



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

Home Health Basics

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. Services covered by Medicare's home health benefit include intermittent skilled nursing care, therapy, and care provided by a home health aide. Depending on the circumstances, home health care will be covered by either Part A or Part B.

Medicare covers your home health care if:

1. You are homebound, meaning it is extremely difficult for you to leave your home and you need help doing so.
2. You need skilled nursing services and/or skilled therapy care on an intermittent basis.
 - α. Intermittent means you need care at least once every 60 days and at most once a day for up to three weeks. This period can be longer if you need more care, but your care needs must be predictable and finite.
 - β. Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision.
 - χ. Skilled therapy services refer to physical, speech, and occupational therapy.
3. You have a face-to-face meeting with a doctor within the 90 days before you start home health care, or the 30 days after the first day you receive care. This can be an office visit, hospital visit, or in certain circumstances a face-to-face visit facilitated by technology (such as video conferencing).
4. Your doctor signs a home health certification confirming that you are homebound and need intermittent skilled care. The certification must also state that your doctor has approved a plan of care for you and that the face-to-face meeting requirement was met.

Your doctor should review and certify your home health plan every 60 days. A face-to-face meeting is not required for recertification.

5. And, you receive care from a Medicare-certified home health agency (HHA).

Note: You cannot qualify for Medicare home health coverage if you only need occupational therapy. However, if you qualify for home health care on another basis, you can also get occupational therapy. When your other home health needs end, you can continue receiving Medicare-covered occupational therapy under the home health benefit if you need it.

If you meet all the requirements, Medicare should pay for skilled care in your home and/or home health aide services. If you have questions or experience billing issues, call 1-800-MEDICARE or your Medicare Advantage Plan.

Starting Home Health Care

The process for starting the Medicare home health benefit changes depending on whether you are currently in a hospital or if you are already at home. Remember, in both cases you must meet the eligibility requirements and qualify for coverage under either Part A or Part B.

- **If you are in the hospital:** A hospital social worker or discharge planner should arrange for a Medicare-certified home health agency (HHA) to visit you and assess your condition. If you qualify, you should receive home health care after being discharged.
- **If you are at home or leaving a SNF:** Speak to your doctor about your home health needs and ask for a list of Medicare-certified HHAs. You, your doctor, or a caregiver should be able to call an HHA directly and ask them to visit your home and assess your condition.
 - You should also be able to find local HHAs through your hospital discharge planning office, 1-800-MEDICARE, or the Eldercare Locator.

In either situation, the HHA should evaluate your home health needs and create a plan of care. Your doctor must certify that you qualify for Medicare's home health benefit, sign off on the plan of care, and recertify the plan every 60 days.

Summerville Eats & Sweets

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

Restaurant will be closed for the winter months.
Check back with JCAAA for future updates!

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.

WINTER BREAK – January 2025 through May 2025

We will have plans to offer a meal for Jefferson County Seniors starting in June 2025.

Caregiver Support Group Meeting on break.

Meetings will resume on February 6, 2025 at 4:00pm

**Heritage House Senior Center
Call 814-849-3096 with questions.**



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

Famous Scientists Word Search

This word search has a list of famous scientists that have influenced the world. The words in this word search are hidden across, down, and diagonally, with backwards.

R F E H E E D M E F U P Y H K R M C C N
 T I O E L E S I L T E N N H C T C S O H
 V R S D H E S E T S A Y A U I E A T P R
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ARCHIMEDES
 ARISTOTLE
 BELL
 BOHR
 BOYLE
 COPERNICUS

CRICK
 CURIE
 DARWIN
 EDISON
 EINSTEIN
 FARADAY

FEYNMAN
 FLEMING
 FRANKLIN
 GALILEO
 GOODALL
 HAHN

HAWKING
 HUBBLE
 KEPLER
 LINNAEUS
 MAXWELL
 MENDELEEV

NEWTON
 NOBEL
 PASTEUR
 PLANCK
 RUTHERFORD
 TESLA

Jefferson County Area Agency on Aging Main Office will be closed on the January 1st

Driving Safely While Aging Gracefully

Driving is a key to independence from the moment we get our first license. Most of us want to hold onto that key for as long as we safely can. How do you assess whether physical changes are affecting your driving skills?

Most older people are capable and have a lifetime of valuable driving experience. For these reasons, decisions about a person's ability to drive should never be based on age alone. However, changes in vision, physical fitness and reflexes may cause safety concerns. People who accurately assess these changes can adjust their driving habits so that they stay safe on the road, or choose other kinds of transportation.

The following information, developed by the USAA Educational Foundation, AARP, and the National Highway Traffic Safety Administration, outlines the physical effects of aging, as well as tips on coping with them so that you remain a safe driver as long as you can.

Vision - Good vision is essential for good driving health. But, as people age, everyone experiences declines in vision. Do you have these symptoms of declining vision?

- You have problems reading highway or street signs or recognizing someone you know across the street.
- You have trouble seeing lane lines and other pavement markings, curbs, medians, other vehicles and pedestrians, especially at dawn, dusk and at night.
- You experience more discomfort at night from the glare of oncoming headlights.

What can you do?

- Make sure you always wear your glasses and that they are a current prescription. If you lose or break your glasses, don't rely on an old pair; replace them right away with your newest prescription. Avoid eyewear with side pieces that may block your vision.
- Do not wear sunglasses or tinted lenses at night. This reduces the amount of light that reaches your eyes and makes driving much

more hazardous. Don't darken or tint your car windows. Avoid driving at dawn, dusk and night. If you are extremely light-sensitive, check with your eye doctor to see if it can be corrected.

- Keep your windshield, mirrors and headlights clean, and make sure your headlight aim is checked when your car is inspected. Choose a car with larger dials and easy-to-read symbols. Turn brightness up on the instrument panel.
- Sit high enough in your seat so that you can see the road for at least 10 feet in front of your car. This will make a big difference in reducing the amount of glare you experience from opposing headlights at night. Use a cushion if your car seats can't be raised. Also, look to the lower right side of the road when there is oncoming traffic. Some vehicles have rearview mirrors that automatically filter out glare; you might find this feature beneficial, especially for nighttime driving.
- If you are 60 or older, see an eye doctor every year to check for cataracts, glaucoma, macular degeneration, diabetic retinopathy and other conditions associated with aging.

Have you considered the options?

Even if you just want to drive less, there may be more options available to you for getting around than just your family or friends. You may be surprised to find that any one of them is easier than driving and parking your car.

When tabulating the cost of using another kind of transportation, don't forget to factor in the money you will save in decreased or eliminated costs of owning, maintaining, insuring and parking your car. Look at the cost of the service and the level of convenience you need for each trip you take - you might end up using all the services at different times.

<https://www.nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully>

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
RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.	*Menu Subject to Change* 	January 1st Centers Closed 	2 Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	3 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple
6 Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit	7 Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	8 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding	9 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	10 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp 
13 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	14 Chicken Parmesan 1/2c Pasta w/Sauce 1/2c California Blend Vegetables 1 Breadstick 1/2c Mandarin Oranges	15 Seafood Patty Sandwich 1c Roasted Pumpkin Soup 1/2c Coleslaw 1 Hamburger Bun Fresh Fruit	16 Baked Ravioli (6) w/ Tomato Cream Sauce 1/2c Brussel Sprouts 1/2c Warm Peaches 1 Italian Bread	17 Sliced Ham 1/2c Orange Blossom Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1/2c Fruit Crisp
20 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1 Cookie	21 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	 22 Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit	23 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	24 BBQ Pork Loin 1/2c Scallop Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Delight
27 Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Apple Juice	28 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	29 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	30 Garlic Shrimp Scampi 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple 	31 Open Faced Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding



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



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

Have a Happy New Year!

Updates:

- New Hours for 2025 will start on January 6, 2025.
- Monday 8:00am-1:00pm. Lunch available for a donation of \$2.50. Please make your reservation for Monday lunch no later than 10 am the Tuesday prior. Make it easy and sign up for the whole month when you stop in the center.
- Tuesday 6-11 am
- Closed the remainder of the week.
- Reynoldsville Foundry and Brookville Heritage House open Wednesday-Friday if you wish to join activities at these locations. Check out the activities listed under their name in this newsletter.

Regularly Scheduled Weekly Activities

- Monday: Healthy Steps at 10
- Tuesday: Breakfast 7:30- 9:30 no reservation needed suggested donation is 2.50.

Also offered everyday:

- Books available to borrow and we have the Courier Express newspaper.
- Shoot a game of pool. Always looking for new players !!
- And we are never short of coffee and socializing.

Welcome to the New Year!

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
- Free Coffee and Conversation Everyday as well as magazines to read, & board games and cards to play in our Cozy Cafe'

Scheduled Activities for January

- Friday January 10th at 10 a.m. we have Devoted Health with a craft and insurance information.
- Friday January 17th at 10 a.m. Sherrie Patterson here speaking about Respiratory Viruses.
- Friday January 24th Self Defense Class 10 a.m.
- Friday January 31st at 10 a.m. Craft to be announced.

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 65 and up. 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

Happy New Year!

We continue to gather and enjoy the company of each other. Open Mondays and Tuesdays from 8 to 1.

Coloring, crafts, card making, bingo, movies, and more.

Lunch is served daily at noon. Please order a day in advance. The suggested donation is \$2.50

Scheduled Activities for January

- Monday and Tuesday, January 6 and 7 – a special craft at 10.
- Monday January 27, Lori Fulton, RN will present a wellness program.

Always open to suggestions for additional activities.

We had a holiday party Tuesday, December 10

Treats were offered and enjoyed.

We played a fun dice game – LCR – participants brought 3 lottery tickets. It was enjoyed by all so this activity will be repeated.

Stay safe and warm.

Happy New Year from the Foundry!

Regularly Scheduled Weekly Activities

- Come Join us for a healthy nutritious lunch for \$2.50 – we serve every day at noon Monday – Friday call the day before to reserve yours.
- We have jam session on Monday afternoon from 1-3 pm and and listen and maybe sing along. Our group does a great job and you are welcome to sing along!
- Every Monday, Wednesday, and Friday from 10:15 am – 11:30 am we offer Healthy Steps in Motion exercise you may do seated or standing, we also offer Tai Chi as warm up from time to time with Healthy Steps.
- Every Thursday at 9:30am- 11:30 am we offer nickel bingo come and join in on the fun.
- Tuesday evenings we offer our “ Stitchy Mama’s” Counted Cross Stitch class – if you like to cross stitch come and join us! We meet from 5:15-8:00 pm Tuesday evenings at the Foundry.

Scheduled Activities for January

- We will have our Mayor Mark August coming in January to discuss what is happening in Reynoldsville to give us an update about our town – Date to be Determined
- Also, in January we will have Police Officer Tammy Murray come and speak to us about recent scams and how to stay safe! – this date will also be determined very soon.
- January 30th at lunch we welcome Michael Massof from Devoted Health Plans to come and speak to us at lunch as to what they can offer in forms of Health Plans and coverage.

We will also be offering in February (looking ahead) a sign language class for anyone interested in learning this very important language. Dates, and times to be announced as soon as I can confirm.

We hope to see you soon at the Foundry!



Are you a military veteran in need of food?

Military Share in Jefferson
Our next distribution will be
Thursday, February 6th.



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.

ADDRESS SERVICE REQUESTED

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

