

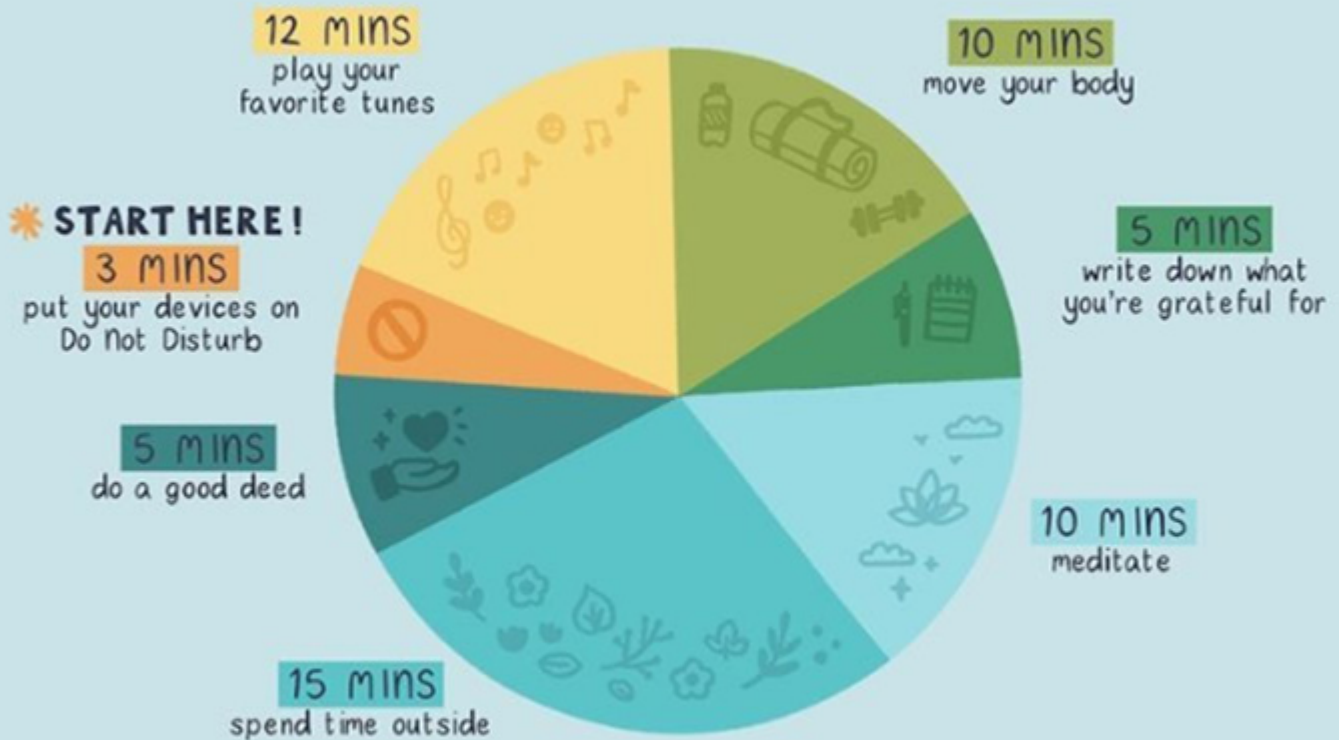


JEFFERSON COUNTY
AREA AGENCY ON AGING

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

1-HOUR MOOD BOOSTER

Feeling down? Try this routine to lift your spirits!



MORE IDEAS:



connect with loved ones



journal your feelings



stay off social media



treat yourself!

IN CRISIS? CALL or TEXT 988

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

**Caregiver Support Group
February 6 - 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

If you live in a low-income household or are undergoing a hardship, you may qualify for support in paying utility bills. Most electric, gas, water, phone and internet companies offer assistance programs.

The Pennsylvania Public Utility Commission:
1-800-692-7380

For people with speech or hearing loss,
dial 7-1-1 (Telecommunications Relay Service)
www.puc.pa.gov
ConsumerEd@pa.gov

**LIHEAP Application Assistance Available at
the Jefferson County Area Agency on
Aging!
Call 814-849-3096 to schedule an
appointment.**

PAPUC
PENNSYLVANIA PUBLIC UTILITY COMMISSION

Human Bones

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|----------|
| I | T | L | C | A | H | A | M | A | T | E | R | TEMPORAL |
| L | E | R | A | L | L | C | I | F | A | T | A | MANDIBLE |
| F | M | O | A | L | A | L | O | B | O | I | D | MALLEUS |
| E | P | E | E | P | U | V | E | C | I | S | I | SCAPULA |
| M | O | R | M | D | E | B | I | T | C | T | U | CLAVICLE |
| U | R | M | T | S | A | Z | I | C | A | Y | S | STERNUM |
| R | A | E | U | F | T | L | I | F | L | P | X | HUMERUS |
| C | L | L | H | U | M | E | R | U | S | E | M | RADIUS |
| M | A | M | U | N | R | E | T | S | M | V | S | ULNA |
| T | H | R | R | M | U | L | N | A | I | P | T | SCAPHOID |
| M | M | O | M | A | N | D | I | B | L | E | A | COCCYX |
| S | C | A | P | U | L | A | S | U | M | A | P | FEMUR |
| A | Y | L | S | U | E | L | L | A | M | L | E | PATELLA |
| F | D | I | O | H | P | A | C | S | M | L | S | TIBIA |

FREE Income Tax Preparation

Individuals who earn \$67,000 or less may qualify for the Volunteer Income Tax Assistance (VITA) Program.

The IRS's Volunteer Income Tax Assistance (VITA) program has offered free basic tax return preparation to qualified individuals for over 50 years.

All VITA volunteers who prepare returns must take and pass tax law training that meets IRS standards. In addition to requiring volunteers to certify their knowledge of the tax laws, the IRS requires a quality review check for every return prepared at a VITA site prior to filing.

More Information can be found at jccap.org



By Appointment Only!

814-226-4785 x 107

Leave a clear, detailed message with the location you would like to schedule. Your call will be returned in the order it was received.

Please leave only one message.

Clarion
Brockway
Brookville
Reynoldsville
Punxsutawney

Please contact a professional preparer for complicated returns.

Preventing Food Poisoning. Learn How to Keep Food Safe

Don't let bad food spoil your celebrations this holiday season. Follow safe food practices so everyone can keep enjoying the festivities after their meals.

Germs like bacteria, viruses, and parasites—or the toxins they produce—can get into your food and make you sick. “The difficult thing is you can't see these germs, and you can't taste them,” says Dr. William Alexander, an NIH expert in food-borne illnesses.

Germs can get into your food many ways. They may already be in some foods you buy, like raw meat, eggs, or fruits and vegetables. To lessen or get rid of germs, rinse your produce well and cook food to appropriate temperatures.

Poor hygiene by food handlers can also lead to food contamination. That's why it's important to wash your hands and any surfaces food touches when you're preparing it.

Leaving food out for too long or not storing it at proper temperatures can help germs grow and multiply. Be sure you're following safe food practices. Learn more about food safety.

When too many germs get into your food or water, you can get sick. Your symptoms and how long they last depend on the type of germ or toxin, and how much you consumed. You may get diarrhea, abdominal pain, vomiting, fever, or chills.

“Most people who eat infected food get over it with a few, very mild symptoms,” says Dr. Shahida Baqar, an NIH expert on food-borne illnesses. But, sometimes, the bugs can multiply in your gut and lead to more serious illness and disease.

Certain people are at higher risk for severe illness. These include children under age 5, pregnant women, people with weakened immune system, and those over 65 years old.

If you aren't getting better after a couple of days, have a fever higher than 100 degrees, bloody stool, or are vomiting so often that you can't keep fluids down, contact your doctor. Dehydration is one of the biggest issues from food poisoning. So be sure to drink plenty of fluids. Watch for symptoms of dehydration, like not peeing much, a dry mouth and throat, and feeling dizzy when standing.

One type of E. coli infection produces a toxin that can lead to life-threatening kidney problems for kids. It can't be treated with antibiotics, either. An NIH-funded study is testing whether giving these patients fluids through an IV can prevent kidney complications.

NIH-funded researchers are looking for ways to prevent food-borne illnesses, too. Some are studying the biology of how bacteria and viruses get into and wreak havoc in the body. Others are trying to develop vaccines to help protect against food poisoning. But for now, the best way to avoid getting sick is to follow good hygiene and food safety practices.



<https://newsinhealth.nih.gov/>

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 |
|--|---|--|--|---|
| 3 Creamy Parmesan Pork Chop 1/2c Cubed Potatoes 1/2c Cauliflower 1 Wheat Bread Cake w/ Icing | 4 School Pizza Burger 1/2c Tater Tot 1/2c Corn Hamburger Bun 1/2c Fruit Crisp  | 5 Chicken Bruschetta 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit | 6 Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit | 7 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices |
| 10 Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange 1 Soft Baked Cookie | 11 Cabbage Roll Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Honey Glazed Carrots 1 Dinner Roll Fresh Fruit | 12 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges Ketchup, Mustard, Relish | 13 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Fruited Gelatin | 14 Happy Valentine's Day! Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Jello Poke Cake |
| 17 President's Day Centers Closed  | 18 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears | 19 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce | 20 Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit 1 Soft Baked Cookie | 21 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple |
| 24 Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit 1 Soft Baked Cookie | 25 Popcorn Chicken w/ Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches | 26 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding | 27 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin | 28 Chicken Alfredo 1/2c Noodles 1/2c Broccoli 1 Garlic Breadstick 1/2c. Bread Pudding  |

Menu Subject to Change

RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.

Centers NOT open on weekends to take reservations for Monday.



Jefferson County Area Agency on Aging Main Office will be closed on the February 17st



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



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

Come To The Depot this February!

Updates:

- New Hours for 2025.
- Mondays open 8am-1pm
- Tuesdays open 6am-11am.
- Taxes preparation begins Feb 10. Call 814-226-4785 ext 107 for an appointment. We will not make appointments at the Depot.
- Monday February 17 the center is closed for the Presidents Day.

Fun Fact: Late President Jimmy Carter was a peanut farmer before kicking off his political career.

Regularly Scheduled Weekly Activities

- Monday 8-1 Must make your reservation for Monday lunch no later than 10 am the Tuesday prior.
- Healthy Steps in Motion Exercise class every Monday at 10am
- Breakfast every Tuesday from 7:30am-9:30am. No reservation needed. Suggested donation is \$2.50.

Also offered everyday:

- Library with many books to choose from. Courier Express newspaper.
- Pool table.
- And we are never short of coffee and socializing!
- You are welcome to attend the Reynoldsville Foundry or Brookville Heritage House the other days of the week!

Welcome to February at The Heritage House

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
- 1st, 3rd, & 5th Wednesdays at 1 pm Hand & Foot Card Game
- 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 February

- Valentines Day Scavenger Hunt Monday February 3-Thursday February 13 at the center-grab your paper from the office and begin the search. There will be a Prize for the Winner!
- Monday February 3 Groundhog Cookies at lunchtime.
- Friday February 7 Renee Pontious will be here to teach us internet safety at 10 am.
- Friday February 14 Sherrie Patterson from The Primary Health Network will be here speaking about Blood Pressure Medication at 10 am.
- Friday February 14 Valentines Day Treat at lunchtime.
- Monday February 17 the center is closed for the Holiday.
- Friday February 21 we will be making sun catchers with Sandy at 10:30 am.
- Wednesday February 26 National Letter to an Elder Day-stop in and fill out a card or two for one of the residents at Brookside or The Jefferson Manor and we will get them delivered for you. We will have the cards all ready to go, all you have to do is stop in around 11 am.
- Friday February 28 at 11 am we will be learning about shopping online at Walmart.com for Groceries to have them picked up or delivered.

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 Groundhog Day and Valentines Day!

Regularly Scheduled Weekly Activities

- We are located within the ATA building in Punxsutawney PA
- Hours – Monday and Tuesday – 8 to 1
- Serving a hot meal each day at noon – must be ordered a day in advance – 814-938-8376
- We offer cold beverages – ice tea and ice water and hot beverages – coffee, hot chocolate, tea treats are often available
- There are cards, jigsaw puzzles, movies, books, crafts, daily local newspaper and many friendly welcoming folks

Scheduled Activities for February

- Monday February 3 – decorate for Valentines Day
- Tuesday February 4 – Classic movie and popcorn – 10 am
- Tuesday February 11 – Valentines Day party with games
- Monday February 17 – Presidents Day – Center closed
- Tuesday February 18 – presentation on vaccine-preventable illnesses – Chi Catalone – Penn State Extension

Please come join us.

HAPPY FEBRUARY FROM THE FOUNDRY!

Regularly Scheduled Weekly Activities

- We hope everyone is staying warm and toasty amid these cold days. The Foundry is open M-F 9 am – 2 pm Lunch is served at noon every day, call the day before to reserve yours!
- On Monday-Wednesday-Friday we offer a very nice exercise program Healthy Steps in Motion from 10:15am-11:30 am that you may do seated or standing exercise.
- Thursday's we have Nickel Bingo from 9:30 am-11:30am come and have some fun with us!
- Monday afternoons we have Jam Session from 1pm – 3pm the Jammers play a variety of music come and sing along with us.

Scheduled Activities for February

- 4th Community Action Volunteers will be here and starting to see consumers for income tax preparation by appointment only. You must call and make your appointment 814-226-4785 ext 107 call and schedule your appointment today!.
- 13th local author Joe Taylor will be here to talk about his latest book – and may have some copies on hand if anyone wishes to purchase – The Title is “ One More Then I Really Gotta Go “ Joe talks about life experiences and shares stories of his life and offers tips to enjoy life and how life is too short for regrets. Joe will be here over lunch at noon on this day Thursday Feb 13th.
- 14th is Valentines Day come have lunch with us and a valentine treat.
- We are closed the 17th for President's Day.
- 19th Amy Shellhammer will be here to discuss Winter Safe Driving Tips during the lunch time if you would like to join us.
- 20th Fr. Ben Dagher will be here at lunch to discuss ways to improve our spiritual life, and how to stay close to Jesus in our uncertain world today.
- 27th Chi Catalone will be with us from PSU to discuss Vaccine preventable Illnesses during the morning hours.

Looking ahead to March on Saturday the 8th we will be holding our Spring Craft Show from 9 am – 1 pm.



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

