

### **SOCIALIZATION/RECREATION**

Bingo, aerobics, fitness, dancing, cards, ceramics, ping-pong, billiards, Senior Citizen Softball, volleyball, quilting, knitting, woodcarving, crafts, painting, picnics, parties, special holiday events, life skills education, etc., represent a partial list of the activities/programs offered at the Penn Hills Senior Service Centers. Trips and tours, both one day and extended, are planned for our consumers, and they are priced well within a reasonable range and the seniors are given adequate time to pay.

In addition to the aforementioned, there are weekly and monthly shopping trips, and one day field trips originating from the Centers and many other special educational and entertaining opportunities.

### **VOLUNTEER OPPORTUNITIES**

There is a warm welcome from the Senior Services staff for our volunteers. Personal involvement brings closer ties and gives an opportunity to enrich oneself while helping others. People are needed to pack and deliver Home Delivered Meals, to assist in congregate meals, act as receptionist, serve in clerical positions, serve on committees for special events, etc., represent our Centers on special County committees, drive Center vehicles, serve on our Advisory Council, and perform many other volunteer oriented jobs. Staff is always very receptive to new ideas offered by our Very Important Volunteers and do their best to implement them and work shoulder to shoulder with the volunteers.

### **TRANSPORTATION**

Both the Older Persons (OPT) and the ACCESS Transportation Programs are funded through the Pennsylvania Department of Transportation, the Pennsylvania Lottery, and the Allegheny County Area Agency on Aging.

OPT is available to any senior 60+ years of age, who is registered with any County funded Senior Center. It provides daily trips to and from the Senior Centers, weekly/monthly shopping trips, soc/rec trips and medical appointment trips for seniors 65+ years of age for a minimal charge under a contract with ACCESS Transportation. Again, to receive this benefit a senior 60+ years of age MUST be registered (with the proper proof of age) at his/her local Senior Center.

Seniors 65+ years of age are eligible for ACCESS which is reduced fare, door-to-door, advance reservation, shared ride transportation. To take advantage of this service you MUST apply through a Senior Center.

Those seniors 65+ years of age are eligible for the Port Authority Senior Bus Pass program. The seniors can ride any PAT vehicle FREE during off-peak hours throughout the week and all day on Saturday, Sunday, and major holidays. This program is also funded through the Pennsylvania Lottery Program. Again, application can be made through the Senior Center.

### **ADULT DAY CARE**

ADS is a community based day program providing social, developmental, nutritional and supportive activities and services within a protective setting for seniors who are not capable of full time independent living. The program provides families/caregivers of older adults support and relief from caregiving responsibilities during daytime hours. Consumers are asked to share in the cost of this service.

## **Penn Hills Senior Service Center**



### **Penn Hills Senior Service Center\***

147 Jefferson Road  
Penn Hills Pennsylvania 15235  
Phone: 412-244-3400  
FAX: 412-242-7078

#### Senior Satellite Sites:

Wm. McKinley Senior Site  
7th & Center Streets  
Verona Pennsylvania 15147  
412-828-5888

Lincoln Park Senior Site  
2025 Lincoln Road  
Verona Pennsylvania 15147  
412-361-5049

\*Home of Senior Citizen Softball

## **MISSION STATEMENT**

*The Mission Statement of the Penn Hills Senior Services, a Department of the Municipality of Penn Hills, is to provide for the social, emotional and physical well-being of the senior residents of Penn Hills who are 60 years of age and older. Services are also available to the home-bound and hard-to-reach elderly.*

Services include socialization and recreational activities, a nutritious hot lunch, transportation for Center activities, medical and shopping needs, etc., legal, health and non-therapeutic counseling, home delivered meals, information/referral and volunteer opportunities. In addition to the above, the Center offers weekly blood pressure and special health screenings, a yearly flu shot clinic, educational speakers, VITA income tax assistance, up-to-date information on PACE, property/rent rebate and energy assistance programs, referrals to County programs and life skill education programs offered by the Allegheny County Community College on site, etc.

There are 2 satellite senior sites: the Wm. McKinley Senior Site and the Lincoln Road Senior Site.

Funding for these services is provided jointly by the Allegheny County Area Agency on Aging and the Municipality of Penn Hills.

## **INFORMATION/REFERRAL**

Information regarding local, state and federal resources and programs, regulations and benefits for seniors are readily available at the Center. Information from social security and other senior advocate groups can be obtained by our senior consumers in the Center office. Speakers are available for short informational programs to other community groups and agencies. A monthly newsletter is published with meals, activities, current and future Center events, and up-to-date information features. The newsletter is available at all 3 Senior sites, the senior high rises, and is sent to other senior groups and community organizations.

## **COUNSELING**

Non-therapeutic counseling is provided to all Penn Hills senior consumers enabling individuals to discuss problems and get help in dealing with them as well as everyday life problems and changing situations.

Legal services are made available, once a month by appointment, through the Allegheny County Elderly Law Project, and health insurance counseling through the APPRISE program, as needed, both of which are funded by the Allegheny County Area Agency on Aging.

## **OUTREACH**

This program is designed to seek out and make face-to-face contact with seniors in our community and make them aware of the many services and programs offered at all 3 Penn Hills Senior sites. This is a neighborhood canvassing operation and proper police identification will be presented. The Outreach Coordinator is also available to speak at senior groups upon request.

## **NUTRITION**

Meals, nutritionally sound and served in a social setting are offered Monday through Friday at all 3 Senior sites. The meals are served every week day except when the Centers are closed for holidays and other events. Meals are provided through funding by the Allegheny County Area Agency on Aging. While there is no fee for the meal, the consumers are encouraged to make a donation which is used for some of the programs and special events.

On two Friday mornings each month, breakfast is served, free of charge, at the Penn Hills Senior High School. This is an intergenerational program operated with the cooperation of a local grocer, the Penn Hills School District Food Services Class and the Penn Hills Senior Service Center. The serving days follow the school year calendar.

## **HOME DELIVERED MEALS**

This is a division of the Nutrition Program and is operated from the Jefferson Road Senior site only. Eligibility for this service is by approved referral only. The lunch is supplemented with a breakfast for the following morning. These meals are also provided through the Area Agency on Aging and consumers are encouraged to donate to help defray the costs of extras.

## **HEALTH SCREENINGS**

Throughout the year, health screenings are made available to our senior consumers, i.e., hearing, mammograms, foot, speakers and health fairs, etc. These special events are coordinated through local hospitals and are offered FREE to seniors. The yearly Flu Shot project is coordinated with volunteers from a community agency and donations are used to defray the cost of the vaccine.