

# Hilltop News

**MAY 2023** 

A Welcoming Community Since 1973

3715 Pennsylvania Ave Erie, Pennsylvania 16504 814-824-2214 MercyHilltopCenter.com



Like and Follow us on Facebook



#### **CENTER HOURS**

Monday through Thursday: 8:00 AM - 4:00 PM

Friday: 8:00 AM - 12:00 PM

\*THE CENTER IS CLOSED ON MEMORIAL DAY,

MONDAY, MAY 29th\*





AGING UNBOUND: MAY 2023

A Sponsored Ministry of The Sisters of Mercy

### **UPCOMING EVENTS & ANNOUNCEMENTS:**

# TRIP TO COUNTRYSIDE FARM MARKET/LUNCH AT VENANGO VALLEY INN ON WEDNESDAY, MAY 31st:

\* Van departs from the Center at 9:30 AM for shopping at Countryside Farm Market followed by lunch at Venango Valley Inn (\$2 Reserves Your Seat on the Van or Members can meet the group). Either way, please RSVP (814-824-2214) no later than MONDAY, MAY 15th.

## LETTIE G. HOWARD SAILBOAT OUTING ON JUNE 8th:

\* The sail is from 4:30 PM - 6:00 PM and the cost is \$10 per person. Interested in participating? Please call the Center (814-824-2214) no later than MONDAY, MAY 15th.

## MHC IS CELEBRATING 50 YEARS!

Happy Older Americans Month! As mentioned in January, and at our *State of the Center* meeting in March, this year marks the 50th anniversary of the Center's founding. Since 1973 we have been blessed with resources to offer a multitude of programs and services to older adults in Erie.

As we celebrate this milestone, our goal is to raise funds for operations and reserves so we can continue our mission of supporting the independence of Seniors for another 50 years. You will find a donation envelope in this newsletter. Any amount is needed and appreciated and can be spread out monthly. You will also notice new fundraising events. Please know that contributions of your time, talents, and promoting these fundraising efforts are appreciated, especially if you are unable to financially contribute.

In the words of our foundress, Sister Catherine McAuley, A community in which universal charity reigns, is capable of surmounting all difficulties.

#### **INSIDE THIS ISSUE:**

Headline1
Center Information2
Special Events Headline2
Nurse Judy2
Featured Activities/Trips3
Movies3
News & Notes4
Birthdays5
Lunch Outings5
Monthly Calendar6
Monthly Fundraiser7
Staff / Board Members7

#### NURSE JUDY'S MONTHLY PROJECT C.H.A.T.

Nurse Judy 's Project C.H.A.T. (Conversations on Healthy Aging Topics) is a great way for members to:

- \* ASK ABOUT HEALTH TOPICS
- \* HEAR ANSWERS TO FREQUENTLY ASKED QUESTIONS
- \* LEARN ABOUT NEW TRENDS INCLUDING RECENT RESEARCH
- \* SHARE YOUR INSIGHTS ABOUT THE DISCUSSION TOPICS



Project C.H.A.T. is on **Tuesday, May 23rd at 11:15 AM in the Community Room** (come for C.H.A.T. and stay for the movie!). Nurse Judy will be discussing <u>High Blood Pressure</u>, <u>Stroke Awareness and Osteoporosis</u>, as **May is High Blood Pressure**, <u>Stroke and Osteoporosis Awareness Month</u>. And it's <u>Older Americans Month</u>!



#### **NEW MEMBERS**

Please extend a warm welcome to the newest members of Mercy Hilltop Center: Jessica Bellamy, Shirley Colonna, Annette Garthwaite, Laura Masterson, Bonnie and Peter Prokocki, Anne Spring, Elisabeth Utz, and Roberta Yetman all joined the Center in March. WELCOME to MHC!

#### MONTHLY FUNDRAISER WINNER

March's monthly fundraiser was a MONEY TREE (buy a ticket for \$5 for a chance to win \$100). Our big winner was MARI COSTELL. CONGRATULATIONS, Mari! She took home \$100 in cash! See page seven (7) for details on this month's fundraiser. As always, we thank you for your support!



#### FREE EVENING CONSULTATIONS

Just a reminder that Pat Tobey, our Social Worker, is available on Tuesday evenings for appointments and for assistance with documents, listening to a personal concern or problem, giving advice and connecting members to the appropriate resource, and/or discussing topics related to presentations offered at the Center. Pat also offers private, confidential sessions to assist with setting up online banking and/or bill pay, medical portals like My UPMC or My Chart, as well as set-up social security.gov accounts, just to name a few examples. Please call 814-824-2214 to schedule an appointment.

#### **FEE SCHEDULE:**



Mercy Hilltop Center Annual Memberships are \$25 each (\$45 for couples) with discounts for Veterans.

**Ballet Barre, Line Dancing, Silver Sneakers** and **Yoga classes** are \$3 for members and \$5 for non-members **QiGong** is \$1 for members and \$3 for non-members

**Studio Art** is \$8 for members and \$10 for non-members (per three-hour session)

*Mahjong* is \$1 for members and \$2 for non-members

With SILVER SNEAKERS OR RENEW ACTIVE through your insurance provider, ALL fitness classes are FREE.

\*PLEASE REMEMBER TO SCAN YOUR SILVER SNEAKERS CARD FOR ALL FITNESS CLASSES SO THAT THE CENTER GETS CREDIT FOR YOUR VISIT. Thank you!

#### TUESDAY DOLLAR MOVIES FOR MAY



Join us for Tuesday Dollar Movies! Each Tuesday, we feature a movie for \$1 in our community room. Although rare, movies are subject to change based on availability. Snacks are provided. Please bring your own beverage and plan to arrive early to get your seat. MOVIES START PROMPTLY at 1:00 PM.

5/2/23: The Best of Enemies (2019 - 2 hours / 13 minutes\* - Rated PG-13 - Drama) \*Please Note Length of Film

5/9/23: *Back to the Future* (1985 – 1 hour / 56 minutes – PG-13 – Sci-Fi Comedy)

5/16/23: Downton Abbey (2019 – 2 hours / 2 minutes – PG – Period Piece Drama) Please Note Length

5/23/23: Downton Abbey: A New Era (2022 – 2 hours / 5 minutes – PG – Period Piece Drama) Please Note Length

5/30/23: Midway (2019 – 2 hours / 18 minutes – PG-13 – Historical Action/Adventure) Please Note Length

#### FEATURED SPEAKERS, ACTIVITIES, TRIPS & EVENTS IN MAY:

Monday, May 1st at 1:00 PM - Ice Cream Social with Presentation Sponsored by Aetna\*

Tuesday, May 2nd at 10:00 AM - Crafting with Lois: Painted Mason Jars II (limited class size)\*

Wednesday, May 3rd at 10:15 AM - Lunch Bunch Departs (see page 5 for details)

Thursday, May 4th at 3:30 PM - Master Gardeners, Bonita and Debbie Present: Square Foot Gardening\*

<u>Friday, May 5th at 9:45 AM</u> - Rep. Merski's Office Presents: Assistance with Property Tax/Rent Rebates

Thursday, May 11th at 2:30 PM - Van Departs for Warner Theatre's Backstage Tour\*

Friday, May 12th at 10:00 AM - Introduction to Microgreens by Remlee Peck\*

Monday, May 15th at 11:00 AM - Pet Therapy with Murray and Finnegan

Tuesday, May 16th at 10:00 AM - Making Birdhouse Gourds, Part 1 (see page 4 for details)

Wednesday, May 17th at 9:45 AM - Van Departs for Bowling at Eastway Lanes (\$2 Van Fee - \$3/game)

Friday, May 19th at 9:30 AM - Making Birdhouse Gourds, Part 2 - The Finishing of The Birdhouses (see page 4)

Tuesday, May 23rd at 11:15 AM - Project C.H.A.T with Nurse Judy (see page 2 for details/topics)

Wednesday, May 24th at 12:50 PM - Van Departs for Presque Isle: Nature Walk & Stop at Sara's\*

Thursday, May 25th at 4:00 PM - Drum Circle hosted by Valerie Baltzer

Tuesday, May 30th at 10:00 AM - Crafting with Lois: Clay Pot Decoupage (\$2 donation appreciated)\*

Wednesday, May 31st at 9:30 AM - Van Departs for Countryside Farm Market and Lunch at Venango Valley

\*SEE PAGE FOUR (4) FOR ADDITIONAL DETAILS ON ACTIVITIES/EVENTS WITH AN ASTERISK (\*) \*\*PLEASE SIGN-UP (814-824-2214) AS SOON AS POSSIBLE FOR ALL EVENTS YOU WISH TO ATTEND\*\* CLASS SIZES AND/OR EVENTS MAY BE LIMITED DUE TO RESTRICTIONS ON SPACE/MATERIALS. ETC.





HOW TO GROW MICROGREENS

## **MERCY HILLTOP CENTER**

# **MAY 2023**



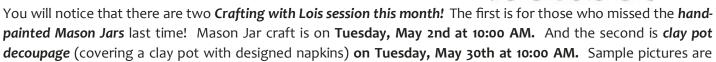
#### **ICE CREAM SOCIAL**

Aetna is sponsoring an Ice Cream Social on Monday, May 1st at 1:00 PM! Bruce Davis, an independent broker, will present the benefits of Silver Sneakers, specifically how to help loved ones with college tuition and will discuss Aetna's national network. Please RSVP (814-824-2214) no later than Friday, April 28th. Thank you!

#### MAY CRAFTING WITH LOIS









#### MASTER GARDENERS PRESENT

Master Gardeners, Bonita and Debbie will be here on Thursday, May 4th at 3:30 PM to discuss square foot gardening. Square foot gardening description sheets are available. Please call to RSVP (814-824-2214). This event is free!

#### PROPERTY TAX AND RENT REBATE ASSISTANCE

Rep. Bob Merski's office will be here on Friday, May 5th at 9:45 AM to help members with property tax or rent rebates at no charge. Please RSVP (814-824-2214) so that their office can provide enough forms. Thank you!

#### WARNER THEATRE BACKSTAGE TOUR



NATUREWALK

The van departs at 2:30 PM on Thursday, May 11th for a one-hour Backstage Tour of the Warner Theatre. Please call to reserve your seat (814-824-2214). Members can also meet the group there. This trip/tour is free; no van fee!



#### INTRODUCTION TO MICROGREENS

Remlee Peck is hosting another *Introduction to Microgreens* on Friday, May 12th at 10:00 AM. Due to a snowstorm on the morning of the last one, we are offering the workshop again for those who may have missed it. This activity is free. Please RSVP (814-824-2214) by Friday, May 5th. Thank you.

#### MAKING BIRDHOUSES FROM GOURDS

MHC member, Becky Trommer will be leading a craft of making/painting Birdhouses from Gourds. This two-part class starts on Tuesday, May 16th at 10:00 AM and the finishing session is on Friday, May 19th at 9:30 AM. Please call to RSVP today (814-824-2214) as class size is limited! A \$2 donation is appreciated. Thank you!



#### **UPCOMING BOOK CLUB MEETINGS**

The next Book Club meeting is on Thursday, May 18th at 4:30 PM. Upcoming Book Club meetings and books being discussed: Thursday, May 18th: A Man Called Ove by Fredrik Backman, Thursday, June 15th: Wish You Well by David Baldacci and **Thursday**, **July 20<sup>th</sup>: The Indigo Girl** by Natasha Boyd. Thank you!

#### INTERPRETIVE HIKE/NATURE WALK AT PRESQUE ISLE

The van will depart at 12:50 PM on Wednesday, May 24th for an one-hour Interpretive Hike/Nature Walk at Presque Isle that begins at 1:30 PM followed by a stop at Sara's. The walk is slow as the guide highlights certain sights. The temperature at Presque Isle will be at least 10 degrees cooler. Long pants and sturdy shoes are required. A \$2 van fee will hold your seat on the van and the walk fee is \$3, for a total of \$5. Please plan to pay the full \$5 for the excursion in advance at the front desk. Members may also meet the group at PI. Again, please pay the \$3 walk fee IN ADVANCE to the front desk. SIGN-UP DEADLINE IS MONDAY, MAY 8th. Thank you!

#### MONTHLY LUNCH BUNCH OUTING

Our monthly Lunch Bunch is typically on the \*FIRST Wednesday\* of each month. Members can meet the group there or ride on the MHC van for \$2 fee. Reservations must be accurate for restaurant preparations and therefore, must be received no later than two (2) weeks prior to the outing date (814-824-2214). Reservations for the following month's lunch will NOT BE TAKEN until the first of the previous month, regardless of when the newsletter is available. Sign-up deadline is TWO (2) WEEKS PRIOR to outing. The \$2 van fee is paid to MHC TO SECURE YOUR SEAT on the van. The van departs from MHC at 10:15 AM for the next two months. Upcoming Outings:

MAY 3rd: The Dutch Village Restaurant (8729 E. Main St, Clymer, NY) - Van Departs at 10:15 AM

JUNE 7th: Ferrante Winery & Ristorante (5585 SR 307, Geneva, OH) - Sign-Ups Begin on 5/1/23

NO FURTHER RESERVATIONS WILL BE ACCEPTED LESS THAN TWO (2) WEEKS PRIOR TO OUTING DATE!

#### DIABETES PREVENTION PROGRAM

For members attending the *Diabetes Prevention Program* on Tuesdays through the *Sight Center of NW PA*, the group will meet *twice per month* in May on May 9th and May 23rd at 10:00 AM. Starting in June, the group meets once per month on the 2nd Tuesday, which will be June 13th at 10:00 AM. Thank you!

#### Please join us in wishing a very HAPPY BIRTHDAY to MHC members celebrating in MAY:

RITA DAUB	MAY 1	MICHAEL MAZANOWSKI	<b>MAY</b> 18
DIANE CANFIELD	MAY 2	<b>EDITH MCLANAHAN</b>	MAY 19
ALICE ROSEBOROUGH	MAY 3	KAREN ANDERSON	<b>MAY 21</b>
<b>GUNDRUN RICHTER</b>	MAY 4	GWEN SKARUPSKI	<b>MAY 21</b>
ALICE KURPIEWSKI	MAY 6	SUSAN DAIGLE	MAY 22
TONI OLDACH	MAY 6	SUE GERG	MAY 22
BARB PROCTOR	MAY 8	JUDY LOHSE	<b>MAY 23</b>
NADENE GODFREY	MAY 9	PATRICIA MAGERS	<b>MAY 23</b>
SHARON TEFFT	<b>MAY 10</b>	MARY NELSON	MAY 24
SHIRLEY DAVIS	MAY 13	MATT RIZZO	MAY 25
ROBERT JOHNSON	MAY 14	CLAIRE BARNETT	MAY 28
JEANETTE KEENAN	MAY 14	ALLENE KRAUS	MAY 29
BEVERLY LARSEN	MAY 15	TERESA MIERUNSKI	MAY 29
LOU BRUSCHI	MAY 17	WILLIAM CORSELLO	MAY 30
MELODY EVANS	MAY 17	BONNIE PROKOCKI	MAY 30
JEANETTE MANENDO	MAY 17	BERNADETTE SLOMSKI	MAY 30
WALTER HELMINSKI	<b>MAY 18</b>		



Monday	Tuesday	Wednesday	Thursday	Friday
1 MAY DAY 9:45 AM Silver Sneakers Chair Class 12:00 PM Pinochle 1:00 PM Ice Cream Social Sponsored by Aetna	2 9:00 AM Chair Yoga 10:00 AM Craft with Lois 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	3 9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 10:15 AM <i>Lunch Bunch Departs from the Center</i> 11:30 AM Canasta 12:30 PM Studio Art	9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 3:30 PM Master Gardeners Present: Square Foot Gardening	5 9:45 AM Rent Rebate & Property Tax Assistance 10:30 AM Silver Sneakers Chair Class *SIGN-UP DEADLINE for Intro to Microgreens CENTER CLOSES AT NOON
9:45 AM Silver Sneakers Chair Class 12:00 PM Pinochle  *SIGN-UP DEADLINE for Nature Walk and stop at Sara's	9 9:00 AM Chair Yoga 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art	9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 2:30 PM Van Departs for Warner Theatre's Backstage Tour	12 10:00 AM Intro to Microgreens 10:30 AM Silver Sneakers Chair Class  CENTER CLOSES AT NOON
9:45 AM Silver Sneakers Chair Class 11:00 AM Pet Therapy 12:00 PM Pinochle *SIGN-UP DEADLINE for June 8 Sail & May 31 Shopping/Lunch	9:00 AM Chair Yoga 10:00 AM CRAFT: Bird House Gourds, part 1 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet	9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 9:45 AM <i>Bowling Trip</i> 11:30 AM Canasta 12:30 PM Studio Art	18 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:30 PM <i>Book Club</i>	9:30 AM CRAFT: Bird House Gourds, part 2 10:30 AM Silver Sneakers Chair Class
9:45 AM Silver Sneakers Chair Class 12:00 PM Pinochle	9:00 AM Chair Yoga 10:15 AM Qi Gong 11:15 AM <i>Project CHAT</i> 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet 4:30 PM Painting Class	9:00 AM Studio Art 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art 12:50 PM Depart for Nature Walk/Hike and Sara's at Presque Isle	25 9:00 AM Bridge 9:00 AM Knit/Crochet 12:30 PM Mahjong 1:00 PM Chair Yoga 2:15 PM Qi Gong 4:00 PM <i>Drum Circle</i>	26 10:30 AM Silver Sneakers Chair Class  CENTER CLOSES AT NOON
29  ****  WE WILL BE  CLOSED  FOR  MEMORIAL DAY  ****	30 9:00 AM Chair Yoga 10:00 AM <i>Craft with Lois</i> 10:15 AM Qi Gong 12:30 PM Studio Art 1:00 PM Movie 3:30 PM Line Dancing 4:30 PM Ballet	31 9:00 AM Studio Art 9:30 AM <i>Van Departs for Shopping/Lunch Trip</i> 9:45 AM Silver Sneakers Chair Class 11:30 AM Canasta 12:30 PM Studio Art		



#### **MAY FUNDRAISER**

Our May fundraiser will be *Joker's Wild*. A full deck of cards, including **ONE JOKER**, will be posted on a board, face down. Players select a card for \$5 each and write their name on the outside of the card. On **Wednesday, May 31st,** the person whose name is on the **JOKER CARD** is the **WINNER** and will be notified by phone if not present at the Center. If all 53 of the cards are marked (purchased), the winner will take home \$132.50. Thank you!

#### MERCY HILLTOP CENTER STAFF

Dina Scribner, Executive Director

Michelle Fladd, Membership & Administrative Coordinator

Pat Tobey, Social Worker

Jean Berarducci, Activities Coordinator

Judy Bekeny, Registered Nurse

#### MERCY HILLTOP CENTER BOARD MEMBERS

Karen Karle, Board Chair
Jennifer Agnello, Secretary
Dina Scribner, Executive Director
Sr. Bernadette Bell, RSM
Brian Hennessy
Laura Myers
Linda Voelker

Amy Danzer, Board Co-Chair Laura Hellman, Treasurer Carol Amann Sr. Mary Felice Duska, RSM Janet Kiehlmeier Margo Peters







# & SON FUNERAL HOME, INC. Dennis D. Schmidt-President, Supervisor Pre-Arrangements Available 5000 Wattsburg Road

Erie, PA 16504 (814) 824-5000

www.SchmidtFuneralHomeErie.com

# Safe at Home and Not Alone

#### **BAYADA** provides:

- □ Personal care services
- Paid family caregiver positions

bayada.com | 814-833-1001

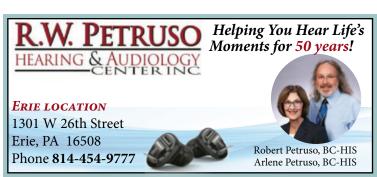


1-D-2-5











LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

> **CONTACT ME Brian Oneill**

boneill@lpicommunities.com (800) 888-4574 x3410



### ADT-Monitored **Home Security**

**Get 24-Hour Protection** From a Name You Can Trust

Burglary

www.brevillier.org

- Flood Detection
- Fire Safety Carbon Monoxide



SafeStreets

833-287-3502

# **NEVER MISS OUR NEWSLETTER!**

# **SUBSCRIBE**

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM