

# North Versailles Township Senior Connection Newsletter May/June 2026

*Bringing the Community Together Through Events, Activities, and Friendship*

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As we embrace the vibrant months of May and June, it's the perfect time to transition our routines to match the warmth and energy of summer. With longer days and sunnier skies, we have an incredible opportunity to focus on our health and well-being. This newsletter is packed with essential tips for protecting your skin from the sun, savoring seasonal produce, staying hydrated, and enjoying outdoor fitness activities. Additionally, we'll share ways to enhance your mental wellness and keep pesky ticks at bay. Let's make the most of this beautiful season together!

## **Sunscreen Savvy: Protecting Your Skin**

As the sun shines brighter, it's essential to protect your skin from harmful UV rays. Prolonged exposure can lead to skin damage and increase the risk of skin cancer. Here are some tips for staying sun-safe:

- **Use Sunscreen:** Choose a broad-spectrum sunscreen with at least SPF 30. Apply generously 15 minutes before going outside and reapply every two hours, or more often if swimming or sweating.
- **Wear Protective Clothing:** Long-sleeved shirts, wide-brimmed hats, and sunglasses can provide additional protection.
- **Seek Shade:** Plan outdoor activities in the early morning or late afternoon when the sun's rays are less intense.

## **Mindful Eating: Embrace Seasonal Produce**

May and June are perfect months to savor the freshest seasonal produce. Eating a variety of fruits and vegetables can boost your nutrient intake and support overall health. Look for these delicious options:

- **Strawberries:** Packed with vitamin C and antioxidants, strawberries are perfect for a healthy snack or dessert.
- **Asparagus:** Rich in fiber, folate, and vitamins A, C, and K, asparagus can be

grilled, steamed, or added to salads.

- **Radishes:** These crunchy vegetables are low in calories and high in vitamin C, making them a great addition to salads and sandwiches.

### **Hydration: The Key to Staying Energized**

With warmer temperatures, maintaining proper hydration is crucial. Dehydration can lead to fatigue, headaches, and dizziness. Here are some tips to stay hydrated:

- **Drink Water Regularly:** Aim for at least 8 cups of water a day. Adjust your intake based on activity level and weather conditions.
- **Incorporate Hydrating Foods:** Foods like watermelon, cucumber, and oranges are high in water and can help meet your daily hydration needs.
- **Limit Caffeine and Alcohol:** Both can contribute to dehydration, so consume them in moderation.

### **Outdoor Fitness: Enjoying Nature's Gym**

The pleasant weather of May and June offers an excellent opportunity to embrace outdoor fitness. Engaging in physical activities outside can be invigorating and mood-enhancing. Consider these activities:

- **Walking or Hiking:** Explore local parks or trails. Walking is a low-impact exercise that offers cardiovascular benefits and opportunities for social interaction when done with friends.
- **Outdoor Yoga:** Find a peaceful spot in your backyard or a nearby park to practice yoga. It's a great way to improve flexibility, balance, and mental clarity.
- **Cycling:** Whether it's a leisurely ride or a more challenging route, cycling is an excellent cardiovascular workout that's easy on the joints.

### **Mental Wellness: Mindful Moments**

As we transition into the summer months, taking time for mental wellness is equally important. Practicing mindfulness can help reduce stress and enhance overall well-being. Here are a few simple practices:

- **Meditation:** Dedicate a few minutes each day to meditation. Focus on your breath and let go of daily stresses.
- **Journaling:** Reflect on your thoughts and experiences by keeping a daily

journal. It's a therapeutic way to process emotions.

- **Nature Walks:** Spend time in nature to clear your mind and appreciate the beauty around you.

## **Tick Prevention: Stay Safe This Outdoor Season**

As the weather warms up, many people extend their outdoor activities, which also increases tick populations. These tiny pests can carry diseases such as Lyme disease and Rocky Mountain spotted fever, making it crucial to take preventive measures. Here are some effective tips to help you stay tick-free while enjoying nature:

1. **Choose the Right Clothing:** When heading into wooded or grassy areas, wear long sleeves and pants. Tucking pants into socks can create an additional barrier against ticks. Light-colored clothing can also help spot ticks more easily.
2. **Insect Repellent:** When spending time outdoors, it's important to protect yourself from insects. Consider using an insect repellent of your choice on exposed skin and clothing to help keep ticks and other pests at bay. For added assurance, you might opt for options like treating your clothing with a suitable repellent or exploring natural alternatives such as essential oils. Always choose a product that aligns with your preferences for effective protection.
3. **Stay on Trails:** Stick to the center of trails and avoid brushing up against tall grass or shrubs. Ticks often hang out in areas with high grass and leaf litter.
4. **Perform Tick Checks:** After outdoor activities, conduct a thorough check of your body for ticks, especially in hidden areas like behind the ears, underarms, and around the waist. Remove any ticks promptly with fine-tipped tweezers.
5. **Maintain Your Yard:** Keep your yard tidy by mowing the lawn regularly, removing leaf litter, and creating a barrier of wood chips or gravel between your lawn and wooded areas to reduce tick habitats.

By following these simple precautions, you can minimize your risk of tick bites and enjoy your outdoor adventures with peace of mind. Stay safe and have fun exploring the beauty of nature!

## Recipe of the Season: Fresh Berry and Spinach Salad

Celebrate the vibrant months of May and June with a nutritious and refreshing salad that highlights the season's best produce. This simple yet delicious dish is perfect for a light lunch or as a side to your favorite entrée.

### Ingredients:

1. **2 cups fresh spinach leaves:** Packed with iron and vitamins A and C, spinach is a nutrient-dense leafy green that supports overall health.
2. **1 cup fresh mixed berries (strawberries, blueberries, raspberries):** These berries are rich in antioxidants and vitamin C, adding a sweet, tangy flavor to the salad.
3. **1/4 cup crumbled feta cheese:** Feta adds a creamy texture and a savory contrast to the sweet berries.
4. **1/4 cup sliced almonds:** Lightly toasted, these provide a satisfying crunch and are a great source of healthy fats.
5. **2 tablespoons balsamic vinaigrette:** A tangy dressing that brings all the flavors together.

### Instructions:

1. **Prepare the Ingredients:** Wash and dry the spinach leaves and berries. Slice the strawberries if they're large.
2. **Combine the Salad:** In a large bowl, toss together the spinach, berries, and sliced almonds.
3. **Add the Feta Cheese:** Sprinkle the crumbled feta cheese over the salad.
4. **Dress the Salad:** Drizzle the balsamic vinaigrette over the top and gently toss until everything is well coated.
5. **Serve and Enjoy:** Serve immediately for the freshest taste, and enjoy the delightful combination of flavors and textures.

This salad is not only visually appealing but also packed with nutrients, making it an excellent choice for a healthy and delicious meal. Enjoy the tastes of spring while nourishing your body.

### Conclusion

By incorporating these health tips, you can enjoy the vibrant months of May and June to the fullest while prioritizing your well-being.

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## **Upcoming Events**

We are thrilled to invite our seniors to join us our upcoming events! These events aim to nurture connections and enrich our community. We're excited to pursue additional partnerships to bring more engaging activities for our seniors, so everyone stays active and involved. We eagerly anticipate your participation in these events and are dedicated to enhancing the opportunities available to you.

### **Self Defense Class for Adults 55+**

Learn safety skills from officers with the North Versailles Police Department

When: May 22 at 1:00 p.m.

Where: East McKeesport Community Center

To register, email [williamse@nvtwp.com](mailto:williamse@nvtwp.com)

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### **Walking Group**

When: Wednesdays at 8:30 a.m. beginning June 3rd

Where: Meet at the Heritage Center in Renzie Park

Questions: 412-709-1991

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We are excited to announce the launch of our new walking group. This is a fantastic opportunity to embrace the beauty of spring and summer while getting active and meeting new friends in the community.

Whether you're an experienced walker or just looking to start a new routine, all fitness levels are welcome.

Walking is not only a great way to stay fit but also an excellent way to connect with others and enjoy the outdoors. Renzie Park provides a peaceful backdrop, perfect for a leisurely stroll or a brisk walk.

Bring your water bottle, comfortable shoes, and a friend, and join us for some refreshing walks and great conversation. We can't wait to see you there as we kick off this healthy and enjoyable community initiative!

Let's get moving together this summer!

## **Blooming Together: A Senior Gardening Adventure at Maryland Avenue**

Join your fellow seniors this June as we come together to create a flower bed on the island at Maryland Avenue! This exciting project, in partnership with Home Depot, will feature beautiful native perennials and wildflowers. Our choice to plant native species means less maintenance, a boost for local wildlife, and better adaptation to our climate.

Get ready to share gardening tips and cultivate something special for our community while fostering a sustainable environment! Stay tuned for more information, and let's make this a memorable gathering. Looking forward to seeing everyone there and making a difference together!

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## **Ongoing Programs**

- **Senior Bingo:** Join this group every Thursday, except on holidays, at the Crestas Terrace Volunteer Fire Hall, 2304 Crestas Avenue, for a fun time together. Please arrive by 10:30 am to collect your bingo papers and secure a seat. They will be thrilled to see you there! For more information, call 412-979-1604.
  - **Book Club:** The Book Club meets on the second Thursday of every month at 11:00 am. The library is located at 245 Foster Road, on the lower level of Priase Assembly. Access the Library on the side of Lot B. For more information, please contact the library at 412-823-2222.
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## **Community Resources**

- **Heritage Community Transportation:** Transportation to appointments and grocery trips. Adults 65+ Get the Free Blue Card. With this card, you can ride free. Applications are available by mail. Call 412-351-2200 for more information.
- **East Allegheny Meals on Wheels:** Enjoy delicious, nutritious meals delivered to your door for residents who are unable to shop or cook for themselves, available on a permanent or temporary basis. Don't hesitate to call 412-327-6908 to get started!
- **MA's Pantry** provides vital food to those who need it most while nurturing a warm, welcoming community for everyone facing food insecurity. To sign up, please arrive on any distribution date between 9:00 am and 11:00 am. They

are located in the lower rear of the former Broadway Alliance Church at 1000 Broadway Street in East McKeesport. **Upcoming distribution dates are: May 9 and 23, and June 6 and 27.** For more information, visit their website at [www.maspantry.org](http://www.maspantry.org), call 412-824-0277, or follow them on Facebook.

- **Senator Pisciotano's Office.** Residents can receive assistance every Wednesday between 9 am and 4 pm, at the North Versailles Municipal Building.
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### **Spotlight on Valor: Honoring our Community's Unsung Veteran Heroes**

As we reflect on those who inspire us, we encourage you to nominate veterans in our community for their remarkable stories. These individuals exemplify resilience and commitment and deserve our recognition. Your nominations will not only celebrate their achievements but also help foster unity and inspiration within our community.

Let's continue to uplift and support one another as we shine a light on those who truly deserve it! We can't wait to hear who you choose to honor.

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### **Get Involved: We Want Your Ideas!**

Your engagement is what makes the Senior Connection vibrant. If you have any ideas for events, activities, or topics you'd like to hear more about, please contact Commissioner Beswick at 412-709-1991 or Commissioner Yusko at 412-303-6252. We would love to hear your suggestions.

### **Stay Connected**

For more information, visit our website at [nvtpa.com](http://nvtpa.com) or call us at 412-823-6602. Follow us on [Facebook](#) for updates and photos from recent events.

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***Together, building a vibrant and caring community for all seniors.***