

***North Versailles Township Senior Connection Newsletter
September/October 2026***

Bringing the Community Together Through Events, Activities, and Friendship



Photo of the Maryland Avenue flower garden by Kristen Keleschenyi

Creating Community Beauty: Fall Garden Work on Maryland Avenue

The Bog Boys Natives, an environmental conservation organization, have put tremendous care and dedication into transforming the Maryland Avenue garden. They recently moved plants around the garden and completed the planting of more than 60 native perennials, with tall sunflowers planted in the center to rise proudly above a vibrant tapestry of blooms. Surrounding the sunflowers, a diverse array of plants, including bee balm, rose milkweed, mountain mint, and foxglove, creates a rich and varied landscape. Their thoughtful work will establish a stunning butterfly garden filled with vibrant color, rich texture, and life. As the

plants take root and bloom, the garden will become a beautiful and welcoming home for butterflies and other pollinators. We look forward to seeing the garden at its most spectacular next spring!.

Made possible by a Healthy Aging Grant, this beautiful garden reflects our commitment to a healthy community. The planting work is complete, and September and October will be a time to enjoy the garden, monitor the new plants, and provide thoughtful seasonal maintenance as we look ahead to its stunning spring display.

Volunteer Support Needed: Gardeners and seniors interested in seasonal maintenance can contact Louise Beswick at 412-709-1991 or Tracy Yusko at 412-303-6252.

Welcoming Fall: Community, Connection, and the Beauty of the Season

As September arrives and October follows, North Versailles Township welcomes the gentle transition from summer into fall. The days begin to grow shorter, the mornings feel crisp, and the changing leaves remind us to pause and appreciate the beauty around us. This season offers a wonderful opportunity to enjoy the outdoors, reconnect with neighbors, and look forward to the traditions that make our community special.

September and October bring many ways to stay active and involved. The Senior Advisory Committee has been busy planning events with our community partners, creating more opportunities for neighbors to gather, connect, and enjoy the season together. Many of these opportunities are featured in this newsletter. A walk through a local park, an afternoon gathering, a visit to the library, or time spent enjoying the first touches of autumn can lift the spirit and strengthen our sense of connection. Whether you are attending a community event, joining a group activity, or sharing a cup of coffee with a friend, every conversation and gathering helps make North Versailles a welcoming place for all.

Fall weather can change quickly, so we encourage seniors to participate safely and comfortably. Dress in layers, wear sturdy shoes, and check the forecast before heading out. Plan outdoor activities during the warmer part of the day, take breaks when needed, and bring water even when the temperatures are cooler. If rain, wind, or chilly conditions make an activity uncomfortable, consider an indoor alternative or reschedule for another day.

This is also a meaningful time to enjoy seasonal activities at your own pace. Visit a farmers market, admire the colorful foliage, prepare a favorite fall recipe, or spend time with family and friends. Sharing seasonal traditions and memories with younger generations keeps our community connected and helps pass along the stories that make each family unique.

As we move into a new season, let us express gratitude for the people who make North Versailles Township strong: our neighbors, volunteers, caregivers, local organizations, first responders, and everyone who reaches out to offer kindness and support. Small acts of generosity—checking on a neighbor, welcoming someone to an event, or making a phone call—can make a lasting difference.

May September and October bring renewed energy, peaceful moments, and opportunities to celebrate the connections we share. We hope you will find safe and enjoyable ways to take part in community life, create new memories, and appreciate the beauty of fall here in North Versailles.

Skin Care for Early Fall: Protecting Your Skin

Even as temperatures cool, ultraviolet rays can still affect your skin during outdoor walks, errands, and fall activities. Continue protecting exposed skin and pay attention to changes that may need professional care.

- **Use Sunscreen:** Choose a broad-spectrum sunscreen with at least SPF 30 and apply it before going outside. Reapply as directed, especially during extended outdoor activities.
- **Cover Up:** Wear a brimmed hat, sunglasses, and comfortable layers that protect your arms and shoulders while allowing you to adjust to changing temperatures.
- **Moisturize:** Cooler air can dry the skin. Use a gentle moisturizer and drink fluids regularly unless your health care provider has given you different guidance.

Fall Weather Safety: Preparing for Changing Conditions

September and October weather may include bright sunshine, cool mornings, rain, wind, and early evening chills. Plan ahead so you can enjoy activities comfortably and safely.

- **Dress in Layers:** Add or remove a sweater, jacket, scarf, or hat as conditions

change.

- **Watch Walking Surfaces:** Wet leaves, uneven paths, and low light can increase fall risk. Wear supportive shoes and use a flashlight when needed.
- **Check Before You Go:** Review the forecast, let someone know your plans, and carry a charged phone for longer outings.

Autumn Harvest: Seasonal Produce to Enjoy

Early fall brings flavorful produce that can add color, fiber, and nutrients to everyday meals. Look for local apples, pears, pumpkins, winter squash, sweet potatoes, greens, and late-season tomatoes at farmers markets and grocery stores.

- **Apples and Pears:** Enjoy them fresh, sliced into salads, or baked with a sprinkle of cinnamon.
- **Pumpkin and Winter Squash:** Roast or add them to soups for a satisfying source of fiber and seasonal flavor.
- **Leafy Greens:** Kale, spinach, and other greens work well in salads, sautés, and soups.
- **Sweet Potatoes:** Bake, roast, or mash them as a colorful side dish.

Hydration in Cooler Weather

Thirst may be less noticeable in September and October, but hydration remains important. Sip fluids throughout the day and follow any instructions from your health care provider about beverages or fluid intake.

- **Keep Water Nearby:** Carry a water bottle on walks and keep a glass within reach at home.
- **Choose Nourishing Options:** Soups, fruit, vegetables, and caffeine-free beverages can contribute to daily fluid intake.
- **Notice Warning Signs:** Dizziness, dry mouth, dark urine, unusual fatigue, or confusion may signal dehydration. Seek medical attention if symptoms are severe or persist.

Smart Fall Fitness: Staying Active Safely

Cooler temperatures can make September and October especially inviting for movement. Choose activities that match your abilities, and make adjustments when conditions change.

- **Warm Up:** Begin walks or exercises with gentle movement and stretching, and allow time to cool down afterward.
- **Choose Good Conditions:** Walk during daylight on dry, familiar paths and move indoors when rain, strong wind, or poor visibility creates a hazard.
- **Try Indoor Alternatives:** Consider mall walking, indoor yoga, gentle stretching, or another comfortable activity when outdoor conditions are unfavorable.
- **Listen to Your Body:** Stop if you feel chest pain, dizziness, unusual shortness of breath, or significant fatigue, and seek help when needed.

Mental Wellness: Finding Calm in a New Season

The transition into fall can bring changes in routines, daylight, and social activities. Small, consistent habits can support emotional well-being and help you stay connected.

- **Create a Daily Rhythm:** Set aside time for a morning routine, quiet reflection, deep breathing, or gentle movement.
- **Stay Connected:** Make regular phone calls, visits, or plans with friends and family to reduce isolation and lift your mood.
- **Enjoy Simple Pleasures:** Read, listen to music, tend to plants, watch the leaves change, or prepare a favorite seasonal meal.
- **Ask for Support:** If sadness, worry, or loneliness begins to interfere with daily life, talk with a trusted person or health care professional.

Outdoor Safety: Enjoying Early-Fall Evenings

Mosquito activity may continue during early fall, and shorter days bring lower light. A few simple precautions can help you enjoy porches, parks, and neighborhood walks safely.

- **Use Insect Repellent:** Apply EPA-approved repellent to exposed skin when needed and follow the product directions.
- **Wear Protective Clothing:** Long sleeves, long pants, and light-colored clothing can help reduce bites while also providing warmth.
- **Remove Standing Water:** Empty flower pots, birdbaths, and containers around your home where water collects.
- **Check Screens:** Repair window and door screens so you can enjoy fresh air while keeping insects outside.
- **Plan for Darkness:** Carry a flashlight or use reflective clothing when walking

near dusk, and let someone know when you expect to return.

Conclusion

By preparing for changing weather, staying hydrated, choosing seasonal foods, moving safely, and nurturing meaningful connections, you can enjoy September and October with confidence and well-being. Here's to a beautiful early fall filled with friendship, community, and new memories in North Versailles Township.

Recipe of the Season: Easy Apple and Cheddar Snack Plate

Enjoy a simple early-fall snack that comes together quickly for one person or a small gathering.

Ingredients:

- 2 apples, sliced
- 1 cup cheddar cheese, cut into small pieces
- 1/2 cup whole-grain crackers
- 1/4 cup dried cranberries
- 2 tablespoons honey or maple syrup, optional for drizzling

Instructions:

Arrange the apple slices, cheddar, crackers, and dried cranberries on a plate. Drizzle with honey or maple syrup if desired, and serve right away. Choose ingredients and portions that fit your dietary needs.

♥ Love Your Library This September! ♥

September is a great time to love your local library! The North Versailles Public Library is more than just a place for books; it's a hub for learning, connection, discovery, and community memories.

This September, the community is invited to Love Your Library by making a donation! Every contribution, big or small, helps provide books, programs, activities, technology, and important resources for everyone.

Thanks to the generous support of the Jack Buncher Foundation, the many donations of up to \$500 per donor will count toward the match!

There are three easy ways to donate:

1. Online: Visit northversailleslibrary.org and click DONATE. You'll be taken to a secure page where you can enter your donation information. | **2. By Mail:** North Versailles Public Library, 245 Foster Road, North Versailles, PA 15137 | **3. In Person:** The library is located on the lower level of Praise Assembly Church. Access the Library on the side of Lot B.

Every donation helps our library grow and serve our community. Whether you give \$5, \$10, \$25, or any amount you can, your support really makes a difference. We gladly accept cash or checks.

Love your library. Support your library. Help your library grow!

Thank you for considering support of our library and for helping us keep our community reading, learning, and growing! ❤️

Upcoming Events and Community Invitations

September and October are wonderful times to reconnect with North Versailles Township, neighbors, and local partners. Please watch township communications and confirm details directly before attending, since dates and schedules may change.

- **Don't miss** the Healthy Aging Resource Fair on September 25 from 10 a.m. to noon at the East McKeesport Senior Center on Chicora Street! Open to the public, this special event welcomes everyone—not just residents of East McKeesport and North Versailles. More than 30 local senior-service and community organizations will be on hand to help seniors and their loved ones explore valuable aging resources. Sponsored by Life Options Pittsburgh and local officials from East McKeesport and North Versailles, the fair will also feature a table from Senator Pisciotto sharing information about available services, along with participation from Allegheny Health Network. Groups attending from Allegheny Health Network will include the Healthy Food Center, Stroke Awareness, Falls Risk and Brain Injury Prevention, and Inpatient Rehabilitation.
- **Join us** for the annual EA Homecoming Tailgate on Friday, September 25, from 4:30 to 6:30 p.m. in front of East Allegheny Jr./Sr. High School! Enjoy a fun evening of community spirit, friends, and homecoming excitement.

- **Join us** for a fun-filled Bavarian Fall Celebration on Saturday, September 26, from 1:00 to 3:00 p.m. hosted by Point Pleasant! Enjoy a festive afternoon of community, seasonal fun, and celebration. This free event is open to everyone and will take place rain or shine. To RSVP, call 412-823-2210.
- **Join us** for “Normal Aging vs. Dementia: What’s the Difference?” hosted by Point Pleasant on September 29 at 6:00 p.m. This informative program is a valuable opportunity to learn more about the changes that can come with aging, better understand dementia, and connect with helpful information in a welcoming setting. To RSVP, call 412-823-2210.
- **Get Ready to Paint**, Create, and Celebrate at Our Fall Paint Party on October 6th at 1:00 p.m. at the East McKeesport Senior Center! Choose from a variety of beautiful fall door hangers and enjoy a festive afternoon of painting, creativity, and community. The cost is \$20. For North Versailles, please contact Louise at 412-709-1991 or Tracy at 412-303-6252. For East McKeesport, please contact Aaron at 412-824-2531.
- **Protect your health** this season by attending the Flu Shot Clinic provided by the Allegheny County Health Department on October 7 from 9:30 to 11:30 a.m. at the East McKeesport Senior Center. This is an important opportunity to stay up to date on your flu protection and support your well-being throughout the fall and winter.
- **Don’t miss** the Grand Opening of the Redesigned Children’s Library! on October 10 from 10 a.m. to noon! Families can look forward to giveaways, fun activities, and a special visit from our fire department, which will share important fire-prevention information. Our local police department will also be there with police cars, while the fire department will provide fire trucks for children to explore. It will be a fun-filled day for the whole community! The library is located at 245 Foster Road, on the lower level of Praise Assembly. For more information, please contact the library at 412-823-2222.
- **Help save lives** at the Blood Drive on October 20 from 9:00 a.m. to 2:00 p.m. at the East McKeesport Senior Center. Community members are encouraged to donate and make a meaningful difference for local patients in need.
- **Join us** for Balance and Strength Training Classes at the East McKeesport Senior Center! Classes begin Tuesday, October 27 at 10:00 a.m., and continue every Tuesday for six weeks. It’s a great opportunity to get moving, build strength, improve balance, and enjoy an encouraging group experience. The program is paid for through the Healthy Aging Grant.

Community Partnerships: We deeply appreciate our valued community partners, whose support and collaboration help make our programs and events possible. We are grateful to East McKeesport Borough, Point Pleasant, Senator Nick Pisciotto, Representative Brandon Markosek, the North Versailles Police Department, our Fire Departments, North Versailles Parks & Recreation, North Versailles Library, North Versailles Public Works, East Allegheny School District, Allegheny Health Network, Home Depot, and the Allegheny County Health Department for helping us build a stronger, more connected community.

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 North Versailles Library is located at 245 Foster Road, North Versailles, PA 15137, 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+ can 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:** 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 a 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. Please contact MA's Pantry directly for current distribution dates and information at

www.maspantry.org, 412-824-0277, or Facebook.

- **Senator Pisciotto's Office:** Residents can receive assistance every Wednesday between 9 am and 4 pm at the North Versailles Municipal Building.

Spotlight on Valor: Honoring Our Community's Unsung Veteran Heroes

As we reflect on those who inspire us during September and October, 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 celebrate their achievements and help foster unity and inspiration throughout North Versailles Township.

Get Involved: We Want Your Ideas!

Your engagement is what makes the Senior Connection vibrant. If you have ideas for events, activities, or topics you would like to hear 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

We're excited to offer the Senior Connection newsletter via email! If you would like to receive this valuable resource directly in your inbox, please send a message to lgbeswick66@gmail.com. Staying informed has never been easier, and we hope you'll join us in this convenient way to connect!

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

Together, building a vibrant and caring community for all seniors.¹