

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

BROOKVILLE AREA DEMENTIA SUPPORT GROUP

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

TOPICS

- January 9th - Depression
- February 13th - Medical Assistance, Paying for Skilled Nursing Facilities & Estate Planning
- March 13th - In-Home Psychiatric Nursing
- April 10th - Swallowing Issues and Food Modifications
- May 8th - Behavior Problems & Practical Solutions
- June, 12th - Clinical Updates on Alzheimer's
- July 10th - Levels of Care and Insurances
- August 14th - Stages of Alzheimer's Disease & Common Types of Dementia
- September 11th - Activities for Individuals with Dementia
- October 9th - Medications and Dementia
- November 13th - Dementia Units and Geriatric Psychiatric Units
- December 11th - Area Agency on Aging Services and Programs

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

Inside This Issue:

Alzheimer's Disease	2
Free Income Tax Preparation	2
Paint & Snack	3
APPRISE Volunteers	3
Heritage House	4
Pine Street	5
Lunch Menu	6
Winter Safety	7
Brockwayville Depot	8
The Foundry	9
Willow Run	10
Crossword Puzzle	11

JCAAA main office and all 4 centers will be closed
February 20th.

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



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. 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.

Alzheimer's Disease and Related Disorders (ADRD)

BENEFITS: The Pennsylvania Department of Aging provides information on ADRD through the 52 Area Agencies on Aging. In addition, geriatric assessment centers, dementia care units, older adult daily living centers, Alzheimer's Disease Research Centers, and Alzheimer's Association chapters also provide great sources of information regarding ADRD. The Alzheimer's Association has two chapters and eight regional offices in Pennsylvania that can assist you and your loved ones with a wide range of services and information. Toll-free 24/7 helpline: (800) 272-3900.

CONTACT: Alzheimer's Association Greater Pennsylvania Chapter

2595 Interstate Dr., Ste. 100
Harrisburg, PA 17110
(717) 651-5020
www.alz.org/pa

Delaware Valley Chapter

399 Market St., Ste. 102
Philadelphia, PA 19106
(215) 561-2919
www.alz.org/desjsepadelval

CONTACT: Alzheimer's Disease Research Centers UPMC Montefiore

4th Fl., Ste. 421
200 Lothrop St.
Pittsburgh, PA 15213-2582

Information Line:

(412) 692-2700
www.adrc.pitt.edu

Penn Memory Center

3400 Civic Center Blvd.
2nd Fl., South Pavilion
Philadelphia, PA 19104
(215) 662-7810
www.pennadc.org

**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.

Paint & Snack



Jefferson County Area Agency on Aging will be hosting a Paint & Snack Fundraiser Saturday, February 25, 2017 at the Heritage House from 6 PM - 8 PM

Instructor Caitie Weyandt-Smith will guide participants in creating this painting.

Tasty snacks will be provided and you are welcome to bring your own beverage of choice!

\$30 per person, supplies are included.

Tickets will be available at the JCAAA office

186 Main Street, Suite 2, Brookville.

Spaces are limited!



APPRISE Volunteers Needed!!



How volunteering can keep you sharp.

A great way to fight aging is to keep mentally stimulated and the complex and evolving Medicare field gives you the opportunity for continual learning and skill development. You will face questions that will challenge your memory and problem-solving skills. Constant learning and challenges will keep

your mind sharp!

Please call 814-849-3096

and ask for Amy to learn more.



State Health Insurance Assistance Program
... counseling for people with Medicare in Pennsylvania





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)

Happy retirement Karen Deemer,
 (long time volunteer) we will all
 miss you!



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

02/02- Ground hog trivia, groundhog cookies

02/03- Get ready for the superbowl, wear your favorite team (any team) shirt, hat, jewelry ect. Football trivia

02/09- Speaker cheryl elsager from clarion-forrest talking about hospice, vna, care giving ect. 11:00 Am

02/13- Make candy with honey at 1:00 pm

02/14- Secret admirer valentines day card exchange

02/14- Mary keck , blood pressure screening /steps for healthy heart 11:00 am

02/15- JCAAA advisory meeting ,10:00 am

02/20- Closed presidents day

02/25- Paint & snack fundraiser for JCAAA 6-9 pm

02/27- Advisory meeting



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 - at 10:30-Wheel of Fortune and the last Wednesday of the month is Jeopardy!

Thursday - Exercise at 10:30

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

Judy Lento enjoys exercise class at the center!

Exercise class is every Monday and Thursday at 10:30am.



02/02- at 11:30 Groundhog Games in the dining room! Everyone is guaranteed to have fun! Prizes!

02/03- Wear Red Day at the Center!

02/17- at 11:30- Morgan the Registered Dietician will be here with a Nutritional Program about making Healthier Food Choices. Please feel free to come to the center and be a part of this great informative program!

02/20- at 9:30 BEACH BINGO! This bingo is \$2.00 per player and all money is returned in prizes! You are welcome to wear your bikini or flip flops!

02/24- Daytona 500 day!

02/28- Ericka from the PA Attorney Generals will be here to give a program on Senior Safety in an ever changing world of technology. This program will be starting at 11:15 sharp, so please feel free to attend!



February 2017

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	 	1-Feb BBQ Pulled Pork Sandwich 1/2c. Southwest Rice & Black Beans 1/2c. Fresh Coleslaw Corn Drop Biscuit Fresh Seasonal Fruit	2-Feb Grilled Chicken Caesar Salad (3oz. Chicken & parmesan) 1c. Mixed Greens w/ Tomato 1c. Navy Bean Soup w/ Crackers Italian Bread 1/2c. Diced Pears	3-Feb  Ham & Scalloped Potato Casserole 1/2cc. Braised Cabbage 1/2c. Green Beans Dinner Roll 1/2c. Strawberry Ice Cream
6-Feb Roast Turkey & Gravy 1/2c. Homemade Stuffing 1/2c. Baby Carrots 1/2c. Mashed Potatoes 1/2c. Warm Cinnamon 1/2c. Applesauce	7-Feb Spaghetti w/ Meatballs (3) 3/4c. Pasta w/ Sauce 1c. Mixed Greens w/ Tomato Cukes, Carrots, Cabbage Italian Bread 1/2c. Sliced Peaches (parmesan cheese)	8-Feb  Baked Pollock w/ Dill Sauce Baked Potato w/sour cream 1/2c. Harvard Beets Dinner Roll 1/2c. Tropical Fruit Salad	9-Feb Open Face Roast Beef Sandwich w/ Gravy 1/2c. Whipped Potatoes 1/2c. Sweet Peas & Carrots Whole Wheat Bread Sugar Cookie	10-Feb Cheeseburger 1/4c. Lettuce 1 Slice Tomato 1/2c. Oven Brown Potatoes 1/2c. Fresh Coleslaw Sandwich Roll Fresh Seasonal Fruit
13-Feb Sloppy Joe Sandwich 1c. Baked Potato Soup w/ Crackers Sandwich Roll 1/2c. Pineapple Tidbits 	"Valentine's Day" House Blend Chicken Breast w/ Gravy 1/2c. Lyonnaise Potatoes 1/2c. Broccoli Whole Wheat Bread Cherry Cheesecake	15-Feb Shepherd's Pie w/ Gravy 1/2c. Peas & Carrots 1/2c. Fresh Coleslaw Whole Wheat Bread 1/2c. Lime Frosted Sliced Pears	 16-Feb Sweet Sausage w/ Peppers & Onions 1/2c. Redskin Potatoes 1/2c. Green Beans Sausage Roll 1/2c. Chocolate Ice Cream	17-Feb Baked Lasagna w/ Marinara Sauce 1c. Mixed Greens w/ Tomato Red Cabbage Croutons Italian Bread 1/2c. Warm Applesauce
President's Day	21-Feb Baked Turkey Pot Pie w/ Potatoes & Vegetables 1/2c. Fresh Coleslaw Buttermilk Biscuit 1/2c. Mixed Fruit Salad	22-Feb Stuffed Steak Bricole w/ Gravy 1/2c. Whipped Potatoes 1/2c. Sliced Carrots Dinner Roll  1/2c. Orange Gelatin	23-Feb Chicken Marsala w/ Mushroom 1/2c. Blended Rice 1/2c. Broccoli Dinner Roll Fresh Navel Orange	24-Feb Breaded Fish Sandwich w/ Cheese 1/2c. Cheesy Bacon & Chive Potatoes 1/2c. Green Beans Sandwich Roll 1/2c. Pineapple & Oranges
27-Feb Pepper Steak w/ Peppers Onions & Gravy 1/2c. Parsley Noodles 1/2c. Baby Carrots Whole Wheat Bread Birthday Cake	28-Feb Beef Stew w/ Potatoes & Vegetables 1c. Mixed Greens w/ Tomato Carrots, Cabbage, Dress Biscuit 1/2c. Warm Applesauce	Be My	 	Valentine

Peaches and Cream French Toast



Ingredients

- 1 8-oz. loaf French bread, sliced
- 8 large eggs
- 2 cups whole milk
- 1/4 cup sugar
- 1 teaspoon vanilla extract
- 2 15-oz. cans sliced peaches packed in juice, drained
- 1/2 cup packed dark brown sugar
- 1/2 teaspoon cinnamon
- 1/2 cup heavy cream

Directions

1. Butter a 9-by-13-inch baking dish. Arrange bread in a tight, flat layer in dish.
2. In a large bowl, whisk eggs with milk, sugar and vanilla until blended; pour over bread. Arrange peaches on top and sprinkle with brown sugar and cinnamon. Cover tightly and refrigerate for at least 8 hours.
3. Remove baking dish from refrigerator 30 minutes before baking. Preheat oven to 350°F. Pour cream into a small pan; bring to a boil over high heat. Cook until reduced by half, about 10 minutes. Drizzle over peaches and bake, uncovered, until casserole is lightly browned on top and just cooked through, 45 to 55 minutes. Let stand for 10 minutes before serving.

Winter Safety Tips

During icy and snowy conditions, injuries due to slips and falls increase drastically. Here are a few suggestions that can reduce the number of slips and falls.



- Focus on the path ahead, take your time .
- Where possible, avoid slippery surfaces, go around obvious slippery, icy areas and snow banks.
- Wear shoes or boots with rough (waffled, ridged or heavily textured) soles to work and change into your shoes when you get there.
- A secure handhold on a hand rail can prevent a fall if you should slip.
- Check to be sure entrance halls and stairs are clear of snow and slush.
- Beware of changes in walking surfaces; they could be slippery.
- Clean your shoes when you go inside, snow and ice on shoes can be very dangerous.
- Use salt, ice melt or sand for traction on slippery surfaces.
- A few precautions can prevent a serious and painful injury!

Crossword Answers

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



Brockwayville Depot

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

**Breakfast with Santa
at the Depot the weather
wasn't the best for the
day, but as you can tell by
the smiles everyone had a
good time !
The Hugh's family with
Santa.**

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



**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)**

02/1 – Healthy Steps/Fall Prevention Class at Toby Terrace 9AM

02/2- Groundhog Day...Come see the Shadow..or not !!!

02/6- Movie Monday 12:30 snacks provided

02/9 – Nutrition Lecture 11:30 A

02/14- Breakfast 7:30-9:30, Blood Sugar and Blood Pressures checked 7:00-8:30AM... Valentine's Day

Luncheon 12:00

02/20-President's Day.. Center Closed



THE FOUNDRY

The Reynoldsville Foundry Center
45 West Main Street
Reynoldsville, PA 15851
Director: Judy Dickerson
Phone: 814-653-2522
Email: foundry@jcaaaa.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 7 am – 9 am.

Return of the Cinnamon Bun
Cafe. Call Judy @ 814-653-
2522 for your reservations/
Questions



02/1- Men’s Prayer Breakfast 7 am, Healthy Steps 10:30, Crafty Ladies 1 pm, Tai Chi with Ruth 6:30pm

02/2- Buffet Breakfast with Phil, Groundhog -Nickel Bingo 9:30 am, Groundhog Lunch with Phil, It’s a Phil Day. Master Gardeners 5:30pm

02/3- Healthy Steps 10:30 am

02/4- OUR FIRST INDOOR VENDOR/ FLEA MARKET- 9am to 3 pm with RETURN of” Cinnamon Bun Cafe”

02/6- Healthy Steps 10:30 am, Jam Session 1 pm

02/7- Dominos 9:30 am, Computer 1pm

02/8- Men’s Prayer Breakfast 7 am, Healthy Steps 10:30, Tai-Chi with Ruth 6:30pm

02/9- 9:30 Nickel Bingo, Advisory Council Meeting 10:30 am, Let’s Play Games 1pm

02/10- Healthy Steps 10:30, Movie & Popcorn TBA 1pm

02/13- Healthy Steps 10:30, 11:30 Essential Oils with Deb Wachob, Jam Session 1pm, Patty paints 6pm

02/14- Dominos 9:30am, Sweetheart Luncheon @ The Love Cafe, Computer 1pm

02/15- Men’s Prayer Breakfast 7 am, Healthy Steps 10:30, Crafty Ladies 1pm

02/16- Nickel Bingo 9:30, In Home Solutions with Roxanne, Master Gardeners 5:30

02/17- Healthy Steps 10:30, Guardian American Heart Assoc with Mary Keck

02/20- PRESIDENT’S DAY CLOSED

02/21- Dominos 9:30, Computer 1pm, February Birthday Tureen(bring your sweetie) to eat 5pm, Cherry Pie

02/22- Men’s Prayer Breakfast 7 am, Healthy Steps 10:30, Tai Chi with Ruth 6:30

02/23- 9:30 Nickel Bingo, Let’s Play Games 1pm, Master Gardeners 5:30

02/24- Healthy Steps 10:30

02/27- Healthy Steps 10:30, Jam Session 1pm

02/28- Dominos 9:30, Computer

Mulberry Square PEERs (Pennsylvania Empowered Expert Resident Program)

The PEERs are collecting items to help the animals at
Willow Run Sanctuary & Adoptions

All donations for the animals are greatly appreciated !

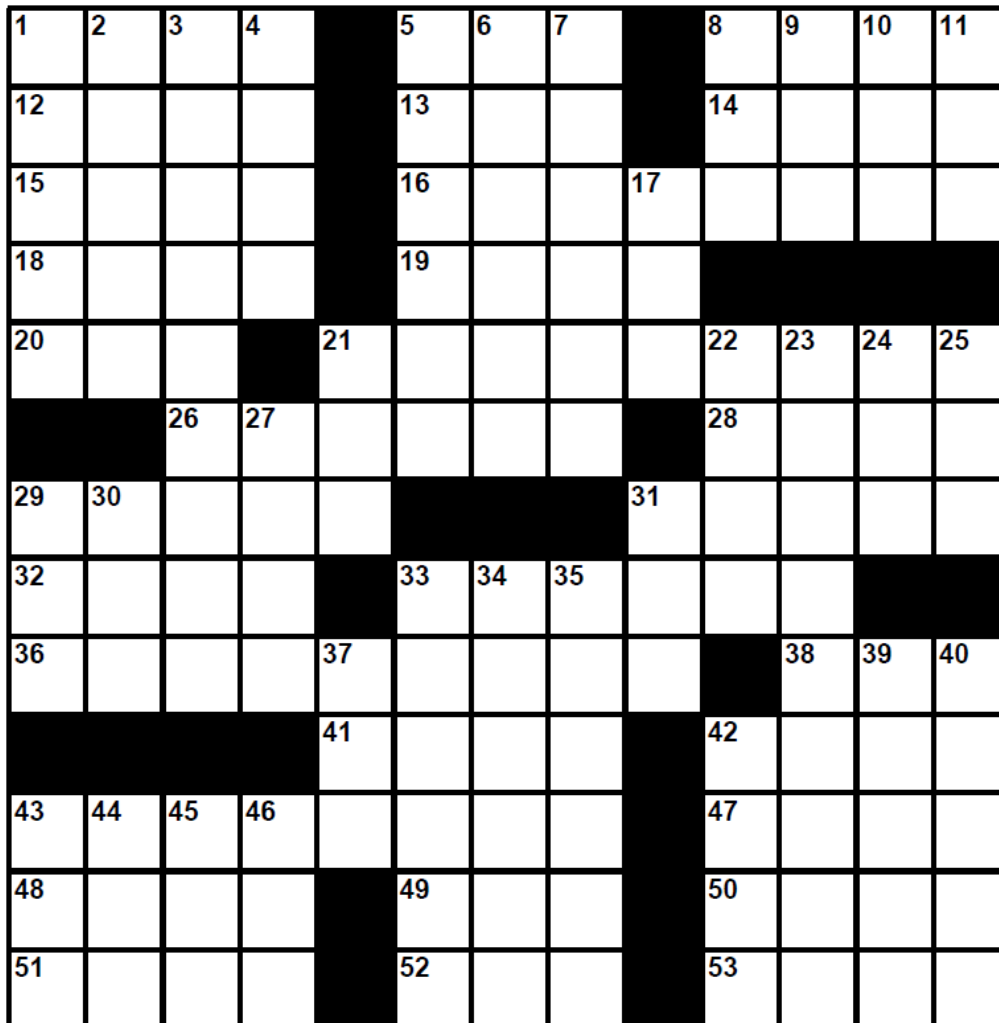
Here is a list of some items that are needed:

- Dry cat food
- Paper towels
- Clorox wipes
- Pedigree CHOPPED canned food
- Dog sweaters
- Cat beds
- Cash donations will be placed on the running veterinary bill

Last day for donations is February 28, 2017

PLEASE HELP OUR MISSION
HELPING THE ANIMALS
Thank You





DOWN

1. "The Godfather" organization
2. Utilizing
3. Elvis's home state
4. Browns in the sun
5. Quake
6. Artists' stands
7. Menu item
8. Watch
9. Stately tree
10. Tavern drink
11. Maroon
17. Always, in poems
21. Pitch
22. Stratford-upon-____
23. Peach variety
24. Undercover gp.
25. Building addition
27. Salon treatment
29. Drink like a dog
30. Tax mo.
31. Director Spike ____
33. Repented
34. Ice-cream dish
35. Invent
37. In the past
39. Actress ____ Evans
40. Metal bar
42. Chow
43. Find a total
44. Neither's partner
45. Commotion
46. Law officer

ACROSS

- | | | |
|---|---|---|
| <ol style="list-style-type: none"> 1. Mongrel 5. Summer shirt 8. Burn 12. Between ports 13. Dashed 14. She, in Paris 15. Helsinki native 16. Respected 18. Country hotels 19. Slight 20. Ripen | <ol style="list-style-type: none"> 21. Acceptance of others 26. Scanty 28. Bride's headpiece 29. Sci-fi weapon 31. Regional 32. Imitator 33. Climb 36. Too early 38. Legendary boxer 41. Absent 42. Smile 43. Large boa | <ol style="list-style-type: none"> 47. Wedding band 48. Extinct bird 49. Take food 50. Unfasten 51. Hard candy 52. Poor grade 53. Defeat |
|---|---|---|

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

