



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

10 Tips for Reinventing Yourself during September Healthy Aging Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
3. Have negative friends who complain all the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)



Caregiver Support Group September 5th - 4:00pm

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 4:00pm.

Please RSVP or to ask questions:

Jefferson County Area Agency on Aging 814-849-3096

CAREGIVER

Summerville Eats & Sweets

Lunch available 11am-2pm on the first Tuesday of each month.

September 3: Hot Meatloaf Sandwich-Open Faced Mashed potatoes/gravy, Corn, Ice Cream Cone

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.

We encourage you to visit one of our senior centers for hot meals the other days of the month. There is a suggested donation of \$2.50 per meal at the restaurant paid to JCAAA.

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

JEFFERSON COUNTY AREA AGENCY ON AGING

2024 SENIOR PICNIC AND HEALTH FAIR

THURSDAY SEPTEMBER 19TH

TIME: 10:00AM – 1:00PM

LOCATION: JEFFERSON COUNTY FAIRGROUNDS
TO SIGN-UP, PLEASE VISIT WWW.JCAAA.ORG
OR CALL OUR MAIN OFFICE AT 814-849-3096
OR SCAN THE QR CODE



JOIN US FOR FREE:
HEALTH SCREENINGS
COMMUNITY RESOURCES
PRIZES
LUNCH
AND MORE!

Getting Things Done

OGWYHSBHANDYDAJLAOGD
 SSERGORPDEAMRECA YUMX
 EMPHASISGSTKEOTHDCZF
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CALLING FOR OMBUDSMAN VOLUNTEERS

Did you know 60% of consumers residing in long-term care facilities never receive a visitor.

If you enjoy visiting with others, helping to find answers, advocating for rights and quality of care, and have ANY spare time to give, please join us in making a difference in the lives of residents living in long-term care.

“Ombudsman” is a Swedish term that means citizen representative. Ombudsmen serve as advocates for the rights of all residents in long-term care facilities.



For More Information
 Call Mindy at
 814-849-3096 Ext. 232

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on 9/2/2024



FREE Community Workshop Presentation
Get Ready for Medicare:
The Basics for People Who Are Joining Or Already Enrolled

Jefferson County Area Agency on Aging
 Medicare Education and Decision Insight Program

September 30, 2024 at 1:00PM

222 N. Findley Street, Punxsutawney Area Senior Center

Call Mindy at 814-849-3096 Ext 232 to sign up

What is Medicare Education and Decision Insight (PAMED I)

Medicare Education and Decision Insight (PAMED I) is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare.

PAMED I counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

You will have a better understanding of:

Medicare Part A, B and C

Savings Programs

An Advantage Plan

How to avoid penalties

And much more!



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.



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>2 Centers Closed</p> 	<p>3 Balsamic Glazed Chicken 1/2c Rice Pilaf 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>4 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>5 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp</p>	<p>6 4oz Tuna Salad Sandwich w/lettuce & tomato 1c Lentil Soup 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p>9 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad W/Tomato 1 Italian Bread 1/2c. Apple Crisp</p>	<p>10 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>11 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding</p>	<p>12 4oz Sloppy Joe 1/2c Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>	<p>13 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>
<p>16 Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>17 Cheese Lasagna w/ Marinara .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Cottage Cheese & Peaches</p>	<p>18 Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges</p> 	<p>19 Senior Picnic and Health Fair! Senior Centers Closed</p> 	<p>20 Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread 1/2c Gelatin</p>
<p>23 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits</p>	<p>24 Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup</p>	<p>25 Cheese Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Cinnamon Roll</p>	<p>26 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>27 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>
<p>30 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 Italian Bread 1/2c Peach Crisp</p>			<p>RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</p> 	<p>Centers NOT open on weekends to take reservations for Monday.</p> <p>*Menu subject to change*</p>



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!

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.

Breakfast will be starting Sept. 3rd with Eggs and Canadian Bacon.

Suggested donation is 2.50

Also offered everyday:

Library with lots of books to borrow. Courier Express delivered every day to read here.

Shoot a game of pool, always looking for new players!

And we are never short of coffee and socializing!

Sept. 12: Grocery Bingo 6PM

Sept.13: Music Night with Nothing Fancy 6:00pm.

Doors open at 5:30pm. FREE ADMISSION but suggestion donation at the door \$3.00. Food and drinks will be available for purchase.

Sept.19: Senior Picnic 10AM at fairgrounds.

Sept. 26: Self-defense Class 10-2. Please register by Sept.11

Don't forget to sign up for the Senior Picnic Sept.19 from 10-1!

Regularly Scheduled 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

Every Tuesday Getting Crafty with Friends 1-3 pm

Wednesdays Woodcarving 9 am

Thursdays Coffee with the Veterans 9 am

Other Activities for September

Friday September 6th craft-card making OR craft kits
 10 am

Thursday September 19th Senior Picnic Jefferson County Fair Grounds 10 am to 1 pm.

Friday September 27th will be announced closer to the date

**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

Hello Seniors!

We offer fresh nutritious dine in meals at noon. Meals must be ordered a day in advance by calling 814-938-8376 or stopping in to sign up.

Please join us!

The suggested donation is \$2.50.

We are open Monday thru Friday 8:30 to 1:15

Coffee, fresh brewed iced tea and ice water always available.

Occasionally a snack appears.

We continue to offer bingo every Monday and Wednesday beginning at 9:30 . Prizes will be awarded.

Monday, September 2 – Center closed – Labor Day

Thursday, September 5 – Movie day beginning at 10 am (all movies are PG or under)

Wednesday, September 11 – decorate the center for fall

Wednesday, September 18 – Chair exercises

Thursday, September 19 - Center closed – Senior Picnic – Transportation provided, bus leaves Center at 9am, arrives at fairgrounds at 10am, departs fairgrounds at 1pm, arrive back at center at 2pm. Folks may also drive themselves if desired. Food, prizes, educational information, etc. available. This is a wonderful event, please sign up by calling or stopping in.

Wednesday, September 25 monthly birthday celebration

Friday, September 30 Lori Fulton from Health Department will be offering a presentation at 10 am.

The local newspaper, lending library, cards, games, puzzles, movies, crafts, coloring and a warm welcoming atmosphere present.

Happy September from the Foundry in Reynoldsville

We have been very busy this month with various activities, most recently being our open house on August 16th from 4-6 pm – we had 60 visitors (Thank You to all who came out !) We had a demonstration from our HSIM, Jam Session was there providing beautiful music, our Quilt Guild was there as well displaying some of their beautiful handiwork! Thank you to all of the volunteers and HSIM, Jam Session group and Quilters who were there to share with our consumers.

Every Monday, Wednesday and Friday with have Healthy Steps in Motion HSIM from 10:15 – 11:30 am come and give it a try!

Tuesdays we usually get a game of dominoes going.

Thursdays we play nickel bingo from 9:30-11:30 am – come a give your luck a try!

We will be closed on Monday 9-2 in observance of the Labor Day Holiday/weekend. Home Delivered Meals will be delivered on Tuesday in lieu of Monday.

We are having our dance on Friday 9-6 with “ Ain’t Nothin Fancy” doors open at 5:30 pm dance is 6-9 pm – we will have a delicious menu to order from if you are hungry.

Please remember and honor all grandparents on Grandparents Day on Sunday 9/8

Don’t forget to sign up for the Senior Picnic 9/19 at the Jefferson County Fairgrounds ! Always a nice time to gather together.

Tai Chi Starts on Monday Sept 23rd from 6-7 pm with Cheryl and Kim every Monday for 8 weeks. Hope to see you there!

Sept 26th Bring your passports and join us for lunch as we travel to Spain! Enjoy a hot delicious lunch while we learn more about Spain.

Also Officer Tammy Murray of the Reynoldsville Police Department will be visiting us and sharing information on how to stay safe! (Date will be posted on our Facebook page)

Have a safe September from the Foundry



Are you a military veteran in need of food?

Military Share in Jefferson
Our next distribution will be
Thursday, October 3rd.



The Military Share program of Second Harvest Food Bank of Northwest Pennsylvania delivers fresh, nutritious foods to individuals and families who are in need and meet income requirements with at least one member who has served or is serving in the Armed Forces or National Guard.

Location: Jefferson County Fairgrounds;
1514 State Route 28, Brookville, PA. 15825
Time: 3:00 P.M. First Come, First Served.

*****Distribution will be in a drive-thru format.***

For all inquiries and qualifications for this FREE program, please call the Second Harvest Food Bank Food Helpline: 814-459-3663 extension 117.