



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

Knowledge gives you power over scams. AARP Fraud Watch Network equips you with reliable, up-to-date insights, alerts and fraud prevention resources to help you spot and avoid scams and protect your loved ones.

You can visit the AARP website or call for more information.
<https://www.aarp.org/money/scams-fraud/>

AARP Fraud Watch Network™ Helpline

877-908-3360

Monday-Friday, 8 a.m-8 p.m. ET

If you've been affected by a scam, you are not alone. We are here to help.



When to Call the Helpline:

1. Have you spotted a scam and want to report it?
2. Do you need help deciding if something is a scam?
3. Have you or a loved one been a victim of a scam?

Next Page:

How to Avoid 'Wrong Number' Text Scams

Call 877-908-3360

Criminals pretend to contact you accidentally to lure you into a crypto investment or other scheme.

If you own a mobile phone, you've likely received a mysterious text from someone who acts as if they know you. But even though you quickly figure out that the person isn't a real acquaintance, out of politeness — or curiosity — you might end up interacting with them anyway.

"You'll get a text message that says, 'Hey, you coming for dinner tonight?'" says Amy Nofziger, senior director of victim support for the AARP Fraud Watch Network. "And you're like, 'Oh, I'm sorry, I think you have the wrong number.' And they're like, 'Oh, OK, I'm so sorry to bother you. But I hope you're having a great day.' And then you start an innocent conversation."

That's what perpetrators of fake wrong-number text message scams are counting on. Once they've made a connection with an unwary target, they'll work to become friends with that person, or sometimes even cultivate a remote romantic relationship, embellished with fake photos. It's all designed to get you to relax your defenses, so you're susceptible to a scam, such as a cryptocurrency investment scheme.

Americans are already inundated with unwanted text messages, many of them sent by the automated apps known as bots. Security software company Robokiller reported that 19.2 billion spam texts were sent in April 2025 — an average of nearly 63 for each person in the U.S. While it's unclear how many of those are wrong-number texts, consumer advocates warn that criminals — many of them based overseas — are frequently phishing for victims in this way.

How fake wrong-number text scams work

"Scammers are aware that the quickest means of communicating with a victim is by text message, so their efforts naturally follow the societal shift to SMS messaging," says Josh Planos, a Better Business Bureau spokesperson.

Nofziger once received a text from someone who seemed to be trying to reach a veterinarian to make an urgent appointment for a sick dog. When she responded out of concern, she says, the scammer quickly shifted to a discussion about crypto. She's also received an "Oops, wrong number!" text from a likely scammer pretending to be a woman attempting to contact her yoga instructor.

They may say, "How are you? Have I missed your call?" or even just, "Hello." Some have telltale misspellings or grammatical mistakes.

Such scams often succeed because criminals are skilled at exploiting their targets' friendliness. "You would be surprised at how many people who get a wrong number text are amenable to trying to help the person who they think has dialed a wrong number," says Erin West, a former deputy district attorney in Santa Clara County, California, who has organized Operation Shamrock, a coalition of law enforcement officials who work together to combat crypto-related scams.

But what seems like an innocent mistake by the sender actually is the first move in what can be a long-running scam, according to West. Once the scammer gets a person to respond, more messages usually follow. "It goes on over a period of weeks, or even a month, where this scammer will develop a relationship," she says. "It could be a romantic relationship, or a friendship, or a mentor relationship with the victim." It's a tactic known as financial grooming or pig butchering.

Money enters the discussion

Once that bond is formed, experts say, the criminal usually transitions to luring you into a crypto investment scam. The scammers pretend to be living a high-end lifestyle, West notes, “then they say, ‘The reason I’m able to afford this is that I invest in cryptocurrency. Have you ever considered doing that?’”

By that time, they’ve also gleaned plenty of personal details from conversations about your personal finances — whether you own a home, for example, or have relatives who might lend you some cash — that indicate how much of a payday you might provide.

In crypto schemes, they’ll typically try to convince you to invest in what looks like a legitimate account; it may even indicate that you’re getting a huge return on your investment. In reality, those funds are stolen, West says. When you try to withdraw money, she adds, you might be told that you need to pay taxes on it first. Some victims end up losing hundreds of thousands of dollars, she adds: “This is a scam designed to absolutely clean out every last penny that a victim has.”

How to protect yourself

Be wary of texts from people you don’t know. If you get a text from a stranger, the safest thing to do is ignore it and don’t reply. As the BBB warns, if you engage with a scammer even briefly, they’ll mark your phone number as active, which could lead to even more texts from scammers.

Don’t click on links in text messages. “You run the risk of instantly starting a malware download on a device,” says BBB’s Josh Planos. “On mobile, where the true URL is nearly always shortened, it’s very difficult to know where you’re actually about to be directed once you click the link.”

Don’t respond. Don’t even respond with “STOP” if the messages say you can do this to avoid future messages, the FBI advises. “If you respond, it lets them know your phone number is active, and it will increase future text scams,” notes Steve Weisman, an attorney and fraud authority who reports on scams for his website, scamicide.com.

Block suspicious numbers. When you get texts that you think might be from scammers, block the numbers to prevent them from being used to contact you again.

Guard your personal information. Be careful with disclosing your full name, your home address, your Social Security number, your credit card and banking information, and other personal details. Definitely don’t share them with someone you only know from texting.

More resources

The Federal Communications Commission recommends tipping off your wireless service provider by forwarding suspected scam texts to 7726.

File a fraud report at the FBI’s Internet Crime Complaint Center, [IC3.gov](https://www.ic3.gov).

Contact the AARP Fraud Watch Network Helpline, 877-908-3360, a free resource with trained fraud specialists who provide support and guidance on what to do next and how to avoid scams in the future.

JEFFERSON COUNTY AREA AGENCY ON AGING

2026 SENIOR CITIZEN HEALTH FAIR

FRIDAY SEPTEMBER 18TH

Time: 10:00AM – 1:00PM

LUNCH WILL BE AVAILABLE! PLEASE REGISTER

JOIN US FOR FREE:
HEALTH SCREENINGS
COMMUNITY RESOURCES
PRIZES
AND MORE!

TO REGISTER:
CALL 814-849-3096

BRING CASH FOR 50/50
AND OUR BAKE SALE
FUNDRAISER!

LOCATION:
JEFFERSON COUNTY
FAIRGROUNDS
146 STRISHOCK LANE
BROOKVILLE, PA 15825





**Jefferson County
Senior Center Menu**



Phone Numbers:

Brookville 814-849-3391

Punxy 814-938-8376

Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese  1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	4 Penne Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Warmed Spiced Apples 1 Garlic Herb Breadstick	5 Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Seasoned Sweet Corn 1/2c Sweet Pineapple	6 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Homestyle Coleslaw Hot Dog Bun 1 Cookie	7 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Peach Crisp
10 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1/2c California Blend Vegetables 1 Garlic Herb Breadstick 1/2c Diced Peaches 	11 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Broccoli 1 Wheat Bread Seasonal Fresh Fruit	12 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Fruited Gelatin 	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1c Cream of Cauliflower Soup 1 Dinner Roll 1/2c Pudding	14 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight
17 1c Homemade Chili with Cheese 1 Baked Potato 1c Garden Salad with Dressing 1 Sweet Cornbread	18 3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Seasoned Green Beans 1 Wheat Bread 1/2c Pineapple Delight	19 Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1/2c Coleslaw 1 Hamburger Bun,	20 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Steamed Brown Rice 1/2c Broccoli Fresh Fruit	21 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit
24 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches 	25 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Banana Bread 1/2c Fruited Gelatin	26 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit 	27 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 Dinner Roll Seasonal Fresh Fruit	28 4oz Sweet General Tso's Chicken (5) 1/2c Fluffy Steamed Rice 1/2c Garlic Broccoli 1/2c Sweet Pineapple Tidbits 1 Cookie
31 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 Warm Biscuit			Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.	*Menu Subject to Change* 



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



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

Welcome to August 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.
- *NEW* Last Friday of the month Indoor Game Day with Ice Cream Sundae Bar 10:30 am (see schedule below for date)

Scheduled Activities for August:

- Monday August 10th Farmers Market at the Center 9:30-12:30
- Friday August 14th rock painting-we are painting rocks to add to the rock snake in the park named Ramen at 10:30 am.
- Friday August 21st Sherri Patterson RN will be here discussing Blood Pressure/Know your numbers at 10:30 am. Friday August 28th Indoor Game Day and Ice Cream Sundae Bar at 10:30 am. Who said you can't have ice cream before your lunch?
- Dance/Music Night Friday August 28th \$5 Cover Charge at the Door Snacks/Drinks for sale Doors open at 5:30 pm Music 6-8 pm
- Bake Sale at the Senior Health Fair Friday September 18th-Looking for Bakers to Donate, please contact Tammy at the Heritage House if you are interested in Donating.

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.

Welcome

We are located at 222 N. Findley St. 814-938-8376 (within the ATA building) please enter the main entrance of the ata building. There are no steps to navigate. We are located around corner on the right.

Updates and Weekly Activities:

- August is usually a hot month so stop in. We are airconditioned and have cold beverages.
- Open Monday, Tuesday, Wednesday from 8 am to 1 pm – serving a meal daily at noon. Note – meals need to be ordered a day in advance by either calling 814-938-8376 or stopping in to sign up.
- The suggested donation for lunch is \$2.50 - \$5.00 (what consumer feel they can afford).
- We have various educational speakers – see daily schedule
- Available puzzles, games, coloring, crafts, birthday celebrations, and much more.
- Our current consumers are extremely welcoming and make new members feel at home.

Scheduled Activities for August:

- Monday, august 3 at 10 – lindsay from life – presentation and music bingo
- Tuesday, august 4 all day if needed – fairy light lantern making – sign up
- Wednesday, august 5 at 10 – game trivial pursuit – sign up
- Monday, august 10 at 10 – chris from baltimore life – ongoing conversation about scamming seniors
- Tuesday, august 11 at 10 – special bingo with prizes
- Wednesday, august 12 at 10 – charades, sign up
- Monday august 18 all day if needed, card making
- Tuesday, august 19 – birthday celebration
- Monday, august 24 – lisa, rn at 10 to do a presentation about medical issues



Coordinators: Cheryl Hannah

Phone: 814-653-2522

Email: foundry@jcaaa.org

Welcome to August!

Here at the Foundry we welcome anyone who may have not heard about us for the programs we offer or the delicious lunches we serve. If you have any questions or want to find out a little more about us please call Cheryl at 653-2522.

Updates and Regularly Scheduled Weekly Activities:

- The Foundry is open Monday, Tuesday, Wednesday, and Thursday from 9 am – 2 pm
- We offer fresh hot coffee every morning while you read the Courier Express Newspaper!
- We have a library downstairs where you may sign out a book, also, if you venture downstairs we have an exercise room with treadmills, and other equipment if you would like to work out.
- Monday and Wednesday's we offer Healthy Steps in Motion from 10:15 – 11:30 am
- Tuesdays we will have a Tai Chi Class from 10 am – 11 am for anyone that would like to try it out or maybe you have attended a class here with us before please come and join us!
- Also, on Mondays at 1pm-3pm we offer music – you may come and listen or sing long with Jam Session – our circle is growing so come join us.
- Thursday mornings from 9:30-11:30 am we play nickel bingo come and try your luck, enjoy a cup of coffee and a snack while everyone socializes and have a nice time.

Scheduled Activities for August:

- Spruce Creek will be here on August 7th from 6-9 doors open at 5:30. Light refreshments will be offered for purchase.
- A pop-up farm market will be here at the Foundry on Monday August 10th at 9:30 – Don't forget to mark your calendars !
- I am excited to share that Dr Randy McCall DC from Reynoldsville Chiropractic Life Cener will be here Thursday August 20th at 11:30 am to share with us how to keep moving safely forward with our daily activities and benefits of chiropractic care and other great information
- We have a few events pending I will announce dates and details when dates are confirmed for August regarding speakers on health benefits, nutrition and taking good care of ourselves.
- I'm happy to announce that Dr. Jacob Snyder DC from Mint Condition will be here on Monday August 24th at 10 am to speak to us on the benefits of chiropractic care and many options on how to better perform our daily activities safely
- I will be sharing some information on the benefits of Tai Chi August 4th at our 10 am class.

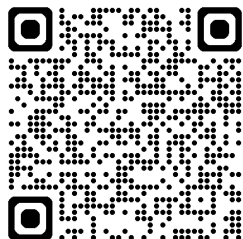
We have few other topics and speakers that we have reached out to and dates and topics will be announced when I receive them

The Foundry is available for rental for that special party, event, shower, reception, or milestone birthday or anniversary – please call Cheryl at 653-2522 if you have any questions.

****MARK ON YOUR CALENDAR NOVEMBER 7TH FOR OUR FALL CRAFT SHOW! IT WILL BE FROM 9-2 HERE 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 JCAAA Protective Services at 1-800-852-8036.

Caregiver Support Group



Meeting held VIRTUALLY and

IN PERSON on **August 6** 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



ADDRESS SERVICE REQUESTED

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

