



# The Sunshine Line



Presented by Carl Strikwerda, Ph.D.

## The Great War and the 21st Century



Wednesday, May 13, 2015  
10:00 a.m. - 11:15 a.m.  
Lecture and Q&A

This lecture discusses how the First World War shaped the 20th century and how its influence still pertains to our lives in the 21st century. Evaluating 2012 and 1912, Dr. Strikwerda compares the events of these two eras and offers an analysis of the ways in which our world has been shaped by the past.



### About the Presenter

**Carl Strikwerda, Ph.D., Elizabethtown College**

Dr. Strikwerda is a 20th century historian and is President of Elizabethtown College. He is the author or editor of three books on European and global history, and has written numerous articles and book reviews for scholarly journals.

[www.facebook.com/witfmindmatters](http://www.facebook.com/witfmindmatters)

WITF is a valued source of educational, inspiring and creative content for adults and children in every community in Central Pennsylvania. WITF's programs and services reach nearly two million citizens in 19 counties throughout the region. WITF is comprised of public broadcasting stations WITF TV (PBS), WITF 89.5 & 93.3 (NPR), witf.org and regional magazine Central PA (published by The Patriot-News in an association with WITF).

Presentation on May 13 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)

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

## MAY IS MENTAL AWARENESS HEALTH MONTH



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

### Early Warning Signs

Not sure if you or someone you know is living with mental health problems?

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Learn more at <http://www.mentalhealth.gov/>



## Information & Resources

### Senior 55+

Want to earn income?

The Senior Community Service Employment Program can help!

We believe that securing Employment is possible for everyone regardless of age!

Contact: Dorothy or Judy  
814-938-5300

### May is Older Americans Month

#### History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Jefferson County Area Agency on Aging provides services to enrich the lives of seniors by:

- Promoting and engaging in activity, wellness, and social inclusion.
- Emphasizing home- and community-based services that support independent living.
- Ensuring community members of all ages benefit from the contributions and experience of older adults.

How can we help you? (814) 849-3096

#### 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!



### Birth and Death Certificates

**BENEFITS:** The Department of Health's Division of Vital Records maintains birth and death events that occurred in Pennsylvania from 1906 to the present. You may need certified copies of birth or death certificates for passport, school entrance, Social Security, employment, personal identification, estate purposes, inheritance and genealogy. Certified copies of birth certificates (with a raised seal) are issued for a fee of \$10 and acceptable for various uses, such as personal identification, employment, passport application and Social Security. Certified copies of death certificates (with a raised seal) are issued for a fee of \$9 and acceptable for various uses, such as settling an estate, insurance, pension/retirement, property transfer, Social Security and stock/bonds. Certified copies of birth and death certificates are available from central office for the Division of Vital Records in New Castle, Pa., or the five other public offices throughout the Commonwealth. Please note that processing times vary by site.

#### CONTACT:

Phone: (724) 656-3100

Website: [www.health.state.pa.us/vital records](http://www.health.state.pa.us/vital%20records)

From: Benefits & Rights For Older Pennsylvanians 2015

To get a copy stop by the JCAA Main Office

#### Crossword Answers

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



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

**Monday and Thursday** at 10:30 is exercise  
**Tuesday and Friday** at 9:30 until 11:30 is bingo with Jim  
**Wednesday** afternoons is oil painting class. Call for more information  
**Every day** -cards, puzzles, Wii, social time, pool

- \***Tuesday, May 5th** is Cinco de Mayo at the center. Come and learn a little bit about this Mexican holiday at 11:30 in the dining room.
- \***Saturday, May 9th** the center will be open from 8 until noon. The youth group from First Church of God will be here and playing bingo and visiting. We will be closing at noon on this day.
- \***Tuesday, May 12th** is the annual volunteer luncheon at noon. Reservations are required for lunch. Please come and help honor these volunteers who give of their time and talents to make the center be the special place that it is!
- \***Friday, May 15th** is national chocolate chip day! Come and play bingo and enjoy chocolate chip cookies!
- \***Thursday, May 21st** the nurses will be here to do blood pressure and blood sugars
- \***Monday, May 25th** the center will be closed for Memorial Day
- \***Wednesday, May 27th** at 11:30 Mary from guardian will be here with a program on Stroke prevention. You won't want to miss this informative program!



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

MindMatters will once again do a presentation on May 13 at 10AM. Refreshments will be available. Topic for this month is The Great War and the 21st Century.. Please come and help us appreciate this hour program.

Mother's Day Luncheon May 7, 2015 at noon.  
 Menu will be posted at a later date. Mothers will receive a small gift.

Memorial Day Program May 22, 2015at noon. Program at 11:00 am by Brookville Honor Guard. Lunch will be served at noon. Menu will be posted later. Please call for reservations. (849-3391).

May 5, 2015 CINCO deMAYO lunch with Enchiladas, Burritos, Refried Beans, and Churros w/Ice Cream. A Pinata will be available for fun. Must have reservations by April 29 to ensure that the foods will be here. Call for reservations 849-3391 or use sign up sheet.

- Monday-** Bingo, Tai-Chi, Cards, Wii Bowling, 11th Crafts with Honey 12:45pm
- Tuesday-** Healthy Steps, Bridge
- Wednesday-** Cards, Bridge, Sing-along, Scrabble, Weigh Wise Class 1-2pm
- Thursday-** Healthy Steps, Bridge, Linus project 1pm
- Friday-** Bingo, Bridge
- Blood Pressure Screening and Glucose testing the 19th at 11am.
- Heritage House Advisory Board will meet May. 5th @ 1 pm.



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

- May is Older Americans Month at the Foundry
- 1st** Music Night with Spruce Creek at 7 p.m. Hamburgers and hotdogs from the Mason's portable grill served at 6 p.m.
- 5th** Cinco de Mayo! Wear your sombrero as we honor our volunteers at noon. Reservations needed! Music by Chico (Alex)!
- 7th** Mother's Day luncheon. Program begins at 11:30. Reservations needed!
- 15th** Stroke Awareness Day with Mary from Guardian.
- 18th** Tureen at 5 p.m. Bring a dish to share.
- 19th** Foundry Advisory Council at 1 p.m. New members welcome!
- 21st** Red Hats Spring Fling at 4 p.m. Reservations needed!
- 22nd** Memorial Program begins at 11:30 25th Closed for Memorial Day!
- 29th** Planting the container garden at 10 a.m.

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
- 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
- Thursday- Nickel Bingo 10, Cards 10 & 1, Crafty Creations 14th & 28th 12:30
- Friday- Healthy Steps exercise 10:30



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
- May 5:** BP and Blood Sugar with BCC 7:30A
- May 6:** Artist Connection 7:00 P
- May 7:** Speaker: Drug and Alcohol Commission 11:15  
 Mother's Day Luncheon Noon
- May 12:** BP with Guardian 8:00 A
- May 13:** Volunteer Luncheon Noon
- May 15:** Music Night 6-9
- May 19:** Pool Bash / Picnic Lunch
- May 20:** 55 Alive Refresher Course 1-5
- May 21:** Memorial Day Service 11:00  
 Fashion Show/ Wine Tasting 4:00 P
- May 25:** Center Closed
- May 27-28:** 55 Alive Full Course 1-5
- 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 !!



May 2015 Center Highlights



Bingo at the Foundry each Thursday morning



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>



Volunteers enjoying there Luncheon at the Depot.

Easter dinner at the Heritage House



JCAAA and all Four Centers will be closed on May 25th 2015 for Memorial Day

## JCAAA

Oliver Township Center, Lunch and Bingo  
 May 14th and 28th  
 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.

JCAAA has many volunteer opportunities available!

Do you like computers? Have an interest in teaching older adults how to use them? Please call Molly McNutt at 814-849-3096.



We are also looking for volunteers for our Ombudsman, APPRISE, and VITA programs.

Want to learn more? We will be having an informational event in May. More information to follow. Check with the main office at 814-849-3096



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.

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

Welcome Megan Witherell / Options Care Manager

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

## Safety Tips and Health Information

### Gambling Away the Golden Year

#### Healthy Alternatives at Quiet Creek Herb Farm

June 18, 2015  
9:00am-1:00pm



This fun day is free and includes an organic Quiet Creek luncheon, prepared and grown on the farm, plus an herb or vegetable plant of your choice compliments of the Clearfield-Jefferson Drug and Alcohol Commission.

First 100 senior citizens are welcome to sign up and will be guaranteed a place.

Let your Center Director know if you want to attend so we can secure your spot! Please wear comfortable gardening/yoga clothing and shoes. Bring along a water bottle.

Busing is available from the Punxsutawney Senior Center location. Please contact Mindy Grose at 814-938-8376 for more information.

### *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



### Cut Disease Risk by Adding Color to Your Diet



Do you feel overwhelmed by diet recommendations that constantly change based on the latest research? If you have a cancer diagnosis or a desire to lower your risk for cancer and want to follow a healthy diet, there is good news — some advice has not changed. A diet to reduce cancer risk has a recurrent message: choose a diet with lots of fruits and vegetables.

Several organizations, including Mayo Clinic, the American Cancer Society (ACS) and the American Institute for Cancer Research (AICR), urge us to eat more fruits and vegetables. The ACS guidelines suggest we should eat five or more servings per day. The AICR has set goals of 2 to 3 cups of vegetables and 1 1/2 cups of fruit per day. A serving, as defined by the U.S. Department of Agriculture, is one medium whole fruit or 1/2 cup of fruit, 1/2 cup of cooked or chopped vegetables and 1 cup raw, leafy greens.

Kay Yost, a Mayo Clinic Health System registered dietitian, says when choosing fruits and vegetables, people should try to include:

- Colorful produce, such as dark, green vegetables, like spinach and kale
- Deep yellow and orange fruits and vegetables, such as oranges and sweet potatoes
- Red, blue, purple and white fruits and vegetables, such as berries and cauliflower

Fruits and vegetables contribute needed antioxidants and phytochemicals (plant-based chemicals) that protect cells in the body from cancer-causing substances and actions. Eating an assortment of different colored fruits and vegetables has the benefit of fighting cancer and other diseases.

“Fruits and vegetables can be fresh, frozen or canned without added salt or sugar. When given an option, choose whole fruit or a vegetable over juice for the added benefit of fiber,” adds Yost. “Take advantage of pre-chopped or frozen vegetables to make it easy to boost your intake. Add fruits and vegetables to your snacks in addition to your meals. They also can help achieve and maintain a healthy body weight — another benefit of reducing cancer risk.”

To get you started on your journey to good health, try the AICR plate method for planning your meals:

- Fill at least two-thirds of your plate with plant foods, such as fruits, vegetables, beans and whole grains
- Add one-third or less of lean protein, such as poultry or fish

Source: <http://newsnetwork.mayoclinic.org/discussion/add-color-to-your-diet/?linkId=13294119>



## Roasted Broccoli with Parmesan

### Ingredients

- 1 head broccoli
- 1 tablespoon olive oil
- Salt and freshly ground black pepper
- 2 tablespoons grated Parmesan

### Directions

Preheat your oven to 400 degrees F.

Peel the outer layer of the broccoli stalks. Cut the broccoli lengthwise keeping the stalk and broccoli florets intact. (The long broccoli spears should resemble trees.) Arrange in a single layer on a baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Toss to coat and roast until nicely caramelized, about 15 minutes. Turn broccoli over and sprinkle with grated the Parmesan. Cook until the Parmesan melts, about 5 minutes. Transfer to a serving bowl or platter and serve immediately.

Recipe courtesy Melissa d'Arabian

Read more at: <http://www.foodnetwork.com/recipes/melissa-darabian/roasted-broccoli-with-parmesan-recipe2.html?ic1=obinsite&oc=linkback>

Total Time: 25 min  
 Prep: 5 min  
 Cook: 20 min  
 Yield: about 4 servings  
 Level: Easy



MAY 2015

Jefferson County

AAA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Baked Meatloaf w/ Gravy Whipped Potatoes Sweet Corn
4-May	5-May	6-May	7-May	8-May
Pork Patty Scallop Potatoes Peas White Bread Applesauce	Cheeseburger Oven Brown Potatoes Fresh Coleslaw Sandwich Roll Fresh Fruit	Ham & Cheese Sandwich Broccoli Soup Lettuce & Tomato Sandwich Roll Cookie	<b>MOTHERS DAY LUNCH</b> Roast Beef Baked Potato Candied Carrots Toss Salad Dinner Roll Dessert	Spaghetti Meatballs Toss Salad Breadstick Mandarin Oranges
11-May	12-May	13-May	14-May	15-May
Salisbury Steak w/ Onion Gravy Whipped Potatoes Broccoli w/ Red Peppers White Bread Tapioca Pudding	Chicken Parmesan Pasta Toss Salad White Bread Cookie	Hot Dog Whipped Potatoes Sauerkraut Sandwich Roll Pears	BBQ Pork Rib Seasoned Rice Coleslaw White Bread Peaches	Taco Salad Fiesta Corn Salad Nachos Pineapple
18-May	19-May	20-May	21-May	22-May
Country Fried Steak AuGratin Potatoes Green Beans Wheat Bread Mandarin Oranges	Hot Italian Hoagie Pasta Salad Baked Beans Sandwich Roll Pudding	Pepper Steak Scallop Potatoes Cauliflower White Bread Cookie	Meatballs & Gravy Noodles Carrots White Bread Tropical Fruit	<b>MEMORIAL DAY LUNCH</b> Baked Ham Scallop Potatoes Green Bean Casserole Coleslaw Dinner Roll Dessert
25-May	26-May	27-May	28-May	29-May
Happy Memorial Day	Lasagna Toss Salad Breadstick Pudding	Hot Turkey Sandwich w/ Gravy Whipped Potatoes Peas 2 White Bread Mandarin Oranges	Pizza Casserole Toss Salad Pineapple Garlic Bread Stick Sugar Cookie	Chicken Strip Salad Soup Breadstick Pineapple

Note: Milk and Bread Served With All Meals



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

Non-Profit  
 Organization  
 U.S. Postage  
 PAID  
 Permit No. 21  
 Falls Creek, PA  
 15840

ADDRESS SERVICE REQUESTED

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
		18				19		20				
21	22				23							
24				25				26	27	28	29	30
31							32					
33						34						
				35	36				37			
38	39	40	41					42				
43					44		45				46	47
48					49					50		
51					52					53		

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

Puzzle# 22

**ACROSS**

- 1. Fairy
- 4. Recipe abbr.
- 8. Wound covering
- 12. Naught
- 13. \_\_\_-Hoop
- 14. Golfer's goal
- 15. Not year-round
- 17. If not
- 18. Damage
- 19. Ted Kennedy, e.g.
- 21. Ran
- 23. Munitions, for short

- 24. Curious woman of myth
- 26. Neck areas
- 31. Receive willingly
- 32. Ohio port
- 33. Boulder
- 34. Underwriter
- 35. Speak wildly
- 37. Horse's hair
- 38. Teeter-totters
- 42. Dancer \_\_\_ Miller
- 43. OPEC member
- 44. Passenger plane

- 48. \_\_\_ Marie Presley
- 49. Original thought
- 50. Pedro's "one"
- 51. Hold on to
- 52. Turner and Williams
- 53. Fellows

**DOWN**

- 1. Certain dashes
- 2. Fib
- 3. Spanish dance style
- 4. Norse god
- 5. Earth's star
- 6. Blood part
- 7. Massachusetts city
- 8. Mets' bygone home
- 9. Foal
- 10. Besides
- 11. Pub drink
- 16. Make unhappy

- 20. Forbidden items (hyph.)
- 21. Mineral springs
- 22. Agreement
- 23. Sculpture, e.g.
- 25. Soap \_\_\_
- 27. Graduates
- 28. Yearly (2 wds.)
- 29. Biblical garden
- 30. Bruised
- 32. Blasting substance (abbr.)
- 34. Interior
- 36. Expect

- 38. Fine fabric
- 39. Pennsylvania city
- 40. Lighten
- 41. Crisp cookie
- 42. Woe is me!
- 45. Primary color
- 46. Compass pt.
- 47. L. \_\_\_ Hubbard

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

© Boatload Puzzles, LLC