

The Sunshine Line

Volume 1 Issue 1 January 2026



186 Main St STE 2 * Brookville, PA 15825

Phone: (814) 849-3096 1-800-852-8036

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www.jcaaa.org



Low-Income Home Energy Assistance Program

HELP KEEPING YOUR HOME WARM & SAFE

dhs.pa.gov/LIHEAP



The Low Income Home Energy Assistance Program (LIHEAP) helps families living on low incomes pay their heating bills in the form of a cash grant. Households in immediate danger of being without heat can also qualify for crisis grants. The cash grant is a one-time payment sent directly to the utility company/fuel provider to be credited on your bill. These grants range from \$200 to \$1,000 based on household size, income, and fuel type.

Remember: This is a grant and does not have to be repaid.

How to apply

There are two ways to apply for LIHEAP:

- **Online:** Apply for benefits online using COMPASS, the online tool for Pennsylvanians to apply for and manage health and human service programs.
- **On paper:** You can download a paper application, print it, fill it out, and return it to your local county assistance office.

If you have questions, please call JCAAA at 814-849-3096.

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on January 1st

Jefferson County Area Agency on Aging Announces Agreement with the Frank Varischetti Foundation

The commitment of the JCAA has always been to make the best use of resources and partnering with community organizations to ensure needs of seniors are met throughout our area.

Recently The Frank Varischetti Foundation has approached the JCAA with an exciting offer to operate and maintain the Brockwayville Depot location. This operation would no longer be under the umbrella of the JCAA, but would be solely managed and staffed with the team from The Foundation. According to Molly McNutt, Executive Director of the JCAA, "The JCAA has faithfully served the senior citizens of our community for many years. We continue to see ongoing expenses and upkeep of buildings a challenge based on funding and donations. When we were approached by The Frank Varischetti Foundation with the opportunity to see the long- term benefit of ensuring senior services remain in Brockway at the location and know their commitment to their community, this became an opportunity for a deeper discussion."

The plan by The Foundation proposes their commitment to continuing to provide services to seniors in the area at the Brockwayville Depot location. In addition to providing existing meal services and activities, they will coordinate additional exciting opportunities including wellness, recreational, educational and cultural programs designed with the needs of the senior community. "Our goal is to ensure all coordination, staffing and support for the senior activities at this location and to ensure a seamless transition with no interruptions in the services important to the community.", per Peter C. Varischetti of The Frank Varischetti Foundation.



A point of great importance to both parties is that both the historical and cultural significance of the Brockwayville Depot remains in the community. Not only has this building been home to essential senior services but has continued to be a part of the local heritage for so many. Keeping the doors open, and in fact growing community opportunities at the Depot in the future, ensures The Brockwayville Depot remains a long-standing part of Jefferson County's senior services and an impact in the overall life in the community.

"Together, with community leaders such as The Frank Varischetti Foundation, we are looking at new and innovative ways to continue and grow services to seniors throughout Jefferson County now and in the future. We appreciate building new relationships that have the ability to offer services and allow us the opportunity to focus on needs in other areas needing increased services in the long term. Although we will no longer be the direct provider of day to day operations for senior services at the Brockwayville Depot, we are assured that The Foundation will continue to not only provide a seamless transition of what has been provided but will continue to seek new opportunities that will be beneficial for seniors and the community as a whole. The transition of ownership for this location will occur on January 1, 2026 and our mutual goal is that there will be a smooth transition and continuing success for the day to day services provided.", stated McNutt, Executive Director JCAA.

"We do, as an Agency, want to be clear that there is no change to our other senior center locations and we continue to provide services beyond the senior centers to ALL Jefferson County older adults as it is needed. We are not walking

away from this portion of the county, rather we are opening doors to new ways to provide services in Brockway. This will allow us to focus on other areas in need of additional services while the Frank Varischetti Foundation manages the day- to-day needs at this one location.”, per McNutt.

If you have questions about the changes you are encouraged to contact either the Jefferson County Area Agency on Aging at 814-849-3096 or Corrie Gudalis at the Frank Varischetti Foundation at 814-265-1162.

More Than Just a Meal

For many older adults, preparing regular, nutritious meals can be challenging. Physical limitations, lack of transportation to grocery stores, and financial constraints all contribute to poor nutrition and social isolation.

AAAs across Pennsylvania provide or coordinate home-delivered meal programs that bring nutritious meals directly to the doors of older adults. These programs ensure that those who live at home receive a balanced meal while also providing a regular wellness check from a friendly face. The volunteers and staff who deliver these meals often become trusted connections who can identify health or safety concerns and connect older adults to additional services when needed.



What Home-Delivered Meal Programs Offer

Home-delivered meal programs through AAAs typically provide:

- **Nutritious, Balanced Meals:** Frozen meals designed to meet the dietary needs of older adults. One box contains other food items to supplement the entrée.
- **Regular Delivery Schedule:** Our program delivers meals once per week. Entrees are frozen and are required to be placed in the freezer until ready to warm up to eat. Instructions for how to heat the meals are on the front label of each entrée.
- **Wellness Checks:** Delivery volunteers are often trained to observe and report any concerns about the recipient's health, safety, or living conditions, serving as a preventive warning system for potential problems.
- **Social Connection:** The weekly interaction with a delivery volunteer can be a highlight for older adults who live alone and may have limited social contact.

The Jefferson County Area Agency on Aging provides meals for free and accept voluntary contributions, ensuring cost is not a barrier to receiving this essential support. A quarterly donation letter is mailed to each consumer indicating the number of meals provided and a suggested donation.

Connect With Your Local AAA

If you or an older adult you know could benefit from home-delivered meals, your local AAA is ready to help. They can assess eligibility and connect you with meal delivery services in your area. Many AAAs also offer congregate meal programs at senior centers, providing another option for nutritious meals with the added benefit of social engagement.

For more information on the in-home meal program please contact Jefferson County Area Agency on Aging at 814-849-3096 or toll free at 800-852-8036.

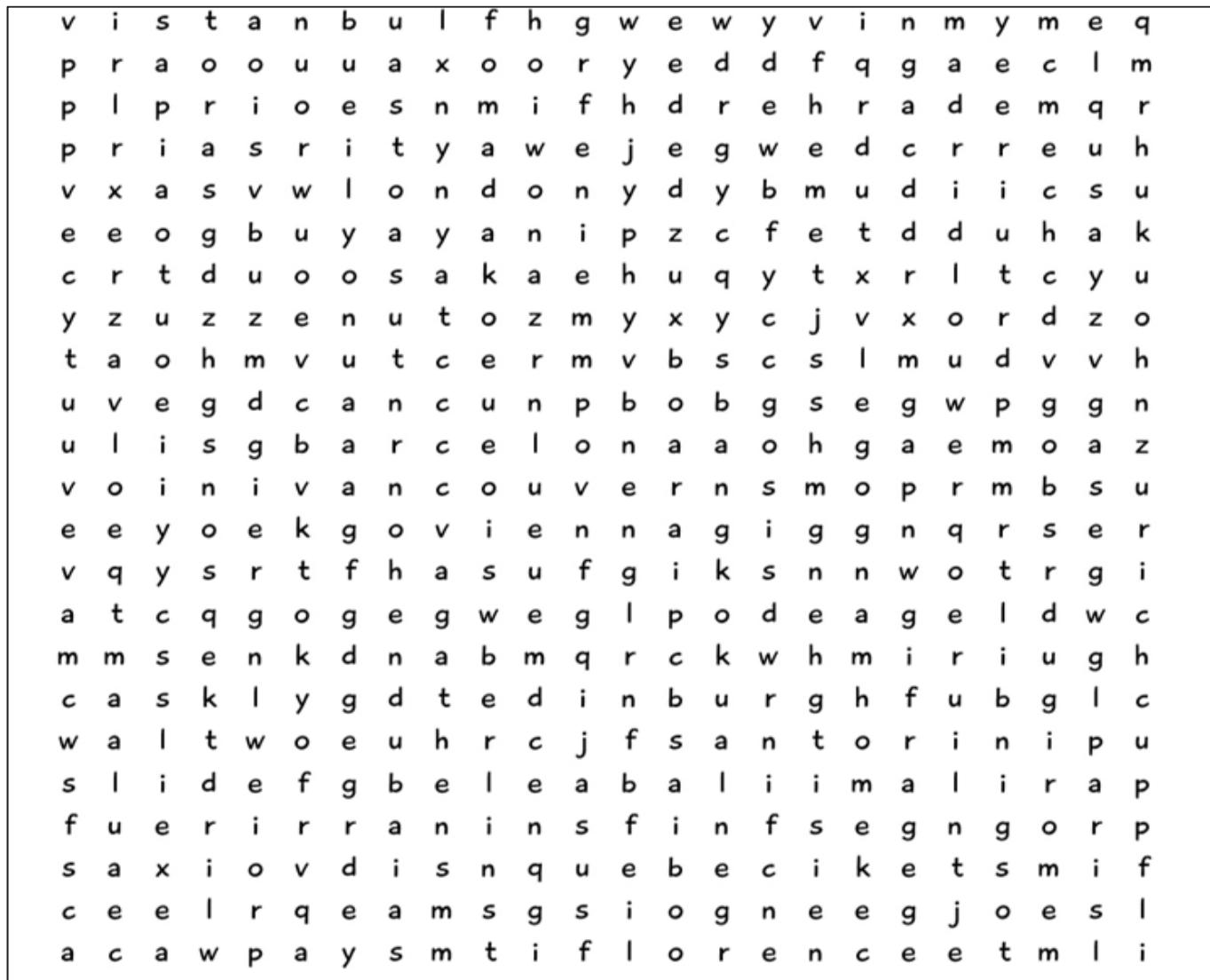
Jefferson County Caregiver Support Group

Meetings will resume March 5, 2026 at 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



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CAIRO

OSAKA

BERLIN

BANGKOK

VIENNA

AMSTERDAM

There is no excuse for elder abuse. If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA Protective Services at 1-800-852-8036.



Jefferson County
Senior Center Menu



Phone Numbers:

Brookville 814-849-3391

Punxy 814-938-8376

Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.	*Menu Subject to Change* 		1 	2 3oz Grilled Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Dinner Roll 1/2c Applesauce
5 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Dinner Roll 1/2c Fruited Gelatin Margarine	6 Grilled Chicken Salad (2oz Grilled Chicken, 1oz Cheese) 1c Lettuce, 2oz Tomato 1c Broccoli Soup Dinner Roll 1/2c Peach Crisp Margarine	7 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	8 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Corn White Bread Fresh Fruit Margarine	9 Stadium Hot Dog w/ 1oz Chili 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges
12 1c Winter Beef Stew 1/2c Green Beans 1 Cornbread 1/2c Applesauce	13 Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Lemon Peper Broccoli 1/2c Blushed Fruit Hamburger Bun	14 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Fruit Crisp Margarine	15 Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce & Tomato 1c Corn Chowder Fresh Fruit Hamburger Bun	16 Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 Dinner Roll 1/2c Fruited Gelatin
19 MLK Day Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Orange Juice	20 Chicken Taco Salad 3oz Chicken, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1c Tortilla Soup 1/2c Yellow Rice 1/2c Pineapple	21 Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	22 Chicken Patty Sandwich w/ Cheese, Lettuce, Tomato 1/2c Tator Tots 1/2c Roasted Brussel Sprouts Hamburger Bun Apple Cake	23 3oz Meatloaf with 2oz Gravy Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit Margarine
26 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie Margarine	27 Roasted Honey Garlic Pork Loin 1/2c Steamed Broccoli 1/2c White Rice 1/2c Fruited Gelatin Dinner Roll Margarine	28 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Piece Cake	29 3oz Kielbasa with 1oz Kraut 1/2c Haluski 1/2c California Blend Vegetables 1/2c Pear Crisp Hot Dog Bun Margarine	30 Stuffed Pepper w/ Sauce 1/2c Garlic Mashed Potatoes 1/2c Carrots Dinner Roll Pudding Margarine



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

Welcome to the NEW YEAR at The Heritage House!

I encourage you to stop by the center and take a look around and see if there might be something that might interest you, you never know until you give something a try if you are going to like it. We might have exactly what you are looking for right here. We have coffee, conversation, games, and a cute little cafe to meet in everyday, so consider stopping in and joining us.

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 January:

- Friday January 9th we are making Snowman door decorations for the nursing homes at 10:30 am
- Friday January 16th Sherri Patterson will be here at 10:30 am talking about obsessive compulsive disorder-OCD
- Friday January 23rd Baltimore Life will be here talking about "Finances in your Golden Years" at 10:30 am
- Friday January 30th we are making a winter craft at 10:30 am
- Getting Crafty with Friends Dates for January-Every Tuesday from 1-3 pm. January 6th, 13th, 20th, and 27th.

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.

If you have been thinking about coming into the center but just haven't made it in, make it in now! Make it your new year's resolution to try something new and make it happen. Stop in and see me and we can take a look around and you can see what you might be interested in trying here at the center. If you cannot make it in, you can always give me a call and I can answer any questions you might have...please call Tammy at 814-849-3391

Every day at 12 noon we serve a hot, delicious, & nutritious lunch to Seniors age 60 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, tea, or cocoa. We hope to see you soon.

**PUNXSUTAWNEY AREA
SENIOR CENTER**

Coordinator: Debbie Long
Phone: 814-938-8376
Email: punxy@jcaaa.org

Ringing in 2026!

Let's make this a good one.

Updates and Weekly Activities:

- We are located within the ATA building on N. Findley Street in Punxsutawney
- Open Mondays and Tuesdays from 8 until 1
- A delicious meal is served daily at noon
- Meals must be ordered a day in advance – 814-938-8376 or better yet, stop in to sign up and check us out
- Available daily – cards, games, movies, lending library, daily local newspaper, crafts, coloring, puzzles, lively conversation and more
- Occasionally a wellness speaker will present a topic. Lindsay from Life will be joining us one day in January. The date has not been determined. When date is known, folks will be notified. Consumers love it when she joins us as music bingo is a consumer favorite.
- Bingo is always available if we have at least 3 interested. Prizes awarded.
- We have many supplies for crafting. Join us and any suggestions for specific crafts are welcome.
- In January we have 5 birthdays to celebrate – On Tuesday January 13 we will have ice cream treats to honor them.

Please join us. New folks are always welcome.



Coordinators: Cheryl Hannah
Phone: 814-653-2522
Email: foundry@jcaaa.org

Happy and Healthy New Year from the Foundry

Hoping everyone has a happy and healthy New Year!

Updates and Regularly Scheduled Weekly Activities:

- We are open at the Foundry Monday, Tuesday and Wednesday at the Foundry from 9 am – 2 pm – lunch is served everyday at noon – please call the day before to reserve yours.
- We have Healthy Steps in Motion Monday and Wednesday from 10:15 am – 11:30 am – come join us for a nice workout
- Every Tuesday at 9:30 – 11:30 am we have Nickel Bingo – come have a fun morning with us. Coffee and treats are served during the break.
- We are planning on crafting a few mornings of the month – dates are to be determined and weather permitting.
- Speaking of weather everyone is welcome at the Foundry for lunch and our various programs but if the weather is bad please use your discretion. If the Foundry would close due to inclement weather – please tune in to the local radio stations and/or TV as we would for a school cancellation. For those that have Facebook – I will post on there as well as soon as I find out if there is a cancellation.
- Don't forget if you want to workout and the weather isn't cooperating we have an exercise room downstairs and you can walk on the treadmill or workout on stationary bikes.
- We also have a library if you are a reader and want to borrow a book.
- The Foundry is available for rent as well for showers, parties, receptions and the like – give Cheryl a call to check availability. 814-653-2522.

Scheduled Activities for January:

- On January 28th at 10 am we are hosting Life of northwestern Pa for an “Elvis” inspired music bingo game and to learn more about this program from representative Lindsay Hand. Please call if you can join us.
- Every Monday afternoon we offer music from our Jam Session Jammers from 1-3 pm they play and sing a variety of songs from gospel, soft rock, to country .

Have a wonder January and stay healthy, safe, and warm.



Are you a military veteran in need of food?

Military Share in Jefferson
Our next distribution will be

Thursday, February 5th.

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.***



Second Harvest
Food Bank
of Northwest Pennsylvania

For all inquiries and qualifications
for this FREE program, please call the
Second Harvest Food Bank Food Helpline:
814-459-3663 extension 117.