

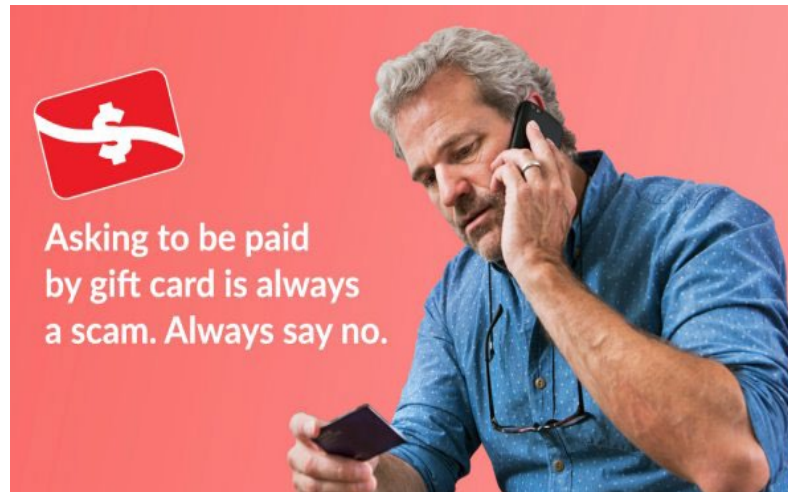


JEFFERSON COUNTY
AREA AGENCY ON AGING

186 Main St STE 2 * Brookville, PA 15825
Phone: (814) 849-3096 1-800-852-8036
Want to receive our newsletter by email?
www.jcaaa.org

Payment by gift card? It's a scam!

Gift cards are popular and convenient... and not just for gifts. Con artists have latched onto gift cards as a convenient form of payment in their scams. In a 2022 AARP survey, 1 in 3 adults said they or someone they know had been asked at some point to purchase a gift card to pay a bill, fee or some other debt or obligation or to claim a prize. About one in four adults who were contacted reported they bought the cards, or approximately 13 million U.S. adults ages 18 and older.



Signs to watch for

1. You're directed to buy one or more gift cards — often referred to as “electronic vouchers” — as a quick means of making payment.
2. You're told to share the numbers on the back of the gift cards, by reading them off or sending a picture.
3. The request comes from someone you wouldn't expect to ask for money this way:
 - A Social Security warning of a problem with your account
 - A utility company warning of an imminent shutoff
 - A lottery company promising a big prize — once you pay some fees upfront
 - A grandchild needing bail or facing another financial emergency.

Hang up the phone and call a trusted person to verify!



2024 Senior Picnic and Health Fair

Thursday September 19th

Time: 10:00AM – 1:00PM

Jefferson County Fairgrounds

Join us for FREE: Health Screenings, Community Resources, Prizes, Lunch, and More!

Scan QR Code with your phone to register! Or you can call the main office at 814-849-3096.



Caregiver Support Group

New Meeting Time August 8 - 4:00pm

No Meeting in July

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

Lunch available 11am-2pm on the first Tuesday of each month. Effective July 2024 the senior meal will only be available once per month.

Next Lunch will be on July 2

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.

Thank you for your understanding and continued patronage of the Summerville Eats & Sweets Restaurant. We encourage you to visit one of our senior centers for hot meals the other days of the month.

Our menu and other activities can be found on our website www.jcaaa.org and in this newsletter.



4TH OF JULY

ADAMS	INDEPENDENCE
AMERICA	JEFFERSON
BARBECUE	JULY
COLONIES	LIBERTY
CONGRESS	NATION
DECLARATION	PARADE
EQUALITY	REVOLUTION
FIREWORKS	RIGHTS
FOURTH	STATES
FREEDOM	THIRTEEN
HOTDOGS	UNITED

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2024 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2024) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$27,861** for 1 person in the household; or **\$37,814** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2024).

1st Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

Address (print): _____
(Street) (City) (State) (Zip Code)

Telephone Number: _____ County of residence: _____

I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

Please circle appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

Check Range: _____ (Office Use Only)

Please see back for USDA Nondiscrimination Statement

Please send to:
Jefferson County Area Agency on Aging

Mail: 186 Main Street Suite 2 Brookville, PA 15825
Fax: (844)384-6312 or (814)849-4655
Email: sfnmp@jcaaa.org

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

DO NOT MAIL FARMERS MARKET APPLICATIONS TO THE BELOW ADDRESS

1. Mail:

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue SW
Washington, D.C. 20250-9410; or

2. Fax: (833) 256-1665 or (202) 690-7442; or

3. Email: Program.Intake@usda.gov

DO NOT MAIL FARMERS MARKET APPLICATIONS TO THE ABOVE ADDRESS

This institution is an equal opportunity provider.

You can watch the "My Plate for Older Adults" video on YouTube at the site below.

<https://www.youtube.com/watch?v=ku230kQlzqA>

PLEASE SEND APPLICATION TO Jefferson County Area Agency on Aging

Email:

sfnmp@jcaaa.org

Mail:

186 Main Street Suite 2
Brookville, PA 15825

Fax:

(844)384-6312
or
(814)849-4655

You can save time and a stamp by filling the application out online go to jcaaa.org or scan the QR code here:



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Hotdog w/ bun 1/2c Baked Beans 1/2c Potato Salad Seasonal Fresh Fruit 1 Bag of Chips</p> <p>*Heritage House different menu*</p>	<p>2 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>3 Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie NEW ITEM</p>	<p>4 Centers Closed</p>	<p>5 Centers Closed</p>
<p>8 4oz BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>	<p>9 Baked Beef Ravioli (6) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato & Cucumber 1 Italian Bread Seasonal Fresh Fruit NEW ITEM</p>	<p>10 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Broccoli 1 White Bread 1 Cookie</p>	<p>11 NEW ITEM Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple</p>	<p>12 Chicken, Spinach & Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens & Spinach 1/2c. Beets</p>
<p>15 Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>16 Chicken & Gravy 1/2c Vegetable Rice Pilaf 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>17 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>18 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp</p>	<p>19 Tuna Salad Sandwich 4oz w/lettuce & tomato 1c Lentil Soup 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p>22 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad w/ Tomato & Peppers 1 Italian Bread</p>	<p>23 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>24 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding</p>	<p>25 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato & Cucs) 1c Vegetable Soup 1 Dinner Roll</p>	<p>26 4oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>
<p>29 Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>30 Cheese Lasagna w/Marinara Shredded Mozzarella 1c Tossed Salad w/ Tomato & Cucumbers 1 Garlic Breadstick 1/2c Cottage Cheese & Peaches</p>	<p>31 NEW ITEM Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</p>	

Menu subject to change
Centers NOT open on weekends to take reservations for Monday.

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on 7/4/2024 and 7/5/2024



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 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 for these the day before.

Don't forget breakfast on Tuesday starting at 7:30-9:30. No reservation needed for this. Please remember to fill out a Nat-e form!

Also offered everyday:

Lending Library and Courier Express newspaper

Shoot a game of pool. We are always looking for new players!

And we are never short of coffee and socializing!

July 4 & 5th : Center Closed

July 17: Tessa will be here from Primary Health 11:00

July 18: Grocery Bingo 6:00 pm

July 19: Birthday Celebration with lunch

Sign up now for Seneca Alleghany Casino August 12th cost \$37 per person Call 814-265-1719

Welcome to July everyone-I can hardly believe we are here already. It seems like just yesterday was the first day of Spring and here we are in Summer Time! I hope everyone is enjoying the lovely summer weather and the great activities that we are having at the center.

Our July Schedule Consists of the following FUN THINGS! Plus I am sure we will be adding more as we go!

Regularly Scheduled Daily/Weekly 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
- Wednesdays Woodcarving 9 am
- Thursdays Coffee with the Veterans 9 am

Special Activities during the month

The center will be CLOSED on Thursday and Friday July 4th and 5th for the Holiday-we will see you back on Monday July 8th at 8 a.m.

Tuesday July 9th Tablet Tech 10 a.m.

Friday July 12th is our TEA PARTY with a SUMMERTIME THEME-Dress for summer for a chance to win a great prize-join us for ALL Things Mini Cupcakes-Sweet, Savory, and MORE as well as all types of flavored teas. The tea party will start at 10 a.m.

Friday July 19th, our Annual LUAU with our Fresh Fruit Cup and Fruit Punch-Dress in your best Hawaiian outfit for a chance to win a great prize. Join us for this fun event starting at 10 a.m.

Friday July 26th Drug and Alcohol Carnival Day 9:30-11:30 am at the Heritage House sponsored by Clearfield Jefferson Drug and Alcohol Commission-More info to come.

There is a sign-up sheet for each activity PLEASE make sure you SIGN UP if you are attending any of the activities. Thank You, this helps me out to plan for the correct amount of participants.

We serve a HOT Nutritious Lunch Monday through Friday at 12 noon-you must reserve the day before by 1 pm for the day you want to dine with us. Give us a call 849-3391

This schedule is subject to change!

**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

**The Punxsutawney Area Senior Center
offers many activities to participate in.
We welcome suggestions on activities!
Hours are Monday-Friday 8:30am-1:30pm
Call 814-938-8376**

Monday July 1 – making sun catchers, sign up 9:30 to 11

Thursday and Friday July 4 and 5 – Center closed

Monday July 8 – special bingo with prizes-sign up – 9:30 to 11

Friday July 12 – Celebrate June and July birthdays

Monday July 15 – Special bingo with prizes-sign up – 9:30 to 11

Friday June 19 – celebrate National Hotdog Day (July 17) with Franks hotdogs, must sign up. This will be instead of usual meal. Suggested donation of \$2.50 will remain same. There will be hotdogs, side and beverage. More information to follow.

Like us on Facebook for more activities and information throughout the month! Look up Punxsutawney Area Senior Center

Hello from The Reynoldsville Foundry!

Summer is almost upon us! ☺ Enjoy pictures displayed below. We had a Memorial Day Luncheon on May 23rd to honor our Country. The Jefferson County Veterans Honor Guard was here and had a beautiful program and salute to our wonderful Veterans. Commissioner (and veteran) Scott North was present as a special guest speaker. It was a beautiful service and a wonderful lunch. We thank our Veterans for our freedom! Looking into July the Foundry will be closed July 4th and July 5th in observance of our Independence Day. No Dance scheduled in July.

7/11 Tessa Winebark from Primary Health Network

7/17 The Reynoldsville Public Library will be hosting author Kit Frick at 3 pm for a meet and greet and light refreshments. Call Karl Rebon at 814-653-9471 for a ticket. \$40.00 will cover your admission, lunch, and autograph from the author.

7/19 Birthday celebration with cupcakes

7/25- Who wants to learn about Irish FolkLore? Join us from 1pm- 2pm.

Every Monday, Wednesday, and Friday from 10:15-11:30 am we have our exercise Healthy Steps in Motion

Thursday from 9:30 am-11:30 am we have Nickel Bingo come and try your luck!

Monday afternoons from 1:00 pm- 3:00 pm we have Jam Session where local talented artists come and Jam, come and give it a listen.



PLEASE COMPLETE THE SURVEY!

The Jefferson County Area Agency on Aging is conducting annual surveys. If you receive any in-home service, you should have received survey in the mail. If you attend one of our senior centers, you can pick up a survey there.

Please fill out the survey for your chance to win a \$50.00 Sheetz gift card!

We need to conduct surveys to know what we are doing well and what we need to work on.

Your opinion matters to us!



QUESTIONS? Call 814-849-3096



ADDRESS SERVICE REQUESTED

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

