

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

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 call.

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).

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.

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Food Security – Help is Available!

It's no secret that grocery prices are on the rise. Many people are struggling to make ends meet and to keep healthy food on the table. Most communities offer help for those with limited incomes through neighborhood food pantries.

Senior Food Boxes

The PA Senior Food Box Program, available through Hunger-Free PA, works to improve the health of low-income persons at least 60 years of age, who are at or below 130 percent of the U.S. poverty level, by supplementing their diets with nutritious USDA Foods. Food packages include a variety of foods, such as nonfat dry and ultra-high-temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, canned and dry beans, canned meat, poultry, or fish, cheese, and canned fruits, vegetables, and soup.

Applicants can call 800-468-2433, or email RA-fooddist@pa.gov, to be directed to the regional food bank distributing the Senior Food Box in their county of residence. In 2021, Hunger-Free PA and Feeding Pennsylvania partnered with DoorDash to increase awareness about enrollment and eligibility. This option may not be available in all areas,

so contact your County Food Bank detailed below for more information

Community Food Pantries

There are many ways to supplement your home pantry such as going to your local community food pantry or food bank.

The Greater Pittsburgh Community Food Bank works with more than 850 partners across 11 counties. In addition to supporting local food bank sites, they also sponsor local drive-up and walk-in distributions, which provide 30-50 lbs. of food. Distribution sites are available at <https://pittsburgh-foodbank.org/find-food/get-help/>

Fayette County

The Fayette County Community Action Agency (FCCAA) Food Bank is Fayette County's designated warehouse for the collection and storage of food for individuals in need of food assistance. The food is distributed through a network of volunteer food pantries, congregate feeding sites, and soup kitchens. FCCAA Food Bank programs include emergency food assistance for anyone who is in need, the PA Senior Food Box Program, and the Weekend Snack Pack Program, which provides children with a backpack filled with food to help fill

a nutritional void. DoorDash is not an option in Fayette County. For more information call 724-580-7001 or visit <https://fccaa.org/programs/food-bank-programs/>

Greene County

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 assistance.

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

The Greater Washington County Food Bank, a division of Food Helpers, distributes food in rural areas and to seniors aged 60+. They are the lead agency for the Senior Food Box program in Washington and Greene Counties. DoorDash is an option in Washington County

communities only. Individualized solutions can be created to meet short-term needs. The Community Outreach Program serves 6 community sites monthly using their Truck to Trunk model, which brings food directly to the rural areas, providing convenience and the safest food handling procedures. The program partners with local groups to provide the freshest, most nutritious produce and food products. For more information, call 724-632-2190, or visit <https://foodhelpers.org/home/about-us/>

Other

There may be other alternative sites within your community to help 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 NOT attend another food pantry. Those in need must provide ID and proof of income. Donations are accepted Monday, Wednesday, and Friday from 9:30 a.m. until 3 p.m. For more information, please call 412-566-7300.

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

Washington County Veteran Affairs



or surviving spouse starts to require long-term care. Still, it's critical first to ensure eligibility for the base benefit.

In cases where a veteran has a service-connected disability rating of 30% or higher, and their spouse requires Aid and Attendance—whether in-home or in a care facility—additional compensation may be available to help offset care costs. It's important not to confuse Aid and Attendance with VA Home Healthcare, which

are services for the veteran only managed through the primary care provider at a VA medical center. For those navigating the complexities of long-term care, understanding these distinctions can help ensure you receive the benefits and support you've earned.

Helping Homeless Veterans: Step One

Encountering an individual holding a sign on a street corner or intersection identifying themselves as a veteran-in-need elicits a spectrum of responses.

For some, questions arise. Is this person a veteran, or are they fraudulently trying to engender more sympathy? Assuming they are a veteran, aren't there resources already in place to help them? The VA

recommends calling the VA National Call Center for Homeless Veterans at (877) 424-3838. When you call this number and provide the location, the VA can send outreach specialists to the location

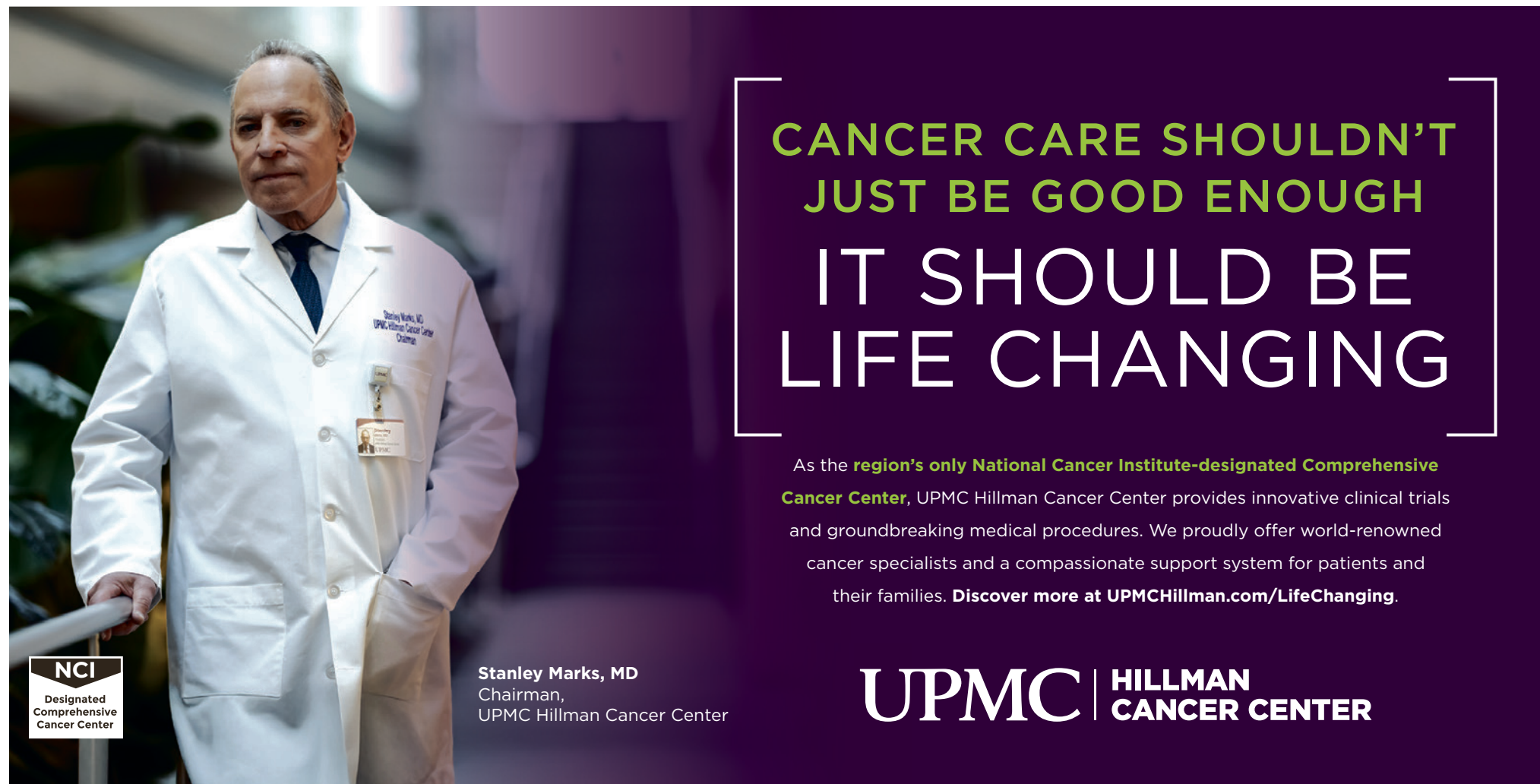
who can verify the individual's veteran status and connect them with any available VA or community resources in that area. This can include housing food, employment, training, mental health and substance abuse treatment, and more.

If you have any questions, don't hesitate to call Michael Pierce, Director, Washington County Veterans Affairs at 724-228-6926.



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Chairman,
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Medicare F Y I

PA MEDI is here to help you with Annual Open Enrollment

The Medicare Annual Open Enrollment period began Oct. 15th and continues through Dec. 7th. This is the 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 Enrollment period.

PA MEDI provides accurate, unbiased health insurance counseling to Medicare-eligible individuals, their families, and caregivers. PA MEDI staff and counselors assist beneficiaries in making informed decisions that optimize cost-savings and access to health care and benefits. PA MEDI is not

affiliated with any insurance agency or brokers. The counseling service is free. PA MEDI can help with:

- Medicare eligibility and enrollment questions
- Medicare Advantage Plans
- Medicare Part D
- Medicare Supplement Insurance (Medigap)
- Comparing plans to determine the best insurance for your healthcare needs and budget
- Medicare appeals

PA MEDI counselors are always available to assist with any Medicare questions. If you have questions about Medicare, please contact PA MEDI at 724-489-8080, ext. 4438.



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

If you are adding or changing your Medicare or Healthcare.gov coverage during open enrollment, watch out for unsolicited calls claiming to "help" you find the best deal. Unfortunately, scammers see this open enrollment period as a chance to trick people out of money and personal information. Open enrollment for Medicare runs from October 15 through December 7 (Medicare). Medicare Advantage open enrollment is from January 1 to March 31, or within three months of getting Medicare. Healthcare.gov open enrollment begins November 1; December 15 is the last day to enroll or change plans for coverage starting January 1, and January 15 is the last day to enroll for coverage starting February 1.

How the scam works

BBB Scam Tracker frequently receives reports of scam calls and texts pretending to be from Medicare. 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 husband."

In another report, the target reported that a caller pretended to be an agent "asking if I got a new updated Medicare card in the mail. He then verified my name and mailing address. Then he wanted me to get my old card and read off info to him, such as the date on the lower right side of the card. When he asked me to read my card number, I told him I cannot."

Another consumer reported being targeted through a text message and shared the following: "I received a text saying that my

health benefits were about to expire and I needed to call the number to renew. Then, the representative told me I had to pay and my bank had to verify with them...That's when I knew it was a scam."

If you stay on the line, these callers allege they can enroll you in a better plan than what you currently have, according to Scam Tracker reports. This new plan is cheaper, and you can keep all the same services. To get started, all you need to do is provide some personal information, such as your Medicare ID number and your Social Security number.

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

Tips to avoid open enrollment 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 legitimate help for determining which plan is right for you. These people—sometimes called Navigators or Assistants—cannot charge for their support. If someone asks you for payment, it's a scam. You will also need to contact them on your own. They will not call you first.

- **Be wary of free gifts and "health screenings."** Keep a healthy level of skepticism any time a broker offers you free gifts or other special deals. Never sign up with a broker who offers you an expensive sign-up gift

in exchange for providing your Medicare ID number or additional personally identifiable information. Other times, brokers offer free "health screenings" to weed out people who are less healthy. This technique is called "cherry picking" and is against Medicare rules.

- **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, Healthcare.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, call 1-800-MEDICARE to report it. If you suspect fraud when signing up for ACA coverage, go to Healthcare.gov or call the Health Insurance Marketplace call center at 800-318-2596.

Get more tips from BBB on avoiding healthcare scams and learn the signs of impostor scams. If you've been the victim of a scam, please report it to BBB.org/ScamTracker. Sharing your experience can help others avoid falling victim to similar scams.

Source: <https://www.bbb.org>

Your Financial Future

Gary W Boatman
MBA, CFP

Identity theft is a growing problem in the country and Western Pennsylvania. A report released in April, by the government showed 859,532 complaints of suspected internet crime, with reported losses exceeding \$16 billion—a 33% increase from 2023. In reality, many don't report, and losses are likely much higher.

Almost every week I receive a suspicious email trying to steal my information. Over the last few years, I have been thanked for purchasing probably 100 new smart phones. I am told that if there is a problem with the order, to contact them, often their fraud department. While I did not purchase any of these phones that they are describing, I deleted their emails warning, immediately. They know I did not make the purchase; they are phishing for my information. If I contacted them, they would politely apologize and ask for bank and other info to keep it from happening again. In reality, they would use the information to do more harm. Do not respond or click on these emails.

What you should do is 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 potential dangers.

On television recently, there was an 85-year-old woman stuffing tens of thousands of dollars into a crypto machine at a gas station. Fortunately, someone stopped her before she hit the final send button and lost her life savings. She had been contacted by someone saying they were her bank, and she should transfer all of her funds to this machine. When asking why she was taking this action, she admitted it did not make sense.

The government, banks and insurance companies already know your number. If you make the call, then you may have to provide it to prove who you are.

Be careful with passwords. Too many people have only one that they use for everything. While this is easier, it is also dangerous. Securely use a password manager or keep them written down in a secure place at home. Do not carry them or your SS card in your wallet or purse. If they are lost or stolen, thieves have your valuable information. It is also important for your heirs to know where you keep passwords in event of death.

You are responsible for your own identity security. If you have to make a decision that you are not sure about, contact a trusted child or other person or contact your financial institution directly. Remember to shred any documents with sensitive information. Taking steps before an incident can save a lot of work and frustration afterwards.

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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!



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Sheryl R. Heid, Attorney at Law



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**

Tips for older adults to drive safely

Maybe you already know that driving at night or in rainy weather is a problem for you. Some older drivers also have problems with certain routes or driving on busy highways, for example. Consider these tips to help you make safe choices about driving:

- Talk with your doctor. If you have any concerns about your health and driving, see your doctor. Don't risk hurting yourself or others.
- Be physically active. This will help you keep and even improve your strength and flexibility, which may help your driving abilities.
- Consider your car. If possible, drive a car with automatic transmission, power steering, power brakes, and large mirrors. Newer cars come equipped with backup cameras, which can make parking and backing up easier, as well as other sensors that can alert a driver to a nearby object or vehicle before an accident occurs.

- Take care of your eyes and ears. Always wear your glasses or contact lenses if you need them to see clearly. If you use hearing aids, be sure to wear them while driving.
- Avoid driving certain times of day. Cut back on or stop driving at night if you have trouble seeing in the dark. Try to avoid driving during sunrise and sunset, when the sun can be directly in your line of vision.
- Check in with yourself. Don't drive if you feel lightheaded or drowsy. Be sure to check any warnings on your medications. Try to avoid driving when you are stressed or tired.
- Don't crowd. Leave ample space between your car and the car in front of you and start braking early when you need to stop.
- Plan your timing. Avoid heavy traffic areas or rush-hour driving when you can.
- Plan your route. Drive on streets you know and find a way to go that re-

quires few or no left turns. Choose a route that avoids highways or other high-speed roadways. If you must drive on a fast-moving highway, drive in the right-hand lane, where traffic moves more slowly.

- When in doubt, don't go out. Bad weather, such as rain, ice, or snow, can make it hard for anyone to drive. Try to wait until the weather 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 clear.

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.

How to check and improve your driving skills

Are you concerned that your driving skills are declining or could be improved? Consider the following:

- Have your driving skills checked by a driving

rehabilitation specialist, occupational therapist, or other trained professional. The American Occupational Therapy Association maintains a national database of driving specialists, or you can ask your state's Department of Motor Vehicles or your doctor to recommend someone who can test your driving skills. Note that there may be fees associated with these types of assessments.

- 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 your abilities.
- Ask your family and friends for feedback about your driving, including any concerns.
- Take a driver safety course. Some car insurance companies may even lower your bill when you complete this type of class. Organizations such as AARP or your car insurance company can help you find a nearby resource.

Source: <https://www.nia.nih.gov/health/safety/safe-driving-older-adults>

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Recipe of the month

Corn Chowder

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

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
- 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

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 milk.

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

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

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Project Snowman's 6th Anniversary

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

This holiday season, the Southwestern Pennsylvania Area Agency on Aging, Inc.'s Long-Term Care Ombudsman Program will 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 upcoming holiday season.

son. 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 home-made 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 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.

The National Long-Term Care Ombudsman Program has long been a champion of residents' rights. 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!

2025 PEER Bingo at Kadima Rehabilitation and Nursing at Washington

PEERS - Pennsylvania Empowered Expert Residents residing at Kadima Rehabilitation and Nursing at Washington participated in an Annual Resident Rights Bingo that was provided virtually by the Pennsylvania Office of the Long-Term Care Ombudsman Program. Resident Rights month is observed annually in October to celebrate residents residing in Long Term Care Communities,

and with an overall goal to raise awareness and provide education about dignity and the rights of residents. This year's theme was "Stand with Me". PEERS are invited to attend this fun and educational event, as they are specially trained Long Term Care residents who assist the local Ombudsman in their mission of Advocating for all Residents in Long Term Care Communities.



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The Importance of Caregivers During National Family Caregivers Month

Every November, we pause to recognize a group of individuals whose dedication and selflessness form the quiet backbone of our communities: caregivers. National Family Caregivers Month is a time to honor the millions of people including spouses, parents, children, friends, and neighbors who provide essential care for loved ones facing chronic illness, disability, or aging-related challenges.

While doctors, nurses, and other healthcare professionals are rightfully celebrated for their expertise and compassion, caregivers often work behind the scenes. They provide the day-to-day emotional and physical support that enables those in need to maintain quality of life and dignity in familiar surroundings. According to the AARP, more than 63 million Americans serve as unpaid caregivers. They manage medications, coordinate 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 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 relief.
- **Listen and validate:** Sometimes, what a caregiver needs most is someone to talk to without judgment or advice.
- **Encourage self-care:** Remind caregivers that

carrying for themselves is not a luxury—it's a necessity.

- **Advocate for policies:** Support legislation that provides paid family leave, tax credits, and respite services for caregivers.

During this month of celebrating caregivers, we'd like to take the opportunity to express gratitude and show appreciation to all of the family caregivers in Fayette counties, especially those in our Caregiver Support Program. We hope to bring awareness for a program designed to provide resources, support and education for caregivers in our area. If you'd like to make a referral or have questions about the Caregiver Support Program, please contact the Information and Assistance Department at 1-800-734-9603.

Source: Caregiving Crisis in America Keeps Growing: <https://www.aarp.org>

Caregiver Coffee Talk

NOV 6th
10 AM - 11 AM

This Season's Topic:
CAREGIVER WELLBEING

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

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

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

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



Upcoming In-Person Caregiver Groups

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

The SWPA AAA invites all caregivers to its upcoming meetings.

Open to the Public!

FAYETTE COUNTY

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

FRIDAY
NOVEMBER
14
FROM 1
TO 2 PM

MON VALLEY

SPHS Board Room
300 Chamber Plaza,
Charleroi, PA 15022

MONDAY
NOVEMBER
17
FROM 1
TO 2 PM

PARKINSON'S

Abundant Life Church
1239 Brownfield Rd.
Uniontown, PA 15401

TUESDAY
NOVEMBER
25
FROM 1
TO 2 PM

GRANDPARENTS

SPHS Board Room
300 Chamber Plaza,
Charleroi, PA 15022

WEDNESDAY
NOVEMBER
26
FROM 10:30
TO 11:30 AM

WASHINGTON

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

TUESDAY
DECEMBER
2
FROM 1
TO 2 PM

We hope to see you there!

Sandwich Day

by Cindy Bartolotta



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	HOAGIE	QUESADILLA
BANH MI	CUBAN	HOT TURKEY	RACHEL
BLT	EGG SALAD	LOBSTER ROLL	RUEBEN
BOLOGNA	FALAFEL PITA	MONTE CRISTO	ROAST BEEF
BURGERS	FRENCH DIP	PANINI	SUB
CAPRESE	GRILLED CHEESE	PB AND J	TUNA
CHEESESTEAK	HAM	PINWHEEL	WRAP
CHICKEN		PO' BOY	

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

See answers on page 18

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

At 25, Margaret
loved to get together
with friends.
At 75, she still can.

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Color your way to relaxation and wellness

Happy Thanksgiving

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 dart-ball 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... Hap-

py November birthdays to **Raymond Rozycki, Frank Guth, Rod Secrist and Ronald Guth**... Happy November anniversary to **Barb and Raymond Rozycki**...

BULLSKIN

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

-Lisa Wilson

... On Mondays and Thursdays, lunch is served at 11:30 a.m. followed by Nickel Bingo. Please call or arrive by 10:30 a.m. to reserve a lunch... We welcome all seniors over 60 to become members. It is free to sign up... We have our pavilion, upstairs and downstairs halls available to rent for all events. Please contact the Center for rental rates... All members are invited to join

us on Funday Fridays for some fun and relaxation... We held our all-you-can-eat breakfast and bake sale on Nov. 1... On Nov. 3, Grocery Bingo will be called from 10 to 11 a.m... On Nov. 4, we will hold a Spaghetti Dinner from 11 a.m. to 7 p.m. The cost is \$12 for adults and \$6 for children under 12. Children under 5 eat for free... On Nov. 6, **Chelsea** from Peak Advantage will host an ice cream social from 10 to 11:15 a.m... On Nov. 10, the Rich & Jeff Band will perform at 10:30 a.m... On Nov. 11, Amedisys will present a program at 10 a.m. and Big Tuesday Bingo will be called ... On Nov. 17, we will enjoy trivia with **Joe** at 10:30 a.m... On Nov. 20, Peak Advantage will be at

the Center for our member Birthday Bash at 10 a.m... On Nov. 24, **John** will entertain us with music... 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

... 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... Our beauty shop is open on Thursdays during normal center hours. If you

would like to make an appointment for another day, please call our beautician **Roxi** at 724-812-2560... One Thursday per month, the Canasta Club plays. Call **Darlene Ondrejko** at 724-929-7263 for more details... 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... Our Thanksgiving Dinner will be held on Nov. 20. Please call the Center for more information... Our Christmas Dinner will be held on Dec. 10. Please call the Center by Nov. 17 to make your reservation... 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 suggestion... Enjoy the fall season...

MASONTOWN

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

-Laurie Crawford
& Donella Blair

... Gobble, gobble! It's that

time of year again... A big thank you to everyone who came out for our Volunteer Awards Dinner. We truly appreciate all our volunteers and seniors. Your dedication and support make a difference in our community and we are grateful for each and every one of you... November is shaping up to be another fun month with our members, and we hope you'll join us for all the exciting activities we have planned. Your participation makes these events even more special. Stay tuned for updates, and let's make this month memorable together!... A heartfelt thank you to everyone who participated in our Boo Basket sale and bake sale last month! Your hard work and support made these fundraisers a success, and we truly appreciate all the effort you put in. Together we're making a positive impact on our community. Thank you once again for your dedication!... Wishing you all a wonderful holiday season filled with joy and gratitude!...

MOUNTAIN CITIZENS

Box 105
Farmington, PA 15437
724-329-4260

-Wanda Sherry

... Welcome to November 2025 in the beautiful Laurel Highlands and surrounding areas... 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 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 Williams** and **Debra**

Senior Community Center Notes

GREENE COUNTY

CARMICHAELS

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

-Stacy Stroman

... Whether you're thankful 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, Wednesday, and Friday, we enjoy playing pool in the mornings... Be sure to call 724-491-2011 to reserve your lunch the day prior...

SMITHFIELD COLONIALS

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

-Janice Woods

... Happy November! Fall is in full swing and we're looking forward to another busy month... A big thank you to those 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 you so much for all you do... On Nov. 6, we will celebrate anniversaries and birthdays with cake and ice cream, take a chance on **Louise's** 50/50 and then **Pam Alderson** will help us exercise those calories away with her always entertaining and fun exercise program... On Nov. 13, **Bob Hileman** assisted by **Patty Ann Bruchard** will conduct blood pressure screenings, we will enjoy **Elaine's** basket raffle and **Steve** will call Crazy Bingo... On Nov. 20, we will celebrate Thanksgiving hosted by **Charmaine Steve**. Take some time to reflect on the blessings in your life and thank the folks you love and don't forget to thank God for them... We meet every Thursday starting at 10 a.m. See you there and bring a friend...

PERRYOPOLIS

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

-Moir Kirk

... Hello November! As the weather changes and cools a bit, stop into our cozy center to warm up and enjoy great company. All are welcome!... On Mondays, stop in for an exercise class at 11:30 a.m. with our amazing instructor **Shirley**... 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... Lunch is served Monday through Friday at 12 p.m. Please sign up the day before by noon. A \$2 dona-

tion is suggested... Feel free to stop in any weekday for coffee, hot chocolate, trelax and read a book, to assemble puzzles, or to make a craft. All are welcome to join us... On Nov. 10, we will hold a delicious hoagie fundraiser. All orders need to be placed by Nov. 3. Please feel to call the Center at 724-736-2250... We hope everyone has a great month...

JEFFERSON 190 Washington Street

Jefferson, PA 15344

-Colleen Valosen

... On Nov. 5, we will happily celebrate Wiggle, Jiggle Jello Day. They say there is always room for jello, so let's fill up the welcome table with jello in all shapes and forms. After tasting those yummy offerings, we will play a fall word search game that would end with several of us taking home some fresh boxes of jello for some holiday dessert making later this month... To those who served in the military, we wish you a wonderful Veterans Day. We appreciate you!... On Nov. 12, the high school class that tries to visit us once a month will be selecting our theme and the fun activities that come along with it. They always come up with the best ideas. Drop in and be surprised along with us!... On Nov. 19, Our Own Thanksgiving

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Fairchance, PA 15436
Please call 724-564-8016



Senior Community Center Notes

is the theme the site council decided. Members will be decorating their own tables 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 and possible treats. Slips of paper will be available for us to jot down some things we're thankful for, and those will be shared before the announcements are made. Discussing our Thanksgiving plans will let us know what everyone will be doing that day... On Nov. 26, no meeting! Since we're all volunteers, we choose to use this day to travel or prepare for Thanksgiving... May your Thanksgiving find you filled with a feast

of delicious food and the love of family and friends. Take care...

MT. MORRIS
*Box 43
Mt. Morris, PA 15449
724-324-5396*
-Stacy Stroman
... Join us as we celebrate the spirit of November with friendship, food and fall fun!... We are open on Wednesdays from 8 a.m. to 2 p.m... Each week we have delicious coffee and donuts available... Fellowship begins at 10 a.m... Lunch is served at 11:30 a.m... On Mondays, we enjoy line dancing from 6 to 7 p.m. at no cost... On Nov. 7, a Special Bingo will be called from 10 a.m. to 12 p.m. Two paper cards for \$1. Winner takes half... On Nov. 19,

Waynesburg Nursing & Rehabilitation will present a program entitled Senior Strong... Please be sure to call 724-324-5396 to reserve your lunch as we continue to grow and want to ensure 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
... If you haven't already had your flu vaccine, we hope you take the time to get one... On Mondays and Thursdays, we enjoy On The Move exercise classes... On Tuesdays, line dancing lessons are from 12:30 to 1:30 p.m.... On Wednesdays, we enjoy yoga at 12:30 p.m...

On Fridays, Tai Chi class is held at 12:30 p.m... On the first Thursday of the month, we enjoy DVDs of oldies music from 1:30 to 3:30 p.m... On the second Thursday of the month, we enjoy movies from 2 to 4 p.m... On the third Thursday of the month, we enjoy Game Day from 2 to 5 p.m... On the fourth Thursday of the month, we enjoy Craft Day... Take care and God bless...

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

... September was a very nice month for our center. We enjoyed a back-to-school day party and attended the Greene County picnic at Lions Park... We enjoyed an informative program by **Melodie Hursey** on registering to vote and mail in ballots... One of our members, **Lawrence Headley**, holds computer classes at our center free of charge. Call the Center for more information... Our center meets on Thursdays from 9 a.m. to 2 p.m. The mornings are spent playing cards and Farkel. Lunch is served at 11:30 a.m. After lunch, bingo is called.... Come out and join us!...

WASHINGTON COUNTY
BENTLEYVILLE
*931 Main Street
Bentleyville, PA 15314
724-239-5887*
-Hannah Burns

... November is here, bringing cozy days, warm meals, and time to reflect on what we're thankful for... Lunch is served Monday through Friday at 11:30 a.m... Before lunch we enjoy Euchre and assembling puzzles... On Mondays, we enjoy chair exercise at 10:30 a.m... On Nov. 3, we will hold our monthly meetings at 12:15 p.m. Members are encouraged to attend to find out what will be going on in the center!... On Nov. 4,

Michelle from Humana will visit the Center at 10 a.m... On Nov. 6 and 24, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Nov. 7, our last Big Bingo of the year will be called at 1 p.m. Everyone is welcome. Bring a friend!... On Nov. 10, we will honor our veterans at the Center with a cake and a small service from the local American Legion... On Nov. 13, **Abigail Gerlach**, our Washington County Human Services Outreach Liaison, will host SNAP Bingo at 10:30 a.m. It will be a fun and informative way for members to learn more about SNAP... On Nov. 17, **George Ifill** from Highmark will host My Plate Bingo at 10:30 a.m... On Nov. 18 at 1 p.m., we will enjoy a Tea Party after lunch. Come enjoy a variety of teas, finger foods, and desserts!... On Nov. 20 at 12:30 p.m., we will enjoy bowling with our friends from Beth Center Senior Center at Bentleyville Lanes... On Nov. 21, we will enjoy watching a movie right after lunch!... Please check our Facebook page Bentleyville Senior Center to find our current lunch menus, calendar of events and daily activities at the Center!...

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

... As the leaves change colors and the air turns crisp, we are jumping into a new month of fun!... On Nov. 5, **Abigail Gerbach** from the Washington County Department of Human Services will host SNAP Bingo at 10:15 a.m... On Nov. 7, our Big Bingo will be called at 12:30 p.m... On Nov. 10, our monthly meeting will be held at 12 p.m. Please come and see what is happening at the Center... On Nov. 20 at 12:30 p.m., we

will enjoy bowling at Bentleyville Lanes... On Nov. 29, we are super excited that **Bridget** from SeniorLIFE will be back for Grocery Bingo... Please keep an eye out for our yearly pumpkin bread sale... 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... Mondays, Wednesdays and Fridays, exercise classes are held at 7 p.m... We have added some new activities to our schedule. We will be doing a question of the day, so stop in and take a guess what the answer is to win a little goodie... Daily chair exercises are going to get us moving and grooving... On Tuesdays, we will enjoy game day and we would love to have you!... We need help delivering home-delivered meals. If you are interested in volunteering your time, please call the Center... Daily we offer puzzles, bingo, cards, chair exercise, verse of the day, and question of the day... Stop in and join us, we would love to have you!...

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

... We have so much to be thankful for here at the Center and we are looking forward to the holiday season... On Nov. 12, **Bridget** from SeniorLIFE will host Grocery Bingo at 10:30 a.m. and help us celebrate birthdays... On Nov. 14, Miracle Ear will visit the Center at 10:30 a.m... On Nov. 20, Breathe Pennsylvania will present a program at 10:30 a.m... On Nov. 21 at 10:30 a.m., we will enjoy our duck races... On Mondays and Wednesdays, SilverSneakers starts at 1:15 p.m... On Wednesdays, 500

Senior Community Center Notes

Bid is played at 12 p.m... On Thursdays, Euchre is played at noon... On Fridays, pool is played at 12 p.m., bingo is called at 12 p.m and SilverSneakers starts at 2 p.m... Lunch is served at 11:30 a.m. Please call 724-947-9524 a day in advance to make your lunch reservation... Follow us on Facebook to keep up to date with our activities or stop in the Center for the latest updates!...

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

... Stay active and connected this November at the Center! As the autumn leaves fall and the air turns crisp, there's no better time to

come together and enjoy community, connection, and enrichment. We have a calendar of fun and fall activities this month designed to keep you moving and laughing!... Whether you're looking for fun, fitness, or fellowship, our center offers something for everyone... We offer fitness classes to keep you strong, steady, and flexible for all mobility levels. Join us for chair yoga and our Steady and Strong class. This keeps us healthy and our sprits high... Laughter is the best medicine! Come enjoy bingo, cards, puzzles, dartball, and friendly competitions with friendly faces and new friends... Join us weekly as we gather for encouraging discussions and reflections

in our Bible study group. It's a wonderful time for spiritual growth and connection... Guest speakers are always coming in and sharing insights on health, wellness, resources, safety tips, playing games, and more... We also enjoy special events... On Nov 10, we will honor our veterans with a Veterans Tribute Luncheon. If you are a veteran, please come join us, but be sure to RSVP at 724-745-5443... Save the date for Washington County's Harvest for Hope Thanksgiving dinner on Nov 19 at the Doubletree Meadowlands... On Nov. 20, we will enjoy our Thanksgiving luncheon with the Greenery. Please be sure to RSVP... We look forward to seeing and/or meeting

you!...

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 have fun while getting some exercise!... 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... 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...

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Southwestern Pennsylvania Area Agency on Aging



Senior Community Center Notes

CHARTIERS TOWNSHIP
2013 Community Center Drive
Houston, PA 15342
724-485-2126
-Rick Kauffman
... Our monthly Business Meeting and luncheon with a Thanksgiving Theme will be Tuesday, November 18, at 11 a.m. We will discuss our Gifts of Love to a charity. Our menu will be: Baked ham, sweet potatoes, green beans, rolls and dessert. Catered by Metz Culinary Mgt. A \$2 donation is recommended. If you didn't fill out a reservation form at the last luncheon or have changed your plans, please call **Debbie Mulshen** (724-554-2485) by Thursday, November 13. Upcoming 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

Wednesdays, 12:30-3:30 p.m. Sweet Sentiments will provide supplies to create handmade greeting cards, Tuesdays, November 11 & 25, 5:30 p.m.; Chair Yoga, Tuesdays, 11 a.m.; Tops: Wednesdays, 4:30 p.m.; Senior Crafts, Thursdays, except for Thanksgiving Day, 5:00 p.m.... A special thank you to **Bridgett 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.chartier-sparks.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)...

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

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724-438-3089



Word Search Answers from page 12

M	O	N	T	E	C	R	I	S	T	O	L	E	G	A	B
O	P	K	A	E	T	S	E	S	E	E	H	C	E	L	A
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L	S	E	S	E	E	H	C	D	E	L	L	I	R	G	P

and Happy Thanksgiving!...

DONORA
683 Meldon Avenue
Donora, PA 15033
724-379-6446
-Calvalier LaRue
... In November we will celebrate Veterans Day and Thanksgiving and we can't forget the end of Daylight Savings Time. It also features monthly celebrations for Native Americans, veterans, and various health awareness campaigns, alongside numerous fun food holidays and cultural events... Lunch is served Monday through Friday. Please call the day before by noon to reserve a meal. A \$2 donation is suggested... We always welcome new faces to join us for our morning coffee hour from 9:30 to 10:30 a.m. or just relax and enjoy good company... 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 12:30 p.m... On Fridays, we offer board games, cards and puzzles... On Nov. 3, center members will take a trip to Westmoreland Mall and Live Casino... On Nov. 12, **James Rhodes** from Aetna will host an open table with raffle from 11:30 a.m. to 12:30 p.m... On Nov. 20, we will enjoy our center's Thanksgiving meal. Please make your reservation before Nov. 10... Happy November birthdays to **William Redd**, **Terry Ellis**, and **Beth Weight** A very special happy birthday goes above and beyond for the Center...

McDONALD/CECIL
Cecil Township Municipal Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827
-Marlene Wilson
... Now is the time to enjoy the fall season. The beautiful colors will soon be over. Winter brings several shades of white!... On Nov. 6, PA Health & Wellness will host fall painting at 10:30 a.m... On Nov. 12, we will hold our monthly meeting at 12 p.m... On Nov. 13, **Sam** from SeniorLIFE will host Grocery Bingo at 10:30 a.m... On Nov. 18, **Kelly** from Townview will host horseraces at 10:30 a.m... On Nov. 19, **Hannah** from Premier will conduct blood pressure screenings... On Nov. 20, we will enjoy craft day... On Nov. 25, we will enjoy our Thanksgiving luncheon. We usually have a large turn out, so please reserve your lunch early. Along with our luncheon, we will hold our annual bake sale... At our center one of the things we truly have to be thankful for is our wonderful group of volunteers. We have so many people willing to help. This is why we are able to do so many things for our seniors... Have a blessed and thankful Thanksgiving...



TOWNVIEW
Health & Rehabilitation Center
SPECIALIZING IN
NURSING & REHAB
300 BARR STREET | CANONSBURG, PA 15317
724.746.5040

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 region with information from the Historic Fort Cherry Association. Quite interesting since most of our members have lived in the area most of their lives... In November, 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...

PETERS TOWNSHIP
700 Meredith Drive
Venetia, PA 15367
724-942-5000
-Alexis Lovas
... Senior luncheons are held on the second Wednesday of each month from 12 to 2 p.m. at the Community 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 Nov. 12, Dec. 10 and Jan. 14... On Dec. 17, get into the

MONONGAHELA
102 W. Main Street
Monongahela, PA 15063
724-258-9511
-Mickelina Smith
... 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 fun!... On Mondays, we enjoy Pokeno 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 with low costs. Hair by Laurel is open Wednesdays, Thursdays and Fridays. Call 724-258-9518 or stop in to make an appointment... Lunch is served Monday through Friday at

12 p.m. Please call by noon the day before to make your reservations... If you would like to come to our dinner party, please call **Mickelina** at 724-258-9511 or stop in and sign up... Hope to see you soon!...

holiday spirit with an afternoon of festive fun. Join us for a lively round of holiday trivia from 2 to 3 p.m. This is a free event offered to ages 55 and over. The registration deadline is Dec. 15...

RIVERSIDE PLACE
303 Chamber Plaza
Charleroi, PA 15022
724-483-5800
-Shawn Arent
... As November rolls in, we're greeted with a mix of favorite traditions... Thanksgiving will soon be here, and the upcoming Christmas holiday is not that far behind. There sure is a lot to be thankful for... There will be no meeting on the second Thursday this month due to the holiday... We invite all members to join us on Nov. 13. We will enjoy baked ham

VENETIA COMMUNITY CENTER
800 Venetia Road
Venetia, PA 15367
724-228-6996
-Amy Mieczkowski
... Hello sweet November! We have a lot of exciting things going on this month... Join us on Nov. 5 for our Senior Carnival with games and snacks at 12:15 p.m... On Nov. 12, shake a tail feather with some live entertainment with singer **Chelsea**

WASHINGTON
69 W. Maiden Street
Washington, PA 15301
724-222-8566
-Amy Mieczkowski
... Hello sweet November! We have a lot of exciting things going on this month... Join us on Nov. 5 for our Senior Carnival with games and snacks at 12:15 p.m... On Nov. 12, shake a tail feather with some live entertainment with singer **Chelsea**

HOUSEHOLDER starting at 12 p.m... On Nov. 19, Washington County will host their Harvest for Hope Thanksgiving dinner at the Doubletree Meadowlands... On Nov. 20, we will enjoy our Thanksgiving lunch starting at 11 a.m. Please call 724-222-8566 to make a reservation... On Nov. 25 starting at 8 a.m., **Barb C.** will be back to get nails painted and ready for the holidays. No appointments 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... 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... Happy Thanksgiving y'all!...



FREEDOM TRANSIT
FREE AND DISCOUNTED SENIOR RIDES
Free bus rides and affordable door-to-door shared rides for seniors 65+
724-223-8747 | freedom-transit.org

WHY CHOOSE?
EAT SMART, MOVE MORE, WEIGH LESS!
FREE to Adults 60 and Over
MAKE HEALTHY CHOICES ABOUT EATING AND PHYSICAL ACTIVITY



Get Informed, Empowered & Motivated!
● 15-week online program
● Trained and experienced instructor
● Real-time, interactive, weekly sessions

Eat Smart | Move More
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Online

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

SPHS SOUTHWESTERN PENNSYLVANIA AREA AGENCY ON AGING
PDA Pennsylvania Department of Aging

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