

RIVERVIEW Community Action Corporation

February
2021

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
412-828-1062 Fax: 412-828-6985
www.rcacorp.org

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Listen to Jamie Wright on Friday, February 12 from 1-2 pm as he sings your favorite songs by request. Make your requests in advance by calling Mary Margaret at RCAC 412-828-1062.

Join Zoom via landline, cell phone or computer.

Meeting ID: 985 8570 3467 Password: 039916

Phone +1 301 715 8592

<http://bit.ly/JWrightConcert>

From the desk of the Director...

Here are a few updates:

1. As you will see, we are now offering a variety of virtual classes through CCAC and now through other Centers. In the hopes of increasing the availability of programming to all of you. This month you will see a countywide Bingo, a Book Club through Macedonia Face and RCAC will be presenting "A Special Memories Concert." Please try to check these items out. You will also see information on one and one training for Zoom if you would like to learn how to connect to these programs on line.
2. I also want to thank everyone who supported our Annual Mail Appeal. We have begun listing the many donations we received and will continue to do so through the next few months. I apologize in advance for any spelling errors. Again thank you so much for your support!

Have a great month!

Stefanie

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AVAILABLE**

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FOR A LIMITED TIME**

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jrosenman@lpiseniors.com
or (800) 477-4574 x6421

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CENTER NEWS

CENTER CLOSURE

RCAC will be closed on the following days:

Monday, February 15, 2021 in honor of President's Day.

There will be no home delivered meals and the RCAC bus will not run this day.



Virtual Senior BINGO by Phone

Join seniors from around Allegheny County for a **free** afternoon of BINGO. Your regular phone is all you need, no internet necessary.

When: Thursday, February 18, 2021

**Time: 12:30-1pm Social time
1-2pm BINGO games**

**Call: 1-301-715-8592 to join
Meeting ID # 984 6150 7419**

CASH PRIZES!!

Rules: All games will be on the honor system. Only 4 cards will be used for all four games so use pennies, popcorn, buttons or rice as markers.

Call Mary Margaret at RCAC to register and receive your cards.



Sign Up Now!

Tool Kit for Active Living Program

Because of the COVID -19 crisis, RCAC has been working on additional ways that we could be helpful to our seniors. This new Tool Kit program can be completed from home and the program is **FREE!**

It's designed for seniors who have one or more chronic conditions – such as high blood pressure, heart disease, diabetes, depression, arthritis to name a few. Research shows that this is a very effective program in helping seniors manage better – for example developing healthier habits such as healthy eating and better exercise, and learning skills to reduce pain or stress.

Since we can't be in person right now the Tool Kit is a self-study program that you do at home at your own pace with weekly calls from a certified coach to offer support and answer any questions.

If you are interested in registering for this **FREE** program call RCAC at 412-828-1062 and ask for Mary Margaret.

DONATE VIA AMAZON

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Riverview Community Action Corporation whenever you shop on AmazonSmile.

UPCOMING EVENTS

Enjoy Pittsburgh Cuisine While You...

***Cook Along with Hilary
from CCAC
Thursdays @ 4pm***



- Feb 11:** Kielbasa Sliders &
Pgh Potatoes
Feb 18: Lazy Pierogies &
Sweet Slaw
Feb 25: Haluski &
Pgh Strawberry Pie

Zoom Joining Information:

PHONE: 1-301-715-8592
MEETING ID: 954 6039 6094
PASSCODE: 425590
LINK:

<https://ccac.zoom.us/j/91958534218>

- Zoom info is the SAME for ALL 3 meetings!
- Contact Mary Margaret for recipes and supplies needed at 412-828-1062 or email her at mmfisher@rcacorp.org

February Crafts with Cathie from CCAC

You can do these projects by printed instructions or follow along with the video. Numbers below apply to all 3 projects.

Join Zoom Meeting

Call In: 1 301 715 8592

Meeting ID: 919 5853 4218

Passcode: 809276

Link: <https://ccac.zoom.us/j/91958534218>



DECOUPAGE VALENTINE TRAY

Monday,
February 1 @
1:30 pm



VALENTINE CANDY BOUQUET

Monday, February 8 @
1:30 pm



TWINE WRAPPED VALENTINE VASE

Monday, February 15 @
1:30 pm

Contact Mary Margaret for supplies needed at 412-828-1062 or email her at mmfisher@rcacorp.org

Join Cathy from CCAC for a.....

Paint Pour Workshop

Monday, February 22 @ 1:30

Join Zoom Meeting

Phone: 301-715-8592

Meeting ID: 972 3983 0247

Passcode: 461491

Link: <https://ccac.zoom.us/j/97239830247>



Like us on
facebook



UPCOMING EVENTS

Tuesday is Good News Day!

Weary of the negative tone of most news reports? Join others who want to talk about the positive events happening in our world today. You can join via phone or internet.

Tuesdays, February 2, 9, 16 and 23
1:00 pm

Call 1-301-715-8592
Meeting ID # 956 1984 4063
Passcode: 356507

Link:

<https://ccac.zoom.us/j/95619844063?>

Write Your Story With Jeanette

**Wednesday February 3, February 10,
February 17, February 24**
2:00 pm

Zoom Information:

Phone: 1-301-715-8592

Meeting ID: 916 6395 8619

Passcode: 558585

Link:

<https://ccac.zoom.us/j/91663958619?>

*Zoom information is the SAME for
ALL 4 meetings



Connected by Heart

From the **LOVE** emanating from our family video calls, our hearts have never been more sure that keeping our *Greatest Generation* safe and cared for is what we're meant to do. Connections like these are just some of the ways that our continuum of care and services are *making aging easier*® for you.



OakmontSrCare.org
OAKMONT CAMPUS
1.877.740.2179

Presbyterian
SeniorCare
NETWORK



Get a Complimentary Assessment of the medications You Take

Avoid falls and stay out of the hospital!

Medication errors are serious, costly, common and preventable. HomeMeds Medication Assurance program is a consultation that addresses medication safety by identifying potential problems that can be caused by the following:

- If you have multiple doctors prescribing medications
- If you use more than one pharmacy to fill your prescriptions
- If you take any over-the-counter remedies along with medications prescribed by a physician

If you are age 60 or older and live in Allegheny County, you are eligible for an assessment.

Get a \$5 Giant Eagle gift card for participating.

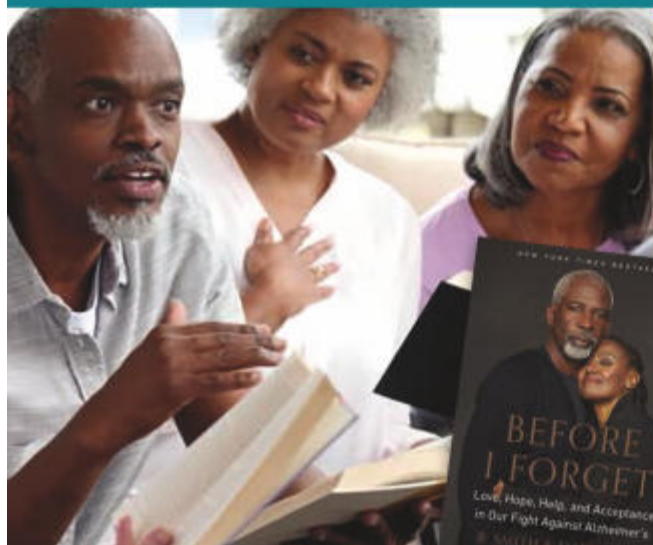


During this time HomeMeds is being offered over the phone. For more information or to schedule your appointment, contact Mary Margaret Fisher at 412-828-1062 or mmfisher@rcacorp.org.

Join the **Macedonia FACE** Active for Life Senior Center **BOOK CLUB!**

A CLUB FOR PEOPLE WHO ENJOY READING

Hosted by Terra Merkey, Music Librarian with
Gumberg Library, Duquesne University



**The February book
is Before I Forget**

by B. Smith, Dan Gasby
and Michael Shnayerson

***Don't feel pressured to
read the entire book!***

**Come and tell us what you've
been reading, and share ideas
on what we can read next!**



Delivering
HOPE
to **Families**

**Monday February 8, 2021
@ 1pm**

**Join by phone
(+1 301 715 8592)
or via Video**

Meeting ID: 985 1184 1485

(412) 281-2573 | FAX (412) 281-3854 | www.macedoniaface.org

RCAC Bus Service

Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is back in operation. Service is available by reservations Monday – Friday from 9am -1pm. Due to the Coronavirus there are some new rules and procedures that must be followed. They are:

- Reservations must be made 24 hours in advance by calling 412-828-1062
 - Only 2 people are allowed on the bus at a time for social distancing
 - Masks must be worn when on the bus
- Drivers will take your temperature and may refuse service if they feel you are sick
 - No one will be picked up without a reservation, no exceptions
- **PLEASE NOTE: We reserve the right to refuse to ride you, if we are made aware of you not following CDC Guidelines. (Which are: Wearing masks, social distancing, not being in large groups or going to or having a visitors from a state on PA quarantine list)**

Please call us with your questions or more information. This is a temporary schedule with hopes to resume full operations when the Covid 19 virus restrictions are lifted. We will keep you updated on any changes.

Burket - Truby



FUNERAL HOME

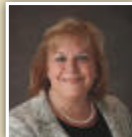
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UPCOMING EVENTS & INFORMATION



Valentine Candy Making Workshop!

Thursday, Feb. 11 @ 1:00 pm

Zoom Info

Meeting ID: 963 6369 0379

Password: 806081

Phone: 1-301-715-8592

Link:

<https://ccac.zoom.us/j/96363690379?>



Would you like to take advantage of the *fun, interesting, and social* programs being offered via ZOOM?

Reach out to your senior center staff to sign up – or contact Beth Ison (CCAC) 412-237-2564 bison@ccac.edu

Personal “1 on 1” tech tutoring with a CCAC instructor! Sessions can start using the telephone, and will progress from there!

“One on One” sessions will be scheduled at a convenient time for you



FRAUD SQUAD ALERT

2021 NEW YEAR'S RESOLUTIONS

2000 was a challenging year, for most of us. But, together, we were able to survive! We thought we'd suggest a few New Year's resolutions that are easy to keep and will protect you from becoming a victim of financial abuse.

- ❑ 1. **DON'T ANSWER YOUR PHONE** unless you recognize the number. Let it go to voicemail. If you do answer the call, “DON'T TALK TO STRANGERS.” It's OK to hang up.
- ❑ 2. **REMEMBER:** The number you see on your 'caller ID' may be **FAKE**. Scammers can “spoof” that number and make it look like any number they want, even Social Security or Medicare.
- ❑ 3. **NEVER** give any personal information to anyone who calls you.

IMPORTANT RESOURCES

- ! Police, Abuse, or Medical Emergency: 9-1-1
- ! Area Agency on Aging Protective Services: 412-350-6905
- ! Area Agency on Aging **SENIOR LINE**: 412-350-5460
- ! PA Attorney General Complaint Line: 1-888-777-3406 or attorneygeneral.gov
- ! Federal Trade Commission-Report a Scam: 1-877-382-4357 or ftc.gov

For more information or if you have questions, contact one of your Allegheny County District Attorney's **SENIOR JUSTICE ADVOCATES**:

- ♦ Cyndie Carioli (412) 983-0729 CyndieatDA@gmail.com
- ♦ Joe Giuffre (412) 427-3770 JoeatDA@gmail.com
- ♦ Dick Skrinjar (412) 512-3491 DickatDA@gmail.com

RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

IN MEMORY OF**DONATED BY**

Samuel and Frosso Gemellas	Rhonda Worf
Thaddeus and Henrietta Luczak	Stan and Mary Jane Luczak
Steve	Rena Mae Poppish
H William "Bill" Thomas	Beryl Thomas
Mary Ellen LoAlbo	Sandy Whitehouse
Bill and Frances Dreher	Perrin and Nancy Haft
John A Siciliano	Vincent J Siciliano
Nancy Harley	Mark A Harley
Tony & Frances Kresevich and Ralph Sr & Jackie Gilbert	Dorothy Gilbert
Our Parents	Vincent and Irene Acri
Mary A Scuro	Michael N Scuro
Robert & Dorothy Holmes and Richard & Avilla Roth	Donald and Joan Roth
Dave Moore	Idamary Moore
Elvira DiGioia	Anthony M DiGioia
Unrestricted	Al and Barb Biglan
Mr. and Mrs. Andrew Greco	Mr. and Mrs. David W Brownlee
My Mother	Suzanne Johnston
Joan Fittzgerald	Patricia Boxwell
Patricia Ann Cable	LaVerne Zemon
Judy Brewer	Marjorie Scott
Bob McCandless	Dianna McKeag
George Saxon	Frances J Saxon
Moroney and Baer Families	Don and Donna Baer
Pernatozzi and Vita Family	Carmella Vita
Rose Curran	Harriet Conrad
My 2 Guys	Claudia Brederick
Zaccari and Kennelly Families	Agnes Zaccari
John & Ethel Garbo and Mary Jane Schuster	Bill and Susan McHenry
Gail Perrone	Linda Perrone

We apologize in advance for spelling errors.

RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

IN MEMORY OF
DONATED BY

John Horn
 Bob Chap and Weege
 Joseph Calfe
 Carl Vinante and Walter & Marina Crnjarich
 Thersa DeMasi
 Loved Ones
 Albert and Margaret Myers
 Ken Nevins
 Mr. and Mrs. Philip Brehm
 Herman and Concetta Santucci

Rita Horn
 Katherine Kimes
 Janice Calfe
 Barbara Crnjarich
 Edna M Kalok
 Janet Delchambre
 Doug Myers
 Jean Nevins
 Joan Eastley
 Donna M Santucci

We apologize in advance for spelling errors.



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Fax: (412) 828-6985
Email mail@rcacorp.org
Website www.rcacorp.org

HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

February 2021

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Together While Apart

Riverview Community Action Corporation can assist with your needs. **Call 412-828-1062 anytime Monday through Friday 8:00 am-2:00 pm**

Veterans Crisis Hotline: 800-273-8255
Disaster Distress Hotline: 800-985-5990
Get Help (for substance abuse): 800-662-4357
National Suicide Prevention: 800-273-8255
Senior Line-Allegheny County AOA:
412-350-5460

Supporting you Remotely

The Friendship Line 800-971-0016
(National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.)

PA Support & Referral Helpline.
855-284-2494 (24 hour help with COVID related stress)