The Fun Must Go On!

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

Vol. 39 No. 09 Monthly Publication
1055 Oak St., POB 519, Indiana, PA 15701
Phone#: 724.349.4500 or 1.800.442.8016 Fax#: 724.349.9535
https://www.agingservicesinc.com
Donation $.50
Marriage might not be a piece of cake, but what would a wedding be without cake!

CHOCOLATE
YELLOW
POUND
LEMON
BANANA
RED VELVET

FUDGE
MARBLE
SPONGE
ORANGE
ANGEL
BLACK FOREST

VANILLA
COCONUT
CARROT
BUNDT
FRUIT
CHEESE

CINNAMON
CARMEL
DOUBLE CHOCOLATE
APPLESAUCE
STRAWBERRY CREAM
PINEAPPLE

The price of true love?

The average price for a wedding cake in the U.S. is approximately $500. Of course, if you have the extra money to spend the sky is the limit. In fact, the cost of some of cakes are mind blowing. How about a cool $50 million? You might wonder how a cake could be so expensive. Well, if you decorate it with hundreds of diamonds, it is easy to see why it would be so expensive. This makes me ponder on a few things. First off, how easy would it be to accidently eat a diamond and secondly do you get to keep the diamonds off the piece of cake you were served?
In a perfect world everyone would age with the best functional ability, but we are living in a world that is far from perfect. Not everyone has the luxury of pristine health as they age. Did you know that, approximately 85 percent of older adults have at least one chronic health condition, and 60 percent have at least two chronic conditions, according to the Centers for Disease Control and Prevention. Navigating through life with chronic diseases is downright tough. According to the National Institute on Aging, chronic conditions are a real challenge. Learning to manage a variety of treatments while maintaining quality of life can be problematic.

The World Health Organization (WHO) defines Healthy Aging as “the process of developing and maintaining the functional ability that enables wellbeing in older age.” So...what does that mean? Let’s break it down.

**Functional ability:**
- to have the capability to meet basic needs
- to learn, grow and make decisions
- to be mobile
- to build and maintain relationships
- to contribute to society.

People with disabilities and medical conditions are capable of healthy aging. The focus is on a person’s **overall wellbeing.** The National Institute on Aging says that the following things influence healthy aging:

- Exercise/Physical Activity
- Weight/Shape
- Healthy Foods
- Enjoyable Activities

Of course, it is easy for professionals to tell us we must exercise and eat right, but if you are like me, you are sick of hearing about exercise and a healthy diet. Who wants to exercise for an hour every day and eat salad for dinner? A lot of people may not be able to exercise in the traditional sense due to mobility issues. We don’t all fit in the same mold and what might work best for you doesn’t work for someone else. There is nothing to limit you from being original and coming up with your own ways to accomplish healthy aging. The creative ideas below are suggestions to get your healthy vibrations going.

**Some creative ideas:**
- Have a dance party– put on your favorite music and either get up and dance or dance while sitting in your chair.
- Go on a scavenger hunt– rediscover your back yard or local park. This can be done with or without assistance and you can move at your own pace.
- Play with your grandkids, or visit with children in your neighborhood. Even if you are sitting down, you will be active and engaged the entire time.
- Use resistance bands to stretch your arms and legs while you watch your favorite television show.
- Try conductorcise– move your arms like you are conducting an orchestra while listening to music.
- Set a goal to try a new, healthy recipe once a week.
- Make small changes to your diet– replace bread with a wrap, eat crunchy vegetables instead of chips, treat yourself to ice cream– but eat it out of a smaller bowl, or a cup, to reduce portion size.
- Challenge yourself to learn how to play a new board or card game.
- Write letters or make phone calls to friends and family on a regular basis
- Learn something new. Read a book or watch a movie about a person, place, or hobby that is unfamiliar.
- Enjoy nature. Sit outside or at a window and count how many different types of birds you see in an hour. Start writing in a journal about what you see when you are outdoors, or when you look out a window.

Approximately 85 percent of older adults have at least one chronic health condition, and 60 percent have at least two chronic conditions.

Continued on page 3
We just learned that there is a criteria for functional ability on healthy aging, but what we didn’t talk about are the factors that can influence it. Many older adults don’t have optimal conditions for fostering healthy aging and it is not always by their own choice.

These things affect functional ability:
- living environment
- relationships
- health and social policies
- attitudes and values
- physical health
- mental health

According to Steve Cole, Ph.D., director of the Social Genomics Core Laboratory at the University of California, Los Angeles, loneliness acts as a fertilizer for other diseases,” Dr. Cole said. “The biology of loneliness can accelerate the buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer’s disease. Loneliness promotes several different types of wear and tear on the body.

Two major deterrents for healthy aging is loneliness and social isolation. Each can be the result of or a by-product of the six things stated above.

Loneliness and Social Isolation Linked to Serious Health Conditions — CDC

Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States and putting them at risk for dementia and other serious medical conditions. A new report from the National Academies of Sciences, Engineering, and Medicine points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated.

Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Loneliness is the feeling of being alone, regardless of the amount of social contact. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

It is important to note that social isolation and loneliness are two distinct aspects of social relationships, and they are not significantly linked. Both can put health at risk, however.

Health Risks of Loneliness

Although it’s hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:
- Social isolation significantly increased a person’s risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

Learn ways on how to stay connected on page 4

Are you at risk?

Try to stay active and better connected if you:
- live alone or can’t leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose
Over fifty years ago, the Beatles sang lyrics that talked about loneliness in their song “Eleanor Rigby”. The chorus of the song asked repeatedly, “Where do all the lonely people come from?” This shows us that loneliness has always been widespread. Since we are taking a walk down memory lane, I am assuming that most older adults would also remember the famous telephone commercial ad, “Reach out and touch someone”.

Of course, we don’t want people physically reaching out and touching each other since we are dealing with the COVID-19 Pandemic, but I think we can get the drift of what that commercial was implying. Taking the time to connect with others can have a huge positive effect on all parties involved!

Unfortunately, COVID-19 has taken loneliness and social isolation to a new level for many of us, especially older adults. Now more than ever people need someone to “reach out to them”.

In fact, let me ask just a few simple questions. Could you use a friendly phone call, someone wanting to know how your day went? Would you enjoy getting a thoughtful uplifting card in the mail? Surprise! You are not alone! Almost everyone would appreciate these acts of kindness.

So, what is stopping you? COVID-19 can get anyone down, but we can uplift each other by our words and actions. Whether you have lots of friends you can reach out to, or hardly anyone, there is nothing better than getting involved. If you would like to participate in having a phone pal or card pal through our social centers, we would love to make you a part of it. If you are interested in this program, contact Vicki Burgess at Aging Services, Inc, at 724-349-4500.

For more information about preventing loneliness and social isolation, visit https://www.nia.nih.gov/health/participating-activities-you-enjoy.

What is vitamin D and what does it do?

Vitamin D is a nutrient found in some foods that is needed for health and to maintain strong bones. It does so by helping the body absorb calcium (one of bone’s main building blocks) from food and supplements. People who get too little vitamin D may develop soft, thin, and brittle bones, a condition known as rickets in children and osteomalacia in adults.

Vitamin D is important to the body in many other ways as well. Muscles need it to move, for example, nerves need it to carry messages between the brain and every body part, and the immune system needs vitamin D to fight off invading bacteria and viruses. Together with calcium, vitamin D also helps protect older adults from osteoporosis. Vitamin D is found in cells throughout the body.

How much vitamin D do I need?

The amount of vitamin D you need each day depends on your age. Average daily recommended amounts are listed below:

<table>
<thead>
<tr>
<th>Life Stage</th>
<th>Recommended Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults 19–70 years</td>
<td>15 mcg (600 IU)</td>
</tr>
<tr>
<td>Adults 71 years and older</td>
<td>20 mcg (800 IU)</td>
</tr>
</tbody>
</table>

What foods provide vitamin D?

Very few foods naturally have vitamin D. Fortified foods provide most of the vitamin D in American diets. Fatty fish such as salmon, tuna, and mackerel are among the best sources. Beef liver, cheese, and egg yolks provide small amounts. Mushrooms provide some vitamin D. In some mushrooms that are newly available in stores, the vitamin D content is being boosted by exposing these mushrooms to ultraviolet light. Almost all of the U.S. milk supply is fortified with 400 IU of vitamin D per quart, and so are many of the plant-based alternatives such as soy milk, almond milk, and oat milk. But foods made from milk, like cheese and ice cream, are usually not fortified.

Vitamin D is added to many breakfast cereals and to some brands of orange juice, yogurt, margarine, and soy beverages; check the labels.

Can I get vitamin D from the sun?

The body makes vitamin D when skin is directly exposed to the sun, and most people meet at least some of their vitamin D needs this way. Skin exposed to sunshine indoors through a window will not produce vitamin D. Cloudy days, shade, and having dark-colored skin also cut down on the amount of vitamin D the skin makes.

However, despite the importance of the sun to vitamin D synthesis, it is prudent to limit exposure of skin to sunlight in order to lower the risk for skin cancer. When out in the sun for more than a few minutes, wear protective clothing and apply sunscreen with an SPF (sun protection factor) of 8 or more. Tanning beds also cause the skin to make vitamin D, but pose similar risks for skin cancer. People who avoid the sun or who cover their bodies with sunscreen or clothing should include good sources of vitamin D in their diets or take a supplement. Recommended intakes of vitamin D are set on the assumption of little sun exposure.

What kinds of vitamin D dietary supplements are available?

Vitamin D is found in supplements (and fortified foods) in two different forms: D₂ (ergocalciferol) and D₃ (cholecalciferol). Both increase vitamin D in the blood.
Am I getting enough vitamin D?

Because vitamin D can come from sun, food, and supplements, the best measure of one’s vitamin D status is blood levels. In general, levels below 30 nmol/L (12 ng/mL) are too low for bone or overall health, and levels above 125 nmol/L (50 ng/mL) are probably too high. Levels of 50 nmol/L or above (20 ng/mL or above) are sufficient for most people. By these measures, some Americans are vitamin D deficient and almost no one has levels that are too high. In general, young people have higher blood levels of 25-hydroxyvitamin D than older people and males have higher levels than females. By race, non-Hispanic blacks tend to have the lowest levels and non-Hispanic whites the highest. The majority of Americans have blood levels lower than 75 nmol/L (30 ng/mL).

Certain other groups may not get enough vitamin D:

- Older adults, because their skin doesn’t make vitamin D when exposed to sunlight as efficiently as when they were young, and their kidneys are less able to convert vitamin D to its active form.
- People with dark skin, because their skin has less ability to produce vitamin D from the sun.
- People with disorders such as Crohn’s disease or celiac disease who don’t handle fat properly, because vitamin D needs fat to be absorbed.
- Obese people, because their body fat binds to some vitamin D and prevents it from getting into the blood.

What happens if I don’t get enough vitamin D?

People can become deficient in vitamin D because they don’t consume enough or absorb enough from food, their exposure to sunlight is limited, or their kidneys cannot convert vitamin D to its active form in the body. In children, vitamin D deficiency causes rickets, a condition in which the bones become soft and bend. It’s a rare disease but still occurs, especially among African American infants and children. In adults, vitamin D deficiency leads to osteomalacia, causing bone pain and muscle weakness.

What are some effects of vitamin D on health?

Vitamin D is being studied for its possible connections to several diseases and medical problems, including diabetes, hypertension, and autoimmune conditions such as multiple sclerosis. Two of them discussed below are bone disorders and some types of cancer.

Bone disorders

As they get older, millions of people (mostly women, but men too) develop, or are at risk of, osteoporosis, condition in which bones become fragile and may fracture if one falls. It is one consequence of not getting enough calcium and vitamin D over the long term. Supplements of both vitamin D₃ and calcium have been shown to reduce the risk of bone loss and fractures in elderly people aged 62–85 years. Men and women should talk with their healthcare providers about their needs for vitamin D (and calcium) as part of an overall plan to prevent or treat osteoporosis.

Can vitamin D be harmful?

Yes, when amounts in the blood become too high. Signs of toxicity include nausea, vomiting, poor appetite, constipation, weakness, and weight loss. And by raising blood levels of calcium, too much vitamin D can cause confusion, disorientation, and problems with heart rhythm. Excess vitamin D can also damage the kidneys. Vitamin D toxicity almost always occurs from overuse of supplements. Excessive sun exposure doesn’t cause vitamin D toxicity because the body limits the amount of this vitamin it produces.

Are there any interactions with vitamin D that I should know about?

Like most dietary supplements, vitamin D may interact or interfere with other medicines or supplements you might be taking. Tell your doctor, pharmacist, and other healthcare providers about any dietary supplements and medicines you take. They can tell you if those dietary supplements might interact or interfere with your prescription or over-the-counter medicines, or if the medicines might interfere with how your body absorbs, uses, or breaks down nutrients.
Vitamin D and healthful eating

People should get most of their nutrients from food and beverages, advises the federal government’s Dietary Guidelines for Americans. Foods contain vitamins, minerals, dietary fiber and other substances that benefit health. In some cases, fortified foods and dietary supplements may provide nutrients that otherwise may be consumed in less-than-recommended amounts. For more information about building a healthy diet, refer to the Dietary Guidelines for Americans and the U.S. Department of Agriculture’s MyPlate.

Where can I find out more about vitamin D?

For general information on vitamin D:
Office of Dietary Supplements Health Professional Fact Sheet on Vitamin D
Vitamin D, MedlinePlus*

For more information on food sources of vitamin D:

Vitamin D, the Immune System & COVID-19

Having a full-blown COVID-19 pandemic on our hands has left scientists and professionals scrambling for possible solutions in fighting and protecting us from this deadly virus. While some scientific studies and trials have shown promising results in combating COVID-19, there is no “miracle drug” that can cure this virus. It doesn’t stop us from hoping. Just look at all of the “supposed remedies” floating around out there that boast their effectiveness against the coronavirus! They are so tempting to believe!

Lately, in the news, we have heard a lot of talk about “Vitamin D” protecting us from COVID-19. There is no doubt about it, that this vitamin is essential to us and we can’t live without it, but does it really help us in not getting sick from the virus? The thought behind this theory is that because Vitamin D plays an important part in keeping our immune system strong, taking a healthy dose of Vitamin D should be able to give us an awesome immune system to protect us from COVID-19.

Not so fast! It is true that people with weakened immune systems are more susceptible to getting sick with viruses and colds. That doesn’t mean that a strong immune system will keep people from getting COVID-19.

Taking Vitamin D supplements might improve your immune system, but in no way does it reflect your immunity from COVID-19.

Many of us can attest to the fact that we are already taking Vitamin D supplements. Older adults are often prescribed Vitamin D as a supplement by their physician because seniors are often low in their Vitamin D levels. A few reasons for this are:

- As we get older it is harder for our bodies to create Vitamin D from sunlight.
- Kidney function can decrease with age and this organ helps to process Vitamin D.

Taking more Vitamin D than recommended will not protect you from COVID-19. It can also do more harm than good.

It is very important that you seek the advice of your doctor before taking a Vitamin D supplement. In fact, anytime you see a “miracle” drug that you want to try because you are convinced it will cure everything, talk to your doctor before ingesting it or putting it on any part of your body! ~ V. Burgess

The Best Protection When Dealing with COVID-19

The best way to protect yourself from COVID-19 is to follow social distancing, mask wearing, handwashing, and disinfecting guidelines provided by the CDC. Staying home as much as possible is one of the best things you can do to help keep yourself safe!
Important Facts about Falls
Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls Are Serious and Costly
One out of five falls causes a serious injury such as broken bones or a head injury. Each year, 3 million older people are treated in emergency departments for fall injuries. Over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture. Each year at least 300,000 older people are hospitalized for hip fractures. More than 95% of hip fractures are caused by falling, usually by falling sideways. Falls are the most common cause of traumatic brain injuries (TBI).
In 2015, the total medical costs for falls totaled more than $50 billion. Medicare and Medicaid shouldered 75% of these costs.

What Can Happen After a Fall?
Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.
Falls can cause broken bones, like wrist, arm, ankle, and hip fractures. Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don’t have a brain injury.
Many people who fall, even if they’re not injured, become afraid of falling. This fear may cause a person to cut down on their everyday activities. When a person is less active, they become weaker and this increases their chances of falling.

What Conditions Make You More Likely to Fall?
Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps, and throw rugs or clutter that can be tripped over.

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling.
Healthcare providers can help cut down a person’s risk by reducing the fall risk factors listed above.
**Talk to Your Doctor**
Ask your doctor or healthcare provider to **evaluate your risk** for falling and talk with them about specific things you can do.
Ask your doctor or pharmacist to **review your medicines** to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the-counter medicines.
Ask your doctor or healthcare provider about taking **vitamin D** supplements.

**Do Strength and Balance Exercises**
Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

**Have Your Eyes Checked**
Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.
If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking.
Sometimes these types of lenses can make things seem closer or farther away than they really are.

**Make Your Home Safer**
Get rid of things you could trip over.
Add grab bars inside and outside your tub or shower and next to the toilet.
Put railings on both sides of stairs.
Make sure your home has lots of light by adding more or brighter light bulbs.

**Finding Reliable Health Information Online**
Many people get health information from the internet. But not every online source is reliable. How do you know whether you can trust the health information you find? There are many signs you can look for.
First, it’s important to find out if a website is from a trusted source. Health websites sponsored by the federal government are a good place to start. Their web addresses will be followed by “.gov.” Well-known medical schools and large professional organizations can also be good sources of health information.
For other sites, it’s important to ask a few questions. Who sponsors the website and what are their goals? They may be trying to sell you a product rather than inform you. Find out who wrote and reviewed the information. Are they a medical professional? Be cautious about any website offering a quick fix or “miracle cure” for your health problem.
It’s also important to note when the information was written. Often there will be a date on the bottom of the webpage. You don’t want to make decisions based on out-of-date information.
Social media sites like Facebook and Twitter are another source of health information. But be mindful—just because a post is from a friend or colleague doesn’t mean it’s true or scientifically accurate. Check the original source to decide for yourself.
No information you find online should replace seeing a medical professional. Learn more tips on [finding reliable health information](https://www.nih.gov/news和服务/finding-reliable-health-information).
**What’s Happening!**

**ARMAGH AND AULTMAN**
It has been so great to see everyone again! The best thing about my job is spending time with all of you. I am so glad we can be together again! I know things are very regulated with safety precautions, but we can still share laughs and fun. Don’t let the COVID-19 Pandemic get you feeling blue. Come create some happy memories.- Dawn Phillippi

**CHESTNUT HILLS**
Summer days are ending soon, so before the warm days are gone we have planned a small picnic Sept. 1st with DJ Danny, door prizes, and all the picnic fixings. The cost is $3.00 and you must sign up for this event, seating will be limited. It’s sure to be a great time. Don’t forget about the activities we have during the week, we would love to include you! Pool tables are available daily for the gentlemen who like to play. A fallen leaf is a summer’s wave goodbye. Enjoy September - Michele Haynes

**INDIANA**
It’s been so nice opening the center back up and seeing you all returning and participating in activities. Be sure to stop in for a visit for lunch, exercise, movies, crafts, painting classes, guided meditation sessions, woodcarving and bingo! Last but not least, our center is holding a picnic at Getty Heights Park on Friday, Sept. 18th. Good food, music and games are on the agenda! You must sign up in advance. Space is limited!- Katie Scott

**MAHONING HILLS**
September is an exciting month at Mahoning Hills. Our end-of-summer picnic is Sept. 17th with picnic food and Randy Benkosky playing the "oldies". Our hymn sing this month is the 24th so don't forget to order lunch. Don't forget, our new fitness time with Carole is 11 AM on Wednesdays. We are trying to get more people out for bingo on Tuesdays- just ask Jim and Kay Young- it's a lot of fun. We want to get some other activities started but we need YOU! Come and join us. Mary Beth Wilson

**SALTSBURG**
As summer comes to a close and fall begins, it’s nice to know we can spend it together with friends at the center. Speaking of spending time together, we will be hosting our very own senior picnic for our Saltsburg members at Canal Park on Thursday, Sept. 24th at 11:00am. Come have a great time!! Seating is very limited, so reserve your spot today by calling (724) 639-9055. And remember we’re open for lunch Monday – Thursday and we have takeout meals available as well. So, stop by, we would love to see you!! - Amanda Mastaler

**TWO LICK**
Although we regret having to say farewell to summer, I myself am eager to see the bright fall foliage and breathe the crisp autumn air! Speaking of fresh air, we will be having our own special picnic this month at Sherman St. Park on Sept. 4th. Besides great food, we will have music and games! ....This month, in honor of Sept. 11th, let’s remember our fallen heroes and remind ourselves of their bravery. It seems like our country has definitely faced a lot of hard times lately, including the COVID—19 pandemic! But once again," THANKS " to the hard working "HEROES" all around us. We will get through this. Stay safe! - Betsy Miller
Enjoy your favorite summer flavors year round with these canning, freezing, and drying tips!

Why preserve your food?\(^1,2\)

There are many benefits to home food preservation! Not only is it a great way to enjoy your favorite summer produce year round, but fresh produce is packed full of nutrients. When you preserve the flavors of your summer produce and herbs, you are also preserving all those vitamins and minerals! Stocking up on all your favorite summer fruits and vegetables while they are in season is also a great way to save money too, since seasonal produce is cheaper in season!

Types of foods you can preserve\(^3,4\)

Here is a list of some popular summer produce that you can preserve at home:

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
<th>Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>-Berries (strawberries, blueberries, blackberries, raspberries)</td>
<td>-Tomatoes</td>
<td>-Basil</td>
</tr>
<tr>
<td>-Cherries</td>
<td>-Beets</td>
<td>-Parsley</td>
</tr>
<tr>
<td>-Apricots</td>
<td>-Peppers</td>
<td>-Sage</td>
</tr>
<tr>
<td>-Peaches</td>
<td>-Carrots</td>
<td>-Rosemary</td>
</tr>
<tr>
<td>-Apples</td>
<td>-Eggplant</td>
<td>-Dill</td>
</tr>
<tr>
<td>-Plums</td>
<td>-Cucumbers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-Zucchini</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-Green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>-Summer squash</td>
<td></td>
</tr>
</tbody>
</table>

Developed in cooperation with Indiana University of Pennsylvania Department of Food and Nutrition
Created by Hannah Sharp, Dietetic Intern
Pressure Canning

Pressure canning can help preserve fresh foods with high water content and is usually used with low-acidic vegetables, like carrots and beets. Pressure canning heats the food and removes oxygen, which prevents the growth of bacteria and mold that cause spoilage. There are 2 methods to pressure canning, hot packing and raw packing.

To hot pack, fill your canning jars with vegetables that have been boiled and pour fresh boiling water over vegetables. Be sure you leave 1 inch of space at the top of the jar without water. Clean any spills, add the lid to your jar, and process in a pressure canner.

To raw pack, fill your canning jars with raw vegetables and add boiling water. Be sure you leave 1 inch of space at the top of the jar without water. Clean any spills, add the lid to your jar, and process in a pressure canner.

The now packed jars are ready to be canned! Put your jars into a pressure canner and heat to 240°F-250°F in order to destroy bacteria.

Boiling Water Canning

Boiling water canning can be used to help preserve high-acidic foods, like berries, peaches, and tomatoes. Boiling water canning heats the jar to 212°F to kill bacteria and mold. There are 2 methods to boiling water canning, hot packing and raw packing.

To hot pack, fill your canning jars with fruits or vegetables that have been boiled and pour fresh boiling water over vegetables. Be sure you leave 1/2 inch of space at the top of the jar without water. Clean any spills, add the lid to your jar, and process in a canner.

To raw pack, fill your canning jars with raw fruits or vegetables and add boiling water. Be sure you leave 1/2 inch of space at the top of the jar without water. Clean any spills, add the lid to your jar, and process in a canner.

Fill your canner half-way with water preheated to 140°F for hot packs and 180°F for raw packs and place jars in the canner. Add more water to the canner if necessary, to fully cover the jars and boil. Boiling times vary depending on the produce being preserved.

Drying

Drying produce and herbs is another easy and convenient method of preservation. Produce is can be dried by increasing temperatures in a dehydrator or oven. If using an oven as a drying method, set to 140°F-150°F and open oven door 2-3 inches to reduce moisture.

Herbs can be dried using several different methods, depending on the type of herb. Air drying can be done in areas with low humidity, and herbs are hung in clusters until dried. Herbs with larger leaves, like basil, can be dried in the microwave on paper towels. Microwave in 30 second increments until leaves crumble. Dehydrators can also be used to dry herbs, but do not dehydrate herbs with fruits or vegetables, as flavors may mix.

When storing dried herbs, fruit, and vegetables, keep in an air-tight container and avoid exposure to heat and light.

Freezing

Freezing foods as a method of preservation is easy and convenient. In order to maintain freshness and prevent the fruit and vegetable enzymes from continuing to ripen produce over time in the freezer, blanching is necessary. To blanch your produce, boil water and add vegetables. Blanching times vary depending on the vegetables. Once boiling time is complete, quickly cool produce in cold water for the same amount of time it was boiled. Then produce is ready to be drained and packed in containers or plastic bags labeled for freezing use.

Old-Fashioned Strawberry Preserves Recipe

Ingredients

- 3 pints ripe strawberries
- 5 cups granulated sugar
- 1/3 cup fresh lemon juice

Instructions

- Wash, drain, and chop strawberries
- Combine the berries with sugar in a large pan; let stand for 3 to 4 hours
- Bring the mixture to a boil slowly, stirring occasionally and add lemon juice
- Cook rapidly over medium heat until the strawberry mixture is translucent and the syrup is thickened
- Funnel the strawberry preserves into jars, leaving 1/2 inch headspace
- Process for 10 minutes in a boiling water bath
- Cool and store in the fridge until ready to use

References:
Coping with emergencies is challenging in the best of situations. During the coronavirus pandemic, many of us are just trying to get by each day. For people with chronic (long-term) health conditions—like diabetes and chronic kidney disease—the challenges can be even greater. But with planning, you can prepare what you’ll need to make things more manageable.

“Thankfully, people with chronic medical conditions have tools to help maintain their health, even during difficult times,” says Dr. Griffin P. Rodgers, director of NIH’s National Institute of Diabetes and Digestive and Kidney Diseases. Managing these conditions well can help lower your risk for complications and other diseases.

Keeping on top of health problems can take extra effort during uncertain times. First, be sure to follow the CDC’s latest public health guidance. That awareness is especially important in a pandemic. As we’ve seen with COVID-19, information about new diseases can quickly change. Rodgers also says it’s important to keep in touch with your health care providers. They can help you to adapt and maintain your normal disease management plans.

Be sure to eat well and safely participate in physical activity as much as possible during these difficult times. That can help you prevent or delay health problems. Some people with chronic conditions need to follow a special nutrition plan. For example, people with diabetes should follow a healthy eating plan prescribed for blood sugar control. Talk with your health care provider about your physical activity and eating routines.

Eating healthy and staying active can also help lower stress. Coping with uncertainty is stressful for anyone. People with health conditions may feel more stress when their normal routine and health care are disrupted. There are many ways to lower stress and relax. Ideas include deep breathing, taking a walk, meditating, listening to music, or doing a hobby. Getting enough sleep (seven to eight hours each night) can have tremendous health benefits, including helping to reduce stress and control weight.

Your health care provider can help you find ways to lower your stress and screen for anxiety and depression. Depression is common among people with a chronic illness. And it can get in the way of managing the condition.

“Ask for help if you feel down or need help managing stress,” Rodgers says. “It’s always important to learn ways to lower stress and improve health.”

Preparing for the unexpected will help you manage a chronic health condition during a crisis. Consider packing a specialized “go-kit” for emergencies. See the Wise Choices box for what to include.

Maintaining your health doesn’t erase the risk for getting other diseases. But each healthy day is a day closer to better treatments for diseases. NIH is making a coordinated effort to help advance research on preventing, diagnosing, and treating COVID-19.

Contact your health care provider with any questions or concerns about how to prepare for natural disasters and emergencies.

**Preventing For Disasters With a Chronic Disease**
- Create a “go-kit” for emergencies:
  - At least one week’s worth of medical supplies and equipment.
  - Contact information for health care providers and emergency contacts.
  - A medication list with doses and dosing schedules.
  - A list of your allergies.
  - Information about any medical devices you use.
  - At least a three-day supply of any foods needed to manage your condition.
  - Copies of your insurance card and photo ID.
  - Copies of recent lab work you might need.
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.
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________________________________________________________

What do you call a rock that never shows up for class? A skipping stone!

Where do rocks sleep at night? In bedrocks!

Why didn’t the girlfriend get mad at her boyfriend for throwing a rock at her? Because the rock was a diamond!

Why are rocks in the ocean not as smart as other rocks? A: Because their grades are below C-level!
Labeling Food Allergens –FDA
Did you know that the FDA requires that food labels from manufactures must clearly identify one of the major food allergens if they are part of a products ingredients.

What Are Major Food Allergens?
While more than 160 foods can cause allergic reactions in people with food allergies, the law identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived.

The eight foods identified by the law are:
• Milk
• Eggs
• Fish (e.g., bass, flounder, cod)
• Crustacean shellfish (e.g., crab, lobster, shrimp)
• Tree nuts (e.g., almonds, walnuts, pecans)
• Peanuts
• Wheat
• Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as "major food allergens'.

How Major Food Allergens Are Listed - FDA
The law requires that food labels identify the food source names of all major food allergens used to make the food. This requirement is met if the common or usual name of an ingredient (e.g., buttermilk) that is a major food allergen already identifies that allergen's food source name (i.e., milk). Otherwise, the allergen's food source name must be declared at least once on the food label in one of two ways.

The name of the food source of a major food allergen must appear:
In parentheses following the name of the ingredient.
Examples: “lecithin (soy),” “flour (wheat),” and “whey (milk)”
— OR —
Immediately after or next to the list of ingredients in a “contains” statement.
Example: “Contains Wheat, Milk, and Soy.”

As a result, food labels help allergic consumers identify offending foods or ingredients so they can more easily avoid them.

Ever wonder… How do they add vitamins and minerals to fortified cereals? - FDA
Adding nutrients to a cereal can cause taste and color changes in the product. This is especially true with added minerals. Since no one wants cereal that tastes like a vitamin supplement, a variety of techniques are employed in the fortification process.
In general, those nutrients that are heat stable (such as vitamins A and E and various minerals) are incorporated into the cereal itself (they’re baked right in). Nutrients that are not stable to heat (such as B-vitamins) are applied directly to the cereal after all heating steps are completed. Each cereal is unique — some can handle more nutrients than others. This is one reason why fortification levels are different across all cereals.

The top two breakfast cereals of all time go to....
Quisp – This cereal made its debut in 1965 and was mass marketed until the late 70's. In 2012, the Quaker company relaunched Quisp, but mainly for on-line sales. If you want a taste of this cereal, you can buy it on various on-line sites, but be prepared to pay a hefty price of $7-$9 for a 8.5 oz box!
Frosted Flakes- This oldie but goodie from the Kellogg’s company is ranked right at the top also. It was introduced in 1952 as “Sugar Frosted Flakes”, but as the world became more health conscious, it changed its name to just “Frosted Flakes” in 1983.
How well you and your doctor talk to each other is one of the most important parts of getting good health care. But, talking to your doctor isn’t always easy. It takes time and effort on your part as well as your doctor’s.

In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is more of a partnership. You and your doctor can work as a team, along with nurses, physician assistants, pharmacists, and other healthcare providers, to manage your medical problems and keep you healthy.

This means asking questions if the doctor’s explanations or instructions are unclear, bringing up problems even if the doctor doesn’t ask, and letting the doctor know if you have concerns about a particular treatment or change in your daily life. Taking an active role in your health care puts the responsibility for good communication on both you and your doctor.

All of this is true at any age. But, when you’re older, it becomes even more important to talk often and comfortably with your doctor. That’s partly because you may have more health conditions and treatments to discuss. It’s also because your health has a big impact on other parts of your life, and that needs to be talked about too.
What Do You Need to Know About a Doctor?

Basics
- Is the doctor taking new patients?
- Is the doctor covered by my insurance plan?
- Does the doctor accept Medicare?

Qualifications and Characteristics
- Is the doctor board certified? In what field?
- Is the age, sex, race, or religion of the doctor important to me?
- Will language be an obstacle to communication? Is there someone in the office who speaks my language?
- Do I prefer a group practice or an individual doctor?
- Does it matter which hospital the doctor admits patients to?

Logistics
- Is the location of the doctor’s office important? How far am I willing to travel to see the doctor?
- Is there parking? What does it cost? Is the office on a bus or subway line?
- Does the building have an elevator? What about ramps for a wheelchair or walker?

Office Policies
- What days/hours does the doctor see patients?
- Are there times set aside for the doctor to take phone calls? Does the doctor accept emailed questions? Is there a charge for this service?
- Does the doctor ever make house calls?
- How far in advance do I have to make appointments?
- What’s the process for urgent care? How do I reach the doctor in an emergency?
- Who takes care of patients after hours or when the doctor is away?
Dear Readers,

Early in the summer, I visited Aging Services to meet with someone and yes, we social distanced, (in case you’re wondering)! In fact, we decided to meet outside since ASI has a shady side deck next to a small stream. If you sit there long enough, you will always see different forms of wildlife among the rocks and trees.

Anyway, back to the subject! Since I was early and it was a gorgeous day, I stood on the deck enjoying the peaceful scene beside me. It wasn’t long before I saw 2 mourning doves come to a shallow part of the stream and timidly began to take a bath in the water. Within a few seconds I spotted a flurry of red flittering on the bank across from them. I was pleasantly surprised when a cardinal plopped down near them and began taking a bath! Now the amazing thing was, the doves were not bothered by him at all.

Then the unthinkable happened. A robin hopped on to the scene and decided to join the pool party! There are now 2 mourning doves, a cardinal and a robin bathing all within a foot of each other. I know this sounds like the beginning line of a joke, but it is all true! I felt blessed witnessing this beautiful scene.

I was sort of let down when the mourning doves finished their baths and flew off, but little did I know the show was not over! The grand finale came when a common grackle boldly strutted into the water next to the cardinal and the robin. Now, I have always believed the grackle to be somewhat of a bully, so I was prepared for it to chase the other two birds away. Yet, it did not.

I had to pinch myself to make sure I wasn’t dreaming. In fact, I pinched myself so hard I ended up with a bruise! Who would have thought that birds of different species would peacefully take a bath in a common watering hole inches apart?

If only I would have brought my camera phone with me to record this scenario…. I could have sent it to National Geographic and they would have featured it in a documentary and I would become a famous wildlife photographer! (Okay, don’t make fun of me, everyone has the right to dream!)

I have reflected many times on what I saw that day and if I am truthful with you, I would tell you it was a bittersweet moment. Why? Because it greatly saddens me to see us as humans, who are all one species, fighting and making war with one another. What I keep asking myself is, “Is there no communal watering hole where people lay aside differences and respect each other?”

I am sure many of you are asking the same type of question. I believe the best answer lies within each one of us. It starts with treating each other with respect and dignity regardless what we believe. Otherwise there will never be peace at the watering hole or anywhere else.

The most solid ground to stand on, is common ground.

Sincerely,
Aunt Winnie
Armagh and Aultman Social Centers

September 2020 Schedule

**Armagh Social Center**
**Tuesdays**
10:45am-11:30am Fitness with Carole
11:00am-11:30am Bingo/Games
Noon-1:00pm- Lunch

**Aultman Social Center**
**Wednesdays**
10:30am-11:00am Fitness
11:00am-11:30pm- Bingo
Noon-1:00pm- Lunch

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 Phillippi
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
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
11am-Noon Exercise with Carole
Noon - Second Lunch
12:30pm - Bingo

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

Closed Monday, Sept. 7th for Labor Day

Pool Room Open Daily. Only one person responsible for handling Billiard Balls. Limit 4 people in room.

Tuesday,
September 1st
Picnic at the
Chestnut Hills
Social Center

Homer City Day!
Indiana Social Center
September 2020 Schedule
Closed Monday, Sept. 7th for Labor Day.

Monday
9-10am Geri Fit (outside weather permitting)
10-11am Bingo
10-11am Tooth Brush Rug Craft Class
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 (outside weather permitting)
10-11am- Craft Class
11:15am -Noon First lunch
12:15-1:00pm Second lunch

Thursday
10-11am Paint Class or Guided Meditation (alternate weekly)
11:15am -Noon First lunch
12:15-1:00pm Second lunch

Friday
9-10am Geri Fit (outside weather permitting)
10-11am Bingo
11:15am -Noon First lunch
12:15-1:00pm Second lunch

Friday, Sept. 18, 2020
Picnic at Getty Heights Park, Indiana
11am-1pm
Center Closed
Saltsburg Social Center
September 2020 Schedule

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

Tuesday
10-Noon Arts & Crafts
Noon-1pm Lunch
1-2pm Bingo

Wednesday
10-11am Trivia & Games
11-Noon Knitting Club
Noon-1pm Lunch
1-2pm Bingo

Thursday
10-Noon Arts & Crafts
Noon-1pm Lunch
1-2pm Bingo

Thursday, Sept. 24th
Picnic at Canal Park, Saltsburg
11am-1pm
Center Closed

Mahoning Hills Social Center
September 2020 Schedule

Monday
11am-Summer Craft
Noon-Lunch

Tuesday
11am-Trivia & Games
Noon-Lunch

Wednesday
11am-Fitness with Carole
Noon-Lunch
1pm-Coloring Club

Thursday
11am-Bingo
Noon-Lunch

Thursday, Sept. 17th
Picnic at the Center
11am-1pm

Centers Closed
Monday, Sept. 7th for Labor Day.
Two Lick Valley Social Center
September 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 Sherman Park Pavilion
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 Sherman Park Pavilion
10-11am Trivia and Games
11-Noon Lunch
1-3pm Woodcarving at Sherman Park Pavilion

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

**Friday, September 4th**
Picnic at Sherman St. Park, Clymer
11am-2pm
Center Closed

Closed
Monday, Sept. 7th for Labor Day
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-Sep</td>
<td>Roasted Pork w/ Gravy&lt;br&gt;1/2c. Sauerkraut&lt;br&gt;1/2c. Whipped Potatoes&lt;br&gt;White Bread&lt;br&gt;Applesauce Cake</td>
<td>Fiesta Chicken Salad&lt;br&gt;(D. Chic., Chee., Salsa, Sr. Cream)&lt;br&gt;1c. Mixed Greens w/ Tortilla Chips Dressing&lt;br&gt;1/2c. Pasta Salad&lt;br&gt;Dinner Roll&lt;br&gt;Fresh Fruit</td>
<td>Roasted Sliced Turkey&lt;br&gt;1/2c. Mashed Potatoes w/ Gravy&lt;br&gt;1/2c. Carrots&lt;br&gt;White Bread&lt;br&gt;Cookie</td>
<td>Maple Dijon Salmon&lt;br&gt;1/2c. Garlic Buttered Orzo&lt;br&gt;1/2c. Mixed Vegetables&lt;br&gt;Wheat Bread&lt;br&gt;1/2c. Pineapple &amp; Cherries</td>
</tr>
<tr>
<td>8-Sep</td>
<td>Breaded Fish Square&lt;br&gt;1/2c. Macaroni &amp; Cheese&lt;br&gt;1/2c. Stewed Tomatoes&lt;br&gt;White Bread&lt;br&gt;Fresh Fruit</td>
<td>Pepper Steak w/ Gravy&lt;br&gt;1/2c. Rice Pilaf&lt;br&gt;1/2c. Oriental Blend&lt;br&gt;Wheat Bread&lt;br&gt;1/2c. Pears</td>
<td>Chicken &amp; Dumplings 1c. &lt;br&gt;1/2c. Pepper Slaw&lt;br&gt;WG Biscuit&lt;br&gt;1/2c. Cinnamon Applesauce</td>
<td>Warm Monte Cristo Sandwich&lt;br&gt;(Ham, Swiss, Fr. Toast Rounds)&lt;br&gt;1/2c. Parsley Potatoes&lt;br&gt;1/2c. Mixed Vegetables&lt;br&gt;2 French Toast Rounds w/ Syrup&lt;br&gt;1/2c. Tropical Fruit</td>
</tr>
<tr>
<td>15-Sep</td>
<td>Grilled Chicken Caesar Salad&lt;br&gt;1c. Mixed Greens w/ Diced Chicken, Parm., Tomato, Croutons, Drs.&lt;br&gt;1/2c. Three Bean Salad&lt;br&gt;WG Dinner Roll&lt;br&gt;1/2c. Mixed Fruit&lt;br&gt;Armagh Cupcake</td>
<td>September Birthdays&lt;br&gt;Chili Cheese Hot Dog&lt;br&gt;(2oz. Chili, .5oz. Cheddar)&lt;br&gt;1/2c. Baked Potato w/Marg.&lt;br&gt;1/2c. Green Beans&lt;br&gt;Hot Dog Bun&lt;br&gt;birthday Cupcake</td>
<td>Beef Burgundy&lt;br&gt;1/2c. Noodles&lt;br&gt;1/2c. Carrots&lt;br&gt;Wheat Bread&lt;br&gt;Fresh Fruit</td>
<td>Penne Bolognese&lt;br&gt;3/4c. Pasta w/ 4oz. Meat sauce&lt;br&gt;1c. Tossed Salad w/ Dressing&lt;br&gt;Italian Bread&lt;br&gt;1/2c. Warm Peach Crisp</td>
</tr>
<tr>
<td>21-Sep</td>
<td>Baked Meatloaf w/ Gravy&lt;br&gt;1/2c. Mashed Potatoes&lt;br&gt;1/2c. Creamed Corn&lt;br&gt;Wheat Bread&lt;br&gt;1/2c. Raspberry Sherbet</td>
<td>Western Omelet w/ Ham, Peppers, Onions, Cheese&lt;br&gt;1/2c. Breakfast Potatoes&lt;br&gt;WG English Muffin w/ Jelly&lt;br&gt;.4oz. Orange Juice</td>
<td>Roasted Pork w/ Gravy&lt;br&gt;3oz. Stuffing&lt;br&gt;1/2c. Whipped Potatoes&lt;br&gt;1/2c. Mixed Vegetables&lt;br&gt;1/2c. Sliced Apples</td>
<td>Sweet &amp; Sour Meatballs (4)&lt;br&gt;1/2c. Brown Rice&lt;br&gt;1/2c. Creamy Coleslaw&lt;br&gt;Wheat Bread&lt;br&gt;1/2c. Mixed Fruit</td>
</tr>
<tr>
<td>28-Sep</td>
<td>Potato Crusted Fish&lt;br&gt;1/2c. Tuscan Mac &amp; Cheese&lt;br&gt;1/2c. Italian Green Beans&lt;br&gt;Wheat Bread&lt;br&gt;1/2c. Pineapple</td>
<td>Salisbury Steak w/ Gravy&lt;br&gt;1/2c. Cheddar Whipped Potatoes&lt;br&gt;1/2c. Corn &amp; Pimentos&lt;br&gt;White Bread&lt;br&gt;1/2c. Pears</td>
<td>Gnocchi Gratin w/ Ham &amp; Peas&lt;br&gt;1/2c. Creamy Coleslaw&lt;br&gt;Wheat Bread&lt;br&gt;1/2c. Cinnamon Applesauce</td>
<td>BBQ Glazed Turkey Burger&lt;br&gt;w/ Cheddar&lt;br&gt;1/2c. Broccoli Salad&lt;br&gt;Sandwich Bun&lt;br&gt;Fresh Fruit</td>
</tr>
</tbody>
</table>

*Menu Subject to Change.*

---

My wife came home from work yesterday and was raging about her boss. She said to me, “I’m never going to work for that man again!”

I asked her, “Why, what did he say to you?”

She said, “You’re fired.”

lafgaff.com
<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-Sep</td>
<td>Orange Glazed Pork Loin</td>
<td>1/2c. Baked Pork Chop, 1/2c. Whipped Potatoes</td>
<td>1/2c. Tuscan Mac &amp; Cheese</td>
<td>1/2c. New Potatoes</td>
<td>BBQ Pork Sandwich</td>
</tr>
<tr>
<td></td>
<td>1/2c. Pineapple Tots</td>
<td>1/2c. Country Vegetable Mix</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Country Vegetable Mix</td>
<td>1/2c. Peaches</td>
</tr>
<tr>
<td>2-Sep</td>
<td>Closed</td>
<td>1/2c. Direction, 1/2c. Creamy Cheese</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
</tr>
<tr>
<td>2-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>3-Sep</td>
<td>Roasted Sliced Turkey</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>4-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>5-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>6-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>7-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>8-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>9-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>10-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>11-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>12-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>13-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>14-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>15-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>16-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>17-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>18-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>19-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>20-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>21-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>22-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>23-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>24-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>25-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>26-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>27-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>28-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>29-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>30-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
<tr>
<td>31-Sep</td>
<td></td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td>1/2c. Whole Wheat Bread</td>
<td></td>
</tr>
</tbody>
</table>

*Menu Subject to Change.*
CURRENT RESIDENT OR

TO:

Contributions to Aging Services, Inc.

In memory of:

____________________________________

Amount enclosed:

____________________________________

Date:

____________________________________

Unrestricted Use: Yes ___ No ___

____________________________________

Send acknowledgement to:

____________________________________

_____________________________


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.

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 inform-
ation 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.

Due to unforeseen circumstances or events, the information in the Spotlight may be subject to change.

Even with Social Distancing the Social Centers offer games weekly!

Top Picture
Chestnut Hills Center Staff Member Joey Bellman is always the designated bingo caller, because he is so good at it!

Left Picture
Center Participant Christine Cummins loves a good game of bingo. You might not see her mouth but you know she is smiling!

Right Picture
Center Participant Patty Trausi is relaxing reading the Spotlight waiting for bingo to start!

September 7th Labor Day

STAY SAFE!

Eleanor Hirko has been participating in our fitness program for almost 15 years! Way to go!