



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

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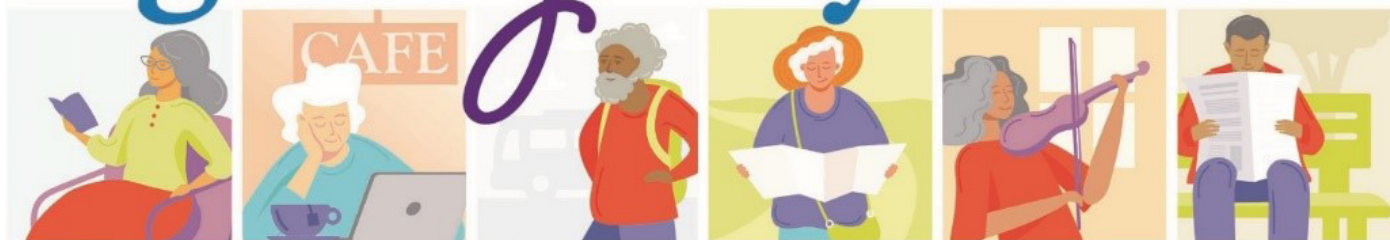
Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- ☐ **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- ☐ **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- ☐ **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- ☐ **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Age my way!



FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2022 or after November 30, 2022.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are not permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

Market information

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app.

Or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

**** Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

List of eligible Fruit and vegetables

Fruit

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussels sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

Nutrition Education

Nutrition information on basic nutrition, shopping, cooking, nutrients in foods, and food safety can be found at <https://www.nutrition.gov/> The website also contains many different recipes.

For office use only
Application _____

DO NOT CUT OR ALTER THIS FORM IN ANYWAY!

The complete form and nondiscrimination statement must be received by JCAAA for acceptance.
Mailing Address located on the back page.

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2022 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2022) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$25,142 for 1 person in the household; or \$33,874 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2022).

1st Participant Name (print): _____ **Birth date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ **County you live in** _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino

Not Hispanic or Latino

Race: American Indian or Alaskan Native
Native Hawaiian or other Pacific Islander

Asian
White

Black or African American

Please see back for USDA Nondiscrimination Statement

Due to a supply chain issue with obtaining the checks, the program has changed slightly.

The new rules are as followed:

- All applicants need to turn in a completed application before vouchers can be issued, with signatures.
- A person can only pick up three (3) additional peoples vouchers besides their own, 4 Total.
- Must be 60 or older by December 31, 2022 to be eligible for Farmer Market Vouchers.

For office use only
Application _____

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 15, 2022 to:

**Jefferson County Area Agency on Aging
186 Main Street, Suite 2
Brookville, PA 15825**

Email: awilson@jcaaa.org

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
RESERVATIONS REQUIRED with 24 Hour Notice. Centers <u>NOT</u> open on weekends to take reservations for Monday.		1 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	2 Hot Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	3 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit
6 Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	7 Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1c Cream of Broccoli Soup w/ Crk 1 Dinner Roll 1/2c Fruited Gelatin	8 Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	9 Salmon Cake 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	10 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
13 Beef Taco Salad 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	14 Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	15 Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	16 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad	17 Egg Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit
20 Warm Roast Beef & Cheddar Sandwich 1c Summer Corn Chowder w/ Crk 1 Sandwich Roll Seasonal Fresh Fruit	21 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie	22 Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	23 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	24 Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa .5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans
27 Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Seasonal Fresh Fruit	28 Fresh Egg Salad Sandwich Lettuce & Tomato 1c Tomato Soup w/ Crackers 2 Wheat Bread 1/2c. Cinnamon Applesauce	29 Roasted Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Corn 1 Wheat Bread Cookie	30 Hearty Beef Stroganoff 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	*Menu subject to change* Supply Chain issues may result in different menu items



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

June is Farmer Market Voucher Month! Vouchers will be available sometime after June 1st. The Department of Agriculture has notified us of delays but you will be able to receive the \$24.00 in vouchers. For questions please call Cheryl at 814-265-1719

June 11: Bus Trip to Seneca Alleghany Casino, seats still available

June 14: Pancake and Sausage Breakfast 7:30-9:30 (Last Breakfast until September)

June 16: Grocery Bingo 6PM

June 17: June Birthday Celebration with lunch

June 21: Lifeline Screening for reservation and more info 330-949-2837

Still working on finding an instructor for AARP Driver's Safety Class!!!

Exercise Programs:

Healthy steps in Motion 10am on Monday and Thursday

Chair yoga 11am on Wednesday

Photo: HSIM Class



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.¹

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

Here we are in June already-I can hardly believe we have made it to Summer! I am happy that we have and anxious to enjoy all of this lovely sunshine. We have some fun things planned for this Summer with one of them being a trip to Farmers Inn in Sigel. The date for this trip is going to be Friday June 24th from 10:30 am to 2:30 pm more details to follow. We will be enjoying lunch there as well as seeing the animals and having an ice cream cone. It sounds like a fun day trip to me and I am excited to go and enjoy the day with everyone!

We are also going to try our hand at ceramics this month as well. I am excited about this, the lady is going to come to us here at the Heritage House and we will be able to choose a piece and paint it. I can't wait. We are scheduled for Friday June 17th from 9:30-11:30 am and we will finish the project and be able to take it home the day of....Look for a Sign Up sheet, this class will be limited to 10 people.

We are also tossing around the idea of making a floral grapevine wreath, but haven't fully decided on this one yet. If you are interested please let me know, stop by my office and express your interest in making a wreath and maybe we will get enough people to go ahead and get something set up for this as well.

Join us on Friday June 10th at 10:30 to color your own magnet-decorate/color your own butterfly magnets to hang on your refrigerator...something quick, easy, and fun to do! There will be a prize for the most creative one.

I am hoping to get a dance scheduled if we can get a committee together for set up and help at the dance...we could be doing dances often but we first have to have a committee-if you are interested in being on the dance committee please let me know, stop by my office to express your interest and what you would like to do on the committee.

As always we offer a hot meal at lunch time Monday through Friday each week and all you have to do is let me know 24 hours in advance so I can have a meal for you. We eat at 12 noon, so you need to let me know the day before by 12 pm that you want to dine with us. Call Tammy at 814-849-3391

Ongoing Activities

Chair Yoga Tuesdays and Thursdays 10:30 to 11:30 am

Healthy Steps in Motion Monday and Wednesday 10 to 11:30 am

Wednesdays 9 am Woodcarvers

Tuesdays 10 am Scrabble

Mondays and Fridays Bingo 9 am

Tai Chi Mondays 3-4 pm

As a reminder all activities are subject to change and to be rescheduled if needed. Things don't always go as planned and sometimes we have to re-schedule. Rest assured I ALWAYS do the best that I can to keep things running as smoothly as possible and as planned. Thanks, I appreciate all of your support and patience!

I will leave you with a positive quote: "Do What Makes Your Soul Happy"

do what
 makes your
 soul
 happy

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

Bingo available every Monday and Wednesday beginning at 9:30

Movie available every Thursday beginning at 10

Thursday, June 2, United Health will be conducting a program at 10

Friday June 10 and Friday June 24 Life will be conducting a program at 10 (dates are tentative) call center for more information

Friday June 17 is National Eat Your Vegetables Day – Raw vegetables will be offered explaining their benefit

Friday June 24 is ice cream day following lunch

The Agency is planning a field trip in June for centers to Farmers Inn – information pending

We are hoping to offer a Healthy Steps Program taught by Cheryl Moore beginning in June. Information pending

We are open Monday thru Friday 8:30 to 1:30

We offer cards, games, puzzles, coloring, music.
Hot beverages/ cold water and occasional snacks
to be enjoyed while visiting the center

Take out lunch ready at 11:30, dine in at noon.
Please reserve a day in advance.





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

Hello from the Foundry in Reynoldsville !

Please join us for lunch, fun and various activities

The Foundry is open every day from 9 am – 2 pm – lunch is served at noon (we just need to know the day before if your planning on joining us and lunch is \$2.50)

As you can see from the enclosed photos we have been enjoying Jam Session every Monday from 1:00-3:00 pm

Helen Newman from Healthy Steps in Motion has also been holding a crafting class that helped interested consumers to create our patriotic gnomes!

Sandy Trimble's Arts Path Class has been very busy the past few weeks making felt scarves and they are quite beautiful!

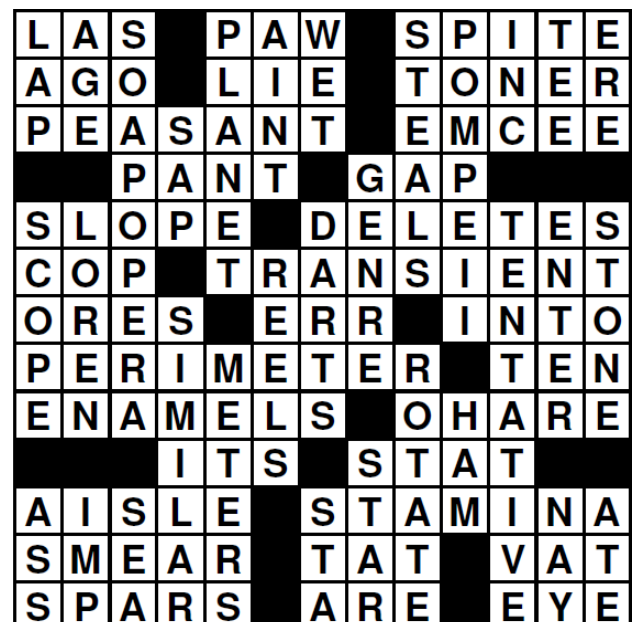
We also play bingo here at the Foundry every Thursday am from 9:30-11:30 am

Healthy Steps in Motion with instructors Helen Newman, Sarah Shaffer, and Nancy Harriger hold a class every Monday, Wednesday, and Friday from 10:30-11:30 am

Please come join us at the Foundry to perhaps play dominoes, cards, or just enjoy a cup of coffee and fellowship.

We are holding a Memorial Day Luncheon on May 25th at noon and we will have a program from the Veteran's Honor Guard that day as well.

Photo: Sandy Trimble's Arts Path Class



AARP Survey: 1 in 3 Adults Hit by Gift Card Payment Scams

More than a third of U.S. adults have been asked by a scammer to pay a fake fee, debt or other financial obligation [with a gift card](#), a [new AARP survey](#) finds. About a quarter of those targeted bought gift cards and shared the numbers with the crooks, losing an average of \$200.

“Criminals are most likely to convince people to purchase gift cards to ‘pay fees’ to [claim sweepstakes winnings](#) or ‘pay upfront’ for some product or service,” says Kathy Stokes, director of fraud prevention programs at AARP. “Or they impersonate a friend or coworker to coerce their targets to do them a favor by purchasing gift cards.”

The sweepstakes scenario was the most common tactic in gift card payment scams, reported by 15 percent of survey respondents. Next most popular was being asked to pay in advance for a service or product (12 percent), help out a friend or colleague in need (12 percent each) or pay someone’s phone or utility bill (10 percent).

Con artists posing in [scam calls](#) as tech support experts or government agents might also demand urgent payment to supposedly [fix a computer problem](#), [satisfy a tax bill](#) or clear up an [issue with your Social Security number](#). No matter what the pitch, anyone asking you to pay them with a gift card is a scammer, according to the Federal Trade Commission (FTC).

The FTC logged more than 64,000 complaints about scams involving gift card payments in 2021. Consumers in those cases reported collective losses of \$233 million, an 88 percent increase from 2020.

‘Zero-value’ gift cards also common

The AARP Fraud Watch Network, in collaboration with the University of Chicago-based AmeriSpeak Omnibus survey, polled 2,179 people age 18 and older in January and February to gauge consumer experiences with two types of [gift card fraud](#): payment scams and “zero-value” gift cards, when a consumer gives or receives a card that turns out to have no funds on it.

About a quarter of those polled said they had encountered the second type, which typically involves crooks tampering with cards on store shelves to obtain the numbers on the back, allowing them to drain the cash consumers load on them at point of purchase.

While some zero-value episodes could be due to store errors or people forgetting they’ve already used a card, “the fact that 1 in 4 consumers have experienced giving or receiving a card with no value on it points to criminal activity,” Stokes said. The average loss in such cases was \$140, the survey found.

Eighty-four percent of those who received an empty gift card took steps to try and resolve the issue, such as calling the phone number or visiting the website listed on the card or talking to a manager at a store where they tried to redeem it, but more than half were told they could not get a refund or credit.

Younger adults targeted more

The survey found an age disparity in gift card payment scams, with 39 percent of respondents ages 18 to 49 reporting being targeted versus 28 percent of those 50-plus.

However, older adults were more likely to want legislative action to combat fraud. Among respondents age 50 and older, 69 percent said they “strongly agree” that lawmakers should do more to shield consumers, compared to 54 percent for the younger group.

AARP has called for tougher regulations and greater law enforcement action to clamp down on scams, and for retailers, payment processors and card issuers to take steps to prevent consumer losses, such as in-store interventions and more flexible refund policies.

According to the survey, about 1 in 4 consumers who purchased gift cards to pay a supposed financial obligation were warned by a store employee that it might be a scam. [Previous AARP research](#) has found more than half of potential scam victims avoid losses when a third party intervenes.

AARP’s Fraud Watch Network can help you spot and avoid scams. Sign up for free [Watchdog Alerts](#), review our [scam-tracking map](#), or call our toll-free [fraud helpline](#) at 877-908-3360 if you or a loved one suspect you’ve been a victim.

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. Lick up 2. Grow old 3. Daytime drama (2 wds.) 4. Mars, e.g. 5. Isn't, slangily 6. Soggy 7. Pilfers 8. City buried by Mt. Vesuvius 9. "Murder, ____" 10. Golf prop 11. Poet's "before" 16. Plant fluid 19. Category 20. Range 21. Actress Sophia ____ 22. Pub missiles 23. Provisional 24. Door sign 25. Large pebble 28. Film spools 30. Alike 34. Parking timers 35. Twirl 39. Bad actor 41. Headliner 42. Mule's father 43. Brat 44. Caribbean ____ 45. Bus depot (abbr.) 46. Negative vote 47. Chowd down
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ACROSS

1. "Leaving ____ Vegas"
4. Cat's foot
7. Malice
12. Time past
13. Tall tale
14. Photocopier liquid
15. Poor farmer
17. TV host
18. Breathe rapidly
19. Mountain pass
20. Skiing hill
22. Removes

26. Robber's pursuer
27. Temporary
29. Crude metals
31. Go wrong
32. Get ____ trouble
33. Boundary
36. Twice five
37. Glossy paints
38. Chicago's airport
40. ____ a girl!
41. RBI, e.g.
42. Bride's path
45. Staying power
48. Smudge
49. Make a doily

50. Large tank
51. Practices boxing
52. How ____ you?
53. Spud bud



ARE YOU ON MEDICARE?

You June 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 June qualify if:</p> <ul style="list-style-type: none"> • Single Person Monthly income \$1,719 Resources \$15,510 • Married Couple Monthly income \$2,309 Resources \$30,950 	<p>Is a program to help pay the Medicare B premium that is usually deducted from the Social Security check.</p> <p>You June qualify if:</p> <ul style="list-style-type: none"> • Single Person Monthly income \$1,549 Resources \$8,400 • Married Couple Monthly income \$2,080 Resources \$12,600 <div data-bbox="1263 810 1528 968">   </div>