



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

JCAAA Services Offers Seniors And Their Caregivers Individualized Support Services

Staying in your home is a goal that many of us have as we age. However, as changes in health or care needs change, not everyone realizes the variety of services available at the Jefferson County Area Agency on Aging.

“We realize every individual has unique needs throughout their senior years. Our team works to meet those needs with a variety of programs and tools to ensure both safety and dignity are a part of daily life. This makes all the difference in senior lives both emotionally and physically.”, according to Molly McNutt, Executive Director of the Jefferson County Area Agency on Aging.

Services with the JCAAA can start with a visit to our local senior centers. At Brookville Heritage House, the center offers hot meals five days a week. For those individuals needing additional services, a simple call to the office can help to assess the needs and determine what programs can best meet the needs seniors may have.

When going out to the senior center isn't possible or is limited due to care needs, the JCAAA offers another option. Many individuals do not realize that JCAAA can provide assistance with personal

care services. This can greatly help families and the individual. Personal care services can help with basic day-to-day needs such as bathing assistance, grooming, light housekeeping, laundry, local errands and medication reminders. The cost of this service is based on consumer income and resources. The JCAAA team will determine this with an assessment and provide options for this service based on information provided.

“Personal care services is an important way to support seniors staying in their home. We all need a little extra help sometimes and this is a great tool to help support the decision to stay at home safely.”, per McNutt.

Another great tool offered by the Jefferson County Area Agency on Aging is a PERS, the Personal Emergency Response Button. PERS is an electronic device which enables certain high-risk consumers to receive help in the event of an emergency. PERS services are limited to consumers who live alone or are alone for a significant part of the day. Individuals would also need to be determined as high risk for falls, have no regular caretaker for extended periods of time or lives with an individual who may be unable to promptly call for help in the

Jefferson County Area Agency on Aging Main Office and Senior Centers
will be closed on June 19th

event of an emergency. The individual receiving this service does need to be capable of using the device and the JCAAA team will assist in training on the device usage. The cost for this service is based on consumer income and resources.

And, if you are a caregiver, the JCAAA has caregiver support meetings monthly. And, starting in May they are offering virtual meetings to help caregivers who juggle an already busy schedule and aren't able to get to an in-person meeting.

"We realize that being a caregiver is rewarding. It can also be stressful and sometimes full of questions and challenges. Everyone is welcome at our caregiver support group meetings and we encourage all caregivers to reach out for support. Offering a virtual opportunity to meet is another way we are attempting to meet the variety of needs our community needs support and we are excited to kick this off in May 2026.", according to Ms. McNutt.

Upcoming in-person AND virtual meetings are scheduled for June 4th at 4pm. Contact the office with any questions and to RSVP.

"Our community senior centers and activities can provide a great resource for many to participate and interact. But, if seniors are unable to get out or have limitations, we know this is a real challenge and we are here to offer support and guidance. We encourage seniors and their family members or caregivers to reach out to our Agency.", stated McNutt.

Community support is also crucial to the ongoing support and care needed for seniors in our county. Together, we can make a huge impact. For more information on how you can be a part of the mission of the Jefferson County Area Agency on Aging, please reach out to the Agency at (814) 849-3096, by email at info@jcaaa.org or in person at our office located at 186 Main Street, Suite 2 in Brookville.

Caregiver Support Group

Meeting held VIRTUALLY and
IN PERSON on June 4th at
4:00pm

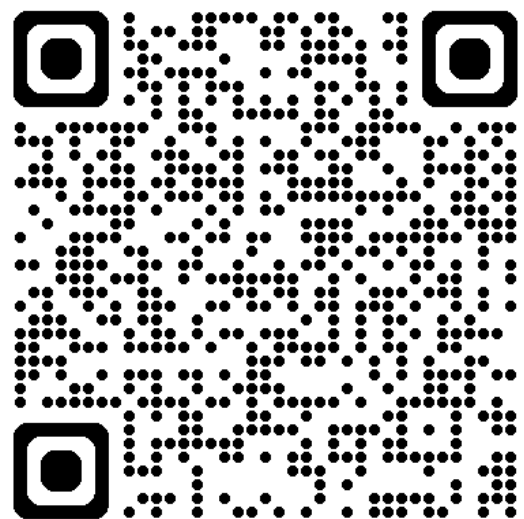
Scan the QR code to connect to
the meeting or join us at the
Heritage House Senior Center

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

Questions or RSVP:

Jefferson County Area Agency on Aging

814-849-3096



For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2026 APPLICATION FORM

To qualify, you must be 60 or older (or turn 60 by 12/31/2026) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. By signing this, I acknowledge that my total household income is within the Income guidelines: **\$29,526** for 1 person in the household; or **\$40,034** for 2 people in the household and that I am 60 years old or older (or will turn 60 by 12/31/2026).

1st Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ **Birth Date** _____
(Person checks are for)

(Signature)

Address (print): _____, PA
(Street) (City) (State) (Zip Code)

Telephone Number: _____ **County of residence:** Jefferson

I will/have watched the "My Plate for Older Adults" video prior to redeeming my SFMNP vouchers.

Please circle appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino
Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

Check Range: _____ (Office Use Only)

Please see back for USDA Nondiscrimination Statement

Mail or return to:
Jefferson County AAA
186 Main Street, Suite 2
Brookville, PA 15825

LAST DAY TO RECEIVE CHECKS: 9/30/26

USDA Nondiscrimination Statement

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

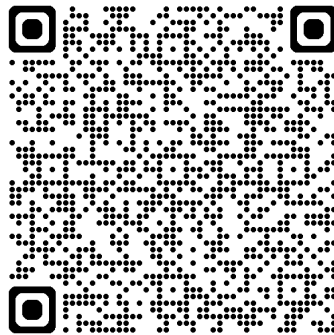
To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

DO NOT Mail Applications to the Address Above

You can save a stamp fill out the application online at jcaa.org or scan the QR code.



Mail or return to:
Jefferson County AAA
186 Main Street, Suite 2
Brookville, PA 15825

LAST DAY TO RECEIVE CHECKS: 9/30/26



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>1 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas & Onions 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>2 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Side Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun</p>	<p>3 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll</p> <p>NEW ITEM</p>	<p>4 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges</p>	<p>5 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>8 4oz Chicken Salad Sandwich 1/2c Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun</p>	<p>9 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Beef Soup 1 Wheat Bread 1/2c Fruited Gelatin</p>	<p>10 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Warmed Spiced Peaches</p>	<p>11 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Bun 1/2c Pineapple Tidbits</p>	<p>12 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie</p>
<p>15 Potato Crusted Pollock w/1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>16 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Herb Breadstick 1/2c Mixed Fruit Salad</p>	<p>17 Summer Picnic Lunch! Cheeseburger w/Lettuce, Tomato, Onion 1/2c Potato Salad 1/2c Baked Beans 1/2c Fresh Fruit Salad Jello Cake 1 Hamburger Bun *Sign up due by 5/10*</p>	<p>18 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>19 Centers Closed</p> 
<p>22 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Gelatin</p>	<p>23 4oz Sweet & Sour Chicken 1/2c Brown Rice 1/2c Broccoli 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>24 1c Tortellini with Sausage Meat Sauce 1/2c Garlic Green Beans 1/2c California Blend Vegetables 1 Garlic Herb Breadstick 1/2c Diced Peaches</p>	<p>25 Chicken, Spinach & Cranberry Salad w/ Dressing 1c Mixed Greens & Spinach 1c Cheesy Broccoli Soup 1 Dinner Roll</p>	<p>26 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight</p>
<p>29 1c Chili with Cheese 1 Baked Potato, Margarine 1c Salad with Dressing 1 Piece Cornbread</p>	<p>30 3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight</p>		<p>*Menu Subject to Change*</p> 	<p>Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.</p>



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

Welcome to June at The Heritage House Senior Center

Here at the center, every month brings new opportunities to connect, stay active, enjoy the lunches, have fun, learn new things, and make new friends. Let's make this month a great one together.

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
- Every Wednesday 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 June:

- Wednesday June 10th Picnic Style Lunch \$5-You must sign the clipboard for this lunch.
- Friday June 12th we will have an Ice Cream Sundae Bar at 11 am
- Friday June 19th we are Closed for the Holiday.
- Friday June 26th Sherri Patterson RN will be here at 10:30 am to discuss Processed Foods and Hidden Sodium
- First Farmers Market at the Heritage House is Tuesday June 30th 9:30-12:30 and you can use your farmers market vouchers. This will be set up in the lobby at the center.
- Getting Crafty with Friends Dates for JUNE-Every Tuesday from 1-3 pm. JUNE 2nd, 9th, 16th, 23rd, and 30th. 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.



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

Please stop in and cool off!

We have air conditioning and ice- cold beverages. We also have a variety of treats and hot beverages.

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, June 4 they will be honored with a special meal.

Scheduled Activities for June:

- June 1 is the beginning of the Farmer Market Voucher program. Applications available here. Folks may stop in, complete and hand application in. Checks will be available in this Center beginning Tuesday, June 2, They will be disbursed Tuesdays and Wednesdays from 9:30 to 11 am. Please do not come before 9:30 or come after 11. There will be no distribution on Mondays. Consumers may also choose to complete and mail their application in to JCAAA 186 Main St, Suite 2, Brookville 15825. The checks will be mailed to consumers.
- Monday, June 1 at 10am – Chris from Baltimore Life will be presenting a program.
- Tuesday, June 8 at 10am Lindsay from LIFE will be presenting a program and hosting music bingo.
- Wednesday June 17 our meal will be a special picnic with all picnic goodies. Deadline for ordering this special meal will be Wednesday, June 10

Other activities may be added in June.

Phone calls always welcome. 814-938-8376.



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

How is it June already??

Welcome to the Foundry.

We have a busy June lined up for you, our Foundry family.

Updates and Regularly Scheduled Weekly Activities:

- Recently we grew from two days a week to three 3 days a week from 8 to 1. This makes us happy!
- Help yourself - cards, coloring books, movies, various crafts, puzzles, bingo upon request and more.
- We are in Punxsutawney across from the Weather Center – 222 N. Findley St. Phone No. 814-938-8376.
- In June we will be offering a special breakfast provided and prepared by Tim and guys. The date and time unknown at this time but will be a Tuesday. More information will be forthcoming.
- Lunch offered daily at noon – please order a day in advance.

Scheduled Activities for June:

- Friday night June 5th we have ‘SPRUCE CREEK’ HERE FOR OUR SENIOR DANCE from 6-9 pm doors will open at 5:30 pm – we ask a 5.00 cover charge at the door to ensure further dances. Light snacks will be available.
- Wednesday June 10th at 11:30 – Noon- Lindsay Hand will be to talk about senior care and play music bingo! There will be prizes for the winners.
- Thursday June 11th from 10 am – noon we will be offering Farm vouchers checks for those who qualify (by income) * The next date will be June 25th 10am – noon *
- day June 29th we will have Adagio Health here offering their fresh produce for purchase for those who are interested. They will be here from 9:30am – 12:30pm * future dates are July 20th and August 10th from 9:30 am – 12:30 pm
- June 3rd Wednesday we will be hosting David McKee from Lantern Light Learning – David will be speaking to us about our Apple devices and helpful information to navigate our devices he will arrive at 11:30 am and be with us over the lunch hour.
- June 16th Tuesday Terry Hinton will be joining us from the Clearfield Jefferson Drug and Alcohol Commission to share helpful information during our lunch and learn.
- June 23rd from 9 am – 1 pm the Foundry will be hosting and offering the AARP Seniors Safe Driving Class. We still have a few slots left, call Cheryl at 814-653-2522 if interested in attending.

Come and see us 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.