Volume 51 Number 11 November 2025

# SEMOR 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

November 2025 Senior Times November 2025 Senior Times Page 2

#### SENIOR TIMES REVIEW BOARD

**Fayette County** Carolyn Capozza

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

Mon Valley Linda Pankiewicz

**Washington Count** 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: Iudi Dubs

Opinions or ideas expressed through "Letters to the Editor," guest columns, are not necessa hose of the editorial staff or the Senio Times, nor does advertising in the the Senior Times, or the Southwest Pennsylvania Area Agency on Aging nc. The Senior Times reserves the right to decline an advertisement

Editorial and advertising copy ermission from the Southweste nsylvania Area Agencyon Aging, In

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.

blication designed to bring you new bout information on services available swpa-aaa.org. If you would like to receive it, at no charge, via email, send your contact information to seniortimes@swpa-aaa.org.

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

www.swpa-aaa.org

### The Property Tax/Rent Rebate Application Deadline: December 31, 2025

and disabled Pennsylvanians Half of the Social Security application, visit https:// (724) 430-4603 to apply for rebates on rent income is excluded. Property <u>www.revenue.pa.gov/Form-</u> AAA Greene County: and property taxes paid in tax/rent rebate application sandPublications/Formsfo-2024 has been extended to forms and assistance are rIndividuals/PTRR/Pages/ December 31, 2025. The re- available at no cost through <u>default.aspx</u># bate program benefits eligithe Department of Revenue,  $ble\ Pennsylvanians\ who\ are\quad the\ Southwestern\ Pennsylva-\quad more\ information,\ call\ the\quad \textbf{AAA}\ \textbf{Administrative}$ aged 65 and older; widows nia Area Agency on Aging Property Tax/Rent Rebate Office: and widowers age 50 and (SWPA AAA) and state legolder; and people with dis- islators' offices. abilities aged 18 and older.

For more information Property Tax/Rent Rebate The maximum income on the program, visit www. Program: limit is \$46,520 to receive <u>revenue.pa.gov/ptrr</u>. To 1-888-222-9190

The deadline for older a maximum rebate of \$380. download or request an AAA Fayette County:

For assistance, or for Program or any SWPA AAA 1-888-300-2704 county office:

### Important LIHEAP Announcement

Once the federal shut-

Due to the federal gov- down ends and DHS re- companies also offer utilernment shutdown, Penn- ceives the funding needed ity assistance programs sylvania must delay the to begin the LIHEAP seaopening of the 2025-26 son, DHS will start ac-Low-Income Home En- cepting LIHEAP applicaergy Assistance Program tions. DHS will continue (LIHEAP) season by one to process already-received month, until December 3, preseason applications for 2025, because the Depart- LIHEAP and other benefits ment of Human Services during the shutdown. In (DHS) has not yet received both cases, payments are on its federal allocation for hold until federal funding cal help is also available by 2025-2026 LIHEAP funds. is released to Pennsylvania.

for qualifying customers, and these programs are available in addition to LIHEAP. For immediate needs during the shutdown, Pennsylvanians can use PA Navigate *pa-navigate.org*/ to help find resources. Localling 211 or visiting www. Many electric and gas *pa211.org*.

### 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 \$25 are recognized as "DONORS." Those and paying tribute to their loved ones. Your who generously give between \$26 and \$49 generous contributions make this monthly receive "PATRONS" status. And individupublication possible.

support our mission to provide quality information to older adults in southwestern Pa. are acknowledged in this space, unless anonymity is requested.

als who donate \$50 or more are recognized The names of all contributors who as "SPONSORS" of the Senior Times.

> Patron James Bartkowiak

We regret that a duplicate photo was printed on p.5 of the October 2025 issue. A corrected copy of the issue can be found on our website at www.swpa-aaa.org

Those who make donations of up to

Inank You The official registration and financial information of the Southwestern PA Area Agency on Aging, Inc., may be obtained from the Pennsylvania Depart-

#### FARMER'S ALMANAC NOVEMBER 2025

Temp. 44° (1° below avg.); precip. 2.5" (0.5" below avg.). 1-5 Showers, then sunny east; sunny west; warm, then colder. 6-11 Rain, heavy east; milder, then colder. 12-18 Sunny, then showers; chilly. 19-24 Rain, then sunny; warmer. 20-30 Isolated showers; chilly, then warm.

#### NOTICE OF PUBLIC MEETINGS

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

November 20

(724) 852-1510

(724) 228-7080

**AAA Washington County:** 

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.

# 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
Vame	
Address	
	Zip
Email	
May we print your name as a donor?YesNo	Are you a member of a senior center? YesNo
TI	

ment of State Bureau of Charitable Organizations by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

### Important SNAP Changes Coming This Fall

Stephen O'Brion Advocacy Coordinator

Starting this fall, federal changes to Disability Insurance (SSDI). the Supplemental Nutrition Assistance vour benefits.

to document work will expand to include for a sick loved one in your household, primary caregivers of children ages 14- being pregnant, and others that need to 18 and older adults ages 54-64. The new be reported on the screening form but are groups will now be required to document accepted as self-reported exemptions and one of the following: 1) 20 hours per week do not need additional documentation. of paid or volunteer work, 2) enrollment It is important to return the completed in an approved education or training pro-screening form and all supporting docugram, or 3) a qualifying exemption from ments to your County Assistance Office

Important note: if you're aged 65 or older, these new rules do not apply to you. information about how these new changes You are automatically exempt and do not will impact you, contact your local County need to do anything to keep your SNAP Assistance Office or call the Department

you know, there are several ways to remain sources in your community, call the Food eligible and keep your benefits. First, Bank's Community Connections team at complete the Screening Form Checklist 833-822-7627 or visit our Get Help page (CM558) to determine if you are currently at *pittsburghfoodbank.org/gethelp*. If you complying with the rule changes or qualify are 60 or older, the Southwestern Pennsylfor an exemption. Several populations will vania Area Agency on Aging Intake and receive an automatic exemption, including Assistance department (1-800-734-9603) children under 18, adults over 64, parents can also connect you with local resources.

who have a child under 14 in their household, and adults receiving Supplemental Greater Pittsburgh Community Food Bank Security Income (SSI) or Social Security Depending on your situation, many

Program (SNAP, formerly known as food individuals will need to gather proof to stamps) are going into effect. The program, include with their completed form. Rewhich helps almost two million Penn- cipients complying with the new rules by sylvanians afford groceries each month, working at least 20 hours per week will is an essential resource for many older need to provide recent pay stubs or other adults and seniors to remain healthy and evidence of work, such as a letter from an independent. It is important to understand employer. Individuals with a health condithe changes taking place, who are affected, tion that limits their ability to work should and what steps you can take to protect ask their medical provider to complete the Medical Exemption Form (PA 1921). As of November 1, 2025, requirements There are some exemptions such as caring (CAO) as soon as possible. If you have questions or need more

of Human Services' Customer Service If the new rules impact you or someone Center at 877-395-8930. To find food re-

### SNAP Benefits Delay

Starting October 16, SNAP benefits will not be paid until the federal gov- please remember that you are still rewhen to expect SNAP payments.

tance, call 211 or visit www.feedingpa. report their work, schooling, or volunteer org or pa-navigate.org/

ernment shutdown ends and funds are sponsible for completing renewals and released to PA. The Pennsylvania De- reporting any changes to your income, partment of Human Services (DHS) will contact information, or the people livnotify SNAP recipients when payments ing in your home during the shutdown. can resume, and DHS will let you know SNAP recipients should also remember changes mandated by the federal govern-If you need immediate food assis- ment that will take effect November 1 and participation to DHS.

Reminder: If you are receiving SNAP,



Page 3

#### 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

### Q: When should someone experiencing joint pain seek

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

#### 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.

### **IMPORTANT SNAP SCAM INFORMATION:**

SNAP clients are receiving calls from the numbers listed below saying that their benefits are on hold until they verify their eligibility and asking that they call and provide their PIN. This is a SCAM.

1-888-239-7710

1-888-272-8720

1-888-737-6551

DHS will never ask for personal information in an unsolicited text message, email, or phone

Please report any texts or calls about DHS benefits that seem suspicious by calling the DHS fraud tip line at 1-844-DHS-TIPS (1-844-347-8477).

FACT

Fayette Area

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

#### **Our Programs:**

- Daily Fixed Route Services in Uniontown, Brownsville, Connellsville, Masontowr 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.

### **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 intercomcontrolled access entry door.

**APPLICATIONS AVAILABLE AT:** 

**Confer Vista Apartments** 98 Confer Vista Drive **Uniontown PA 15401** 

Please call 724.437.8659



cery prices are on the rise. Food Bank detailed below Dash is not an option in vidualized solutions can Many people are strug- for more information gling to make ends meet Community Food Panand to keep healthy food tries on the table. Most communities offer help for those to supplement your home programs/ with limited incomes pantry such as going to Greene County through neighborhood your local community food pantries.

#### Senior Food Boxes

Box Program, available works with more than 850 through Hunger-Free partners across 11 coun-PA, works to improve the ties. In addition to suphealth of low-income per- porting local food bank sons at least 60 years of age, sites, they also sponsor who are at or below 130 local drive-up and walkpercent of the U.S. poverty in distributions, which level, by supplementing provide 30-50 lbs. of food. their diets with nutritious Distribution sites are avail-USDA Foods. Food pack- able at https://pittsburghages include a variety of foodbank.org/find-food/ foods, such as nonfat dry get-help/ and ultra-high-tempera- Fayette County ture fluid milk, juice, farina, oats, ready-to-eat Community Action Agencereal, rice, pasta, peanut cy (FCCAA) Food Bank butter, canned and dry is Fayette County's desigbeans, canned meat, poul- nated warehouse for the try, or fish, cheese, and collection and storage of canned fruits, vegetables, food for individuals in

800-468-2433, or email through a network of vol-RA-fooddist@pa.gov, to unteer food pantries, conbe directed to the regional gregate feeding sites, and food bank distributing soup kitchens. FCCAA the Senior Food Box in Food Bank programs intheir county of residence. clude emergency food as-In 2021, Hunger-Free PA sistance for anyone who areas and to seniors aged cepted Monday, Wednesand Feeding Pennsylva- is in need, the PA Senior 60+. They are the lead day, and Friday from 9:30 nia partnered with Door- Food Box Program, and agency for the Senior Food a.m. until 3 p.m. For more Dash to increase aware- the Weekend Snack Pack Box program in Washing- information, please call ness about enrollment and Program, which provides ton and Greene Counties. 412-566-7300. eligibility. This option may children with a backpack Door Dash is an option

food pantry or food bank.

The Greater Pittsburgh The PA Senior Food Community Food Bank

The Fayette County

need of food assistance. Applicants can call The food is distributed

The Corner Cupboard Food Bank is the only food bank in Greene County, responsible for providing regular monthly food boxes to individuals facing food insecurity in our county. They accomplish this by utilizing a network of pantries throughout the townships of Greene County. At the pantry level, individuals get to interact with their local pantry coordinator and volunteers to receive food

The Corner Cupboard relies on the generosity and support of individuals to continue to meet the needs of their neighbors facing food insecurity. For more information call 724-627-9784 or visit https:// cornercupboard.org/

**Washington County** ton County Food Bank, a division of Food Helpers, provide ID and proof of distributes food in rural not be available in all areas, filled with food to help fill in Washington County nia.nih.gov

Fayette County. For more be created to meet shortinformation call 724-580- term needs. The Commu- term "Aid and Atten-

org/home/about-us/

you obtain food if in need. One example is the Christian-based Finleyville Food Pantry, located at 406 Chess St., Monongahela. This private organization, operating exclusively through donations, offers a weekly Saturday distribution from 9 a.m. to noon, for any Washington County resident who does The Greater Washing- NOT attend another food pantry. Those in need must income. Donations are ac-

Source https://www.

When you hear the

7001 or visit https://fccaa. nity Outreach Program dance," it's important to There are many ways org/programs/food-bank- serves 6 community sites know that this is not a monthly using their Truck standalone VA program. to Trunk model, which Instead, it is an additional brings food directly to financial benefit that can the rural areas, providing be added to a veteran's exconvenience and the safest isting VA pension or serfood handling procedures. vice-connected disability The program partners with compensation. To qualify, local groups to provide the a veteran must already be freshest, most nutritious receiving a VA pension or produce and food prod- have a service-connected ucts. For more informa- disability. Eligibility for tion, call 724-632-2190, or pension is determined by visit https://foodhelpers. income, net worth, and documented out-of-pocket medical expenses, in There may be other addition to service during may be available to help vidual holding a sign on a alternative sites within a recognized wartime pe- offset care costs. It's im- street corner or intersecyour community to help riod. Many families begin portant not to confuse Aid tion identifying themselves asking about Aid and At- and Attendance with VA as a veteran-in-need elicits

an has a service-connected understanding these disdisability rating of 30% or tinctions can help ensure higher, and their spouse you receive the benefits requires Aid and Atten- and support you've earned. dance—whether in-home Helping Homeless Vetor in a care facility—ad- erans: Step One ditional compensation tendance when a veteran Home Healthcare, which a spectrum of responses.

or surviving spouse starts are services for the veteran For some, questions arise. recommends calling the ing, mental health and to require long-term care. only managed through the Is this person a veteran, VA National Call Center Still, it's critical first to primary care provider at ensure eligibility for the a VA medical center. For those navigating the com-In cases where a veter- plexities of long-term care,

Encountering an indi-

### Washington County Veteran Affairs







or are they fraudulently for Homeless Veterans at and more.

trying to engender more (877) 424-3838. When



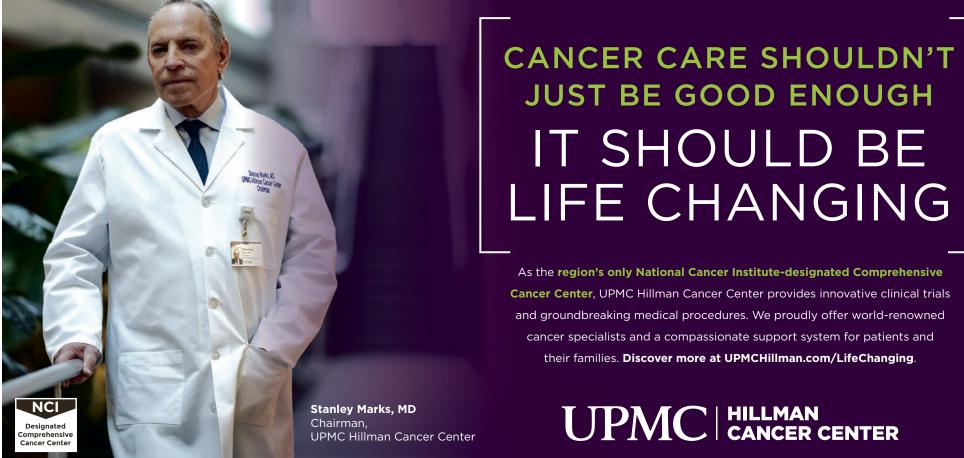
vidual's veteran status and connect them with any available VA or community resources in that area This can include housing, food, employment, train substance abuse treatment

who can verify the indi-

Page 5

If you have any quessympathy? Assuming they you call this number and tions, don't hesitate to call are a veteran, aren't there provide the location, the Michael Pierce, Director, resources already in place VA can send outreach Washington County Veter to help them? The VA specialists to the location an Affairs at 724-228-6926.







Page 6 November 2025 Senior Times November 2025 Senior Times

## Medicare FY I

### PA MEDI is here to help you with Annual Open Enrollment

continues through Dec. 7th. This is the PA MEDI can help with: time of the year to review your Medicare Advantage Plan or Part D Plan. Pennsylvania Medicare Education and Decision Insight, PA MEDI, is available to answer any Medicare questions and assist you during the Annual Open (Medigap) Enrollment period.

biased health insurance counseling to needs and budget Medicare-eligible individuals, their families, and caregivers. PA MEDI staff care and benefits. PA MEDI is not 724-489-8080, ext. 4438.

The Medicare Annual Open En- affiliated with any insurance agency or rollment period began Oct. 15th and brokers. The counseling service is free.

- ment questions
  - Medicare Advantage Plans
  - Medicare Part D
- Medicare Supplement Insurance
- Comparing plans to determine PA MEDI provides accurate, un- the best insurance for your healthcare
  - Medicare appeals

PA MEDI counselors are always and counselors assist beneficiaries in available to assist with any Medicare making informed decisions that optiquestions. If you have questions about mize cost-savings and access to health Medicare, please contact PA MEDI at



Don't wait weeks for a Mammogram. It's too important to put off.

> **Centerville Clinics has same-day** and next-day appointments at our

## MAMMOGRAPHY DEPARTMENT

**Convenient appointments** are available now

For more information, visit centervilleclinics.com



### **CENTERVILLE CLINICS**

Affordable, High-Quality Healthcare

- Medicare eligibility and enroll-



### February 1. **How the scam** works

at the YABLONSKI MEMORIAL CLINIC

CALL 724-632-6801







### **BBB Scam Alert: Beware of health** care cons during open enrollment

nately, scammers see this was a scam." open enrollment period as a chance to trick people these callers allege they is against Medicare rules. out of money and personal can enroll you in a better information. Open enroll-plan than what you currently ment for Medicare runs have, according to Scam from October 15 through Tracker reports. This new December 7 (Medicare). Medicare Advantage open enrollment is from January To get started, all you need 1 to March 31. or within to do is provide some perthree months of getting sonal information, such as Medicare. Heathcare.gov open enrollment begins November 1; December 15 is the last day to enroll or change plans for coverage starting January 1, and enroll for coverage starting

pretending to be from Medi-

care. In a recent report, one

person shared, "They called

to have me sign up for a new

Medicare card. I declined.

They have been persistent

in their calls to me and my

target reported that a caller

pretended to be an agent

"asking if I got a new up-

dated Medicare card in the

mail. He then verified my

name and mailing address.

Then he wanted me to get

card. When he asked me to

read my card number, I told

In another report, the

No matter how good the deal sounds and how convincing the caller seems, January 15 is the last day to don't do it! The call is a scam, and sharing personal information will expose you to identity theft.

plan is cheaper, and you can

keep all the same services.

your Medicare ID number

and your Social Security

number.

#### Tips to avoid BBB Scam Tracker freopen enrollment quently receives reports of scam calls and texts

scams Selecting a health insurance plan can be challenging and complex. Be on the lookout for common red flags

 Be wary of anyone who contacts you out of the blue. Healthcare.gov and Medicare provide legitters — cannot charge for their support. If someone 800-318-2596. asks you for payment, it's a the lower right side of the They will not call you first.

and "health screenings." through a text message and special deals. Never sign up scams. shared the following: "I re- with a broker who offers you ceived a text saying that my an expensive sign-up gift bbb.org

If you are adding or health benefits were about in exchange for providing changing your Medicare or to expire and I needed to your Medicare ID number or Healthcare.gov coverage call the number to renew. additional personally idenduring open enrollment, Then, the representative tifiable information. Other watch out for unsolicited told me I had to pay and times, brokers offer free calls claiming to "help" you my bank had to verify with "health screenings" to weed find the best deal. Unfortu- them...That's when I knew it out people who are less healthy. This technique is If you stay on the line, called "cherry picking" and

- Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don't know.
- Go directly to official websites. If you want to make changes to your healthcare plan, go directly to Medicare.gov, Health care.gov, or your employer's health insurance provider. Don't click on links in suspicious messages.
- Contact your employer directly. If you receive an unexpected email about benefits policies, ask your employer about it before you click on anything to make sure it's legitimate.

#### For more information:

If you are unsure whether a call or offer is from Medicare or you gave your personal information to someone claiming to be with Medicare, cal 1-800-MEDICARE to report imate help for determining it. If you suspect fraud when which plan is right for you. signing up for ACA cover-These people — sometimes age, go to HealthCare.gov called Navigators or Assis- or call the Health Insurance Marketplace call center at

Get more tips from BBB my old card and read off info scam. You will also need to on avoiding healthcare to him, such as the date on contact them on your own. scams and learn the signs of impostor scams. If you've • Be wary of free gifts been the victim of a scam, please report it to BBB.org/ Keep a healthy level of skep- <u>ScamTracker</u>. Sharing your Another consumer ticism any time a broker of-experience can help others reported being targeted fers you free gifts or other avoid falling victim to similar

Source: https://www.

### Your Financial Future

Gary W Boatman MBA, CFP

by the government showed should transfer all of her billion—a 33% increase from did not make sense. 2023. In reality, many don't much higher.

it from happening again. In

reality, they would use the in-

formation to do more harm.

Do not respond or click on

delete the e-mail, check your

bank statements and check

directly with the retailer if

you made a similar purchase.

Local financial institutions

tell me all the time that they

have clients coming in with

suspicious checks or making

large, unusual withdrawals

who they try to warn of the

there was an 85-year-old

woman stuffing tens of thou-

sands of dollars into a crypto

machine at a gas station. For-

On television recently,

potential dangers.

What you should do is

these emails.

Almost every week I re- show your bank or govern- carry them or your SS card in ceive a suspicious email try- ment agencies name. AI can your wallet or purse. If they ing to steal my information. make things look very realis- are lost or stolen, thieves have Over the last few years, I tic. When in doubt call your your valuable information. have been thanked for purinstitution directly at a tele- It is also important for your chasing probably 100 new phone number that you look heirs to know where you keep smart phones. I am told that up and not one the potential passwords in event of death. if there is a problem with scammer gives you. The govthe order, to contact them, ernment or your bank will your own identity security. If often their fraud department. not contact you by e-mail or you have to make a decision While I did not purchase any text. When you click on them, that you are not sure about, of these phones that they are you may be infecting your contact a trusted child or describing, I deleted their computer or other electronic other person or contact your emails warning, immediately. device. They know I did not make the purchase; they are phish- sure you have strong anti-vi- documents with sensitive ing for my information. If I rus software installed on all information. Taking steps contacted them, they would of your devices. Never give before an incident can save

politely apologize and ask for your Social Security number a lot of work and frustration bank and other info to keep to someone who calls you. afterwards.

tunately, someone stopped The government, banks and her before she hit the final insurance companies already Identity theft is a grow-send button and lost her life know your number. If you ing problem in the country savings. She had been conmake the call, then you may and Western Pennsylvania. tacted by someone saying have to provide it to prove A report released in April, they were her bank, and she who you are. Be careful with pass-859,532 complaints of sus- funds to this machine. When words. Too many people have pected internet crime, with asking why she was taking only one that they use for ev-

reported losses exceeding \$16 this action, she admitted it erything. While this is easier, Modern technology use a password manager or report, and losses are likely makes it easy for scammers keep them written down in a to fool you. Caller ID may secure place at home. Do not

it is also dangerous. Securely

You are responsible for financial institution direct-To protect yourself, make ly. Remember to shred any

# **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

# **Orthopedics**

In Medicine

Motion

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.

We Restore

Page 7

**WVU**Medicine.org/Uniontown



### 2025 Washington County Senior Expo

The 2025 Washington County Senior Expo was a great success, drawing strong attendance and enthusiastic participation from many organizations that provided valuable information and resources for the older adult community. We extend our sincere thanks to all of the sponsors, vendors, and staff who made this event possible. Attendees enjoyed delicious food, lively entertainment, and exciting prize giveaways!



### We'll Help You Up and Down Stairs

Think that online sweetheart is the real deal?

Think again.

Thousands of seniors have been tricked by

scammers pretending to be loving partners.

Behind those sweet messages could be a

team of fraudsters sitting at computers, not a

caring companion.

Protect your heart — and your wallet.

Call for an appointment

724-437-4700



Sheryl R. Heid,

Attorney at Law

• Free estimates

Call for a free brochure 275 Curry Hollow Road

Straight and Curve Stairlifts

Pittsburgh, Pa. 15236 412) 653-6450 • 1-800-288-5625

New and Used models

BARRIER FREE STAIRLIFTS

### Tips for older adults to drive safely

Maybe you already driving on busy highways, while driving. for example. Consider these choices about driving:

- risk hurting yourself or ly in your line of vision.
- Consider your car. If stressed or tired. possible, drive a car with automatic transmission, pow- ample space between your er steering, power brakes, car and the car in front of and large mirrors. Newer you and start braking early cars come equipped with when you need to stop. backup cameras, which can make parking and backing Avoid heavy traffic areas up easier, as well as other or rush-hour driving when sensors that can alert a you can. driver to a nearby object or

- Take care of your eyes quires few or no left turns. rehabilitation specialist,
- tips to help you make safe times of day. Cut back on or stop driving at night if you • Talk with your doctor. have trouble seeing in the If you have any concerns dark. Try to avoid driving it hard for anyone to drive. about your health and driv- during sunrise and sunset, Try to wait until the weathing, see your doctor. Don't when the sun can be direct-
- Check in with your-• Be physically active. self. Don't drive if you feel This will help you keep and lightheaded or drowsy. Be even improve your strength sure to check any warnings and flexibility, which may on your medications. Try to help your driving abilities. avoid driving when you are
  - Don't crowd. Leave
  - Plan your timing.
- Plan your route. Drive vehicle before an accident on streets you know and find a way to go that re-

know that driving at night and ears. Always wear your Choose a route that avoids occupational therapist, or • Avoid driving certain fic moves more slowly.

- When in doubt, don't go out. Bad weather, such as er is better, or use buses, taxis, ridesharing services, or other alternatives.
- Wear seat belts. Always wear your seat belt and make sure your passengers wear theirs, too.
- Limit distractions. Eating, adjusting the radio, or chatting can all be distracting. If you use your cellphone while driving (for navigation, for example), use it hands-free and use voice activation when possible. Never type on your phone while driving.
- Use window defrosters. These will help keep windows and windshields

### your driving skills

improved? Consider the nearby resource. following:

or in rainy weather is a glasses or contact lenses highways or other high- other trained professional. problem for you. Some old- if you need them to see speed roadways. If you The American Occupaer drivers also have prob- clearly. If you use hearing must drive on a fast-mov- tional Therapy Association lems with certain routes or aids, be sure to wear them ing highway, drive in the maintains a national dataright-hand lane, where traf- base of driving specialists, or you can ask your state's Department of Motor Vehicles or your doctor to rain, ice, or snow, can make recommend someone who can test your driving skills. Note that there may be fees associated with these types

- The American Automobile Association's (AAA) RoadWise Driver Course is designed to help older adults adjust to age-related physical changes to extend their safe driving career.
- Try an online self-assessment, such as this one from the National Highway Traffic Safety Administration (NHTSA), to gauge vour abilities.
- · Ask your family and friends for feedback about your driving, including any
- Take a driver safety course. Some car insurance companies may even lower How to check and improve your bill when you complete this type of class. Or-Are you concerned ganizations such as AARP that your driving skills or your car insurance comare declining or could be pany can help you find a

Source: https://www. • Have your driving nia.nih.gov/health/safety/ skills checked by a driving safe-driving-older-adults

### MID MON VALLEY TRANSIT



Serving 21 communities in Washington, Westmoreland, Fayette and parts of Allegheny counties into downtown Pittsburgh

**65 or Older RIDE FREE Any Route, Any Time** 

1300 McKean Avenue, Charleroi, PA 15022 724-489-0880 • www.MMVTA.com

Recipe of the month



Using low-fat milk instead of cream lowers the saturated fat content in this



Ingredients

- 1 Tbsp vegetable oil
- 2 Tbsp finely diced celery
- 2 Tbsp finely diced onion
- 2 Tbsp finely diced green pepper
- 1 package (10 oz) frozen whole-kernel corn
- 1 C peeled, diced, raw potatoes, cut into ½-inch squares

(iii) Havenside

**Renovations & Remodels** 

**Partner For Life** 

Your Home Improvement

- 1 C water
- ¼ tsp salt
- Ground black pepper, to taste
- ¼ tsp paprika
- 2 C low-fat (1 percent) or skim milk, divided
- 2 Tbsp flour
- 2 Tbsp chopped fresh parsley

6000+

projects in Southwest PA

**Accessibility Upgrades** 

Maintenance & Handyman

412.286.2206

Call us at

Directions

Heat oil in a medium-sized sauté pan.

Add celery, onion, green pepper and sauté for 2 minutes.

Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil, reduce heat to medium; and cook, covered, for about 10 minutes or until potatoes are tender.

Place ½ cup milk in a jar with a tight-fitting lid. Add flour, close lid, and shake vigorously.

Add mixture gradually to cooked vegetables and then add remaining

Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley

Source: <a href="https://healthyeating.nhlbi.nih.gov/">https://healthyeating.nhlbi.nih.gov/</a>

# AUDIOLOGY

### **Now Offering \$700 Instant Rebate/ Pair off Premium Hearing Package!**













Following a comprehensive hearing evaluation, we invite you to take

our Hearing Aid Test Drive - No Commitment or Deposit Required.



Call 724-222-9010 to schedule your appointment and experience for yourself how hearing well can make a difference in your overall health.





3 Locations Serving the Greater Pittsburgh Area Washington • South Hills • North Hills

### **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

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







Page 10 November 2025 Senior Times November 2025 Senior Times Page 11

# Making a Difference

### Project Snowman's 6th Anniversary

Connections to family, idents of long-term care and quality of life for res- the holidays.

to friends, and to the com-facilities. Sadly, 60 percent the Southwestern Pennsyl-individuals, families, or Wednesday, December know in a long-term care munity are an essential of long-term care residents vania Area Agency on Ag-groups. If you would like 10, 2025. The local Om-setting needs help from the component of good health never have a visitor during ing, Inc.'s Long-Term Care to participate, we ask that budsman will then sort Ombudsman, please visit Ombudsman Program will sponsor the 6th anniversa- guidelines: ry of "Project Snowman," a

GOOD

NIGHT'S SLEEP.

zecliner

port and assistance you need.

724-326-5616

2214 Route 88 DUNLEVY Exit #40 off Interstate 70

**MON VALLEY'S** 

**LARGEST** 

**OF LIFT CHAIRS** 

For this project, Om- for everyone. budspersons in Fayette, Counties are collecting name only. donated holiday cards dents in celebration of the ey for the residents. upcoming holiday sea-

holiday cheer and help res-

the community.

This holiday season, son. Cards can be sent by to the Ombudsman by

- Cards can be homefun, friendly way to spread made or store-bought.
- that will be given to resi-candy, food, gifts, or mon-the public with one-on-

you follow these simple and deliver the cards to the Southwestern Pennresidents. Term Care Ombudsman www.swpa-aaa.org or call

• Greetings and mes- Program has long been the Ombudsman closest idents to feel connected to sages should be general so a champion of residents' to you: that they are appropriate rights. The program provides information on how • When you sign the to find a facility, conducts Greene, and Washington card, please put your first community education sessions, and supports resi- Washington County: • Please do not send dents, their families, and one consultation regarding Please mail all cards long-term care.

If you or someone you sylvania Area Agency on The National Long- Aging's website at http://

#### **Fayette and Greene County:**

1-855-450-2274

1-844-507-8898

All Ombudsman services are confidential and free!

## 2025 PEER Bingo at Kadima Rehabilitation and Nursing at Washington

PEERS - Pennsylvania Empowered Expert Residents and with an overall goal to raise awareness and provide residing at Kadima Rehabilitation and Nursing at Wash- education about dignity and the rights of residents. This ington participated in an Annual Resident Rights Bingo year's theme was "Stand with Me". PEERS are invited to of the Long-Term Care Ombudsman Program. Resident cially trained Long Term Care residents who assist the Rights month is observed annually in October to cele- local Ombudsman in their mission of Advocating for all brate residents residing in Long Term Care Communities, Residents in Long Term Care Communities.





### The Importance of Caregivers During National Family Caregivers Month

of individuals whose dedication and selflessness form the quiet backbone of our communities: caregivers. provides paid family leave, tax credits, and respite ser-National Family Caregivers Month is a time to hon-vices for caregivers. or the millions of people including spouses, parents, children, friends, and neighbors who provide essential like to take the opportunity to express gratitude and care for loved ones facing chronic illness, disability, or show appreciation to all of the family caregivers in aging-related challenges.

They provide the day-to-day emotional and physical of life and dignity in familiar surroundings. According Assistance Department at 1-800-734-9603. to the AARP, more than 63 million Americans serve as unpaid caregivers. They manage medications, cooring: <a href="https://www.aarp.org">https://www.aarp.org</a> dinate appointments, handle finances, and assist with basic needs like bathing, dressing, and eating--often while balancing jobs, families, and personal responsibilities. Their contribution saves the healthcare system billions of dollars each year and fills a critical gap that formal systems cannot.

Caregiving is a profound act of love, but it is not without cost. Many caregivers experience chronic stress, burnout, depression, and physical health issues due to that was provided virtually by the Pennsylvania Office attend this fun and educational event, as they are spe- the constant demands of their role. It's common for caregivers to put their own health and needs last, leading to long-term consequences that often go unnoticed.

National Family Caregivers Month is more than a celebration—it's a chance to shine a light on the vital role caregivers play in our society. Let us use this month not only to express our gratitude but to advocate for systems that care for those who care for others; because when we support caregivers, we strengthen families, communities, and the fabric of our nation.

#### How You Can Support a Caregiver

- Offer practical help: Whether it's cooking a meal, running errands, or sitting with their loved one for a few hours, small acts of service can provide much-needed
- Listen and validate: Sometimes, what a caregiver needs most is someone to talk to without judgment or
- Encourage self-care: Remind caregivers that

Every November, we pause to recognize a group caring for themselves is not a luxury—it's a necessity.

• Advocate for policies: Support legislation that

During this month of celebrating caregivers, we'd Fayette counties, especially those in our Caregiver While doctors, nurses, and other healthcare profes- Support Program. We hope to bring awareness for a sionals are rightfully celebrated for their expertise and program designed to provide resources, support and compassion, caregivers often work behind the scenes. education for caregivers in our area. If you'd like to make a referral or have questions about the Caregiver support that enables those in need to maintain quality Support Program, please contact the Information and

Source: Caregiving Crisis in America Keeps Grow-



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





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

**NOVEMBER** FROM 1 **TO 2 PM** 

#### **MON VALLEY**

**SPHS Board Room** 300 Chamber Plaza, Charleroi, PA 15022

MONDAY **NOVEMBER** FROM 1 **TO 2 PM** 

#### **PARKINSON'S**

**Abundant Life Church** 1239 Brownfield Rd. Uniontown, PA 15401

**NOVEMBER** FROM 1

### **GRANDPARENTS**

**SPHS Board Room** 300 Chamber Plaza, Charleroi, PA 15022 **NOVEMBER** 

**TO 2 PM** 

#### WASHINGTON

First Christian Church **Gathering Room** 615 East Beau St. Washington, PA 15301 DECEMBER FROM 1

We hope to see you there!

TO 11:30 AM

November 2025 Senior Times November 2025 Senior Times



Sandwich Day: lunch in a rush! A whole meal carried in one hand. Named for John Montagu, the 4th Earl of Sandwich. Find these most popular types and fillings. It will make you hungry for sure!

BAGEL			CLUB				НС	HOAGIE				QUESADILLA			
BANH MI			CU	CUBAN			НС	HOT TURKEY				RACHEL			
BLT			EG	EGG SALAD				LOBSTER ROLL				RUEBEN			
BOLOGNA			FALAFEL PITA				M	MONTE CRISTO				ROAST BEEF			
BURGERS			FR	FRENCH DIP				PANINI				SUB			
CAPRESE			GR	GRILLED			PB	PB AND J				TUNA			
CHEESESTEAK				CHEESE			PII	PINWHEEL				WRAP			
CHICKEN			НАМ			PC	PO' BOY								
М	0	N	Т	E	С	R	1	S	Т	0	L	Ε	G	A	В
0	P	K	A	E	Т	S	E	S	E	E	Н	C	E	L	A
L	0	F	R	Ε	N	C	Н	D	1	P	E	Н	T	Ε	N
0	В	0	Υ	E	K	R	U	Т	T	0	Н	1	S	E	Н
В	0	F	E	Ε	В	T	S	A	0	R	0	C	U	Н	M
S	Υ	P	S	R	E	G	R	U	В	C	A	K	В	W	1
Т	P	Α	R	W	D	A	L	A	S	G	G	E	L	N	В
E	N	N	N	A	N	G	0	L	0	В	1	N	E	1	J
R	Α	1	A	N	U	Т	C	L	U	В	E	S	Н	P	D
R	В	N	A	L	L	1	D	A	S	E	U	Q	C	M	N
0	U	1	F	Α	L	A	F	E	L	Р	I	Т	A	A	Α
L	C	A	Р	R	E	S	E	N	E	В	U	E	R	Н	В
L	S	E	S	E	E	Н	С	D	E	L	L	1	R	G	P

See answers on page 18



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



Page 12

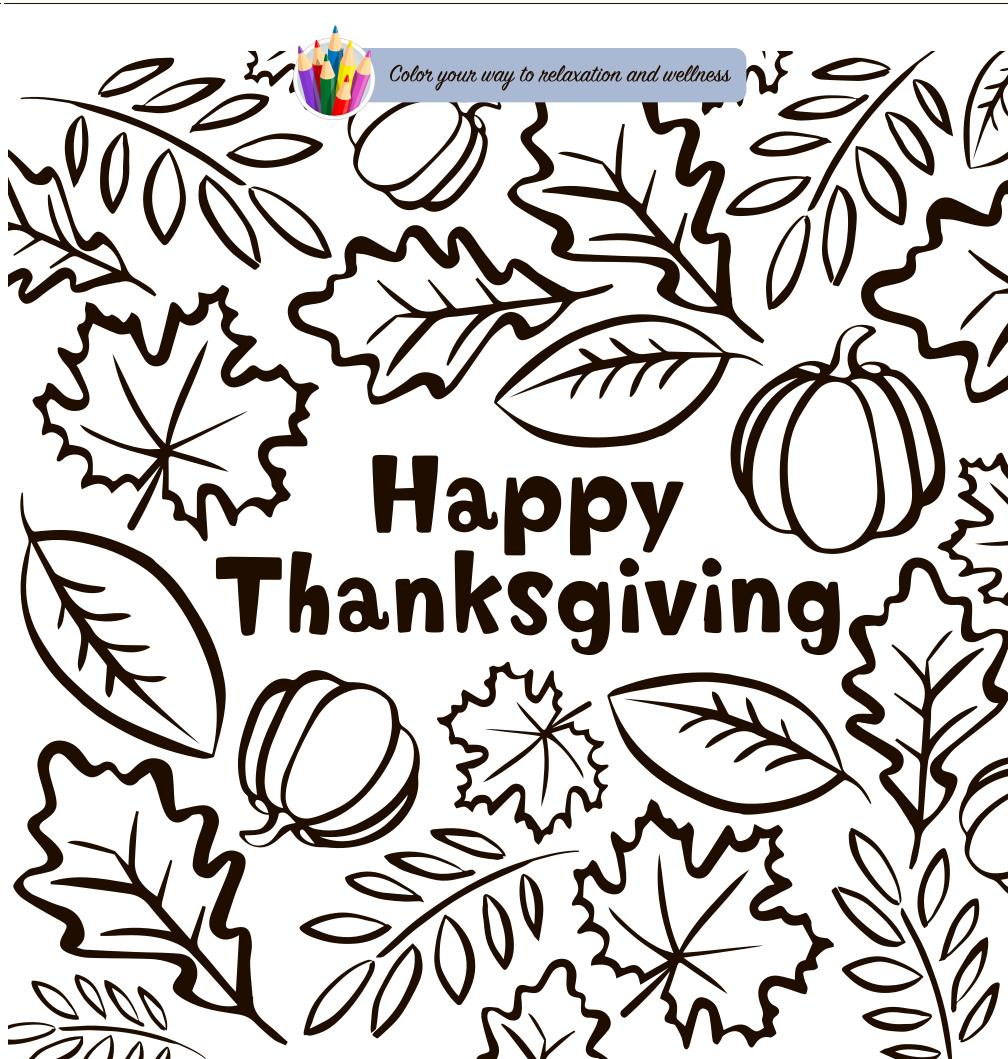




### 25 years of keeping seniors independent in their homes.

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.





Page 13

# Senior Community .... Center Notes

#### **FAYETTE** COUNTY

#### **BROWNFIELD**

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

-Corrine McKnight Happy Thanksgiving... Our center meets on Wednesdays at 10 a.m... Our activities include dartball at 10 a.m., assembling month, we enjoy cake to Center for rental rates... All at 10:30 a.m... On Nov. 20, celebrate birthdays... Hap- members are invited to join Peak Advantage will be at

py November birthdays to us on Funday Fridays for Raymond Rozycki, Frank some fun and relaxation.. Guth, Rod Secrist and Ron- We held our all-you-can-eat ald Guth... Happy November anniversary to Barb and Ravmond Rozvcki...

### **BULLSKIN**

Connellsville, PA 15425 724-887-0655

... On Mondays and Thursjigsaw puzzles and Wii days, lunch is served at bowling... We enjoy lunch- 11:30 a.m. followed by Nickes provided by SWPA Area el Bingo. Please call or arrive host an ice cream social Friday mornings to assem-Agency on Aging... On the by 10:30 a.m. to reserve a from 10 to 11:15 a.m... On ble puzzles, read a book or ly meeting... On the second members. It is free to sign a.m... On Nov. 11, Amedisys lunch... On Wednesdays, and fourth Wednesday of up... We have our pavilion, will present a program at 10 we enjoy our weekly Jam bingo are called... On the halls available to rent for all will be called ... On Nov. 17, your instruments and your

breakfast and bake sale on Nov. 1... On Nov. 3, Grocery Bingo will be called from 10

52 Medsger Road

- Lisa Wilson

**SOUTHWESTERN PENNSYLVANIA** 

**AREA AGENCY ON AGING** 

the Center for our member would like to make an ap- time of year again... A big Birthday Bash at 10 a.m... pointment for another day, thank you to everyone who On Nov. 24, John will enterplease call our beautician came out for our Volunteer tain us with music... Follow Roxi at 724-812-2560... Awards Dinner. We truly us on Facebook at Bullskin One Thursday per month, appreciate all our volunteers Township Senior Center for the Canasta Club plays. and seniors. Your dedicamore information...

#### **CENTER ON THE** HILL

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

-Rick Swanev to 11 a.m... On Nov. 4, we ... Plan your week with fun will hold a Spaghetti Dinner and fellowship... On Monfrom 11 a.m. to 7 p.m. The days, bingo is called at 10 cost is \$12 for adults and a.m. and Euchre is played at \$6 for children under 12. 12:30 p.m. Both are open to Children under 5 eat for everyone, so bring a friend. free... On Nov. 6, Chelsea Stop by and join the fun!... from Peak Advantage will Join us Tuesday through first Wednesday of each lunch... We welcome all Nov. 10, the Rich & Jeff just enjoy a cup of coffee month, we hold our month- seniors over 60 to become Band will perform at 10:30 and fellowship followed by third Wednesday of each events. Please contact the we will enjoy trivia with Joe singing voice and join the group. If you don't play an well, that's ok, come enjoy season... the talent!... 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

Call Darlene Ondrejko tion and support make a at 724-929-7263 for more difference in our commu- Molisee. Happy November tion is suggested... Feel free

### **MASONTOWN**

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

-Laurie Crawford & Donella Blair normal center hours. If you ... Gobble, gobble! It's that

gratitude!...

**MOUNTAIN** 

**CITIZENS** 

Box 105

Farmington, PA 15437

724-329-4260

... Welcome to November

2025 in the beautiful Laurel

Highlands and surrounding

areas... Our center opens on

-Wanda Sherry

### 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



# Senior Community Center Notes

details... Lunch is served nity and we are grateful birthdays to Bonnie Baker, to stop in any weekday for Monday through Friday at for each and every one of Sharon Fazenbaker, Wendy coffee, hot chocolate, trelax 11:30 a.m. We would love to you... November is shaping Fonner, Sandy Goldroz, and read a book, to assembly have you dine in with us. If up to be another fun month Clyde Knapp, Kathy Ma- puzzles, or to make a craft. you are interested in lunch, with our members, and we son, Bea Miller, Alverta All are welcome to join us... please call the Center at hope you'll join us for all Wilburn, and Shirley Wil- On Nov. 10, we will hold a 724-930-8512 the day before the exciting activities we **liams**... On Nov. 6, we will delicious hoagie fundraiser. to make your reservation... have planned. Your partic- have a presentation on the All orders need to be placed Our Thanksgiving Dinner ipation makes these events importance of good nutriby Nov. 3. Please feel to will be held on Nov. 20. even more special. Stay tion... On Nov. 16 from 6 to call the Center at 724-736-Please call the Center for tuned for updates, and let's 9 p.m., we will hold our last 2250... We hope everyone more information... Our make this month memora- bingo fundraiser for this has a great month... Christmas Dinner will be ble together!... A heartfelt year. The kitchen will be held on Dec. 10. Please call thank you to everyone who open for business... On Nov. the Center by Nov. 17 to participated in our Boo 20, we will enjoy music with make your reservation... Basket sale and bake sale John McGuire... On Nov. We hope you will come and last month! Your hard work 25, Chelsea Gregory from support your local senior and support made these Peak Health will present center. It is a great opportu-fundraisers a success, and a program on Medicare... the month, ten games of upstairs and downstairs a.m. and Big Tuesday Bingo Session at 11 a.m. Bring nity for fun and fellowship... we truly appreciate all the Our center has an ongoing We are always looking for effort you put in. Together flea market for members ideas for new activities. Let we're making a positive and guests to shop. You Rick know if you have any impact on our community. never know what treasures instrument or sing very suggestion... Enjoy the fall Thank you once again for you might find at a reayour dedication!... Wishing sonable price... Our center you all a wonderful holiday accepts used batteries for season filled with joy and recycling... We want to encourage anyone to come join our center for fun and fellowship, don't sit at home and be bored or lonely. If you have any questions, you

### can always call our center...

P.O. Box 562

Perryopolis, PA 15473 724-736-2250 Tuesdays and Thursdays at ... Hello November! As the exercise program... On Nov. several of us taking home 9 a.m. and lunch is served weather changes and cools a 13, Bob Hileman assisted some fresh boxes of jello at 11:30 a.m... On Tuesdays bit, stop into our cozy center by Patty Ann Bruchard for some holiday dessert and Thursdays, we enjoy ex- to warm up and enjoy great will conduct blood pressure making later this month... ercises with Virgil and Pam company. All are welcome!... screenings, we will enjoy To those who served in at 9:15 a.m. to get the body On Mondays, stop in for an Elaine's basket raffle and the military, we wish you moving... Also, on Tues- exercise class at 11:30 a.m. Steve will call Crazy Bin- a wonderful Veterans Day. days and Thursdays, bingo with our amazing instruc- go... On Nov. 20, we will cel- We appreciate you!... On is called unless there are tor Shirley... On Mondays, ebrate Thanksgiving hosted Nov. 12, the high school special activities planned... Wednesdays and Fridays, by Charmaine Steve. Take class that tries to visit us On the second Tuesday of bingo is called between 10 some time to reflect on the once a month will be seeach month, we celebrate a.m. to 2 p.m... On Tuesdays blessings in your life and lecting our theme and the members birthdays by dec- and Thursdays, our card thank the folks you love fun activities that come orating a birthday table and club meets around 12:30 and don't forget to thank along with it. They always enjoying birthday cake. This p.m... Lunch is served Mon- God for them... We meet come up with the best ideas.

#### **SMITHFIELD COLONIALS**

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

in full swing and we're lookthose in charge of October's Volunteer Appreciation Dinner. Fifty-six attended the celebration at Caporella's to recognize the effort of our members in their service to others. Thank

### **PERRYOPOLIS**

#### **GREENE** COUNTY

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

for good friends, golden leaves, or just a good laugh, we'd love to see you at the Center... 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, -Janice Woods Wednesday, and Friday, we Happy November! Fall is enjoy playing pool in the mornings... Be sure to call ing forward to another busy 724-491-2011 to reserve month... A big thank you to your lunch the day prior...

#### **JEFFERSON** 190 Washington Street

Jefferson, PA 15344

-Colleen Valosen On Nov. 5, we will hapyou so much for all you do... pily celebrate Wiggle, Jiggle On Nov. 6, we will celebrate Jello Day. They say there anniversaries and birthdays is always room for jello, with cake and ice cream, so let's fill up the welcome take a chance on Louise's table with jello in all shapes 50/50 and then Pam Al- and forms. After tasting derson will help us exercise those yummy offerings, we those calories away with her will play a fall word search -Moira Kirk always entertaining and fun game that would end with

#### **CARMICHAELS**

Spartan strengthens the convenience of Whether you're thankful 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.

### **Specialties Include:**

Ophthalmology (Cataract, Glaucoma, Corneal)

Serving the Mon Valley since 2005, Spartan

- certified, Joint Commission accredited,

Curtain Road in Carroll Township.

Pain Management

Gastroenterology

**Orthopaedics** 

General Surgery

Podiatry

100 Stoops Drive, Ground Floor

Monongahela, PA 15063 724-483-2760 office

724-483-2762 fax

# Health Surgicenter is a freestanding, Medicare ambulatory surgery center located off of Coyle

Page 15

Easily accessible from Toll Hwy 43, I-70 &

www.spartansurg.com

- 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



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

Colon/Rectal:

General Surgery: Prakorb Isariyawongse, MD

Patrick McCullough, MD **Gastroenterology:** 

Nicholas Bellicini, DO

Steven Esser, MD

Ari Pressman, MD Mark Cedar, DO Bridger Clarke, MD Vince Ripepi, DO Jungmin Lee, MD

Anthony Cuneo, MD

### Lisa Oliva, DO Theresa Schuerle, DO

Pain Management:

## **Ophthalmology:**

Nisha Dhawlikar Gosai, MD Aaron Wang, MD

Thomas Findlan, DO

Angela Gauthier, MD Anagha Medsinge, MD

Julia Kisin Polat, MD

**Orthopedic/Spine:** Jocelyn Idema, DO

**Podiatry:** Khoi Vo. DPM

**Orthopaedic Surgery:** 

Anthony Mustovish, DO

Derrick Fluhme, MD

Greg Habib, DO

NOW MMVTA

Bus

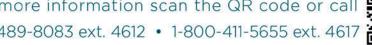
Service

For more information scan the QR code or call 724-489-8083 ext. 4612 • 1-800-411-5655 ext. 4617 month our birthday table day through Friday at 12 every Thursday starting at Drop in and be surprised will be decorated by Shir- p.m. Please sign up the day 10 a.m. See you there and along with us!... On Nov. Please call 724-564-8016 ley Williams and Debra before by noon. A \$2 donabring a friend... 19, Our Own Thanksgiving

# 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.



decorating their own tables Take care... that day, and we're asking tables to be ready for our perusal by 9:45 a.m. That way, we'll have plenty of time to browse and enjoy all the beautiful settings ... Join us as we celebrate and possible treats. Slips the spirit of November of paper will be available with friendship, food and for us to jot down some fall fun!... We are open on things we're thankful for, Wednesdays from 8 a.m. to and those will be shared 2 p.m... Each week we have before the announcements delicious coffee and donuts are made. Discussing our available... Fellowship be- ... If you haven't already Thanksgiving plans will let gins at 10 a.m... Lunch is had your flu vaccine, we us know what everyone will served at 11:30 a.m... On hope you take the time to be doing that day... On Nov. Mondays, we enjoy line get one... On Mondays and 26, no meeting! Since we're dancing from 6 to 7 p.m. Thursdays, we enjoy On The all volunteers, we choose at no cost... On Nov. 7, a Move exercise classes... On to use this day to travel or Special Bingo will be called Tuesdays, line dancing lesprepare for Thanksgiving... from 10 a.m. to 12 p.m. Two sons are from 12:30 to 1:30 May your Thanksgiving paper cards for \$1. Winner p.m... On Wednesdays, we find you filled with a feast takes half... On Nov. 19, enjoy yoga at 12:30 p.m...

decided. Members will be love of family and friends.

#### **MT. MORRIS**

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

-Stacy Stroman

is the theme the site council of delicious food and the Waynesburg Nursing & Rehabilitation will present a program entitled Senior Strong... Please be sure to call 724-324-5396 to reserve to grow and want to ensure Take care and God bless... that everyone receives a meal... Don't forget to bring a friend (or two or three!)...

#### WAYNESBURG

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

**Betty Grove** 

**Our Programs:** 

Senior Housing

Substance Recovery

**GROWING RECOVERY** 

On Fridays, Tai Chi class is Michelle from Humana will enjoy bowling at Bentheld at 12:30 p.m... On the will visit the Center at 10 levville Lanes... On Nov. 29, first Thursday of the month, a.m... On Nov. 6 and 24, we are super excited that we enjoy DVDs of oldies Bridget from SeniorLIFE Bridget from SeniorLIFE music from 1:30 to 3:30 will host Grocery Bingo will be back for Grocery p.m... On the second Thurs- at 10:30 a.m... On Nov. 7, Bingo... Please keep an eye day of the month, we enjoy our last Big Bingo of the out for our yearly pumpkin movies from 2 to 4 p.m... year will be called at 1 p.m. bread sale... Our center Bid is played at 12 p.m... come together and enjoy in our Bible study group.

#### **WEST GREENE**

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

enjoyed a back-to-school more about SNAP... On of the day, so stop in and updates!... day party and attended the Nov. 17, George Ifill from take a guess what the an-Greene County picnic at Highmark will host My swer is to win a little good-Lions Park... We enjoyed Plate Bingo at 10:30 a.m... ie... Daily chair exercises an informative program by On Nov. 18 at 1 p.m., we are going to get us moving Melodie Hursey on regis- will enjoy a Tea Party after and grooving... On Tuestering to vote and mail in lunch. Come enjoy a variety days, we will enjoy game ballots... One of our mem- of teas, finger foods, and day and we would love to bers, Lawrence Headley, desserts!... On Nov. 20 at have you!... We need help holds computer classes at 12:30 p.m., we will enjoy delivering home-delivered our center free of charge. bowling with our friends meals. If you are interested Call the Center for more from Beth Center Senior in volunteering your time, information... Our center Center at Bentleyville please call the Center... Daimeets on Thursdays from Lanes... On Nov. 21, we ly we offer puzzles, bingo, 9 a.m. to 2 p.m. The morn-will enjoy watching a movie cards, chair exercise, verse ings are spent playing cards right after lunch!... Please of the day, and question of and Farkel. Lunch is served check our Facebook page the day... Stop in and join at 11:30 a.m. After lunch, Bentleyville Senior Center us, we would love to have bingo is called.... Come out to find our current lunch you!...

#### **WASHINGTON** COUNTY

and join us!...

#### **BENTLEYVILLE**

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

-Hannah Burns ... November is here, bringing cozy days, warm meals,

### Center!...

menus, calendar of events

and daily activities at the

**BETH CENTER** PO Box 151, 316 Station St Vestaburg, PA 15368

724-377-0000 -Renee Presto Center and we are looking ... As the leaves change col- forward to the holiday seaors and the air turns crisp, son... On Nov. 12, Bridget and time to reflect on what we are jumping into a new from SeniorLIFE will host we're thankful for... Lunch month of fun!... On Nov. Grocery Bingo at 10:30 is served Monday through 5, Abigail Gerbach from a.m. and help us celebrate Friday at 11:30 a.m... Before the Washington County birthdays... On Nov. 14, lunch we enjoy Euchre and Department of Human Ser- Miracle Ear will visit the assembling puzzles... On vices will host SNAP Bingo Center at 10:30 a.m... On Mondays, we enjoy chair at 10:15 a.m... On Nov. 7, Nov. 20, Breathe Pennsylvaexercise at 10:30 a.m... On our Big Bingo will be called nia will present a program Nov. 3, we will hold our at 12:30 p.m... On Nov. 10, at 10:30 a.m... On Nov. monthly meetings at 12:15 our monthly meeting will 21 at 10:30 a.m., we will p.m. Members are encourbe held at 12 p.m. Please enjoy our duck races... On aged to attend to find out come and see what is hap- Mondays and Wednesdays, what will be going on in pening at the Center... On SilverSneakers' starts at 1:15 the center!... On Nov. 4, Nov. 20 at 12:30 p.m., we p.m... On Wednesdays, 500

### **BURGETTSTOWN**

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

-Kristin Frazier ... We have so much to be thankful for here at the

## Senior Community .... Center Notes

On the third Thursday of Everyone is welcome. Bring is open Monday through On Thursdays, Euchre is community, connection, It's a wonderful time for

#### **CANONSBURG** 30 E. Pike Street

Canonsburg, PA 15317 724-745-5443

the

the month, we enjoy Game a friend!... On Nov. 10, we Friday from 8:30 a.m. to played at noon... On Friand enrichment. We have spiritual growth and con-Day from 2 to 5 p.m... On will honor our veterans at 4 p.m... Lunch is served at days, pool is played at 12 a calendar of fun and fall nection... Guest speakers the fourth Thursday of the the Center with a cake and 11:30 a.m. Please call before p.m., bingo is called at 12 activities this month de- are always coming in and your lunch as we continue month, we enjoy Craft Day... a small service from the lo- 9 a.m. the day of to reserve p.m and SilverSneakers signed to keep you moving sharing insights on health, cal American Legion... On your meal! A \$2 donation is starts at 2 p.m... Lunch is and laughing!... Wheth- wellness, resources, safety Nov. 13, Abigail Gerlach, suggested for those 60 and served at 11:30 a.m. Please er you're looking for fun, tips, playing games, and our Washington County older... Mondays, Wednes- call 724-947-9524 a day in fitness, or fellowship, our more... We also enjoy special Human Services Outreach days and Fridays, exercise advance to make your lunch center offers something for events... On Nov 10, we will -Jean Wise Bingo at 10:30 a.m. It will We have added some new Facebook to keep up to date classes to keep you strong, Veterans Tribute Luncheon.

Liaison, will host SNAP classes are held at 7 p.m... reservation... Follow us on everyone... We offer fitness honor our veterans with a have fun while getting some ... September was a very nice be a fun and informative activities to our schedule. with our activities or stop steady, and flexible for all If you are a veteran, please play dartball at 12:30 p.m... month for our center. We way for members to learn We will be doing a question in the Center for the latest mobility levels. Join us for come join us, but be sure On Tuesdays, we enjoy chair yoga and our Steady to RSVP at 724-745-5443... chair exercises at 11 a.m. and Strong class. This keeps Save the date for Washing- and bingo is called at 12:30 us healthy and our sprits ton County's Harvest for p.m... On Wednesdays, we high... Laughter is the best Hope Thanksgiving dinner offer painting group at 10 medicine! Come enjoy bin- on Nov 19 at the Doubletree a.m., Bible study at 10:30 -Lindsay Grasha go, cards, puzzles, dartball, Meadowlands... On Nov. 20, a.m. and Yahtzee at 12:30 . Stay active and connected and friendly competitions we will enjoy our Thanks-p.m... On Thursdays, enjoy this November at the Cen- with friendly faces and new giving luncheon with the chair exercises at 11 a.m., ter! As the autumn leaves friends... Join us weekly as Greenery. Please be sure to music jam at 12:30 p.m. fall and the air turns crisp, we gather for encouraging RSVP... We look forward and bingo is called at 12:30

#### **CENTER IN THE** WOODS

130 Woodland Court Brownsville PA 15417 724-938-3554

-Nanette Andre

... Happy Thanksgiving!.. We offer a full calendar of weekly activities for older adults looking to stay active and engaged... Our new weekday activity is our walking club. Join us each weekday morning at 9 a.m. to walk inside or outside of the Center and exercise!... On Mondays, we there's no better time to discussions and reflections to seeing and/or meeting p.m... On Fridays, join us

for Euchre at 12:30 p.m... to homebound neighbors. Lunch is served Monday Those interested in giving through Friday at 12 p.m. back to the community can Reservations are required contact Elaine at 724-938at least one day in advance 3554, ext. 103... The Center by calling 724-938-3554... remains a vibrant place for Our center is seeking vol- connection, wellness, and unteers to deliver meals community service...

### **AFFORDABLE HOUSING! NOW ACCEPTING APPLICATIONS**

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



### 1 YMCA Drive, Uniontown

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

### **FREE** TO OLDER ADULTS

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

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

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



SPHS Southwestern Pennsylvania Area Agency on Aging



# Senior addiction recovery support

Let's travel together on your road to recovery!

75 East Maiden Street, Washington, Pennsylvania 15301, United States

724-986-7364

www.serenityfarmsinc.org

Word Search Answers from page 12

(K A E T S E S E

R E N C H D

E E B T S A O R

P S R E G R U B C

(MONTECRISTO) LEGAB

R W D A L A S G G E

(A L L I D A S E U Q)

N (A N G O L O B) I

(A N U T) (C L U B) (E)

A L A F E L

Wednesdays, 12:30-3:30

p.m. Sweet Sentiments will

#### **CHARTIERS TOWNSHIP**

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

a Thanksgiving Theme will changed your plans, please sparks.com... For additional call Debbie Mulshen (724-554-2485) by Thursday, November 13. Upcoming (724-745-8703); or Angela activities are: Keep Moving exercise class, Mondays, 1 p.m.; Bingo, Tuesdays and Fridays, 10 a.m.; Grocery

Bingo, Friday, November

14; Playing Cards, Tuesdays

and Wednesdays, 12:30-

3:30 p.m.; Game Days on

be Tuesday, November 18, 5:00 p.m... A special thank and donuts!... On Nov. 14 at 11 a.m. We will discuss you to Bridgett Borelli, after lunch, we will welcome our Gifts of Love to a charity. SeniorLIFE's outreach coor- the Cornerstone Mennonite Our menu will be: Baked dinator, for providing prizes School Children's Choir who ham, sweet potatoes, green for Grocery Bingo. You can beans, rolls and dessert. follow us on our Chart-Catered by Metz Culinary iers-Houston Senior Center from 10:30 to 11:30 a.m., Mgt. A \$2 donation is rec- Facebook page and also Mary Beth will conduct ommended. If you didn't by accessing the Chartiers fill out a reservation form Twp. Community Center's at the last luncheon or have website— www.chartier-

#### **CROSS CREEK VALLEY**

information, contact Mary

Jane Stewart, President

O'Connor, at the Chartiers

Twp. Community Center

(724-485-2126)...

28 Clark Avenue Avella, PA 15312 724-587-5755

### **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

... November is a season provide supplies to create of gratitude, and we are so handmade greeting cards, thankful for the friendships Tuesdays, November 11 & and joy that each of you 25, 5:30 p.m.; Chair Yoga, bring to our center... On -Rick Kauffman Wednesdays, 11 a.m.; Tops: Nov. 5, Bridget from Se-Our monthly Business Wednesdays, 4:30 p.m.; Se- niorLIFE will host Grocery Meeting and luncheon with nior Crafts, Thursdays, ex- Bingo at 10:30 a.m. Be sure cept for Thanksgiving Day, to join us for prizes, laughs L C A P R E S E N E B U E R H L S E S E E H C D E L will share their wonderful and Happy Thanksgiving!... voices with us... On Nov. 21 **DONORA** blood pressure screenings... On Mondays, we enjoy Pokeno after lunch... On

Wednesdays and Fridays,

lunch... Lunch is served

Monday through Friday at

11:30 a.m. Please call a day

or two before to make your

lunch reservation. A \$2 do-

nation is suggested for all

bingo is called following

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

Thursdays, Pokeno is played starting at 12:30 p.m... On -Calvalier LaRue ... In November we will Fridays, we offer board games, cards and puzzles... celebrate Veterans Day and forget the end of Daylight for Native Americans, veterans, and various health awareness campaigns, seniors aged 60 and older... alongside numerous fun Check out our Facebook food holidays and cultural page at Cross Creek Valley events... Lunch is served Senior Community Center Monday through Friday. for updates and the daily Please call the day before by lunch menu... We invite noon to reserve a meal. A \$2 you to stop in, share a meal, donation is suggested... We and enjoy some time with always welcome new faces

Health & Rehabilitation Center

SPECIALIZING IN

**NURSING & REHAB** 

300 BARR STREET | CANONSBURG, PA 15317

724.746.5040

Wishing you a safe, warm, enjoy good company... On the Center...

Mondays and Wednesdays, bingo is called at 12:30 p.m... On Tuesdays, Wii bowling fun starts at 1 p.m... On

Cecil, PA 15321 724-743-1827

Ellis, and Beth Weight A On Nov. 19, Hannah from friends... We love meeting to join us for our morning very special happy birthday Premier will conduct blood new people and making coffee hour from 9:30 to Joe Kosko who always pressure screenings... On everyone feel welcome... 10:30 a.m. or just relax and goes above and beyond for Nov. 20, we will enjoy craft day... On Nov. 25, we will enjoy our Thanksgiving luncheon. We usually have Along with our luncheon, we will hold our annual

thankful Thanksgiving...

#### McDONALD/CECIL

E H C E L A

S

H

Cecil Township Municipal 3599 Millers Run Road

-Marlene Wilson .. Now is the time to enjoy the fall season. The beau-Thanksgiving and we can't On Nov. 3, center members tiful colors will soon be will take a trip to Westmore-over. Winter brings several Savings Time. It also fea- land Mall and Live Casino... shades of white!... On Nov. tures monthly celebrations On Nov. 12, James Rhodes 6, PA Health & Wellness will from Aetna will host an host fall painting at 10:30 open table with raffle from a.m... On Nov. 12, we will 11:30 a.m. to 12:30 p.m... hold our monthly meeting On Nov. 20, we will enjoy at 12 p.m... On Nov. 13, our center's Thanksgiving Sam from SeniorLIFE will meal. Please make your host Grocery Bingo at 10:30 reservation before Nov. 10... a.m... On Nov. 18, Kelly Happy November birthdays from Townview will host to William Redd, Terry horseraces at 10:30 a.m...

Thanksgiving Day is almost here, and Christmas is right around the corner... Join us on Nov. 28 for our Thanksgiving Dinner/Party from 1 to 4 p.m. There is an \$8 fee to help with the cost. We will enjoy food, snacks, drinks, a DJ, games with prizes, 50/50, and tips. So, come out and have some a large turn out, so please fun!... On Mondays, we enreserve your lunch early. joy Pokeno 12:30 to 3:30 p.m... On Thursdays, bingo is called from 1 to 4 p.m... bake sale... At our center On Fridays, we hold Bible one of the things we truly study from 10:45 to 11:45 have to be thankful for is a.m... We have a hair saour wonderful group of vol- lon in our center with low unteers. We have so many costs. Hair by Laurel is open people willing to help. This Wednesdays, Thursdays and is why we are able to do Fridays. Call 724-258-9518 so many things for our se- or stop in to make an apniors... Have a blessed and pointment... Lunch is served Monday through Friday at

reservations... If you would for a lively round of holiday party, please call Mickelina is a free event offered to ages suggestions... at 724-258-9511 or stop in 55 and over. The registration and sign up... Hope to see deadline is Dec. 15...

#### gion with information from **PETERS TOWNSHIP**

700 Meredith Drive Venetia, PA 15367 724-942-5000

held on the second Wednes- fun days this month... On day of each month from 12 Nov. 2, don't forget to turn interesting speaker or an in- important... On Nov. 11, celed. This is a free event, but attend a Veterans Day event. we encourage you to bring a It's always a great experi-

covered dish or a dessert to ence... On Nov. 24, **Bobby** share. This event is hosted **Shawn** will entertain us, and by the Peter's Township Colette will be at the Center Parks and Recreation De-making her delicious subs. partment. Pre-registration It's guaranteed that you will is required by the Monday have fun that day... Happy before the event or until Thanksgiving on Nov. 28. full. Luncheons will be held We all have so much to be

on Nov. 12, Dec. 10 and Jan. thankful for... On Mondays 14... On Dec. 17, get into the and Wednesdays, we enjoy

RIVERSIDE PLACE

303 Chamber Plaza

Charleroi, PA 15022

724-483-5800

FREEDOM

# **FREE AND DISCOUNTED**

Free bus rides and affordable door-to-door shared rides for seniors 65+



Zumba... On Tuesdays, the for lunch and Bryan from Householder starting at 12

#### **VENETIA COMMUNITY** CENTER

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

-Alexis Lovas -Shawn Arent -Maura George ... Happy November! We ... As November rolls in. Senior luncheons are have plenty of important we're greeted with a mix of favorite traditions... Thanksgiving will soon be here, and to 2 p.m. at the Community your clocks back... Nov. 4 the upcoming Christmas Recreation Center. At each is Election Day, so get out holiday is not that far beluncheon, entertainment, an there and vote! All votes are hind. There sure is a lot to be thankful for... There will teractive activity is providebrate Veterans Day. Try to be no meeting on the second

card game Golf is played... Humana will host bingo. p.m... On Nov. 19, Washing On Wednesdays, Big Bingo Doors open at 11 a.m. and ton County will host their is called... On Fridays, Eullunch is served at 12 p.m. Harvest for Hope Thanksgiv chre is played. New players Our planned activity will ing dinner at the Doubletree are welcome... Lunch is start at 12:30 p.m... Anyone Meadowlands... On Nov. 20 serviced Monday through 60 and over is welcome to we will enjoy our Thanksgiv-12 p.m. Please call by noon holiday spirit with an after- Friday at 12 p.m. Please come to the Center to enjoy ing lunch starting at 11 a.m. the day before to make your noon of festive fun. Join us sign up the day before to our activities, lunch and Please call 724-222-8566 reserve your meal... Keep camaraderie... For more to make a reservation... On like to come to our dinner trivia from 2 to 3 p.m. This in touch for any updates or information or to make a Nov. 25 starting at 8 a.m. lation, please call 724-228days before the meal date... Enjoy your Thanksgiving with friends and family...

Washington, PA 15301 724-222-8566

-Amy Mieczkowski

#### **WASHINGTON** 69 W. Maiden Street

... Hello sweet November! 13. We will enjoy baked ham ment with singer Chelsea py Thanksgiving y'all!...

lunch reservation/cancel- Barb C. will be back to get nails painted and ready for 6996. Reservations should the holidays. No appoint be made no later than two ments necessary!... 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... Or We have a lot of exciting Thursdays, Silver Sneakers things going on this month... with cardio, muscle strength Join us on Nov. 5 for our and yoga starts at 9 a.m. and Senior Carnival with games the Card Club plays 500 Bid Thursday this month due to and snacks at 12:15 p.m... On at 12:15 p.m... On Fridays the holiday... We invite all Nov. 12, shake a tail feather bingo is called after lunch members to join us on Nov. with some live entertain- starting at 12:15 p.m... Hap-

Page 19



Pennsylvania

Department of Aging

SOUTHWESTERN PENNSYLVANIA

AREA AGENCY ON AGING

# Senior Community .... Center Notes

#### **MIDWAY**

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

-Linda Matchett

... Besides enjoying our very mild autumn weather, we have been exploring our rethe Historic Fort Cherry Association. Quite interesting since most of our members have lived in the area most of their lives... In Novem-

ber, we are looking forward to our brown bag auction. We will bring in a gift that is at least \$5 and place it in a brown bag. The bags will then be auctioned off, sight unseen. It is a fun activity and a small fundraiser for our group!... We continue to support the McDonald Area Food Bank each month.. Happy pumpkin spice season to all...

#### MONONGAHELA 102 W. Main Street

Monongahela, PA 15063

724-258-9511

-Mickelina Smith

LONG-TERM CARE OMBUDSMAN

This Thanksgiving consider volunteering as an Ombudsman. Support older adults by becoming an advocate for people receiving long-term care.

Visit residents and support their choices.



Give a local senior something to be thankful for.



Contact your Southwestern Pennsylvania
Ombudsman today!

1-855-450-2274