



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



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 by September 8th

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 Area Agency on Aging Main Office and Senior Centers
will be closed on September 7th

Got a New Online Friend? Be Wary

Scammers may be harder to spot when they pose as pals rather than romantic partners

Romance scams have been a reliable source of income for digital criminals for years. But a new, more subtle variation of that fraud is seeing an uptick. Instead of seducing vulnerable people online with promises of romance, some scammers are creating a (false) bond with victims by convincing them they share a common interest, according to Amy Nofziger, AARP director of fraud victim support.

Fraud experts often refer to this as affinity fraud, where the criminal will take advantage of a shared affiliation with the victim — they might both belong to the same religious group, for example — and the trust that comes with it.

A recent caller to the AARP Fraud Watch Network Helpline (who asked not to be named) met someone on a friendship app who seemed to share many interests with her. When the new “friend” claimed to be locked out of his bank account, he asked for a loan via the Cash App. He promised to repay the money but never did and ended up stealing \$10,000 from her.

Another caller met someone while playing online video games. When they asked for money, she agreed to help, ultimately losing over \$100,000 sent via Bitcoin and gift cards.

“These are online romance scams with a twist,” Nofziger says. “Instead of pretending to fall in love, the criminals act like they share your hobbies or struggles. Whether it’s a sober support group or a Facebook group for classic car lovers, scammers are slipping into these spaces just to gain your trust and take advantage of it.”

How friendship scams work

The scams follow a predictable script, says Jason Zirkle, a certified fraud examiner and training director at the Association of Certified Fraud Examiners: Criminals lurking on sites like Facebook, Instagram or Reddit initiate contact by sending direct messages or commenting on posts.

Or they might try to initiate a relationship using a wrong number text (“Hi, is this Jane?”). If you reply, they’ll quickly try to engage you in conversation and forge a connection.

Then they often use empathy and “mirroring” — appearing to be in the same circumstances as you — to establish deep emotional connections quickly.

Eventually, conversations move to platforms that are harder to trace, such as encrypted text messaging apps like WhatsApp and Telegram. Finally, scammers invent a personal crisis to ask for financial help, often requesting money via nontraditional channels like gift cards, cryptocurrency or peer-to-peer payment apps. Or they’ll say they have an investment opportunity. They have a relative who’s done well in cryptocurrency, and they want you to benefit from their knowledge. (The process of creating trust before proposing this sort of bogus investment is known as financial grooming.)

Since people might not question platonic relationships as much as romantic ones, scammers can be harder to spot. “The relationship building is a little bit more subtle,” Zirkle says. “For that reason, I think friendship scams are more insidious than romance scams.”

How to avoid friendship scams

Keep these tips in mind to build online connections safely, says Iskander Sanchez-Rola, director of AI and innovation at Gen, which owns cybersecurity brands Norton, Avast and LifeLock.

- **Be skeptical of sudden closeness.** Scammers want to build rapport fast. So proceed cautiously when a new connection gets intimate soon after you meet them.
- **Beware of secrecy and evasion.** If online friends want you to keep your relationship secret, or if they avoid speaking on the phone, having a video chat or meeting you in person, they may be hiding something.
- **Avoid messaging platforms.** If your new friend wants to move your conversation to a messaging service like WhatsApp, Telegram, or Signal, that’s a red flag.
- **Don’t send money.** Eventually, inevitably, scammers always ask for money. If someone you’ve never met in person solicits you for cash, that’s a red flag — and a red light. Requests that are urgent or involve nontraditional payment methods like gift cards or crypto are especially suspicious.
- **Seek a second opinion.** If something about a new friendship feels off, consider confiding in a trusted friend or family member to get a fresh perspective. There are also tools you can use to sniff out scammers. Norton Genie,* AI Scam Detective and ScamSniper all use AI to detect likely scams by analyzing text messages, social media posts, emails and websites.
- **Cut off contact.** Immediately stop communicating if you suspect the individual may be a scammer, and do not re-engage with them.

Call AARP [Fraud Watch Network™ Helpline](#) for assistance with and advice on scams:
877-908-3360. Toll-free service is available Monday through Friday, 8 a.m. to 8 p.m. ET.

If you are a scam victim or have questions about scams, call the AARP Fraud Watch Network Helpline toll-free at 877-908-3360 for free advice from trained fraud specialists.

Turning 65? New to Medicare?

PA MEDI is here to help with “Medicare 101”!

Understanding Medicare can be difficult. Provided by Pennsylvania Medicare Education and Decision Insight, PA MEDI, this free presentation introduces you to Medicare and gives you the opportunity to ask questions to PA MEDI’s specially trained staff and volunteers.

“Medicare 101” will help you learn about:

- Medicare Eligibility & Enrollment
- Notices, Costs & Penalties
- Original Medicare, Medigap, & Medicare Advantage
- Services under Medicare Parts A & B
- Medicare Prescription Drug (Part D) Benefit
- Switching Plans
- Medicare Appeals
- Medicare Savings Programs to save you money
- How PA MEDI can assist you... and much more!



Pennsylvania
**Medicare Education
and Decision Insight**



Join Us!

September 29, 2026 10:00am

Rebecca M. Arthurs
Memorial Library
223 Valley Street
Brookville, PA. 15825

Call Mindy at 814-849-3096
ext. 232 to sign up

Presented by Pennsylvania Medicare Education and Decision Insight, PA MEDI, the known and trusted resource at your local Area Agency on Aging for unbiased, easy-to-understand Medicare information.



Jefferson County
Senior Center Menu



Phone Numbers:

Brookville 814-849-3391

Punxy 814-938-8376

Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch available this year at the Senior Health Fair! Be sure to sign up!	1 3oz BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c Warm Spiced Apples NEW ITEM 1/2c Homestyle Coleslaw 1 Hamburger Bun	2 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley	3 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin	4 Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit
7 Centers Closed Labor Day 	8 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun	9 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice NEW ITEM 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll	10 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	11 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
14 NEW ITEM 4oz Chicken Salad Sandwich 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun	15 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Fruited Gelatin	16 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie	17 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits	18 Senior Health Fair at Jefferson County Fairgrounds 10am-1pm 
21 NEW ITEM Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	22 Penne Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c Warmed Spiced Apples 1 Garlic Herb Breadstick 1/2c Mixed Fruit Salad	23 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Peach Crisp	24 Chicken Philly Sandwich 1c Corn Chowder 1/2c Homestyle Coleslaw Hot Dog Bun 1 Cookie	25 Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Seasoned Sweet Corn 1/2c Sweet Pineapple Tidbits
28 NEW ITEM 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c Warm Spiced Peaches	29 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Broccoli 1 Wheat Bread Seasonal Fresh Fruit	30 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Fruited Gelatin	Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice.	*Menu Subject to Change* 



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

Hello from the Foundry!

September is here and the kids are back to school! Be careful when driving and watch out for busses and kids walking about.

Updates and Regularly Scheduled Weekly Activities:

- We offer every Monday and Wednesday from 10:15 – 11:30 am Healthy Steps In Motion exercise.
- Every Monday afternoon from 1-3 pm we have Jam Session present for your entertainment. Come and join in and sing along.
- Tuesday and Thursday's we offer from 9:30 – 11:30 am Nickel Bingo come and play a game or two and enjoy a cup of coffee and a cupcake!
- The Foundry will be closed on Monday September 7th for Labor Day – activities will resume and Home Delivered Meals will be delivered on Tuesday September 8th.
- Tai Chi for Arthritis II will be held beginning on September 14th at 6 pm at the Foundry Monday evening and every Monday for 8 weeks.
- Tai Chi for Arthritis I will be held beginning on September 15th at 6 pm at the Heritage House in Brookville. This will be held every Tuesday for 8 weeks. Please call if you have any questions about either class – call Cheryl at 814-653-2522.

Scheduled Activities for September:

- 11th – We remember our country on this day!
- September 17th Thursday at lunch we will be celebrating National Senior Month and we will have a cake to commemorate this!
- Don't forget we have an exercise room and a library downstairs at the foundry with an elevator for convenience.
- Looking ahead, we have our last Senior Dance on October 9th with Spruce Creek doors open at 5:30 \$5.00/cover charge at door, light refreshments will be available for purchase.

** Mark on your calendar November 7th will be our fall Craft Show. 9-2 at the Foundry that Saturday.

Come and join our Foundry family for lunch or anything listed above. Call the day before to reserve your lunch.

PUNXSUTAWNEY AREA SENIOR CENTER

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

September is National Senior Center Month.

Let's make it a great one. Please visit us at 222 N. Findley St Monday thru Wednesday 8 to 1.

Updates and Weekly Activities:

- We serve a delicious meal at noon each day. Meals must be ordered a day in advance. To order either stop by or call 814-938-8376. Menus available
- Every Monday special bingo is offered starting at 9:30.
- Our September birthdays will be celebrated Monday September 14th.
- We have many craft supplies. We do slate painting, fairy lanterns, card making and accept ideas for other interests.
- Cards, puzzles, games, books, movies, etc. available.
- Hot and cold beverages and snacks on hand as well.
- We are a fun group and happily welcome newcomers.

Scheduled Activities for September:

- Tuesday, September 1 at 10 - Gene from Clear Creek will be presenting a program on medicinal teas. The ingredients for teas found in the forest. He will have samples to taste.
- Monday, September 21 at 10 - Lindsay from Life - presentation followed by music bingo.
- We hope to host speakers on subjects about hospice/palliative care. Currently working on setting this up. Other areas of interest including Scammers - part 3, Lisa Rorabaugh, RN to report about various medical issues. The dates and times will be announced once known.



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

Welcome to September at The Heritage House Senior Center

September is National Senior Center Month, and we're celebrating at The Heritage House Senior Center! We have some special activities, fun programs, and exciting things happening throughout the month. Stop in, bring a friend, and see what the Heritage House has to offer-You just might discover something new to enjoy! We'd love to see you!

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 to play in our lovely Cafe'.

Scheduled Activities for September:

- *NEW* Tai Chi for Arthritis starting on Tuesday September 15th 6-7 pm at the Heritage House please call or stop in to sign up 849-3391.
- Friday September 4th Walter's Funny Farm will be here at 10 am with baby animals and a baby highland cow named Milo. Come meet them all and get some pets and snuggles; in-animals can help you feel calmer, happier, and more connected.
- Friday September 11th Birthday Cake Celebration at lunchtime. Join us for Cake as we celebrate all the birthdays that have happened recently and those still to come! "Happier Birthdays Happen Here" and We LOVE CAKE!
- Friday September 18th is our Annual Senior Health Fair from 10 am to 1 pm. If you registered for this event, we will see you there.
- Wednesday September 23 Coffee and Cheer Good Friends Here in our Cafe' at 11 a.m. Join us for some Coffee, Donuts, and Conversation.
- Friday September 25th we are making Fall Door Decor for Brookside and we need Your Help! Join us at 10:30 am for crafting, cookies, and chat.
- Wednesday September 30th we will have a Wellness Walkabout with different stations that you can visit for activities and information on Wellness and other topics. Starting at 11 a.m. Healthy Steps in Motion will end at 11 a.m. on this day for this activity.
- All throughout the month there will be opportunities to earn tickets for prizes that will be drawn at the end of the month. Listen to the announcements and read the flyers.

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. This helps me be better prepared.

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, October 1st



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.