



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

pa.gov/CareKit



November is National Family Caregivers Month

PA CareKit – Personal, practical, and ready when you are. Caregiving rarely comes with instructions, let the PA CareKit support you! The kit is a collection of tools, information, and support to help you learn more, plan ahead, maybe even catch your breath.

The Department of Aging's **Caregiver Support Program** also provides supports to caregivers – including those who care for older adults, grandparents raising grandchildren, and older caregivers of adults living with a disability – with the purpose of alleviating stress and promoting well-being to help sustain a healthy ongoing caregiving relationship.

Questions? Call JCAAA at
814-849-3096

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on
November 11th, 27th and 28th

November Special Lunches at Senior Centers

Please join us for the following special lunches at either of our four senior centers in November.

Monday November 10th

Veterans Day Luncheon

Roast Beef w/ Gravy and Mashed Potatoes

Carrots, Coleslaw, Dinner Roll, and Dessert

You must sign-up for this lunch by 11/3

Tuesday November 18th

Thanksgiving Luncheon

Roast Turkey w/ Gravy and Mashed Potatoes

Stuffing ball, Corn, Coleslaw, Dinner Roll, Dessert

You must sign-up for this lunch by 11/10

Call the senior center you wish to attend to sign-up.

Jefferson County Caregiver Support Group

November 6 - 4:00pm

Heritage House Senior Center

4 Sylvania St Brookville

Group Facilitator: Kristine Santiso LMSW, CCM, ACM-SW, NCG, CDP

QUESTIONS? Call 814-849-3096



Dear Reader:

Please consider receiving the monthly newsletter by email or picking one up at the senior center. As costs continue to rise, we would like to reduce the number of newsletters we mail out. This change helps us save on printing and postage costs so we can put more resources into activities, programs, and services you enjoy.

What this means for you:

- You'll receive the newsletter directly in your email inbox each month.
- Copies will no longer be mailed to homes.
- Printed copies will still be available at each senior center to pick up.



If you don't already receive emails from us, please call JCAAA Main Office at 814-849-3096 and provide your email address so we can put you on the list. Staff will be happy to help set up an email account if you don't have one.

Thank you for your understanding and for helping us go a little greener while staying connected!

Warmly,
JCAAA

Types of Igneous Rock

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 ANDESITE
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 NORITE
 DUNITE
 OBSIDIAN
 BASALT
 DIABASE

Medicare Open Enrollment is here!

We're here to
HELP

1-800-852-8036

Call Jefferson County Area Agency on Aging

PA MEDI Program

9:00am-2:00pm



Pennsylvania
 Medicare Education
 and Decision Insight

This project was supported, in part by grant number 90SAPG0059-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Heritage Handmade Treasures Craft and Gift Show

When: Friday 11/7 8am-5pm
 and Saturday 11/8 9am-3pm

Where: Heritage House Senior Center
 4 Sylvania St. Brookville

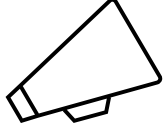
Large array of handmade items from local crafters all in one location. There is no better way to start your holiday shopping than with us here at our cozy holiday show. This is during Gingerbread Tour!

FOOD TRUCK ON SITE!



How YOU Can Help Support Senior Programs

Our programs for older adults have been affected by budget cuts, but with your support, we can continue making a difference in our community. Here are a few ways you can help:

Spread the Word 	Tell friends, neighbors, and family about the programs and services we provide. The more people know, the stronger our community support becomes.
Volunteer 	Your time and talents make a huge impact. From helping at events to lending a hand with activities, volunteers help us stretch our resources further.
Donate or Sponsor 	Every dollar counts. Contributions—big or small—go directly toward services that benefit local older adults. Businesses and organizations can also partner with us as sponsors.
Advocate 	Your voice matters! Contact local and state legislators and let them know how important senior programs are to you and our community. Advocacy helps protect funding for the future.

Thank you for caring about older adults in our community. Together, we can keep these vital programs strong.

Jefferson County Area Agency on Aging

814-849-3096

www.jcaaa.org

Sen. Cris Dush

Phone: 814-646-7272

<https://senatordush.com/>

Rep. Brian Smith

Phone: 814-849-8008

<https://repsmith.com/>

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
3 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread Blushed Fruit Margarine 	4 Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Loaded Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit	5 4oz Sweet & Sour Pork 1/2c White Rice 1/2c Broccoli and Cauliflower Wheat Bread Fresh Fruit Margarine	6 Potato Fish 1/2c Mac N Cheese 1/2c Stewed Tomatoes Fresh Fruit Dinner Roll Margarine	7 3oz Grilled Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Applesauce
10 Veterans Day Luncheon 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Dinner Roll Ice Cream 1/2c Coleslaw	11 Centers Closed Veterans Day 	12 French Dip Sandwich w/ 2oz Au Jus 2oz Beef, 1oz Mozzarella Cheese 1/2c Garlic Parsley Potatoes 1/2c Green Beans 1/2c Mandarin Oranges Hoagie Bun Margarine 	13 Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Roasted Brussel Sprouts Whole Wheat Bread Apple Cake	14 Stadium Hot Dog w/ 1oz Chili 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges
17 Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	18 Thanksgiving Lunch! 3oz Roast Turkey w/ 2oz Gravy Stuffing Ball 1/2c Whipped Potatoes w/ Chives, 1/2c Corn Dinner Roll Pumpkin Bar 1/2c Coleslaw	19 1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Apple Crisp	20 3oz Kielbasa with 1oz Kraut 1/2c Haluski 1/2c California Blend 1/2c Applesauce Hot Dog Bun Margarine	21 Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Breadstick 1/2c Fruited Gelatin Margarine
24 3oz Meatloaf with 2oz Gravy Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit Margarine	25 Chicken Taco Salad 3oz Taco Meat, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Elote Corn 1/2c Yellow Rice 1/2c Pineapple	26 Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Orange Juice	27 	

****Sign-up for 11/10 lunch by 11/3.**

****Sign-up for 11/18 lunch by 11/10.**

Centers NOT open on
weekends to take
reservations
for Monday.

**RESERVATIONS/
CANCELLATIONS
REQUIRED with 24
Hour Notice.**

*Menu Subject to
Change*





Brockwayville Depot

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



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

We're All Aboard November At The Depot!

Updates:

- Hours of operation: Monday 8am-1pm and Tuesday 6am-11am
- Lunch reservation for Mondays needed the prior Tuesday by 10am.
- Breakfast is Back! Every Tuesday from 7:30 to 9:30.

Also offered everyday:

- Join us every Monday at 10 for Healthy Steps exercise class
- Lending Library and Courier Express newspaper
- Shoot a game of pool!
- Coffee pot is always on with great socializing!

Scheduled Activities for November:

- Nov. 3: Christmas Ornament making 9:30
- Nov.10: Veteran's Day luncheon. Reservation needed by Nov.3 Vets eat free!
- Nov. 18: Thanksgiving Day luncheon. Reservation needed by Nov.10

Welcome to November at The Heritage House

If you have never been in to the center or haven't been in for a while, I encourage you to stop in to see what all we have going on and see if there might be something that might interest you.

Regularly Scheduled Weekly Activities:

- Mondays and Wednesdays Healthy Steps in Motion 10 am
- Tuesdays and Thursdays Chair Yoga 10:30 am. There is a \$1 charge for this activity.
- Every Tuesday Getting Crafty with Friends 1-3 pm Bring your own craft and work along with others while chatting, learning new crafts, and making new friends. There is a \$1 charge for this activity.
- Mondays and Fridays Bingo 9 am
- 1st, 3rd, & 5th Wednesdays at 12:30 pm Hand & Foot Card Game. There is a \$1 charge for this activity.
- Wednesdays Woodcarving 9 am
- Free Coffee and Conversation Everyday as well as magazines to read, & board games and cards to play in our lovely Cafe.

Scheduled Activities for November:

- Tuesday November 4th Election Day Soup Sale Fundraiser Pick Up 8 am to 11:30 am. Extra Soup Available while supplies last.
- Caregiver Support Group Meeting 4 pm on Thursday November 6th at The Heritage House
- Heritage Homemade Treasures Craft and Gift Show Friday November 7th 8 am to 5 pm here at The Heritage House
- Heritage Homemade Treasures Craft and Gift Show Saturday November 8th 9 am to 3 pm here at The Heritage House
- Monday November 10th at 12 noon the Veterans Day Luncheon
- Tuesday November 11th we are Closed for Veterans Day
- Friday November 14th Baltimore Life will be here discussing Finances in your Golden Years at 10 am-11 am.
- Friday November 14th at 11:15 am ATA/Ray Hunt will be here to do a presentation and answer questions.
- Tuesday November 18th Thanksgiving Day Luncheon at 12 noon.
- Friday November 21 Sherri Patterson will be here discussing urinary incontinence at 10:30 am.
- We will close early on Wednesday November 26th at 1 pm and will be closed on Thursday November 27th and Friday the 28th for Thanksgiving.

Looking ahead to December... Annual Vendor Show on Saturday December 6th 9 am to 2 pm, Cookies and Cocoa with Santa on December 12th, Christmas Party with Ugly Christmas Sweater Contest and Dale singing for us on December 17th, and Julie Lindemuth will be here on December 19th doing her Timeless Christmas Tunes & Tales-Lots to look forward too-We will be Busy!

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

Enjoy all that November has to offer – Turkey/stuffing! Pumpkin everything!

Updates and Weekly Activities:

- Please check us out. We are here Mondays and Tuesdays 8 to 1 and happily welcome new members
- At noon a delicious meal is served. Meals must be ordered a day in advance – 814-938-8376 – suggested donation - \$2.50 - \$5.00 – menus available –
- Calls made after hours – please leave a message
- Located within ATA building – 222 N. Findley St. in Punxsutawney
- Hot and cold beverages and snacks available
- Local newspaper, lending library, jigsaw puzzles, cards, crafts, movies, games, friendly chats, free unused greeting cards available
- Currently we do not have any speakers scheduled but that may change

Scheduled Activities for November:

- Mondays, November 3, 10, 17, 24 – 9:30 to 11 – bingo – a special bingo or two may occur
- Tuesday November 4 – deadline to sign up for Veterans Day lunch.
- Monday, November 10 – Veterans Day Lunch – Special meal-suggested donation \$5 – Veterans eat free. Deadline for Thanksgiving lunch sign up.
- Tuesday, November 11 – Veterans Day – Center closed – Thank you to Veterans for your service
- Monday, November 17 – Birthday celebration
- Tuesday, November 18 – Thanksgiving lunch – special meal – suggested donation \$5

This is the month of Thanksgiving and we give Thanks for our many blessings!

Updates and Regularly Scheduled Weekly Activities:

- The Foundry is open Monday, Tuesday and Wednesday from 9am – 2 pm – we serve a hot delicious lunch every day at noon. Please call the day before to reserve yours.
- Monday's we offer Healthy Steps In motion you may do seated or standing. Class begins at 10:15 am – 11:30 am
- Jam Session plays and sings for us every Monday from 1pm – 3pm Come and join us.
- Tuesday's are Nickel Bingo from 9:30-11:30 am come and give it a try! The bingo group always has fun and welcomes new players!
- Wednesday's we offer Healthy Steps in Motion from 10:15 am – 11:30 am also.
- We have an exercise room downstairs with various equipment and treadmills.
- Don't forget to vote on Tuesday November 4th – get out and cast your vote!

Scheduled Activities for November:

- Saturday November 8th from 9-3 we will be having our vendor craft show – come and shop with us before the holidays. Many great vendors from jewelry, to fudge, to homemade quilt items and Solnosky Basement Vineyards.
- On Monday November 10th we celebrate and thank our Veterans with a Veterans (who eat free) day lunch. Reservations must be in by Nov 3rd. Lunch is \$5.00 as always and Veterans eat free that day!
- The Foundry is closed Tuesday November 11th in observance of the Veterans Day remembrance,
- Friday Nov 14th is our senior dance with The Pacemakers! Doors open at 5:30 and the dance is 6-9. Limited menu – come and enjoy an evening out! \$5.00/per person charge at the door
- The Foundry will celebrate our Thanksgiving lunch on Tuesday November 18th. \$5.00 for lunch and reservations have to be in by Nov 10th – no exceptions.
- The Foundry will be closed Thursday Nov 27th and Friday Nov 28th for Thanksgiving.
- The Foundry is available for rentals as well please call if you have an upcoming wedding, baby shower, wedding shower, and the like.



Are you a military veteran in need of food?

Military Share in Jefferson
Our next distribution will be

Thursday, December 4th.



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.