

ECHO

Funded in part by the Pennsylvania Department of Aging
Read the ECHO online at www.theareashopper.com/readonline.php

MEADVILLE CENTER



TURN IT UP!
SPRING DANCE
DJ BRIAN SILVIS

HITS FROM 60S-80S
3/21/25 • FRIDAY • 7-9PM
\$5
BYOB & SNACKS
QUESTIONS CALL PATTY/ASHLEY
814-336-1792 EXT. 106

\$120 PER PERSON



Corning Museum of Glass
Corning New York

Anderson bus is NOT handicap accessible

Active Aging
BUS TRIP!!

TRIP INCLUDES
+ ANDERSON COACH BUS TICKET
+ SANDBLASTING CLASS- KEEP DRINKING GLASS YOU MAKE
+ ADMISSION INTO MUSEUM
+ SNACK BAG ON BUS
+ VOUCHER TICKET-TO BE USED AT CAFE

MONDAY, APRIL 7 TH
DEPART AT 7:45AM
RETURN BY 8:30PM

PICKUP LOCATION
THE HOME DEPOT PARKING LOT
18541 SMOCK HWY
MEADVILLE PA 16335

CALL TO RESERVE YOUR SPOT NOW
KAYLIE 814-336-1792 Option # 8
OR
HAYLEIGH 814-398-8616

Payment options include:
Cash, Check, or Card
(4% Transaction Fee for Payment with a card)

\$65.00 DUE AT TIME OF RESERVATION
Remaining Amount (\$55.00) Due March 7th

Crawford County's Designated Area Agency on Aging PURPOSE



ACTIVE AGING
1034 Park Avenue, Meadville, Pennsylvania 16335
(814) 336-1792 or 1-800-321-7705
Fax (814) 336-1705

The purpose of Active Aging Inc. is to develop, implement and maintain a comprehensive, coordinated, and supportive human services system for older persons aged 60 years and older in Crawford County. Please call 814-336-1792 or 1-800-321-7705 or email aainc@activeaging.org for more information.



Erde, Ferguson, Foulk & Cressman
Certainty Starts Here

For your Estate Planning, Elder Law and Asset Protection needs.

300 Arch Street, Meadville, PA 16335 • (814) 807-1071 • Fax (814) 336-6510 • www.ffc-law.com



NOAH A. ERDE



KIMBERLY S. FOULK

From the Director's Desk, March 2025

Happy St. Patrick's Day and, even more exciting, happy first day of spring! March 20th marks the spring equinox, when the hours of daylight and darkness will be equal for the first time this year. I enjoy winter and snow, but the dark and gloomy days are not my favorite. February brought us more sunshine, and I'm thankful for that.

Aside from the sunshine, my month was relatively uneventful. I went to the Academy Theater with friends to see "Into the Woods." It was an excellent performance. The cast was exceptionally talented and well-rehearsed. I can't imagine how difficult it must be to memorize all that material, it's very impressive. Other than that, I mostly went to the gym, worked, and stayed home—my version of hibernation.

Despite the quiet month, we've been busy planning various events. Remember, our Foundation is hosting the 35th Winnin' of the Green Reverse Raffle on March 15th. Be sure to get your tickets early; they go fast! Additionally, the Foundation and our Cambridge Springs Active Aging Center are organizing a bus trip to the Corning Museum of Glass in Corning, NY, on April 7th. Attendees will not only enjoy a museum tour, but they will also participate in a sandblasting class to create a drinking glass to take home. Please contact us before March 7th to reserve your spot.

Krista Geer

Services and Programs we offer are:

Senior Center Services

- Nutritious Noon-Time Meals
- Educational Programs
- Socialization & Recreation
- PrimeTime Health/ Wellness
- Activities
- Volunteer Opportunities
- Life-Long Learning
- Outreach/Information Lunches
- Transportation
- County-wide Picnics, Dances, and Parties
- Large-Print Library
- Travel Opportunities

In-Home Services

- Care Management / Assessments
 - Family Caregiver Support Program
 - Home Delivered Meals
 - In-Home Care
 - Nursing Home Pre-Admission Assessments
 - Personal Assistance
 - Personal Care / Home Support
- *These are examples of services available, and is not an all inclusive listing. Contact us for more information.

Special Services

- "Echo" Newsletter
- Information & Referral
 - PA MEDI Insurance Counseling
 - PACE (Pharmaceutical Assistance Contract for the Elderly)
 - Pennsylvania Property Tax/Rent Rebate Program
- Older Adult Protective Services
- Ombudsman
- Voter Registration
- SHARE Housing

The Community Center of Crawford County



The Lew Davies Community Bldg.
1034 Park Ave. Meadville, PA
www.activeaging.org

- Basic hall rental to complete rental packages including customized catering services available
- Convenient location
- Plenty of FREE parking
- Wooden dance floor
- Air Conditioned



For more information or to reserve your date call us at

Active Aging Foundation 814-336-1792



ACTIVE AGING, INC. CENTERS

1034 Park Ave, Meadville, Pa
16335
(814) 336-1792

Meadville Center

1034 Park Avenue, Meadville 16335
(814) 336-1792
Ext. 106
Patty Flaherty
Ashley McLallen, Center Manager
meadscarts@activeaging.org

Bair Family Center

237 S. Pymatuning St.-Linesville, PA
16424
(814) 683-4959
Janet Wasserman
lakevalleyinfo@activeaging.org

Cambridge Springs Center

156 Venango Ave.-Cambridge Springs,
PA 16403
(814) 398-8616
Tami Boylan
cambsc@activeaging.org

Canadohta Center

Bloomfield Twp Building Lincolntonville
(Fridays only)
22978 Shreve Ridge Road- Union City,
PA 16438
(814) 336-1792
Patty Flaherty

Titusville Senior Center

714 East Main Street-Titusville, PA 16354
(814) 827-9134
Ashley Thompson
goseniors@zoominternet.net

Programs funded in part by the Pa. Department of Aging and supported by the Active Aging Foundation. For information on Long Term Care Services and Choices: (814) 336-1792 - 1-800-321-7705 - Fax (814) 336-1705 - E-mail aainc@activeaging.org

The ECHO is published by The Area Shopper. Questions concerning Advertising please contact (814) 425-7272

Take the Worry out of Winter

Spend Winter at Wesbury

Winter brings on loneliness, challenges with getting out and household tasks.

Consider a stay at Cribbs Residential Center. Enjoy a warm environment, friendly neighbors and meaningful activities. Meals, housekeeping, laundry and transportation to shopping are included. Gone are the worries about trudging through the snow to get the mail or take out the garbage.

Simply bring your suitcase; we will even furnish the apartment.

Come for the winter or come to stay. For more information, call **814-332-9009** or visit our web site at **www.wesbury.com**.



WESBURY Experience MORE Cribbs Residential Center · 31 N. Park Avenue · Meadville, PA 16335
814-332-9009 · www.wesbury.com

P4A - Content Series: Living as an Older Adult in Pennsylvania: Jim Overly

After the loss of his mother, Jim, an older Pennsylvanian, found himself at a crossroads. The profound loss left him grappling with grief and loneliness, prompting him to seek new ways to enrich his life. After receiving a tip to look into a senior center, Jim visited his local Area Agency on Aging (AAA), Active Aging, Inc. in Crawford County, a decision that would alter the course of his life.

Power of Friendship

Jim was full of nerves for his first visit to Active Aging, Inc., but as soon as he saw a pool table in the building, he felt at ease. As he began to play, Krista Greer, Executive Director of Active Aging, Inc. joined him. This initial show of friendship inspired Jim to come back and keep making new friends, including Paula, Ashley, and Patty who took him under their wing and showed him true friendship.

Opening New Doors

As Jim continued returning to Active Aging, Inc., he began getting more involved with the programs they offered. He attended bus trips, picnics, and holiday parties.

Now, Jim comes in twice a week to enjoy lunch and socialize. In Jim's own words: "I was lost. That place saved my heart."

Benefits of AAAs

Pennsylvania's AAAs play a pivotal role in fostering social engagement and supporting older adults in maintaining an active social life. AAAs offer social events and recreational activities, educational programs, technology training, transportation services, and volunteer opportunities.

Visit p4a.org for more information on the services AAAs provide, and to find your local AAA.

A PA MEDI COUNSELOR

CAN HELP YOU TO:

- Understand Medicare eligibility & enrollment
- Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans *and more!*



pennsylvania

Medicare Education and Decision Insight

Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.



✓	Preventive service	Date	Notes
	One time "Welcome to Medicare" Preventive Visit—within the first 12 months you have Medicare Part B (Medical Insurance)		
	Yearly "Wellness" Visit—get this visit 12 months after your "Welcome to Medicare" preventive visit or 12 months after your Part B effective date		
	Abdominal Aortic Aneurysm Screening		
	Alcohol Misuse Screening and Counseling		
	Bone Mass Measurement (Bone Density Test)		
	Cardiovascular Disease (Behavioral Therapy)		
	Cardiovascular Screenings (cholesterol, lipids, triglycerides)		
	Colorectal Cancer Screenings		
	Depression Screening		
	Diabetes Screening		



BINGO WITH A TWIST

SINGO Host: Abigail

Where: Active Aging Center of Cambridge Springs

March 13th at 10:30AM

For more info call: 398-8616.

Join us for lunch following the activity.

Lunch reservations are required

156 Venango Ave Cambridge Springs PA 16403

MEADVILLE CENTER ACTIVE AGING, INC.

(814)336-1792 or 1-800-321-7705 - Fax (814)336-1705

The Lew Davies Community Building 1034 Park Ave., Meadville •
Center Manager: Patty Flaherty and Ashley McLallen**Follow us on Facebook at The Active Aging Center of Meadville
March**

- 3/4 9-11AM Drop off only books and/or jigsaw puzzles for the Book and Puzzle Sale
- 3/5 9AM-2PM Book and Puzzle Sale
- 3/6 9-11AM \$1 Bag Day
- 3/12 12PM Melissa Porter with Wesbury presents on their trip to the Yucatan
- 3/17 11AM St Paddy's Day Celebration! Puzzles, Game of Chance and Trivia!
- 3/20 11AM Lauren with Home Instead leads us in SINGO. A lively and fun take on BINGO
- 3/21 7-9PM Spring Dance with DJ Brian Silvis. \$5 pay at the door. BYOB & Snacks
- 3/26 12:15PM Doctors Colantonio and Lewis present on Regenerative Medicine

APRIL SAVE THE DATE(S):Rummage Sale: Drop Off 4/8, Sale 4/9, Dollar Bag 4/10
4/17 Easter Celebration- Reservations & monies due 4/7.

The Meadville Center is open weekdays from 8AM until 3PM. – unless otherwise indicated. All monies shown are a suggested donation. Call to schedule your card groups/table games; \$1/person. Call Patty/Ashley with any questions at 814-336-1792 ext. 106.

EVERY DAY: Library; Exercise Machines (treadmills, recumbent bike, stationary bikes, elliptical, weight-machine); \$1 No machine use during Yoga. Pool Table/Ping-Pong Table; no fee (call to reserve),

MONDAY

- 9:00AM Healthy Steps in Motion; \$1
- 10:00AM Bingo; .50/card for 10 games & .25/card for coverall
- 10:00AM Yoga; \$3
- 11:00AM Tai Chi; \$1
- 1:00PM Veteran's Committee Meeting: (1st Monday of March-November)

TUESDAY

- 9:00AM Pickle Ball Court; \$1 (Closed until Spring)
- 9:00AM Healthy Steps in Motion; \$1
- 10:00AM Watercolor Painting Class; \$1
- 11:00AM Yoga; \$3
- 1:00PM Technology Help; Call to sign up for a 1:1, 30-minute appointment.
- 1:30PM Chi Kung; \$1
- 2:00PM Diabetes Support Group - 2nd Tuesday each month; no fee
- 5:00PM Classic Cardio; \$3

WEDNESDAY

- 9:00AM Healthy Steps in Motion; \$1
- 10:00AM Yoga; \$3
- 11:00AM Tai Chi; \$1
- 1:00PM Quilting Group; no fee
- 4:00PM Yoga; \$3

THURSDAY

- 9:00AM Healthy Steps in Motion; \$1
- 10:00AM Line Dancing; \$1
- 10:00AM PALS Book Club, last Thursday, \$1
- 11:00AM Chair Fitness; \$1
- 1:00PM Knitting Group; no fee
- 5:00PM Classic Cardio; \$3

FRIDAY

- 9:00AM Healthy Steps in Motion; \$1
- 10:00AM Bingo; .50/card for 10 games & .25/card for coverall
- 10:30AM Yoga; \$3

*Please call to verify date change; if activity falls on 'Center Closed' date. Tune in to COOL 101.7 to hear the Centers' updates from Center Director, Tami Boylan. Check out our Facebook page, Active Aging Center Meadville (Canadohta included with Meadville).

CAMBRIDGE SPRINGS CENTER156 Venango Ave., Cambridge Springs
Center Manager: Tami Boylan 398-8616**Follow us on Facebook at The Active Aging Center of Cambridge Springs
March**

- 3/11 10:10AM CS 1st grade class comes to meet with their pen pals
- 3/13 10:30AM SINGO w/ Abbie
- 3/20 10:30AM-12:30PM Mobile Kilted Kiln w/ Pete. RSVP by 3/7/25.
- 3/27 10:30AM Residents Rights BINGO w/ Jamie

TUESDAY: 9:00AM HSIM Exercise Class
10:00AM Chair Yoga
10:00AM Games/ Dominos

WEDNESDAY: 9:30AM Euchre Cards - reservations needed

THURSDAY: 9:00AM HSIM Exercise Class
10:00AM Games/ Dominos
10:00AM-3PM Woodcarving

FRIDAY: 9:30AM Euchre Cards- reservations needed
1:30PM Gentle Yoga

Exercise Equipment/ Gym Available Monday – Friday 8:00AM-3:00PM

Ukuleles Available to play daily 8:00AM- 3:00PM

Meal Reservations needed two days in advance 814-398-8616

Lunch served at 11:45 daily

CANADOHTA CENTER

Center Manager: Patty Flaherty 814-336-1792

**Follow us on Facebook at The Active Aging Center of Meadville
March**

- 3/7 10AM Lauren with Home Instead to call SINGO; A lively and fun take on BINGO.
- 3/14 10AM Melissa Porter with Wesbury presents on their trip to the Yucatan
- 3/21 **Internal Auction;** donations of new or slightly used items (knick-knacks, food, clothing, books, puzzles etc.)
All proceeds benefit the Canadohta Center.
- 3/28 10AM Jaime Hughes will present

Please Contact Patty Flaherty, Manager, Canadohta Center @ 814-336-1792x106 to pre-register for lunch on the Tuesday before. (includes' curbside pickup)

TITUSVILLE SENIOR CENTER

714 E. Main St., Titusville

Center Manager: Ashley Thompson 827-9134 • www.goseniors.org

March

- 3/3 12:45PM Pinochle Party
- 3/4 10:30AM Healthy Steps in Motion
- 3/5 12:45PM Bingo
- 3/6 10:30AM Healthy Steps in Motion
- 3/7 9:00AM Breakfast
- 3/7 9:30AM Rise & Shine Pinochle
- 3/10 12:45PM Pinochle Party
- 3/11 10:30AM Healthy Steps in Motion
- 3/12 12:45PM Lucky Bingo
- 3/13 10:30AM Healthy Steps in Motion
- 3/13 12:45PM Chat with TAH Dietary Dept
- 3/14 10:00AM Community Coffee & Donuts
- 3/17 12:45PM Pinochle Party
- 3/18 10:30AM Healthy Steps in Motion
- 3/18 12:45PM Nutrition Fun with Daphne
- 3/19 12:45PM Bingo
- 3/20 10:30AM Healthy Steps in Motion
- 3/21 11:00AM Blood Pressure Screenings
- 3/21 12:00PM Birthday Luncheon,
- 3/21 12:45PM Senior Council
- 3/24 12:45PM Pinochle Party
- 3/25 10:30AM Healthy Steps in Motion
- 3/26 12:45PM Bingo
- 3/27 10:30AM Healthy Steps in Motion
- 3/28 12:45PM Creator's Cove

*Calendar subject to change. To verify, check our website, www.goseniors.org, find us on Facebook, or pick up a newsletter at The Center. **AARP Tax-Aide appointments are made through their scheduler. You must leave a message at (814) 499-3023, they'll return your call. Senior Center staff are unable to schedule appointments. Thank you!

SAVE THE DATES

May 3rd – Craft & Vendor Show
May 9th – Senior Prom
July 19th – Rummage Sale

Titusville Senior Center is located at Burgess Park in Titusville. Visit www.goseniors.org to view our newsletter, full calendar, and menu - or find us on Facebook! Our mission is to assure that older adults remain active, independent, healthy and involved in our community. Stop by to check out what's happening here at the Center. In addition to scheduled activities our activity/game room, craft room, card and puzzle tables, communication lab, lending library, TV room, new massage chair, porches, coffee counter and snack bar are open for your use during normal business hours. As always lunch is a \$2.50 donation, served at noon. Reservations required TWO business days in advance by calling (814) 827-9134 or sending an email to goseniors@zoominternet.net. Don't forget to stop by for tickets for our Monthly 50/50 Raffle, which is open to the public. See you soon!

THE BAIR FAMILY CENTER

237 South Pymatuning Street, Linesville 683-4959

Center Manager: Janet Wasserman

March HAPPENINGS

- 3/3 **TREASURE SALE DROP OFF DAY** – Clean out your closets and storage, regift those unwanted Christmas presents!
- 3/4-3/7 **9AM-3PM TREASURE SALE** – Treasures Galore for everyone!
- 3/7 **CRAFTY FRIDAY – DIAMOND DOTS with Sharon** – Cost \$3.00
- 3/10 **RESERVATIONS DUE for ST. PATRICK'S DAY** Cost: \$6.00
- 3/13 **11:45AM LUNCH 'n LEARN – SQUIRRELS OF PENNSYLVANIA** presented by Stacy Marendt, Pymatuning State Park Education Specialist. Reserve lunch (\$2.50) by 10AM March 11.
- 3/14 **PI Day (3.14)** – Delicious Homemade Pie Sale – variety of pies will be available for purchase from 10AM until gone! \$12
- 3/14 **CRAFTY FRIDAY – BEGINNING CROCHET** – Cost \$3.00
- 3/17 **ST. PATRICK'S DAY PARTY-10:00am** -by prior reservation only
Entertainment by: The Rambling Potatoes...Bring a snack to share!
- 3/19 **RESERVATIONS DUE for FLOWER ARRANGING CLASS WITH BLOSSOMS AND BLOOMS** – Class will be held on March 26 at 9:30AM Cost: \$42
- 3/21 **RESERVATIONS DUE for EASTER BUNNY CERAMICS CLASS WITH TARA** Class will be held on April 4 at 9:30AM – Cost: \$17
- 3/21 **CRAFTY FRIDAY** – Center Manager's Surprise! Cost: \$3.00
- 3/26 **FLOWER ARRANGING CLASS WITH BLOSSOMS AND BLOOMS** – 9:30AM
- 3/28 **NO CRAFTY FRIDAY**

UPCOMING SPECIAL DATES:

- April 7 – **Bus Trip to the Corning Museum in NY** – proceeds benefit the Cambridge Springs Center
- April 17 – **Easter Party** – Reservations due by April 4 - \$10
- April 28 – **Reservations due for Mother's Day party** - \$10
- April 30 – **4th Annual Living Healthy and Strong Community Health Expo**
- May 8 – **Mother's Day Party**
- May 17 – **Bair's Corvettes Cruise-In and Bair Family Center Pasta Dinner and Craft Fair**
- June 24 – **Bus Trip to The Wilds in Ohio** – proceeds benefit the Bair Family Center



Sub Sale

April 10th

Subs will include Ham, Turkey and Roast Beef

American Cheese, Lettuce, Tomato, Onion

Orders needed by March 28th

To Order 398-8616

\$5.00

Benefits the Active Aging Center of Cambridge Springs

Delivery available for orders of 5 or more
depending on location



**Do you have extra space in your home?
Would you like some companionship or
assistance with living expenses?**

**The SHARE program may be just
what you need!**

Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings together homeowners who want to share their home with home seekers who have an option to assist with living expenses, help around the house, or a combination of both.

SHARE is available here, in Crawford County!

Reach out to the Professional Housing Counselor today. They work to screen and match people who have extra space in their homes with people seeking an affordable living situation.

**Contact Housing Coordinator for Crawford County
Gwen Smith at 814-336-1792 ext 165**

Resources available to Pennsylvanians in need of support:

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Nacional de Prevención del Suicidio:

1-888-628-9454

Crisis Text Line: Text "PA" to 741-741

Veteran Crisis Line: 1-800-273-TALK (8255)

Disaster Distress Helpline: 1-800-985-5990

Get Help Now Hotline (for substance use disorders):

1-800-662-4357

Pennsylvania Sexual Assault Helpline:

1-888-772-7227

National Domestic Violence Helpline:

1-800-799-7233

**Active Aging is accepting donations of
unopened incontinent supplies, including
pads, pull-ups or underpads. Active Aging
will also accept donations of nutritional
supplements unless out of date.**

Donations can be dropped off Monday through Friday, 8 AM
to 5 PM at 1034 Park Ave. in Meadville.

We are also able to pick up if needed.

Please call 814-336-1792 ext. 155 to schedule a pick up.

Thank you!

March 2025

**Crawford County
Active Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	4 Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	5 Ash Wednesday Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	6 Italian Meatballs Pasta w/ Marinara 1/2c Brussel Sprouts 1/2c Peaches 1 Italian Bread	7 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail
10 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	11 Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit	12 Pulled Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	13 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	14 Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
Happy St. Patrick's Day! 17 3oz Corned Beef 1/2c Cabbage 1/2c Cubed Parsley Potatoes 1 Rye Bread 1/2c Pudding 	18 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	19 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	20 Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple	21 Creamy Egg Salad Sandwich Lettuce & Tomato 1c Cream of Cauliflower Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie
24 Roast Pork w/ gravy 1/2c Cubed Potatoes 1/2c Carrots 1 Wheat Bread Cake w/ Icing	25 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Lemon Buttered Noodles 1/2c Brussel Sprouts Hamburger Bun 1/2c Fruit Crisp	26 Chicken Bruschetta 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit	27 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	28 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices
31 Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange				 *menu subject to change based on availability



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- Convenient drive-thru
- Delivery options available



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Cochranon Community Pharmacy

180 North Franklin Street
Cochranon, PA 16314
mmchs.org/pharmacy

“Soon I’ll be turning 65, what should I do about Medicare?”



“Call Mary Shaffer! She guided me through everything!”



SHAFFER FINANCIAL SERVICES

Mary T. Shaffer Medicare Specialist
Shaffer Financial Services
 10744 State Hwy 18 Conneaut Lake, PA
www.shafferfinancial.com **814-382-8686**

Special Friday Night \$ BIG MONEY BINGO \$
Friday, May 2, 2025
 Doors Open at 4:00 PM Games Begin at 6:30 PM
\$8,000 in BINGO PAYOUTS!
 \$50 on Singles
Big Money Games:
 5 - \$1,000 and 5 - \$500

Tickets in Advanced are \$50/Person Must Be Purchased by 4 PM on May 1st
 If the Game is not Sold Out Tickets will be \$60 at the Door
 Admission Includes Up to 18 Card Faces

Tickets Go On Sale February 24, 2025!
 Available anytime online at activeaging.org
 or Monday through Friday 9:00AM - 4:00PM at the Office

Extra Books will be Available at \$5 Per Book
 Reserved Seats Noted on the Ticket Stub & Available Upon Request at the Time of Purchase
 Reservation Requests must be made no later than April 25, 2025.
 No gift certificates, coupons or other specials or discounts may be used for this special bingo.

Community Center of Crawford County
 1034 Park Ave. Meadville, PA 814-336-1792

Bingo Proceeds Benefit the Programs and Services Offered through Active Aging, Inc.
 Bingo License No. BNG24020 Small Games of Chance License No. SGC24111

PALMIERO TOYOTA **PALMIERO MOBILITY** **BraunAbility**

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THE FREEDOM TO DRIVE & TRAVEL PLUS INDEPENDENCE!

16165 CONNEAUT LAKE RD, MEADVILLE, PA 16335 (814) 336-1061



APRIL 8th-10th



MEADVILLE CENTER

DROP OFF DAY
TUES, APRIL 8TH
9AM - 11:00AM
 (NO FURNITURE, NO VHS, NO MAGAZINES, NO ENTERTAINMENT ELECTRONICS)

SALE DAY
WED, APRIL 9TH
9AM-2:30PM

\$1 BAG DAY
THURS, APRIL 10TH
9AM - 11:00AM
 (BRING YOUR OWN BAG)

RUMMAGE SALE

ACTIVE AGING CENTER OF MEADVILLE
 1034 PARK AVENUE, MEADVILLE, PA 16335
 FOR MORE INFORMATION
 CONTACT PATTY OR ASHLEY AT 814-336-1792 EXT. 106

Join us to Celebrate the First Day of Spring
March 20th: 10:30AM-12:30PM
 Paint any of the ceramics below:

		
\$15	\$18	\$15

Price includes ALL paint, materials, ceramic, kiln fee, & pick up from Meadville
 Instructor: Pete
 Payment is due no later than March 7th
 Where: Active Aging Center of Cambridge Springs
 Join us for lunch following the activity
 Reservations are required for project & for lunch
 156 Venango Ave Cambridge Springs PA 16403
 For more info call: 398-8616.

PACE / PACENET

Started in 1984, the Pharmaceutical Assistance Contract for the Elderly (PACE) Program helps older persons living in Pennsylvania to pay their prescription expenses. PACENET is the Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier. This program has been created to assist older Pennsylvanians, whose incomes are slightly higher than the PACE income limits, with the cost of their prescription drugs.

Eligibility Information:

PACE requirements:

- 65 years of age or older.
 - A resident of Pennsylvania for at least 90 days prior to the date of application.
 - Ineligible for pharmaceutical benefits under medical assistance.
 - Total income for last year for a single person must be less than \$14,500.
 - Total income for last year for a married couple must be less than \$17,700.
- Once an application is approved, an enrollee is responsible for \$6 copayment for generic drugs or a \$9 copayment for brand name drugs for each prescription reimbursed by PACE.

PACENET requirements:

- 65 years of age or older.
- A resident of Pennsylvania for at least 90 days prior to the date of application.
- Ineligible for pharmaceutical benefits under medical assistance.
- Total income for a single person from last year must be between \$14,500 to \$33,500.
- Total income for a married couple last year must be between \$17,701 to \$41,500.

PACENET may have a monthly drug plan premium to pay at the pharmacy, which will be cumulative if not met each month. Once that monthly drug premium has been met, PACENET has an \$8 copayment for generic drugs and a \$15 copayment for brand name drugs. Your out-of-pocket costs to you are computed by the PACE program.

To use your PACE/PACENET card: Take your card and prescription to any drugstore that accepts PACE. Always keep your card with you. Do not leave your card at the drugstore. Do not mail your card to a mail-order pharmacy.

You may not use your card to purchase drugs out of the state or to mail drugs out of the state. You can use your card ONLY while you are in Pennsylvania.

Can I have other medical insurance or prescription coverage and still apply for PACE/PACENET?

Yes, However, PACE is the payor of last resort and will only cover prescription costs not covered by other medical insurance. You will be asked to provide information about your insurance coverage when you apply for PACE/PACENET, and you should inform your pharmacist of all your medical and prescription plans.

Is it possible to get help with completing the PACE/PACENET application?

Yes! Please call Active Aging, Inc. at (814) 336-1792 or 1-800-321-7705. An appointment can be scheduled for you

DO YOU HAVE MEDICARE?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? The PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Program can help!

What is PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT?

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT is a free health insurance counseling program designed to help all Pennsylvanians with Medicare. PENNSYLVANIA MEDICARE EDUCATION AND DECISION

You may qualify for financial assistance programs! PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help

Can help lower your prescription drug co-payments and premium, and gives you extra times to switch your plan!

You may qualify if:

- If you are single and have total monthly income of less than \$1,903; and less than \$17,220 in resources
- If you are married and have a total monthly income of less than \$2,575; and less than \$34,360 in resources

*There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Programs

Can help you with the payment of your Part B premium!

You may qualify if:

- If you are single and have a total monthly income of less than \$1,714; and less than \$9,430 in resources
- If you are married and have a total monthly income of less than \$2,320; and less than \$14,130 in resources

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

*There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

How can the PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Program help you?

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparisons
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals
- Long-Term Care

Call today to get connected to the PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Program in your area.

1-800-783-7067

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT is a free service provided by the PA Department of Aging, and is funded in whole or part by grant number 2001PAMIAA-00



pennsylvania
Medicare Education and Decision Insight



PDA pennsylvania
DEPARTMENT OF AGING

Updated February 2024

The Low-Income Home Energy Assistance Program, also known as LIHEAP, opened for the season November 4, 2024.

LIHEAP helps families with low incomes pay their heating bills in the form of a cash grant. Crisis grants also are for households in immediate danger of being without heat. With cash grants, a one-time payment is sent directly to the utility company/fuel provider, and will be credited on your bill. This is a grant and does not have to be repaid.

Some facts to know:

- You must meet income guidelines (guidelines change each year)
- 1 person must have an annual income of less than \$22,590
- 2 persons must have an annual income of less than \$30,660
- Add \$8,070 for each additional household member
- You don't have to be on public assistance
- You don't need to have an un-

- paid heating bill
- You can rent or own your home
- To apply, you will need: names of people in your household, dates of birth for all household members, Social Security numbers for all household members, proof of income for all household members, and a recent heating bill.
- There are three ways to apply for LIHEAP: online, on paper, or in person.

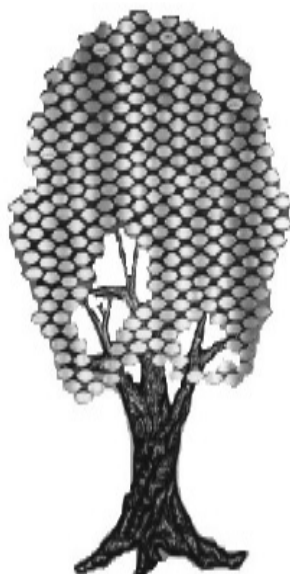
For more information about LIHEAP, please contact the county assistance office at 814-333-3400, or, call the LIHEAP hotline at 1-866-857-7095, Monday through Friday. Active Aging, Inc. can assist persons over the age of 60 apply for LIHEAP. Please call our office to schedule your appointment: 814-336-1792.



Juniper Village at Meadville
455 Chestnut St.
Meadville, PA 16335

*Reach out to me
to get you Your
Personal Tour
Scheduled!*

DIANA HILL
Diana.Hill@junipercommunities.com
Phone: 814-333-4400
Fax: 814-333-2607



The BEST time to plant a tree is 20 years ago. The next best time is NOW. ~African Proverb

We invite you to participate in our "Tree of Giving" gift program. This is an on-going and permanent gift program that gives you, as a donor, the discretion to honor someone's hard work or achievement; remember a special/personal event or anniversary; or as an everlasting memorial for a loved one, friend or community leader. The "Tree of Giving" includes brass leaves and three different size brass stones that can be engraved to your desire. For additional information or to make an appointment with our Foundation Staff, please call (814) 336-1792 or 800-321-7705.

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT Update

PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT (PA MEDI), the State Health Insurance Assistance Program for all Medicare beneficiaries residing in Pennsylvania. During Medicare's Annual Open Enrollment, beneficiaries have the opportunity to compare their current Medicare Advantage Plan or Part D prescription drug plans and make any necessary changes to their coverage for the upcoming year. At Active Aging, Inc., the PA MEDI Program remains very busy all year. PA MEDI counselors are available, by appointment, to give information to individuals who are new to Medicare, assist with problems or questions about current coverage, and to screen and assist those eligible for Medicare cost-savings programs.

Outside of Annual Open Enrollment, there are Special Enrollment Periods (SEP) for individuals who may be eligible to make a change to their current coverage. Below is a list of examples for when a person may qualify for a SEP:

You change where you live

- I moved to a new address that isn't in my plan's service area.
- I moved to a new address that's still in my plan's service area, but I have new plan options in my new location.
- I moved back to the U.S. after living outside the country.
- I just moved into, currently live in, or just moved out of an institution (like a skilled

nursing facility or long-term care hospital).

- I'm released from jail.
- You lose your current coverage
- I'm no longer eligible for Medicaid.
- I left coverage from my employer or union (including COBRA coverage).
- I involuntarily lose other drug coverage that's as good as Medicare drug coverage (creditable coverage), or my other coverage changes and is no longer creditable.
- I had drug coverage through a Medicare Cost Plan and I left the plan.
- I dropped my coverage in a Program of All-inclusive Care for the Elderly (PACE) plan.
- You have a chance to get other coverage
- I have a chance to enroll in other coverage offered by my employer or union.
- I have or am enrolling in other drug coverage as good as Medicare prescription drug coverage (like TRICARE or VA coverage).
- I enrolled in a Program of All-inclusive Care for the Elderly (PACE) plan.
- Your plan changes its contract with Medicare
- Medicare takes an official action (called a "sanction") because of a problem with the plan that affects me.
- Medicare ends (terminates) my plan's contract.
- My Medicare Advantage Plan, Medicare Prescription Drug Plan, or Medicare Cost Plan's contract with Medicare isn't renewed.
- Other special situations
- I'm eligible for both Medicare and Medic-

aid.

- I qualify for Extra Help paying for Medicare prescription drug coverage.
- I'm enrolled in a State Pharmaceutical Assistance Program (SPAP) or lose SPAP eligibility. (This is PACE/PACENET in PA)
- I dropped a Medigap policy the first time I joined a Medicare Advantage Plan.
- I have a severe or disabling condition, and there's a Medicare Chronic Care Special Needs Plan (SNP) available that serves people with my condition.
- I'm enrolled in a Special Needs Plan (SNP) and no longer have a condition that qualifies as a special need that the plan serves.
- I joined a plan, or chose not to join a plan, due to an error by a federal employee.
- I wasn't properly told that my other private drug coverage wasn't as good as Medicare drug coverage (creditable coverage).
- I wasn't properly told that I was losing private drug coverage that was as good as Medicare drug coverage (creditable coverage).

These Special Enrollment Period situations have been adapted from www.medicare.gov; if you would like to learn more about special enrollment period situations, please visit www.medicare.gov or contact PA MEDI. For more information on PENNSYLVANIA MEDICARE EDUCATION AND DECISION INSIGHT, or to schedule an appointment for assistance, please call Active Aging, Inc. at 814-336-1792 or 1-800-321-7705. Active Aging, Inc. is located at 1034 Park Ave., Meadville, Pa.

Let the experts show you!

Blossoms and Blooms Boutique



Not a photo of actual arrangement

Flower Arranging Class

March 26, 2025

9:30am

Register by calling 814-683-4959

The Active Aging Bair Family Center
237 South Pymatuning Street
Linesville, PA 16424

PI Day PIE SALE



3.14.25

10am till gone!

Delicious homemade pies
Just \$10 each

Plenty of flavors!

"You can't buy happiness, but you can buy pie, and that's kind of the same thing." *Author Unknown*

The Active Aging Bair Family Center
237 South Pymatuning Street
Linesville, PA 16424

The Active Aging Bair Family Center
237 South Pymatuning Street
Linesville, PA 16424
814-683-4959



St. Patrick's Day Party

MONDAY MARCH 17 at 10:00am \$6.00

Reserve by March 10

Featuring Live Irish Music by:

The Rambling Potatoes



Save the Date



Tuesday, June 24, 2025

Join Active Aging Bair Family Center & The Active Aging Foundation

for a Bus Trip to The Wilds in Cumberland, OH

Stay tuned for more details in the April ECHO and on Our Facebook Pages



Active Aging Bair Family Center

Monday through Friday 8:00AM - 3:00PM
237 S. Pymatuning St., Linesville, PA
(814) 683-4959



Active Aging Foundation

Monday through Friday 9:00AM - 4:00PM
1034 Park Avenue, Meadville, PA
(814) 336-1792 option #8



VOTER REGISTRATION



Now available at your Local Senior Center or in your own home when you receive in-home services from Active Aging, Inc. As part of the "Motor Voter Law" passed in 1993, Area Agencies on Aging are now required to provide an opportunity for you to register to vote. If you need assistance in registering to vote, call us at (814) 336-1792

Did you pay PA Property Tax or Rent in 2023?

You may qualify for the 2023 PA Property Tax/Rent Rebate. Active Aging, Inc. has trained staff volunteers who can help you file if you meet the qualifications. For more information on the program details or to schedule an appointment for this free service, please call Active Aging, Inc. at 814-336-1792.

New: File Your Property Tax/Rent Rebate Program Applications Online

Property Tax/Rent Rebate Program claimants now have the option to submit program applications online with the Department of Revenue's myPATH system. Filing online leads to fast processing, easy direct deposit options and automatic calculators that will help you apply for your rebate. Visit mypath.pa.gov to file your application.

This Month in History March

March 1, 1869- US Postage stamps showing scenes issued for 1st time. These pictorials showed post horse and rider, a locomotive, a shield an eagle, and a ship, the Adriatic

March 2, 1904- Dr. Seuss was born!

March 3, 1921- Toronto's Dr Banting & Dr Best announce discovery of insulin

March 7, 1876- Alexander Graham Bell receives a patent for the telephone in the US.

March 8, 2014- Malaysia Airlines Flight 370 with 239 people loses contact and disappears, prompting the most expensive search effort in history.

March 11, 2011- 9.0 magnitude earthquake strikes 130 km (80 miles) east of Sendai, Japan, triggering a tsunami killing thousands of people and causing the second worst nuclear accident in history.

March 13, 1781- William Herschel sees what he thinks is a "comet" but is actually the discovery of the planet Uranus.

March 14, 1794- Eli Whitney patents the cotton gin machine revolutionizing the cotton industry in the southern US states.

March 15, 1493- Christopher Columbus returns to Spain after his first voyage to the New World.

March 17, 432- Saint Patrick, aged about 16 is captured by Irish pirates from his home in Great Britain and taken as a slave to Ireland.

March 21, 1975- Ethiopia abolishes its monarchy after 3,000 years.

March 22, 1954- 1st shopping mall opens in Southfield, Michigan.

March 23, 1945- Largest operation in WWII's Pacific War, 1,500 US Navy ships bomb the Japanese island of Okinawa.

March 26, 1953- Dr Jonas Salk announces vaccine to prevent polio.

March 27, 1914- 1st successful blood transfusion (in Brussels).

March 28, 1946- Cold War: The United States State Department releases the Acheson-Lilienthal Report, outlining a plan for the international control of nuclear power.

March 29, 1974- Chinese farmers discover the Terracotta Army near Xi'an, 8,000 clay warrior statues buried to guard tomb of China's 1st emperor Qin Shi Huang.

March 30, 1867- US buys Alaska from Russia for \$7,200,000 (2 cents an acre - Seward's Folly).

March 31, 1965- US orders first combat troops to Vietnam.



IT'S YOUR CALL

Confidential help for Veterans and their families

The confidential Veterans Crisis Line, online chat, and text are available, and we are here for you.

• • • Confidential chat at VeteransCrisisLine.net or text to 838255 • • •

REMINDER:

Elder Pennsylvanians deserve honor and respect ... not abuse. Stop Elder Abuse in Crawford County. Call Active Aging, Inc. 336-1792 or 1-800-321-7705

What is PA Link?

Aging and Disability Resource Centers (ADRC) exist nationwide. In Pennsylvania, ADRC is known as the Pennsylvania Link to Aging and Disability Resources, commonly known as the PA Link. It is designed to be a cross-age, cross-system network of local, regional, and state partner agencies that collaborate to help individuals who need home and community based services and supports. This coordinated network of partners allows a consumer to initiate contact with any PA Link partner and access information, assistance, and resources through a “no wrong door” approach, thereby minimizing consumer and provider duplication, reducing confusion, streamlining access, and creating much needed “safety nets”.

PA Link partners represent a wide range of local human service and healthcare providers as well as community leaders, civic organizations, state agencies, and other groups such as consumer, advocacy, and faith organizations. PA Link partners strive to help the following populations, regardless of income: adults age 60+, individuals living with any type of disability, persons living with behavioral health or substance abuse issues, Veterans, and the caregivers and family members of these populations. The mission of the PA Link to Aging and Disability Resources is to assemble and strengthen an organized alliance of private and public community agencies to better support consumer wishes and empower them to understand, determine and effectively navigate their long term care service options, regardless of age, ability or income.

A toll-free statewide ADRC helpline is operated by trained staff who assist Pennsylvanians looking for information on long-term living services and supports. Hours of operation are Monday through Friday - 8:30am to 5pm (excluding holidays). #1-800-753-8827.

If you are interested in becoming a partner to the PA Link, or if you know of an agency that should be approached about becoming a PA Link partner, please contact Kathy Freeman, Lead Link Coordinator for Service Area 1, at information@activeaging.org.

Pennsylvania Link to Aging and Disability Resources

The Pennsylvania Link to Aging and Disability Resources is a program of the Pennsylvania Department of Aging. Commonly referred to as the PA Link, this network of local, state and federal partners works together to provide information on, and improved access to, long-term care services and supports to all Pennsylvanians regardless of age, ability or income.

PA Link partners in Crawford County can provide information and support in the following areas:

- Assistive Technology
- Caregiver Support
- Care Transitions
- Disability Services
- Drug and Alcohol Services
- Emergency Contacts
- Employment Services
- Financial Assistance
- Health and Nutrition
- Health Insurance
- Home Modification
- Housing Assistance
- In-Home Services
- Legal Aid
- Lifespan Respite
- Medical Services
- Mental Health Services
- Nursing Home Transition
- Options Counseling
- Protective Services
- Support Groups
- Transportation
- Utilities and Fuel
- Veterans Services



The Pennsylvania Link to Aging & Disability Resources Helpline: 1-800-753-8827

Current PA Link Partners

- | | |
|---|--|
| <ul style="list-style-type: none"> Achieva Family Trust Active Aging, Inc. Active Aging Center @ Lakeland/Valley Alleghenies United Cerebral Palsy Alzheimer's Association Amerihealth Caritas AseraCare Hospice At Your Request Cleaning Bayada Bethany Christian Services Better Business Bureau of W. PA Bureau of Blindness and Visual Services Byham's Insurance Services Casey Ball Supports Center for Community Resources Center for Family Services CHAPS Comfort Care Agencies Community Care Network Community Health Services Community Resources for Independ. Consumer Satisfaction Team Crawford CAO Crawford County Care Center Crawford County Human Services Cross Home Care Diagnostic X-Ray Service Down Syndrome Center of WPA Embassy @ Park Ave. Encompass Health Erde, Ferguson, Foulk & Cressman Evans Square Apts. Family Assistance Center Family & Community Christian Association From The Heart Shaffer Financial Serv. Gateway Genesis HealthCare Green Prosthetics Guardian Elder Care HCF Management HCR Manor Health Care Solutions Heartland Hospice Helpmates Home Instead Hospice of Crawford County HVA Sr. Living Alliance Inglis Institute for Successful Aging Integrated Medical Transport Interim Health Care | <ul style="list-style-type: none"> Juniper Village at Meadville Kindred Hospice Lakeland Area Hospice LIFE/NWPA Med Staffers MERP Millcreek Community Hospital/LECOM Mount Hope Home Care Noble Community Care NW Pa AIDS PA MEDI PATF PathStone Presbyterian Senior Care Network Primary Health Network PRO MEDICA Regional Home Health & Hospice SafeinHome Saint Vincent / Allegheny Health Network Self Determination Housing Project Seniors Choice Senior Helpers Service Coordination Unlimited Shryock Senior Housing Social Security Administration Special Kids Network Special Olympics Pa St. Vincent Behavioral Health StairBusters Successful Aging of NWPA, LLC Supports Coordination of NW PA Titusville Area Senior Citizens Corp Titusville Healthcare and Rehab. Center Titusville Social Connection The ARC of Crawford County TLC Insurance Transition Assistance Advisors UCP/CLASS UPMC Health Plan UPMC for Life Vantage Healthcare Veterans Admin Veterans First Veterans Miracle Center Veterans Services VNA Alliance Walberg Family Pharmacies Wesbury Wesbury at Home WIC Program/CHS Women's Services |
|---|--|



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YOU SPOKE... WE LISTENED!

CATA is proud to announce a
NEW
TITUSVILLE - OIL CITY
LIFELINE ROUTE



Public Transportation is NOW possible between Crawford & Venango Counties!

The bus runs on Mondays & Thursdays
It operates from 8am - 4pm
- FARE IS CASH ONLY AT THIS TIME -
\$2.50 One Way - Seniors age 65+ are FREE with a PA Senior Transit Card

If you have any questions or concerns please visit www.catabus.org or call 814-336-5600. You can also visit our office at 214 Pine St. in Meadville OR 285 Elm Street in Oil City.

Lesa Terrill of Titusville, pictured with CATA Venango County Assistant District Manager Ginny Papay, is CATA's FIRST Titusville-Oil City Lifeline Passenger!

"Two Time National Award Recipient for Outstanding Public Service"

**214 PINE ST.
MEADVILLE, PA**

CATA is supported by the Pennsylvania Department of Transportation and the Pennsylvania Lottery



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