

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

Molly McNutt- Executive Director

Executive Director Greetings

Hello! For those of you who do not yet know me, I am Molly McNutt. Although I have worked for the Jefferson County Area Agency on Aging for the past six and a half years this is my first introduction as Executive Director. After twenty-six years of service at JCAAA, Executive Director Bill Sherman has retired, and the JCAAA Board of Directors hired me to fill this position.



I have worked closely with Bill who shared his knowledge of the programs and problems affecting seniors citizens. I, along with our Board of Directors, will focus on maximizing the life, independence, health and safety of older adults through strategic planning and partnerships with other entities in our community.

I am a 2015 graduate of the Pennsylvania State University with a degree in Letters, Arts and Sciences, with concentration in Counselor Education, English and Human Development and Family Studies. I am also a 2005 graduate of the Pennsylvania College of Technology in Williamsport and a 2003 graduate of Brookville Area High School. Over the years I have worked for the Rebecca M. Arthurs Library, McNutt Painting Company, and for Matson Insurance.

During my time at the Agency on Aging, I have written grants for programs including the Heritage House fitness center and the Punxsutawney Pets in Need grant for the Meals on Wheels program. I am a member of the Society of Human Resource Management and a graduate of the Leadership Development Institute. I am a member of the Brookville Community Band, a volunteer for Nittany Greyhounds of Port Matilda, the Brookville Chamber of Commerce (board of directors 2012-2014), the Brookville Civic Club (2007-2010) and Delta Mu Sigma Honor Society of Penn State University. I am a current member of the Pennsylvania Association of Area Agencies on Aging Legislative Committee.

I live in Brookville with my husband, Jonathan Rollinger, and our dog Willy, a whippet. We enjoy spending time with family and friends. We are currently renovating a more than century-old house in Brookville, and plan to move in soon.

I look forward to beginning this new chapter with you! Please feel free to reach out, via email at mmcnutt@jcaaa.org, or at 814-849-3096 x238.

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The Tax filing deadline date is Tuesday, April 17. Tax Day falls on April 15th each year, however if the Day falls on a weekend the deadline to file taxes will be extended to the next week day.

Oliver Township Center,
Is open on April 10th and 24th for lunch and bingo.
Questions? Call: 814-849-3391

Elder Justice Day



Come to Elder Justice Day for food, information and fun.

Prize awarded to the center with the most participating seniors.

Lunch provided by S & T Wealth Management.

Highlights

- ◆ Scams presented by District Attorney Jeff Burkett
- ◆ Safety at Home presented by Nicole Santoriello, Physical Therapist
- ◆ Trivia
- ◆ Fraud Bingo with Department of Banking and Securities

MAY 3, 2018 at the Heritage House in Brookville, PA.

10:00 a.m.—2:00 p.m.

.....
Transportation from senior centers to the event will be provided at no cost.

RSVP to Jefferson County Agency on Aging @ 814-849-3096



The Jefferson County Area Agency on Aging is looking for volunteers that would be interested in helping with our Family Caregiver Program.



If you are interested in providing educational information to help our caregivers to provide care to their loved ones, this may be a great opportunity for you!

For more information, please contact Holly Hoare, 849-3096 ext. 295



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)

**HARRY SNELL &
MARLENE SHICK
FOUND LOVE HERE AT
THE HERITAGE HOUSE**



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

- 4/6- Woodcarving Class 9:00-12:00
Open Art Gathering 1:00-3:00
- 4/11- Teen Driver Course 8:00-2:00
- 4/13- Woodcarving Class 9:00-12:00
Open Art Gathering 1:00-3:00
- 4/17- Enjoy Piano Music By Bernie Myer
During Soup & Salad Lunch 11:00-12:00
- 4/20- Woodcarving Class 9:00-12:00
Open Art Gathering 1:00-3:00
- 4/26- Diabetes Management 11:15
Guest Speaker Renee Johnstonbaugh
- 4/27- Aarp Refresher Course 1:00-5:00
Woodcarving Class 9:00-12:00
Open Art Gathering 1:00-3:00
- 4/27- Ray's Final Cut Band 6:30-8:30



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

**Pine Street Center and
 Grace Place enjoying lunch
 together**



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.

04/12 – National Licorice Day! Stop by to enjoy your favorite flavor of licorice.

04/13 – April is National Garden Month. Join us for Blooming Bingo @ 9:30am. Food, Fun and Prizes! Be sure to make your reservation with Megan.

04/17 – National Cheeseball Day! Stop by to share some cheese puffs with us.

04/20 – National Volunteer Recognition Day! Be sure to thank a volunteer today for their dedication and work.

04/23 – Let's celebrate Earth Day! We will be having an Earth Day activity @ 10:00am in the dining room.

04/26 – Kristi from In Home Solutions will be here @ 11:15am with your monthly blood pressure screening.



April 2018

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham 1/2c. Whipped Sweet Potatoes 1/2c. Creamy Coleslaw Wheat Bread Cake	3 Beef Stroganoff w/ gravy 1/2c. Buttered Bowties 1/2c. Mixed Vegetables Wheat Bread Fresh Seasonal Fruit	4 Chicken Caesar Salad 1c. Mixed Greens w/Parmesan, Croutons, & Caesar Drs 1c. Minestrone Soup w/Crackers Breadstick 1/2c. Sliced Peaches	5 Stuffed Pepper w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Wheat Bread Pudding	6 Turkey, Bacon, & Cheese Jr. Club Sandwich w/condiments 1c. Cream of Broccoli Soup w/Crackers Sandwich Roll 1/2c. Applesauce
9 Pork Carnita Taco Topped w/sweet & sour slaw 1/2c. Rice 1/2c. Corn Tortilla Fresh Fruit	10 Meatloaf w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread 1/2c. Pudding	11 Chicken, Spinach & Cranberry Salad w/Balsamic Drs (1.5oz Pkt) 1c. Mixed Greens & Spinach w/Cucumber 1/2c. Pickled Diced Beets Breadstick Cookie	12 Sweet & Sour Meatballs (4) 1/2c. Egg Noodles 1/2c. Coleslaw Dinner Roll 1/2c. Sliced Pears	13 Steak Sandwich w/onions, peppers, cheese, condiments 1/2c. Ranch Seasoned Potatoes Sandwich Roll Fresh Seasonal Fruit
16 Baked Salmon Baked Potato 1/2c. Broccoli & Carrots White Bread Cookie	17 Creamy Chicken Salad Croissant w/lettuce & tomato 1c. Tomato Soup w/Crackers Croissant Fresh Seasonal Fruit	18 Salisbury Steak w/Gravy Cheesy Whipped Potatoes 1/2c. Sweet Peas White Bread Brownie	19 Pork Loin 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower Wheat Bread 1/2c. Applesauce	20 Chicken Primavera w/vegetable cream sauce 1/2c. Penne Pasta 1c. Tossed Salad w/Cucumber, Hardboiled Egg, Ital. Drs Garlic Breadstick 1/2c. Sliced Pears
23 Kielbasa 1/2c. Butterbeans 1/2c. Macaroni Salad Hotdog Roll Fresh Seasonal Fruit	24 Roasted Turkey 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Dinner Roll 1/2c. Orange Fluff	25 Hamburger w/lettuce & tomato 1/2c. Potato Bites 1/2c. Green Beans Sandwich Roll, Condiments Fresh Seasonal Fruit	26 Tuna Salad Sandwich w/lettuce & tomato 1c. Creamy Potato Soup w/Crackers 2 Wheat Bread 1/2c. Pineapple	27 Baked Breaded Chicken Cutlet 1/2c. AuGratin potatoes 1/2c. Sweet Peas White Bread Cookie
Roast Beef w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread Crisp				* Menu Subject to Change*

Glazed Meatloaf



Ingredients

1 teaspoon vegetable oil
1 small Spanish onion (peeled and chopped)
1/2 green bell pepper (cored and diced)
2 cloves garlic (peeled and diced)
1 teaspoon dried thyme
2 tablespoons tomato paste
1/2 cup water

1 tablespoon yellow mustard
1/2 teaspoon salt
1/4 teaspoon black pepper
1 pound ground beef or turkey
1 large egg
1/2 cup rolled oats

For the glaze:
1 teaspoon tomato paste
1 teaspoon yellow mustard

Directions

1. Preheat the oven to 325 degrees. Lightly grease a baking sheet
2. Put a skillet over medium heat and when it is hot, add the oil. Add the onion, bell pepper, garlic and thyme and cook about 10 minutes until golden.
3. Lower the heat and add the water and tomato paste. Cook about 10 minutes until the onion is soft and most of the liquid has been absorbed. Set aside to cool. Add the mustard, salt and pepper.
4. While the onion mixture is cool, put the ground beef, 4 tablespoons rolled oats and the egg in the bowl and gently mix, by hand.
5. Add the cooled onion mixture and gently mix again until everything is thoroughly incorporated. Do not over mix.
6. Form the mixture into a loaf about 8 x 4 inches and put on the prepared baking sheet.
7. To make the glaze: Put the tomato paste and mustard in a small bowl and mix well. Rub on top of the meatloaf and sprinkle with the remaining 2 tablespoons rolled oats.
8. Put in the oven to cook about 1 hour until deep brown and cooked throughout. Serve right away or cover and refrigerate up to 2 days.

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



Crossword Answers

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



Brockwayville Depot

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

**Brenda Mishler performing
at the Tureen Dinner..Great
Music!!! Great Food !!!
Great Time!!**

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 10am, Chair Yoga 11am , Tai Chi 1-2

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

Friday – Bingo 10am followed by lunch



Mark your calendar! Music night is back...

April 13th from 6-9 with Nothing Fancy and April 20th Romey and Friends.

Grocery bingo is April 24th at 6pm.

Our Tureen luncheon is 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.

04/7- Ticket Tournament at The Foundry in Reynoldsville

04/9 – Movie Monday 12:30PM

04/10 – Breakfast with Blood Pressures being taken by In-Home Solutions 7:30-9:30 AM

04/13- Music Night with Nothing Fancy 6-9PM. Kitchen opens at 5

04/20- MUSIC NIGHT WITH ROMNEY AND FRIENDS 6-9. Kitchen opens at 5.

04/24- Grocery Bingo 6PM

04/26- Tureen LUNCH AT NOON Sponsored by LINK..bring a dish to pass and check out there displays before Lunch..they will be doing a short presentation after lunch...they are also bringing DESSERT!



THE FOUNDRY

The Reynoldsville Foundry Center
45 West Main Street
Reynoldsville, PA 15851
Director: Peter Spuck
Phone: 814-653-2522
Email: foundry@jcaaaa.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!

4/5- Dance committee meeting from 1-3

4/6- Nation caramel popcorn day

4/12- National licorice day

4/16- Craft class at 1:00

4/25- Wreath making class from 10-12

4/27- National pretzel day

April is Alcohol Awareness Month - Get Educated!

The month of April is Alcohol Awareness Month. The purpose of the month-long observance is to emphasize the need for education of the dangers of unsafe alcohol consumption. Drinking too much alcohol can lead to increased risk on physical injury, violence, liver disease, cancer and more – a direct impact on individuals and local communities.

How much do you know about alcohol misuse? To raise awareness about the dangers of alcohol, it's time to get educated and share the facts.

How many people drink alcohol in the United States? According to the 2015 National Survey on Drug Use and Health (NSDUH), 86 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 70 percent reported that they drank in the past year; 56 percent reported that they drank in the past month.

How many people die from alcohol-related incidents? In the United States, an estimated 88,000 people die from alcohol-related causes annually, making alcohol the fourth leading preventable cause of death in the United States. In 2014, alcohol-impaired driving fatalities accounted for 9,967 deaths (31 percent of overall driving fatalities).

How can alcohol affect you physically? In 2013, 45 percent of the 72,000 liver disease deaths involved alcohol. Among all cirrhosis deaths in 2013, 47 percent were alcohol related. In 2009, alcohol-related liver disease was the primary cause of almost one in three liver transplants in the United States. Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, liver and breast.

How can drinking make an impact beyond physical repercussions? In 2010, alcohol misuse cost the United States \$249 billion. Three-quarters of the total cost of alcohol misuse is related to binge-drinking. More than 10 percent of US children live with a parent with alcohol problems, according to a 2012 study.

What Causes Bad Drinking Habits Later in Life? There are a variety of factors that can contribute to alcoholism in the elderly. As a person ages, they may face major life changes such as solidarity, financial difficulties and deteriorating health.

Several situations that may lead to excessive drinking in older individuals include:

- Empty nest syndrome (when children grow up and move away)
- Loss of friendships due to moves, health complications or death
- Deteriorating health conditions (cardiovascular disease, vision/hearing loss and diabetes)
- Traumatic events like a spouse's illness or death
- Sadness after downsizing a home
- Boredom from retirement or lack of socialization

Alcohol is a depressant. These substances affect the brain's neurotransmitters, which are responsible for behavior and emotions. When a person drinks, endorphins are released in the brain that stimulate feelings of pleasure and happiness. A dependency on alcohol can lead to an array of problems down the road that impact not only the elderly, but those around them.

Pennsylvania residents with drug, alcohol, or gambling problems and those seeking information may receive assistance from the Department of Drug and Alcohol Programs. Call the Department of Drug and Alcohol Programs at 717-783-8200 or visit www.ddap.pa.gov. Individuals seeking immediate treatment for themselves or a loved one should call 1-800-662-4357 (HELP) toll-free, 24/7, 365 days a year to be connected to a treatment facility based on their individual needs.

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
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46	47			48						49	50	51
52				53					54			
55				56					57			

DOWN

1. NY time zone
2. Mar. follower
3. Bring to court
4. Distinguishing quality
5. Closed
6. Employ
7. Freeway bridge
8. Danger
9. Supervisors
10. Christmas tree
11. Fixed charge
16. Break sharply
19. Stable morsels
20. Turned white
21. Higher than
22. Love songs
24. Office notes
25. All kidding _____
28. Wire-haired terrier
29. Expert
32. Clapton or Idle
37. Twirl
40. Lucifer
42. Performer
44. Greek deity
45. Damon or Dillon
46. Adversary
47. House extension
49. Numero _____
50. MGM lion
51. Query

ACROSS

- | | | |
|-------------------------|-------------------------------|------------------------|
| 1. Bridge hand | 26. Honest _____
Lincoln | 41. Old-fashioned |
| 5. Factory | 27. Mama's spouse | 43. Educational |
| 9. _____-limits | 30. Summer shirts | 46. Gave lunch to |
| 12. Goad | 31. Traditional
knowledge | 48. Big, hairy spider |
| 13. Busy place | 33. Tax agency (abbr.) | 52. Madrid cheer |
| 14. Contend | 34. Large truck | 53. Very much (2 wds.) |
| 15. Financial officer | 35. Constantly | 54. Wallet stuffers |
| 17. Before, to Browning | 36. "Friends" character | 55. Chicago trains |
| 18. _____ decorator | 38. Fishing gear | 56. Wren's home |
| 20. Spaghetti, e.g. | 39. Actress _____
Richards | 57. Chess piece |
| 23. Blood component | | |

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