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Lifestyle Magazine
for Older Adults and
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SENIOR GUIDE Pittsburgh

Volume 1, 2024
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Lifelong Learning



Lifelong learning offers a wide range of benefits for older adults, contributing to their personal growth, mental and physical health, and overall quality of life. Here are some of the key advantages:

Cognitive Stimulation: Engaging in learning activities such as taking up a new hobby, acquiring a new skill, or enrolling in courses keeps the brain active. This cognitive stimulation can help maintain and even improve cognitive function, reducing the risk of cognitive decline, including conditions like dementia.

Social Interaction: Lifelong learning often involves interacting with peers, instructors, and fellow learners. This social engagement is important for older adults as it can combat loneliness and provide a sense of belonging and purpose, improving mental well-being.

Enhanced Self-Esteem and Confidence: Learning new things, especially as an older adult, can boost self-esteem and confidence. It reinforces the idea that one can continue to grow and adapt throughout life.

Career Opportunities: Some older adults choose to continue their education or pursue new skills to remain competitive in the job market. Lifelong learning can open opportunities for career advancement or even transition into new fields.

Personal Fulfillment: Learning is often pursued for personal fulfillment and enjoyment. Older adults can explore topics and activities they are passionate about, adding meaning and purpose to their lives.



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Vincientian Schenley Gardens has partnered with Chatham University to offer a first-of-its-kind collaborative intergenerational living experience that benefits the residents and staff of both organizations surprising in ways.

Intergenerational living is a housing arrangement that intentionally intermixes older and younger people, which alleviates loneliness for older residents, provides mentorship for younger residents, and helps all participants form stronger communal connections. The social and emotional benefits of intergenerational living have led to calls for expansions of such programs to aid North America's growing senior population.

The partnership between Chatham University School of Health Sciences and Vincientian Schenley Gardens offers Chatham students below-market monthly rent in exchange for their agreement to devote service hours to residents through educational workshops, social outings, parties, tech help, etc.

"Having the opportunity to live with older people takes away some of the stigma around elderly adults," says Danie Bryce, Senior Director of Personal Care Services for Vincientian.

Chatham Assistant Professor of Physical Therapy Michelle Criss, who researches ageism and attitudes toward aging, and Assistant

Professor of Occupational Therapy Kasey Stepansky, who researches quality of life among older individuals, are also finding ways to partner with Vincentian's staff to share insights, provide resources, and study outcomes.

"If we're lucky, we're all going to be an older adult someday," said Criss. "Vincentian's trailblazing vision for intergenerational living and our shared interest in positive societal change is driving incredibly positive outcomes and helping us to reconsider our assumptions as future healthcare providers but also to reimagine what it's like to age in the Pittsburgh region."

According to Criss and Stepansky, while research tracking care outcomes is in progress, students value storytelling, sharing interests and hobbies and routine interaction with older residents and consider it to be uplifting, validating and a source of fellowship and stress relief.

ABOUT VINCENTIAN

Vincentian is a nonprofit health care and human services organization that provides a continuum of care, including independent living, personal care, memory care, short-term rehabilitation. It was founded in 1924 in McCandless.

ABOUT CHATHAM UNIVERSITY

Founded in 1869, Chatham University has an enrollment of over 2,200 students across over 60 undergraduate and graduate programs in several areas of excellence, including sustainability & health, the arts & sciences, and business & communications. Chatham has consistently been named a College of Distinction and a "Best College" by U.S. News & World Report.

Photo credit: Vincentian Administrative Fellow Ben Flory and Vincentian Schenley Gardens resident Christine Nigh participate in an intergenerational gardening program at the Personal Care Home in Pittsburgh, PA.



(A typical newly renovated apartment at Vincentian Schenley Gardens.)

*A Century of
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Vincentian was founded in 1924 to carry out a simple yet essential mission: to identify unmet needs in the community, and to act boldly to address those needs. Now, 100 years later, Vincentian is celebrating its centennial year, having served tens of thousands of Western Pennsylvanians since the Vincentian Home for the Incurables first opened in McCandless. Today, Vincentian coordinates several **senior care, senior living and childcare campuses** across the Greater Pittsburgh area.

Likely someone you know has been touched by Vincentian. During its century of service, Vincentian has relied on generous benefactors to carry on its mission. Now more than ever, support from the community is essential for Vincentian to continue to care for those who have nowhere else to go.

As Vincentian honors its heritage and looks ahead to forging a modern-day legacy to serve future generations, please consider supporting this noble mission. It is only with your support that Vincentian – and organizations like it – will be able to continue to help those in needs. To join our movement and donate today, visit <https://vincentian.us/donate-now>.



Aging in Place with Home Care Services



Among the major pillars of creating a sustainable healthy life is ensuring that we have our health conditions, ailments, and chronic diseases attended to via high-quality levels of assistive long-term care and that the various tasks we may require assistance in are tended to by professionals who treat us with the utmost care, compassion, and respect.

Whether it is personal care, primary care, nursing home care, in-home care or non-medical home care, a patient-centered medical home care, part of a retirement community, or any other form of elderly care we need to make sure that we are cared for properly and appropriately, and our health and well-being is respected and upheld.

Home health care assistance services fulfill most all our health, emotional, physical, and activities of daily living (ADL) needs in a professional manner that enables you to concentrate on being a lively, confident senior dynamo who is full of zest and zeal for life and is excited for the new experiences to be found in each passing day.

Any of the tasks, chores, ADLs, bathing, grooming, medical and financial management issues you may have trouble attending to on your own should be readily assisted by a home health aide experienced in providing this kind of basic assistive care in an effective, empathetic, and kind manner.

To do:

- Before choosing a home health care agency to help you with your in-home needs, ensure that the health care aides the agency will be sending to you are trained, licensed, credentialed, and have the



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- If possible, set up an appointment to interview the agency as well as the professional that they intend to match you with.
- Come prepared with your most pressing concerns and a variety of questions that cover every aspect of those concerns.
- If possible, bring family and loved ones with you along to the interview to gain their perspective on the quality of the business.

Your home health care agency should offer a range of specialized services that seniors can opt from to meet their individual needs.

- If you require IV-drips, specialized medical equipment, shots for diabetes, or even weekly blood tests or other specific medical situations, can your home health care agency readily provide this equipment and ensure that it is brought to every appointment by a professional knowledgeable in its use?
- Consider specific needs you have such as transportation, companionship, appointment management and more.
- Ask your prospective home health care agency if they are able to guarantee high-quality work in all the areas of most pressing concern to you.

With so many agencies available on the market today, it can be difficult to make the right choice. However, with a keen eye on aspects such as professionalism, empathy, reputation, and more, you can take the necessary steps and cursory research involved to easily discern the best service for your unique and individual needs.

Providing you with the level of assistance you require and a frequency you prefer, home health agencies are invaluable resources that let you focus on becoming the healthiest and most dynamic version of yourself ever—with a life full of optimism, spirit, grace, enthusiasm, and, most importantly, strength.

Article excerpted from AgingInPlace.org. AgingInPlace.org's mission is to connect seniors and their loved ones with the right tools to make remaining in their homes and communities a reality.

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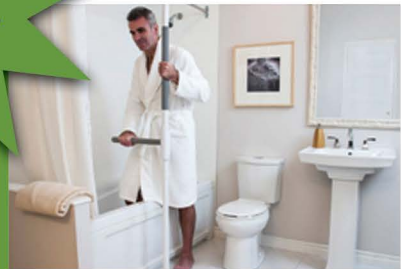
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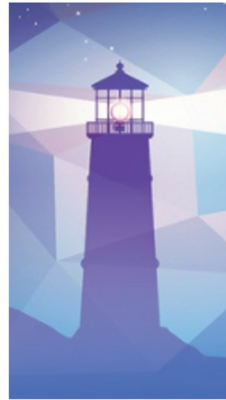
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Giving Through Your Will to Benefit Your Favorite Charity

A gift in your will – also known as a bequest - is one of the easier and most effective ways to give to the charity of your choice – church, school, animal rescue, etc. They are also known as “legacy gifts” because they are a way for you to leave your legacy in the world. In as little as one sentence, you can complete such a gift. Not surprisingly, such bequests can be important sources of fundraising for nonprofit organizations. Donations in your will help ensure your favorite charity – or charities - continues their mission for years to come. It is also a way for you to replace the yearly gifts you may have been making.

No other planned gift is as simple to make or as easy to change should you ever need the assets during your lifetime.

A bequest may be right for you if:

- You want to make a gift to a nonprofit organization
- You want the flexibility to change your mind.
- You want continued access to your wealth, should you need it.
- You are concerned about outliving your resources.

Charitable gifts after death also have the power to reduce estate taxes. Because your bequest is revocable, you do not receive an income tax charitable deduction when you create it. Rather, your

Charitable gifts after death also have the power to reduce estate taxes.

estate will receive an estate tax deduction for the full value of your bequest in the year it is made. Depending on a variety of factors, including the size of your estate and estate tax law at the time your estate is settled, this deduction may or may not save estate taxes.

If you are thinking about your legacy and want to incorporate a gift to one or more of your favorite charities, they typically have experts on staff to help you—just reach out to them! This is important because your bequest must be accurately and clearly described in your estate plan so your wishes can be carried out as you intend. Avoid any possible question that your bequest is to the right organization, be sure to include the organization's full legal name and federal tax identification number in your bequest.

Editorial provided by Maureen Mahoney Hill, CFRE and Deborah Desjardins, CFRE.



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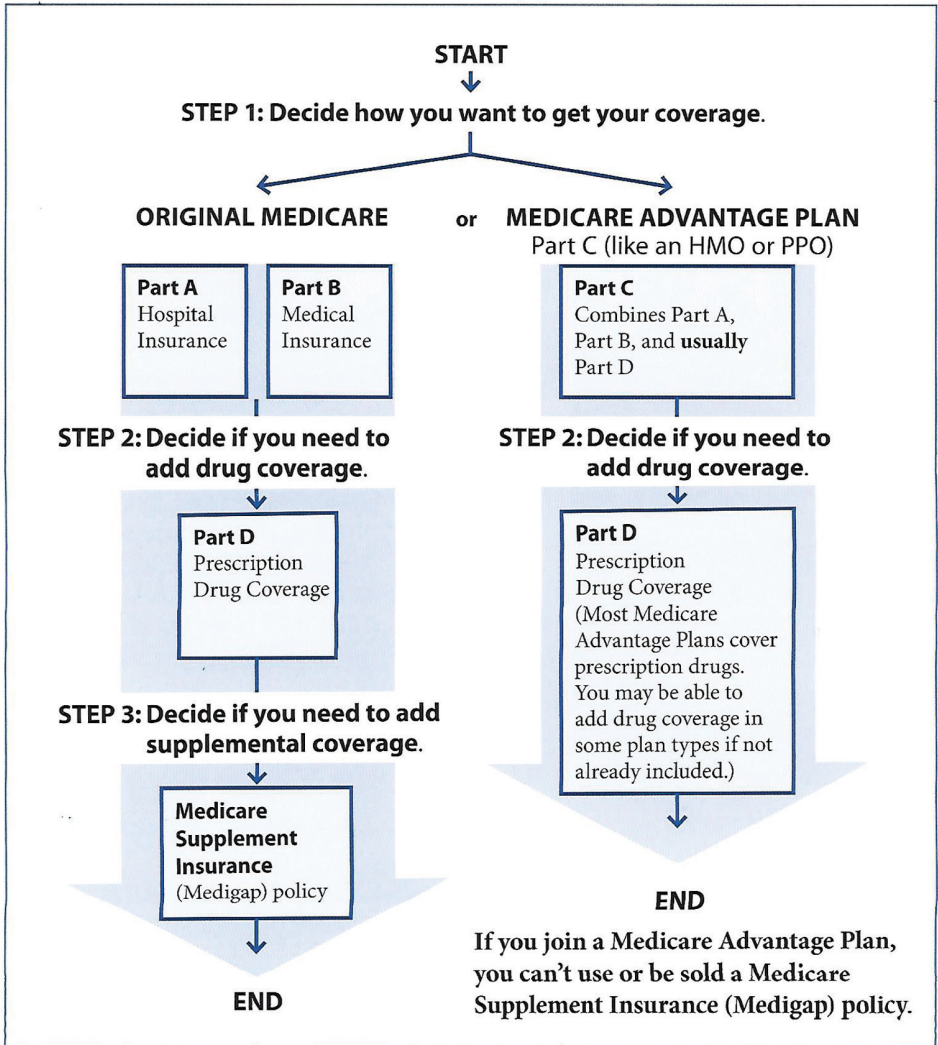
When an individual is coming onto the Original Medicare Plan, how does he or she decide between staying on Original Medicare, the standard government issued A and B Plans, with a Supplemental Plan or choosing an Advantage Plan, plans from private insurers that work within HMO and PPO networks? This article aims to help everyone through this important and often confusing decision, which is highlighted in the diagram to the right as Step 1: "Decide how you want to get your coverage."

The left column details Original Medicare Plans. An individual on an Original Medicare Plan does not have to worry about the different types of networks, such as HMO or PPO. The network is any provider in the United States that accepts Medicare, making it very inclusive. Since Original Medicare Parts A and B have deductibles and coinsurance, an individual sticking to these plans should add a Medicare Supplement Plan to help cover most or all the out of pocket costs. Supplemental Plan premiums are usually higher than premiums for most Advantage Plans. However, Advantage Plans come with greater out-of-pocket cost exposure, which may actually exceed the Supplemental Plan's premium. Navigating this balance is key to choosing between Original Medicare Plans with a Supplement and Advantage Plans. That being said, other factors must also be considered. For example, if an individual may consider traveling far away from their residence for care, Original Medicare with a Supplemental Plan may be



What are my Medicare coverage choices?

There are 2 main ways to get your Medicare coverage — Original Medicare or a Medicare Advantage Plan. Use these steps to help you decide which way to get your coverage.



**Provided by Medicare Specialists of Pittsburgh.*

preferred due to its inclusive, national network relative to Advantage Plans, which work within HMO and PPO networks on a regional basis.

Due to these various factors and considerations for choosing between Original Medicare with a Supplement and an Advantage Plan, it is always advisable to talk to a broker that specializes in Medicare. Find a broker that is licensed with multiple Advantage Plans, supplements, and drug (Part D) plans. Brokers are paid on commission from healthcare carriers, not by individual Medicare recipients, so a broker's services are often free to individuals. If an individual has already chosen an Advantage Plan, they may be able to switch back to Original Medicare with a Supplemental Plan, and vice versa, with the help of a broker. A broker will be able to discuss this important decision in greater detail, looking at an individual's personal needs to decide if Original Medicare with a Supplemental Plan or an Advantage Plan is preferred. Medicare can be a confusing, difficult marketplace to navigate, and brokers can help, often at no cost to the Medicare recipient.

Information from Medicare Specialists of Pittsburgh, 412-343-0344.



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Q&A:

Does Tinnitus Go Away?

That Ringing or Buzzing Isn't Always Permanent. Get the Facts Here.

Q I've been experiencing high-pitched sounds in my head for as long as I can remember. They're infrequent but kind of disruptive — I might be in the middle of a conversation, and suddenly this sonic whine erupts in my ear before fading out soon afterward. Do annoying tinnitus sounds like these ever go away?

A The short answer: Sometimes. In certain cases, tinnitus can eventually resolve on its own over time or with treatment of the underlying condition that caused it. For many, the problem could be permanent but potentially manageable with specific therapies.

Let's look at factors that influence tinnitus, the likelihood of the condition resolving, and what you can do.

Some Tinnitus Basics

Before diving into the question of whether tinnitus goes away, it's important to understand what the condition is — and isn't. Tinnitus isn't a disease. Instead it's a sign or symptom of a more primary medical issue — for example, head or neck injury, medication reaction, ear infection, temporomandibular joint issues, ear-canal blockage, or hearing loss.

One of the most commonly described tinnitus symptoms involves ringing in the ears or head. Other sounds, however, can include buzzing, clicking, whooshing, hissing, humming, high-pitched sonic sensations, or even musical notes. They can be intermittent or continuous, with

frequency and intensity varying from person to person.

Most of the time, the sound is audible only to the person experiencing the symptoms. Known as “subjective tinnitus,” this more common occurrence relates to issues within the auditory system, such as age-related hearing loss, earwax blockages, or inner-ear damage from excess exposure to loud noise.

With objective tinnitus, however, both the affected person and others — for example, a health care provider using a stethoscope or listening close to the ear, can hear the sounds. Though rare, this occurrence is more possible with pulsatile tinnitus and is usually linked to physical issues such as blood vessel disorders or muscle contractions near the ear.

Tinnitus can occur in one or both ears and generally comes in two forms. Determining which type of tinnitus you're dealing with can play a role in uncovering the cause:

- **Pulsatile tinnitus** is characterized by ear-ringing that seems to pulse in sync with the person's heartbeat. It typically originates from issues such as heightened blood pressure, artery problems near the ear, or blockages in the ear canal.
- **Nonpulsatile tinnitus** is characterized by a ringing, humming, or other sound unrelated to any pulsing or rhythm. It's more common and typically arises, for example, from earwax blockage, noise exposure, or age-related hearing loss.

Tinnitus Resolution – Influencing Factors

As many as 1 in 4 people may have tinnitus, which can be temporary or permanent. And just as each person's tinnitus symptoms can prove quite different from another's, resolution can also vary and may depend on factors including underlying cause, overall health, lifestyle factors, and other elements that can come into play.

Here are some key influencers on whether tinnitus goes away:

Reversible Root Cause

If the tinnitus resulted from a potentially reversible issue, such as an earwax blockage, an ear infection, or a medication side effect, addressing the cause may lead to resolution. In these cases, the tinnitus may lessen or potentially disappear altogether.

Age-Related Hearing Decline

With aging can come a decrease in the ear's functioning hair cells, which in turn could lead to hearing loss-related tinnitus. The tinnitus may not entirely disappear, but hearing aids or treatments specific to tinnitus can help address it and the hearing difficulties.

Noise-Related Hearing Problems

From music concerts to power tools, motorcycle engines, heavy machinery, and even some everyday appliances, exposure to sounds at or above the danger threshold of 85 decibels can lead to hearing loss and tinnitus, which can be temporary or permanent.

Lifestyle Factors

In addition to avoiding exposure to loud noises, discussed above, other actions such as reducing stress, getting restful sleep, eating a balanced diet, eschewing tobacco, and engaging in regular exercise may also help reduce or in some cases eliminate symptoms.

Individual Sensitivity

As mentioned earlier, some people may find that their tinnitus gradually fades over time. Others may experience a persistent perception of sound. Factors such as genetics and individual sensitivity to tinnitus symptoms could contribute to these variations.

Common Tinnitus Treatments

Tinnitus can be effectively managed. Depending on the underlying cause, addressing the problem may include approaches ranging from earwax removal, hearing aids, cochlear implants, or sound devices to medication adjustments, lifestyle changes, or interventions such as tinnitus retraining therapy.

Other types of counseling, such as sleep, cognitive behavioral therapy, or relaxation methods, can also play an important role in helping you or a loved one manage tinnitus symptoms by reducing the stress, anxiety, and sleeplessness often associated with the condition.

Relief might also involve habituation, in which the brain adapts to tinnitus such that symptoms are significantly less bothersome. Sound therapy, using external sounds to reduce the perceived intensity of tinnitus noise and make it less noticeable, can play a role in that approach.

In certain situations, surgery is recommended to correct an underlying issue — an acoustic neuroma or benign tumor along a hearing nerve, for example — may help relieve tinnitus symptoms for some patients.

As you can see, a range of factors help determine tinnitus resolution. Though the symptoms may not disappear for everyone,



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Dr. Suzanne Yoder, Au.D. • Dr. Lauren Swatzler, Au.D.

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they can be significantly reduced and controlled. You don't have to put up with tinnitus!

Are you or a loved one experiencing tinnitus? It's essential to consult a professional to determine the underlying cause and develop an appropriate plan tailored to your individual needs. If you have questions about the condition or want to learn what management options might be available, don't wait. Contact our knowledgeable team today!!

This industry insight was written by Dr. Suzanne Yoder, Au.D., HearWell Center. 412.208.4473; DrYoder@hearwellcenter.com, hearwellcenter.com, . HearWell Center is a full-service, independently owned audiology practice proud to be bringing better hearing to the people of Pittsburgh since 2007. HearWell Center, located in Forest Hills, is a hearing care practice that has helped over 1,000 patients with their hearing, tinnitus, and balance disorders — and offers state-of-the-art diagnostic testing and expert fitting of hearing technology.

For more information on tinnitus treatment, tinnitus cure, ear ringing remedy, please get in touch with your local hearing care provider or reach out to the experts at HearWell Center in Pittsburgh at 412-208-4473.

Senior Guide–Pittsburgh & Washington County

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Advancements in Eye Technology and Treatments Lead to Improved Quality of Life

Going to the eye doctor's office provides treatments for current medical problems, but with new advancements in technology, eyecare patients can have the opportunity for greatly improved vision and an overall increase in the quality of their lives.

Glaucoma

People who have glaucoma often rely on a traditional eye drop regimen for treatment. Although drops can be effective, many patients may have difficulty putting the drops in effectively and remembering to do them as frequently as prescribed. Also, many prescriptions come with monthly co-payments for refills which can add up to be quite expensive.

There are two alternatives that may allow some patients to eliminate or decrease their dependency on drops - Selective Laser Trabeculoplasty (SLT) and Microinvasive Glaucoma Surgery (MIGS). SLT is a painless laser treatment that is indicated as a primary treatment for glaucoma. It works for an average of five years and can be repeated if needed. MIGS typically takes 5-10 minutes in an outpatient surgery center and is safer than traditional glaucoma surgeries. Glaucoma patients should ask their eye doctor for more information.

Cataract

Cataracts are a normal aging process for the natural lens inside the eye. As we age, the lens inside the eye becomes cloudy, which can cause many symptoms including blurred vision, glare and halos,



difficulty with nighttime driving, and fading or yellowing of colors.

Eventually, eyeglasses will no longer effectively increase vision function, and surgery is needed to restore vision. Cataract surgery involves removing the cataract and inserting a replacement lens.

Traditional cataract surgery lenses are called monofocal lenses, which provide good distance vision but require eyeglasses for near and sometimes intermediate vision.

However, as a treatment advancement, multifocal lens implants are able to provide good distance and near vision and decrease the dependency on glasses.

Dry Eye

Dry eyes can cause symptoms including burning and stinging, pain, irritation, grittiness, scratchiness, sensitivity to cold air or wind, redness, watering/tearing, and blurred vision. Treatment usually hinges on artificial tear drops, but there are many exciting new

treatments available for patients with dry eyes. Punctal plugs can be painlessly inserted during a regular office visit. They are designed to allow a patient's own tears to work more effectively to moisturize the surface of the eye. Another treatment for dry eyes is the use of amniotic membrane grafts. These grafts have anti-inflammatory properties and can be very helpful in the treatment of many different eye diseases, including severe dry eye disease. There are also many new and exciting treatments, including both medications and devices, currently in clinical trials. Ask your eye doctor if you may be a good candidate to be involved in a clinical trial.

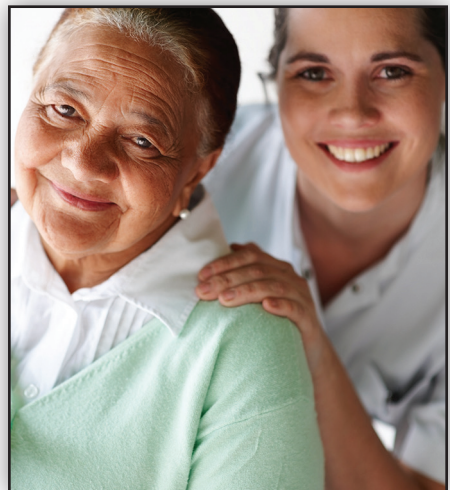
Eyeglasses

The amount of digital screen-time people experience has greatly increased. Digital screens emit a blue-violet wavelength light that has been shown to be disruptive to sleep cycles, increase eye strain and fatigue, and may have a potentially harmful effect to the retina and macula inside the eye.

Fortunately, **eyeglasses can now be made with blue-light blocking technology** that can increase eye comfort, improve quality of vision, improve sleep quality, and may offer better protection of the retina.

These are just some of the many new and alternative treatment options available for patients by their ophthalmologist. Ask your eye doctor about new and alternative treatment options that may improve your quality of life, and if they are able to provide the most up-to-date and advanced treatment options available.

Article provided by Scott and Christie Eyecare Associates. To schedule an evaluation, visit www.ScottandChristie.com or call 724-772-5420 in Cranberry or 412-782-0400 in Fox Chapel.



Enjoy LIFE to the Fullest with Local Programming



LIFE (Living Independence for the Elderly) programs are designed to provide comprehensive and coordinated care for older adults, with a focus on enabling them to remain living in their homes and communities, while also supporting their caregivers. Here's a brief explanation of what this program does for older adults and caregivers, but please call your local LIFE program for details on eligibility and how to apply or take a tour! Call Community LIFE at 1-866-419-1693 and LIFE Pittsburgh at (412) 388-8050. Mention you saw it in the Senior Guide!

LIFE (Living Independence for the Elderly):

LIFE is a managed care program that integrates medical, social, and long-term care services for eligible older adults, typically aged 55 and older, who require a nursing home level of care but wish to continue living in their communities. Here's what LIFE does for older adults and their caregivers:

For Older Adults:

Comprehensive Care: Older adults enrolled in the LIFE program receive a wide range of services, including medical, nursing, rehabilitation, social, and personal care services.

Day Centers: Many LIFE programs operate adult day health centers where participants can receive care, engage in social activities, and receive meals.

Transportation: Transportation to and from day centers, medical appointments, and other necessary services is often provided.

Medication Management: Medication administration and management are typically included, ensuring that participants take their

prescribed medications correctly.

Home-Based Care: Services can be provided at home, allowing older adults to age in place while receiving necessary support.

Coordinated Care: LIFE programs coordinate all aspects of an individual's care, ensuring that there is a single point of contact for all medical and non-medical services.

For Caregivers:

Respite: Caregivers, often family members, benefit from respite services provided by the LIFE program, allowing them to take breaks and recharge.

Support: Caregivers receive support and education to help them better care for their loved ones and cope with the challenges of caregiving.

Peace of Mind: Knowing that their loved ones are receiving high-quality, coordinated care can provide peace of mind for caregivers.



LIFE Pittsburgh
Living Independence for the Elderly

The diagram features a central circular photograph of a smiling elderly man with a white mustache. Surrounding this central image are 18 blue circular icons, each connected to the center by a thin white line. The icons represent various services: Medications (Rx symbol), Podiatry (foot), Physical Therapy (person with cane), Specialists (stethoscope), Fellowships (graduation cap), In-Home (house), Recreational Therapy (person with ball), Occupational Therapy (person with tools), Personal Care (person with shower), Social Work (person with speech bubble), Physicians (caduceus), Dental (tooth), Nutrition (apple), Vision (eye), Meals (plate and fork), Transport (van), Nurses (nurse), and Home (house).

You're safer at home... you're safer with LIFE.
LIFEPittsburgh.org
412-388-8050 TTY:711



Hospice Care Common Misconceptions

Hospice care is a specialized form of end-of-life care that focuses on providing comfort, pain management, and emotional support for individuals with a terminal illness.

Here are just a few misconceptions about hospice care:

Hospice is only for the elderly: While hospice is often associated with the elderly, it is available to people of all ages facing terminal illness. Hospice care is tailored to the individual's needs, not their age.

Hospice is a place: Many people believe that hospice is a physical facility or a place where individuals go to receive care. In reality, hospice care is most often provided in the patient's home or in a setting of their choice, not in a hospital or hospice facility.

Hospice care hastens death: Hospice care is not about speeding up the dying process. It is about providing comfort, pain relief, and emotional support to enhance the quality of life during the final stages of a terminal illness. Hospice aims to help patients live as comfortably and fully as possible for as long as they have.

Hospice care is only for the very end of life: Hospice can be utilized earlier in the course of a terminal illness. Patients can benefit from hospice services for several months, not just in the final days or weeks of life. The timing of hospice care depends on the patient's condition and prognosis.

Once you start hospice care, you can't change your mind: Patients and their families can change their minds about hospice care at any

time. If a patient's condition stabilizes or if they choose to pursue curative treatments, they can revoke their hospice eligibility and seek other medical interventions.

Hospice means giving up on treatment: Choosing hospice care does not mean giving up hope or treatment. It means shifting the focus from curative treatments to comfort care and addressing the patient's physical, emotional, and spiritual needs. Patients can still receive treatment for symptoms, such as pain or shortness of breath.

Hospice care is expensive: Hospice care is typically covered by Medicare, Medicaid, and many private insurance plans. In most cases, there are no out-of-pocket costs for the patient or their family. Hospice providers work to ensure that financial concerns do not prevent individuals from accessing care.

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Adult Day / In Home Services

Community LIFE

(see page 37)

.....**CommLife.org / 1-866-419-1693 TTY 711**

From healthcare and wellness centers to transportation and homecare, we offer a health and social service plan that helps keep seniors at home. Locations in Logans Ferry, Tarentum, Mon-Valley, East End, McKeesport, Homestead, Somerset and Bedford.

LIFE Pittsburgh

(see page 33)

One Parkway Center, 875 Greentree Rd., Suite 200..... **412-388-8050**

An Interdisciplinary Team (IDT) consisting of geriatric doctors, nurses, social workers, rehabilitation specialists and other health care professionals assess participants and develop an individualized care plan based on participant's needs. Participant receives health care services in-home, hospital, nursing facility and through our Adult Day Health Centers. No co-insurance, deductibles or payments for services or medications. In some cases there may be a monthly premium required to participate in the program based on your income. TTY: 711.

Aging Services

PA Lottery

(see page 41)

.....**www.palottery.com**

When older Pennsylvanians make the most of programs supported by the PA Lottery, we all benefit. Programs include free transit and reduced fare shared rides, prescription drug programs, property tax and rent rebates, hot meals programs, and long-term living services. Learn more at palottery.com.

Eye Care / Eye Surgery

Scott & Christie Eyecare Associates

(see outside back cover)

Fox Chapel..... **412-782-0400**

Cranberry..... **724-772-5420**

We treat cataracts, glaucoma, diabetic retinopathy, macular degeneration and also offer laser treatment for eye diseases, eye lid surgery, and full eye exams. Medicare and most insurances accepted.



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Hearing

HearWell Center (see page 27)

Pittsburgh **412-208-4473**

Devices sold through the practice include hearing aids, assistive devices and phones, alerting devices, and varieties of earmolds. Patients will also receive significant education about hearing disorders and counseling.

Home Care / Home Health Care / Hospice

Comfort Keepers (see page 22)

Pittsburgh **412-653-6100**

In-home care that helps seniors and other with personal care, companionship & housekeeping, dementia care, respite care and safety solutions - all in the comfort of their own homes.

Concordia Lutheran Ministries (see page 41)

..... **1-888-352-1571**

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Gallagher (see page 11)

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Gallagher Hospice **412-279-4255**

www.GallagherHospice.com: Hospice and Palliative Care

HOPE Hospice (see page 35)

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A Time for Opportunity

Medicare's Annual Election Period (AEP)

If you've thought about making changes to your Medicare coverage, your time to act is now.

AEP, also called Open Enrollment, is October 15th to December 7th.

This is the time when you can make changes to your coverage for 2025. For example, you can drop Medicare Advantage and re-join Original Medicare.

During this Annual Enrollment Period, you can enroll in, switch, or drop Medicare Advantage (Part C) and Medicare Part D prescription drug plans.

*Courtesy Felice Johnson, Johnsons2Ins.com, 412-726-6450.
Visit Medicare.gov for additional information.*

needed most. RN/HHA visits, respite care, volunteer visits, grief counseling, social services, and emotional and spiritual support.

MiKelCo Lifts

(see page 13)

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Insurance – Medicare Specialists

Felice Johnson, American Senior Benefits

(see page 39)

..... **Call or text 412-726-6450 / email felicej2@outlook.com**

Consult your local retirement specialist, Felice Johnson, for questions about your existing Medicare coverage or if you are new to Medicare.

Medicare Specialists of Pittsburgh

(see page 20)

Pittsburgh **412-343-0344**

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Rehabilitation Services

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(see inside front cover)

Harmarville **877-937-7342**

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Concordia Lutheran Ministries



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Senior Care Locations and Services Throughout Southwest PA
www.ConcordiaLM.org • 1-888-352-1571

Senior Living Options

Concordia Lutheran Ministries

(see page 41)

..... **1-888-352-1571**

Concordia has the senior and health care services you need: home health care, private duty home care, hospice and palliative care, personal care, including adult day services, retirement living, memory care, rehabilitation services and skilled nursing.

Congregate Management Services Housing

(see inside back cover)

..... **See advertisement for full list of locations**

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Dorchester of Mt. Lebanon Senior Apartments

(see page 6)

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Hazelwood Towers

(see page 3)

Pittsburgh **412-421-2000**

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Housing Authority of the City of Pittsburgh

(see page 17)

www.hacp.org **412-456-5000**

HACP provides housing opportunities in high rises and other community settings for seniors and families in Pittsburgh.

Metowers, Inc. – Senior High-Rise

(see page 37)

Avalon **412-734-4111**

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Parkview Towers

(see page 1)

Munhall..... **412-461-2993**

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Reformed Presbyterian Home

(see page 16)

RPHome.org **412-321-4139**

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SeniorCare Network Communities

(see page 2)

See advertisement for all locations **www.SrCareNetwork.org**

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Sherwood Oaks

(see page 23)

Cranberry Township..... **1-800-642-2217**

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UPMC Senior Communities

(see page 21)

UPMCSeniorCommunities.com **1-800-324-5523**

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SGP * HOUSING SERVICES Directory

The Village at St. Barnabas

(see page 5)

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(see page 9)

Pittsburgh **412-548-4100**

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SGP * CONSUMER SERVICES Directory

Support Services

Generationally Prepared: The Hub for Family Senior Caregivers

(see page 14)

..... **www.generationallyprepared.com**

Generationally Prepared is an educational resource providing education, resources, tools and community to support your role as a Family Senior Caregiver.

OnYourBehalf by Ursuline Support Services

(see page 1)

Pittsburgh **412-224-4700**

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