

The Golden Eagle

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www.rcacorp.org

VOLUME 45, No. 8

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RCAC Scramble

Benefiting the Programs & Services of
Riverview Community Action Corporation

Friday, August 26, 2022

Hill Crest Country Club

Registration Starts at 7:30 AM

Scramble format with Shot Gun Start at 9:00 AM

Lunch and Raffles to Follow

Foursome Golf Package: \$500.00

Includes: Green Fees, Cart, Lunch, Prizes and

2 Drink Tickets per Golfer

Individual Golf Package: \$125.00

Includes: Green Fees, Cart, Lunch, Prizes and 2 Drink Tickets

For more information on Sponsorships and Golf Packages, **Scan QR
Code below to navigate to the RCAC Scramble Registration Site
on Golf Status**



Or visit our website at www.rcacorp.org or contact Stefanie Woolford at
412-828-1062 or swoolford@rcacorp.org.

From the desk of the Director...

It is with great sadness that we said good bye in July to one of our longest serving board members, Russ Truby.

Russell E. Truby, 67, of Oakmont, formerly of Springdale, passed away unexpectedly, at his home, which he loved, on his favorite holiday, the Fourth of July, 2022, one day before his 68th birthday. Born July 5, 1954, he was the son of the late Russell O. (Sophie Green Truby) and the late Violet Truby. He is survived by his beloved childhood sweetheart and wife of 44 years, Janice Daniel Truby; he was the devoted father of Shea (Jim) Swatsworth, Sean Russell (Amanda) Truby and Paige Truby; Boppy of Isla Evelyn, Brooke Elizabeth and Heath Russell, all of Oakmont. brother-in-law of Connie (Henry) Morrow; brother of the late JoAnn (the late Bill) Mentecky; uncle of William (Megan) Mentecky, Catherine (Joe) Logue, and Matthew (Becky) Mentecky; and great-uncle of six. Russ fulfilled his lifelong dream of becoming a funeral director by owning and operating Burket-Truby Funeral Home since 1981.

Russ will be missed by all of us at Riverview Community Action Corporation.

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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on:

Friday, August 26, 2022 for the RCAC Scramble Golf Outing

Home Delivered Meals will be delivered. There will be no Center Activities and the bus will not run.



Getting to the Root of It

A new monthly interactive gathering to discuss women related issues presented by Karen McCue (credentials below).

Topics will include stress management, nutrition, meditation, balance, sleep, & redefining yourself through life changes.

**First Session
Tuesday, September 6
6pm-7:30pm
Cost \$10**

**Register by calling or texting Karen at 412-638-3090
Location RCAC**

Other dates are: October 4, November 1, December 6

Karen McCue MS, BS, AS, ACE-PT, COTA/L
Master's Degree in Organizational Leadership
Bachelor's in Health Services

Associate Degree in Occupational Therapy
American Council on Education-Personal Trainer
American Council on Education-Fitness Nutrition Specialist

Group Fitness Instructor-10+ years
Works in the field of Occupational Therapy for the last 28 years

UPMC Presentation

**Friday, August 12
12:00 PM**

The number one cause of preventable death after injury is bleeding. Please join us to learn how to apply a tourniquet to control bleeding. The purpose of the session is to educate senior citizens on how three quick actions to control serious bleeding, whether you are at home or in a public place, can help to potentially save your life or the life of another.

Lunch will be served, suggested donation \$1.25

Reservations due by Wednesday, August 10.

CONGREGATE MEALS

Hot congregate meals have returned to RCAC. As in the past, reservations must be made at least 24 hours in advance by NOON. Remember it is your responsibility to make sure you are signed up. We only order as many lunches as are signed up. There is no extra food.

Reminder if you are unable to attend, please let us know.

10 meals must be reserved for us to order for the day.

DONATE VIA AMAZON

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

CENTER ACTIVITIES

Center Council Meeting – A meeting for EVERYONE

Friday, August 5, 2022
12:30 pm

Join us for lunch and tell us what ideas you have for a program, activity or trip for RCAC.

Meeting are open to everyone.
Suggested donation for lunch is \$1.25.

Bocce

Mondays at 11:30 AM

We are starting Bocce at the court on Fifth street beside the municipal building at 11:30am on Monday Mornings.

Join us if you would like to play. Weather permitting.

Bible Study

Wednesdays at 10:00 am

John Kearns will be leading a weekly hour long Bible study discussion. The first sessions will include an introduction to the Bible by providing background to the development of Holy Scripture. All faiths welcome.

Remember!! It is very important that you stop at the Front Desk and sign yourself in on Co-Pilot every time you come into the Center. This is a requirement of Allegheny County.

WEDNESDAY CRAFTS



August 3 - Mason Jar Centerpiece

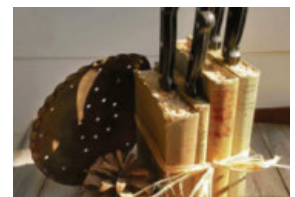
August 10 - Map Magnets



August 17 - Sand Art Jars

August 24 - Lottery Tree for use at golf outing

August 31 - Knife Block with Old Books



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ELDER LAW PROJECT/ LUNCH AT THE CENTER

Elder Law Project is a FREE neighborhood legal service (NLS) for residents 60 and older. If you have a legal question or problem call NLS at 866-761-6572 or online at www.nlsa.us/request-legal-help/. NLS handles and/or advises on cases relating to Housing/rental problems, Public benefits, Debt cases/bankruptcy, Criminal expungements, Family law (custody/visitation of children, protection from abuse.) If you have other concerns not mentioned, call them to see if they can assist or direct you to an organization that can.

Lunch at the Center

Wednesday, August 10 at 12:00pm

Cost \$6

Turkey Bacon Club Sandwich with Sweet Potato Fries

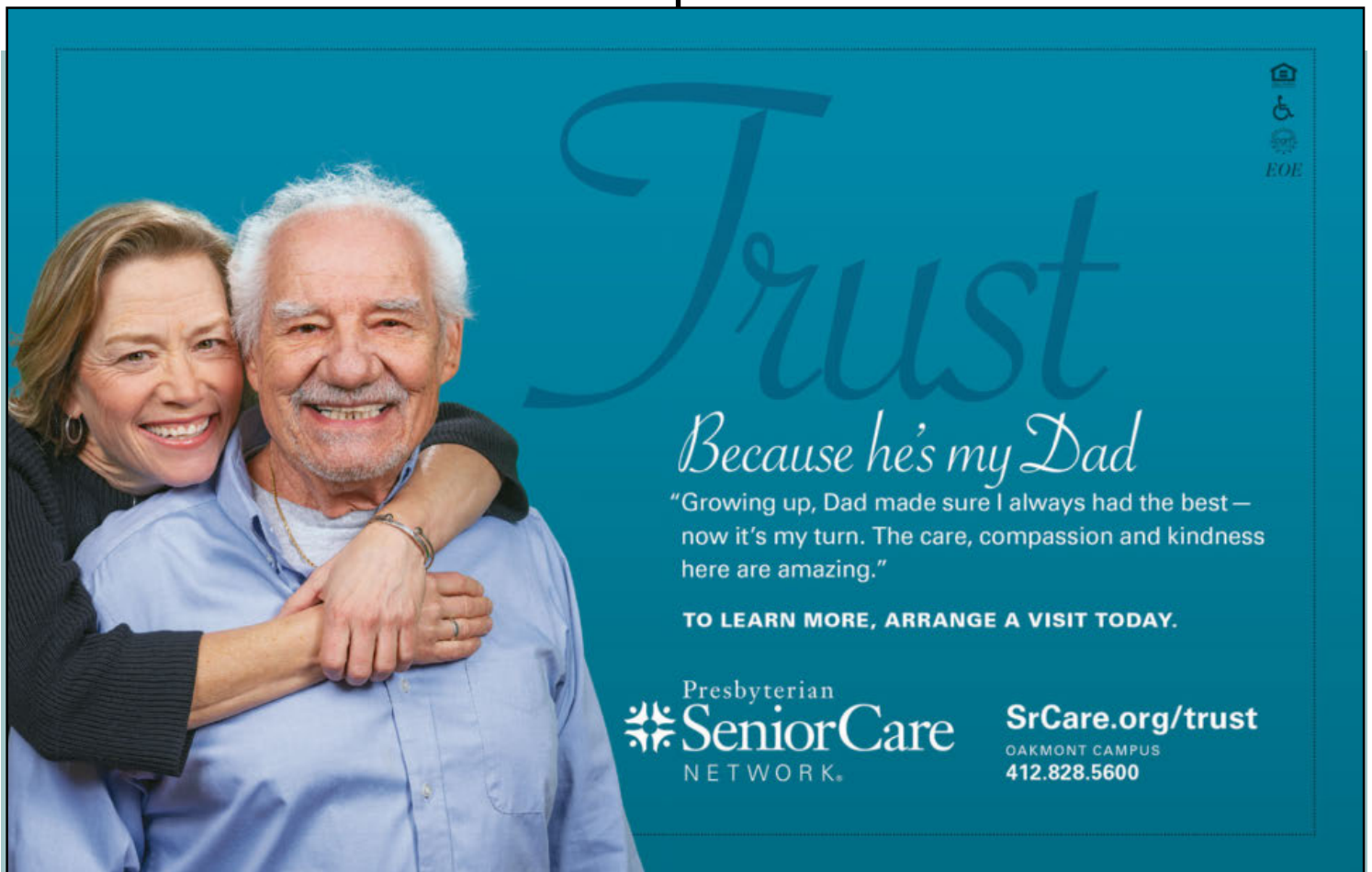
Register and pay by Friday, August 5

Wednesday, August 24 at 12:00pm

Cost \$6

Chicken & Broccoli Alfredo


Register and pay by Friday, August 19




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 Presbyterian SeniorCare NETWORK
 SrCare.org/trust
 OAKMONT CAMPUS
 412.828.5600

Icons: Home, Wheelchair, Hearing Aid, EOE

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>1 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: SHOPPING TRIP TO WATERWORKS 11:30 AM: BOCCE 1:30 PM: TAI CHI</p>	<p>2 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>3 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>4 10:00 AM: OPT TRIP- PIRATES GAME NO SOMATICS TODAY!!</p>	<p>5 10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: CENTER COUNCIL MEETING</p>
<p>8 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOCCE 1:30 PM: TAI CHI</p>	<p>9 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>10 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 12:00 PM: LUNCH: TURKEY BACON CLUB SANDWICH 1:00 PM: BINGO</p>	<p>11 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS</p>	<p>12 10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: UPMC PRESENTATION **DON'T FORGET TO ORDER LUNCH</p>
<p>15 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOCCE 1:30 PM: TAI CHI</p>	<p>16 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>17 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>18 10:30 AM: SOMATICS 6:00 PM: OPT TRIP- THUNDER THURSDAY MUSIC SERIES</p>	<p>19 10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: LUNCH W/ FRIENDS; MIGHTY OAK BARREL</p>
<p>22 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOCCE 1:30 PM: TAI CHI</p>	<p>23 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>24 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 12:00 PM: LUNCH: CHICKEN & BROCCOLI ALFREDO 1:00 PM: BINGO</p>	<p>25 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS 11:00 AM: OPT TRIP- PITTSBURGH CREATIVE ARTS FESTIVAL</p>	<p>26 CENTER CLOSED RCAC GOLF OUTING</p>
<p>29 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOCCE 1:30 PM: TAI CHI</p>	<p>30 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>31 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>		

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
1 Salmon Patty Brussels Sprouts Buttered Noodles Wheat Bread Red Delicious Apple Milk	2 Roast Beef w/ Gravy Brown Rice Pilaf Carrots & Cauliflower Multi-Grain Bread Orange Milk	3 Chicken Breast w/ Mandarin Orange Glaze Gourmet Potatoes Fresh Cut Green Beans & Almonds Boston Creme Roll Milk	4 Meatloaf w/ Gravy Garlic Whipped Potatoes Peas Wheat Bread Red Delicious Apple Milk	5 Chicken Patty w/ Mozzarella Cheese & Marinara Sauce Broccoli Dinner Roll Banana Milk
8 Swiss Steak w/ Tomatoes, Onions & Gravy Scalloped Potatoes Vegetable Medley Rye Bread Peaches Milk	9 Pork Loin w/ Teriyaki Sauce Brown Rice Pilaf Broccoli Florets Multi-Grain Bread Pineapple Tidbits Milk	10 Roast Beef w/ Gravy Confetti Couscous Steamed Cabbage Whole Wheat Bread Yellow Delicious Apple Milk	11 Chicken Breast Marsala Brussels Sprouts Yams w/ Margarine & Brown Sugar Honey Wheat Bread Orange Milk	12 BIRTHDAY LUNCH Stuffed Pepper Whipped Potatoes Yellow Beans Wheat Bread Individual Jelly Roll Milk
15 Pork Loin w/ Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Milk	16 Tuna Casserole w/ Peas Beets Rye Bread Orange Milk	17 Porcupine Meatballs in Sauce w/ Noodles Broccoli Honey Wheat Bread Apple Milk	18 Pepper Steak w/ Onion & Pepper Sauce Savory Potatoes Cooked Spinach Whole Wheat Bread Peas Milk	19 Herb Baked Chicken Breast w/ Gravy & Stuffing Cranberry Orange Sauce Green Beans Banana Graham Crackers Milk
22 Turkey w/ Gravy Yams w/ Brown Sugar & Margarine Brussels Sprouts Honey Wheat Bread Fuji Apple Milk	23 BBQ Lean Beef Haluski Orange Glazed Carrot Coins Wheat Bun Fruit Cocktail Milk	24 Boneless Pork Loin w/ Dijon Sauce Lemon Potatoes Broccoli Florets Rye Bread Applesauce Milk	25 Springs with Meatballs Italian Green Beans Italian Bread Banana Milk	26 CENTER CLOSED
29 Cowboy Hamburger w/ sauteed mushrooms and onions Baked Beans Whole Wheat Bun Orange Milk	30 Creole Beef w/ Tomato-Onion Sauce Broccoli & Cauliflower Florets Barley Italian Bread Peaches Milk	31 Cabbage Roll Whipped Potatoes Carrot Coins w/ Parsley Whole Wheat Bread Fruit Cocktail Milk	 <p>MEALS PROVIDED BY ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA OFFICE ON AGING NUTRITION PROGRAM. MEALS SERVED MON.-FRI AT 12:00 PM</p> <p>RESERVATIONS MUST BE MADE AT LEAST 24 HOURS IN ADVANCE BY CALLING 412-828-1062.</p>	

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 9:00 am – 3:00 pm. The following rules and procedures are still in effect at this time.

- Reservations must be made 24 hours in advance by calling 412-828-1062
 - 4 people are allowed on the bus at a time.
 - Drivers may refuse service if they feel you are sick.
 - No one will be picked up without a reservation, no exceptions
 - **Trips to the Center are \$2.00 ROUND TRIP!!!**
- Please call us with your questions or more information at 412-828-1062.

<p>Burket - Truby FUNERAL HOME Cremation & Alternative Services, Inc.</p> <p>RUSSELL E. TRUBY, <i>Supervisor</i> SHEA E TRUBY, <i>Director</i> SEAN R. TRUBY, <i>Director</i> 412-828-3535 www.burket-truby.com</p> <p><i>More Than A Name ... We Are Family!</i></p> 	<p><i>Brand New</i> RIVERFRONT <i>Luxury</i> LIVING</p>  <p>THE RIVER'S EDGE OF OAKMONT</p>	
<p>BERKSHIRE HATHAWAY The Preferred Realty HomeServices</p>	<p>300 RIVERFRONT ST. OAKMONT, PA 15139 412-794-8524</p>	
<p>Jocelyn Bosick REALTOR®</p>  <p>The Preferred Realty 1376 FREEPORT ROAD • PITTSBURGH, PA 15238 Cell: 724.316.5006 Office: 412.782.3700 JBosick@ThePreferredRealty.com www.JBosick.com</p> <p><small>A member of the franchise system of BHH Affiliates, LLC</small></p>	<p>FREE AD DESIGN WITH PURCHASE OF THIS SPACE CALL 800.477.4574</p>	

FITNESS CLASSES AT THE CENTER

Chair Yoga with Karen

Every Monday 10:30 am—11:15 am

This class involves moving through both seated and standing yoga poses to increase flexibility, balance, and range of motion.

Proper breathing & relaxation techniques will also be shared.

Tai Chi

with Alice

Every Monday at 1:30 pm

LET'S GET MOVIN' with Karen Exercise class for everyone!!

Every Tuesday 10:30 am-11:15 am

ADDITIONAL CLASS ADDED:
Every Friday 11:15 am –12:00 pm

This 45 minute class focuses on 3 key fitness areas-cardiovascular, strength, & flexibility. Modifications are shown throughout the class.

All classes above are \$3.00 each

OR

Purchase a **Fitness Pass for \$60**
for 25 classes.

(You get **5 FREE Classes** when you purchase a pass.)

Somatics Class

Thursdays at 10:30 am

****Please note No Class Thursday,
August 4, 2022**

Clinical Somatics engages the nervous system in an active learning process that consists of very slow, focused, conscious movements. The movement techniques used in Clinical Somatics teaches the nervous system how to release chronic muscle tension and stand and move in natural, efficient ways so that you aren't putting yourself in pain or doing damage to your body.

**This class requires a yoga mat and the ability to get up and down from the floor without assistance.

LINE DANCE CLASSES

Line Dancing with Roz

Fridays at 10:00 am

Cost: \$1.00

**NEW PLACE FOR THE
SUMMER: RIVERSIDE PARK
PAVILLION. (If raining class will
meet at RCAC.)**

**Wednesday Line Dancing is taking a
summer vacation and will return in
September.**

**Join the Friday Line Dancing class
at 10am and keep dancing!**

TRIPS

CENTER BUS	OPT TRIPS
<p style="text-align: center;">Monthly Shopping: Waterworks Mall</p> <p style="text-align: center;">Monday, August 1, 2022 11:00 am –2:00 pm</p> <p style="text-align: center;">September 12, 2022</p> <p>Bus will pick people up at their homes then proceed to the Waterworks Mall. Return trip will pick up at Waterworks at 1:30 and drop people off at homes.</p> <p style="text-align: center;">Maximum 6 people</p>	<p style="text-align: center;">Thunder Thursdays Summer Music Series</p> <p style="text-align: center;">Thursday, August 18 Concert starts at 7:00pm. FREE</p> <p>Shot 'O Soul band. A dynamic and entertaining six-person band that performs a diverse mix of the best blues, soul, and classic rock 'n roll in the Pittsburgh area.</p> <p>Pittsburgh Shrine Center Pavilion. Food and beverage available. Rain or Shine event.</p> <p style="text-align: center;">Must have OPT/Access. Bus leaves RCAC at 6pm.</p> <p>Reservations due by Thursday, August 11, 2022. Must have 4 people to attend.</p>
<p style="text-align: center;">Lunch with Friends</p> <p style="text-align: center;">Friday, August 19 12 noon</p> <p style="text-align: center;">Mighty Oak Barrel</p> <p style="text-align: center;">Bus leaves RCAC at 11:30</p> <p>Make your reservation by Friday August 12 and let us know if you need a ride or will be driving yourself.</p> <p>Please note: The RCAC Bus can only transport 6 people.</p>	<p style="text-align: center;">Pittsburgh Creative Arts Festival</p> <p style="text-align: center;">Thursday, August 25 Cost \$10 Doubletree by Hilton, Greentree</p> <p>Pittsburgh Creative Arts Festival features classes, workshops, demos and a marketplace focusing on a variety of creative arts.</p> <p>Reservations and payment are due by Tuesday, August 16.</p> <p style="text-align: center;">Bus leaves RCAC at 11:00am. Must have 4 people to attend and have OPT/Access.</p>
<p style="text-align: center;">OPT and Access Phone Number Change</p> <p>The bus company that provides OPT and Access has changed, but they will still provide the same services. The new company is PRN Health Services, and the new phone number is 1-888-634-8773.</p>	

LINE DANCERS PERFORMANCE



Our Line Dancing class led by Roz Cardiff, entertained the residents of the Willows at Presbyterian Senior Care in July.

The dances had residents tapping their feet, swaying in their chairs, smiling and clapping their hands. “We love to give back to the community and put smiles on faces,” said Roz.

Interested in learning Line Dancing? The class meets at 10 on Friday mornings at Riverview Park. If inclement weather, they meet at RCAC.

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PUBLISHED BY
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Website www.rcacorp.org

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

August 2022

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