

THE SUNSHINE LINE

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Bill Sherman - Executive Director

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Smiling faces needed to join our volunteer teams!

The Area Agency on Aging has many volunteer opportunities available. Please read on to see if any of these positions speak to you and call Molly at 814-849-3096.

Home Delivered Meal Driver

Drivers needed to deliver meals in the Brookville, Brockway, and Reynoldsville communities. Your brief visit delivering meals once a week can have a huge impact on a homebound older adult. Your brief visit may be the only in-person conversation that the older adult may have that day.

Senior Center Volunteer

Our Senior Centers are located in Brookville, Reynoldsville, Brockway, and Punxsutawney and are always in need of volunteers to help with health and wellness activities, social and educational experiences, and create new opportunities for older adults in the communities. Help serve a nutritious lunch, lead a sing-a-long, or start a book club! We want you to be involved in any creative way you can think of!

Agency Advocate

Public speaking, outreach, and supporter of the Area Agency on Aging mission. This volunteer role will allow you to be present at local health and wellness fairs to promote the Area Agency on Aging services to older adults and their families. Other opportunities may include speaking at local organization meetings such as Lions Club, Community Club, and Church groups. Training provided to ensure positive impact to community.

Have Another Idea?

Let us know about it!

Maybe you want to start a walking club, photography group, plant swap group, the sky's the limit!

VITA

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$53,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

Ombudsman

Don't let this strange word confuse you! The word "ombudsman" means representative in Swedish. The Ombudsman Program is designed to support and empower consumers by resolving individual complaints involving long-term care service, while working to improve and enhance the long-term living system for the residents and their families.

Volunteers for this program have the opportunity to visit residents in nursing facilities and personal care homes. You may also be able to guide the residents in the right direction to have better quality of care.

APPRISE

The State Health Insurance Assistance Program (SHIP) helps local consumers with understanding their Medicare health insurance benefits. The best volunteers for this program are individuals who have an interest in understanding their own health insurance options better and then are trained to explain it to others. Volunteer opportunities include telephone counseling, one-on-one counseling, and public outreach.

Happy National Senior Citizens Day
August 21

Oliver Township Center, Lunch and Bingo
August 13th and 27th
Questions?
Call: 814-849-3391

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.

No Excuse For Elder Abuse



On July 8, 2015, The Jefferson County Elder Abuse Task Force welcomed representatives from the Attorney General's office, Nathan Giunta, Deputy Attorney General and Jennifer Snerr, Supervisory Special Agent. They presented information on Medicaid Fraud and Neglect of a Care Dependent person. The task force is comprised of Jeff Burkett, county District Attorney, staff from the Jefferson County Area Agency on Aging, staff from local nursing homes, police departments, home care agencies, hospitals, and domestic violence organization. The task force objectives are;

- 1) Prevention of elder abuse.
- 2) Enhancement of reporting.
- 3) Promotion of an efficient, effective response to reports of elder abuse.
- 4) Investigation and prosecution of perpetrators of elder abuse.
- 5) Promotion of desirable outcomes of investigations/prosecutions of elder abuse.

The key to achieving these objectives will be to educate the community and utilize the knowledge each member brings to the task force to resolve the issues and protect the elderly resident of our county.

If you would like more information on the Jefferson County Elder Abuse Task Force, please contact Cheryl Muders at Jefferson County Area Agency on Aging at 849-8036, ext. 287.

The Pennsylvania Empowered Expert Residents Program (PEERs)

BENEFITS: PEERs are residents of long-term care facilities who have been trained on basic advocacy processes. After graduating from a five-part empowerment training, residents will be equipped to help their fellow residents improve their quality of care in long-term care facilities. Not only do PEERs impact the community where they live, but they also have a voice in issues affecting all of Pennsylvania's older adults.

BENEFITS: PEERs help residents of long-term care facilities to resolve conflicts and concerns that may arise over the course of their stay in a long-term care facility.

CONTACT: Jefferson County Area Agency on Aging (814) 849-3096 to locate the nearest PEERs in your area.

NOTE: PEERs provide support to each other as residents who live in long-term care settings.

**From: Benefits & Rights For
Older Pennsylvanians 2015**

**To get a copy stop by the
JCAAA Main Office**



Employee Spotlight!

Name: Mindy Grose
Job title: Pine Street Senior Center Director
Location: Punxsutawney Senior Center
How long have you worked for JCAAA: 2.5 years
Education and School Where Attended: High School and Votech in Wisconsin
Certifications: I was a certified Dietary Manager for 10+ years

What is involved in your day-to-day activities in your current position?

I like to have the senior center open and ready to go by 8:00 am! I try to have fun and educational activities planned for seniors that visit the center. Every day is different and we are always looking to do something new at the center!

Please tell me about your most rewarding or satisfying experience in your work or volunteer history. My husband, daughter and I are caretakers for the Old Cumberland Cemetery near Big Run. We are very proud of how our cemetery looks. People have called the VFW and have commented on how very nice our cemetery looks, and that makes me proud to be a volunteer!

Please tell me about your proudest moment since you joined JCAAA: I have received some personal notes from families thanking me for helping their mom or dad feel a part of the senior center. I love when someone comes to the center and they become active and I can see the positive change that it has in their life!

Please tell us about the significant people in your personal life.
I am married to the love of my life, Glenn. Together we have our daughter Mary, who is 14. We recently moved to my husband's childhood farm in Big Run this past fall. Living on a farm is a whole new world for me because I have always lived in the city. I have 2 dogs, Emmy and Dodie. I also have 2 donkeys, Bart and Little John, and 11 cats. My daughter has 2 miniature horses and there are 18 Herford cows that live on the farm. I would have ducks, chickens and a potbellied pig, but my husband says that we have reached our limit. I love living on a farm!

What do you do when you're not at work?
When I am not working, I am usually at home with my family. I love being at my home. I love to walk through the fields and have my donkeys, cows, and cats follow me.

Happiness is defined as-
good fortune; pleasure; contentment; joy.

Here are some tips on ways to make your life happier!

- * Take a 10-30 minute walk every day.
- * Sit in silence for at least 10 minutes each day.
- * Sleep for 8 hours a day.
- * Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
- * Play more games.
- * Smile
- * Make time to practice meditation, yoga, and prayer.
- * Spend time with people over the age of 70 & under the age of 6.
- * Dream more while you are awake.
- * Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
- * Drink plenty of water.
- * Try to make at least three people smile each day.
- * Don't waste your precious energy on gossip.
- * Forget issues of the past. Don't remind your partner with his/her mistakes of the past.
- * Don't have negative thoughts or things you cannot control.
- * Eat breakfast like a king, lunch like a prince and dinner like a beggar.
- * Smile and laugh more.
- * Life is too short to waste time hating anyone.
So, get rid of those ill feelings.
- * Don't take yourself too seriously. No one else does.
- * You don't have to win every argument. Agree to disagree.
- * Make peace with your past so it won't spoil the present.
- * Don't compare your life to others'. You have no idea what their journey is all about.
- * No one is in charge of your happiness except you.
- * Forgive everyone for everything.
- * What other people think of you is none of your business.
- * Time heals everything.
- * However good or bad a situation is, it will change.
- * Your job won't take care of you when you are sick.
Your friends will. Stay in touch.
- * Get rid of anything that isn't useful, beautiful or joyful
- * Visit your local senior center and/or volunteer there
- * No matter how you feel, get up, dress up and show up.
- * Enjoy life each moment, try new things.
- * Call your family often.
- * Your Inner most is always happy. So, be happy.
- * Each day give something good to others.
- * Don't overdo it. Know your limits.
- * When you awake alive in the morning, thank God for it.
- * Love yourself, because you are unique and wonderful
in your own way.



Dog Days of Summer

Dog Days, the sultry part of the summer, is supposed to occur during the period that Sirius, the Dog Star, rises at the same time as the sun: now often from July 3 to August 11. A period marked by lethargy, inactivity, or indolence.

Beach Party

A beach party was held for the Mulberry Square PEER group (Pennsylvania's Empowered Expert Residents) on June 11, 2015. Nine PEER's had attended the party. Music was playing in the background, while playing beach ball, digging in the sand looking for sea shells and sharing stories of going to the beach. The residents were dressed in their beach clothing, wore sunglasses and leis. A picture of each PEER was taken with a beach background and a beach ball. A picnic lunch was served.



The beach party was combined with Jefferson Manor and McKinley Health Center, PEER group (Pennsylvania's Empowered Expert Residents) on June 12, 2015. 14 PEER's had attended the party. The residents were dressed in beach clothing, wore sunglasses and leis. They watched a movie. Beach music was playing in the background while playing beach ball, digging in the sand for sea shells and making sand sculptures. The PEER's had fun with the water guns. A picture was taken of each of the PEER's, with a beach background and a life guard. A picnic lunch was served.

CENTER INFO



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

- 8/3- Waffle Breakfast w/Sausage Links Hash browns and juice... 8:00-9:30am. Call for reservations, please. \$5.00
 Blood Pressures by WRC 10:45 am
 Computer Classes...Patty Zion, Instructor 10:30 AM
- 8/10- Computer Classes...Patty Zion, Instructor 10:30 AM
- 8/13- Bake Sale 9am-11am w/home-made goodies
- 8/14- Presentation on Women's Equality Day
- 8/17- Guardian Health (Mary) ..Blood Pressures....Blood O2. and Glucose Testing at 11:00 AM
- 8/21- Country Pride Band...6:30-8:30 pm. Kitchen open at 5:00 AM.
- 8/31- Birthday luncheon at noon
 New game coming in Sept. Corn bag toss, will need some teams for having fun. Hurry and sign up.
- Monday -Bingo-Tai-Chi—Cards-Bridge
- Tuesday – Healthy Steps-Bridge
- Wednesday-Cards-Bridge-Sing-a-long-Scrabble
- Thursday –Healthy Steps-Bridge
- Friday-Bingo-Bridge-Tai-Chi



Meeting of the VFW / Legion at the Heritage House



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

- 8/4- Carolyn will be here discussing Personal Care Planning
- 8/6-Balloon Lift Off! 10:30 on the patio! Come and enjoy the fun! Prizes to see who's balloon goes the farthest!
- 8/10-Skyscraper Appreciation Day! 11:30 in the dining room... scraper trivia
- 8/12-World Elephant Day. Learn something new! 11:30 in the dining room
- 8/14-Summer Cook-out! Reservations are required for this dinner at noon
- 8/17-National Cupcake Day. Come to the center and enjoy a treat!
- 8/19-Carole from the Sight Center will be here to do a vision program at 11:30
- 8/21-Senior Citizen Day! The whole day is about seniors! Door Prizes! Snacks! Fun!
- 8/25-Tureen Supper. We will be eating at 5:15 PM. Bring a covered dish to pass and join the fun
- 8/26-Mother Theresa's Birthday. We will be having cake and trivia at 11:30 in the dining room
- 8/27-Glaucoma screening with Carole from the sight center from 10-12:00. Come and have your eyes checked for free and stay for lunch!
- Daily – puzzles, computers, cards, Wii,
- Monday – exercise with at 10:30 AM
- Tuesday – Bingo with Jim from 9:30-11:30 AM
- Wednesday - *
- Thursday - exercise at 10:30 AM
- Friday – Bingo with Jim from 9:30-11:30 AM



Quiet Creek Herb Farm was visited by the Pine Street Senior Center in June. The participants were served a delicious lasagna lunch and were even given an herb to take home. They learned so much about the benefits of herbs.



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

CLOSED FOR BREAKFAST THE MONTH OF AUGUST (VOLUNTEER'S VACATION)

8/11- Blood pressure from Guardian. 9:30 AM followed by a Speaker

8/12- Advisory Meeting 12:30 PM.

8/20- Speaker Humane Society at 11:15 AM.

8/21- Music Night with Romey's Friends 6-9 PM.

Daily – Lunch is at NOON!!! Make your reservation the day before!!!
Social Hour, Pool, Library, Puzzles, Coupons and a GOOD TIME!!!

Monday – Healthy Steps 10:00 AM

Tuesday - Bingo after lunch

Wednesday – Cards 10:00 AM, Chair Yoga 11:30 AM

Thursday – Healthy Steps 10:00 AM, Bingo after lunch

Friday – Bingo 10:00 AM followed by lunch



Our intern at The Depot, Megan Uplinger, getting ready to pull the ticket for the 100.00 giveaway. The \$100.00 was given by a concerned citizen, to help people become more aware of what we offer at The Depot and to join in some of the activities.



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

8/7 – Music Night with Down County Country Boys 7 PM.
Kitchen open at 6 PM.

8/9 – Cardmaking with Larissa 2 PM.

8/13 – Senior Community Picnic 11:30 AM. Games and great food!

8/17 – Tureen Dinner at 5 PM. Bring a dish to share.

8/18 – Pool here with Brockway, Foundry Advisory Council 10:30 AM.

8/21 – National Home Health Week- Blood pressure with Mary from Guardian 11:00 AM.

8/25 – Pool at Punxsutawney

Daily – Coffee break, Pool, Computers, Exercise Machines, Shuffleboard, Jigsaw puzzle, Lending Library, TV/Movie lounge

Monday– Healthy Steps in Motion 10:30 AM, Jam Session 1 PM, Strong Women 5:30 PM

Tuesday – Dominoes 10 AM, Grief Support 1:30 PM

Wednesday – Weight Wise 9:30 AM, Healthy Steps in Motion 10:30 AM, Oil Painting 1 PM, Strong Women 5:30 PM

Thursday – Nickel Bingo, Cards

Friday - Healthy Steps in Motion



Barb McGee at the Foundry with a fundraiser for Toys for Tots

*When You'd Rather Stay at Home...
The Aging Waiver Program Can Help!*



The Aging Waiver Program can afford you the option of receiving care in the comfort of your own home rather than in a nursing facility.

Available in-home services include:

Adult Daily Living Services • Community Transition Services • Companion Services
Counseling Services • Environmental Modifications • Financial Management Services
Home Delivered Meals • Home Health Services • Home Support Services • Respite Services
Personal Emergency Response System • Specialized Medical Equipment and Supplies • Telecare

To Qualify You Must:

Be 60 years of age or older • Reside in Jefferson County • Meet financial criteria
Require Nursing Home level of care • Choose community based care



JEFFERSON COUNTY AREA AGENCY ON AGING

186 Main Street, Suite 2, Brookville, PA 15825

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Fax: (814) 849-3232 www.jcaaa.org

**Medicare & Medicaid:
Keeping us healthy for 50 years**

On July 30, 1965, President Lyndon B. Johnson signed into law legislation that established the Medicare and Medicaid programs. For 50 years, these 2 programs have been protecting the health and well-being of millions of American families, saving lives, and improving the economic security of our nation.

Though Medicare and Medicaid started as basic insurance programs for Americans who didn't have health insurance, the programs have changed over the years to provide more and more Americans with access to the quality and affordable health care they need.

This summer, the Centers for Medicare and Medicaid Services will mark the anniversary of these programs by recognizing the ways in which these programs have transformed the nation's health care system over the past 5 decades. We'll also look to the future and explore ways to keep Medicare and Medicaid strong for the next 50 years, by building a smarter and healthier system so that these programs will continue as the standard bearers for coverage, quality and innovation in American health care.

Crossword Answers

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

LUNCH MENU

Spiced Pineapple Iced Tea

Total Time: 2 hr
Yield: 4 to 6 servings
Level: Easy



Ingredients

Skin and core of 1 pineapple, plus pineapple wedges, for serving
5 whole allspice berries
2 pieces star anise
1 cinnamon stick
6 black tea bags, such as Lipton

Directions

Combine the pineapple skin and core, allspice berries, star anise, cinnamon and 6 cups water in a 4-quart saucepan. Bring the mixture to a boil, lower the heat and simmer for 1 hour. Remove from the heat and add the tea bags; let the tea bags steep for at least 20 minutes and up to 6 hours. Strain the pineapple tea and cool completely. Serve over ice with pineapple wedges.



Source: <http://www.toodnetwork.com/recipes/spiced-pineapple-iced-tea.html?ic1=obinsite&oc=linkback>



August 2015



Jefferson County

AAA

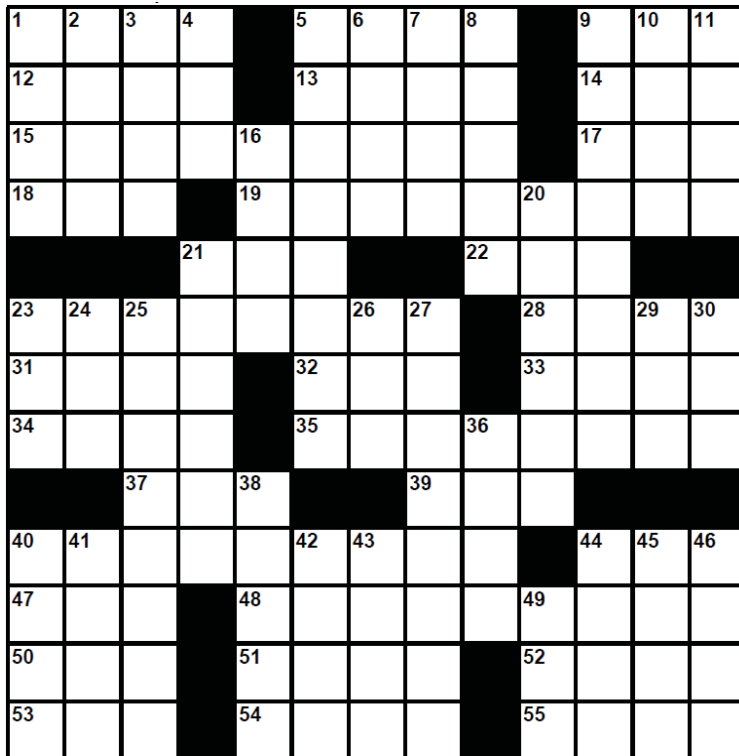
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Aug Pork Patty Scalloped Potatoes Beets White Bread Pineapple Tidbits	4-Aug Italian Hoagie Lettuce, Tomato Potato Wedges Sliced Carrots Sandwich Roll Peaches	5-Aug Meatloaf Whipped Potatoes Peas White Bread Pudding Chocolate Pudding	6-Aug Pizza Casserole Toss Salad w/ Dressing Mandarin Oranges Garlic Bread Stick Cookie	7-Aug Hot Dog Whipped Potatoes Sauerkraut Hot Dog Roll Mandarin Oranges
10-Aug Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit	11-Aug Hot Dog Pasta Salad Baked Beans Sandwich Roll Pudding	12-Aug Chicken Patty Sandwich Lettuce, Tomato Hashbrowns Mixed Vegetables Pears	13-Aug Ham Scalloped Potatoes Winter Blend Vegetables White Bread Applesauce	14-Aug Pepper Steak Whipped Potatoes Toss Salad Wheat Bread Gelatin w/ Topping
17-Aug Meatballs & Gravy Whipped Potatoes Corn White Bread Cookie	18-Aug BBQ Rib Noodles Broccoli White Bread Fresh Seasonal Fruit	19-Aug Salisbury Steak w/ Gravy Parsley Potatoes Baked Cabbage Wheat Bread Tropical Fruit Salad	20-Aug Chef Salad Soup Bread Stick Peaches	21-Aug Breakfast on a Stick Hashbrowns White Bread Juice Peaches
24-Aug Spaghetti & Meatballs Toss Salad w/ Dressing Bread Stick Pears	25-Aug Kielbasa Sauerkraut Whipped Potatoes White Bread Cake	26-Aug Ham & Cheese Sandwich Lettuce, Tomato Soup 2 White Bread Crackers Mandarin Oranges	27-Aug Pizza Toss Salad Pasta & Garlic Sauce Pudding	28-Aug Country Fried Steak w/ Country Gravy Scalloped Potatoes Mixed Beans Whole Wheat Bread Fruited Gelatin
31-Aug Cheeseburger Macaroni Salad Baked Beans Sandwich Roll Fresh Seasonal Fruit	 	 	 	 



JEFFERSON COUNTY AREA AGENCY ON AGING
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**Check for Crossword Puzzle
 Answers On the I & R Page**

Puzzle# 26

ACROSS

- 1. Gasoline, e.g.
- 5. Brim
- 9. Cow's comment
- 12. Emerald ____
- 13. Heavenly body
- 14. Swiss peak
- 15. Rebounds readily
- 17. Once named
- 18. Burns' "before"
- 19. Declaration
- 21. Brother's sib
- 22. Nevertheless

- 23. ____ decorator
- 28. Not any
- 31. Film holder
- 32. Individual
- 33. Lincoln and Vigoda
- 34. Old
- 35. Propose as a candidate
- 37. Head gesture
- 39. Nov. preceder
- 40. Interest benchmark (2 wds.)

- 44. Invite
- 47. Dixie general
- 48. Acceptance of others
- 50. Naval off.
- 51. Shade sources
- 52. Hang around
- 53. Polka ____
- 54. Coffee break
- 55. Towel pronoun

DOWN

- 1. Dismiss
- 2. Customer
- 3. In addition
- 4. Oahu garland
- 5. Car exhaust
- 6. Performs
- 7. Vanished
- 8. Way in
- 9. Winnipeg's province
- 10. Toast spread
- 11. Unclosed
- 16. Dragon's home

- 20. Lodger
- 21. Infrequently
- 23. Fin. fund
- 24. Opposite of pos.
- 25. Smallest
- 26. Lennon's Yoko
- 27. Most distant
- 29. Tennis divider
- 30. Wind dir.
- 36. Froster
- 38. Discourage
- 40. Begged
- 41. Nevada city

- 42. Portrayal
- 43. Gifts to charity
- 44. Opening wager
- 45. Old wound
- 46. Lock openers
- 49. Hardwood tree

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

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