

Beaver County Office on Aging



News You Can Use

- This month we observe: Flag Day, June 14; Father's Day, June 16.
- If you have extra yarn, consider donating it to the Beaver County Office on Aging. We have several ladies who will use your donation to make lap robes for our Surprises for Shut-ins program.

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We're on YouTube!

By Angela Gentile, Planning Unit Program Monitor
Beaver County Office on Aging

The Beaver County Office on Aging has launched its YouTube Channel to discuss services and programs available to Beaver County older adults.

In our first video, I interviewed Office on Aging APPRISE volunteer Kathy Miller about Medicare, Medical Assistance and insurance counseling. It helps you understand your benefits and in addition to assist you in making good insurance coverage decisions. Next, I will interview Mike Durham, a volunteer with Brighton First, who helps oversee the Beaver County Senior Gardens.

You can find the video on the home page of the Beaver County website at www.beavercountypa.gov. If you are on YouTube, search for Beaver County Office on Aging. Not only are we trying to reach older adults but also their younger relatives to educate them about aging services in a media which they are using.

Stay tuned!

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Senior Community Center Grant Awarded for Center at the Mall

The Beaver County Office on Aging has been notified by the Pennsylvania Department of Aging that Center at the Mall has been awarded a \$42,700 Senior Community Center Grant.

Approximately 4000 older adults visit Center at the Mall, located in the Beaver Valley Mall, each month. As our population ages, the Beaver County Office on Aging realized that we need to enhance the center so more mobility-disabled participants can attend. It must be more accessible to enter in addition to being easier and safer to navigate.

The project includes enclosing the outside entrance, most frequently used by our most vulnerable members so that they are covered while waiting for the bus and other transportation; adding a seating area; adding ADA compatible and automatic doors at the entrance; installing security/motion lights outside the door; enhancing the security system; and installing automatic doors at the restrooms to assist those using wheelchairs, walkers, rollators and canes.

Linda Hall, Beaver County Office on Aging administrator, commented, "I am very excited that the grant was awarded so our older adults can actively participate in our senior center activities."

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Taking Advantage of Medicare's Preventive Services

To ensure beneficiaries stay healthy, Medicare offers many preventive services. These services are provided so that beneficiaries can maintain active lifestyles and find health issues early when ailments can be more easily treated.

These services include an annual wellness visit, a personalized prevention plan, tobacco use cessation counseling, and screenings for a variety of diseases including diabetes, depression, obesity, hepatitis, breast cancer and prostate cancer.

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Your annual wellness visit is a good time to review your medical and family history as well as update your prescriptions with your doctor.

If you have questions about Medicare, contact APPRISE at 724-847-2262. Counselors are available to answer all your Medicare questions. APPRISE is part of the Office of Aging and its services are offered at no charge.

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Come to the Luau at the June Senior Day at the Mall

Join the Beaver County Office on Aging at the June 12 Hawaiian Luau Senior Day at the Mall from 10 a.m. to noon inside Center at the Mall, next to Hallmark in the Beaver Valley Mall.

Wear your Hawaiian gear and sing and sway to the sounds of Freddy Kelleher, The Music Man. Enjoy a complimentary cup of coffee and doughnut. Blood pressure screening is available by Medic Rescue. You can visit with over 20 vendors to learn about services and programs available to older adults.

This event is brought to you by the Beaver County Office on Aging in cooperation with premiere sponsors Medic Rescue and Concordia Visiting Nurses.

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Senior Farmers Market Voucher Distribution Schedule

- Income-eligible Beaver County residents age 60 and older can four \$5 vouchers for a total of \$20 to spend at the Farmers Markets for locally grown fruits and vegetables.
- Household income may not exceed \$23,107 for 1 person and \$31,284 for 2 persons.
- Vouchers are distributed on a first come, first serve basis, while supplies last at each site. One set of vouchers is permitted per person per season. If you sign up at a Farmers Market location, you can shop on the spot.
- Beaver County Office on Aging will be at the sites to answer questions and provide information.
- If you need a proxy form to pick up vouchers for someone who cannot get to the distribution site, contact the Beaver County Office on Aging at 724-847-2262 or 888-548-2262. The proxy form is on the Office on Aging page of the Beaver County website at www.beavercountypa.gov. Look for the proxy form under Related Links. You will need to print out both sides of the form.

Community Sites

Monday, June 17, 9:30 a.m.-11:30 a.m.

Midland Health and Wellness Center (Beside Rite Aid)
901 Midland Ave.
Midland, PA 15059

Monday, June 17, 1-3 p.m.

Hanover Township Fire Department
Rt. 18 Station, 2697 State Rt. 18
Hookstown, PA 15050

Tuesday, June 18, noon- 4 p.m.

Baden Circle of Friends
St. John the Baptist Church (school building)
371 Linmore Ave.
Baden, PA 15005

**New
Location**

Wednesday, June 19, 2-7 p.m.

Center at the Mall (Near Rural King)
284 Beaver Valley Mall Blvd.
Monaca, PA 15061

**New
Location**

Friday, June 21, 1-3 p.m.

Saint Titus Roman Catholic Church
Titan Hall, 952 Franklin Ave.
Aliquippa, PA 15001

Farmers Market Sites

Tuesday, June 18, 3:30-6:30 p.m.

Chippewa Farmers Market
Chippewa United Methodist Church parking lot
Intersection of Shenango and Darlington Roads
Beaver Falls, PA 15010

Saturday, June 22, 10 a.m.-1 p.m.

Beaver Farmers Market
Courthouse Parking Lot
Beaver, PA 15009

Monday, June 24, 3:30 -6:30 p.m.

Beaver Falls Farmers Market
Brodhead Apartments Parking Lot, 712 12th St.
Beaver Falls, PA 15010

Wednesday, June 26, 3:30-6:30 p.m.

Aliquippa Farmers Market
United Methodist Church Parking Lot
Brodhead/Chapel Roads
Aliquippa, PA 15001

Tuesday, July 9, 3:30-6:30 p.m.

New Brighton Farmers Market
Parking Lot at 5th Ave. and 12th St.
New Brighton, PA 15066

Thursday, July 11, 4-7 p.m.

Ambridge Farmers Market
Park Road (Use 8th St. to Park Rd.)
Ambridge, PA 15003

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Social Security Office Relocates

The Ambridge Social Security office will relocate to 350 Logan Lane, Harmony Township June 3. It is across from Sheetz and Aldi in Baden. Operations at the Ambridge office ended at the close of business May 30. Office hours are 9 a.m. to 4 p.m. Monday, Tuesday, Thursday and Friday, and 9 a.m. to noon on Wednesday. The new Harmony office will be closed the week of June 24 for construction work. It will reopen July 1. For Social Security services, call toll-free at 1-800-772-1213.

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Zucchini Soup

2 Tbs butter
2 Tbs olive oil
1 small onion, chopped
1 clove garlic, minced
1 ½ pounds zucchini, sliced into quarters
½ C water
1 C vegetable stock
Salt and pepper to taste

Melt butter and olive oil in large saucepan. Add onion, garlic, salt and pepper. Saute until the onion is translucent. Add zucchini and cook at moderate heat for 10 minutes. Add water and stock, and simmer for 10 minutes. Transfer soup to blender and puree. Return soup to saucepan and heat through and serve.

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Beaver County Commissioners present Older Americans Month proclamation at Senior Centers

Older Americans Month Theme: Connect, Create, Contribute



Beaver County Commissioner Tony Amadio presented an Older Americans Month proclamation May 15 to Center at the Mall in honor of Older Americans Month, recognizing all that Beaver County older adults do to Connect, Create and Contribute to the community. Throughout the day, participants enjoyed beach ball volleyball and bingo.

The same day, Commissioner Sandie Egley presented a proclamation at the Circle of Friends New Brighton center, and Commissioner Dan Camp presented a proclamation at the Circle of Friends Baden center.

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Dine and Discover Features the Benefits of the Mind Diet



Erika Sheffield, dietitian with Heritage Valley Health System, discussed how to keep your mind sharp and to prevent declining brain health as you age through the Mind Diet May 15 at Dine and Discover held at Center at the Mall. The Sixty participants enjoyed a healthy meal featuring this diet which combines parts of both the Mediterranean diet and the DASH Diet (Dietary Approaches to Stop Hypertension).

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How to reach the Beaver County Office on Aging:

Address: 1020 8th Ave., Beaver Falls, PA 15010

Phone: 724-847-2262 (local calls); 888-548-2262 (long distance)

Fax: 724-847-3490

TDD: 724-728-5700

Email: [aging @bcoa.us](mailto:aging@bcoa.us)

Website: www.beavercountypa.gov/Depts/OOA