

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



JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director

2017 Walk to End Alzheimer's

Jefferson County AAA staff have been raising funds through Jeans Day Friday for the past year to donate to the Alzheimer's Association. Three staff participated at the 2017 Walk to End Alzheimer's event in Clarion on October 7th. JCAAA donated \$130 to the Alzheimer's Association. Total collected for the Clarion County walk was \$20,165.98



Inside This Issue:

PACENET	2
Medicare Open Enrollment	3
Heritage House	4
Pine Street	5
Lunch Menu	6
Dementia Support Group	7
Brockwayville Depot	8
The Foundry	9
Alzheimer's	10
Crossword Puzzle	11



Visit <https://act.alz.org> for more information.

JCAAA and all 4 centers will be closed
November 10th, 23rd, and 24th.

Oliver Township Center,
Is open on November 9th and 23rd.
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



Dear Fellow Pennsylvanians,
One of the many things that makes Pennsylvania such a great place to live is that Pennsylvania's Lottery provides hundreds of thousands of property tax and rent rebates, millions of free and reduced-fare transit rides, and care services to tens of thousands of our most vulnerable residents. The Lottery also funds millions of low-cost prescriptions through the PACE and PACENET programs and a wide range of local services delivered through 52 Area Agencies on Aging and hundreds of senior centers throughout the state. The Pennsylvania Lottery is the nation's only lottery to dedicate all of its proceeds to programs that benefit older residents – every day. I'm proud that the Lottery operates as a bureau within the Department of Revenue. Since the first game was sold in 1972, the Pennsylvania Lottery has contributed nearly \$27 billion to programs that benefit older residents in significant ways. Another benefit to living in Pennsylvania is an income tax system favorable to retired citizens, since Social Security benefits, formal pension payments, and proceeds from IRA plans are not subject to the state income tax. Many retired residents also qualify for Tax Forgiveness, reducing or eliminating any tax liability on interest or dividends income. The Department of Revenue and the Lottery are proud to benefit older Pennsylvanians, every day, by contributing funds to protect their independence, preserve their health, and improve the quality of their lives

If you need assistance with personal income tax matters or in completing a Property Tax/Rent Rebate application, I encourage you to review the resources available on the Revenue Department's website, www.revenue.pa.gov, or call or visit the Revenue district office, listed in the government pages of the telephone directory, nearest you.

Sincerely, Eileen McNulty
Secretary of Revenue



**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,
Tai-Chi 5:30-6:30p.m.

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)



Remembering our Veterans

American Legion Post 102
Brookville, Pa.

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

- 11/2 - Election 7:00 a.m - 7:00p.m
- 11/3 & 4th - hospital auxillary craft show 9:00 p.m 3:00 p.m
- 11/6 - Medicare enrollment 9:00 a.m – 4:00 p.m
- 11/8 - Ombudsman training 8:00 a.m – 5:00 p.m
- 11/9 - Veterans day service and luncheon 11:00 a.m
- 11/10 - Closed
- 11/14 - Blood pressure check with Guardian 10:30 a.m-12:00 p.m
- 11/16 - Bill's Barn Cat Fundraiser 5:00 p.m- 8:00p.m
- 11/17 - Band 7:00 p.m - 9:00p.m, Call for details.
- 11/19 - Football boosters
- 11/20 - Medicare enrollment 9:00a.m - 4:00p.m
- 11/21 - Jcaaa Meeting 11:30 a.m
- 11/23 - Closed, Happy Thanksgiving
- 11/24 - Closed , Black Friday
- 11/27 - Advisory meeting 1:00 p.m

CENTER INFO



Punxsutawney Pine Street Center
103 North Gilpin Street,
Punxsutawney, PA 15767
Director: Mindy Grose
Phone: 814-938-8376
Email: pinestreet@jcaaa.org

Daily – Pool, Friends, Puzzles, Lunch at noon, Computers and much more

Monday - Wheel of Fortune at 10:30a.m.

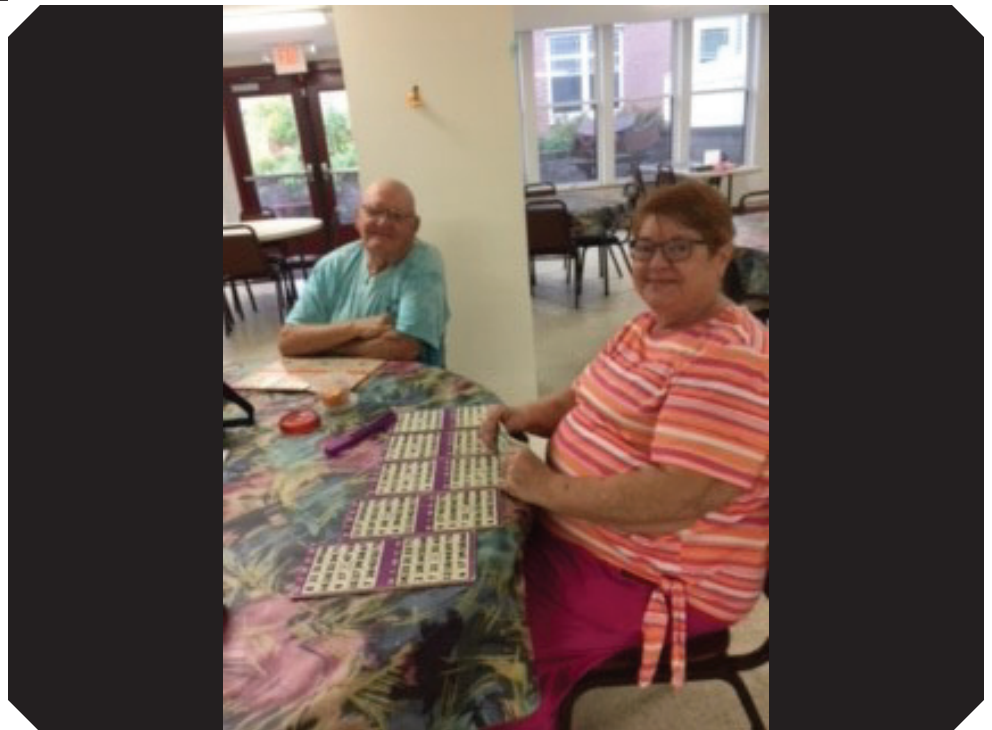
Tuesday - Penny Bingo from 9:30-11:30a.m.

Wednesday - Yahtzee at 10:30a.m.

Thursday - Exercise at 10:30a.m.

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

**Jerry and Darlene enjoying
a game of bingo!**



**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, 1/2hr.**

11/8 - at 10:30 is a Nutritional Education Program about keeping your food safe.

11/10 - the Center will be closed in observance of Veteran's Day

11/14 - is National Pickle day. At noon we will have pickle trivia!

11/15 - at 10:30 in the dining room we will be playing Yahtzee!

11/23 - and **11/24** the Center will be closed for Thanksgiving.

11/29 - at 11:15 Guardian will be here to take blood pressures and blood sugar screening

11/30 - at 11:15 Kristi from In Home Solutions will be at the Center with an informative

Healthy Again Program



November 2017



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*All Menus Subject to Change*	1 Baked Meatloaf w/gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sliced Apples	2 Baked Fish 1/2c. Rice Pilaf 1/2c. Broccoli & Carrots Wheat Bread Fruit Crisp	3 Chicken & Dumplings 1/2c. Slaw Buttermilk Biscuit Fresh Seasonal Fruit
6 Chicken Philly Pita w/onions, peppers, cheese Creamy Potato Soup w/Crackers Pita Bread Cake 	7 Baked Ham Whipped Sweet Potatoes 1/2c. Cauliflower White Bread Brownie	8 Swedish Turkey Sweeties (6) Gravy 1/2c. Butter Bowties 1/2c. Broccoli & Carrots Wheat Bread Fresh Seasonal Fruit	9 BBQ Pork Ribette 1/2c. Cheesy Hashbrowns 1/2c. Green Beans White Bread 1/2c. Peaches 	10 VETERANS DAY REMEMBER THOSE WHO SERVED
13 Baked Ziti / Meatballs (3) Salad Italian Bread Tropical Fruit 	14 Breaded Chicken 1/2c. Au Gratin Potatoes 1/2c. Sweet Peas Wheat Bread 1/2c. Mandarin Oranges 	15 Baked Salmon 1/2c. Brown Rice 1/2c. Broccoli White Bread 1/2c. Pineapple Tidbits	<u>Thanksgiving Special</u> Roasted Turkey / gravy 1/2c. Stuffing 1/2c. Mashed Potatoes 1/2c. Green Bean Casserole Cranberry Sauce Pumpkin Dessert	17 Mushroom Swiss Burger 1Cauliflower Soup /Crackers Hamburger Roll Fresh Seasonal Fruit
20 Breaded Fish Sandwich w/cheese 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Hamburger Roll 1/2c. Sliced Pears 	21 Stuffed Pepper Whipped Potatoes Corn Dinner Roll Cinnamon Apples 	22 Chicken Thigh Rice Pilaf Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit		
Burgundy Beef w/Mushrooms 1/2c. Egg Noodles 1/2c. Broccoli & Carrots Wheat Bread Pears	28 1 c. Chicken & White Bean Chili Tossed Salad Baked Potato Corn Drop Biscuit Mandarin Oranges	29 Pizza Burger Potato Bites Coleslaw Hamburger Roll Ice Cream	30 Center Cut Pork Chop Gravy 1/2c. Whipped Potatoes 1/2c. Braised Cabbage White Bread 1/2c. Apple Crisp	

Peppery Parsnips



Ingredients

1 pound parsnips, peeled, cut in half crosswise, and cut into narrow strips lengthwise

1 tablespoon butter

1 pinch salt

ground black pepper to taste

Directions

Place the parsnips into a saucepan, and cover with water. Bring to a boil, turn down the heat, and simmer until parsnips are tender, 15 to 20 minutes. Drain well, pat the parsnip pieces dry with paper towels, and set aside.

Melt butter in a skillet over medium heat, and place the parsnips into the hot butter in an even layer. Sprinkle with salt and black pepper (I use quite a bit). Cook parsnips until lightly golden brown on both sides, 5 to 8 minutes per side.

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

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



Brockwayville Depot

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

**The Depot was named
Station of the month for
RSVP. Pictured are the
volunteers that made it
possible.**

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



Don't forget EXERCISE!!! Healthy Steps in Motion Monday and Thursday at 10:00, Chair Yoga Wednesday at 11:00 and Tai Chi Monday at 1!

11/1- Open Enrollment for Medicare call 849-3096 to set up your appointment

11/3-Music Night 6-9pm..last one of the year!!!

11/6- Movie Monday after lunch... Artist Connect 6-8pm

11/8 – Join us and the Brockway American Legion Honor Guard for a presentation honoring Veteran's Day
At 11:15AM... Why not stay for lunch? Reservation for lunch required donation is 2.50

11/10 – Closed for Veteran's Day

11/14-Breakfast 7:30-9:30

11/15- Open Enrollment for Medicare call 849-3096 to set up your appointment

11/16- Turkey/Grocery Bingo...bring your daubers!!! 6:30PM

11/20- Artist Connection 6-8pm

11/23- Thanksgiving Day..Closed

11/24-Center Closed



THE FOUNDRY

The Reynoldsville Foundry Center
45 West Main Street
Reynoldsville, PA 15851
Director: Peter Spuck
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, Tai Chi 6 – 7 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**



**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 from 6-7**

11/2 – Amy Zeitler with apprise talk at 11am

11/3 – Toys for tots dance

11/10 – Closed for Veteran’s Day

11/23- Thanksgiving Day..Closed

11/24-Center Closed

11/25 – Craft and Vendor show for 9-4. Spaces still available.

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's and dementia basics

- **Alzheimer's is the most common form of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.
- **Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).
- **Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.
- **Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Help is available

If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

Call our 24/7 Helpline: 800.272.3900



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			

DOWN

1. NBC's rival
2. Gun owners' org.
3. Told (a story)
4. Perk up
5. Foot bottom
6. Immediately!
7. Gone by
8. Inexpensive
9. Charged atoms
10. "Star ____"
11. Terminates
17. Amtrak terminal (abbr.)
19. Lima's locale
21. Smack
22. Fluid rock
24. Lion's sound
26. "____ we forget"
27. Fabric
28. Prayer word
29. Williams and Koppel
32. Out of
33. Bemoans
36. Landed property
37. Carrying weapons
38. Previously named
40. Zoomed
41. Trim
42. Diva's solo
44. Andes native
46. Immovable
48. Espionage org.
49. Graceful tree

ACROSS

- | | | |
|-------------------------|-------------------------------|-----------------------|
| 1. Diarist ____ Frank | 23. Ambush | 47. Friendly |
| 5. Health club | 25. Site of Napoleon's defeat | 50. Huron's neighbor |
| 8. Refer to | 27. Wrestler's pad | 51. And so on (abbr.) |
| 12. Muffin type | 30. Wide street | 52. Kite feature |
| 13. Association (abbr.) | 31. Blazing | 53. Grateful ____ |
| 14. Rhino feature | 34. Tiny bit | 54. Earl Grey, e.g. |
| 15. Poet ____ Sandburg | 35. Notched like a saw | 55. Shut hard |
| 16. Made less tight | 37. Picnic pests | |
| 18. Mature | 39. Foretelling signs | |
| 20. Duties | 40. Extra tire | |
| 21. Unpaid toiler | 43. Kitchen gadget | |
| | 45. Pasta cheese | |

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.

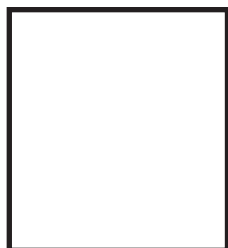


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

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

