



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](http://www.jcaaa.org)

## Low Income Home Energy Assistance Program (LIHEAP)

**LIHEAP** can help you keep your home warm and safe during the coldest seasons. From November 4, 2024, to April 4, 2025, you can apply for a cash grant to help pay your heating bill. You can receive from \$200 to \$1,000 based on your household size, income, and fuel type.

The cash grant is a one-time payment. The grant will be sent directly to your utility provider or fuel company to be credited on your bill.

**Eligibility** - To qualify for LIHEAP in Pennsylvania, you must meet income requirements, which are set based on your household size. Renters and homeowners are both eligible for benefits. You do not need to be on another public assistance program or have unpaid heating bills to qualify.

**Income Requirements for 2024-2025** - Your eligibility for LIHEAP is determined by the total annual income and size of your household. The income limit includes cumulative yearly earnings of all members of your household.

**Required Documents** - When applying for LIHEAP, you must include:

- A recent bill from your main heating source
- Proof of household income for each household member. Documents can include pay stubs, award letters, employer statements, and other forms of verification

**You must apply every year for this program.**

For assistance with applying please call Jefferson County Area Agency on Aging at 814-849-3096.



Apply Online Using COMPASS

<https://www.compass.dhs.pa.gov/home/#/>

**Summerville Eats & Sweets**

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

**December 3: Brown beef gravy with mashed potatoes, Green beans, and Sugar cookie**

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 taking a break in December and January.

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



### What is vitamin D and what does it do?

Vitamin D is a nutrient you need for good health. It helps your body absorb calcium, one of the main building blocks for strong bones. Together with calcium, vitamin D helps protect you from developing osteoporosis, a disease that thins and weakens the bones and makes them more likely to break. Your body needs vitamin D for other functions too. Your muscles need it to move, and your nerves need it to

carry messages between your brain and your body. Your immune system needs vitamin D to fight off invading bacteria and viruses.

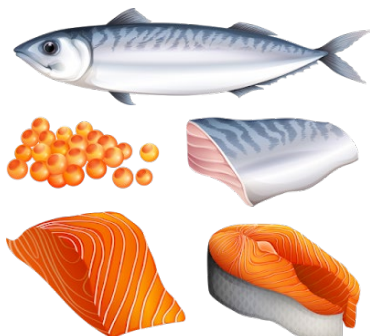
### What foods provide vitamin D?

Very few foods naturally contain vitamin D. Fortified foods provide most of the vitamin D in the diets of people in the United States. Check the Nutrition Facts label for the amount of vitamin D in a food or beverage.

- Almost all of the U.S. milk supply is fortified with about 3 mcg (120 IU) vitamin D per cup. Many plant-based alternatives such as soy milk, almond milk, and oat milk are similarly fortified, but foods made from milk, like cheese and ice cream, are usually not fortified.
- Vitamin D is added to many breakfast cereals and to some brands of orange juice, yogurt, margarine, and other food products.
- Fatty fish (like trout, salmon, tuna, and mackerel) and fish liver oils are among the best natural sources of vitamin D.
- Beef liver, egg yolks, and cheese have small amounts of vitamin D.
- Mushrooms provide a little vitamin D. Some mushrooms have been exposed to ultraviolet light to increase their vitamin D content.

### Can I get vitamin D from the sun?

Your body makes vitamin D when your bare skin is exposed to the sun. Most people get at least some vitamin D this way. However, clouds, smog, old age, and having dark-colored skin reduce the amount of vitamin D your skin makes. Also, your skin does not make vitamin D from sunlight through a window. Ultraviolet radiation from sunshine can cause skin cancer, so it's important to limit how much time you spend in the sun. Although sunscreen limits vitamin D production, health experts recommend using sunscreen with a sun protection factor (SPF) of 15 or more when you're out in the sun for more than a few minutes.



More information can be found at:

<https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

**Jefferson County Area Agency on Aging Main Office will be closed on the December 24th, 25th and at noon on the 31st.**

## State Birds Word Search



AMERICAN GULL

BALTIMORE ORIOLE

BLUE HEN CHICKEN

BLUEBIRD

BROWN PELICAN

BROWN THRASHER

CACTUS WREN

CALIFORNIA QUAIL

CARDINAL

CHICKADEE

COMMON LOON

EASTERN GOLDFINCH

FLYCATCHER

GREAT CAROLINA WREN

HERMIT THRUSH

MOCKINGBIRD

MOUNTAIN BLUEBIRD

NENE

PURPLE FINCH

RHODE ISLAND RED

RINGNECKED PHEASANT

ROADRUNNER

ROBIN

RUFFED GROUSE

WESTERN MEADOWLARK

WILLOW GOLDFINCH

WILLOW PTARMIGAN

YELLOWHAMMER

LARK BUNTING



**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

# DECEMBER

**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</p> <p>Pot Roast w/ Gravy<br/>1/2c Mashed Potatoes<br/>1/2c Mixed Vegetables<br/>Wheat Bread<br/>1/2c Fruit Crisp</p>   | <p>3</p> <p>Sweet &amp; Sour Pork<br/>1/2c. Rice<br/>1/2c Broccoli &amp;<br/>Cauliflower Blend<br/>1 Dinner Roll<br/>Fresh Fruit</p>   | <p>4</p> <p>Cheese Burger<br/>w/Slice of Tomato<br/>1c Creamy Potato Soup<br/>1 Hamburger Roll<br/>Seasonal Fresh Fruit</p> <p></p> | <p>5</p> <p>Open Faced Turkey<br/>Sandwich w/ Gravy<br/>1/2c Whipped<br/>Potatoes w/ Chives<br/>1/2c Sweet Corn<br/>1 White Bread<br/>1 Cookie</p>   | <p>6</p> <p>BBQ Pork Ribette<br/>1/2c Hashbrown Cubes<br/>1/2c Green Beans<br/>1 Sandwich Bun<br/>1/2c Pineapple Delight</p>                            |
| <p>8</p> <p>Western Omelet<br/>w/ Peppers, Onions,<br/>Cheese<br/>1 Sausage Patty<br/>1/2c Breakfast<br/>Potatoes<br/>1 Croissant w/ Jelly<br/>4oz Apple Juice</p>   | <p>10</p> <p>Grilled Chicken Salad<br/>(2oz Chicken, Cheddar,<br/>HB Egg, over 1c Mixed<br/>Greens)<br/>1c Cream of Broccoli<br/>Soup<br/>1 Dinner Roll<br/>1/2c Fruited Gelatin</p>   | <p>11</p> <p>Swedish Meatballs (4)<br/>1/2c Noodles<br/>1/2c Carrots<br/>1 Italian Breadstick<br/>Fresh Orange</p>   | <p>12</p> <p>Chicken Bruschetta<br/>1/2c Pesto Pasta<br/>1/2c Capri Blend<br/>Vegetables<br/>1 Dinner Roll<br/>Fresh Fruit</p>   | <p>13</p> <p>Open Faced Roast Beef<br/>w/ Gravy<br/>1/2c Mashed Potatoes<br/>1/2c Mixed Vegetables<br/>1 White Bread<br/>1/2c Pudding</p>               |
| <p>16</p> <p>School Pizza Burgers<br/>1/2c Buttered Garlic<br/>Orzo<br/>1/2c Brussel Sprouts<br/>Hamburger Bun<br/>1/2c Fruit Crisp</p> <p></p> | <p><b>17 Christmas Lunch</b><br/><b>Stuffed Chicken Breast</b><br/><b>1/2c Mashed Potatoes</b><br/><b>w/Gravy</b><br/><b>1/2c Coleslaw</b><br/><b>1/2c Honey Glazed</b><br/><b>Carrots</b><br/><b>1 Dinner Roll</b><br/><b>Holiday Dessert</b></p>   | <p>18</p> <p>Salisbury Steak<br/>w/ Gravy<br/>Baked Potato<br/>w/ Margarine<br/>1/2c Broccoli<br/>1 Wheat Bread<br/>1/2c Gelatin</p>   | <p>19</p> <p>Lasagna w/ Meat<br/>Sauce<br/>1c Tossed Salad w/<br/>Tomato<br/>1/2c Green Beans<br/>1 Garlic Breadstick<br/>Fresh Fruit</p>  | <p>20</p> <p>Baked Crab Cake<br/>1c Tomato Basil Bisque<br/>1/2c California Blend<br/>Vegetables<br/>White Bread<br/>1/2c Cinnamon Apple<br/>Slices</p> |
| <p>23</p> <p><b>Centers Closed this<br/>Week for Christmas</b></p> <p></p>  | <p>24</p> <p></p>   | <p>25</p> <p></p>   | <p>26</p> <p></p>   | <p>27</p> <p></p>  |
| <p>30</p> <p><b>Centers OPEN</b><br/>Honey BBQ Chicken<br/>Breast<br/>1/2c Scalloped<br/>Potatoes<br/>1/2c Carrots<br/>Wheat Bread<br/>Seasonal Fresh Fruit</p>  | <p>31</p> <p><b>Centers closing at noon.</b><br/><b>Lunch served at 11am</b><br/>Stadium Hot Dog<br/>2oz Sauerkraut<br/>1/2c Cheesy Potatoes<br/>1 Hot Dog Roll<br/>1/2c Pineapple &amp; Man-<br/>darin Oranges<br/>Ketchup, Mustard,<br/>Relish</p> | <p>January 1st<br/><b>Centers Closed</b></p> <p></p>  | <p></p> <p><b>RESERVATIONS/<br/>CANCELLATIONS<br/>REQUIRED with 24<br/>Hour Notice.</b><br/>Centers NOT open on<br/>weekends to take<br/>reservations<br/>for Monday.</p> | <p>*Menu Subject to<br/>Change*</p> <p><b>SIGN UP FOR<br/>CHRISTMAS<br/>LUNCH BY<br/>12/10/24</b></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

## Have a Wonderful Holiday Season!

### Regularly Scheduled Weekly Activities

- Monday and Thursday : Healthy Steps at 10
- Wednesday : Chair Yoga at 11
- We offer a well-balanced meal Monday through Friday, dine-in starting at 11:30. Reservations needed for lunch meals the day before.

**Breakfast will only be on Dec 3rd 7:30-9:30.  
 Suggested donation is \$2.50**

### Also offered everyday:

Lending Library and Courier Express newspaper.

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

And we are never short of coffee and socializing !

### Scheduled Activities for December

- Dec 14: Christmas for Kids Party
- Dec 20: "Twas The Night Before Christmas" reading at 11:00 with a \$5.00 Gift exchange followed by lunch
- Dec 23-27: Closed for Christmas vacation
- Open on Dec 30 and 31. We will close at noon on Dec 31.

## We want to wish you ALL a very Happy, Healthy, and Safe Holiday Season from all of us at the Heritage House!

A Special THANK YOU: I want to say THANK YOU to everyone that helped get us through my illness and kept the center running and Thank You to everyone for continuing to support the center and come in, this place means so much to me as well as the people in it, I wouldn't know what to do without it and All of You! So THANK YOU for all of your prayers, love, and support! I am happy to be back and feeling a lot better.

### 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'
- Stop in and see our Beautifully Decorated Center for the Holidays and see our Community Tree with ornaments from our community friends and other senior centers.

### Scheduled Activities for December

- Friday December 6th working on a Christmas craft and getting blankets ready for the nursing homes.
- Saturday December 7th is our Last Stop Christmas Shop Vendor and Craft Show here at the Heritage House from 9 am to 2 pm with a Chinese auction, lots of crafters, food, and a bake sale. Make sure to stop in and see us and look around. If you are interested in volunteering for this event, please let Tammy know. We would LOVE to have you help us & volunteers are needed.
- Friday December 13th Cookies and Cocoa with Santa 10am
- Friday December 20th Christmas Party with gift exchange 10 am
- Be on the LOOKOUT for Henry the Heritage House Elf!

The week of December 23-27 the center will be Closed for the Holiday.

We will reopen on Monday December 30th with regular activities and then on the 31st be open and serve lunch at 11 am that day and be closed by 12 noon-New Years Eve. We will reopen in the New Year on January 2nd with regular hours starting at 8 am.

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.

**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

## **Open Mondays and Tuesdays from 8 to 1**

Serving a delicious meal, to be ordered a day in advance. Suggested donation is \$2.50

We offer many crafts, usually every day, jigsaw and other puzzles, games, coloring, movies and more.

### **Scheduled Activities for December**

- Monday and Tuesday December 2 and 3 – decorate the center for the holidays.
- Monday December 9 – Nova Care presenting a program on fall and balance at 10
- Tuesday December 10 – deadline for signing up for Christmas lunch
- Tuesday December 10 – Center party with games, prizes, goodies – from 8 to 1
- Monday December 16 – Secret Santa
- Tuesday December 17 – Christmas lunch - \$6 donation – stuffed chicken breast with all the fixins
- Center closed December 23 thru December 27 – Merry Christmas!
- Monday December 30 – center reopens 8 to 1
- Tuesday December 31 – closing at noon, lunch served at 11 am

**Happy New Year!**

## **Merry Christmas and Happy New Year from the Foundry!**

Where has the year gone?! At the Foundry we will have Healthy Steps In Motion from 10:15 am – 11:30 am every Monday, Wednesday, and Friday.

### **Scheduled Activities for December**

- Thursdays we will have Nickel Bingo from 9:30-11:30 am come and have some fun with us and who knows maybe you will get the chance to shout “BINGO” too!
- We will be closed the week of December 23rd to enjoy Christmas with our families. \*\*\* Home Delivered Meals or HDM’s will be delivered the morning of December 23rd even though we will be closed that week – if you receive these please mark this on your calendar.
- We will be open December 30th, and ½ day on December 31st, after lunch on the 31st we will be closing. We are then off January 1st, 2025 but reopen and returning Jan 2nd and Jan 3rd from 9am – 2 Pm
- Please stop by and say hello and have a cup of coffee, we get the Courier Express delivered here every day, we have an exercise room and also a library if you would like to borrow a book.
- Don’t forget if you wish to join us for a hot delicious lunch call the day before to reserve yours! Lunches are just \$2.50 come and join us you never know who you will meet while you are here.
- Please mark your calendar for January 10th – for “Come Beat the Winter Blues and Un-Freeze your Friday !!” The Reynoldsville Foundry in conjunction with the Reynoldsville Public Library are planning a little event with more to follow – Please check out our Facebook Page for the Reynoldsville Foundry with more to be announced by the end of December, or The Reynoldsville Public Library page. \*\*THIS EVENT IS WEATHER PERMITTING – SHOULD THE WEATHER NOT COOPERATE WE WILL RE-SCHEDULE\*\*. Thank You and we hope to see you at the Foundry.

**The Jefferson County Area Agency on Aging  
Staff and Board of Directors sends you best wishes  
for happiness, health, and prosperity throughout  
2025.**

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

