The Sunshine Line

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JEFFERSON COUNTY
AREA AGENCY ON AGING

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www.jcaaa.org

November is National Family Caregivers Month in the United States. It's observed to call attention to the hard work of more than 50 million family caregivers across the country.

Who are family caregivers and what do they do?

Family caregivers provide care and assistance to family members with limitations due to illness, injury or disability. The care recipient may have physical or developmental disabilities, or any situation (permanent or temporary) that means they need some level of assistance with daily living activities and other aspects of life.

Family caregivers may provide many different types of support:

Medical Care

- Organizing and giving medication
- Managing and attending appointments and maintaining medical records of information
- Managing therapies and treatments
- Arranging nursing and other medical supports
- Performing basic medical tasks

Personal Care

- Bathing, personal hygiene, dressing, and toileting
- Getting in and out of bed or a chair and walking
- Meal preparation and feeding



Other Life Management Tasks

- Shopping for food, clothing, and other essentials
- Providing transportation or organizing transport
- Managing finances, paying bills, planning for the future
- Housekeeping and home maintenance
- Managing communication with others
- Arranging respite care providers

Jefferson County Area Agency on Aging Main Office and Senior Centers will be closed on November 11th, 26th, and 27th

How can you show appreciation to a family caregiver?

To observe National Family Caregivers Month 2026, here are six things you can do to encourage and support a family caregiver in your life. However, you choose to show appreciation to a family caregiver during family caregiver awareness month, make a special effort to make life a bit easier for the family caregivers you know.

Provide respite care.
If it's once a week or just once – period – caregivers can benefit greatly from a break from their work. Spend a morning with their loved one while they run errands or take some time for themselves. The gift of your time is priceless.

Check in regularly.
Let them talk about their experiences without offering advice or casting an option. Let them know that you see the work they are doing and the value it brings to the family and community. Remember, you don't have to fix their problems, just being able to talk openly and without judgment is often the support they need.

Be specific with your offers.
Avoid saying "let me know if you need anything". Instead, make a specific offer of help. When caregivers are overwhelmed, it can be difficult to ask for help, so the more specific you can be, the better.

Help with chores.
Bring a meal, clean the house, help with laundry, do yard work, or tackle any other life tasks that are hard for caregivers to get to. This helps ease their burden and makes them feel supported.

Keep inviting them.
Even if you know they can't attend an outing or gathering, continued invitations will make a caregiver feel less isolated and let them know that you are thinking of them and value their presence. And you never know when they might be able to make it happen!

Offer encouragement.
A thought card or text message, or even a small gift, can show that you recognize the gift of their service. Be positive about how you appreciate their efforts and see what a great job they're doing.



Volunteer Spotlight: Making a Difference One Card at a Time



At the Jefferson County Area Agency on Aging, our volunteers bring unique talents and caring hearts to the older adults and caregivers we serve. This month, we're highlighting a volunteer who prefers to remain anonymous but whose kindness has touched many lives.

For the past year and a half, this volunteer has dedicated time to supporting caregivers through our Caregiver Support Program. After retiring, they found themselves looking for a meaningful way to give back. The inspiration came from a simple tradition they practiced during their working years.

"*I would give everyone a Valentine's Day card, and I saw the joy the cards brought people,*" they shared. "*When I saw a flyer at Heritage House looking for volunteers for the Caregiver Support Program, I thought I could offer my talent of writing cards.*"

Their connection to caregiving is personal. Having helped care for their own mother, they understand firsthand the demands caregivers face every day.

"*The Caregiver Program was important to me because I know it's a lot of work. It's 24/7,*" they explained. "*I can offer some words of encouragement or a pick-me-up for the day. The messages I write are words that I would have liked to hear when I was caring for my mom. It's nice to hear somebody is thinking about you and knows what you're going through.*"

In addition to writing cards for caregivers, this volunteer stays active in the community by helping at their church, collecting small items that can be donated as bingo prizes for local nursing homes, and assisting with activities for nursing home residents.

A typical volunteer month may only involve a few hours, but those hours are filled with purpose. They spend time researching uplifting articles, visiting the library to print materials, and creating thoughtful messages to brighten someone's day.

When asked what they would tell someone considering volunteering, their answer was simple: "*Volunteering is rewarding to you and to the person on the receiving end. I think it is important to try something, and if it doesn't work, try something else. Kindness always lifts somebody up.*"

They believe the qualities that make a great volunteer aren't complicated: having time to share, being caring, and doing something for others without expecting recognition in return. "*You are getting something out of it without a lot of recognition,*" they said.

Their perspective on supporting older adults is one we can all relate to. "*Because someday you will be in that position. You want to know that people still care and will take time out of their day to brighten it. Hopefully we all age and think about how we want to be treated as we age.*"

We are grateful for volunteers like this individual who remind us that even small acts of kindness can have a profound impact. A thoughtful card, a few encouraging words, or a little time spent helping others can make someone's day brighter and their burdens feel a little lighter.

Thank you to all of our volunteers for the compassion, generosity, and encouragement you bring to our community every day.

Who qualifies for food assistance?

SNAP is a need-based federal program to help low-income households supplement their budget to buy food. In 2023, about 42 million people received SNAP benefits each month — about 13 percent of the U.S. population, according to data from the Department of Agriculture.

SNAP Supplemental Nutrition Assistance Program

SNAP eligibility and benefit amounts depend on household size and composition, income (including Social Security and disability) and, in certain states, assets. The federal government has the following general rules for eligibility, though states can broaden the criteria by increasing income limits or eliminating asset tests, for example.

- Gross income must be at or below 130 percent of the federal poverty line. For a single individual in 2025, that's $1,632 per month in most states. The threshold increases for families.
- Net monthly income must be at or below the poverty line. In 2025, a single person can make no more than $1,255 per month.
- In states where this applies, household assets, cash and other resources must not exceed $3,000 — or $4,500 if at least one member of the household is 60-plus or disabled.

People age 60 and older only must meet the criteria for net income and applicable assets to qualify. They also may be eligible for medical expense deductions that can increase their SNAP benefits. Once approved, funds are loaded monthly onto an Electronic Benefit Transfer (EBT) card, similar to a debit card, that can be used to buy ingredients and packaged foods at major grocery stores, certain online retailers and farmers markets.

Foods that are hot at the point of sale, like rotisserie chicken, for example, cannot be bought with an EBT card. Alcohol, cigarettes, vitamins, supplements and non-food items also can't be purchased with SNAP funds.

How to apply for food assistance

Applicants must apply through the Jefferson County Assistance Office, either online, in person or by mail.

www.compass.dhs.pa.gov

Jefferson	**Jefferson County Assistance Office** 100 Prushnok Drive P.O. Box 720 Punxsutawney, PA 15767-0720 **OFFICE HOURS**: 8:30 a.m.-5 p.m.	• Toll-Free: 1-800-242-8214 • Phone: 814-938-2990 • LIHEAP 814-938-1329 • FAX: 814-938-3842

November

Jefferson County

Monday	Tuesday	Wednesday	Thursday	Friday
2 Parmesan Garlic Chicken Salad (1c Lettuce, 2oz Chicken, 1 HB Egg 1oz Cheese, 2oz Tomato & Cucumber) 4oz Orange Juice Dinner Roll 1 Cookie Milk/Margarine NEW ITEM	**3** Crispy Pollock Filet 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Fresh Orange 1 Hamburger Bun Tartar Sauce Milk/Margarine	**4** BBQ Pork Rib Sandwich 1/2c Steamed Seasoned Cauliflower 1/2c Coleslaw 1/2c Warm Spiced Apples Hamburger Bun Milk/Margarine	**5** 3oz Baked Meatloaf w/ 2oz Carmelized Onion Gravy 1/2c Garlic Mashed Potatoes 1/2c Seasoned Green Peas Wheat Bread 1 Orange Milk/Margarine	**6** 1c Homemade Chili w/ Cheese 1 Baked Potato 1c Garden Tosses Salad Garlic Herbed Breadstick 1 Dressing Packet Milk/Margarine
9 Crispy Dill Chicken Sandwich 1/2c Golden Roasted Potatoes 1/2c Winter Blend Vegetables Hamburger Bun Milk/Margarine	**10** 3oz Slow Roasted Pork Loin 2oz Cranberry Orange Sauce 1/2c Steamed Brown Rice 1/2c Brussel Sprouts 1 Banana Milk/Margarine	**Happy Veterans Day!** **11** **Centers** **Closed** 	**Veteran's Day Luncheon** **12** Sweet Italian Sausage Sandwich 1/2c Onions & Peppers Medley 1/2c Buttered Carrots 1/2c Mixed Fruit Medley Hot Dog Bun 1/2c Coleslaw Jello Poke Cake NEW ITEM	**13** Grilled Chicken Supreme w/ w/ 2oz Gravy 1/2c Herbed Rice Pilaf 1/2c Green Beans Almondine 1 Orange 1 Cookie Milk/Margarine NEW ITEM
16 Tomato Braised Stuffed Cabbage 1/2c Garlic Mashed Potatoes 1/2c Seasoned Broccoli Dinner Roll Fresh Fruit (Apple) Milk/Margarine	**Thanksgiving Special!** **17** 3oz Roast Turkey w/ 2oz Gravy Stuffing Ball 1/2c Whipped Potatoes w/ Chives 1/2c Coleslaw 1/2c Corn Dinner Roll Pumpkin Bar	**18** Crispy Chicken Cutlet w/ 2oz Pan Gravy 1/2c Buttered Parsley Pasta 1/2c Brussel Sprouts 1/2c Mixed Fruit Milk/Margarine	**19** 6oz Winter Beef Stew 1/2c Cheesy Rice 1/2c Honey Glazed Carrots 1 Orange Milk/Margarine	**20** 1pc Breakfast Omelet 1/2c Herbed Breakfast Potatoes Mandarine orange Buttery Biscuit Milk/Margarine
23 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Steamed Seasoned Cauliflower Hamburger Bun Fresh Fruit (Banana) Milk/Margarine	**24** 3 oz. 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	**25** 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 NEW ITEM	**Happy Thanksgiving!** **26** 	**27** **Centers** **Closed**
30 3 oz. Ham with BBQ Glaze 1/2c Seasoned Green Peas 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw Milk/Margarine Hamburger Bun			*Practicing gratitude has been linked to better sleep and lower stress.* *So remember what you're thankful for this Thanksgiving!*	

Milk & margarine served with all meals. Menu subject to change

THE FOUNDRY

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

The Year is flying by!

Here we are in November. We have had a good year thus far at the Foundry. Open Monday-Thursday from 9– 2 pm

Updates and Regularly Scheduled Weekly Activities:

- Monday and Wednesdays we offer Healthy Steps in Motion exercise from 10:15am-11:30am. Workout can be done seated or standing.
- Tuesday and Thursdays we offer nickel bingo from 9:30-11:30 am. Our bingo crew always has a nice time.
- Monday afternoons we offer music with our Jam Session musicians from 1-3 pm. Come and enjoy their beautiful singing and playing. Everyone welcome to join in

Scheduled Activities for November:

- We wrap up our last Tai Chi class for 2026 on Monday November 2nd. Thank you to all those that came for the classes in Reynoldsville and Brookville. Tai Chi will resume in Spring 2027. Check out the Foundry Facebook page and watch for future details.
- Don't forget to get out and vote on Tuesday November 3rd!
- Fall Craft show on Saturday November 7th from 9am-2pm. All tables spoken for! There will be homemade crafts, crochet/knit items, Solnosky Basement Vineyards, Jay's Country Décor, Helen will be here with her homemade mustard and smoked cheese and homemade biscotti! Donna will be here with her homemade Raisin Filled Cookies, quilted makeup bags, quilted table runners and lots lots more!
- We will be closed on Wednesday November 11th in Remembrance of our Veterans on Veterans Day. Veterans Day program with lunch on Thursday November 12th at noon. Veterans eat free this day. Please call by 11/5 to order your meal – lunch is just $5.00.
- We will be celebrating our Thanksgiving lunch on Tuesday November 17th at noon. You must signup by November 10th for the Thanksgiving Lunch.
- We will be closed 11/26 and 11/27 in observance of the Thanksgiving day holiday!

Friday Night Dances are done for 2026 but we will start back up in April 2027 with Spruce Creek. They do an outstanding job!

God Bless and remember to give thanks for all that we have and who we have in our lives.

PUNXSUTAWNEY AREA SENIOR CENTER

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

Please check us out!

Please visit us at 222 N. Findley St Monday thru Wednesday 8 to 1. Serving a wonderful meal daily.

Updates and Weekly Activities:

- Meals must be ordered a day in advance - 814-938-8376
- Suggested donation for meals from $2.50 to $5.00.
- We have games, puzzles, coloring books, lending library, movies, crafts,
- Health and wellness speakers join us as well. Dates to be announced.

Scheduled Activities for November:

- Monday, November 2 is deadline to order Veterans Day meal (served Monday November 9).
- Tuesday, November 3 - bean bag toss
- Monday, November 9 - Veterans Day meal
- Tuesday November 10 - Veterans related movie - popcorn provided and deadline to order Thanksgiving meal (served Tuesday, November 17). Suggested donation for this special meal is $6.00.
- Wednesday, November 11 - Center closed to observe Veterans Day
- Tuesday, November 17 - Thanksgiving special meal
- Wednesday, November 18 - LCR game -

Happy veterans day!

Veterans thank you for your sacrifice.

Happy thanksgiving!

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

Welcome to November at The Heritage House Senior Center

As the crisp fall air arrives and the leaves finish their colorful dance to the ground, it's a wonderful time to keep moving. Stop in and enjoy one of our exercise classes, and stay active. Come join us for fun activities, friendly faces, and plenty of opportunities to make warm memories together this November at the center. Enjoy the Beauty of Fall and the beneficial programs that we have to offer.

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 November:

- Tuesday November 3rd is Election Day. Friendly reminder *we are a polling place*
- Thursday November 5th-last day to sign up for the Veterans Day Luncheon by 12 noon
- Friday November 6th finish up Christmas ornaments for the tree in Harrisburg or do a Christmas craft your choice 10:30 am.
- Tuesday November 10th last day to sign up for the Thanksgiving Day Luncheon by 12 noon.
- Wednesday November 11th we are Closed for the Holiday.
- Thursday November 12th Veterans Day Luncheon at 12 noon
- Friday November 13th Baltimore Life will be here with a program about Identity Theft at 10:30 am.
- Tuesday November 17th Thanksgiving day Luncheon at 12 noon
- Wednesday November 18th 5-8 pm Open House here at the center. Everyone is Welcome to stop in and see what we do here at the center. Food Tasting, Artwork on Display, Information about the center, and more. We hope to see you at the event.
- Friday November 20th at 10:30 am Healthy Foods and Recipe Discussion.
- Monday November 23rd we are decorating for Christmas if anyone wants to join in and help. We can always use the help.
- We will be CLOSED on Thursday and Friday November 26th and 27th for the Holiday.

Looking Ahead: Our Annual Vendor/Craft Show Fundraiser will be on Saturday December 5th from 9 am to 2 pm with lots of great vendors/crafters, a bake sale, a large Chinese auction, and food for sale. We hope you can join us.

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, December 3rd

Second Harvest Food Bank of Northwest Pennsylvania

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.

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

ADDRESS SERVICE REQUESTED