

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



JEFFERSON COUNTY

AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

## Speak Out Against Elder Abuse!

### October is Residents Rights Month

Residents of long-term care facilities have numerous rights under the Federal and State law.

Some of their rights are:

- Right to dignity and respect
- Right to be consulted in planning your medical treatment
- Right to decline medical treatment
- Right to privacy
- Right to freedom from restraints
- Right to communicate confidentially with others

If you feel you or a loved one's Rights have been violated you can contact your local Ombudsman who can provide information, answer questions, investigate complaints and offer assistance in resolving problems about quality of care or treatment.

Your local Ombudsman for Jefferson County is:

Mindy Sivanich  
Jefferson County Area Agency on Aging  
186 Main Street  
Suite 2  
Brookville, PA 15825  
1-800-852-8036

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JCAAA and all 4 centers will be open Monday October the 9th Columbus day.

Oliver Township Center,  
Is open on October 12th and 26th.  
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



The Pennsylvania Lottery is proud to generate funds for vital programs that benefit older Pennsylvanians. It remains the only state lottery to dedicate all proceeds to benefits for older residents.

### BENEFIT PROGRAMS FOR OLDER ADULTS

Programs that receive Lottery funds are detailed throughout this booklet, and listings are marked with a Lottery logo. While the Pennsylvania Lottery funds these programs, it does not operate them or set eligibility requirements. These programs include:

- The Property Tax/Rent Rebate program administered by the Department of Revenue
- A free transit program administered by the Department of Transportation
- 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
- A broad range of local services provided by the 52 Area Agencies on Aging, including hundreds of full- and part-time senior centers throughout Pennsylvania

### NEARLY \$27 BILLION IN BENEFITS FUNDING SINCE 1972

Thanks to its players, the Lottery achieved record sales of more than \$4.1 billion, and contributions to programs for older Pennsylvanians totaled more than \$1.1 billion in the 2015-16 fiscal year. Since the first game went on sale in 1972, the Pennsylvania Lottery has contributed nearly \$27 billion to benefit older adults. Learn more at [www.palottery.com](http://www.palottery.com) and click "About Us & News."

### WHERE DOES THE MONEY GO?

64 CENTS	27 CENTS	7 CENTS	2 CENTS
WINNER PRIZES	BENEFIT PROGRAMS	RETAILER & VENDOR COMMISSIONS	OPERATING EXPENSES



\*Profits based on sales and interest income.



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



## Medicare Annual Open Enrollment Period



### Medicare Enrollment Deadlines

**Annual Open Enrollment Period**  
**October 15-December 7, 2017**

Both Part D and Medicare Advantage plan members can make any changes at this time.

**Medicare Advantage Plan Annual Disenrollment Period**  
**January 1-February 14, 2018**

Medicare Advantage plan members will only be able to return to Original Medicare and join a stand-alone Part D plan.

### Carefully Review any Changes to Your Benefits

Review your insurance every fall. Look for your Annual Notice of Change. Make sure you have an insurance plan that will meet your health needs and budget. You won't be able to change again for another year. Be sure to check:

- If the plan will continue next year
- What you will pay in monthly premiums and annual deductibles
- What you will pay for doctor's visits (co-pays and co-insurance)
- If your doctors will continue to accept the plan
- Which extra benefits will be covered, if any

### Not sure which Medicare plan is right for you?

#### APPRISE Can Help

Medicare is confusing. Every year things change. You are not always sure what makes sense. It doesn't have to be that way. We can help you find peace of mind.

We are a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania. Our volunteers are specially trained to understand your needs and give you clear answers. We will help you compare your options and/ or enroll you in a plan that you choose.

#### Contact APPRISE

**Jefferson County Area Agency on Aging Office**  
**186 Main Street, Suite 2**  
**Brookville, PA 15825**  
**814-849-3096**  
**1-800-852-8036**

**Calls APPRISE Today to schedule an appointment. Locations available Main Office in Brookville, Heritage House, Reynoldsville Foundry, Punxsy Senior center and Brockway Depot.**





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)

**The Nelson Burkett Family  
enjoying a day together**



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

**10/7-** Mr. Tattersal and the Dubois Community Band 7:00 p.m.,  
Light snacks and refreshments, \$8.00 per person

**10/10-** Mary keck, blood pressure check, and flu shots 10:30a.m.

**10/14-** Fall Craft Show 9:00 a.m-4:00 p.m., Call me if you would like to be a vendor

**10/20-** Chair Massages with Melora, 10:30-12:00, BUCK SHOT BAND 6-9

**10/21-** Historical Society Dinner 6:00 p.m.

**10/22-** Hunter Safety Course, 9:00-4:00

**10/26-** Italian Night Tureen 5:00 p.m., Bring a dish and \$1.00

**10/27-** Ray's Final Cut Band 6:30- 8:30 p.m., Halloween Costume Party

**10/30-** 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

## PIN

**If you would like to donate to our Pets In Need program, 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).**



**10/4** - at 10:30 is Leaf Trivia in the dining room

**10/7**- from 9 till ? We will be at the Punxsy Tractor Supply Farmers Market with the Meals on Wheels

Pet Program. We will be making popcorn, selling t-shirts, dog cookies, and cat toys.

**10/11**-we will be making cards in the dining room at 10:30

**10/24**- from 9 am to 10 am we will be having a Mini Health Fair at the Center. We will be having door prizes,

free blood pressure, bone density testing, and much more! Be sure to attend this FREE mini health fair!

**10/24**- we will be playing Pumpkin Bingo from 10 to 12.

The cost is \$2 per person and all money is returned in winning!

**10/31**- will be Halloween Bingo at 9:30!



October 2017



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breaded Fish Sandwich w/cheese 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Hamburger Roll Cake	3 BBQ Chicken Breast 1/2c. Scalloped Potatoes 1/2c. Sweet & Sour Coleslaw Wheat Bread Brownie	4 Salisbury Steak w/gravy 1/2c. Mashed Potatoes 1/2c. Carrots White Bread 1/2c. Peaches	5 Chicken Thigh 1/2c. Rice Pilaf 1/2c. Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	6 Baked Cabbage Roll Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Corn Dinner Roll 1/2c. Cinnamon Apples
9 Burgundy Beef w/Mushrooms 1/2c. Egg Noodles 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Mixed Fruit Salad	10 1 c. Chicken & White Bean Chili Tossed Salad & Dressing Baked Potato Corn Drop Biscuit Mandarin Oranges	11 Pizza Burger- 1/2c. 1/2c. Potato Bites 1/2c. Creamy Coleslaw Hamburger Roll 1/2c. Sherbet	12 Pork Chop Gravy 1/2c. Whipped Potatoes 1/2c. Braised Cabbage White Bread 1/2c. Apple Crisp	13 Baked Crab Cake 1/2c. Cheesy Shells 1/2c. Sweet Peas White Bread 1/2c. Tropical Fruit
16 Chicken Alfredo 1/2c. Penne Pasta w/Sauce 1/2c. Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit	17 Pot Roast / Gravy Baked Potato 1/2c. Sliced Carrots Italian Bread Fresh Baked Cookie	18 Kielbasa Pierogies 1/2c. Sauerkraut Hot Dog roll Fresh Seasonal Fruit	19 Beef Burrito (3 oz meat, cheese, lettuce, tomato) 1/2c. Warm Fiesta Corn 1/2c. Spanish Rice Tortilla Shell 1/2c. Pineapple	20 Turkey / Stuffing & Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetable Medley White Bread 1/2c. Applesauce
23 Country Fried Steak Creamy Gravy Garlic & Chive Whipped Potatoes 1/2c. Peas & Carrots Wheat Bread Fresh Baked Cookie	24 Sweet & Sour Chicken Thigh 1/2c. Blended Rice Pilaf 1/2c. Oriental Vegetable Blend White Bread 1/2c. Pineapple Delight	25 Roasted Porkloin / Dijon Sauce Seasoned Redskins 1/2c. Green Beans Biscuit w/Apple Butter Fresh Seasonal Fruit	26 Creamy Chicken Picatta 1/2c. Egg Noodles 1/2c. Brussel Sprout Garlic Breadstick 1/2c. Applesauce	27 Warm Roast Beef Sandwich w/cheese & au jus 1 c. Vegetable Soup w/crackers Sandwich Roll Fresh Seasonal Fruit
Chicken Marsala 1/2c. Garlic & Parmesan Pasta Tossed Salad Wheat Bread Pears	Bratwurst 1/2c. Parslied Potatoes 1/2c. Peas & Onions Roll Fresh Baked Cookie	TRICK OR TREAT	BOO	*Menu Subject to Change



SEARED PORK TENDERLOIN WITH  
APPLES AND BROCCOLI

## Ingredients

- \* 1 apple bourbon pork tenderloin, trimmed of fat and sliced into 1-inch pieces
- \* 2 tsp cinnamon
- \* 1 tsp nutmeg
- \* 2 tsp ground coriander
- \* 2 Tbs. butter
- \* 2 apples (I think mine were gala?), thinly sliced
- \* 1 large shallot, thinly sliced
- \* 1/4 cup apple cider
- \* 2 heads broccoli, florets separated
- \* coarse salt and freshly ground pepper
- \* 1 small sprig of fresh thyme

## Directions

In a small bowl, combine the cinnamon, nutmeg, ground coriander and a pinch of salt and pepper. Sprinkle both sides of the sliced pork with the spice mixture.

Heat a cast iron (or large skillet) over medium high. Sear the pork for about 3 minutes on each side, until cooked through and browned all over. Remove from pan and cover to keep warm.

Back in the pan, add the butter and melt. Add the shallots and sauté until they start to soften, 2 minutes. Add the apples and broccoli to the pan, continuing to sauté until another 2 minutes. Add the apple cider and sauté two more minutes, or until everything is so glorious you need to rest. Sprinkle with salt and pepper.

Nestle the pork back in (with the accumulating juices) and cook about a minute longer, incorporating the flavors.

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

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



## Brockwayville Depot

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

**Students from Penn State  
Dubois that did volunteer  
work at The Depot.**



**Don't forget Chair Yoga (Wednesday at 11:00) and Tai Chi is back (Monday at 1)!  
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!!**

**10/2-** Movie Monday 12:30 with snacks

**10/4-** RSVP Luncheon in Reynoldsville

**10/6-** Music Night 6-9, kitchen opens at 4

**10/10-** Breakfast 7:30-9:30..FLU SHOTS 7:30-9:30 along with Blood Pressures and Sugar being taken by Guardian

**10/12-** Fall Festival serving a light supper with Apple Dumplings for dessert!! 4-6:30 PM

**10/20-** Tailgate party at noon, bring a dish to share and wear your team colors!!!!

FYI: Let's Go Buffalo!!!! Plus a trivia game with prizes awarded!!!

**10/31-** TRICK OR TREAT!!! Will Cheryl return from Las Vegas today? Sign-up for lunch and find out..if it's a TRICK or TREAT !!!!



**THE FOUNDRY**

The Reynoldsville Foundry Center  
45 West Main Street  
Reynoldsville, PA 15851  
Director: \*  
Phone: 814-653-2522  
Email: foundry@jcaaa.org

**Daily** – Lunch is served every day at 12:00

Call 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.

**It’s not too early to book  
your 2018 rental. Call for  
details 653-2522**

**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**

**Tai Chi is every Monday and Wednesday 6-7**

**10/6** – Music Night w/Buckshot. Kitchen opens at 6:00pm. Band plays from 7:00 – 10:00pm.

**10/17** – Do you know the 10 Signs? Join Jill Curtis from the Alzheimer’s Association as she discusses the importance of early detection of Alzheimers’ disease at 11:30am.

**10/20** – Join Mary Keck from Guardian for blood pressure and flu shots at 9:00 – 11:30am.

You are cordially invited to attend the annual Senior Corps-RSVP Recognition Celebration to thank you for your commitment to Clarion, Indiana, and Jefferson Counties!

# BINGO PARTY!

**Jefferson County**  
Date: October 4, 2017  
Time: 11:00 a.m.  
American Legion, Post 392  
305 Broadway Street  
Reynoldsville, PA

**Indiana County**  
Date: October 11, 2017  
Time: 11:00 a.m.  
Trinity United Methodist Church  
398 Church Street,  
Indiana, PA

**Clarion County**  
Date: October 18, 2017  
Time: 11:00 a.m.  
American Legion, Post 66  
530 Main Street,  
Clarion, PA



Entertainment - 11:00 a.m.  
Lunch - Noon  
Awards Ceremony - 1:00 p.m.



Please RSVP by September 18, 2017  
by calling Senior Corps-RSVP at  
814-938-3302, ext. 236 or 1-800-648-3381, ext. 236 or  
email [volunteer@jccap.org](mailto:volunteer@jccap.org).



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. Ms. Hayworth
2. Article
3. Tick, e.g.
4. Raised railroads
5. Seeded bread
6. Church official
7. Martial artist Chuck \_\_\_\_\_
8. Payable now
9. House (Sp.)
10. Draft animals
11. Cheeky
17. Kind of dog
19. Chunk of eternity
22. Landed properties
23. Hangman's loop
24. Roman gown
25. Ostrich's kin
26. Seducer \_\_\_\_\_ Juan
28. AWOL soldier
29. Crack pilot
30. Snakelike fish
34. Goes inside
35. Week part
37. Trio number
38. Accurate
39. Klutz's cry
40. Fling
43. Lion's hair
44. Bed board
46. Neckwear
47. Bar bill
48. Unrefined metal

## ACROSS

- |                               |                                |                               |
|-------------------------------|--------------------------------|-------------------------------|
| 1. Less green                 | 20. Gasp                       | 45. Male chicken              |
| 6. Terminate                  | 21. Spanish miss               | 47. Sum                       |
| 9. Police officer             | 25. Light bulb inventor        | 49. Raises                    |
| 12. Rome's country            | 27. Ice-cream treat            | 50. Fury                      |
| 13. Yankee _____ Gehrig       | 31. Slogan                     | 51. Stadium                   |
| 14. Logger's tool             | 32. Brother's daughter         | 52. Curvy letter              |
| 15. Brief                     | 33. Discomfort                 | 53. Compass direction (abbr.) |
| 16. Bureau                    | 35. Certain engine             | 54. Frenchman's cap           |
| 18. Physicians' group (abbr.) | 36. Octopus arm                |                               |
| 19. Eternally, in verse       | 38. Carry                      |                               |
|                               | 41. Old pronoun                |                               |
|                               | 42. Kitchen and parlor (abbr.) |                               |

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.

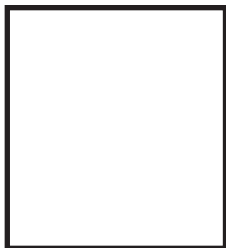


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

**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

