

THE SUNSHINE LINE

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186 Main Street, Suite 2
Brookville, PA 15825

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www.jcaaa.org



Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Farmer Market Vouchers

Heritage House	June 1st	8-2
Brockway Dept	June 14th	9-2
Pine Street	June 8th	8-1
Foundry	June 2nd	8-2



Save The Date!

JCAAA Annual Senior Picnic
When: Thursday July 21, 2016
Where: Jefferson County Fairgrounds
Time: 10:00am-2:00pm

Health Screenings, Giveaways, Entertainment
by The Village Voices, and More!

Inside This Issue:

Senior Active Living Expo	2
Healthy Horizons	2
Cardiac Emergencies	3
Pine St & Heritage House	4
Depot & Foundry	4
Transportation	6
SSL Via Email	6
Lunch Menu	7
Crossword Puzzle	8



Tuesday, June 14, Flag Day is a time to respect the flag, to celebrate its origin, and to honor those who created the first flag.

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



Oliver Township Center,
Open on June 9th and the 23rd
Lunch and Bingo
Questions? Call: 814-849-3391

Healthy Horizons

BENEFITS: To ensure adequate health care for older adults and people with disabilities and low incomes as well as to allow more spendable income by paying their Medicare premiums, the state developed a special Medical Assistance program – Healthy Horizons. The four levels of benefits are: (1) the Healthy Horizons Categorically Needy Program, which pays medical benefits including prescriptions, doctor or clinic visits, dental and eye care, Medicare premiums, Part A and B deductibles, and coinsurance; (2) the Healthy Horizons Medicare Cost-Sharing Program, which pays only Medicare premiums, Part A and B deductibles and coinsurance; (3) Healthy Horizons Specified Low Income Medicare Beneficiary Program (SLMB), which pays only the Medicare Part B monthly premium; and (4) the Qualified Individual program (QI), which also pays the Medicare Part B premium.

THOSE ELIGIBLE: To be eligible for the first two programs, your income may not be greater than 100 percent of the Federal Poverty Income Guidelines. For the SLMB Program, your income must be between 100 percent and 120 percent of the Federal Poverty Guidelines. To qualify for the QI Program, your income must be between 120 percent and 135 percent of the Federal Poverty Guidelines. For the Healthy Horizons Categorically Needy Program, resources may not exceed the SSI resource standards. For the Healthy Horizons Medicare Cost-Sharing Program and the SLMB Program, resources may not exceed twice the Supplemental Security Income (SSI) resource standards. Adults with a dependent living in their home may be exempt from the resource limits with the exception of the SLMB and QI programs.

CONTACT: contact your local Department of Human Services County Assistance Office (814) 938-2990 or contact your local Area Agency on Aging

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



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

JCAAA participated at the 2nd Annual Senior Active Living Expo held at the Treasure Lake Church in DuBois on Wednesday, April 20th 2016.

Participants at the expo were provided with information about the numerous programs and services available from local agencies.



Jodi Shaffer shared information about Aging services and handed out cups and pens. Sandy Snyder provided information about the Ombudsman program which is currently seeking volunteers to help with visiting individuals in nursing facilities.





CARDIAC EMERGENCIES

What you need to know

Risk Factors: Being over age 50, smoking, being overweight, having high blood pressure, diabetes, or high cholesterol, having had bypass surgery, having a previous history of heart trouble. Keep in mind that *anyone*, even a well-conditioned athlete, can develop heart problems! A person in cardiac emergency may only have one or two symptoms or may have several of them.

Congestive Heart Failure Signs/Symptoms

- ♥ Shortness of breath during activity or rest, which may wake you from sleep and may be accompanied by feelings of anxiety or restlessness
- ♥ Persistent wheezing or coughing (which can produce blood-tinged mucous)
- ♥ Swelling of feet, ankles, legs, or abdomen, or sudden weight gain (over a day or two); you may notice that your shoes suddenly fit tighter
- ♥ Feeling tired all the time and struggling with everyday activities, such as climbing stairs, carrying groceries, shopping or walking
- ♥ Lack of appetite and/or nausea
- ♥ Memory loss, confusion, or disorientation
- ♥ Rapid heart rate; palpitations (fluttering sensation in the chest)

Heart Attack Signs/Symptoms

- ♥ Chest pain, pressure, squeezing (a sensation like a rope is being tied around you or that an elephant is sitting on your chest), or fullness that lasts more than a few minutes, or that goes away and comes back
- ♥ Pain or discomfort may radiate to one or both shoulders or arms, the jaw, the back (especially between the shoulder blades), the neck, or the stomach
- ♥ Shortness of breath, with or without pain
- ♥ Breaking out in a cold sweat, nausea, light-headedness or fainting
- ♥ Women may have subtler and less intense symptoms than men, and may tend to ignore them

Other Problems That May Mimic Heart Trouble

- ♥ Kidney and liver problems can also lead to swelling and weight gain.
- ♥ Gallbladder attacks can often send pain to the upper abdomen (usually the right side), and may shift to the neck, shoulders or arms. Often the pain occurs after eating fatty foods.
- ♥ Heartburn or indigestion can cause burning pain in the upper abdomen and chest, usually occurs after eating or while lying down or bending over. It is usually relieved by antacids.

Remember, it is always best to err on the side of caution. If you or someone you care for experiences any of the aforementioned symptoms, it is always best to seek medical attention immediately. If in doubt, check it out. Call 911! It may save someone's life.



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

- 6/2- Dietician from Penn Highlands 11am....Please plan to attend.
6/10- Crossfire Band 7-9pm.....Kitchen open at 5:30pm....Menu is BBQ Ham....Hot Dogs....Mac. Salad....Carrot Salad....Strawberry Shortcake
6/14- .Mary Keck, Guardian Health....B/P/s at 11:00am
6/16- Father's Day Lunch...Noon.....I will fix a Vegetable tray as it is Fresh Veggie Day. It will be ready at 11:30am.
6/19- Strawberry Social....1-3pm.....Strawberry Shortcake.....Ice Cream Sundaes
6/20- Ice Cream Sodas for after lunch treat.
6/23- Quiet Creek....Bus will pick us up at 9am ... Return at 1:00pm
6/27- Advisory Council at 1PM Open to all. Birthday Tureen at 5:00pm Individual Meat Loaf...Sc. Pot. and dessert will be furnished. Please bring to help compliment this meal. No bring \$4.00

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..

Rods Retirement Party



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

- 6/1- Dr. Parekh will be at the center to discuss aging and your eyes. Please join us at 10:45 in the dining room
6/4- Rails to Trails walk! Join us on this Saturday at 9:00 am at the water treatment plant. Water will be available!
6/8- Farmers Market Fruit Vouchers will be distributed. We will be starting at 8:00. Please call the center if you have any questions.
6/15- Plant Exchange at the center from 9:30-11:00 Bring in either a plant or a leaf that you have started and exchange it for a new one!
6/16- Fathers Day Lunch at noon. Make your reservations the day before.
6/22- Wii Tournament at 10:00 am! Everyone is welcome!
6/23- Quiet Creek Herb Farm experience. This FREE trip will be leaving from the center and going to the herb farm. Lunch is included on this trip! You will be enjoying a delicious lunch before returning to the center around 1 pm. Call to reserve your spot today!
6/28- Jumpin Junebug Bingo! This month's special bingo promises to be one buggy time! Bingo starts at 9:30 and ends at 11:30! \$2.00 per player!
6/30- Individual Pool Tournament at 9:30. Come and see how you will place this month! The competition is tough, but it is a great time!
- Daily** – puzzles, computers, cards, Wii, and Great Tasting Lunches!
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

Home delivered meals are available contact your local center for details.





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

- 6/2- Help plan our Bus excursions with Jackie from Fullington Bus Co.
11:15 AM
- 6/3- Farmers Market Voucher at Falls Creek Boro Building 9-2
- 6/6- Red Cross Blood Drive...11:00 AM...Movie Monday 12:30
- 6/8 – Advisory Meeting 12:30
- 6/14- FARMERS MARKET VOUCHERS at The Depot 9-2, Breakfast
7:30-9:30..Blood Sugars 7:30-8:00,..Blood Pressures 8-9
- 6/16- Strawberry Festival 4:00- 6:30 PM, Father's Day Luncheon 12:00
reservation required for luncheon
- 6/23-Trip to Quiet Creek Herb Farm 9:00-1:00
- 6/24- Music Night with Romey and Friends 6-9...kitchen opens at 4

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

Look who turned 94..... Happy Birthday to Mary Matthews !



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

- 6/2- Farmer's Market Vouchers at the Reynoldsville Foundry from 9a.m.-
12:00 Noon
- 6/3-Farmer's Market Vouchers at the Sykesville Center from 9a.m –
12:00 Noon
- MUSIC NIGHT – BAND Doors open at 6:00, music starts at 7:00
p.m. until 10:00
- 6/6-Tai Chi with Ruth Pifer from 6:00 to 7:00 p.m.
- 6/7 -Line Dancing with Gayle Bowers from 5:30 to 6:30 p.m.
- 6/8- Last Tai Chi Class
- 6/9- CARDS 500 bid classes and tables. 12:30 p.m. Join the fun!
- 6/14- Small Flags given for those having lunch with us today. Sign up at
least the day before.
- 6/17 – Father's Day Luncheon pre-register for this special event
Blood pressures/Blood Sugar Checks and Presentation with Mary
Keck from Guardian. 11:00 a.m.
- 6/21- The Foundry Advisory Council Meeting at 10:00a.m.
Pool – Brockway at Reynoldsville
- 6/27- "A Good Read - Book Review Club (Share a good read) Sign up
early for this monthly group -
- 6/28- Pool * Reynoldsville at Punxsutawney Center
- 6/30- June Birthday Recognition
Memo – Please sign up for Lunches at least a day in advance.
FREE WI-FI Available

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

Monday– Healthy Steps 10:30 AM, Jam Session 1 PM, Tai Chi 6 p.m.

Tuesday – Dominoes 10, Computer class 1

Wednesday – Healthy Steps 10:30 AM, Oil Painting 1 PM, Tai Chi 6 pm

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

Friday - Healthy Steps in Motion 10:30am

Our Mother's Day Luncheon at the Foundry – Enjoyed by all!



Transportation – Special Announcement!

The Area Agency on Aging opens a special transportation program for Jefferson County seniors age 65 and older. The program will expand senior transit services currently offered by the Area Transportation Authority in Jefferson County. While all ATA fixed routes in Jefferson County are free fare to qualified seniors, other ATA bus services are offered at a discount of 85% for seniors. Starting today (and for defined trips) the JCAAA will pick up the final 15% of the shared ride trip cost under an agreement with ATA. For these non-fixed route trips that seniors take every day in Jefferson County the fare is now “covered completely.”

“We want to encourage seniors to expand their mobility and their access to these ATA trips and to visit our four Social Centers. It’s now free, and worry free, and an even better deal for our clients age 65 and older,” says JCAAA Deputy Director Molly McNutt.



ATA Shared Ride Service (Non fixed route rides) for seniors in Jefferson County are defined by ATA as:

Call-a-Bus Services (CAB BUS)
ATA Point to Point (CAB BUS)
ATA County-Wide-Service Bus
ATA Fixed-Route with Deviation Service

While the new JCAAA program is limited to ten defined trip purposes it covers substantially the many rides that Jefferson County seniors currently use for “shared ride” transportation.

The new JCAAA program defines eligible shared ride trips as:

Dentist visits
Diagnostics visits
Dialysis treatment
Doctor’s Office visits
Hospital Visits - Admission and Non Admission
Pharmacy visits
Physical Therapy
Surgical trips
JCAAA Senior Centers (4)

For specific questions about the new JCAAA-ATA shared ride program, call the Jefferson County Area Agency on Aging Toll Free: 1-800-852-8036 or ATA Customer Service at 1-866/282-4968 to register.

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

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

LUNCH MENU

Baked Parmesan Chicken



Ingredients

1 ½ pounds of cut up chicken
1 cup of Miracle Whip,
1 cup of grated Parmesan Cheese,
1 teaspoon of oregano,
1 teaspoon of Garlic Powder.

Directions

Mix :1 cup of Miracle Whip,
1 cup of grated Parmesan Cheese,
1 teaspoon of oregano,
1 teaspoon of Garlic Powder.

Put the chicken in a casserole dish than layer the mixture on top



Bake at 350 for 45 minutes

Recipe From the Depot



June 2016

Jefferson County

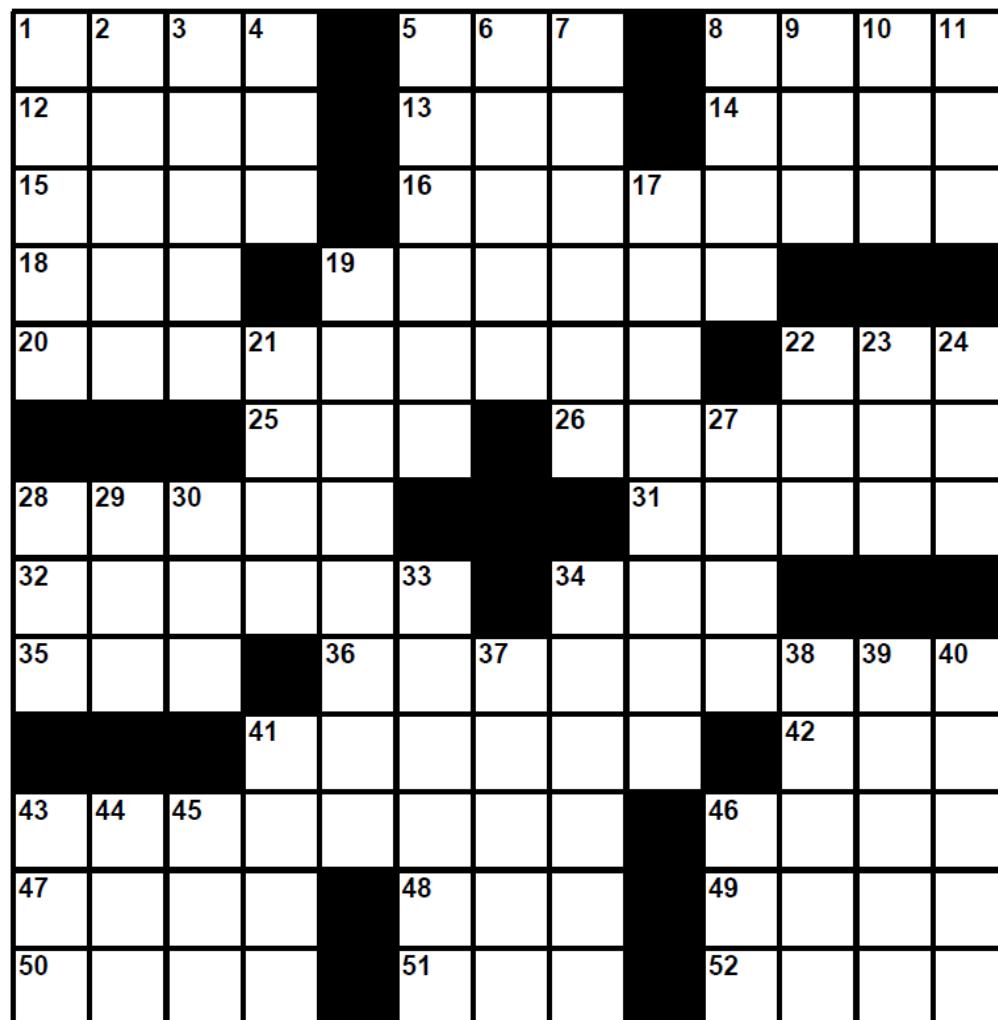
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  		1-Jun Ham Bean & Potato Casserole Toss Salad w/ Tomato Carrots, Onions & Dressing Whole Wheat Bread Apple Oatmeal Bar	2-Jun Baked Meatloaf w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Sugar Cookie	3-Jun  Chicken Strip Salad w/ Cheese Mixed Greens w. Tomato Carrots, Cabbage & Dressing Noodle Soup Garlic Bread Stick Fresh Seasonal Fruit
6-Jun Pork Patty w/ Gravy Whipped Potatoes Sweet Peas & Onions Whole Wheat Bread Sliced Apples	7-Jun Sloppy Joe Sandwich Parsley Potatoes Fresh Coleslaw Sandwich Roll Peaches	8-Jun Continental Chicken w/ Gravy Homemade Stuffing Mixed Vegetable Medley Fresh Seasonal Fruit Cookie	9-Jun Roast Beef / Gravy Baked Potato Carrots Whole Wheat Bread Fruit Salad 	10-Jun Ham & Swiss Sandwich Lettuce, Tomato Creamy Broccoli Soup 2 Whole Wheat Bread Pears
 13-Jun Chopped Steak w/ Mushroom Gravy Whipped Potatoes Broccoli w/ Red Peppers Whole Wheat Bread Tapioca Pudding	14-Jun Honey Mustard Chicken Fillet Lettuce, Tomato Potato Salad Sandwich Roll Mixed Fruit Salad	15-Jun Spaghetti Meatballs Toss Salad w/ Tomato Onions, Carrots & Dressing Italian Bread Mandarin Oranges 	16-Jun Happy Father's Day Turkey & Gravy Noodles Sweet Peas Fresh Coleslaw Whole Wheat Bread Cookie	17-Jun Taco Salad Fiesta Corn Salad Nacho Chips Pineapple Delight
20-Jun Chicken Breast Parmesan w/ Sauce & Cheese Pasta w/ Sauce Green Beans Wheat Bread Fresh Seasonal Fruit	21-Jun Baked Ham Slice Scalloped Potatoes Cauliflower Whole Wheat Bread Ice Cream 	22-Jun Warm Roast Beef Sandwich w/ Provolone Cheese Ranch Potatoes Fresh Sweet & Sour Slaw Sandwich Roll Cookie	23-Jun Baked Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Peaches	24-Jun Chicken Salad w/ Cheese Gelatin with Pineapple & Oranges Mixed Greens w/ Tomato Garlic Bread Stick Fresh Seasonal Melon
27-Jun Open Face Hot Turkey Sandwich w/ Gravy O'Brien Potatoes Italian Vegetable Medley Whole Wheat Bread Pudding 	28-Jun Baked Pizza Casserole w/ Cheese Topping Toss Salad w/ Tomato Onions, Carrots & Dressing Italian Bread Applesauce	29-Jun Roasted Chicken Breast w/ Gravy Rice Pilaf Broccoli Whole Wheat Bread Peaches	Cheeseburger Lettuce, Tomato Macaroni Salad Pickled Beets Sandwich Roll Fresh Seasonal Melon	 



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

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 15840

ADDRESS SERVICE REQUESTED



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

Puzzle# 36

ACROSS

- 1. Cobbler's concern
- 5. Watering place
- 8. Manner of walking
- 12. Identical sibling
- 13. Beach color
- 14. Paddy product
- 15. Prince Charles's sister
- 16. Involved
- 18. ____ Ryan of "You've Got Mail"

- 19. Felt dizzy
- 20. Airplane feature
- 22. Atlas chart
- 25. Wall-climbing vine
- 26. Actor ____ De Niro
- 28. Test for flavor
- 31. Christmas visitor
- 32. Communion tables
- 34. Deep
- 35. Pod vegetable
- 36. Baby carriages
- 41. Pester
- 42. Perjure oneself

- 43. Out-of-date
- 46. Icicle's spot
- 47. Color changer
- 48. Polite address
- 49. Stride
- 50. School official
- 51. Rescue me!
- 52. Cherished animals

DOWN

- 1. Postage mark
- 2. Proprietor
- 3. Jargon
- 4. Compass dir.
- 5. Rock band ____ Dan
- 6. Discussion group
- 7. Moose's horn
- 8. Crossword diagram
- 9. Feel pain
- 10. Cold cubes
- 11. Danson or Koppel
- 17. Spray cans

- 19. About-face
- 21. Mideast bread
- 22. Chess pieces
- 23. Picasso's field
- 24. "Harper Valley ____"
- 27. Cry loudly
- 28. Spigot
- 29. Beer's kin
- 30. Train stop (abbr.)
- 33. Tension
- 34. Defeated ones
- 37. Math proportion
- 38. Make joyful

- 39. Metal bolt
- 40. Leaks slowly
- 41. Trumpet, e.g.
- 43. Bizarre
- 44. Farewell!
- 45. Caribbean ____
- 46. Psychic ability (abbr.)