

JEFFERSON COUNTY 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!

Volunteering is good for your mind and body!
Volunteering provides many benefits to both mental and physical health.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.



Call JCAAA at 814-849-3096 to find out more about our volunteer programs!



The Senior Farmer's Market Nutrition Program will be offered again this year to eligible Jefferson County Seniors. This program is made possible through the PA Department of Agriculture, Bureau of Food Distribution. Jefferson County Area Agency on Aging will be administering the program starting June 1, 2021. This program provides \$24.00 in vouchers free to eligible older adults. The purpose is to encourage older consumers to eat more fresh fruits and vegetables by local growers who make their produce available at farmer's markets.

Health experts recommend eating five or more fruits and vegetables every day for better health. This program does not only benefit the seniors, but it benefits the farmers as well. Good nutrition is a critical factor in the health and wellbeing of senior citizens.

We will be distributing vouchers **IN PERSON this year on the following dates!**

June 2 nd	Brockway Depot	9:00am-2:00pm
June 4 th	Brookville Heritage House	9:00am-2:00pm
June 9 th	Punxy Area Senior Center	9:00am-2:00pm
June 10 th	Reynoldsville Foundry	9:00am-2:00pm

If you are not comfortable picking up vouchers in person you may still apply by mail and receive the checks in the mail. You can also apply online at jcaaa.org.

Please send or email the application to:

Jefferson County Area Agency on Aging
 Attn: SFMNP
 186 Main St. Ste. 2
 Brookville, PA 15825
 Email: awilson@jcaaa.org

If you have any questions, please do not hesitate to call us at 814-849-3096.

For office use only Application _____

DO NOT CUT OR ALTER THIS FORM IN ANYWAY!

The complete form and nondiscrimination statement must be received by JCAAA for acceptance.

**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2021 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2021) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$23,828 for 1 person in the household; or \$32,227 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2021).

1st Participant Name (print): _____ **Birth date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ **County you live in** _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 15, 2021 to:

Email- awilson@jcaaa.org

Jefferson County Area Agency on Aging
186 Main Street, Suite 2
Brookville, PA 15825

Please see back for USDA Nondiscrimination Statement

For office use only Application _____

DO NOT CUT OR ALTER THIS FORM IN ANYWAY!

The complete form and nondiscrimination statement must be received by JCAAA for acceptance.

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

SENIOR FMNP RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines. As follows:
The 2021 household income eligibility is:

1 person - \$23,828	4 people - \$49,025
2 people - \$32,227	5 people - \$57,424
3 people - \$40,626	6 people - \$65,823

Each qualified senior may only receive the \$24 FMNP benefit 1 time each program year.

Please see back for USDA Nondiscrimination Statement

FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2021 or after November 30, 2021.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are not permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

Market information

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app.

Or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

**** Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

List of eligible Fruit and vegetables

Fruit

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussels sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

Nutrition Education

Nutrition information on basic nutrition, shopping, cooking and food safety can be found at <https://www.nutrition.gov/>
The website also contains many different recipes.



MAY



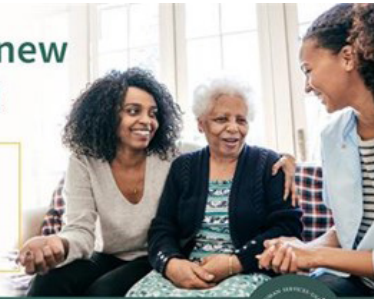
Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Burgundy 1/2c Bowtie Noodles 1/2c Coin Carrots Wheat Bread Fresh Orange	4 Chili Cheese Hot Dog (2oz Chili, .5oz Cheddar) 1/2c Baked Potato 1/2c Green Beans Hot Dog Roll 1/2c Cinnamon Applesauce	5 Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) 1c Pasta Florentine Soup w/ Crackers WG Dinner Roll 1/2c Mixed Fruit	6 Orange Glazed Pork Loin 1/2c Blended Rice 1/2c California Blend Wheat Bread 1/2c Pineapple Tidbits	7 Vegetable Lasagna 1oz Shredded Mozzarella 1c Tossed Salad w/ HB Egg Italian Bread 1/2c Warm Peach Crisp
10 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Cream Corn Wheat Bread 1/2c Raspberry Sherbet	11 Western Omelet w/ Ham, Peppers, Onions, Cheese 1/2c. Breakfast Potatoes WG English Muffin w/ Jelly 4oz Orange Juice	12 BBQ Glazed Turkey Burger w/ Cheddar 1c Creamy Broccoli Soup w/ Crackers Sandwich Roll Fresh Fruit	13 Pulled Pork Sandwich 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Mixed Fruit	14 Roasted Pork Loin w/ Gravy 3oz Stuffing 1/2c Whipped Potatoes 1/2c Mixed Vegetables 1/2c Sliced Apples
17 Potato Crusted Fish 1/2c Tuscan Mac & Cheese 1/2c Italian Green Beans Wheat Bread Fresh Fruit	18 Salisbury Steak w/ Gravy 1/2c Cheddar Whipped Potatoes 1/2c Corn & Pimentos White Bread 1/2c Pears	19 Chicken Marsala w/ 2oz Gravy 1/2c Bowtie Noodles 1/2c Brussel Sprouts Wheat Bread 1/2c Mixed Fruit	20 Baked Cabbage Roll w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots WG Dinner Roll Strawberry Shortcake	21 Mild Buffalo Chicken Salad Sandwich w/ Shredded Lettuce 1c Baked Potato Soup w/ Crackers Sandwich Roll Fresh Melon
24 Cheeseburger 1/2c BBQ Butterbeans 1/2c Macaroni Salad Sandwich Roll Fresh Cantaloupe	25 Parmesan Chicken over 3/4c Lemon Asparagus Pasta 1c Tossed Salad w/ Tomato & Drs Italian Bread 1/2c Applesauce	26 Pot Roast 1/2c Whipped Potatoes w/ Gravy 1/2c Carrots Wheat Bread 1/2c Sliced Pears	27 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c Mixed Greens) 1c Barley Vegetable Soup w/ Crk WG Dinner Roll 1/2c Sunset Peaches	28 <u>SPECIAL TO-GO MEAL</u> Chicken Salad Sandwich 1/2c Spring Salad Potato chips Cookie *no dine-in meal this day- to-go meal only*
31 Centers Closed Memorial Day  THANK YOU !	*menu subject to change*			

Introducing the new Alzheimers.gov!

Your destination for
dementia information,
resources, and research

Visit www.Alzheimers.gov



Resources for Caregivers of People with Alzheimer's Disease and Related Dementias

When a family member or loved one has Alzheimer's disease or a related dementia, you may find yourself left with more questions than answers. These diseases change the way a person thinks and acts, and can be very challenging, especially for those in a caretaking role. Learning more about these diseases, what to expect, and what you can do can make a difference in a caregiver's health and well-being — and the well-being of the person you're caring for.

The federal government offers reliable resources on Alzheimer's disease and related dementias and can connect you to important information about care and support. You can use the pages on this website and resources below to find more information from government sources. The information provided on these websites has been reviewed by experts in their fields. Health care providers, case managers, social workers, and nonprofit organizations may also be helpful.

Introducing the new Alzheimers.gov website — your federal government portal for dementia information and resources. This site is designed to help educate and support people whose lives are touched by Alzheimer's disease and related dementias, whether you are living with dementia, are a caregiver, health care professional, researcher, or an advocate. Explore now! <http://alzheimers.gov>

How Long Does Protection Last After COVID-19?

After your body's disease defense system (the immune system) fights off a virus, it keeps a memory of it. A study suggests that people's immune systems remember COVID-19 for months after recovery. The immune system makes different types of cells and molecules to fight disease. These include antibodies, T cells, and B cells.

Researchers looked at immune responses from about 200 people who'd recovered from COVID-19. Some had been infected up to eight months before the analysis. Other cases were more recent. Of the people who recovered, 95% had immune system "memories" of the virus that causes COVID-19, SARS-CoV-2. Almost everyone had antibodies that block the virus' spike protein. The virus uses this protein to enter cells. The number and type of antibodies varied between people. But the levels usually remained stable over time. They slightly decreased six to eight months after infection.

Immune cell levels also remained high. Memory B cells, which make antibodies, increased for a few months after infection and then remained stable. Most people had one important type of T cell. About half had another type of T cell that kills infected cells. "Several months ago, our studies showed that natural infection induced a strong response, and this study now shows that the responses last," says Dr. Daniela Weiskopf at the La Jolla Institute for Immunology. "We are hopeful that a similar pattern of responses lasting over time will also emerge for the vaccine-induced responses."

<https://newsinhealth.nih.gov/2021/03/how-long-does-protection-last-after-covid-19>

Immunological memory to SARS-CoV-2 assessed for up to 8 months after infection. Dan JM, Mateus J, Kato Y, Hastie KM, Yu ED, Faliti CE, Grifoni A, Ramirez SI, Haupt S, Frazier A, Nakao C, Rayaprolu V, Rawlings SA, Peters B, Krammer F, Simon V, Saphire EO, Smith DM, Weiskopf D, Sette A, Crotty S. Science. 2021 Feb 5;371(6529):eabf4063. doi: 10.1126/science.abf4063. Epub 2021 Jan 6. PMID: 33408181.



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

Hello, it is nice to see so many of you coming back to the Heritage House! We are open for dine in and take out for lunch, please call by 1pm the day before to reserve your lunch.

Scrabble – Wednesdays at 10am

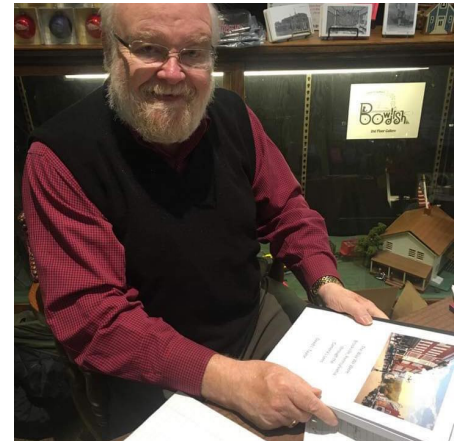
Bingo – Fridays 9am-11am (please call to reserve a spot)

Chair Yoga – Every Tuesday and Thursday starting May 4th with instructor Jennifer Good. 10:30am-11:30am.

May 6th 10:30am - David Taylor will do a short reading of his book *The Way We Were: Brookville, PA Through The Camera's Lens*. Two books will be given away!

May 17th 11:00am - Mary Keck from Penn Highlands, will give a talk titled Five Wishes. Five Wishes is a complete approach to discussing and documenting your care and comfort choices.

Parkinson Support Group will be meeting the second Wednesday of the month starting in May from 1:00pm-2:30pm. For questions please contact Morgan Shepler at 814-849-2442.



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

Hello Brockway! The Spring flowers are coming out and so are many of you! It's great to see you!

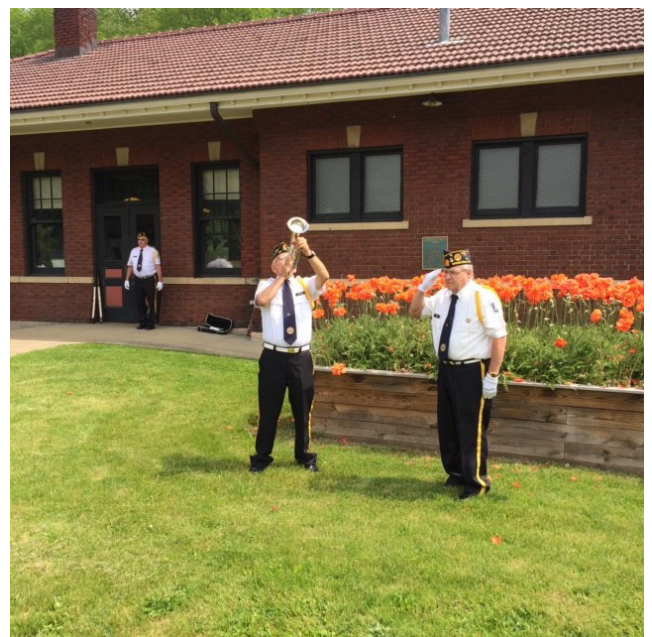
The center is slowly opening for activities. We will be starting Chair Yoga on Wednesday May 5th at 11:00am

If there is enough interest we will play Nickel bingo on Thursdays at 12:30pm.

Stop, grab a cup of coffee, and chat! The pool table is available and so are puzzles.

Dine-in or Take-out lunches are available. Please call the day before to order by calling 814-265-1719.

Don't forget we are still practicing safe distancing and wearing of the mask. Stay safe all!





Join certified instructors Kim Newsome and Cheryl Hannah for Tai Chi!

When: Monday evenings starting May 3rd

Time: 6:00pm-7:00pm

Where: Reynoldsville Foundry 45 W. Main Street
Reynoldsville, PA15851

Cost: FREE for those age 55 and older. Under age 55 cost is \$3.00 per class.

Contact: Reynoldsville Foundry Senior Center at
814-653-2522

Participants should plan to wear loose fitting clothing and flat shoes or sneakers.

Please bring a water bottle.



PUNXSUTAWNEY AREA SENIOR CENTER

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

Our dine in numbers are growing as folks are happy to be getting together with their friends. We continue to offer takeout meals as well.

Cards, jigsaw puzzles and checkers are some of the activities being enjoyed. We continue to sing along and sometimes dance to the music. We are a happy bunch and welcome those over 60 to join us at the center. We hope for Bingo to resume. We have disposable cards and individual daubers for safety. Call 814-938-8376 if you need more information about becoming a consumer.

Every month a day will be chosen to honor those celebrating their birthday within that month. Cupcakes will be served and those special folks will receive a free meal and treated like royalty.

Again thanks to consumers for making this a fun place.

Betty and Delores enjoy the cupcake celebration for their birthdays!



Lots of Words

C R I N G E E K K R E S C I N D L M L E
 I O R R E H N S H N E T S A H E A A H L
 Y R E N V F S U E D T W B J H Q C Z E B
 H E S M E A C O A G W Y V T T H E O D I
 A T U O I R O I D E R L I E R A R B O S
 U S R N R O N M S Z V L D Y B M A F N U
 G U T E P H C E T M B I M S I Z T U I A
 H L S V E T E T R L U O T S L I I S S L
 T K B N R E R S O M S A E C K E O C M P
 I C A E M L L B N E I J M S E R N A B L
 N A N R Y P H A G N H A P S M J O T B A
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 S F N A M S I L A T P Z R N G H D O B E
 S E P G B L U N D E R B U S S N U C R R
 J L G E N U N C I A T I O N O W R I A A
 V B L A T A N T E T A R U D B O A N S T
 N A C R E D U L O U S T F G Q N T O I I
 L I L Q X P I B L I G H T E D E E C V O
 U L C D R D U O R H S N E S I R U A E N
 O P N R A L U C S U P E R C J J U L M C

ABRASIVE	BLUNDERBUSS	ENVENOM	LACKLUSTER	RENOWN
ABSTAIN	CREDITABLE	HASTEN	LACONIC	REPRIEVE
ABSTEMIOUS	CREDULOUS	HAUGHTINESS	OBDURATE	RESCIND
ABSTRUSE	CREPUSCULAR	HEADSTRONG	OBFUSCATE	TALISMAN
BILK	CRINGE	HEDONISM	OBJECTIVE	TEDIUM
BLATANT	ENSCONCE	LACERATION	PLAUSIBLE	TEMPER
BLIGHTED	ENSHROUD	LACERATION OBDURATE	PLETHORA	
BLITHE	ENUNCIATION	LACHRYMOSE	PLIABLE	



Jefferson County Area Agency on Aging Main
 office and senior centers will be closed the on
 following days in May. May 31



Employee Spotlight

Name: Debbie Long

Job title: Senior Center Coordinator

Location: Punxsutawney

How long have you worked for JCAAA: 3 years

Education and School Where Attended:

Punxsutawney High School, diploma; Robert Morris University, Associate Degree

Certifications: Serv-Safe

What is involved in your day-to-day activities in your current position?

Greeting consumers with a smile, making sure center well stocked with necessary supplies, assisting consumers with various activities. Keeping track of attendance, serving take out and dine in meals, have the proper number of HDMS's ready for delivery weekly. Alternate HDM delivery person. Reaching out to community thru social media by sharing upcoming activities, etc.

What is your most rewarding or satisfying experience in your work or volunteer history:

I was a caseworker for Department of Public Welfare. One of my duties was to encourage clients to find work by helping build their confidence. Many of my clients turned their lives around by finding employment.

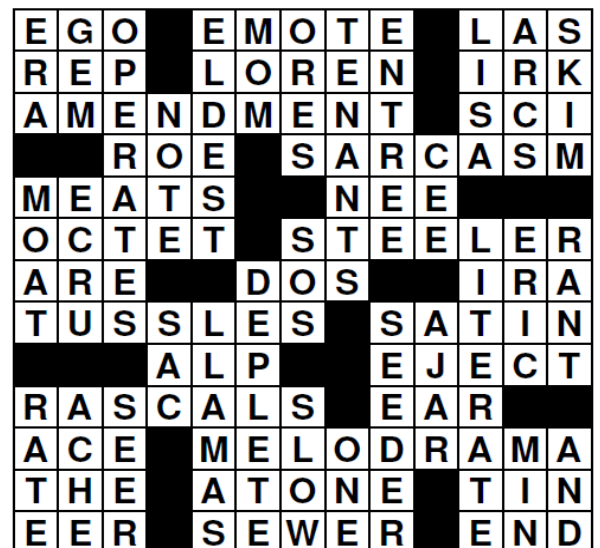
Please tell me about your proudest moment since you joined JCAAA: Meeting the most interesting, smart and amazing folks. I love it when I am given a colored picture with a note. I observe them happily interacting with one another which makes me feel they are having a good time.

Please tell us about the significant people in your personal life.

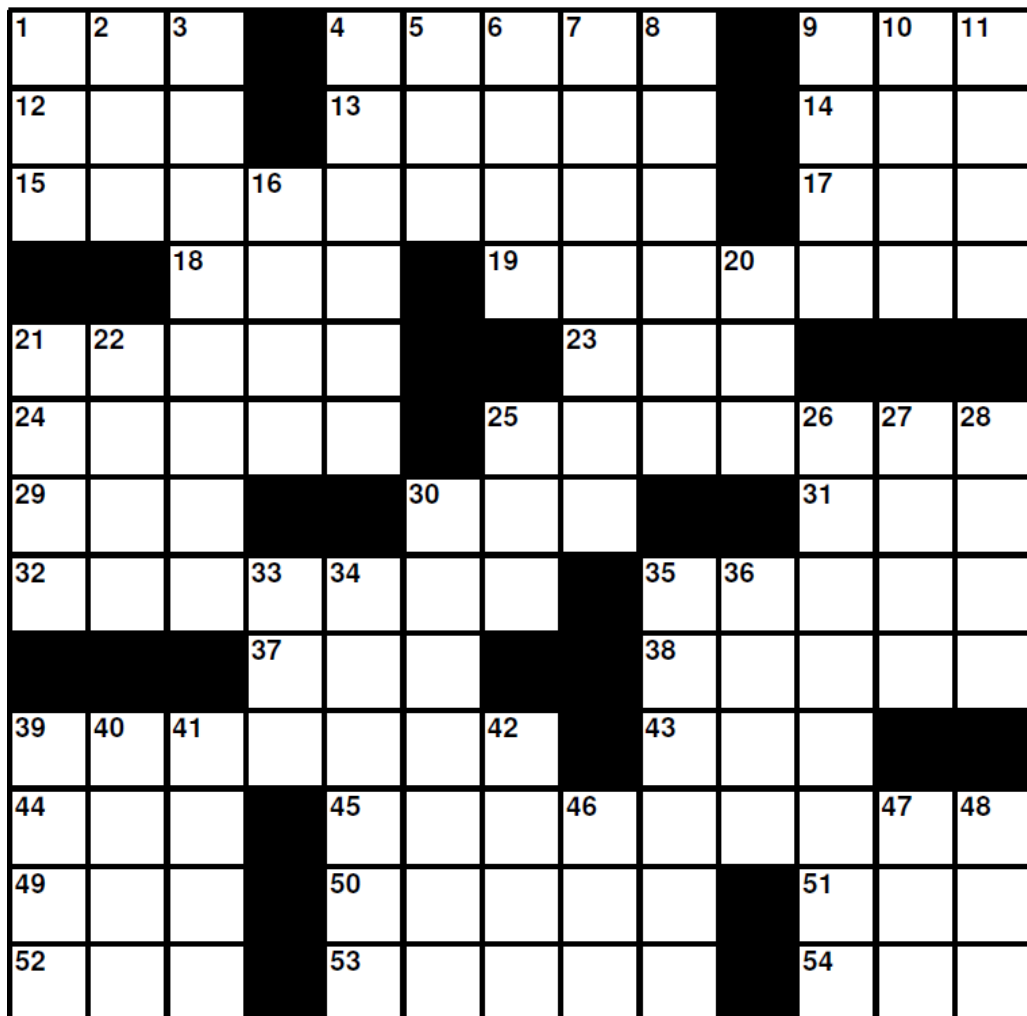
Sons; Rob, Dan, Joe and dog Jack.

What do you do when you're not at work?

I am a potter, making creations from a ball of clay. I have a wheel, kiln and all necessary supplies in my home. Quilting and reading also make the list.



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

**DOWN**

1. Age
2. Diamond, e.g.
3. Performs surgery
4. Most senior
5. Pop's partner
6. Mine finds
7. Renters
8. Main dish
9. ____ Kudrow of "Friends"
10. Circle sections
11. Milk type
16. Brief message
20. So-so grade
21. Castle defense
22. Unbleached color
25. Distress call
26. Able to read
27. Guitarist ____ Clapton
28. Rave's partner
30. Exhaust
33. Pouch
34. Peruvian animals
35. Sower
36. Almost closed
39. Percentage
40. Pang
41. Fortuneteller
42. Gradual
46. Dollar bill
47. 60 secs.
48. Additionally

ACROSS

1. Self
4. Ham it up
9. ____ Vegas
12. Dem.'s foe
13. Sophia ____
14. Bother ____
15. Constitution addition
17. Physics, e.g. (abbr.)
18. Shad eggs
19. Cutting remark
21. Vegetarians' taboos
23. Once named
24. Group of eight
25. Pittsburgh footballer
29. Common verb
30. Juan's "two"
31. Retirement acct.
32. Scuffles
35. Lustrous fabric
37. Swiss peak
38. CD player button
39. Scoundrels
43. Pitcher handle
44. Fighter pilot
45. Sentimental movie
49. Definite article
50. Make up for
51. Can metal
52. Eternally, in verse
53. Urban drainpipe
54. Conclude