

THE SUNSHINE LINE

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www.jcaaa.org



Bill Sherman - Executive Director

Molly McNutt - Deputy Director

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The Benefits of Joining a Senior Center

What do you think of when someone says the words senior center? Do you picture older people (much older than you, of course) sitting around playing bingo and shuffleboard? Eating bland meals while a television is blaring?

Time to update your vision! Senior Centers are not what they used to be. Today's senior center is a vibrant, action-packed combination of local fitness center, volunteering headquarters, transportation hub, and tasty dining locale.



Make a plan to visit your local senior center this month. Here are some things you might discover:

- You don't have to be on Medicare to take advantage of all the great opportunities at your local senior center. Anyone age 60 and older can take advantage of the benefits.
- Approximately 70% of senior center participants are women. Three-quarters visit their center one to three times per week and spend an average of 3.3 hours per visit.
- Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

Senior centers don't just offer card games. Sure, cards are available (and fun and challenging). But most senior centers offer far more than that – everything from special events to fine arts and crafts, music and dance, lifelong learning, and fitness and health programs. Just check out these examples:

- The Depot in Brockway hosts Chair Yoga every Wednesday beginning at 11:30am. Chair yoga will not only improve your strength, flexibility, and mobility; but it helps to reduce stress, improve mental clarity, improve pain management, and enhance socialization. Grab your exercise clothes and get to the Depot!
- The Foundry in Reynoldsville hosts computer classes, every Tuesday afternoon beginning at 1:00 pm. Bring your laptop, iPad, or questions and Rusty will be glad to help!
- Do you have a new year's resolution of losing those excess pounds or interested in increasing your strength and mobility? The Heritage House in Brookville has that opportunity waiting for you! Visit our new Fitness Center, equipped with treadmills, elliptical trainer, a recumbent bike, and a total body exerciser. Stop by to have a tour of our new Fitness Center!
- The Pine Street Senior Center in Punxsutawney hosts competitive Wii bowling teams, pool players group, and maintains a computer lab with Internet connections for older adult use. Stick around to discuss current events after lunch and check out our monthly Senior Suppers!

Health and fitness are where senior centers have really expanded in recent years. In addition to traditional programs like aerobics, Zumba, yoga, and Tai Chi, many senior centers now offer evidence-based health programs that have been scientifically proven to make people healthier.

One example is the Healthy Steps for Older Adults Falls Prevention Initiative. The Pennsylvania Department of Aging offers this falls prevention program for adults 50 years of age and older. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. Another is the Chronic Disease Self-Management Program, which helps people with conditions like diabetes, heart disease, and arthritis learn how to reduce their symptoms, eat well, and communicate with their doctors.

The Jefferson County Senior Centers also offers regularly scheduled blood pressure and glucose screenings.

Get to know your local senior center today! See pages 4 and 5 for events and contact information.

Source: www.ncoa.org

All 4 centers and the main office will be closed February 15th.

Oliver Township Center,
Closed for February
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

Greetings from the Executive Director:
So folks - it finally happened. On day 182 of the Great Pennsylvania Budget Impasse, Governor Wolf released the funding for the 52 Area Agencies on Aging across the state. While we don't have the money in hand, Secretary of Aging, Teresa Osborne assured us the payments from July 1, through January 3, will be distributed to us in 7 – 10 days. That is certainly welcome news. What that means is we will not have the need to further draw on our line of credit which currently has an outstanding balance of \$250,000.00 which equates to \$24.00 per day in interest expense. We will soon liquidate the debt and use the money spent on interest expense to provide services to Jefferson County's older citizens. We have already reduced our waiting list for services to near zero. We can only hope this budget issue doesn't occur again next year. While I realize a lot of winter could remain ahead, we have been blessed thus far with mild temperatures and very little white stuff. As of New Year's Day we had not needed to plow or shovel any snow nor have we used any ice treatment material. I'm hopeful that trend will continue. Not only does it make travel safer and easier, we should benefit from reduced utility bills. The Agency is here to help you - please pass the word. Please be safe and remember "spring is just around the corner".

Warm Regards,
- Bill Sherman, Executive Director

Guess The Correct Number of groundhogs in the Sunshine Line and your name will be entered to win a prize.

Email your name, phone # and answer to muplinger@jcaaa.org
Put in the subject line: **Groundhog**



Bureau of Blindness and Visual Services

BENEFITS: The Office of Vocational Rehabilitation in the Department of Labor and Industry offers a wide range of services including home instruction, family counseling, referral to services required, transportation, vocational counseling, and job placement. They also provide orientation and mobility training and an independent living program for adults age 55 and older to teach them to become more independent in their homes.

THOSE ELIGIBLE: All Pennsylvania residents who are blind or otherwise visually impaired. Services are free to people meeting visual requirements. Some services are based on economic need.

CONTACT: The Bureau of Blindness and Visual Services office nearest you:

555 Walnut St., 8th Flr.
Harrisburg, PA 17101
(717) 787-7500
Toll-free: (866) 375-8264

1130 12th Avenue, Ste. 300
Altoona, PA 16601
(814) 946-7330
Toll-free: (866) 695-7673

4200 Lovell Place
Erie, PA 16503
(814) 871-4401
Toll-free: (866) 521-5073

531 Penn Ave.
Pittsburgh, PA 15222
(412) 565-5240
Toll-free: (866) 412-4072



From: Benefits & Rights For Older Pennsylvanians 2015

To get a copy stop by the JCAAA Main Office



Employee Spotlight!

Name: Cheryl Moore
Job title: Center Director
Location: Brockwayville Depot
How long have you worked for JCAAA: 5 Years
Education and School Where Attended: Salamanca High School, Jamestown Community College studied Business
What is involved in your day-to-day activities in your current position?
I supervise the Brockwayville center operations by managing the volunteers, assisting the participants that attend the center, book facility rentals, answer phone calls, order meals, cook breakfast and other activities. I also instruct several classes that we offer such as Healthy Steps for Older Adults. I assist individuals with completing Rent/Property tax rebates and LIHEAP applications.
Please tell me about your most rewarding or satisfying experience in your work or volunteer history:
This happens almost every day! When someone gives me a smile or a hug and tells me "Thank You" for being here for them or just listening to them. Also just the general enjoyment I have with my consumers and volunteers - we are just one big happy family!
Please tell me about your proudest moment since you joined JCAAA:
I have several but the one that shocked me was my first Music Night. I was expecting maybe 75 people and we had over 200 people show up!
Please tell us about the significant people in your personal life.
I've been married to my husband Bob for 41 years. We have two children Carey and Andy. One dog named Tucker (my Boxer baby). I'm also the youngest girl of a family of 9 children, 7 girls and 2 boys!!!
What do you do when you're not at work?
Tell us about any activities or hobbies you enjoy:
I am an avid Harley enthusiast, lifetime member of HOG, local chapter Director in 90-91. (Need to get back to riding more)
I am a member of the Falls Creek Eagles, a Session member of Sugar Hill Presb. Church, and I like to travel as much as possible.

Is Medicare enough to pay for health care as you age?

It's scary to think that a big chunk of one's retirement savings could go toward medical costs. That's what Fidelity Investments found when tracking retirees' health care costs for more than 10 years. In 2013, the investment company estimated that a couple, 65 years old, will need \$240,000 to cover future medical costs. The cost of long-term care is not part of that equation.

The breakdown of the costs includes co-payments, deductibles, premiums for optional coverages like prescription medications, doctor visits, hearing aids, eyeglasses, and other out-of-pocket expenses not covered by Medicare.

Next year, I will be eligible for Medicare and welcome the insurance coverage. I hope it will be around for a while and not go broke. Fortunately, I don't face costly health issues. My primary expense is health insurance, dental, vision, and top-notch nutritional supplements. The traditional Medicare choices when reaching 65 are Parts A, B, and D, rather than taking the Medicare Advantage program (Part C.)

Part A covers hospital costs, nursing home/rehabilitation stays, home health care and hospice. There is no premium charge, but it carries a deductible of \$1,260.

Part B covers doctor's visits, preventive care and outpatient services. The premium runs about \$105 a month with a deductible of \$147.

Part D covers prescription drugs, and the costs vary by plan.

Health care costs rise faster than the cost of living, especially if you have a hospital stay. According to data published by the Agency for Healthcare Research and Quality, the average stay costs about \$10,000.

But if you're lucky and stay out of the hospital, your health care costs will be about \$3,100 for the basic Medicare coverage. It's better than what I pay today; my health insurance plan costs over \$5,000, and that's with a high deductible. Even if you have excellent health and only pay for the necessary but basic plans, the costs add up beyond \$30,000 over 10 years.

Since 80 percent of people over 65 live with at least one chronic condition, the drug costs to manage an illness will drive the expenses up even faster. Here's a simple example. A friend of mine has diabetes and severe osteoporosis, for which she takes a brand name drug. She pays the Part D premiums and quickly reaches the deductible of \$310. After that, she pays 25 percent of the \$570 until the total spent reaches \$2,800. That's when she hits the Donut Hole and becomes accountable for the full cost of the prescription until reaching the total out-of-pocket yearly limit of \$4,550, after which time, she pays 5 percent of the drug costs.

It's confusing but don't fret because Accountable Care makes changes to the coverage gap in 2020. At that time, there will be no more "Donut Hole." Beneficiaries will pay 25 percent of the drug costs until reaching the yearly out-of-pocket spending limit.

Getting back to the question, "Is Medicare enough to pay for health care costs?" The answer is personal and only you know the state of your health and its conditions. According to the Kaiser Family Foundation, for people 80 and older, their average health care spending is close to 18 percent of household spending.

For some, it might be a guessing game on what the future will bring your health. But retirees can always turn to Medicare Advantage and Medigap plans to offset the rising costs.

Carol Marak, aging advocate, and editor of SeniorCare.com is the creator of the Aging Matters weekly column. You can visit her at www.seniorcare.com/



Health Tip

Many people take over-the-counter medications to treat fevers, colds, allergies, and other aches and pains. Although these medications do not require a prescription, it is still important to exercise caution when using them to treat symptoms. Many people take more than the recommended dosage, which results in negative side effects. For those 65 years or older, it is important to consult with a doctor or pharmacist before taking over-the-counter medications, as the way a person's body processes drugs changes as they age. Those 65+ are at higher risk for negative side effects from over-the-counter drugs, including depression, confusion, falls, and hallucinations. Those who are 65+ are also more likely to treat a chronic condition with medications that may react negatively with an over-the-counter drug. It is important for older adults to read drug labels and follow directions, in addition to consulting with a doctor, before taking over-the-counter medications.

For more information please visit *The New York Times* article at <http://well.blogs.nytimes.com/2015/11/30/over-the-counter-medicines-benefits-and-dangers>

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





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

- 2/2- Groundhog Day. Enjoy some groundhog cookies after lunch.
2/5- "Stock Your Heart" with Lori from Penn Highlands
2/9- Mary Keck from Guardian Health....Blood Pressure screenings at 11:00am
2/10- Ash Wednesday
2/12- Bring a valentine, put in the box and take one. Let's see how many we can get to put a card in the box. Remember!!!!!!!
2/15- CLOSED FOR PRESIDENT DAY
2/22- Presidential Trivia at 11:00AM Prize to the one who has the most correct answers.
2/29- Birthday Dinner 5:00pm. Bring your favorite side dish to help fill us up. Ham and cake will be furnished. ADVISORY COUNCIL MEETING 1:00PM

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, Wii Bowling 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..

Honey having breakfast with santa



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

- 2/1- Reservations for Thursdays senior supper due today. \$3.00 per person. The meal is spaghetti and meatballs
2/2- Groundhog Bingo! 9:30-11:30
2/3- Yahtzee at 10:00
2/8- Chinese New Year! 11:00 in the dining room
2/9- National Pizza Day! 11:00 pizza trivia in the dining room
2/10- Wii Bowling Tournament! 9:30 Snacks, Fun, and prizes
2/11- Healthy Aging at 11:00 in the dining room
2/15- Happy Hippo day! 11:30 in the dining room we will be having hippo trivia and interesting facts!
2/18- Blood pressure and blood sugars
2/22- Woolworth's Day! 11:45 in the dining room. Come and learn about Woolworths history
2/24- Mary from Guardian will be here with winter safety tips
2/25- Healthy Aging at 11:00
2/29- Leap Year! 11:30 Leap Year fun in the dining room!

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

Happy Goundhog Day!





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

2/9- Breakfast 7:30AM to 9:30AM, Blood Sugars Tests 7:00 to 9:00,

Blood Pressure Tests 8:00-9:00

2/10- Artist Connection 7:00 PM

2/11- Speaker- Drug and Alcohol Commission 11:15 AM

2/17- Advisory Council 12:30 PM

2/24- Artist Connection 7:00 PM

2/25- Nutrition Speaker 11:15 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

Some of our seniors socializing before lunch.



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

2/2 – Ground Hog Day! 11:30 Groundhog Toss and treats. 6 – 7:00PM.

Ruth Pifer Tai Chi Class. Each Tuesday & Thursday through March.

Call 591-1113 to register. \$5

2/4- Crafty Creators 1 p.m.

2/12 – Valentine Party- For the Love of Chocolate! 11:30 a.m.

2/13- & 2-15 Patty Smith Art Class 9 a.m.

2/15- Closed for Presidents Day

2/16- Advisory Council meeting 10:30 a.m.

2/19 – Blood Pressures and Education with Mary from Guardian 11 AM.



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, Tai Chi 6 p.m.

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

Thursday – Nickel Bingo 9:30 am, Cards 10 am, Tai Chi 6 p.m.

Friday - Healthy Steps in Motion





VITA Tax Appointments begin in February.

The Area Agency on Aging VITA Program will once again offer free tax help to people who make \$54,000 or less and need assistance in preparing their own tax returns in Jefferson County, PA.

IRS certified volunteers will provide free basic income tax return preparation with electronic filing to qualified individuals. Volunteers are able to inform taxpayers about special tax credits for which they may qualify such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled.

VITA sites for 2016 include:
Punxy Pine Street Senior Center
814-938-8376

Reynoldsville Foundry Senior Center
814-653-2522

Heritage House Senior Center
814-849-3096 (call JCAAA Main Office to schedule tax appointment)

Brockway Depot Senior Center
814-849-3096 (call JCAAA Main Office to schedule tax appointment)

Appointments are limited so call and schedule today!

For more information call Jefferson County Area Agency on Aging at 814-849-3096



Reduced Vehicle Registration

Pennsylvania residents may be eligible to receive their car registration for \$10 rather than \$36. To qualify, eligible applicants, regardless of age, must be retired and receiving Social Security, SSI payments, retirement benefits or other pensions and annuities. Income from other sources such as interest dividends, capital gains, business income, rental income, wages, public assistance, unemployment compensation, cash gifts, life insurance and death benefits must be considered in calculating total income.

NOTE: Those who receive only unemployment compensation or public assistance or who are a student or other individual who is not retired do not qualify. The total income from all sources named above must not exceed \$19,200.00.

To be eligible for the retired status processing fee, the vehicle must be titled and registered in the person's name that meets the above qualifications. If the vehicle is registered jointly to two people, at least one of the registrants must meet the requirements above. The qualified person making application for the reduced fee, must be the principal driver of the vehicle unless physically or mentally incapable of driving. Only one vehicle per person may be registered for the \$10.00 processing fee.

The application for the reduced registration fee must be sent when you renew your registration.

Applications are available at the Jefferson County Area Agency on Aging, 186 Main St. Suite 2, Brookville, PA 15825.

Passports Available



Tonya S Geist, Prothonotary

Phone: (814) 849-1606

Hours: 8:30AM – 4:30PM

Address: Jefferson County Courthouse
200 Main Street
Brookville, PA 15825

Passport Checklist

- Passport Application
- Driver License
- Long Form Birth Certificate
(Certificate must have both parents full names)
- Passport Photo available to be taken here
- 2 Forms of Payment

No Appointment Required

Please Call with Questions



Crossword Answers

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

Peanut Butter Potato Candy

Total Time: 2 hrs 20min

Yield: 20 servings

Directions

Combine mashed potatoes, milk, vanilla, salt in bowl.
 Stir conf. sugar into potato mixture until a dough consistency.
 Refrigerate about 1 hour.
 Sprinkle conf. sugar on wax paper.
 Roll dough into a large rectangular shape on prepared surface.
 Spread enough peanut butter on top layer to cover.
 Roll dough into jelly roll shape, refrigerate 1 hour. Slice dough into pinwheels to serve.

submitted by: Ida Corle



Ingredients

- 1/4 cup mashed potatoes
- 2 tablespoons milk
- 1 teaspoon Vanilla extract
- 1 pinch salt
- 1 (16 ounce) package confectioners' sugar
- 1 tablespoon confectioners' sugar for dusting
- 1/3 cup peanut butter



February 2016

Jefferson County

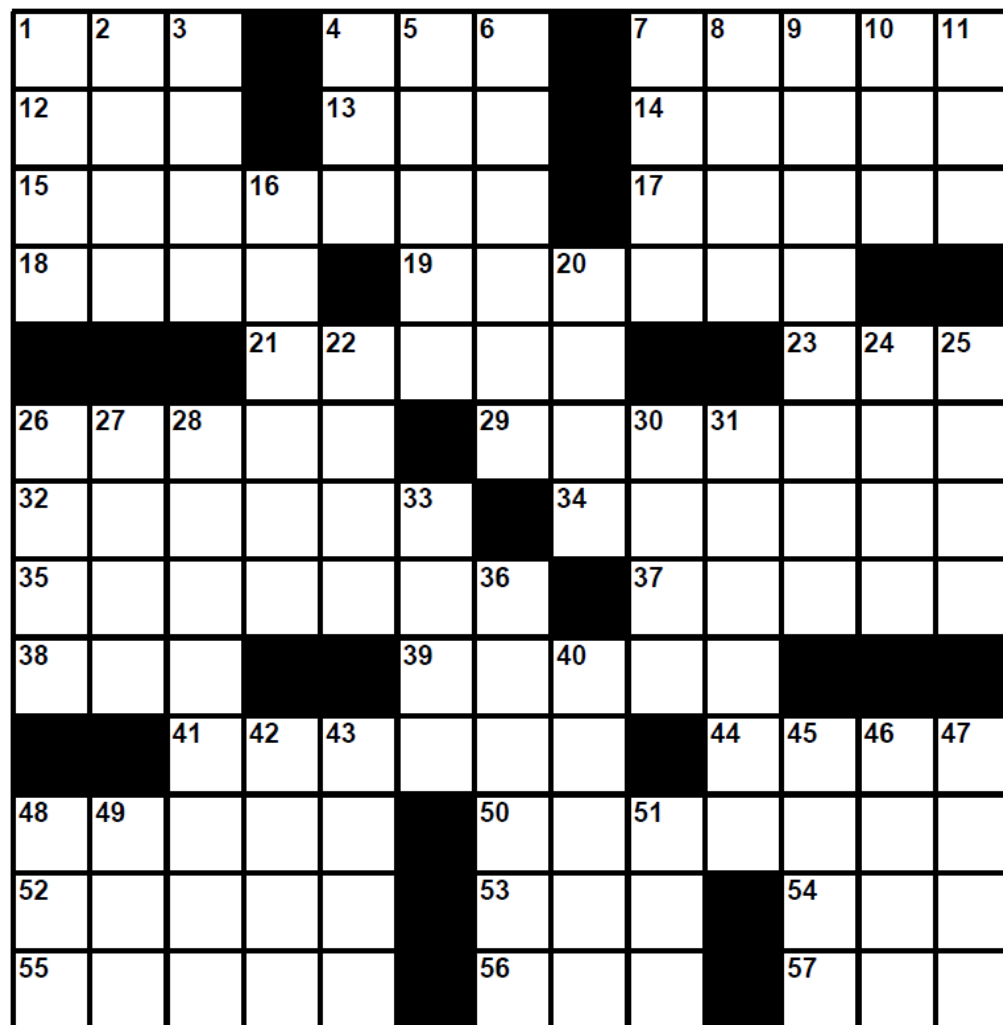
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Feb Chicken Parmesan Pasta / Sauce Green Beans Wheat Bread Fresh Seasonal Fruit	2-Feb Warm Roast Beef Sandwich Provolone Cheese Ranch Potatoes Fresh Coleslaw Sandwich Roll Sugar Cookie	3-Feb Baked Ham Slice w/ Fruit Sauce Scalloped Potatoes Cauliflower Whole Wheat Bread Vanilla Ice Cream	4-Feb Swedish Meatballs (3) w/ Gravy Egg Noodles Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges	5-F Grilled Chicken Sandwich Lettuce, Tomato Vegetable Soup w/ Crackers Sandwich Roll Tropical Fruit Salad
8-Feb Baked Swiss Steak w/ Gravy Parsley Potatoes Baked Cabbage Whole Wheat Bread Fresh Seasonal Fruit	9-Feb Pizza Casserole Toss Salad Dressing Italian Bread Applesauce	"Ash Wednesday" 10-Feb Baked Breaded Fish Rice Pilaf Broccoli Wheat Bread Peaches	"Valentine's Lunch" 11-Feb Hot Turkey Sandwich / Gravy O'Brien Potatoes Vegetable Medley Whole Wheat Bread Cake w/ Icing	12-F Tuna Salad Sandwich (1/2c) w/ Cheese Lettuce, Tomato Dill Pickle Spear Tomato Soup w/ Crackers 2 Whole Wheat Bread Peaches
15-Feb <i>Happy President's Day</i> 	16-Feb Hot Dog 1/2c. Whipped Potatoes 1/2c. Sauerkraut Hot Dog Roll Fresh Seasonal Fruit	17-Feb Pepper Steak w/ Peppers & Sauce Buttered Potatoes Garden Salad / Tomato & Dressing Whole Wheat Bread Gelatin w/ Topping	18-Feb Baked Chicken Alfredo w/ Creamy Parmesan Sauce Pasta Broccoli Medley Whole Wheat Bread 1/2c. Peaches	19-F Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Sandwich Roll Fresh Seasonal Fruit
22-Feb Penne Pasta w/ Meatballs (3) Toss Salad Italian Bread Cinnamon Applesauce Italian Bread	23-Feb BBQ Chicken Baked Potato Sour Cream Sweet & Sour Slaw Whole Wheat Bread Tropical Fruit Salad	24-Feb Sliced Roast Turkey w/ Gravy Whipped Potatoes Carrots Whole Wheat Bread Chocolate Pudding	25-Feb Baked Salisbury Steak w/ Gravy Au Gratin Potatoes Mixed Bean Medley Whole Wheat Bread Mandarin Oranges	26-F Baked Vegetable Lasagna w/ Parmesan Cream Sauce Toss Salad w/ Tomato Carrots, Egg & Dressing Breadstick Cinnamon Applesauce
29-Feb Roast Pork w/ Gravy Whipped Potatoes Peas & Carrots Whole Wheat Bread Apple Slices				



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

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 15840

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

Puzzle# 32

ACROSS

- 1. Vane dir.
- 4. Donkey
- 7. Pie portion
- 12. ___ moment's notice (2 wds.)
- 13. Not me
- 14. Photocopier liquid
- 15. Camper's lamp
- 17. Modify
- 18. Dogwood or palm
- 19. Safe to eat
- 21. Televised again

- 23. Snitch
- 26. Beatle Ringo ____
- 29. Improve
- 32. Courageous
- 34. Flavorful seed
- 35. Beseech
- 37. Comic Tim ____
- 38. Had a bite
- 39. Exchange
- 41. Moscow's country
- 44. Discharge
- 48. Biblical pronoun
- 50. Get ready

- 52. Napped leather
- 53. High's opposite
- 54. Spoil
- 55. Mexican coins
- 56. Compass point (abbr.)
- 57. Columnist ____ Landers

DOWN

- 1. Popcorn seasoning
- 2. "A ___ Is Born"
- 3. Dwindle
- 4. Sailor's yes
- 5. More angry
- 6. Ice-cream treat
- 7. Pierce
- 8. Recline lazily
- 9. ___ medicine
- 10. So-so grade
- 11. Goof
- 16. Fright
- 20. Small hotels

- 22. Ohio lake
- 24. Zenith
- 25. Youth
- 26. Mets' old stadium
- 27. Camping need
- 28. Blood vessels
- 30. Noggin
- 31. Snoozing
- 33. Felines
- 36. Three-base hit
- 40. Slugger Hank
- ___
- 42. Take apart
- 43. Observes

- 45. Papa's partner
- 46. Modern Persia
- 47. Shore bird
- 48. Recipe measure (abbr.)
- 49. Color
- 51. Ram's mate

