

Beaver County Office on Aging

News You Can Use

-This month we observe: April 1, April Fool's Day; Good Friday, April 19; Easter, April 21; Earth Day, April 22; Eastern Orthodox Easter, April 28.

-The Pennsylvania statewide opening day for trout fishing is April 13.



A Moment in Time-Beaver County History Tidbits

•Judy Hult Howe of Beaver was on the six-member 1956 U.S. Women's Olympic Gymnastics team competing in Melbourne, Australia.

•Joe Tonti of Midland was known as a professional strongman. During the 1930's and 1940's, he was known as the Upside Down Man for tricks performed while standing on his hands including pulling an 11,500 pound truck, walking down 143 flights of steps and balancing an 175-pound weight on the back of his neck.



The History of Food in Beaver County will be featured during Beaver County History Weekend May 4 and 5 at 17 historical sites

How was food grown, transported and prepared? Why do we eat certain food? How have foods of different ethnic groups evolved? Our food was influenced by the Native Americans who lived here as well as settlers who later farmed here. It was further shaped by the many nationalities who arrived to work in the steel mills, as well as the entrepreneurs who opened hotels and restaurants. Then wartime food and its preparation varied from home to the battlefield. More recently, food plays an important role in community, church and school activities.

You can learn about this evolution of food at our historical sites. Details, dates and times are available at visitbeavercounty.com and bchrlf.org or by calling the Beaver County Historical Research and Landmarks Foundation at 724-775-1848.

Prior to History Weekend, each public library will conduct book discussions on a different food-themed book during April. Contact your local library for details, dates and times.



A Step in Time—Just Keep Moving

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

It is important to keep moving. There have been tons of studies saying how movement, walking and exercise keeps the mind alert, helps the body function well and prevents falls. It is no secret that a fall can set an older person back a bit, from bruises and soreness or worse, a broken bone requiring surgery and recovery time. Sometimes after a fall, older adults can be fearful of falling again and sometimes choose to sit and not move around much.

The Beaver County Office on Aging has its spring classes of Healthy Steps for Older Adults and Healthy Steps in Motion to encourage you to take good steps to be healthy and safe at home in addition to being active. Consider taking part in these programs.

Get in stride with Healthy Steps for Older Adults

Learn how to prevent falls plus stay healthy and active by signing up for the Healthy Steps for Older Adults, sponsored by the Beaver County Office on Aging and the Pennsylvania Department of Aging for adults age 55 and older. Trained staff and volunteers will provide information on preventing falls and injuries, moving and staying active, making your home safer, managing your medications, talking with your doctor, securing proper foot care and footwear, knowing what to do if you fall, learning good nutrition and locating fitness programs.

The program starts at 9 a.m. at each location. A deluxe continental breakfast will be served at the Center at the Mall location, and lunch will be served at the Circle of Friends sites. Participants need to register in advance by calling a center where you want to attend. There are several forms to complete for the program, and it is best to do this in advance.

The program will be held at the following sites:

- April 25, Center at the Mall, 284 Beaver Valley Mall Blvd., Monaca, PA 15061, next to Hallmark, 724-728-1422
- May 3, Circle of Friends Baden, 371 Linmore Ave., Baden, PA 15005, 724-869-4224
- May 4, Center Township Recreation Department, Center Township Fire Hall, 3385 Brodhead Road, Aliquippa, PA 15001, 724-777-7971
- May 10, Circle of Friends New Brighton, 1851 3rd Ave., New Brighton, PA 15066, 724-846-1959

Take Another Healthy Step toward wellness with Healthy Steps in Motion exercise classes

Participants of the Healthy Steps for Older Adults program and others may want to consider participating in the exercise portion of the program. A Healthy Steps in Motion (HSIM) class will be offered beginning May 14 at Circle of Friends New Brighton, 1851 3rd Ave., New Brighton, on Tuesdays and Thursdays for four weeks.

HSIM includes education and exercise and is taught by a certified instructor. The group learns the right way to do certain exercises as they are guided through them together. The group also learns an exercise routine: a 10-minute warm up, followed by balance and strength exercises (and/or aerobics) and ending with a cool-down and stretching.

HSIM participants will:

→reduce the risk of falling.

- learn new exercises.
- learn the parts of an exercise routine.
- build strength, especially in the lower body.
- increase flexibility to improve movement.
- improve balance.

Classes will be:

Tuesdays, May 14, 21, 28, and June 4 from 1:00-2:00 p.m.

Thursdays May 16, 23, 30, and June 6 from 11:00–noon.

To register, call the center at 724-846-1959.

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Orzo and Herb Pilaf

- 1 ½ Tbs. butter
- ½ C chopped yellow onion
- ¾ C uncooked orzo
- 1 ½ C chicken broth
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 C halved cherry tomatoes
- 3 Tbs. chopped fresh flat leaf parsley
- 1 Tbs. chopped fresh dill

Melt butter in saucepan over medium-high heat. Add onion and saute 3 minutes. Add orzo, cook 2 minutes, stirring frequently. Stir in broth, salt and pepper and bring to a boil. Cover, reduce heat and simmer 10 to 12 minutes until most liquid is absorbed. Remove pan from heat; let stand covered for 5 minutes. Stir in tomatoes, parsley and dill.

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Last chance to get your income taxes prepared at the 2019 Beaver County AARP Tax Aide Sites

Trained AARP Tax Aide volunteers will assist low and moderate income taxpayers with filling out tax returns for free at the following sites through April 12.

- Beaver Memorial Library, 100 College Ave., Beaver, PA 15009, Monday and Friday, 9:30 a.m.-2 p.m., by appointment only; call United Way of Beaver County at 724-774-3210 from 9 a.m.-4 p.m. to schedule.

- Pathway Church, 2390 Braun Road, Beaver Falls, PA 15010, Chippewa Township, Wednesday, 9:30 a.m.-2 p.m., by appointment only; call United Way of Beaver County at 724-774-3210 from 9 a.m.-4 p.m. to schedule.
- Circle of Friends, 371 Linmore Ave., Baden, PA 15005, Tuesday and Friday, 9 a.m.-1 p.m., by appointment only; call 724-869-4224 to schedule. A Spanish speaking tax counselor will be available at this location.
- Center Township Fire Hall #1, 3885 Brodhead Road, Aliquippa, PA 15001, Monday, Tuesday and Thursday, 10 a.m.-2 p.m., by appointment only. Call 724-508-3401 to schedule.
- New Life Presbyterian Church, 2795 Patterson Drive, Aliquippa, PA 15001, Tuesday, 10 a.m.-2 p.m.; walk-in only.

Membership in AARP is not required. Some complex tax returns may be out of the scope for this service.



Prescription Drug Take Back Box locations

Safely dispose of your old medications by using the Beaver County District Attorney's office Prescription Drug Take Back Boxes located throughout the county. Do not deposit syringes or liquids in the box.

The locations are:

- Ambridge Police Department, 600 11th St., Ambridge.
- Beaver Police Department, 469 Third St., Beaver.
- Beaver County Courthouse, 810 Third St., Beaver.
- Beaver Falls Police Department, 715 15th St., Beaver Falls.
- Brighton Township Police Department, 1300 Brighton Road, Brighton Township.
- Center Township Police Department, 224 Center Grange Road, Center Township.
- Chippewa Township Police Department, 2811 Darlington Road, Chippewa Township.
- Economy Police Department, 1000 Ken Campbell Way, Economy.
- Hopewell Township Police Department, 1700 Clark Blvd., Hopewell Township.
- Midland Police Department, 936 Midland Ave., Midland.
- Monaca Police Department, 928 Pennsylvania Ave., Midland.
- New Brighton Area Police Department, 610 Third Ave., New Brighton.
- New Sewickley Township Police Department, 233 Miller Road, New Sewickley Township.
- North Sewickley Township Municipal Building, 899 Mercer Road, North Sewickley Township.



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