



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!

Are you 55 or older and taking care of your grandchildren?

Jefferson County Area Agency on Aging has a program to help through the Grandparent Caregiver Support Program



Call us at 814-849-3096

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

- Respite Care / Babysitting
- Summer Camp
- School activities/supplies
- Seasonal Clothing (winter attire, school uniform)
- Infant Food/Formula
- And much more!

The Caregiver retains receipts for supplies and services for the Grandchild(ren) and turns in monthly to the JCAAA Care Manager.

Available reimbursement is based on need of the individual after an in-home assessment.

Dealing With Dizziness

Getting Help for a Balance Disorder

You need your sense of balance to stand, walk, bend down, drive, and more. If it gets disrupted, you may struggle to work, study, or even do simple daily activities. Balance problems also increase the risk of dangerous falls.

"Balance is really your sixth sense," says Dr. David Newman-Toker, a neurologist at Johns Hopkins University. "But we're not usually aware of it, unless it's broken."

Many things can affect your balance. Being hungry or dehydrated may make you feel lightheaded. Some medications can make you feel dizzy. Health problems that affect your inner ear or brain can also throw off your balance. These may include infection, stroke, or a tumor.

Usually, a disruption in balance is temporary. But some things can cause long-term balance problems. So how do you know when to be concerned?

"If your symptoms are severe, or last for a long time, that's an indication to have things checked out," says Dr. Michael Hoa, an ear, nose, and throat specialist at NIH. "Pay attention to things that aren't normal for you."

You may feel like you're moving, spinning, or floating, even if you're sitting or lying still. Or you could feel like you're suddenly tipping over while you're walking. You might have blurred vision or feel confused or disoriented.

Pinpointing the Problem

Tiny organs in your inner ear form the core of your balance system. They communicate with your brain to give you a sense of your body's position.

"But your balance system isn't just your inner ear," Hoa says. "It's input from your eyes. It's your muscles, joints, and spine. It's your vision."

That makes balance disorders tricky to diagnose.

"A change in any part of the system could contribute to changes in your balance," he says. "Sometimes that makes it hard to distinguish one balance disorder from another."

A new balance problem can sometimes signal a medical emergency, like a stroke. So it's important to get symptoms checked out as soon as possible.

"The most important things to tell your health care provider are the timing and triggers for your symptoms," says Newman-Toker. This will help them narrow down the possible cause.

Common Causes of Balance Problems

Identifying what's causing a balance problem can be complicated. Several disorders have similar symptoms.

An infection or inflammation of the inner ear can trigger dizziness and loss of balance. This is called labyrinthitis. Inflammation can also affect the nerve that sends signals about balance to the brain. This is called vestibular neuritis.

The most common cause of dizzy spells is called benign paroxysmal positional vertigo, or BPPV. This occurs when tiny crystals in the inner ear fall out of place. BPPV can cause a brief, intense sense of vertigo triggered by certain changes in the position of your head. The spells last less than a minute.

A less common, but recurrent, cause of balance problems is Ménière's disease. This can cause vertigo, hearing loss, and a ringing or buzzing sensation in the ear. It's not known what causes this condition. But people living with it often have extra fluid in their inner ear.

To determine what's causing your symptoms, your health care provider can do different tests. These include a hearing exam, blood tests, or tests to measure your eye movements. If these tests can't rule out a stroke, you may also need an MRI scan.

Newman-Toker's team is experimenting with goggles that measure eye movements

automatically. They're testing whether the goggles can help doctors in the emergency department make better diagnoses.

Because some balance disorders can look similar, people may not always get the right diagnosis and treatment on the first try, says Newman-Toker. You may need to visit another doctor or try different treatments before you feel better.

Finding What Works

Some balance disorders have straightforward treatments. But others can be tricky. For BPPV, a trained health care provider can perform a series of simple head movements. These move the loose crystals back in place.

Ménière's disease is harder to treat. Lifestyle changes like stopping smoking and eating less salt can sometimes reduce symptoms. New drugs are now being tested to treat Ménière's disease in clinical studies.

Hoa's lab is trying to identify possible causes of Ménière's disease. They're looking at how genes, proteins, and the body's disease defense system (the immune system) may be involved. They suspect that what's currently called Ménière's disease may be several different conditions. Pinpointing the differences may lead to more personalized treatments.

But currently, few effective drugs exist for longterm balance problems, says Dr. Anat Lubetzky, a physical therapist at New York University. "For many people, the solution to a balance problem is balance rehabilitation." Rehabilitation teaches you ways to adapt to dizzy spells. It also focuses on strengthening muscles and preventing falls.

"People with balance disorders can enter a vicious cycle of the fear of falling," Lubetzky says. "They may avoid activity, which can then create muscle and bone problems."

That, in turn, can increase the risk of more falls. "You have to gain your confidence back," she says.

Lubetzky is researching the use of virtual reality, or VR, to better understand and treat balance

disorders. Many people with balance disorders struggle in environments with a lot of sights and sounds. So her lab creates virtual scenes, like subway stations, for rehab sessions. These scenes let people practice walking in small virtual crowds.

As people build their skills, the scenes can get busier and noisier. The team hopes that these programs will help people regain their confidence in busy environments without leaving the safety of the clinic.

Whether it's rehab, medications, or other treatments, it may take time to find something that works for you.

"If things don't go how you've been told to expect them to, be aware that you might actually not have the right diagnosis," Newman-Toker says. You may need to go back to your health care provider or see a specialist.

It may also take time to gain your confidence back. In the meantime, anyone living with a balance disorder—either temporarily or permanently—can also do simple things at home to prevent falls and accidents.

Source: https://newsinhealth.nih.gov/2021/11/ dealing-dizziness



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Jefferson County Senior Center Menu

			· 	
Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples	4 BBQ Pulled Pork Sandwich 1/2c Creamy Coleslaw 1/2c Baked Beans Sandwich Roll 1/2c Pineapple Tidbits	5 Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots Wheat Bread 1/2c Blushed Pears	6 Creamy Chicken Divan 1/2c White Rice 1c Tossed Salad Italian Breadstick 1/2c Mandarin Oranges	7 1c Chili 1oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce
10 Egg Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes Wheat English Muffin w/ Jelly Fresh Fruit	11 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	12 Roasted Pork w/ Dijon Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread Fresh Fruit	13 Spaghetti & Meatballs (4) 3/4c Pasta w/ Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Mixed Fruit Salad	14 Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries & Top
17 Martin Luther King Day Tuna Noodle Casserole (3oz Tuna, 4oz Noodles) 1/2c. Peas & Carrots Wheat Bread 1/2c. Pineapple & Cherries	18 Salisbury Steak w/ Gravy 1/2c Mashed Potatoes 1/2c Coleslaw Wheat Bread 1/2c Sliced Pears	19 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots Dinner Roll Fresh Fruit	20 Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit	21 BBQ Chicken Thigh 1/2c Bowtie Pasta 1c Tossed Salad Wheat Bread Fresh Fruit
24 Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables Mini Biscuit w/ Apple Butter	25 Roast Beef & Dumplings 1/2c Creamy Coleslaw WG Buttermilk Biscuit 1/2c Cinnamon Ap- plesauce	26 Roasted Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Cookie	27 Crab Cake Slider 1/2c Parmesan Noodles 1/2c Bakes Beans Dinner Roll 1/2c Mandarin Oranges	28 Baked Ham Slice w/ Fruit Sauce or Raisins 1/2c Sweet Potatoes 1/2c Coin Carrots Wheat Bread 1/2c Sliced Pears
31 Taco Salad 1/2c Spanish Rice 1/2c Corn & Black Bean Salad Nacho Chips 1/2c Pineapple Delight		*menu subject to change* Supply Chain issues may result in different menu items		RESERVATIONS REQUIRED with 24 Hour Notice. Centers <u>NOT open</u> on weekends to take reservations for Monday.



Name: Tammy Miller

Job title: Senior Center Coordinator

Location: Heritage House

How long have you worked for JCAAA: 6 months

Education, Certifications and School Where Attended: I graduated from Brookville High School in 1994

I have an associates degree in Health Information Technology from DeVry

I have a lot of Direct Sales Experience from years of selling and working on my own-I have sold Avon, Thirty-One, Color Street, and LuLaRoe Clothing. I also do Social Media Marketing part-time.

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

My day starts off with answering any emails and voice mails from the day before and overnight, then I do some office work and some paperwork throughout the day when I have time. As my day goes on, I interact with the seniors, keep things running smoothly, plan activities/do activities, serve lunch, help where I am needed, Home Delivered Meals routes for the four centers (I work on this throughout the week), and so much more-I love it all! Keeping the consumers/seniors happy, healthy, and busy! I wear many hats in this position and that is why I enjoy it so much.

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

I have done some volunteer work in the past and it is an extremely rewarding experience and I love doing it, but my work here at the Heritage House is the best, I love my job. Not many people can say that, and I never thought I would be able to say it. I enjoy everything that I do. Every day is rewarding for me because I am doing something that I love and look forward to each day. I really enjoy helping people and seeing them smile, it makes my heart happy! When you are passionate about something it is not hard to do, and I am very passionate about my job.

One of the Volunteer/Fundraisers that my daughter and I planned was for the Brookville Fire Co. and the Brookville

Police Department. We did a ladies day out and had vendors for shopping, wine tasting, a Chinese auction, and more. We were able to raise approx. \$2400 giving both departments approx..\$1200. Both were very appreciative and put the money to good use. Volunteering just gives you that warm fuzzy feeling and makes you feel so good!

Please tell me about your proudest moment since you joined JCAAA: I have had a lot since starting my work here at the Heritage House. There are many proud moments when you have a job that you enjoy and people that you like working with. I have felt nothing but welcomed since I started this position from the staff and the seniors and that really makes a difference when you are starting something completely new. The support that I have received is amazing and I am very humbled by it all. I am proud to be working for such a wonderful place and with such great people.

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

I am married to my husband Dave, we just celebrated 27 years together, but we have been together over 30 years, he is an electrician at Berry Plastics. We have three kids Abby, Luke, and Troy, three grand kids Ella, Addie, and Eli, and a dog named Fritz. I have lived in Brookville my entire life; I love my little hometown.

What do you do when you are not at work?

I am a crafter and I love to bake. I make crafts of all kinds from crocheting to using my Circut machine to make vinyl color changing cups. I love to bake cookies, cakes, pies, you name it, and I will bake it. I also enjoy spending time with my family when I am not at work.







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

Start your New Year's out right by joining us at The Depot!

Lunch available for dine-in or to-go. Call 24 hours in advance to reserve your meal. \$2.50 donation for meals.

Mondays and Thursdays - Healthy Steps in Motion 10:00-11:30

Wednesdays - Chair Yoga 11:00

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Every Day – Join the guys for a lively game (or 2) of pool! 9:00-11:00

January 11th - Bacon and Egg Breakfast from 7:30-9:30. No reservation needed

January 18th - Birthday Celebration at lunch







This is really hard coming in after all the holiday fun we have had. I am sad that all of the festivities are over, but we are into a new and exciting year, and I know we will make it a great one!

I have lots planned as usual, by now I think you know I like to keep things lively around here and stay busy. I absolutely love what I do, and I enjoy everyday that I get to do it. I want each day to count. Everyone has accepted me so whole heartedly and I am very thankful for that.

We are going to start off with a Game Day, Music Day with Pastor Michael Coats, and give Chuck Huck another try with his Polka Music. We will also be bringing back our rock painting, card making classes, and our basic phone technology classes soon....

Here are a few tentative dates but the rest will have to be announced on our Facebook page and here at the Heritage House as we get them on the calendar, it is hard with the weather and also the regular activities at the Heritage House I don't like to overlap with them.

Game Day – Friday January 7th at 10:30 am Join us for some fun and games with prizes and treats and then join us for lunch that day, just make sure you reserve your lunch the day before, so we have it ready for you.

Card Making Class Friday January 14th at 10:30 am Join us for some card making-just basic cards nothing too fancy-everyone can participate...join us for lunch after-just make sure you reserve.



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

Basic Tech Class on Friday January 21 at 10:30 am Join us for your tech questions and how too's.

Dates for the other events will be announced as soon as we get them planned.

The Heritage House is looking for volunteers for home meal delivery-if interested please contact Tammy at the Heritage House 814-849-3391.

January 7th Games 10:30 am

January 14th Card Making 10:30 am

January 21st Tech Class 10:30 am

Every Monday and Friday Bingo 9 am

Healthy Steps in Motion-similar program with new techniques starts Monday January 10th at 10 am. New exercises to help build your strength, improve your balance as well as increase your flexibility. Come join us for the 8 week program.

Tuesdays Scrabble

Woodcarving Mondays

Chair Yoga starts back up Tuesdays and Thursdays with the first day back being Tuesday January 4th 2022 at 10:30 am

Monday Tai Chi 3 pm

Dates & Times are Subject to Change

Photo: Dulcimers when they played for us on December 8th



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

Mondays and Wednesdays from 9:30 to 11 - penny bingo

Friday Jan 7 – craft from 9:30 to 11 – must sign up

Friday Jan 14 – movie and popcorn – 9:30 – 11

Friday Jan 21 – celebrate January birthdays

Friday Jan 28 - ice cream party 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

We have been quite busy at the Foundry! September through November we had an Art Class taught by Sandy Trimble. Felt purses were made. On November 12th Senator Cris Dush joined us along with the Veteran's Honor Guard to celebrate Veterans Day. The Senator spoke and gave the prayer followed by the 21 gun salute and a delicious lunch. On November 27th we hosted the annual craft show. The Ladies' Quilt Guild made a beautiful quilt that was won by Carol Scull. 15 vendors participated in the craft show with 145 shoppers.

January Activities Include:

Monday, Wednesday, and Friday – Healthy Steps in Motion 10:30-11:30

Mondays – Jam Session 1:00-3:00. Any local musician can join in!

Thursdays – Bingo 9:30am-11:30am

Monday-Friday 9:00am-2:00pm we have coffee and fellowship! Dominoes and cards available every day! Lunch served at noon and take-out is available. Call Cheryl at 814-653-2522



Homemade Creamy

Vegetable Soup

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes Servings: 6

Ingredients

- 2 tablespoons Butter
- 1 tablespoon Olive Oil
- ◊ ½ cup Onions chopped
- ½ cup Celery chopped
- 1 cup Carrots chopped
- 1 tablespoon Garlic minced
- 1 cup Green Beans chopped
- 1 cup Mushrooms sliced
- 1 cup Broccoli
 Florets
- 1 cup Corn Kernels
- 1 teaspoon Thyme dried
- 1 teaspoon Oregano dried
- 3 tablespoons All Purpose Flour
- 4 cups Whole Milk
- Salt and Pepper to taste

Instructions

Heat butter and olive oil in a skillet and add onions, celery and carrots. Cook for a few minutes till the onions soften, making sure not to brown them. Add the garlic, beans, mushrooms, broccoli and corn and sauté for 2-3 minutes. Mix in the thyme and oregano and add the flour.

Add the flour along with thyme and oregano and cook the flour with veggies for a minute and a half. Add the whole milk slowly, while stirring continuously. Keep stirring while you bring this to a boil, and then reduce to a simmer.

Add salt and pepper and let everything simmer for 6-7 minutes or till the soup thickens. Add a little broth or more milk to thin it out if its too thick for you. Serve hot.

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.





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.

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Check for Crossword Puzzle Answers On Page 3 Puzzle# 104 © Boatload Puzzles, LLC

Toys, Toys, and more Toys! Jefferson County senior centers collected toys for the Community Action "Christmas for Kids" program in December. Over 300 games, crafts, and toys were donated to Jefferson County families from our senior centers.





JEFFERSON COUNTY AREA AGENCY ON AGING 186 Main Street, Suite 2 Brookville, PA 15825

ADDRESS SERVICE REQUESTED

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