



ASPIRE

WELLNESS




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. Our newest initiative at Passavant Community does just that. 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
Quarterly Wellness Assessment	YES	YES
Quarterly 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 still need to complete Class Registration Forms.

Community members have two options for participation in ASPIRE Wellness: a \$150 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

Advance registration is required for all ASPIRE Wellness classes and activities. Participants can register either online at lutheranseniorlife.org/aspirewellness or in person at the Abundant Life Center. See page 24 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
 Email: 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 quarterly 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 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

Lutheran SeniorLife Call 724-282-6806
VNA Western Pennsylvania Toll-Free 877-862-6659

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.

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

Programs by Wellness Dimension

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

ACTIVE

- Aqua Arthritis 10
- Aqua Class 10
- Chair Yoga 11
- Delay the Disease (Parkinson's Disease Exercise) 11
- Personal Training 18
- SilverSneakers® Circuit 18
- SilverSneakers® Classic 19
- Strength & Balance 19
- Tai Chi 19

SPIRITUAL

- Daily Discipleship 11
- Mindfulness Meditation 16
- The Holy Land Revealed – DVD Series 20
- The Jesus We Never Knew 20
- Women of the Evangelical Lutheran Church in America (W/ELCA) 21
- Wittenberg Bible Study 22

PURPOSEFUL

- Busy Hands 12
- Parkinson's Disease Support Group.. 17
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- Duplicate Bridge Class..... 14
- Duplicate Bridge Game 14
- Great Tours: Greece and Turkey, From Athens to Istanbul – Dvd Series..... 15
- How's Your Hearing? With Dr. Sharon Russo 15
- Mental Aerobics 16
- The History Hobo Speaker Series 20
- Travel The World – DVD Series 21
- The Carnegie Science Center 28
- German Christmas Market Harmony Museum 29
- The Heinz History Center 29

RELATIONAL

- Caregiver Support Network 12
- Grief Support Group 15
- Wittenberg Movie Night 22
- Ballroom Dancing..... 23
- Christmas Holiday Show With Vocalist Joe Collincini 23
- Duane Davis Music 24
- Joe Lege On Accordion Celebrates "Almost Oktoberfest" 24
- Ladies' Night Out 24
- Ladies' Tea Party 24
- Men's Night Out..... 25
- Pancake Breakfast..... 25
- The Procida Twins 25
- Thanksgiving Social 25
- Veteran's Coffee With The Mayor.... 26

- Veteran's Day Breakfast: Thank You For Your Service 26
- Veterans Day Tribute Program 26
- Vintage Deb's Halloween Spook Show..... 27
- Wittenberg Gathering..... 27
- Wittenberg Monthly Birthday Party 27
- Wittenberg Wine & Cheese 27
- Lincoln Park Performing Arts Center Presents Newsies The Broadway Musical..... 28
- The Strip District..... 28
- Boscov's At The Beaver Valley Mall..... 28
- Lincoln Park Performing Arts Center Presents All Is Calm 29

EXPRESSIVE

- Express Yourself Through Movement, Music And Song 14
- Painting Class 17
- Passavant Singers..... 17
- Quilting Group 18
- Train Club..... 21
- Wood Carving..... 22
- Annual Quilt Show 23
- Artists And Crafters Showcase 23
- Passavant Singers Veterans Tribute Show: 'Patriotic Pride' 25

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

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

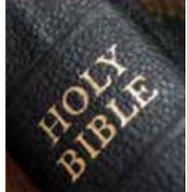
www.lutheranseniorlife.org

ASPIRE Wellness Weekly Schedule

Location:

Aerobics Room.....AR
 Baron's Inn BI
 Beatitudes Room...BR
 Seaman
 Memorial Chapel
 (2nd Floor) C
 Creative Arts
 Studio CAS
 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
10:00 – 10:45am / P Aqua Class	 9:00am / BI Veteran's Coffee with the Mayor (3 rd Tues of the month)	 9:30am – 12:00pm / TR Train Club	9:30 – 10:00am / P Aqua Arthritis	
10:00 – 10:45am / AR Strength & Balance	9:30 – 10:00am / P Aqua Arthritis	10:00 – 10:45am / P Aqua Class	9:30 – 10:15am / AR Chair Yoga	10:00 – 10:45am / P Aqua Class
11:00 – 11:45am / AR SilverSneakers® Classic	10:00 – 10:30am / AR Tai Chi	10:00 – 10:45am / AR Strength & Balance	11:00 – 11:45am / AR SilverSneakers® Circuit	10:00 – 10:45am / AR Strength & Balance
 1:00 – 2:00pm / CAS Busy Hands	10:00 – 11:00am / BR How's Your Hearing (Last Tuesday Monthly)	 10:00 – 11:00am / CAS Quilting Group	 1:00 – 2:00pm / C The History Hobo Speaker Series	11:00 – 11:45am / AR SilverSneakers® Classic
1:00 – 2:00pm / PC The Holy Land Revealed – DVD Series	11:00 – 11:45am / AR SilverSneakers® Circuit	 10:30 – 11:30am / WB Wittenberg Bible Study (1 st & 3 rd Wednesdays)	1:00 – 3:00pm / CAS Wood Carving	1:00pm – 3:00pm / CAS Painting Class
1:30 – 2:30pm / AR Delay the Disease	12:30 – 1:30pm / WB Duplicate Bridge Game	11:00 – 11:45am / AR SilverSneakers® Classic		1:30 – 2:30pm / AR Delay the Disease
1:30 – 2:30pm / AR Parkinson's Disease Support Group (3 rd Mondays)	1:30 – 2:30pm / AR Express Yourself Through Movement, Music and Song	1:00 – 2:00pm / GR Duplicate Bridge Class	1:15 – 2:00pm / P Aqua Class	1:30 – 2:30pm / SG The Jesus We Never Knew
1:30pm / PC Grief Support Group	1:30 – 2:30pm / PC Mindfulness Meditation		3:00 – 4:00pm / WB Mental Aerobics (2 nd & 4 th Fridays)	3:00 – 4:00pm / WB Travel the World – DVD Series (1 st & 3 rd Fridays)
 2:30 – 3:30pm / LC Daily Discipleship	1:00 – 2:00pm / SCC W/ELCA (2 nd Tues of the month)	1:30 – 2:30pm / AR Delay the Disease	3:00 – 4:00pm / WB Passavant Singers	6:30 – 8:30pm / WB Wittenberg Movie Night
3:00 – 4:00pm / SG Great Tours: Greece and Turkey – DVD Series	1:15 – 2:00pm / P Aqua Class			
3:00pm / WB Wittenberg Gathering (2 nd Monday of the month)				

Class Descriptions / 2021 OCTOBER / NOVEMBER PROGRAM

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

AQUA CLASS



Fitness Center Pool

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

Tuesday, Thursday @ 1:15 – 2:00pm

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. 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*

CAREGIVER SUPPORT NETWORK



Prayer Chapel

First Tuesday @ 10:00am

Are you a loved one caring for a partner at home that needs you to provide assistance? Do you check-in or provide support to a friend that is dealing with a health challenge? Do you feel that you hold back emotions and talking about your feelings because of your loved one’s circumstance? The Caregiver Support Network was created with YOU as the aim. 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*

CHAIR YOGA



Fitness Center

Thursday @ 9:30 – 10:15am

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



DAILY DISCIPLESHIP



Luther Court

Monday @ 2:30pm



Join Sister Mildred as she leads Biblical studies on various topics.

Fees: *Included*

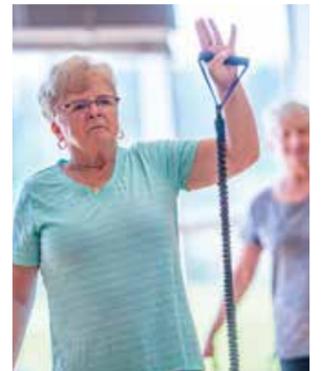
DELAY THE DISEASE®



Fitness Center

Monday, Wednesday & Friday @ 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: \$25 per session
 Non-member: \$35 per session



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.

DUPLICATE BRIDGE CLASS



Game Room
Wednesday @ 1:00 – 2:00pm

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
Tuesdays @ 12:30 – 1:30pm

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

EXPRESS YOURSELF THROUGH MOVEMENT, MUSIC AND SONG



Aerobics Room
Tuesday @ 1:30 – 2:30pm

This interactive 8 week series uses vintage music and sing-longs in a fun way. We move, sing, and enjoy the music together. We use a variety of props with our movements to express our joy in the music. Debbie Wagner facilitates this group. She is a theater performer and musician who enjoys sharing musical memories with everyone. Deb graduated from the University of Cincinnati and Cleveland State in Theatre Arts Education. She taught the arts all through the United States in schools and community centers for 35 years. October 12- December 7th. Limited to 15 participants.

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



GREAT TOURS: GREECE AND TURKEY, FROM ATHENS TO ISTANBUL – DVD SERIES



Scheidemantle Gallery
Monday @ 3:00 – 4:00pm

Join Professor John R. Hale as he guides you through the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans, and to the natural wonders surrounding them. The Great Tours: Greece and Turkey, from Athens to Istanbul is a journey unlike any other, giving you the chance to experience important sites such as the Acropolis of Athens, Ephesus, and Sardis through the eyes of a scholar whose depth of insight goes far beyond any ordinary travel narrative. This series will be led by Tom Vollmer and Ken Crooks.

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

GRIEF SUPPORT GROUP



Prayer Chapel
Monday @ 1:30pm

Lead and conducted by one of Passavant's own residents, this group provides an opportunity for you to share your voice over the loss that you have experienced. Whether this loss was recent or distant, was a close friend or a spouse, we want you to have the 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 that you are feeling, and hope for the future. No registration needed.

Fees: *Included*

HOW'S YOUR HEARING



Beatitudes Room
Last Tuesday @ 10:00 – 11:00am

Dr. Sharon Russo will have an interactive discussion on the importance of good hearing. She will also talk about upkeep of hearing aids and why it is so important to your good ear health. Joan Gill helps facilitate this group.



Fees: *Included for all*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.

MENTAL AEROBICS



Wittenberg Community Room
2nd & 4th Friday @ 3:00 – 4:00pm



The phrase “Use it or lose it” applies to your mind as well as your body. We can keep our mind in shape with a little mental exercise. Each session includes a

variety of puzzles, word teasers, trivia, riddles, and logic. See how well tuned your mind is! Cathy Reid leads this witty group. **Wittenberg Residents Only. Limited to 15 participants.**

Fees: *Included for all*

MINDFULNESS MEDITATION



Prayer Chapel
Tuesday @ 1:30 – 2:30pm

Mindfulness can be defined as a calmer, mental state that is focused on “now” and the ability to accept thoughts and feelings while letting go of negativity and calm your mind and body. Learn the techniques to help with breathing and body awareness. Learning how to “do” things mindfully helps us to relax and really think about that what and the why in our daily lives. The benefits include improvement in mental health and plays a role in management of anxiety, depression, stress, relationships and sleep, just to mention a few.

In this series, you will learn how to use mindfulness to create and maintain a more calming lifestyle. The class is facilitated by Nadine Simon. **Limited to 10 participants.**



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



PAINTING CLASS



Creative Arts Studio
Friday @ 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 participants.**

Fees: Resident: *Included*
ASPIRE Member: \$45 per session
Non-member: \$60 per session

PARKINSON’S DISEASE SUPPORT GROUP



Aerobics Room
3rd Monday @ 1:30 – 2:30pm

Join us for these educational and supportive discussions. A guest speaker is featured every other month and will be available to discuss various topics concerning living with Parkinson’s disease. Caregivers and other loved ones are encouraged to attend as well. **No Registration Needed.**

Fees: *Included for all*

“I’ve been connected with the arts program for the 20 years I’ve lived here, including a writing class that has published three works! The art therapy and creative arts are really spiritual. I enjoy the creative classes that have been offered here and I looking forward to more.”

– Mary Koepke

PASSAVANT SINGERS



Wittenberg Activity Room
Thursday @ 3:00 – 4:00pm

The Passavant Singers is a singing group made up of residents and community that practices every Thursday at Wittenberg Place in their activity room. The director is Bernie Allen. We perform and have concerts for Veteran’s Day, Abundant Lights Night, and Memorial Day. We perform two concerts a year one at Christmas and one in the Spring. We also perform for other events that might be requested by our group. If you would like to join this group contact Bernie Allen at 724-452-3682 for more information.

Fees: Resident: *Included*
Aspire Member: *Included*
Non-member: *Included*

“It is impossible to be dull when you have a sharp mind.”
– LINDA POINDEXTER



Class Descriptions / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.

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 talk to the Fitness Manager for more info.

Fees: \$100 for all

“As a Personal Trainer for several years, I have seen firsthand how much my clients can improve their overall health and well-being through exercise. I have seen impressive increases in strength, such as a resident reaching a goal of performing a 900 pound leg press.”

– Chad Ifft

QUILTING GROUP



Creative Arts Studio
Wednesday @ 10:00am

Share quilting techniques every week with experienced quilters. Participants will need to bring their own quilts and supplies.

Fees: Included for all



SILVERSNEAKERS® CIRCUIT



Fitness Center

Tuesday, Thursday @ 11:00 – 11:45am

Combine fun with fitness to increase your cardiovascular endurance and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching, and relaxation exercises. **Limited to 25 participants.**

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: \$5 per class

“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

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

STRENGTH & BALANCE



Fitness Center

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 and elastic tubing with handles are utilized in this class. **Limited to 25 participants.**

Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: \$5 per class

“Volunteering in the Fitness Center and saying hello to everyone makes my day.”

– Ed Sherman

TAI CHI



Fitness Center

Tuesday @ 10:00 – 10:30am

These classes are designed to integrate the mind and body through gentle, fluid movements which are performed slowly in circular motions. The classes are taught in the Sun style and designed to be easy, safe, and effective programs for individuals with arthritis. **Limited to 25 participants.**



Fees: Resident: *Included*

Fitness Member: *Included*

Non-member: \$5 per class

“Youth is the gift of nature, but age is a work of art.”

– STANISLAW JERZY LEC



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.

THE HOLY LAND REVEALED – DVD SERIES

Prayer Chapel

Monday @ 1:00 – 2:00pm

Led by Pastor Frank Kantz. As the birthplace of Judaism and Christianity, the Holy Land (the area in and around modern-day Israel) is one of the most important regions in the world. With a rich history stretching back over 3,000 years, this area is a sacred land for three major faiths and the setting for defining events in religious history. **Limited to 20 participants.**

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

THE HISTORY HOBO SPEAKER SERIES

Seaman Memorial Chapel
 Thursday @ 1:00 – 2:00pm

Please join “The History Hobo” Steve Cicero as he takes you through a hobo ride through history. Each week will be a different chunk of history, including the following titles: Black and Gold Fever;



Walt Disney: The Man, The Mouse, and The Movies; Planes, Trains, Boats & Automobiles; Fred Rodgers and Other Famous Neighbors; The First Ladies; Dolphins, Dogs, Pigs, and Ponies; “Looking a Gift Horse in the Mouth”; and Stars and Stripes Forever. Each week will be more exciting than the last.

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

THE JESUS WE NEVER KNEW

Scheidemantle Gallery
 Friday @ 1:30 – 2:30pm



Come with me during these eight weeks as we take a new look at Jesus – the true Jesus of the Gospels. This class will rock our preconceived ideas about Jesus and will challenge us to open our hearts, and our eyes to meet God’s Son again – the one who came to this earth, not as a king, but as a baby – a baby without power or wealth, without rights – a baby just like we once were. Come with me as we continually struggle during these weeks to answer the question Jesus, himself,



asked his own disciples – “Who do you say that I am?” Led by Pastor Susie Essex.

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

TRAIN CLUB

Train Room

Wednesday @ 9:30am – 12:00pm

Try a new hobby, revisit an old one, and join our dedicated train hobbyists. The club meets every Wednesday morning and new hands are always needed and appreciated. **Limited space available.**



Fees: *Included for all*

“I like the ability to use your creativity to develop different aspects of scenery, such as the hot air balloons and the carnival scene. We just recently completed a drive-in movie theatre and I’m developing a forest with trees that are made from real plants. I really enjoy it and it is social as well.

– Dave Reckless in reference to his time in the Train Club

TRAVEL THE WORLD – DVD SERIES

Wittenberg Community Room

1st & 3rd Friday @ 3:00 – 4:00pm

Enjoy America and other countries as we travel the world with these scenic wonders of America and afar. Some of the places we will visit are Atlantic Vistas, The American West, and Pacific Frontiers. Travels afar will take us to China & Tibet, Vancouver, and Australia to name a few. Presentations will be announced at a later date.

Fees: *Included for all*

WOMEN OF THE EVANGELICAL LUTHERAN CHURCH IN AMERICA

Scholl Conference Center
 2nd Tuesday @ 1:00pm

W/ELCA (Women of the Evangelical Lutheran Church in America) is a faith-based organization for Christian women of all denominations. The programs are varied with presenters from our campus and from churches and agencies in the area. The women support our special needs and appeals at Passavant, and ministries here and around the world. Programs are open to everyone, including men. **Limited to 40 participants.**

Fees: *Included for all*



ACTIVE



SPIRITUAL



PURPOSEFUL



INTELLECTUAL



RELATIONAL



EXPRESSIVE

Class Descriptions / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.

“It’s surprising to me how many new books come to the library. The last five Life & Times (catalog) advertised two pages of new books each! There is a great variety of books, lots of fiction but also historical and many more.”
– Bill Kolling

WOOD CARVING

Creative Arts Studio
Thursday @ 1:00 – 3:00pm



You will be taught by Sally Powers how to begin your wood carving journey. You will learn introductory level skills

that will have you turn a block of wood into art. You will need to provide your own wood carving knife and Kevlar safety glove. Please see Brian Damaska for more information. **Limited to 10 participants.**

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

WITTENBERG BIBLE STUDY

Wittenberg Community Room
1st & 3rd Wednesday @ 10:30am



Come meet with some of your neighbors for an informal, meaningful, understandable Bible Study for people as we are. Our facilitator is Pastor Paul Payerchin.

Fees: Included for all

WITTENBERG MOVIE NIGHT

Wittenberg Community Room
Friday @ 6:30 – 8:30pm



Enjoy a relaxing evening with your neighbors and friends for movie night! Every Friday a new movie is shown in the Wittenberg Community Room. Movie

Fees: Included for all



Special Events

ANNUAL QUILT SHOW

Scholl Conference Center
Friday, October 15th @ 10am – 2:00pm



Quilting is an art form to be revered as a true blessing! Our very talented Passavant quilters will display their work for you to admire. If you have a quilt that you would like to be included in the show, please contact Jody at 724-452-3534.

Fees: Included for all

ARTISTS AND CRAFTERS SHOWCASE

Scholl Conference Center
Friday, November 5th @ 10:00am – 3:00pm



Come and see the works of art created by our residents, staff and friends. Each year,

we take this opportunity to showcase our talents! Painting, drawing, card making, crafts, knitting, crochet, woodwork, mixed media art ...the list goes on! Some items may be for sale. We will set up on Thursday, November 4th after 1pm. Call Jody at ext. 3534, if you have art to display.

Fees: Included for all, except for sale items.



BALLROOM DANCING

Fitness Center
Friday, November 5th @ 2:30 – 3:30pm



The Pittsburgh Ballroom Outreach Program will be performing in the Fitness Center. They are a group of amateur volunteers who perform various ballroom dances (waltz, cha cha, swing, tango, foxtrot, etc.) for senior citizens in senior centers, communities, and health care facilities. **Limited to 25 participants.**

Fees: Included for all

CHRISTMAS HOLIDAY SHOW WITH VOCALIST JOE COLLINCINI

Scholl Conference Center
Wednesday, December 8th @ 1:00pm



Join Joe as he sings your favorite Christmas songs. No Registration Needed.

Fees: Included for all



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EXPRESSIVE

Special Events / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.

DUANE DAVIS MUSIC

Scholl Conference Center
Monday, October 18 @ 1:00pm

Join Duane as he sings your favorite songs from the past. No Registration Needed.

Fees: *Included for all*



local area establishments every other month for this event. Watch your *Life & Times* for this announcement. Toni Baldwin leads this group of ladies on the adventure!

Fees: *Included for all*

JOE LEGE ON ACCORDION CELEBRATES "ALMOST OKTOBERFEST"

Scholl Conference Center
Tuesday, November 2nd @ 1:00pm

It's close enough to count! Join your friends and neighbors for some Oktoberfest fun with Joe Lege and his accordion. Joe will play all of your harvest time favorites. Light refreshments will be served, as well as some craft beer tasting. No Registration Needed.

Fees: *Included for all*



"Truly gave me the feeling of belonging and I look forward to the next one. The dinner was very good and it was so nice to socialize with the ladies!"

New resident, Angie Eppinger in reference to Ladies' Night Out

LADIES' TEA PARTY

Wittenberg Community Room
Wednesday's October 13 & November 17 @ 2:30 – 3:30pm

Come and enjoy an afternoon of good conversations and fun. Refreshments will be served.

Wittenberg residents only. Limited to 35 participants.

Fees: *Resident: Included*



LADIES' NIGHT OUT

Baron's Inn/Local Establishment
Monthly @ 5:00pm



Join the "ladies" for a fun night with each other for great fellowship. A light meal will be served if we stay in. BYOB! We travel to



MEN'S NIGHT OUT

Baron's Inn/Local Establishment
Monthly @ 5:00pm

Join the guys for an evening of good food, games, and conversation. Light Dinner is served. Please reserve your spot by calling Bill Orr. Watch your *Life & Times* for this announcement.

Limited to 25 participants.

Fees: *Included for all*



PANCAKE BREAKFAST

Wittenberg Activity Room
Tuesday, November 30th @ 9:30 – 11:00am

Yummy, scrumptious pancakes! Come get some pancakes with friends. **All are welcome.**

Fees: *\$3.00 for all*



PASSAVANT SINGERS VETERANS TRIBUTE SHOW: "PATRIOTIC PRIDE"

Scholl Conference Center
Wednesday, November 10th @ 2:30pm

Our Passavant Singers are back! Today, they salute our own Veterans on campus with a moving, patriotic tribute to those who have served! No Registration Needed.

Fees: *Included for all*



THE PROCIDA TWINS

Scholl Conference Center
Monday, October 25th @ 1:00pm

Join us for a fun filled afternoon of music. No Registration Needed.

Fees: *Included for all*



THANKSGIVING SOCIAL

Wittenberg Activity Room
Tuesday, November 23 @ 2:30pm

Enjoy an afternoon with friends and neighbors with pumpkin pie and coffee.

Wittenberg Residents Only.

Fees: *Resident included*



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Special Events / 2021 OCTOBER / NOVEMBER PROGRAM

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VETERAN'S COFFEE WITH THE MAYOR

Baron's Inn
3rd Tuesday at 9am



All campus Veterans are invited to share social time and comradery with Zelenople 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.*

VETERAN'S DAY BREAKFAST: THANK YOU FOR YOUR SERVICE!

Scholl Conference Center
Thursday, November 11th
@ 9:00 – 11:30am



All Passavant Veterans and spouses/widows are invited to enjoy a hot breakfast to thank you for your service to our great country! Breakfast will be served between 9am – 11:30am. You can come at any time during those hours. No Registration Needed.

Fees: *Included for all*

VETERAN'S DAY TRIBUTE PROGRAM

Scholl Conference Center
Thursday, November 11th @ 2:00pm



All Veterans, spouses/widows and friends are invited to salute our heroes! Send a photo to Jody Gulish (724-452-3534) or joann.gulish@lutheranseniorlife.org to have your picture included in this year's tribute video. Vintage Deb will be here to perform her Patriotic Salute.

Fees: *Included for all*



VINTAGE DEB'S HALLOWEEN SPOOK SHOW

Scholl Conference Center
Friday, October 22nd at 1:00pm



Deb Wagner is back and invites everyone to join her "in costume" (optional) to celebrate Halloween. She will entertain us in "Vintage Deb"

style with all of your favorites. Lots of Spooky surprises!! No Registration Needed.

Fees: *None, Open to All*

WITTENBERG GATHERING

Wittenberg Community Room
2nd Monday @ 3:00pm



Come and let your voices be heard at Wittenberg's monthly residents meeting. This is a chance for you to discuss any ideas or issues that you have, among your fellow friends and neighbors. This group is led by Lorma Hill. **Wittenberg Residents Only. Limited to 15 participants.**



WITTENBERG MONTHLY BIRTHDAY PARTY

Wittenberg Activity Room
Wednesday, October 27th @ 2:00 – 3:00pm



We will celebrate our residents that have birthdays in October and November. **Wittenberg Residents only.**

Fees: *Resident included*

WITTENBERG WINE & CHEESE

Wittenberg Activity Room
Wednesday, October 20 @ 2:30 – 3:30pm



Come and enjoy an afternoon of fellowship with a glass of wine and some yummy snacks.



Non-alcoholic beverages are also provided. **Wittenberg residents only. Limited to 35 participants.**

Fees: *Resident included*



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EXPRESSIVE

Trips / 2021 OCTOBER / NOVEMBER PROGRAM

The legend indicates the related Wellness Dimension for each program.



LINCOLN PARK PERFORMING ARTS CENTER PRESENTS NEWSIES THE BROADWAY MUSICAL

Saturday October 16th



You will have to purchase your own ticket through Lincoln Park Performing Arts Center at 724-576-4644. We will announce a cutoff date to sign up before you purchase your ticket so that we know for sure the trip will be going. Refer to the *Passavant Life & Times* for more details.

Bus Fees: \$10

THE STRIP DISTRICT

Saturday October 23rd

Bus starts pickups at 9:00am



Enjoy a day in Pittsburgh's famous Strip District. There are many outside vendors, shops and great places to eat or buy something good to take home! Cost of eating and shopping on your own.

Bus Fees: \$10

BOSCOV'S AT THE BEAVER VALLEY MALL

Saturday October 30th

Bus starts pickups at 10:00am



Enjoy a day of shopping at Boscov's. There is also a J.C. Penny's and other small shops to enjoy.

Bus Fees: \$10

CARNEGIE SCIENCE CENTER

Saturday November 6th

Bus starts pickups at 10:00am



Visit Pittsburgh's best attraction and the most-visited museum, with four floors of interactive exhibits. Marvel at astronomy in Buhl Planetarium, discover the science behind robotics, and learn about the human body in BodyWorks. Watch hair-raising live shows and discover an array of programs for the entire family. Watch model trains chug through western Pennsylvania in our Miniature Railroad & Village®! And, if you are looking for physical activity, test your bravery on our Ropes Challenge, one of the many sports-related activities in SportsWorks. Please have your reservation in the week before trip so we can reserve a sport with Carnegie Science Center.

Bus Fees: \$10

Museum Fees: \$14.95 (paid at science center)

GERMAN CHRISTMAS MARKET HARMONY MUSEUM

Saturday November 13th

Bus pickups start at 11:00am



A German style Christmas market which features regional artisans and other vendors presenting traditional German holiday items such as crafts, foods, and baked goods, toys and more. Dozens of regional artisans and vendors presenting a memorable taste of traditional holiday season shopping in Germany by offering quality artwork, hand crafted goods, toys and other wares as well as German imports. Music, entertainment, home-made German food, wine tasting and horse drawn carriage rides all add to the festive atmosphere. Purchases and food are on your own. Refer to the *Passavant Life & Times* for more details.

Bus Fees: \$8

Museum Fees: TBD



HEINZ HISTORY CENTER

Saturday November 20

Bus pickup starts at 10:00am



Devoted to the history and heritage of Western Pennsylvania, the History Center (legal name – the Historical Society of Western Pennsylvania) is Pennsylvania's largest history museum and a proud affiliate of the Smithsonian Institution.

Bus Fees: \$10

Museum Fees: \$15 (paid at History Center)

LINCOLN PARK PERFORMING ARTS CENTER PRESENT: ALL IS CALM

Saturday December 11th

Time to be announced



The true story of a remarkable moment in history when Allied and German soldiers put down their weapons and celebrated Christmas together. In this moving play woven together with letters, poems, war documents, and songs experience the true embodiment of peace on earth and good will toward men. Cost of transportation is \$10.00 and will be billed to your monthly account. Cost of ticket not available at the time of this printing. Check for updates in the PRC Notes. Sign up with Brian Damaska at 724-452-3677.



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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 at 724-452-3534.

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 Outreach Coordinator 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 Outreach Coordinator 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 at 724-452-3534 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 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.

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
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



The Commons at Stonebrook Village

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

412-630-2200

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




**Lutheran
SeniorLife**

www.lutheranseniorlife.org



Lutheran
SeniorLife
Passavant
Community



724-452-5400
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)