



# ASPIRE

WELLNESS

Summer 2024 Catalog  
May 27th – July 19th



  
Lutheran  
SeniorLife  
Passavant  
Community

*“Tell me, what is it you plan to do  
with your one wild and  
precious life?”* – MARY OLIVER



# Unleash Your Inner Strength

At Lutheran SeniorLife Passavant Community, we are dedicated to helping older adults maintain a healthy, active lifestyle. And we know that being healthy is more than just being physically fit. It’s pursuing our passions, satisfying our curiosity and staying connected and meaningfully engaged. That’s why we created **ASPIRE® Wellness**, a multi-dimensional approach to whole-person wellness that will leave you invigorated, inspired, and joyful. Our program offers a team of experienced wellness professionals, best-in-class facilities, and the latest resources to help you continue to age well, while learning new skills and trying things you never thought possible. Our goal is to help you unleash your inner strength to achieve your best life, every day.

*Let’s ASPIRE® for more, together!*

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## ASPIRE® Wellness Philosophy

Today, individuals are living longer—and healthier—lives! Researchers agree that maintaining a healthy lifestyle will continue to reap benefits as we age. Aging well means staying active, but also involves living out your values, exploring meaningful pursuits, staying curious, cultivating new knowledge and skills, and deepening connections with family, friends and community.

At Lutheran SeniorLife, we believe that a long life is a gift that offers opportunities for growth of mind, body and spirit. ASPIRE® Wellness offers a holistic approach to healthy living through six universal dimensions that can help you achieve balance and meaning in your life. These dimensions are the foundation of ASPIRE® Wellness.



We have integrated programs and activities within each dimension and offer 8-week sessions throughout the year. Each dimension is important. Every program has a purpose. ASPIRE® Wellness can help enrich your overall health and wellbeing.



### ACTIVE

Staying active is an important aspect of good health, regardless of your starting point and fitness experience. In addition to getting regular exercise, maintaining a healthy body means balancing nutritional practices, getting regular exercise and adequate sleep, and paying attention to body signals.



### SPIRITUAL

As a spiritual being, you are encouraged to express and grow in your chosen faith. Spiritual wellness asks you to look within and explore your values and beliefs to discover a source of strength and serenity.



### PURPOSEFUL

Purposeful wellness is about meaningful engagement. It involves having a purpose and the opportunity to contribute to the community or society as a whole. It is often a fit between who you are called to be and what you are called to do.



### INTELLECTUAL

Intellectual wellness affords opportunities to satisfy your curiosity and to learn and grow across a broad and challenging spectrum of knowledge and skills. It involves your ability to value many experiences, stay stimulated with new ideas, and share your own perspectives throughout your life.



### RELATIONAL

Relational wellness encourages social engagement and fun and also inspires the development of deep and meaningful relationships. It involves building close friendships, practicing empathy, and caring for others. It is what ties you to the community.



### EXPRESSIVE

Expressive wellness is about understanding that we are imaginative beings who are always in the process of creating something. It involves being connected to yourself and finding ways to express who you are.



Benefits of ASPIRE® Wellness Annual Membership		
Benefits	Passavant Residents	Community Members
Fitness Center Membership <i>Community members must purchase a separate Fitness Center Membership</i>	No Cost	50% off (ask if your insurance covers this for free)
Priority Registration for All Sessions and One Day Activities	YES	N/A
Exclusive Resident Only Opportunities	YES	N/A
ASPIRE® Wellness Classes, Events, Lectures	Unlimited	3
Additional ASPIRE® Class Discount	N/A	25%
Invitation to Special Events	YES	YES
Bi-Annual Wellness Assessment	YES	YES
Bi-Annual Personalized Wellness Plan	YES	YES
Be Well Loyalty Card Eligible	YES	YES
1 Daily Free Drink at the Bistro	YES	YES

### Information for Participants

ASPIRE® Wellness is available to those who live at Passavant Community—our **Residents**—as well as to members of the general public—referred to as **Community Members**.

All Passavant residents receive a FREE ASPIRE® Wellness annual membership. If the resident completes a Yearly Membership Registration Form, one yearly wellness assessment and a personalized wellness program, they will receive a yearly membership card, which can be used for a free daily drink at the Bistro. All residents will need to complete Class Registration Forms for each 8 week session.

Community members have two options for participation in ASPIRE® Wellness: an introductory rate of \$150 for an annual membership that offers money-saving discounts or pay-as-you go for individual events or programs.

Any fees for materials, special events, or trips will be listed with the class description and will be collected at the time of registration.

### Registration Information

Advanced registration is required for all ASPIRE® Wellness classes and activities. Participants can register either online at [lutheranseniorlife.org/aspirewellness](http://lutheranseniorlife.org/aspirewellness) or in person at the Abundant Life Center. See page 36 for more registration details, including information on membership options, waivers, refunds, and cancellations.

### Questions?

Visit: Lutheran SeniorLife Passavant Community  
 105 Burgess Drive, Zelienople, PA 16063  
 ASPIRE® Wellness Office  
 Main Lobby of the Abundant Life Center, Monday through Friday, 8:00am – 4:00pm.

Log-on: [lutheranseniorlife.org/aspirewellness](http://lutheranseniorlife.org/aspirewellness)

Email: [aspirewellness@lutheranseniorlife.org](mailto:aspirewellness@lutheranseniorlife.org)

Call: ASPIRE® Wellness Program Manager, Brian Damaska, at 724-452-3666

## ASPIRE® Wellness Incentives

In addition to the benefit of increased whole-person wellness, Passavant residents and community members with annual ASPIRE® Wellness memberships are eligible to earn prizes during each session through their participation in select program activities. Following is a sampling of ways you can qualify to participate:

- Attend a minimum of six out of eight classes per session
- Complete a Wellness Assessment
- Refer a friend who signs up for a class or yearly membership
- Purchase a Personal Training Session
- Complete a Be Well Bistro Loyalty Card
- Accomplish a goal from your ASPIRE® Personalized Wellness Plan
- Enter contests throughout the session
- Complete a class or special event within each ASPIRE® dimension and earn six entries

## ASPIRE® Wellness Assessment and Personalized Wellness Plan

Passavant residents and community members with annual ASPIRE® Wellness memberships will have the opportunity to participate in bi-annual Wellness Assessments that evaluate your current health and fitness level, track it over time and set goals to help you improve your whole-person wellness. This multi-step process includes:

- Obtaining a baseline and ongoing measurements of vital health indicators such as blood pressure, height, and weight
- Assessing your functional strength, flexibility, and endurance with a standardized evidence-based Senior Fitness Test
- Completing a multi-dimensional survey to determine your overall wellness
- Developing and sharing with you a Personalized Wellness Plan to set goals to track your progress over time

Wellness assessments for community members without an annual ASPIRE® Wellness membership will cost \$30.

Wherever  
life takes you,  
go with all  
your heart.



Don't go at it alone at home.



We are currently making home health and hospice visits in the safety of your home.

Home Health  
Hospice, Palliative and Oncology Care  
Private Duty / In-home Labwork  
Home Telemonitoring  
Personal Emergency Response Systems  
Medication Dispensers  
Health 2 Home – Local medical  
Transportation  
VNA Community Resource Center

 Call 724-282-6806  
 Toll-Free 877-862-6659

[lutheranseniorlife.org](http://lutheranseniorlife.org)

If you're a senior and want to  
do more, don't settle, call us.

Outpatient Physical, Occupational  
and Speech Therapy  
Aquatics Therapy (Passavant Campus only)  
Lymphedema / Low Vision Therapy  
Voice and Swallow Therapy  
Most insurances accepted.

 Passavant Campus  
Zelienople  
Rehab Services 724-452-3492 St. John's Campus  
Mars

# Programs by Wellness Dimension

For specific program availability, see Program Description and Weekly Schedule.



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*“All the world is my school and all humanity is my teacher.”*  
– GEORGE WHITMAN

**Lutheran SeniorLife**  
Lutheran Service Society

**Empowering our neighbors to live independent, dignified and secure lives through programs and services.**

- Meals on Wheels Senior Center
- Center at the Mall
- Adoption, Foster Care and Permanency Services

[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)

**My Day Out** adult day program

**Staying healthy and engaged is important. Our My Day Out adult day program offers companionship, fun and support.**

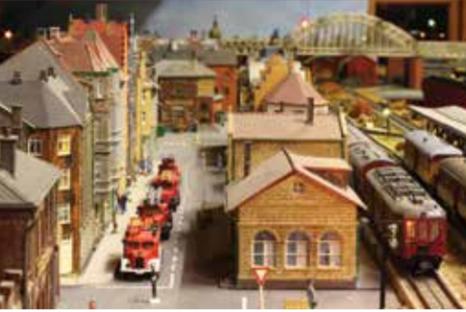
**Lutheran SeniorLife**  
Passavant Community  
724-452-5400

# ASPIRE® Wellness Weekly Schedule: Session III, May 27th – July 19th

## Location:

Aerobics Room.....AR  
 Baron's Inn ..... BI  
 Beatitudes Room...BR  
 Seaman  
 Memorial Chapel  
 (2nd Floor) ..... C  
 Creative Arts  
 Studio..... CAS  
 Den..... D  
 Game Room ..... GR  
 Luther Court ..... LC  
 Pool.....P  
 Prayer Chapel  
 (2nd Floor) ..... PC  
 Scholl Conference  
 Center ..... SCC  
 Scheidemantle  
 Gallery..... SG  
 Train Room ..... TR  
 Weight Room ..... WR  
 Wittenberg  
 Community  
 Room.....WB

*Are you interested in helping to shape the ASPIRE® Wellness program? We would love to hear your ideas! Contact the ASPIRE® Wellness Program Manager at 724-452-3666.*

Monday	Tuesday	Wednesday	Thursday	Friday
	7:30 – 8:00am / AR OR 8:30 – 9:00am / AR Speed, Agility and Strength Small Group Training		9:00 – 9:45am / AR Urban Polling	10:00 – 11:00am / P Aqua Class
10:00 – 11:00am / P Aqua Class	9:00 – 9:45am / AR Lobby Outdoor Walking Group	9:30am – 12:00pm / TR Train Club	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance
10:00 – 10:45am / AR Strength & Balance	9:00am / BI Veteran's Coffee with the Mayor (3rd Tuesday monthly)	10:00 – 11:00am / P Aqua Class	10:00 – 10:45am / AR Chair Yoga	11:00 – 11:45am / AR SilverSneakers® Classic
10:00 – 12:00pm / CAS Palette Knife Acrylic Painting Class	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / AR Strength & Balance	11:00 – 11:45am / AR Senior Boot Camp	3:00pm / GR Po-Ke-No (3rd Friday monthly)
11:00 – 11:45am / AR SilverSneakers® Classic	10:00am / PC Caregiver Support Network (1st Tuesday monthly)	11:00 – 11:45am / AR SilverSneakers® Classic	12:00 – 1:30pm / SCC Lunch And Learn	6:00pm / SCC Music On The Accordion Series
1:00 – 2:00pm / CAS Busy Hands	10:00am – 12:00pm / CAS OR 1:00 – 3:00pm / CAS Painting Class	1:00 – 3:00pm / D Duplicate Bridge Class	 2:00 – 2:45pm / AR On The Move: Group Exercise	
1:00 – 2:00pm / PC Lectio Divina	10:00 – 10:45am / AR Tai Chi	1:30pm / SCC Dale Krysinski on His Country Guitar (1st Wednesday monthly)		
1:30pm / PC Grief Support Group	11:00 – 11:45am / AR Senior Boot Camp	1:30 – 2:30pm / AR Persons With Parkinson's Fitness		
1:30 – 2:30pm / AR Persons With Parkinson's Fitness	12:30 – 4:30pm / WB Duplicate Bridge Game			
 3:00 – 4:00pm / AR Line Dancing	2:00 – 2:45pm / AR On The Move: Group Exercise			
	4:15pm / CAS Creative Writing Class			
	5:30pm / BR National Alliance on Mental Illness (NAMI)			

## What A Difference The ASPIRE® Wellness Program Can Make

**Purposeful:** Volunteer work generates appreciation and caring for others. It gives a sense of inner peace when we feel we've helped better other people's lives.

**Intellectual:** Program activities have broadened my thinking about our community and the broader world. Ideas exchanged during these sessions support social interaction and respect for various points of view.

**Overall:** Through organized classes, volunteer work, and meeting new people I have grown more than I ever thought possible.

– Harriet Moyer, Passavant Resident

## Class Descriptions / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.

### AQUA ARTHRITIS

Fitness Center Pool

Tuesday & Thursday @ 9:30 – 10:00am

Aqua Arthritis combines flexibility, range of motion, and balance. Basic resistance movements and water walking may also be incorporated. This 30-minute class is great for those who are new to water exercise or for those looking to relieve joint pain and stiffness. **Limited to 15 participants.**

Fees: Resident: *Included*  
 Fitness Member: *Included*  
 Non-member: \$5 per class



This 45-minute class will focus on building endurance and strengthening your entire body. **Limited to 15 participants.**

Fees: Resident: *Included*  
 Fitness Member: *Included*  
 Non-member: \$5 per class

### BUSY HANDS

Creative Arts Studio

Monday @ 1:00 – 2:00pm



If you like to crochet or knit, join these “busy hands” to make items for Caps for Kids, baby Afghans for Christ Child, and adult lap robes for LIFE Beaver

& LIFE Butler. Yarn is furnished. Jan McGee leads this group. **Limited to 10 participants.**

Fees: *Included for all*



### AQUA CLASS

Fitness Center Pool

Monday, Wednesday, Friday @ 10:00 – 11:00am

Pool classes allow you to do a lot of exercises that you are not able to do on land without the worry of falling. The water also gives you extra resistance for your exercises.



*“When we give cheerfully and accept gratefully, everyone is blessed.”*

– MAYA ANGELOU

### CAREGIVER SUPPORT NETWORK

Prayer Chapel

1st Tuesday @ 10:00am

Are you a loved one caring for a partner at home who needs you to provide assistance? Do you check-in or provide support to a friend that is dealing with a health challenge? Maybe you hold back emotions and talking about your feelings because of you and your loved one’s circumstance? The Caregiver Support Network was created with YOU in mind. Our goal is to provide a safe, comfortable, supportive environment for emotions to be shared and guidance, assurance, and sincerity to be established. We desire for your voice to be heard and your journey to be valued. We provide the space and tools necessary for respect of the moment and the feelings that are arising to be shared and explored. Lead and conducted by Passavant’s Social Services Department. No registration necessary.

Fees: *Included for all*



*“As a fourteen year participant, coming to the Fitness Center means moving the body in a staff-lead class, being social before and after class, and continuing the aging process beneficially.”*

– Elaine Fugate



### CHAIR YOGA

Fitness Center

Thursday @ 10:00 – 10:45am

Yoga’s focus on mindfulness, breathing, and physical movements bring many health benefits. This class is taught from a seated position and modifications are offered to suit all fitness levels. Breathe, stretch, and relax! **Limited to 25 participants.**

Fees: Resident: *Included*  
 Fitness Member: *Included*  
 Non-member: \$5 per class



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

## Class Descriptions / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.

### CREATIVE WRITING CLASS



**Creative Arts Studio**  
Tuesday @ 4:15pm

This engaging and fun filled 8-week series takes advantage of the creative mind in all of us. Whether you have a lot of writing experience or a little, come join us to learn the craft of writing. We will write in all kinds of genres including Fiction, Non-Fiction, Memoir, Historical Fiction, Children’s Literature, etc. This is a place for all of us to share our stories, grow our craft, and stretch our imagination! Our instructor is Alaina Coon, who is an educator with a passion for fiction writing. She recently graduated from a creative writing master’s program at Chatham University. When she is not in the classroom teaching her kindergartners or at home writing stories, she loves spending time hiking, reading, and rock climbing. Alaina looks forward to working with others who share the love for writing and storytelling!



Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$25 per session

### DUPLICATE BRIDGE CLASS



**The Den**  
Wednesday @ 1:00 – 3:00pm

Duplicate Bridge (Audrey Grant) classes are on Wednesday afternoons in the Game Room. These classes are intended to be educational and enjoyable and are open to all. Nominal fee for instructor and registration is required. Please call Rosemary Shirley at 412-330-0136 or Patty Dotson at 717-372-2610 for information or registration. Zelienople Bridge Club policy requires COVID 19 vaccinations.

Fees: Resident: *TBD*  
ASPIRE® Member: *TBD*  
Non-member: *TBD*



### DUPLICATE BRIDGE GAME



**Wittenberg Community Room**  
Tuesday @ 12:30 – 4:30pm

Duplicate Bridge Game open to all residents and non-residents in the Wittenberg

Community Room. This game is intended to be enjoyable for all, and non-competitive in spirit, although duplicate scoring is maintained. No charge, but registration is required. Please call Rosemary Shirley at 412-330-0136 or Patty Dotson at 717-372-2610 for information or registration. Zelienople Bridge Club policy requires COVID 19 vaccinations.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$25

### GRIEF SUPPORT GROUP



**Prayer Chapel**  
Monday @ 1:30pm

Facilitated by one of Passavant’s own residents, this group provides an opportunity for you to share your voice over the loss you have experienced. Whether this loss was recent or distant, that of a close friend, family member, or a spouse, we want you to have the

*We want you to have the space and opportunity to heal.*

space and opportunity to heal with support, compassion, and comradery surrounding you. Grief has no defined journey as it is an individualistic endeavor for each person. This group aims to provide the atmosphere necessary for healing, respect and appreciation for the emotions you are feeling, and hope for the future. No registration needed.

Fees: *Included for all*

### LECTIO DIVINA



**Prayer Chapel**  
Monday @ 1:00 – 2:00pm

Lectio Divina is a way to combine Scripture reading and prayer to deepen your relationship with God. We will read Scripture to find a message to apply to our faith life. After readings you can find ways to apply your reflections on the Word of God to deepen your prayer life. Led by Pastor Freda Snyder and Grace Kantz.



Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$25 per session



**ACTIVE**



**SPIRITUAL**



**PURPOSEFUL**



**INTELLECTUAL**



**RELATIONAL**



**EXPRESSIVE**

## Class Descriptions / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.

### LINE DANCING

Aerobics Room

Monday @ 3:00 – 4:00pm



Line Dancing is an enjoyable way to exercise and have fun with your friends. You will learn some old classics and new favorites from instructor, Alice Norris.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$5 per class

### LUNCH AND LEARN

presented by ASPIRE® Wellness

Scholl Conference Center

Thursday @ 12:00pm – 1:30pm



Join us for this 8-week lecture series with topics that everyone will enjoy. You must sign up for each lecture a



week prior to the presentation so we have a count for lunches. We have to have a count for how many that will be attending to receive

your boxed lunch. The lunch will be at noon and the lecturer will start at 12:30pm. Each class will have a \$5 charge for boxed lunch.

**May 30th: Tom Panei**

The Life of an Artist

**June 6th: Carol Flinn**

Travels to Panama

**June 13th: Pastor John Hoogerbrugge**

John's Life and God's faithfulness in divine protection and provision

**June 20th: Mr. William Markus**

The Middle East

**June 27th: Russ Cawthorne**

The Pennsylvania Wood Duck

**July 11th: April Miller**

Penn State Extension Educator presents Healthy Living for your brain and body

**July 18th: Eric Scuoteguazza**

The discovery and investigation of the Last Slave Ship Clotilda

**July 25th: Jim Haller**

The History of Radio in Pittsburgh PA

Fees: Resident and ASPIRE® Member: \$5 if you are having lunch. Please indicate when signing up if you want the lunch or not. If you do not do lunch you can be there for 12:30pm.  
Non-member: \$5 per session

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Beatitudes Room

2nd Tuesday @ 5:30pm



For adult loved ones of people with mental health conditions. NAMI Family Support Groups are free, confidential, and safe groups of families helping other families who live with mental health challenges. Join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges.

**No Pre-Registration Required.**

Fees: *Included for all*

### ON THE MOVE: GROUP EXERCISE FOR IMPROVED MOBILITY

Aerobics Room

Tuesday & Thursday @ 2:00-2:45pm



OTM is a group-based motor learning exercise program designed to improve walking and balance. This

45-minute class specifically challenges the nervous system with stepping and walking patterns so you can walk faster and farther. Become more confident in your walking with On the Move! **Limited to 15 participants.**

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member: \$5 per class

### OUTDOOR GAMES

Outdoor Gardens

On your own

We offer an outdoor gaming area in the garden by the North Entrance of the Abundant Life Center.



See the receptionist to sign out a key for equipment to enjoy the horseshoe pits, bocce court or shuffleboard. Be on the lookout for special events and tournaments.

Fees: *Included for all*



**A**CTIVE



**S**PIRITUAL



**P**URPOSEFUL



**I**NTELLECTUAL



**R**ELATIONAL



**E**XPRESSIVE

## Class Descriptions / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.

### OUTDOOR WALKING GROUP

Meets in Fitness Center Lobby  
Tuesday @ 9:00 – 9:45am



Walking frequently improves your mental and physical health and is also a great way to stay healthy and active. Join this noncompetitive walking group to enhance your cardiovascular fitness, spend time with friends, meet like-minded people and enjoy the outdoors! We will help you develop your goals and track your progress.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$5 per class

### PAINTING CLASS

Creative Arts Studio  
Tuesday @ 10:00am – 12:00pm & 1:00 – 3:00pm



Here's a perfect class for beginners to learn how to paint a beautiful picture with step-by-step instructions provided by instructor, Judy Shellar. All supplies are provided. **Limited to 8 students.**

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$60 per session



### PALETTE KNIFE ACRYLIC PAINTING CLASS

Creative Arts Studio  
Monday @ 10:00am – 12:00pm



Explore acrylic painting with the palette knife technique in this dynamic class. Learn to wield the palette knife confidently, creating bold textures and vibrant colors. Guided by an experienced instructor, master techniques like impasto and gestural strokes. Experiment with layering and scraping for dynamic compositions. Dive into color theory and composition principles, conveying your artistic vision effectively. Engage in constructive critiques, gaining insights from peers. Whether you're a beginner or experienced, this class offers a supportive environment for growth.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$25 per session

### PERSONAL TRAINING

Fitness Center  
by Appointment



If you are looking for a more individualized workout or need a jumpstart to your fitness, then Personal Training is for you. The course provides eight 30-minute sessions, but other packages are available. Please call the Fitness Center at 724-452-3456 and talk to the Fitness Manager for more information.

Fees: Resident: \$120  
ASPIRE® Member: \$120  
Community Fitness Member: \$140

### PERSONS WITH PARKINSON'S FITNESS

Fitness Center  
Monday & Wednesday @ 1:30 – 2:30pm



Parkinson's disease is a chronic and progressive movement disorder. Physical activity and exercise may improve strength, flexibility, posture, balance, aerobic capacity, coordination, and agility for those with Parkinson's disease. This 1-hour class will focus on movements proven to help with the symptoms of Parkinson's disease. **Limited to 8 participants.**

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member: \$5 per class

### PO-KE-NO

Game Room  
3rd Friday @ 3:00pm



Come learn a new game and socialize with others. Po-Ke-No is played like Bingo with a poker twist. It is easy to learn and the winner gets a prize. If you have any questions, call Linda Orr at 412-298-1626.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member: \$25 per session

### SENIOR BOOT CAMP

Aerobics Room  
Tuesday & Thursday @ 11:00 – 11:45am



Instructor led circuit style exercise class where participants will rotate through two series of 8 – 10 strength stations followed by a stretching segment that will keep your heart pumping from start to finish!

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member: \$5 per class



## Class Descriptions / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.



### SILVERSNEAKERS® CLASSIC



Fitness Center

Monday, Wednesday, Friday  
@ 11:00 – 11:45am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. **Limited to 25 participants.**

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member: \$5 per class

### SPEED, AGILITY AND STRENGTH SMALL GROUP TRAINING



Aerobics Room

Tuesday @ 7:30 – 8:00am & 8:30 – 9:00am

Would you like to test your speed, agility, strength, endurance, and mental and physical

response to exercise? This class will have a different array of exercises using unique equipment such as battle ropes, speed ladder, and rowing machine. This class will be geared towards people who are at an intermediate to advanced level of fitness and have good balance and joint mobility. **Limited to 6 participants.**

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member: \$5 per class

### STRENGTH & BALANCE



Aerobics Room

Monday, Wednesday, Friday  
@ 10:00 – 10:45am

Join us in this beginner class to improve your balance and restore strength to both your upper and lower body. Exercises are performed seated and standing with support. Hand-held weights, elastic tubing with handles, and a rubber ball are utilized in this class. **Limited to 25 participants.**

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member \$5 per class

### TAI CHI



Aerobics Room

Tuesday @ 10:00 – 10:45am

This class will utilize Lymphatic Stimulation, EFT Tapping (Emotional Freedom Technique), Tai Chi, Qi Gong, and Human BioEnergetic Field Smoothing. Participants will engage in their physical, emotional, mental, and spiritual bodies. This method aids in ones progression while practicing longevity and has been specifically linked together allowing for the participant to fully engage with the energetic experience. This class can be performed standing, seated, or lying down. Any movement ability level welcome. Taught by Jeremy Hill.

Fees: Resident: *Included*  
Fitness Member: *Included*  
Non-member \$5 per class

### TRAIN CLUB



Train Room

Wednesday @ 9:30am – 12:00pm



Try a new hobby, revisit an old one, and join our dedicated train hobbyists. New hands are always needed and appreciated. **Limited space available.**

Fees: *Included for all*

### URBAN POLING



Aerobics Room

Thursday @ 9:00 – 9:45am

Using poles for exercises can help improve your posture and balance by engaging 75% of your body's muscles. They also help to control blood glucose. Try this new exercise class, taught by one of our trained therapists.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member \$5 per class

“Aging is not ‘lost youth’ but a new stage of opportunity and strength.”

– BETTY FRIEDAN



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

## Special Events / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.

### CPR CLASS

Scholl Conference Center

Saturday, June 1st @ 9:00am – 12:00pm

Are you interested in saving a life, identifying and responding to the signs of a cardiac arrest, understanding how to use an AED or helping someone who is choking? Then sign up to become CPR Certified with Passavant Community's Clinical Nurse Educator, Dee Ramirez. **Limited to 8 participants.**

Fees: Resident: \$8  
ASPIRE® Member: \$8  
Non-member \$25



### DIXIELAND BAND

Centennial Gardens/  
Scholl Conference Center if rain  
Saturday, May 25th @ 2:00pm

Dixieland Band is back! Part of the North Pittsburgh Symphonic Orchestra, this lively group of musicians provides an upbeat and fun way to start off the summer!

Fees: *Included for all*



### HONORING WOMEN ANNUAL TRIBUTE EVENT

Scholl Conference Center  
Friday, May 10th @ 12:00 – 2:00pm

All campus women, please join us for this annual lunch event to honor women around the globe for their accomplishments and to honor the great women in history, including all of you! Watch the *Life and Times* for RSVP information. Lunch, entertainment.



### MUSIC ON THE ACCORDION SERIES

*presented by Pat Septak*  
Centennial Gardens/  
Scholl Conference Center if rain  
Fridays throughout Summer @ 6:00pm  
May 31st Golden Age of Radio  
June 14th Jukebox  
July 5th Accordion Music



### PAINT & SIP

*presented by Artistic Aurora*

My Day Out  
Thursday, June 6th @ 6:00pm

Back by popular request we will have another Paint & Sip session. BYOB. Cost of class is \$30.00. Please make checks payable to Jessica Hoffmeier. All checks must be submitted to Brian Damaska no later than May 30th.



### PASSAVANT COMMUNITY BLOOD DRIVE

Scholl Conference Center  
Friday, June 7th @ 11:00am – 4:00pm

Did you know that Pittsburgh area hospitals use on average 600 units of blood per day? The blood that you donate will be used in local hospitals to save the lives of your neighbors. You may donate blood if you meet the following requirements:

- At least 16 years old (no upper age limit)
- Minimum of 110 pounds
- Eat within 2 hours of donation and drink plenty of fluids (non-alcoholic)
- 8 weeks between donations

To schedule your appointment to donate blood, contact Carol Flinn at 724-452 -3630 or [Carol.Flinn@LutheranSeniorLife.org](mailto:Carol.Flinn@LutheranSeniorLife.org)

Thank you for helping us to save lives.



### PASSAVANT SINGERS MEMORIAL DAY TRIBUTE CONCERT

Scholl Conference Center  
Monday, May 27th @ 1:30pm

Our very talented Passavant Singers will provide an hour of musical enjoyment while paying tribute to our troops and our country!

Fees: *Included for all*



### PRE-DIABETES EDUCATION

Scholl Conference Center  
Wednesday, July 10th @ 1:30 – 2:30pm

So, you have been diagnosed with pre-diabetes...what steps can you take to prevent a Type 2 Diabetes diagnosis? Diabetes is a serious, but common disease. This 1-day class will discuss the different classifications of Diabetes, and steps you can take today to prevent or delay a negative diagnosis. Class will be taught by Jennifer Mars, RD, LDN. Jennifer is Passavant Community's Clinical Dietitian.

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member \$25



“Good times and crazy friends make the best memories.”

– SAINT AUGUSTINE



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

## Special Events / May 27th – July 19th, 2024

The legend indicates the related Wellness Dimension for each program.



### SUMMER CONCERT SERIES *presented by ASPIRE® Wellness*



Scholl Conference Center

Wednesday, May 29th @ 1:00pm

Rick Bruening, Folk Singer

Tuesday, June 4th @ 1:00pm

The Silvas, Family Variety Show

Sunday, June 9th @ 6:00pm

Ellwood City Civic Chorale

Monday, June 17th @ 6:00pm

Gene Testa, Variety music

Sunday, July 7th @ 6:00pm

Patrick Gangley, Variety of old time favorites

Tuesday, July 16th @ 1:00pm

Tiffani Eckart, Variety of old time favorites

Friday, July 19th @ 1:00pm

Duane Davis, Variety of old time favorites

Fees: *Included for all*

### RESIDENTIAL LIVING VOLUNTEER APPRECIATION GET TOGETHER



Centennial Gardens/

Scholl Conference Center if rain

Tuesday, June 25th @ 11:30am

Join us as we Celebrate Service of our wonderful resident volunteers. We will be having a picnic out in the gardens and enjoying music by country singer, Tony Barge. This event is by invitation only, so look for yours in the campus mail. Reply back to Cathy Reid at 724-452-3431 or Jody Gulish at 724-453-5414.

### TREE FAMILY PARTY PIGGIES



Scholl Conference Center

Friday, June 28th @ 1:00pm – 2:00pm

(Nursing, Assisted Living and Newhaven) and 2:00pm – 3:00pm (Independent Living and Community)

Come and have an oinking good time with the Tree Family Piggies. The Piggies will all be in festive costumes. There will be petting, feeding, and photo opportunities. Also included will be a trick show, a kissing booth and a snout art studio. Have you ever kissed a piggy? Now is your chance at the show that you don't want to miss!

Fees: *Included for all*

### VETERAN'S COFFEE WITH THE MAYOR



Baron's Inn

3rd Tuesday @ 9:00am



All Veterans are invited to share social time and comradery with Zelienople Mayor, Thomas Oliverio. This groups gets together on a monthly basis. Coffee

and breakfast items are available for purchase in our Bistro. Come and get to know each other and our community members who join this Veterans group to learn and grow! No registration needed.

Fees: *Coffee and refreshments on your own*

### VINTAGE DEB



Scholl Conference Center

Tuesday, July 9 @ 1:00pm

Vintage Deb is back with all of her classic vintage songs!

Fees: *Included for all*

### WELCOME TO CLASSICAL MUSIC



Scheidemantle Gallery

Will return in the fall

Learn about the fascinating times and lives of some of the world's greatest classical composers and hear selections of their music



played by Christie Kecskementhy, the principal second violinist in the Butler County Symphony Orchestra. Her lively teaching and skilled playing will make you want to keep coming BACH!

Fees: Resident: *Included*  
ASPIRE® Member: *Included*  
Non-member \$25 per session

*“Music is an outburst of the soul.”*

– FREDERICK DELIUS



**A**CTIVE



**S**PIRITUAL



**P**URPOSEFUL



**I**NTELLECTUAL



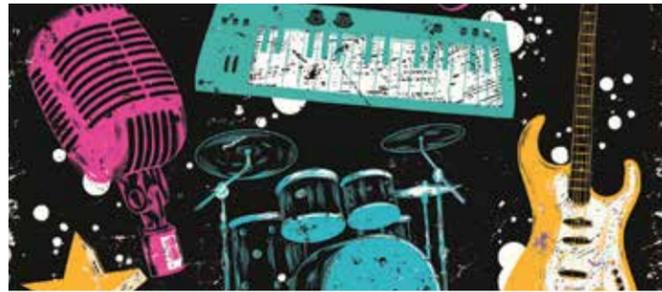
**R**ELATIONAL



**E**XPRESSIVE

**Trips / May 27th – July 19th, 2024**

The legend indicates the related Wellness Dimension for each program.



**FREE SUMMER CONCERT SERIES  
ALAMEDA PARK, BUTLER, PA**



**Tuesdays @ 6:30pm  
Bus pickup @ 5:15pm**

Bring your own lawn chair or sit in the pavilion. Approximated time: 5 hours

**June 6th, Rock Jazz Trio** – Old time Jazz standards, Latin Swing and Gypsy Jazz sprinkled with classical Rock and Folk  
**June 27th, Washboard Tony & Rocking Bob** Tony marches to a different beat. He is a drummer who has added a unique style of percussion to his repertoire. Playing a washboard with spoons, he creates many sounds and rhythms you don't normally hear.

**July 18th, Better Late** – 80's and 90's Alternative and classic rock

Fees: \$15 Bus / Free Admission

**FREE SUMMER CONCERT SERIES  
ALAMEDA PARK BUTLER, PA**



**Thursdays @ 6:30pm  
Bus pickup @ 5:15pm**

Bring your own lawn chair or sit in the pavilion. Approximate time is 5 hours.

**June 8th, Tom Panei** – Variety  
**June 15th, The Water View Band** – Classic Rock & Blues  
**July 13th, Chris Denem** – Neil Diamond and Johnny Cash tributes and acoustic variety  
**July 20th, Weird Eric Magic Show** – Magic

Fees: \$15 Bus / Free Admission

**LIVE CASINO**



**Thursday, May 30th  
Bus pickup @ 8:00am**

Enjoy the day at LIVE Casino. Is today your lucky day?

Fees: \$15 Bus/ Admission is free, playing games and eating on your own



**MILLIE'S HOMEMADE ICE CREAM  
FACTORY TOUR**



**Saturday, July 6th  
Bus pickup @ 10:30am**



See where all the magic happens at our pink collar production facility in Homestead. Tour will last 90 minutes in a factory setting. Close

toed shoes are required. Tasting is believing. See for yourself with sample ingredients. And of course, a pint of your choice of ice cream awaits, at the end of the tour.

Fees: \$15 Bus/ \$25 Admission. Please make checks payable to **Millie's Homemade Ice Cream**. Payable the day of the tour.

**MINIATURE GOLF OUTING AT  
FUN FORE ALL**



**Thursday, July 11th  
Bus pickup @ 12:00pm**

Fun Fore All offers two beautifully landscaped miniature golf courses that have a number of scenic waterfalls. The holes are challenging yet easy enough for younger players. If you get a hole-in-one on the 18th hole you get a prize.

Fees: \$7 Bus / Free Admission!! Miniature golf donated by Fun Fore All

**NAUTICAL NATURE BOAT  
CRUISE**



**To be announced**

Join us as we take a ride on Nautical Nature – a 37-passenger enclosed pontoon boat – Moraine State Park's premier attraction. Enjoy learning about the area's natural history and osprey reintroduction while appreciating the unique scenery and wildlife on an exciting trip around Lake Arthur. Approximate time: 4 hours

**PETER AND THE STARCATCHER  
A Play with Songs by Rick Elise,  
at The BobCats Community Theater**



**July, 2024 (Day to be announced)**



An enchanting backstory of the famous J. M. Barrie stage play, Peter Pan. Years before the boy who wouldn't grow up flew into the Darling nursery on a star-studded

night, he was an orphan who longed to fly. Accompanied by the lost boys, pursued by pirates, intrigued by a young girl learning to be a star catcher, this prelude to the beloved story introduces the audience to a host of familiar characters, including the villainous Captain Hook and the winsome Tinkerbell. And it does so with high seas adventures and spirited tunes interwoven throughout.

**ACTIVE**
**SPIRITUAL**
**PURPOSEFUL**
**INTELLECTUAL**
**RELATIONAL**
**EXPRESSIVE**

**Trips / May 27th – July 19th, 2024**

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*Join us for some fun, friendship and adventure.*

**VERMEER, MONET AND REMBRANDT: FORGING THE FRICK COLLECTIONS IN PITTSBURGH AND NEW YORK**  
presented by **The FRICK Pittsburgh**

Tuesday, June 11th  
Bus pickup @ 10:00am



The Frick Pittsburgh partners with New York-based, The Frick Collection, for the first time to reunite the collections of 19th-century Industrialist, Henry Clay Frick, and his philanthropist daughter, Helen Clay Frick. This exhibition explores the Frick's

shared passion for art collection, how their iconic acquisitions shaped the museums they established, and how we define great art today. The collection features awe-inspiring masterworks including works by: Titian, Rembrandt, Monet, Degas, Whistler, El Greco, Ingres, and Vermeer – one of only 36 known works by the artist in the world. The exhibition marks a once-in-a-lifetime opportunity to see artworks from these two extraordinary collections alongside, and in some cases, reunited with one another.

Fees: \$15 Bus/ \$15 Admission. Please make checks payable to **The Frick Pittsburgh**, by May 29th

**THE JOHNSTON HOUSE AFTERNOON TEA PARTY**

Wednesday, June 26th  
Bus pickup @ 11:00am / Tea Party at noon

Since 1994, guests have been enjoying Tea at the Johnston House. You will be greeted and escorted to your table. Their professional staff will be there to assist you with choosing the perfect flavor of tea from the tea menu. Your Afternoon Tea food



will be presented and served on a three tiered silver server. Their staff offers exceptional service to make sure you have a wonderful and memorable experience. Approximate time: 3 hours.

MENU: Roasted Red Pepper Quiche  
Artichoke Parmesan Tart in Phyllo  
Cucumber Tea Sandwich with Herbed Boursin Cheese  
Chicken Salad Croissant with Almonds,  
Sweet Cream Scone with Clotted Cream and Jam,  
Dark Chocolate Mousse Thimble, Vanilla Custard Tart with Fresh Raspberry  
Seasonal Tea Bread, Hot Tea, Iced Tea, Coffee.

Fees: \$12 Bus/ \$43.74 Admission. **All money must be collected in cash by June 12th.**

**TITANIC THE MUSICAL, LINCOLN PARK PERFORMING ARTS**

Saturday, June 22nd  
Bus pickup @ 6:15pm



Titanic the Musical, the 1997 Tony Award winner for Best Musical, is set on the RMS

Titanic, the colossal world-class ocean liner which sank on its maiden voyage on April 15, 1912. Interwoven with gorgeous music and a mosaic of characters, this majestic story highlights the hopes, and aspirations of those onboard the ill-fated Ship of Dreams. Approximate time: 4 hours.

Fees: \$12 Bus/ \$18 Admission. Please make checks payable to **Lincoln Performing Arts Center**, by June 8th

**HOW ARE WE DOING?**

Have you participated in the ASPIRE® Wellness program? We would love to hear your feedback!  
Are you interested in helping to shape the ASPIRE® Wellness program? We would love to hear your ideas!  
Contact the ASPIRE® Wellness Program Manager at 724-452-3666.





*“Live well,  
learn plenty,  
laugh often,  
love much.”*

– RALPH WALDO  
EMERSON

## Fitness Center

The ASPIRE® Wellness Fitness Center is open to residents as well as community members. Our professionally trained and certified team specializes in older adult fitness. We can help you reach your fitness goals, regardless if you are just starting out or are looking for a new challenge.

There are never any fees to use the Fitness Center for residents of Passavant Community.

### Fees for Community Members

- \$40 per month
- Discounted fee with ASPIRE® Wellness membership (see page 5)
- Some members may be eligible for FREE membership if they belong to an insurance reimbursement program, such as SilverSneakers or Silver & Fit

### Fitness Center Benefits

- State-of-the-art cardio and strength training equipment
- Warm water pool
- Full-service locker room with showers and lockers
- Specialized group exercise classes included
- Friendly, certified Exercise Specialists who work with you to develop an individualized exercise program just right for YOU!

**Phone Number:**  
724-452-3456

**Hours of Operation:**  
**Monday – Friday**  
7:30am – 4:00pm  
**Saturday** Closed  
**Sunday** Closed

### Pool

The pool is available for use in the following ways: the Buddy System, Aqua Classes or Open Swim times. You must bring your own towel and follow all of the Pool Rules, which are posted in the pool and the locker rooms.

The pool does not have lifeguards. For your safety, you must have a buddy with you, who would be available to get help in an emergency. Buddies must stay in the pool area with you, where they can swim or simply sit on the deck and read, complete paper work, or relax. If you are unable to find a swim buddy, please inquire with our team. We have some volunteers available to be a “pool buddy.” You may also want to try one of our Aqua classes or open swim times, in which we provide the buddy.

## ASPIRE® Wellness Purposeful Opportunities

Volunteerism and other service opportunities are important aspects of Passavant Community and ASPIRE® Wellness. These can give you purpose, provide you with opportunities to give back to your community, and contribute to whole-person wellness. We invite you to share your time, talents, and insights by volunteering or by joining one of the many committees that serve the Passavant Community.

### Volunteering

**Resident Volunteers:** If you are a Passavant Community resident, please contact the Community Life Director, Jody Gulish at 724-453-5414.

**Community Volunteers:** If you are from the off campus community, there is never a fee to volunteer and you may do so without joining ASPIRE® Wellness. All volunteers from off campus need to complete an application, background checks, TB testing and orientation prior to service. To see if volunteering is a good fit for you, please apply. For other current volunteer opportunities or more information, please contact the Community Life Director, Jody Gulish at 724-453-5414.

To find a best fit for meaningful volunteer engagement, we consider the volunteer’s interests, availability, and background, along with Passavant Community’s current needs.

### Single Day of Service Opportunities: A Quick Engagement with Volunteering

Passavant Community offers select volunteer options for groups or individuals from off campus who are interested in a one-time act of service. These options are designed for individuals looking for an additional act of service or someone new to volunteering at Passavant. For anyone not presently a volunteer, all that is needed is a brief application. A short orientation would be

provided the same day of the service, along with training on wheelchair safety, if escorting would be involved. Opportunities vary from month to month. Contact the Community Life Director, Jody Gulish at 724-453-5414 for more information.

### Clubs/Committees

There are many clubs or committees that meet at Passavant Community. Some are geared towards individual hobbies and some are geared towards service to Passavant Community or our surrounding neighborhoods. Following is a sample of some of our opportunities: Auxiliary (separate membership/fees apply), “Christmas Wrappers,” Garden Club, Holiday & Decorating Committee, and Voting/Ballot Committee. Please contact the Community Life Director, Jody Gulish at 724-453-5414 for more information.

### ASPIRE® Wellness Advisory Board

Are you interested in helping to shape ASPIRE® Wellness? The Advisory Board meets monthly to discuss strategic planning for ASPIRE® Wellness. This group assists in developing cultural and educational partnerships, planning events, entertainment and trips, and helping to develop the fitness program offerings. For more information, please contact the ASPIRE® Wellness Program Manager, Brian Damaska at 724-452-3666.

## Additional Program Information

### Orientation

Members will receive an orientation to ASPIRE® Wellness that will cover the program's philosophy, registration process, and other important information.

### Registration

ASPIRE® Wellness will offer both 8-week sessions and single day lectures and classes. Advance registration is required, and priority is given to Passavant community residents. Some classes will have limited availability, and enrollment will be determined on a first come/first serve basis.

- Passavant resident registration will begin 3 weeks prior to session start date.
- Community member registration will begin 2 weeks prior to session start date.
- Non-member registration will begin 1 week prior to session start date.

All registrations will be date-stamped to determine the order of placement in each class. You will receive a written confirmation of your registration when you register or via mail prior to start of classes.

Registration forms are available at the reception desk of the Abundant Life Center, the ASPIRE® Wellness Office or online at [lutheranseniorlife.org/aspirewellness](http://lutheranseniorlife.org/aspirewellness).

### Waitlist

If you would like to register for a class that is full, you will be put on a waitlist and contacted if a spot opens up to see if you

are still interested. We will not process any payment until you are officially registered for the class.

### Cancellations

Class minimums and maximums will be set for each class by the instructor and the ASPIRE® Wellness Program Manager. If the class minimum is not met, the class may be cancelled and refunds will be issued if necessary.

If a single class needs to be cancelled for any reason due to the instructor or facility, we will do our best to notify you by phone as soon as we can. Every effort will be made to make up the missed class.

### Refunds for Fee-based Classes

You will have 2 business days before the class starts to cancel your registration to receive a full refund. No refunds will be given if cancellation occurs closer than 2 business days to class start.

- No supply or material fee refunds will be given.
- Yearly membership fees are non-refundable.

### Program Feedback

To ensure we are serving you to the best of our abilities and meeting your needs, you will be asked to complete an evaluation at the conclusion of each session. Please take your time and complete thoroughly so we can evaluate our program and revise accordingly.

## ASPIRE® Wellness Contact Information

Lutheran SeniorLife Passavant Community  
105 Burgess Drive, Zelienople, PA 16063

ASPIRE® Wellness Office  
Main Lobby of the Abundant Life Center,  
Monday through Friday, 8:00am – 4:00pm

**Brian Damaska,**  
ASPIRE® Wellness Program Manager/  
Fitness Manager  
Email: [aspirewellness@lutheranseniorlife.org](mailto:aspirewellness@lutheranseniorlife.org)  
Phone: 724-452-3666

**Passavant Community**  
General Information / Reception Desk  
Phone: 724-452-5400

## Assisted Living and Personal Care

Lutheran SeniorLife offers the same level of care for both. Receive the help needed from compassionate, trained caregivers with daily activities, such as:  
Bathing / Dressing / Cooking.

Openings at both  
St. John Community in Mars or  
Passavant Community in Zelienople.

**Call today!**

  
**Lutheran  
SeniorLife**  
St. John  
Community  
724-687-3372

  
**Lutheran  
SeniorLife**  
Passavant  
Community  
724-452-3583

**Excellent discounts now available.**

## Residential Living For Seniors

*Safe, Affordable and Friendly Places to Live*

**Tours Available**



### Passavant Community

- Apartments, cottages or villas, located in the heart of Zelienople

724-452-3583

[Passavant.sales@lutheranseniorlife.org](mailto:Passavant.sales@lutheranseniorlife.org)



### The Commons at Stonebrook Village

- Studios, one and two-bedroom apartments, located in McCandless Township

412-630-2200

[Commons.sales@lutheranseniorlife.org](mailto:Commons.sales@lutheranseniorlife.org)



### Overbrook Pointe

- One and two-bedroom apartments, part of the St. John Community in Mars, Pa.

724-687-3372

[Overbrook.sales@lutheranseniorlife.org](mailto:Overbrook.sales@lutheranseniorlife.org)



  
**Lutheran  
SeniorLife**

[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)



Lutheran  
SeniorLife  
Passavant  
Community

724-452-5400

[www.LutheranSeniorLife.org](http://www.LutheranSeniorLife.org)

105 Burgess Drive • Zelienople, PA 16063



Lutheran SeniorLife complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Lutheran SeniorLife does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

**English:** ATTENTION: If you do not speak or understand English, language assistance services, free of charge, are available to you. Call (724) 742-2295 (TTY Relay Services 711)

**Español:** ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (724) 742-2295 (TTY 711)

**Italiano:** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (724) 742-2295 (TTY 711)

**Deutsch:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: (724) 742-2295 (TTY 711)

**le français:** ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (724) 742-2295 (TTY 711)

**Pennsilfaanisch Deitsch:** Wann du [Deitsch (Pennsylvania German / Dutch)] schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call (724) 742-2295 (TTY 711)

汉语/漢語: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (724) 742-2295 (TTY 711)

**Русский язык:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (724) 742-2295 (TTY 711)

**język polskih:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (724) 742-2295 (TTY 711)

**한국어/조선말:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (724) 742-2295 (TTY 711)

**tiếng Việt:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (724) 742-2295 (TTY 711)

اناجملاب كل رفاوئت ةىوغلل ةدعاسمل تامدخ نإف، ةغلل ركذا تدرحت تنك اذا: ةظوحلم (724) 742-2295 (TTY 711) مقر مقرب لصتا

**Ελληνικά:** ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε (724) 742-2295 (TTY 711)

**українська мова:** УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки. Телефонуйте за номером (724) 742-2295 (TTY 711)

**Nederlands:** AANDACHT: Als u nederlands spreekt, kunt u gratis gebruikmaken van de taalkundige diensten. Bel (724) 742-2295 (TTY 711)

**हिन्दी:** ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। (724) 742-2295 पर कॉल करें। (TTY 711)