

In The Vineyard

A Publication of Vintage, a service of Familylinks.



Spring 2017
April, May, June

Vintage is **CLOSED**
Monday, May 29th
for Memorial Day and
Tuesday, July 4th for
Independence Day.

Accredited by 
National Institute of
Senior Centers

Many thanks to "In The Vineyard"
Newsletter SPONSOR



The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits 78 South-western Pennsylvania health and human service agencies. One hundred percent of the money raised by Vintage walkers stays at Vintage to support our services. This year's walk will be on Saturday, May 13, 2017 at Stage AE on the North Shore. We encourage all Vintage members to consider donating \$20 or more to support Vintage.

If you would like to attend the Walk on May 13, see Rosemary DePhillips in the Trip Office for information about transportation.

A Message from the Executive Director

Here at Vintage, we take our name seriously. The word vintage means "of high quality and lasting value". We aspire to earn that name each and every day. I would like to share some thoughts with our members and supporters. Program Evaluation. As part of our ongoing quality improvement efforts, each year we conduct a formal evaluation of our programs. The report for 2016 included some interesting findings, including:

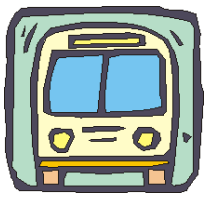
- Over the past 5 years, attendance at Vintage has grown by 4% while the average attendance throughout Allegheny County has decreased by 18%.
- We have more than a dozen programs that have at least doubled their participation; the top growth program was Enhance Fitness, which increased by 450%.

Parking: Growth sometimes results in 'growing pains', and in our case one negative consequence has been in regard to parking. If both Vintage lots are full, street parking on North Highland Avenue and East Liberty Blvd. is free. For fire safety reasons, parking in the driveway is not permitted. The new parking lot on Selma Street is not for Vintage; this lot belongs to Familylinks and is restricted parking for cars with Familylinks decals. I wish I had a magic wand to somehow fit a mall-sized parking lot in our space, but short of that I need to ask for everyone to be patient. Once the weather is warmer I hope that all of us won't mind a short walk between our car and the front door.

Signing In. It is extremely important for everyone to sign in using the touchscreen computers. Part of our funding is based on attendance (county funding is influenced by how many people use the center). In addition to swiping in, please also select your activities. This is particularly important for all fitness and exercise classes. We are dependent on support from SilverSneakers and Silver and Fit which is based on recorded visits. We make concerted efforts to keep our fees low, as a Vintage user you can help by always signing in – it really matters!

Senior Community Center Events

- Tuesday, April 11..** Jeopardy, 12:30, Dining Room, Sponsored by Manorcare Shadyside.
- Friday, April 14.....** Easter Dressy Hat Tea, 12:30 p.m., Luncheon Cost \$3
- Saturday, May 6....** Veteran's Breakfast Club, Vintage Veterans are invited to attend.
See Tom to register.
- Tuesday, May 9.....** Vintage Theater Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)
Wednesday, May 10....Senior Justice Event, IBEW Southside, 9 a.m. – 2 p.m. (watch for trip details)
- Friday, May 12.....** Mother's Day Breakfast, 9:30 a.m., Atrium, Cost: \$3
- Tuesday, June 13.....**Farmer's Market Voucher Distribution, Starts 8:15 a.m. First Come, First Served
- Friday, June 16.....** Father's Day Cook "In", 10:00 a.m., Atrium, Cost: \$2
- Friday, June 30.....** Evening Black & White Dinner Dance, 5:00 – 7:30 p.m., Bitzer Room, Cost: \$15



Senior Community Center

TRIPS

LOCAL TRIPS – OPT Return Pick-up on all trips TBA

- Additional local trips may be posted in the Trip Office -

“RIVERS CASINO”

Date: Monday, April 24
Time: OPT pick-up: 10:30 a.m.
Cost: Free (lunch on own at casino)
Deadline: April 18 (Limit 40)

Phipps Conservatory “SPRING FLOWER SHOW” ENCHANTED FOREST”

Date: Thursday, April 13
Time: OPT pick-up: 10:00 a.m.
Cost: \$18 (paid at show)

Pittsburgh Playwrights Theater “LIGHTS OUT”

Date: Saturday, April 15
Time: OPT pick-up: 1:45 p.m.
Cost: \$21/\$31 Nonmembers
Deadline: April 11

Pittsburgh Playwrights Theater “HERCULES DIDN’T WADE IN THE WATER”

Date: Sunday, May 21
Time: OPT pick-up: 1:45 p.m.
Cost: \$21/\$31 Nonmembers
Deadline: May 15

Pittsburgh Symphony POPS “ELLA & LOUIS: ALL THAT JAZZ!”

Date: Sunday, June 18
Time: OPT pick-up: 12:45 p.m.
Cost: \$38/\$48 Nonmembers (back orchestra)
Deadline: May 18 (must have 10 / limit 25)

Pittsburgh Symphony Orchestra “HONECK CONDUCTS BEETHOVEN & BRAHMS”

Date: Sunday, June 25
Time: OPT pick-up: 12:45 p.m.
Cost: \$26/\$36 Nonmembers (back orchestra)
Deadline: May 31 (limit 15)

Pittsburgh Public Theater “AN ACT OF GOD”

Date: Thursday, June 29
Time: OPT pick-up: 12:45 p.m.
Cost: \$19/\$29 Nonmembers (balcony)
Deadline: April 18 (must have 10)

Pittsburgh CLO “IN THE HEIGHTS”

Date: Saturday, July 15
Time: OPT pick-up: 12:45 p.m.
Cost: \$39/\$49 Nonmembers (side orchestra)
Deadline: April 14 (must have 10)

SHOPPING TRIPS

Friday, April 7 – Mall at Robinson
Wednesday, April 12 – Red, White & Blue Thrift
Thursday, May 11 – Ross Park Mall
Monday, June 19 – South Hills Village
Wednesday, June 14 – Red, White & Blue Thrift

Sign-up clipboards in the Trip Office

CRAFT TRIPS

Place: Catan’s & Golden Corral (Monroeville)
Date: Wednesday, May 10

LUNCHEON TRIPS

Time: Time on all luncheon trips TBA (To Be Announced)
Place: Longhorn
Date: Tuesday, April 11

Place: Olive Garden
Date: Friday, April 21

Place: TGI Friday
Date: Thursday, April 27

Place: Cracker Barrel
Date: Thursday, May 4

Place: Applebee’s
Date: Friday, May 19

Place: Texas Roadhouse
Date: Wednesday, May 24

Place: Fortune Star (Miracle Mile)
Date: Thursday, June 8

Place: Bahama Breeze
Date: Tuesday, June 13

Place: Golden Corral (Robinson)
Date: Wednesday, June 28

BOWLING TRIPS

Place: FunFest & Lunch (TBA)
Dates: Mondays, Apr. 10, May 8, Jun 12
Time: OPT pick-up: 9:00 a.m.

Place: Swissvale Lanes
Dates: Every other Wednesday
Time: 12:30 p.m. (No OPT)

Sign-up clipboards in the Trip Office.

SUGGESTIONS OR COMMENTS? *Have thoughts about our services?*

For your convenience, a Suggestion Box is located across from the Front Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.



Wellness & Life Enhancement

NEWS

- RSVP for all classes with the Front Desk or call (412) 361-5003 -

Better Choices, Better Health – A free 6-week “Chronic Disease Self-Management” course, designed by Stanford University, is offered by Vintage and CCAC throughout Allegheny County. A list of all locations is available on the web at www.alleghenybetterhealth.org. Or call 412-361-5003 ext. 108. Project supported by United Way of Allegheny County and the Jefferson Regional Foundation.

Personal Safety & Self-Defense Workshop

- Tue. June 27, 12:00 p.m., Bitzer Room, Presented by Allegheny County Area Agency on Aging.

AARP Smart Driver Course – Cost: \$20/\$15 (AARP members). Limit: 15

- Two Day Course – Mon.& Tue. May 22 & 23 (must attend both), 9:30 a.m. – 1:00 p.m.

AARP Chapter #2612

- Meets every 3rd Tue. 12:45 p.m. Dining Room. For more information: (412) 441-3873

Diabetes Workshop

- 4 Fri. April 7 – 28, 11:30 a.m., Shadyside Room. Limit 20. Instructors: University of Pittsburgh Nutrition & Pharmacy Students.

Aerobics with Soul (CCAC)

- 8 Mon. 10:00 a.m., Starting April 4, Homewood Room, Instructor: Valerie Stagger, Free

Therapeutic Animal Afternoon

- Tue. April 18, 12:45 p.m. Bitzer Room. Free. Bunny therapy for snuggling and relaxation!

Wellness Breakfasts & Balance Screening (Sponsored by PIVOT Physical Therapy)

- Wed. April 26, 9:30 a.m., Wellness Breakfast: “Swelling in Legs & Ankles”
- Mon. May 22, 11:00 a.m., Balance Screening
- Wed. June 28, 9:30 a.m., Wellness Breakfast: “Healthy Bones (Osteoporosis)”

NATIONAL HEALTH OBSERVANCES 11:15 a.m. Dining Room

- April – Health Care Decisions Observance – Wed. April 19, Presented by Carlow University
- May – Arthritis Awareness Month, Mon. May 8, Presented by Rite Aid Pharmacy
- June – Alzheimer’s & Brain Awareness Month, Mon. June 12, Presented by Rite Aid Pharmacy

HEALTH SPEAKERS 11:15 a.m. Dining Room

Tue. April 11 “High Blood Pressure” Speaker: Rite Aid Pharmacy
Fri. April 28 “Healthy Hands” Speaker: NovaCare Rehabilitation
Fri. May 5 “Be Remembered” Speaker: Coston Funeral Home
Fri. May 19 “Level of Care Panel” Speakers: Manorcare
Fri. June 2 “Heart Health” Speaker: Gateway Health
Fri. June 23 “Fall Prevention” Speaker: NovaCare Rehabilitation

French Language (Conversational)

- Mon. & Tue. (must attend both), April 3,4,10,11,17,18, Beginners 12:30 – 1 p.m., Beyond Beginners, 1:00 – 1:30 p.m.

Computer Classes

- Beginner, Intermediate, 1 on 1 Lessons, Workgroups available. Class & Workshop Cost: \$60 (\$75 non-members) for 4 two-hour classes. 1 on 1 Lessons are \$20 per lesson (\$25 non-members)

Sponsored Bingo Days, 12:30 Dining Room

- Monday, April 10 Sponsor: Squirrel Hill Center for Rehabilitation & Healing
- Monday, May 8 Sponsor: Squirrel Hill Center for Rehabilitation & Healing
- Monday, May 22 Sponsor: Coston Funeral Home
- Monday, June 12 Sponsor: Highland Park Care Center

Spring Intergenerational Craft & Music Workshops

- Wednesday, April 12, 12:00 p.m., Shadyside Room. Free (materials provided). Make bunnies, chicks or crosses from egg cartons. Sponsored by Eastminster Presbyterian Church & Fine Art Miracles Inc.
- Wednesday, April 26, 12:00 p.m., Shadyside Room. Free. Interactive music activity.



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Mission Statement

“To improve and influence the experience of aging in our community.”

Donations to Vintage Are Tax Deductible

A copy of the official registration and financial information or Vintage may be obtained from the PA Department of State by calling toll free, within Pennsylvania 800-732-0999. Registration does not imply endorsement.

United Way of
 Allegheny County



A United Way Member
 Code No. 105

Annual Evaluation & Quality Improvement

Each year, Vintage conducts an evaluation of our services. Evaluation results are then used as the basis of the annual Quality Improvement Plan. Program Evaluation activities for calendar year 2016 included: were comprised of the following elements: * Five-Year Demographic Analysis *Three-Year Center Program Utilization Analysis *Satisfaction on Nutrition and Information Services (AAA network-wide survey) *Six-Year Demographic and Outcome Study on “Better

Choices, Better Health”. One notable finding was that total attendance has increased in the last five years by 4:3%. By comparison, the Allegheny County senior center network has reduced by 18% over the same time period. A notable satisfaction survey finding was that 96% of Information & Referral users found the service helpful. A copy of The 2016 Evaluation Report and the 2017 Quality Improvement and Program Evaluation Plan are available for review in Vintage’s Information and Referral Office.

Welcome New Members

Fred Blair	Robertta Hammers	Bobbie Manigault	William Neal	Deborah E.
Marilyn Castle	Petrie C. Holmes	Frederick Marsh	Darice Pelmon	Whitehead
Aretta Childress	Arlene T. Hutton	Elizabeth McGee	Charlene Phillips	Willa Whitehead
Stephanie Clark	Caesar F. Jones	Sheila Miles	Katherine E. Phillips	Eleanore Williams
Shirley Coles-Burton	Marilyn Kaufman	Vikki Millender	Andrea Salak	James N. Williams
Susan Davis	Eileen Kraus-	Edward Miller	Carol E. Smith	Margaret Winbush
Rosalind Fisher	Dobratz	Ellen Z. Moreland	Frances Spearman	Jon Younger
Guinevere Gregory	Thomas Laughner	Delores Neal	Jill E Traub	Charles D. Zubik

Memberships through March 17, 2017 are included. Vintage membership is \$25 per year including free exercise classes and Fitness Studio, class and trip discounts, and other benefits. Remember...membership matters! Call 412-361-5003 ext. 102