

# Area Agency on Aging *Connections*

## Local senior, 91, stays active in social, civic and political interests

By Daniel Casciato  
For Pittsburgh Senior News

Thelma Lovette of Schenley Heights has lived by a simple philosophy: be kind to others and maintain a positive outlook on life.

"Everyone should have a wonderful attitude about life," she says. "You cannot always look at the dark side of life; always try to look on the bright side."

That attitude, coupled with her zest for leading a healthy lifestyle, has kept her going all these years. Thelma, often called the "Matron of the Hill" because of her long, continuous activism in civic, political and church matters in this region, turned 91 years old in February.

Thelma remains as on-the-go as in

her younger years. She volunteers as much as she can and attends church regularly. She also tries to keep herself fit and trim. She finds that eating right and exercising has not only provided a health benefit, it has produced a social outlet for her, as well.

"Some people have no one to say 'good morning' to," she says. "And it may be that one 'good morning' that you say to them that will just perk up the rest of their day. We just have to give a little of ourselves every day."

Throughout her life, Thelma has given much of her time to organizations like Girls Scouts, YMCA, YWCA, Urban League, League of Women Voters and NAACP. She is also a former director of the Hill District Development Corporation and was actively involved



Chuck LeClaire/Pittsburgh Senior News

Thelma Lovette

in all aspects of the civil rights movement.

Thelma also has great interest in politics. In addition to the League of Women Voters, she was a member of the local Democratic Committee and was a state delegate to the National Democratic Convention in DC when Al Gore was the

presidential nominee in 2000.

She recently completed serving on the Allegheny County Area Agency on Aging's Advisory Council. She is still a member of the all-volunteer City of Pittsburgh's City Planning Commission where she has served since 1998.

Thelma is also a board member of the Freedom Corner project and served on its memorial planning committee that helped get a monument built at the famous Centre Avenue and Crawford Street corner in the lower Hill District in 2002.

The contributions of Thelma's generosity have been felt throughout this region. She's living proof that you can still lead an active life and have an impact on others long after retirement. *PSN*

### Allegheny County Department of Human Services

## Area Agency on Aging

441 Smithfield Street, Pittsburgh, PA 15222

The Honorable Dan Onorato, Chief Executive of Allegheny County  
James M. Flynn, Allegheny County Manager  
Marc Cherna, Director  
Mildred E. Morrison, Administrator

*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](http://www.county.allegheny.pa.us/dhs/aaa)

#### Information and Referral Service Partner Agencies And Senior Community Centers

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)	



#### SOCIAL SERVICES

Information and Referral  
Care Management  
Adult Day Services  
Adult Foster Care  
Home Delivered Meals  
Home Health Services  
Personal Care/Home Support Services  
Protective Services  
Long Term Living Counseling  
Health Insurance Counseling  
Family Caregiver Support  
Companions for Homebound  
Nursing Home Resident Advocacy

#### SENIOR CENTER SERVICES

Education Programs  
Exercise and Fitness  
Volunteer Opportunities  
Social and Recreational Programs  
Congregate Meals  
Legal Services  
Assistance in Applying for Benefit Programs  
Health Insurance Counseling