



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)

## ARE YOU ON MEDICARE?

You may qualify for financial assistance programs!

### MONTHLY INCOME AND RESOURCES HAVE INCREASED

Call the Jefferson County Area Aging PA-MEDI to help with applying or with questions.

814-849-3096 or 800-852-8036

EXTRA HELP	MEDICARE SAVINGS PROGRAM
<p><u>Is</u> a program to help pay or reduce the Medicare D premium, reduce co-pays for prescriptions.</p> <p>You may qualify if:</p> <ul style="list-style-type: none"> <li>• Single Person            Monthly income <u>\$2,015</u>            Resources \$18,090</li> <li>• Married Couple            Monthly income \$2,725            Resources \$36,100</li> </ul>	<p><u>Is</u> a program to help pay the Medicare B premium that is usually deducted from the Social Security check.</p> <p>You may qualify if:</p> <ul style="list-style-type: none"> <li>• Single Person            Monthly income <u>\$1,815</u>            Resources \$9,950</li> <li>• Married Couple            Monthly income \$2,454            Resources \$14,910</li> </ul>

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Navigating Medicare

# Caregiver Support Group



Caring for a loved one can be rewarding, but it can also be stressful and isolating. You are not alone. Join our Caregiver Support Group to connect with others who understand the challenges of caregiving.

**Everyone is welcome**—regardless of the diagnosis of the person you are caring for.

In this supportive environment, you will have the opportunity to:

- Share experiences with other caregivers
- Learn coping strategies and resources
- Discuss concerns and stressors unique to caregiving

This group is open to all caregivers!

## Upcoming VIRTUAL

### Meetings:

April 2

May 7

June 4

Meetings begin at 4:00pm

## Scan the QR code to connect to the meeting

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

Questions or RSVP:

Jefferson County Area Agency on Aging

814-849-3096





## The Heritage House Senior Center is offering a Diabetes Self-Management Program (DSMP).

Workshop attendees will learn the following:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and difficult emotions.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy Eating.
- Appropriate use of medication.
- Working more effectively with health care providers.

### Date and Time:

Tuesdays April 14th to May 19th  
1:30pm-3:30pm  
Participants strongly encouraged to participate in all 6 classes.

### Location:

Heritage House  
Senior Center  
4 Sylvania St. Brookville

To register for this FREE evidence-based workshop, call JCAA at 814-849-3096.

We need a minimum of six people enrolled.

Need replacement documents after disaster or just because?

Here's where to go:

📄 Birth and death certificates

[pa.gov/agencies/health/programs/vital-records](https://pa.gov/agencies/health/programs/vital-records)

🇺🇸 Citizenship papers

[usa.gov/certificate-citizenship-naturalization](https://usa.gov/certificate-citizenship-naturalization)

🚗 Driver's licenses, IDs, registration

[pa.gov/dmv](https://pa.gov/dmv)

🚗 Car title

[pa.gov/services/dmv/get-a-duplicate-title](https://pa.gov/services/dmv/get-a-duplicate-title)

💰 Income tax records

[irs.gov/individuals/get-transcript](https://irs.gov/individuals/get-transcript)

🏠 Medicaid card

Contact your County Assistance Office: [dhs.pa.gov/cao](https://dhs.pa.gov/cao)

👤 Medicare card

Log into your Medicare account online to print, or go to [medicare.gov/talk-to-someone](https://medicare.gov/talk-to-someone) for help.

🇺🇸 Military discharge papers

[va.gov/records/get-military-service-records/](https://va.gov/records/get-military-service-records/)

✈️ Passports

[travel.state.gov/content/travel/en/passports.html](https://travel.state.gov/content/travel/en/passports.html)

🇺🇸 Social Security card

[ssa.gov/number-card/replace-card](https://ssa.gov/number-card/replace-card)

🍷 SNAP card

Call the [Pennsylvania Department of Human Services](https://pa.gov/human-services) hotline at 1-800-692-7462, or contact your county assistance office [dhs.pa.gov/cao](https://dhs.pa.gov/cao)



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

Scott Roble, RDN  
Corporate Dietitian

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Pasta & Meatballs (4) w/ 2oz Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Breadstick Fresh Fruit 	<b>2</b> 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit	<b>3 Good Friday</b> Closed
		<b>6</b> Florentine Omelet w/ Creamed Spinach and Cheese Breakfast Potatoes Spiced Fruit Biscuit with Jelly 	<b>7</b> 3oz Chipped BBQ Ham Sandwich 1 Slice Provolone Cheese Green Beans Warm Spiced Apples Coleslaw Hamburger Bun 	<b>8</b> 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread Blushed Fruit
<b>13</b> Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1 Garlic Breadstick Fresh Fruit	<b>14</b> Meatball Hoagie w/ Mozzarella Cheese Pasta Fagioli Soup Side Salad w/ Dressing Fresh Fruit Hot Dog Bun	<b>15</b> Chicken Breast Cheesy Broccoli & Rice Carrots Breadstick Fruited Gelatin 	<b>16</b> Cheeseburger 1/2c Tator Tots 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges	<b>17</b> 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
<b>20</b> Chicken Salad Sandwich Tomato Cucumber Salad Macaroni Salad Fresh Fruit Hamburger Bun 	<b>21</b> Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Gelatin	<b>22</b> Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Apple Crisp	<b>23</b> Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	<b>24</b> 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie
<b>27</b> Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	<b>28</b> Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad	<b>29</b> Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn 1/2c Pineapple	<b>30</b> Chicken Philly Sandwich Cream of Potato Soup Coleslaw Hot Dog Bun, Margarine Cookie	

Menu subject to change.



Coordinator: Tammy Miller

Phone: 814-849-3391

Email: heritage@jcaaa.org

## Welcome to April 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 April:*

- Friday April 3rd we are Closed for the holiday-Happy Easter
- Friday April 10th we have a Food Presentation from the Nutrition Group at 10 am with Free Samples
- Friday April 17th Sherri Patterson RN will be here at 10:30 am to talk about "Spring Fever"
- Friday April 17th Watercolor Painting Class at 10 am there are a few more seats available
- Friday April 24th at 9 am Seniors for Safe Driving until 1 pm
- Getting Crafty with Friends Dates for APRIL-Every Tuesday from 1-3 pm. APRIL 7th, 14th, 21st, and the 28th. 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.

### *Reminder-*

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.

**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

## Yay April!

Join us for the fun!

### Updates and Weekly Activities:

- Visit us at 222 N. Findley Street in Punxsutawney. Our hours are Monday and Tuesday from 8 to 1, serving a nutritious meal at noon.
- The meals must be ordered a day in advance. Stop in or call 814-938-8376 to place your order.
- Available at the Center – cards, games, jigsaw puzzles, coloring, movies, crafts, cold and hot beverages. We almost always have a variety of treats to share.
- Suggestions for additional activities are welcome.

### Scheduled Activities for April:

- Monday the 6, 20 and 27th – special bingo is offered beginning at 9:30. Prizes are awarded. We must have at least 3 folks willing to play.
- Tuesday, April 7 – celebrate April birthdays with an ice cream sundae bar following our meal.
- Monday, April 13 – a consumer favorite – Lindsay – Life – Music bingo at 10
- Tuesday, April 21 – Michele Maker from Nutrition Group – will provide a cooking demo – skillet pizza – beginning at 10.

## At the Foundry, we are getting ready for Spring ! We are hopeful that warm weather is right around the corner !

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:

- Every Monday and Wednesday we have Healthy Steps in Motion from 10:15 am – 11:30 am come and join us!
- Every Monday afternoon we have Jam Session for anyone wanting to come in, sing along and if you have an instrument to play maybe bring it along?
- Our Jammers play from 1:00-3:00 pm every Monday afternoon.
- Tuesday's we offer Nickel Bingo from 9:30-11:30 am come and try your luck. The Bingo crew always have a good time and welcome new players.
- As every day M-W we offer lunch at noon, please call the day before to reserve yours.
- The coffee pot is always on and the newspaper is ready for your convenience. We have a library downstairs that you may come and check out a book if interested.
- We also have a workout room downstairs with treadmills, stepper, and rowing machine if you are interested.

### Scheduled Activities for April:

- Monday April 6th from 6:00 pm – 7:00 pm Cheryl and Kim will be offering our Tai Chi class for 8 Monday evenings, come and try it out It is relaxing and fun !
- Friday April 10th we will be having our senior dance from 6-9 pm doors open at 5:30 pm. We will be offering snacks, soft drinks, and coffee – We have a \$5.00 per person cover charge to ensure that we can keep having our music nights.
- Friday April 3rd is Good Friday, Sunday April 5th is Easter Sunday,
- April 29th Wednesday we will be hosting Ed and Kenna from Baltimore Life to speak with us about any financial concerns for seniors. They do a great job, come and join us.

We hope to see you soon at the Foundry, Happy Easter, He has Risen !



## 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.

ADDRESS SERVICE REQUESTED

JEFFERSON COUNTY AREA AGENCY ON AGING  
 186 Main Street, Suite 2  
 Brookville, PA 15825

