

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!

Maintain Your Independence with a Medical Alert Button

The Jefferson County Area Agency on Aging may be able to cover part or 100% of the cost for you to have this system.

- ✓ Wear around your neck or arm
- ✓ At home and on the go solutions
- ✓ Fall detection & Location tracking (not available on all systems)

A personal emergency response system (PERS) is a device that connects to a 24/7 monitoring center. When you connect to the monitoring center by pushing a button, verbally activating the system, or triggering fall detection, the monitoring center agent will respond, assess the situation, and send emergency services to your location.



Call 814-849-3096 to find out more!

Farmer Market Vouchers will be available starting in June 2023.
Check back for pick-up dates at your local senior centers!

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

May 2 Egg Salad Sandwich with Cheesy Broccoli Cauliflower soup

May 9 Cheeseburger with baked beans

May 16 Chicken Tenders (2) with curly fries and pasta salad

May 23 Rigatoni with mixed greens

May 30 Open Face Roast Beef Sandwich with mashed potatoes

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.



National Volunteer Month in April celebrates the impact volunteers have on our lives and encourages active volunteerism in generations to come. Most often unpaid, they generously donate a part of their lives to help with the work many non-profits are unable to staff— home delivered meal drivers, insurance counselors, nursing facility visitors, and additional senior center help. There are so many areas requiring volunteers. This month, we salute them for their unwavering services to our community!

If you are an active volunteer with the Jefferson County Area Agency on Aging senior centers, plan to join us for a lunch celebration on May 18th at your nearest senior center.

Call to reserve your spot!

Brockway

814-265-1719

Brookville

814-849-3391

Punxy

814-938-8376

Reynoldsville

814-653-2522

Older Americans Month 2023

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.



This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Wondering how to engage in your community? Ask your Senior Center Coordinator!

Other ways include:

www.VolunteerMatch.org

Community Action AmeriCorps Senior – RSVP Call: 814-226-4785



Jefferson County
Senior Center Menu



Phone Numbers:

Brockway 814-265-1719
Brookville 814-849-3391
Punxy 814-938-8376
Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange Cookie	2 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Buttermilk Biscuit 4oz Apple Juice	3 Southern Seafood Cake (Salmon, Tuna, & Seasonings) 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	4 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	5 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
8 Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Brussel Sprouts 1 Breadstick 1/2c Applesauce	9 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp	10 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Coleslaw 1/2c Pineapple & Mandarin Oranges	11 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	12 BBQ Pork Ribette 1/2c Sweet Potato Tots 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit
15 Roasted Pork w/ Peach Glaze 1/2c Scalloped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	16 Baked Cabbage Roll w/ 2oz Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Bread Pudding Seasonal Fresh Fruit	17 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	18 Center Volunteer Recognition Luncheon Roasted Turkey 1/2c Mashed Potatoes & Gravy 1/2c Corn 1 Dinner Roll Vanilla Ice Cream w/ Strawberries	19 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple
22 1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce Cookie	23 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad w/Tomato 1 Italian Bread 1/2c. Apple Crisp	24 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit	25 Memorial Day Luncheon Hamburger on bun Lettuce, Tomato, Onion, and Cheese optional 1/2c Baked Beans 1/2c Potato Salad Sherbet	26 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin
29 Centers Closed 	30 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	31 Chicken & Biscuits 1/2c Mixed Vegetables 2 Mini Biscuits Seasonal Fresh Fruit Cookie	RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday. 	*Menu subject to change* Volunteer and Memorial Day lunch require 1 week registration.



FRUIT

Word Find



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

POMEGRANATE

STRAWBERRY



GRAPEFRUIT

LOGANBERRY

GOOSEBERRY

CLEMENTINE

BLACKBERRY



NECTARINE

PINEAPPLE

KIWIFRUIT

RASPBERRY

TANGERINE

GREENGAGE

BLUEBERRY

TAYBERRY



BRAMBLE

APRICOT

QUINCE

DAMSON

CITRON

APPLE

PEACH

PEAR

Jefferson County Area Agency on Aging Main Office and the Senior Centers will be closed on 5/29/2023





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

May 3: Happy Healthy you at the Heritage House 9-1.

May 16: Ceramics with Debbie at 9:30, please call and register.

May 18: Volunteer Recognition Lunch

May 18: Grocery Bingo at 6:00 PM **\$4.00 per packet**

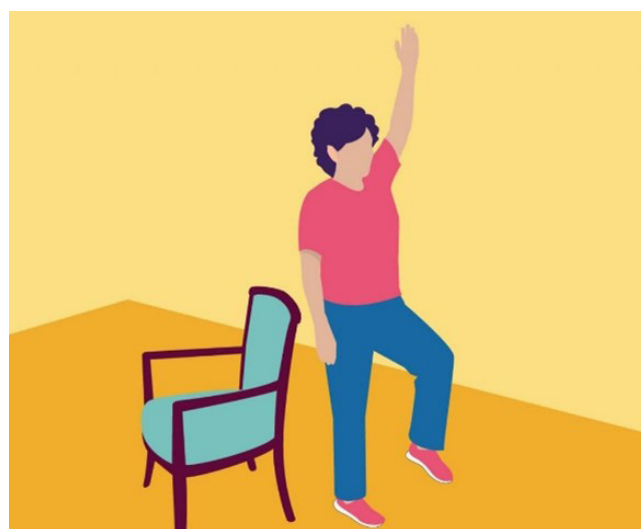
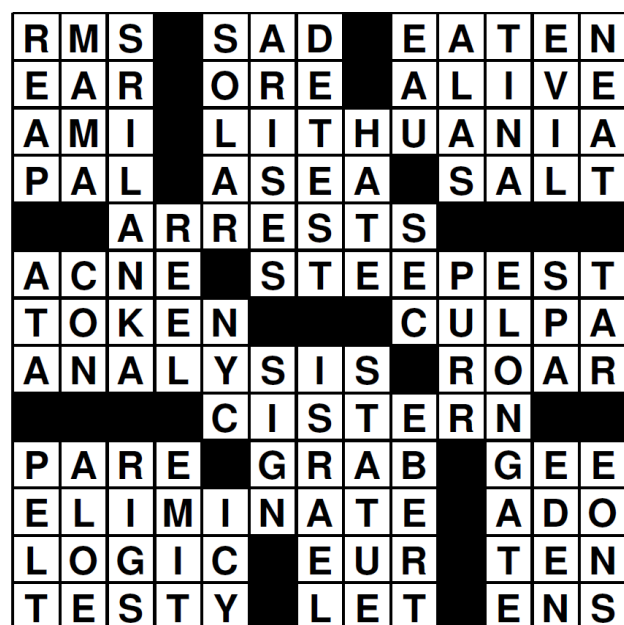
May 19: Music Night 6:00 PM

May 25: Honoring Memorial Day with the American Legion at 11:00am All members of the Armed Forces can enjoy a FREE lunch. Call for reservations 814-265-1719

May 29: Center Closed Memorial Day

Lunches are offered every day 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. Suggested donation for both lunch and breakfast is \$2.50 per person.





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

Hello Everyone! May is here and I am loving these warmer temperatures and glorious sunshine. We are busier than ever here at the center with a wide array of activities that are fun & easy to do and everyone is welcome to join us. If you have questions or can't get in to the center to sign up, give me a call 849-3391.

We have a few activities that we do monthly: a ceramics class, a greeting card making group, and we just started a new game/card group that meets the first and third Tuesday of the month from 1-3 pm and then the third and fourth Tuesday from 1-3 pm we have a Getting Crafty with Friends group that meets and makes crafts.

We have our Healthy Steps in Motion every Monday and Wednesday 10-11:30 am, Chair Yoga Tuesday and Thursday 10:30-11:30 am, and then we have other activities at the center and they are listed below.

Please make sure you sign up for the event/events you are attending so we can plan for the correct number of people. I really appreciate this-it helps me out so much. Our schedule is subject to change-I try my hardest to keep it as is, but sometimes things come up and we have to adjust it. Thanks for your support.

This months line-up is:

Wednesday May 3rd is our 2nd Annual Happy Healthy You Day from 9 am to 1 pm with lots of great health and wellness information as well as other things that will be of interest to seniors. This is a day for you to grab a friend and join us for a fun day. We have chair massages, manicures/polishes, a few vendors with items for sale, bp checks, a chinese auction with free tickets for the seniors, and so much more. Give me a call 849-3391 to sign up for this event.

Friday May 5th at 9:30 am we have Ceramics

Wednesday May 10th the Library will be here doing a Tech Class for tablets-especially for the ones that got the new tablets through the Tech Owl program. Getting them set up and ready to use. This will start at 9:30 am. See the sign up sheet for this event.

Friday May 12th at 10 am we have a Mother Daughter Tea that will be just like a real tea with real tea cups and all the fixings of a real tea. Grab a friend and join us. Please sign up for this event so we can plan accordingly.

Thursday May 18th is our Volunteer Recognition Luncheon at 12 noon-the final day to reserve your meal for this luncheon is Thursday May 11th.

Friday May 19th we are having an Air Fryer Class with a demonstration, recipes, and tips & tricks to use with your air fryer or in your oven if you don't have an air fryer.

Thursday May 25th is our Memorial Day Luncheon at 12 noon-the final day to reserve your meal for this luncheon is Thursday May 18th.

Friday May 26th we are making a craft at 10:30 am... will be announced closer to the date.

That concludes this month's activities and events. I hope you can join us and bring a friend who might benefit from the senior center & the activities that we have here. We also serve a hot nutritious lunch Monday through Friday at 12 noon. Call for more info or questions Tammy 849-3391.

PUNXSUTAWNEY AREA
SENIOR CENTER

Punxsutawney Area Center
Address: 222 N. Findley Street
Punxsutawney, PA 15767
Coordinator: Debbie Long
Phone: 814-938-8376
Email: punxy@jcaaaa.org

We are open Monday-Friday 8:30 to 1:30. Meals available for take-out and dine in. Donation is only \$2.50.

May 3 – Happy Healthy You Day at Heritage House Senior Center from 9:00am-1:00pm. A day dedicated to seniors with lots of great health and wellness information. Different vendors with products to share (and purchase) on skin care, health, nutrition, and more! Call the Brookville senior center at 814-849-3391 to sign-up.

May 11 - Bowling Day 10am-12:30. Boxed lunch will be available. Call to sign up!

May 10 – Craft – TBA

May 18 – Volunteer Recognition Luncheon

May 25 – Memorial Day Luncheon

Interested in playing Bingo? Let Debbie know!

Photo: April birthday ladies enjoying themselves. Betty, Judy. Ruthann





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 had our first dance of the season on Friday April 14th, 2023 with Sam Buck and his Buck Shot Band! We had a nice time listening to Sam and his band, there was dancing, good food and good conversation too!

The next picture is Alexia Montgomery from Community Health Nurses who gave a talk during lunch time about Nutrition and how to make better food choices. Alexia had some handouts that were helpful to guide everyone on proper food choices.

We offer every Monday, Wednesday, and Friday – Healthy Steps in Motion at 10:30-11:30 am, Bingo every Thursday from 9:30-11:30 am. Jam Session is here every Monday afternoon from 1:00-3:00 pm Tai Chi is every Monday night from 6:00-7:00 pm until May 1st then we will take the summer off and resume in August/September.

We have hot delicious and nutritious lunches every day at noon, so please call the day before to reserve yours!. May 18th we will be having a luncheon for our volunteers – our volunteers eat free that day! Its \$2.50 for lunch for anyone else that would want to join us. Then on May 25th at lunch we will be having our Memorial Day picnic – The Jefferson County Honor Guard will be here also that day with their program and the veterans in attendance that day will eat free – everyone else lunch is offered for you also at \$2.50. We hope to see everyone very soon at the Foundry



AGE 65 AND OLDER? NEED PRESCRIPTION HELP? WITH OR WITHOUT MEDICARE PART D?



PACE
PACENET

You can be enrolled in PACE/PACENET even if you have health insurance or another prescription plan.

Sign up today!

PACE AND PACENET

WORKS WITH:

- MEDICARE PART D PLANS
- RETIREE/UNION COVERAGE
- EMPLOYER PLANS
- VETERANS' BENEFITS

WE OFFER LOW PRESCRIPTION COPAYS



1-800-225-7223

PACE AND PACENET ELIGIBILITY

- 65 years of age or older
- Pennsylvania resident for at least 90 consecutive days
- Income requirements based on previous year gross income:

PACE

- \$14,500 or less for a single person
- \$17,700 or less for a married couple

PACENET

- \$14,501 to \$33,500 for a single person
- \$17,701 to \$41,500 for a married couple

MEDICARE PART D AND OTHER COVERAGE

PACE/PACENET works with Part D plans and other prescription drug plans such as Retiree, Union, Employer, Medicare Advantage (HMO, PPO) and Veterans (VA).

PACE/PACENET may help pay your Part D premium, including the full Late Enrollment Penalty (LEP).

LOW PRESCRIPTION COPAYS

Based on 30-day supply

PACE: \$6 Generic; \$9 Brand

PACENET: \$8 Generic; \$15 Brand

Application Assistance:

Call 814-849-3096

Visit a Senior Center during Care Manager Office Hours:

Punxy Center 5/2 from 11-noon

Reynoldsville 5/9 from 11-noon

Brockway 5/16 from 11-noon

Brookville 5/26 from 11-noon

Crisis Help

Mental health crises can range from risk of suicide to rapid mood swings, abusive behavior, inability to perform daily tasks, paranoia, and/or loss of touch with reality.

If you or someone you know is experiencing a mental health crisis, please reach out for help.

- Call 911: If someone is in immediate danger, call 911.
- Call 988: Get connected to the National Suicide Prevention Lifeline by dialing 988.
- Crisis Text Line: Get 24/7 help from the Crisis Text Line. Text PA to 741741 to start the conversation.
- PA Crisis Hotlines: Jefferson County number is 800-341-5040

Reaching out for help is the right thing to do. You are not alone.

THERE IS NO SHAME
IN GETTING HELP

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. Cut grain 2. Papa's spouse 3. Island off India (2 wds.) 4. ___ energy 5. Gets up 6. Loathe 7. Water (Fr.) 8. Exclamation of woe 9. Singer ___ Turner 10. Sinister 11. Orderly 17. Abhor 22. Spool 23. Min. part 24. ___ glance (2 wds.) 25. Pro's opposite 27. Feline sound 28. Lengthen 29. Mineral spring 30. Paving goo 32. Manhattan (abbr.) 35. Omen 36. Tel Aviv's country 37. Sculpture 40. Critic Roger ___ 41. Animal skin 42. ___ vera 43. 18-wheelers 44. Radiate 47. Adam's abode 48. Eternities 50. Frosty
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ACROSS

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4. Heavy-hearted
7. Consumed
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13. Lode yield
14. Animated
15. Friend (Fr.)
16. Poland's neighbor
18. Crony
19. On a cruise
20. Pepper's mate
21. Stops

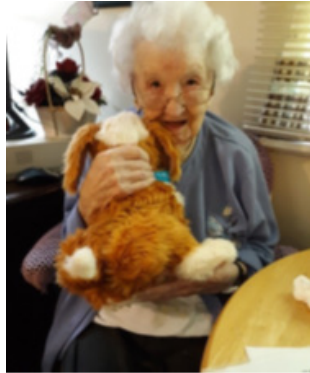
24. Teen skin problem
26. Most precipitous
31. Keepsake
33. Mea ___
34. Evaluation
38. Lion's cry
39. Water tank
41. Trim
45. Seize
46. Golly!
49. Get rid of
51. Hullabaloo
52. System of reasoning
53. Albania's cont.

54. Perfect gymnastics score
55. Grouchy
56. Allow
57. Printers' measures

JOY FOR ALL COMPANION PETS

To help combat social isolation and depression among older adults during the COVID-19 pandemic and beyond, the Jefferson County Area Agency on Aging, in partnership with award-winning robotic pet manufacturer Ageless Innovation and the Pennsylvania LINK Program, is distributing up to 50 robotic Joy for All Companion Pets to those most at-risk for social isolation.

Older adults, or their family members, who are interested in participating in this program are encouraged to contact the JCAAA at 814- 814-3096. A quick six question loneliness scale will be conducted over the telephone. Arrangements will then be made for pick-up of the pet.



ADDRESS SERVICE REQUESTED

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

