

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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Register on our website or call us!

ANNUAL SENIOR PICNIC!

Thursday September 22, 2022 • 10:00am-1:00pm

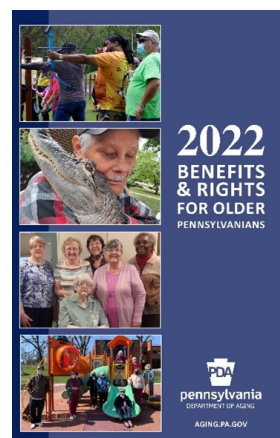
Jefferson County Fairgrounds • Vendors, Giveaways, and Lunch!

Call 814-849-3096 to sign up

The Department of Aging has released its 2022 Benefits & Rights for Older Pennsylvanians, the commonwealth's premier guide for information and resources serving older adults on the state and local levels.

Individuals can obtain the 2022 Benefits and Rights book at the Jefferson County Area Agency on Aging (AAA) and the office of their state senator and representative.

The book can also be viewed and downloaded online on the department's website at <https://www.aging.pa.gov/publications/benefits-and-rights/>



The Senior Farmers Market Nutrition Program is now open for business! The annual program provides low-income older adults with fresh, nutritious fruit and vegetables locally grown by approved Pennsylvania farmers.

Eligible seniors can receive vouchers valued at \$24 for individuals or \$48 for couples through their local AAA. The vouchers are being accepted at participating markets now through November 30.

Older adults can get more information, including eligibility and how to apply, by contacting the Jefferson County AAA at 814-849-3096 or local senior center.

JCAAA Addressing Depression in Older Adults



The Jefferson County Area Agency on Aging is expanding its programming to include the Healthy IDEAS Program to address depression in Older Adults. Five staff members of the aging office recently completed training for this evidence-based depression self-management program. Healthy IDEAS brings together the aging network and the mental/behavioral health community to achieve significant benefits for older adults and their families who may be dealing with depression.

“The program is integrated into our aging services. It is conducted by trained staff either in-person in an older adult’s home or by telephone over a three-to-six-month period” Molly McNutt executive director says.

For older adults with depression symptoms, the Healthy IDEAS program focuses on providing short-term intervention so that participants can better manage the symptoms of depression.

Participants learn through behavioral activation techniques how to achieve goals to do meaningful activities, and how to talk to their doctor about their depression. Participants also receive referral and connection to mental health services.

The Department of Aging launched the Healthy IDEAS program in 2018. It expanded in 2020 in accordance with Governor’s Wolf’s “Reach Out PA: Your Mental Health Matters,” a focused multi-agency effort and anti-stigma campaign aimed at expanding resources and comprehensive support of mental health and related health care priorities in Pennsylvania. Under this initiative, the department led two roundtable discussions aimed at reducing stigma and understanding mental health issues and service needs of older adults and individuals with disabilities.

For more information on Jefferson County Area Agency on Aging program please visit our website at www.jcaaa.org or call us at 814-849-3096.





FREE Community Workshop Presentation
Get Ready for Medicare:
 The Basics for People Who are Joining or Already Enrolled

Jefferson County Area Agency on Aging
 Medicare Education and Decision Insight Program

September 8th	12:30-1:30	Reynoldsville Foundry Senior Center
September 29th	10:00-11:00	Brookville Heritage House Senior Center
September 29th	1:00-2:00	Brockwayville Depot Senior Center

Call Mindy at 814-849-3096 Ext 232 to sign up

What is Medicare Education and Decision Insight (PA-MEDI)

Medicare Education and Decision Insight (PA MEDI) is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare. PA MEDI counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

You will have a better understanding of:

Medicare Part A, B and C

Savings Programs

An Advantage Plan

How to avoid penalties

And much more!



**Jefferson County
Senior Center Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Egg Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit</p>	<p>2</p> <p>Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie</p>	<p>3</p> <p>Chicken w/Gravy 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>4</p> <p>Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>5</p> <p>Beef Taco Salad 1 c. Lettuce 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight</p>
<p>8</p> <p>Warm Roast Beef & Cheddar Sandwich 1c Summer Corn Chowder w/ Crk 1 Sandwich Roll Seasonal Fresh Fruit Bread Pudding</p>	<p>9</p> <p>Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie</p>	<p>10</p> <p>Hot Dog 1/2c Baked Beans 1/2 Macaroni Salad 1 Hot Dog Roll 1/2c Blushed Pineapple</p>	<p>11</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>	<p>12</p> <p>Creamy Chicken & Biscuit (3oz Chicken & 1 Biscuit) 1/2c Mixed Vegetables Fresh Fruit Cookie</p>
<p>15</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>16</p> <p>Fresh Egg Salad Sandwich Lettuce & Tomato 1c Tomato Soup w/ Crackers 2 Wheat Bread 1/2c. Cinnamon Applesauce</p>	<p>17</p> <p>Roasted Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Corn 1 Wheat Bread Cookie</p>	<p>18</p> <p>Hearty Beef Stroganoff 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>19</p> <p>Pineapple Glazed Ham Balls 1/2c Sweet Potatoes 1/2c Broccoli 1 Wheat Bread 1/2c Sliced Pears</p>
<p>22</p> <p>Meatball Hoagie (4) 1/2c Parmesan Noodles 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>23</p> <p>Pork Loin w/Gravy 1/2c Vegetable Rice Pilaf 1/2c Cauliflower 1/2c Sliced Apples 1 Cookie</p>	<p>24</p> <p>Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread Fresh Fruit</p>	<p>25</p> <p>Crispy Chef Salad 1c Mixed Greens w/ Ham, Tomato, Cheddar, 1/2 Egg 1c Vegetable Barley Soup w/ Crackers 1 Dinner Roll 1/2c Warm Peach</p>	<p>26</p> <p>Smothered Roast Beef 1/2c Mashed Potatoes 1/2c Peas & Onions 1 White Bread 1/2c Mandarin Oranges Bread Pudding</p>
<p>29</p> <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>	<p>30</p> <p>Sweet & Sour Chicken w/ 2oz Sauce 1/2c White Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread 1/2c Mixed Fruit</p>	<p>31</p> <p>Glazed Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1/2c Pudding</p>	 <p>RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.</p>	<p>*Menu subject to change* Supply Chain issues may result in different menu items</p>



All 50 States Capitals



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JEFFERSON CITY

OKLAHOMA CITY

SALEM

BOSTON

DOVER

JUNEAU

OLYMPIA

SALT LAKE
CITY





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

Lunches served everyday Monday through Friday. Take-outs still available. Please remember to call the day before to reserve yours by calling 814-265-1719.

EXERCISE

Healthy Steps in Motion on Monday and Thursday at 10am.

Chair Yoga on Wednesdays at 11am.

Wednesday August 9 Red Cross Blood Drive 1-5:30

Wednesday August 17 Bus trip to Seneca Alleghany Casino, call for more information 814-265-1719.

Thursday August 18 Grocery Bingo 6:00 PM

Friday August 19 August Birthday Celebration

Upcoming September Events:

Breakfast is back starting on September 13th

Grocery Bingo September 15th

Tentative date for MUSIC NIGHT is SEPTEMBER 16!

Photo: Music Night may be back in September...will keep everyone posted!





Where has the time gone? We are already in the month of August. Time sure does fly by when you are having fun and we always have fun here at the Heritage House. I have some fun activities planned for this month. This is also my 1 year anniversary of being here at the Heritage House, I can't even believe it has been one year. I have enjoyed every bit of my time here and plan on staying for many years to come. I really enjoy my job and the people that I work with daily. I like coming to work and really look forward to seeing everyone every day. I want to say THANK YOU to everyone for welcoming me and accepting me as the center coordinator here at the Heritage House. I really appreciate the support and always try my best to keep things running smoothly for everyone. (We will have a little celebratory dessert on Tuesday August 2nd at lunchtime.) With that being said, we had a great month of July with a trip to Farmers Inn, a Luau, Arts and Crafts days, card making days, and a few other great activities. I hope to make August just as great.

Along with our regularly scheduled activities.

We will start out with a **Craft Day** on Friday August 5th at 10 am in the Cafe-We will be making Button Bouquets. Friday August 12th Arts & Crafts-there will be a few different crafts to make on this day, you will get to choose. Friday August 19th starting at 9:30 am through 11:30 am will be Ceramics. Then the last Friday in August, the 25th, will be a themed bingo/ Summer Treats, it will start at 10:30 am and run through 11:15 am that day-We will be playing with our bingo players that play every Friday and Monday. Also, on this day we will be having an ice cream social at 11:30 am with a few games and prizes. Best dressed gets a prize-find the best ice cream or frozen treat shirt to wear-Get Creative! We will then have an ice cream sundae bar set up for right after lunch is over, so you will be able to make your own sundae.

We are also doing a 2nd trip to **Farmers Inn** on Wednesday August 17th at 11 am for those that didn't get to go in June-please give me a call or stop in my office to sign up for this trip. 814-849-3391

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

We have found a class that is just like the AARP Safe Driving Class that we had previously tried to offer and kept getting canceled. This one will be at the end of August or beginning of September and is PennDOT approved. I have more information for this if you are interested, please give me a call, or stop by my office. Seniors for Safe Driving.

Our regularly scheduled activities are listed below:

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

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

Monday and Friday Bingo 9 am

Tuesday Scrabble 10 am

Wednesday Woodcarvers 9 am

We serve a **hot lunch** everyday at 12 noon Monday through Friday here at the center. If you are interested in joining us for lunch stop by the center to sign up or give me a call 814-849-3391. You must sign up 24 hours in advance to the day you want to eat with us by 1 pm. The meal is a \$2.50 donation.

Please know that I try my best to stick to the schedule but sometimes things happen, and things have to be changed, so keep that in mind-the schedule is subject to changes.

Photos: July Luau at the Heritage House July 2022



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

Center open Mon thru Fri – 8:30 to 1:30 serving hot meals daily; dine in noon, take out 11:30.

Meals MUST be ordered a day in advance.

Bingo, movies, cards, games, crafts, lending book library, daily newspaper, current magazines available upon request.

There is always a pitcher of ice water and freshly brewed ice tea for consumers to enjoy while visiting center. Hot beverages on site as well.

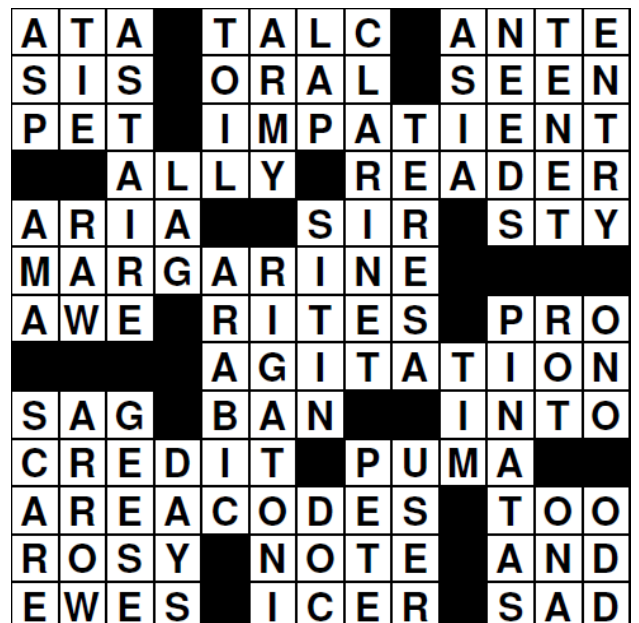
Our monthly birthday celebration will be held Thursday, August 26.

A craft is being planned, date to be determined.

Please stop in and enjoy a cold drink and air conditioned comfort.

The Area Agency on Aging sponsored a day trip on Wednesday, July 20. Everything from the bus ride to Farmers's Inn, the delicious meal and zoo was wonderful. All were smiling and very grateful.

Photo: In July we painted bisque ware critters. As it was so much fun this activity will be repeated.





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

We offer a delicious hot lunch every day at noon for take out or you may eat in just \$2.50 – make sure to call the day before to reserve your meal!

Every Morning we have coffee and dominoes come and join us!

Monday afternoons from 1-3:00 pm Jam Session is here playing and singing your favorites which range dependent on your favorite music the group is growing and we have a few new people who play and sing along with our group.

Please join us.

We offer bingo every Thursday from 9:30-11:30 am come and try your luck

Every Monday, Wednesday and Friday from 10:30-11:30 am we have Healthy Steps in Motion Exercise

Come and work out with us everyone is welcome.

Looking ahead to August 5th we have Ray's Final Cuts here from 6-9 pm doors open at 5:30 – everyone enjoys our Friday night dances (they are the first Friday of every month) we also offer a tasty menu from sloppy joes, to hot dogs

To pulled pork and coleslaw sandwiches (we offer this in August on the 5th) Yum!!! Carol Knarr makes her homemade potato salad and we have assorted pies.

In September on the 2nd we will have Sam Buck and the Buckshot band here playing this night.

We will be offering an art class with Sandy Trimble in October – more information to follow on this.

Tai Chi will be starting up in the fall as well – more info to follow on this as well.

Come Join us at the Foundry

Photo: Friendships are formed at the Foundry



Hosted by:



JEFFERSON COUNTY
AREA AGENCY ON AGING

Fall Into Health

Senior Picnic &
Health Fair

THURSDAY SEPTEMBER 22

10:00AM – 1:00PM

FREE for Senior Citizens!

Location: Jefferson County Fair Grounds 1514 Route 28 Brookville, PA 15825

Face Masks Encouraged but



Not Required

We can't wait to see you!

It's been 3 long years!

Health Screenings

Exhibitors

Prizes

Lunch

50/50

Door Prizes Start at 11:00am

Call to sign-up and reserve transportation:

Brockway Depot
814-265-1719

Main Office
814-849-3096

Punxy Center
814-938-8376

Heritage House
814-849-3391

Reynoldsville Foundry
814-653-2522

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. Cleopatra's snake 2. Ascot 3. Dancer Fred ____ 4. Labor 5. Military branch 6. Track circuit 7. Saxophone's kin 8. Largest continent 9. Lacks 10. Doctrine 11. Doorway 17. India's Mother ____ 19. Dawdle 21. Physicians' org. 22. Untrained 23. Peaceful protest (hyph.) 26. Language of Syria 27. Tubular pasta 30. Festive candy containers 31. Go bad 32. Yoko ____ 34. Actor ____ Allen 35. Frighten 36. Directional symbol 37. Honking birds 41. Week portions 42. ____ Sampras of tennis 43. ____-friendly 45. Medic 47. ____ wing and a prayer (2 wds.) 48. Not even
12				13					14				
15				16				17					
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ACROSS

1. One ____ time (2 wds.)
4. Body powder
8. Initial bet
12. Family mem.
13. Unwritten
14. Beheld
15. Cherished animal
16. Intolerant of delay
18. Confederate
20. Library patron
21. Opera tune

DOWN

23. Polite address
24. Piggery
25. Oleo
28. Reverence
29. Ceremonies
30. For
33. Unrest
35. Sink down
38. Prohibition
39. Fascinated by
40. ____ card
42. Mountain cat
44. Phone number prefixes (2 wds.)
46. Besides
49. Pinkish
50. Short letter
51. As well
52. Lambs' mamas
53. Bakery employee
54. Downcast

Ask Your Doctor

Before taking a supplement, ask:

- Can this supplement help with my health concern?
If so, how much should I take?
- Does this supplement have any harms associated with it? What side effects should I look for?
- Could this supplement interact with my prescription medications? What about over-the-counter medications?
- How do I know whether a supplement contains what it says it does? Can you recommend a brand to take?



<https://www.thehealthy.com/nutrition/vitamins/ask-doctor-before-taking-supplements/>