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June, 2026



# *Altoona Proud*

A Monthly Insight into all that is Altoona

## June is Alzheimer's and Brain Awareness Month



Alzheimer's & Brain Awareness Month, celebrated each June, is a global initiative led by the Alzheimer's Association to raise awareness about Alzheimer's disease, other dementias and brain disorders. The campaign is focused on warning signs, risk reduction and the importance of early detection. The month's symbol is a purple ribbon.

Over 55 million people worldwide live with Alzheimer's or dementia. In the US, more than seven million people are affected. Brain-healthy habits and early diagnosis can impact the quality of life for those affected by these disorders. The brain changes that cause Alzheimer's can begin as early as 20 years before symptoms start, meaning there may be a substantial window of time for intervention.

For example, studies suggest that Vitamin D supplements can result in a 40% lower incidence of dementia in older adults. Getting exercise and quality sleep can also improve brain health and reduce the risk of cognitive decline. Adopting healthy eating habits and activities that challenge your mind can also protect brain health.

Many people equate Alzheimer's with memory loss and, while that is one of the most common signs, other signs include altered judgment, mood changes, challenges in decision making and planning / carrying out projects. Studies show that many individuals put off discussing these symptoms with a doctor, but the fact is that having an early diagnosis is critically important. There are now treatments that can slow disease progression when begun at the earliest possible stages of the disease.

To learn about the 10 early signs and symptoms, tips and resources for you and your family or to learn about clinical trials and volunteer opportunities, visit the Alzheimer's Foundation of America at [www.alzfdn.org](http://www.alzfdn.org) or the Alzheimer's Association at [www.alz.org](http://www.alz.org).

## Women Veterans Recognition Day 2026

June 12, 2026 is Women Veterans Recognition Day in the State of Pennsylvania. This is not a separate day from Veteran's Day, but instead a day to commemorate the signing of the Women's Armed Services Integration Act on June 13, 1948. Women have served the military since the beginning of our Country's history, as nurses, cooks or even disguising themselves as men to fight. The first woman to officially enlist in the military was Loretta Perfectus Walsh, who officially listed in the Navy in 1917.

It is only since 1948, however, that women have been actually recognized as military members or veterans. Since that signing, each state is able to decide whether or not they will celebrate that day. New York was the first to do so in 2008 and, in 2023, the State of Pennsylvania became the 23<sup>rd</sup> State to recognize and celebrate Women Veterans Recognition Day.

The VA is hosting a Women Veterans Recognition Day event on Thursday, June 12<sup>th</sup> at the James E. Van Zandt VA Medical Center, at 2907 Pleasant Valley Boulevard. The event, from 11:30 AM – 2:00 PM, will be on the front lawn of the Medical Center near "The Wall That Heals" and will include guest speakers, light refreshments and information on both VA and non-VA programs. All Veterans, families, staff and community partners are invited to attend.



## National Flag Week



The week of June 8<sup>th</sup> is National Flag Week in 2026, with Flag Day falling on June 14<sup>th</sup>. The day commemorates the adoption of the Stars and Stripes as our United States Flag on June 14, 1777. Interestingly, June 14<sup>th</sup> also marks the birthday of the United States Army, celebrating its 251<sup>st</sup> birthday in 2026.

The Gospel Hill Flag has been a landmark in the City of Altoona since 1990, when the first 30 ft x 60 ft American Flag was placed there, and is part of the City of Altoona logo. The flag is replaced 3-4 times each year and is monitored, repaired and replaced as needed by the members of our Altoona Fire Department.

This year, the City of Altoona and the Central Pennsylvania Community Foundation will honor the Gospel Hill Flag at Heritage Plaza on June 14<sup>th</sup>, beginning at 1:00 PM. The ceremony will include a guest speaker, a Proclamation from Mayor Matt Pacifico, the Altoona Community Band and a hot dog lunch for all in attendance, served by our Altoona Police and Fire Departments. We encourage the public to come out for this meaningful event, and show their support for this important City landmark, our Gospel Hill Stars and Stripes.

## BESCP Deb Stitt Memorial Golf Outing

There is still time to register for the Blair Emergency Services Chaplain Platoon's Annual Deb Stitt Memorial Golf Outing, scheduled for July 24, 2026. June is PTSD Awareness Month, and this is a great way to thank our local first responders and to support the men and women who offer much needed assistance and counseling for these workers.



Post Traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing or witnessing events such as war, abuse or disaster. Our first responders see horrific things that can result in flashbacks, nightmares and negative thoughts. The BESCP provides vital counseling and mental health support services, including suicide counseling, for these brave workers, and it is entirely volunteer based. Events like the Deb Stitt Golf Outing provide funds for the work that they do.

The event will be held at King Valley Golf Course, located south of Claysburg in King, exits 10 and 15 on I-99. Advance registration is \$400 per team, or \$100 per golfer, which includes 18 holes, a golf cart and lunch after the round. Same day registration, which is \$125 per golfer, begins at 7:00 AM, with shotgun start at 8:00 AM. You can also participate by sponsoring a team (\$500), a hole (\$100) or a cart (\$50).

For questions, contact Sgt. Troy Johannides at 814-329-6134 or [trobow@breezeline.net](mailto:trobow@breezeline.net). To register as a participant or sponsor, the registration form and payment information can be found on the BESCP Facebook page at [www.facebook.com/p/Blair-Emergency-Services-Chaplain-Platoon](https://www.facebook.com/p/Blair-Emergency-Services-Chaplain-Platoon)

## Salvation Army Barbecue and Car Wash



The Salvation Army is well-known to many people for assisting those in need, including providing Thanksgiving and Christmas meals for needy families and Christmas presents for kids through their Angel Tree Campaign.

One of their most critical services to the community is their EMS van, that travels to fires, accidents and other emergency situations, providing food, blankets, water and encouragement to both the EMS workers and affected citizens.

Their EMS van is in need of an intense update and you can help. On June 20<sup>th</sup>, from 12:00 PM through 4:00 PM, they are holding a Pork Barbecue and Car Wash at their warehouse at 1800 7<sup>th</sup> Avenue! For just \$16, you get a delicious pork

barbecue meal that includes a pork barbecued sandwich, potato salad, baked beans, dessert and a drink, available to eat there or to go. And, you get your car washed!

Come out on June 20<sup>th</sup> to help support our Salvation Army and leave with a full belly and a clean car!

June brings summer weather, which means a lot of activities here in the City of Altoona. Mark your calendars for some of these events!

## Altoona Curve S'WINGfest

The 2026 S'WINGfest will be held on June 4<sup>th</sup> at PNG Field, with festivities from 5:00 PM – 9:00 PM, with local, live music beginning at 6:00 PM. Admission is free and open to all ages. The festival will also be held on June 18<sup>th</sup>, and five other nights throughout the summer at PNG Field, presented by Co"BRH"s Lounge and Sports Bar.

The Curve will sell alcohol and Dippin' Dots, along with wings sold at the main Curve concession stands. Shuman's Concessions will provide a variety of other food options. Each week will showcase some of the best wings in the area. For a list of participating bands and restaurants, visit [www.milb.com/altoona/ballpark/upcoming-events/swing-fest](http://www.milb.com/altoona/ballpark/upcoming-events/swing-fest)



## Railroaders Memorial Museum Wingfest / Concert



The third annual Wing Fest Express will be held at the Railroaders Memorial Museum, located at 1200 9th Avenue, Altoona on June 6<sup>th</sup>, 2026, from 6:00 PM – 10:00 PM. Admission is \$5 per person and gates open at 5:30 PM. Attendees will get to sample wings from local vendors and vote for their favorites in four categories: Original/Buffalo, Creative Sweet, Creative Spicy/Hot, and Unique/Exotic. The evening will also include live music by Better Days and Half Tempted, arts vendors, and a variety of food and beverages.

Tickets can be purchased advance by going to [www.zeffy.com/en-US/ticketingwing-fest-express](http://www.zeffy.com/en-US/ticketingwing-fest-express) or at the door on event day. For information about other events at the Railroaders Memorial Museum, you can visit their website at [www.railroadcity.org](http://www.railroadcity.org)

## Levity Brewing Company 2026 Summerfest

The Levity Annual Summerfest will be held on Saturday 13<sup>th</sup>, beginning at 11:00 AM and ending at 10:00 PM. Join family and friends at Levity Brewing, 1411 11<sup>th</sup> Avenue, for a full day of live music, good food and great beer. The band lineup includes The Pub Crawlers, Tom Nevers Field and Half Tempted.

For a full schedule of performers and times, visit Levity Brewery's Facebook page at

[www.facebook.com/profile/100064081630665/search/?q=summer%20fest](https://www.facebook.com/profile/100064081630665/search/?q=summer%20fest)



# Altoona Celebrates America's 250<sup>th</sup> Birthday

## Together for 250 – Jaffa Shrine – Saturday, June 6<sup>th</sup>, 2026



The Blair County Chamber of Commerce and the Leadership Blair County Class of 2026 will partner with Sweat For Vets, ([www.S4V.org](http://www.S4V.org)), to present the "Together for 250" Bash on Saturday, June 6, 2026 at the Jaffa Shrine Center located at 2200 Broad Avenue in Altoona. The event is for ages 21+, so valid ID will be required. Doors open at 4:00 PM, with music by Shallow 9 beginning at 7:00 PM. Admission is \$45 and includes a traditional backyard-style indoor barbecue with beer, basket raffles, yard games and live music. All proceeds support Sweat For Vets, helping veterans and their families in Blair County. This is more than a party-this is a chance to support our local veterans!

Tickets can be purchased online at [www.etix.com/ticket/v/19303/jaffa-shrine-center](http://www.etix.com/ticket/v/19303/jaffa-shrine-center).

## Star Spangled Symphony - PNG Field – Saturday, June 20<sup>th</sup>, 2026

The Altoona Symphony Orchestra will present this free concert at PNG Field, located at 1000 Park Avenue in Altoona. Gates open at 6:30 PM for pre-concert entertainment, followed by the concert at 7:30 PM. In the event of rain, the location will be moved to the Altoona Area High School Auditorium. Come out for a free evening of music from our excellent Altoona Symphony!



## Let Freedom Ring! – Penn State Altoona – June 27<sup>th</sup> & 28<sup>th</sup>, 2026



P & J Productions, in collaboration with Penn State Altoona, the City of Altoona and Discover Blair County will present "Let Freedom Ring!", a rocking musical tribute celebrating America's 250<sup>th</sup> birthday. The performances will be at the Misciasgna Family Center for the Performing Arts on the Penn State Altoona Campus, featuring the talent of local musical artists and dance studios. For a full list of performers, visit [www.facebook.com/p/PJ-Productions](http://www.facebook.com/p/PJ-Productions)

Tickets are \$15 plus box office handling fee, and can be ordered online at [www.tinyurl.com/psualtoona](http://www.tinyurl.com/psualtoona) or by calling (814) 949-5452. Come out for some amazing music and dance performances!



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