



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!

What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- Apply between Nov. 1, 2022 and Apr. 28, 2023.
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home.

JCAAA can assist you with filling out the paperwork. Please call for an appointment
814-849-3096.

Apply online at
www.compass.state.pa.us



Over-the-Counter Hearing Aids: What's Available and Where to Buy

It's official -- audiologists and established technology companies have teamed up. The market has opened, and hearing aids have become more accessible to the public. You no longer need to see a health practitioner to get hearing aids for age-related hearing loss, making hearing aids less expensive for the masses. There are three hearing aid designs to choose from: behind-the-ear, in-the-ear and in-the-canal.

Sound amplification devices vs. hearing aids

Dr. Lindsay Creed, Au.D., CCC-A, is the associate director of audiology practices and a member of the American Speech-Language-Hearing Association. She says, "Personal sound amplification products are unregulated devices that are intended to provide situational hearing enhancement. They are not medical devices and are not intended to be used by individuals with hearing loss." These devices are less sophisticated than many of the self-fitting over-the-counter hearing aids that we now see entering the marketplace.

Hearing aids, on the other hand, are medical devices regulated by the FDA and designed to amplify sound for the wearer. These devices are recommended for those with age-related or self-perceived hearing loss. How to buy OTC hearing aids

Buying over-the-counter hearing aids just got very simple. If you are interested in obtaining hearing aids at your local pharmacy, adhere to the following steps:

1. Optional: Get a hearing test performed by a professional
2. Order hearing aids online or in store
3. Try them on yourself at home
4. Carefully determine your max output (a doctor's help is recommended)

Does insurance cover over-the-counter hearing aids?

Insurance coverage for OTC hearing aids will be individual and plan specific. If an individual's insurance plan has hearing aid benefits, they will determine whether or not it can apply to OTC hearing aids. Creed says, "Payment will be on a case-by-case basis and some companies may require a prescription from a provider even though they are OTC."

Individuals who don't have hearing aid coverage through their insurance may be able to use FSA funds.

Are over-the-counter hearing aids right for you?

If you are 18 or older with self-perceived mild to moderate hearing loss, OTC hearing aids might be right for you. While over-the-counter hearing aids don't require a medical evaluation, Creed says, "I caution consumers not to buy without first seeing a professional. The best practice or best care is still to see an audiologist to know your hearing levels. They will help you make the best decision."

Are there any risks with OTC hearing aids?

Yes, as with any medical device, there are risks. If you do not have a hearing test performed by a doctor prior to buying OTC, you may be unprepared to use them properly. The max output on the devices may cause hearing loss if you do not require a high level (a doctor can tell you your max output level via a test).

OTC hearing aids aren't for everyone. You may need to see a physician or get a prescription.

Reasons you may need prescription hearing aids include:

- Hearing aids are too loud or too quiet
- You have a child that requires hearing aids
- This is your first time using a hearing aid

See a physician if you have a history or experience any of the following:

- Excessive ear wax buildup
- Vertigo with hearing loss
- Hearing loss or ringing in only one ear
- Fluid, pus, or blood coming out of your ear
- Pain or discomfort in one or both ears

First published on Nov. 3, 2022

<https://www.cnet.com/health/medical/over-the-counter-hearing-aids-whats-available-and-where-to-buy/>

The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.

If You're a Kinship Caregiver in One of Pennsylvania's 67 Counties, We're Here to Help.

PA KinConnector is an information, referral and education program for kinship caregivers in Pennsylvania. Kinship caregivers are blood and non-blood relatives (ie teachers, coaches, and family friends) who care for children when their biological parents can't.

There are an estimated 259,405 children in Pennsylvania under 18 that live in homes where householders are grandparents or other relatives. 82,556 grandparents in Pennsylvania are responsible for the basic needs of their grandchildren.

The KinConnectors seek to assist these caregivers by providing information on financial assistance, legal information and referrals, and other issues caregivers face when raising children to provide stability and permanency in the home.

Call today for more information:

1-866-546-2111

Website: <https://www.kinconnector.org/>

December menu for Summerville Eats & Sweets!

Senior Meal Program Every Tuesday from 11-2pm.

December 6	Pizza Bake
December 13	Grilled chicken salad
December 20	Hot dog
December 27	Restaurant Closed this week



New Hours are 11:00am-2:00pm on Tuesdays for the Senior Lunch!

Be sure to fill out the Needs Assessment Tool to be eligible for the FREE lunch.
Help is available by calling 814-849-3096.

Meal includes choice of coffee, milk, or water. Any extras including pie, ice cream or other dessert will be charged accordingly to the customer. *Please tip your server*



Jefferson County
Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menu subject to change* Supply Chain issues may result in different menu items</p>		<p>RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.</p>	<p>1 Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit Italian Green Beans</p>	<p>2 Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges</p>
<p>5 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight</p>	<p>6 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 White Bread 1/2c. Warm Apple Cranberry Crisp</p>	<p>7 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit Macaroni Salad</p>	<p>8 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread & Cookie *Deadline to sign up for Christmas Lunch*</p>	<p>9 Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit</p>
<p>12 Pepper Steak w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>13 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup w/ Crk 1 Dinner Roll 1/2c Fruited Gelatin Pickled Beets</p>	<p>14 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges</p>	<p>15 Christmas Holiday Luncheon Stuffed Chicken Breast Mashed Potatoes & Gravy Corn Roll & Butter Texas Sheet Cake</p>	<p>16 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>
<p>19 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2 c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Apple Juice Coffee Crumb Cake</p>	<p>20 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange</p>	<p>21 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie</p>	<p>22 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>23 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits</p>
<p>26 Centers Closed</p>	<p>27 Happy Holidays! Centers Closed for all activities.</p>	<p>28 Happy Holidays! Centers Closed for all activities.</p>	<p>29 Happy Holidays! Centers Closed for all activities.</p>	<p>30 Centers Closed</p>

Christmas Word Search

Instructions: Try to find all the hidden Christmas words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ANGEL	FESTIVE	SEASON
CELEBRATION	HOLIDAY	SNOWFLAKES
CHRISTMAS	LIGHTS	SNOWMAN
COCOA	PEACE	STOCKINGS
DECEMBER	REINDEER	WREATH

**Jefferson County Area Agency on Aging Main office will be
closed on 12/23 and 12/26.
The Senior Centers will be closed on 12/23 - 12/30.**





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

Tuesday Morning Hot Breakfast is available at the Brockway Depot between 7:30am-9:30am. No Reservation Needed. Suggested Donation is \$2.50. No Breakfast on 12/27

Every Tuesday – Nickel Bingo 10-11:30

Every Wednesday – Chair Yoga

Every Monday and Thursday – Healthy Steps in Motion

December 7th – LifeLine Screening Event. A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered at the cost of \$149. These 4 vital screenings take 60-90 minutes to complete. Register by calling toll free 1-888-653-6441, text the word "circle" to 216-279-1607 or online at <https://lisa.social/HC>

Dec 8th Last Day to sign up for Christmas Luncheon

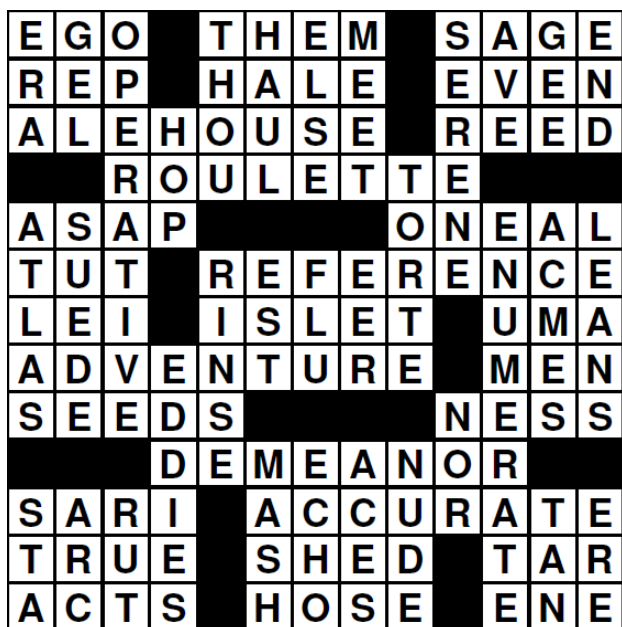
Dec 15th Christmas Luncheon

Dec 22nd Birthday Celebration at lunch and reading of "Twas the Night Before Christmas" with our small gift exchange.

Dec 23-Jan 2 Center Closed for the Holidays!

FROM ALL OF US AT THE BROCKWAYVILLE DEPOT WE WISH YOU ALL A JOYOUS HOLIDAY SEASON!

QUESTIONS? Call Cheryl at 814-265-1719 or email cheryl@jcaaa.org





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

Good Afternoon Everyone! I thought it would be nice to share what we have been up to at the Heritage House and a few things that the other centers have done too. This is a little long, but I love to share what we are up to down here with everyone that will listen.

I just wanted to reach out and make sure everyone knows about the events that are coming up at the Heritage House! I am trying to reach out/stay connected to the community as much as possible & keep the seniors involved in things that are going on, they seem to enjoy being involved in community things. We have received a lot of support from the community lately and we are very appreciative of that support.

We have a few things that we are participating in and then we are also hosting a few events that you might be interested in joining in on. You are more than welcome to join us anytime and we could use anyone's help on Saturday December 3rd for the Fundraiser for sure.

We will have a Tree at Christmas Tree Lane at the Brookville Community Theater Building/Columbia Theater Building on Main Street. We will have a black and red gingham and reindeer themed tree that will be set up and available for viewing on Light Up Night in Brookville the day after Thanksgiving. Super Excited about this one! We made our own reindeer ornaments!

We also just completed ornaments that have been sent to the capitol to be hung on the capitol Christmas tree, see photos. We decided to include all 4 centers this year. I made ornament kits for all 4 centers, and they completed them, and we got them packaged and mailed out. What a fun and exciting project. See Photos of finished ornaments.

We are also having a Community Christmas Tree with ornaments from the Community hung on it in our Café' at the Heritage House-See Flyer for more information. I am hoping to make this an annual event. So super excited that people are bringing in ornaments for this TREE-I am over the moon excited

today because people have brought ORNAMENTS IN-YAY! See Page 10.

We are having a FUNDRAISER Vendor/Craft Show on Saturday December 3rd from 9 am to 3 pm with a Chinese auction and other fun things.

If you are interested in helping at this event, please let me know. I could use a few extra hands to wrap gifts and help with the Chinese auction or whatever you would want to help with.

We will also be doing our annual cookie exchange and I will get the invites sent out next week, hopefully. It will take place on December 20th from 1-3 pm at the Heritage House in the Café'. I will get to work on the invites and get them out soon. Don't forget to RSVP once you receive your invite-this was such a success last year and fun too!

I think that is it for now. Thanks for reading and Thanks for all the Birthday Wishes, it has been a great day! I also wanted to say THANK YOU to those that donated to our boxes for the TROOPS, those are being packaged up this week and shipped out and we did a wonderful job on that-couldn't have done it without all the support that we received from everyone! THANKS so much for the donations. A big shout out to REYNOLDSVILLE for their huge donation towards the troops, that really put us over the top with our contributions, wow! THANKS!! If I forgot anyone, I am sorry. We have so much to be thankful for and I didn't want to miss anyone but if I did, I am sorry.
 Tammy Miller



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

The Center is open 5 days a week from 8:30 to 1:30

A hot delicious meal is served daily. – Meals must be ordered a day in advance by calling 814-938-8376 or signing reservation book. Suggested donation is \$2.50 per person.

If you ordered a meal for a certain day and are unable to attend or pick your meal up, please call above number (if you are able) and let us know

The center will be closed December 23 thru December 30. HAPPY HOLIDAYS! BE SAFE.

Bingo, movies, cards, jigsaw puzzles, coloring pages, puzzle books, lending library are some of the activities available daily.

Monday – December 5 – 9:30 – 11 grocery bingo, please sign up

Friday – December 9 – 9:30 – 11 – water color craft, please sign up

Tuesday, December 13 – birthday celebration

Friday December 16 – ice cream after lunch

Monday December 19 – decorate sugar cookie day 9:30 – 11, please sign up

Thursday, December 22 – Holiday movie and popcorn – 9:30 to 11

Photo: Folks enjoy making ornaments for the tree in Harrisburg.





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! We want to wish you and yours a Very Happy Thanksgiving! We celebrated our dinner here on November 17th and had 60 consumers who came and enjoyed a great dinner prepared by our kitchen in Brookville!

Last week we celebrated Veteran's Day on November 10th and we had 45 consumers and veterans who enjoyed another delicious lunch! There was a flag folding ceremony and it was just beautiful!

In December we are busy with Healthy Steps in Motion Mon, Wed, and Fri from 10:30-11:30 am – Thursday we have our nickel bingo 9:30-11:30 am we are holding a felt stocking art class with instructor Sandy Trimble (pictures below) and the stockings are coming along very nicely!

We will be holding our Christmas lunch on December 15th, 2022 (cut off for dinner reservations will be 12-8-2022 so please call early to reserve your dinner lunch will be the normal \$2.50) Christmas will be here before we know it. We are planning a spring craft show with date tbd, so more information on that to follow. Come join us at the Foundry for wonderful food, wonderful fun, and great fellowship.





PA Department of Human Services
@PAHumanServices

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We've received reports of suspicious text messages about benefits. DHS sends text messages from 1-833-648-1964 and official text messages will not include links to unofficial sites. Official information and links can be found at: dhs.pa.gov

SCAM ALERT TEXT MESSAGES

Please remember:

Official DHS messages will:

- **NOT include** details about a person's benefits, such as the amount of SNAP they are authorized to receive,
- **NOT request** specific personal information,
- **NOT Link to unofficial sites;** most DHS texts will direct people to dhs.pa.gov, COMPASS, or other official website.

When in doubt, visit dhs.pa.gov for official information and links.



dhs.pa.gov

10:10 AM · Aug 18, 2022 · Twitter Web App



The Heritage House 1st Annual Community Christmas Tree 2022

This is for everyone including but not limited to families, individuals, groups, clubs, businesses, fire companies, police, EMS, any type of groups, school groups, church groups, and just anyone that wants to come together and help us decorate our Community Tree at the Heritage House 4 Sylvania Street in Brookville showing how as a community we can come together and help & support each other. We can all use a little support in the world today and together is when we are at our BEST! Our community has been very supportive to us here at the Heritage House and we are very appreciative for that. I think that anyone as an individual can do great things but as a community, we can do GREATER THINGS! So please stop by and add an ornament to our Community Christmas Tree, help us make this a tradition.

We will start collecting the ornaments NOW...Please have all ornaments on the tree/to the Heritage House by December 1st so we can enjoy the tree through the holiday season. If you do not have an ornament, please stop by and add your name to one of the ones that we have-we have a few pre-made ornaments to choose from. We made them at the Heritage House. Make sure you add your name and year to the ornament and if you would like the ornament back, please pick up the week of January 2nd, if not we will hang them up again next year in addition to new ones that we get.

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.

1	2	3		4	5	6	7		8	9	10	11	DOWN 1. Distinctive time 2. Harden 3. Functional 4. Biblical "you" 5. Drag 6. Or ____! 7. Converge 8. Peaceful 9. Address abbr. 10. Mild exclamation 11. Complete 16. Bunny's motion 19. Rich cake 20. Map book 21. Brushed leather 23. Count 24. Peaks 25. Slants 27. Remove suds 28. Superlative ending 29. Winter malady 30. Browning's "always" 35. Whirlpools 38. Also not 40. Crush 41. Canyon feedback 42. Top cards 43. Naked 44. Amtrak terminal (abbr.) 45. Curve 46. Dull routine 48. Light brown 49. Bard's "before"
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ACROSS


1. Id's partner
4. Those people
8. Cooking herb
12. D.C. VIP
13. Healthy
14. Balanced
15. Pub
17. Marsh grass
18. Casino game
20. Urgent acronym
22. Shaquille ____
26. Mummy name

ACROSS

27. Recommendation
31. Hawaiian garland
32. Tiny landmass
33. ____ Thurman of "Pulp Fiction"
34. Escapade
36. Guys
37. Future flowers
38. Monster's loch
39. Outward behavior
44. Indian attire
47. Precise
50. Factual
51. Discard

DOWN

52. Pitch
53. Play divisions
54. Firefighter's need
55. WSW's opposite



**Sending you the blessings of
the season and wishing you
a very joyous Christmas and
Happy New Year.**

**Jefferson County Area Agency
on Aging**

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

