

# 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](http://www.jcaaa.org)



Bill Sherman - Executive Director

Molly McNutt - Deputy Director

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## Six PEERs graduate from Mulberry Square



The Jefferson County Area Agency on Aging held a PEER graduation ceremony at Mulberry Square in Punxsutawney on November 24, 2015. The PEER (Pennsylvania Empowered Expert Residents) program teaches residents to self-advocate and empower their fellow residents to improve quality of life and care in long-term care facilities. PEERs not only impact the community where they live, but they also have a voice in issues that affect all of Pennsylvania's older adults. PEER is a partnership between residents, facility staff, and local Ombudsman volunteers.

Participants attend five two hour classes to complete PEER training taught by Tawnia Norris – Volunteer PEER Trainer. A graduation ceremony is then held in which residents receive a meal of their choice, a certificate, and gifts. There are now 11 PEERs at Mulberry Square and a total of 36 PEER's in Jefferson County.

The six PEER graduates were, Jim Gilson, Fred Kerr, Fran McMichael, Grace Rouillard, Donna Weaver and Bill Wolfe. Jim was nominated as class instigator, Fred was class star, Fran was class valedictorian, Grace was the bright light of the class, Donna was the class puzzle solver, and Bill was the class clown.

Guests included elected officials, JCAAA staff and volunteers, State Regional Ombudsman Jan Brown, as well as family and friends of the graduates.

For more information on the PEER or Ombudsman program please contact Mindy Sivanich at 1-800-852-8036 Ext. 232

All 4 centers and the main office will be closed January 1st.

Oliver Township Center,  
Closed for January  
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.

### A message from the Executive Director

It's hard to believe that another year has come to a close. While the Agency has experienced some very trying times of late, we also had a considerable number of triumphs during 2015; we've survived nearly six months without a budget or any funding to speak of, established an exercise center with a special grant through the Pennsylvania Department of Aging, and prior to the budget impasse all waiting lists for In-home services were eliminated. Spending on In-home services provided by the Agency reached an all-time high, exceeding one million dollars. This milestone could not have been reached without a cadre of knowledgeable and caring staff and volunteers. Thanks to all. Moving on in the New Year we look forward to continuing to provide existing services as well as introducing something additional that should be very helpful and well received by Jefferson County's sixty-five plus population. Please watch for future releases regarding this service once the Pennsylvania Budget is in place. This coming soon service is another reason to be thankful for the Pennsylvania Lottery.

It's unfortunate that the Jefferson County Area Agency on Aging appears to be one of the best kept secrets in the County. Remember we're here to assist our senior population navigate a very confusing and complex system. The Agency is here to help you - please pass the word. Wishing you all a very Happy and Healthy 2016.

Warm Regards,  
- Bill Sherman, Executive Director

### Nursing Home Complaint Hotline

**BENEFITS:** The Department of Health is available to assist you if you're concerned about quality of care in a nursing home. But first, you should talk to your Nursing Home Administrator and/or Director of Nursing. He or she is licensed and responsible for the operation of the facility. The facility is required to have a system in place to address your concerns and develop a plan to lead to a reasonable and acceptable solution. Second, you should call Jefferson County Area Agency on Aging to get connected with a Department of Aging Ombudsman. Ombudsmen are trained professionals who resolve complaints made by, or on behalf of, older residents of long-term care facilities such as nursing homes, assisted living facilities and personal care homes. If you are still dissatisfied, the Department of Health will assist you in assuring quality of care and safety for nursing home residents. They have a toll-free hotline staffed by trained individuals on weekdays from 8 a.m. until 4:30 p.m..

**THOSE ELIGIBLE:** Anyone who is in a Pennsylvania facility as well as their family, friends and other advocates.

**CONTACT:** The hotline at (800) 254-5164. This Complaint Hotline is located in Harrisburg. Complaints and reports of abuse are taken and forwarded to the appropriate field office for investigation. You may also contact the local field office in Punxsutawney (800) 242-8214. They also receive complaints directly by phone, mail, fax and email. They also receive referrals of complaints from other agencies associated with nursing homes. After a complaint or report of abuse is reported, division staff will conduct an investigation. When completed, the results of this investigation will be shared with the person who filed the complaint.

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

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



### Employee Spotlight!

**Name:** Sue Aaron

**Job title:** Information & Assistance

**Location:** Main Office

**How long have you worked for JCAAA:**  
9 months

**Education and School Where Attended:**  
Brookville High School

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

Taking phone calls, gathering information to complete a referral so that seniors can begin to receive in home services. Help Seniors to complete paper work for Rent/Tax rebates, and LIHEAP applications.

#### Please tell me about your most rewarding or satisfying experience in your work or volunteer history:

Having someone tell me thank you for being so pleasant, helpful and patience with them while filling out paper work that they did not understand.

#### Please tell me about your proudest moment since you joined JCAAA:

Having a family member say thank you for the Area Agency on Aging and caring about their parents.

#### Please tell us about the significant people in your personal life.

I have 2 daughters, 2 son-laws, and 4 grandchildren. Adam 15, Emily 12, Whitney 7, and Maya 3.

#### What do you do when you're not at work? Tell us about any activities or hobbies you enjoy:

Spending time with my family and attending sporting events and activities that my grand children are involved in.



## Activities of Daily Living Measure the Need for Long-Term Care Assistance

Most long-term care involves assisting with basic personal needs rather than providing medical care. The long-term care community measures personal needs by looking at whether an individual requires help with six basic activities that most people do every day without assistance, called activities of daily living (ADLs). ADLs are important to understand because they are used to gauge an individual's level of functioning, which in turn determines whether the individual qualifies for assistance like Medicaid or has triggered long-term care insurance coverage.

The six ADLs are generally recognized as:

- Bathing. The ability to clean oneself and perform grooming activities like shaving and brushing teeth.
- Dressing. The ability to get dressed by oneself without struggling with buttons and zippers.
- Eating. The ability to feed oneself.
- Transferring. Being able to either walk or move oneself from a bed to a wheelchair and back again.
- Toileting. The ability to get on and off the toilet.
- Continence. The ability to control one's bladder and bowel functions.

There are other more complicated tasks that are important to living independently, but aren't necessarily required on a daily basis. These are called instrumental activities of daily living (IADLs) and include the following:

- Using a telephone
- Managing medications
- Preparing meals
- Housekeeping
- Managing personal finances
- Shopping for groceries or clothes
- Accessing transportation
- Caring for pets



Long-term care providers use ADLs and IADLs as a measure of whether assistance is required and how much assistance is needed. In order to qualify for Medicaid nursing home benefits, the Jefferson County Area Agency on Aging may do an assessment to verify that an applicant needs assistance with ADLs. Other state assistance programs also may require that an applicant be unable to perform a certain number of ADLs before qualifying. In addition, long-term care insurance usually uses the inability to perform two or more ADLs as a trigger to begin paying on the policy.

## New Year's Resolution

If you don't have an estate plan, make 2016 the year to do it!

Do you already have estate planning documents?

Keeping your documents current is as important as creating an estate plan in the first place!



Estate planning is so important, no matter how small your estate may be. It allows you, while you are still living, to ensure that your property will go to the people you want, in the way you want, and when you want. It permits you to save as much as possible on taxes, court costs and attorneys' fees; and it affords the comfort that your loved ones can mourn your loss without being simultaneously burdened with unnecessary red tape and financial confusion.

All estate plans should include, at minimum, two important estate planning instruments: a durable power of attorney and a will. The first is for managing your property during your life, in case you are ever unable to do so yourself. The second is for the management and distribution of your property after death. In addition, more and more, Americans also are using revocable (or "living") trusts to avoid probate and to manage their estates both during their lives and after they're gone.



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

1/1 - HAPPY NEW YEAR TO ALL.

1/4 - Trivia Day 11:00am with Karen

1/7- "Crazy Horse" OLD ROCK DAY w/ Al Bowdish

1/12-...Presentation by Druggist Erica from Means-Lauf Drug Store

1/19- Pop Corn Day...hopefully we will have our machine back and play some games..like Bean Bag Toss or Bowling

1/25- Birthday Dinner 5:00pm Meat to be determined. Cake will be supplied. Bring a dish to compliment the meal.

**Monday** – Bingo..9:30am, Healthy Steps 9:30 , Tai-Chi 10:00am

**Tuesday** - Art Class 1:00pm, Bridge 1:00pm, Healthy Steps 9:30

**Wednesday** - Scrabble 10:00am, Bridge 1:00pm, Cards 1:00pm

**Thursday** – Healthy Steps 9:30-11:00am Bridge / Cards 1:00pm

**Friday** - Bingo 9:30am, Tai-Chi 10:00am Bridge 1:00pm

FITNESS ROOM WITH NEW EXERCISE EQUIPMENT OPEN DAILY FROM 8:00AM-2:00PM. Please see director or volunteer for instructions and registration..



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

1/1- the Center is closed. Happy New Year!

1/4- Reservations are needed by today for the Soup Supper on Thursday, January 7th. Cost is \$3 per person

1/6- At 11:00 am we will be having the History of Tea! It is hot tea month and what better way to celebrate but by learning about tea and sampling some wonderful teas!

1/7- Soup Supper at 5:15 pm

1/8- Elvis's birthday! Come and learn about the King of Rock and Roll and enjoy a piece of birthday cake at 10:00

1/11- Yahtzee at 10:00!

1/13- Exotic Fruit Education! 10:30 in the dining room! Come and learn and taste some unusual fruits!

1/18- Winnie the Pooh day! trivia, treats, and a door prize! 11:30

1/20- Penguin Awareness day. Think you know a lot about penguins? 11:30 in our dining room, come and be amazed when you learn about penguins!

1/21- Blood Pressure and Blood Sugar screening at 10:30

1/25- Healthy Aging at 10:00

1/27- Mary from Guardian will be here at 11:30

1/28- National Kazoo day! 11:30 in the dining room. Come and join in the fun with kazoos!

1/29- National Puzzle Day!

**Daily** – puzzles, computers, cards, Wii,

**Monday** – exercise with Linda at 10:30 am

**Tuesday** – Bingo with Jim from 9:30-11:30 AM

**Wednesday** - exercise with Linda at 10:30 am

**Thursday** - exercise with Linda at 10:30 am

**Friday** – Bingo with Jim from 9:30-11:30 AM

Card players at the Pine Street Center.







Brockwayville Depot Center  
425 Alexander Street  
Brockway, PA 15824  
Director: Cheryl Moore  
Phone: 814-265-1719  
Email: depot@jcaaa.org

1/1- Happy New Year..Center Closed

1/7- Speaker 11:15 AM Drug and Alcohol commission  
Healthy Steps In Motion: Low Impact Exercise Class 9:30 AM

1/13- Breakfast 7:30- 9:30 AM

1/14- Healthy Steps In Motion Class 9:30 AM

1/21- Healthy Steps In Motion Class 9:30 AM

1/28- Healthy Steps In Motion Class 9:30 AM

**Daily** – Lunch is at Noon! Make your reservation the day before Social Hour, Pool, Library, Puzzles, Coupons, TV Lounge, PLUS a Fun 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

Music Night at The Depot with Romey and Friends



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

1/1- Happy New Year! Center closed

1/8- Music Night with Loose Nuts. Free admission, kitchen opens at 6 p.m., band begins at 7 p.m.

1/9- Patty Smith Art Class 9 a.m.

1/10- Cardmaking with Larissa 2 p.m.

1/11- Patty Smith Art Class 9 a.m.

1/13- Human Trafficking in the US 10 a.m.

1/15- Blood Pressure check and education with mary from Guardian 11

1/19- Advisory Council meeting 10:30 a.m.

**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

**Tuesday** – Dominoes 10, Computer class 1

**Wednesday** – Healthy Steps in Motion 10:30 AM, Oil Painting 1 PM

**Thursday** – Nickel Bingo 9:30 am, Cards 10 am

**Friday** - Healthy Steps in Motion

**January 8th**, Music Night with Loose Nuts.  
Free admission, kitchen opens at 6



## HELP FOR HEATING LIHEAP

**The Low Income Home Energy Assistance Program (LIHEAP) is open from November 2, 2015 through April 1, 2016.**

**A family of four with a gross annual income of \$36,375 qualifies for a grant.**

1

**Who qualifies for LIHEAP?** The 2015/2016 Income Guidelines for LIHEAP are listed below.

Household Size	Annual Maximum Income Limit
1	\$17,655
2	\$23,895
3	\$30,135
4	\$36,375
5	\$42,615
6	\$48,855
For income limits for larger households, visit <a href="http://www.LIHEAPhelps.com">www.LIHEAPhelps.com</a> .	

2

**How to apply?** It's easier than ever! Depending on your circumstances, you may apply:

- **Online** - [www.LIHEAPhelps.com](http://www.LIHEAPhelps.com).
- **By mail** - Download an application at [www.compass.state.pa.us](http://www.compass.state.pa.us).
- **In person** - Applications are taken at all local County Assistance Offices.
- **For more information**, call the LIHEAP hotline at 1-866-857-7095.
- **By telephone** - Contact the local County Assistance Office.

3

**What will you need to apply?**

- Names of people in your household
- Dates of birth for all household members
- Social Security Numbers for all household members
- Proof of income for members of your household
- A recent heating bill

### From the Office of Jeff Burkett, District Attorney and member of the Jefferson County Elder Abuse Task Force;

Warning Seniors! This is a very common scam. You will be hearing me on your radio warning you about this scam very soon but I want to let you know this way as well. The scammer calls you and says something like this: "Hi Grandma. Do you know who this is?" You think you recognize the voice so you say, "Johnny?" And they say, "Yes! It's Johnny!" Then, they tell you that they are in trouble somewhere and they need money quick. Many times, they claim they need money for bail or for an attorney. They will mostly ask you to send the money by money order via Western Union who does not require I.D. from the person who picks up the package. Don't fall for this very common scam!

**DON'T  
BE A  
VICTIM  
OF  
PHONE  
SCAMS!**



The Jefferson County Area Agency on Aging is a 501(c)(3) non-profit organization dedicated to enhancing the lives of older adults in Jefferson County, Pennsylvania.

We help over 2,000 older adults and their families every year by administering comprehensive services to assist them to remain a citizen in our communities.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go farther and serve more than we otherwise would have been able. We are extremely appreciative for the gifts that we receive and we take our accountability to our donors very seriously. We provide a written acknowledgement to all donors for every type and amount of gift received.

Your contribution is tax-deductible to the extent allowed by law. Please note the amount of your contribution that is deductible for federal income tax purposes is limited to the money contributed by the donor minus the value of goods or services provided by JCAAA.

To make a charitable or memorial donation, please mail your tax deductible donation payable to:

Jefferson County Area Agency on Aging  
186 Main St., Suite 2  
Brookville, PA 15825  
Phone: (814) 849-3096



### Crossword Answers

A	L	I		B	R	O		S	O	L	O	S
S	E	C		E	E	N		A	R	O	S	E
H	O	E		A	V	A	I	L	A	B	L	E
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S	C	O	O	T			P	O	E		L	O
T	A	R	T	S			A	N	D		S	O

For additional information on the Task Force, please visit our Facebook page, <https://www.facebook.com/Jefferson-County-Elder-Abuse-Task-Force-478043639035085/>



## Sunny's German Chocolate Cake Cookies



## Ingredients

2 sticks butter, softened  
 1 cup light brown sugar  
 1 cup granulated sugar  
 2 teaspoons vanilla extract  
 2 large eggs, beaten  
 2 1/4 cups all-purpose flour  
 1/2 cup unsweetened cocoa,  
 such as Hershey's  
 1 teaspoon baking soda  
 Pinch salt

Total Time: 45 min

Yield: 3 Dozen Cookies

1 cup semisweet chocolate  
 chips  
 1 cup shredded sweetened  
 coconut, such as Baker's  
 Angel Flake Coconut  
 1 cup chopped pecans

Read more at: <http://www.foodnetwork.com/recipes/sunny-anderson/sunnys-german-chocolate-cake-cookies-recipe.print.html?oc=linkback>

## Directions

Preheat the oven to 375 degrees F. Line baking sheets with parchment paper.

In a stand mixer or large bowl using a hand mixer, blend the butter, both sugars, vanilla and eggs. In a medium bowl, stir together the flour, cocoa, baking soda and salt. Gradually add the flour mixture into the butter mixture and blend until combined. Stir in the chocolate chips, coconut and pecans.

Drop the dough by tablespoonfuls onto the prepared baking sheets, 12 cookies per sheet, and bake 8 to 10 minutes. Cool on a baking rack.

Cook's Note: To make bars, press the dough into a buttered 8 by 8-inch square baking pan and bake 20 to 25 minutes. Cut into squares when cooled.



January 2016

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Jan Baked Salisbury Steak w/ Gravy AuGratin Potatoes Mixed Bean Medley Whole Wheat Bread Mandarin Oranges	5-Jan Penne Pasta Meatballs Toss Salad Dressing White Bread . Warm Applesauce	6-Jan BBQ Chicken Breast Baked Potato Sour Cream Coleslaw Whole Wheat Bread Tropical Fruit Salad	7-Jan Chef Salad (ham, turkey, & cheese) Dressing Vegetable Noodle Soup Bread Stick Sliced Peaches	8-Jan Sliced Roast Turkey Breast Gravy Whipped Potatoes Sliced Carrots Whole Wheat Bread Chocolate Cake
11-Jan Cheeseburger Lettuce, Tomato Oven Brown Potatoes Mixed Vegetable Medley Sandwich Roll Fresh Seasonal Fruit	12-Jan Ham, Bean & Potato Casserole Toss Salad Dressing Whole Wheat Bread Apple Oatmeal Bar	13-Jan Baked Meatloaf Whipped Potatoes Green Beans Whole Wheat Bread Sugar Cookie	14-Jan Sweet & Sour Meatballs White Rice Broccoli Medley Whole Wheat Bread Applesauce Cookie	15-Jan Chicken Strip Salad Cheese Dressing Noodle Soup[ Garlic Bread Stick Fresh Seasonal Fruit
18-Jan Roast Pork w/ Gravy Whipped Potatoes Sweet Peas Whole Wheat Bread Apple Slices	19-Jan Sloppy Joe Sandwich Parsley Potatoes Fresh Coleslaw Sandwich Roll Peaches	20-Jan Roast Beef w/ Gravy Baked Potato w/ Sour Cream Sliced Carrot Whole Wheat Bread Tropical Fruit Salad	21-Jan Sizzled Ham & Cheese Sandwich Lettuce, Tomato Cream of Broccoli Soup Crackers 2 Whole Wheat Bread Pears	22-Jan Continental Chicken Celery, Onion & Gravy Homemade Stuffing Mixed Vegetable Medley Fresh Seasonal Fruit Chocolate Chip Cookie
25-Jan Turkey Pot Pie over Noodles Sweet & Sour Slaw Sweet Peas & Carrots Whole Wheat Bread Oatmeal Cookie	26-Jan Chopped Steak w/ Onion Gravy Whipped Potatoes . Broccoli w/ Red Peppers Whole Wheat Bread Tapioca Pudding	27-Jan Spaghetti w/ Meatballs (3) Pasta, Sauce Toss Salad Dressing White Bread Mandarin Oranges	28-Jan Homey Mustard Chicken Sandwich Lettuce, Tomato Baked Potato Soup w/ Crackers 2 Wheat Bread Mixed Fruit Salad	29-Jan Taco Salad Cheddar Cheese Fiesta Corn Salad Nacho Chips Pineapple Tidbits
Let It SNOW	Happy New Year 2016			Let It SNOW





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

Non-Profit  
Organization  
U.S. Postage  
PAID  
Permit No. 21  
Falls Creek, PA  
15840

ADDRESS SERVICE REQUESTED

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Check for Crossword Puzzle  
Answers On the I & R Page

Puzzle# 31

ACROSS	23. ____ loss for words (2 wds.)	41. Sailor
1. “You there!”	26. Physical discomfort	43. Hen’s perch
4. Cheerleader’s shout	27. Humorist ____	47. Musician ____
7. Epsom ____	Barry	John
12. Bride’s vow (2 wds.)	30. Negative word	48. Grove products
13. Get by	31. Laid bathroom flooring	50. Upper crust
14. Goodbye, in Paris	33. Paving material	51. CBS rival
15. Motorcycle adjunct	34. Revolving ____	52. Track circuit
17. Lugged	36. Identical	53. Marathons, e.g.
18. Gaze steadily	37. Vane letters	54. First-aid ____
19. Pet	38. Treat with drugs	55. Raised railways
20. 747, e.g.		
DOWN	19. Movie house	41. Clairvoyant person
1. Snake’s sound	21. Dried grape	42. Jazz’s ____
2. Prepare copy	22. Purple flower	Fitzgerald
3. “Star Wars” character	23. Common conjunction	44. Eye suggestively
4. Proof of purchase	24. As well as	45. Embossed emblem
5. Alias initials	25. Fragrant	(abbr.)
6. Not him	28. Movers’ vehicle	46. Recipe measures
7. Lucifer	29. Poetic “before”	48. Hardwood tree
8. Idolized	32. Divert	49. Baseball stat
9. Able to read	35. Far off	
10. Driving aids	39. Copenhagen natives	
11. Soap bubbles	40. Long period	
16. Distinctive period		