

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2018, Apr. May & Jun.

*Vintage is CLOSED on May 28th for Memorial Day and July 4th for Independence Day.*



The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits 78 Southwestern 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 12, 2018 at Stage AE on the North Shore starting at 9:00 a.m. We encourage all Vintage members to consider donating \$20 or more to support Vintage. If you would like to attend the Walk on May 12, see Rosemary DePhillips in the Trip Office for information about transportation.

Accredited by   
National Institute of Senior Centers

Many thanks to 'The Vineyard' Newsletter SPONSOR



## A Message from the Executive Director

As customers, we are all constantly assaulted with ads promising "new and improved" or "doctor recommended". Companies devote millions of dollars to marketing their products, and the general public has the task of sorting through all of those ads to determine what products really are best for us. The same principle applies to non-profit organizations – how do you know which are 'the good ones'? Here are three sources you can check:

- Ask if the non-profit is accredited – accreditation is a standard of excellence.
- Verify the non-profit's rating on GuideStar ([www.guidestar.org](http://www.guidestar.org)) – look for a bronze, silver or gold rating.
- Inquire about the non-profit's internal evaluation practices – an annual evaluation is a best practice.

Vintage has very positive results on each of these three indicators. Vintage is accredited by the National Institute of Senior Centers, one of only two accredited centers in western Pennsylvania. The organization has achieved a Gold Seal of Transparency from GuideStar. In addition, Vintage completes an internal program evaluation each year. The evaluation for 2017 included a study of General Satisfaction and Outcomes, in addition to a review of three specific activities (theatre planning committee, billiards room and SilverSneakers/Enhance Fitness classes). All scores were very strong; members can access a full copy of the report through the Information and Referral Office. The annual evaluation is part of Vintage's commitment to excellence as we strive to continuously improve our programs and services.

## Senior Community Center Events

- Tuesday, May 8**.....Vintage Theater Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)
- Friday, May 11**.....Mother's Day "Morning Breakfast", 9:30 – 10:30 a.m., Atrium, Cost: \$3
- Friday, June 1**.....Ragtime & Blues, Vocalist Dixie Tymitz, 11:00 a.m.
- Tuesday, June 12**...Farmer's Market Voucher Distribution, Starts 8:15 a.m. First Come, First Served
- Friday, June 15**.....Father's Day "Afternoon Breakfast", 1:00 – 2:00 p.m., Back Hall, Cost: \$3
- Friday, June 29**.....Evening "Black & White with a Twist of Red" Dinner Dance, 5:00 – 7:30 p.m., Bitzer Room (tickets on sale June 4 / price to be announced)



# CENTER FOR ACTIVE ADULTS TRIPS

*NOTE: Please notice very early ticket deadlines. Don't delay!  
Visit Trip Office for detailed performance descriptions and  
pick-up times.*

## LOCAL TRIPS

### RIVERS CASINO

Date: Thursday, April 19  
Time: OPT pick-up: 10:00 a.m.  
Cost: Free (lunch on own at casino)  
Deadline: April 13 (Limit 40)

### PITTSBURGH SYMPHONY MUSIC 101

Date: Wednesday, April 25  
Time: OPT pick-up: 11:15 a.m.  
Place: Heinz Hall Regency Room  
Cost: Free + \$10 optional brown bag  
Deadline: April 20

### 2018 STARS ON ICE TOUR

Date: Friday, April 27  
Time: OPT pick-up: 6:30 p.m.  
Place: PPG Paints Arena  
Cost: \$17 / \$27 Nonmembers  
Deadline: April 9

### "KING HEDLEY II"

Date: Saturday, May 5  
Time: OPT pick-up: 1:00 p.m.  
Place: Pittsburgh Playwrights Theater  
Cost: \$21 / \$31 Nonmembers  
Deadline: April 30

### PIRATES VS. LA DODGERS

Date: Thursday, June 7  
Time: OPT pick-up: 11:15 a.m.  
Place: PNC Park  
Cost: \$17 / \$27 Nonmembers  
Deadline: April 20

### "SASSY MAMAS"

Date: Saturday, June 9  
Time: OPT pick-up: 2:00 p.m.  
Place: New Horizon Theater  
Cost: \$13 / \$23 Nonmembers  
Deadline: June 1

### "AL PLAYS BEETHOVEN'S EMPEROR"

Date: Sunday, June 17  
Time: OPT pick-up: 1:30 p.m.  
Place: Pittsburgh Symphony Orchestra, Heinz Hall  
Cost: \$24 / \$34 Nonmembers  
Deadline: June 1

### PNC POPS "BROADWAY DIVAS"

Date: Sunday, June 24  
Time: OPT pick-up: 1:30 p.m.  
Place: Heinz Hall  
Cost: \$38 / \$48 Nonmembers (Orchestra)  
\$24 / \$34 Nonmembers (Balcony)  
Deadline: June 8

### FUNFEST & LUNCH (bowling)

Dates: Mondays, Apr. 9, May 14, Jun. 11  
Time: OPT pick-up: 9:00 a.m.

## SHOPPING TRIPS

Wed. Apr. 11 – Red White & Blue Thrift  
Mon. Apr. 23 – WalMart  
Wed. May 9 – Pat Catan's & Golden Corral  
Tue. May 15 – South Hills Village  
Wed. Jun. 13 – Red White & Blue Thrift  
Thu. Jun. 21 – Mall at Robinson  
Fri. Jun. 29 – Hobby Lobby (West Mifflin)

## LUNCHEON TRIPS

Thu. Apr. 12 – Bravo (Waterfront)  
Wed. Apr. 18 – TGI Friday (Waterfront)  
Thu. Apr. 26 – Fortune Star (Monroeville)  
Fri. May 4 – Buca Di Beppo (Robinson / limit 18)  
Thu. May 17 – Longhorn (Waterfront)  
Thu. May 31 – Texas Roadhouse (Bridgeville)  
Fri. Jun. 8 – Cracker Barrel (Robinson)  
Mon. Jun. 18 – Smokey Bones (Pittsburgh Mills)  
Wed. Jun. 27 – Red Lobster (Monroeville)



# WELLNESS AND LIFE ENHANCEMENT NEWS

RSVP for all classes with the Front Desk or call (412) 361-5003.  
Free unless cost noted.

*NOTE: A complete schedule of all classes and activities is available  
in the Information & Referral Office.*

## AARP Smart Driver Course

Tue. & Wed. May 8 & 9 (must attend both), 9:30 a.m. – 1 p.m. Cost: \$20/\$15 (AARP members).

## Better Choices, Better Health

Chronic disease self-management 6-week class series offered throughout the region. A program of United Way of Southwestern Pennsylvania and supported by the Jefferson Regional Foundation in partnership with Vintage and CCAC. For more information call Michael Smith at (412) 361-5003 Ext. 108.

## Cooking Matters

Mon. May 14 – June 25, Noon – 2 p.m. Learn to shop for and cook healthy meals on a budget. (Limit 10).  
Sponsor: 412FoodRescue.

## Health Screenings

- Fri. Apr. 6, 10:00 a.m. – Noon, “SilverScripts Medication Screening,” University of Pittsburgh
- Wed. Apr. 11, 10:00 – 11:00 a.m. “Injury Screening” PIVOT Physical Therapy
- Wed. May 2, 10:00 – Noon, Wellness Clinic, Superior Home Care
- Wed. May 16, 10:00 – 11:00 a.m. “Balance Screening,” PIVOT Physical Therapy

## Health Speakers 11:15 a.m. Dining Room

- Wed. Apr. 11 “Give-away Auction,” UnitedHealthcare
- Fri. Apr. 6 “Just Harvest / Supplemental Nutrition Assistance Program (SNAP)”
- Fri. Apr. 13 “Hearing Health,” Miracle-Ear
- Fri. Apr. 20 “Community Health Choices,” PA Health Access Network
- Fri. May 4 “Saving Money...Eat Fruits and Veggies,” University of Pittsburgh
- Mon. May 21 “Give-away Auction,” UnitedHealthcare
- Mon. Jun. 11 “Vision Health,” Gateway Health

## Internet Safety Classes

The Internet and mobile technologies come with many advantages but also some risks. Participants receive a \$5 Giant Eagle gift card and the booklet “Senior’s Guide to Online Safety”. Instructor: Mike Smialek.

(Limit 15) Sponsor: Comcast Internet Essentials.

- 10:00 – 11:00 a.m. Tuesdays, April 24, May 15, June 19
- 1:00 – 2:00 p.m. Thursdays, April 19, May 17, June 14

## Learn to Control Your Diabetes

Mon. April 16-May 21, 9:30 – 11:00 a.m. For persons with Medicare who have diabetes or know someone who does. (Limit 12) Sponsor: Quality Insights.

## Loop Scarf Workshop

Fri. Apr. 27 & May 4 (two session series), 9:30-11:00 a.m., (Limit 6) Cost: \$25 + own materials.

Deadline: April 20 (limit 4) Leader: Robin Crawford

## Memory Training “Booster”

Wed. April 11 – 25. 12:30 – 2 p.m. Refresher program for graduates of last fall’s Memory Training Program.

Sponsor: Agewell Pittsburgh.

## Paper Flower Workshops

Tue. Apr. 17, 9:30 – 11 a.m.; Wed. Apr. 18, 1:00-2:30 p.m.; Fri. Apr. 20, 11:30 – 1 p.m. Materials Fee: \$1.

Bring your own scissors, (Limit 15) Leader: Jan Sturgill

## Patriotic Craft Workshop

Fri. Jun. 22, 9:30 – 11:00 a.m. Watch for details.

Sponsor: UPMC Community Health Choices.

## University of Pittsburgh Sustain-DDP Research Study

If you are overweight or obese and have risk factors for type 2 diabetes, but do not already have diabetes, you may be eligible to join a free program to prevent or delay diabetes development. Call: (412) 647-1845.

## Virtual Senior Academy

Web-based classes offered at Vintage. Weekly program schedule is posted in Front Entry and Atrium.

Sponsor: Jewish Healthcare Foundation.

## Art Workshops with Schenley Gardens

Tue. 12:30-2:00 p.m. Apr. 24 – Floral Painting Acrylic; May 22 – Floral Wreath; June 26 – Beach Painting Acrylic. Supplies provided free.



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Web Site: [www.vintageseniorservices.org](http://www.vintageseniorservices.org)

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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  
Southwestern Pennsylvania

A United Way Member  
Code No. 105

## Welcome New Members

Lillian Best	Robert L. Howard	Jerome A. Kipley	William Reed	Donna L. Stevens
Kim Brown	James S. Iams	W. Louise Lowry	Curtis Simmons	Melanie Sudduth
Margaret Cain	Joanne Jackson	Concha Mendosa	Beverly Simmons	Alimamy S. Timbo
Lillian Cunningham	Kenneth Jenkins	Linda Moses	Robert Smith	Harriet Waller-Jethroe
Dorcas Evans-Miller	Sondra Johnson	Annie W. Pool	Teresa M. Smith	Raymond Warner
Debra J. Hockett	Lenora Jones	Deborah Powell	Jerome Stancile	Sandra Wilson

Memberships through March 8, 2018 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.

### INFORMATION & REFERRAL

The Vintage Information & Referral Office provides seniors and their families with benefits and services available in the community. Drop by or call 412-361-5003.

Applications and assistance are available for:

- ACCESS, OPT & PAT bus passes
- PACE prescription drug program
- Senior Housing information
- Legal services and many other senior benefits
- Social Security information
- VITA Income Tax assistance
- Medicare / health insurance counseling

### SUGGESTIONS OR COMMENTS?

*Have thoughts about our services?*

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