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www.jcaaa.org

Medicare Open Enrollment is the annual period from October 15 to December 7 when people with Medicare can review, add, drop, or change their Medicare Advantage and Part D prescription drug plans, with changes taking effect January 1 of the following year.

Medicare Open Enrollment happens every year from **October 15 to December 7**. During this time, beneficiaries can adjust their Medicare coverage for the upcoming year. Any changes made are effective **January 1** of the next year.

What You Can Do During Open Enrollment

You may:

- Switch between **Original Medicare** and **Medicare Advantage**.
- Join, drop, or change a **Medicare Part D** prescription drug plan.
- Change from one **Medicare Advantage** plan to another, with or without drug coverage.

Why It Matters

Medicare plans can change yearly—costs, covered services, drug formularies, and provider networks may shift. Reviewing your plan ensures it still meets your health needs and budget.

Additional Notes

- If satisfied with your current plan and it's still offered, you don't need to take action.
- Missing the enrollment window generally means waiting until the next year unless you qualify for a Special Enrollment Period.

Medicare Open Enrollment is the primary opportunity each year for beneficiaries to ensure their coverage aligns with their evolving healthcare needs.

Medicare Open Enrollment is here!

We're here to
HELP

1-800-852-8036

Call Jefferson County Area Agency on Aging
PA MEDI Program
9:00am-2:00pm

 **Pennsylvania
Medicare Education
and Decision Insight**

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How can I prevent falls in the winter?

While most of us can appreciate the beauty of a snow-blanketed landscape, winter weather brings extra dangers to our doorstep. Falls are the leading cause of injury for older adults, resulting in 3 million ER visits annually and 1 million hospitalizations. Slippery surfaces from winter weather pose a predictable risk. And when we can predict, we can prepare.

Follow these five tips for winter preparedness to greatly reduce your risk of falling this season:

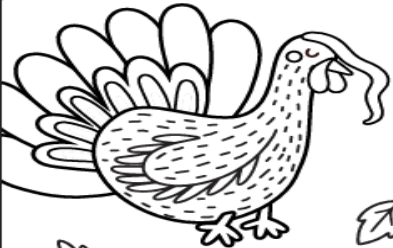
1. **Educate yourself:** Many of us underestimate our risk of falling, but the truth is that more than 1 in 4 older Americans fall every year. That's why it's important to understand the factors that contribute to falls and ways to prevent them. Simple steps, like doing exercises to improve balance and getting your hearing and vision checked regularly, can go a long way in helping you move around safely.
2. **Ask for a falls risk screening:** When you visit your primary care provider, ask them to conduct a screening for falls risk, such as the STEADI fall risk screening. Use the results to discuss concerns and strategies to reduce your risk with your doctor, friends, and family.
3. **Sprinkle cat litter on slick surfaces:** You can reduce your risk of slipping on icy surfaces by creating even a little bit of traction. Cat litter is an easy, affordable way to achieve this. Choose an inexpensive clay litter product labeled "lightweight." Carry a small bag filled with litter in your pocket and toss a handful in front of you as you're walking on slick surfaces.
4. **Create a falls-free environment at home:** There are many tools that can be useful in reducing the risk of falls in your living spaces. Consider adding the following items to your shopping list—or yourself or someone you care about:
 - Motion-sensor fall alarm systems
 - Higher toilet seats
 - Multifocal glasses with single vision eyeglass lenses
 - Grab bars
 - Firm stair railings
 - Lights over stairways and by outside entrances
 - A table to set down bags while finding keys
 - Flashlights to attach to keys and clothing
 - Bed rails to prevent nighttime falls
 - Non-slip mats to place throughout house
 - Reacher and grabber tools for accessing hard-to-reach items
5. **"Winterize" shoes, boots, and assistive devices:** To add another layer of winter safety to your daily footwear and assistive devices:



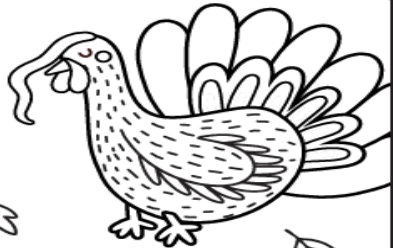
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- Attach spike-less ice and snow grip covers to soles of shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Take special precautions when using a wheelchair in the snow. This includes adding winter tires during colder months, engaging wheel locks when transferring, and keeping your cell phone handy in case you and your chair get stuck on a snowy sidewalk.

More information can be found at: <https://www.ncoa.org/older-adults/health/prevention/falls-prevention/>



FALL



WORD SEARCH

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

Level 4: Brain Buster Directions: → ← ↘ ↓ ↑

YELLOW	SQUIRREL	BACK TO SCHOOL	COCOA	FALLING LEAVES
NUTMEG	CHESTNUT	SCARF	GRAVY	CHILLY
END OF SUMMER	PIE SLICE	CIDER	BIRD WATCHING	HAYRIDE
FOLIAGE	RAKE	WHEAT	ORANGE	SWEATER
FLANNEL	GOURD	BOOTS	AUTUMN	ORCHARD
CARAMEL APPLE	THANKSGIVING	SPICE	SWEET POTATO	HARVEST

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 Pennsylvania October Fall Events — 2026

Event	Dates	Location	Main Attractions
 Great Pocono Pumpkin Festival	Sept. 26–Oct. 25	Lehighton	Carnival rides, pumpkins, food, live entertainment
 Mifflinburg Oktoberfest	Oct. 2–3	Mifflinburg	German beer, polka, oompah bands
 Lehigh Valley Oktoberfest	Oct. 2–4 & 9–11	Bethlehem	German food & beer, music, dachshund races
 National Apple Harvest Festival	Oct. 3–4 & 10–11	Biglerville	300+ vendors, apples, crafts, antique cars, music
 Jim Thorpe Fall Foliage Festival	Oct. 3–4, 10–11, 17–18	Jim Thorpe	Peak foliage, vendors, music, train rides
 Pumpkin Festival at Reeger's Farm	Oct. 3–4, 10–11, 17–18, 24–25	Shelocta	Hayrides, pumpkin patch, corn maze, animals
 Autumn Leaf Festival	Oct. 3–11	Clarion	Parades, car show, tractors, fall scenery
 Bedford Fall Foliage Festival	Oct. 3–4 & 10–11	Bedford	Crafts, food, shopping, entertainment
 Covered Bridges & Arts Festival	Oct. 8–11	Bloomsburg	Hundreds of craft vendors, food, seasonal items
 Pumpkinfest	Oct. 9–11	Conneaut Lake	Rides, food, crafts, Giant Pumpkin Drop
 Fort Ligonier Days	Oct. 9–11	Ligonier	Reenactments, crafts, food, parade, entertainment
 Harvest Days	Oct. 10–11	Lancaster	Cider, pumpkins, wagon rides, PA Dutch food
 Harvest Festival	Oct. 10–11	Waynesburg	History, demonstrations, food, children's activities
 Lumberjack Carving Festival	Oct. 10–11	Forksville	Chainsaw carving, sawing competitions, crafts
 Great Pumpkin Carve	Oct. 15–17	Chadds Ford	Giant carved pumpkins, haunted trail, music



**Jefferson County
Senior Center Menu**



Phone Numbers:

Brookville 814-849-3391

Punxy 814-938-8376

Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
Centers NOT open on weekends to take reservations for Monday. RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. 	*Menu Subject to Change*		1 Tomato Braised Stuffed Cabbage 1/2c Garlic Mashed Potatoes 1/2c Seasoned Broccoli Dinner Roll Fresh Fruit (Apple) Milk/Margarine	2 Breakfast Omelet 1/2c Herbed Breakfast Potatoes Mandarin orange Buttery Biscuit Milk/Margarine
5 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Steamed Seasoned Cauliflower Hamburger Bun Fresh Fruit (Banana) Milk/Margarine	6 Braised Beef Pot Roast 2 fl. Oz. Pan Gravy 1/2c Cheesy Mashed Potatoes 1/2c Vegetable Medley 1 Wheat Bread Fresh Fruit (Orange) Milk/Margarine	7 Cheddar Egg Scramble 1/2c Homestyle O'brien Potatoes Buttery Biscuit Orange Juice Milk/Margarine 	8 Chopped Beef Steak 2 fl. Oz. Pan Gravy Buttered Rotini Pasta 1/2c Brussels Sprouts Dice Pears Milk/Margarine	9 Chef's Grilled Chicken Salad 1c Cream of Broccoli Soup Cracker (1 pk) 1/2c Fruited Flavored Gelatin 1 Wheat Bread Dressing Packets (2) Milk/Margarine
12 Ham with BBQ Glaze 1/2c Seasoned Green Peas 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw Milk/Margarine	13  Sesame Orange Chicken over 3/4c Vegetable Fried Rice 1/2c Garlic Green Beans Fresh Fruit (Orange) Fresh Baked Cookie Milk/Margarine	14 Roasted Turkey with Gravy 1/2c Garlic Mashed Potatoes 1/2c Buttered Carrots Dinner Roll Orange Juice Milk/Margarine	15 Sloppy Joe 1/2c Winter Blend Vegetables 1/2c Golden Roasted Potatoes Hamburger Bun Milk/Margarine	16 Creamy Chicken Salad Hamburger Bun 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Fresh Fruit (Apple) Milk/Margarine
19 Chicken & Spaetzel Dumpling Soup 1c Garden Tossed Salad 1/2c Brown Sugar Glazed Carrots Buttery Biscuit 1/2c Mandarin Oranges Milk/Margarine 	20 Breakfast Omelet 1/4c Corn Beef Hash w/ Peppers/Onions 1/2c Cinnamon Brown Sugar Tri Color Sweet Potatoes 4oz Orange Juice Wheat Bread Milk/Margarine 	21 (4) Swedish Meatballs in Cream Sauce 1/2c Buttered Parsley Pasta 1/2c Steamed Seasoned Cauliflower 1/2c Fruit Medley Milk/Margarine	22 Hot Dog 1/2c Cheddar Cheese Potatoes 1/2c Seasoned Green Peas Hot Dog Bun 1 Cookie	23 Grilled Chicken Cacciatore 1/2c Parmesan Garlic Broccoli 1/2c Buttered Pasta Fresh Fruit (Banana) Milk/Margarine
26 BBQ Grilled Chicken Breast 1/2c Southern Collard Greens 1/2c Warm Spiced Apples w/ Oatmeal Dinner Roll Milk/Margarine	27 (4) Meatballs Parmesan 1/2c Buttered Parsley Penne 1/2c Seasoned Broccoli 1/2c Pineapple Tidbits Milk/Margarine	28 3oz Tender Roast Beef 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Winter Blend Vegetables White Bread Fresh Fruit (Banana) Milk/Margarine	29 4oz Chicken Philly Hoagie 1c Cream of Potato Soup 1c Garden Tossed Salad Hot Dog Bun Milk/Margarine	 30 6oz Sausage Egg Scramble 1/2c Homestyle O'Brien Potatoes 4oz Orange Juice Buttery Biscuit Milk/Margarine



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



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

Happy October from the Foundry!

Every day we offer fresh pot coffee and conversation we are open Monday-Thursday from 9 am – 2 pm

Updates and Regularly Scheduled Weekly Activities:

- We have an exercise room with various pieces of equipment come and give it a try!
- Every Monday and Wednesday we offer Healthy Steps in Motion for exercise that you may do sitting or standing. We have a nice group of people who enjoy this lively workout come and join in!
- Monday's from 1-3 pm we offer music with our Jam Session participants – you can enjoy the entertainment that they provide or sing along.
- Every Tuesday and Thursday we offer nickel bingo – come and join our crew of bingo players it is an enjoyable time and they always have a good time.
- We are currently offering a Tai Chi for Health class for anyone that is interested – we have a nice group and if you want to come and join in and see what this is all about please join us every Monday evening from 6-7 pm here at the Foundry this class started 9-14-26 and will run until November 2, 2026.

Scheduled Activities for October:

- We will be having our last senior dance for the season/year on October 16th with Spruce Creek doors open at 5:30pm the dance is from 6-9 pm. Come and join us for a nice evening out!
- ** Mark down on your calendars Saturday November 7th we are having our Fall Craft and Vendor show here at the Foundry. We will be open this day from 9 am – 2 pm! Our tables are already sold out! Many of the same vendors will be here as in the past so come and shop with us! Solnosky Basement Vineyards will be here, Jay's Country Décor, Helen will be making her outstanding biscotti and hot mustard, Donna will be here with her beautiful table runners and raisin filled cookies and the list goes on! We hope to see you in November
- We have a few programs lined up for education and fun and we will announce those dates as soon as possible. Check out our Facebook page for the Foundry!

The Foundry is also available to rent for showers, receptions, milestone events, and birthday parties – so if you are interested give Cheryl a call at 814-653-2522 to check out availability. We hope to see you soon at the Foundry

Our center welcomes newcomers.

Please visit us at 222 N. Findley St Monday thru Wednesday 8 to 1.

Updates and Weekly Activities:

- Open Monday thru Wednesday
- 8 to 1 with a delicious meal served
- Meals must be ordered a day in advance, menus available
- We offer games, cards, bingo, puzzles, crafts, and wonderful people.
- Come in and check us out

Scheduled Activities for October:

- Monday, October 5 – grocery bingo
- Tuesday October 6 and Wednesday October 7 painting ceramics
- Special bingo Monday October 12 and Monday October 19
- Monday October 26 – Lindsay from Life – music bingo
- Wednesday October 28 – Halloween Party of course!



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

Welcome to October at The Heritage House Senior Center

Fall is in the air, and we are excited to welcome October to the center! This month brings cooler days, beautiful autumn colors, fun activities, friendship, and plenty of opportunities to stay active and connected. We hope you will join us, make some wonderful new memories, and enjoy all that the center has to offer this month. Happy Fall, everyone!

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 Café.

Scheduled Activities for October:

- Friday October 2nd at 10:30 am we have a presentation on Hospice and Palliative Care.
- *NEW* Wednesday October 7th from 12:30-1:30 pm we have a tech class for Cell Phone Basics.
- Friday October 9th is our Fall Tea at 10:30 am. Please consider bringing a friend and joining us for this tea. It is a nice time to visit with someone and catch up if you haven't seen each other in a while or it is a good opportunity to make new friends.
- *NEW* Wednesday October 14th from 12:30 to 1:30 pm we have a tech class for Setting Up a Facebook Account.
- Friday October 16th Fall Crafts-You Choose from multiple crafts-starts at 10:30 am.
- *NEW* Wednesday October 21st from 12:30-1:30 pm we have a tech class for CyberSecurity
- Friday October 23rd we are making Pumpkin Wreaths at 10:30 am-this class is limited to 10 people, first come first served because I could only get 10 frames. Call or stop in to get signed up.
- *NEW* Wednesday October 28th from 12:30-1:30 pm we have a tech class and it is "Ask Anything" Day.
- Friday October 30th we have a class on Using Your Cell Phone with a Charles Leach Agent at 10:30 am

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 JCAAA 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.