

# THE SUNSHINE LINE

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(814) 849-3096  
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Brookville, PA 15825

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**Website:**  
www.jcaaa.org



JEFFERSON COUNTY  
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

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## Community Action, Inc. Names Jefferson County Senior Corps-RSVP January Volunteer Station of the Month

Community Action, Inc. announced the Jefferson County Area Agency on Aging's Ombudsman Program was selected to be the Senior Corps-RSVP Volunteer Station of the Month for January. The Ombudsman Program has been a Senior Corps-RSVP station since May 2001. Ombudsman Coordinator, Mindy Sivanich, states, "It is a very rewarding program; it gives you the opportunity to advocate for residents and build friendships. Sixty percent of residents in nursing and personal care homes receive no visitors; Ombudsman volunteers help to fill the gap." The Ombudsman Program is a statewide program "advocating for those who can't, support those who can, and ensure all long-term care consumers live with dignity and respect." Volunteers visit nursing and personal care homes in their area as often or as little as they want, providing information and investigating concerns with residents and their families about their rights, procedures, and resources within the facility. Volunteers also offer consumer education and training for facility staff and help with resident and family councils. Two Senior Corps-RSVP volunteers recognized for their years of service with the Jefferson County Ombudsman Program are Dennis Kinol, seven years, and Thomas Brandon, three years. Community Action, Inc.'s Senior Corps-RSVP is very proud to have the Area Agency on Aging's Ombudsman Program as a volunteer station. This Program depicts the true spirit of volunteerism and is dedicated to making a difference in people's lives. If you are age 55 or over and interested in utilizing your skills and talents to improve our community and change people's lives, become a member of Community Action, Inc.'s Senior Corps-RSVP. Call Samantha Schrecengost, Senior Corps-RSVP Project Director, at 814-938-3302, ext. 236 or toll-free 1-800-648-3381 or via e-mail [volunteer@jccap.org](mailto:volunteer@jccap.org). There are many exciting and rewarding volunteer opportunities waiting for you!



Lent 2017 will start on Wednesday, March 1 and will end on Thursday, April 13  
Happy Saint Patrick's Day March 17th  
March 20th is the first day of Spring.

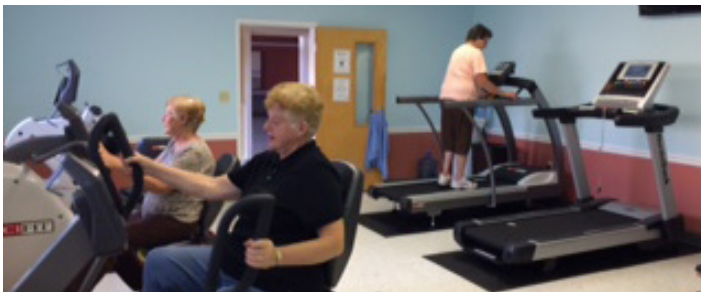
Oliver Township Center,  
Is closed for March  
Questions? Call: 814-849-3391

### Spring Time Shape Up

**NEW at the Reynoldsville Foundry** Join Ruth Pifer every Monday and Wednesday evening from 6:30-7:30p.m. for Tai Chi for Health. No charge for persons age 60+. Participants should wear loose fitting clothing and flat shoes or sneakers.

**NEW at the Brockwayville Depot** Tai Chi for Health. Mondays and Wednesdays from 1:00p.m.-2:00p.m. beginning March 6, 2017.

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.



### Workout at the Brookville Heritage House.

Our Fitness Center is open daily 8:00a.m.-2:00p.m.. Please see the center director or one of our volunteers for registration and equipment usage instructions.



### 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!

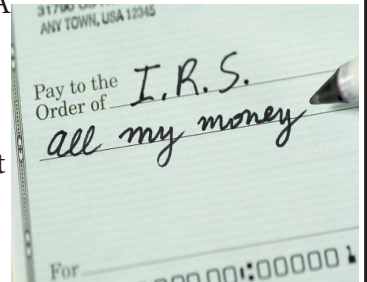
Call 814-849-3096 and ask for Amy to learn more.

### 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.





**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.

### Lenten Fish Fry at the Heritage House



The Nutrition Group Inc. will be serving up fish every Friday starting March 3rd through April 7th at the Heritage House Senior Center.



Menu is as follows:

Fish Sandwich (Fried or Baked) \$6.75 plus tax

\*Sandwich does not include sides\*

Fried or Baked Fish Meal \$8.25 plus tax

Meal comes with French Fries or Baked Potato and Cole Slaw

Coffee and Soda \$.75

The Heritage House Café will be open for fish from 11:00am-1:30pm

### FUNdraiser Bingo



A fun time was had by all and who attended the FUNdraiser Bingo game on Saturday January 21st. The fundraiser helped JCAAA raise close to \$700 to help those on home and community based services receive help to remain healthy in their homes. JCAAA will be hosting more fundraisers throughout the year so stay tuned.

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. 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



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)

**Photo of our Tailgate  
Superbowl Party, what  
a great Friday, everyone  
was in the Spirit we had  
Superbowl trivia, and  
snacks.**



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

**March 3,10,17,24,31 Fish Lunches in the Cafe 11a.m. -1:30p.m., eat in or carry out \$8.25**

**March 6,7,13,14,20,21,27,28. Vita tax preparation 9a.m. -4p.m. call 849-3096 for an appointment.**

- 3/08-** Grocery Bingo Fundraiser– 1-3p.m. 2 Cards for \$3.00, Extra cards \$2.00 Each, win grocery and gift cards/certificates
- 3/11-** Boy scout troop 264, spaghetti dinner 4-7 p.m., (\$8.00 Adult, \$5.00 Kids) eat in or carry out, call 814-715-7575 for tickets
- 3/12-** Paint and sip with Heather and Marsha, \$25.00 ,12-7p.m. call –715-7457 for more information
- 3/13-** Crafts with honey after lunch
- 3/14-** Mary Keck blood pressures checks 11:30 a.m.
- 3/16-** St. Patrick's birthday party, cake and trivia, it's Missies' birthday
- 3/23-** First Tureen Dinner of the year, 5:00p.m., bring a dish and a dollar
- 3/24-** A night of hope, 6:30-8 :30p.m.
- 3/27-** Advisory meeting 1:00p.m.
- 3/31-** And April 1st, 2nd, Brookville community theater presents, the odd Couple, (female version) 4-11p.m. \$20.00 Call 849-2562 for more info.





Punxsutawney Pine Street Center  
103 North Gilpin Street,  
Punxsutawney, PA 15767  
Director: Mindy Grose  
Phone: 814-938-8376  
Email: [pinestreet@jcaaa.org](mailto: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 with Dixie from 9:30-11:30am

**Wednesday** -

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

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

**Megan, Ron and Mary  
decide to have some fun at  
the center!**



**3/07**-National Cereal Day! Cereal Trivia at noon!

**3/08**-The Price is Right at 10:30a.m. sharp!

**3/09**- 10:30a.m. THE GREAT GROCERY GIVEAWAY! This fun free event is filled with friends, food, and information! Sign up by Tues, March 7th

**3/17**- is St. Pats Bingo with Dixie! 9:30a.m.

**3/21**- 9:30-11:30a.m. is Spring Sprung Bingo! The cost is \$2.00 per player and all money is returned in prizes!  
Sign up by Friday, March 17th

**3/22**- The Price is Right at 10:30 sharp!

**3/23**- Kristi from In Home Solutions will be here with a program on healthy aging.

**3/30**- 10:30a.m. inside spring planting

## LUNCH MENU



March 2017

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Mar	2-Mar	3-Mar
		Baked Crab Cake Noodles Italian Vegetable Medley Whole Wheat Bread Sliced Peaches	Hot Dog Whipped Potatoes Sauerkraut Hot Dog Bun Chocolate Brownie	Tuna Salad Sandwich Lettuce & Tomato Tomato Soup Crackers Wheat Bread Fresh Seasonal Fruit
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Pork Loin & Gravy Scalloped Potatoes Peas & Onions Dinner Roll Fresh Seasonal Fruit	Stuffed Cabbage Roll Whipped Potatoes Wax Beans Wheat Bread Pears	Chef Salad (ham, turkey, egg & cheese) Croutons, Carrots, Cucumbers Noodle Soup, Crackers Wheat Bread Peaches	Italian Meatball Hoagie Cheese Seasoned Potatoes Mixed Bean Medley Bun Pudding	Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit
13-Mar	14-Mar	15-Mar	17-Mar	17-Mar
Baked Ham Slice  Mashed Sweet Potatoes Brussel Sprouts Wheat Bread Ice Cream	BBQ Chicken Breast Seasoned Redskin Potatoes Country Vegetable Blend Dinner Roll Sugar Cookie	Chili Mac Cheese Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread Applesauce	<b>St Patrick's Day Special</b> Corned Beef, Cabbage and Potatoes Carrots Dinner Roll Peach Crisp	<b>Happy St. Patrick's Day</b> Macaroni & Cheese Stewed Tomatoes Dinner Roll Fresh Seasonal Fruit
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
<b>"Spring has Sprung" 20-Mar</b> Meatloaf & Gravy Whipped Potatoes Italian Beans Whole Wheat Bread Pudding	Ham & Scalloped Potato Casserole Braised Cabbage Green Beans Dinner Roll Ice Cream	BBQ Pulled Pork Sandwich Southwest Rice & Black Beans Coleslaw Sandwich Roll Fresh Seasonal Fruit	Grilled Chicken Caesar Salad Mixed Greens w/ Tomato Navy Bean Soup / Crackers Italian Bread Pears	Baked Vegetable Lasagna Mixed Greens w/ Tomato Carrots, Onions, Cabbage Garlic Bread Stick Sliced Apples
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Roast Turkey & Gravy Stuffing Baby Carrots Mashed Potatoes Cake	Penne Pasta w/Meatballs Pasta w/ Sauce Mixed Greens w/ Tomato Cukes, Carrots, Cabbage Italian Bread Peaches	Open Face Roast Beef Sandwich w/ Gravy Whipped Potatoes Peas & Carrots Whole Wheat Bread Sugar Cookie	Cheeseburger Lettuce & Tomato Oven Brown Potatoes Coleslaw Sandwich Roll Fresh Seasonal Fruit	Baked Pollock w/ Dill Sauce Baked Potato w/ S. Cream Harvard Beets Dinner Roll Fruit Salad

## PROSCIUTTO, TOMATO & OLIVE SPAGHETTI



### Ingredients

1 pound spaghetti  
 8 cups cold water  
 2 ts sea salt  
 3 ts extra virgin olive oil  
 5 garlic cloves, finely minced  
 2 shallots, finely minced  
 1 cup black olives pitted  
 3-4 tomatoes, diced  
 1/2 cup dry white wine  
 2 Tbs tomato paste or concentrate  
 3 T unsalted butter, cut up  
 reserved pasta water (optional)  
 2.5 oz Parmesan cheese, finely grated  
 a handful of flat-leaf parsley, finely chopped  
 1/2 pound prosciutto

### Directions

In a large pot, bring cold water to a boil. When it boils, add salt and pasta. Cook according to package instructions, stirring often to loosen up the sticky strands. Drain the cooked spaghetti, but save about 1 cup of the pasta water. Set aside. Wipe clean the same pot and set over medium heat with olive oil. When oil is hot, lower heat to medium-low and sauté garlic and shallots until fragrant, about 1 minute. Increase heat to medium again, add olives, and cook for 1 minute. Add the diced tomatoes and cook until soft, about 1-2 minutes. Add the wine and stir until the alcohol has evaporated, about 2-3 minutes. Stir in tomato paste and butter until dissolved. Put the pasta back in the pot and gently mix until each strand is coated in the sauce. Add reserved pasta water if the sauce seems too dry. Toss with Parmesan cheese and sprinkle with chopped parsley. Serve on warmed plates and garnish with prosciutto slices.

## Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

### Plan what you're going to eat

Before you head for the grocery store, plan your meals and snacks for the week. Review recipes for what ingredients are needed. Check to see what foods you already have and make a list of what you need to buy.

### Decide how much to make

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or freeze leftovers in individual containers for future use.

### Determine where to shop

Check the local newspaper, online and at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price.

### Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Your local farmer's market is also a great source of seasonal produce. Just remember that some fresh fruits and vegetables don't last long.

## Crossword Answers

H	A	T		D	O	S	E		S	L	A	P	
O	L	E		E	R	A	S		T	O	N	E	
W	O	E		F	A	L	T	E	R	I	N	G	
L	E	N	I	E	N	T			O	A	S	E	S
				L	A	G			N	I	L		
S	M	E	L	T	E	R			S	T	A	I	N
I	A	N			S	E	C			N	N	E	
S	N	A	R	L			P	A	T	I	E	N	T
				M	E	A			Y	A	M		
R	O	O	S	T			D	E	S	P	A	I	R
A	G	R	E	E	M	E	N	T		N	R	A	
F	R	E	T		A	C	N	E		T	A	N	
T	E	D	S		D	O	E	S		E	N	G	





## Brockwayville Depot

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

**You do not have to be a senior to volunteer at The Brockwayville Depot. Pictured is Carey Moore, a volunteer at The Depot, with some of the ladies helping her celebrate her 40th Birthday.**



**NEW Tai Chi for Health. Mondays and Wednesdays from 1:00p.m.-2:00p.m. beginning March 6, 2017. 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.**

**Join us for national nutrition month Enter our contest daily for a chance to win a free lunch!**

**We will also be collecting food the entire month it will go to the Brockway food pantry.**

**Also mark your calendars! Music night returns with Romey and friends Friday April 21.**

- 03/01- Yoga every Wednesday at 11:00 AM, Artist Connection 7p.m.
- 03/02- Healthy Steps in Motion exercise class every Mon. and Thurs. at 10:00a.m.
- 03/06- Movie Monday 12:30p.m. (American Sniper)
- 03/14- Breakfast 7:30a.m.-9:30a.m.. Blood Pressures and Sugar taken 7:00a.m.-9:00a.m.
- 03/15- Artist Connection 7:00p.m.
- 03/17- St. Patrick's Day. wear your green
- 03/29- Artist Connection 7:00p.m.





## THE FOUNDRY

The Reynoldsville Foundry Center  
45 West Main Street  
Reynoldsville, PA 15851  
Director: Judy Dickerson  
Phone: 814-653-2522  
Email: foundry@jcaaa.org

**Fundraiser for The Foundry**  
**Make plans to enjoy in our**  
**NEW Indoor Vendor & Flea**  
**Markets \$10.00 per 8 ft table**  
**March 4 and April 1st 2017**

**9 – 3p.m.**

**Set up 7 am – 9a.m.**

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



**Join Ruth Pifer every Monday and Wednesday evening from 6:30-7:30p.m. for Tai Chi for Health. No charge for persons age 60+. Participants should wear loose fitting clothing and flat shoes or sneakers.**

**3/01-** 2nd Harvest Food pick up

**3/02-** Master Gardeners down stairs 5:30p.m.

**3/04-** Second IN DOOR VENDOR FLEA MARKET come shop!

( Cinnamon Buns order ahead as they go fast)

**3/06-** Healthy Steps 9:30a.m., Zach here from Chris Dush's office to help with questions, registrations

**3/08-** Tai Chi with Ruth 6:30p.m.

**3/10-** Movie & Popcorn FREE 1:00p.m. TBA Share a good time, like old times

**3/14-** Deb Wachob with Essential Oils claa 6:00p.m. – 9:00p.m.

**3/16 -** Wearing' of the Green , Roxanne from In Home Solutions 11:15a.m. -Master Gardeners down stairs 5:30pm Eat lunch with us at the Shamrock Cafe

**3/17-** Wearing of the Green- Mary Keck from Guardian with Benefits of Therapy

**3/20-** Tai Chi with Ruth 6:30p.m.

**3/21-** March Tureen Dinner Irish Theme

**3/30-** Master Gardeners 5:30p.m.

# A NIGHT OF HOPE

Addiction is a battle many people are fighting. For those that are addicted and for those that love and care about them, the battle can be hard to fight. You are not alone in the struggle, we want to offer hope.

Join us as we hear from a Recovering Addict and his Father and a Representative from the Drug and Alcohol Commission.

Friday, March 24<sup>th</sup> at 6:30PM  
@ The Heritage House, Brookville PA

Come to hear from those that have been down the road we travel. The evening will also include music, refreshments, door prizes, support and HOPE for the battle that belongs to us all !

If you would like further information please call 814-856-2430.  
The Heritage House is located @ 4 Sylvania St., Brookville, PA 15825

## 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)

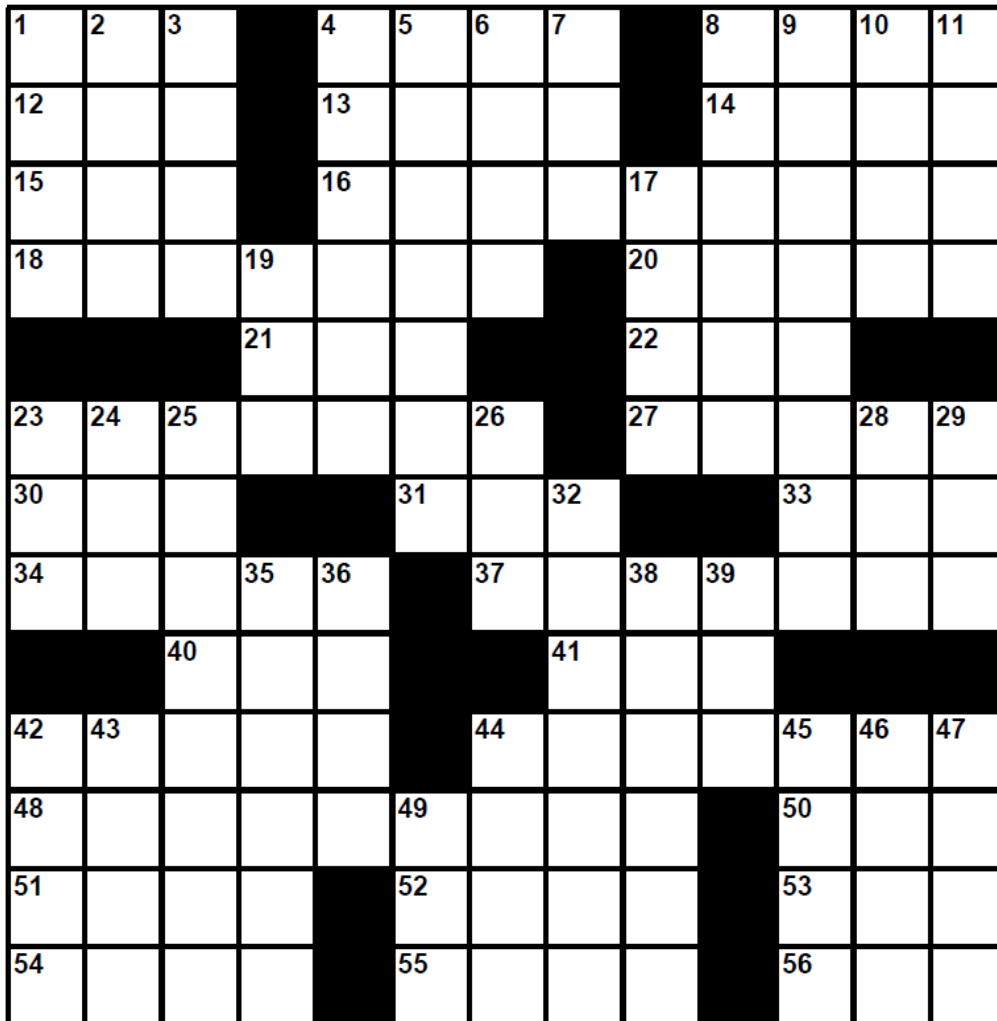
Free - Open to Public

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

### Coordinators/Sponsors:



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



**DOWN**

1. Wolf's wail
2. Lotion ingredient
3. Young adult
4. Conquer
5. Citrus fruits
6. Pepper's companion
7. NJ time zone
8. Narrow waterway
9. Superman's gal (2 wds.)
10. Novelist \_\_\_\_ Rice
11. Wooden pins
17. Ages and ages
19. Not healthy
23. Bro's sib
24. Gent
25. Captivated
26. D.C. VIP
28. Rural hotel
29. Hair holder
32. Very hot pepper
35. Adjusts again
36. Tardy
38. Sips
39. Little devil
42. Huckleberry Finn's craft
43. Mythical giant
44. Art \_\_\_\_ ('20s movement)
45. Poker payment
46. Mideast nation
47. Sounded a bell
49. Furious

**ACROSS**

- |                     |                         |                                 |
|---------------------|-------------------------|---------------------------------|
| 1. Fedora, e.g.     | 22. Zilch               | 48. Accord                      |
| 4. Medicinal amount | 23. Ore refinery        | 50. Gun lobby (abbr.)           |
| 8. Sharp blow       | 27. Discolored spot     | 51. Worry                       |
| 12. Grand ____ Opry | 30. Author ____ Fleming | 52. Skin woe                    |
| 13. Ages            | 31. Dry, as wine        | 53. Light brown                 |
| 14. Musical sound   | 33. Vane dir.           | 54. Koppel and Kennedy          |
| 15. Sadness         | 34. Tangle              | 55. Achieves                    |
| 16. Hesitating      | 37. Tolerant of delay   | 56. Liverpool's country (abbr.) |
| 18. Indulgent       | 40. ____ culpa          |                                 |
| 20. Desert springs  | 41. Sweet spud          |                                 |
| 21. Jet ____        | 42. Bird's perch        |                                 |
|                     | 44. Hopelessness        |                                 |



# Get The Sunshine Line

## 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.

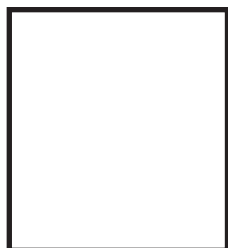


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

**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

