



## 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](http://www.jcaaa.org)

Find us on Facebook: @JeffersonCountyAAA

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

### What is LIHEAP?

The Low-Income Home Energy Assistance

Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- Apply between Oct. 18, 2021 and May 6, 2022.
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

### Statewide Toll-Free Hotline 1-866-857-7095

Apply online at [www.compass.state.pa.us](http://www.compass.state.pa.us)

Applications are also available at your local county assistance office.

The Jefferson County Area Agency on Aging will also have applications and will be able to assist you.

### YOU MUST SCHEDULE AN APPOINTMENT

for assistance at the main office by calling

814-849-3096



To all veterans of all branches: Thank you for your sacrifice, your bravery, and the example you set for us all. In short, thank you for your service!

**Caregiving for a loved one can be a great responsibility.**

**Extra Support and Assistance is available with the Caregiver Support Program offered through the Area Agency on Aging.**

Available services include Reimbursement for ongoing expenses for caregiving-related services or supplies, such as:

- Respite Care
- Consumable Supplies
- Supportive Services
- Supplemental Services
- Home Modifications
- Assistive Devices
- Services specific to grandparents/older relative caregivers (55+)



**For More information on our agency programs:**

**Contact us by phone at: 814-849-3096**

## **Medicare Annual Open Enrollment**

**October 15, 2021 – December 7, 2021**

**The Medicare Annual Open Enrollment Period for 2021 will be from October 15 to December 7.** During this period each year, Medicare beneficiaries can join, switch, or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Jefferson County residents.

Medicare Education and Decision Insight (PA MEDI), a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following events in the community. This counseling is free.

### **Medicare Annual Open Enrollment Events for the Jefferson County Area**

**Please call to schedule an appointment at**

**814-849-3096 and ask for Mindy.**



# United States of America



AIR FORCE  
AMERICA  
ARMED FORCES  
ARMY  
BILL OF RIGHTS  
COAST GUARD  
CONSTITUTION  
COUNTRY  
DEMOCRACY  
FIREWORKS  
FLAG  
FREEDOM  
HISTORY

HOME OF THE FREE  
HONOR  
INDEPENDENCE  
LAND OF THE BRAVE  
LIBERTY BELL  
LINCOLN MEMORIAL  
LOYAL MARINES  
MEMORIAL  
MILITARY  
MOUNT RUSHMORE  
NATION  
NAVY  
PATRIOTIC

PLEDGE OF ALLEGIANCE  
PRIDE  
RED WHITE AND BLUE  
SALUTE  
SOLDIER  
STAR SPANGLED BANNER  
STARS AND STRIPES  
STATUE OF LIBERTY  
UNCLE SAM  
UNITED WE STAND  
VETERANS  
WASHINGTON MONUMENT  
WHITE HOUSE



# November

Jefferson County  
Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Baked Meatloaf w/ Gravy Baked Potato 1/2c Green Beans White Bread 1/2c Sliced Peaches</p>	<p>2</p> <p><u>Election Day</u> Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli &amp; Cauliflower Blend Wheat Bread</p>	<p>3</p> <p>Pineapple Glazed Ham 1/2c Whipped Sweet Potatoes 1/2c Peas &amp; Carrots Wheat Bread Fresh Fruit</p>	<p>4</p> <p>Hawaiian Pork Chop 1/2c Blended Rice Pilaf 1/2c Island Blend Vegetables Strawberry Shortcake</p>	<p>5</p> <p>Chef Salad w/ Ham, Cheddar, Egg, Tomato 1c Mixed Greens 1c Bean Soup w/ Crackers Dinner Roll</p>
<p>8</p> <p>Chicken &amp; Dumplings 1/2c Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c Applesauce</p>	<p>9</p> <p>BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight</p>	<p>10</p> <p>Bacon Bleu Cheeseburger w/ Bacon, Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers Hamburger Roll Fresh Fruit</p>	<p>11</p>	<p>12</p> <p>Hot Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn White Bread Cookie</p>
<p>15</p> <p>Potato Crusted Fish 1/2c Macaroni &amp; Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit</p>	<p>16</p> <p>BBQ Pulled Pork Sandwich 1/2c Creamy Coleslaw 1/2c Baked Beans Sandwich Roll 1/2c Pineapple Tidbits</p>	<p>17</p> <p>Creamy Chicken Divan 1/2c White Rice 1c Tossed Salad Italian Breadstick 1/2c Mandarin Oranges</p>	<p>18</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage &amp; Noodles 1/2c Diced Carrots Wheat Bread 1/2c Blushed Pears</p>	<p>19</p> <p>1c Chili 1oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce</p>
<p>22</p> <p>Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mixed Greens Salad 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries &amp; Topping</p>	<p>23</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie</p>	<p>24</p> <p>Roasted Pork w/ Dijon Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread Fresh Fruit</p>	<p>25</p>	<p>26</p>
<p>29</p> <p>BBQ Chicken Thigh 1/2c Bowtie Pasta 1c Tossed Salad Wheat Bread Fresh Fruit</p>	<p>30</p> <p>Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples</p>		<p>*menu subject to change*</p>	<p><b>RESERVATIONS REQUIRED 24 HOUR NOTICE CALL CENTER YOU WISH TO DINE AT</b></p>





**Name:** Cheryl L. Hannah

**Job title:** Senior Center Coordinator

**Location:** Reynoldsville/ The Foundry

**How long have you worked for JCAAA:** 8 ½ months

**Education and School Where Attended:** Dubois Area High School

Dubois- Business

State Licensed Emergency Medical Technician (25 years and counting)

Licensed Tai-Chi Instructor for 7 + Years

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

Planning activities for the Foundry, Art Class, Dominoes, Bingo, Dances and Lunch planning.

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

I love helping people, connecting with them, talking with them, sharing our daily and weekly routines. I enjoy learning about their lives through the stories they share.

**Please tell me about your proudest moment since you joined JCAAA:** We have an awesome group of people at the Foundry, from the consumers to the volunteers. We are always here for each other and care about one another. They are like a second family!

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

I have been married to my husband Ron for 21 years. We have a son Justin who is in the U.S. Coast Guard. Justin is married to Taylor, who share a son Parker who is 3 years old. Our daughter Madison attends Edinboro University, and we have a dog named Piper.

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

I help out at my church, St. Mary's Catholic Church in Reynoldsville. I teach confirmation classes, help with Bingo, eucharistic minister and lector. I enjoy reading, walking my dog, doing Tai Chi and volunteering with the Reynoldsville Ambulance.



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

### Join us at the Brockway Depot Senior Center in November!

Everyone over age 60 can join the Depot and enjoy many FREE activities!

#### Available Monday-Friday 8am-1pm:

Coffee, Socializing, Pool Table, Jig Saw Puzzles, and a hot Lunch!

Lunch is still available for pick-up or dine-in.

Please call Cheryl to reserve your meal by 1:00pm one day in advance at 814-265-1719.

**Healthy Steps in Motion** every Monday and Thursday at 10:00AM

**Chair Yoga** every Wednesday at 11:00AM

#### November 2nd – Election Day

**November 9th** - Bacon and Eggs Breakfast 7:30-9:30 no reservation needed. Suggested donation \$2.50

**November 12th** – Veterans Day Celebration with the American legion at 11:00AM. Lunch is FREE for Veterans this day.

**November 18th** - Grocery Bingo 6:00-8:30. \$3.00 per pack to play

**November 25-26** – Center closed for Thanksgiving vacation

*Veterans Day Celebration on November 12th.*



*Grocery Bingo please join us on November 18th.*







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

**We've got some fun activities planned for the Heritage House Monday through Friday.** While doing an activity stay and dine with us. We eat at 12 noon-Make sure to reserve your lunch at least 24 hours in advance. We have many fun activities going on right now that will continue throughout the month. I encourage you to stop by and take a peek at the signup sheets for the current events, or you can also give us a call for more information

814-849-3391, or even stop in to say HI and take a look around. We try to keep a variety of things scheduled to keep us all busy, happy, and healthy. We hope you will stop by and see what we are up to here at the Heritage House and Join US!

**Bingo** - Every Monday and Friday 9-11:30 am

**Healthy Steps Exercise** - every Monday Wednesday 10-11:30 am

**Chair Yoga** - Every Tuesday and Thursday 10:30-11:30 am

**Rock Painting** November 10th and 17th 1-2 pm  
 "Turkey Rocks"

**Basic Smart Phone Class** - Friday November 19th at 10:30 am

**Basic Card Making Classes** (dates to be announced)

**Veterans Day Luncheon** - Friday November 12th at 11 am

**Dance with Ray's Final Cut** – we will have food to buy - Friday November 19th 6-9 pm Doors open at 5:30 pm

**Birthday Cupcakes for all November Birthday** - Tuesday November 30th

**\*\*Dates & Times are Subject to Change\*\***

*Picture below is from one of our Tech Classes about iphones/android phones*



*Picture below is from the Fall Get Together September 30th at the Heritage House*



## 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](mailto:punxy@jcaaa.org)

**Monday and Wednesday** – 9:30 to 11 – penny bingo

**Friday November 5** – National Donut Day – donuts and cider available all day

**Wednesday November 10** – Honor Veterans

**Thursday November 11** – Center closed – Veterans Day

**Thursday November 18** – movie and popcorn – 9:30 to 11

**Friday November 19** – Ice cream sundae day after lunch

**Wednesday November 24** – celebrate November birthdays

**Thursday and Friday November 25 and 26** – Center closed – Thanksgiving

**Monday November 29** – Christmas craft 9:30 – 11

**We serve lunch daily at noon;** also offer take outs daily at 11:30 – lunches must be ordered a day in advance

**Cards, jigsaw puzzles, checkers, coloring, word puzzles**  
always available.

**We also have a lending library and a nice assortment of old**  
classic movies on DVD.

*Pictured: Drew Sarvey and the rest of the center celebrated*  
*National M&M Day on 10/13. Everyone got to try 9 different*  
*types of M&M's.*







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

**Bingo** – Every Thursday 9:30am-11:30am

**Dominos** – Every morning!

**Jam Session** – Every Monday afternoon 1:00pm-3:00pm

**October Birthday Celebration and Halloween Party** on 10/29 with treats! Costumes are optional. Come have fun with us at the Foundry!

*Pictures from the Senior Picnic on 9/30!*

Happy 101st Birthday to Ruth Engle! We celebrated with Ruth and her daughter Myrna Haines at the Foundry on October 6th with cake. It's wonderful to celebrate birthdays at the senior center!



## Caregiver Grief Comes in Many Forms

John Schall, CEO, Caregiver Action Network

*Mom has some dementia. We moved her to assisted living just a few months before the whole pandemic thing started. She had just started to show signs of agitation - but whenever I visited her she would calm down. But then, all of a sudden, I couldn't visit and I started to worry - how was she doing? Was she getting worse? After a couple of months I started seeing heartwarming pictures of families seeing loved ones through the window of their nursing home, or standing on the curb as grandparents waved from the porch - and I wanted some of that warm feeling for myself and for mom. So, I arranged a window visit, and it didn't go well. She doesn't understand the virus, quarantine, visiting restrictions, or what the world is currently experiencing. She kept asking why we couldn't touch or get someone to unlock the door. She got more agitated and confused the longer we went on. I kept it light, upbeat and told her I would be back later, but maybe that isn't a good idea. I don't know. I worry.*

Whether your loved one is living in their own home, or a long term care facility, the pandemic has probably changed how and when you interact with them, and you have probably questioned if visiting - and hugging them - is safe for either of you. If you live in another state, you may not be able to travel to see them as frequently or safely as you did before the pandemic. You may even start to feel like you are no longer their caregiver.

Being a family caregiver means not only taking up new duties, it also means taking on a new identity. This role often takes precedence over other relationships - and during the pandemic, if we can no longer be with the person we are caring for, we are left for a time on a threshold between these roles, not fitting into old patterns and not ready for new activities. No matter how much we do as caregivers, it takes effort to feel we did enough, especially when we are trying to balance our complex roles. When we can no longer be with our care recipient, it can leave us feeling sad and with a sense that we're not being good caregivers. Many are left with a sense of unfinished business, have feelings that were not expressed, or are denied forgiveness that was not asked.

Caregiver grief is a lonely business. With conditions such as dementia, it usually begins long before your loved one's death. Depressive feelings of sadness and emptiness, anger, and guilt, are common - and isolating. The challenge lies in looking at our grief as a companion rather than an enemy, a reminder of the preciousness of the relationship. Self-care is critical to managing this grief. When we have no one else to care for but ourselves, it can be difficult to re-establish routines. The discipline of physical exercise, of good nutrition and diet, can begin to take up those spaces that caregiving used to fill, and lay the foundation for what is to come. Caring for oneself with time and patience also helps relieve depression and anxiety, and helps you move beyond loneliness.

Finding new routines during an ever-changing set of restrictions can be especially challenging. If your loved one is living in a long-term care facility, stay in touch with the facility staff. Visitation policies can change at a moment's notice. And if your loved one lives far away, consider different ways to travel and see them. Renting a small RV and living in it while you visit would be one way of maintaining isolation and avoiding exposure to hotels and airports. And sadly, if your loved one is experiencing a health crisis or is approaching end of life, you may want to re-evaluate your approach. Sometimes, the danger of exposure to COVID can feel less important than saying good-bye in person.

After a time, you will be able to look back and discover many gifts in the caregiving journey you undertook, knowing that you gave so much love and good care under the most trying of circumstances. Eventually, we will all move back into life in a new way, wiser and more patient, with a renewed sense of tenacity and appreciation for the human touch.

**About CAN** Caregiver Action Network ([www.CaregiverAction.org](http://www.CaregiverAction.org)) is the nation's leading family caregiver organization working to improve the quality of life for more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from the parents of children with significant health needs, to the families and friends of wounded soldiers; from a



young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease. CAN reaches caregivers on multiple platforms. CAN (the National Family Caregivers Association) is a 501(c)(3) non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

**Celebrated every November, National Family Caregivers Month (NFCM)** is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

The national observance is spearheaded by Caregiver Action Network (CAN), a nonprofit that provides free education, peer support, and resources to family caregivers. CAN announced the 2020 theme, #CaregivingInCrisis, highlighting new realities that family caregivers and their loved ones face during these uncertain times.

During National Family Caregivers Month, we address the new realities family caregivers face with their loved ones during these uncertain times.

Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle Caregiving in Crisis.

Helpful links for more information on caregiving:

[www.caregiveraction.org](http://www.caregiveraction.org)

<https://acl.gov/programs/support-caregivers>

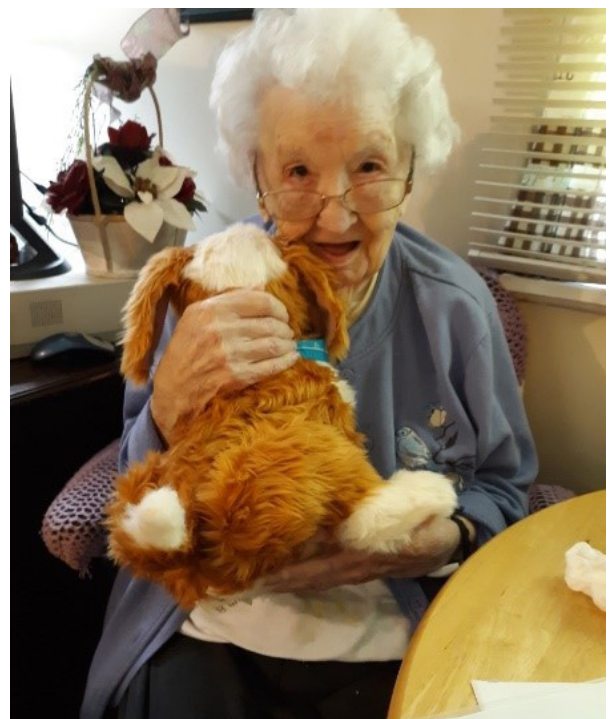
<https://www.kinconnector.org/>



## JOY FOR ALL COMPANION PETS

To help combat social isolation and depression among older adults during the COVID-19 pandemic and beyond, the Jefferson County Area Agency on Aging, in partnership with award-winning robotic pet manufacturer Ageless Innovation and the Pennsylvania LINK Program, is distributing up to 50 robotic Joy for All Companion Pets to those most at-risk for social isolation.

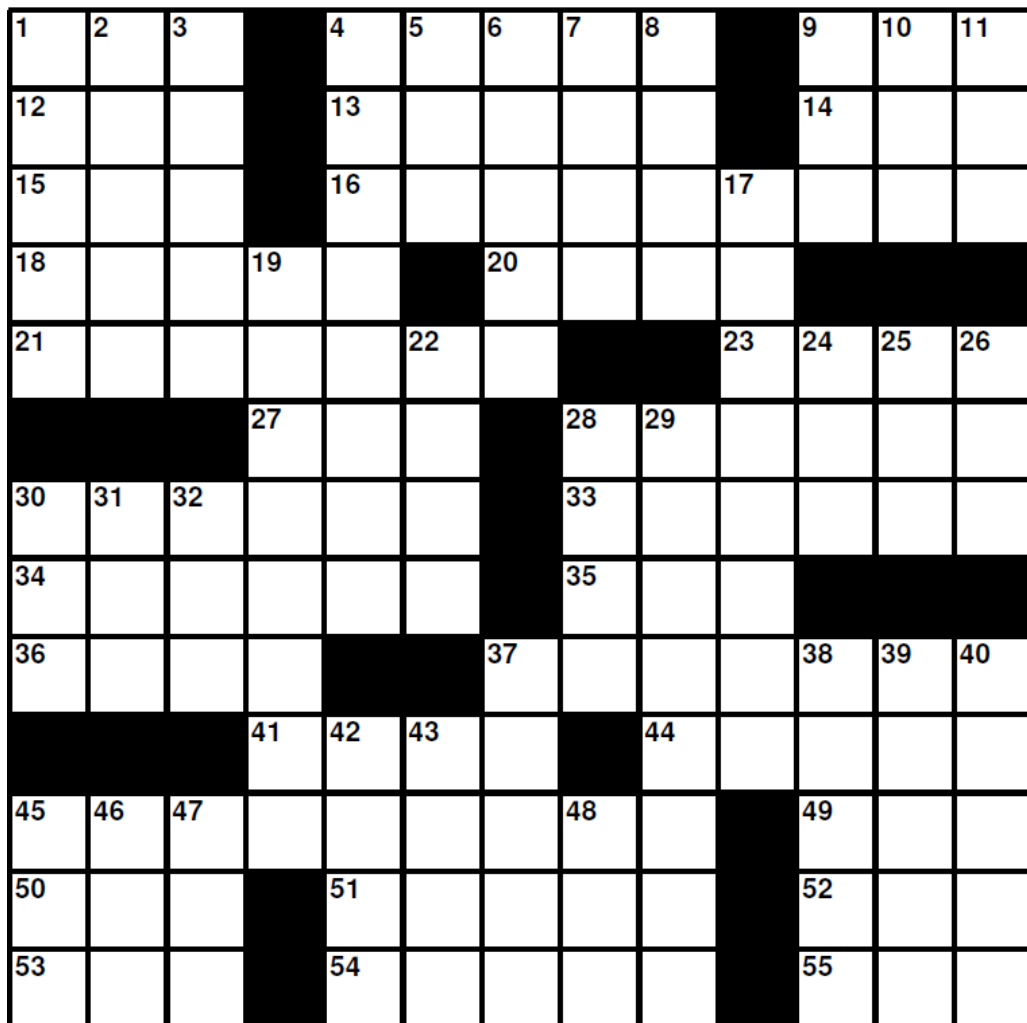
Older adults, or their family members, who are interested in participating in this program are encouraged to contact the JCAAA at 814- 814-3096. A quick six question loneliness scale will be conducted over the telephone. Arrangements will then be made for pick-up of the pet.



**Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days. November 11th, 25th and 26th**



**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. Pond growth
2. Acquire knowledge
3. Aviator
4. Cure-alls
5. Feasted
6. Treaties
7. Chorus voice
8. Singe
9. Biol., e.g.
10. Our star
11. Very tiny
17. Dweller
19. St. Louis's state
22. Corn units
24. Brewed drink
25. Drama division
26. Kickoff device
28. Right away (abbr.)
29. Statue base
30. Metered vehicle
31. Flying hero
32. Memorable time
37. "Aida," for one
38. Uncanny
39. Sudden attacks
40. Sailboat
42. Charity
43. Thailand, formerly
45. Knock sharply
46. Make a mistake
47. Heavens
48. Zilch

**ACROSS**

1. Mont Blanc, e.g.
4. Mamas' mates
9. Wind dir.
12. Island garland
13. Start of a Dickens title (2 wds.)
14. Hint
15. Four qts.
16. Peach variety
18. Perfume
20. Shredded
21. Lures
23. Right away!
27. Neptune's domain
28. Per person
30. \_\_\_\_ Salad
33. Tranquilize
34. Crossword direction
35. Lemon beverage
36. Suitor
37. Can \_\_\_\_ (kitchen devices)
41. Scrape roughly
44. Shoplift
45. Recovering readily
49. \_\_\_\_ Grande
50. Noah's craft
51. Diva \_\_\_\_ Callas
52. Groom's vow (2 wds.)
53. Use a lever
54. Tiny
55. Psychic ability (abbr.)