

the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2020, Apr. May & June

CLOSINGS:

May 25th for Memorial Day

July 3rd for Independence Day



The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits over 90 Southwestern Pennsylvania health and human service agencies. One hundred percent of the money raised by Vintage stays at Vintage to support our services. This year's walk will be on Saturday, May 9, 2020 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 9, see Rosemary DePhillips in the Trip Office for information and transportation.

A Message from the Executive Director

National Census Day is April 1! Starting in March, all households in the United States will receive a 2020 Census postcard. An accurate census count is vital to the future health of our community. The funding level for essential services including healthcare, housing, food, libraries, education and roads are impacted by the census. Being counted provides a decade of necessary resources for our community. Missing a family of five in the count is equal to a loss of \$100,000 in resources to our community.



For the first time, most Americans will be completing their census forms online. The postcard you receive will have an online code for participation in the census. Do you have questions? Vintage is offering information sessions:

If you need assistance with the online census form, you can schedule an appointment with Vintage for free one-on-one help. Call 412-361-5003 to schedule or to received help by phone.

Please help make sure our community receives the correct resources for the next ten years!

Senior Community Center Events

- Friday, May 8.....Mother's Day "Morning Breakfast," 9:30 – 10:30 a.m., Atrium, Cost: \$3.
- Saturday, May 9 Highmark Walk for A Healthy Community, 9 a.m.
(see left column article).
- Tuesday, May 12 Vintage Theatre Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues).
- Tuesday, June 16 Farmer's Market Voucher Distribution, Starts 8:15 a.m.
First Come, First Served.
- Friday, June 19Father's Day "Afternoon Breakfast", 1:00 – 2:00 p.m., Back Hall, Cost: \$2.
- Friday, June 26..... 47th Anniversary Dinner Dance, 5:00 – 8:00 p.m., Cost \$10 +
Bring a dessert.

Accredited by 
National Institute of Senior Centers





NOTE: Vintage has no trips scheduled for April-June, 2020. This decision has been made based on the recommendations from health experts regarding COVID-19 (Coronavirus).

SITUATION SUMMARY

COVID-19, commonly referred to as Coronavirus, is a new disease that originated in China. The World Health Organization classified COVID-19 as a pandemic on March 11, 2020. This disease has spread to more than 100 countries, including the United States. The first positive cases in Pittsburgh were announced on March 14, 2020. Health officials are issuing frequent updates and guidelines regarding the Coronavirus. To learn about Vintage's schedule, call 412-361-5003 or visit our website www.vintagepittsburgh.org

Recommendations

According to the CDC, some people are at higher risk of getting very sick from this illness. This includes older adults and people who have serious chronic medical conditions like heart disease, diabetes, lung disease. Those at higher risk should stock up on supplies, avoid crowds, and take everyday precautions with handwashing. To learn more visit www.coronavirus.gov

RESOURCES

United Way's 2-1-1 is ready to help! Their resource navigators can help connect individuals and families with food pantries, health care services, tax prep assistance, utility and eviction prevention assistance and much more.

United Way's 2-1-1 is a trusted source for reliable information.

There are 4 ways to access 2-1-1 services:

- Dial 2-1-1
- Visit pa211sw.org
- Text your zip code to 898-211
- Sign up for text alerts at pa211sw.org/text-alerts

Allegheny County Area Agency on Aging SeniorLine

SeniorLine staff members are highly-skilled care managers who will answer your questions.

412-350-5460

1-800-344-4319 (Toll-free)

Vintage

Even if our offices are closed, you can leave a message and a staff member will call you back.

412-361-5003

Email vintageinfo@vintageseniorservices.org



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

Thu. & Fri. May 21 & 22 (must attend both), 10:00 a.m. – 2:00 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 Jefferson Regional Foundation in partnership with Vintage and CCAC. For more information contact Michael Smith at (412) 361-5003 ext. 108

CCAC Classes at Vintage

- Boost Your Brain Health, Mon. Apr. 20 – May 4, 10:00 a.m. – 11:30 a.m. Instructor: Jeanette Matthews
- Exploring Your Family History, Tue. Apr. 28 – May 12, 10:00 a.m. – 11:30 a.m. Instructor: Jeanette Matthews

Computer Classes

- Computer Basics 2, Mon. May 4 – June 1, 12:00 – 1:30 p.m. Cost: \$5. Instructor: Mike Smialek
- Computer Basics 1, Mon. Jul. 6 – 27, 12:00 – 1:30 p.m. Cost: \$5, Mike Smialek, Instructor
- Smartphone Drop-In Workshops, Mon. Apr. 6 & Jun 8, 12:00 – 1:30 p.m., Cost: Free. Stop in anytime during the program to ask questions about your smartphone or tablet device. No registration necessary. Instructor: Gabrielle Bucci, Carnegie Library

Cursive Writing Class

- Wed. 3:15 p.m. May 6 – 27
Are you interested in brushing up on your cursive writing skills or learning to write in cursive for the first time? Cathie Huber, Vintage member and former school teacher, can help you perfect this art.

Fine Art Jewelry Workshops

- Tue. 12:00 p.m., Apr. 28 & May 26
Projects and costs to be announced. Instructor: Jan Loney

Fitness Studio Orientation

- Thu. 9:00 a.m. May 7
Learn how to safely and effectively use the Fitness Studio equipment. Free for current Vintage members. Instructor: Pat Wurz

Lunch Speakers

- Mon. Apr. 6 “Delicious Cooking for One,” University of Pittsburgh, Nutrition & Dietetics Program
- Fri. Apr. 17 “Trying Together Program,” Grandparent’s Council
- Fri. May 8 “End of Life Planning,” VITAS
- Mon. May 18 “Staying Hydrated in Weather,” Community Life
- Fri. Jun. 12 “Budgeting for Seniors,” Pittsburgh Community Services
- Fri. May 29 Good Rx, University of Pittsburgh, School of Pharmacy

“My Defense” Workshop

- Fri. 11:30 a.m. – 12:30 p.m. May 29, Cost: \$5
An introduction to easy-to-use techniques for defending yourself from physical attack. Appropriate for any adult, this seminar will provide tips and tools you can use for defense.

AARP Chapter #2612

- 3rd Tuesdays, 12:45 p.m., Vintage Dining Room
Everyone welcome. For more information call (412) 441-3873.





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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

| | | | | |
|------------------------|--------------------|------------------|-------------------|---------------|
| Carlton L. Austin | Gail Webster | Ronald Heard | Alfonso Norris | Denise Tilley |
| Lavada Black | Roberta Diederich | William Hendrick | Mary Anne Papale | Nicholas S. |
| Gerald Cirell | Charles Drakesmith | Norvell Hyatt | De Lores A. Pryor | Vukmanic |
| Sheron D. Clark | Carol Fisher | Larry Kubey | Patrick Rainey | |
| Rosa Coleman | S. Sherry Goldman | Doreen Lyden | Toni Lee Roberts | |
| Darlene Collier | Archie Goodman | James Mink | M. Marty Sivitz | |
| Kathery Fields Collins | Cecelia Hard | Helen Moten | Thomas Taylor | |

Memberships through March 4, 2020 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.