

Seasons



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Issue #14

New Look, New Ways To Share

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Seniors Embrace Technology

Essential Technology
Information for Seniors

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Cooking with Lauren K

Pumpkin Pancakes

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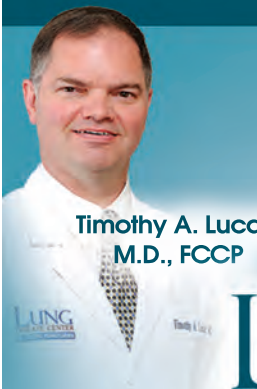


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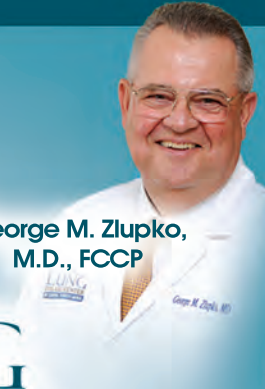
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Welcome

Allow me to wish you a very Happy New Year! Here at Blair Senior Services, Inc. we are excited about 2017 and are kicking off with incredible changes, some you may have already noticed such as our new logo and Seasons Magazine's new look. Our new logo was designed to continue growing our strong positive brand image and will be incorporated into all our marketing and communication tools over the next year.



**Steve Williamson,
President**

We are also excited about our new Facebook page! We've been hearing from many of our consumers, their families and caregivers that social media is one of their favorite ways to communicate and keep apprised of what is happening. Learn more on page 7 about how we plan on using social media to share information about Blair Senior Services, Inc.

This Seasons Magazine's cover story, "Seniors Embrace Technology", is very timely with the introduction of our Facebook page. From computers, to smartphones and tablets, smartwatches, GPS trackers, and of course social media, seniors are becoming avid users of technology. Beginning on page 8, you'll read about the different types of technology and applications on the market as well as two charts that will be very helpful in understanding this new technology's words and definitions.

On pages 4 through 6 you'll find a list of events and activities taking place at our four Senior Centers. You can find additional information on our website, www.blairsenior.org, and on our Facebook page.

Please email us at Seasons@blairsenior.org and let us know what you think about Season Magazine's new look and if you have become one of our Facebook friends. When you do, remember to share our Facebook page with your friends. Here's to a very happy and healthy New Year! 🍷

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Seasons

Issue #14

Seasons Magazine is published and distributed by Blair Senior Services, Inc. For more information on receiving our next issue and for more information on our programs and services, please call 814-946-1235, email: seasons@blairsenior.org or visit our website at www.blairsenior.org. Copyright 2017 Blair Senior Services, Inc. All rights reserved. Reproduction in whole or part without permission is prohibited.



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Center Events

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Central Blair Senior Center , 1320 12th Avenue, Altoona	(814) 946-1235
Northern Blair Senior Center , 505 3rd Street, Tyrone	(814) 684-7853
Southern Blair Senior Center , 15229 Dunnings Highway, East Freedom	(814) 317-5181
Williamsburg Senior Center , 423 W. Second Street, Williamsburg	(814) 832-3625

f Like us on Facebook and visit our page for more information!

JANUARY

Tuesdays at 1:00 pm

Southern Blair Senior Center

Painting Classes (water colors and acrylics)

Tuesday, January 3 at 1:00 pm

Central Blair Senior Center

Magic Show

Wednesday, January 4 at 11:30 am

Williamsburg Senior Center

Special Lunch for National Spaghetti Day
Pre-register by 12/30/2016. \$5.00 donation.
Salad, Spaghetti & Meatballs and Garlic Bread.

Wednesday, January 11 from 11:00 am-12:00 pm

Northern Blair Senior Center

Beginners Genealogy Presentation

Thursday, January 12 at 11:00 am

Southern Blair Senior Center

Healthy Cleaning with Essential Oils Presentation

**Thursday, January 19
from 9:30 am-2:30 pm**
Central Blair Senior Center
First Annual Senior Art Show

Thursday, January 19 at 11:00 am

Southern Blair Senior Center

Vision Loss Support Group

Thursday, January 19 from 10:30 am-12:00 pm

Northern Blair Senior Center

Country Cool Concert

Friday, January 20 at 12:30 pm

Southern Blair Senior Center

Beat the Winter Blues Fest (dress up in your favorite summer attire)

Monday, January 23 at 11:00 am

Southern Blair Senior Center

History of the Cove Shoe Factory by Ken Love

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Thursday, January 26 at 10:30 am
Southern Blair Senior Center
Canvas Art Workshop: Quotes on Canvas
Pre-register and small fee for canvas

Monday, January 30 at 11:00 am
Southern Blair Senior Center
Find a Grave in Blair County Presentation


FEBRUARY


Wednesday, February 1 at 12:30 pm
Southern Blair Senior Center
Entertainment by Rich Hagens

Thursday, February 2 at 11:00 am
Southern Blair Senior Center
Senior Crime Prevention Presentation

Thursday, February 2 from 1:00 pm-3:00 pm
Central Blair Senior Center
Canvas Paint Party with Patricia Cheeseman
(must pre-register) 

Monday, February 6 from 11:00 am-12:00 pm
Northern Blair Senior Center
Kip Woodring Concert

Tuesday, February 7 at 2:00 pm
Southern Blair Senior Center
Sip and Sauté Appetizer Demonstration by DeGennaro
Experience taste, simplicity, interactive fun and uniqueness! Beverage included. Must pre-register and pay \$19.95 fee. 

Thursday, February 9 at 11:00 am
Southern Blair Senior Center
“Redefining Vogue” Fashion Show 



THANK YOU

Steve Williamson, President of Blair Senior Services, Inc., graciously accepts a donation of \$1,000 from Joe Patterson of the American Legion Home Association of Hollidaysburg. Blair Senior Services, Inc. sincerely appreciates your donation and will use it to continue providing quality services for our older residents.

Thursday, February 9 at 11:30 am
Williamsburg Senior Center
Special Lunch for National Pizza Day
Pre-register by 02/06/2016. \$5.00 donation.
Salad, Pizza and Dessert.

Friday, February 10 at 10:00 am
Central Blair Senior Center
Super Bowl Party 

Tuesday, February 14 from 11:00 am-1:00 pm
Northern Blair Senior Center
Valentine’s Day Party 

» Continued on Page 6 «



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» Continued from Page 5 «

Tuesday, February 21 from 10:30 am-12:00 pm

Northern Blair Senior Center
Bill Ross Jr. Concert

Tuesday, February 28 at 1:00 pm

Central Blair Senior Center
Mardi Gras Party 

MARCH


Wednesday, March 1 at 12:30 pm

Southern Blair Senior Center
Entertainment by Rich Hagens 

Thursday, March 2 from 9:00 am-3:00 pm

Central Blair Senior Center
National Dr. Seuss Day – wear a crazy outfit 

Saturday, March 11 at 11:00 am

Southern Blair Senior Center
Hiking for Your Health at Canoe Creek
Hiking Trail (must pre-register) 


Thursday, March 16 from 10:30 am-12:00 pm

Northern Blair Senior Center
Country Cool Concert 

Friday, March 17 at 12:30 pm

Southern Blair Senior Center
Saint Patrick's Day Party
Entertainment by Kathleen Foor 

Tuesday, March 21 from 10:00 am-1:30 pm

Southern Blair Senior Center
Annual "To Your Health!" Senior Health Festival
Free health screenings, demonstrations,
presentations, door prizes, food, and fun!
Sponsored by The Winds at Mattern Orchard 

Tuesday, March 21 from 10:30 am-12:00 pm

Northern Blair Senior Center
Bill Ross Jr. Concert 

Thursday, March 23 at 1:00 pm

Southern Blair Senior Center
Canvas Painting Party with Playtime Pottery  



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New Look, New Ways To Share



BLAIR SENIOR SERVICES

AREA AGENCY ON AGING

An organization's logo is extremely important in developing consistency in branding their name and making it memorable. Blair Senior Services, Inc.'s new logo was designed to add a fresh look to our marketing and take away previous geographic borders. Many of our programs and services are now being offered in multiple counties, including Blair, Bedford, Cambria and Centre, by our Agency's incredibly talented and experienced staff.



Along with the new logo, we've added Facebook to our marketing and communication tools. We pride ourselves in listening to our consumers, their family and caregivers, who for many years, have been telling us how they are using social media to communicate with each other, share information and keep updated on what is happening around their communities and the world. Adding Facebook to our mix of communication tools will provide us with one more way to provide quality and timely services.

While our logo has changed, our staff and volunteers will continue to enhance the lives of older individuals, their families and others in need by coordinating and providing support and assistance through a system of quality home and community based programs and services. The new logo's flexible design complements our Agency's goals to continue and grow our programs and services.

Our new Facebook page will make it easy for you to make plans to attend events and activities at our Senior Centers including reviewing the weekly lunch menus, keeping updated on program and services available through Blair Senior Services, Inc., and much more. Remember to like our Facebook page to start receiving our posts. If you are not already using Facebook, our staff has several sessions planned at our Senior Centers to help older adults set up their page and learn the basics on how to use social media. Check out the calendar of events on pages 4 through 6 or call our office to learn more at 814-946-1235. Once you are a Facebook friend, remember to invite your friends to like our page and share our posts. ❤️

Over the next year, we will be updating our marketing and communication materials with the new logo as they need replenished. This will enable us to be consistent with our branding while remaining cost effective.

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Seniors *Embrace* Technology

Essential Technology Information for Seniors

Older adults are experiencing new things they may not have imagined would be possible and enjoying reviewing fond memories brought back through the wonderful world of technology. From staying in touch with family and friends who live far away through email and social media, seeing their grandchild for the first time by using Skype or FaceTime, watching their favorite movies in HD or listening to music transformed from a vinyl record or cassette with incredible clarity and no scratches, seniors are finding this new technology has some great advantages and benefits.

Older adults are embracing technology at an incredible pace. According to statistics from the Pew Research Center, 58 percent of those over 65 years of age use the Internet which is up from 15 percent in 2000. These numbers increase with younger retirees who may have already worked many years with computers.

Technology has come a long way which older adults can bear witness to including how they are aging.

Social connections through social media, video chats with Skype or FaceTime can supplement senior's social interactions when visits with friends and families are not possible. While this does not take the place of in-person human

interaction, research has found that Internet use among older people reduces loneliness, increases social interaction and may result in a significant reduction in depression.

Technology is also growing in popularity for safety enhancements by providing a variety of useful tools for the growing number of seniors who want to stay in their own homes as they age. Mobile devices and smartphones provide alarms and emergency communications. Lighted and censored baseboards, home robbery and medical alert systems made possible through new technology have added tremendous peace of mind for the senior living at home and for their loved ones.

Along with this technology there are applications for just about everything to make your life easier. Many older adults are familiar with computers from their work or personal use. However, their use with computers and on-line programs is growing, including managing their personal finances with on-line banking and bill paying options which saves time and provides convenient access to your information. Remember to do your research on the best options and pricing for your Internet connection and Wi-Fi services which is essential if you plan on using on-line programs, applications, social media and email.

Next to computers, the most popular technology being used by older adults are mobile phones. More than 78 percent of Americans over 65 years of age have cell phones, according to Pew data, and 30 percent have smartphones. A smartphone is a term used to describe a category of mobile devices with computer-like functionality. They're checking their email, interacting on Twitter and social media, and checking the news and weather. Some are really grasping the incredible ways to use their smart phones by managing their time with calendars, apps to track their blood pressure, reminders to take medication and of course, taking selfies to share.

Computers are still very popular, but many seniors are replacing them with tablets and mobile devices. The screens are larger than the smartphones and easier to handle than most computers. They are using them for most of the same reasons we all are; emailing friends and families, communicating on social media, researching on the Internet for cooking recipes and healthcare news, retirement tips or job opportunities, entertainment and even dating services. Reading is another popular use of the tablets and e-readers. The larger type makes it much easier to read books and magazines.

Smartwatches are the next step down in size with similar technology found in the smartphones and tablets. Added benefits of the smartwatches are the convenience of being prepared in case of emergencies or accidents with an alarm button, but with more style, and they are less bulky than the original alarm buttons worn around the neck. New on the market are added features of a fall detector and voice-activated system to guide you home or find you if you become unresponsive.

A GPS Tracker can be a standalone unit or part of a smartphone with the Global Positioning System (GPS) technology making it easier to find your way around. These devices give seniors and their loved ones peace of mind. Cognitive and degenerative illnesses can call for constant supervision, and some seniors are prone to wandering or become disoriented.

Want more technology? GPS insoles are a new product that can go into the shoes of someone with Alzheimer's so they can be easily found if they wander away. This product helps with persons who resist wearing new devices and are not as obvious. You set the perimeter and get a notification if a person leaves the designated area and you can track them with the GPS in the insoles.

And we must not leave out the technology toys including the new "smart pets" that actually look lifelike and feature realistic sound effects and movements thanks to smart sensors all over the body. Best of all, no food to buy and no house training needed! Videos for exercise and sports games using gaming centers hooked to televisions and monitors are great fun and help seniors to engage in light physical activity in just about any space. For mental exercise, there are games such as Trivial Pursuit, card games, puzzles, backgammon and checkers that can be done alone or with others.

OK, so you got these great new technology tools and toys for gifts, but how do you learn to use them? We recommend starting by learning some of the key words and phrases you will encounter when using your devices and while on-line. To help you, we've creative two lists to get you started. (See page 10) One is for when you're using your computer and Internet. The other is for your smartphones and mobile devices. Several of the words and phrases cross over to all the technology.

Taking classes and workshops on how to use your technology and communicate through social media is a great idea especially if you're new to technology. The one-on-one interaction with your instructors and live demonstrations can help you grasp what you need to learn faster and you get to ask questions. Our area has several options at community libraries and community colleges who offer beginner computer and technology classes.

Blair Senior Services, Inc. has ongoing classes and demonstrations on how to setup and use social media, and beginner computer classes. One of the first Facebook pages you should like, after setting up your own Facebook page, is Blair Senior Services, Inc. Every month, you'll find posts of new events happening at the Senior Centers, weekly lunch menus, and information on programs and services. You can also stop by one of their senior centers to pick up a complete calendar of events each month. Be sure to keep checking the Blair Senior Services, Inc. Facebook page and website for more details about upcoming classes on technology, social media and Internet.

» Continued on Page 10 «



» Continued from Page 9 «

Most of the companies who sell the technology are good resources for help in initial setup of the devices and hands-on demonstrations, as well as on-line tutorials and instructions that can be downloaded for print. Often these on-line “How To” tools provide step by step instructions with answers to the most frequently asked questions and even the option to submit questions for more detailed answers. Self-paced technology lessons and instructional videos are also offered by on-line services, but be careful to review all the

details including any costs before signing-on.

There are also a wide variety of books you can borrow at your area library or purchase at local stores and on-line at Amazon.com and BarnesandNoble.com that can be very helpful in learning how to use different types of technologies. “For Dummies” books seem to have a book for just about every form of technology and are easy to read and understand.

C. S. Lewis, a famous author wrote, “You’re never too old. Go set another goal or dream a new dream.” Why not make a goal for the New Year to add using new technology? One of the biggest misconceptions is that people over 60 years of age are out of touch with technology. The facts show that Baby Boomers are a part of one of the fastest growing demographics using social media and technology. Trying new things can be intimidating and confusing for some of us, but in today’s world using new technology is more of a necessity than an option. The good news is it’s not as complicated as it appears and you are not alone. Just look around and you’ll find someone who is using similar technology. Even better, I bet if you ask they’ll be very happy to help. 🍷

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Helpful Technology Words and Definitions

APP – Software or programs for mobile phones.

Attachment – A document sent with an email message.

Bluetooth – A wireless communications technology intended to replace cables. It allows short-range connections between two or more Bluetooth-compatible devices such as mobile phones, tablets, headsets or medical equipment.

Bookmark – A bookmark is a saved link to a Web page. Microsoft Internet Explorer denotes bookmarks as "favorites."

Boot (re-boot) – To boot (or re-boot) is to load and initialize the operating system on a computer, restarting your computer.

Bounce back – An email message that cannot be delivered and returns an error.

Browser – A software program that allows you to surf the web. Popular web browsers include Google Chrome, Mozilla Firefox, Microsoft Edge and Internet Explorer.

Carrier/Mobile Carriers/mobile network operators/network operator – A company, also known as service provider, that provides mobile phone users with services and subscriptions to mobile phone networks.

Chip – A chip is a microprocessor that performs many functions and calculations that make your computer run. Your computer's chip is also referred to as the CPU (Central Processing Unit) or the processor.

Cloud Computing – Storing and accessing of data and programs over the Internet instead of on another type of hard drive.

Compression – Reduction of the size of a file. Compressed files take up less memory and can be downloaded or sent over the Internet more quickly.

Content – Refers to a website's text and information, as opposed to its design and structure.

Cookie – A piece of code or data created by a web server and stored on a user's computer. It is used to keep track of the user's usage patterns and preferences.

Device driver – A small program that allows a peripheral device such as a printer or scanner to connect to your PC.

Download – The method users access and save or "pull down" software or other files to their own computers from a remote computer via the Internet.

DV – Digital video.

Email – Email or electronic mail is a way of sending messages over the internet.

Firewall – A firewall is a barrier that acts as a security system to protect trusted computer systems and networks from outside connections and untrusted networks, such as the Internet.

GIF – Graphics interchange format (GIF) is a graphics file format.

GPS – Global Positioning System is a direct connection to satellites that determines the exact geographical position of a receiver.

Hard Disk – The physical place where a computer stores information – applications and files – is known as its hard disk drive (HDD).

Home Page – Internet browser first opens to website.

Internet – Set of interconnected networks that allow computers in different locations to exchange information.

ISP – An internet service provider (ISP) is a company that provides access to the Internet.

Malware – "Malware" is short for malicious software.

Megabyte – A measure of computer processor storage and real and virtual memory. A megabyte (Mb) is 2 to the 20th power bytes, or 1,048,576 bytes in decimal notation.

Megahertz – Megahertz is the unit used to measure the speed of a computer's processor (e.g. 2.8Ghz)

MMS – A standard for telephony messaging systems that enable the sending of messages that include multimedia objects (images, audio, video, rich text). It may or may not include normal text.

Mobile Message – SMS and/or MMS message sent to a mobile device.

Mobile Web – A channel for delivery of web content, which adapts the content to a mobile context.

Modem – A modem is a device that allows computers to transmit information to each other via ordinary telephone lines.

Online – If a computer (or computer user) is online, it is currently connected to a network or to the Internet.

Operating system (OS) – The software that manages all of a computer's processes and allows programs and applications to run.

OS – Operating System is the software that runs a mobile device.

PDF – A file that can be read using free software called Adobe Acrobat Reader or another PDF reader.

RAM – Random access memory (RAM) is usually referred to as a computer's "memory" – it stores information used by programs.

Search engine – Enables a computer user to search information on the Internet.

Smartphone – The new generation of mobile phones optimized for using mobile Internet and applications.

SMS/Text Messages – SMS (Short Message Service) is a messaging system that allows sending messages between mobile devices that consist of short messages, normally with text only content.

Spam – Unsolicited email messages sent for marketing purposes.

Streaming – An Internet derived expression for the one-way transmission of video and audio content.

Subscription – Product or services initiated by a mobile subscriber to receive content on an ongoing basis, typically with periodic payment due.

Tablet – A fusion of laptops and smartphones, embodying the mobility of a smartphone and the workability of a PC.

URL – A URL (unique resource locator) or web address is the string of characters you type into a browser to access a website or other resource on the Internet.

Viral – If an online video, photo or article "goes viral", it experiences a sudden spike in popularity in a short period.

Virus – A piece of programming code inserted into other programming to cause damage.

Wi-Fi – Technology that allows computers and other devices to communicate via a wireless signal. 📶

EMPLOYEE SPOTLIGHT

Tiffany Finamore

Tiffany has been working for Blair Senior Services, Inc. since September 27, 2016 after she viewed an employment opportunity on their webpage for a position open at their Senior Centers.

Tiffany is the Senior Center Coordinator for Blair Senior Services, Inc. Central Blair Senior Center. She is in charge of planning all the activities at the center and coordinating the daily meal service for the seniors who visit the center. She also coordinates luncheon trips to local restaurants. Some examples of the activities she has held at the Central Blair Senior Center include a Dinner Dance, Facebook class, Craft classes, Speakers and Entertainment.

What Tiffany said she enjoys most about her job is getting to know the people who come to the center and being able to make their day a little more exciting. Tiffany said, "I really like the interaction with the consumers that come to the center! Being able to help them and get to know them makes my job rewarding."

When asked if Tiffany had one special moment or memory with Blair Senior Services, Inc. she stated, "None in particular, because I feel each day is filled with special moments. Being able to make their day a little special is so fulfilling and rewarding to me."

Tiffany said Blair Senior Services, Inc. is always in



Tiffany Finamore,
Senior Center Coordinator

need of volunteers. She would encourage people to volunteer for any of the programs they have. "If you have something you like to do or are good at, check with us! Perhaps there is a program suited just for you!" If you are interested in volunteering for one of the many Blair Senior Services, Inc. programs, please call 814-946-1235. 📞

EMPLOYEE SPOTLIGHT

Jamie Houck

Jamie has been working for Blair Senior Services, Inc. since July 12, 2016 after she had applied for a position open at their Senior Centers. Jamie is the Senior Center Coordinator for Blair Senior Services, Inc. Williamsburg Senior Center. She is in charge of coordinating the daily meal service as well as various activities for the seniors who visit the center.

What Jamie said she likes most about her job is getting to know the people who come to the center. Jamie said, "I like seeing people smile and getting to know what they like. I enjoy when I get a good reaction to an activity or presentation I had planned. It

makes me happy knowing I was able to make the seniors who visit happy."

When asked if Jamie had one special moment or memory with Blair Senior Services, Inc. she stated, "I had planned for Mending Hearts Animal Rescue to visit and talk with the consumers. They brought some of the rescue animals for adoption with them. The seniors loved it! They were all smiling and petting the animals and interacting together. It brought such joy to see them all so happy."

Jamie said Blair Senior Services, Inc. is always in need of volunteers. She would



Jamie Houck,
Senior Center Coordinator

encourage people to volunteer for the Foster Grandparent Program or perhaps the Senior Companion Program. If you are interested in volunteering for one of the many Blair Senior Services, Inc. programs, please call 814-946-1235. 📞

COOKING WITH LAUREN K

Pumpkin Pancakes

This was one of the first recipe's I've ever created in an attempt to win Johnstown's Our Town recipe contest when I was 20 years old. I started with my grandfather's buttermilk pancake recipe and make some holiday tweaks and behold, a winning pumpkin pancake recipe was born!

Pumpkin Pancakes

Yield: 10 pancakes

Prep Time: 15 minutes

Cook Time: 10 minutes

Serving: 2 pancakes per serving, 5

Ingredients

- 1 egg
- 1/2 cup of pumpkin puree
- 1/2 cup buttermilk
- 1 tablespoon oil
- 2 tablespoons sugar
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/3 cup walnuts or pecans, chopped

Instructions

In a large mixing bowl, whisk the egg, pumpkin puree, buttermilk, oil and sugar together. Set aside.

In a separate bowl, combine the flours, baking powder and soda, salt, pumpkin pie spice and cinnamon. Whisk the dry ingredients into the large bowl with the wet ingredients until well combined and no lumps remain.

Preheat a griddle to 350 degrees or over medium-low heat. When heated, coat the surface with cooking spray. Ladle 1/4 cup amounts onto the griddle and sprinkle on nuts immediately. Let the pancakes cook until the edges look dry, about 2 minutes. Flip the pancakes and let cook for another 1-2 minutes. Serve with pumpkin butter, maple syrup or your favorite topping.

Nutrition facts (per portion)

Calories	219
Carbohydrate Content	28.2g
Cholesterol Content	38.2mg
Fat Content	10.1g
Fiber Content	3.7g
Protein Content	6.1g
Saturated Fat Content	1.2g
Serving Size	2 pancakes
Sodium Content	506.9mg
Sugar Content	7.4g

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