National Senior Center Month: Powering Possibilities

Submitted by: Tawnya Hurley

Franklin County senior centers provide older adults with a welcoming place to stay active, connected, and engaged in their communities. They offer opportunities for social interaction, which helps reduce loneliness and isolation, while also promoting mental and emotional well-being. Our centers provide health and wellness programs, fitness classes, educational workshops, and recreational activities that support both physical and cognitive health.

In addition, senior centers often connect members with valuable resources and services, making them an important hub for improving quality of life and fostering independence. Most importantly, senior centers are more than buildings. They are lifelines. Senior centers are places to share stories, enjoy meals and develop friendships. Since September is National Senior Center Month, here's a look at some of the fun our participants enjoyed throughout the month!

This is the quarterly newsletter of the Franklin County Area Agency on Aging. It is published in the interest of the communities in Franklin County for the express purpose of providing information. Opinions expressed herein by the contributing editors are not necessarily those of The Golden Years Gazette or its staff and publisher. If you have questions or comments, about the newsletter please contact The Franklin County Area Agency on Aging at:

(717) 263-2153





Franklin County Area Agency on Aging Advisory Council

There will be an Advisory Council meeting held on October 28, 2025, at 9:00 am located at:

Franklin County Area Agency on Aging,

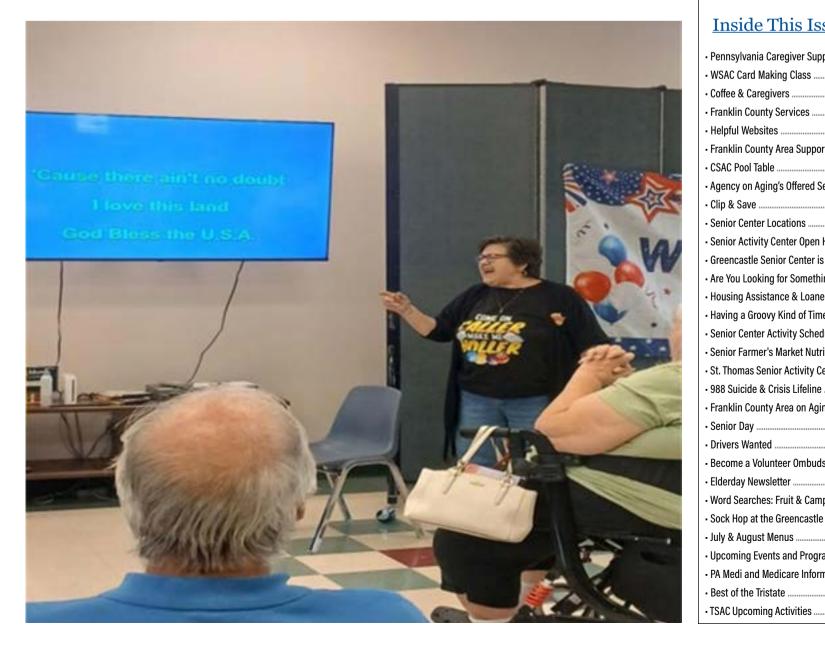
600 Norland Ave. Suite 11, Chambersburg, PA 17201

Meetings are open to the public.

The next meeting will be held on November 25, 2025. There will be no meeting held in December.

Please RSVP your attendance to Lois Steichen, Advisory Council President @ 336-283-1643 or email to loissteichen@comcast.net.

Please respond by October 21, 2025.



<u>Inside This Issue of Your Newsletter</u> Pennsylvania Caregiver Support Program...... · WSAC Card Making Class · Coffee & Caregivers - Franklin County Services - Helpful Websites .. Franklin County Area Support Groups · CSAC Pool Table - Agency on Aging's Offered Services · Clip & Save ... Senior Center Locations Senior Activity Center Open Houses Greencastle Senior Center is Moving and Grooving - Are You Looking for Something New in 2025? Housing Assistance & Loaner Closet Having a Groovy Kind of Time ... Senior Center Activity Schedule Senior Farmer's Market Nutrition Program - St. Thomas Senior Activity Center Enjoys the Positive Effects of Music 5 988 Suicide & Crisis Lifeline · Franklin County Area on Aging Presents Second Saturdays Senior Day Drivers Wanted - Become a Volunteer Ombudsman Elderday Newsletter .. Word Searches: Fruit & Camping · Sock Hop at the Greencastle Senior Activity Center July & August Menus ... · Upcoming Events and Programs at Grove Family Library - PA Medi and Medicare Information Best of the Tristate

PENNSYLVANIA CAREGIVER SUPPORT PROGRAM

The Pennsylvania Caregiver Support Program offers resources and assistance to those managing care for a care-dependent older adult as well as grandparents and older relatives caring for children. The program works to ease the stress of caregiving by focusing on caregiver well-being. The Caregiver Support Program provides reimbursement for caregiving expenses, such as respite, personal care and caregiving supplies and services. Caregiving education, training, and support are also offered. Eligibility is determined by the caregiver's age and the household income of the care receiver. The Caregiver Support Program is administered locally by the Franklin County Area Agency on Aging. For more information, please call (717) 263-2153.



Helpful Websites

Department of Aging:

Resources to all Aging assistance, senior centers, meals, PACE, Caregiver Support, reporting elder abuse, adult day centers, and all of the latest news www.aging.pa.gov

Birth Certificate/Death Certificate:

https://www.health.pa.gov/topics/certificates/pages/vital%20Records.aspx

Income Tax/Rent Rebate:

https://www.revenue.pa.gov/Pages/default.aspx

<u>Medicare:</u>

Find drug plans, doctors & clinicians, hospitals, home health services, nursing homes, hospice care, inpatient rehabilitation facilities, long-term care hospitals, dialysis facilities

https://www.medicare.gov/

Personal Care Homes:

This website lists County Assistance programs.

www.dhs.state.pa.us

On the left select "Programs and Services". On the next page on the left select "Providers & Licensing". On the next page scroll down in the middle to "Personal Care Homes & Assisted Living Residences". On the next page in the middle select "Looking for information about an existing PCH or ALR". Enter in County: FRANKLIN, Enter in Service Code: PERSONAL CARE HOMES, then hit submit search and a report will populate below with all PCH homes in Franklin County.

Public Utility Commission:

https://www.puc.pa.gov/

Publications and other materials:

Victims' Services

https://www.pa.gov/agencies/pcv.html
Click on Available Services

PA Commission on Crime & Delinquency

717-705-0888/Toll Free 1-800-692-7292 extension 3227

Crime Victims Compensation Program / Victim Compensation Assistance Program

https://www.pa.gov/agencies/pcv.html
Click on Victims Compensation Assistance Program
1-800-233-2339 or 717-783-5153





Franklin County Area Support Groups

Alcoholism/Addiction

Alcoholics Anonymous 1-800-296-9289 Narcotics Anonymous 1-800-445-3889

Alzheimer's

Magnolias 717-264-6000 (Melissa Buksa) Group is held the last Tuesday of every month (excluding December) from 3pm. – approximately 5pm.

Providence Place 717-709-0668 Quincy Village 717-749-2300 Village of Laural Run 717-352-2721 Alzheimer's 24/7 Help Line 800-272-3900

Bariatric

WellSpan on line - wellspan.org, select "events" and sign up for Bariatric "virtual" groups.

Bereavement

Drew's Hope Grief Center 717-532-8922

Beyond Grief Support Group 717-267-2442 (Carolyn Campbell) 2nd & 4th Monday of the month from 6pm. to 7pm. Group is held at "The Hennessey House" on South 7th Street across from the Chambersburg Hospital.

Grief: Various local churches; https://www.griefshare.org/countries/us/states/pa/cities/chambersburg

Breast Cancer

Contact Amy Flagle, Day group meets at 11a.m. 2nd Thursday of the month, evening group meets at 6:30p.m. 3rd Thursday of the month @ 243 North Seventh Street "The Hennessey House" Chambersburg, PA 17201. Zoom call information is available.

You can reach Amy via email at aflagle@wellspan.org

GYN Cancer

Contact Maureen McHugh via email at mchughm27@yahoo.com or Maegen Hess at mhess321@gmail.com. This group meets at 6p.m. 3rd Thursday of the month during winter months through March and change to 6:30 in April. @ 243 North Seventh Street "The Hennessey House" Chambersburg, PA 17201

Caregiver Support Group

Elder Day 717-709-4510 (Katie Ackerman) 3rd Wednesday of the month at 2pm

Franklin County Mental Health Association

717-264-4301

Healthy Communities Partnership

Freedom from Smoking 717-264-1470

LYME Disease Support Group

Calvary Baptist Church,

1165 Crottlestown Rd, Chambersburg, PA 17201 Meetings: First Tuesday, monthly from 6-8p.m Located in the Shopping Center between Walmart & Lowes on Rt. 30 E.





REE PICK-UP

• Furniture • Appliances • Kitchen Cabinets • Lighting • Tools • Building Materials • Home Decor • Paint

YOU DON'T MAVE TO LIFT A MAMMER TO MELPI

All sales directly support the pursuit of Habitat's mission. Recycle reusable items to keep them out of landfills. Donations are tax deductible

1662 Lincoln Way East | Chambersburg, PA 17202 | 717-491-1156

CSAC POOL TABLE

Submitted by: Miranda Henry

The Chambersburg Senior Activity Center recently added a pool table for seniors to come and use at their leisure! Practice your skills and possibly participate in pool tournaments!



Please Note:

HOLIDAYS

The Franklin County Area Agency on Aging will be closed for the following upcoming holidays. The Senior Centers will be closed as well.

November 11, 2025 - Veteran's Day

November 27 and 28, 2025 - Thanksgiving Holiday

December 24 and 25, 2025 - Christmas Holiday

January 1, 2026 - New Year's Day

The PA Department of Aging created PA MEDI to help seniors understand their health insurance options. PA MEDI counselors are state certified volunteers. They can answer your questions about: Medicare, Medicare Supplemental Insurance, Medicare Advantage Plans and Prescription drug plans.

Phone 717-263-2153 or email pamedi@franklincountypa.gov to set up an appointment to meet with a PAMEDI volunteer counselor.

Franklin County Area Agency on Aging 600 Norland Ave., Ste. 11, Chambersburg, PA 17201

PLEASE NOTE:

The Franklin County Area Agency on Aging office hours are: Monday through Friday 8:30AM – 4:30PM

During this time we do ask that you call to make an appointment before coming to the office at 717-263-2153.

DENTURES



- Free Consultations
- Natural Looking Smile
- Superior Fit & Comfort
- Immediate Dentures

Randy Kalp, D.D.S. 166 S. Main St., Chambersburg, PA

717-267-3838

Any New Denture Purchase

Must be presented at time of consultation.



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Agency on Aging's Services Offered to You

Below is a list of some of the important services offered by the Franklin County Area Agency on Aging:

- Senior Activity Centers
- Information and Referral
- Person Centered Counseling (PCC)
- Pennsylvania Medicare **Education and Decision Insight (PA MEDI)**
- Options Program
- Assessment
- Home Delivered Meals (HDMs)

- Caregiver Support Program (CSP)
- CSP For Grandparents & **Older Relatives**
- Protective Services
- Loaner Closet
- Transportation Pass
- Ombudsman
- Volunteer **Opportunities**

If you are in need of our services or if you know someone who could benefit from them, please give us a call at **717-263-2153 or 800-642-6990**. We are here for you!

SENIOR CENTER LOCATIONS

SENIOR CENTER DIRECTOR: **VICTORIA BALLANTINE**

600 Norland Avenue, Suite 11, Chambersburg, PA 17201 717-263-2153

CHAMBERSBURG SENIOR ACTIVITY CENTER

600 Norland Avenue, Suite 11, Chambersburg, PA 17201 717-264-8191 Manager: Miranda Henry

GREENCASTLE SENIOR ACTIVITY CENTER

10615 Antrim Church Road, Greencastle, PA 17225 717-597-2020 Manager: Beth Jones

MONT ALTO SENIOR **ACTIVITY CENTER**

Mont Alto Fire Hall 517 South Main Street, Mont Alto, PA 17237 717-749-7294 Manager: Danielle Henry

PATH VALLEY SENIOR **ACTIVITY CENTER**

Val-Med Building 20344 School Road, PO Box 84, Dry Run, PA 17220 717-349-7227 Open Mondays, Tuesdays, Thursdays, & Fridays 8-4 (Closed Wednesdays)

Manager: Tonya Zeigler

ST. THOMAS SENIOR CENTER

6444 Lincoln Way West, St. Thomas, PA 17252 717-369-2520 Open Tuesdays through Fridays 8:00-4:00 (Closed Mondays) Manager: Mandy Cook

TUSCARORA SENIOR ACTIVITY CENTER

1300 Fort Loudon Road Mercersburg, PA 17236 717-328-4744 Manager: Elaine Rotz

UPPER STRASBURG SENIOR ACTIVITY CENTER

9843 Community Road, Upper Strasburg, PA 17265 717-530-1186 Manager: Krystle Etter

WAYNESBORO SENIOR **ACTIVITY CENTER**

11359 Anthony Highway. Waynesboro, PA 17268 717-762-2758 Manager: Vacant

Floater Coordinator

Holly Putt - Home Center CSAC

Food Service Workers

Teresa Donahue - Greencastle Vacant - Waynesboro Yvonne Wallech - Tuscarora

Are you looking for something new in 2025?

Why not use your acquired skills to make a difference in your community? Franklin County Area Agency on Aging is searching for volunteers for our Advisory Council and looking for your input.

The primary focus of the Franklin County Area Agency on Aging Advisory Council is to promote and foster the Franklin County Area Agency on Aging and its programs within the community, to assist and advocate for any unmet needs of the aging and to assist the Agency in meeting its goals.

Meetings are held quarterly, January, April, July, and October. They are typically held at the Franklin County Area Agency on Aging office beginning at 9:00 AM on the fourth Tuesday of the months listed above.

If this sounds like something you would like to be involved in, please contact Lois Steichen at 336-285-1643 or email to loissteichen@comcast.net.

HOMELESS? AT RISK OF HOMELESSNESS? LOOKING FOR HOUSING HELP?

Not sure where to turn because you are homeless or at risk of homelessness due to eviction? Contact your local Franklin County Community Connections and Housing Navigation Coordinator. The coordinator assists households to get connected with the appropriate housing resources based on the need. These resources will aid you from being evicted, continuing to be homeless or to just better understand the resources of your community.

Franklin County Community Connections Access Center 550 Loudon Street, Chambersburg Phone (717) 261-3893 Hours: Monday - Friday, 9:00 AM to 4:00 PM





SEARCHING FOR NEW HOUSING?

The following places provide rentals in the Franklin County area and may be able to accommodate your housing needs.

PUBLIC HOUSING \ SECTION 8 HOUSING CHOICE VOUCHERS

Franklin County Housing Authority www.fcha.net (717) 263-4200

PROPERTY MANAGEMENT / RENTAL COMPANIES

Antietam Realty, Inc. www.antietamrealtyinc.com (717) 765-8011 I360 Rentals www.i360rentals.com (717) 264-1990 JA/LEX Real Estate www.jalexhomes.com (717) 477-8230 SPG Capital www.spg-realestate.com (717) 778-5002

ADDITIONAL HOUSING SEARCH RESOURCES

www. trulia.com www.pahousingsearch.com www.zillow.com www. apartments.com www.hotpads.com www.zumper.com

Greencastle Senior Center is Moving and Grooving

Greencastle Senior Center offers 8 different exercise classes. The classes are leveled at beginner, low impact, moderate and advanced. All the classes can be done either sitting or standing. They cover a wide variety of exercise to strengthen your body, improve your overall health and keep you moving. The exercises were developed with you in mind. Stop by and check it out.

Strong Seniors- Beginning level on Monday and Wednesday 10:00am
Energize – Low impact- Monday at 10:45am
Vitality Cardio Boxing- Moderate level on Monday at 12:45pm
Walk Fit- Advanced level on Tuesday and Friday at 10:15am
Chair Yoga- Low Impact on Thursday at 9:30am
Tai Chi- Low Impact on Thursday at 1:00pm
Simply Seated- Moderate level on Tuesday & Friday at 9:30am

FALL LOANER CLOSET ITEMS

The Franklin County Area Agency on Aging maintains a loaner closet for our consumers. Residents from our county donate items they no longer need. This month we have the following items available:

Equipment:

- Bedside Toilet (12), Toilet Seat Riser (4)
- Wheelchair (2)
- Paraplegic Transport Chair (1)
- Walkers (23), Medical Walker with Arm Support (2), Grip Covers (2)
- Canes (20), Canes with Feet (9), Cane with seat support (1)
- Bed Rails (4)
- Shower Bench (4), Shower Chair (2)
- Knee Scooter (3)
- Large Reader Magnifier with Light (1)
- Flexi Plus Touch System (1)
- Transfer Board (3), Swivel Board (1)

Incontinence Supplies:

- Small: Briefs (2), Sm/MD: Briefs (7), Sm/MD:
- Men's Pull ups (7)
- Medium: Briefs Side Tabs (2)
- Large: Brief Side Tabs (Large Amount)
- 2XL: Pull-Ups (22)
- Bariatric Brief side tabs up to 100in (10)
- 4XL: Briefs (Large Amount)

<u>Incontinence Supplies (continued):</u>

- Personal Cleansing Wipes (10)
- Pads (4), Urinary Protections Guard pads for Men (6)
- Standard Night Drainage bags (3)
- Contoured Bed Pan (1)

Miscellaneous:

- ReadyBath Conditioning Shampoo Caps (large amount)
- Rinse Free Bath Sponge (2)
- Wound Supplies (Bandages, Pouches, Cleanser)
- Pre-pasted Toothbrushes (large amount)
- Grabber Reach Tool (5)
- Help Alarm (1)
- Rosie Reminder Clock with large font (1)
- LiteTouch Lancets (2)
- Leg Lifts (2), Back Brace (1)
- Leg Boot (1), Heel Protector (1)
- Hearing aid batteries
- Blood pressure monitor machine (2), Blood pressure cuff (2)
- Neck collar brace (2)

If you are interested in picking any of these items up, please contact our office at 717-263-2153 to reserve your items prior to coming to the office. This will be a first come first served basis, so please don't hesitate!

Note: Consumers must be Franklin County residents and over the age of 60 to loan out equipment.

Travel with Cruise Planners & CVBA Travel Club

Exclusive tour to Italian Vistas

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Fully Escorted Tour of 13 Days

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WHITE GLOVE DELIVERY

<u>CHAMBERSBURG</u> 4231 Philadelphia Ave Chambersburg, PA 17202

717-263-2443



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Website:

www.colonyhousefurniture.us

O



COMPETITIVE PRICES

<u>GETTYSBURG</u> 1630 Biglerville Rd Gettysburg, PA 17325

717-334-6745





1 HEALTHY LIVING AT THE SENIOR CENTER 1 1 1







Blood Pressure Monitoring							
Chambersburg	St. Thomas	Greencastle	Mont Alto	Path Valley	Tuscarora	Upper Strasburg	Waynesboro
2 nd Tuesday of each month @ 11:00 AM	Self Monitor (Machine provided)	1 st Thursday of each month 11 AM - 12 PM	4 th Friday of each month 10:30 AM - 12 PM	Self Monitor (Machine provided)	Self Monitor (Machine provided)	Self Monitor (Machine provided)	3 rd Thurs. of each month 10 AM - 12 PM w/ Community Nurse

Services & Equipment							
Chambersburg	St. Thomas	Greencastle	Mont Alto	Path Valley	Tuscarora	Upper Strasburg	Waynesboro
Computer availability with access to internet Assistance with Aging services and paperwork Lending Library	Computer availability with access to internet Assistance with Aging services and paperwork Lending Library Bookmobile	 Computer availability with access to internet & printing Assistance with Aging services and paperwork Lending Library Magnifying reading machine Bookmobile 	Computer availability with access to internet Assistance with Aging services and paperwork Lending Library Magnifying reading machine		Computer availability with access to internet and printing Assistance with Aging services and paperwork Lending Library Magnifying reading machine Bookmobile	Computer availability with access to internet Assistance with Aging services and paperwork Lending Library Bookmobile	Computer availability with access to internet Assistance with Aging services and paperwork Lending Library Bookmobile

Exercise and Fitness						
	Group Exercises	Wii Games for Fitness & Fun	Exercise Equipment			
Chambersburg	Monday / Wednesday / Friday @ 9 AM	Monday - Friday 8 AM - 4:00 PM	Pool Table, Treadmill & Exercise Bikes Monday - Friday 8:00 AM - 4:00 PM			
St. Thomas	Group Exercise Classes Led by Video Tuesdays @ 10:00 AM	Tuesday - Friday 8 AM - 4 PM	Nu-Step Machine Exercise Bike & Weights Tuesdays - Friday 8 AM - 4 PM			
Greencastle	See Page 4 of the Gazette, Greencastle Senior Center is Moving and Grooving	Monday - Friday 8 AM - 4 PM	Treadmill & Other Exercise Equipment Monday - Friday 8 AM - 4 PM			
Mont Alto	Sit & Get Fit: Thursday 11:00AM Chair Yoga: Monday 11:00 AM DVD's (to use your own): Tuesday & Friday @ 1:30 PM - 3:00 PM	Monday - Friday 8 AM - 4 PM	Treadmill Monday - Friday 8 AM - 4 PM			
Path Valley	No Exercise Classes at this time	Monday / Tuesday / Thursday / Friday 8 AM - 4 PM Closed Wednesday	Treadmill Monday / Tuesday / Thursday / Friday 8 AM - 4 PM Closed Wednesday			
Tuscarora	Strong Seniors Group Exercises Tuesday & Thursday @ 11 AM	Monday - Friday 8 AM - 4 PM	Treadmill, Elliptical, & Exercise Bikes, Weights, Exercise Videos, Yoga Mats Monday - Friday 8 AM - 4 PM			
Upper Strasburg	Exercise Class Monday @ 11 AM Exercise Videos (use your own)	Monday - Friday 8 AM - 4 PM	Elliptical & Exercise Bikes Monday - Friday 8 AM - 4 PM			
Waynesboro	Chair Yoga (DVD) Wednesday 1:30 PM Strong Seniors Class (DVD) Friday 1:30 PM	Monday - Friday 8 AM - 4 PM	Treadmill, Elliptical, Exercise Bike & Weights Monday - Friday 8 AM - 4 PM			

Sit & Get Fit with Exercise Classes at Mont Alto!

Submitted by: Danielle Henry

The Mont Alto Senior Activity Center offers in-person exercise classes weekly:

Mondays @ 11:00 Chair Yoga class for seniors

This class is led by volunteer, Jean McBride. This class incorporates weights and sometimes bands. The class offers numerous different exercises, stretches and poses all at a slow and relaxed pace. Chair Yoga is just the right workout according to each person's own physical level.

Tuesdays & Thursdays @ 11:00 Sit & Fit Class

This class is led by volunteer, Cindi Miller. Sit & Fit offers both chair and standing exercises. A chair is used when standing to help with balance. Many exercises also incorporate weights and bands. Exercises are modified to account for individual's abilities. Participants enjoy music throughout the class to keep the class fun and lively. We are excited to be able to offer this class virtually so seniors can enjoy from the comfort of their own home. Come join us for these classes to improve physical activity and motion!





SENIOR CENTER PAINT CLASS

Whether you are a beginner or advanced painter, you can join in the fun! Elaine Foreman provides painting classes across our 8 senior centers in Franklin County. Each paint class is instructed by Elaine who helps participants paint the same painting but with individual variations. There is a minimal cost to seniors for the class, all supplies are provided and they take their painting home local center to inquire when the next class will be held.

Agett-Lakjer Funeral Home & Crematory Inc.

16715 Path Valley Road, P.O. Box 179, Spring Run, PA 19446 On-Site Crematory • Reasonable Pricing Directors Philip R. Lakjer, supervisor & Andrew B. Lakjer



717-349-2820 | www.agettlakjer.com | phil@agettlakjer.com



Franklin County Area on Aging Presents:

Second Saturdays

Second Saturday Each Month 10am-2pm

Greencastle Senior Activity Center 10615 Antrim Church Road, Greencastle

Guest speakers, special presentations, catered lunches, health & wellness workshops, fellowship, and more!

Open to all Franklin County residents age 60 and older! (717) 597-2020 | franklincountypa.gov



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Associate Broker, REALTOR, ABR, SRS

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A Weekend Project/Craft for Autumn Leaves

Submitted by: Carol Kagan

Leaves will need 2-3 weeks to dry so plan ahead. Look for leaves that are fresh, uncurled without damage. They need to be flattened as soon as possible to keep them from curling. If they are wet you can dry themby placing them between 2 sheets of paper (newspaper is ok) and put weight on top to keep them flat and uncurled. This drying process will take 2-3 weeks. Here's a craft utilizing a square glass container, a battery tealight, the dried leaves and ModPodge. Easy peasy. Cover the square glass with the ModPodge and place the flattened, dried leaves on the surface of

the glass. Apply another coating of the Modpodge and allow it to dry overnight. Place the battery operated tealight inside the square glass container.





"Kids Are Awesome!" Day at Mont Alto Senior Center

The Mont Alto Senior Activity Center held their 4th annual kid's day!

Each year we invite our participants to bring a "child" of any age, whether it's a grandchild, a relative, neighbor. The day is intended to provide intergenerational activities for all to enjoy. The goal is to encourage interactions through various activities so kids get to know our mature adults and realize how interesting, fun and amazing they are!

This year's activities included: painting planters, playing table games and exercising in the chair yoga class. After the class one grandchild told his grandmother that he felt strong! Before lunch they had free time to toss around balloons which gave them the idea for a water balloon battle. Maybe next year, kids vs. seniors! Everyone enjoyed pizza for lunch.

Members of the Mont Alto Volunteer Fire Department took the kids and adults to the engine bay to see the trucks and answer any questions they might have. They always let the kids sit inside and the kids love it! We are grateful to the Department for adding something special to the day!









MENNOHAVEN

HOME & COMMUNITY SERVICES FOR YOU!

ElderDay at Menno Haven

- √ Safe and Secure Environment
- √ Group and Leisure Activities
- √ Daily Exercise and Nutritious Lunch
- √ Caregiver Support
- √ And Much More!



Caregiver Support at ElderDay

Open to all, these gatherings are a great opportunity to share experiences, gain helpful resources, and connect with others on a similar journey.

Wednesday, October 15 at 2PM Wednesday, November 19 at 2PM Wednesday, December 17 at 2PM Chambers Pointe Conference Room

ENROLL TODAY! 717.709.4510 mennohaven.org/elderday

1427 Philadelphia Avenue Chambersburg, PA 17201

Menno Haven at Home

- √ Housekeeping
- √ Transportation
- √ Companionship
- √ Personal Care
- √ Seasonal Activities
- √ Medication Reminders
- √ Meal Planning & Preparation √ And Much More!

ENROLL TODAY! 717.709.4550 mennohaven.org/homecare

1715 Philadelphia Avenue Chambersburg, PA 17201



Advocate • Educate • Empower

Do you have a drive to advocate for individuals unable to advocate for themselves? Do you have a passion for working with those in long-term care facilities?

Become a volunteer ombudsman!

An ombudsman is a trained individual who helps protect the rights of older Pennsylvanians living in lingterm care facilities.



"Advocate for those who can't, support those who can and ensure all long-term care consumers live with dignity and respect."

Join our team! Become a volunteer

Ombudsman

For details, call (717) 261-0631 or email tsday@franklincountypa.gov.

Drivers Wanted!

Please help our Franklin County Senior Centers deliver hot, nutritious meals to homebound seniors!! Our mission is to provide a fulfilling lunch to seniors who do not have access to a hot meal every day but...

WE NEED YOUR HELP!

We have deliveries 5 days a week that we need volunteer drivers to commit to. Will you help ensure seniors in your community have at least one hot meal a day?

Call one of these local senior centers to learn more!

Chambersburg Senior Center (717) 264-8191

Path Valley Senior Center (717) 349-7227

Greencastle Senior Center (717) 597-2020

St Thomas Senior Center

(717) 369-2520

Mont Alto Senior Center (717) 749-7294

Tuscarora Senior Center (717) 328-4744

Waynesboro Senior Center (717) 762-2758

Upper Strasburg Senior Center (717) 530-1186

Please apply on the Franklin County Aging Website: https://franklincountypa.gov/index.php?section=aging_volunteer

Thank you!

Tea-Time at St.Thomas

On Friday May 16th, some ladies of the St.Thomas SAC enjoyed some afternoon tea and treats. A large variety of teas were offered as well as cookies, cakes, and sweet treats. Each attendee was gifted with a "teapot" favor box with mints. Each of the ladies donned their fancy hat to participate in some tea trivia, minute-to-win-it games, and victorian style tablescape along with some tea time classical music. The St.Thomas SAC offers a variety of activities and educational opportunities and welcomes the community seniors to stop in for a visit. We hope to see you soon! Fun fact-the British consume approximately 100 million cups of tea each day!



Dementia Friends at TSAC

On Monday, 19 participants from the Tuscarora Senior Activity Center attended the Franklin County Area Agency on Aging's first Dementia Friends workshop. Dementia *Friends* is a global initiative aimed at raising awareness and transforming the way we think about, talk about, and support individuals living with dementia.

During this free workshop, participants learn:

- The five key messages about dementia
- What it's like to live with the condition
- · Simple, practical ways to support those affected By taking part, community members help create a more

inclusive, dementia-friendly environment for everyone. To request a Dementia Friends workshop for your business or group, please contact Tawnya Hurley at 717-263-2153.



Medication Disposal Locations Franklin/Fulton County, PA

- Chambersburg Police Dept. 116 S. 2nd Street Chambersburg, PA
- Greencastle Police Dept. 60 N. Washington Street Greencastle, PA
- Mercersburg Police Dept. 113 S. Main Street Mercersburg, PA
- Pennsylvania State Police 3800 Black Gap Road Chambersburg, PA
- Washington Township Police Dept. 13013 Welty Road Waynesboro, PA
- Waynesboro Police Dept. 57 E. Main Street Waynesboro, PA

- **CVS** 406 E. Main Street Waynesboro, PA Franklin County
- **Coroner Office** 679 Franklin Farm Lane Chambersburg, PA
- Keystone Pharmacy 830 5th Ave #101 Chambersburg, PA
- 300 S. Fayette Street Shippensburg, PA
- **Walmart Pharmacy** 1730 Lincoln Way E Chambersburg, PA
- WellSpan Chambersburg Hospital Emergency Dept. 112 N. 7th St Chambersburg, PA 17201

- Pennsylvania State Police 500 Fulton Drive McConnellsburg, PA
- **Fulton County Sheriff's Office** 207 North 2nd Street McConnellsburg, PA



Scan QR Code Medication Disposal



Scan QR Code to Learn More About Franklin/Fulton Drug and Alcohol



OCTOBER MENU

1c Winter Beef Stew, 1/2c Green Beans, 1 Cornbread,



Swedish Meatballs (4), 1/2c Buttered Pasta, 1/2c Green Peas, 1 Breadstick, 1/2c Fruited Gelatin

Wheat Bread, Fresh Fruit

3 oz. Meatloaf with 2 oz. Gravy, Baked Potato, 1/2c Carrots, Whole

Franklin

- Chicken Taco Salad, 3 oz. Taco Meat, 5oz. Cheddar, Salad Mix, Salsa, 7 Ranch, 1/2c Elote Corn, 1/2c Yellow Rice, 1/2c Pineapple
- Chicken Paprikash w/ Creamy Tomato Sauce, 1/2c White Rice, 8 1/2c Roasted Brussel Sprouts, Whole Wheat Bread, Apple Cake
- Cheese Omelet, 1 Sausage Patty, 1/2c Breakfast Potatoes, 1 English Muffin w/ Jelly, 4oz. Orange Juice
- Smokey BBQ Bacon Burger, Cheddar Cheese, BBQ, Bacon, 1c Cauliflower Soup w/ Crackers, Sandwich Roll, Fresh Fruit
- 4oz. Sloppy Joe, 1/2c Country Greens, 1/2c Sweet Potato Bites, 13 Hamburger Bun, Oatmeal Cream Pie
- Roasted Honey Garlic Pork Loin, 1/2c Steamed Broccoli, 14 1/2c White Rice, 1/2c Fruited Gelatin, Dinner Roll
- 3oz. Kielbasa with 1oz. Kraut, 1/2c Mashed Potatoes, 1/2c California 15 Blend Vegetables, 1/2c Applesauce, Hot Dog Bun
- Turkey Chef Salad (2oz. Turkey, 1oz. Cheddar, over 1c Mixed Greens 16
- w/ Tomato), 1c Veggie Soup, 1 Whole Wheat Bread, 1 Piece Cake Stuffed Pepper Casserole, 1/2c Garlic Mashed Potatoes, 1/2c Carrots,
- White Bread, Pudding 3oz. Salisbury Steak with 2 oz. Gravy, 1/2c Whipped Potatoes, 1/2c 20
- Peas, Dinner Roll, Gelatin 3/4c Pasta and Meatballs (4) w/ 2 oz. Marinara Sauce, 1c Tossed
- 21 Salad w/ Tomato, Garlic Breadstick, Fresh Fruit
- Creamy Chicken Tortellini (3oz. Chicken, 1/2c Tortellini), 1/2c Green Beans, 1/2c Spiced Fruit, Whole Wheat Bread
- Cheeseburger, 1/2c Tater Tots, 1c Tossed Salad w/ Tomato, Hamburger 23 Bun, 1/2c Pineapple
- General Tso's Chicken, 1/2c White Rice, 1/2c Garlic Broccoli,
- 1/2c Mandarin Oranges, Cookie 3oz. Sliced Ham w/ 1oz Pineapple Sauce, 1/2c Mashed Potatoes,
- 1/2c Green Peas, Dinner Roll, Cookie Chicken Philly Sandwich, 1c Cream of Spinach Soup, 1/2c Coleslaw,
- Hoagie Roll, Gelatin 3 oz. BBQ Ribette, 1/2c Ranch Cubed Potatoes, 1/2c Green Beans,
- Hamburger Bun, Pineapple & Mandarin Orange
- 4 oz. Shrimp Scampi, 1/2c Creamy Pasta, 1/2c Lemon Pepper Broccoli, 30 Breadstick, Pudding
- Stadium Hot Dog, 1/2c Cheesy Potatoes, 1/2c Peas, 1 Hot Dog Roll, 1/2c Dirt Fluff

Upcoming Events and Programs at Grove Family Library

Our current hours are:

Mondays: 9 am-5 pm | Tuesdays: 12-8 pm | Wednesdays: 9 am-1 pm Thursdays: 9 am-8 pm | Fridays: 9 am-1 pm | Saturdays: 9 am-3 pm

All branches of the FCLS will be closed:

- Monday, September 1, for Labor Day -Friday, September 19, for Staff In-service Day



Grove Family Library 101 Ragged Edge Road South Chambersburg, PA 17202 (717) 264-9663

Second Leaf: These gently used Books, DVDs, CDs, and Audiobooks are for sale by donation, and the profits benefit the library. Upcoming genres are: September - Self Help and Religion; and October - Paperback Palooza. Thank you for purchasing a Second Leaf item and supporting your library.

September is Library Card Sign-up Month. Get a library card if you do not already have one. There are so many things that you can do with a library card! You can see the "Library of Things' on our website or at this site: https://discovery.fclspa.org/Union/ Search?view=list&lookfor=library+of+things&searchIndex =Keyword&searchSource=local. You might be surprised to see some of the "Library of Things" available at our libraries.

September is Read a New Book Month. Choose a book from our New Book Section. Write a short review and submit it at the library by September 30. You will be entered in a drawing for a chance to win a \$10 Walmart gift card. There will be 2 winners. Your recommendations will be helpful and very much appreciated. We will post a Patron Recommended Book List in October.

The Art Gallery in September will feature prints and watercolors by Anne Finucane. In October, watercolors and batiks by Laura Lewis Shindle will be featured.

Thursday, September 4, from 6:30 - 8 pm: First Thursday Program - Meet the Authors: Get the Stories Behind the Stories. Join us for an inspiring evening with local writers as they share the journeys behind their books. Learn what it takes to bring a story to life. Enjoy the discussion led by several authors, including Laura L. Zimmerman, Mary Alice Baumgardner, Lee Adams, and David Francis Lane Jr. This program will spark your love of literature. Light refreshments offered.

Tuesday, September 9 at 6:30 pm: Friends of Grove Family Library Meeting. The Friends of Grove Family Library Leadership would like to invite you to join them at this meeting. Plans for the Holiday Open House for Children will be discussed. Please come and bring a friend! The Friends Group helps your library tremendously, enabling Grove to offer additional programs, materials, and services.

Thursday, September 11, from 2 - 4 pm: Second Thursday Afternoon Movie - "Captain America: Brave New World." Sam Wilson, the new Captain America, finds himself in the middle of an international incident and must discover the motive behind a nefarious global plan. Stars Anthony Mackie, Harrison Ford, and Danny Ramirez. Watch the charismatic new Captain America! It is an action-packed and exciting film. Rated PG-13. Light refreshments offered.

Mondays, September 15 - October 6, from 10 am noon: Make a Book. Learn the skills of bookmaking and make your own blank book. The library will supply paper, glue, and thread. Participants will design their book, choosing the cover materials, fly leaf pages, ribbons, etc. There is a materials fee for this program. No experience is required. The books make ideal gifts. Samples can be viewed at the library. This class runs for four weeks. Registration is required. Please respond if you are interested by calling the library, 717-264-9663, ext. 1207, or via email, <u>crinehart@fclspa.org</u>

September 23, at 6 - 7:45 pm: Terrific Tuesday Theater - "A Minecraft Movie." Four misfits are suddenly pulled through a mysterious portal into a bizarre, cubic wonderland that thrives on imagination. To get back home, they'll have to master this world while embarking on a quest with an expert crafter. Stars Jack Black, Jason Momoa, and Sebastian Hansen. Watch this fun movie! It is full of adventure and humor. Rated PG. Light refreshments offered.

Friday, September 26, from 6 - 8 pm: Book Bingo. Play Bingo, win books, and enjoy the Bake Sale. Donations for bingo cards are gratefully accepted. There is a limit of two bingo cards per person. Bring the whole family!

Thursday, October 2, from 2 - 3 pm: First Thursday Program: Thyroid Wellness: A Journey to Better Health. Learn about this vital organ so that you can be as healthy as possible. Hear about thyroid disorders and how they can affect your body. Presented by Kelli Ellerman, LPN, Jessica & Friends Community Mobile Nurse. Light refreshments offered. 1:45 pm: Blood Pressure checks will be done prior to the start of the program.

Thursday, October 9, from 2 - 4:15 pm: Second Thursday Afternoon Movie - "Jurassic World Rebirth." A covert extraction team races to a research facility where dinosaurs too deadly for the original Jurassic Park were left behind. Their mission: collect DNA from three colossal creatures to unlock a drug with huge benefits for humanity. Stars Scarlett

Johansson, Mahershala Ali, and Jonathan Bailey. Join us for this

dinosaur adventure! Rated PG-13. Light refreshments offered. Mondays, October 13 - October 27, from 10 am noon: Coptic Book Class. Learn the basics of Coptic 4-needle binding to make a simple handmade book. A supply list will be furnished prior to class. No materials fee and no experience required. Free program. Please register via email,

crinehart@fclspa.org, or by calling 717-264-9663 x1207.

Tuesday, October 28, 6 - 8 pm: Terrific Tuesday Theater - "Lilo & Stitch (2025)." A live-action reimagining of Disney's 2002 animated classic, "Lilo & Stitch" is the wildly funny and touching story of a lonely Hawaiian girl and the fugitive alien who helps to mend her broken family. Stars Maia Kealoha, Chris Sanders, and Sydney Agudong. Watch this beautiful movie with dear characters and a sweet message. Rated PG. Light refreshments offered.

Repeating Programs

Tuesdays, September 2, and October 7, from 1 - 3 pm: Yarn Adventures. Come join us on the first Tuesday of each month and work on your latest creation - crochet, knitting, cross-stitch, embroidery, etc. All are welcome! Attendees can meet other enthusiasts in the area and learn from one another. This is a great place to share ideas and learn new stitching skills! Open to pre-teens, teens & adults. Mondays, September 8, and October 13, from 1 -3 pm: Bracelets for Boxes. Create beautiful beaded bracelets for Operation Christmas Child shoeboxes. All supplies are provided and no experience is needed. Enjoy the fellowship of others as you make bracelets.

Tuesdays, September 9, and October 14, from 2 - 3:30 pm: Adult Book Club. Join us for Book Club meetings on the second Tuesday of each month. It is a place to talk, read, and have fun sharing reading experiences. Upcoming selections: September - The Women in the Castle by Jessica Shattuck, and October - That's Not My Name by Megan Lally.

Thursdays, September 18, from 12:45 - 1:45 pm; and October 16, from 11 am - noon: Arts & Crafts for Adults with Disabilities. Join us for a welcoming arts and crafts program in a relaxed and supportive environment. Participants can explore their creativity and connect with others. There will be a different activity for each class. No prior experience is needed. All materials will be provided. Caregivers are encouraged to attend. Class size is limited. Please sign up at the library. Come and Create!

Mondays, September 15 and October 20, from 1 - 3 pm: Pickin' Party at the Library. Bring an instrument and join the fun, or just come to hear the bluegrass, old-time, Celtic, Cajun, and fiddle tunes. All skill levels are welcome. Light refreshments are offered

Computer Classes: In-person classes. Computers will be provided. Please sign up at the library. If you have any questions, call Denice at 717-263-1054, ext. 1007. These programs are repeated at several other branches of the FCLS. Please call the library for details.

Monday, September 22 at 1 pm: Popular Social **Media Platforms.** Topics include: How to identify a platform, why people use the platform, who owns these platforms, and what drawbacks they may have.

Monday, October 27 at 1 pm: Scams, Viruses, and Phishing. Topics include: How to identify these scams, how these scams work, how to avoid them, and what to do if you find yourself stuck in one.

Thursdays, September 25, and October 23, from 6 - 8 pm: Quill and Ink Society. Gather with fellow writers for an opportunity to network, share, and learn from one another. Writers of all backgrounds are welcome to attend – published, unpublished, poetry, fiction, or non-fiction. Come connect with other like-minded hive members as we talk all things writing! Laura Zimmerman will lead the discussion. She published her first book in 2019 and currently has 6 books in print.

Stop at the library, or look on our website or Facebook page to find out about other events and programs at our library.

https://www.fclspa.org/locations/grove-family-library/ https://www.facebook.com/GroveFamilyLibrary

CSAC Yoga Bingo

Submitted by Miranda Henry

Our seniors enjoyed a sweet treat after wrapping up another fun session of Yoga Bingo—part of our special activities in celebration of Senior Center Month! It's been a joyful few weeks of movement, laughter, and community.



Best of the Tristate

Submitted by Victoria Ballantine

Five out of eight Senior Centers in Franklin County were nominated for Best Community Organization for Best of the Tristate. Those centers were Waynesboro, Tuscarora, Path Valley, St Thomas, and Greencastle. Thanks to voting from the community and our senior center participants, Greencastle Senior Center won 1st place for the 2nd year in a row, and Waynesboro Senior Center won 3rd place. The senior centers provide such amazing enrichment to the lives of older adults in Franklin County, so this recognition is welldeserved for the centers and staff working there. If you are 60 and older and you have not visited a senior center in Franklin County, don't continue to miss the hype and excitement!

ALL PA MEDI SERVICES ARE FREE AND CONFIDENTIAL. **WE CAN ALSO ASSIST YOU WITH:**

- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplemental Insurance (Medigap)
- Medicare Appeals
- Application Assistance

Are you a retired professional interested in a rewarding but challenging volunteer role helping others? PA MEDI is currently looking for volunteers.



Franklin County Area Agency on Aging 600 Norland Avenue, Suite 11 Chambersburg, PA 17201

Medicare 101 Class Dates

October 28, 2025 – 6:00 pm November 25, 2025 – 6:00 pm



Medicare Education and Decision Insight

EXTRA HELP

Extra Help can help lower your prescription premium, deductible, and co-pays.

- If you are single and have a total monthly income less than \$1,976 per month; and less than \$17,600 in resources
- If you are **married** and have a total monthly income of less than \$2,664 per month; and less than \$35,130 in resources

Medicare Savings Programs

Medicare Savings Programs can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing.

- If you are **single** and have a total monthly income of less than \$1,781 per month; and less than \$9,660 in resources
- If you are married and have a total monthly income of less than \$2,399 per month; and less than \$14,470 in resources

DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money? The **PA MEDI Program** wants to make sure you and your loved ones who have Medicare know about the Extra Help and the Medicare Savings Programs.

Call Today!

PA MEDI 717-263-2153

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Retiring Soon? New to Medicare? Just want a refresher?

Medicare 101 Presentation for Franklin County Residents Only 4th Tuesday of each month at 6:00PM

Join a state certified PA MEDI counselor to learn about:

Eligibility - Major areas of Medicare coverage - Your possible out of pocket costs - Your coverage options: Medicap policies, Medicare Advantage Plans, and Prescription Drug plans - When and how to enroll To register, contact PA MEDI at 717-263-2153 or email pamedi@franklincountypa.gov



Offered by the Franklin County Area Agency on Aging: 600 Norland Avenue, Suite 11, Chambersburg, PA 17201

Our PA Medi Team is Here to Help

Medicare Open Enrollment runs October 15th through December 7th. Understanding Medicare can be difficult and our specially trained PA MEDI volunteers and staff are here to help. They can help you join, switch or drop Medicare Advantage or Prescription Drug Plans. The PA MEDI counselors can answer your questions and provide you with unbiased, objective, easy-to-understand information about Medicare. Please call 717-263-2153 to schedule an appointment.



Planning ahead is simple. The benefits are immense.

When you plan ahead, you can make your final wishes known and provide your loved ones with true peace of mind.

PARKLAWNS

MEMORIAL GARDENS & MAUSOLEUM CHAMBERSBURG 717-263-9125



Hemorial Gardens & Hausolaum, Sherty Blumanstock, Super



ower at Falling Spring

Convenient Living in the Heart of Historic Chambersburg!

> **Affordable Senior Living Apartments for 62+**

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717-263-0119 TTY:711

A Homes for America Community

200 N. Main St.,

Tower at Falling Spring does not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities. The person named below has been designated to coordinate compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, part 8 dated June 2, 1988), Contact: 504 Coordinator, 180 Admiral Cochrane Drive, Suite 200, Annapolis MD 21401 Telephone Voice; 443-716-0490 Telephone-TTY: 1-800-735-2258,

