



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!



FRIDAY SEPTEMBER 15

Time: 10:00AM – 1:00PM

Location: Jefferson County Fairgrounds
1514 Route 28 North
Brookville, PA 15825

UPMC Mobile Health Bus *NEW*

LUNCH! Community Resources Prizes 50/50 and More!

Call to register and sign-up for transportation

Main Office	Brockway	Brookville	Punxy	Reynoldsville
814-849-3096	814-265-1719	814-849-3391	814-938-8376	814-653-2522



**Caregiver
Support Group
August 3, 2023 at
3:00PM**

Heritage House Senior Center
4 Sylvania St.
Brookville, PA 15825

Group Facilitator:
Kristine Santiso
LMSW, CCM, ACM-SW, NCG, CDP

Caregiving can be a very rewarding experience but also places added stress on a caregiver's life. If you are a caregiver, please plan to attend the Caregiver Support Group at the Heritage House. Here you will have the ability to discuss and be educated on concerns, stressors, and topics only caregivers will understand.

Sitting service is available for your loved one while you attend the support group.

Call to sign-up.

Meetings will take place the first Thursday of every month at 3:00pm.

**Please RSVP or to ask questions:
Jefferson County Area Agency on Aging at
814-849-3096.**

Pharmacist, Joe Spencer, is giving Flu Shots in Brockway!

Don't take a chance with your health, plan to get vaccinated.

Available to ages 9 to 99. Convenient locations and no up-front cost for the shot, simply present your primary health insurance card. All insurances are accepted.

For more information, call **(814)844-3293** or visit dontlettheflubugyou@lecomslc.org.

L|E|C|O|M HEALTH
INSTITUTE FOR SUCCESSFUL AGING



Date

**Tuesday
September 26, 2023**

Time

8:30am—10:30am

Location

**Brockwayville
Depot
425 Alexander St
Brockway PA**

JCAA Employee Spotlight

Ciera Emery

OPTIONS Case Aide

September 2022 –
current

Education: 2007
Brookville Area
High School Honors
Graduate and Member
of National Honor
Society. Attended
Clarion University
Honors Program with
focus on International
Business and Spanish.



What is involved in your day-to-day activities?

I assist consumers daily with answering questions and providing resources. I also place referrals for Agency services. I meet with older adults to complete assessments for the home delivered meal program.

Tell us about your most rewarding experience in your work.

The most rewarding part of my job is getting to meet and know the consumers and to be able to provide solutions to improve their situations and seeing that come to fruition.

What is your proudest moment since you joined JCAA?

That my children know my job is to help people.

Who are the significant people in your life?

I have been married to my high school sweetheart for 10 years. We have two children. My son is 9 and my daughter is 7. We have two giant dogs, Belmar and Buxton, and one cat named Church.

What do you like to do when not at work?

I enjoy traveling, especially to somewhere tropical, kayaking, concerts, relaxing on my patio, working on our family camp, making sourdough bread, watching my kids sporting events and activities as well as being their short order cook.

Summerville Eats & Sweets

August 2023 Menu

Lunch available 11am-2pm on Tuesdays

August 1st- Chicken Salad Sandwich, Potato Chips, Mandarin Oranges

August 8th- Ham Slice, Parsley Potatoes, Cup Carrots, Chocolate Éclair

August 15th- Mashed Potato Bowl, Cookie

August 22nd- Steak Salad, Dinner roll, Cottage Cheese

August 29th- Grilled Cheese, Homemade Veggie Soup, Crackers, Peaches



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.

DID YOU KNOW?

Our Care Managers can meet with you at any of our 4 senior centers to help with paperwork or answer questions about our services. Just call 814-849-3096 to schedule an appointment!



Why Should Pennsylvania do a Master Plan?

- Pennsylvania expressly values older adults and individuals with disabilities and is committed to building and maintaining an age- and disability-friendly Commonwealth so that all Pennsylvanians may live with dignity and independence.
- Pennsylvania is ranked fifth among the fifty states by the sheer size of its older adult population (3.4 million) and seventh by percentage (17.8%) of the total population.
- Pennsylvania's total older adult population grew from 15.4 percent (1.96 million persons) in 2010 to 17.8 percent (2.27 million persons) in 2020.
- Pennsylvanians with disabilities represent 11% of the population in terms of mobility and cognitive challenges, 7% with regard to independent living, 6% regarding hearing impairment, 4% regarding vision impairment, and 3% with regard to self-care.

Provide input on the Master Plan for Older Adults:

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

You can submit your input by:

Mail:

Pennsylvania Department of Aging
c/o Master Plan
555 Walnut Street, 5th Floor
Harrisburg, PA 17101

Email:

AgingPlan@pa.gov

For More Information:

www.aging.pa.gov

Listening session

Wednesday August 23, 2023

6:00pm

Heritage House Senior Center

4 Sylvania Street, Brookville PA 15825

RSVP by calling 814-849-3096 or email

info@jcaaa.org

Stakeholders, older adults and people living with disabilities, their families, caregivers and community leaders are invited to hear an overview of the plan and why such a plan is needed for Pennsylvania. There will be opportunities for those in attendance to provide comments and input on the plan.



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
Menu subject to change	1 Chicken, Spinach & Cranberry Salad w/ Dressing & HB Egg 1c. Mixed Greens & Spinach 1/2c. Pickled Beets 1 Breadstick 1 Piece Poke Cake	2 Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	3 Sweet & Sour Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Seasonal Fresh Fruit Cookie	4 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges
7 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pudding	8 Seafood Salad Over 1c. Mixed Greens w/ Tomato 1c. Bean Soup w/ Crackers 1 Dinner Roll 1/2c. Pineapple	9 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	10 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	11 Hot Dog 1/2c Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Orange
14 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	15 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie	16 Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Brussel Sprouts 1 Breadstick 1/2c Applesauce	17 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Peach Crisp	18 Southern Seafood Cake 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit
21 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	22 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	23 Roasted Pork w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	24 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	25 Baked Cabbage Roll w/ 2oz Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit
28 Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Mandarin Oranges	29 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple	30 1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Wheat Bread 1/2c Applesauce	31 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/ Tomato 1 Wheat Bread 1/2c. Apple Crisp	RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday. 



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. We welcome suggestions on activities!

Call 814-265-1719

August Activities

Aug.1: National Night Out at the Brockway Park.
 Stop by our booth 6pm

Aug 8th: **We Need your input!!** Master plan on Aging for the state of PA. Molly McNutt will present this program and listen to your concerns. Examples may include food cost, lack of housing, getting care in home, transportation or whatever you think the state should be aware of. 10:30 with drinks and snacks!!!

Aug.8: Red Cross Blood Drive 1-5

Aug.17: Grocery Bingo 6pm

Aug 21: Casino - Bus to Seneca Alleghany 9am



The Depot offers many selections of activities to participate in.

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 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

August already? Where does the time go? I guess staying busy makes time seem like it is flying away and I will admit, I like to keep it busy here at the center. We always have something going on here and we try to make our activities different so we can possibly catch the interest of someone that hasn't come here yet and might want to after they see what all we do. This is an excellent place for seniors who need to have a hot nutritious lunch, try one of our instructor led exercise classes, use our fitness room, join a card, game, or craft club, join us for one of our numerous other activities that we do each week/month, or even just to get in some socialization and maybe make a new friend. We offer all of that and more. This is the best place for Seniors. If you have any questions please call Tammy or stop by the office at the Heritage House 814-849-3391.

Weekly Activities

- Bingo-Monday & Friday 9 am
- Card/Game Club 1-3 pm 1st & 3rd Tuesdays
- Craft Groups 1-3 pm 2nd & 4th Tuesdays
- Scrabble-day of the week and time change-will update soon
- Monday & Wednesday-Healthy Steps In Motion 10:00 am
- Tuesday & Thursday-Chair Yoga 10:30 am
- Wood Carvers Wednesdays-9 am
- Coffee with the VETERANS-Thursdays at 9 am
- Hand and Foot Card Game-Will teach new players 1 pm on 1st & 3rd Wednesdays of the month.

Monthly Activities

***Friday August 4th-10 am** Door Decorations for One of the Nursing Homes-Summer Theme.

***Tuesday August 8th and Tuesday August 29th** Greeting Card Making 10 am-11:30 am. Anyone can join us. We make cards for the local nursing homes-The cards help brighten their day!

***Friday August 11th-10 am** TEA Party with a Twist-We are switching it up a bit for this tea & going with a different type of TEAS & little finger foods...PLEASE sign up for this Event so we know how many to plan for. It will be a SURPRISE.

***Friday August 11th-1 pm** Scrapbooking/Recipe books/Cards 9:30 am in the Cafe'.

***Thursday August 17th-Farmers Inn.** Please be at the Farmers Inn Parking Lot by 10:45 am to get your wrist band that allows you to get in to the different activities. If you need a ride, please be at the Heritage House parking lot by 10:00 am that day. PLEASE Let me know if you do need a ride 814-849-3391, so I can plan accordingly.

***Friday August 18th** Ceramics 9:30 am-there will be a \$5 Charge for each person to paint...Please pay in the office when you sign up on the signup sheet. Thanks!

OR You can choose to do a SURPRISE craft this day-when you sign up, please sign up for the ONE you want to participate in-ONLY one please.

***Wednesday August 23** – Master Plan on Aging Listening Session at 6:00pm. Share your ideas on how Pennsylvania can transform the infrastructure and coordination of services for older adults.

***Friday August 25th Angel Tea Towel Craft-10 am**

PLEASE bring One hand towel, One square pot holder, and One dishcloth that match and we will make a cute KITCHEN ANGEL. You must bring these items to participate. They have all of these items at Dollar General, Walmart, or Dollar Tree stores for a \$1-\$2 each.

*The First Thursday of the Month we have our Caregiver Support Group meeting at the Heritage House from 3-4 pm. Call 814-849-3096 to reserve a seat.

***Our Senior Picnic/Health Fair is coming up quickly-Save the date-Friday September 15th 10 am to 1 pm at the Jefferson County Fair Grounds.**

*This schedule is subject to change, so please be kind if it has to be adjusted. Thank You all for your support & participation. I really appreciate it!

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

Punxsutawney Area Senior Center located within the ATA building at 222 N. Findley St. in Punxsutawney. There is free parking near the Fitness Center of the Community Center, and metered parking on the street or at the Borough. Our hours are M thru F 8:30 to 1:30. We offer a hot meal for lunch. Dine in (congregate) is served at noon and take out available for pick up at 11:30. All meals must be ordered a day in advance (814-938-8376) or stop in to reserve. The suggested donation for the meal is \$2.50 for those 60 and older.

Activities include crafting, cards, movies, jigsaw puzzles, coloring, games and much more. We would like to bring Bingo back if there is an interest.

Monday August 7 – Molly McNutt will be offering information on Master Plan for Older Adults. She also wants to hear consumers' comments. This will begin at 11. This is important for older adults so please attend.

Monday August 14 Joseph Spencer, Pharmacist will be conducting a program on Flu/COVID. The program begins at 10 am. Please sign up for this program.

Friday, August 25 August birthdays will be celebrated with an ice cream sundae bar after lunch.

Thursday, August 31 is our out of center bowling outing. Please sign up.

Farmer Market Vouchers are available for distribution every Monday and Wednesday from 8:30 to 11. No appointment needed.

Suggestions on activities always welcome.

Photo: We had a lovely out of center trip to Farmer's Inn.





We have a delicious and nutritious lunch served every day at noon (please call the day before to reserve yours!)

August birthdays will be celebrated August 16th with birthday cupcakes.

Every Monday, Wednesday, and Friday we have **Healthy Steps In Motion** led by Helen Newman, Sarah Shaffer, and Nancy Harriger – come and join in the fun with this exercise – you may do this seated or standing. 10:30 am- 11:30 am

Thursday we offer **Nickel Bingo** from 9:30-11:30 am

On August 3rd Trooper Chewning will be here from the PSP Punxsutawney Barracks to talk about how to stay safe with all the scams and frauds going on in our area. Trooper Chewning will be giving his presentation during our Noon hour. Please Join us for some very helpful and good information.



Photo: The foundry in Reynoldsville recently hosted a book signing in conjunction with the Reynoldsville Library, Thursday July 20th. Some of our consumers enjoyed meeting Sara and getting their books autographed.

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

On August the 10th the Foundry is closed as we will be taking a trip over to the Farmer's Inn. Lunch, a trip through the zoo and an ice cream cone will be provided by JCAAA for our day away.

We are having our Dance on August 4th, with “Ain't Nothing Fancy” doors open at 5:30 pm and the dance is 6-9 pm. Come enjoy some good music and a tasty menu also.

On August 17th, We will be having our Director Molly McNutt speaking this day on developing a Pennsylvania Master Plan – this will be an information session for older adults, caregivers, community leaders to come and verbalize what you think

Should be plans or priority goals, objectives and initiatives to support the highest quality of life for older adults. This program will begin at NOON and a drawing will be held for two lucky listeners that day! Please call the foundry for more information at

814-653-2522.



Endurance exercises for older adults

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

Safety tips

- **Do a little light activity**, such as easy walking, before and after your endurance activities to warm up and cool down.
- **Listen to your body**: endurance activities should not cause dizziness, chest pain or pressure, or a feeling like heartburn.
- Be sure to **drink liquids** when doing any activity that makes you sweat. If your doctor has told you to limit your fluids, be sure to check before increasing the amount of fluid you drink while exercising.
- If you are going to be exercising outdoors, **be aware of your surroundings**.
- **Dress in layers** so you can add or remove clothes as needed for hot and cold weather.
- To prevent injuries, **use safety equipment**, such as a helmet when bicycling.

Where to start?

- Talk with your doctor
- Contact your local YMCA
- Join a class at the senior center
- Check out the Rails to Trails in your neighborhood





FREE Community Workshop Presentation

Get Ready for Medicare:

The Basics for People Who are Joining or Already Enrolled

Jefferson County Area Agency on Aging
Medicare Education and Decision Insight Program

August 25th 10:30 A.M. - 11:30 A.M. Brookville Heritage House Senior Center

Call Mindy at 814-849-3096 Ext 232 to sign up

What is Medicare Education and Decision Insight (PAMEDI)

Medicare Education and Decision Insight (PAMEDI) is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare. PAMEDI counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

You will have a better understanding of:

Medicare Part A, B and C

Savings Programs

An Advantage Plan

How to avoid penalties

And much more!



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.

SENIOR FARMERS' MARKET
NUTRITION PROGRAM

Thank you to everyone for your patience with this year's Senior Nutrition Farmer's Market Voucher Program. Due to circumstances beyond the control of the Area Agency on Aging, the vouchers were late in getting out to older adults. We believe that everyone that completed an application and submitted to our office located at 186 Main Street, Suite 2 Brookville have been processed and mailed out.

If you have not received your vouchers please call 814-849-3096 and we will check our list for your name.

If you have not yet applied please visit our website www.jcaaa.org for an application and to find out when the senior centers have distribution hours.

We hope you are all enjoying your summer and eating the delicious fruit and vegetables Pennsylvania has to offer!

