



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!

## 2022 Farmers Market Voucher Program

Vouchers will be available AFTER June 1st.

In-person distribution will start in June at the local senior centers. Distribution dates are to be determined. Program income guidelines are also being updated and will be released shortly.

For questions, please call 814-849-3096.

More information is also available at

<https://www.agriculture.pa.gov/Food>



The PA MEDI Helpline has received reports from Medicare beneficiaries who have stated that they are receiving calls from “Medicare.” The caller is telling the beneficiary that they have the incorrect date of birth on file, and they need to correct the problem ASAP.

As a reminder, Medicare will never call a beneficiary UNLESS they have called 1-800 Medicare and left a message or asked for someone to call them back about an issue or problem.

### How To Report a Medicare Scam:

- To report a Medicare scam, call the agency at 1-800-MEDICARE (1-800-633-4227).
- You can also file a complaint at [ftc.gov/complaint](https://ftc.gov/complaint) or call 877-382-4357.



## A NEW Program for Jefferson County Seniors...

# Callgivers™

Callgivers™, offered through **Jefferson County Area Agency on Aging (JCAAA)**, is a live companion call service. Our professionally trained Callgivers™ provide older adults with wellness support and companionship through regularly scheduled and meaningful phone conversations.

Here are some features and benefits:

- We conduct background checks on all Callgivers™
- Callgivers™ are matched to your interests
- We schedule calls when you want them
- Our Callgivers™ have excellent communication skills, including empathetic listening
- We maintain a team of Callgivers™ who are diverse in background and experience
- Our matching profile allows for subscribers to engage with Callgivers™ who are similar in age, life experiences and/or career choices
- Emergency help is called when needed
- If you are not satisfied with your Callgiver™, we simply rematch you!

This program is **FREE** for seniors in Jefferson County to receive one (1) phone call per week.

If interested, you can schedule additional calls at a low rate you pay out of pocket.

**To get signed up please call:**

**814-849-3096 or 800-852-8036**

### Benefits of a Callgiver™

- Meaningful conversations with well-matched Callgivers™
- Check-in calls support hospital-to-home (H2H) initiatives
- Ideal for busy families whose loved ones live far away
- An economical alternative to home companion caregivers
- Updates provided to designated family members upon request



## Famous Cars

Manufacturers and models of famous cars



## April Word Search Puzzle

ALFA ROMEO  
ASTON MARTINAVANTI  
BMWBUGATTI  
CADILLAC  
CAMAROCHEVELLE  
CONTINENTALCORSAIR  
CORVETTE  
DELOREAN  
DESOTO  
DEVILLEEDELSEL  
HUDSON  
IMPALA  
JAGUAR  
MERCEDES BENZ  
MILITARY JEEP  
MODEL A  
MODEL TMONTE CARLO  
MUSTANG  
NOVA  
PACKARD  
PORSCHÉ  
ROADSTER  
ROLLS ROYCESTUDEBAKER  
THUNDERBIRD  
WOODY WAGON

Jefferson County Area Agency on Aging Main office and  
senior centers will be closed the on following days in May.  
30th



**“Lunches on May 6<sup>th</sup> and May 25<sup>th</sup> require registration ONE-WEEK prior to the event. Food supply issues continue to disrupt product delivery and we want to guarantee everyone receives a meal on these dates”.**



**Jefferson County  
Senior Center Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Warm Roast Beef &amp; Cheddar Sandwich 1c Summer Corn Chowder w/ Crk 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>3</p> <p>Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie</p>	<p>4</p> <p>Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple &amp; Mandarin Oranges</p>	<p>5</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>	<p>6</p> <p><b>Volunteer Recognition Lunch</b> Roasted Turkey w/ Gravy 1/2c Mashed Potatoes 2oz Stuffing 1/2c Corn Dinner Roll Jello Poke Cake</p>
<p>9</p> <p>Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Seasonal Fresh Fruit</p>	<p>10</p> <p>Egg Salad Sandwich Lettuce &amp; Tomato 1c Tomato Soup w/ Crackers 2 Wheat Bread 1/2c. Cinnamon Applesauce</p>	<p>11</p> <p>Fiesta Chicken Burrito Bowl (3oz Chicken Breast, 1oz Salsa, .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges</p>	<p>12</p> <p>Hearty Beef Stroganoff 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>13</p> <p>Pineapple Glazed Ham Balls 1/2c Sweet Potatoes 1/2c Broccoli 1 Wheat Bread 1/2c Sliced Pears</p>
<p>16</p> <p>Meatball Hoagie (4) 1/2c Parmesan Noodles 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>17</p> <p>Honey Garlic Pork Loin 1/2c Vegetable Rice Pilaf 1/2c Cauliflower 1/2c Sliced Apples 1 Cookie</p>	<p>18</p> <p>Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread Fresh Fruit</p>	<p>19</p> <p>Crispy Chef Salad 1c Mixed Greens w/ Ham, Tomato, Cheddar, 1/2 Egg 1c Vegetable Barley Soup w/ Crackers 1 Dinner Roll</p>	<p>20</p> <p>Smothered Roast Beef 1/2c Scalloped Potatoes 1/2c Peas &amp; Onions 1 White Bread 1/2c Mandarin Oranges</p>
<p>23</p> <p>Glazed Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas &amp; Carrots 1 Dinner Roll 1/2c Pudding</p>	<p>24</p> <p>Sweet &amp; Sour Chicken w/ 2oz Sauce 1/2c White Rice 1/2c Broccoli &amp; Cauliflower Blend 1 Wheat Bread 1/2c Mixed Fruit</p>	<p>25</p> <p><b>Memorial Day Lunch</b> Baked Meatloaf w/Gravy 1/2c Mashed Potatoes 1/2c Green Beans 1/2c Tossed Salad Dinner Roll Banana Split Cake</p>	<p>26</p> <p>1c Supreme Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 White Bread 1/2 Applesauce</p>	<p>27</p> <p>Homemade Tuna Salad Sandwich w/ Lettuce &amp; Tomato 1c Bean Soup w/ Crackers 2 White Bread Seasonal Fresh Fruit</p>
<p>30</p> <p>Centers Closed</p>	<p>31</p> <p>BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight</p>		<p><b>RESERVATIONS REQUIRED with 24 Hour Notice.</b> <b>Centers <u>NOT</u> open on weekends to take reservations for Monday.</b></p>	<p><b>*Menu subject to change*</b> <b>Supply Chain issues may result in different menu items</b></p>

## The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls.

You can **register** your home or mobile phone for **free**.

[www.donotcall.gov](http://www.donotcall.gov)

**or call Toll Free 1-888-382-1222**



When you register your number at donotcall.gov you'll get an email with a link you need to click on within 72 hours to complete your registration.

### **How long will it take for sales calls to stop?**

Your phone number should show up on the Registry the next day, but it can take up to 31 days for sales calls to stop. You can check whether your number is on the registry at donotcall.gov or by calling 1-888-382-1222 from the number you want to verify.

### **Will my registration expire?**

No, your registration will never expire. The FTC will only remove your number from the Registry if it's disconnected and reassigned, or if you ask to remove it.

After you register, **other types of organizations may still call you**, such as charities, political groups, debt collectors and surveys.

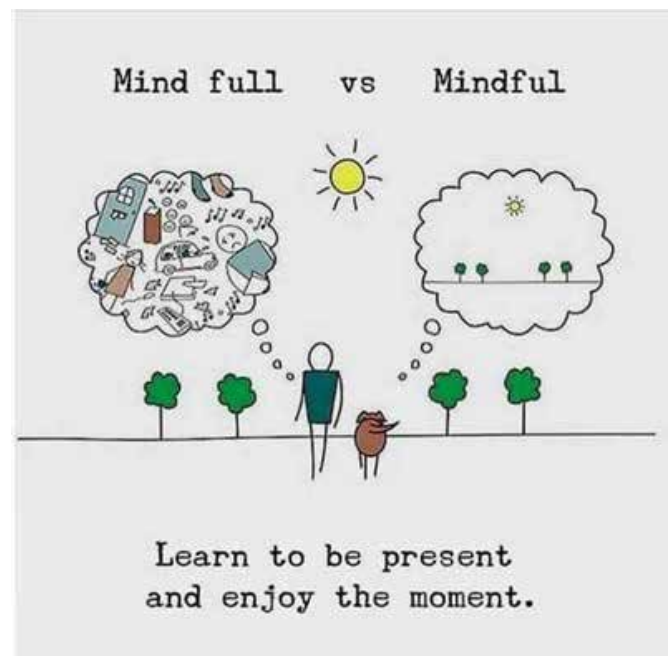
If you received an unwanted call after your number was on the National Registry for 31 days, **report it to the FTC**.

## Area Transportation Authority (ATA)

DRIVING JOBS AVAILABLE IN CLARION, CLEARFIELD, ELK & JEFFERSON COUNTY AREA

- Starting Rate commensurate with experience
- Flexible Hours
- Potential for benefits including health insurance

Apply to drive go to [rideata.com](http://rideata.com) and click on "ATA Careers" or call 877-777-7304







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

### Welcome May!

Please remember to make your lunch reservation the day before for both dine-in and take-out.

**May 2:** Healthy Steps For Older Americans Fall Prevention Class 9AM. Lunch to follow.

Call to register 265-1719.

**May 6:** Volunteer Recognition Luncheon noon. THANK YOU to our VOLUNTEERS!

**May 10:** Bacon & Egg Breakfast 7:30-9:30 donation 2.50

**May 19:** Grocery Bingo 6PM cost \$3.00

**May 20:** Birthday Celebration with lunch

**May 25:** Memorial Day program with American Legion at 11:15 with lunch to follow.

Please sign up for lunch 265-1719

**May 30:** Closed for Memorial Day

Bus trip to Seneca Alleghany June 11th. Call to register or more information 265-1719.

AARP safe driver course to be given in June - Date to be announced

**FARMER MARKET VOUCHERS will be available AFTER June 1st.**

### Have You Taken Control of Your Health Today?

Life Line Screening will be here at Brockwayville Depot on Tuesday, June 21, 2022 offering safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. To be more proactive about your health for yourself, your family, and your community, please register for these health screenings today.



### Three ways to register:

Call toll-free: 888-653-6441

Online: <https://llsa.social/HS>

Text: the word circle to 797979

### All 5 Screenings for \$149

#### Carotid Artery Disease:

An ultrasound is performed to screen the carotid arteries for buildup of fatty plaque.

#### Peripheral Arterial Disease:

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs.<sup>1</sup>

#### Abdominal Aortic Aneurysm:

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm.

#### Atrial Fibrillation:

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for irregular heartbeat.

#### Osteoporosis Risk:

An ultrasound is performed to measure the shin bone for abnormal bone mass density.



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

### What's Happening at the Heritage House in May?

We have a lot of things going on here at the center as we are looking forward to some warmer weather.

\*Volunteer Recognition Luncheon is Friday May 6th at 12 noon.

\* Re-potting/planting our flowers, that we are growing right here at the center from a seed, on Friday May 13th at 10 am with B's Blooms.

\* Cupcake or Cookie decorating May 20th at 10:30 am.

\* Luncheon for our Veterans on Wednesday May 25th starting at 11 am then eating at 12 noon.

\* Health Screening Event/Wellness Panel on Friday May 27th from 8 am to 11 am, the cost is \$50, the FIRST 50 people to sign up get their screening done for FREE-call the center or stop by to sign up.

On top of all of that we are still making cards to send to the nursing homes and troops at Christmas Time-Look for those dates to be announced-usually a Thursday morning around 10 am. \*NEW\* We have a Pen Pal Program set up with the Jefferson Manor where we send notes/letters/cards to the Jefferson Manor residents, and they send some back to us. We exchange letters every month on the 15th. Please call or stop by to sign up or with any questions Tammy 814-849-3391

We serve a hot and delicious lunch Monday through Friday at 12 noon for a donation of \$2.50-you must reserve your meal the day before-24 hours in advance by stopping in at the center or giving us a call to reserve your meal.

We have some fun activities on the horizon for the warmer weather so keep an eye out for some announcements on Facebook, at the Center, and in the Brookville Mirror.

### On Going Activities at the Heritage House

Bingo 9 am-Mondays & Fridays

Healthy Steps in Motion-10-11:30 am-Mondays & Wednesdays

Chair Yoga 10:30-11:30 am - Tuesdays & Thursdays

Tai Chi 3-4 pm-Mondays

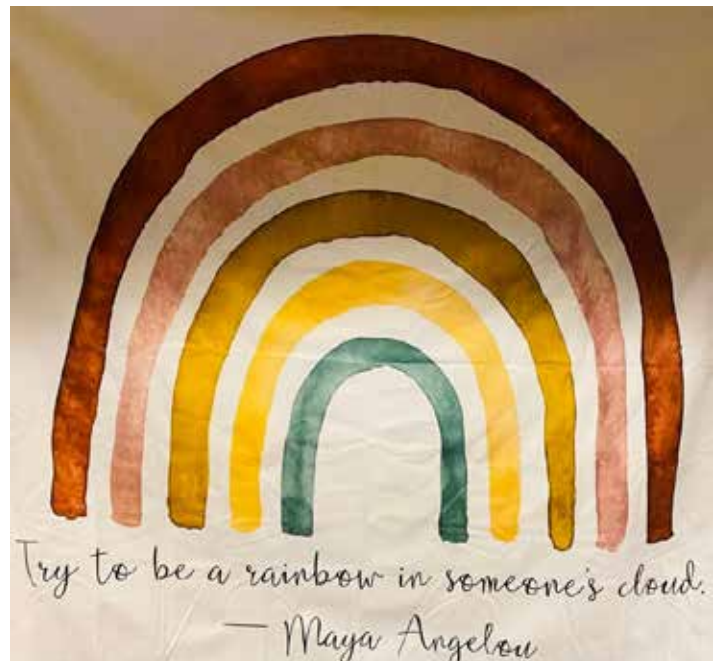
Scrabble 10 am-Tuesdays

Woodcarving 9 am-Wednesdays

Hand & Foot Card Game 1st and 3rd Wednesdays each month

I will leave you with another of my favorite quotes: "Whatever makes your SOUL HAPPY, Do THAT!" and "Do what you LOVE, Love what you DO!"

As always you can stop by the center or give Tammy a call 814-849-3391





Punxsutawney Area Center  
 Address: 222 N. Findley Street  
 Punxsutawney, PA 15767  
 Coordinator: Debbie Long  
 Phone: 814-938-8376  
 Email: punxy@jcaaa.org

Penny bingo offered every Monday and Wednesday at 10

Every Thursday at 10 is movie day – we have many dvd's.

Monday, May 2 FMV training for coordinator and volunteers at 10

Wednesday, May 4 – making patriotic decorations- 10

Friday May 6 – volunteer luncheon, volunteers honored

Friday May 6 – felt flowers craft at 10

Monday May 9 – decorate center with patriotic decorations made on May 4

Thursday, May 12 at 10 – exercise with Sharon from LIFE

Friday – May 20 – birthday celebration and ice cream after lunch

Wednesday May 25 – Memorial Day lunch – honor Veterans

Friday, May 27 at 10 – exercise with Sharon from LIFE

We offer take out meal at 11:30; dine in at noon – reservations to be made a day in advance

Cards, card games, games, magazines, newspaper, book lending library, puzzles, crafts available.

May is an exciting month. – the weather should be sunny and bright with flowers blooming. It is also a month to honor our hard working volunteers and our courageous Veterans.

Those 60 and older – please join us.

We continue to need volunteer drivers to deliver home delivered meals on Tuesdays. No training required. Mileage reimbursement. Call Debbie at 814-938-8376 or Molly at 814-849-3096.

*Photo: Carl.*

We have jigsaw puzzles.







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

**Monday, Wednesday, and Friday at the Foundry you can join us for Healthy Steps in Motion Exercise!**

**10:30-11:30 am the more the merrier.**

We play dominoes every morning and we welcome anyone willing to come and join in! We also have cards, puzzles, and games if anyone is interested in coming in and having a little bit of fun!

Every Monday afternoon from 1-3 pm we have Jam Session singing and playing all types of music come and sing along with us.

Every Thursday from 9:30-11:30 am we have nickel bingo – come and enjoy with us.

Lunch is available every day to dine in or take out just call the day before to make your reservation – lunch is \$2.50

The dances have resumed at the Foundry the first Friday of every month we will have Sam Buck and his Buckshot Band and also Ray's Final Cuts, we offer a light menu as well, come sample Carol's famous potato salad, and Donna's famous dessert bars!!

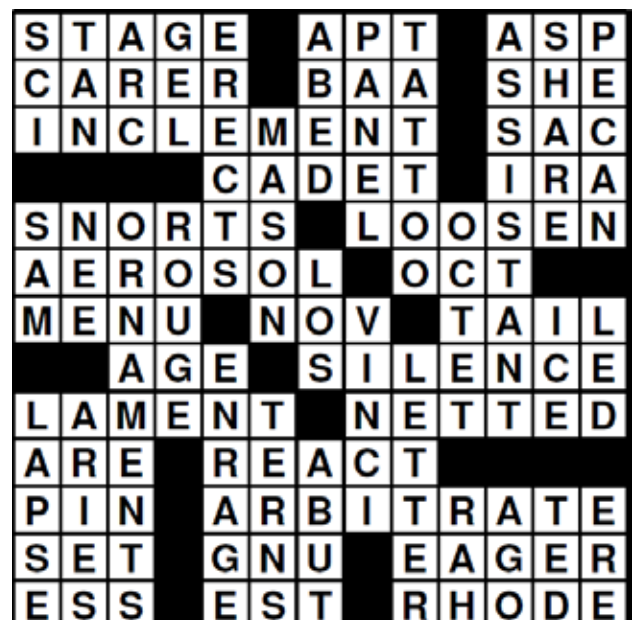
Wednesday May 25th we will be celebrating with our memorial Day Lunch that is free for veterans.

We are offering an Art Class with Sandy Trimble participants will be making felt scarves the class is free!

Helen Newman will be teaching us how to make/create little gnomes for spring/summer date tbd.

Any questions? Call Cheryl at 814-653-2522

*Photo: New Flag*



## Volunteer Spotlight

Cindy Davis-Most rewarding part of volunteering

I have been volunteering at the HH for almost 3 years. Since retiring from my job as a LPN for 30 years. I enjoy working with the seniors, helping serve meals, and helping with the activities. I enjoy working with the seniors and hopefully brighten their day.

Why did you start-After retiring a year later my husband passed away with cancer. I had always worked with elderly and after working 30 plus years, I needed to get back involved being around seniors and the Heritage House was exactly what I needed.

Linda Miller-Most rewarding part of volunteering

The most rewarding part of volunteering at the Heritage House is getting to know the senior citizens of Brookville. They all have a story to tell. Most of them are very kind. There is always something going on and it is enjoyable.

Why did you start?

I started volunteering at the center because when I signed up for Healthy steps and chair yoga. I was already at the center when Tammy Miller became the new director. She needed volunteers to help with serving the lunches and helping with the activities. She is a pleasant person to be around and I enjoy being there and helping where ever I can. It offers the change to give something back to the community and to make a difference for the citizens around them.

As the Senior Center Coordinator at the Heritage House I love Cindy and Linda Both, they are both great volunteers and we really appreciate everything that they do for us. There are days that I don't know what we would do with out them. I thank them from the bottom of my heart for all that they both do for the center. Thanks ladies very much for everything that you do for us.



**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	<b>DOWN</b> 1. ____-fi 2. Beach color 3. ____ de Triomphe 4. Set 5. Builds 6. Asleep 7. Discussion group 8. Skin art 9. Aide 10. Use jointly 11. Pie nut 16. Bricklayer 20. America's uncle 21. Once called 22. Decorations 23. Cheek makeup 25. Group of eight 27. Angeles preceder 31. Leonardo da ____ 33. Igloo material 34. Commanded 36. Infuriate 38. Mailbox item 39. Slip-up 40. Zodiac sign 41. Coastal birds 45. Touch on 48. Stadium shout 49. Gone by 50. Mogul ____ Turner 51. Shakespeare's "before"
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15						16				17			
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**ACROSS**

1. Phase  
6. Likely  
9. Venomous viper  
12. Concerned one  
13. Bleat  
14. That lady  
15. Stormy  
17. Defunct USAF branch  
18. West Point student  
19. Fin. fund  
20. Nasal sounds  
24. Make less tight

26. Hairspray type  
28. Fall mo.  
29. List of choices  
30. Election mo.  
32. Peacock's pride  
35. Develop  
37. "The \_\_\_\_ of the Lambs"  
39. Bemoan  
42. Caught  
43. Live  
44. Respond  
46. Metal fastener  
47. Mediate  
52. Put down

53. Large antelope  
54. Avid  
55. Snaky letter  
56. Baltimore time zone (abbr.)  
57. \_\_\_\_ Island



## ARE YOU ON MEDICARE?

You may qualify for financial assistance programs!

### MONTHLY INCOME AND RESOURCES HAVE INCREASED

Call the Jefferson County Area Aging PA-MEDI to help with applying or with questions.

1-814-849-3096 or 1-800-852-8036

EXTRA HELP	MEDICARE SAVINGS PROGRAM
<p>Is a program to help pay or reduce the Medicare D premium, reduce co-pays for prescriptions, and provide coverage in the gap.</p> <p>You may qualify if:</p> <ul style="list-style-type: none"> <li>• Single Person Monthly income \$1,719 Resources \$15,510</li> <li>• Married Couple Monthly income \$2,309 Resources \$30,950</li> </ul>	<p>Is a program to help pay the Medicare B premium that is usually deducted from the Social Security check.</p> <p>You may qualify if:</p> <ul style="list-style-type: none"> <li>• Single Person Monthly income \$1,549 Resources \$8,400</li> <li>• Married Couple Monthly income \$2,080 Resources \$12,600</li> </ul> <div data-bbox="1263 808 1524 974">   </div>