

Penn Hills Sr. Services

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www.pennhills.org

Wm. McKinley Sr. Satellite Site

Seventh & Center Sts.
Verona (Hilltop) PA
15147
412-828-5888

Funding

Funding is provided by the Municipality of Penn Hills* and the Allegheny County Area Agency on Aging Your Local tax dollars working for you!!!

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Senior Scenes

Volume 18 Issue 9

September 2016

Thank you to our September Volunteer of the Month

Anna Cappella

There is an old saying that “good things come in small packages”. Well, September’s honored volunteer fits that saying to a “T”. This month’s Volunteer of the Month was born in Italy, and moved to France at the tender age of nine. While growing up in France, she met her husband “Frenchy” and married at the age of 21. At one point of her very busy life she worked as a presser for a cleaning shop in Paris, France. She and her husband of 46 years have 3 sons, 6 grandchildren, 2 great grandchildren, and one on the way. But when you see her, she looks like a very young lady indeed.

Anna Cappella not only finds time to watch her grandchildren, but she volunteers in our Adult Day Care Program and at St. Gerard’s Church bingo every Wednesday evening. This talented lady also speaks fluent Italian, French and English. She joined her husband here in 1960, and we are so happy that she did. She has a fantastic smile and always spreads her warmth and good humor around the Center. Please give a big “thank you” to our ‘little’ Anna. God bless you so many times, and may you be a volunteer with us for many years to come.



The Penn Hills Home Delivered Meals Program Celebrates 30 Years of Excellence

The Penn Hills Senior Service Center is so very proud to be celebrating 30 Years of Excellence in providing the Home Delivered Meals Program to our community’s homebound elderly. Yes, that’s right **30 years!**

When we began in 1986 we were providing meals to only 20 consumers. At present, we are delivering a breakfast and a lunch to between 180-192 consumers a day, which is roughly 384 meals daily! We started out with 1 car, 4 drivers and 4 runners. We now have 4 routes, 5 cars, (4 provided by the Municipality and the 5th from a special grant from the County) plus one walk over route. Also, we now have 12 drivers and 9 runners. We started with 1 staff and 3 volunteers to pack meals. We now have 1 staff and 11 volunteers to pack the meals for delivery. We have packaged and delivered over 900,000 meals in 30 years. Amazingly, we have had only two HDM Coordinators, the late Kay Ray and presently Jan Austin, both of whom have headed the Program with expertise, patience and responsibility. Many of our HDM volunteers volunteer within the Center in other programs too, and we are so very blessed.

Continued on Page 3



**Phyllis Ann
Paciulli
Director of the
Penn Hills
Senior Center**

REMINDER: BOTH THE JEFFERSON ROAD AND MCKINLEY SENIOR SITE WILL BE CLOSED ON MONDAY, SEPTEMBER 5TH IN OBSERVANCE OF LABOR DAY. HAVE A PLEASANT WEEKEND.

Center Security Surveillance: many of you have already seen some new objects on the ceilings in the hallways, lunch room, etc. These new objects are security cameras. The security cameras are now functional. The last part of this installation will take place in the parking lot shortly. The cameras record 24/7, 365 days a year. This action was taken to provide the best safety for our seniors and staff.

Veteran's Meeting: will be held on Thursday, Sept. 15th. Notices will be sent out, please try to respond to the notice. It helps in planning the menu. This group has been meeting for 13 years! If you are a veteran and would like to attend, just call the Center at 412-244-3400 to let us know. If you like the meetings, tell us, and we will add you to our mailing list. If you are currently on the mailing list and do not want to get notices, please call the above number and ask to be taken off the list.

Annual Summer Picnic: Please remember that all the planning for this year's event has been done by YOUR Advisory Council members. So please support their effort. They want to make a difference here at the Center.

Something New: Beginning September, 'open office' time will be available to those of you who have ideas and, yes, complaints that need to be addressed. The first date of this new venture will be Tuesday, September 13, 2016 from 9 am to 10:30 am and will continue on Tuesdays except for holidays and vacation. I can't promise that all problems will be solved, but together we can work towards that end. We will do this on a trial basis.

MindMatters: this is a new program from the Pennsylvania Department of Aging. There will be 10 topics of interest, i.e., A Crash Course on Politics and Religion, Betsy Ross: The Making of the Myth, Be a Spring Chicken—Stay Young Forever, Gardening and Planting, the Science of Dreams, to name a few. They run an hour and are presented via television, and we can schedule them at our own time. The idea is to watch the program and then have a short discussion afterwards. I know you have many interests and am hoping that this may be something to attract you. The program will be offered twice a month on Thursdays, between 10:30 am and 11:30 am. All the details have not been worked out, but we are hoping to take it one step further and have people experienced in the topics, i.e., physical therapist, gardener, maybe a tarot card reader, etc.. Who knows?!?!? No one has approached the staff regarding this program which is surprising. When we walk around the building we see groups of seniors clustered together 'discussing' the changes in this Center that seem to upset them, but never changes that have been offered to involve them in many ways??? We have asked for suggestions but meet with criticisms on all fronts when something new is offered. Your participation in new programs will not put a feather in my cap, but will show that this Center is a very important part of your life and your community. Think about it.

From time to time an idea is put forth to you in this column which is totally ignored. If we do not step up to the plate and offer some new programs, then where will we be? You are not doing this for me, it is for the good of the Center and yourself. Keep that in mind when you decide to totally blow off any and all suggestions.

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Word Search
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30 Years of Excellence.....continued from page 1

There have been numerous people who have volunteered for this program during these 30 years—some have moved, and many others have passed. We are so very proud to say that two of the original volunteers are still very active with the program. They are Phil Gianfrancesco and Teresa Giarnelli. Their devotion and loyalty to the HDM program is just absolutely amazing. We, all of the staff and volunteers, and especially Jan and her corps of volunteers, are so very proud to thank them both for all they have done.

On behalf of the Penn Hills Senior Service Center, I want to wish the HDM Program a very Happy Birthday! We hope that they will have many more years of delivering exceptional service to the Municipality of Penn Hills, our wonderful seniors, and especially to our homebound elderly.

LUNCH & LEARN SERIES

Falls Prevention—ESSM: will be the topic of Anne Wuenschel's next presentation here on **Thursday, Sept. 8**. She will be in the Center lunchroom between 10:15 am and 11:15 am. Anne has a great relationship with many of our seniors, so make plans to stop by.

UPMC Osteoporosis & Bone Health: This presentation will be held on **Tuesday, Sept. 20** beginning at 10:15 am. The people who offer these presentations are experts in their field and having them here is both a privilege and honor.

Bethany Hospice: Morgan will be here on **Wednesday, Sept. 28** between 10:15 & 11:15 am. Please make plans to join Morgan so she can give you a better understanding of the differences between Home Health Services, Palliative Care and Hospice Services. You may know someone who is need of these services but has no idea how to approach the subject—bring them along.

FLU SHOTS

Yes, we are fast approaching that time of the year again!! Diane Fitzhenry, Director of Penn Hills EMS has called to give me the tentative schedule for the Flu Shot Clinics here at the Jefferson Center, and at the McKinley site for **OCTOBER**. Please make a note of the dates and times:

Jefferson Road Site:

Wednesday, October 5, 2016—9 am to noon
 Wednesday, October 12, 2016—9 am to noon
 *Wednesday, October 19, 2016—9 am to noon

McKinley Site:

Monday, October 3, 2016—9 am to 11 am
 Monday, October 17, 2016—9 am to 11 am

*there will be a Health Fair on Wednesday, October 19, 2016 through UPMC along with the Flu Shot Clinic here at the Jefferson Road site. There will be more info in October's newsletter along with any changes, etc.

RUMOURS

To save all of the people who "know the scoop" some time, let me tell you, **YES**, the Adult Day Care Program is coming to an end as of October 30, 2016. This was a hard decision to make. We have come to realize that we cannot operate a program as costly as the Adult Day Care Program, with only 3 or 4 participants. We have offered this program to the senior residents of the area for over 23 years, and have seen a continual decline. Back in 2011, we had at least 8 participants. At one time, we had as many as 12. So it is due to this lack of participation, and, quite frankly, the cost, that we have had to think about what is best for the consumers, their families, the staff, volunteers, and residents of Penn Hills. To save further chit chat, it has nothing to do with the recent retirement of two staff members. This decision has been under consideration for the past 4 years.

Highlights of Jefferson Center Day/Evening Trips for August
Sign-up sheets will be available the first business day of the month at 9:00 am

THE SENIOR CENTER WILL BE CLOSED MONDAY SEPTEMBER 5TH IN HONOR OF LABOR DAY.

September 14—Wednesday—Let's Eat Out

Roland's Seafood Grill in the Strip District

We will leave the Center at 5:00 pm with a return pickup at 7:30 pm

September 15—Thursday—Walmart—

We will leave the Center at 11:00 am with a return pickup at 1:30 pm.

September 16—Friday—Rivers Casino

We will leave the Center at 11:00 with a return pickup at 5:30 pm

September 17—Saturday—Oaks Theater—Beatles Tribute Show

(Special and final show of Michael Brown)

Table seats for \$20.00—You may purchase food and drink

We will leave the Center at 6:30 pm with a return pickup at 9:30 pm

September 21—Wednesday—Celebrate Monroeville International Food Festival and Trade Show

Monroeville Convention Center—Free Admission—Craft Show and Sample food from restaurants in Monroeville—

We will leave the Center at 3:00 pm with a return pickup at 7:00 pm

September 29—Thursday—Monroeville Mall—

We will leave the Center at 10:00 am -- return at 1:30 pm

September 30—Friday—Rivers Casino

We will leave the Center at 12:00 pm

with a return pickup at 6:00 pm

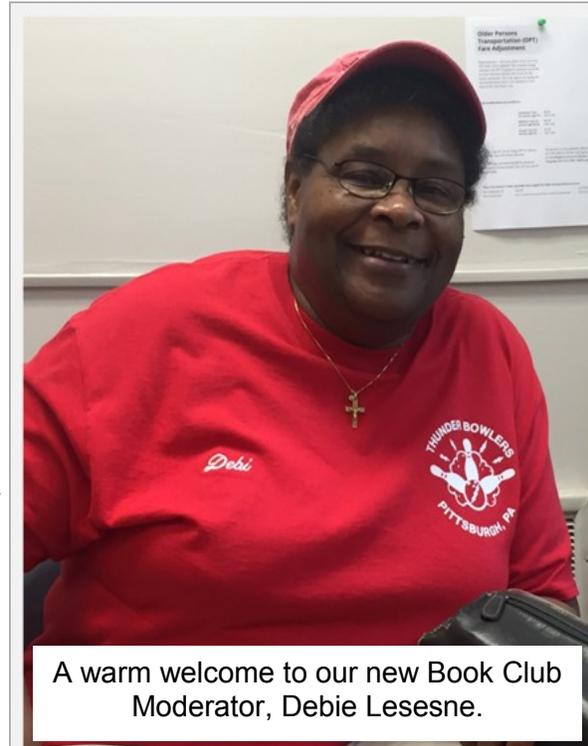
October 6—Thursday—

O'Reilly Theater for the play—Fantasticks

This is a story of two fathers trying to match make their daughters and sons. This is a pre-show party with light sample food, beer, and coffee Cost is \$27.00 payable upon signup.

We will leave the Center at 6:30 pm

with a return pick up at 10:30 pm



A warm welcome to our new Book Club Moderator, Debi Lesesne.



Front L to R Bruce Amshel, Fred Dixon, Shirley Haerr and Carolyn Smith. Back Row. Mark Areznia and Larry Gage

Highlights of Jefferson Center Plans for June

September 2, 9,16, 23 & 30—Fridays—**Bible Study**—Blue Room—10:00 am

September 2, 9,16,23, & 30—Fridays—**Bridge**—12:30-3:00—New Players Welcome—Blue Room

September 6,13, 20 & 27—Tuesday—**Fiber Arts**—1:30 pm

Fiber Arts is making a small detour away from fibers to work with clay in September. Turn your clay project into that perfect gift for that special person in your life.

September 7—Wednesday—**Camera Club**—10:00 am –Noon—Café 147

September 7,14, 21 & 28—Wednesdays—**Knitting**—Blue Room—We will furnish the supplies

We are in need of knitters and crocheters to help us make lap robes for badly wounded soldiers.

September 8—Thursday (*Always second Thursday of the month*)—**Book Club**—1:00—in the Blue Room

We will be reading "X" by Susan Grafton. Everyone is welcome.

September 12, 19, 26—Mondays—**Yoga**—2:45-4:15—Exercise Room

September 20—Tuesday—**Seniors for Safe Driving**—12:30-4:30 pm—(Penn Hills Senior Center)

September 20—Tuesday—**Big Bingo**—12:30—(3:00 Every 3rd Tuesday of the Month)

September 23—**Friday Night Bingo**—6:45

September 30—Friday—**Free Bingo**—Every last Friday of the month when the Senior Center is open.

Fall Schedule—Community College of Allegheny County

Class	Location	Instructor	Day	Start	End	Start	End
Arts and Crafts	Penn Hills	Cathie Vallas-McKinzie	Thursday	9:30 am	11:30 am	10/20/16	11/03/16
Fraud Prevention	Penn Hills	Jeanette Matthews	Wednesday	12:00 pm	1:30 pm	11/02/16	11/23/16
Tai Chi	Penn Hills	Don Drolet	Monday	12:30 pm	2:00 pm	9/19/16	11/07/16
Intermediate Spanish	Penn Hills	Maurilia Silva	Tuesday	1:30 pm	2:30 pm	10/11/16	11/22/16
Arts and Crafts	Penn Hills William McKinley	Cathie Vallas-McKinzie	Friday	9:30 am	11:30 am	9/02/16	11/04/16
Restoration & Relaxation	Penn Hills William McKinley	To Be Announced	Wednesday	10:00 am	11:30 am	11/02/16	11/30/16
Tai Chi	Penn Hills William McKinley	To Be Announced	Wednesday	10:00 am	11:30 am	9/07/16	10/26/16
Recreational Card Games	Penn Hills William McKinley	Remelle Adams	Friday	9:30 am	11:30 am	9/09/16	11/18/16

Notes From McKinley ...*Mary Anne Sciullo-Site Supervisor*

In a world where you can be anything,
be kind.

Lori Deschene



Too many people overvalue
what they are not, and
undervalue what they are.

Malcolm S. Forbes

Thanks to a generous donation from the family of Foula Davison, we have purchased a 55" large screen TV and a Wii entertainment center complete with games, sports and dancing. Bowling seems to be the favorite. Foula was one of a kind and is remembered with only good thoughts. Her presence will be here every day now, as I'm sure Foula is looking down and smiling at this wonderful new way her extended family is having fun! What a fantastic tribute to remember her always. I would like to give a special thanks to Ken Lane for his technical skills. We couldn't have done this without his help.

Now that we have a wonderful big TV, we will have a "Movie and Treat Day" once a month, probably on the third Friday of the month. A sheet will be available at the sign in site for you to give suggestions as to what you'd like to watch.

September Day/Evening Trips

September 7—Wednesday—Red, White and Blue Store in Avalon — OPT at 1:00 pm

October 7—Friday—Meadows Trip with Urso Tours—\$20 pre-paid cash and you get back \$25.00. Your payment is your reservation. We will leave the McKinley Center promptly at 9:00 am and the casino promptly at 3:00 pm.



Peg Register, Laraine Ehrlick, Donna Sterling, & Dottie Slagle on "Crazy Hair Day".

Enjoy
the
Little Things



Jim and Aleta White at Narcisi Winery — winning a free bottle of wine.

Highlights of McKinley Center Plans for September

September 1,8,15, 22, 29—Thursdays—**Chair Yoga with Debbie** at 10:00 am

September 5—Monday—**Senior Center CLOSED for Labor Day**

September 6—Tuesday—**Last monthly treat. Smores** for everyone!

September 7, 14, 21, 28—Wednesdays—**Tai Chi with CCAC** starts up again at 10 am

September 9—Friday—**Learn New Card Games with CCAC**

September 9—Friday—**Annual Summer End Picnic held at the Jefferson site.** The McKinley Center will be open this year for anyone not attending the annual picnic.

September 12,19, 26—Mondays—**Art Class with Mary Ann** at 9:00 am

September 13—Tuesday—**Outreach Coordinator Mary Horror** will be here to answer any questions that you may have—9:30 am—**Pokeno** will follow..

September 16—Friday—**CCAC Crafts** at 9:30 am

September 20—Tuesdays—**Representatives from National Insurance** will be here at 9:30 with donuts and will be available for you to approach and ask any concerns or questions you may have with Medicare.—**Pokeno** will follow.

September 23—Friday—**Book Club**—10:00 am

We will be reading “Born to Lose” by James Hollock. This is a true story of a small time Pittsburgh hoodlum named Stanley Barton Hoss who became one the “Ten Most Wanted” on the FBI list.

Save the Date

October 28—Friday—**Halloween Party**

Entertainment by our funny girl, Trina Janura from West Virginia. More details in the October Newsletter.



SENIOR TRAVELS



October 12-13— Seneca Casino and Resort trip has been canceled.
Your checks should have been received. Contact me if you did not receive it.

December 31—New Year's Eve Day at the Rivers Casino \$26 per person payable to Penn Hills Senior Services [Rivers] on the memo line. We will leave Penn Hills #7 Fire Hall at 11:30 a.m. and leave the Rivers at 6:15 p.m...Your check will be your reservation. Bonus is \$20 slot play and \$5 food coupon. Payment **MUST** be made by November 20. Thanks, Yvonne

March 26, 2017 —August Wilson Center with a performance by the Pittsburgh Ballet and the Dance Theatre of Harlem. We will go by OPT, so you must be registered and have an account. Ticket price is \$40.00 p.p. I will only have 14 tickets available.

**Penn Hills Cinemas
50th Anniversary**

The official anniversary date is September 8th, a Thursday, on which all snacks will be sold at 1966 prices.

**Let's all go and support our
Movie Theater.!!!**



And people should eat and drink
and enjoy the fruits of their labor,
for these are gifts from God.
Ecclesiastes 3:1

**Better Choices,
Better Health
Workshops**

**Remember you must register
for these free workshops
by September 27th.**

**We need at least 10 more
people to sign up.**

**Call Lena Natalia at
412-244-3405**

**Congratulations
to our
50/50 Raffle Winner**

Willa Croumbles

**The Penn Hills St. Vincent de Paul Thrift Store
in the Ritzland Plaza on Frankstown Road
will be holding their quarterly sale on**

Friday, September 23rd and Saturday, September 24th.

**Everything in the store is half off!!!
There is something for everyone!
Come check it out!!!**



30 Year HDM Volunteer Phil Gianfrancesco



30 Year HDM Volunteer Teresa Giarnelli

In Celebration of 30 Years of Excellence



HDM kitchen volunteers (L to R) Ellie Atkins, Helen Hughes, and Rose Walker with Michael Gianfrancesco in front.

PLACES TO WALK *By Shirley Haerr*

D	O	L	S	A	H	S	C	R	H	T	Y	T	C	I	T	A	S	O	H
E	L	C	G	P	T	Y	B	R	T	P	S	K	E	S	L	O	T	H	T
Y	W	I	L	D	S	I	D	E	A	R	K	L	A	W	D	R	A	O	B
S	C	A	E	E	C	L	P	C	P	N	G	Y	A	R	E	O	K	T	C
S	L	M	V	S	B	R	O	D	A	X	P	T	N	A	R	N	R	C	E
A	S	O	S	X	A	R	H	U	O	S	K	G	D	F	O	S	I	O	S
R	O	A	I	C	T	A	Z	N	T	H	E	M	O	O	N	T	Y	A	T
G	I	O	D	E	R	T	I	R	Y	K	I	C	K	M	T	H	N	L	E
A	N	E	E	N	B	T	Y	S	Q	L	U	H	U	L	I	E	W	S	G
T	R	R	W	A	N	E	A	E	L	U	X	E	E	K	A	B	R	O	B
I	V	L	A	M	R	E	A	D	K	E	K	P	D	V	P	W	U	E	P
G	T	E	L	F	G	R	S	C	V	P	G	I	E	R	O	O	T	D	R
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B	L	W	A	W	A	T	Y	K	T	E	L	W	H	N	K	W	S	A	H

AISLE**HOT COALS****STREET****AVENUE****PATH****THE MOON****BEACH****PROMENADE****TIGHTROPE****BOARDWALK****RED CARPET****TRACK****CATWALK****SIDEWALK****TRAIL****GANGPLANK****SPACE****TREADMILL****GRASS****WILD SIDE**

JEFFERSON

MONDAY

FITNESS MATTERS 10:15 - 11:15
 BILLIARDS 10:30
 AQUA AEROBICS 9:30 - 10:30
 BLOOD PRESSURE WITH
 SHIRLEY 11:15 - 12:30
 CERAMICS 9:30 - 12:30
 500 CARD CLUB (1ST & 3RD) - 12:30
 YOGA - 2:45 - 4:00

TUESDAY

TABLE TENNIS 8:00 - 9:00
 BILLIARDS 10:30
 MEXICAN TRAIN DOMINOES
 10:00 - 11:30
 FIBER ARTS 1:30 - 3:00

WEDNESDAY

CAMERA CLUB 1ST WEDNESDAY
 - 10:00 AM
 CERAMICS CLASS 1 9-12:30
CLASS 2 11-2:30
 FITNESS MATTERS 10:15 - 11:15
 BILLIARDS 10:30
 KNITTING CLASS 1:30 - 3:30
 AQUA AEROBICS 9:30 - 10:30

THURSDAY

TABLE TENNIS 8:00 - 9:00
 QUILTING GROUP 9:00 - 11:00
 BILLIARDS 10:30
 LINE DANCING 10:00 - 11:15
 BOOK CLUB (2ND THURSDAY) 1:00

FRIDAY

BIBLE CLASS 10:00
 CHAIR EXERCISE 10:30
 BILLIARDS 10:30
 TOPS WEIGH-IN 11:15-12:00
 MEETING 12:15
 PINOCHLE 12:30 - 3:00
 BRIDGE 12:30 - 3:00

**ACTIVITIES
 September 2016**



**“Enjoy the little things,
 for one day you may look
 back and realize
 they were the big things.”**
Robert Brault



**Advisory Council Meeting
 will be held on
 Wednesday, September 14th
 at 12:30 pm**

MCKINLEY

MONDAY

ART AND PAINTING CLASS 9:00
 PUZZLES
 CARD CLUB 10:00
 LUNCH 11:30
 BINGO 12:00
 SOCIALITES WEIGH-IN 5:30 -
 6:00 MEETING 6:00-6:45

TUESDAY

PUZZLES / POKENO 10:00
 LUNCH 11:30
 BINGO 12:00

WEDNESDAY

BLOOD PRESSURE
 WITH MARY 9:30 - 10:00
 PUZZLES
 MICHIGAN RUMMY 10:00
 TAI CHI 10:00
 LUNCH 11:30
 BINGO 12:00

THURSDAY

PUZZLES
 DOUBLE POKENO 10:00
 CHAIR YOGA 10:00
 LUNCH 11:30
 BINGO 12:00

**FRIDAY
 PUZZLES**

1ST FRIDAY CRAFTS
 2ND FRIDAY MIND GAMES
 10:00
 3RD FRIDAY DOMINOES AND
 GAMES 10:00
 4TH FRIDAY MONTHLY READ
 BOOK CLUB 10:00

READ NEWSLETTER ONLINE AT:

To read the newsletter in color—
 visit our online copy at the
 Municipality of Penn Hills
 Website:

<http://pennhills.org/>

SEPTEMBER 2016

CALL LINDA FOR LUNCH AT (412) 244-3410 OR (412) 244-3401

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Happy Labor Day!</p>			1 PORK THIN GRAVY LEMON POTATOES STEWED TOMATOES CANTALOUPE	2 MEATLOAF GRAVY WHIPPED POTATOES GREEN BEANS APPLE	CALL FOR LUNCH THE DAY BEFORE - BEFORE 11 AM
5 CLOSED	6 BAKED COD SCALLOPED POTATOES BROCCOLI SLICED PEACHES	7 COLD ROAST BEEF SANDWICH COLESLAW BEAN SALSA PLUM	8 ITALIAN SEASONED CHICKEN SPINACH SALAD RICE PILAF APPLE	9 TERIYAKI MEATBALLS WHIPPED POTATOES SLICED CARROTS CHOCOLATE CAKE	HOME DELIVERED MEALS (412) 244-3408
12 PORK LOIN LIMA BEANS BROWN RICE PILAF SLICED PEACHES	13 CHICKEN SALAD MACARONI SALAD TOMATO SALAD NECTARINE	14 BOW TIE PASTA WITH MEAT SAUCE GREEN BEANS TOSSED SALAD FRUIT COCKTAIL	15 CHICKEN LEG AND THIGH LEMON POTATOES BROCCOLI PLUM	16 SWISS STEAK SCALLOPED POTATOES GREEN BEANS CANTALOUPE	FOR LUNCH AT MCKINLEY CALL MARY-ANNE AT (412) 828-5888
19 TURKEY THIN GRAVY STEWED TOMATOES NOODLES APPLE	20 BAKED COD CHEESE TORTELLINI GREEN BEANS ORANGE	21 STUFFED CABBAGE WHIPPED POTATOES CARROTS ORANGES AND PINEAPPLE	22 TUNA SALAD POTATO SALAD COLESLAW PLUM	23 CHEF'S SALAD CHICK PEA SALAD WATERMELON	BIG BINGO SEPTEMBER 20TH FREE BINGO AND 50/50 SEPTEMBER 30TH
26 PEPPER STEAK THIN GRAVY WHIPPED POTATOES FRUIT COCKTAIL	27 CHICKEN BREAST THIN GRAVY BROCCOLI BROWN RICE PEAR	28 BBQ PORK AU GRATIN POTATOES PEAS AND CARROTS PITA POCKET NECTARINE	29 BAKED COD CONFETTI COUS-COUS STEWED TOMATOES CANTALOUPE	30 PASTA WITH MEAT SAUCE MIXED SALAD SLICED PEACHES	MILK AND BREAD SERVED EVERY DAY WITH LUNCH