



Mercer County Area Agency On Aging, Inc. Newsletter

December 2019

THE MAGIC OF ART PROGRAMS

December is a Magical Season and Art Programs at the Senior Centers are full of Laughter, Holiday Joy and Christmas spirit.

* The Art Program taught by **Don Gold** at 3 centers is more than just a class. For example, a lady at Grove City Senior Center bought an art kit at Walmart that did not come with instructions. She needed some art expertise far beyond the painting project she was doing. Don, a professional artist, was able to instruct her on the advantages and disadvantages of watercolors and acrylics and showed her how to wash and preserve her brushes.

She also purchased some canvas panels, but was having trouble drawing a picture on them. He showed her how to use transfer paper as opposed to drawing directly on the canvas, which would ruin the surface.

Don tries to meet all the art needs of the student not just the needs of the daily art project. Participants use quality supplies which he purchased thanks to a grant from PA Council on the Arts.

This Holiday Season, Don is encouraging students to create a hand painted card or picture that they can give as a gift. They get to enjoy painting it but then it goes on to make someone else happy.

In short, art classes are an integral part of the art program which encompasses all aspects of art and enables individuals to succeed on their art journey. So, embrace your desire to do "art" and join us. No talent needed!

FYI: Don keeps a supply of art books at the Shenango Valley Center for anyone who would like to borrow them.

* The focus of the Art Classes held at the *Greenville Senior Center* is to teach and enrich the lives of those that are interested in painting. Students work in either oils or acrylics to create their projects. They choose the subject and work at their own pace. Demonstrations and fundamental elements of color, composition, perspective, value and more are discussed at each class. As a long-time art teacher and professional artist, **Marianne Hilke** has enjoyed seeing the growth in students as they journey into the different stages of their work. Another wonderful thing to see is how the students interact with one another, it makes them enjoy classes more.

Whether they are experienced and need stimulation or new to painting, art brings a sense of accomplishment and joy to their lives.

Contact Marianne (724-698-7076) to learn more about oils or acrylics or if you would like to learn to use watercolor. Classes are held on Mondays at the Greenville Senior Center. No prior training is required.



PREVALENT SCAMS THIS HOLIDAY SEASON provided by Pamela Marlowe, Better Business Bureau Serving Western Pennsylvania

Con artists increase their efforts during the holiday season to trick us into providing money or personal information in a scam. Scammers target seniors during the most wonderful time of year with the following scams:

- Grandparent (Family Emergency) Scam
- Utility Shut Off Calls
- Phony Websites
- Social Security Scheme
- Charity Scams

Learning about these scams can help protect your holiday budget from getting into the hands of scam artists!

@ THE SENIOR CENTERS

- ❖ Shenango Valley Senior Center has Tony Rossi performing on the 3rd and the Hickory High School orchestra on the 13th (wear your favorite Christmas sweater that day too!). The Hickory High School Chamber Choir will sing for the Christmas Party on the 20th. While the New Year's Eve Party will feature Gene Testa, Birthday Party participants will enjoy Steve Medovich and you don't want to miss Dan Hogan's Christmas Show on the 10th.
- ❖ Enjoy Light Up Night at The McQuiston Center by the Park in Sandy Lake on the 6th at 5:30 PM, with entertainment by The Lakeview High School Choir. The younger Lakeview singers will perform for us on the 4th. On the 18th Dan Hogan and Brianna Bojewski will entertain for the Birthday Party. The Christmas Party will be held on the 23rd with a gift exchange.
- ❖ In Grove City Join us for an outing to see the Tower Holiday Train Display on the 4th. Start your day with a Sing-A-Long with Grove Manor on the 6th or Christmas music by Johnny Oakes on the 13th. The Christmas Party on the 20th features Dan Hogan, with Music by Rick Bruening on the 23rd. You might want to stay late on the 16th to join the Girl Scouts for some Holiday Fun!
- ❖ Greenville Senior Center will host a Christmas Craft Extravaganza on the 3rd and a Cookie Walk from 9-12 on the 13th -get cookies for just \$4.00/dozen! Stick around on the 13th for Dan Hogan's Christmas Show or make your way there on the 16th to hear the Greenville HS Steel Drum Band. The Slim Brothers entertain for the Birthday Party on the 18th and The Basement Band plays for the Christmas Party on the 20th. The Greenville HS Chamber Choir will serenade you while you eat on the 19th and you can wear your PJ's for the Gift Exchange Party on the 23rd. Bring in the New Year w/Madison Lizka.

EXERCISE AT THE CENTERS

Mondays:
9:00 SilverSneakers @ SVSC
9:00 Total Body Fitness @ Greenville
10:00 Tai Chi for Arthritis @ SVSC
10:00 Seniorsize @ McQuiston Center
10:00 SilverSneakers @ Greenville
11:00 Yoga @ Greenville
1:00 Arthritis Exercise @ SVSC
2:00 Tap Dance @ SVSC

Tuesdays:
9:00 SilverSneakers @ SVSC
9:00 Enhance Fitness @ Greenville
9:30 Pilates @ Greenville
9:45 Walk With Ease @ Greenville
10:00 Total Body Fitness @ SVSC
10:30 Zumba @ Greenville
11:00 Trim-n-Tone @ SVSC
12:00 Yoga @ SVSC

Wednesdays:
9:00 Sculpt & Strengthen @ SVSC
10:00 Tai Chi For Arthritis @ SVSC
10:00 Tai Chi For Arthritis @ Greenville
10:00 Seniorcize @ McQuiston Center
11:00 HIIT @ Greenville
11:15 Strength Training @ SVSC
12:00 Line Dance @ Greenville
1:00 Arthritis Exercise @ SVSC
2:00 Tap Dance @ SVSC

Thursdays:
9:00 Perfect 10 Stretch @ SVSC
9:00 Enhance Fitness @ Greenville
9:45 SilverSneakers @ Greenville
10:00 Line Dancing @ McQuiston Center
10:00 Total Body Fitness @ SVSC
11:00 Trim-n-Tone @ SVSC
11:00 Yoga @ Greenville
12:00 Yoga @ SVSC
1:15 Line Dancing @ SVSC

Fridays:
9:00 Seniorsize @ McQuiston Center
9:00 Total Body Fitness @ Greenville
9:00 SilverSneakers @ SVSC
10:00 Balance @ Greenville
10:00 Pilates @ Greenville
11:00 Walk With Ease @ Greenville
11:15 Strength Training @ SVSC

Looking for a place to volunteer? Call the Mercer County Area Agency on Aging to find out about rewarding volunteer opportunities!
724-662-6222 extension 222

If you would like to receive this Newsletter by email, please send your email address to lleetch@mercercountyaging.org.

Agency Phone Numbers:

MCAAA office 724-662-6222 CEO-Sandy Swogger,
Program Director-Linda Leetch
Greenville Center 724-588-3155
Center Director- Emily Rowe
Grove City Center 724-458-6844
Center Director- Amy Perrine
McQuiston Center 724-376-3608
Center Director-Polly Hogue
Shenango Valley Center 724-981-7950
Center Director-Kimberly Hoppe-Merlot
Adult Day Care 724-981-7950 Director-Dave Hall

FEATURED FRIEND



Tom Bickel

Tom loves taking part in programs and activities at the McQuiston Center. He is a member of the MCAAA, Inc. Advisory Council.

Tom grew up in Sugar Creek but has lived in Polk for many years. Just a short drive away, he worked at the Polk Center for 35 years!

A man of many talents, Tom does a lot with his free time. He enjoys deer hunting and especially liked going to a family camp in Kane, sometimes just to relax. Tom also “dabbles” in cooking, baking and flower arranging. He makes wedding cakes and silk flower arrangements for weddings. This is a favorite family recipe that makes its way to all holiday dinners!

Broccoli Rice and Cheese Casserole

Ingredients: 2 bags frozen chopped broccoli, 1 jar cheese whiz, 2 cans cream of chicken soup, 1 small onion-diced, 1.5 cups quick rice (uncooked) butter, crispy fried onions

Instructions: Fry onions in butter. Mix all other ingredients except crispy fried onions and pour into an ungreased 9x13 pan. Baked at 350° for 45 minutes. Crumble the crispy onions on top and bake for 10 more minutes.

STRESS, DEPRESSION AND THE HOLIDAYS: TIPS FOR COPING By Mayo Clinic Staff
Provided by Anna Shears, Behavioral Health Commission

The holiday season often brings on stress and depression. And it's no wonder. The holidays present a dizzying array of demands — guests, parties, shopping, baking, cleaning and entertaining, to name just a few. With some practical tips, you can minimize the stress and maybe even end up enjoying the holidays more than you thought you would.

1. **Acknowledge your feelings.** If someone close to you has recently died or you are alone, realize that it's normal to feel sadness and grief. Take time to cry or express your feelings. You can't force yourself to be happy just because of the holiday.
2. **Reach out.** Seek out community, religious or other social events which give support and companionship. Volunteering is also a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. Traditions can adapt through the years. Choose a few to hold on to and be open to creating new ones.
4. **Set aside differences.** Try to accept family members and friends as they are. Set aside grievances and be understanding if others get upset or distressed when something goes awry. They may be feeling the effects of holiday stress, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends etc. Plan your menus then make your shopping list. Make sure to ask for help for party prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
9. **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, unable to sleep, irritable and unable to face routine chores. If this continues, talk to your doctor or a mental health professional.

With a little planning and positive thinking, you can find peace and joy during the holidays.

A MESSAGE FROM THE CEO

As I look back over the past year, I see how wonderful it is to work with talented, compassionate and giving people who care about our mission, and I am blessed to lead them. I am so blessed also to be able to meet new friends and see old friends, at senior centers, community events and in our offices. I have been provided with much more than a paycheck and my heart is filled with gratitude for all of you. May you have wonderful holidays filled with whatever makes your heart happy!
~Sandy Swogger