

# 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

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# FREE Income Tax Preparation

Free income tax preparation assistance is available through the VITA (Volunteer Income Tax Assistance). The VITA program offers free tax help to those who meet certain income guidelines (generally income below \$54,000). There are no age restrictions. Other restrictions may apply.

In addition to free tax return preparation assistance, free electronic filing will be offered. Individuals taking advantage of the e-file program receive their refunds in half the time compared to returns filed on paper—even faster when tax refunds are deposited directly into one’s bank account.

Volunteers who are trained and certified by the IRS will be assisting taxpayers at the senior centers throughout Jefferson County. You may begin calling to be placed on the appointment list on Wednesday, January 25, 2018. Please call Jefferson County Area Agency on Aging Office at 814-849-3096 or 1-800-852-8036 to be placed on the appointment list for the Heritage House in Brookville, the Depot in Brockway or the Pine Street Center in Punxsutawney. A volunteer will call you back within a few days to set up your appointment. Those who would like to have their taxes prepared at the Foundry in Reynoldsville, may call the Foundry directly at 814-653-2522.

JCAAA and all 4 centers will be closed  
February 19th.

Oliver Township Center,  
Is closed for February  
Questions? Call: 814-849-3391

### Long-Term Care Ombudsman Program

What is an Ombudsman?

Ombudsman is a Swedish word, which means "citizen representative". Pennsylvania Ombudsmen are trained individuals who advocate to resolve complaints on behalf of people who receive long-term care services.

An Ombudsman's mission is to "advocate for those who can't, support those who can, and ensure all long-term care consumers live with dignity and respect"

As Ombudsman;

- We are resident directed.
- We Provide information to residents and family about rights, procedures and additional resources within the facility or community.
- We Investigate concerns and work to resolve issues that may involve a resident in a long-term facility.
- We offer education programs to the residents and staff.

If you know of a resident in a long-term facility needing help please contact;

Mindy Sivanich 1-800-852-8036 Ext 232

Nichole McGee 1-800-852-8036 Ext 245

We are located at the Jefferson County Area Agency  
on Aging

186 Mani Street, Suite 2

Brookville, PA. 15825

There is no charge for our services and the services are confidential.

### REVERSE MORTGAGES

**Benefits:** Reverse mortgages are special home loans that allow older homeowners to convert the equity in their home to cash. The proceeds of the loan may be received as a lump sum, monthly payment, or line of credit. The amount you may borrow depends upon the value of your home, your age, the current interest rate, and for certain loans, the lending limits in your area. There are no restrictions on how you may use the reverse mortgage funds. Unlike a traditional mortgage, you do not make monthly payments on this type of loan. Repayment of the loan is due when you or the last borrower, such as your surviving spouse, no longer lives in the property due to death, selling the home, or a permanent move. You continue to own your home and make necessary home repairs as well as to pay the taxes and insurance.

**Those Eligible:** In general, all borrowers must be 62 years of age or older. Health status is not a factor. There are no special income requirements. The home must be a single family residence or a two- to four-unit property that you own and occupy. Manufactured homes built after 1976, condominiums and townhouses may also qualify. Any existing loan or mortgage against the home must be paid off with the proceeds of the reverse mortgage. In addition, any required home repairs must also be completed with the proceeds. You can use any remaining funds for any purpose.

**Note:** The reverse mortgage must be in the first lien position. Counseling is required for all reverse mortgages before you begin the application process. Counseling sessions can be conducted face-to-face or over the telephone.

**Contact:** For information about reverse mortgage programs or to obtain a current list of participating lenders, contact the U.S. Department of Housing and Urban Development (HUD) office nearest you, or contact the Consumer Community Support Services Division at 800-FED-INFO (333-4636) or 202-708-1112. Or visit the website at [www.hud.org](http://www.hud.org).

**Other sources of information about reverse mortgages:**

The National Reverse Mortgage Lenders Association  
1400 16th St. N.W., Suite 420  
Washington, D.C. 20036  
202-939-1760  
[www.reversemortgage.org](http://www.reversemortgage.org)



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

# DEMENTIA SUPPORT GROUP

Join the BROOKVILLE AREA DEMENTIA SUPPORT GROUP that is sponsored by Penn Highlands Brookville, WRC Senior Services, Jefferson Manor Health Center and the Jefferson County Area Agency on Aging for family and caregivers of someone with Dementia or Alzheimer.

**Meetings will be every second Monday of the month at the Education Conference Center, Penn Highlands Brookville, Brookville, PA from 2:30 PM to 3:30 PM.**

Free - Open to Public  
Ask Questions and/or share your wisdom with other group members

For more information contact:

**Nancy Florio, 814-849-1850**

**Cheryl Muders, 800-852-8036**

**Janet Himes, 814-849-8026**

**Dani Sibble, 814-849-3615**

Visit [www.phhealthcare.org/events](http://www.phhealthcare.org/events) for more information on our guest speakers.

## 2018 GROUP SCHEDULE

**January 8, 2018**

Caregiver Guilt and Depression

**February 12, 2018**

End of Life Choices and Factors to Consider with Dementia

**March 12, 2018**

Stages of Dementia

**April 9, 2018**

First Aid Assessment and Communication with Individuals with Dementia

**May 14, 2018**

Legal Planning (*Power of Attorney, Guardianship, Health Care Directives*)

**June 11, 2018**

Types of Dementia and Characteristics

**July 9, 2018**

Vascular Dementia

**August 13, 2018**

Caregiver Stress and Burnout

**September 10, 2018**

New Research on Alzheimer's Disease

**October 8, 2018**

Dementia: Progression through the Brain

**November 12, 2018**

Common Medications and Contraindications for the Elderly

**December 10, 2018**

Behavioral Issues and Safety Tips



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)

**R.I.P George Hoffman**

**We will all miss you!!!**



**Our Fitness Center is open daily 8:00a.m. - 2:00p.m.  
 We will be contuning our Tuesday Soup, Salad & Dessert Bar for February**

- 02/02 - Groundhog and superbowl trivia and party, Open art class 1:00-3:00 p.m
- 02/03- Fly tying class “Free” 9:00a.m -12:00p.m
- 02/09 - Winter safty with nicole from phoenix rehab. 11:00a.m, Open art class 1:00-3:00 p.m
- 02/10 - Fly tying class “Free” 9:00a.m -12:00p.m
- 02/14 - Valentines party / secret admir’er card exchange
- 02/16 - Year of the dog bring in pictures of your dogs (past or present), Open art class 1:00-3:00 p.m
- 02/19 - Closed Presidents Day
- 02/23 - Open art class 1:00-3:00 p.m
- 02/26 - Advisory meeting 1:00 p.m



# CENTER INFO



Punxsutawney Pine Street Center  
103 North Gilpin Street,  
Punxsutawney, PA 15767  
Director:  
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

**Groundhog Day is Friday,  
February 2**



**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.**



February 2018



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Roasted Porkloin Gravy 1/2c. Seasoned Redskins 1/2c. Green Beans Biscuit w/Apple Butter Fresh Seasonal Fruit	Creamy Chicken Picatta 1/2c. Egg Noodles 1/2c. California Blend Vegetables Garlic Breadstick 1/2c. Applesauce
5	6	7	8	9
Chicken Marsala 1/2c. Garlic & Parmesan Pasta 1 c. Tossed Salad Wheat Bread Cake	Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Biscuit 1/2c. Warm Peaches	Baked Meatloaf w/gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sliced Apples	Baked Haddock Florentine 1/2c. Rice Pilaf 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Baked Crisp	Bratwurst 1/2c. Parslied Potatoes 1/2c. Peas & Onions Hotdog Roll Fresh Baked Cookie
11	13	14	15	16
Chicken Philly Sandwich w/onions, peppers, cheese 1 c. Creamy Potato Soup Crackers Hoagie Roll 1/2c. Pears	Baked Ham 1/2c. Whipped Sweet Potatoes 1/2c. Cauliflower White Bread Brownie	1 c. Tuna Noodle Casserole 1/2c. Broccoli Wheat Bread 1/2c. Mandarin Oranges	BBQ Pork Ribette 1/2c. Cheesy Hashbrowns 1/2c. Green Beans White Bread 1/2c. Sliced Peaches	Lemon Pepper Pollock 1/2c. Wild Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Applesauce
19	20	21	22	23
PRESIDENT'S DAY	Baked Ziti(3/4c.) Meatballs (3) Cheese Topping 1 c. Caesar Salad Italian Bread 1/2c. Tropical Fruit Salad	Mushroom Swiss Burger 1c. Cauliflower Soup Crackers Hamburger Roll Fresh Seasonal Fruit	Breaded Chicken Cutlet 1/2c. AuGratin Potatoes 1/2c. Peas Wheat Bread 1/2c. Mandarin Oranges	Baked Salmon Teriyaki Glaze 1/2c. Brown Rice 1/2c. Broccoli White Bread 1/2c. Pineapple Tidbits
27	28			
BBQ Chicken Breast 1/2c. Scalloped Potatoes 1/2c. Sweet & Sour Coleslaw Wheat Bread Cinnamon Apples	Meatloaf w/gravy 1/2c. Mashed Potatoes 1/2c. Carrots White Bread 1/4c. Cottage Cheese 1/2c. Sliced Peaches	Chicken Thigh 1/2c. Rice Pilaf 1/2c. Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit		
* Menu Subject to Change*				

## Pork and Kim Chi Noodle Stir Fry



## Ingredients

- 1/2 pound (or about 2 ramen packages) dried Asian noodles, cooked al dente
- 2 tablespoons oil
- 1 pound ground pork
- 1/2 medium onion, finely diced
- 3 cloves garlic, minced
- 1/4 cup water
- 2 Tablespoons fish sauce
- 2 teaspoons sugar
- 2 cups kim chi
- 1/2 cup green onions, plus additional for garnish

## Directions

1. Cook noodles to package instructions. Rinse, drain and set aside.
2. Heat a large skillet over medium-high heat. Add the oil, then add onions, and garlic. Cook onions and garlic till translucent and fragrant. Add the pork. Cook until the pork is browned and cooked though, 5-8 minutes.
3. Reduce heat to medium. Stir in the water, fish sauce, and sugar. Stir in the noodles and cook until the noodles are heated through, 1-2 minutes.
4. Fold in kim chi and green onions, cook for an additional minute to warm kim chi. Plate, garnish with additional green onions and serve warm.

*For this recipe, the noodles we used were from packaged ramen. You can use any Asian noodle that you like, but the package ramen noodles worked great and cooked al-dente. But remember to discard the seasoning packets.*

## Mark Your Calendars!

Elder Justice Day May 3, 2018

Where: Heritage House

Time: TBA

Free Lunch will be provided

Crucial information, topics will include mail and telephone scams and safety in the home.

Fraud Bingo sponsored with the Department of Banking. It will be a fun and informative day!



## Crossword Answers

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



## Brockwayville Depot

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

**Next time you are at The Depot..Check this out: The Model train and the replica of Brockway. Also you need to see the original part of The Depot and all the train memorabilia.**

**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!**

**02/1-** Groundhog Trivia Game 11:30..special prize awarded !!!

**02/2-** Groundhog Day

**02/5-** Movie Monday 12:30

**02/13-** Breakfast 7:30-9:30..Blood Pressure and Sugars Taken by Highland View

**02/14-** Valentine's Day...Sweets for the sweet...Advisory Meeting 12:30

**02/19-** President's Day..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 6-7p.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.

**Join us for Healthy Steps  
in Motion Mondays and  
Fridays at 10:30a.m.**



**Taxes are being done every Tuesday and Wednesday. Stop by or call and make your appointment.**

02/2- Groundhog Day

02/14- Valentine's Day

02/15 - Is national gumdrop day

02/19 - Closed for presidents day

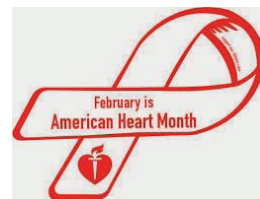
02/27 - National strawberry day

Stop in to have some goodies on those days

## The Heart Truth - Lower Heart Disease Risk

### How Do I Find Out if I Am at Risk for Heart Disease?

The first step toward heart health is becoming aware of your own personal risk for heart disease. Some risks, such as smoking cigarettes, are obvious: every woman knows whether or not she smokes. But other risk factors, such as high blood pressure or high blood cholesterol, generally don't have obvious signs or symptoms. So you'll need to gather some information to create your personal "heart profile."



### You and Your Doctor: A Heart Healthy Partnership

A crucial step in determining your risk is to see your doctor for a thorough checkup. Your doctor can be an important partner in helping you set and reach goals for heart health. But don't wait for your doctor to mention heart disease or its risk factors. Many doctors don't routinely bring up the subject with women patients.

Here are some tips for establishing good, clear communication between you and your doctor:

Speak up. Tell your doctor you want to keep your heart healthy and would like help in achieving that goal. Ask questions about your chances of developing heart disease and how you can lower your risk.

Keep tabs on treatment. If you already are being treated for heart disease or heart disease risk factors, ask your doctor to review your treatment plan with you. Ask: Is what I'm doing in line with the latest recommendations? Are my treatments working? Are my risk factors under control? If your doctor recommends a medical procedure, ask about its benefits and risks. Find out if you will need to be hospitalized and for how long, and what to expect during the recovery period.

Be open. When your doctor asks you questions, answer as honestly and fully as you can. While certain topics may seem quite personal, discussing them openly can help your doctor find out your chances of developing heart disease. It can also help your doctor work with you to reduce your risk. If you already have heart disease, briefly describe each of your symptoms. Include when each symptom started, how often it happens, and whether it has been getting worse.

Keep it simple. If you don't understand something your doctor says, ask for an explanation in simple language. Be especially sure you understand how to take any medication you are given. If you are worried about understanding what the doctor says, or if you have trouble hearing, bring a friend or relative with you to your appointment. You may want to ask that person to write down the doctor's instructions for you.



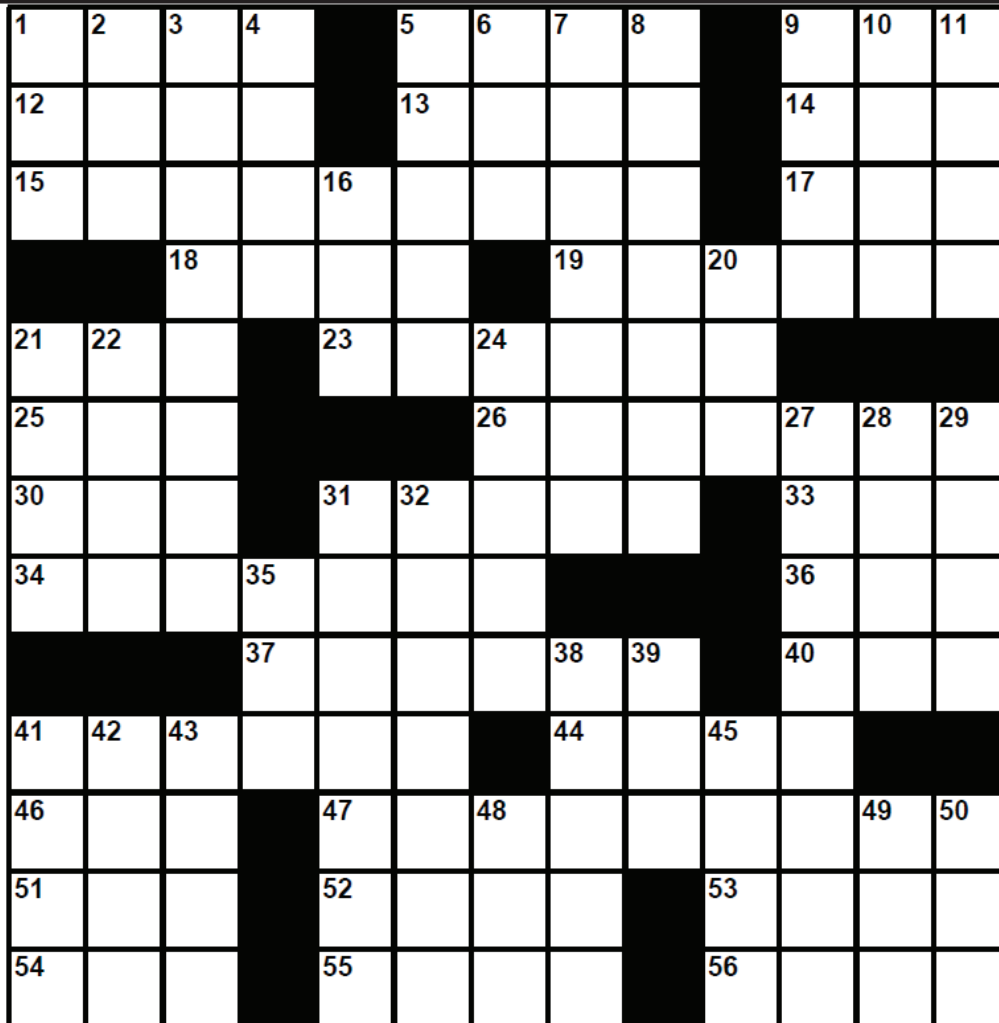
JOHNNY HAWKINS FOR AHA NEWS NEWS.HEART.ORG

"I'm on a diet. I'm only eating mini-donuts."

### Facts:

- Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.
- Your adult heart beats about 100,000 times each day.
- Heart disease isn't only the number one killer of men, it's also the top killer for women.
- The first open-heart surgery occurred in 1893. It was performed by Daniel Hale Williams, who was one of the few black cardiologists in the United States at the time.
- Your heart pumps about 2,000 gallons of blood every day.
- Most heart attacks happen on a Monday.

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.



## DOWN

1. Owl's question?
2. Sharp knock
3. Kind of power
4. Infamous emperor
5. Stakes
6. In good shape
7. With ice cream (3 wds.)
8. Federal \_\_\_\_ Bank
9. Not false
10. Relieve
11. Stains
16. Time period
20. Grant's enemy
21. Ship's wheel
22. Location
24. Sheik's wives
27. B&O, e.g.
28. Fodder tower
29. Antlered animals
31. President \_\_\_\_ Lincoln
32. Breakfast food
35. Citrus drink
38. Got out of bed
39. Mayday!
41. Leg hinge
42. Mineral deposits
43. Steak order
45. 43,560 square feet
48. Beet's color
49. Greek letter
50. NH time zone

## ACROSS

1. Tiny bird
5. Distant
9. Senator \_\_\_\_ Kennedy
12. Robust
13. Cairo's river
14. Sugar \_\_\_\_ Leonard
15. Musical comedies
17. Consume
18. Apple part
19. Free-for-alls
21. Sombrero, e.g.
23. On dry land
25. Make a boo-boo
26. Detrimental
30. Luau garland
31. See eye to eye
33. Be ill
34. Gruesome
36. Kind
37. Serious plays
40. \_\_\_\_ Angeles
41. Seoul native
44. Bellow
46. Pro-gun org.
47. Astrological forecast
51. Always, poetically
52. Tavern drinks
53. Football cheers
54. Vane letters
55. Fabricated
56. Censor

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



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

ADDRESS SERVICE REQUESTED