

The Voice of Experience

2018

Warren & Forest Counties

Area Agency on Aging

49 Years of:

Experience, Inc.

905 4th Ave

Warren, PA 16365

(814) 723-3763

<http://www.experienceinc.org/>



2018 Eldercare Senior Expo

FRIDAY, OCTOBER 26th

9 AM—12:30 PM

TAWC/ACC BUILDING, 42 CLARK ST, WARREN



Warren General Hospital will be providing **FREE** flu shots to those 65 and older with no pre-registration (Medicare card and supplemental insurance card needed).

Also, **FREE** blood screening will be offered to the first 200 to sign up!

Registrants should contact Stacey Donovan at the Warren General Hospital at 723-3300, extension 1783, to sign up.

The Expo will have over 80 vendors, more health screenings, give-aways, a volunteer fair, the Breast Cancer Wall, a free lunch & more!

THE TAWC SHUTTLE BUS SERVICE WILL BE AVAILABLE TO & FROM THE PARKING GARAGE TO THE EVENT PLUS THERE WILL BE PLENTY OF PARKING ON CLARK STREET!



The ACC is open from: 8:30 AM - 4:00 PM Monday through Thursday

TAI CHI for ARTHRITIS - Mondays at 11:00 in the education room. Tai chi has been shown to improve flexibility and balance. This class is free to all participants.

WARREN MANOR BINGO - Wednesday October 3rd at 12:45. Prizes provided by Warren Manor. FREE!

DECORATE A SCARECROW - Tuesday, October 9th at 10:00. Come get into the Halloween Spirit!

BOWLING WITH LYNN - Wednesday, October 10th at 1:00. Join us at Riverside Lanes for a game or two. If you need a ride, sign up at the receptionists desk, or feel free to meet us at Riverside.

BRAIN GAMES!!! - Wednesday October 10th at 11:00. Led by Lindsay Bevevino from Kinzua Healthcare & Rehabilitation Center. Brain Games offer fun and challenging games to strengthen brain health and cognition. Light snacks provided!

TECHNOLOGY 101- ARE YOU SMARTER THAN YOUR PHONE? - Thursday, October 11th at 10:00

THE SKINNY ON FAT - Thursday, October 11th at 1:00. Speaker, Craig Schneider from Humana Market Point.

NAILS BY GAIL - Monday October 15th at 10:00. Try a new look for October; come in and have your nails done and discover new colors!

HARPEST ELLAN PAQUETTE - will perform Thursday October 18th from 11:45 to 12:15.

BIRTHDAY MONTH CELEBRATION - 1st Thursday of every month at noon. Enjoy a slice of birthday cake and celebrate with those who have a birthday this month. Cake is compliments of Warren Manor.

OUT AND ABOUT - Thursday, October 25th. We will be off to **The Cabin in The Pines**, located on Rt. 6, outside of Pittsfield. TAWC will pick you up and drop you off at your house. If you are being picked up at the ACC, please be at the ACC no later than 4:00 pm. Arrive at the restaurant at 4:45. Call 723-3237 for reservations and pre-ordering or sign up at the receptionist desk.

PHOTO BOOTH OPEN FOR A HAUNTING GOOD TIME - Capture the monster in you. Dress up in our Halloween outfit **OR** use ours and get your picture taken for \$1.00

TRASH & TREASURE - Wednesday, October 31st at 12:45 in the dining room.

WARREN CHRISTIAN WOMEN'S CONNECTION invites you to their **October Luncheon** - held in the dining room of the Allegheny Community Center on **Tuesday, October, 9th, 2018 from 12:00 to 2:00 pm**. Featuring - Geri Fox, Auctioneer, Clarendon PA. Bring in used Household Items for the Auction. Speaker : Mary Brown, Warren Women's Care Center. Music by David Ford Jamestown, New York. For reservations please call Lee Jones by October 4th.

AARP SAFE DRIVER COURSES, 2018 FOR Pennsylvania Drivers @ ACC

Members fee \$15. Non-members \$20. An additional \$2 will be added to defray operating costs at the ACC. For more info or to make a reservation call the ACC at 723-3237.

Classes 2018

Wednesday October 10 & 17 8 hr
Wednesday November 7 4hr

Classes 2019

Wednesday March 13 4hr
Wednesday April 3 & 10 8hr
Wednesday May 8 4hr



BLOOD PRESSURE—every 1st and 3rd Monday of the month from 10:30 to 11:30 am.

HEALTHY STEPS IN MOTION – Tuesdays and Thursdays, each week at 11 am. Chair and low Impact exercise in room 244. FREE to all!

BINGO – Mondays at 1:00 pm in the dining room for prize bingo. Thursdays at 12:45 pm in the dining room.

TRASH AND TREASURE BINGO – Last Wednesday of September FREE to play! Donated trash and treasure items can be given to Lynn or Lynda.

BRIDGE -Every Tuesday at 12:30 in the recreation room. New players are welcome - enjoy friendly competition!

PINOCHLE – Tuesdays at 12:45 pm in the dining room. Beginners are welcome.

SCRABBLE CHALLENGE – Monday's at 12:30 pm in the rec room. Good mind exercise!

MAH-JONGG – Fascinating rummy-like game played with tiles instead of cards. Originating in China, the game dates back to the time of Confucius. Come learn how to play on **Wednesdays at 1 pm**. Open to the public.



Palliative Care
*Improving quality of life
through pain management, care and support*
hospiceofwarrencounty.com 

Please Help to Support Your Center By Paying Dues

Please check your ACC membership card It should say "2018". Dues are still only \$15 a year. We appreciate your support of the center through your membership!

Also—please check to see if you need to fill out a new center participation form. The Dept of Aging requires everyone to do that annually and it helps us retain our state funding. Thanks!

What's Happening at the Endeavor Senior Center? 463-7774

The Endeavor Senior Center is open Tuesday, Wednesday and Friday from 9:00 am to 3:00 pm.

Blood Pressures 1st Tuesday of every month

Tuesdays, Left, Right, Center game

Bingo every Friday



What's Happening at the Marienville Senior Center? 927-6607

The Marienville Senior Center is open Monday, Wednesday and Thursday from 8:30 am to 2:30 pm.

Bingo every day after lunch; Mondays are Game Day; * 50/50 on the 10th & 24th *

Mondays: 8th 9:30 am Flu Shots; 15th Show & Tell 10:30 am Bonus Bingo; 29th Trash and Treasure

Wednesdays: Blood Pressures, 1st Wednesday at 10:30 -11:30 am; Exercise 11:30 am every day; 50-50.

Thursdays: Crafts every day at 9:30am; Advisory Board Meeting, 25th at 11:30 am



What's Happening at the Tidioute Senior Center? 484-3020

The Tidioute Senior Center is open Monday, Tuesday and Thursday from 9:00am to 3 pm.

Adult Coloring & Games every Monday, Tuesday, & Thursday

Bingo every Tuesday before lunch



October Calendar

Mondays & Thursdays - Chair Exercise at 11:30, Exercise at 3:00

Every Morning Nickle Bingo

Flu Shots - Oct 1st, 9:00 - 11:30

Chicken Biscuit Dinner - Oct 2nd, 4:30 - 6:30

Advisory Council Meeting - Oct 4th, 10:30

Mystery Lunch - Oct 9th

Cards - Oct 10th, 6:00

Johnny Appleseed Festival - Oct 12th-14th, Raffle / Baked Goods

Trash and Treasure Bingo - Oct 18th after lunch

Witches Hat Craft - Oct 19th

Blood Pressure - Oct 22nd, 11:00- 12:00

Senior Day Out - Oct 23rd

Halloween/ Birthday Party Thurs - Oct 25th at 3:00

Senior Expo - the 26th from 9:00- 12:30

Craft Show at Sheffield Fire Hall - Oct 27th

Erie Shopping trip - Oct 31st

Reservations for LUNCH are a must. Reservations for seats for Trips/ Lunch Out fill up fast so call or stop in.

CALL 814-968-5667



There are always puzzles that need members to put together stop in and work on one.

Please consider making your donation to the ACC today! With your help we can continue to provide our community with quality services that you deserve! Please return this form with your tax-deductible contribution.

Thank you!



Allegheny Community Center 2018 Donor Response Card

Name(s): _____ Phone: _____

Address: _____

Email: _____

I/We wish to donate: ☐ \$25 Bronze ☐ \$50 Silver ☐ \$100 Gold

☐ \$250 Platinum Other \$ _____ ☐ Cash ☐ Check

Your donation will be gladly recognized on the ACC website, newsletter, newspaper and the center Sponsor Board.

Please mail this card with your donation to the:

Allegheny Community Center, 42 Clark St, Warren, PA 16365

Thank you very much for your generous contribution!

TEAR THIS SECTION OFF & KEEP FOR YOUR RECORDS

My donation is: _____

Date: _____

Name: _____

Made to the:
Allegheny Community Center
42 Clark St, Warren, PA 16365
(814) 723-3237

*The ACC is a 501(c)3
Non-Profit Agency*

***Your contribution is
Tax Deductible!***



Out & About - Thursday, October 25th

We're checking out the reopening of Cabin in the Pines on Route 6 outside of Pittsfield.

Pre-ordering is recommended. The menu is at the receptionists desk at the ACC. You can call or stop by to place your order.

TAWC will pick you up and drop you off at your home. We will arrive at the restaurant at 4:45. For pick up time call TAWC.

Those being picked up at ACC -please be here no later than 4pm. Call 723-3237 or see the receptionist for your reservation.

Allegheny Volunteer Alliance



Tax Volunteers Needed!

Interested in numbers and helping people? Here's how to become a community tax volunteer!

The IRS needs volunteers who want to help provide free tax preparation in communities across the nation during the 2019 tax season. It might seem far off, but people who want to volunteer can start taking action now.

Locally, the ACC sponsors the VITA Tax Assistance program. It offers free tax help in Warren and Forest Counties for people with low-to-moderate incomes, senior citizens, persons with disabilities, and those who speak limited English. Last year, VITA and TCE (Tax Counseling for the Elderly) volunteers prepared more than 3.5 million federal tax returns for qualified taxpayers at no cost. Locally, VITA volunteers prepared over 1000 federal and state returns as well as hundreds of PA Rent and Property Tax Rebates.

Anyone interested in volunteering for the VITA program can visit the ACC or call us at 814-723-3237.

Here are reasons people become an IRS-certified VITA volunteer:

- **Flexible hours.** Volunteers generally serve an average of three to five hours per week. The programs are usually open from mid-to-late-January through the tax filing deadline in April. Some sites are even open all year.
- **VITA sites are often nearby.** More than 11,000 sites were set up in neighborhoods all over the country for 2018, locally we have sites at senior centers, libraries and municipal buildings.
- **No prior experience needed.** Volunteers receive specialized training and often serve in a variety of roles. VITA programs want volunteers of all backgrounds and ages
- **Free tax law training and materials.** Volunteers receive training materials at no charge. The tax law training covers how to prepare basic federal tax returns electronically. The training also covers tax topics like deductions and credits.

For more information, call Sue at the ACC at 814-723-3237 today!

Allegheny Volunteer Alliance



The Allegheny Volunteer Alliance (AVA) program is sponsored by Experience, Inc. in partnership with the Allegheny Community Center for residents in Warren and Forest Counties. The AVA office is located at the Allegheny Community Center, 42 Clark Street, in Warren.

AVA volunteer benefits include: excess Insurance, recognition, referrals, the opportunity to learn a new skill!

THINKING OF VOLUNTEERING? HERE ARE SOME GREAT IDEAS!

At our local senior community centers

- **Meal Service**—Volunteers are needed in centers to help in the kitchen and for clean up for meal service.
- **Custodial Service**—Love to clean? Volunteers are also needed at the ACC to assist the staff with daily or weekly cleaning.
- **Teach a class!** - Have a hobby or skill that you would like to share? Call Sue at the ACC to talk about the possibilities!

At the Allegheny Community Greenhouse—Located on the grounds of the Warren State Hospital – looking for assistance with greenhouse planting and maintenance.

At the Toy Shoppe—Also located on the grounds of the Warren State Hospital - help to make wooden toys that are gifted to local children. Make a Difference! Help at your local senior center with meal preparation, office work or just assisting the staff with cleaning! Call Sue at the ACC for more info (814-723-3237).

Become an Ombudsman - (which is a Swedish word that means “citizen representative”) to be an advocate of elderly residents in Personal Care Homes, Nursing Facilities, Domiciliary Care Homes, and anyone receiving Long Term Care Services in the community. Interested? Call Joy at Experience, Inc. (814-723-3673 ext. 125).

OUR VOLUNTEERS ARE THE BEST!

Volunteers Make a Difference! Call Sue Himes for more information at 723-4180.



MONDAY

1 Vegetable Lasagna, salad, breadstick & cake
 9:30 Pool, Hand & Foot
 10:30 Blood Pressure
 11:00 Tai Chi
 12:45 Scrabble
 1:00 Bingo, Cards

TUESDAY

2 Kielbasa sandwich, potatoes, sauerkraut & fruit
 10:00 Bible Study
 11:00 Healthy Steps
 12:30 Bridge
 12:45 Pinochle, L-R-C
 Game, Line Dance

WEDNESDAY

3 Chili, salad, baked potato, biscuit & cookie
 9:00 Wed. Walk
 9:30 Pool
 12:30 Bowling
 12:45 **Warren Manor Bingo**, Line Dance
 1:00 Mah-Jongg

THURSDAY

4 Meatballs/ Mushroom Gravy Noodles, veggies, bread & fruit
 9:00 Watercolor Class
 11:00 Healthy Steps
 12:30 TOPS
Birthday Luncheon

FRIDAY

5 Ham & Cheese Sandwich, tomato Soup, crackers & fruit for Sheffield & Endeavor

ACC CLOSED

8 Chicken, Potato, peas bread & fruit
 9:30 Pool, Hand & Foot
 11:00 Tai Chi
 12:45 Scrabble
 1:00 Bingo, Cards



9 Pork Patty, rice pilaf, veggies, bread & apples
 10:00 Bible Study, **Build a Scarecrow**
 11:00 Healthy Steps
 12:00 Christian Women's Luncheon
 12:30 Bridge
 12:45 Pinochle, L-R-C
 Game, Line Dance

10 Sloppy Joe, potatoes, green beans & cookie
 9:00 Wed. Walk
 9:30 Pool
 11:00 Brain Games
 12:30 Bowling
 1:00 **Bowling with Lynn**
 12:45 Line Dance
 1:00 Mah-Jongg

11 Chicken Parmesan, bowties, salad, bread & sliced peaches
 9:00 Watercolor Class
10:00 Phone Tech 101
 11:00 Healthy Steps
 12:30 TOPS
 12:45 Bingo
1:00 Speaker - 'Skinny on Fat'

12 Roast Beef Sandwich, Cheese, Veggie Soup & pineapple tidbits for Sheffield & Endeavor

ACC CLOSED

15 Bratwurst/Kraut peas, potatoes & applesauce
 9:30 Pool, Hand & Foot
 10:00 Nails by Gail
 10:30 Blood Pressure
 11:00 Tai Chi
 12:45 Scrabble
 1:00 Bingo, Cards

16 BBQ Chicken, rice, salad, bread & mandarin oranges
 10:00 Bible Study
 11:00 Healthy Steps
 12:30 Bridge
 12:45 Pinochle, L-R-C
 Game, Line Dance

17 Meatloaf, potatoes, corn, bread & pudding
 8:00 Crime Stoppers
 9:00 Wed. Walk
 9:30 Pool
 12:30 Bowling
 12:45 Line Dance
 1:00 Mah-Jongg

18 Greek Chicken Salad, mixed greens, bean soup, roll & cookie
 9:00 Watercolor Class
 11:00 Healthy Steps
 11:45 **Ellen Paquette Harpist Performance**
 12:30 TOPS

19 Baked Ham, sweet potatoes, beets, bread & fruit for Sheffield & Endeavor

ACC IS CLOSED

Every Friday First United Methodist Market and 2nd St. Lunch \$3.00 Call (723-4930)

22 Baked Ziti salad, breadstick & fruit
The ACC Is Closed For The Senior Expo On Friday The 26th

23 Pork Ribette, seasoned potato, baked beans, dinner roll & peaches
 10:00 Bible Study
 11:00 Healthy Steps
 12:30 Bridge
 12:45 Pinochle, L-R-C
 Game, Line Dance

24 Swiss Steak, cabbage/ noodles, carrots bread & pineapple
 9:00 Wed. Walk
 9:30 Pool
 12:30 Bowling
 12:45 Line Dance
 Mah-Jongg

25 Chicken Bacon & Swiss Club Sandwich, creamy potato soup, roll & pears
 9:00 Watercolor Class
 11:00 Healthy Steps
 12:30 TOPS
 12:45 Bingo
 4:00 **Out and About**

26 Fish, macaroni & cheese, stewed tomatoes, bread & fruit for Sheffield & Endeavor

Senior Expo 9-12:30
Free Lunch 10-12:30
hot dog , sloppy joe, chips & a cookie



29 Meatloaf, potatoes, green beans, bread & peaches
 9:30 Pool, Hand & Foot
 11:00 Tai Chi
 12:45 Scrabble
 1:00 Bingo, Cards

30 Baked Salmon, rice, broccoli, bread, & pineapple
 10:00 Bible Study
 11:00 Healthy Steps
 12:30 Bridge
 12:45 Pinochle, L-R-C
 Game, Line Dance

31 Hot Turkey Sandwich, potatoes, carrots, bread & applesauce
 9:00 Wednesday Walk
 9:30 Pool, Make It Bake It
 10 -11:30 **Halloween dress up Photo Booth!**
 12:30 Bowling,
Trash & Treasure Bingo
 1:00 Mah-Jongg



Don't miss the Senior Expo at the ACC on the 26th!

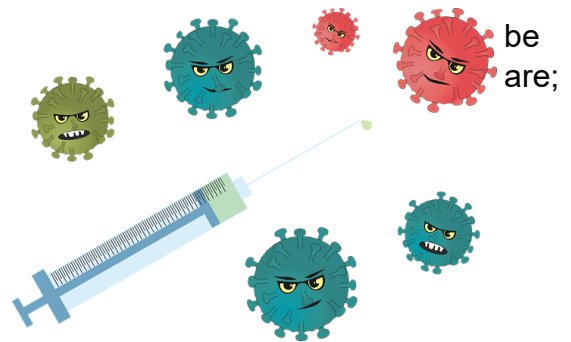
<http://warren-forestcarelink.net/newsletter-sign-up/>
(click on the link to register for this helpful newsletter!)

Flu Signs and Symptoms

Influenza is a viral infection that attacks your respiratory system, including your nose, throat and lungs. Influenza is commonly called the flu and mistaken for the stomach virus that causes diarrhea and vomiting.

The Flu can resolve on its own but for some people it can be deadly. People at a higher risk of deadly complications

- Young children under 5
- Adults older than 65
- Residents of nursing homes and long-term facilities
- Pregnant women
- People with weakened immune systems



AVOID THE BUG, GET YOUR SHOT!

It's always recommended to get the flu shot annually. The flu may present as a common cold with a runny nose, sneezing and sore throat. As with a cold the symptoms are a nuisance, but with the flu you feel much worse including body aches and a fever over 100.4. You will feel fatigued and weak as well as a headache.

You can take an antiviral drug if you see a doctor within the first 48 hours. This may help reduce the length of your illness and prevent from more serious problems.

To help prevent and spread the flu always cover your mouth when coughing, sneezing and even talking as the flu virus travels through air in droplets. Also practice hand washing as you can pick up the germs from an object, like a grocery cart which then can be transferred to your nose, eyes, or mouth.

To learn more about the flu you can call the Centers for Disease Control and Prevention at 1-800-232-4636 or visit the website at www.cdc.gov/flu. It's also best to contact your doctor from the earliest onset of symptoms.

This article brought to you by the Warren – Forest Eldercare Council.



Flu Shots - Medicare card and supplemental insurance card required! Shots administered by Gaughn's drug store and Sheffield Pharmacy

October 1-Sheffield Senior Center from 9:00 to 11:30

October 8-Marienville Senior Center from 9:00 to 11:30

October 15-Tidioute Senior Center form 9:30 to 11:30

October 16-Conewango Towers from 1:00 to 2:00 Canterbury Court from 2:30 to 3:30

October 17-Endeavor Senior Center from 9:30 to 11:30

The Skinny on Fat-presented by Craig Schneider from Humana Market Point

October 11-Allegheny Community Center from 1:00 to 1:30 pm

Healthy Steps in Motion Exercise Class on Tuesdays and Thursdays from 11:00 to 11:30

New ! Tai Chi for Arthritis Mondays at 11am - helps to improve your flexibility and strength!

Wednesday Walk-Wednesday mornings at 9:00 am

THE BEST CLASSES IN TOWN!!!!

MAKE IT BAKE IT - Last Wednesday of the month at 9:30 am - Healthy food presentations or nutritional information.

WATERCOLOR CLASS - Learn a new skill or hone your artistic talent! Local artist, Celia Knapp, will offer watercolor classes every **Thursday from 9 am to Noon in the dining room**. This class is for everyone from beginner to advanced. Call Celia at her home to sign up - 726-1667 Cost is \$15 per class.

STAMPING CLASS – With Becky Eldridge. Held every third Monday of the month.

BIBLE STUDY-Tuesdays from 10:00 to 11:00 am. Jim Reese conducts studies.

ALLEGHENY BELLES LINE DANCING PRACTICE – at the Allegheny Community Center on Tuesdays and Wednesdays from 12:45 to 2:00 pm. It's an enjoyable way to get exercise.

PERSONAL TRAINING FOR OLDER ADULTS - Strength training by Susan Streich. Great for maintaining muscle mass and balance. Call Susan at 779-8140 for more info and price.

**THE CHOICE IS CLEAR
CTI PHYSICAL THERAPY**

“Feel the Difference”

**2265 Market Street, Suite A Warren, PA 16365
814-726-9050 or 800-726-9051**

Preventing Social Isolation in Seniors Who Live Alone:

A Guide for Loved Ones

About 26 percent of people over the age of 65 — that's roughly 12 million people — live alone, according to the Pew Research Center. As people get older, their spouses, friends and family members start to pass away, increasing the likelihood of social isolation. On top of that, the last few decades have seen an increase in adult children living away from their hometowns, along with more seniors who never had children — which means fewer family members to give company and care to our country's aging population.

For many seniors, living alone is a wonderful experience without the risk of social isolation, especially for those already engaging in social activities. However, we tend to have fewer and fewer opportunities for socializing as we get older, which means isolation can easily occur without us even realizing that is the path we are on. While you may think seniors deserve a break from the outside world, social isolation comes with many consequences, such as:

- A higher risk of mortality
- Cognitive decline and risk of dementia
- Long-term health issues, like high blood pressure, depression, chronic lung disease, arthritis and impaired mobility
- Deep depression, in cases of bereavement
- Higher risk of engaging in unhealthy behavior

Whatever the cause, the consequences of senior isolation can be alarming and even harmful. Even if some simply think they are isolated — feeling lonely whether or not they are actually alone — the experience can be a painful struggle for many older people. That doesn't mean there can't be hope.

As we see more and more people living longer, an increasing amount of research has been dedicated to the risks, causes, and most importantly, the prevention of senior isolation. This guide shows you nine ways you can help make sure your aging loved one isn't lonely, giving them a golden life in their golden years.

Senior Centers, Roommates, Video Calls and Vacations, A Sense of Purpose, Early Intervention, Living Closer, Accessible Transportation, Exercise and Activity, Technology

<https://www.redfin.com/blog/preventing-social-isolation-seniors>

[\(Click on the website above to find out more!\)](#)

The ACC Auxiliary Is Working For Our Center!

The Auxiliary does many things to support our center and meeting our needs, including:

- ◆ Creates and holds fundraisers
- ◆ Purchases needed materials for staff and the facility
- ◆ Provides a Daily Bistro lunch
- ◆ Provides coffee, cream and sugar for our coffee lounge
- ◆ Pays for our newspaper and our trash collection service
- ◆ Supports staff and meets to discuss improvements for the future



Currently they are working on baking cookies for our annual **Grandma's Holiday Cookie** walk in December.

Listed below are some ingredients that are needed! If you want to donate anything, please just drop it off at the ACC during November and early December. Items needed are:

- Sour Cream (please drop off no earlier than November 19th)
- Butter or vegetable oil (please drop off butter no earlier than November 19th)
- Sprinkles
- M & M's & Hershey Kisses
- Chocolate Chips - both dark, milk chocolate, white chocolate or butterscotch chips
- Molasses
- Coconut
- Walnuts and/or pecans
- Peanut butter
- Oatmeal
- Dried cranberries
- Flour, sugar & brown sugar
- Eggs (please drop off no earlier than November 19th)
- Spices—cinnamon, nutmeg, vanilla & cloves



Thank you!

OPEN ENROLLMENT IS HERE!

**Elaine Krill, our local APPRISE expert,
will be at the ACC on
October 24th and November 7th,
from 10 am to 2 pm each day
to help you with your enrollment!**

Contact Elaine at (814) 723-3763, ext 123—

or stop by the Aging office at 905 4th Ave!

Toll-free APPRISE Helpline is 1-800-783-7067.

All services are free and confidential.

APPRISE is not affiliated with any insurance plans or products.



Here are a few reasons why you should take advantage of this FREE service during OPEN ENROLLMENT, WHICH IS OCTOBER 15TH—DECEMBER 7TH 2018:

- Your Health Care needs can change quickly and Medicare plans change every year. It's important to review your plan. The Open Enrollment period allows you to switch to a plan that would better suit you.
- The cost of your plan might have changed. Being able to switch to another plan may save you a lot of money!
- Prescription (Part D) plans change yearly as well. It's always good to bring a list of your medications & find out if you're getting the best coverage possible!

Donald E. Lewis Funeral Home, Inc.

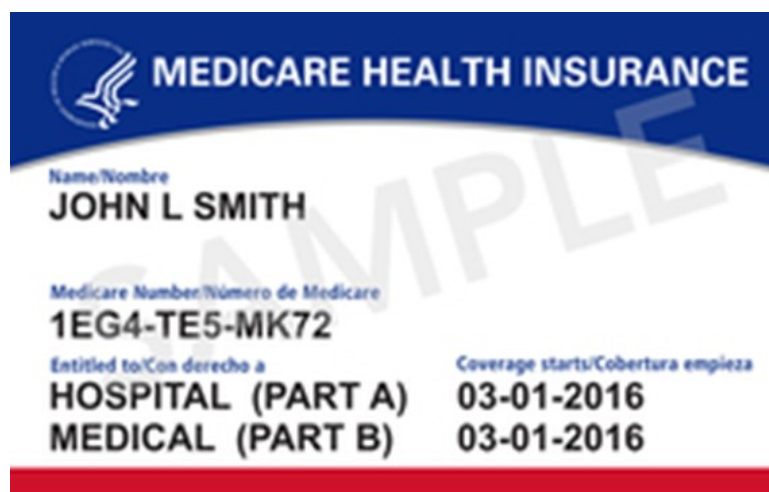
Michael B. Lewis, *Supervisor*

David S. Powell, *Funeral Director*

304 East Street, Warren, Pennsylvania 16365—2322

(814)723-9270 * lewisfuneralhomel@verizon.net

In April 2018, Medicare began mailing new Medicare cards with new Medicare Numbers. Take a look:



Wondering what's different? Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. That's just one way we're working to protect your identity.

3 things you need to know about your new Medicare card:

- Your new card will automatically come to you. You don't need to do anything.
- Your Medicare coverage and benefits will stay the same.
- Your new card is free—there's no charge for it.

***NOT EVERYONE HAS RECEIVED THEIR CARDS YET—SO DON'T WORRY!
IT SHOULD BE COMING WITHIN THE NEXT FEW MONTHS.***



Celebrating 50 Years!



SERVING OUR LOCAL SENIORS IN WARREN AND FOREST COUNTIES

EXPERIENCE, INC., AREA AGENCY ON AGING

905 Fourth Avenue, Warren, PA 16365

814-723-3763

Established in 1968, Experience, Inc., the Area Agency on Aging is a non-profit organization dedicated to meeting the needs of senior citizens in Warren and Forest Counties. We offer a wide variety of programs and services created for seniors to enhance their quality of life.

Experience's caring and professional staff is here to help plan and coordinate senior care.

Please call 814-723-3763, Extension 139 or visit our website at www.experienceinc.org for more information on the following services and programs: Care Management; Home Delivered Meals; Personal Care and Home Support; Personal Emergency Response Systems; the Apprise Program; Nursing Home Transition; the Ombudsman Program; Protective Services and Senior Community Centers.

We are here to help!



Here is the contact information on two local caregiving support groups in the Warren area:

**Karen Gray 723-9440
Grace United Methodist Church
501 Penn Ave. East**

**This group meets every third Monday of the month at 12:00.
Karen says most people bring a bag lunch.**

**Bridges Adult Day Center—Contact Kim Tompkins at 814-726-1116
905 4th Ave**

Meets every 3rd Wednesday of the month from 4:30 to 6:00

There are also many national resources available on the web:

**Family Caregiver Alliance
www.caregiver.org**

National Family Caregiver Association

www.thefamilycaregiver.org

Elder Care Locator

www.eldercare.gov

Alzheimer's Association

www.alz.org

If you have any questions or want to learn more about the Family Caregiver Support Program call your local Area Agency on Aging, Experience, Inc. at 814-723-3763 Ext.139.

The Older Adults Protective Services Act -

Protects Pennsylvanians 60 years of age and older against physical, emotional, or financial abuse as well as exploitation, neglect, or abandonment. Reporting of abuse is mandatory for employees and administrators in care settings. Reporting abuse is voluntary and anonymous for the general public, and the law protects all reporters from retaliation and civil or criminal liability. *Experience, Inc. your local Area Agencies on Aging receive reports 24 hours a day, 7 days a week, and are responsible to investigate within 72 hours.* Call 814-723-3763 or 1-800-490-8505.

Allegheny Community Center Optical Clinic

NO AGE LIMIT!!!!

To make an appointment—

Call the Optical Clinic at the ACC (814) 723-3237 or (814) 723-4180 and ask for **Lynn Espin**. Each individual will need to bring a current prescription to their scheduled appointment.

The personnel at the clinic will assist you in selecting a frame and will fit them to your face. Frames will be mailed to the I Care Labs in Florida to have the lenses ground and inserted in the frame. The finished glasses will then be mailed directly to you within 14 days.

Cash Payment Only!!! No Credit Cards or Access Cards Accepted!

Cost is \$36.00

Additional Options:

⌘ Trifocal Lenses (add \$10)

⌘ UV Coating (add \$5)

⌘ Standard Tint (add \$8)





<http://www.experienceinc.org/>

SERVING THE NEEDS OF CITIZENS IN WARREN & FOREST COUNTIES

**Area Agency on Aging 48 Years of
Experience, Inc.
905 4th Ave Warren, PA 16365
814-723-3763**

**Allegheny Community Center (ACC) 723-3237 OPEN MONDAY THRU THURSDAY
42 Clark Street, Warren, PA 16365**

**Endeavor Senior Center 463-7774 OPEN TUESDAY, WEDNESDAY & FRIDAY
Township Building, Endeavor, PA 16322**

**Marienville Senior Center 927-6607 OPEN MONDAY, WEDNESDAY & THURSDAY
MACA Building, Marienville, PA 16239**

**Sheffield Area Hospitality Center 968-5667 OPEN MONDAY, THURSDAY & FRIDAY
511 So. Main St., P.O. Box 786, Sheffield, PA 16347**

**Tidioute Senior Center 484-3020 OPEN MONDAY, TUESDAY & THURSDAY
174 Main Street, Tidioute, PA 16351**