



JEFFERSON COUNTY  
AREA AGENCY ON AGING

186 Main St STE 2 \* Brookville, PA 15825  
Phone: (814) 849-3096 1-800-852-8036  
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[www.jcaaa.org](http://www.jcaaa.org)

## Skill Games Regulation

### A Winning Hand for Pennsylvania's Older Adults

Across Pennsylvania, 52 Area Agencies on Aging provide meals, in-home visits, transportation, caregiver support, and protective services that allow older adults to remain safe and age independently at home. These services are funded through the Pennsylvania Lottery Fund, which is dedicated to support older Pennsylvanians. Right now, a real opportunity to grow funding for older adults could be sitting in the gas station down the street.

### A Booming Industry, An Untapped Opportunity

Skill game machines have continued to pop up across the commonwealth. Marketed as games of skill, they function much like slot machines and generate significant revenue for their operators. Because they exist in a regulatory gray zone, however, the revenue flows out of Pennsylvania communities without a cent being redirected to the services residents depend on.

The Pennsylvania Lottery estimates that at least \$170 million in annual revenue is being drawn away from the Lottery Fund due to skill games. Because there is no regulatory framework and skill game machines continue to proliferate, the true scale of the opportunity is even greater than we know.

### The Stakes for Older Pennsylvanians

As Lottery Fund revenue declines, PENNCARE funding—which supports services for older Pennsylvanians—is directly affected. AAAs are already being forced to make difficult decisions: which senior centers to maintain, which waitlists to manage, and how to sustain in-home visits that can make all the difference. Cutting these services removes the check-in that catches abuse before it happens or the meal delivery that ensures someone eats. The ripple effect reaches families, emergency rooms, nursing homes, and communities across the state.

Jefferson County Area Agency on Aging Main Office and Senior Centers  
will be closed on July 3rd

By 2030, one in three Pennsylvanians will be over age 60. The population is growing; consistent, reliable funding is essential to keep pace.

### Lawmakers Have the Opportunity to Act

Regulating and taxing skill games, and directing that revenue to PENNCARE, is one of the most direct, responsible paths forward for older adult services in Pennsylvania. It would:

- Stabilize and strengthen home and community-based services
- Reduce waiting lists and unmet service needs
- Support stronger workforce recruitment and retention in aging services, an essential sector strained by rising costs and staff turnover
- Improve service quality and program sustainability
- Generate long-term savings by delaying or preventing more costly institutional care

A vote for skill game regulation is a vote for older adults.

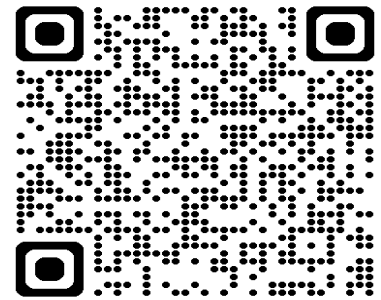
### Make Your Voice Heard

Lawmakers need to hear from Pennsylvanians on this issue. P4A has made it easy to contact your representatives and urge them to support skill game regulation and a full PENNCARE investment. Visit [p4a.advocacyai.com](http://p4a.advocacyai.com) to send a message to your legislators today. It takes just a few minutes, and for the older adults in your community, it will make a difference.

Sen. Cris Dush (814) 646-7272

Rep. Brian Smith 814-849-8008

Sen. Joe Pittman (724) 357-0151



## Caregiver Support Group

Meeting held VIRTUALLY and  
IN PERSON on **July 2<sup>nd</sup>** 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**



## Healthy Steps in Motion

### A Fall Prevention Program



Taking this class has made me feel more confident when I am out and about. I feel that I can catch myself if I go off balance because of the exercises that were taught during this class.

- Melodie L.,  
Wayne County



#### Healthy Steps in Motion - Strength & Balance

The Pennsylvania Department of Aging offers this falls prevention exercise program to adults 60 years of age and older. The program is taught by Certified Workshop Leaders and is designed for people of all fitness levels. It consists of eight sessions presented as either a two-session per week program over four weeks or a one session per week program over eight weeks. It starts with a warm-up, followed by strength and balance exercises and ends with a cool-down stretch. There are three levels of exercises, which enables participants to continue HSIM for as long as they like.

Healthy Steps in Motion (HSIM) strives to reduce the risk of falling by:

- Building body strength
- Increasing flexibility
- Improving balance
- 

HSIM promotes increased socialization and physical activities outside of the program among participants.

#### **Brookville Heritage House Classes:**

**Every Monday and Wednesday starting at 10:00am**

#### **Reynoldsville Foundry Classes:**

**Every Monday and Wednesday starting at 10:15am**

## Medicare fraud affects everyone, so here's what to know and do

Medicare losses due to fraud, errors, and abuse cost taxpayers about \$60 billion every year. Providers might double bill Medicare for a single treatment, charge for things like a back brace you didn't get (or need); a company might offer you a fake Medicare drug plan; or a scammer might ask you to confirm your Medicare number which they then use to commit hospice fraud.

Medicare fraud, abuse, and unintentional errors can also contribute to medical identity theft, losing your benefits, and paying higher medical costs. So, what can you do to help fight Medicare fraud while protecting yourself and your community?

- Never share your Medicare number with someone who calls unexpectedly. Medicare won't call or visit you at home to sell you anything. Medicare representatives will only ask for information if you contact them first.
- Review and report Medicare fraud and abuse. Spot mistakes or inconsistencies in your statements? Ask your medical provider or plan to explain. If you suspect fraud or abuse, call 1-877-808-2468 to reach your local Senior Medicare Patrol, or call Medicare at 1-800-MEDICARE.
- Report medical identity theft. If someone uses your information to get medical care or services, notify your provider or plan. And report the theft to [IdentityTheft.gov](https://www.identitytheft.gov) to get a personalized plan to help you recover.

Tell the FTC if you spot any other scams, fraud, or bad business practices: [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov)

## BBQ & Grilling Word Search






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

Barbecue	Glaze	Pulled	Smoked
Baste	Grill	Ribs	Thermometer
Bratwurst	Hickory	Rotisserie	Tritip
Brisket	Indirect	Rub	Woodchips
Charcoal	Marinade	Sear	
Chimney	Mesquite	Skewer	
Flareup	Propane	Smoke	



Jefferson County  
Senior Center Menu



Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change*	Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/CANCELLATIONS REQUIRED with 24 Hour Notice. 	1 Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples  1/2c Coleslaw 1 Hamburger Bun, Ranch PC	2 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit	3 
6 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches	7 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin	8 Turkey & Provolone Sandwich (2oz Turkey, 1 slice Provolone) with Lettuce & Tomato 1/2c Pasta Salad Fresh Fruit 1/2c Applesauce Soft Baked Cookie	9 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit	10 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit 
13 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes Seasonal Fresh Fruit 1 Warm Biscuit 	14 3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw 1 Hamburger Bun 	15 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley	16 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin	17 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Warmed Spiced Peaches
20 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas & Onions Medley 1 Garlic Breadstick	21 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun	22 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll 	23 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	24 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
27 4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun 	28 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread	29 Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread	30 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits	31 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie



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



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

## Welcome to July 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 July:

- Wednesday July 10th Picnic Style Lunch \$5-You
- Friday July 3rd CLOSED for the Holiday.
- Wednesday July 8th Scam Jam Day 9 am-you must register for this through the main office 849-3096. If you are not attending this presentation you need to sign up for lunch on the sign up sheet-see Sandy or Tammy for this.
- Wednesday July 8th there will be no activities at the center on this date due to the scam jam taking place.
- Friday July 10th at 10:30 am Miracle Ear will be at the center to do a presentation.
- Friday July 17th Sherri Patterson RN will be at the center at 10:30 am to talk about UV Safely.
- Getting Crafty with Friends Dates for JULY-Every Tuesday from 1-3 pm. JULY 7th, 14th, 21st, and 28th. 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.

## Happy fourth – be safe

Stop in and join us.

### Updates and Weekly Activities:

- We are air conditioned and have cold beverages available. We also have coffee and hot tea.
- Most of the time we have goodies.
- On hand lending library, jigsaw puzzles, movies, coloring books, games, cards, local daily newspaper.
- We are a happy group and welcome new members. Ideas for suggested activities encouraged. A registered nurse visits our center once a month to cover health related subjects. When she will come in July to be announced.

### Scheduled Activities for July:

- Monday, July 6 – Lindsay from LIFE will be presenting information about LIFE and entertains consumers with music bingo – a lively, favorite activity. Join us and sing along!
- Tuesday, July 7 – continue slate painting at 10. All necessary supplies provided. This activity is ongoing
- Wednesday, July 15 – game – hanger toss at 10
- Monday, July 20 – special bingo with prizes if at least 3 people show interest to play
- Wednesday – July 22 – making fairy lanterns at 10



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

## **HAPPY 250TH BIRTHDAY AMERICA!**

Have a great July and Happy Birthday America!

### ***Updates and Regularly Scheduled Weekly Activities:***

- Monday, and Wednesday's we offer Healthy Steps in Motion for exercise fun, you may do seated or standing! HSIM is offered 10:15 am – 11:30 am with a great group of people who want to keep moving.
- Monday afternoons from 1:00-3:00 pm we have our Jam Session group here playing music and singing, it is a wonderful afternoon, if you don't play an instrument or maybe don't want to sing along just stop by and listen and have fellowship. We have a great group of people to welcome you!
- Also in August on Tuesday morning from 10-11 am we will be offering a Tai Chi for Arthritis class – please call 653-2522 for more information.
- We have a exercise room downstairs with a library to offer as well if you are interested in working out or reading a book or checking one out!.
- So for those of you who do not know, we are Senior Center under the Jefferson County Area Agency on Aging and have daily lunch at Noon! Stop by and grab a menu – you just need to let Cheryl know the day before the meal that you want to eat that day!

### ***Scheduled Activities for July:***

- At the Foundry to celebrate America's 250th Birthday we are having a little celebration on July 2nd. We are doing a Time Capsule for our future Foundry Family to open July 4th 2276!! That's right, residents and businesses of Reynoldsville, current Foundry family members and residents please stop by if you would like to offer a little item for the Time Capsule! We will gather whatever anyone wants to share or drop off and seal it up in our capsule. Please wear your Red, White, and Blue on that day if you would to stop by and participate we will be offering a light refreshment!
- Monday afternoons from 1:00-3:00 pm we have our Jam Session group here playing music and singing, it is a wonderful afternoon, if you don't play an instrument or maybe don't want to sing along just stop by and listen and have fellowship. We have a great group of people to welcome you!
- Thursday morning from 9:30 – 11:30 am we offer nickel bingo! Come in out of the warm weather into a comfortable environment and play some bingo and enjoy a refreshment.
- Adagio Farmers markets will be doing "pop-up" farmers markets on June 29th, July 20th, and August 10th beginning at 9:30 am – they sell out or by noon.
- Karl from the Reynoldsville Public Library will be here doing a book signing from a local author, July 23rd at noon ( that week bingo will move to Tuesday!) After serving lunch at the Foundry this day Karl and the Library participants will be holding their event. Looking to August we are having our Senior dance with Spruce Creek on August 7th doors open at 5:30 pm.

More information to follow for other events TBA in August.

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, August 6th.**



*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.