sewage and trash  
Section 8 Vouchers Accepted

Applications Available at:

Maple Garden Apts Office

114 N. Gallatin Avenue, #102

Uniontown, PA 15401

Please call 724-550-4143



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724-223-8747

[freedom-transit.org](http://freedom-transit.org)



**SOUTHWESTERN PENNSYLVANIA  
AREA AGENCY ON AGING**

To see if you qualify please contact SWPA AAA at

**724-852-1510**



# Senior Community Center Notes

a.m. A \$2 donation is suggested for those 60 and older... On Mondays, we enjoy Pokeno... On Wednesdays and Fridays, bingo is called following lunch... On Dec. 5, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. Always a fun way to start the day and a crowd favorite!... On Dec. 10, get into the holiday spirit as **Bobby Shawn** entertains us with Christmas music and classic favorites from 11:30 a.m. to 1 p.m. You won't want to miss this festive performance filled with great tunes and great company... On Dec. 19 at 11 a.m., **Marybeth** will conduct blood pressure screenings. It's a great way to check in on your health before the holidays... Come

celebrate the season with good friends, good food and plenty of fun!...

## DONORA

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

### -Calvalier LaRue

... The weather outside may be frightful, but here at the Center it's delightful. The holiday season is in full swing and injecting a dose of festive cheer into your life can help boost morale and create a sense of community. The holidays are often a time to remember childhood memories and traditions. It may be putting up decorations, visiting with family, or preparing a favorite holiday dish... This month we will host an ugly sweater contest.

Come and enjoy some great conversation and company while wearing a festive sweater to be entered into the drawing. At the end of the month, a name will be drawn, and a winner will receive a wonderful prize! We can't wait to see you all!... On Mondays and Wednesdays, bingo is called at 12:30 p.m.... On Tuesdays, Wii bowling fun starts at 1 p.m.... On Thursdays, Pokeno is played starting at 1:00 p.m.... On Fridays, we offer board games, cards and puzzles... **Colette** from UPMC will host a four-part workshop on healthy aging starting on Dec. 17. You don't want to miss this... On Dec. 22, we will host our annual Christmas Party from 11 a.m. to 12:30 p.m.

Live entertainment will be sponsored by Community Life, so come rock out with **Brother Jeep**. The is a free event for members and \$3 for non-members. An after party special Holiday Bingo will be called. You don't want to miss all the fun... We would like to thank each and every one of you for being a part of our center family... We wish you all a wonderful holiday season!...

## McDONALD/CECIL

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

### -Marlene Wilson

... The holiday season is fast approaching. We are ending a fun year at the center. Come and enjoy many of the activities planned for the upcoming year. We always welcome new members! You will be surprised how friendly we are at our various activities... On Dec. 4 at 10 a.m., we will enjoy a program entitled "Add time to your Life"... On Dec. 9, **Kelly** from Townview will host horseraces at 10:30 a.m.... On Dec. 10, we will hold our monthly meeting at 12 p.m.... On Dec. 11,

**Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m.... On Dec. 16, Snap Bingo will be called at 10:30 a.m.... On Dec. 17, we will enjoy a holiday party. We will enjoy our Christmas luncheon at 11:30 a.m. and we will be entertained by **DJ Johnny Fever** from 12:30 to 2 p.m. If you are planning on attending, please call and reserve your lunch. There will also be a Chance Auction. The winning tickets will be drawn at the luncheon... On Dec. 18, **Hannah** from Premier will conduct blood pressure screenings... Merry Christmas and Happy New Year to all!...

## MIDWAY

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

### -Linda Matchett

... Members continue to meet monthly and enjoy fellowship and laughter at all of our meetings... We will continue to contribute to the McDonald Area Food Bank and are very aware of the need for donations at this time, especially with major holidays approaching... Membership decided to donate to the Fort Cherry

Historical Society to continue the heritage of this area... We look forward to this month's meeting, when we will enjoy a catered dinner and will reminisce with Christmas Carols that have been our favorites throughout the years... Our best wishes to all the Centers as we enjoy this Advent season and the Christmas holiday... Merry Christmas to all!...

## MONONGAHELA

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

### -Mickelina Smith

... We had a great time at our Halloween and Thanksgiving party dinners, so come and join us for our Christmas dinner party on Dec. 19 from 1 to 4 p.m.! It will be a catered dinner with drinks, snacks, games, prizes, and a DJ. The cost will be \$8 to help with expenses... Lunch is served Monday through Friday at 12 p.m. Please call by noon the day before to make your reservations. A \$2 donation is suggested... On Mondays, we enjoy Pokeno from 12:30 to 3:30 p.m.... On Thursdays, bingo is called from 1 to 4 p.m.... On Fridays, we hold Bible study from 10:45 to 11:45 a.m.... We have a hair salon in our center. Hair by **Laurel** is open Wednesdays, Thursdays and Fridays from 8:30 a.m. to 4 p.m.... Our center and the surrounding centers are all in need of volunteers. It takes a couple hours a day and you can help for one to five days a week. Any days you can volunteer will help someone receive a hot meal... Hope to see you soon!... Merry Christmas!...

## AFFORDABLE HOUSING! NOW ACCEPTING APPLICATIONS

for One & Two Bedroom Units

## Fairchance Senior Housing

Two Bedroom Units + Market Units

55 & Older

Rent includes water, sewage & trash

Section 8 Vouchers Accepted

Applications Available at:  
Fairchance Senior Housing Office

120 Fair Street

Fairchance, PA 15436

Please call 724-564-8016



# Senior Community Center Notes

Recreation Center. 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 Peter's Township Parks and Recreation Department. Pre-registration is required by the Monday before the event or until full. Luncheons will be held on Dec. 10, Jan. 14 and Feb. 11... On Jan. 17 from 10 to 11:30 a.m., learn the ins and outs of all the popular social media apps today from Facebook, Instagram, Pinterest, Twitter and more! Bring your cell phone, tablet, or computer to try them out. The cost is \$5 for member and \$8 for

non-members. Register by Jan. 27...

## RIVERSIDE PLACE

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

### -Alexis Lovas

... December already! You know what that means, Christmas and New Year's Eve celebrations... On Dec. 12, we will enjoy a party with **Bobby Shawn** entertaining us with Christmas carols and more. We will enjoy raviolis and all that goes along with them. The cost is \$10. Sign up early!... On Dec. 19, **Colette** will be making her delicious subs. The cost is \$7. Please sign up to order yours!... On Dec. 15, we will take a trip to the mall so you can do some last-minute shopping. Keep in touch for

more details... On Mondays and Wednesdays, come and dance Zumba with us... On Tuesdays, the card game Golf is played... On Wednesdays, Big Bingo is called... On Thursdays, we enjoy craft day... Come in and join in all the fun... We wish you a very Merry Christmas and a happy, healthy and peaceful New Year...

## VENETIA COMMUNITY CENTER

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

### -Shawn Arent

... Welcome December! May this month bring you joy, warmth and an abundance of festive cheer. Enjoy the magic of the season... We will only meet once this month

due to the holiday... On Dec. 11, we will enjoy a delicious turkey lunch and Grocery Bingo... Our doors open at 11 a.m. and lunch is served at 12 p.m. Our planned activity will start at 12:30 p.m.... Anyone 60 and over is welcome to come and join us... For more information or to make a lunch reservation/cancellation, please call 724-228-6996. Reservations should be made no later than two days before the meal date... We look forward to seeing you...

## WASHINGTON

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

### -Amy Mieczkowski

... Welcome December! Be merry and bright!... The Board of Directors meeting will be held on Dec. 2 at 9:30 a.m.... On Dec. 3, we will enjoy live entertainment with **Jeff Huseman** starting at 12:15 p.m.... On Dec. 10, come and relax for our monthly movie matinee of "Elf" starring Will Ferrell,

Word Search Answers from page 12																									
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James Caan, and Bob Ne-whart... On Dec. 17, dine with us at our Christmas Lunch at 11 a.m. Please call **Amy** at 724-222-8566 for reservations... On Dec. 31, join us for a New Year's Eve Celebration at 12:15 p.m.... 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.



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"Rolling the dice"  
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724-489-8080, ext. 4438



This project was supported, in part by grant number 22019AMAA-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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.





VOLUNTEERING  
IS A WORK  
OF HEART

## MAKING SPIRITS BRIGHT

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60% of nursing home residents  
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