

THE SUNSHINE LINE

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JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Healthy IDEAS



Several local health and human services agencies completed a nationally recognized evidence based, 2 day intense training to assist older adults in recognizing and managing symptoms of depression. Sponsored by the PA Link to Aging and Disability Resources and hosted by the Clearfield County Area Agency on Aging and the Jefferson County Area Agency on Aging, 40 individuals representing the CCAA, JCAA, Guardian Home and Community Services, Community Nurses, The Community Guidance Center, and SAM Inc completed the Health IDEAS program conducted by national trainer Esther Steinberg. Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is a community depression program designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations.

The program incorporates four evidence based components into the ongoing service delivery of care/case management or social service programs serving older individuals in the home environment or other private location. Healthy IDEAS was developed by the Baylor College of Medicine and sponsored by the National Council on Aging. 20% of Americans have some form of depression, most without knowing it. Clinical depression can often accompany long-term chronic illnesses that are common later in life, such as diabetes, cancer, and arthritis. Six million elderly suffer from some form of depression, which can be a serious medical condition that can magnify disability and lead to premature death. When coupled with chronic illness, and pain, depression can also impair functioning and independence. Participation in the Healthy IDEAS program has significantly reduced s/s depression in individuals who complete the 90 day program that transfers skills to individuals to manage their symptoms. While Healthy IDEAS is offered by over 100 organizations in 25 states; Clearfield and Jefferson Counties will be the first in Pennsylvania to offer the program. Additional information can be obtained at www.careforelders.org or by calling 1800-225-8571 or 1-800-852-8036.

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Monday, October 10 is Columbus Day

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 October 13th and the 27th
Lunch and Bingo
Questions? Call: 814-849-3391

The Emergency Food Assistance Program

BENEFITS: The Emergency Food Assistance Program (TEFAP) purchases surplus food and provides it to local agencies that directly serve the public, whether by distributing the food to recipients for household consumption or preparing and serving meals in a group setting.

THOSE ELIGIBLE: Recipients of food for home use must meet certain income and household size criteria.

CONTACT: Pennsylvania Department of Agriculture (800) 468-2433, email RA-fooddist@pa.gov or visit www.agriculture.state.pa.us and search "TEFAP."

Reduced Fees for Dog Licenses

All dogs three months or older must be licensed by January 1 of each year. A license is a lost dog's ticket home, and it's the law.

BENEFITS: Citizens age 65 and over can purchase a dog license at a reduced price of \$5.45 or \$3.45 if the animals are spayed or neutered. Dogs with permanent identification like a microchip or tattoo number may be eligible for a lifetime license at \$30.45 or \$20.45 if the animals are spayed or neutered.

CONTACT: Your local county courthouse, Treasurer's Office. For more information, call (717) 787-4833 or visit www.licenseyourdogPA.com.

**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.



Medicare Annual Open Enrollment

October 15, 2016 – December 7, 2016

The Medicare Annual Open Enrollment Period for 2016 will be from October 15 to December 7. During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to (Insert County) County residents.

APPRISE, a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following events in the community. This counseling is free.

Medicare Annual Open Enrollment Events for the Jefferson County Area Please call to schedule an appointment.

Heritage House Senior Center (Brookville) at: **814-849-3391** Oct 17th, Oct 24th and Oct 31st, Nov 7th, Nov 14th, Nov 21st, Nov 28th, Dec 5th

Reynoldsville Foundry at: **814-653-2522** Oct 19th, Nov 2nd, Nov 16th, and Nov 30th (IF Needed)

Brockway Depot at: **814-265-1719** Oct 19th, Nov 2nd, Nov 16th.

Punxsutawney Senior Center at **814-938-8376** Oct 19th, Nov 16th, Dec 1st.

The Main Office will be accepting appointments Monday through Friday and try to accommodate walk-in's when available **814-849-3096**



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

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

**Jaden Kennedy playing
 her first violin recital**



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

10/04- Nutrition with Anna Hummel Heart Healthy at 11:00am.

10/04- flu shots with Guardian Health starting at 9:30am

10/10- Columbus Day Trivia with Angel Food Cake to sweeten you up.

10/11- Blood Pressures with Mary Keck from Guardian, AARP Driving Class Refresher 1:00 – 5p.m. \$15.00 for members \$20.00 for non-member

10/12- AARP Driving Class Full Course 1-:00-5:00 pm Must take both days..

10/13- AARP Driving Class Full Course 1:00-5:00pm

10/24- Birthday Tureen 5:00pm.

10/28- Karaoke Night at 6:00 pm. Light refreshments and cider .Bring your singing voice and try this out. You can also bring your own refreshments if you wish.

10/31- Weigh Wise Class 1:00pm Halloween Dress in costume if you wish. Prizes will be given for best costumes. Advisory Council 1:30pm



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

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

Patty Gaston shows us the fairy garden that she made



10/3- from 10-12:00 we will be having our Flu Shot Clinic

10/5- at 11:30 in the dining room Laurie from the Dept of Health will be here discussing Adult Immunizations

10/12- at 10:30 will be our second WHEEL OF FORTUNE fun! Prizes! Friends! Fun!

10/13- at 11:15 Christie from WRC will be here discussing Less Stress in Our Lives

10/18- at 9:30 to 11:30 will be our Fall Bingo Bash! Cost is \$2 per person and all money is returned in payouts! Sign up by Friday, Oct 14th

10/19- at 10:30 we will be pumpkin painting in the dining room!

10/27- at 9:30 we will have our Individual pool players tournament. Come and see how well you can play!



October 2016



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Oct Pepper Steak w/ Peppers Onions & Gravy 1/2c. Parsley Noodles 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Applesauce	4-Oct Breaded Chicken Fillet Sandwich 1/4c. Lettuce, 1 Slice Tomato 1c. Homemade Vegetable Soup Sandwich Roll, Crackers 1/2c. Pineapple Tidbits & Mandarin Oranges	5-Oct Oven Roasted Hot Beef w/ Gravy Baked Potato 1/2c. Sweet & Sour Coleslaw Whole Wheat Bread 1/2c. Gelatin w/ Topping (sour cream)	6-Oct Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit (tartar sauce)	7-Oct Hot Dog Bun 1/2c. Whipped Potatoes 1/2c. Sauerkraut Hot Dog Bun Chocolate Brownie 
10-Oct Pork Loin w/ Gravy 1/2c. Scalloped Potatoes 1/2c. Sweet Peas & Onions Dinner Roll Fresh Seasonal Fruit	11-Oct Italian Meatball Hoagie w/ Sauce & Cheese 1/2c. Seasoned New Potatoes 1/2c. Mixed Bean Medley Hoagie Bun 1/2c. Tapioca Pudding	12-Oct Stuffed Pepper Cup w/ Tomato Sauce 1/2c. Whipped Potatoes 1/2c. Yellow Beans Whole Wheat Bread 1/2c. Diced Pears (or Cabbage Roll)	13-Oct Chef Salad (ham, turkey, egg & cheese) 1c. Mixed Greens w/ Tomato Croutons, Carrots, Cucumbers 1c. Noodle Soup w/ Crackers Whole Wheat Bread 1/2c. Sliced Peaches	14-Oct Creamy Parmesan Garlic Chicken w/ Cream Sauce 1/2c. Penne Pasta 1/2c. Italian Vegetable Medley Garlic Bread Stick 1/2c. Warm Cinnamon Applesauce
17-Oct Baked Ham Slice w/ Fruit Sauce 1/2c. Orange Kissed Mashed Sweet Potatoes 1/2c. Brussel Sprouts Whole Wheat Bread 1/2c. Vanilla Ice Cream	18-Oct BBQ Chicken Breast 1/2c. Seasoned Redskin Potatoes 1/2c. Country Vegetable Blend Dinner Roll Sugar Cookie 	19-Oct Chili Mac w/ Cheddar Cheese Topping 1c. Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread 1/2c. Applesauce	20-Oct Turkey & Swiss Sandwich 1/4c. Lettuce, 1 Slice Tomato 1c. Cheesy Broccoli Soup w/ Crackers 2 Whole Wheat Bread Fresh Seasonal Fruit	21-Oct Breaded Lemon Pepper Pollock Baked Potato w/ Sour Cream 1/2c. Garden Salad w/ Tomato Dinner Roll 1/2c. Sliced Peaches w/ Oatmeal Topping
24-Oct Meatloaf w/ Gravy 1/2c. Whipped Potatoes 1/2c. Italian Beans Whole Wheat Bread 1/2c. Banana Pudding Fluff	25-Oct Baked Vegetable Lasagna w/ Parmesan Cream Sauce 1c. Mixed Greens w/ Tomato Carrots, Onions, Cabbage Garlic Bread Stick 1/2c. Sliced Apples w/ Oatmeal Topping	26-Oct BBQ Pulled Pork Sandwich 1/2c. Southwest Rice & Black Beans 1/2c. Fresh Coleslaw Sandwich Roll Corn Drop Biscuit Fresh Seasonal Fruit	27-Oct Grilled Chicken Caesar Salad (3oz. Chicken & parmesan) 1c. Mixed Greens w/ Tomato Cranberries, Carrots, Croutons 1c. Navy Bean Soup w/ Crackers Italian Bread 1/2c. Diced Pears	28-Oct Ham & Scalloped Potato Casserole 1/2c. Braised Cabbage 1/2c. Green Beans Dinner Roll 1/2c. Strawberry Ice Cream
31-Oct Roast Turkey & Gravy 1/2c. Homemade Stuffing 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Warm Cinnamon 1/2c. Applesauce		"Happy Halloween"		

Sausage With Escarole and White Beans



Ingredients

- 1 tablespoon olive oil
- 1 pound Italian sausage
- 2 small onions, cut into wedges
- 3 cloves garlic, thinly sliced
- 1/2 cup dry white wine (such as Sauvignon Blanc)
- 1 cup low-sodium chicken broth
- 1 19-ounce can white beans, drained and rinsed
- 1 small head escarole, tough stems removed and roughly chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/2 cup grated Parmesan
- crusty bread (optional)

Directions

1. Heat the oil in a large saucepan over medium heat.
2. Cook the sausage, turning occasionally, until browned and cooked through, about 10 minutes.
3. Transfer to a cutting board and let rest at least 5 minutes before slicing.
4. Add onions to the pan and cook over medium heat, stirring occasionally, until soft, about 6 minutes. Add the garlic and cook, stirring, 1 minute more.
5. Add the wine and broth and bring to a boil. Add the beans, escarole, salt, and pepper and cook, stirring occasionally, until the escarole wilts, 3 minutes.
6. Spoon into bowls and top with the Parmesan. Serve with the sausage and bread, if desired.

How to Cook the Perfect Pot of Quinoa



Quinoa has become increasingly popular over the last few years, but that doesn't mean it's the easiest food to cook. Like rice, quinoa requires some know-how if you want to achieve that tender, fluffy (not mushy) texture. Give your quinoa a quick rinse before you start cooking. The nutty-flavored seed has a natural coating you need to wash off to avoid a bitter aftertaste in your final dish. Prep your other ingredients. If you want to make a meal of it, decide what other components you would like to incorporate. Sautéed vegetables, fresh herbs, and a simple vinaigrette make a quick and easy grain salad, but you can also add sausage, as the contestants did in the appetizer round. Looking for a sweeter dish? Serve your quinoa with nuts and dried fruit.

For the foolproof technique: In a medium pot, combine 1 part quinoa to 2 parts water or stock, along with a pinch or so of kosher salt. Bring it to a rolling boil, and cover it with a tight-fitting lid. Reduce the heat to low and let your quinoa simmer for about 15 minutes. Note: You can toast your uncooked quinoa first with a little olive oil before adding the water, but you don't have to. Turn off the heat, but leave the lid on the pot to steam your quinoa for about another 5 minutes. Fluff with a fork, and serve with sautéed vegetables or any other additions you would like.

Crossword Answers

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



Brockwayville Depot

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

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

Some of the guys shooting pool. Join them almost every morning, they are always looking for new players. They also travel to The Foundry and to Pine Street Center to challenge the other players.



Mark your calendars!!! We will be serving breakfast on election day nov.8Th from 7:30 to 9:30.

We are also having a bake sale that will start at 7:30 until sold out!!!

10/3- Movie Monday 12:30...snacks provided

10/11- Breakfast 7:30-9:30..Blood Sugars (7:00 to 8:00) and Blood Pressures taken 7:00 to 9:00

10/12- Advisory Council Meeting 12:30

10/20- Heart Health 12:30-2:00 sponsored by Penn Highlands. Tureen Dinner with entertainment starts at

5:00 PM.

10/28- Music Night with Romey and Friends... Halloween Party..COSTUME Judging and prizes.



THE FOUNDRY

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

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

A Happy Halloween at the
foundry.



10/1- “- Welcome Fall You’ALL”

10/7 – Music night with Romey & Friends- Doors open 6pm, Kitchen opens at 6pm, Band begins at 7pm

10/9- Stampin Up Cards with Larissa @ 2- 5PM \$1.00 per card

10/17- October Birthday Celebration

10/21 - Blood Pressure with Mary Keck 11AM

10/31- Costume Contest prizes for Cutest, Most original

FREE WI-FI Available

LIFT's Reuse Program

Life and Independence for Today has an Equipment and Assistive Technology Reuse program. This program is made possible in part through funds from Pennsylvania's Initiative on Assistive Technology, the Commonwealth's Assistive Technology Act Program at the Institute on Disabilities, Temple University, funded through a grant from the Administration on Community Living, US Department of Health and Human Services.

This program takes in gently used equipment, sanitizes it, and redistributes it to people in need. The equipment must be beneficial and safe for the person to use.

These efforts help get useful devices out of attics and garages and into the hands of people with disabilities who need them.

Some of the equipment LIFT is currently accepting is:

Walkers, Wheelchairs, Transfer Chairs, Raised Toilet Seats, Shower Chairs, Adapted Telephones, Low-Vision Aids, Reachers, and any other equipment that helps with independence.

Contact Kelley Hritz at (814) 781-3050 ext. 206, (800) 341-LIFT, or email at liftcil@liftcil.org for more information or if you have any equipment or assistive technology that you would like to donate.

Additional information and a list of our partner programs can be found at www.disabilities.temple.edu/reep

Read more at: <http://liftcil.org/lift-s-reuse-program.html>



Life and Independence for Today is a Center for Independent Living located in St. Marys, PA. We are a non-profit organization that serves people with disabilities in Elk, Cameron, McKean, Jefferson, Clearfield, and Potter Counties.

Phone: (814) 781-3050 503 E. Arch Street
Toll Free: (800) 341-LIFT St. Marys, PA 15857
Email: lift@liftcil.org

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51				52				53				
54				55				56				

DOWN

1. Eureka!
2. Cozy place
3. Mom's man
4. Adam's partner
5. Sahara, e.g.
6. Army camp
7. Out on ____ (2 wds.)
8. Bus patron
9. Four-sided figure
10. A Gershwin
11. Average
17. Opposite of WSW
19. Asian country
20. Climb
21. Foreign
22. Ranch employee
23. Whichever
25. More painful
26. Ringlet
28. Cloistered one
32. Existed
33. Eccentric
36. Votes in
38. Poet's always
39. Fragrance
40. Portrayals
43. Evils
44. Above, poetically
45. Maiden name indicator
47. Successful song
48. Indignation
49. ____ Jersey
50. Paid notices

ACROSS

- | | | |
|------------------------|-------------------------|---|
| 1. Tacked on | 24. Chicken serving | 44. Enjoying continual success (3 wds.) |
| 6. Saloon | 27. Hillary Rodham ____ | 46. Fine porcelain |
| 9. Shred | 29. Also not ____ | 51. Poetic twilight |
| 12. Throw | 30. Well-ventilated | 52. Director ____ |
| 13. ____ Baba | 31. Hero sandwich | Brooks |
| 14. Pitcher's stat | 33. Fairy-tale fiend | 53. Tuckered out |
| 15. Peruvian range | 34. Grant's opponent | 54. Scarlet |
| 16. Motorcycle adjunct | 35. Tailors' needs | 55. Mule's father |
| 18. Carbon, e.g. | 37. Make lovable | 56. Hearty soups |
| 20. African desert | 41. Church leaders | |
| | 42. Leading lady | |

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.

The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers

ADDRESS SERVICE REQUESTED

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Organization
U.S. Postage
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Falls Creek, PA
15840

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

