

THE SUNSHINE LINE

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Falls Prevention Awareness Day!

Falls Prevention Awareness Day will be observed on Thursday, September 22, 2016, just in time for us to celebrate the first day of fall. The event raises awareness about how to prevent fall-related injuries among the aging population. The theme of this year's event is Ready, Steady, Balance: Prevent Falls in 2016. As many of us know, falls are the leading cause of injuries among the aging. This year each of our senior centers will be participating in this national event. Please take the time on September 22, 2016 to stop by your local senior center to participate!



Below is a list of events:

Punxsy Pine Street Senior Center will be playing a Fall Prevention Bingo! There will be door prizes, refreshments, educational material, and FUN.
 The Brockway Depot will be having a special Healthy Steps in Motion demonstration by Pauline. Everyone is welcome to attend! There will be handouts provided with steps to preventing falls and an opportunity for individuals to sign up for the Healthy Steps for Older Adults program in October.
 The Reynoldsville Foundry will be having a lesson on preventing falls and improving balance as we age! Stop by the Foundry to join us as we debunk the myths of older adult falls.

Transportation: Shared Ride Cost Covered by Jefferson County Area Agency on Aging

In March 2016 the Jefferson County Area Agency on Aging opened a special transportation program for Jefferson County seniors age 65 and older. The program expands senior transit services currently offered by the Area Transportation Authority in Jefferson County. While all ATA fixed routes in Jefferson County are free fare to qualified seniors, other ATA bus services are offered at a discount of 85% for seniors. For defined trips the JCAAA will pick up the final 15% of the shared ride trip cost under an agreement with ATA. For these non-fixed route trips that seniors take every day in Jefferson County the fare is now "covered completely."

The new program is limited to ten defined trip purposes but it covers substantially the many rides that Jefferson County seniors currently use for "shared ride" transportation.

The new JCAAA program defines eligible shared ride trips as:

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

To schedule your ride please call ATA toll free at 1-866-743-3282 today!

JCAAA main office and all 4 centers will be closed on Monday September 5th for Labor Day.

Oliver Township Center,
Open on September 8th and the 22nd
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.

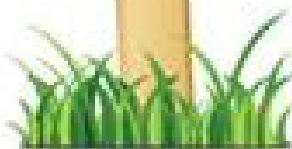
Front Desk Volunteer Needed!

The Jefferson County Area Agency on Aging is looking for a front desk volunteer to work Tuesday or Thursday at their main office in Brookville.

Duties include:

- Welcoming visitors to Aging Office warmly, answering questions and directing them appropriately
- Answer phone and provide information to callers
- Take information from callers to transfer to appropriate staff or take messages
- Help with administrative projects as needed such as filing, organizing, and making copies

No experience necessary! We provide onsite training on how to answer and transfer phone calls, and learn the basics of resources available for older adults. Hours are flexible! We'll work with your schedule.
Call Molly McNutt at 849-3096 for more information.



Pennsylvania Insurance Department

BENEFITS: Pennsylvania law prohibits insurance companies from canceling or refusing to renew or write many types of insurance policies solely because of the age of an applicant or insured person. Those policies that may be refused solely because of age include disability income insurance and hospitalization insurance, among others. The Insurance Department receives, investigates and answers questions and complaints regarding insurance matters. The Department also publishes consumer guides designed to answer many day-to-day questions on insurance and consumer problems.

THOSE ELIGIBLE: Everyone.

CONTACT: The Pennsylvania Insurance Department Consumer Service office at (877) 881-6388
1209 Strawberry Square
Harrisburg, PA 17120
www.insurance.pa.gov

DOCUMENTS NEEDED WHEN CONTACTING THE DEPARTMENT:
A copy of your insurance card, policy and name of the insurance agent.

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



September is the last month for farmers market vouchers if you have not received one yet stop by your local senior center to get one.

The Foundry
45 West Main Street
Reynoldsville, PA 15851
(814) 653-2522

Pine Street Senior Center
103 North Gilpin Street
Punxsutawney, PA 15767
(814) 938-8376

Heritage House
4 Sylvania Street
Brookville, PA 15825
(814) 849-3391

Brockway Depot
4th & Alexander Street
Brockway, PA 15824
(814) 265-1719



September is National Ovarian Cancer Awareness Month.

Get the Facts. Recognize the Signs.

Ovarian Cancer is one of the deadliest of women's cancers. Each year, approximately 21,980 women will be diagnosed with ovarian cancer. In 2014, approximately 14,270 women will die in the United States from this disease. It is estimated by the World Health Organization IARC department that there are over 238,000 new cases diagnosed annually and nearly 152,000 deaths worldwide.

This cancer typically occurs in women in their fifties and sixties with the median age being 63. Many women who are diagnosed with Ovarian cancer have a genetic history that may include carrying the BRCA mutation gene and having a strong family history of ovarian cancer.

Unfortunately, many women don't seek help until the disease has begun to spread, but if detected at its earliest stage, the five-year survival rate is more than 93%. The symptoms of ovarian cancer are often subtle and easily confused with other ailments.

Symptoms may include:

- Bloating
- Pelvic or Abdominal pain
- Difficulty eating or feeling full quickly
- Urinary urgency or frequency

Other symptoms may include:

- Nausea, indigestion, gas, constipation or diarrhea
- Extreme fatigue
- Shortness of breath
- Backaches
- Weight Gain

There is no adequate screening test of ovarian cancer at this time which is one of the reasons that this cancer is often discovered in later stages.

Talk to your doctor if symptoms last more than 2-3 weeks. You are your best advocate.

Source: OvarianCancerAwareness.org

What Vaccines are Recommended for You?

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable disease due to your age, job, lifestyle, travel, or health conditions.

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Adults 60 years or older

An estimated 1 million Americans get shingles every year, and about half of them are 60 years old or older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

Pneumococcal vaccines, which protect against pneumococcal disease, including infections in the lungs and bloodstream (recommended for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions)

Zoster vaccine, which protects against shingles (recommended for adults 60 years or older)

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

Learn more at: <http://www.cdc.gov/vaccines/adults/rec-vac/index.html>



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™



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

- 9/1- Emma Nutt Day, First telephone operator a little information on her.
9/5- LABOR DAY, center will be closed enjoy the holiday
9/7- 10 Keys to Healthy Aging 1pm
9/9- Small talk about the 9/11 disaster
9/12 - Nutrition talk with Anna Hummel at 11:00am, Weigh Wise Class 1pm
9/13- Blood Pressure Screening by Guardian at 11:00am
9/14- 10 Key Class 1pm, Creme Filled Doughnut Day, enjoy your Doughnuts.
9/16- Fortune Cookie Day
9/19- Glaucoma Testing with Carol from the Blind Association. from 10-12, Weigh-Wise Class 1 pm.
9/26- 10 Keys Class 1:00pm
9/28- Country Pride Band 6:30 -8:30pm, Kitchen open at 5:00pm
9/29- Advisory Council 1pm. Everyone welcome. Birthday Tureen at 5pm
9/30- Weigh Wise 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..

Romaine getting a cold beverage at the 2016 fair.



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

- 9/5- Center will be closed for Labor Day
9/12-Trivia at 10:30!
9/15- blood pressure/blood screening at 10:30
9/15- Hummingbird Appreciation Day at 11:45 in the dining room
9/22- Fall Prevention Bingo! \$2.00 per person to play...all money is returned! Sign up by Monday, the 19th
9/23- Amanda from WRC will be here at 11:30 for an informative program about healthy aging
9/28- Mary from Guardian will be here at 11:30
9/29- 9:30 individual pool tournament! Come join the fun

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

Joanne and linda enjoy the day at the center!





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

9/5- Labor Day..Center Closed
9/8- Speaker from WRC 11:15AM
9/9- tentative: Music Night with Romey and Friends 6-9 PM..call for more info
9/13- Breakfast 7:30-9:30, Blood Sugar with BAC and Blood Pressures with Guardian. 7:00 to 9:00AM
9/22- Fall Prevention Day short presentation 11:15AM signup sheet for Fall Prevention Class

MOVIE MONDAY will be returning starting in october, the first monday of the month snacks are provided starts right after lunch

YOGA IS BACK !!!! Join us on Wednesday's at 11:00 AM for chair yoga Monday night's at 7:00 for beginner's class. For more info on this call The Depot or text Janet at 590-3603

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

Linda Armstrong and Louie Verne enjoying a moment of rest after a long night of volunteering.



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

9/1- Glaucoma Screening with Carole Brosius from 10:00 – 12:00. Stop in for an eye exam!

9/2- Music Night at the Foundry! Free Admission!! Kitchen opens at 6:00 pm. Band begins at 7:00 pm.

9/5- Foundry will be closed in observance of Labor Day!

9/11 – Stampin Up Card Class with Larissa Santell from 2:00 – 5:00 pm. Cost is \$1.00 per card.

9/15- Heart Disease & Risk Factors Presentation with Bernie from Penn Highlands @ 12:30

9/16- Blood Pressure & Blood Sugar Check with Mary Keck from Guardian @ 11:00 am

9/22- Falls Prevention Awareness Day! Stop by for a lesson on preventing falls and improving balance @ 11:30.

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

The Foundry has welcomed some new faces! Tink, Dallas, and Jennenne enjoying lunch at the Foundry.



Puzzled by Medicare?



Let's put the pieces together!

FREE Community Workshop

Get Ready for Medicare: The Basics for People Who are Joining or Already Enrolled

September 28, 2016 at 6:00 PM
Heritage House Senior Center
4 Sylvania Street Brookville, PA 15825

To Register: 814-849-3096
Contact Amy azeitler@jcaaa.org
www.jcaaa.org

We Make Medicare Easy

- Make sure you meet all enrollment deadlines
- Choose coverage that meets your needs
- Learn ways to save money

Can't make it?

APPRISE Can Still Help
Call us for free, one-on-one help.
Call us today!
814-849-3096 or 800-852-8036

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

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



APPRISE is a free, public program of the Pennsylvania Department of Aging. We are here to give unbiased advice. We do not sell or endorse any insurance plans or products.



GNOCCHI, BUTTERNUT SQUASH, SAGE & MUSHROOMS



Ingredients

- 1 butternut squash weighing about 800g (1lb, 10oz)
- 1 tbsp olive oil
- Butter
- 6 sage leaves
- 1 garlic clove, crushed
- 120g (4oz) shiitake mushroom
- 500g (1lb) gnocchi
- Freshly grated parmesan, to serve

Source: <http://www.houseandgarden.co.uk/recipes/main-courses/squash-sage-mushroom-gnocchi>

Directions

1. Heat the oven to 200°C (gas mark 6). Peel the butternut squash and cut it in half. Scoop out the seeds and fibers. Cut the flesh into 2cm (3/4in) chunks.
2. Put the squash in a large shallow baking tray. Drizzle over the oil and toss the chunks until coated, then season. Roast in the oven for 30 mins until the butternut squash is soft and browned along the edges.
3. Meanwhile, melt a knob of butter in a large pan. Add the sage leaves and cook for a few seconds until they have deepened in color. Stir in the garlic, then the shiitake mushrooms. Cook, shaking the pan occasionally, until the mushrooms are edged with gold.
4. Cook the gnocchi according to the packet instructions and toss with the mushrooms and butternut squash. Serve with Parmesan.



September 2016



Jefferson County

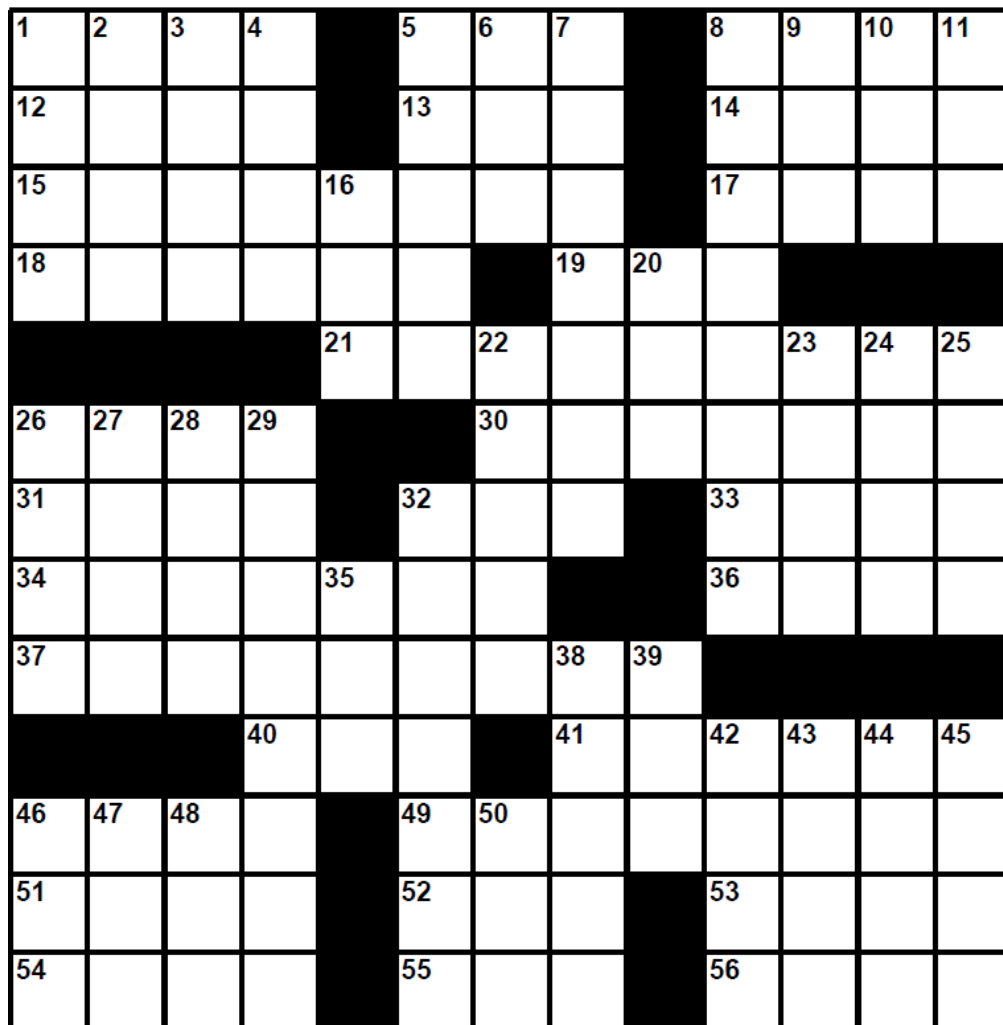
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Sep Italian Hoagie Lettuce, Slice Tomato Parm Redskin Potatoes Garden Salad w/ Tomato Carrots, Croutons Hoagie Roll Fresh Seasonal Melon	2-Sep Baked Pollock Fillet w/ Creamy Dill Sauce Baked Potato w/ Sour Cream Sweet Peas Dinner Roll Banana Pudding
	6-Sep Breaded Pork Chop w/ Gravy Whipped Potatoes Succotash Whole Wheat Bread Oatmeal Cookie	7-Sep Meatball Hoagie w/ Sauce & Cheese Fresh Coleslaw Mixed Bean Medley Hoagie Roll Fresh Seasonal Melon	8-Sep Roast Chicken Breast w/ Gravy Homemade Stuffing Baby Carrots Whole Wheat Bread Pineapple Tidbits & Mandarin Oranges	9-Sep Potato Crusted Fish Macaroni & Cheese Twists Stewed Tomatoes Sandwich Roll Applesauce
12-Sep Chicken & Gravy w/ Peas & Carrots Italian Vegetable Medley Buttermilk Biscuit Applesauce Sugar Cookie	13-Sep Turkey Salad Sandwich Lettuce, Tomato Pasta Salad 3 Bean Salad 2 Whole Wheat Bread Fresh Seasonal Melon	14-Sep Baked Swiss Steak w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Vanilla Pudding	15-Sep BBQ Pulled Pork Sandwich Seasoned Red Potatoes Fresh Coleslaw Sandwich Roll Fresh Seasonal Melon	16-Sep Baked Meat & Cheese Lasagna w/ Marinara Sauce Toss Salad w/ Tomato Carrots, Cabbage & Dress. Italian Bread Apple Crisp
19-Sep Sweet Sausage Sandwich w/ Peppers & Onions Buttered Potatoes Sliced Carrots Sandwich Roll Vanilla Ice Cream	20-Sep Stuffed Chicken Breast w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Fresh Seasonal Fruit Sugar Cookie	"Last Summer Picnic" 21-Sep Cheeseburger Lettuce, Tomato Macaroni Salad Pickled Beets Sandwich Roll Fresh Seasonal Melon	"First Day of Fall" 22-Sep Roast Pork Loin w/ Gravy Scalloped Potatoes California Medley Whole Wheat Bread Chocolate Cookie	23-Sep BBQ Chicken Breast Baked Potato Sweet Corn White Bread Mandarin Salad
26-Sep Baked Meatloaf w/ Gravy Parsley Potatoes Mixed Vegetable Medley White Bread Cinnamon Applesauce	27-Sep Ham & Swiss Sandwich Lettuce, 1 Slice Tomato Fresh Broccoli Salad Fresh Seasonal Melon 2 Rye Bread Gelatin	28-Sep Baked Vegetable Lasagna w/ Parmesan Cream Sauce Toss Salad w/ Tomato Carrots, Cabbage & Dress. Dinner Roll Sliced Peaches	29-Sep Sweet & Sour Chicken w/ Pineapple & Cherry Sauce White Rice Broccoli Medley Whole Wheat Bread Fresh Seasonal Fruit Fortune Cookie	30-Sep Turkey & Gravy over Noodles Whipped Potatoes Sliced Carrots White Bread Chocolate Brownie



JEFFERSON COUNTY AREA AGENCY ON AGING
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Brookville, PA 15825

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Check for Crossword Puzzle Answers On the I & R Page

Puzzle# 39

ACROSS

1. Foreman
5. Spring mo.
8. Prod
12. Satanic
13. Shad delicacy
14. Inspiring one
15. Got worse again
17. Zenith
18. Cavern
19. Miscalculate
21. Aardvarks
26. Pretends

30. Submerge
31. Chess piece
32. Commercials
33. Hoard
34. Oval
36. Chef's units (abbr.)
37. Speaks to
40. Bombshell ____
West
41. Capital of the
Philippines
46. Painter Salvador

49. Unsealed again
51. Bullring cries
52. Explosive initials
53. Complexion woe
54. "Gone ____ the
Wind"
55. Opposite of NNW
56. Squealers

DOWN

1. "Titanic" foe
2. Completed
3. Farm structure
4. Narrow board
5. Fiery felony
6. "The Raven" poet
7. Restores the honor
of
8. Most brainy
9. Young seal
10. Exploit
11. Tyrannosaurus

16. School gp.
20. Lamb's father
22. Ocean currents
23. Historic periods
24. Invitation abbr.
25. Notices
26. Zone
27. Chilly
28. Narrated
29. Minor battle
32. Maintains
35. Green vegetable
38. Overact
39. Tree fluid

42. At hand
43. Machu Picchu
dweller
44. Fasting time
45. Summer coolers
46. ____ Jones
Industrial
47. Boxer Muhammad

48. Lease
50. 14th letters