

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!

Need a Ride? Call ATA!

Ride Reservation Phone Number: 866-743-3282

The Jefferson County Area Agency on Aging will cover the cost of your trip for Shared Ride transportation for the following:

- Dentist visits
- Diagnostics visits
- Dialysis treatment
- Doctor's Office visits
- Hospital Visits - Admission and Non-Admission
- Pharmacy visits
- Physical Therapy
- Surgical trips
- JCAAA Senior Centers

If you need a trip to the grocery store, laundry mat, library, or other location you can ride for a reduced rate. Trips limited to ATA service area regions.

You can register to ride by calling ATA Customer Service at 866-282-4968. It's easy!



It's myStop

on RideATA

Download "myStop Mobile"

on the APP STORE for your mobile device

my.

REAL-TIME SCHEDULE INFORMATION
View real-time bus location on ATA fixed routes across seven counties in North Central Pennsylvania. Complete up-to-date schedule information.

EMAIL AND TEXT ALERTS on RideATA
Sign up for ONE TIME ALERTS or RECURRING ALERTS for your important routes on RideATA

TRIP PLANNER WORKS FOR YOU
Now you can set up routes and schedules for your specific destinations and trip needs.

RIDER ALERTS
Get easy access to detour and schedule change information, weather and trip alerts, as they become available and posted to myStop.

CLICK HERE TO SIGN UP

Care Manager Office Hour at the Senior Centers

We are now closer to your home with convenient assistance at the senior centers.

No appointment necessary!

We can assist you with:

- Filling out paperwork
- Answer questions about aging services
- Provide you with resources
- And more!



Punxsutawney Center

1st Tuesday of the Month 11-Noon

Reynoldsville Foundry

2nd Tuesday of the Month 11:00-Noon

Brockway Depot

3rd Tuesday of the Month 11-Noon

Brookville Heritage House

4th Friday of the Month 11-Noon

Call 814-849-3096 with Questions.

Summerville Eats & Sweets

Senior Citizen Tuesday

February Menu

Lunch Now Available 11-2pm!

February 7: Chicken salad sandwich with baked beans and coleslaw

February 14: BLT Wrap with French fries, cottage cheese, and apple crisp

February 21: Open Face Meatloaf Sandwich with mashed potatoes, carrots

February 28: BBQ Ham, Mac & Cheese, baked beans

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*

Get heart smart this #HeartMonth! Learn what a healthy blood pressure, cholesterol, weight, and blood sugar level are for you and how they impact your risk of heart disease. If you don't understand a term or number your healthcare provider uses, ask them to explain it clearly.



THE HEART TRUTH® FOR WOMEN

How to accurately check your blood pressure

BEFORE

- Avoid exercising, drinking caffeine, or smoking for 30 minutes prior.
- Go to the bathroom.
- Uncover your arm for the cuff.
- Sit and relax for at least 5 minutes.

DURING

- Put your feet flat on the floor.
- Don't talk.
- Rest your arm on a table so it's supported and at the level of your heart.

NIH National Heart, Lung, and Blood Institute hearttruth.gov

The Jefferson County Community Health Nurse will be available at the senior centers in February.

Check the senior center page for dates and times.

Plan to visit and get your blood pressure taken and have your questions answered!

We applaud the accomplishments of Cheryl Muders as she celebrates 25 years working for the Jefferson County Area Agency on Aging!



Cheryl graduated in May 1993 from the University of Pittsburgh at Greensburg with a BS in Psychology. Her first job was an aide at Adelphoi Village, a residential treatment home for teenagers. She then worked at a Drug and Alcohol Inpatient facility as an aide. After that she worked as a care manager and PS Worker at Experience Inc. for 3 years. On Groundhog's Day 1998 she started at JCAAA. Her first position was a care manager and protective service worker. She moved up to work directly under the agency Deputy Director until her retirement and then became the Long Term Care Director.

Cheryl shares "I have loved working with seniors the most from the jobs I have had. They are a wealth of information and have the life experiences that we can all learn from. The services we provide allow them to remain in their home for as long as possible. I look forward to more years of helping our seniors in their communities".

Cheryl met her husband Bob while at college and they have been married for 27 years. They share two daughters, Katie and Sara, and a dog Josie.



FEBRUARY

Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	2 Pork Loin w/Gravy 1/2c Buttered Noodles 1/2c Island Blend Vegetables Fresh Seasonal Fruit Cookie	3 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
6 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit 4oz Apple Juice	7 BBQ Chicken Breast 1/2c. Brown Rice 1 c. Cheesy Broccoli Soup 1/2c. Coleslaw Wheat Bread Fresh Orange	8 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	9 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	10 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
13 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	Happy Valentine's Day! Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Strawberry Shortcake	15 Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges 1/2c Sauerkraut	16 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1 c. Vegetable Soup 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	17 Chicken Stew- 1c. 1/2c. Pepper Slaw Whole Grain Buttermilk Biscuit 1/2c Peaches
20 Closed Presidents Day 	21 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	22 Ash Wednesday Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	23 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce	24 Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Potato Salad 1/2c Beets 2 Wheat Bread 1/2c Pears
27 Popcorn Chicken 1/2c Whipped Potatoes & Gravy 1/2c Corn 1 Biscuit 1/2c Peaches	28 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 c. Minestrone Soup 1 Dinner Roll Fresh Fruit		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

Flirt

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

G A I H C C N W O D T E L O R
 N D N E I N G R T E N S I O N
 I T T A O Y O R L D S E S E C
 T A I R R M R L E I C H F O G
 E L M T A I E E K R T I N L N
 E G A N H W N Y V N E Q A I S
 L A T E E G E N C O U N T E R
 F I E R G O I O D E C R E M E
 C D A U E D Y L S E F S O R J
 S F I T L I S T E N T R I E E
 B L I N K S J V B L U S H D C
 S A N E E T O U C H D D I T T
 P G I V V L K L A T E N S M I
 O O S D K H E A L T H Y A T O
 S M E A N E S N S M I L E C N
 A H N M I G N I M R A H C D W
 O M Y E R N A F F E C T I O N
 A K I A D M I R A T I O N C K

DISCOVERY
 DRINK
 ENCOUNTER
 ENVY
 FAREWELL
 FLEETING
 GLANCE
 HEALTHY
 HEART
 INTIMATE
 JOKES
 KISS
 LETDOWN
 LISTEN
 LOVE
 NEED
 POEM
 REJECTION
 ROMANTIC
 SHY
 SMILE
 TALK
 TENSION
 TOUCH



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

Open Monday-Friday 8:00am-1:00pm

Call 814-265-1719 with any questions.

Join us for our many activities and meals!

Lunch Monday-Friday at 11:30 call for reservations the day before.

Breakfast every Tuesday 7:30-9:30 no reservation needed.

2/7 Blood pressures taken at 9:00

2/14 Ceramics with Debbie 9:30 call and make reservation.

2/15 Sentimental Journey live music from the 20's-60's with Julie Lindemuth singer and guitar player from 11am-Noon. Tureen lunch to follow so please bring a dish to share with a crowd. Sloppy Joes will be provided. Registration required.

2/21 Care Manager here to assist you 11-Noon

2/24 Seniors for Safe Driving Class 9-1. Call to sign-up or register online at www.SeniorsForSafeDriving.com
 Cost is \$16.00 per person.

2/24 Birthday Celebration with lunch

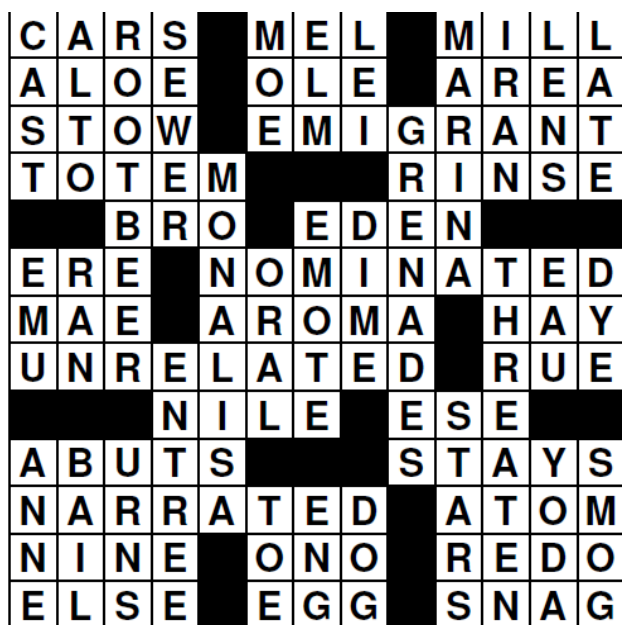
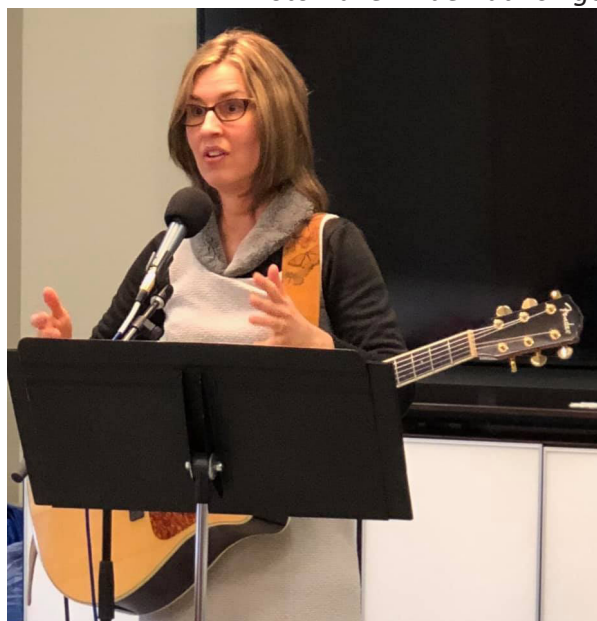


Photo: Julie Lindemuth singer





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

SAVE THE DATE Wednesday May 3rd 8:30 am to 11:30 am at the Heritage House. Happy Healthy You will be returning this year - Bigger and Better! Stay tuned for more information leading up to the event.

***We serve a hot nutritious meal Monday through Friday at 12 noon as well as offer social activities, informative programs, arts & crafts, exercise programs, & volunteer opportunities. Our center has a fitness room, a place to play cards, games, or put puzzles together, and a nice and comfortable environment to socialize and meet new people. Give me a call or stop by to take a look around or ask questions. 814-849-3391**

NEW We are trying to put together a group of people to play card games. We need to choose a day of the week and time to do this. I have had multiple inquiries about it, if you are interested give me a call or stop by the center.

Friday February 3 Valentines Day craft starting at 10:30 am.

Friday February 10 Ceramics class starting at 9:30 am.

Tuesday February 14 10 am the nurses will be here for Blood Pressure Checks-stop by to get yours.

Friday February 17 we will be doing a craft or other activity at 10:30 am.

Friday February 24 we will be doing an Introduction to scrapbooking at 10 am. This is for everyone! Come in and see what scrapbooking your memories is all about.

***PLEASE see the sign up sheets at the Heritage House to sign up for the events/activities or give me a call. 814-849-3391**

***Friday February 24th at 11 am our Care Manager will be at the Heritage House to help assist with filling out paperwork, questions about aging services, resources, and more. No appointment necessary just stop by.**

***Card Making 10:30-11:30 am is Tuesday February 21 at 10:30 am. Anyone can join us-we make handmade cards to send out during the holidays to nursing homes, troops, and veterans. We meet once a month.**

***Save the DATE Friday March 10th 10:45 am to 1 pm for a special presentation followed by lunch...more information coming soon. It's a SURPRISE!**

Regularly scheduled activities each week at the center.

Woodcarving Wednesdays 9-11:30 am

Scrabble Tuesdays 10 am

Hand and Foot card game 1st & 3rd wednesdays each month at 12:30 pm

Healthy Steps in Motion Mondays and Wednesdays 10-11 am

Chair Yoga Tuesdays and Thursdays 10:39-11:30 am

Bingo Mondays & Fridays 9-11:45 am

Looking ahead - St. Patty's Day Craft, Ceramics, Happy Healthy You Day (MAY), and more NEW activities each month.

As always the schedule is subject to change-I try very hard to keep the schedule the same but sometimes we have to adjust some times and dates. Thank you for your understanding and support!

The photo is from December 2023. Our Ugly Christmas Sweater Contest with the winner being Joyce Wills in her snowman sweater.



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

Once again, January was a busy month. We had a bowling day on January 19. Everyone had a fantastic time. We hope to offer more outings.

Our center is open Monday thru Friday from 8:30 to 1:30. Cards, puzzles, movies, books, and socializing are always happening, hot and cold beverages as well.

Lunches are available every day. They must be ordered a day in advance by calling 814-938-8376 or stopping in to sign up. They are hot and delicious. Take out at 11:30 and dine in at noon. New consumers are always welcome to join.

As Groundhog Day is fast approaching and we are in Punxsutawney, we will have cookies and Groundhog brew available. We will also be playing GROUNDHOG DAY movie non-stop.

February 7 – JCAAA Care Manager at the Center at 11am

February 8 – at 10 am – Community Health Nurse Presentation

February 13 – 9:30 – Special Bingo – sign up

February 14 – Valentine's Day

February 16 – out of center activity – TBA

February 20 – Center closed – President's Day

February 22 – at 10 am – Medicare Aetna program

February 24 – February birthday celebration

February 27 – decorate ceramic Easter eggs

Photo: *Center participants enjoyed a fun day at the bowling alley!*





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

Happy New Year from the Foundry !

We offer lunch every day at Noon (please call in the day before to make your reservation)

The Foundry is open M-F 9am – 2 pm.

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

Every Monday afternoon we offer Jam Session from 1-3 pm local artists sing and play all kinds of beautiful music 😊

Every Thursday we have nickel bingo from 9:30-11:30 am – come and try your luck! It is a lot of fun for all that participate.

On January 31st at 11 am Kip Stossmeister will be available to ask questions and get help with internet questions, I-phone questions, and tablet questions.

Kip will provide information on how to lower internet costs and talk about the new FREE tablet program the state is doing. Please call the foundry and we will add your name to the list.

Also, on the 2nd Tuesday of every month we will have a care manager present at the Foundry to assist anyone with questions about aging services resources, and much more.

Also, on the 2nd Tuesday of every month we will have a nurse present to take blood pressures from Clarion Community Health Center.

Tax Season is right around the corner please call 814-226-4785 Ext 107 to sign up and make your appointment!

Our senior dances will be starting on the First Friday of either March or April weather depending.

We celebrated Margaret “Cricket” Kaizer’s 90th birthday recently. Grandma Cricket is one of the Foundry bingo players and she enjoys getting out for lunch with her friends.





Are you a military veteran in need of food?

Military Share in Jefferson

Thursday, February 2, 2023

The Military Share program of Second Harvest Food Bank of Northwest Pennsylvania delivers fresh, nutritious foods to individuals and families who are in need and meet income requirements with at least one member who has served or is serving in the Armed Forces or National Guard.

Distribution Details

**Location: Jefferson County Fairgrounds;
1514 State Route 28, Brookville, PA. 15825**

Time: 3:00 P.M. First Come, First Served.

*****Distribution will be in a drive-thru format***



Second Harvest
Food Bank
of Northwest Pennsylvania

For all inquiries and qualifications
for this FREE program, please call the
Second Harvest Food Bank Food Helpline:
814-459-3663 extension 117.

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. Playbill listing 2. Choir member 3. Ale-like soft drink (2 wds.) 4. Underground drain 5. Homer's bartender 6. Graceful tree 7. Flower wreath 8. Boat basin 9. Mideast country 10. Camera glass 11. Not punctual 17. Small bombs 19. Da Vinci portrait (2 wds.) 22. Act the ham 23. Thin coin 24. Ostrich's kin 25. Hurried 27. Verbal 28. Endanger 29. ____ de toilette 30. Colorant 35. Menu item 39. Night twinklers 40. Diarist ____ Frank 41. Release money 42. Large vases 44. Jedi master 45. Air pollution 47. Sock tip 48. School subject (abbr.) 49. Pooch
12					13				14				
15					16			17					
18				19				20					
		21				22	23						
24	25			26	27					28	29	30	
31				32						33			
34			35							36			
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40	41	42						43			44	45	
46					47	48	49		50				
51					52				53				
54					55				56				

ACROSS

1. Roadsters
5. Actor ____ Gibson
8. Flour factory
12. Soothing plant
13. Grand ____ Opry
14. Space
15. Store away
16. One who leaves a country
18. ____ pole
20. Wash cycle
21. Sis's counterpart

22. Biblical locale
24. Before, in verse
26. Proposed as a candidate
31. Actress ____ West
32. Fragrance
33. Horse food
34. Not kin
36. Feel regret
37. Pharaoh's river
38. Compass pt.
40. Borders on
43. Remains behind
46. Told (a story)

50. Molecule component
51. Three squared
52. Singer Yoko ____
53. Decorate again
54. Ultimatum word
55. Omelet ingredient
56. Glitch

VITA TAX Program

Clarion and Jefferson County taxpayers earning \$60,000 or less may qualify for Free VITA income tax preparation. Appointment scheduling begins January 9, 2023 with tax preparation appointments starting February 6, 2023.

Please call Community Action Inc. at 814-226-4785 x 107 to leave your name and phone number. A worker will call back to schedule an appointment; please only call once. Signup sheets are also available at the Brockwayville Depot, the Heritage House, and The Foundry Senior Centers in Jefferson County; please do not call the Centers.

ADDRESS SERVICE REQUESTED

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

