

THE SUNSHINE LINE

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JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Inside This Issue:

Yard Sale	2
Peanut	3
PEER	3
Heritage House	4
Pine Street	5
Lunch Menu	6
Dementia Support Group	7
Brockwayville Depot	8
The Foundry	9
Tai Chi	10
Crossword Puzzle	11

Mark your calendar!

Senior Picnic

JULY
20
2017

Hosted by



10 AM
to
2 PM

Jefferson County Fairgrounds under the grandstand

Educational materials, health screenings,
prizes, 50/50 drawing and more!

Entertainment by the Village Voices starting at 1 PM.

Transportation available by contacting your senior center.

This year's theme is
**AGE
OUT LOUD!**

KNOW
YOUR
RIGHTS!

STAY
ENGAGED!

STRIVE
FOR
WELLNESS!

EXPLORE
NEW
THINGS!

June 14th is Flag Day, is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.

Oliver Township Center,
Is open on June 8th and 22nd.
Join us for Lunch and Bingo.
Questions? Call: 814-849-3391

Yard Sale FUNDRAISER



ACCEPTING DONATIONS
FOR 1st ANNUAL
INDOOR YARD SALE,
CLEAN OUT YOUR ATTIC
GARAGE, BASEMENT,
BARN, HOUSE.

GOOD, CLEAN WORKING ITEMS ACCEPTED.

SALE WILL BE JUNE 10th 2017 8—5 AT THE
HERITAGE HOUSE , 4 SYLVANIA ST. BROOKVILLE
CALL MISSIE AT 849-3391 FOR MORE INFO.

(DROP OFF HOURS ARE 8-1 MON-FRI.)

A happy ending for Peanut...



Punxsutawney has the largest home delivered meal route in Jefferson County which takes driver Bobby Clontz 8 to 9 hours every Tuesday to complete. Bobby is much more than a delivery driver. Many of those who receive meals in Punxy have commented over the years on the wonderful job Bobby does delivering their meals. He is always happy to see each person, takes the time to talk, and checks to make sure they are doing okay.

One participant receiving meals and her dog Peanut had a special friendship with Bobby. When she passed away recently she left instructions with her family that Peanut should go to Bobby because of how kind he had always been to her and her beloved dog. It was a comfort for her to know that her furry friend would live out the rest of his years being cared for by Bobby.

Thank you Bobby Clontz for being so much more than “just a delivery driver” to everyone in Punxsutawney receiving home delivered meals.

PEER



The McKinley Health Center and Laurelbrooke PEERs (Pennsylvania Empowered Expert Program) worked together to create the front window display at the Jefferson County Area Agency On Aging in Brookville. Individuals made flowers and came up with the summer/beach theme for an outreach project to bring awareness of the program to the community.

The PEERs are long-term care residents who are trained to self-advocate and empower their fellow residents to improve their quality of life and quality of care in long-term care facilities. PEER is a partnership between residents, facility staff, and the local ombudsman.

If you or a family member are living in a nursing facility or personal care home and interested in becoming a PEER please contact Mindy Sivanich at 800-852-8036.





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.

6/5-FARMERS MARKET VOUCHERS- 8-1

6/6-QUIET CREEK HERB FARM TRIP- 9-1

6/10-INDOOR FUNDRAISER YARD SALE-8-5

6/13-BLOOD PRESSURE CHECK WITH MARY KECK- 11:00

6/19 to 23-HERE COMES THE BRIDE,(BRING IN YOUR WEDDING PICTURES TO SHARE)

6/24-HUNTER SAFETY COURSE-9-4

6/25-STRAWBERRY SOCIAL- 1-3

6/26-ADVISORY COUNCIL MEETING-1:00

6/29-TUREEN DINNER-5-7

6/30-CROSSFIRE BAND-7-9



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

**Robert and Peggy enjoy
 the center.**



6/01 – an evening meal at the Center. \$3 per person and you must sign up by Tuesday, May 30th We will be grilling out that evening!

6/06- Quiet Creek Herb Farm trip

6/07- 8:00 am til 1:00 pm The Farmers Market Vouchers will be distributed that day. You are welcome to come to the center to pick up your vouchers if you meet the requirements

6/14- Mary Day! Mary will be at the center if you have questions about your phone, facebook or computers.

6/16 - we will be Celebrating Dads at lunch today! Please sign up for lunch by Thursday, June 15th

6/20 - is “Buddy Bingo” The cost is \$2 per player and you must sign up by Friday the 16th

6/21 – Mary from Guardian will be here presenting a program on Strokes

6/22 - Kristi from In Home Solutions will be here with a program on Healthy Aging

6/23 - Pink Flamingo Day at the center! Find a Flamingo, see what you can win!



June 2017

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Menus Subject to Change				
<p>5-Jun</p> <p>BBQ Beef Ribbette 1/2c. Sweet Potato Bites 1/2c. Mixed Vegetables Cornbread Birthday Cake</p>	<p>6-Jun</p> <p>Meatball Sandwich w/sauce & cheese 1/2c. Seasoned Redskins 1/2c. Mixed Bean Medley Sandwich Roll Fresh Fruit</p>	<p>7-Jun</p> <p>Roasted Turkey w/gravy 1/2c. Mashed Potatoes 1/2c. Peas & Carrots Wheat Bread 1/2c. Vanilla Ice Cream</p>	<p>1-Jun</p> <p>Chicken Parmesan 1/2c. Rotini Pasta 1c. Tossed Salad w/tomato Italian Bread 1/2c. Sliced Peaches</p>	<p>2-Jun</p> <p>Club Sandwich (Ham, Turkey, Cheese) Lettuce, Slice Tomato 1 c. Creamy Cauliflower Soup w/crackers White Bread Fresh Fruit</p>
<p>12-Jun</p> <p>Crab Cake 1/2c. Parmesan Noodles 1/2c. Italian Beans Wheat Bread 1/2c. Pears</p>	<p>13-Jun</p> <p>Roast Beef / Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce</p>	<p>14-Jun</p> <p>Salisbury Steak w/gravy Baked Potato 1/2c. Coleslaw Wheat Bread 1/2c. Mixed Fruit Salad</p>	<p>8-Jun</p> <p>Chef Salad (Ham, Turkey, Cheese, & Egg) 1 c. Wedding Soup w/crackers Breadstick 1/2c. Sliced Pears</p>	<p>9-Jun</p> <p>Baked Chicken Thigh 1/2c. Wild Rice 1/2c. Brussel Sprouts Wheat Bread 1/2c. Apricots</p>
<p>19-Jun</p> <p>Meatloaf w/gravy 1/2c. Mashed Potatoes 1/2c. Peas & Carrots Wheat Bread 1/2c. Sherbet</p>	<p>20-Jun</p> <p>Southwestern Chicken Wrap (Chicken, Cheese, Pimento, Mayo, lettuce, tomato) 1 c. Vegetable Barley Soup Tortilla Shell/Wrap 1/2c. Apricots</p>	<p>21-Jun</p> <p>Spaghetti & Meatballs(3) 3/4c. Pasta w/sauce 1 c. Tossed Salad w/tomato Italian Bread 1/2c. Pears</p>	<p>15-Jun</p> <p>Baked Sweet Sausage Onions, Peppers & Sauce 1/2c. Seasoned Redskins 1/2c. Green Beans Wheat Bread Fresh Baked Cookie</p>	<p>16-Jun</p> <p>Tuscan Chicken w/sun dried tomato cream sauce 1/2c. Penne Pasta 1 c. Tossed Salad w/tomato Breadstick 1/2c. Sliced Peaches</p>
<p>26-Jun</p> <p>BBQ Chicken Baked Potato 1/2c. Lima Beans Wheat Bread Mandarin Oranges</p>	<p>27-Jun</p> <p>Chicken Marsala 1/2c. Garlic & Parmesan Orzo 1/2c. Carrots White Bread 1/2c. Pineapple Delight</p>	<p>28-Jun</p> <p>Cheeseburger w/lettuce & tomato 1 c. Creamy Potato Soup Hamburger Roll Fresh Fruit</p>	<p>22-Jun</p> <p>Hot Dog w/2 T. Sauerkraut 1/2c. Mashed Potatoes 1/2c. Sweet Corn Sandwich Roll Brownie</p>	<p>23-Jun</p> <p>Breaded Lemon Pepper Pollock Baked Potato 1/2c. Sweet & Sour Coleslaw White Bread Fresh Fruit</p>
<p>29-Jun</p> <p>Baked Ham Slice w/fruit Sauce 1/2c. Mashed Potatoes w/Chives 1/2c. Summer Beet Salad Wheat Bread 1/2c. Chocolate Pudding</p>	<p>30-Jun</p> <p>Taco Salad 3 oz Meat & Cheese 1c. Tossed Salad w/tomato 1/2c. Corn & Black Bean Salad Nacho Chips or Tortilla 1/2c. Peaches</p>			

Fried Caprese Bombs



Ingredients

- 16 golf ball-sized tomatoes (see note above)
- 16 "ciliegine" (small 1/2-inch size) fresh mozzarella balls drained and dried with paper towels
- 1/2 cup all-purpose flour
- 1 cup seasoned breadcrumbs
- 2 large eggs
- 2 tablespoons milk
- Vegetable or canola oil, for frying
- 3/4 cup balsamic vinegar
- 1/4 cup honey
- Flaky sea salt, such as Maldon, for sprinkling
- 1 small bunch basil leaves, for garnish

Directions

1. Using an apple corer or melon baller, gently scoop out the centers of the tomatoes and discard. Push a mozzarella ball into each hollowed tomato, being careful not to rip the tomatoes.
2. Pour the flour in a shallow bowl. Pour the breadcrumbs in another. In a third shallow bowl, beat the eggs with the milk. Dip the tomatoes into the flour and roll to coat, and then dip them into the egg mixture. Roll the tomatoes in the breadcrumbs to coat. Repeat the egg and breadcrumb coatings a second time.
3. In a saucepan over medium-high heat, combine the balsamic vinegar and honey. Bring to a gentle boil, then reduce heat and simmer until the balsamic has reduced by half and easily coats the back of the spoon, about 10 minutes. Remove from heat and set aside.
4. In a high-walled, heavy-bottomed skillet heat 1/2-inch of oil over medium-high heat until it reaches 350°F. Fry the tomatoes in batches, turning, until golden brown all over. Using a slotted spoon, transfer tomatoes to a paper towel-lined plate. Sprinkle with sea salt.
5. Serve the tomatoes while warm with additional mozzarella balls and a basil leaf garnish. Drizzle with the balsamic reduction and serve.

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

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



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

**Grocery Bingo at The Depot
fun was had by all looking
forward to the next one!**



JOIN US FOR EXERCISE!

Healthy Steps In Motion Monday & Thursday 10-11

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

Tai Chi will be on a break the month of June, it will resume in July.

06/5-Movie Monday 12:30

06/6- Quiet Creek Herb Farm 9-1: Farmer's Market Voucher at THE DEPOT 9-2

06/7- FARMER'S MARKET VOUCHER at FALLS CREEK Borough Office 8-1

06/8 – Strawberry Festival

06/13- Breakfast 7:30-9:30; Blood Sugars and BP with be available

06/14- Advisory Meeting 12:30

06/15-Father's Day Luncheon

06/16-Music Night with Romey and Friends 6-9

06/29- Art Show Registration 4-7

STOP IN OR CALL THE DEPOT TO SIGN UP FOR SENOIR DAY AT THE FAIR (JULY 20TH)



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 is served every day at 12:00 Call Judy @ 814-653-2522 for your reservations/ Questions

Monday– Healthy Steps 10:30am, Jam Session 1pm

Tuesday – Domino’s 10am, Nickel Bingo 9 AM - 11:30

Wednesday – Healthy Steps in Motion 10:30 – 11:30

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

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

**Clark’s Famous Cinnamon
 Rolls Long Johns - available
 every Thurs & Fri
 (New Fundraiser)**



Tai Chi will be on a break the month of June, it will resume in July.

WE ARE ALWAYS LOOKING FOR VOLUNTEERS TO HELP SERVE LUNCHES AND WITH OTHER ACTIVITIES.

- 6/01- Framers Market Vouchers
- 6/02- Music with Bill DeLong & Friends
- 6/05- No Zach / Chris Dusch office
- 6/06 Quiet Creek Farm Trip
- 6/07- 2nd Harvest pick-up
- 6/13- Master Gardeners
- 6/15- Roxanne – In Home Solutions
- 6/16- Guardian – Mary Keck – Blood pressure & Dehydration
- 6/20- Pool Guys (Play Pool)
- 6/23- Fundraiser – Lasagna Dinner

Tai Chi

What Is It?

Tai Chi is a form of exercise that originated in China. Recently it has been shown to be an effective part of an exercise regimen for older adults, increasing balance, flexibility, posture, and strength. *

Who Can Benefit from Tai Chi?

Everyone can benefit in some way. Tai Chi is particularly helpful for individuals with arthritis, gait or balance disorders, or falls.

How Does Tai Chi Work?

The exercises of Tai Chi have been shown to increase flexibility, muscle strength, and overall fitness. Each of these components is an important element of care for someone with arthritis or an unsteady gait.

- Tai Chi exercises are gentle.
- Tai Chi exercises all joints and muscles of the body.
- Tai Chi is easy to learn and requires no special equipment.
- Many practitioners of Tai Chi believe that it has an ability to improve one's overall outlook on life by improving the body-mind connection.

How Can I Get Started?

Most people do best with personal instruction or perhaps a video after individualized training.

Tai Chi classes will resume in July at both the Brockway Depot and Reynoldsville Foundry senior centers.

**Journal of the American Geriatrics Society. 1996 May 44(5): 489-97*



New York City Trip

Clarion Area Agency on Aging, The New Bethlehem Center would like to invite anyone interested in going on a trip to New York City. The Bus will leave Clarion Mall Monday, July 10th at 7:30 AM (roughly). There will be one stop for lunch before arriving in New York City. There will be a tour of upper Manhattan with a stop at Ground Zero, 9/11 Museum. On Tuesday, there will be an audio tour of Ellis Island and Statue of Liberty. On Wednesday, July 12th there will be a tour of lower Manhattan before heading home. Double occupancy price is \$380. Two dinners in Manhattan and Two nights lodging in New Jersey are included in the price. We have 20 seats available. Please let me know as soon as possible. Thank you!



Paula Ganoë, Center Manager (814) 221-7869

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		

DOWN

1. Fawn's fathers
2. Fable writer
3. Innocent
4. Recipe direction
5. 14-line poem
6. Opponent
7. ____ of living
8. Talk
9. Do the wrong thing
10. "The Matrix" hero
11. Hamilton bill
16. Most recent
19. Wiggly fish
22. GI's club
23. Fixed
24. Mule's kin
26. Spike heel
28. Afternoon nap
29. Baseball stat
30. Above, in verse
31. Acorn tree
34. Foil metal
35. Go off the tracks
38. Office notes
40. Broadcast
41. Self-assurance
42. Ginger cookies
43. Female
44. Confederate
45. Cleopatra's snake
46. ____ Thurman of "Kill Bill"
47. Speck

ACROSS

- | | | |
|------------------------------|------------------------------|-----------------------------|
| 1. ____ Diego | 18. Political bureaucracy | 37. Shade of green |
| 4. Wind direction (abbr.) | 20. Gush | 39. Plant fluids |
| 7. Fragrance | 21. Gazed upon | 43. ____ gap |
| 12. Steeped brew | 22. Can.'s neighbor | 45. Inspect ledgers |
| 13. Cargo weight | 25. Boston time zone (abbr.) | 48. Disease from mosquitoes |
| 14. Trio number | 27. Girls | 49. Clever |
| 15. Ridiculous | 29. Hen's perch | 50. Grease |
| 17. Baseball great Hank ____ | 32. Uprisings | 51. Telepathy (abbr.) |
| | 33. Get lost! (2 wds.) | 52. Artist ____ Picasso |
| | 35. '50s monogram | 53. Foxy |
| | 36. Annoy | 54. ____ Moines |

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.

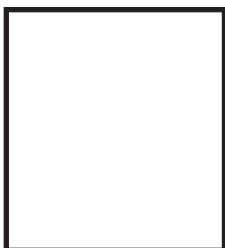


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

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

