



Hearts and Hands Helping Seniors Laurel Area Faith in Action Summer 2026 Edition



This year, America celebrates its 250th birthday. It is a time to reflect on where we have been as a nation, honor those who came before us, and give thanks for the freedoms we enjoy today.

Freedom is something many of us rarely stop to think about. It is woven into the ordinary moments of daily life: choosing where to live, visiting friends, attending worship services, volunteering, shopping for groceries, or simply deciding how to spend our day. These everyday freedoms are possible because generations of Americans were willing to sacrifice, serve, and work for something greater than themselves.

As we celebrate this milestone anniversary, we are reminded that freedom comes at a cost. It must be valued, protected, and passed on to future generations. While we often think of freedom in terms of our nation, we also see it in the lives of the people we serve every day.

At Hearts and Hands Helping Seniors, we meet older adults who treasure their independence. They want to remain in the homes where they raised their families, shared holiday meals, celebrated milestones, and created a lifetime of memories. They want to continue attending church, visiting friends, caring for a beloved pet, or simply sitting on a porch that has felt like home for decades.

Yet for many seniors, maintaining that independence becomes more difficult with age. A lack of transportation, health challenges, or the loss of a spouse can slowly chip away at the freedom many of us take for granted.

That is where Hearts and Hands Helping Seniors comes in. Every ride provided by a volunteer, every friendly visit, every connection to resources, and every act of support helps an older adult maintain something precious: the freedom to remain independent, connected to their community, and in control of their own life. We are not just helping people get from one place to another. We are helping them continue living life on their own terms.

As we celebrate 250 years of American freedom, we are grateful for the opportunity to help preserve that same spirit of freedom for our senior neighbors. It is a privilege to witness the kindness of volunteers, the generosity of donors, and the strength and resilience of the older adults we serve.

Freedom is not only found in history books or national celebrations. Sometimes it looks like a ride to a doctor's appointment, a visit from a caring volunteer, or the ability to stay in the place that feels most like home.

Thank you for helping us protect that freedom every day.

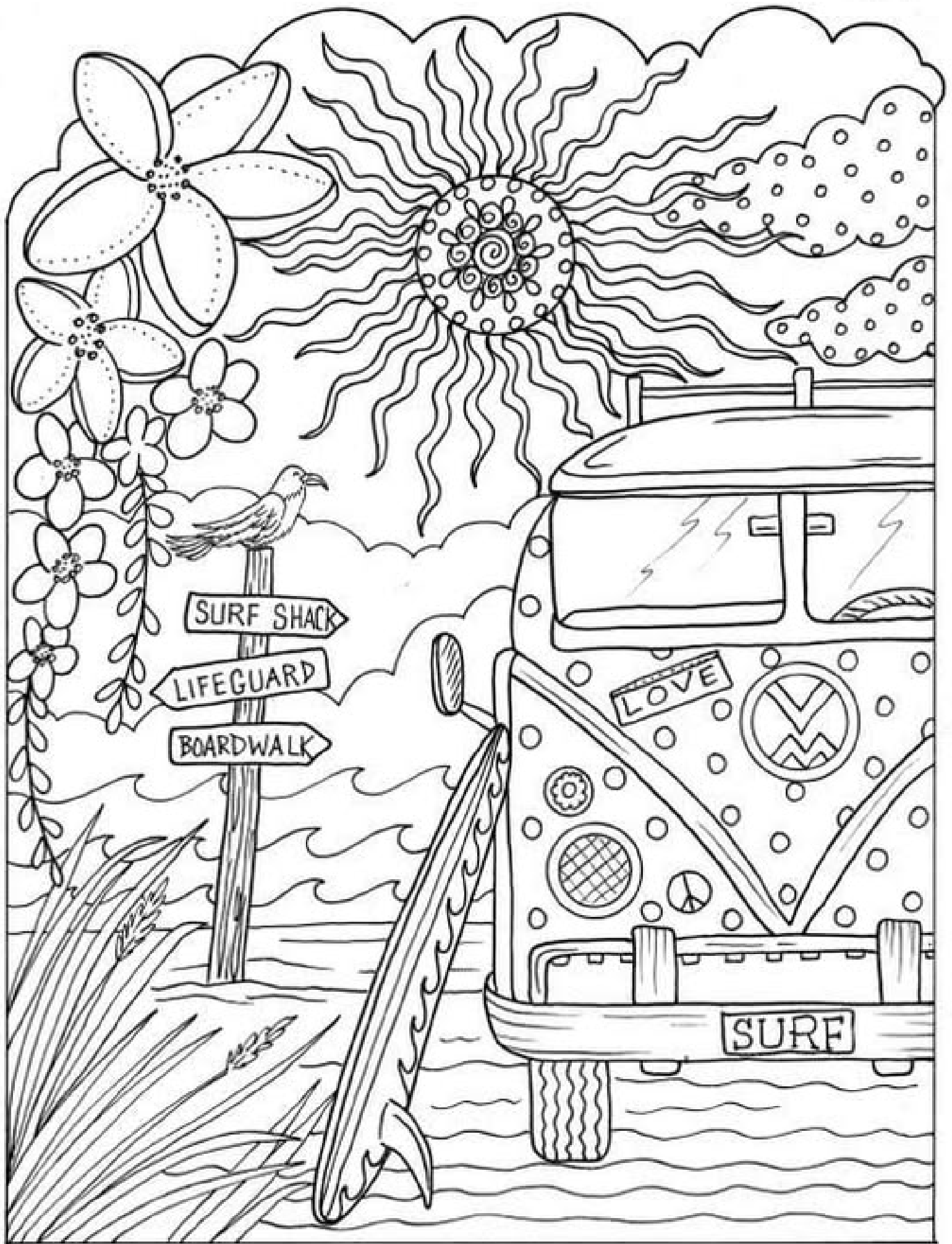
Happy 250th Anniversary, America.

Grace and Peace,

Amy

Amy Williams
Executive Director





E-MAIL
NEWSLETTER



We're Going Digital: Quarterly Newsletter Now Delivered Electronically

We are excited to share that our quarterly newsletter is going electronic! This change allows us to:

- Provide you with timely updates and news more efficiently
- Reduce our environmental impact by using less paper
- Be more financially responsible by saving printing and postage costs
- Offer a more interactive and accessible reading experience

Starting with our Summer 2026 edition, you will be able to read our newsletter through a link on our website — Hearts and Hands Helping Seniors.org or Laurelfia.org — and via a link posted on our Facebook page.

We will continue to send our newsletter to our recipients via USPS. If you would like to be added to the mailing list for the newsletter, please contact us at 724-539-4357.

Thank you for helping us make this sustainable transition and for being a valued part of our community!



Summer's Gentle Glow

Summer's Gentle Glow
by: Amy Williams

Summer hums in golden light,
Fireflies dance into the night.
Warm winds whisper through the trees,
Carrying laughter on the breeze.
Gardens bloom in colors bright,
Children play till fading light.
Clouds drift slowly through the blue,
While every day feels fresh and new.
Porch swings sway at evening's end,
As quiet moments softly blend.
Summer leaves a gentle glow,
In every memory we hold.





Summer Southwest Pasta Salad

☀️ Easy, affordable, and made with pantry staples. ☀️



Ingredients

- 1 box pasta
- 1 can black beans, drained
- 1 can corn, drained
- 1 can diced tomatoes, drained
- 1/4 cup diced onion
- 1/3 cup Italian dressing
- Salt and pepper to taste
- Optional: shredded cheese or canned chicken



Great side dish

Good food brings us together.

Directions

1. Cook pasta and let it cool.
2. In a large bowl, mix pasta, beans, corn, tomatoes, and onion.
3. Stir in Italian dressing.
4. Add salt and pepper to taste.
5. Chill if possible and serve cold.



Makes a simple, refreshing summer meal for families.



Summer Holidays

WORD SEARCH

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

CANOEING
SPRINKLER
READING
GAMES
FRIENDS
PICNICS
JULY

LAKE
POOL
BOOKS
SWIMMING
FAMILY
BARBECUE
HOLIDAYS

BONFIRES
BEACH
PUZZLES
BIKING
LEMONADE
STRAWBERRIES
TRAVELING

COTTAGE
HAMMOCK
SUMMER CAMP
SPORTS
POPSICLES
WATERMELON
VACATION

CAMPING
RELAX
HIKING
MEMORIES
ICE CREAM
AUGUST
ROAD TRIPS

Staying Safe During Summer Storms

Summer storms can come up quickly. One minute the sky is clear, and the next there may be heavy rain, strong winds, lightning, or even a power outage. Taking a little time to prepare can make the situation much easier to handle.



Before the Storm

Keep a few basic supplies together in an easy-to-reach place. Flashlights, extra batteries, bottled water, nonperishable food, a first-aid kit, and several days of medication are all helpful to have on hand.

Charge your cellphone when storms are expected, and keep important phone numbers written down. It is also a good idea to bring in outdoor furniture, flowerpots, and decorations that could blow around in high winds.

Anyone who depends on medical equipment that uses electricity should have a backup plan. Letting a trusted family member, friend, or neighbor know that you may need help can also provide peace of mind.

During the Storm

Stay inside and away from windows. Avoid using showers, sinks, or electrical appliances while lightning is nearby.

Keep an eye on local weather reports and alerts. If a tornado warning is issued, move to a basement or an interior room on the lowest floor of your home.

Never try to walk or drive through flooded areas. The water may be deeper than it looks, and the road underneath may be damaged.

If the power goes out, use flashlights instead of candles and try to keep refrigerator and freezer doors closed.

After the Storm

Be careful when going outside. Watch for fallen branches, broken glass, standing water, and downed power lines.

Check in with family, friends, and neighbors, especially anyone who lives alone. Do not try to lift heavy branches or handle major cleanup by yourself.

Take pictures of any damage before cleaning up or making repairs. When in doubt about food that has become warm, it is safest to throw it away.

A little preparation can go a long way and help make summer storms less stressful for everyone.



CREATE A *Legacy* OF *Care and Compassion*

Your generosity today can bring hope, dignity, and support to an aging neighbor—and leave a lasting impact for generations to come.



CARE TODAY.

Help seniors in our community live independently and with dignity.



PLAN FOR TOMORROW.

Consider including LAIVC in your will, trust, or retirement plan.



LEAVE A LEGACY.

Your gift will continue to make a difference—now and for years to come.



**Hearts and Hands
Helping Seniors**

Helping today. Hope for tomorrow.



Scan the QR code to visit our website and make a difference in the life of an aging neighbor. Simply click Donate. Every donation makes a difference, thank you for caring.

Create a Legacy of Care and Compassion

For many older adults in our community, the things most of us take for granted can become difficult. A ride to the doctor, help getting groceries, or simply hearing a friendly voice can make a real difference in someone's day.

You can help make sure our aging neighbors do not feel forgotten or alone.

If you are required to take a **Required Minimum Distribution, or RMD**, from your retirement account, you may be able to use all or part of that distribution to support the work of LAIVC, doing business as Hearts and Hands Helping Seniors.

Your gift could help provide transportation to an important medical appointment, deliver food to someone who cannot get out, or offer companionship to a senior who may have very little contact with others.

A conversation with your financial advisor may help you learn more about charitable giving options and possible tax benefits.

A Gift That Continues to Help

You may also choose to remember LAIVC in your will, trust, retirement account, life insurance policy, or other beneficiary designation.

Planned gifts help make sure Hearts and Hands Helping Seniors will be here for years to come, ready to help older adults remain safe, independent, and connected to their community.

A gift does not have to be large to matter. Every gift helps. Every gift becomes part of a ride given, a telephone call made, a meal delivered, or a moment when someone realizes they are not alone.

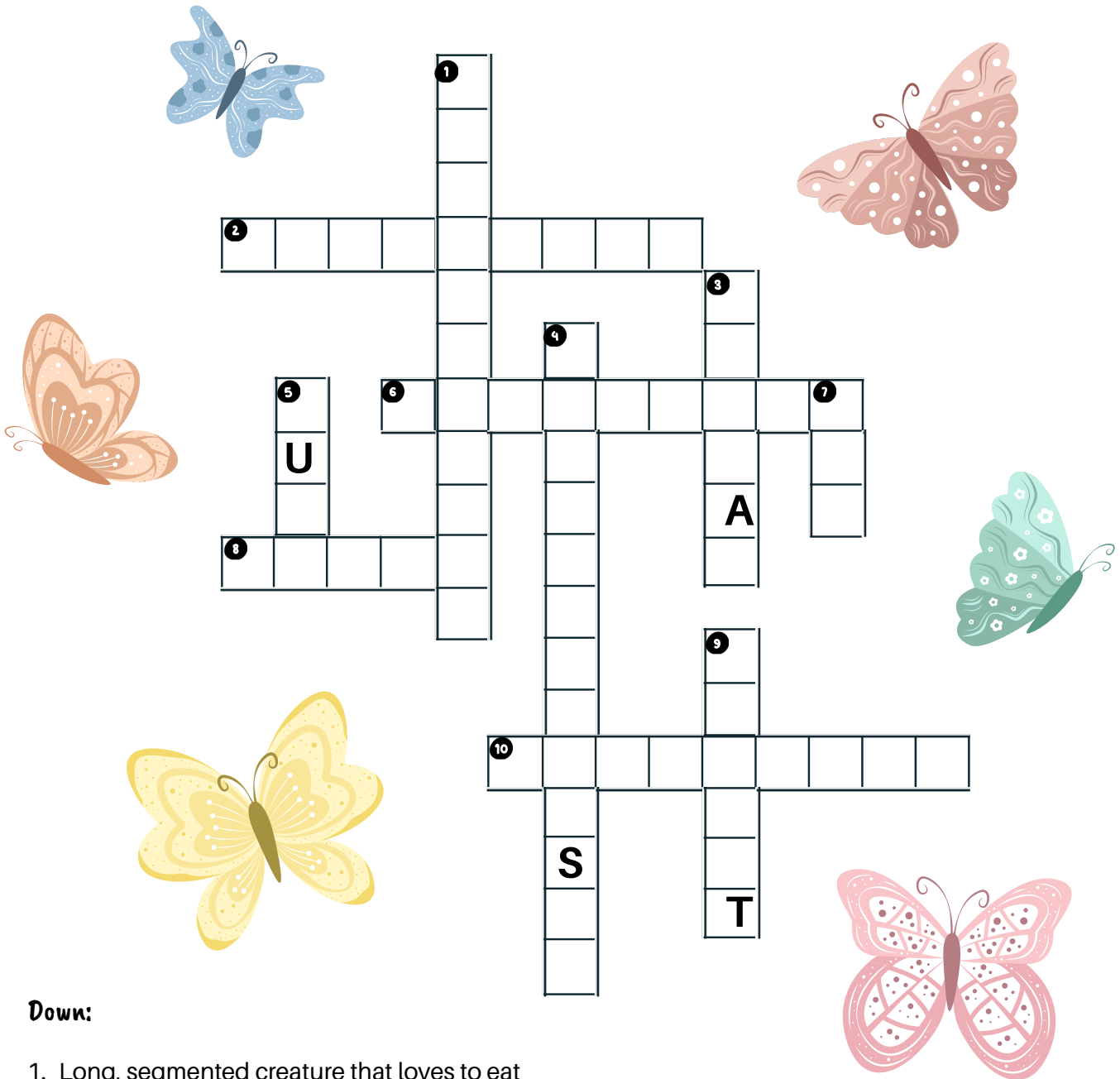
Your Values. Your Legacy.

A **legacy gift** is a simple but powerful way to show what matters most to you. It reflects your compassion, your faith, and your concern for the people who call this community home.

Please consider speaking with your financial advisor or estate attorney about including LAIVC in your plans. You are also welcome to contact our office with questions.

The kindness you share today can continue helping others for many years to come.

All About This Colorful Creature



Down:

1. Long, segmented creature that loves to eat leaves.
2. Sweet liquid found in flowers.
3. Process of transformation from one stage to another.
4. Third stage of a butterfly's life where it transforms inside a protective case.
5. Beginning of life for a butterfly.
6. Has six legs and three body segments.

Across:

2. It's me... a colorful insect with delicate wings it uses to fly.
6. Journey of a butterfly from egg to adult.
8. Second stage of a butterfly's life.
10. Stage the caterpillar undergoes its metamorphosis.



Keeping the People We Love Close

Life can get busy, and before we know it, days or even weeks may pass without really talking to the people who matter most. We may exchange a few text messages, like a picture on social media, or send a quick heart emoji. Those small gestures are nice, but they are not quite the same as hearing someone's voice or sitting together and sharing a real conversation.

Sometimes connection begins with something very simple. A phone call. A cup of coffee. A visit on the porch. A handwritten card that says, "I was thinking about you." It does not have to be planned perfectly or take a great deal of time. Often, just making the effort means more than we realize.

Screens help us stay in touch, especially when family and friends live far away. But they can also become a distraction when we are together. Putting the phone aside for a little while gives us a chance to slow down and truly listen. We notice the smile behind someone's words, the pause in their voice, or the story they have been waiting to share.

Not every conversation needs to be deep or serious. Some of the best talks are about ordinary things: what is growing in the garden, a favorite recipe, a funny memory, a television show, or something that happened during the day. These simple moments often become the ones we treasure most.

There are also times when someone may need a safe place to talk about a worry, a disappointment, or a hope for the future. We do not always need to have the right words or know how to fix everything. Sometimes being present, listening, and saying, "I am here," is enough.

Friendships and family relationships can change over time. People move, schedules become fuller, and life takes unexpected turns. Even close relationships may grow quiet for a while. That does not always mean the connection is gone. A kind message or a sincere phone call can be the beginning of finding our way back to one another.

It is easy to assume that someone is too busy or that they will reach out when they have time. They may be thinking the same thing. Taking the first step can feel a little awkward, especially when a long time has passed, but most people are simply glad to know they have been remembered.

Keeping relationships strong is not about having perfect conversations or being together all the time. It is about showing up when we can, staying curious about one another's lives, sharing the important things and the everyday things, and making room for laughter, honesty, and care.

A few quiet minutes of real conversation can remind us that we are not alone. It can strengthen a friendship, bring family members closer, or simply make an ordinary day feel a little warmer. Sometimes the best gift we can give someone is our undivided attention and the comforting reminder that they still have a place in our lives.



Donor Bill of Rights

We all receive so many requests for donations each year. It is difficult to decide which organization to support. We want to ensure that you have full confidence when donating to Hearts and Hands Helping Seniors—Laurel Area Faith in Action. We want to share with you the Donor Bill of Rights we live by when making decisions for our organization.

1. To be informed of the organization's mission, of the way the organization intends to utilize donated resources, and of its capacity to use donated resources for their intended purposes.
2. To be informed of the identity of those serving on the organization's governing board, and to expect the board to exercise prudent judgment in its stewardship responsibilities.
3. To have access to the organization's most recent financial statements.
4. To be assured their gifts will be used for the purposes for which they were given.
5. To receive appropriate acknowledgment and recognition.
6. To be assured that information about their donations is handled with respect and with confidentiality to the extent provided by law.
7. To expect that all relationships with individuals representing organizations of interest to the donor will be professional in nature.
8. To be informed whether those seeking donations are volunteers or employees of the organization.
9. To be ensured that their name and information included in mailing list will not be shared.
10. To feel free to ask questions when making a donation and to receive prompt, truthful and forthright answers.



Compassionate Hearts



Connecting Hands



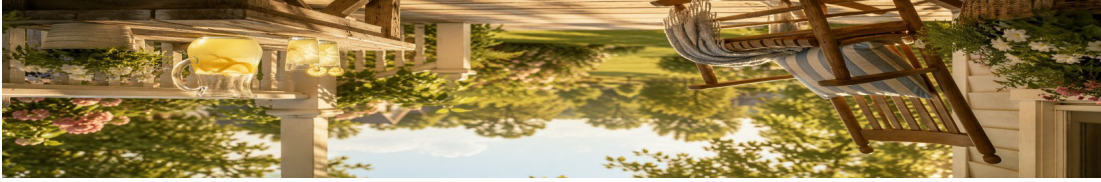
Creating Hope



Many older adults in our community still need a safe ride to a medical appointment, help getting groceries, a reassuring phone call, or simply the comfort of knowing someone remembers and cares about them.

Please open your heart and consider opening your wallet to support Hearts and Hands Helping Seniors. Your gift, no matter the amount, helps us continue providing the assistance, companionship, and hope that allow seniors to remain safely and independently in the homes they love.

The Needs of Our Senior Neighbors Do Not Take a Vacation



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