



Dear Members,

As 2020 comes to a close, we would like to take a moment for reflection. If you are in (or approaching) your 80's, you have experienced a fascinating array of events in your lifetime. In the area of civil rights, it's been everything from the women's suffrage movement to the recognition of same sex marriages and the Black Lives Matter movement. There have been amazing advances in science, including the decoding of DNA, the invention of the CT scan, the first organ transplants and laser surgeries. You have experienced man's landing on the moon and the exploration of Mars. Technology has advanced from the telephone to the internet and artificial intelligence. Let's not forget sports, from the amazing Jesse Owens in the 1936 Berlin Olympics to the six Super Bowl championships won by our own Pittsburgh Steelers! It's true, you have also experienced World War II, the Great Depression, the attack on the World Trade Center, Hurricane Katrina and many other tragedies including the current pandemic. That's where the reflection comes in: this "greatest generation" has endured more, and celebrated more, than any other. This generation is resilient and courageous; we have no doubt of your ability to carry on and to look forward to brighter days ahead. We encourage you to create your own list of significant events, including how they impacted you, and to share it with your family. The younger generations will be amazed!

Staying Healthy

As we are certain you are aware, COVID-19 vaccines are on the cusp of being approved for distribution. While we are all heartened by this news, we are still likely months away from widespread vaccine distribution. This is not the time to let your guard down. Please continue to be aware of the risks of COVID-19 and proceed with care – wear a mask, wash your hands frequently and practice social distancing. If you have not already done so, please get your flu shot. We care about you and want everyone to remain safe! *See enclosed flyer.*

Staying Active

As we enter the winter months, many of us may feel even more isolated as outdoor options become limited. It's important to stay active – *see the enclosed flyer for suggestions.*

December Holidays

The Area Agency on Aging is providing frozen holiday meals (menu: chicken breast, whipped potatoes, green beans, roll and brownie). Members may pick up 2 frozen meals on **Friday, December 18th at Vintage between 10am – 2pm**. Pre-Registration is encouraged, call Tom at 412-361-5003, ext. 104. For those who do not pre-register, it will be First Come, First Serve while supply lasts.

The Salvation Army will also be distributing holiday meals. Pre-Registration Required. Call 412-446-1500.

Re-Opening

Given the COVID-19 surge, we do not anticipate any news regarding re-opening until the local rates stabilize. Vintage will be guided by the PA Department of Health, COVID-19 early warning data which indicates the County's risk level (low, moderate, substantial). As of November 26, the County was at 9.7% positivity rate. To reopen, we need to be in the low risk level, which is a positivity rate below 5%.

Best Regards, *Vintage Staff*

See Enclosed Flyers For Other Important Information



STAYING ACTIVE

If you have a smartphone or a computer with internet access, please check out some of the online resources listed below. For those without equipment or online access, you can reach out to Michael Smith about our new Senior Tech Support program (412-361-5003 ext. 108).

To access these links electronically, visit:

<https://www.vintageseniorservices.org/newsletter.php> and select December, 2020

WELLNESS & STAYING FIT

- **SilverSneakers Videos:**
<https://tools.silversneakers.com/>
- **National Institute of Health Exercise Video:**
<https://www.youtube.com/watch?v=Ev6yE55kYGw>
- **YouTube Fitness Channel for Seniors:**
<https://living.medicareful.com/5-great-youtube-fitness-channels>
- **Yoga Videos:**
<https://www.womenshealthmag.com/fitness/g29264172/best-yoga-videos/>
- **Tai Chi Videos:**
https://www.youtube.com/watch?v=pa_I5NAOW4k&feature=youtu.be
- **SixtyandMe Brain Games** (Free, contains ads)
<https://games.sixtyandme.com/>
- **Sudoku**
<https://www.seniorsonline.vic.gov.au/services-information/games/sudoku>
- **Mahjong**
<https://www.mahjong-game.com/>
- **AARP Smart Driver online course** (\$24.95)
<https://www.aarpdriversafety.org>
- **Brain Recovery Crew Stroke Support & Recovery Groups** (via zoom & teleconference)
Contact: recoverycrew12@gmail.com, (724) 914-2435

STAYING ACTIVE

FOR FUN AND ENTERTAINMENT

- **Virtual Senior Academy** (Join for Free – a wide variety of online classes)
www.virtualsenioracademy.org
- **Harvard and MIT EdX Classes:** Browse more than 2,500 free courses available on www.edx.org. With subjects ranging from computers to arts and humanities, there's something for everyone.
- Explore **Zoos and Aquariums** across the country including Smithsonian's National Zoo.
(<https://nationalzoo.si.edu/education/educational-activities-you-can-do-home>)
- Enjoy **Artwork From Around the World**
(<https://artsandculture.google.com/partner?hl=en>). Thousands of museums and galleries have partnered with Google Arts & Culture for virtual tours.
- Tour one of the many **National Parks** offering digital tours and experiences.
(<https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>)



December 2020 Newsletter

MindMatters lectures are presented by professional speakers
and cover topics that interest people like you!

There are currently more than 40 lectures to choose from!

To access MindMatters lectures, go to <http://mindmatters.witf.org/login/>

Select a lecture to watch.

Log in with USERNAME: **pdasite** PASSWORD: **mattersvideo1314**

MISS THE THEATRE?

Are you a Theatre Lover interested in receiving email updates about upcoming virtual performances? Message Tom and ask to join the Theatre Mail List: tsturgill@familylinks.org

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

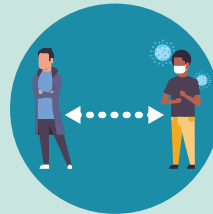
Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](https://www.cdc.gov/coronavirus/2019-ncov/protect-yourself.html).



cdc.gov/coronavirus

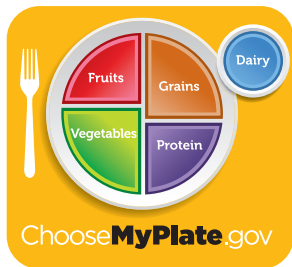
Make Smart Food Choices for Healthy Aging

It's never too late to make smarter food choices. Healthy eating is an important part of staying healthy as you age.

Following these tips can help you maintain a healthy weight, get the nutrients you need, and lower your risk of chronic disease.



Try to eat and drink from these food groups each day: fruits, vegetables, grains, protein, and dairy.



Fruits



Vegetables



Grains



Protein



Dairy

Variety is an important part of eating healthfully!

Instead of:



High-calorie snacks



Fruit products with added sugars



Regular cola

Try these:



Nutrient-dense snacks



Fresh fruit



Water flavored with fruits or vegetables

Cut back on foods and beverages that are high in calories and added sugars, sodium, and saturated fats. Shift to healthier options like fresh fruits and vegetables instead.



Use a food diary to help you keep track of your total daily calories, carbs, protein, etc., and see if you are making healthy choices. Understand how many calories you need based on your level of daily activity.



Choose a variety of foods that are packed with nutrients and low in calories. Check the food labels to understand what foods will meet your nutritional needs each day.



HOW MANY CALORIES DO YOU NEED EACH DAY?

WOMEN

Not physically active

1,600 cal.

Moderately active

1,800 cal.

Active lifestyle

2,000-2,200 cal.



MEN

Not physically active

2,000-2,200 cal.

Moderately active

2,200-2,400 cal.

Active lifestyle

2,400-2,800 cal.



Visit www.nia.nih.gov/health/healthy-eating and www.choosemyplate.gov to learn more.



National Institute
on Aging