



# Touching Lives

IN SOMERSET COUNTY

Winter 2011

## CELEBRATE!

### Santa Visits the Meyersdale & Somerset Senior Daily Living Centers

#### January is...

- National Soup Month
- National Glaucoma Awareness Month
- Celebration of Life Month

#### January:

- 1: New Year's Day
- 4: Trivia Day
- 17: Martin Luther King Jr's Birthday
- 21: National Hugging Day
- 29: National Puzzle Day

#### February is...

- American Heart Month
- National Black History Month
- National Senior Independence Month
- Bake for Family Fun Month

#### February:

- 2: Groundhog Day
- 4: National Wear Red Day
- 11: National Shut-In Visitation Day
- 14: Valentine's Day
- 21: President's Day

#### March is...

- National Craft Month
- National Nutrition Month
- National Women's History Month
- Spiritual Wellness Month

#### March:

- 2: Read Across America Day
- 4: World Day of Prayer
- 9: Ash Wednesday
- 13: Daylight Savings Time Begins  
Spring Forward
- 17: St. Patrick's Day
- 20: First Day of Spring



In the picture above, Wayne Miller, playing Santa and participant Irene Baer pose in front of the Christmas tree at the Meyersdale SDLC.

Santa visited the Meyersdale Senior Daily Living Center the morning of December 16 along with the children from Mother's Friends Day Care. Santa handed out gifts to all the children and participants of the center. He then traveled to the Somerset Center and visited all the participants there in the afternoon. Wayne Miller of Meyersdale has been our "Santa" for three years at both the Meyersdale and Somerset Centers.

### Upcoming Events

On Valentine's Day, February 14, 2011, the Dulcimer Group will be visiting the Senior Daily Living Center in Somerset and will be providing music for the day.



On January 27, 2010 children will be visiting for Snow day. Children and participants will spend time creating snowmen, mittens, and making and eating cookies.

## Trivia Challenge ?

All correct answers will be put in a drawing for a \$25 Sheetz card! Simply email your answer, name and address to [info@alsm.org](mailto:info@alsm.org) with "Trivia" in the subject line or fill in below and mail to:

ALSM  
Trivia Challenge  
915 Hickory Street  
Hollidaysburg, PA 16648

In what state was the first McDonald's located?

Answer: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_



## Nurse's Corner

It's that time of year when we all are concerned about flu and flu-like symptoms. Basic general guidelines to follow:

- Cover your nose/mouth when coughing or sneezing.
- Use tissues to contain respiratory secretions.
- Dispose of tissues in the nearest waste receptacle after use.
- Practice good hand washing techniques using soap and hot water
- Keep a bottle of hand sanitizer close by to use in between hand washing.
- Drink plenty of liquids.
- If unsure about your symptoms, call family physician.
- VERY IMPORTANT - In order to keep the flu from spreading at our Senior Daily Living Centers, please keep your loved one home until they have been symptom free for 24 hours. (This is referring to flu and not the typical cold, but please do not send someone to the Centers who has a fever). Also, there might be an occasion that staff would call you to pick up your loved one early in case they become ill during the day. We appreciate your help in this matter.



## Meet Cora M. Thomas, ALSM at Home Client



**Name:** Cora M. Thomas

**Resident of (city):** Tire Hill

**When began receiving services:** March 17, 2010

**Former occupation(s):** Wife and mother of 5 children

**Hobbies:** Quilting, sewing (used to make her own dresses), and gardening

**Volunteer work:** Worked for 5 years at the Johnstown Mission from 1945 to 1950. Attended the Thomas Mennonite Church where she helped with Sunday School, Bible School, quilted, and visited other parishoners.

**Favorite childhood memory:** Working on the family farm and sled riding

**Advice for younger generations:** Enjoy your life

**Would like to be known for:** Quilting

**How did you find out about ALSM at Home:** Somerset County Area Agency on Aging

**Why did you choose this service:** Suggested through the Somerset County Area Agency on Aging

**What assistance do you get:** Home support, personal care

**Describe the program in one word:** Great!



## News from the Center Manager



Helen Trout

New Year's is a time of reflection and usually of the year past, but at this time I would like to think back to December 15, 1993. Our Somerset Senior Daily Living Center had its beginning at Trinity Lutheran Church on August 5, 1993 and was very early into the growing of the program. On December 15th, Teri Kolonich and her mother Helen Trout came to visit our program and Helen was enrolled to attend 5 days a week. At that time Helen was a very spry 71-year-old who was dealing with Alzheimers disease and was living with her daughter. Helen was the first person to arrive at our center and the last person to go home each day. We had many interesting days with Helen as the Alzheimers disease progressed, but most days were filled with fond memories. Helen often "took walks," as typical behavior of the disease, and sent staff scurrying only for us to find her very content sitting in the chapel of the church. She would become very anxious about her children, who were all grown and married, needing to get home to take care of them. Staff would reassure her that they were just fine and she needn't worry. She would respond by putting her hand on her hip and saying, "And just how would you know they are my children!" She was with us when the center moved in 1997 to the Tabernacle Drive location. She had her own favorite rocking chair and enjoyed the new surroundings and always the people. Helen was always particularly fond of music and enjoyed singing along, especially to hymns. As the disease continued, Teri continued to bring Helen to the center and staff made adjustments in the

care being provided so that Helen had special days being in the surroundings that were comfortable to her and with the people she knew. Even when words became fewer, the smiles and twinkle in her eyes spoke even more. Recently she wasn't able to attend on a regular basis and on November 24, 2010 Helen passed away after nearly 17 years of being part of our lives. Teri mentioned she remembered that when she enrolled Helen she was told that attending an Adult Day Program often prolongs nursing home placement up to two years. She said, "I think we accomplished that and so much more. Our goal was to keep my mother home and because of this Senior Daily Living Center, and your care, we were able to do just that."

Nancy Miller  
SDLC Manager



LUTHERAN COMMONS AT BERLIN PIKE

## Openings Available

The Lutheran Commons at Berlin Pike is fast approaching full occupancy. There are only a few opportunities available for seniors interested in joining the folks at Allegheny Lutheran Social Ministries' residential living apartment complex in Somerset. Lutheran Commons is a partnership between ALSM and the U. S. Department of Housing and Urban Development (HUD). Over the past six months seniors from different walks of life have found that these accommodations, where they are free to live life to its fullest in a caring, independent setting have been a wonderful experience. For additional information or a tour call 814.443.4440.

### **Dates to Remember**

*(Please clip and save)*

Monday, January 17 • Martin Lther King Jr. Day  
SDLCs are OPEN

Monday, February 21 • President's Day  
SDLCs are OPEN



Do you have any ideas or suggestions for our programs? We are constantly striving to meet the needs of residents, participants and families. Please fill out the form below, mail it to us, or drop it off. You can also email us at [info@alsm.org](mailto:info@alsm.org). Thanks!

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## Contact Us

[www.alsm.org](http://www.alsm.org) • 800.400.2285

### Senior Daily Living Centers

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Meyersdale, PA 15552  
814.634.8948

231 Tabernacle Drive  
Somerset, PA 15501  
814.445.8506  
[sdlc@alsm.org](mailto:sdlc@alsm.org)

### ALSM at Home

231 Tabernacle Drive  
Somerset, PA 15501  
814.443.0854  
[alsmathome@alsm.org](mailto:alsmathome@alsm.org)

### Lutheran Commons at Berlin Pike

443 Berlin Plank Road  
Somerset, PA 15501  
814.443.4440  
[info@alsm.org](mailto:info@alsm.org)

Operated by:



ALLEGHENY  
LUTHERAN  
SOCIAL  
MINISTRIES

*We Touch Lives*

### OUR MISSION

*To serve people through a ministry  
of love, compassion, and mercy  
in the name of our Lord, Jesus Christ.*



ALLEGHENY LUTHERAN  
SOCIAL MINISTRIES

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Somerset, PA 15501