

er Kuntch, PennDOT deputy communications director. 10 locations in Southwestern Pennsylvania are listed on the program's website as areas where devices are set up.

Happy St. Patrick's Day!

Wine A Little; Laugh A Lot

Most people have hot and cold running water in their kitchens but in the Italian hamlet of Settecani recently villagers woke one morning recently and it was red wine that came out of their taps, not only in their kitchens but in their bathrooms, as well, reports the Association of Mature American Citizens [AMAC]. It seems that a high pressure leak in the orange tower of a local winery allowed the vino to seep into the town's water pipes. Many of the residents managed to quench the beverage before the leak was fixed. After all it was a very fine wine, a very fine sparkling red wine, and it would have been a shame to let it dribble down the drain.

Healthy Aging Research Study Makes Its Home In Braddock

A University of Pittsburgh research project that aims to study health and aging of residents in the 15104 ZIP code has set up shop in the heart of Braddock and is currently recruiting volunteers 65 and older living Braddock, Rankin, and North Braddock.

The 15104 Seniors Project, a study led by Pitt professor Mary Ganguli, MD MPH, is funded by the federal government through the National Institute on Aging. The study is interested in understanding the things that help people lose or preserve certain abilities as they grow older, such as the ability to think, understand, remember and solve problems.

Seniors Project participants say they have enjoyed participating in this important study.

Joanne Schleifer of Braddock, one of the volunteers, endorsed the study saying, "It's an excellent program, and I think that it's incredibly important to participate in research given everything affecting us. I find it especially important for this area to make sure we are not overlooked."

Harriet Hicks of Rankin, another study participant, said being in the study is beneficial because it brings to attention preventable measures one can take to help with the aging process. She added, "I like the idea that someone is thinking of the older generation."

How It Works

Study volunteers meet with one of the research interviewers in their home or in the project office at 501 Braddock Avenue. The interview consists of questions about the participant's health, memory, lifestyle, and activities, including some games and puzzles to challenge the participant's thinking skills. There is also a blood pressure check and a brief physical exam. The visit occurs once a year, and at each visit, participants re-



ceive a small gift and are paid \$25 for their time.

Activities for Seniors

A casual meet-up will occur this month for participants and their guests to mingle, enjoy a snack, and play cards. "Free Coffee Q&A" regularly takes place in the office lobby where individuals can stop in and chat with interviewers. Past activities included a presentation by Dr. Ganguli for seniors on memory and aging at the Avenue Apartments in Braddock last September. Participants and staff also celebrated the holidays in December with a festive luncheon catered by Aunt Cheryl's Café in Braddock.

Seniors Project staff have also been spotted at local Senior Centers and volunteering around

the community often taking blood pressure measurements and promoting the research study. The most recent event was the Senior Valentine Soiree hosted by District State Representative, Summer Lee. Last April, they participated in the 15104 Clean Up Day and plan to help beautify the community again this year. Additional events will be planned throughout the year.

If you - or someone you know - might be interested in taking part in this exciting and important research study, call 412-586-9452 or stop by the office at 501 Braddock Ave, Suite 101.

Join your family, neighbors, and friends to participate in research that will help our future generations live long healthy lives.

