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Guide to Good Health

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Senior Living Options, Medicare, Memory Care, Senior Resources

See pages 32-43

St. Clair Hospital Diabetes Center: Education, Collaboration, and Care

Heritage Valley BreastCare Program

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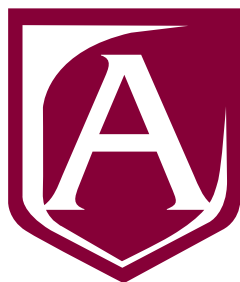
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Don't Miss Your Shot to Fight the Flu!

The Center for Disease Control and Prevention (CDC) cautions of a potentially severe Influenza season this year in the United States, so the Allegheny County Health Department is taking preventative measures by educating the public about the flu.



and have symptoms—which means approximately 100,000 residents of Allegheny County will become ill with the flu. Others will get it and show no symptoms but could still be contagious. Being healthy in all aspects—by eating healthy, getting proper rest, exercising regularly and reducing stress—can help boost the immune system, reduce the chance of getting sick and lower recovery time.

The flu season typically runs from October through May, with the peak often coming in February. Since the vaccine is most effective in the first six months following the shot, the best time to get it is before the end of October. Cases can occur as late as May, so even people who don't get it in October should still get it later in the season. Getting the vaccine not only protects the individual, but their family and their community.

The CDC is warning of a severe flu season because last season was abnormally mild, the result of the pandemic and the onset of social distancing and masking. The Health Department advises the public to wash their hands regularly, get vaccinated, cover up when coughing and keep those masks handy. Masking protects you when you are healthy and others when you are sick.

Studies show that 8 percent of the population will get influenza

80 years, but we understand that some people have questions and concerns. We are here to listen and to provide evidence-based answers. Knowledge is power, and we want everyone to have the correct information when deciding what's best for themselves and their loved ones.

> For answers to frequently asked questions about the flu and the vaccine, visit AlleghenyCounty.us/Influenza or contact (412) 578-8062.

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Kicking Seasonal Depression to the Curb: Setting good fitness values throughout the winter season

by Katy Walker

With the colder months just around the corner, it is time to set good fitness values this winter season.

Setting good values during the coldest part of the year will help increase your energy levels and fight the inevitable fight against seasonal depression.

Seasonal depression symptoms include the feeling of sadness, lack of energy, loss of interest in daily activities, and weight gain. Individuals tend to miss out on social interactions, stay inside more, and feel emotionally drained due to the cold weather and lack of sunshine. This winter season, write down at least three values that you want to live by to achieve your fitness goals. An example of values you could implement is moderation, balance, and a healthy life.

This winter, get 30 minutes of daily cardiovascular exercise and two or more days of strength training targeting 8-10 muscle groups per week. Sticking to the daily standards of exercise will help increase energy levels and maintain well-being across the cold season. Remember, if you do not have the time to get a full workout in, split it up! Perform 10 minutes of exercise every hour if you can, whether it be a moderate jog between meetings or a few sets of sit-ups at your desk. In addition, make sure you set an alarm reminding you to get up and move, accomplishing and incorporating these daily tasks will give you more energy and improve your well-being.

Still not sure how to begin or maintain your wellness journey this winter? Begin by collecting your thoughts about what values you stand by and write them down on a piece of paper. Take your list and put them in a place you will see them daily. This can be on your



desk, your refrigerator, or on your mirror. Keep these values up throughout the winter season to remind you how important it is to be consistent with your fitness routine to kick seasonal depression to the curb. Sticking to your goals this winter season does not need to be hard. Make it fun!

Start a challenge with your friends and family to see who gets the most steps in a week or download a free fitness app to measure your progress and make a game out of it! There are plenty of ways to make fitness fun. I encourage you to stick to your values you have set for yourself and stay active this winter season.

Last but not least, remember that there is a large community of wellness professionals all around you. Visit your local recreation or wellness center to get started and find a routine that works best for you!



Katy Walker is a Fitness Supervisor, Township of Upper St. Clair. She can be reached at kwalker@twpusc.org or (412) 221-1099 ext. 6190.

Personality Type Can Affect Your Health

Our personality influences the way we feel, think, and interact with others and the world around us. More importantly, it can also affect our health. Here are some common personality traits and how they impact a person's well-being:

Optimists have a more positive outlook and are generally healthier, and even when they do get sick, their attitude can help them accept it better and possibly even deal with it with humor.

Neurotics are generally anxious and experience negative feelings such as fear and anger. This can result in mood disorders like depression and anxiety, and can also be responsible for heart disease or strokes.

Introverts tend to be pensive and empathetic, and are good listeners; however, they must be careful of too much seclusion because it can lead to loneliness and mental health issues.

Extroverts, on the other hand, tend to be healthier because they have more social connections. They also adapt well to changes and have a higher sense of well-being. In addition, people who socialize more often tend to have stronger immune systems.

People-pleasers are accommodating and eager to please. This can be good because people are attracted to them and create a support group, but can also be negative because they hesitate to stand up for themselves, which can result in stress.

Impulsive personalities make rash decisions that may not always be best for them. They are also prone to taking risks without thinking of the consequences, which can lead to unhealthy activities like alcohol or drug abuse.



The St. Clair Hospital Diabetes Center Provides Education, Collaboration, and Care

By Andrew Wilson

When a person has diabetes, there are a lot of important numbers to be aware of. They need to be aware of their blood sugar reading, insulin dosage, and A1C levels. Perhaps the most sobering numbers are that approximately 37 million Americans have diabetes – that’s about one in every ten people – and according to the American Diabetes Association (ADA), 8.5 million are undiagnosed.

November is National Diabetes Month, and if there is one thing that Allison Caparoula, MS, RDN, CDCES, a diabetes educator with St. Clair Health, would like to impart to the public, it’s that diabetes education is an important tool in managing diabetes.

“Diabetes self-management training is underutilized,” she said. “People come in expecting a lecture, but it is a collaborative process. We want to support them in any way we can.”

There is a lot to learn about diabetes. First, there isn’t a single type, and which type you have will determine how best to treat it. It begins with insulin, a hormone produced in the pancreas that helps the body regulate the amount of sugar in the blood. For some people with diabetes, the pancreas doesn’t produce enough insulin and for others it doesn’t produce any at all.

“The main differences are that Type 1 diabetes is an autoimmune condition where the pancreas stops producing insulin,” said Caparoula. “This type always results in patients needing insulin injections.” She added that this was originally referred to as “juvenile diabetes” because it was most commonly diagnosed in children under 21, but the reality is that Type 1 diabetes can be diagnosed at any age and 110 people are diagnosed with Type 1 every day.

Type 2 diabetes, which was once referred to as “adult-onset diabetes” is the most common type with approximately 28 million people in this category.

“Type 2 is marked by insulin resistance,” she said. “The body may be making insulin, but it isn’t making enough. There are a variety of medications available for this type of diabetes.”

The third type is gestational diabetes, a form that affects women during pregnancy.

“This is caused by hormones, and most often resolves when the baby is born,” said Caparoula. “Though there is an increased risk for developing Type 2 diabetes later in life.”

As a diabetes educator, Caparoula says that the first step after being diagnosed is to focus on the basics, what she refers to as “survival skills.”



“We teach patients how to check their blood sugar regularly, take the correct amount of insulin, and how best to deal with low blood sugars,” she said, adding that training produces great benefits. “Training can lower your A1C, improve your quality of life, and help reduce hypoglycemia, or low blood sugars.”

A1C is a simple blood test that measures a person’s average blood sugar over a three-month period. People with higher A1C numbers are more likely to develop diabetes complications like heart disease, kidney disease, nerve damage, and

vision loss, to name just a few of the more common complications.

“The most challenging aspect for most people is nutrition,” said Caparoula. “Learning when to eat, what to eat, and how much to eat takes some adjustment.”

There are advances in the treatment of diabetes on the horizon. Continuous glucose monitoring (CGM) has been around for several years, but the technology is really improving, particularly when connected to an insulin pump.

“A hybrid closed loop system is when insulin pumps work with a continuous glucose monitor to make adjustments to insulin delivery to help prevent high or low blood sugar,” she said. “Long-acting insulin that can be taken once weekly is being studied.”

There is also work being done on a closed loop insulin pump that can deliver both insulin and glucagon to prevent both high and low blood sugars. Nasal glucagon that can be administered quickly via a nasal spray was approved by the FDA in 2019 and offers a great alternative to the old glucagon kits that involved mixing components to make it usable.

Even with all of these advances, the best way to manage diabetes begins in the present with education and training.

“St. Clair has been recognized by the American Diabetes Association (ADA) for meeting and exceeding standards for diabetes care,” Caparoula said. “The ADA recommends diabetes self-management training at diagnosis, yearly, and if there are any changes in care.”

> The **St. Clair Hospital Diabetes Center** is located at **St. Clair Health’s Village Square Outpatient Center**, 2000 Oxford Drive, Bethel Park. Whether you’ve recently been diagnosed or have had diabetes for years, the expert team of certified diabetes educators and registered dietitians will work in coordination with your physician to help you manage your condition. Learn more by calling **(412) 942-2151**.

“Diabetes self-management training is underutilized. People come in expecting a lecture, but it is a collaborative process. We want to support them in any way we can.”

-Allison Caparoula, MS, RDN, CDCES, diabetes educator, St. Clair Health

The PAT Center at WHS Reduces Pre-Surgery Anxiety Through Testing and Education

By Andrew Wilson

For the average person, going to the hospital for surgery can be intimidating. Not only is there anxiety about the procedure itself, but there may also be a thousand questions.

“Where do I go?” “Will the procedure take long?” “How long will I be under anesthesia?” “What will my recovery be like?” And the list goes on.

The PAT Center at Washington Health System (WHS) can answer these questions and many more. PAT stands for Pre-Assessment Testing, but the center does much more than just pre-testing patients for surgery.

“Our patients have anxiety about coming to the hospital, but the PAT Center is located near the outpatient surgery center, so they will become familiar about where they are going the day of their surgery,” said Erin Hoy, assistant manager of the PAT Center. “They will also get familiar with some of the faces they will see on the day of surgery.”

Hoy says the average visit lasts between 45 minutes to an hour. The typical tests involve a physical exam, which likely includes blood work and an EKG (electrocardiogram), but there may be additional tests needed depending on the procedure. Testing is only part of it, though.

“At the PAT Center, we not only do testing, but we also provide patient education,” Hoy said. “We teach post-op breathing exercises, protein supplements you might want to take, and how to manage any pain you might experience.”

There is also the opportunity to meet with healthcare professionals who will provide care for the patient before, during, and after surgery. These professionals can include nurses, physical therapists, and occupational therapists. Patients also meet with an anesthesiologist who will explain how the anesthesia will be administered and answer any questions they may have.

If that sounds like a lot to pack into one hour, it is, but it's done for a specific reason: patient safety and comfort.

“Pre-testing is done to make sure the patient is safe for surgery because all surgeries carry some risk,” said Hoy. “We recommend that patients come to the PAT Center two weeks before surgery.”



The team at the PAT Center is dedicated to preparing patients for their surgical procedures.


The two-week window is a precaution in case a problem is uncovered before surgery. And if a problem is uncovered, the PAT Center team can guide them through the process of next steps for possible clearance.

“The PAT Center will set up an appointment with your primary care physician, who is most familiar with your medical history, and your doctor will examine you and determine if you can be cleared for surgery or if other care is warranted,” said Hoy. “In most cases, this can all take place in time for the surgery to proceed as scheduled.”

Taken altogether, the PAT Center offers such a variety of services that a skeptical person might be wondering how much this will cost. Hoy puts that fear to rest quickly.

“There are no out-of-pocket costs at the PAT Center,” said Hoy. “All of the costs for testing are included in the surgical plan for that procedure.”

Before the PAT Center at WHS existed, patients had to schedule their own pre-testing, and there was no one to walk them through what to expect the day of surgery or have them meet with members of the healthcare team that will be helping in their procedure and their recovery. While anxiety around surgery may never be totally eliminated, the questions that the PAT Center at WHS can answer makes the preparation for a procedure a lot less stressful.

 Patients can schedule an appointment with the **PAT Center at WHS** through their surgeon's office. The PAT Center is open Monday through Friday from 7:30 a.m. to 4:30 p.m.



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The Worried Well

By Nick Jacobs

How many of us are Worried Well—individuals who are generally healthy but consistently dealing with persistent fears and anxieties about their well-being?

While it's wise for all of us to be cautious and aware of those practices and influences that contribute to our good health, the Worried Well often find themselves teetering on a delicate edge between being health-conscious or hypochondriac.

As one friend used to tell me, "If you think you're healthy, it's only because you haven't had enough tests."

We all face that inevitable expiration date, but by using different psychological tricks, rationalizations, or stories, we prevent our own mental and emotional debilitation regarding this often scary topic by ignoring the fact that our time on earth is incalculable but finite. None of us want to experience the fate of a June bug on a windshield, but as with that little pest our presence in this human form must end.

Some of us deal with this ultimate destiny by living life on the



edge; others hide in a cocoon of their own making. We all ultimately have those moments where a fleeting pain in our chest, our head or our gut has us convinced that life is coming to an end now. Should I go to the Emergency Room, wait to see if the pain subsides or resign myself to the idea my time has come?

Those truly possessed by this constant agonizing find themselves relentlessly pursuing health-

related information and constantly monitoring bodily signs. Despite their lack of significant health concerns, the Worried Well may often perceive even minor discomforts as signs of impending doom while others ignore them completely and do just fine.

The challenge of living like this is that "Dr. Google" can drive us crazy, and the introduction of industry-based influence money into the scientific community has produced more contradictory articles on things like cholesterol, bacon, and sugar substitutes so that confusion abounds. So we often simply step back and say, "Something's gonna kill me. I might as well enjoy myself, eat what I want or (some other rationalization.)"

As kids, we were coerced to eat as much hydrogenated fat-laced margarine as possible and convinced that smoking was good. But times change. Fat became bad. So the sugar producers worked to de-emphasize the negative impacts caused by overconsumption. Tobacco was finally identified as lethal. Now excessive sitting is discouraged.

A Mediterranean diet, some form of moderate exercise, stress management and socializing can extend our lives, while loneliness can shorten them. As the Worried Well, we have options now that we never had, and "good science" has made extensive leaps and bounds by providing us with information that will allow us not to worry so much.

We know we can get a colonoscopy to help prevent or avoid colon cancer. We can control our blood pressure through diet, exercise, medication and mindfulness practices. We can get an MRI (MRA) or ultrasound to see if our carotid arteries are okay and potentially prevent a stroke. We have cardiac scanning, EKGs, PET/CTs, and Thallium Stress tests to evaluate our hearts and on and on. But how much is too much? What are the appropriate tests at each stage of our lives? When does too much exercise lead to more problems than to a beautiful long life filled with quality and happiness?

It's our goal to engage professionals to address these and many other options intended to inform you as a consumer of healthcare and practitioner of wellness and prevention. We'd like you not to suffer from being the "Worried Well." More importantly, we'd love for you to embrace the practices that will most assuredly lead to happiness and quality longevity instead of fear and trepidation. Let's be realistic about probability and statistics. Nothing is guaranteed, but not much is absolute either. Live your life one day at a time. Don't worry, be happy. And Carpe Diem.

> **Nick Jacobs** is a partner with SMR, LLC and founder of the Academy of Integrative Health and Medicine, former board member of the American Board of Integrative Holistic Medicine, Jacobs maintains a website, Healinghospitals.com.

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St. Clair Health Physical Therapy Helps Patients Make the Long Journey to Recovery

By Andrew Wilson

Recovering from an injury or surgery is a journey that may seem impossible at times, but a good physical therapy program can make that journey possible.

“Most patients come to physical therapy with some degree of anxiety, frustrations, and pain,” said Lauren Cerqua, manager of Therapy Services at St. Clair Health. “We reassure patients that PT is here to help you recover.”

Recovery is a process. It doesn't happen immediately, and even when a patient understands that it takes time, there may still be frustrations that they aren't recovering faster.

“The healing process is never a straight line,” said Cerqua. “It really depends on what is happening with that patient. There may be major gains on some days, but other days the gains will be less.”

She also emphasizes that two people may have had the same surgery or suffered the same injury, but their rehabilitation journey will be different for various reasons.

“We've had patients who have had a knee replaced and they mention that a friend of theirs also had a knee replaced but maybe had some difficulty, and they want to know if that is going to happen to them, too,” Cerqua said. “The answer is not necessarily. Everyone's recovery is different.”

In physical therapy, the first step – once a patient has been referred by their doctor – is to evaluate the patient, the injury, and the goals they have for themselves.

“We ask questions,” Cerqua said, adding that an individualized plan is created based on the patient's goals and answers to the questions the therapist asks. “We ask what the hardest thing for them to do is right now. We focus on daily living and what activities are most important to them. The patient drives the goals.”

Some people's goals are modest, while others set ambitious goals for themselves. Cerqua says the plan is adapted to each patient.

“We meet them wherever they are and determine how best to achieve the goals,” she says. “Sometimes that means setting smaller short-term goals for them to achieve while keeping their long-term goal in focus.”

Pain is one of the aspects that has to be managed in physical therapy. There's an old cliché in exercise and particularly competitive weightlifting that goes, “No pain, no gain.” For the average person, that's an oversimplification at best and terribly misleading at its worst.

“Pain is so individualized,” said Cerqua, explaining that different people have varying pain tolerance, too. “A little bit of pain is okay, but a lot of pain is not okay. In PT, we are re-educating the nervous



Lauren Cerqua

system that it is okay to move that knee again, and the nervous system is responding. That re-education comes along with some pain.”

After the day's PT session is complete, the patient is given some exercises to do while at home. Following through on those exercises away from the PT facility is important – but even this can be overdone if not careful.

“Some people need encouragement, but others are so eager to get back to normal activity that they overexercise,” Cerqua said. “We may want them to do the exercise routine we give them once or twice a day, but they do their exercises five times a day. When they come to therapy, their muscles are inflamed, and we have to treat that.”

Cerqua says that therapists cover three concepts with patients when establishing an exercise routine:

- Why they are doing the exercise program
- How the exercises will help their recovery
- How it will help them meet their long-term goals

“Our goal is to keep patients motivated and keep them positive,” she said, adding that the age of the patient is not as important as attitude and activity. “It really depends on the person. We've had elderly patients who move better than some middle-aged people. The level of activity that someone is used to is important.”

When it comes to activity, it doesn't have to be complex either. Cerqua says fitness begins with putting one foot in front of the other.

“People who walk on a regular basis do best in physical therapy,” she said, adding that 10,000 steps a day may not be possible for some, but that's okay. “Even 4,000 to 5,000 steps a day is better than being sedentary.”

St. Clair Health's Outpatient Rehabilitation Services offer a full spectrum of physical, occupational, and speech therapy services. The highly experienced staff provides treatment for a wide variety of diagnoses that may be limiting activities of daily function and strives to provide every patient with comprehensive care in a compassionate environment.

Services are offered at the following locations:

Dunlap Family Outpatient Center

1000 Bower Hill Rd, Suite 5300
Pittsburgh, PA 15243
(412) 942-4060

Village Square Outpatient Center

2000 Oxford Drive
Bethel Park, PA 15102
(412) 942-7122

Heritage Valley BreastCare Program

Heritage Valley BreastCare is a comprehensive, integrated breast health care program offered through Heritage Valley Health System. The program provides a diagnostic pathway, led by our BreastCare Navigator, to follow the patient from screening imaging through minimally invasive biopsy techniques and ultimately, if needed, coordinated follow-up care.

Follow-up treatments are available within the Heritage Valley Health System and include surgical consultation, medical and surgical oncology consultation and treatment, referrals to support programs and other services determined to be appropriate.

If a mammogram or test uncovers an issue, our BreastCare Navigator is specially trained to efficiently and compassionately coordinate follow-up care, timely diagnosis and treatment. The BreastCare Navigator will be in close contact with the patient every step of the way to explain treatment options and schedule appointments. The goal is to help alleviate any stress associated with this experience.

The BreastCare team includes radiologists who are specially trained and experienced in the interpretation of breast images, and have great expertise in performing breast biopsies and breast procedures, as well as breast surgeons Kyung Kim Inorvati, MD. and Sheri Morris, MD, who are dedicated to providing excellent surgical care with a patient-centered approach.

The primary full service locations for the BreastCare program are the Heritage Valley Women's Health Centers located in Center Township and Robinson Township. In addition, diagnostic mam-



mography and breast ultrasound is available at the Heritage Valley Edgeworth Medical Neighborhood, and there are screening locations in the Heritage Valley Medical Neighborhoods located in Calcutta, OH, Center Township (Monaca), Chippewa and Ellwood City. The primary Heritage Valley Women's Health Centers are each designated as a Breast Imaging Center of Excellence by the American College of Radiology (ACR).

> For more information, please call the **Heritage Valley Women's Health Center** at (724) 773-4720 or visit www.heritagevalley.org/services/breastcare/.

Women's Health Center-Center Township
200 Pleasant Drive
Center Township, PA 15001

Women's Health Center-Robinson Township
2201 Park Manor Blvd.
Pittsburgh, PA 15205

Does your mammogram show arterial calcifications in your breasts

Mammograms are widely recognized as the most important screening tool for the detection of early breast cancer, but they may also play a significant role in the detection of cardiovascular disease in women. If your mammogram reveals the presence of calcifications in the arteries of the breast, then there is a greater chance that you also have calcifications in the arteries of the heart. This means that you have a greater risk of developing heart disease or stroke.

If your mammogram reveals arterial calcifications in your breasts, then you have a 51% higher risk for heart disease and stroke, than women who don't have breast artery calcifications, according to the American Heart Association. Ask your PCP if your mammogram report includes information about calcifications in your cardiac arteries.



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The Modern Endodontist ... Saving Teeth Got Much Easier!

What is an Endodontist?

Endodontists are dental specialists who focus on saving your natural tooth from inflammation or an infection, and thus, alleviating your dental pain. They are highly trained in diagnosing and treating complex tooth pain, performing dental procedures involving the root and the dental pulp. The root is the part of the tooth that lies below the gums. The pulp is the soft tissue within the tooth composed of nerves, blood vessels, and connective tissues. When the diseased pulp becomes inflamed or infected, it raises the question... To Save or Not to Save? It would be easy to simply pull the tooth, but why do that when a root canal treatment could readily ease the pain. For this reason, endodontists are also known as “specialists in saving teeth.”

Why Should You Keep Your Tooth Instead of Pulling It?

There are many benefits to saving your tooth when there is pulpal inflammation or infection. Nothing feels, looks, or functions better than your own natural tooth. Do not pull your tooth because it feels like the easiest choice at the moment. Pulling your tooth may result in various complications, such as teeth shifting, resulting in changes to your bite. This may affect your chewing efficiency and may also cause jaw pain and/or headaches. Instead of pulling your tooth, give your tooth a chance to heal. By doing so, you would maintain the structural integrity of your mouth, thus, improve your quality of life for years to come.

Dr. Tuyen T. Pham is a highly trained endodontist who utilizes the most advanced technologies and materials in her practice. She strives to improve her treatment outcomes and enhance her patients' experience. Dr. Pham is a 2006 graduate of the University of Pittsburgh School of Dental Medicine. In 2012, she completed her advanced dental speciality training from West Virginia University Health Science Center with a Certificate in Endodontics and a Master of Science degree. Dr. Pham has worked in the Greater Pittsburgh area as a root canal specialist for over 10 years, and has been repeatedly recognized as “Top Dentist” by *Pittsburgh Magazine*.

This year in January 2023, Dr. Pham proudly opened Southwestern PA Endodontics, a newly constructed dental office limited to the field of endodontics in Washington, PA.

She designed her office with a contemporary appeal utilizing advanced technology: 3D imaging to enhance diagnostic and procedural planning; high quality microscope to magnify and illuminate the tooth; digital radiography for high quality, and faster imaging; and laser technology for advanced disinfection and cleaning of the tooth.

Dr. Pham is an endodontist who can diagnose and treat complex tooth pain and infection. Saving teeth and relieving people of their dental pain is her passion. Dr. Pham and her team will work hard to help you feel safe, comfortable, and at ease throughout your visit. When you leave her office, she hopes to change the negative myths about root canal treatment and to help you believe that your tooth is worth saving.



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Good Orthodontics is a family-owned practice, run by Board Certified Specialists in Orthodontics and Facial Orthopedics - brothers and doctors Bob and Ron and their sister Gina, who is the business administrator. Combined, they have more than 80 years of orthodontic experience, and as you get to know them, you can quickly see their passion for the craft.

What sets them apart is the doctors' unwavering desire to give each and every patient their desired outcome along with a beautiful face and smile. Recognizing that healthy smiles last a lifetime, they practice what they preach. When in their care, you realize that an accurate diagnosis is critical to a positive outcome. Proper bite, jaw position, and periodontal health are all major factors to consider in order to achieve a GOOD smile!

Dr. Bob says, "Our goal with every patient is to help them to achieve a great smile, but we are also looking for great function and aesthetics. With that said, proper diagnosis is critical. We believe that this is as important to a healthy smile as the smile itself." Dr. Ron adds, "The technology available today offers the opportunity to greatly enhance patient care." In fact, they are among the first and few orthodontists to incorporate 3D (CBCT) cone beam imaging to evaluate airways, temporomandibular joints, skeletal relationships, and supporting bone structure around each tooth. They utilize scanners (no more yucky impressions) and 3D printed models articulated on jaw motion simulators to accurately diagnose and formulate a virtual treatment plan for each patient.

If you are looking for a friendly team of experts in the field of orthodontics to create your beautiful, healthy smile, look no further. This is a practice that does not offer quick fixes to straighten teeth, but rather takes into account the many factors that maintain a patient's well-being. Their team is exceptional, patient results are exceptional, and patients become like family. This is evidenced by former patient Cullen Doyle, who went to dental school and completed his orthodontic residency after treatment at



Good Orthodontics. Drs. Bob and Ron could not be happier that Dr. Cullen is now part of the Good Orthodontics team!

Good Orthodontics has made a commitment to continuing education and a belief that there is no substitute for being loving and kind. The Good family strives to bring a joyful atmosphere to every patient and offers a standard of care that is unparalleled. Excellence is a GOOD choice!



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Bridging the Gap

How the new Wesley Family Services Adult Day Autism Program provides individualized care during times of transition

Every day, Christopher is dropped off at Wesley Family Services at 8 a.m. He hangs up his bookbag, puts away his lunchbox, and checks in with staff in the program area. Afterwards, he retreats to the sensory room for some time to himself, before turning his focus towards drawing and drafting comic strips for the rest of the day.

For Tricia, who is also a part of the Autism Workshop program, the day is entirely different. She takes her alone time in the early afternoon, but uses the morning to complete math and reading worksheets.

The Adult Day Autism Program launched in April 2022, after staff at Wesley recognized the need, in part, due to socialization challenges brought on during the pandemic. It is an extension of Wesley Family Services' already-established Intellectual and Developmental Disabilities (IDD) programming, which provides vocational training, job support and other educational resources.

Adult development training at Wesley's IDD program relies on monthly curriculum. However, that curriculum is based on socialization, and those with autism may need alternative support systems.

The Adult Day Autism Program bridges that gap for those 18 and older with an autism diagnosis by adapting curriculum to individual's fortes and interests. While the main program is often very active, the autism program allows for breaks throughout the day.

Utilizing the Healthy Relationships Curriculum, participants are taught a combination of communication and life skills. Activities range from building with blocks, to arts and crafts, to physical activity. There is a designated sensory room available at any point in the day to utilize calming techniques.

A unique facet of the Adult Day Autism Program is not just tailoring schedules to better support needs, but also providing space

and development for individual goals.

"The program is structured to cater to each individual's strengths, through activities like art or physical movement," said IDD Day Program Manager Erin Rodriguez. "But we also recognize that every person may need something different, at different times of the day, to achieve their goals."

The flexibility and individuality are, by design, a microcosm of Wesley Family Services care model, Quality Whole Person Care*. It is a concept that Vice President of Transition - Age and Adult Services Heather Duncan knows well.

"Here, we don't think in terms of 'one size fits all,'" she said. "Quality Whole Person Care paves the way for the development of programs like the Adult Day Autism Program to provide specialized care."

And- just like the curriculum itself, the end goal is flexible – and different – for everyone. Participants will not "age out" of the program, but are welcome to stay until they choose a different path.

"For some people, the goal may be to continue in our in-house program," said Rodriguez. "While others may want to transfer to the vocational program, pursue community involvement or volunteer opportunities. We can support them in that pursuit and transition, as well."



For more information, please go to www.wfspa.org and fill out the form on the "Contact" page.

You can learn more about Quality Whole Person Care on page 43.



A designated sensory room is available at any point in the day to utilize calming techniques.

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How do you apply for one, and what are the rules for using one?

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There is no fee for a handicapped parking placard.



For detailed information, visit www.dmv.pa.gov/VEHICLE-SERVICES

Westmoreland County Transit Authority Offers Educational Program

Throughout the year Westmoreland County Transit Authority staff members travel to many communities to engage and educate people on how to utilize our fixed-route public bus service and our shared ride, door-to-door service GO Westmoreland. We try to participate in as many events as possible. So, if you see Westmoreland Transit at an event, please stop by and say hello!

Westmoreland Transit also has an educational program Transit 101. Our Program Manager Stefanie Grimm, and Customer Relations Representative Dottie Buchanan will be glad to come to places such as schools, colleges, senior centers, local events, and libraries to present Transit 101.



To schedule for your location, please call the WCTA at (724) 834-9282 or fill out our online form at <https://www.westmorelandtransit.com/transit-101/>.

Westmoreland County Transit Authority

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Living Well With A Disability

Washington Office of Voices for Independence/ TRPIL Ready for Grand Opening

By Lois Thomson

"I hate to keep using that word," said Steve Johnson; however, the word – "interactive" – is so appropriate that overuse is understandable. Johnson was describing what he expects from the new building, housing both Voices for Independence and Transitional Paths to Independent Living (TRPIL), scheduled to open December 8 at 42 W. Maiden St. in Washington, Pa.

The opening will be the culmination of several years' worth of renovations, and Johnson, director of marketing for TRPIL in Washington and the affiliated VFI in both Washington and Erie, is determined that people see the facility in operation. "We want this to be a full-fledged grand opening for the public to take part in; we want it to be an interactive experience." Part of the interaction will take place in the Internet Café, which Johnson said will have multiple computers with staff who can meet with consumers when they come in to use the internet and the computers.

"Sometimes consumers don't have access to a computer, or they may have a smartphone but they can't print. We can help them with all of that in-house, or maybe help them learn new skills. On the day of the grand opening, we're going to have people taking care of their own business, and learning new programs, so visitors can see what it's like in there."

He said the Assistive Technology department has a lending library, as well as a 3D printer that can print such items as a handle with three hooks, capable of carrying three grocery bags at a time, "so someone who doesn't have the dexterity to carry multiple bags at a time, can now hook them onto the device and pick them all up with one handle."

Another area of interaction will be the Wellness Center, which Johnson said will have a number of pieces of accessible equipment, along with dedicated staff to assist. "We will have live demonstrations at this time. I want visitors to see it in use, see where all the time and effort went – not just in terms of purchasing and setting up the equipment, but rather, 'Here are the lives we're changing every day.' And it's all free."



A consumer uses the handbike in the Wellness Center

Johnson continued, "We are really looking forward to this; we can finally introduce it to the public at large. There's a different element when you finally open your doors, and people can just walk in and say, 'I heard about you, let me learn more.' We're hoping people in Washington and surrounding counties take note of what we're doing and see that it's something special. I want to be able to help as many people as we can. If people have disability questions, if they need something – we want their first thought to be, 'Let's call Voices for Independence.'"



Steve Johnson said renovations on the former YWCA building include the large, historic auditorium, which has been heavily remodeled. However, the archway that bordered the stage was preserved, and the contractors were able to obtain the original crown molding, redoing everything with the original colors to preserve the history of the YWCA. The black steel bars and railings in the balcony, which go three-fourths of the way around the auditorium, have been maintained. "It's very modern when you walk in, but there remain traces of the building's history."



For more information, call (724) 223-5115 or visit www.vficil.org.



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When it comes to care, it only makes sense that the best care plan is made just for you. That is the best kind of care, after all: a service delivery model that puts every individual on the path to wellness.

At Wesley Family Services, our goal is Quality Whole Person Care (QWPC), a service philosophy that guides clinical care and the way we support our colleagues. Each person has purpose, gifts, and talents that are uniquely theirs, which is why our delivery of support services focuses on the whole being of individuals.

QWPC provides individuals and families with a clear path to wellness through a person-centered approach based on continuous quality improvement, overall wellness, and holistic care. We lead with empathy by providing trauma-informed, recovery-oriented care to establish the best possible treatment plan.

We focus on multiple dimensions of wellness, including physical, emotional, social, intellectual, financial, occupational, spiritual, and even environmental. Transformational care is powered by individuals' hopes, dreams, and needs and addresses social determinants of their health, such as employment, education, social support, and health needs, among others. We take a systematic approach by integrating physical health into programming, especially the health and wellness of older adults. Programs like PA MEDI provide counseling on affordable healthcare for seniors and families with healthcare needs related

to aging on a personalized, individual basis.

Another core facet of QWPC addresses health equity for individuals served by identifying gaps in equal care access, treatment and outcomes. According to United for Alice, in 2019, it was estimated that 19% (342,784 total) of all people living in Pennsylvania with a disability lived below the poverty line. Often, that means limited access to not just care, but means of living like transportation, food, or even housing. Every individual and family deserve the right care and services for them at the right time, and the way to start is by increasing awareness of healthcare and service disparities.

In addition, we also strive to form meaningful community partnerships to get Western Pennsylvanians the individualized, quality services they deserve. For example, our partnership with the New Kensington Downtown Partnership that established the Fresh Food Shuttle in April provides residents living in the food desert of downtown New Kensington with free shuttle access to healthy and fresh food options. Such programs fill a gap and provide people in the communities we serve with the support of a full spectrum of family or individual needs.



For more information on programs, services, partnerships, visit our webpage wfspa.org and follow us on social media @wesleyfamilyservices. Interested in volunteering and donating your time to those in need in your community? Visit wfspa.org/volunteer-opportunities.

After 35 Years, Polio Has Been Cornered. We Must Finish the Job.

By Joe Randig and Carol Ferguson

Since 1988, Rotary and its partners in the Global Polio Eradication Initiative have reduced polio cases by 99.9% worldwide. The wild poliovirus is circulating only in Afghanistan and Pakistan. That's why we celebrate World Polio Day on October 24th.

For us it's deeply personal because we're polio survivors. We are asking everyone to help us finish the job and end polio for good, so that this paralyzing disease does not return to polio-free countries, putting children everywhere at risk.

Throughout our State, we speak about the realities of the poliovirus, encourage vaccine acceptance and share factual vaccination information. Together we must continue the march toward global eradication and do our part to prevent polio outbreaks.

Why? Last summer polio paralyzed a 20-year-old man in NY. Polio was eradicated in the U.S. in 1979, yet because of lack of vaccination in the U.S., we have been added to this list of Outbreak Countries, along with Canada, Israel and the UK. One lesson



Joe Randig

learned during the polio epidemics is that there are hundreds of asymptomatic poliovirus infections for each paralytic case, meaning that many of those infected with polio were so mildly affected that they didn't even know they'd had the virus. Just because someone had no symptoms or minor flu-like symptoms, showing no obvious weakness or paralysis, doesn't mean that the poliovirus didn't do damage to neurons in the brain and spinal cord.

We have an opportunity to make history by ending polio, making it the 2nd disease in history to be eradicated through the use of vaccination. The time for action is now.

Get involved. Donate to the Rotary Foundation. For every dollar you donate, the Gates Foundation will turn it into three.

The PA Polio Survivors Network, managed by and for polio survivors and their caregivers, has become a part of the solution. Join us. If polio exists anywhere it is a threat to children everywhere.



Joe Randig is Western Pennsylvania Coordinator, Allegheny County, and Carol Ferguson is Rotarian and Network Founder, Bucks County, for the **PA Polio Survivors Network**. For more information, visit www.polionetwork.org.

Addiction

By Nancy Kennedy

Addiction to drugs or alcohol, also known as substance use disorder, is prevalent throughout the United States, with an estimated 46 million people struggling with it and in need of help. Unfortunately many people who need treatment are not getting it. One reason is that a stigma of shame still persists around substance abuse, and that sense of shame often acts as an obstacle to treatment and recovery. Much of what the public believes about substance abuse disorder and addiction comes from longstanding stereotypes and misconceptions, and this is what feeds the stigma.

Do you think you understand addiction? Are you aware of the common myths versus the actual facts? Read through the information below to test your knowledge of addiction and learn about some of the most current concepts in treatment and recovery.



TEST YOUR UNDERSTANDING OF ADDICTION by answering the TRUE or FALSE questions below.

Addiction is a mental illness.

FALSE: Addiction is a treatable medical condition. It creates irreversible changes in the brain. It may be accompanied by mental illness, including depression and anxiety.

Addiction is primarily a problem of young adults and teens.

FALSE: Addiction can happen to anyone, from a newborn infant to your beloved grandmother. It affects all age groups, including babies who may have been subjected to addictive substances in utero and are born addicted. Adults, even seniors, may become addicted to opioids and pain medications at any age. Age, race, gender and income are not barriers to addiction.

Addiction is a genetic disease. It runs in families.

TRUE: There are definitely genetic risk factors which can increase the risk of addiction for certain individuals. Family history, as well the impact of the home environment, can have a significant role, along with other risk factors.

Effective treatment of addiction should include medical, psychological, spiritual and social services.

TRUE: The most successful treatment programs offer all of the above in various formats to meet individual needs. There is no "one size fits all" in addiction treatment.

12 Step Programs offer support and group therapy, and significantly reduce the risk of relapse.

TRUE: Recovery from substance abuse is a long process of detoxification, rehabilitation, transition and follow-up care. It is a long process which often includes 12 Step Programs; recovery also requires ongoing, long term support from loved ones who are willing to go the distance with the person in recovery.

Everyone who uses illicit substances will become an addict.

FALSE: In some people, the brain reacts to substances in a way that leads to addiction. This is not true for everyone. Many people misuse drugs and alcohol without becoming addicted.

"Once an addict, always an addict." Relapse is inevitable and there is no cure for substance abuse disorder.

FALSE: Millions of people have successfully completed recovery programs and are enjoying a renewed quality of life. Treatment, including medications for addiction treatment (MAT) is very effective. You can recover from addiction to opioids, pain medications, sedatives, alcohol and other substances. Addiction can be managed like a chronic disease. There is reason for hope.



On July 1, 2022, Gateway Rehab acquired Greenbriar Treatment Center.



Combining efforts creates an even stronger focus on the patients and families that need our help on their road to recovery

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Westmoreland Drug and Alcohol Case Management and Recovery Support Services

The Westmoreland Drug and Addiction Alcohol Case Management Unit provides a continuum of care approach for supporting clients before, during and after drug and alcohol treatment. Services are overall community based but also vary on individual need. Services can be delivered in the jail, schools, hospitals, in home, or in an office setting.

Services include:

- **Level of Care Assessments (LOCA)**, which involves screening, referral and linkage of individuals to detoxification, residential, Medicated Assisted Treatment (MAT) and other treatment services 24/7, 365 days a year.
- **Coordination of Services**, which addresses non-treatment needs that are barriers to accessing treatment services.
- **Certified Recovery Support (CRS) services** in which recovering trained peers provide experience, strength and hope to individuals throughout their recovery journey.
- **Community Engagement Services** in which recovering staff provide in-home initial intervention and engagement for individuals who have received first responder interventions due to an overdose or substance related medical intervention.
- **Community Based Care Management (CBCM) services** which are in-home intense support services for high substance using/co-occurring individuals with extensive non-treatment barriers to treatment or treatment retention.

Case Management Unit staff are trained to identify and give preferential treatment to priority populations. During the initial screening process for drug and alcohol treatment, priority populations, including adolescents and pregnant women, are identified and admitted into treatment quickly within the established timeframes for best practice for outpatient or inpatient services.

Once admitted into outpatient treatment, both adolescents and pregnant women and other priority populations can receive individual and group counseling based on clinical need. Individual counseling can be conducted either face-to-face or via telehealth to establish a therapeutic relationship with the individual. Adolescents and children whose lives have been affected by addiction can be seen for individual counseling in the office or through the agency's



school-based services. If an individual requires a higher level of care, a referral to inpatient services is arranged.

The Case Management staff work together to problem solve cases, offer suggestions and wrap the clients with appropriate care and resources. This collaborative team approach assists clients in becoming more engaged in treatment and remaining in treatment services.

> Case Management staff are available 24/7 by calling 1-800-220-1810.



Westmoreland Drug and Alcohol Commission's contracted outpatient treatment services *specialize in services for women, adolescents, and children* whose lives have been affected by addiction; Preferential treatment given to pregnant women.

1-800-220-1810
www.wedacinc.org

These Services Include:

- Drug & Alcohol Assessments
- Referrals to Detox and Inpatient Programs
- Education and Information on Drugs & Alcohol
- Individual & Group Therapy for Adults and Children
- Family & Marital Therapy

If you or someone you know can benefit from this service, please call Westmoreland D&A's Case Management Unit.



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Male Infertility Can Be a Complex Problem with Multi-faceted Solutions

By Andrew Wilson

The most common assumption when a couple can't conceive a child is that the woman is the one with the fertility issues, but that's not necessarily so.

"Typically, the solution to infertility is quite complex, as there are usually two people undergoing evaluation," said Alex Katich, D.O., a urologist with Washington Health System (WHS). "About seven to nine percent of men experience fertility issues. Also, about 50 percent of all infertility issues in a heterosexual couple deal with the man."

The causes of male infertility are as complex as the condition.

"There are lots of possible causes, and none are incredibly common," he said.

Dr. Katich lists things like patient age – the older you get, less likely you are to be fertile - varicocele, which is swelling of the veins in the scrotum and around the testicle; an undescended testicle; recent febrile illness, which can impair spermatogenesis for 3 months, and previous genital infections as the issues he sees most commonly in the office. Less commonly, things like cystic fibrosis, a congenital absence of the vas deferens, Kartagener's syndrome, and other conditions can also lead to infertility.

There are a number of possible treatments for males to improve the chance but some are quite complex.

"Sometimes surgery can improve chances of conception, but often people will require other interventions to assist with their ability to conceive," said Dr. Katich. "Male infertility is extraordinarily complex. Sometimes solutions can be simpler than others, but the overall evaluation for true male infertility is oftentimes multifaceted."

Dr. Katich says that some patients will require a referral to an andrologist, a urologist with fellowship training in male infertility.

"I try to do all I can to assist with conception, but sometimes specialists are needed for particular procedures such as testicular sperm extraction, repair of previous vasectomy, and others," he said.

Some of those procedures are quite expensive. Dr. Katich offers some inexpensive health tips that could improve the chance of conception.

- Live as healthily as possible, including avoiding smoking, alcohol, and drugs
- Avoid prolonged heat exposure, such as that seen with hot tubs and saunas
- Regular exercise and appropriate stress management can assist with fertility

One of the often-repeated tips is for men to wear boxer shorts instead of briefs. Dr. Katich says while briefs may lessen sperm counts, "there is no consensus on its effects on conception."



Dr. Alex Katich

Five Questions and Answers About Vasectomies from WHS' Alexander Katich, D.O.

1. What are the considerations before undergoing a vasectomy?

A: "Generally, we will ensure the partner is in agreement, if applicable. I explain that a vasectomy is meant to be a permanent form of birth control. It can be reversed but is not intended to be, and pregnancy after reversal is not guaranteed. Other than that, generally we want to make sure there have been no previous surgeries to the scrotum and no active pain. I also like to ask what a patient does for work so that we can plan for recovery."

2. Is a vasectomy always 100%?

A: "No, nothing in medicine is 100% effective, but it is about 99.9% effective with a risk of about 1/1000 of the vasectomy failing, or having the ends of the vas deferens on one side heal back together, making the patient fertile when they want to be sterile."

3. Can a vasectomy be reversed?

A: "Yes, but pregnancy after reversal is not guaranteed. The length of time between the vasectomy and the reversal is the greatest indicator of success."

4. Are there side effects from a vasectomy?

A: "The most common side effect is a hematoma or a collection of blood in the scrotum. Though this still doesn't happen often, it is usually small but can cause significant swelling or may even need urgent intervention. That is extremely rare. Infection can occur but is usually able to be managed with antibiotics. The vas deferens can heal in to the scrotal incision which is made, but again this is rare. Lastly, a post vasectomy pain syndrome has been described, though this is rare also."

5. When can a man return to normal sex?

A: "A patient can have sex one week after vasectomy; HOWEVER, they need to use contraception. The patient will have to wait three months to have a semen analysis to show no sperm is present before unprotected intercourse can begin."

6. What other things should a patient be aware of before getting a vasectomy?

Vasectomies are common but should always be performed by a board-certified urologist who performs the procedure often. They are most commonly done in the office with local anesthesia but can be done in an operating room with more general sedation used."

> **Dr. Alex Katich, D.O.**, attended medical school at Chicago College of Osteopathic Medicine. He completed his residency in urological surgery at Charleston Area Medical Center in Charleston, WV. WHS Urology offers a comprehensive array of diagnostic and surgical treatments to residents of the tri-state area with a convenient location in Washington County. WHS Urology accepts most major insurance plans. They are located at 125 North Franklin Drive, Suite 3, Washington, PA. If you have any questions or concerns, please contact **WHS Urology at (724) 229-2424**.



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Talk with your doctor to see if this screening is right for you.



To learn more about our program and the eligibility requirements visit whs.org/lungscreening or scan the QR code.



Welcome New Provider Wesley Schettler, MD

We are delighted to announce that upon graduating Washington Health System's Family Medicine Residency Program Dr. Schettler, accepted a primary care provider position within our WHS Family Medicine Center group. Dr. Schettler's research experience includes resident process improvement projects regarding sexual orientation and gender identity, and he has researched and written about improving pneumococcal vaccination rates in patients.

For his full bio visit whs.org/Schettler





Our Primary Care Physicians

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The Annual Open Enrollment Period is between 10/15 and 12/7, schedule an appointment with a **PA MEDI** Counselor.

call **PA MEDI** at 412.661.1438
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Are You Aware of Medicare Enrollment Rules?

By Crystal Manning

Medicare open enrollment is the annual period from Oct. 15 to Dec. 7 when people who have Medicare can change their health insurance plan. Specifically, you can apply for or make changes to your Medicare Part C (Medicare Advantage) and Medicare Part D prescription drug plans. All plan changes go into effect on January 1st of the following year.

Open enrollment for Medicare, also known as the annual election period or AEP, is the time when everyone who has a Medicare Advantage plan is allowed to make changes to their current Medicare coverage. There are a few other times throughout the year when some Medicare recipients can change their health plans, but not everyone qualifies to make changes during those other times.

What is Medicare open enrollment?

Medicare open enrollment starts Oct. 15 and ends Dec. 7 each year. Specifically, open enrollment allows you to-

- Switch from Original Medicare (Part A and Part B) to Medicare Advantage (Medicare Part C)
- Switch from a Medicare Advantage plan to Original Medicare
- Switch from one Medicare Advantage plan to another
- Enroll in a Medicare Part D (prescription drug) plan
- Switch from one Medicare prescription drug plan to another

Who can apply during Medicare open enrollment (AEP)?

The Medicare open enrollment period is for current Medicare beneficiaries, no matter what types of Medicare you're enrolled in. It doesn't matter if you use Original Medicare (Part A and B) or if you have a Medicare Advantage Plan (Part C).

What if I miss Medicare open enrollment?

The Medicare Advantage Open Enrollment Period (MA OEP) is the time when you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with or without a Part D plan, if you did not do this before December 7th. The MA OEP occurs each year from January 1 through March 31, and changes take effect on the first of the month following the month you enroll. You can only make one change during the MA OEP.

Special enrollment periods (SEPs)

Special enrollment periods allow Medicare beneficiaries to sign up for or make changes to their Medicare health plans following certain life events. Different events allow you to sign up for different parts of Medicare through a SEP.

If you need to sign up for Original Medicare but do not qualify for special enrollment, you won't be able to enroll in Medicare until the next general enrollment period, which is from Jan. 1 to March 31 each year. The only exception is if you are in your initial enrollment period, meaning you just became eligible for Medicare.

Continued on following page



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MEDICARE



Continued from previous page

Medicare Supplement Insurance coverage (Medigap)

Medicare Supplement Insurance, also known as Medigap, helps beneficiaries pay out-of-pocket expenses associated with Original Medicare, including copays, deductibles, and coinsurance. If you're struggling with costs, consider a Medicare supplement plan.

To apply for a Medigap plan, you must already be enrolled in Original Medicare. Once you enroll in Medicare Part B, you will have a six-month period to enroll in Medigap plans. You can also enroll in a Medigap plan during the standard Medicare open enrollment. It's possible to cancel and enroll in a new Medigap plan at any time during the year, but insurers aren't required to accept you for a new plan outside of the Medigap enrollment period, based on medical past history.

Getting Medicare for the first time — initial enrollment period

Individuals who are enrolling in Medicare for the first time do not sign up for Medicare or apply for plans during open enrollment. Instead,

they have a seven-month initial enrollment period when they can apply. Initial enrollment starts three months before you turn 65, includes the month of your 65th birthday, and ends three months after your birthday month.

Some Americans are automatically enrolled in Medicare Part A and Medicare Part B (Original Medicare) when they turn 65 if they are already claiming Social Security benefits or Railroad Retirement Board benefits.

If you aren't automatically enrolled and you don't sign up during the initial enrollment period, you usually must wait until the next Medicare general enrollment period to sign up. General enrollment takes place from Jan. 1 to March 31 each year. Coverage then goes into effect on July 1. Penalties may apply if you do not follow Medicare enrollment guidelines.



The Medicare rules are complex and can be confusing. Mistakes can be costly. For more guidance as you make these decisions, contact **Crystal Manning, Licensed Medicare Specialist**, for a no-cost consultation at **(412) 716-4942** or **crystalmanning33@gmail.com**.

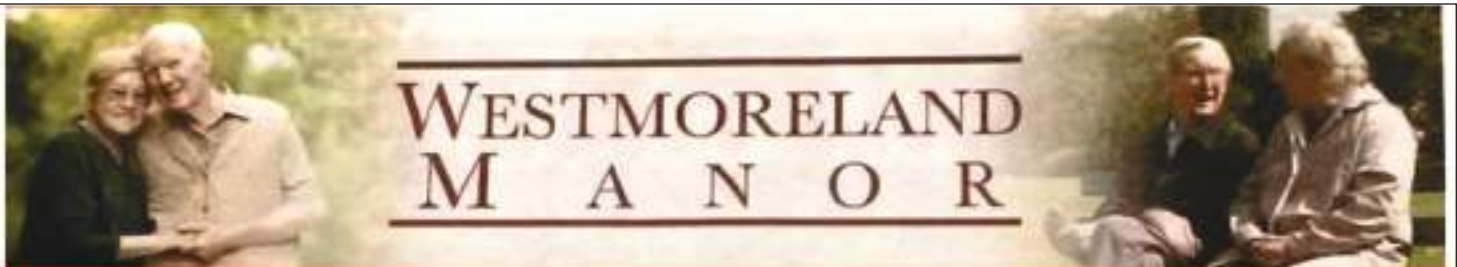
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It's easier to stay up to date with your immunizations now that people with Medicare Part D pay nothing out of pocket for even more vaccines. This means more people with Medicare can get protection against disease and severe illness.

Medicare Part D now covers these vaccines and more at no cost to you:

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- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap)
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Also, Medicare still covers flu shots, COVID-19 vaccines, and pneumococcal shots.



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Enrolling in Medicare? Learn How Medicare Specialists of Pittsburgh Can Help

By Daniel Casciato

Now that we are in Medicare's open enrollment period, there are several changes coming in 2024 which includes budget updates, reduction in drug prices, and more. This year's enrollment period began on October 15 and ends on December 7. It's important to familiarize yourselves with these changes heading into open enrollment because that may have an effect on whether you change your current Medicare plan.

Thankfully, you can turn to someone such as John Wells, president of Medicare Specialists of Pittsburgh, an Independent Insurance Agency representing many different companies for your insurance needs. Medicare Specialists carefully selects its carriers in order to provide clients with the best level of service, price and coverage.

Some clients have are concerned with COVID, according to Wells. "Many people are concerned about having to go out to review their plans in person," says Wells. "The approach we're taking is to be exceptionally flexible. We could meet in person, here at the office or at someone's home just to stay out of restaurants and coffee shops. We can also do Zoom meetings or hold discussions over the phone with email follow-ups. Whatever our customers feel comfortable with, we should be able to do."

No matter which option you choose to meet with Medicare Specialists, a meeting would take approximately one hour.

One way that Wells and his team can help you is to cost out your prescription drug plan that you are currently on.

"We could cost those out with all the variations and different plans



available so that you will have hard numbers on your anticipated drug costs," says Wells. "We'll also have a general discussion, as far as what needs you have coming up in regards to overall healthcare, vision, and dental."

Since they often have a new people signing on to Medicare each year, one of the top questions is when to sign up.

"Timing is always on the top of everyone's mind," says Wells. "When should I sign up? Do I need to sign up? I'm continuing to work, so what happens

when I'm 67? I didn't have Medicare last year, because I was still working under a group plan. What do I do? These are always the types of questions we get."

If you happen to miss the enrollment period this year, Wells recommends contacting their office to discuss other options.

The two main areas of coverage for a client would be Medicare or Medicare with a supplement. You can also convert your coverage over to a Medicare Advantage Plan.

"We'll discuss how that decision can affect your coverage down the road because at some point, once you choose to go to an Advantage Plan, going back to a supplement is not guaranteed," Wells adds. "We can also help clients with Medicaid and other low-income subsidies, PACENET, and entitlements. We can help them assess their current financial situations and find the right plan so they can be sure to afford healthcare."

> For more information, call (412) 343-0344 or visit www.medipgh.com.

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Medicare Specialists of Pittsburgh can help you answer questions and feel better about your choices. You still have time to switch plans, save money, and get the coverage you need. We are happy to discuss all of your options with you. *Give us a call today to schedule an appointment.*

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Naturalist Henry David Thoreau said, “The eye is the jewel of the body.” But just like jewels that can have imperfections that disrupt the normal crystal structure, our eyes can experience disorders that can cause vision impairment or general discomfort. Fortunately, physicians who are experts in eye care use a variety of treatments — from glasses and contacts to medications and minimally invasive procedures to treat common eye conditions.

According to the Centers for Disease Control and Prevention (CDC), refractive errors are the most frequent eye problems in the United States. Refractive errors include myopia (near-sightedness), hyperopia (farsightedness), astigmatism (distorted vision at all distances) and presbyopia that occurs between age 40-50 years (loss of the ability to focus up close and the need to hold newspaper farther away to see clearly). These refractive errors can be corrected with eyeglasses, contact lenses or surgery.

What are common eye conditions?

In addition to refractive errors, there are several other common eye conditions that include:

- Amblyopia (Lazy Eye)
- Blocked tear ducts
- Cataracts
- Conjunctival injuries
- Cornea injuries
- Diabetic eye
- Double vision
- Droopy eyelids
- Dry eye syndrome
- Eye infections
- Eyelid injuries, lesions/cysts or spasms
- Facial spasms
- Flashes/floater
- Glaucoma
- Macular degeneration

Infections

Eye infections can be caused by many different organisms, including bacteria, viruses, amoeba and fungi. Symptoms can include pain, redness, blurred vision, sensitivity to light, excessive tearing and discharge.

“Any time there is a concern with the eyes, it should be taken very seriously,” explained Perry Ward Younger, MD, a board-certified ophthalmologist at Penn Highlands Eye Center in St. Marys, Pa. “Many eye infections are not serious and can be treated with antibiotic drops.” If you have any of the symptoms of infection, seek treatment, and if you wear contacts, remove them as soon as possible.”

Dr. Younger continued, “An uncommon



Understanding Common Eye Problems and Their Treatments

but serious source of eye infections come from inappropriately managed hot tubs. *Pseudomonas* can grow in hot tubs commonly if the level of chlorination is not handled properly. I have personally witnessed a patient lose an eye within one week of exposure to a few drops of contaminated hot tub water being splashed in his eye.”

Amblyopia

An estimated 2%-3% of the population suffer from amblyopia or lazy eye which is the most common cause of vision impairment in children. Amblyopia occurs when the vision in one of the eyes is reduced because the eye and the brain are not working together properly. While the eye appears normal, it is not working correctly because the brain is favoring the other eye. Certain conditions can lead to a lazy eye including an imbalance in the positioning of the two eyes; more nearsighted, farsighted or astigmatic in one eye than the other; and cataracts. Symptoms include squinting, shutting one eye and tilting the head. Unless treated in childhood, amblyopia persists into adulthood and can cause permanent one-eye vision impairment. Treatments can range from treating the vision problem causing the lazy eye, such as wearing glasses to the use of temporarily wearing an eye patch or using special drops in the stronger eye to blur the vision and make the brain force the use of the other eye.

“It is important to treat children with a lazy eye early,” said Dr. Younger. “Children who grow up without treatment have lifelong vision problems.”

Glaucoma

Glaucoma can damage the eyes’ optic nerve and result in vision loss and blindness. It can occur when the normal fluid pressure inside the eye slowly rises. There is no cure for glaucoma, but early treatment can often stop the damage and protect your vision. In the early stages, no symptoms appear and nearly half of the people do not even know they have it. Glaucoma pro-

gresses slowly with side (peripheral) vision and people still do not realize that their vision is changing. As the disease worsens, those with glaucoma notice that they cannot see objects off to the side. Doctors use different treatments for glaucoma including eye drops, laser procedures to lower eye pressure and surgery. In summary, glaucoma should be thought of as a severe disease. It has been said that even in the early stages, it is a “severe disease caught at an early stage.” Therefore, catching it early should not lighten the potential severity of the disease.

Cataract

According to the CDC, an estimated 20.5 million (17.2%) Americans over age 40 have a cataract in one or both eyes, and 6.1 million (5.1%) have had their lens removed operatively. Cataract, a clouding of the eye’s lens, is the leading cause of vision loss in the U.S. and the leading cause of blindness worldwide. Cataracts can occur at any age because of a variety of causes, and can be present at birth; however, they are very common as people age. In fact, more than half of all Americans over age 80 either have cataracts or have had surgery to remove the cataracts. In the early stages, cataract symptoms are mild. They may range from blurry vision and decreased night vision to double vision or seeing a halo around lights.

“While home treatments may be effective at first, such as using magnifying lenses for reading and other activities or seeking a new prescription for glasses or contacts, surgery is the only way to remove the clouded lens. The surgery is very safe and effective,” added Dr. Younger.

A recent statistic cited that we are behind schedule of approximately 250,000 cataract surgeries in the U.S. because of the temporary COVID-19 closures in the U.S. Compounded to that is the continued growth of the baby boomer population.



To learn more, visit the website
www.phhealthcare.org/eyecare/.

Kane Employees Climbing the Career Ladder

Careers In Healthcare

The Kane Community Living Centers are offering a career ladder for all employees and even non-employees who would like to join the organization after completing the CNA course and passing the certification test. Here are some ways to benefit from the program.

CNAs – Kane offers CNA training through CCAC. The course is 6 weeks long and the student is required to pass the certification exam. The student must be 18 years or older and have a high school diploma or a GED. The theory portion is taught by CCAC and the clinical section is instructed at Kane. If a student passes the course and comes to work at any Kane they will be reimbursed for 100% of the tuition.

LPNs – Kane is offering a pilot program for all employees who want to become an LPN. Kane is partnering with technical colleges in the area offering a 1 year LPN program. The theory is taught by the technical college and the clinicals are conducted at Kane and local hospitals for areas that Kane does not cover such as Pediatrics, Obstetrics and ICU. Kane pays the costs for all tuition, books and uniforms. Kane will also make reasonable accommodations to the employ-

ee's schedule so that they are able to attend classes. In exchange, the employee agrees to remain at Kane, as an LPN, for 3 years after passing the LPN test.

RNs – For many years Kane has collaborated with CCAC on an Associate Degree Registered Nurse pathway for all employees. Kane and CCAC will accept employees into the program based on eligibility and interview results. The need for prerequisite courses will be assessed and the student may have to take prerequisite courses that are not reimbursed. Once the student is accepted into the program all tuition is paid for. Full-time benefits will continue as long as the program criteria is met. Employees in the program, on a scheduled clinical experience, will receive a stipend equal to their normal wages.

There are also tuition reimbursement programs for RNs to obtain their BS and MS degrees.

There are many Kane employees who have followed this career path to obtain positions such as Director of Nursing, Assistant Director of Nursing, Resident Care Coordinator, and Nursing Home Administrator.

In theory, a high school graduate can enter

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into the Kane program and become an LPN or RN with little or no out-of-pocket expenses. The first step is becoming a CNA. A student can pay out of pocket the \$1,900 tuition at CCAC. Once the student accepts a position as a CNA at Kane they will be reimbursed in full after 26 weeks. The high school graduate could also accept a position at Kane in Housekeeping or Food Service. After a certain period of time, the employee will become eligible to become enrolled in the CNA program with all expenses paid by Kane. No matter what path the CNA can now enroll in the LPN or RN Program.



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Senior Guide

Memory Care/Alzheimer's • Personal Care
Senior Living • Resources • Home Care

Staying Safe at Home with LIFE Pittsburgh

What is LIFE Pittsburgh?

LIFE Pittsburgh is an all-inclusive program for individuals 55+ who want to stay in their home but need supportive services to do so. Our coordinated plan of care includes medical, social, and daily in-home living support. At LIFE Pittsburgh, seniors are treated with the respect and dignity they deserve. LIFE Pittsburgh goes beyond simply “treating medical problems” to actually improving the quality of life for our Participants. There is no cost to receive LIFE Pittsburgh services for those who qualify.

What Does LIFE Pittsburgh Provide?

LIFE Pittsburgh is a nonprofit program that provides comprehensive and integrated care to seniors who may not otherwise be able to live independently at home. There is a coordinated plan of care that includes medical, social and daily living support. They receive the very best care from dedicated geriatric care professionals without sacrificing their independence. Primary care and community services are provided through the Day Health Center and through the in-home program based on an individual's needs. The continuous coordination of care sets the LIFE program apart from any other care model, which ensures quality of life to its Participants.



Who is Eligible for LIFE Pittsburgh?

Eligible participants are 55 years old or older, live in the designated service area, meet the state's medical requirements for nursing facility level of care, can live safely in the community, and be financially eligible as determined by the Allegheny County Assistance Office or be able to privately pay.

LIFE During Uncertain Times

We are dedicated to continuing to provide care to keep our Participants safe and healthy during this time. While we are adapting our process, we are also committed to continuing to enroll new Participants into our program at this time, as we are a valuable resource to those that need our help.

How Can I Learn More About LIFE?

To learn more about your eligibility and/or the process of enrolling, please contact **(412) 388-8050 TTY: 711** and ask for the Enrollment Department or visit the website **www.lifepittsburgh.org**. Reach out if you need extra support. LIFE Pittsburgh is here for you. Stay safe, stay well.

YOU'RE SAFER AT HOME. YOU'RE SAFER... WITH LIFE.



LIFE Pittsburgh is an all-inclusive program for individuals 55+ who want to stay in their home, but need supportive services to do so. Our coordinated plan of care includes medical, social and daily living support. At LIFE Pittsburgh, seniors are treated with the respect and dignity they deserve. LIFE Pittsburgh goes beyond simply “treating medical problems” to actually improving the quality of life for most of our Participants. There is no cost to receive LIFE Pittsburgh services for those who qualify.



www.lifepittsburgh.org

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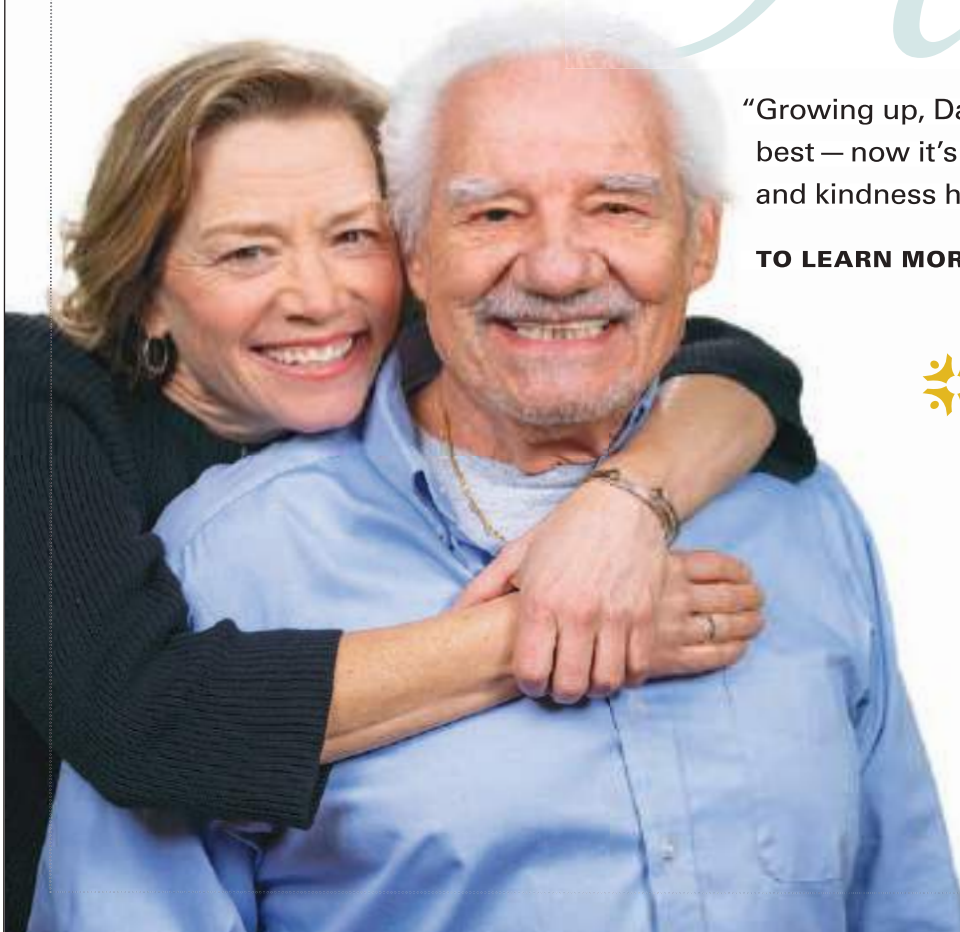
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Business Spotlight: At Home Senior Services

At Home Senior Services Providing Peace of Mind for Your Family with Compassion, Companionship and Commitment

At Home Senior Services is independently owned and operated by Mary Jo Dietrich, RN, BSN, and her husband David John Dietrich, PhD. They have over 16+ years of operational experience and have assisted 1,600+ families over those years in our local communities.

They provide non-medical in-home senior care and daily companionship for you and your loved one. Whether it is a Home Care Companion, a Home Health Aid or a Certified Nurse Assistant that you need, At Home Senior Services can help.

Mary Jo has a passion for seniors and serves as an advocate for families who find themselves in need of in-home care consultation. They can help you through the myriad of care, payment, and insurance options. They are licensed with the State of Pennsylvania and the Pennsylvania Department of Aging Program as an in-home care provider and work with the Veterans Aid and Attendance Program, Veterans Home Maker Program, long-term care insurance companies, they work alongside hospice care, and private pay clients.

Most importantly, they are here for you ... to understand, evaluate, and meet your family's needs. Their services are available for as little as 4 hours a day to 24 hours a day, 365 days a year.

Their ultimate goal is to promote aging in place, which simply means to keep you or your loved one at home and remain independent with the care and assistance of their qualified caregiving staff.

At Home Senior Services offers an in-home care assessment, where Mary Jo, who is a registered nurse, comes to your home to meet you and your family to discuss your loved one's needs.



She performs a nursing assessment, to then create a customized in-home care plan with the family.

At Home Senior Services choose their caregivers very carefully through an extensive hiring process, which sets them apart from other in-home care services. Each person is meticulously screened, interviewed and evaluated. In order to join their staff, they must also be friendly, compassionate and have a commitment for helping seniors. In addition to the usual screening criteria, they also perform:

- Criminal Background Checks

- Integrity Testing
- Drug Urine Testing
- Driving Record Checks
- Nursing and Competency Exam
- Ongoing Training by a Registered Nurse

Services offered include:

- ✓ Bathing and General Hygiene
- ✓ Companionship
- ✓ Exercise
- ✓ Family Respite
- ✓ Light Housekeeping
- ✓ Meal Preparation
- ✓ Medication Reminders
- ✓ Safety Supervision
- ✓ Transportation & Errands

Call (412) 604-0410 to schedule an in-home care assessment or for more information, visit www.AtHomeSeniorServices.com.

Retired or Semi-Retired consider a very rewarding job in helping seniors stay independent in the comfort of their own home. Seniors need a little assistance to stay out of a facility so consider a part time flexible job with us!

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Meal Preparation
We ensure that nutrition and dietary needs are met consistently.

Medication Reminders
Our caregivers will monitor medication so seniors don't get off track.

Safety Supervision
We help seniors navigate their home environment with confidence and safety.

Transportation
Our caregivers provide transportation to stores, doctors visits, and personal outings.

Exercise
We promote daily exercise routines to keep seniors healthy and active.

Call 412-604-0410 today to schedule your nursing consultation.

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Memory and Alzheimer's Care Require Specialized Support

Caregivers may not always know where to turn when it comes to supporting a senior loved one needing memory care or Alzheimer's services. Anthology of McCandless is a trusted solution for memory care with a focus on supporting each resident's unique choices, needs and life plans.

The culture at this senior living community is rooted in values – aspirational living, smart compassion, uncompromising care, empowering connections, transparent culture and celebrating individuals. Certified, comprehensive care is available around the clock in a safe, nurturing environment. Caregivers engage with you and your loved one to learn all they can about family history, careers, hobbies and values, playing a key role in helping ensure that a resident's life remains vibrant and meaningful.

MIND, BODY AND SPIRIT

The Virtue Memory Care neighborhoods are designed to help your loved one thrive in mind, body and spirit. Each personal suite can include personal photos and mementos to provide familiarity. Even the dining experience is designed for familiarity by serving residents' favorite foods.

Activities and programming through iN2L® focus on Person-Centered Engagement™, with technology that sup-



ports activity and wellness initiatives. Daily programming builds around each resident's desires, offering flexible schedules and activities designed to instill meaning, assurance and purpose. Physical and mental fitness programs as well as community-focused activities keep memory care residents active and empowered to make the most of each day at Anthology of McCandless.

Continued on following page



ANTHOLOGY
OF MCCANDLESS

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Senior Living Guide

Continued from previous page

SPECIALIZED CAREGIVERS

Members of Anthology of McCandless' memory care team receive rigorous, specialized training in dementia care, plus additional mandatory training each year. Residents benefit from seamless care for moderate to late-stage dementia, including care for behaviors such as wandering and exit-seeking.

SAFETY MEASURES

Enhanced security measures are used at Anthology of McCandless, including key-padded access and real-time location systems to accommodate the evolving cognitive and physical capabilities of residents, ensuring that they maintain as much independence as possible while still remaining protected within the neighborhood.

Moving a loved one into a memory care community can be challenging. The team at Anthology is skilled at making the transition a smoother journey.



> For more information, visit [AnthologyMcCandless.com](https://www.AnthologyMcCandless.com) or call (412) 336-8371.

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Personal Care Is Personal

Choosing where you want to live, especially when you're considering personal care, is a complex decision, one in which you weigh many factors, big and small, tangible and intangible.

When Bill Baker, 94, retired from his job as a chemical engineer at Merck, he discovered he had an uncanny knack for a traditional art form — woodcarving. A friend had dragged him along to a carving demonstration and he was quickly engaged in learning, and ultimately mastering, the new skill. Before long, he became a woodcarving teacher at Oglebay Woodcarvers' Guild in Wheeling, WV.

There is a lot of joy and satisfaction in creating something beautiful with just your hands and a few tools. For Bill, who had been a drummer in a local band, in addition to his career as an engineer, carving was a relaxing — quiet — pastime. He appreciated the skill and high level of craftsmanship required for woodcarving and enjoyed creating art as well as practical items.

When it came time for Bill to look at personal care options, he wanted a place where he could continue his hobby, a place where he and his



woodworking tools were welcome. At Presbyterian SeniorCare Network, the staff at Westminster Place personal care community understood how important this pastime was to Bill. They made sure he could keep creating his cheery holiday characters and other charming works.

Soon after moving in, he found a fellow woodcarver and kindred spirit in Tana Pierro. Tana, an occupational therapy doctoral student from Pitt, was spending five weeks at Presbyterian SeniorCare Network as part of her studies. Together they created a shadowbox featuring his woodcarving and other interests to be hung outside his door.

The personal care community that's physically, emotionally and spiritually right for you or your loved one is the one that considers the needs of the whole person — hobbies and all!

> To learn more about personal care options for your loved one, visit **Presbyterian SeniorCare Network** www.srcare.org/assisted-living-pittsburgh.

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The Importance of Physical Balance

When people think about improving their physical fitness, balance may not be something that comes to mind. But it should be. Good balance is a vital part of being fit, no matter what your age. While older people are the ones most affected by poor balance, nearly half of young adults acknowledged falling – mostly while walking or participating in sports – during a 16-week study.

While age is definitely a contributor, other factors that can affect balance include medication, changes in vision, brain injuries, neuropathy, obesity, and generally not being in good shape. In addition, simply not working to maintain your balance can be detrimental.

If your balance isn't as good as it should be, you can improve it with some practice. One of the easiest ways is to simply practice balancing on one leg. Stand next to something you can hold onto in case you become unsteady. Walking up stairs is another exercise that enhances your balance. You can even practice while going about daily routines, such as standing on one leg while brushing your teeth or waiting in line.



Feed Your Brain and Stay Sharp, Seniors!

Good nutrition is an essential aspect of keeping your brain healthy and functioning. Although many different foods get attention as “brain food,” there is no single food that makes a significant difference. Rather, it is your overall diet, which should consist of a variety of foods. This includes fruits and vegetables, lean proteins, whole grains and nuts. Try to limit processed foods such as sugary cereal, store bought cookies and salty, high fat frozen dinners, and eat plant-based as much as possible.

Frozen fruits and vegetables are an excellent alternative to fresh ones. They are easy to store, easy to prepare, last a long time and are equally nutritious. Try to have vegetables at every meal – add some to your morning omelet, have a side salad with lunch, and fill your dinner plate half full of veggies.



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SENIOR RESOURCES



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Healthcare DIRECTORY



In order to choose a health professional who is right for you, you need information. The following guide is a good place to start.

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CAREERS IN HEALTHCARE

**Duquesne University
School of Nursing**
www.duq.edu/academics/colleges-and-
schools/nursing/

**Washington Health System
School of Nursing**
whs.org/schoolofnursing
724-223-3167

ENDODONTICS

Southwestern PA Endodontics
Dr. Tuyen Pham
724-365-7775

FLU VACCINATION

Allegheny County Health Department
425 1st Ave, 4th Floor Pittsburgh, PA
15219 412-578-8062
For more information, visit
AlleghenyCounty.US/Influenza

HEALTH, WELLNESS AND FITNESS CENTERS

**The Community & Recreation Center
at Boyce Mayview Park**
412-221-1099
www.twpusc.org/crc/cre-home

**WHS Wilfred R Cameron
Wellness Center**
724-225-WELL
wrcameronwellness.org

HEPATITIS VACCINE

**Allegheny County Health Department
Immunization Clinic**
412-578-8062

HOSPITALS

Advanced Surgical Hospital
724-884-0710 • www.ashospital.net
Orthopedic Surgery Hospital
Onsite MRI and PT/OT Services

Heritage Valley Health System
HeritageValley.org • 1-877-771-4847
Heritage Valley Beaver 724-728-7000
Heritage Valley Kennedy 412-777-6161
Heritage Valley Sewickley 412-741-6600

St. Clair Health
412-942-4000 • stclair.org

WHS Washington Hospital
724-225-7000 • www.whs.org

IMAGING

**St. Clair Health Medical
Imaging Services**
Offered at outpatient centers in Mt. Lebanon,
Bethel Park, and Peters Township
412-942-8150
stclair.org/medicalimaging

**Heritage Valley Robinson Twp
Medical Neighborhood**
Positron Emission Topography (PET)
CT Scans available
Appointments, call 866-251-0710.

MEDICAL EQUIPMENT

Sleep Pittsburgh
Lift Chairs • Mattresses • Beds
412-462-7858
www.SleepPittsburgh.com

ORTHOPEDICS

**Advanced Orthopaedics
& Rehabilitation**
1-800-828-CAST (2278)
www.advancedorthopaedics.net

Heritage Valley Orthopedics
Heritage Valley Beaver 724-775-4242
Heritage Valley Kennedy 412-787-7582
Heritage Valley Sewickley 412-262-7800
www.heritagevalley.org/services/
orthopedics/

**St. Clair Health Center
for Orthopedics**
412-942-4000
stclair.org/centerfororthopedics

**WHS Orthopedics
and Sport Medicine**
724-206-0610 • whsdocs.org

ORTHODONTICS

Good Orthodontics
Washington 724-225-1114
Mount Lebanon 412-344-4663
Pleasant Hills 412-655-4660

PEDIATRICS

WHS Washington Pediatrics
724-250-6001 • www.whs.org

PHYSICAL THERAPY

Fyzical Therapy & Balance Centers
McMurray, Bethel Park, Cecil
724-941-7070 • www.fyzical.com

WHS Outpatient Rehabilitation
724-250-6280 • whs.org/rehab

PHYSICIANS

**Heritage Valley Robinson Township
Medical Neighborhood**
HeritageValley.org
Home to a variety of services and physician
practices.

**HVMG Park Manor Medical
Associates**

2201 Park Manor Blvd
412-749-6920 • HeritageValley.org
Same Day Sick Visits, Self scheduling at
cms.hvhs.org/carelink/

**St. Clair Health
St. Clair Medical Group Network**
physicians.stclair.org

**Washington Physician
Hospital Organization
Provider Network**
whs.org - See pages 21-24

REHABILITATION

**Advanced Orthopaedics
& Rehabilitation**
1-800-828-CAST (2278)
www.advancedorthopaedics.net

VEIN CARE

Three Rivers Vein Center
412-677-9842
threeriversveincenter.com



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wesley family services

Older adult services at Wesley Family Services, we offer support to seniors in the community. We coordinate volunteer caregiving, care management, and provide support for better understanding medicare.

Older Adult Programs include:

- Options Care Management
- PA MEDI (formerly APPRISE)
- Senior Day Program for Adults with IDD
- In Service of Seniors & Open Your Heart to a Senior

For more information or to volunteer visit: wfspa.org
Allegheny County Call: 412-345-7420 or Email: ISOS@wfspa.org
Westmoreland County Call: 724-205-6282 or Email : OYHS@wfspa.org
For Options Care Management, call AAA Seniorline at [1-412-350-5460](tel:1-412-350-5460)





WHERE YOU'RE MORE THAN A PATIENT

Bob, Scott Township
Man On A Mission
21,186 Miles and Counting
Hip Replacement Recipient



stclair.org

Expert care from people who care.