

Older Adult Programs

Agewell Pittsburgh • JCC South Hills

June 2024

Mark your calendar:

Senior Farmers Market Nutrition Program voucher distribution day is June 25!

Although the South Hills JCC is not a distribution site, there are several nearby, including the Squirrel Hill JCC and Life Span in both Bethel Park and Carnegie.

For more information, call the Senior Line at (412) 350-5460.

Eligibility:

- Allegheny County resident
- 60 years of age or older by December 31, 2024
- Meet the income guidelines:
One-person household at or below \$27,861 or two-person household at or below \$37,814
- Older adults living in a residential facility that provides meals are not eligible to receive vouchers

Please note:

The JCC will be closed on Wednesday, June 12 in observance of Shavuot.

Lunch reservations for Thursday, June 13 must be placed by 12 pm on Tuesday, June 11.

AgeWell
at the JCC South Hills

Ongoing Programs:

- **Blood pressure screenings with JAA:** Tuesday, June 11 & 25 • 10-11 am
- **Book Buddies Volunteer Program:** Volunteer clearances must be completed; stop by the AgeWell office for more information.
- **Counseling Hours:** Monday, June 10 & 24 • 10 am-1 pm.
- **Drum Circle with the 10.27 Healing Partnership:** Monday, June 17 • 7 pm. Registration is available online; stop by the AgeWell office for more information.
- **Puzzle Swap:** Available every day during AgeWell office hours.
- **Reiki-Infused Sound Bathing with the 10.27 Healing Partnership, dates TBD.** Registration is available online; stop by the AgeWell office for more information.
- **Technology Tutoring:** by appointment only.

June Club Meetings

- Remember When Club** – Wednesday, June 5 • 1 pm (Please note the change in date)
- Card Club** – Thursday, June 6 and 20 • 1 pm
- Knitting & Crochet Club** – Thursday, June 13 • 11 am
- Theater Club** – Monday, June 17 • 12 pm
- Book Club** – Tuesday, June 18 • 1:30 pm
- Mah Jongg** – Weekly meeting on Tuesdays • 1 pm
- Intergenerational Family Dynamics Group** – No meeting in June
- Garden Club** – No meeting in June

Have a special interest or hobby you'd like to share? Consider starting a new club!

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Staff Spotlight: Mickey Benson

Mickey Benson is delighted to join the South Hills AgeWell Team as a Program Coordinator! Mickey has extensive community organizing experience and a passion for innovative, inclusive programming. Through the unlikely fusion of an Albion College degree in Religious Studies with a concentration in Public Policy and a surprising knack for line dancing, Mickey has crafted a unique path to success that seamlessly blends the sacred and the spirited. This recently included a master's degree in Jewish Nonprofit Management from Hebrew Union College and certification as an Interfaith Movement Chaplain from the Faith Matters Network.



They have designed and facilitated educational experiences across the United States, Poland, Israel, Glasgow, and India. Mickey served for two years as the Ezra Jewish Education Fellow at Hillel of Binghamton, where they established a multi-faith community "caffeination station" to bring together over 600 students for meaningful conversations. If you ever want to chat over coffee, come find Mickey in the AgeWell office. Following nearly a decade in crisis line volunteer work, Mickey knows the value of being a good neighbor and looks forward to being able to assist in connecting people to resources. They are relatively new to Pittsburgh having just moved last July with their partner, Cantor Kalix Jacobson. Outside of work, Mickey has the hobbies necessary to survive the medieval era including sewing, storytelling, and thrifting for interesting antiques to repurpose.

Member Spotlight: Maureen Garfolo

In celebration of Older Americans Month in May, AgeWell member Maureen Garfolo spent some time making connections with the ECDC students at the



JCC! Maureen worked as a chef instructor in Pittsburgh for over 25 years, and she visited one of the ECDC classrooms to talk about her career as a chef and to make a special treat with the students.

Maureen worked first as a chef-instructor in the apprenticeship program through the Chefs Association, in conjunction with CCAC, and then at Le Cordon Bleu Culinary School. Before working as an instructor, Maureen was a chef for a food service management company serving numerous clients, including U.S. Steel and JCPenney. She also served as an instructor for one special chef- the JCC's own Chef Eric!

Maureen has been an AgeWell member for nearly a year, and in her time at the JCC she has enjoyed learning how to play mah jongg. Maureen's dear friend Virginia introduced her to AgeWell, and now they both regularly attend AgeWell programs! Maureen has enjoyed attending potluck lunches, playing mah jongg once or twice a week, and attending the High Tea program in the spring.

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(contact Hayley Maher for information or to register)

Meet and Greet Social

**Tuesday, June 4 • 10:30 am,
AgeWell Office**

Whether you are new to AgeWell or you have been a regular for a while, this is your chance to connect with other members! Stop by on the first Tuesday of each month from 10:30 to 11:30 am to chat with other members and enjoy light refreshments. You do not need to register for this program.

Microsoft Excel Workshop

**Wednesday, June 5 • 10 am,
Conference Room**

Microsoft Excel is a spreadsheet program that allows you to stay organized with budgeting, creating graphs, and more. Come to this workshop to learn some basic Excel skills, including how to create a new Excel document, format your spreadsheet, create basic formulas, and sort your data. Bring your laptop if you want to follow along! You do not need to register for this workshop.

The Great AgeWell Bakeoff

Friday, June 7 • 1 pm, Social Hall

Calling all bakers! Bake your favorite recipe and enter the competition for the title of the Great AgeWell Bakeoff Champion. To enter, complete the registration form by Thursday, June 6. The registration form is available through the weekly AgeWell email, or paper copies are available in the AgeWell office.

Dementia Friends Information

**Session • Monday, June 10 • 10:30
am, Conference Room**

Join a growing movement of people who are making a positive difference in the lives of people living with dementia. This information session will cover 5 key messages about dementia and touch on what it is like to live with dementia. As a Dementia Friend, you will turn your understanding into practical actions. You do not need to have prior knowledge of dementia or know someone living with dementia to be a Dementia Friend! You do not need to register for this program.

Community Improv with the 10.27

**Healing Partnership
Mondays, June 10 and 24
12:30 pm, Social Hall**

Laughter. Curiosity. Play. That's improv! Games and scenes are inspired by your life experiences or made up on the spot. You will leave feeling refreshed with the sound of laughter having brightened your day. This series will take place on June 10 and 24 and on July 1, 15, and 29. To register, visit 1027healingpartnership.org

Wet Felting Art Class

Wednesday, June 19 • 2 pm, Social Hall

Wet Felting Art Class, June 19th at 2 pm in the Social Hall. Join local artist and AgeWell member Jude' Ernest for another art class at

the JCC! This month, Jude' will be guiding the group in creating wet-felted vessels. All materials and tools needed will be provided. The cost is \$25 for registered AgeWell members, and the registration/cancellation deadline is Tuesday, June 11. Register by stopping in the AgeWell office. Spaces are limited, so register today!

Safety Jeopardy

**Friday, June 21 • 12 pm,
Conference Room**

June is National Safety Month! Join us for a fun and informational game of Jeopardy to learn more about several safety topics. You do not need to register for this program.

Learn About Sourdough Bread.

**Tuesday, June 25 • 10 am,
Conference Room**

Every step of the sourdough process will be reviewed, from how to feed your starter to tasting a homemade loaf of sourdough bread. Presenter Stephanie Kater will also provide instructional packets to take home to explain how you can start your sourdough journey at home. You do not need to register for this program.

Breathe PA Presentation

**Wednesday, June 26 • 10 am,
Conference Room**

Join Tracey Matanzo of Breathe PA for a presentation about lung health. Breathe PA is a nonprofit organization that helps residents of Western PA achieve and maintain optimal

lung health through education prevention, awareness, and direct services. Topics of discussion will include general lung health, smoking cessation, sleep, and the patient assistance program. You do not need to register for this program

Conversations with Amy

**Wednesday, June 26 • 1:30 pm,
Conference Room**

Join AgeWell's Information and Referral Specialist, Amy Gold, for a conversation related to resources for older adults. Each month will feature a new topic for discussion. June's topic will be coping with transitions in life. You do not need to register for this program.

Family History Discussion

**Thursday, June 27 • 11 am,
Conference Room**

Genealogy enthusiast Debbie Barga has been studying family history for decades. She has traced family members back to her 13th great-grandfather and is skilled in using genealogy websites like Find a Grace and Family Tree Maker. Come to this discussion to learn how to start tracing your family tree and how to organize your family history records. You do not need to register for this program.

Monthly Movie

**Thursday, June 27 • 1 pm,
Conference Room**

Grab some popcorn and bring a friend! In June, the movie Poms will be shown. Poms features Martha, who moves into a retirement community and starts a cheerleading squad with her fellow residents, proving that it's never too late to follow your dreams. You do not need to register for this program.