

THE SUNSHINE LINE

Telephone:

(814) 849-3096
1-800-852-8036

Address:

186 Main Street, Suite 2
Brookville, PA 15825

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(814) 849-3232

Website:

www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

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BROOKVILLE AREA DEMENTIA SUPPORT GROUP

Held 2nd Monday of Every Month @ 2:30 PM

TOPIC

Monday, November 14, 2016 - Stress & the Holidays with
Dementia patients. Information being presented by
Jill Curtis from the Alzheimer's Association

Where: Penn Highlands Brookville Education Conference Center
(Bottom of hill from hospital)

Free - Open to Public

Ask Questions and/or share your wisdom with other group members

Coordinators/Sponsors:



For more information, call Nancy Florio @ 814-849-1850 or Cheryl Muders @ 800-852-8036
or Janet Himes @ 814-849-8026 or Dani Sibble @ 814-849-3615

JCAAA main office and all 4 centers will be closed November 11th, 24th and the 25th.

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,
Is closed for November
Questions? Call: 814-849-3391

Pennsylvania Senior Games

BENEFITS:

Several days of competition in various indoor and outdoor sports are held during the summer. The National Senior Games are held during alternate years at different locations across the country. Gold, silver and bronze medals are awarded to event winners.

THOSE ELIGIBLE:

Athletes who will be 50 years of age or older by the end of the year may participate.

CONTACT:

Any Area Agency on Aging
Senior Community Center
or
premiersportingevents.com

Pennsylvania State Senior Games
C/O Keystone State Games, Inc.
P.O. Box 1166
Wilkes-Barre, PA 18703
National Senior Games Association
www.nsga.com



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





Brookville Heritage House Center
4 Sylvania Street,
Brookville, PA 15825
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

**11/10 – Veterans Day Program @
11:00 am. Please call and make
your reservations for lunch!**



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

11/08 – Blood Pressure Checks with Mary Keck from Guardian @ 11:00 am

11/10 – Veterans Day Program @ 11:00 am. Please call and make your reservations for lunch!

11/11 – Heritage House will be closed in observance of Veterans Day.

11/17 – Thanksgiving Day Lunch. Please call and make your reservations for this Thanksgiving feast!

11/24 & 11/25 – Happy Thanksgiving! Heritage House will be closed in observance of Thanksgiving.

11/28 – Advisory Council Meeting @ 1:00 pm.

THERE WILL NOT BE A BIRTHDAY TUREEN DINNER FOR THE MONTH OF NOVEMBER



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 10:00 am

Tuesday – Bingo with Jim from 9:30-11:30 AM

Wednesday - 10:30-crochet and knitting club

Thursday - exercise with Linda at 10:00 am

Friday – Bingo with Jim from 9:30-11:30 AM

**An enjoyable evening meal
with center friends!**



11/2- 10:30 WHEEL OF FORTUNE! Come join the fun!

11/3- at 5 pm is the monthly evening meal. Goulash, French bread, salad and dessert. \$3 per person and you must sign up by Tuesday, November 1st

11/10- Jeopardy at 10:30 come and play for fun and see who wins final Jeopardy!

11/11- the Center will be closed for Veteran's Day

11/15- from 9:30-11:30 is TURKEY BINGO! Cost is \$2.00 per person and you must sign up by Thursday, November 10th

11/17- at 11:30-Candy Bar Trivia Come to the dining room and see how much you know about the history of candy bars!

11/21- 10:30 WHEEL OF FORTUNE

11/24- the center will be closed for Thanksgiving

11/25- the center will be closed

11/30- Individual Pool Tournament at 9:30 Come and see who can be #1 this month!



November 2016

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1-Nov</p> Pasta w/ Meatballs (3) 3/4c. Pasta w/ Sauce 1c. Mixed Greens w/ Tomato Cukes, Carrots, Cabbage Italian Bread 1/2c. Sliced Peaches (parmesan cheese)	<p>2-Nov</p> Baked Pollock w/ Dill Sauce Baked Potato w/ S. Cream 1/2c. Harvard Beets Dinner Roll 1/2c. Tropical Fruit Salad	<p>3-Nov</p> Hot Roast Beef Sandwich w/ Gravy 1/2c. Whipped Potatoes 1/2c. Sweet Peas & Carrots 2 Whole Wheat Bread Sugar Cookie	<p>4-Nov</p> Cheeseburger 1/4c. Lettuce 1 Slice Tomato 1/2c. Oven Brown Potatoes 1/2c. Fresh Coleslaw Wheat Sandwich Roll Fresh Seasonal Fruit
<p>7-Nov</p> Sweet Sausage w/ Peppers & Onions 1/2c. Redskin Potatoes 1/2c. Green Beans Sausage Roll 1/2c. Chocolate Ice Cream	<p>8-Nov</p> Shepherd's Pie w/ Gravy 1/2c. Peas & Carrots 1/2c. Fresh Coleslaw Whole Wheat Bread 1/2c. Lime Frosted Sliced Pears	<p>9-Nov</p> House Blend Seasoned Chicken Breast w/ Gravy 1/2c. Lyonnaise Potatoes 1/2c. Broccoli Whole Wheat Bread 1/2c. Mixed Fruit Salad	<p>10-Nov</p> Sloppy Joe Sandwich 1c. Baked Potato Soup w/ Crackers Wheat Sandwich Roll 1/2c. Pineapple Tidbits	
<p>14-Nov</p> Baked Swiss Steak w/ Mushroom Gravy 1/2c. Creamed Potatoes 1/2c. Winter Vegetable Medley Whole Wheat Bread 1/2c. Butterscotch Pudding	<p>15-Nov</p> Breakfast for Lunch Egg Omelet w/ Cheese 1oz. Breakfast Sausage 1/2c. Breakfast Potatoes White Bread w/ Jelly Fresh Navel Orange	<p>16-Nov</p> Baked Turkey Pot Pie w/ Potatoes & Vegetables 1/2c. Fresh Coleslaw Buttermilk Biscuit 1/2c. Mixed Fruit Salad	<p>"Thanksgiving Lunch" 17-Nov</p> Roast Turkey w/ Gravy 1/2c. Homemade Stuffing 1/2c. Whipped Potatoes 1/2c. Carrots Dinner Roll Cranberry Sauce 1/2c. Pumpkin Dessert	<p>18-Nov</p> Breaded Fish Sandwich w/ Cheese 1/2c. Cheesy Bacon & Chive Potatoes 1/2c. Green Beans Sandwich Roll 1/2c. Pineapple & Oranges
<p>21-Nov</p> Pepper Steak w/ Peppers Onions & Gravy 1/2c. Parsley Noodles 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Applesauce	<p>22-Nov</p> Baked Crab Cake 1/2c. Cheesy Noodles w/ Broccoli 1/2c. Italian Vegetable Medley Whole Wheat Bread 1/2c. Sliced Peaches	<p>23-Nov</p> Chicken Marsala w/ Mushroom 1/2c. Blende Rice 1/2c. Broccoli Dinner Roll 1/2c. Tropical Fruit Salad	<p>Happy Thanksgiving</p> 	
<p>28-Nov</p> Italian Meatball Hoagie w/ Sauce & Cheese 1/2c. Seasoned New Potatoes 1/2c. Mixed Bean Medley Hoagie Bun 1/2c. Tapioca Pudding	<p>29-Nov</p> Pork Loin w/ Gravy 1/2c. Scalloped Potatoes 1/2c. Sweet Peas & Onions Dinner Roll Fresh Seasonal Fruit	<p>30-Nov</p> Stuffed Pepper Cup w/ Tomato Sauce 1/2c. Whipped Potatoes 1/2c. Yellow Beans Whole Wheat Bread 1/2c. Diced Pears		

Beef and Butternut Squash Stew



Ingredients

- 3 tablespoons olive oil
- 1 onion, peeled and chopped
- 2 cloves garlic, chopped
- 1 tablespoon minced fresh rosemary
- 1 tablespoon chopped fresh thyme
- 2 pounds stew beef, cut into 2-inch cubes
- 1/2 teaspoon salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour
- 1 cup Marsala wine
- 1 pound butternut squash, trimmed and cut into 2-inch cubes
- 1/4 cup chopped sun-dried tomatoes
- 3 to 4 cups beef broth
- 2 tablespoons fresh chopped flat-leaf parsley
- Crusty bread, for serving

Directions

In a large soup pot heat 3 tablespoons of olive oil over medium heat. Add the onions, garlic, rosemary, and thyme and saute until the onions are tender, about 2 minutes. Toss the beef cubes in salt and pepper and flour. Turn up the heat to med-high and add the beef to the pot. Cook until the beef is browned and golden around the edges, about 5 minutes. Add the Marsala wine. Using a wooden spoon, gently stir up all the brown bits off the bottom of the pan. Add the butternut squash and sun-dried tomatoes and stir to combine. Add enough beef broth to just cover the beef and squash. Bring the stew to a boil over high heat, then reduce the heat to low and simmer, covered, for 1 hour. Season the stew with additional salt and pepper to taste. Sprinkle with the chopped parsley. Serve with crusty bread alongside.

Be Sweet to Your Feet

Your feet work hard to get you where you need to be. But years of wear and tear can be rough on them. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit.

So be kind to your feet. Exercise, especially walking, is a great way to increase blood flow, which helps your feet stay healthy. Try simple foot exercise, such as sitting and rotating your ankles one way, then the other.

Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders. Check your feet often, looking for cuts, blisters, or ingrown toenails. Talk with a doctor if you notice numbness or severe pain in your feet.

Tips for Happy Feet

- Wash your feet regularly, especially between your toes
- Wear clean socks
- Wear well-fitting, comfy shoes
- Wear shoes when you're outside
- Put your feet up when you're sitting, to help circulation
- If you're sitting for a long time, stand up and move around every now and then
- If you cross your legs when sitting, reverse or uncross them often

More at go4life.nia.nih.gov/tip-sheets/foot-care

Crossword Answers

R	I	M		A	I	D	S		L	I	M	A	
O	D	E		S	N	I	T		I	R	O	N	
B	O	A		S	T	E	A	D	F	A	S	T	
			T	R	E	E			D	E	N	S	E
A	R	B	I	T	R	A	T	E					
S	E	A	T		F	E	E		A	I	M	S	
A	B	L	E		E	S	S		B	R	A	T	
P	A	L	S		R	O	T		A	R	I	A	
					D	E	P	A	R	T	I	N	G
R	O	D	E	O			M	E	E	T			
O	V	E	R	T	A	K	E	N		A	B	C	
D	A	L	I		T	E	N	D		T	A	B	
E	L	L	E		A	N	T	S		E	N	S	



Brockwayville Depot

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

The Depot set up for the Brownlee wedding reception, we have a 225 person seating capacity. Dates are still available for 2017 call for more information.

Daily – Lunch is at Noon! Make your reservation the day before Social Hour, Pool, Library, Puzzles, Coupons, TV Lounge, PLUS a Fun Time! with your friends new and old!!!

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



- 11/2- Medicare Enrollment appointments 9-2...call and schedule 265-1719..Artist Connection 7PM
- 11/7- Movie Monday following lunch
- 11/8 – Breakfast 7:30-9:30...BAKE SALE 7:30 until sold out...Blood Pressures and Sugar 7:00-9:00 AM
- 11/9 – Veterans Day Program with the American Legion 11:30 AM...lunch to follow, call for reservation
- 11/11- CLOSED Veterans Day
- 11/12- Tentative..Bus Trip to Oglebay; call Cheryl for more info 265-1719
- 11/16- Medicare Enrollment appointments 9-2...call and schedule 265-1719..Artist Connection 7PM
- 11/17- Thanksgiving Luncheon at noon, call and make reservation
- 11/24- CLOSED...Thanksgiving
- 11-25- Closed...Thanksgiving
- 11/30- Artist Connection 7PM

MARK YOUR CALENDAR FOR DECEMBER... Join us for a fun time with the kid's panel from the Elementary School for decorating cookies and a gift exchange with a reading of Twas The Night Before Christmas at 12:30 on Tuesday December 13th

BREAKFAST WITH SANTA ON SATURDAY THE 17TH!!! No reservation required



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

**11/4- Dance to Benefit
“Toys for Tots”**



11/3 - sign up day for Toys for Tots 9 am – 1 pm

11/4- Dance to Benefit “Toys for Tots”

11/9- Jefferson County Honor Guard Veterans Day program 11 am –Noon

11/10- Card Club 1 Pm – 4pm

11/13- Sampin Up Card Class

11/21- November Birthday Celebration

11/24- HAPPY THANKSGIVING

11/27- Art & Craft Show (Santa & Mrs Santa arrive) Noon to 5pm

Stay tuned for NEW events: Yoga classes, Movie afternoon, & More

Food Safety Tips for your Holiday Turkey

Follow these four food safety tips to take the guesswork out of preparing your holiday turkey.

1. Safely Thaw a Turkey

Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave.

A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature can creep into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.

2. Safely Handle a Turkey

Bacteria from raw poultry can contaminate anything that it touches. Thoroughly wash your hands, utensils, and work surfaces to prevent the spread of bacteria to your food and family.

3. Safely Stuff a Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so just before cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F, and possibly cause food poisoning.

4. Safely Cook a Turkey

Set the oven temperature to at least 325°. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the bird. To make sure the turkey has reached a safe internal temperature of 165°F, check by using a food thermometer inserted into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

Source: <http://www.cdc.gov/features/turkeytime/>



The Butterball Turkey Talk-Line® is available to help you at the following times:

Nov. 1-18: 8 a.m.-8 p.m. (CT)

Nov. 19-20: 8 a.m.-6 p.m. (CT)

Nov. 21-22: 7 a.m.-9 p.m. (CT)

Nov. 23: 7 a.m.-10 p.m. (CT)

Nov. 24: 6 a.m.-6 p.m. (CT)

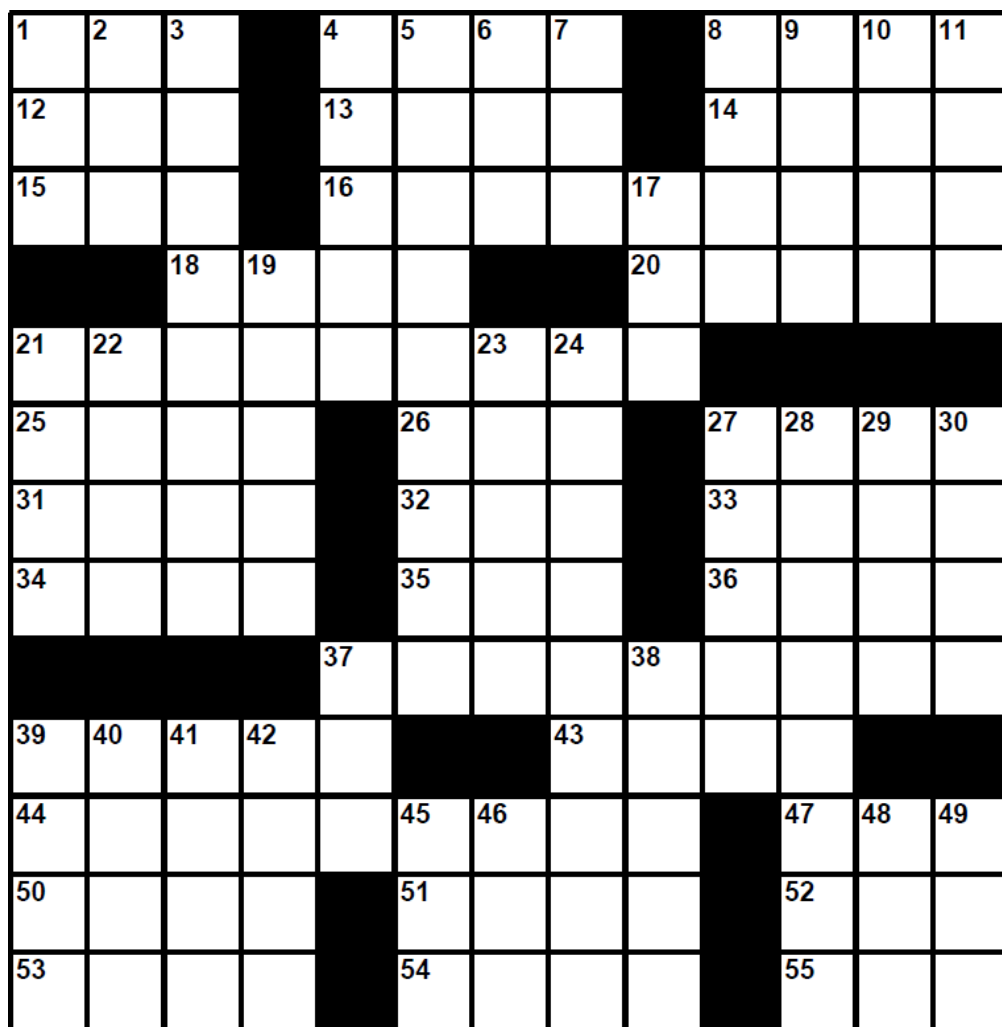
Nov. 25-Dec. 23: 8 a.m.-6 p.m. (CT)

Dec. 17-18: 8 a.m.-2 p.m. (CT)

Dec. 24: 8 a.m.-2 p.m. (CT)

Call 1-800-BUTTERBALL (800-288-8372) or text (844) 877-3456.

Source: <http://www.butterball.com/>



- DOWN**
1. Burglarize
 2. Altar vow (2 wds.)
 3. Spaghetti topping
 4. Desirable quality
 5. Butt in
 6. Stamping tool
 7. Train terminal (abbr.)
 8. Existence
 9. Tehran's country
 10. Velvety growth
 11. Chip in
 17. President before JFK
 19. Ceremonial events
 21. Urgent abbr.
 22. Songstress _____ McEntire
 23. Fable author
 24. Bible division
 27. Ease up
 28. Aggravate
 29. Foremost
 30. Deer
 37. Speck
 38. Tears apart
 39. Went by horse
 40. Face shape
 41. Wooded valley
 42. Famed canal
 45. _____ loss (2 wds.)
 46. Barbie's guy
 48. Forbid
 49. TV network

ACROSS

- | | | |
|---------------------------|----------------------|---------------------------------|
| 1. Edge | 21. Mediate | 43. Run into |
| 4. Assists | 25. Bench | 44. Surpassed |
| 8. South American capital | 26. Doctor's charge | 47. NBC's rival |
| 12. Poem of praise | 27. Intentions | 50. Surrealism's Salvador _____ |
| 13. Fit of temper | 31. Fit | 51. Take care of |
| 14. Press | 32. Double curve | 52. Typewriter key |
| 15. _____ constrictor | 33. Spoiled child | 53. She, in Toulouse |
| 16. Firmly loyal | 34. Companions | 54. Picnic crashers |
| 18. Birch or spruce | 35. Deteriorate | 55. Naval officer (abbr.) |
| 20. Thick | 36. Pavarotti solo | |
| | 37. Leaving | |
| | 39. Cowboys' contest | |

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

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

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

