

ECHO

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

Active Aging
Foundation & Meadville Center

Phipps Conservatory

Anderson Bus Trip to Pittsburgh

Phipps Conservatory & Botanical Gardens is a Pittsburgh gem – a thriving oasis with many unique environments to explore. Begin your journey in our LEED®-certified Welcome Center before entering our exquisite 1893 glasshouse with ever-changing displays. Then, continue on to the Tropical Forest Conservatory and the Center for Sustainable Landscapes, one of the greenest buildings on Earth. Be our guest and let us indulge your senses with breathtaking seasonal flower shows and exhibits; groundbreaking sustainable architecture; gorgeous outdoor gardens and green rooftops; and more.

TUESDAY, 5/12

Tour
A guided 1 hour tour of the Conservatory's history, plant collections and current flower show.

Bus
Park at Home Depot (back of lot, near 322) to board Anderson Bus (This trip is not handicap accessible)

Lunch
Bagged lunch will be provided

RESERVATIONS
Call for details or to sign up! Space is limited.

Reservations and payment \$90 due by Thursday, 4/9

Accepted forms of payment: Cash, Check or Card (small convenience fee with using a card)

② Patty/Ashley
Meadville Center 8am-3pm ☎ 814-336-1792 ext. 106

② Kaylie
Foundation 3pm-4pm ☎ 814-336-1792 ext. 151




36th Annual
Winnin' of the Green
Reverse Raffle

BIG \$3,000 Main Board

Additional Merchandise & Cash Raffles
Limited Seating - Buy Your Ticket Early

BYOB for Age 21 or Older

Saturday, March 14, 2026

Community Center of Crawford County

Doors & Sideboards Open at 4:00PM
Roast Beef Dinner by 7:00PM
Raffle To Follow

\$60/ Ticket for a Couple (\$50 for a Single)- Includes: Chance on \$3,000 Board,
Free \$2.00 Sideboard, Dinner, Mixers & Munchies




Community Center of Crawford County
Lew Davies Community Building
1034 Park Avenue Meadville, PA
(814) 336-1792
Small Games of Chance License #SGC25112

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.



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.effc-law.com



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- RxLocal mobile app or website for refill requests
- Welcoming new & existing customers

* Some restrictions may apply.



404 North Street, Meadville, PA 16335 | 814-337-6600 | mmchs.org/pharmacy

From the Director's Desk, March 2026

Happy St. Patrick's Day. A fine holiday, appreciated by many, and spring is just around the corner. After our unusually snowy and cold winter, I'm looking forward to some warmth. February wasn't all that exciting. I wasn't able to take Conall out for a walk as often since it was so cold. I can't throw his ball for him much either, because it gets lost in the snow too easily. If I can keep it on the driveway, he can enjoy chasing it and burn off some energy, but as soon as it drops in the snow, I know we are in for a search. We started the winter with 4 balls and are now down to 1. Until the snow melts, I have little hope of finding the other 3. He has a special knack for losing balls. He goes through more than his fair share. And while finding the balls will be a nice bonus to the snow melting, there is one chore I'm not looking forward to. That would be the fluff cleanup. Conall has a very large stuffed rhinoceros that he has been dragging all over the yard all winter, tearing it apart as he goes. I know once the snow melts, I am going to find a large amount of fluff that isn't going to melt away. I can't wait!

As the weather breaks, it is a good time to venture out to your local Active Aging Center and check out what is going on. Our Center staff have been planning activities for those of every level. If you want to hike, bike, snowshoe, or kayak, we have plans for that. If you want to play cards, make crafts, or work on your sewing, we have plans for that, too. Or if you prefer to visit with others and not actually do anything, you are more than welcome to do so with us. You can learn more by calling and asking questions. For information on Meadville and Canadohta Lake, call 814-336-1792. For more information on Linesville, call the Bair Family Active Aging Center at 814-683-4959. For more information on Cambridge Springs, call 814-398-8616. Or check us out on Facebook.

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
Ginger Thomas
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 Lincolnville
(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**

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***Chronic Disease Self-Management Program provides education, support and tools for adults to confidently manage their health. Workshops include nutrition, symptom management and patient-provider communication. Classes meet Wednesday, March 18th from 10AM to 12PM, through Wednesday, 4/15 with the final class on Monday, 4/20 from 10AM to 12PM. To sign up call 814-336-1792 ext. 106.*

- 3/3 9-11AM Book & Puzzle Sale – Drop off day. Books & jigsaw puzzles accepted – No Encyclopedias. Volunteers needed.
- 3/4 9AM-2PM Book & Puzzle Sale.
- 3/5 9-11AM Book & Puzzle Sale - Bring your own bag.
- 3/10 11AM Erin with LIFE Program presents a ‘make & take’ program on Salt Free Spice Blends
- 3/11 12:10PM Elizabeth Van Cise – local historical fiction author of Forever Free presents the history of Pithole & The Oil Industry
- 3/12 **Movie Title: Ladies in Lavendar** - The film takes place in 1936 Cornwall, in a small fishing village. One dark and stormy night we saw a few young men swimming, drowning, actually, underwater during a storm. Very like Shakespeare’s The Tempest. The next morning, the optimistic, Ursula runs out to see the sunshine after the tempest to spot a body lying on the beach. Men are called to take the extremely young and handsome stranger into the Widdington home. And thereby hangs a tale of the naive, innocent Ursula bedazzled by the beauty of the youth.
- 3/13 **Center closes at 2PM for Foundation event set-up.**
- 3/17 **St. Patrick’s Day Luncheon** - \$5 suggested donation. Sign- up by 3/11. Puzzles, games and more Irish fun!
- 3/18 **Chronic Disease Self-Management Program. Day 1**
- 3/20 7-9PM Dance with DJ Brian Silvis. \$5 at the door. BYOB & BYOSnacks – wear your PJs!
- 3/23 **Reservations & payment (\$10) due for Easter Celebration on April, 2.**
Menu: Baked Ham, Au Gratin Potatoes, Candied Carrots, Coleslaw, Dinner Roll and Peach Pie.
- 3/24 1PM Tim Sechler with Sechler Law Firm will present on how to maintain control of your assets, asset protection from long term care loss and more.
- 3/25 **Chronic Disease Self-Management Program. Day 2**
- 3/26 **Movie Title: Where the Crawdads Sing...** is about Kya, a girl abandoned in the North Carolina marshes who raises herself and becomes the prime suspect when a local man dies, blending coming-of-age, romance, and murder mystery against a backdrop of nature.

APRIL 2026 SAVE THE DATE(S):

- 4/2 Easter Celebration – see 3/23 • 4/13 Walk with Ease
- 4/17 Reservations due for Station Dinner Theatre - Legally Gray on 6/3
- 4/18 Literary Coffee House Event • Rummage Sale: Drop off 4/21, Sale 4/22 & Dollar Bag Day 4/23 • Spring Basket Raffle starts 4/30

*The Meadville Center is open weekdays from 8AM - 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; Yoga; \$3**
- 11:00AM **Tai Chi; \$1**
- 1:00PM **Veteran’s Committee Meeting: (1st Monday of March-November)**

TUESDAY

- 9:00AM **Healthy Steps in Motion; \$1**
- 10:00AM **Watercolor Painting Class; \$1**
- 11:00AM **Yoga; \$3**
- 12:30PM **BUNCO- dice game – 2nd & 4th Tuesday of each month; \$1**
- 1:30PM **Chi Kung; \$1**
- 2:00PM **Diabetes Support Group - 2nd Tuesday each month; no fee**
- 5:00PM **Classic Cardio; \$3**

WEDNESDAY

- 9:00AM **Pickle Ball Court; (closed until Spring); 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; Book Club, last Thursday of the month; \$1**
- 11:00AM **Chair Fitness; \$1**
- 12:30PM **Movie; 2nd & 4th Thursday of the month; \$1**
- 1:00PM **Knitting Group; no fee**
- 4:45PM **Cardio Yoga Combo Class; \$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. On Tuesdays, tune in to COOL 101.7 to hear the Centers’ updates from Centers Director, Tami Boylan. Check out our Facebook page, Active Aging Center Meadville (Includes Canadohta Center).*CAMBRIDGE SPRINGS CENTER**

156 Venango Ave., Cambridge Springs

Center Manager: Tami Boylan 398-8616

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

- 3/3 10:15AM Book Club Discussion w/ Tami
- 3/5 10:30AM Big or Small We Share it All Activity w/ Hayleigh
- 3/12 10:30AM Beach Theme Day w/ Tami & Hayleigh
- 3/17 10:10AM CS 1st grade class comes to meet with their pen pals
Wear your GREEN for St Patrick’s Day
- 3/19 10:30AM Drum Circle w/ David. Please RSVP, drums go fast
- 3/24 10:30AM Travel to Italy Presentation w/ Gina
- 3/31 10:30AM Therapy Dog Visit & Program w/ Sue
- TUESDAY:** 10:00AM Chair Yoga
9:00 AM HSIM Exercise Class
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****EACH FRIDAY 9:00-9:30AM WILL DO LIGHT CHAIR EXERCISES (HEALTHY STEPS)**

- 3/6 10AM Erin with the Life Program will host a ‘make & take’ workshop Salt Free Spice Blends.
- 3/13 11:30AM-1PM Pre-ordered sub, pick-up
- 3/20 10AM Internal Auction; donations of new or slightly used items (knick-knacks, food, clothing, books, puzzles etc.) All proceeds benefit the Canadohta Center.
- 3/27 **Jaime Hughes will present.**
Please Contact Patty Flaherty, Manager, Canadohta Center @ 814-336-1792x106 on Tuesday prior to pre-register for a Friday lunch with us.

THE BAIR FAMILY CENTER

237 South Pymatuning Street, Linesville 683-4959

Center Manager: Ginger Thomas

March HAPPENINGS

- 3/2 Sub/Wrap Sale (\$5.00 each)
- 3/5 **LUNCH ‘N LEARN—NOON:** CCDAEC Christine Rodgers
- 3/6 11:30AM-1:30PM Rent rebate help/ state rep
- 3/12 **LUNCH ‘N LEARN—Pymatuning state park(Stacy)**
- 3/9– 3/13 **Quilting Retreat (please call to register)**
- 3/12-3/13 **Pie Sale (Pie Day)**
- 3/17 **St. Partick’s Day (where Green)**
- 3/19 **LUNCH ‘N LEARN— Life—NWPA (salt free spices)**
- 3/20 **Sub/Wrap Sale order and money due**
- 3/21 **Easter Reservations Due \$10 per person**
- 3/26 **Nails with Kathy (suggested Donation \$2)**
- 3/26 11:30AM-12PM Rent rebate help (Krista)
- 3/27 11AM-2:30PM Sub/Wrap Pick up

WEEKLY ACTIVITIES AT THE BAIR FAMILY CENTER

- Monday: 8:30-9:30AM** Exercise Video (\$1.00) Cardio Workout
9:00-2:30PM Quilting/Sewing/Needlework (\$1.00) Fee waived if working on items for the Bair Family Center
- Tuesday: 8:30-9:30AM** Exercise Video (\$1.00) Cardio Workout
9:30-10:30AM Tai Chi (\$1.00) - strength, balance, coordination
9:30-10:30AM Living the Journey-open discussion for those who have experienced loss
10:30-11:30AM Healthy Steps in Motion (\$1.00)-falls prevention, strength, balance
12:00-2:30PM Adult Art Adventure (\$2.00)
12:15-2:30PM 500 Card Party (\$2.00)
- Wednesday: 8:30-9:30AM** Exercise Video (\$1.00) Cardio Workout
9:00-2:30PM Quilting/Sewing/Needlework (\$1.00) Fee waived if working on items for the Bair Family Center
- Thursday: 9:30-11:30AM** BINGO (\$1.25 to play plus \$.05 per card per game)
- Friday: 8:30-9:30AM** Exercise Video (\$1.00) Cardio Workout
10:30-11:30AM Healthy Steps in Motion (\$1.00) - falls prevention/strength& balance
12:15-2:30PM Euchre Card Party (\$2.00)
12:30-1:30PM Sign Language Class (3rd Friday of every month)

EVERY MONDAY-FRIDAY:**Coffee/Tea/Socialization - Books/Reading/Games/Puzzles - Walking Track (\$1.00) - Gym-exercise machines (\$1.00) - Lunch (\$3.00 donation/order 2 days in advance)**

TITUSVILLE SENIOR CENTER

714 E. Main St., Titusville

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

March

- 3/2 12:45PM Pinochle Party
- 3/3 10:30AM Healthy Steps in Motion
- 3/4 12:45PM Bingo
- 3/5 10:30AM Healthy Steps in Motion
- 3/6 9:00AM Breakfast
- 3/6 10:00AM Living Well with TAH Audiology
- 3/9 12:45PM Pinochle Party
- 3/10 10:30AM Healthy Steps in Motion
- 3/11 12:45PM Lucky Bingo
- 3/12 10:30AM Healthy Steps in Motion
- 3/13 9:00AM Breakfast Club – Eat & Play!*
- 3/16 12:45PM Pinochle Party
- 3/17 10:30AM Healthy Steps in Motion
- 3/17 12:45PM Watercolors with Savory Studio*
- 3/18 12:45PM Bingo
- 3/19 10:30AM Healthy Steps in Motion
- 3/19 12:4 PM Life Smarts: Scams & Fraud
- 3/20 11:00AM Blood Pressure Screenings
- 3/20 12:00PM Birthday Luncheon
- 3/20 12:45PM Senior Council
- 3/23 12:45PM Pinochle Party
- 3/24 10:30AM Healthy Steps in Motion
- 3/25 12:45PM SPEED Bingo - We go FAST!
- 3/26 10:30AM Healthy Steps in Motion
- 3/27 9:00AM Donuts & Coffee
- 3/27 9:30AM Uno Tournament
- 3/30 12:45PM Pinochle Party
- 3/31 10:30AM Healthy Steps in Motion
- 4/1 12:45PM Brown Bag Bingo?
- 4/2 9:00AM Breakfast
- 4/2 10:00AM Easter Scavenger Hunt
- 4/3 C L O S E D : Good Friday

* Indicates pre-registration is required. Calendar subject to change. To verify, check our website, www.goseniors.org, find us on Facebook, or pick up a newsletter at The Center.

Digital Literacy is back! Stop in Mondays between 10:30AM – 2:30PM to speak with someone from Titusville Regional Literacy Council – they’ll help you navigate and gain confidence while you learn.

AARP Tax Aide Appointments are made with their scheduling coordinator by calling (814) 499-3023 and leaving a voicemail. Senior Center staff are unable to schedule these appointments or access their information/schedule. Thank you!

Titusville Senior Center has been a place for those in our area to gather, socialize, connect, and find a sense of belonging since 1959. We serve those aged 60/older, hosting a variety of activities to ensure there’s something for everyone! Some of our activities include Bingo, exercise class, art lessons, craft/sewing groups, trivia challenges, card tournaments, lifelong learning classes & speakers, dances, trips, various group games and so much more! For those who may not prefer large group activities, we have space available for independent or small group activities and projects. In addition to scheduled activities – our game room, craft room, puzzle table, communication lab, lending library, TV room, massage chair, porch sitting area, coffee counter and snack bar are open during normal business hours.

Lunch is served daily at noon for a suggested \$3 donation. Each meal includes an entree, vegetable, bread, and fruit or dessert. Our menu is planned by registered dietitians & nutritionists to ensure maximum nutrition and complies with government regulations and wellness policies. Reservations required TWO business days in advance by calling (814) 827-9134 or sending an email to goseniors@zoominternet.net.

Located at Burgess Park in Titusville, we are open weekdays 9 AM – 3 PM. Drop by or visit www.goseniors.org to view our newsletter, full calendar of events, and menu - or find us on Facebook! Our mission is to assure that older adults remain active, independent, healthy and involved in our community. Don’t forget to get your tickets for our Monthly 50/50 Raffle while you’re here, which is open to the public. See you soon!

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 to Friday, 8AM - 4PM at 1034 Park Ave. in Meadville.

We are also able to pick up if needed, call to schedule.

If you or anyone you know over the age of 60 requires supplies and are unable to afford them, please call for assistance.

814-336-1792



**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
Shelby Christian 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

NEW
HOURS



Beginning Monday, February 16, 2026

Active Aging, Inc. & Foundation
1034 Park Avenue in Meadville
814-336-1792

**New Hours of Operation:
Monday through Friday
8:00AM to 4:00PM**

**Meadville Center & Activities
Hours Remain 8:00AM to 3:00PM**

Inspired: Wired for Writing

Saturday, April 18th, 2026

Literary Coffee House Fundraiser



12:30-4:30 PM
Active Aging Meadville Center
1034 Park Ave, Meadville, PA

\$10 tickets
2 Beverages
2 Desserts
All Afternoon Showcase

- Meet Local authors
- Buy a signed book
- Hear authors share
- Fun for everyone



Purchase tickets online at:
beautifulbalanceinspirations.org



Supports the Inspired Youth Writing Contest



Contact ellen.byham@gmail.com for details



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

BIG or Small

WE SHARE IT ALL

ACTIVITY



At the Cambridge Active Aging Center
March 5th at 10:30AM

Join us to come together to share a piece of your story and a bite to go along with it! What food or dish has a story with it in your life?
Come share both! Please sign up ahead of time

For more info call: 398-8616

Join us for lunch following the program
Lunch reservations are required

Active Aging, Inc. sponsor's a special event, *Through A Veteran's Eye* held every November to honor our Veteran's.



If you are a Veteran and are interested in being on the planning committee, please contact Tami Boylan by email at tboylan@activeaging.org or by phone at 814-398-8616.

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		



MOTHER'S DAY CELEBRATION
Thursday, May 7th

PAYMENT (\$10) & RESERVATION DUE MONDAY, APRIL 27TH BY 10AM

LUNCH SERVED AT 12PM

Stuffed Chicken Breast Dinner & Cream Pie for dessert

Spring Basket Raffle
 Weekdays 4/30-5/7
 9AM-2PM
 25 Tickets - \$5
 Drawing at conclusion of Mother's Day meal.

Meadville Center
 1034 Park Ave.
 814-336-1792 ext. 106



Your Invited May 2nd at 1pm to the Kentucky Derby Tea Party!

PUT ON YOUR FAVORITE HAT AND ENJOY A DELIGHTFUL AFTERNOON FILLED WITH WONDERFUL TEA AND AMAZING COMPANY.

Cost: \$15.00 per person
 Limited to 50 seats

A charming tea party experience with Assorted teas & light refreshments
 Finger sandwiches, scones & sweet treats

Basket raffles
 Homemade tea available for purchase

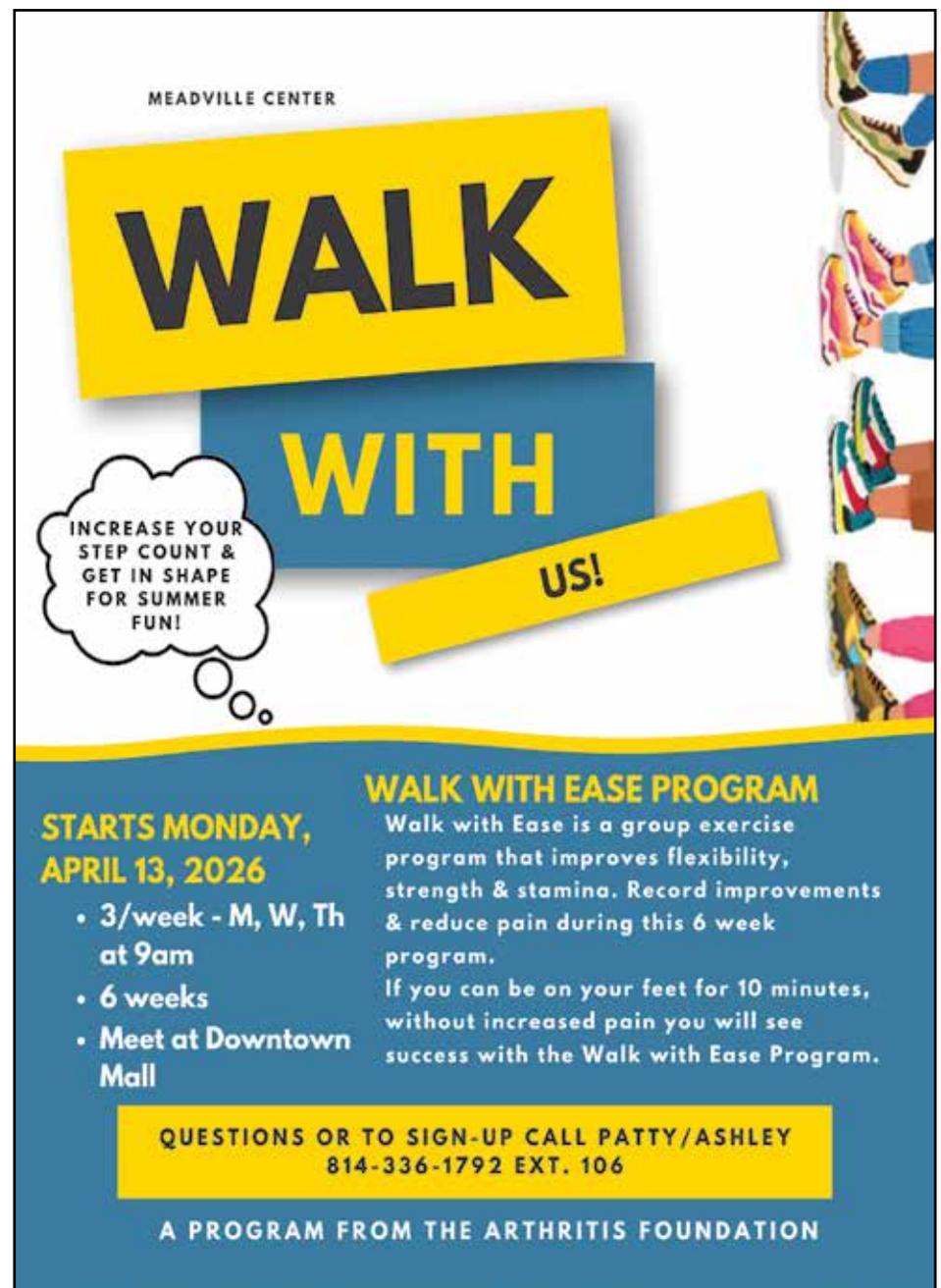
The Active Aging Bair Family Center
 237 South Pymatuning St.
 Linesville Pa, 16424
 814-683-4959



Easter Luncheon
 Thursday, April 2nd
 Time: 10:30 AM – 1:00 PM
 Cost: \$10 per person
 Reservations & payment due by March 21st

Raffles, prizes, and Easter fun!
 Beautiful wine basket Raffle
 50/50 raffle
 Door prize
 Easter egg hunt

Menu
 Ham
 Au Gratin Potatoes
 Cloe Slaw
 Dinner Roll
 Peach Pie



MEADVILLE CENTER

WALK WITH US!

INCREASE YOUR STEP COUNT & GET IN SHAPE FOR SUMMER FUN!

WALK WITH EASE PROGRAM
 Walk with Ease is a group exercise program that improves flexibility, strength & stamina. Record improvements & reduce pain during this 6 week program.
 If you can be on your feet for 10 minutes, without increased pain you will see success with the Walk with Ease Program.

STARTS MONDAY, APRIL 13, 2026

- 3/week - M, W, Th at 9am
- 6 weeks
- Meet at Downtown Mall

QUESTIONS OR TO SIGN-UP CALL PATTY/ASHLEY
 814-336-1792 EXT. 106

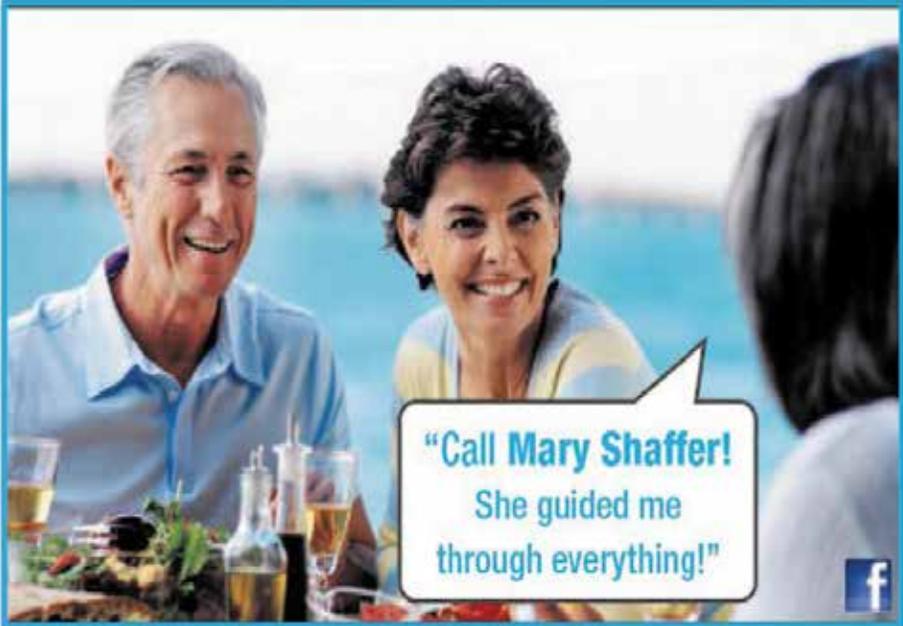
A PROGRAM FROM THE ARTHRITIS FOUNDATION

MARCH 2026

**Crawford County
Active Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Blushed Fruit</p>	<p>3</p> <p>Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun</p>	<p>4</p> <p>1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Apple Crisp</p>	<p>5</p> <p>Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Breadstick 1/2c Fruited Gelatin</p>	<p>6</p> <p>Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Lemon Peper Broccoli Cookie Hamburger Bun</p>
<p>9</p> <p>Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Orange Juice</p>	<p>10</p> <p>Chicken Taco Salad 3oz Chicken, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple</p>	<p>11</p> <p>Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit</p>	<p>12</p> <p>Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Roasted Brussel Sprouts Whole Wheat Bread 1/2c Fruit Crisp</p>	<p>13</p> <p>Creamy Egg Salad Sandwich Lettuce & Tomato 1c Tomato Basil Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie</p>
<p>16</p> <p>4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie</p>	<p>HAPPY ST. PATRICK'S DAY! 17</p> <p>3oz Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c Pudding</p> 	<p>18</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange</p>	<p>19</p> <p>Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple</p>	<p>20</p> <p>Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit</p>
<p>23</p> <p>3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit</p>	<p>24</p> <p>3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin</p>	<p>25</p> <p>Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Cinnamon Applesauce Whole Wheat Bread</p>	<p>26</p> <p>Cheeseburger 1c Cream of Potato Soup 1/2c Mixed Vegetables 1/2c Baked Pineapple Hamburger Bun</p>	<p>27</p> <p>Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail</p>
<p>30</p> <p>3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie</p>	<p>31</p> <p>Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Blushed Fruit</p>			 <p>*menu subject to change based on availability</p>

“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

Therapy Dog Presentation

MARCH 31ST



10:30AM

Join us as Sue from Paws Hand Delivered explains the therapy dog program and get the chance to meet certified therapy dogs!

Cambridge Springs Active Aging Center
Lunch Reservations Required
Call 814-398-8616

BEACH THEME DAY

THURSDAY, MARCH 12TH
Fun starts at 10:30AM

DRESS AS IF YOU WERE TAKING A STROLL ON THE BEACH AND ENJOY THE FOLLOWING:

- "Poolside" Relaxation Time
- Photo Opportunities
- Mocktails Served By Your Favorite Staff
- Beach Snacks
- Games

Cambridge Springs Center
814-398-8616

Pi Day Pie Sale!

Celebrate Pi Day (3.14) a little early with something sweet!



Stop by and grab a delicious homemade pie.
small pies \$2.00
Med/ Lg Pies \$10.00

The Active Aging
Bair Family Center
237 South Pymatuning St.
Linesville pa, 16424

March 13th
10 am- until gone



Because Pi is better with pie!




- WHEELCHAIR ACCESSIBLE VEHICLES
- ADAPTIVE DRIVING CONTROLS
- SALES & SERVICE
- WHEELCHAIR ACCESSIBLE VAN RENTALS

THE FREEDOM TO DRIVE & TRAVEL PLUS INDEPENDENCE!

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



INSURANCE MADE EASY

Under 65 • Veterans • Medicaid • Turning 65

WORK WITH LOCAL, TRUSTED COMMUNITY ADVOCATES

SPECIALIZED IN:

- Pennie Marketplace • Vision/Dental
- Wealth & Retirement Planning
- Medicare Supplement & Advantage Plans
- Prescription Drug Plans



Call today for a **no cost** consultation!
814-807-1090



Scan to check out our website



105 Mead Ave. Meadville, PA
meadville@tlcinsurancegroup.com

TLC Senior Solutions is not connected to the Federal Medicare program. By contacting this number, you will be connected with a licensed insurance agent. This is an advertisement for insurance.

SUMMER 2026 CASINO BUS TRIPS

Full Payment due at the time of Reservation

\$50 per Person per Trip
 or **SAVE \$15 By Booking All 3 Summer**
Casino Bus Trips for \$135* Per Person

**Must reserve seats & pay for all 3 summer casino trips at the same time for the same individual. (\$15 Savings ONLY available while seats are available on all 3 summer trips.)*

Tuesday, April 14, 2026
 Hollywood Casino at the Meadows in Washington, PA
 At the Meadows from 11:00AM to 5:00PM
 Depart from Meadville at 9:00AM & Return to Meadville at 7:00PM
\$20 Back in Free Slot Play

Thursday, May 28, 2026
 Seneca Allegany Resort & Casino in Salamanca, NY
 At Seneca Allegany from 11:00AM to 5:00PM
 Depart from Meadville at 9:00AM & Return to Meadville at 7:00PM
\$25 Back in Free Slot Play & \$10 Food Voucher!

Thursday, June 18, 2026
 Seneca Niagara Resort & Casino in Niagara Falls, NY
 At Seneca Niagara from 11:00AM to 5:00PM
 Depart from Meadville at 8:30AM & Return to Meadville at 7:30PM
\$25 Back in Free Slot Play & \$10 Food Voucher!

Trips Include Deluxe Motorcoach Transportation & Trip Escort on Motorcoach

*Casino Bonuses Subject to change by casino without prior notice.



For more information and reservations:
 Active Aging Foundation
 Monday through Friday 8:00AM - 4:00PM
 1034 Park Avenue, Meadville, PA (814) 336-1792



*Must carry a Government issued Photo ID
 *Travelers of all ages are welcome on Active Aging Foundation Trips.
 *Must be 21 or older on All Casino Trips.

FALL 2026 CASINO BUS TRIPS

Sunday, August 16, 2026
 Seneca Buffalo Creek Casino in Buffalo, NY
 At Seneca Buffalo Creek from 11:00AM to 5:00PM
 Depart from Meadville at 9:00AM & Return to Meadville at 7:00PM
\$25 Back in Free Slot Play & \$10 Food Voucher!

Sunday, September 13, 2026
 Seneca Allegany Resort & Casino in Salamanca, NY
 At Seneca Allegany from 11:00AM to 5:00PM
 Depart from Meadville at 9:00AM & Return to Meadville at 7:00PM
\$25 Back in Free Slot Play & \$10 Food Voucher!

Sunday, October 4, 2026
 Seneca Niagara Resort & Casino in Niagara Falls, NY
 At Seneca Niagara from 11:00AM to 5:00PM
 Depart from Meadville at 8:30 AM & Return to Meadville at 7:30PM
\$25 Back in Free Slot Play & \$10 Food Voucher!

Full Payment due at the time of Reservation

\$50 per Person per Trip
 or **SAVE \$15 By Booking All 3 Fall Casino Bus**
Trips for \$135* Per Person

**Must reserve seats & pay for all 3 fall trips at the same time for the same individual. (\$15 Savings ONLY available while seats are available on all 3 fall trips.)*

Trips Include Deluxe Motorcoach Transportation & Trip Escort on Motorcoach



For more information and reservations:
 Active Aging Foundation
 Monday through Friday 8:00AM - 4:00PM
 Lew Davies Community Building
 1034 Park Avenue, Meadville, PA (814) 336-1792



*Casino Bonuses Subject to Change by Casino Without Prior Notice.
 *Must carry a Government issued Photo ID
 *Must be 21 or older on All Casino Trips.

Special Friday Night \$ BIG MONEY BINGO \$

Friday, April 10, 2026
 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 April 9th
 If the Game is not Sold Out Tickets will be \$60 at the Door
 Admission Includes Up to 18 Card Faces

Tickets On Sale January 2nd!
 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 3, 2026
 Discount 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. BNG25026 Small Games of Chance License No. SOC25112

BINGO

Every Wednesday
 Doors Open at 4:30 PM
 Games Begin at 6:30 PM

\$50 on Singles & \$100 on Doubles
 With Over \$2,000 in Jackpots!

4 Guaranteed Jackpot Games: 1 - \$1,100, 1 - \$400, 1 - \$300 and 1 - \$250
 2 Additional Extra Games Sold On the Floor Only:
 The "Red, White & Blue" Triple Progress Early Bird Jackpot Game and the Count Down Game that will pay anywhere from a "Winner-Take-All" or can "countdown" to a 50/50 payout game.

Admission Prices
 9 Card Admission Packets Start at \$25*
 Extra Books Available at \$5 per Book
 *5 for 5 Jugs are Included in Your Admission Packet Price.

Reserve Your Seat
 The Bingo Seat Reservation Voicemail Box System is available from noon the day before bingo until noon the day of bingo and can be reached at 814-336-1792 Ext. 158. Reserved seats are on a "first called-first saved" basis and particular seat requests are honored when possible, but not guaranteed. Reserved seats are only held until 6 PM and are not required in order to play bingo - **Walk-Ins are always welcome!**

1st Friday of the Month
 Doors Open at 4:30 PM Games Begin at 6:30 PM

Admission Packets \$30
 Play as Many Cards as You Want, includes 5 for \$5 Jugs
 4 Guaranteed Jackpots: 1 - \$1,000, 1 - \$200 and 2 - \$150

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. BNG25026 Small Games of Chance License No. SOC25112

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 March 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 March 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 \$1,976; and less than \$17,600 in resources
- If you are married and have a total monthly income of less than \$2,664; and less than \$35,130 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 \$1,781; and less than \$9,660 in resources
- If you are married and have a total monthly income of less than \$2,399; and less than \$14,470 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



pennsylvania DEPARTMENT OF AGING

Updated February 2025



pennsylvania

Medicare Education and Decision Insight

Updated information on 2025 eligibility for Programs available to help you with Medicare costs

Do you have Medicare and limited income and assets? You may qualify for one of the following programs to help you with Medicare costs.

Low Income Subsidy (Extra Help):

INCOME: less than \$23,715 single (\$1,976/month)
less than \$31,965 married (\$2,664/month)

ASSETS: less than \$17,600 single
less than \$35,130 couple

BENEFITS: low or no premium for Part D plan
low copays for generic and brand-name drugs

Medicare Saving Program:

ELIGIBILITY: Monthly income \$1,781 individual
Monthly income \$2,399 couple

ASSETS: \$9,660 individual or \$14,470 couple

BENEFIT: Pays your Medicare Part B premium

PACE/PACENET (resources not counted):

Must be 65 years of age, or older
Must be a Pennsylvania resident for at least 90 days prior to application
Cannot be enrolled in benefits under Pennsylvania's Medicaid Program

PACE income: Single \$14,500 Married \$17,700 based on prior year income
PACENET income: Single \$33,500 Married \$41,500 based on prior year income

For more information, or for an appointment to receive assistance in completing an application, contact the PA MEDI Program at Active Aging, Inc., (814)336-1792 or 1-800-321-7705.

The PA MEDI Program provides assistance to Medicare beneficiaries of any age.



pennsylvania DEPARTMENT OF AGING

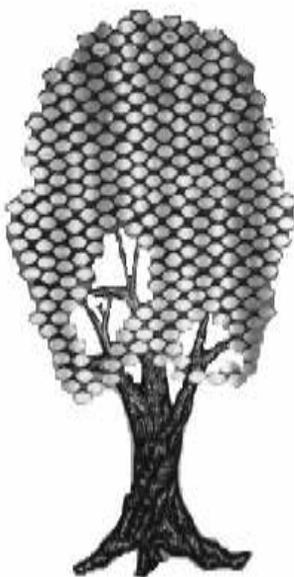
We invite you to participate in our "Tree of Giving" gift program. This is an on-going and permanent gift program that gives you, as a donor, the discretion to honor someone's hard work or achievement; remember a special/personal event or anniversary; or as an everlasting memorial for a loved one, friend 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.

JUNIPERSM

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

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 March be eligible to make a change to their current coverage. Below is a list of examples for when a person March 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.



DRUM CIRCLE

Join us to create a collaborative and uplifting rhythmic beat!

Host: David

Reiki Master/ Teacher

Where: Cambridge Active Aging Center

March 19th at 10:30AM

For more info call: 398-8616.

Join us for lunch following the program

Reservations for Lunch and Activity Required

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

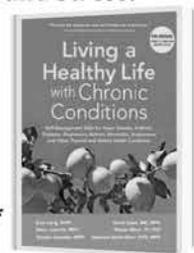


The Chronic Disease Self-Management Program will empower you to take charge of your health so you can feel better, be in control and do the things you want to do!

This evidence based workshop developed by Stanford University is FREE and open to those dealing with chronic pain/illness or caregiver thereof.

Workshop topics include:

- Techniques to deal with fatigue, pain, isolation and stress.
- Exercise and medication use
- Pain/Symptom Cycle
- How to work with your healthcare team
- Nutrition and much more!



Participants will receive a health reference book

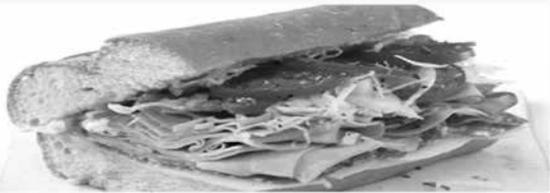
Classes start Wednesday, 3/18 for 5 consecutive Wednesdays. The final class on Monday, 4/20. All classes 10am-12pm

Call Patty/Ashley to sign-up 814-336-1792 ext. 106. Space is limited.



Active Aging
Meadville Center

1034 Park Ave. Meadville



Sub Sale

wraps by request

March 27th

Combo
8 in. Sub with Turkey, Ham, Bacon and American cheese
 Lettuce, Tomato, Onion, mayo packet

italian
8 in. sub with, Salami, Ham, Pepperoni American cheese
 Lettuce, Tomato, Onion, Mayo and Italian dressing packets

\$5.00

Orders and Money needed by March 13th

Call 814-683-4959 or stop in to order
 The Active Aging Bair Family Center
 237 South Pymatuning Street
 Linesville, Pa 16424

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 Park Avenue · Meadville, PA 16335
 814-332-9009 · www.wesbury.com

Did you pay PA Property Tax or Rent in 2025?

You may qualify for the 2025 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.



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

Veterans Crisis Line
 1-800-273-8255 PRESS 1

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 and Disability Resources Helpline: 1-800-753-8827



PAWS (Pet Assistance and Wellness for Seniors) was established to help area seniors feed and care for their pets. Seniors on a fixed income often go without to care for their pets - even sharing their meals with them. PAWS provides pet food, flea & tick control, vaccine subsidies and assistance with veterinary care for area seniors who are enrolled in specific programs through Active Aging, Inc.

Your generosity will allow PAWS to provide more food and needed veterinary care to the pets of area seniors in need. If you'd like to help keep a senior's pet healthy, there are two ways in which you can donate.

To make a monetary donation for pet food, vaccines, flea & tick control and veterinary care

visit activeaging.org or mail checks to Active Aging Foundation, 1034 Park Avenue, Meadville, PA 16335



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CATA services are supported by grants from the PA Lottery, Crawford County Commissioners, and Active Aging.



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