

# THE SUNSHINE LINE

**Telephone:**  
(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

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Spin the wheel of fortune and  
be wealthy by being healthy!



Take ownership of your health.....

Attend educational workshops to learn about the "10-Keys" to Healthy Aging and the many NO COST and low cost preventative services provided by Medicare to help keep you healthy

Workshops are taught by

Certified Health Ambassadors & APPRISE Counselors

**Location:** Reynoldsville Foundry Senior Center

**Date:** September 12, 2017- Classes will be Every Tuesday and Thursday for 5 weeks.

**Time:** 10am- 12pm

**Cost:** Free!

For more information and to register call 814-849-3096

By: September 1, 2017

*Note: The workshops are provided for your information and are not intended to replace the advice/direction of your physician, but to help you with talking to a healthcare professional.*

JCAAA and all 4 centers will be closed Monday September the 4th for Labor day.

Oliver Township Center,  
Is open on September 14th and 28th.  
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



## WEATHERIZATION PROGRAM

The Pennsylvania Department of Community and Economic Development (DCED) works with local County Assistance Offices and other non-profit agencies to administer a home Weatherization Program.

**Benefits:** The goal of the program is to make the cost of energy more affordable for low-income families throughout Pennsylvania by helping them make their homes more energy efficient. Weatherization services are provided at no charge to eligible individuals and families. Homeowners and renters alike can benefit from this program. The first step is to conduct a home energy audit to determine the most appropriate energy conservation measures for the home. Such measures may include, but are not limited to, stopping air infiltration by caulking or weathering doors and windows and replacing broken glass, ensuring adequate insulation in attics, and insulating electric hot water heaters. Crisis assistance is also available to repair or replace heating systems through the Low Income Home Energy Assistance Program.

**Those Eligible:** Individuals and families with household income at or below 200 percent of the federal poverty level; eligibility for crisis assistance requires a referral from the County Assistance Office.

**Contact:** For information on the program and to apply, contact your local weatherization agency by visiting, [www.dced.pa.gov](http://www.dced.pa.gov).



From: Benefits & Rights For  
Older Pennsylvanians 2017  
To get a copy stop by the  
JCAAA Main Office

### Pets In Need

Pine Street Senior Center has been awarded a Meals on Wheels pet food grant! Our new program is called the PIN (pets in need) Program! What this means to the Meals on Wheels seniors in Punxsy is that if they are a pet parent, they may be eligible to receive cat or dog food on a monthly basis. We believe that every Meals on Wheels consumer is also a loving pet parent. We believe that strengthening that bond encourages a happy and healthier senior pet parent!

If you would like to donate, please call 814-938-8376 for more information! Can't donate but still want to help? We can always use a PIN PAL (delivery driver, once a month, 1/2 hour).

Pictured are Jefferson County Area Agency on Aging deputy director Molly McNutt and Senior Center director Mindy Grose and Willy, PIN Mascot.



### Consumers Can Protect Themselves From Online Fraud

The Pennsylvania Department of Banking and Securities warns consumers about the dangers of online scams when a person on the Internet is not who they claim to be - so-called "catfishing". The department's publication on scams points to no shortage of online schemes, including foreign lottery emails, fake charity solicitations, and classified advertisement scams, all of which rely on lack of face-to-face contact with the victim.

Consumers can call the department at 1-800-PA-BANKS or 1-800-600-0007 to ask questions or file complaints about financial transactions, companies, or products. Organizations can email [informed@pa.gov](mailto:informed@pa.gov) to request training or presentations.







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)

**Phyliss and Dale  
at our polka dance**



**Our Fitness Center is open daily 8:00a.m.-2:00p.m. Tai-chi is every Monday 5:30-6:30 p.m.**

**9/8-** Fire Safety With Tracy Zents 10:30 a.m.

**9/12-** Blood Pressure Check 11:00 a.m.

**9/19-** JCAAA Board Meeting 11:00 a.m.

**9/22-** Massages With Melora 10:30 a.m.

**9/28-** Tureen Pizza Night 5:00 p.m.

**9/29-** Ray's Final Cut Band 6:30 p.m.



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

**Jim at the fair.**



**9/8-** is national banana day! Join us for penny banana bingo at 9:30!

**9/13-** at 10:30 is 'Apple Happy' in the dining room! Learn about the many varieties of apples and receive an apple recipe book!

**9/19-** from 9:30-11:30 is Fall Bingo! Cost is \$2.00 per person and all money is returned to winners!

**9/22-** is the first day of Fall!

**9/27-** at 11:15 Mary from Guardian will be here discussing Healthy Aging








**9/28-** Kristi from In Home Solutions will be here with a program on fall prevention!



September 2017



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>*All Menus Subject to Change</p>			<p>1-Sep</p> <p>Mushroom Swiss Burger 1/2c. Hot German Potato Salad 1/2c. Baked Beans Hamburger Roll Brownie</p>
	<p>5-Sep</p> <p>Chicken Parmesan 1/2c. Rotini Pasta 1c. Tossed Salad w/tomato Italian Bread Cookie</p>	<p>6-Sep</p> <p>Club Sandwich (Ham, Turkey, Cheese) Lettuce, Slice Tomato 1 c. Creamy Cauliflower Soup w/crackers White Bread Fresh Fruit</p>	<p>7-Sep</p> <p>Pepper Steak Peppers, Onion, Sauce 1/2c. Mashed Potatoes 1/2c. Sliced Carrots White Bread Peaches</p> 	<p>8-Sep</p> <p>Sweet &amp; Sour Meatballs (3) 1/2c. Rice Pilaf 1/2c. Vegetable Medley White Bread 1/2c. Applesauce</p>
<p>11-Sep</p> <p>Meatball Sandwich w/sauce &amp; cheese 1/2c. Seasoned Redskins 1/2c. Mixed Bean Medley Sandwich Roll Fresh Fruit</p> 	<p>12-Sep</p> <p>Roasted Turkey w/gravy 1/2c. Mashed Potatoes 1/2c. Peas &amp; Carrots Wheat Bread 1/2c. Vanilla Ice Cream</p>	<p>13-Sep</p> <p>Chef Salad (Ham, Turkey, Cheese, &amp; Egg) 1 c. Wedding Soup w/crackers Breadstick 1/2c. Sliced Pears</p>	<p>14-Sep</p> <p>Baked Lemon Pepper Chicken Thigh w/gravy 1/2c. Wild Rice 1/2c. Brussel Sprouts Wheat Bread 1/2c. Peaches</p>	<p>15-Sep</p> <p>BBQ Beef Ribette 1/2c. Sweet Potato Bites 1/2c. Mixed Vegetables Corn Drop Biscuit Brownie</p>
<p>18-Sep</p> <p>Hot Roast Beef Dinner w/Gravy 1/2c. Whipped Potatoes 1/2 c. Mixed Vegetables White Bread 1/2c. Applesauce</p>	<p>19-Sep</p> <p>Crab Cake 1/2c. Parmesan Noodles 1/2c. Italian Beans Wheat Bread 1/2c. Sliced Pears</p>	<p>20-Sep</p> <p>Salisbury Steak w/gravy Baked Potato 1/2c. Coleslaw Wheat Bread 1/2c. Mixed Fruit Salad</p> 	<p>21-Sep</p> <p>Baked Sweet Sausage w/Peppers &amp; Sauce 1/2c. Seasoned Redskins 1/2c. Green Beans Wheat Bread Fresh Baked Cookie</p>	<p>22-Sep</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>25-Sep</p> <p>Meatloaf w/gravy 1/2c. Mashed Potatoes 1/2c. Peas &amp; Carrots Wheat Bread <b>Mandarin Oranges</b></p> 	<p>26-Sep</p> <p>Southwestern Chicken Wrap (Chicken, Cheese, Pimento, Mayo, lettuce, tomato) 1 c. Vegetable Barley Soup Tortilla Shell/Wrap 1/2c. Mixed Fruit</p>	<p>27-Sep</p> <p>Spaghetti &amp; Meatballs(3) 3/4c. Pasta w/sauce 1 c. Tossed Salad w/tomato Italian Bread 1/2c. Pears</p>	<p>28-Sep</p> <p>Kielbasa w/2 T. Sauerkraut 1/2c. Mashed Potatoes 1/2c. Sweet Corn Sandwich Roll Brownie</p>	<p>29-Sep</p> <p>Breaded Lemon Pepper Pollock Baked Potato 1/2c. Sweet &amp; Sour Coleslaw White Bread Fresh Fruit</p>



## Parmesan Heirloom Cherry Tomatoes



## Ingredients

2 pints heirloom cherry tomatoes, red and yellow  
 ½ cup panko bread crumbs  
 ¼ cup coarsely grated Parmesan cheese  
 cracked black pepper and sea salt to taste  
 ¼ cup chopped herbs, any combination of basil,  
 parsley, and chives  
 2 Tbsp oil to drizzle

## Directions

- Cut the cherry tomatoes in half lengthwise
  - In a bowl, toss with the panko, Parmesan, herbs, cracked pepper and salt
  - Spoon in 6 ramekins
  - Drizzle with Oil
  - Bake at 375F until a slight brown shows on some of the tomatoes, about 15 min
  - Serve hot
- Servings: 6  
 Oven Temperature: 375°F

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

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



## Brockwayville Depot

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

**It's not too early to book  
your 2018 rental. Call for  
details 265-1719**

**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



**MARK YOUR CALENDARS !!! Flu shots with Guardian October 10th starting at 7:00 AM.  
October 12th- Fall Festival serving a light super with APPLE DUMPLINGS for dessert!!**

**09/4-** Center closed Labor Day

**09/8** – Music Night with Nothin' Fancy 6-9

**09/12-** Breakfast 7:30-9:30, Blood Pressures and Sugar taken by Guardian 7:30-9:00.

Nutrition Education at 11:30 AM

**09/19-** GROCERY BINGO 6:30PM..Don't be late Bingo starts right AT 6:30 BRING YOUR DAUBERS!

**09/26-** Lifeline Screening being done 9:00-5:00. Call for more info. 265-1719





## 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.

### Hawaiian Luau Party

Everyone had fun and played games, won lots of prizes, ate great pork & Hawaiian food

Everyone got Leid

**WE NO LONGER HAVE  
CINNAMON ROLLS ON  
THURS & FRI**



**Jam Sessions every Monday except for 3rd Monday of the Month.**

**We are in search of new members to come Jam with us starts at 1pm**

9/1- Jill Curtis with Alzheimer's Association 11:30

9/4- Closed for Labor Day Celebrations

9/8-Music Night with Spruce Creek 7-9 pm

9/11- Tai Chi Resumes 6-

9/12- 10 Keys to Healthy Living 10 – Noon

9/13- Creative Minds start Fall projects- 9 – 10:30, Tai Chi 6-

9/14- 10 Keys to Healthy Living 10- Noon

9/15- Healthy Aging Month with Guardian – Mary Keck, Pool guys return play for fun

9/18- Tai Chi 6pm-

9/19 – 10 Keys to Healthy Living 10 – Noon , Tureen Dinner 5pm

9/20- Nutrition Education with Megan & Judy 11:15

9/21- 10 Keys to Healthy Living 10 – Noon, Roxanne with In Home Solutions 11:30

9/22- Kacie Miller with Jefferson Manor Bingo 11 AM

9/26- 10 Keys to Healthy Living 10- Noon

9/28- 10 Keys to Healthy Living 10- Noon

# Sepsis Kills

*Sepsis is a life-threatening condition. It happens when the body is overwhelmed by an infection and causes it to injure its own tissues and organs. It can even cause death.*

*Any type of infection that is anywhere in your body can cause sepsis. It often occurs with infections of the lungs/pneumonia, urinary tract, kidney, skin and digestive tract.*

## KNOW THE SIGNS



**Shivering, fever,  
or very cold**



**Extreme pain  
or discomfort**



**Clammy, or  
sweaty skin**



**Confusion or  
disorientation**



**Short of breath**



**High heart rate**

***Get treatment quickly. Immediately seek medical help.  
Call 911 or go to your nearest Emergency Room.  
Don't wait!***

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		

## DOWN

1. Give \_\_\_\_ break! (2 wds.)
2. Certain grain
3. Beat through cleverness
4. Feeble, as an excuse
5. Come into view
6. Decide
7. That lady
8. Hide
9. On top of
10. Poe or Browning
11. Does wrong
16. Overhead railways
19. Tiny drink
21. Love seat
22. Platoon
24. Corp. head
27. Having endless energy
28. Perpetually
29. Resist
31. Jam \_\_\_\_ (impromptu concert)
32. Blasting letters
35. Roberto's "two"
36. Ran off to wed
37. Edict
40. Tank
41. Hurl
42. Pause
43. Norwegian city
45. Charged particles
47. Compass reading (abbr.)
49. Gunk
50. Complete

## ACROSS

- |                         |                        |                           |
|-------------------------|------------------------|---------------------------|
| 1. Cow's cry            | 23. Wonderland girl    | 51. Grain towers          |
| 4. ____ Vegas           | 25. ____ roll (2 wds.) | 52. Poetic contraction    |
| 7. Range                | 26. Did again          | 53. Male descendant       |
| 12. ____ de toilette    | 30. Earliest           | 54. Pebble                |
| 13. Imitate             | 33. Martini garnish    | 55. ____ Plains, Illinois |
| 14. Respect             | 34. Was present at     | 56. Turf                  |
| 15. Endeavor            | 38. TKO caller         |                           |
| 17. Computer key        | 39. Pilfered           |                           |
| 18. Showers frozen rain | 40. Extremely          |                           |
| 20. Folding beds        | 41. Deuces             |                           |
| 21. Totals              | 44. ____ worker        |                           |
|                         | 46. Desert haven       |                           |
|                         | 48. Mentor's student   |                           |

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.

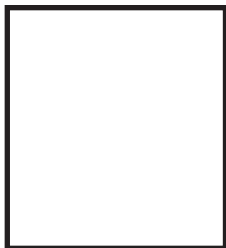


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

**Sign up on our website [www.jcaaa.org](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

