



The Jackson Express

Welcomed Changes at the Center



In May, Frank Singel, Robert Wenklar, and Arleen Schaffer entered retirement, passing the torch to two new people. Tina Scanlan took the position of Facility Manager and Amy Sandoval took the position of Assistant Manager/ Activities Director. Since their takeover, there has been an abundant amount of welcomed change and new activities and events. We are excited to be able to bring new things to the center and are pleased to have the support and help of the members.

(Continued on Page 2)

Jerry Ivory: Second Chance at Life

For several years, Jerry Ivory dealt with life threatening medical problems. At one point, he was without any kidneys and was kept alive through dialysis. Through it all, he remained optimistic and confident that he, with the help of God, would find the answers he has been looking for, which happened to be a transplant. (Cont. on Page 7)

(814) 322-3327

NEW HOURS!!
Mon.-Thurs.
8 a.m. – 4 p.m.

FUTURE NEWSLETTERS!!

As a cost saving measure, all future newsletters will only be mailed upon request. They will always be available at the center for pick up.

Bernice: Running from Grief

Bernice Dishong-Mackanick ran her first half marathon at the age of 69. Her love for running came after the passing of her first husband. After ten years of grieving, she decided to get out and start pursuing activities that she had an interest in years prior and to try some new things.
 (Cont. on Page 6)

In This Edition...

- Page 2 – Welcomed Changes
- Page 3 – Meet the Manager
- Page 4 – Amy’s Announcements
- Page 5 – Beth Ann’s Butterfly Garden
- Page 6 – Bernice: Running from Grief
- Page 7 – Health Notes featuring Jerry Ivory
- Pages 8 – Announcements
- Pages 9 & 10 – Monthly Calendars
- Pages 11 & 12 – Lunch Menus
- Pages 13 & 14 – Event Flyers

(Continued from Page 1)

We have several new volunteers along with some that have asked to stay doing their same “jobs”. We appreciate any volunteers we have and welcome new ones at any time.

We have some great events planned for the upcoming months. We are now offering a Chatterbug Society, which meets the third Monday of the month; Gospel Sing with Barry, which happens the second Monday of the month; a Pot Luck Dinner, headed by Judi Skelly, available the second Monday of the month with a required sign up; Divine Devotions, which is offered the second Monday of the month; Women of the Bible Study Group, being offered the fourth Monday of each month; Arts and Crafts Wednesday the first and third Wednesday of each Month; and Snack Attack Club the second and fourth Wednesday of each month. We are also pleased to announce the introduction of the Wii to the center, including Wii bowling, hunting, Broadway dancing and more. Each Wednesday, the Wii Bowling League will be taking place from 10 a.m. to 12 p.m. in the “Bingo Room”. As an added bonus, on July 25, we will be hosting a Luau. Members are encouraged to dress up and participate in the afternoon of games, contests, & dancing. On the evening of August 17th, we will also be hosting a Corn Roast. There are even some bus trips in the works. Anyone interested in any of these events can sign up in the center during regular hours. We ask that you sign up to assure we have enough supplies for everyone! The events can all be seen on the events calendars (for July and August), later in the newsletter.

We welcome any suggestions. They can be directed either in person, to Amy or Tina, written down or placed in our suggestion box in the center or via email at jacksontownshipseniorcenter@gmail.com. We want to continue to serve you by bringing new interests in to the center to keep you all active, enjoying your time here and coming back for more!



Meet the Manager

After the retirement of the previous Manager, Jackson Township Supervisors would like to introduce Tina Scanlan as the new Manager of Jackson Township Senior Center. Tina joins Jackson bringing with her a wealth of experience. She has been in management, activities directing and event coordinating since 2001.

Her career has encompassed bringing enjoyment, events and activities to the young as well as the elderly. Tina feels that keeping people happy and on the go is the key to longer life and prevents one from becoming dependent.

For 33 years she thought her name Tina just meant “add on” as described in all the baby book name books she ever looked at. That is until a friend dug and found her name in the Greek which means “anointed one, woman of many talents”. Tina truthfully admits to not being perfect at any one thing, but says that she is a “jack of all trades and Lord of none”.

Thus proving “what’s in a name”, Tina was the recipient of the 2015 Creativity Award for her work while managing Portage Senior Activity Center. She also studied Commercial Art at Mount Aloysius, is ServSafe Certified and holds a Pastors license under Gospel Light of Anderson, Indiana.

Originally from Northern Cambria, she now resides in Ebensburg with her husband Greg of 28 years. They have three daughters, Samantha 24, Tiffany, 22 and Chelsea 20.

Tina comes eager to Jackson to continue the fine work started here, re-fire some old things and to definitely start some new.



Amy's Announcements

With the retirement of the previous employees, the Jackson Township Supervisors hired Amy Sandoval as the Jackson Township Senior Center Assistant Manager/ Activities Director. Amy had owned and ran a business for five years before moving on to work at the Tribune Democrat in classified advertising sales. She brings event and activity planning experience not only from her business, where she planned and hosted several fundraising events for local families, but also as a member of the local Conemaugh Valley Lions Club, where she has organized an Easter Egg Hunt and Lunch with Santa for the past three years.

Amy recently purchased a house and moved to Jackson Township with her fiancé, Steve, and two children, ages 5 and 3. She has an Associate Degree in Business Management from Pennsylvania Highlands Community College and a Bachelor Degree in Business Administration from Mount Aloysius College.

With the activities already well established here at the center, Amy is confident that they can be continued and new events and activities can be offered attracting current members and new members alike. Amy looks forward to getting to know all of the members and becoming more involved in the community outside of the senior center as well.



The Rose

It is only a tiny rosebud
a flower of God's design,
but I cannot unfold the petals
with these clumsy hands of mine.



The secret of unfolding flowers
is not known to such as I
The flower God opens so sweetly
in my hands would fade and die.

If I cannot unfold a rosebud
this flower of God's design,
then how can I think I have wisdom
to unfold this life of mine?

So I'll trust him for his leading
and I'll look to him for guidance
each moment of the day.



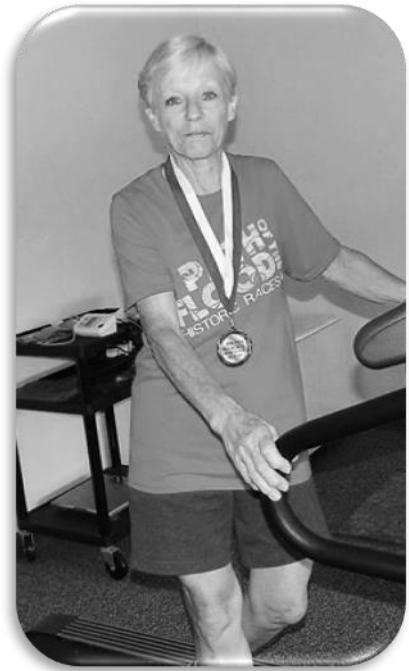
She began in her 50s by walking the Ghost Town Trail. She was then challenged by a friend at church to compete in a triathlon. So at the age of 62, she participated in her first triathlon. For the next six years she took part in one triathlon per year. Over the years, she grew tired of the swimming portion, prompting her to move on and try something new. In 2015, she ran in her first half marathon at the age of 69.

As you can imagine, it takes great discipline and strength to train for such a strenuous activity. To prepare, Bernice participates in the Strong Bones exercise class at the center. It is offered two mornings a week and she attends both. In addition to the class and the obvious running, she has sought help and advice from others. She has received advice on running, diet and even the best shoes to buy from Dr. Espe, a local chiropractor. Pastor Drew Walther, who instructs the Strong Bones class, and our local Silver Sneakers Yoga instructor, have helped her with breathing techniques to help her while running. Chatting with other runners also contributes to her knowledge.

When asked, Bernice stated that she enjoys walking the Ghost Town Trail most but finds running on pavement is better for her. Her advice to others is to start by walking and gradually build up to running. Also, even with sadness or grief in your life, it is important to find something that makes you happy. Don't be afraid to take a chance with something.

What I have learned interviewing Bernice is that she is thankful she has been given the opportunity and ability to do what she loves. Running and fitness for her is an outlet and something that has brought happiness to her and she is blessed to be able to do it.

We are proud to have Bernice as a member of the center and a continued volunteer during the Strong Bones exercise class! Keep up the great work, Bernice!!



In February 2012, his positive attitude, faith in God and hopes and prayers paid off when, then stranger, Steve Fields, of Oklahoma, was watching the Super Bowl. A commercial, starring Tom Brady, came on the television. Tom Brady was asking viewers to consider becoming kidney donors. His coach was in need of a kidney transplant urgently. This commercial prompted Steve Fields to look up the donor website, www.matchingdonors.com, which is designed to match willing donors with recipients in need.



After signing up for the site as a donor, the information, such as blood type, age, and habits, matched several recipients' information. One of those recipients was Jerry. Their first encounter with each other was by telephone. They had a connection allowing them to have plenty to talk about for hours the first day. And even though they found they had several similarities in their families, the biggest for the two was that they both had the same blood type, O-positive. They each had all of the necessary testing to proceed with the surgeries. It was determined that Steve was a matching donor for Jerry and as long as he didn't back out, which he could have done anytime up until the surgery happened, he would be the person that saved Jerry's life.

Steve flew to Pittsburgh a total of three times, which was all paid for through donations and charitable organizations. One flight was paid for by someone of his church donation his frequent flyer miles he earned on business trips. Another flight was through the Angel Flight program, which he learned of at church. And the third was paid for by his neighbors who he had cut grass for over the years taking nothing from them until they made sure he had a ticket to get back to Pittsburgh for this surgery. His church also took a collection up to help him pay for his family's stay in Pittsburgh and anything else they needed. With the help of his co-workers he was able to take the necessary time off of work and then continue back to work on light duty.

Three months after seeing the commercial on television, the transplant took place. Jerry, who had been sick for so long, was finally able to remember what it was like to be healthy. He was able to function again without the need for dialysis. The worry of whether he would be able to live to see his grandchildren grow up or enjoy retirement and the "golden years" with his wife, Carole, were finally gone. He had a new outlook on life. He has become more open and

outgoing. He has the courage to talk to a stranger, play his keyboard in front of a crowd, take part in new activities and just enjoy life to its fullest!

You may all be thinking, “Wow, Jerry gained a new chance at life but Steve hasn’t gained anything”. And in talking with Jerry, I have found that isn’t true at all. Jerry and Steve have a bond that will never be broken. Steve found a father in Jerry, which he didn’t have growing up, and Jerry found a son in Steve. They didn’t just gain each other; they gained a new family through each other as well. They talk regularly and even visit each other when able.

We are thankful that Steve made such a selfless decision and that Jerry is able to be here with us for many years to come.

Other Announcements

FREE MEMBERSHIPS – The Jackson Township Senior Center is offering FREE memberships until December 31, 2016. If you are, or know someone, age 50 and older, stop by the center today for a tour and to sign up! The memberships include access to our fitness and massage room, the ability to join in our games, parties and activities hosted at the center, free WiFi, free computer access, daily hot lunches available through signing up and a donation, and much more!

DONATIONS – The center has many great things to join and we are continuing to offer new things monthly. With that said, many of the offerings cost money and in an effort to continue to be able to make them available we sometimes have to ask for donations. Each little thing helps us out. We are looking for donations of yarn for our knitting group, regular coffee to continue to offer it to members that join us daily, craft items or kits suitable for the center and any other items you think we can use. Please feel free to call us to check on the status of these donations and also to be updated on other items we may need. Again this helps us continue to offer other things at the center.