

the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2025, Apr. – June

Vintage is CLOSED:

- Mon. May 26 for Memorial Day
- Fri. July 4 for Independence Day

MAKE YOUR VISIT COUNT



Signing in when entering Vintage via the touchscreens is important for several reasons. Vintage's funding is directly related to the number of participants that we serve every day. Would you like to eat lunch? We ask that you pre-register two days before the lunch that you would like to enjoy. This allows us to order the appropriate number of meals and keeps you off the 11:30am waitlist.

PARKING REMINDER



Vintage has two parking lots—directly in front of the building and the front lot across Selma St. Members are not to park in the back lot across Selma, that is reserved by Familylinks. It is also important to not park in areas that would block the flow of traffic in or around either lot. Emergency vehicles must always have a clear path to Vintage in case of an emergency. Free street parking is available, do not park in any neighboring businesses lots.

A Message from the Executive Director

In the last 8 months, Vintage participants and other community members volunteered for 4,456 hours at Vintage. **This help equals the work of 3 full-time employees!** Volunteers do very important jobs such as serving lunches, working at the front desk to answer the phones and greet participants, running the Arbor Café's coffee bar, giving tours, and teaching classes. Vintage truly could not do all these things without our volunteers. We are so grateful to each of you who generously give your time to help Vintage! Inside this issue of the vineyard we are asking those of you who are not currently volunteering to consider signing up for a volunteer position. We are seeking both ongoing and occasional help and will provide training. Please see the back of the Class Schedule enclosed in this newsletter to learn more.

Thank you in advance for considering this request.

Warmly,

Heather Sedlacko

Special Events

Mark your calendars, more details to be announced

- **Tuesday, April 29.** 11:30am Annual Volunteer Recognition Luncheon
(Volunteers with 24+ hours of yearly service will be mailed invitations.)
- **Thursday, May 8.** 10am Mother's Day breakfast
- **Friday, June 13.** 1pm Father's Day lunch
- **Thursday, June 19.** 12pm Juneteenth Celebration



WELLNESS AND LIFE ENHANCEMENT NEWS

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

Trips

Sign-up for trips with Valerie Stagger in the Information & Referral Office or call (412) 361-5003. Cultural trips are cash/check only. To participate in group transportation, you need to be 60+, registered with OPT, and have money in your e-purse. See Cheryl Schell or Valerie Stagger if you're not registered. Limits: 24 (unless noted)

If you must cancel, it is very important that you let us know, ideally 24 hours in advance, and never just "no show." Multiple "no shows" by the same person puts your riding privileges in jeopardy.

Cultural Trips

- Weds. April 9th & Weds. May 14th – Rivers Casino - OPT pick up: 10:15a *No guarantee of free play, or other perks* *Limited to one trip per member - April OR May, Deadline Weds before trip*
- Sat. Apr. 26th, Pittsburgh Playwrights Theatre, "Art of Wise," Madison Arts Center, OPT Pick-up: 1:45p Cost: \$35 Members / \$45 Nonmembers. Deadline: April 11th
- Thurs. May 1st, Pittsburgh Pirates vs. Cincinnati Reds, PNC Park, OPT Pick-up: 11:15a Cost: \$32 / \$42 Non-member. Dollar hot dog day, \$5 concession credit on ticket. Deadline: April 24th

Restaurant Trips (OPT Pick-up 10:45 a.m.)

- Weds. April 16th & 23rd - Eat N Park- Waterworks
- Weds. May 7th & 21st - Cracker Barrel – Robinson
- Fri June 6th & 20th - Chili's - Monroeville
- Weds. June 18th & 25th - Red Robin – Waterfront

Shopping Trips (OPT Pick-up 10:45 a.m.)

- Tues April 15th- Walmart- Pgh Mills
- Tues May 13th- Waterfront (Homestead)
- Mon June 16th - Mall at Robinson

AARP Smart Driver Course

Earn auto insurance discounts! \$20 AARP members / \$25 nonmembers. Limit: 24 *Sign up at front desk, money due day of class

- Thurs. May 15th- Recertification Class – 9:30a-1:30p – Homewood
- Weds. & Thurs. June 4th & 5th – First Time Participants - (must attend both), 9:30 a- 1:30 p – Homewood

Medicare Mediconnect Information Sessions

2nd Tues. of the month- 10:30a - 11:30a Homewood Room. Are you interested in Medicare? If so, MediConnect is a non-biased source of information and assistance which can help you navigate the ins and outs of enrolling for the first time and assisting you to select the right plan for you.

Putting Class

Fridays, 10am – East Liberty Room - Interested in learning how to putt? Does your short game need a little practice? Join volunteer Richard Reed at the Vintage putting green!

Farmers Market Voucher Day

Keep an eye out for more information on the Annual Farmers Market Voucher Day. To stay up to date and receive text messages you can text the word FARMER to number 987987

Translation Services

Translation Services – In an effort for everyone to enjoy Vintage we now have a language service to assist with translation. See a staff person for more information.

Annual Fundraiser

The Spring Fundraiser is back! Want to see your name in GRAPES? During the weeks of May 5th & 12th please stop by the donation table; suggested donation: \$20

East End Parkinson's Support Group

1st Wed. of each month, 2 p.m. -This group is open to all affected by Parkinson's and provides a positive and practical way to cope with the disease. Questions? Call Wes Johnson: 412-465-1116

Technology Services

Are you interested in improving your computer skills? If so, Vintage would like to help. Services include:

- One-on-one Technology Coaching
- Lending Library (Internet Service & Laptops)
- Tablet Lounge (Available without appointment)

Computer Workshops

All computer classes meet Tuesdays from 1:00 – 3:30p.m. Pre-register at the Front Desk or call 412-361-5003.

Membership required.

- Computer Basics Intermediate – April 8th, 15th, & 22nd. (hardware, internet, email systems)
- Computer Basics Advanced – May 6th, 13th, & 20th (Word & Excel basics, storage devices)

Lunch Speakers, (11:15 a.m. Atrium)

- Fri. Apr. 11th “Eliminating Bladder Leaks” Sleep and Bladder Research study, university of Pittsburgh
- Mon. May 12th “Foods of the Season, Buy Local!” - Judy Dodd, MS, RDN, LDN
- ELDER ABUSE SERIES
 - Wed. June 11th "Financial Exploitation"
 - Wed. June 18th "Physical, Emotional & Sexual Abuse"
 - Wed. June 25th "Self & Caregiver Neglect"

Health Series

WEIGHT CONTROL

- Wed. May 7th, 14th, & 21st, 12:00 – 1p. Shadyside Room. Presented by Judy Dodd, MS, RDN, LDN

HEALTHY AGING

- Wed. June 4, 11 & 18, 12:00 – 1p Presented by Penn State University Cooperative Extension and the Alzheimer’s Association. Topics include:
 - June 4th “Understanding Alzheimer’s and Dementia”
 - June 11th “10 Warning Signs of Alzheimer’s and Dementia”
 - June 18th “Healthy Living for Your Brain and Body”

Memory Café

- Thu., Apr.10th, May 8th, June 5th, 1:00 – 2:30p.m. *registration is required*

The Memory Café is a monthly meeting for those living with memory loss or dementia and their care partners to socialize with others living a similar journey. Registration is required contact Jennifer Englert to register 412.361.5003 – jenglert@familylinks.org. *Note: The Memory Café is not a respite service, but rather a place to spend time with others living a similar journey.*

Fire Safety

- Mon. May 5th- 1p.m. Shadyside Room
 - Learn about fire safety for your home from a member of the Pittsburgh Bureau of Fire. Live demonstration, weather permitting. Please sign up at the front desk.

City Squeakers Senior Social

- Intergenerational craft and activity - 10a-11a, Homewood Room
 - Fri. April 11th: “Easter Craft and Play”
 - Fri. May 9th: “Plant a Flower & Upcycled Pots”

New Look for Bingo

Starting in May, join your Vintage friends in the Atrium for relaxing and fun Bingo special events. Vintage will provide non-monetary prizes along with promotional items from outreach organizations. (Vintage will no longer be offering weekly bingo games with cash prizes.) This new format is a great opportunity for fun, laughter and fellowship.

- Fri. May 9th, 1:00 – 2:30p Atrium, Bingo caller from UPMC Living-at-Home Program
- Fri. May 23rd, 1:00 – 2:30p Atrium, Bingo caller: Valerie Stagger
- Fri. June 6th, 1:00 – 2:30p Atrium, Bingo caller “To Be Announced”
- Fri. June 20th, 1:00 – 2:30p Atrium, Bingo caller: Valerie Stagger

★ REAL ID

Starting May 7th, Pennsylvania residents will need a REAL ID to fly domestically or enter a Federal building. If you do not have a REAL ID, a valid passport or military ID can be used. Not sure if you have a REAL ID? Your Driver’s License or Identification Card will have a gold circle with a star in the middle in the right hand corner.



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 TTD/TTY#: 412-362-2339

Web Site: www.vintagepittsburgh.org

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.



A United Way Member

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Welcome New Members Memberships through February 28th are included. Vintage membership is \$25 per year including free exercise classes, fitness studio, technology center and other benefits. Remember membership matters! Call 412-361-5003 for more information.

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|-------------------------|-------------------|-------------------|-------------------|-------------------|
| Pamela Bram | Douglas Gilmore | Barbara King | Lisa Packard | Rhonda Taliaferro |
| Barbara Burley | Sonja Gilmore | Susan Kresiak | Margaret Palumbo | Bianca Thomas |
| Dorothy Coleman | Glenn Hairston | Bernice Laster | Sandra Pennington | Angela Tobusto |
| Lisa Coleman | Lawrence Harris | Dale Lavine | Gloria Pierson | Joyce Turner |
| Haydee Cruz | Gayle Holyfield | Ana Mercedes Leon | Leola Quinerly | Bolivar Vega Leon |
| Vickie Davis | Clifford Howard | Loretta McNeil | Yvonne Ross | Yvette Vincent |
| Isabel Dejesus-Guerrero | Sandrina Hutchins | Patricia Mitchell | Barbara Session | Toni Watkins |
| Mary Donovan | Daryl Jackson | James Moorefield | Zerina Sivonjich | Arlene Webster |
| Geraldine Evans | Olabrice Jackson | Davine Morris | Edith Smith | Shirley Yates |
| Antoinette Furcron | Ronna Jackson | Eileen Mullen | Mary Smith | |
| | Jacqueline Jones | Raymond Owens | Merrily Swoboda | |

INFORMATION & REFERRAL

The Vintage Information & Referral Office provides seniors and their families with benefits and services available in the community. Call 412-361-5003 to schedule an appointment.

Applications and assistance are available for:

- ACCESS, OPT & PAT bus passes
- Social Security information
- PACE prescription drug program
- AARP Income Tax assistance
- Senior Housing information
- Community resources
- Referral to legal services
- Health insurance information
- Assistance with benefits

SUGGESTIONS OR COMMENTS?

Have thoughts about our services?

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