



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!



The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant.

Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from \$300 to \$1,000 based on household size, income, and fuel type. Remember: This is a grant and does not have to be repaid.

The Jefferson County Area Agency on Aging can assist you with filling out an application. Please call 814-849-3096 to set-up an appointment and learn what documents you need to have available to apply.

Jefferson County Area Agency on Aging Main Office will be closed on 12/25, 12/26, and 1/1.
Our Senior Centers will be closed 12/25 – 1/1.
The Centers will reopen on Tuesday January 2nd

Five Tips for Exercising Safely During Cold Weather

Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.

**2**

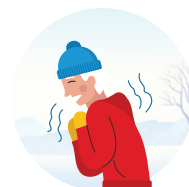
Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.

**3**

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.

**4**

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.

**5**

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



Visit www.nia.nih.gov/health/exercising-outdoors to learn more.



**Caregiver
Support Group
December 7, 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

Summerville Eats & Sweets

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

12/5 - Egg Salad Sandwich, Curly Fries and Vanilla Pudding

12/12 - Grilled Chicken Salad (Lettuce, Tomato, Cucumber, Cheese and French Fries), Dinner Roll and a Cookie

12/19 - Ham Dinner, Mashed Potatoes with Gravy, Green Beans and Pumpkin Pie

Suggested Donation is
\$2.50 per meal.

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

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

Pearl Harbor

Find words that from the day that brought the United States into World War II



AIR	MAINTENANCE
AMERICA	MAKE
AREA	MIDWAY
ARMED	MILITARY
ATTACK	NATION
BOMBING	NAVAL
CONTINUE	NIGHT
DAMAGE	OAHU
DAYS	PACIFIC
DECEIVE	PEACE
DELIBERATELY	PEOPLE
DISTANCE	REPLY
EMPIRE	SECRETARY
EXPRESSION	SQUADRON
EXTENDING	STATE
FALSE	TIME
FORCE	TODAY
GOVERNMENT	UNITED
HAWAII	WAKE
HONOLULU	WAR
HOPE	WEEK
INFAMY	YESTERDAY
INTERVENING	
ISLAND	
JAPAN	
LIVE	

SENIOR PLANET

FROM 

Senior Planet, is an AARP affiliate and provides FREE online learning.

<https://seniorplanet.org/>

There are many interesting classes that include: Smartphones at a Glance, Online Shopping, Morning Stretch, Introduction to Social Media, Digital Storytelling, And More!

If you're a senior aged 60 and older, these live online classes are designed just for you! Learn about Finance, Wellness, Fitness, Computers and Technology, and so much more. You'll learn so much, and also find a real community of fellow life-long learners. Need help joining a class? Call the free Senior Planet

Hotline: 888-713-3495



Jefferson County
Senior Center Menu

December

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>**Deadline to sign up for Christmas Luncheon is 12/7/23</p>	<p>1 BBQ Pork Ribette 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit</p>
<p>4 Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Apple Crisp</p> 	<p>5 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens) 1/2c. Pickled Diced Beets 1 Dinner Roll</p>	<p>6 Sweet & Sour Pork 1/2c. Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>7 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Pudding</p>	<p>8 Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Brussel Sprouts 1 White Bread 1/2c Peaches</p> 
<p>11 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit</p>	<p>12 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 White Bread 1 Cookie</p>	<p>13 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Bean Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>14 Christmas Lunch Baked Ham 1/2c Scalloped Potatoes 1/2c Green Bean Almondine 1 Dinner Roll Pudding Delight Dessert Coleslaw</p>	<p>15 Tuna Salad Sandwich w/ lettuce & tomato 1c Cream of Potato Soup 2 White Bread Fresh Orange</p>
<p>18 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Pears</p>	<p>19 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>20 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>21 Chicken Taco w/ Lettuce & Tomato 1/2c. Seasoned Corn & Black beans 1/2c. Spanish Rice Soft Tortilla Shell 1/2c Pineapple</p>	<p>22 Salisbury Steak w/ Gravy Baked Potato W / Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>
<p>25 Centers Closed</p> 	<p>26 Centers Closed</p> 	<p>27 Centers Closed</p> 	<p>28 Centers Closed</p> 	<p>29 Centers Closed</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 are Monday-Friday 8:00am-1:00pm
 Call 814-265-1719

We at The Depot would like to wish you all The Merriest Christmas and a Happy New Year!

December Activities

Dec 9: ANNUAL BROCKWAY KIDS CHRISTMAS PARTY from 1:00pm-4:00pm. The event is FREE for kids 12 and under. Kids must be accompanied by an adult for the whole event. This fun day includes:

DJ Dance Party (Mike McAlister)

Craft projects

Face Painting by CMK Entertainment

Grinch appearance!

Buffet with food and drinks

Dec 12: Ceramics with Debbie at 9:30 AM

Dec 22: Reading of Twas The Night Before Christmas. If you wish to participate in the gift exchange, please bring a \$3.00-\$5.00 gift at 11:00am

Dec 25th- January 1st: Center Closed for the Holidays!

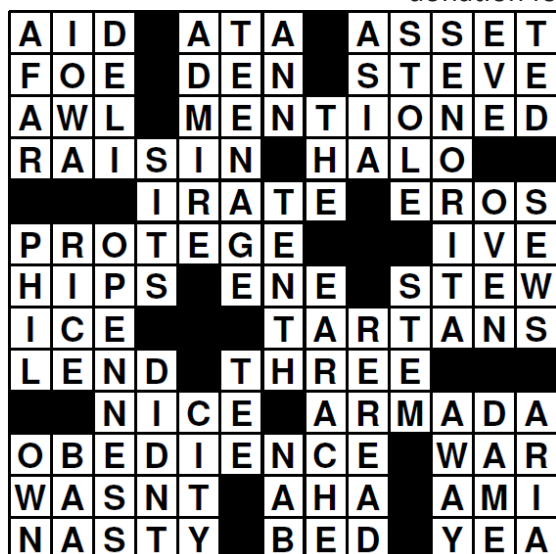
Grocery Bingo – on break until March 21st.

Healthy Steps in Motion Exercise Class
 Every Monday and Thursday at 10:00am

Chair Yoga
 Every Wednesday at 11:00am

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

I hope you are all ready for the Holidays! If not in the spirit just listen to a little bit of Christmas music! The hustle & bustle began a while back at the center and now we are just scurrying around to get everything finished up. We are fully decorated and awaiting the arrival of the Guy in the Red Suit.

Our 2nd Annual Community Christmas Tree! We love to have the Café decorated for each season. Please stop in and take a peek. The Community Christmas Tree is available for your special ornaments...from you, your business, club organizations, scout troops, schools, daycares, etc.! Please bring in an ornament and hang it up. We keep the ornament and hang it up every year!

12/9 Ceramics at 9:30am

12/13 Cookie decorating in the Café at 11am

12/14 Annual Christmas Luncheon at noon. Please sign up by 12/7.

12/15 Cookies and Cocoa with Santa and Mrs. Clause at 10am in the Café

12/19 Christmas Party at 10am – Santa will be here!

12/20 Julie Lindemuth Christmas Program at 10:45am. Julie sings and plays guitar. A special holiday treat! Be sure to sign up for lunch following this performance.



Regularly Scheduled Activities – please check the center for time changes or cancellations during this busy time!

Healthy Steps in Motion	Monday & Wednesday
Chair Yoga	Tuesday & Thursday
Wood Carving	Wednesdays
Bingo	Monday & Friday
Scrabble	Thursdays

All senior centers will be closed 12/25 through 1/1/24. We will reopen on Tuesday 1/2/24 at 8:00am.

I want to wish everyone a Happy, Healthy, & Safe Holiday Season! Thank You So Much for your support & participation at the Center. I will do my best to make it a great place for YOU TO BE!

Photos:

Halloween 10/2023 and Junebug's Visit 11/2023

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





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

Welcome December!

Hours Monday thru Friday – 8:30 to 1:30 – dine in lunch – noon, take out- 11:30. Reserve lunch a day in advance.

We have many activities to partake in! Stop in and check us out.

Thursday, Dec 7 – deadline to reserve holiday meal

Friday, Dec 8 – deadline to sign up for cookie exchange

Wednesday, Dec 13 – cookie exchange! Rules for cookie exchange: Each person will bring a plastic covered paper plate with 6 freshly baked cookies. Debbie will let you know how many are sign-up. You will have your holiday baing finished!

Thursday, Dec 14 – Holiday meal

Friday, Dec 15 – deadline to sign up for Secret Santa

Thursday, Dec 20 – Secret Santa! Rules for Secret Santa: each person should bring a new wrapped gift valued at up to \$10. We will have a drawing.

Please call Debbie at 814-938-8376 if you have any questions.

The center will be closed from

Monday December 25 (Merry Christmas!) thru Monday January 1 (happy new year!)

The Home delivered meal consumers will be notified of the change of delivery dates.

Photo:

Volunteers showing off their tee shirts.





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

Welcome to the Foundry!!

We are open M-F 9am – 2pm for coffee, lunch, activities come join us!

M-W-F- from 10:30-11:30 am we have healthy steps class for get you exercising in a fun way join us !

Thursday the crew here at the Foundry enjoys nickel bingo from 9:30-11:30 am

We also have on hand jigsaw puzzles, board games, and dominoes always available or maybe just enjoy a cup of coffee.

We have an exercise room if you want to come and walk on the treadmill, also a small library if you enjoy reading.

We always have a Trash and Treasure table here – you like something? Take it home with you if you want to bring in items you no longer need or use bring in and leave them on the table.

Upcoming Events:

- 12/9 Small Craft Show with Local Vendors 10:00am-2:00pm
- 12/14 Christmas Luncheon. Please sign up by 12/7
- 12/25-1/1 Foundry will be closed to observe the Christmas holiday with our families.

Pictures include:

ArtsPath Class with Sandy Trimble.

NOvember 9th we celebrated our Veterans with a very nice program by the Jefferson County Honor Guard with special speaker Scott North one of our Jefferson County Commissioners.



DISASTER PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Include medicines, medical supplies, batteries, and chargers.

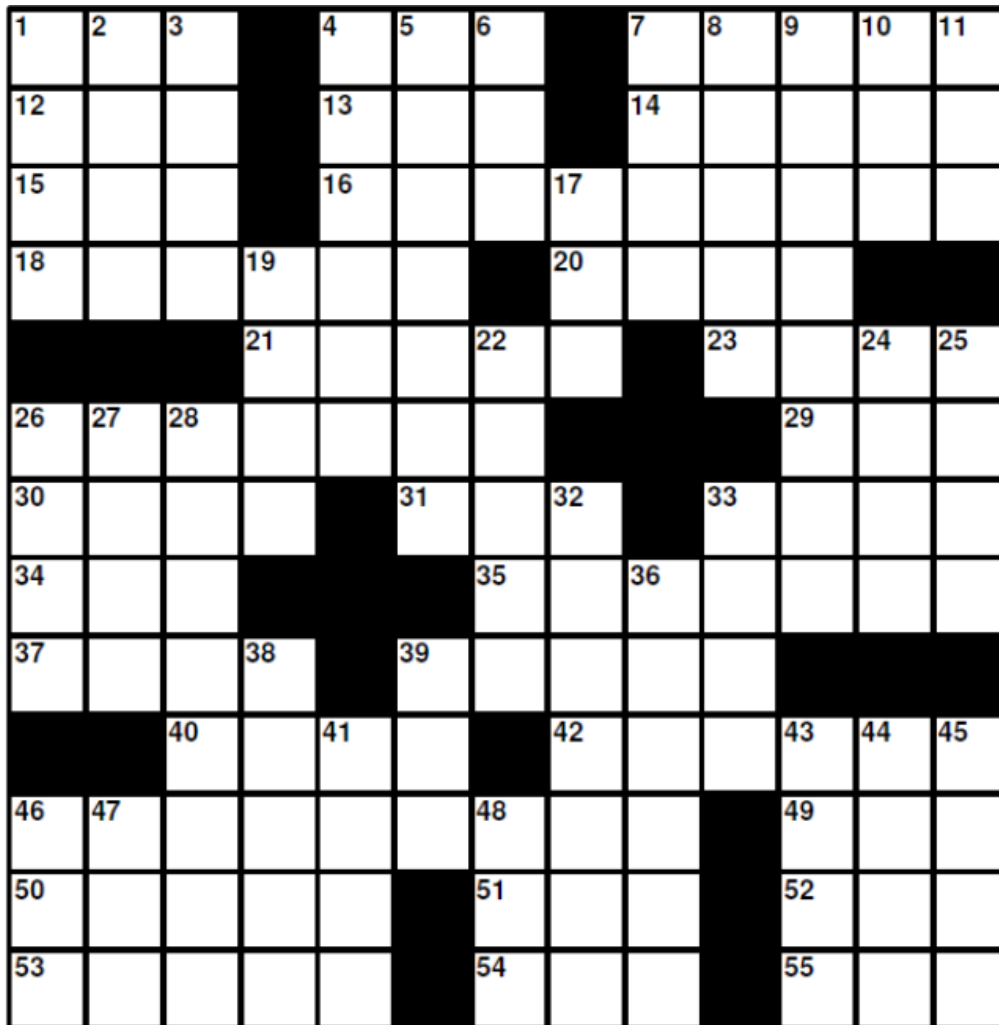


Make copies of Medicaid, Medicare, and other insurance cards.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical provider.
- ✓ Need-to-know information for first responders and others who might need to help you.



**DOWN**

1. Not nearby
2. Dubuque's locale
3. Sub store
4. Respect
5. Almost grown
6. Columnist _____ Landers
7. Tibet's continent
8. Fur scarf
9. Spanish girl
10. Adam's partner
11. Baseball's _____ Williams
17. "War of _____ Worlds"
19. Perches
22. First extra inning
24. Kitchen hot spot
25. Makes a dress
26. Singer _____ Collins
27. Paddy grain
28. Candor
32. Pain in a hearing organ
33. Goblet part
36. Enjoy a book again
38. Common contraction
39. Kickoff gadget
41. Boston, e.g.
43. Not present
44. Noblewoman
45. Diva's specialty
46. Have
47. Sheep's bleat
48. Capture

ACROSS

- | | | |
|-------------------------------------|--------------------------|---------------------|
| 1. Subsidize | 23. Love god | 50. Hadn't been |
| 4. _____ loss for words
(2 wds.) | 26. Mentor's student | 51. Gotcha! |
| 7. Item of value | 29. "_____ Got a Secret" | 52. Pierre's friend |
| 12. Rival | 30. Pelvic joints | 53. Mean |
| 13. Cozy retreat | 31. Wind dir. | 54. Slumber spot |
| 14. Comic _____ Martin | 33. Fret | 55. Positive vote |
| 15. Piercing tool | 34. Apply frosting | |
| 16. Cited | 35. Scottish plaids | |
| 18. Dried grape | 37. Loan | |
| 20. Angel's headgear | 39. Trio number | |
| 21. Incensed | 40. Pleasant | |
| | 42. Fleet of warships | |
| | 46. Compliance | |
| | 49. Strife | |

Check for Crossword Puzzle Answers On Page 6 Puzzle# 126 © 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.

