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Lifestyle Magazine
for Older Adults and
Caregivers

SENIOR GUIDE WASHINGTON COUNTY

Volume 1, 2024

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New Law Provides for Early Detection of Alzheimer's Disease

Early Detection Means More Positive Outcomes for Patients and Families

Many of us know someone who is affected by either Alzheimer's, dementia, or another cognitive disorder.

Alzheimer's is the most common form of dementia. It causes problems with memory, thinking, and behavior. It's an irreversible progressive brain disease that affects an estimated 6.5 million Americans aged 65 and older, as well as 280,000 Pennsylvanians.

But this year, those who are concerned about this devastating disease have reason for hope.

Recently, Governor Wolf signed the ***Early Detection and Diagnosis of Alzheimer's or a Related***

About the New Law

The Pennsylvania Dept. of Health created educational resources and a toolkit to help primary care workers better detect, diagnose, treat, and refer people for additional care.

The department will also try to raise public awareness about cognitive decline, Alzheimer's disease and related dementias.

Visit the PA Department of Health's new Alzheimer's Disease and Related Disorders resources:

- **General Public:**
www.health.pa.gov/topics/disease/Pages/Alzheimers.aspx
- **Healthcare Providers:**
www.health.pa.gov/topics/disease/Pages/Alzheimers-Provider.aspx

Disorder Act after unanimous approval in the Pennsylvania House and Senate.

The new law's goal is to help improve the complicated and often difficult process to receive an accurate diagnosis by empowering families and providing a toolkit to physicians for early detection, diagnosis, and care planning.

Early detection is important because an early diagnosis can improve the quality of care and life as well as reduce the financial impact of the disease.

Or, put another way:

Early detection = more positive outcomes for patients and families.

Early diagnosis allows individuals living with the disease and their caregivers to:

- Better manage medications
- Build a care team
- Manage comorbidities
- Receive counseling and other support services
- Develop a financial plan
- Create advance directives
- Enroll in clinical trials, and
- Address driving and safety concerns.

The better dementia is managed, fewer complications from other chronic conditions arise, and unnecessary hospitalizations are avoided.

The problem is that most people don't know they have Alzheimer's or a related dementia.

According to the Alzheimer's Association:

- Only about half of people with Alzheimer's or other dementia have been diagnosed —and many are unaware of their diagnosis.
- Among those seniors who have been diagnosed, only 33% are even aware that they have the disease. And even when considering caregivers, less than half (45%) of those diagnosed or their caregivers are aware of the diagnosis. This percentage is even greater in minority communities.
- In Pennsylvania, one in ten people aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse. Yet nearly half of them have not talked to a health care professional about it.

The new law intends to address this problem. The bill's prime sponsor was State Representative Carrie Lewis DelRosso, R-Allegheny/Westmorland. DelRosso said she was inspired to do something about cognitive disorders after the death of one of her friend's mother, who died a few years after being diagnosed with Lewy body dementia.

Following passage of the law, the Pennsylvania Department of Health collaborated with the Alzheimer's Association, Department of Aging, clinicians, and other stakeholders across the state to build a toolkit for early detection, diagnosis, and care planning to support primary care physicians and advanced practice providers in the community. The Department of Health has made educational resources available on its website for health care providers and the general public (see box on P. 4 for details).

Importantly, the new law requires the Department of Health to update these resources annually. The Alzheimer's Association has been encouraging the Department of Health to convene stakeholder groups to listen and learn more about this topic throughout the year, according to Jennifer Ebersole, Director of State Government Affairs for the Alzheimer's Association, Greater Pennsylvania Chapter.



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The Department of Health will also try to raise public awareness about cognitive decline, Alzheimer's disease, and related dementias.

This legislation helps strengthen the capabilities of our primary care work force – the physicians, nurse practitioners, and physician assistants who are at the front line of medical care. By providing education, sharing tools, and linking to resources, this new law will increase the ability to detect and assist those impacted by this disease.

Submitted by Presbyterian SeniorCare Network, an aging services provider that has been at the forefront of dementia care innovation for more than 30 years. This includes Woodside Place, a pioneering care community for individuals living with dementia, and the Dementia 360 program, one of the country's first in-home care coordination programs designed specifically for family caregivers and individuals living with dementia. Learn more at PSCNDementia360.org. Statistics courtesy of the Alzheimer's Association, Greater Pennsylvania Chapter.

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Discussing Your Medicare Coverage With Your Broker

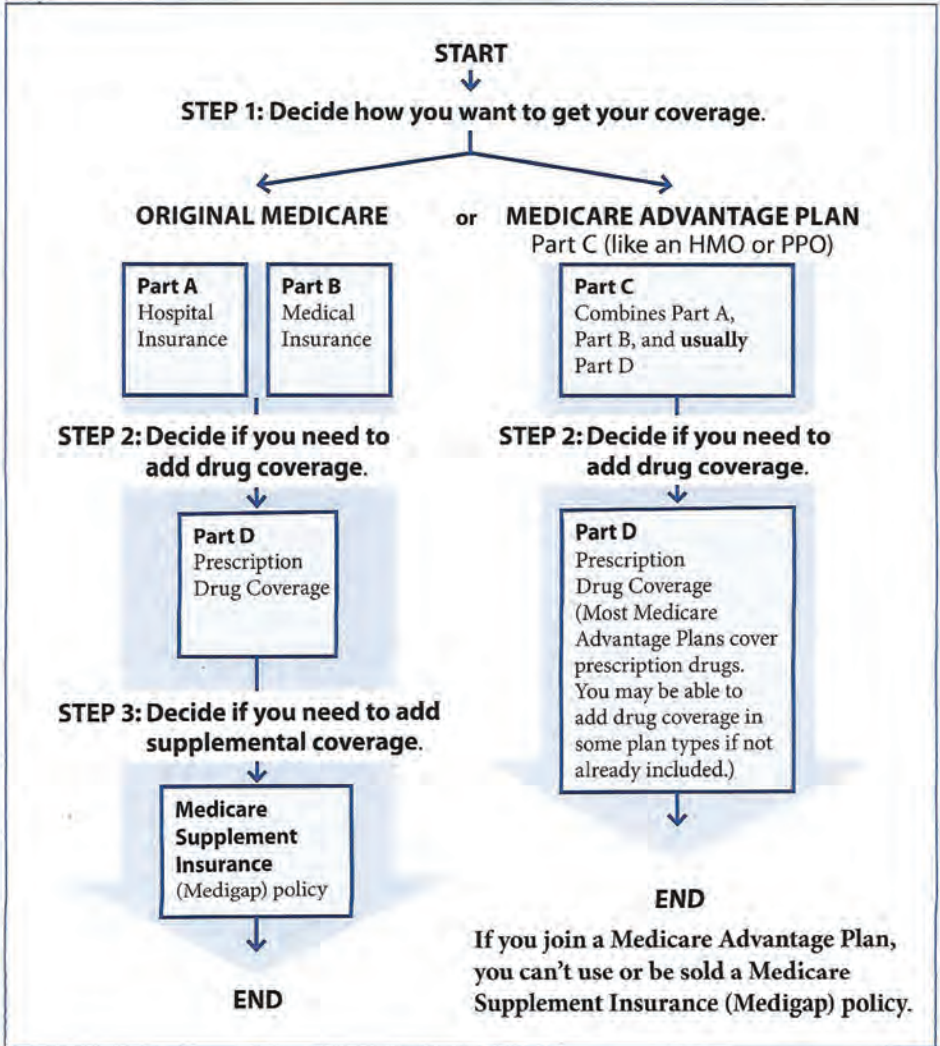
When an individual is coming onto the Original Medicare Plan, how does he or she decide between staying on Original Medicare, the standard government issued A and B Plans, with a Supplemental Plan or choosing an Advantage Plan, plans from private insurers that work within HMO and PPO networks? This article aims to help everyone through this important and often confusing decision, which is highlighted in the diagram on page 10 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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Evaluate: We discuss your individual situation so you can make an educated choice in Medicare coverage.

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What a Certified Aging-In-Place Specialist Can Do For You

The NAHB Remodelers of the National Association of Home Builders (NAHB) in collaboration with the NAHB Research Center, NAHB 50+ Housing Council, and AARP developed the Certified Aging-In-Place Specialist (CAPS) education program to help serve consumers who require home modifications to age in place. While most CAPS professionals are remodelers, an increasing number are general contractors, designers, architects and health care consultants.



How should you modify your home to make it more comfortable?

To age-in-place, you will probably need to modify your house as you mature to increase access and maneuverability. These modifications range from the installation of bath and shower grab bars and adjustment of countertop heights to the creation of multifunctional first floor master suites and the installation of private elevators.

What is the CAPS designation?

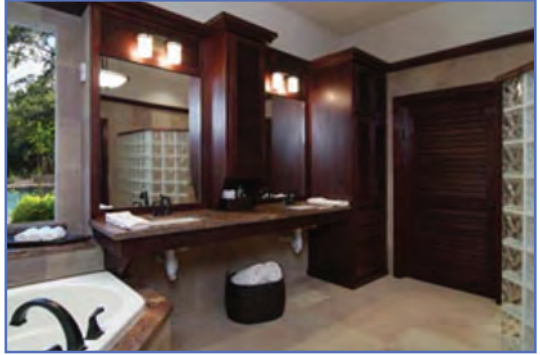
A Certified Aging-in-Place Specialist (CAPS) has been trained in:

- The unique needs of the older adult population

- Aging-in-place home modifications
- Common remodeling projects
- Solutions to common barriers

How should you choose a remodeler?

- Figure out how much money you wish to spend on the home modification project.
- Seek referrals from friends, family, neighbors, co-workers and others who have had similar work done.



- Contact trade associations such as your area's local Home

A photograph of a woman in a white shirt sitting at a desk, talking on a phone. She is smiling and looking towards the camera. A computer monitor is visible in the background.

Would you like to request copies for your organization?


Contact us at Senior Guide Washington County today, and we'll get you started!

412-779-2198 or jennifer@jrmediallc.com

Builders Association or Remodelers Council.

- Check with your local or state office of consumer protection and the local Better Business Bureau.
- Verify the remodeler has the appropriate license(s) in your state.
- Look for professional designations such as CAPS.
- Ask your professional remodeler for a written estimate of the work to be done based on a set of plans and specifications.
- Select a professional remodeler with plenty of experience with your type of project. Remember, lowest price does not ensure a successful remodeling project.

Editorial provided by The National Association of Home Builders Remodelers (NAHB). For more information please visit their website at www.NAHB.org.



Age in Place with Local Programs

Access Program:
Funding for home modifications that allow greater accessibility in and throughout home.


Who Qualifies?
Low and moderate income county residents with a permanent, physical disability that limits accessibility in the home, when funding is available and all eligibility criteria are met.

Home Rehabilitation Program:
Loans to assist homeowners in making needed repairs and improvements to their houses.

Who Qualifies?
Low and moderate income residents who own and occupy an affordable house in Washington County, when funding is available and all eligibility criteria are met.

Contact us today to learn whether you qualify!

Redevelopment Authority of the County of Washington
100 West Beau Street, Suite 603, Washington, PA
724-228-6875 ext. 221 • www.racw.net

 REDEVELOPMENT AUTHORITY of the COUNTY of WASHINGTON

Know Your Meds — All of Them!

You should always reconcile all your medications each time you visit any of your health professionals.

Here are a few suggestions to help you successfully reconcile your medications and to reduce any risk of medicine errors.

1. **Make a list of all the medications you take.**
2. **Make sure you write down the dose and the frequency for every medication including what time of day you take the medication.**
3. **Include all vitamins, minerals, herbal supplements and/or over the counter medication.**
4. **Update it often! Review it every time you see any health professional.**
5. **Keep a copy in your wallet or purse; take a picture of it on your phone. You may also ask a family member to also keep a copy.**
6. **Bonus points for keeping a copy of it in your refrigerator (Vial of Life) for responding fire fighters/ police/paramedics to find.**
7. **Be medically literate! Know what you are taking and what it is taken for.**

Article written by Dr. Timothy Campbell, Medical Director, Gallagher Hospice, www.GallagherHomeHealthServices.com. Gallagher Home Health Services is proud to offer a true physician-directed palliative program.



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The Redevelopment Authority is the managing agent for nine elderly housing facilities, totaling 536 units, in Washington County.

Canon House, Char House and Liberty Tower are federally subsidized, Section 8 housing facilities with 104 units per building. Each one bedroom unit has a balcony, an equipped kitchen, and a temperature controlled heating/cooling unit. Residents must be at least 62 years of age or persons with disabilities. Rents are based on 30% of the adjusted monthly gross income.

- All facilities offer elevator access, indoor mail delivery (except Claysville Apts & Claysville Patio Homes), laundry facility, on-site management and maintenance.
- All nine complexes require applicants to meet the resident selection criteria such as program and income eligibility, rental history, and criminal background check.



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Century Plaza Apartments ..724-223-8288

For additional information on a particular housing facility, please visit

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Downloadable applications and requirements are available.



REDEVELOPMENT AUTHORITY of
the COUNTY of WASHINGTON

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Why It Is Important to get “Real” Rehabilitation



I am frequently asked, “Is there a difference in the types of rehabilitation that you receive?” The answer is a resounding, “Yes.”

Think of it as a glass ceiling. A glass ceiling may occur because of your gender, race or physical disabilities. It means that there is a “ceiling” that limits your opportunities and career choices. If you have a disability such as a stroke and you don't get the proper type of rehabilitation, you will reach a “glass ceiling.” Not one of real glass, but of opportunity. You are not going to advance beyond a certain point or achieve your goals, and you will prematurely reach a plateau.

An example I like to use is that I have three grandchildren with three college funds. If I decide to take away my youngest teenage grandson's fund and give it to his sisters, I have limited his opportunities. I have created a glass ceiling for him. (Wait—please don't tell him quite yet!)

If we don't give people the right type of rehabilitation, we also set a glass ceiling. They will experience some spontaneous recovery, but they will reach an early plateau. We need to provide the right amount of dose (the correct number of hours of therapy), performing functional tasks, in an inpatient rehabilitation facility. This way they will reach the goals that we have for them. Otherwise, you will create a rehabilitation glass ceiling.

Think about walking on a path in the woods and you come to a fork in the path. The further you go down one path, the farther away you get from where the other path would have taken you. The inpatient

rehabilitation hospital path will lead you much closer to an optimal recovery. If you take the other path, it will lead your farther away from your goal of recovery.

Where you go for rehabilitation is “your path” and one of the most important decisions you will make.



Richard C. Senelick M.D. is a physician specializing in both neurology and the subspecialty of neurorehabilitation. Dr. Senelick served as the Medical Director of Encompass Rehabilitation Hospital in San Antonio, Texas for 30 years. He is an Adjunct Professor in the Department of Neurology at the University of Texas Health Science Center in San Antonio.

At Encompass Health Rehabilitation Hospital of Harmarville and Sewickley, we are committed to helping you regain independence after a life-changing illness or injury. Serving Pittsburgh and the surrounding areas, we are a leading provider of inpatient rehabilitation for stroke, Parkinson's disease, multiple sclerosis and other complex neurological and orthopedic conditions. To learn more, visit encompasshealth.com.

Rehabilitation, like dancing, works best when you choose the right partner.

After his wife suffered a stroke, Joe knew she needed the right rehabilitation to dance again. That's why he did the research and chose Encompass Health, where an experienced team used personalized therapy and advanced technology to help Francine return to the life she loved.



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Encompass Health Rehabilitation Hospital of Sewickley
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412.749.2396

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Questions to Ask When Selecting a Monument



- What is the purpose of the monument? Is it to mark the final resting place of your loved one, or is it a memorial that will be displayed elsewhere?
- What are the regulations in the cemetery or location where the monument will be placed? Are there specific requirements for the size, shape, and material of the monument?
- What is your budget for the monument? Monuments can vary greatly in price depending on the material, size, and level of customization.
- What type of material would you like the monument to be made of? Common options include granite and bronze.
- What design elements do you want to include in the monument? This can include text, images, and decorative features.
- Will the monument require any maintenance or upkeep? If so, what type of maintenance will be required and how often?
- How long will it take for the monument to be completed and installed?
- Are there any specific cultural or religious traditions that need to be considered when selecting a monument?
- Finally, what emotions and memories do you want the monument to evoke? Consider what type of legacy you want to leave for yourself or your loved one.

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FAQs About Senior LIFE



You may have questions about how Senior LIFE works and what it entails. Read on for a look at some frequently asked Senior LIFE FAQs and their answers.

What is the LIFE program?

“LIFE” stands for “Living Independence for the Elderly,” which is a federal and state funded Medicare/Medicaid program that provides a comprehensive array of health and support services to qualified older adults so that they can continue to live independently in their home and community for as long as possible.

The LIFE program is a part of a national Program of All-inclusive Care for the Elderly (PACE).

What services does Senior LIFE provide?

Members have customized care plans to meet their individual needs. Upon enrolling in Senior LIFE, members meet with an interdisciplinary team of physicians, nurses, social workers, rehabilitation therapists, and others. This healthcare team will work with you and your family to determine a plan of care that is individualized to meet your specific needs. The services you receive will be based on this care plan that you will approve. If your medical or social needs change, the care plan changes to meet those needs.

Am I eligible for Senior LIFE?

To be eligible for Senior LIFE, you must be age 55 or older, live in one of our service areas, be able to live safely in the community, and be medically eligible as determined by the state. Contact the Senior LIFE location nearest you or call 1-877-998-LIFE (5433) to learn more.

The goal of the Senior LIFE program is to keep seniors living safely at home and in the community for as long as possible.

also have the option to privately pay for services if you do not qualify for Medicare or Medicaid.

Contact the Senior LIFE location nearest you or call 1-877-998-LIFE (5433) to learn more.

Can I keep my current doctor under Senior LIFE?

Like other health care plans, Senior LIFE has a network of doctors, specialist and health care services. Senior LIFE's healthcare network includes doctors, specialists, health services and hospitals located in the local community. The doctors you see must be one of our contracted or center-based physicians which could include one of your current specialists.

Senior LIFE primary care physician and nurse practitioners are trained and experienced in working with seniors and treating the unique medical issues that they face such as diabetes, hypertension and Alzheimer's disease.

What happens if I am a member and I have an emergency at home?

If the situation is not life-threatening, members call their on-call nurse. However, if the situation is more serious, call 911, or get to the emergency room. Our team will be involved to ensure care plans are followed during any hospital days.

How much does Senior LIFE cost?

What you pay depends on your eligibility. If you are eligible for Medicaid, there are no monthly premiums, deductibles, or copayments for any drug, service or care approved by your Senior LIFE team. If you are eligible for Medicare but not eligible for Medicaid, a monthly premium is charged. You

Is Senior LIFE the same thing as a nursing home?

Senior LIFE is NOT the same thing as nursing home. The goal of the Senior LIFE program is to keep seniors living safely at home and in the community for as long as possible. Many of our members live in their own homes, senior housing complexes, apartments, or with family.

How does Senior LIFE help older adults stay at home for as long as possible?

Senior LIFE is able to help seniors remain in the comfort of their home by combining services available at our center with home care services and a 24-hour, 7-day-a-week on-call nurse. This helps ensure that members get the care they need, while caregivers get peace of mind.

Article provided by Senior LIFE PA, SeniorLifePA.com.



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Players must be 18 or older. Please play responsibly. Problem Gambling Helpline: 1-800-GAMBLER

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Aging in Place with Home Care Services



Advocating a positive vision of aging, elderhood advocates encourage us to turn a blind eye to the foolish notions so many of our peers hold that portray the aging process as a frightening, panic-inducing, gradual fade away into a kind of subhuman non-existence.

Rather, we are encouraged to think independently and realize aging for what it really is: a natural part of life that should be readily accepted, attended to, and integrated with the many other elements that ultimately construct and define our lives.

After all, age, disease, and disability, as well as long-term care do not define our existence as people; they are but just one aspect of life.

Through contemplative and affirmative thought, eschewing pessimism and choosing optimism and focusing on the positive, you are perfectly poised toward implementing a personal care plan for your life that is inclusive of the major pillars necessary to create a happy, healthy, sustainable, and functioning existence.

Among the major pillars of creating a sustainable healthy life

After all, age, disease, and disability, as well as long-term care do not define our existence as people; they are but just one aspect of life.

ensuring that we are to 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 via 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 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.

The home health care assistance agency that you employ should provide you with the unwavering high-quality care that is on par with the care that you would receive in a skilled nursing facility.

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 care aide experienced in providing this kind of basic assistive care in an effective, empathetic, and kind manner.

To do:

- Before choosing a home 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 depth and breadth of experience required to meet your needs.
- 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.

Home care is a highly utilized service by senior citizens across the country for a variety of factors. In addition to enabling them to live individual lives that are self-reliant and dignified while allowing them to live within the comforts of their home, home health care services are popularly opted for due to their comparatively affordable pricing.

With many home care agencies staffing highly trained and educated professionals who can attend to a multitude of senior-related health concerns, there is often a corresponding range of prices offered.

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 care agency if they are able to guarantee high-quality work in all the areas of most pressing concern to you.

Home health care assistance services can become an important and integral part of your life as you stride through your golden years and plan the next steps for your newest journey, passion, interest, or goal. 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



♥
*Caring for
YOU is our
business.*

When I came home from a Care Facility I needed Home Care. I have never been disappointed with the care I received or the professionalism of the staff. They always arrive when scheduled and display a caring persona. Every worker "cares" about me. None of them leave without asking if there is anything I need. When calling the office its been a pleasure to speak to a Human Being instead of an answering machine. My questions are always answered and proper direction given. The Caring Mission is a True Service Organization that is Professionally Directed and Staffed. The Caring Mission receives my Highest Recommendation.

Consumer from West Alexander



"Your Solution to In-Home Services"

724-222-9905
www.thecaringmission.com

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 care is an invaluable resource that lets 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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Call us at 724.941.8860
www.touchinghearts.com/mcmurray





Service Satisfaction Among Hearing Aid Users

Fifty million Americans have hearing loss. Fifty million. There are more people who have hearing loss, than those who suffer from diabetes, Alzheimer's, autism and osteoporosis combined. While hearing loss is not life threatening, it can take away the quality of your life through isolation, separation and sadness.

A Johns Hopkins medical study also revealed that a mild 25dB hearing loss can increase falling by three times and also plays a role in accelerated brain tissue loss and the development of dementia. Other comorbidities include higher incidence of heart disease, diabetes, arthritis and depression.

With hearing loss becoming a more common diagnosis, why are we so reluctant to seek treatment? Hearing loss comes with a social stigma that contributes to the belief that people who wear hearing aids are old or less intelligent. Other factors are- perceived lack of benefit, denial of hearing loss and avoiding “the label” are reasons why we are so dismissive of the idea.

The average age of hearing aid users is 70. This is not because of aging, but because most people with a loss wait up to 15 years before buying their first hearing aids!

The truth of the matter is hearing loss can affect anyone regardless of age, gender, ethnicity, or social status and not a sign of weakness or lack of abilities.

The onset can be due to various factors including genetics, noise exposure and certain medical conditions.

Research suggests hearing loss may be more prevalent than previously reported. With the increase in noise pollution so prevalent today, many new cases of hearing loss are found even in teens and young adults. Included in the growing number of Americans discovering they have hearing loss are veterans, construction workers, steel mill employees, policemen, firemen, heavy machine operators, factory workers, musicians, and dentists.

How do we stress the importance of treating hearing loss? What barriers need to be broken down surrounding our prejudice behind one of the most life altering treatments?

It begins with understanding better hearing health truly does lead to better overall health.

Encourage your loved ones by following some of these recommendations:

Proud to be part of YOUR community for over 36 years.



Let us help you enjoy the fun times in your life with our Hearing Aid Test Drive™ process.

Here's how it works:

- 1 **Make an appointment** for an initial hearing evaluation
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Experience the gift of better hearing. Following a comprehensive hearing evaluation, we invite you to take our Hearing Aid Test Drive – No Commitment or Deposit Required.



Our gift to you or a loved one: **A \$1,000 Technology Level Upgrade! Call 724-302-3124** to schedule your appointment and experience for yourself how hearing well can make a difference in your overall health.



3 Locations Serving the Greater Pittsburgh Area Washington • South Hills • North Hills

SRGuideFall2023

- Get your hearing tested! Inspire your friends and family to do the same.
- Understand that hearing impairment is recognized as a modifiable contributor to cognitive decline.
- If you have hearing loss, treat it. Visit a hearing health professional at Swift Audiology to learn about hearing aids.
- If you have hearing aids, wear them.
- Speak up about your own hearing loss.
- Show that hearing is something to be valued.
- Protect your hearing and help others protect their hearing by offering earplugs or turning down the volume.
- Appeal to your elected officials to make hearing loss an important part of the national health agenda.

To learn more about hearing health, go to swiftaudiology.com or call 724-302-3124.

*Resources and credits to: The Stigma of Hearing Loss: Margaret I. Wallhagen, PhD, GNP-BC, AGSF, FAANI,2 Copyright Published by Oxford University Press on behalf of The Gerontological Society of America 2009

<https://www.hear-it.org/stigma-about-hearing-loss#:~:text=Hearing%2Dimpaired%20people%20are%20subject,and%20do%20not%20function%20optimally.>

https://www.cdc.gov/nceh/hearing_loss/how_do_i_prevent_hearing_loss.htmlaring protection. <https://nagish.com/post/overcoming-stigma-of-hearing-loss>

<https://www.psychologytoday.com/us/blog/life-hearing-loss/201802/we-must-break-the-stigma-hearing-loss>© Shari Eberts / LivingWithHearingLoss.com. <https://heardothan.com/hearing-resources/stigma-of-hearing-loss/>

Cogniwell lifestyle *

About Swift Audiology - The practice provides hearing loss services, hearing protection, and medical hearing aid devices to patients at 3 convenient offices throughout the Pittsburgh region. For more information, visit swiftaudiology.com, join us on Facebook at facebook.com/swiftaudiology, or call 724-726-4149.





Heel Pain

Don't Delay Treatment

Any kind of pain or injury that affects the foot affects the whole body. Our feet are what connect us to the ground and provide a solid foundation for the rest of the body. When you experience heel pain or injury it's always important to see your doctor if the pain persists.

We asked Dr. Alissa Parker, a podiatrist for Washington Health System Foot and Ankle Specialists, when you should contact a doctor about heel pain.

"Heel pain resulting from injury, persistent heel pain, or heel pain that is worse with activity should be examined by a professional," she says.


If the pain is the result of a minor injury, there are a few things you can try at home to see if the pain will go away on its own.

"Patients can try rest, ice, supportive shoe gear and over the counter anti-inflammatory medications if they are able to do so based on their primary care doctor's recommendations," says Dr. Parker.

There are several conditions that are associated with heel pain. The most common cause is plantar fasciitis. Plantar fasciitis is the inflammation of the ligament that attaches to the bottom of the heel bone and supports the arch of the foot. Another common cause is insertional Achilles tendinitis. This causes pain where the Achilles tendon attaches to the back of the heel bone.

Though these are the most common causes of heel pain, Dr. Parker also sees patients with rarer conditions

"Less common conditions include stress fractures of the heel bone, bone cysts, bone tumors and infections or skin issues," says Dr. Parker.



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Dr. Parker stresses the importance of being proactive about heel pain and not taking a “wait and see” approach.

“A delay in treatment can, in some cases, cause scarring and thickening of soft tissue structures, making conservative treatments less likely to be effective,” says Dr. Parker. “There are also less common causes of heel pain that should not be missed. Proper x-rays of the foot may be necessary.”

Some people are more at risk for heel pain than others. Highly active people, individuals who work on their feet and individuals who work on hard floors generally have more heel impact daily. People who are overweight are more likely to experience heel pain because of the additional weight that their feet need to support.

If you fall into one of these risk categories, or just want to be proactive about preventing heel injury, there are some ways to minimize risk. “Daily calf stretching up to three times per day is a great way to try and prevent heel pain due to plantar fasciitis or Achilles tendonitis,” says Dr. Parker. She also urges those at risk of injury to always wear supportive shoes and take advantage of special inserts and other supportive shoe gear. She also advises against walking barefoot, even at home, for extra protection.

Dr. Alissa Parker is a foot and ankle specialist and surgeon at Washington Health Systems. If you are suffering from heel pain or other foot and ankle issues, talk with your primary care physician about a referral to Washington Health Systems Foot & Ankle Specialists or schedule an appointment at one of our convenient locations by calling (724) 222-5635 or visit whs.org/footandankle.



Adult Day Services

PA Adult Day Services Association..... www.padsa.org

Aging Services

Aging Services of Washington County Washington
..... 724-228-6856 / Toll Free: 888-301-1836

Services include: Senior community centers, Nutrition services, Transportation,
Care management, Ombudsman.

SWPA Area Agency on Aging, Inc..... 724-489-8080

Promote the well-being of older adults with health and social services.

Southwestern Pennsylvania Human Services, Inc.

Charleroi..... 724-489-9100

Alzheimer’s Disease

Alzheimer’s Association - SWPA

1100 Liberty Avenue, Pittsburgh 800-272-3900

Arthritis

Arthritis Foundation

Foster Plaza #11, 790 Holiday Dr, Pittsburgh 412-566-1645

Cancer

American Cancer Society

331 S Main St., Washington 724-222-6911

Grandparents Programs

SW PA Area Aging on Aging Grandparents Program 1-800-734-9603

Health Insurance / Medicare

Medicare Specialists of Pittsburgh (see page 11)

www.medipgh.com **412-343-0344**

Whether you are looking for a Medicare Supplement, Life Insurance, Burial and

Final Expense Insurance, Annuities, Part D, or Long Term Care, we are your one stop shop for all your senior products. Even if you just want us to review your current coverage, we are here for you. Serving Allegheny, Washington, Fayette, Beaver, and Westmoreland Counties.

Pennsylvania Senior Medicare Patrol (PA-SMP)

www.carie.org 1-800-356-3606

If you suspect Medicare fraud in Pennsylvania or have a question about Medicare fraud or abuse, call the SMP at CARIE.

UPMC Health Plan Medicare Advantage Program (see inside front cover)

www.upmchealthplan.com/medicare..... 1-844-692-9141 TTY: 711

We have earned an excellent 5 out of 5 star rating for our HMO and PPO plans from Medicare for 2023. UPMC Health Plan's Medicare advisors are here to help...with information you can understand, and a Medicare Advantage Plan that's right for you.

Hearing

Swift Audiology (see page 34)

www.swiftaudiology.com/hear..... 724-302-3124

With so many hearing aid options to choose from, how do you know which one is the right fit for you? We invite you to try them out before you decide. For 35 years, Swift Audiology, a family-owned practice, has been delivering patient-centered care. Our offices serve the Pittsburgh region: North Hills, South Hills and Washington. Call or visit our website to schedule your risk-free Hearing Aid Test Drive today.

Home Care / Home Health Care / Hospice

The Caring Mission Home Care (see page 31)

Washington Crown Center, 1500 W. Chestnut St. Ste. 744, Washington
TheCaringMission.com..... 724-222-9905

We can provide hands-on care with bathing, dressing, transferring, walking, oral care, hair care, range of motion exercises and feeding assistance. This program brings assisted living to your home, on your terms.

Gallagher (see page 17)
We are here for ALL your Home Health, Home Care & Hospice Needs

Gallagher Home Health Services **412-279-7800**

www.GallagherHomeHealthServices.com: Skilled Nursing, Mental Health Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Social Services, Home Health Aides

Gallagher Home Care Services..... **412-279-2257**

www.GallagherCares.com: Personal Care Services; Companions, Homemaking, Private Duty Nursing, Home Health Aides

Gallagher Hospice..... **412-279-4255**

www.GallagherHospice.com: Hospice and Palliative Care

Senior Life Washington (see outside back cover)

2114 North Franklin Drive, Washington **724-222-5433 TTY: 711**

89 West Fayette St, Uniontown **724-434-5433 TTY: 711**

www.seniorlifepa.com

Senior LIFE (Living Independence for the Elderly) is a “one stop shop” model of care. This state and federally funded Medicare and Medicaid Program provides long-term care for seniors so they can remain living at home and out of a nursing facility. There are no costs for services for those who qualify.

Touching Hearts at Home (see page 32)

501 Valleybrook Rd. Suite #106, McMurray..... **724-941-8860**

www.touchinghearts.com/mcmurray

Caregiver services can be provided from just a few hours up to 24 hours, 7 days-a-week, including weekends and holidays. Services include companionship, personal care/grooming, medication management, transportation, light housekeeping, meal preparation, Alzheimer’s & Dementia care and more.

Medical Equipment & Supplies

McKnight Medical (see page 35)

11 McKean Ave, Charleroi, PA **800-564-9955**

www.McKnightMedical.com

Equipment and supplies of all types including portable oxygen and CPAP supplies, lift chairs and much more. See coupon in advertisement. Insurance accepted.

Orthopedic Health

Washington Health System Orthopedic Care (see inside back cover)

Physician Referral Line..... 724-250-4310

www.whs.org

Our Board-Certified orthopedic surgeons are highly skilled in general orthopedics with a subspecialty in sports medicine, knee, hip and shoulder surgery.

Pharmacy

Curtis Pharmacy (see page 23)

www.curtispharmacy.com See Advertisement for Locations in Washington, Claysville, Connellsville and Carmichaels

We do it for you. With Pak My Meds, there's no pillboxes or multiple prescriptions to fill. Curtis packages all daily meds in single pouches stamped with the day and time to be taken. Then refills them every month for curbside pick-up or free delivery.

Rehabilitation & Skilled Nursing

Encompass Health Rehabilitation Hospitals (see page 20)

Harmarville 877-937-7342

Sewickley 412-749-2396

Encompasshealth.com/pittsburghrehab

Research concludes that term outcomes for inpatient rehabilitation facility patients are superior to skilled nursing facilities. Demand Encompass Health for your rehabilitation needs. They will put you back on your feet.

TownView Health & Rehabilitation Center (see page 1)

300 Barr St., Canonsburg..... 724-746-5040

www.townview.net

TownView offers excellent skilled nursing care, as well as long-term and short term rehabilitation and respite care. All of TownView's services are designed to deliver extraordinary healthcare while promoting comfort and security in a high quality and compassionate environment.

Home Modifications / Home Improvements

Redevelopment Authority of the County of Washington (see page 15)

100 West Beau St., Ste. 603, Washington 724-228-6875, ext 221
www.racw.net

Access Program: Funding for home modifications that allow greater accessibility in and throughout the home for low and moderate income county residents with a permanent, physical disability that limits accessibility in the home, when funding is available and all eligibility criteria are met.

Home Rehabilitation Program: Loans to assist homeowners in making needed repairs and improvements to their houses. Low and moderate income Washington County homeowners may qualify when funding is available and all eligibility criteria are met. Call for more details..

Senior Living / Senior Care Options

McMurray Hills Manor (see page 22)

249 W McMurray Rd, McMurray 724-941-7150
www.mcmurrayhills.com

Over 50 years of compassionate and caring service to our community. Offering skilled nursing, intermediate care, rehabilitation, and hospice. We strive to provide a caring environment for all residents and maximization of their quality of life.

Mon Valley Care Center (see page 24)

200 Stoops Dr., Monongahela..... 724-310-1111
www.monvalleycare.com

Our professional and caring staff is committed to providing the highest quality nursing and rehabilitative services to meet each individual's needs. Our continuing care retirement community offers a range of care from personal care and rehabilitation to skilled nursing, wound care and much more. Medicare/Medicaid Licensed.

Presbyterian SeniorCare Living, Service & Care Options (see page 7)

See advertisement for full list of services and contact information
www.SrCare.org/trust

Western PA's largest aging services provider offering at-home, independent

living, personal care, skilled nursing, Alzheimer’s care, short-term rehabilitation, income-eligible affordable housing and more. You’ll find the respect and person-centered experience you deserve.

Redevelopment Authority of the County of Washington - (see page 18)
Older Adult Apartments

100 West Beau St., Ste. 603, Washington 724-228-6875
 www.racw.net

The Redevelopment Authority is the managing agent for nine elderly housing facilities, totaling 536 units, in Washington County. Two are located in Canonsburg, two in Charleroi, one in Washington, one in California, one in Burgettstown and two in Claysville. Residents must be at least 62 years of age or persons with disabilities. Rents are based on 30% of the adjusted monthly gross income.

Senior Life Washington (see outside back cover)

2114 North Franklin Drive, Washington 724-222-5433 TTY: 711
 89 West Fayette St, Uniontown 724-434-5433 TTY: 711
 www.seniorlifepa.com

Senior LIFE (Living Independence for the Elderly) is a “one stop shop” model of care. This state and federally funded Medicare and Medicaid Program provides long-term care for seniors so they can remain living at home and out of a nursing facility. There are no costs for services for those who qualify.

SeniorCare Network (see page 2)

See advertisement for a full list of locationswww.SrCareNetwork.org
 Washington County: Bellmead Apartments 724-223-5744
 HaveLoch Commons 724-926-3033
 Heritage House of Houston..... 724-745-7480
 The Oaks at Center in the Woods..... 724-938-3788

Apartments for individuals 62 and older. Most utilities included; small pets welcome. Service coordinator at most sites.

UPMC Senior Communities (see page 12)

www.UPMCSeniorCommunities.com 1-800-225-4100

We focus on improving and enriching each resident's life. From independent living, personal care, assisted living, and memory care to skilled nursing and

SGP * HOUSING SERVICES Directory

rehabilitation, we make every resident feel cared for and at ease. For more information or to schedule a complimentary lunch and tour at any of our campuses, please call today!

SGP * CONSUMER SERVICES Directory

Accounting / Taxes

Laura A. Thompson, CPA (see page 8)

4121 Washington Road, Peters Township **724-942-3661**
laura@lastcpa.com

We can guide you through current tax laws and help to ensure the minimization of your overall tax liability and the maximization of your wealth accumulation now and into the future.

Memorials and Monuments

Kurtz Monument Company (see page 22)

267 E Maiden St, Washington **724-225-3940**
www.kurtzmonumentco.com

Dedicated to providing the very best memorials, we take great pride in the quality of our products, workmanship, and service. Every memorial we create is customized to celebrate the life of your loved one. We also offer the area's best prices. Established in 1905.

Senior Services

PA Lottery (see page 27)

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, and more.

Transportation

Mid Mon Valley Transit Authority (MMVTA) (see page 35)

1300 McKean Ave., Charleroi **724-489-0880**
www.mmvta.com

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WASHINGTON HEALTH SYSTEM

whs.org



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