



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

PACE Program - Prescription Assistance

Pennsylvania's PACE and PACENET programs help qualified residents, age 65 and up, get prescription medicine at a lower cost. These programs work with Medicare Part D and other drug plans, like those from retiree plans, employers, Medicare Advantage, and Veterans' Benefits, to reduce the money you pay out of pocket for medicine.

The programs work with local, state, and federal agencies to make sure older adults get the help they need. The PACE Application Center helps with filling out and submitting applications to get benefits.

Here's what they do:

- Reach out to eligible people who haven't signed up yet and help them apply.
- Make sure people don't misuse their medicine.
- Help people sign up for other benefits like Medicare Part D, Property Tax and Rent Rebates, SNAP (food help), and LIHEAP (help with heating costs).

If you can't get PACE or PACENET, or if you're 18 or older and need help with prescriptions, the PACE Clearinghouse can assist with finding other services like food, housing, and job help.

The Pennsylvania Department of Aging runs the PACE and PACENET Programs and the PACE Clearinghouse, which are funded by the Pennsylvania Lottery.

Based on a 30-day supply:
PACE: \$6 Generic and \$9 Brand
PACENET: \$8 Generic and \$15 Brand



HAVE QUESTIONS?

Call JCAAA at 814-849-3096

Caregiver Support Group

October 3rd - 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.

October 1: 1 Cup of veggie beef soup, Grilled cheese Sandwich, and Pumpkin bar

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.



National Consumer Voice for Quality Long-Term Care

October is RESIDENTS' RIGHTS MONTH, an annual event designed by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports.

This year's Residents' Rights Month theme - **AMPLIFY OUR VOICES** - emphasizes a community of long-term care residents coming together to make their voices heard. Amplifying your voice means being outspoken about your preferences and choices and sharing who you are and your experiences.

Jefferson County Ombudsman:

Mindy Sivanich

186 Main Street, Suite 2

Brookville, PA. 15825

1-800-852-8036 Ext 232

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

The Jefferson County Area Agency on Aging is a 501(c)(3) non-profit organization dedicated to enhancing the lives of older adults in Jefferson County, Pennsylvania.

We help over 2,000 older adults and their families every year by administering comprehensive services to assist them to remain a citizen in our communities.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go farther and serve more than we otherwise would have been able.

We are extremely appreciative for the gifts that we receive and we take our accountability to our donors very seriously. We provide a written acknowledgement to all donors for every type and amount of gift received.

Your contribution is tax-deductible to the extent allowed by law. Please note the amount of your contribution that is deductible for federal income tax purposes is limited to the money contributed by the donor minus the value of goods or services provided by JCAAA.

To make a charitable or memorial donation, please mail your tax-deductible donation payable to: Jefferson County Area Agency on Aging, 186 Main St., Suite 2, Brookville, PA 15825
Phone: (814) 849-3096

Questions about your Medicare?

We are here to

HELP

Open Enrollment Dates



**Join, switch or drop
Medicare Advantage or
Prescription Drug Plans.**



JEFFERSON COUNTY
AREA AGENCY ON AGING

**Call the PA MEDI Helpline,
Monday - Friday, 9AM - 2PM**

To schedule an appointment

1-800-852-8036

**Understanding Medicare can
be difficult.**

**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.**

They can help you:

- **Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans**
- **Understand Medicare eligibility & enrollment**
- **Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice**
- **Understand your Medicare Prescription Drug (Part D) benefit**
- **Apply for Medicare Savings Programs to save you money... and more!**



pennsylvania

Medicare Education and Decision Insight

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
Menu subject to change	1 Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	2 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	3 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	4 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp 
7 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	8 Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick 	9 Tuna Salad Sandwich (4oz) 1c Roasted Pumpkin Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	10 Baked Ravioli (6) Tomato Cream Sauce 1/2c Brussel Sprouts 1/2c Warm Peaches 1 Breadstick	11 Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie
14 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	15 Chicken Parmesan 1/2c. Pasta w/Sauce 1/2c Broccoli & Cauliflower Blend 1 Breadstick Fresh Fruit	16 Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit 	17 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	18 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
21 Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Croissant w/ Jelly 4oz Apple Juice	22 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg, over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	23 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick 1/2c Mandarin Oranges	24 Cajun Shrimp 1/2c Cream Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple 	25 Open Faced Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding
28 Baked Seafood Cake 1/2c Cubed Potatoes 1/2c Cauliflower 1 Wheat Bread Cake w/ Icing	 29 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Lemon Buttered Orzo 1/2c Brussel Sprouts Hamburger Bun 1/2c Fruit Crisp	30 Chicken Bruschetta 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit	31 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday. 



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!

The Brockway Depot will continue to operate 5 days per week through the end of 2024! Show your support by attending for lunch or breakfast. A large donation was made to the center from Mr. Ed Golla! We appreciate all donations to our charitable non-profit organization.

Monday and Thursday: Healthy Steps in Motion at 10

Wednesday: Chair Yoga at 11

LUNCH available every Monday-Friday at 11:30am. Please reserve your lunch by calling or stopping by the center.

BREAKFAST available every Tuesday morning from 7:30am-9:30am. No reservation needed. Menu changes throughout the month.

SUGGESTED donation for LUNCH and BREAKFAST is \$2.50.

Books available from our Lending Library. Courier Express delivered everyday to read here.

Pool table available!

We are always looking for new players !!

And we are never short of coffee and socializing!

Oct.15 : Ceramics with Debbie 9:30am. Please register so we have enough supplies.

Oct.17: Grocery Bingo 6:00 PM

Regularly Scheduled Weekly Activities

- Mondays and Wednesdays Healthy Steps in Motion 10 am
- Tuesdays and Thursdays Chair Yoga 10:30 am
- Every Tuesday Getting Crafty with Friends 1-3 pm
- Mondays and Fridays Bingo 9 am
- Wednesdays Woodcarving 9 am
- Thursdays Coffee with the Veterans 9 am

Other Activities for October

- Friday October 4th Door Decor for the Nursing Homes 10 a.m.
- Friday October 11th Fall Tea Party 10 a.m. Open to ALL Centers-Please just let us know that you will be attending.
- Friday October 18th Amerihealth Caritas Mobile Unit/Tours and COPD Education with Becky Simpson. 10 a.m.
- Wednesday October 23rd Medicare Presentation with Fresh Fruit for Attendees at 11:00am
- Friday October 25th 10 am Sherri Patterson Alzheimer's

PLEASE sign up for these activities. To ensure we have enough supplies for each activity we need to know who will be attending. We appreciate your support!

**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 October!

The most beautiful month of the year.

Our center will be operating on a two-day a week schedule beginning in October. We will be open every Monday and Tuesday from 8:30 to 1:15.

The same services will be offered. Available - coloring, movies, bingo, book library, nutritious meal, iced tea, coffee, ice water and various snacks and pop -up activities.

We have card making kits with all necessary pieces. You may make your own cards.

Please continue to stop in and join us. Bingo is always offered. We have all necessary equipment. If at least 3 wish to play, let us know and we will make it happen. Prizes are available.

Tuesday October 1 – National fruit-at-work day. Various fresh fruits will be available for sampling. The nutritional value of each will be presented.

Monday October 7 – National Chocolate Covered Pretzel day – history and nutritional facts available. An added benefit – They will be on hand to sample.

Tuesday October 8 – making of picture frame ornaments – 10 until ? Please call 814-938-8376 to sign up or stop in.

Monday October 21 – National Apple Day – we will be making shrunken apple heads. 10 – until ? Please sign up.

Tuesday October 22 – National Nut Day – sample a variety of nuts and learn their nutritional value.

Monday October 28 – 10 – Lori Fulton, RN from the Health Department will be presenting a health-related program

Tuesday October 29 - Halloween celebration. Join us. This is always a fun activity.

Happy Fall from the Foundry!

I can't believe we are in October ! Summer flew by didn't it? We are having a Senior Dance on Friday October 4th with "Ain't Nothin Fancy" 6-9 doors open at 5:30 pm come and join us for music, food, and fun!

Monday, Wednesday, and Friday we have our Healthy Steps in Motion from 10:15 – 11:30 am you may do these exercise seated or standing.

Thursdays we have nickel bingo from 9:30 am – 11:30 am come and play along 😊

We are doing Tai Chi every **Monday night** from 6-7 pm even though we started September 23rd you can still join in on the fun!

We have an exercise room if you want to come and walk on the treadmill if the weather isn't cooperating outside.

We have a library you may borrow a book if you choose.

Fresh hot coffee and the Courier Express are here in the mornings to stop by and say Hello!

We will be having an information lunch on scams and how to stay safe with members of the Pa State Police (check out Facebook for the date and time) you may also call the Foundry at (814) 653-2522 and ask for Cheryl

We are having a **Spooky Halloween lunch** on October 31st Thursday costumes are encouraged!



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.