

THE SUNSHINE LINE

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JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Elder Justice Day October 26, 2016



The Jefferson County Elder Abuse Task Force held their second Elder Justice Day. The day allows for seniors and providers in the community to hear about issues that affect our everyday lives.

This year we had the following speakers;

Jeff Burkett, District Attorney-Preventing Scams and Fraud

Richard Albrecht, Temple University-Financial Exploitation

Kristy Vandervort and Mary Thomas, WRC- Narcotic Safety

Cynthia Russell, Jefferson County Area Agency on Aging

(JCAAA) Volunteer-Apprise and Medicare

Chi Bon, Helpmates Personal Management Services-Role of a Guardian

Kacie Miller and Angela Walter, Jefferson Manor-Signs of Elder Abuse

Suella Himes, Crossroads-Domestic Violence

The training was well attended by both seniors and the provider community. Feedback was given that the information presented by the speakers was very informative and helpful. S & T Wealth Management sponsored the lunch that was free to the participants.

The Jefferson County Elder Abuse Task Force is a group of community members that meet monthly to address elder abuse. It is found that prevention is the number one way to protect the at risk older adults. By educating the community about scams and signs of abuse, the goal is to reduce the number of seniors who are taken advantage of and protect those who are at risk of abuse.

For more information about the Jefferson County Task Force please visit our page on Facebook; <https://www.facebook.com/Jefferson-County-Elder-Abuse-Task-Force-478043639035085/> Or contact JCAAA; 1-800-852-8036

Inside This Issue:

Certificates	2
BINGO	3
Make a difference	3
Heritage House	4
Pine Street	5
Lunch Menu	6
Open Enrollment	7
Brockwayville Depot	8
The Foundry	9
Dementia Live Experience	10
Crossword Puzzle	11

JCAAA main office and all 4 centers will be closed
December 26th.

Oliver Township Center,
Is closed for December
Questions? Call: 814-849-3391

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



Birth and Death Certificates

BENEFITS:

The Department of Health's Division of Vital Records maintains records of Pennsylvania births and deaths from 1906 to the present. You may need certified copies of birth certificates for passport, Social Security or other benefits, employment, and personal identification; you or your family may need certified copies of death certificates for estate purposes, inheritance, and genealogy research. Certified copies of birth certificates (with a raised seal) are issued for a fee of \$20 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. The fees may be waived for Armed Forces members (active or retired), the legal spouse of said Armed Forces members, and the dependent child of Armed Forces members (documentation may be required). You may order certified copies of birth and death certificates online at <http://www.health.pa.gov/MyRecords/>, at one of the Vital Records public offices, through the mail, or through your local Pennsylvania legislator. You may contact the Division of Vital Records with questions or to obtain additional information at
Phone: 844-228-3516
Email: RA-DHPAVITALRECDINQ@pa.gov.

**From: Benefits & Rights For
Older Pennsylvanians 2016
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.

MARK YOUR CALENDERS!



Jefferson County Area Agency on Aging is hosting a fundraiser bingo event on:

Saturday, January 21st

Heritage House in Brookville

Doors open at noon, bingo starts at 1 pm

\$15.00 buys a 6 on, additional sheets will be available

4 special games \$1.00 each

Jackpot Game!

Lunch will be available to purchase

Door prizes! Friends! Fun!

We put the FUN in FUNdraiser Bingo!

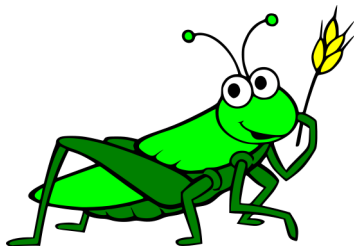
Make a difference in our communities!



Are you an older adult looking to make a difference in the services you receive?

We are looking for older adults to join our County wide Advisory Council. The Jefferson County Advisory Council is an organization that assists the Area Agency on Aging to provide feedback on such issues as healthcare, transportation and housing needs; help identify resources and suggest ideas for improvement in services; assist with public hearings, focus groups, and other agency activities; and suggest ways that the agency can best serve seniors and persons with disabilities.

An upcoming meeting will occur Wednesday February 15, 2017 at the Heritage House Senior Center located at 4 Sylvania Street Brookville. For more information please contact Molly McNutt at 814-849-3096.



A grasshopper walks into a bar and asks for a drink. The bartender says "hey, we have a drink named after you". The grasshopper looks stunned "you have a drink named Earl?"



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

HOLIDAY WHITE ELEPHANT GIFT EXCHANGE

How it works; bring in any item that maybe you don't like, don't want or just don't need that's in good condition. (PLEASE DO NOT BUY ANYTHING) We will have tables set up the week of Dec. 12th thru Dec. 16th to place everything on. The week of Dec. 19th thru Dec. 22nd everyone will get 5 tickets to put in the can in front item the wish to win. Drawings will be Dec. 23rd.



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

12/02- Crossfire Band 7-9 p.m kitchen opens at 5:30

12/13- Mary Keck- blood pressure check @ 11:am

12/15- Christmas Luncheon- served @ 12:00. Please RSVP @ 849-3391

12/22- Cookie exchange, @11:00 a.m – please bring 2 doz. Cookies to exchange

12/26- Advisory Council Meeting @ 1:00 p.m



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 -

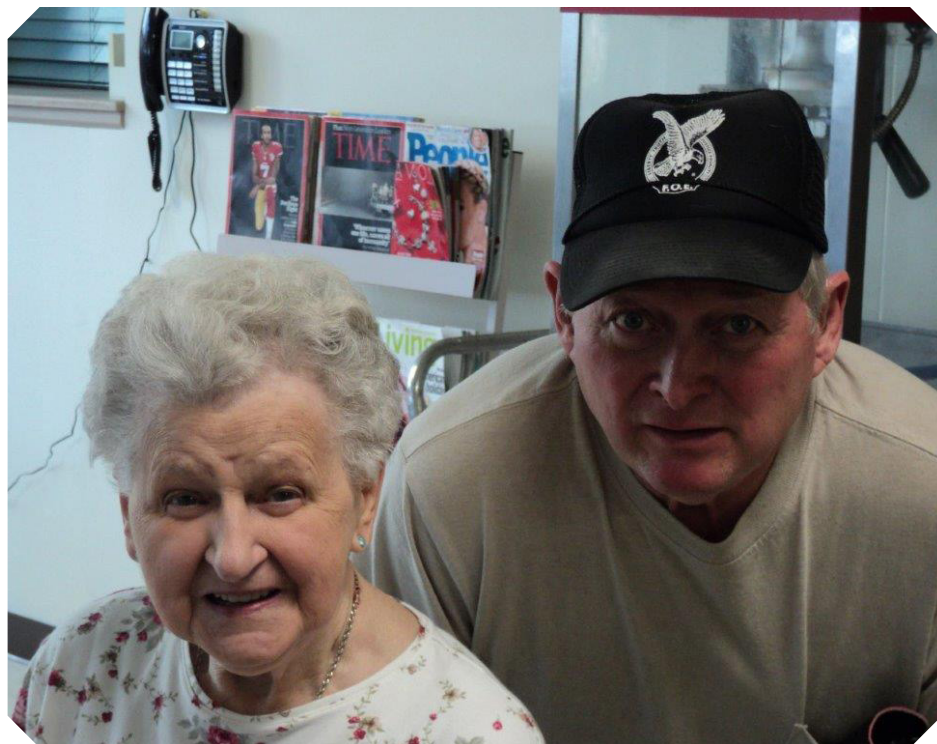
Tuesday - Penny Bingo from 9:30 AM -11:30 AM

Wednesday - Wheel of Fortune or Jeopardy at 10:30

Thursday -

Friday - Penny Bingo from 9:30 AM -11:30 AM

**Good Friends Honey and
Ron share a smile!**



12/1- Please join us for the 1 pm showing of the Holiday movie, Christmas in Connecticut, at the Jackson Theater in Punxsutawney. All seniors are encouraged to come and join in the fun! Free admission and popcorn and water! We will be giving away some nice door prizes too. Hope to see you there!

12/7- Wheel of Fortune! 10:30 in the dining room

12/8- at 11:15 Kristi from WRC Senior Services will be doing a presentation on Happy Holidays?

12/13- Christmas Blast Bingo! 9:30 in the dining room. Cost is \$2.00 per person and you must sign up by Friday, December 9th. All money is returned in prizes.

12/14- Wheel of Fortune! 10:30 in the dining room

12/15- National Cupcake Day! Stop in for an assortment of cupcakes and cupcake fun at 11:45

12/21- Jeopardy! 10:30 in the dining room

12/26- Merry Christmas! the center is closed

12/28- Wheel of Fortune at 10:30 in the dining room! Mary from Guardian will be here at 11:30 with a wonderful end of the year program!

12/29- 9:30 in the pool room is the Individual Pool Tournament. Come and see where you place!

12/30- New Year's Eve Bingo! 9:30 in the dining room! Join us for this fun bingo!



December 2016

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>From our Family to Yours</i></p> 		<p><i>Happy Holidays</i></p>	<p>1-Dec</p> <p>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</p>	<p>2-Dec</p> <p>Creamy Parmesan Garlic Chicken w/ Cream Sauce 1/2c. Penne Pasta 1/2c. Italian Vegetable Medley Garlic Bread Stick 1/2c. Warm Cinnamon Applesauce</p>
<p>5-Dec</p> <p>Meatloaf w/ Gravy 1/2c. Whipped Potatoes 1/2c. Italian Beans Whole Wheat Bread 1/2c. Banana Pudding Fluff</p>	<p>6-Dec</p> <p>BBQ Chicken 1/2c. Seasoned Red Potatoes 1/2c. Country Vegetable Blend Dinner Roll Sugar Cookie </p>	<p>7-Dec</p> <p>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</p>	<p>8-Dec</p> <p>Turkey & Swiss Sandwich 1/4c. Lettuce, 1 Slice Tomato 1c. Cheesy Broccoli Soup w/ Crackers 2 Whole Wheat Bread Fresh Seasonal Fruit</p>	<p>9-Dec</p> <p>Breaded Lemon Pepper Pollock Baked Potato w/ Sour Cream 1/2c. Garden Salad w/ Tomato Dinner Roll 1/2c. Sliced Peaches w/ Oatmeal Topping</p>
<p>12-Dec</p> <p>Ham & Scalloped Potato Casserole 1/2c. Braised Cabbage 1/2c. Green Beans Dinner Roll 1/2c. Strawberry Ice Cream</p>	<p>13-Dec</p> <p>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</p>	<p>14-Dec</p> <p>BBQ Pulled Pork Sandwich 1/2c. Southwest Rice & Black Beans 1/2c. Fresh Coleslaw Sandwich Roll Fresh Seasonal Fruit</p>	<p>"Christmas Lunch" 15-Dec</p> <p>Baked Chicken Breast w/ Gravy 1/4c. Homemade Stuffing 1/2c. Whipped Potatoes 1/2c. Sweet Peas & Onions Dinner Roll 1/2c. Chocolate Fluff</p>	<p>16-Dec</p> <p> Chili Mac w/ Cheddar Cheese Topping 1c. Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread 1/2c. Applesauce</p>
<p>19-Dec</p> <p>Hot Roast Beef Sandwich w/ Gravy 1/2c. Whipped Potatoes 1/2c. Sweet Peas & Carrots 2 Whole Wheat Bread Sugar Cookie </p>	<p>20-Dec</p> <p>Spaghetti & Meatballs (3) 3/4c. Pasta w/ Sauce 1c. Mixed Greens w/ Tomato Cukes, Carrots, Cabbage Italian Bread 1/2c. Sliced Peaches (parmesan cheese)</p>	<p>21-Dec</p> <p>Roast Turkey & Gravy 1/2c. Homemade Stuffing 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Warm Cinnamon 1/2c. Applesauce</p>	<p>22-Dec</p> <p>Cheeseburger 1/4c. Lettuce 1 Slice Tomato 1/2c. Oven Brown Potatoes 1/2c. Fresh Coleslaw Wheat Sandwich Roll Fresh Seasonal Fruit</p>	<p>23-Dec</p> <p>Baked Pollock w/ Dill Sauce Baked Potato w/ S. Cream 1/2c. Harvard Beets Dinner Roll 1/2c. Tropical Fruit Salad</p>
<p><i>Merry Christmas</i></p> 	<p>27-Dec</p> <p>Sweet Sausage w/ Peppers & Onions 1/2c. Redskin Potatoes 1/2c. Green Beans Sausage Roll 1/2c. Chocolate Ice Cream</p>	<p>28-Dec</p> <p>Baked Lasagna w/ Marinara Sauce 1c. Mixed Greens w/ Tomato Red Cabbage Croutons Italian Bread 1/2c. Warm Applesauce</p>	<p>29-Dec</p> <p>Sloppy Joe Sandwich 1c. Baked Potato Soup w/ Crackers Wheat Sandwich Roll 1/2c. Pineapple Tidbits </p>	<p>30-Dec</p> <p>Shepherd's Pie w/ Gravy 1/2c. Peas & Carrots 1/2c. Fresh Coleslaw Whole Wheat Bread 1/2c. Lime Frosted Sliced Pears</p>



Brockwayville Depot

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

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

The seniors at The Brockway Depot held a mock election this week. Trump won by a landslide. Pictured: Mary Matthews is putting her Bingo game on hold to vote in our election



12/5- Movie Monday 12:30

12/8- Speaker 11:15AM Stress & The Holidays

12/13- Breakfast 7:30-9:30 with BP and Blood Sugar being taken

Kid's Panel (Brockway Elementary) Christmas Party with us 12:30..train will be running!!!

12/17- Breakfast with Santa 8AM to 11 AM..Train will be running!!!

12/26- Center Closed (Merry Christmas!!!)

PLEASE CALL THE CENTER AT 265-1719 FOR INFO ON MUSIC NIGHT WITH ROMNEY AND FRIENDS



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

**This is Melva McGranor &
Staff Sgt Diago Rojas of the
USMC, Toys for Tots Dance**



12/1- Card Club at 12:30

12/6- Community Christmas Dinner Catered Reservations 5pm

12/7- Men's Breakfast

12/8- Advisory Council Meeting 10 am, Lushes with Brushes 7pm – 8:30pm

12/14- Men's Breakfast, Movie & Popcorn 12:30 - ? TBD

12/15- Card Club 12:30, Distribution of Toys for Tots @ Punxsy Plaza 9am – 6pm

12/20- December Birthday Tureen Dinner 5 pm

12/21- Men's Breakfast, Cookie Exchange bring 3 dz take 3 dz home

12/23- Eve of Christmas Service 7pm

12/26- CLOSED Merry Christmas

12/28- Men's Breakfast

12/29- Card Club

12/30- New Year Celebration

HAPPY NEW YEAR from THE FOUNDRY Crew

Dementia Live Experience



Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia. Recently the Jefferson County Area Agency on Aging (JCAAA) hosted a unique experience for caregivers, providers, and social workers to learn more about dementia. The Dementia Live™ Experience program was offered on November 9th at the Heritage House in Brookville. While we can never experience what it is like to live with dementia, the AGEucate Training Institute® has developed the Dementia Live™ Experience. This high impact experience takes participants on an immersive journey into the life of someone living with dementia.

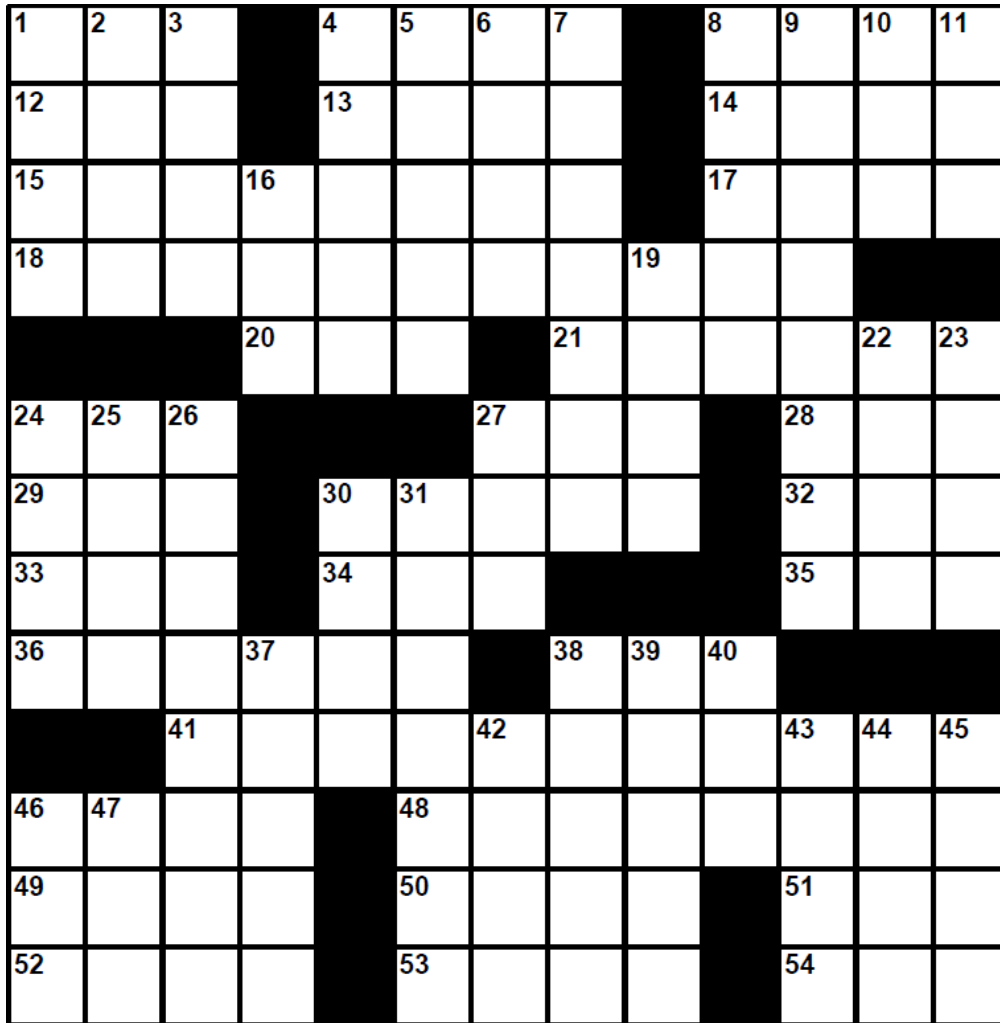
Facilitated by certified trainers from the PA Behavioral Health and Aging Coalition, participants were guided through the Dementia Live training program and gained a better understanding of the daily struggles those living with dementia face. By experiencing the sensory changes and cognitive impairment participants developed a deeper understanding and heightened empathy for those living with dementia. This awareness helps build new bridges of communication leading to better communication and enhanced person-centered care.

Those that participated shared that this experience gave them a different perspective on how to interact with someone with dementia and gave them tools to better communicate as a result.

Special thanks to the instructors; Deborah Allen and Anne Adams from the PA Behavioral Health and Aging Coalition. We also thank the staff of JCAAA for participating. The PA Link program provided the funding for this learning experience.

For more information on this beneficial program, please contact Deborah Allen at the PA Behavioral Health and Aging Coalition, 1-717-541-4219 extension 106





DOWN

1. Citi Field predecessor
2. Spirit
3. Bawled
4. Mushroom "seed"
5. Merits
6. Operatic melody
7. City in Washington
8. Work hard
9. Slum building
10. Roadhouse
11. Fish eggs
16. "You there!"
19. Irritates
22. Southern veggie
23. Enjoy a book
24. Jedi master
25. Till bills
26. "The Texas Chainsaw
"
27. MA time zone
30. Frolic
31. Perform surgery
37. Troubled
38. Was sore
39. Mortgages
40. ___ Vegas, Nevada
42. Adam's home
43. Rocker ___ Turner
44. Uniform
45. Ownership paper
46. "One Day ___ Time"
(2 wds.)
47. Kid

ACROSS

- | | | |
|--|--|---|
| <ol style="list-style-type: none"> 1. Wind dir. 4. Large bodies of water 8. Agitate 12. Weeding tool 13. Peel 14. Letterman's rival 15. Elation 17. "The Diary of ___ Frank" 18. Choice | <ol style="list-style-type: none"> 20. Of course! 21. Shudder 24. ___ Kippur 27. BPOE member 28. Supplement 29. Stop ___ dime (2 wds.) 30. Thorny blooms 32. Shooter's group (abbr.) 33. ___ Moines, Iowa 34. Choose 35. Small amount | <ol style="list-style-type: none"> 36. Take for granted 38. 100% 41. Was grateful for 46. Circle sections 48. Paste, e.g. 49. Become weary 50. Juvenile 51. Once called 52. Encourage 53. Outcomes 54. Furthermore |
|--|--|---|

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

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