

What are Home Delivered Meals?

Home Delivered Meals provide meals to eligible older adults in their homes. These meals are delivered once per week by volunteers or staff. Meals come in a box that includes:

- 5 Frozen Entrees
- Bread slices
- Cheese sticks
- Hot Chocolate mix
- And more!

Directions on how to prepare the meals are included on the wrapper.



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!



To be eligible an individual must demonstrate a nutritional need. Those needs may be an inability to obtain food or prepare meals due to physical or cognitive disabilities, lack of resources for meals or absence of someone willing or able to prepare meals. Meals are FREE but donations are accepted.

For more information, please call the Area Agency on Aging 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 8th12:30-1:30September 29th10:00-11:00September 29th1:00-2:00

Reynoldsville Foundry Senior Center Brookville Heritage House Senior Center 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!



NEW PROGRAM FOR SUMMERVILLE SENIORS



Are you age 60 or older? Do you like eating at Summerville Eats & Sweets?

Then join the new lunch program for seniors <u>every</u> Tuesday starting October 4th!

> Time: 11:00am-1:00pm No reservation required

FREE for Jefferson County senior citizens (age 60 and older)

To Qualify You Must:

Fill out the Needs Assessment Tool *Required to participate in this program* Be courteous and tip the servers at Summerville Eats & Sweets if you dine in

Plan to come to the restaurant on Thursday September 29th between 9:00am and noon to fill out necessary paperwork



Questions? Call Molly at 814-849-3096





Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.		*Menu subject to change* Supply Chain issues may result in different menu items	1 1c Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Breadstick 1/2 Applesauce	2 Homemade Tuna Salad Sandwich w/ Lettuce & Tomato 1c Bean Soup/ Crackers 2 Hearty Wheat Bread Seasonal Fresh Fruit Ice Cream Treat
5 Centers Closed	6 BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight	7 Cheeseburger w/ Lettuce, Tomato 1/2 Pasta Salad 1/2 Baked Beans 1 Hamburger Roll Seasonal Fresh Fruit	8 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	9 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit
12 Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	13 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	14 Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges 1/2c Creamy Cucumber Salad	15 Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	16 Pork Loin w/Gravy 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
19 Beef Taco Salad 1 c. Lettuce 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	20 Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread 1 Cookie	21 Chicken w/Gravy 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	22 SENIOR PICNIC! See you at the Fairgrounds! 10:00am-1:00pm	23 Egg Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly Seasonal Fresh Fruit
26 Warm Roast Beef & Cheddar Sandwich 1c Summer Corn Chowder w/ Crk 1/2c Pasta Salad 1 Sandwich Roll Seasonal Fresh Fruit	27 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll 1 Cookie	28 Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	29 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	30 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad

Getting Things Done

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Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days in September. 5th



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

- 9/5 Closed for Labor Day
- 9/13 Breakfast, Pancakes & Sausage 7:30-9:30 no reservation required

Nickel Bingo 9:30-11:00

- 9/15 Grocery Bingo 6pm
- 9/16 Birthday Celebration with lunch

9/22 Senior Picnic and Fall Health Fair 10:00am-1:00pm at Jefferson County Fair Grounds, for more info and to make REQUIRED reservation call 265-1719

Coming Up:

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10/7 Seniors for Safe Driving Class 9:00am-1:00pm. Class to receive 5% discount on automobile insurance. Call to reserve your spot. Cost is \$16.00.



The Brockwayville Depot Senior Center needs the following help:

- Bingo Callers
- Craft or Art Instructors
- Breakfast Servers
- Rails-to-Trails Walking or Biking Leader
- Music Night Volunteers



Call Molly at 814-849-3096 or Cheryl at 814-265-1719 for more info.

Are you or someone you know homebound or in need of receiving the COVID-19 vaccine or booster shot at home?

If so, call or email to be placed on our Homebound Roster to receive the vaccine at your residence.

1-800-852-8036



info@jcaaa.org



Lots of great things happening this month. We are kicking our month off with a visit from Junebug the Therapy Donkey on Friday September 2nd at 11 am. She will be here with her owner so we can learn a little bit about her and her owner Margaret McCarty. She will allow us to pet her and show her some LOVE. Please join us for this fun event. Join us for lunch after this event-Soup and a Sandwich.

Friday September 9th at 10:30 am we are having an arts and crafts day-craft will be announced as soon as we get closer to the date.

We are hosting a Seniors for Safe Driving Class Wednesday September 14, 2022, 9 am to 1 pm at the Heritage House. It is a class just like the AARP class that we used to offer only; this one is backed by PennDot. You must call the center to reserve your spot for the class and make a payment of \$16 payable to JCAAA. Stop in or Call 814-849-3391.

Friday September 16th CERAMICS from 9:30 to 11:30 am.

Our Annual Senior Picnic, I cannot believe it is almost here. The Senior Picnic will be held on Thursday September 22nd from 10 am to 1 pm at the Jefferson County Fair Grounds inside the two large buildings at the entrance of the fair grounds. We will have a lot of vendors there, demonstrations, door prizes, lunch, and more. You won't want to miss this awesome event. Make sure you call or stop in to RSVP.

The last two Fridays of September will be saved for some Arts and Crafts or some other types of activities that will be announced as soon as we get closer to those dates. I really enjoy all the activities that we do at the center, and I hope you do too, I try to keep a variety of things available so there is something for everyone. If you have any suggestions for crafts or activities that you would like to do, please don't hesitate to ask. I am always up for new and exciting things to do at the center. Please make sure you sign up for the events you are attending by stopping at the center or calling in 849-3391 so we know how many to expect.

September is such an exciting month with lots of things happening. I hope you can join us for everything. Looking ahead: Ceramics, Arts and Crafts, Brookville Heritage House Center Address: 4 Sylvania Street, Brookville, PA 15825 Coordinator: Tammy Miller Phone: 814-849-3391 Email: heritage@jcaaa.org

cooking in a crockpot-soup sampler, meal planning, a couple of national holidays in September that we will celebrate, and more. Stay tuned for more information when we get closer to October.

We serve a hot lunch everyday Monday through Friday at 12 noon. You must let us know 24 hours in advance from the day you will be dining with us. We plan a day ahead for our meals here. Call or stop by to sign up and dine with us. 814-849-3391

Our regularly scheduled activities:

Monday and Friday-Bingo 9 am

Monday and Wednesday Healthy Steps in Motion 10 $\operatorname{am} - 11:30$ am

Tuesday Scrabble 10 am

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

Wednesday Woodcarvers 9 am

Thursday Veterans Meet for Coffee 9 am

** As always, I try my best not to have to make any changes, but things do happen and changes must be made, so PLEASE bear with me if something must be changed or rearranged. I try my BEST to make it happen!**

Photos: Button Bouquets



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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

Monday September 5 – Center closed (Labor Day)

Wednesday, September 7 - decorate the center for fall

Monday, September 12 – Grocery Bingo – 9:30 – 11 (must sign up)

Wednesday, September 14 – National Cream Filled Doughnut Day

Monday, September 19 – ceramic project – 9:30 - 11

Thursday, September 22 – Center closed – Senior Picnic Day – please sign up

Friday, September 23 – Happy Birthday celebration to honor September born

Friday, September 30 – National Orange shirt day – All who attend center wearing an orange shirt will receive a special treat

We offer penny bingo, cards, movies, games, books, magazines, puzzles and more.

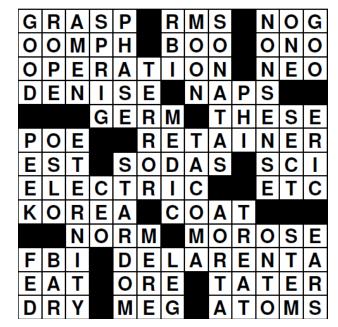
If one has a suggestion for an activity, please let me know

Volunteers welcome

We currently have a need for assembling and serving lunches on Thursdays and Fridays. Training given. Usually takes 1.5 to 2 hours

We are always looking for volunteers to help deliver home delivered meals to eligible consumers a couple hours on Tuesdays. It is a rewarding experience. Please contact Debbie at 814-938-8376 – mileage is reimbursement all ages welcome. Below is an example for one of the lovely creatures spotted while delivering.







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!

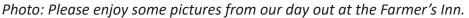
If you would like a delicious and nutritious lunch please join us! We offer lunch every day at Noon – please call the day before to reserve your lunch.

We have a wonderful group of artists who play and sing a variety of music every Monday from 1:00-3:00pm at Jam Session you should really check them out and sing along.

We have Healthy Steps In Motion every Monday, Wednesday and Friday from 10:30-11:30 am

We are having a dance on Sept 2nd and October 7th from 6-9 PM Sam Buck and the Buckshot Band will be here come and dance the night away! We also serve a light menu and we have a new menu item we will be trying out so come and enjoy!

We have an art class with Sandy Trimble coming up in the fall more details to be announced.





AmeriCorps Seniors RSVP

What is the AmeriCorps Seniors RSVP?

The AmeriCorps Seniors RSVP is one of the largest volunteer efforts in the nation. <u>Your local project serves Clarion, Indiana and Jefferson</u> <u>Counties</u>. We engage people age 55 and older in volunteer activities. Volunteers assist in hospitals, food pantries, test water in area streams, deliver meals to homebound residents, prepare income tax returns for the elderly and low income and serve their communities.

Where do I volunteer?

Volunteer opportunities are available at the Jefferson County Senior Centers!

Help with serving lunch, paperwork, Home Delivered Meals, and more!

How do I join?

The enrollment process is easy!

Volunteers must be 55 years of age or older. Complete a brief, one page application. We will get you started on a new adventure!

Leave a Legacy Volunteer Today!

This project is sponsored by:



AmeriCorps Seniors RSVP Community Action, Inc. 105 Grace Way Punxsutawney, PA 15767 814-226-4785, ext. 104 Toll free 1-800-997-7661 volunteer@jccap.org



This document was financed in part by grants from the federal Corporation for National and Community Service and the federal Department of Health and Human Services under the Administration of the Commonwealth of Pennsylvania, Department of Community and Economic Development.

What are the benefits?

In addition to the satisfaction you will receive in knowing that you are helping your community, you will:

- receive <u>free</u> excess automobile liability insurance, excess accident, and excess personal liability insurance while you are performing your volunteer service;
- develop new friendships and renew old acquaintances;
- receive publications of volunteer opportunities;
- develop new skills, share life-long experiences and increase your self-esteem and confidence;
- receive an invitation to join us for our annual volunteer recognition event;
- <u>most importantly</u>, make an impact in our community by helping people, and changing lives.

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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14. Lennon's wife34. Like some can55	
15. Surgical procedure openers "Sleepless in Seattle"	
17. Trinity's boyfriend 36. List-ending abbr. 56. Small particles	
18. Actress 37. Seoul's country	
Richards 38. Outerwear	
19. Snoozes41. Standard	
21. Microbe 43. Sullen	

Check for Crossword Puzzle Answers On Page 8 Puzzle# 112 © Boatload Puzzles, LLC

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ATTENTION RSVP VOLUNTEERS

AmeriCorps Seniors Recognition Celebration

October 13, 2022

Brockwayville Depot Senior Center (425 Alexander St. Brockway, PA 15824)

Arrive at 11:30 Lunch at Noon

Please RSVP by September 15, 2022 by calling: 814-226-4785 x 104

Volunteers who have logged hours in the past year are FREE.

If you want to bring a Guest, the cost for lunch is \$15.00.

Cheryl Shellhammer

AmeriCorps Seniors Director



VDDKESS SERVICE REQUESTED