



the Center *insider*

THE LATEST NEWS FROM THE AVONMORE, EAST VANDERGRIFT, AND NEW
KENSINGTON CENTERS FOR ACTIVE ADULTS
OCTOBER 2017

Bonnie Dudek, Director

Avonmore Center (page 10)
458 Railroad Ave. - P O Box 153
Avonmore, PA 15618
(724) 697-4014
Karen Stonebraker, Manager

East Vandergrift Center (page 13)
400 McKinley Ave. - P O Box 446
East Vandergrift, PA 15629
(724) 568-2692
Dominica Wilson, Manager

New Kensington Center (page 2)
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(724) 335-8597
Janay Leonard, Manager

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Center Hours

Monday thru Friday
8:30 - 4:00
Closed Saturday,
Sunday & Holidays

Center Closings

Closings for any reason will be announced on WTAE. Please watch for the center name (Avonmore, East Vandergrift, or New Kensington). Closing announcements will scroll across the bottom of your TV screen. You can also find closings at www.WTAE.com.



**NEW KENSINGTON CENTER
WEEKLY CALENDAR**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00 Crafts	9:00 Crafts	9:30-11:30	9:30-12:00	9:30-11:30
9:30-11:30	10:30-12:30	Treasure	Treasure	Treasure
Treasure	Treasure	Corner	Corner	Corner
Corner	Corner	12:00 Lunch	12:00 Lunch	12:00 Lunch
10:00-12:00	11:30 Lunch	*See H&W	12:30-2:30	12:30-3:30
12:00 Lunch	12:30 Public	Schedule	Crochet Class	Cards (500)
*See H&W	Bingo	Below	1:30 Silver	*See H&W
Schedule	* See H&W		Chords	Schedule
Below	Schedule		*See H&W	Below
	Below		Schedule	
			Below	

**SPECIAL DATES
TO REMEMBER**

Oct 3
Veterans Benefits

Oct 4
Community Health
Choices

Oct 10
Free Prize Bingo

Oct 13
Diabetes & Cancer
Awareness

Oct 19
Constituent Services

Oct 24
Fire Prevention

Oct 31
United Health Care
Special Needs Plan

HEALTH & WELLNESS

Monday – Yoga (10:00), Color & Conversation (10-12:00), Indoor Walking (1:00), Tai Ji Quan: MBB (1:00)

Tuesday – Brain Games (10:00) , Mahjong (12:00)

Wednesday – Nutrition Education (10:30), Indoor Walking (1:00), Tai Ji Quan: MBB (1:00)

Thursday– Tai Ji Quan: MBB (10:45), Advanced Line Dancing (12:30)

Friday – Blood Pressure Readings (9-11:00) , Indoor Walking available all day

Center Membership: Open to person's age 50+. \$24.00 for a full 12 Months.

Flu Shots - October 3 9-11:30 a.m.
AVH New Ken Outpatient Center
651 Fourth Ave. Auditorium

NEW KENSINGTON CENTER

Center Events

Veterans of Foreign Wars (VFW) October 3 10:30-11:30

Linda Eshenbaugh returns to the center to help veterans, their widows or widowers and dependents explore benefits that may be available to them. Linda's affiliation with VA Butler Healthcare allows her to assist you in completing the paperwork processes involved as well. Can't make it in on Oct. 3rd? Linda will be at the center on the first Tuesday of the month in November and December.

Understanding Community Healthchoices (CHC) October 4 11-12:00

A special event for persons who are dual eligible for both Medicaid and Medicare is being offered at the center by Scott McMannis, Outreach specialist/certified application counselor for our local Community Health Clinic, Inc. located on 4th Avenue in New Kensington. Scott will provide the most updated information he has as of the date of the event regarding Pennsylvania's mandatory care program set to take effect for dual eligible residents beginning January 2018. Light refreshments will be served.

Gateway Health Diabetes and Cancer Awareness October 13 10:30

Join George Ifill, Gateway Health community liaison as he presents this informative session on diabetes and cancer awareness.

Advisory Council Opportunities Monday October 16 1:00

Meet the center supervisor, Janay Leonard. This special meet & greet is being designed to encourage center members to volunteer for the advisory council who's members capacity at the center includes event planning, fundraising, and observations. We are seeking new, innovative ideas. Light refreshments will be served. Current Council members: Please note that this event will take the place of the regular council meeting for the month of October.

Guide to Constituent Services Thursday October 19 11:30-12:30

Joe Heffley from the office of US Congressman Mike Doyle will be on hand offering a guide to services made available to seniors through their PA 14th district office.

Fire Prevention at Home Tuesday October 24 10:30-11:30

In recognition of National Fire Prevention month, Jim Bartolovich who is a volunteer with the Arnold #1 volunteer fire department will be at the center offering information on how you can protect yourself in preventing fires in your home.

NEW KENSINGTON CENTER

Birthday Luncheon: October 26th 12:00

Celebrate your October birthday while enjoying lunch and a gift for members who sign up by October 17. Not your birthday month? Sign up for lunch and help celebrate anyway! As always, the Cake & Ice Cream will be provided and served by Sammi from Belair Health & Rehabilitation after everyone has



JOIN US FOR LUNCH, WIN A PRIZE!!!!

For our luncheon guests age 60 and older. Order your meal in advance and come in to enjoy lunch on any day in October to be entered into a FREE raffle for a neat prize on display at the center. This fun way to enhance your dining experience is being offered to encourage you to take advantage of a healthy, balanced meal and enjoy the company of others. The more you Dine, the more chances you have of winning!!

August 2017 Winner: Teresa Lovic



United Health Care Special Needs Plan Tuesday Oct 31 10:30-11:30

Listen to Audra Casino as she explains this special health care plan which is designed to benefit persons eligible for financial assistance with their health care premiums.

Platinum Ridge Center for Rehabilitation & Healing

FREE PRIZE BINGO October 10 10:30

Kelly Montgomery, Director of Admissions at Platinum Ridge returns for our monthly prize BINGO (every second Tuesday of the month) calling out the numbers and handing out fun prizes for the winners!!!

Help us Stock the Pantry!!

Many of you have asked us to let you know when we are in need of coffee, creamer and other coffee serving supplies.

We are grateful for all of your donations to our cause of serving a great cup of coffee here at the center. The need at this time is for decaf coffee and hot chocolate mix.



News for All Centers

Advisory Council Meetings

Avonmore: Thursday, October 26 @ 1:00 p.m.
East Vandergrift: Thursday, October 26 @ 8:30 a.m.
New Kensington: Monday, October 16 @ 1:00 p.m.

Board of Directors Meeting

Annual Meeting: Tuesday, October 24 @ 12:30 p.m. in New Kensington

BINGO

Avonmore: Penny Bingo, Tuesdays @ 12:30
25 Cent Bingo, Fridays @ 12:30
Evening Bingo, Monday Oct 23 @ 6:30 p.m.



East Vandergrift: Bingo, Wednesdays @ 1:00

New Kensington: Public Bingo, Tuesdays @12:30

COMPUTERS FOR SENIORS

Word Application Class

Basic Computer Class

Email Class



Computer classes will be scheduled at the request of the individual Centers.

Why is my mailing label yellow?

If the mailing label on your newsletter is highlighted, please renew your 2017 membership by October 31 in order to continue receiving your newsletter at home.

NEWS FOR ALL CENTERS

Spooky Truths Regarding Halloween Safety On and Off the Road

Kids love the magic of Halloween: Trick-or-treating, classroom parties and trips to a neighborhood haunted house.

But for moms, dads and grandparents, often there is a fine line between Halloween fun and safety concerns, especially when it comes to road and pedestrian safety.

In 2014, about 6,300 pedestrian deaths and 145,000 medically consulted injuries occurred among pedestrians in motor vehicle incidents, according to *Injury Facts 2016*, the statistical report on unintentional injuries created by the National Safety Council.

NSC research reveals the reasons for pedestrian deaths and injuries varies by age. Darting or running into the road accounts for about 70% of pedestrian deaths or injuries for those age 5 to 9 and about 47% of incidents for those 10 to 14.

In the U.S., October ranks No. 2 in motor vehicle deaths by month. NSC list put August first, with 3,370 deaths, followed by October, 3,200, and September, 3, 170.

Follow These Ghoulishly Good Best Practices

To help ensure adults and children have a safe holiday, the American Academy of Pediatrics has compiled a list of Halloween Safety Tips, including do's and don'ts on the trick-or-treat trail:

- A parent or responsible adult should always accompany young children on the neighborhood rounds
- If your older children are going alone, plan and review the route that is acceptable to you
- Agree on a specific time when children should return home
- Only go to homes with a porch light on and never enter a home or car for a treat

Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street. NSC offers the following safety tips for parents – and anyone who plans to be on the road during trick-or-treat hours:

- Watch for children walking on roadways, medians and curbs
- Enter and exit driveways and alleys carefully
- At twilight and later in the evening, watch for children in dark clothing.

The Director's Corner

OCTOBER 2017

By Bonnie Dudek

Have you heard that the New Kensington center has a new supervisor? Janay Leonard joined our team on August 28. Janay is doing a great job learning the position, and has some great ideas for programming her participants may enjoy. Welcome Janay!

Hopefully all of you were able to fit one, or all, of our Center's open house events into your September Calendar. Karen, Dee and Janay went all out to welcome their current participants and community guests to their respective centers' events. We thank the Westmoreland County Area Agency on Aging for providing the finger foods, and look forward to coordinating future events with them.

A big topic with dual eligibles (persons receiving both Medicaid and Medicare) is the new mandatory Pennsylvania Community Health Choices managed care program which will become effective in January 2018. Some participants have already received information regarding the need to choose a managed care organization and have expressed confusion on what the program is and how it may pertain to their health care. We have been able to coordinate an informational event at the New Kensington center, presented by the Community Health Clinic, Inc. on October 4. Scott McMannis, Outreach specialist/certified application counselor at the clinic may also be visiting the Avonmore and East Vandergrift centers in October, so please check with those center supervisors for dates and times. If for some reason you cannot attend the session at your "home" center, as always you are welcome to attend a session at one of your "sister" centers.

With the Holidays fast approaching, I would like to share with you that each center will be once again participating in the Westmoreland county Area Agency on Aging guardianship unit Secret Santa program. This annual program helps provide Christmas gifts to our counties loneliest seniors who have been assigned to the Aging office due to various reasons. Check at each center for information on this heartfelt program in the coming weeks.

Visit one of our centers soon! The fall decorations are in place, and you are sure to enjoy your visit!

**AVONMORE CENTER
WEEKLY CALENDAR**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9:00 Quilting	9:00 Quilting	9:00 Quilting	9:00 Quilting	9:00 Quilting
11:30 Lunch	9:30 Games/ Puzzle/Cards	11:00 Speaker (if available)	11:30 Lunch	9:30 Games/ Puzzle/Cards
12:30 Puzzle/ Games/Cards	11:30 Lunch	11:30 Lunch	12:30 Games/ Puzzle/Cards	11:30 Lunch
1:00 Crafts	12:30 Penny Bingo	12:30 Puzzle/ Games/Cards		12:30 25-Cent Bingo
	2:30 Snack			2:30 Snack

SPECIAL DATES TO REMEMBER
Oct 2 @ 10:00 S.A.I.L. Continues
Oct 4 @ 11:30 Speaker/Presentation
Oct 11 @ 11:30 Speaker/Presentation
Oct 13 @ 10:00 Flu Shot Clinic Everyone Welcome!
Oct 13 @ 11:30 Birthday Luncheon
Oct 14 @ 9:00 5K Walk
Oct Book Club @10:00 Check Center for date
Oct 23 @6:30 Evening Bingo
Oct 26 @ 12:30 Advisory Meeting
Oct 31 @11:30 Halloween Celebration

HEALTH & WELLNESS
Tuesday - Senior Yoga (9:00), Evening Walk & Exercise (6:00 p.m.)
Thursday - Blood Pressure Screenings (12:00)
S.A.I.L. - Monday, Wednesday, Thursday (10:00-11:00 a.m.)
Coloring every day at 10:00

NUTRITION NEWS
<ul style="list-style-type: none"> ◆ Maintaining Balance ◆ Fall into Healthy Habits ◆ Migraines, Anxiety & Your Diet ◆ Superfood Spotlight: Cranberries

Book Club
Please call or check in at the Center for our meeting date & book selection.



Card Sharks
Wednesday nights, check with the Center for time & place.

AVONMORE CENTER

Center Events

Evening Walk

Please join us on Tuesday evenings at 6:00 pm in the Center parking lot to embark on a one hour walk through Avonmore, weather permitting, or come inside the Center to reap the benefits of some healthy exercise. Everyone is welcome!

Senior Center Membership

Calling all un-renewed Senior Center Members. It is the last month to renew your dues for 2017 and avoid having your name removed from our newsletter mailing list. Please stop in or mail your dues ASAP. Thank you to everyone who has supported the Center with your 2017 Senior Center Membership.

Monthly Evening Bingo

Our Monthly Evening Bingo is scheduled for October 23 at 6:30 p.m. Please plan on attending and supporting the Center. Everyone is welcome to join us! You do not have to be a member to attend.

Avonmore 5K Walk

Volunteers from the Avonmore Center are planning a 5K Walk to help support the Center's Health & Exercise programs. The Walk is planned for October 14. Call the Center at 724-697-4014 for more details. Walkers and volunteers are needed.



S.A.I.L. (Stay Active and Independent for Life)

This new program continues in September. It is being offered every Monday, Wednesday and Thursday (unless there is a conflict or change). Come in and see what it's all about. Everyone is welcome!

Learning Calligraphy & Painting Class

Please let Karen know if anyone is interested in either of these programs.

Westmoreland County Area Agency on Aging Guardian Unit

Secret Santa Gifts

Please help one of your lonely neighbors celebrate the season by providing a gift this holiday. Visit your center in November to see the list and pick the gift you would like to provide. Additional details about the program will be included in the November newsletter. You may also make a mone-



AVONMORE CENTER

Bakeless Bake Sale

Please send in or drop off your donation for our annual bakeless bake sale during the months of October and November. An envelope is enclosed in your newsletter. Your support and generosity is greatly appreciated. Thank you! Thank you!



Future Events

- Annual RSVP Used Coat/New Sock Drive (October/November)
- Hunter's Breakfast (November 27)
- Pizza Party Bingo (December)

Please look for other events in the upcoming newsletters and stop in the Center for the details and sign ups.

We appreciate all of your support.



October Birthdays

- Eugene Appleby
- Walter Belinsky
- Bob Bowman
- Marie Christy
- Karen Cypher
- Jim Davison
- Jennifer Frain
- Louise Johnson
- Minnie McKay
- Margaret Pistininzi
- Carol Shoupe
- Ruth Smith
- Karen Stonebraker
- Frank Tandaric
- Mary Lou Waynar



Birthday Luncheon is Oct 13 sign up by Oct 4

EAST VANDERGRIFT CENTER



October Birthdays



Patty Andring
Mary Beck
Carla Chruscik
John Keddie
Iris Kiebler
Dianne LeSeur
David Majercik
Patricia Posney

Anyone who has day and comes to bration lunch gets Please call the your reservation the previous

an October birth- the birthday cele- a cupcake on us. center to make by Wednesday of week.

BINGO

Every Wednesday at 1:00 p.m.
18 Regular games
5 Specials games
2 Jackpots
1 Quickie
AT A GREAT PRICE!!!!
HOPE TO SEE YOU THERE!



Now paying \$10.00 payout on regular games and \$15.00 for every third game.

Line Dancing

Regular Line Dancing is on Mondays @ 12:30. Beginner classes are available by request on Mondays @ 11:00. Participation has been growing. If you are interested, please come by and try it



Road Trips

If you have any suggestions on a trip for us to take contact Dee at the center and express your ideas.

EAST VANDERGRIFT CENTER
Weekly Calendar

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
12:00 Lunch	9:00 AM	9:00 AM	9:00 AM	9:00 AM Cards
12:30 Cards (Scat)	Cards	Cards	Cards	12:00 Lunch
12:30 Mah-jongg	12:00 Lunch	11:30 Lunch	12:00 Lunch	
	12:30 "500" Cards	1:00 Bingo	12:30 Cards (Scat)	
	12:30 Cards (Scat)		12:30 Mah-jongg	

SPECIAL DATES

- Oct 5th @ 10:30 a.m.**
Calligraphy
- Oct 11th @ 11:00 a.m.**
Advocacy Talk
- Oct 12th @ 11:00 a.m.**
Crafts with Sandy
- Oct 13th @ 12:30 p.m.**
Afternoon Cards
- Oct 19th**
Meadows Casino @ 9:00
Calligraphy @ 10:30 a.m.
- Oct 20th @ 1:30 p.m.**
Bel Air Bingo
- Oct 23rd @ 12:00 p.m.**
Start of Hoagie Sale
Birthday Lunch
- Oct 26th**
Painting with Dee @ 10:30
Spaghetti Dinner @ 5:00
- Oct 27th @ 4:00 p.m.**
Evening Card Party
- Oct 30th 10 a.m.-Noon**

HEALTH & WELLNESS

- Monday** – Tai Ji Quan: MBB (9:30), Zumba (9:30), Indoor Walking (10:15), Line Dancing (12:30)
- Tuesday** - Tai Ji Quan: MBB (9:30), YMCA Exercise (10:15)
- Wednesday** - Yoga (10:00)
- Thursday** - Tai Ji Quan: MBB (9:30), Indoor Walking (10:00)
- Friday** - Indoor Walking (10:00), Exercise Video (10:15)

**EAST VANDERGRIFT CASINO TRIP
to Meadows Casino**

Departure Time: 9:00 a.m.
Returning Home: 5:30 p.m.
October 19, 2017
Price \$25.00
You get \$20 in free play and \$5.00 off your meal.



We will leave from the parking lot between the Vandergrift Fire Hall and St. Gertrude's Church promptly at 9:00 a.m. All monies for the trip are due when signing up and must be signed up and paid no later than Monday October 16th.

Sign Up today spots fill up fast!

EAST VANDERGRIFT CENTER

Center Events

PAINTING with DEE

Thursday October 26th at 10:30 a.m. What are we painting you ask? Who Knows? Sign up by the 19th so that I may have all supplies needed for that day. A \$2.00 donation for members and \$5.00 for non-members is requested to cover the cost of the supplies



Crafts with Sandy Rollinger

Craft Day with Sandy will be Thursday October 12th at 11:00 a.m. Please plan on attending and sign up no later than Monday October 9th so that she will know how many to plan for supply wise. Sandy always has a wonderful craft planned for our center.



CARDS . . . CARDS . . . CARDS

- * Tuesdays - 500 Cards @ 12:30
- * Friday Oct 13 - Afternoon 500 Card Party @ 12:30 p.m. Please bring some friends and enjoy the fun.
- * Friday Oct 27 - Evening 500 Card Party @ 4:00 p.m. Bring your friends and a snack for an enjoyable time.

Hoagie Sale

East Vandergrift Center will have their hoagie sale starting October 2nd. All money for Hoagies is due by October 23rd at 4:00 p.m. Hoagie Pick up will be Wednesday November 8th. You may stop in at any time that day and receive your hoagie. Please call in or stop in at the center and order yours today!



Learning Calligraphy with Santa Marie

We will have Calligraphy on October 5th & 19th at 10:30 a.m. Sign up ahead of time so she will know how many to plan for.

UPCOMING EVENTS, SPECIALS & FREE BINGOS

Oct 11th - Sue & Eileen from Alle-Kiski Health Foundation will be here to give a talk on "Advocacy" at 10:30 a.m.

Oct 26th - Spaghetti Dinner at 5:00 p.m. Our annual Spaghetti Dinner will be held on Thursday October 26th at 5:00 p.m. Doors will open no earlier than 4:45 p.m. Call in and sign up today seats are limited. All members are free and one guest of a member may come for a fee of \$5.00 after all members have signed up. Contact the center if you need more information.

UPCOMING TRIPS IN 2018 - Pittsburgh's National Aviary, Farmer's Inn, Carnegie Museum of National History & Flight 93

BIKING

Join us as we bike the Roaring Run Trail. We leave from the Kiski Ave Ext. parking lot on Wednesdays at 9:00 a.m.

