

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!

SAVE THE DATE

Jefferson County Area Agency on Aging

Annual Senior Picnic!

Where: Jefferson County Fairgrounds

When: Wednesday September 15th

Time: 10:00am-1:00pm

All Your Favorite Activities Including:

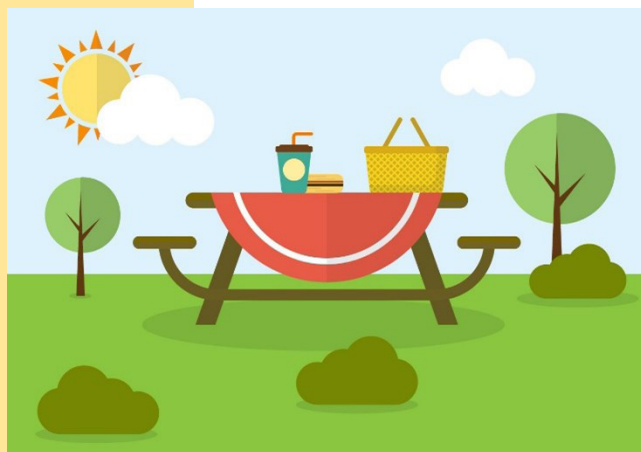
Health Fair and Screenings

Educational Materials

50/50 Drawing

Lunch (available for sit down or to-go starting at 11:00am)

More Details Coming Soon!



Please register by contacting your local senior center!

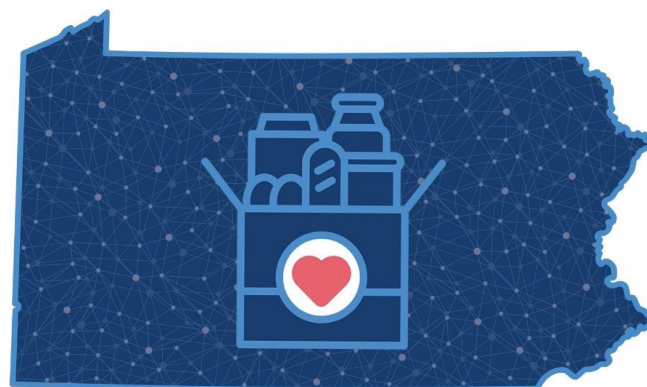
Brockway Depot	814-265-1719	Punxy Area	814-938-8376
Brookville Heritage House	814-849-3391	Reynoldsville Foundry	814-653-2522
JCAAA Main Office	814-849-3096		

PA Senior Food Box Program: No One Should Go Hungry

Eating well has an impact on our health and how we feel, especially as we age. Seniors in Pennsylvania should never go hungry or miss out on nutritious meals. The Senior Food Box program is a monthly food package tailored for older adults, age 60 and above, that helps stretch food dollars and adds nutritious foods to promote good health.

The Senior Food Box Program works to improve the health of low-income seniors by supplementing their diets with nutritious food. In Pennsylvania, eligible participants include low-income individuals who are at least 60 years old and whose household income is at or below 130 percent of the U.S. poverty level.

The boxes do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of older Americans. Among the types of foods included in the food boxes are: non-fat dry and shelf-stable fluid milk, juice, oats, ready-to-eat cereal, rice, pasta, dry beans, peanut butter, canned meat, poultry, or fish, and canned fruits and vegetables.



The USDA's Commodity Supplemental Food Program supports the Senior Food Boxes. The USDA purchases the food and makes it available to the Pennsylvania Department of Agriculture (PDA), which works with local non-profit agencies to facilitate distribution of the monthly food boxes to seniors in need at central locations where seniors have easy access.

How to Participate

Seniors should fill out the self-certification form and submit it to PDA via email at RA-fooddist@pa.gov. PDA will then route the application to the appropriate food bank providing service in the applicant's county of residence.

Applicants can also call 800-468-2433 to be directed to the regional food bank distributing the Senior Food Box in their county of residence.

2021-2022 Income Eligibility Guidelines:

<u>Household Size</u>	<u>Annual</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$16,744	\$1,396	\$322
2	\$22,646	\$1,888	\$436

For more information, visit the PDA Senior Food Box Web Page <https://www.agriculture.pa.gov>

Farmer Market Vouchers are still available for pick-up, or they can be mailed to you. Eligible individuals are age 60 and older and meet income guidelines. 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.



Please call 814-849-3096 for more information.



Camping

Find words about camping in this puzzle



ARTIST PAINTPOTS
BEARS
BEATY AND THE BEAST
BLANKET
BUFFALO
BUGSPRAY
CAMPFIRE
CAMPGROUND
CAMPING
CLIFF JUMPING

DUTCH OVEN
ELK
FAMILY REUNION
FIREHOLE CANYON
FISHING
FLASHLIGHT
FUN
GAMES
GEYSERS
HIKING

HOTDOGS
ISLAND PARK
LAKE
LIFE JACKET
MARSHMALLOWS
MONTANA
MOOSE
MOSQUITOS
NATURE
OLD FAITHFUL

PILLOW
PLAYMILL
PRIZES
RIVER
ROAD TRIP
ROCKS
SLEEPINGBAG
SMORES
SOUVENIRS
SQUIRRELS

SWIMMINGSUIT
TENT
TREES
TUBING
VOLLEYBALL
WATERFALLS
WILDLIFE
WOLVES
WYOMING
YELLOWSTONE

Nearly 15 million Americans provide unpaid care to an older adult. Caregivers who provide substantial care are more likely to have physical and emotional health problems.

MAKE YOURSELF A PRIORITY, TOO: [TIPS FOR CAREGIVERS]

Take care of yourself. It is one of the most important things you can do as a caregiver.

- Ask for help when you need it.
- Spend time with friends.
- Join a support group - in person or online.
- Take breaks each day.
- Keep up with hobbies.



Use these tips and learn more about caregiving at www.nia.nih.gov/caregiving

What Is Respite Care?

Respite care provides short-term relief for primary caregivers. It can be arranged for just an afternoon or for several days or weeks. Care can be provided at home, in a healthcare facility, or at an adult day center.

Respite Care Costs

Respite services charge by the hour or by the number of days or weeks that services are provided. Most insurance plans do not cover these costs. You must pay all costs not covered by insurance or other funding sources. Medicare will cover most of the cost of up to 5 days in a row of respite care in a hospital or skilled nursing facility for a person receiving hospice care. Medicaid also may offer assistance.

For More Information About Respite Care

The ARCH National Respite Locator Service can help you find services in your community. In addition, the Well Spouse Association offers support to the wives, husbands, and partners of chronically ill or disabled people and has a nationwide listing of local support groups.

National Respite Locator Service: www.archrespite.org/respitelocator

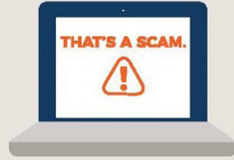
Well Spouse Association

800-838-0879 (toll-free)

info@wellspouse.org

www.wellspouse.org

VETERANS: AVOID BEING SCAMMED!



**NEVER PAY TO APPLY FOR
VETERAN BENEFITS!**

GET THE ASSISTANCE YOU NEED FOR FREE!

Visit: www.dmva.pa.gov/vetconnect to find your
County Office of Veterans Affairs or another
Accredited Veteran Services Officer near you!



SUSPECT A SCAM?

Call 717-783-1944 or email PAvets@attorneygeneral.gov or
submit a complaint online at www.attorneygeneral.gov



The Jefferson County Veterans Affairs Office assists Veterans and eligible dependents in applying for federal, state and county benefits. We advocate for Veterans and assist with all aspects of applying for benefits. Additionally, we may refer Veterans and dependents to other federal, state, county agencies and organizations that might further assist them in solving their problems or answering their questions.

Our office provides free transportation to VA medical facilities for Veterans, through a county DAV program. Our vehicle is driven by volunteer drivers and rides are coordinated by our office.

While we will make every effort to assist walk-ins, we strongly recommend that you call for an appointment to ensure a Veteran Service Officer is available to talk with you and/or avoid a long wait. If you have further questions or want to schedule an appointment, please contact us at the following:

Hours: Monday-Friday 8:30am – 4:30pm

Closed: On County Holidays

Phone: 814-849-3618

Fax: 814-648-7001


Address: 155 Main Street, 2nd Floor, Brookville, PA 15825

Email: Vet@jeffersoncountypa.com





Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	menu subject to change		1 Baked Cabbage Roll w/ Tomato Sauce 1/2c Garlic Whipped Potatoes WG Dinner Roll Strawberry Shortcake	2 Centers Closed 
5 Centers Closed 	6 Parmesan Chicken over 3/4c Lemon Asparagus Pasta 1c Tossed Salad w/ Tomato & Drs Italian Bread 1/2c Applesauce	7 Pot Roast 1/2c Whipped Potatoes w/ Gravy 1/2c Carrots Wheat Bread 1/2c Sliced Pears	8 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c Mixed Greens) 1c Barley Vegetable Soup w/ Crk WG Dinner Roll	9 Pulled Pork Sandwich 1/2c Hawaiian Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie
12 Sweet Sausage Minestrone (Peppers, Onions, Zucchini, Tomatoes) Over 3/4c Bowties 1c Tossed Salad w/ Cucumber & Drs WG Dinner Roll Fresh Watermelon	13 Roasted Pork w/ Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	14 Baked Meatloaf w/ Gravy 1/2c Baked Potato w/ Margarine 1/2c Wax Beans Wheat Bread Cookie	15 Tuna Salad Sandwich w/ Lettuce & Tomato 1c Lentil Soup w/ Crackers Sandwich Roll Fresh Orange	16 Baked Breaded Chicken Cutlet 1/2c Scalloped Potatoes 1/2c Tomato & Cucumber Salad White Bread 1/2c Fruited Gelatin
19 Baked Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Beets Wheat Bread Cookie	20 Spaghetti & Meatballs (4) w/ Marinara 3/4c. Pasta w/ Sauce 1c Tossed Salad w/ Dressing Italian Bread 1/2c Pineapple	21 Warm Roast Beef Sandwich w/ Mozzarella 1/2c Roasted Parmesan Redskins 1/2c Carrots Sandwich Roll Fresh Banana	22 Chicken Scallopini 1/2c Blended Rice 1/2c Brussel Sprouts Wheat Bread 1/2c Applesauce	23 Turkey Chef Salad (turkey,cheddar,egg) 1c Tossed Salad w/ Cucumber 1c Creamy Cauliflower Soup WG Dinner Roll 1/2c Mixed Fruit
26 Maple Dijon Salmon 1/2c Garlic Buttered Orzo 1/2c Peas Wheat Bread 1/2c Pineapple & Cherries	27 Kielbasa 2 Tbsp Sauerkraut 1/2c Whipped Potatoes 1/2c Green Beans 2 WW Bread Gelatin	28 Fiesta Chicken Salad (fajita chicken, cheddar,salsa,sour cream) 1c Mixed Greens w/ Tortilla Strips 1c Tortilla Soup w/ Crackers WG Dinner Roll Fresh Fruit	29 Roasted Sliced Turkey 1/2c Mashed Potatoes w/ Gravy 1/2c Mixed Vegetables Wheat Bread Cookie	30 BBQ Riblette 1c Summer Potato & Corn Chowder w/ Crackers Cornbread Square Fresh Fruit



pennsylvania

Medicare Education and Decision Insight

PA State Health Insurance Assistance Program (SHIP) currently named APPRISE, will be renamed to **Pennsylvania Medicare Education and Decision Insight (PA MEDI)**

- ☐ Same program
- ☐ Same services
- ☐ For Pennsylvania's Medicare beneficiaries, now a new name.

PA MEDI provides free, unbiased insurance counseling to people on Medicare.

PA MEDI counselors provide Medicare options and can assist in comparing plans.

Contact Mindy at the Jefferson County Area Agency on Aging 814-849-3096



Consider lending a hand for the Fair!

Volunteers are needed for the Jefferson County Fair - July 17-25. It takes many hands to have a successful Fair. Susie Alexander is seeking individual to help in the General Exhibit Building which has the sewing - cooking - art work and crafts. Due to death and illness among the volunteers from two years ago we are in great need.

Duties include helping exhibitors make their entries, cutting strings for tags, assisting the judges find the exhibits to judge, placing ribbons on exhibits, counting ribbons, serving as a building monitor, etc.

Some volunteers are there all week and others only for a few hours. We work to fit your schedule. We have lots of fun and food, plus you can see all the other activities at the fair!

If you would prefer to volunteer in an area with animals, I can put you in contact with those folks.

Please contact Susie Alexander if you want to volunteer.

Phone 814-849-3292 or email susanalexander1973@gmail.com

Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days. July 2nd, 4th and 5th





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

We are open for dine in and take out for lunch! Open Monday-Friday 8:00am-1:00pm.

Please call by 1pm the day before to reserve your lunch.

BINGO – Mondays and Fridays 9:00am-11:00am

WOOD CARVING GROUP – Mondays

SCRABBLE – Wednesdays at 10:00am

CHAIR YOGA Continues every Tuesday and Thursday July 13th-July 29th. 10:30am-11:30am. No need to reserve a space. Jen Good will be taking the month of August off from teaching.

Card Groups are starting up again! Call Molly to get on the schedule for your group at 814-849-3096.

July 9th – Sugar Cookie Day! Decorate a sugar cookie (or two)! 11:30am



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

Hours of Operation Monday thru Friday 8-1

Farmer Market Vouchers still available!

Activities for all to join in: Yoga, Bingo, Pool, Puzzles, Library AND Lots of socialization...Coffee Pot is always on!

Lunch is available every weekday for dine-in or take-out, call the day before by 1:00 to reserve yours. Suggested donation \$2.50.

Closed for 4th of July Holiday on July 2nd and July 5th we will reopen on July 6th

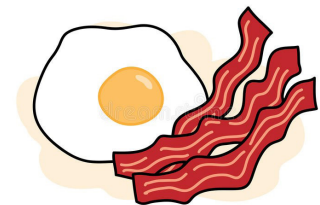
July 13th: Bacon & Egg Breakfast 7:30-9:30, suggested donation 2.50

July 15th: Grocery Bingo! Christmas in July is the theme!

Starts at 6pm. Please provide your own drinks and snacks.

Cake will be served at intermission.

\$3.00 per packet...don't forget your dauber.



July 30th: July Birthday Celebration! Cake and ice cream will be served after lunch

Still looking for volunteers to be in charge of Music Night!



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

The Foundry is open for lunch

Monday-Friday 9-2.

Lunch is served at noon.

Mondays - Jam Session 1pm until 3 pm

Thursdays – Bingo 9:30am-11:30am. Snacks and coffee provided!

Farmer Market Vouchers are still available!



Pictured: Ethel Baughman celebrated her 95th birthday at the Foundry on June 16th. There was a party after lunch to celebrate with our Foundry Friends. Everyone enjoyed this happy occasion!

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

Hours of operation Monday thru Friday 8:30 to 1:30.

Activities available cards, games, movies, video exercise, lending book library, current magazines.

Hot beverages and bottled water on hand.

Take out lunches daily at 11:30; dine in daily at noon – please reserve your meal a day in advance

Cards, jigsaw puzzles, coloring, checkers, games available

Friday July 9 is National Sugar Cookie Day – we will be decorating sugar cookies from 10 to 11. Please sign up

Friday July 16 – 10 am – Darla Kahle/DuBois Continuum will present a program about desserts.

Wednesday July 21 is National Hot Dog Day – we will enjoy hotdogs, coleslaw or macaroni salad from Franks Star Lunch

Friday July 23 – July birthday celebration – cupcakes to all in attendance and take outs

Friday July 30 – ice cream treat day to all in attendance and take outs

PDA Reminds Medicare Beneficiaries to Take Advantage of Their Preventive Benefits



PDA encourages Medicare beneficiaries to make the most of their preventive benefits that could help them save money and live healthier lives through preventive care.

Beneficiaries who have Medicare Part A and B and limited income and resources may qualify to have a Medicare Savings Program pay a portion of their premium each month. Those with Medicare Part D and who have limited finances and resources may qualify for Extra Help, which lowers the cost of coverage and prescriptions.

Older adults enrolled in original Medicare or a Medicare Advantage Plan may benefit from preventive services that may be free or at a low cost under certain guidelines. These preventive services are:

- **Screenings**
- **Wellness**
- **Counseling**
- **Shots**
- **Nutrition**


This project was supported, in part by grant number 20019PM5H-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Paid for with Pennsylvania taxpayer dollars.

Medicare beneficiaries with questions or wanting to learn more information can call the PA MEDI Helpline at 1-800-783-7067.



Name: Amy Wilson

Job title: HR Coordinator / Fiscal Assistant

Location: Main Office

How long have you worked for JCAAA: 6 1/2 years

Education and School Where Attended: Penn State University, Associates in Labor & Human Services

Certifications: Human Resource Management

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

I assist employee's with a variety of issues they may have pertaining to their employment, each day can be a little different. In the Fiscal department I am responsible for paying the bills, the billing for our OPTIONS providers and sending bills out for services. In both departments I have to work closely with other Management to help ensure that the Agency continues to runs smoothly.

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

Everyday is rewarding when I can help an employee to have a better working experience with the Agency. I also enjoyed the time I spending helping with the PA MEDI Program and helping seniors with their health insurance needs.

Please tell me about your proudest moment since you joined JCAAA: The last few years I have helped with the Agency Senior Picnic. This is such a great event for the seniors in our county and we know how much they love to attend and socialize with their friends. Being apart of this large event and knowing how much everyone enjoys makes me proud to be a part of it.

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

I recently got married in February to my husband Jason. We have a 9- and 13-year-old daughters. In March we adopted a larger puppy Hercules to join our family.

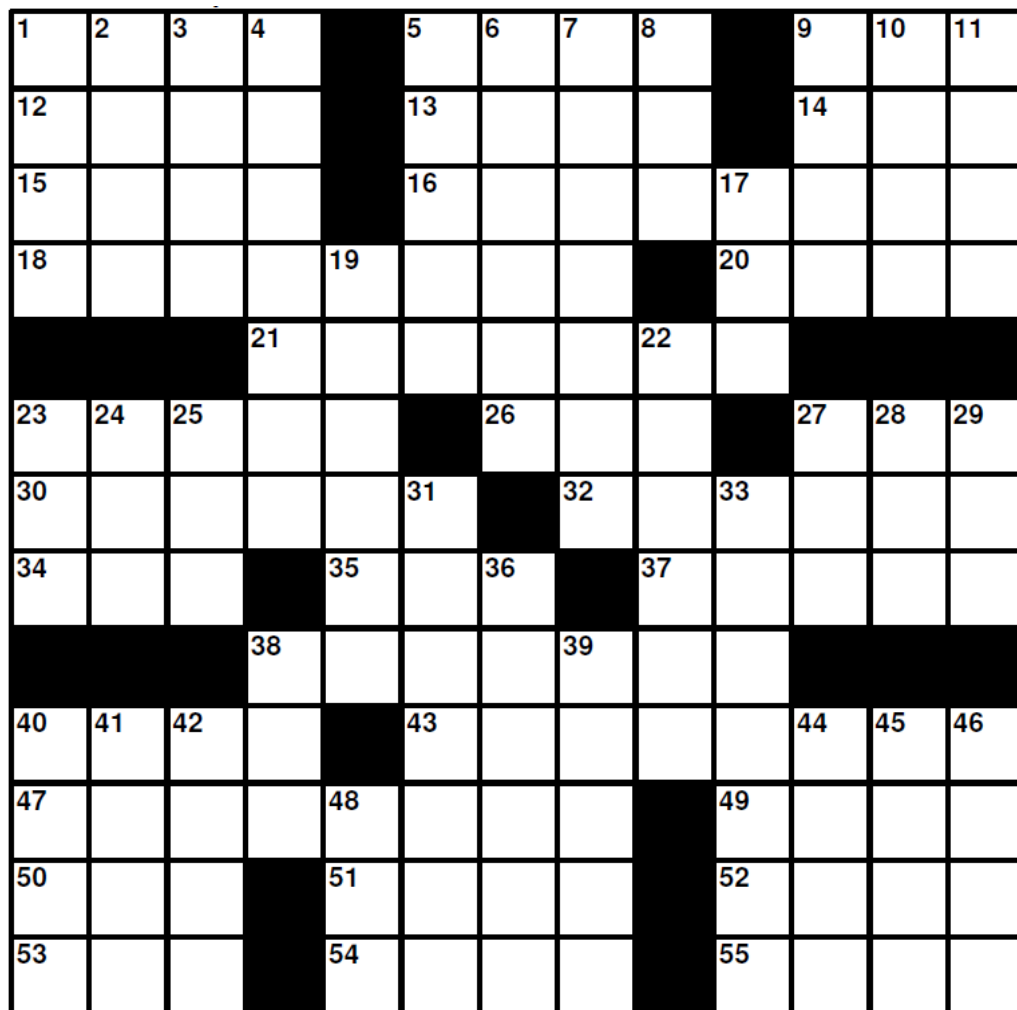
What do you do when you're not at work?

Outside of work, my family and I like to travel and go to new places. During the summer we are traveling to different dirt bike races and hiking to watch. We also just got into camping and that is something we are all enjoying. Between traveling, I enjoy spending time with my friends and family as well as reading when I am able.



A	L	S	O		O	M	E	N		P	R	O
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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. Remote
2. Folk knowledge
3. Takes legal action
4. Formal speech
5. Open to view
6. Brawls
7. Ceaseless
8. Yuletide drink
9. Window part
10. ____ pudding
11. Bullring cheers
17. Top card
19. Prompt (2 wds.)
22. Stockholm's country
23. ____ a boy!
24. Poor mark
25. Co. abbr.
27. UN member
28. Director ____ Brooks
29. Museum offering
31. Soup cracker
33. Tranquilized
36. Wobble
38. Twosome
39. Tantalize
40. Chef's measures (abbr.)
41. Miami team
42. Exclusively
44. Contribute
45. Adam's garden
46. Landlord's income
48. Line

ACROSS

1. As well
5. Future sign
9. Master
12. Quartet count
13. Presidential "no"
14. Be unwell
15. Region
16. Refinement
18. Renovator
20. Mediocre grades
21. Strong
23. Dolt
26. Cut wood
27. ____ Thurman of "Paycheck"
30. Court game
32. Inferior
34. 1/60th of a minute (abbr.)
35. Small rug
37. Distributed cards
38. Removed
40. Commandment start
43. Adolescent
47. Spanish miss
49. Ocean current
50. Friend
51. Change for a five
52. Divisible by two
53. Pig's home
54. "The Way We ____"
55. Fender nick