

THE SUNSHINE LINE

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186 Main Street, Suite 2
Brookville, PA 15825

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Website:
www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Bill Sherman - Executive Director

Molly McNutt - Deputy Director



New At The Heritage House Soup, Salad & Dessert Bar



Are you over the age of 60 and looking to grab a healthy, hearty nutritious lunch for just \$2.50? Then stop by the Heritage House any Tuesday in January to enjoy our new soup, salad and dessert bar. Available from 11:00am - 12:30pm; dine-in only. To make your reservations, please call Missie 814-849-3391.

Tuesday, January 9th

- ~ Beef and Barley Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Tuesday, January 16th

- ~ Wedding Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Tuesday, January 23rd

- ~ Beef Stroganoff
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Tuesday, January 30th

- ~ Vegetable Soup
- ~ Steak Salad with Toppings
- ~ Breadstick
- ~ Dessert

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JCAAA and all 4 centers will be closed
January 1st.

Oliver Township Center,
Is closed for January
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




RETIRED SENIOR VOLUNTEER PROGRAM

Benefits: Retired? Senior Volunteer Program (RSVP) volunteers serve in a diverse range of nonprofit organizations, public agencies, and faith-based groups. Among other activities, they mentor at-risk youth, organize neighborhood watch programs, test drinking water for contaminants, teach English to immigrants, and lend their business skills to community groups that provide critical social services. RSVP volunteers are not paid, but sponsoring organizations may reimburse them for some costs incurred during service. RSVP provides appropriate volunteer insurance coverage, and volunteers receive pre-service orientation and in-service training from the agency or organization where they are placed.

Those Eligible: RSVP is open to people age 55 and over. Community and faith-based organizations receive grants to sponsor and operate RSVP projects in their community. These projects recruit older adults to serve from a few hours a month to almost full-time, though the average commitment is four hours a week. Most volunteers are paired with local community and faith-based organizations that are already helping to meet community needs.

Contact: Senior Corps of Pennsylvania 800-870-2616
www.seniorcorpsofpa.org

 **pennsylvania**
DEPARTMENT OF AGING
**From: Benefits & Rights For
Older Pennsylvanians 2018**
**To get a copy stop by the
JCAAA Main Office**



TAI CHI for Health in Jefferson County



New Tai Chi classes will begin on January 8, 2018 at three locations in Jefferson County: (**Brockway** - The Brockwayville Depot Senior Center), (**Brookville** - The Heritage House Senior Center), and (**Reynoldsville** - The Foundry Senior Center). These classes are free of charge to Pennsylvania residents who are age 60, or older. Persons between the ages of 18 and 59 pay a fee of \$3.00 per class. All of the classes are taught on Mondays and Wednesdays. In Brockway, the classes run from 1:00 PM to 2:00PM. In Brookville the class runs from 5:30 PM to 6:30 PM. The Reynoldsville classes* start at 6:00PM and finish at 7:00 PM. All of the Instructors are certified by the Tai Chi Institute for Health. (TCHI.org)

*The Foundry's Wednesday class is for advanced students.

INSTRUCTOR CONTACTS:

Brockway - Hugh Daly - (814) 577-3462

Brookville - Bob Lockwood - (814) 715-2273

Reynoldsville - Ruth Pifer - (814) 591-1113, or
Cheryl Hannah - (814)-591-3378




Tai Chi Health Benefits

- Increases balance—improves standing, ability to walk, agility, and reduces falls.
- Increases muscle strength and definition.
- Reduces joint pain.





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)

**Honey was dressed as a
Victorian lady for Victorian
Christmas**



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

01/1 - Closed, Happy New Year!

01/8- Tai-Chi Is Back Every Monday and Wednesday evening 5:30-6:30 p.m.

01/29- 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

**Carol, Ethel, and Hilda
wait for the bingo to start!**



**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.**

01/1- the Center is Closed for New Year's Day

01/19- is National Popcorn Day! Join us for Bingo and Popcorn!

01/24- is National Peanut Butter day!

01/25- at 11:15 Kristi from In Home Solutions will be here with a program on Healthy Aging



January 2018

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year!	2 Roasted Turkey / Gravy Whipped Potatoes Carrots White Bread Pears	3 Baked Ziti Meatballs Cheese Caesar Salad Italian Bread Tropical Fruit Salad	4 Breaded Chicken Cutlet Au Gratin Potatoes Sweet Peas Wheat Bread Mandarin Oranges	5 Mushroom Swiss Burger Creamy Cauliflower Soup w/Crackers Hamburger Roll Fresh Seasonal Fruit
8 Breaded Fish Sandwich w/cheese Macaroni & Cheese Stewed Tomatoes Hamburger Roll Cake	9 BBQ Chicken Breast Scalloped Potatoes Sweet & Sour Coleslaw Wheat Bread Brownie	10 Beef Brasciole Mashed Potatoes Carrots White Bread Cottage Cheese Peaches	11 Chicken Thigh Rice Pilaf Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	12 Stuffed Pepper Whipped Potatoes Corn Dinner Roll Cinnamon Apples
15 Burgundy Beef w/Mushrooms Egg Noodles Broccoli & Carrots Wheat Bread Mixed Fruit Salad	16 Chili Tossed Salad Baked Potato Corn Bread Mandarin Oranges	17 Pizza Burger Cheese Sweet Potato Bites Creamy Coleslaw Hamburger Roll Sherbet or Ice Cream	18 Center Cut Pork Chop Gravy Whipped Potatoes w/Chives Braised Cabbage White Bread Apple Crisp	19 Potato Crusted Pollock Cheesy Shells Sweet Peas White Bread Fresh Seasonal Fruit
22 Pizza Casserole Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit	23 Meatloaf Baked Potato Carrots Italian Bread Fresh Baked Cookie	24 Kielbasa Diced Potatoes Baked Beans Hot Dog roll Fresh Seasonal Fruit	25 Turkey / Stuffing Ball / Gravy Whipped Potatoes Mixd Vegetable Medley White Bread Applesauce	26 Beef Burrito Lettuce, Tomato Fiesta Corn Spanish Rice Tortilla Shell Pineapple
Swiss Steak Onion Gravy Whipped Potatoes Lima Beans Wheat Bread Sliced Pears	30 Baked Sweet Sausage Sandwich Cheese Au Gratin Potatoes Green Beans Sandwich Roll Peach Cobbler	31 Chicken Thigh Rice Pilaf Oriental Vegetable Blend White Bread Pineapple		*Menus Subject to Change*

Cleansing Ginger-Chicken Soup



Ingredients

1 onion, sliced
 2 celery stalks, chopped
 8 ounces unpeeled scrubbed ginger, cut into ½-inch-thick slices
 2 garlic cloves, crushed
 10 whole black peppercorns
 1 3-pound whole organic chicken, cut into 7 pieces (2 breasts, 2 legs with thighs attached, 2 wings, 1 back)
 Kosher salt
 Cilantro leaves (optional)

Directions

Combine onion, celery, ginger, garlic, and peppercorns in a large heavy pot. Add chicken, placing breasts on top. Add 6 quarts water (preferably filtered or spring water); bring to a boil over medium-high heat. Cover with lid slightly ajar. Reduce heat to low; simmer until chicken breasts are just cooked through, about 30 minutes. Transfer chicken breasts to a plate; let cool, then cover and chill. Continue to simmer soup, uncovered, until broth is fully flavored, about 2 ½ hours longer. Return breasts to soup to rewarm, about 5 minutes. Remove chicken from broth. When cool enough to handle, coarsely shred meat; discard skin and bones. Place a fine-mesh sieve over another large pot; strain broth, discarding solids in strainer (you should have about 8 cups broth). Season with salt. Rewarm soup. Divide chicken among bowls. Pour hot broth over, dividing equally. Garnish soup with cilantro leaves, if desired.

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

Mark Your Calendars!

Elder Justice Day May 3, 2018

Where: Heritage House

Time: TBA

Lunch will be provided

Crucial information on scams and topics to help you!

Fraud Bingo sponsored with the Department of Banking.



Crossword Answers

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

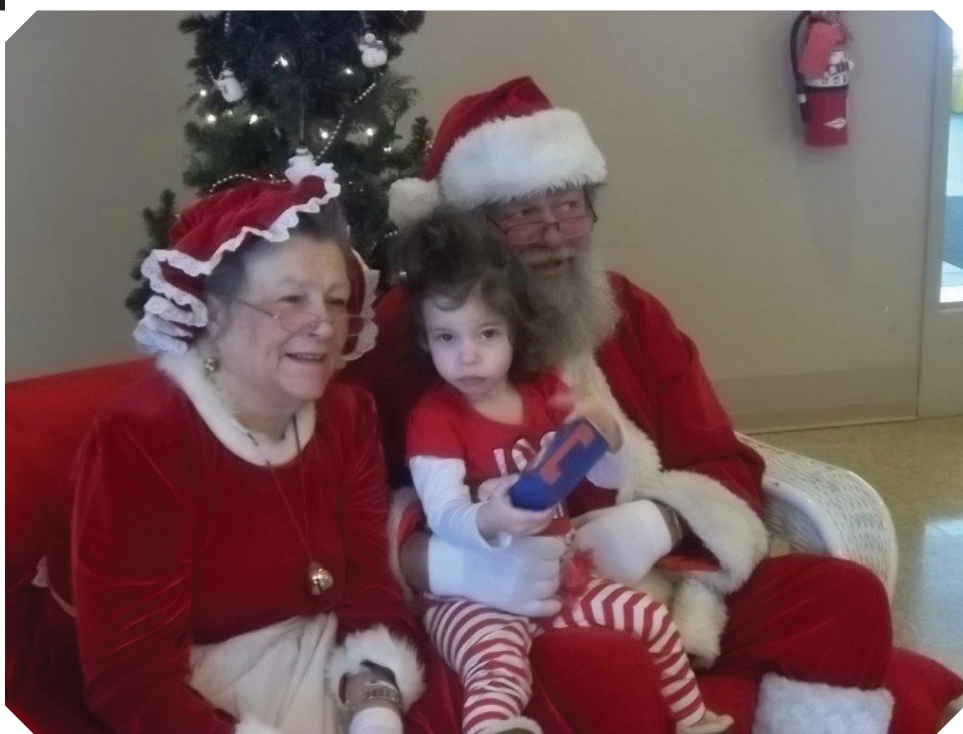
Tuesday - Bingo after lunch

Wednesday – Cards 10, Cards 10am, Chair Yoga 11am

Thursday – Healthy Steps 10a.m., Bingo after lunch

Friday – Bingo 10am followed by lunch

Pictured is Mr. and Mrs. Santa Claus, with Lydia, Mary Belle Holt's Great Granddaughter.



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

Starting January 8th Tai Chi Every Monday 1 -2p.m.

01/1- Happy New Year! Center Closed

01/9 – Breakfast 7:30-9:30...Blood Pressures and Sugar will be taken by Highland View

01/15- Movie Monday 12:30

01/18- Grocery Bingo...6:00 PM. PLEASE NOTE THE TIME!

01/21- Unity Service with Brockway Churches 4:00PM

01/31-Fall Prevention Class 9:15 AM. With a free lunch to follow if taking the class Reservation required for lunch



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 6-7p.m.

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 6-7p.m.

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

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

**Stop by the Foundry to meet
 Pete the new center director.**



**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**

01/1- Center closed

01/3- Is national chocolate covered cherry day

01/8- Tai-Chi Every Monday and Wednesday evening 6:00-7:00. *Wednesday are for Advanced Students*

01/19- national popcorn day

01/26- national peanut brittle day

Stop in to have some goodies on those days

01/30- Barb will be here for the start of the tax season

Get the sleep you need

According to the Centers for Disease Control and Prevention (CDC), more than one-third of U.S. adults routinely sleep fewer than six hours a night. That's bad news because the benefits of adequate sleep range from better heart health and less stress to improved memory and weight loss. Stop loading up on caffeine or sneaking in naps and use our top tips to help get the shut-eye you need to manage your health.

1. Develop a sleep routine

It might seem tempting, but sleeping until noon on Saturday will only disrupt your biological clock and cause more sleep problems. Going to bed at the same time every night even on weekends, holidays, and other days off helps to establish your internal sleep/wake clock and reduces the amount of tossing and turning required to fall asleep.

2. Move it!

Researchers in Northwestern University's Department of Neurobiology and Physiology reported that previously sedentary adults who got aerobic exercise four times a week improved their sleep quality from poor to good. These former couch potatoes also reported fewer depressive symptoms, more vitality, and less sleepiness during the daytime. Just be sure to wrap up your workout session several hours before bedtime so that you're not too revved up to get a good night's sleep.

3. Change your diet

Cut out the food and drinks that contain caffeine, such as coffee, tea, soft drinks, and chocolate, by mid-afternoon. Make dinner your lightest meal, and finish it a few hours before bedtime. Skip spicy or heavy foods, which can keep you awake with heartburn or indigestion.

4. Don't smoke

A study found that smokers are four times more likely to not feel as well rested after a full night's sleep than nonsmokers. Researchers at Johns Hopkins University School of Medicine attribute this to the stimulative effect of nicotine and the nighttime withdrawal from it. Smoking also exacerbates sleep apnea and other breathing disorders such as asthma, which can make it difficult to get restful sleep.

5. Say no to a nightcap

Alcohol disrupts the pattern of sleep and brainwaves that help you feel refreshed in the morning. A martini may help you doze off initially, but once it wears off, you're likely to wake up and have a hard time getting back to sleep, according to Mayo Clinic.

6. Become a Luddite an hour before bedtime

A National Sleep Foundation (NSF) survey found that nearly all participants used some type of electronics, like a television, computer, video game, or cell phone, within the last hour before going to bed. That's a bad idea. Light from these devices stimulates the brain, making it harder to wind down. Put your gadgets away an hour before bedtime to fall asleep more quickly and sleep more soundly.

7. Hog the bed

A study performed by Mayo Clinic's Dr. John Shepard found that 53 percent of pet owners who sleep with their pets experience sleep disruption every night. And more than 80 percent of adults who sleep with children have trouble getting a good night's sleep. Dogs and kids can be some of the biggest bed hogs, and some of the worst sleepers. Everyone deserves their own sleeping space, so keep dogs and kids out of your bed.

8. Keep it temperate, not tropical

Eighty degrees may be great for the beach, but it's lousy for the bedroom at night. A temperate room is more conducive to sleeping than a tropical one. The NSF recommends a temperature somewhere around 65 degrees Fahrenheit. Striking a balance between the thermostat, the bed covers, and your sleeping attire will reduce your core body temperature and help you drift off to sleep faster and more deeply.

9. Black it out

Light tells your brain that it's time to wake up, so make your room as dark as possible for sleep. Even a small amount of ambient light from your cell phone or computer can disrupt the production of melatonin (a hormone that helps regulate sleep cycles) and overall sleep.

10. Use your bed for sleeping only

Your bed should be associated with sleeping, not working, eating, or watching TV. If you wake up during the night, skip turning on your laptop or TV and do something soothing like meditating or reading until you feel sleepy again.

Sleep is a beautiful thing. If you feel you're not getting enough sleep, or not enjoying quality sleep, these simple adjustments can help contribute to a more restful night.

Source: <https://www.cdc.gov/>

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. In reserve
2. Actress Sophia _____
3. Telegraph inventor
4. Recipe instruction
5. Impartial
6. Sick
7. Barton or Bow
8. Gold measure
9. Nelson _____ of South Africa
10. Have creditors
11. Implore
16. Must, informally
20. Naughty child
23. Put into effect
24. Silent assent
25. A couple
28. Roker and Pacino
29. Watery expanse
30. Sewing guide
32. Go back in
33. Cindy Crawford, e.g.
36. Couple
39. Holy _____ Empire
40. Rocker _____ Cooper
41. Water mammal
42. Unaccompanied
43. Della _____ of "Touched by an Angel"
46. _____-service
47. Pierre's pal
48. Lamb's lament
50. That girl

ACROSS

- | | | |
|----------------------------------|-------------------------------|----------------------------------|
| 1. Gifts to charity | 21. Compass direction (abbr.) | 45. Snuggle |
| 5. Shaving cut | 22. Handling | 47. Presidential nickname |
| 9. Gang | 26. Summer shade | 49. Christmas doorway decoration |
| 12. Chimney residue | 27. Farm implement | 51. Scratch |
| 13. Jazz singer _____ Fitzgerald | 28. Nile viper | 52. Tooth problem |
| 14. Wonder | 31. Frighten | 53. Contact _____ |
| 15. Unusual | 34. Uproar | 54. Bond creator _____ Fleming |
| 17. Not pos. | 35. Conduct | 55. Not ever, poetically |
| 18. Dictator | 37. Corporate VIP | 56. Liberate |
| 19. Sudden attack | 38. Soaked | |
| | 41. Rowing implement | |
| | 44. Handyman's need | |

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



JEFFERSON COUNTY AREA AGENCY ON AGING
186 Main Street, Suite 2
Brookville, PA 15825

ADDRESS SERVICE REQUESTED