

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!

ELDER JUSTICE DAY 2023



This educational event is to bring awareness of Scams, Fraud and Abuse that commonly effect older adults and how they can protect themselves from it.

WHEN: April 21, 2023

WHERE: Heritage House Senior Center (4 Sylvania Street Brookville)

TIME: 10:00am – 2:30pm

WHO: Seniors, Community Members, Professionals

COST: FREE!

RSVP: Call 814-849-3096 to save your spot!

Speakers to include District Attorney Jeff Burkett, Attorney General's Office, Department of Banking and Securities, and more. Lunch will be provided. Fraud Bingo and Prizes!

Limited to the first 100 people to register.

Transportation available from other senior centers through ATA.

ARE YOU ON MEDICARE?

You may qualify for financial assistance programs!

MONTHLY INCOME AND RESOURCES HAVE INCREASED

Call the Jefferson County Area Agency on Aging PA-MEDI to help with applying or with questions.

814-849-3096 or 800-852-8036

EXTRA HELP

Is a program to help pay or reduce the Medicare D premium, reduce co-pays for prescriptions, and provide coverage in the gap.

You may qualify if:

- Single Person Monthly income \$1,843
Resources \$16,660
- Married Couple Monthly income \$2,485
Resources \$33,240

MEDICARE SAVINGS PROGRAM

Is a program to help pay the Medicare B premium that is usually deducted from the Social Security check.

You may qualify if:

- Single Person Monthly income \$1,660
Resources \$9,090
- Married Couple Monthly income \$2,239
Resources \$13,630



Farmer Market Vouchers will be available starting in June 2023.

Check back for pick-up dates at your local senior centers!

Summerville Eats & Sweets April 2023 Menu Lunch available 11am-2pm on Tuesdays

April 4	Chicken over 1 biscuit with Mashed Potatoes and green beans
April 11	Hotdog w/ Meat sauce, macaroni salad and baked beans
April 18	Tuna Melt with Homemade Veggie Soup
April 25	Spaghetti Pizza with mixed greens

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*

A Needs Assessment MUST be completed to be eligible for this program.

Dementia and Wandering: Reducing the Risks

Wandering is frequently referred to as the inability of those with dementia to find their way while pursuing a need or goal. It is associated with depression, risks of falling, mortality, and negative connotations such as elopement, getting lost, or aimlessness. Controlling or preventing this behavior should not mean discouraging walking or outdoor activity; in fact, studies show that people who lived an active lifestyle prior to developing dementia are more likely to wander because their need and desire to be active remains relatively unchanged.

As care partners, it is our responsibility to support and encourage daily physical activity in a safe manner, while reducing the risks associated with wandering.



Explore potential reasons the individual wants to walk. For example:

- **It is enjoyable** – fresh air, feeling the sunshine, adrenaline
- **Lifelong habit** – part of their daily routine, exercise
- **To be with people and animals** – listening to the birds, petting dogs that walk by, saying hello to neighbors
- **A sense of purpose** – completing a task, reaching a healthy goal
- **Seeking peace and quiet** – to be in one's thoughts, to get away from noise and people

Create a safe, comforting, familiar, and engaging home environment:

Place silent alarms on the doors and bedside to alert you when the person is on the move but does not cause them distress.

Utilize Technology

Project Lifesaver is a program that provides technology to families that first responders can use to quickly locate a person with dementia if they go missing. To learn more visit: projectlifesaver.org

- **Devices such as smart doorbells & GPS** can create alerts of a loved one's whereabouts

Identify consistent and sustainable ways to help the person experience these benefits safely:

- **Engage the person** in simple tasks
- **Take daily walks** at a time of day the person usually finds most enjoyable
- **Start a walking group** – this adds socialization!
- **Look out for excessive stimuli** – loud noises, crowds, bright lights
- **Visit local stores and businesses** that the person enjoys
- **Create walking paths** around the home. Include visual cues, artwork, and other stimulating objects to support therapeutic walking

Develop a Safety Plan

With input from the person to the greatest extent possible:

- **Maintain a list of people** to contact for help if the person goes missing
- **Ask neighbors to call** you if they see the person on their own
- **Identify dangerous areas** – such as busy roads, bodies of water and wooded areas
- **Keep a list of places where the person may go** – such as past place of employment or previous home (include the person in the discussion)
- Have a recent, close-up photo and updated medical information readily accessible
- **Inform first responders and 911 operators** that the person has dementia and provide any information they can use to help the person feel safer when approached



APRIL

Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Parmesan Chicken Over</p> <p>1/2c. Lemon Asparagus Pasta</p> <p>1c. Tossed Salad W/ Tomato</p> <p>1 Italian Bread</p> <p>1/2c. Apple Crisp</p>	<p>4</p> <p>Sweet & Sour Pork</p> <p>1/2c. Rice</p> <p>1/2c Broccoli & Cauliflower Blend</p> <p>1 Wheat Bread</p> <p>Seasonal Fresh Fruit</p>	<p>5</p> <p>Stuffed Pepper w/ Sauce</p> <p>1/2c Garlic Whipped Potatoes</p> <p>1/2c Coin Carrots</p> <p>1 White Bread</p> <p>1/2c Pudding</p>	<p>6</p> <p>Easter Luncheon</p> <p>Baked Ham</p> <p>1/2c Scalloped Potatoes</p> <p>1/2c Green Bean Casserole</p> <p>Dinner Roll</p> <p>Mandarin Orange Cake</p> <p>*Deadline to register for this lunch is 3/30*</p>	<p>7</p> <p>Good Friday</p> <p>Centers Closed</p> 
<p>10</p> <p>Chicken & Biscuits</p> <p>1/2c Mixed Vegetables</p> <p>2 Mini Biscuits</p> <p>1/2c Coleslaw</p> <p>Seasonal Fresh Fruit</p>	<p>11</p> <p>Baked Meatloaf w/ Gravy</p> <p>Baked Potato w/ Margarine</p> <p>1/2c Beets</p> <p>1 White Bread</p> <p>Seasonal Fresh Fruit</p>	<p>12</p> <p>BBQ Riblet</p> <p>1/2c Whipped Sweet Potatoes</p> <p>1/2c Peas & Carrots</p> <p>1 Dinner Roll</p> <p>1 Cookie</p>	<p>13</p> <p>Tuna Salad Sandwich w/lettuce & tomato</p> <p>1/2c Coleslaw</p> <p>1 c. Chicken Rice Soup</p> <p>2 White Bread</p> <p>Fresh Orange</p>	<p>14</p> <p>Orange Glazed Pork Loin</p> <p>1/2c Buttered Pasta</p> <p>1/2c California Blend</p> <p>1 Wheat Bread</p> <p>1/2c Pineapple Tidbits</p>
<p>17</p> <p>Warm Roast Beef Sandwich w/Mozzarella cheese</p> <p>1/2c. Roasted Parmesan Redskins</p> <p>1/2c. Carrots</p> <p>1 Sandwich Roll</p> <p>Fresh Banana</p>	<p>18</p> <p>Chicken Parmesan w/ 1oz Shredded Cheese</p> <p>1/2c Rotini w/ Sauce</p> <p>1c Tossed Salad w/ Tomato</p> <p>1 Italian Bread</p> <p>1/2c Mixed Fruit</p>	<p>19</p> <p>Cheeseburger w/ Lettuce, Tomato</p> <p>1c Creamy Potato Soup w/ Crackers</p> <p>1/2c Baked Beans</p> <p>1 Hamburger Roll</p> <p>Seasonal Fresh Fruit</p>	<p>20</p> <p>Open Faced Turkey Sandwich w/ Gravy</p> <p>1/2c Whipped Potatoes w/Chives</p> <p>1/2c Sweet Corn</p> <p>1 White Bread</p> <p>1 Cookie</p>	<p>21</p> <p>Chicken, Spinach & Cranberry Salad w/ Dressing</p> <p>1c. Mixed Greens & Spinach</p> <p>1/2c. Pickled Diced Beets</p> <p>1 Breadstick</p>
<p>24</p> <p>Swiss Steak w/ 2oz Onion Gravy</p> <p>1/2c Whipped Potatoes</p> <p>1/2c Diced Carrots</p> <p>1 Wheat Bread</p> <p>1/2c Blushed Pears</p>	<p>25</p> <p>Hawaiian Pork Loin</p> <p>1/2c Buttered Noodles</p> <p>1/2c Island Blend Vegetables</p> <p>Seasonal Fresh Fruit</p> <p>Cookie</p>	<p>26</p> <p>Burgundy Glazed Meatballs (4)</p> <p>1/2c Rice</p> <p>1/2c Roasted Brussel Sprouts</p> <p>1 Wheat Bread</p> <p>1/2c Mandarin Oranges</p>	<p>27</p> <p>Seafood Salad Over</p> <p>1c. Mixed Greens w/Tomato & HB Egg</p> <p>1c.Bean Soup w/ Crackers</p> <p>1 Dinner Roll</p> <p>1/2c. Pineapple</p>	<p>28</p> <p>Roast Beef w/ Gravy</p> <p>1/2c Mashed Potatoes</p> <p>1/2c Mixed Vegetables</p> <p>1 White Bread</p> <p>1/2c Pudding</p>

**RESERVATIONS
REQUIRED with 24 Hour
Notice.
Centers NOT open on
weekends to take
reservations
for Monday.**

***Menu subject to
change***



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E S P R O X Y B I I D G T W T Z O H B R
 J I N C D G Y T L A N E P L X B K O W Q
 M M F W A E F V I A H H G O E K Y Y N T
 V B A S M D E B T U T R E Q W N R T R E
 D A E R P S J I D R Q I U R R O U I Y B
 L C A I G I C U I E X E P O I I S R F I
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Abatement	Debt	Inherit	Repairs
Account	Deficit	IRS	Risk
Accrual	Discount	Keogh	Security
Accumulated	Dividend	Lease	Spread
Adjusted	Earned	Loss	Stock
Audit	Equity	Margin	Tax
Balance	Error	Negligence	Treasury
Bankruptcy	Escrow	Net	Uniform
Bequest	Face value	Option	Valuation
Budget	Forecast	Partner	Yield
Capital	Foreclosure	Penalty	
Cash	Franchise	Prime Rate	
Collateral	Gift	Proxy	
Credit	Grantee	Ratio	
Debit	Income	Receivables	

Jefferson County Area Agency on Aging Main Office and the Senior Centers will be closed on 4/7/2023.





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

The Brockwayville Depot Senior Center offers many activities to participate in.

Don't see what you want – make a suggestion!

**Healthy Steps In Motion
 Exercise Class**

Every Monday and Thursday at 10:00am

Chair Yoga

Every Wednesday at 11:00am



Available Everyday:

Pool Table, borrow a book from our library, have coffee and socialize!

Lunches are offered everyday starting at 11:30 for dine-in or take out, reservation needed by calling 814-265-1719.

We also serve breakfast every Tuesday from 7:30-9:30. No reservation needed for breakfast.

April 12: Bus Trip to Seneca Alleghany Casino. Call 814-265-1719

April 14: Ceramics with Debbie at 10:00. Please register.

April 18: Card Making 10:00am.

April 20: Grocery Bingo 6pm

April 21: Elder Justice Day at the Brookville Heritage House call 814-849-3096 for information and reservations. Informative day about scams, fraud, and abuse that older adults often encounter. Learn how to protect yourself!

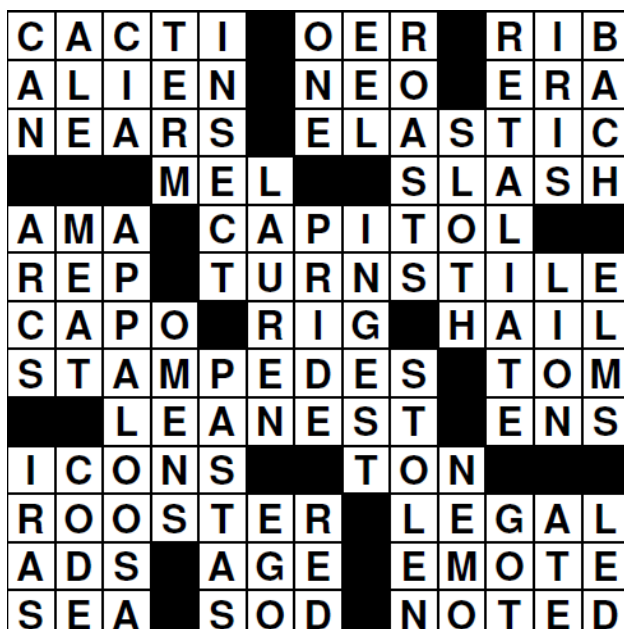
April 25: Spring Craft

MUSIC NIGHT



Friday April 21 at 6:00pm with Buck Shot

Photo: Buck Shot





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

April is here! I will admit, I am looking forward to some nicer weather and Spring. We are starting to decorate for SPRING here at the center as well as keeping busy with lots of activities and events this month and the beginning of May. Make sure you get signed up for them and mark them on your calendars. You can stop by the center to sign up or give me a call 814-849-3391. Thank You!

Men & Women Card/Game Group 1st & 3rd Tuesday of the month from 1-3 pm

Getting Crafty with Friends Group 2nd & 4th Tuesday of the month from 1-3 pm

If you signed up for the Easter Luncheon, we will see you at noon on Thursday April 6th.

We are CLOSED on Friday April 7th for the holiday.

Friday April 14th 9:30 am Ceramics

Tuesday April 18th Greeting Card Making at 10:30 am

No CHAIR YOGA on Thursday April 20th due to event set up.

Friday April 21st To Go's ONLY on this day due to the event/Elder Justice Day.

Friday April 21st Elder Justice Day 10 am to 2 pm- there's still time to get signed up for this event by calling 814-849-3096.

Tuesday April 25th Cake Day-Just a special treat served with lunch on this day!

Friday April 28th To Be Announced!

Our Regularly Scheduled Activities are chair yoga, healthy steps in motion, scrabble, bingo, wood carving, card/game/craft groups, and if that isn't enough, we also offer a nice fitness room with a great array of exercise equipment that can be used during our hours of operation (8 am to 2 pm), as well as serving a hot lunch Monday through Friday at 12 noon. Make sure you call 24 hours in advance for the lunch. Thanks so much everyone. I hope you all have a wonderful month of April and I hope to see you soon!

Looking Ahead: Wednesday MAY 3rd 9 am to 1 pm Happy Healthy You Day at the Heritage House-Put this date on your calendar.

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

Photos are pics of pretend fish bowls that we made for the residents at the Jefferson Manor-a cute little fish bowl with a pre-tend fish to look at-no water, no mess, a perfect pet for someone that can't have a real one or take care of one. They turned out so cute and the residents loved them. We had a group of 4-5 ladies that volunteered their time and some supplies to make these.



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 8:30 – 1:30 – M – F

Lunches served daily at noon; take outs at 11:30. Please reserve a day in advance. Suggested donation \$2.50 for consumers age 60 and older,

Activities available – cards, games, jigsaw puzzles, movies, book lending library, occasional crafts, socialization, bingo, etc.

Speakers on subjects such as health and nutrition visit center.

We have a speaker from Aetna scheduled April 6 at 10. She answers questions concerning Medicare supplement plans. She also offers fun activities with prizes.

The first Tuesday of each month a Care Manager from the Aging office is available to answer questions concerning programs JCAAA offer and other available resources in Jefferson County.

On April 26 a representative from Primary Care Network will do a program on health-related issues. This begins at 10 am

We always have available ice water and tea, hot beverages.

An occasional snack will show up.

We will have an out-of-center activity (bowling) one Thursday of each month. We will pre order box lunches from Nutrition Group to be delivered to bowling alley, donation will continue to be \$2.50. The date for April is Thursday, April 28 – beginning at 10. The Agency will pay for the games. If this is of interest, please sign up by stopping in or call 938-8376 to reserve your spot. Bowling is not mandatory, a cheering section for those who wish to bowl is good.

We honor our birthdays of the month by celebrating all on one day. This is always a good time.

We offer crafts, suggestions for other activities always welcome.

Becoming a consumer is easy. Must be age 60 or older. All consumers must complete an intake form. Assistance in completion is available.

We welcome new members and make them feel at home.

Photo: Scot and Mary enjoying the day.





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 have been very busy with our Healthy Steps in Motion – Monday, Wednesday, and Fridays from 10:30 am – 11:30 am

Thursday we have Nickel Bingo from 9:30-11:30 am

Jam Session is Monday afternoons from 1:00 pm- 3:00 pm

Tai Chi is Monday evening from 6:00 pm – 7:00 pm - we began Monday March 13th, but there is still room and you are never to late to join in!

Our Friday night dances resume on Friday April 14th with Sam Buck and the Buck Shot Band doors will open at 5:30 pm come join us for some fun! We also have a light menu and will be serving Hot Dogs, Hamburgers, Carol's famous Potato Salad and her Peanut Butter pie ! We also have soda and water and coffee to drink as well.

The Foundry will be closed Friday April 7th in observance of the Easter Holiday –

Our Easter Lunch will be on Holy Thursday April 6th please sign up by March 30th.

We serve a hot delicious lunch every day at noon – please call in the day before to reserve yours – We would love you to join us at the Foundry!

Photo: Please enjoy some pictures of some of our consumers and volunteers and their St Patrick's Day Shenanigans.



2nd Annual

Happy, Healthy You Day!



Wednesday

May 3,
2023

9:00am-1:00pm

LOCATION:

Heritage House
Senior Center

4 Sylvania Street
Brookville, PA

814-849-3391

TOPICS:

Information for seniors in to help them live well at home.

Visit the Heritage House and see all the great programs we offer!

Please Register by calling or stopping in to the Heritage House.

**This is a day all about our seniors!
Lots of great health and wellness information!
Vendors with skin care, make-up, health, nutrition, and more!**

Keep
happy

Keep
healthy

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. Is able 2. Pub beverage 3. Spy org. 4. Duration 5. Butterfly, e.g. 6. First number 7. Conger 8. Uses the oven 9. Get even 10. Showy flower 11. Johann Sebastian _____ 17. Slow-moving mammal 19. Ralph _____ of fashion 21. Circle segments 22. Steak, e.g. 23. Horse breed 25. Self-respect 26. Eat 29. MGM's symbol 30. Graceful trees 32. Foretelling signs 36. Ziti and macaroni 37. Taken illegally 41. Retirement accounts (abbr.) 42. Area _____ 44. "Finding _____" 46. Self-esteem 47. Primary color 49. Procured 50. Dined 51. Showed the way
12						13				14			
15						16			17				
			18		19			20					
21	22	23		24		25	26						
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41	42						43		44				
45					46	47		48		49	50	51	
52				53				54					
55				56				57					

ACROSS

- 1. Prickly plants
- 6. Above, in verse
- 9. Tease
- 12. Foreigner
- 13. "The Matrix" hero
- 14. Pitching stat
- 15. Comes closer
- 16. Rubber band
- 18. Director _____ Brooks
- 20. Long cut
- 21. Doctors' org.

- 24. _____ Hill (Congress locale)
- 27. Agent (abbr.)
- 28. Subway gate, e.g.
- 31. Guitarist's aid
- 33. Apparatus
- 34. Ice pellets
- 35. Sudden rushes of cattle
- 38. Male cat
- 39. Thinnest
- 40. Naval off.
- 41. Religious images
- 43. Unit of weight

- 45. Hen's mate
- 48. Allowable
- 52. Classified _____
- 53. Birthday count
- 54. Overact
- 55. Watery expanse
- 56. Lawn material
- 57. Famous



**Caregiving for a loved one
can be a great responsibility,
Extra support and
assistance is available.**

Caregiver Support Program

**For more information on our
agency programs,
call us at 814-849-3096
www.jcaaa.org
<https://caregiveraction.org/>**

JEFFERSON COUNTY

 AREA AGENCY ON AGING

