



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

Celebrating National Family Caregiver's Month

November is National Family Caregiver's month, a time when we honor the more than 65 million Americans who care for their aging or disabled loved ones. Unpaid care provided by family caregivers makes up 90 percent of long-term care in America. If you are a caregiver for an elderly or disabled relative, know that you are not alone.

As a caregiver, it is important to prioritize your own health and well-being to best support your loved ones. Below are a few steps you can take to manage your responsibilities:

Intentionally make time for yourself to ensure that you are healthy, both mentally and physically.

- Organize a binder of information you need frequently.
- Join a support group and build your caregiving team to ensure you do not feel alone.
- Maintain a positive outlook and find humor in everyday situations.

If you do not live close to your elderly loved ones, you can still help support them from a distance:

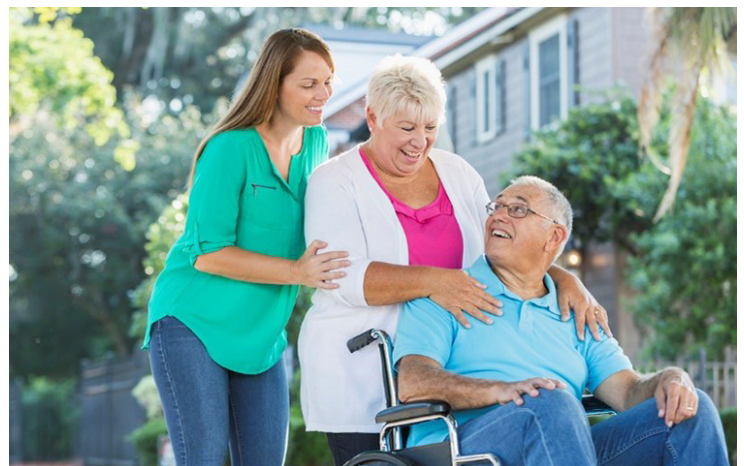
- Check in with your loved ones often. If you are unable to visit in person, virtual communication can help you and your loved ones feel less lonely and isolated.
- Schedule a weekly telephone or video chat, send a daily text message, or check in via social media.
- Send cards and letters. Getting a letter or card can brighten your loved one's day.
- Send a care package. Because it might be hard for older people to get to the store, putting together a care package of things you know they'll need, such as canned goods, over-the-counter medicines, and cleaning supplies, may be a huge help in addition to a reminder that you care about them.

Jefferson County Area Agency on Aging offers the Caregiver Support Program which assists the careGIVER.

Services can include:

- Provide respite for the caregiver
- Relieves financial burden and stress
- Reimbursement for OTC medications, creams, incontinence products
- In-Home Caregivers
- Respite stays at a facility

**Call us today to set-up your assessment
for these services at 814-849-3096.**



Caregiver Support Group

November 7 - 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.

November 5: Ham Steak Dinner
Mashed potatoes/gravy, Carrots, Cranberry sauce

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.

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



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

Famous Cars

Manufacturers and models of famous cars

D	V	F	X	T	H	U	N	D	E	R	B	I	R	D	A	Q	H
X	O	V	X	A	S	T	O	N	M	A	R	T	I	N	L	S	D
G	D	E	V	I	L	L	E	A	O	L	N	C	B	M	F	R	B
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D	T	R	E	V	T	O	T	B	C	T	A	A	A	O	M	A	I
W	F	U	E	S	R	O	S	M	A	A	P	V	S	R	E	T	B
M	U	L	D	S	O	E	O	R	R	L	R	K	A	E	O	N	U
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A	E	P	P	H	E	E	M	E	L	L	R	V	M	D	R	N	I
M	K	Q	T	O	J	B	D	Y	R	I	O	E	I	S	E	O	P
W	O	O	D	Y	W	A	G	O	N	D	Y	T	S	O	A	C	G
C	S	M	G	N	A	T	S	U	M	A	C	T	B	N	N	P	L
G	H	C	O	R	S	A	I	R	N	C	E	E	J	R	V	X	R

ALFA ROMEO	JAGUAR
ASTON MARTIN	MERCEDES BENZ
AVANTI	MILITARY JEEP
BMW	MODEL A
BUGATTI	MODEL T
CADILLAC	MONTE CARLO
CAMARO	MUSTANG
CHEVELLE	NOVA
CONTINENTAL	PACKARD
CORSAIR	PORSCHE
CORVETTE	ROADSTER
DELOREAN	ROLLS ROYCE
DESOTO	STUDEBAKER
DEVILLE	THUNDERBIRD
EDSEL	WOODY WAGON
HUDSON	
IMPALA	

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on the November 11th , 28th and 29th

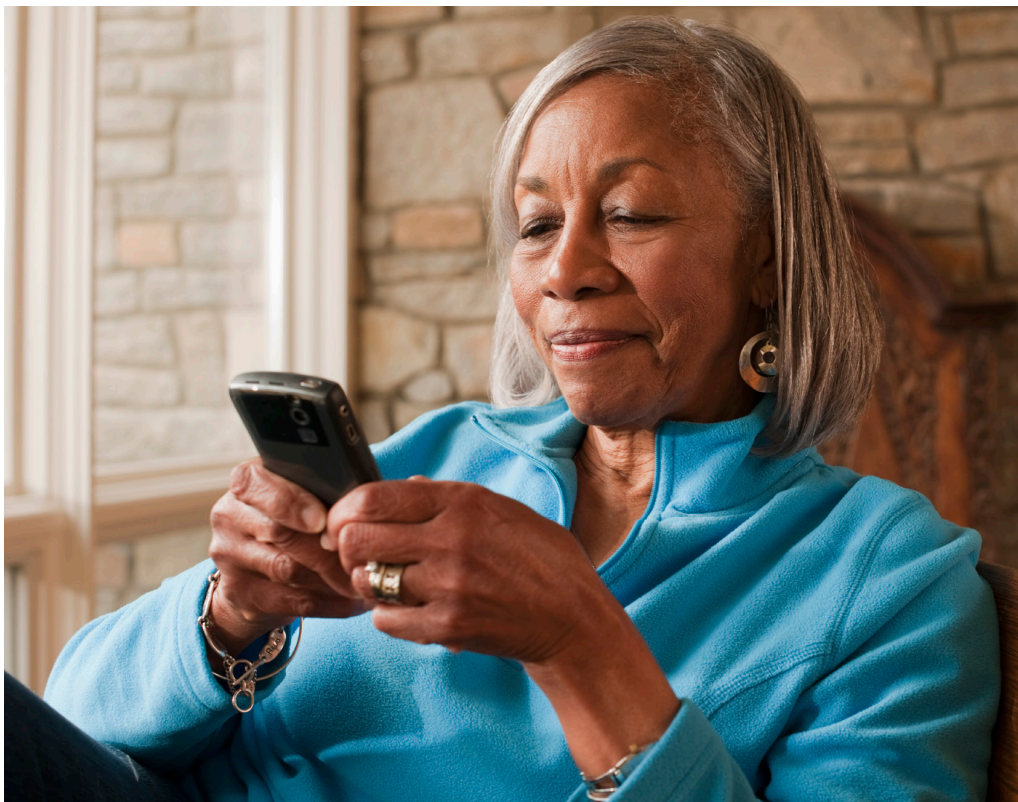


We may be apart, but we're not alone.

Someone who cares is
just a phone call away.

If you or someone you love is feeling isolated or anxious in these challenging times, hearing a friendly voice on the phone may help. That's why we created the AARP Friendly Voice program - a trained, caring group of volunteers standing by ready to chat, listen, or just say hello.

It's easy. Request a call by dialing AARP at **1-888-281-0145** for English or **1-888-497-4108** for Spanish, between 9 a.m. and 5 p.m. local time.



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

November

Phone Numbers:

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menu subject to change*</p>	<p>RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</p> <p>Centers NOT open on weekends to take reservations for Monday.</p>		<p>**Special Lunches** You are required to sign-up one week prior to the meal. No Exceptions.</p>	<p>1 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices</p>
<p>4 Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange</p>	<p>5 Election Day Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit</p>	<p>6 Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges Ketchup, Mustard, Relish</p>	<p>7 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Winter Blend Veg 1 Wheat Bread 1/2c Gelatin</p>	<p>8 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>11 Veterans Day Center Closed</p>	<p>12 Veteran's Day Luncheon Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Green Beans 1/2c Coleslaw 1 Dinner Roll Ice Cream Cup</p>	<p>13 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce</p>	<p>14 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp</p>	<p>15 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>
<p>18 Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Three Bean Salad 1 Hamburger Bun Fresh Fruit</p>	<p>19 Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick</p>	<p>20 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding</p>	<p>21 Turkey Chef Salad (2oz Turkey, Egg, Ched- dar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>22 Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>
<p>25 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears</p>	<p>26 Thanksgiving Luncheon Roasted Turkey 1/2c Mashed Potatoes w/Gravy Stuffing Ball 1/2c Corn 1 Dinner Roll Pumpkin Cake</p>	<p>27 BBQ Ham Sandwich 1/2c Roasted Potatoes 1/2c Coleslaw 2 White Bread Fresh Fruit</p>	<p>28 Thanksgiving Center Closed</p>	<p>29 Thanksgiving Center Closed</p>



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 every Tuesday from 7:30am-9:30am. Suggested donation is 2.50

Also offered everyday:

The 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!

Nov 5: Election Day

Nov 12: Veteran's Day luncheon. Vets eat free. Please register by Nov.12. Suggested donation for all others is \$6.00

Nov 14: Grocery Bingo 6:00pm cost is \$4.00

Nov 26: Thanksgiving Lunch. Must register by Nov.19 and the suggested donation is \$6.00

Nov 28 and 29: Center Closed (Thanksgiving)

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 November

Friday November 1st Heritage Handmade Treasures Craft and Gift Show 8 am to 5 pm and Saturday November 2nd 9 am to 3 pm.

Friday November 8th Finishing up Christmas Ornaments for the Capitol tree and also making Hedgehog Fridge Magnets.

The week of Monday November 18th we will begin putting up Christmas trees and decorating and anyone is welcome to join us. We have two big trees and an entire center to decorate.

Community Christmas Tree-bring in an ornament for our tree. It can be a person, business, club, or anyone wanting to hang an ornament on our TREE for everyone to see in December. Put your name/logo on the back of it so we know where it is from. This is our 3rd year for our community tree and we really have some nice ornaments on it.

Friday November 22nd Sherri Patterson Winter Skin Care 10 a.m. from The Primary Health Network.

Friday December 6th Christmas door hangers for the Jefferson Manor 10 a.m.

Saturday December 7th from 9 am to 2 pm we will have our Annual Last Stop Christmas Shop Vendor Show at the Heritage House with a Chinese auction, breakfast and lunch will be available for purchase, and a bake sale, this is our 4th annual event. We hope you will stop in and take a look around.

There is a signup sheet for each activity at the center, so please stop in and sign up for the activities you are interested in joining us for. It helps me prepare and have enough of whatever we are doing.

Every day at 12 noon we serve a hot, delicious, & nutritious lunch for a suggested donation of \$2.50 to Seniors age 60 and up. We also have free coffee, magazines, and a nice Cafe' to sit in and enjoy some reading or game playing. There is always a lot of socialization happening here in case you just want to stop by and chat and have a cup of coffee. We hope to see you soon.

**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

Monday the 4th, 18 and 25 BINGO with prizes

Tuesday, November 5 - Vote

Monday November 11 – closed

Tuesday November 12 – Veterans Day lunch, reserve by November 5, Veterans eat for free. Special meal \$6 donation for non-veterans

Monday, November 18 – Craft

Tuesday, November 19 – decorate the center for holidays

Monday, November 25 – Lori Fulton, RN – presentation

Tuesday, November 26 – Thanksgiving meal - register by Tuesday November 19. Special meal \$6 donation

Center open Mondays and Tuesdays 8 to 1

All activities available.



Welcome November!

We have been quite busy at the Foundry. We hosted the Americorps Senior Volunteers luncheon on October 10th with an attendance of approximately 75 people. The food was catered by our very own Nutrition Group and they did an outstanding job! We had entertainment provided to us by the Foundry's Jam Session Musicians. Everyone had a very enjoyable day! Thank you to all who helped in this endeavor.

Looking into November we have our Healthy Steps In Motion exercise every **Monday, Wednesday, and Friday** from 10:15 am – 11:30 am come and join in! It is a very nice work out and easy to follow along with our instructors.

Thursday we have Nickel bingo from 9:30 am – 11:30 am come enjoy and try your luck.

Monday afternoon we have Jam Session from 1:00 pm- 3:00 pm play music and sing it truly is a highlight of our week and we are thankful for our group 😊

We have a library to either curl up with a book and a cup of coffee, or sign out a book to read at your leisure, The Courier Express is delivered here daily to again have coffee and check out local events.

We serve a delicious lunch every day at noon – call the day before to reserve yours!

Please don't forget to vote on November 5th Election Day, your vote is very important – so cast yours.

On **November 7th** we are having our Veterans Day Lunch so please let Cheryl know by October 31st if you plan on attending as this is a special lunch it will be \$6.00 that day instead of our usual \$2.50.

The Foundry will be closed on **November 11th** Veterans Day Also, the Foundry will be closed **Thursday November 28th and Friday November 29th** for Thanksgiving.

On November 26th we will be holding our Thanksgiving luncheon at noon please let us know by November 19th if you are planning on attending this luncheon with us.

Have a great November!



Are you a military veteran in need of food?

Military Share in Jefferson
Our next distribution will be
Thursday, December 5th.



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.