

THE SUNSHINE LINE

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

Address:
186 Main Street, Suite 2
Brookville, PA 15825

Fax:
(814) 849-3232

Website:
www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Free income tax preparation assistance is available through the VITA (Volunteer Income Tax Assistance) program. The VITA program offers free tax help to those who meet certain income guidelines (generally income below \$54,000). There are no age restrictions. Other restrictions may apply.

In addition to free tax return preparation assistance, free electronic filing will be offered. Individuals taking advantage of the e-file program receive their refunds in half the time compared to returns filed on paper—even faster when tax refunds are deposited directly into one's bank account.

Volunteers who are trained and certified by the IRS will be assisting taxpayers at the senior centers throughout Jefferson County. **You may begin calling to be placed on the appointment list on Wednesday, January 25th, 2017.** Please call Jefferson County Area Agency on Aging Office at 814-849-3096 or 1-800-852-8036 to be placed on the appointment list for the Heritage House in Brookville or the Depot in Brockway. A volunteer will call you back within a few days to set up your appointment. Those who would like to have their taxes prepared at the Foundry in Reynoldsville, may call the Foundry directly at 814-653-2522. Those who would like to have their returns prepared at the Pine Street Center in Punxsutawney, please call 814-938-8376 for your appointment.

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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!

JCAAA main office and all 4 centers will be closed January 2nd.

Oliver Township Center,
Is closed for January
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



Accessible and Affordable Apartments

BENEFITS:

A web-based service is available around-the-clock for people searching for accessible and affordable apartments. Features available include basic, advanced and accessible searches to help people find housing best suited to their specific needs. Another tool—a proximity search—helps people find properties within a selected distance from work, school, or from other family members. The site includes a variety of helpful tools, such as a rental checklist, a rental calculator, and a moving calculator.

Best of all, searching for affordable housing is free. For anyone with special housing needs, such as older adults or people with disabilities, the service lets them perform an “accessible” search to look for housing that has the features they need to continue living independently.

CONTACT:

Online at www.PAHousingSearch.com. People who need assistance using the site can contact a bilingual call center by calling (877) 428-8844; customer care staff are available weekdays from 9 a.m. until 8 p.m.

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.

The Geriatric Interest Network's (GIN) Fall Event 2016



In collaboration with the Heritage House Senior Center, the Geriatric Interest Network (GIN) sponsored a Veteran's Day Program on November 10th. Kristi Say from the Clarion-Forest Visiting Nurses Association presented a program on her experience working at the Walter Reed National Military Medical Center as an Occupational Therapist. She assisted many wounded soldiers with their therapies after being injured during active duty. The Brookville Color Guard also presented a program in honor of Veteran's Day. There were approximately sixty veterans, their families, senior center participants, and GIN members that share in a meal prepared by Nutrition, Inc.

Meals are prepared daily by Nutrition, Inc and available at all four of the Senior Centers in Jefferson County. Centers are open daily Monday through Friday to provide health and wellness activities as well as a healthy hot meal at lunchtime. For more information please visit our website www.jcaaa.org or contact your local senior center by phone.

The GIN is a group of providers that meet and plan educational opportunities for seniors in Jefferson County. The group is comprised of providers that represent social service agencies and offer assistance to those in need. GIN sponsors two annual events at the Jefferson County Area Agency on Aging (JCAAA) Senior Centers. For more information about GIN please contact Cheryl Muders at 1-800-852-8036, ext 287.

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.

CENTER INFO



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

Monday – Bingo..9:30am, Healthy Steps 9:30 , Tai-Chi 10:00am
Tuesday - Bridge 1:00pm, Healthy Steps 9:30
 Art Class with Jean Wolfe at 12:30 -3 & 2:30 - 4
Wednesday - Scrabble 10:00am, Bridge 1:00pm, Wii Bowling 1:00pm
Thursday – Healthy Steps 9:30-11:00am Bridge / Cards 1:00pm
 Coffee with the Vets, at 10:00 a.m. ALL Vets are welcome!
 (NEW) Teapot and Talk, at 11:00 a.m. in the Café'
Friday - Bingo 9:30am, Tai-Chi 10am, Bridge 1:pm,
 Read out loud in the café lounge 11am, (short stories or poems)



Tuesdays Coffee with the Vets, at
10:00 a.m. ALL Vets are welcome!

Don't walk outside in the cold, our Fitness Center is open daily 8:00AM-2:00PM
Please see director or volunteer for instructions and registration.
Looking for volunteers, please see missie for additional information.
Like us on facebook @ Heritage House Center

01/02- the center will be closed.

01/10- Mary Keck – blood pressure check at 11:00 a.m.

01/21- Fundraiser Bingo 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.

01/25- VITA, Free income tax preparation assistance.

You may begin calling to be placed on the appointment list on Wednesday, January 25th, 2017.

Please call Jefferson County Area Agency on Aging Office at 814-849-3096

01/30- Advisory Meeting-1:00 p.m.

CENTER INFO



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 at 10:30

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

Wednesday - Wheel of Fortune or Jeopardy at 10:30

Thursday - Exercise at 10:30

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



The First Church of God
Youth Group enjoys and
evening at the senior center

01/02- the center will be closed. Happy New Year!

01/12- Bathroom and Bathing Safety! This FUN interactive program will start at 11:00.

01/19- National Popcorn Day Stop by at 11:30 and learn something fun about Popcorn

01/21- FUNDRAISER BINGO at the Heritage House in Brookville! Doors open at noon and bingo starts at 1 pm! If you need more information about this FUNdraiser, call the Pine Street Center! You won't want to miss this fun afternoon!

01/24- 9:30 to 11:30 is Peanut Butter Bingo! It is National Peanut Butter Day so why not celebrate with Peanut Butter Bingo! Cost is \$2.00 per person and all money is returned in winnings. Sign up and pay by Friday, January 20th.

01/25- Mary from Guardian will be here at 11:30 with a program on Vision Deficit

01/26- Individual Pool Tournament. Starts at 9:30. Come and see how well you can shoot!
Everyone is welcome!



"Martin Luther King Day"

January 2017

Jefferson County

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>3-Jan</p> <p>Taco Salad w/ Cheese 1c. Mixed Greens w/ Tomato w/ Salsa 1/2c. Fiesta Corn Salad Nacho Chips (6) Fresh Navel Orange</p> | <p>4-Jan</p> <p>Chicken Marsala w/ Mushroom 1/2c. Blended Rice 1/2c. Broccoli Dinner Roll 1/2c. Tropical Fruit Salad</p> | <p>5-Jan</p> <p>"New Year's Lunch" Kielbassa w/ Kraut 1/2c. Whipped Potatoes 1/2c. Sweet Peas Sausage Roll Pineapple Upside Down Cake</p> | <p>6-Jan</p> <p>Breaded Fish Sandwich w/ Cheese 1/2c. Cheesy Bacon & Chive Potatoes 1/2c. Green Beans Sandwich Roll 1/2c. Pineapple & Oranges</p> | |
| <p>9-Jan</p> <p>Pepper Steak w/ Peppers Onions & Gravy 1/2c. Parsley Noodles 1/2c. Baby Carrots Whole Wheat Bread 1/2c. Applesauce</p> | <p>10-Jan</p> <p>Breaded Chicken Fillet Sandwich 1/4c. Lettuce, 1 Slice Tomato 1c. Homemade Vegetable Soup Sandwich Roll, Crackers 1/2c. Pineapple Tidbits & Mandarin Oranges</p> | <p>11-Jan</p> <p>Oven Roasted Hot Beef w/ Gravy Baked Potato 1/2c. Sweet & Sour Coleslaw Whole Wheat Bread 1/2c. Gelatin (sour cream)</p> | <p>12-Jan</p> <p>Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit (tartar sauce)</p> | <p>13-Jan</p> <p>Hot Dog 1/2c. Whipped Potatoes 1/2c. Sauerkraut Hot Dog Bun Chocolate Brownie</p> |
| <p>16-Jan</p> <p>Pork Loin w/ Gravy 1/2c. Scalloped Potatoes 1/2c. Sweet Peas & Onions Dinner Roll Fresh Seasonal Fruit</p> | <p>17-Jan</p> <p>Stuffed Pepper Cup w/ Tomato Sauce 1/2c. Whipped Potatoes 1/2c. Yellow Beans Whole Wheat Bread 1/2c. Diced Pears</p> | <p>18-Jan</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>19-Jan</p> <p>Italian Meatball Hoagie w/ Sauce & Cheese 1/2c. Seasoned New Potatoes 1/2c. Mixed Bean Medley Hoagie Bun 1/2c. Tapioca Pudding</p> | <p>20-Jan</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>23-Jan</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>24-Jan</p> <p>BBQ Chicken 1/2c. Seasoned Red Potatoes 1/2c. Country Vegetable Blend Dinner Roll Sugar Cookie</p> | <p>25-Jan</p> <p>Chili Mac w/ Cheddar Cheese Topping 1c. Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread 1/2c. Applesauce</p> | <p>26-Jan</p> <p>Breaded Lemon Pepper Pollock Baked Potato 1/2c. Garden Salad w/ Tomato Dinner Roll 1/2c. Sliced Peaches w/ Oatmeal Topping</p> | <p>27-Jan</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>30-Jan</p> <p>Meatloaf w/ Gravy 1/2c. Whipped Potatoes 1/2c. Italian Beans Whole Wheat Bread Birthday Cake</p> | <p>31-Jan</p> <p>Baked Vegetable Lasagna w/ Parmesan Cream Sauce 1c. Mixed Greens w/ Tomato Carrots, Onions, Cabbage Garlic Bread Stick 1/2c. Sliced Apples</p> | <p>Happy New Year 2017</p> | | |

Slow-Cooker Coffee-Braised Brisket With Potatoes and Carrots



Ingredients

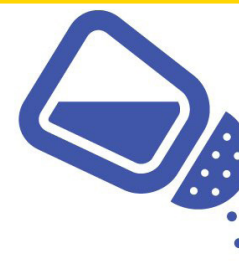
- 1 medium onion, peeled and quartered, stem end left intact
- 1 pound new potatoes (about 12)
- 1 pound medium carrots, cut into 2 1/2-inch lengths
- 2 1/2 pounds beef brisket, trimmed
- kosher salt and black pepper
- 1 6-ounce can tomato paste
- 1 cup brewed black coffee
- 3 tablespoons Worcestershire sauce
- 1/4 cup packed light brown sugar
- 2 tablespoons chopped fresh flat-leaf parsley
- country bread (optional)

Directions

In the bottom of a 5- to 6-quart slow cooker, combine the onion, potatoes, and carrots. Season the beef with 1 teaspoon salt and 1/4 teaspoon pepper and place on top of the vegetables.

In a small bowl, whisk together the tomato paste, coffee, Worcestershire sauce, and brown sugar; pour over the beef and vegetables. Cover and cook on low until the beef and vegetables are tender, 8 to 9 hours.

Slice the beef across the grain and serve with the vegetables and sauce, sprinkled with the parsley. Serve with the bread, if desired.



Reducing salt intake to **less than 5 grams per day** (about 1 teaspoon)

significantly cuts your risk of heart disease



#LessSalt

Recommendations for salt reduction

- For adults: WHO recommends that adults consume less than 5 g (just under a teaspoon) of salt per day.
- For children: WHO recommends that the recommended maximum intake of salt for adults be adjusted downward for children aged two to 15 years based on their energy requirements relative to those of adults. This recommendation for children does not address the period of exclusive breastfeeding (0–6 months) or the period of complementary feeding with continued breastfeeding (6–24 months).
- All salt that is consumed should be iodized or “fortified” with iodine, which is essential for healthy brain development in the fetus and young child and optimizing people’s mental function in general.

Crossword Answers

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | A | S | T | S | A | D | E | A | S | P | | |
| E | X | T | R | A | F | I | R | L | E | E | | |
| G | L | E | A | M | R | E | O | R | D | E | R | |
| S | E | M | I | T | I | S | S | U | E | | | |
| | | N | I | E | C | E | | E | R | R | S | |
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| E | A | R | S | | A | B | I | D | E | | | |
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| A | B | E | | D | E | S | | O | U | T | D | O |
| W | I | N | | E | S | T | | E | S | S | E | S |

CENTER INFO



Brockwayville Depot

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

Young at heart or age we all enjoy Music Night at The Depot.
Thanks Romey and Friends for a great season see you in April !



Pauline is back with our healthy steps in motion exercise class come and join the fun!
Class is Monday and Thursday at 10:00 AM !! All our welcome.
No yoga this month (Janet is on vacation)

01/1– Happy New Year !!!!

01/2- Center Closed

01/4- Healthy Steps Fall Prevention Class at Toby Terrace starts at 9 AM. Reservation would be appreciated but not necessary. Coffee and donuts will be provided plus a free lunch coupon for The Depot.

01/9 – Movie Monday 12:30

01/10 – Breakfast 7:30-9:30, Blood Sugar and Blood Pressures 7:00-8:30

01/19- Speaker on Nutrition 11:15 AM

CENTER INFO



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 – Lunch at noon, Fresh Coffee, read the news, great conversation & FUN

Monday– Healthy Steps Exercise 10:30 – 11:30

Tuesday – Dominos 9 AM Computer Class 1 pm, Tai Chi 6 pm

Wednesday – Men’s Prayer Breakfast 7 AM, Exercise 10:30am, Paint Class 1 pm

Thursday – Nickel Bingo @ 9:30am

Friday - Healthy Steps in Motion @ 10:30am

Fundraiser for The Foundry

Make plans to enjoy in our NEW Indoor Vendor & Flea Markets \$10.00 per 8 ft table
Starting Feb 4, 2017 9 – 3 pm
Set up is available on Friday before 2 – 5 PM Call Judy @ 814-653-2522 for your reservations/ Questions



1/1- HAPPY NEW YEAR

1/4- Crafty Ladies 1pm Bring your own work or try something new with us

1/5- Master Gardeners 6pm

1/9- Jam Session 1pm

1/10- Play Pool 9 am - Noon

1/12- Advisory Council Meeting @ 10 AM

Let’s Play Games – Cards, or any favorite game/bring your friends light refreshment 1pm - ?
Master Gardeners 6 pm

1/13- Movie & Popcorn TBA 1 pm

1/18- Crafty Ladies 1pm

1/20- Guardian Vision Deficit with Mary Keck 11:30

1/23- Jam Session 1pm

1/24- Birthday Tureen Dinner 5 pm

1/26- Lets Play Games 1pm, Master Gardeners 6pm

1/30- Jam Session 1 pm

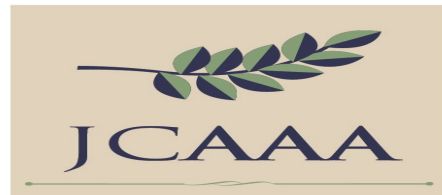


Are you looking for a way to give back to the community ?

The Ombudsman Program can be very fulfilling and rewarding to you and those you will be helping in the facility setting.

This program offers:

- Free trainings
- Free meals
- Travel reimbursement



Jefferson County Area Agency on Aging
186 Main Street
Suit 2
Brookville, PA 15825
814-849-3096

Jefferson County Area Agency on Aging

Doing Good is Good for You

Volunteering



Reduces

Depression

Chronic Pain

Stress

Risk of Disease

Social Isolation



Increases

Physical Fitness

Mental Functionality

Sense of Purpose

Social Connection

Longevity

If you would like more information please contact
Mindy Sivanich Ombudsman Coordinator
814-849-3096
1-800-852-8036

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | | 9 | 10 | 11 |
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| 45 | 46 | | | | | | | 47 | | | | |
| 48 | | | | 49 | | | | 50 | | | | |
| 51 | | | | 52 | | | | 53 | | | | |

DOWN

1. Table supports
2. Wheel shaft
3. Mushroom part
4. Apprentice
5. "Cheers" bartender
6. Egypt's continent
7. Truck fuel
8. Greek mythology figure
9. City officials
10. Look at
11. Miles ____ hour
17. Wish undone
19. Perfect gymnastics score
21. Taxing agcy.
23. Pinup ____ Hayworth
24. Cumberbund
25. Man or boy
26. Yachting
27. Baker's dozen
30. Cushion
31. Burdensome
33. Talks back
34. Most skillful
35. Struggle
37. Addition result
40. Flank
42. Colony insects
43. Manner
44. Experts
45. Bear's foot
46. Slugger's stat
47. Forest female

ACROSS

- | | | |
|----------------------------|-----------------------|---------------------------------|
| 1. Endures | 19. Sneeze need | 45. Assumption |
| 6. Lime drink | 20. Sister's daughter | 47. Benefactor |
| 9. Venomous viper | 22. Makes mistakes | 48. Lincoln, informally |
| 12. Additional | 25. Motherly | 49. ____ Plains |
| 13. Evergreen tree | 28. "Mamma ____!" | 50. Surpass |
| 14. Confederate general | 29. Fireplace residue | 51. Finish first |
| 15. Shine | 30. Verse makers | 52. Baltimore time zone (abbr.) |
| 16. Use the supplier again | 32. Flower wreath | 53. Some curves |
| 18. Half (prefix) | 33. Georgia city | |
| | 36. Hearing organs | |
| | 38. Reside | |
| | 39. Scuffle | |
| | 41. Highway entrance | |

Check for Crossword Puzzle Answers
On the Healthy Aging Page

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

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

