

J E F F E R S O N C O U N T Y  
 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!

**Depression:**  
 What You Need to Know

Depression is serious.	Depression can affect anyone.	Depression doesn't just go away.	Talk to a provider.
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Find help—and give treatment time to work [nimh.nih.gov/findhelp](http://nimh.nih.gov/findhelp).

Call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](http://988lifeline.org), or text the Crisis Text Line (text HELLO to 741741).

[nimh.nih.gov/depression](http://nimh.nih.gov/depression)

**HELP IS AVAILABLE!**

FIRST talk with your doctor. Once you begin treatment, you should gradually start to feel better. Go easy on yourself during this time. Try to do things you used to enjoy. Even if you don't feel like doing them, they can improve your mood. Other things that may help:

- Try to get some physical activity. Just 30 minutes a day of walking can boost mood.
- Try to maintain a regular bedtime and wake-up time.
- Eat regular, healthy meals.
- Do what you can as you can. Decide what must get done and what can wait.
- Try to connect with other people and talk with people you trust about how you are feeling.
- Postpone important life decisions until you feel better.
- Avoid using alcohol, nicotine, or drugs, including medications not prescribed for you.

**What is depression?**

Everyone feels sad or low sometimes, but these feelings usually pass with a little time. Depression (also called major depressive disorder or clinical depression) is different. It can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. It is an illness that can affect anyone—regardless of age, race, income, culture, or education. Research suggests that genetic, biological, environmental, and psychological factors play a role in depression.

Depression may occur with other mental disorders and other illnesses, such as diabetes, cancer, heart disease, and chronic pain. Depression can make these conditions worse, and vice versa. Sometimes medications taken for these illnesses cause side effects that contribute to depression symptoms.

**JCAAA Programs available include:**

**Healthy IDEAS** - (Identifying Depression & Empowering Activities for Seniors) is an evidence-based program that integrates depression awareness and management into existing services provided to older adults in-person or virtually/telephonically in their in own home by local Area Agencies on Aging.

**Callgiver Program** – weekly phone calls with a friendly person to talk.

**CALL 814-849-3096 for more information  
 on these programs.**



Jefferson County Ombudsman  
Mindy Sivanich  
186 Main Street, Suite 2  
Brookville, PA 15825  
800-852-8036 ext. 232

For More info please visit:  
<https://theconsumervoice.org>

October is Residents' Rights Month, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports.

This year's Residents' Rights Month theme - Amplify Our Voices - emphasizes a community of long-term care residents coming together to make their voices heard. Amplifying your voice means being outspoken about your preferences and choices and sharing who you are and your experiences. Residents' voices are the most important at the decision-making table - your story deserves to be told!

### JCAAA Employee Spotlight

**Melissa Obenrader**

**Protective Service Worker**

**How long have you worked for JCAAA:** 1 1/2 years

**Education:** Clarion University, BS in Rehab Science

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

Investigate different types of abuse against people 60 and older.

**Tell us about your most rewarding experience in your work.**

Helping people to remain in their home.

**What is your proudest moment since you joined JCAAA?**

Assisting a consumer to seek the medical attention that was so desperately needed for them to live the most productive life possible..

**Who are the significant people in your life?**

My immediate family which includes my parents, brother, sister-in-law, 2 nephews and niece.

**What do you like to do when not at work?**

Hunting with my dad. Watching television and reading.





# HEALTHY IDEAS PRESENTATIONS

- Have you or a loved one been bothered by having little interest or pleasure in doing things?
- Have you or a loved one been bothered by feeling down, sad, or hopeless?

Healthy IDEAS is a program that integrates depression awareness and management into services provided to older adults in their own home.

Care Managers will be presenting the Healthy Ideas Program at the four senior centers in the month of October. They will be available to explain the program and answer and questions you may have. Screenings may be completed if requested.

## DATES:

- Brockwayville Depot October 3<sup>rd</sup> at 11am
- Reynoldsville Foundry October 12<sup>th</sup> at 11:30am
- Punxy Center October 25<sup>th</sup> at 11am
- Heritage House October 30<sup>th</sup> at 11:30 am



## Medicare Open Enrollment Is Coming Soon!



**pennsylvania**  
Medicare Education and Decision Insight



### Questions about Medicare?

**PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.**

**Call Jefferson County PA MEDI at 800-852-8036**

### *Summerville Eats & Sweets*

October 2023 Menu. Lunch available 11am-2pm on Tuesdays

10/3 Chicken & Biscuit, green beans, pineapple tidbits

10/10 Meatloaf Dinner, corn, CAKE to celebrate the anniversary!

10/17 Grilled Cheese, 1 Cup Ham & Potato Soup, peaches

10/24 Steak Salad, dinner roll, applesauce

10/31 Hotdog w/ Meat Sauce, Fresh Cut Fries, ½ c Mac Salad, Pumpkin Cookie

Meal includes a 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.**



October marks the one-year anniversary of the special lunch program with Jefferson County Area Agency on Aging and Summerville Eats & Sweets!  
We hope you continue to enjoy the weekly meals.

If you would like to make a donation for meals, please consider sending a contribution to:

Jefferson County Area Agency on Aging  
186 Main Street, Suite 2  
Brookville, PA 15825

Suggested Donation is  
\$2.50 per meal.



Jefferson County  
Senior Center Menu

# October

**Phone Numbers:**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	<p>3 Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p> <p><b>NEW ITEM</b></p>	<p>4 Baked Crab Cakes w/ Tartar Sauce 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese &amp; Peaches</p>	<p>5 Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Apple Juice</p>	<p>6 Pasta &amp; Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>9 Pepper Steak w/ Onions &amp; Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>10 Cheeseburger Stroganoff 1/2c Peas 1 Breadstick Fresh Fruit 1 Bread Pudding</p> <p><b>NEW ITEM</b></p>	<p>11 Creamy Chicken Salad Sandwich Lettuce &amp; Tomato 1c Tomato Soup w/ Crackers 2 Whole Wheat Bread 1/2c Cinnamon Applesauce</p>	<p>12 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>13 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Pickled Diced Beets 1 Dinner Roll 1 Piece Cake</p>
<p>16 Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Apple Crisp</p>	<p>17 Sweet &amp; Sour Pork 1/2c. Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>18 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Pudding</p>	<p>19 Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Brussel Sprouts 1 Slice Bread 1/2c Peaches</p> <p><b>NEW ITEM</b></p>	<p>20 Pot Roast w/ Gravy 1/2c Scalloped Potatoes 1/2c Green Beans 1 Italian Bread Cake w/Icing</p>
<p>23 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie</p>	<p>24 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Bean Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>25 Glazed Ham w/ Pineapple Sauce 1/2c Scalloped Potatoes 1/2c Green Beans 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>26 Tuna Salad Sandwich w/lettuce &amp; tomato 1c Cream of Potato Soup 2 White Bread Fresh Orange</p>	<p>27 Meatballs (4) in Gravy 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Pears</p>
<p>30 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit</p>	<p>31 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Pumpkin Cake</p>	<p>Happy Halloween</p>	<p><b>RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.</b></p>	<p><b>*Menu subject to change*</b></p>



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. We welcome suggestions on activities!

**HOURS OF OPERATION 8:00AM-1:00PM**

**Call 814-265-1719**

### October Activities

Oct 3: Healthy IDEAS presentation. Short program before lunch.

Oct 10: Ceramics with Debbie is back! Starts at 9:30am, please register.

Oct 16: Bus trip to Seneca Alleghany for more info 265-1719

Oct 18 at 10:00am - Learn how to use Tablets with Kip Stossmeister Assistive Technology Specialist

Oct 19: Grocery Bingo 6PM

Oct 20: Community Action luncheon at the Heritage House 11:30. If you are a current Americorps RSVP volunteer you can call 814-226-4785 x104

Oct 26: Pot Luck lunch and Halloween Party. Please register

Oct 27: Seniors Safe Driving Class. Please register

### **Healthy Steps in Motion Exercise Class**

Every Monday and Thursday at 10:00am

### **Chair Yoga**

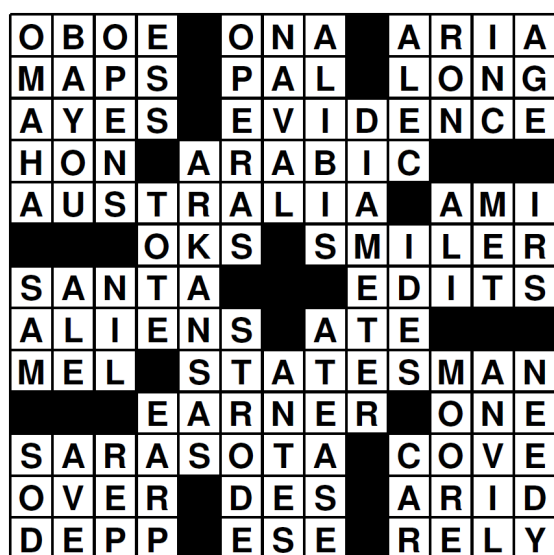
Every Wednesday at 11:00am

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.

*Photo: Senior Picnic 2023*





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

Here we are in October-that means the holidays are just around the corner and we have a fun filled schedule of things to keep us busy. Make sure you check out all of the activities that we have coming up and get yourself signed up to participate. I love this time of the year. Fall is such a colorful season and so much fun to decorate for. We have transitioned in to fall at the center as well & it looks great.

### Weekly Activities

**Bingo**-Monday & Friday 9 am

**NEW Indoor Gaming Group**-Starting on Tuesday October 31st 1-3 pm. Then every 1st & 3rd Tuesday each month-Yard Yahtzee, Tic Tac Toe, & Corn Hole-Join us for these fun games IN Doors in the dining room. Bring a friend or two.

**Craft Group** 1-3 pm 2nd & 4th Tuesdays

**Scrabble**-Thursdays at 9 am

Monday & Wednesday-**Healthy Steps In Motion** 10am

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-12:45 pm on 1st & 3rd Wednesdays of the month.

**NEW-Wednesdays in October** at 11:30 am Stability & Mobility tips for those that use assistive devices with Morgan Shepler from Phoenix Physical Therapy.

Friday October 6th **Ceramics is back** at 9:30 am

**Greeting Card Making** in the Cafe' at 10 am on Tuesday October 10th we are gearing up for the Holidays.

Thursday October 12th from 2-4 pm we have an **Open House** to see the New Flooring-Light Refreshments.

Friday Oct 13th we have a **25 Ways to Wellness** Class with Becky Simpson from Amerihealth-sign up & stay for entire class to be entered in to a prize drawing.

Monday October 16th-**Pen Pal Letters** are due-Please drop them off in the office to Tammy. You can grab more cards if you need more, we have plenty.

Oct 26th at 10:00am - **Learn how to use Tablets** with Kip Stossmeister Assistive Technology Specialist

**No Chair Yoga** on Thursday October 19th due to an event being held at the center on Friday October 20th.

**Friday October 20th** the center will be closed for an event. We will see you back on Monday October 23rd at 8 am.

Tuesday October 24th we are having a **Flu Shot Clinic** starting at 9 am. More details soon.

Friday October 27th **Scrapbooking** at 9:30-10:45 am. Same Day.

Friday October 27th at 11 am we have a performance from the **Wild Laurel Cloggers** will be here.

October 30<sup>th</sup> at 11:30 **Healthy Ideas Program**

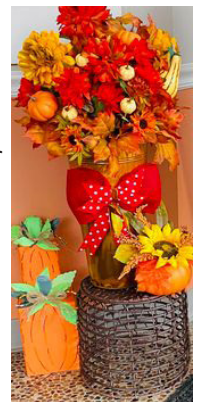
October 31st at 11 am we will have our **Halloween Party**-Please Dress Up-we will have prizes, games, and a special treat!

Wednesday NOVEMBER 1st we are STARTING on our **Capitol Christmas Tree Ornaments** for the Capitol Christmas Tree at 10 am. If we do NOT finish we will continue the following Monday November 6th at 10 am to finish up because they need to be mailed out by the 10th. PLEASE SIGN up for this IF YOU can HELP!

\*\*PLEASE Make Sure You SIGN UP for any of the Events that you want to participate in. This helps me plan and have enough for everyone\*\*

LOOKING AHEAD: Veterans Day Luncheon, Fall Smash Can Craft, and Our 3rd Annual Last Stop Santa Shop Fundraiser Vendor Show on Saturday December 2nd, 2023!

\*This schedule is subject to change, so please be kind if it has to be adjusted.



# 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

**Oct 2** – 9:30 to 11 – grocery bingo

**Oct 4** – 10 – 11 -craft

**Oct 5** – bowling – center closed/take out lunches will be available for pick up at center at 11:30 for those who preordered

**Oct 16** – Influenza Vaccine Clinic – 9:30 to 11 – Please call 938-8376 for more information or stop in

**Oct 18** – craft 10 – 11

**Oct 19** - bowling – center closed – take out lunches will be available for pick up at center at 11:30 for those who preordered

**Oct 20** – celebrate October birthdays

**Oct 23** – 9:30 – 11 – gift bingo

**Oct 25** – 11 am – Healthy Ideas program

**Oct 26** at 10:00am - Learn how to use Tablets with Kip Stossmeister Assistive Technology Specialist

**Oct 27** – ice cream after lunch

**Oct 30** – Halloween party



We are located at 222 N. Findley St.

Hours 8:30 – 11 M-F

Please order your lunch a day in advance

814-938-8376

*Photos:*

*Joyce dyed her hair in honor of Jimmy Buffet.*

*Come play Bingo with us, it will be scary fun.*







## Happy Fall and Welcome to the Foundry !!

On September 15th we had our **Senior Picnic** at the Jefferson County Fairgrounds ( picture of some of the Foundry crew enclosed ) we had a lovely day and nice weather and everyone enjoyed our outing!

Join us for a nice exercise program Monday, Wednesday, and Friday from 10:30 am – 11:30 am with **Healthy Steps in Motion**

Mondays from 1:00 pm – 3:00 pm come and listen and sing along with **Jam Session** ( picture enclosed )

Monday evening we have resumed our **Tai Chi** program for the fall from 6:00-7:00 pm come and give it a try!

Thursday's we have **Nickel Bingo** from 9:30-11:30 am.

We are having a **Flu Shot Clinic** here September 26th - from Noon – 3:00 pm- please call for more information.



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

September 27th we will be starting a **Weaving Class** here on Wednesdays and Fridays from 1:00 pm – 3:00 pm with Sandy Trimble we have a few more spots left so please call if you are interested and we will sign you up.

Looking ahead to October we are having a **Dance** here on October 6th doors open at 5:30 pm – “ Ain’t Nothing Fancy” will be here. We hold dances the first Friday of every month!

October 12th at Noon we are having a short program on **Healthy IDEAS** for better living – if interested please call to reserve your spot!

October 19th 11:00am- **Learn how to use Tablets** with Kip Stossmeister Assistive Technology Specialist.

We have **Puzzles, Games and Dominoes** here to start up a game at any time!. We also, have an exercise room and a library.

Come and visit and check out the Foundry – **Delicious Hot Lunches** are served every day at noon. \$2.50 call day before to reserve yours.



### Famous American Football Players



ALAN PAGE  
 ART MONK  
 BARRY SANDERS  
 BRETT FAVRE  
 BRUCE MATTHEWS  
 CLYDE BULLDOG TURNER  
 DAN MARINO  
 DARRELL GREEN  
 DEION SANDERS  
 DICK BUTKUS  
 ED REED  
 EMMITT SMITH  
 ERIC DICKERSON

ERNIE STAUTNER  
 FORREST GREGG  
 FRAN TARKENTON  
 HERB ADDERLEY  
 JERRY RICE  
 JIM BROWN  
 JIM KELLY  
 JIMMY JOHNSON  
 JOHN ELWAY  
 JOHN MACKEY  
 KELLEN WINSLOW  
 LAWRENCE TAYLOR  
 MIKE DITKA

O J SIMPSON  
 OZZIE NEWSOME  
 PAUL WARFIELD  
 RANDY MOSS  
 RAY LEWIS  
 ROD WOODSON  
 RONNIE LOTT  
 SAM HUFF  
 STEVE YOUNG  
 TED WASHINGTON  
 TERRELL DAVIS  
 WALTER PAYTON



1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
18				19								
20			21							22	23	24
			25				26		27			
28	29	30						31				
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35				36		37				38	39	40
			41							42		
43	44	45							46			
47					48				49			
50					51				52			

- DOWN**
1. \_\_\_\_ Beach (D-Day site)
  2. Louisiana marsh
  3. Unseals
  4. Road curve
  5. Musical dramas
  6. Marine
  7. Excuses
  8. Guinness of "Star Wars"
  9. Director \_\_\_\_ Howard
  10. Business abbr.
  11. Vital statistic
  17. Twice the radius
  19. Little Rock's state
  21. Lug
  22. Boxer Muhammad \_\_\_\_
  23. Encountered
  24. Tax agency (abbr.)
  27. The \_\_\_\_ of March
  28. Uncle \_\_\_\_
  29. Beer's kin
  30. Naught
  33. Took long steps
  34. Military command (2 wds.)
  37. Stakes
  38. Roger \_\_\_\_ (007 actor)
  39. Blacksmith's block
  40. Impoverished
  41. Old West lawman
  43. Turf
  44. Blvd.
  45. Agt.
  46. Roadster

**ACROSS**

- |                           |                                 |                                        |
|---------------------------|---------------------------------|----------------------------------------|
| 1. Band instrument        | 22. Buddy (Fr.)                 | 47. Done                               |
| 5. Out ____ limb (2 wds.) | 25. Authorizes                  | 48. ____ Moines, Iowa                  |
| 8. Opera highlight        | 26. Happy one                   | 49. Waterless                          |
| 12. Atlas entries         | 28. Mr. Claus                   | 50. Johnny ____ of "Finding Neverland" |
| 13. Chum                  | 31. Prepares copy               | 51. Wind direction (abbr.)             |
| 14. Extensive             | 32. UFO pilots                  | 52. Depend                             |
| 15. Positive votes        | 34. Had breakfast               |                                        |
| 16. Circumstantial ____   | 35. ____ Gibson of "Braveheart" |                                        |
| 18. Deary                 | 36. Respected leader            |                                        |
| 19. Language of Iraq      | 41. Breadwinner                 |                                        |
| 20. Sydney's country      | 42. Billfold item               |                                        |
|                           | 43. Florida city                |                                        |
|                           | 46. Bay                         |                                        |

Check for Crossword Puzzle Answers On Page 6 Puzzle# 124 © Boatload Puzzles, LLC

**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.

## The Jefferson County Area Agency on Aging is offering a new non-emergency medical transportation program.

To qualify you must:

- Be age 60 or older
- Not have any other transportation options (MATP, Family, Other Charity)
- Meet income and resource limits as per the PA Department of Aging OPTIONS Program Cost Sharing Scale and agree to paying a portion of the ride cost as per individual income and resource limits.
- Not a current resident in a personal care home or skilled nursing facility.
- Need transportation with a distance from home greater than 30 miles.**

This program is to help older adults and one escort get to medical appointments in Pittsburgh or other areas of the State that don't have any other transportation options.

Funding is limited so we will try to help as many people as possible.

Call 814-849-3096 for more information today!



ADDRESS SERVICE REQUESTED

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

