



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)

### **Celebrating National Senior Independence Month**

In February, we celebrated National Senior Independence Month, a time to honor the autonomy and self-determination of older adults across the Commonwealth. Jefferson County Area Agency on Aging (JCAAA) is proud to join this celebration, recognizing the 13,110 older adults in our county and more than 3.4 million older Pennsylvanians who continue to shape their lives and age independently in their own homes and communities.

### **Independence Means Choice**

Independence isn't only about living alone; it's about having the freedom to make your own life choices. It's choosing where you live, how you spend your time, and what support you need to thrive. At JCAAA, we believe every older adult in Jefferson County deserves the support they need to live independently. Our services are designed to empower older adults to remain active, engaged, and in control of their lives, whether that's aging at home, staying connected to community, or accessing the resources that make daily life easier.

### **Pennsylvania Legislature Recognizes Senior Independence Month**

On February 4, 2026, the Pennsylvania House of Representatives passed House Resolution 389, officially recognizing February 2026 as "Senior Independence Month" in Pennsylvania.

We are especially grateful to Chairwoman Maureen Madden for introducing this important resolution and for her continued championship of Area Agencies on Aging and the older Pennsylvanians we serve. Representative Madden's leadership on the House Committee on Aging & Older Adult Services has been instrumental in advancing policies that protect and support older adults across the Commonwealth.

The passage of this resolution is a significant recognition of our commitment to ensure older adults live with safety, dignity, and independence.

### **How Your Area Agency on Aging Supports Older Adults**

JCAAA serves as the "front door" to the aging network, offering unbiased information and assistance for older adults and their families through the following:

- **Essential Services:** Our programs include home-delivered meals, transportation, health promotion, legal services, benefits counseling, and more.
- **Protection and Advocacy:** AAAs advocate for older adults and provide protective services for those at risk of abuse, neglect, or exploitation.
- **Community Connection:** Our senior centers, volunteer opportunities, and social programs keep older adults engaged and connected, helping to combat social isolation.
- **Caregiver Support:** We provide guidance, respite, and resources for family members and unpaid caregivers who help their loved ones age independently at home.

*For more information, please visit [www.jcaaa.org](http://www.jcaaa.org) or call us at 814-849-3096.*

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.**



PROPERTY TAX/RENT REBATE



Older adults and people  
with disabilities 18+ in PA  
may be eligible.



APPLY FOR REBATES UP TO \$1000 ON  
PROPERTY TAXES OR RENT PAID IN 2025

pa.gov/PTRR



## Eligibility

This program supports Pennsylvania homeowners and renters who meet the following criteria.

### Age Criteria

- 65 and older
- Widows and widowers 50 and older
- People with disabilities 18 and older

### Income Criteria

- In addition to age requirements, to qualify for the Property Tax/Rent Rebate, your household income must be \$48,110 or less annually.

Apply Online - Submit your application online through myPATH for the fastest and most secure process. The online application includes automatic calculations that will help reduce errors in your application.

You can also receive application assistance through the Jefferson County Area Agency on Aging by calling 814-849-3096 to schedule an appointment or you can visit Rep. Brian Smith's office.

## Caregiver Support Group

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.

**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



Please RSVP or to ask questions:

Jefferson County Area Agency on Aging 814-849-3096

## Looking for other Support Groups?

Parkinson's Support Group  
Sponsored by the  
Rehabilitation Center of  
Penn Highlands DuBois

Meetings are held every  
second Wednesday of the  
month from 2:00 PM to  
3:30 PM at the Parkside  
Community Center at 120  
W. Park Avenue, DuBois.  
For more information,  
please call 814-768-2285.

Bereavement Support  
Group – Brookville

3rd Thursday of Each  
Month  
2:30 PM  
Penn Highlands  
Healthcare at Home  
298 Main Street  
Brookville, PA

Bereavement Support  
Group – DuBois

1st Tuesday of Each  
Month  
2:00 PM  
Central Resource Center  
(CRC Building)  
204 Hospital Avenue  
DuBois, PA 15801

# 100 WORDS GENERAL KNOWLEDGE

## Word Search

S K U Y Y W M G T T P O U G O V E R N T T R U E N O S A E R P T C Y U  
 N E I E P J L N Y T N U O M A C L E H C V E S N T A R R P R N E E S T  
 O A L F R E E I V G P E D X H O L G T S O C I E T Y I L O M O I R I G  
 I F T P G O F L I R O E P A N N U U E I R E D R O B E M A O I N T Z I  
 T F Y F M A T E L E M V N Z P O U E F U S R X Z R A C Q O T T N A C V  
 A U E E S A I E T A L C R F H O R U E I H O A I S Y I E R I S O I Q E  
 Z T G T N A X F N P E J I T A G S H L G T D P U S A Q A M O E S N T P  
 I N D R A O D E S C I E N C E F H S I A S U R P P T M Y Y N U I D H R  
 N E E D E S I M P L E R U D D E O A I S M E A A O A E E U A Q R K G O  
 A M L F N X W O R D E N O S Q I N D P B T R A E G G A N L I S A R I P  
 G U W E U O P K W R E V D U N L C N L P L O O T B N Z T C S Z P E R E  
 R G O S M E M E O E C R E U E E A J I A Y E R N K I V Z U E E M B O R  
 O R N O B E W M R P Y P A L E B C J D Q R D H Y D V Y G V L S O M S Z  
 T A K I S P U W O I E O L E G G O N D S D U A M C I A G I A O C U U T  
 I K A I D L A H S C E N F A F Q P C A E C N T J O L N N E I P T N S Y  
 N G W U C A E R C H A N G E C T F M A T E R I A L A O I F C R N W P T  
 E R E R I R H Y T K Q E C O P E N E I C S S H D N J I H S E U A A E I  
 Z N I H R E O R E A M R Z E R L D L E I Y B L D A M T T V P P T P C L  
 T A T A H N D E M T O C G F O I S S D T L O U Q P I A P C S O R A T A  
 N T A N R E U G Q V U O I O B B E E B S V J U S U E C L S C H O D F U  
 E I I F E G A H E N O C S T A I A Q R E H N U T C K U D Z N U P I E Q  
 M O A S E M S E E D T O S E B A Z A E Z A I S R P A D F E X I M F O A  
 P N U T A O E R C I J U E G L F O R M L U D O S D M E K L A W I F E O  
 O E S N R T A R O N E Z V U E E D U Y U A F O I S T C E P S E R E X E  
 L T E T E E I N U V I J E M F N I U N Y P W B G E T T M M D T M R V E  
 E C N U L S T P F S A O N I C E V A H H I D S N N C S N F N U E E L K  
 V A I C D C U Y Z O A V T E O M W R T P D K E N S O E I I O A M N B Q  
 E F L N U I A A N E C E S S A R Y A K A M E R F E P V A G T C S T E M  
 D J I U R E E S C D H I M E E F D U Y U E Q V O H Y N D E C I S I O N  
 S M W I V J M Q E L B I S N O P S E R M N E E T W L I I D I J J G I E

Amount	Event	Idea	Observe	See
Argument	Examples	Important	Opposite	Sense
Be	Existence	Invest	Order	Sign
Beautiful	Experience	Knowledge	Organization	Simple
Belief	Fact	Law	Part	Society
Cause	Fast	Let	Place	Sort
Certain	Fear	Level	Pleasure	Suspect
Chance	Feeling	Living	Possible	Special
Change	Fiction	Love	Probable	Substance
Clear	Force	Make	Proper	Thing
Common	Form	Material	Purpose	Thought
Comparison	Free	Measurement	Quality	True
Copy	General	Mind	Question	Use
Decision	Get	Motion	Reason	Walk
Degree	Give	Name	Respect	Way
Development	Good	Nation	Responsible	Wise
Different	Govern	Natural	Right	Word
Do	Happy	Necessary	Same	Work
Education	Have	Normal	Say	Yield
End	History	Number	Science	Zenit

**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:**

Brookville 814-849-3391

Punxy 814-938-8376

Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Carrots Whole Wheat Bread 1/2c Blushed Fruit 1 Soft Baked Cookie</p>	<p>3 </p> <p>Turkey w/ Provolone (2oz Turkey, 1slice Provolone) Lettuce &amp; Tomato 1c Corn Chowder 1/2c Fruit Crisp Hamburger Bun</p>	<p>4</p> <p>1c Winter Beef Stew 1/2c Green Beans 1 Biscuit Fresh Fruit</p>	<p>5</p> <p>Swedish Meatballs (4) 1/2c Buttered Pasta 1/2c Green Peas 1 White Bread 1/2c Fruited Gelatin</p>	<p>6</p> <p>Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Lemon Peper Broccoli 1/2c Peach Cobbler Hamburger Bun</p>
<p>9</p> <p>Smokey BBQ Bacon Burger w/ Cheddar Cheese, BBQ, Bacon 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit</p>	<p>10</p> <p>Chicken Taco Salad 3oz Chicken, .5 oz Cheddar Cheese Salad Mix, Salsa, Ranch 1/2c Corn 1/2c Yellow Rice 1/2c Mandarin Oranges</p> <p></p>	<p>11</p> <p>Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 4oz Orange Juice</p>	<p>12</p> <p>Chicken Patty Sandwich 1/2c Macaroni Salad 1c Tossed Salad w/ Tomato Hamburger Bun 1/2c Peaches</p>	<p>13</p> <p>Grilled Cheese Sandwich 1c Salad with Egg &amp; Tomato 1c Tomato Basil Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie</p>
<p>16</p> <p>4oz Sloppy Joe 1/2c Country Greens 1/2c Roasted Cubed Potatoes Hamburger Bun Fresh Orange</p>	<p>17</p> <p><b>Happy St. Patrick's Day!</b></p> <p>3oz Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread Jello Poke Cake</p>	<p>18</p> <p>Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Carrots 1 White Bread Oatmeal Cream Pie</p>	<p>19</p> <p>Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Dinner Roll 1/2c Mandarin Oranges</p>	<p>20</p> <p>Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit</p>
<p>23</p> <p>3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato White Bread Fresh Fruit 1 Soft Baked Cookie</p>	<p>24</p> <p>Cheeseburger 1c Cream of Potato Soup 1/2c Mixed Vegetables 1/2c Baked Pineapple Hamburger Bun</p>	<p>25</p> <p>Cheese Lasagna Topped w/ Marinara Sauce 1c Tossed Salad w/ Dressing 1 Dinner Roll 1/2c Fruit Cocktail</p>	<p>26</p> <p>3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin</p>	<p>27</p> <p>Creamy Cheese Tortellini (1c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread</p>
<p>30</p> <p>Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Gelatin</p>	<p>31</p> <p>3oz Baked Ham 1/2c Scalloped Potatoes 1/2c Honey Glazed Carrots Dinner Roll Mandarin Orange Cake 1/2c Warm Cinnamon Applesauce</p>		<p>Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</p>	<p>*Menu Subject to Change*</p> <p></p>



Coordinator: Tammy Miller

Phone: 814-849-3391

Email: heritage@jcaaa.org

## Welcome to March at The Heritage House Senior Center

Here at the center, every month brings new opportunities to connect, stay active, enjoy nutritious hot lunches, have fun, learn new things, and make new friends. We're so glad you are here. Take a look at what's coming up and join us. Let's make this month a great one together. Just stop in the center and see Tammy.

### *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 March:*

- Friday March 13th 1st Watercolor Painting Class with Tammy at 10:30 am the class is limited so make sure you get signed up, we will do another class in April if you don't get signed up for this one.
- Tuesday March 17th 10:30 am St Patrick's day craft in the bingo room, stop in and make a little dash board buddy for St Patrick's Day.
- Friday March 20th Sherri Patterson RN here speaking about Sewing the seeds of Positivity! at 10:30 am.
- Friday March 27th Sean Lauer will be here from the Game Commission building Blue Bird Boxes with us at 10:30 am
- Tuesday March 24th last day to sign up for the Easter Luncheon
- Tuesday March 31st Easter Luncheon at 12 noon you must sign up for this luncheon by Tuesday March 24th. The suggested donation for this meal will be \$5.
- Getting Crafty with Friends Dates for MARCH-Every Tuesday from 1-3 pm. MARCH 3rd, 10th, 17th, 24th, and 31st. Please make sure you sign up on the sign up sheet if you will be joining us. These dates may change during tax season, please check at the center for more info.

### *LOOKING AHEAD-*

**Save the Date Wednesday April 29th for Happy Healthy You Day 9 am to 1 pm at The Heritage House.**

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.

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



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

**March – spring just around the corner.**

Happy St Pattys Day!

**Updates and Weekly Activities:**

- We continue to welcome new members. Cards, crafts, socializing, snacks, puzzles, movies, music, bingo and more.
- Note – If you wish to visit us at 222 N. Findley Street (within the ATA building), please enter using the main door to ATA lobby. We are located around the corner on the right - open Mondays and Tuesdays from 8 to 1, serving a delicious, hot meal at noon. Meals must be ordered a day in advance, either by stopping in to sign up or call 814-938-8376.

**Scheduled Activities for March:**

- There may be more activities in March that have not yet been verified. Any additions will be announced.
- Monday, MARCH 2 we will be decorating ceramic eggs. Each participant will be given an egg to paint and decorate.
- Monday, MARCH 9, Lindsay from Life will be providing a consumer favorite – Music Bingo. This is a very enjoyable activity.
- Monday, MARCH 16, special bingo with prizes
- Tuesday, MARCH 24, deadline for ordering Easter lunch
- Tuesday, MARCH 31, Easter meal – baked ham, scalloped potatoes, carrots, roll, mandarin orange cake, warm applesauce
- Folks age 60 and older welcome.

**Top O the Day to you! We are into March**

The Foundry is open Monday, Tuesday, and Wednesday from 9:00 am – 2:00 pm. We serve lunch daily at noon – please call the day before to reserve yours!

**Updates and Regularly Scheduled Weekly Activities:**

- Coffee pot and Hot Chocolate Machine are always on and ready – come in and read the Courier Express and have a hot cup of coffee.
- Every Monday we offer Healthy Steps in Motion with our wonderful instructors to get you moving at a nice safe pace doing exercises sitting or standing. Every Monday and Wednesday from 10:15 am – 11:30 am
- Every Monday after lunch we have our Jammers here to play and sing and Jam with a jam session from 1:00 – 3:00 pm Come and sing along or just sit and enjoy!
- Tuesday morning we offer nickel bingo from 09:30 am – 11:30am come and play along with our crew! They have a very fun time.
- We also have an exercise room with treadmills and various machines if that is something you would like to try out!

**Scheduled Activities for March:**

A CORRECTED DATE\*\*\*\*\* March 7th Saturday from 9 am – 2pm is our Spring Craft Show – we have a wonderful group of vendors coming! There will be home baked goods, and pizza rolls, crocheted items, fudge, raisin filled cookies, primitive wooden décor for your home, nails by Jessie, wooden items handcrafted by Ole Buck and Solnosky Basement Vineyards will be here as well with the most delicious wine for purchase. Please come and see us and shop that day - we always have a good time.

We will have Lindsay Hand here from LIFE of Northwestern Pa playing Music Bingo on March 17th at 11:00 am

On March 31st we will be offering Matter of Balance MOB from 1:30-3:30 pm

Our St Patricks Day party will be on Tuesday March 17 at lunch – don't forget to wear your green!!

Looking ahead Tai Chi begins April 6th Monday from 6:00 – 7:00 pm with Cheryl and Kim.



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

**Military Share in Jefferson**  
**Our next distribution will be**

**Thursday, April 2nd.**

*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.*



*Second Harvest*  
**Food Bank**  
*of Northwest Pennsylvania*

**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.