

We Can Help

COVID-19 Vaccines

If COVID-19 vaccines are available in our area, JCAAA can assist you with getting registered online for an appointment. Please keep in mind that vaccines continue to be limited and only available to individuals in Phase 1A. Our staff can only register you for **ONE** vaccine appointment, not multiple appointments on multiple sites.

Jefferson County vaccine provider information can be found at the Pennsylvania Department of Health website: https://www.health.pa.gov/topics/disease/ coronavirus/Vaccine/Pages/Vaccine.aspx#map







AREA AGENCY ON AGING

186 Main St STE 2 * Brookville, PA 15825 Phone:(814) 849-3096 1-800-852-8036 www.jcaaa.org

Find us on Facebook: @JeffersonCountyAAA

Want to receive our newsletter by email? Register on our website or call us!

COVID-19 Test and Vaccine Scams

As the vaccine rollout expands in Pennsylvania, scammers are looking to take advantage of consumers by attempting to steal their insurance information, money or both. Any call claiming that you can cut in line to get the vaccine by paying out of pocket is a scam and should be reported to our office. Below are some tips to avoid testing and vaccine scams:

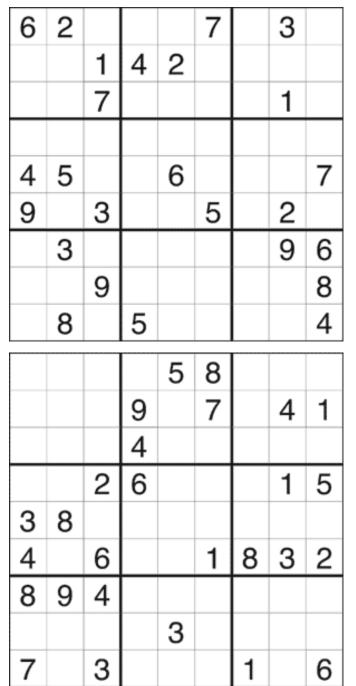
- If you receive a call from someone claiming to be from your insurance company, hang up and call the number on the back of your medical insurance or prescription card to confirm whether the call is legitimate.
- Scammers will claim the costs are covered by insurance, but they need additional information to process the shipment.
- Be cautious if you're being pressured to share any information or make a payment immediately.
- Always be wary of any unsolicited offers that require you to provide your insurance or doctor's information.

Anyone who believes they may have been scammed should file a complaint with the Pennsylvania Office of Attorney General by visiting https://www.attorneygeneral.gov/submit-a-complaint/scams-complaint/ or call 1-800-441-2555.

Other information resources regarding COVID-19 scams:

- FCC website for available resources: https://www.fcc.gov/
- FCC website for COVID-19 scams: https://www.fcc.gov/covid-scams
- FTC website for Financial impact due to COVID: https://www.consumer.ftc.gov/coronavirus/financial-impact

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.







Property Tax/Rent Rebate Program applications are now available!

AM I ELIGIBLE? The program benefits incomeeligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older.

NEW FOR 2020 ELECTRONIC PTRR FILING

Starting with the 2020 claim year, Pennsylvanians will be able to electronically submit their Property Tax/Rent Rebate program applications. Visit mypath.pa.gov to access the Department of Revenue's electronic filing portal. Claimants who submit their applications electronically will have the benefit of automatic calculators and other user-friendly features that are not available when filing a paper application. myPATH is safe, secure and more efficient. See Page 18 or go to the department's website at www.revenue.pa.gov/mypathinformation to learn more about our electronic services.

Property Tax/Rent Rebate application assistance is available at no cost from the Jefferson County Area Agencies on Aging, senior centers, and state legislators' offices.

Please call JCAAA at 814-849-3096 for assistance at the main office in Brookville or your local senior center.

St. Patrick's Day Word Scramble Instructions: Unscramble the letters to find the St. Patrick's Day words from the list below.

ublcek	
cimag	
msocrahks	
Ikecmiri	
aaperd	
eloflokr	
picnh	
eglend	
uiscm	
mhrac	

© www.BigActivities.com

WORD LIST

buckle	march
folklore	music
legend	parade
limerick	pinch
magic	shamrocks



Flowers of the 50 States

Locate all 50 states flowers



L	Υ	Е	Α	G	D	0	F	С	Α	L	Τ	L	Ε	L	Р	R	U	Р	С	Т	N	R	Z	Р	В
F	D	M	0	S	S	0	L	В	Н	С	Α	Е	Р	F	Χ	G	S	В	Χ	0	Z	S	M	Q	W
Τ	В	٧	W	D	Υ	Χ	U	Υ	R	Χ	Ν	Е	В	S	Α	С	D	K	R	W	W	U	0	٧	Т
E	G	Υ	S	Е	0	Χ	G	Е	D	R	В	L	L	Р	M	Α	W	D	M	R	0	Т	S	L	В
N	В	J	В	Н	F	Ο	D	0	Ε	Α	Α	F	Р	L	Н	M	Ν	Н	1	V	0	С	S	Α	В
N	S	Z	Ν	С	0	С	W	W	L	С	L	L	Υ	S	Q	Е	R	G	S	Υ	D	Α	0	Ε	Ι
0	S	U	Ν	J	L	J	0	G	K	D	Ε	Е	U	Р	D	L	Н	С	Т	S	V	С	L	Ν	Ν
В	L	G	Т	0	Z	L	С	Ε	0	В	Ε	R	Т	Ο	U	L	Υ	Ο	L	С	I	0	В	0	0
E	Р	I	V	U	F	Е	Υ	Α	L	D	В	Ν	D	I	В	I	Р	0	Е	F	0	R	Ε	С	Ι
U	Ν	Ε	R	Ν	В	Е	G	0	L	Т	Ν	0	R	R	Н	Α	Υ	R	Т	M	L	Α	G	Ε	Т
L	R	I	U	I	D	R	S	Ν	Ν	I	Н	Α	Н	O	S	W	Ε	G	0	M	Е	U	Ν	Ν	Α
В	Т	S	M	S	S	S	Α	I	Α	R	F	0	С	Q	D	С	D	U	Е	S	Т	G	Α	I	Ν
Р	L	0	U	Α	0	Υ	Α	G	Т	R	D	0	U	I	Н	Р	Ν	Ν	0	U	J	Α	R	Р	R
M	D	S	Ν	M	S	Р	L	S	Ν	0	0	Ε	R	Ε	R	Т	С	R	Α	Т	D	S	0	Ε	Α
Н	Α	С	G	Ε	Ν	S	Α	I	D	I	F	K	R	Ν	Α	Ε	Ε	С	Т	K	0	Q	Р	Τ	С
N	K	В	0	Α	M	Ο	Ε	Ε	L	L	L	0	С	I	I	I	M	Ο	K	R	N	Α	U	I	Т
Н	L	M	I	L	С	Т	Ν	J	0	Ο	K	I	Ν	O	R	Α	0	Α	Ε	K	F	I	R	Н	Е
F	S	D	Α	K	U	D	Ε	W	W	Ε	G	L	Α	I	M	R	Р	G	R	Υ	U	Ν	Р	W	L
Α	Ν	U	Н	G	R	M	Ε	G	Ε	Ο	Α	Е	Α	R	R	Ε	0	Ο	Ν	R	R	F	L	Н	R
	J	Τ	R	0	N	R	В	R	R	U	L	R	S	Ε	Т	Ν		Ο	Р	0	D	Т	Ε	L	Α
U	Р	F	Ν	В	Z	Ο	0	I	R	0	Р	L	Т	В	G	U	Ε	W	Н	Р	L	Ε	٧	J	С
K	Н	Z	K	R	Ε	S	L	Ε	Ν	D	F	Т	Ε	R	Q	Р	Ε	Т	D	F	Υ	L	I	G	S
Z	Α	V	Υ	S	Ε	G	L	I	L	Е	I	S	Α	Υ	В	Ν	W	F	R	G	D	0	0	W	Ζ
K	Χ	Z	Z	K	С	Т	Α	I	Α	В	I	Р	Α	Q	L	Α	R	Ο	S	Ε	٧	I	L	L	Q
Α	K	В	K	K	Ε	K	W	S	Т	U	Ε	U	I	Z	Н	Χ	Н	В	D	Ν	K	V	Ε	Υ	K
R	E	W	0	L	F	Α	С	С	U	Υ	0	L	Α	0	L	Α	Α	U	Р	Р	D	E	Т	D	S



AMERICAN DOGWOOD	MAGNOLIA	ROSE	GOLDENROD
APPLE BLOSSOM	MISTLETOE	SAGEBRUSH	HAWTHORN
BITTERROOT	MOCK ORANGE	SAGUARO CACTUS	INDIAN PAINTBRUSH
BLACK EYED SUSAN	MOUNTAIN LAUREL	SCARLET CARNATION	IRIS
BLUEBONNET	ORANGE BLOSSOM	SEGO LILY	PURPLE LILAC
CALIFORNIA POPPY	OREGON GRAPE	SUNFLOWER	PURPLE VIOLET
CAMELLIA	PASQUE FLOWER	TRAILING ARBUTUS	RED CLOVER
CHEROKEE ROSE	PEACH BLOSSOM	VIOLET	RHODODENDRON
COAST RHODODENDRON	PEONY	WHITE PINE CONE	YELLOW JESSAMINE
COLUMBINE	PINK AND WHITE LADY	WILD PRAIRIE ROSE	YUCCA FLOWER
FORGET ME NOT	PUA ALOALO	WOOD VIOLET	

March 2021

Find the words about the **four leaf clover** that are listed below in the word search grid. Circle each letter one by one. Each letter of the word search grid may be used in more than one word. When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn interesting facts about the four leaf clover.

Four Leaf Clover Word Search Puzzle







FOUR LEAF CLOVER WORD LIST

ABERRATION
CLOVER
ENVIRONMENTAL
FAIRIES
FAITH
GARDEN OF EDEN
GOOD LUCK
HOPE
LOVE
MAGICAL

MUTATION
MYSTIQUE
RARE
RECESSIVE GENE
SEARCH
SPRITES
TRIFOLIUM REPENS
UNCOMMON
VARIATION
WHITE CLOVER





Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll Mustard 1/2c. Pears	2 Creamy Chicken Divan over 1/2c. White Rice 1c. Tossed Salad w/ Tomato Breadstick 1/2c. Warm Peaches	3 Cottage Pie (stewed beef & vegetables in gravy, topped w/ mashed potatoes) 1/2c. Coleslaw WG Biscuit 1/2c. Warm Cinnamon Applesauce	4 Greek Chicken Salad (diced chix, blk olives, red onion, tomato, mozz cheese) 1c. Mixed Greens 1c. Wedding Soup w/ crackers Dinner Roll 1/2c. Mandarin Oranges	5 Potato Crusted Fish 1c. Tossed Salad w/ HB egg, cucumber & dressing Dinner Roll 1/2c. Pineapple
8 Baked Ziti (3/4c) w/ Meatballs (3) Marinara Sauce & .5oz Cheese 1c. Tossed Salad w/ Cucumber Garlic Breadstick 1/2c. Mixed Fruit Salad	9 Chicken Caesar Club w/ lettuce, tomato, cheese, condiment 1c. Creamy Broccoli Soup w/crackers Sandwich Roll 1/2c. Blushed Pears	10 Salisbury Steak w/ 2oz Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple Delight	11 BBQ Pulled Pork 1/2c. Seasoned Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	12 Baked Crab Cake Sandwich 1/2c. Cheesy Twists 1/2c. Baked Beans WG Sandwich Roll 1/2c. Mandarin Oranges
15 Smokey BBQ Burger w/cheddar, bbq sauce, crispy onions 1c. Creamy Cauliflower Soup w/ crackers Sandwich Roll Fresh Fruit	16 Sweet & Sour Roasted Pork Loin 1/2c. Blended Rice Pilaf 1/2c. Green Beans WG Dinner Roll 1/2c. Mixed Fruit	17 Happy St. Patricks' Day! Corned Beef & Cabbage 3/4c. 1/2c. Green Beans 1/2c. Baked Potato Dinner Roll 1/2c. Pistachio Pudding	18 Baked Meatloaf Marinara w/ Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2c. Banana Pudding	19 Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Potato Salad 1/2c. Marinated Beans 2 Wheat Bread Fresh Fruit
22 Center Cut Pork Loin w/ 20z Gravy 1/2c. Whipped Sweet Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	23 Chicken Taco w/ cilantro lime sauce & lettuce 1/2c. Seasoned Corn & Black Beans 1/2c. Seasoned Rice Soft Tortilla Shell Fresh Fruit	24 Porcupine Ball w/ 2oz Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Wheat Bread Sherbet	25 Turkey Reuben (2.5oz turkey, 2oz kraut, .5oz cheese) 1c. Vegetable Chowder w/ crackers WG Sandwich Roll 1/2c. Mixed Fruit	26 Vegetable Lasagna-1pc Topped w/ Cream Sauce 1c. Tossed Salad w/ HB egg, cucumber & dressing Garlic Breadstick 1/2c. Pineapple
29 Mushroom Cheese Burger 1c. Creamy Potato Soup w/ Crackers Hamburger Roll Fresh Fruit	30 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread 1/2c. Warm Apple/Cran Crisp	31 Swedish Meatballs (4) over 1/2c. Egg Noodles 1/2c. Peas Wheat Bread 1/2c. Mixed Fruit Salad		*menu subject to change

National Colorectal Cancer Awareness Month (March 1-31)

Colorectal cancer is linked to getting older. However, colorectal cancer in adults younger than 50 is on the rise. Even so, it's seen more in people age 50 and over.

Other risk factors include having—

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis.
- A personal or family history of colorectal cancer or colorectal polyps.
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

Lifestyle factors that may contribute to an increased risk of colorectal cancer include—

- Lack of regular physical activity.
- A diet low in fruit and vegetables and whole grains.
- A diet high in red meat (such as beef, pork or lamb) or processed meat (such as bacon, sausage, hot dogs or cold cuts).
- Are overweight or obese, especially for those who carry fat around their waists.
- Excessive alcohol consumption.
- Smoking.

<u>Symptoms</u>

Colorectal polyps and colorectal cancer may not cause symptoms, especially at first. Someone could have polyps or colorectal cancer and not know it. That is why getting screened regularly for colorectal cancer is so important.

Symptoms, may include—

- Blood in or on your stool (bowel movement).
- Change in bowel movements.
- Stools that are more narrow than usual.
- Stomach pain, aches, bloating or cramps that

- don't go away.
- Losing weight for no apparent reason.
- Feeling tired all the time.
- Vomiting.

If you have any of these symptoms, talk to your doctor. They may be caused by something other than cancer. The only way to know what is causing them is to see your doctor.

Prevention

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops. They may not cause any symptoms. Colorectal cancer screening can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.

Screening can also find colorectal cancer early, when there is a greater chance that treatment will be more effective. Start screening at age 45 if you're at an average risk, but if you have certain risk factors you may need to start screening sooner or get screened more often—talk to your health care professional. Continue screening to age 75 if you are in good health, with a life expectancy of 10 years or more. if you are ages 76-85, talk with your health care professional about whether to continue screening. After age 85, you should not get screened.

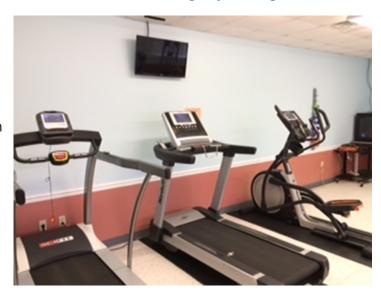
Screening Guidelines

sercening duracimes	
Stool DNA Test (sDNA)*	Every 3 years
· ´	Every year
High-sensitivity Fecal Occult Guaiac Test (gFOBT)*	
Colonoscopy	Every 10 years
Flexible Sigmoidoscopy	Every 5 years
Virtual Colonoscopy*	Every 5 years



Brookville Heritage House Center Address: 4 Sylvania Street, Brookville, PA 15825 Coordinator: Jodie Deal Phone: 814-849-3391 Email: heritage@jcaaa.org

I would like to welcome everyone back to the Heritage House for dine in lunches! To-go lunches are still available as well. Please remember to call the day ahead for dine in and to go lunches. The Fitness Room is now open! Hope to continue to see everyone.





Brockwayville Depot Center Address: 425 Alexander Street Brockway, PA 15824 Coordinator: Cheryl Moore Phone: 814-265-1719 Email: depot@jcaaa.org

Between the weather and the pandemic I know we are all ready to get out and do something besides go to the grocery store. I will tell you as I tell myself "hang in there - there is a light at the end of the tunnel".

Hopefully we will slowly begin to open for activities. As of now we are only open for dine-in lunch with social distancing or take-out.

I would also like to give a big THANK YOU to the many many people of Brockway who supported and are still supporting the center by ordering lunches!!!!

Be safe...Be smart

Hope to see you soon!!!

Cheryl



Please help us welcome Cheryl Hannah as the new Reynoldsville Foundry center coordinator. Cheryl started with JCAAA on February 1st. She will be in charge of all activities at the Foundry. Some of you may recognize her from a Tai Chi class in 2019. Cheryl is excited to start teaching Tai Chi classes again soon along with Kim Newsome. Stay tuned for when activities will be starting.

Welcome back to the Foundry! We are open for lunches again in the building. Please join us if you are able. Remember, you need to wear a mask and do social distancing, please stay home if you don't feel well. Same as before, if you are joining us for lunch please call the day before to reserve your lunch so we may plan on your visit. Donation for lunches is \$2.50. Thank You!

The Reynoldsville Foundry Center Address: 45 West Main Street Reynoldsville, PA 15851 Coordinators: Cheryl Hannah Phone: 814-653-2522 Email: foundry@jcaaa.org



Punxsutawney Area Center Address: 222 N. Findley Street Punxsutawney, PA 15767 Coordinator: Debbie Long Phone: 814-938-8376 Email: punxy@jcaaa.org



Helllo Seniors!

We opened for dine in lunch Monday February 1. Take out meals were also offered. The folks seem very happy to be back. We look forward to adding activities as soon as it is safe.

Take outs are to be picked up Monday thru Friday at 11:30 am. Dine in will be served at noon Monday thru Friday

February 12 was a day of gifts at the Center. Each person received a valentine bag with their name on it and we held a giveaway contest in January/February. Beginning January 11 thru February 12 for every lunch served the consumer's name was entered into a contest. On February 12, after passing the box containing the entrants' around so everyone had a chance to shake it, Harry Barnett graciously picked the winning name. Sally Pearce was the lucky recipient of a basket of goodies. In addition to Sally being one of our cheerful consumers, she is one of the Center's hard working volunteers. Congratulations Sally!

More giveaways, etc. are coming.



Lowering Your Cancer Risk Healthy Living for Cancer Prevention



Most people know someone who's had cancer: a family member, a friend, a loved one. Who gets it can sometimes seem random. But there are many things you can do to reduce your risk.

Cancer can start almost anywhere in the body. Normally, your cells grow and divide to form new cells as the body needs them. When a cell is old or becomes damaged, it dies. Then a new cell takes its place.

But when cancer develops, this orderly process breaks down. Cancer cells divide without stopping. They can then spread into surrounding tissues or other parts of the body.

Causes of Cancer

Cancer starts with damage to the genes that control the way cells function. Many things you're exposed to over your lifetime can damage genes. These include chemicals, radiation, tobacco, alcohol, and others. Your body has ways to repair the damage, but they don't always work perfectly.

As you age, your body has had more time to build up damage. And the normal aging process causes other changes in cells that help cancer develop. These factors make cancer more likely to appear as you age.

"Fortunately, most cancers do not develop as a result of a single exposure," explains NIH researcher Dr. Erikka Loftfield, who studies cancer prevention. "Typically, you don't have just one cause for a given cancer. And some potential risk factors, like cigarette smoking and diet, are changeable." Because damage to your genes builds up slowly over time, there are many opportunities for prevention.

"Not smoking, maintaining a healthy weight, getting enough physical activity, limiting alcohol, and eating a nutritious diet are all intertwined in cancer prevention," Loftfield says. "These are all things that also help us live a healthy life."

Quit Tobacco

Tobacco use is the leading cause of cancer in the U.S. This includes smoking and use of other tobacco products, like chewing tobacco. Many chemicals in tobacco products can damage your genes.

"Smoking is one of the most dangerous health behaviors there is," says Dr. Johannes Thrul, a tobacco researcher at Johns Hopkins University.

Using tobacco also increases your risk of heart attack, stroke, lung disease, and many other conditions. But it can be very hard to stop—even if you know the risks.

Tobacco products contain an addictive substance called nicotine. But there are medications that can help you quit. They can reduce nicotine withdrawal and cravings. Some are available by prescription. Others can be found over-the-counter, like nicotine replacement gums or patches. Using medications with counseling can be even more effective.

Thrul and others are looking for new ways to help people quit smoking. They're developing smartphone apps that track when smokers are close to places that trigger nicotine cravings. The apps then send personalized support messages.

"We're trying to deliver support to smokers in these critical situations, in real time," he says.

These apps are still being tested. You can get free help now by visiting smokefree.gov, calling 1-800-QUIT-NOW (1-800-784-8669), or by texting QUIT to 47848.

"No matter how long you've smoked, no matter how old you are, quitting smoking will always benefit your health," Thrul says.

Continued on page 11...

Eat Smart, Keep Moving

When it comes to cancer prevention, the saying "you are what you eat" applies, says NIH researcher Dr. Jill Reedy, who studies diet and cancer. But it's not just diet. Your overall lifestyle—including weight and physical activity—also matters.

"There's a lot of evidence that maintaining a healthy lifestyle has the potential to reduce cancer risk," Reedy says.

Diet and related factors can raise your risk in many ways. For example, excess weight can increase inflammation in the body, Reedy explains. Long-term inflammation is thought to increase cancer risk.

Excess weight can also cause the levels of certain hormones to rise. High levels of these hormones can raise the risk of some types of cancer, such as breast cancer.

How diet itself affects cancer risk is complicated, Reedy explains. What we eat gets broken down and used by our cells to keep the body running. Chemicals in some foods—like highly processed meats—may raise the risk of cancer. But overall, there aren't many single foods to avoid.

Other chemicals in food may lower your risk. But no single food, nutrient, or vitamin alone can protect you from cancer. "It would be great if there was a magic bullet, but there isn't," Reedy says.

"It's really about the overall quality of your diet. Choose fruits and vegetables, whole grains, lean proteins, and healthy oils. Limit alcohol, added sugars, saturated fats, and sodium," she explains.

You can learn more about healthy eating patterns from the Dietary Guidelines for Americans (https://health.gov/our-work/food-nutrition/previous-dietary-guidelines/2015) Healthy eating appears to reduce cancer risk even if you have trouble losing weight, Loftfield explains. And the same seems to be true for physical activity.

"We've seen that physical activity lowers the risk of some types of cancers, independent of its effects on weight," she says. This may be because exercise can reduce inflammation, stress, and other things that can harm your cells.

Loftfield and Reedy are studying new ways to measure what happens in the body after eating different types of foods. This will help them learn more about how diet impacts cancer risk.

Prevention Tips

There are other simple actions you can take to reduce your risk of specific cancers. To lower your chances of skin cancer, wear sunscreen and sun protective clothing, limit your time in the sun, and avoid tanning beds.

Certain vaccines can reduce your risk of cervical, liver, and other cancers. This is because some viruses, like human papillomavirus (HPV), can damage your genes in ways that lead to cancer.

"Getting vaccinated against HPV and other cancerrelated viruses is a very practical way to modify your cancer risk," Loftfield says.

Common screening tests can also reduce your risk. These let doctors find and remove small growths that may turn into cancer. A colonoscopy, which looks for growths in the colon and rectum, is one example. Cervical cancer screening is another. For tips on talking about your risk for cancers, see the Ask Your Doctor box.

Source: https://newsinhealth.nih.gov/2021/02/lowering-your-cancer-risk



The Volunteer Income Tax Assistance (VITA) program has started. Free income tax preparation assistance is available through the VITA (Volunteer Income Tax Assistance) program.

The VITA program offers free tax help to those who meet certain income guidelines (generally income below \$57,000). There are no age restrictions. Other restrictions may apply.

In addition to free tax return preparation assistance, free electronic filing will be offered. Individuals taking advantage of the e-file program receive their refunds in half the time compared to returns filed on paper—even faster when tax refunds are deposited directly into one's bank account.

Volunteers who are trained and certified by the IRS will be assisting taxpayers in locations throughout Jefferson County.

Please call 814-849-3096 and ask to make a "VITA appointment for tax preparation".

Seniors - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA for emergencies 24 hours a day at 1-800-852-8036.

		-											
1	2	3	4		5	6	7		8	9	10	11	DOWN
12					13				14				1. Fraudulent scheme 2. She, in Marseille
15					16			17					3. Alternative to paint
		<u> </u>				<u> </u>	<u> </u>		╀				4. Double agent
18				19									5. Texas city6. Decide
		20	21					22	+	23	24	25	7. Dislike strongly
													8. Imitation leather
26	27						28			29			9. Finale
													10. Frozen water
30							31	32	33				11. Lass's mate
-	-				0.5	0.0		+	+	+	+	+	17. Distinctive period
34					35	36							19. Realm
37	_		38	39		40		+	+	+			21. First woman
'						10							23. Dawdling
			41		42			 		43	44	45	24. English princess
													25. Require
46	47	48							49				26. Difficult journey 27. Nevada resort
													28. Put in again
50					51				52				32. Treetop abode
													33. African antelope
53					54				55				36. Good sense
													38. Corroded
ACRO	OSS			26.	Wand	lerer			53. In	ert ga	S		39. Time past
					Single					asting	subst	ance	42. Helpful suggestion
1. Stit					Revol				(abbr	/			44. Pimples
	rdwoo				31. Diesel 55. Eons								45. Jumble
	e cove	_			34. Opposite of WSW								46. Hamilton bill
12. Thunder sound 35. Used a compass									47. Mine extract				
	3. Give break! (2 37. Seoul's country								48. Spanish waterway				
vds.) 40. Follow 14. Ancient Peruvian 41. Shocked								49. Soccer's Hamm					
		Peruv	lan		41. Shocked								Trainin
5. Friend 43. Lamb's dad													
16. Sat in on 46. Turtle 18. Actor Gibson 49. Rodents													
			uson		49. Rodents								
	ood ve	essei			50. Cleveland's lake								
20. Ri		D			51. And not								
22. Edgar Poe 52. Roadhouses													