

# THE SUNSHINE LINE

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1-800-852-8036

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Brookville, PA 15825

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www.jcaaa.org



JEFFERSON COUNTY  
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

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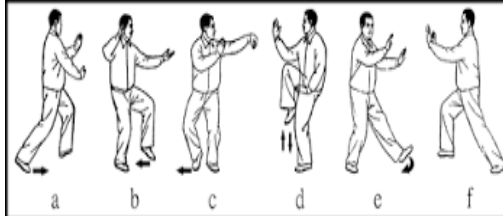
## TAI CHI FOR HEALTH

*at the Reynoldsville Foundry*



- Mondays and Wednesdays from: 6:00 to 7:00PM beginning March 6, 2017.
- Certified Instructors: Ruth Pifer, Kim Newsome, Cheryl Hannah.
- Cost: No charge for persons age 60 or older. \$3.00 per class for persons under age 60.
- Contact: Ruth Pifer - (814) 591-1113

Tai Chi enables all of the body's systems to function more efficiently. Through gentle stretches, turns and movements, it exercises parts of the body underutilized in daily life and other exercise regimens.



The course is sponsored by the Jefferson County Area Agency on Aging. The Monday class, taught by Kim and Cheryl, will focus on beginning participants in Tai Chi, while the Wednesday class, taught by Ruth, will focus on the needs of Intermediate Tai Chi Learners. All three Instructors are certified by the Tai Chi for Health Institute. All participants are welcome to attend both sessions.

The gentle stretches and movements in the class are good for stress relief, and health in general. The form being taught is Sun (soon) style Tai Chi. The specific form (Tai Chi for Arthritis) was designed by physician Dr. Paul Lam, a Tai Chi expert, renowned world wide. The class was designed for arthritics, but you don't have to have arthritis to enroll. Each class starts with a warm-up exercise and ends with a cool-down period. There is a series of short videos featuring Dr. Paul Lam that can be seen on the internet by entering "Paul Lam" in the Search feature of youtube ([www.youtube.com](http://www.youtube.com)).

Participants should wear loose fitting clothing, and flat shoes or sneakers.

JCAAA main office and all 4 centers will be closed  
Friday April 14th

Oliver Township Center,  
Is open on April 13th and 27th.  
Join us for Lunch and Bingo.  
Questions? Call: 814-849-3391

## Paint and Snack

Join



Thank you to everyone who participated in our Paint & Snack fundraiser! Special thanks to King Krunch, Dan Smith's Candies, and The Opera House Café for donating delicious snacks and Caitlin Weyant-Smith for her instruction!

## JOIN OUR TEAM



Diane Fiscus

Diane Fiscus, an Ombudsman volunteer stated, "After retiring from nursing, I still wanted to be involved especially, in Long Term Care. I can remember seeing the Ombudsman coming to the homes and I thought, that is what I wanted do as soon as I retired, so I went to training."

## We need you!!

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 about the APPRISE Program.



Volunteering, as you know ,can be very rewarding but did you know it also reduces stress, increases your physical fitness, and it gives you a sense of purpose. It is a great feeling to help others. All of us on the volunteer team have such a good time. The program offers; free training, free meals, travel reimbursement and so much more.

Stop in at the Jefferson County Area Agency on Aging , 186 Main Street, Suite 2, Brookville, PA 15825 or call 1-800-852-8036 and ask for our Ombudsman Coordinator, Mindy Sivanich, for more information on the Ombudsman program.

Hope to see you on our team.



**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.

## Healthy Alternatives at Quiet Creek Herb Farm for Jefferson County Senior Citizens

June 6, 2017 9:00am-1:00pm

9:00-9:15

**Welcome to Quiet Creek**

9:15-11:05

**Healing with Herbal Salves**

You will be introduced to Quiet Creek's favorite herbal salves and their medicinal uses.

You then choose an herbal salve to take home!



11:05-12:00 **Gambling Away the Golden Years**

For most people, gambling is a form of recreation. But for some, gambling can become a life-threatening addiction. Presentation will include a video, brief discussion and a few games of the Fabulous 50's Jeopardy.

12:00-1:00 **QUIET CREEK LUNCHEON**

This fun day is FREE and includes an organic Quiet Creek luncheon, prepared and grown on the farm, plus an herbal salve of your choice compliments of the Clearfield-Jefferson Drug and Alcohol Commission. First 50 senior citizens are welcome to sign up and will be guaranteed a place.

Please call 814-849-3096 to register.

Please wear comfortable clothing and shoes. Bring along a water bottle.

Quiet Creek encourages carpooling or public transportation to help lessen our carbon footprint and to fellowship together. Address: 93 Quiet Creek Lane, Brookville, PA 15825

Busing is available from Senior Centers. Please speak to your Center Director for more details.

Special Thank You to the CJDAC for sponsoring the day!

## Lawmakers raise concerns that agency mergers will hurt healthcare

(Harrisburg) -- One of the biggest changes proposed under Governor Tom Wolf's 2017-18 budget is consolidation of four major departments--Health, Aging, Drugs and Alcohol, and Human Services.

An all-day hearing Tuesday delved into what the future of the agency will look like--and wasn't without some conflict.

The beginning the Health and Human Service Department's hearing was punctuated by chants from the hallway outside.

A number of disabled members of the group ADAPT couldn't enter because there was no space for their wheelchairs.

Organizer German Parodi said considering the looming state and federal changes facing the healthcare industry, they felt it was vital to be inside.

"Things are changing fast, and they just are excluding people like myself who are the people being affected by these changes," he said.

The room was eventually rearranged to give the group access.

Meanwhile, House members sparred over whether the consolidation will improve care, or create chaos.

Some, like Montgomery County Democrat Mary Jo Daley, were concerned smaller departments will lose power under the new system.

"The aging department is a very small department compared to Human Services," she noted. "So people are concerned that issues relating to seniors are going to get lost.

Human Services Secretary Ted Dallas reiterated the administration's position.

"I think what [Pennsylvanians] really want is for us to provide the best level of care we can with the least amount of bureaucracy we can," he said. "I think that's what the consolidation does."

Some GOP members also expressed concerns the administration doesn't have a thorough plan to carry out the mergers. Much of the hearing was overshadowed by the new GOP healthcare overhaul moving through the federal government--with lawmakers unsure how it would impact the state's responsibilities.

Committee leaders instructed members to base their questions on current policy.

Source: <http://www.witf.org/state-house-sound-bites/2017/03/lawmakers-raise-concerns-that-agency-mergers-will-hurt-healthcare.php>



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 10:00am ALL Vets are welcome!

(NEW) Teapot and Talk, at 11:00am in the Café'

**Friday** - Bingo 9:30am, Tai-Chi 10am, Bridge 1pm,

Read out loud in the café lounge 11am, (short stories or poems)

**Join us for Bingo every  
Monday and Friday at  
9:30a.m.**



**Our Fitness Center is open daily 8:00a.m.-2:00p.m.**

**04/01-** Hunters Safety course- 8-5 call 328-2857 for apt.

**04/06** - Teen Driving – 8:00 a.m-1:00 p.m.

**04/11-** Mary Keck- blood pressure screening 11:30 a.m.

**04/13-** Egg Decorating and Easter Treats

**04/14-** CLOSED- Good Friday

**04/16-** Happy Easter

**04/19-** Red Cross guest speaker 11:30 a.m.

**04/20-** Pa. State Budget Speaker, Jeff Heishman 5:00-7:00 p.m.

**04/22-** Ladies Day 9:00 a.m-3:00 p.m.

**04/24-** Advisory Meeting ,at 1:00 p.m.

**04/27-** Birthday Tureen Dinner, 5:00p.m - ?, bring a dish and a \$1.00



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** - Wheel of Fortune at 10:30am

**Tuesday** - Penny Bingo from 9:30-11:30am

**Wednesday** - Yahtzee at 10:30

**Thursday** - Chair Yoga at 10:30am

**Friday** - Penny Bingo from 9:30-11:30am

### Puzzle Fun at the Center!



**04/05-** National Walking Day. At 10:30 we will be going for a walk outside! Weather permitting

**04/06-** at noon-It is Charlie the Tuna Day! Come and have lunch and enjoy Charlie trivia, a door prize, and good conversation at noon.

**04/13-**Thomas Jefferson day! 11:45 we will be discussing Mr. Jefferson and some of the ways he helped shape the nation.

**04/14-**The Center will be closed for Good Friday

**04/16-** HAPPY EASTER!

**04/18-** Grocery Bingo! 9:30-11:30 Cost is \$2.00 per player and the winnings are groceries!

**04/21-** the Queen's Birthday! Bring your tiara and join us for bingo and birthday cake! 9:30-11:30

**04/25-** Crazy Cat Bingo! \$2.00 per person. You must sign up for the special bingo by Friday, April 21st

**04/26-** Mary from Guardian will be here at 11:30

**04/27-** at 11:15 Kristi from In Home Solutions will be here



In like a LION  
Out like a LAMB

April 2017

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Apr Pepper Steak w/peppers & gravy 1/2c. Garlic Mashed Potatoes 1/2c. Mixed Vegetable Medley Wheat Bread Birthday Cake	4-Apr Chicken Cobb Salad Diced Chicken, Egg, Cheese, Sprinkle of bacon bits 1 c. Beef Noodle Soup w/crackers Dinner Roll 1/2c. Pineapple Tidbits	5-Apr Stuffed Cabbage Roll 1/2c. Mashed Potatoes 1/2c. Sweet Corn Wheat Bread 1/2c. Fruit Crisp	6-Apr Easter Lunch Baked Ham Scallop Potatoes Toss Salad Green Beans Dinner Roll Cheesecake	7-Apr Fish Sandwich Potato Salad Green Beans Hamburger Roll Mandarin Oranges
10-Apr Chicken Parmesan 1/2c. Rotini Pasta 1c. Tossed Salad w/tomato Italian Bread 1/2c. Sliced Peaches	11-Apr Stuffed Steak / Gravy 1/2c. Mashed Potatoes 1/2c. Carrots White Bread Fresh Baked Cookie	12-Apr Club Sandwich (Ham, Turkey, Cheese) Lettuce, Tomato 1c. Cauliflower Soup w/ Crackers White Bread Fresh Fruit	13-Apr Sweet & Sour Meatballs (3) 1/2c. Rice Pilaf 1/2c. Vegetable Medley White Bread 1/2c. Applesauce	14-Apr 
17-Apr Meatball Sandwich w/sauce & cheese 1/2c. Seasoned Redskins 1/2c. Mixed Bean Medley Sandwich Roll Fresh Fruit	18-Apr Roasted Turkey w/gravy 1/2c. Mashed Potatoes 1/2c. Peas & Carrots Wheat Bread 1/2c. Vanilla Ice Cream	19-Apr Chef Salad (Ham, Turkey, Cheese, & Egg) 1 c. Wedding Soup w/crackers Breadstick 1/2c. Sliced Pears	20-Apr Baked Chicken Thigh 1/2c. Wild Rice 1/2c. Brussel Sprouts Wheat Bread 1/2c. Apricots	21-Apr BBQ Beef Ribbette 1/2c. Sweet Potato Bites 1/2c. Mixed Vegetables Cornbread Brownie
24-Apr Teryaki Chicken Breast 1/2c. White Rice 1/2c. Island Blend Vegetables White Bread Applesauce	25-Apr Salisbury Steak w/gravy Baked Potato 1/2c. Coleslaw Wheat Bread 1/2c. Mixed Fruit Salad	26-Apr Baked Sweet Sausage w/Peppers & Sauce 1/2c. Seasoned Redskins 1/2c. Green Beans Wheat Bread Fresh Baked Cookie	27-Apr Tuscan Chicken w/sun dried tomato cream sauce 1/2c. Penne Pasta 1 c. Tossed Salad w/tomato Breadstick 1/2c. Sliced Peaches	28-Apr Tuna Salad Sandwich w/lettuce & tomato 1 c. Creamy Broccoli Soup w/crackers White Bread Fresh Fruit
				

## Tex-Mex Fried Rice



### Ingredients

2 tablespoons vegetable oil  
 1-pound spicy sausage  
 1 1/2 cups frozen yellow corn kernels  
 1 onion, finely chopped  
 1 red bell pepper, finely chopped  
 1 jalapeno, finely chopped  
 1 teaspoon chili powder  
 Pinch kosher salt  
 Pinch red pepper flakes  
 Freshly ground black pepper  
 4 cups leftover cooked rice  
 1 tablespoon Worcestershire sauce  
 1 tablespoon hot sauce, or more to taste  
 Zest and juice of 1 lime  
 4 scallions, sliced  
 1/2 bunch fresh cilantro, chopped

### Directions

Heat the oil in a large skillet and brown the sausage, breaking it up into small pieces. When starting to brown, add the frozen corn (no need to thaw), onions, bell peppers and jalapenos. Season with the chili powder, salt, red pepper flakes and plenty of black pepper. Cook until the vegetables are crisp tender. Add the rice and stir-fry until heated through and coated with the vegetable mixture. Add the Worcestershire sauce, hot sauce and lime zest and juice. Stir-fry until the rice is just starting to brown. Add the scallions and stir well so that they are thoroughly mixed in. Serve and garnish with cilantro

## BROOKVILLE AREA DEMENTIA SUPPORT GROUP

**Held 2<sup>nd</sup> Monday of Every Month @ 2:30 PM**

### TOPICS

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



## Crossword Answers

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



## Brockwayville Depot

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

**Instructor Hugh Daly instructing our first Tai Chi class. Tai Chi for Health. Mondays and Wednesdays from 1p.m.-2p.m. . Taught by certified instructor Hugh Daly. No cost for persons age 60 and older. \$3.00 per class for persons under age 60. Participants should wear loose fitting clothing and flat shoes or sneakers.**

**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 10am.

**Tuesday** - Bingo after lunch

**Wednesday** – Cards 10am, Chair Yoga 11am.

**Thursday** – Healthy Steps 10a.m., Bingo after lunch

**Friday** – Bingo 10am followed by lunch



### JOIN US FOR EXERCISE !!!

**Healthy Steps In Motion..Monday & Thursday 10:00-11:00**

**Chair Yoga...Wednesday 11:00-12:00**

**Tai Chi..Monday & Wednesday 1:00-2:00**

**04/03-** Movie Monday 12:30

**04/07-** Red Cross Blood Drive 1-5

**04/11-**Breakfast 7:30-9:30, Blood Sugars and Blood Pressures

**04/12-** Advisory Council 12:30, Artist Connection 7:00 PM

**04/14-** HAPPY EASTER !!! CENTER CLOSED

**04/17-** Tureen Dinner sponsored by In Home Solutions 5PM

**04/21-** Music Night with Romey and Friends 6-9 PM

**04/25-** AARP Safe Driving Refresher Course 1-5 PM

**04/26-** Artist Connection 7:00 PM





## 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. Come join us “This is the time of your life.”

**Monday**– Healthy Steps 10:30am, Jam Session 1pm, Tai Chi 6:00pm.

**Tuesday** – Dominos 10am Computer Class 1pm.

**Wednesday** – Men’s Prayer Breakfast 7am, Exercise 10:30am,  
 Paint Class 1pm, Tai Chi 6:00pm.

**Thursday** – Nickel Bingo @ 9:30am, Cards 1pm.

**Friday** - Healthy Steps in Motion @ 10:30am.

**04/01 – In Door Vendor &  
 Flea Market 9:00a.m. –  
 3:00p.m.**



**Join Ruth Pifer every Monday and Wednesday evening from 6:00-7:00p.m. for Tai Chi for Health. No charge for persons age 60+. Participants should wear loose fitting clothing and flat shoes or sneakers.**

**04/01** – In Door Vendor & Flea Market 9:00am – 3:00pm

**04/07** – Music Night w/Final Cut. Kitchen will be open!

**04/12** – Easter Bonnet Contest. Be creative and have fun!

**04/13** – Easter Bunny Bingo 9:30am – 11:30am. Easter Luncheon & Easter Egg Hunt.

**04/18** – April Tureen Dinner - Bunny Hop 5:00pm

**04/20** – In Home Solutions Presentation w/Roxanne

**04/21** – Mary Keck from Guardian will be here checking blood pressure

## ALZHEIMER'S DISEASE FACTS

ALZHEIMER'S DISEASE IS THE  
**6TH LEADING CAUSE**  
OF DEATH IN THE UNITED STATES

In 2017, Alzheimer's and other dementias will cost the nation \$259 billion

By 2050, these costs could rise as high as

**\$1.1 TRILLION**



MORE THAN  
5 MILLION  
AMERICANS ARE  
LIVING WITH  
ALZHEIMER'S  
BY 2050, THIS  
NUMBER COULD  
RISE AS HIGH AS  
16 MILLION

EVERY



SECONDS

someone in the  
United States  
develops the disease

**35%** of caregivers for people with Alzheimer's or another dementia report that their health has gotten worse due to care responsibilities, compared to

**19%** of caregivers for older people without dementia



**1 IN 3**

seniors dies  
with Alzheimer's or  
another dementia



Since 2000, deaths  
from heart disease have  
decreased by 14%

while deaths from  
Alzheimer's disease have  
increased by 89%

MORE  
THAN

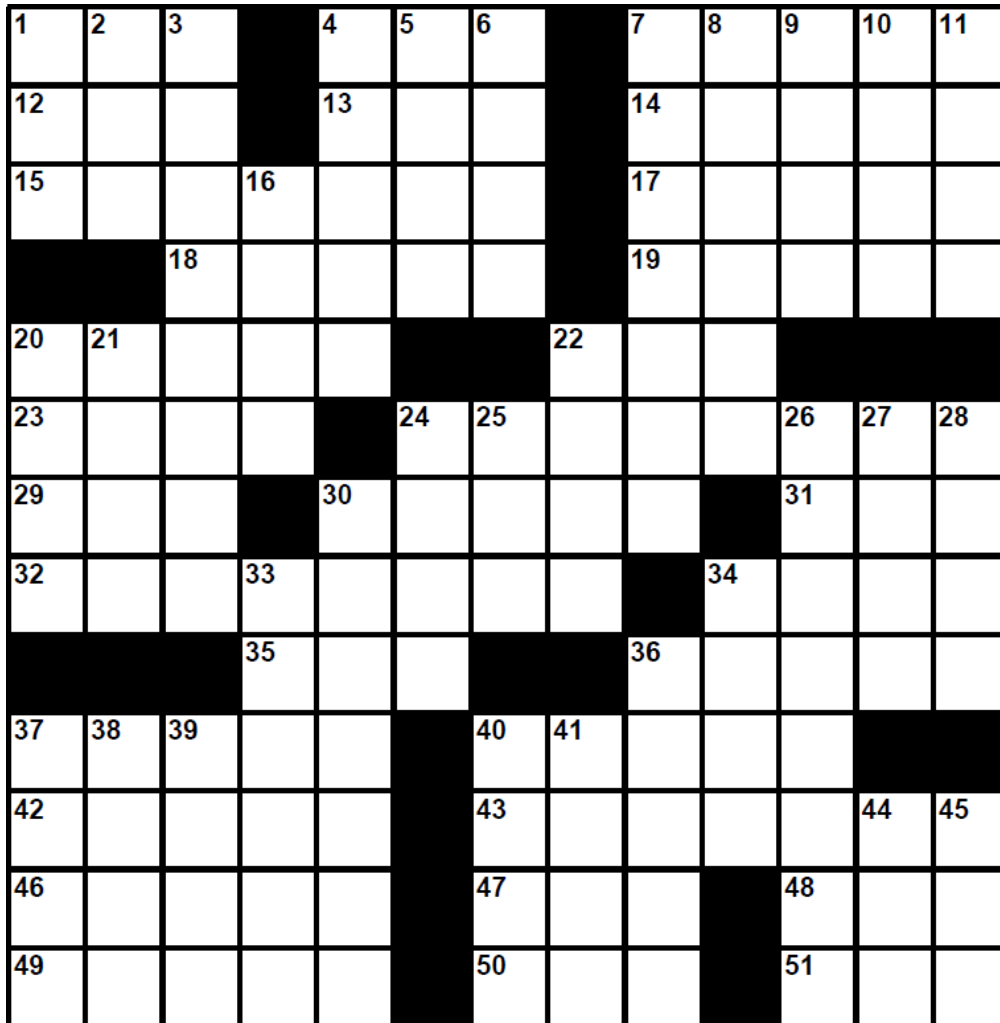
**15 MILLION AMERICANS**  
provide unpaid care for people with  
Alzheimer's or other dementias

IN  
2016

these caregivers provided  
an estimated  
**18.2 BILLION HOURS**  
of care valued at over  
**\$230 BILLION**

IT KILLS  
MORE THAN  
breast cancer  
and prostate cancer  
**COMBINED**





- DOWN**
1. Printing measures
  2. Adriatic, e.g.
  3. Open-minded
  4. Blouse
  5. Whetstone
  6. Mind
  7. Horse breed
  8. Spuds
  9. Perfume
  10. Green fruit
  11. Missing
  16. Platter
  20. Sheltered inlet
  21. Related
  22. Dancer \_\_\_\_ Astaire
  24. River sediment
  25. Common verb
  26. Church instrumentalist
  27. Travel
  28. Eden man
  30. Majestic
  33. Purple flowers
  34. Loads (2 wds.)
  36. Item of value
  37. Dalai \_\_\_\_
  38. Steel ingredient
  39. Baseball glove
  40. Slant
  41. Peruvian Indian
  44. Zodiac sign
  45. Rent

**ACROSS**

- |                       |                      |                      |
|-----------------------|----------------------|----------------------|
| 1. Superlative ending | 22. Evergreen        | 43. Impart gradually |
| 4. Hush!              | 23. Give approval to | 46. Traveler's stop  |
| 7. Coral island       | 24. Florida city     | 47. Flying hero      |
| 12. Recent (prefix)   | 29. Wine (Fr.)       | 48. Understand       |
| 13. Gardener's tool   | 30. Warning signal   | 49. Fidgety          |
| 14. CB ____           | 31. Curtain holder   | 50. Perched          |
| 15. Soup cracker      | 32. Named            | 51. Youngster        |
| 17. Tiny particles    | 34. Water (Sp.)      |                      |
| 18. Made mistakes     | 35. Informant        |                      |
| 19. French cap        | 36. Siren            |                      |
| 20. Gem weight        | 37. Restrict         |                      |
|                       | 40. Buffalo          |                      |
|                       | 42. Get up           |                      |

## 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.

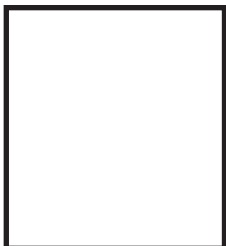


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

**Sign up on our website [www.jcaaa.org](http://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



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

