Country Meadows Retirement Communities, including its South Fayette campus, is honored to be selected again on latest list of 100 Best Places to Work in Pennsylvania.

Country Meadows celebrates the organization’s 12th placement on this prestigious list. “This tribute belongs to our co-workers who are, in my opinion, some of the best in our profession” says Michael Leader, president and CEO.

Companies from across the state entered the two-part process to determine the 100 Best Places to Work in PA. The first part consisted of evaluating each nominated company’s workplace policies, practices, philosophy, systems and demographics. The second part consisted of an employee survey to measure the employee experience. The combined scores determined the top companies and the final ranking.

We strive to support co-workers in a variety of ways including Helping Hand Loans and the Co-Worker Foundation that provides grants to co-workers experiencing a financial emergency,” says Leader. “We value our co-workers and I am grateful that our co-workers value their workplace.”

Best Places to Work in Pennsylvania was designed to identify, recognize and honor the best places of employment in Pennsylvania, benefiting the state’s economy, its workforce and businesses. The program is a public/private partnership of Team Pennsylvania Foundation, the Pennsylvania Department of Community and Economic Development, the Pennsylvania Chamber of Business and Industry and the Central Penn Business Journal.

At Country Meadows, we see our co-workers as people, not numbers, and we focus on training, active listening and a culture of respect. We’re proud that Country Meadows has been ranked as one of the Best Places to Work. At Country Meadows, life gets better…for our customers and our co-workers.

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Evolving Care ... for Life.
What do the following recent-FDA approved medicines for patients with arthritis have in common?

**Xeljanz** for patients with rheumatoid arthritis.

**Actemra** subcutaneous injections for patients with rheumatoid arthritis.

**Otrexup** injections (Methotrexate given by new auto-injector) for rheumatoid arthritis and juvenile idiopathic arthritis.

**Cimzia** for patients with rheumatoid arthritis, Crohn’s disease, psoriatic arthritis and ankylosing spondylitis.

If you said that all of these medications were studied right here in our region at the Altoona Center for Clinical Research in clinical trials that led to their FDA approval, you would be correct!

“If it is incredibly gratifying to see new medications made available for our patients and even more gratifying to know that our patients were able to have exposure to such medicines so many years before they became approved -- all at no cost to them,” says Altoona Center for Clinical Research and Altoona Arthritis and Osteoporosis Center founder and president Dr. Alan Kivitz.

Treating complex medical conditions is what the physicians at the Center specialize in.

Dr. Kivitz, Dr. Frederick Murphy, Dr. Lori Lavelle and Dr. Vicki Sommer are the region’s leaders in medical research and have access to cutting-edge clinical trials that take place around the world. The Center, which draws patients from a 100-mile radius and has over 72,000 patients in its electronic database, has been involved in more than 900 clinical trials in the past 20-plus years.

The Center is currently performing clinical trials on next generation medications for almost all the common types of rheumatologic conditions, including rheumatoid arthritis, osteoporosis, psoriasis, psoriatic arthritis, osteoarthritis of the knee or hip (non-osteoarthritis knee pain), lupus, fibromyalgia, gout, low back pain (ankylosing spondylitis), diabetic neuropathy and others.

“There are many advantages of participating in clinical trials for the patient,” says Dr. Kivitz. “Participants in clinical trials can play a more active role in their own health care, they gain access to new research and treatments before they are widely available, and they help others by contributing to medical research.”

Another advantage to participating is the fact that there is never a cost to discuss or participate in a study at the Center. In fact, all study-related medicine and testing are provided free to qualified participants, who may also be compensated for their time and travel, depending on the study.

To learn more about the studies currently enrolling at the Center, call 1-800-924-7790 or 814-693-0300 ext. 224. You may also visit the Center’s website at www.altoonaresearch.com.
Time is of the essence when a family member needs help with bathing, dressing, grooming, personal care, meal assistance, medication reminders and companionship. HomeWell is here to provide support and guidance so your loved one receives the care and attention they need.

HomeWell offers flexible care solutions that meet the needs of any situation, whether your loved one is in their own home, living with you, or residing in a facility. From respite for the family caregiver to round the clock care for individuals or couples, HomeWell will deliver the right level of help wherever and whenever it is needed — so you can have peace of mind knowing that your loved one is being well cared for. It all starts with a prompt, no-obligation needs assessment. Just call us, and we will come to you.

Our Philosophy
HomeWell Senior Care is established on a foundation of old fashioned values while utilizing modern day technology and business tools to move information along smoothly and quickly.

HomeWell’s mission is to provide hourly personal care, companionship and homemaker services for seniors so they may remain in the comfort of their own homes. Our family of staff are committed to delivering high quality care with compassion and respect. Each act enhances the lives of seniors in their home.

Experience Matters
HomeWell Senior Care was founded in 1996 by a caregiver, whose firsthand experience provided the foundation for our successful model of care. Throughout the years, tens of thousands of families have benefited from HomeWell’s dedication to making a difference in their lives. HomeWell Personal Assistants provide over 1 million hours of care for families annually. You can depend on HomeWell to help you.

Because you care...
HomeWell IS THERE!

- Meal preparation, cleanup
- Bathing assistance/dressing
- Respite for family caregivers
- Light Housekeeping/Laundry
- Assistance with personal hygiene
- Transportation
- Companionship
- Grocery shopping
- Bed-bound assistance
- Medication reminders

HomeWell provides hourly personal care, companionship and homemaker services for seniors so they can remain in the comfort of their own homes.

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Our Personal Assistants
HomeWell understands the complexities of the aging process and is receptive to the emotional and physical demands placed on both our clients and Personal Assistants. For many seniors, we realize receiving “care” can seem embarrassing and can erode self-dignity. That's why we call our caregivers “Personal Assistants.” We are there to assist with daily activities.

HomeWell Personal Assistants excel in customized care situations. Our clients are placed in the care of Personal Assistants trained for their specific needs. Whether your loved one needs a home-cooked meal or more personal care, our Personal Assistants can be trusted to look after them as though they were part of the family.

All Personal Assistants are fully screened, pass a stringent national identity and background check, have excellent references and undergo competency, personality and attitude testing.

HomeWell Care Services
Hourly Care Services
Just the right level of care, day or night. When it comes to in-home care, each schedule is as unique as each client we serve. There is no “one schedule fits all.” Our Personal Assistants provide care where it's needed, when it's needed.

Care for Couples
Keep Mom and Dad together — at home. HomeWell offers affordable in-home care that allows couples to continue loving each other, at home, while at the same time enhancing their health and quality of life. The HomeWell advantage is that the rate remains the same whether the care is for one person or a married couple.

Companion Care Services
Meaningful participation in daily activities. A Personal Assistant from HomeWell Senior Care can provide the necessary interaction to help make living more enjoyable again by implementing our Life Enhancing Hobbies, Activities and Adventure Program.

Care Management
HomeWell Care Management Services focus on the overall care of individuals and families needing assistance with the challenges associated with aging.

Essential Services
Basic, helpful services that make living at home easier. Essential Services by HomeWell is an affordable, customized program that provides basic assistance with everyday tasks, giving seniors and their families a great deal of comfort.

www.homewellseniorcare.com
724-635-0767
4 s 4th Street, Youngwood, PA 15697
Senior Citizens Day recognizes the contributions of older people to the community, but nowadays many people of 65 and over don’t regard themselves as senior citizens. With improved health and lifestyles they will be active for years to come.

Senior Citizens Day in the US is on 21 August, a day when the wisdom and achievements of older people are recognized and celebrated. It’s also an opportunity to promote the rights of senior citizens throughout the world, to empower them so they can, in the words of the United Nations International Plan of Action on Aging, "participate fully in the economic, political and social lives of their societies."

At what age are you identified as a senior citizen? In the US usual retirement age to receive the full pension has been 65, but this is gradually creeping up to age 67, in line with many other Western countries. However these days many 65 year olds do not regard themselves senior citizens, and when you consider that a substantial percentage will live well into their eighties, 65 doesn’t sound old.

On the Planning to Retire blog on the US News website, the question, ‘when do you become a senior citizen?’ was posed, and according to a quoted survey, only half of 64 year olds considered themselves senior citizens. The other half said senior status didn’t apply to them as they were still energetic and young at heart and didn’t feel like a senior.

It’s certainly true that 65 year olds these days are in better health, more active and younger in mentality than those of the same age a generation ago. This is due to developments in medicine, improved knowledge about health and fitness and the resources readily available to act upon this knowledge. Experts in aging believe that the majority of the afflictions that are considered as inevitable as you age—eg stiff joints, lack of energy, muscular aches and pains, a decrease in strength and muscle tone, forgetfulness, lack of concentration are completely preventable by a healthy and balanced lifestyle in which our body and brain are being nourished properly and kept active, such as:

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Keeping your brain active by continuous learning and trying new jobs and pursuits.

It's a well known fact that older people tend to be more vulnerable to illness and disease, and once they become ill, suffer more severe symptoms and take more time to recover. Part of the reason for this is that our probiotic colonies diminish as we age. Probiotics are the billions of bacterial organisms in our body that help digestion and help combat disease. Even those senior citizens who are fit and healthy will experience a decrease in their probiotic levels, so it makes sense to top them up with a daily probiotic supplement to further boost their immune systems and decrease their likelihood of falling ill.

So let's recap-- the modern senior citizen is an active and highly valuable member of society and we should make the effort on 21 August to recognize that. Today's senior citizen is more likely to have a healthy diet, get regular exercise and probiotics and keep their minds sharp with consistent learning. We could all learn a lesson from that mindset.

Westmoreland County Senior Games
May 3-13, 2016

Bring a friend for fun and fitness! The Westmoreland County Senior games features 30 olympic-style events such as bocce, bowling, golf, horseshoes, and more at Mammoth Park and various Greensburg locations! Gold, silver, and bronze medals are awarded to winners in each age bracket.

Registration fee is only $10 and includes the official 2016 Senior Games T-shirt. Open to athletes age 50 and up (see website for age brackets).

The Westmoreland County Senior Games is sponsored by Senior Helpers, 1480 WCNS Radio, Humana, Gibson-Thomas Engineering, Bethlen Communities, and SuperValu

For more information, visit:
www.co.westmoreland.pa.us
When a mature person loses a spouse, a close friend, or even a pet, it can be very easy to lose perspective on life. It is all too easy to slip into sadness and seclusion and stop relating with people who once filled an important part in daily life. Children (if any) have often moved away and are frequently so heavily involved in their own lives, with work, children and other obligations that they cannot spend a lot of time with their aging parents. Although experiencing loss and loneliness as a senior citizen is difficult, it is not impossible to develop a new social life. A good attitude is a major factor, as is making most of the opportunities that come your way. Here are some ways that you can begin to build a fulfilling social life for yourself that will help you to live meaningfully and with purpose.

1. Determine what activities you used to enjoy. Did a loss cause you to set aside favorite hobbies or pursuits? Pick them up from where you left off. Or try new activities with the help of a local club, group, church or even through Internet and library research. Use the local newspaper to keep abreast of upcoming events of interest. Visit university lectures on topics you know nothing about to stretch your imagination and improve your knowledge.

2. Return to keeping fit. While climbing Mt. Everest may no longer be in the cards, there is certainly nothing stopping you from continuing physical activities involving walking clubs, senior’s gym or other fitness activities made available especially for seniors. Staying fit is a sure way to build confidence and regain a healthy outlook on life!

3. Find a buddy. If you feel reluctant to go out on your own, there are many volunteer organizations that will help by providing transportation. Invite a friend or neighbor to attend events with you. Get back into the rhythm of meeting new friends. Little by little, you’ll become less fearful of going out alone.

4. Be open to new suggestions. This may feel uncomfortable at first, especially if it involves new technology. Consider trying new activities that are possible given your level of health and fitness, and that you find interesting. Try not to react negatively to suggestions from others who try to help. Think things through before rejecting the ideas altogether. You may discover something you wished you’d tried earlier.

5. Become a mentor for younger people. Young people are eager and willing learners when they discover that you have knowledge that you are willing to share. Offer your services at local clubs to give talks, to teach a skill or to guide people (museums, zoos, parks etc.). Elderly people are respected for their knowledge; capitalize on this by sharing it.

6. Remain positive. The pain will always be there; that is the nature of loss. You deserve the best after giving so much of yourself to the world. Smile when you’re feeling down. Smiling induces positive chemical changes in the brain and brings us back up. Take in a light movie or rent an old classic to watch at home. Listen to comedy on the radio, check out a humorous book or two from the library and have a good hearty chuckle. Rediscover your sense of humor and your well-being will improve; this is all the more important if you have buried yourself under a load of sadness, self-pity and sorrow.

7. Think outside the square. Research the Internet for stories of the more challenging things senior citizens are doing; cycling across countries, skiing, writing a first novel, entering the Masters’ Games etc. All these things and more are possible with the right attitude. You are building a social life.
as old as you let yourself be; your dreams are as expansive as you let them be. So, what about all those things you promised yourself you’d do someday? Maybe today is that day.

**Tips**

**Here are some ideas for activities:**
Book clubs: Scan the bulletin board at your local library or book store for book clubs that meet periodically and share opinions about a particular book or author.

**Golf:** Visit a recreation golf course in your area. Hit a few balls on the driving range to see if you like it. Inquire with the program coordinator or on-site pro about groups of other seniors that may need another member. If there are not senior groups, be proactive and start one!

**Learning new cuisines:** Many communities have a retail store that specializes in cooking utensils, books, and offer cooking demonstrations or classes. Small groups of food and cooking enthusiasts are formed and their members become fast friends by sharing ideas, recipes and “tasting” dinners at each other’s homes; even touring a country for its cuisine is not out of the realms of possibility. Move beyond the cuisine you’ve always made and try something completely different.

**Sewing/Knitting/Crochet/Crafting:** These timeless activities are always great hobbies. Check out the local craft or fabric shop for postings on clubs or groups that share these hobbies. Or offer to teach - your skills are in high demand from younger generations rediscovering their utility and relaxing nature.

**Gardening:** This can almost become a job as much as an activity, depending on how much you want to do. Whether it’s just putting around a small flower bed, or becoming an expert on roses and orchids; gardening is a very popular pastime. Garden clubs abound and many cities have a community garden where individuals maintain their own plot within the garden to plant, nurture and harvest their favorite growing elements. If you are already an experienced gardener, share these skills with others by giving demonstrations or mini-lectures through clubs or botanical gardens.

**Scrapbooking:** You are sure to have years of photos and memorabilia that tell your life’s story! Introduce yourself to this popular activity by attending a scrapbooking party or taking a class at your local craft retailer.

**Visit your local senior center.** Take a trip to learn what activities are offered; something is certain to tickle your fancy.
There’s never been a better time to take up the RV life. Whether you’re a weekend wanderer, a snowbird or an RV full-timer, there’s an RV to suit any travel budget and taste.

With baby boomers reaching retirement age, more and more people are taking to the road with their motor homes, RVs or travel trailers. The Recreation Vehicle Industry Association recently reported that nearly 8 million American households have an RV, motor home or travel trailer and that there are as many as 30 million RV enthusiasts in the U.S. Seeing the country in an RV offers many benefits for travelers seeking an affordable and exciting way to spend quality family time. According to one study, a family of four can save up to 74% traveling by RV over more conventional travel. And with more than 16,000 public and privately owned campgrounds in the US, there’s a site to fulfill everyone’s vacation fantasy, whether it’s an oceanfront view, hiking trails, casino gambling or tennis.

**Tips for Successful RV Travel:** RV travel is easy to learn, and once you’ve got the hang of it there’ll be no going back! Here are six helpful tips that will come in handy for both beginning and seasoned RV enthusiasts:

**Map Your RV Travel Destinations**

A large part of the RV appeal is the exhilarating freedom of the open road — to go wherever you want, whenever you want. But it helps to have a solid travel plan in place. If you know where you’re heading, you can determine the route that will offer the most interesting sights.

Tips for Beginners and Enthusiasts

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- RV TRAVEL TIPS
  - Tips for Beginners and Enthusiasts
  - Map Your RV Travel Destinations

**Have A Checklist? Just Checking**

During your pre-trip prep, in addition to working out what needs to be in the RV, put together a thorough checklist of things to do when setting up at an RV campground.

**There are the basics:**

- Locate all campground connections
- Make sure your RV is level
- Properly hook up your water, gas and electric systems

Don’t forget comfort concerns, like making sure you packed your favorite CDs and DVDs, and those new lawn chairs. Equally important, you should have a second checklist of things that have to be done to break camp and set up your RV for departure (Quick hint: when you think the job is done and everything is ready, check again).

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Be Prepared with a “Just-For-The-RV” First-Aid Kit. Always make sure you have a fully stocked RV first-aid kit, and keep it in an outside storage compartment. Your RV first-aid kit should include basic medical supplies: Bandages, Ointment, Over-the-counter pain reliever, Insect repellent, Scissors, and an emergency supply of must-have medications.

**Plus the following extras for your RV**
Flashlight and extra batteries, Paper and pens, cell phone and any chargers that you will need.

**RV Camping with Kids and Pets**
If your RV travel includes children, make sure to set aside time during the day for outdoor activities, as even the roomiest RV can be confining for kids. And give each child his or her own space in the RV (no matter how small) for toys, games and personal stuff.

RV travel is a unique opportunity for your children to see new and different places and faces. There are often plenty of other kids at campgrounds – but be sure to walk around a new campground with your children when you first get settled there. They need to know how to find your campsite and navigate the RV grounds. If you plan to bring the family pet, check beforehand to confirm that pets are allowed at the RV campground.

**A Little Help From Your Friends**
When in doubt, ask your fellow RVer. However well-traveled you might be, odds are there is someone you’ll meet along the way who has been somewhere you haven’t, solved a problem you haven’t yet encountered, or spotted an out-of-the-way delight you’ve never heard of.

No matter how much research you’ve done, there’s bound to be an RV campsite you haven’t read about, a storage system that has escaped your notice, or a funny anecdote that you’ll laugh about for years to come.

The new folks you meet may or may not become close friends for life, but they are an important part of your RV journey.

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Community Care, Inc. provides a large scope of high-quality home-based health services administered by highly trained, compassionate caregivers. Services offered range from companionship, assistance with tasks of daily living, and support with bathing/dressing/grooming – to complex medical care. The staff of Community Care, Inc. includes skilled nurses that are experienced with patients affected by complicated disease processes.

Community Care, Inc. has office locations in New Stanton, Pittsburgh, and Washington, PA. For more information, please call a patient concierge at 1-877-830-9901. Our phones answer 24 hours a day. When you or a loved one select a home healthcare provider, demand the right choice for the right care. Choose Community Care, Inc.

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As the number one cause of death in both men and women, knowledge is power when it comes to preventing heart conditions. Whether it runs in your family or not, this is one health issue you shouldn’t ignore.

“Unfortunately, everyone has an old wives’ tale associated with heart disease and cardiovascular health, says Dr. Andy Manganaro, chief medical officer at Life Line Screening. “For example, many women don’t know they are more likely to die of heart disease than breast cancer.” Dr. Manganaro helps separate some myths from reality to keep you in the know:

1. Heart disease is the same in men and women
Although men and women share many of the same risk factors for heart disease, there are differences in the way the disease treats each gender’s body, according to Harvard Health Publications. Women tend to develop heart disease an average of 10 years later than men, and have a greater chance of dying from the disease. Women have smaller hearts and coronary vessels, which often makes heart surgery difficult. In fact, heart disease is the number one killer of women, so women especially should talk with their doctors about developing a heart health plan.

2. If it runs in your family, there’s nothing you can do about it
Even if heart conditions run in your family, these diseases are still 80 percent preventable. Healthy behavior changes like losing weight, increasing exercise, eating a healthier diet and keeping your cholesterol in check will help you make tremendous strides towards heart health. The power of prevention is undeniable, especially with preventative screenings that identify risk factors for heart disease and stroke early on. Life Line Screening offers affordable, preventative cardiovascular screenings conveniently in your community.

3. Heart disease doesn’t affect fit and active people
No matter how many marathons you run or yoga classes you take, you may still be at risk for a heart condition. There are plenty of other factors that can put you at risk, like high cholesterol, poor eating habits, elevated blood pressure, and smoking.

4. Heart disease always exhibits the same symptoms
While you might be under the impression that a heart attack always involves extreme chest pain, 64 percent of women who die suddenly of coronary heart disease had no previous symptoms, according to the American Heart Association (AMA). Women are more likely to experience back or jaw pain, dizziness and lightheadedness, shortness of breath or nausea and vomiting.

5. Once you have heart disease, it’s too late
It’s never too late to treat or prevent heart disease. Your lifestyle plays a crucial role in both controlling risk factors and caring for heart disease. Simple behavior changes like those mentioned above plus consultation with you doctor can help keep your heart, and entire circulatory system, humming along.

Don’t let these common myths cost you your life. Manage your heart health and learn how to take preventative measures at lifelinescreening.com.
Bethlen Communities

The Spirit for Living

Bethlen Communities is dedicated to nurturing the spiritual, emotional, social, intellectual and physical needs of every person, every day.

Operating as a faith-based, non-profit continuing care retirement community (CCRC) in historic Ligonier, Westmoreland County, Pennsylvania, Bethlen is accredited by Commission on Accreditation of Rehabilitation Facilities, or CARF, our comprehensive services are designed to offer a person-centered lifestyle for each resident while maintaining a high standard for quality of care.

An independent and active lifestyle is encouraged throughout Bethlen Communities. We strive to help seniors within and beyond our community to increase active life expectancy, a longer life free of disability. When limitations occur, the skilled and professional staff at Bethlen are there to assist with medical, therapeutic, and spiritual care.

The hallmark of Bethlen Communities has been from our early beginnings in 1921 and continues to be the exceptional quality of care offered by service minded individuals. From independent retirement living at the cottages within the Bethlen Community to skilled personal care at the Bethlen Home, a continuum of care is available as necessary to meet both individualized medical requirements and personal requests. Our continuum of care includes independent, maintenance-free living in our Cottages; a Companion Caregiver program that offers individuals extra help in their homes; personal care at Ligonier Gardens; Home Health and Hospice services; Bethlen Home Skilled Nursing and Rehabilitation; and the Graceful Aging Wellness Center to keep our residents and community members fit and active, physically, spiritually and mentally.

Having several levels of care available on campus is an incredible benefit—it provides the security of knowing that if you need assisted living, rehabilitation care, memory care, or skilled nursing care at some point in the future, you won’t have to move to another community. Once connected to the Bethlen Community, you have the assurance of knowing home health, companion care and hospice services will be provided by those you have come to know and trust.

At Bethlen Communities, people of all ages have been living, working and caring for one another for almost 100 years. Caring for others is at the heart of Bethlen Communities. Starting as an orphanage at the Park Hotel on the hill overlooking Ligonier in 1921 and adding a home for care of the elderly in 1924, Bethlen has grown to the present continuing care retirement community with several branch campuses throughout Ligonier.

Regardless of physical or mental limitations, Bethlen’s goal is to help each person served maintain the “Spirit for Living”.

125 Kalassay Dr., Ligonier, PA
724-238-2235 x31 • www.bethlen.com
Events, Festivals & Shows
* Time & Dates are subject to change without notice

ONGOING
Art & Jazz Night
June 16, July 21 & Aug 18
5pm to 1-pm
Downtown – Main St,
Between Third St and
Fifth St, Irwin PA
www.downtownirwin.com

Historic Hanna’s Town Antiques &
Collectibles Market
2nd Sunday of the month May -
September, rain or shine.
Historic Hanna’s Town
809 Forbes Trail Rd,
Greensburg, PA 15601
724-836-1800
www.hannastown.org

Washington Antiques Fair
Last Sunday of the month
March-October - 8am to 2pm
Consol Energy Park
One Washington Federal Way
Washington, PA 15301
washingtonantiquesfair.com

MARCH
The Symposium on Life &
Customs in Western PA
March 18, 2016 - 6:30pm
The Chapel at Old Main
Washington & Jefferson College
Washington, PA 15301
www.bradfordhouse.org

Soup’s On!
March 19, 2016 - 11am to 2pm
Ligonier, PA 15658
724-238-4200 • www.ligonier.com

APRIL
Pennsylvania Maple Festival
April 2-3 & 6-10, 2016
Festival Park, Meyers Ave,
Meyersdale PA 15552
www.pamaplefestival.com

Huff’s Promotion Art & Craft
Showcase & Westmoreland
County Home Show
April 9 & 10, 2016 - 10am to 5pm
Westmoreland Co. Fairgrounds,
123 Blue Ribbon Ln,
Greensburg, PA 15601
www.huffspromo.com
www.simoneventmanagement.com

Fayette County Home Show
April 22-24, 2016
Fayette County Fairgrounds
132 Pechin Rd, Dunbar, PA 15431
www.fayettecountyhomeshow.com

Spring Splendor Gift & Craft Expo
April 22-24, 2016
Washington Crown Center
1500 W Chestnut St
Washington, PA 15301
724-228-4270
shopwashingtoncrown.com

Empty Bowls Fundraiser
April 24, 2016 - 11am to 4pm
FCCAA’s Adult
Recreation Center
108 N Beeson Blvd
Uniontown, PA 15401
724-437-6050 ext. 1264
www.fayettechamber.com

MAY
National Train Days
May 14, 2016
Connellsville Canteen
131 W Crawford Ave
Connellsville, PA 15425
724-603-2093
www.connellsvillecanteen.org

National Road Festival
May 20-22, 2016
Various cities along
the National Road
nationalroadpa.org

Monongahela Pooch Parade
May 21, 2016 - 10am to 2pm
Chess Park
Monongahela, PA
724-258-3930

Spirit of the River
May 21, 2016
Ohiopyle, PA 15470
800-272-4141
wilderness-voyageurs.com

Robert Peirce & Associates, P.C.
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Lean on Our Experience in the Law
Call for a Free Consultation

Nursing Home Neglect & Abuse

Government and media reports confirm that sometimes the facilities we trust to care for our loved ones aren’t providing the level of care patients expect, need, and deserve. Our loved ones are ignored, in pain, and mistreated.

If you suspect that your loved one has been neglected or abused while living in a nursing home, please call our office.

Social Security Disability &
Supplemental Security Income

If you can’t work because of physical or mental conditions, please contact our office for a free evaluation of your case.

If you have applied for disability benefits and been denied, you need our experience on your side to fight for the benefits you deserve. We handle cases at every level of appeal and there’s no fee unless we win.

Robert Peirce & Associates, P.C.
ATTORNEYS AT LAW

1-800-543-9859 | 412-281-7229 | www.peircelaw.com | Pittsburgh, PA

160222084506
Spring Craft Vendor
Basket Bonanza
May 21, 2016 - 10am to 3pm
Children’s Aid Home
1476 North Center Ave,
Somerset, PA 15501
www.jspasalesbonanza.org

National Pike Days
May 21 & 22, 2016
Fairgrounds, 222 Spring Rd
Brownsville PA 15417
www.NationalPike.com

Westmoreland County Air Show
May 21 & 22, 2016 - 9am to 5pm
Arnold Palmer Regional Airport
148 Aviation Ln,
Latrobe, PA 15650
412-310-7781
www.palmerairport.com

Geranium Festival
May 28, 2016
Crawford Avenue
Connellsville, PA 15425

Red, White & Brew Wine,
Beer & Music Festival
May 28 & 29, 2016
Sampey Park
Perryopolis, PA 15473
724-984-8967
www.fayettefestivals.com

Memorial Day Parade
May 30, 2016 - 10am to 11pm
Downtown – Main St, Irwin PA
www.downtownirwin.com

Memorial Day Parade
May 30, 2016 - 10:30am
Mt. Pleasant, PA 15666
www.mtpleasantboro.com

JUNE
National Trail Day Fun Walk &
Pancake Breakfast
June 4, 2016 - 8am to Noon
McDonald Train Station
McDonald, PA 15057
724-914-5544
mcdonaldtrailstation.com

Mammoth Fest
June 5, 2016 - 8am to Noon
Mammoth Park
Blacksmith Rd
Mt. Pleasant, PA 15666
www.co.westmoreland.pa.us

Auxiliary Strawberry Festival
June 10, 2016 - 8am to Noon
Monongahela Valley Hospital
Monongahela, PA 15063
monvalleyhospital.com

Riverfest
June 10 & 11, 2016
Rices Landing Lockwall,
Rices Landing, PA 15357
On Facebook

Ethnic Food Festival &
Spring Craft Show
June 11, 2016 - 9am to 3pm
Downtown – Main St, Between
Third St and Fifth St, Irwin PA
www.downtownirwin.com

Fireman’s Fair & Parade
June 20-25, 2016
Parade: June 21 at 7pm
Mt. Pleasant, PA 15666
www.mtpleasantboro.com

Mr. McFeely’s Parade of Trolleys
June 25
Pennsylvania Trolley Museum
1 Museum Road,
Washington, PA 15301
pa-trolley.org

Classic Car Show
June 26
Pennsylvania Trolley Museum
1 Museum Road,
Washington, PA 15301
pa-trolley.org

Fayette Heritage & Arts Festival -
Braddock’s Crossing
June 25 & 26, 2016
Yough River Park
Connellsville, PA 15425

JULY
Independence Day Rockin’ Rib
Festival & Fireworks
July 1-3, 2016
Fireworks Friday night
Connellsville, PA 15425

Charleroi Community Day
and Fireworks
July 3, 2016
Charleroi Chamber Plaza
500 McKean Ave
Charleroi, PA 15022
www.charleroiboro.org

Whiskey Rebellion Festival
July 7-10, 2016
Downtown Washington, PA 15301
whiskeyrebellionfestival.com
Sommerfest
July 9-10 & 15-17, 2016
Somerset, PA 15501
www.laurelarts.org/somerfest.html

Derry Twp Ag Fair
July 10-16, 2016
Derry Twp Ag Fairgrounds
Rt 982, New Derry, PA 15671
www.derrytwpagfair.com

Summer In Ligonier Arts & Crafts
July 15-16, 2016 - 9am to 5pm
Ligonier, PA 15658
724-238-4200
www.ligonier.com

Sewickley Twp Fair
July 18-23, 2016
Fairgrounds, Rte 136,
West Newton, PA 15089
www.pafairs.org

Jacktown Fair
July 19-23, 2016
Jacktown Fairgrounds
440 W Roy Furman Hwy
Wind Ridge, PA 15380
www.jacktownfair.org

Fayette County Fair
July 28 - Aug 6, 2016
Fayette County Fairgrounds
132 Pechin Rd, Dunbar PA 15431
www.fayettefair.com

AUGUST
Greene County Fair
August 7-13, 2016
Greene County Fairgrounds
107 Fairgrounds Rd
Waynesburg, PA 15370
www.greeneCountyFair.org

Mountain Area Fair
August 9-15, 2016
Farmington VFD
Farmington, PA 15437
www.pafairs.org

The Stroll
Aug 12, 2016 - 5pm to 9pm
Ligonier, PA 15658
724-238-4200 • www.ligonier.com

Washington Co. Agricultural Fair
Aug 13-20, 2016
Washington County Fairgrounds
Washington, PA 15301
washingtonfair.org

August Fun Fest
Aug 14, 2016 -10am to 6pm
Cedar Creek Park
53 Evergreen Dr,
Belle Vernon, PA 15012
www.co.westmoreland.pa.us

Bullskin Twp Fair
Aug 14-20, 2016
Bullskin Fairgrounds,
Rte 982, Wooddale PA
www.pafairs.org

Vandergrift Italian Festival
Aug 14, 2016 - 9am to 10pm
Kennedy Park
Vandergrift, PA 15690

Westmoreland County Fair
Aug 19-27, 2016
Westmoreland Fairgrounds,
123 Blue Ribbon Lane,
Pleasant Unity, PA 15676
www.westmorelandfair.com

Simeral Square Arts & Crafts Festival
Aug 20, 2016 - 9am to 3pm
Simeral Square Park,
and the Senior Center,
West Newton, PA 15089

Somerset County Fair
Aug 20-27, 2016
7842 Davis Rd
Meyersdale, PA 15552
www.somersetcountyfairpa.com

Cruisin Classic Car Show
Aug 21, 2016
Cecil Park, 1684 Millers Run Rd,
McDonald, PA 15057

Italian Festival
Aug 26-28, 2016
Uniontown, PA 15401
www.fayettefestivals.com

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**Westmoreland Manor**

A Nurturing Environment for Rehabilitation and Long Term Care

Offering 24/7 Skilled Nursing Care

- Physical, Occupational, and Speech Therapies
- Comprehensive Respiratory Care Including Tracheostomy & Non-Invasive Ventilation
- Wound Care Team
- Respite & Hospice Care
- Surgical Recovery

**Dr. Thomas DeGregory, Medical Director**

We Also Offer the Eagle Tree *Independent Living* Apartments in a Protective Environment

[www.westmorelandmanor.org](http://www.westmorelandmanor.org)

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**Schedule a tour TODAY!**

**Admissions Department**
(724) 830-4022
2480 South Grande Boulevard
Greensburg, PA 15601
### Summer Concert Series

**Concerts on the Village Green**  
May 29 - August 28, 2016  
Ligonier, PA 15658 • 724-238-4200 • [www.visitligonier.com](http://www.visitligonier.com)  
Join us for our 67th Annual Summer Band Concert series! Live music every Sunday evening at 7 p.m. If the weather is uncooperative, the concert is moved indoors into the Town Hall auditorium.

**Summer Concert Series**  
June 12 - August 28, 2016  
FREE concerts every Sunday evening from 7pm to 9pm at Lions Square in Connellsville, PA.  
[www.fayettetrust.org/Calendar-of-Events.html](http://www.fayettetrust.org/Calendar-of-Events.html)

### Summer Concert Series

**Sunday Evening Summer Band Concerts**  
May 29 - August 28, 2016  
Ligonier, PA 15658 • 724-238-4200 • [www.visitligonier.com](http://www.visitligonier.com)  
Join us for our 67th Annual Summer Band Concert series! Live music every Sunday evening at 7 p.m. If the weather is uncooperative, the concert is moved indoors into the Town Hall auditorium.

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### Westmoreland Parks Summer Concert Series

Enjoy FREE Sunday concerts in the parks beginning in June. Concerts are scheduled at Cedar Creek and Twin Lakes Parks throughout the summer and feature local musicians and groups. To view the schedule, performance lineup, and download fliers, visit: [www.co.westmoreland.pa.us](http://www.co.westmoreland.pa.us)

**Cedar Creek**  
All concerts start at 4:00pm (unless noted) • Outdoor Amphitheater

**Twin Lakes Park**  
All concerts will take place at the Brian T. Rusnock Amphitheater at the Twin Lakes Park Expansion Area

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### Lenzner Tour and Travel

**Announcing the launch of Lenzner Tour and Travel’s newly-designed website:**  
[Coachride.com](http://Coachride.com)

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**Give the Gift of Travel!**  
Gift Certificates Available  
You can purchase online at [www.coachride.com](http://www.coachride.com) or call 1-800-342-2349

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### Casino Tours 2016

**Air & Cruise Tours 2016**

- **May 12-21 9 Night Bermuda & Bahamas Cruise**  
Starting at $1,371 PP

- **Jun 4-9 Bus to Bermuda (5 Nights)**  
Starting at $1,199 PP

- **Jul 10-17 7 Day Exotic Eastern Caribbean Cruise**  
Starting at $1,645 PP

**One Day Tours 2016**

- **Mar 17 Irish Celebration** $94 PP
- **Apr 2 Pennsylvania Maple Festival*** $104 PP
- **Apr 5 Samson in Lancaster** $234 PP
- **Apr 14 Das Dutch Dinner Theatre - The Chuck Wagon Gang-Gospel** $94 PP
- **Apr 15 Spring in DC** $263 PP
- **Apr 16 Beautiful - The Carole King Musical*** $195 PP
- **Apr 22 The 5th Dimension** $142 PP
- **Apr 23 New York Saturday Shopping** $129 PP
- **Apr 26 Springtime in Amish Country** $95 PP
- **May 1 Cirque de la Symphonie*** $120 PP
- **May 4 Mother’s Day Strawberry Party** $134 PP
- **May 21 Rails, Tails, & Buggy Trails** $134 PP
- **May 26 Gardening, Grazing, & Gazing** $132 PP
- **Jun 14 Wine, Cheese, & Chocolate** $143 PP
- **Jun 16 Return to the Simple Life** $119 PP
- **Jun 19 Cruising on a Sunday Afternoon** $146 PP
- **Jun 22 Mountain Playhouse: The Bikinis*** $101 PP
- **Jun 22-25 Seneca Niagara 3 Day** $134 PP
- **Jun 25 Niagara Falls USA Sightseeing** $75 PP

**Discount cannot be combined with other discounts.**
Lifting your mood, boosting your energy, protecting your earnings, super-charging your social life - and even keeping your mind sharp: These are just some of the many spoils that come with facing and dealing with a noise-induced hearing loss that has been slowly but persistently creeping up on you.

The quality-of-life and feel-good benefits of treating even just mild hearing loss brought on by years of loud music, power tools, high-volume headphones, motor-sport engines, crowded night clubs and bars, noisy restaurants, and raucous sporting events are plenty. But in this digital age of smart phones and wearable technologies, the draw for many solution-minded consumers may be in the technology itself. Super-smart, super-sleek, super-convenient, and super-sophisticated - today’s hearing aids give you a multitude of reasons to address that hearing loss you’ve been trying so hard to ignore.

Consider these inspiring facts about today’s highly functional, high-powered hearing aids. They just may get you to finally do something about your hearing loss and make your life easier.

1. They’re cool, sleek, discreet and virtually invisible. New technologies are all about function, style, and effortless living. The latest hearing aids offer all three. The designs are incredibly attractive with smooth, modern contours. And they’re much smaller than even conventional Bluetooth earpieces. Many of the latest hearing aids are so tiny, they sit discreetly and comfortably inside the ear canal, out of sight. You might say that aesthetically, hearing aids have had a complete makeover.

2. They cut out background noise so you hear what you want to hear. Even with the best of hearing, it’s tough to hear people when it’s noisy. But many state-of-the-art hearing aids not only reduce unwanted noise, they also scan the listening environment and automatically adapt to it - even in wind. There are hearing aids that can actually “geo-tag” a location. So if it’s convenient for you to network at a certain coffee shop, your hearing aids will know where you’re there and adjust themselves accordingly. For the record, it’s not by chance that the latest state-of-the-art hearing aids are so adaptable to changing noise scenarios. Recordings of virtually every imaginable listening situation have been used to create algorithms and “train” these amazing mini-computers for your ears.

3. They capture the natural richness and variation of speech, so it’s easier to follow the conversation wherever you are. Let’s face it, one of the most pesky aspects of not hearing as well as you once did is not catching everything people are saying. New technologies not only help you decipher speech details in music and noise, but they better preserve and clarify the more subtle sounds of language - like the consonants B, S, F, T, and Z - so you can really follow what someone is saying. No faking.

4. You can hear from all directions - even when scoping out what’s in the fridge. Advanced directional microphone technology lets you hear from the back and side - something really important when driving a car. But it also makes it easier to hear voices more clearly in other everyday settings - like when your head is in the fridge and your significant other is talking at your back. Yes, that’s one great feature.

5. Digital, Bluetooth, and wireless capabilities keep you connected when it counts. Digital, wireless hearing aids are the now the norm. That means many new technologies let you stream sound directly into your hearing aids - at the perfect volume - from your smartphone, laptop, conference-
room speakerphone, home entertainment system, and other Bluetooth devices. Music, phone calls, podcasts, videos, whatever you listen to through your iPhone (or iPad and iPod for that matter), you can listen to through many hearing aids. Some even let you control the volume and other personalized sound settings with an app on your smartphone. Several types of wireless accessories give you a listening boost by bridging the gap between you and the speaker, making it easier to hear in loud or large places. Using a wireless mini microphone - with cool, contoured designs, some even looking like a pen - placed on the restaurant or conference-room table, or near anyone you want to hear, makes it feel like they’re speaking directly and clearly into your ears, no matter how noisy the setting. You adjust the volume.

6. State-of-the-art comfort and convenience mean you’ll always want to use them. Super-small, super-light, customized, functional, and ergonomically designed, hearing aids today are more comfy than ever - yet tough enough to withstand real life. For most of the newest hearing aids, there’s virtually no feedback or whistling thanks to advances in digital technologies. And most are hypoallergenic with nanotechnology coating to keep them clean and dry. Some are even fully waterproof, so you can swim and shower in them, no problem. Plus, today’s greater-than-ever audio processing goes hand-in-hand with less battery usage. Some hearing aids are even rechargeable, eliminating the need to change batteries altogether. But the convenience and comfort don’t end there. Some brands let you set up reminders for things like appointments or taking medicine. Perhaps the most “peace-of-mind-preserving” life hack, though, is leading-edge technology that helps soothe the ringing in your ears (tinnitus) in a way that suits you.

7. There are even more disruptive hearing technologies on the horizon. Totally out-of-sight, semi-permanent hearing aids that stay in for two to three months let you shower and sleep in them, no fuss. Perhaps the most futuristic glimpse of hearing aids is tied to recent ground-breaking studies revealing a significant link between untreated hearing loss and dementia. Hearing aid manufacturers are deep in the trenches working to create future break-through technologies that will make it as easy as possible for the brain to decode speech and other sounds. Reducing cognitive load - that is, drawing fewer resources from the brain just to “hear” - is a very good thing. After all, we really do hear with our brains and not with our ears. Some hearing aids with these technologies are already available. Yes, leading-edge hearing aids are here to help you keep your mind sharp and your life easier by hearing your best at every age - starting today.

For more information on hearing loss and to take a free, quick, confidential, online hearing check to determine if you need a comprehensive hearing test by a hearing healthcare professional, visit www.BetterHearing.org.

Follow BHI on Twitter @better_hearing. Like BHI on Facebook at www.facebook.com/betterhearinginstitute.
Need Some Help?  
**Hire a Handyman!**

Hiring a handyman can help a senior take care of routine maintenance and maintain independence. When hiring a contractor, make sure to do your research carefully to get one with a good reputation who will protect your home and your privacy.

Many people who hire someone do so to get help with major remodeling projects or huge outdoor projects. However, contractors can help with little tasks too. Many seniors find that hiring a contractor to take on some of their small work around the house can take the stress of remaining independent off of their shoulders.

**Safety Considerations**
For many seniors, climbing a ladder to clean the gutters or inspect the roof, spending hours in the hot sun working in the yard, or even being exposed to paint fumes for an extended period of time is not considered safe. Hiring a handyman to handle these tasks takes out the risk and allows seniors to enjoy their space without worrying about dangerous maintenance tasks.

**Physical Limitations**
As we age, we often lose some of our agility and strength. Tasks that might have seemed simple to your younger self now seem overwhelming. You can call on friends or family members to help lift a heavy load or dig a hole for your new plant, but sometimes it’s easier to just pay someone to do it for you. Having a quality handyman available will help you get the job done when you need it done, rather than waiting for the charity and help of others.

**Routine Maintenance**
You’ve worked hard to enjoy your retirement, but sometimes routine maintenance needs get in the way. If you work regularly with a contractor, you can call him up when you have a maintenance job that comes up. Keep in mind that you will save a little money if you can combine jobs into one trip to your home. Instead of having the contractor come three times in the same month for small jobs, have him come one time and handle all of the jobs. This will protect you from additional hourly charges or fuel charges, depending on the contractor’s policies.

**Considerations When Hiring a Contractor**
Sadly, many unscrupulous individuals feel that seniors are easy prey for scams. As such, you need to do your research carefully when hiring a handyman to help around your home. Use third-party websites that evaluate and rate local contractors to ensure you are getting someone who does a good job.

Research other contractors to ensure that the rate is fair. Make sure your contractor has all of the necessary insurance to protect you from liability if he is injured while at your property. A common scam involves faking or exaggerating an injury to collect from your insurance or out of your pocket, so only hire contractors who are fully insured. Check into licensing and bonding rules in your community, and look for contractors with the right credentials.

If you are still wondering about a particular handyman and have friends or relatives you trust who can help you decide, feel free to call them in. Remember, you will be trusting your home to this individual, so you want someone reliable and trustworthy once you make your decision.
Transitions Healthcare Washington PA is the leader in providing comprehensive skilled nursing care to Washington and the surrounding areas. As the leader, they understand the health concerns of the area and recognize the importance of serving the needs of the respiratory health community.

Transitions Healthcare Washington PA has developed a pulmonary/ventilator program offering 24/7 nursing care, 24/7 respiratory care and piped-in oxygen in a 16 bed ventilator unit. The facility’s pulmonologist, Dr. Azmat Qayyum, is a respected pulmonologist throughout the Pittsburgh area. With the expertise of their clinical team, Transitions Healthcare Washington PA has the knowledge and skills required to provide care to various levels of pulmonary care patients.

Transitions Healthcare Washington PA sets higher clinical standards than typical skilled nursing facilities. Their nurses are trained in complex medical scenarios that require specialized treatments including ventilators, cardiac recovery, BiPAP/CPAP, wound care, pain management, IV therapy and dialysis, tube feedings and tracheostomy care, and prosthetics and orthotics care.

The facility’s team approach to physical, occupational and speech therapy gets patients back to the lives they want as quickly as possible with personalized programs available six days a week. Programs focus on rebuilding essential skills and regaining the highest possible level of function for those recovering from stroke, fractures, joint replacements and many other conditions. Patients are also prepared for continued success after discharge, with an emphasis on education, follow-ups and referrals.

Experience the extraordinary care, comfort and convenience that have earned Transitions Healthcare Washington PA its reputation for excellence.

Call Admissions at 724-228-4740 for more information or to schedule a tour. Visit online at www.transitionshealthcarellc.com.
We are now accepting applications for RN’s, Home Health Aides, and Therapists

If you have the passion and compassion to work with people, we want to meet you!

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