

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

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!



Inside This Issue:

Help JCAAA	2
Older Americans Month	2
Amy Zeitler	3
APPRISE program	3
Heritage House	4
Pine Street	5
Lunch Menu	6
Dementia Support Group	7
Brockwayville Depot	8
The Foundry	9
Wags and Barks	10
Crossword Puzzle	11

JCAAA main office and all 4 centers will be closed
May 29th MEMORIAL DAY

Oliver Township Center,
Is open on May 11th and 25th.
Join us for Lunch and Bingo.
Questions? Call: 814-849-3391



Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens. This year's theme, "Age Out Loud," emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Jefferson County Area Agency on Aging will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Throughout the month, JCAAA Senior Centers will conduct activities and share information designed to highlight our exercise programs, art classes, music nights, and more! We encourage you to get involved by trying a new exercise program, by bringing a friend to lunch, or plan a new activity to share your expertise in!

Join us and ACL as we speak up for #OAM17 and #AgeOutLoud this May!

Contact your Area Agency on Aging: 800-852-8036



Congratulations to Amy Zeitler on winning the APPRISE Bravo Performance Award!



On Thursday April 6, 2017 Amy Zeitler, APPRISE Coordinator, won the award at the annual APPRISE Conference in State College. The Performance Award recognizes an individual who has demonstrated successful collaborations with community partners and improved achievement in reaching performance benchmarks.

Amy has been the Area Agency on Aging APPRISE Coordinator since August 2014. Helping Amy with achieving these goals is Mindy Sivanich and six volunteers. Along with the award the Jefferson County Area Agency on Aging will receive a special grant from the PA Department of Aging to help with additional APPRISE activities in Jefferson County.

APPRISE is Pennsylvania's State Health Insurance Assistance Program (SHIP). The Pennsylvania Department of Aging created APPRISE to help Pennsylvania residents understand their Medicare and other health insurance benefits, and assist citizens in making informed decisions about their health care options. Great job Amy, Mindy, and volunteers!

Jefferson County Area Agency on Aging APPRISE program NEEDS You!!



What is APPRISE you ask?

In the dictionary APPRISE means- to inform or tell (someone).

APPRISE is a designated group that helps Medicare beneficiaries get educated. We assist them when they are new to Medicare to go over their options and we assist them if they have issues. We also screen for the several savings programs that could save them money, attend community outreach events and more!

Look at it as a learning experience!!

To learn how we could use your support please call Amy at 814-849-3096





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 TEAPOT &
 TALK
 THURSDAYS AT 11:00 A.M**



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

05/05- Cinco de mayo party

05/05- Country pride band- 6:30-8:30 p.m

05/07- Relay for life painting with heather 11:00 a.m-7:00p.m

05/08- Smart driver 55 alive refresher class -1:00 p.m-5:00p.m

05/9 & 10- (Two day class 1:00 p.m- 5:00 p.m) please call to pre reg. 849-3391
 (\$15.00 Aarp members, \$20.00 Non-members)

05/10 - Jcaaa meeting 10:00 a.m

05/17 - Volunteer recognition luncheon- noon

05/20 - Nwtf millcreek chapter turkey federation 4:30 p.m-10:00 p.m

05/23 - 30Art show & sale show, (featuring local senior artist)

Public is invited to attend 8:00a.M- 1:00 pm m-f

05/25 - Meet and greet with the artist -10:00 a.m-12:00 p.m

05/25 - Veterans luncheon, noon, (all vets welcome)

05/26 - Service,therapy & emotional support dogs (know the difference)

(With gary & donna fye, with murphy, and joe mauk, with roxanne) 12:30 p.m-1:30 p.m)

05/29 - Closed.....Memorial day

05/30 - 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 - Wheel of Fortune at 10:30a.m.

Tuesday - Penny Bingo from 9:30-11:30a.m.

Wednesday - Yahtzee at 10:30a.m.

Thursday - Exercise at 10:30a.m.

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



**Darlene enjoys a game of
 Bingo!**

05/10 - is our Volunteer Luncheon. Consider volunteering at the center and be a part of the great volunteers that are here!

05/11 - Hostess Cupcake Day!

05/12 - at noon we will be celebrating MOMS! Join us for BBQ Chicken breasts, baked potatoes, lima beans and fresh fruit. Call the day before to make your reservation

05/15 - National Chocolate Chip day! We will be having a 'cookie table' where you can purchase cookies! All the money raised will help buy flowers for our patio!

05/18 - Blood pressure/Blood sugars will be taken by our volunteer nurses at 10:30

05/23 - at 9:30 will be Mystery Bingo! This special bingo will cost \$2 and you need to sign up by Friday,

05/25 - is the Individual Pool Games! Stop down at 9:30 and see how well you can shoot!

Monday

05/29- the Center is closed for Memorial Day

05/31 - Mary from Guardian will be here with a program on "One Apple A Day?"

Roasted Strawberry, Avocado and Mozzarella Grilled Cheese



Ingredients

1 pint ripe strawberries, hulled and quartered (about 4 cups strawberries)
 1 tablespoon coconut sugar
 4 slices thick multigrain bread
 1 tablespoon olive oil
 ½ large ripe avocado, sliced
 2-4 slices GO Veggie! Lactose Free Mozzarella Slices, depending on how cheesy you like things

Directions

Preheat oven to 375 degrees F. Line a baking sheet with foil and lightly coat with nonstick cooking spray. In a medium bowl, toss strawberries with coconut sugar so that they are fully coated. Transfer to prepared baking sheet and arrange so that they aren't crowded. Bake for 20 minutes or until berries are juicy.

Heat a skillet over medium high heat. Lightly brush or drizzle half of olive oil over two slices of bread and place oiled side down in a skillet. Lay mozzarella on top then add avocado and roasted strawberries. Drizzle two slices of bread with olive oil and place oiled side up on the sandwich. Cover with a lid and cook about 4-5 minutes or until golden brown on bottom. Carefully flip the sandwich, reduce heat to medium and cook a few more minutes or until the bread is golden brown. Enjoy immediately! Makes 2 sandwiches.

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:



Crossword Answers

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



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 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

**Volunteers helping do taxes.
They did a wonderful job.**

**05/29- Happy Memorial Day
the Center will be Closed**



Mark your calendars for June!!!

June 8- Strawberry Festival

**June 16- Music Night with Romey 6-9 JOIN US
FOR EXERCISE!!!**

JOIN US FOR EXERCISE!

Healthy Steps In Motion Monday&Thursday10-11

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

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

05/2- Movie Monday 12:30

05/4- Grocery Bag Bingo 6:30 PM cost is 3.00; this includes your Bingo with snacks, dessert and beverage.

05/9 – Breakfast 7:30-9:30 with BP and Blood Sugar taken

05/10 – Artist Connection 7PM

05/11- Mother's Day Lunch at Noon. Make your reservation!!! Bring a friend

05/13- Great Giveaway sponsored by the Sugar Hill and Beechwoods Churches.9-2

Bake Sale at the same time sponsored by The Depot.

05/19- Music Night with Romey and Friends 6-9

05/23-Volunteer Luncheon at Noon

05/24-Artist Connection 7PM

05/25- Memorial Day Service with the Legion, followed by lunch 11:15 Stay for lunch!!!.

Must have a reservation for lunch.

05/31 – Speaker from the Drug and Alcohol Commission at 11:15am



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 – NEW EVENTS: Ask about our CARD Party/GAMES Day/
 Crafty Ladies/ Line Dancing, and Tea Party

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

Tuesday – Domino's 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.

05/19- FUNDRAISER
Lasagna Dinner 5pm – 7pm
take outs available



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.

05/1- Zach from Chris Dush's office

05/3- 2nd Harvest boxes delivered

05/5- Music Night with Francis Lingenfelter's band

05/18-Roxanne from In Home Solutions

05/19- Mary Keck from Guardian Stroke Awareness - FUNDRAISER Lasagna Dinner 5pm – 7pm take outs available

05/25- AARP Driver's Safety Course 1pm – 5pm

05/29- CLOSED Happy Memorial Day

05/31- Volunteer Recognition Luncheon Awards @ fun Noon - ?

Over One Thousand Visits



My name is Murphy and I am a therapy dog, I am writing this to “brag” about completing over one thousand certified visits . My first visit was to Brookside Assisted Living in Brookville on June 4th 2009.

My training to become a therapy dog started when I was eight weeks old. I worked hard at obedience and learned how to behave around people. At one year old I was tested and passed becoming a certified therapy dog. My handlers, Gary and Donna Fye have taken me to universities for stress controlled visits at exam time, hospitals, nursing homes, schools, libraries, and detention centers. I’ve been asked to go to funerals and private homes as well. Making people feel better is my job and I love the people I meet as much as they love me.

My daughter Annie, granddaughter Gabby and grandson Abe are also therapy dogs. It’s a family thing, and we love doing it. Thanks for letting me share my love with you for the last eight years. There are a number of handlers and dog teams available to visit. . Check us out and let us do the job we love doing.

Would you and your dog like to become a therapy dog team? If so you can call my owners Gary and Donna Fye at 814-849-5575 or email gdlisj@yahoo.com. You may visit the therapy dog website at www.tdi-dog.org.

With wags and barks,

Murphy TDIG,TWT

P.S Local Joe Mauk will also be here with Guiding Eyes, along with his now “retired” dog Roxanne, Come and learn the difference of what Service dogs, Emotional Support dogs, and Therapy dogs are trained to do.

This event will take place May 26th at 12:30 p.m. at the Heritage House.

Specifically trained to perform tasks that mitigate a handler's disability.

Trained to bring comfort and joy to those in a hospital, school or other group care environments

Provides support and emotional comfort to a handler with a mental illness

Service Dog



Therapy Dog



Emotional Support Animal



SENIORS - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAA for emergencies 24 hours a day at 1-800-852-8036.

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
			18					19				
20	21	22					23			24	25	26
27						28		29				
30					31		32			33		
34			35	36		37		38	39			
40					41		42					
			43			44						
45	46	47			48				49	50	51	
52					53				54			
55					56				57			

DOWN

1. Braying beast
2. Pres. Coolidge
3. Squeak by
4. Planter
5. Speedy cat
6. Marshal Wyatt ____
7. Snaky letters
8. Writer ____ Christie
9. ____-Mex cuisine
10. Washington bill
11. ____ Gibson of "Braveheart"
16. Resound
19. Pouch
20. Mechanical man
21. Avoid
22. Long-legged bird
24. Smell
25. Rented again
26. Amphitheater
28. Companion
32. Blunder
35. Distant
36. Bus depot (abbr.)
38. Smelling organ
39. Power
41. Iowa or Ohio
44. Eye part
45. Hoops league (abbr.)
46. Poet's "yet"
47. Big boy
49. Debt letters
50. Snaky swimmer
51. Compass pt.

ACROSS

- | | | |
|-----------------------|--------------------------------|---------------------------|
| 1. Top pilots | 27. Partly cover | 52. Whip |
| 5. Average mark | 29. Concerned one | 53. Suit accessory |
| 8. Potent particle | 30. Cocktail lounge | 54. Leaves |
| 12. Rice wine | 31. Bad actor | 55. English princess |
| 13. Contains | 33. Bullfight cheer | 56. Clairvoyant's letters |
| 14. Cowboy ____ Autry | 34. Aromas | 57. Santa's time |
| 15. Dozing ones | 37. Frontmost football players | |
| 17. Skating jump | 40. Beliefs | |
| 18. Least shallow | 42. Brahms piece | |
| 20. Prepare leftovers | 43. Artist Henri ____ | |
| 23. Largest desert | 45. Disney fish | |
| | 48. Blood vessels | |

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.

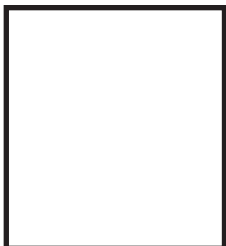


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

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



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

