ACTIVE AGING, INC.

ECHO

July 2019
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Published by The Area Shopper

Funded in part by the Pennsylvania Department of Aging

Read the ECHO online at www.activeagingecho.com

Social Media & Internet Safety Program at Active Aging, Inc Centers

Please join us at our Active Aging Centers as Alan McGill from the Pennsylvania Office of the Attorney General presents a program on Social Media and Internet Safety. This program is designed to help Pennsylvania's older population identify some of the dangers Social Media exposes to us all and Internet Safety issues. The program discusses: Social Media use and potential dangers, the permanent mark of the digital age, online predators that every parent and grandparent should know, online consumer hazards, general Internet Safety and an overview of the "Dark Web". We hope to see you all at one of our locations.

Meadville Center:
1034 Park Avenue
Meadville, PA 16335
Contact: Ashley McLallen at (814) 336-1792
Monday, July 8, 2019 at 10:45AM

Cambridge Springs Center:
156 Venango Ave.
Cambridge Springs, PA 16403
Contact: Tami Boylan at (814) 398-8616
Tuesday, July 9, 2019 at 10:45AM

Lakeland Valley Regional Center:
237 S. Pymatuning St.
Linesville, PA 16424
Contact: Kate Hans at (814) 683-4959
Thursday, July 11, 2019 at 12:30PM

Canadohta Center:
22978 Shreve Ridge Road-Lincolnville
Union City, PA 16438
Contact: Patty Flaherty at (814) 336-1792
Friday, July 26, 2019 at 10:45AM

For more information or to reserve a lunch after the program call your local center.

ACTIVE AGING

2019 SENIOR FARMER'S MARKET NUTRITION PROGRAM

$20 in checks for free fresh fruits and vegetable for individuals who meet the following criteria:

Age: 60 or older during the program year
Residency: Crawford County Resident
Household Income: 1 person income at or below $23,107
2 people income at or below $31,282

2019 SENIOR CENTER DISTRIBUTION SCHEDULE

Cambridge Springs Center: Every Monday, 12:30 – 1:30 p.m. & Wednesdays, 1–2:30 p.m.
Canadohta Center: Every Friday, 10 a.m. to 1:30 p.m.
Lakeland Valley Center: Every Wednesday, 1:30–2:30 p.m.
Meadville Center: Every Tues., Wed., & Thurs., 1:30 to 3:30 p.m.

Last day to distribute checks is September 30, 2019.
Checks must be redeemed by November 30, 2019.
Checks can only be redeemed at participating farmer's markets.
Checks cannot be used in a grocery store.
Checks must be redeemed in full; no change can be given.
The only time another person can pick up checks for the recipient is if the recipient has completed the required proxy form. Recipient's proof of age and residence must accompany proxy form.
Checks can only be received and used by the eligible senior.
Only fruits and vegetables grown in Pennsylvania or purchased by the participating farmer's market directly from a farmer in a neighboring state can be purchased with the checks.
Checks must not be signed or endorsed prior to redeeming at participating farmer's markets.

ALL CENTER Picnic

Rain or Shine

Wednesday, August 14, 2019
at Cambridge Carnival Grounds

$10 per person
Includes:
Lunch
Transportation by CATA to and from Center
Must be 65 years or older to ride CATA
Live Music! Country Blue Band at 12:30 p.m.
Bocce Ball Corn Hole And More
Agenda subject to change
Reservations Due by Wednesday, August 7th.

CAMBRIDGE SPRINGS CENTER (814) 398 - 8616
LAKELAND VALLEY CENTER (814) 683 - 4959
MEADVILLE CENTER (814) 336 - 1792

CAMBRIDGE SPRINGS, LAKELAND VALLEY AND MEADVILLE CENTERS WILL ALL BE CLOSED ON WEDNESDAY AUGUST 14TH FOR THE PICNIC!

ACTIVE AGING

Crawford County's Designated Area Agency on Aging
PURPOSE
The purpose of Active Aging Inc. is to develop, implement and maintain a comprehensive, coordinated, and supportive human services system for older persons aged 60 years and older in Crawford County.
Please call 814-336-1792 or 1-800-321-7705 or email aainc@activeaging.org for more information.

July 10th 12:00 to 1:00
Lunch n Learn
Summer Skin Safety Tips by the American Cancer Society
Learn how you can avoid skin cancer and prevent unwanted wrinkles by staying sun smart this summer. Join us for this complimentary educational event in our Grand Ballroom. Lunch is free, please rsvp to 814-333-4400 today!
Don't forget to enter for our summer skin safety door prize!

July 19th 2:30 to 3:30
Join us for Happy Hour in the Lafayette Tavern
Appetizers and entertainment, while sampling our Eldercraft Brew, IPA or Amber Ale, both are full of flavor!
For more information, call 814-333-4400.

We welcome you to stop in for a complimentary lunch and tour of our historic community.
Call today to schedule 814.333.4400.

JUNIPER
30 Years | Innovating for good

Senior Living at Meadville
455 Chestnut Street, Meadville, PA 16335 814.333.4400
junipercommunities.com

From the Director's Desk, July 2019

Happy Independence Day. June sure was a flurry of activity. Luke is now living in Pittsburgh, so I went down to spend a day with him. We went to a Pirate game and had lunch at Burgatory. The game was good, but lasted 10 innings. I couldn't sit still that long, so we didn't see the ending. Burgatory was quite the experience. If you enjoy a good burger, I would suggest you go. You can build your own burger and the results of our culinary creativity were definitely well worth it. Tucker had his birthday in June. 22 years old. I'm not sure how that's possible. For some reason the summer state meetings always fall over his birthday and I'm always out of town. We had dinner together the week before and spent some much needed time together. He is either at his internship or working ever day of the week, so it isn't easy to find a time we can coordinate to be in the same space. I'm always thankful when we do.

Our senior centers are in the process of distributing Farmers Market Vouchers. $20 in checks for free fresh fruits and vegetables are available for individuals over 60, a resident of Crawford County and have a household income at or below $23,107 for one person, or $31,282 for two people. These vouchers can be redeemed at participating farmers markets between now and November 30th. Please check with the senior center in your community about what dates and times these vouchers are available, give us a call, or check it out on Facebook.

Our Meadville center renovation is almost complete. We are using the inside space now. Come and check it out, use our fitness room, dance studio, art room, or computer lab and get a list of all of our activities so you can decide which ones you may want to participate in.

Krista Geer

Services and Programs we offer are:

Senior Center Services

- **Nutritious Noon-Time Meals**
- **Educational Programs**
- **Socialization & Recreation**
- **PrimeTime Health/ Wellness**
- **Activities**
- **Volunteer Opportunities**
- **Life-Long Learning**
- **Outreach/Information Lunches**
- **Transportation**
- **Octoberfest**
- **County-wide Picnics, Dances, and Parties**
- **Large-Print Library**
- **Travel Opportunities**

In-Home Services

- **Care Management / Assessments**
- **Family Caregiver Support Program**
- **Home Delivered Meals**
- **In-Home Care**
- **Nursing Home Pre-Admission Assessments**
- **Personal Assistance**
- **Personal Care / Home Support**

These are examples of services available, and is not an all inclusive listing. Contact us for more information.

Special Services

- **Alzheimer's Support Group**
- **"Echo" Newsletter**
- **Information & Referral**
  - **Apprise Insurance Counseling**
  - **PACE (Pharmaceutical Assistance Contract for the Elderly)**
  - **Pennsylvania Property Tax/Rent Rebate Program**
- **Older Adult Protective Services**
- **Ombudsman**
- **Voter Registration**
- **Nursing Home Transition**

VOTER REGISTRATION

Now available at your Local Senior Center or in your own home when you receive in-home services from Active Aging, Inc.
As part of the "Motor Voter Law" passed in 1993, Area Agencies on Aging are now required to provide an opportunity for you to register to vote. If you need assistance in registering to vote, call us at (814) 336-1792

LIKE US IN REAL LIFE, LIKE US ON FACEBOOK

Active Aging , Inc. is now on Facebook! Get connected for updates on events, classes, and more!

Visit our website at www.activeaging.org for information about senior centers and services available to Crawford County residents age 60 and over.

Programs funded in part by the Pa. Department of Aging and supported by the Active Aging Foundation. For information on Long Term Care Services and Choices: (814) 336-1792 - 1-800-321-7705 - Fax (814) 336-1705 - E-mail aainc@activeaging.org

ACTIVE AGING, INC. CENTERS

1034 Park Ave, Meadville, Pa 16335
(814) 336-1792

Meadville Center

1034 Park Avenue, Meadville 16335
(814) 336-1792
or dining room 336-1800
Patty Flaherty
Ashley McLallen, Center Manager
meadscarts@activeaging.org

Lakeland Valley Regional Center

237 S. Pymatuning St.-Linesville, PA 16424
(814) 683-4959
Kate Hans
lakevalleyinfo@activeaging.org

Cambridge Springs Center

156 Venango Ave.-Cambridge Springs, PA 16403
(814) 398-8616
Tami Boylan
cambsc@activeaging.org

Canadohta Center

Bloomfield Twp Building Lincolnville
(Fridays only)
22978 Shreve Ridge Road- Union City, PA 16438
(814) 336-1792
Patty Flaherty

Titusville Senior Center

714 East Main Street-Titusville, PA 16354
(814) 827-9134
Tim Snyder
goseniors@zoominternet.net

As many of you are aware Active Aging, Inc's senior centers have been using Copilot to sign in and register for lunch and activities at the senior center. Copilot offers a website for seniors who would like to go online and preregister themselves for meals at their local senior center. The following link www.copilotcommunity.com gives seniors the opportunity to access copilot information and activities including a trivia contest to compete in for those that are interested. Individuals can pre-register for lunch and activities through this website right from their home computer or smart phone. The web site explains how to register to receive your login information. To be able to login individuals will need their identification number from their copilot bar code card that they received at their local center. For more information call your local center or Active Aging, Inc at 814-336-1792

REMINDER: Elder Pennsylvanians deserve honor and respect ... not abuse. Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705.

The ECHO is published by The Area Shopper. Questions concerning Advertising please contact Lon Wilson (814) 425-7272 or lon@zoominternet.net

Active Aging, Inc. Cambridge Springs Center

156 Venango Ave., Cambridge Springs, PA 16403 814-398-8616

Farmer's Market Vouchers Available
Mondays 12:30 - 1:30 p.m.
Wednesdays 1 - 2:30 p.m.

Social Media and Internet Safety Presentation
Tuesday, July 9th at 10:45 a.m.

SNAP Food Program
Tuesday, July 16th at 10:45 a.m.

Cambridge Carnival
Tuesday, July 23rd through Saturday, July 27th
5 - 10 p.m.
Come visit our center's table under the pavilion!

Kayaking at Canadohta Lake

Friday, August 23, 2019
9 a.m. to 1 p.m.
Launch at North Inlet Private Beach
$5 with Kayak
$10 to Rent Kayak
Price Includes Lunch

Reservations due by Friday, August 16th

For More Information & To Sign-up Call
814-1792 ext. 106

Save the Date for Our Next Kayak Day
Friday, September 13, 2019

Active Aging, Inc. Meadville Center

1034 Park Avenue, Meadville (814) 336-1792

Save the Date Open House

Thursday, August 8, 2019
2 p.m. to 7 p.m.
Come visit our newly renovated Center!

Summer Nights

Friday, August 16th

Doors Open at 6:30 p.m.
Live Music 7 - 9 p.m.

Featuring
50 Miles to Empty

Open to the Public
For those 21 and over!
Hors D'oeuvres & Mixers Provided BYOB Event

Tickets
$6 Per Person
$4 per person if pre-purchased by August 9th

For more information or to make reservations, call (814) 336-1792 ext. 106.

Proceeds benefit the Active Aging, Inc. Meadville Center.

Active Aging, Inc. Meadville Center
1034 Park Avenue, Meadville, PA

Lakeland Valley Center

237 S. Pymatuning Street Linesville, PA 16424
814-683-4959

Rummage Sale
Friday, July 5th
9 a.m. to 2 p.m.

Social Media Internet Safety
with Alan McGill from the PA Office of the Attorney General
Thursday, July 11th
12:30 p.m.

SNAP Food Program
Friday, July 12th
10:30 a.m.

Intro to Essential Oils with Mandy Unice
Monday, July 22nd
10 a.m.

MEADVILLE/CRAWFORD COUNTYCENTER
ACTIVE AGING, INC.

(814)336-1792 or 1-800-321-7705 - Fax (814)336-1705
The Lew Davies Community Building 1034 Park Ave., Meadville
Center Manager: Patty Flaherty and Ashley McLallen

Follow us on Facebook at Active Aging, Inc. Meadville Center

NEW CLASS beginning 7/12!

Line Dancing Lessons –Thursdays from 6:00PM-7:30PM
$3 per class for those 60+ and $5 for those under 60.
Call to sign-up!

Vouchers will be distributed every Tuesday, Wednesday and Thursday 1:30PM to 3:30PM

7/1 10:45AM Sherrie McIntosh from Second Harvest Food Bank presents SNAP Benefits
7/2 1:00PM Council Meeting: Initial Meeting of 2019-2020
2:00PM Diabetes Support Group
7/3 1:00PM Advisory Board Meeting
7/4 Independence Day – Center Closed – Happy 4th of July!
7/8 10:00AM Alan McGill presents Social Media and Internet Safety
7/11 9:00AM-3:00PM Craft Supply Sale**
1:30-3:30PM Tech Thursday Bring your cellphone, laptop, IPad, etc. and questions. Call to reserve your one on one 20 minute appointment.
7/12 9:00AM-3:00PM Rummage Sale Drop Off Day No furniture.**
7/15 9:00AM-3:30PM Rummage Sale**
10:00AM-2:00PM Janet Pazey Massages
10:45AM Tony Viglione from Senior Helpers presents Jeopardy
12:00PM Sub Orders due; $3 for an 8 inch sub
7/16 9:00AM-6:00PM Rummage Sale**
7/17 9:00AM-12:00PM Rummage Sale; Dollar Bag Day**
11:00AM Jamie Fattler from Edinboro Manner presents HOT, HOT, HOT- Hydration and Skin Protection
7/18 12:00PM July Birthday Lunch
1:30-3:30PM Tech Thursday Bring your cellphone, laptop, IPad, etc. and questions. Call to reserve your one on one 20 minute appointment
7/19 9:00AM-1:00PM Kayak Day at Canadohta Lake $5 with own kayak and $10 without. Call to sign up by 7/12/19.
7/22 11:00AM Sherry Barzak from AristaCare
7/25 11:00AM-2:00PM Sub Sale Pick-up; volunteers assembling 8:30AM -11:00AM.

**Parking in Gravel/Paved lots off of Pine Street

DAILY ACTIVITIES

8:00AM – 3:30PM	Exercise Machines
8:00AM – 3:30PM	Computer Lab
9:00AM	Healthy Steps in Motion
9:00AM	Blood Pressure Screenings; no fee
10:00AM – 2:00PM	Massages, 3rd Monday
11:00AM	Tai Chi
1:00PM	Silver Sneakers; $2
1:00PM	Bingo; .50/card for 10 games & .25/card for coverall

TUESDAY

8:00AM – 3:30PM	Exercise Machines
1:30PM – 3:30PM	Computer Lab
9:00AM	Healthy Steps in Motion
10:00AM	Chi Kung
10:00AM	Card Group-500Bid, 2nd & 4thTuesdays
11:00AM	Yoga; $3
2:00PM	Diabetes Support Group, 1st Tuesday; no fee
5:00PM	Zumba Class; $3
6:00PM – 7:30PM	Ballroom Dance Lessons; $3 – ON BREAK UNTIL SEPTEMBER

WEDNESDAY

8:00AM – 3:30PM	Exercise Machines
1:30PM – 3:30PM	Computer Lab
9:00AM	Healthy Steps in Motion
10:00AM	Card Group-Bridge, 2nd & 4th Wednesdays
10:00AM	Card Group-500Bid, 3rd Wednesday
11:00AM	Tai Chi
1:00PM	Silver Sneakers; $2
1:00PM	Quilting Group; no fee

THURSDAY

8:00AM – 3:30PM	Exercise Machines
1:30PM – 3:30PM	Computer Lab
9:00AM	Healthy Steps in Motion
10:00AM	PALS Book Club, last Thursday
10:00AM	Chi Kung
11:00AM	Chair Fitness
10:00AM	Line Dancing
6:00PM – 7:30PM	Line Dance Lessons; $3

FRIDAY

8:00AM – 3:30PM	Exercise Machines
8:00AM – 3:30PM	Computer Lab
9:30AM	Painting Group
10:00AM	Card Group-Pinochle
10:00AM	Zumba Class; $3
11:00AM	Card Group-Bridge, 1st & 3rd Fridays
11:00AM	Yoga; $3
1:00PM	Bingo; .50/card for 10 games & .25/card for coverall

All other classes/activities are a suggested donation of $1.00. Fees vary for anyone under 60 years of age. Please call with any questions or suggestions involving daily activities. A $2.50 donation towards your meal is appreciated. Please remember to reserve your lunch at least 2 days in advance. CATA: Shared Ride is also available for those who pre-register at least 2 days in advance.

TITUSVILLE SENIOR CENTER

714 E. Main St., Titusville
Center Manager: Tim Snyder 827-9134
www.goseniors.org

7/1 Brownie Day
7/2 12:45PM Red, White & Blue BINGO
7/3 12:45PM Pinochle Party
7/4 Center Closed ~ Independence Day
7/5 Independence Day Picnic

7/8 Watermelon Day
7/9 Grove City Outlets Shopping Trip
7/10 12:45PM Pinochle Party
7/11 12:45PM BINGO
7/12 Ice Cream Social

7/15 Bring a Friend Day!
10AM TASCC Board of Directors
7/16 12:45PM BINGO
7/17 9AM Breakfast
10AM Senior Council
12:45PM Pinochle Party
7/18 Bocce Ball on the Lawn
7/19 10AM FREE Massages
11AM FREE Blood Pressure Screenings
12:45PM Birthday Luncheon & BINGO

7/22 Lemonade Day
7/23 Presque Isle Picnic & Tom Ridge Environmental Center
7/24 12:45PM Pinochle Party
7/25 12:45PM BINGO
7/26 9AM Donuts
10AM Civil War Coffee Klatch

7/29 Bean Bag Toss on the Lawn
7/30 12:45PM BINGO
7/31 Affordable Care Hearing Aids ~ By appointment
12:45PM Pinochle Party

Daily
Pinochle - Wii Bowling - Computer Lab
Tuesdays
10:00 AM Healthy Steps in Motion
Thursdays
10:00 AM Healthy Steps in Motion

REMINDER: Elder Pennsylvanians deserve honor and respect ... not abuse. Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705.

LAKELAND VALLEY REGIONAL COMMUNITY CENTER

237 South Pymatuning Street, Linesville 683-4959
Center Manager: Kate Hans

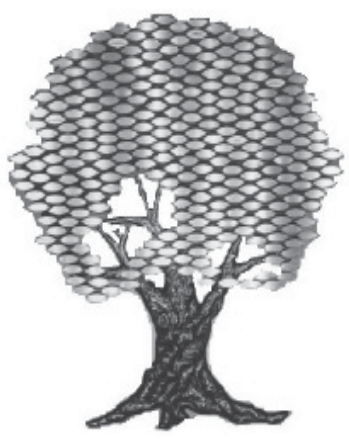
7-1	1:00PM	Center Closed at 1PM for Meeting in Meadville
7-3	9:30AM	Diabetes Management Class (FREE)
7-3	1:30-2:30PM	Fruit/Vegetable Vouchers available
7-4	ALL DAY	Happy 4th of July!! Center Closed
7-5	9:00-2:00PM	RUMMAGE SALE!!!!!
7-9	10:00AM	Let's talk about CBD and its many uses with Randy Clark from Walburg Pharmacy
7-10	9:30AM	Diabetes Management Class (FREE)
7-10	1:30-2:30PM	Fruit/Vegetable Vouchers available
7-11	12:30PM	Social Media Internet Safety with Alan McGill from the PA Office of the Attorney General
7-12	10:30AM	SNAP Food Program
7-15	1:00PM	Center Closed at 1PM for Meeting in Meadville
7-17	9:30AM	Diabetes Management Class (FREE)
7-17	1:30-2:30PM	Fruit/Vegetable Vouchers Available
7-19	10:45AM	Hope Support Group with Pastor John of Lakeland Hospice of Erie (FREE)
7-22	10:00AM	Intro to Essential Oils with Mandy Unice
7-24	1:30-2:30PM	Fruit/Vegetable Vouchers Available
7-29	10:00-2:30PM	Euchre Tournament in Cambridge Springs (Cost $5.50…Pre-Registration Required)

A $2 donation is greatly appreciated for Silver Sneakers and Healthy Steps in Motion. A $1 donation is greatly appreciated for our Tai Chi Class and Healthy Steps in Motion-Level 1. Walking Track: 8-9 a.m. and 12:30 – 3 p.m. Exercise Machines in the Cardio Room 8 a.m. – 3 p.m. Monday lunch served at 11:30 a.m., Tues.-Fri. served at noon; reservations are needed two days in advance. A $2.50 donation is greatly appreciated. Please Note: Monday and Tuesday lunches are ordered by 2 p.m. on the previous Thursday. Thank you!

DAILY ACTIVITIES

Daily Activities	
Monday	
8:45-9:35AM	Silver Sneakers ($2 donation)
Tuesday	
9:30-10:45AM	Tai-Chi ($1 donation)
10AM	Woodcarving
10:45-11:45AM	Healthy Steps in Motion ($2 donation)
12:30-2:30PM	500 Card Party ($2 to play)
12:30PM	Wii Games
Wednesday	
8:45-9:35AM	Silver Sneakers ($2 donation)
9AM– 12PM	Crafting, Crocheting & Quilting for Fun (FREE)
10AM	Pinnochle
Thursday	
9:30 – 11:30AM	Bingo ($1.25 to play / $.05 per card per game)
12:3PM	Games/Cards
1:30-2:30PM	Zumba Gold ($5 per class)
Friday	
8:45-9:35AM	Silver Sneakers ($2 donation)
10:45-11:45AM	Healthy Steps in Motion ($2 donation)
12:30-2:30PM	Euchre ($2 to play)
12:30PM	Wii Games

We invite you to participate in our "Tree of Giving" gift program. This is an on-going and permanent gift program that gives you, as a donor, the discretion to honor someone's hard work or achievement; remember a special/personal event or anniversary; or as an everlasting memorial for a loved one, friend or community leader. The "Tree of Giving" includes brass leaves and three different size brass stones that can be engraved to your desire. For additional information or to make an appointment with our Foundation Staff, please call (814) 336-1792 or 800-321-7705.



The BEST time to plant a tree is 20 years ago. The next best time is NOW. ~African Proverb

CANADOHTA—BLOOMFIELD FIRE HALL

Center Manager: Patty Flaherty 814-336-1792

Every Friday – Please check Meadville Tribune on a weekly basis for presentation changes or additions.
Vouchers will be distributed each Friday 10:00AM until 1:30PM

7/5	11:00AM Sub Sale Pick-up
	11:00AM Jamie Fattler from Edinboro Manner presents HOT, HOT, HOT- Hydration and Skin Protection
	1:00PM Council Meeting: Initial Meeting of 2019-2020
7/12	10:30AM Nancy Manning presents on Dolls
7/19	9:00AM-1:00PM Kayak Day at North Inlet Private Beach $5 with own kayak and $10 without. Call to sign up by 7/12/19.
7/26	10:30AM Alan McGill presents Social Media and Internet Safety

CAMBRIDGE SPRINGS —CENTER

156 Venango Ave., Cambridge Springs
Center Manager: Tami Boylan 398-8616

2	9:45AM Blood Pressure Reading
4	Closed for Independence Day
9	9:30AM Council Meeting
	10:45AM Healthy Speaker: Social Media and Internet Safety
16	9:45AM Blood Pressure Reading
	10:45AM SNAP Food Program
23rd-27th	5-10PM Cambridge Carnival

Monday	9:00AM Healthy Steps
	9:00AM Sewing Group
	10:00AM Coffee Talk Time
	4:00-5:00PM Zumba Gold
Tuesday:	9:00AM Exercise with Harley
	10:00AM Games- Skip Bo & Dominoes
	10:00AM Walking Group
	1:30-2:30PM Gentle Yoga
Wednesday:	9:30AM Euchre Card Party
Thursday:	9:00-3:00PM Woodcarvers
	9:00AM Silver Sneakers
	9:00AM Sewing Group
	10:00AM Games
	10:00AM Walking Group
Friday:	9:00AM Healthy Steps
	10:00AM Coffee Talk Time
	10:00AM Euchre Card Party

Exercise Equipment/ Gym Available Monday – Friday 8-3PM
Meal Reservations needed two days in advance 814-398-8616
Monday lunch served at 11:30, Tues- Fri. served at noon

For over 40 years, Interim HealthCare® has been a leader in home care, providing patients with trusted, experienced caregivers.

From skilled care to personal assistance, our services are available 24 hours a day, seven days a week.

– RN's, Therapies & MSW's – Aides and Companions
– Peds and Adult Patient Services – Registered Nurse Supervision

2206 West 15th Street
Erie, PA 16505
(814) 836-8836

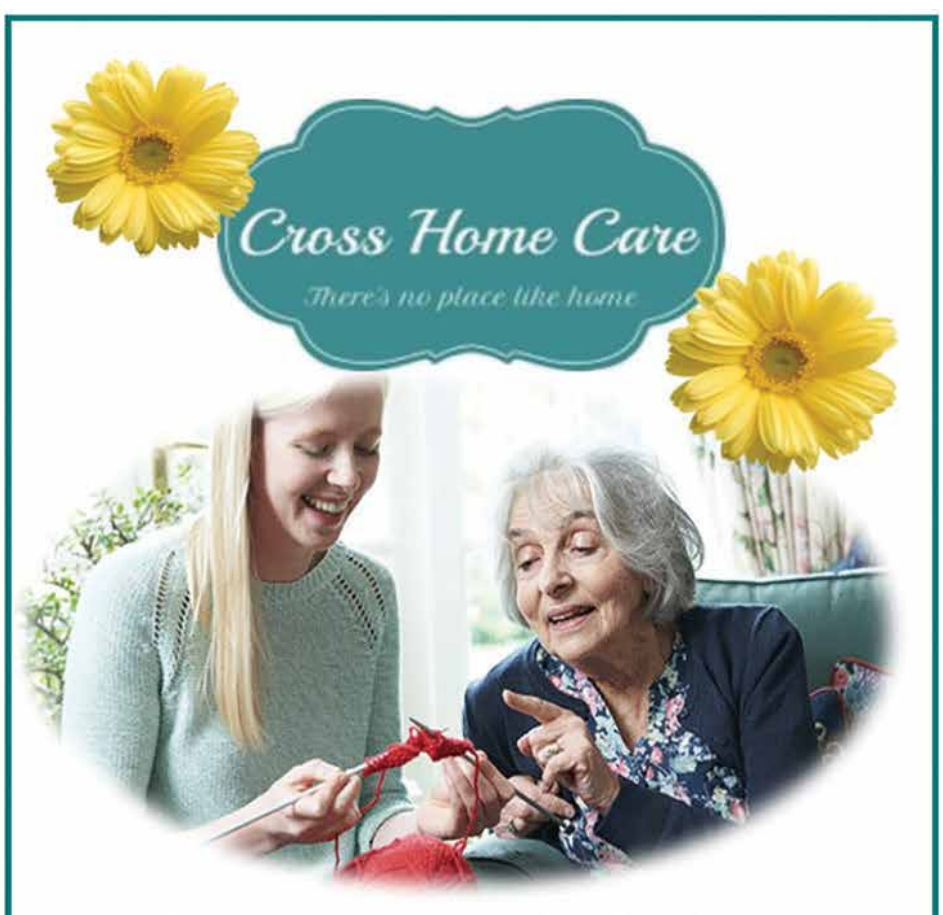
16269 Conneaut Lake Rd.
Meadville, Pa. 16335
(814) 333-1293

Interim HEALTHCARE®
www.interimhealthcare.com

The Nutrition Group

JULY

MON	TUE	WE
1 Chicken Marsala 1/2c. Bowties 1/2c. Brussel Sprouts Wheat Bread 1/2c. Mixed Fruit	**2** Seafood Salad Over 1c. Mixed Greens w/Tomato & Hardboiled Egg 1c.Vegetable Soup w/Crackers WG Dinner Roll 1/2c. Cottage Cheese & Pineapple	BBQ P 1/2c. Whipped S 1/2c. Cream Sandwi 1/2c. Slic
8 Chili Cheese Hot Dog (2oz Chili, 1 oz Cheddar) 1/2c. Baked Potato 1/2c. Green Beans Hot Dog Roll 1/2c. Cinnamon Applesauce	**9** Breaded Pollock Filet 1/2c. Vegetable Barley Pilaf 1/2c. Carrots Wheat Bread Fresh Orange	Santa F 1c. Mixed Greens en, cheddar, & r Dinne 1c. Tortilla Soup 1/2c. Pinea
15 Mild Buffalo Chicken Sandwich w/ Shredded Lettuce 1c. Minestrone Soup w/crackers Sandwich Roll Fresh Fruit	**16** Mandarin & Cranberry Chicken Salad 1c. Mixed Greens, cucumber, Blue Cheese crumble, Balsamic Drs 1/2c. Three Bean Salad WG Dinner Roll Cookie	Roasted Pork 3 oz. S 1/2c. Whippe 1/2c. 1/2c. Slice
22 Roast Beef & Dumplings 1/2c. Creamy Coleslaw WG Buttermilk Biscuit 1/2c. Warm Sliced Peaches	**23** Pineapple Glazed Ham 1/2c. Whipped Sweet Potatoes 1/2c. Green Beans Wheat Bread 1/2c. Sliced Pears	Potato Crus 1/2c. Macaro 1/2c. Stewe Wheat Fresh Ho
29 BBQ Pulled Pork Sandwich 1/2c. Baked Potato w/Margarine 1/2c. Wax Beans Sandwich Roll Chocolate Chip Cake Square	**30** Spinach & Artichoke Chicken 1/2c. Bowtie Pasta 1/2c. Mixed Vegetables Wheat Bread 1/2c. Mandarin Oranges	Sweet & Sou 1/2c. Br 1/2c. Crea Whea 1/2c.Mi



Companion & Personal Care—Medication Reminders—
Bathing & Toileting Assistance—Meal Preparation—
Light Housekeeping—Much More!!

814-807-0576

www.crosshomecarellc.com

Serving Crawford, Erie, & Mercer Counties

Care-Fill®

Medication Dose Packs

Your meds sorted by day, time & dose

✓100% Customized
Packed according to your medication needs. You are not limited to 4 dose packs per day.

✓Triple Check System
Your meds are inspected by a technician, a high-tech robot & a pharmacist.

✓Convenient
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We retain an image of each & every dose pack so we have a record of your medications as filled each month.

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' 2019

ED	THU	FRI
3 Ribette Sweet Potatoes ny Coleslaw ich Roll ed Pears	**4** 	**5** Baked Meatloaf w/gravy 1/2c. Baked Potato w/margarine 1/2c. Wax Beans Wheat Bread Fresh Melon
10 e Salad s (w/ diced chick- oasted veggies) r Roll o w/tortilla Strips pple Tidbits	**11** Penne & Meatballs (4) 3/4c. Pasta w/Sauce/ Parm Cheese 1 c. Tossed Salad w/tomato, drs Italian Bread 1/2c. Warm Peach Crisp	**12** Honey Mustard Chicken Sandwich w/cheese 1/2c. Parmesan Redskin Potatoes 1/2c. Mixed Vegetables Sandwich Roll Cookie
17 Loin w/Gravy tuffing ed Potatoes Peas ed Apples	**18** July Birthdays Open Face Meatloaf w/gravy 1/2c. Mashed Potatoes 1/2c. Carrots Wheat Bread Birthday Cake	**19** Egg Omelet topped w/cheese 1- Sausage Patty 1/2c. Breakfast Potatoes WG English Muffin w/Jelly 4 oz Orange Juice
24 sted Pollock oni & Cheese ed Tomatoes t Bread oneydew	**25** Turkey & Cheese Sandwich w/lettuce, tomato, & condiments 1/2c. Fresh Broccoli Salad WG Sandwich Roll 1/2c. Applesauce	**26** Stuffed Pepper w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots Dinner Roll Strawberry Shortcake
31 r Meatballs (4) rown Rice my Coleslaw t Bread ixed Fruit		***Alternate:*** ***Turkey & Cheese Sandwich*** ****All Menus Subject to Change***

"Soon I'll be turning 65, what should I do about Medicare?"

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avanderhoff@aristacare.com

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PACE / PACENET

Started in 1984, the Pharmaceutical Assistance Contract for the Elderly (PACE) Program helps older persons living in Pennsylvania to pay their prescription expenses. PACENET is the Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier. This program has been created to assist older Pennsylvanians, whose incomes are slightly higher than the PACE income limits, with the cost of their prescription drugs.

Eligibility Information:

PACE requirements:

- 65 years of age or older.
- resident of Pennsylvania for at least 90 days prior to the date of application.
- Ineligible for pharmaceutical benefits under medical assistance.
- Total income for last year for a single person must be less than $14,500.
- Total income for last year for a married couple must be less than $17,700.

Once an application is approved, an enrollee is responsible for $6 copayment for generic drugs or a $9 copayment for brand name drugs for each prescription reimbursed by PACE.

PACENET requirements:

- 65 years of age or older.
- A resident of Pennsylvania for at least 90 days prior to the date of application.
- Ineligible for pharmaceutical benefits under medical assistance.
- Total income for a single person from last year must be between $14,501 to $27,500.
- Total income for a married couple last year must be between $17,701 to $35,500.

PACENET may have a monthly drug plan premium to pay at the pharmacy, which will be cumulative if not met each month. Once that monthly drug premium has been met, PACENET has an $8 copayment for generic drugs and a $15 copayment for brand name drugs. Your out-of-pocket costs to you are computed by the PACE program.

To use your PACE/PACENET card: Take your card and prescription to any drugstore that accepts PACE. Always keep your card with you. Do not leave your card at the drugstore. Do not mail your card to a mail-order pharmacy.

You may not use your card to purchase drugs out of the state or to mail drugs out of the state. You can use your card ONLY while you are in Pennsylvania.

Can I have other medical insurance or prescription coverage and still apply for PACE/PACENET?

Yes, However, PACE is the payor of last resort and will only cover prescription costs not covered by other medical insurance. You will be asked to provide information about your insurance coverage when you apply for PACE/PACENET, and you should inform your pharmacist of all your medical and prescription plans.

Is it possible to get help with completing the PACE/PACENET application?

Yes! Please call Active Aging, Inc. at (814) 336-1792 or 1-800-321-7705. An appointment can be scheduled for you.

alzheimer's association®

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Monday, July 22nd
2:00 p.m. - 3:00 p.m.
Active Aging, Inc.
1034 Park Avenue Meadville, PA

You may bring your care receiver. Active Aging Staff will be available to provide activities for them to enjoy while you attend the meeting.

For more information call (814)336-1792 or 1-800-321-7705

Visit our website at www.activeaging.org for information about senior centers and services available to Crawford County residents age 60 and over.

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From the Foundation July 2019

Have you considered the benefits of engaging in an active future? The population of Crawford County that is over the age of 60 is rapidly increasing, having increased over 8% in just a 6-year period according to the U.S. Census Bureau. Even as this population grows, many of our older adults still find themselves isolated both physically and socially. When we spoke with many of our participants, there was a common sentiment in their responses, the need to be involved and have social interactions. JoAnn said, "I was wondering how I would survive our Pennsylvania winters, then I walked into the Meadville Senior Center and found my mission. I have met and made so many friends, and I am involved in many different ways." And Gary, "I have had very good meals, did some exercising, attended interesting presentations, but most of all I have met a lot of really special people over the years."

With the needs of our local seniors in mind, we decided to renovate our Meadville facility to create a warm and inviting, state of the art Active Aging Center. We know this $1,000,000+ project will be an asset to the greater Meadville community for years to come and will significantly improve the lives of actively aging adults. Along with a newly remodeled facility that will offer a more social, inviting, and user-friendly environment, additional programs and activities will be offered to engage and meet the expectations of the new generation of senior adults who call Crawford County their home.

This innovative vision is not something a small, non-profit agency can create alone. We are requesting your support of our capital campaign and for you to Engage in Your Active Future – the name of our Capital Campaign. The Active Aging Foundation, the fundraising arm of senior services in Crawford County, is spearheading the funding for this project. The Foundation has committed $300,000 of previously raised funds; helped to secure $250,000 in local program income that was contributed by Active Aging, Inc.; and we procured a $150,000 grant from the state of Pennsylvania with the help and support of Senator Michele Brooks. Having $700,000 in funds dedicated to the renovations, still left a need to reach out to the community to help raise the remaining $300,000. As of today, our Capital Campaign has raised $277,344, which includes 100% participation by all staff and board members. If you would like to schedule a time to stop in and see our transformation, please consider this your invitation. Please know that your support, in any amount that you deem appropriate, will be invaluable in reshaping the future of the services provided through the new Meadville Active Aging Center. Your gift could be the one that helps us to reach our goal of $300,000!

Thank you,
Bob Muth, Campaign Committee Co-Chair
Cheryl Muth, Campaign Committee Co-Chair
Brian Bair, Campaign Committee
Dan Crandall, Campaign Committee
Joan Kocan, Campaign Committee
Royce Reichel, Campaign Committee

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LIKE US IN REAL LIFE, LIKE US ON FACEBOOK

Like

Active Aging , Inc. is now on Facebook! Get connected for updates on events, classes, and more!

Did you pay PA Property Tax or Rent in 2018?

You may qualify for the 2018 PA Property Tax/Rent Rebate. Active Aging, Inc. has trained staff and volunteers who can help you file if you meet the qualifications. For more information on the program details or to schedule an appointment for this free service, please call Active Aging, Inc. at 814-336-1792. Deadline is June 30, 2019.

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July
This day in history

July 1, 1861- 1st public schoolhouse opens at Washington and Mason St, San Francisco.
July 3, 1985- Tinker Bell's first nightly flight at Walt Disney World Resort, Florida.
July 4, 1776- US Congress proclaims the Declaration of Independence and independence from Britain.
July 7, 1928- Sliced bread sold for the first time by the Chillicothe Baking Company, Missouri, using a machine invented by Otto Frederick Rohwedder.
July 9, 1815- 1st natural gas well in US is discovered.
July 10, 1892- 1st concrete-paved street built (Bellefountaine, Ohio).
July 12, 1957- US Surgeon General Leroy Burney connects smoking with lung cancer.
July 14, 1850- 1st public demonstration of ice made by refrigeration by Florida physician John Gorrie.
July 18, 2013- Detroit, Michigan, files for bankruptcy, becoming the largest US municipal bankruptcy ever at $18.5 billion
July 19, 1866- Tennessee is 1st to ratify 14th Amendment to the US constitution, guaranteeing civil rights.
July 20, 1969- 1st Moon Landing: Neil Armstrong and Buzz Aldrin step out from Apollo spacecraft 11, 530 million watch live global broadcast.
July 25, 1997- Scientists announce the first human stem cells to be cultured in a laboratory using tissue taken from aborted human embryos.
July 26, 1908- United States Attorney General Charles Joseph Bonaparte issues an order to immediately staff the Office of the Chief Examiner (later renamed the Federal Bureau of Investigation).
July 27, 1866- Atlantic telegraph cable successfully laid (1,686 miles long).
July 28, 1858- First use of fingerprints as a means of identification is made by Sir William James Herschel of the Indian Civil Service.
July 29, 1945- After delivering the Atomic Bomb across the Pacific, the cruiser USS Indianapolis is torpedoed and sunk by a Japanese submarine.
July 30, 1869- The Charles, considered the world's first "oil tanker", departs from the United States headed for Europe with a bulk capacity of 7,000 barrels of oil.
July 31, 1970- Black Tot Day: the last day of the officially sanctioned rum ration in the Royal Navy (started 1740).

The Community Center of Crawford County

The Lew Davies Community Bldg.
1034 Park Ave. Meadville, PA
www.activeaging.org

- Basic hall rental to complete rental packages including customized catering services available
- Convenient location
- Plenty of FREE parking
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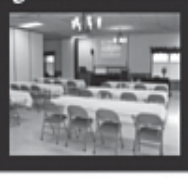

For more information or to reserve your date call us at
Active Aging Foundation 814-336-1792

Pennsylvania Link to Aging and Disability Resources

The Pennsylvania Link to Aging and Disability Resources is a program of the Pennsylvania Department of Aging. Commonly referred to as the PA Link, this network of local, state and federal partners works together to provide information on, and improved access to, long-term care services and supports to all Pennsylvanians regardless of age, ability or income.

PA Link partners in Crawford County can provide information and support in the following areas:

- Assistive Technology
- Caregiver Support
- Care Transitions
- Disability Services
- Drug and Alcohol Services
- Emergency Contacts
- Employment Services
- Financial Assistance
- Health and Nutrition
- Health Insurance
- Home Modification
- Housing Assistance
- In-Home Services
- Legal Aid
- Lifespan Respite
- Medical Services
- Mental Health Services
- Nursing Home Transition
- Options Counseling
- Protective Services
- Support Groups
- Transportation
- Utilities and Fuel
- Veterans Services

The Pennsylvania Link to Aging and Disability Resources Helpline: 1-800-753-8827

Current PA Link Partners

Achieva Family Trust
Active Aging, Inc.
Alleghenies United Cerebral Palsy
Alzheimer's Association
APPRISE
AristaCare @ Park Ave.
AseraCare Hospice
At Your Request Cleaning
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Bethany Christian Services
Better Business Bureau of W. PA
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CHAPS
Community Care Network
Community Health Services/ MMC
Community Resources for Independ.
Consumer Satisfaction Team
Crawford CAO
Crawford County Care Center
Crawford County Human Services
Crawford County RSVP
Cross Home Care
Encompass Health
Evans Square Apts.
Family Assistance Center
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Home Healthcare From The Heart
Funkhouser Shaffer Financial Serv.
Genesis HealthCare
Green Prosthetics
Guardian Elder Care
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Health Care Solutions
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Helpmates
Home Instead
Hospice of Crawford County
HVA Sr. Living Alliance
Institute for Successful Aging
Interim Health Care
Juniper Village at Meadville
Lakeland Area Hospice
LIFE/NWPA
Med Staffers
MERP
Millcreek Community Hospital
Mount Hope Home Care
NW Pa AIDS
Northwest Pharmacy Solutions
PATF
PathStone
Presbyterian Senior Care Network
Primary Health Network
Regional Home Health and Hospice
Rolling Fields
Saint Vincent / Allegheny Health Network
Self Determination Housing Project
Senior Helpers
Service Coordination Unlimited
Shryock Senior Housing
Social Security Administration
SouthernCare Hospice
StairBusters
Supports Coordination of NW PA
Titusville Area Senior Citizens Corp
Titusville Healthcare & Rehab. Center
Titusville Social Connection
The ARC of Crawford County
Transition Assistance Advisors
UCP/CLASS
UPMC Health Plan
UPMC for Life
Vantage Healthcare
Veterans Services
VNA Alliance
Walberg Family Pharmacies
Wesbury
WIC Program/CHS
Women's Services

REMINDER: Elder Pennsylvanians deserve honor and respect … not abuse. Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705.

"Bus Battles"

Casino Bus Trip

Tuesday, July 23, 2019

Seneca Allegany Resort & Casino in Salamanca, NY

All bus guests will receive a FREE entry into the

"Battle of the Buses" Slot Tournament

Top Score wins $500 in Cash
2nd Place $150 in Free Slot Play
3rd Place $100 in Free Slot Play
4th Place $75 in Free Slot Play
5th Place $50 in Free Slot Play
6th through 10th Place $25 in Free Slot Play

Your Lucky Bonuses* Are:

$25 Free Slot Play & $5 Food Voucher at Seneca Allegany

*Casino Bonuses Subject to change by the casino without prior notice.

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Trip Cost $30 Per Person

Full Payment Due with Reservations
Includes Deluxe Motorcoach Transportation

For more information and reservations:
Active Aging Foundation
Lew Davies Community Building
1034 Park Avenue Meadville, PA
(814) 336-1792 800-321-7705

*Must carry a Government issued Photo ID
*Travelers of all ages are welcome on Active Aging Foundation Trips.
*Must be 21 or older on All Casino Trips.

LIS MSP NEWS RELEASE

Could you or someone you know qualify for EXTRA HELP or the MEDICARE SAVINGS PROGRAM? APPRISE wants to make sure

Medicare beneficiaries residing in Pennsylvania know about these two important programs. Extra Help: Helps lower prescription copays and premiums and cover the cost of the "donut hole" (coverage gap). Medicare Savings Program: Helps with the payment of the Part B premium and possibly with the payment of Medicare Part A and Part B cost-sharing. Based on the amounts below, do you think you are qualified?

LIS Eligibility for 2018:

If you are single and have total monthly income of less than $1,561/month; and less than $14,390 in resources If you are married and have a total monthly income of less than $2,114/month; and less than $28,720 in resources There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

MSP Eligibility for 2018:

If you are single and have a total monthly income of less than $1,406/month; and less than $7,730 in resources If you are married and have a total monthly income of less than $1,903/month; and less than $11,600 in resources

If you think you might qualify, or aren't sure, please contact the APPRISE Program at Active Aging, Inc., 1034 Park Ave., Meadville

at 814-336-1792 or 1-800-321-7705 to schedule an appointment. APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living.

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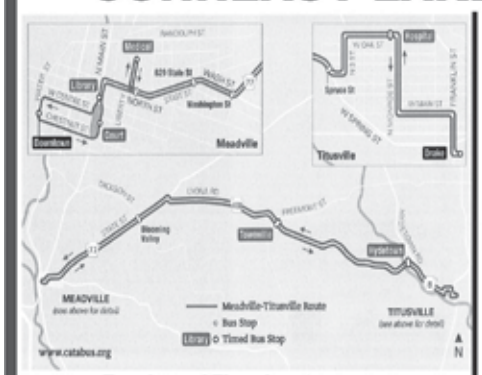

Tuesday and Thursday at 8:00 am, 10:00 am, 1:00 pm, 3:00 pm to Meadville

		min. after the hour
Drake	Drake Mall (Titusville)	:00
Hospital	Titusville Hospital	:05
Hydetown	Main St (Hydetown)	:15
Townville	Townville	:30
Medical	Meadville Medical Center	:50
Library	Meadville Public Library	:55
Downtown	Downtown Mall (Meadville)	:59

Tuesday and Thursday at 9:00 am, 12:00 pm, 2:00 pm, 4:00 pm to Titusville

		min. after the hour
Downtown	Downtown Mall (Meadville)	:00
Court	Crawford Co. Courthouse	:05
Medical	Meadville Medical Center	:10
Townville	Townville	:30
Hydetown	Main St (Hydetown)	:45
Hospital	Titusville Hospital	:55
Drake	Drake Mall (Titusville)	:59

Monday, Wednesday and Friday at: 8:00 AM, 11:00 AM, 2:00 PM

To Conneaut Lake		min. after the hour
Mall	Downtown Mall (Meadville)	:00
Vernon	One Vernon Place	:08
Walmart	Walmart	:13
Ice House	Ice House Park	:22
Library	Conneaut Lake Library	:24
Zatsick's	Zatsick's Golden Dawn	:27

To Meadville		
Evans	Evans Square	:29
Beach	Fireman's Beach	:32
Walmart	Walmart	:42
Vernon	One Vernon Place	:46
Mall	Downtown Mall (Meadville)	:50

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24th Annual

Active Aging Foundation

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$300 - 11TH PLACE (LOW NET)	$10,000 Putt Competition.	ALL PAR 3 HOLES
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$100 - 21ST PLACE (LOW NET)		

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2) Online at www.meadvilleambulance.com
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* Senior Discount - 1 person must be over 60 years of age

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