



The cost of rising food prices and what it means for the Social Centers

In the last few years, the rising cost of food have affected everyone. Households, businesses, and organizations have all taken a hit on their finances due to this uptick in food costs. Because of this, ASI has no choice but to adjust Social Center meal prices according to what is needed to cover the cost of the meals we serve.

As of July 1st – Price increases of Social Center Meals.

- Lunch - The donation cost of \$2.00 for the lunch meal offered through the Pennsylvania Department of Aging (PDA) will remain the same. The actual cost of the meal will increase to \$4.70. This is a .20 cent increase. Those under sixty will be required to pay the new amount.
- Breakfast - The required cost of the breakfast meal will be \$3.50. This doesn't include breakfast fundraisers.
- Dinner - The required cost of the evening meal will be \$5.00. This doesn't include dinner fundraisers.

Often, senior participants have questions about the meals and how the price of them are determined. To answer this, it is important to give a brief rundown on the meal programs offered at the Social Centers.



The meals served at the Centers are daily lunches, and breakfast and dinner meals. There is a distinct difference between the lunch program and the other meals that are offered.

Lunch Program

The ASI Social Centers, along with hundreds of other Senior Centers across the Keystone state offer nutritious meals per the PDA required guidelines.

Participants sometimes inquire how the meal menu and the nutritional value of the food are determined. PDA is responsible for setting the nutritional requirements of the food served. Menus are then made from these regulations by licensed dieticians. When completed they are then submitted

back to the state for final approval. These meals are funded through lottery funds and other resources.

The lunch meals are donation based. They are available to individuals 60 and older, and their spouses. They are usually served around noon. Reservations are required the day before by noon to receive a lunch.

Participants under sixty are not eligible for the state lunch program, therefore they must pay the full cost of the meal to receive a lunch. ASI only charges the actual cost of the meal to these consumers and does not make a profit.

Breakfast and Dinners



Some of the ASI Social Centers offer weekly breakfasts and dinners, other centers offer these additional meals periodically. These types of meals do not fall under the state lunch program. Therefore, there are no regulations on what type of food is being served. The Centers are free to choose what type of menus they wish to have at their facilities. They shop locally and cook the meals on the day they are serving them. To cover the expense of the food, participants are required to pay a set price for the meal. Because ASI is a non-profit organization, the money collected for the meal is only used to cover the cost of the food provided.

Why do Social Centers offer additional meals such as breakfast and dinner?



The answer is simple.

For You! Social Centers are a place for older adults to hang out and enjoy the company of others. Social eating is an important aspect of everyday living. It is good for you. Where else can you go to enjoy an affordable home-cooked meal with friends?

Social Center meals are affordable!

While no one enjoys price increases of food, it is inevitable. However, the price of meals at the centers is the best in town! We are not a commercial establishment, we are a social service, so our regular prices will always be more affordable!

Hopefully this article has made it easier to understand what happens behind the scenes of our meal programs. If you have any questions or concerns, please feel free to contact Vicki Burgess, ASI Center Services Administrative Supervisor at 724-349-4500!

Beat the Heat

Staying Safe in the Summertime -NIH



After a long winter cooped up, the arrival of sunny days can make you eager to be outside. Getting outdoors can be good for you in many ways. It provides opportunities for exercise. It can also boost your mental health.



Wise Choices

Protect Yourself From the Heat and Sun

- Do outdoor activities during the coolest part of the day, in the early morning or evening.
- Exercise in an air-conditioned space if possible. Or do water workouts.
- Try to stay in the shade when outdoors during peak sunlight.
- Drink plenty of liquids, especially water. Avoid drinks that contain alcohol or caffeine.
- Wear protective clothing, such as hats, long-sleeve shirts, and long pants to block out the sun's harmful rays. Choose light-colored, loose-fitting clothing.
- Use sunscreen that blocks both UVA and UVB radiation. Choose a sun protection factor (SPF) of at least 15, preferably 30. Reapply frequently.
- Use sunglasses that block both UVA and UVB.
- If you don't have air conditioning, keep your home as cool as possible.

But as the heat rises, some health risks also increase. Intense heat can put strain on both your body and brain. Too much heat can cause a heat-related illness called hyperthermia. Mild hyperthermia can cause discomfort, like muscle cramps or swelling in the ankles and feet.

Heat exhaustion is more serious. It occurs when your body can no longer keep itself cool. You may start to feel dizzy or nauseated. Other symptoms include feeling thirsty, weak, or uncoordinated.

The most extreme form of hyperthermia is heat stroke. Heat stroke is life-threatening, so seek medical help right away. Symptoms include fainting or having trouble walking. You may start feeling confused or agitated. You can also feel very hot but not sweat or have dry, flushed skin.

Some people are more at risk for heat-related illness than others. That includes infants and young children, and those with certain health conditions, such as heart, lung, or kidney disease. Older adults are the most heat sensitive. That's because the body's ability to cool itself changes as we get older.

There are two main ways your body regulates its temperature, explains Dr. Craig Crandall, who studies heat effects on

the body at UT Southwestern Medical Center. "One is increasing how much blood flows to the skin. The other is how much we sweat." Neither of these works as well in older adults, Crandall says. That makes it more difficult for them to cool off. His research has shown that sitting in front of a fan increased older adults' body temperature in extreme heat. That's because they weren't sufficiently sweating when the hot air was blowing over their skin. This suggests that older adults may need to use other ways to keep cool, such as going to an air-conditioned place.

Too much heat is not safe for anyone. If you're outside in the heat, drink lots of water. Don't try to exercise or do a lot of activities outdoors when it's hot.

If you start to feel sick in the heat, rest in a cool place and drink plenty of fluids. If you think someone has heat stroke, get them to a cool place and call 911.

"Shade is your friend," Crandall says. "If you're going out to exercise or mow the lawn, take breaks in the shade."

If possible, go into an air-conditioned room for a while. "That time you're inside, your core temperature is going to be cooled," Crandall explains. "If you stay outside, it may just go up and up and up."

If you want to exercise outside in the summer, start slow. "It takes about 10 days to two weeks to get acclimated to hotter temperatures," Crandall says.

Heat isn't the only hazard during the summer. It's also important to protect your skin and your eyes from the sun. See the Wise Choices box for tips to keep safe in the heat!