



Chuck LeClaire/Pittsburgh Senior News

Kane McKeesport volunteer Toni Michel with McKeesport Kane resident Verna.

Kane volunteers make a huge difference in residents' lives

By Gina Mazza
For *Pittsburgh Senior News*

When Toni Michel's father was a resident of Kane McKeesport for six months, it became like a home away from home for Toni and her mother, as well. Every day, Toni would take her father down to the recreation center for social activities and before long, she was spending time with the other residents, as well.

Two weeks after her father passed away in October

2003, Toni returned to Kane McKeesport and signed on to be a volunteer. "They had been like family for my dad and mom and I wanted to give something back," she says. "Because of all the hours I'd spent there, it was like I had 'pre-volunteer' time before I officially started as a volunteer."

A couple of months later, Toni's mother, Della LaRosa, became a volunteer, as well. "Mom and I were a team. She accumulated 1,000 hours and volunteered until

eight months before she died in January 2011. She was 90."

Toni puts in a good eight hours every Friday and her duties focus around pastoral care. "I bring the Eucharist to residents who are not ambulatory, and I go around and pray with anyone who asks me to." Toni, 66, has become known at Kane McKeesport as "the church lady." "There have been many times when I've been able to

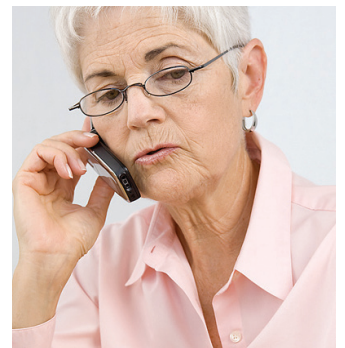
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See page 7 to learn about the new 2-1-1 human services hotline.



Ross senior turns adversity into a way to help others. See page 18.



Given today's economic climate, many seniors could use some help with getting the nutrition they need. Luckily, Allegheny County offers plenty of food assistance programs. Turn to page 12 to learn more.

Are you a golfer? Senior passes at North and South Park courses are now available. See page 11 for details.

Wishing everyone a blessed Easter.

Lynn Webster

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Pittsburgh Senior News

Volume 19, Number 1
Published monthly by
Pittsburgh Senior News, Inc.
P.O. Box 11126
Pittsburgh, PA 15237
(412) 367-2522

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In Memory of
Carmella M. Hogan
John A. Hogan, Sr.
Michael J. Hogan, Sr.
Wayne Hogan

Crossword Puzzle Answer (See page 27)

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

“Having A Plan for Discharge Planning” is topic of free program

A free program titled “Having A Plan for Discharge Planning” will take place at 6:30 p.m. on Tuesday, April 24 at St. Malachy Church Hall, 343 Forest Grove Road in Coraopolis. The program will present information about formulating a plan of care before a hospital discharge and to minimize anxiety that sometimes comes with a discharge before a plan of care is in place.

Speakers and topics will include:

- ❖ Diane Karcz, RN, president, Gallagher Home Health Services: hospital care, the discharge process and nursing care in the home.
- ❖ Kelly Logan, LSW, Willow Brook Geropsychiatric Unit, Ohio Valley General Hospital: patient concerns.
- ❖ Rebecca Antinopoulos, Health South: rehabilitation, physical and occupational therapy.

- ❖ Kim Jackson, Visiting Angels: non-medical care in the home.
- ❖ Sara Delio and Butch Cassiday, The Willows: nursing home care
- ❖ Debbie Hostutler, Valley Care Association: adult day care for better health
- ❖ Racheal Caddy and Bill Backa, Gateway Hospice: hospice care in the home.
- ❖ Matthew Coppola, MD: “Patients’ Bill of Rights.”

“If you don’t have a plan of care in place with your healthcare choices, someone else will make your choices, and you probably won’t like the decisions they make for you,” says Dr. Coppola.

Senior adults, adult children and those caring for older adults are encouraged to attend. Refreshments will be served. To reserve a spot, contact Gateway Hospice at (877) 878-2244, ext. 2873 or email Bbacka@gateway-hospice.com. *PSN*

Be aware of this phone scam

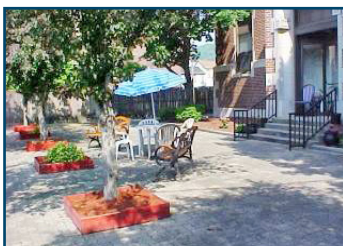
The Division of SHIP Relations was notified about a scam that occurs when someone, who claims to be a jury duty coordinator calls a person to verify they received a summons for jury duty, and that a warrant had been issued for their arrest. If the person states they never received a summons, the scammer asks for their Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. The person’s identity may be compromised by providing this information.

This scam is particularly insidious because intimidation is used to obtain information from callers pretending to be with the court system.

The FBI and the federal court system have issued nationwide alerts on their websites warning consumers about the fraud. For additional information, go to www.FBI.gov/page2/june06/jury_scams060206.htm. *PSN*



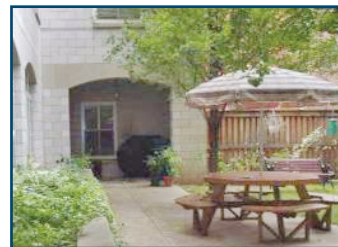
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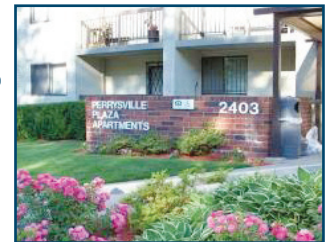
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* Rents are based on 30% of adjusted gross income.

Kane volunteers make a huge difference in residents' lives

Continued from page 1

be a comfort to the residents, and that is a blessing to me," she says, adding that she fondly remembers reading scripture and inspirational stories to several delightful blind residents who have since passed away.

A retired schoolteacher, Toni also decorates the bulletin boards in Kane's main dining room and volunteer office. "My hope is that I can bring some sunshine into the facility. As a teacher, creating the bulletin boards at school was always a fun thing so I adopted that at Kane, as well. I'm happy to do anything that will help brighten someone's life or bring a smile. Toni says that she feels drawn to the residents at Kane. "If I'd had a second career in my life, it would have been working with the elderly. It's not much different than working with young people. They both like to be listened to, they both need support, they both



Chuck LeClaire/Pittsburgh Senior News

Kane volunteer Toni Michel takes care of decorating the bulletin boards at the McKeesport facility.

need someone to pat them on the back and tell them they're doing well, and sometimes they both need someone to tell them that things are going to get better—in whatever way that means for them. I've always felt that their presence is a gift to me."

Jane Slater, 89, of Scott Township has been volunteering at Kane Scott since 1959, which was the year that her youngest child started kindergarten. "Once my children were in school, I wanted something to do," she remembers. "I started at the original Kane Hospital in Scott Township pushing around the book cart and handing out magazines."

Today, Jane volunteers every Tuesday and has three patients that she visits. "I sit with them and wheel them down to the hospital chapel. Over the years, she has developed a special bond with many of her patients. "I was especially close with the young MS patients that I visited. Some of them were only in their late twenties and I felt sad for them because they hadn't yet lived their lives. I visit with an MS patient now who is 60. She cannot get out of bed so I help her however I can. After all these years, I haven't gotten tired of volunteering. It's just what I do every Tuesday. I like to stay active and keep moving."

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Alia Carter, Senior Manager

Rent is based on income. HUD subsidized.

Over at Kane Glen Hazel, the volunteers work as a team, coming in four to five times a week, once or twice a week, once a month or for special events. "Our volunteers are exceptional people with extraordinary hearts," says Kane Glen Hazel volunteer director Gwendolyn Baugh-Conlin. "The services that they provide to our residents are priceless. They play games like Scrabble and Monopoly, which aides in improving eye-hand coordination and mental stimulation. We have a noontime Spades Club and Crazy Eights is a very popular card game."

Weather permitting, the volunteers escort the residents outside for fresh air and to enjoy nature, or they'll make the residents hot chocolate, tea and coffee and just sit and chat. "Mostly the



Photo provided by Gwendolyn Baugh-Conlin

Kane Glen Hazel volunteers Bob Madden, Ray Sheldon, Teresa Payne and Ken Lawson.

volunteers provide friendship to our residents," Gwen says.

Mary Jane Fagan, 75, of McCandless Township just started volunteering at Kane Ross a few months ago.

"I love it!" she says. "I like to help people." Mary Jane started out working one day a week in the dining area. Now she is up to two days a week. "We do things like take the residents shopping

at the Dollar Store. I find it to be very enjoyable and I would recommend volunteering to anyone. It keeps your body in shape and your mind alert, and the most important thing is that you're helping others."

As Toni points out, anyone can make a huge difference as a volunteer even if they only have a few hours a week to spare. "It's not how much time you spend, it's what you do with that time while you're with the residents—even if you only have one hour a week," she says. "I so enjoy the time that I'm at Kane. I do anything and everything I can to alleviate someone's pain and help them feel comfortable being there. It's about quality, not quantity." *PSN*

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Sustainable Home Improvement Partnership will weatherize 70 local homes this year

Low-income veterans, seniors and disabled residents who need help keeping their homes warm and safe now have a helping hand, thanks to a partnership made possible by Mayor Luke Ravenstahl, The Home Depot Foundation, Urban Redevelopment Authority, Pittsburgh Partnership for Neighborhood Development and several area nonprofits. The collaborative effort, called the Sustainable Home Improvement Partnership (SHIP), streamlines the work of homeowner support groups and will utilize community volunteers to rehab and weatherize approximately 70 homes over the next year in East Liberty, Larimer, Garfield and Homewood.

"We're excited to be partnering with The Home Depot Foundation to improve the quality of life for our city's most vulnerable residents," Mayor Ravenstahl said. "Up until now, residents who needed help making costly and necessary home repairs had to navigate through several



different support agencies. Now, we are streamlining this process and putting more muscle behind it with help from Home Depot and community volunteers so that we can touch more residents in need more efficiently."

"We are honored to be a part of Mayor Ravenstahl's efforts to repair homes for veterans, seniors and people with disabilities," said Kelly Caffarelli, president of The Home Depot Foundation. "We are proud that our grant funding and the volunteer efforts of our associates will help the Sustainable Home Improvement Partnership to repair and refurbish homes for those who are most in need of help."

Through the partnership, community volunteers with the mayor's servePGH initiative connect with numerous home repair agencies to make life-safety and weatherization repairs, such as handicapped accessibility upgrades; plumbing, electrical and utility improvements; structural integrity upgrades; and homeowner counseling services. All services are offered at no cost to the homeowner.

Other partners include ACTION-Housing, Inc., Hosanna Industries, Nazareth Housing Services, NeighborWorks Western Pennsylvania, Pittsburgh Community Services, The Pittsburgh Project, Rebuilding Together Pittsburgh and Three Rivers Center for Independent Living. Interested volunteers and homeowners can learn more by visiting www.servepgh.pittsburghpa.gov or by calling (412) 281-9773. Organizations interested in possible partnership opportunities can call (412) 255-2280. *PSN*



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United Way announces Pennsylvania 2-1-1 Southwest human services hotline

PA 2-1-1 Southwest, a free human service hotline operated by United Way, is now fully operational and professionally staffed 24 hours a day, seven days a week in Allegheny, Armstrong, Butler, Fayette and Westmoreland counties.

Available on a limited basis in the five county region since July, PA 2-1-1 Southwest has already fielded nearly 17,000 calls from people seeking human service help. A six-month report shows that the majority of Allegheny County callers were seeking utility and eviction prevention help, followed by food, shelter and transportation assistance.

“In just six short months, PA 2-1-1 Southwest has already connected nearly 17,000 people with aid and services,” said Julie DeSeyn, director of PA 2-1-1 Southwest. “We are thrilled that PA 2-1-1 Southwest is now fully operational in the five county region and we look forward to being able to connect more people with resources in their community.”

Since its pilot in July, PA 2-1-1 Southwest has already proven to be a valuable resource. It has made more than 1,633 referrals to local housing agencies in an effort to connect callers with Emergency Homeowner Loan Program (EHLPL) funds during the short time period when funding was available. Homeowners in Allegheny County received \$7,379,980 in EHLPL funding.

PA 2-1-1 Southwest also conducted a survey in conjunction with the Southwestern Pennsylvania Food Security Partnership to discover why there was a major discrepancy in the number of families who participate in the Free and Reduced School Lunch Program versus families who access the Summer Food Service Program. In Allegheny County, 45,798 residents were accessing the Free and Reduced School Lunch Program while only 11,680 (25 percent) were taking advantage of the Summer Food Service Program. The survey determined that while 76 percent of the survey respondents were likely to be eligible for the Summer Food Service Program, more than 75 percent were unaware of it. More than 78 percent of respondents requested additional information



about summer food programs near their homes. As a result of the survey, the Southwestern Pennsylvania Food Security Partnership has begun a Summer Food Service Program outreach campaign in an effort to increase awareness about the program and will be utilizing PA 2-1-1 Southwest to help spread the word.

“The Summer Food Service Program survey demonstrates the versatility of PA 2-1-1 Southwest,” said Bob Nelkin, president of the United Way of Allegheny County. “PA 2-1-1 Southwest allows us to connect our residents to services, while also giving us the ability to gather data that will help us to better serve people in need who may not be aware of resources available to them.”

United Way is working to further expand the PA 2-1-1 Southwest service area to include Beaver, Greene, Indiana, Lawrence, Mercer and Washington counties by the end of 2013. A PA 2-1-1 Southwest website that will allow users to search for resources by need and location is in development. *PSN*



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❖ The annual Pittsburgh Fantasy in Wood Show will be held from 10 a.m. to 5 p.m. May 5 and from 10 a.m. to 4 p.m. May 6 at the Castle Shannon Volunteer Fire Company Social Hall, 3600 Library Rd., Route 88, Castle Shannon. Call (412) 469-2903 for details.

❖ The ninth annual Three Rivers Community Band Festival will take place from 2:30 to 5 p.m. April 14 at the Upper St. Clair Theater, Upper St. Clair High School, just beyond South Hills Village Shopping Center on Route 19 South. Doors open at 1:45 p.m. Admission is free. Contributions to support the festival are greatly appreciated, but not required. Festivalgoers are invited to enjoy free light refreshments after the concert meet and greet the musicians. For more information, visit www.ewsb.org/festival.

❖ The Retired Men's Luncheon Group of Pleasant Hills will have a discussion from police officer Dave Schwab

at noon April 19 in the Fellowship Hall of the Pleasant Hills Community Presbyterian Church, located at the corner of Old Clairton Rd. and Audrey Dr., Pleasant Hills. Dave retired as a detective sergeant from the Allegheny County Police after 31 years, with 15 years in homicide. Cost for lunch is \$6 per person. Call (412) 655-2000 by April 13 for reservations.

❖ LifeSpan Chartiers Center is offering a trip to Atlantic City April 25 to 27. Cost is \$155 per person based on double occupancy with a \$30 slot bonus. Trip is being booked on a first-come, first-served basis. Call (412) 276-5056 for information or to make reservations.

❖ The North Hills Harmony Line Barbershop Chorus will present their 50th annual show at 4:30 p.m. April 28 at the North Hills Senior High School auditorium. Cost is \$14 for adults and \$7 for students. Call Tom Marshall for tickets or for more information at (412) 487-2074.

❖ One night! Three hilarious comedians! A million laughs! The second annual Laffs for LifeSpan's Funny Fundraiser will take place from 6:30 to 9:30 p.m. on Friday, May 4 at Bethel Park Community Center, located at 5151 Park Ave., Bethel Park. Tickets are \$30 per person and include dinner catered by the Spaghetti Warehouse, dessert and beverages. Proceeds will benefit LifeSpan, Inc.'s Resources and Services for Seniors. For tickets, call (412) 464-1300. For more information about LifeSpan, visit www.lifespanpa.org.

❖ The Pittsburgh Area Theatre Organ Society will present the first silent sci-fi movie Metropolis with reknowned silent film accompanist, Clark Wilson, with an original score on the Mighty Wurlitzer Theatre Pipe Organ at 2 p.m. May 5 at Keystone Oaks High School Auditorium, 1000 Kelton Ave., Dormont. Tickets are \$12 in advance and \$15 at the door.



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❖ LifeSpan Chartiers Senior Center, 300 Lincoln Ave., Carnegie, is hosting an Older American's month spring fling card party from 10 a.m. to 2 p.m. May 10. Cost is \$12 per person and includes lunch, door prizes, snacks, beverages, a bake sale, a Chinese auction and more. Reservations are required by calling (412) 276-5056.

❖ The Greater Canonsburg Heritage Society will hold a Gala Luncheon to celebrate the 100th Birthday of Perry Como at 1 p.m. May 19 at Hilton Garden Inn, Southpointe, Canonsburg. Bobby Shawn will entertain. Doors open at 12:30 p.m. Luncheon is \$30 per person and must be purchased in advance. No tickets will be sold at the door. Send check to The Greater Canonsburg Heritage Society, 304 West Pike St., Canonsburg, PA. 15317. Deadline

for reservations is April 20. If you do not receive a confirmation via mail by May 5, call (724) 745-5310.

❖ The Primary Colors Art Guild of LifeSpan's Hillsdale Community Resource Center will host its annual spring art event from 6 to 9 p.m. on Friday, May 18 and from 11 a.m. to 1 p.m. on Saturday, May 19 at 1444 Hillsdale Avenue in Dormont. The art event includes wonderful appetizers, raffles and a Chinese auction. A portion of the proceeds from the sale of paintings will be donated to Dormont Library. For details or directions, call LifeSpan at (412) 343-6050 or visit www.lifespanpa.org.

❖ A free one-day bus trip to the National WWII Memorial in Washington DC is available to WWII Veterans on May 22. There are three early morning pick up sites in Pittsburgh. Lunch, dinner and beverages are provided. Wheelchairs available if needed. Nurse and volunteers will be on each bus.

Call (724) 709-3614 or (724) 728-9370 for more information or reservations.

❖ The Mt. Lebanon Recreation Department and HealthSouth Rehabilitation Hospital of Sewickley will offer a Trolley Trip to Sewickley from 10:30 a.m. to 3 p.m. June 12. Take a trolley ride from the Mt. Lebanon Recreation Center to HealthSouth Rehabilitation Hospital of Sewickley. On the way, a tour guide will point out the Sewickley mansions and will discuss Sewickley's role in creating the polio vaccine. Upon arrival at HealthSouth Sewickley, you will receive a tour, lunch, and a presentation about senior eye health. After leaving the hospital, there will be time to explore the unique shops in Sewickley's business district. The trolley will arrive back at the Mt. Lebanon Recreation Center by 3 p.m. Cost is \$10 per person. Register by June 8. Space is limited. Call (412) 343-3409 for more information. *PSN*

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St. Athanasius Parish



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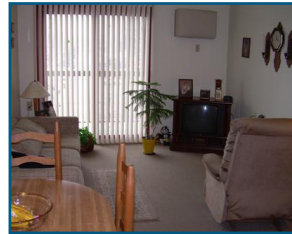
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Call (724) 224-4571
for more information.



Henry Monsch, Jr. directs his final concerts in 49 years with South Hills Chorale

South Hills Chorale director For fifty-two years, the Mt. Lebanon-based, 75-voice South Hills Chorale has been entertaining thousands of people and hundreds of organizations in Pittsburgh and western Pennsylvania. Each concert season, the chorale performs two major shows in December and May, and 10 to 20 community shows for meetings, conventions and social group.



The chorale has also performed with high school groups such as the Mt. Lebanon High School Percussion Ensemble and the Keystone Oaks Steel Drum Band.

The chorale's broad-based programming includes American classics, Broadway, pops, spirituals, old favorites, classical, sacred and holiday works.


Music director Henry D. Monsch, Jr. will be directing his final concerts in 49 years with the chorale at 7:30 p.m. on May 11 and May 12 at the Mt. Lebanon United Methodist Church. Assistant music director Rick Minnotte will accept the baton next year to continue the chorale's success. Barbara McCauley will remain as assistant director and Patricia Reavel will accompany the group.

Tickets for the May concerts are \$15; they are available at the door, from chorale members or online at www.southhillschorale.org. *PSN*

Want to audition to be a member of the South Hills Chorale? Contact Elaine Moore at (412) 655-8633 or emoorepsd@aol.com. Auditions will be held in September.

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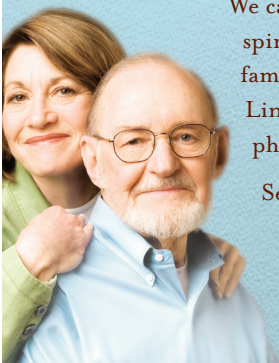
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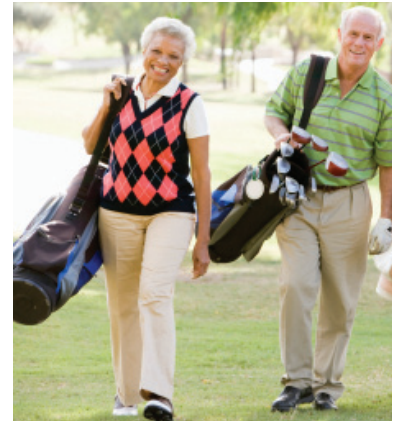
Harmony Singers present annual show



The Harmony Singers of Pittsburgh will present their 44th annual spring show at 8 p.m. April 28 and at 2 p.m. April 29 at the Bethel Park Community Center, 5151 Park Ave., Bethel Park. Tickets are \$10 for adults and \$8 for seniors and children under 12 and are available from cast members or at the door. Discounted tickets, \$7, for groups of 10 or more may be purchased in advance by calling (412) 833-6341. A portion of the proceeds of this year's show will be donated to Angels for Animals. A free-will collection will take place after each performance for the benefit of Angels for Animals. Information about the Harmony Singers is available at www.harmonysingers.org. *PSN*

Allegheny County senior golf passes are now available

The Allegheny County Parks Department is offering senior golf passes for the 2012 season beginning on Monday, March 12, at the North and South Park golf courses. Residents ages 55 and older may purchase the special \$60 passes Monday through Thursday between 8 a.m. and 3:30 p.m. at the North and South park golf course clubhouses. Season locker rentals can also be purchased for \$25.



Regular season play will begin on Friday, March 30, weather and conditions permitting. For more information, call North Park Golf Course at (412) 961-0512 or (724) 935-1967, or South Park Golf Course at (412) 835-3545; or visit www.alleghenycounty.us/parks/fees/golf.aspx. *PSN*

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Extended hours are available Thursday evenings.

To schedule an appointment, or for more information, please call 412-366-6841 or visit UPMC.com.

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Area Agency on Aging *Connections*

Allegheny County offers a cornucopia of food assistance programs

By Gina Mazza
For *Pittsburgh Senior News*

It is often said that the simple things in life bring the most joy. For many of us, sharing a delicious meal with family and friends—or being able to enjoy a nutritious, hot dinner in our own home—tops the list of life's basic pleasures.

As we age, eating well can also be a key to maintaining a positive outlook and emotional balance. Studies have shown that the benefits of healthy eating for older adults include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems.

Yet given today's economic climate, many seniors can use some help with getting the nutrition they need. Luckily, for older adults in Allegheny County, our area offers an abundance of food assistance programs to help seniors do just that.

Senior Community Center Shared Meals

One of the most enjoyable ways to partake in a hot, nutritious meal is to socialize with friends at your local senior center. Lunch is served Monday through Friday at 57 Allegheny County Department of Human Services Area Agency on Aging (DHS AAA) senior community centers. The menus are designed to provide varied and satisfying fare for older adults and modified meals (low-fat, low-sodium, two levels of calorie control) are available to anyone with a physician's prescription. All lunches provide one-third of an older adult's daily nutritional requirements.



A voluntary donation is requested. To inquire about shared meals, visit your local senior center, call SeniorLine at (412) 350-5460 or visit www.alleghenycounty.us/dhs/olderadults.aspx.

Home Delivered Meals

DHS AAA's Home Delivered Meals program (HDM)—operated through 11 service providers in the county—is a reliable, safe way to have hot, nutritious meals delivered right to your doorstep. If you are eligible and choose to get Home Delivered Meals, you're certainly not alone; more than 400,000 meals are served each year to individuals age 60 or older who have an ongoing physical, emotional or cognitive disability that inhibits them from safely preparing a meal or who are otherwise unable to obtain their own groceries. Services may also be extended to an under-age spouse of an eligible older adult and, in some cases, may be available to individuals under age 60 with disabilities, if they reside with a homebound older adult.

Beyond delivering good meals directly to your home, the HDM program also serves as a wonderful source of regular personal contact. In some cases, HDM volunteers are the only people that homebound individuals may see on a daily or weekly basis.

"What's more, Home Delivered Meals are often the first in-home service that an older adult receives, and the program is a primary access point for other services," notes Joe Barker, AAA Independent Services bureau chief. "Besides meals, HDM services include nutrition screening, nutrition education and nutrition assessment and counseling, as appropriate."

Home Delivered Meals adhere to the latest Dietary Guidelines for Americans issued by the US Department of Health and Human Services' Administration on Aging, which emphasize certain foods and nutrients such as fruits, vegetables, whole grains and low-fat dairy products—as well as consuming fewer foods with salt, saturated fats, trans-fats, cholesterol, added sugars and refined grains. The program also provides modified meals with a doctor's prescription. Each agency asks for a modest donation for the meals. To learn more about an HDM program in your community, inquire at your local senior center or call SeniorLine at (412) 350-5460.

Senior Farmer's Market Nutrition Program

AAA also offers the ever-popular Senior Farmer's Market Nutrition Program (FMNP), through which older adults can enjoy locally grown produce at a lower cost than store-bought produce. One set of four

Area Agency on Aging *Connections*

checks worth \$5 each is distributed to eligible older adults every summer through a one-day event (scheduled for June 26 this year) at area senior centers. Recipients must be age 60 or older, live in Allegheny County, not live in a residential facility and meet income guidelines. Checks are distributed on a first-come, first-served basis. Eligible older adults not physically able to get to a senior center can designate a proxy to pick up and redeem the checks. Forms are available at senior centers and on the Pennsylvania Department of Agriculture website: www.agriculture.state.pa.us. For a listing of distribution sites, call your senior center or the SeniorLine at (412) 350-5460.

Supplemental Nutrition Assistance Program (SNAP)

The SNAP program (formerly known as the Food Stamp Program) is more accessible than ever to low-income individuals and families to buy the food they need for good health. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores. Income limits (before any deductions) for SNAP are 160 percent of poverty level and 200 percent if you are age 60 and older or disabled.

Allegheny County residents can apply by calling Just Harvest at (412) 431-8963, Hunger Services Network at (412) 325-0749, your local County Assistance Office at (412) 565-2146 or the Department of Public Welfare at (800) 692-7462; or fill out an application online at www.compass.state.pa.us.

The Greater Pittsburgh Community Food Bank

According to a USDA report released in late 2009, hunger and

food insecurity are on the rise in America and in Pennsylvania. This isn't news to the Greater Pittsburgh Community Food Bank, which has seen an average of 1,500 to 2,000 new households turn to them for help every month. Located in Duquesne, the Food Bank distributes about 21 million pounds of food each year through a member network of 380-plus food pantries, soup kitchens, senior high rises, community centers and other food assistance programs in 11 counties throughout southwestern Pennsylvania. The Food Bank relies on donations of food and funds, volunteers and advocates to help carry out its mission of eliminating hunger. To learn more, call (412) 460-3663, ext. 456 or www.pittsburghfoodbank.org/gethelp

As you can see, there's no need to not enjoy a hot, nutritious meal if you are an older resident of Allegheny County. If you would like help with getting the food you need, don't

hesitate to reach out to one of the above programs. *PSN*

Avoiding malnutrition

Malnutrition is a critical health issue in older adults caused by eating too little food, too few nutrients and by digestive problems related to aging. Malnutrition causes fatigue, depression, weak immune system, anemia, weakness, digestive, lung and heart problems, and skin concerns. Here are some tips for preventing malnutrition.

- ✓ Eat foods rich in nutrients, such as fruits, vegetables and whole grains.
- ✓ Always keep flavorful, fresh food available.
- ✓ Feel free to have healthy snacks between meals.
- ✓ Eat in the company of family or friends, if possible.
- ✓ Get help with food preparation, if needed.

Other food assistance programs available in Allegheny County

Hunger Services Urban League of Pittsburgh's Hunger Services offers an emergency food assistance program and can help you enroll in the SNAP program. Contact them at (412) 325-0749 or www.ulpgh.org.

The Greater Pittsburgh Community Food Bank has two outreach programs:

- **Farm Stand** is an urban agriculture program that provides fresh, local produce at affordable prices to low-income neighborhoods with limited or no access to farmer's markets and grocery stores. Farm stands are open to the public and accept FMNP coupons (see above). Call (412) 460-3663, ext. 216 or visit www.pittsburghfoodbank.org.
- **Produce to People** distributes produce and other grocery items to at-need families monthly in Braddock, Homewood, McKeesport and South Side. Your household income must be below 150 percent of the poverty level. Call (412) 460-3663, ext. 727 or visit www.pittsburghfoodbank.org.

Squirrel Hill Community Food Pantry, administered through Jewish Family and Children's Services of Pittsburgh, offers food assistance to families in Squirrel Hill, including kosher foods. To inquire, call (412) 421-2708 or visit www.sqfoodpantry.org.

Area Agency on Aging *Connections*

Better Choices, Better Health workshops offered this spring

Better Choices, Better Health workshops will be offered this month and next at 13 locations throughout Allegheny County. These free workshops are for older adults with chronic health conditions such as diabetes, arthritis, heart disease and others. Workshops are held for two-and-a-half hours for six consecutive weeks. They are fun, interactive and engaging, and are designed to help people learn tools and strategies for dealing effectively with the challenges that come with living with an ongoing health issue.

Participants will brainstorm on key topics, make a weekly action plan on an

important health goal, and get feedback on problem-solving towards that goal. They will do engaging activities designed to help them learn:

- ✓ distraction techniques to help manage pain.
- ✓ better breathing techniques and ways to avoid shortness of breath.
- ✓ relaxation techniques such as progressive muscle relaxation.
- ✓ what level of exercise intensity is right for them.
- ✓ some guidelines about healthy eating.
- ✓ how to make future plans for healthcare.
- ✓ how to evaluate new treatment options.
- ✓ the power of positive thinking.

All workshop participants get the companion book, *Living a Healthy Life with a Chronic Condition* and all graduates will receive the relaxation CD "Time for Healing." Light refreshments are provided throughout, with a graduation celebration at the end. Space is limited, so register today. [PSN](#)

Location	Address	Dates	Time	Contact
Mt. Lebanon	Asbury Heights	Mondays April 16 – May 21	1 – 3:30 p.m.	Marcy Byers (412) 571-5220
South Side	Morse Gardens	Tuesdays April 17 – May 22	9:30 a.m. – Noon	Toni Federline (412) 398-1090
Beechview	Beechview Manor	Wednesdays April 18 – May 23	2 – 4:30 p.m.	Laura Liebmann (412) 613-7614
Rankin	Rankin Christian Center	Tuesdays April 24 – May 29	9:30 a.m. – Noon	RaLonda Robertson (412) 271-8313 ext. 2688
Oakland	Finello Pavilion	Wednesdays April 25 – May 30	1 – 3:30 p.m.	Ruth Moore (412) 216-6104
Bridgeville	Serenity Pines	Thursdays April 26 - May 31	1 - 3:30 p.m.	Kelly Zerlaut (412) 628-6866
Verona	Beechtree Commons	Tuesdays May 1 – June 5	9:30 a.m. – Noon	Lisa Moore (412) 241-6399
Greenfield	St. John Chrysostom	Wednesdays May 2 – June 6	1 – 3:30 p.m.	Sister Celeste Hupert (412) 421-0243
Munhall	St. Therese Plaza	Thursdays May 3 – June 7	1 – 3:30 p.m.	Eve McConnell (412) 462-2319 ext. 15
Moon Township	Valley Care Association	Wednesdays May 9 – June 13	1 – 3:30 p.m.	Kathi Finch (412) 749-5257
Carnegie	Chartiers Senior Center	Thursdays May 10 - June 14	12:30 - 3 p.m.	Karen Seibel (412) 276-5056
McKeesport	McKees Point Lodge	Wednesdays May 16 – June 20	9 – 11:30 a.m.	Niki Waugaman (412) 672-0662
Ross Township	Berkeley Hills Lutheran Church/Friendship Group	Fridays May 18 – June 22	1 – 3:30 p.m.	Frank Greppi (412) 974-7375

Area Agency on Aging *Connections*

Ask SeniorLine



Will I lose my house if I go into a nursing home?

When a person reaches the age at which they begin to consider options for long-term living, a nursing home may be one possibility. So many factors need to be considered in this decision, which can make the whole process overwhelming.

The rising cost of nursing home care can be a major concern; fortunately, assistance is available. Medicaid assists with and, in some cases, provides complete payment for nursing home care for those who meet financial guidelines. Some people are reluctant to apply to Medicaid for nursing home care because there is a false impression that if they receive Medicaid, they will lose their home. This is not true.

The program that has led to this false impression for some is known as Estate Recovery, which allows the state to recover, after your death, the amount that Medicaid has paid for your long-term care. Estate Recovery applies only to the estate of a deceased person who:

- received Medical Assistance;
- was age 55 or older;
- received long-term care, nursing facility care, or home and community-based services that were paid for by Medicaid, such as through Aging Waiver;
- and received these services after August 15, 1994.

It is important to know that at no time while you are still alive will the state force you to sell your primary home. Also, any claim made against your estate will be limited to the amount that was paid by Medicaid for your care. If your estate is limited, the state may accept a lesser amount. The claim is made against your estate and can be satisfied with other estate assets and may not involve selling your house.

A number of factors can lead to postponement of the Estate Recovery process. For instance, no claim will be made while your spouse is still alive and living in your home. In addition, if you have children who survive you and are under the age of 21, or a surviving child of any age who is totally and permanently disabled, no claim will be made while they are still residing in your home. Also, no claim will be made if you have been sharing your home with a sibling who has equity interest in the property and has been living in the home for at least one year.

Some waivers also may apply: If the gross value of your estate is less than \$2,400 and there is an heir, Estate Recovery will be waived and no claim will be made. Several other conditions exist under which you can apply for a waiver so that no claim will be made. Additional information is available at www.dpw.state.pa.us; use DPW search keyword: Estate Recovery Program, or call SeniorLine at (412) 350-5460 to discuss your situation.

If either a nursing home, or Aging Waiver home and community-based care program appear to be the best long-term care option for you or a loved one, do not rule them out for fear of losing your home. You will not lose your home if you apply. *PSN*

Ombudsman Program

An ombudsman is a trained individual who can help if you have a complaint or problem with any long-term care service. Essentially, they serve as advocates who receive, investigate and resolve concerns related to the health, safety, welfare and rights of individuals who are residents or consumers of skilled and intermediate nursing homes, personal care homes and certified domiciliary care homes, and of older individuals in the community who are consumers of adult day services, long-term care services, and community based services.

Do you have questions about your rights as a consumer of long-term care? Need assistance exercising those rights? Do you have questions about billing and charges, including those covered by Medicare and Medicaid? Are you concerned about the quality of care or treatment from a long-term care service provider? Ombudsmen can help with resolving these issues and more.

To learn more about volunteering as an ombudsman, call the Allegheny County Department of Human Services Area Agency on Aging at (412) 350-5460 or (800) 344-4319 or visit www.alleghenycounty.us/dhs/olderadults.aspx. *PSN*

Area Agency on Aging *Connections*

April Menu

Monday, April 2: Boneless pork loin, vegetable medley, bow ties, plums.

Tuesday, April 3: Stuffed pepper, whipped potatoes, Italian green beans, pineapple cuts.

Wednesday, April 4: Chef's salad, mixed greens, orange.

Thursday, April 5, Birthday menu: Salisbury steak, oven browned potatoes, mixed vegetables, cake.

Friday, April 6: Tuna salad, potato salad, tomatoes and cucumber, oatmeal-raisin cookies.

Monday, April 9: Herb baked chicken breast, broccoli florets, orzo, Ambrosia salad.

Tuesday, April 10: Barbecue ribs, whipped potatoes, green beans and red peppers, peaches.

Wednesday, April 11: Roast beef, tossed salad, rice pilaf, apple.

Thursday, April 12: Sliced turkey breast, spinach, baked yam, chocolate chip cookies.

Friday, April 13: Lemon pepper cod, scalloped potatoes, peas and carrots, brownie.

Monday, April 16: Western style beef, whipped potatoes, broccoli florets, pineapple.

Tuesday, April 17: Honey mustard turkey salad, potato salad, sweet and sour cucumbers, biscotti.

Wednesday, April 18: Springs in sauce with meatballs, tossed salad, apple.

Thursday, April 19: Roasted chicken breast, O'Brien potatoes, banana.

Friday, April 20: Tuna salad, pasta primavera, carrots, orange.

Monday, April 23: Smothered Swiss steak, noodles, Brussels Sprouts, mixed fruit.

Tuesday, April 24, Election Day: Baked chicken leg and thigh, spinach salad, yams, pineapple.

Wednesday, April 25: Stuffed cabbage roll, whipped potatoes, carrot coins, cookie.

Thursday, April 26: Roast beef, herbed potatoes, broccoli florets, peaches.

Friday, April 27: Chipped turkey, potato salad, bean salad, grapes.

Monday, April 30: Cod, scalloped potatoes, stewed tomatoes and zucchini, oatmeal raisin cookies.

This menu is for senior centers and home-delivered meals funded in part by the DHS AAA. Centers are open Monday through Friday. Call (412) 350-5460.

Allegheny County Department of Human Services

Area Agency on Aging

441 Smithfield Street, Pittsburgh, PA 15222

Serving the older adults of Allegheny County

Rich Fitzgerald, Allegheny County Executive

James M. Flynn Jr., Allegheny County Manager

Marc Cherna, Director

Mildred E. Morrison, Administrator



FOR FURTHER INFORMATION:

Contact Allegheny County Area Agency on Aging's

SeniorLine at (412) 350-5460;

Toll Free – 1 (800) 344-4319; TDD – (412) 350-2727

or visit www.alleghenycounty.us/dhs/aaa.

Information and Assistance Service Partner Agencies At Senior Community Centers

Allentown Senior Center

(412) 481-5484

Catholic Youth Association

(412) 621-3342

Citiparks

(412) 422-6570

Eastern Area Adult Services, Inc.

(412) 247-1446

Elder-ado, Inc.

(412) 381-6900

Hill House Association Senior

Services

(412) 392-4450

Jewish Community Center

(412) 521-8010

LifeSpan, Inc.

(412) 464-1300

Lutheran Service Society

(412) 734-9330

Northern Area Multi-Service Center

(412) 781-1176

Penn Hills Senior Center

(412) 244-3400

Plum Senior Community Center

(412) 795-2330

Riverview Community Action Corp.

(412) 828-1062

Seton Center, Inc.

(412) 344-4777

Vintage, Inc.

(412) 361-5003

*** Ursuline Senior Services**

(412) 683-0400 (* Not a Senior Center)

SOCIAL SERVICES

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Adult Foster Care
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Home Health Services
Personal Care/
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Companions for Homebound
Nursing Home Resident
Advocacy

SENIOR CENTER SERVICES

Education Programs
Exercise and Fitness
Volunteer Opportunities
Social and
Recreational Programs
Congregate Meals
Legal Services
Assistance in Applying for
Benefit Programs
Health Insurance Counseling

Health Notes

LifeSpan's West Mifflin Community Program Extension located at 3000 Lebanon Church Rd., West Mifflin Borough Building, West Mifflin, will offer the Healthy Steps for Older Adults program from 11 a.m. to 3 p.m. April 24. The event is free and open to individuals 50 years of age and above. Lunch will be provided and all participants will receive a take home workbook. Basic topics cover: how to make your home a safer environment; medical tips for talking with your doctor and medicine safety; exercise and fitness techniques; general health tips to use on a daily basis; and building strength and energy to remain fit for life. Call (412) 343-6050 or (412) 464-1300 ext. 121 to register.

St. Clair Hospital, 1000 Bower Hill Rd., offers free nutrition education classes through the Cardiac Rehabilitation Program, in Conference Center Rooms A/D, second floor, and are

offered twice monthly on Wednesdays at either 10 to 11 a.m. or 1:30 to 2:30 p.m. Classes provide education and information on a variety of topics including: shopping smart for the heart, diabetes and heart disease, dining out and special occasions, healthy holiday eating, and quick and healthy meals. Class topics change monthly. For more information, call (412) 942-1380.

A mental health support group meets from 7:30 to 9 p.m. on the first Thursday of each month (except July) at Christ United Methodist Church, 44 Highland Rd., Bethel Park. This support group is open to anyone in the community who needs support for themselves or loved ones who are struggling with mental illness. Participants are encouraged to bring family members and loved ones. Registration required by calling (412) 942-4000 or visit www.stclair.org. *PSN*

Diabetes self-management education programs available to area residents

The Allegheny County Health Department is issuing an updated version of its "Guide to Local Diabetes Education Programs."

The guide identifies 27 sites that offer Diabetes Self-Management Education Programs, which are covered by Medicare and many other health insurance plans. The booklet is available online at www.achd.net or by calling (412) 247-7816.

Knowing the risk factors can help in taking the necessary steps to help prevent onset of type 2 diabetes, so the Health Department joins with the American Diabetes Association in urging County residents to take the Diabetes Risk Test to find out if they are at risk for developing the disease. The test is available in English and Spanish at www.stopdiabetes.com or by calling (800) 342-2383. *PSN*

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This research study involves biofeedback and may determine how women can improve their own bladder control. It may work better than drugs or surgery, and has no known side effects.

The National Institute of Health funds the study.

Participants receive:

- A bladder evaluation
- Biofeedback and MRI
- Transportation and parking

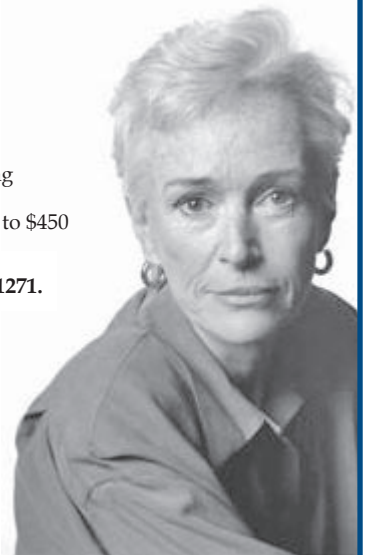
Participants may receive up to \$450

For information, contact Megan at (412) 647-1271.



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Ross senior turns adversity into a way to help others

By Gina Mazza
For Pittsburgh Senior News

Life has a habit of sometimes throwing us curve balls, yet it's always inspiring when someone takes the experience gained through adversity and finds a way to help others facing similar challenges.

Back in 2007, Eileen Anick, 71, of Ross Township was working at her long-term job as a waitress at the Grant Bar in Millvale, and her husband, Stanley, was employed as a sheet metal worker. One day, Stanley felt a tingling in his hands and a loss of overall strength, which lessened his ability to pick up sheet metal. In 2008, he was given a devastating diagnosis: amyotrophic lateral sclerosis, or ALS. Often referred to as Lou Gehrig's Disease, ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. There is no cure.

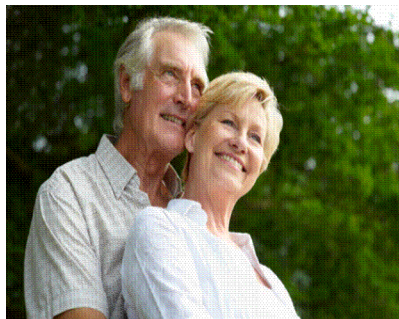
As Stanley's condition rapidly worsened, Eileen retired her waitress position after more than 35 years in order to stay at home and take care of her husband.

"I wanted to keep him at home if I could, and for as long as I could," she says. So Eileen became a full-time caregiver. "I did everything I could for him. After a while, he couldn't hold a fork or spoon so I fed him, then he started walking with a walker but that got bad so we moved to a wheelchair. I did it on my own until I couldn't lift him anymore."



Chuck LeClaire/Pittsburgh Senior News

Volunteer Eileen Anick prepares Easter baskets for the patients she visits at three area nursing homes.



Do You Have Chronic Low Back Pain?

Are You **65** Years Old or Older?

If so...

Then the Aging Successfully with Pain research study needs your help!

- We are asking people to participate in one of two health promotion workshops
- The workshops are a series of eight 90-minute weekly sessions held in Oakland
- Receive up to \$275.00 for your participation. Parking or transportation provided

If you are interested in this research study, please call 412-586-9638



Caring for the Caregiver

Eileen's son and her sister's husband pitched in to help, and her granddaughter lived with them for a while to assist, as well.

Then about a year into Stanley's diagnosis, a nurse recommended hospice care. "That was really helpful as his illness progressed," Eileen comments. "Celtic Hospice [in Mars] came in two or three days a week to help me lift him and bathe him. By that point, I couldn't get him out of the wheelchair because he couldn't help at all. The hospice worker showed me how to turn him and get legs over the side of the bed at night, in case he needed to use the bathroom."

Through it all, Eileen kept a positive attitude. "It's not easy but I didn't mind at all because I wanted him home with me," she admits. "At times, it was tough because he wanted me there all the time, but I had to cook and clean up and do other things. Whenever I'd go grocery shopping, he'd ask, 'How long

are you going to be? When will you be back?' He didn't want me out of his sight so I had to have someone come and stay with him until I returned."

Stanley chose quality of life over treatment that would slightly extend his months. "He had a living will and didn't want a feeding tube; that's what he chose," Eileen recounts. "He didn't want to take the pills either, which were \$500 month. Until the end, he didn't have his body but he had his mind and he chose how he wanted to live."

Stanley passed away in 2010 at the age of 71.

About four months later, Eileen made the decision to become a nursing home volunteer. She currently volunteers about eight hours a week at three nursing homes: The Haven at North Hills in Ross Township, Vincentian Regency in Allison Park and Kane Regional Center in Ross Township.

"I have three patients at The Haven, five at Vincentian and one at Kane. I just go and sit with them; they like it when somebody comes and talks with them. I let them talk about their late husbands and sometimes I share a little about my Stanley. Sometimes, some don't want to talk so I don't stay as long; I just tell them that I will come back again when they're ready for a visit."

After everything Eileen has been through as a caregiver to her husband, she still enjoys caring for others. "Some of my patients, they don't have anyone or maybe they have family who visit once a week or less. It gives me a good feeling to know that I'm helping somebody else. I like people. As a waitress, I was around people all the time. This keeps me out dealing with people, which I love. I think it's great to volunteer. It's a good thing because it keeps you active and it helps those who need it at the same time." *PSN*

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A Q&A with Gallagher Home Health Services

Q: How was Gallagher Home Health Services founded?

A: In 2004, Diane Karcz, RN and her brother, Gary J. Gallagher, created this agency in honor of their mother, Iva R. Gallagher. They wanted to follow in her footsteps and "treat everyone like family." Using this motto to guide them, the business has grown from three employees to 103, and one patient to an average daily census over 600. Gallagher Home Health Services has been named to the "Home Care Elite" every year since its inception, with top scores in improving patient outcomes. and our community set us apart from our competitors.

Q: What is the difference between Home Health Services and Home Care Services?

A: Home Health Services include skilled care such as skilled nursing, physical therapy, occupational and speech therapy, social services, home health aide

visits and mental health nursing (these are intermittent skilled visits provided in patients' homes to help them recover from an illness, surgery or other medical condition). Home Care Services are typically non-medical services to help patients stay in their home safely, such as bathing, dressing, grooming, toileting, companion, homemaking, medication reminder and more. Care can be provided in hours, visits or shifts in the home.

Q: Who typically pays for both Home Health and Home Care Services?

A: Home Health Services must be ordered by a physician and are paid for by Medicare, Medicaid and a variety of commercial insurances. The recipient must meet certain criteria that may include homebound status to qualify for services. Home Care Services can be paid for through private pay, PDA Waiver, VA Services and most long-term care insurance policies.

Q: When looking for Home Health or Home Care Services, what are some important questions patients and their families should ask?

A: Is the provider licensed by the Pennsylvania Department of Health? Are caregivers bonded and insured? What type of screening process does the agency require? How does the provider select and train their caregivers? Does the agency provide nurses to oversee the care clients are receiving in their homes? How does the agency compare to its competitors? Does the agency have a patient advocate to serve its clients? Does the agency provide a free nursing assessment to its potential clients? **PSN**

For more information on Gallagher Home Health Services, call (412) 279-7800; to learn more about Gallagher Home Care Services, call (412) 279-2257 or visit www.gallagherhhs.com.



Gallagher

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A Division of Gallagher Home Health Services

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• Homemaking

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• PDA and VA Services

• Long Term Care Insurances

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- Speech Therapy
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Do you have questions?

Call us at

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Or visit us at
www.Gallagherhhs.com

Caring for the Caregiver



By Judy Dodd, MS, RD, LDN
Giant Eagle Community Relations
Corporate Nutritionist
For Pittsburgh Senior News

Put your winter excuses back in storage with the heavy clothes and think spring. It's no longer believable to skip exercising because of the weather. The warm-me-up comfort foods that soften the winter blues need to be brought down a

It's spring . . . and that means "no more excuses"!

notch in terms of calories. Knowing that baggy slacks and sweatshirts will be replaced by summer lights should be enough to motivate you to put a move on it. Here are some jump-start ideas to get you into spring and ready for summer:

Take a walk. Now is a good time to find a safe place to enjoy the glorious spring greening and flowers. Make sure your medical doctor has given you the approval but the goal is at least 30 minutes a day. Indoor malls work on rainy days; just avoid the food court unless you are seeking bottled water!

Check with a registered dietitian on food choices. When was the last time

you consulted a credentialed food and nutrition professional to personalize your calorie goals along with guidelines for sodium, healthy fats like omega-3 fatty acids, calcium and other minerals?

Take a cooking class. Food has changed and cooking for one or two can become more of a boring chore than an exciting adventure. Do you know what to do with broccolini or quinoa? Anything new in your fish cooking technique?

Consider learning more about culinary herbs. Grow them or purchase dried choices but do experiment. Herbs and spices are a great way to lower sodium and perk up flavors. Basil, oregano and mint all

do well in a sunny window or a patio planter. And if you get ambitious and have the space, it's a good time to map out your vegetable garden. Gardening is great exercise!

Do a kitchen and medicine cabinet spring cleaning. Check for expiration dates on both food and medications. Your pharmacist can help you check out your stash and discard those that are out of date. (Putting some medications in the garbage or toilet may create a safety hazard.) While you are checking, the refrigerator and spice cabinet should be on the "to do" list; old herbs and spices won't deliver flavor, and expired food will have flavor changes and may not be safe. **PSN**

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By Barbara Bush
AARP Communications Specialist
For Pittsburgh Senior News

AARP National recently engaged the Walkable and Livable Communities Institute (WALC) to examine the “walkability and livability” of communities across the United States. This study has already been completed in Alabama, New Jersey, Maine and Vermont, as well as the Avalon-Bellevue area in Allegheny County. The survey looks at how to best meet the mobility needs of the entire community, while focusing on strengths such as “healthy communities by applying the principles of active transportation, smart growth and ‘complete streets’.” Avalon-Bellevue (with its combined Northgate School District where students walk to and from classes each day) was chosen for this study because you will see many residents out walking during the day in these communities, as the “avenue” is quite pedestrian.

WALC executive director Dan Burden focused the study on educational aspects to enlighten citizens and

Avalon-Bellevue included in national study on “walkable” communities

leaders on how to improve and sustain their communities. Dan brings many disciplines and issues together to create a holistic vision for creating healthy, livable, sustainable and prosperous communities. To learn more about Dan and the institute, visit <http://www.walklive.org>. AARP is looking forward to working with the entire community to improve and better this most livable walking community.

Approximately 30 Avalon-Bellevue residents, as well as AARP team volunteers, walked several blocks along the main avenue “with an eye to improving the safety and security of residents using the thoroughfare to visit destinations to shop, worship or partake of a meal while perhaps people watching.” Along the way, we talked to people who advised us about what they perceive as “needs” of the community. This same walk was recently taken by Bellevue leaders and residents to carry forth the ideals of improving the Bellevue community.

“Become a destination, not a thoroughfare to the city,” Dan advised the group. “If you beautify your town or village, outsiders will appreciate visiting there and respect the properties they are privileged to use.”

Statistics relate that when merchants take an interest in the façade of their businesses – keeping them clean and beautifying their front area – they can increase

sales as much as 13 cents on each dollar they take in. Dan related that when they act as a group, they can update the village concept and their sales can increase

as much as 40 percent. Later that evening, Dan addressed approximately 45 interested residents who heard several quick steps to improve the joint communities:

Clean and repair sidewalks.

Keep window treatments clean and neat.

Remove clutter.

Green up the area with flowerpots, plants and a tree.

An open concept brings safety into the stores; if owners can see outside their windows and pedestrians can see inside the stores, this creates a safety factor.

Create islands for safe passage of pedestrians.

At intersections use “ladder” or zebra designs rather than two straight lines.

Use curbing to slow traffic in lanes.

Place benches; seating allows people to “rest a spell.”

Request transportation (PAT) to build kiosk at bus stops to protect patrons from the elements.

Change parking from two sides of the street to parallel parking on one side.

Insert emergency and bike lane to enable bike riders safe passage or, if necessary, emergency vehicles easy access.

Explore sandblasting church and building facades; explore if a cleaning company would give a reduced price for multiple buildings located in multi-boroughs.

Hang baskets of flowers from lamp posts.

Applaud those businesses who extend onto sidewalks.

The complete study is available to community groups who have interest in improving their destinations. These ideas can be adopted on the larger scale or we can begin by performing small changes that will develop into a safer, more walkable borough or village. Utilize the results of the Avalon-Bellevue boroughs study to mirror and create your town as a destination. *PSN*

AARP News

Dormont AARP #3016 will meet at noon April 12 at Dormont Presbyterian Church, 2865 Espy Ave. South Hills. Many great trips are offered. Call Dorothy at (412) 207-0770 for trip information. The annual pancake breakfast and bake sale will take place from 8 a.m. to 1 p.m. April 28. Kids under 10 eat for \$2 and adults \$5.

East Liberty AARP #2612 will meet at noon April 16 at Crossroads Church, 325 N. Highland Ave. Guests and new members welcome.

Glenshaw AARP #3744 will meet at 7 p.m. April 10 at Elffinwild Church, 3200 Mt. Royal Blvd., Glenshaw. The meeting will be followed by

singer Brian Mohan. Refreshments will be served.

Moon Area AARP #3451 will meet at 1 p.m. April 26 at Sharon Presbyterian Church, 522 Carnot Rd., Moon Township. Brian Mahan will entertain. Coffee and pastries will be served after the program. New members and guests welcome.

Perrymont North AARP #2991 will meet at 11:30 a.m. April 19 at the Northmont United Presbyterian Church, 8169 Perry Highway, McCandless. Refreshments will be served at noon. Guest and new members welcome.

Pittsburgh-Pleasant Hills AARP #2068 will meet at 12:45 p.m. April 16 at Holy Spirit Church, 2603 Old

Elizabeth Rd., West Mifflin. Social hour will be held at 11 a.m. Dessert and coffee or tea will be available for \$1. Bingo will follow the meeting. Guests welcome. Call (412) 881-1887.

Pittsburgh-West AARP #638 will meet at 1 p.m. April 16 at the Ingram Borough Building, 40 West Prospect Ave., Ingram. Light refreshments and entertainment will be provided. New members, existing members and guests welcome. Call (412) 331-2669.

Squirrel Hill AARP #3354 will meet at 1 p.m. April 18 at New Light Synagogue, 1700 Beechwood Blvd., Squirrel Hill. Entertainment will be provided. Refreshments will be served. Guests welcome. *PSN*

AARP Driver Safety Program

The AARP Driver Safety Program is the nation's first and largest classroom refresher course for drivers ages 50 and older.

This eight-hour course is designed to help update driving skills and knowledge of the rules of the road, learn about normal age-related physical changes and how they impact driving, and to obtain an insurance discount.

To learn more and to locate other classes, visit www.aarp.org (type "Driver Safety Program" in the search box) or call (888) 227-7669. *PSN*

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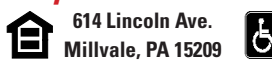
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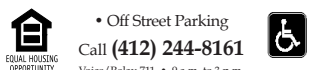
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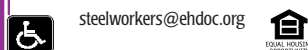
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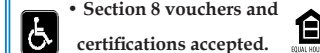
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Baseball	Flowers	Robins
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Daisy	Planting	Tulips

No Freezing

A woman and her husband interrupted their vacation to go to the dentist. "I want a tooth pulled, and I don't want any freezing because I'm in a big hurry," the woman said. "Just extract the tooth as quickly as possible and we'll be on our way." The dentist was quite impressed. "You're certainly a courageous woman," he said. "Which tooth is it?" The woman turned to her husband and said, "Show him your tooth, dear."

Light Headed

A nurse at a hospital received a call from an anxious patient. "I'm diabetic and I'm afraid I've had too much sugar today," the caller said. "Are you light-headed?" the nurse asked. "No," the caller answered, "I'm a brunette."

Get Better Soon

A retired man who volunteered to entertain patients in nursing homes and hospitals went to one hospital and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

Taken from www.justcleanjokes.com

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Broadway and movie musicals are represented. Name the correct musical for a chance to win \$30 cash.

* Both movie and Broadway musicals are represented.

1. Seraph

6. Men and women

2. Pay Money to the Landlord

7. Not Black, Yuletide

3. Young People at FAO Shwartz

8. Not East, Lateral Tale

4. Feline and the Violin

9. Female of 525,600 Minutes

5. Four Plus Five

10. I and Romeo's Girlfriend

To enter, mail your answers to *Pittsburgh Senior News* Contest, P.O. Box 11126, Pittsburgh, PA 15237. One entry per person. **Correct entries will be eligible for our drawing. One winner will be drawn.** Entries must be received by the 15th of this month. Answers will be published in the next edition of *Pittsburgh Senior News*.

Name _____ Age _____

Address _____

Phone _____ Neighborhood _____

Congratulations to **Virginia London** who won last month's contest. The answers were:

1. New York City; 2. Japan; 3. Washington D.C.; 4. Rome; 5. Athens; 6. Agra; 7. St. Louis; 8. Tanzania; 9. England; 10. Pisa.

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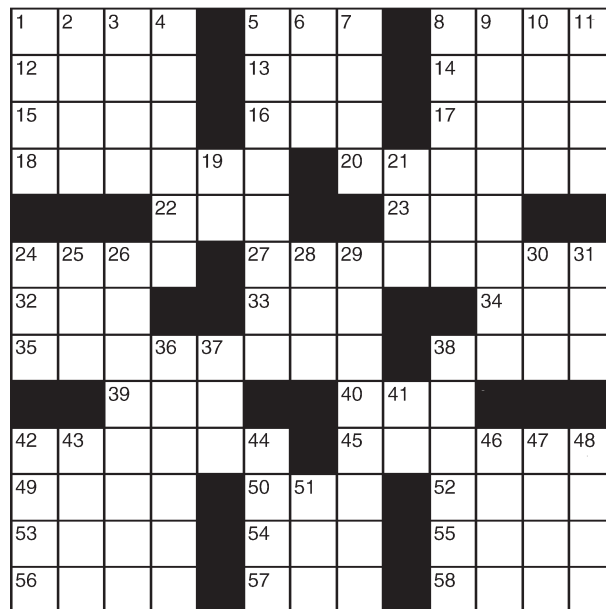
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- 62 years of age and older.
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Crossword Puzzle

answer on page 2



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ACROSS

- 1 Beige
- 5 Owns
- 8 Excellent, in slang
- 12 "You've got –"
- 13 Individual
- 14 Wealth source
- 15 "– She Lovely"
- 16 Periodical, for short
- 17 Congregation's cry
- 18 Government in power
- 20 Stress
- 22 Wrestling surface
- 23 Towel designation
- 24 Vocal comeback
- 27 Snake-related
- 32 To and –
- 33 Personal question?
- 34 Ernesto Guevara
- 35 Middle-ear membrane
- 38 Old card game
- 39 Shade source
- 40 Ram's mate
- 42 Of Hebrew descent
- 45 Lighthouse light
- 49 Shaving cream additive
- 50 Tokyo's old name
- 52 Tardy
- 53 Catherine, Henry VIII's sixth wife
- 54 Moreover
- 55 Grand story
- 56 BPOE members
- 57 Deposit
- 58 Dilbert's workplace

DOWN

- 1 Eastern potentate
- 2 24 bottles
- 3 Peel
- 4 In the preceding month
- 5 Where you grew up
- 6 Literary collection
- 7 Genesis name
- 8 Tranquil
- 9 Nostalgic, in a way
- 10 Port of Yemen
- 11 Camper's shelter
- 19 Mother
- 21 Actor McBride
- 24 Salamander
- 25 Weep
- 26 Student's assignment
- 28 Dien Bien – (Vietnam city)
- 29 One disinclined to do the town
- 30 "Eureka!"
- 31 Trawler need
- 36 Needlenose tool
- 37 Mornings (Abbr.)
- 38 Unopened
- 41 You and I
- 42 Scoff
- 43 Israeli airline
- 44 Get better
- 46 Garb for Superman
- 47 Elevator name
- 48 Choker location
- 51 "CSI" evidence

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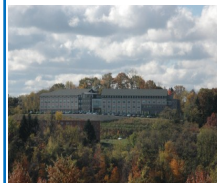
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