

ACTIVE AGING, INC.

ECHO

July 2026
complimentary copy

Published by
The Area Shopper

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



Sub Sale

wraps by request

\$5.00

Orders and Money due by July 15th

Turkey & Bacon

8 in. Sub with Turkey, Bacon

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

Pick up July 30th 11am-3pm

Call 814-683-4959 or stop in to order

The Active Aging Bair Family Center

237 South Pymatuning Street

Linesville, Pa 16424

Special Friday Night

Lucky 7s BINGO

Friday, July 10, 2026

Doors Open at 4:07 PM Games Begin at 6:27 PM



\$77 on Singles & \$177 on Doubles

**4 Guaranteed Jackpot Games
at \$777 Each**

1 Additional Extra Games Sold On the Floor Only:
The Count Down Game that will pay anywhere from a "Winner-Take-All" or
can "countdown" to a 50/50 payout game.

Tickets On Sale Tuesday, April 7th

\$27* Includes Up to 18 Card Faces

*5 for 5 Jugs are Included in Your Admission Packet Price

Additional Books Available at the Door for \$5 Each
Tickets \$37 the Day Of if Not Sold Out in Advance

Reserved Seats Noted on the Ticket Stub & Available Upon Request at the Time of Purchase
Seat Reservation Requests must be made no later than July 2, 2026

Community Center of Crawford County

Tickets Available

Monday through Friday 8AM to 4PM

in person at 1034 Park Ave in Meadville or by phone at 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. SGC25112



Crawford County's Designated Area Agency on Aging PURPOSE



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



NOAH A. ERDE



KIMBERLY S. FOULK



Welcoming New and Existing Customers!

Call: 814-638-0040

- RxLocal mobile app for refill requests
- Convenient drive-thru
- Delivery options available



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

From the Director's Desk July 2026

Happy 250th anniversary to our Declaration of Independence! Not a small accomplishment. I hope you all have an opportunity to celebrate in whatever way you enjoy most.

The summer is moving by quickly, as time seems to do these days. I'm closer to the fall weddings and no more prepared than I was at the beginning of the year. I had better get working on that!

We had our Active Aging Centers summer picnic last week, and I wasn't able to join in the festivities. I have heard good things about it, and it sounds like everyone had a great time. That's certainly due to the staff's efforts. Tami, Hayleigh, Ashley, Patty, and Ginger spend a considerable amount of time putting these things together, so shout out to them for another great job. Check out the center's Facebook pages and the rest of the Echo for a sneak peek at upcoming events. You don't want to miss them.

They have also been hard at work distributing Farmer's Market Vouchers. If you haven't gotten yours yet, you will want to do it soon because we received fewer this year than in years past. Don't wait too long; call your center to make sure they still have some available. Enjoy your holiday and be careful with those sparklers!

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 Lincolnvile
(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 aaainc@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

July

- 7/1 **Reservations/Payment due for Seawolves Game at 12:35PM on 7/8.** \$31 Lower box seat, lunch (Smith’s Hotdog, Lays Chips, drink) and CATA (those 65 years or older).
- 7/3 **Center Closed for Independence Day**
- 7/7 **9AM-1PM Adagio Health’s Farmer’s Market Stand on front porch.** SFMNP Vouchers and Cash accepted.
- 7/8 **12:35PM Seawolves Game.** Reservation and payment was due 7/1.
- 7/10 **Center Closes at 1:30PM for Foundation Event set-up – Lucky 7s Bingo.**
- 7/13 **11:30AM Erin with the Life Program presents a memory game.**
- 7/14 **9-11AM Rummage Sale Drop Off**
- 7/15 **9AM-2PM Rummage Sale**
- 7/16 **9-11AM Rummage Sale Bag Day**
- 7/17 **Reservation and payment (\$8) due for picnic at the Frog Pond Pavillion, Canadohta Lake on 7/24.** Lunch, basket raffle, kayaking (no kayak rental option) and more!
- 7/20 **11AM Fraud Bingo presented by PA Department of Banking & Securities**
- 7/23 **9AM-1PM Adagio Health’s Farmer’s Market Stand on front porch.** SFMNP Vouchers and Cash accepted.
- 7/24 **Meadville Center Closed and all are invited to a picnic at the Frog Pond Pavil-lion, Canadohta Lake.** Reservation and payment was due 7/17.
- 7/28 **9AM-1PM Adagio Health’s Farmer’s Market Stand on front porch.** SFMNP Vouchers and Cash accepted.
- 7/31 **Center closes at 1:30PM**
- AUGUST 2026 SAVE THE DATE(S):
- 8/11 **All Center Outdoor Day at Goddard State Park – hiking, biking & kayaking**
- 8/26 **PENDING Presque Isle Lighthouse Trip – stay tuned for details**
- The Meadville Center is open weekdays from 8AM until 3PM. – unless otherwise indi-cated. 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

- Activities Canceled 7/14 for Rummage Sale
- 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

- Activities Canceled 7/15 for Rummage Sale
- Pickle Ball Court; by reservation. Call the day ahead to reserve. \$1
- 9:00AM Healthy Steps in Motion; \$1*
- 10:00AM Yoga; \$3
- 11:00AM Tai Chi; \$1
- 11:00AM Mahjong; \$1
- 1:00PM Quilting Group; no fee
- 4:00PM Yoga; \$3

THURSDAY

- Activities Canceled 7/16 for Rummage Sale
- 9:00AM Healthy Steps in Motion; \$1*
- 10:00AM Line Dancing; \$1
- 10:00AM 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

- Center Closed 7/3 for Holiday & 7/24 for Picnic
- 9:00AM Healthy Steps in Motion; \$1*
- 10:00AM Bingo; .50/card for 10 games & .25/card for coverall
- 10:30AM Yoga; \$3
- 11:00AM Pinochle; \$1

*Indicates the fee is a suggested donation. On Tuesdays, tune in to COOL 101.7 to hear the Centers’ updates from Centers Director, Tami Boylan.. Check out our Face-book 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

July

7/2 9:00AM-1:00PM Farmers Market in Park

7/8 9:30AM Tami Biking in Oil Creek

7/9 10:30AM Christmas in July Themed Day. Please RSVP

7/15 9:00AM-1:00PM Farmers Market in Park

7/16 10:00AM Hike w/Hayleigh at Pymatuning State Park. Please RSVP

7/28 10:30AM Creative Writing Presentation with local author Alexan-dria

- 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

July

EACH FRIDAY 9:00-9:30AM WILL DO LIGHT CHAIR EXERCISES (HEALTHY STEPS)

- 7/2 11AM-1PM Thursday, Sub pick up day. Orders/Moneys were due 6/19 NOTE: Friday, 7/3 Center Closed in observance of our Inde-pendence Day.
- 7/10 10AM Abby with Home Instead presents SINGO — a fun musical twist to BINGO NOTE: 10AM-1PM Fruit & Vegetable stand
- 7/17 Reservations & money (\$8) due for the Frog Pond Picnic at Canadohta Lake on 7/24 9AM-1PM.
- Game Day with Laura from AAI’s Share Program
- 7/24 Frog Pond Pavilion Picnic. Basket Raffle, Lunch and more! NOTE: 9AM-1PM Fruit & Vegetable stand
- 7/31 Canadohta Lake Center Closed. Meadville hosting Canadohta Lake participants.
- 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

July HAPPENINGS

- 7/1 Sub Sale (Italian or Turkey & Bacon)
- 7/1 10AM-1PM Pop-up Farmers Market (Adagio Health)
- 7/2 4th of July Party (Special guest performance)\$10 per person
- 7/3 Center Closed/ Happy 4th of July
- 7/8 12:35PM Seawolves Game (Lunch included) \$25 per person or with CATA \$31 per person (must be 65 or older)
- 7/8 Ice Cream Sundae Day (\$3.00)
- 7/9 12PM-3PM CPR/ First Aid training with Steve Roney (\$50, in-cludes lunch)
- 7/15 Sub sale order and money due (\$5 per sub)
- 7/16 Lunch n’ Learn– Christine Rodgers
- 7/20 Center closed at 1PM
- 7/21 Flag Painting celebrating 250 years—Aging w/Comfort (\$5 per per-son, includes lunch)
- 7/22 10AM-1PM Pop-up Farmers Market (Adagio Health)
- 7/23 Nails with Kathy after Bingo
- 7/30 Lunch n’ learn Erin w/ NWPA (sunscreen)
- 7/30 11AM-3PM Sub pick-up

STAY SAFE IN HOT WEATHER

Older adults are at higher risk for getting sick due to too much heat.



TIPS TO STAY COOL THIS WEEK:

IF YOU HAVE THESE SIGNS OR SYMPTOMS, CONTACT YOUR DOCTOR OR CALL 911:

- Headache
- Confusion
- Dizziness
- Nausea

STAY HYDRATED

Drink plenty of water and liquids (avoid alcohol and caffeine such as coffee)

TRY TO STAY INDOORS IN A COOL LOCATION

If your home does not have air conditioning, reach out to family or friends who do, or spend time in a public space that is air conditioned (library, coffee shop, mall, or senior center)

COOL DOWN

Take a cool shower, bath, or sponge-bath

WEAR CLOTHES THAT WILL KEEP YOU COOL

This includes light colors, breathable, and loose-fitting clothing

IF YOU HAVE TO BE OUTSIDE, STAY IN THE SHADE AND WEAR SUNSCREEN

Check your medication -- certain medicines can put you more at risk for sunburn or overheating

CHECK IN WITH YOUR LOVED ONES

And ask them to check in with you during hot weather

ADDITIONAL RESOURCES:

NATIONAL INSTITUTE ON AGING – HOT WEATHER SAFETY FOR OLDER ADULTS

- nia.nih.gov/health/safety/hot-weather-safety-older-adults

HEALTH IN AGING – HOT WEATHER SAFETY TIPS FOR OLDER ADULTS

- healthinaging.org/tools-and-tips/tip-sheet-hot-weather-safety-tips-older-adults
- healthinaging.org/sites/default/files/media/pdf/HIA-TipSheet%20Hot%20WeatherJuly19.pdf

CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) – OLDER ADULTS AND EXTREME HEAT

- cdc.gov/aging/emergency-preparedness/older-adults-extreme-heat/index.html



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**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
Laura Arnett 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

DO YOU NEED FOOD?



**Scan the QR Code
to find food in your community**



or visit:

<https://sites.google.com/allegHENY.edu/crawfordcountyfoodalliance/home>

**CRAWFORD COUNTY
FOOD ALLIANCE**

PROVIDING ACCESS TO FOOD RESOURCES IN CRAWFORD COUNTY, PENNSYLVANIA

Wednesday, August 19th
Thursday, August 20th
Friday, August 21st

**Crawford
gives**

**Please Support
The Active Aging Foundation**



Make your gift by credit card at crawfordgives.org or by check at 415 Chestnut Street in Meadville on Crawford Gives days!

Your gift made during Crawford Gives 2026 will not only support the approximately 24,000 senior citizens of Crawford County, but will help secure a prorated share of monies raised by the Crawford Heritage Community Foundation.

This is your chance to help make a big difference in the lives of your actively aging neighbors, friends and family members -- Please Give!

Thank you!

Special Friday Night

September Money
Madness Bingo

Tickets
On Sale
June 22nd

Friday, September 4, 2026

COMMUNITY CENTER OF CRAWFORD COUNTY

1034 PARK AVE MEADVILLE, PA (814)336-1792

Doors Open at 4:00 PM

Games Start at 6:30PM

Admission: \$50/Person with an Advanced Purchased Ticket
\$60/Person after 4pm on September 3rd and at the door
(if not sold out in advance)

Admission Includes Up to 18 Card Faces

Extra Books Available At the Door for \$5 Per Book

\$7,950 Total Payout for the Bingo Games with Six Jackpots:
(3) \$1,000 Jackpots (3) \$500 Jackpots

Singles paying \$125 & Doubles paying \$300

Early Bird Special Bingo Game Pays \$750
(Sold on the Floor Only)

Instant Tickets with Big Cash Payouts
Kitchen Will be Open

Tickets On Sale Monday, June 22, 2026

Available anytime online at activeaging.org
or Monday through Friday 8:00AM - 4:00PM at the Office

Reserved Seats Noted on the Ticket Stub & Available Upon Request at the Time of Purchase
Seat Reservation Requests must be made no later than August 28, 2026

No gift certificates, coupons or other specials or discounts may be used for this special bingo.
Bingo License No. BNG25026 Small Games of Chance License No. SGC25112



 follow us on
facebook

Did you know that each of the Centers
and the Foundation have their own
Facebook page?
Be sure to like all the Active Aging pages
to find out about the latest events &
information!
The Active Aging Center of Cambridge Springs
The Active Aging Bair Family Center (Linesville)
The Active Aging Center of Meadville
The Active Aging Foundation



ACTIVE AGING

CLOSED

Friday, July 3, 2026

For Independence Day

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		

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Social Security Administration
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ADAGIO HEALTH &
MEADVILLE CENTER

FARMERS.
MARKET

CASH OR SFMNP VOUCHERS ACCEPTED.

July Dates: 9am-1pm

August Dates: 9am-1pm

Tuesday, 7/10

Tuesday, 8/4

Thursday, 7/23

Monday, 8/10

Tuesday, 7/28

Wednesday, 8/19

Thursday, 8/27

SEE YOU THERE!

Meadville Center

LIGHTHOUSE
TOUR

SAVE THE DATE

Join us on a guided tour of Presque Isle Lighthouses
on Wednesday, August 26th at 10am.

Stay tuned for more details.

Patty/Ashley 814-336-1792 ext. 106

Christmas

In July Theme Day

WEAR YOUR CHRISTMAS ATTIRE
JOIN IN ON THE CHRISTMAS CHEER

JULY 9TH 10:30AM

PRESENTS PHOTO OPPORTUNITIES

GAMES/ACTIVITIES HOLIDAY SNACKS

COST: \$10.00

CAMBRIDGE ACTIVE AGING

RESERVATION REQUIRED BY: 7/7/26

QUESTIONS?: 814-398-8616

JULY 2ND | 10:00AM
BAIR FAMILY CENTER

FOURTH
of
JULY

party

LIVE MUSIC W/ AARON, LIZ AND NATHAN WHITE

LUNCH INCULDED
HOT DOG OR BURGER
MACARONI SALAD
FRUIT
DRINK

\$10 PER PERSON
RSVP BY: JUNE 30TH

BAIR FAMILY CENTER
237 S. PYMATUNING ST. LINESVILLE PA
16424
814-683-4959

JULY 2026

**Crawford County
Active Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Milk and margarine served with all meals. Menu subject to change.	Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration! Did you know that 56 people signed the Declaration of Independence? Half of them were lawyers, with farmers and merchants making up the rest!	1 Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples, 1/2c Coleslaw, 1 Hamburger Bun, Ranch PC 	2 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit	3 ALL CENTERS CLOSED 
6 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches	7 4oz Sweet General Tsos Chicken (5) 1/2c Fluffy Steamed Rice 1/2c Garlic Broccoli 1/2c Sweet Pineapple Tidbits 1 Cookie	8 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit	9 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit 	10 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin
13 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warm Spiced Pears 1 Warm Biscuit 	14 3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw 1 Hamburger Bun 	15 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Fruit Medley	JULY BIRTHDAYS! 16 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread Birthday Cake	17 Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit
20 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas & Onions Medley 1 Garlic Breadstick Seasonal Fresh Fruit	21 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun	22 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll  	23 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	24 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges
27 4oz Chicken Salad Sandwich 1/2c Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun 	28 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits	29 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Warm Spiced Peaches	30 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Fruited Gelatin	31 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie

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.

Social Security QUESTIONS?

Learn the answers to your questions:

- What are the basic rules & claiming strategies?
- When should I apply for Social Security?
- How much can I expect to receive?
- How do spousal/survivor benefits work?
- How can I maximize my benefits?

Thursday, July 9th

6:00-7:00 PM

at Active Aging in Meadville, PA



SHAFFER
FINANCIAL SERVICES

Call today to reserve your seat!

814-382-8686

Randy Shaffer, CFP®, RICP®

Securities and investment advisory services offered through Osaic Wealth, Inc. member FINRA/SIPC. Osaic Wealth is separately owned and other entities and/or marketing names, products or services referenced here are independent of Osaic Wealth.

MEDICARE Questions? I Have Answers!

Turning 65? New to PA?
Unhappy with your plan? Ask me about
Special Enrollment Periods!

MEDICARE ADVANTAGE PLANS
MEDICARE SUPPLEMENTS • PRESCRIPTION DRUG PLANS



**BRIDGETTE
YODER**

Call Bridgette today
for your **FREE** consultation.

She will find the right
Medicare Plan for you!

BYHAM'S
INSURANCE SERVICES, INC.

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MEADVILLE
www.byhamins.com
(814) 724-1680



We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



FARMERS MARKET

Adagio Health is partnering with Crawford Active Aging to bring pop-up farmers markets right to your senior center!

Find us at
LINESVILLE CENTER

Starting at 10:00 AM

July 1st & July 22nd
August 5th & 12th

adagio
health

4 HOUR REFRESHER COURSE

AARP SAFE DRIVING COURSE

MONDAY, AUGUST 10TH

8:30AM-12:30PM

Cost: \$20 AARP members. (Member ID # required)

\$25 non- members

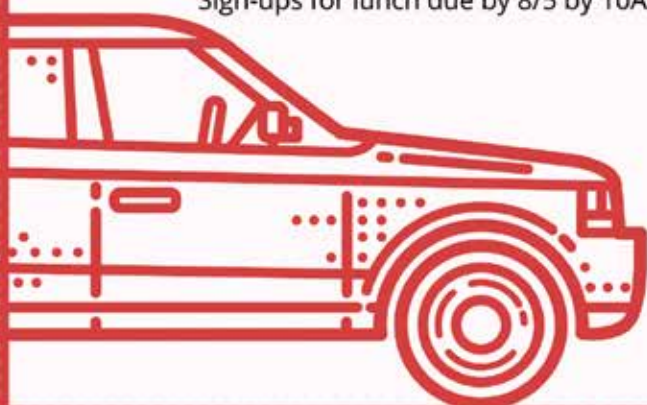
(Cash or check due first day of class)

Instructor Tom Montgomery & Randy Taylor.
Space is limited.

*Drivers are advised to check with insurance
agent to verify discount before completing course

Held at Meadville Center of Active Aging 1034 Park Ave.

Call Patty/Ashley at 814-336-1792 ext. 106 to sign-up.
Lunch available (suggested \$3 donation) following class.
Sign-ups for lunch due by 8/5 by 10AM.



CAMBRIDGE CARNIVAL BASKET RAFFLE

JULY 22-25
BASKETS, LOTTERY &
MONTHLY RAFFLES

Over 22 baskets

Snow Alley
Cambridge Springs

**CAMBRIDGE ACTIVE AGING
CENTER 814-398-8616**



**ICE CREAM
SUNDAE DAY**

**Beat the heat and
come celebrate
national Sundae day**

June 8th after Lunch



\$3 per person

**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

Active Aging Foundation

**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.

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



Monthly Raffle

Benefiting: Cambridge Active Aging

\$20 per ticket

Only 200 tickets will be sold

3 Winners each month

July thru November

Two \$50 winners One \$25 Winner

December

\$500 Winner \$200 Winner

\$125 Winner

**Ticket goes back into the drawing so you can win
multiple times**

398-8616 for more info

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?

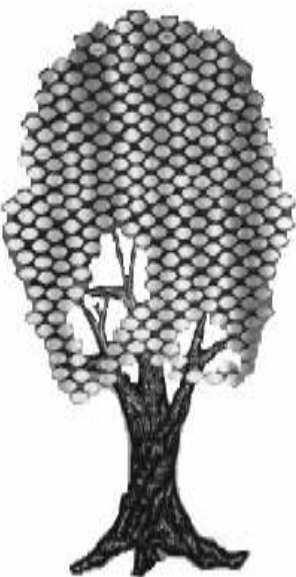
Yes! Please call Active Aging, Inc. at (814) 336-1792 or 1-800-321-7705. An appointment can be scheduled for you



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

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.

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

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.



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.

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.

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

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.

I Found Community, Comfort, and Support - All In One Place.



"At Cribbs Residential Center, I've reconnected with old friends and made even more new ones. I think it's wonderful that we have a group of people here who share so many similar life experiences. Many of the guys are veterans like me, and that connection has meant a lot. After meals we gather in the library to talk about the day's news, last night's game, or swap stories from our lives. We stay active, go on outings, and enjoy each other's company. After losing my wife, I lived in a condo community where people were nearby, but I still felt mostly alone. At Cribbs, I'm surrounded by friends. It's made all the difference in my life." - Alan Bailey

Choosing Wesbury's Cribbs Residential Center makes life a little easier, a little safer, but never compromises your independence and choices.

Call Melissa today at 814-332-9009 and schedule a tour.

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



SPOTTING THE SIGNS OF ELDER ABUSE

Abuse can happen to any older person, by a loved one, a hired caregiver, or a stranger. Abuse can happen at home, at a relative's home, or in an eldercare facility.



Watch for these signs of abuse:



- Seems **depressed, confused, or withdrawn**



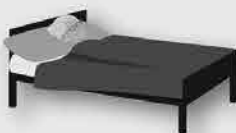
- Isolated** from friends and family



- Has **unexplained bruises, burns, or scars**



- Appears **dirty, underfed, dehydrated, over- or undermedicated**, or not receiving needed care for medical problems



- Has **bed sores** or other preventable conditions



- Recent **changes in banking or spending** patterns

Talk with the older adult and then contact the local Adult Protective Services, Long-Term Care Ombudsman, or the police.

Visit <https://www.nia.nih.gov/health/topics/elder-abuse> to learn more about elder abuse and how to get help.



This Month in History July

July 1, 1861- 1st public schoolhouse opens at Washington and Mason St, San Francisco.
July 3, 1985- Tinker Bell's first nightly flight at Walt Disney World Resort, Florida.
July 4, 1776- US Congress proclaims the Declaration of Independence and independence from Britain.
July 7, 1928- Sliced bread sold for the first time by the Chillicothe Baking Company, Missouri, using a machine invented by Otto Frederick Rohwedder.
July 9, 1815- 1st natural gas well in US is discovered.
July 10, 1892- 1st concrete-paved street built (Bellefontaine, Ohio).
July 12, 1957- US Surgeon General Leroy Burney connects smoking with lung cancer.
July 14, 1850- 1st public demonstration of ice made by refrigeration by Florida physician John Gorrie.
July 18, 2013- Detroit, Michigan, files for bankruptcy, becoming the largest US municipal bankruptcy ever at \$18.5 billion
July 19, 1866- Tennessee is 1st to ratify 14th Amendment to the US constitution, guaranteeing civil rights.
July 20, 1969- 1st Moon Landing: Neil Armstrong and Buzz Aldrin step out from Apollo spacecraft 11, 530 million watch live global broadcast.
July 25, 1997- Scientists announce the first human stem cells to be cultured in a laboratory using tissue taken from aborted human embryos.
July 26, 1908- United States Attorney General Charles Joseph Bonaparte issues an order to immediately staff the Office of the Chief Examiner (later renamed the Federal Bureau of Investigation).
July 27, 1866- Atlantic telegraph cable successfully laid (1,686 miles long).
July 28, 1858- First use of fingerprints as a means of identification is made by Sir William James Herschel of the Indian Civil Service.
July 29, 1945- After delivering the Atomic Bomb across the Pacific, the cruiser USS Indianapolis is torpedoed and sunk by a Japanese submarine.
July 30, 1869- The Charles, considered the world's first "oil tanker", departs from the United States headed for Europe with a bulk capacity of 7,000 barrels of oil.
July 31, 1970- Black Tot Day: the last day of the officially sanctioned rum ration in the Royal Navy (started 1740).



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



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](https://www.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.



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Licensed in Ohio & PA.
We're Ready to Help Every Step of the Way!

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

Pets Assistance & Wellness for Seniors



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





Free Prescription Deliveries Next Day Within 15 Miles.

- Monday through Saturday next day delivery *
- 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

Celebrating America 250 through rain, snow and shine!

**Stay up-to-date on
schedules and services by
visiting www.catabus.org
and follow us on **



cata

**214 PINE ST.
MEADVILLE, PA
814-336-5600**



**Services are supported by grants from the PA Lottery,
Crawford County Commissioners, and Active Aging**