



JEFFERSON COUNTY
AREA AGENCY ON AGING

186 Main St STE 2 * Brookville, PA 15825
Phone: (814) 849-3096 1-800-852-8036
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www.jcaaa.org



**Celebrating Older Americans Month:
*Powered by Connection***

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

"It's not just about having someone to chat with," said Molly McNutt, Executive Director for JCAAA, "It's about the potential of community engagement in enhancing mental, physical, and emotional well-being." According to McNutt, by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

There are many activities offered at Jefferson County Seniors Centers. The Jefferson County Area Agency on Aging is a resource to help you get connected to people, events, and programs to help you age well.

Some ideas for you to get connected:

- Contact local library and offer to read out loud to children.
- Organize a game day or night with friends at the senior center. Prizes can be awarded to the winners!
- Attend an upcoming Health Steps for Older Adults workshops (see page 2)
- Call local high schools to see when students are having Spring music concerts and attend.
- Get your friends together and see a play at the Reitz Theater in Dubois.
- Have a special skill? Host a presentation or workshop at your local senior center.

So many options!

There is no excuse for elder abuse. If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA Protective Services at 1-800-852-8036.



Brockwayville Depot
 Coordinator: Cheryl Moore
 Phone: 814-265-1719
 Email: depot@jcaaa.org



Coordinator: Tammy Miller
 Phone: 814-849-3391
 Email: heritage@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

Monday and Thursday: Healthy Steps in Motion at 10

Wednesday: Chair Yoga at 11

Lunch available Monday-Friday. Dine-in or Take-out starting at 11:30am. Reservations required 24 hours in advance. \$2.50 suggested donation for lunch.

Breakfast available every Tuesday 7:30am-9:30am. No reservation needed for this. Please remember to fill out a Nat-e form! \$2.50 suggested donation for Breakfast.

Available Everyday:

Courier Express newspaper and Lending Library

Shoot a game of pool!

And we are never short of coffee and socializing!

May 15: Tessa from Primary Health Presentation at 11:00

May 16: Grocery Bingo 6:00 pm

May 17: Birthday Celebrations with lunch

May 21: Ceramics with Debbie 9:30

May 23: Memorial Day Celebration with the American Legion 11:15. Vet's eat free. Reservations required by May 16.

Mark your calendar Seneca Alleghany on June 10 cost \$37.00! Call 814-265-1719

Weekly/Monthly Activities

Mondays and Wednesdays **Healthy Steps in Motion** 10 am

Tuesdays and Thursdays **Chair Yoga** 10:30 am

Mondays and Fridays **Bingo** 9 am

1st & 3rd Tuesday each month **Getting Crafty with Friends** 1-3 pm

2nd & 4th Tuesday of each month-SEE Date Change for this Month-Dominos, table/card games, cornhole, or yard yahtzee 1-3 pm - if we have enough interest - SIGN up on the SIGN Up sheet This month of MAY it is the 28th ONLY for MAY.

Wednesdays **Woodcarving** 9 am

Thursdays **Coffee with the Veterans** 9 am

Caregiver Support Group 1st Thursday of the month 3 pm

Special Events

Friday May 3rd, 10 am **Spring Smash Cans** (Date Change)

Friday May 10th, 9:30 am **Ceramics**

Tuesday May 14th and 21st there will be Help here for **Property Tax Rebate** forms to be filled out 10 am to 2 pm both days.

Tuesday May 14th **Tablet Tech Class**

Friday May 17th **Tessa Winebark** will be here with Primary Health Network to do an activity with us at 10 am

Wednesday May 22nd **Healthy Steps for Older Adults** 9 am to 3 pm

Memorial Day Luncheon on Thursday May 23rd at 11:30 am short presentation.

Friday May 24th **Sherri Patterson** will be here at 10:15 am for a talk about Arthritis

Friday May 31st 10 am We are making Cute Dog & Cat Door Hangers for Jefferson Manor

***NEW*Healthy Steps for Older Adults – One Day Class**

Wednesday 5/22 at the Heritage House

9 am to 3 pm (Registration 8:30 am)

Lunch 12-1 pm-Please order your lunch with Tammy when you sign up for the class. Last Day to sign up for the class will be Friday 5/17 by noon. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources.

**PUNXSUTAWNEY AREA
SENIOR CENTER**

Coordinator: Debbie Long
Phone: 814-938-8376
Email: punxy@jcaaa.org



Coordinators: Cheryl Hannah
Phone: 814-653-2522
Email: foundry@jcaaa.org

Welcome to May!

May 1 – eye spy game

May 8 – Game Station Four

May 13 – Special bingo

May 17 – May birthday celebration

May 22 – another fun game day

May 23 – Memorial Day meal, deadline for sign up
May 16

May 27 – Center closed

May 31 – ice cream following lunch

There are many games, puzzles, crafts, coloring
available

Activities begin at 10 am and prizes are awarded. Sign
up sheets at center

Hours are Monday thru Friday from 8:30 to 1:15.

Delicious meals daily; take out 11:30, dine in noon.

Suggested donation for age 60 and older \$2.50, order
a day in advance.

Please stop in and join us.

Happy May from the Foundry!

We offer a **healthy delicious lunch** every day at noon
– please call the day before to reserve yours!

Every Monday, Wednesday, and Friday we offer an
exercise program called **Healthy Steps in Motion** from
10:15 am – 11:30 am come and get fit and join in the
fun!

Tuesday we have dominoes – come and join us!
Thursday we play **nickel bingo** from 9:00 am – 11:30
am – everyone has a good time!

Monday afternoons from 1:00pm – 3:00 pm we have
a group of **talented musicians** who get together and
play oldies, gospel and soft rock come and give them
a listen they are very good!

May 3rd will be our **senior dance** from 6:00-9:00 pm
doors open at 5:30pm and we offer a delicious menu
come and enjoy a night out! “Ain’t Nothing Fancy”
will be playing that evening.

We have **Tai Chi** from 6-7:00 pm Monday evenings
until May 20th if you have never tried Tai Chi come
and join us it is never too late to join in!

On Monday May 27th the Foundry will be closed
in observance of Memorial Day. We will re-open
Tuesday May 28th at 9:00 am.

May 23rd we will be having a special **Memorial Day
lunch** with guest speaker Scott North – Jefferson
County Commissioner at noon.

May 29th starting at 9:00 am we are having a
demonstration class of **HSOA Healthy Steps for Older
Adults** taught by Tammy Miller please call the center
to sign up or stop by and sign up for this informative
class.

The Foundry has an exercise room and a library, and
maybe you just want to stop by to visit and have a cup
of coffee and read the newspaper. Come and see us
soon!

Caregiver Support Group

May 2, 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

CAREGIVER

Summerville Eats & Sweets

Lunch available 11am-2pm on Tuesdays

5/7 Egg Salad Sandwich with Cheesy Broc Soup
5/14 Crispy Chicken Salad
5/21 Chicken Tenders (2)
5/28 Open Face Roast Beef Sandwich

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

Caregiver Support Program

The Jefferson County Area Agency on Aging

is looking for Volunteers to assist with our Caregiver Support Program.

For more information call our office at (814) 849-3096 and ask for Jennifer Bowers.

A volunteer in this program could do any of the following:

- Help a person with paperwork. Help them get it organized or completed.
- Understand how to use a device in their home. (Like a piece of medical equipment)
- Make "Friendly Visits" and talk with the older adult. Or Make Phone Calls.
- Send out cards for Birthdays, Anniversaries, Get Well, Etc.
- Continue to stay in touch with person if their caregiver passes away.



MATH LOVERS



ABSOLUTE VALUE	MAXIMUM	PROPERTIES
ADDITIONAL	MINIMUM	PROPORTION
ADDITIVE INVERSE	MONOMIAL	QUADRANT
ALGEBRA	MULTIPLICATION	QUADRATIC
ALGEBRAIC EXPRESSION	ORDER OF OPERATIONS	RATIONAL NUMBERS
AXIS OF SYMMETRY	ORDERED PAIR	RECIPROCAL
BINOMIALS	PARABOLA	RISE
DIAMETER	PARALLEL	RUN
DISCRIMINANT	PARALLELOGRAM	SCATTER PLOT
DIVISION	PERFECT SQUARE	SLOPE
EXPONENTS	PERIMETER	SQUARE ROOT
FACTORIZATION	PERPENDICULAR	SUBTRACTION
GREATEST COMMON FACTOR	POLYGON	TRAPEZOID
INEQUALITY	POLYNOMIALS	VARIABLES
INTEGER	PRIME FACTORIZATION	VERTEX

Jefferson County Area Agency on Aging Main Office
and Senior Centers will be closed on 5/27/2024.










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
Menu subject to change	RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday. 	1 Cheese Omelet w/ Peppers & Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 Cinnamon Roll 4oz Apple Juice	2 Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll 1/2c Blushed Pears	3 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
6 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Peach Crisp	7 Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread  1/2c Cinnamon Applesauce	8 Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple & Man- darin Oranges	9 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin	10 Pesto Chicken 1/2c. Buttered Pasta 1c. Tossed Salad w/ tomato & dressing Dinner Roll Seasonal Fresh Fruit 
13 Stuffed Cabbage Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	14 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	15 Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie	16 Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges	17  Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple
20 BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie	21 Baked Beef Ravioli w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit 	22 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit MEMORIAL DAY LUNCHEON 	23 Open Faced Turkey Sandwich w/ Gravy & Stuffing Ball 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie 1/2c Butterscotch Pudding	24 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake
27 	28 Chicken w/Gravy 1/2c Vegetable Rice Pilaf 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	29 Sliced Ham w/ Pineap- ple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie	30 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp	31 Tuna Salad Sandwich w/lettuce & tomato 1c Bean Soup 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit

HSOA

Healthy Steps for Older Adults - Fall Prevention

The Pennsylvania Department of Aging offers this fall risk screening and prevention program to adults 60 years of age and older. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. The program is taught by Certified Workshop Leaders and consists of two workshops, approximately 2-hours each in length, held on one day or two days within the same week.

Healthy Steps for Older Adults (HSOA) addresses many common causes of falls:

- Environmental safety
- Balance, strength, flexibility, and endurance exercises
- Nutrition
- Foot health
- Sensory deficits (vision/hearing)
- Side effects of medication
- Health status/disease states, including substance use
- The need to maintain an active lifestyle
- Social connectedness
- Mental and spiritual well-being

HSIM

Healthy Steps in Motion - Strength & Balance

The Pennsylvania Department of 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.



Mark Your Calendars!

Friday June 14, 2024

Elder Justice Day

at

Brockwayville Depot Senior Center

425 Alexander St., Brockway, PA 15824

10:00am-2:00pm

Lunch will be provided

An estimated 5 million, or 1 in 10, older Americans experience elder abuse, neglect, or exploitation. Working together across our networks, we can generate awareness and foster action to end elder abuse. Let's work to keep everyone safe as we age.