

Area Agency on Aging *Connections*

Active senior encourages others to do the same

By Daniel Casciato
For Pittsburgh Senior News

Rachela Talarico is always on the move. "It's sometimes hard to get a hold of me because I'm always on the go," she says. "I like to keep myself active."

Rachela, 75, would like to see more seniors become more active. That's one of the reasons she joined the community advisory board of the Senior Community Center Transformation Project at the Allegheny County Department of Human Services Area Agency on Aging (ACAAA). ACAAA is in the middle of an 18-month-long evaluation of the county senior centers.

"It's a good thing what the ACAAA is doing," says Rachela. "We're trying to improve these senior centers because some centers have seen a decline over the last several years. But our first task is to understand why."

Eventually, Rachela wants to see centers of-



Chuck LeClaire/Pittsburgh Senior News

Rachela stays young by keeping active.

fer more than just lunch, movies and bingo. "There are some centers that are more active than others and that's what's good in the current system; we want to preserve what's working, as well as improve on what is not," she says. "It could be that the funds are better in those places that are more active or it

might be that their location is better, or maybe even their staff. Regardless, those centers where there has been decline need improving because they provide important services for local seniors."

In addition to serving on the community advisory board, Rachela is a professional piano player and performs at private parties and nursing homes. She also volunteers with the Chartiers Mental Health and Mental Retardation Center in Bridgeville.

She loves playing golf and takes in a round when she can. She also enjoys participating in the SilverSneakers fitness program at the Jewish Community Center and Bally's Fitness in the South Hills. "I've been doing SilverSneakers five days a week for two years now," she says proudly. "It's a great program and people should take advantage of it. It helps keep me fit." And it also provides Rachela with the stamina she needs to keep on moving. *PSN*

Allegheny County Department of Human Services

Area Agency on Aging

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The Honorable Dan Onorato, Chief Executive of Allegheny County
James M. Flynn, Allegheny County Manager
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Serving the older adults of Allegheny County

FOR FURTHER INFORMATION:

Contact Allegheny County Area Agency on Aging's SeniorLine at (412) 350-5460;
Toll Free - 1 (800) 344-4319; TDD - (412) 350-2727
or visit www.county.allegheny.pa.us/dhs/aaa



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Allentown Senior Center	(412) 481-5484	LifeSpan, Inc.	(412) 464-1300
Benedictine Center	(412) 931-6051	Lutheran Service Society	(412) 734-9330
Catholic Youth Association	(412) 621-3342	Northern Area Multi-Service Center	(412) 781-1176
Citiparks	(412) 422-6570	Penn Hills Senior Center	(412) 244-3400
Eastern Area Adult Services, Inc.	(412) 247-1446	Plum Senior Community Center	(412) 795-2330
Elder-ado, Inc.	(412) 381-6900	Riverview Community Action Corp.	(412) 828-1062
Hill House Association Senior Services	(412) 392-4450	Seton Center, Inc.	(412) 344-4777
Jewish Community Center	(412) 521-8010	Vintage, Inc.	(412) 361-5003
Lemington Multi-Purpose Center	(412) 441-3700	* Ursuline Senior Services	(412) 683-0400
		(* Not a Senior Center)	