Aging Services, Inc.

10/20

Spotlight

A Fond Farewell to Summer
and a Hearty Hello to Autumn!

Promoting and preserving independence and healthy living for older adults today- tomorrow- always

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Donation $.50
Tropical Island

Tropical Island Word Search:

COCONUT  PALM TREE  SAND
FISH  OCEAN  SEASHELLS
VACATION  VOLCANO  TROPICAL
SHARKS  PARROT  CRUISE
CAMPFIRE  CRUISE  DECOY
TIKI HUT  PINEAPPLE  SHIPWRECK
DRIFTWOOD  CRABS  BAMBOO
PIRATES  TREASURE  BOATS
Imagine every place you worked, people would mysteriously fall ill around you, but you were in perfect health and never got sick! You begin to suspect that you might be at fault somehow for the illnesses. It makes you somewhat nervous, so you jump from job to job frequently. Such was the case of Mary Mallon (also known as Typhoid Mary). She was a healthy carrier for typhoid.

This bacterial infection is spread by eating or drinking food and water contaminated by feces from an infected person. Poor hygiene can cause the illness to spread quickly. In the time before antibiotics, this bacterial infection could be deadly. Even today, in countries where medical care is lacking, thousands still die from this illness.

Mary’s job choice as a cook for wealthy families was a recipe for disaster. Her first case of spreading typhoid was in 1900. It is estimated that Mary directly infected 51 people total and was responsible for 3 deaths during her time working throughout her career. Eventually, health officials discovered she was a carrier and forced her into quarantine at the Riverside Hospital in North Brother Island in New York City. After three years, they released her with the stipulation she could no longer work in food service.

Mary did not hold to the mandate. She changed her name to Mary Smith and resumed working as a cook. Sadly, she chose to work in a hospital where she infected several people. When authorities caught up with her again, she was quarantined and this time for good. She spent 23 more years at the Riverside Hospital until her death.

Most often when we think of islands, we think of a vacation paradise, but those types of islands only exist in certain parts of the world. There are hundreds of thousands of islands dotted all over the earth. The majority of them are livable, but thousands are inhabitable. In the past, rulers, countries and provinces have sometimes used islands as forced isolation for various groups of people. Such as confinement for prisoners, quarantining the contagiously ill, and housing those suffering from mental illness. These islands have a tragic history of pain, suffering, and death.

One such island is called the North Brother Island and it is smack dab in the middle of New York City, located on the East River. This small plot of land surrounded by the Big Apple, served as the site for Riverside Hospital (a city-run hospital) from 1881 to 1943. It not only accommodated tuberculous patients, but also those suffering from other contagious illnesses. The infamous “Typhoid Mary” quarantined there for over two decades. Between 1952-1964 the island was briefly used as a drug rehabilitation center until it was shut down for the inhumane treatment of patients.

Since that time, the island has sat dormant. Its decaying buildings are the only evidence of the island’s history. Today, it would be fair to say the island has gone to the birds, literally speaking that is. It has become a bird sanctuary for many types of sea-fowl. The island is strictly prohibited to the public. Only researchers and scientists are allowed on for studies. Hopefully, the birds will find peace and safety there for many years to come.

The Infamous Typhoid Mary

Imagine every place you worked, people would mysteriously fall ill around you, but you were in perfect health and never got sick! You begin to suspect that you might be at fault somehow for the illnesses. It makes you somewhat nervous, so you jump from job to job frequently. Such was the case of Mary Mallon (also known as Typhoid Mary). She was a healthy carrier for typhoid.

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Breast Cancer: 
What You Need to Know

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called breast cancer. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer screening means checking a woman’s breasts for cancer before she has any symptoms. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.

Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include—

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. If you have any signs that worry you, call your doctor right away.

More Information

www.cdc.gov/cancer/breast/ • (800) CDC-INFO (800-232-4636) • TTY: (888) 232-6348

Can’t afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC’s National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.
The Perilous Flight of the Bird in our Modern World!

Birds today have a lot more to worry about when flying, then they did around 100 years ago! It can be downright dangerous for birds to take to the skies in this modern age. Most people are oblivious to the fact that millions of birds are killed every year because of electric power lines and more recently, wind turbines.

According to the U.S. Fish and Wildlife Service, it is estimated that up to 57 million birds are killed in the United States yearly from collisions with electric utility lines! One of the major factors is that electric lines are in the range of bird flight path levels. This makes it difficult for the birds to see the power lines. Poor weather can also cause low visibility, which attributes to this deadly problem.

There has been some effort to help reduce bird fatalities by working on safety measures. Such as:
- Marking lines;
- Managing surrounding lands
- Removing shield (i.e., ground) wires
- Changing the size or configuration of wires
- Rerouting the line
- Burying lines when practical

Unfortunately, this will never eliminate bird fatalities due to electric lines. Even though electric lines are responsible for a larger percentage of bird deaths, wind turbines also contribute to their demise. **Wind turbines are estimated to kill up to 328,000 birds yearly according to the National Audubon Society.**

The uplifting news is that recently a partial solution was found to help save bird’s lives. The simple act of painting wind turbines black reduced the bird mortality by an impressive 70 percent!

Electricity has become a necessity to us, but as humans, we should be motivated by compassion and respect for the animals that live alongside us. We must find cleaner and smarter ways for our energy sources to protect our world and all of its inhabitants.

How do they do that?

Ever wonder why birds sitting on power lines do not get electrocuted? You are not alone!

One thing interesting about electricity is it prefers to take the easy road. Traveling through a bird’s body is not worth its time, because birds are not good conduits for electricity. However, power lines are a perfect path for electricity to travel, therefore, allowing the birds to sit on them safely.

However, our fine feathered friends could still be fatally shocked if they do not play by the rules of electricity. If a bird sits on an electric cable and inadvertently touches another object, (such as a metal object or another line carrying power), they will become a conduit. This will cause them to become electrocuted.

So now that you have the answer to this question, you can impress your friends with your new-found knowledge!

Millions of Miles and More!

In 2016 the U.S. Energy Information Administration stated that the U.S. power grid is made up of over 7,300 power plants, nearly 160,000 miles of high-voltage power lines, and millions of miles of low-voltage power lines and distribution transformers, connecting 145 million customers throughout the country.
October 4th-10th is recognized this year as Mental Illness Awareness Week. According to the National Institute of Health (NIH), nearly one in five U.S. adults live with a mental illness. There are many types of mental illness conditions. Each can range from mild to moderate to severe symptoms. In the past, people with mental illness were unfairly treated and had a negative stigma attached to them. Due to technology, scientists and health professionals have been better able to comprehend mental illnesses and what factors cause them. As this information has been passed onto the public, people’s mindset has begun to change. This is helping to turn the tide of negativity to one of compassion and understanding. One common mental illness is depression. Depression can be a serious illness. A large percentage of people with depression never seek treatment for it. Hopefully, with education and awareness, those suffering will be motivated to seek help.

**Depression and Older Adults — National Institute of Health**

Depression is more than just feeling sad or blue. It is a common but serious mood disorder that needs treatment. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, and working. When you have depression, you have trouble with daily life for weeks at a time. Doctors call this condition “depressive disorder” or “clinical depression.”
Depression is a real illness. It is not a sign of a person’s weakness or a character flaw. You can’t “snap out of” clinical depression. Most people who experience depression need treatment to get better.

**Depression Is Not a Normal Part of Aging**

Depression is a common problem among older adults, but it is NOT a normal part of aging. In fact, studies show that most older adults feel satisfied with their lives, despite having more illnesses or physical problems. However, important life changes that happen as we get older may cause feelings of uneasiness, stress, and sadness. For instance, the death of a loved one, moving from work into retirement, or dealing with a serious illness can leave people feeling sad or anxious. After a period of adjustment, many older adults can regain their emotional balance, but others do not and may develop depression.

**Get Immediate Help**

If you are thinking about harming yourself, tell someone who can help immediately. Do not isolate yourself. Call your doctor. Call 911 or go to a hospital emergency room to get immediate help, or ask a friend or family member to help you. Call the toll-free, 24-hour National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255) or 1-800-799-4TTY (1-800-799-4889).

**Recognizing Symptoms of Depression in Older Adults**

Depression in older adults may be difficult to recognize because they may show different symptoms than younger people. For some older adults with depression, sadness is not their main symptom. They may have other, less obvious symptoms of depression, or they may not be willing to talk about their feelings. Therefore, doctors may be less likely to recognize that their patient has depression. Sometimes older people who are depressed appear to feel tired, have trouble sleeping, or seem grumpy and irritable. Confusion or attention problems caused by depression can sometimes look like Alzheimer’s disease or other brain disorders. Older adults also may have more medical conditions, such as heart disease, stroke, or cancer, which may cause depressive symptoms. Or they may be taking medications with side effects that contribute to depression.
Types of Depression
There are several types of depressive disorders. Major depression involves severe symptoms that interfere with the ability to work, sleep, study, eat, and enjoy life. An episode can occur only once in a person’s lifetime, but more often, a person has several episodes. Persistent depressive disorder is a depressed mood that lasts for at least 2 years. A person diagnosed with persistent depressive disorder may have episodes of major depression along with periods of less severe symptoms, but symptoms must last for 2 years to be considered persistent depressive disorder.

Causes and Risk Factors for Depression
Several factors, or a combination of factors, may contribute to depression.
Genes—People with a family history of depression may be more likely to develop it than those whose families do not have the illness.
Personal history—Older adults who had depression when they were younger are more at risk for developing depression in late life than those who did not have the illness earlier in life.
Brain chemistry—People with depression may have different brain chemistry than those without the illness.
Stress—Loss of a loved one, a difficult relationship, or any stressful situation may trigger depression.

Vascular Depression
For older adults who experience depression for the first time later in life, the depression may be related to changes that occur in the brain and body as a person ages. For example, older adults may suffer from restricted blood flow, a condition called ischemia. Over time, blood vessels may stiffen and prevent blood from flowing normally to the body’s organs, including the brain.
If this happens, an older adult with no family history of depression may develop what is sometimes called “vascular depression.” Those with vascular depression also may be at risk for heart disease, stroke, or other vascular illness.

Depression Can Co-Occur with Other Illnesses
Depression, especially in middle-aged or older adults, can co-occur with other serious medical illnesses such as diabetes, cancer, heart disease, and Parkinson’s disease. Depression can make these conditions worse and vice versa. Sometimes medications taken for these physical illnesses may cause side effects that contribute to depression. A doctor experienced in treating these complicated illnesses can help work out the best treatment strategy. All these factors can cause depression to go undiagnosed or untreated in older people. Yet, treating the depression will help an older adult better manage other conditions he or she may have.

Common Symptoms of Depression
There are many symptoms associated with depression, and some will vary depending on the individual. However, some of the most common symptoms are listed below. If you have several of these symptoms for more than 2 weeks, you may have depression.
• Persistent sad, anxious, or "empty" mood
• Feelings of hopelessness, guilt, worthlessness, or helplessness
• Irritability, restlessness, or having trouble sitting still
• Loss of interest in once pleasurable activities, including sex
• Decreased energy or fatigue
• Moving or talking more slowly
• Difficulty concentrating, remembering, making decisions
• Difficulty sleeping, early-morning awakening, or oversleeping
• Eating more or less than usual, usually with unplanned weight gain or loss
• Thoughts of death or suicide, or suicide attempts
• Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease with treatment
• Frequent crying

Continued on page 7
Treatments for Depression
Depression, even severe depression, can be treated. If you think you may have depression, start by making an appointment to see your doctor or healthcare provider. This could be your primary doctor or a provider who specializes in diagnosing and treating mental health conditions (a psychologist or psychiatrist). Certain medications and some medical conditions can cause the same symptoms as depression. A doctor can rule out these possibilities by doing a physical exam, interview, and lab tests. If the doctor can find no medical condition that may be causing the depression, the next step is a psychological evaluation. Treatment choices differ for each person, and sometimes multiple treatments must be tried to find one that works. It is important to keep trying until you find something that works for you.

The most common forms of treatment for depression are medication and psychotherapy.

Therapy for Depression
Psychotherapy, also called "talk therapy," can help people with depression. Some treatments are short-term, lasting 10 to 20 weeks; others are longer, depending on the person’s needs. Cognitive behavioral therapy is one type of talk therapy used to treat depression. It focuses on helping people change negative thinking and any behaviors that may be making depression worse. Interpersonal therapy can help an individual understand and work through troubled relationships that may cause the depression or make it worse. Other types of talk therapy, like problem-solving therapy, can be helpful for people with depression.

Medications for Depression
Antidepressants are medicines that treat depression. There are many different types of antidepressants. They may help improve the way your brain uses certain chemicals that control mood or stress. You may need to try several different antidepressant medicines before finding one that improves your symptoms and has manageable side effects.

Antidepressants take time, usually 2 to 4 weeks, to work. Often symptoms such as sleep, appetite, and concentration problems improve before mood lifts, so it is important to give the medication a chance to work before deciding whether it works for you.

If you begin taking antidepressants, do not stop taking them without the help of a doctor. Sometimes people taking antidepressants feel better and then stop taking the medication on their own, but then the depression returns. When you and your doctor have decided it is time to stop the medication, usually after 6 to 12 months, the doctor will help you slowly and safely decrease your dose. Stopping antidepressants abruptly can cause withdrawal symptoms.

Most antidepressants are generally safe, but the U.S. Food and Drug Administration requires that all antidepressants carry black box warnings, the strictest warnings for prescriptions. The warning says that patients of all ages taking antidepressants should be watched closely, especially during the first few weeks of treatment. Talk to your doctor about any side effects of your medication that you should watch for.

For older adults who are already taking several medications for other conditions, it is important to talk with a doctor about any adverse drug interactions that may occur while taking antidepressants. Do not use herbal medicines such as St. John’s wort before talking with your healthcare provider. It should never be combined with a prescription antidepressant, and you should not use it to replace conventional care or to postpone seeing a healthcare provider.

Preventing Depression
What can be done to lower the risk of depression? How can people cope? There are a few steps you can take. Try to prepare for major changes in life, such as retirement or moving from your home of many years. Stay in touch with family. Let them know when you feel sad.

Regular exercise may also help prevent depression or lift your mood if you are depressed. Pick something you like to do. Being physically fit and eating a balanced diet may help avoid illnesses that can bring on disability or depression.
For More Information About Depression

American Psychological Association
800-374-2721 (toll-free)
202-336-6123 (TDD/TTY)
www.apa.org

Depression and Bipolar Support Alliance
800-826-3632 (toll-free)
www.dbsalliance.org

National Alliance on Mental Illness
800-950-6264 (toll-free)
www.nami.org

Mental Health America
800-969-6642 (toll-free)
www.mentalhealthamerica.net

National Institute of Mental Health
866-615-6464 (toll-free)
866-415-8051 (TTY/toll-free)
nimhinfo@nih.gov
www.nimh.nih.gov

National Suicide Prevention Lifeline
800-273-8255 (toll-free/24 hours a day)
800-799-4889 (TTY/toll-free)
www.suicidepreventionlifeline.org

Substance Abuse and Mental Health Services Administration
877-726-4727 (toll-free)
800-487-4889 (TTY/toll-free)
samhsainfo@samhsa.hhs.gov
www.store.samhsa.gov

SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative’s home, or in an eldercare facility.

- Physical
- Emotional
- Neglect
- Sexual
- Financial
- Abandonment

There are many types of abuse:

- Isolated from friends and family
- Has unexplained bruises, burns, or scars
- Appears dirty, underfed, dehydrated, over- or undermedicated, or not receiving needed care for medical problems
- Has bed sores or other preventable conditions
- Recent changes in banking or spending patterns

Watch for these signs of abuse:

- Seems depressed, confused, or withdrawn

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Visit https://www.nia.nih.gov/health/topics/elder-abuse to learn more about elder abuse and how to get help.
It has always been considered unhygienic and bad manners to sneeze or cough on someone. Now with Covid-19, if someone purposely puts germs on someone by these methods, it can land them in trouble with the law. So, it is surprising that the tradition of blowing out candles on a cake has been hugely popular for many years, especially with our knowledge of germs and how they spread.

Studies have shown that the amount of germs on a birthday cake can multiply up to 14 times when someone blows out candles on a cake! It is fair to say that this birthday tradition might have come to a sudden end, as a result of COVID-19! We can use this as a perfect opportunity to find a healthier and safer way to celebrate a birthday!

SPEAKING OF CANDLES .... The Guinness World Book of Records for the cake with the most lit candles is 72,585! This achievement was in honor of the Spiritual leader Sri Chinmoy. The joint record holders are Ashrita Furman and the Sri Chinmoy Meditation Centre.

Forget Candle blowing, how about mind blowing?

Ashrita Furman doesn’t just hold the record for the most candles on a cake, but he also holds well over 200 Guinness world records currently! He has held approximately 600 Guinness Records so far over his lifetime. Ashrita is 65 years old. What an amazing man!
ARMAGH AND AULTMAN
I can’t believe we are well into autumn already! It has been great to see most of you at the centers again! I know it can be a burden to have to social distance and wear a mask while attending the centers, but we appreciate your willingness in doing so. We want everyone to stay safe and healthy! Games, Bingo and Fitness will be on the agenda for October as well as Halloween Parties at the end of the month. Be a part of our “Make Your Mask Spooky Contest” and maybe win a prize! - Dawn Phillippi

CHESTNUT HILLS
I love fall! It is a season of cozy sweaters, fuzzy socks, and crunchy leaves. If you are looking for a gorgeous view to see the changing of leaves, we have that on our back deck. Please stop and see for yourself! On Monday’s, we will be making some fall crafts. Check out our Facebook page to see what crafts we will be making and sign up, so we know that you are coming. A Spooktacular Bingo and Party is planned for Wednesday the 28th. You never know what frightful surprises we will have for you! Michele Haynes

INDIANA
Fall has always been my favorite time of the year– with its crisp weather, autumn leaves and pumpkins! Stay warm at the center, eat lunch, exercise or partake in crafts and painting! Just sign up one day in advance! We enjoy having our friends around us so come visit! Your health and safety is important to us- everyone that comes to the center has a daily health screening and follows Covid-19 precautions such as wearing masks, social distancing, using hand sanitizer and sanitizing the center frequently. I encourage you to attend the center. Social interaction and friendships are essential to our wellbeing, especially during this pandemic! - Katie Scott

MAHONING HILLS
I hope you all had a good time last month at the picnic! This month we will be having other special events. On the 22nd we will be having our hymn sing with Kay, be sure to order your lunch a day ahead of time! On October 29th, we’ll be having our Spooktacular Halloween Party! DJ Randy Benkosky will play us some ghoulish goodies from the past. We will also have a contest to decorate your COVID-19 mask into something frightfully fun. Will you be a winner? Come and join us for some safe fun. - Mary Beth Wilson

SALTSBURG
Oh, how the time flies! Summer is gone and fall is here! I know enjoying the fall foliage sure is fun this time of year, isn’t it? I would like to thank everyone who made this year’s Senior Picnic a success! We had an amazing and fun time, and I really enjoyed spending the day with you all! This month we will be having a special Halloween treat on October 29th during our Halloween Luncheon so stop by. It’ll be spooktacular! Can’t stay and have lunch? That’s ok, grab a meal to-go! Just call us at (724) 639-9055 to reserve your meal today! - Amanda Mastaler

TWO LICK VALLEY
Does anyone remember their first Trick or Treat and what was special about it? Maybe you have a spooky story to share? Maybe one that will make our hair stand up on end… like ghosts in the graveyard! Please come in and share your childhood experiences with us during our social time (10 to 11am) every Tuesday and Wednesday in October! Better yet, join us for Halloween Bingo (Candy Bar) on Friday, October 30th. Wear your costumes or enter our scariest mask contest! Let’s relive the good old days because the most recent ones (with COVID-19) aren’t worth repeating! "HAPPY HALLOWEEN EVERYONE!" – Betsy Miller
What is Vitamin A?¹

- One of the four fat soluble vitamins that is stored in our bodies
- Two kinds are found in foods:
  1. **Preformed Vitamin A**: also called retinol, is found in animal products like dairy, meat, and fish
  2. **Provitamin A**: found in plant-based foods, such as fruits and vegetables. The most well known provitamin A is Beta-carotene found in foods like carrots.

  1/2 cup carrots (raw, chopped) = 534 RAE*

How is Vitamin A used?²,³

- Immune system
- Skin cell health
- Reproduction
- Eye health (dim lighting)
- Red blood cell production

Am I getting enough?²

**Recommended Dietary Allowance**
- for women = 700 micrograms RAE*
- for men = 900 micrograms RAE*

Older women who have been through menopause should be cautious not to exceed the upper limit of 1.5 mg (1,500 micrograms) as it may affect their bones, making them more prone to developing osteoporosis.

*Retinol activity equivalent is a standard of measure for vitamin A
Whole30 Pumpkin Chili

**Ingredients**
- 2 tbsp olive oil
- ½ cup celery — diced
- ½ cup red onion — chopped
- 2 garlic cloves — minced
- 1 lb ground turkey
- 2 tsp red pepper flakes
- 2 tsp ground cumin
- 2 tsp paprika
- 1/2 tsp ground coriander
- ½ cup red bell pepper — chopped
- 4 ½ cups sweet potato — diced
- 1 cup canned pumpkin puree
- 3 cups diced tomato
- 1 cup tomato sauce — any tomato sauce that doesn’t contain sugar
- 1 cup chicken broth

**Directions:**
This recipe is designed to serve 7 people.
1. In a large Dutch Oven Pot, heat olive oil over medium-high heat.
2. Add celery, red onion and sauté for 3 minutes. Then, add garlic and sauté for 30 seconds longer.
3. Add ground turkey and cook, breaking up the turkey with a wooden spoon, until the turkey is cooked through, about 5 minutes.
4. Add red pepper flakes, cumin, paprika, and coriander to taste. Mix everything well.
5. Add red bell pepper, sweet potato, pumpkin puree, diced tomatoes, tomato sauce and chicken broth.
6. Stir mixture, cover with a lid and bring to a simmer. Cook the chili for 30-40 minutes. Serve or chill and store for later!

**Nutrition Information:**
Amount per serving: 2 cups — Calories: 266,
Fat: 8g, Saturated Fat: 2g,
Polyunsaturated Fat: 2g,
Monounsaturated Fat: 4g,
Cholesterol: 37mg, Sodium: 549mg,
Potassium: 1015mg, Carbohydrates: 34g,
Fiber: 7g, Sugar: 13g, Protein: 15g

Created by: Dietetic intern Leigh Ann Shoemaker
Developed in cooperation with the Department of Food and Nutrition, Indiana University of Pennsylvania (September 2020)
Chocolate Beet Snack Cake

Ingredients

1 cup all-purpose flour
3/4 cup whole-wheat flour (or all-purpose flour)
1/3 cup unsweetened cocoa powder
1 and 1/2 teaspoon baking soda
1/4 teaspoon salt
2 cup pureed beets (see notes)
1 cup sugar
1/2 cup canola or vegetable oil
2 eggs
1 teaspoon vanilla extract

Preparation

Preheat oven to 350°F.
Wash hands with soap and water.
In a large bowl, combine the flours, cocoa, soda, and salt.
In a large food processor or blender, add beets, sugar, oil, eggs, and vanilla. Puree until ingredients are well combined and mixture is smooth, about 1 minute. Or carefully combine with an electric hand mixer.
Pour beet mixture over flour mixture. Combine ingredients with a spoon or whisk just until smooth. (Batter will appear red, but will turn chocolate brown when cooked.)
Pour batter into a greased 13x9-inch baking pan. Bake 20-30 minutes or until a toothpick inserted in the center comes out clean.
Cool completely before serving.

Note:
- Using canned beets: Rinse and drain 2 (15-oz) cans of sliced beets; puree until smooth and measure out 2 cups.
- Using fresh beets (roasting): Preheat oven to 400°F. Use around 1 pound of beets. Cut off leaves and stems, leaving about 1/2-inch of stem on beets. Rinse beets under cool water, rubbing with fingers to remove any soil. Dry with a paper towel. Add beets to an oven-safe baking dish with a lid. Add enough oil to lightly coat the beets, stirring to coat. Roast for 45 minutes or until a knife easily pierces a beet. Let cool 5 minutes. Using clean hands, rub skins off beets. Cut into pieces and puree until smooth. Measure out 2 cups.
- Recipe shared by Caitlin Mellendorf, nutrition and wellness educator, University of Illinois Extension.

Nutritional Facts

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Servings per Recipe: 16.00

You can’t “BEET” the greatness of beets!

- Beets can lower blood pressure within hours after eating them. However, your blood pressure will increase after their effect wears off. You would have to consistently eat beets to maintain a lower blood pressure reading.
- Beets have shown positive results in fighting cancer. A pigment chemical found in a beet naturally counteracts cancer cell growth.
- Beet juice can allow for better athletic performance. How can this be? Well, the nitrate found in the beets helps increase oxygen by up to 16 percent. This will help an athlete in improving their skills.
- Beets have a powerful compound in them that can lower homocysteine (amino acid). High levels of this can lead to heart problems. The fiber from the beets also helps in removing bad cholesterol.

Reminder: Before you decide to start pumping a lot of beet juice in your body, check with your doctor! Studies have shown consuming an excessive amount of beets can have a negative impact on your kidneys.

Did you know that every part of a beet is edible? Their leaves are also rich in nutrients. Don’t let their leafy goodness go to waste. Make them a part of your diet!
RENT ITEMS TO KEEP YOU MOVING

1354 Oakland Avenue, Indiana
724.349.2830  www.diamonddrug.com

Rentals require a credit card and deposit. Products may vary from photos. Restrictions apply, please call for details.
Medicare Open Enrollment

Important Medicare dates

October 15—Open Enrollment begins
This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.
October 15th is the first day you can change your Medicare coverage for next year.

December 7—Open Enrollment ends
In most cases, December 7th is the last day you can change your Medicare coverage for next year. The plan has to receive your enrollment request (application) by December 7th.

January 1—Coverage begins
Your new coverage begins January 1st if you switched to a new plan. If you stay with the same plan, any changes to coverage, benefits, or costs for the new year will begin on January 1st.

Medicare plans are subject to change annually. Be sure to review coverage with the 2021 Medicare Options.

Have you done your Yearly Medicare Plan Review for 2021?

Call Aging Services, Inc. APPRISE Counselor today for your 2021 Medicare plan options at 724-349-4500

We can assist you in:
• Reviewing your current coverage
• Saving money on Medicare Part B or D
• Compare your plan with other options
• Search for plans on the internet that meet your prescription and medical needs
• Give you clear answers to your questions
• Help you enroll in a plan
Dear Readers,
Wow! How does it feel to live through a pandemic that will go down in the history books? I am sure we can all agree it has been no picnic.

In more ways than one! I was saddened by the fact that my family had to cancel our annual reunion picnic due to COVID-19. It’s always a nice way to find out who's getting married, who is getting divorced, who are having babies, and other juicy tidbits about my relatives.

I can tell you though that I don’t miss seeing my hypochondriac cousin from out of state. If that woman gets you cornered, you learn about every disease known to man or in this case “woman”, because she has them all!

Anyway, what I really want to talk about is the upcoming flu season. Not only do we have COVID-19 to deal with, now we have the flu to think about. Hopefully, with everyone practicing COVID-19 safety guidelines already, it will help prevent many flu cases.

COVID-19 and the flu have many similar symptoms and can be hard to tell apart. While COVID-19 is more contagious and, also lasts for a longer period of time, both can be transmitted by people that show no signs or symptoms. Each one has a greater impact on at-risk populations. The mortality rate for COVID-19 is 5% of the population and the seasonal flu is 1%. This fall we will be walking into unchartered territory. Scientists are unsure what impact having both COVID-19 and the seasonal flu at the same time will have on the U.S. population.

Whether it is COVID-19 or the seasonal flu, it is better to be safe than sorry. That means getting a flu shot, wearing a mask, social distancing, washing hands frequently, and disinfecting regularly! Stay healthy and be patient! It is only a matter of time before we can kiss and hug random babies, pets, or a good-looking date!

Sincerely,
Aunt Winnie

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Disclaimer-The opinions expressed by Aunt Winnie are by no means professional nor do they reflect Aging Services, Inc. beliefs or ideas. Her opinions are strictly for reader enjoyment only!

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Live and Learn!

With soap and hand sanitizer in high demand, many Americans will continue with their germ-fighting habits after coronavirus. They will wash their hands more frequently and implement ‘social distancing’ on a regular basis, particularly during flu and cold season.

Sharyl Attkisson Journalist
Influenza (flu) can be a serious illness, especially for older adults.

**FACT:** People 65 years and older are at high risk of developing serious complications from flu, compared with young, healthy adults.

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, it’s estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

**FACT:** While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

People 65 years and older should get a flu shot, not a nasal spray vaccine. They can get any flu shot approved for use in their age group with no preference for any one vaccine over another. There are regular flu shots and there also are also enhanced vaccines approved for use in people 65 and older that may provide a better immune response.

1. **A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.

2. **An adjuvanted vaccine** (FLUAD™) is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.
Flu shots have a good safety record and do not cause flu.

**FACT:** The side effects of flu shots are mild when compared to potentially serious consequences of flu infection.

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. The high dose and adjuvanted flu vaccines may result in more of the mild side effects.

**Long-term medical conditions can also put you at high risk of serious flu complications.**

**FACT:** Flu can make long-term health problems worse, even if they are well managed.

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common long-term medical conditions that place people at high risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year.

**FACT:** There are prescription drugs that can treat influenza virus infections. People 65 years and older should be treated with influenza antiviral drugs if they get sick with flu.

If you have flu symptoms—even if you had a flu shot—call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It’s very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at high risk of developing serious flu complications, like people 65 years and older.

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**Take control of your health and fight flu this season with an annual flu vaccine.**

For more information about the flu or the vaccine, call **1-800-CDC-INFO** or visit [http://www.cdc.gov/flu/](http://www.cdc.gov/flu/).
FLU CLINIC INFORMATION
Due to the COVID-19 Pandemic, Aging Services, Inc. will not be holding flu clinics at their facilities. However, flu shots will be available through health agencies.

VNA FLU CLINIC
The VNA will be holding an ongoing Flu Clinic that will be starting Oct. 1st. It will be Mon.-Fri. from 10 am to 2 pm at the VNA, 850 Hospital Road, third floor. Face masks that cover the nose and mouth are required.

They are offering an option of a High Dose 65 Flu vaccine, or a regular Flu dose.

This year’s Fluzone High dose 65 for seniors, is a Quadrivalent-covering four types of Flu. This is a stronger dose of the regular version.

Acceptable forms of insurance that cover the cost of the vaccine are Medicare Part B, UMWA-The Funds, Security Blue, Freedom Blue, UPMC for Life, as well as many other Medicare Plans. The fee for those who have insurance that does not cover the vaccine is $30. Medicaid plans do not cover the flu vaccine.

For more information please call the VNA at 724 463 6340.

SUBSCRIBE TO AGING SERVICES, INC.’S NEWSLETTER: SPOTLIGHT
To have this monthly publication mailed to your home, complete the information below & mail to: Aging Services, Inc., PO Box 519, Indiana, PA 15701.

Name___________________________________________________
Address_________________________________________________
____________________________________________________________________
Telephone_______________________________________________

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October 2020 Schedule

Armagh Social Center

Tuesdays
10:45am-11:30am Fitness with Carole
11:00am-11:30am Bingo/Games
Noon-1:00pm Lunch
Halloween Party—27th

Aultman Social Center

Wednesdays
10:45am-11:30am Excercise
11:00am-11:30am—Bingo
Noon-1:00pm Lunch
Halloween Party—28th

Nutrition Topic
Tue., Oct. 13th—Armagh
Wed., Oct. 14th—Aultman

Anew Monthly
Blood Pressure 11:15am
First Tue.—Armagh Fourth
Wed.—Aultman

If you are interested in learning about one of ASI’s social centers and the things we offer, please feel free to contact us!

Armagh and Aultman Social Centers – Center Manager Dawn Phillipi
Phone: 724-349-4500

Chestnut Hills Social Center- Center Manager Michele Haynes
Phone: 724-459-5251

Indiana Social Center- Center Manager Katie Scott
Phone: 724-465-2697

Mahoning Hills Social Center- Center Manager Mary Beth Wilson
Phone: 724-286-3099

Saltsburg Social Center – Center Manager Amanda Mastaler
Phone: 724-639-9055

Two Lick Valley Social Center– Center Manager Betsy Miller
Phone: 724-254-9820
October 2020 Schedule

**Chestnut Hills Social Center**

**Monday**
10-11am Arts & Crafts
11am–Noon First Lunch
Noon-1pm Second Lunch

**Tuesday**
10-11am Sing-A-Long
11-Noon First Lunch
Noon-1pm Second Lunch

**Wednesday**
10-11am Candy Bar Bingo
11-Noon First Lunch
Noon-1pm Second Lunch

**Thursday**
10-11am Bingo
11-Noon First Lunch
11-Noon Exercise with Carole
12:30pm - Bingo

**Friday**
10-11am Mystery Surprise Activity
(Participant suggested activities will be drawn weekly)
11-Noon First Lunch
Noon-1pm Second Lunch

**Indiana Social Center**

**Monday**
9-10am Geri Fit
10-11am Bingo
11:15am -Noon First Lunch
12:15-1:00pm Second lunch

**Tuesday**
10-Noon Movie Day
11:15am -Noon First Lunch
12:15-1:00pm Second lunch
1pm- Wood Carvers – Lunchroom

**Wednesday**
9-10am Geri Fit
10-11am- Craft Class
11:15am -Noon First lunch
12:15-1:00pm Second lunch

**Thursday**
10-11am Paint Class
11:15am -Noon First lunch
12:15-1:00pm Second lunch

**Friday**
9-10am Geri Fit
10-11am Bingo
11:15am -Noon First lunch
12:15-1:00pm Second lunch

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*New Monthly Blood Pressure  11:15am
Chestnut Hills— Every 3rd Thursday
Indiana—Every 3rd Friday

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Happy Halloween!
Mahoning Hills Social Center
October 2020 Schedule

**Monday**
9:30-11:00 Breakfast
11am-Fall Craft
Noon-Lunch

**Tuesday**
11am-Bingo
Noon-Lunch

**Wednesday**
11am-Fitness with Carole
Noon-Lunch
1pm-Trivia & Games

**Thursday**
11am-Bingo
Noon-Lunch

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**Special Events**

**Thursday, Oct. 22nd at 11am**
Hymn Sing with Kaye

**Thursday, Oct. 29th at 11am-1pm**
Halloween Party with DJ Randy!

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ANEW Monthly Blood Pressure  11:15am
Saltsburg– 2nd Tuesday  Mahoning– 4th Thursday

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Saltsburg Social Center
October 2020 Schedule

**Monday**
10-11am Trivia & Games
11:30am–Noon Sit-N-Fit
Noon-1pm Lunch
1-2pm Bingo

**Tuesday**
10-11:30am Arts & Crafts
11:30am–Noon Sit-N-Fit
Noon-1pm Lunch
1-2pm Bingo

**Wednesday**
10-Noon Social Time
Noon-1pm Lunch
1-2pm Bingo

**Thursday**
10-Noon Arts & Crafts or Knitting Class
Noon-1pm Lunch
1-2pm Bingo

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Halloween Party Thu.,
Oct. 29th at 11am—Noon
Two Lick Valley Social Center

October 2020 Schedule

Monday
9-10am Nature Walk
(weather permitting)
Meet at Clymer Baseball Field
11am-Noon Lunch
12:30-1:30pm Bingo

Tuesday
9-10am Geri Fit at Clymer Presbyterian Church
10-11am Care To Share (Social Time)
11-Noon Lunch

Wednesday
9-10am Knitting Class
10-11am Care To Share (Social Time)
11-Noon Lunch
1-3pm Creative Arts & Crafts Class

Thursday
9-10am Geri Fit at Clymer Presbyterian Church
10-11am Trivia and Games
11-Noon Lunch
1-3pm Woodcarving Class

Friday
9-10:30am Crochet Class
11-Noon Lunch
12:30-1:30pm Bingo

Join us for our Geri Fit class at our new location: Clymer Presbyterian Church!
Senior LIFE is a Medicare and Medicaid Program that provides all of the healthcare and medical services seniors need to remain in their home and not a nursing facility. Call to learn how your existing benefits can provide access to care in your home and how you can get both medical and prescription drug coverage for $0 per month!

Get your FREE $15 grocery gift card (no obligation) for meeting with a Senior LIFE Benefit Specialist and learn what services you may be eligible for at NO COST!

Senior LIFE Indiana (724) 464-2273

Home Today. Home for LIFE.
### OCTOBER

#### SOCIAL CENTER NOON MEALS

**MONDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bratwurst</td>
<td>1c. Cottage Pie (Stewed Beef &amp; Veggies in Gravy w/ 1/4c. Buttered Mashed)</td>
</tr>
<tr>
<td>1c. Scalloped Potatoes</td>
<td>1c. Tossed Salad</td>
</tr>
<tr>
<td>Hot Dog Roll / Mustard PC</td>
<td>1/2c. Peas</td>
</tr>
<tr>
<td>1c. Peas</td>
<td>W/ Cucumber &amp; Dressing</td>
</tr>
<tr>
<td>W/ Cucumber &amp; Dressing</td>
<td>1/2c. Mixed Fruit</td>
</tr>
<tr>
<td>Garlic Breadstick</td>
<td>1/2c. Mixed Fruit</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>The Wolfman, as he howls at the moon</td>
<td>We know that Halloween is coming soon</td>
</tr>
<tr>
<td>Witches, goblins, vampires that bite</td>
<td>So, set out your pumpkins and watch for ghosts</td>
</tr>
<tr>
<td>Creaking doors, bats that fly</td>
<td>And, don’t be so scared because you’re the host!</td>
</tr>
<tr>
<td>Frankiestein so tell he touches the sky</td>
<td></td>
</tr>
<tr>
<td>By Indiana Center Participant Cheryl Butterbaugh</td>
<td></td>
</tr>
<tr>
<td>Baked Ziti (3/4c.) w/ Meatballs (3)</td>
<td>Chicken Caesar Club</td>
</tr>
<tr>
<td>Marinara Sauce &amp; .5oz Cheese</td>
<td>w/ Lettuce, Tomato, Chs., Condiment</td>
</tr>
<tr>
<td>1c. Tossed Salad</td>
<td>1/2c. Seasoned Potatoes</td>
</tr>
<tr>
<td>W/ Cucumber &amp; Dressing</td>
<td>1/2c. Broccoli</td>
</tr>
<tr>
<td>Garlic Breadstick</td>
<td>Sandwich Roll</td>
</tr>
<tr>
<td>1/2c. Mixed Fruit</td>
<td>1/2c. Blushed Pears</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Pork w/ Apples</td>
<td>Creamy Chicken Divan</td>
</tr>
<tr>
<td>1/2c. Whipped Potatoes w/ Chives</td>
<td>over 1/2c. White Rice</td>
</tr>
<tr>
<td>1/2c. Carrots</td>
<td>1c. Tossed Salad</td>
</tr>
<tr>
<td>Mini Biscuit w/ Apple Butter Cookie</td>
<td>w/ Tomato &amp; Dressing</td>
</tr>
<tr>
<td>Cookie</td>
<td>Breadstick</td>
</tr>
<tr>
<td></td>
<td>1/2c. Peaches</td>
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</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Baked Ham w/ Raisin Sauce</td>
<td>Baked Ham w/ Raisin Sauce</td>
</tr>
<tr>
<td>1/2c. Whipped Sweet Potatoes</td>
<td>1c. Warm Beets</td>
</tr>
<tr>
<td>1/2c. Warm Beets</td>
<td>White Bread</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>1/2c. Peaches</td>
</tr>
<tr>
<td>Salts Cupcake</td>
<td></td>
</tr>
<tr>
<td>Greek Chicken Salad</td>
<td>(Dice Chic., Olives, Onion, Tom., Mozz.)</td>
</tr>
<tr>
<td>W/ Cucumber &amp; Dressing</td>
<td>1c. Mixed Greens w/ Dressing</td>
</tr>
<tr>
<td>1/2c. Three Bean Salad</td>
<td>Dinner Roll</td>
</tr>
<tr>
<td></td>
<td>1/2c. Mandarin Oranges</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm Roast Beef Sandwich w/ Cheese &amp; Au Jus</td>
<td>1/2c. Parsley Potatoes</td>
</tr>
<tr>
<td>1/2c. Mixed Vegetables Sandwich Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Seafood Mac &amp; Cheese (1c.)</td>
<td>Chicken &amp; Biscuit (1c.)</td>
</tr>
<tr>
<td>W/ Cheddar, BBQ, Crispy Onions</td>
<td>1/2c. Stewed Tomatoes</td>
</tr>
<tr>
<td>1/2c. Ranch Potatoes</td>
<td>W/ Wg Dinner Roll</td>
</tr>
<tr>
<td>1/2c. Cauliflower Blend Vegetables</td>
<td>1/2c. Parmesan Corn</td>
</tr>
<tr>
<td>Sandwich Roll</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>1/2c. Peaches</td>
</tr>
</tbody>
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**MONDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Smokey BBQ Burger</td>
<td>Sweet &amp; Sour Roasted Pork Loin</td>
</tr>
<tr>
<td>w/ Cheddar, BBQ, Crispy Onions</td>
<td>1/2c. Blended Rice Pilaf</td>
</tr>
<tr>
<td>1/2c. Ranch Potatoes</td>
<td>1/2c. Green Beans</td>
</tr>
<tr>
<td>1/2c. Cauliflower Blend Vegetables</td>
<td>WG Dinner Roll</td>
</tr>
<tr>
<td>Sandwich Roll</td>
<td>1/2c. Mixed Fruit</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td></td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Center Cut Pork Loin w/ Gravy</td>
<td>Open Face Hot Turkey Sandwich w/ Gravy</td>
</tr>
<tr>
<td>w/ Cheddar, BBQ, Crispy Onions</td>
<td>1/2c. Whipped Potatoes w/ Chives</td>
</tr>
<tr>
<td>1/2c. Mashed Sweet Potatoes</td>
<td>1/2c. Mixed Vegetables</td>
</tr>
<tr>
<td>1/2c. Lima Beans</td>
<td>White Bread</td>
</tr>
<tr>
<td>White Bread</td>
<td>1/2c. Pudding</td>
</tr>
<tr>
<td>1/2c. Sliced Apples</td>
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**WEDNESDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Turkey Reuben</td>
<td>Turkey Reuben</td>
</tr>
<tr>
<td>(2.5oz. Turkey, 2oz. Kraut, .5oz. Chs.)</td>
<td>(2.5oz. Turkey, 2oz. Kraut, .5oz. Chs.)</td>
</tr>
<tr>
<td>1/2c. Roasted Potatoes</td>
<td>1/2c. Mixed Vegetables</td>
</tr>
<tr>
<td>1/2c. Mixed Vegetables</td>
<td>WG Sandwich Roll / Condiments</td>
</tr>
<tr>
<td></td>
<td>1/2c. Mixed Fruit</td>
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**THURSDAY**

<table>
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<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Baked Meatloaf Marinara w/ Mozzarella Topping</td>
<td>Baked Meatloaf Marinara</td>
</tr>
<tr>
<td>w/ Mozzarella Topping</td>
<td>w/ Mozzarella Topping</td>
</tr>
<tr>
<td>1/2c. Garlic Whipped Potatoes</td>
<td>1/2c. White Bread</td>
</tr>
<tr>
<td>1/2c. Mixed Vegetables</td>
<td>1/2c. Pudding</td>
</tr>
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**FRIDAY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Lemmon Pepper Chicken w/ Gravy</td>
<td>Lemmon Pepper Chicken w/ Gravy</td>
</tr>
<tr>
<td>w/ Cheddar, BBQ, Crispy Onions</td>
<td>(2.5oz. Turkey, 2oz. Kraut, .5oz. Chs.)</td>
</tr>
<tr>
<td>1/2c. Vegetable Rice Pilaf</td>
<td>1/2c. Roasted Potatoes</td>
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<tr>
<td></td>
<td>1/2c. Mixed Vegetables</td>
</tr>
<tr>
<td></td>
<td>WG Sandwich Roll / Condiments</td>
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<tr>
<td></td>
<td>1/2c. Mixed Fruit</td>
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<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
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</tr>
<tr>
<td>Days of Fall and leaves of brown</td>
<td>Roasted Pork w/ Apples</td>
</tr>
<tr>
<td>Whistling and whirling and falling down</td>
<td>1/2c. Whipped Potatoes w/ Chives</td>
</tr>
<tr>
<td>Red, Green, yellow apples ready to pick</td>
<td>1/2c. Carrots</td>
</tr>
<tr>
<td>For bobbing and candied and eating on a stick</td>
<td>Mini Biscuit w/ Apple Butter</td>
</tr>
<tr>
<td>Pumpkins of orange, glowing in the dark</td>
<td>Cookie</td>
</tr>
<tr>
<td>Lighting each candle igniting a spark</td>
<td>1/2c. LS Marinara Sauce</td>
</tr>
<tr>
<td>We rustle through the colors as we rustle through the leaves</td>
<td>1/2c. LS Marinara Sauce</td>
</tr>
<tr>
<td>And the colors of the fall come out on the trees</td>
<td>Baked Meatloaf w/ LS Gravy</td>
</tr>
<tr>
<td>-Written by Indiana Center Participant Cheryl Butterbaugh</td>
<td>BBQ Pork Riblet Sandwich</td>
</tr>
<tr>
<td></td>
<td>1/2c. New Potatoes</td>
</tr>
<tr>
<td></td>
<td>1/2c. Carrots</td>
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<tr>
<td></td>
<td>Wheat Bread</td>
</tr>
<tr>
<td></td>
<td>1/2c. Sherbet</td>
</tr>
<tr>
<td></td>
<td>String Cheese</td>
</tr>
<tr>
<td></td>
<td>4oz. Fruit Juice Box</td>
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<td></td>
</tr>
<tr>
<td>Bratwurst</td>
<td>Baked Meatloaf w/ LS Gravy</td>
</tr>
<tr>
<td>1/2c. Scalloped Potatoes</td>
<td>1/2c. Garlic Whipped Potatoes</td>
</tr>
<tr>
<td>1/2c. Creamed Corn</td>
<td>BBQ Pork Riblet Sandwich</td>
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<tr>
<td>Wheat Bread</td>
<td>Baked Ham w/ Raisin Sauce</td>
</tr>
<tr>
<td>1/2c. Sherbet</td>
<td>1/2c. Whipped Sweet Potatoes</td>
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<tr>
<td>String Cheese</td>
<td>1/2c. Carrots</td>
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<tr>
<td></td>
<td>Wheat Bread</td>
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<tr>
<td></td>
<td>1/2c. Warm Apple Crisp</td>
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<tr>
<td>Baked Ziti (3/4c.) w/ Meatballs (3)</td>
<td>Brunch Lunch</td>
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<tr>
<td>Marinara Sauce &amp; .5oz Cheese</td>
<td>Egg Frittata w/Ham</td>
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<tr>
<td>1/2c. Italian Beans</td>
<td>Peppers &amp; Cheese</td>
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<tr>
<td>Garlic Breadstick</td>
<td>1/2c. Cheesy Hashbrowns</td>
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<tr>
<td>1/2c. Mixed Fruit</td>
<td>Mini Biscuit</td>
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<td></td>
<td>4oz. Orange Juice</td>
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<tr>
<td>Smokey BBQ Burger</td>
<td>Pepper Steak w/ LS Gravy</td>
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<tr>
<td>w/ Cheddar, BBQ, Crispy Onions</td>
<td>1/2c. Cheesy Mashed Potatoes</td>
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<tr>
<td>1/2c. Ranch Potatoes</td>
<td>1/2c. Carrots</td>
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<tr>
<td>1/2c. Cauliflora Blend Vegetables</td>
<td>Whole Wheat Bread</td>
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<tr>
<td>Sandwich Roll</td>
<td>1/2c. Diced Pears</td>
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<tr>
<td>Fresh Fruit</td>
<td>Hot Chocolate</td>
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<tr>
<td>Center Cut Pork Loin w/ Gravy</td>
<td>Stuffed Pepper w/ Tomato Sauce</td>
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<tr>
<td>1/2c. Mashed Sweet Potatoes</td>
<td>1/2c. Whipped Potatoes</td>
</tr>
<tr>
<td>1/2c. Lima Beans</td>
<td>1/2c. Carrots</td>
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<tr>
<td>White Bread</td>
<td>1/2c. Warm Applesauce</td>
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<tr>
<td>1/2c. Sliced Apples</td>
<td>Cookie</td>
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<td></td>
<td>Hot Chocolate</td>
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CURRENT RESIDENT OR TO:

Contributions to Aging Services, Inc:
In memory of:

Amount enclosed:

Date:

Unrestricted Use: Yes ___ No ___

Send acknowledgement to:

MEMORIAL DONATION
A GIFT THAT REMEMBERS

A memorial donation is a wonderful way to show you care for others or to express your appreciation to Aging Services, Inc. For more information on how you can help others by donating in a loved one’s name contact ASI at 724-349-4500 or 1-800-442-8016.

ASI encourages paid advertising in this newsletter. The acceptance of an ad does not indicate an endorsement of any specific service or product.

AGING SERVICES, INC. is a vital organization, comprised of a compassionate staff, dedicated to meeting the diverse needs of older adults in Indiana County by providing opportunities to enhance their social, physical, and mental skills utilizing our various programs.

During the summer and early fall the Indiana Social Center and the Two Lick Social Center held their fitness classes outside!

Two Lick Staff Member Francis Filipovich and his wife Beverly snuck in some alone time at the swings during the Two Lick Social Center Picnic in September!