

JEFFERSON COUNTY AREA AGENCY ON AGING

186 Main St STE 2 * Brookville, PA 15825

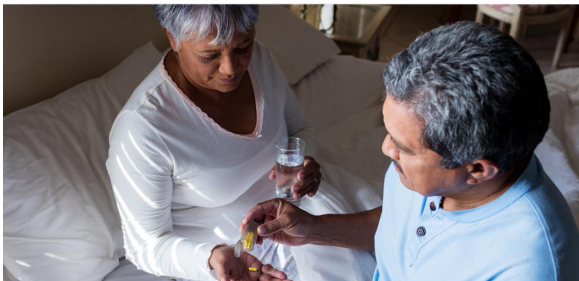
Phone: (814) 849-3096 1-800-852-8036

www.jcaaa.org

Find us on Facebook: @JeffersonCountyAAA

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

Are you or someone you know at risk of losing water service at their home? Help is available for Pennsylvanians who need help with water bills or who may lose water service.



The Low-Income Household Water Assistance Program (LIHWAP) is a new, temporary assistance program created by the American Rescue Plan Act. LIHWAP can help households that are in emergency situations maintain essential water access. Crisis situations include:

Past-due water bills;
Termination of water service; or,
Threat of termination of water service in the next 60 days.

To qualify, applicants must meet income requirements and have a crisis situation with water service. Learn more about LIHWAP and find out if your water service is participating at www.dhs.pa.gov/waterhelp.

Apply for LIHWAP and other public assistance programs online at anytime through www.compass.state.pa.us.

You may qualify for a LIHWAP grant if:

You either rent or own your home.
You have an overdue water bill that you are responsible for paying.

Your household income meets the following income guidelines:

Income Requirements

Household Size - Income Limit

1- \$19,320

2- \$26,130

3- \$32,940

4- \$39,750

5- \$46,560

6- \$53,370

7- \$60,180

8- \$66,990

9- \$73,800

10- \$80,610

For every additional person, add \$6,810





FREE Income Tax Preparation



www.jccap.org

Individuals who earn \$58,000 or less may qualify for the Volunteer Income Tax Assistance (VITA) Program.

Please bring these items to the VITA site when you have your tax return prepared:

- Proof of identification (photo ID)
- Social Security Cards for you, your spouse, and dependents, or a Social Security Number verification letter issued by the Social Security Administration
- Birth dates for you, your spouse, and dependents claimed on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R) from all employers
- Interest and dividend statements (Form 1099)
- A copy of last year's federal and state returns, if available
- Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check (deposit slip is NOT recommended)
- Total paid for daycare and the daycare provider's tax identification number the provider's Social Security Number or the provider's business Employer Identification Number
- Tuition Statements (1099-T) and Student Loan Interest Statements (1098-E)
- Form 1095 A, Affordable Health Care Statement (If you purchased health insurance from the Marketplace) or 1095 B or C Health Care Statement from your employer
- Letter 6419 providing the amount of Child Tax Credit payments disbursed in 2021
- Letter 6475 containing the total amount of the third Economic Impact Payment and any Plus-Up Payments received

To file a married, joint tax return electronically, both individuals on the return must be present to sign.

**Community Action
Clarion
Community Action
Punxsutawney**

814-226-4785 x 107

**Brockwayville Depot - Brockway
The Heritage House - Brookville
The Foundry - Reynoldsville**

814-849-3096

Feeling the
pain of
completing
your 2021
Income
Taxes?

Community
Action, Inc.
offers
FREE
income tax
preparation.

**Call to
schedule an
appointment!**



**AmeriCorps
Seniors**

FREE INCOME TAX PREPARATION!

****Tax Preparation begins in February!****

We Will Prepare

- Wages, salaries, etc. (Form W-2)
- Interest Income (Form 1099-INT)
- Dividends Received (Form 1099-DIV)
- State Tax Refunds (Form 1099-G)
- Unemployment Benefits (Form 1099-G)
- IRA Distributions (Form 1099-R)
- Pension Income (Form 1099-R, RRB-1099, CSA-1099)
- Social Security Benefits (SSA-1099)
- Simple Capital Gain/Loss (Form 1099-B)
- Self-employment Income (Form 1099-MISC) *limited*
- Gambling Winnings (Form W-2G)
- Cancellation of Debt (Form 1099-C) *limited*
- Health Savings Accounts (Form 1099-SA) *limited*
- Itemized Deductions *limited*
- Education Credits (Form 1098-T)
- Child Tax Credit
- Earned Income Credit

We Will Not Prepare

- Schedule C with losses
- Complicated & Advanced Schedule D (capital gains and losses)
- Form SS-5 (request for Social Security Number)
- Form 8606 (non-deductible IRA)
- Form 8615 (minor's investment income)
- Form SS-8 (determination of worker status or purposes of federal employment taxes and income tax withholding)
- Rental Income

Please see a
professional preparer
for assistance with
complicated returns.

CALL TODAY

BY APPOINTMENT ONLY!

For an appointment in:
Clarion or Punxsutawney
814-226-4785, ext. 107

For an appointment in:
Brockway, Brookville, or Reynoldsville
814-849-3096

Please leave a clear, detailed message. Your call
will be returned in the order it was received.

Please only leave one message!

MONDAY

Clarion Community Action

30 A S Sheridan Road
Clarion, PA 16214

The Heritage House

4 Sylvania Street
Brookville, PA 15825

TUESDAY

Punxsutawney Community Action

105 Grace Way
Punxsutawney, PA 15767

The Foundry

45 W Main Street
Reynoldsville, PA 15851

WEDNESDAY

Clarion Community Action

30 A S Sheridan Road
Clarion, PA 16214

THURSDAY




Brockwayville Depot

425 Alexander Street
Brockway, PA 15824

IRS VITA/TCE return preparation sites are operated by certified volunteers. Site operating hours and services offered may be limited. In addition, by law, some sites provide priority services to seniors. Please be advised that you may not be immediately served. Your patience and understanding is appreciated.



Jefferson County
Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots White Bread Fresh Fruit	2 Groundhog Day Orange Glazed Pork Loin 1/2c Vegetable Rice Pilaf 1/2c Cauliflower 1/2c Sliced Apples	3 Crispy Chicken Salad 1c Mixed Greens w/ Diced Chicken Bacon Bits, Cheddar, 1/2 Egg 1c Vegetable Soup w/ Crackers	4 Turkey Caesar Club Sandwich w/ Lettuce, Tomato, Cheese 1c Creamy Broccoli Soup w/ Crk Sandwich Roll
7 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans White Bread 1/2c Sliced Peaches	8 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauli- flower Blend Wheat Bread 1/2c Mixed Fruit	9 Pineapple Glazed Ham 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots Wheat Bread Fresh Fruit	10 Hawaiian Pork Chop 1/2c Blended Rice Pilaf 1/2c Island Blend Vegetables Strawberry Shortcake	11 Chef Salad w/ Ham, Cheddar, Egg, Tomato 1c Mixed Greens 1c Bean Soup w/ Crackers Dinner Roll 1/2c Sliced Peaches
14 Chicken & Dumplings 1/2c Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c Applesauce 	15 BBQ Pork Ribette 1/2c Sweat Potato Bites 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight	16 Bacon Bleu Cheeseburger w/ Bacon, Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers Hamburger Roll Fresh Fruit	17 Salmon Cake w/ White Wine Cream Sauce 1/2c White Rice 1/2c Broccoli Wheat Bread 1/2c Mixed Fruit	18 Hot Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn White Bread Cookie
21 	22 Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots Wheat Bread 1/2c Blushed Pears	23 Creamy Chicken Divan 1/2c White Rice 1c Tossed Salad Italian Breadstick 1/2c Mandarin Oranges	24 BBQ Pulled Pork Sandwich 1/2c Creamy Coleslaw 1/2c Baked Beans Sandwich Roll 1/2c Pineapple Tidbits	25 1c Chili 1oz Cheddar Cheese 1c Tossed Salad Cornbread 1/2c Applesauce
28 Chicken Bruschetta 1/2c. Pesto Pasta 1c. Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries & Topping		*menu subject to change* Supply Chain issues may result in different menu items		RESERVATIONS REQUIRED with 24 Hour Notice. Centers <u>NOT open on</u> weekends to take reservations for Monday. 

Lung cancer: It is about more than smoking

By Sharon Theimer

World Cancer Day is February 4 and that makes this the ideal time to talk about lung cancer and smoking. Internationally, lung cancer is the most common cause of cancer deaths and the World Health Organization estimates that 90% of cases could be prevented by eliminating tobacco use.

People who smoke are at the greatest risk. Smokeless tobacco is also associated with lung cancer. And lung cancer can occur in people who do not use tobacco.

"That's one of the misconceptions," says Aaron Mansfield, M.D., an oncologist at Mayo Clinic who specializes in lung cancer. "Although tobacco use is clearly the largest risk factor to develop lung cancer, there are many other risk factors, and risk factors we don't know. All you need to be at risk of developing lung cancer is a lung."

Exposure to secondhand smoke can increase the risk of lung cancer. Other risk factors for lung cancer include exposure to radon gas, asbestos and other carcinogens and a family history of lung cancer.

Some people diagnosed with lung cancer do not have any obvious risk factors. Symptoms of lung cancer, such as shortness of breath and chest pain, can be mistaken for pneumonia.

"Many of my patients have been diagnosed as having pneumonia," says Dr. Mansfield. "They've received many rounds of antibiotics that were not beneficial. They make their way to us when a mass that was thought to be pneumonia on a chest X-ray never improved."

A persistent cough, coughing up blood, weight loss, bone pain and headache also can be symptoms of lung cancer.

Getting an accurate diagnosis typically involves a biopsy. Ultrasound or CT imaging is used to guide needle placement to get the most accurate tissue sample, Dr. Mansfield says.

Detecting lung cancer early is key to a successful outcome. It can then be removed through surgery and/or treated with radiation and ablation, says Karen Swanson, D.O., a pulmonologist and critical care specialist at Mayo Clinic.

Unfortunately, symptoms of lung cancer seldom appear until the cancer has advanced into other areas of the body.

"One of the problems with lung cancer is that by the time a patient is diagnosed with lung cancer — 80% of the time — the lung cancer has spread," Dr. Swanson says. "Unfortunately, when tumors grow within our lungs, it's not something our bodies can sense or feel. So we miss it at its earliest stages, unless we screen."

Screening for lung cancer with an annual low-dose CT scan saves lives and is recommended for those at high risk.

"Patients should talk to their primary care provider about lung cancer screening, especially if they have any history of smoking," Dr. Swanson says.

The U.S. Preventive Services Task Force recently lowered the lung cancer screening guidelines from age 55 and a 30-pack year history to age 50 and a 20-pack year history to catch more lung cancers sooner. A pack year measures how many cigarettes a person smoked over a period of time, calculated by multiplying the number of packs of cigarettes smoked per day by the number of years the person has smoked.

If you smoke cigarettes, you can reduce your lung cancer risk by quitting.

"Even if you're in your 60s or 70s, we know that by quitting smoking you add years of life and reduce the chronic health impacts and symptoms that occur from smoking," says J. Taylor Hays, M.D., an internist at Mayo Clinic and associate director of the Mayo Clinic Nicotine Dependence Center.

"Even people who've had chronic bronchitis and other things, they see within months to years significant reduction in symptoms, significant improvement in shortness of breath, and the ability to function without symptoms," Dr. Hays says.

Stopping smoking is not easy, so it is best to do it with help. If you smoke, talk to your primary care provider about screening for lung cancer and resources to help you quit smoking.

Fortunately, advances in medical science are improving outcomes for people diagnosed with lung cancer.

"The improvements in lung cancer screening, targeted therapies, and immunotherapies have all improved lung cancer mortality overall," Dr. Mansfield says.

Source: <https://newsnetwork.mayoclinic.org/discussion/lung-cancer-it-is-about-more-than-smoking>



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

Join us for lunch at noon available for dine-in or take-out Monday through Friday in February! Suggested donation for the hot meal is only \$2.50. Please call 24 hours prior to reserve your meal.

February 8: Pancake and Sausage Breakfast 7:30am-9:30am. No reservation needed. Suggested donation is \$2.50

February 14: Valentine Day/ Birthday Celebration

February 17: Grocery Bingo 6pm (Weather permitting). Call for more info.

Mark your calendar! Tentative plan for bus trip (Covid and weather permitting) to Seneca Alleghany in Salamanca April 9th

Call for more info and to reserve your seat. 814-265-1719

VOLUNTEERS NEEDED ASAP! We need volunteers to help deliver meals once per week in Brockway and Falls Creek. Mileage reimbursement! Any time you can give is appreciated. Please call Cheryl if interested at 814-265-1719.





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

Here we are in February already, I can hardly believe it. I hope everyone is doing well and enjoying every day to its fullest. I've got some fun things planned for us this month and of course, am looking ahead to some interesting things to come in March. I am always thinking about what we are going to do next. I love to have lots of fun things planned for us to do at the center. A few new things that we have done at the center: we rearranged the tables in a different fashion to make it a little more inviting so no one is really sitting at a table by themselves and we've added an activity table in the Cafe' with lots of things to do, so if you have some time and need something to occupy it, check it out. Changes are good and without them, everything would be the same and I think we could all use a little change in our lives.

A few of the things that we have planned for February are a Healthy Eating/Cooking for 1 or 2 people class on Friday, February 4th at 10:30 am, Friday, February 11th at 10:30 we are doing a Make Your OWN Bookmark class, Another Phone Tech class is planned for Friday, February 18th at 10:30-11:15 am, and then we are going to try a Fruit Basket Bingo on Friday, February 25th. (All Dates are subject to change or be canceled due to weather)

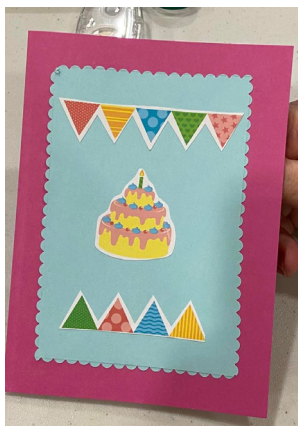
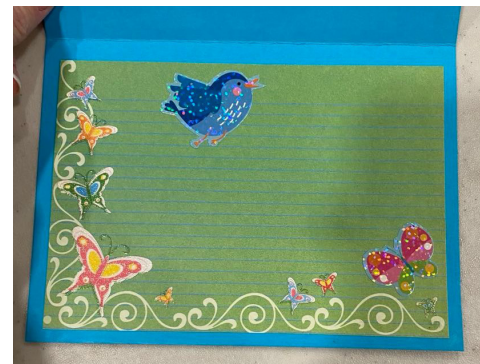
A list of our normal monthly activities: woodcarvers-Wednesdays starting in February-April, Healthy Steps in Motion-Monday & Wednesday, Chair Yoga-Tuesday & Thursday, scrabble-Tuesdays, Bingo-Monday & Friday, a few of these activities might be moved to a different day of the week depending on what day they are due to the income taxes being done at the Heritage House February through April. If you have any questions just give us a call at 814-849-3391.

We would LOVE for you to join us at the Heritage House if you don't already-we have lots of fun activities going on and we serve a hot lunch daily at 12 noon. You must reserve your lunch 24 hours in advance by stopping in or giving us a call at 814-849-3391. If you have any questions or want more information please don't hesitate to give Tammy a call.

Photos of the cards we made at the card-making class in January.

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

Photos of the cards we made at the card-making class in January.



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

Dine in Lunch served daily at noon; take out daily at 11:30. Please reserve meal 24 hours in advance by signing up at center or calling 814-938-8376.

Every Monday and Wednesday from 9:30 to 11 penny bingo is offered.

Wednesday February 2, GROUNDHOG DAY the movie will be playing from 8:30 to 1:30

Thursday, February 3 – glazing the pottery made in January- 9:30 to 10

Friday February 4, decorate the center for Valentine's Day –

February 14 – Valentine's Day celebration.

February 17 – Name the president game

February 18 – February birthday celebration.

February 25 – Ice cream treat day

During Christmas for Kids drive consumers and volunteers were invited to guess how many toys (displayed on island) they donated. Volunteer Lisa had the winning guess and she was rewarded with candy and flowers.



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

We had a Christmas Party with the Healthy Steps Exercise Group on 12-22 with food, games, and fun!

On Monday, Wednesday, Friday 10:30-11:30 we have Healthy Steps Exercise.

Monday afternoon from 1-3 pm Jam Session is here playing a range of music !

Monday evening from 6-7 pm Tai Chi had resumed come and try it out!

Bingo is Thursday morning from 9:30-11:30 - every morning we have dominoes and coffee and fellowship.

Lunch is available every day eat in or take out \$2.50 call the day before to reserve your meal.



CHEMISTRY

FIND EACH OF THE WORDS HIDDEN IN THIS PUZZLE. WORDS CAN GO HORIZONTALLY, VERTICALLY, AND DIAGONALLY. WORDS MAY OVERLAP AND SHARE 1 OR MORE LETTERS.

N	I	O	B	I	U	M	M	U	I	L	L	Y	R	E	B	M	U	I	M	S	O
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ACTINIUM	BERYLLIUM	FLUORINE	HOLMIUM	OSMIUM	SODIUM
ALUMINUM	BISMUTH	FRANCIUM	MERCURY	OXYGEN	STRONTIUM
AMERICIUM	BORON	GADOLINIUM	MOLYBDENUM	PALLADIUM	SULPHUR
ANTIMONY	BROMINE	GALLIUM	NEODYMIUM	PHOSPHORUS	TANTALUM
ARGON	EINSTEINIUM	GERMANIUM	NEON	SAMARIUM	TECHNETIUM
ARSENIC	ERBIUM	GOLD	NEPTUNIUM	SCANDIUM	TELLURIUM
ASTATINE	EUROPIUM	HAFNIUM	NICKEL	SELENIUM	TERBIUM
BARIUM	FERMIN	HELIUM	NIOBIUM	SILICON	
BERKELIUM			NITROGEN	SILVER	

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.

1	2	3		4	5	6		7	8	9	10	11	DOWN 1. Johnny ____ of "Edward Scissorhands" 2. Gumbo veggie 3. Bright sign 4. Wonderland girl 5. "M*A*S*H" locale 6. Relaxed (2 wds.) 7. Exclamation of discovery 8. Vice 9. ____ decorator 10. Ripens 11. Bird's home 19. Fleet 20. "My Three ____" 23. Court divider 24. Showed feelings 25. Racket 26. Compass point (abbr.) 27. Building 29. Self-importance 30. Established 32. Chicago trains 33. Minus 36. Decide 39. Teach 40. Bushed 41. Precinct 42. Feathery plant 44. Toledo's waterfront 45. ____ and void 46. Inform 48. Zero 49. Comprehend
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ACROSS

1. ____ Quixote
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12. Get by
13. Batch
14. Door hardware
15. ____ and con
16. Animosity
17. Poker stakes
18. Cure-alls
21. MA time zone
22. Thinker
25. Think

28. Foes

31. Tel Aviv's locale
34. Curly or Moe
35. Knitting rods
37. Horse's gait
38. Part of VCR
41. Sternward
43. Harsh-sounding
47. Bridle straps
50. Asphalt
51. Feel remorse
52. ____ Banks of baseball
53. Fabrication
54. Under the weather

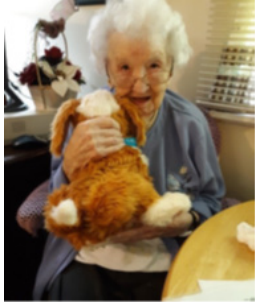
55. Right ____

56. Discontinue
57. Building addition

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.

February 21st



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

ADDRESS SERVICE REQUESTED