



Laurel Area Faith in Action

Hearts and Hands Helping Seniors



2024



Newsletter

**“When you change the way you look at things,
the things you look at change!”**

Many times we look at life and wish we could make a change. Often we cannot change the way of the big picture. The big picture is not the day to day, your goals and aspirations, how you spend your time, or who you spend it with. I am referring to the larger than life cosmic truths.

The reality is that things will happen beyond your control. This is unavoidable. Things come and they go. That as much as we want to understand it all, life is comprised of inconsistencies and unknowns. What you can change though, is the meaning of those occurrences. You can change how you look at these occurrences and what you become in their presence. And that is an incomprehensible strength.

Nothing is so futile as trying to push over a mountain with your bare hands. Life requires that we either climb it or go around it. Or maybe sometimes we can go through the mountain. To stand in place with outstretched arms, stubbornly refusing to move, hoping that Newton was wrong and waiting for that 10,000 pound pile of rocks to budge is not doing you any favors. In fact it is the definition of insanity, according to Einstein, which is “Doing the same thing over and over and expecting different results.”

I have spent many days knocking on doors that were not meant to be opened. When I finally walked away, it was not because I quit. It was because I found the strength to continue. The courage to move past this obstacle, to grow wings, to level up.

It is easy when we are not paying attention, to be so full of pride, that we will knock on a locked door far to long. Never choosing to walk away and find a new path to life's joy. Continuing to hope that somehow that mountain will move or

that door will open. Continuing to rely solely on ourselves.

Winning and finding success and satisfaction sometimes requires adjusting. It requires innovation and collaboration. When life says “no” it is not a “no” forever, it is a “no” for now. It is a challenge to find a different path or to collaborate with others to make the difference that creates the “yes” where the “no” once stood in the way.

When we stand firm pushing on a mountain or knocking on doors that will not open, we are not permitting ourselves to look beyond “What is” to “What could be.” Obstacles are not a dead-end, but a call to growth and a challenge for creative thinking. Trusting ourselves and our instincts as we journey through life's path can lead us to many challenges as well as many victories.

We often cannot change the way of the big picture around us, but we can change the way we look at things. We can change the way we react to things. This leads to new possibilities to unlock doors, and build new pathways through mountains that once proved to be an obstacle. So by changing the way we look at these obstacles, we can turn the obstacles into opportunities.

We often look at challenges as our failures, however, if we continue to seek new pathways, new partners, new connections, we have not failed. We continue to move forward. To seek solutions and resolutions. To grow, to create possibilities, and ultimately to succeed .

May your journey lead to opportunities for growth and happiness!

Amy



Stay tuned for exciting
changes for
Laurel Area Faith in Action
coming soon!



Are you facing a **REQUIRED MINIMUM DISTRIBUTION (RMD)** from your retirement accounts?

If you have ever wanted to make a significant difference in the life of an aging neighbor, there is no better time than now. Support the mission of LAIVC and save money! Talk with your financial advisor about the possibility of **saving on taxes, avoiding capital gains**, or even building a legacy through giving your **annual required minimum distribution** or setting up **planned legacy giving to LAIVC**. Take steps today to **make a difference** now and for the future.



Are you looking for something FUN to do?
Do you like to help others?
Here is a way you can do both at the same time!
Gather a group of friends and join in the fun!



Come out and have a great time knowing you are helping a senior age in their home!

Live!

Charitable Community Bingo

Benefitting Laurel Area Faith in Action

When: Monday, November 4, 2024

Doors Open: 5:00 PM

Bingo Begins: 7:00 PM

Where: The Venue Live! 5260 US 30, Greensburg PA 15650

Join us in The Venue Live! Monday, November 4th for Charitable Community Bingo benefitting Laurel Area Faith in Action-Hearts and Hands Helping Seniors. The more the Bingo takes in, the higher the amount of Donation we receive! Come out and have fun and help us continue to make a difference.

Tickets are sold at the door!

\$40.00 Admission Includes:

- * 120N Paper Package For Regular Games
- * 60N Paper for B-N-O
- * 60N Paper for Lucky 7
- * 60N Paper for Postage Stamps
- * 60N Paper for Jackpot
- * Free Dauber
- * Additional 60N Regular Games \$5.00
- * Additional 30N Specials (ALL) \$5.00
- * NOT INCLUDED; Early Bird, Winner Take All, & Cookie Jar

All Bingo Games are operated by *MEGA MONEY BINGO* and are not affiliated with Live! Casino Pittsburgh.

LAIVC is an independent 501 C 3 nonprofit corporation. Our Tax Exempt number is 20-438-0836. The official registration and financial information may be obtained from the PA Department of State by calling toll-free within PA 1-800-732-9999.

Needs Assessment

The services that are provided by our volunteers have remained the same for many years. During the first quarter of 2025, we will be conducting a Community Needs Assessment. We will be asking local churches, community centers, as well as individuals to collect and share this information with us. We are looking to ensure that our non-profit is meeting the needs of our communities.

If you are receive a mailing or phone call asking you about "What you need help with?", "What you need help understanding?", and "How can we better provide you with assistance to meet your needs?", please provide thought filled answers so that we can better serve you in the years to come.

Autumn Blessings

May this Autumn bring you a heart full of thanks, as you savor the beauty in every golden leaf and the warmth in every crisp breeze. As the season unfolds, may you find gratitude in the simple moments: a cozy sweater, a warm drink, the vibrant colors that brighten your day. Let the beauty of the changing world around you remind you of the goodness that surrounds your life.

May you be wrapped in the warmth of loved ones, and may your home be a sanctuary of comfort and peace. As you gather the blessings of this season, may your heart overflow with thankfulness for both the big and small joys. Wishing you a season rich in beauty, warmth, and a deep sense of gratitude for all that you hold dear.

Individual Giving Thanks Gala Tickets on Sale Now! Come and feel like the VIP you are!

It is time to feel like a **VIP** at this year's **Giving Thanks Gala**. We have revamped our annual FUNdraising celebration to a gala. Dress up, enjoy a delicious dinner, drink (cash bar available), dance, and be merry as we come together to make a difference in the lives of our senior neighbors.

When: Friday, November 15, 2024

Registration begins: 5:30 PM

Dinner begins: 6:00 PM

Program following decadent dessert

"Trip the light fantastic" to the sounds of DJ Darkshark until 9:30 PM

Tickets are only \$125.00/ person and includes:

- ◆ Delicious Dinner
- ◆ Decadent Desserts
- ◆ Unlimited non-alcoholic beverages (cash bar available)
- ◆ Dance to the sounds of DJ Darkshark until 9:30 PM
- ◆ Making a difference in the lives of our senior neighbors!!!

Individual ticket orders must be received no later than November 1, 2024.

Come and feel like a VIP!

Giving Thanks Gala

Sponsorship Opportunities

Hearts and Hands Helping Seniors-LAIVC

November 15, 2024
LIVE! Casino
5260 US 30
Greensburg PA 15601

SPONSORSHIP OPPORTUNITIES

Platinum Sponsor **\$2,500.00**

- ~ Brief speaking opportunity at Gala (optional)
- ~ Featured in printed press releases
- ~ Live website link to your organization
- ~ Facebook acknowledgment
- ~ Full-page program advertisement
- ~ Annual Report Mention
- ~ Entire Gala Table (8 Complimentary tickets)

Premier Sponsor **\$2,000.00**

- ~ Featured in printed press releases
- ~ Live website link to your organization
- ~ Facebook acknowledgment
- ~ Half-page program advertisement
- ~ Annual Report Mention
- ~ Three-quarter Gala Table (6 Complimentary tickets)

Gold Sponsor **\$1,500.00**

- ~ Featured in printed press release
- ~ Live website link to your organization
- ~ Facebook acknowledgment
- ~ Quarter-page program advertisement
- ~ Annual Report Mention
- ~ Half Gala Table (4 Complimentary tickets)

Silver Sponsor **\$1,000.00**

- ~ Live website link to your organization
- ~ Facebook acknowledgment
- ~ One-eight page program advertisement
- ~ Quarter Gala Table (2 complimentary tickets)

Bronze Sponsor **\$500.00**

- ~ Facebook acknowledgment
- ~ Program listing
- ~ Annual Report Mention
- ~ 1 Complimentary Gala Ticket

Honorable Mention **\$250.00**

- ~ Program listing



If you are interested in becoming a sponsor or purchasing individual tickets for our Giving Thanks Gala, please visit our website at Laurelfia.org, click on the Giving Thanks Gala more information button and follow the link to download the pdf of the registration form. If you are unable to access the website, please call the office at 724-539-4357 and we will send you a registration form via USPS or email.

Do not miss the opportunity to be a Giving Thanks Gala Sponsor.
Sponsorships must be received prior to October 15, 2024
 in order to receive recognition in our press releases, website link,
 and the event program.



Fall Prevention:

Simple tips to prevent falls

By Mayo Clinic Staff



Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall prevention strategies.

1. Make an appointment with your health care provider

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following:

- **Your medications.** Make a list of your prescription and nonprescription medications and supplements, or bring them with you to the appointment. Your health care provider can review your medications for side effects and interactions that may increase your risk of falling. To help with fall prevention, your health care provider may consider weaning you off medications that make you tired or affect your thinking, such as sedatives, antihistamines and some types of antidepressants.
 - **Any previous falls.** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time. Details such as these may help your health care provider identify specific fall prevention strategies.
- Your health conditions. Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider may evaluate your muscle strength, balance and walking style (gait) as well**

2. Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your health care provider. Your provider may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility and muscle strength.

3. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

4. Remove home hazards

Take a look around your home for potential fall hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.

Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

5. Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.



Fall Prevention - Continued



6. Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies. Some solutions are easily installed and relatively inexpensive. Others may require professional help or a larger investment. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.



Annual Volunteer Appreciation Event



Thank you!!

Our Annual Volunteer Appreciation Event was held on Tuesday, August 13, 2024. We had approximately 100 of our wonderful volunteers gathered together at the St. Vincent Basilica Grove. Thank you to the Board of Directors for coming out to serve the volunteers, and the staff for all of their hard work putting the “Picnic themed” event together. A special shout out to St. Vincent Basilica for donating the venue, and to Area Agency on Aging for donating the delicious picnic fare.





SOW

Kindness

reap

Happiness



FALL WORD SEARCH

H J N I F I P J K R F H R E T
A D M B Z O R U E T F J E Y H
L I U F T W O B M V R F W R A
L Y T N B R O T E P A J O E N
O Y U A Z T N Y B C K S L B K
W J A T C J D R S A E I F M S
E G L O F N D S O E L Q N E G
E S W E A T E R E C V L U V I
N C C C I D E R H L A A S O V
S I E D I R Y A H P P T E N I
O W O R C E R A C S U P M L N
W I Y C G V Y A F R G T A W G
N L D T E Y Y K K P I E I X E
J Q R S L X R E B M E T P E S
Y E T E V G Y T H W I C K U J

ACORN
FOOTBALL
NOVEMBER
SEPTEMBER

APPLES
HALLOWEEN
OCTOBER
SUNFLOWER

AUTUMN
HARVEST
PUMPKIN
SWEATER

CANDY
HAYRIDE
RAKE
THANKSGIVING

CIDER
LEAVES
SCARECROW
TURKEY

Simple Harvest Soup

Ingredients:

1 can of pumpkin puree (or 2 cups cooked pumpkin)
1 can of white beans (drained and rinsed)
1 onion (chopped)
2 cloves garlic (minced)
4 cups low-sodium vegetable broth
1 teaspoon dried thyme
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
Salt and pepper to taste
Olive oil



Instructions:

1. **Sauté the Aromatics:** In a large pot, heat a tablespoon of olive oil over medium heat. Add the chopped onion and garlic, cooking until the onion is soft and translucent, about 5 minutes.
2. **Add the Pumpkin:** Stir in the pumpkin puree, mixing it with the onions and garlic. Let it cook for a couple of minutes to develop the flavors.
3. **Combine the Ingredients:** Add the drained white beans, vegetable broth, thyme, cinnamon, and nutmeg. Stir everything together until well combined.
4. **Simmer:** Bring the soup to a gentle boil, then reduce the heat and let it simmer for about 15-20 minutes. This allows the flavors to meld together.
5. **Season:** Taste the soup and add salt and pepper to your liking. If you prefer a smoother texture, you can blend the soup using an immersion blender or a regular blender.

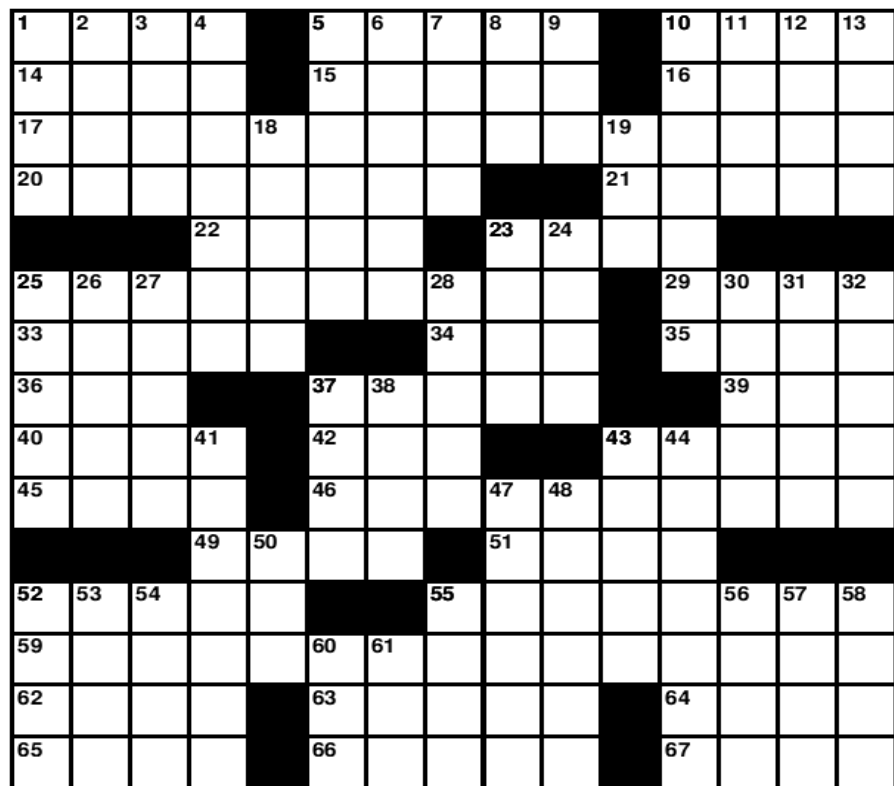
Serve: Ladle the soup into bowls and enjoy it warm. This soup pairs well with a slice of whole-grain bread or a small side salad.

This simple harvest soup is not only easy to make but also packed with fiber, vitamins, and warm fall flavors. It's a comforting meal perfect for a cozy autumn day. This soup is made with common, inexpensive ingredients you likely already have in your pantry, making it both budget-friendly and easy to prepare.



Across

1. Dubai denizen
5. Begged for Bengay
10. Bog down
14. Jazzy Horne
15. Gusts of sound
16. Sounds of disgust
17. *
20. Leaving a mark?
21. First name in talk
22. Ten: Prefix
23. Farrier's fabrication
25. *
29. Sarah Palin's youngest
33. Eroded
34. Langley, VA org.
35. Adam's third
36. Orr's org.
37. Answer for the clues
in 17, 25, 46, and 59
across
39. Padre's hermano
40. Sweet beginning
42. Lord's Prayer opener
43. Gulls' kin
45. Air____: Florida-based
carrier
46. *
49. Potter's oven
51. "Who knows what
____ lurks..."
52. Not subject to
conjecture
55. Kind of stand
59. *
62. Kind of rel.
63. Where comics might
fall
64. Common order, with
"the"
65. Hammer or sickle
66. Actress Rene of
"Ransom"



© 2008

Down

Down

1. Pennies for the poor
2. Jackie Wilson hit --
"____ Petite"
3. "I" in "The King and
I"
4. "I wouldn't advise it!"
5. Sunflower relative
with healing
properties
6. French brandy
7. Big bass, slangily
8. Elizabethan or
Victorian
9. High-speed WWW
access
10. Jim Henson's
menagerie
11. Stravinsky or

12. 'Cheers' costar
Perlman
13. Bk. before Job
18. Kryptonian, in a way
19. Elton's john
23. Follows behind the
boat
24. It's packed by
gangsters
25. Art able to
26. "None of the above!"
27. Scooby's spectacled
sidekick
28. Once and future oak
30. Old, but new again
31. Turner autobiography
32. Questionable radar
return
37. Barnyard birds
38. Bring to naught

41. Old school desk
accessory
43. Singer Lopez
44. Moon shadow?
47. Fundamental beliefs
48. "In spite of that..."
50. Mich. neighbor
52. Make socks, maybe
53. Taboo
54. Sergeant Snorkel's
sidekick
55. Bears of Barcelona
56. Transcript figs.
57. Traditional source for
paper or rope
58. Deuce follower
60. "All Things
Considered" ainer
61. Sch. founded by a
televangelist

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)



Embrace Fall: A Season of Change and Growth

By: Taylor Ramezan, Director of Marketing

As the air turns crisp and leaves transform into vibrant hues of red, orange, and gold, Fall gently reminds us that change is not only inevitable but also beautiful. This season of transition invites us to reflect on our own lives and embrace the opportunity for personal growth and renewal.

Just as the trees shed their leaves to make way for new growth in the spring, Fall encourages us to let go of what no longer serves us. It's a time to release old habits, outdated beliefs, and any lingering doubts that may be holding us back. In doing so, we create space for new possibilities, fresh perspectives, and a renewed sense of purpose.

Fall is also a season of abundance. The harvest brings an array of fruits and vegetables, symbolizing the rewards of our efforts throughout the year. It's a reminder that our hard work and perseverance pay off, even if the fruits of our labor aren't immediately visible. As we gather the harvest of our own lives—whether it's achievements, lessons learned, or personal growth—we can take pride in how far we've come and feel inspired to keep moving forward.

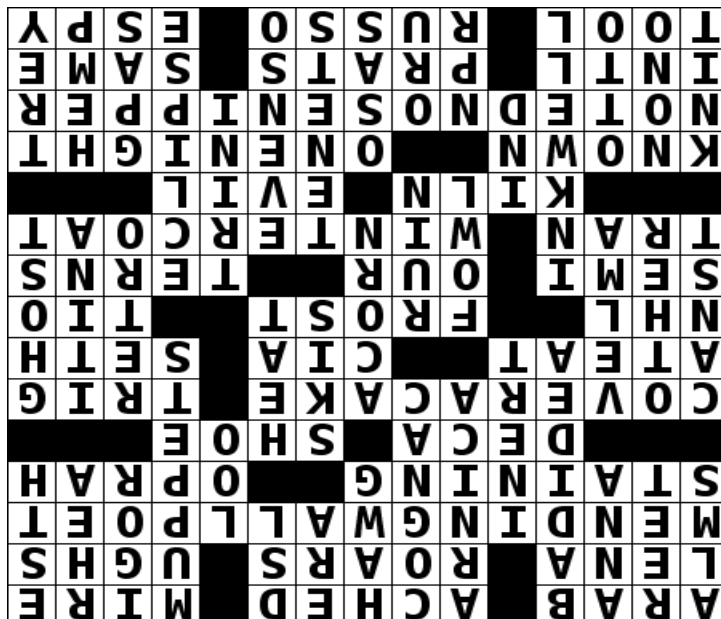
This season invites us to slow down, savor the moment, and appreciate the beauty of change. Whether it's cozying up with a good book, taking a walk in nature, or spending time with loved ones, Fall offers countless opportunities to connect with ourselves and others.

As we embrace the season of change, let's celebrate the growth that comes with it. Together, we can welcome the new possibilities that Fall brings, knowing that each change is a step toward becoming the best version of ourselves.

Wishing you a season filled with warmth, growth, and joy!

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DIY Fall Leaf Garland for Tabletops

What You'll Need:

Dried or fabric leaves (you can gather real ones from outside or use decorative fabric leaves you may have at home)

String or twine

Clothespins, paper clips, or tape

Scissors

Instructions:

Prepare the Leaves: If using real leaves, make sure they are clean and dry. If using fabric leaves, they're ready to go!

Cut the Twine: Measure out a length of twine or string that fits your table or surface where you want to display your garland.

Attach the Leaves: Using clothespins, paper clips, or tape, attach the leaves to the twine. Space them evenly along the string, or bunch them together for a fuller look.

Customize: You can add small, lightweight decorations like pinecones, acorns, or even cut-out paper shapes between the leaves to add variety and charm.

Display Your Garland: Lay the garland across a table, shelf, or dresser.

This simple decoration uses items you likely already have, making it a quick, inexpensive, and easy way to bring the beauty of Fall into your home.



10 Lessons We Can Learn from the Leaves

By: Taylor Ramezan, Director of Marketing



1. **Embrace Change:** Just like leaves transform in Fall, change can be beautiful. Don't be afraid to evolve.
2. **Let Go:** Sometimes, letting go of the old makes room for new growth and opportunities.
3. **Stay Grounded:** Even as they fall, leaves stay close to their roots. Remember where you come from.
4. **Shine Bright:** Leaves show their true colors in Autumn—don't be afraid to let your true self shine.
5. **Enjoy the Season:** Each season brings something special. Enjoy the moment you're in.
6. **Dance with the Wind:** Go with the flow, and find joy in life's unexpected turns.
7. **Support Others:** Leaves work together to create a beautiful canopy. Support those around you.
8. **Rest and Renew:** After a vibrant display, leaves rest. It's okay to take time to recharge.
9. **Celebrate Your Journey:** Every leaf's fall is part of its journey. Celebrate how far you've come
10. **Trust the Process:** Just as leaves know when to fall, trust that everything happens in its own time.

JAN.–AUG. 2024 BY THE NUMBERS



331 ACTIVE RECIPIENTS



Fun for Seniors

**350+ OPPORTUNITIES FOR
SOCIALIZATION**



229 PROGRAM VOLUNTEERS



**150+ SPECIAL PROJECT
VOLUNTEERS**



3,254 SERVICES



6450 HOURS



How do I qualify to be a recipient?

- ◆ Be ages 60 or older
- ◆ Live in Latrobe, Unity Township, Derry, Derry Township, Ligonier and Ligonier Township areas
- ◆ Be mobile enough to get in and out of home and into and out of transportation
- ◆ Fill out, sign, and submit application. Application can be printed from our website Laurelfia.org or call and request one from our office at 724-539-4357.

ALL services are provided FREE of charge. There are no income or asset restrictions.



Visit our website for more
information at
www.Laurelfia.org or scan
the QR code



LAIVC is a United Way Partner Agency and has received a grant from the Non-designated Community Impact Fund.
LAIVC designation #1462314.



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Nonprofit Organization
U.S. Postage PAID
Latrobe, PA
Permit No. 59



Hearts and Hands Helping Seniors

LAUREL AREA FAITH IN ACTION

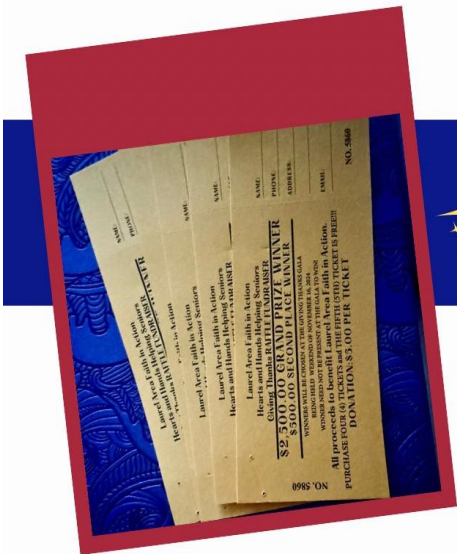
TICKETS:

\$5 EACH

OR

5 FOR \$20

**\$2,500
GRAND
PRIZE!**



Together we can combat loneliness and
depression among our aging community
members.

How to make a difference by purchasing a
ticket:

1. Venmo @LaurelFIA
2. Call: 724-539-4357
3. Mail: Cash or Check to LAIVC, PO Box 852,
Latrobe PA 15650

If you purchase through Venmo, please give our
office a quick call so that we can send out your
ticket. When using Venmo, the tip is optional to
cover processing fees.

Thank you for helping a senior neighbor AGE
IN THEIR HOME!

If you are unable to purchase a ticket, please
share this opportunity and help us spread the
word.

Drawing will be held on November 15th, 2024 at
our Giving Thanks Gala.