

# THE SUNSHINE LINE

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Brookville, PA 15825

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**Website:**

[www.jcaaa.org](http://www.jcaaa.org)



JEFFERSON COUNTY  
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

## Aging Waiver

The Aging Waiver Program provides in-home services to consumers who are age 60 and older who meet functional and financial eligibility requirements. Eligibility is based on:

- A formal assessment to see if a person is nursing facility clinically eligible
- A financial determination made by local County Assistance Offices



Local Testimonials about the Aging Waiver Program;

“I couldn’t stay at home without my helpers. There are things I just cannot do anymore. I sure would like to do like I used to, but with 28 surgeries can not do it as I used to”. SW, Reynoldsville

“The Aging Waiver program in my position is used for what you need, not what you want. It helped my husband a lot especially the aide, therapist and caseworker. Thank you for your help”. JR, Reynoldsville

“We are allowed to medical transport and can have flexible scheduling. There are perks to having this agency and I appreciate that”. DF, Brookville

To learn more about the Aging Waiver Program contact  
Jefferson County Area Agency On Aging  
Telephone: (814) 849-3096  
Address: 186 Main Street, Suite 2 Brookville, PA 15825

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Happy Senior Citizens Day. Under then President Ronald Regan in 1988, he declared August 21st of each year to be Senior Citizens Day.

Oliver Township Center,  
Is open on August 10th and 24th.  
Join us for Lunch and Bingo.  
Questions? Call: 814-849-3391

Summer Greetings from the Executive Director:

As I write this in Early July, it would appear there is good news to report regarding the preservation of the Pennsylvania Department of Aging. As many of you may be aware, Governor Wolf's 2017-2018 budget presentation released in early February, proposed the unification of the Department of Aging, Department of Drug and Alcohol, Department of Health and the Department of Human Services into one MEGA unit, the Department of Health and Human Services. Many concerns were brought to the forefront including would Aging lose their department level secretary (presumably a direct link to the Governor), how would we preserve the lottery proceeds to benefit the Pennsylvania 60 plus population, what would the role of the 52 Area Agencies on Aging be and what services would we still offer. When the Department of Human Services took over the Aging Waiver enrollment process and outsourced it to Maximus, it was an absolute disaster. After nearly 15 months it still doesn't work like it did when the Aging Network handled it.

So to that end, I want to thank everyone for advocating keeping the Pennsylvania Department of Aging as a cabinet level department. I especially want to recognize and thank Joe Scarnati, President pro tempore of the Pennsylvania Senate and Representative Cris Dush, of District 66 for their support of the aging population in Pennsylvania. I hope everyone has having a safe and pleasant summer season.

Warm Regards,  
Bill Sherman, Executive Director.

### THE PENNSYLVANIA LOTTERY

The Pennsylvania Lottery was established by the Legislature in 1971. Its primary purpose was, and remains, to generate funds for programs that benefit older Pennsylvanians. Since 1972, when its first game went on sale, the Pennsylvania Lottery has contributed more than \$25.8 billion to programs that include the Property Tax/Rent Rebate program administered by the Department of Revenue (page 84), a free and reduced-fare transit program administered by the Department of Transportation (page 88), the PACE/PACENET low-cost prescription drug programs administered by the Department of Aging, a long-term living services program administered by the Department of Human Services, and the 52 Area Agencies on Aging, including hundreds of full- and part-time senior centers throughout Pennsylvania. The Pennsylvania Lottery remains the only state lottery to designate all its proceeds to programs that benefit older residents. In fiscal year 2014-15, the Lottery achieved record sales of more than \$3.8 billion; contributions to programs for older Pennsylvanians totaled more than \$1.06 billion. The Pennsylvania Lottery is a successful enterprise of which all Pennsylvanians can be proud. Learn more at [www.palottery.com](http://www.palottery.com).

### Benefits Funding in Your County

Some older residents of all 67 counties benefit from services supported by more than \$1 billion in Lottery funds annually. Visit the Pennsylvania Lottery's website at [www.palottery.com](http://www.palottery.com) and explore the Map of Lottery Benefits to learn about specific benefits funding levels in your county.



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

### Lasagna Dinner Fundraiser

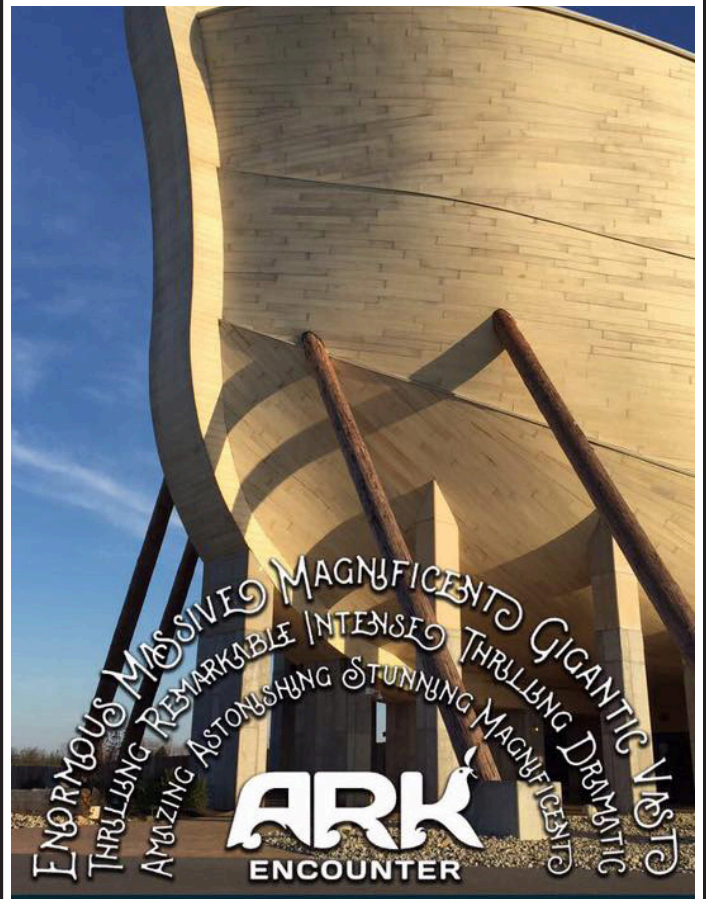
“The first lasagna dinner fundraiser was held at the Reynoldsville Foundry on June 23rd. Close to 130 people attended and enjoyed a meal prepared by Judy Anderson and Sandy Snyder. The dinner was held to raise funds for activities at the Foundry including Music Night. Thank you to everyone that attended and those that helped prepare the food and serve!”



Photo courtesy of the Courier-Express.

### Ark Encounter

Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. Ark Encounter is situated in the beautiful Williamstown, Kentucky, halfway between Cincinnati and Lexington on I-75.



Ark Encounter is the largest timber frame structure in the world, built from standing dead timber, in part by skilled Amish craftsmen. The Ark is an architectural and engineering wonder containing three decks of world-class exhibits.

**Creation Museum and Ark Encounter  
Overnight Bus Trip August.16th-17th  
Call Missie or Carla for more info 814-849-3391**



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)

**Charlie Brown With  
His Daughter And  
Grandaughter At The  
Strawberry Social**



**Our Fitness Center is open daily 8:00a.m.-2:00p.m. Tai-chi is every Monday 5:30-6:30 p.m.  
Creation museum ark encounter overnight bus trip aug.16-17  
Call Missie or Carla for more info 814-849-3391**

**8/4-** Polka Time, Vagabond Band 6:30-8:30 P.m.

**8/11-** Mini-Carival 9:00-1:00

**8/18-** Massages With Melora 10:30-12:00

**8/25-** Ray's Final Cut Band 6:30-8:30 P.m.

**8/28-** Advisory Meeting 1:00

**8/31-** Tureen Dinner Pizza Theme

# CENTER 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 10:30a.m.

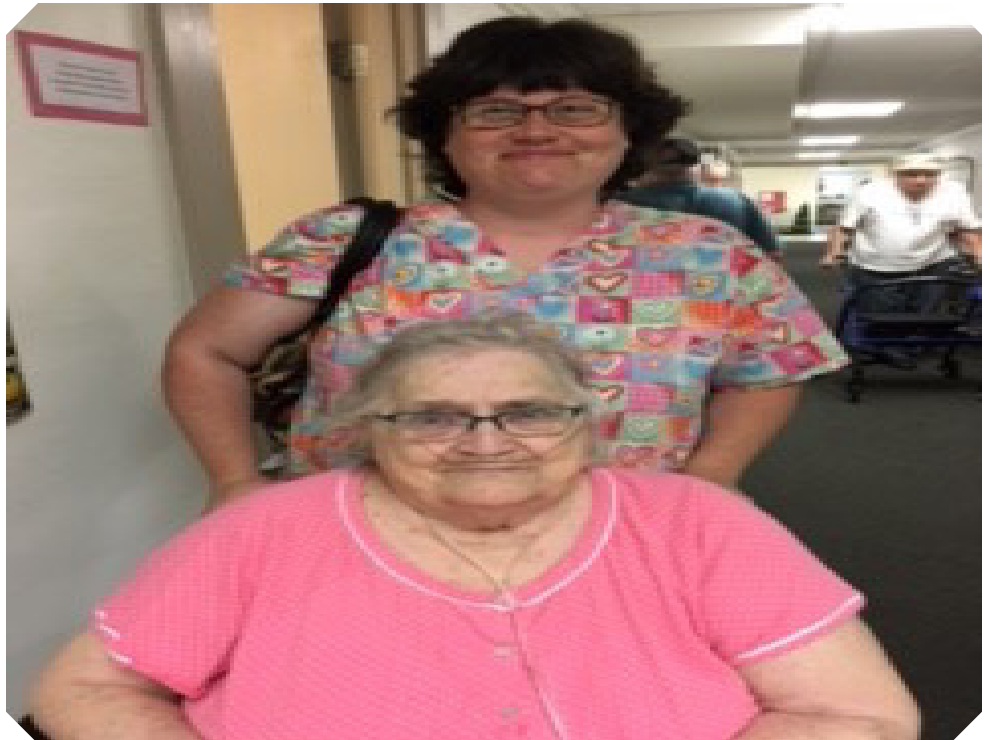
**Tuesday** - Penny Bingo from 9:30-11:30a.m.

**Wednesday** - Yahtzee at 10:30a.m.

**Thursday** - Exercise at 10:30a.m.

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

**Bev and Stephanie stop by the center for bingo!**



**8/2-** from 10 to 12 Carole Brocius from the Sight Center will be here doing Visual Screening. This service is free and open to everyone, no appointment needed

**8/3-** is Watermelon day at the Center!

**8/21-** is NATIONAL SENIOR CITIZEN DAY! We will be playing a special Wheel of Fortune to celebrate seniors at 10:30! Bigger and Better prizes for our Seniors to celebrate!

**8/22-** is BACK TO SCHOOL BINGO! Cost is \$2 per player

**8/23-** Mary from Guardian will be here at 11:30 with a fun program “fact or fiction”

**8/24-** at 11:15 Kristi from In Home Solutions will be here with a healthy aging program

## LUNCH MENU



August 2017

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1-Aug</p> <p>Teryaki Chicken Breast 1/2c. White Rice 1/2c. Island Blend Vegetables White Bread 1/2c. Applesauce</p>	<p>2-Aug</p> <p>Salisbury Steak w/gravy Baked Potato 1/2c. Coleslaw Wheat Bread 1/2c. Mixed Fruit Salad</p>	<p>3-Aug</p> <p>Baked Sweet Sausage w/Peppers &amp; Sauce 1/2c. Seasoned Redskins 1/2c. Green Beans Wheat Bread Fresh Baked Cookie</p>	<p>4-Aug</p> <p>Tuscan Chicken w/ tomato cream sauce 1/2c. Penne Pasta 1 c. Tossed Salad w/tomato Breadstick 1/2c. Sliced Peaches</p>
<p>7-Aug</p> <p>Meatloaf w/gravy 1/2c. Mashed Potatoes 1/2c. Peas &amp; Carrots Wheat Bread 1/2c. Sherbet</p>	<p>8-Aug</p> <p>Baked Alfredo Chicken Noodles Garden Salad Breadstick Apricots</p>	<p>9-Aug</p> <p>Spaghetti &amp; Meatballs(3) 3/4c. Pasta w/sauce 1 c. Tossed Salad w/tomato Italian Bread 1/2c. Pears</p>	<p>10-Aug</p> <p>Kielbasa w/2 T. Sauerkraut 1/2c. Mashed Potatoes 1/2c. Sweet Corn Sandwich Roll Brownie</p>	<p>11-Aug</p> <p>Breaded Lemon Pepper Pollock Baked Potato 1/2c. Sweet &amp; Sour Coleslaw White Bread Fresh Fruit</p>
<p>14-Aug</p> <p>Chicken Marsala 1/2c. Garlic &amp; Parmesan Pasta 1/2c. Crinkle Cut Carrots White Bread 1/2c. Pineapple Delight</p>	<p>15-Aug</p> <p>Cheeseburger w/lettuce &amp; tomato 1 c. Creamy Potato Soup Hamburger Roll Fresh Fruit</p>	<p>16-Aug</p> <p>Baked Ham Slice  1/2c. Mashed Potatoes 1/2c. Beet Salad Wheat Bread 1/2c. Pudding</p>	<p>17-Aug</p> <p>Taco Salad 1/2 Cup Spanish Rice 1/2 Cup Corn &amp; Black Bean Salad Nacho Chips 1/2 cup Apricots</p>	<p>18-Aug</p> <p>BBQ Chicken Baked Potato 1/2c. Lima Beans Wheat Bread Fresh Fruit</p>
<p>21-Aug</p> <p>3/4c. Savory Sausage Scramble 1/2c. Breakfast Potatoes Wheat Bread w/Jelly Fresh Banana</p>	<p>22-Aug</p> <p>Chicken Salad Sandwich w/lettuce &amp; tomato 1 c. Pasta Florentine Soup w/crackers White Bread 1/2c. Peaches</p>	<p>23-Aug</p> <p>Pork Patty 1/2c. Mashed Potatoes w/chives 1/2c. Braised Cabbage Wheat Bread Cake</p>	<p>24-Aug</p> <p>Roast Beef Stroganoff 1/2c. Buttered Noodles 1/2c Peas &amp; Carrots White Bread Fresh Fruit</p>	<p>25-Aug</p> <p>Baked Pollock w/dill sauce Baked Potato 1/2c. Broccoli Wheat Bread 1/2c. Pears</p>
<p>27-Aug</p> <p>Pepper Steak w/peppers &amp; onions 1/2c. Mashed Potatoes 1/2c. Mixed Vegetable Medley Wheat Bread Mixed Fruit</p>	<p>28-Aug</p> <p>Chicken Cobb Salad Diced Chicken, Egg, Cheese, Sprinkle of bacon bits 1 c. Noodle Soup w/crackers Dinner Roll 1/2c. Pineapple Tidbits</p>	<p>29-Aug</p> <p>Sweet Turkey Sausage (6) Minestrone 3/4 cup Bowtie Noodles 1/2 Cup Green Beans Italian Bread Fresh Fruit</p>	<p>30-Aug</p> <p>Stuffed Pepper 1/2 Cup Mashed Potatoes 1/2 Cup Corn Wheat Bread Fruit Crisp</p>	

\*All Menus Subject to Change

## Grilled Mexican Street Corn



### Ingredients

- 1/4 cup mayonnaise
- 1/4 cup sour cream or Mexican crema
- 1/2 cup finely crumbled cotija or feta cheese, plus more for serving
- 1/2 teaspoon ancho or guajillo chili powder, plus more for serving
- 1 medium clove garlic, finely minced (about 1 teaspoon)
- 1/4 cup finely chopped cilantro leaves and tender stems
- 4 ears shucked corn
- 1 lime, cut into wedges

### Directions

1. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
2. While coals heat, combine mayonnaise, sour cream, cheese, chili powder, garlic, and cilantro in a large bowl. Stir until homogenous and set aside.
3. When grill is hot, place corn directly over hot side of grill and cook, rotating occasionally, until cooked through and charred in spots on all sides, about 8 minutes total.
4. Transfer corn to bowl with cheese mixture and use a large spoon to evenly coat corn on all sides with mixture. Sprinkle with extra cheese and chili powder and serve immediately with lime wedges.

## 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

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



## 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 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

**New landscape at the depot.**



**TAI-CHI IS BACK!**

**08/7-** Movie Monday 12:30

**08/8** – Breakfast 7:30-9:30 with blood sugars and pressures taken by Guardian.

Red Cross Blood Drive 1-5

**08/18-** Music Night 6-9..Band to be announced

**08/31-**Bingo with Highland View at 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, Tai Chi 6 – 7 pm

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

**Wednesday** – Men’s Prayer Breakfast 7 am, Healthy Steps in Motion 10:30 – 11:30, Painting class 1 pm

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

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

**Our first lasagna dinner fundraiser was held at the Reynoldsville Foundry on June 23rd.**

**Photo courtesy of the Courier-Express.**



**Clark’s Donuts & Cinnamon Rolls (please call for larger orders by Tues)**

**Still looking for card players & instructors /bridge, 500 bid/pinochle/canasta CALL 814-653-2522**

**\*Mary Koch from ATA will be here for ID card photos - date & time to be announced**

**8/4** – Music Night with Romey & Friends 7- 10 pm (\$1.00 cover charge) Kitchen Open

**8/10** – Advisory Council Meeting 10 am

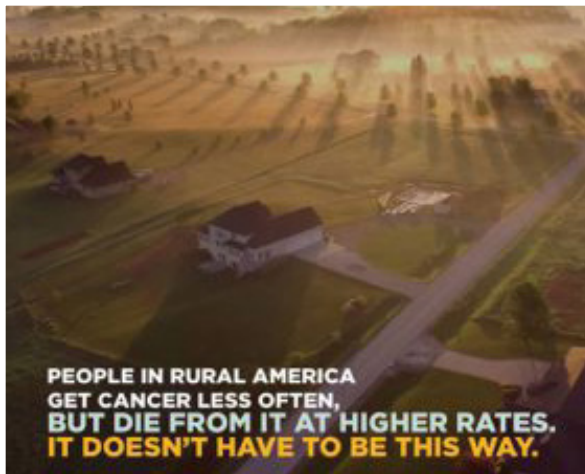
**8/15** – Tureen Dinner – Italian Style- bring \$1.00 and a Dish

**8/16** – Talk on Abuse with LOCAL Author - Diana Farley 1 – 2 pm

**8/17** – NEW 1st Veteran’s Chat (refreshments) 9 am – 11 am- Rick Murray Dept of Veterans Affairs be here

**8/18** – Guardian/ Mary Keck blood pressures & “Fact or Fiction” 11:30am, @12:30 we will have Murphy the Service Dog here with trainers Donna and Gary Fye ( dogs provide service, therapy & emotional support)

## New CDC Report shows deaths from cancer higher in rural America



Despite decreases in cancer death rates nationwide, a new report shows slower reduction in cancer death rates in rural America (a decrease of 1.0 percent per year) compared with urban America (a decrease of 1.6 percent per year), according to data released today in CDC's Morbidity and Mortality Weekly Report. The report is part of a series of MMWR studies on rural health.

The report is the first complete description of cancer incidence and mortality in rural and urban America. Researchers found that rates of new cases for lung cancer, colorectal cancer, and cervical cancer were higher in rural America. In contrast, rural areas were found to have lower rates of new cancers of the female breast and prostate. Rural counties had higher death rates from lung, colorectal, prostate, and cervical cancers.

“While geography alone can't predict your risk of cancer, it can impact prevention, diagnosis and treatment opportunities – and that's a significant public health problem in the U.S.,” said CDC Acting Director Anne Schuchat, M.D. “Many cancer cases and deaths are preventable and with targeted public health efforts and interventions, we can close the growing cancer gap between rural and urban Americans.”

In the study, researchers analyzed cancer incidence data from CDC's National Program of Cancer Registries and the National Cancer Institute's Surveillance, Epidemiology, and End Results program. Cancer deaths were calculated from CDC's National Vital Statistics System. Counties were grouped by urbanization and population size.

The CDC researchers identify a number of proven strategies that can reduce the gaps in new cancer cases and deaths. Healthcare providers in rural areas can:

- Promote healthy behaviors that reduce cancer risk. Prevent tobacco initiation, promote tobacco cessation, and eliminate secondhand smoke exposure. Limit excessive exposure to ultraviolet rays from the sun and tanning beds. Encourage physical activity and healthy eating to prevent and reduce obesity, which is associated with several types of cancer.
- Increase cancer screenings and vaccinations that prevent cancer or detect it early. Recommend patients receive vaccination against cancer-related infectious diseases such as HPV and hepatitis B virus. Recommend appropriate cancer screening tests such as Pap tests and colonoscopy.
- Participate in the state-level comprehensive control coalitions. Comprehensive cancer control programs focus on cancer prevention, education, screening, access to care, support for cancer survivors, and overall pursuit of good health.

These data from CDC provide a clear direction for the work that needs to be done to reduce cancer disparities throughout the U.S., and provide the foundation for proven strategies that could be implemented. Proven strategies to improve health-related behaviors, increased use of vaccinations that prevent infections that can cause cancer, and use of cancer screening tests – particularly among people that live in rural and underserved areas – can help reduce the rates of cancer and cancer deaths across America.

For more information on rural health: [www.cdc.gov/ruralhealth](http://www.cdc.gov/ruralhealth).

For more information on CDC's cancer prevention efforts and programs, visit: [www.cdc.gov/cancer](http://www.cdc.gov/cancer).

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. Cried
2. Locks
3. Guessed roughly
4. Oolong server
5. Trims (off)
6. Eve's mate
7. Actor Richard \_\_\_\_\_
8. Egypt's capital
9. CBS rival
10. Harden
11. Opposite of WNW
17. Burst of bad temper
21. Keepsake
23. Everybody (3 wds.)
24. Melody
25. Perimeter
26. Resorts
27. Ocean current
28. 60 secs.
29. OH time zone
30. Agent Smith's nemesis
37. Pay hikes
39. Korean, e.g.
42. Over again
43. Brisk wind
44. More
46. Vocalist \_\_\_\_\_  
Fitzgerald
47. Look
48. Lab animal
49. Fire leftover
50. Kickoff gadget

## ACROSS

- |                        |                         |                   |
|------------------------|-------------------------|-------------------|
| 1. Hone                | 22. Rope loop           | 48. Sane          |
| 5. Dally               | 26. Declaration         | 51. Mall event    |
| 8. Enclosure           | 31. Indicate agreement  | 52. On the ocean  |
| 12. Soothe             | 32. Cherry center       | 53. City trains   |
| 13. Keats work         | 33. Tightwad            | 54. French female |
| 14. Fortas and Lincoln | 34. School subj.        | 55. At that time  |
| 15. Pocket bread       | 35. Citrus beverage     | 56. Very small    |
| 16. Tiny speck         | 36. Group of attendants | 57. Bridge term   |
| 18. Stumble            | 38. Car style           |                   |
| 19. Blur               | 40. Adult male          |                   |
| 20. Mother             | 41. Phase               |                   |
|                        | 45. March date          |                   |

Check for Crossword Puzzle Answers  
On the Healthy Aging Page

12 August 2017

# Get The Sunshine Line

## Get Your Sunshine Line Newsletter Via Email!!!

### WHY?

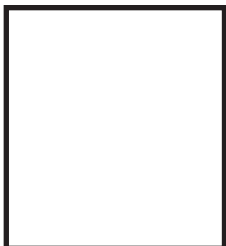
- The primary advantage is that it's quick. As soon as you send a message, it goes through.
- There's no paper, no mess, and you always find it in the same place.
- And, of course, it's free! No paper or printing costs and no postage fees.



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

