

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

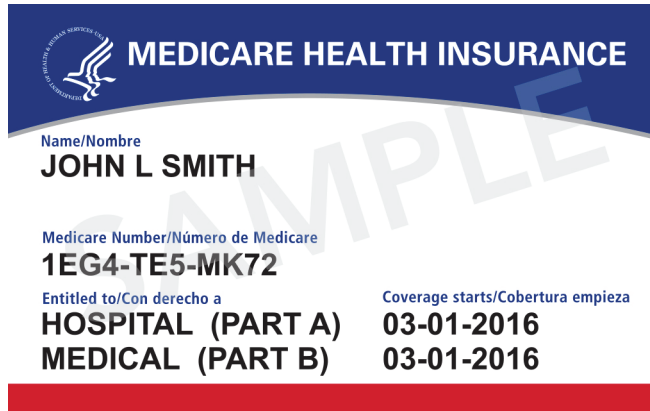
Bill Sherman - Executive Director

Molly McNutt - Deputy Director

Inside This Issue:

Dementia Support Group	2
TAI CHI	2
Green Trivia	3
Heritage House	4
Pine Street	5
Lunch Menu	6
Chicken Spaghetti	7
Brockwayville Depot	8
The Foundry	9
FREE Smoke Alarm	10
Crossword Puzzle	11

New Medicare Cards Are Coming Soon!



Starting this Spring, Medicare will start mailing new cards to everyone on Medicare. These new cards will have a new Medicare Number that is not tied to someone's social security number.

The new cards will be mailed between April 2018 and April 2019. They will be sent to the address Social Security has on file for the person on Medicare. People should start using their new card once they receive it.

Other important information to keep in mind about these new Medicare cards:

- People on Medicare should make sure their address is up to date with Social Security. This can be done by calling Social Security at 1-800-772-1213 or visiting ssa.gov/myaccount
- People may receive their new Medicare card at a different time than their friends, neighbors, or family members.
- Medicare will never ask someone for their personal information or payment in order to mail the new card. People should be aware of scams.

Anyone with additional questions or concerns can contact APPRISE at 814-849-3096.



You can find more information at <https://www.cms.gov/Medicare/New-Medicare-Card/>. CMS.gov is a federal government website managed and paid for by the U.S. Centers for Medicare & Medicaid Services. 7500 Security Boulevard, Baltimore, MD 21244

JCAAA and all 4 centers will be closed
March 30th.

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

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 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



TAI CHI for Health

Tai Chi classes are at three locations:
(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

"Green" Trivia :

A. Which one of these is a shade of green?

- 1.Cerulean
- 2.Chartreuse
- 3.Vermilion



B. A green thumb is:

- 1. A first time hitch hiker
- 2. Someone who is good at gardening
- 3.A rock group

C. A person who is green around the gills is:

- 1.A lover of seafood
- 2.Happy
- 3.Nauseous

D. A green horn is:

- 1.A musical instrument
- 2.A person with little or no experience
- 3.A French pastry

E. Which one is not a green vegetable?

- 1.Celery
- 2.Potato
- 3.Watercress

F. Which one is not a green fruit?

- 1.Grape
- 2.Lime
- 3.Cantalope

G. The slang "Greenbacks"mean:

- 1.Football players
- 2.A terrible disease
- 3.U.S.Dollars

Answers: on page 7



How many words can you make out of the word LEPRECHAUN?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____

- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____



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)

**Emery (Bud) Strohm,
enjoying time spent at the
Heritage House**



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

- 3/02- Woodcarving/clay class 9:00-12:00, open art gathering 1:00-3:00
- 3/3- Ladies day out fundraiser 11:00-4:00
- 3/7- Learn the facts about medical marijuana, 12:30-2:00 guest speaker, Beth Bittner
- 3/9- Woodcarving/clay class 9:00-12:00, open art gathering 1:00-3:00
- 3/10- Boyscout Troup 64 spaghetti dinner 4:00-7:00
- 3/16- Missie's St. Patricks day birthday celebration, bagpipe music by drew. 11:00-12:00, Woodcarving/clay class 9:00-12:00, open art gathering 1:00-3:00, dinner theater 6:15 p.m -the savannah sipping society
- 3/17- Dinner theater 6:15
- 3/18- Dinner theater matinee 1:15 p.m
- 3/21- Learn the facts about depression 11:00-12:00, guest speaker, Nancy Florio
- 3/22- Easter luncheon 12:00
- 3/23- Woodcarving/clay class 9:00-12:00, open art gathering 1:00-3:00
- 3/24- Hunter safety course 8:00-5:00
- 3/26- Advisory meeting 1:00
- 3/29- The benefits of coffee and tea nutrition education.
- 3/30- Closed.... For Good Friday

CENTER INFO



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

Daily -- Pool, Puzzles, Computers, Board Games, Card Games, Wii, Coloring Pages, Lunch at noon

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

Wednesday - Oil Painting Class with Jean Wolfe from 4:00 pm – 6:30pm.

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

Harry, Dave, Ron and Keith enjoying a game of pool.



Do you like board games? Grab your friends and stop by to check out the new games at our center. We have Monopoly, Clue, Dominoes, Yahtzee and Scrabble.

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.

03/01 – National Peanut Butter Lovers’ Day. Bring your sweet tooth for a sweet peanut butter treat!

03/09 – March is National Nutrition Month. Join us for Food Pyramid Bingo @ 9:30 am. Prizes and Fun! Be sure to make your reservation with Megan.

03/14 – National Potato Chip Day. Stop by and bring a bag of your favorite potato chips to share!

03/22 – Kristi from In-Home Solutions will be here @ 11:15 am.

Easter Luncheon at noon. Stop by or call to make your reservation.

03/26 – March is National Craft Month. Bring in your arts and crafts this week to be on display in our dining room.

03/30 – Good Friday. Center is closed.

LUNCH MENU



March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All menus Subject to Change				
<p>5</p> <p>Cheeseburger 1/2c. Baked Sweet Potato Bites 1/2c. Creamy Coleslaw Hamburger Roll Cake</p>	<p>6</p> <p>1 c. Chicken & White Bean Chili 1 c. Tossed Salad Baked Potato Corn Drop Biscuit Mandarin Oranges</p>	<p>7</p> <p>Burgundy Beef w/Mushrooms 1/2c. Egg Noodles 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Mixed Fruit Salad</p>	<p>8</p> <p>Baked Cabbage Roll 1/2c. Whipped Potatoes 1/2c. Corn Dinner Roll 1/2c. Cinnamon Apples</p>	<p>9</p> <p>Breaded Fish Sandwich / Cheese 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Hamburger Roll 1/2c. Sliced Pears</p>
<p>12</p> <p>Chicken Alfredo 1/2c. Penne Pasta 1/2c. Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit</p>	<p>13</p> <p>Roast Beef / Gravy Baked Potato 1/2c. Carrots Italian Bread Fresh Baked Cookie</p>	<p>14</p> <p>Beef Burrito 3 oz Meat, Cheese 1/2c. Warm Fiesta Corn 1/2c. Spanish Rice Tortilla Shell 1/2c. Pineapple</p>	<p>15</p> <p>Roast Turkey / Gravy Stuffing Ball 1/2c. Whipped Potatoes 1/2c. Mixed Vegetable Medley White Bread 1/2c. Applesauce</p>	<p>16</p> <p>Egg Salad Sandwich Lettuce 1c. Creamy Tomato Soup Crackers Wheat Bread Fresh Seasonal Fruit</p>
<p>19</p> <p>Country Fried Steak Gravy 1/2c. Cheesy Whipped Potatoes 1/2c. Peas & Carrots Wheat Bread Fresh Baked Cookie</p>	<p>20</p> <p>Chicken Thigh 1/2c. Blended Rice Pilaf 1/2c. Oriental Vegetable Blend White Bread 1/2c. Pineapple</p>	<p>21</p> <p>Warm Roast Beef Sandwich Cheese 1c. Vegetable Soup / Crackers Sandwich Roll Fresh Seasonal Fruit</p>	<p>22</p> <p>EASTER LUNCH 3oz. Ham 1/2c. Rosemary Redskins 1/2c. Green Beans Coleslaw Dinner Roll Dessert</p>	<p>23</p> <p>Vegetable Lasagna Parmesan Cream Sauce 1c. Tossed Salad Hardboiled Egg, & Dressing Garlic Breadstick 4oz Orange Juice</p>
<p>27</p> <p>Chicken Marsala 1/2c. Garlic & Parmesan Pasta 1 c. Tossed Salad Wheat Bread 1/2c. Mandarin Oranges</p>	<p>27</p> <p>Bratwurst 1/2c. Parslied Potatoes 1/2c. Peas & Onions Hotdog Roll Fresh Baked Cookie</p>	<p>28</p> <p>Baked Meatloaf / Gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sliced Apples</p>	<p>29</p> <p>Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Biscuit 1/2c. Peaches</p>	<p>30</p> <p>GOOD FRIDAY</p>

Chicken Spaghetti



Ingredients

Vegetable oil spray
 4 ounces spaghetti, whole wheat uncooked
 1 teaspoon olive oil
 1 red bell pepper, medium (thinly sliced)
 1 green bell pepper, medium (thinly sliced)
 1 onion, medium (chopped)
 2 cups cooked chicken breast, skinless and diced
 (cooked without salt, about 8 ounces)
 1 can tomatoes, diced undrained (14.5 ounces) (low sodium)
 1 can cream of chicken soup (reduced sodium (10.75 ounces))
 1/2 cup cheddar cheese, reduced fat shredded
 1/4 cup Parmesan cheese (shredded or grated)
 1/4 teaspoon pepper

Directions

1. Preheat the oven to 350°F. Lightly spray an 8-inch square baking dish with vegetable oil spray.
2. Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander.
3. Meanwhile, in a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until tender, stirring occasionally.
4. Pour into a large bowl. Stir in the remaining ingredients, including the spaghetti. Pour into a baking dish.
5. Bake, covered, for 20 minutes. Bake, uncovered for 10 minutes, or until the mixture is warmed through and light golden brown on top.

Words made out

of leprechaun

preach
 leap
 era
 hen
 launch
 hear
 near
 peer
 lunch
 clear
 pear
 nuclear
 lean
 ear
 unreal
 cheer
 earn
 ace
 run
 pearl
 reach
 cup
 cheap
 lap
 eel
 chap
 churn

Green Trivia

Answers: A. 2, B. 2, C. 3,
 D. 2, E. 2, F. 3, G. 3

Crossword Answers

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



Brockwayville Depot

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

**Snow days at The Depot...
spring is almost here ?**



Please Check Out March 21st Join Us For Our Movie/Lecture About Train Depots!

**Mark Your Calendar!!! Music Night Is Back...April 13th From 6-9 With Nothing Fancy...Also...
Grocery Bingo April 24th At 6Pm And A Tureen Luncheon On April 26th At Noon**

**Don't Forget Exercise!!! Healthy Steps In Motion Monday And Thursday At 10:00, Chair Yoga
Wednesday At 11:00 And Tai Chi Monday And Wednesday At 1!!!**

03/13- Breakfast 7:30-9:30 also Blood Pressures and Blood Sugar will be taken

03/20- Tureen Dinner at 5:00PM with Brenda Mishler entertaining..bring a dish to share !!

03/21- Movie Lecture..”Down By The Depot”..this explores a detailed looked at PA train depots and how the Railroad Museum of PA has explored station architecture past, present and future.

MOVIE IS AT 10 A.M. with snacks provided.

03/30- Center Closed..Good Friday



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.

Reynoldsville Foundry

3 Round Ticket Tournament

Saturday April 7th 2018

Doors open @ 12pm Tournament begins @ 2pm

\$4000 In Prizes

Ticket cost \$50

One \$25 buy back per ticket

Ticket admits holder & one guest. Meal & snacks provided.

** A list of rules will be given to each ticket holder at registration**



1st Place \$1000

2nd Place \$700

3rd Place \$500

4th Place \$400

5th Place \$300

6th Place \$200

7th Place \$175

8th Place \$150

9th Place \$125

10th Place \$100

11th Place \$100

12th Place \$75

13th Place \$75

14th Place \$50

15th Place \$50

Contact Pete at (814) 653-2522 for tickets!

Tickets on sale for the ticket tournament on April 7th if you have any questions feel free to give us a call.

3/6- national Oreo cookie day

3/14- national chip day

3/19- crafts at 1:00

3/30- center will be closed for good Friday



Schedule Your FREE Smoke Alarm Installation

The American Red Cross and its partners are committed to keeping families in Pennsylvania safe from home fires.

Red Cross offers free smoke detectors to any one regardless of income, you can own or rent. Red Cross will install the smoke detector for free.

During a visit to your home our team will:

- **Check existing smoke alarms**
- **Replace batteries**
- **Install new smoke alarms (if needed)**
- **Provide home fire safety information**

A case worker from Red Cross will call and set up the time and day to come to the home to install, the turnaround time is rather fast unless they are waiting on a shipment. The number to call is 814-913-3022.

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. Tint
2. Compass dir.
3. Citrus preserve
4. Las Vegas's state
5. "Yes" vote
6. Warped
7. Japanese, e.g.
8. River mouths
9. ___ wing and a prayer (2 wds.)
10. Decay
11. Poet's "before"
17. Belonging to them
19. Antlered animal
21. Masts
22. Tailed celestial body
24. Revolutionary War militiaman
25. Wed on the run
26. Prying bar
28. Ran into
30. Ziti, e.g.
33. Yacht spot
34. Makes very happy
35. Spuds
36. Boxing great
40. Location
42. Brother's sib
43. Lennon's wife
44. Young fellow
45. Bolted
47. Lyric poem
48. Barnyard sound

ACROSS

- | | | |
|-------------------------------------|-------------------------|-----------------------|
| 1. Skirt bottom | 21. Burn with steam | 42. Card game for one |
| 4. Arrest | 23. Glossy paint | 46. Dad's spouse |
| 7. Cherish | 27. ___ dot | 49. Foolish |
| 12. Neighbor of Mex. | 28. Projectile | 50. Road material |
| 13. Sight organ | 29. Medical gp. | 51. Tumult |
| 14. Mister (Sp.) | 30. Apiece | 52. Fizzy drinks |
| 15. Eternally, in poems | 31. It follows Oct. | 53. Certain dashes |
| 16. Provide fresh air | 32. Beef, e.g. (2 wds.) | 54. New (prefix) |
| 18. "Oh, give ___ home..." (2 wds.) | 35. Brownish gray | |
| 20. "All ___ Jazz" | 37. Swipes | |
| | 38. Tailor | |
| | 39. Rodents | |
| | 41. Even score | |

Check for Crossword Puzzle Answers
On the Healthy Aging Page

12 March 2018

Get The Sunshine Line

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