

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](http://www.jcaaa.org)  
Find us on Facebook: @JeffersonCountyAAA  
  
Want to receive our newsletter by email?  
Register on our website or call us!

## Need a ride? JCAAA can help!

We have a new transportation program to help get people further distances from home for medical appointments. To qualify you must:



- Be over age 60
- Not have any other transportation assistance (Medical Assistance or Family)
- Not be a resident in a skilled nursing facility or personal care home.
- Meet income and resource limits as per the PA Department of Aging
- Need transportation with a distance from **home greater than 30 miles.**

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

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

Call 814-849-3096 for more information.

**Caregiver Support Group****February 1, 2024 at 3:00pm**

Heritage House Senior Center 4 Sylvania Street 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****February 2024 Menu. Lunch available 11am-2pm on Tuesdays****2/6** Meatball Sandwich 1 Kaiser Roll, 3 meatballs, ½ oz Mozz. Cheese, ½ cup Mac & Cheese, ½ cup Applesauce**2/13** Brown Beef & Gravy, ½ cup mashed potato, ½ cup Green Beans, Cookie**2/20** Open Face Turkey Sandwich, fresh cut fries, ½ c. corn, ½ c. pudding**2/27** Rigatoni 1 c. tossed salad, garlic bread, ½ c. peaches

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.**

**This program is only open to Jefferson County seniors only.**

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

If you live in a low-income household or are undergoing a hardship, you may qualify for support in paying utility bills. Most electric, gas, water, phone and internet companies offer assistance programs.



The Pennsylvania Public Utility Commission

1-800-692-7380

For people with speech or hearing loss,  
dial 7-1-1 (Telecommunications Relay Service)

www.puc.pa.gov

ConsumerEd@pa.gov

**LIHEAP Application Assistance Available at the Jefferson County Area Agency on Aging!**

**Call 814-849-3096 to schedule an appointment.**



## LEAP DAY WORD SEARCH

29

366

BIRTHDAY

CAESAR

CALENDAR

CELEBRATE

FEBRUARY

FOURYEARS

FROG

GREGORIAN

HOLIDAY

LEAPFROG

LEAPYEAR

POPEGREGORY

SEASONS



### SPECIAL INTEREST STORY: JIM ROBINSON

For James “Jim” Robinson of Falls Creek, birthdays roll in on 3 wheels; his recent 92<sup>nd</sup> was no exception. Jim’s joy for riding began 30 years ago, following his retirement, with a mountain bike. Some of Jim’s many adventures have included rides at The Finger Lakes, Lake Erie, and Colorado. One trip took him from Cook Forest State Park to the Halton Hilton and back, a 50-mile journey! A 3 month stay in Florida, including a ride from the Crossway to an island, put another 1,000 miles under Jim’s belt. At the age of 72 Jim took his longest ride to date; 70 miles at the Pennsylvania Grand Canyon. These days Jim prefers to stick to his local loop of about 14 miles which he completes regularly. Jim’s son Dave will occasionally join but for the most part he journeys solo. Always prepared, Jim enjoys packing a lunch, drinks and snacks before hitting the open road. Having upgraded the once mountain bike for his now 3-wheel recumbent, Jim is still averaging speeds of 10-12 mph while reaching up to 27 mph on the downhills. Jim’s best piece of advice for encountering a tunnel on the trail, “You better have a light!”

Written by Ciera Emery, JCAA



## Governor Shapiro Signs Bill Allowing Thousands Of Seniors To Maintain Access To Prescription Medications, Keep More Money In Their Pocket

**Harrisburg, PA – Governor Josh Shapiro** recently signed into law a bill that allows 20,000 Pennsylvania seniors to maintain their prescription medication benefits despite disqualifying increases in their overall income due to Social Security cost-of-living adjustments (COLA).

Specifically, Senate Bill 607 renews the cost-of-living moratorium for the Pharmaceutical Assistance Contract for the Elderly (PACE) program and the Pharmaceutical Assistance Contract for the Elderly Needs Enhancement Tier (PACENET) through 2025.

The bill, sponsored by Senators Judy Ward and Maria Collett – the Republican and Democratic chairs respectively of the Senate Aging & Youth Committee – was a Pennsylvania Department of Aging legislative priority for the 2023-24 legislative session.

"The PACE and PACENET programs play an important role in supporting older adults and offering tremendous savings by helping them pay for their prescription medications. The benefit of this new law will allow enrollees to keep money in their pocket," said **Secretary of Aging Jason Kavulich**. "I would like to thank Senators Ward and Collett for sponsoring this legislation and for their leadership, and Representatives Patty Kim and Steven Mentzer for their leadership and support in the House Aging & Older Adult Services Committee on behalf of older adults across the Commonwealth. I encourage every eligible older Pennsylvanian to take advantage of this unique lifesaving program."

The bill is just the latest in the Shapiro Administration's efforts to support our seniors, tackle rising costs, and make living in Pennsylvania more affordable for them. In August, Governor Shapiro signed into law the largest targeted tax break for seniors in nearly two decades with the expansion of the Property Tax/Rent Rebate (PTRR) program, expanding access to nearly 175,000 more Pennsylvania seniors and nearly doubling the maximum rebate. It's one of the many reasons why in U.S. News & World Report's recent ranking of the 150 best places to retire. Opens In A New Window in the country, seven of the top 10 cities are in Pennsylvania.

S.B. 607 – now Act 62 of 2023 – extends the moratorium until December 31, 2025 to allow enrollees to maintain their PACE/PACENET benefits. The original moratorium was set to expire December 31, 2023.

PACE and PACENET currently serve more than 250,000 older Pennsylvanians.

The PACE program, funded with revenue from the Pennsylvania Lottery, began July 1, 1984 to provide comprehensive reimbursement coverage for prescription medications to qualified older Pennsylvanians. The program serves older Pennsylvanians 65 years of age and older, many of whom require multiple medications for several chronic conditions. This year, the program commemorated its 40th anniversary.

For more information on how to qualify for PACE and PACENET, please call the Jefferson County Area Agency on Aging at 814-849-3096.



**Jefferson County Area Agency on Aging Main Office and Senior Centers  
will be closed on 2/19/2024.**



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><b>RESERVATIONS/ CANCELLATIONS 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>	<p>1 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn 1 Wheat Bread 1 Cookie</p>	<p>2 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Bean Soup 1 Dinner Roll 1/2c Gelatin</p>
<p>5 Glazed Ham w/ Pineapple Sauce 1/2c Scalloped Potatoes 1/2c Green Beans 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>6 Tuna Salad Sandwich w/lettuce &amp; tomato 1c Cream of Potato Soup 2 Wheat Bread Fresh Orange 1 Cookie</p>	<p>7 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Pears</p>	<p>8 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick</p>	<p>9 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Peach Crisp</p>
<p>12 Chicken Taco w/ Lettuce &amp; Tomato 1/2c. Seasoned Corn &amp; Black beans 1/2c. Spanish Rice Soft Tortilla Shell 1/2c Pineapple</p>	<p>13 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin</p>	<p>14 Ash Wednesday/ <b>Valentines Day</b> Maple Mustard Salmon 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Strawberry Shortcake</p>	<p>15 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Island Blend Vegetables 1 Hamburger Bun Seasonal Fresh Fruit 1 Cookie</p>	<p>16 Baked Pollock 1/2c Macaroni &amp; Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p>
<p>19 Centers Closed Presidents Day</p> 	<p>20 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>21 Roasted Pork w/ Peach Glaze 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie</p>	<p>22 Baked Cabbage Casserole w/ 2oz Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>23 Egg Salad Sandwich w/ Lettuce &amp; Tomato 1/2c Potato Salad 1/2c Beets 2 Wheat Bread 1/2c Sliced Peaches</p>
<p>26 Balsamic Glazed Chicken w/ Tomatoes &amp; Mozzarella Cheese 1/2c Penne Pasta 1/2c Brussel Sprouts 1 Dinner Roll</p>	<p>27 Swedish Meatballs (4) 1/2c. Rice 1/2c Broccoli &amp; Cauliflower Blend 1 Wheat Bread 1/2c Pudding Seasonal Fresh Fruit</p>	<p>28 Philly Cheeseburger w/ Provolone, Peppers, &amp; Onions 1c. Creamy Cauliflower Soup w/crackers Sandwich Roll Fresh Seasonal Fruit</p>	<p>29 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange Frosted Marble Cake</p>	<p><b>HOPPY LEAP DAY!</b> FEBRUARY 29</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

**Monday and Thursday:** Healthy Steps in Motion at 10

**Wednesday:** Chair Yoga at 11

We offer a **well-balanced meal** Monday through Friday, eat in or take-out starting at 11:30. Reservations needed the day before.

Don't forget **breakfast** on Tuesday starting at 7:30-9:30. No reservation is needed for this.

Available everyday:

**Lending Library** – check out our book selection!

Read the **Courier Express!**

Shoot a game of **pool** with the guys! We always looking for new players !!

**Hot coffee** and socializing always happening.

**February 20th** - Ceramics with Debbie at 9:30 (date subject to change so call ahead to confirm)

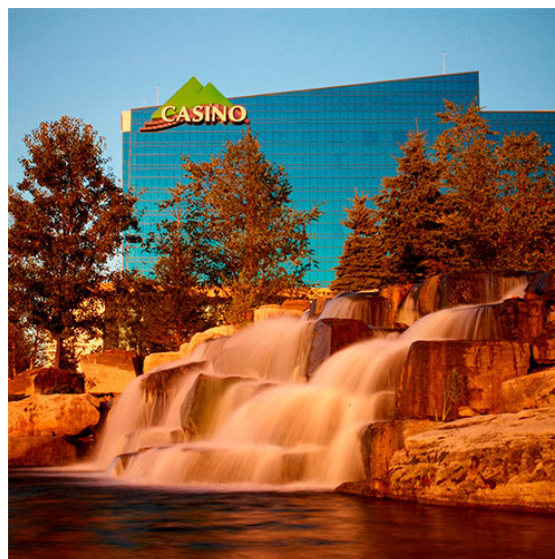
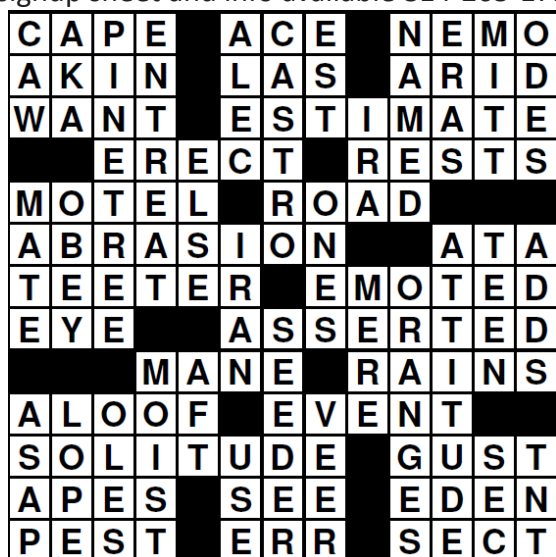
**February 14th** - Celebrating Valentine's Day with a potluck lunch. Please bring a dish to share!

Mark your calendars:

**March 21st** at 6:00pm Grocery Bingo (Weathering permitting)

**March 25th** Seneca Alleghany Casino trip (date subject to change)

signup sheet and info available 814-265-1719





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

It is hard to believe that it is February already. What types of changes are you making in this new year? If you are thinking about coming into the center, just stop by or give us/Tammy a call and set up an appointment to stop by as well as take a look around the center. 814-849-3391

The center is open Monday through Friday at 8 am. We serve a hot and nutritious lunch each day at lunchtime as well as have daily activities. The senior center plays a key part in helping seniors stay active and be able to stay in their homes longer. We are here to make your visit at the center a positive one and answer any questions you might have about the center or the activities that we offer. Our center is a wonderful place for seniors and we are fortunate to have such a great resource here in our town that is used for such a wonderful thing-keeping our seniors young and healthy!

#### Schedule of events for February at the Heritage House:

**Thursday February 1st** is our Caregiver Support Group 3-4 pm at the Heritage House-Questions call 849-3096

**Friday February 2nd** at 10 am Valentines Day & Winter Craft

**Tuesday February 6th & 20th** 1-3 pm Getting Crafty with Friends craft group-bring a craft to work on.

**Friday February 9th** You choose Craft Day at 10 a.m.

**Tuesday February 13th** at 10 am we will have a tablet tech class with Kip from LIFT in St. Marys. (2nd Tuesday of each month)

**Friday February 16th** Ceramics at 9:30 am

**Friday February 23rd** Snowflake Tea Party 10 am

1st & 3rd Wednesdays Hand & Foot Card Game 12:30 pm

Every Wednesday at 9 am the woodcarvers meet & they will educate people on carving and get them started. This is a wonderful hobby & helps with dexterity & helps relieve stress.

Every Thursday the Veterans meet for coffee at 9 am

Friday and Monday we have BINGO at 9 am

*Photo: Community tree Fran and Sandy.*



## 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

**Friday, February 2** – Groundhog Day – Center open to public-we will serve hot beverages and a snack beginning at 8

**Friday, February 2**, Pizza party for consumers 11:30 take out, noon – dine in. This will be instead of what appears on the menu. Sign up as you usually do when pre ordering. The suggested donation remains \$2.50.

Mondays and Fridays **bingo** will be offered if there is enough interest.

**February 8 and 22** – Bowling at Groundhog Lanes from 10 to noon. Please sign up. Lunch will be available for take out and dine in on those dates.

**February 14** – Valentine Celebration

**February 19** – Center Closed

**February 23** – February birthdays honored

We are hoping to have Julie Lindemuth entertain us some time in February. TBA

There will be assistance completing rent rebate and property tax rebate. This service is by appointment only. TBA (probably beginning after 2nd week in February). Call after the second week in February to set up your appointment. Appointments will be scheduled on Mondays and Wednesdays from 9 to 11.

**Get up early on Groundhog Day to enjoy delicious hot beverages and treats.**

**– Groundhog Day the movie will be on all day.**







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

Happy February from the Foundry!

Stop by and have a hot coffee and check out what is going on at the Foundry. We have cards, dominoes, games, puzzles, and exercise room and library – we are open 9am – 2 pm M-F We serve a hot delicious lunch every day at noon ( just call the day before and reserve yours! )

Every Monday, Wednesday, and Friday from 10:15 am – 11:30 am we have Healthy Steps In Motion exercise a very nice paced exercise to get you moving on those cold February mornings!

We offer Nickel Bingo every Thursday at 9:30 am – 11:30 am come and try your luck!

Jam Session is here every Monday afternoon from 1:00 pm until 3:00 pm come and listen, or sing along! Gospel, country music and they take some requests!

**February 7th** - Julie Lindemuth will be here performing her Sentimental Journey music at Noon with us! Julie is very talented and has been here to share her music with us before.

Just a reminder that Tax Season is right around the corner! Schedule your tax appointment by calling 814-226-4785 ext. 107. Leave your name and phone number. A volunteer will and schedule your appointment! Appointments will start **February 5th**.

The Foundry is closed **February 19th** in observance of President's Day. Our Home Delivered Meals will be delivered on Tuesday February 20th

We will have a Valentines Day Party on February 13th Tuesday as Valentines Day falls on Ash Wednesday this year **February 14th!**

Looking into March we are having our first dance with "Ain't Nothin Fancy" on **March 1st**. Doors open at 5:30 pm dance is 6-9 pm ( this is weather permitting, if there is a snow or ice storm we will cancel please call Cheryl at the Foundry if there is a question )

Also, looking ahead to March we are planning on having a Spring/Craft Show **March 16th** 9am – 1 pm. If you are a vendor and are interested please call Cheryl at 814-653-2522 if you would like to have a table.

There will be a Caring and Sharing for kids Truckload Sale **Feb 2nd, Feb 3rd, and Feb 4th** 9 am- 5 pm with exception of Feb 4th 9 am – 3 pm at 478 Main Street Anita Sharing and Caring Building. Don't miss this sale of brand new and overstock merchandise at yard sale prices, Cash and Credit only.

Also, don't forget about Punxsutawney Phil! I wonder if Phil will see his shadow or not this year ?!





## Employee Spotlight

**Name:** Nicole Keedy

**Job title:** OPTIONS Care Manager

**Location:** Main office

**How long have you worked for JCAA:** 9 years

**Education and School Where Attended:** I am a 2001 graduate of Brookville Area High School and a 2005 graduate of Clarion University with Bachelor of Arts in Art.

**Certifications:** National Academy of Certified Care Managers

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

I make home visits to assess new consumers for OPTIONS services including Non-Congregate/In Home Meals, Personal Emergency Response Systems, Personal Care, and Home Support. I manage on-going services for existing consumers and coordinate with providers to address any issues with their services as well as provide community resources to address additional needs. I am trained to guide consumers with depressive symptoms through our Healthy Ideas program and assist consumers with multiple needs through Person-Centered Counseling. When the need arises, I also assist with taking Protective Service reports of need for those experiencing abuse, neglect, and exploitation.

**What is your most rewarding or satisfying experience in your work or volunteer history:**

I find my position with the Agency to be very rewarding. I have had many instances where I have been able to make a positive impact in an older adult's life by connecting them with a service or community resource and to see their situation improve. During my time here, I have been able to assist consumers with finding resources to have home modifications made to make their homes safer and more accessible, to have needed repairs made, to clear out a hoarding situation, and to get rides to appointments.

**Please tell me about your proudest moment since you joined JCAA:**

One of my proudest moments since I joined JCAA was assisting a disabled veteran who was facing eviction to obtain housekeeping assistance and legal assistance to stay in his apartment.

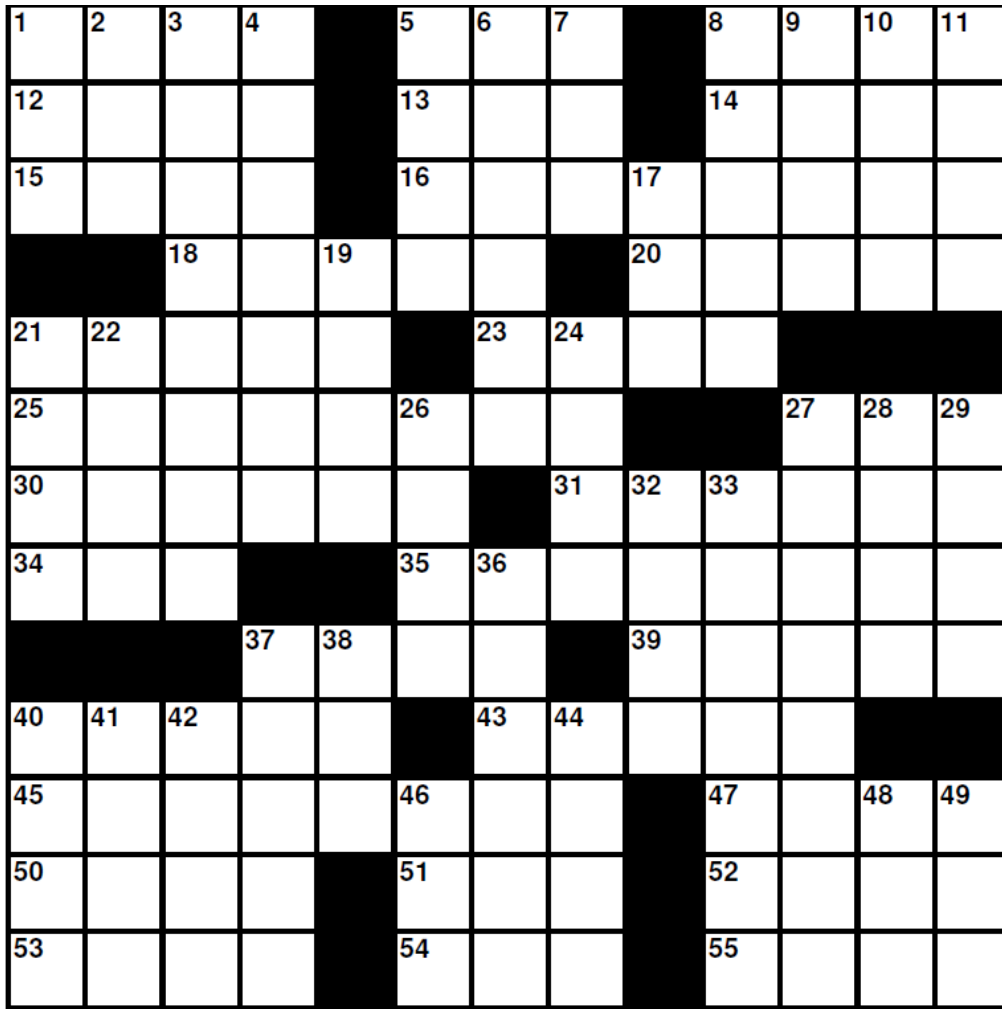
**Please tell us about the significant people in your personal life.**

I have three busy children and one goofy pug named Pippa who likes to visit the office from time to time.

**What do you do when you're not at work?**

I enjoy watching my kids' sporting events, camping with my family, kayaking, and yoga.





**DOWN**

- 1. Raven's call
- 2. Alias initials
- 3. Coniferous evergreen (2 wds.)
- 4. Plead with
- 5. A Baldwin
- 6. Cuban leader
- 7. OH time zone
- 8. Designated
- 9. Epochs
- 10. Catcher's glove
- 11. Keats poems
- 17. A Gershwin
- 19. Besides
- 21. Better half
- 22. Follow orders
- 24. Small bills
- 26. Persia, today
- 27. Frame of mind
- 28. Young adult
- 29. Attaches
- 32. Insignificant
- 33. Grove products
- 36. Planter
- 37. Slightly wet
- 38. Fore's opposite
- 40. PDQ's kin
- 41. Easy gait
- 42. Spanish cheers
- 44. Swerve
- 46. Manipulate
- 48. Time unit (abbr.)
- 49. Explosive initials

**ACROSS**

- 1. Sleeveless garment
- 5. Expert
- 8. Disney clownfish
- 12. Similar
- 13. \_\_\_\_ Vegas, Nevada
- 14. Like the Sahara
- 15. Desire
- 16. Approximate
- 18. Build
- 20. Takes a break
- 21. Motor court
- 23. Highway
- 25. Scrape
- 27. \_\_\_\_ moment's notice (2 wds.)
- 30. Seesaw
- 31. Showed feelings
- 34. Needle feature
- 35. Affirmed
- 37. Lion's hair
- 39. Downpours
- 40. Unfriendly
- 43. Happening
- 45. Seclusion
- 47. Sudden wind
- 50. Jungle animals
- 51. Visualize
- 52. Genesis garden
- 53. Annoying one
- 54. Miscalculate
- 55. Faction

**Check for Crossword Puzzle Answers On Page 6** Puzzle# 128 © 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 VITA tax preparation begins in February.**

Sign up forms will be available at Brockway Depot Senior Center, Heritage House Senior Center, and Reynoldsville Foundry Senior Center. The **best way to make an appointment is to call Community Action at 814-226-4785 extension 107**. You must leave a message with your name, phone number, and location you wish to go for the tax appointment. Please only leave **one message**. You will be contacted to schedule the appointment. Appointments will start on February 5, 2024. There are no age restrictions but there is an income restriction (\$60,000). The person calling to schedule your appointment will review details.

