

# AGING SUPPORT REFFERALS

- Transportation
- Food insecurity
- Home care
- Legal services
- Hospice care
- Respite care
- Support for managing chronic conditions
- Social connections
- Volunteer opportunities

Contact Senior Central Resource Coordinator Debbie Beraducci at 412-741-9622, x131, or email [seniorcentral@sewickleymca.org](mailto:seniorcentral@sewickleymca.org).



## VISIT US ONLINE

[www.sewickleymca.org/senior-central](http://www.sewickleymca.org/senior-central)

## CONTACT US

Senior Central Resource Coordinator  
Debbie Beraducci  
412-741-9622, x131  
[seniorcentral@sewickleymca.org](mailto:seniorcentral@sewickleymca.org)

Heather Ochman  
Faith in Action Director  
412-741-9622 ext. 135  
[hochman@sewickleymca.org](mailto:hochman@sewickleymca.org)



## SENIOR CENTRAL

**Together, we are empowering older adults and caregivers.**

**A partnership with the Valley Care Endowment supports Senior Central.**



SEWICKLEY VALLEY YMCA

## OUR SERVICES

Senior Central is a one-stop resource for older adults in the Sewickley Valley to find the tools and support they need to age with dignity, comfort and social connection. It can be overwhelming to identify the right resources for yourself or a loved one – whether that’s transportation, housing, home care, or help with legal matters. For more information, visit Senior Central online at [www.sewickleymca.org/senior-central](http://www.sewickleymca.org/senior-central).

Valley Care Endowment and Heritage Valley Health System are community partners, lending a helping hand to seniors and caregivers by supporting this important work. Together, we strive to make a positive impact and ensure that our elderly and their caregivers receive the support they deserve.

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## PERSONALIZED RESOURCE SUPPORT

Older adults and their care receivers can obtain individualized assistance so they can age with dignity and support by scheduling a personalized appointment or searching our online directory. Say goodbye to feeling overwhelmed while navigating community-based resources available to support you or an aging loved one. YMCA membership and appointments are not necessary. If you have questions on transportation, access to food resources, need referrals to care agencies, or need to talk about where to start your resource search, the Y is here to help! Senior Central can connect you to a network of organizations to meet your specific needs.



## FAITH IN ACTION

Faith in Action benefits seniors by providing transportation to doctor’s appointments, medical treatments, grocery stores, and other locations so care receivers can conduct personal business. Through our network of volunteers, we are helping our care receivers remain independent with dignity by providing a service they can trust.

The Faith in Action transportation program is open to any adults over 60 years of age who reside in the Ambridge, Cornell, Moon Area, or Quaker Valley school district communities. If you or a loved one need transportation, contact us to schedule an intake interview at 412-741-9622 ext. 135 or [faithinaction@sewickleymca.org](mailto:faithinaction@sewickleymca.org).

If you want to volunteer with us and make a difference in your community, contact our Faith in Action Director, Heather Ochman, by phone at 412-741-9622 ext. 135 or email at [hochman@sewickleymca.org](mailto:hochman@sewickleymca.org).