

THE SUNSHINE LINE

Telephone:
(814) 849-3096
1-800-852-8036

Address:
186 Main Street, Suite 2
Brookville, PA 15825

Fax:
(814) 849-3232

Website:
www.jcaaa.org



Bill Sherman - Executive Director

Molly McNutt - Deputy Director



JULY 23, 2015

10 AM - 1 PM

JOIN US AT THE
**JEFFERSON COUNTY FAIR GROUNDS
UNDER THE GRANDSTANDS AND**

“Get into the ACT”

**To promote healthy aging, increase community involvement
for older adults, and tackle important issues**



Please register for this event by calling JCAAA @ **814-849-3096**
or your local Senior Citizen Center:

The Foundry- 814-653-2522

Heritage House- 814-849-3391

Brockway Depot- 814-265-1719

Pine Street Senior Center- 814-938-8376

Lunch is provided!

Seniors have free admission the whole day!

Stay and visit for:

Entertainment by “the village voices” at 1pm!

Educational materials, health screenings, prizes and more!

Transportation available!

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Happy Father's Day June 21

Laugh a little!

"The Old Days"

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"



Farmers Market Vouchers June 2015

Heritage House	9th 9am
Reynoldsville Foundry	9th 9am
Brockway Depot	10th 9am-2pm
Sykesville	12th 10am-12pm
Pine Street	16th 8am

Oliver Township Center, Lunch and Bingo
June 11th and 25th
Questions?
Call: 814-849-3391

State Health Centers

BENEFITS: A variety of services are available at a State Health Center in your community. You'll find professional public health nurses at each center. Their goal is to achieve optimum health for you and your family by providing preventative health services and teaching preventative health care. State Health Center services are available either directly or by prompt referral if assistance cannot be provided directly. A variety of services are available including selected immunizations; HIV/STD counseling, testing and referral; and Tuberculosis treatment and follow-up.

THOSE ELIGIBLE: Immunizations are specifically for those who meet eligibility criteria. Other services are offered to everyone.

CONTACT: Check your local phone directory under "Pennsylvania, Commonwealth of, Department of Health"; OR call 877-PAHEALTH ((877) 724-3258); or contact your local Area Agency on Aging

From: Benefits & Rights For
Older Pennsylvanians 2015

To get a copy stop by the
JCAAA Main Office



SENIORS - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA for emergencies 24 hours a day at 1-800-852-8036.

Around the JCAAA Office

Welcome to our two new interns!
Emily Logue
Megan Uplinger

We are always looking for volunteers call 814-849-3096 and ask what you can do to help.

Employee Spotlight!

Coming Soon!
Each month we will highlight one of our spectacular employees who are making a difference in the lives of older adults in Jefferson County.

You can download the Sunshine Line from the internet. Go to jcaaa.org and click on Sunshine Line on the right side for the page.

WELCOME TO JCAAA.ORG



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JCAAA Social Centers
Locations
Benefits & Rights
Newsletters Links
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JCAAA CONTACT INFORMATION

186 MAIN STREET, SUITE 2
BROOKVILLE, PA 15825
PHONE: (814) 849-3096 TOLL FREE: (800) 852-8036
FAX: (814) 849-3232
FAX: (814) 849-4655
WWW.JCAAA.ORG

Need help locating and reaching your loved one? Call our budget CLICK on the orange menu bar. You can call 800-



JCAAA Serving Senior Citizens

Jefferson County Area Agency on Aging
186 MAIN STREET, SUITE 2
BROOKVILLE, PA 15825
PHONE: (814) 849-3096 TOLL FREE: (800) 852-8036
FAX: (814) 849-3232
FAX: (814) 849-4655
WWW.JCAAA.ORG

Jefferson County Area Agency on Aging provides various services to help the elderly remain in their homes for as long as possible and to assist the older person to remain a citizen in his or her community.

The Link program offers local community resources for the aging and disabled.



Nine Tips for Healthy Aging

1. Live an active life

Regular exercise is one of the greatest keys to physical and mental wellbeing. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities. Regular exercise may prevent or even provide relief from many common chronic conditions, including heart disease, diabetes, depression, and arthritis, to name a few.

2. Eat healthy foods

The majority of adults in the US consume more than double the recommended daily allowance of sodium, which can lead to hypertension and cardiovascular disease; most of this high sodium intake comes from pre-packaged foods and restaurants.

3. Maintain your brain

Many older adults (aged 65+) in the United States have Alzheimer's disease, and some cognitive decline is a normal part of aging. Studies have shown that a lifestyle that includes cognitive stimulation through active learning slows cognitive decline.

Tips: Never stop learning and challenging your mind! Take dance lessons, learn a new language, attend lectures at a local university, learn to play a musical instrument, or read a book.

4. Cultivate your relationships

Twenty-eight percent of older adults live alone, and living alone is the strongest risk factor for loneliness. Common life changes in older adulthood, such as retirement, health issues, or the loss of a spouse, may lead to social isolation. Tips: Maintain communication with your family and friends, especially after a significant loss or life change. Schedule regular time to meet with friends and family – over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely. Visit your local Senior Center!

5. Get enough sleep

Humans can go longer without food than without sleep. Older adults need just as much sleep as younger adults – seven to nine hours per night – but often get much less. Lack of sleep can cause depression, irritability, increased fall risk, and memory problems.

Tips: Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free— avoid watching television or surfing the internet while in bed. Stay away

from caffeine late in the day.

6. Reduce stress

As we age, our stressors change and so does our ability to deal with stress. Long-term stress can damage brain cells and lead to depression. Stress may also cause memory loss, fatigue, and decreased ability to fight off and recover from infection. In fact, it is estimated that more than 90% of illness is either caused or complicated by stress.

Tips: We cannot entirely avoid stressful situations but we can learn better techniques to cope with stress. Take care of yourself when you are stressed by getting enough sleep, exercising, and eating nutritious foods. Talk to a loved one or counselor about your stress, and try some relaxation techniques, such as circular breathing, yoga, or meditation. Remember to always keep things in perspective – try to accept and adapt to the things you cannot control.

7. Practice prevention

Many accidents, illnesses, and common geriatric health care conditions, such as falls, chronic illness, depression, and frailty, are preventable. Call your Senior Center and ask when the next Healthy Steps for Older Adults is scheduled!

8. Take charge of your health

Most of our health is not controlled by the health care system but by our own actions, our environment, our genes, and social factors. In addition, physicians are not perfect; medical errors do happen. The more patients participate in their own health care, the more satisfied they tend to be with the care they receive.

9. Make community connections

Older adults who engage in meaningful community activities like volunteer work report feeling healthier and less depressed.

Tips: Join a planning committee at your senior center, volunteer, take a trip with friends, play cards at your local senior center, or join a book club. Remember that participating in activities should be fun, not stressful!

Idle Thoughts of a Retiree's Wandering Mind:

I had amnesia once, maybe twice?

Protons have mass? I didn't even know that they were Catholic!

All I ask is a chance to prove that money can't make me happy!

What is a 'free' gift? Aren't all gifts free?

They told me I was gullible and I believed them

One nice thing about egotists: they don't talk about other people!

I used to be indecisive...now I'm not so sure

Is it me? or do buffalo wings taste like chicken?

And finally...

If swimming is so good for your figure, how do you explain whales?

Puzzles...did you know?

The first jigsaw puzzle was created in 1767 when John Spilsbury, and English cartographer, chopped up a wooden map of Britain and challenged the public to reassemble it. He called it a 'dissected puzzle'.

Jigsaw puzzles got their name because they were originally built by painting pictures on large sheets of wood, then using a jigsaw to cut out the pieces.

While jigsaw puzzles have always been popular, they were most prevalent during the Great Depression among bored, down-on-their-luck folks looking for cheap ways to pass their time.

Recent studies show that solving puzzles and practicing a second language everyday can reduce the risk of neurodegenerative diseases, improve cognitive function, and ward off memory loss.



Brookville Heritage House Center
4 Sylvania Street,
Brookville, PA 15825
Director: Romyne Conner
Phone: 814-849-3391
Email: heritage@jcaaa.org

6/5 - "Fun In The Air" Play presented by the Retired Teachers under the direction of Terry Fye. Cost is \$6.00 for the play with \$3.00 being returned to us, The Heritage House. Come and enjoy the fun with these "actors". Theme of the play is Old Time Radio. at 7:00 pm.

6/9 - Farmers Market Vouchers will be available starting at 9:00 am at the Heritage House. First come, first served.

6/10 - MindMatters presentation. Refreshments will be available. Topic for this month is "Flying the Big Jets." by Lou Thieblemont, a retired TWA and American Airline pilot.

6/12 Presidential Trivia at 11:30 am.

6/18 Fathers Day Lunch at noon. Menu not yet determined. Please make your reservations.

6/21 Strawberry Social Sunday. In conjunction with Laurel Festival from 1-3pm. Sundaes and Shortcakes. Parking lot of The Heritage House if weather permits or inside if raining.

6/29 - Picnic Hamburgers, Hot Dogs, Baked Beans, Macaroni Salad. Make your reservations by 6/26.

Monday- Bingo, Tai-Chi, Cards, Wii Bowling, 8th Crafts with Honey 12:45pm

Tuesday- Healthy Steps, Bridge

Wednesday- Cards, Bridge, Sing-along, Scrabble, Weigh Wise Class 1-2pm

Thursday- Healthy Steps, Bridge, Linus project 1pm

Friday- Bingo, Bridge

Blood Pressure Screening and Glucose testing the 22nd at 11am.

Heritage House Advisory Board will meet May. 2nd @ 1 pm.



Punxsutawney Pine Street Center
103 North Gilpin Street,
Punxsutawney, PA 15767
Director: Mindy Grose
Phone: 814-938-8376
Email: pinestreet@jcaaa.org

Monday & Thursday

Exercise with Linda at 10:30. Come join the fun!

Tuesday & Friday

Bingo with Jim at 9:30 until 11:30.

Wednesday

Afternoon oil painting class. Call for more information.

Every day

Cards, Puzzles, Wii, Social time, Pool

6/5 National Donut Day! Come and play bingo and enjoy a donut!

6/11 We will be making peanut butter cookies for National Peanut Butter Cookie day (6/12) at 9:30.

6/15 Special guest speaker for National Day of Prayer for Law Enforcement Officers at 11:30.

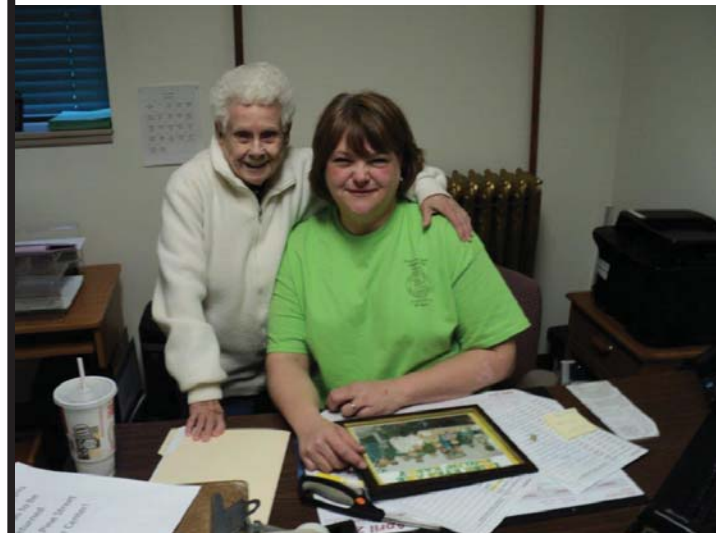
6/16 Farmer's Market Vouchers available at 8:00.

6/17 National Root Beer Float Day! Join us for floats at 11:30.

6/18 Blood pressure/blood sugar screening at 10:30.

6/18 Father's Day luncheon. Reservations are required.

6/24 Mary from Guardian will be here doing a fall prevention program





Brockwayville Depot Center
4th & Alexander Street
Brockway, PA 15824
Director: Cheryl Moore
Phone: 814-265-1719
Email: depot@jcaaaa.org

LUNCH IS AT NOON EVERYDAY!
MAKE YOUR RESERVATION THE DAY BEFORE..

BREAKFAST IS EVERY TUESDAY FROM 7:30-9:30 cost is \$4.00

6/2 - BP and Blood Sugar with BCAT 7:30 AM

6/4 - Production presented by the PA Association of Retired Employees: "Fun Is In The Air". About old time radio...Time 7:00PM
..Cost is \$6.00

6/8 - Blood Drive with American Red Cross 11:00a

6/9 - BP with Mary/ Guardian 8:30 AM

6/10 - Farmer's Market Vouchers 9-2

6/11 - Strawberry Festival 4-7

6/16 - Medication Management with Brockway Drug

6/25 - Glaucoma Screening 10-12

Monday: -Social Hour, Healthy Steps @ 10am
Tuesday- Breakfast @ 7:30-9:30 AM, Bingo @ 12:30
Wednesday- Social Hour, Uno @10am, Couponing, Yoga
Thursday- Healthy Steps @ 10am, Health Topic, Bingo
Friday- Social Hour, Bingo @ 10:15am, Couponing.

Daily: Computers, Wii, Pool, Library, Coupons, Shuffleboard, Puzzles, and a Good Time !!



The Reynoldsville Foundry Center
45 West Main Street
Reynoldsville, PA 15851
Director: Donna Price
Phone: 814-653-2522
Email: foundry@jcaaaa.org

6/2 - "Old Time Radio" Variety Show with the Jefferson County Retired Teachers Association. Comedy, Skits, Music, Refreshments
Tickets \$6 7 p.m.

6/5 Music Night with Bill DeLong & Friends. Free Admission,
Open Kitchen, Dancing. 7:00 pm

6/9 Farmers Market Vouchers Begin at 9:00 am

6/10 "Eye Health" with Carole Brocius from the Pennsylvania Blind Association 11:30

6/12 Farmer's Market Vouchers at Sykesville Social Center 10 - 12
6/15 Cardmaking with Larissa at 2 p.m.

6/17- Medication Management with Kim from McCabe's, Get your free pill box!

6/18- Fathers Day Luncheon. Call to preregister.

6/11 & 25 Crafty Creations at 12:30. Bring your projects and share with others.

6/11 & 25-Quilt Guild at 7p.m.

6/15 Personal Care Services with Carolyn from DuBois Village at 11:30

6/15-Tureen at 5. Bring a dish to share.

6/19 National Safety Month- Fall Prevention with Mary from Guardian, also blood pressure checks. 11:00

Daily - Coffee Break, Pool, Computer, Jigsaw Puzzle, Lending library, TV lounge, Wii, Exercise machines, Darts, shuffleboard

Monday - Healthy Steps exercise 10:30, Jam Session 1
Tuesday- WeightWise 9:30, Dominoes 10, Computer Class 1
Wednesday- Men's Prayer Breakfast 7 a.m. Healthy Steps exercise 10:30, Oil Painting 1
Thursday- Nickel Bingo 10, Cards 10 & 1, Crafty Creations 14th & 28th 12:3
Friday- Healthy Steps exercise 10:30



Check out these Photos and more online. Like Us on Facebook!
Search for Jefferson County Area Agency on Aging,
Brockwayville Depot Center, The Foundry Center,
Heritage House Center and Pine Street Center

<https://www.facebook.com/JeffersonCountyAAA>

Retirement Homes for Pets

Susan Hamil, the chairman of the board of directors for the Blue Bell Foundation for Cats, a feline retirement facility in Laguna Beach, Calif., believes that deepening affection for pets prompts better planning for end-of-life care.

“Pets are considered members of the family more than they ever were before,” she says. “The question of ‘what would happen if something happened to me?’ now extends to ‘what would happen to my cat?’”

For instance, a pet owner may need to move into an assisted living facility that doesn’t accept animals. Or the owner may not have family or friends who could take in the pet.

And that’s where a pet retirement home comes in.

Owners pay an enrollment fee to guarantee their pets’ placement and then usually set up an endowment to cover future costs. And many centers report a rising number of registered pets.

Sharon Worrell of the Cohn Family Shelter at Oklahoma State University’s veterinary school points to the baby boomer generation for this trend. As these pet owners age, and their companion animals enjoy longer life spans, they become more concerned about their pets’ future care, as well as their own.

Pet retirement sanctuaries aim for a homelike environment, complete with lounges, sleeping rooms, exercise yards and sunrooms or patios. (We all know how pets love sunbeams!)

Some homes are species-specific, sheltering only cats or dogs. Others are “coed,” opening their doors to cats, dogs, birds and even — as is the case at Stevenson — a llama. There’s room for people, too, so staff can stay on hand 24 hours a day.

Pets are groomed regularly, and they receive medical and dental checkups, usually in the center’s own treatment rooms. If a pet has a health issue, such as diabetes or hypertension, the staff will monitor treatments and medication.

When pets arrive at their center, they should bring their usual food and water dishes, favorite toys and other familiar, comforting things to “help them understand that this is now their new home and to give them a feeling of security,” explains Stevenson’s Ellie Greenbaum.

Depending on the center’s setup, animals may be able to freely roam most of the house, as well as join group play sessions. Pets can also receive visits from friends and family.

Most important, Worrell notes, “pet owners can feel secure in the knowledge that their pets will receive the love, care and attention they enjoyed at home.”

Read More At: <http://www.vetstreet.com/our-pet-experts/trend-watch-retirement-homes-for-pets?page=2>



Cold, Flu, or Allergy?

Treatment depends on which you have. A health professional can help you choose the best therapy.

Common Cold

- Symptoms last up to 2 weeks
- Stuffy, runny nose; sore throat; cough
- Treated with rest, fluids, over-the-counter (OTC) medicines to ease symptoms

Seasonal Flu

- Symptoms usually last 1-2 weeks
- High fever (100-102 °F, or higher in youngsters), headache, aches and pains, weakness, exhaustion, cough, chest discomfort
- Treated with rest, fluids, OTC medicines, prescription antiviral drugs

Airborne Allergy

- Lasts as long as allergens (such as pollen, pet dander) are present
- Stuffy, runny nose; itchy, watery eyes
- Treated with antihistamines, decongestants, nasal steroids

NIH News in Health (<http://newsinhealth.nih.gov/>) is a free monthly newsletter bringing you practical health information based on research from the National Institutes of Health (NIH), the nation’s medical research agency.

Crossword Answers

A	S	H	E	S		B	A	T		E	W	E
R	E	A	C	T		R	B	I		U	R	N
F	E	L	L	A		A	L	T	E	R	E	D
S	P	E	A	R		N	E	L	S	O	N	S
			I	T	S		E	S	P			
D	O	O	R	S	T	E	P			E	E	R
E	A	R	S		U	S	E		S	A	R	I
S	K	I			D	E	E	P	E	N	E	D
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L	I	N	E	M	A	N		N	O	B	L	E
A	S	T	A	I	R	E		A	R	R	O	W
T	E	A		T	I	E		M	A	I	N	E
E	E	L		S	A	D		A	S	T	E	R

LUNCH MENU



It's Your Time to Shine!

Do you have a favorite time-honored family recipe or a tasty new concoction you'd like to share? The Sunshine Line wants to shine the spotlight on you!

Starting next month, this section will feature a personal recipe submitted by our readers. Recipes can be submitted to your local senior center director or mailed to Jefferson County Area Agency on Aging, c/o Nicole McGee, 186 Main St, Suite 2, Brookville, PA 15825. Watch for your recipe!



JUNE 2015

Jefferson County AAA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jun Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit	2-Jun Pork Patty Baked Potato Green Beans White Bread Cake	3-Jun Chili Dog Macaroni Salad Baked Beans Sandwich Roll Mandarin Oranges	4-Jun Baked Ham Scalloped Potatoes Winter Blend Vegetables White Bread Applesauce	5-Jun Pepper Steak Potato Cubes Toss Salad w/ Dressing Wheat Bread Gelatin w/ Topping
8-Jun Lasagna Toss Salad Breadstick Pudding	9-Jun Chicken Alfredo Pasta Broccoli Wheat Bread Fresh Seasonal Fruit	10-Jun Salisbury Steak w/ Gravy Parsley Potatoes Steamed Cabbage Wheat Bread Tropical Fruit Salad	11-Jun Chef Salad (ham, turkey & cheese) Toss Salad w/ Dressing Vegetable Noodle Soup Bread Stick Sliced Peaches	Pizza Pasta Salad Veggies & Dip Pears
15-Jun Spaghetti Meatballs Toss Salad Bread Stick Pears	16-Jun Roast Sliced Turkey Gravy Whipped Potatoes Sliced Carrots White Bread Cake	17-Jun Ham & Cheese Sandwich Lettuce, Tomato Vegetable Soup 2 White Bread Crackers Fresh Seasonal Fruit	18-Jun FATHERS DAY LUNCH Baked BBQ Chicken Baked Potato Vegetable Mix Cole Slaw Dinner Roll Cake	19-Jun Country Fried Steak w/ Country Gravy Cheesy Scalloped Potatoes Mixed Beans Wheat Bread Fruited Gelatin
22-Jun Cheeseburger Hashbrown Potatoes Baked Beans Sandwich Roll Fresh Seasonal Fruit	23-Jun BBQ Rib Butter Noodles Cauliflower White Bread Chocolate Cake w/ Icing	24-Jun Sweet & Sour Meatballs Rice Mixed Vegetables Wheat Bread Mandarin Oranges	25-Jun Chicken Strip Salad Noodle Soup Bread Stick Pudding	26-Jun Baked Meatloaf w/ Gravy Whipped Potatoes Sweet Corn Wheat Bread Cookie
29-Jun Kielbasa Sauerkraut Whipped Potatoes Sandwich Roll Applesauce	30-Jun Meatballs & Gravy Whipped Potatoes Fresh Coleslaw White Bread Peaches			

Note: Milk and Bread Served With All Meals



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

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 Falls Creek, PA
 15840

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**Check for Crossword Puzzle
 Answers On the I & R Page**

Puzzle# 24

ACROSS

- 1. Fire remains
- 6. Vampire ____
- 9. Mama sheep
- 12. Respond (to)
- 13. Batter's stat
- 14. Coffeepot
- 15. Gent (sl.)
- 16. Changed
- 18. Asparagus unit
- 19. Willie and Ozzie
- 20. That thing's
- 22. Sixth sense (abbr.)

- 23. Welcome mat locale
- 28. Browning's "always"
- 31. Corn spikes
- 32. Function
- 33. Delhi dress
- 34. Snow runner
- 35. Intensified
- 37. Peeper
- 40. Raced
- 41. Football player
- 45. Honorable

- 49. Dancer Fred ____
- 50. Pointer
- 51. ____ bag
- 52. Make a knot
- 53. Down East
- 54. Conger
- 55. Dejected
- 56. Daisy's kin

DOWN

- 1. Barking sounds
- 2. Leak
- 3. Healthy
- 4. Creamy pastries
- 5. Commences
- 6. Dietary fiber
- 7. Skilled
- 8. Name
- 9. Italian, e.g.
- 10. Songbird
- 11. Goals
- 17. Curvy turn
- 21. Wall support

- 23. ____ Moines
- 24. Acorn dropper
- 25. Asian
- 26. Compass reading (abbr.)
- 27. Jury member
- 29. Byron's "before"
- 30. Free (of)
- 33. Spanish women
- 36. Canal country
- 38. Nay's opposite
- 39. Gives forth
- 41. Past due
- 42. Enlightened one's

- words (2 wds.)
- 43. Diva's forte
- 44. Want
- 46. Englishman, for short
- 47. ____ wolf
- 48. Water vessel

The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers

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