

J E F F E R S O N C O U N T Y
A R E A A G E N C Y O N A G I N G

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!

NCEA **PROTECT YOURSELF**
National Center on Elder Abuse **From Abuse, Neglect and Exploitation!**

Unfortunately, it is estimated that millions of U.S. elders, from all walks of life, face abuse and neglect every year. Anyone can be victimized. However, there are things you can do to help protect yourself from abuse and neglect...

BE CAUTIOUS!

Unscrupulous people target seniors and will abuse or take advantage of them. Consider doing the following:

- Learn about the types of elder abuse and neglect and associated warning signs (see National Center on Elder Abuse website to learn more: www.ncea.aoa.gov/faq/index.aspx)
- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit www.donotcall.gov or call 888-382-1222 to register your phone number.
- If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- Consult with someone you trust before making a large purchase or investment. Don’t be pressured or intimidated into immediate decisions.
- Don’t sign any documents that you don’t completely understand without first consulting an attorney or family member you trust.
- Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
- If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed.

It is up to all of us to prevent and address elder abuse!

SENIOR FARMERS' MARKET NUTRITION PROGRAM

****DELAYED****

The PA Department of Agriculture notified us that there is a delay in the printing and shipping of the Farmer Market Vouchers. Due to the delay, we will be postponing our distribution dates at our senior centers and reschedule for the beginning to mid-July after the vouchers have been received.



We will continue to accept applications and the vouchers will be mailed out as soon as possible.

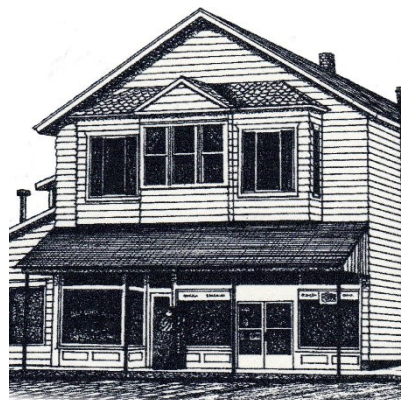
Thank you for your patience and understanding.

Summerville Eats & Sweets

June 2023 Menu

Lunch available 11am-2pm on Tuesdays

- | | |
|---------|--|
| June 6 | BBQ Ham Sandwich, Fries, Mac Salad, and cookie |
| June 13 | Chicken & Biscuit with peas and applesauce |
| June 20 | Chicken Salad Sandwich, chips, pineapple tidbits |
| June 27 | Open Face Turkey Sandwich, mashed potatoes, green beans, vanilla pudding |



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*

The restaurant reserves the right to substitute items with something similar.

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

A signed application is required to receive Farmer Market Vouchers

To apply by mail and receive the checks in the mail. Please send or email the application

(cut out page _3_ & _4_)

Mail to:

Jefferson County Area Agency on Aging

Attn: SFMNP

186 Main St. Ste. 2

Brookville, PA 15825

Email: awilson@jcaaa.org

You can also fill out an application on our website at jcaaa.org

If you have any questions, please do not hesitate to call us at 814-849-3096.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
Program.Intake@usda.gov

This institution is an equal opportunity provider.

For office use only

Application _____

**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM**

2023 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2023) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: **\$26,973** for 1 person in the household; or **\$36,482** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2023).

1st Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ **County of residence:** _____

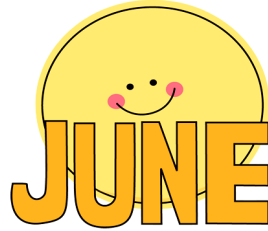
Please circle appropriate identifier for each:

Ethnicity:	Hispanic or Latino	Not Hispanic or Latino
Race:	American Indian or Alaskan Native Native Hawaiian or other Pacific Islander	Asian White
		Black or African American

Please see back for USDA Nondiscrimination Statement



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
<p>RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.</p>	<p>*Menu subject to change*</p> 		<p>1 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie</p>	<p>2 Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 1 sm. Bag of chips 2 White Bread Fresh Orange</p>
<p>5 Breaded Fish 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p>	<p>6 Warm Roast Beef Sandwich w/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Fruit</p>	<p>7 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit</p>	<p>8 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 sm. Bag of chips 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>9 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>12 Chicken, Spinach & Cranberry Salad w/ Dressing & HB Egg 1c. Mixed Greens & Spinach 1/2c. Pickled Diced Beets 1 Breadstick 1 Piece Poke Cake</p>	<p>13 Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>14 Sweet & Sour Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Seasonal Fresh Fruit Cookie</p>	<p>15 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>16 Seafood Salad Over 1c. Mixed Greens w/ Tomato 1c. Bean Soup w/ Crackers 1 Dinner Roll 1/2c. Pineapple</p>
<p>19 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>20 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots 1/2 c. Coleslaw Wheat Bread Fresh Orange</p>	<p>21 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Apple Juice</p>	<p>22 Southern Seafood Cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>23 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>26 Corned Beef 1/2c Diced Redskin Potatoes 1/2c Cabbage 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p>	<p>27 Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Brussel Sprouts 1 Breadstick 1/2c Applesauce</p>	<p>28 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>29 Hot Dog 1/2c Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges</p>	<p>30 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>



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!

June Activities

June 10: Seneca Alleghany Casino Bus Trip 9AM
 June 13: Ceramics with Debbie at 9:30AM. Please call to register.
 June 15: Grocery Bingo 6PM. Cost is \$4.00 per packet
 June 16: Music Night with BuckShot 6PM
 June 20: Covid/Flu Education at 11:00 AM with Pharmacist Joe Spencer
 June 23: Patriotic Musical Entertainment with Julie Lindemuth

FOLLOWED BY POTLUCK LUNCH
 Bring a dish to share with a crowd!
 Please register! Music STARTS at 10:45AM



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-Welcome to June!

I wanted to start off by taking a minute and say "THANK YOU" to everyone for your support as well as a Great BIG "Thank you" to my volunteers...I couldn't ask for better people here at the center or to work with! I really appreciate every one of YOU! I couldn't do everything that we do if it weren't for the support that I get from my seniors, volunteers, & co-workers.

This past month of May was a big one with lots of great stuff that went on. We had our 2nd annual Happy Healthy You Day that was Great, we then had our Mother's Day Tea Party-It went so WELL, and finally we had our Volunteer Luncheon and Memorial Day Luncheon-both went well.

If you haven't been to the Heritage House for a while and have been wanting to stop by, there is no time like the present. We have a lot of activities going on. If you are interested please stop by the center or give me a call **814-849-3391**. I would love to speak with you about the activities and get you in here to see everything and check out all that the center has to offer.

Activities for the month of June

Friday June 2nd 10:30 am-Special Card Project-class on how to make a cute card that is perfect for any occasion. Not your ordinary card-something cute & special.

Friday June 9th we have Ceramics at 9:30 am.

Friday June 16th Scrapbooking 9:30 am-We will be starting a Recipe Book that can be for yourself or given as a gift/keepsake for a family member. This could become a keepsake that is handed down for years to come. This class is for anyone. It is easy & fun to do.

Friday June 23rd 10:30 am Healthy Recipe Share & Swap with coffee and a fruit & granola parfait.

Friday June 30th Craft Project 10 am-Smash Cans-See sign up sheet for more information.

Please sign up for ALL events listed above- Sign up sheets are out at the center. If you can't make it in to sign up, give me a call to sign up **814-849-3391**. I use these sheets to know how many to expect & prepare for, so please help me out by signing up if you are attending. I appreciate it!

Here's a breakdown of what we have

Mondays

Bingo 9 am & Healthy Steps in Motion 10 am

Tuesdays

Chair Yoga 10:30 am, Scrabble 10 am, 1st & 3rd Tuesday each month, Card/Game Group 1-3 pm, 2nd & 4th Tuesday each month, Crafting Group 1-3 pm, Greeting Card Making 10:30 am (Tuesday June 13), & Coffee with the Veterans 9 am

Wednesday

Woodcarvers 9 am, Healthy Steps in Motion 10 am, & Hand and Foot 1st & 3rd Wednesday of each month

Thursdays

Coffee with the Veterans 9 am & Chair Yoga 10:30 am

Fridays

Bingo 9 am, Care Manager at the center every 4th Friday of each month 11 am to 12 noon, Ceramics is always on a Friday one time per month (6-9-2023), & Scrapbook Classes-on Fridays at 9:30 am

The Heritage House Center Hours are Monday through Friday 8 am to 2 pm. We serve a hot nutritious lunch each day at 12 noon. Please reserve your lunch 24 hours in advance by calling or stopping by the center. **814-849-3391**

Looking Ahead-Fun Summer Themed Activities all summer long. Music Night/Dance if we get a Committee together that can do the Music Night-I have a sign up sheet out for this committee. Sign up if you can help and we will give it a try. We also have the Library willing to come to us and do tech classes for tablets and phones. What are you interested in learning?

TECH OWL Program/Free Tablets-I am working on this with LIFT (Life & Independence for Today)-Kip S. to find out why some people got their tablets and some did not. It is taking some time to get it all straightened out. It is not just our center that didn't get tablets, some people at the other centers didn't get their tablets either. I will let you know as soon as I know.

Thanks so much for all of your support and participation. As always this schedule is subject to changes. I try my best to stick to it, but sometimes it doesn't work out & we have to make some adjustments. Thanks for your patience & cooperation.

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

June 7 9:30 til 11 – patriotic painting craft

June 9 – celebration of consumers born in month of June

June 14 – Flag Day – those who wear American flag related clothing will be rewarded

June 15 – Covid 19/flu education presented by a pharmacist 10 til 11 please sign up

June 22 – bowling – Groundhog Lanes – 10 to noon – sign up

June 29 – Julie Lindemuth – 10 to 11 – sign up – musical entertainment

June 30, - ice cream day

Vouchers will be distributed at Center Beginning June 1. Please see above days and times.

Applications can also be mailed and once completed, send to Brookville. Checks will be received by mail

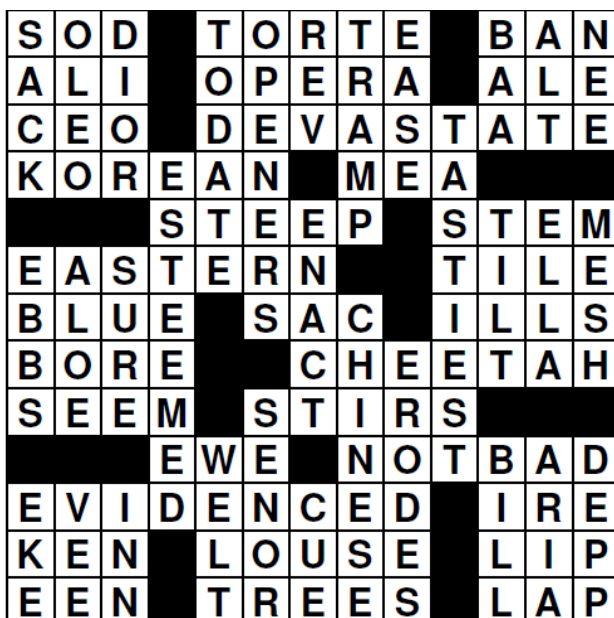
Bowling and Julie Lindemuth are coming back by popular demand

As always daily lunches available, take out or dine in. Lunches must be ordered a day in advance

We have other activities available. If on any day three or more are interested in Bingo, we will play Bingo

If interested in any listed activities, please call 814-938-8376 or stop by to check us out.

Photo: Pat, Judy, Mary, Sally, Brenda, and Betty- multi tasking. Solving the problems of the world while crafting.





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

Come join us for a healthy and delicious lunch at noon Monday-Friday (please call the day before to reserve yours!) 814-653-2522

We have been busy crafting at the foundry and making tie blankets to donate to Christ the King Manor and also making wreaths as well. Please come and join us at the Foundry.

Monday, Wednesday, and Friday at the Foundry we have Healthy Steps in Motion from 10:30-11:30 am

Thursdays try your luck at Nickel Bingo! Bingo starts at 9:30-11:30am.

June 2nd at 5:30 pm our doors open for music night at the Foundry. Sam Buck and his Buckshot Band will be here! Music starts at 6 pm. We have a great menu if you are hungry you may purchases, hamburgers, cheeseburgers, potato chips, dessert, water, pop and coffee along with potato salad. Please come join us for a night of fun!

Photo: Tie Blankets made for Christ the Kind Manor.

FARMER MARKET VOUCHER DISTRIBUTION

The Pennsylvania Senior Farmers' Market Nutrition Program, a statewide program through the PA Department of Agriculture, is designed to provide money for the purchase of nutritious Pennsylvania produce. To receive Senior Farmers' Market Vouchers through Jefferson County Area Agency on Aging, you MUST:

- Be 60 years of age by 12/31/2023
- A resident of Jefferson County, PA
- Meet the 2023 household income guidelines.



Each person that qualifies will receive a total of 5 vouchers at \$10.00 each.

Each set will be a total of \$50.00 in vouchers to be used at state approved farmers markets.

ONLY ONE SET OF FIVE VOUCHERS PER PERSON

If you are picking up someone else's vouchers for them, you MUST have a completed application. It must be signed IN ADVANCE by the person for whom you are picking up vouchers for.

A person may pick up checks for FOUR INDIVIDUALS MAXIMUM.

The SFMNP does not include seniors who are living in nursing home facilities, convents, and residential facilities where meals are provided.

What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

- Neglect or Isolation
- Physical abuse
- Sexual abuse
- Financial abuse and exploitation
- Emotional or psychological abuse (including verbal abuse and threats)



What Causes Elder Abuse?

Our policies and practices make it hard to stay involved with and connected to our communities as we age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. Elder abuse affects older people across all socioeconomic groups, cultures, and races and can occur anywhere when they are disconnected from social supports:

- In a person's own home
- In nursing homes, assisted living facilities, and other institutional settings
- In hospitals

While any older person is potentially at risk of elder abuse, some are more susceptible to experience abuse or neglect than others. Based on available information, women and people 80 and older are more likely to experience abuse. Factors such as dementia or poor physical health can increase older people's isolation, which in turn puts people at greater risk of experiencing abuse or neglect.

Why Does Elder Abuse Remain Such an "Invisible" Problem?

Like other forms of interpersonal violence, elder abuse usually occurs behind closed doors. Many people who experience elder abuse are reluctant to report abuse because they may:

- Feel ashamed and embarrassed, particularly if a family member is the perpetrator
- Be afraid that the perpetrator will get in trouble
- Worry that they will be forced to live in a nursing home—and this sometimes happens
- Feel guilty or somehow to blame
- Be in denial that the abuse is occurring, or unaware that what they are experiencing is abuse or neglect
- Be afraid that if they report, the abuse will get worse

SOME COMMON RISK FACTORS:

- Dementia
- Mental health or substance abuse issues of an older person and/or a perpetrator
- Social isolation
- Poor physical health

Some people who experience elder abuse may also be unable to speak out due to dementia or other impairments or may not be believed when they do. There are also indications that a culture of ageism

(biases against aging) and a fear of growing old may keep older people marginalized and undervalued in our society, therefore many problems as we age remain invisible or are viewed as unimportant.

Any person who believes that an older adult is being abused, neglected, exploited, or abandoned may call the Jefferson County Area Agency on Aging at 800-852-8036.

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. Burlap bag 2. Bogus butter 3. Couturier Christian _____ 4. Until now (2 wds.) 5. Can ____ (kitchen devices) 6. Race an engine 7. Hobo 8. Comfort 9. Sheep's sound 10. Key near Ctrl 11. Originally called 17. Most delicious 19. Regarded highly 22. Put into effect 24. Pinball no-no 25. She, in Barcelona 26. Netting 27. Wanes 28. Sunburn soother 29. Free of doubt 33. Beijing natives 37. Wears away gradually 39. Spanish gentleman 41. Bruise 43. Invoice 44. Met solo 45. Actor Johnny _____ 46. Supplement 47. Neckline style 48. Lodge 49. Actor's prompt	
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		37						
38					39									
			40	41			42			43	44	45		
46	47	48					49				50			
51				52							53			
54				55							56			

ACROSS

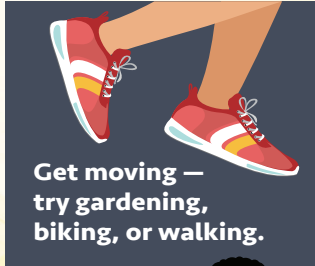
- 1. Instant lawn
- 4. Pastry
- 9. Outlaw
- 12. Heavyweight great
- 13. Puccini work
- 14. Brewery product
- 15. Corp. head
- 16. Destroy
- 18. Seoul native
- 20. "Cry ____ River" (2 wds.)
- 21. Prepare tea

- 23. Flower part
- 27. Oriental
- 30. Floor piece
- 31. Sad
- 32. Pouch
- 34. Misfortunes
- 35. Dull fellow
- 36. Fast feline
- 38. Appear
- 39. Mixes
- 40. Lamb's mom
- 42. Pretty good (2 wds.)
- 46. Exemplified
- 50. Great wrath

- 51. Barbie's beau
- 52. Certain parasite
- 53. Pitcher spout
- 54. Yet, poetically
- 55. Forest growths
- 56. Drink like a dog

Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Get moving — try gardening, biking, or walking.



Choose healthy foods rich in nutrients.



Manage stress — try yoga or keep a journal.



Learn something new — take a class or join a club.



Go to the doctor regularly.



Connect with family and friends.

Learn more about steps you can take to promote healthy aging at www.nia.nih.gov/healthy-aging.

