## THE SUNSHINE LINE

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Bill Sherman - Executive Director

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Notice Anything Different?

The Jefferson County Area Agency on Aging has recently undergone some changes. We invite you to become familiar with our new logo, Facebook page, and website!



# JEFFERSON COUNTY AREA AGENCY ON AGING

Sincere Thanks to Everyone That Made the Senior Picnic Another Success!

Jefferson County Fair Board Sheetz Brothers Coffee Mike's Comet Super Market Miller Welding & Machine Co. Fraternal Order of Eagles #983 The Nutrition Group, Inc. JCAAA Staff and Volunteers







Take it easy on August 15th. It's National Relaxation Day

Oliver Township Center. Open on August 11th and the 25th 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



#### Senior Corps **Foster Grandparents Program**

**BENEFITS:** Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, Head Start and day care centers. Income-eligible Foster Grandparents receive a modest, taxfree reimbursement for transportation, meals during service, an annual physical examination, and accident and liability insurance while on duty. Foster Grandparents serve 15 to 40 hours a week.

**THOSE ELIGIBLE:** The Foster Grandparent Program is open to people age 55 and over with limited incomes. All applicants undergo a background check and a phone interview, as well as pre-service and in-service training.

**CONTACT:** the Corporation for National and Community Service at: (800) 870-2616, or Retired Senior Volunteer Program (RSVP) online at www.seniorcorpsofpa.org.

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





In recognition of World Elder Abuse Awareness Day, the PA Department of Aging asked each Area Agency on Aging to nominate a Protective Services Worker for the 2016 Protective Services Leadership Award. This year, Nyssa Zambory was nominated for this award. The award was created by the PA Department of Aging to be recognized by others for their "demonstration of moxie, integrity, creativity and adaptability in your work in the field of protective services." Nyssa received this award for her abilities to investigate Protective Services cases and to help reduce or remove the risk that the aging consumer may be facing. Someone who is involved with protective services has been a victim of abuse, neglect, exploitation or abandonment. These consumers require assistance to receive the appropriate services and be safe in their environment. If you know someone over the age of 60 that is being abused, neglected exploited or has been abandoned, you can contact Jefferson County Area Agency on Aging to make a report. We have trained staff available 24 hours a day/7 days a week. We can be reached at 1-800-852-8036, all calls are confidential.

A new study from the Georgia Institute of Technology finds that older people struggle to remember important details because their brains can't resist the irrelevant "stuff" they soak up subconsciously. As a result, they tend to be less confident in their memories.

Researchers looked at brain activity from EEG sensors and saw that older participants wandered into a brief "mental time travel" when trying to recall details. This journey into their subconscious veered them into a cluttered space that was filled with both relevant and irrelevant information. This clutter led to less confidence, even when their recollections were correct. Cluttering of the brain is one reason older people are more susceptible to manipulation, the researchers say. The study appears online in the journal Neuropsychologia.

Researchers showed older adults (60 years and up) and college students a series of pictures of everyday objects while EEG sensors were connected to their heads. Each photo was accompanied by a color and scene (e.g., living room). Participants were told to focus on one and ignore the other. An hour later, they were asked if the object was new or old, and if it matched the color and the scene.

Neither age group was very good at recalling what they were told to ignore. Both did well remembering the object and what they were supposed to focus on.

"But when we asked if they were sure, older people backed off their answers a bit. They weren't as sure," said Audrey Duarte, the associate professor of psychology who led the Georgia Tech study.

She and the researchers noticed differences in brain activity between the young and old. Older adults' brains spent more time and effort trying to reconstruct their memories.

"While trying to remember, their brains would spend more time going back in time in an attempt to piece together what was previously seen," she said. "But not just what they were focused on -- some of what they were told to ignore got stuck in their minds."

Duarte uses a cocktail party as an example. Two older people are talking to each other. And even though they're only concentrating on the conversation, their brains absorb the other noise in the room.

"When it's time to remember the conversation, they may struggle a bit to recall some details. That's because their brains are also trying to decipher the other noises," she said. "What music was playing? What was the couple next to them saying? That extra stuff shouldn't be in their memories at all, but it is. And it negatively impacts their ability to clearly remember the conversation."

Younger people were quicker to recall details and used less brain power. The irrelevant information was never stored in the first place, which kept their memories relatively clutter-free. And that's why they were more confident than the older participants when remembering relevant details.

A lack of confidence, Duarte said, can lead to manipulation.

"If someone tells you that you should remember it one way, you can be more easily persuaded if you lack confidence," she said. "This memory clutter that's causing low confidence could be a reason why older adults are often victims of financial scams, which typically occur when someone tries to trick them about prior conversations that didn't take place at all."

Georgia Institute of Technology. "Senior moments explained: Older adults have weaker clutter control." ScienceDaily. ScienceDaily, 14 June 2016. <a href="https://www.sciencedaily.com/releases/2016/06/160614155726.htm">www.sciencedaily.com/releases/2016/06/160614155726.htm</a>.

#### **Assessing Your Weight and Health Risk**

Assessment of weight and health risk involves using three key measures: Body mass index (BMI)

Waist circumference

Risk factors for diseases and conditions associated with obesity

#### **Body Mass Index (BMI)**

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limits:

It may overestimate body fat in athletes and others who have a muscular build.

It may underestimate body fat in older persons and others who have lost muscle.

Use the BMI Calculator or BMI Tables to estimate your body fat.

The BMI score means the following:

Underweight Below 18.5 Normal 18.5–24.9 Overweight 25.0–29.9 Obesity 30.0 and Above

Free BMI Calculator at:

http://www.nhlbi.nih.gov/health/educational/lose\_wt/BMI/bmicalc.htm

#### Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out. The table Risks of Obesity-Associated Diseases by BMI and Waist Circumference provides you with an idea of whether your BMI combined with your waist circumference increases your risk for developing obesity-associated diseases or conditions.

#### **Risk Factors for Health Topics Associated With Obesity**

Along with being overweight or obese, the following conditions will put you at greater risk for heart disease and other conditions:

Risk Factors

High blood pressure (hypertension)

High LDL cholesterol ("bad" cholesterol)

Low HDL cholesterol ("good" cholesterol)

High triglycerides

High blood glucose (sugar)

Family history of premature heart disease

Physical inactivity

Cigarette smoking

Talk to your doctor to see whether you are at an increased risk and whether you should lose weight.

Source: http://www.nhlbi.nih.gov/health/educational/lose wt/risk.htm

### **CENTER INFO**



Brookville Heritage House Center 4 Sylvania Street, Brookville, PA 15825 Director: Romayne Conner Phone: 814-849-3391

Email: heritage@jcaaa.org

8/2- Ice Cream Sandwiches for your treat.

8/3-10 Key program at 1 pm. Please sign up for reservations to the class.

8/4- If you enjoy watermelon, come and have a slice for lunch as it is National Watermelon Day.

8/5- Red Cross representative with details about our safety. Call for details

8/8- Weigh Wise Class at 1 pm

8/9- Mary Keck at 11 am with B.P.'s readings from Guardian Health

**8/10-** 10 Key Class at 1pm.

8/15- Nutrition information at 11:30 am; Weigh Wise Class 1pm

**8/17-** 10 Keys Class 1 pm

8/22- Weigh Wise Class at 1 pm. Look for change on the day of this

**8/24-** 10 Keys Class 1pm

8/26- Country Pride Band 6:30 -8:30pm. The Kitchen open at 5 pm

8/29- Advisory Council 1 pm. Everyone welcome. Birthday Tureen at 5 pm

8/30- Weigh Wise Class 1 pm

**8/31-** 10 Keys Class 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

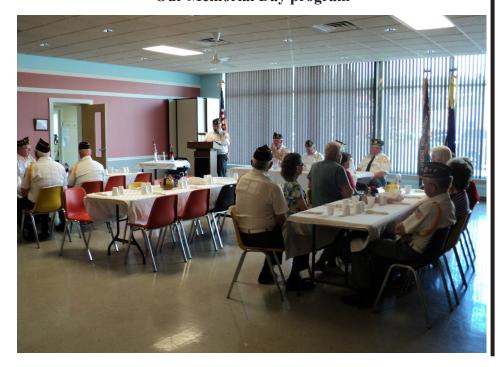
Wednesday - Scrabble 10:00am, Bridge 1:00pm, Wii Bowling 1:00pm

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

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

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





Punxsutawnev Pine Street Center 103 North Gilpin Street, Punxsutawney, PA 15767 Director: Mindy Grose

Phone: 814-938-8376 Email: pinestreet@jcaaa.org

8/1- at 11:00 Laurie from Penn Highland will be doing the program "gut check". This program will be very informative!

8/3- at 11:30 in the dining room we will be celebrating national Watermelon Day! Come and enjoy a slice and learn something new about watermelons!

8/4- from 10-12 Carole Brocius will be here doing Glaucoma Screening. This is a free event! No appointment needed. Please stop down and protect your eye health!

8/11- during lunch we will be celebrating National Presidential Joke Day! This should be a fun and lively discussion!

8/15- is National Cupcake Day! 11:30 in the dining room you can have a tasty cupcake and learn the history of cupcakes!

8/17- at 10:00 Wii Tournament in the Wii Room! This LOUD FUN group always needs more bowlers!

8/18- from 10:30-11L30 stop down and get your blood pressure/blood sugar checked.

8/27- Mary from Guardian will be here with a helpful program that promotes healthy aging

8/25- Individual Pool Tournament at 9:30. Come down and see how you rank amongst our players!

8/31- is Root Beer Float day at the center! Come down and enjoy a float around 10:30

Daily – Pool, Wii, Library Cart, Friends, Fun, Delicious Lunches, Cards, Puzzles, Computers

**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

#### **Bob Barrett playing Bingo.** Bingo is every Tuesday and Friday at 9:30am



## **CENTER INFO**



Brockwayville Depot Center 425 Alexander Street Brockway, PA 15824 Director: Cheryl Moore Phone: 814-265-1719

Email: depot@jcaaa.org

**8/1** – Movie Monday 12:30

8/9 – Breakfast 7:30-9:30, Blood Sugars and BP 7:30-9:00.

Blood Drive with Red Cross 11:00 AM

**8/12-** Music Night with Romey and Friends 6-9

**8/13-** Bus Trip (Gateway Clipper Picnic)

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 11:00 AM

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

Friday – Bingo 10:00 AM followed by lunch

Conductor Dudley (aka as Rich Delia) showing some of the children from Pendleton's Day CareCenter the train displays at The Depot as well as explaining some of the history surrounding it.





The Reynoldsville Foundry Center 45 West Main Street Reynoldsville, PA 15851 Phone: 814-653-2522

**8/2** – Tai Chi for Arthritis with Ruth Pifer from 6 – 7 p.m. Cost is \$5.00

Email: foundry@jcaaa.org

per class. Every Tuesday in August!

**8/4** – Tai Chi for Arthritis with Ruth Pifer from 6 – 7 p.m. Cost is \$5.00 per class. Every Thursday in August!

**8/5** – Music Night with Bill DeLong & Friends. Free Admission! Kitchen opens at 6 p.m. Band begins at 7 p.m.

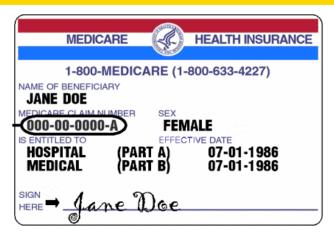
**8/19** – Blood Pressure and Blood Sugar Checks with Mary Keck from Guardian at 11:00 a.m.

8/25 – Lushes with Brushes from 7 - 8:30 p.m.

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
Wednesday – Healthy Steps @ 10:30am; Oil Painting @ 1:00pm
Thursday – Nickel Bingo @ 9:30am; Cards @ 10:00am
Friday - Healthy Steps in Motion @ 10:30am

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





#### **Easing the Transition from Marketplace to Medicare**

The Centers for Medicare & Medicaid Services (CMS) recently launched a new effort to smooth the transition to Medicare for the growing number of soon-to-be-65-year-olds currently covered through the Health Insurance Marketplace (HealthCare. gov). Beginning this summer, Marketplace staff will be reaching out to enrollees approaching their 65th birthday to inform them about ending their Marketplace plan and enrolling in Medicare. This additional outreach is critical for consumers, because a botched transition to Medicare can have serious consequences.

The Marketplace is not set up to serve Medicare-eligible seniors, and those who fail to enroll in Medicare when they first become eligible may face gaps in coverage, higher premiums, and serious tax penalties. CMS hopes its new initiative will prevent these problems by providing seniors with additional information and support during this critical transition period. Consumer advocates applaud CMS' proactive efforts to ensure that people in the Marketplace have information necessary to make a smooth transition to Medicare.

#### 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) August 1-2, 2016
- Brockway, PA Old Fashion Fourth of August Celebration (Downtown) August
   4, 2016
- Punxsutawney, PA Summer Groundhog Festival (Downtown) August 3-9, 2016
- Jefferson County Fair August 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.

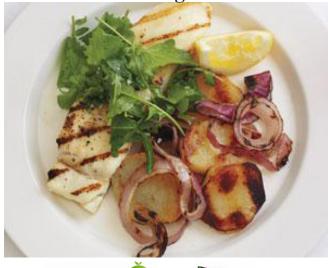
If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

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**

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#### **Grilled Halibut With Salt-and-Vinegar Potatoes**



#### **Ingredients**

1 pound russet potatoes, peeled and cut into 1/2-inch-thick rounds 2 tablespoons cider vinegar 2 tablespoons olive oil, plus more for the grill kosher salt and black pepper 4 6-ounce pieces halibut, cod, or striped bass fillet 1 large red onion, sliced into 1/2-inch-thick rings 2 cups baby arugula 2 tablespoons fresh lemon juice, plus lemon wedges for serving

August 2016

#### **Directions**

- 1. Heat grill to medium-high. Divide the potatoes between 2 large pieces of heavy-duty foil and, dividing evenly, toss with the vinegar, 1 tablespoon of the oil, and ½ teaspoon each salt and pepper. Fold the foil over the potatoes and seal the edges to form 2 packets. Place on grill and cook, turning once, until the potatoes are tender, 20 to 25 minutes.
- 2. Meanwhile, rub the halibut and onion with the remaining tablespoon of oil and season with 1/4 teaspoon each salt and pepper. After the potatoes have cooked for 15 minutes, oil grill. Add the halibut and onion and cook until the halibut is opaque throughout, 3 to 5 minutes per side, and the onion is tender, 4 to 5 minutes per side.
- **3.** In a small bowl, toss the arugula with the lemon juice. Top the halibut with the arugula and serve with the potatoes, onion, and lemon wedges.



#### Jefferson County

	Group	- TAT		-53		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	
	Chicken & Gravy	Turkey Salad Sandwich	Baked Swiss Steak	BBQ Pulled Pork Sandwich	Baked Meat & Cheese Lasagna	
	w/ Peas & Carrots	Lettuce, Tomato	w/ Gravy	Season Redskin Potatoes	w/ Marinara Sauce	
	over Buttermilk Biscuit	Pasta Salad 🗼	Whipped Potatoes	Fresh Coleslaw	Toss Salad w/ Tomato	
	Italian Vegetable Medley	3 Bean Salad	Green Beans	Wheat Sandwich Roll	Carrots, Red Cabbage & Dressing	
	Applesauce	2 Whole Wheat bread	Whole Wheat Bread	Fresh Seasonal Fruit (melon)	Italian Bread	
	Sugar Cookie	Fresh Seasonal Fruit (melon)	Vanilla Pudding		Applesauce	
				7		
	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	
	Sweet Sausage Sandwich	Stuffed Chicken Breast	Hamburger on Roll	BBQ Chicken Breast	Sliced Roast Pork Loin	
	w/ Peppers & Onions	w/ Gravy	w/ Ketchup & Mustard	Baked Potato	w/ Gravy	
	Buttered Potatoes	Whipped Potatoes	Lettuce, Tomato	Sweet Corn	Scalloped Potatoes	
	Sliced Carrots	Green Beans	Macaroni Salad	Whole Wheat Bread	California Blend	
	Hot Dog Roll	Whole Wheat Bread	Pickled Beets	Mandarin Salad	Whole Wheat Bread	
	Vanilla Ice Cream	Fresh Seasonal Melon, Cookie	Fresh Seasonal Fruit (melon)		Cookie	
	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	
	Baked Meatloaf	Turkey & Gravy	Sweet & Sour Chicken	Ham & Provolone Sandwich	Baked Vegetable Lasagna	
	w/ Gravy	over Noodles		Lettuce, Tomato	w/ Parmesan Cream Sauce	
	Parsley Potatoes	Whipped Potatoes	White Rice	Fresh Broccoli Salad	Toss Salad w/ Tomato	
	Mixed Vegetable Medley	Sliced Carrots	Oriental Vegetable Medley	Fresh Melon	Carrots, Cabbage & Dress.	
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	2 Whole Wheat Bread	Dinner Roll	
	Cinnamon Applesauce	Chocolate Brownie	Fresh Seasonal Melon	Gelatin	Sliced Peaches	
			Fortune Cookie			
	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	
	Grilled Chicken Sandwich	Hot Dog w/ Kraut	Spaghetti & Meatballs	House Seasoned Chicken Brst.	Tuna Salad Sandwich	
	Lettuce, Tomato	Whipped Potatoes		w/ Gravy	on Whole Wheat	
	Mayo	Sweet Peas	Toss Salad w/ Tomato	Blended Rice	Lettuce, Tomato	
	Potato Salad	Hot Dog Roll	Carrots, Red Cabbage & Dressing	Summer Vegetable Medley	Cream of Tomato Soup	
	Wheat Sandwich Roll Fresh Seasonal Fruit (melon)  Mixed Fruit Salad		Italian Bread	Whole Wheat Bread	Cottage Cheese Fresh Seasonal Melon	
	iviixed Fruit Salad		Apple Slices	Fresh Seasonal Fruit (orange)	Fresh Seasonal Meion	
	29-Aug	30-Aug	31-Aug			
Baked Salisbury Steak Grilled Chicken Salad			Turkey & Swiss Sandwich			
	w/ Mushroom Gravy	w/ Cheese	Lettuce, Tomato	Let's Pienie		
	Garlic & Butter Potatoes	Toss Salad w/ Tomato	Potato Soun			
	Broccoli	Carrots, Cabbage & Dress.	w/ Crackers	A Comment		
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread		300	
	Lemon Fluff Dessert	Fresh Seasonal Melon	Fresh Seasonal Fruit	(CO)		

Gelatin



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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