



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

Many people in our community believe all Area Agencies on Aging are the same and are fully funded by the government in an effort to meet the needs of older adults in our community. As with many things, funding changes have created an impact on the availability of services in the community, including in Jefferson County, per Molly McNutt, Executive Director.

Jefferson County Area Agency on Aging is funded through the PA Department of Aging, Federal Older Americans Act, limited Jefferson County funding, private donations from older adults and their families and from the PA Lottery. However, something that many people in the community are unaware of is that funding from the PA Lottery has not increased in over 20 years.

“So many of us see the significant jackpots weekly and believe that equates to larger funding for senior services. Unfortunately, that is not the case.”, stated Molly McNutt. Although there were some limited funding increases during the COVID-19 pandemic, which were helpful, but that specific funding ended in June 2024.

With all of that said, it begs the question, what can the community do to ensure that seniors receive the services they want and need in their hometown? The Jefferson County Area Agency on Aging urges individuals to reach out to legislators and share how senior programs positively impact the lives in our community including in-home care, home delivered meals and, of course, our senior community centers. Without adequate funding, programs to support older adults will have to be reduced or possibly eliminated.

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## DID YOU KNOW...



**WE ARE A  
NON-PROFIT ORGANIZATION  
COMMITTED TO  
ADMINISTERING  
COMPREHENSIVE  
COMMUNITY SERVICES FOR  
OLDER ADULTS IN  
JEFFERSON COUNTY**

Help us to make a difference!



JEFFERSON COUNTY  
AREA AGENCY ON AGING

186 MAIN STREET, SUITE 2  
BROOKVILLE PA  
(814) 849-3096

[INFO@JCAAA.ORG](mailto:INFO@JCAAA.ORG)

“Our local agency works hard to provide a wide array of services and programs intended to help older residents of Jefferson County live and thrive in their homes and communities for as long as possible. Our services include home delivered meals, senior center congregate meals, a caregiver support group, health and wellness exercise programs, personal care assistance, Medicare enrollment counseling, transportation, protective services for older adult abuse allegations, and PACE prescription assistance to name a few.”, according to Molly McNutt. “These services are critical to maximizing the quality of life, independence, health and safety of older adults.”.

In 1976, under the Older American Act, the Jefferson County Area Agency on Aging began with the goal of advocating for seniors, providing programs to help older residents stay in their home as long as possible and to continue to be a citizen in his or her community that they have likely been a part for many years. Since 1987, the Agency has operated as a 501 (c)(3) nonprofit entity. “This designation has allowed for community donations and support, which is an important part of keeping our services available, including our four senior centers throughout the county. Community support allows us to continue our mission to develop and administer a program offering comprehensive community services for older adults in our community every day.”, stated McNutt.

Community support is crucial to the ongoing support and care needed for seniors in our county. For more information on how you can volunteer the gift of time or to financially donate to the Jefferson County Area Agency on Aging, please reach out to the Agency at (814) 849-3096, by email at [info@jcaa.org](mailto:info@jcaa.org) or in person at our office located at 186 Main Street, Suite 2 in Brookville.

## Caregiver Support Group

**March 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**



## Celebrate the Senior Nutrition Program

Since 1972, the national Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act (OAA), local programs serve as hubs where people 60+ find healthy meals and vital services that strengthen social connections and promote well-being. Every March, we celebrate our program's anniversary and its many accomplishments at the national and local levels. We promote how nutrition services help people stay independent as they age and highlight critical senior nutrition issues.

Check out the March menu and plan your visit to your local senior center for lunch!



## How to Contact Your Local Legislator

Dear \_\_\_\_\_:

My name is \_\_\_\_\_ (print name) and I live at

\_\_\_\_\_ (print full address). I am writing to urge you to

support funding to the Area Agencies on Aging so that more programs are not discontinued. We are all aging but only YOU can guarantee a strong network of necessary services for older adults for today and for yourself tomorrow. I am asking for your support of a \$105 million increase to the “PENNCARE” appropriation. The Pennsylvania Lottery was built to support seniors!

Thank you.

Sincerely,

\_\_\_\_\_

**Mailing Addresses:**

**Rep. Brian Smith – covers all of Jefferson County**

109 Indiana Street, Suite 3

Punxsutawney, PA 15767

Phone: 717-787-3845

**Senator Cris Dush – Central and Northern Jefferson County**

73 South White Street, Suite 5

Brookville, PA 15825

Phone: (717) 787-7084

**Senator Joe Pittman – Southern part of Jefferson County**

618 Philadelphia Street

Indiana, PA 15701

Phone: (717) 787-8724

**Use this template to call or send your Legislator a message for the upcoming 2025-2026 Fiscal Year budget.**

**Your Voice Matters!**

**Make it heard!**

Busy Schedule



- ACTIVITIES
- ASSIGNED TIME
- BOARD GAMES
- BREAK
- BREAKFAST
- CARDS
- COMMUNITY MEETING
- COPING SKILLS
- DINNER
- EXERCISE
- EXPRESSIVE GROUP
- HYGIENE
- LIGHTS OUT
- LOCAL NEWS
- LUNCH
- MOVIE
- NURSING EDUCATION
- OUTSIDE
- PROCESS GROUP
- READING
- REC ROOM
- REHAB GROUP
- RELAXATION
- REST
- ROPES
- SCHEDULE
- SNACK
- STRESS MANAGEMENT
- SUMMER SCHOOL
- SWIMMING
- TELEVISION
- THERAPIST
- VISITATION
- PUZZLES
- QUIET



Wednesday  
**April 30**  
**2025**  
 9:00am-1:00pm

LOCATION:  
 Heritage House  
 Senior Center  
 4 Sylvania Street  
 Brookville, PA  
**814-849-3391**

TOPICS:  
 Information for seniors in  
 to help them live well at  
 home.  
 Visit the Heritage House and see  
 all the great programs we offer!  
**Please Register by calling or  
 stopping in to the Heritage  
 House.**

**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
<p>3</p> <p>Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit 1 Soft Baked Cookie</p>	<p>4</p> <p>Chicken Bacon Carbonara <b>NEW ITEM</b> (3oz Chicken, 1/2ox Bacon) 1/2c Pasta 1/2c California Blend Vegetables 1 Breadstick</p>	<p>5</p> <p><b>Ash Wednesday</b> Tuna Salad Sandwich 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit</p>	<p>6</p> <p>Baked Ravioli (6) w/ Tomato Cream Sauce 1/2c Brussel Sprouts 1/2c Warm Peaches 1 Italian Bread</p>	<p>7</p> <p>Salmon Patty Macaroni &amp; Cheese Stewed Tomatoes Garlic Breadstick 1/2c Fruit Cocktail</p>
<p>10</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>	<p>11</p> <p>Sweet &amp; Sour Pork 1/2c. Rice 1/2c Broccoli &amp; Cauliflower Blend 1 Dinner Roll Fresh Fruit 1/2c Chocolate Pudding</p>	<p>12</p> <p>Italian Burger (Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit</p> <p><b>NEW ITEM</b></p>	<p>13</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>14</p> <p>Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight</p>
<p>17 </p> <p><b>Happy St. Patrick's Day!</b> 3oz Honey Ham 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c Lime Pudding</p>	<p>18</p> <p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg, over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>19</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange 1 Soft Baked Cookie</p>	<p>20</p> <p>Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple</p> <p><b>NEW ITEM</b></p>	<p>21</p> <p>Egg Salad Sandwich Lettuce &amp; Tomato 1c Cream of Cauliflower Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie</p>
<p>24</p> <p>Baked Pork Chop 1/2c Mashed Potatoes 1/2c Sauerkraut 1 Wheat Bread Cake w/ Icing</p>	<p>25</p> <p>Sloppy Joe Baked Sweet Potato 1/2c Brussel Sprouts Hamburger Bun 1/2c Fruit Crisp</p>	<p>26</p> <p>Chicken Bruschetta 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit</p>	<p>27</p> <p>Lasagna w/ Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit</p>	<p>28</p> <p>Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices</p>
<p>31</p> <p>Chicken &amp; Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange 1/2c pudding</p>		<p>*Menu Subject to Change*</p>	<p><b>RESERVATIONS/ CANCELLATIONS</b> </p> <p><b>REQUIRED with 24 Hour Notice.</b> Centers NOT open on weekends to take reservations for Monday.</p>	



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



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

## New Hours for 2025!

### Updates:

- New Hours for 2025 are Mondays open 8am-1pm and Tuesdays open 6am-11am.
- Please make lunch reservations early! Suggestion donation for lunch is \$2.50.
- Income tax preparation has begun. Please call 814-226-4785 ext. 107 for an appointment.
- SCAMS presentation on Tuesday March 4th at 9:30 with the Punxy State Police.

### Regularly Scheduled Weekly Activities

- Every Monday - Healthy Steps in Motion at 10am
- Every Tuesday: Breakfast 7:30- 9:30 no reservation needed suggested donation is \$2.50.

### Also offered everyday:

- Lending Library and Courier Express newspaper.
- Shoot a game of pool! We are always looking for new players!
- And we are never short of coffee and socializing!

## Hello and Welcome to March 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 March

- Penn State Cooperative Extension Vaccine Presentation Friday March 7 at 11 am Free Ice Pack for those that sign up.
- Tea Party with charcuterie board Join us for this fun tea party with great snacks and conversation. Friday March 14th at 10 am.
- Friday March 21 at 10 am Sherri Patterson The Primary Health Network Colorectal Cancer.
- Friday March 21 at 11 am Come make a cute bunny washcloth with Sandy all supplies are included just sign up and join us.
- Friday March 28th to be announced....

There is a sign-up 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

**Hello all, lets hope March brings warmer/  
dryer weather.**

**Regularly Scheduled Weekly Activities**

- We continue to be open Mondays and Tuesdays from 8 to 1 – offering a healthy meal daily. Meals to be ordered a day in advance. The donation of \$2.50 continues.
- We have the ability to play bingo if there is enough interest
- Movies, cards, games, puzzles, coloring, crafts are available

**Scheduled Activities for March**

- March 4 – game LCR beginning at 10. If you are interested, please bring 3 lottery tickets. It is a good time.
- March 10 – Celebrate National Johnny Appleseed Day – a variety of apples will be on hand to taste.
- March 11 – Nova at 10:30 – presentation about safety
- March 17 – St Patty’s Day – all to wear green – prizes awarded
- March 18 – 10am Mini Golf at Bowling Alley – self pay is \$2.50
- March 25 – 10am Chi Catalone presenting a Nutrition topic
- March 31 – 10am Lori Fulton, RN – topic to be announced

**Stop in and see us. We offer hot and cold  
beverages and usually a sweet treat.**

**Happy March from the Foundry!**

**Regularly Scheduled Weekly Activities**

- We are moving into 2025 swiftly aren’t we? Come to the Foundry and enjoy a nutritious healthy lunch every day at noon - please call the day before to reserve yours, lunch is only \$2.50 and we are never short of good conversation and fun.
- Every Monday, Wednesday, and Friday we have Healthy Steps in Motion – come and enjoy a nice exercise program you may do either standing or seated. Class starts at 10:15 am until 11:30 am.
- Every Thursday at 9:30 am – 11:30 am we have nickel bingo, come and enjoy the fun
- Wednesday March 5th is Ash Wednesday and the beginning of Lent.
- Monday’s we offer good music with our Jam Session musicians from 1-3 pm.
- We have an exercise room to use and also a small library if you want to borrow a book. Hope to see you all soon at the Foundry.

**Scheduled Activities for March**

- Wednesday March 5th is Ash Wednesday and the beginning of Lent.
- Saturday March 8th from 9 am – 1 pm we are having a Spring Craft Show here at the Foundry – we have many different vendors to choose from to do maybe some Easter shopping?
- Monday March 10th we are starting up Tai Chi with Cheryl and Kim. Please come and join us! We will be offering Tai Chi for Arthritis I and if there is time we will venture into Tai Chi for Arthritis II. Monday evenings from 6-7 pm.
- Thursday March 13th at 11:30 am we will have Author Joe Taylor here to share his book with us “ One more then I really have to go” Joe will have his book here if you wish to purchase one, please let us know if you are joining us for lunch or if you just plan on coming in to listen to Joe’s sharing of his book with us. Joe will share interesting insights about life and how we need to stop and smell the roses.
- Monday March 17th is St. Patrick’s Day please wear your green and come and have lunch with us that day. You never know what treats the Leprechaun may have left for us!



## Are you a military veteran in need of food?

**Military Share in Jefferson**  
**Our next distribution will be**  
**Thursday, April 3<sup>rd</sup>.**



*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.