



JEFFERSON COUNTY  
AREA AGENCY ON AGING

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Phone: (814) 849-3096 1-800-852-8036  
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[www.jcaaa.org](http://www.jcaaa.org)

**OLDER  
AMERICANS  
MONTH**



**CHAMPION YOUR HEALTH: MAY 2026**

### **Celebrating Older Americans Month: Champion Your Health**

Celebrated every May, Older Americans Month (OAM) is led by the Administration for Community Living (ACL). Established in 1963, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages older adults to take an active role in their health — advocating for themselves, accessing preventive care, and making informed decisions that support independence.

"Championing your health is about making daily choices that support your body and mind," said Molly McNutt, Executive Director for the Jefferson County Area Agency on Aging. "Small, consistent actions — from preventive care to staying socially connected — can help people maintain their health and independence as they age."

This Older Americans Month, communities and individuals alike can take steps to champion health and advance healthy aging.

How can individuals take charge of their health at every age?

- Stay up to date on preventive care and screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.

Jefferson County Area Agency on Aging Main Office and Senior Centers  
will be closed on May 25th

## Caregiver Support Group

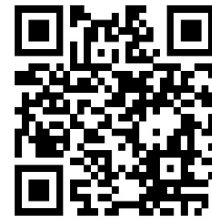


Caring for a loved one can be rewarding, but it can also be stressful and isolating. You are not alone. Join our Caregiver Support Group to connect with others who understand the challenges of caregiving.

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

Meeting held at the Heritage House and Virtually on  
May 7<sup>th</sup> 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

### Your Vote Is Your Voice: Make It Heard on May 19

Across Pennsylvania, older adults have spent a lifetime building communities, raising families, paying taxes, and showing up for their neighbors, their towns, and the commonwealth. They deserve to have their voices heard at the ballot this Election Day.

Pennsylvania's primary election on Tuesday, May 19 is an opportunity for older Pennsylvanians to vote on the issues that affect their daily lives. This includes funding that keeps senior centers open and allows Area Agencies on Aging to continue offering services like in-home care and nutrition services that help older adults to age at home.



**May 4:** Last day to register to vote.



**May 12:** Last day to apply for a mail-in or absentee ballot. Your application must be received by your county election office by 5 p.m.



**May 19:** Election Day. Polls are open from 7 a.m. to 8 p.m.



### Primaries Matter

Older adults represent roughly 22 percent of Pennsylvania's population and are the fastest-growing demographic in the state. By 2030, 1 in 3 Pennsylvanians will be over 60. When older Pennsylvanians and their families vote, candidates and elected officials take notice.

The services that help older adults live safely and independently are directly tied to the decisions made by elected officials. Voting is how we hold those decision-makers accountable and ensure aging services remain a priority in Harrisburg.

Not sure if your registration is up to date? Check your voter registration status at [vote.pa.gov/Status](https://vote.pa.gov/Status) before you do anything else.

### Help Is Available

Voting is accessible to everyone, and there are resources available to help you through the process.

- Visit [vote.pa.gov](https://vote.pa.gov) to register, apply for a mail ballot, find your polling place, and track your ballot status.
- Call the Pennsylvania voter helpline at **1-877-VOTESPA (1-877-868-3772)**.
- Reach out to your local Area Agency on Aging. Your AAA may be able to connect you with transportation to the polls on Election Day or help you navigate the registration and mail ballot process.

You worked hard for your community. Your community and your AAA want to help make sure your voice counts.

### Why Show Up This Election Day?

Every vote sends a message: we are here, we are paying attention, and we expect the people who represent us to do the same. Share this information with a friend, a neighbor, or a family member.

### Thank You to Our Volunteers

The Jefferson County Area Agency on Aging would like to extend our heartfelt thanks to our incredible volunteers for the time, care, and dedication you give to our mission.

To our **meal delivery drivers**, thank you for ensuring that older adults receive not only nutritious meals, but also friendly faces and regular wellness checks. To our **senior center volunteers**, your support helps create welcoming spaces where seniors can connect, learn, and thrive. To our **exercise instructors**, thank you for promoting health, strength, and confidence through your energy and encouragement. And to our **general helpers**, your willingness to assist wherever needed makes a meaningful difference every day.



Each of you plays an essential role in supporting independence, dignity, and quality of life for older adults in Jefferson County. Your generosity of time and spirit does not go unnoticed, and we are truly grateful for your service.

Because of you, our programs continue to reach those who need them most. Thank you for being such an important part of the JCAA organization.

# WORD FIND PUZZLE

T A M D U Y B R H A M P H O R Y N C U S  
 C R O B V E L O C I R A P T O R P O S T  
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STEGOSAURUS  
 DRAGON  
 BRACHIOSAURUS  
 DINOSAUR  
 ANKYLOSAURUS  
 PLESIOSAUR  
 TREX  
 DIMETRODON  
 PROTOCERATOPS  
 TROODON

ORNITHOLESTES  
 PARASAUROLOPHUS  
 RHAMPHORYNCUS  
 VELOCIRAPTOR  
 TRICERATOPS  
 ARCHAEOPTERYX  
 STRUTHIOMIMUS  
 PTERANODON  
 SUPER CROC  
 DIPLODOCUS



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4 Volunteer Recognition!</b> 3oz Turkey w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1/2c Coleslaw Dinner Roll 1/2c Ice Cream</p>	<p><b>5</b> 4oz Sweet &amp; Sour Chicken 1/2c Brown Rice 1/2c Broccoli &amp; Cauliflower Blend 1 Wheat Bread Fresh Fruit</p>	<p><b>6</b> Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Gelatin</p>	<p><b>7</b> Chicken, Spinach &amp; Cranberry Salad w/ Dressing 1c Mixed Greens &amp; Spinach 1c Cream of Cauliflower Soup 1 Slice Banana Bread 1/2c Pudding</p>	<p><b>1</b> 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>
<p><b>11</b> 1c Chili with Cheese 1 Baked Potato, Margarine 1c Salad with Dressing Cornbread</p>	<p><b>12</b> 3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage &amp; Noodles 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight</p>	<p><b>13</b> Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Apple Crisp 1/2c Coleslaw Hamburger Bun, Ranch PC</p>	<p><b>14</b> 3oz Pork Loim 3oz Creamy Mushroom Sauce w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Broccoli 1/2c Blushed Fruit</p>	<p><b>8</b> BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight</p>
<p><b>18 Memorial Day Lunch!</b> Stadium Hot Dog 1/2c Macaroni Salad 1/2c Baked Beans Hot Dog Bun Fresh Melon Soft Baked Cookie</p>	<p><b>19</b> Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p><b>20</b> Pasta &amp; Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas &amp; Pearl Onions Breadstick Fresh Fruit</p>	<p><b>21</b> 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit</p>	<p><b>22</b> 4oz Sweet General Tso's Chicken 1/2c White Rice 1/2c Garlic Broccoli 1/2c Pineapple Tidbits</p>
<p><b>25</b> Closed</p>	<p><b>26</b> 3oz Chipped BBQ Ham Sandwich 1 Slice Provolone Cheese 1/2c Green Beans 1/2c Warm Spiced Apples 1/2c Coleslaw Hamburger Bun</p>	<p><b>27</b> 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread 1/2c Blushed Fruit</p>	<p><b>28</b> 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin</p>	<p><b>29</b> Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) Lettuce &amp; Tomato 1/2c Broccoli Salad 1/2c Diced Beets 2 White Bread Fresh Fruit</p>

**MEMORIAL DAY**

Milk & Margarine Served With All Meals

Menu subject to change.



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

## PUNXSUTAWNEY AREA SENIOR CENTER

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

### Welcome to May 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 May:

- Friday May 1st Tea with charcuterie board style snacks will start at 10:30 am. Please make sure you sign up at the center if you are attending.
- Monday May 4th Volunteer Luncheon for our Volunteers at 12 noon. If you signed up for this luncheon we will see you there.
- Friday May 15th Sherri Patterson will be here discussing Lymes Disease at 10:30 am.
- Monday May 18th is the Memorial Day Luncheon, last day to sign up is Friday May 8th at 12 noon. The luncheon will be at 12 noon on the 18th.
- Friday May 29th at 10:30 am craft of your choice.
- Getting Crafty with Friends Dates for May-Every Tuesday from 1-3 pm. May 5th, 12th, and 26th. No crafts on the 19th due to election day. Please make sure you sign up on the sign up sheet if you will be joining us.

#### 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.

### Beautiful May!

Punxy will be open Monday, Tuesday, Wednesdays. This schedule will start May 4th.

#### Updates and Weekly Activities:

- Activities include cards, jigsaw puzzles, games, movies, chair yoga, coloring crafts, daily newspaper and lively conversation. Scheduled speakers present topics related to our seniors.
- When a new consumer enters the center, they are happily greeted.
- Bingo with prizes is offered daily. A minimum of three required to play. If one wishes to play, let me know and I will attempt to persuade others to play.
- Our center is blessed with wonderful volunteers. Monday, May 4 they will be honored with a special meal.

#### Scheduled Activities for May:

- Monday, May 4 at 10 Lindsay from LIFE will present a brief talk and end with music bingo.
- Tuesday, May 5 at 10 Terry Hinton from D&A will speak to seniors about the dangers of gambling.
- Monday, May 11 is the deadline to sign up for the special Memorial Day meal to be held May 18.
- Monday, May 18 at noon - a special meal for Memorial Day. We honor our Veterans and there is no cost for their meal.
- Tuesday, May 19 beginning at 10 we will be painting slate signs.
- Monday, May 25 the center will be closed in honor of Memorial Day.



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

**We are busy and jumping right into May and hopefully we are enjoying beautiful weather no more snow for awhile anyways.**

The Foundry is open from 9 am – 2pm every Monday, Tuesday, and Wednesday. We have a nice library if you want to check out a book, we have a nice exercise room with various pieces of equipment come and walk on the treadmill!

**Updates and Regularly Scheduled Weekly Activities:**

- The coffee pot is always on and we serve a delicious lunch at noon, call the day before to reserve yours!.
- Every Monday and Wednesday from 10:15 am – 11:30 am we have Healthy Steps in Motion exercise with our exercise enthusiasts – you may do these exercise sitting or standing come and join us!
- Tuesday's we play Nickel Bingo from 9:30-11:30 am the ladies have a great time and there is a break with coffee and snacks too.

**Scheduled Activities for May:**

- May 4th we are celebrating our Volunteers with a nice luncheon and gift for all of their hard work to keep our Foundry beautiful and assisting in the activities we enjoy! We so appreciate our volunteers
- To order the lunch for this day we need your order or reservation in by April 27th the volunteers eat free that day and everyone else will pay the \$5.00 fee for a delicious and nutritious lunch that we will be having that day.
- May 18th we will be celebrating Memorial Day and honor those who gave us our freedoms in our great USA! Veterans eat free this day and everyone else it is \$5.00 suggested donation. We need a count of reservation for this day by May 11th. The Foundry will be closed on Memorial Day May 25th in observance of the Memorial Day Holiday. We will re-open Tuesday May 26th.
- On May 20th at noon The Foundry will be hosting Joe Taylor a local author for a book signing from his latest release “ Eating My Own Words” Joe incorporates his humor into his upbringing and fond memories surrounding meals at the family table. Books will be available for purchase and Joe will be signing them as well. If you would like to join us for lunch please call the day before and let Cheryl know 814-653-2522.
- Looking ahead to June we are having another Senior Dance June 5th from 6-9 pm with Spruce Creek doors open at 5:30pm \$5.00 charge at the door per person. Light snacks and soft drinks are available for purchase.
- June 3rd We will be hosting David McKee from Lantern Light Learning – David will be speaking to us about our Apple devices and general information starting around 11:30 am if you plan on coming and would like to have lunch please call the day before 814-653-2522 and speak with Cheryl.
- June 16th Terry Hinton will be joining us from the Clearfield Jefferson Drug and Alcohol Commission – he will arrive around 11:30 am come and join us on this lunch and learn.
- June 23rd from 9 am – 1 pm the Foundry will be offering the AARP Seniors Safe Driving class. There is still room but the slots are filling up. Call Cheryl at 814-653-2522 if you would like to attend and also if you will be staying for lunch that day.

See you soon at the Foundry

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.



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

**Military Share in Jefferson**  
**Our next distribution will be**  
**Thursday, June 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.