

# RIVERVIEW Community Action Corporation

September  
2022

## *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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### Inside this issue...

- Page 2: Lunch at Center
- Page 3: Center News
- Page 4: Center Activities
- Page 5: Center Activities
- Page 6: Activity Calendar
- Page 7: Lunch Calendar
- Page 8: Nutrition Article
- Page 9: Fitness Classes
- Page 10: Trips
- Page 11: Trips



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## LUNCH AT CENTER

### 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.

### Lunch at the Center

Wednesday, September 14 at 12:00 pm  
Cost \$6

### Fried Chicken & Homemade Potato Salad

Register and pay by Friday,  
September 9

Wednesday, September 28 at 12:00 pm  
Cost \$6

### Chinese Lunch

Register and pay by Friday,  
September 23

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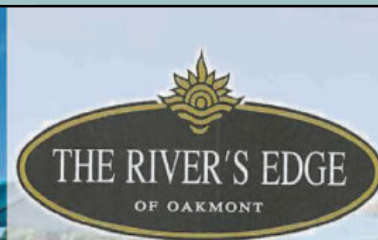
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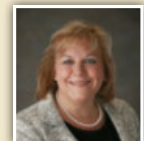


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## CENTER NEWS

### CENTER CLOSURE

RCAC will be closed on:

**Monday, September 5, 2022 for  
Labor Day**

There will be NO home delivered meals. Also the RCAC 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

Join us at **Riverview Community Action Corporation on Tuesday, September 13 at 7:00 pm** to hear about an Oakmont resident who overcame adversity to become one of Pennsylvania's Distinguished Daughters. Jessie Mathews Vann, the wife of Robert Vann the editor of *The Pittsburgh Courier*.

### **Jessie Mathews Vann From Rags to Riches**

After her parents die in the 1890s, Jessie Mathews was shunted from relative to relative, once even abandoned in the street. After being beaten by an aunt, she moved in with her brother and in 1904 graduated with honors from Harrisburg High School. Jessie married Robert Vann, editor of *The Pittsburgh Courier*, the nation's premier Negro newspaper. After Vann's death, Jessie assumed many of his duties at the *Courier* while serving on several national boards. A frequent White House guest, she was appointed by President Eisenhower to represent the United States at the inauguration of President Tubman of Liberia and was offered a post at the UN. Jessie's remarkable life story was featured on the '50s television show *This is Your Life*.

Saving our history and passing it on author, historian, and presenter Debra Sandoe McCauslin, will speak about Jessie's life.

Please save the date and call RCAC to reserve a seat. Admission is free and open to the public



## CENTER ACTIVITIES

### **Center Council Meeting – A meeting for EVERYONE**

Friday, September 2, 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.

### **CCAC Healthy Cooking Thursday, September 22, 1:00 pm-3:00 pm**

A CCAC instructor will teach how to prepare your favorite foods in ways that improve nutrition and keep the flavor. This class will help increase your “nutrition IQ” as you learn how to prepare food in more healthy ways for 1-2 people. Learn how to read food labels and shop for foods wisely. A cooking demo and tasting is included.

Reservations are due by September 15.

### **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.

#### **Please Note:**

All advertisers and speakers are offered to you for information only and RCAC does not endorse any company or product.

### **Stand Up for Yourself! Assertiveness Training for All Ages Tuesday, September 27 1:00 pm**

Do you find it difficult to say no, especially to family and friends? Do you capitulate just to keep the peace? Does loud and/or aggressive behavior intimidate you? Learn positive and empowering strategies that will ensure that you are responsible for how much you will be controlled by others.

#### **Presenter: Linda Marino**

- BS Social Work
- Cofounder/ President Autism Society of America, Lawrence, Butler, Mercer Counties 10 years
- Cofounder/Treasurer Autism Support & Advocacy in PA 4 years
- Disability Advocate 40 years Testifying at state and local hearings,
- Volunteer of the Year Human Services Center, New Castle PA
- Outstanding Life Achievement Award Emmaus Society of Pittsburgh
- Retired Social Worker: Experience working with Domestic Violence Victims, Homeless mothers and children, Special Education Advocacy, Critical Needs Coordinator to assist individuals with housing, financial issues
- Creator of “Marvelous Moms Podcast” for moms of children, teens, and adults with disabilities

Reservations due by Tuesday,  
September 20.

## CENTER ACTIVITIES

### Silver Scripts Program

Join us for a FREE medication review by the University of Pittsburgh School of Pharmacy.

**Friday, September 16**  
**10am – 12 noon.**

Sign up for an appointment.  
Bring your prescription and over-the-counter medications or a list of your medications.

### Wednesday Crafts 10:00 AM

All Craft Class are free!

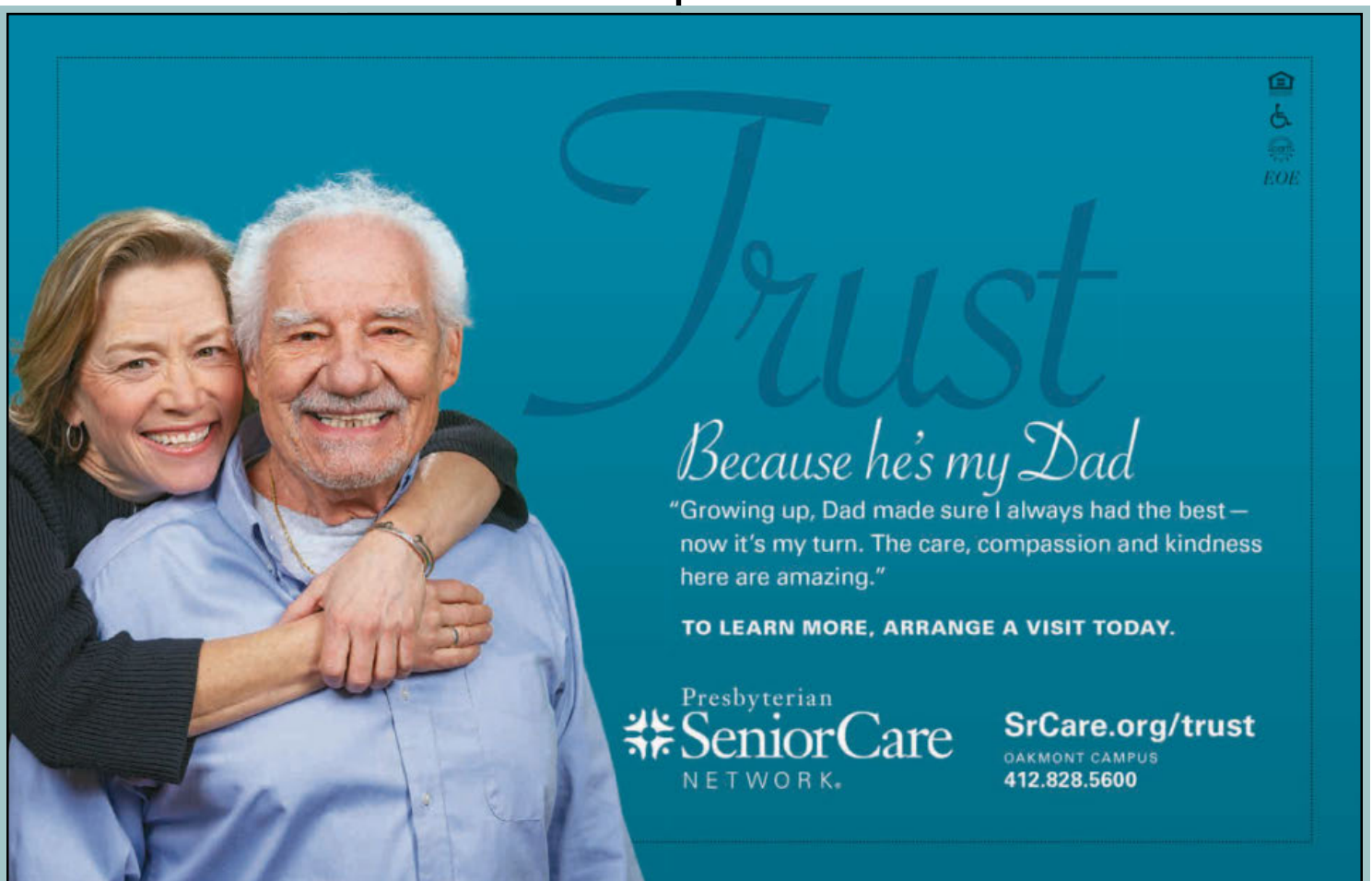
**September 7:** Homemade Greeting Cards with Mary Helen Hough

**September 14:** Balloon Dot Painting

**September 21:** UFO

**September 28:** Terracotta Scarecrow

**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.



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EOE

# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>5</p> <p>CENTER CLOSED</p> 				
	<p>6</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN</p> <p>12:30 PM: PINOCHLE</p> <p>6:00 PM: GETTING TO THE ROOT OF IT</p>	<p>7</p> <p>10:00 AM: BIBLE STUDY</p> <p>10:00 AM: LINE DANCING W/ DINELLE</p> <p>10:00 AM: SIT, KNIT &amp; CROCHET</p> <p>10:00 AM: CRAFTS</p> <p>1:00 PM: BINGO</p>	<p>8</p> <p>10:00 AM-11:00 AM: BLOOD PRESSURES</p> <p>10:30 AM: SOMATICS</p>	<p>9</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK</p> <p>11:15 AM: LETS GET MOVIN' W/ KAREN</p>
	<p>12</p> <p>10:30 AM: CHAIR YOGA W/ KAREN</p> <p>11:00 AM: WATERWORKS TRIP</p> <p>12:15 PM: OPT TRIP-PHIPPS CONSERVATORY</p> <p>1:30 PM: TAI CHI</p>	<p>14</p> <p>10:00 AM: BIBLE STUDY</p> <p>10:00 AM: LINE DANCING W/ DINELLE</p> <p>10:00 AM: SIT, KNIT &amp; CROCHET</p> <p>10:00 AM: CRAFTS</p> <p>12:00 PM: FRIED CHICKEN LUNCH</p> <p>1:00 PM: BINGO</p>	<p>15</p> <p>10:30 AM: SOMATICS</p> <p>1:00 PM: CRAFT W/LYNN</p>	<p>16</p> <p>10:00 AM- 11:00 AM: SILVER SCRIPTS</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK</p> <p>11:15 AM: LETS GET MOVIN' W/ KAREN</p>
<p>19</p> <p>10:30 AM: CHAIR YOGA W/ KAREN</p> <p>1:30 PM: TAI CHI</p>	<p>20</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN</p> <p>12:30 PM: OPT TRIP-STRIP DISTRICT</p> <p>12:30 PM: PINOCHLE</p>	<p>21</p> <p>10:00 AM: BIBLE STUDY</p> <p>10:00 AM: LINE DANCING W/ DINELLE</p> <p>10:00 AM: SIT, KNIT &amp; CROCHET</p> <p>10:00 AM: CRAFTS</p> <p>1:00 PM: BINGO</p>	<p>22</p> <p>10:00 AM-11:00 AM: BLOOD PRESSURES</p> <p>10:30 AM: SOMATICS</p> <p>1:00 PM: CCAC HEALTHY COOKING CLASS</p>	<p>23</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK</p> <p>11:15 AM: LETS GET MOVIN' W/ KAREN</p> <p>12:00 PM: LUNCH W/ FRIENDS AT KNEADS CAFÉ</p>
<p>26</p> <p>10:30 AM: CHAIR YOGA W/ KAREN</p> <p>1:30 PM: TAI CHI</p>	<p>27</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN</p> <p>12:30 PM: PINOCHLE</p>	<p>28</p> <p>10:00 AM: BIBLE STUDY</p> <p>10:00 AM: LINE DANCING W/ DINELLE</p> <p>10:00 AM: SIT, KNIT &amp; CROCHET</p> <p>10:00 AM: CRAFTS</p> <p>12:00 PM: CHINESE LUNCH</p> <p>1:00 PM: BINGO</p>	<p>29</p> <p>10:30 AM: SOMATICS</p> <p>6:00 PM: THUNDER</p> <p>THURSDAY MUSIC SERIES</p>	<p>30</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK</p> <p>11:15 AM: LETS GET MOVIN' W/ KAREN</p>



# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<div>  <p><b>SEPTEMBER</b></p> </div> <p>RESERVATIONS MUST BE MADE AT LEAST 24 HOURS IN ADVANCE BY CALLING 412-828-1062.</p>		<p><b>MEALS PROVIDED BY ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA OFFICE ON AGING NUTRITION PROGRAM. MEALS SERVED MON.-FRI AT 12:00 PM</b></p>		
<p>5</p> <p><b>CENTER CLOSED</b></p> <div>  </div>	<p>6</p> <p>Tuna Noodle Casserole w/Peas Stewed Tomatoes Honey Wheat Bread Tropical Fruit Mix Milk</p>	<p>7</p> <p><b>BIRTHDAY MENU</b> Chicken Divan w/ Egg Noodles Broccoli Spears Little Debbie dessert Milk</p>	<p>1</p> <p>Chicken Breast w/ Gravy Potatoes w/ Chives &amp; Parsley Midori Blend Veggies Multi-Grain Bread Strawberry Fruit &amp; Grain Bar Milk</p>	<p>2</p> <p>Coney Island Hot Dog w/ Beef Chili Peas and Carrots Whole Wheat Hot Dog Bun Pineapple Milk</p>
<p>12</p> <p>Beef Tips w/ Gravy Confetti Couscous Orange Glazed Carrots Wheat Bread Pineapple Milk</p>	<p>13</p> <p>Turkey w/ Gravy Stuffing Cranberry Sauce Broccoli Pears Milk</p>	<p>14</p> <p>Stuffed Pepper Garlic Whipped Potatoes Yellow Beans Italian Bread Apple Milk</p>	<p>15</p> <p>Pork Loin w/ Mustard Glaze Yams w/ Brown Sugar Brussels Sprouts Dinner Roll Applesauce Milk</p>	<p>16</p> <p>Chicken Patty w/ Mozzarella Cheese &amp; Marinara Fresh Cut Green Beans Honey Wheat Bread Oranges Milk</p>
<p>19</p> <p>Lemon Garlic Cod Cabbage &amp; Noodles Peas Rye Bread Fuji Apple Milk</p>	<p>20</p> <p>Turkey Meatballs w/ Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots Milk</p>	<p>21</p> <p>Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts Milk</p>	<p>22</p> <p>Roast Beef w/ Gravy Brown Rice Beets Multi-Grain Bread Orange Milk</p>	<p>23</p> <p>Chicken Breast w/ Mushroom Gravy Roasted Potatoes Red Cabbage Honey Wheat Bread Milk</p>
<p>26</p> <p>Spiral Pasta w/ Meat Sauce Green &amp; Wax Beans Wheat Bread Orange Milk</p>	<p>27</p> <p>Creole Chicken Cauliflower Brown Rice Pilaf Dinner Roll Pineapple Oatmeal Cookie Milk</p>	<p>28</p> <p>Roast Beef w/ Gravy Lemon Potatoes Stewed Tomatoes &amp; Zucchini Rye Bread Fruit Cocktail Milk</p>	<p>29</p> <p>BBQ Pulled Pork Au Gratin Potatoes Broccoli Wheat Bun Apple Milk</p>	<p>30</p> <p>Hamburger Baked Beans Carrots Tangerine Milk</p>

## HEALTHY DIET



A healthy diet is one that helps to maintain or improve overall health. We should consume a balanced diet consisting of essential nutrition: liquids, adequate proteins, essential fatty acids, vitamins, minerals, and calories. We must eat fresh fruits, salad, green leafy vegetables, milk, egg, yogurt, etc. to maintain a healthy body. Among the minerals, we require chiefly iron, calcium, sodium, potassium, and small quantities of iodine, copper, etc. Milk is perhaps the only single item that can be called a balanced diet in itself. A healthy body also needs some daily physical activities, proper rest and sleep, a healthy environment, fresh air, and water, personal hygiene, etc. Also, we should drink more water at least 7-8 glasses of water. It balances blood pressure and supplies vital nutrients exceptionally quickly to the body. A fit and healthy individual turns out to be more resistant to infections and diseases.

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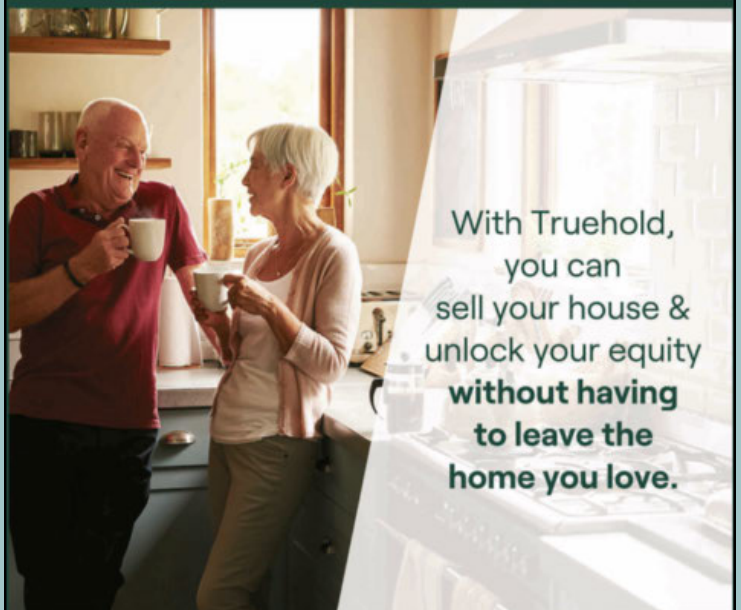
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## FITNESS CLASSES AT THE CENTER

### 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**

Clinical Somatics engages the nervous system in an active learning process that consists of very slow, focused, conscious movements.

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  
Dinelle

**Wednesdays at 10:00 am  
Cost: \$1.00**

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.)**

## TRIPS

### Monthly Shopping: Waterworks Mall

**September 12, 2022**  
11:00 am –2:00 pm

**October 3, 2022**  
11:00 am –2:00 pm

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.

### **RAD Days at Phipps Conservatory and Botanical Gardens** **Monday, September 12**

FREE, only 6 tickets available  
Summer Flower Show: Monet in Bloom, Tropical Forest Hawai'i and our permanent collections of desert plants, orchids, palms and more!

Call to register, must have OPT/Access.  
Phipps requires masks.  
Bus leaves RCAC at 12:15pm.

### **Visit to the Strip District**

Enjoy the sights and smells and offerings of the Strip District

**Tuesday, September 20**  
**Bus leaves RCAC at 12:30pm**

Must have 4 people and OPT/Access  
Reservations due by September 13.

### **Lunch with Friends—Kneads Cafe** **Friday, September 23** **12:00 pm**

Bus leaves RCAC at 11:30am  
Make your reservation by Friday, September 16 and let us know if you will need a ride or driving yourself.  
Must have 4 people to attend.

### **Thunder Thursdays** **Summer Music Series** **Thursday, September 29** **Concert starts at 7:00pm** **FREE**

Norman Nardini, Natrona Heights native songwriter, singer, guitarist, band leader, recording artist and producer, Nardini bills himself as the "*Manful! Handful*"... "*the high priest from the church of rock 'n roll*" and the "*Uncrowned King*" of rock and roll.

Pittsburgh Shrine Center Pavilion. Food and beverage available. Rain or shine event.

Must have OPT/Access. Bus leaves RCAC at 6pm.

Reservations due by Thursday, September 22.  
Must have 4 people to attend.

### **Council of Three Rivers** **43rd Annual Pow Wow** **Saturday, September 24, 2022**

Enjoy the fun and learn about American Indian Culture. The festival will feature Native American Dance competitions, crafts, music, information, and food booths. The event will take place rain or shine  
Entry fee \$4 for ages 55+, pay on site  
Cash is accepted, no credit cards  
Bus leaves RCAC at 12:30 pm  
Must have OPT and Access



## TRIPS

### Legacy Line up at Cumberland Woods Saturday, October 8 at 2pm The Sonny and Cher Tribute Show

Transportation will leave RCAC at 1:00pm. Must have OPT/Access

Cost 5-9 people - \$29 each  
Cost 10+ people - \$24 each

Must have 5 people or the trip will be cancelled

Reservations must be made and paid in full by September 16.

### Franklin Apple Festival Saturday, October 8 Cost \$54 each

This festival began as a community pie baking contest and now is a 3-day extravaganza of foods, crafts, and entertainment. Enjoy over 350 and craft vendors, food, farmer's market, and other activities in Franklin PA.

This is a Thomas Tours trip with the bus leaving the Target parking lot in Harmarville at 7:45am and returning around 6pm. Must have own transportation to and from Target.

Reservations and payment due by September 16.

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Website [www.rcacorp.org](http://www.rcacorp.org)

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

**September 2022**

Non-Profit Organization  
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Guest crafter Lynn Verratti, yes your friend is coming back to teach a class.

**Thursday, September 15 at 1:00pm**

Sign up to make this no-sew fall pumpkin.

Cost \$7 per person.

**\*\*Maximum of 8 people for this class.**

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### **DONATE VIA AMAZON**

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