Allegheny County 2024 Senior Resource Guide

In cooperation with the *Allegheny County Department of Human Services Area Agency on Aging*

For caregivers. For professionals. For you.

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Beechtree Commons II, Verona
412.793.8693

Riverview Manor, Pittsburgh
412.734.0741

Parkside Manor, Pittsburgh
412.343.2770

Elliott Heights, Pittsburgh
412.920.7181

Sharpsburg Tower, Pittsburgh
412.784.0600

Shaler Oaks, Pittsburgh
412.487.9401

Gable Ridge Apartments, Wilkinsburg
412.241.9474

Visit us and see how good senior life can be.

NationalChurchResidences.org

COUNTY OF ALLEGHENY

SARA INNAMORATO
COUNTY EXECUTIVE

Dear Friends:

It is my distinct pleasure to present you with the *2024 Allegheny County Senior Resource Guide*. We are so fortunate to have the *Pittsburgh Senior News* in our community and we are grateful for their commitment and effort to provide this valuable resource in our community.

Prior to taking office as your new County Executive on January 2, 2024, I served as a State House Representative for parts of the City of Pittsburgh and the North Hills for several years. During that time, serving seniors was one of my office's top priorities. We constantly used the *Senior Resource Guide* as a source of information for our staff and the seniors we served. From bus passes to rent rebates and much more, I know the services we offer seniors can be a lifeline and an important factor in keeping residents safe, active, connected, and thriving in our community.

As I begin my first year of service as your County Executive, I will be visiting many of our communities and looking forward to hearing from you about what you love in Allegheny County and where we can do better. Robust public transit services, ensuring housing is affordable, and excellent health and human services will all be key priorities for my administration.

If you find that you are in need of help, please reach out. Our Department of Human Services stands ready to help you and caregivers in need of support. Get started by calling our SeniorLine at 412-350-5460.

Wishing you a happy and healthy 2024.

Sincerely,

Sara Innamorato

Sara Innamorato
County Executive

OFFICE OF THE COUNTY EXECUTIVE
101 COURTHOUSE • 436 GRANT STREET • PITTSBURGH, PA 15219 • PHONE (412) 350-6500 • FAX (412) 350-6512
WWW.ALLEGHENYCOUNTY.US • EXECUTIVE@ALLEGHENYCOUNTY.US

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ALLEGHENY COUNTY DISTRICT ATTORNEY

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$35 MILLION OF FRAUD PREVENTED

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DID YOU KNOW?

Crimes against older adults are usually committed by a close relative or caretaker

"YOUR HEALTH, YOUR SAFETY, & YOUR FINANCES ARE OUR PRIORITY."

DISTRICT ATTORNEY STEPHEN A. ZAPPALA, JR.

JOE GIUFFRE

(412)427-3770

DICK SKRINJAR

(412)350-4400

MEET OUR SENIOR JUSTICE TEAM!

CYNDIE CARIOLI

(412)983-0729

Office of the Allegheny County Council

119 Courthouse, 436 Grant Street Pittsburgh, PA 15219
Phone: 412-350-6490
WWW.ALLEGHENYCOUNTY.US/COUNTY-COUNCIL
COUNCIL@ALLEGHENYCOUNTY.US
WWW.FACEBOOK.COM/ALLEGHENY-COUNTY-COUNCIL
https://twitter.com/AllCnty_Council

Dear Friends:

We are proud to present you with the 2024 Allegheny County Senior Resource Guide. As Allegheny County's legislative body, we are charged with creating and enacting legislation aimed at improving your quality of life.

Our unwavering commitment to our County's aging population is a foundation which we continuously strive to build upon. Much of our work on this front would be in vain if it were not for the ideas and input that we receive from our constituents, like you. Should you have any questions, suggestions, or just wish to speak to a member of Council or staff, please do not hesitate to contact us at the number above.

We thank Pittsburgh Senior News for supplying this guide to the community, for their perpetual efforts that always exceed our expectations of high quality, and for helping to consolidate all our programs into this comprehensive booklet for you.

Samuel DeMarco III

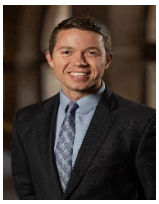
Bethany Hallam
At-Large

Jack Betkowski
District 1

Suzanne Filiaggi
District 2

Anita Prizio
District 3

Patrick Catena
District 4


Dan Grzybek
District 5

John Palmiere
District 6

Nick Futules
District 7

Michelle Naccarati-Chapkis
District 8

Bob Macey
District 9

DeWitt Walton
District 10

Paul Klein
District 11

Bob Palmosina
District 12

David Bonaroti
District 13

EOE

PERSONAL CARE, REHAB, SKILLED NURSING AND DEMENTIA CARE COMMUNITIES
OAKMONT CAMPUS
412.828.5600

SUPPORTIVE AND AFFORDABLE HOUSING
SENIORCARE NETWORK
412.435.8969

LIFEPLAN/CONTINUING CARE RETIREMENT COMMUNITIES
LONGWOOD AT OAKMONT
412.826.5800

DEMENTIA CARE SUPPORT
DEMENTIA360
412.435.8950

HOME HEALTH
PRESBYTERIAN SENIORCARE HOME HEALTH
412.826.4055

PLANNING FOR LONG-TERM CARE
ENVISAGE
412.826.6110

Because she's my Aunt

Care

"My Aunt Vanessa stepped up when I needed her, now it's my turn to make sure she gets the care she needs."

TO LEARN MORE, ARRANGE A VISIT.

Presbyterian SeniorCare NETWORK®

95 Years of Making Aging Easier®

SrCare.org/care

LEARN MORE ABOUT OUR COMMUNITIES

Allegheny County Government Services

Do you need answers to questions about your county government? Do you need assistance or have a complaint? Call (412) 350-INFO (412) 350-4636 or (800) 581-9145 to reach the Allegheny County Information Center, or visit alleghenycounty.us.

Important County Phone Numbers

Chief Executive	(412) 350-6500
County Council	(412) 350-6490
County Manager	(412) 350-5300
County Real Estate Tax Information	(412) 350-4100
Court of Common Pleas Administrative Office	(412) 350-5410
Economic Development	(412) 350-1000
Health Department	(412) 687-2243
Human Resources	(412) 350-6830
Human Services	(412) 350-5701
Jury Management	(412) 350-5336
Mental Health – Emergency Services	(412) 350-4457
Police – Emergency	911
Property Assessments	(412) 350-4600
Public Defender	(412) 350-2401
Public Works	(412) 350-4005
resolve Crisis Network	(888) 796-8226
Senior Emergency/ Protective Services	(412) 350-6905
SeniorLine	(412) 350-5460

Key Departments

Allegheny County Jail	(412) 350-2000
Budget and Finance	(412) 350-5131
Law Department	(412) 350-1120
Economic Development Department	(412) 350-1000
Emergency Management	(412) 473-2550
Kane Community Living Center	(412) 422-6800
Medical Examiner	(412) 350-4800
Parks Department	(412) 350-2460

Row Offices

Clerk of Courts	(412) 350-5322
Controller	(412) 350-4660
Dept. of Real Estate	(412) 350-4227
District Attorney	(412) 350-4400
Dept. of Court Records Civil/Family Division	(412) 350-4201
Sheriff	(412) 350-4700
Treasurer	(412) 350-4100

Useful Numbers and Services

Allegheny Link	(866) 730-2368
Birth/Death Records, Years 1870-1905	(412) 622-3154
Birth/Death Records, Years 1906-Present	(877) 724-3258
Dept. of Human Services Director's Action Line	(800) 862-6783
Drug and Alcohol Services	(412) 350-3328
Licenses – Boat, Dog, Hunting and Fishing	(412) 350-4111
Marriage Licenses	(412) 350-4230
Medical Assistance Transportation	(888) 547-6287
Office of Intellectual Disability	(412) 436-2750
Department of Equity and Inclusion	(412) 350-4309
Passports	(412) 350-6071
Photo (PENNDOT)	(800) 932-4600
Special Events	(412) 350-2528
Veteran Services	(412) 621-4357
Voter Registration	(412) 350-4510
Warmline	(866) 661-9276

Concordia Lutheran Ministries

Quality You Can Trust

With so many senior healthcare options in Allegheny County, why not choose one with exceptional quality, security and value?
At Concordia Lutheran Ministries, we offer caring, comfort and healing that's backed by 141 years of experience – whether in one of our communities or in your own home.

Concordia offers a lifetime continuum of care that includes adult day services, home health care, hospice, medical and rehabilitation services, memory care, personal care, assisted living, respite care, retirement living, skilled nursing/short-term rehab, spiritual care and medical equipment.

Learn more about our mission, locations, services and career opportunities at www.ConcordiaLM.org or connect with us on social media.

@ConcordiaLM @concordia_lm @ConcordiaLM

Senior Care Locations and Services Throughout Southwest PA
www.ConcordiaLM.org • 1-888-352-1571

Welcome

We are pleased to present the *2024 Allegheny County Senior Resource Guide*. This annual reference booklet continues to change and grow along with our community and the needs of our readership: not just older adults but the bounty of professionals and caregivers who serve them.

The *Resource Guide's* comprehensive listing of resources and services begins on page 10 with programs offered by the Allegheny County Department of Human Services Area Agency on Aging. DHS/AAA covers the gamut of community and home-based services in our county for those who qualify—including care management for anyone who needs assistance with coordinating their care.

The Healthcare Resources section starting on page 18 encompasses a broad spectrum of resources in our area—from mental health and palliative/hospice care to preventative health screenings and tips for making a needed hospital stay less stressful. We begin with information for caregivers, followed by listings of adult day services, home health agencies, respite care and other in-home services that enable seniors to live independently in their own residences. With so many options, making the right choices for yourself or a loved one can be daunting. That is why we also include in this section an explanation of geriatric care managers (on page 31). If you don't qualify for DHS/AAA's care management services, a fee-based geriatric care manager can help coordinate your care needs.

The rest of the *Resource Guide* outlines helpful information for every facet of life: from home safety, and legal and financial services to transportation, housing options, volunteering and other life enrichment activities—all designed to improve the quality of life of today's seniors in the communities in which they live.

Lynn Hogan Webster

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COUNTY OF ALLEGHENY

Dear Resident,

The Allegheny County Department of Human Services Area Agency on Aging is proud to share in developing this resource guide. It has been two years since I joined the Allegheny County Area Agency on Aging. Since then, I have been privileged to lead a professional team of staff and providers. It remains a core value of mine that older adults in this county can live independently in their homes and stay in their communities safely and with dignity.

Our team feels responsible for safeguarding the vitality of this city's aging residents. 40,000 individuals reach out each year to our network for programs and services. The AAA could not meet the needs of the county's older adults without the collaboration of more than 80 contracted partners and 115+ dedicated staff.

Though the COVID-19 national emergency is behind us, we continue to face ever more challenging issues in our community. The AAA will continue to serve and advocate for the interests of all older Allegheny County residents and connect them to nutritional meals, a supportive community, or a helping hand.

The aging network in Allegheny County continues to grow each year in size and strength to support activities and services that promote independence, purpose, community, and well-being. The pages of this valuable directory contain a wide variety of programs, services, and community resources that I hope you find beneficial to your life. Whether you are looking for services for yourself or a loved one, this directory can help you land in the right place!

Best wishes,

Shannah Tharp-Gilliam, PhD
Director for the Office of Aging Services
Allegheny County Dept. of Human Services

Department of Human Services — Area Agency on Aging
Birmingham Towers • 2100 Wharton Street • Second Floor • Pittsburgh, PA 15203
Phone (412) 350-4234 • Fax (412) 350-4330 • Toll Free (800) 344-4319
Email Seniorline@alleghenycounty.us

DHS/AAA Programs and Services

Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
SeniorLine (412) 350-5460
(800) 344-4319
TDD/TTY (412) 350-2727
alleghenycounty.us/services/seniors

The Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA) offers programs and services for older adults ranging from the more independent to those who are frail and require assistance to remain at home. By calling the SeniorLine Information and Assistance (above), you can reach professional care managers who will assist with information and referral on DHS/AAA services and community programs. In addition, care managers can assist older adults to complete applications for additional supports available, such as PACE, LIHEAP and Property Tax/Rent Rebate program benefits.

Information and referral coordinators are also available at some senior community centers located throughout Allegheny County and can be reached at the telephone numbers listed on page 15. These supporting agencies are also available to walk-in participants.

Information and Assistance/Intake

The central point of contact for long-term care services is SeniorLine. An intake will be completed over the phone to begin the process of applying for long-term care services. Financial and medical information will be obtained to complete the referral process.

Assessment

An Assessment is completed as part of the process of determining eligibility for programs/services that can be provided in the community, in a nursing facility or in a personal care home. A Certified Assessor will ask a series of questions about the way in which the needs of an individual are met and their ability to function on a daily basis. The questions are part of an Assessment Tool that is used throughout the Commonwealth of Pennsylvania.

Care Management

DHS/AAA assigns a care manager who works together with the older adult and their family to address their needs. A care plan is developed and put into place in response to the needs identified by the assessment. The care manager then coordinates the necessary services.

Programs and Services

DHS/AAA coordinates the following community and home-based services on behalf of older adults in Allegheny County:

Accelerated Support for Older Persons

ASOP Provides resource assistance and care management for individuals aged 60+ who have challenges due to adjudication in the legal system. Service focus include referrals for housing, home services, adjudication status review and community supports.

Adult Day Services

Licensed day programs are available for individuals who need supervision and are not capable of full-time independent living. See page 28.

Domiciliary Care

The Domiciliary Care program, matches people who cannot live independently with certified providers who are willing to open their homes and provide a caring environment.

Dom Care home providers are responsible for providing room and board, housekeeping service, meals and other activities of daily living, as well as support and companionship. See page 14.

Advocacy/Ombudsman

An ombudsman is a trained individual who can help if you have a complaint or problem with any long-term care service. Essentially, they serve as advocates who receive, investigate and resolve concerns related to the health, safety, welfare and rights of individuals who are residents of skilled and intermediate nursing homes, personal care homes and certified domiciliary care homes, and of older individuals in the community who are participants of adult day services, long-term care services, and community based services.

Do you have questions about your rights as a consumer of long-term care? Need assistance exercising those rights? Do you have questions about billing and charges, including those covered by Medicare and Medicaid? Are you concerned about the quality of care or treatment from a long-term care service provider? Ombudsmen can help with resolving these issues and more. To contact an ombudsman near you, call (412) 350-5791.

Caregiver Support

For family members and/or friends who provide assistance at home to a frail senior, an adult with a disability, or one's grandchildren, programs are available to relieve burden, reduce caregiver stress, and provide support. See pages 18-23.

Chore Service

Heavy cleaning to the extent necessary to maintain a consumer's health and safety.

Health Insurance Counseling

PA MEDI is a free health insurance counseling program for individuals ages 60 and older. PA MEDI volunteer counselors are specially trained to answer questions and offer education about Medicare, HMOs, long-term care insurance, supplemental insurance and Medicaid benefits. See page 82.

Home Delivered Meals

Nutritionally balanced meals delivered to older adults who have difficulty preparing meals or leaving their homes. Depending on location, the meals are delivered Monday-Wednesday-Friday or Monday through Friday. See page 66.

Home Health

Assistance can be provided in an individual's residence, including nursing care, home health aides, speech therapy, physical therapy and occupational therapy.

Nursing Home Alternatives

In-home care can be an alternative to nursing home placement for those who are able to live safely at home with the help of a program that provides needed services.

Personal Care

In home assistance is available for individuals with limited ability to perform daily living activities such as bathing, dressing and grooming.

Protection from Abuse and Neglect

Protective Services investigates reports of abuse, neglect (including self-neglect), abandonment and financial exploitation involving seniors. Abuse reports can be made for someone being abused and/or neglected who lives in a personal residence or care facility such as a nursing home, personal care home or hospital. Reporters can remain anonymous. See page 49.

Respite Care

Relief is available for a family member caring for and living with a home-bound older adult.

Senior Companions

Senior Companions provide friendly visits to older adults in their homes. Companions may assist with simple daily activities, provide an escort to shopping, medical, or social outings or may offer caregiver relief. See page 19 and 145.

Senior Community Centers

Senior centers provide older adults with opportunities to meet new friends, share a meal and participate in a variety of activities. See pages 139-141.

Transportation

A variety of transportation options are available for Allegheny County residents. Several agencies offer free or reduced rate transportation services to individuals who qualify. See page 103.

Long-Term Living Alternatives

Most people would agree that there's no place like home. Being in familiar surroundings with all the things we know and love gives us a sense of comfort and security. As we age, however, many of us reach a point where we need outside support to continue living independently. The Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA) and other community organizations can help.

Each of the following programs offer various types of services that help seniors meet the goal of remaining in their homes as long as possible. To learn more about any of these long-term living alternative programs, contact DHS/AAA through SeniorLine at (412) 350-5460, (800) 344-4319 or TTY (412) 350-2727; or visit alleghenycounty.us/services/seniors.

Community HealthChoices (CHC)

Community HealthChoices (CHC) is Pennsylvania's mandatory managed care program for individuals enrolled in Medicaid for Long Term Services and Supports, Medicaid-eligible older adults and individuals with physical disabilities, and Medicaid-eligible consumers who reside in a nursing home. It is administered by the Pennsylvania Department of Human Services Office of Long Term Living and provided statewide by three managed care or insurance companies. It offers coordination of medical and social supports for participants. Community HealthChoices provides choice, control, and access to a full array of quality services that provide independence, health, and quality of life for participants.

Services will include the standard Medicaid adult benefit package in addition to all long-term services and supports a person may need to remain healthy at home or in a long-term care facility. Services may include:

- Doctor's visits
- Prescription drugs
- In-home care
- Durable medical equipment (supplies)
- Transportation

CHC eligibility requirements

Individuals can enroll in CHC if they:

- are 21 years old or older.
- are eligible for Medicaid.
- qualify for Medicaid with an assessed and documented need for long-term services and support.

Individuals with intellectual or developmental disabilities who are eligible for services through the Office of Developmental Programs and residents of a state-operated nursing facility (including state veterans' homes) are not part of CHC.

How does CHC work?

Each CHC participant needing long-term care will have the support and assistance of a service coordinator to access needed services. Service coordinators identify, coordinate, and assist participants in obtaining access to needed health services and in-home supports, as well as social and housing services needed to help participants live in their communities. Under CHC, a service coordinator is a managed care organization's designated, accountable point-of-contact for each participant.

Service coordinators can:

- develop and update a person-centered service plan.
- assist CHC participants in obtaining and coordinating the services that they need, including, for example, long-term care services, community services, family support, physical health, behavioral health, support for caregivers, social and housing services, and discharge planning.
- guide participants through challenges that might limit their independence, including returning home.
- provide choices for what service is provided, when the service is provided, and who provides it.
- regularly assess and re-assess participant needs.

To learn more, call SeniorLine at (412) 350-5460 or (800) 344-4319.

Here is a comprehensive checklist of items to include when applying for CHC Waiver, Nursing Home Transition and the OPTIONS/Family Caregiver Support Program. These items need to be provided to the assessor for eligibility. If they are not, it could slow down the process when applying for various services.

Provide photocopies of the following:

- ✔ proof of date of birth, birth certificate, baptismal certificate or driver's license
- ✔ Social Security card
- ✔ health insurance cards
- ✔ proof of gross income (often participant and spouse) Social Security, pension, R.R., VA, etc.
- ✔ burial funds
- ✔ life insurance
- ✔ bank accounts and liquid assets
- ✔ property deeds
- ✔ power of attorney or guardian papers

OPTIONS

The OPTIONS program provides assistance to individuals ages 60 and older who need help to remain independent in their own homes. The goal of OPTIONS is to give choices to older adults in need of community-based services so that they can function at their highest level. After an assessment is administered and reviewed with the consumer by one of the care management agencies, an Individualized Service Plan (ISP) is developed collaboratively with the consumer.

The consumer's preferences are considered along with service availability. When possible, services are provided to consumers with full consideration of their available informal supports, third party resources and the consumer's goals.

The wide ranges of services include:

- Personal care
- Adult Day Services
- Personal Emergency Response Systems (PERS)
- Home-delivered meals
- Transportation and home modification /assistive devices

An assigned care manager helps OPTIONS consumers to coordinate their services, manage their risks and barriers, review care plans on a regular basis and adjust the consumers' ISPs, when necessary.

There may be a co-pay requirement; and due to budgetary constraints, some OPTIONS enrollees may be placed on a waiting list before services can be initiated.

Program qualifications:

- Must be a Pennsylvania resident age 60 or older.
- Experience some degree of frailty in regard to physical and/or mental status that impacts daily functioning.

The OPTIONS program may require individuals to contribute to the cost of services based on one's total monthly income and that of the spouse who lives in the same household, if married.

For more information, call SeniorLine at (412) 350-5460 or (800) 344-4319.

Notes:

LIFE Programs

Long-Term Care Capitated Assistance Programs (LTCCAP)

The LIFE Pittsburgh and Community LIFE programs are like "nursing homes without walls." Both programs are designed for individuals ages 55 and older who wish to live independently but may require some outside support.

LTCCAP offers the option of staying in one's own home and, if necessary, being transported to a day health center to receive required services, which can include in-home skilled and personal care, meals on wheels, home safety assessments and transportation.

LIFE Pittsburgh and Community LIFE eligibility requirements:

- Age 55 or older
- Eligible for Medicare and Medicaid or able to pay privately
- Determined to be clinically eligible by DHS/AAA
- Lives within the program's service area
- Able to live safely in their home with LIFE's services

To learn more about eligibility for LTCCAP, contact SeniorLine at (412) 350-5460. Trained professionals are on hand to answer questions and, if necessary, arrange for a home assessment to determine which program would best suit your needs. LIFE Pittsburgh can be reached at (412) 388-8050 and Community LIFE can be reached at (866) 419-1693.

Domiciliary (Dom) Care Program

The Dom Care Program provides support and care managment in certified homes to adults ages 18 years or older who are not able to live alone. Through Dom Care, these individuals are matched with providers and their homes that best meet their personal needs, preferences and interests. Dom Care has enabled many people who are elderly or have physical or mental challenges to live a comfortable life in safe, nurturing surroundings. Dom Care providers care for no more than three people in the provider's home so they are able to give individual attention and support.

Dom Care eligibility requirements:

- Age 18 years or older
- Unable to live independently
- Difficulty with activities of daily living
- Independently mobile or semi-mobile
- Willing to live with a family

What do Dom Care homes provide?

- A safe, nurturing environment
- Daily supervision
- Nutritious meals
- Help with personal care and activities of daily living
- Supervision of medication
- Housekeeping and laundry services
- Companionship and emotional support

What do home providers receive?

- Monthly Dom Care payment
- Companionship
- Care Management from DHS/AAA staff
- A feeling of well-being for providing a warm, caring home for others
- Satisfaction of positively affecting someone's life

A monthly financial supplement is available for an individual on a limited income to assist with payments to a Dom Care provider, and to assure that Dom Care residents have personal spending money.

For more information, call SeniorLine at (412) 350-5460 or (800) 344-4319.

Notes:

Information and Assistance

Allegheny County/DHS

Area Agency on Aging/SeniorLine
2100 Wharton St. Second Floor
Pittsburgh, PA 15203
SeniorLine (412) 350-5460

AgeWell at the JCC

5738 Forbes Ave.
Pittsburgh, PA 15217
(412) 521-8010

Allentown Senior Center

631 E Warrington Ave.
Pittsburgh, PA 15210
(412) 481-5484

Catholic Youth Association

Stephen Foster Center

286 Main St.
Pittsburgh, PA 15201
(412) 621-3342

Citiparks Healthy Active Living

Greenfield Senior Center

745 Greenfield Ave.
Pittsburgh, PA 15217
(412) 422-6551

Homewood Senior Center

7321 Frankstown Ave.
Pittsburgh, PA 15208
(412) 244-4190

Sheraden Senior Center

720 Sherwood Ave.
Pittsburgh, PA 15204
(412) 777-5012

South Side Senior Center

12th & Bingham Street
Pittsburgh, PA 15203
(412) 488-8404

Eastern Area Adult Services

Turtle Creek Senior Center

519 Penn Ave.
Turtle Creek, PA 15145
(412) 824-6880

Elizabeth Seton Center

1900 Pioneer Ave.
Pittsburgh, PA 15226
(412) 882-7135

LifeSpan, Inc.

Bethel Park Senior Community Resource Center

5151 Park Ave.
Bethel Park, PA 15102
(412) 831-7111

Chartiers Senior Community Resource Center

300 Lincoln Ave.
Carnegie, PA 15106
(412) 276-5056

Imperial Senior Community Resource Center

540 Penn Lincoln Dr.
Imperial, PA 15126
(724) 218-1669

Mon Valley Senior Community Resource Center

4313 Walnut St., Suite 370
McKeesport, PA 15132
(412) 664-5434

Lutheran Service Society

PrimeTime Senior Center
440 Lincoln Ave.
Pittsburgh, PA 15202
(412) 307-1782

Macedonia Family & Community Enrichment Center

Administration Offices
5001 Baum Blvd., Ste 400
Pittsburgh, PA 15219
(412) 281-2573

Northern Area Multi-Service Center

Highlands Area Senior Center

704 E. Second Ave.
Tarentum, PA 15084
(724) 224-1552

Northern Area Multi-Service Center

Body and Soul Wellness

209 13th St.
Sharpsburg, PA 15215
(412) 781-1176, ext. 4499

Penn Hills Senior Service Center

147 Jefferson Rd.
Penn Hills, PA 15235
(412) 244-3409

Plum Senior Community Center

499 Center New Texas Rd.
Pittsburgh, PA 15239
(412) 795-2330

Riverview Community Action Corp.

501 Second St., Box 437
Oakmont, PA 15139
(412) 828-1062

Vintage, Inc.

421 N. Highland Ave.
Pittsburgh, PA 15206
(412) 361-5003

Wesley Family Services

221 Penn Ave.
Pittsburgh, PA 15221
(412) 345-7420

Allegheny County Department of Human Services
Area Agency on Aging (DHS/AAA)

Caring for older adults in our community

WE SERVE OLDER ADULTS WHO ARE:

Independent and Active	Needing Assistance
Health and wellness, lifelong learning, information and assistance, meals, opportunities to work and volunteer	A variety of services that enable older adults to live independently in the community
• **Information and community resources** • **Senior Community Centers** • **Volunteer opportunities** • **Senior Companions**	• **Assessment of need** • **Social work and direct care support (Options)** • **Home-Delivered Meals** • **Caregiver Support** • **Support for high-rise residents** • **Adult Foster Care (Dom Care)**

Other services available to all older adults:

- Benefits Counseling and Enrollment
- Transportation for Medical Visits (ACCESS, Older Persons Transportation, etc.)
- Protective Services (taking action against elder abuse and neglect)
- Care Transitions (reducing rehospitalization for recent patients)

Allegheny County Department of Human Services
Area Agency on Aging (DHS/AAA)

Caring for older adults in our community

WE SERVE OLDER ADULTS WHO ARE:

In-Home Care Recipients

Intensive services delivered in the home for frail older adults as an alternative to nursing home care

- **Assessment of need**
- **Service coordination and direct care support**
- **Home-Delivered Meals**
- **Guardianship**

Long-Term Care Recipients

Advocacy for the rights and issues of long-term care recipients

- **Information about Long-Term Living Choices**
- **Advocacy for consumer rights and issues (Ombudsman)**

The DHS/AAA SeniorLine (412-350-5460)
is the starting point for aging services across the community >> seniorline@alleghenycounty.us

Toll-free: 1-800-344-4319 • TDD: 412-350-2727

Caregiver Support

Many of us serve as caregivers at some point in our lives—especially as we grow older. If you unexpectedly find yourself in a caregiver role, please know that there are plenty of services out there to help you. This section of the Guide explains the many forms of support that can help keep your loved one living independently for as long as possible, while taking into consideration your needs as a caregiver.

Respite care (volunteer or paid), Home Health Agencies or in-home non-medical care may be the answer. Or you may decide to hire a geriatric care manager to arrange and oversee your loved one's care. Perhaps adult day care may be appropriate for your situation. This section will give you an overview of all of these services and more, and local resources for finding the support you need.

In addition, it includes helpful checklists, health screening information, tips on choosing a doctor and even making your hospital stay pleasant, if you or your loved one should need to spend time there. We are fortunate to have an abundance of these resources in Allegheny County; consider taking advantage of them. After all, you can't adequately care for someone else if you don't care for yourself, as well.

Caregiver Support Program (CSP)

Department of Human Services
Allegheny County Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
(412) 350-5046
(800) 344-4319
alleghenycounty.us/Services/Human-Services-DHS/Engagement/Caregiver-Opportunities/Support-for-Caregivers

The CSP assists a caregiver who is taking care of an older relative or friend whom wants to remain independent in their own home. The goal of the program is to ease the burden of providing care to a frail older adult, a disabled adult or one's grandchildren.

Benefits include:

- ✔ Assessment of individual needs
- ✔ Respite care
- ✔ Qualifying caregivers receive monthly reimbursement for caregiving expenses such as services, supplies, home modifications, and assistive devices.
- ✔ Care management
- ✔ Benefits and resource counseling
- ✔ Access to support groups and counseling
- ✔ Training in caregiving skills
- ✔ Access to legal and financial services to manage loved one's affairs

Program Qualifications:

- Caregiver must be primarily responsible for in-home assistance to the person in their care.
- Caregiver cannot be compensated for the care they provide.
- The recipient of the care must be:
  - ☛ An Allegheny county resident
  - ☛ Age 60 or older with a functional impairment
  - ☛ Any age and a diagnosis of any form of dementia/Alzheimer's disease
  - ☛ Age 55 and raising related children under age 18 in your home
  - ☛ Age 55 and caring for an adult with a disability age 19-59

Household income guidelines determine percentage rate of reimbursement and program eligibility.

Caregiver Support

Let's face it, caring for our loved ones at home can be stressful if we never have time to care for ourselves, as well. Volunteer assistance and support is offered to caregivers who want to keep loved ones at home despite disabilities or chronic illnesses, yet may not have the funds to arrange for the other types of fee-based, in-home services mentioned in this Guide. The following programs are volunteer based.

East End Cooperative Ministry

6140 Station St.
Pittsburgh, PA 15206
(412) 361-5549
eecm.org

This interfaith ministry offers 24-hour shelter and non-medical respite care for adults who are unable to return to their prior housing situation and are in need of a comfortable place to rest and heal after a hospital discharge. This care is offered at the Orr Compassionate Care Center in East Liberty, a home-like setting for up to 12 individuals. This respite care program requires a referral from a counselor or case manager.

Highmark Blue Neighbors

(800) 988-0706 (you must leave a message to receive a callback)
highmarkblueneighbors.com

Highmark Blue Neighbors is a program that provides non-medical, in-home services and activities to seniors living within the communities served by Highmark. For Highmark Medicare members, we offer regular friendly visits or phone calls from a trained and cleared neighborhood volunteer. For all seniors, we offer our dial-in programs for free. They are accessible from any phone — even land lines.

Hope Grows

183 Shafer Rd.
Moon Township, PA 15108
(412) 369-HOPE (4673)
hopegrows.net

Hope Grows provides counseling, support groups, resources, and therapeutic respite to help alleviate caregiver stress and help direct caregivers to put some of their focus on self-care. Hope Grows inspires hope through nature while empowering caregivers to seek wellness of mind, body, and spirit.

In Service of Seniors: Pittsburgh

Wesley Family Services

221 Penn Ave.
Wilkinsburg, PA 15221
(412) 345-7420
wfspa.org/service/isos-oyhs/

In Service of Seniors: Pittsburgh provides volunteer-based assistance to Allegheny County residents age 60 and older to help residents stay living safely and independently in their homes. Caring, trained volunteers provide the following services free of charge: friendly visits, transportation to grocery stores, medical appointments and errands; assistance reading mail; and home safety checks. Staff members also provide information and referral services to connect callers with appropriate community resources.

Senior Companion Program of Allegheny County

Allegheny County Department of Human Services
Area Agency on Aging

(412) 350-5460 or (412) 350-4258
alleghenycounty.us/services/seniors

Senior companions are older adults who help other older adults live independently. They provide support to family caregivers and assist with daily tasks and errands such as accompanying them to doctor's appointments. Most of all, senior companions fill the role of a friend for other seniors who need companionship; and they provide a watchful eye to notice when a senior needs extra care. Those who volunteer as senior companions discover that few things feel as good as knowing you're needed.

VA Pittsburgh Healthcare System

H. J. Heinz Campus
1010 Delafield Rd.
Pittsburgh, PA 15215
(412) 360-6000 or (866) 482-7488
pittsburgh.va.gov

The VA Pittsburgh Healthcare System's Aspinwall location offers a respite program for veterans living at home. Respite care can also be provided at a VA contracted nursing home. Veterans must be actively enrolled in a VA primary care clinic or other outpatient service to be eligible.

VA Respite Care provides periodic relief to caregivers through scheduled short-term admissions to a Community Living Center. Eligible veterans can be admitted for a maximum of 30 days per fiscal year (October 1 through September 30).

Notes:_____

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Caregiver Support Resources

A wide variety of resources are available today to support caregivers in getting the information they need to take good care of their loved ones. The following pages offer an array of items available to do so—everything from classes, books, online webinars and training videos, helpful websites, and even caregiver backpacks available at local libraries. If you cannot purchase the books listed on page 22, inquire at your community library about these titles, as well as other books they may have for loan on the topic of caregiving.

Powerful Tools for Caregivers

Department of Human Services
Allegheny County Area Agency on Aging (DHS/AAA)
Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
(412) 350-5051
acdhs.org/caregivers

This is a six-week series which covers topics such as self-care, reducing stress, communicating emotions, relaxation techniques, mastering caregiver decisions and goal setting. Classes last for 2 hours and are held virtually and at various senior centers and local libraries throughout Allegheny County. For more information or to register, call (412) 350-5051.

University of Pittsburgh's Regional Dementia Caregiver Training and Employment Program

Forbes Tower Suite 10055
3600 Forbes Ave. at Meyran
Pittsburgh, PA 15213
(866) 430-8742
upmc.com/services/seniors

This free University of Pittsburgh three-module training program consists of elements from Positive Approach to Care® and UPMC Senior Services education programs. These trainings allow care partners to learn practical skills to better communicate and engage with people living with dementia and gain knowledge about the cognitive and behaviors that arise. Activities include role-playing, presentations, exercises, and group interactions.resources and to learn about classes for all types of caregivers.

Ten Tips for Caregivers

1. Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
2. Watch out for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, accept the offer and suggest specific things that they can do.
4. Educate yourself about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.
6. Trust your instincts. Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and pulling. Be good to your back.
8. Grieve for your losses and then allow yourself to dream new dreams.
9. Seek support from other caregivers. There is great strength in knowing that you are not alone.
10. Stand up for your rights as a caregiver and a citizen.

Provided by the National Family Caregivers Association. Visit caregiveraction.org for more information.

UPMC Senior Services

INNOVATION. EDUCATION. OUTREACH.

Pittsburgh Regional Dementia Caregiver Training and Employment Program

The University of Pittsburgh's Pittsburgh Regional Dementia Caregiver Training and Employment Program was awarded a grant through the Henry L. Hillman Foundation as a part of its Healthy Aging Challenge. The University of Pittsburgh's primary team and core advisors leading this caregiver initiative consist of experienced clinicians and dementia care experts in Pitt's Division of Geriatric Medicine, Departments of Neurology and Psychiatry, and Alzheimer's Disease Research Center.

UPMC Senior Services is a partner in this program to provide training to family caregivers, professionals, and intergenerational champions.

This program consists of elements from the Positive Approach to Care® education program as well as curriculum developed from UPMC Senior Services. These trainings allow caregivers and champions to learn practical skills to better communicate and engage with people living with dementia and gain knowledge about the cognitive and behavioral changes that arise.

Learn More

If you would like to attend or learn more about this program, contact 866-430-8742, or email UPMCSeniorServices@UPMC.edu. SeniorServices.

EDUCATION AND CONSULTATIVE SERVICES
of UPMC Senior Services

Caregiver Support Backpacks

Allegheny County Department of Human Services Area Agency on Aging SeniorLine

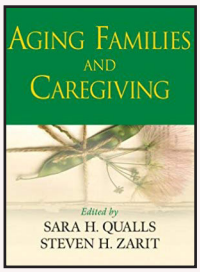
(412) 350-5460
alleghenycounty.us/Services/Human-Services-DHS/Engagement/Caregiver-Opportunities/Support-for-Caregivers

The DHS/AAA Caregiver Resource Committee, in partnership with the Allegheny County Library Association and other local agencies, offer Caregiver Support Backpacks to nonprofessional family caregivers. The backpacks contain brochures, books, DVDs and educational materials designed to inform caregivers on relevant topics, provide easy-to-use tips, and connect caregivers with community. The backpacks are avai able for checkout at any Allegheny County Library Association member library.

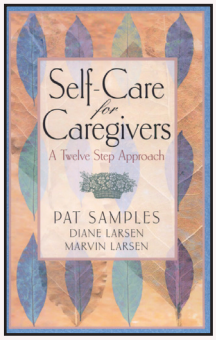
Caregiver Support Books

A Caregiver's Survival Guide: How to Stay Healthy When your Loved One is Sick
by Kay Marshall Strom

Aging Families and Caregiving
by Sara Qualls and Steven Zarit



This guide provides guidance for caregivers, families and those who counsel them on managing caregiving challenges for aging family members.



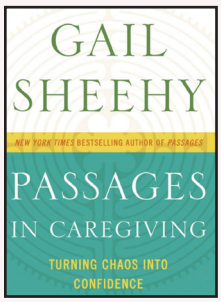
Self-Care for Caregivers: A Twelve Step Approach
by Pat Samples

This encouraging book can help you make the most of your caregiving experience without losing yourself in the process. It discusses the pitfalls of caregiving and provides suggestions on how to stay strong and sane while offering healthy support and love.

The American Medical Association Guide to Home Caregiving
by Angela Perry, MD

The Caregiver's Survival Handbook: How to Care for Your Aging Parent Without Losing Yourself
by Alexis Abramson

Juggling Life, Work, and Caregiving
by Amy Goyer



Passages in Caregiving: Turning Chaos into Confidence
by Gail Sheehy

In this essential guide, the acclaimed expert on the now aging Baby Boomer generation outlines nine crucial steps for effective, successful family caregiving, thereby turning chaos into confidence during this most crucial of life stages.

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias
by Nancy L. Mace and Peter V. Rabins

A Hospice Chaplain's Field Guide to Caregiving: Finding Resilience on the Frontlines of Love
by EM Hager

When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative
by Aaron Blight

The Caregiving Season: Finding Grace to Honor Your Aging Parents
by Jane Daly and Jim Daly

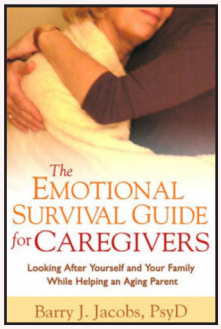
Dementia Home Care: How to Prepare Before, During, and After
by Tracy Cram Perkins

The Caregiving Wife's Handbook: Caring for Your Seriously Ill Husband, Caring for Yourself
by Diana B. Denholm

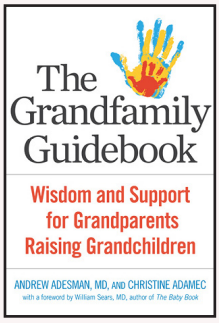
Every Step is a Gift: Caregiving, Endurance, and the Path to Gratitude
by Josh Lasky

Toolkit for Caregivers: Tips, Skills, and Wisdom to Maximize Your Time Together
by Deidre Edwards and Sheree Alderman

The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent
by Barry J. Jacobs



This guide is for anyone with the responsibility of caring for a sick or disabled parent. Written by the director of behavioral sciences for the Crozer-Keystone Family Medicine Residency Program in Pennsylvania.



The Grandfamily Guidebook: Wisdom and Support for Grandparents Raising Grandchildren
by Andrew Adesman, MD, and Christine Adamec

This book offers insights gleaned from other grandparents and hands-on tips including how to cope with difficult birth parents, school issues and social-life challenges, problem behaviors that stem from a difficult past, and your own self-care.

Online Training Videos/Resources

Caregiver Training Series: How to Give a Body Bath. Demonstrates how to bathe your care receiver. Visit youtu.be/9VKox-wy4fU.

Changes in Personality and Behavior of a Dementia Patient. Tips on how to manage difficult behaviors and deal with personality changes in individuals with dementia. Visit youtu.be/m18shMbpsQQ.

Diversity in Caregiving: LGBT Caregivers. Due to societal discrimination, the LGBT community seeks support from supportive caregivers within the community. This video discusses how to care for each other and finding ways to be supported by employers. Visit youtu.be/zArxah854Ng.

Family Caregiver Alliance's Caregiver College Video Series. Family Caregiver Alliance (FCA) has created short, easy-to-follow videos designed to teach caregivers essential skills for taking care of their loved ones, including transfer skills, nutrition, dental care, bathing and dressing, toileting and behavioral issues. Available in English and Spanish. Visit bit.ly/3UAhXoV.

Caregiver Burnout: How to Manage Your Stress. Tips and strategies to managing stress and avoiding burnout. Visit youtu.be/s2iOTptXD1M.

Tips for Managing Caregiver Stress.

Visit youtu.be/yXwQS3ory6E.

Safe at Home: A Caregiver's Guide. The Family Caregiver Alliance offers simple, inexpensive suggestions for making basic home modifications and general home safety. Visit youtu.be/uSUNMbQz59g.

Understanding Dementia: The Caregiver's Notebook. Important information and a positive approach on caring for an individual with dementia. Visit youtu.be/YDDSk-L-R90.

Caregiver Websites

Caregiving is a big word that brings with it tremendous responsibility. The caregiving community encompasses not just healthcare and social support professionals but family, friends, partners and neighbors. Whether you are caring for a spouse, aging parent, friend or others in your community, the following websites can help. They each offer a wealth of information about various aspects of the caregiving experience.

AARP Resources for Family Caregivers: aarp.org/caregiving

Agingcare.com: Agingcare.com

Caregiver Action Network: caregiveraction.org

Eldercare Locator: eldercare.acl.gov

Family Caregiver Alliance: caregiver.org

Lotsa Helping Hands: lotsahelpinghands.com

Military and Veteran Caregiver Network: milvetcaregivernetwork.org

National Alliance for Caregiving: caregiving.org

National Institute on Aging: nia.nih.gov

Pennsylvania Department of Aging: aging.state.pa.us

Rosalynn Carter Institute for Caregiving: rosalynncarter.org

This Caring Home: ThisCaringHome.org

United Hospital Fund: NextStepinCare.org

Well Spouse Association: wellspouse.org

Caregiving Webinars

asaging.org. American Society on Aging offers free webinars for caregivers and professionals. Visit asaging.org/web-seminars.

aarp.org. AARP provides educational webinars, caregiving tips and other resources. Visit bit.ly/3EtKyXy. When you find yourself on the webpage for the webinar that you want to watch, click the "Register Now" button and enter your name, email address, and zip code in order to watch the webinar.

helpingyoucare.com. Provide lectures, courses and webinars for caregivers. To view their three-part video series on caregiving, visit bit.ly/3USu28N.

Caregiving Resource Guides

The above-mentioned videos and webinars are listed in the Caregiver Resource Guide provided by the Allegheny County Area Agency on Aging. Download the Allegheny County Family Caregiver Resource Guide at alleghenycounty.us/files/assets/county/v/1/services/dhs/documents/resource-guides/caregiver-resource-guide.pdf. This guide provides valuable information for caregivers in taking care of an older adult, individuals with a disability, and themselves.

Grandparent Caregiving Resources

Are you a grandparent raising a grandchild? The following programs will help you connect with others who can assist with the unique needs of intergenerational families.

A Second Chance

(412) 342-0600
asecondchance-kinship.com

This nonprofit agency hosts a monthly meeting to assist grandparents in the job of caring for their grandchildren. Resources include ongoing support, resource information and guest speakers at the meetings.

Children's Health Insurance Program (CHIP)

(877) 395-8930
chipcoverspakids.com

Administered by private health insurance companies, CHIP is Pennsylvania's program to provide health insurance to all uninsured children and teens who are not eligible for or enrolled in Medical Assistance. Families with incomes above the free CHIP limits pay low monthly premiums and co-pays for some services.

Education Law Center (ELC)

(412) 258-2120
elc-pa.org

ELC is a nonprofit legal advocacy organization dedicated to ensuring that children in Pennsylvania have access to a quality public education. Call them if you have a question concerning a Pennsylvania student's rights in public schools.

Caregiver Support Program (CSP)

Department of Human Services
Allegheny County Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
(412) 350-5460
(800) 344-4319
alleghenycounty.us/Services/Human-Services-DHS/Engagement/Caregiver-Opportunities/Support-for-Caregivers

CSP assists adults ages 55 or older who are raising a grandchild or other relative under age 18. The goal of the program is to ease the burden of providing care to children in your home. Caregivers must be related to the child-but cannot be the parents. Another part of the program assists parents or other relatives living with and caring for adults ages 18-59 with a disability.

Benefits include:

- Assessment of needs
- Care management
- Access to respite such as daycare, after school activities or camp
- Reimbursement of caregiving expenses such as services and supplies
- Access to legal counseling for managing children's care

Household income guidelines determine percentage rate of reimbursement and eligibility to enroll.

Family Resources

1425 Forbes Ave.
Pittsburgh, PA 15219
(412) 363-1702
Familyresourcesofpa.org

Family Resources works to prevent and treat child abuse by strengthening families and neighborhoods. Services are offered in various communities, including the Hill District, McKeesport and Uptown. Visit their website for a variety of resources and free information.

Women, Infants and Children (WIC)

Allegheny County Health Department

(412) 350-7240
achd.net/wic

WIC serves to safeguard the health of low-income women, infants and children up to age five who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to healthcare. A legal guardian of a child up to age five may receive WIC for that child.

Older Adults Caring for Disabled Dependents

When you're a grandparent raising grandchildren or have a child with special needs, the reality of aging beyond your capacity to care for this generation is something that is understandably in the back of your mind. What will happen to your dependents if you become unable to care for them, or if you are deceased? Reading about the organizations, below, may ease your mind.

ACHIEVA

711 Bingham St.
Pittsburgh, PA 15203
(412) 995-5000
achieva.info

ACHIEVA provides comprehensive services for children and adults with disabilities and their families. Their services include vocational and family support, respite and in-home care, and residential and community living, among others. In addition, ACHIEVA knows that individuals with disabilities and their families face significant challenges in planning for their financial stability. For this reason, they offer the ACHIEVA Family Trust to counsel individuals on disability-based financial and estate planning.

Emmaus Community of Pittsburgh

2821 Sarah St.
Pittsburgh, PA 15203
(412) 381-0277
emmauspgh.org

The Emmaus Community seeks to improve the quality of life for persons with developmental disabilities and autism. In living, working and breaking bread together, people with and without disabilities enjoy fellowship by sharing who they are and what they have with one another. The community operates in ten permanent neighborhoods throughout the greater Pittsburgh area. Emmaus hosts various special events and meetings for parents, caregivers and others who are interested in learning more about services for people with special needs.

Ten early signs and symptoms of Alzheimer's disease

Memory loss that disrupts daily life may be a symptom of Alzheimer's disease or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Here are 10 warning signs and symptoms of Alzheimer's. If you notice any of them, see a doctor.

Memory loss that disrupts daily life. A common sign of Alzheimer's is memory loss, especially recently learned information. Others include forgetting important dates or events, asking for the same information over and over, increasingly needing to rely on family members for things they used to handle on their own.

Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe, keeping track of bills or concentrating.

Difficulty completing familiar tasks at home or work. People with Alzheimer's often find it hard to complete daily tasks. They may have trouble driving to a familiar location, managing a budget or remembering the rules of a favorite game.

Confusion with time or place. People with Alzheimer's can lose track of dates and the passage of time. They may have trouble understanding something if it is not happening immediately, or forget where they are or how they got there.

Trouble understanding visual images and spatial relationships. For some, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast.

Problems with words in speaking or writing. People with Alzheimer's may have trouble following a conversation. They may stop in mid-sentence and have no idea how to continue, or they may repeat themselves.

Misplacing things and losing the ability to retrace steps. A person with Alzheimer's may put things in unusual places, lose things and be unable to retrace steps to find them. They may accuse others of stealing.

Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making; for example, giving large amounts of money to telemarketers. They may pay less attention to hygiene.

Withdrawal from work or social activities. The person may start to remove themselves from social activities. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may avoid being social because of the changes they have experienced.

Changes in mood and personality. The personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home or in places that are unfamiliar.

Source: Alz.org

Alzheimer's Association

2835 E. Carson St., Suite 201
Pittsburgh, PA 15203
(412) 261-5040
24/7 Helpline: (800) 272-3900
alz.org/pa

The Alzheimer's Association provides vital services and support to individuals struggling with this disease, as well as their families and caregivers.

Helpline

The above helpline is toll free and confidential. Calls are answered 24 hours a day, 7 days a week by an operator who can:

- answer questions about Alzheimer's disease and other forms of dementia.
- offer ongoing, unconditional support during the course of the disease.
- provide insight into the effects the disease will have on the afflicted person and family members.
- offer information on assessment centers, legal and financial issues, home care, adult day services, personal care homes, nursing homes and other community resources.

Online Resources

Coming to terms with an Alzheimer's or dementia diagnosis can be overwhelming. Following a diagnosis, many individuals and families are at a loss for where to turn for information, support and resources. The Alzheimer's Association recently launched two newly enhanced online resources — ALZNavigator and ALZConnected — aimed at bridging these gaps.

ALZNavigator - an interactive tool that helps families navigate disease-related challenges.

alz.org/alznavigator

- Create customized action plans.
- Get connected with local resources.
- Learn more about understanding the disease, daily care, communication, financial and legal planning, safety, finding local support and caregiver health

ALZConnected - an online community for people living with dementia and those who care for them.

alzconnected.org

- Find support from others by sharing common disease-related experiences and challenges
- Members can post questions about dementia-related issues, offer support, and create public and private groups around specific topics

Alzheimer's Support Groups

All support groups are facilitated by trained individuals and are offered either virtually or in-person. To find a virtual support group or in-person meeting near you, contact the 24/7 Helpline (800) 272-3900, or use the Community Resource Finder tool available online communityresourcefinder.org.

The Alzheimer's Association & AARP Community Resource Finder is a database of dementia and aging-related resources that makes it easy for individuals and families to find programs and services in a specific location. In addition to Alzheimer's Support Groups, the online Community Resource Finder can assist with locating care at home, community services, housing options, and medical services.

Health-Related Associations and Support Groups

When faced with a health crisis, it sure helps to know that you're not alone. With so many support groups in our community, there's no need to be. Below are a number of health-related associations and support groups that are available to you should you need them. For Alzheimer's support see page 25. Some support groups may be virtual.

Arthritis

Arthritis Foundation
(800) 283-7800
arthritis.org

Bereavement Support Groups

Allison Park

Good Samaritan Hospice
(724) 933-8888

Allison Park

Memorial Park
Presbyterian Church
(412) 364-9492

Downtown Pittsburgh

Highmark Caring Place
(888) 224-4673

McCandless

Gateway Hospice
(412) 536-2020

Monroeville

Three Rivers Hospice
(800) 282-0306

Mt. Lebanon

Family Hospice and
Palliative Care
(412) 572-8829

Oakland

Saint Paul Cathedral Parish
(412) 621-4951

Ross Township

Anchorpoint Counseling
Ministry
(412) 366-1300

Squirrel Hill

Jewish Community Center
(412) 422-5700

Cancer

American Cancer Society

(800) 227-2345
cancer.org

National Cancer Institute

(800) 422-6237
cancer.gov

Cancer Support Groups

Cancer Bridges

(412) 338-1919
cancerbridges.org

Look Good . . . Feel Better

(800) 395-5665
lookgoodfeelbetter.org

McCandless

UPMC Passavant
(412) 367-6454

Monroeville

US TOO - UPMC Prostate
Cancer Support Group
Bob Bowyer
(412) 877-6053

Caregiver Support

Bethel Park

PrimeTime Adult Day Care
(412) 835-6661

Squirrel Hill

Jewish Family and
Community Service
jfcspgh.org
(412) 422-7200

VA Caregiver Support

(855) 260-3274
va.gov

Cerebral Palsy

United Cerebral Palsy

(800) 872-5827
ucp.org
Crohn's and Colitis

Crohn's and Colitis

Crohn's and Colitis Foundation of America

(800) 343-3637 ccfa.org

Western PA Chapter

(412) 823-8272

Diabetes

American Diabetes Association

(412) 824-1181
(888) 342-2383
diabetes.org

Diabetes Support Groups

Bethel Park/Uptown

UPMC Diabetes Center
(412) 232-5908

The Center for Diabetes and Endochrine Health

West Penn

(412) 578-5901

Forbes

(412) 858-4474

New Kensington

(724) 367-2400

Epilepsy

Epilepsy Association Western/Central PA

(412) 322-5880
(800) 361-5885
eawcp.org

Heart

American Heart Association

(412) 208-3550
(800) 242-8721
americanheart.org

HIV/AIDS

Allies for Health + Wellbeing

(412) 345-7456
alliespgh.org

Kidney

American Kidney Fund

(800) 638-8299
kidneyfund.org

Leukemia

Leukemia and Lymphoma Society

(800) 955-4572
lls.org

Leukemia and Lymphoma Support

Call for local
support groups
(412) 395-2882

Liver

American Liver Foundation

(800) 465-4837
liverfoundation.org/
chapters/westernpa

Health-Related Associations and Support Groups

Lung

American Lung Association

(800) 586-4872
lungusa.org

Lupus

Lupus Foundation of PA

lupuspa.org
(412) 445-8780

Mental Health Support Groups

National Alliance on Mental Illness (NAMI)

namikeystonepa.org
(412) 366-3788
info@namikeystonepa.org

Support groups in North Hills, Churchill, McKeesport, and South Hills.

Chartiers Family Support

(412) 221-3302
chartierscenter.org

Mercy Behavioral Health

(877) 637-2924
mercybehavioral.org

Multiple Sclerosis

National Multiple Sclerosis Society

(800) 344-4867
nationalmssociety.org/pax

Myasthenia Gravis

Myasthenia Gravis Association of Western Pennsylvania

(412) 566-1545
mgawpa.org

Osteoporosis

Bone Health and Osteoporosis Foundation

(800) 231-4222
nof.org

Parkinson's

American Parkinson's Disease Association

(800) 223-2732
apdaparkinson.org

Parkinson Foundation of Western PA

(412) 837-2542
pfwpa.org

To find a support group in your area, call (412) 837-2542.

Stroke

American Stroke Association

(412) 208-3550
(888) 478-7653
strokeassociation.org

Stroke Support Groups

Harmarville

Encompass Health Rehabilitation Hospital of Harmarville
(412) 828-1300

Plum

Plum Senior Center
(412) 795-2330

Vision

Blind and Vision Rehabilitation Services of Pittsburgh

(412) 368-4400
TTY 711
blindVR.org

Networking Groups for Working Professionals

Age Friendly Pittsburgh

(412) 533-1045
Agefriendlypgh.org

Age-Friendly brings together people of all ages to rethink how our neighborhoods are built and to take action to make them more inclusive and respectful of every generation. Through advocacy and education, they collaborate with organizations and residents to make Allegheny County a better place to grow old. Their work focuses on digital access, workforce development, housing, transportation and dementia-friendly initiatives.

M.A.S.H. Networking Group

Mashnetwork.org

The Marketing Admissions Supporting Healthcare group (M.A.S.H.) is a free, open-to-the-public networking group. Participants have years of experience in a variety of healthcare settings and offer advice, products, services and positive connections to help each other succeed in the senior care industry. The group is a great way to network with other colleagues and listen to speakers who provide meaningful information and tools to improve your business skills. Meetings are held at 9 a.m. on the third Thursday of every month in locations around Pittsburgh. To host, be a guest speaker or learn more, visit the website.

South Hills Senior Alliance

In March 2020, a group of healthcare marketers got together to share information to seniors in the South Hills communities. The South Hills Senior Alliance organizes senior resource fairs, bingo events, parades at places where seniors reside, and more. To learn more, contact Kim Smith at Brookdale Senior Living at ksmith208@brookdale.com

Southwestern Pennsylvania Partnership for Aging (SWPPA)

(412) 467-6564
swppa.org

This regional coalition of individuals and groups is committed to the well being of the aging population. SWPPA's mission is to serve as a catalyst to promote policies and programs to improve the quality of life for older adults.

Twighlight Wish Foundation

(877) 893-9474
Twilightwish.org

It honors and enriches the lives of older adults through intergenerational Twilight Wish celebrations. Wishes can connect a senior to a lost passion such as getting their book published, to people they haven't seen in years such as siblings, and many other wishes.

Adult Day Services

Adult day services facilities offer a safe environment for older adults who are not capable of full-time independent living. Naturally, most seniors prefer to stay in their own homes as they age, and adult day services help them to do so by lending support with things such as transportation, supervision, nutrition, basic personal care and socialization. Another benefit of adult day services comes in the form of welcome relief for caregivers. Many of the centers listed here organize social activities for seniors, including daily lunches, group trips, cooking and crafts, and visits from beauticians and podiatrists, to name a few.

All of this provides social enrichment for older adults while providing their caregivers with well deserved breaks. Adult day facilities are licensed and inspected by the Pennsylvania Office of Long-Term Living. For more details, contact the adult day services program nearest you.

EAST

East End*

301 Meade St.
East End, PA 15221
(866) 419-1693

Community LIFE Homestead*

491 East Eighth Ave.
Homestead, PA 15120
(866) 419-1693

Community LIFE McKeesport*

4201 Walnut St.
McKeesport, PA 15132
(866) 419-1693

UPMC Western Behavioral Health at Mon Yough**

500 Market St.
McKeesport, PA 15132
(412) 675-8426

SarahCare

2030 Ardmore Blvd.
Forest Hills, PA 15221
(412) 271-3600

Woodside Place of Oakmont

1215 Hulton Rd.
Oakmont, PA 15139
(412) 826-6500

New Horizon Senior Center**

10147 Frankstown Rd.
Penn Hills, PA 15235
(412) 247-4902

Anathan Club

300 JHF Dr.
Squirrel Hill, PA 15217
(412) 422-9454

NORTH

Community LIFE Logans Ferry*

125 Logans Ferry Road, Suite 2
Lower Burrell, PA 15068
(866) 419-1693

LIFE Pittsburgh*

North Shore
1200 Reedsdale St. (Rear)
Pittsburgh, PA 15233
(412) 388-8050

LIFE Pittsburgh*

Three Allegheny Center, First Floor
Pittsburgh, PA 15212
(412) 388-8050

Easter Seals

370 Guys Run Rd.
Cheswick, PA 15024
(412) 826-4939

Wesley Family Services

104 Beta Dr.
O'Hara Township, PA 15238
(412) 447-0009

VA Pittsburgh Healthcare System

H.J. Heinz Campus
1010 Delafield Rd.
Aspinwall, PA 15215
(412) 822-2088

Community LIFE Tarentum*

702 Second Ave.
Tarentum, PA 15084
(866) 419-1693

SOUTH

Community LIFE Mon Valley*

2115 Trebella Circle
Rostraver Twnshp, PA 15012
(866) 419-1693

Prime Time Adult Services**

Christ United Methodist Church
44 Highland Rd.
Bethel Park, PA 15102
(412) 835-6661

Elizabeth Seton Center

1900 Pioneer Ave.
Brookline, PA 15226
(412) 561-8400

Chartiers Center/ Intellectual and Developmental Disabilities**

2866 Glenmore Ave.
Dormont, PA 15216
(412) 344-7155

LIFE Pittsburgh*

875 Green Tree Rd.
One Parkway Center
Green Tree, PA 15220
(412) 388-8050

WEST

Center for Community Supports**

86 Coraopolis Rd.
Coraopolis, PA 15108
(412) 771-3614
(Primarily serves intellectually disabled adults.)

Partners for Quality Citizen Care Walden Center**

1225 Lewis Ave.
Coraopolis, PA 15108
(412) 264-8755
(Primarily serves intellectually disabled adults.)

LIFE Pittsburgh*

130 Chartiers Ave.
McKees Rocks, PA 15136
(412) 388-8050

** These programs provide all-inclusive medical and supportive services under (LTCCAP). See page 14.*

*** Special needs. Call individual facilities for specifics.*

Notes:_____

Adult Day Services

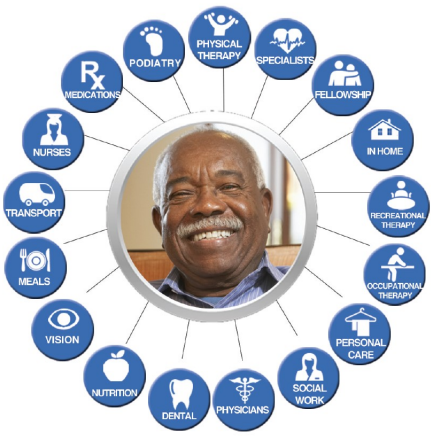
Questions to consider when looking for adult day services providers:

- Did you feel welcome at the facility?
- Are the staff and participants cheerful?
- Did someone spend time finding out what you want and need in terms of services?
- Did someone clearly explain what services and activities the center provides?
- Was information presented about staffing, program procedures, costs and what they expect of their caregivers?
- Was the facility clean, pleasant and free of odor?
- Were the building and rooms wheelchair accessible?
- Was the furniture sturdy and comfortable?
- Are there quiet areas for relaxation?
- Are participants involved in planning activities?
- Does the facility engage volunteers to help?

Notes:

Overwhelmed?

Let us help.



LIFE Pittsburgh is an all inclusive program for individuals 55+ who want to stay in their home, but need supportive services. Our coordinated plan of care includes medical, social and daily living support. At **LIFE Pittsburgh**, older adults are treated with the respect and dignity they deserve. **LIFE Pittsburgh** goes beyond simply "treating medical problems" to actually improving the quality of life for most of our Participants.

LIFE Pittsburgh
Living Independence for the Elderly

www.lifepittsburgh.org

412-388-8050 TTY:711

You're safer at home… You're safer with LIFE.

Get to know

A health and social service plan that can help keep seniors at home

For qualified seniors, we provide:

- A healthcare team to oversee your needs
- Eight Health and Wellness Centers
- Transportation to and from our Health and Wellness centers, as well as to medical appointments
- Homecare

Conveniently located in:

Logans Ferry Tarentum Mon-Valley East End
McKeesport Homestead Somerset Bedford

For a FREE tour and lunch, call 1-866-419-1693 TTY 711
www.commlife.org

Geriatric Care Managers

A private professional geriatric care manager helps to coordinate and manage the care of older adults. This is a fee-based service.

Geriatric care managers can:

- conduct assessments to identify problems and eligibility for assistance-need services;
- coordinate medical care, including physician contacts, home health and other necessary screenings;
- monitor in-home help;
- review financial or legal issues;
- offer appropriate referrals;
- find community resources;
- provide crisis intervention;
- ensure everything is going well with the older adult and alert the family when it is not; and
- assist in moving a senior from a retirement complex to a nursing home or personal care home.

Notes:

How do you know if you need geriatric care management services? Answer these questions:	YES	NO
• Are health problems making it challenging for you to maintain your independence at home? Would you like recommendations to help you remain in your own home?		
• Does your family live a distance away from you, and so you find it difficult to keep track of all your doctor appointments?		
• Do you lack information on community and support services to fit your needs?		
• Are you having difficulty managing your medications?		
• Would you benefit from someone arranging help for you to pay bills on time and keep track of finances?		
• Are you a caregiver who spends a lot of time going to medical appointments with your loved one?		
• Do you want peace of mind regarding appropriate healthcare for yourself and your loved ones?		
• Would you like to decrease emergency room visits or hospitalizations?		
• Do you need help coordinating household chores and personal care? Would you like someone to assist you or coordinate your care needs?		
• Are you interested in Meals-on-Wheels or other home-delivered meals?		
• Do you feel isolated?		
• Would you like help with arranging transportation?		

Information provided by the UPMC Senior Services: seniorservices.upmc.com

Home Health Agencies

We all want to maintain the best possible health while remaining independent in our own homes. Home Health Agencies, or HHAs, help older adults meet this goal by providing healthcare services to ill, disabled or vulnerable individuals right in their residences.

HHAs offer services such as:

- physical, occupational and speech therapy
- personal caregivers
- home health aides and nursing
- social work

Medicare may pay for services provided by HHAs that are approved for certification by the Federal Health and Human Services' Centers for Medicare and Medicaid Services (CMS).

Who can get Medicare-covered home healthcare?

If your doctor decides that you need medical care at home and the home health agency caring for you is Medicare-certified, you can receive services. You must need any of the following services and must be homebound, or unable to leave home without help.

What services does home healthcare cover?

Skilled nursing care—that is, services and care that can only be performed by a registered or licensed practical nurse.

Home health aide services—these aides support nurses by providing help with personal care tasks.

Physical therapy—includes exercise to regain movement and strengthen a body area, and training on how to do daily activities.

Speech-language therapy—to regain and strengthen speech skills.

Occupational therapy—to help with usual daily activities, including learning new ways to eat, put on clothes, etc.

Medical social services—to help you with social and emotional concerns related to an illness.

Certain medical supplies—like wound dressing (but not prescription drugs).

Durable medical equipment—such as a wheelchair or walker.

Who orders home healthcare services?

Most often, your doctor, social worker or hospital discharge planner will help arrange for Medicare-covered home health care. You have a say, however, in which home healthcare agency you use.

Visit medicare.gov/coverage/home-health-services.html for details about home healthcare coverage and Medicare benefits.

Getting Started

Usually, once your doctor refers you for home health services, staff from the home health agency will come to your residence to talk with you about your needs and ask some questions about your health. The home health agency will also talk to your doctor about your care and keep him updated about your progress. An order from your doctor is needed to begin care.

Your Plan of Care

The home health agency will work with you and your doctor to develop your plan of care. This lists what kinds of services and care you should get for your health issue. You have the right to be involved in any decisions about your treatment.

Your plan of care should include:

- What services you need
- Which healthcare professionals will provide these services
- How often you will need the services
- What medical equipment you need
- What results your doctor expects from your treatment

Your doctor and home health agency staff should review your plan of care often (at least once every 60 days). If your health condition changes, the home health staff should tell your doctor right away. The home health agency should only change your plan of care with your physician's approval and they should tell you about any changes in your plan of care. If you have questions about your care or feel that your needs aren't being met, talk to both your doctor and the home health agency.

Notes:_____

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Home Health Agencies in Allegheny County

Advantage Home Health Services, LLC
(412) 440-0142

A&M Healthcare Agency
(412) 793-3705

Allegheny Health Network Healthcare@Home
(888) 599-7328

Anova Home Healthcare
(412) 859-8801

Aveanna
(412) 367-3620

BAYADA Home Health Care
(412) 374-1440

Care at Home Preferred
(412) 967-1111

Concordia Visiting Nurses
(877) 352-6200

Diversified Health Care
(412) 784-8888

Emerald Home Health
(412) 429-5880

Extended Family Care
(412) 241-7292

Family Home Health Services
(412) 856-4000

Gallagher Home Health Services
(412) 279-7800

Interim Healthcare
(412) 436-2200

Landmark Home Health Care
(412) 781-0700
(800) 809-7930

Maxim Healthcare Services
(412) 687-2838

Medi-Home Health Agency
(866) 273-6334

Omni Home Care
(412) 276-5030

Paramount Home Health Services
(412) 650-3100

Presbyterian SeniorCare Home Health
(412) 826-4055

PRN Health Services
(800) 860-8222

Renaissance Home Care
(412) 563-5055

Sandin Home Health Services
(412) 816-2325

UPMC Home Healthcare
(888) 860-2273

Western Pennsylvania Home Health Association (WPHHA)
(412) 421-0909

WPHHA
HOME HEALTH SERVICES
A NON PROFIT ORGANIZATION

WE'RE GIVING THE POWER OF CHOICE BACK TO YOU

Our Main Priority is Helping You Reach Your Wellness Goals

Choosing the best health care and rehabilitation services that will cater to you in whatever place you call home is an important option for patients of any age. **Western Pennsylvania Home Health Association's** goal is to help you or your loved ones maintain the highest level of wellness and independence possible.

Gold Seal Approval from the Joint Commission!

For more information, please contact us: www.wphha.com or 412-421-0909

Home Health Agencies Checklist

Questions to consider when looking for a home health agency:	Comments:
1. How long has the agency been serving the community?	
2. Does the agency have printed brochures describing the services it offers and how much they cost? If so, ask for one.	
3. Is the agency an approved Medicare provider?	
4. Is the agency's quality of care certified by a national accrediting body such as the Joint Commission for the Accreditation of Healthcare Organizations?	
5. Does the agency have a current license to practice (if required in the state where you live)?	
6. Does the agency offer a "patient's bill of rights" that describes the rights and responsibilities of both the agency and the senior being cared for?	
7. Does the agency write a plan of care for the patient (with input from the patient, his/her doctor and family), and update the plan as necessary?	
8. Does the care plan outline the patient's course of treatment, describing specific tasks to be performed by each caregiver?	
9. How closely do supervisors oversee care to ensure quality?	
10. Will agency caregivers keep family members informed about the kind of care their loved one is getting?	
11. Are agency staff members available around the clock, seven days a week, if necessary?	
12. Does the agency have a nursing supervisor available to provide on-call assistance 24 hours a day?	
13. How does the agency ensure patient confidentiality?	
14. How are agency caregivers hired and trained?	
15. What is the procedure for resolving problems when they occur, and who can you call with questions or complaints?	
16. How does the agency handle billing?	
17. Is there a sliding fee schedule based on ability to pay, and is financial assistance available to pay for services?	
18. Will the agency provide a list of references for its caregivers?	
19. Who does the agency call if the home healthcare worker cannot come when scheduled?	
20. What type of employee screening is done?	

Gallagher
Home Health Services

We'll Treat You Like Family

412-279-7800

***Skilled Nursing *Mental Health Nursing**
***Physical Therapy**
***Occupational Therapy *Speech Therapy**
***Social Services *Home Health Aides**

Gallagher
Home Care Services

412-279-2257

Personal Care - Bathing - Grooming
Companions - Escort to Appointments
Medication Management - Homemaking
Private Duty Nursing
Home Health Aides

Gallagher
HOSPICE

Find Courage and Comfort in Our Care

412-279-4255

We provide Responsive, Reliable, Individualized
Care for you and your family members when you need it most

We are here for ALL your Home Health, Home Care and Hospice Needs

In-Home Service, Non-Medical Care

Even as we grow older and potentially have to deal with challenging healthcare issues, we still want to remain confident and comfortable in our own homes. Private duty home care is a type of non-medical home care service that enables older adults to do just that.

In-Home Service, Non-Medical Care can include:

- meal preparation
- personal care
- light housekeeping
- grocery shopping
- local transportation
- laundry
- medication reminders

Services can be rendered on either a short- or long-term basis right in your residence. Fees vary so contact the individual provider for rates and payment information.

In-Home Service, Non-Medical Care Providers in Allegheny County

At Home Senior Services
(412) 604-0410

Care at Home
(724) 339-1117

ComForcare Senior Services
(412) 521-4700

Gallagher Home Care Services
(412) 279-2257

This is not a comprehensive list.

Notes:_____

_____

_____

_____

_____

SERVING ALLEGHENY, ARMSTRONG, BUTLER, AND WESTMORELAND COMMUNITIES FOR OVER 25 YEARS

wesley family services

Older adult services at Wesley Family Services, we offer support to seniors in the community. We coordinate volunteer caregiving, care management, and provide support for better understanding medicare.

Older Adult Programs include:

- Options Care Management
- PA MEDI (formerly APPRISE)
- Senior Day Program for Adults with IDD
- In Service of Seniors & Open Your Heart to a Senior

For more information or to volunteer visit: wfspa.org
Allegheny County Call: 412-345-7420 or Email: ISOS@wfspa.org
Westmoreland County Call: 724-205-6282 or Email : OYHS@wfspa.org
For Options Care Management, call AAA Seniorline at 1-412-350-5460

Hospice and Palliative Care

Hospice provides support and special care for a person at the end of life or in the final phase of an incurable illness. Hospice neither advances nor postpones death but recognizes dying as a normal part of life. Under hospice care, individuals can live their last days as comfortably and fully as possible; the patient and family are able to prepare for death both mentally and spiritually. A doctor is required to prepare a hospice order but a team of people are involved in providing hospice services, including physicians, hospice medical directors, nurses, aides, social workers, spiritual counselors and volunteers.

FAQ about hospice care:

Who qualifies for hospice care? Any person who has a life-threatening or terminal illness.

How does hospice care work? Typically, a family member serves as the primary caregiver and, when appropriate, helps make decisions for the terminally ill individual. The hospice staff makes regular visits to assess the patient and provide additional care. Hospice staff is on-call 24 hours a day, seven days a week.

Is the patient's home the only place where care can be delivered? No. The majority of hospice patients are cared for in their own homes but also in homes of loved ones, nursing homes, personal care homes and prisons.

Is hospice care covered by insurance? Eighty percent of people who use hospice care are ages 65 and older, and are thus entitled to services offered by the Medicare Hospice Benefit.

Hospice providers in Allegheny County

Allegheny Health Network Healthcare@Home
(888) 599-7328

Bethany Hospice
(877) 781-2221

Bridges Hospice
(412) 380-0711

Family Hospice (part of UPMC)
(412) 572-8800

Gallagher Hospice
(412) 279-4255

Gateway Hospice
(412) 536-2020

Gentiva Hospice
(412) 920-5500

Good Samaritan Hospice
(724) 933-8888

Grane Hospice Care
(800) 379-0129

Hope Hospice
(412) 367-3685

Monarch Hospice
(724) 335-1600

MSA
(412) 702-1870

Paramount Hospice and Palliative Care
(724) 969-1021

Pinnacle Hospice
(724) 933-6222

Sivitz Jewish Hospice
(412) 422-5700

Suncrest Hospice
(878) 302-1136

Three Rivers Hospice
(412) 349-0760

Transition Hospice
(412) 489-6874

Vitas Healthcare
(412) 799-2101

Source: Pennsylvania Department of Health.

Family and Medical Leave Act (FMLA)

United States Department of Labor
(866) 487-9243

If you are responsible for caring for an immediate family member (spouse, child or parent) with a serious health condition, you may be eligible under the Family and Medical Leave Act for up to a total of 12 workweeks of unpaid leave during any 12-month period. You may qualify for the same if you need to take a medical leave because you are unable to work due to a serious health condition.

The law applies to companies who have 50 or more employees and to those employees who have received 52 pays.

To learn more, visit dol.gov/agencies/whd/fmla.

Learn more about hospice care:

National Association for Home Care and Hospice
(202) 547-7424
nahc.org

The National Association for Home Care and Hospice is the nation's largest trade association representing the interests and concerns of home care agencies, hospices and home care aide organizations. This association distributes a number of general information publications about hospice through its website, including the history of hospice care, home care and hospice locator, the hospice patient's bill of rights.

Hospice Foundation of America
(800) 854-3402
hospicefoundation.org

This foundation's website offers a hospice locator, as well as a variety of helpful information about hospice, end-of-life issues, hospice services and expenses, books/DVDs on grieving, a self-study course and more.

MedlinePlus
nlm.nih.gov/medlineplus

MedlinePlus is the National Institutes of Health's website for patients and their families and friends. On this site, you will find information about health issues that you can trust. Produced by the National Library of Medicine, it is a wealth of free information about diseases, conditions and wellness. Refer to MedlinePlus to learn about the latest treatments, research information on medications and health supplements, view medical videos and more.

What is Palliative Care?

Palliative care is for a person of any age and at any stage in an illness, whether that illness is curable, chronic or life-threatening. Palliative care basically relieves or soothes the symptoms of a disease and can be provided by one doctor while other doctors work with a patient to try and cure an illness. Getting such care can actually help a patient recover from an illness by relieving pain, anxiety or loss of appetite when undergoing medical treatments or procedures such as surgery or chemotherapy.

Palliative care can be provided at a hospital, nursing home, assisted living facility or in one's home.

The palliative team:

- provides relief from pain and other uncomfortable symptoms.
- assists in making difficult medical decisions.
- coordinates care with other doctors and helps to navigate the often-complex healthcare system.
- helps to make a plan for living well and provides emotional and spiritual support.

Source: nih.gov

	Questions to ask when looking for a hospice program	Comments
1.	Is the hospice licensed?	
2.	What type of services are provided?	
3.	What kind of support is available to the family/caregiver?	
4.	What roles do the attending physician and hospice play?	
5.	What does the hospice volunteer do?	
6.	How does hospice work to keep the patient comfortable?	
7.	How are services provided after hours?	
8.	How and where does hospice provide short-term, inpatient care?	
9.	Can hospice be provided in a nursing home or long-term care facility?	

Information provided by the Pennsylvania Department of Health.

Warning Signs of Heart Attack, Stroke, Depression and Dementia

Heart attack:

- Tightness in chest
- Pain in arm(s)
- Shortness of breath
- Women generally have indigestion and nausea, fatigue, rapid heart beat, shoulder pains and, in some cases, no noticeable warning signs.

It is important to seek medical attention immediately when signs of a heart attack or stroke occur. If you experience signs of either, dial 911 immediately.

Ongoing, it's important to receive physical exams on a regular basis, and to adopt a healthy lifestyle—including a balanced, low-fat/high-fiber diet, increased physical activity, and no tobacco use. This will reduce your risk of heart attacks and strokes. For more information, visit the American Heart Association at americanheart.org, Centers for Disease Control and Prevention at cdc.gov, National Heart, Lung and Blood Institute at nhlbi.nih.gov or National Stroke Association at stroke.org.

Stroke:

- Sudden muscle weakness, numbness or paralysis in face, arm or leg, especially on one side of the body
- Sudden blurry vision or loss of vision in one or both eyes
- Confusion, or trouble speaking or understanding simple statements
- Sudden trouble walking
- Dizziness, loss of balance or coordination
- Sudden severe headache with no known cause
- Sudden nausea, fever and vomiting
- Brief loss of or decreased consciousness (fainting, confusion, convulsions or coma)

Depression:

- Sadness, hopelessness or helplessness
- Fatigue or slowed movement
- Unexplained or aggravated aches and pains
- Lack of interest in personal care, hobbies and pastimes
- Social withdrawal and isolation
- Weight loss or loss of appetite
- Sleep disturbances
- Memory problems
- Loss of self-worth
- Increased use of alcohol or other drugs
- Fixation on death, suicidal thoughts or attempts

Dementia and Alzheimer's Disease:

- Slow mental decline
- Becomes lost in familiar locations
- Difficulty with short-term memory
- Doesn't notice memory problems or seem to care
- General confusion, disorientation to date, time or place
- Apathy, irritability, depression, anxiety
- Problems with language, math, abstract thinking, and judgment
- Personality changes with strange quirks or inappropriate behaviors
- Wandering or hiding objects
- Problems with eating and sleeping

Source: Pennsylvania Department of Health and National Institutes of Health.

Cancer Facts for Anyone Age 50 or Older

Cancer strikes people of all ages, but you are more likely to get cancer as you get older, even if no one in your family has had it. The good news is that cancer death rates are going down. No matter what your age, the chances of surviving cancer are better today than ever before.

What is Cancer?

There are many kinds of cancer but they all begin when cells in a part of the body become abnormal and start making more cells. These extra cells form a mass of tissue called a growth or tumor. If the tumor gets bigger, it can hurt nearby tissues and organs. Cancer cells also can break away and spread to other parts of the body. When cancer is found early, treatment is more likely to work. Early treatment often can shrink or destroy the tumor and stop it from growing and spreading. It may help to get regular checkups and to know the symptoms of cancer.

What Symptoms Should I Watch For?

Cancer can cause many different symptoms. Here are some things to watch for:

- A thickening or lump in the breast or any other part of the body
- A new mole or a change in an existing mole
- A sore that does not heal
- Hoarseness or a cough that does not go away
- Changes in bowel or bladder habits
- Discomfort after eating
- A hard time swallowing
- Weight gain or loss with no known reason
- Unusual bleeding or discharge
- Feeling weak or very tired

Most often, these symptoms are not due to cancer. They may be caused by non-cancerous (benign) tumors or other problems. If you are having any of these symptoms or other changes in your health, see your doctor as soon as possible. Don't wait to feel pain. In its early stages, cancer usually doesn't cause pain.

Source: National Institute on Aging.

Screenings/Preventative Health/Geriatric Medicine

Screening Tests for Adults Ages 50 and Older

Screenings are medical tests that look for diseases before you have symptoms. These tests can find diseases early when they are easier to treat. Getting recommended screenings is one of the most important things you can do for your health. Health experts from the US Preventive Services Task Force have made the following recommendations about which screening tests you need and when to get them.

- **Abdominal aortic aneurysm.** If you are a male between ages 65 and 75, and have ever been a smoker, talk with your doctor about being screened.
- **Blood pressure.** Have your blood pressure checked at least every two years.
- **Bone density.** Get a bone density test if you are age 65 or older to screen for osteoporosis.
- **Breast cancer.** Women should have a mammogram every one to two years.
- **Cervical cancer.** Women should have a Pap smear every one to three years. After 65, check with your doctor.
- **Cholesterol.** Have your cholesterol checked regularly.
- **Colorectal cancer.** Get tested regularly for colorectal cancer starting at age 50.
- **Depression.** If you feel sadness or hopelessness that lasts two weeks or longer, talk to your doctor about being screened for depression.
- **Diabetes.** Have a blood test for diabetes if you have high blood pressure.
- **Hearing.** If you are 65 or older, have your hearing checked regularly.
- **Weight.** Have your body mass index (BMI) calculated to screen for obesity. Calculate your own BMI at nhlbisupport.com.
- **Vision.** Have your vision checked every one to two years.

Tobacco Cessation Assistance

Pennsylvania Free QuitLine

(800) 784-8669

Trying to quit smoking? This telephone-based tobacco cessation counseling service offers free coaching with no judgment. The program has a proven record of increasing your chances of staying smoke free for good.

Geriatric Medicine

A geriatrician is a physician trained in the care of older adults. They will complete an assessment of a potential patient, and may work in tandem with the patient's primary care doctor to provide care.

Alternatively, a geriatrician can serve as a patient's primary care doctor. In either case, geriatricians work with their staff to gather a team of caregivers, as needed—including psychiatrists, social workers, nurses, pharmacists and therapists.

When do you need a geriatric assessment?

If you:

- need a comprehensive baseline evaluation of your current existing health concerns.
- are dealing with multiple medical problems, including mental and emotional changes that often accompany physical illness.
- have feelings of depression or excessive worry.
- are experiencing persistent confusion or memory loss.
- have problems with bladder control.
- are having frequent or serious falls or problems with balance.
- your primary care physician needs to know how to better manage your care.

What does a geriatric assessment include?

- Functional assessment
- Cognitive (reasoning/judgment) assessment
- Gait (walking/balance) assessment
- Depression screening
- Medication review
- Long-term care placement assessment
- Need for support services assessment
- Recommendation of long-term care facilities
- Help to prepare an older adult to move to another level of care

The assessment data is organized into a care plan which includes a monitoring checklist of:

- Diagnosis
- Medications
- Nutrition, vision, dental and hearing screenings
- Bowel and bladder function
- Immunizations
- Cognition and emotion
- Sleep disorders
- Mobility and exercise
- Develop a plan of care
- Advance directives

To learn more, contact one of the following UPMC Senior Care Assessment Centers: Benedum Geriatric Center (412) 692-4200 or UPMC Senior Care–Shadyside (412) 623-2700 or visit upmc.com/services/behavioral-health/geriatrics.

ELEVATE YOUR GOLDEN YEARS!

Medical · Mental Health · Dental · Supportive Services

At Metro Community Health Center, our compassionate providers specialize in comprehensive senior healthcare.

- Discounted Pharmacy Program
- Transportation Assistance
- Sliding Fee Discount Program
- Affordable Dentures and Partials

WE ACCEPT:

- Medicaid
- Medicare
- All Private Insurance Plans
- Income/Insurance not required

1789 S. Braddock Ave.
Pittsburgh, PA 15218

412-247-2310

www.metrocommunityhealthcenter.org

Metro Community Health Center

Health Clinics/Centers

For seniors with low incomes and little or no health insurance, the cost of healthcare can be overwhelming. For the uninsured, even the cost of getting a flu shot or basic check-up at a physician's office can cause financial strain. Unfortunately, in an effort to save money, many older adults opt to forego healthcare.

Health clinics/centers can help ease that financial strain and keep seniors on track with preventative health practices. They provide family healthcare services such as check-ups, shots, blood pressure checks and more. Call a center near you for more information.

CENTRAL

UPMC St. Margaret Lawrenceville Family Health Center

3937 Butler St.
Lawrenceville, PA 15201
(412) 622-7343

Allegheny County Health Department/Vaccination Clinic

425 First Ave.
Pittsburgh, PA 15219
(412) 687-2243

Magee-Womens Hospital Outpatient Clinic Oakland

300 Halket St.
Oakland, PA 15213
(412) 641-4455

UPMC Matilda H.Theiss Health Center

1860 Centre Ave.
Pittsburgh, PA 15219
(412) 383-1550

Birmingham Free Clinic

44 South Ninth St.
Pittsburgh, PA 15203
(412) 692-4706

Catholic Charities Free Health Care Center

212 Ninth St., Suite 301
Pittsburgh, PA 15222
(412) 456-6911

Operation Safety Net

Pittsburgh Mercy Health System
903 Watson St.
Pittsburgh, PA 15219
(412) 232-5739

UPMC Mercy Health Center

1515 Locust St.
Uptown, PA 15219
(412) 232-7800

EAST

Braddock Family Health Center

404 Braddock Ave.
Braddock, PA 15104
(412) 351-6300

Free Clinic at Braddock

415 Sixth St.
Braddock, PA 15104
(412) 723-2086

Magee-Womens Hospital Neighborhood Health Center Clairton

559 Miller Ave.
Clairton, PA 15025
(412) 233-7021

East End Community Health Center

745 N. Negley Ave.
East Liberty, PA 15206
(412) 404-4000

East Liberty Family Health Care Center

6023 Harvard St.
East Liberty, PA 15206
(412) 661-2802

Hazelwood Family Health Center

4918 Second Ave.
Hazelwood, PA 15207
(412) 422-9520

Alma Illery Medical Center Primary Care Health Services

7227 Hamilton Ave.
Homewood, PA 15208
(412) 244-4700

Latterman Family Health Center

2347 Fifth Ave.
McKeesport, PA 15132
(412) 673-5504

Magee-Womens Hospital Neighborhood Health Center Monroeville

Corporate One Office Park
Building Two, Ste. 330
4075 Monroeville Blvd.
Monroeville, PA 15146
(412) 641-6722

McKeesport Family Health Center

627 Lysle Blvd.
McKeesport, PA 15132
(412) 664-4112

Squirrel Hill Health Center

4516 Browns Hill Rd.
Squirrel Hill, PA 15217
(412) 422-7442

Steel Valley Health Center

1800 West St., Suite 110
Homestead, PA 15120
(412) 461-3863

University of Pittsburgh Medical Center

Referral Services
(412) 647-8762

Magee-Womens Hospital Neighborhood Health Center Wilkinsburg

720 Penn Ave.
Wilkinsburg, PA 15221
(412) 731-3091

NORTH

North Side Christian Health Center (NSCHC)

816 Middle St.
North Side, PA 15212
(412) 321-4001

Northview Heights Clinic (NSCHC)

525 Mt. Pleasant Rd.
Pittsburgh, PA 15214
(412) 322-7500

SOUTH

Hilltop Community Healthcare Center

151 Ruth St.
Mt. Washington, PA 15211
(412) 431-3520

Magee-Womens Hospital Neighborhood Health Center Mt. Oliver

1630 Arlington Ave.
Mt. Oliver, PA 15210
(412) 488-2690

WEST

Sto-Rox Neighborhood Health Center

710 Thompson Ave.
McKees Rocks, PA 15136
(412) 771-6462

Primary Care Health Services West End Health Center

415 Neptune St.
West End, PA 15220
(412) 921-7200

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Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
(412) 350-5460 or TTY (412) 350-5205
alleghenycounty.us/services/seniors

For information on programs and services for individuals with disabilities, contact DHS/AAA at the above phone number or website.

Allegheny County Family Resource Guide

(412) 350-7079

The Family Resource Guide compiles services and systems available to Allegheny County families of children ages birth through 21 with developmental delays, special healthcare needs or disabilities. It includes information on available resources in an easy-to-read format, along with educational tools for case managers and service providers who work with families. For more details, email familyresourceguide@alleghenycounty.us or call the number above.

Allegheny Link

One Smithfield St., Second Floor
Pittsburgh, PA 15222
(866) 730-2368
alleghenycounty.us/Services/Housing/Allegheny-Link

The Allegheny Link connects people in need to available resources in an effort to maintain their independence and quality of life. They assist people with any disability, older adults to remain in the community, people who are homeless or at risk of homelessness to reach the goals of stable housing, and parents and caregivers of children up to age six by referring them to home visiting programs.

Community Living and Support Services (CLASS)

1400 S. Braddock Ave.
Pittsburgh, PA 15218
(412) 683-7100 ext. 2245
TTY 711
classcommunity.org

CLASS offers a unique blend of services aimed toward adults with disabilities in order to assist them in playing an active role in their communities, including attendant care, information and referral, community skill building, residential support and vocational services, assistive technologies and collaborations with community partners who offer social and recreational support. These services are extremely flexible so that they can be individualized based on the needs of each person.

UPMC Disabilities Resource Center

Forbes Tower
3600 Forbes at Meyran Ave.
Pittsburgh, PA 15213
(412) 605-1483
upmc.com/patients-visitors/patient-info/disabilities-resource-center

The UPMC Disabilities Resource Center was created with the goal of improving access to health care for UPMC patients with disabilities. Contact the center with any questions, comments, or suggestions related to your disability.

Residential Essentials

65 Mathewson Dr., Suite A
Weymouth, MA 02189
(888) 543-2566
Residentessentials.com

Resident Essentials offers one-stop-shopping for a wide assortment of clothing and products that make it easier for caregivers to meet the diverse needs of their residents. They specialize in labeling residents' clothing to ensure they don't become lost during laundering.

Ovidis Adaptive Wear

(833) 736-7362
Ovidis.com

Ovidis' innovative designs offer easy and stress-free caregiver-assisted dressing. Their clothing is designed for individuals with mobility, sensory or cognitive challenges and include back panels, snap buttons, elastic waistbands, and Velcro closures and more to allow dressing with minimal movement and effort.

Silverts

(800) 387-7088
Silverts.com

For nearly a century, Silverts has been providing reliable adaptive apparel for people with dressing difficulties. They are committed to offering exceptional service, quality, and value for the price.

Zappos

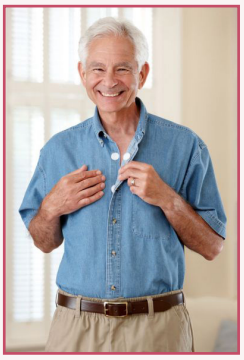
(800) 927-7671
Zappos.com

This popular online shoe store offers single shoes and a different-size shoes program. On the home page, search for "adaptive/single shoes."

Buck & Buck

(800) 458-0600
Buckandbuck.com

Buck & Buck offers women's and men's adaptive clothing, footwear and accessories. Easily shop on their online store by need. All clothing is made in the USA.



Best-Made Shoes

5143 Liberty Ave.
Pittsburgh, PA 15224
(412) 621-9363
bestmadeshoes.com

Best-Made Shoes offers specialty shoes in favorite brands, like Birkenstock, New Balance, Alegria & Drew, and more. Custom shoes, sandals and orthotics are made onsite, as are repairs. They are a Medicare and HMO provider for diabetic footwear, and work with board-certified and licensed foot doctors. Accepted insurances are Medicare, Highmark, UPMC, and Aetna. The store is located in Bloomfield on Liberty Avenue, three blocks from West Penn Hospital and Shadyside Hospital.

CLASS
Community Living And Support Services

Pennsylvania Link™
To Aging and Disability Resources

Need Help Applying for Services or Assistance Programs?

A Person Centered Counselor can help!

Person Centered Counseling (PCC) is FREE to eligible adults over the age of 60 and individuals with disabilities.

We can help you find and apply for:

- In-Home Services
- Long-Term Supports
- Medical Assistance
- Medical Equipment
- Assistive Technology
- Social Security
- Housing
- Rent/Tax Rebates
- Utility Assistance
- SNAP
- Food Resources
- Transportation
- And more...

For assistance, contact CLASS at 412.683.7100 x 2178 | www.classcommunity.org

Pennsylvania Link™
To Aging and Disability Resources

Let Us Help You:

- Connect to Services
- Maintain Independence
- Stay in Your Own Home
- Care for a Loved One

PA Link Helpline
(800)753-8827

PA Link partners represent federal, state, and local agencies that support consumer long-term living preferences, and empower them to understand, determine, and effectively navigate their support service options — regardless of age, disability, or income.

pennsylvania DEPARTMENT OF AGING

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MiKelCo Lifts • (412) 421-5438
mikelcolifts.com

Rehabilitation

After being discharged from the hospital stay, you may need additional care before you can return to being fully functional and independent at home. In this circumstance, rehabilitation services provided at a short-term facility can ease your transition from hospital to home.

What is rehabilitation?

"Rehabilitation" or "rehabilitation therapy" are catch-all terms for any type of specialized healthcare that helps to restore, enhance or maintain your physical strength, mental abilities and overall mobility. Rehabilitation can serve an important role in helping you to recover and heal after experiencing an injury, illness or surgery. The goal is to en- able you to gain greater independence, even return to full functionality after injury or surgery.

Who provides it?

Rehabilitation therapy generally consists of a team of health care professionals who are licensed and trained in this particular type of treatment. You will probably work with doctors, nurses, therapists and other staff who will devise a personalized plan to treatment based on your specific needs and condition. For example, treatment may include physical therapy for maximizing your strength and mobility, occupational therapy to help you with activities of daily living, or speech and language therapy to relearn how to communicate. Other specialized forms of treatment include pain therapy, sleep disorders therapy, aquatic therapy, orthopedics, and lymphedema.

Where is rehabilitation offered?

Rehabilitation services can be offered at a qualified facility such as a clinic, nursing home or hospital where you stay on a short-term basis, or through an outpatient program in which you travel to the facility to attend sessions then return home the same day. Again, this all depends on your individual needs.

Does insurance cover rehab services?

Most insurances pay for rehab based on how well patients meet their initial goals. Insurance coverage for intensive therapies might stop if you do not make enough progress. If this happens, and you or your family member are not able to manage at home, you may have to consider a move to a long-stay unit.

If your stay is in a skilled nursing or rehabilitation facility while recovering from an injury, you may qualify for Medicare's nursing facility benefits. This depends on whether Medicare considers that you are improving while in the facility, rather than merely being cared for because you need assistance. If Medicare continues to pay after the first 20 days (during any one benefit period) of nursing facility coverage has been used up, Medicare pays all covered charges for up to 100 days except a daily "coinsurance amount" of $167.50 per day, for which you would be personally responsible.

If you have private Medigap supplemental insurance policy, that policy might pay some or all of this coinsurance amount. After 100 days of skilled nursing facility coverage in any one benefit period, Medicare no longer pays any of the cost. If Medicare will not continue to cover your stay in the facility, or if you cannot afford the Medicare coinsurance amount, you might qualify for Medicaid coverage.

Rehabilitation, **like dancing**, works best when you choose the right partner.

After his wife suffered a stroke, Joe knew she needed the right rehabilitation to dance again. That's why he did the research and chose Encompass Health, where an experienced team used personalized therapy and advanced technology to help Francine return to the life she loved.

Encompass Health
Rehabilitation Hospitals

Encompass Health Rehabilitation Hospital of Harmarville
320 Guys Run Road • Pittsburgh, PA 15238
877.937.7342

Encompass Health Rehabilitation Hospital of Sewickley
351 Camp Meeting Road • Sewickley, PA 15143
412.749.2396

Mental Health/Drug and Alcohol Services

Allegheny County Department of Human Services Office of Behavioral Health (OBH)

Human Services Building
One Smithfield St.
Pittsburgh, PA 15222
(412) 350-4457 (24-hour emergency service)
Mental Health Telephone and Mobile Crisis Intervention Services (resolve): (888) 796-8226
alleghenycounty.us/Services/County-Assistance/Behavioral-Health

OBH contracts with and monitors community-based agencies, which provide an array of services designed to meet the mental health and substance abuse services needs of County residents. OBH contracts with Community Care Behavioral Health for operation of Medicaid Behavioral Health Managed Care Services.

24/7 Resources for Crisis Support

If you or a loved one is experiencing a mental health crisis or is in emotional distress contact **resolve Crisis Services.**

- Call (888) 796-8226 to talk with someone on the phone, and if needed, a mobile team can be sent to your location.
- Text "PA" to 741741 to reach a crisis counselor.
- Visit the Walk-in Center located at 333 North Braddock Avenue, Pittsburgh, PA 15208.
- For support, information or treatment for an **alcohol or drug use-related challenge**, contact **Pathway to Care and Recovery** at (412) 325-7550.
- Call (412) 325-7550 to talk with someone on the phone, and if needed, a mobile team can be sent to your location.
- Visit the Walk-in Center located at 326 Third Avenue, Pittsburgh, PA 15222.
- Call the state substance use hotline, PA Get Help Now at (800) 662-4357.
- If you or a loved one is **considering suicide**, there is always help.
- The National Suicide Prevention Lifeline at 988.
- The Transgender Suicide Lifeline at (877) 565-8860.
- The Trevor Lifeline for LGBTQ+ support at (866) 488-7386 or text START to 678678.

Allegheny County Warmline

Peer Support and Advocacy Network

(866) 661-9276
peer-support.org

Warmline telephone service offers supportive listening, problem solving, resource sharing and peer support for mental health consumers. All calls are kept confidential and callers remain anonymous.

Department of Veterans Affairs

Pittsburgh Vet Center

2500 Baldwick Rd.
Pittsburgh, PA 15205
(412) 920-1765

White Oak Vet Center

2001 Lincoln Way
White Oak, PA 15131
(412) 678-7704
va.gov/rcs

The Vet Center program operates in more than 300 community based counseling centers across the US. It provides a broad range of counseling, outreach and referral services to eligible veterans to help them readjust to civilian life. Many of the dedicated providers are combat veterans themselves. Family members of veterans are eligible for Vet Center services, as well.

NAMI (National Alliance on Mental Illness) Keystone Pennsylvania

105 Braunlich Dr., Suite 200
Pittsburgh, PA 15237
(412) 366-3788
(888) 264-7972
namikeystonepa.org

Provides support groups, education and advocacy for individuals with mental illness and their families to assist in taking steps towards recovery. Call to locate a support group in Allegheny County.

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Crisis Assistance

Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA)

Elder Abuse Hotline

(412) 350-6905 or (800) 490-8505
alleghenycounty.us/Services/Seniors/Elder-Abuse

Protective Services investigates reports of abuse, neglect (including self-neglect), abandonment and financial exploitation. It also provides assistance to alleviate the risk of harm. To anonymously report a concern, call the hotline listed above. Any person who suspects that any adult is being abused, neglected, exploited or abandoned may file a report 24 hours a day. Abuse reports can be made for someone being abused, neglected whether the person lives in the community or in a care facility such as a nursing home, personal care home or hospital. Reporters may remain anonymous and have legal protection from retaliation, discrimination and civil or criminal prosecution. Victims have the right to guarantee that all information concerning their case will remain confidential.

Alle-Kiski Area HOPE Center

(724) 224-1266
akhopecenter.org

A domestic violence agency serving the Alle-Kiski Valley area. It empowers victims through a crisis hotline, crisis intervention counseling, education, shelter and advocacy.

American Red Cross of Southwestern Pennsylvania

2801 Liberty Ave.
Pittsburgh, PA 15222
(412) 263-3100
redcross.org

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. The nonprofit provides food and shelter in emergencies, assists members of our armed forces and their families, teaches lifesaving CPR and First Aid skills, and more. The American Red Cross of Southwestern Pennsylvania provides relief to the victims of more than 1,000 disasters each year, including 300 in southwestern Pennsylvania's Allegheny, Greene and Washington counties. All disaster assistance is free.

Center for Victims

3433 East Carson St.
Pittsburgh, PA 15203
24-Hour Crisis Hotline:
(866) 644-2882
centerforvictims.org

If you are the victim of a crime in Allegheny County, Center for Victims provides direct support to victims of a crime in Allegheny County, both at the time of crisis, as well as throughout the victims' journey to regain control of their lives. Caring, professional staff is available 24 hours per day, 7 days per week to respond to emergency needs, answer questions and provide support for victims of crime, sexual assault and domestic violence. Anyone can call the hotline to seek help for themselves or others, including witnesses and their families or friends, law enforcement, hospitals, social workers and mental health professionals. The Center for Victims also works with organizations and professionals to provide preemptive services such as conflict resolution mediation and training.

Crisis Center North

(412) 364-5556
(866) 782-0911
crisiscenternorth.org

Provides services to victims of domestic violence who live in the northern and western communities of Allegheny County. Victims of domestic violence, their children and significant others are eligible for this service.

Services include a 24-hour hotline, individual and group counseling, prevention education programs, employee/job training, support groups, case management, emergency financial and housing assistance, referrals, speakers bureau, and legal and medical advocacy.

988 Suicide and Crisis Lifeline

Call "988"
988lifeline.org

This free, confidential 24-hour hotline is available to anyone in suicide crisis or emotional distress. Calls are routed to the crisis center nearest you.

Pittsburgh Action Against Rape (PAAR)

(866) 363-7273
paar.net

PAAR is dedicated to helping end sexual violence. If you've recently been the victim of sexual assault, know someone who has, or are an adult survivor, PAAR can help with crisis intervention, education, counseling and advocacy. Their experienced, trained counselors are just a phone call away. Call the 24-hour hotline, above. All services are free and completely confidential.

resolve Crisis Network

333 N. Braddock Ave.
Point Breeze, PA 15208
(888) 796-8226
upmc.com/Services/behavioral-health/resolve-crisis-services

The resolve Crisis Network is a comprehensive behavioral health crisis response service in Allegheny County. All county residents are eligible to receive services through re:solve 24 hours a day, 365 days a year, regardless of whether or not they are receiving mental health services or have health insurance.

If you or someone you love is having a mental health emergency, call the above number. You will be offered crisis counseling and support over the phone by a trained counselor, information about how to get services you might need, and a mobile crisis intervention team will be sent to you, if necessary. To access services, you can also walk into the resolve offices in Point Breeze (see address, above).

Women's Center and Shelter of Greater Pittsburgh

(412) 687-8005
wcspittsburgh.org

Provides a 24-hour crisis hotline, temporary shelter, ongoing individual counseling and support groups, advocacy and support services for women victims of domestic violence and their children.

Dental Needs

Accessible Dental Services

(724) 775-0448
accessibledental.org

This team of dentists, anesthesiologists and nurses provide specialized dental care and are sensitive to the needs of patients with intellectual and developmental disabilities. Call to schedule an appointment at one of their local offices in Mt. Pleasant, Murrysville, or Rochester.

Dental Lifeline Network

(724) 568-4343
Dentallifeline.org

Donated Dental Services (DDS) is the Pennsylvania state program for the Dental Lifeline Network. DDS provides free, comprehensive dental treatment (excluding emergency services) to the country's most vulnerable people with disabilities or who are elderly or medically fragile. Applicants must lack adequate income to pay for dental care and have a permanent disability, or be age 65 or older, or qualify as medically fragile.

Dental Society of Western Pennsylvania

(412) 321-5810
dswp.org

Founded to encourage the improvement of public health and advocate for the dental profession. Provides referrals to dentists who are qualified to treat patients with special needs.

Reduced Fee Dental Clinics

The following dental clinics offer services at a reduced cost. Call the numbers listed to make an appointment; walk-ins are generally not accepted. Some clinics may have waiting lists.

Alma Illery Medical Center
(412) 244-4760

Catholic Charities
(412) 456-6910

East Liberty Family Health Care Center Dental Department
(412) 361-8284

Hill House Health Center
(412) 261-0937

North Side Christian Health Center
(412) 321-4001

Squirrel Hill Health Center
(412) 697-7997

Sto-Rox Neighborhood Health Center
(412) 771-6462

University of Pittsburgh School of Dental Medicine
(412) 648-8616

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Center for Hearing and Deaf Services (HDS)

Voice/TTY (412) 281-1375
hdscenter.org

Provides a diverse, affordable program of diagnostic, rehabilitative and supportive services to individuals who are deaf or hearing impaired—such as audiological screenings, hearing aid fittings and assistive devices. Donations of used hearing aids are accepted for those who cannot afford the cost of a new one.

Hearing Loss Association of America

hlap.news@gmail.com
hlaa-pa.org

This consumer and volunteer nonprofit organization provides hearing loss education, support and advocacy, and publishes a newsletter.

Starkey Cares

(866) 354-3254
starkeyhearingfoundation.org

Provides hearing aids to deaf and hard-of-hearing persons with limited financial resources. Starkey Cares receives no government funding and is supported through private contributions. For this reason, all other options for hearing assistance service must be exhausted before a Starkey Cares benefit is approved.

PA Office of the Deaf and Hard of Hearing (ODHH)

Voice/TTY (800) 233-3008
dli.pa.gov/odhh

Provides information, referral and advocacy to adults and children who are deaf, hard of hearing or deaf-blind, as well as their employees, relatives, friends, caregivers, physicians and lawyers.

Hamilton Relay Services

Dial 711
(800) 654-5988
hamiltonrelay.com/state-services.html

Hamilton Relay provides traditional relay services for Pennsylvania including TTY, Voice Carry Over (VCO), Hearing Carry Over (HCO), Speech-to-Speech (STS), Spanish-to-Spanish and CapTel®.

Pittsburgh Association of the Deaf (PAD)

(412) 246-8040
pghdeafclub.org

PAD maintains a club for the social enjoyment of its members. The activities they sponsor include bingo nights, a poker league, holiday parties, senior socials, fundraisers and athletic events.

Community Living and Support Services (CLASS)

(412) 683-7100 ext. 2179
TTY 711
classcommunity.org

The State Free Special Phone Program through CLASS provides specialized equipment free of charge to eligible people who are deaf, hard of hearing or have low vision. The State iCanConnect program provides free advanced communication equipment to people who are deaf/blind.

Get Clarity During Every Phone Conversation

It's the perfect time to strengthen your connections—whether you're calling a loved one, a neighbor, or a local business. Individuals with hearing loss can experience clarity and confidence on every call with assistance from Pennsylvania Captioned Telephone Relay Service (CTRS). Using a Captioned Telephone (CapTel®), users can speak directly to the other party and listen while reading captions of what's said to them during the phone conversation.

Connect with Confidence

Visit pactrs.com or call 888-269-7477 to learn more.

Pennsylvania
Captioned Telephone Relay Service (CTRS)

PAPUC

Pennsylvania CTRS is a program of the Pennsylvania Public Utility Commission. Pennsylvania CTRS Service is powered through Hamilton Relay.

CapTel is a registered trademark of Ultratec, Inc.

Carnegie Library for the Blind and Physically Handicapped

4724 Baum Blvd.
Pittsburgh, PA 15213
(412) 687-2440
mylamp.org

The Library of Accessible Media for Pennsylvanians offers people who cannot access the printed word a way to restore their love of reading by shipping for free materials in accessible formats like braille, audio, described movies and large print directly to patrons across Pennsylvania. In addition to physical content, LAMP also provides digital access to downloadable audio or braille to hundreds of thousands of titles.

Choice Magazine Listening (CML)

(888) 724-6423
choicemagazinelistening.org

A free audio anthology for blind, visually impaired or physically handicapped or dyslexic subscribers. It offers contemporary magazine writing to adults who are unable to read standard print. The special digital talking-book player is provided free of charge by the Library of Congress through its Talking Book program. It can also be downloaded on the computer.

EyeCare America

(800) 222-3937
aao.org

The Seniors EyeCare Program helps to ensure that all eligible seniors ages 65 and older have access to medical eye care. Eligible seniors who have not seen an ophthalmologist in three or more years may be able to receive a referral for a glaucoma medical program and/or eye exam at no out-of-pocket cost for up to one year.

Guiding Eyes for the Blind

(800) 942-0149
guidingeyes.org

Provides trained guide dogs for the blind or visually impaired throughout the US at no charge. Assistive technology training is offered in conjunction with guide dog training.

OneSight

(888) 935-4589
onesight.org

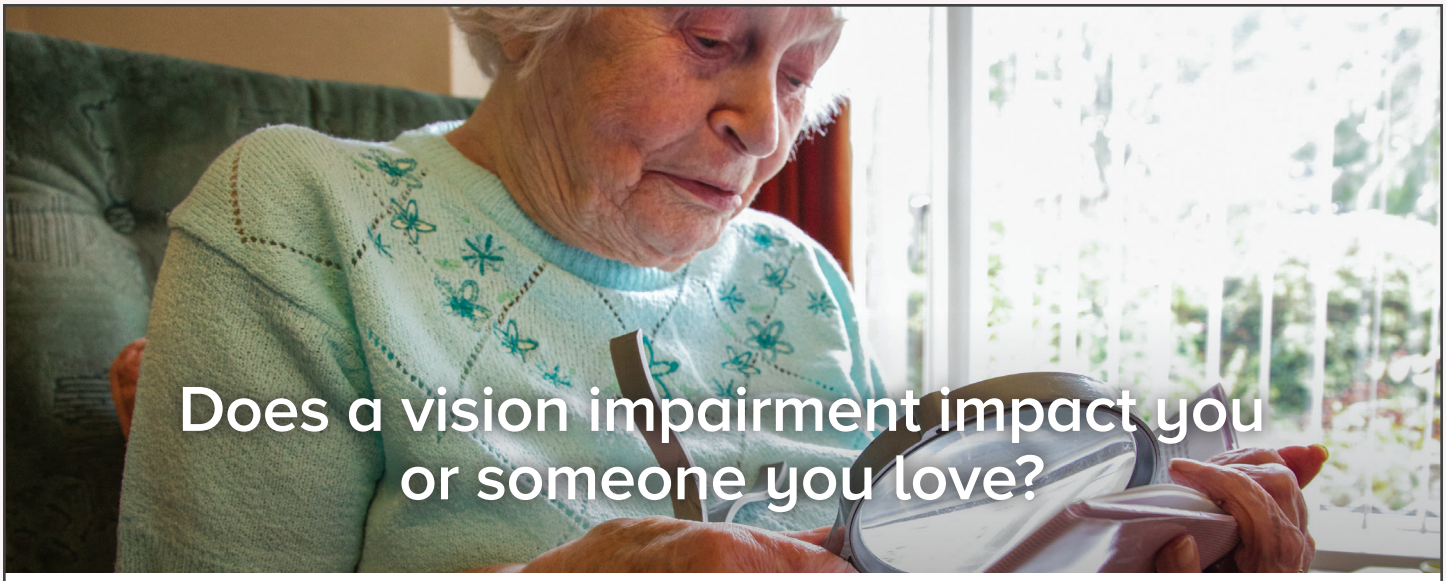
A family of charitable programs that provide free vision care and eye wear to underprivileged individuals. Potential recipients in need of free eye care can inquire at local LensCrafters, Pearle Vision or Target Optical stores. All patients are preselected by local charities based on visual and financial need.

Office of Vocational Rehabilitation (OVR)

Bureau of Blindness and Visual Services

(412) 565-5240 or (866) 412-4072
dli.pa.gov

Assists Pennsylvanians who are blind or visually impaired to gain the skills necessary to live and work independently in their communities. Independent Living for the Older Blind (ILOB) is also an OVR program that serves individuals ages 55 and older who are legally blind. No financial needs test is required but visual eligibility must be documented.



Blind & Vision Rehabilitation Services of Pittsburgh Can Help.

To learn more about our services and start your journey to independence, Call us today at **412-368-4400** or visit ***bvrspittsburgh.org***

Blind & Vision Rehabilitation Services of Pittsburgh

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Macular Degeneration Evaluation & Treatment
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Fox Chapel Plaza • 412.782.0400
SCOTTANDCHRISTIE.COM

Tips for Your Hospital Stay

Has your doctor said that you need a medical test that must be done in the hospital? Do you need surgery? Most people worry when they have to stay overnight in the hospital. Learning more about what to expect and about people who work in hospitals can help.

What to Bring

It's best to bring as little as you can to the hospital. You will need:

- Bathrobe and slippers; most hospitals provide special hospital bed clothes.
- Comfortable clothes to wear home.
- Toothbrush, toothpaste, shampoo, comb and brush, deodorant and razor.
- Your hearing aids or eye glasses.
- Cash (no more than $10) to buy newspapers or magazines.

Be sure to bring your health insurance card and this updated information:

- Past illnesses and surgeries.
- Your medicines, including prescription and over-the-counter drugs.
- Your allergies.
- Names and telephone numbers to contact in an emergency.

Admission

Once your hospital stay is planned, many hospitals will have a staff member call to ask pre-admissions questions over the phone. Then when you go to the hospital, many of the forms are already filled in. Your first stop at the hospital is the admitting office. You will sign forms that:

- give the hospital details about yourself, your doctor and your insurance.
- explain your surgery, test or procedure.
- give your okay for the medical staff to treat you.

You will be asked about advance directives. If you don't have health insurance, talk with the admissions staff about other payment methods and sources of financial aid. A hospital bracelet will be put on your wrist. Look at the bracelet to make sure your information is correct.

Hospital Staff

While you are in the hospital, many people will take care of you.

- Doctors are in charge of your overall care. The doctor in charge may be your primary doctor, a specialist on the hospital staff or a hospitalist who is trained to take care of you while you are in the hospital.
- Many kinds of nurses can take care of you. RNs can give medicines, licensed practical nurses can help feed you and nurse's aides can help with personal care.
- Respiratory therapists prevent and treat breathing problems. They teach exercises that help avoid lung infections after surgery.
- Technicians can take blood or perform tests such as X-rays.
- Physical therapists show you how to build muscle, increase flexibility and improve coordination.
- Occupational therapists work with you to restore, maintain or improve the ability to perform everyday tasks like cooking, eating, bathing or dressing.
- Dietitians can plan menus and teach you how to have well-balanced meals at home.
- Clinical pharmacists may be consulted about the medicines you take.
- Social workers assist you and your family. They can help find home care, rehabilitation, social services, long-term care and support groups.

Safety Tips

Because you may feel weak or tired, follow these safety tips.

- If you are told to stay in bed, use the call button when you need help.
- Use the controls to lower your bed before getting in or out.
- Sit on the edge of the bed for a minute before standing up.
- Watch out for the wires and tubes that may be around your bed.
- Try to keep the things you need within reach.
- Only take medicines given to you by nurses. Don't take medicine you brought from home without your doctor's permission.
- Hold onto grab bars for support when using the bathtub, shower or toilet.

For Families and Caregivers

A hospital stay can be very hard for older people. Often the strange routine and lack of sleep can cause confusion. Family and caregivers may be the first to notice these changes. Families should talk to a doctor if they see any confusion. During your hospital stay, you may have questions about what's happening. You may want to ask your doctor or nurse:

- What will this test tell you? Why is it needed and when will you know the results?
- What treatment is needed and how long will it last?
- What are the benefits and risks of treatment?
- When can I go home?
- When I go home, will I have to change my regular activities or my diet?
- How often will I need checkups?
- Is any other follow-up needed?
- Who should I call if I have questions?

Dissatisfied with the Quality of Your Healthcare?

If you are denied admission to a hospital, are asked to leave a hospital before you feel well enough or are dissatisfied with the quality of the medical care you received from a medical provider, call Livanta at (866) 815-5440.

Going Home

When you are ready to go home, you'll get discharge plans from the medical team and a release form from the hospital business office. Sometimes people go from the hospital to a rehabilitation center before going home. The social worker can help you go home or arrange admission to a rehab center.

Source: National Institute on Aging

Hospitals

Hospitals are no longer just places for those who are ill. Most hospitals have made it part of their mission to provide individuals with necessary information and tools to remain healthy, prevent illness and . . . well, stay out of the hospital. Taking more of a holistic approach, today's hospitals help us maintain good health not just physically but emotionally and psychologically. From classes on heart-healthy diets and diabetes to smoking cessation and grief management, they offer something for everyone. Many host support groups for those surviving cancer or dealing with debilitating diseases, to name a few. Particularly for older adults, many hospitals offer senior referral services and volunteer opportunities. To learn more about what your local hospital offers, call its main information line or visit their website.

AHN Brentwood Neighborhood Hospital

3290 Saw Mill Run Blvd
Brentwood, PA 15227
(412) 437-2600
ahnneighborhood.org

AHN Harmar Neighborhood Hospital

2501 Freeport Rd
Pittsburgh, PA 15238
(412) 550-5550
ahnneighborhood.org

AHN McCandless Neighborhood Hospital

8950 Duncan Ave
Pittsburgh, PA 15237
(878) 999-9035
ahnneighborhood.org

AHN Wexford Neighborhood Hospital

12351 Perry Hwy.
Wexford, PA 15090
724-939-3673
ahnneighborhood.org

Allegheny General Hospital

320 E. North Ave.
Pittsburgh, PA 15212
(North Side)
(412) 359-3131
ahn.org

Allegheny Valley Hospital

1301 Carlisle St.
Natrona Heights, PA 15065
(724) 224-5100
ahn.org

Encompass Health Rehabilitation Hospital of Harmarville

320 Guys Run Rd.
Pittsburgh, PA 15238
(412) 828-1300
encompasshealth.com

Encompass Health Rehabilitiation Sewickley

351 Camp Meeting Rd.
Sewickley, PA 15143
(412) 741-9500
encompasshealth.com

Forbes Hospital

2570 Haymaker Rd.
Monroeville, PA 15146
(412) 858-2000
ahn.org

Heritage Valley Kennedy

25 Heckel Rd.
Kennedy Twp., PA 15136
(412) 777-6161
heritagevalley.org

Heritage Valley Sewickley

701 Broad St.
Sewickley, PA 15143
(412) 741-6600
heritagevalley.org

Jefferson Hospital

565 Coal Valley Rd.
Pittsburgh, PA 15025
(Jefferson Hills)
(412) 469-5000
ahn.org

PAM Health Specialty Hospital of PA

Long-Term Acute Care Specialty Hospital
7777 Steubenville Pike
Oakdale, PA 15071
(412) 494-5500
pamhealth.com

St. Clair Hospital

1000 Bower Hill Rd.
Pittsburgh, PA 15243
(Mt. Lebanon)
(412) 942-4000
stclair.org

UPMC Children's Hospital of Pittsburgh

4401 Penn Ave.
Pittsburgh, PA 15224
(412) 692-5325
chp.edu

UPMC East

2775 Mosside Blvd.
Monroeville, PA 15146
(412) 357-3000
upmc.com

UPMC Magee-Womens Hospital

300 Halket St.
Pittsburgh, PA 15213
(Oakland)
(412) 641-1000
upmc.com

UPMC McKeesport

1500 Fifth Ave.
McKeesport, PA 15132
(412) 664-2000
upmc.com

UPMC Mercy

1400 Locust St.
Pittsburgh, PA 15219
(412) 232-8111
upmc.com

UPMC Montefiore

3459 Fifth Ave.
Pittsburgh, PA 15213
(412) 647-2345
upmc.com

UPMC Passavant

9100 Babcock Blvd.
Pittsburgh, PA 15237
(McCandless)
(412) 367-6700
upmc.com

UPMC Presbyterian

200 Lothrop St.
Pittsburgh, PA 15213
(Oakland)
(412) 647-2345
upmc.com

UPMC Shadyside

5230 Centre Ave.
Pittsburgh, PA 15232
(412) 623-2121
upmc.com

UPMC St. Margaret

815 Freeport Rd.
Pittsburgh, PA 15215
(Aspinwall)
(412) 784-4000
upmc.com

UPMC Western Psychiatric Hospital

3811 O'Hara St.
Pittsburgh, PA 15213
(Oakland)
(412) 624-2100
upmc.com

VA Pittsburgh Healthcare System

1010 Delafield Rd.
Pittsburgh, PA 15215
(Aspinwall)
(412) 822-2222
va.gov

VA Pittsburgh Healthcare System

University Drive
Pittsburgh, PA 15240
(Oakland)
(412) 822-2222
va.gov

West Penn Hospital

4800 Friendship Ave.
Pittsburgh, PA 15224
(Bloomfield)
(412) 578-5000
ahn.org

Community Support Programs/Resources

The following few pages list a wide variety of community support programs that assist older adults in various ways with remaining in their own homes.

ACTION-Housing

611 William Penn Pl., Suite 800
Pittsburgh, PA 15219
(412) 281-2102
actionhousing.org

Works to provide decent, affordable housing, essential supportive services, asset building programs, and educational and employment opportunities for those most in need of housing services.

AgeWell Pittsburgh

5743 Bartlett St.
Pittsburgh, PA 15217
(412) 422-0400
Agewellpgh.org

A collaboration between the Jewish Association on Aging, Jewish Community Center and Jewish Family and Community Services, AgeWell Pittsburgh is a one-stop resource that links older adults, their family members, friends and caregivers to solutions for aging-related issues. Whether you have specific questions or just don't know where to turn, AgeWell Pittsburgh can help you identify needs and provide answers and support. They connect callers to services that help seniors remain safe, healthy and independent. Services are provided without regard to race, color, religion, ancestry, national origin, place of birth, sex, sexual orientation, familial status, age, handicap or disability.

Aging with Pets

Animal Friends and Humane Animal Rescue
socialwork.pitt.edu/sites/default/files/aging_with_a_pet_guide_finfal_8.13.20.pdf

The University of Pittsburgh School of Social Work offer information geared toward older adults who have pets. Follow the link above for detailed resources on pet food access, low-cost veterinarian services, pet loss and bereavement support groups, pet-friendly senior housing, a durable pet care power of attorney form, and pet-friendly shelter services for pets of domestic violence.

Allegheny County 9-1-1 Mobile Training Unit

Allegheny County Depart of Emergency Services
(412) 473-1411

The Allegheny County 9-1-1 Mobile Training Unit is a van equipped to travel to schools, community events or other venues to provide a hands-on interactive training program for all age groups concerning when to dial 9-1-1, and how to report criminal activity and/or emergency situations.To schedule the 9-1-1 Mobile Training Unit, call the Allegheny County Department of Emergency Services 9-1-1 at the number above.

Allegheny Valley Association of Churches

1913 Freeport Rd.
Natrona Heights, PA 15065
(724) 226-0606
avaoc.org

This association's Emergency Assistance program provides short-term emergency assistance to families and individuals in need in the Allegheny Valley area. They help with emergency housing, rent and utility payment assistance, emergency food, clothing and shoe vouchers, gasoline vouchers, bus passes, prescriptions, referrals and more.

Animal Friends for Veterans

562 Camp Horne Rd.
Pittsburgh, PA 15237
(412) 847-7000
thinkingoutsidethecage.org

Animal Friends serves the nearly 200,000 military veterans in the Pittsburgh region by offering comprehensive adoption and resource support programs for veterans and their pets. Services include pet matchmaking, spay/neuter packages, pet food assistance, veterinary resources, behavior help and more.

Bethlehem Haven

Fifth Avenue Commons
905 Watson St.
Pittsburgh, PA 15219
(412) 391-1348
bethlehemhaven.org

Provides a number of services to local residents, including emergency shelter, transitional housing, permanent supportive housing, medical and dental, obstetrics, mental health services, a health and wellness center and employment services.

Blessing Board

North Showroom:

880 Butler St., Suite 1A
Pittsburgh, PA 15223

South Showroom:

1200 Lebanon Rd.
West Mifflin, PA 15122
(412) 607-0202
Blessingboard.org

This Christian-based nonprofit provides donated and gently used furniture, household furnishings, and durable medical equipment to those in need at no cost. Families in financial need can make an appointment to attend a Day of Blessing, where they receive furniture for their homes, along with a Gospel message and lots of love. Donations are accepted at their Shaler and West Mifflin locations. To volunteer, email volunteer@theblessingboard.org.

Community Living and Support Services (CLASS)

1400 S. Braddock Ave.
Pittsburgh, PA 15218
(412) 683-7100 ext. 2245
classcommunity.org

CLASS offers a unique blend of services aimed toward adults with disabilities in order to assist them in playing an active role in their communities, including attendant care, information and referral, community skill building, residential support and vocational services, assistive technologies and collaborations with community partners who offer social and recreational support. These services are extremely flexible so that they can be individualized based on the needs of each person.

East End Cooperative Ministry

6140 Station St.
Pittsburgh, PA 15206
(412) 361-5549
eecm.org

Interfaith ministry dedicated to helping at-risk seniors, children, the hungry, the homeless and others in need throughout Pittsburgh's East End. Services include a food pantry for emergency groceries, non-medical respite care, housing programs and youth programs.

Fisher House Foundation

(888) 294-8560
fisherhouse.org

Fisher House builds comfortable homes where military and veteran families can stay free of charge while a loved one is in the hospital. Its Hero Miles program uses donated frequent flyer miles to bring family members to the bedside of injured service members; and the Hotels for Heroes program uses donated hotel points to allow family members to stay at hotels near medical centers without charge.

Focus on Renewal (FOR)

701 Chartiers Ave.
McKees Rocks, PA 15136
(412) 331-1685
forstorox.org

FOR's community center has been serving the Stowe Township and surrounding communities for 55 years. Programs include free weekday lunches and an emergency food pantry, weekly bingo, clothing distribution, assistance applying for PACE, ACCESS, energy/medical assistance and rent/property rebates, and free legal aid. The building is wheelchair accessible. Volunteer opportunities are available to help maintain FOR's websites, organize food drives and collect items for the agency's wish list.

Giving It Forward, Together (GIFT)

5513 Beacon St.
Pittsburgh PA 15217
(412) 401-5914
giftpgh.org

Giving It Forward, Together (GIFT) brings nonprofit volunteer opportunities to seniors and provides an environment where older adults are understood, seen and remembered. GIFT uses intergenerational engagement between older adults and students to address ageism and nurture future empathetic leaders and community members. Their programs include weekly telephone reassurance calls, holiday kits for homebound seniors, cooking camps and baking days between youths and seniors, and partnering older adults with high school seniors who can assist them with projects.

GROW Living Stones

PO Box 13077
Pittsburgh, PA 15243
Growlivingstsones.com

For 12 years, GROW Living Stones has been encouraging relationships with neighbors by helping those in need through meal ministry and other services. Its core team of volunteers serves monthly meals to neighbors who are struggling, as well as providing them with fellowship, encouragement, and prayer. Activities take place at three locations in the South Hills: Baldwin UP Church, North Way Christian Community Church, and Fairhaven United Methodist Church. Donations and volunteers to serve meals are both welcomed.

In Service of Seniors: North

North Hills Community Outreach

(412) 487-6316, option 3
nhco.org

The In Service of Seniors program matches caring volunteers with seniors age 60 and older to help them remain safe and independent in their own homes. Volunteers help with transportation to medical appointments, grocery shopping, home safety checks, light chores, yard work and friendly phone calls and visits. Services are provided free of charge and there are no income eligibility requirements.

In Service of Seniors: Pittsburgh

Wesley Family Services

221 Penn Ave.
Wilkinsburg, PA 15221
(412) 345-7420
wfspa.org/service/isos-oyhs/

In Service of Seniors: Pittsburgh provides volunteer-based assistance to Allegheny County residents age 60 and older to help residents stay living safely and independently in their homes. Caring, trained volunteers provide the following services free of charge: friendly visits, transportation to grocery stores, medical appointments and errands; assistance reading mail; and home safety checks. Staff members also provide information and referral services to connect callers with appropriate community resources.

Jubilee Association

2005 Wyandotte St.
Pittsburgh, PA 15219
(412) 261-5417
jubileesoupkitchen.org

Provides a comprehensive program of social services that address the needs of homeless and disadvantaged people in the Pittsburgh area. Services include a soup kitchen, health clinic, job center, jail ministry, food bank and utility assistance.

Monroeville Mall Ministry

231 Mall Circle Dr.
Monroeville, PA 15146
(412) 372-3725

A booth on the upper level of Monroeville Mall provides an interfaith presence in the mall. Booth volunteers help shoppers find housing and locate food pantries, to name a few sources of help. Volunteers are welcome.

Mrs. Claus Club North Hills

PO Box 621
Allison Park, PA 15101
(412) 992-7339
MrsClausClub.org
MrsClausClubNorth@gmail.com

This local nonprofit brings gifts to men and women who've been diagnosed with cancer. The club gives comfort baskets filled with personal care items to about 100 people each year in the Pittsburgh community. With the delivery of each basket comes a personal visit by a club member or volunteer. At its annual fundraiser in November, attendees can request a comfort basket for a friend, co-worker or family member. All money raised goes to the basket recipients. The club is always in search of knitters and crochets to help with prayer shawls.

Network of Hope

2326 Duncan Ave.
Allison Park, PA 15101
(412) 258-6253
networkofhope.org

Food Bank servicing 30 zip codes distributes the first and third Tuesday monthly. Support programs include Alcohol and Chemical Addiction, Anger Management, Parents of addicts, Co-Dependency, Widow (female) support, Grief, Sexual Addiction (male), Foster Parents, Autism, Veterans, Financial Peace University, Healing Life's Hurts for Men, Healing Life's Hurts for Women, Job and DivorceCare support. Volunteer opportunities available. Email noh@networkofhope.org with inquiries. Network of Hope has locations in Ambridge, Butler, Deer Lakes and Hampton.

North Hills Community Outreach (NHCO)

1975 Ferguson Rd.
Allison Park, PA 15101
(412) 487-6316 Option 1
nhco.org

Satellite locations:

Millvale (412) 487-6316 Option 2
North Boroughs Avalon (412) 487-6316 Option 3

NHCO provides the following services: food pantries, utilities/emergency assistance, employment help, family development program, disaster relief, transportation assistance, Free Rides for Seniors, volunteer caregiving services for seniors, and seasonal sharing projects such as back-to-school supplies and winter coats.

Operation Safety Net

Pittsburgh Mercy Health System

903 Watson St.
Pittsburgh, PA 15219
(412) 232-5739
pittsburghmercy.org

Part of the Pittsburgh Mercy Health System and Catholic Health East, and sponsored by the Sisters of Mercy, this program touches the lives of hundreds of men and women living on the streets in Pittsburgh annually by providing them with the following services:

- Street Outreach (a mobile medical unit)
- Wellspring Drop-In Center (a daytime drop-in center)
- A Winter Shelter
- Housing and care management services
- Physical health services
- Legal assistance
- Referrals to other Pittsburgh Mercy services
- Referrals to other community resources

PA 2-1-1 Southwest

c/o United Way of Allegheny County
P.O. Box 735
Pittsburgh, PA 15230
Dial 2-1-1
(888) 553-5778
Dial 7-1-1 for hearing impaired
PA211sw.org

Similar to 9-1-1, 2-1-1 is an easy-to-remember phone number that quickly and effectively connects people in need with resources for everything from substance abuse treatment to care for a child or an aging parent. By simply dialing 2-1-1, trained Resource Navigators can assess your needs then match you to the best and closest resources in your community. The 2-1-1 database contains information on more than 6,000 health and human service agencies in Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Mercer, Washington and Westmoreland counties.

PROJECT LIFESAVER

Allegheny County District Attorney's Office

436 Grant St.
Pittsburgh, PA 15219
(412) 350-3138
alleghenycountyda.us

PROJECT LIFESAVER is a program offered by law enforcement and other emergency responders, using proven radio technology and specially trained search and rescue teams, to find citizens enrolled in the program when they become lost. Allegheny District Attorney Stephen A. Zappala, Jr. sponsors the program free to Allegheny County residents. Persons enrolled in the program wear a small transmitter, about the size of a wristwatch, which emits a unique tracking signal. If a person goes missing, search teams use their signal receiving equipment to track and locate the missing person.

Any Allegheny County resident who is a caregiver can enroll on behalf of a person* with Alzheimer's or other form of dementia as well as veterans suffering from post-tramatic stress disorder who have a tendency to wander, run or escape from their residences. All participants must receive uninterrupted supervised care from a caregiver or caregivers, 24 hours per day.

**Persons residing in group homes or operate motor vehicles are not permitted to be enrolled.*

Salvation Army Western Pennsylvania Division

PO Box 742
700 N. Bell Ave.
Carnegie, PA 15106
(412) 446-1500
salvationarmy-wpa.org

Services include emergency shelter and disaster assistance, social services support, drug and alcohol treatment.

Society of St. Vincent de Paul

1501 Reedsdale St., Suite 3003
Pittsburgh, PA 15233
(412) 321-1071
svdppitt.org

Offers many community services for those less fortunate—including food, clothing and furniture, help applying for energy assistance and an indigent burial program. The society also provides financial resources (based on availability) through its conferences and groups of volunteers.

South Hills Interfaith Movement

5301 Park Ave.
Bethel Park, PA 15102
(412) 854-9120
shimcares.org

SHIM services include three food pantries, emergency food, clothing, and utility assistance and referrals to other agency programs. Visit the website or call for further information.

unionaidsociety.org

Union Aid Society

601 Thorn St.
Sewickley, PA 15143
(412) 741-9240
unionaidsociety.org

Union Aid Society provides many valuable services to residents of Quaker Valley School District, including emergency funding for rent, medical bills, food and utilities. The agency also owns and subsidizes apartments in the community for low-income seniors.

Ursuline Support Services

2717 Murray Ave.
Pittsburgh, PA 15217
(412) 224-4700
ursulinesupportservices.org

Provides needed community services for neighbors in need, such as protective services, guardianship services, money management, a shopping service for homebound neighbors and representative payee.

Vibrant Pittsburgh

213 Smithfield St. Suite 219
Pittsburgh, PA 15222
(412) 281-8600
vibrantpittsburgh.org

Vibrant Pittsburgh is a central resource of information and services for multi-cultural populations relocating to the Pittsburgh region. The center, with its multi-lingual staff and dynamic group of volunteers provide interpretation, translation, one-on-one referrals and other services free of charge in a comfortable, welcoming environment. Whether the issue is employment, housing, immigration or translations, a telephone call or visit will begin the process for receiving the necessary help.

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Allegheny County Department of Human Services

Allegheny County Department of Human Services
810 River Ave., Second Floor, Suite 220
Pittsburgh, PA 15212
(412) 350-2436
Email: DHS-LGBTQ@AlleghenyCounty.US
alleghenycounty.us/services/LGBTQ

The Department of Human Services offers a variety of resources to the LGBTQ+ (lesbian, gay, bisexual, transgender or queer/questioning) community in order to assist them with getting information that they may need in terms of civil rights, health and behavioral health, immigration and much more. The "Allegheny County LGBTQ Resource Guide" is a valuable compilation of local resources and service providers that are reported to be welcoming to LGBTQ+ individuals. For older adults, the guide includes information on Services and Advocacy for LGBTQ+ Elders (SAGE)—the country's largest organization dedicated to improving the lives of LGBTQ+ older adults—and the National Resource Center on LGBTQ+ Aging—a technical assistance resource center aimed at improving the quality of services and supports offered LGBTQ+ aging individuals.

Persad Center/Persad OWLS...Older, Wiser, Leaders

5301 Butler St.
Pittsburgh, PA 15201
(412) 441-9786 or (888) 873-7723
persadcenter.org

Persad is a community based, mental health and substance abuse outpatient counseling center that works to improve the lives and well-being of the LGBTQ+ community and people living with HIV/AIDS. Persad provides specialized services for the elder community in person and virtually including social events, counseling, advocacy and training programs that specifically address the needs of this population. Founded in 1972, Persad is the 2nd oldest LGBTQ+ mental health organization in the U.S. They are proud to be the sponsor for Persad OWLS (formerly WPA SAGE at Persad Center). Persad OWLS is a program for LGBTQ+ adults ages 50+.

Pittsburgh Equality Center (PEC)

5401 Centre Ave., Room 103 (by appointment only)
Pittsburgh, PA 15232
(412) 422-0114
pghequalitycenter.org
facebook.com/glccpgh

The Pittsburgh Equality Center (PEC) provides LGBTQ+ (lesbian, gay, bisexual, transgender or queer/questioning) individuals, their families and supporters in western Pennsylvania with resources and opportunities to promote visibility, understanding and equality within the LGBTQ+ communities and the community at large. The center works toward these goals through education, social support, networking and advocacy.

The Pittsburgh Equality Center offers various events, resources and ongoing activities that support the LGBTQ+ community, including the following:

Events: OUTrageous Bingo, Lavender Book Club, Potlucks, and more.

Phoneline: Call (412) 422-0114 for information, referral, and support.

For more information, email Jeff at jeff@pghequalitycenter.org.

Notes:

United States Department of Veterans Affairs

(800) 827-1000
va.gov

United States military veterans are entitled to various county, state and federal benefits such as:

- healthcare services, including hospital and nursing home care
- trauma and alcohol counseling
- medical evaluations
- disability benefits
- education and training benefits
- vocational rehabilitation and employment
- home loans
- burial benefits
- dependents and survivors benefits
- life insurance

The administration and variety of benefits varies from the county to state to federal level. Many benefits are time-sensitive. For more information on the veterans benefits listed above, contact the following offices:

Allegheny County Veteran Services

Soldiers and Sailors Hall
4141 Fifth Ave., Third Floor
Pittsburgh, PA 15213
(412) 621-4357
county.allegheny.pa.us/veterans

Federal Veteran's Affairs

Pittsburgh Regional Office
1000 Liberty Ave., #1700
Pittsburgh, PA 15222
(800) 827-1000
va.gov

State Military and Veterans Affairs

Deputy Adjutant General's Office
1000 Liberty Ave. #1612
Pittsburgh, PA 15222
(412) 395-6225
dmva.pa.gov

Healthcare for Homeless Vets

(877) 424-3838
va.gov/HOMELESS/index.asp

Keystone Paralyzed Veterans of America

1113 Main St.
Pittsburgh, PA 15215
(412) 781-2474
(800) 775-9323
kpva.org

As one of just 33 chapters of the Paralyzed Veterans of America, the Keystone Chapter's own members—paralyzed veterans all—monitor the healthcare of their fellow veterans at VA hospitals and other facilities, and work, locally and nationally, to improve that care. The Keystone Paralyzed Veterans also provides support for a wide variety of recreational activities—outdoors and indoors—that help paralyzed veterans maintain and build their health. And through its programs for hospitalized veterans, provides personal necessities that vets don't otherwise receive. Keystone Paralyzed Veterans is both a charitable organization and a veterans' service organization. Membership is at no charge to paralyzed veterans.

Southwestern Veterans' Center

7060 Highland Dr.
Pittsburgh, PA 15206
(412) 665-6706
swvc.pa.gov

The Southwestern Veterans' Center provides a broad spectrum of healthcare and related services to Pennsylvania veterans and spouses who are disabled, chronically ill or in need of specialized care. The facility includes a chapel, pharmacy, canteen, barber and beautician services, dining rooms, library and a multi-purpose room for large gatherings.

VA Pension

Aid and Attendance and Housebound Benefits Program for Veterans

Federal Building
1000 Liberty Ave., Room 415
Pittsburgh, PA 15222
(800) 827-1000
Va.gov
benefits.va.gov/pension

Veterans and survivors who are eligible for a VA pension and require the aid and attendance of another person, or are housebound, may be eligible for additional monetary payment. These benefits are paid in addition to monthly pension, and they are not paid without eligibility to Pension. Since Aid and Attendance and Housebound allowances increase the pension amount, people who are not eligible for a basic pension due to excessive income may be eligible for pension at these increased rates. A veteran or surviving spouse may not receive Aid and Attendance benefits and Housebound benefits at the same time. To apply, write to the VA regional office where you filed a claim for pension benefits (or any VA regional office). Include copies of any evidence, preferably a report from an attending physician validating the need for Aid and Attendance or Housebound type care.

If you wish to file for non-service connected pension or widow's pension, contact one of the following organizations for more information or help with filling out forms:

- American Legion (412) 395-6231
- Disabled American Veterans (412) 395-6241
- Military Order of the Purple Heart (412) 395-6252
- Paralyzed Veterans of America (412) 395-6255
- Veterans of Foreign Wars (412) 395-6259

Veteran's Breakfast Club

(412) 623-9029
veteransbreakfastclub.org

The VBC works to build a nation that understands and values the experiences of our military veterans. They hold breakfast meetings in-person and virtually.

Advantage Credit Counseling Service

River Park Commons
2403 Sidney St., Suite 225
Pittsburgh, PA 15203
(800) 599-6497
advantageccs.org

Advantage CCS educates and assists consumers with free credit counseling and debt consolidation. The agency also provides confidential budget counseling and debt management programs that allow consumers to repay credit card debt in affordable monthly payments that may include reduced interest rates, waived late and over-limit fees, and peace of mind that your finances are under control.

Allegheny County Economic Development

Allegheny Home Improvement Loan Program (AHILP)

(412) 350-6337
alleghenycounty.us/ahilp

AHILP, which is sponsored by the Redevelopment Authority of Allegheny County, provides a very affordable way for eligible low to moderate income homeowners to complete home improvements and repairs to their homes. The home must be the homeowner's primary residence, deeded in the name of the homeowner, and a residential, single family dwelling located in Allegheny County*. AHILP offers mortgage-secured loans at 0% interest to address emergency/priority repairs such as roof replacement or sewage line repairs. AHILP also offers mortgage-secured loans at 1% interest to undertake general improvements. Both types of loans have low monthly payments (payments are based on the loan amount).

**Contact us for current income guidelines and to confirm if your home is located in an eligible area of Allegheny County.*

Allegheny County Voucher Program

301 Chartiers Ave.
McKees Rocks, PA 15136
(412) 355-8940
achsng.com

The Housing Choice Voucher Program (HCVP) is a rental assistance program (also known as Section 8) in which residents rent directly from private landlords and their rental payments are subsidized. A Housing Choice Voucher is issued by the Housing Authority to an individual, couple or family who are then able to rent any private market housing that meets the program's criteria. The renter pays approximately 30 percent of their income to the landlord and the Housing Authority pays the balance up to a predetermined limit. The property owner must agree to rent under the program and the number of landlords who participate in the program is limited. Eligibility requirements apply. To learn more, visit the website.

Benefits Data Trust

(800) 528-9594
bdtrust.org

The Benefits Center helps Allegheny County seniors apply for SNAP (food stamps), Property Tax/Rent Rebate, PACE/PACENET and Medicare Extra Help prescription assistance. Their representatives take the time to inform and support individuals through a simplified application process. Call the above number anytime between 9 a.m. and 5 p.m. Monday through Friday.

Medical Bureau of Pittsburgh

4227 Steubenville Pike
Pittsburgh, PA 15205
(412) 539-0990
medicalbureau.org

This agency lends qualified applicants monies in the form of no-interest payment plans to obtain needed medical services, including dental, optometry, plastic surgery and podiatry. The treating provider must be a member of the Medical Bureau of Pittsburgh.

Pennsylvania Assistive Technology Foundation (PATF)

(888) 744-1938
patf.us

This statewide nonprofit organization provides education and financing opportunities for people with disabilities and older Pennsylvanians, helping them to acquire the assistive technology devices and services that improve the quality of their lives.

PATF offers:

- Information and assistance about assistive technology, funding resources, and vendors
- 0% and low-interest loans
- Financial education

PATF programs are available to Pennsylvanians of:

- All ages
- All income levels
- All disabilities and health conditions

Pennsylvania Health Law Project

(800) 274-3258
phlp.org

Pennsylvania hospitals are required by law to provide care for people who can't fully pay their medical bills. They are required because most hospitals receive funds—called "charity care" funds—that are to be used to help such patients. Call if you have trouble qualifying for health insurance or free or low-cost care from your hospital.

Pennsylvania Housing Finance Agency

Action Housing

(412) 429-2842
(800) 822-1174
phfa.org

Homeowners' Emergency Mortgage Assistance Program (HEMAP): This loan program is designed to protect Pennsylvanians who, through no fault of their own, are financially unable to make their mortgage payments and are in danger of losing their homes to foreclosure. By giving assurance of steady mortgage payments, it allows homeowners to seek alternate employment, job training, and/or education when they need it most. When approved for HEMAP assistance, a loan is created (secured by a mortgage on the property being threatened by foreclosure) to bring the delinquent payments current. Two types of assistance are available to the homeowner depending on their income and financial situation: continuing mortgage assistance loans and non–continuing mortgage assistance loans. HEMAP funds are not a grant; they are a loan and must be repaid.

All HEMAP loans, continuing or non–continuing, are limited to a maximum of 24/36 months from the date of the mortgage delinquency, or to a maximum of $60,000, whichever comes first. HEMAP loan recipients are required to pay up to 40 percent of their net monthly income, as determined by HEMAP, towards their total housing expense. The minimum monthly payment/contribution to HEMAP, set by law, is $25 per month per mortgage assisted.

HEELP loans offers loans between $1,000 and $10,000 for specific energy efficiency repairs at a fixed rate of one percent for 10 years with no prepayment penalties. The specific uses for HEELP funds are: Air sealing, insulation and ductwork; Energy efficient windows and doors; Energy efficient heating or cooling system repairs or replacements; and Roof repairs or replacements. Income limits apply to HEELP loans.

Real Estate Foreclosure Assistance

If you are a homeowner in danger of foreclosure or the loss of your property, there are a number of ways to avoid it. You could be eligible for counseling assistance at little or no cost. Agencies that can help you:

ACTION-Housing

(412) 281-2102

Advantage Credit Counseling Service

(888) 511-2227

Allegheny County Sheriff's Office Save Your Home Program

(866) 298-8020

Blue Prints

(724) 852-2893

Pennsylvania Housing Finance Agency

(412) 429-2842

Urban League of Greater Pittsburgh

(412) 227-4161

Reverse Mortgages

A reverse mortgage enables older homeowners to convert part of the equity in their homes into tax-free income without having to sell the home, give up their title or take on a new monthly mortgage payment. The reverse mortgage is aptly named because the payment stream is "reversed." Instead of making monthly payments to a lender, a lender makes payments for you. A reverse mortgage can be paid to you all at once in a single lump sum of cash, as a regular monthly loan advance, or at times and in amounts that you choose. The amount of cash you can get depends in part on the specific reverse mortgage plan you select. You pay the money back plus interest when you sell your home, permanently move from your home or are deceased.

Who's Eligible

Borrowers must be age 62 or older and must occupy the home as a principal residence.

How They Work

Because you make no monthly payments, the amount you owe grows larger over time. As your debt grows larger, the amount of cash (or equity) remaining after selling and paying off the loan generally grows smaller. You are still responsible for property taxes, insurance and repairs.

What You Pay

The lowest cost reverse mortgages are offered by state and local governments; they generally have low or no loan fees, and the interest rates are typically moderate. Private sector reverse mortgages are very expensive and include a variety of costs. Reverse mortgages are most expensive in the early years of the loan and become less costly over time.

Tax and Estate Considerations

It's important to be aware that reverse mortgages may have tax consequences, affect eligibility for assistance under federal and state programs, and have an impact on the estate and heirs of the homeowner.

Source: aarp.org.

Additional resources:

PA Department of Banking and Securities Consumer Service

(800) 722-2657; dobs.pa.gov

PA Office of Attorney General

(800) 441-2555; attorneygeneral.gov

US Department of Housing and Urban Development (HUD)

(800) 569-4287; usa.gov

Social Security Administration

Office of Public Inquiries

Windsor Park Building
1100 West High Rise
6401 Security Blvd.
Baltimore, MD 21235
(800) 772-1213
TTY (800) 325-0778
ssa.gov

On the Social Security Administration's website, you can determine if you qualify for benefits, apply for benefits (retirement and disability) and estimate your future benefits. You can also get help with a particular situation such as a death in the family, and receive information for widows, widowers and other survivors on how to report a death. Social Security's toll-free number operates from 7 a.m. to 7 p.m. Monday through Friday.

If you have a touch-tone phone, recorded information and services are available 24 hours a day, including weekends and holidays, seven days a week. For those who are deaf or hard of hearing, call the TTY number above between 7 a.m. and 7 p.m. Monday through Friday. Have your Social Security number handy when calling.

Social Security offices in Allegheny County

The phone number for all the offices is (800) 772-1213 or TTY (800) 325-0778.

- 707 Fifth Ave., New Kensington, PA 15068
- 700 Grant St., Rm. 1204 Pittsburgh, PA 15219 (Downtown)
- 6117 Station St., Pittsburgh, PA 15206 (East Liberty)
- 540 Fifth Ave., McKeesport, PA 15132
- 400 Oxford Dr., Monroeville, PA 15146
- 650 Washington Rd., Suite 120, Pittsburgh, PA 15228 (Mt. Lebanon)

Supplemental Security Income (SSI)

(800) 772-1213
TTY (800) 325-0778
ssa.gov

SSI is a federal program that provides monthly cash payments to people who have a limited income and resources if they are age 65 or older, or if they are blind or have another disability.

Being eligible for SSI means:

- you receive a monthly benefit.
- your Medicare premiums are paid in full.
- Medicaid and Food Stamp benefits may be available.

Urban Redevelopment Authority of Pittsburgh

412 Boulevard of the Allies, Suite 901
Pittsburgh, PA 15219
(412) 255-6600
ura.org

The URA helps City of Pittsburgh residents buy a home or improve their existing home through a wide array of mortgage and home improvement products that vary in features and eligibility, such as, no equity home repair term loans with rates as low as zero percent, loans with no income limits, grants for down payment and closing costs assistance, and emergency repair programs for low-income homeowners. Special zero-percent deferred mortgages are also available to buyers of URA-sponsored, newly constructed and renovated single-family homes.

Home Buyer Loans

Pittsburgh Home Ownership Program (PHOP): This program is temporarily closed. To learn more about this program, call Sharon Taylor at (412) 255-6677.

Second Mortgage Financing: Interest free, deferred second mortgage financing is available to help purchase a newly constructed or rehabilitated single family home through the Neighborhood Housing Program and the Housing Recovery Program-Developer. Available only for the purchase of a URA-sponsored, single-family home. Contact Alicia Majors at (412) 255-6698.

Home Improvement Loans

Pittsburgh Home Rehabilitation Program (PHRP) and and PHRP PLUS for Energy Efficiency: PHRP provides a zero-percent, fixed interest rate for up to 20 years for home improvements. With PHRP Plus, you also receive an Energy Efficiency Loan Program with a grant of up to $2,500.

Home Emergency Loan Program (HELP): Interest-free loans for low-income homeowners to make emergency repairs to correct immediate health and safety hazards. Call Jarmele Fairclaugh at (412) 255-6573.

Home Accessibility Program for Independence (HAPI): Funding available to low-income homeowners or landlords with low-income tenants to assist in making the home accessible to people with disabilities.

Pittsburgh Party Wall Program (PPWP): Grant funding to low-income homeowners or landlords with low-income tenants to reconstruct exposed party walls of residential row houses.

Residential Facade Improvement Grant Program (RFIP): This is an up-to-$5,000 matching grant for eligible owners to fix up the facade of their residential properties in the following neighborhoods: Arlington, Central Northside, Garfield, Manchester, Polish Hill and Upper Hill District.

Veterans

Veterans and survivors who are eligible for VA Pension and require the aid and attendance of another person, or are housebound, may be eligible for additional monetary payment. See page 61 for more information.

Viatical Settlements

Pennsylvania Insurance Department

(877) 881-6388 (automated Consumer Line)
Insurance.pa.gov

A Viatical settlement (also called "life settlements") is the sale of a life insurance policy to a third party for a cash payment that is less than the full amount of the death benefit. The life insurance policyholder essentially assigns the ownership of the policy to a "viatical settlement provider" in exchange for a percentage of the policy's face value.

Entering into a viatical settlement contract is a decision that should be made only after a thorough consideration of your unique financial needs and personal situation. Consult with your professional financial advisor, tax advisor and insurance agent to determine your options and whether a viatical settlement is right for you.

To learn more, call the Pennsylvania Insurance Department at the above consumer hotline or contact the Harrisburg Regional Office at (717) 787-2317. Direct your questions about investments in viatical settlements to the Pennsylvania Securities Commission at (800) 600-0007.

Notes:_____

Volunteer Bill Paying/Representative Payee

Ursuline Support Services

2717 Murray Ave.
Pittsburgh, PA 15217
(412) 224-4700
ursulinesupportservices.org

Ursuline's Checks & Balance Program (Volunteer Bill Paying/Representative Payee), supported by the Allegheny County Department of Human Services Area Agency on Aging, assists low-income older adults who have difficulty with their financial affairs. The program matches trained volunteers with individuals who need help budgeting, balancing their checkbook and paying bills on time. The program also lends guidance to seniors on credit card debt, bankruptcy issues, rescue loans, reverse mortgages, energy assistance programs and other benefit programs that may provide a different level of financial security.

As of 2014, the Checks & Balance Program now offers Representative Payee support for appropriate referrals who are agreeable to utilizing Ursuline in this capacity. With the assignment of Ursuline as the Rep Payee by the Social Security Administration, Ursuline can offer the same support as it does for its bill-paying clients but with the additional control and protection that comes with having an assigned rep payee.

In some cases the program's director receives referrals from consumers and caregivers about other assistance regarding financial matters, including complex financial situations that seniors cannot manage on their own. A program representative meets with these consumers one-on-one to assess their individual needs. If ever an individual's needs exceed the Checks & Balance Program's offerings, the consumer is guided to the appropriate agencies in Allegheny County that offer different types of assistance.

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OnYourBehalf
by Ursuline Support Services

OnYourBehalf offers a continuum of support services in order to advocate, guide and protect you as you navigate life's transitions.

Our Services
- *Power of Attorney and Guardianship*
- *Financial Support Services*
- *Family Guardian Support*

For more information on any of our services, please contact us at:

OnYourBehalf
by Ursuline Support Services
2717 Murray Avenue | Pittsburgh, PA 15217
412-224-4700

www.UrsulineOnYourBehalf.org

Food Assistance

412 Food Rescue

6140 Station St.
Pittsburgh, PA 15206
General Inquiries: (412) 407-5287
Food Donation: (412) 277-3831
412foodrescue.org

412 Food Rescue responds to the disconnect between the 40 percent of food that goes to waste by working with a network of retail grocery chains, wholesalers, restaurants and more to redirect their surplus food to people who need it. Food is distributed via a mobile app and 12,000 volunteer drivers who transport food from the donor to 1,000+ nonprofit partners. Since launching in 2015, 412 Food Rescue has kept 20 million pounds of food from going to waste and has distributed 18 million meals to neighbors in need. Partner organizations include public housing communities, family centers, daycares and more. In 2020, a pilot for home delivery was launched to deliver directly to peoples' homes.

Commodity Supplemental Food Program (CSFP)

Greater Pittsburgh Community Food Bank

(412) 460-3663 ext. 720
pittsburghfoodbank.org/csfp

The CSFP, more commonly known as the "Senior Box Program," serves seniors 60 years of age or older and whose income is below 130% of the Federal Poverty Line. Registered seniors are eligible to receive monthly boxes of food which include bottles of 100% juice, canned fruits and vegetables, canned meats and stews, milk, cereal, peanut butter and more. Each box also comes with two pounds of fresh American cheese.

Call the number above to find out if you are eligible for the program.

Drive Up Distributions

(412) 460-3663 ext.655
pittsburghfoodbank.org/gethelp

Drive-up distributions ensure individuals are maintaining social distancing while providing at least 50 pounds of food to families in their cars. All food is pre-packed and typically includes a mix of shelf-stable, fresh and/or frozen food. Find a distribution and register at the website listed above.

Greater Pittsburgh Community Food Bank

(412) 460-3663
pittsburghfoodbank.org

Greater Pittsburgh Community Food Bank is a nonprofit organization that distributes food for nearly 45 million meals annually across 11 counties in southwestern Pennsylvania through a network of more than 850 agencies, partners and programs. The Food Bank was founded in 1980 and is a member of Feeding America, the leading domestic hunger-relief charity in the U.S. For more information on hunger in our region or how to get involved, visit the website listed above.

Home-Delivered Meals Program

Allegheny County Area Agency on Aging

alleghenycounty.us/services/seniors
(412) 350-5460

Home-delivered meals are provided across Allegheny County through funding from the Department of Human Services Area Agency on Aging (DHS/AAA). Through this program, approximately 450,000 meals per year are served to eligible, homebound older adults ages 60 or older on a short or long-term basis. A modest donation is requested by each agency. Eligible participants receive one complete meal, which meets one-third of an older adult's nutritional needs. One agency, Mollie's Meals, provides kosher meals.

Hunger Services

Urban League of Greater Pittsburgh

332 Fifth Ave. Fourth Floor
Pittsburgh, PA 15222
(412) 325-0749
ulpgh.org

Hunger Services offers an Emergency Food Assistance Program (EFA), as well as outreach. Food pantries provide canned and packaged food to people to tide them over during hard times. Each pantry has its own rules about eligibility. To find a pantry near you, call the above number.

JFCS Squirrel Hill Food Pantry

828 Hazelwood Ave.
Pittsburgh, PA 15217
(412) 421-2708
jfcspgh.org/services/squirrel-hill-food-pantry

JFCS Squirrel Hill Food pantry offers nutritious, fresh food on a scheduled basis for those who meet income requirements in the 15217 zip code, as well as providing kosher food for those who keep kosher homes outside of 15217. Additional supportive services, such as counseling and employment assistance, are available to help regain and maintain self-sufficiency.

Jubilee Soup Kitchen

2005 Wyandotte St.
Pittsburgh, PA 15219
(412) 261-5417
jubileekitchen.org

The public is welcome as a guest for a hot, nutritious meal at this soup kitchen, which is open every day of the year, including holidays. Coffee and doughnuts are served from 9:30 to 10:30 a.m. and lunch is served between 11 a.m. and 1 p.m. Food is also available for guests to take with them.

Light of Life Rescue Mission

234 Voeghtly St.
Pittsburgh, PA 15212
(412) 258-6100
lightoflife.org

Light of Life's Ministries provide assistance for the poor, homeless and addicted seeking help for immediate needs. Light of Life offers food and shelter, as well as opportunities for case management, long-term care and connections to other service providers.

Meals on Wheels

North Boroughs/Sewickley: (412) 766-7763
McKnight: (412) 487-4088
North Country (Gibsonia): (724) 935-1877
West Hills: (412) 262-5973
mealsonwheelssouthwestpa.com

If you have a loved one, friend or neighbor who is in need of regular, nutritious meals, please contact a local Meals on Wheels program.

Rainbow Kitchen Community Services

135 E. Ninth Ave.
Homestead, PA 15120
(412) 464-1892
rainbowkitchen.org

Provides supplemental groceries through monthly food pantry distribution, hot breakfasts Mondays through Fridays from 9:30 to 10:30 a.m., short-term and extended case management services, holiday meals and a variety of supportive services. Call for eligibility guidelines.

Senior Community Center Meals

Allegheny County Department of Human Services
Area Agency on Aging

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
SeniorLine (412) 350-5460; TDD/TTY (412) 350-2727
alleghenycounty.us/services/seniors

Balanced meals are served every Monday through Friday at senior community centers located throughout Allegheny County. The menus are designed to provide varied and satisfying fare for seniors. Meals are planned with input from older adults and meet one-third of a senior's daily nutritional requirements. For a listing of senior community centers, see pages 140-141.

Senior Farmers Market Nutrition Program (SFMNP)

Allegheny County Department of Human Services
Area Agency on Aging

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
SeniorLine (412) 350-5460

alleghenycounty.us/services/seniors

The Senior Farmers Market Nutrition Program provides eligible low-income seniors with $50 toward fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from approved farmers in Pennsylvania. The program is first-come, first-served and checks are distributed beginning in June until they are gone or the end of September, whichever comes first. Eligible seniors not physically able to pick up checks may designate a proxy to pick up and redeem the checks.

Contact your local senior center or the Area Agency on Aging SeniorLine at (412) 350-5460 or (800) 344-4319 for more information. See pages 140-141.

You may also visit the Department of Agriculture website for additional information: agriculture.pa.gov/Food/food_assistance/

Supplemental Nutrition Assistance Program (SNAP)

(412) 460-3663 ext.655
pittsburghfoodbank.org

SNAP (formerly known as Food Stamps) helps low-income individuals and families to buy the food they need for good health. Benefits are provided on an electronic card that is used like an ATM card and accepted at most grocery stores.

How to Apply

If you reside in Allegheny County:

- Just Harvest: (412) 431-8960, ext. 602
- Hunger Services Network: (866) 395-3663 or (412) 325-0749
- Greater Pittsburgh Community Food Bank (833) 822-7627

You may also contact the Department of Human Services at (412) 565-2146 or (800) 692-7462 or TTD (800) 451-5886; or fill out an application online at compass.state.pa.us.

The following persons may apply:

- The head of the household.
- The spouse of the head of household.
- Any other responsible household member.
- A designated authorized representative (a friend, relative, neighbor or anyone the applicant trusts to go food shopping).

SNAP Program Income Guidelines:*

Household Size	Maximum Gross Monthly Income
1	$2,430
2	$3,288
3	$4,144
Each Additional Member	+ $858

** Income guidelines are effective as of October 1, 2023. If a member of your household is 60 years old or older, or has a disability, you may receive a higher SNAP allowance. The best way to determine if and how much your household will qualify for SNAP is to apply.*

Assistive Technology

Augmentative Communication Consultants (ACCI)

(412) 264-6121
(800) 982-2248
acciinc.com

ACCI represents more than a dozen manufacturers of augmentative communication and other assitive technologies, offering demonstrations, products, workshops and consultation. Also offers iPad based SGD.

Disabled Dealer

disableddealer.com

Through regional print publications, individuals and businesses can sell their new and used accessible vans, scooters, wheelchairs and more.

Guiding Eyes for the Blind

(800) 942-0149
guidingeyes.org

Provides trained guide dogs for the blind or visually impaired throughout the US at no charge. Assistive technology training is offered in conjunction with guide dog training.

Paws With A Cause (PAWS)

(616) 877-7297
pawswithacause.org

PAWS trains assistance dogs nationally for people with disabilities and provides lifetime team support which encourages independence.

Pennsylvania Assistive Technology Lending Library

(412) 683-7100 ext. 2179
TTY 711
classcommunity.org

This "try before you buy" program offers loaners of assistive technology devices for approximately five weeks to Pennsylvania residents with disabilities.

The Center for Assistive Technology

(412) 647-1310
TDD (412) 647-1325
upmc.com/Services/rehab/rehab-institute/services/cat

A joint program of UPMC and University of Pittsburgh, the Center for Assistive Technology assists individuals with disabilities who need assistive devices for mobility, hearing, speech and other essential everyday needs.

Equipment Lending/Donations

Brother's Brother Foundation (BBF)

(412) 321-3160
brothersbrother.org

BBF gathers surplus products from pharmaceutical companies, hospitals and medical organizations and sends these items directly to the places where they are needed. By collaborating with international and domestic partner organizations and individuals on the ground, BBF is able to ensure that these donations reach the hands of the people who truly need them.

Community Living and Support Services (CLASS)

Lending Programs

(412) 683-7100 ext. 2179
TTY 711
classcommunity.org

Good Use Program

CLASS operates the Good Use Program to repurpose gently used durable medical equipment. We accept manual wheelchairs, rollators, bath benches, commode chairs and other durable medical equipment on a limited basis. Any resident in need of a device can contact CLASS to see what equipment is available to be redistributed free of charge.

Equipment Demonstrations

CLASS is the location for the TechOwl PA Demonstration Center where people can come and try out a variety of assistive technology devices.

Global Links

(412) 361-3424
globallinks.org

Donations of no-longer needed equipment are accepted. To learn more about donating products or volunteering to sort and pack medical supplies, visit the above website.

Hiland Presbyterian Church

(412) 364-9000
hilandchurch.org

Hiland Presbyterian Church has an equipment lending program for durable medical equipment. Anyone may borrow the church's items (available for pickup only) which include wheelchairs, walkers, bedside commodes, shower and tub benches. A release form must be signed before borrowing the used equipment. Equipment donations are accepted.

Penn Hills Service Association

(412) 798-9499

Penn Hills residents can borrow wheelchairs, walkers, commode chairs, tub benches, crutches, canes and beds (including electric hospital beds). There are no time limits for borrowing.

Southminster Presbyterian Church

(412) 343-8900

Anyone may borrow wheelchairs, bedside commodes, shower and tub chairs, walkers, crutches and canes. There are no time limits. Equipment is available by pick up only. Donations of similar, non-electric equipment or money are accepted.

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Make Your Home Safe

Getting older brings with it various lifestyle changes. Our sight, hearing, muscle and bone strength, coordination and reflexes aren't what they once were. Any of these things can make a fall more likely, so we need to take extra care. Here are some things you can do to make your home safer to prevent falls.

In Stairways and Hallways:

- ✔ Make sure there is good lighting with light switches at the top and bottom of the stairs.
- ✔ Keep areas where you walk tidy.
- ✔ Have handrails on both sides of all stairs and be sure they're tightly fastened. If you must carry something while on the steps, hold it in one hand and use the handrail with the other.

In Bathrooms:

- ✔ Mount grab bars near toilets and on the inside and outside of your tub and shower.
- ✔ Place non-skid mats or carpet on all surfaces that may get wet.
- ✔ Keep night lights on.

In the Bedroom:

- ✔ Put night lights and light switches close to your bed.
- ✔ Keep the telephone near your bed.

Throughout your Home:

- ✔ Arrange your furniture and other objects so they are not in your way when you walk.
- ✔ Make sure your sofas and chairs are a good height for you to get into and out of easily.
- ✔ Keep electric cords and telephone wires near walls and away from walking paths.
- ✔ Tack down all carpets and area rugs firmly to the floor.
- ✔ Don't let your home get too hot or cold. Keep cool in the summer with an electric fan; in the winter, keep the night-time temperature at 65 degrees or warmer.
- ✔ Wear rubber-soled, low-heeled shoes that support your feet instead of only wearing socks or shoes with smooth soles.
- ✔ Stay away from freshly washed floors. Don't stand on a chair or table to reach something high; use a "reach stick"— a special grabbing tool that can be purchased at most hardware stores.
- ✔ Consider using a home monitoring system, in which you wear a button on a chain around your neck. If you need emergency help, just push the button to alert emergency staff to come to your home.

Home Safety Tips

Furnaces:

Your furnace should be checked regularly by a professional. The flame should burn a bright, steady blue and should never come outside of the furnace. If you hear or smell natural gas leaking from your furnace lines, evacuate the house immediately and use a phone outside the house to call 911.

Fireplaces:

Fireplace chimneys regularly build up creosote that can ignite. Chimneys need to be cleaned out frequently and inspected for cracks and obstructions. Use a fireplace screen that is both big enough to cover the entire opening of the fireplace to catch flying sparks and heavy enough to stop rolling logs.

Wood Stoves:

Inspect and clean your stovepipe and chimney on a regular basis and check monthly for damage or obstructions. Be sure to keep combustible objects away from the stove. Be sure to check with your local fire department and check local codes before having your stove installed.

Space Heaters:

Only use heaters with the Underwriters Laboratories (UL) safety listing. The heater should be placed on the floor, away from combustible materials, and out of high-traffic areas. Never put anything on top of your space heater. Use only crystal clear K-1 kerosene in your kerosene heater.

Carbon Monoxide:

Along with fire, another potential danger of home heating is carbon monoxide poisoning. If you have any appliances or equipment that burn fuel such as propane or natural gas, fuel oil, kerosene, wood, coal or pellets. Install a carbon monoxide detector.

Smoke Detectors:

Install a smoke alarm outside each sleeping area and on each additional level of your home. Use the test button to check each smoke alarm once a month. Replace all batteries at least once a year.

Fire Extinguishers:

Consider having one or more working fire extinguishers in your home. Use the gauge or test button to check proper pressure. If the unit is low on pressure, damaged, or corroded, have it professionally serviced.

Allegheny County Economic Development

Allegheny Home Improvement Loan Program (AHILP)

(412) 350-6337
alleghenycounty.us/ahilp

AHILP, which is sponsored by the Redevelopment Authority of Allegheny County, provides a very affordable way for eligible low to moderate income homeowners to complete home improvements and repairs to their homes. The home must be the homeowner's primary residence, deeded in the name of the homeowner, and a residential, single family dwelling located in Allegheny County*. AHILP offers mortgage-secured loans at 0% interest to address emergency/priority repairs such as roof replacement or sewage line repairs. AHILP also offers mortgage-secured loans at 1% interest to undertake general improvements. Both types of loans have low monthly payments (payments are based on the loan amount).

*Contact us for current income guidelines and to confirm if your home is located in an eligible area of Allegheny County.

Allegheny County Sheriff's Office

Kevin M. Krus, Sheriff

(412) 350-3200
sheriffalleghenycounty.com

The Allegheny County Sheriff's Office presents public programs on crime prevention to people of all ages. The Crime Prevention program helps seniors to lessen their chances of becoming a victim of a crime. Topics include being alert when out and about, home safety and security, auto theft and carjack prevention, identity theft and avoiding con artists, among others. This course can be adapted to fit the needs of any senior group. To schedule this program, call the above number or sign up directly online.

Carrier Alert

Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor, Pittsburgh, PA 15203
(412) 350-5460 or (800) 344-4319
alleghenycounty.us/services/seniors

A free program of the US Postal Service, Carrier Alert is a lifeline for those living alone. It was developed especially for older adults, the homebound and the disabled to help them reach vital services in case of an accident or sudden illness. In Allegheny County, the Area Agency on Aging (AAA) notifies the local post office of customers who wish to participate in the program. In performing daily rounds, the customer's letter carrier will alert the agency to an accumulation of mail that might signify reason for concern. DHS/AAA then follows up.

CheckMates Program

AgeWell Pittsburgh/Jewish Community Center of Greater Pittsburgh

(412) 697-3528
agewellpgh.org

CheckMates is a telephone reassurance program in which older adult volunteers make weekly telephone calls to seniors in Alleghney County who may be homebound, isolated and lonely, and may respond to a friendly telephone call. The phone calls create a social connection between the volunteers and homebound seniors and, over time, friendships develop. To refer a loved one to receive calls, or to learn more about being a volunteer, call the above number. All information is kept confidential.

Construction Junction

214 North Lexington St.
Pittsburgh, PA 15208
(412) 243-5025
Cjreuse.org

Construction Junction's mission is to support and promote conservation through the reuse of building materials. Its 30,000-square-foot retail store in Pittsburgh's East End accepts donations of used and surplus building materials then resells them to the public at a fraction of the cost of new materials. Available items include kitchen cabinets, doors, bathroom fixtures, lumber, windows, hardware and much more. Visit the above website to view an extensive inventory of materials, see "inspiring reuse" ideas and learn how you can donate materials. Open seven days every week.

Habitat for Humanity of Greater Pittsburgh

Services: Homeownership and Home Repair Programs

6435 Frankstown Ave.
Ste. 100
Pittsburgh, PA 15206
(412) 450-8520
habitatpittsburgh.org

Habitat Pittsburgh provides decent, affordable homeownership and home repair services for low- to moderate-income families in Allegheny County. Our Home Repair Program offers existing homeowners a variety of affordable services to alleviate serious health and safety concerns. Repair opportunities include interior and exterior work such as flooring, roofing, siding, and accessibility improvements. Habitat Pittsburgh also facilitates roof repair/replacement, installation of energy-efficient windows and doors, energy-efficient heating/cooling system repairs/replacements, air sealing, insulation and duct work.

ReStore (Habitat's retail store):

7402 Church St.
Swissvale, PA 15218
(412) 244-7100
pittsburghrestore.org

Operated by and supporting Habitat Pittsburgh, the ReStore is located in the Swissvale Shopping Center and offers discounted new and used home goods, furniture, construction supplies, and more to the public. You can donate qualifying items to support Habitat Pittsburgh's vital Programs and keep reusable items out of landfills, it's a win-win. Visit our website to learn more, setup a free donation pickup, and see our impact. Interested in volunteering? The ReStore is a great way to get involved with Habitat Pittsburgh.

Hosanna Industries

109 Rinard Ln.
Rochester, PA 15074
(724) 770-0262
hosannaindustries.org

This nonprofit organization uplifts communities by providing home construction and general repair services as a means to alleviate poverty among very low-income households and keep their homes habitable and handicapped assessable. (HUD income guidelines vary by county). Hosanna constructs new homes in one week's time (called "blitz builds") for qualifying families. Financial verification and a photocopy of one's deed must accompany the application. Personal donations and volunteers are welcome.

Lifeline Telephone Assistance Program

Pennsylvania Public Utility Commission (PUC)

Bureau of Consumer Services
(800) 692-7380
puc.pa.gov

Provides eligible low-income consumers with a discount on monthly telephone and Internet services from a landline or wireless provider. The discount is $9.25 per household/per month. This benefit is obtained through telephone and Internet service providers who are also Lifeline Program providers. To learn if your current provider participates in this program, or to locate a Lifeline Program provider in your area, visit lifelinesupport.org or call the PUC at the above phone number.

Personal Response Systems

Personal response systems allow a person—with the touch of a button—to reach someone at a response center 24 hours a day, seven days a week. For seniors and people with disabilities, these systems can give you or a loved one peace of mind. The senior or disabled individual can often continue with daily activities and remain independent.

Note: Local telephone service providers may also be of assistance in arranging personal response systems. Many hospitals offer PERS service, as well.

Pittsburgh Community Services, Inc. (PCSI)

Housing Services

249 N. Craig St.
Pittsburgh, PA 15213
(412) 904-4711
pghcsi.org

PCSI provides fire extinguishers and smoke alarms to qualifying individuals. They are also working to create significant, long-term solutions to housing issues in Pittsburgh.

Rebuilding Together Pittsburgh

7800 Susquehanna St.
Pittsburgh, PA 15208
(412) 247-2700
rtpittsburgh.org

Works in partnership with the community to provide free home repairs, renovations and modifications for low-income senior homeowners in Allegheny County so they can live safely and independently in their homes. Homeowners must be financially or physically unable to do the repairs.

Recycling Program

Allegheny County Health Department (ACHD)

3901 Penn Ave., Building 5
Pittsburgh, PA 15224
(412) 578-8390
achd.net/recycling

The Allegheny County Health Department has a comprehensive resource directory titled "Recycle Together in Allegheny County" for recycling all types of products locally. The directory lists recyclables by material type—everything from appliances, batteries and cell phones and paper to printer cartridges, glass, tires and yard debris. It also gives tips on pollution prevention inside and outside the home.

Of the 130 municipalities in Allegheny County, 80 of them have a curbside collection program and 19 have a drop-off program. Most residential municipal recycling programs collect aluminum and steel cans, #1 and #2 plastics, clear and colored glass, and newsprint. For information on recycling unusual items not listed in the directory (such as used motor oil), call ACHD or the Pennsylvania Department of Environmental Protection (DEP) recycling hotline at (800) 346-4242. The Pennsylvania Resources Council hosts a one-day household chemical waste collection during the spring and fall. Call for fees. For a schedule, visit prc.org.

Safety for Seniors

Wesley Family Services

221 Penn Ave.
Wilkinsburg, PA 15221
(412) 345-7420
wfspa.org/service/isos-oyhs/

Through a combination of prevention education, home safety assessments and safety modifications, Safety for Seniors provides peace of mind to adults ages 60 and older, helping to keep them safe and independent in their own homes. Program staff are available to speak to senior groups about home safety; call to schedule a presentation.

The program's three tiers of service:

- Free home safety checks to identify and mitigate fire and fall hazards
- Installation of smoke alarms, grab bars and handrails
- Distribution of household safety supplies

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Snow Angels and City Cuts

City of Pittsburgh residents only
CitiParks
Call 311

Snow Angels pairs older adults and those with disabilities with nearby volunteers to help them shovel and salt their sidewalks and property in the winter. Serves adults ages 60 and older and those with a physical disability who live within the City of Pittsburgh limits. To qualify, you must lack financial and other resources and be a resident of the City of Pittburgh. Learn more at pittsburghpa.gov/snowangels/. To volunteer, email snowangels@pittsburghpa.gov or call (412) 255-0846.

The City Cuts lawn cutting program serves adults ages 60 and older, military veterans, and those with disabilities who do not have the means to cut their own grass. To learn more, email gisele.betances@pittsburghpa.gov or visit pittsburghpa.gov/citycuts/.

Tele-CareGivers

Concordia Visiting Nurses

(724) 202-7617
concordiavn.org

This is a free service that makes daily phone calls to home-bound individuals to ensure that they are able to answer their phone. Volunteers are always welcome.

Weatherization Assistance Program

ACTION-Housing

611 William Penn Place, Suite 800, Pittsburgh, PA 15219
(412) 281-2102
actionhousing.org

ACTION-Housing administers a Weatherization Assistance program for low-income households. The purpose of the free program is to help residents lower their fuel bills by lowering their fuel consumption. Verification of ownership or authorization from a landlord is required prior to the free energy audit and furnace/hot water tank safety inspections. Income guidelines apply. Most recent gas and electric bills are required.

Depending on the results of the computerized audit, the following may be provided through the program:

- Replace cracked or broken glass in windows
- Weather strip around windows and doors
- Reglaze windows
- Replace and install threshold and door sweeps
- Wrap hot water tank/any exposed water pipes
- Insulate attic area

Weatherization Income Limits

Household	Limit
1	$29,160
2	$39,440
3	$49,720
Each additional person	$10,280

Note: There may be a waiting list for this program. Income limits may change in 2024.

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Are you ready for an emergency? (and why you should be!)

Editor's note: *Please be sure to save the information in this article. It's designed to help you take the first steps in readying for an emergency. By developing a personal emergency plan and storing supplies in your home, you will be better prepared to withstand an emergency if and when it occurs.*

Emergencies and disasters come in many types and sizes: heat waves and snow storms, fires and floods, power outages and hazardous material spills. You can often get through an emergency just by staying inside and being careful. At other times, emergencies can be such a serious threat to your health and safety that you may have to leave your home for a time. Most of us can get through a thunderstorm without incident but what if it causes a power outage that lasts for a few days?

Because emergencies often happen with little or no warning, you may have little or no time to prepare. For this reason, the trick is to take some simple steps ahead of time so that you will be ready when one happens. Your local police and other emergency personnel may not be able to respond to you right away if you need help when a general or widespread emergency, such as a flood or snowstorm, happens in your community. In these cases, having a plan can help you get through an emergency on your own until help arrives.

Remember to be a good neighbor and friend in an emergency. If you know others who may need help, especially those who live alone, they may really appreciate hearing from you and knowing that someone is thinking about them.

Individual Emergency Plans

Your individual emergency plan should be designed to meet your personal situation and needs in an emergency. The following information should help you create an effective emergency plan.

Who you will call. Begin your plan by thinking about which family members, friends, neighbors or other people you would call for help in a serious emergency. Ask if you would be able to call on them in an emergency. Once you have identified your emergency contacts, do this:

- Make a list of their names, addresses and phone numbers on small index cards that you can keep in your home and purse/wallet.
- Give copies to the people on your list so that they can communicate with each other.
- Make sure to add your name, address and phone number to the list so that the other people on it can call you.

Your list of people should include:

- The family member or other person who you feel you can most depend on. This should be the first person you call in an emergency. If you must leave your home, this should be the first person that you call to say where you will be and how you can be reached.
- Emergency services in your community, such as the police, fire and ambulance or emergency medical staff.
- Your personal physician. (Make sure that your physician knows about all of the medications that you take.)
- Your Area Agency on Aging care manager or DHS/AAA senior center.
- Nearby family members, friends and others who may be able to help you, especially those who have a car and could come to your home or take you somewhere.
- Someone you know well who lives outside the Pittsburgh area and may be easier to contact if local phone lines are jammed.

How you will get out. In some emergencies such as a fire, you may not be able to leave your home through a main entrance or get to the street. Your plan should list all the other ways that you can safely get out of and away from your home.

Where you will go. Your plan should list the place or places you will go if an emergency requires that you leave your home. For instance, if you must leave your home for a short time (an hour or so), pick a place close by, maybe with a family member or friend, where you will be safe and it will be easy to return home. If you must leave your home for a longer time, even a few days, indicate the name, address and phone number of a family member or friend where you will be able to stay until it is safe to return to your home.

What you need to take with you. If you have to leave your home, your plan should list the things that you will need to take with you so that you can find and pack them quickly, especially your medications. It also helps to keep some basic clothing items packed in a bag and ready to go. See "Emergency Home Supplies," on the right.

How to secure your home. Since you may be away for a while, your plan should list the things you need to do to safeguard your home, such as the following.

- Lock doors and windows.
- Unplug all major appliances.
- Turn off utilities.
- Have a house key with you and give another one to a nearby family member or friend.

Special help you may need. If you have special medical or physical conditions or needs, list them so that they are known and can be met in an emergency. Tell the people on your contact list about your needs so that they will know what to do for you in an emergency. It is important to note anything that will affect your ability to leave or live away from your home for a few days, such as:

- You use a walker or wheelchair, or are unsteady on your feet.
- You have special medical needs such as oxygen or insulin.
- You need special medical services such as dialysis or heart monitoring.
- You have no automobile and will need transportation.
- You have to take medications regularly.
- You have other medical conditions or disabilities that affect your ability to move around such as arthritis or poor eyesight.
- You have pets that will need to be cared for.

Learn more about emergency preparedness

Two of the best places to get information about being prepared for emergencies are online at the American Red Cross (redcross.org) and the Federal Emergency Management Administration (fema.gov). Or contact the local office of the American Red Cross by calling (412) 263-3100 or writing to 2801 Liberty Ave., Pittsburgh, PA 15222.

To learn about how to communicate your emergency care needs in case you are in a traffic accident while driving, refer to the Yellow Dot Program on page 101.

Emergency Home Supplies

Now that you have your personal emergency plan, begin to gather emergency supplies to keep in your home or take with you if you have to leave. Here are some items that you should always have ready at home:

- ✔ Non-perishable food items (three-day supply and manual can opener)
- ✔ Water (three-day supply, one gallon per person per day for drinking and sanitation)
- ✔ Lighting and clock (battery operated)
- ✔ Flashlight (without batteries loaded), supply of batteries and matches in a waterproof container
- ✔ Large umbrella and raincoat
- ✔ Communication devices
- ✔ First-aid kit and manual, medications, medical supplies, and personal hygiene items
- ✔ Personal identification and important documents in a waterproof container and secure place
- ✔ Cash, checks and credit cards
- ✔ Re-sealable plastic bags
- ✔ Dust masks, plastic sheeting and duct tape for protection from contaminated air
- ✔ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✔ Noise-making devices to signal for help
- ✔ Tools (wrench to turn off water, snow shovel, ice breaker)
- ✔ A copy of your personal emergency plan, including the list of emergency contact numbers
- ✔ Buckets or other containers for water storage
- ✔ House and car keys, and extra sets kept by someone outside the home
- ✔ Local street map and phone directory
- ✔ Warming and cooling items
- ✔ Fire extinguisher and instructions on how to use it
- ✔ Two or three complete changes of clothing
- ✔ Children's supplies, if needed
- ✔ Pet supplies, if needed (including transport container)

Outsmarting Identity Theft: Take Steps to Safeguard Your Personal Information

By Gina Mazza

Each year, millions of honest, hard working Americans have their identities stolen—including their names, Social Security numbers and bank or credit card numbers—which can destroy their credit and ruin their good name. Is there a foolproof way to avoid identity theft? No, but there are steps you can take to greatly minimize your chances of becoming a victim.

The most important thing is to protect your personal information, such as explaining that identity thieves snatch your Social Security number, credit card numbers, date of birth, mother's maiden name and other personal data. This information enables the thief to commit numerous forms of fraud which include—but are not limited to—taking over your financial accounts; opening new bank accounts; purchasing automobiles; applying for loans, credit cards and Social Security benefits; renting apartments and establishing services with utility and phone companies.

Thieves can obtain this information by stealing wallets, purses and mail, accessing your information online on unsecured websites, from personnel records at work or in your home, rummaging through your trash and public trash dumps, or by posing as someone who needs your information, such as stating that they represent a government agency, your employer, bank or landlord.

As a precaution, don't give your Social Security number to just anyone. Don't carry your card in your wallet or purse; keep it locked in a safe place with your other important papers. And check your credit reports once a year to monitor any suspicious activity. (You can do this free of charge at annualcreditreport.com.)

If you are a victim of identity theft or suspect that your information has been misused, take immediate action to minimize the damage, making sure you document everything. Follow up in writing with all contacts. Mail your correspondence certified, return receipt. Start a file and keep copies of all correspondence you mail. Don't send the originals of supporting documentation.

DHS/AAA also offers a variety of financial-related services that can help you stay on top of your financial data on an ongoing basis:

• Neighborhood Legal Services assists with living wills, power of attorney, bankruptcy and landlord/tenant disputes. Visit nlsa.us.

• Center for Victims provides therapy, counseling, court support, restitution funds and police report assistance. Call their hotline (866) 644-2882 or visit centerforvictims.org.

• Ursuline Support Services' Checks & Balances is an AARP-modeled bill payer program that can assist you with budgeting, preparation of checks, and maintenance of your check register. Visit ursulinesupportservices.org.

Steps to Prevent Identity Theft

Here are some other things you can do to help reduce the likelihood of becoming a victim of identity theft.

- ✔ Promptly remove mail from your mailbox. Take outgoing mail to a post office collection mailbox or local post office.
- ✔ Never give personal information over the telephone.
- ✔ Shred pre-approved credit applications, credit card receipts, bills and personal financial data before discarding in the trash.
- ✔ Empty your wallet of extra credit cards and IDs; better yet, cancel the ones you don't use. Never loan your credit cards to anyone.
- ✔ Never leave receipts at bank machines, trash receptacles or gasoline pumps.
- ✔ Save all credit card receipts and match them against your monthly bills.
- ✔ Track the normal receipt of routine financial statements. Contact the sender if they stop being delivered in the mail.
- ✔ If you applied for a new credit card but it hasn't arrived in a timely manner, call the bank or company involved. Report all lost or stolen credit cards immediately.
- ✔ When shopping online, use caution when disclosing personal financial data unless you receive a secured authentication key from the provider.

To report identity theft, contact:

- Equifax.com or (800) 525-6285; Experian.com or (888) 397-3742; TransUnion.com or (800) 680-7289
- Federal Trade Commission: (877) IDTHEFT (438-4338)
- Social Security Administration fraud hotline: (800) 269-0271
- Your local police department or US postal inspection service office

Report financial abuse by calling SeniorLine at (412) 350-5460 or DHS/AAA's Protective Services program at (412) 350-6905 or (800) 344-4319.

Your Personal Information

Name _____ Phone _____

Address

_____

S.S.# _____ Date of Birth _____

In Case of Emergency, Call _____ Phone _____

Primary Health Insurance Company _____ Phone _____

Primary Physician _____ Phone _____

Pharmacy Name _____ Phone _____

Medications and Dosage _____

_____

_____

Medical Conditions and allergies _____

_____

_____

Ambulance Company _____ Phone _____

Hospital _____ Phone _____

Bank _____ Phone _____

Life Insurance Company _____ Phone _____

Insurance Agent _____ Phone _____

Lawyer _____ Phone _____

Transportation _____ Phone _____

Notes

_____

Advance Directive? _____ Yes _____ No If so, where is it kept? _____

Does anyone have power of attorney for you? _____Yes _____No If yes, which kind? _____ Durable _____ Health _____ Both

Name of Person with POA _____ Phone _____

Religious Affiliation _____ House of Worship _____

Pastor/Rabbi _____ Phone _____

Other people to notify in an emergency _____

_____

_____

Additional Notes/Passwords

_____

_____

LET'S TALK ABOUT IT

Medicare can be confusing. Don't get discouraged, get informed!

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- Turned 65 years old
- Get financial assistance
- Moved to a new area
- Have been diagnosed with a chronic condition
- Are a veteran, and more

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By calling this number, you agree to speak with an independent health insurance agent about Medicare Advantage products. Medicare has neither reviewed nor endorsed this information. This is an advertisement.

Health Insurance

Health insurance is a serious matter, especially with today's rising healthcare costs. This section of the Guide offers an array of options for health and long-term insurance coverage, counseling and advocacy. See page 24 for information on Children's Health Insurance Program (CHIP).

Federal Insurance Medicare (Original Medicare Plan)

(800) 633-4227; (800-MEDICARE)
medicare.gov

What is Medicare?

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD).

Medicare Part A (Hospital Insurance)

Helps to pay for inpatient hospital care, psychiatric hospital care, medically necessary short-term skilled nursing facility care following a hospital stay, home health care and hospice care. Most people do not pay a premium for Part A because they or a spouse already paid for it through their payroll taxes while working.

Medicare Part B (Medical Insurance)

Helps to pay for doctor's services, outpatient hospital services and various medical services and supplies. This is a voluntary program and a monthly premium must be paid. Assistance to pay for this premium may be available for individuals with low income. (Refer to Healthy Horizons, on page 80.) Visit medicare.gov or contact your nearest Social Security Administration office for specific information about benefits.

Medicare Part C (Medicare Advantage Plans)

A type of Medicare health plan offered by a private insurance company that contracts with Medicare to provide you with all your Part A and Part B benefits (and possibly some additional benefits). A Medicare Advantage Plan essentially manages the healthcare of the plan's members. The government pays these companies money each month for each member. The company then helps to pay for medical care by doctors and hospitals that the member needs.

Medicare Advantage Plans include:

- Health Maintenance Organizations (HMO)
- Preferred Provider Organization Plans (PPO)
- Private Fee-for-Service Plans (PFFS)
- Medicare Medical Savings Account Plans (MSA)
- Medicare Specialty Plans

If you're enrolled in a Medicare Advantage Plan, most Medicare services are covered through the plan and are not paid for under Original Medicare. Most Medicare Advantage Plans offer prescription drug coverage. In addition to a monthly premium, you may be responsible for out-of-pocket costs including an annual deductible, co-pays and co-insurance for office visits, hospital stays and outpatient services like physical therapy. Depending on the type of Medicare Advantage plan you choose, you may need a referral from your primary care physician to see a specialist or get lab work. Doctors and specialists outside your plan's provider network may be partially covered but you will pay more to use them instead of an in-network provider.

Medicare Advantage Plans in Allegheny County:

- **Aetna** (855) 335-1407
- **Allwell PA Health and Wellness** (866) 224-1076
- **Highmark** (800) 576-6343
- **Humana Insurance Company** (800) 833-2312
- **UnitedHealthcare Insurance** (800) 281-7522
- **UPMC for Life** (877) 381-3765

Medicare Part D (prescription drug coverage)

Part D adds prescription drug coverage to Original Medicare, some Medicare Cost Plans, some Medicare Private-Fee-for-Service Plans, and Medicare Medical Savings Account Plans. These plans are offered by insurance companies and other private companies approved by Medicare. Medicare Advantage Plans may also offer prescription drug coverage that follows the same rules as Medicare Prescription Drug Plans.

CONFUSED ABOUT MEDICARE?

Medicare is confusing - call for a one-to-one, no charge consultation with a Medicare expert!

Remove the FEAR, UNCERTAINTY, AND COSTLY MISTAKES from the enrollment process.

call 412.716.4942
or email crystalmanning33@gmail.com
www.medicarecrystalclear.com

Health Insurance

Medigap Insurance

PA MEDI State Health Insurance Assistance Program

(412) 661-1438
wfspa.org/service/pamedi/

Pennsylvania Insurance Department Consumer Line

(877) 881-6388
insurance.pa.gov

Medigap is Medicare supplemental health insurance that is sold by private insurance companies to fill the "gaps" in Original Medicare Plan coverage. Medigap policies only work with the Original Medicare Plan. Generally, when you buy a Medigap policy you must have Medicare Part A and Part B. You will be required to pay the monthly Medicare Part B premium; additionally, you will pay a premium to Medigap. Spouses must buy separate Medigap policies.

The best time to buy a Medigap policy is during the six-month period that begins on the first day of the month in which you are both age 65 or older and enrolled in Medicare Part B. After this initial enrollment period when you are guaranteed acceptance into a Medigap plan, your option to buy a Medigap policy may be limited.

In some situations, you may be able to buy a Medigap policy outside your initial enrollment period. To learn more about Medigap, order the publication *Choosing a Medigap Policy* at medicare.gov/publications (type "Medigap" in the search bar) or visit insurance.pa.gov/Coverage/Documents/Older%20Pennsylvanians/Medigap4-16.pdf.

Other Health Insurance Options

A variety of other options are available to help pay for medical expenses, services and supplies that Medicare covers only partly or not at all.

- **Group Health Insurance Continuation**: conversion or continuation of an employer-provided policy.
- **Long-Term Care Insurance**: pays cash amounts for care received in a nursing facility or in your home.
- **Hospital Indemnity Policies**: pays cash amounts for each day of inpatient hospital services.
- **Specified Disease Insurance**: provides benefits for the treatment of a specific disease such as cancer.
- **Federal Employee Health Benefits Program (FEHB)**: offers health coverage for current and retired federal employees and covered family members. For more information, call the Pennsylvania Insurance Department Consumer Line at (877) 881-6388 or the PA MEDI Program at (412) 661-1438.
- **LIFE Pittsburgh (412) 388-8050/Community Life (866) 419-1693** is designed for individuals ages 55 and older who wish to live independently but may require some outside support. See page 14.

Federal/State Insurance Medicaid

Department of Human Services

(800) 692-7462
cms.gov

A joint federal and state program that helps pay medical costs for some people with limited incomes and resources. Most of your healthcare costs are covered if you have Medicare and Medicaid. Medicaid programs vary from state to state. People with Medicaid may get coverage for services such as nursing home and home healthcare that are not fully covered by Medicare.

Healthy Horizons in Pennsylvania

Department of Human Services

(800) 842-2020
(800) 692-7462
www.dhs.pa.gov

This medical assistance program developed by the state serves to ensure adequate health care for older adults and disabled persons with low incomes by helping to pay their Medicare premiums.

- The Healthy Horizons Categorically Needy Qualified Medicare Beneficiary (QMB) Program pays medical benefits such as prescriptions, doctor or clinic visits, dental and eye care, Medicare Part A and B premiums, and Part A and B deductibles and coinsurance.
- The Healthy Horizons QMB Cost-Sharing Program pays the Medicare Part A and B premiums, and Part A and B deductibles and coinsurance.
- The Healthy Horizons Specified Low-Income Medicare Beneficiary Program (SLMB) pays the Medicare Part B monthly premium.
- The Qualifying Individual Program (QI) also pays the Medicare Part B monthly premium.

For more information, call the Department of Human Services helpline at (800) 692-7462 or contact PA MEDI at (800) 783-7067. Income limits may change. See page 82 for PA MEDI information.

Healthy Horizons Programs/Limits:

Qualified Medicare Beneficiary Categorically Needy Program

Monthly Income: Under $1,215 (1 person) or $1,644 (2 people);

Asset Limits: Under $2,000 (1 person) or $3,000 (2 people);

Benefits: Payment of Part A&B premiums, coinsurance/deductibles, and Medical Assistance program coverage.

Qualified Medicare Beneficiary Cost-Sharing Program

Monthly Income: Under $1,215 (1 person) or $1,644 (2 people);

Asset Limits: Under $9,090 (1 person), $13,630 (2 people);

Benefits: Payment of Part A&B premiums and coinsurance/deductibles.

Specified Low-Income Medicare Beneficiary Program

Monthly Income: $1,215.01 to $1,457.99 (1 person), $1,644.01 to $1,971.99 (2 people);

Asset Limits: Under $9,090 (1 person) or $13,630 (2 people);

Benefits: Payment of Part "B" Premium.

Qualified Individual 1 Program (Q-I)

Monthly Income: $1,458 to $1,640.99 (1 person) or $1,972 to $2,218.99 (2 people);

Asset Limits: Under $9,090 (1 person) or $13,630 (2 people);

Benefits: Payment of Part "B" Premium.

Please note: *These amounts may increase in 2024. All income requirements include a $20 deduction.*

pa health & wellness™

Our Community. Our Health.

Established to deliver quality healthcare in the state of Pennsylvania through local, regional and community-based resources.

1-844-626-6813 (TTY: 711) | PAHealthWellness.com

Health Insurance

The Affordable Care Act

Health Insurance Marketplace

(844) 844-8040
pennie.com

The Affordable Care Act (ACA) helps Americans get access to the healthcare coverage they need by putting in place comprehensive health insurance reforms that expand coverage, hold insurance companies accountable, lower healthcare costs, guarantee more choices and enhance the quality of care. If you are not old enough for Medicare and need Health Insurance, The Affordable Care Act may be able to assist you in obtaining healthcare coverage.

The Health Insurance Marketplace (pennie.com) is where you can find health coverage, whether you don't have coverage now or have it but want to look at other options. With one application, you can learn if you can get lower costs based on your income, compare your coverage options, and enroll.

When you use pennie.com, you'll see all the health plans available in your area so you can compare them side-by-side and pick the plan that's right for you. Pennie.com will also tell you if you qualify for free or low-cost coverage available through Medicaid.

Most PA residents are eligible to use pennie.com. Apply online at the above website, with a paper application, or by phone (call number, above). Telephone help is available 24/7.

Affordable Care Act and Medicare

Nearly 50 million seniors and Americans with disabilities depend on Medicare every day. The ACA makes Medicare stronger by making several key improvements, from new benefits and lower costs to fighting fraud and extending the life of the Medicare Trust Fund by eight years.

Medicare is not part of the ACA Marketplace, so you do not have to replace your Medicare coverage with Marketplace coverage. No matter how you get Medicare, you will still have the same benefits and security you have now. To learn more, visit medicare.gov.

Military Coverage

TRICARE

(800) 444-5445
tricare.mil

TRICARE is a healthcare program for active duty service members, National Guard and Reserve members, retirees with 20 years of service, and their families. Medicare-eligible uniformed services retirees ages 65 and older and certain family members have access to expanded medical coverage known as TRICARE for Life (TFL). You must have Medicare Part A and Part B to receive TFL benefits.

United States Department of Veterans Affairs

(800) 827-1000
va.gov

The Veterans Administration offers a medical benefits package to all enrolled veterans. This plan emphasizes preventive and primary care, and offers a full range of outpatient and inpatient services within the VA healthcare system.

Health Insurance Counseling

PA MEDI State Health Insurance Assistance Program

Wesley Family Services

221 Penn Ave.
Pittsburgh, PA 15221
(412) 661-1438
(800) 783-7067
wfspa.org/service/pamedi/

Effective July 1, 2021 APPRISE is now Pennsylvania Medicare Education and Decision Insight, PA MEDI – Same Program, Same Services for Pennsylvania's Medicare Beneficiaries, now with a New Name. PA MEDI is Pennsylvania's State Health Insurance Assistance Program (SHIP). PA MEDI is a program of the Pennsylvania Department of Aging and provides free, unbiased insurance counseling to help Pennsylvanians of all ages who are Medicare beneficiaries understand their Medicare and other health insurance benefits. In Allegheny County, the PA MEDI program is operated by Wesley Family Services in partnership with the Allegheny County Area Agency on Aging.

PA MEDI counselors work individually and confidentially with individuals to determine their health care needs and preferences, compare health insurance options and obtain Medicare and supplemental coverage that fits their lifestyle and their budget.

PA MEDI counselors can assist you in:

- ✔ understanding your Medicare benefits by explaining what services are covered under Medicare Parts A and B and your Medicare Summary Notice.
- ✔ understanding your Medicare Prescription Drug (Part D) benefit.
- ✔ making informed choices about Medicare coverage options, Medigap policies, and Medicare Advantage Plans.
- ✔ understanding Medicare eligibility and enrollment.
- ✔ understanding financial assistance programs that may be available to help pay for your Medicare premiums, deductible and copays, as well as your prescription drug needs (Extra Help and Medicare Savings Plan).
- ✔ understanding and assisting with the Medicare appeal process.
- ✔ understanding benefits under Long-term Care policies.
- ✔ The PA MEDI Program is also available to make presentations to local groups and organizations.

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Health Insurance Advocacy

Livanta

(866) 815-5440
livanta.com

Livanta protects the rights of Medicare beneficiaries receiving care in Pennsylvania. Call Livanta if you are:

- Denied admission to a hospital.
- Are asked to leave a hospital before you feel well enough.
- Are dissatisfied with the quality of medical care you received from a medical provider.

Livanta performs these services free of charge to Medicare beneficiaries including those enrolled in HMOs. All Medicare beneficiaries who receive medical care in Pennsylvania are eligible.

Medicare Beneficiary Ombudsman

Centers for Medicare and Medicaid Services
(800) 633-4227
cms.gov

An "ombudsman" is a person who reviews issues and helps to resolve them. Congress requires that Medicare have a Beneficiary Ombudsman who helps people with Medicare. The role of the Medicare ombudsman is to make certain that Medicare effectively provides help to beneficiaries about any aspect of the Medicare program, including assistance with any Medicare questions, complaints or appeals. The ombudsman shares information with the Secretary of Health and Human Services, US Congress and other organizations about what works well and what doesn't, in an effort to continuously improve the quality of services and care offered through Medicare by reporting problems and making recommendations. To learn more, visit the above website or call the phone number.

Call your Quality Improvement Organization at (866) 815-5440 if you have a complaint about the quality of Medicare-covered services; or Call PA MEDI at (412) 661-1438.

Medicare Rights Center

(800) 333-4114
medicarerights.org

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable healthcare for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives. They help individuals with Medicare understand their rights and benefits, navigate the Medicare system and secure the quality care they deserve.

Their education programs offer information and resources on benefits, and their public policy team alerts Congress and the administration about problems facing Medicare consumers and recommends systemic improvements. The center's website (above) includes a comprehensive list of answers to Medicare questions on topics such as coverage basics, eligibility and enrollment, plan options and costs, private health and drug plan costs, filling gaps in Medicare, your rights, help paying for Medicare costs and advice for caregivers.

National Council on Aging (NCOA)

benefitscheckup.org or ncoa.org

NCOA's "Benefits CheckUp" website helps people ages 55 and older find and enroll in federal, state, local and private programs that help pay for prescription drugs, utility bills, meals, healthcare and other needs.

Pennsylvania Health Law Project

(800) 274-3258
phlp.org

Provides free legal advice to low income consumers, seniors and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services. If you are denied or terminated from enrollment in a publicly funded healthcare program or have a service denied, reduced or terminated, PHLP may provide you free direct representation on your appeal.

Pennsylvania Insurance Department Bureau of Consumer and Producer Services

(877) 881-6388
insurance.pa.gov

The state's Bureau of Consumer Services offers a wealth of information on various types of insurance and data on products and carriers. Consumers can file a complaint, read consumer publications, compare premiums and more.

Long-Term Care Insurance

Pennsylvania Insurance Department

Long-Term Living Helpline: (800) 932-0939
insurance.pa.gov

The US Department of Health and Human Services says that 70 percent of people over the age of 65 will require some type of long-term care, and more than 40 percent will need care in a long-term care facility. Long-term care services are typically not covered by health insurance, disability insurance or Medicare, so paying for these services out-of-pocket can quickly become unaffordable.

Long-Term Care (LTC) insurance is one option that many people choose to provide financial protection when they can no longer perform the most basic functions of daily living, such as bathing, dressing, toileting and feeding oneself. Coverage includes a variety of services and supports over an extended period of time that can be provided in many settings, including in the community where you live, in your home, in a medical facility or nursing home, or a combination of these, depending on your needs. Receiving these services and supports in your home or community can make it possible for you to continue to live at home rather than moving to an assisted living or nursing facility. Sometimes Long-Term Care insurance will also cover additional services to help with household tasks such as housework, meal preparation and grocery shopping.

It's Good to Plan Ahead

Planning ahead for the possibility that you will at some point in your life need long-term living services can greatly increase your options in the way you will receive support, services and care when the time arrives. It will allow your family and friends to know your preferences and ensure that your preferences are carried out. Planning ahead also provides you the opportunity to financially prepare for the cost of services, plan your housing options, and preserve your financial standard of living for yourself and your family. Everyone's situation is different, and there are plenty of options available based on your own unique circumstances and priorities.

Who Pays for Long-Term Care

Long-term living services can be very expensive. The cost of services varies significantly based on the types and amount of service that you need. While many believe that Medicare covers all or most of the cost, that is not the case. In Pennsylvania, the annual cost of a nursing facility can exceed $99,000. Home and community based services that can help you remain in your home cost less yet few can afford to pay for them out of pocket.

Programs are available that can help to pay for long-term living services and supports. It's important to learn about all the available funding sources, the services they cover and eligibility requirements. In addition to private insurance coverage, research these possible options:

Medicare: Medicare was never intended to cover the costs of long-term living; it is health insurance that covers services intended to treat short-term illnesses and injuries. Medicare coverage for long-term care is very limited. It does not pay for custodial care or non-skilled, personal care services, the level of care most commonly needed for chronic illness, cognitive impairment or fragility.

Medical Assistance: In Pennsylvania, Medical Assistance (a joint federal and state government program) is the largest payer of Long-Term Care services. Eligibility for services is often based on your income, personal resources and on functional ability. To qualify, an individual must spend down or exhaust their resources.

Department of Military and Veteran Affairs: If you are a military veteran, visit dmva.pa.gov to learn more about whether or not payment of long-term care is available to you.

Other options: You can also work with a licensed insurance company and/or agent to research and purchase coverage.

To learn more, visit insurance.pa.gov or:

Office of Long-Term Living

Pennsylvania Department of Human Services
dhs.pa.gov

US Department of Health and Human Services

acl.gov/ltc

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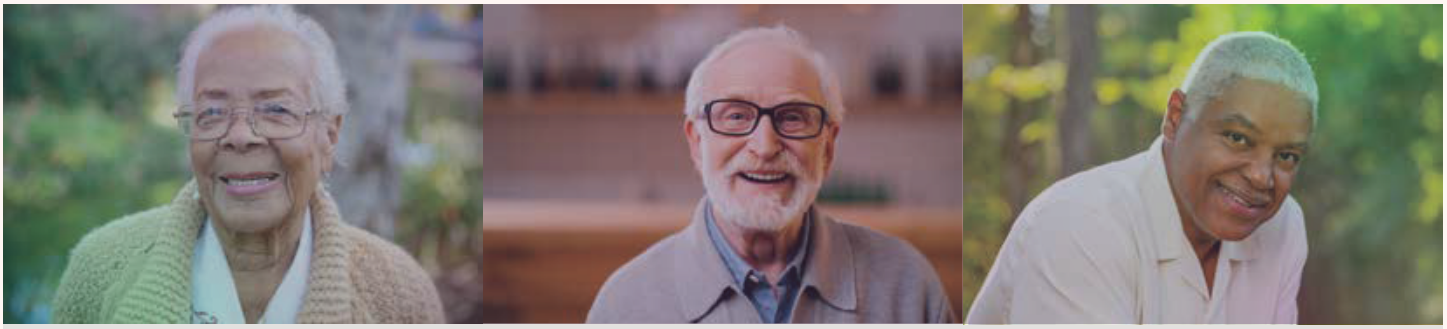

DO YOU HAVE QUESTIONS?

Long-term Care Insurance and Coverage, Original Medicare, Medigap (Medicare Supplement), Medicare Part D-Advantage, Prescriptions Drug Plans, Financial Assistance, Medicare Appeals, Long-term Care, Coordination Benefits?

PA MEDI counselors are specially trained and certified through Area Agency on Aging to provide easy-to-understand, objective information that is detailed and personalized to your unique insurance needs and options.

PA MEDI does NOT sell or recommend insurance.
PA MEDI can be trusted to be accurate and unbiased.

Call PA MEDI at 412.661.1438
or visit wfspa.org/service/pamedi

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Pharmaceutical Assistance

Medicines: Use Them Safely

Modern medicine makes our lives better and healthier but older adults should be careful when taking them, especially when using several drugs at the same time.

Generic or brand name? When getting a prescription filled, you may have a choice between a generic or brand-name drug. They contain the same active ingredients; the only difference is that generic drugs cost less. Ask the pharmacist if a generic drug is a choice.

Talk with your doctor and pharmacist. Once your doctor prescribes a medicine, tell him about all the over-the-counter and other meds you are taking. Remind him about any allergies or problems you've had. And find out the right way to take the medicine.

When taking your meds:

- Take it in the exact amount and time prescribed.
- Don't skip doses or take half doses.
- Avoid mixing alcohol and medicine.
- Take the medicine until it's finished.
- Don't take meds prescribed for another person or give yours to someone else.
- Don't take medicine in the dark.
- Don't leave your pills where a young child may get into them.

Source: National Institutes of Health. Visit nia.nih.gov for more information.

$4/$10 Generic Drug Program

Certain grocery and retail stores like Walmart offer generic prescription medications at low cost (usually $4 for a month of medication or $10 for three months). Usually there are no income guidelines or restrictions regarding insurance coverage. Check with your local pharmacist for details.

Allegheny County Rx

National Association of Counties (NACo)

(877) 321-2652
naco.org

This prescription discount card offers an average savings of up to 24 percent off the retail price of commonly prescribed drugs. The program is free to Allegheny County resident regardless of age, income or existing health coverage. More than 300 pharmacies in the county participate in this program, and a national network of more than 68,000 pharmacies honor the NACo prescription discount card. Ask your local pharmacy if they participate or call the number above to find out if a specific pharmacy is part of the program. Cards are available at county offices, libraries, senior centers, Goodwill stores and many pharmacies or download a card from the above website.

American Kidney Fund (AKF)

(800) 638-8299
kidneyfund.org

The AKF's program provides financial assistance to qualified dialysis patients who are referred by their physicians and social workers. Safety Net Grants are provided for treatment-specific expenses such as transportation, over-the-counter medicines, medication co-payments and kidney donor expenses. For details, visit the above website or contact the social worker at your dialysis center.

BenefitsCheckUp

National Council on Aging

benefitscheckup.org

This is an online screening tool for prescription drug assistance programs. Provides a confidential report of public and private programs that can help you save money on or find help paying for prescription drugs, groceries, healthcare, utilities and other services.

Leukemia and Lymphoma Society

Co-Pay Assistance Programs

(800) 955-4572
lls.org

The Co-Pay Assistance Program offers assistance to patients who qualify toward private health insurance premiums and co-pay obligations, Medicare Part B, Medicare Plan D, Medicare Supplementary Health Insurance and Medicare Advantage premium or co-pay obligations.

Medicare Part D Prescription Drug Coverage

(800) 633-4227
medicare.gov

Pennsylvanians have the option of choosing from a variety of prescription drug plans. Most plans will have a premium about $40 per month, as well as a deductible, cost sharing and co-pays for medications. Medicare enrollees can contact the PA Medi Program's insurance counseling service at (412) 661-1438 for free, unbiased advice about whether to enroll in the Medicare Part D benefit. (See page 82 to learn more about PA MEDI.)

Pharmaceutical Assistance

NeedyMeds

(800) 503-6897
needymeds.org

A free information source on pharmaceutical patient assistance programs and other sources of help for people who can't afford their medication and healthcare costs. The above website also lists about 11,000 free, low-cost and sliding-scale clinics.

PACE and PACENET

(800) 225-7223
pacecares.magellanhealth.com

PACE stands for Pharmaceutical Assistance Contract for the Elderly; PACENET stands for PACE Needs Enhancement Tier. Both are funded by the Pennsylvania Lottery and administered by the Pennsylvania Department of Aging. These programs offer comprehensive prescription drug coverage to older Pennsylvanians and cover most medications that require prescriptions, including insulin, syringes and insulin needles. They do not cover over-the-counter medicines, medical equipment or doctor, hospital, dental or vision services. Enrollees must meet income/age guidelines to qualify.

PACE – Who is eligible:

To be eligible for PACE, you must be 65 years of age or older, a Pennsylvania resident for at least 90 days prior to the date of application, and cannot be enrolled in the Department of Human Services Medicaid prescription benefit. For a single person, your total income must be $14,500 or less. For a married couple, your combined total income must be $17,700 or less.

PACENET – Who is eligible:

To be eligible for PACENET, you must be 65 years of age or older, a Pennsylvania resident for at least 90 days prior to the date of application, and you cannot be enrolled in the Department of Human Services Medicaid prescription benefit. A single person's total income can be up to $33,500. A couple's combined total income can be up to $41,500. Income limits may change in 2024. At the time of press, the information was not available.

PACE Plus Medicare

(800) 225-7223
pacecares.magellanhealth.com

PACE Plus Medicare offers eligible older Pennsylvanians one of the most generous prescription assistance plans in the United States. Under PACE Plus Medicare, PACE/PACENET coverage is supplemented by federal Medicare Part D prescription coverage, offering older Pennsylvanians the best benefits of both programs. Older adults continue to receive the same prescription benefits while, in many cases, saving more money. Enrollees must meet income/age guidelines to qualify.

Pennsylvania Department of Health

Chronic Renal Disease Program

(800) 225-7223
health.pa.gov

Provides life-saving care and treatment for adults with end-stage renal disease. The program assists with costs related to dialysis services, renal transplantation, medical management, inpatient and outpatient services, medications and limited patient transportation. You must meet income guidelines to qualify.

Pennsylvania Clearinghouse

(800) 955-0989
pacecares.magellanhealth.com

Provides help with finding low-cost or no-cost prescription drug assistance from pharmaceutical companies. Each manufacturer has set their own eligibility guidelines.

Rx Outreach

(800) 769-3880
rxoutreach.org

This fully-licensed, non-profit, mail order pharmacy is committed to providing a safe, affordable and easy way for people of all ages to get the medications they need. The program offers prescription drugs to uninsured individuals and families, as well as those who have limited prescription drug coverage.

US Department of Veterans Affairs

(800) 827-1000
va.gov

Find out if you are eligible for VA benefits, how to apply and what it will cost by visiting the above website. Complete an application online or contact the VA Health Care Benefits Service Center.

Advance Directives and Powers of Attorney. An advance directive helps to ensure that your healthcare wishes will be respected if you can't speak or communicate. It is usually a written, legal document. If you don't have a written document, you may express your wishes verbally to your family members or healthcare agent. It is wise to have an advance directive in case you become severely injured or ill and cannot participate in decisions about your health and medical care. Living wills and medical powers of attorney are two more types of advance directives.

Living Wills. Also called a treatment directive, a living will lists your wishes about end-of-life medical treatment. It is used if you no longer have the ability to make decisions or communicate. A living will can be written so as to refuse life-sustaining treatment if the maker is incompetent and either in a terminal condition or a state of permanent unconsciousness.

Medical Power of Attorney. This legal document lets you appoint someone (usually called a healthcare agent or proxy) to make decisions about your medical care. You can create an advance directive at any time and change it whenever you wish. You should share copies with your primary care physician and family. Make sure your family knows where your advance directive is located, and give a copy to your healthcare proxy. For more information on writing an advance directive, visit webMD.com and type "advance directive" in the search box.

Durable Power of Attorney (DPOA). This written document authorizes an agent to handle certain types of transactions. General powers of attorney are broad and allow many types of transactions. Conversely, limited powers of attorney are for a specific task. The power of attorney is "durable" because it remains valid even after the person no longer has the legal capacity to handle transactions, possibly due to an injury or illness. All powers of attorney executed since 1993 in Pennsylvania are durable unless stated otherwise.

Guardianships. To qualify for a guardian, a person must be impaired in such a way that he is partially or totally unable to manage financial resources or meet essential physical health or safety requirements. Stringent standards apply. A petition must be filed when a guardian is necessary.

Trusts. A trust is similar to a box where you place property, except a person places money in a brokerage or bank account and designates a manager referred to as the "trustee." The trustee distributes trust assets to the beneficiaries that you select. Your attorney might recommend a trust if you have a large estate, an estate with young beneficiaries or in situations with special circumstances.

Wills. A will is an important legal document and the cornerstone of most estate plans. In a will, you direct how your property is to be distributed and you name a personal representative to administer your estate. The executor collects the estate assets, pays the estate debts and makes distributions to the beneficiaries you have designated. It is generally advisable to nominate one executor and an alternate in your will rather than naming two individuals to serve as co-executors.

Accelerated Support for Older Persons

Department of Human Services
Allegheny County Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
(412) 350-5460
(800) 344-4319

ASOP Provides resource assistance and care management for individuals ages 60 and older who have challenges due to adjudication in the legal system. Service focus includes referrals for housing, home services, adjudication status review and community supports.

Allegheny County Bar Association

400 Koppers Building
436 Seventh Ave.
Pittsburgh, PA 15219
(412) 261-6161
acba.org

ACBA's website is a good resource for healthcare-related information. A living will/healthcare power of attorney form can be downloaded for free by visiting acba.org.

Lawyer Referral Service (LRS)

(412) 261-5555
getapittsburghlawyer.com

LRS assists the public in locating lawyers for specific types of legal matters. Clients can be referred by telephone, mail or the Internet. LRS matches potential clients to a member of the Lawyer Referral attorney panel, and the referral entitles you to a free 30-minute consultation.

Pro Bono Center

(412) 402-6677
pittsburghprobono.org

The Pro Bono Center of the Allegheny County Bar Foundation connects individuals in need of help with free legal services providers. If your income is low and you have a legal problem, the Pro Bono Center may be able to assist you with advice or referral to the appropriate legal aid provider.

Christian Legal Aid of Pittsburgh

clapittsburgh.org

Christian Legal Aid of Pittsburgh offers free legal advice and guidance regarding civil and family matters to those in our community whose incomes are at or below 250 percent of the federal poverty guidelines. Visit the website for times and locations of free legal aid clinics.

Disabilities Rights Pennsylvania (DRP)

429 Fourth Ave.
Pittsburgh, PA 15219
(412) 391-5225
disabilityrightspa.org

Disability Rights Pennsylvania protects and advocates for the rights of people with disabilities so that they may live the lives they choose, free from abuse, neglect, discrimination, and segregation.

Elderlaw Clinic

University of Pittsburgh Law School
3900 Forbes Ave.
Pittsburgh, PA 15260
(412) 648-1300
law.pitt.edu

Students are supervised and provide free legal services to low-income adults ages 60 and older and/or clients' family members. Services focus on advance planning for incapacity (including Powers of Attorney and Living Wills), simple estate planning, guardianship and related matters, Medical Assistance for long-term care, and grandparenting issues. Students also provide community presentations on elder law issues. Not all cases can be accepted for representation. No walk-ins, by appointment only.

Neighborhood Legal Services (NLS)

928 Penn Ave.
Pittsburgh, PA 15222
(412) 255-6700 or (866) 761-6572
nlsa.us

NLS's Elder Law Project provides legal assistance and representation to low-income individuals and families who are ages 60 and older who may be victims of physical, emotional or financial abuse. They also assist with living wills, advance directives, healthcare planning and alternatives to guardianship. If you are in need of a will, NLS will give a referral to a private attorney who will prepare it free of charge. To arrange this, you must sign up at your local DHS/AAA senior center; the NLS attorneys travel to the senior centers for these appointments.

Other matters in which NLS provides assistance include:

- Various types of assistance to clients whose DPW benefits (cash, Medical, special allowances, food stamps) are being terminated.
- Disability law issues that arise for those living with disabilities.
- Custody and protection from abuse.
- Employment law that addresses disputes in the workplace, such as worker's rights, sexual harassment, workplace safety, unemployment compensation, the Family and Medical Leave Act, expungements, pardons, and wage claims.
- Housing issues related to evictions, utility assistance, mortgage foreclosure, and tax sales.
- Debt collection issues, sheriff's sale of personal property and some bankruptcies to preserve essential property.
- Legal assistance to eligible veterans who are having problems with housing, utilities or other issues. family law issues.

Please note: NLS does not handle criminal matters, property disputes or malpractice issues.

Office of the Public Defender

County Office Building
542 Forbes Ave., Room 400
Pittsburgh, PA 15219
(412) 350-2401
alleghenycounty.us/Government/Court-Related/Public-Defender

Responsible for furnishing competent and effective legal counsel to any person who lacks sufficient funds to obtain legal counsel in any proceeding where representation is constitutionally required.

Pennsylvania Health Law Project

(800) 274-3258
phlp.org

PHLP provides free legal services to low-income consumers, seniors and persons with disabilities who are having trouble accessing publicly funded healthcare coverage or services. If you are denied or terminated from enrollment in a publicly funded healthcare program or have a service denied, reduced or terminated, PHLP may provide you with free direct representation on your appeal.

Pennsylvania SeniorLAW Center

(877) 727-7529
seniorlawcenter.org

SeniorLAW helps to protect the legal rights and interests of seniors 60 years and older by providing free legal services, community legal education, professional training, advice, information and referral services, and advocacy.

Notes:_____

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Funerals: What You Should Know as a Consumer

When a loved one dies, grieving family members and friends are often confronted with dozens of decisions about the funeral, which must be made quickly and under emotional duress.

- What kind of funeral should it be?
- What funeral provider should you use?
- Should you bury or cremate the body, or donate it to science?
- What are you legally required to buy?
- What other arrangements should you plan?
- And, as callous as it may sound, how much is it all going to cost?

The increasing trend toward making funeral arrangements in advance suggests that many consumers want to compare prices and services so that ultimately, the funeral reflects a meaningful and well-informed purchasing decision, as well as a suitable tribute to your loved one.

ROSE
FUNERAL HOME & CREMATION SERVICES, INC.
Bernadette L. Rose-Tihey, Supervisor

"A rose represents love"
10940 Frankstown Road
Pittsburgh, PA 15235
412-241-5415
www.RoseFuneralHomeInc.com
brose@rosefuneralhomeinc.com

Planning for a Funeral

1. Shop around in advance. Compare prices from at least two funeral homes. Remember that you can supply your own casket or urn.

2. Ask for a price list. The law requires funeral homes to give you written price lists for products and services.

3. Resist pressure to buy goods and services you don't really want or need.

4. Avoid emotional overspending. It's not necessary to have the fanciest casket or the most elaborate funeral to properly honor a loved one.

5. Recognize your rights. Laws regarding funerals and burials vary from state to state. Know which goods or services the law requires you to purchase and which are optional.

6. Apply the same smart shopping techniques you use for other major purchases. You can cut costs by limiting the viewing to one day or one hour before the funeral, and by dressing your loved one in a favorite outfit instead of costly burial clothing.

7. Plan ahead. It allows you to comparison shop without time constraints, creates an opportunity for family discussion, and lifts some of the burden from your family.

Solving Problems

If you have a problem concerning funeral matters, it's best to try to resolve it first with the funeral director. You can also contact your state or local consumer protection agencies listed in your telephone book.

File a complaint with the Federal Trade Commission by contacting the Consumer Response Center at (877) 382-4357 or visit ftc.gov and use the online complaint form.

Source: Federal Trade Commission, ftc.gov.

Final Details: a Checklist

When you have just suffered an emotionally devastating event such as the death of a spouse or other loved one, the last thing you want to deal with is money and legal matters. But they do matter, now and for your future. Many of the following tasks can also be handled by family members and trusted friends, so allow them to assist you; and consult an attorney, if necessary.

	Contact your bank. Have them release joint bank account funds to you.
	Secure certified copies of the death certificate.
	Locate important papers: deeds, stock certificates, investment statements, tax forms, insurance policies.
	Locate important certificates: marriage certificate, spouse's birth certificate, military discharge papers, Social Security card. These are needed to establish claims for Social Security, life insurance or veteran's benefits.
	Notify your insurance companies in writing about the death of your spouse. Each company will need a statement of claim and a death certificate before the surviving spouse can receive benefits.
	Contact your Social Security office. Social Security benefits are not automatically paid out after a death; you must apply for them.
	Write letters to your spouse's employer, union or professional groups. Many of these organizations have insurance policies of which you may be the beneficiary. Inquire about any 401(k), pension or company stock benefits.
	Contact the VA: If your spouse was a veteran, apply for veteran's benefits at the nearest Veterans Administration office.
	Advise all creditors in writing that your spouse has died.
	Cancel email, website accounts, and driver's license.
	File an estate tax return. Federal law requires that an estate tax return be filed within nine months of the death. Seek the advice of a tax accountant or attorney to determine your full tax liability.
	Probate. These procedures can be a complex matter, depending upon the size of the estate and claims against it. Again, an attorney can be helpful.

Life After the Death of a Spouse

By Kimberly Blaker

Going through the death of a spouse isn't easy and can be devastating. Allowing yourself to grieve is vital to your recovery. Yet even as you work through this challenging period, beginning to rebuild a happy, full life is possible. It doesn't mean you've forgotten your loved one or your life together. You'll still experience sadness as you refocus on your own emotional and mental health.

Taking time for personal growth is an excellent way to raise your spirits. There are many ways to do this. Here are some ideas to help you find your new groove in this new season of your life.

- **Learn a new skill.** This is good for your brain. It increases tour task performance, eliminates boredom, expands your knowledge and reduces the risk of dementia. Take an online class or go for a classroom setting. Buy or borrow books to learn on your own. Read instructional articles and webinars online, such as on YouTube.
- **Volunteer.** This is another way to expand your skills and improve your emotional health while making the world a better place. It also increases your social connections. Check with your local library, community center or senior center to inquire about volunteer opportunities.
- **Discover New Music.** If you're a music lover, you know what a mood-booster that music can be. Yet, if you're like most people, you've listened to the same few genres of music throughout your life. Visit your library to explore different types of music on CD. Beyond the more popular rock, R&B and country, try folk, blues, jazz, classical and world music, such as Irish/Celtic, flamingo, reggae, Latin, Zydeco and Afrobeat.
- **Give Art and Crafts a Try.** Painting, drawing, sculpting, photography and printmaking are great ways to express your emotions. Visit local art museums and galleries for inspiration, then head to your nearby craft store for a few inexpensive art supplies to get started. Consider wood crafts, leatherwork, needlework, glassmaking, paper crafts and countless other options.
- **Take a Trip.** Travel can enhance creativity and broaden your horizons. Make the most of your trip by doing research before you go, even if it's to another part of town or across the state.
- **Move your Body.** Making exercise a regular part of your routine will do wonders for your physical and emotional health. A few options are golf or putt-putt, swimming, walking (outdoors in inside your local mall) or low-impact cardio classes offered at your local senior center.

Whatever path you choose for moving on in life, be gentle with yourself. Happier days are on the horizon.

Allegheny County Senior Citizen Property Tax Relief Program

Erica Rocchi Brusselars, Treasurer
Office of the Treasurer
Courthouse Room 108
436 Grant St.
Pittsburgh, PA 15219
(412) 350-4100 or (866) 282-8297
alleghenycountytreasurer.us/real-estate-tax/real-estate-tax-2/

This program entitles qualified applicants in Allegheny County to a discount on county taxes. Deadline to file for relief in 2024 is June 30, 2024.

To qualify for tax relief for the 2024 tax year, applicants must meet all three of the following requirements:

1. Property Ownership:

Must have owned and occupied a primary residence in Allegheny County continuously for the past 10 years. A property owner who has moved within the past 10 years and has continued to own and occupy the new property as a primary residence shall be eligible.

2. Age:

A. Must be age 60 or older, or;

B. If married, either spouse must be age 60, or;

C. Be a widow or widower age 50 to 60, or;

D. Be age 18 or over, permanently disabled and unable to work. **(Disability must be verified with a Physician's letter stating permanent disability. A letter from Social Security will not be accepted.)**

**The required age must be met by December 31, 2024 to qualify for tax relief in 2024.*

3. Income:

Previous year's gross household income must be $30,000 or less. For calculating income use only 50 percent of your Social Security Benefit, SSI and Railroad Retirement Tier 1 Benefits (except Medicare benefits) plus 100 percent of other income.

This program entitles all qualified applicants in Allegheny County to a flat 30 percent discount on the real estate tax on their primary residence for each year they are eligible. Qualified applicants will also receive an additional two percent discount by paying their county taxes in full by March 31.

A second payment option allows eligible taxpayers (if they choose) to pay their gross county taxes in two equal installment payments – the first payment due by April 30 and the second payment by September 30.

Once approved, a qualified applicant continues to receive tax relief as long as the applicant is the property owner/occupant, and the household income does not exceed $30,000. Applicants are no longer required to file annually. An application can be downloaded from the web link, above.

Dates are subject to change. Income amount and requirements may change in 2024. Call the office at the number above to verify.

Allegheny County Act 50 Homestead/Farmstead Exclusion

County Office Building, Third Floor
542 Forbes Ave.
Pittsburgh, PA 15219
(412) 350-4636
alleghenycounty.us/Services/Property-Assessment-and-Real-Estate/Tax-Abatements-and-Exemptions/Homestead-Farmstead-Exclusion-Act-50

In February 2013, the Allegheny County Chief Executive and County Council approved a homestead exclusion ordinance for each homestead property in 2013 and for future years. Under this amendment, the initial $18,000 in assessed value of each owner occupied residential property and certain farmstead properties within Allegheny County would be excluded from County real property taxation starting in the year 2013.

Residents who have already filed for the Act 50 exclusion do not need to file again. If you previously filed and qualified for the Act 50 exclusion, you are automatically registered for the Act 1 reduction. If you already have the Homestead Act 50 and wish to remove it, you may use the Act 50 Removal Form to do so. Forms are available to download from the above website.

PA Department of Revenue

For More Information on Pennsylvania Taxes and Tax Rebates

(888) 728-2937
revenue.pa.gov

A number of services are available 24 hours a day on the toll-free FACT and Information Line.

The FACT line allows you to:

- Check on the receipt of your personal income tax return, payment, estimated payments and track your refund. You also can monitor the progress of your Property Tax and Rent Rebate claim;
- Order a form, which can be either faxed or mailed to you; and
- Obtain answers to the most commonly-asked questions for personal and business taxes.

City of Pittsburgh residents: call the City Controller's Office Real Estate Department at (412) 255-2525 for property tax relief program information. If you reside outside the City of Pittsburgh, call your municipality to find out if any property tax relief programs are available.

Pennsylvania Property Tax/Rent Rebate Program

(888) 222-9190
revenue.pa.gov

The Property Tax/Rent Rebate program, available to qualified seniors and permanently disabled citizens, is funded by the Pennsylvania Lottery and administered by the Pennsylvania Department of Revenue. Property Tax/Rent Rebate application forms and assistance are available at no cost from Department district offices, senior centers and state legislators' offices.

The rebate program benefits eligible Pennsylvanians who are:

- Age 65 and older
- Widows and widowers age 50 and older
- People with disabilities age 18 and older

The Household Income Limits and Rebate amounts for homeowners are:

$0-$8,000	**$1,000 rebate**
$8,001-$15,000	**$770 rebate**
$15,001-$18,000	**$460 rebate**
$18,001-$45,000	**$380 rebate**

Renters with incomes between $0 and $8,000 now receive a $1,000 rebate; those with incomes between $8,001 and $15,000 receive a $770 rebate.

Half of Social Security income and now Social Security COLAs – are excluded.

As a result of Act 156 of 2014, income eligibility guidelines for the Property Tax/Rent Rebate Program have changed so that income increases due solely to Social Security cost-of-living adjustments (COLAs) will no longer disqualify claimants from receiving rebates.

The maximum standard rebate is $1,000, but supplemental rebates for qualifying homeowners can boost rebates to $1,500. The Revenue Department automatically calculates supplemental rebates for qualifying homeowners.

The PA-1000 booklet to claim the rebate is available after February 15. Claimants must file by December 31. Rebate checks are mailed beginning July 1 each year.

Call (888) 222-9190 or visit revenue.state.pa.us.

Note: Occasionally, the filing date is extended. Rebate amounts are subject to change.

Notes:_____

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Taxpayer Advocate Service

Internal Revenue Service

1000 Liberty Ave., Room 1400
Pittsburgh, PA 15222
(412) 404-9098 or (877) 777-4778
irs.gov/Advocate

An independent organization of the Internal Revenue Service, Taxpayer Advocate assists taxpayers who have not been able to resolve tax-related issues. It provides answers to questions about tax returns and refunds.

Tax Preparation Assistance

AARP Tax-Aide

(888) 227-7669
aarp.org

This free volunteer tax counseling and preparation service is available to people of all ages of middle and low income. Special attention is given to those who are ages 50 years and older. Sites include senior centers, libraries and malls. For those unable to visit a site, home visits are available. Electronic filing and online counseling are also available. Call or visit the above website to find a location.

Volunteer Income Tax Assistance (VITA) Tax Counseling for the Elderly (TCE)

Internal Revenue Service

(800) 906-9887
irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers

The IRS trains volunteers for two programs designed to assist and counsel individuals about tax information: VITA (Volunteer Income Tax Assistance) and TCE (Tax Counseling for the Elderly). Volunteers help low-income, individuals ages 60 and older, and disabled or housebound taxpayers complete federal, state and local tax returns. Sessions are held in libraries, churches, senior centers and other community sites from mid-January through April 15. Free training is provided each year and are certified through testing.

VITA

The VITA Program generally offers free tax help to people who make $60,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals in local communities. They can inform taxpayers about special tax credits for which they may qualify such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations.

TCE

The TCE Program offers free tax help for all with priority assistance to people who are 60 years of age and older, specializing in questions about pensions and retirement issues unique to seniors. IRS-certified volunteers who provide tax counseling are often retired individuals associated with nonprofit organizations that receive grants from the IRS.

Utility Assistance

Pennsylvania Utility Choice (PUC)

puc.pa.gov

PUC helps to educate Pennsylvania consumers about the benefits of competition and how to shop for utilities.

The Public Utility Commission requires utility companies to have programs and protections that help low-income customers keep their utility service. These programs may help pay utility bills or lower the amount of electricity or natural gas you use. Local electric or natural gas companies may call them by different names but each company has the following programs.

Budget Billing: All residential customers may contact their electric or natural gas company to request budget billing at any time. The monthly bill will be the same each month. The utility company can adjust the bill four times a year higher or lower depending on the customer's usage. There is no charge for switching to budget billing.

Customer Assistance Programs (CAP): This program is set up between the utility company and a customer and allows low-income, payment troubled customers to pay utility bills based on household size and gross household income. CAP customers agree to make regular monthly payments, which are usually less than the current bill, in exchange for continued utility service. Each utility company may have a different name for this program. Contact your local utility provider for details.

Customer Assistance Referral and Evaluation Program (CARES): The CARES program helps customers with special needs such as consumers who are experiencing family emergencies, divorce, unemployment or medical emergencies. A CARES representative may assist with referrals for food programs, housing, energy grants, budget counseling and employment assistance. The program's goal is to provide support and direction to help customers pay their utility bills.

Low-Income Usage Reduction Program (LIURP): LIURP helps low-income residential customers lower the amount of electricity or natural gas used each month. The utility company may provide free home weatherization. A utility company representative may come to your home to install energy saving features to help reduce your monthly bill.

Utility Companies in Allegheny County

Columbia Gas of Pennsylvania
(800) 537-7431

Duquesne Light
(888) 393-7600

People's Gas
(800) 400-9276

Peoples TWP
(866) 276-4055

West Penn Power
(800) 686-0021

Crisis Assistance

Pennsylvania Department of Human Services

(866) 857-7095
dhs.pa.gov

Income-eligible households can apply for crisis assistance when service has been turned off or they are in danger of being without heat. Emergency situations include having broken heating equipment such as a furnace or leaking lines, a fuel shortage that may leave you without heat or having utility service shut off. The program normally opens around November each year.

Dollar Energy Fund

Hardship Funds

(412) 431-2800
dollarenergy.org/need-help/pennsylvania/hardship-program

Provides cash assistance to utility customers to help them pay their utility bills. Hardship funds provide assistance grants to customers who "fall through the cracks" of other financial assistance programs, or to those who still have a critical need for assistance after other resources have been exhausted. The fund makes payments directly to companies on behalf of eligible customers.

H20 Help to Others Program

(800) 565-7292
amwater.com

Pennsylvania American Water assists low-income customers who qualify through its H2O Help to Others Program. The program offers three main services: one-time grants to be used toward a household's water bill, a 65 percent discount on the monthly service fee, and water-saving devices and education.

Low-Income Home Energy Assistance Program (LIHEAP)

(877) 395-8930
dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx

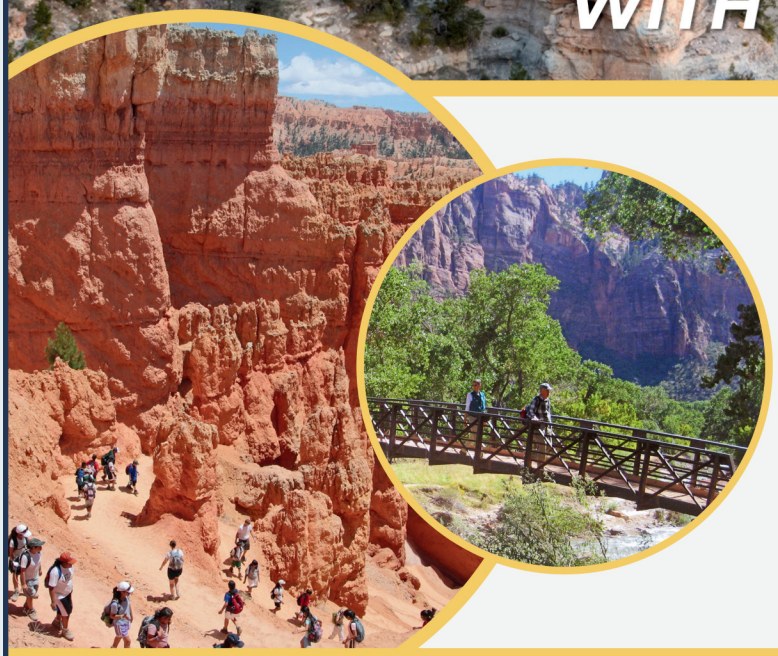
Income-eligible households can apply for energy assistance grants. The program is based on income and number in a household, and is administered by the Department of Human Services. LIHEAP provides cash assistance to help utility customers pay residential energy bills. The program normally opens around November each year.

Public Utilities Commission Bureau of Consumer Services

Telephone Assistance Program

(800) 692-7380
puc.pa.gov

The law requires telephone companies to provide local telephone assistance programs for low-income consumers. Call your local telephone company to see if they offer any discounts.



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gateway.gocollette.com/link/1230924

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- 10 Days, 13 Meals
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Consumer Advocacy

AARP

(888) 687-2277
aarp.org

AARP is a nonprofit organization for those ages 50 and older that is dedicated to enhancing the lives of everyone as they age. With 38 million members and hundreds of thousands of volunteers, AARP has the collective energy, commitment and power to advocate for social change. There are chapter meetings throughout Allegheny County and in every state. Members also receive special products, services and discounts at participating retailers, hotels and more. Sign up online for AARP news, discount information, tips for healthy living, retirement planning and more.

Allegheny County Funeral Directors Association

PO Box 23
Venetia, PA 15367
(412) 678-3434
acfda.com

The association offers general information on funerals, referrals to funeral directors, grievance arbitration, literature and speakers on related topics.

Better Business Bureau of Western Pennsylvania

520 E Main St., Suite 100
Pittsburgh, PA 15106
(412) 456-2700 or (877) 267-5222
westernpennsylvania.bbb.org

A nonprofit organization established to promote ethical standards of business practices through voluntary self-regulation. Consumer complaints and inquiries are addressed and resolved free of charge by the bureau.

Disability Rights Pennsylvania (DRP)

429 Fourth Ave.
Pittsburgh, PA 15219
(412) 391-5225
disabilityrightspa.org

DRP works with people with disabilities and their families to ensure their rights to live in their communities with the services they need, to receive a full and inclusive education, and to live free of discrimination, abuse and neglect.

League of Women Voters of Greater Pittsburgh

436 Seventh Ave., Suite 350
Pittsburgh, PA 15219
(412) 261-4284
lwvpgh.org

This nonpartisan political organization encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

National Do Not Call Registry

(888) 382-1222
donotcall.gov

The federal government created this registry to make it easy for consumers to stop receiving unwanted telemarketing calls in their homes. Register online or by calling the toll-free number above. This is a free service. The Federal Trade Commission, Federal Communications Commission and individual states all enforce the Do Not Call Registry. Placing your phone number on it will stop most (but not all) telemarketing calls.

Ombudsman Program

Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
SeniorLine (412) 350-5460
(800) 344-4319
alleghenycounty.us/services/seniors

Ombudsmen are advocates who receive, investigate and resolve concerns related to the health, safety, welfare and rights of individuals who are residents of skilled and intermediate nursing homes, personal care homes and certified domiciliary care homes, and of older individuals in the community who are participants of adult day services, long-term care services, and community based services. Ombudsmen also inform and educate older individuals, service providers and the public about long-term care services and consumer rights.

Pennsylvania Attorney General

Consumer Protection

16th Floor, Strawberry Square
Harrisburg, PA 17120
(800) 441-2555
attorneygeneral.gov

The Attorney General's Office ensures that Pennsylvania consumers are treated fairly and properly. Its Public Protection Division includes guarding Pennsylvanians against telemarketing scams or identity theft, fighting for civil rights, monitoring charitable organizations and protecting consumers from deceptive advertising or other unfair business practices. The above website contains numerous consumer advisories specifically for seniors and about matters related to your home, automobile, money, travel and shopping.

The Bureau of Consumer Protection represents the public by enforcing laws prohibiting fraudulent or deceptive trade practices. If you are unable to resolve a consumer complaint on your own, you can file a complaint online with the Bureau of Consumer Protection.

Health Care Section

(877) 888-4877
attorneygeneral.gov

The Health Care Section, operating within the Bureau of Attorney General, protects the public from unfair healthcare practices in Pennsylvania and helps consumers get around barriers to proper care. While this state agency cannot represent consumers, it investigates and mediates consumer complaints regarding the healthcare service industry.

Consumer Advocacy

Pennsylvania Department of State

Bureau of Charitable Organizations

401 North Street,
207 North Office Building
Harrisburg, PA 17120
(800) 732-0999
dos.pa.gov/BusinessCharities/Charities/Pages/default.aspx

Individuals who are solicited by charitable organizations can call the Department of State Bureau of Charitable Organizations to inquire if a charity is registered.

Pennsylvania Office of Consumer Advocate (OCA)

555 Walnut St.
Fifth Floor, Forum Place
Harrisburg, PA 17101
(800) 684-6560
oca.pa.gov

OCA is a state agency that represents the interests of Pennsylvania utility consumers before the Pennsylvania Public Utility Commission (PUC), federal regulatory agencies, and state and federal courts. If you have a question or problem with your utility service, call OCA for help.

Pennsylvania Public Utility Commission (PUC)

Bureau of Consumer Services

400 North St.
Harrisburg, PA 17120
(800) 692-7380
puc.pa.gov

The PUC balances the needs of consumers and utilities to ensure safe and reliable utility service at reasonable rates, protects the public interest, educates consumers to make independent and informed utility choices, furthers economic development and fosters new technologies and competitive markets in an environmentally sound manner.

Southwestern Pennsylvania Partnership for Aging (SWPPA)

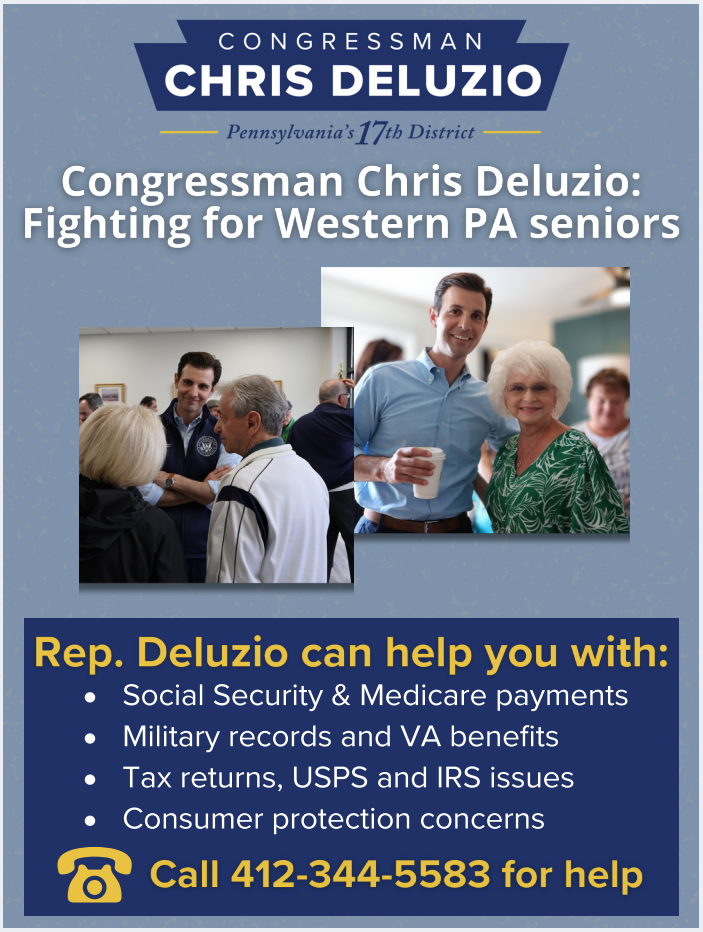
(412) 467-6564
swppa.org

This regional coalition of individuals and groups is committed to the well being of the aging population. SWPPA's mission is to serve as a catalyst to promote policies and programs to improve the quality of life for older adults.

Tips on Charitable Giving

- Never give to a charity you know nothing about.
- Request written information from the charity about its programs and finances.
- Do not feel pressured into giving on the spot or allow someone to come to your home to pick up the contribution.
- Never commit to donate over the phone unless you are familiar with the organization.
- Never give cash, credit card numbers or bank account numbers. Always write a check payable to the charity so you have record of your donations.
- All charities have expenses, so check carefully and understand how your donation will be spent.
- Consult with your tax advisor to determine whether your contribution is tax deductible. If giving before Dec. 31, charitable donations may be tax deductible for the upcoming tax filing.
- Call (800) 732-0999 to find out if the charity is registered with the Bureau of Charitable Organizations.

Source: PA Department of State



Voter Registration

Allegheny County Elections Division

542 Forbes Ave.
Third Floor
Pittsburgh, PA 15219
(412) 350-4500
alleghenycounty.us/government/elections

Voting is a right and a privilege. Learn about the candidates and the issues, and exercise your right to vote.

Voter Registration

Voter registration is a process by which a person verifies that they meet all qualifications to be eligible to vote and are then registered to cast a vote in the upcoming election. In Pennsylvania, residents must register to vote no later than 15 days before the election. The registration process can be done online, by mail, or in person.

If you are already registered to vote, you do not have to re-register unless you have moved or wish to change your name or political party affiliation. To register to vote, you can do so:

- Online. To sign the online form, you can provide a Pennsylvania Driver's License or PennDOT ID number, request a signature form, or print, mail and sign the voter registration form.
- By Mail. Download and complete the voter registration form at pavoterservices.pa.gov/Pages/VoterRegistrationApplication.aspx. Then, return it to the Elections Office before the deadline at the above address; call the number above to request the form; or email electionscontact@AlleghenyCounty.us to request that it be mailed to you.
- In Person. Apply in person at the Elections Office, located in the County Office Building in downtown Pittsburgh. It is open Monday through Friday from 8:30 a.m. to 4:30 p.m.
- At PennDOT. Update your voter registration when you obtain or update your driver's license or PennDOT ID card.

Mail-in and Absentee Voting

In Pennsylvania, you can choose to vote by mail by requesting an absentee or mail-in ballot. An absentee ballot should be used if you plan to be out of the municipality on election day, or if you have a disability or illness. The absentee ballot requires you to list a reason for your request for an absentee ballot. When answering the questions on the online form, please note that the Election Code provides that "The words 'duties, occupation or business' shall include leaves of absence for teaching or education, vacations, sabbatical leaves and all other absences associated with the elector's duties, occupation or business, and also include an elector's spouse who accompanies the elector."

A mail-in ballot can be used by any voter. There is no reason needed. You must apply for an absentee or mail-in ballot for each election, unless you qualify for and request permanent status to vote by mail-in ballot.

Ballots must be received by the Elections Division on or before 8 p.m. on the Tuesday prior to the primary or general election. It is strongly suggested that you secure, complete and return your application as soon as possible. This will provide sufficient mailing time for it to be processed, as well as to allow you to vote and return your ballot by the deadline.

To apply for either, download the online form, or request an application be sent to you by calling the above number or emailing electionscontact@alleghenycounty.us.

BRIGHTWOOD PLAZA
Apartments

1 Bedroom.....$1,190
1 Bedroom with Den.....$1,295
2 Bedrooms, 2 Baths.....$1,350
All utilities included!

Brightwood Plaza Apartments
4940 Brightwood Road, Bethel Park, PA 15102
Office (412) 831-9454 • Fax (412) 831-5733
Email: brightwoodplaza@verizon.net

EQUAL HOUSING OPPORTUNITY

2023 Apartment Excellence Award Winner

All utilities are included!

- Huge floor plans with sunken living rooms and large bay windows
- Controlled key fob access with intercom
- Easy access showers available in two-bedroom units
- Convenient to bus, trolley and 3,000-acre county park
- Sparkling heated pool

Elected Officials

Congressional Districts

12th, Summer Lee (D)

211 N Whitfield St.
Suite 802
Pittsburgh, PA 15206
(412) 214-5000

17th, Chris Deluzio (D)

Carnegie Office Park
600 N. Bell Ave.
Building 1, Suite 102
Carnegie, PA 15106
(412) 344-5583

State Legislative Districts

19th, Aerion Abney (D)

730 James St.
Pittsburgh, PA 15212
(412) 471-7760

20th, Emily Kinkead (D)

658 Lincoln Ave.
Pittsburgh, PA 15202
(412) 321-5523

21st, Lindsay Powell (D)

5154 Butler St.
Lawrenceville, PA 15201
(412) 781-2750

23rd, Dan Frankel (D)

2345 Murray Ave.
Suite 205
Pittsburgh, PA 15217
(412) 422-1774

24th, La'tasha D. Mayes (D)

2015-2017 Centre Ave.
Floor 1
Pittsburgh, PA 15219
(412) 665-5502

25th, Brandon Markosek (D)

Commerce Building
4232 Northern Pike
Suite 303
Monroeville, PA 15146
(412) 856-8284

27th, Daniel Deasy (D)

1074 Greentree Rd.
Pittsburgh, PA 15220
(412) 928-9514

28th, Robert W. Mercuri (R)

5500 Brooktree Rd.
Suite 100
Wexford, PA 15090
(412) 369-2230

30th, Arvind Venkat (D)

9800B McKnight Road
Suite 130
Pittsburgh, PA 15237
(412) 348-8028

32nd, Joe McAndrew(D)

77 Universal Rd.
Suite 1
Penn Hills, PA 15235
(412) 793-2448

33rd, Mandy Steele (D)

1296 Pittsburgh St.
Cheswick, PA 15024
(724) 826-5151

34th, Abigail Salisbury(D)

501 Braddock Ave.
Braddock, PA 15104
(412) 273-3400

35th, Matthew Gergely (D)

409 Walnut St.
First
McKeesport, PA 15132
(412) 664-0035

36th, Jessica Benham (D)

1810 Brownsville Rd.
Carrick, PA 15210
(412) 881-4208

38th, Nick Pisciottano (D)

3563 Mountain View Dr.
West Mifflin, PA 15122
(412) 466-1940

39th, Andrew Kuzma (R)

491 East Bruceton Rd.
Pleasant Hills, PA 15236
(412) 382-2009

40th, Natalie Mihalek (R)

1121 Boyce Rd.
Suite 2200A
Upper St. Clair, PA 15241
(724) 942-2045

42nd, Dan Miller (D)

650 Washington Rd.
Suite 102
Mt. Lebanon, PA 15228
(412) 343-3870

44th, Valerie Gaydos (R)

1005 Beaver Grade Rd.
Suite 106
Moon Township, PA 15108
(412) 262-3780

45th, Anita Astorino Kulik (D)

1350 Fifth Ave.
Coraopolis, PA 15108
(412) 264-4260

46th, Jason Ortitay (R)

300 Old Pond Rd.
Suite 205A
Bridgeville, PA 15017
(412) 221-5110

State Senatorial Districts

37th, Devlin J. Robinson (R)

1700 N. Highland Rd.
Suite 307
Pittsburgh, PA 15241
(412) 785-3070

38th, Lindsey Williams (D)

5000 McKnight Rd.
Suite 405
Pittsburgh, PA 15237
(412) 364-0469

42nd, Wayne D. Fontana (D)

1039 Brookline Blvd.
Suite 2
Pittsburgh, PA 15226
(412) 344-2551

43rd, Jay Costa (D)

1501 Ardmore Blvd.
Suite 403
Pittsburgh, PA 15221
(412) 241-6690

45th, Jim R. Brewster (D)

One Monroeville Center
3824 Northern Pike
Suite 1015
Monroeville, PA 15146
(412) 380-2242

Governor of Pennsylvania

Josh Shapira (D)

508 Main Capitol Building
Harrisburg, PA 17120
(717) 787-2500

US Senators

John Fetterman (D)

310 Grant St.
Suite 1440
Pittsburgh, PA 15219
(412) 803-3501

Robert P. Casey, Jr. (D)

Grant Building
310 Grant St.
Suite 2415
Pittsburgh, PA 15219
(412) 803-7370

City of Pittsburgh

Mayor Ed Gainey (D)

414 Grant St.
Fifth Floor
Pittsburgh, PA 15219
(412) 255-2626

City Council

414 Grant St.
Pittsburgh, PA 15219
(412) 255-2138

Transportation

For most of us, driving a car is second nature—but as we age, it's a smart idea to revisit safe-driving habits that may seem routine. The first page of this section offers driving tips and special information for older drivers. How do you know when it's time to stop driving? We cover tips for making this major decision on the next page. Deciding to no longer drive is not the end of your freedom, however; our county offers many alternatives to get where you need to go. We present these services on pages 102-103. Buckle up and be safe!

Handicap Parking

Pennsylvania Department of Transportation

(800) 932-4600
dmv.pa.gov

Special parking placards and license plates are available for those with disabilities. To apply for a placard or plate, the form must be filled out by a physician and notarized. There is no fee for the placard; however, there is a $11 charge for a special plate. Forms can be obtained by calling PennDOT or can be downloaded at dmv.pa.gov/Information-Centers/Business-Partner/pages/parking-placards.aspx.

Notes:_____

_____

_____

Mobility Works

(877) 275-4907
mobilityworks.com

Rents and sells new and used handicap vans with wheelchair ramps or lifts designed to accommodate special needs. Visit this website for a list of national owner-operated dealerships that participate in this network.

Retired Status Motor Vehicle Registration

Pennsylvania Department of Transportation

(800) 932-4600
dmv.pa.gov

Eligible applicants, regardless of age, must be retired and receiving Social Security, SSI payments, retirement benefits or other pensions and annuities. The total income from all these sources must not exceed $19,200. To be eligible for the retired status processing fee, the vehicle must be titled and registered in the person's name. If the vehicle is registered jointly, at least one of the registrants must meet the requirements above. The qualified person must be the principal driver of the vehicle unless physically or mentally incapable of driving. Only one vehicle per person may be registered for the $10 processing fee. Forms are available at notaries, tag agencies and dealerships, by calling PennDOT or visiting dmv.pa.gov/VEHICLE-SERVICES/Title-Registration/Pages/default.aspx.

Get your Pittsburgh Regional Transit
Senior Citizen ConnectCard today.

If you're 65 or older, apply now for your Pittsburgh Regional Transit (PRT) **Senior Citizen ConnectCard.**

This card allows you to ride FREE at all times on all PRT vehicles. Including the bus, light rail and inclines – It's also accepted by other transit agencies statewide.

Sign up in-person at Pittsburgh Regional Transit's Downtown Service Center, located at 623 Smithfield Street, or at participating legislative offices throughout Allegheny County. Please bring photo ID and proof of age.

For more information, call **412.442.2000** or visit **rideprt.org**.

PRT
Pittsburgh Regional Transit

A Guide to Talking With Older Drivers

The Pennsylvania Department of Motor Vehicles has a very useful booklet called Helping Older Drivers Stay Safe: A Guide for Family and Friends that helps family members and friends know when and how to get involved in an older person's decision on whether to continue or modify their driving. The booklet can be downloaded online. Go to dmv.pa.gov/Driver-Services/Mature-Drivers/Pages/default.aspx.

When to Stop Driving

We want to continue driving as long as we can do so safely. For many of us, however, the time may come when we must limit or stop driving—either temporarily or permanently. The following advice may be able to assist you or a loved one in making this decision.

	What are the warning signs when someone should begin to limit driving or stop altogether?
✔	Feeling uncomfortable, nervous or fearful while driving.
✔	Dents and scrapes on the car or on fences, mailboxes, garage doors and curbs.
✔	Difficulty staying in the lane of travel.
✔	Getting lost.
✔	Trouble paying attention to signals, road signs and pavement markings.
✔	Slower response to unexpected situations.
✔	Medical conditions or medications that may affect your ability to handle the car safely.
✔	Frequent "close calls" (almost crashing).
✔	Trouble judging gaps in traffics at intersections and on highway entrance/exit ramps.
✔	Other drivers honking at you and instances when you are angry at other drivers.
✔	Friends or relatives not wanting to drive with you.
✔	Difficulty seeing the sides of the road when looking straight ahead.
✔	Easily distracted or having difficulty concentrating while driving.
✔	Having a hard time turning around to check over your shoulder while backing up or changing lanes.
✔	Frequent traffic tickets or warnings by traffic/law enforcement officers in the last year or two.

If you notice one or more of these warning signs, you may want to have your driving assessed by a professional or attend a driver refresher class (see listing next column or download the booklet mentioned above, which lists more driver refresher courses). You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.

Source: AARP.org.

AARP Driver Safety Program

(888) 227-7669
aarp.org

The AARP Driver Safety Program is the nation's first and largest classroom refresher course for drivers ages 50 and older. The eight-hour course is designed to help update driving skills and knowledge of the rules of the road, learn about normal age-related physical changes and how they impact driving, and obtain an insurance discount. Online courses are also available. To learn more and to locate classes in your area, visit the above website and type "Driver Safety Program" in the search box.

Pennsylvania Yellow Dot Program

penndot.gov/TravelInPA/Pages/Yellow-Dot.aspx

Yellow Dot assists those who have been in a traffic accident and aren't able to communicate their emergency care needs by themselves. Participants complete a personal information form, which includes their name and photo, contact information, emergency contact information, medical history and medications, allergies and their doctors' names. The form is kept in the person's glove compartment. A yellow dot is placed in the vehicle's rear window to alert first responders to check the glove compartment for vital information to ensure the individuals receive the medical attention they need. The program is a cooperative effort among the Pennsylvania Departments of Transportation, Health and Aging, Pennsylvania State Police, Pennsylvania Turnpike Commission, first responders and local law enforcement.

Seniors for Safe Driving

(724) 283-0245 or (800) 559-4880
seniorsforsafedriving.com

This driver improvement program is designed especially for seniors. It allows drivers a chance to refresh their driving techniques, develop positive driving attitudes and regain lost confidence. There is no written exam or behind-the-wheel test. A nominal tuition fee is charged. Call for class locations, dates and times. You can also register for a class online at the above website.

American Cancer Society (ACS)

Road to Recovery

(800) 227-2345
cancer.org

ACS's Road to Recovery program pairs up cancer patients with local volunteers who drive them to their treatment appointments. To learn more, call the phone number above.

American Kidney Fund

(800) 638-8299
kidneyfund.org

As part of AKF's Safety Net Grant Program, grants are offered to needy dialysis and kidney transplant patients for treatment-specific (reimbursed) expenses such as transportation to reach dialysis. Grants are limited to travel necessitated by death or serious illness in the family or for the purpose of kidney transplant workup only. Safety Net Grant accepts only online applications from its website, above.

Free Rides for Seniors/In Service of Seniors North

(412) 449-0151
nhco.org

Operated by North Hills Community Outreach in partnership with St. Margaret Foundation, the Free Rides for Seniors volunteer-driven 10-passenger shuttles run weekdays from 10 a.m. to 4 p.m. in the following communities: Blawnox to Sharpsburg along Freeport Road; Millvale/Etna; Tarentum/Brackenridge/Cheswick/Natrona Heights; and Oakmont. In addition, In Service of Seniors, a program of North Hills Community Outreach, offers rides throughout northern Allegheny County, matching volunteers with seniors to provide transportation to medical appointments and grocery shopping. Must be age 60 or older. To sign up, call the above number.

GoGoGrandparent

(855) 464-6872

Order rides for seniors, groceries, prescription medications, meals, home chores and more with a simple phone call. No Smartphone is needed. Works with Uber and Lyft. Built Better for Older Adults.

Heritage Community Transportation

820 Braddock Ave.
Braddock, PA 15104
(412) 351-0535
For transportation: (412) 351-2200
heritageserves.org

Heritage Community Transportation offers a shuttle service for 16 communities in the Mon Valley.

The routes connect with Pittburgh Regional Transit bus stops. The cost is $0.25 for adults; $0.10 for children ages six through 11 and persons with disabilities; and free for adults ages 65 and older, and children age five and younger. Applications can be downloaded online; printed applications are available at the Heritage main office. Visit the website, above, for a complete list of areas served, service schedule and route map.

Lyft

Lyft.com/cities/pittsburgh-pa

Lyft provides safe rides 24 hours a day, 7 days a week to all points around the Pittsburgh area, as well as to Pittsburgh International Airport. The Lyft app matches you with friendly local drivers at the tap of a button within minutes. After the ride, simply pay through your phone.

Pittsburgh Regional Transit

623 Smithfield Street
Pittsburgh, PA 15222
(412) 442-2000
rideprt.org

If you're 65 or older, apply now for your Pittsburgh Regional Transit Senior Citizen ConnectCard. This card allows you to ride all Pittsburgh Regional Transit vehicles for free. It's also accepted by other transit agencies statewide. Apply at Pittsburgh Regional Transit's Downtown Service Center, located at 623 Smithfield Street, or at participating legislation offices throughout Allegheny County. Please bring photo ID and proof of age. For more information, visit rideprt.org or call (412) 442-2000.

Taxi Service

Classy Cab Company

(412) 322-5080

zTrip Taxi

1101 Beaver Ave.
Pittsburgh, PA 15233
(412) 777-7777
ztrip.com

zTrip is a smartphone app that lets you book a black car or taxi in seconds. You can book for now, for later today, or for later in the week. Professionally licensed, background-checked and insured drivers and no surge pricing. There are three ways to book a trip: the zTrip app (find on Google Play or iTunes App Store), hail on the street or call the number above. Wheelchair vehicles available.

Travelers Aid of Pittsburgh

343 Boulevard of the Allies
Pittsburgh, PA 15222
(412) 281-5474
Travelersaidpgh.org

This United Way agency provides social service programs to individuals in need of transit assistance. Travelers Aid works with public and private entities to offer a variety of transportation options for various populations through partnerships with the Allegheny County Department of Human Services, the Commonwealth of Pennsylvania, and other foundations and community providers. They serve 7,500 people every year with making 3.5 million trips in more than 100 locations in the county.

Uber

uber.com/cities/pittsburgh

The Uber app connects you with a reliable ride — from low-cost to premium — in minutes through your smartphone. One tap and a car comes directly to you. Your driver knows exactly where to go. Payment is completely cashless and tipping is not required. Applicable tolls and surcharges may be added to your fare.

If you have any issues with any of the ride-sharing services (Lyft, Uber or zTrip) you can file a complaint through the PA Public Utility Commission's Bureau of Consumer Services at (800) 692-7380.

Transportation Options

ACCESS Door-to-Door Transportation – Program Options

Program	OPT Older Persons Transportation (Coordinated byACCESS)	ACCESS ADA Program	ACCESS 65 Plus Program	ACCESS Connections Program	MATP (Medical Assistance Transportation Program)
Sponsorship	Allegheny County DHS- AAA with PA Lottery Funding	Pittsburgh Regional Transit	Pittsburgh Regional Transit with PA Lottery Funding	Pittsburgh Regional Transit with PennDOT Funding	Allegheny County DHS – Office of Behavioral Health
Eligibility* ***Details by contacting programs (below)**	Age 60 or older; Allegheny County resident; not ina nursing home / rehab facility	Due to disability, functionally unable to use Pittsburgh Regional Transit bus independently either all of the time or only under some conditions.	Age 65 or older	Anyone aged 18-64 with a disability without bus service at the origin or destination	Current Medical Assistance recipient.
Application	At any DHS AAA, senior center; by AAA care manager. Proof of age and verification of type of health insurance required	Individuals with a disability complete an application and participate in an in-person interview and transportation skills evaluation. Proof of age and verification of disability required.	At DHS/ AAA senior centers, legislative offices or other community locations. Also available by mail or at the ACCESS program office at 650 Smithfield Street. Proof of age required.	Short application available by mail. Verification of disability and proof of age required.	By phone ,online or in-person at the MATP office, One Smithfield Street, Downtown Pittsburgh, 15222
Hours of Operation	Monday-Sunday, 6 a.m. to 10 p.m.	Monday-Sunday 6 a.m. - midnight, before or after if Pittsburgh Regional Transit is running.	Monday - Sunday 6 a.m. - midnight	Monday - Sunday 6 a.m. - 11 p.m.	Monday - Sunday 6 a.m. to 10 p.m.
Reservations	One day in advance, between 8 a.m. and 3 p.m.	One day in advance, between 7 a.m. and 3:30 p.m.	One day in advance between 8 a.m. and 3 p.m.	One day in advance between 8 a.m. and 3 p.m.	Two working days in advance between 8:30 a.m. and 3 p.m. Monday-Friday
Trip Limits	Medical trips with limitations: Ages 60-64 requires preauthorization by the main OTP office. Age 65+, four one-way medical trips/month; Grocery shopping Senior center daily	No restriction on the type or number of trips.	No restriction on the type or number of trips.	Provides either a ride to a nearby bus stop, or a direct ACCESS trip. No restriction on the type or number of trips.	For medical (physical and behavioral health) services only; no emergency or ambulance service; children under age 12 must be accompanied by parent or responsible adult
Fare Payment	Fareis paid using an electronic purse (ePurse), by mail, in person, or online deposit	Fare is paid through the use of ePurse	Fare is paid through the use of ePurse	Fare is paid through the use of ePurse	Free. Rider provided with Pittsburgh Regional Transit bus fare; ACCESS transport, or automobile reimbursement.
Minimum Fares/ Escort Policy	Medical, Group grocery shopping, Senior Center trips, or Senior Center activities: $1.25 each way. Medical trips: Age 60-64, $5.25 each way; age 65 and older, $2.25 each way. Escort ride free.	$3.15 minimum 1-way fare $5.25 maximum 1-way fare If required, personal assistant rides free. Companion pays same fare as rider.	$3.15 minimum 1-way fare $5.25 maximum 1-way fare except to/from Pittsburgh Airport. Under age 65 escort fare - $2.50 one way	$3.15 minimum 1-way fare $5.25 maximum 1-way fare Ride to a bus stop - $2.50 1-way. Half fare on bus with half-fare card	Free Escorts – Free but must be authorized by MATP
Contact	**(412) 562-5385** (ACCESS/ OPT) **(412) 350-4076** (AC/AAA)	**(412) 562-5353** TTY 711	**(412) 562-5353** TTY 711	**(412) 562-5353** TTY 711	**(888) 547-MATP [888-547-6287] (412) 350-4476**
Website	Alleghenycounty.us/dhs/transportation/index.aspx Contains summary of above program				

Housing Options for Seniors

As we mature in years and our lifestyles change, we may also consider changing residences—either out of choice or need. Perhaps you want to downsize to a more maintenance-free home or live in a community with others who share similar interests. Or maybe you need help with a health concern or other personal care. In any event, the type of housing you choose is crucial for your future contentment, comfort and safety. Fortunately, these days, older adults have an array of living arrangements to choose from, and understanding all your options is the first step in making a choice that is right for you. This section of the Resource Guide can help you to understand the various types of housing options so you can make an informed decision.

DOM Care

Domiciliary Care is a program that matches people who cannot live independently with individuals or families who are willing to open their homes for caregiving. For more details, see page 14.

Public Housing

In the first part of this section, you will find information about senior apartments for rent in our area. This form of public housing is appropriate for income-eligible seniors, families and persons with disabilities.

Independent Living

Independent residential communities are perfect for older adults seeking an active yet hassle-free lifestyle. These residences can be apartments, condos or cottages that offer services and features suitable for retirees, such as housekeeping and laundry, social programs, transportation services, organized outings and limited medical services.

Choosing a Personal Care or Nursing Home

The next part of this section is geared towards those who are transitioning from living independently into a residence where they can receive help with daily living activities that they may no longer be able to do on their own.

Personal Care Homes

Personal Care Homes and Assisted Living facilities are for older adults who need some in-home, non-medical assistance but don't require the level of continuous care that a nursing home offers. This type of housing option typically provides help with things like meals, bathing, housekeeping and other needs. The important thing is to match, as closely as possible, the assisted living arrangements with the senior's needs and desires. The living quarters are usually private apartments or individual living spaces with common areas for socializing with other residents.

Nursing Homes

Nursing homes are for seniors in need of 24-hour skilled nursing care. They can be freestanding or part of a senior community, and they provide a lot of the same care options offered in other senior communities such as room and board, personal care, and protection and supervision. The length of stay can be short-term or long-term, and the level of care generally falls under three categories—basic care, skilled care and sub-acute care—depending on how comprehensive the resident's needs are.

Continuing Care Retirement Community (CCRC)

These communities allow seniors to "age in place" with flexible accommodations that are designed to meet health and housing needs as these needs change over time. Residents sign a long-term contract that offers housing, services and medical care—usually all in one location. This allows residents to remain in familiar settings as they grow older.

Notes:_____

Senior Help At No Cost

Choosing the right senior community can be an overwhelming experience.

Little Ben says: My Grandpa Stan and my dad Dan are the number one senior placement service in Western PA!

Alzheimer's/Memory Care

Independent Living

Assisted Living

Personal Care

Senior Lifestyle Connections, LLC

Have our expert team of senior advocates lead you down the right path to a secure future and carefree lifestyle.

Absolutely . . . NO COST or OBLIGATION EVER!

Our free service offers professional guidance when choosing a quality and affordable senior community.

We can assist with:

- Negotiating the best price
- Financial direction
- Veterans and spouse pensions
- State assistance programs
- Spend-down programs

The most important part of our job is making this major lifestyle transitition as smooth as possible for the potential resident and their family. We treat each person as if they are our own family.

Let's Keep Our Seniors Safe!
Call Stan 7 Days a Week! **(724) 787-7030**
or Dan **(724) 787-6651**
seniorhelpfree.com • Email: stan@seniorhelpfree.com

NSPC National Care Planning Council

Member of National Care Planning Council
Helping hundreds of families over a decade. Dzien Dorby! (Good Day to All)

Things to Consider When Choosing an Apartment

This form is a tool to help assist you in organizing your thoughts and questions about each location. Use one sheet for each location and make copies to keep on hand. Feel free to ask questions pertaining to your personal needs when you visit.

Name of apartment:_____

Address: _____

Phone number: _____**Contact:**_____

Email: _____**Website:**_____

Date of visit:_____**Hours of operation:**_____

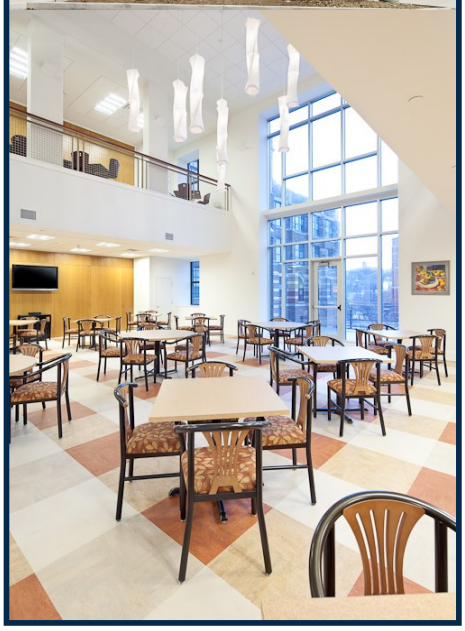
Cost: _____

Comments: _____

_____

Apartment income limit	Age limit	Waiting list period
$	None _____ Years	Now 3 months 6 months more
Pets allowed	**Smoking allowed**	**Handicap Accessible**
Yes No	Yes No	Yes No
Rent	**Utilities included**	**Trash chute**
Present rent $ _____ Portion of income % _____	Yes No	Yes No
Bedrooms	**Security/Intercom**	**Elevators**
1 2	Yes No	1 2 3
Balcony	**Storage**	**Laundry room**
1 2	Yes No	1 2 3

Windows/lighting	**Poor**	**Fair**	**Good**
Apartment's spacing/size	**Poor**	**Fair**	**Good**
Building's condition	**Poor**	**Fair**	**Good**
Building's cleanliness	**Poor**	**Fair**	**Good**
Closets/cupboards/counters	**Poor**	**Fair**	**Good**
Bathrooms	**Poor**	**Fair**	**Good**
Laundry	**Poor**	**Fair**	**Good**
Transportation	**Poor**	**Fair**	**Good**
Closet storage	**Poor**	**Fair**	**Good**
Activities on site	**Poor**	**Fair**	**Good**
Parking	**Poor**	**Fair**	**Good**



a.m. RODRIGUEZ ASSOCIATES inc.

CMS Housing

Beautiful Senior Apartments Near You!

Edgewood Retirement Residence 200 Towne Centre Drive *Pittsburgh, PA 15218 412-731-1810	**South Hills Retirement Residence** 125 Ruth Street *Pittsburgh, PA 15211 412-481-8100
Carson Retirement Residence 2850 East Carson Street *Pittsburgh, PA 15203 412-481-0700	**Summit Retirement Residence** 125 South Sixth Street *Duquesne, PA 15110 412-466-7755
Carnegie Retirement Residence 200 Railroad Avenue *Carnegie, PA 15106 412-276-0102	**The Oaks Retirement Residence** 2967 Jacks Run Road *White Oak, PA 15131 412-675-0412
Emerald Hills Retirement Residence 5785 Saltsburg Rd. *Penn Hills, PA 15147 412-793-3339	**Woodcrest Retirement Residence** 1502 Woodcrest Avenue *Moon, PA 15108 412-264-0918
Munhall Retirement Residence 1000 Andrew Street *Munhall, PA 15120 412-462-3200	**Morningside Crossing** 1808 Jancey Street *Pittsburgh, PA 15206 412-441-1140
Retirement Residence of Plum 620 Repp Road *New Kensington (Plum), PA 15068 724-339-2925	**Retirement Residence of Glassport** 220 Erie Avenue *Glassport, PA 15045 412-896-2109
Ross Hill Retirement Residence 7500 Ross Park Drive *Pittsburgh, PA 15237 412-847-0161	**Visit Us Online:** www.cmshousing.com

TDD (800) 545-1833

Parkside Manor

1306 Brookline Blvd., Pittsburgh, PA 15226

(412) 343-2770

62 and Older

- Renovated in 2017
- Fitness Center
- Computer Room
- Community Kitchen
- Library
- Game Room
- One-Bedroom Floor Plans
- On-Site Medical Suite
- Handicap Accessible

EQUAL HOUSING OPPORTUNITY

National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

Alexis Manor, Inc.

Housing for Seniors
(62 or older)
or Mobility Impaired
(18 or older)

HUD subsidized rent
based on income

1 Bedroom Apartments
Now Accepting Applications
- Elevator Building
- On-Site Parking
- On-Site Management

10100 Old Perry Highway
Wexford, PA 15090

(724) 935-7411

EQUAL HOUSING OPPORTUNITY

ORMSBY MANOR APARTMENTS

(Mt. Oliver)

RENT-ASSISTED HOUSING
PERSONS AGE 62 or OLDER

1 bedroom apartments
• equipped kitchen • A/C
• community room • laundry room
• and much more!

NOW ACCEPTING APPLICATIONS
PLEASE CALL:
(412) 829-3910 or **(800) 238-7555**
Mon.-Fri. 9 am to 5 pm
EQUAL HOUSING OPPORTUNITY

Northside Coalition

EQUAL HOUSING OPPORTUNITY

Northside Coalition Senior Housing
1500 Brighton Place, Pittsburgh, PA 15212
RENT ASSISTED HOUSING FOR PERSONS AGED 62 OR OLDER
1 BEDROOM APARTMENTS
EQUIPPED KITCHEN, W/W CARPETING, A/C, WINDOW COVERINGS, COMMUNITY, COMPUTER ROOM & LAUNDRY FACILITY, SECURE INTERCOM ACCESS, PUBLIC TRANS
Income Limits Apply: 1 Person...$22,050/yr. **2 Persons**..$25,200/yr.
Please contact
SUPPORTIVE HOUSING MANAGEMENT SERVICES, INC
PHONE: 1 (800) 238-7555

West Lake APARTMENTS

1015 Crucible St.
West End, PA 15220

RENT-ASSISTED HOUSING
PERSONS AGE 62 or OLDER

1 bedroom apartments
• equipped kitchen • A/C
• community room • laundry room
• and much more!

NOW ACCEPTING APPLICATIONS
CALL: (412) 829-3910
Mon.-Fri. 9 am to 5 pm
EQUAL HOUSING OPPORTUNITY

Forest Hills Senior Apartments

2111 Ardmore Boulevard,
Pittsburgh, PA 15221

RENT ASSISTED HOUSING
PERSONS AGED 62 OR OLDER
1 BEDROOM APARTMENTS

Equipped Kitchen, W/W Carpeting, A/C, Window Coverings, Community Room, Laundry Facility, Secure Intercom Access, Public Transportation, Walk-In Shower

Income Limits Apply
(412) 271-4090
Equal Housing Opportunity

BENNETT PLACE APARTMENTS

51 Affordable Housing Units for the Elderly
Sponsored by: Operation Better Block, Inc.
& Action Housing Inc.

A Retirement Housing Foundation Property

For Information Call:
412-242-9977

Retirement Housing Foundation
Member of the Council for
Health and Human Services
Ministries - United Church of Christ

Brinton Towers Apartments

- One Bedroom and Large Efficiency Apartments
- Wall to Wall Carpeting
- Public Transportation at Door
- Equipped Kitchen - Frost-free Refrigerator
- Community Room - Lounge Areas - Billiard Room
- Laundry Facilities on Each Floor
- Air Conditioning
- Card Entry Access - Intercom System
- Lunch Program Available
- Off Street Parking

Don't wait, call today!
(412) 824-9000

EQUAL HOUSING OPPORTUNITY

3000 Locust St., Pittsburgh, PA 15221
Hours: Mon-Fri. 8 a.m.-5 p.m., Sat. 9 a.m.-1 p.m.

LEO MEYER MANOR

1015 Church Avenue
McKees Rocks, PA 15136

HUD Section 8
Efficiency Apartments Only
(62 or older)
or Mobility Impaired
(18 or older)

Ramp access, elevator, AC
In house coin laundry
On-Site parking

412-331-8000
leomeyermanor@verizon.net

EQUAL HOUSING OPPORTUNITY

NOW TAKING APPLICATIONS

Affordable Retirement Living
"A Gracious Experience"

Parkview TOWERS

Efficiencies available immediately to qualified individuals.

METHOUSE, INC.
A United Methodist Church Union Facility

Parkview Towers

SENIOR CITIZEN
RETIREMENT LIVING

111 Caroline Street • Munhall, PA 15120
(412) 461-2993 • www.umcu-parkview.com

EQUAL HOUSING OPPORTUNITY

SUPPORTIVE AND AFFORDABLE HOUSING

Love Where You Live!

JOIN US! ACCEPTING APPLICATIONS FOR RESIDENCY

Mt. Nazareth Commons

A modern senior living complex offering comfort, community and peace of mind in senior living. Located on a beautiful 32-acre campus in Ross Township close to I-279, minutes from downtown Pittsburgh.

PLENTY OF ON-SITE AMENITIES:

Small pets welcome, all utilities included in rent, fully equipped kitchens, accessible showers, individually controlled HVAC, emergency call system, 24-hour emergency maintenance, intercom building, community room with internet access, on-site service coordinator and on-site laundry.

To learn more or schedule a tour, contact us today!

SeniorCare Network
A Presbyterian SeniorCare Network Affiliate

Professionally managed by SeniorCare Network. Rent based on income. Age and income guidelines apply.

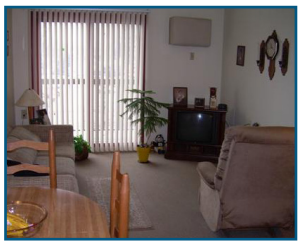
412.415.0475
MtNazarethCommons@SrCare.org
SrCareNetwork.org

HARRISON HI RISE

Senior Apartments

2006 Broadview Blvd., Natrona Heights, PA 15065

Rent Assistance



Harrison Hi Rise is a Secure Apartment building conveniently located near shopping and public transportation.

Amenities Include:

- All Utilities
- Air Conditioning
- Individual Balcony
- Laundry Facilities
- Community Room
- Video Surveillance
- Community Life Services
- Fitness Room

EQUAL HOUSING OPPORTUNITY

Call **(724) 224-4571** for more information.

In a Neighborhood Near You:

NORTH
Blawnox Apts. - 412.828.0139
Brackenridge Hall - 724.226.1106
Dalton's Edge - 724.226.9091
Golden Towers - 724.226.1070
Pine Ridge Heights - 724.294.0080
R.J. Corbett Apts. - 412.366.6150
Springdale Manor - 724.274.7303
West View Tower - 412.931.6373

SOUTH
G.W. Carver Hall - 412.233.9544
H.S. Truman Tower - 412.466.8550
West Mifflin Manor - 412.466.4111
Dorchester of Mt. Lebanon - 412-857-3330

EAST
Dumplin Hall - 412.247.7490
Gen'l Braddock Twr - 412.351.1360
Homestead Apts. - 412.462.1441
Jefferson Manor - 412.241.0289
John Fraser Hall - 412.823.8009
Wilmerding Apts. - 412.823.3472

WEST
Ohioview Tower - 412.331.4633

COMMON AMENITIES:

- Utilities included in rent
- On-Site Coin Op Laundry
- Off-Street Parking
- Community Rooms
- 24-Hour Emergency Service

ALLEGHENY COUNTY HOUSING AUTHORITY • www.achsng.com
301 Chartiers Avenue • McKees Rocks, PA 15136 • 412.402.2487

Senior Apartments

Public housing is rental housing provided to income-eligible families, seniors and persons with disabilities. Public housing comes in all sizes and types from single-family houses to high-rise apartments for seniors. A resident in public housing may either pay 30 to 40 percent of their adjusted gross income to rent, or a flat fee based on the unit for which they qualify. The type of payment depends on the way the building is funded, so contact each building for information.

Pennsylvania Housing Finance Agency (PHFA)

Affordable Apartment Locator

(877) 428-8844
TTY 7-1-1
pahousingsearch.com

The Apartment Locator is a free service that links consumers to affordable housing options throughout the state. The above website offers information about apartment locations, rental prices, accessibility features, development amenities and current vacancies.

CENTRAL

Sylvania Place Apartments
29 Sylvania Ave.
Beltzhoover, PA 15210
(412) 829-3910

York Commons
4003 Penn Ave.
Bloomfield, PA 15224
(412) 682-1151

Laurentian Hall
5321 Penn Ave.
Pittsburgh, PA 15224
(Bloomfield/Garfield)
(412) 361-4462

Fairmont Apartments
5461 Penn Ave.
Garfield, PA 15206
(412) 362-6080

Harriet Tubman Terrace
550 Negley Run Blvd.
East Liberty, PA 15206
(412) 363-8422

Emory Senior Housing
324 North Beatty St.
Pittsburgh, PA 15206
(412) 404-6089

New Pennley Place
5601 Penn Ave.
East Liberty, PA 15206
(412) 362-2040

Greenfield Terrace Apartments
3909 Raff St.
Greenfield, PA 15207
(412) 829-3910

Allegheny Union Baptist
2700 Centre Ave.
Hill District, PA 15219
(412) 687-2749

Christopher Smith Terrace
2829 Bedford Ave.
Hill District, PA 15219
(412) 682-2024

Ebenezer Towers
420 Dinwiddie St.
Hill District, PA 15219
(412) 391-9465

K. Leroy Irvis Towers
715 Mercer St.
Hill District, PA 15219
(412) 765-1008

Milliones Manor
2827 Bedford Ave.
Hill District, PA 15219
(412) 681-6350

The Legacy
2121 Centre Ave.
Hill District, PA 15219
(412) 281-8199

Western Manor, Inc.
2851 Bedford Ave.
Hill District, PA 15219
(412) 681-4056

Homestead Apartments
411 East Eighth Ave.
Homestead, PA 15120
(412) 462-1441

Second Baptist Senior Apartments
128 W. 12th Ave.
Homestead, PA 15120
(412) 461-6067

Bennett Place
7245 Bennett St.
Homewood, PA 15208
(412) 242-9977

Homewood House
7130 Frankstown Ave.
Homewood, PA 15208
(412) 244-8161

Homewood Station
7202 Susquehanna St.
Pittsburgh, PA 15208
(412) 342-8641

Silver Lake Commons
6935 Frankstown Ave.
Homewood, PA 15208
(412) 362-0165

IW Abel Place
4720 Hatfield St.
Lawrenceville, PA 15201
(412) 687-7120

St. Augustine Plaza
230 36th St.
Lawrenceville, PA 15201
(412) 683-6155

Pennsylvania-Bidwell HighRise
1014 Sheffield St.
Manchester, PA 15233
(412) 237-0811

Bellefield Dwellings
4400 Centre Ave.
Oakland, PA 15213
(412) 621-1132

Parkview Manor
3250 Parkview Ave.
Oakland, PA 15213
(412) 683-7988

William Moorhead Tower
375 N. Craig St.
Oakland, PA 15213
(412) 681-3709

Morningside Crossing
1808 Jancey St.
Pittsburgh, PA 15206
(412) 441-1140

Eva P. Mitchell
1621 Lincoln Ave.
Pittsburgh, PA 15206
(East Liberty)
(412) 363-4169

Perrysville Plaza
2403 Perrysville Ave.
Pittsburgh, PA 15214
(412) 322-0888

May Building
111 Fifth Ave.
Pittsburgh, PA 15222
(Downtown)
(412) 471-4726

Midtown Towers
643 Liberty Ave.
Pittsburgh, PA 15222
(412) 391-5226

Finello Pavillion
3206 Niagara St.
Pittsburgh, PA 15213
(South Oakland)
(412) 687-8634

Carson Retirement Residence
2850 East Carson St.
Pittsburgh, PA 15203
(South Side)
(412) 481-0700

Carson Towers
2117 East Carson St.
Pittsburgh, PA 15203
(South Side)
(412) 431-8232

Morse Gardens
2416 Sarah St.
Pittsburgh, PA 15203
(South Side)
(412) 481-3742

John Paul Plaza
1005 Herron Ave.
Polish Hill, PA 15219
(412) 683-5850

Forward Shady Apartments
5841 Forward Ave.
Squirrel Hill, PA 15217
(412) 521-3065

Murray Towers
2825 Murray Ave.
Squirrel Hill, PA 15217
(412) 421-6411

The New Riverview
52 Garretta St.
Squirrel Hill, PA 15217
(412) 521-7876

EAST

Avenue Apartments
325 Braddock Ave.
Braddock, PA 15104
(412) 636-9655

Berg Manor
40 Holland Ave.
Braddock, PA 15104
(412) 315-1414

Brinton Towers
3000 Locust St.
Braddock Hills, PA 15221
(412) 824-9000

G.W. Carver Apartments
565 Reed St.
Clairton, PA 15025
(412) 233-9544

Senior Apartments

Grant Towers
100 Grant Ave.
Duquesne, PA 15110
(412) 466-3222

Harry S. Truman Apartments
25 North Second St.
Duquesne, PA 15110
(412) 466-8550

Miller Avenue Apartments
15 Miller Ave.
Duquesne, PA 15110
(412) 829-3910

Summit Retirement Residence
125 South Sixth St.
Duquesne, PA 15110
(412) 466-7755

Bessemer Terrace Apartments
850 Main St.
Pittsburgh, PA 15112
(412) 829-3910

Electric Avenue Apartments
325 Electric Ave.
Pittsburgh, PA 15112
(412) 823-9200

Forest Hills Senior Apartments
2111 Ardmore Blvd.
Pittsburgh, PA 15221
(412) 271-4090

Fairmont Apartments
5461 Penn Ave.
Garfield, PA 15206
(412) 362-6080

The Commons at North Aiken
5330 North Aiken Ct.
Garfield, PA 15224
(412) 661-1075

Bernice Crawley Manor/ Glen Hazel
945 Roselle Ct.
Glen Hazel, PA 15207
(412) 274-1083

Rivermont Senior Apartments
965 Rivermont Dr.
Glen Hazel, PA 15207
(412) 402-2545

Clairton Inn Apartments
607 Miller Ave.
Clairton, PA 15025
(412) 226-1091

Fifth Avenue Commons
1205 Fifth Ave.
McKeesport, PA 15132
(412) 678-0488

Grandview Apartments
2130 Grandview Ave.
McKeesport, PA 15132
(412) 673-6942

Isbir Manor
Building 17, 11th and Market
McKeesport, PA 15132
(412) 673-6942

McKeesport Towers
601 Sixth St.
McKeesport, PA 15132
(412) 673-6942

Midtown Plaza
516 Sinclair St.
McKeesport, PA 15132
(412) 664-1940

Steelview Manor Apartments
501 Pirl St.
McKeesport, PA 15132
(412) 673-6942

Versailles Archer Apartments
501 Archer Ave.
McKeesport, PA 15132
(412) 233-8005

Yester Square Apartments
2901 Brownlee Ave.
McKeesport, PA 15132
(412) 673-6942, ext. 218

East Boros Apartments
4165 Ivanhoe Dr.
Monroeville, PA 15146
(412) 856-7480

Parkview Towers
111 Caroline St.
Munhall, PA 15120
(412) 461-2993

Munhall Retirement Residence
1000 Andrew St.
Munhall, PA 15120
(412) 462-3200

St. Therese Plaza
4 St. Therese Ct.
Munhall, PA 15120
(412) 462-2319

General Braddock Towers
620 Sixth St.
North Braddock, PA 15104
(412) 351-1360

Shady Park Place
415 Lobinger Ave.
North Braddock, PA 15104
(412) 271-7132

Parkledge Arms
1600 Rosedale St.
North Versailles, PA 15137
(412) 829-1056

Munroe Towers
101 Delaware Ave.
Oakmont, PA 15139
(412) 515-8977

Duff Manor
50 Duff Rd.
Penn Hills, PA 15235
(412) 243-5555

Emerald Hills Retirement Residence
5785 Saltsburg Rd.
Penn Hills, PA 15147
(724) 793-3339

Jefferson Manor
201 Jefferson Rd.
Penn Hills, PA 15235
(412) 241-0289

Penn Arbors
10918 Frankstown Rd.
Penn Hills, PA 15235
(412) 247-4973

Lavender Heights Apartments
100 Lavender Heights Ct.
Penn Hills, PA 15235
(412) 798-1341

Broadview Manor
270 Broadway Ave.
Pitcairn, PA 15140
(412) 823-9200

Bry-Mard Apartments
8630 Bricelyn St.
Pittsburgh, PA 15221
(412) 241-2543

Plum Creek Acres
501 Center - New Texas Rd.
Plum, PA 15239
(412) 795-2191

Retirement Residence of Plum
620 Repp Rd.
Plum, PA 15068
(724) 339-2925

Port Vue Apartments
1810 Myer Ave.
Port Vue, PA 15133
(412) 672-8257

Swissvale Towers
1826 Monongahela Ave.
Swissvale, PA 15218
(412) 351-6031

Pennshaw Estates
101 Shaw Ave.
Turtle Creek, PA 15145
(412) 823-9223

John Fraser Hall
500 Hunter St.
Turtle Creek, PA 15145
(412) 823-8009

Beechtree Commons

6460 Leechburg Rd. Verona, PA 15147
62 and Older
(412) 798-5589

EQUAL HOUSING OPPORTUNITY

- Central Air
- Community/Game Room
- Controlled Access
- Elevator
- Library
- Emergency Call System
- One-Bedroom Floor Plan
- All Utilities Included

National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

Rent is based on income. HUD subsidized.

Senior Apartments

AJ Demore Towers
1 Demore Dr.
Verona, PA 15147
(412) 820-0388

Beechtree Commons
6460 Leechburg Rd.
Verona, PA 15147
(412) 798-5589

Beechtree Commons II
6560 Leechburg Rd.
Verona, PA 15147
(412) 793-8693

Heritage Park
1603 Delaware Ave.
White Oak, PA 15131
(412) 664-0817

The Oaks Retirement Residence
2967 Jacks Run Rd.
White Oak, PA 15131
(412) 675-0412

Douglas Plaza Apartments
2407 Laketon Rd.
Wilkinsburg, PA 15221
(412) 241-8280

Gable Ridge
8000 Beacon Hill Dr.
Wilkinsburg, PA 15221
(412) 241-9474

Shields Building
822 Wood St.
Wilkinsburg, PA 15221
(412) 261-6500

Wood Towers
810 Wood St.
Wilkinsburg, PA 15221
(412) 244-8180

Commerce Plaza Apartments
314 Commerce St.
Wilmerding, PA 15148
(412) 823-8009

NORTH

Metowers
1001 New Brighton Rd.
Avalon, PA 15202
(412) 734-4111

Fremont Square
50 S. Fremont Ave.
Bellevue, PA 15202
(412) 761-0731

Mt. Nazareth Commons
250 Nazareth Way
Pittsburgh, PA 15229
(412) 415-0475

Blawnox Apartments
701 Center Ave.
Blawnox, PA 15238
(412) 828-0139

Brackenridge Hall
887 First Ave.
Brackenridge, PA 15014
(724) 226-1106

Lynn Williams Apartments
3710 Brighton Rd.
Brighton Heights, PA 15212
(412) 734-4229

Riverview Manor
1500 LeTort St.
Brighton Heights, PA 15212
(412) 734-0741

Sheptytsky Arms
3505 Mexico St.
Brighton Heights, PA 15212
(412) 766-8802

Etna Commons
21 Hickory St.
Etna, PA 15223
(412) 782-2711

Alverno Apartments
98 Hawthorne Rd.
Millvale, PA 15209
(412) 821-7080

Lloyd McBride Court
614 Lincoln Ave.
Millvale, PA 15209
(412) 821-4474

Harrison Hi Rise
2006 Broadview Blvd.
Natrona Heights, PA 15065
(724) 224-4571

Pine Ridge Heights
892 Veterans Ln.
Natrona Heights, PA 15065
(724) 294-0080

Arch Court Apartments
1310 Arch St.
Pittsburgh, PA 15212
(North Side)
(412) 231-4121

Northside Coalition Senior Housing
1500 Brighton Pl.
Pittsburgh, PA 15212
(North Side)
(800) 238-7555

Northview Heights High-Rise
533 Mt. Pleasant Rd. #1102
Pittsburgh, PA 15214
(North Side)
(412) 237-0804

Pressley St. High-Rise
601 Pressley St.
Pittsburgh, PA 15212
(412) 237-0823

Steelworkers Tower
2639 Perrysville Ave.
Pittsburgh, PA 15214
(412) 321-2460

The Allegheny
401 West Commons Dr.
Pittsburgh, PA 15212
(412) 322-7872

Upper Rooms
2344 Perrysville Ave.
Pittsburgh, PA 15214
(412) 224-6692

West Park Court
710 West North Ave.
Pittsburgh, PA 15212
(412) 231-2636

North Hills Highlands
100 Felicity Dr.
Ross Township, PA 15237
(412) 366-3300

Robert J. Corbett
175 Corbett Ct.
Ross Township, PA 15237
(412) 366-6150

Ross Hill Retirement Residence
7500 Ross Park Dr.
Ross Township, PA 15237
(412) 847-0161

Towne North Tower
99 Corbett Ct.
Ross Township, PA 15237
(412) 367-9494

West Deer Manor
40 McKrell Rd.
Russellton, PA 15076
(724) 265-5399

Shaler Oaks
1122 Mt. Royal Blvd.
Shaler, PA 15223
(412) 487-9401

Granada Apartments
1313 Middle St.
Sharpsburg, PA 15215
(412) 781-1844

Sharpsburg Tower
601 Main St.
Sharpsburg, PA 15215
(412) 784-0600

Springdale Manor
504 Pittsburgh St.
Springdale, PA 15144
(724) 274-7303

St. Ambrose Manor
1235 Yetta Ave. #1
Spring Hill, PA 15212
(412) 322-2111

Dalton's Edge
704 Second Ave.
Tarentum, PA 15084
(724) 226-9091

Rachel Carson Hall
135 Second Ave.
Tarentum, PA 15084
(724) 226-1114

West View Towers
808 West View Park Dr.
West View, PA 15229
(412) 931-6373

Alexis Manor
10100 Old Perry Hwy.
Wexford, PA 15090
(724) 935-7411

SOUTH

Richard Caliguiri/ Allentown Plaza
803 E. Warrington Ave.
Allentown, PA 15210
(412) 481-3737

Baldwin Towers
200 Knoedler Rd.
Baldwin, PA 15236
(412) 653-4407

Beechview Manor
1926 Pauline Ave.
Beechview, PA 15216
(412) 571-2999

Gualtieri Manor
2125 Los Angeles Ave.
Beechview, PA 15216
(412) 207-8935

Germaine Harbor
100 Germaine Dr.
Bethel Park, PA 15102
(412) 833-9818

St. Thomas More Manor
1000 Oxford Dr.
Bethel Park, PA 15102
(412) 833-2410

Creedmoor Court
1050 Creedmoor Ave.
Brookline, PA 15226
(412) 344-1540

National Church Residences
SHARPSBURG TOWER

WELCOME TO SHARPSBURG TOWER

The best time in life is when you can relax and enjoy the good life you have earned. At Sharpsburg Tower, you'll find all of the amenities you need to enjoy life to its fullest.

Enjoy independence, comfort and affordability in your new Sharpsburg Tower apartment home.

Give us a call! We'd be happy to talk with you and schedule a personal tour.

412.784.0600

Sharpsburg Tower
601 Main Street
Pittsburgh, PA 15215

Each of our apartment homes provides the utmost in comfort and privacy and is filled with features and services that allow residents to age-in-place:

- One-bedroom floor plans
- Controlled access
- Meal program affiliate
- Community room
- Service coordinator
- Elevators
- Utilities included in rent
- On-site laundry rooms
- On bus line
- HUD-subsidized
- Internet access
- Courtyard
- Access to public transportation
- Small pets welcome!

In accordance with Federal Law and US Department of Housing and Urban Development policy, National Church Residences (NCR) is prohibited from discrimination on the basis of race, color, religion, gender, disability, familial status, or national origin. This institution is an equal opportunity provider and employer.

Visit our web page at
www.nationalchurchresidences/SharpsburgTower

Steelworkers Tower

2639 Perrysville Ave., Pittsburgh, PA 15214

Accepting applications for efficiency and one-bedroom apartments • Section 8 certified • Equipped kitchen, W/W carpet, A/C, laundry facilities, lounge area, community room and balconies.

Call (412) 321-2460

Eligibility: 62 years or older or in need of features of an accessible unit

IW Abel Place

4720 Hatfield St., Lawrenceville, PA 15201

Accepting applications for one-bedroom apartments.
• HUD subsidized rent based on income
• Equipped kitchen, w/w carpet, air conditioning, laundry facilities, and community room.

Call (412) 687-7120

Eligibility: 62 years or older

Equal Housing Opportunity

EQUAL HOUSING OPPORTUNITY

Lloyd McBride Court

614 Lincoln Ave., Millvale, PA 15209

• Affordable housing for seniors 62 years of age and older.
• HUD subsidized rent based on income
• Income limitations apply.
• Equipped kitchen, w/w carpet, a/c, on-site service coordinator, on bus line, free laundry facilities and community rooms.

EQUAL HOUSING OPPORTUNITY

Come see all that we have to offer!
Call (412) 821-4474

Lynn Williams Apartments

3710 Brighton Rd., Pittsburgh, PA 15212

• Affordable housing for seniors 62 years of age and older.
• HUD subsidized rent based on income
• Income limitations apply.
• Equipped kitchen, w/w carpet, a/c, on-site service coordinator, on bus line, free laundry facilities and community rooms.

Come see all that we have to offer!
Call (412) 734-4229

EQUAL HOUSING OPPORTUNITY

National Church Residences
SHALER OAKS

WELCOME TO SHALER OAKS

The best time in life is when you can relax and enjoy the good life you have earned. At Shaler Oaks, you'll find all of the amenities you need to enjoy life to its fullest.

Enjoy independence, comfort and affordability in your new Shaler Oaks apartment home.

Give us a call! We'd be happy to talk with you and schedule a personal tour.

412.487.9401

Shaler Oaks
1122 Mt. Royal Blvd.
Pittsburgh, PA 15223

Each of our apartment homes provides the utmost in comfort and privacy and is filled with features and services that allow residents to age-in-place:

- One-bedroom floor plans
- Controlled access
- Meal program affiliate
- Community room
- Service coordinator
- Elevator
- Utility allowance
- On-site laundry room
- Access to public transportation
- HUD-subsidized
- Internet access
- Emergency call system
- Covered patio
- Small pets welcome!

In accordance with Federal Law and US Department of Housing and Urban Development policy, National Church Residences (NCR) is prohibited from discrimination on the basis of race, color, religion, gender, disability, familial status, or national origin. This institution is an equal opportunity provider and employer.

Visit our web page at
www.nationalchurchresidences/ShalerOaks

Beechtree Commons II

6560 Leechburg Rd, Verona PA 15147

Office (412) 793-8693 Fax (412) 798-3210

62 and Older

- Community/Game Room
- Controlled Access
- Emergency Call System
- Utility Allowance
- Elevator
- Library
- One-Bedroom Floor Plan
- On-Site Laundry Facility
- Service Coordinator

National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

EQUAL HOUSING OPPORTUNITY

Gable Ridge

8000 Beacon Hill Dr., Wilkinsburg, PA 15221

62 and Older

(412) 241-9474

- Community/Game Room
- Elevator
- Controlled Access
- Library
- Emergency Call System
- One-Bedroom Floor Plan
- On-Site Laundry Facility
- Service Coordinator

National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

EQUAL HOUSING OPPORTUNITY

Rivermont
SENIOR APARTMENTS

965 Rivermont Dr., Pittsburgh, PA 15207

For residents 62 years of age or older

Rivermont was designed for independent seniors. Prices start as low as $825 per month and range from 617 to 975 square feet.

Amenities include:

- Close to public transportation
- Air conditioning
- All utilities included
- Hot meal provided daily
- Off-street parking
- On site laundry
- Secure entry
- 24/7 security

EQUAL HOUSING OPPORTUNITY

Open House/Luncheon every Wednesday. Call to RSVP.

Call (412) 402-2545 for more information.

Riverview Manor

Affordable, Comfortable Retirement Living

1500 LeTort St., Pittsburgh, PA 15212

62 and Older

(412) 734-0741

- HUD Subsidized
- Spacious one-bedroom floor plans
- Controlled access building
- Emergency call system
- On-site laundry
- Off street parking
- Service coordinator
- Two elevators
- Top-notch maintenance
- Small pets welcome

National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

EQUAL HOUSING OPPORTUNITY

Rent is based on income. HUD subsidized.

Senior Apartments

Mazza Pavilion
920 Brookline Blvd.
Brookline, PA 15226
(412) 481-3731

Parkside Manor
1306 Brookline Blvd.
Brookline, PA 15226
(412) 343-2770

Carrick Regency
2129 Brownsville Rd.
Carrick, PA 15210
(412) 881-1635

Dormont Place
2900 Belrose Ave.
Dormont, PA 15216
(412) 829-3910

Baptist Manor
493 Castle Shannon Blvd.
Mt. Lebanon, PA 15234
(412) 563-6566

Twin Towers
314 Washington Rd.
Mt. Lebanon, PA 15216
(412) 341-3622

Dorchester of Mt. Lebanon
2903 Midland Ave.
Mt. Lebanon, PA 15226
(412) 402-2487

Ormsby Manor
113 Ormsby Ave.
Mt. Oliver, PA 15210
(412) 829-3910

South Hills Retirement Residence
125 Ruth St.
Mt. Washington, PA 15211
(412) 481-8100

St. Justin Plaza
120 Boggs Ave.
Mt. Washington, PA 15211
(412) 381-3941

Sweetbriar Place
211 Sweetbriar St.
Mt. Washington, PA 15211
(412) 431-0211

Sycamore Street Apartments
124 W. Sycamore St.
Mt. Washington, PA 15211
(412) 481-2272

West Mifflin Manor
2400 Sharp Ave.
West Mifflin, PA 15122
(412) 466-4111

WEST

Bridgeville Manor
601 McMillan St.
Bridgeville, PA 15017
(412) 257-4844

Bridgeville Towers
479 Banks St. Ext.
Bridgeville, PA 15017
(412) 221-6674

St. Clair Villa
617 McMillan St.
Bridgeville, PA 15017
(412) 257-4180

Carnegie Retirement Residence
200 Railroad Ave.
Carnegie, PA 15106
(412) 276-0102

Honus Wagner Plaza
First Third Ave.
Carnegie, PA 15106
(412) 276-8899

Coraopolis Towers
951 First Ave.
Coraopolis, PA 15108
(412) 262-5522

Crafton Plaza
25 E. Crafton Ave.
Crafton, PA 15205
(412) 922-5544

Crafton Towers
1215 Foster Ave.
Crafton, PA 15205
(412) 921-5057

Noble Towers
2440 Baldwick Rd.
Green Tree, PA 15205
(412) 921-9087

Leetsdale Manor Hi-Rise
27 Spencer St.
Leetsdale, PA 15056
(412) 829-3910

Leo Meyer Manor
1015 Church Ave.
McKees Rocks, PA 15136
(412) 331-8000

Ohioview Tower
250 Jefferson Dr.
McKees Rocks, PA 15136
(412) 331-4633

Robinson Manor
One Robinson Manor Blvd.
McKees Rocks, PA 15136
(412) 490-9545

Sto-Rox Plaza
731 Chartiers Ave.
McKees Rocks, PA 15136
(412) 331-4112

WoodCrest Retirement Residence
1502 Woodcrest Ave.
Moon, PA 15108
(412) 264-0918

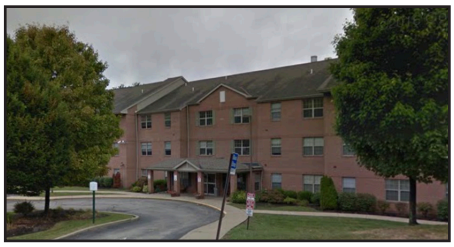
Hillsboro Plaza
612 Hillsboro St.
Sheraden, PA 15204
(412) 771-0122

Elliott Heights
1110 Steuben St.
West End, PA 15220
(412) 920-7181

West Lake Apartments
1015 Crucible St.
West End, PA 15220
(412) 829-3910

Notes:_____

Elliott Heights



EQUAL HOUSING OPPORTUNITY

1110 Steuben St., Pittsburgh, PA 15220
62 and Older
(412) 920-7181

- Community/Game Room
- Controlled Access
- Emergency Call System
- Utility Allowance
- Elevator
- Library
- One-Bedroom Floor Plan
- On-Site Laundry Facility
- Service Coordinator

National Church Residences
EXCELLENCE THAT TRANSFORMS LIVES

Rent is based on income. HUD subsidized.

Independent Living

Independent living communities are perfect for older adults who have the financial means to purchase or pay a monthly fee for housing that is situated in an environment that offers various amenities. The more luxurious independent living communities can include golf courses, swimming pools and health clubs along with services such as housekeeping, social activities and transportation. Residences can range from apartments and condos to single-family and patio homes.

EAST

Beatty Pointe Village
700 Beatty Rd.
Monroeville, PA 15146
(412) 374-9000

Brookdale Penn Hills
7151 Saltsburg Rd.
Penn Hill, PA 15235
(412) 744-2445

Concordia of Monroeville
4363 Northern Pike
Monroeville, PA 15146
(412) 373-3900

Presbyterian SeniorCare
1215 Hulton Rd.
Oakmont, PA 15139
(412) 828-5600

Seneca Hills Village
5350 Saltsburg Rd.
Verona, PA 15147
(412) 793-1700

NORTH

Commons at Stonebrook Village
811 Village Dr.
McCandless Twp., PA 15237
(412) 630-2200

Cumberland Woods Village
700 Cumberland Woods Dr.
Allison Park, PA 15101
(412) 635-8080

Hampton Fields Village
4480 Mt. Royal Blvd.
Allison Park, PA 15101
(412) 492-8448

Lighthouse Pointe at Chapel Harbor
500 Chapel Harbor Dr.
O'Hara Twp., PA 15238
(412) 781-2707

Masonic Village
1000 Masonic Dr.
Sewickley, PA 15143
(412) 741-1400

The Village at St. Barnabas
5850 Meridian Rd.
Gibsonia, PA 15044
(724) 443-0700

The Woodlands at St. Barnabas
100 Laurel Oak Dr.
Valencia, PA 16059
(724) 443-0700

Vincentian Villa
911 Vincent Way
McCandless, PA 15237
(412) 364-6592

SOUTH

Arrowood
512 Lewis Run Rd.
Pleasant Hills, PA 15122
(412) 469-3330

Asbury Heights
700 Bower Hill Rd.
Mt. Lebanon, PA 15243
(412) 341-1030

Brookdale Mt. Lebanon
1050 McNeilly Rd.
Mt. Lebanon, PA 15226
412-343-2200

Concordia of the South Hills
1300 Bower Hill Rd.
Mt. Lebanon, PA 15243
(412) 278-1300

Friendship Village of South Hills
1290 Boyce Rd.
Upper St. Clair, PA 15241
(724) 941-3100

Providence Point
500 Providence Point Blvd.
Scott Twp., PA 15243
(412) 489-3500

Vanadium Woods Village
50 Vanadium Rd.
Scott Township, PA 15017
(412) 221-2900

This checklist can help to assist you in organizing your thoughts and questions about each location. Use one sheet for each location and make copies to keep on hand. Feel free to ask questions pertaining to your personal needs when you visit.

Name of Independent Living Community:_____

Address: _____

Phone number: _____ **Contact:**_____

Email: _____ **Website:**_____

Date of visit:_____ **Hours of operation:**_____

Cost: _____

Comments: _____

_____

_____

Age limit		Balcony	
Waiting list period		Laundry room	
Pets allowed		Elevators	
Utilities included		Handicap accessible	
Rent costs		Smoking allowed	
Bathrooms		Indoor activities	
Closet storage		Outdoor activities	
Windows/lighting		Parking	
Storage		Transportation	

Your neighborhood is your home,

and that's where you'll find us.

With locations throughout Pittsburgh's neighborhoods, offering a variety of floor plans, many pricing options, and all levels of care, you'll find just what you need.

At UPMC Senior Communities, you're part of a world-class health care system. Find the right community for you. Call **1-800-324-5523** or visit **UPMCSeniorCommunities.com**.

Independent Living:
Asbury Heights** – Mt. Lebanon
Beatty Pointe Village – Monroeville
Cumberland Woods Village** – Allison Park
Hampton Fields Village – Hampton
Lighthouse Pointe Village at Chapel Harbor** – Fox Chapel
Seneca Hills Village** – Penn Hills
Sherwood Oaks** – Cranberry Twp.
Strabane Trails Village – Washington
Vanadium Woods Village – Bridgeville

Personal Care:
Asbury Heights* – Mt. Lebanon
Canterbury Place – Lawrenceville
Jameson Place – New Castle
Sherwood Oaks* – Cranberry Twp.

Assisted Living:
Cumberland Crossing Manor – Allison Park
Seneca Manor – Penn Hills
Strabane Woods of Washington – Washington
Weatherwood Manor – Greensburg

Skilled Nursing and Rehabilitation:
Asbury Heights* – Mt. Lebanon
Avalon Place* – New Castle
Avalon Springs Place* – Mercer
Canterbury Place* – Lawrenceville
Cranberry Place – Cranberry Twp.
Heritage Place – Squirrel Hill
Jameson Care Center – New Castle
Seneca Place – Penn Hills
Sherwood Oaks – Cranberry Twp.
Sugar Creek Station* – Franklin

*Memory Care Also Available
**Continuing Care Retirement Community and monthly rental options available

UPMC | SENIOR COMMUNITIES

The Perfect Place for Mom

“. . . that’s what my son said. And he is right! I love it here. The Village has it all.”

Join Claire Imhoff and her neighborhood of friends who enjoy worry-free living at western Pennsylvania’s premier senior residence.

THE VILLAGE AT ST. BARNABAS

Nestled in the lush landscape of Pittsburgh’s northern suburbs, Gibsonia, PA.

Spacious condominium style apartments • No large, upfront fee • Indoor Village Mall
Picturesque, secure surroundings • Lively social events and so much more!

Schedule a tour with Cindy or Nina today at CBoyd@StBarnabasHealthSystem.com or call 724-444-5568. Be sure to ask about our move-in special.

StBarnabasCommunities.com

Choosing an Assisted Living, Personal Care or Nursing Home

Placing a loved one in an assisted living, personal care or nursing home can be an overwhelming and emotional undertaking for both the individual being placed and the family and friends helping in the process. If your loved one does not need supervision 24 hours a day, a personal care home may be more suitable; they provide lodging, food and personal care support services (such as bathing and dressing) for those in need of care. Finding an assisted living, personal care or nursing home can be a difficult and confusing experience, so plan ahead; talk with family, friends, social workers, doctors and a local ombudsman. Doing thorough research will satisfy you and your loved one that the facility you have chosen will provide the best care and comfort possible.

How Much Will It Cost for an Assisted Living/Personal Care Home?

The median cost of an assisted living/personal care home in Pennsylvania ranges from $8,000 to $10,000 a month. This cost can be funded in several ways: private pay, with costs covered by the individual receiving the care; through Supplemental Security Income (SSI) where one can apply for Personal Care Supplement; or through a "third party agreement" where an outside source (such as family or friends) helps to pay for services.

How Much Will It Cost for Nursing Home Care?

The average monthly cost of nursing home care in Pennsylvania is about $10,000. Medicaid pays the cost of nursing home care for people with limited incomes. Long-term care insurance, Medicare and private pay are ways in which to pay for care, so assess your financial situation.

First Steps for Prospective Residents

- Ask your doctor for a complete medical evaluation to decide if an assisted living, personal care or nursing home placement is right at this time.
- If financial assistance is needed, contact the Allegheny County Department of Human Services Area Agency on Aging SeniorLine at (412) 350-5460 to request an assessment for level of care.
- Please consider that the process of locating a residence and filling out the necessary paperwork takes time, and many facilities have waiting lists. Whenever possible, give yourself ample time to plan in advance.
- Speak to an ombudsman who has knowledge about the process.
- Consider location. Is it close to family and friends?

Researching an Assisted Living, Personal Care or Nursing Home

There is no need to be hesitant about paying a visit to a facility that you are considering for a loved one. Ask to be taken on a guided tour of the home and be sure to ask lots of questions. The checklist on page 120 may be helpful.

HERITAGE VALLEY
SENIOR LIVING COMMUNITY

Heritage Valley
Senior Living Community
offers:

- Independent Living
- Personal Care
- Memory Care

412.331.6139

30-32 Heckel Road • Kennedy Township, PA 15136 | Download our App

Choosing an Assisted Living, Personal Care or Nursing Home

This form is a tool to assist you in organizing your thoughts and questions about each location. Use one sheet for each location and make copies to keep on hand. Feel free to ask any additional questions pertaining to your personal needs when visiting each facility.

Name of home: _____

Address of home: _____

Phone number: _____ **Contact:** _____

Email: _____ **Website:** _____

Date of visit: _____

Cost: _____

Comments: _____

_____

_____

_____

_____

_____

_____

_____

_____

Basic Information	Yes	No	Comments
✔ **Comfort** — Is the home clean, well lit, odor free and at a comfortable temperature?			
✔ **Safety** — Does the facility have an emergency plan for patients in case of fire, flood or other disasters?			
✔ **Safety** — Is it a safe environment with fire extinguishers, open pathways and smoke detectors?			
✔ **Rooms** — Are personal items displayed for each resident? Are call buttons within easy reach? How many residents are in a room?			
✔ **Bathrooms** — Are bathrooms clean and equipped with handrails and a call button that is easy to reach?			
✔ **Dining** — Observe mealtimes. If meals for the month are not posted, request a copy. Does the food look and smell appetizing? Does the staff spend time feeding residents and not rushing them through their meals?			
✔ **Social activities** — Is an activities calendar posted? If not, request a copy. Are there a variety of activities to meet the needs of your loved one?			
✔ **Staff** — Is there enough staff to meet the residents' needs? Are they visible and willing to talk with you? Does the staff get residents up and dressed each day? Is there a social worker and dietician on staff?			
✔ **Residents and family members** — Ask residents and their family members what they like most and least about the facility. Do residents appear to be content?			
✔ **Consult an ombudsman** — They advocate for residents of nursing and personal care homes, or consumers of any long-term care service.			
✔ **Documents** — Request the state facility inspection report.			

LIFE ENGAGING SERVICES

Make the most of your Abundant Life®

- Residential Living
- Social Activities
- Health and Wellness Center
- Chef Prepared Meals
- Housekeeping
  and More!

Lutheran SeniorLife

Passavant Community,
Zelienople

St. John Community,
Mars

The Commons at
Stonebrook Village,
McCandless

(724) 742-2249

For more information or to schedule a tour, call, scan or visit ***LutheranSeniorLife.org***

Enriching lives for over 100 years!

Personal Care Homes

Facility	Phone Number	Estimated Cost	Semi-Private	Private	Secured Alzheimer Unit	Respite	Day Service	SSI	Pets
Central									
Cornerview Personal Care Home 6655 Frankstown Ave. East Liberty, 15206	(412) 665-3232	Call	•	•	•	•		•	
Southwestern Veterans Center, 7060 Highland Dr., Highland Park, 15206	(412) 665-6706	Call	•	•	•				
Canterbury Place, 310 Fisk St., Lawrenceville, 15201	(412) 622-9000	Call	•	•	•	•			
Schenley Gardens, 3890 Bigelow Blvd., Oakland, 15213	(412) 621-4200	Call		•	•	•			•
Reformed Presbyterian Home, 2344 Perrysville Ave., Pittsburgh, 15214	(412) 321-4139	$2,629-4,684	•	•		•			
Assisted Living at Weinberg Village, 300 JHF Dr., Squirrel Hill, 15217	(412) 521-8988	Call		•	•	•			
Weinberg Terrace, 5757 Bartlett St., Squirrel Hill, 15217	(412) 421-5757	Call		•		•			•
East									
Sycamore Estate, 717 Duquesne Blvd., Duquesne, 15110	(412) 466-6787	$1,800-3,000	•	•		•			
Juniper Village at Forest Hills, 107 Fall Run Rd., Forest Hills, 15221	(412) 244-9901	$4,000-8,000	•	•		•	•		•
MS Care, 2105 Grandview Ave., McKeesport, 15132	(412) 672-4771	Call	•	•		•		•	
Lighthouse Personal Care, 1007 Park St., McKeesport, 15132	(412) 896-1806	Call	•	•		•		•	
Sterling Home, 1318 Arch St., McKeesport, 15132	(412) 672-5212	Call	•			•			•
Senior Care Plaza, 624 Lysle Blvd., McKeesport, 15132	(412) 664-1969	Call	•	•	•	•			
The Palms at O'Neil, One Glenshire Lane, McKeesport, 15132	(412) 664-1000	Call	•	•		•			
Arden Courts, 120 Wyngate Dr., Monroeville, 15146	(412) 380-1300	Call	•	•	•	•			•
Abodecare of Monroeville, 2560 Stroschein Rd., Monroeville, 15146	(412) 856-1588	Call	•	•					
Juniper Village at Monroeville, 2589 Mosside Blvd., Monroeville, 15146	(412) 380-2589	Call	•	•	•	•			•
Independence Court of Monroeville, 279 Center Rd., Monroeville, 15146	(412) 373-3030	Call	•	•	•	•			•
Concordia of Monroeville, 4363 Northern Pike, Monroeville, 15146	(412) 373-3900	Call	•	•		•			•

Comments: _____

_____

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Personal Care Homes

Facility	Phone Number	Estimated Cost	Semi-Private	Private	Secured Alzheimer Unit	Respite	Day Service	SSI	Pets
Brookdale of Penn Hills, 7151 Saltsburg Rd., Penn Hills, 15235	(412) 798-3400	$3,075-4,090	•	•		•			•
Allegheny Place, 10960 Frankstown Rd., Penn Hills, 15235	(412) 241-7080	Call	•	•		•			•
Concordia at Ridgewood Place, 1460 Renton Rd., Plum Boro, 15239	(412) 798-1855	Call	•	•		•		•	
Hillside Manor, 123 Hamilton Ave., Turtle Creek, 15145	(412) 823-1800	$1,950-3,200	•	•		•			
Longwood at Oakmont, 500 Rt. 909, Verona, 15147	(412) 826-4800	Call							
Evening Star Personal Care Home, 200 Caldwell Ave., Wilmerding, 15148	(412) 823-1654	$2,800	•	•		•			
North									
Concordia at Rebecca Residence, 3746 Cedar Ridge Rd., Allison Park, 15101	(724) 444-0600	Call	•	•		•		•	
Grace Manor at North Park, 9565 Babcock Blvd., Allison Park, 15101	(412) 367-4722	Call	•	•		•			
Orion Personal Care Residence, 2191 Ferguson Rd., Allison Park, 15101	(412) 492-9789	$3,200-3,800	•	•	•	•	•		•
Celebration Villa, 2224 Walters Rd., Allison Park, 15101	(412) 487-6925	Call	•	•		•			•
New Hope Gracious Personal Care, 300 Union Ave., Avalon, 15202	(412) 761-4673	Call	•	•		•			
Mt. Assisi Place, 934 Forest Ave., Bellevue, 15202	(412) 761-1999	Call		•		•			
Little Sisters of the Poor, 1028 Benton Ave., Brighton Heights, 15212	(412) 307-1100	Low income		•				•	
Amber Woods, 715 Freeport Rd., Cheswick, 15024	(724) 274-3770	$2,700-4,200	•	•	•	•			
Concordia of Fox Chapel, 931 Rt. 910, Cheswick, 15024	(412) 767-5808	Call	•	•	•		•		
East Deer Personal Care Home, 967 Freeport Rd., Creighton, 15030	(724) 226-2331	$1,500-3,300	•	•		•		•	
Atria McCandless 8870 Duncan Ave., McCandless Twp., 15237	(412) 536-7001	Call		•	•	•			
Sunrise of McCandless, 900 Lincoln Club Dr., McCandless, 15237	(412) 441-1241	Call	•	•	•	•			•
Vincentian Personal Care, Bldg #5 111 Perrymont Rd., McCandless, 15237	(412) 366-1039	Call		•	•				
Henderson House, 528-30 Pressley St., Northside, 15212	(412) 231-0350	$1,148 and up	•	•				•	
Northland Heights 4859 McKnight Rd., Ross Twp. 15237	(412) 223-3100	Call		•	•	•			•
The Haven at North Hills, One Windsor Way, Ross Twp., 15237	(412) 364-6411	$3,800-4,300	•	•	•	•			
Arden Courts of North Hills, 1125 Perry Hwy., Ross Twp., 15237	(412) 369-7887	Call	•	•	•	•			•
Holy Family Manor Personal Care, 301 Nazareth Way, Ross Twp., 15229	(412) 931-6996	$3,410-4,619		•	•	•			

Comments: _____

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Personal Care Homes

Facility	Phone Number	Estimated Cost	Semi-Private	Private	Secured Alzheimer Unit	Respite	Day Service	SSI	Pets
St. Mary's Courtyard, 211 Garnier St., Sharpsburg, 15215	(412) 784-8344	Call	•	•					
Concordia of Wexford, 125 Brown Rd., Wexford, 15090	(724) 487-2638	$3,000-6,000	•	•		•		•	
South									
Atria South Hills, 5300 Clairton Blvd., Baldwin, 15236	(412) 884-1200	$3,300-6,200	•	•		•			•
Paramount Senior Living at South Hills, 100 Knoedler Rd., Baldwin, 15236	(412) 650-3100	$3,000-8,000	•	•	•	•			
Paramount Senior Living at Bethel Park, 5785 Baptist Rd., Bethel Park, 15102	(412) 833-3500	$3,000-8,000	•	•	•	•			
Artis Senior Living of South Hills, 1001 Higbee Dr., Bethel Park, 15102	(412) 595-8917	$6,550-7,550		•	•	•			
Heritage Manor Senior Living, 4220 Clairton Blvd., Brentwood, 15227	(412) 882-8400	$3,500-4,800	•	•		•			•
Celebration Villa, 3275 Washington Pike, Bridgeville, 15017	(412) 221-0202	$4,000 and up	•	•		•			•
Country Meadows, 3570 Washington Pike, Bridgeville, 15017	(412) 257-4566	$2,980-6,000	•	•	•	•			•
Fair Oaks, 2200 W. Liberty Ave., Brookline, 15226	(412) 344-9915	Call	•	•					
Gracious Living, 3768 Willow Ave., Castle Shannon, 15234	(412) 563-4444	$2,850-4,200	•	•		•		•	
Vincention Marian Manor, 2695 Winchester Dr., Greentree, 15220	(412) 440-4300	Call	•	•				•	
Juniper of South Hills, 1320 Greentree Rd., Greentree, 15220	(412) 571-1300	Call	•	•	•	•			•
Arden Courts of Jefferson Hills, 380 Wray Large Rd., Jefferson Hills, 15025	(412) 384-0300	Call		•	•	•			•
Asbury Place, 760 Bower Hill Rd., Mt. Lebanon, 15243	(412) 571-5660	$6,000-8,000	•	•	•	•			
Asbury Villas, 730 Bower Hill Rd., Mt. Lebanon, 15243	(412) 571-5370	$5,500-8,000		•		•			•
Baptist Homes, 489 Castle Shannon Blvd., Mt. Lebanon, 15234	(412) 563-6550	Call	•	•		•			
Concordia of the South Hills, 1300 Bower Hill Rd., Mt. Lebanon, 15243	(412) 278-1300	Call		•	•	•			
Brookdale Mt. Lebanon, 1050 McNeilly Rd., Mt. Lebanon, 15226	(412) 343-2200	$2,410-4,425		•		•			•
Norbert Personal Care Home, 2413 St. Norbert St., Overbrook, 15234	(412) 885-5202	Call	•	•		•			
Overlook Green Senior Living, 5250 Meadowgreen Dr., Pittsburgh, 15236	(412) 881-8300	Call	•	•	•	•			•
Residents of Arrowood, 512 Lewis Run Rd., Pleasant Hills, 15122	(412) 469-3330	Call	•	•		•			•
Providence Point Personal Care Residence, 200 Adams Ave., Scott Township, 15243	(412) 489-3560	$6,300-9,930		•	•	•			
Sunrise of Upper St. Clair, 500 Village Dr., Upper St. Clair, 15241	(412) 831-2200	Call	•	•	•	•	•		•
Locust Grove Senior Community, 4043 Irene St., West Mifflin, 15122	(412) 461-7210	Call	•	•	•	•			•

Personal Care Homes

Facility	Phone Number	Estimated Cost	Semi-Private	Private	Secured Alzheimer Unit	Respite	Day Service	SSI	Pets
West									
Tapestry Senior Living 550 Cherrington Pkwy., Coraopolis 15108	(412) 503-7568	Call	•	•	•	•			
The Residence at Willow Lane, 30 Heckel Rd., McKees Rocks, 15136	(412) 331-6139	Call	•	•	•	•			•
Xavier Personal Care, 3 St. John St., McKees Rocks, 15136	(412) 331-6222	Call	•	•		•		•	
H&M Personal Care Home, Inc., 590 Boggs School Rd., Moon Twp., 15108	(724) 457-7398	$1,650-2,500	•	•				•	
Victoria Manor, 100 Rose Court, Oakdale, 15071	(724) 693-8325	$2,100-2,800	•	•	•				
Masonic Village at Sewickley, 1000 Masonic Dr., Sewickley, 15143	(412) 741-1400	$191-253 daily		•				•	
Concordia of Franklin Park, 1600 Georgetowne Dr., Sewickley, 15143	(724) 935-1075	Call	•	•		•			

Assisted Living Homes

Facility	Phone Number	Estimated Cost	Semi-Private	Private	Secured Alzheimer Unit	Respite	Day Service	Pets
Canterbury Place, 310 Fisk St., Lawrenceville, 15201	(412) 622-9000	Call	•	•	•	•		
Cumberland Crossing Manor, 1201 Cumberland Rd., McCandless, 15237	(412) 635-0798	$3,800-5,500		•				
Senaca Manor, 5340 Saltsburg Rd., Verona, 15147	(412) 798-6000	Call		•		•		
The Waters of Wexford 210 Fowler Rd., Warrendale 15086	(724) 799-8260	Call		•				

Prices subject to change in 2024.

Comments: _____

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Nursing Homes

A nursing home (sometimes called a skilled nursing facility, or SNF) is a residence that provides the following services to people of all ages who need this level of living assistance:

- 24-hour supervision
- medical care
- room and board
- meals

Stays can be short-term for those recovering from illness or surgery, or long-term for individuals who can no longer live independently. In either case, a licensed staff provides comprehensive nursing care, including medication administration, dietary requirements and all treatment regimens.

Additionally, all residents are under the care of an on-call physician. Most nursing homes also offer a creative variety of social activities tailored to their residents.

Check the status of a nursing home's license or current listing by contacting the Pennsylvania Department of Health at pa.gov/search and type in Nursing Home Facility Locator; or call (877) PA-HEALTH (724-3258).

Medicaid pays the cost of nursing home care for people with limited incomes. Long-term care insurance, Medicare and private pay are ways in which to pay for care, and individuals should assess their financial situation before deciding on nursing home care. Please consider that the process of locating a residence and filling out the necessary paperwork takes time, and many facilities have waiting lists. Whenever possible, give yourself ample time to plan in advance.

All nursing homes are state licensed and regulated, and the federal government regulates nursing homes that receive federal funds. A listing of nursing homes in Allegheny County can be found on the following pages.

CARING FOR ALLEGHENY COUNTY FOR OVER 50 YEARS

Choose from one of our four convenient locations:

Glen Hazel
Ross
Scott
McKeesport

At Kane, our residents and their families benefit most from the unwavering compassion and commitment of our staff. This special attention and concern is at the heart of our distinctive brand of care, embracing and enriching the lives of older and disabled adults in our community every day.

Kane Community Living Centers
Glen Hazel · Scott · Ross · McKeesport

To schedule a tour of any of our four convenient locations, call our Admissions Department at (412) 422-KANE.

AlleghenyCounty.us/Kane

Nursing Homes

Facility	Phone Number	Estimated Daily Cost	Number of Beds	Medicare Certified	Medicaid Certified	Secured Alzheimer Unit	Private	Respite
Central								
Cornerview Nursing and Rehabilitation, 6655 Frankstown Ave., East Liberty, 15206	(412) 665-3232	$288	187	•	•	•	•	•
Highland Park Care Center, 745 N. Highland Ave., East Liberty, 15206	(412) 362-6622	Call	144	•	•	•	•	•
Southwestern Veteran's Center, 7060 Highland Dr., East Liberty, 15206	(412) 665-6706	Call	236		•	•	•	
Kane Glen Hazel, 955 Rivermont Dr., Glen Hazel, 15207	(412) 422-5263	$250	255	•	•	•	•	•
UPMC Canterbury Place, 310 Fisk St., Lawrenceville, 15201	(412) 622-9000	Call	80	•	•	•	•	•
UPMC Transitional Care Unit, 200 Lothrop St., Oakland, 15213	(412) 692-4262	Call	30	•			•	
Reformed Presbyterian Home, 2344 Perrysville Ave., Pittsburgh, 15214	(412) 321-4139	$364	58	•	•		•	•
ProMedica, 550 S. Negley Ave., Shadyside, 15232	(412) 665-2400	$349	208	•	•	•	•	•
ProMedica, 5609 Fifth Ave., Shadyside, 15232	(412) 362-3500	$349	150	•	•		•	•
UPMC Heritage Place, 5701 Phillips Ave., Squirrel Hill, 15217	(412) 422-5100	Call	145	•	•		•	•
The Commons at Squirrel Hill, 2025 Wightman St., Squirrel Hill, 15217	(412) 421-8443	Call	178	•	•		•	•
Vincentian De Marillac, 5300 Stanton Ave., Stanton Heights, 15206	(412) 361-2833	Call	50	•	•		•	•
East								
Kane McKeesport, 100 Ninth St., McKeesport, 15132	(412) 422-5263	$250	360	•	•		•	•
Riverside Care Center, 100 Eighth Ave., McKeesport, 15132	(412) 664-8860	$372	120	•	•	•	•	•
Monroeville Rehab, 4142 Monroeville Blvd., Monroeville, 15146	(412) 856-7570	$270	120	•	•		•	•
ProMedica Monroevville, 885 MacBeth Dr., Monroeville, 15146	(412) 856-7071	$304-330	120	•	•		•	•
Concordia of Monroeville, 4363 Northern Pike, Monroeville, 15146	(412) 373-3900	$340-360	59	•	•		•	•
Woodhaven Care Center, 2400 McGinley Rd., Monroeville, 15146	(412) 856-4770	$350-380	120	•	•		•	•
Eldercrest Nursing Center, 2600 West Run Rd., Munhall, 15120	(412) 462-8002	Call	48	•	•			•
Presbyterian SeniorCare - The Willows, 1215 Hulton Rd., Oakmont, 15139	(412) 828-5600	Call	193	•	•	•	•	•
LGAR Health and Rehabilitation Center, 800 Elsie St., Turtle Creek, 15145	(412) 825-9000	$290-310	120	•	•		•	

Comments: _____

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Nursing Homes

Facility	Phone Number	Estimated Daily Cost	Number of Beds	Medicare Certified	Medicaid Certified	Secured Alzheimer Unit	Private	Respite
UPMC Seneca Place, 5360 Saltsburg Rd., Verona, 15147	(412) 798-8000	Call	174	•	•		•	•
Pennwood Nursing and Rehab Center, 909 West St., Wilkinsburg, 15221	(412) 723-3662	$240-245	126	•	•		•	•
North								
Concordia at Rebecca Residence, 3746 Cedar Ridge Rd., Allison Park, 15101	(724) 444-0600	$320-340	60	•			•	•
Platinum Ridge, 1050 Broadview Blvd., Brackenridge, 15014	(724) 224-9200	$265	97	•	•		•	•
Little Sisters of the Poor, 1028 Benton Ave., Brighton Heights, 15212	(412) 307-1100	Call	48	•	•		•	
Harmarvillage Care Center, 715 Freeport Rd., Cheswick, 15024	(724) 274-3773	Call	130	•	•	•	•	•
Cheswick Rehab and Wellness, 3876 Saxonburg Blvd., Cheswick, 15024	(412) 767-4998	$310	121	•	•		•	•
St. Barnabas, 5850 Meridian Rd., Gibsonia, 15044	(724) 443-0700	Call	172	•	•		•	•
Vincentian Home, 111 Perrymont Rd., McCandless, 15237	(412) 366-5600	$450	212	•	•	•	•	
Kane Ross, 110 McIntyre Rd., Ross Township, 15237	(412) 422-5263	$250	240	•	•		•	•
ProMedica North Hills, 1105 Perry Hwy., Ross Township, 15237	(412) 369-9955	Call	200	•	•	•	•	•
North Hills Health and Rehab Center, 194 Swinderman Rd., Wexford, 15090	(724) 935-3781	$235-242	55	•	•		•	•
Wexford Healthcare Center, 9850 Old Perry Hwy., Wexford, 15090	(412) 366-7900	$281	182	•	•		•	•
South								
ProMedica, 60 Highland Rd., Bethel Park, 15102	(412) 831-6050	Call	160	•	•		•	•
Meadowcrest Nursing Center, 1200 Braun Rd., Bethel Park, 15102	(412) 854-5500	$292	50	•	•			•
Bridgeville Rehab and Care Center, 3590 Washington Pike, Bridgeville, 15017	(412) 257-2474	$276-352	194	•	•	•	•	•
ProMedica Greentree, 1848 Greentree Rd., Greentree, 15220	(412) 344-7744	$389	180	•	•		•	•
Vincentian Marian Manor, 2695 Winchester Dr., Greentree, 15220	(412) 440-4300	$385+	112	•	•		•	
Jefferson Hills Manor, 448 Old Clairton Rd., Jefferson Hills, 15025	(412) 653-1128	Call	83	•	•		•	•
Jefferson Hills Rehab & Wellness Center, 540 Coal Valley Rd., Jefferson Hills, 15025	(412) 466-1125	$197-225	50	•	•		•	•
Southwestern Nursing, 500 North Louis Run Rd., Pleasant Hills, 15122	(412) 466-0600	$300-400	118	•	•		•	•
Kane Community Living Center, 300 Kane Blvd., Scott Township, 15243	(412) 429-3000	$250	314	•	•	•	•	•
Friendship Village of South Hills, 1290 Boyce Rd., Upper St. Clair, 15241	(724) 941-3100	$287-339	89	•	•	•	•	•

Nursing Homes

Facility	Phone Number	Estimated Daily Cost	Number of Beds	Medicare Certified	Medicaid Certified	Secured Alzheimer Unit	Private	Respite
ProMedica Whitehall, 505 Weyman Rd., Whitehall, 15236	(412) 884-3500	Call	166	•	•	•	•	•
West								
West Hills Health and Rehab, 951 Brodhead Rd., Coraopolis, 15108	(412) 269-1101	$340-369	150	•	•		•	•
Caring Heights Community Care and Rehab, 234 Coraopolis Rd., Coraopolis, 15108	(412) 331-6060	$280-295	120	•	•		•	•
Masonic Village at Sewickley, 1000 Masonic Dr., Sewickley, 15143	(412) 741-1400	$398-411	128	•	•	•	•	

Comments: _____

Prices subject to change in 2024.

Life Enrichment

In addition to the organizations listed below, computer technology assistance and education is available in various places around town. Be sure to check with your community senior center, nearby colleges, and the local branch of your library for both in person and remote classes.

Computer Technology

Anna Middleton Waite Adult Learning Center

(412) 837-3447
amwlearningcenter.org

AMW Learning Center's computer classes equip older adults with the essential technical skills they need for job applications or to use in their own businesses. Classes can be tailored to fit individual needs and are held both in person in the McKeesport and Mon Valley areas, as well as virtually.

Carnegie Library

(412) 622-3114
carnegielibrary.org

Access the internet, computers and affordable printing, even if you don't have a library card. Free Wi-Fi is available within any Carnegie Library of Pittsburgh location from any device. Printers are available for use for a small fee. Use their PCs to learn computing skills like Microsoft Office, cloud-computing basics and career readiness.

Computer Reach

(412) 444-8816
computerreach.org

This nonprofit makes technology available to older adults who are most in need through refurbished equipment, computer literacy, training and support.

Library of Accessible Media for Pennsylvanians (LAMP)

(800) 242-0586
mylamp.org

Part of the Carnegie Library of Pittsburgh network, LAMP for Pennsylvanians serves people who have challenges reading standard print by shipping for free materials in accessible formats like braille, audio, described movies and large print.

Macedonia FACE

(412) 281-2573
macedoniaface.org

This faith-based nonprofit offers digital literary classes and one-on-one tutoring to older adults in the Hill District and neighboring communities. Their Active for Life Senior Center within the Thelma Lovette YMCA on Centre Avenue also offers educational activities and connections to resources.

University of Pittsburgh Community Tech Help Desk

(412) 383-0805

The free helpline is staffed by faculty, staff, and students from the University of Pittsburgh. They are available to answer your technology questions.

Virtual Senior Academy

virtualsenioracademy.org
jccpgh.org/adults-2/agewell
412-697-1186

A program of AgeWell at the Jewish Community Center, VSA is a free web-based platform that connects adults ages 50 and older to their peers through interactive online classes using videoconferencing. Classes include topics like health and wellness, history, book clubs, arts and music. No prior computer experience is needed.

Cultural Arts

Calliope: Pittsburgh's Folk Music Society

5001 Baum Blvd., Suite 696
Pittsburgh PA 15213
(412) 361-1915
calliopehouse.org

Calliope is both an educational and presenting organization that promotes traditional and contemporary folk music and related arts and offers classes in heritage-based music, song and dance. Calliope Concerts and outreach music programs are held throughout the year.

Community Band South (CBS)

Upper St. Clair High School

(412) 596-7829
cbs.pghfree.net

CBS encourages all post-high school amateur musicians to dust off their brass, woodwind and percussion instruments and attend the band's rehearsals. They perform about 12 concerts a year at locations throughout Allegheny County, including recreation centers, senior centers and churches. They also perform five holdiay concerts.

North Pittsburgh Symphonic Band

npsband.org

This community band brings quality symphonic band music to the North Hills and surrounding communities through public concerts at the North Hills Middle School, located at 55 Rochester Rd. off of Babcock Blvd. The band welcomes musicians at any age and level of ability to join.

Pittsburgh Banjo Club

(412) 271-2712

Musicians in this club play banjos, trumpets, tubas and bass. They are available to perform at any event that needs the happy sound of banjos. They practice at Allegheny Elks Lodge #339 in the Northside from 8 p.m to 11 p.m every Wednesday. Memebership to the Lodge is not needed to attend practice.

Prayer to Wear

(412) 576-9715
prayertowear.com

A Prayer to Wear offers creative way to help others increase and share their faith by combining active scripture reflection with activities in a group setting around crafting and jewelry making. All materials necessary for a fun, hands-on activity are provided, and participants leave with a lasting keepsake. Crafting sessions can be tailored for bridal and baby showers, and other events.

Ryan Arts Center

Focus on Renewal

420 Chartiers Ave.
McKees Rocks, PA 15136
(412) 331-1685
forstorox.org

Ryan Arts Center provides artistic education, enrichment and entertainment for all ages. Programming includes dance, visual arts, literary arts, theater, singing and storytelling, painting and pottery, health and wellness, and music and cultural arts. Classes can be designed around special interests for seniors.

Sounds of Pittsburgh

soundsofpgh.org

Sounds of Pittsburgh is a nonprofit group that promotes a cappella singing. Members participate in regional competitions.

Tuesday Musical Club

Stephen Foster Memorial

University of Pittsburgh, Oakland
(412) 682-0439
tuesdaymusicalclub.org

Provides free daytime public concerts of classical and contemporary music on the second Tuesday of each month, and on selected Sundays. The club also offers scholarships for music students, and performance opportunities for members. The club serves the community of musicians and music lovers of southwest Pennsylvania.

Dancing

Edgeworth Club

(412) 741-8500

Greater Pittsburgh Dance Club

(412) 551-0830
gpdclub.com

Linden Grove

(412) 882-8687

Pgh Syria Shriners

(724) 274-7000

SalsaWeb Pittsburgh

(412) 881-9237
salsapittsburgh.com

Steel City Boogie Club

(724) 728-7222
steelcityboogieclub.org

Steel City Ballroom

steelcityballroom.com

West View VFW

(724) 316-5029

Dating Services

- **ChristianMingle.com** is a leading Christian dating site for those looking for God-centered relationships.
- **eharmony.com** has an over-50 dating site and strives to provide a trusted environment to meet new people.
- **Match.com** helps singles find the kind of relationship they're looking for.
- **OkCupid.com** has helped millions of seniors connect and determine compatibility.
- **OurTime.com** focuses on singles ages 50 and older.
- **SeniorMatch.com** is strictly for seniors and has various levels of membership.
- **SilverSingles.com** makes online dating easy and secure for adults ages 50 and older.

Community College of Allegheny County

Allegheny Campus
Boyce Campus
North Campus
South Campus

(412) 237-2222
ccac.edu

CCAC permits senior citizens, defined as persons 65 years of age or older, who are residents of Allegheny County to enroll in up to two regularly-scheduled credit courses each semester without payment of tuition charges. Senior citizen students are encouraged to take advantage of college advisement services; placement testing may be appropriate. Courses may be taken for credit (grade) or audit (non-graded).

To qualify for free tuition, each senior citizen student must comply with these conditions:

- Complete a CCAC Application for Admission — transcripts are not required.
- Enrollment will be based on space availability. CCAC will only process registrations for senior citizens during the week prior to the start of the term. Seniors who wish to register earlier must pay tuition and fees.
- Complete all course prerequisites as identified in the CCAC catalog.
- Be 65 years of age prior to the first day of the semester.
- Provide proof of age and Allegheny County residency (driver's license, birth certificate, tax receipts, etc.)
- The waiver of tuition does not apply to repeated courses.
- Certain college fees are the financial responsibility of the student.
- Seniors must purchase their own textbooks and supplies.
- If financial aid is received in addition to the senior citizen discount waiver, the senior citizen discount is considered funding of last resort.

AACC Plus 50 Encore Completion Program

(412) 237-2723

Students ages 50 and older can learn new skills, gain additional career training, and complete degrees or certificates healthcare, education or social services through CCAC's Plus 50 Encore Completion Program. Adult students can gain credits for past education and work experience. The program offers flexibility in terms of class schedules, courses of study and help with financial aid. This program is available at all CCAC campuses. To learn more, email Mary Jo Guercio at mguercio@ccac.edu.

Duquesne University

600 Forbes Ave.
Pittsburgh, PA 15282
(412) 396-6000
duq.edu

The university offers a 50-percent discount on its basic tuition rates to adults ages 60 and older who are eligible. The curriculum offers 9 schools of study–from law and nursing to music.

La Roche University

9000 Babcock Blvd.
Pittsburgh, PA 15237
(412) 536-1026
laroche.edu

La Roche offers the Adventures in Lifelong Learning program which is a membership-based program for adults 50 and better who want to continue learning while expanding their social networks through shared intellectual experiences. Renowned faculty, interactive classes, and exciting lectures and events offer opportunities for members to grow intellectually, socially, physically and spiritually. Membership begins at $200 for the year which allows individuals to take an unlimited number of classes, access to the library and auditing at the University, special events, trips, discounts at the dining hall and much more! The Plus level of membership, $300 a year, includes access to a walking track and scheduled open swimming pool hours.

Osher Lifelong Learning Institute (OLLI)

Carnegie Mellon University

Hunt Library
Chatham University
Eden Hall
(412) 268-7489
cmu.edu/osher

The Osher at CMU program is a non-profit organization residing on Carnegie Mellon's campus. It offers 450 non-credit courses over three terms: Spring, Summer, and Fall. Courses are held in their state-of-the-art learning center on the CMU campus, as well as on Zoom and at other community sites around Pittsburgh. Additional events happen throughout the year. Membership is currently open to new members for 2024, though there routinely is a waiting list to join.

University of Pittsburgh

1400 Wesley W. Posvar Hall
230 S. Bouquet St.
Pittsburgh, PA 15260
(412) 624-7308
olli.pitt.edu

The Osher Lifelong Learning Institute at Pitt is a thriving, vibrant membership-based community of adults aged 50 and older who are passionate about learning. The affordable membership includes three terms each year, with over 100 courses in a wide array of topics in each term. In addition to OLLI courses, members are able to audit (sit in on) pre-approved undergraduate courses at Pitt and have access to attend special lectures, events, local tours, and trips. There are no tests, no grades, and no degree requirements, making OLLI at Pitt a perfect place to explore new topics and engage with other interested adults.

AARP Foundation Senior Community Service Employment Program (SCSEP)

Pittsburgh Office

2020 Ardmore Blvd., Suite 210
Pittsburgh, PA 15221
(412) 271-1580
aarp.org/aarp-foundation/our-work/income/scsep/

The Senior Community Service Employment Program (SCSEP) is a paid training program to assist Allegheny County residents, 55 years of age and older, who meet low income requirements with re-entering the workforce.

Jewish Family Community Services

Career Services

5743 Barlett St.
Pittsburgh, PA 15217
(412) 422-7200
jfcspgh.org/services/career-services/

Individual job search assistance, numerous career and skill-building workshops and networking opportunities help mature job seekers find gainful employment.

PA CareerLink

PA CareerLink Downtown Pittsburgh

914 Penn Ave., sixth floor
Pittsburgh, PA 15222
(412) 248-5627
careerlinkpittsburgh.com

PA CareerLink Allegheny East
Forest Hills

2040 Ardmore Blvd.
Pittsburgh, PA 15221
(412) 248-5627
careerlinkpittsburgh.com

This one-stop shop efficiently connects employers and job seekers. Their trained staff offers consultation services, a variety of materials and access to a comprehensive online database of employment information.

Pennsylvania Office of Vocational Rehabilitation

Pittsburgh District Office

531 Penn Ave.
Pittsburgh, PA 15222
(412) 392-4950
dli.pa.gov/Individuals/Disability-Services/ovr/Pages/default.aspx

Part of the Pennsylvania Office of Vocational Rehabilitation (OVR), their purpose is to expand and strengthen employment outcomes, independence and specialized services for Pennsylvanians with disabilities. An Individualized Plan for Employment (IPE) is developed, outlining a vocational objective, services, providers and responsibilities.

Urban League of Greater Pittsburgh

Urban Seniors Job Program

332 Fifth Avenue, fourth floor
Pittsburgh, PA 15222
(412) 325-3921
ulpgh.org/programs/economic-self-reliance/urban-senior-job-program/

The Urban Seniors Jobs Program is open to those age 55 or older who want to hone their job skills, maintain work readiness, learn computer skills, and find job opportunities. The program maintains a pool of qualified workers and ensures that employers can recruit reliable, experienced job seekers. Applicants must meet income guidelines and have previous work experience.

Entertainment

Museums

The Andy Warhol Museum
(412) 237-8300
warhol.org

Beechwood Farms Nature Reserve and Audubon Society of Western Pennsylvania
(412) 963-6100
aswp.org

Carnegie Museums of Art and Natural History
(412) 622-3131
carnegiemuseums.org

Children's Museum Pittsburgh
(412) 322-5058
pittsburghkids.org

The Clemente Museum
(412) 621-1268
clementemuseum.com

Fallingwater
(724) 329-8501
fallingwater.org

The Frick Pittsburgh
(412) 371-0600
thefrickpittsburgh.org

Hartwood Mansion
(412) 767-9200
alleghenycounty.us/
Parks-and-Events

Jimmy Stewart Museum
(724) 349-6112
jimmy.org

Meadowcroft Rockshelter and Historic Village
(724) 587-3412
heinzhistorycenter.org

Nationality Rooms
Cathedral of Learning
University of Pittsburgh
(412) 624-6001
Nationalityrooms.Pitt.edu

Pennsylvania Trolley Museum
(724) 228-9256
pa-trolley.org

Phipps Conservatory and Botanical Gardens
(412) 622-6914
Phipps.conservatory.org

Rachel Carson Homestead
(724) 274-5459
rachelcarsonhomestead.org

Rodef Shalom Biblical Botanical Garden
(412) 621-6566
rodefshalom.org

Senator John Heinz History Center
(412) 454-6000
heinzhistorycenter.org

Soldiers and Sailors Memorial Hall and Museum
(412) 621-4253
soldiersandsailorshall.org

Steelers Hall of Fame Museum
(412) 323-1200
steelers.com

Stephen Foster Memorial University of Pittsburgh
(412) 624-4100
pitt.edu/ ~ amerimus/
Museum.htm

Music and Performance

Pittsburgh Ballet Theatre
(412) 281-0360
pbt.org

Pittsburgh Opera
(412) 281-0912
pittsburghopera.org

Pittsburgh Symphony
(412) 392-4900
pittsburghsymphony.org

River City Brass Band
(412) 434-7222
rivercitybrass.org

Theater

Actors Civic Theater
Father Ryan Arts Center
(412) 331-1685
forstorox.org

Benedum Center for The Performing Arts
(412) 456-6666
trustarts.org

Byham Theater
(412) 456-6666
trustarts.org

Heinz Hall
(412) 392-4900
trustarts.org

McKeesport Little Theater
(412) 673-1100
mckeesportlittletheater.com

O'Reilly Theater
(412) 316-1600
trustarts.org/pct_home/visit/
facilities/oreilly-theater

Pittsburgh City Theatre
(412) 431-2489
citytheatrecompany.org

Pittsburgh CLO
(412) 281-3973
pittsburghclo.org

Pittsburgh International Children's Theater
(412) 456-6666
pghkids.org

Pittsburgh Playhouse
(412) 392-8000
pittsburghplayhouse.com

Pittsburgh Public Theater
(412) 316-8200
ppt.org

Saltworks Theater
(412) 621-6150
saltworks.org

South Park Theatre
(412) 831-8552
southparktheatre.com

Attractions

Carnegie Science Center
(412) 237-3400
carnegiesciencecenter.org

Duquesne Incline
(412) 381-1665
duquesneincline.org

Gateway Clipper Fleet
(412) 355-7980
gatewayclipper.com

Idlewild and Soak Zone
(724) 238-3666
idlewild.com

Kennywood Park
(412) 461-0500
kennywood.com

National Aviary
(412) 323-7235
aviary.org

Pittsburgh Zoo and PPG Aquarium
(412) 665-3640
pittsburghzoo.org

Sports

Pittsburgh Penguins
(412) 642-1300
penguins.nhl.com

Pittsburgh Pirates
(412) 323-5000
pirates.com

Pittsburgh Steelers
(412) 323-1200
steelers.com

Pittsburgh Riverhounds
(Professional soccer)
(412) 224-4900
riverhounds.com

University of Pittsburgh Athletic Department
(412) 648-8230
pittsburghpanthers.com

Washington Wild Things
(Minor league baseball)
(724) 250-9555
washingtonwildthings.com

Creative Hair Solutions

Tired of your thin, fine hair?
We can help you love your hair again.

We offer an array of services, including:

- High quality synthetic wigs
- Human hair wigs and toppers
- Expansive boutique
- Traditional, organic, and henna hair color options

Call us today to schedule your complimentary consultation and feel like your best self!

412-492-1688

2853 Oxford Blvd., Suite 101
Allison Park, PA 15101

YOUR CARD OPENS MORE THAN BOOKS

Carnegie Library of Pittsburgh

The RAD Pass provides Allegheny County residents ages 18 and up with access to free or discounted passes to cultural attractions in our region with a library card from any Allegheny County library.

Log in with your library card number and PIN.
Browse for passes by date or venue.
Print or download your pass to your mobile device.

RADPass.org

FREE TO THE PEOPLE

Exercise

Aquatic Exercise Association

Arthritis Foundation

(888) 232-9283
Aeawave.com

Arthritis sufferers can discover the benefits of warm water exercise through recreational swim programs offered by the Arthritis Foundation. Designed for people with arthritis and guided by trained personnel, participants learn gentle exercises and activities to increase joint flexibility, range of motion, and muscle strength. Exercises can be performed while standing or sitting.

Parkinson's Exercise and Activities Network (PEAN)

(412) 837-2542
pfwpa.org

Various different Parkinson's specific exercise classes are offered at a number of locations and virtually throughout the week including Rock Steady Boxing, Delay the Disease, Pickleball, Yoga and Dance for Parkinson's.

SilverSneakers

(866) 584-7389
silversneakers.com

SilverSneakers offers a unique blend of physical activity, healthy lifestyle and socially oriented programs. The customized exercise classes are designed for older adults who want to improve their strength, flexibility, balance and endurance.

Venture Outdoors

(412) 255-0564
ventureoutdoors.org

This nonprofit organization makes it easy to enjoy outdoor recreation in our region. The activities calendar on their website offers a variety of outdoor activities in western Pennsylvania including hiking, biking, climbing and paddling.

Stay active this fall & winter at the Allegheny County Parks with senior passes!

GOLFING | SKIING | SKATING

Purchase a membership at alleghenycounty.us/parkpasses

Allegheny County Parks

Our Lady of Mount Carmel Parish Community Center

7 Chalfonte Ave. in West View – 412-585-5575 communitycenter@mountcarmelpgh.org

A gathering space to enhance the quality of life for young and old by promoting involvement, fellowship and support.

Our Lady of Mount Carmel Parish Community Center *exists to meet the needs of our parish and the people of the area, regardless of race or creed. The Community Center provides programs, activities and events as well as offer space in the building for appropriate meetings and events. Please call ahead to confirm the schedule.* *ALL ARE WELCOME.* ☺

Art Lessons
Mondays 10 a.m. - Noon

Basket Creations
Tues. - Thurs. by Appt.

Cards, Puzzles & Games
Thursdays 9 a.m. – noon

Color & Drawing Group
Mondays 1 p.m. - 3 p.m.

Duplicate Bridge
Thursdays 12 p.m.

Health & Wellness Day
Friday April 26th, 2024

History Lectures varies

Line Dancing Group
Wednesdays 7 p.m.

Mah Jongg
Tuesdays 9 a.m.

Open Crafting
Thursdays 6 p.m. - 7 p.m.

Organ/Keyboarding
Tuesdays 12:30 p.m.

Pickleball - Mon. - Fri.
Open play a.m. & p.m.

Senior Exercise
Mon. & Wed. 11 a.m.

Senior Lunch - Monthly
3rd Wednesdays 12 p.m.

Sewing Classes
Mornings & Evenings

Steel City Ukulele
1st & 3rd Mon. 6:30 p.m.
Free Intro Lessons 6 p.m.

Ukulele Lessons
2nd & 4th Mon. 6 p.m.
nhstringstudio.com

Tai Chi
Tues & Thurs 11:30 a.m.

Yoga
Thursdays 7 - 8 p.m.

Yolates
Tuesdays 7 - 8 p.m.

Zumba
Tuesdays 6 - 7 p.m.

Library Cards Open More Than Books!

From pickleball sets to musical instruments, tools, attraction tickets, classes, Wi-Fi, movies and baking supplies, you can find it at the Library.

Library programs are free and open to everyone.

Check out what your local library has to offer.
carnegielibrary.org | aclalibraries.org

RAD works here.

Allegheny County Library Association CONNECTING COMMUNITIES

Carnegie Library of Pittsburgh

Turn to the publications that you can trust.

Find information about these services and more!

- Adult Day Services
- Alzheimer's Support
- Caregiver's Support
- Exercise and Wellness
- Funeral Planning
- Hearing Assistance
- Housing Options
- Pharmaceutical Assistance
- Safety for Seniors
- Senior Centers
- Senior Expos
- Transportation Options

Visit us online at pittsburghseniornews.com.

View current and past issues of all publications.

Like us on facebook

Allegheny County Senior Resource Guide also publishes:

- *Pittsburgh Senior News*
- *Beaver County Senior News*
- *Beaver County Senior Resource Guide*

To advertise in any of these publications, call (412) 760-5914.

Senior Centers

Funded by the Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA), the senior centers are located in diverse community settings and offer Allegheny County residents ages 60 and older a welcoming place for healthy aging. For many, a meal enjoyed with friends is a daily mainstay. In addition, older adults are able to select classes or choose from an array of prevention and wellness activities. The staff offers specialized assistance with finding information about aging services and community resources.

Senior centers range in size and activities available. Senior Center Focal Points are large, comprehensive centers and offer the following opportunities to any older adult in Allegheny County.

- Nutrition
- Transportation assistance
- Legal assistance
- Volunteer opportunities
- Wellness and prevention programs
- Physical fitness classes
- Social, cultural and leisure activities
- Creative arts and learning

Senior Community Satelite Centers are smaller and vary in the hours they are open and programs and services available. See page 140-141 for a listing of Senior Centers.

Nutrition Programs

Meals at senior centers are provided in a congregate setting and offer older adults an opportunity to socialize and receive a nutrionally balanced meal that meets one-third of daily nutritional requirements. The menus provide a wholesome meal planned by a dietician with input from older adults.

Information and Assistance

Senior center staff are trained and certified to assist older adults in accessing information and community resources. All senior center focal points have information and assistance services available by phone or in person a minimum of 20 hours per week. See page 15.

Wellness and Prevention Programs

Programs and activities include health screenings, health literacy and medication management. Health literacy talks include nutrition, chronic diseases, health insurance, foot care and end-of-life planning, among other topics. Evidence-based programs on fall injury awareness and prevention, chronic disease management, medication management, and exercise for older adults are also offered.

Creative Arts and Learning

As lifelong learners, older adults engage in many creative arts and learning activities. Daily throughout Allegheny County, older adults join book and writing groups, sign up for foreign language classes, take part in music and choir, jump into technology education, and participate in a variety of other exciting offerings.

Notes:_____

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Senior Centers

Please note: Hours and days of operation may vary for each senior center.

EAST

AgeWell at the JCC

5738 Forbes Ave.
Squirrel Hill, PA 15217
(412) 521-8010
jccpgh.org

Catholic Youth Association Polish Hill Senior Center

30th and Paulowna Streets
Polish Hill, PA 15219
(412) 621-8197
catholicyouthassociation.com/index.php/Services-for-Seniors/

Citiparks Healthy Active Living Glen Hazel Senior Center

945 Roselle Ct.
Glen Hazel, PA 15207
(412) 422-6554
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Greenfield Senior Center

745 Greenfield Ave.
Greenfield, PA 15217
(412) 422-6551
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Hazelwood Senior Center

5344 Second Ave.
Hazelwood, PA 15207
(412) 422-6549
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Homewood Senior Center

7321 Frankstown Ave.
Homewood, PA 15208
(412) 244-4190
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Morningside Senior Center

1802 Jancey Way
Morningside, PA 15206
(412) 665-4342
pittsburghpa.gov/citiparks/for-seniors

Eastern Area Adult Services Swissvale Senior Center

7350 McClure Ave.
Swissvale, PA 15218
(412) 731-6125
eaas.net

Eastern Area Adult Services Turtle Creek Senior Center

519 Penn Ave.
Turtle Creek, PA 15145
(412) 824-6880
eaas.net

LifeSpan Inc. Mon Valley Senior Community Resource Center

4313 Walnut St., Suite 370
McKeesport, PA 15132
(412) 664-5434
lifespanpa.org

LifeSpan Inc. Steel Valley Senior Community Resource Center

530 Miller St.
Clairton, PA 15025
(412) 233-4847
lifespanpa.org

Macedonia FACE Active for Life Senior Center Thelma Lovett YMCA

2114 Centre Ave.
Pittsburgh, PA 15219
(412) 281-2573
macedoniaface.org

Macedonia FACE Active for Life Senior Center K. Leroy Irvis

715 Mercer St.
Pittsburgh, PA 15219
(412) 281-2573
macedoniaface.org

Penn Hills Senior Service Center

147 Jefferson Rd.
Penn Hills, PA 15235
(412) 244-3400
pennhills.org/senior-services

Penn Hills Wm. McKinley Citizens' Center Inc.

801 7th Street
Verona, PA 15147
(412) 828-5888
pennhills.org/senior-services

Plum Senior Community Center

499 Center - New Texas Rd.
Plum, PA 15239
(412) 795-2330
plumcommunitycenter.com

Vintage, Inc.

421 N. Highland Ave.
East Liberty, PA 15206
(412) 361-5003
vintageseniorservices.org

Northern Area Multi-Service Center North Parkwood Church

4289 Mt. Royal Blvd.
Allison Park, PA 15101
(412) 486-6426
buildingindependence.org/nams

NORTH

Catholic Youth Association Center in the Country

4834 Rte. 910
Allison Park, PA 15101
(724) 443-8220
catholicyouthassociation.com

Catholic Youth Association Stephen Foster Center

286 Main St.
Lawrenceville, PA 15201
(412) 621-3342
catholicyouthassociation.com

Senior Centers

Citiparks Healthy Active Living Brighton Heights Senior Center

3515 McClure Ave.
Brighton Heights, PA 15212
(412) 766-4656
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Lawrenceville Senior Center

4600 Butler St.
Lawrenceville, PA 15201
(412) 567-7290
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Northview Heights Senior Center

533 Mt. Pleasant Rd.
Northview Heights, PA 15214
(412) 323-7240
pittsburghpa.gov/citiparks/for-seniors

Lutheran Service Society PrimeTime Senior Center

440 Lincoln Ave.
Bellevue, PA 15202
(412) 307-1782
lsswpa.org

Northern Area Multi-Service Center Body & Soul Wellness

209 13th St.
Sharpsburg, PA 15215
(412) 781-1175
buildingindependence.org/nams

Northern Area Multi-Service Center Etna Senior Center

18 Walnut St.
Etna, PA 15223
(412) 781-6517
buildingindependence.org/nams

Northern Area Multi-Service Center Highlands Senior Center

704 East Second Ave., Room 100B
Tarentum, PA 15084
(724) 224-1552
buildingindependence.org/nams

Northern Area Multi-Service Center Center North Senior Center

Parkwood Church
4289 Mt. Royal Blvd.
Allison Park, PA 15101
(412) 486-6426
buildingindependence.org/nams

Riverview Community Action Corporation

501 Second St., PO Box 437
Oakmont, PA 15139
(412) 828-1062
rcacorp.org

SOUTH

Allentown Senior Center

631 E. Warrington Ave.
Allentown, PA 15210
(412) 481-5484

Citiparks Healthy Active Living Beechview Senior Center

1555 Broadway Ave.
Beechview, PA 15216
(412) 567-7290
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living Mt. Washington Senior Center

122 Virginia Ave.
Mt. Washington, PA 15211
(412) 488-8405
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living South Side Senior Center

12th & Bingham St.
Pittsburgh, PA 15203
(412) 488-8404
pittsburghpa.gov/citiparks/for-seniors

Elizabeth Seton Center Brookline Center

1900 Pioneer Ave.
Brookline, PA 15226
(412) 561-8400
setoncenterpgh.org

Elizabeth Seton Center Overbrook Center

2199 Dartmore Ave.
Overbrook, PA 15210
(412) 344-4777
setoncenterpgh.org

LifeSpan Inc. Bethel Park Senior Community Resource Center

5151 Park Ave.
Bethel Park, PA 15102
(412) 831-7111
lifespanpa.org

LifeSpan Inc. Knoxville Senior Community Resource Center

320 Brownsville Rd.
Knoxville, PA 15210
(412) 420-8147
lifespanpa.org

WEST

Citiparks Healthy Active Living Sheraden Senior Center

720 Sherwood Ave.
Sheraden, PA 15204
(412) 777-5012
pittsburghpa.gov/citiparks/for-seniors

Citiparks Healthy Active Living West End Senior Center

80 Wabash Ave.
Pittsburgh, PA 15220
(412) 937-3068
pittsburghpa.gov/citiparks/for-seniors

LifeSpan, Inc. Chartiers Senior Community Resource Center

300 Lincoln Ave.
Carnegie, PA 15106
(412) 276-5056
lifespanpa.org

LifeSpan, Inc. Imperial Senior Community Resource Center

540 Penn Lincoln Dr.
Imperial, PA 15126
(724) 218-1669
lifespanpa.org

Notes:_____

Active Living with Chronic Conditions

Vintage, Inc.

(412) 361-5003, ext. 108
alleghenybetterhealth.org

Active Living with Chronic Conditions is a 6-week self-study program with available phone support from a trained coach. This program provides tools for living well with conditions such as arthritis, high blood pressure, diabetes, heart disease and other conditions. This program is free for all Allegheny County residents age 60 and older.

Adult Interest Center (AIC)

Southminster Presbyterian Church

799 Washington Rd.
Mt. Lebanon, PA 15228
(412) 343-8900
spchurch.org

AIC provides programs, lunches and fellowship for all senior adults in Fellowship Hall twice per month on Fridays at 11 a.m. from September through June. Weekly entertainment in the form of musicians and interesting speakers is provided free of charge. A catered hot lunch is available at Noon for $9. Reservations are not needed. All seniors are welcome.

Allen Place Community Services, Inc.

227 Bonvue St., lower level
Pittsburgh, PA 15214
(412) 231-1531
allenplacepgh.org

Allen Place Community Services, Inc. Senior Center offers services three days a week on Tuesday, Wednesday, and Thursday from 9 a.m. to 3 p.m. at no cost to participants. Programs include music and art therapy, quilting, low-impact exercise, card and board games, computers, gardening, as well as health workshops.

Jewish Community Center (JCC) of Greater Pittsburgh

Henry Kaufmann Building

345 Kane Blvd. (South Hills)
Pittsburgh, PA 15243
(412) 278-1975

Irene Kaufmann Building

5738 Forbes Ave. (Squirrel Hill)
Pittsburgh, PA 15217
(412) 521-8010
jccpgh.org

JCC sponsors a variety of services to help promote the physical, recreational, social and emotional well being of older adults. To keep seniors active, healthy and independent, the centers offer a variety of lectures, special interest classes, cultural arts and social events.

Monroeville Senior Citizen Center

6000 Gateway Campus Blvd.
Monroeville, PA 15146
(412) 856-7825
monroeville.pa.us

Provides daily activities, services and programs for seniors ages 50 and older–from quilting and book club yoga, fitness classes, bridge, driver safety, computer classes, craft classes, Wii bowling and travel groups.

Mt. Lebanon Recreation Department

900 Cedar Blvd., Second Floor
Mt. Lebanon, PA 15228
(412) 343-3409
mtlebanon.org

Once a month, a senior movie matinee and luncheon are offered to those ages 55 and older for a nominal fee. Fees vary. *Note:* Seniors do not need to reside in Mt. Lebanon to participate in these programs.

Mon Yough Carvers

Walt Niedziela (412) 469-2903

Carvers gather at Elizabeth Foward Middle School in Elizabeth Township on Tuesday and Thursday evenings to practice the old world tradition of wood carving. Experience not necessary; $10 annual fee is collected.

Moon Township Senior Center

550 Cherrington Pkwy.
Coraopolis, PA 15108
(412) 262-1703

Senior center is available for Moon Township residents and non-residents.

Our Lady of Mount Carmel Parish Community Center

Seven Chalfonte Ave.
West View, PA 15229
(412) 585-5575
mountcarmelpgh.org

This community center offers a variety of programs and events for seniors, including lunches, card playing and bridge, Zumba Gold for Seniors, yoga, pickleball, an art group, cooking classes, organ/keyboarding lessons and more.

Ross Township Community Center

1000 Ross Municipal Dr.
Ross Twp., PA 15237
(412) 931-7041
ross.pa.us

Offers events each month for seniors such as exercise, Pickleball, yoga, knitters, adventures, cards, and more.

Seniority

(412) 777-6359
heritagevalley.org

The Heritage Valley Kennedy Seniority wellness program for adults ages 50 and older offers free health screenings and educational seminars, social events and discounts at local stores. One-time fee is $25.

UPMC

upmc.com/classes

Many senior programs throughout the UPMC healthcare system are offered. Call the above number for details about programs in your community.

Upper St. Clair Community and Recreation Center

Community & Recreation Center at Boyce Mayview Park (C&RC)

1551 Mayview Rd.
Upper St. Clair, PA 15241

McLaughlin Run Activity Center

1770 McLaughlin Run Rd.
Upper St. Clair, PA 15241
(412) 221-1099

twpusc.org

The Community & Recreation Center at Boyce Mayview Park offers senior-rate memberships for use of the entire facility, along with free monthly activities (open to all and no membership required) such as Game & Card Club and Friday Afternoons in the Park (weather permitting).

At the McLaughlin Run Activity Center, Township residents ages 55 and older meet weekly from 10 a.m - 3 p.m. for lunch, programs, and activities.

For more information on any of the offerings, call the number above or visit the website.

At the Lake Ministries

(814) 657-4024
atthelakeministries.org

The Western PA Annual Conference of The United Methodist Church offers a ministry specifically for those with disabilities and special needs and their families who want to enjoy nature and recreation. At The Lake Ministries provides boating and fishing charters on Presque Isle Bay and Lake Erie to fish and experience being on the water. A total of 22 passengers of all ages, accompanied by Therapeutic Support Staff (TSS) or close family members to assist them are welcome. The cost is $40 per person; under certain circumstances, scholarships are provided. Up to eight guests in wheelchairs can be accommodated at one time and therapy pets are always enjoyed.

Frick Park Lawn Bowling Club

lawnbowlingpittsburgh.org

The Frick Park Lawn Bowling Club is open to the public, offering free lessons on Thursday evenings at 7:00 p.m. The lawn bowling season runs between mid-May and mid-October. The first lesson is free and $10 per visit after that. Membership is open to anyone over the age of 18. Lawn bowling is easy to learn and fun to master. For more information, visit our website or contact info@lawnbowlingpittsburgh.org.

Joy Riders

(412) 512-2653
joyriderspgh.org

Joy Riders Pittsburgh offers free wheelchair bike rides to individuals of all ages with limited mobility, including older adults and veteran. Rides take place from the Millvale Riverfront along the Heritage Trail to the North Shore and back. The duet bikes are part wheelchair and part electric bike. Each ride is about 45 minutes and helmets are provided. Drivers have been trained extensively and have clearances. Sponsored by Veterans Leadership Program.

Pickleball

Pittsburgh Pickleball

Pittsburghpickleball.net

Join in the fastest growing sport in America. Pickleball improves fitness and is a great social activity. It combines tennis, Ping-Pong and Wiffleball, and is very popular with older adults. Places to play in the area are:

- Bethel Park Community Center, 5151 Park Ave, Bethel Park
- South Hills, 1530 Hamilton Rd., Pittsburgh
- Hampton Community Center, 3101 McCully Rd., Allison Park
- Jewish Community Center South Hills, 345 Kane Blvd.
- Jewish Community Center of Squirrel Hill, 5738 Forbes Ave.
- Keystone Health Club, 655 Braddock Ave., East Pittsburgh
- Lauri Ann West Community Center, 1220 Powers Run Rd., Fox Chapel
- Our Lady of Mount Carmel Parish Community Center, Seven Chalfonte Ave., West View
- Pittsburgh Sports Arena, 22 Rich Hill Rd., Cheswick
- Ross Community Center, 1000 Ross Municipal Dr., Ross Township
- Upper Saint Clair Rec Center, 1551 Mayview Rd., Upper St. Clair

Visit the website for times, pricing and other details.

Soccer

PA West Soccer Adult Division

pawest-soccer.org

Western Pennsylvania is home to numerous adult soccer teams with a wide range of skill levels. PA West's Pittsburgh Super Masters League (PSMSL) is a league for players ages 50 and older.

Softball, Men's

Northern Allegheny County Senior Softball League

nacssl.com

South Hills Senior Softball League

Doug Houston (412) 522-9887
seniorsoftballleague.com

Softball, Women's

Cougars

Renee Zavolta (412) 370-7515

Diamonds

Judy Williamson (412) 576-2029

Rebels

Jenny (412) 889-1691

Senior Moments

Mary Ellen Kilmartin (412) 512-9631

Tennis

CitiParks Senior Tennis
Mellon Park Tennis Center

(412) 665-4017
pittsburghpa.gov/citiparks/tennis

Call for information about the senior discount program and lessons.

Three Rivers Adaptive Sports (TRAS)

(412) 848-8896
traspa.org

TRAS is comprised of individuals with physical challenges, as well as able-bodied individuals and healthcare professionals. Members volunteer to educate and provide quality year-round recreational opportunities for individuals with disabilities, their families and friends. Activities include camping, canoeing, kayaking, water skiing, snow skiing, cycling, bowling, yoga, dance, cardio sports fitness classes and more.

That's
LOTTERY
LOVE
Share yours: #MyLotteryLove
See more: palottery.com/LotteryLove
Players must be 18 or older. Please play responsibly. Problem Gambling Helpline: 1-800-GAMBLER
PENNSYLVANIA
LOTTERY

Volunteer Opportunities

Do you enjoy helping others? Or do you feel gratified by helping to support a cause that you believe in? If so, then lending your time and talent as a volunteer may be right for you. As thousands of Allegheny County seniors have discovered, the opportunities for volunteering are as varied and plentiful as their interests—from reading, gardening, teaching children, caretaking other seniors and conserving wildlife to simply helping those less fortunate in a variety of ways. Whatever your talents, interests or available time, the perfect volunteer position is waiting for you. Political organizations, social clubs, food banks, churches, theatres, elementary schools, hospitals, nursing homes—they all need and want your help. Following are a few local organizations that use volunteers. Check with your favorite organization to see what kind of difference you can make.

Allegheny County Department of Human Services Area Agency on Aging (DHS/AAA)

Birmingham Towers
2100 Wharton St., Second Floor
Pittsburgh, PA 15203
(412) 350-5460 or (800) 344-4319
alleghenycounty.us/services/seniors

Volunteer opportunities through DHS/AAA include clerical work, telephone assistance, friendly visits with seniors and helping to prepare and deliver meals to the homebound. Other opportunities include the following programs:

Ombudsman Program. Ombudsmen are advocates for nursing home and personal care home residents; they help to resolve problems related to rights and quality of care. Ombudsmen inform and educate seniors, service providers and the public about long-term care services and consumers' rights. An ombudsman monitors the quality of care and services, as well as quality-of-life issues to ensure that seniors are being provided with appropriate care and services. A training process is involved which leads to state certification. To learn more about volunteering as an ombudsman, call one of the DHS/AAA numbers above.

Senior Companion Program. The Senior Companion program provides assistance to older adults with physical, emotional or mental health limitations. These individuals have difficulty with daily living tasks, and Senior Companions help them retain their dignity and independence by providing regular, helpful visits. Senior Companions are ages 55 and older, and serve a minimum of 15 hours per week. Senior Companions receive a small stipend, travel reimbursement, meal allowance, volunteer insurance and free monthly in-service training on topics related to older adults. Senior Companions must have a physical exam and criminal background check prior to serving.

Holiday Project. Distributes holiday gifts to children in Allegheny County who have experienced abuse and neglect. Donations of new gifts for children ages birth to 18 years are accepted year-round. Financial donations are also accepted. During November and December, volunteers are needed to sort and distribute gifts.

Project Prom. Provides evening attire to high school students who may not be able to afford to attend school dances. Donations of evening wear and tuxedos are accepted from January to March. During the giveaway in April, female volunteers are needed to organize dresses at a downtown location and assist with being "personal shoppers" for girls looking for gowns.

Money in Your Pocket. The Money In Your Pocket Coalition organizes teams of students and retired and current professionals in the accounting field who volunteer during tax season (mid-January through April 15) to assist low-income wage earners recover their maximum tax refund. Volunteers receive free training and may choose to work at one of several assistance locations. Volunteers are asked to assist a minimum of three hours per week. Volunteer recruitment occurs from November through early January.

American Red Cross Southwestern Pennsylvania Chapter
(412) 263–3100
swpa.redcross.org

Community Impact (United Way of Allegheny County)
2-1-1
uwswpa.org

Court Appointed Special Advocates (CASA)
(412) 594-3606
pgh-casa.org

Greater Pittsburgh Community Food Bank
(412) 460-3663
pittsburghfoodbank.org

Wesley Family Services
(412) 345-7420
wfspa.org/service/isos-oyhs/

North Hills Community Outreach (NHCO)
In Service of Seniors: North
(412) 487-6316
nhco.org

Pittsburgh Cares
(412) 471-2114
pittsburghcares.org

Retired Senior Volunteer Program (RSVP)
(412) 660-6841

Advertiser Reference

A + Stairlifts of Pittsburgh (Page 73)
(412) 260-7469

Accessible America (Page 20)
(833) 412-4226

Alexis Manor, Inc. (Page 108)
(724) 935-7411

Allegheny County Area Agency on Aging (DHS/AAA) (Page 16-17)
(800) 344-4319
(412) 350-5460

Allegheny County Housing Authority (Page 109)
(412) 402-2487

Allegheny County Parks (Page 136)
alleghenyparks.com

At Home Senior Services (Page 18, 133)
(412) 604-0410

Beechtree Commons (Page 111)
(412) 798-5589

Beechtree Commons II (Page 108)
(412) 793-8693

Bennett Place Apts (Page 108)
(412) 242-9977

Blind and Vision Rehabilitation (Page 52)
(412) 368-4400

Blackburn's Medical Supplies (Page 69)
(800) 472-2440

Brightwood Plaza (Page 51)
(412) 831-9454

Brinton Towers Apartments (Page 108)
(412) 824-9000

Care at Home Preferred (Page 36)
(724) 339-1117

Carnegie Library (Page 137)
(412) 622-3114
RADPass.org

Chips Dental (Page 50)
(412) 364-7144
(724) 443-5710

CMS Housing (Page 107)
cmshousing.com

Collette (Page 95)
(800) 581-8942

Community Life (Page 30)
(866) 419-1693

Community Living and Support Services (Page 44-45)
(412) 683-7100

Concordia Lutheran Ministries (Page 8)
(724) 238-6711

Congressman Chris Deluzio (Page 97)
(412) 344-5583

Creative Hair Solutions (Page 135)
(412) 492-1688

Crystal Manning (Page 79)
(412) 716-4942

District Attorney Stephen A. Zappala, Jr. (Page 4)
(412) 350-4400

Elliott Heights (Page 115)
(412) 920-7181

Encompass Health Rehabilitation Hospital of Harmarville & Sewickley (Page 47)
(877) 937-7342

Forest Hills Senior Apartments (Page 108)
(412) 271-4090

Gable Ridge (Page 114)
(412) 241-9474

Gallagher (Page 35)
(412) 279-7800

Hal English and Associates (Page 148)
(412) 486-1923

Harrison Hi Rise (Page 109)
(724) 224-4571

Heritage Valley (Page 119)
(412) 331-6139

Hope Hospice (Page 39)
(412) 367-3685

IW Abel Place (Page 113)
(412) 687-7120

Kane Community Living Centers (Page 126)
(412) 422-5263

Leo Meyer Manor Apartments (Page 108)
(412) 331-8000

LIFE Pittsburgh (Page 29)
(412) 388-8050

Lloyd McBride Court (Page 113)
(412) 821-4474

Lutheran SeniorLife (Page 121)
(724) 742-2249

Lynn Williams Apartments (Page 113)
(412) 734-4229

MiKelCo Lifts (Page 46)
(412) 421-5438

Metro Community Health Center (Page 42)
(412) 247-2310

Mt. Nazareth (Page 109)
(412) 415-0475

Namath Insurance Advisers (Page 78)
(724) 847-3290

Northside Coalition (Page 108)
(800) 238-7555

Our Lady of Mt. Carmel Parish Community Center (Page 137)
(412) 585-5575

Office of the Allegheny County Council (Page 4)
(412) 350-6490

Ormsby Manor Apts (Page 108)
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