

THE SUNSHINE LINE

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

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

Fax:
 (814) 849-3232

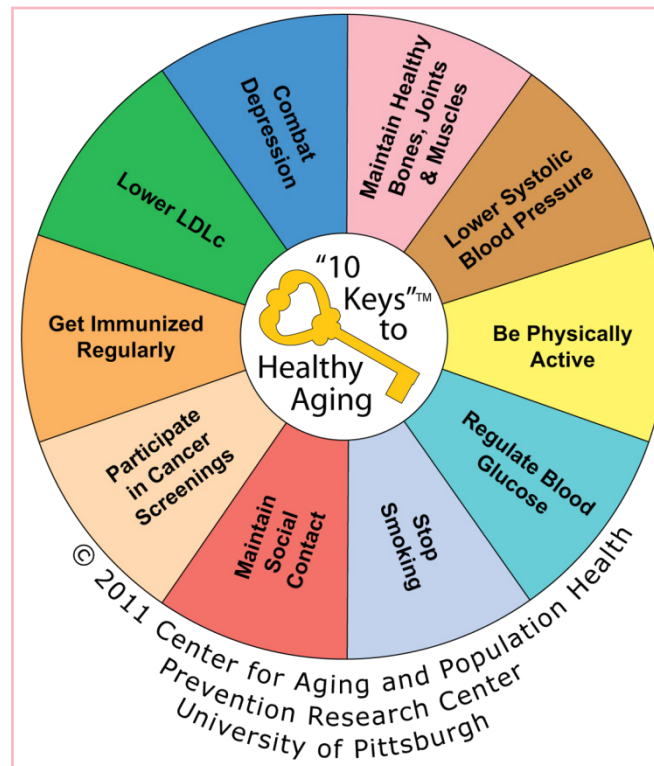
Website:
www.jcaaa.org



Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Spin the wheel of fortune and be wealthy by being healthy!



Take ownership of your health.....

Attend educational workshops to learn about the “10-Keys” to Healthy Aging and the many NO COST and low cost preventative services provided by Medicare to help keep you healthy

Inside This Issue:

Lead Poisoning	2
Medicare Coverage	2
Summer Safety Tips	3
Watermelon: Health Benefits	3
Pine St & Heritage House	4
Depot & Foundry	4
Senior Picnic	6
Fun Activities	6
SSL Via Email	6
Lunch Menu	7
Crossword Puzzle	8

Location: Heritage House
 Date: Starting August 3, 2016 continuing every Wednesday for the next 9 weeks
 Time: 1pm – 3 pm
 Cost: Free!
 The Workshops are taught by Certified Health Ambassadors & APPRISE Counselors

For more information and to register call 814-849-3391 By July 27, 2016

Note: The workshops are provided for your information and are not intended to replace the advice/direction of your physician, but to help you with talking to a healthcare professional.

Independence day is Monday July 4th. All 4 centers and the JCAAA Main Office will be closed.

Oliver Township Center,
Open on July 14th and the 28th
Lunch and Bingo
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.

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



Department of Health, Lead Poisoning Prevention and Healthy Homes Information

BENEFITS: The Pennsylvania Department of Health provides information and referral services regarding Lead Poisoning Prevention through operation of the Lead Information Line. The information available deals with lead poisoning with respect to the home environment, children's health and safe work practices. Information is also available regarding healthy homes, which includes information on radon, pests and other household issues. If you are a homeowner or renter and occupy a home built prior to 1978, the Department of Health has information that will be helpful to you.

CONTACT:

Call (800) 440-LEAD (5323).
Additional information is also available on the Department's website at www.health.state.pa.us/lead

From: **Benefits & Rights For Older Pennsylvanians 2015**
To get a copy stop by the
JCAAA Main Office



APPRISE -- Medicare Coverage While Traveling

All your bags are packed and you are ready to go on vacation, but do you know whether your current Medicare coverage will take care of you if you need it while you are away? Your coverage when you travel will depend on where you travel and what type of Medicare coverage you have.

If you have Original Medicare you can travel anywhere in the United States and its territories and get the care you need from any doctor or hospital that accepts Medicare. Original Medicare does not cover care outside of the country except for limited circumstances. One circumstance would be that Medicare will pay for medical care you get on a cruise ship if you get care while the ship is in U.S. territorial waters. Some Medigap plans provide coverage for foreign travel. If you have a Medigap policy, check your policy to see if foreign travel is included.

If you have a Medicare Advantage plan, you need to see providers that are within your network. There are some plans, such as PPOs, that will still provide coverage if you go outside of your network (but you more than likely will pay higher copays or a deductible). Before you travel, check to see whether there are providers in your network where you are vacationing. Medicare Advantage plans will cover you if the care you need is an emergency or urgent care, regardless of whether or not the provider is in your network. Some Medicare Advantage plans may cover emergency care if you travel outside of the country; you will need to check with your plan to see.

If you need assistance in determining whether your current Medicare coverage will take care of you while you are away, call your local APPRISE Program by contacting the Jefferson County Area Agency on Aging. The toll-free number is 1-800-852-8036 and all services are free and confidential.

Summer Safety Tips for Seniors



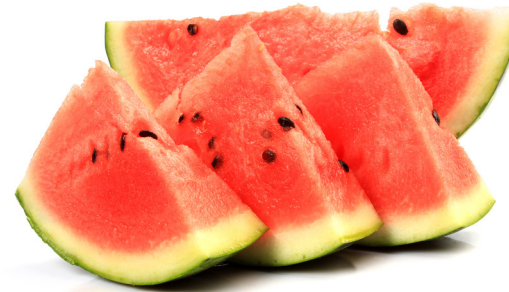
Summer is a favorite season among people of all ages, and in particular for seniors who otherwise may spend plenty of time indoors, as a result of cold weather and dangerous winter conditions. Although they may feel more comfortable and safer in the warm months, they should be advised of the numerous factors that could deteriorate their health, or worse. When a senior lives alone, a caregiver must help protect him from the harm that too much heat or direct sun can cause.

Preventative Measures for Summer Heat and Sun

- Invest in an affordable air conditioner to cool down at least one room, for when the heat is excessive.
- Wear a hat when outdoors.
- Wear lightweight, loose-fitting clothes. Opt for lighter colors, which reflect heat.
- Use sunscreen on exposed body parts, including the face and ears.
- Always have a bottle of water handy to hydrate, ensuring at least eight glasses of water are drunk daily, and more if there is excessive perspiration.
- Avoid caffeine and alcohol, which actually dehydrate the body.
- Stay indoors rather than in hotter, more humid outdoor conditions (preferably on the lowest floor)
- Cool the home by keeping hot, humid air outdoors. Shut windows and doors, as well as blinds or shutters.
- Eat light foods, like yogurt, fruits, and vegetables in smaller portions to avoid the body from overworking and overheating.
- Avoid strenuous activities, especially during peak heat. If necessary, tend to such tasks in the early morning.

Summer could be a great season, if people are aware of its hazards, and take preventative measures against them. Sunscreen is crucial to avoid skin cancer; water is necessary to stay hydrated; and a cool escape is required during summer heat waves. Check in on a senior regularly during the summer, especially when there is excessive heat in the forecast.

Watermelon: Health Benefits



Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium. Plus, this quintessential summer snack is fat-free, very low in sodium and has only 40 calories per cup.

Scientists have taken notice of watermelon's high lycopene levels — about 15 to 20 milligrams per 2-cup serving, according to the National Watermelon Promotion Board — some of the highest levels of any type of fresh produce. Lycopene is a phytonutrient, which is a naturally occurring compound in fruits and vegetables that reacts with the human body to trigger healthy reactions. It is also the red pigment that gives watermelons, tomatoes, red grapefruits and guavas their color.

Lycopene has been linked with heart health, bone health and prostate cancer prevention. It's also a powerful antioxidant thought to have anti-inflammatory properties, according to Victoria Jarzabkowski, a nutritionist with the Fitness Institute of Texas at The University of Texas at Austin.

To really maximize your lycopene intake, let your watermelon fully ripen. The redder your watermelon gets, the higher the concentration of lycopene becomes. Beta-carotene and phenolic antioxidant content also increase as the watermelon ripens. Nevertheless, "All parts of the watermelon are good. There are a lot of nutrients throughout," said Jarzabkowski. This includes the white flesh nearest the rind.

Another phytonutrient found in the watermelon is the amino acid citrulline, which converts to the amino acid arginine. These amino acids promote blood flow, leading to cardiovascular health, improved circulation, and according to research at Texas A&M University, erectile dysfunction improvement (you'd probably have to eat a lot of the fruit to get a Viagra-like effect, though).

- See more at: <http://www.livescience.com/46019-watermelon-nutrition.html#sthash.lq0mH7QN.dpuf>



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

7/5- It's National Cookie Day we will be having Orange Cookies
7/7- Meeting Your Nutritional Needs as You Age at 11:30am.
7/12- Mary Keck at 11am with Blood Pressure readings from Guardian Health
7/13- Enjoy some tapioca pudding at lunch time. It is National Tapioca Day.
7/19- How about a Lollipop? Come in and I will give you one for Lollipop day.
7/21- The Center will be closed. Please make your reservation for the Senior Picnic.
7/25- The Advisory Council meeting is at 1pm, Our Birthday Tureen dinner is at 5:00pm
WeighWise Classes to begin in August. Let's get ready to learn some nutrition facts and how to lose weight.
The 10 Keys program will begin on August 3, 2016 at 1:00pm. Please think about the program and get signed up to enjoy the classes with an Apprise volunteer and myself.

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 10am, Bridge 1:pm, Weigh Wise 1pm

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

Our Memorial Day program



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

7/4- the center will be closed for the holiday
7/13- Wii Tournament! 10:00 in the Wii room! Come and see who 'rules the lanes'. Caution-this is a wild bunch! Be ready to laugh!
13th-International puzzle day. 11:30 in the dining room. Come and learn about puzzles in different parts of the world.
7/14- 11:30 in the dining room, Carole Brocius will be doing a program on eye health
7/20- International Cake Day! 10:30 in the dining room we will be learning about cake around the world! Everyone likes cake!
7/21- The center will be closed because we will be at the Senior Fair in Brookville!
7/25- Christmas in July Bingo! The cost is \$2.00 per person and you need to sign up by Friday, July 22nd. All money is returned in prizes! Loads of fun! 9:30-11:30
7/27- Mary from Guardian will be here for an informative healthy program! 11:30 in the dining room
7/28- Individual Pool Tournament at 9:30 in the pool room! Come and see how you stand up to our pool players!

Daily – Cards, Pool, Puzzles, Friends, Social time with others, Wii.
Lunch is always at noon!

Monday – exercise with Linda at 10:30 am
Tuesday – Bingo with Jim from 9:30-11:30 AM
Wednesday - 10:30-crochet and knitting club
Thursday - exercise with Linda at 10:30 am
Friday – Bingo with Jim from 9:30-11:30 AM

Judy takes a break from exercise class to smile!





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

7/4- Art Show sponsored by The Artist Connection

7/12- Breakfast 7:30-9:30, Blood Pressures and Blood sugars

7/15- Music Night with Romey and Friends 6-9

7/21- Senior Day at The Jefferson County Fair. Center Closed

7/26- Bingo with Mary from and sponsored by Guardian 12:30

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

American Legion Honor Guard Post #95 from Brockway PA at The Depot . Our Memorial Day program was held On Thursday May 26



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

7/1 – Music Night with Romey & Friends. Free Admission! Kitchen opens @ 6:00 pm. Band begins @ 7:00 pm.

7/4 – Foundry will be closed in observance of Independence Day. Happy 4th of July!

7/7 – Author Book Signing and Luncheon with the Reynoldsville Public Library with author Chris Rodell @ 3:00 pm

7/9 – Reynoldsville's Third Annual Red, White & Blueberry Festival. Trolley rides from the Foundry to the Blueberry Hill Farm and Maxim's Berry Farm from 8:00am – 2:00pm. Blueberry Pancake Breakfast at the Foundry from 8:00am – 11:00am. Cost is \$5.00; children 6 & under \$2.00.

7/15 – Blood Pressure Checks with Mary Keck from Guardian @ 11:00am

7/19 – AARP Refresher Course with Janet Yates from 1:00 – 5:00pm. Cost is \$15.00 for AARP Members and \$20.00 for non AARP Members. Call and make your reservations today!

7/21 – Annual Senior Picnic at the Jefferson County Fairgrounds from 10:00am – 2:00pm. Call and make your reservations today!

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

Monday– Healthy Steps in Motion @ 10:30am; Jam Session @ 1pm

Tuesday – Dominoes @ 10am; Computer Class @ 1pm; Line Dancing @ 5:30pm

Wednesday – Healthy Steps in Motion @ 10:30am; Oil Painting @ 1:00pm

Thursday – Nickel Bingo @ 9:30am; Cards @ 10:00am; 500 Card Club @ 12:30pm

Friday - Healthy Steps in Motion @ 10:30am

Carol, Helen, Ethel, and Jodi enjoying a game of Hand and Foot.





SENIOR PICNIC

HOSTED BY JEFFERSON COUNTY AREA AGENCY ON AGING

Come Celebrate 40 years of Helping Seniors in Our Community!

Thursday July 21, 2016

Jefferson County Fairgrounds under the Grandstands

10:00 am – 2:00 pm

Local Agencies and Businesses Will Be On Site with Educational Materials, Health Screenings, Prizes, and Entertainment. Lunch is included!

Village Voices will perform from 1:00 pm-2:00 pm.

We will be sharing stories of the volunteers that are **"Blazing a Trail"** in our communities.

If you would like to attend, please contact your local senior center

or JCAAA at 814-849-3096 to RSVP by July 7, 2016.

Fun Activities in Our Area!

- Corsica, PA – Peddler's Ridge Flea Markets - Weekly (Sat/Sun) May thru October
- Hazen, PA – Hazen Flea Market (Warsaw VFD Grounds) Monthly (first weekend) May thru October
- Brookville, PA – A Farmhouse Gathering (James Rustic Acres and Lodge) July 1-2, 2016
- Brockway, PA – Old Fashion Fourth of July Celebration (Downtown) July 4, 2016
- Punxsutawney, PA - Summer Groundhog Festival (Downtown) July 3-9, 2016
- Jefferson County Fair – July 17-23
- Punxsutawney, PA – Hunters & Gatherers Fleatique (Nomadic Trading Co.) Monthly (4th Sunday) Year Round

For more info please visit: <http://pa-vendors.com/events/jefferson-county/>

Get Your Sunshine Line Newsletter Via Email!!!

WHY?

- The primary advantage is that it's quick. As soon as you send a message, it goes through.
- There's no paper, no mess, and you always find it in the same place.
- And, of course, it's free! No paper or printing costs and no postage fees.



If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

Sign up on our website www.jcaaa.org or call Jefferson County Area Agency on Aging at 814-849-3096 or toll free at 800-852-8036.

Crossword Answers

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

Watermelon Salad With Mint and Crispy Prosciutto



Ingredients

4ounces thinly sliced prosciutto
 3pounds watermelon (including rind)
 6radishes, quartered
 4scallions, sliced
 1/4cup fresh mint, torn
 1/4cup salted peanuts, chopped
 2tablespoons fresh lime juice
 1tablespoon extra-virgin olive oil
 kosher salt and pepper

Directions






1. Heat oven to 400° F. Arrange the prosciutto in a single layer on a baking sheet. Bake until crisp, 8 to 10 minutes.
2. Trim and discard the rind from the watermelon. Cut the flesh into 1/4-inch-thick triangles. Place the watermelon in serving dishes and sprinkle with the radishes, scallions, mint, and peanuts. Drizzle with the lime juice and oil. Season with 1/4 teaspoon salt and 1/8 teaspoon pepper.
3. Break the prosciutto into pieces and sprinkle over the salad before serving.

Source: <http://www.realsimple.com/food-recipes/browse-all-recipes/watermelon-salad-mint-crispy-prosciutto?print>



July 2016

Jefferson County

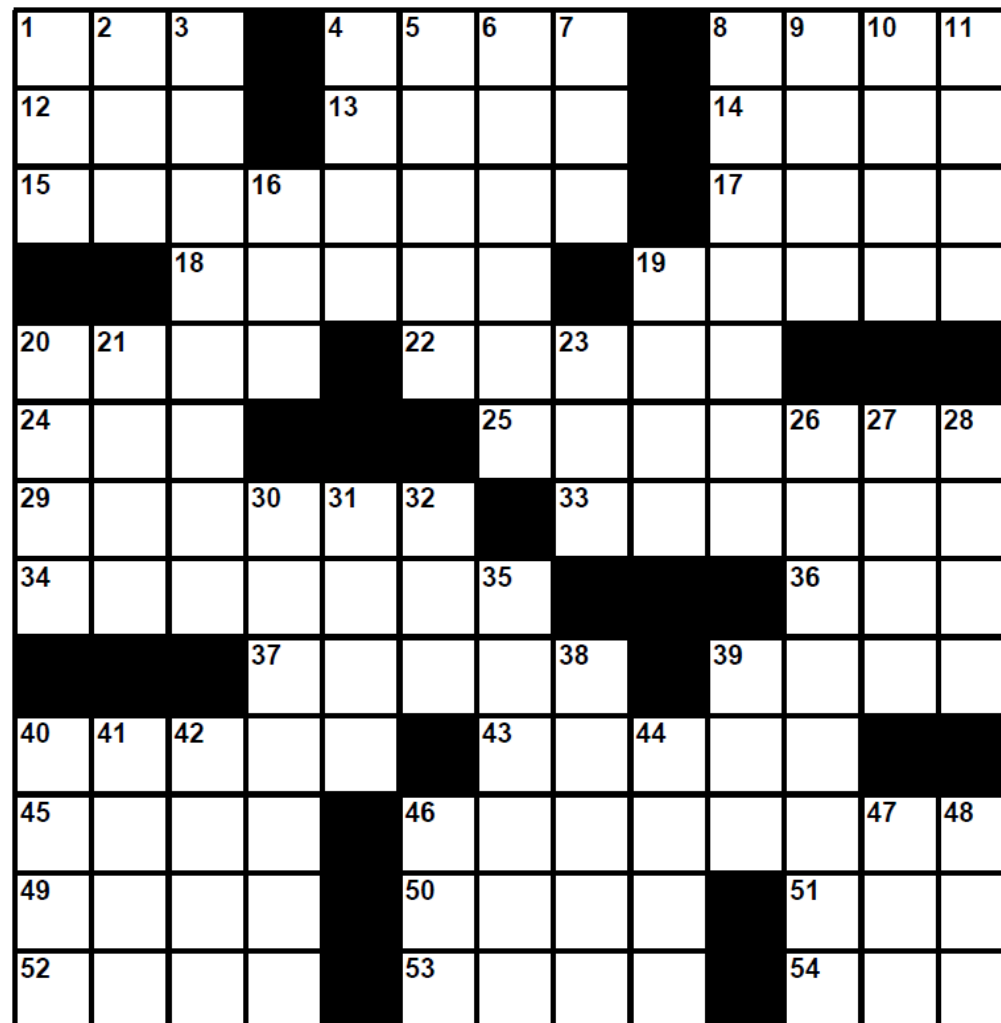
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Sausage Sandwich w/ Peppers & Onions Buttered Potatoes Baby Carrots Sandwich Roll Vanilla Ice Cream 1-Jul
	Sweet & Sour Chicken White Rice Broccoli & Carrot Medley Whole Wheat Bread Fresh Seasonal Melon Cookie 5-Jul	Baked Vegetable Lasagna w/ Parmesan Cream Sauce Toss Salad w/ Tomato Carrots, Cabbage & Dress Dinner Roll Sliced Peaches 6-Jul	Ham & Swiss Sandwich Lettuce, Tomato Fresh Broccoli Salad Fresh Fruit Whole Wheat Bread Gelatin 7-Jul	Turkey & Gravy over Noodles Whipped Potatoes Sliced Carrots Whole Wheat Bread Chocolate Brownie 8-Jul
Grilled Chicken Sandwich Lettuce, Tomato Potato Salad Wheat Sandwich Roll Mixed Fruit 11-Jul	Spaghetti w/ Meatballs Pasta, Toss Salad w/ Tomato Carrots, Cabbage & Dress. Italian Bread Cinnamon Apples 12-Jul	Tuna Salad Sandwich Lettuce, Tomato Cream of Tomato Soup w/ Crackers Cottage Cheese Whole Wheat Bread Fresh Seasonal Fruit 13-Jul	House Seasoned Chicken Breast w/ Gravy Blended Rice Vegetable Medley Whole Wheat Bread Fresh Navel Orange 14-Jul	Hot Dog w/ Kraut Whipped Potatoes Sweet Peas Hot Dog Roll Fresh Seasonal Melon 15-Jul
Baked Salisbury Steak w/ Mushroom Gravy Garlic & Butter Potatoes Broccoli Whole Wheat Bread Fluff Dessert 18-Jul	Turkey & Cheddar Sandwich Lettuce, Tomato Potato Soup w/ Crackers Whole Wheat Bread Fresh Seasonal Fruit 19-Jul	Baked Pollock Fillet Baked Potato Sweet Peas & Onions Dinner Roll Pudding 20-Jul	Italian Hoagie Lettuce, Tomato Parmesan Red Potatoes Garden Salad w/ Tomato Carrots, Dress. Hoagie Roll Fresh Seasonal Melon 21-Jul	Grilled Chicken Salad w/ Cheese Toss Salad w/ Tomato Carrots, Cabbage & Dress Whole Wheat Bread Fresh Seasonal Melon Gelatin 22-Jul
Breaded Pork Chop Patty w/ Gravy Whipped Potatoes Succotash Whole Wheat Bread Oatmeal Cookie 25-Jul	Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Applesauce 26-Jul	Chef Salad (ham, turkey, egg & cheese) Toss Salad w/ Tomato Carrots, Cabbage & Dress Fruit Juice Garlic Bread Stick Diced Pears 27-Jul	Roast Chicken & Gravy Homemade Stuffing Baby Carrots Whole Wheat Bread Pineapple & Oranges 28-Jul	Meatball Hoagie w/ Sauce & Cheese Fresh Coleslaw Mixed Bean Medley Hoagie Roll Fresh Navel Orange 29-Jul



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



Check for Crossword Puzzle Answers On the I & R Page

Puzzle# 37

ACROSS

1. French buddy
4. Party
8. Military supplies
12. Writing tablet
13. Aloud
14. Brad
15. Sign up again
17. Floor covering
18. Chile's mountains
19. Greeting word
20. She, to Pierre
22. Fire alarm

24. Luau necklace
25. Serious
29. School assignment
33. Serious injury
34. Clothes cabinet
36. Chafe
37. Shallow dish
39. Swine
40. Host ____ King
43. Necklace part
45. Concept
46. Briefest
49. Unkind

50. Retained
51. Cry of surprise
52. Capital of Norway
53. The ____ of March
54. Butterfly catches

DOWN

1. Rainy mo.
2. ____ West of Hollywood
3. High-mindedness
4. Prospector's quest
5. Zodiac sign
6. TV pooch
7. Key near the space bar
8. TV attachment
9. Send a letter
10. Grinding machine
11. Butter substitute

16. Wind direction (abbr.)
19. German mister
20. "____ Enchanted" (movie)
21. Ogle
23. Ship deserter
26. French, e.g.
27. Arrogant
28. File labels
30. High voice
31. Greasy
32. Gun org.
35. Engraved

38. Secretly marry
39. FDR's successor
40. Star's car
41. Fruit beverages
42. Not imaginary
44. Humanities
46. Enjoy the slopes
47. That gal
48. Create lace