



Dear Members,

### **Recognizing Our Veterans**

Vintage stands in support of all veterans and pays tribute to their patriotism, love of country and willingness to serve for the common good. We are especially proud of our members who served in the military during times of war, and thank each of you for your service and sacrifice. *See enclosed Veterans Breakfast Club flyer.*

### **Membership Matters**

We would like to acknowledge everyone who has supported Vintage by renewing their membership. We are extremely grateful – thank you!

### **Vintage Website**

Have you found the member mailings to be helpful? They are now posted on the agency's website so you can go back and look at prior updates. Visit <https://www.vintageseniorservices.org/newsletter.php>

### **Donated Goods Available**

The East Liberty and Highland Park communities has been extremely generous in supporting Vintage during the pandemic. We have received hundreds of grocery items, such as: soup, canned goods, boxed meals like macaroni and cheese, cereal, applesauce, peanut butter, fruit cups and a limited supply of paper products. We also have a supply of incontinent products (men and women, in various sizes), and we also have cloth masks. **These items are available to all members.** Please contact Tom at 412-361-5003 ext. 104 to make pick-up arrangements (you will be able to select your own items).

### **Holiday Meals**

Thanksgiving: The Allegheny County Area Agency on Aging is providing frozen turkey dinners. Members may pick up 2 meals on **Friday, Nov. 20<sup>th</sup> at Vintage between 10am – 2pm.** FIRST COME, FIRST SERVE.

December Holidays: The Area Agency on Aging is providing frozen holiday meals. Members may pick up 2 frozen meals on **Friday, December 18th at Vintage between 10-am – 2 pm.** FIRST COME, FIRST SERVE.

The Salvation Army will also be distributing holiday meals. **Pre-Registration Required.** Call 412-446-1500.

### **Appointments Available for Information Services**

Although we are not authorized to conduct group activities in the building, Vintage is approved for individual appointments. If you require assistance with rent rebates, transportation, service referrals or any other aging-related topic, please contact Cheryl Schell to schedule an appointment: 312-361-5003 ext. 102.

### **Re-Opening**

Given the COVID-19 surge, we do not anticipate any news regarding re-opening until the local rates stabilize. As we are sure you are aware from following the news, cases of COVID-19 are surging both nationally and locally. Here in Allegheny County, we have recorded more than 19,000 cases and over 450 deaths since March. During the first two weeks of November there was an average of 303 new cases every day.

Please continue to be aware of the risks of COVID-19 and proceed with care – wear a mask, wash your hands frequently and practice social distancing. If you have not already done so, please get your flu shot.

We care about you and want everyone to remain safe!

Best Regards, *Vintage Staff*

**See Enclosed Flyers For Other Important Information**

# On Line Options



The Virtual Senior Academy offers a wide variety of interactive on-line classes. Examples of topics include:

- On the Move Group Exercise*
- Social Justice*
- Memory Training*

Visit [www.virtualsenioracademy.org](http://www.virtualsenioracademy.org) to Join. It's Free!



The Community College of Allegheny County is also offering free online classes. Examples of topics include:

- Good News Tuesdays*
- Casserole Cook-A-Long*
- Holiday Cookie Decorating*

Contact Tom Sturgill at 412-361-5003 ext. 104 to be added to the mail list.



In July, we shared many different online resources for **Wellness & Staying Fit**, and for **Fun and Entertainment**. You can access the July resource handout here (go to pages 2-3): <https://www.vintageseniorservices.org/documents/Vintage-July20-News.pdf>

## **DON'T HAVE COMPUTER EQUIPMENT OR INTERNET SERVICE?**

Vintage's Senior Tech Support program may be able to help.  
Contact Michael Smith at 412-361-5003 ext. 108.

## **NEED HELP USING ZOOM?**

Are you interested in joining an online class, or connecting with others using Zoom, but don't know how to use it? CCAC is offering one-on-one lessons – see the enclosed flyer.



Would you like to take advantage of the *fun, interesting, and social* programs being offered using Zoom?



**Reach out to your senior center staff to sign up** for personal “one on one” tech tutoring with a CCAC instructor! Sessions can start using the telephone, and will progress from there!

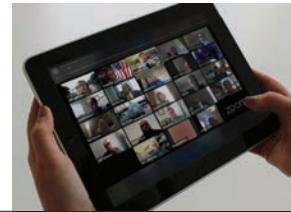
VINTAGE MEMBERS: Contact Tom Sturgill  
412-361-5003 ext. 104

*One on One* sessions can be scheduled on  
**Tuesday, Thursday or Friday from 1:00pm-2:00pm**  
beginning on Tuesday, Nov 17



# THE VETERANS BREAKFAST CLUB

Join us Sundays at 4pm, Mondays at 7pm,  
and Wednesdays at 9am at [veteransbreakfastclub.org](http://veteransbreakfastclub.org)



November 4, 2020

Dear Vintage Members,

On March 10, the Veterans Breakfast Club held its last face-to-face event of 2020. Later that week, COVID-19 shut down our in-person veterans storytelling programs.

But before March was over, we were back at it, holding our events virtually on Zoom and simulcast on Facebook Live and YouTube Live.

Since then, we've held 87 live virtual programs with thousands of people participating, including those across the country and the world. We've heard stories from people of all eras, ages, and branches of service, from a 100-year-old Pearl Harbor survivor to a fresh West Point graduate. Non-veterans, including elementary school and college students, have joined us to ask questions and to listen. Gold Star Mothers and Families have remembered their loved ones with us, so we could remember them too.

The virtual world is no substitute for face-to-face interaction. But we have, with these video conferencing platforms, been able to sustain and even expand the "Community of Listening" we first created back in 2008.

Over the past twelve years, we've heard thousands of veteran voices at our VBC programs. These voices carry the past into our present, bring to life fallen comrades and family members, and deliver to those who have the ears to listen a wisdom and perspective that can inspire future generations.

Of course, the pandemic has hurt the Veterans Breakfast Club financially, as it has for so many. The sponsorship revenue we depend on to survive has largely vanished. We look forward to recovering and growing in 2021.

Until then, we ask that you please help keep our veterans' stories alive by donating now to the Veterans Breakfast Club. Every donation, no matter how small, will help ensure a bright future for the VBC.

At the VBC, every veteran has a story and every day is Veterans Day. Even if you cannot contribute, please attend a virtual event. Because the best way to thank a veteran is to listen.

Sincerely,

*Todd*

Todd DePastino

*There is a vast community of Veterans living in Western Pennsylvania, and now as a result of the VBC they are connected with one another. I marvel at what the VBC has created and am proud to be a part of it. Every time I attend VBC Live, I come away better educated. One meeting focused upon the role of the Coast Guard. Another highlighted serving in the Red Cross. Marines talked about their dedication to the Corps. If we piece these different stories together, we begin to see a larger picture of our history that is still unfolding. Each person possesses a page of our Great History Book, and the pages are being put together by the VBC.*

—Roland Glenn, WWII Army infantry officer, 7th Division, Okinawa and Korea



I want to support the Veterans Breakfast Club. Here is my tax-deductible gift for:

\$30     \$60     \$100     \$250     \$ \_\_\_\_\_

Please send a check made out to the "Veterans Breakfast Club" to:  
Veterans Breakfast Club • 200 Magnolia Place • Pittsburgh, PA 15228

<<First Name>> <<Last Name>>

<<Organization>>

<<Address>>

<<City>> <<State>> <<Zip>>

Phone \_\_\_\_\_

Email \_\_\_\_\_



Credit Card Number \_\_\_\_\_

CVV Code \_\_\_\_\_

Exp Date \_\_\_\_\_

Donations are tax deductible to the extent allowed by law. You will receive a receipt and a thank you, along with an acknowledgement in our newsletter. Secure donations may also be made at [vbcpgh.org/donate](http://vbcpgh.org/donate).