Happy Valentine’s Day!
PA photo ID law struck down

On January 17, Pennsylvania Commonwealth Court Judge Bernard L. McGinley struck down the law requiring Pennsylvania voters to show photo identification at the polls.

McGinley cited that the state had 71 drivers’ license centers and that some were open only two days a week, making it too burdensome to require that people get IDs before voting and ruled that the state’s voter identification law was unconstitutional.

McGinley also stated that the state had not demonstrated “any evidence of in-person voter fraud” – fraud that would be difficult to catch without voter ID.

The Pennsylvania voter ID law passed in March 2012, but the court has since barred enforcement of the law. The state is expected to appeal the ruling to the Pennsylvania Supreme Court.

Pennsylvania Primary Election Dates

February 18 – First day to circulate and file nomination petitions
March 11 – Last day to circulate and file nomination petitions
March 12 – First day to circulate and file nomination papers
March 26 – Last day for withdrawal by candidates who filed nomination petitions
April 21 – Last day to register to vote before the primary
May 13 – Last day to apply for a civilian absentee ballot
May 20 – Primary Election

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Thank you to the following generous Senior Times’ contributors for their support of our mission to provide quality information to older adults in southwestern Pennsylvania.

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Thank you to everyone who took the time to write and submit stories about their lives and their “One That (Almost) Got Away.” The Editorial Review Board enjoyed each of the romantic accounts. Some stories expressed a very unfortunate chain of events that first separated the two love interests. One ended tragically after a motorcycle accident. One ended magically with a wedding and a 13 month “honeymoon” backpacking trip through 27 countries. Most of the couples were initially separated by commitments to Uncle Sam during World War II, the Korean War and Vietnam. In the end, the Review Board chose the following two winners telling a lighter side of the two winning accounts.

First Place
Our high school romance was very rocky. He was a quiet, sometimes boring partner. We were buddies for special dances and a Prom, but otherwise, the romance went flat. I told him at graduation, in 1952, that I wanted to be free to make other choices.

He was drafted for the Korean War in 1953. I was enjoying life with another guy, so not involved in his departure. At least, that is how I tell it. In my heart I cared for his safety. After boot camp and while home on leave, I heard he would be shipped to Korea. I stubbornly ignored his presence at church in the hope that he would be safe.

I started to light a candle each Sunday in church in the hope that he was alive. I started to light a candle each Sunday in church in the hope that he would be safe.

In October, 1955, we married. We had four sons and nine grandchildren. October 15, 2014 will mark 59 years of a marriage that started with the flame of a candle and a rekindled love.

Joann Diesel
Washington PA 15301

Second Place
We met 30 years ago. At that time, we were both happily married to our spouses, never to meet again. Prior to our next meeting, both of our mates had passed away.

In 2006, we passed in the same grocery store, recognized each other and talked for 45 minutes, then went on our own paths once again.

Two weeks later, in the same grocery store, we were in the same checkout line. He said, “You are taking a long time.” My reply was, “If I knew you were behind me, I would have taken longer.” From these remarks, he asked if I would like to go out to eat and my reply was “Do you want to take me?” The cashier, hearing all of this, gladly wrote my phone number down and gave it to him.

We went on our first date two weeks later and have been together ever since.

We are both in our 70s and enjoying our life together.

Cathy Hower
& Ralph Taylor
Washington PA 15301

Congratulations and best wishes to the winners Joanne Diesel and Cathy Hower. Prizes include gift cards from the Olive Garden, Giant Eagle and Rite Aid.

The child’s view of love and marriage

How different would your answers be from those expressed by the children whose minds are uncomplicated by the assumptions held by adults?

Question: What do most people do on a date?

Answer: Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. --Lynnette, age 8

Question: When is it ok to kiss someone?

Answer: The law says you have to be eighteen, so I wouldn’t want to mess with that. --Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It is the right thing to do.

--Howard, age 8

Question: How would you make a marriage work?

Answer: Tell your wife that she looks pretty, even if she looks like a dump truck. --Ricky, age 10

Question: What do you think your mom and dad have in common?

Answer: Both don’t want any more kids. --Lori, age 8

Question: What is the right age to get married?

Answer: Twenty-three is the best age because you know the person forever by then. --Camille, age 10

Question: How can a stranger tell if two people are married?

Answer: You might have to guess based on whether they seem to be yelling at the same kids. --Derrick, age 8

February 2014 Senior Times
PrimeTime Health announces spring workshops

Chronic Disease Self-Management

Are you 60 years of age or older with an ongoing health condition? If you have diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or any chronic condition that affects your quality of life, the Chronic Disease Self-Management (CDSM) Workshops can help you take charge of your life.

Southwestern PA Area Agency on Aging PrimeTime Health program is offering the support you need through Chronic Disease Self-Management (CDSM) Workshops developed by Stanford University. Find ways to deal with pain and fatigue and learn how to “Live Better with Chronic Conditions.” Learn to effectively talk with your doctor and family about your health and discover nutrition, exercise and treatment choices during the CDSM workshops.

Classes are 2 ½ hours long, one time per week for 6 weeks. Spouses and caregivers are welcome. For more information on the Chronic Disease Self-Management Program scheduled to take place at 305 Chamber Plaza, Charleroi, Conference Room A, on six consecutive Tuesdays beginning April 1 through May 6, please call 724-745-7327, 1-888-300-2704 or 724-489-8080, Ext. 4411.

Healthy Steps for Older Adults Fall Prevention

Have you had a fall in the last year? Do you have problems with balance or trouble getting around? Healthy Steps for Older Adults (HSOA) is a fall prevention program offered by the Southwestern PA Area Agency on Aging, Inc. This unique, comprehensive program is for individuals ages 60 and older who are concerned about their increased potential for falling.

HSOA is a one-time workshop that screens individuals, addresses environmental safety, balance, strength, flexibility, and endurance exercises; nutrition, foot health, side effects of medication, vision/hearing, health status, social connectedness, and mental as well as spiritual well-being.

The following Healthy Steps for Older Adults spring workshops are being offered:

Strabane Trails Village
317 Wellness Way
Washington, PA 15301
Tuesday, March 18
10 a.m. to 3:30 p.m.

McDonald-Cecil Senior Center
3599 Miller’s Run Road
Cecil, PA 15321
Thursday, April 10
9:30 a.m. to 2:30 p.m.

For more information on the Strabane Trails Village or McDonald-Cecil Center workshops, contact 724-745-7327. For more on the Uniontown Adult Recreation Center workshop, contact 724-489-8080 or toll free 1-888-300-2704, ext. 4411.

Armando Avolio Jr., MD
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Gregory B. Christiansen, MD
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15th Annual Black History Celebration set for February 27

Join the combined Fayette, Greene, Washington County and Mon Valley area Senior Action Councils as they commemorate Black History Month at their 15th Annual Black History Celebration on Thursday, February 27, from 11 a.m. to 2 p.m., at Riverside Place, 303 Chamber Plaza, Charleroi, Pa.

The theme of this year’s remembrance hosted by the Mon Valley Senior Action Council along with SPHS Aging Services and Southwestern PA Area Agency on Aging, is “Holding on to Hope.”

The event will include a musical selection by Rev. Doctor Diane Hobson. Anita Towler Burton will give a presentation on African-American Inventors. Marcy Steward will provide a reading and Darlene Garrett will perform a humorous skit entitled, “Don’t Grow Old.”

Special guest actress Chrystal Bates will offer a biographical portrayal of abolitionist and women’s rights activist Sojourner Truth (1797-1883), and abolitionist, humanitarian and American Civil War Union spy Harriet Tubman (1820-1930).

Lunch will include pot roast with gravy, mashed potatoes, vegetable medley, tossed salad, triple berry tarts with ice cream, and coffee or tea. A $2 lunch donation is requested. Space is limited. For more information or to make a required reservation, please contact Hilda Lewis at 724-684-5173 or Barbara Edwards at 724-483-2071.

Chrystal Bates, to perform at the February 27 Black History Celebration, is an Onyx Award winner for Best Actress, three consecutive years. She has an outstanding list of performances to her credit, including her most recent stage appearances at the Pittsburgh Playwright’s Theater where she played Mame Wilkes in Radio Golf, and Rebecca Pratt in Ma Noah, written by Mark Clayton Southers.

Achievements also include Pittsburgh Playwright’s Theater production of Straightening Combs, an August Wilson Center’s stage reading of Lyin’ Ass, and a short for the SWAN Festival.

Chrystal recently directed Pittsburgh Playwright’s Theater production of Every Tongue Confess produced by the August Wilson Center. Chrsyal’s various venues also include Southern Repertory Theater, Dillard University Theater, Pittsburgh City Theater, Pittsburgh Public Theater, Allegheny Regional Theater, Kuntu Theater, Rites and Reasons Theater, Little Lake Theater, Holt Cabaret, and the New Orleans’ House of Blues.

Chrystal is also a playwright, poet and director. Her play Jesus the Light of the World, produced by Victorious Faith Evangelistic Outreach, toured for ten years, including a performance at Howard University. The productions helped to fund several water wells and churches in Kenya, Africa.

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National Theme for 2014 Black History Month

The theme for the 2014 National Black History Month is "Civil Rights in America," chronicling the important milestones by African-Americans and others in the battle for civil rights and equal treatment under the law.
Forecasts warn against snow and dangerously bitter cold temperatures

State health and emergency management officials are urging the public to pay attention to forecasts calling for snowfall and bitterly cold temperatures across much of Pennsylvania.

“People who do travel should be certain to have essential items in their vehicle such as food, water and warm clothes to help contend with the potential for dangerous conditions if travel delays occur,” said Dave Holl, deputy director of operations at the Pennsylvania Emergency Management Agency. “Wind and extreme temperatures could lead to hazardous driving conditions, and dangerous wind chills make it unsafe to be outside for any extended period of time.”

While snowfall accumulation can vary greatly across the state, bitterly cold temperatures in the teens and single digits, accompanied by below-zero wind chills have been impacting the entire state.

The Department of Health is urging Pennsylvanians to take the following commonsense steps to reduce the risk of health hazards during and after the storm:

- Prevent carbon monoxide poisoning during power outages:
  - Never use an electric generator, camp stove or similar device indoors since they produce carbon monoxide, an odorless, colorless gas that builds up in closed spaces and is deadly.
  - Leave your home immediately and call 911 if your carbon monoxide detector sounds. Get medical help right away if you suspect carbon monoxide poisoning and are dizzy, light headed or nauseous.

  Stay as warm as possible:
  - Hypothermia is a serious condition that happens when your body temperature is too low. Older Pennsylvanians and babies are most at risk and should be checked frequently. If your power is out for a long time, stay with a relative or friend, or go to a shelter if one is open in your area.
  - If you must venture outdoors, make trips brief and dress warmly. Cover your ears, head, mouth and face to prevent frostbite.
  - Prevent snow removal injuries:
    - If you experience chest pain, shortness of breath or other symptoms of a heart attack while shoveling snow, call 911.
    - When possible, push snow instead of lifting it. If you must lift, bend your legs and not your back. Also avoid twisting motions that can stress your back.

  If using a snow blower, read and follow all safety instructions.

  - Never call 911 to request or report road conditions. When calling 911 to report an emergency, it is critical for callers to stay on the line, even if for an extended series of rings, until the operator answers. Hang-ups due to frustration result in key minutes being lost as 911 center personal attempt to reestablish contact.

  To check road conditions on more than 2,900 miles of state roads, visit www.511PA.com or simply call 511.

  The commonwealth’s ReadyPA campaign encourages citizens to take three basic steps before an emergency occurs: Be Informed, Be Prepared, Be Involved. More detailed information, including downloadable emergency kit checklists and emergency plan templates, is available online at www.ReadyPA.org or by calling 1- 888-9-READY-PA.

Local Department of Health has a limited supply of shingles vaccine

The Department of Health has a limited supply of shingles vaccine that may be administered to individuals who are uninsured or underinsured with no insurance coverage for the shingles vaccine. Eligible individuals 50 years of age and older seeking the vaccine pay little to no cost for the shot.

Washington and Greene County residents may call 724-223-4540 for more information or to make an appointment to have the vaccine administered at the 167 N. Main Street, Suite 100, Washington, Pa., office.

Fayette County residents may call 724-439-7400 to make an appointment to have the vaccine administered at 100 New Salem Road, Suite 102, Uniontown.
Vera L. Klein receives AARP Foundation Tax-Aide Fellow Award

Volunteer Income Tax Assistant Vera Klein was recently presented with the prestigious AARP Foundation Tax-Aide Fellow Award for her distinguished service to the AARP Foundation Tax-Aide program. Vera, who has been volunteering for AARP for 10 years, is the AARP Local Coordinator for six sites in three counties. She oversees five tax counselors serving at multiple sites where 600 federal returns were filed during 2013 and more than 800 taxpayers were served. Vera has endeared local tax volunteers to take advantage of the opportunities that exist to serve others by setting the example of providing tax assistance in many different communities in Southwestern Pennsylvania. Congratulations and appreciation is extended to Vera Klein for her outstanding service. Vera is pictured assisting Adele McKita, Donora, with her taxes.

Volunteer Income Tax Assistance locations announced

The Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) Programs are a cooperative effort between the Internal Revenue Service (IRS) and AARP.

The Internal Revenue Service and AARP have released the following list of confirmed sites for free, basic tax counseling and preparation help available for individuals who meet eligibility criteria. Complex returns will not be completed at the VITA sites.

Telephone numbers are provided for sites requiring appointments or that recommend calls to see if space is available. When making an appointment, ask about the method of submitting the tax forms. If you will be filing electronically and you want direct deposit for a refund, you will need your bank account and routing numbers. State Property Tax/Rent Rebate and local wage tax returns must be personally mailed.

Individuals seeking help are advised to bring:
1. Proof of identification and social security card
2. Last year’s tax returns
3. All W-2s, 1099s and/or other income statements
4. Information on credits and deductions
5. The current year’s tax package
6. If filing for the Property Tax/Rent Rebate, original stamped 2013 property tax receipts and rent receipts.

TAX COUNSELING SITE LISTING

FAYETTE CO.
Center on the Hill 100 Summit Road

WASHINGTON CO.
Bentleyville Senior Ctr 931 Main Street
Bentleyville, PA 15314
Mon, Feb 18
Fri, Feb 14; Mar 7, 21; Apr 4
9:15 a.m. to 3:30 p.m.
724-377-0000

Perryopolis Senior Ctr
403 Liberty Street
Perryopolis, PA 15473
Mon, 02/03/14 – 04/14/14
9 a.m. to 2:00 p.m.
724-736-2250

Uniontown Mall
1368 Mall Run Road
Uniontown, PA 15401
Mon, Wed, Fri,
02/03/14 – 04/14/14
9 a.m. to 3 p.m.
No appointment needed

GRENNE CO.
Community Action Southwest
58 East Greene Street
Waynesburg, PA 15370
Those with earned income only
1-877-814-0788, Ext. 421

Waynesburg Community Center
1505 Morris St.
Waynesburg, PA 15370
Mon & Wed,
02/03/14 – 04/14/14
8:30 to 10:30 a.m.
724-627-6366

SYRACUSE, NY
Cecil Senior Center
1359 Mill’s Run Road
Cecil, PA 15321
Mon, Tue, Thu,
02/03/14 – 04/10/14
9 a.m. to 2:30 p.m.
724-743-1827

Midway Senior Center
3599 Miller’s Run Road
Cecil, PA 15321
Mon, Tue, Thu,
02/03/14 – 04/10/14
9 a.m. to 2:30 p.m.
724-743-1827

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Standard Pharmacy Monongahela
Belle Vernon
Brownsdale
Hunters Pharmacy Connellsville
Medicine Shoppe Connellsville
Belle Vernon
Washington
Medicine Shoppe Monongahela
Brownsdale
Belle Vernon
Washington

Website: www.lipohydroderm.com

See VITA on page 9
ID theft—What should the victim do?

While there are no guarantees about avoiding identity theft, there are steps you can take to reduce your risk and minimize the damage if you become a victim.

Contact one of the three credit reporting agencies and ask for a fraud alert to be placed on your credit report. You only need to call one agency; it will automatically notify the other two agencies.

• [www.equifax.com](http://www.equifax.com) 1-800-525-6285
• [www.experian.com](http://www.experian.com) 1-888-397-3742
• [www.tuc.com](http://www.tuc.com) 1-800-680-7289

If you discover that someone fraudulently opened new accounts in your name, contact the financial institution that opened them and cancel them. If you don’t know how to reach the financial institution, the credit bureaus should be able to provide that information to you.

File a report with your local police department.

Contact all of the financial institutions that issue your bank cards, credit cards and checking/savings accounts to ensure that there are no fraudulent charges on your accounts. Ask them to send you their company’s fraud dispute form, which you will need to fill out, even if you speak to someone on the phone. You will also need to provide them with a copy of your police report.

If your driver’s license or state-issued ID card is missing, contact PennDOT at 1-800-932-4600 and fill out a Misuse Form by going to: www.dmv.state.pa.us/identity_theft/reporting_fraud.shtml

If your passport is missing, contact the United States Department of State at 1-202-955-0430 or go to: http://www.travel.state.gov/passport/lost/lost_848.html

If your Social Security card is missing, contact the Social Security Administration at 1-800-772-1213 or online at http://ssa-custhelp.ssa.gov

If your medical/insurance cards are missing, contact your health insurance company.


For crimes involving your mail, contact your local post office. The number can be found by going to www.usps.com/nesc/locators/find-is.html or look in the blue pages of your phone book under “United States Government, Postal Service.”

As you contact each of the institutions, keep a record of all conversations, including the date you called, the name of the person to whom you spoke, and the outcome of the conversation. □
American Institute for Cancer Research Health Talk

by Karen Collins, MS, RD, CDN
American Institute for Cancer Research (AICR)

Q: Recipes and nutrition articles everywhere are promoting kale, a vegetable I never even heard of until recently. Is it really that great?

A: Kale is a member of the cruciferous vegetable family, along with broccoli, Brussels sprouts, cauliflower, and more. It has become more popular as people try it in restaurants and hear about its nutritional qualities from the media. Just like other healthful vegetables, it’s simply a great way to add variety to a healthy eating pattern. Like spinach, Swiss chard, collard greens and broccoli, kale’s dark green color signals that it’s very high in beta-carotene (which forms vitamin A and seems to offer cancer protective benefits of its own) and lutein and zeaxanthin (two other carotenoids, linked with eye health). It’s loaded with vitamin C and the calcium it contains is well absorbed. Compared to other dark green vegetables, kale does not contain as much folate, magnesium and iron. But like other cruciferous vegetables, kale contains compounds that break down into isothiocyanates, phytochemicals that show cancer-fighting properties in lab studies. What’s more, isothiocyanates seem to turn on tumor suppressor genes. These genes slow cell growth so that cell damage can be repaired, and they also stimulate self-destruction of damaged cells.

Q: Is magnesium as important as I’m hearing lately? If so, what foods are the best sources?

A: Magnesium is a mineral involved in DNA repair, control of cell growth, blood sugar metabolism and insulin signaling, among other roles. The good news is that we don’t need huge amounts of magnesium to lower our risk of diabetes and heart disease (including high blood pressure). The Recommended Dietary Allowance (RDA) is 320 milligrams for most women and 420 mg for most men. In one study researchers looked at magnesium intake of obese people with metabolic syndrome (a group of risk factors for heart disease, such as high blood pressure and high triglycerides), which means they were also at increased risk of developing diabetes. Those who met recommended amounts of magnesium were 63 percent less likely than those who didn’t meet the RDA to develop insulin resistance, the starting point of type 2 diabetes. An analysis of eight population studies shows that people consuming the most magnesium were nearly 20 percent less likely to develop colon cancer than those with lowest intake.

Unfortunately, Americans are eating more refined, processed foods, which are low in magnesium. Foods like dark green leafy vegetables, whole grains, nuts and dried beans are rich in this mineral. The average American gets about 50-70 milligrams less than recommended amounts, a gap easily remedied with a few adjustments in food choices. For example, you can replace some of the refined grains you usually eat with whole grains or include a dark green vegetable most days. Work dried beans, seeds and nuts (especially almonds and cashews) into salads, stews or snacks regularly. Learn to include plenty of fruits and vegetables throughout the day. These foods all contain fiber and other nutrients and plant compounds that appear protective against the low magnesium intake, so focusing on making a few small swaps in your current diet is likely to be better for your health than a magnesium supplement.

From the AICR Test Kitchen

Creamy Broccoli Soup

The following recipe blends broccoli to create a wonderfully satisfying, healthy and creamy soup—without the cream.

Research shows that broccoli may help prevent cancer, but its effectiveness is linked to how it is cooked. Broccoli contains an enzyme called myrosinase that can activate sulforaphane, a compound that has anti-cancer properties. Boiling and microwaving, however, destroy myrosinase. The best way to preserve myrosinase is to lightly steam broccoli for no more than 3 to 5 minutes. When making this creamy broccoli soup, myrosinase is destroyed during the simmering time. But research shows that by adding a new source of myrosinase in the same meal, the sulforaphane can be revived. That’s why tiny flower buds of broccoli are used to garnish the soup. The finely chopped broccoli buds are pretty and purposeful!

So, when making broccoli soup or cooking broccoli in ways other than a short steam, save a small floret or two. Trim the flower buds and sprinkle them on cooked broccoli. Broccoli’s beneficial fiber, other phytonutrients and minerals survive cooking.

Creamy Broccoli Soup

2 tsp. extra virgin olive oil
1 medium onion, chopped
2 stalks celery, chopped
2 potatoes, peeled and cubed
4 cups chopped fresh broccoli, including stems, set aside one floret
2½ cups low-sodium, low-fat chicken broth (vegetable broth may be used)
1 cup unsweetened almond milk (optional, if not used, increase broth to 3½ cups)
Salt and ground pepper
1/4 cup low-fat feta cheese, optional

In large pot, heat oil over medium heat. Sauté onion and celery 4 minutes. Add potatoes and broccoli, sauté additional 2 minutes. Add broth and milk and bring to boil. Salt and pepper to taste. Reduce heat, cover and simmer 20 minutes or until vegetables are tender. While soup is simmering, with a knife, trim tiny broccoli flower buds from broccoli floret and set aside. Pour soup into blender and puree until very smooth. Divide soup in four individual serving bowls. Garnish with broccoli buds and optional feta cheese.

Makes 6, 1½ cup servings with 117 calories, 4 g total fat, 16 g carbohydrate, 6 g protein.

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The following recipe blends broccoli to create a wonderfully satisfying, healthy and creamy soup—without the cream.

Research shows that broccoli may help prevent cancer, but its effectiveness is linked to how it is cooked. Broccoli contains an enzyme called myrosinase that can activate sulforaphane, a compound that has anti-cancer properties. Boiling and microwaving, however, destroy myrosinase. The best way to preserve myrosinase is to lightly steam broccoli for no more than 3 to 5 minutes. When making this creamy broccoli soup, myrosinase is destroyed during the simmering time. But research shows that by adding a new source of myrosinase in the same meal, the sulforaphane can be revived. That’s why tiny flower buds of broccoli are used to garnish the soup. The finely chopped broccoli buds are pretty and purposeful!

So, when making broccoli soup or cooking broccoli in ways other than a short steam, save a small floret or two. Trim the flower buds and sprinkle them on cooked broccoli. Broccoli’s beneficial fiber, other phytonutrients and minerals survive cooking.

Creamy Broccoli Soup

2 tsp. extra virgin olive oil
1 medium onion, chopped
2 stalks celery, chopped
2 potatoes, peeled and cubed
4 cups chopped fresh broccoli, including stems, set aside one floret
2½ cups low-sodium, low-fat chicken broth (vegetable broth may be used)
1 cup unsweetened almond milk (optional, if not used, increase broth to 3½ cups)
Salt and ground pepper
1/4 cup low-fat feta cheese, optional

In large pot, heat oil over medium heat. Sauté onion and celery 4 minutes. Add potatoes and broccoli, sauté additional 2 minutes. Add broth and milk and bring to boil. Salt and pepper to taste. Reduce heat, cover and simmer 20 minutes or until vegetables are tender. While soup is simmering, with a knife, trim tiny broccoli flower buds from broccoli floret and set aside. Pour soup into blender and puree until very smooth. Divide soup in four individual serving bowls. Garnish with broccoli buds and optional feta cheese.

Makes 6, 1½ cup servings with 117 calories, 4 g total fat, 16 g carbohydrate, 6 g protein.
Time to apply for 2013 Property Tax/Rent Rebate

The Property Tax/Rent Rebate Program benefits eligible Pennsylvanians age 65 and older, widows and widowers age 50 and older; and people with disabilities age 18 and older. The deadline to apply for a rebate on property taxes or rent paid during 2013 is June 30, 2014. Once your application is received, the Department of Revenue will begin mailing and depositing rebates on July 1, 2014.

The maximum standard rebate is $650, but supplemental rebates for qualifying homeowners can boost rebates to $975 in Pittsburgh and Scranton where local wage/income tax rates are very high.

The Property Tax/Rent Rebate Program is one of five programs supported by the Pennsylvania Lottery. Since the program’s 1971 inception, older adults and adults with disabilities have received $4.8 billion in of property tax and rent rebates. The rebate program also receives funding from slots gaming.

The income limit is $35,000 a year for homeowners and $15,000 annually for renters. Half of all Social Security income is excluded.

Homeowners with the following incomes receive the rebates indicated:

<table>
<thead>
<tr>
<th>Income</th>
<th>Maximum Rebate</th>
</tr>
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<tbody>
<tr>
<td>$0 to $8,000</td>
<td>$650</td>
</tr>
<tr>
<td>$8,001 to $15,000</td>
<td>$500</td>
</tr>
<tr>
<td>$15,001 to $18,000</td>
<td>$300</td>
</tr>
<tr>
<td>$18,001 to $35,000</td>
<td>$250</td>
</tr>
</tbody>
</table>

Renters with the following incomes receive the rebates indicated: now receive:

<table>
<thead>
<tr>
<th>Income</th>
<th>Maximum Rebate</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0 to $8,000</td>
<td>$650</td>
</tr>
<tr>
<td>$8,001 to $15,000</td>
<td>$500</td>
</tr>
</tbody>
</table>

Please note that the Department of Revenue is aware that there is a company contacting older Pennsylvanians by mail, offering to prepare Property Tax/Rent Rebate applications for a fee. While it’s unfortunate that a company is charging for a service that the government and other agencies, such as the Southwestern PA Area Agency on Aging, the Department of Revenue district offices, senior centers and offices of state legislators, provide for free, it does not appear to be illegal.

February

Social Security questions answered

by Irv Horowitz
Social Security District Manager, Rostraver, PA

If you’ve recently begun receiving Social Security benefits or plan to apply in the near future, you may be wondering if Social Security benefits are taxable?

The short answer is: sometimes.

Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your Social Security benefits.

There is never a case when a person pays tax on more than 85 percent of his or her Social Security, based on Internal Revenue Service (IRS) rules.

If you file a federal tax return as an individual and your income is between $25,000 and $34,000, you may have to pay income tax on up to 50 percent of your benefits. If your income is more than $34,000, then up to 85 percent of your benefits may be taxable.

If you are married and you file a joint return, and you and your spouse have a combined income that is between $32,000 and $44,000, you may have to pay income tax on up to 50 percent of your benefits. If your combined income is more than $44,000, then up to 85 percent of your benefits may be taxable.

Your “income” for the purpose of determining whether you must pay taxes on some of your Social Security includes your adjusted gross income, your nontaxable interest, and half of your Social Security.

In January, you should have received a Social Security Benefit Statement showing the amount of benefits you received last year. You can use this statement, or SSA-1099, when completing your federal income tax return to find out whether some of your benefits are subject to federal income tax. If you didn’t receive yours, you can request one at www.socialsecurity.gov/1099<http://www.socialsecurity.gov/1099>. If you didn’t receive yours, you can request one at www.socialsecurity.gov/1099. If you didn’t receive yours, you can request one at www.socialsecurity.gov/1099.


Quote on Getting the most out of life

“You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth.”

~~William W. Purkey

February 2014 Senior Times

TINA RABER, Waynesburg Community Center Site Supervisor, says she can always make time for a quick kiss for Santa.
Dealing with Dementia... When Thinking and Behavior Decline

Forgettingfulness, confusion, or having trouble remembering a name or word can be a normal part of life. But when thinking problems or unusual behavior starts to interfere with everyday activities—such as working, preparing meals, or handling finances—it’s time to see a doctor. These could be signs of a condition known as dementia.

Dementia is a brain disorder that most often affects the elderly. It’s caused by the failure or death of nerve cells in the brain. By some estimates, up to half of people ages 85 and older may have Alzheimer’s disease, the most common cause of dementia. Although age is the greatest risk factor for dementia, it isn’t a normal part of aging. Some people live into their 90s and beyond with no signs of dementia at all.

“Dementia really isn’t a disease itself. Instead, dementia is a group of symptoms that can be caused by many different diseases,” says Dr. Sanjay Asthana, who heads an NIH-supported Alzheimer’s disease center at the University of Wisconsin. “Symptoms of dementia can include problems with memory, thinking, and language, along with impairments to social skills and some behavioral symptoms.”

Several factors can raise your risk for developing dementia. These include aging, smoking, uncontrolled diabetes, high blood pressure, and drinking too much alcohol. Risk also increases if your family members have had dementia.

Dementia can be reversed when it’s caused by dehydration or other treatable conditions. But most forms of dementia worsen gradually over time and can’t be corrected. Scientists are searching for ways to slow down this process or prevent it from starting in the first place.

The 2 most common causes of dementia in older people are Alzheimer’s disease and vascular dementia, a condition that involves changes to the brain’s blood supply. Vascular dementia often arises from stroke or atherosclerosis (hardening of the arteries) in the brain. Other causes of dementia include Parkinson’s disease, HIV infection, head injury, and Lewy body disease. (Lewy bodies are abnormal protein clumps in brain cells.)

Dementia in people under age 60 is often caused by a group of brain diseases called frontotemporal disorders. These conditions begin in the front or sides of the brain and gradually spread. A rare, inherited form of Alzheimer’s disease can also occur in people in their 30s, 40s, and 50s.

The symptoms of dementia can vary, depending on which brain regions are damaged. “In general, the left side of the brain is involved in language, and the right side is very involved in social behavior,” says Dr. Bruce L. Miller, who directs an NIH-funded dementia center at the University of California, San Francisco.

In the case of a frontotemporal disorder, “if it begins in the left side of the brain, you tend to have worsening language problems; if it starts on the right, it affects behavior and might be mistaken for a psychiatric condition,” Miller explains. Damage to particular left brain regions can cause people to become apathetic, lose their inhibitions, or show no consideration for the feelings of others.

With Alzheimer’s disease, memory-related areas in the lower and back parts of the brain tend to be affected first. Other types of dementia can affect regions that control movement.

“The treatment for all of these disorders is slightly different,” Miller says. That’s why it’s important to get an accurate diagnosis. Because different types of dementia can have overlapping symptoms, and some people have more than one underlying condition, it’s best to see a clinician who has expertise in diagnosing dementia.

“NIH has specialized centers across the country that have clinics that can diagnose and evaluate patients with Alzheimer’s disease and dementia,” Asthana says. (See NIH’s Alzheimer’s Disease Research Centers at http://www.nia.nih.gov/alzheimers/alzheimers-disease-research-centers for more information.)

To make a diagnosis, physicians usually ask about a person’s medical history and do a physical exam including blood tests. They also check for mental abilities and sometimes perform brain scans. These tests can determine if the symptoms are related to a treatable condition—such as depression, an infection, medication side effects, or vitamin B12 deficiency.

With some types of dementia, a clear diagnosis can’t be made until the brain is examined after death. “There’s no single blood test or brain scan that can diagnose Alzheimer’s disease or some other types of dementia with certainty,” Asthana says. “In these cases, a definite diagnosis can be made only at autopsy.”

Many researchers are working to change that. More than a decade ago, NIH-supported scientists found a way to detect signs of Alzheimer’s disease in the brains of living people. Their sophisticated brain scans can spot abnormal protein clumps known as amyloid plaques. All people with Alzheimer’s disease have amyloid plaques. But extensive plaque buildup can also be found in some people who have no signs of dementia. Because of this uncertainty, amyloid imaging isn’t considered a definitive tool for diagnosing Alzheimer’s disease. But it is being widely used in clinical research studies.

“Right now, a lot of research is focusing on the pre-symptomatic stages of the disease, where we can see evidence of amyloid protein before a person has any symptoms. We can test to see if medications can slow or prevent buildup of this amyloid protein,” Asthana says. “So far, no studies have shown that clearing the brain of amyloid protein can actually translate into improved symptoms.”

Different types of drugs are being used to treat Alzheimer’s disease, Parkinson’s dementia, and certain other forms of dementia. These medications may improve symptoms, but none can halt or reverse progressive disease.

See Dementia page 13
Dementia from page 12
damage to the brain.
“In contrast, if the dementi is due to vascular disease, there are many things we can do to prevent it from progressing. It’s the same things we do to prevent cardiovascular disease,” says Dr. Helena Chui, director of an NIH-funded Alzheimer’s center at the University of Southern California. “Some patients are given anticoagulation medications. Others are given medications to keep blood pressure, cholesterol, and diabetes under control.”

Chui notes that a healthy lifestyle can help protect the aging brain. “Regular exercise, a heart-healthy diet, and avoiding smoking can reduce your risk for heart disease as well as dementia,” she says. Engaging in social and intellectually stimulating activities might also help to protect brain function. “You can change your trajectory toward a healthier brain by making healthy choices,” Chui says.

~Source: NIH News in Health January 2014

Play it Again!
by Cindy Bartolotta

February 2 is Groundhog Day. In the movie, “Groundhog Day,” the main character is doomed to repeat the day over and over. Find these other things that often repeat.

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

A vinyl record skip
Indigestion
Instant replay

Acid Reflux
Leftovers

Baby’s screams
Mistakes

Bad news
Moon’s orbit

Commercials
Mother’s warning

Coughs
Reruns

Do-overs
Seasons

Echo
Tape recorder

Groundhog Day
TV cliffhanger

Habits
See Answers on page 14

Hiccups

History

Age Trivia
leaves something to think about

According to the U.S. Census, there were 50,454 people in the US who were 100 years of age and over in 2000. 10,057 were men and 40,397 were women. In 2010, there were 53,364 people in the U.S. 100 and over. 9,162 men and 44,202 women.

However, for the 63rd year in a row, more boys than girls were born in the US. According to a recent Centers for Disease Control and Prevention (CDC) report, exactly 94,232 more boys than girls were born in the US. during 2004.

Congratulations and Best Wishes to Rebecca Taylor Haynes who celebrated her 102nd birthday in January.

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Resource for People with Down Syndrome

NIH has launched a free, confidential, Web-based health registry for people with Down syndrome and their families and caregivers.

The registry, called DS-Connect, offers a secure place for people with Down syndrome—or family members on their behalf—to enter and save basic health information. It also can help families stay informed about potential treatments and other efforts to improve the quality of life for people living with Down syndrome.

Down syndrome is one of the most common genetic birth defects nationwide. People who have Down syndrome have a characteristic facial appearance and intellectual difficulties. They may also face other health issues, such as digestive problems, heart defects, and hearing loss.

When snow turns into water and water turns into flooding

Snow and record low temperatures will soon give way to nature and the spring thaw will inevitably bring flooding. Do you have or will you need flood insurance?

Since standard homeowners insurance does not cover flooding, it’s important to have protection. In 1968, Congress created the National Flood Insurance Program (NFIP) to help provide a means for property owners to financially protect themselves when it was found that flood insurance was virtually unavailable from the private insurance companies after widespread flooding along the Mississippi River in the early 1960s.

The NFIP offers flood insurance to homeowners, renters, and business owners. It is based on an agreement between local communities and the Federal Government that states if a community will adopt and enforce a floodplain management ordinance to reduce future flood risks to new construction in Special Flood Hazard Areas, the Federal Government will make flood insurance available within the community as a financial protection against flood losses.

The NFIP is a Federal program, managed by the Federal Emergency Management Administration (FEMA), and has three components: to provide flood insurance, to improve floodplain management and to develop maps of flood hazard zones.

In 2012, the President signed into law the Biggert-Waters Flood Insurance Reform Act of 2012 (BW-12), which reauthorized the NFIP through September 30, 2017, and made a number of reforms aimed at making the program more financially and structurally sound. The purpose of the legislation is also to change the way the NFIP operates and to raise rates to reflect true flood risk. BW-12 also involves changes regarding how Flood Insurance Rate Map (FIRM) updates impact policyholders.

Contact your insurance carrier to learn more about how changes could affect you or whether you need flood insurance.

Source: http://news-inhealth.nih.gov/issue/dec2013/capsule2

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New Technical Assistance Guide for the National Disability Navigator Resource Collaborative

The National Disability Navigator Resource Collaborative (NDNRC) recently published a new resource for Marketplace navigators and other enrollment specialists. The Guide to Disability for Healthcare Insurance Marketplaces Navigators is a technical assistance guide designed to inform navigators and other enrollment specialists about special considerations people with disabilities face as they shop for healthcare coverage. A free registration is required to access the Guide.

NDNRC is an initiative aimed at providing cross-disability information and support to navigators and other enrollment specialists thereby ensuring people with disabilities receive accurate information when selecting and enrolling in insurance through the Affordable Care Act Marketplaces. The recently launched website http://www.nationaldisabilitynavigator.org/ also has news and resources designed to support groups who are providing enrollment assistance to consumers with disabilities as they enroll for coverage through the marketplaces. The NDNRC website is also planning to publish 17 fact sheets with more information regarding specific disability related issues and state specific information as well.

NDNRC is funded through a grant from the Robert Wood Johnson Foundation.

Source: http://acl.gov/NewsRoom/NewsInfo/Index.aspx

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February 2014 Senior Times

Senior Community Center Notes

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

-Loretta Newell
... On the first, second and third Wednesday of each month, we enjoy SWPA Area Agency on Aging and SPHS Aging Services lunches. On the fourth Wednesday of the month, we hold a covered dish lunch... The business meeting is held on the first Wednesday of each month... Our regular daily activities include cards at 8 a.m., dartball at 10 a.m. and lunch at noon. Dartball is played at 7 p.m. on Thursdays. We are looking for some new players. Please join us... We had a very good time on our trip to view the holiday lights at Oglebay... Plans are underway for a Valentine’s Dinner for persons 50 years of age and older. All are welcome to attend. Please call Emma Jane Davis at 724-529-2530 for reservations or more information... We are also planning a trip to Lancaster in April. Call Emma Jane for more details... Happy birthdays to George Brown, Lucille Leonard, James McKnight, Barbara Rozyczki, Pat Basinger and Rich Riggin... Have a safe winter and stay warm!

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

-Mary Rhodes
... Happy February! Our Valentine’s Day party will be held on Feb. 11 when a king and queen will be crowned... Happy February birthdays to Chuck Brittain, Agnes Huddock, Marie Jones, Margaret Kalp, James Myers, Ron Mitts, Carl Reynolds and Catherine Ritz... Happy anniversary to Resa and Ray Hixson and Chris and Pat Shallenberger...

Every Thursday we enjoy a Care and Share Discussion at 10 a.m. and Wii bowling at 11 a.m. Rummage sales are held on Mondays, Wednesdays and Thursdays from 10 to 11:30 a.m. Bingo is played every Wednesday. Early Bird is at 12:45 p.m. and regular bingo begins at 1 p.m. Food is available from the kitchen. We play 20 games of Nickel Bingo every Thursday after lunch. We have something for everyone... Blood pressure readings are conducted on the first Thursday of the month from 10 to 11:30 a.m. by Fayette EMS, and every second Tuesday from 10 to 11:30 a.m. by Albert Gallatin Home Care/Amedisys... Thanks to all of our volunteers who help make all of our activities successful... If you are interested in joining, all you need to do is call the Center at 724-887-0655 for more information...

CENTER ON THE HILL
100 Summit Road
Belle Vernon, PA 15012
724-930-8512

-Pat Benecceio
... We are looking for a few energetic and creative seniors who are willing to join us and to help our dedicated Site Committee to keep up with the changing needs at our center. If you can spare some time, we need you! Also, a survey is available to express any thoughts or ideas you may have to help the Center grow with the changing times... On Feb. 10, the NSL Wii Bowling session will begin. Please consider joining the fun as we strive for another victory... On Feb. 13, our center will host a Hearts of Gold Volunteer pizza party as a way of saying thank you for volunteering at the Center... On Feb. 21, at 10 a.m., the travel along via video will be to Trans Siberia Russia. Cost is $2 to enjoy the delicious buffet... Beginning Feb. 3 through April 9, AARP will staff the Volunteer Income Tax Assistance (VITA) program at the Center on Mondays and Wednesday, by appointment. Be sure to call to schedule since the dates fill-up quickly... You can place a heart on the Giving Tree in honor or memory of a loved one, friend or deceased family member for a $1 donation... Roxi’s Beauty Salon is open by appointment on Thursdays and Fridays. Call Roxi at 724-812-2560 to schedule... Remember, Fayette Area Coordinated Transportation (FACT) is available, so be sure to register today... May the upcoming months bring new and exciting times for you to treasure...
Senior Community Center Notes

blessings for the year, we have nine new members! What a wonderful beginning as we welcome Barbara Wilburn, Patsy Herring, Bill and Shirley Williams, Henry and Mary McGee, Anna Dennis and Bill and Georgia Harris... On Dec. 31, Charlene Wine- man, Dottie Durschlag, Mary Glover, Shirley Schum, Minnie Mitchell, Lois Mattay, Joanne and Duane Weltz, Delores Ferguson, Pat Lin and Alice Hager enjoyed another fun shopping trip and lunch with our great bus driver, Maxine Anderson...

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

-Arleen Barth

... Avoid the winter blues! Grab a friend or neighbor and come to the Center to join in the Healthy Steps in Motion exercises on Mondays and Thursdays at 10 a.m., led by Shirley and Phyllis... Or you can join in the daily schedule of fellowship and assembling of jigsaw puzzles... On Mondays, card games begin at 9:30 a.m. and are played again in the afternoon... If you play an instrument or like to sing or just enjoy listening, join us on Tuesdays from 1 to 4 p.m. and enjoy a fun time with Pickin’ N Grinnin’ led by George Stewart... Bingo is played on Wednesdays and Fridays beginning at 9 a.m. ...Ceramics classes are held every Thursday... Jaynee King’s Hair Salon is open on Wednesdays, Thursdays and Fridays. Please call for an appointment... We welcome retired nurse, Connie Novak, who conducts blood pressure readings. Dates and times are posted each month on our bulletin board by the door... The Site Committee meets on the first Monday of each month... The Golden Agers meet on the second Tuesday of the month at 1 p.m. New members are always welcome... Come and enjoy a movie on Fridays at 1 p.m... Everyone is invited to attend our February Super Bingo on Wednesday, Feb. 5 and 19, at 9 a.m... Be sure to check the February Senior Moments publication for more activities and the monthly bulletin for any workshops... We wish all of our February birthday friends a very happy birthday... We will serve as a hospitality center for the Perryopolis Bi-Centennial Celebration in June. We will need many volunteers to help set up, greet people, serve and clean up. Also, if you have any early pictures of Perryopolis, please bring them to the Center to be displayed. More information and a sign-up sheet will be forthcoming... We are always looking for new projects. If you have any ideas, please talk to Jaynee King, center supervisor, or one of the members of the Site Council... Happy Valentine’s Day!!!

POINT MARION
Railroad Street
Point Marion, PA
15474
724-725-3680

-Elise Ahlgren

... The Golden Pointers started off the month with the Site Council meeting on Dec. 3... On Dec. 10, we held our birthday celebration with entertainment by Vern Eberhart, Sr., Vern Eberhart, Jr. and Chuck Secina and a few songs by Tom Mankin... On Dec. 17, we had our Christmas party with music provided by Dave Townsend... The end-of-the-month meeting was held on Dec. 31. All of our members had a very nice Christmas and new year... Wonder what the groundhog’s prediction will be...

SMITHFIELD
COLONIALS
14 Main Street
Smithfield, PA 15478
724-569-1910

-Phyllis Smith

... Happy belated January birthdays to George Cunningham, Gertrude Roskovensky, Joan Gans, Lillian Sedlock, Jean Kennedy, Paul Burchard and Agnes Monteith... Happy anniversary wishes to George and Arline Cunningham and Esther and Lester Shaffer... Happy February birthdays to Louise Goldsboro, Charles Karwatske, Patricia Smith and Carol Ross... The January calendar was full with the Site Council meeting, blood pressure screenings, Connie’s 50/50 drawings, Joe’s Nickel bingo, exercises led by Shirley Baird, a Silent Auction, and Fun Day... Our dedicated members clip coupons for our armed forces, collect Campbell’s labels for the local schools, collect pop top tabs to support The Ronald McDonald House, and save cancelled postage stamps for the local Grange... To date, we have gained three new members. It is good to see an increase in our numbers. They said that they enjoy our friendly group of peers... Every week, we enjoy “catching-up” with our friends in fellowship, followed by a program at 11 a.m. Lunch is served at noon. Shuffleboard and dartball are played in the afternoon... Table blessings for January were offered by Mary Ann Mrowca, Delbert Yutzy, Marilyn Miller, Mary Catherine Keener and Shirley Baird...

Food transportation was provided by Mary Ann David, Bill Brown, Paul Burchard, Joe and Ann Hetz and Don Keener... We are looking forward to March and some warmer weather... If you like a good friendly group and enjoy fellowship with your peers, stop in any Thursday at 10 a.m. and join us. If you want to join us for lunch, please call 724-569-2894 by the Wednesday before...

UNIONTOWN
137 N. Beeson Avenue
Uniontown, PA 15401
724-437-6050

-Doris Wagner

... The Center was beautifully decorated for the holidays. Thank you, Cora Straight and Dominic Ritz, for all of your hard work... Thanks to Carol Lenarchik for her crafts and for leading the craft classes... Thank you to Kathy Beregi, from SeniorLIFE, for sponsoring bingo and for providing snacks on the first Monday of the month... Kathleen McLaughlin presented a Christmas program entitled, “The First Christmas Story.” Sylvia Vignali played the piano and members joined in singing Christ-
mas carols… On Dec. 14, Carol Lenarchik, made arrangements for Santa to visit the Center. Cookies and hot chocolate were served and you could have your picture taken with Santa… On Dec. 16, we enjoyed cake and ice cream to celebrate the 16, we enjoyed cake and ice cream to celebrate the… On Dec. 14, our members were crowned Queen and King for 2014, respectively… Remember your sweetheart on Valentine’s Day… Happy belated birthday to Dorothy Zvankovich, Jim Franks, Sue Siverling and Ronnie Ebenger… Get well wishes were sent to Deloris Richards…

**GReene County Bobtown**

Box 46
Bobtown, PA 15315
724-839-7133

-Kitty Friend
… A soup and cookie sale was held on Dec. 7 at the Bobtown United Methodist Church… On Dec. 10, we enjoyed a great Christmas lunch thanks to our cooks, Judy Robinson and Sis McLaughlin. We welcomed our newest member, Mary Stout. Kitty Friend, volunteer site supervisor, thanked everyone for their donations during the month. Arnold Friend read two Christmas poems that he had written. Santa Claus made a visit and presented all with a fruit basket and candy. Thank you to Ralphine Howard for donating our door prizes. Mitzi Hornak led the prayer… Happy belated December birthdays to Dorothy Zvankovich, Jim Franks, Sue Siverling and Ronnie Ebenger… Get well wishes were sent to Deloris Richards…

**CARMICHAELS**

100 Nemacolin Road
Carmichaels, PA 15320
724-966-2290

-Mary Yoney
… Happy belated birthday greetings to Frank Bartuch, Gertie Bustie, Fred Clark, Annabelle Kingan, William Tenney, George Riess, Bob Fuller, Jane Clovis, Mike Metz, Harry Taylor, Louise Peck and Jim House… On Dec. 3, Jill Peth, from the Greene County Library System, presented a program entitled, “Holiday Scent Cards.” We celebrated “Christmas Hat Day” with some crazy versions of holiday headwear… On Dec. 5, Rachelle Kamenos, Amedisys Hospice nurse, conducted blood pressure readings… On Dec. 12, Margaret Ferrari, Domenick Christy, Marianne Brewer, Clarence Brewer, Verna Dikun, Marie Berry, Sue Livingood and Bea Mendarino participated in the Crazy Christmas Sock Day… On Dec. 17, we were entertained by David Vrana playing music on the accordion with Joseph Sylvester, Linda Bercosky, Haley Bercosky and Basilica Battaglia singing holiday songs… On Dec. 19, Christmas Sweater Day added to the festivities of the Christmas party and gift exchange. After a delicious dinner, the Site Council provided a snack table and presented all with gifts. Late in the afternoon, we were treated to a beautiful holiday program by the Children for the Performing Arts Theater. Hors d’oeuvres were served and door prizes were awarded. A good time was had by all… On Dec. 23, the Carmichaels Frontier Girls, a group of pre-school through third grade girls, entertained us with Christmas songs. Joining in were Cardy Whipkey, Nancy Conard and Kim Woods… Sadly, we wish Bill Garrow, SWPA Area Agency on Aging Greene County supervisor, a happy retirement…

**JEFFERSON**

190 Washington Street
Jefferson, PA 15344

-Colleen Valosen
… As the weather gets colder, it seems our “get well” list is getting longer. We hope things will improve quickly for our friends Faye Ross, Betty Nichols, Sarah Bane, Shirley Huffman, Mary Jane Seminick, Monnaruth Tennant, Alex Pimpsner, Hazel Muscavitch, George Pyle and Bud Cottle, Lois’ husband… On Dec. 4, blood pressure readings were conducted. We enjoyed a visit from Greene County Library System staff who led members in playing some cute games. The Christmas tree, which was decorated by Faye Ross, Lucille Policiz and Pat Lemley, our volunteer site supervisor, put everyone in the holiday spirit!… That spirit followed us to Hugo’s in Centerville on Dec. 6 as we let them prepare a delicious Christmas feast, complete with a beautiful setting to enjoy even more time together. Even the weather cooperated, thank goodness. Thanks to Linda Nichols for all the great planning!… On Dec. 11, Bridgette Dennison, from SeniorLIFE, visited and provided us with a snowman measuring stick craft which went right along with the beautiful singing of “Jingle Bells” led by our own Carol Thompson… On Dec. 18, the Jefferson-Morgan High School Chorus and their director, Dana Svensson, entertained us with beautiful Christmas carols. It’s always nice to welcome young people to our center. Many smiles were exchanged as recognitions were made and a good feeling prevailed. The day was topped off with Bridgey Dennison, from SeniorLIFE, and Kelly Wright, from Community Action Southwest, joining us for lunch. Pat read some of the touching cards she received including cards from the Greene County Veteran’s Affairs Office and SWPA Area Agency on Aging. Santa’s special elves, Lois Cottle, Monnaruth Tennant, Melvin Lemley and Frank Huffman were recognized and presented with gifts for their tireless work in behalf of our center. Pat thanked everyone for the gift and card she received from all of us… What a truly good year!... 2014 is off to a wonderful start, too!…

**WAYNESBURG**

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

-Betty Grove
… Line dancing classes are held on Tuesdays. We also have some great exercise classes. Call the Center for more information... On Dec. 19, the Ambassadors for Christ provided wonderful musical entertainment for our Christmas party. Santa Claus was on hand to distribute fruit trays to members and puzzles to the children from the Head Start program…

Tina Rabor, our center coordinator, even got to give Santa a kiss! We had a packed house. A good time was had by all… Don’t forget the trip to Mackinac Island June 15-21! There are still a few seats available. If
Senior Community Center Notes

you are interested, please contact Betty Grove at 724-627-8832... Hope you have a wonderful Valentine's Day...

WASHINGTON COUNTY
BENTLEYVILLE
931 Main Street
Bentleyville, PA 15314
724-239-5887
-Donna Knowlson

... On Feb. 3, at 10:30 a.m., a speaker from the Tax Assessment Office will provide information about the current property reassessment being completed in Washington County. Our monthly meeting will be held at 12:30 p.m... The Big Bingo, scheduled for Feb. 7, has been cancelled. We hope to see all of you again in March... Blood pressure readings will be conducted on Feb. 11 and 18 at 10:30 a.m... On Feb. 9, Emily Ronan, from SeniorLIFE, will visit the Center to play Jeopardy. This is always a lot of fun... We are always looking for Euchre players and Wii bowlers. Stop in and see about joining us... Lunch is served Monday through Friday at 11:30 a.m. Please call the Center to make a lunch reservation... If you have an activity you are interested in, please call us or visit the Center and see if we can help get it started... Beginning this month, a volunteer from AARP will be at the Center to help with tax forms. Call the Center for more information and to make an appointment...

BURGERTOWN
200 Senior Way
Burgettstown, PA 15021
724-947-9524
-Rosemarie Taylor

... We offer best wishes to our former center coordinator, Angie Deal, who has accepted a position at the McGuffey Senior Center. We are so sorry to see her go!... We would like to thank Edith Cassidy for her many years of service as our senior community center notes correspondent. Edith will certainly be missed. As the new writer, I will try to fill her shoes... The month of December was filled with great programs thanks to Angie and our three wonder girls, Alice Barto, Rosemarie Angelo and Mary White... On Dec. 11, we enjoyed a delicious Christmas dinner... On Dec. 13, the Center Stage Dancers presented a very entertaining program... On Dec. 18, David Russell, a certified laughter yoga leader, explained the benefits of laughter. The Donahoes were also at the Center to provide musical entertainment. They are always so good. We enjoyed dancing and singing along to their music and even had a competition between the men and the women, although the winner could not be determined... On Dec. 21, we were entertained by some very talented singers from the Kid’s Center, under the direction of vocal coach, Bill Chamberlain. What a treat!... Hope everyone has a happy and healthy new year...

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

... Our own, Betty Chong, was interviewed for the Washington County Teen Outreach “Respect for Older Adults” program. Betty, who has been designing beautiful origami swans and dragons for over 7 years, learned the art from a friend from New York. Betty cuts paper while riding the bus or playing bingo and marvels that the craft seems to help her arthritis and is very calming... Craft activities and a sewing circle are enjoyed on Mondays... Wii bowling, pool and a variety of card games, which includes Pinochle, Euchre and 500 Bid, are played daily after lunch... We enjoy sing-alongs and dartball on Tuesdays and Fridays... Bingo is played on Wednesdays... The last Monday of each month is reserved for our birthday celebration... We hope to soon begin line dancing classes... On Feb. 12, Gina, from Fox Rehabilitation, will present a program... On Feb. 14, we will hold a Valentine’s party from 6 to 8 p.m... On Feb. 24, Kim, from The Visiting Angels, will be at the Center to play Healthy Bingo. Frank & Theresa will be here... From 11:30 a.m. to 12:30 p.m. to provide musical entertainment... We are making plans for March Madness, an April Easter Egg Hunt, a Mother’s Day Brunch on Saturday, May 10, and a Spring Fling Dinner Dance on Friday, May 23...

CENTER IN THE WOODS
130 Woodland Court
Brownsville PA 15417
724-938-3554
-Diane Kuppelweiser

... Pizza days will be Friday, Feb. 7, 14, 21 and 28 at 11 a.m... On Feb. 7, we will hold a Game Day party at 1:15 p.m. Come and enjoy board and card games and bring a friend... Join us for an afternoon movie and snack on Feb. 12 at 1:15 p.m. Cost is $2... Our monthly card party will be held on Feb. 19 at 1:15 p.m. Cost is $5 per person which includes dessert... The birthday celebration will be held on Feb. 26, at 11:45 a.m... Blood pressure readings will be conducted from 11 a.m. to 12 p.m. on Feb. 11 and 25... Foot appointments with Dr. Perozzi are available on Friday, Feb. 28. Please call 724-483-1003... Hearing screenings with Dr. Angelelli are available by appointment. Please call 412-466-5550 to schedule... Lab and EKG services are available on Mondays, Tuesdays, Thursdays and Fridays. Call 724-330-5290 for information...

CHARTIERS TOWNSHIP
2 Buccaneer Drive
Houston, PA 15342
724-745-8866
-Gerry Cheosky

... On Dec. 17, we enjoyed a delicious catered lunch for our Christmas party. Musical entertainment was provided by DJ Don King. Members enjoyed participating in a grab bag gift exchange. Chartiers Township Supervisors John Marischak and Richard Metzler were present to provide an update on the progress of the new township building. They also introduced Samantha Keller, who will be the managing director of the new facility... In January, Rozella Beegle and Roxanne Dessify were sworn in as our new vice-president and treasurer, respectively. President Mary Jane Stewart thanked the outgoing vice-president, Marge Schultz, and treasurer, Priscilla Bernard, for their past service to our group... On Jan. 21, we held our potluck luncheon. It was very well attended.
Senior Community Center Notes

attended…

CROSS CREEK VALLEY
28 Clark Avenue
Avella, PA 15312
724-587-5755

-Rosemarie Parker
On Jan. 8, the monthly business meeting was held… Blood pressure readings were conducted on Jan. 8 and 15… Ralph’s Produce Market was set up on Jan. 15 and 29. We are so very fortunate to have this service offered… On Jan. 11, we enjoyed a shopping trip to WalMart… On Jan. 15, Sit and Be Fit exercises were offered… On Jan. 22, SeniorLIFE sponsored the birthday party and a Snowman Grocery Bingo… On Jan. 28, a program on COPD was presented… On Jan. 29, a question and answer session concerning property reassessment was held… On Jan. 30, the Cross Creek Valley Rosies held their meeting… Our craft ladies are busy with a placemat project… Upcoming events include the birthday party and Valentine Grocery Bingo on Feb. 19… February birthdays will be celebrated by Lois Orisko, Wilma Decker, James Fusarelli, Helen Mucci, Marge Mraz, Wilma Toth, Howard Burd and Veronica Olenick… The summer park project plans are now underway. We are searching for a student or students who enjoy working outdoors and have not yet chosen a community service project. Please contact Monica Parker Farrell, center coordinator, if you would like more information… Always remember to whistle a happy tune and think spring…

DONORA
701 Meldon Avenue
Donora, PA 15033
724-379-6446

-Joan Reis
… We have line dancing on Mondays and Wednesdays at 10 a.m.… Bingo is played on Mondays and Wednesdays at 11:30 a.m. and again at 1 p.m.… On the second Tuesday of each month, we enjoy a trip to the Meadows. The bus leaves at 8:30 a.m. and returns at 4:30 p.m. Call Harry Haught, center specialist, for more information… On Tuesdays and Thursdays, we play Pokeno… We play 500 Bid cards one Tuesday every month… The Christmas party was great fun. We had pizza and everyone received a treat. Thanks to all who attended and to all who helped make it such a success…

MCDONALD/CECIL
Cecil Twp Municipal Bldg
3599 Millers Run Road
Cecil, PA 15321
724-743-1827

-Thelma Gall
… On Dec. 17, we celebrated Christmas and enjoyed music by George Suhon… The Silver-Sneakers exercise program is held on Monday, Wednesday and Friday mornings… Everyone is invited to join us to play cards on Mondays, Wednesdays and Fridays after lunch… On Tuesdays and Thursdays, bingo is called after lunch… On the first Tuesday of the month, Dawn and Stephanie, from Care Plus, conduct health screenings… On the last Thursday of each month, staff from Jeffrey’s Drugstore conducts health screenings… On Feb. 11, Kim, from The Visiting Angels, will present a Valentine’s program… On Feb. 13, Gina, from Fox Rehabilitation, will present a program on arthritis… On Feb. 14, Sam, from SeniorLIFE, will host an Ice Cream Social for Valentine’s Day… We are making plans for a Spring Fling party in March and an Easter celebration in April… Anyone 60 or over is welcome to join us for any of our activities. Give us a call and come join us!…

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

-Alice Grimes
… Our Saturday bingo is going strong. All are welcome to attend… Beginning this month, blood pressure readings will be conducted on Tuesdays at 10 a.m… On Feb. 14, a Valentine’s party will be held. We will participate in a craft at noon and Ferris & Jim will provide entertainment at 1 p.m… On Feb. 18, another shopping trip is scheduled. We will go to the Knart and Deals… Just a reminder, on Tuesday nights we enjoy a potluck dinner at 6 p.m., followed by bingo or darts. Come and join the fun…

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

-Missy Georgagis
… Bible study is every Monday at 12:30 p.m… Zumba exercise is every Monday and Wednesday from 4:45 to 5:45 p.m… Bingo is called on Wednesdays at 1 p.m… Card players enjoy Euchar each Friday at 1 p.m and every Saturday at 6 p.m… Remember Murphy’s 5 & 10 Saturday Subs? They’re back! 8” subs are only $4 or an 8” sub, chips and pop for $5. We will be selling them on Friday, Feb. 7, at 11 a.m to 1 p.m… Also on Feb. 7, Bobby Shawn will entertain at 11 a.m… On Feb. 11, Helen Andreas will conduct blood pressure screenings at
Senior Community Center Notes

11 a.m… The Pizza and Pizza Burger sales are on Fridays, Feb. 14 and 28. The charge is $1.25 for Plain Pizza, $1.50 for Pepperoni Pizza and $5 for a Pizza Burger and a can of Pop… Country singer Donnie Cameron will entertain on Friday, Feb. 14, from 11 a.m. to 1 p.m… On Monday, Feb. 17, there will be a trip to the Meadows. The cost is $15. The bus will leave the Center at 9 a.m. and return at 5 p.m… On Thursday, Feb. 20, there will be a trip to the Westmoreland Mall. The bus will leave the Center at 9 a.m. and return around 3 p.m. The cost is $10… The Soup Sale is Friday, Feb. 21, from 11 a.m. to 1 p.m… The Black History Celebration will be held on Thursday, Feb. 27, from 11 a.m. to 2 p.m… On Friday, Feb. 28, Kenny and Chip will entertain with “oldies songs” from 11 a.m. to 1 p.m…

WASHINGTON
69 W. Maiden Street
Washington, PA 15301
724-222-8566
-Cheri Randall
… VITA income tax preparation is available from 8:30 a.m. to 12 p.m., Monday through Thursday, beginning Feb. 3. Call the Center to schedule an appointment… Come and join us at the Center on Feb. 19 for our Valentine’s Day party with our band, Senior Moments… A St. Patrick’s Day party will be held on March 19… Mark your calendars for our upcoming community fundraisers: Flea Market and Bake Sale, April 5 and April 7 to 11 and our Murder Mystery Dinner Theater, “Robin Hood Ain’t Looking So Good,” on May 3. Call the Center for more information…

Happy Valentine’s Day

FARMER’S ALMANAC
MARCH 2014
Temp. 42° (3° below avg.); precip. 2.5” (1.5” below avg.)
1-9 Rain to snow, then sunny, cold. 10-12 Sunny, warm. 13-15 Showers, then sunny, cool. 16-21 T-storms, then sunny, cool. 22-24 Showers, then flurries, cold. 25-31 A couple of showers, mild.