

# THE SUNSHINE LINE

**Telephone:**  
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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

## Congrats Megan!



(Pictured, from left, are Megan Witherell; Alyssa Snyder; Jill Martin Rend, Director of BC3 at Brockway; Jessica Carroll; Commissioner Jeffrey Pisarcik; Dan McDonald; Commissioner Herbert Bullers; Connie Long; and Matt Brownlee)

*Photo Source: <http://www.explorejeffersonpa.com/jefferson-county-leadership-institute-graduates-first-class/>*

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Megan Witherell recently participated alongside five other individuals working in and around Jefferson County for the first Leadership Development course created by the Brookville Area Chamber of Commerce and the Butler County Community College (BC3) in Brockway. Megan said “this was a great opportunity to tour Brockway, Brookville, and Punxsutawney to learn what all Jefferson County has to offer”. Megan learned mentoring, coaching, and leadership skills that she plans to bring back and use at the Jefferson County Area Agency on Aging to better serve the aging community.

JCAAA and all 4 centers will be closed  
December 25th.

Oliver Township Center,  
Is closed for December  
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



## PENNSYLVANIA PATIENT ASSISTANCE PROGRAM CLEARINGHOUSE

Benefits: Pennsylvania Patient Assistance Program Clearinghouse (PA PAP) assists anyone needing prescription help, regardless of income. If you are uninsured, under-insured, over the age of 18 and do not currently have Medicaid or PACE coverage, PA PAP will help you apply for prescription assistance through various patient assistance programs that you may now have known about.

Contact: For more information, call 800-955-0989.

## PENNSYLVANIA PRESCRIPTION PRICE FINDER

Benefits: On the Price Finder website, consumers shop for the best medication prices for commonly used drugs. The website includes prices, pharmacy location, store hours, where to find low-cost generics, and drug education materials.

Contact: For more information, call 800-835-4080 or visit [www.parxpricefinder.com](http://www.parxpricefinder.com).



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. ,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)

**Mr. and Mrs. Alcorn,  
looking very festive for  
Christmas**



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

**12/2** - roseville chapel annual cookie walk 9:00 a.M till sold out

**12/4** - Mr.Tattersall and the Dubois Community Band 7:00 p.m

**FREE CONCERT...**All donations made will benefit the Brookville Food Pantry

**12/4th -8th** - 2nd Annual White Elephant Gift Exchange Bring in an unwrapped item that you don't WANT , LIKE or NEED Then enter to win..

**12/11** - Crafts with Honey, Last day of Tai Chi.

**12/12** - The Brookville Area Senior Citizens Christmas Meeting & Luncheon 12:00 noon, Veterans Christmas Party 5:00-8:00 p.m

**12/14** - OUR CHRISTMAS LUNCHEON \$4.00 12:00 NOON

**12/18** - Brookville Community Band Christmas Concert 6:00pm. Free to the public. Refreshments served. Donations greatly appreciated!

**12/25** - CLOSED... MERRY CHRISTMAS EVERYONE!!

**12/26** - Advisory meeting 1:00 p.m

**1/1/2018**- CLOSED ...HAPPY NEW YEAR!!

# 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, 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

**Mindy has many fans.**



**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.**

**12/7** - at 10:00 am we will be baking Christmas Cookies

**12/20** - at 10:00 we will be decorating Christmas Cookies

**12/25** - the Center will be closed for Christmas!












**12/27** - Guardian will be here at 11:15

**12/28** - at 11:15 In Home Solutions will be here with a healthy Aging program



December 2017

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Fish Shells &amp; Cheese Sweet Peas White Bread Tropical Fruit</p>
<p>4</p> <p>Chicken Alfredo Penne Pasta w/Sauce Italian Green Beans Garlic Breadstick Cake</p> 	<p>5</p> <p>Pot Roast Baked Potato Sliced Carrots Italian Bread Fresh Baked Cookie</p> 	<p>6</p> <p>Hot Dog Pierogies Sauerkraut Hot Dog roll Fresh Seasonal Fruit</p>	<p>7</p> <p>Beef Burrito Lettuce, Tomato, &amp; Cheese Warm Fiesta Corn Spanish Rice Tortilla Shell Pineapple</p>	<p>8</p> <p>Roasted Turkey, Stuffing Ball Whipped Potatoes Mixed Vegetable Medley White Bread Applesauce</p>
<p>11</p> <p>Swiss Steak Onion Gravy Whipped Potatoes Lima Beans Wheat Bread Sliced Pears</p> 	<p>12</p> <p>Sweet &amp; Sour Chicken Thigh Rice Pilaf Oriental Vegetables White Bread Pineapple</p> 	<p>13</p> <p>Baked Sweet Sausage Peppers, Onions, Cheese AuGratin Potatoes Green Beans Sandwich Roll Peach Crisp</p>	<p><b>CHRISTMAS LUNCH</b> Roasted Porkloin / Gravy Seasoned Redskins Green Beans Dinner roll Christmas Dessert</p>	<p>15</p> <p>Creamy Chicken Picatta Egg Noodles Brussel Sprout Garlic Breadstick Applesauce</p> 
<p>Baked Meatloaf w/gravy Whipped Potatoes Creamed Corn Wheat Bread</p> 	<p>19</p> <p>Baked Fish Rice Pilaf Broccoli &amp; Carrots Wheat Bread Peaches</p>	<p>20</p> <p>Chicken &amp; Dumplings Pepper Slaw Biscuit Fresh Seasonal Fruit</p> 	<p>21</p> <p>Chicken Marsala Garlic &amp; Parmesan Pasta Tossed Salad Wheat Bread Mandarin Oranges</p>	<p>22</p> <p>Bratwurst Parslied Potatoes Peas &amp; Onions Hotdog Roll Fresh Baked Cookie</p>
 	<p>26</p> <p>Philly Pita w/onions, peppers, cheese Creamy Potato Soup / Crackers Pita Bread Pears</p>	<p>27</p> <p>Turkey Sweeties Gravy Garlic Bowtie Noodles Broccoli &amp; Carrots Wheat Bread Fresh Fruit</p>	<p>28</p> <p>Baked Ham Scallop Potatoes Cauliflower White Bread Brownie</p>	<p>29</p> <p>BBQ Pork Ribette Cheesy Hashbrowns Green Beans White Bread Peaches</p>

## Dark Chocolate Bread Pudding



## Ingredients

Unsalted butter, room temperature (for baking dish)  
 1 pound day-old loaf brioche or challah, sliced ½” thick  
 3 cups whole milk  
 10 ounces semisweet chocolate, coarsely chopped  
 ½ cup sugar  
 1 teaspoon vanilla extract  
 ½ teaspoon kosher salt  
 6 large eggs  
 Whipped cream (for serving; optional)

## Directions

Preheat oven to 325°. Generously butter a 13x9” baking dish; arrange bread in dish, overlapping as needed to fit.

Heat milk, chocolate, sugar, vanilla, and salt in a heatproof bowl set over a saucepan of simmering water (don’t let bowl touch water), stirring until chocolate is almost completely melted, about 3 minutes. Remove from heat and stir until chocolate is completely melted (this method prevents chocolate from burning). Let cool.

Add eggs one at a time to chocolate mixture, whisking to blend after each addition. Pour over bread, pressing to help bread absorb liquid. Let sit at room temperature until bread is saturated, about 1 hour.

Bake uncovered until bread pudding is just set (it will jiggle slightly), 30–35 minutes. Let cool slightly on a wire rack. Serve with whipped cream, if desired.

Source: <https://www.bonappetit.com>

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

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



## Brockwayville Depot

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

**Chelsa ( the service dog) is  
wanting patiently for the  
ladies to finish there Grocery  
Bingo game.**

**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!**

**12/4-** Artist Connection 6-8PM

**12/6-** Advisory Meeting 12:30

**12/9** – Breakfast with Santa and Mrs. Santa 8-11AM. The model train will also be running!!!

**12/12-** Breakfast 7:30-9:30AM, also BP Check with Highland View, CHRISTMAS PROGRAM with Brockway Elementary at 12:30...bring a \$2-\$3 gift to pass for the reading "Twas The Night Before Christmas"

**12/18-** Artist Connection 6-8PM

**12/24-** Small gift exchange with the reading of "Twas The Night Before Christmas"

**12/25-** Merry Christmas (Center Closed)

**12/30-** Let's Talk Nutrition and maintain a healthy weight 11:30





## 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,

**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.

**When you see a soldier  
Be sure to shake his or her hand,  
And let that soldier know you’re  
grateful  
For the protection the military  
affords our land.**

**But most of all express your  
thanks  
for every soldier’s personal  
sacrifice.**

**In order to serve our country,  
They risked their entire lives.**



**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**

**No Tai Chi the month of December**

12/4 - national cookie day! Come in for some homemade cookies

12/13 - national cocoa day! Stop by for a mug

12/13 - healthy steps Christmas party from 12-3

12/25 - center will be closed for Christmas

## Protective Services Leadership Award

Annette Town was recognized at the Annual Protective Service Conference in Harrisburg on October 26th. She is a recipient of the 2017 Leadership Award in Protective Services for making substantial contributions to the prevention of and response to the abuse, neglect, or exploitation of older Pennsylvanians. Annette has worked for JCAAA since January 2015 first as a Service Coordinator and currently the lead Protective Service Worker. Congratulations Annette!



The Older Adults Protective Services Act protects Pennsylvanians 60 years of age and older against physical, emotional, or financial abuse as well as exploitation, neglect, or abandonment. Reporting of abuse is mandatory for employees and administrators of nursing homes, personal care homes, assisted living homes, domiciliary care homes, adult daily living centers, home health care providers, and other facilities specified by their licensing body/entity. For the public, reporting of abuse is voluntary and can be anonymous. The law protects all reporters from retaliation and civil or criminal liability. Under this law the Jefferson County Area Agencies on Aging receive reports 24 hours a day, 7 days a week and are responsible to investigate within 72 hours. If someone is in imminent danger, please contact your local law enforcement immediately.

Any person who believes that an older adult is being abused, neglected, exploited, or abandoned may file a confidential report at any time with Jefferson County Area Agency on Aging (814)849-3096 or by calling the statewide abuse hotline at 800-490-8505.

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. Small quantities
2. Baldwin or Guinness
3. Pastors
4. Washington seaport
5. Greed
6. Ice mass
7. First game
8. Pale
9. Filbert, e.g.
10. Take advantage of
11. Part of MPH
17. Cooking vessel
21. Obliterate
23. Kind of infection
24. Penance
25. Money owed
26. Cruising
27. Actress \_\_\_\_\_ Hayworth
28. Fruit drinks
29. Memorable time
33. Moral
36. Main course
38. Defeated ones
40. "Sex and \_\_\_\_\_ City"
43. Initial wager
45. Soup vegetable
46. Necklace part
47. Free (of)
48. WSW's opposite
49. Mover's truck
50. Navy officer (abbr.)

## ACROSS

- |                        |                            |                              |
|------------------------|----------------------------|------------------------------|
| 1. Beaver construction | 22. Reno's locale          | 47. Deep respect             |
| 4. Bill                | 27. Daily grind (2 wds.)   | 51. Get by                   |
| 7. Confess (2 wds.)    | 30. Ceremonial events      | 52. Silly                    |
| 12. Frazier's rival    | 31. Suggestion             | 53. Paving goo               |
| 13. "____ Maria"       | 32. Shakespeare's "before" | 54. Gun rights group (abbr.) |
| 14. Hesitate           | 34. Judge's garb           | 55. Compact                  |
| 15. Mr. Franklin       | 35. Concise                | 56. City railways            |
| 16. Woodworker         | 37. Georgia's capital      | 57. Smidgen                  |
| 18. Chem., e.g.        | 39. Agree                  |                              |
| 19. Kidney, e.g.       | 41. Pit                    |                              |
| 20. 18-wheeler         | 42. Bangkok residents      |                              |
|                        | 44. Disorderly crowd       |                              |

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.

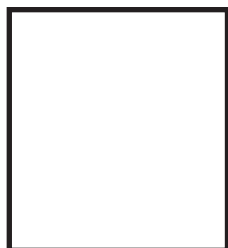


If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

**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

