



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!



Join Jennifer Bowers, Caregiver Support Program Coordinator with JCAAA, for presentations on the program in November:

November 6 th	10:30 Punxy Center
November 13 th	11:30 Brookville Center
November 15 th	10:30 Brockway Center
November 16 th	11:30 Reynoldsville Center

Questions?

Call 814-849-3096

For National Family Caregivers Month 2023, the **#CaregiversConnect** campaign highlights the importance of connections—as a way to get information about your loved one’s disease or condition, share experiences, get support, or form a closer bond with your loved one.

#CaregiversConnect when you’re sitting in the waiting room of your loved one’s oncologist’s office and start comparing experiences with the caregiver sitting next to you. **#CaregiversConnect** at the support group for Alzheimer’s caregivers at the community center.

#CaregiversConnect to information when you visit the website that your wife’s cardiologist recommended. And **#CaregiversConnect** when you call your grandpa who lives several states away and is living with Parkinson’s.

#CaregiversConnect raises awareness of your role as a family caregiver as you find out your co-worker is caring for a child with the same rare disease as your sister or the woman sitting next to you at church is also caring for parents who are aging.

JCAA Employee Spotlight**Wanda Butler****Job title:** Receptionist**Location:** main office**How long have you worked for JCAA:** 1 1/2 years**Education:** I graduated from Clarion-Limestone High School. I completed courses at Community Action to learn Microsoft Suites.**What is involved in your day-to-day activities?**

I answer the phone and transfer the calls. If someone comes to the door, I greet them and try to assist them. I help with paperwork.

Tell us about your most rewarding experience in your work.

My most rewarding experience was homeschooling my son. I home taught from grades K-12.

What is your proudest moment since you joined JCAA?

My proudest moment was when I was able to help a lady that was going through a similar situation with her mother to what I had in previous years with mine. Who are the significant people in your life?

Please tell us about the significant people in your personal life.

God is # 1 in every part of my life. I love my family! I'm married and have one son, He is the most wonderful son a mother could ever even think of having, a delightful sister & brother-in-law, and a caring dad, I also have a 16 yr. old fluffy, gray, very spoiled cat; two 8 yr. old dogs. One thinks he is still a puppy & the other has the best nose (she is 1/2 beagle); plus, our 5 stray cats and an opossum we feed.

What do you like to do when not at work?

I enjoy being with friends & family, walking on the trails, riding bike, shooting (target practice) and drawing. I also like to watch action movies like Marvel movies and westerns- John Wayne in particular.



**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!





**Caregiver
Support Group
November 9th, 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
814-849-3096**

Get local help with Medicare

PA MEDI is here to help you! Pennsylvania Medicare Education and Decision Insight, PA MEDI is part of a nationwide network of State Health Insurance Assistance Programs, also known as SHIP. Pennsylvania's SHIP has provided Medicare assistance and information to Medicare-eligible individuals since 1995.

PA MEDI is a statewide service operated by the Pennsylvania Department of Aging and is the known and trusted local resource for Medicare help. All services are free and confidential and delivered by specially trained certified counselors through Pennsylvania's 52 local Area Agencies on Aging.

PA MEDI provides easy-to-understand, objective help and information for those on Medicare, their families, and caregivers. PA MEDI does NOT sell or recommend Medicare insurance products, insurance agents, or brokers.

Call 814-849-3096 for more info or to set-up an appointment.



Summerville Eats & Sweets**November 2023 Menu. Lunch available 11am-2pm on Tuesdays**

11/7 Bowl of Loaded Baked Potato OR Chicken Noodle Soup, Homemade Bread, Brownie

11/14 Sausage Gravy & Biscuit with apple sauce

11/21 Open face Roast Beef Sandwich, ½ Cup Mashed Potatoes w/gravy, peas, pistachio salad

11/28 Spaghetti with Meat sauce, 1 cup tossed salad, 1 garlic bread, ½ cup Fresh Fruit

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.

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

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

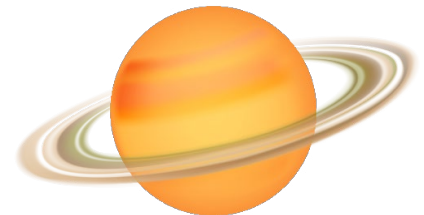
Suggested Donation is
\$2.50 per meal.

Saturns moons

Find Saturns 30 moons

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ATLAS	PHOEBE
CALYPSO	PROMETHEUS
DIONE	RHEA
ENCELADUS	SIARNAQ
EPIMETHEUS	SKADI
ERRIAPO	SUTTUNG
HELENE	TARVOS
HYPERION	TELESTO
IAPETUS	TETHYS
IJIRAQ	THRYM
JANUS	TITAN
KIVIUQ	YMIR
MIMAS	
MUNDILFARI	
PAALIAQ	
PAN	





Jefferson County
Senior Center Menu

November



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 Chicken Taco w/ Lettuce & Tomato 1/2c. Seasoned Corn & Black beans 1/2c. Spanish Rice Soft Tortilla Shell 1/2c Pineapple</p>	<p>2 Salisbury Steak w/ Gravy Baked Potato w / Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>	<p>3 Maple Mustard Salmon 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit</p>
<p>6 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Island Blend Vegetables 1 Hamburger Bun Seasonal Fresh Fruit</p>	<p>7 Chicken Marsala w/ 2oz Mushroom Sauce 1/2c. Blended Rice 1/2c Brussel Sprouts 1 Breadstick 1/2c Applesauce</p>	<p>8 Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges</p>	<p>9 Veteran's Day Luncheon Roast Beef 1/2c Mashed Potatoes w/Gravy 1/2c Corn 1/2c Coleslaw 1 Dinner Roll Ice Cream Cup w/ Strawberries</p>	<p>10 Centers Closed</p> 
<p>13 Baked Cabbage Roll w/ 2oz Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p> 14 Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese 1/2c Penne Pasta 1/2c Brussel Sprouts 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>15 Philly Cheeseburger w/ Provolone, Peppers, & Onions 1c. Creamy Cauliflower Soup w/crackers Sandwich Roll Fresh Seasonal Fruit</p> 	<p>16 Thanksgiving Luncheon Roasted Turkey 1/2c Mashed Potatoes & Gravy 1/2c Green Bean Casserole 1 Dinner Roll Pumpkin Cake 1 Stuffing Ball</p>	<p>17 Swedish Meatballs (4) 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread 1/2c Apple Crisp</p>
<p>20 Baked Lasagna w/ Meat Sauce 1c Tossed Salad 1/2c Green Beans 1 Italian Bread Fresh Fruit</p>	<p>21 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	<p>22 Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p> 		
<p>27 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>28 Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>29 Cheeseburger Stroganoff 1/2c Green Beans 1 Breadstick Fresh Fruit</p> 	<p>**Deadline to sign up for Veterans Day Luncheon is 11/2/23</p>	<p>**Deadline to sign up for Thanksgiving Luncheon is 11/9/23</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.
 We welcome suggestions on activities!
 Hours are Monday-Friday 8:00am-1:00pm
 Call 814-265-1719

November Activities

- Nov. 1st: Ornament making for Harrisburg Capital Tree at 10:00am.
 Nov. 9th: Veteran's Day Presentation with the Legion at 11:15
 Lunch to follow so please register. Veterans eat free!
 Nov. 10th: Center Closed (Veteran's Day)
 Nov. 15th: Caregiver Support Program Presentation at 10:30am
 Nov. 16th: Thanksgiving Dinner. Must be signed up by 11/9.
 Nov. 16th: Grocery (Turkey) Bingo at 6:00 pm
 Nov. 21st: Ceramics with Debbie at 9:30 am
 Nov.23-26: Closed for Thanksgiving
 Nov.30th: Christmas/Holiday decorating party at 10:00. Pizza Party to Follow!

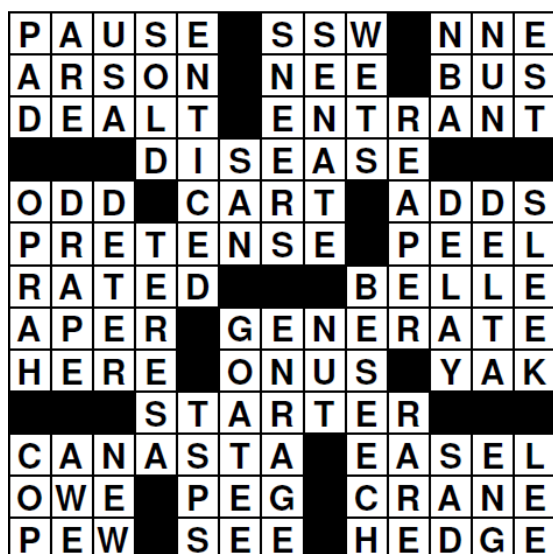
Healthy Steps in Motion Exercise Class

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.





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

Welcome to November & the hustle & bustle of the Holiday Season. We have so much planned for the next couple of months. Make sure you check in often & sign up for what you are interested in participating in. Call 814-849-3391 with questions.

Weekly Activities:

Scrabble Thursdays at 9 am

Monday & Wednesday Healthy Steps in Motion 10 am

Tuesday & Thursday Chair Yoga 10:30 am

Pen Pal Letters are due the 15th of the month

Bingo Monday & Friday 9 am

Coffee with the Veterans Thursdays 9 am

Woodcarvers Wednesdays at 9 am

November Activities:

11/3 To Go Lunches Only

11/7 Election Day To-Go Meals ONLY

11/8 10am Angel Ornaments for the Capitol Christmas Tree

11/9 Veterans Day Luncheon 11:15am (must be signed up by 11/2)

11/10 Center Closed for Veterans Day

11/13 10am Angel Ornaments for JCAA Front Window on Main Street

11/16 Thanksgiving Luncheon at Noon (must sign up by 11/9)

11/17 Fall Tea at 10am. Join us for some great conversations, spiced tea, and tasty treats

11/27 Decorating for Christmas at the Center 9am. Please bring in an ornament to hang on our tree! It can be a family, and individual, a club, business, student – anyone can participate! Simply stop by the senior center between 8am-2pm Monday-Friday to drop it off. We appreciate your support.

11/29 Ceramics at 9:30am

Please sign up for the events you wish to participate in. This helps us prepare for each activity and make sure we have enough supplies. Thank you!

Looking ahead to December...

Saturday 12/2 9am-2pm – Our 3rd Annual Fundraiser and Vendor Event. Looking for volunteers to help out.

Friday 12/15 10am – Cookies & Cocoa

Wednesday 12/20 – Christmas Party with gift exchange

*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

Open Monday thru Friday – 8:30 – 1:30

All over 60 welcome – we have many activities

Lunch dine in – noon – to go 11:30 call 938-8376 to preorder

November 1 Bowling 10 to 12 (to go meals)

November 2 Grocery bingo (sign up)- 9:30 to 11

November 3 -Ice cream following lunch

November 6 – presentation with Jennifer Bowers Caregiver Support Program Coordinator at 10:30

November 7 – don't forget to vote

November 8 – finish ornaments for Harrisburg tree

November 9 – Veterans Day Meal, please call to sign up 814-938-8376

November 13 – Gift Bingo (please sign up)

November 16 – Thanksgiving meal – please sign up

November 22 – Deck the Halls

November 30 – Bowling 10-noon (to go meals available)

Closed Friday, November 10 – Veterans Day

Closed Thursday, November 23 and Friday,
November 24

Have a safe and enjoyable Thanksgiving!

Photo:

The twins enjoying their jigsaw puzzle.





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

Lunch served daily at noon. Call 814-653-2522 to reserve your meal!

We are open Monday-Friday from 9am-2pm.

Library books available and we have a small exercise room.

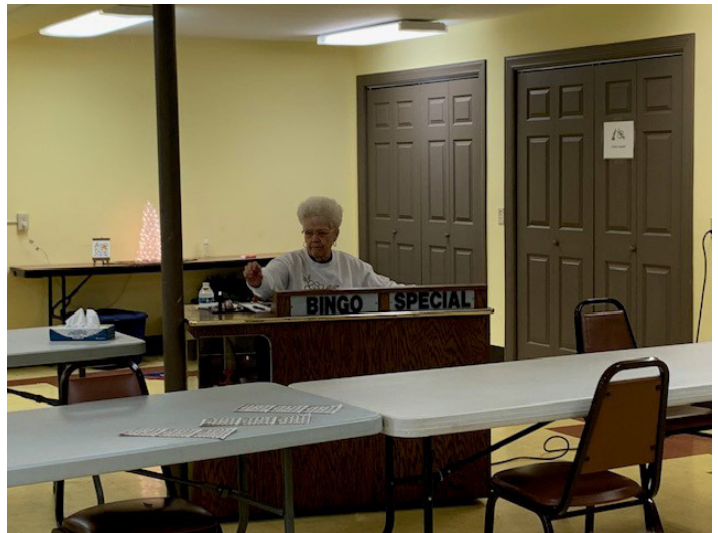
November Activities:

Healthy Steps in Motion	Every Monday, Wednesday, and Friday 10:15am-11:15am
Bingo	Every Thursday 9:30am-11:30am
Jam Session	Every Monday afternoon. Bring an instrument or sing along!
Tai Chi for Arthritis	Starting again in April 2024 – stay tuned for more info.

Here are some pictures of recent activities at the Foundry!

JCAAA Staff, Holly Wensel and Nicole Keedy were here to talk about Healthy IDEAS with tips to keep you happy, involved in our community, and staying active.

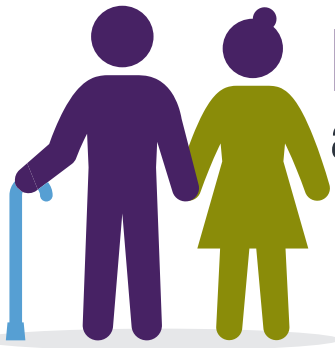
Bingo is always a popular activity!



PENNSYLVANIA CAREGIVING



2020 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 1 in 5 adults are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY
Over half have provided care for at least two years



INTENSE
A third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



80% manage household tasks

Over half assist with personal care



WHO ARE CAREGIVERS?

56% are women

21% are 65 years old or older

38% are caring for a parent or parent-in-law

22% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



Nearly 1 in 9 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years

1	2	3	4	5		6	7	8		9	10	11	DOWN 1. Writing tablet 2. Exist 3. Neighbor of Mex. 4. Peddled 5. Tempted 6. Looks disdainfully 7. Legislative body 8. Moistens 9. Lakers' league (abbr.) 10. Cloistered one 11. Boston time zone (abbr.) 17. The Grim ____ 19. ____ Francisco 20. Actress ____ Winfrey 21. Curtain 22. Hinder 25. Put off 26. Letter before epsilon 27. Streamlined 29. Calcutta's Mother ____ 32. Beg 34. Pointed beard 35. Infuriate 36. Pecan, e.g. 41. Recipe measures (abbr.) 42. Uncommon 43. Law officer 44. Impress 45. Freshly made 47. Gloomy 48. School subj. 49. Grant's opponent
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ACROSS

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| 1. Hesitation | 28. Sham | 52. Hoisting machine |
| 6. Compass pt. | 30. Banana skin | 53. Church bench |
| 9. Wind dir. | 31. Classified | 54. Witness |
| 12. Fiery felony | 32. Southern beauty | 55. Bushy fence |
| 13. Born | 33. Mimic | |
| 14. School vehicle | 34. Produce | |
| 15. Handed out cards | 37. At this location | |
| 16. Contestant | 38. Responsibility | |
| 18. Malady | 39. Chatter | |
| 20. Unusual | 40. Appetizer | |
| 23. Wagon | 43. Card game | |
| 24. Tallies | 46. Artist's tripod | |
| | 50. Have bills | |
| | 51. Wooden pin | |

Check for Crossword Puzzle Answers On Page 6 Puzzle# 125 © 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.

Healthy Steps in Motion - Strength & Balance

The Jefferson County Area Agency on Aging offers this falls prevention exercise program to adults 60 years of age and older. The program is taught by Certified Workshop Leaders and is designed for people of all fitness levels. It consists of eight sessions presented as either a two-session per week program over four weeks or a one session per week program over eight weeks. It starts with a warm-up, followed by strength and balance exercises and ends with a cool-down stretch. There are three levels of exercises, which enables participants to continue HSIM for as long as they like.

Healthy Steps in Motion (HSIM) strives to reduce the risk of falling by:

- Building body strength
- Increasing flexibility
- Improving balance



HSIM promotes increased socialization and physical activities outside of the program among participants.

HSIM Workshop Leaders are certified through classroom instruction with an exercise physiologist to teach any of the three levels of strength and balance exercises.

Check out the senior center pages for dates and times of HSIM classes.
