



AARP Real Possibilities

In 1979, AARP founded "55 Alive" to help keep older drivers independent, safe and confident while on the road. While its mission hasn't changed since then, many other things have, including the program name.

Today, AARP Driver Safety continues to meet the needs of older drivers through educational programs led by more than 4,000 volunteers and myriad resources. But they aren't the same programs and resources that were available nearly 35 years ago. AARP Driver Safety has continued to evolve with the times, delivering on AARP's goal to promote the independence of older Americans and enhance their quality of life.

AARP 55 Alive Driver safety refresher course 10am – 2pm, Call for reservations. At: The Reynoldsville Foundry Center  
Phone: 814-653-2522

April 20 and 21 from 1-5 pm for the full course and April 22 from 1-5 pm for the refresher course. At the Heritage House. Call to make your appointment.(814-849-3391)

**MindMatters** is a free monthly lecture series by knowledgeable presenters on intellectually stimulating topics of interest to older adults. It is presented by the Department of Aging and produced by WITF, Harrisburg's affiliate for PBS and NPR and a trusted, valued supplier of programs and services that both satisfy and stimulate curiosity.

Famous Pennsylvania Politicians of the 20th Century  
Kenneth C. Wolensky, Ph.D.  
Historian, Author and Biographer

In the 20th century, many Pennsylvania politicians gained national recognition. Gifford Pinchot was the first Chief of the United States Forest Service and his wife Cornelia was a three-time candidate for U.S. Congress; Governor Bill Scranton served as United States Ambassador to the United Nations and his mother, Marion Margery Scranton played key roles in national Republican Party politics; Governor Robert P. Casey became nationally known for his pro-life view, and; Governor Tom Ridge became the first United States Secretary of Homeland Security. Dr. Wolensky will explore the biographies of these and other well-known 20th century Pennsylvania politicians.

Dr. Ken Wolensky is a published writer and historian. He is President of The Pennsylvania Historical Association.

Presentation on April 8 at 10AM. Refreshments will be available.

This Mind Matters presentation will be held at  
The Heritage House  
4 Sylvania Street  
Brookville, PA

Phone: 814-849-3391  
Email: [heritage@jcaaa.org](mailto:heritage@jcaaa.org)



# The Sunshine Line

## CELEBRATE SERVICE April is National Volunteer Month



Photo: Karen Deemer of Brookville was selected to be the Jefferson County Senior Corps-RSVP Volunteer of the Month for February

Source: [https://www.jccap.org/NewNews\\_Release.aspx?ID=1515](https://www.jccap.org/NewNews_Release.aspx?ID=1515)

Across the country this month Americans will be giving their time and energy, but not getting paid for it. What gives?

It's national volunteer month! A time when you have the opportunity to help your fellow Americans by volunteering.

April also encompasses National Volunteer Week. According to [Nationalserviceresources.org](http://Nationalserviceresources.org):

This year, April 12-18, is recognized as National Volunteer Week throughout the U.S. First established in 1974 and signed into law by President Richard Nixon, establishing the week as an annual celebration of volunteering. Every president since has signed a proclamation promoting National Volunteer Week. Additionally, governors, mayors and other elected officials make public statements and sign proclamations in support of the event.

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's also about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals. In Pennsylvania as well as and other states in the nation, volunteers are a vital resource for organizations to draw upon to help those in need.

**Jefferson County Area Agency on Aging has many dedicated volunteers who we would like to Thank for their service to our community.**

**In 2014 JCAAA had approximately 250 volunteers who donated more than 10,000 hours of service.**

**JCAAA has many volunteer opportunities available.**

**Volunteer Opportunities include:**

- **Apprise**
- **Ombudsman**
- **VITA**
- **Social Center Volunteers.**
- **Administrative Volunteers**

Call 814-849-3096 and ask what you can do to help.

# Information & Resources

## Protective Services



Protective Services is a service that is set up to investigate any report of elder abuse. Elder abuse is physical abuse, emotional abuse, sexual abuse, financial exploitation, neglect and any other form of mistreatment. In order for a Protective Service case to be started, the consumer must meet the following criteria:

- At least 60 years old
- Cannot perform or obtain services necessary to maintain physical or mental health
- has no responsible caretaker at the time of the report
- is at imminent risk of danger

A caseworker will then be assigned to the Protective Service call to investigate the report and to try to help the individual by getting them the help they need.

**SENIORS** - If you or someone you know is being subjected to abuse, neglect or exploitation you can contact JCAA Monday thru Friday 8a-4p and after hours at 1-800-852-8036 for emergencies.

The Low-Income Home Energy Assistance Program, also known as LIHEAP, helps low-income families pay their heating bills. LIHEAP is a grant that offers assistance in the form of a cash grant, sent directly to the utility company, or a crisis grant for households in immediate danger of being without heat.

Act now! The LIHEAP program is expected to remain open until April 3, 2015

You can apply online for LIHEAP at <https://www.compass.state.pa.us> or stop by the JCAA office and we can help you fill out the form. Call 814-849-3096 for more information.



### DID YOU KNOW?

Even though Medicare Open Enrollment is over, did you know that the Area Agency on Aging APPRISE team can help answer Medicare questions?

Give us a call at 814-849-3096 to discuss any questions you have about your new Medicare Advantage plan or to see if you are eligible for any cost saving programs like PACE or Extra Help!



## Quality Insights of Pennsylvania

**BENEFITS:** Quality Insights of Pennsylvania is a Quality Improvement Organization (QIO) which protects the rights of Medicare beneficiaries receiving care in Pennsylvania. Call Quality Insights if you are denied admission to a hospital, are asked to leave a hospital before you feel well enough, or are dissatisfied with the quality of medical care you received from a medical provider. Quality Insights performs these services free of charge to Medicare beneficiaries, including those enrolled in HMOs.

**THOSE ELIGIBLE:** All Medicare beneficiaries who receive medical care in the Commonwealth of Pennsylvania



**CONTACT:** Quality Insights of Pennsylvania  
2601 Market Place Street, Ste. 320  
Harrisburg, PA 17110  
Toll-free: 1-877-346-6180  
[www.qipa.org](http://www.qipa.org)

**From: Benefits & Rights For Older Pennsylvanians 2013**

**To get a copy stop by the JCAA Main Office**

### Crossword Answers

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



Punxsutawney Pine Street Center  
 Director: Mindy Grose  
 Phone: 814-938-8376  
 Email: pinestreet@jcaaa.org

**Thursday, April 2nd** is the center Easter Dinner at noon. Reservations are required for this delicious dinner.  
**Friday, April 3rd** the Center is closed for Good Friday  
**Monday, April 6th** is Hostess Twinkie Day! 11:30 in the dining room we will be sharing twinkie trivia, twinkies and fun!  
**Wednesday, April 8th** at 11:30 in the dining room, Healthy Aging during the spring and summer months. Come and be a part of the discussion!  
**Thursday, April 9th** is Winston Churchill Day! 11:30 in the dining room, come and see what you know about Winston!  
**Tuesday, April 14th** is National Dolphin Day! Swim on over to the center at 11:30 and have some snacks, learn about dolphins and enjoy the center!  
**Thursday, April 16th** at 10:30 the nurses will be here to take blood pressure and do blood sugars.  
**Tuesday, April 21st** is the Queen of England's Birthday! Since the Queen is an honorary member of our center (we have the letter to prove it) we will be celebrating her special day! 11:30 in the dining room! Wear your best tiara! Enjoy a royal cake! Learn to curtsy!  
**Wednesday, April 22nd** at 11:30 Mary from Guardian will be here with an important program on dehydration.  
**Monday, April 27th** at 5:15 Tureen Dinner. Bring a dish to pass and come and be a part of the fun!

**Daily-** cards, computers, pool, wii, friends and fun!  
**Tuesday and Friday** at 9:30 is Bingo with Jim  
**Monday and Thursday** at 10:30 is exercise class



Brookville Heritage House Center  
 Director: Romaine Conner  
 Phone: 814-849-3391  
 Email: heritage@jcaaa.org

MindMatters will once again do a presentation on April 8 at 10AM. Refreshments will be available. The topic is "Famous Pennsylvania Politicians of the 20th Century". It will be presented by Dr. Ken Wolensky, President of The Historical Association.

Kate Scott program is scheduled for April 8 at 7:00 pm. More info will be available closer to the date.

AARP 55 Alive Classes will be offered April 20 and 21 from 1-5 pm for the full course and April 22 from 1-5 pm for the refresher course. A sign up sheet will be available or call to make your appointment.(814-849-3391)

Plans to hold an April Fool's Day breakfast is somewhat in the making. Will keep you posted.

Birthday Brunch...April 27, 2015 at noon. Ham and dessert will be furnished. Please help fill the meal with your specials.

Earth Day, April 22. Speaker from Jeff. Co. Conservation District at 11am. Meal will be Vegetable Lasagna..Tossed Salad..Hard Rolls..and Dirt Dessert. Reservations necessary.

**Monday-** Bingo, Tai-Chi, Cards, Wii Bowling, 13th Crafts with Honey 12:45pm  
**Tuesday-** Healthy Steps, Café, Bridge  
**Wednesday-** Cards, Bridge, Sing-along, Scrabble, Weigh Wise Class 1-2pm  
**Thursday-** Healthy Steps, Bridge, Linus project 1pm  
**Friday-** Bingo, Café, Bridge  
 Blood Pressure Screening and Glucose testing the 20th at 11am.  
 Heritage House Advisory Board will meet April. 7th @ 1 pm.



The Reynoldsville Foundry Center  
 Director: Donna Price  
 Phone: 814-653-2522  
 Email: foundry@jcaaa.org

Spring Cleaning? If you have an extra bookcase, please consider donating it to the Foundry. Our lending library is growing! We now have a great selection of videos!

**Thu April 2** Easter Luncheon at 11:30. Reservations required.  
**Fri. 3rd** closed for Good Friday  
**Fri.10th-** Music Night 7 p.m. Free Admission, Open Kitchen, Dancing  
**Fri 17th** Dehydration with Mary from Guardian. Also Blood Pressure, glucose, and pulse ox checks at 11.  
**Mon 20st-** GIN Education night & Tureen dinner at 5. Bring a dish to share! The GIN group is bringing dessert  
**Tues 21st.** Pool here with Brockway.  
**Tue. 28th-** AARP 55 Alive Driver safety refresher course 10 – 2, call for reservations  
**Tue. 28th** Pool at Punxsy  
 Daily – Coffee Break, Pool, Computer, Jigsaw Puzzle, Lending library, TV lounge, Wii, Exercise machines, Darts, shuffleboard

Monday – Healthy Steps exercise 10:30, Jam Session 1, Strong Women 5:30  
 Tuesday- WeightWise 9:30, Dominoes 10, Computer Class 1  
 Wednesday- Men's Prayer Breakfast 7 a.m. Healthy Steps exercise 10:30, Oil Painting 1, Strong Women 5:30, Income Tax Clinic by appointment  
 Thursday- Nickel Bingo 10, Cards 10 & 1, Crafty Creations and Project Linus 1  
 Friday- Healthy Steps exercise 10:30, Lenten lunch 12, shuffleboard 1



Brockwayville Depot Center  
 Director: Cheryl Moore  
 Phone: 814-265-1719  
 Email: depot@jcaaa.org

LUNCH IS AT NOON EVERYDAY!  
 MAKE YOUR RESERVATION THE DAY BEFORE..  
 BREAKFAST IS SERVED EVERY TUESDAY FROM 7:30-9:30 cost is \$4.00  
 YOGA IS HERE.. MONDAY'S LEVEL 1 & 2 AT 6:30  
 WEDNESDAY'S Gentle at 9:30 And Chair Yoga at 11:00 (Chair yoga is free)  
 Call the center for more info !!  
**April 2:** Easter Luncheon at noon reservations required

**April 7:** BP AND Blood Sugar with BCAT..7:30 A  
**April 8:** Advisory Meeting 12:30  
**April 9:** Speaker-Drug and Alcohol Commision 11:15  
**April 14:** Blood/Sugar check with Guardian 8:00, Pool with Punxy  
**April 17:** Music Night with Romey 6-9

Health Steps In Motion: Join Pauline and the gang on Mondays and Thursdays for low impact exercise at 10:00 AM. It's FREE !!!!!

Monday: -Social Hour, Healthy Steps @ 10am  
 Tuesday- Breakfast @ 7:30-9:30 AM, Bingo @ 12:30  
 Wednesday- Social Hour, Uno @10am, Couponing, Yoga  
 Thursday- Healthy Steps @ 10am, Health Topic, Bingo  
 Friday- Social Hour, Bingo @ 10:15am, Couponing.

Daily: Computers, Wii, Pool, Library, Coupons, Shuffleboard, Puzzles, and a Good Time !!



Celebrating Easter at the Foundry



April 2015 Center Highlights

At the Heritage House, Mary Keck from Guardian Health doing blood pressure and blood sugar readings.



St Patrick's Day at The Depot



Check out these Photos and more online Like Us on Facebook! Search for Jefferson County Area Agency on Aging, Brockwayville Depot Center, The Foundry Center, Heritage House Center and Pine Street Center <https://www.facebook.com/JeffersonCountyAAA>

Gerri Snyder..always making sure we have sweets at The Depot !!!!Especially for Music Nights !!!



Hear Ye, Hear Ye, It Hath Been Deceerd by Romayne Conner Duchess of Heirtage House, that form this day hence forth Howard Jones and Eleanor Stahlman shale be titled King and Queen of Valentines Day 2015.



JCAAA and all Four Centers will be closed on April 3rd 2015 for Good Friday

## JCAAA

Oliver Township Center, Lunch and Bingo  
 April 9th and 23rd  
 Questions?  
 Call: 814-849-3391



### APPRISE

Do You Have Time To Help People With Medicare?

We are currently looking for volunteers to ensure the continued success of the APPRISE program.

**Do you:**

- Want to understand your health insurance benefits when you turn age 65?
- Have a friend or family members that would benefit by having a trusted resource for information?
- Have 3 hours per month to help?

Please contact Molly McNutt at the Jefferson County Area Agency on Aging for more information at 814-849-3096.

### Have a Happy Retirement!

Joyce Wills has worked for the Jefferson County Area Agency on Aging as the Ombudsman Coordinator for the past 14 years.

An Ombudsman advocates for residents rights, quality of care and equality of life in a Nursing Facility, Personal Care Homes and Dom Care.

On February 26th Joyce Wills retired as Ombudsman Coordinator

On February 20th Joyce was honored at a retirement party at the Heritage House.

Joyce stated "This is the most rewarding position I have ever held. It has been very fulfilling."

We all are going to miss you Joyce.



You can download the Sunshine Line from the internet go [jcaaa.org](http://jcaaa.org) and click on [Sunshine Line](#) Under the title JCAAA New and Announcements.

"To each of you who attended my luncheon a great big THANK YOU. I am truly blessed to have met so many great staff. For you who couldn't attend due to weather or other commitments THANK YOU for being a part of my life. I will miss all of you. GOD BLESS"  
 -JOYCE ANN WILLS

Jefferson County Area Agency on Aging

Health & Wellness Services | Social Events Calendar | In-Home Services | Activities, Events & Classes | Help Us, Donate, Volunteer

Jefferson County, PA Senior Centers

JCAAA News & Announcements

Annual Senior Picnic at the Jefferson County Fair!

July 18, 2013  
 10:00 am - 2:00 pm

Local agencies and businesses will be on site with educational materials, as well as the 4th Screenings, Prizes, and Entertainment! Lunch is included!

Upcoming Events

Fri Jul 05 BINGO  
 Fri Jul 05 Bridge

The Sunshine Line is the Monthly newsletter of the Jefferson County Area Agency on Aging

186 Main Street  
 Brookville, PA 15825

814-849-3096  
 800-852-8036  
 Fax: 814-849-4655  
[www.jcaaa.org](http://www.jcaaa.org)

Executive Director  
 Bill Sherman  
 E-mail: [bsherman@jcaaa.org](mailto:bsherman@jcaaa.org)

**Around the JCAAA Office**

Mindy Sivanich has been appointed to the position of Ombudsman Coordinator and Senior Center Coordinator. Mindy joined the Agency eight years ago and has held positions as a Senior Center Director in Sykesville, APPRISE Counselor, and Information & Assistance worker. Mindy brings a variety of experience to her new role.

Welcome Nicole McGee / Options Care Manager

Welcome Sue Aaron / Information & Assistance

We are always looking for volunteers call 814-849-3096 and ask what you can do to help.

# Safety Tips and Health Information

10 tips  
Nutrition  
Education Series

## eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

### 1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

### 2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.



### 3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

### 4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

### 5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### 6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

### 7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### 8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### 9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

### 10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 16  
December 2011  
USDA is an equal opportunity  
provider and employer.

## Need Help Paying for Your Prescriptions?

2015 dollar amounts have changed.

Extra Help can help lower your prescription co-payments and premiums and cover the cost through the coverage gap (“donut hole”). To qualify, please see following guidelines:

Single Person: \$1,459 / month  
Resources: \$13,640

Married Couple: \$1,966 / month  
Resources: \$27,250

There is NO COST for the APPRISE Program's help or for enrollment into these programs. Apprise can also help with Medicare, Medicare Prescription Drug Plans, and much more!  
Call Today! 814-849-3096



## Speed Dating For Seniors Who Aren't Interested In Slowing Down



Janice Ledtke and Pacho Lane chat during a speed dating event in *The Age of Love*.

Courtesy of Free Play Pictures

The idea of speed dating for people over 70 can evoke laughs from anyone who's younger, along with reactions from “how cute” to “how silly” to “how gross.” And while the documentary *The Age of Love* does have plenty of ha-ha moments, most of the time its subjects are reflecting on a need for intimacy that never seems to die.

“I want that guy that — when I'm doing dishes — will come up behind me and nuzzle my neck and give me a hug,” says Donna Capuano, one of the women featured in the film. “I want that guy that will pick up the phone and call me during the day just because he's thinking of me. That's who I am.”

So why not try speed dating? At an Italian restaurant near Rochester, N.Y., 15 women and 15 men ages 70 to 90 met to judge and be judged, for five minutes at a time. Filmmaker Steven Loring profiled 20 of the participants — widowed, divorced or lifelong singles — and followed them before, during and after their speed dating adventure.

Particularly powerful are the scenes in which some of the speed daters — alone with Loring and his camera — open the envelopes that will tell them whether the ones they liked liked them back. Loring says being there for these moments was as full of drama as anything you remember from high school.

“If a 75-year-old woman opens up an envelope from a speed dating event and doesn't get the man she was hoping for — and bursts into tears — what 16-year-old girl in America wouldn't understand exactly what she was feeling at that moment?” Loring says.

*The Age of Love* will not be playing at a theater near you, at least not anytime soon. Loring has been focused on getting it in front of older adults who might be inspired by it. So except for a handful of film festivals, it's mainly showing at senior centers and housing developments for older adults like Merrill Gardens in San Diego, Calif.

Jim and Sheila Soules — ages 87 and 76 — gave it mixed reviews. Jim felt that it was too slow. Sheila found it entertaining, though also sad.

The Soules met four years ago in what Sheila describes as “the old folks home next door.” They were both widowed and never thought they'd get married again. But they did, and what they've found in each other is what everyone in *The Age of Love* is looking for.

“It is different the umpteenth time around,” Sheila says. “I had a wonderful marriage and I never thought I'd have that sort of intimacy and connection ever again. And I have, and it's wonderful.”

So much so that even the speed daters in *The Age of Love* who didn't find a match say they won't stop trying.

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## Oatmeal Cookie Pancakes

### Ingredients

1 cup old fashioned oats  
 1 cup all-purpose flour  
 1/2 cup brown sugar  
 2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 1 teaspoon ground cinnamon  
 2 ounces, 1/4 cup, chopped walnuts  
 3/4 cup sour cream  
 3/4 cup whole milk  
 2 large eggs  
 1 teaspoon vanilla extract  
 2 really ripe bananas, mashed up  
 3/4 cup raisins  
 1/2 stick butter, 1/4 cup, melted, plus additional for buttering skillet  
 Maple syrup or honey, for drizzling

### Directions

Here's a great tip: if you cannot find really ripe bananas, just nuke them in the microwave for about 15 seconds and they will become super soft for mashing.

Mix dry ingredients, the first 7, in a bowl. In a another bowl, mix the wet ingredients, the next 4. Whisk the wet ingredients into the dry until just combined, then fold in the mashed up bananas and the raisins. Stir in the melted butter.

Heat a griddle over medium heat and brush with additional melted butter. Cook pancakes, each about 1/3 cup, until bubbles form on the top, then turn. Cakes will cook in about 2 minutes on each side. Keep pancakes tented with foil as they come off the griddle to keep them hot. Serve with drizzled honey or maple syrup over the top.

Total Time: 22 min  
 Prep: 10 min  
 Cook: 12 min  
 Yield: about 12 cakes, 4 servings  
 Level: Easy



Recipe courtesy Rachael Ray  
 Source: <http://www.foodnetwork.com/recipes/rachael-ray/oatmeal-cookie-pancakes-recipe.html?oc=linkback>



APRIL 2015

Jefferson County

AAA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Apr Beef & Cheese Sandwich Pasta Salad Baked Beans Sandwich Roll Cake	2-Apr Easter Lunch Baked Ham Baked Potato Broccoli Toss Salad Dessert	3-Apr GOOD FRIDAY
6-Apr Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Fruit	7-Apr Lasagna Toss Salad Breadstick Pudding	8-Apr Hot Dog Macaroni Salad Baked Beans Sandwich Roll Mandarin Oranges	9-Apr Pork Patty Scalloped Potatoes Cauliflower White Bread Applesauce	10-Apr Pepper Steak Oven Brown Potatoes Coleslaw White Bread Gelatin w/ Topping
13-Apr Meatball & Gravy Whipped Potatoes Corn White Bread Cookie	14-Apr BBQ Rib Potato Cubes Coleslaw White Bread Fresh Fruit	15-Apr Salisbury Steak w/ Gravy Parsley Potatoes Steamed Cabbage Wheat Bread Tropical Fruit Salad	16-Apr Chef Salad (ham, turkey & cheese) Vegetable Soup Bread Stick Peaches	17-Apr Cheeseburger Potato Salad Baked Beans Sandwich Roll Fruited Gelatin
20-Apr Pizza Casserole Toss Salad White Bread Pineapple Tidbits	21-Apr Chicken Teriyaki Rice Stir Fry Vegetables White Bread Mandarin Oranges	22-Apr Ham & Cheese Sandwich Lettuce, Tomato Tomato Soup 2 White Bread Crackers Fresh Fruit	23-Apr Meatloaf Baked Potato Coleslaw White Bread Pudding	24-Apr Country Fried Steak AuGratin Potatoes Green Beans Wheat Bread Cookie
27-Apr Chili Rice Coleslaw Cornbread Cookie	28-Apr Kielbasa Sauerkraut Whipped Potatoes White Bread Pears	29-Apr Penne Pasta Meatballs Toss Salad White Bread Pineapple Tidbits	30-Apr Chicken Strip Salad Potato Soup Bread Stick Pudding	

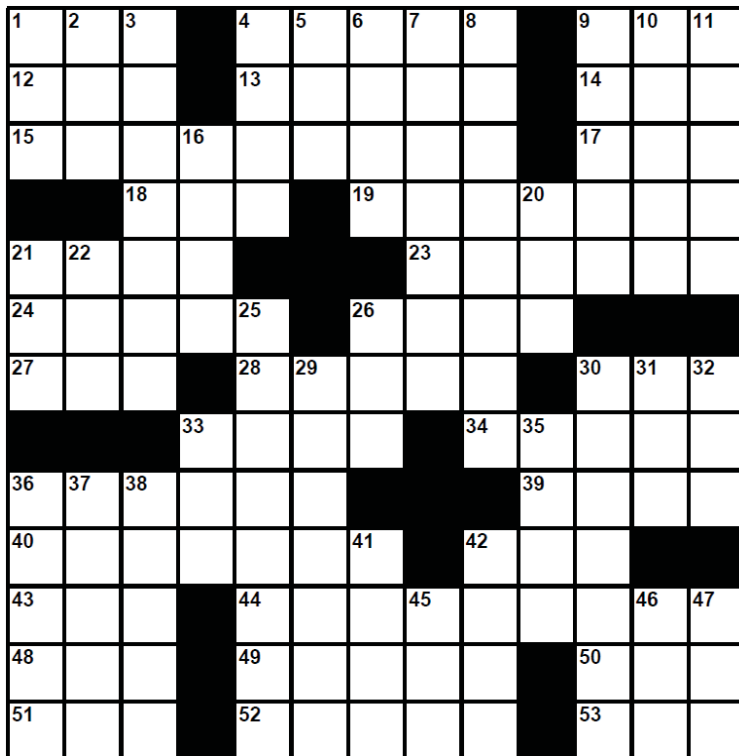
Note: Milk and Bread Served With All Meals



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

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 Falls Creek, PA  
 15840

ADDRESS SERVICE REQUESTED



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

Puzzle# 22

**ACROSS**

- 1. Public notices
- 4. Concerned one
- 9. Sheep's comment
- 12. Hamm or Farrow
- 13. Without company
- 14. Assoc.
- 15. Insides
- 17. Tire filler
- 18. Carpenter's tool
- 19. Artist Henri \_\_\_\_
- 21. Teen skin problem
- 23. Pointed beard
- 24. Nile city
- 26. Leafy plant
- 27. List ender (abbr.)
- 28. Composure
- 30. Finish an "i"
- 33. \_\_\_\_ belt
- 34. Horned animal, for short
- 36. Accompany
- 39. Memo letters
- 40. Private school
- 42. Navy officer (abbr.)
- 43. Somber

**DOWN**

- 1. Pierre's friend
- 2. Noise
- 3. Devilish
- 4. Scientist \_\_\_\_ Sagan
- 5. Famed boxer
- 6. House division
- 7. Angers
- 8. Renovator
- 9. Brag
- 10. Ascend
- 11. Consent
- 16. Wide-mouthed
- 20. Actor \_\_\_\_ McKellen
- 21. Top card
- 22. Puma, e.g.
- 25. Musical comedy
- 26. Healthy
- 29. Porridge
- 30. Disagreement
- 31. "Snakes \_\_\_\_ Plane" (2 wds.)
- 32. Apex
- 33. Instant lawn
- 35. Suspend
- 36. Artist's stand
- 37. Startle
- 38. Military student
- 41. Scream
- 42. West's opposite
- 45. Trinity's boyfriend
- 46. Feel regret
- 47. Amtrak depot (abbr.)

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

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