



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!

FREE Community Workshop Presentation:

Get Ready for Medicare: The Basics for People Who are Joining Already Enrolled

Jefferson County Area Agency on Aging Medicare Education and Decision Insight Program

September 8 th	6:00pm-7:00pm	Brookville Heritage House
September 16 th	10:00am-11:00am	Punxy Area Senior Center
September 17 th	11:00am-12:00pm	Reynoldsville Foundry Senior Center
September 22 nd	11:00am-12:00pm	Brockway Depot Senior Center

Call Mindy at 814-849-3096 Ext 232 to sign up

What is Medicare Education and Decision Insight (PA-MEDI)

Medicare Education and Decision Insight (PA MEDI) is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare. PA MEDI counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

You will have a better understanding of:

- Medicare
- Part A, B and C
- An Advantage Plan
- Savings programs
- How to avoid penalties
- And much more

Pennsylvania 211: Get Connected. Get Help.™

If you need to connect with resources in your community, but don't know where to look, PA 211 is a great place to start. From help with a utilities bill, to housing assistance, after-school programs for kids, and more, you can **dial 211** or text your zip code to 898-211 to talk with a resource specialist for free. Our specialists will listen to your needs and give you information on programs in your community that might be able to help.



What is 211?

211 is the most comprehensive source of locally curated social services information in the US. 211 allows all residents of Pennsylvania to have access to customized health, housing and human services information in one place 24 hours a day, 7 days a week. 211 is a one-stop resource to find information about community services; no more guessing or unnecessary calls. Language services are available in more than 170 languages and dialects. Every hour of every day, someone searches for services, from substance abuse treatment to care for a child or an aging parent. 211's specially trained Call Specialists can assist by answering your questions and connecting you to thousands of health and human services programs in your community.

We are the boots on the ground, the local experts who make finding help easier. Our teams of compassionate, highly trained specialists are available 24/7 to help you access the best local resources and services to address almost any need. 211 is committed to being the most essential resource for anyone who needs help. We help thousands of people overcome barriers and address challenges every day.

211 conversations are confidential, can be made anonymously, and callers can request translations services for 180 languages. 211 is available to anyone regardless of race, color, religion, language, sex (including pregnancy and gender identity), national origin, immigration status, political affiliation, sexual orientation, marital status, disability, genetic information, age, membership in an employee organization, parental status, military service, or other factor.



The Jefferson County Area Agency on Aging regrets to inform you that the 2021 Senior Picnic scheduled for September 15th has been cancelled. We know how much you look forward to this event but ensuring the health and safety of our staff, volunteers, and older adults has to remain our number one priority.

Our senior centers remain open with meals and activities for you to enjoy.

Talking With Your Doctor

Make the Most of Your Appointment

Patients and health care providers share a very personal relationship. Doctors need to know a lot about you, your family, and your lifestyle to give you the best medical care. And you need to speak up and share your concerns and questions. Clear and honest communication between you and your physician can help you both make smart choices about your health.

Begin with some preparation. Before your health exam, make a list of any concerns and questions you have. Bring this list to your appointment, so you won't forget anything.

Do you have a new symptom? Have you noticed side effects from your medicines? Do you want to know the meaning of a certain word? Don't wait for the doctor to bring up a certain topic, because he or she may not know what's important to you. Speak up with your concerns.

"There's no such thing as a dumb question in the doctor's office," says Dr. Matthew Memoli, an infectious disease doctor at NIH. "I try very hard to make my patients feel comfortable so that they feel comfortable asking questions, no matter how dumb they think the question is."

Even if the topic seems sensitive or embarrassing, it's best to be honest and upfront with your health care provider. You may feel uncomfortable talking about sexual problems, memory loss, or bowel issues, but these are all important to your health. It's better to be thorough and share a lot of information than to be quiet or shy about what you're thinking or feeling. Remember, your doctor is used to talking about all kinds of personal matters.

Consider taking along a family member or friend when you visit the doctor. Your companion can help if there are language or cultural differences between you and your doctor. If you feel unsure about a topic, the other person can help you describe your feelings or ask questions on your behalf. It also helps

to have someone else's perspective. Your friend may think of questions or raise concerns that you hadn't considered.

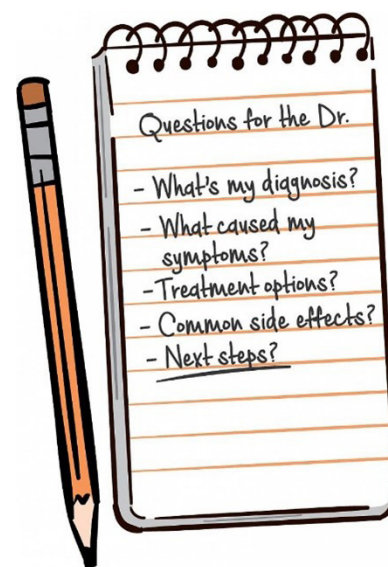
Many people search online for health information. They use Web-based tools to research symptoms and learn about different illnesses. But you can't diagnose your own condition or someone else's based on a Web search.

"As a physician, I personally have no problem with people looking on the Web for information, but they should use that information not as a way to self-diagnose or make decisions, but as a way to plan their visit with the doctor," says Memoli. Ask your doctor to recommend specific websites or resources, so you know you're getting your facts from a trusted source. Federal agencies are among the most reliable sources of online health information.

Many health care providers now use electronic health records. Ask your doctor how to access your records, so you can keep track of test results, diagnoses, treatment plans, and medicines. These records can also help you prepare for your next appointment.

After your appointment, if you're uncertain about any instructions or have other questions, call or email your health care provider. Don't wait until your next visit to make sure you understand your diagnosis, treatment plan, or anything else that might affect your health.

Your body is complicated and there's a lot to consider, so make sure you do everything you can to get the most out of your medical visits.



Funky Fingertips?

What Nails Say About Your Health



Clues about your health could be right at your fingertips. Take a look at your nails. They could give insight about possible health concerns.

Many nail changes are normal and nothing to worry about. But sometimes changes in the way your nails look and grow can be a sign of disease. Nails are actually specialized skin cells. They're made of keratin, a protein also found in your hair and skin.

"Nails aren't just for appearances," explains New York University's Dr. Mayumi Ito, who studies how skin cells regenerate. Your nails protect the ends of your fingers and toes. They also help you grip objects and pick off small things. It would be harder to turn the pages of a book or pick up a thread without fingernails.

The part of the nail you can see is called the nail plate. Nails grow from a region at the base of the nail under the skin called the nail matrix. Here, new nail cells are made and packed together. Older nail cells are then pushed to the surface of the fingertip. Ito was the first to identify the **stem cells** in the nail matrix that cause nails to grow.

Certain things can affect nail growth. A serious illness or fever can halt the process. The interruption can cause indentations that run

horizontally across nails. These are called Beau's lines. They can also result from injury to the nail, some vitamin deficiencies, and chemotherapy.

Tiny pits in the nail can also be a sign of disease. It's common among people who have psoriasis. Psoriasis is an **autoimmune disease** that causes red, scaly patches of skin. Nail pitting is also linked to an autoimmune condition that causes hair loss, called alopecia areata.

If your nails start to scoop inward like a spoon, you may not be getting enough iron. Spoon-shaped nails, or koilonychia, can be a sign of iron-deficiency anemia. Because of a lack of iron, your body can't make enough of the molecule that red blood cells need to carry oxygen.

Nail clubbing, where the nail tips enlarge and curve around the tip, is another nail problem. It could be a harmless trait that runs in your family. But it's also linked to lung and heart problems.

Changes in nail color are common. Yellow nails are often caused by nail fungus. In some cases, they can point to something more serious like lung disease.



If you notice your nails have become mostly white, it may just be a sign of aging. But sometimes it's due to serious conditions like liver and kidney disease or diabetes.

Dark streaks running down the length of the nail that appear suddenly should be checked to rule out skin cancer. Certain infections, especially of the heart, can cause red streaks to appear under the nails.

Talk with your health care provider if your nails start to look abnormal. Your doctor may send you to see a dermatologist. This type of doctor specializes in diseases that affect the skin and nails.



Jefferson County
Senior Center Menu

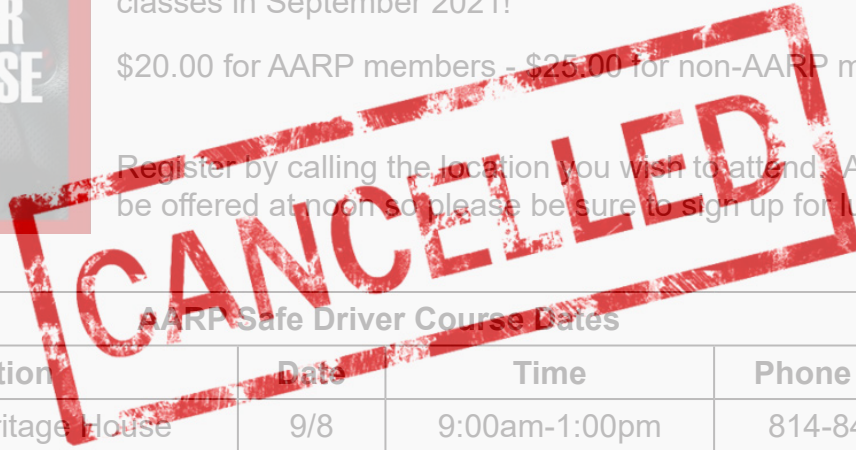
Monday	Tuesday	Wednesday	Thursday	Friday
menu subject to change	 RESERVATIONS REQUIRED 24 HOUR NOTICE CALL CENTER YOU WISH TO DINE AT	1 Baked Meatloaf w/ Gravy 1/2c Baked Potato w/ Margarine 1/2c Wax Beans Wheat Bread Cookie	2 Tuna Salad Sandwich w/ Lettuce & Tomato 1c Lentil Soup w/ Crackers Sandwich Roll Fresh Orange	3 Baked Breaded Chicken Cutlet 1/2c Scalloped Potatoes 1/2c Tomato & Cucumber Salad White Bread 1/2c Fruited Gelatin
6  HAPPY LABOR DAY	7 Spaghetti & Meatballs (4) w/ Marinara 3/4c. Pasta w/ Sauce 1c Tossed Salad w/ Dressing Italian Bread 1/2c Pineapple	8 Warm Roast Beef Sandwich w/ Mozzarella 1/2c Roasted Parmesan Redskins 1/2c Carrots Sandwich Roll	9 Chicken Scallopini 1/2c Blended Rice 1/2c Brussel Sprouts Wheat Bread 1/2c Applesauce	10 Turkey Chef Salad (turkey,cheddar,egg) 1c Tossed Salad w/ Cucumber 1c Creamy Cauliflower Soup WG Dinner Roll
13 Maple Dijon Salmon 1/2c Garlic Buttered Orzo 1/2c Peas Wheat Bread 1/2c Pineapple & Cherries	14 Kielbasa 2 Tbsp Sauerkraut 1/2c Whipped Potatoes 1/2c Green Beans 2 WW Bread Gelatin	15 Fiesta Chicken Salad (fajita, chicken, cheddar Salsa, sour cream) 1c Mixed Greens w/ Tortilla Strips 1c Tortilla Soup w/crks WG Dinner Roll Fresh Fruit	16 Roasted Sliced Turkey 1/2c Mashed Potatoes w/ Gravy 1/2c Mixed Vegetables Wheat Bread Cookie	17 BBQ Riblette 1c Summer Potato & Corn Chowder w/ Crackers Cornbread Square Fresh Fruit
20 Beef Burgundy 1/2c Bowtie Noodles 1/2c Coin Carrots Wheat Bread Fresh Orange	21 Chili Cheese Hot Dog (2oz Chili, .5oz Cheddar) 1/2c Baked Potato 1/2c Green Beans Hot Dog Roll 1/2c Cinnamon Applesauce	22 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	23 Orange Glazed Pork Loin 1/2c Blended Rice 1/2c California Blend Wheat Bread 1/2c Pineapple Tidbits	24 Vegetable Lasagna 1oz Shredded Mozzarella 1c Tossed Salad w/ HB Egg Italian Bread 1/2c Warm Peach Crisp
27 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Cream Corn Wheat Bread 1/2c Raspberry Sherbet	28 Brunch Lunch Western Omelet w/ Ham, Cheese, Peppers, Onions 1/2c Breakfast Potatoes WG English Muffin w/ Jelly 4oz Orange Juice	29 BBQ Glazed Turkey Burger w/ Cheddar 1c Creamy Broccoli Soup w/ Crackers Sandwich Roll Fresh Fruit	30 FREE SPECIAL MEAL! Stuffed Chicken Breast Mashed Potatoes w/ gravy Vegetable Dinner Roll Dessert	**You must sign up by 9/23 for the special meal**

"Cancelled"**Jefferson County Area Agency on Aging**

Senior Centers will host Smart Driver Safety Course REFRESHER classes in September 2021!

\$20.00 for AARP members - \$25.00 for non-AARP members

Register by calling the location you wish to attend. A short break will be offered at noon so please be sure to sign up for lunch that day.

**AARP Safe Driver Course Dates**

Location	Date	Time	Phone Number
Brookville Heritage House	9/8	9:00am-1:00pm	814-849-3391
Brockwayville Depot	9/14	9:00am-1:00pm	814-265-1719
Reynoldsville Foundry	9/22	9:00am-1:00pm	814-653-2522
Punxy Area Center	9/29	9:00am-1:00pm	814-938-8376

ROAD SCHOLAR

Formerly Elderhostel, Road Scholar has been a not-for-profit leader in educational travel since 1975. Choose among 5,500 educational adventures in all 50 states and 150 countries. Alongside local and renowned experts, experience in-depth and behind-the-scenes learning opportunities, from cultural and study cruises to walking, biking, and more. Programs include meals, lectures, field trips, gratuities, a travel assistance plan, and accommodations.

Those Eligible:

Adults 50 years of age or older.

Contact:

Road Scholar
11 Avenue de Lafayette
Boston, MA 02111-1746
800-454-5768,
weekdays from 8:00 a.m. 9:00 p.m.
Online chat hours are 10 a.m. - 7 p.m. ET
www.roadscholar.org



Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days. September 6th





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 9-noon

SCRABBLE – Wednesdays at 10:00am

HEALTHY STEPS IN MOTION – Every Monday and Wednesday from 10:00-11:30.

CHAIR YOGA – Every Tuesday and Thursday 10:30am-11:30am

9/7 Ice Cream Social starts at 12:15pm

9/8 FREE MEDICARE PRESENTATION 6:00pm-7:00pm. The basics for people who are joining or

Brookville Heritage House Center

Address: 4 Sylvania Street,
Brookville, PA 15825

Coordinator: Tammy Miller

Phone: 814-849-3391

Email: heritage@jcaaa.org

already enrolled with Medicare. Call Mindy at 814-849-3096 x232 to sign-up

9/9 Community Action RSVP Luncheon at the Brockway Depot. Volunteers should have received invite from Cheryl Shellhammer.

9/21 ArtsPath Felt Purse Making Workshop. You will learn how to work with felt and make your own purse. 15 classes total between September-November. Still spots available!!



Hours of Operation Monday thru Friday 8-1. Lunch available everyday for dine-in or take out. Call the day before by 1:00pm to reserve your meal. Suggested donation is \$2.50.

Healthy Steps In Motion every Monday and Thursday at 10:00AM.

Nickel Bingo (Please note new time): Tuesdays at 10:00AM-11:15AM

Chair Yoga: Every Wednesday at 11:00 AM

Activities available everyday: Pool, Puzzles, Library plus awesome socialization !!!

9/6 Center Closed for Labor Day

9/9 Center Closed for Community Action RSVP Luncheon

9/11 Bus trip to Seneca Alleghany Casino. Still openings! Call for more info or to sign up.

Brockwayville Depot Center

Address: 425 Alexander Street
Brockway, PA 15824

Coordinator: Cheryl Moore

Phone: 814-265-1719

Email: depot@jcaaa.org

9/14 Bacon & Egg Breakfast 7:30am-9:30am

9/14 AARP Driver Refresher Course 9:00am-1:00pm. Call for more info

9/16 Grocery Bingo at 6:00pm

9/22 Questions about Medicare? Be her for answers from 11:00am-noon. Prizes drawn for those in attendance.

9/27 DuBois Village will be here with dessert after lunch!



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

Healthy Steps in Motion every Monday, Wednesday, and Friday 10:30am-11:30am.

Jam Session every Monday 1:00-pm-3:00pm

September 3rd MUSIC NIGHT with Buckshot. Event is FREE to attend. Soda and Food available for purchase. 6:00pm-9:00pm.

September 17th Medicare Presentation 11:00am-12:00pm

September 21st ArtsPath Program begins

Please join us!

Pictured: Healthy Steps in Motion Group!



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.

Lunch available daily: take out – 11:30; dine in – noon. Please call 938-8376 the day before by 1:30 to reserve your meal. Above activities available to current and prospective consumers. Intake forms available at Center.

Penny Bingo – Every Monday and Wednesday 9:30am-11:00am

9/9 Community Action RSVP Luncheon at the Brockway Depot. Volunteers should have received invite from Cheryl Shellhammer.

9/10 Movie and Popcorn Day at 10:00am

9/16 Medicare Presentation from 10:00am-11:00am

9/17 Ice Cream Social at 12:15 sponsored by Aetna Medicare

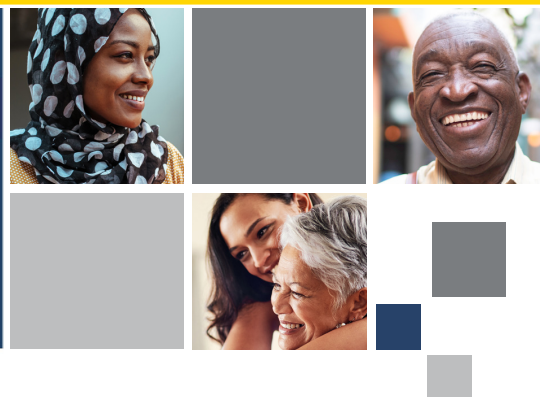
9/24 September Birthday Celebration after lunch

9/30 Hot Mulled Cider Day

Pictured: Punxy Center folks enjoy tour of the Weather Discovery Museum.



7 Questions (and Answers) About COVID-19 Variants



What is a virus variant?

A virus variant is a different version of a virus. Most viruses mutate or change as they replicate (make copies of themselves), and this leads to variants. Small differences in SARS-CoV-2 variants have been identified and studied since the beginning of the COVID-19 pandemic.

Virus variants can be passed from one person to another. One way to help stop new SARS-CoV-2 variants is to get vaccinated. Being vaccinated helps prevent any versions of the virus from spreading and replicating more.

Should I be worried that new variants seem to be found every day?

No. It is normal for a virus like SARS-CoV-2, which causes COVID-19, to evolve into new variants. Doctors and scientists expect to see new virus variants, because viruses are always changing. For example, seasonal influenza (flu) vaccines are updated from one season to the next to protect against the newest variants of influenza viruses. Just as it's important to get a flu shot, getting a COVID-19 vaccine is still the best protection against infection and illness from SARS-CoV-2.

Why is it important to keep track of SARS-CoV-2 variants?

Scientists follow SARS-CoV-2 variants closely because they may:

- Spread more easily between people
- Be more resistant to COVID-19 tests, treatments, or vaccines
- Make people sicker

Scientists are watching many different SARS-CoV-2 variants, including well-known variants like Delta and Gamma. This research expands as new variants are found.

Do the current vaccines work against variants?

So far, studies suggest that the current vaccines protect you from getting seriously ill from the virus variants that are currently spreading. However, that could change as the viruses change. Scientists keep studying variants to make sure people stay protected.

COVID-19 vaccines are the best option to protect you from serious illness and from spreading the virus to others, whether or not you've already had COVID-19. The more the virus spreads, the more chances it has to change.

What can I do to stay safe from COVID-19 variants?

First, and most important, get a COVID-19 vaccine as soon as you can, even if you've already had COVID-19. This is the best way to avoid illness and keep the virus from spreading.

In addition, [follow CDC guidelines](#) to prevent the spread of COVID-19.

How do I know if I have a COVID-19 variant?

If you test positive for SARS-CoV-2, you and your doctor may not be able to find out which specific virus variant you have. No matter what version of the virus you have, if you test positive, it is important to take care of yourself, get medical care, and take precautions to avoid spreading the virus to anyone else.

Learn more about COVID-19 prevention and treatment at



National Institutes of Health
Community Engagement Alliance

<https://covid19community.nih.gov/>

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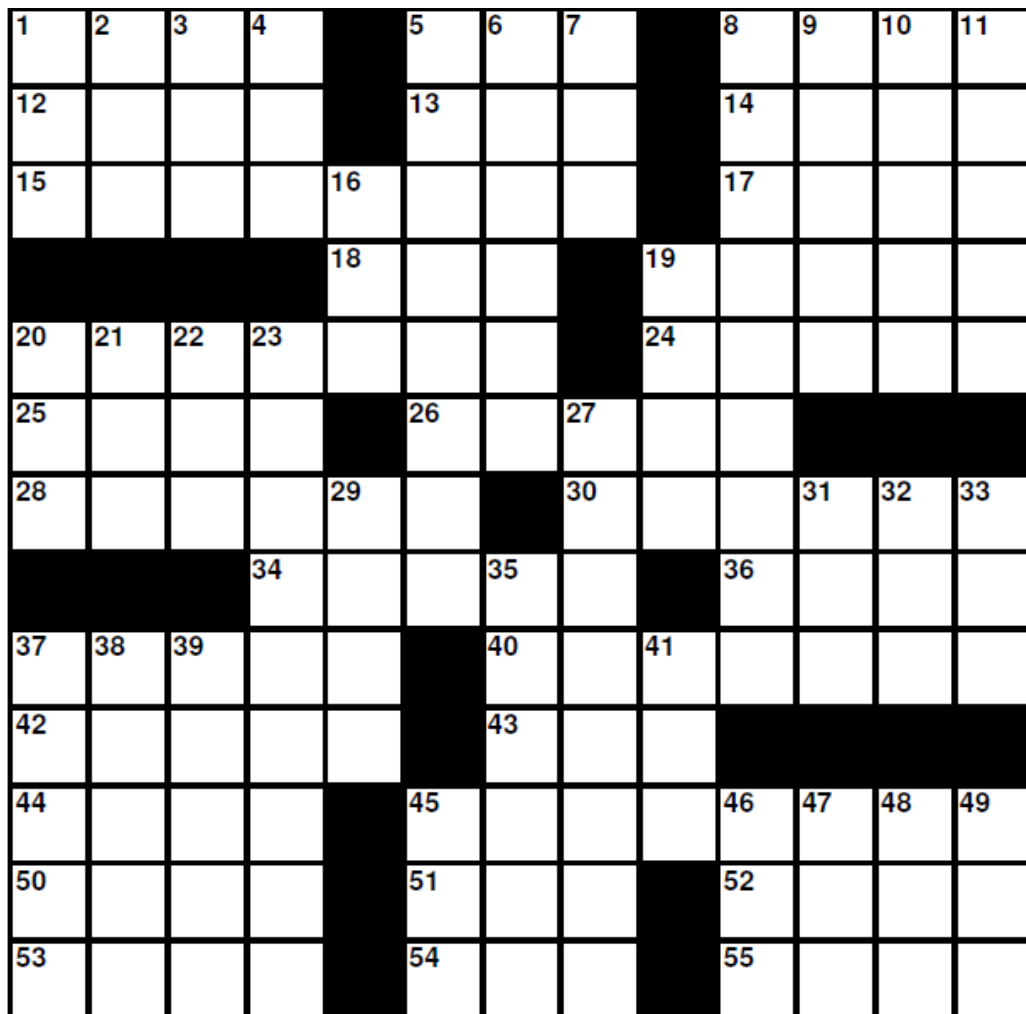
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Seniors - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAA for emergencies 24 hours a day at 1-800-852-8036.

**DOWN**

1. Slugger's need
2. GI's club
3. Knight's title
4. Create lace
5. Blabbermouth
6. Most competent
7. Heat's league (abbr.)
8. Lively
9. Passenger
10. Aquatic plants
11. Plant beginnings
16. Actor ____ McKellen
19. Mete (out)
20. Mar. follower
21. Average mark
22. Tabby, e.g.
23. Destroy completely
27. Chair parts
29. Levin and Gershwin
31. Vane letters
32. Was ahead
33. Southern general
35. Charisma
37. Lady's title
38. Defendant's offering
39. Make merry
41. Freudian term
45. Caviar
46. Filbert, e.g.
47. Fire residue
48. Originally named
49. Strive

ACROSS

1. Bankrupt
5. Summer hue
8. Time periods
12. China's continent
13. Taper off
14. African river
15. Taco ingredient
17. Brink
18. Beerlike brew
19. Deep fear
20. Emphasizes
24. Monstrous giants
25. Juicy fruit
26. " ____ of Two Cities" (2 wds.)
28. Not wholesale
30. Relate again
34. Nighttime vision
36. Got it! (2 wds.)
37. Newswoman ____ Shriver
40. Come before
42. Baldwin and Guinness
43. Wooden fastener
44. Opera star
45. Resounding
50. Aid in crime
51. Certain grain
52. Operator
53. 5,280 feet
54. City railways
55. Those folks