

THE SUNSHINE LINE

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(814) 849-3096
1-800-852-8036

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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

NEW at the SENIOR PICNIC!

We will be having several fundraisers available at this year's SENIOR PICNIC. Bring some extra cash so that you can buy tickets for our Basket Raffle and Lottery Raffle!

Basket Raffle – our senior centers and office staff have put together some wonderful baskets to make your summer go right. Tickets will be sold at one for \$1.00 or six for \$5.00.



Lottery Raffle – tickets will be available for our first lottery raffle fundraiser at \$5.00 per ticket. You will have 31 chances to win as this game follows the daily 7:00pm PA Lottery Pick 3 game!

50/50 will also be available!

We love hosting this event and want to make it another successful year! Help support our cause!



REGISTRATION at the SENIOR PICNIC Thursday July 20, 2017

This year may look a little different but the fun will be the same. When you arrive to the senior picnic the **registration table will be at the main entrance to the Jefferson County Fairgrounds.**

Our staff will greet you and give you a tote bag and your door prize ticket to fill out. You will then proceed to the grandstands for the event.

Health fair begins at 10:00am, lunch will be served at 12:00pm, and the Village Voices will perform around 1:00pm.

We look forward to seeing you all there!

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JCAAA main office and all 4 centers will be closed Tuesday, July 4th to celebrate Independence Day

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

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.

We help over 2,000 older adults and their families every year by administering comprehensive services to assist them to remain a citizen in our communities.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go farther and serve more than we otherwise would have been able. We are extremely appreciative for the gifts that we receive and we take our accountability to our donors very seriously. We provide a written acknowledgment to all donors for every type and amount of gift received.

Your contribution is tax-deductible to the extent allowed by law. Please note the amount of your contribution that is deductible for federal income tax purposes is limited to the money contributed by the donor minus the value of goods or services provided by JCAAA.

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
Phone: (814) 849-3096



Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program is the new name for the Food Stamp program. These benefits are used to buy food and help eligible low-income households in Pennsylvania obtain more nutritious diets by increasing their food purchasing power at grocery stores and supermarkets. If you are eligible, you will receive a Pennsylvania Electronic Benefits Transfer (EBT) ACCESS Card which is used to make food purchases at grocery stores and supermarkets.

BENEFITS: Eligible low-income households in Pennsylvania

THOSE ELIGIBLE: To get SNAP benefits, your income must be under certain limits. SNAP households may receive deductions from their gross income for things like housing costs, child or dependent care payments, and medical expenses over \$35 for elderly or disabled people.

TO APPLY: You can apply for or renew your SNAP benefits online by using COMPASS.

COMPASS is the name of the website where you can apply for the SNAP program and many other services that can help you make ends meet. Or, you can file an application at your local county assistance office.

The following persons may apply:

- The head of the household;
- The spouse of the head of household;
- Any other responsible household member; or
- A designated authorized representative, who can be a friend, relative, neighbor, or anyone else the applicant trusts to go food shopping and use his/her SNAP benefits.

CONTACT: If you have questions about SNAP you may call the Department of Human Services Helpline toll-free at 1-800-692-7462 (1-800-451-5886 TDD number for individuals with hearing impairments) or your local county assistance office.



From: Benefits & Rights For
Older Pennsylvanians 2016
To get a copy stop by the
JCAAA Main Office

\$2,500 Total Cash Prizes!
Support Jefferson County Seniors and
Buy Your Ticket Now!

No. XXX

Name _____

Phone _____

Address _____

Jefferson County Area Agency on Aging
\$2,500 Total Cash Prizes!

186 Main Street, Suite 2, Brookville

Winning number from the first 7:00pm PA Lottery Pick 3 number.
 Cash winnings based on the amount listed for each day on the calendar,
 on the back of this ticket. All unsold tickets become property of JCAAA.

Not responsible for typographical errors. SGO license 262017
 Donation \$5.00 Only 1,000 tickets

- Benefits Jefferson County Seniors -

No. XXX

Tickets are available at all senior centers and at the main office in Brookville. Ticket is good for the month of August and winning number is from the first 7:00pm PA Lottery Pick 3 game. Cost is \$5.00 per ticket and only 1,000 will be sold. Cash winnings based on the amount listed for each day the month of

AUGUST 2017

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
		\$100	\$50	\$50	\$50	\$100
6	7	8	9	10	11	12
\$100	\$50	\$50	\$50	\$50	\$50	\$100
13	14	15	16	17	18	19
\$100	\$500	\$50	\$50	\$50	\$50	\$100
20	21	22	23	24	25	26
\$100	\$50	\$50	\$50	\$50	\$50	\$100
27	28	29	30	31		
\$100	\$50	\$50	\$50	\$100		

August!

Any questions please call
Molly McNutt at 814-849-3096.

Senior Farmers Market Nutrition Program (SFMNP)



The Senior Farmers Market Nutrition Program (SFMNP) increases the availability of fresh fruits and vegetables for low-income older adults. It provides eligible recipients with four \$5 checks, which allow them to purchase fresh, nutritious, locally-grown fruits, vegetables, and herbs from participating Pennsylvania farmers' markets. It is a seasonal program that runs from June to November. The list of participating farmers markets is available at check pick-up and at www.agriculture.pa.gov by searching "farmers markets."

Farmers Market vouchers are still available at your local senior center.

The Foundry
 45 West Main Street
 Reynoldsville, PA 15851
 (814) 653-2522

Pine Street Senior Center
 103 North Gilpin Street
 Punxsutawney, PA 15767
 (814) 938-8376

Heritage House
 4 Sylvania Street
 Brookville, PA 15825
 (814) 849-3391

Brockway Depot
 4th & Alexander Street
 Brockway, PA 15824
 (814) 265-1719



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 5:30-6:30p.m.,
Woodcarver class Monday 9-12p.m.

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 10:00am, Teapot and Talk, at 11:00a.m.

Friday - Bingo 9:30am, Bridge 1pm,
Read out loud in the café lounge 11am, (short stories or poems)

NEW STARTING IN JULY

**Wood carvers group, every
Monday 9:00-12:00.**

**Join us if you wish to learn
woodcarving or if you're a
carver, and wish to share your
knowledge with others. We
will be working with knives
and gouges.**

**Tai-chi is back every Monday
5:30-6:30 p.m.**

**Learn to play bridge with Jean
English – 6-week class. Starting
July 6,13 and 27 10:00-12:00.
Call Missie to register 849-3391**



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

7/04 - CLOSED

7/07 - RAY'S FINAL CUT BAND 6:30-8:30 P.M

7/08 - SUMMERVILLE ALUM. 5:00-9:00 P.M

7/09 - KNAPP REUNION 12:00-2:00 P.M

7/11 - BLOOD PRESSURE 10:00-12:00 P.M with MARY KECK

7/13 - SENIOR MEETING 1:00-3:00 P.M

7/14 - GLAUCOMA SCREENING 10:00-12:00 P.M with CAROL BROSUIS

7/20 - SENIOR PICNIC AT THE FAIR GROUNDS 10:00 A.M.- 2:00 P.M.

7/21 - MESSAGES WITH MELORA 10:30 A.M

7/22 - C.L. HIGH SCHOOL CLASS OF 1971 REUNION 5:00-9:00 P.M

7/27 - TUREEN DINNER (POLISH NIGHT) BRING A DISH AND A DOLLAR 5:00-7:00 P.M

7/31 - ADVISORY 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

Mary and Ron enjoy the center.



7/5- Healthy Steps for Older Adults class at 10:00. Call the center to sign up for this great program. It's about learning to prevent falls

7/12- Jefferson Manor Bingo at 11:00

7/11- is shark awareness day at the center! At noon, we will be talking about our finned friends!

7/19- NEW! Shuffleboard at the center! 10:00

7/20- the center is closed. We will be at the Jefferson County Fair

7/25- Christmas in July Bingo! \$2 per person and you need to sign up by Friday, July 21st

7/26- Mary from Guardian will be here at 11:15

7/27- Kristi from In Home Solutions will be here at 11:15



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jul Glazed Pork Loin 1/2 c Mashed Potatoes 1/2c Braised Cabbage Wheat Bread Cake	 Happy 4th	5-Jul Chicken Salad Sandwich w/lettuce & tomato 1 c. Pasta Florentine Soup w/crackers White Bread 1/2c. Peaches	6-Jul 3/4c Sausage Scramble 1/2c Breakfast Potatoes Wheat Bread w/Jelly Fresh Fruit	7-Jul Roast Beef Stroganoff 1/2c. Buttered Noodles 1/2c Peas & Carrots White Bread Fresh Fruit
10-Jul Pepper Steak w/peppers & gravy 1/2c. Garlic Mashed Potatoes 1/2c. Mixed Vegetable Medley Wheat Bread Fresh Baked Cookie	11-Jul Chicken Cobb Salad Diced Chicken, Egg, Cheese, Sprinkle of bacon bits 1 c. Noodle Soup w/crackers Dinner Roll 1/2c. Pineapple Tidbits	12-Jul Stuffed Pepper 1/2c. Mashed Potatoes 1/2c. Sweet Corn Wheat Bread 1/2c. Fruit Crisp	13-Jul Sweet Turkey Sausage (6) Minestrone over 3/4c. Bowtie Noodles 1/2c. Green Beans Italian Bread Fresh Fruit	14-Jul Mushroom Swiss Burger 1/2c. Hot German Potato Salad 1/2c. Baked Beans Hamburger Roll Brownie
17-Jul Chicken Parmesan 1/2c. Rotini Pasta 1c. Tossed Salad w/tomato Italian Bread 1/2c. Sliced Peaches	18-Jul Club Sandwich (Ham, Turkey, Cheese) Lettuce, Slice Tomato 1 c. Creamy Cauliflower Soup w/crackers White Bread Fresh Fruit	19-Jul Swiss Steak w/gravy 1/2c. Mashed Potatoes 1/2c. Sliced Carrots White Bread Fresh Baked Cookie	20-Jul SENIOR DAY AT THE FAIR SEE YOU AT THE FAIR	21-Jul Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread 1/2c. Pineapples & Oranges
24-Jul Meatball Sandwich w/sauce & cheese 1/2c. Seasoned Redskins 1/2c. Mixed Bean Medley Sandwich Roll Fresh Fruit	25-Jul Roasted Turkey w/gravy 1/2c. Mashed Potatoes 1/2c. Peas & Carrots Wheat Bread 1/2c. Vanilla Ice Cream	26-Jul Chef Salad (Ham, Turkey, Cheese, & Egg) 1 c. Wedding Soup w/crackers Breadstick 1/2c. Sliced Pears	27-Jul Baked Lemon Pepper Chicken Thigh w/gravy 1/2c. Wild Rice 1/2c. Brussel Sprouts Wheat Bread 1/2c. Apricots	28-Jul BBQ Pork Ribette 1/2c. Sweet Potato Bites 1/2c. Mixed Vegetables Corn Drop Biscuit Brownie
31-Jul Hot Roast Beef Dinner w/Gravy 1/2c. Whipped Potatoes 1/2 c. Mixed Vegetables White Bread				

*All Menus Subject to Change

Raspberry-Buttermilk Ice Pops



Ingredients

- 1 c. fresh raspberries
- $\frac{3}{4}$ c. sour cream
- $\frac{1}{4}$ c. buttermilk
- 3 tbsp. honey
- 1 tbsp. fresh lemon juice

Lighten up! Replace the sour cream and buttermilk with 1 cup plain nonfat yogurt to save 7 grams of fat and 41 calories per serving.

Directions

1. In a large bowl, smash raspberries with the back of a fork. Add remaining ingredients, and stir to combine.
2. Pour mixture into ice-pop molds and freeze for 30 minutes. Insert a wooden stick into each pop; then freeze for at least 2 more hours.

TOTAL TIME: 2:40

PREP: 0:10

LEVEL: MODERATE

YIELD: 4 POPS

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)

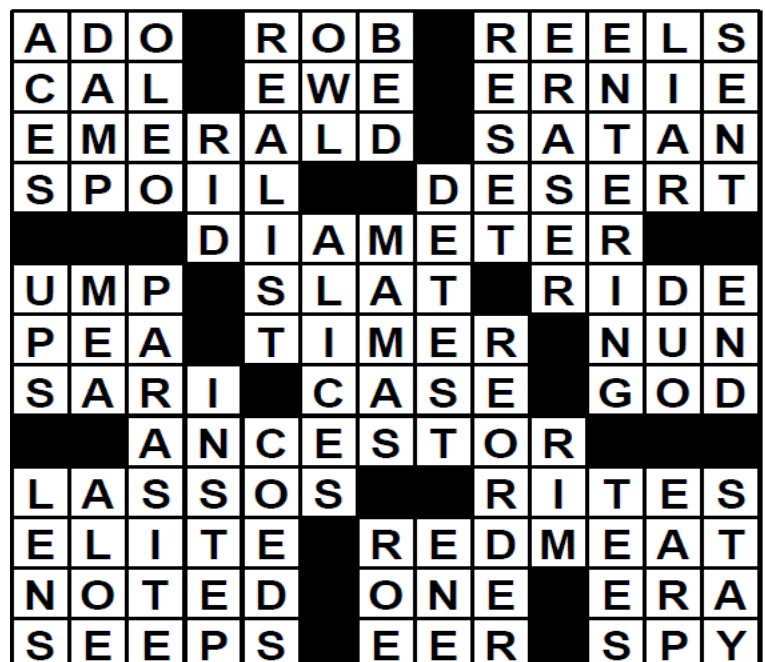
Free - Open to Public

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

Coordinators/Sponsors:



Crossword Answers





Brockwayville Depot

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

**The big winners in our
Grocery Bingo....Who will be
the next? That would be on
July 27th at 6:30 !**

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, Tai-Chi 1-2

Tuesday - Bingo after lunch

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

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

Friday – Bingo 10am followed by lunch



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

TAI-CHI IS BACK! Starting on the 12th at 1:00p.m.

07/4- Closed for the 4TH

07/11- Breakfast 7:30-9:30 also taking Blood Sugar and Blood Pressures

07/14- Music Night with Romey and Friends 6-9

07/18- Grocery Bingo 6:30 PM

07/20- Senior Day at the Fair..Center Closed

07/25- Glaucoma Screening 10-12

07/27- Bingo with Jefferson Manor 12:30



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
 please call for orders over 6
 by Tuesday**



Still Searching for card players “500 Bid”

- 7/4- Closed for Independence Day, Red White and Blueberry Festival Begins
- 7/7- Music Night * Band yet to be announced
- 7/8- Mason’s Pancake Breakfast, Quilt Show Down Stairs 9-3
- 7/10- Tai Chi is back 6-7
- 7/12- Tai Chi 6 -7
- 7/17- Carole Brocius Glaucoma Screening free eye checks
- 7/18- Tureen Dinner – Picnic Fried Chicken bring a dish and a dollar
- 7/19- Tai Chi 6 - 7
- 7/20- Senior Fair, See you at the Jefferson County Fairgrounds 10 -2pm
- 7/21- Guardian, Christmas in July Bingo with Mary Keck
- 7/24- Tai – Chi 6-7
- 7/26- Tai – Chi 6 -7
- 7/27- Christmas In July – Grocery Bingo
- 7/29- Lulu Style Family Picnic, Dress Tropical, Bring a dish 12 – 3 Games and More
- 7/31- Tai Chi 6 -7



NATIONAL DO NOT CALL REGISTRY

Do Not Call List – Avoid Telemarketing Calls

Unwanted telemarketing calls can be a nuisance and an intrusion upon your privacy at home. In 2002, Pennsylvanians were first given the opportunity to avoid these calls by registering for the Do Not Call list. In fact, one million citizens registered in a single two-week period that year, and millions more have registered through the past few years.

Consider these tips:

- All adults in a household can individually register under Do Not Call, even though they will be listing the same home phone number.
- Be conservative about which businesses you choose to give your phone number. Entering a contest, signing-up for a promotion cancels your Do Not Call registration with that business since authorization to call you was given and a business relationship has commenced.
- There are exceptions to the Do Not Call law allowing politicians, charitable organizations, and entities with whom there is a business relationship to place calls to your phone number.
- Consumers can revoke or cancel the business relationship and request placement on the business' internal Do Not Call List.

There are now two different places for Pennsylvania consumer to register their phone numbers to avoid unwanted telemarketing phone calls. Registering your number at either site is good for 5 years or until the phone number is disconnected.

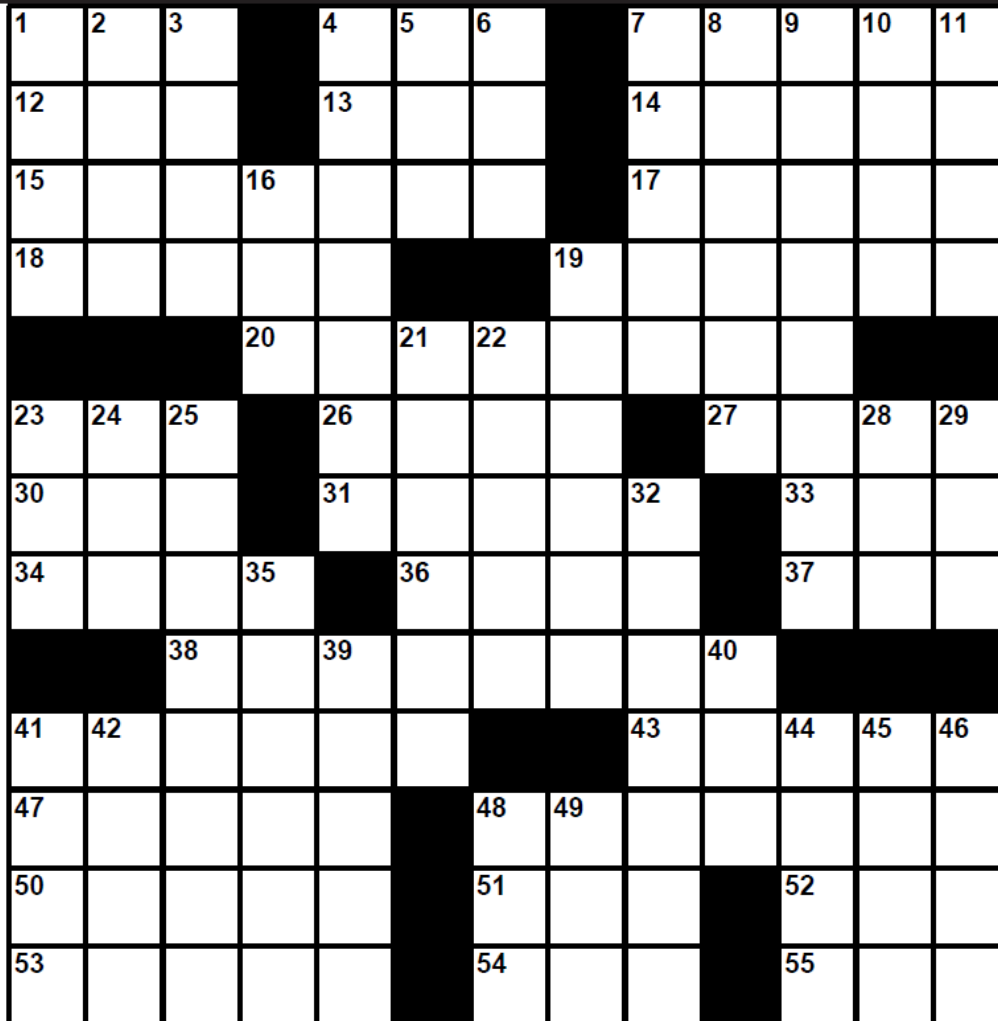
1. National Do Not Call Registry

Most telemarketers cannot call your telephone number if it is in the National Do Not Call Registry. You can register your home and mobile phone numbers for free. You can register for the federal no call registry online at www.donotcall.gov or by calling toll-free 1-888-382-1222.

2. Pennsylvania Do Not Call List

You can register for the Pennsylvania Do Not Call List by calling 1-888-777-3406 or visiting https://www.attorneygeneral.gov/Consumers/Do_Not_Call_List/ to fill out an enrollment form.

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.



DOWN

1. Experts
2. Slightly wet
3. Butter alternative
4. Unidealistic one
5. Nocturnal bird
6. Sleeping spot
7. Adjust again
8. Blackboard cleaner
9. Going in
10. Pinocchio, e.g.
11. Forwarded
16. Disencumber
19. Loathe
21. Cooper and Faye
22. Papas' partners
23. ___ and downs
24. "Cry ___ River" (2 wds.)
25. Flea, e.g.
28. Musical twosome
29. Conclusion
32. Use the supplier again
35. Foot part
39. College women
40. Lip
41. Telescope glass
42. Burn reliever
44. Links gadgets
45. Old West lawman
46. Remain
48. Caviar base
49. Compass reading (abbr.)

ACROSS

- | | | |
|----------------------------|-----------------------|---------------------------|
| 1. Ruckus | 20. Twice the radius | 47. Select group |
| 4. Stick up | 23. Strike caller | 48. Mutton, e.g. (2 wds.) |
| 7. Staggers | 26. Mattress support | 50. Recorded |
| 12. ___ Ripken of baseball | 27. Go by taxi | 51. Small bill |
| 13. Woolly mama | 30. Tiny vegetable | 52. Notable period |
| 14. Bert's buddy | 31. Stopwatch | 53. Oozes |
| 15. Green gem | 33. Habit wearer | 54. Poet's eternity |
| 17. The Devil | 34. Eastern garment | 55. Watch secretly |
| 18. Rot | 36. Instance | |
| 19. Gobi, for one | 37. "In ___ We Trust" | |
| | 38. Forefather | |
| | 41. Cowboy's tools | |
| | 43. Ceremonies | |

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.

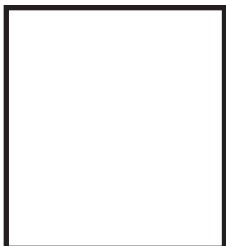


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

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

