

THE SUNSHINE LINE

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JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

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Older Americans Month 2018: Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Jefferson County Area Agency on Aging will use OAM 2018 to focus on how older adults in our area are engaging with friends and family, and through various community activities. Throughout the month, JCAAA will conduct activities and share information designed to highlight local events happening on our area. We encourage you to get involved by attending our first event in Sigel at the Mt. Tabor Presbyterian Church on May 2nd at 11:00am. JCAAA staff will discuss the many services available to seniors and their families. This event includes a free lunch. Registration is required to reserve your meal by calling 814-849-3096 by April 26th.

The second event is our annual Elder Justice Day on May 3rd at the Heritage House from 10:00am-2:00pm. Fun activities planned to include trivia and fraud bingo. Call our office at 814-849-3096 to register. Lunch will be provided.

Please visit us on Facebook at Jcaaa-Jefferson County Area Agency on Aging to share how you "Engage at Every Age" by posting a selfie or groupie!

JCAAA Main office and all four center will be closed May 28 for Memorial day.

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

Farmers Market Vouchers Distributions Centers and Dates

The Foundry
45 West Main Street
Reynoldsville, PA 15851
(814) 653-2522
Distribution Date: June 7, 2018

Pine Street Senior Center
103 North Gilpin Street
Punxsutawney, PA 15767
(814) 938-8376
Distribution Date: June 1, 2018

Heritage House
4 Sylvania Street
Brookville, PA 15825
(814) 849-3391
Distribution Date: June 5, 2018

Brockway Depot
4th & Alexander Street
Brockway, PA 15824
(814) 265-1719
Distribution Date: June 6, 2018

You can save some time by filling out and bring your **Eligibility Form** with you. The form is on the next page.

Save the Date!
Annual Senior Picnic on Thursday July 19th
at the Jefferson County Fairgrounds.



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

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2018 ELIGIBILITY & PROXY FORM

RIGHTS AND RESPONSIBILITIES

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Participant Name (print): _____ Date _____
(Person checks are for)

Address: _____

Telephone Number: _____ Birthday _____
(month/year)

Please check the box of the most appropriate identifier for each:

Ethnicity: ☐ Ethnicity Hispanic or Latino ☐ Not Hispanic or Latino
Race: ☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American
☐ Native Hawaiian or other Pacific Islander ☐ White

By signing this proxy for I acknowledge that my total household income is within the Income guidelines: \$22,459 for 1 person in the household; or \$30,451 for 2 people in the household

Participant's Signature _____ (Person checks are for)

Proxy Name (print): _____ Date: _____
(Person picking up the checks for participant)

Address: _____

Proxy's Signature _____

Check numbers Received: _____

****The proxy must take this form to a distribution site in the county the participant resides in. DO NOT MAIL**



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)

**ONE OF OUR VETERANS
RANDY BECKER
WITH ONE OF HIS
CUSTOM SIGNS**



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

- 05/3- Elder Justic Day
- 05/4- Hidenger & Friends Band 6:00 p.m -8:00 p.m
- 05/10- Mothers Day Tea & Treats 11:00 a.m
- 05/13- Happy Mothers Day ...
- 05/15- Election Day
- 05/19- Nwtf.... Doors Open At 4:00 p.m Dinner At 6:00 p.m
(Call Jim Kemp For Tickets 715-0282)
- 05/21- Volunteer Recognition Luncheon
- 05/24- Veterans Memorial Day Program/Lunch 11:00 a.m
- 05/25- Ray's Final Cut Band 6:30 p.m – 8:30 p.m
- 05/28- Closed Memorial Day
- 05/29- Advisory Meeting 1:00 p.m
- 05/31- Tureen Dinner 6:00 p.m



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

**Darlene and Linda
 enjoying bingo!**



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.

5/02 – Volunteer Recognition Luncheon! Volunteers eat for free. All non-volunteers must purchase a ticket in advance. Please be sure to make your reservations.

05/11 – Join us as we celebrate Mother's Day!

05/15 – National Chocolate Chip Day! Stop in for some chocolate chip treats.

5/18 – May is National Gifts from the Garden Month. Join us for Bingo @ 9:30. Food, Fun and Prizes! Be sure to make your reservation with Megan.

05/24 – Kristi from In Home Solutions will be here @ 11:15am with your monthly blood pressure screening.

05/28 – Center will be closed in observance of Memorial Day.

05/29 – Outdoor Safety program with Renee from AmeriHealth @ 11:30am.

LUNCH MENU



May 2018

Jefferson County

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
|  | 1 Taco Salad taco meat & cheddar cheese Tossed salad w/tomato Black Bean Soup w/Crackers Nacho Chips Pineapple Tidbits | 2 Chicken Parmesan Rotini Pasta w/sauce Zucchini & Corn Wheat Bread Fresh Seasonal Fruit | 3 Pork Loin Sauerkraut Whipped Potatoes White Bread Cinnamon Applesauce | 4 BBQ Pork Ribette Baked Potato Creamy Coleslaw Wheat Bread Sliced Peaches |
| 7 Sweet Sausage Sandwich w/peppers & sauce Cheesy Hashbrowns Yellow Beans Sausage Roll Fresh Baked Cookie | 8 Spaghetti & Meatballs Pasta w/Sauce/Parm Cheese Italian Green Beans Italian Bread Sliced Peaches | 9 Chicken Cobb Salad Mixed Greens w/ diced chicken, cucumber, cheddar, egg, bacon bits Vegetable Noodle Soup w/Crackers Wheat Bread, Ranch Pineapple Tidbits | 10 Chili Cheese Hot Dog Potato Bites Hot Dog Roll Apricots | 11 Grilled Chicken Sandwich Parmesan Potatoes Tomato & Cucumber Salad Sandwich Roll Cake |
| 14 Roasted Pork Loin w/Gravy Stuffing Whipped Potatoes Green Beans Cookie | 15 Egg Omelet Sausage Patty English Muffin w/Jelly Orange Juice Fresh Banana | 16 Pepper Steak Buttered Bowties Broccoli & Carrots Wheat Bread Sliced Pears | 17 Antipasto Salad Ham & Salami, Mozzarella, Tossed Salad w/tomato, Wedding Soup w/Crackers Breadstick Peaches | 18 Potato Crusted Pollock Cheesy Pasta Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit |
| 21 Ham Whipped Sweet Potatoes Creamy Coleslaw Wheat Bread Chocolate Pudding | 22 Beef Stroganoff w/ gravy Buttered Pasta Mixed Vegetables Wheat Bread Fresh Seasonal Fruit | 23 Chicken Caesar Salad Mixed Greens w/Parmesan, Croutons, & Caesar Drs Minestrone Soup w/Crackers Breadstick Sliced Peaches | 24 Stuffed Pepper w/tomato sauce Garlic Whipped Potatoes Carrots Wheat Bread Stawberry Shortcake | 25 Turkey, Bacon, & Cheese Jr. Club Sandwich w/condiments Cream of Broccoli Soup w/Crackers Sandwich Roll Applesauce |
|  | 29 Meatloaf w/Gravy Whipped Potatoes Green Beans White Bread Pudding, | 30 Chicken, Spinach & Cranberry Salad w/Balsamic Drs Mixed Greens & Spinach w/Cucumber Pickled Diced Beets Breadstick Cookie | 31 Sweet & Sour Meatballs Egg Noodles Coleslaw Dinner Roll Sliced Pears | * Menu Subject to Change* |

Grilled Potatoes with Tomato Dip



Ingredients

3 tomatoes (1 pound), halved crosswise
 1/2 cup jarred marinara sauce
 1 tablespoon Sriracha or other hot sauce
 Kosher salt
 1 pound new fingerling potatoes, cut
 lengthwise into 1/8-inch-thick slices
 1/4 cup extra-virgin olive oil

Directions

Step 1

Light a grill or preheat a grill pan. Working over a medium bowl, grate the tomato halves on the large holes of a box grater; discard the tomato skins. Stir in the marinara and Sriracha and season the dip with salt.

Step 2

In a large bowl, toss the potatoes with the olive oil and season with salt. Grill over moderately low heat, turning halfway, until the potatoes are golden and cooked through, about 10 minutes. Transfer to a plate and season with salt. Serve the hot potatoes with the dip.

Make Ahead

The tomato dip can be refrigerated for 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

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | L | P | H | A | | A | D | O | | E | L | M |
| C | O | R | A | L | | C | O | O | | T | E | A |
| I | N | I | T | I | A | T | E | D | | C | A | R |
| D | E | M | E | A | N | | | | L | E | E | R |
| | | | | | S | T | A | L | E | S | T | |
| D | O | L | E | | | | D | E | S | S | E | R |
| O | R | A | L | | | G | U | T | | E | R | I |
| C | E | N | T | R | A | L | | | | S | A | G |
| | | | C | O | A | S | T | A | L | | | |
| O | M | E | N | S | | | S | A | L | A | M | I |
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| U | N | O | | | A | D | E | | | E | M | C |
| S | E | T | | | L | E | O | | | L | A | S |



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

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

Friday – Bingo 10am followed by lunch

Playing pool or socializing?

Both!

Come join in on the fun.



MARK YOUR CALENDAR!!! Strawberry Festival June 14th from 4:30- 6:30. Open to the public 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.

05/4- Music Night with BuckShot 6-9 PM

05/8 –Breakfast 7:30-9:30 AM; Mary Keck speaking about Healthy Liver 10AM; 55 Alive Course 1-5PM

05/10 – Mother's Day Luncheon (Bring your Ladies to lunch !!!) Reservation required

05/12- Sugar Hill/Beechwoods Presbyterian Churches Great Giveaway Doors Open at 9:00AM

Also a Bake Sale to Benefit The Depot same time!

05/15- Hepatitis Screening FREE! and Open to the Public 10-2. Primary election day don't forget to vote.

05/16- Volunteer Recognition Luncheon

05/17- Grocery Bingo May at 6 P.M.

05/24-Memorial Day Program with the American Legion Honor Guard 11:30AM.

STAY FOR LUNCH RESERVATION REQUIRED!!!

05/28- Memorial Day....Center Closed

05/30- Blood Pressures taken by In Home Solution 11-12



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

**The foundry would like to
 thank everyone who helped
 and played at the ticket
 tournament it was a great
 success !**

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 to enjoy some goods and great conversation.

05/04- National orange juice day.

05/09- Volunteer Recognition Luncheon.

05/11- National eat what you want day.

05/14- Craft class for 1-3.

05/26- National blueberry cheesecake day.

Healthy You

The NATION'S HEALTH
April 2018

Tips to keep your personal health information safe

By Julia Haskins

Your personal health information is a great resource for keeping tabs on your health and wellness. There are many benefits to accessing personal health information, such as your medical history, insurance information and test results, says Lana Moriarty, MPH, director of the Office of Consumer eHealth at the Office of the National Coordinator for Health Information Technology.

Reviewing your personal health information can help you make better decisions about your health, coordinate with your family and members of your care team and cut down on unnecessary testing and procedures, she notes.

Your personal health information tells a lot about you, which is why it's so important to keep these records private and only share them with trusted sources. Some simple measures can help you ensure that your health information stays in good hands.

Do you know that you have the right to access your personal health information and know who else has seen it? Thanks to a U.S. law called the Health Insurance Portability and Accountability Act, you can control how you receive your personal health information and who you want to view it. This is helpful for correcting any errors and making sure that your records are up to date.

For the most part, you can decide who gets to see your personal health information. There are some people and groups, such as your employer, that can't view this data without your permission. Knowing your rights under the law can help you take control of your personal

health info and keep it safe.

There are many different ways to review your health information quickly and easily, but they all come with some risk.

When you request your health information from a health care provider, make sure that you know the risks involved and how to keep them at a minimum.

You may have a digital patient portal through your doctor's office, for example. Providers work hard to keep the data stored in these portals secure, but you can take extra steps to be more cautious. Moriarty

recommends creating strong, unique passwords for each platform you use to access your health information.

You can download a password manager that will encrypt and store your passwords or create a new complex password each time you log in to a platform.

If possible, use two-factor authentication for passwords, says

Margeaux Akazawa, MPH, public health analyst at the Office of the National Coordinator for Health Information Technology.

That means logging into your device with two different forms of verification. For example, you can receive a confirmation code via text message after logging into an online portal with your password. With two-factor authentication, you have another layer of security if a breach happens.

Another point to keep in mind is safe internet access. Moriarty advises against using public computers and Wi-Fi when looking at your health information. It's always better to use your own device with a secure, password-protected network.

Many people also use apps on their phones or tablets that store certain health information about fitness, nutrition and other health goals. An app to keep track of your daily exercise regimen may look harmless, but how can you be sure? Always thoroughly research an app before purchasing or downloading it, Akazawa says. Look at the app's privacy policy and terms and conditions.

You may be surprised to find that an app can tap into your contacts, share your location or connect to your camera. It could even be selling your data to advertisers. All those possibilities could put your personal health information in

>> For more, visit www.healthit.gov

the wrong hands. If it seems like an app is doing more than just logging your steps each day, consider deleting it from your device.

You may not realize it, but you probably have lots of documents that also count as personal health information. Even if it doesn't come directly from your doctor, certain info shouldn't be public knowledge, Akazawa says.

Everyday health-related information such as a receipt for a prescription shouldn't be tossed in a public trash can. Instead, shred all health-related documents with personally identifiable information before recycling them.

If you want to keep paper copies of your personal health information on hand, make sure that these documents are organized and stored in a secure place in your home, such as a locked file cabinet, Moriarty recommends.

Be careful on social media

It's easy to get carried away on social media, sharing details of your life with friends and family. But do you really need to broadcast every last doctor's visit? Remember that even if your social media account is private, the information that you share may not stay that way. So think before you post, snap or tweet.

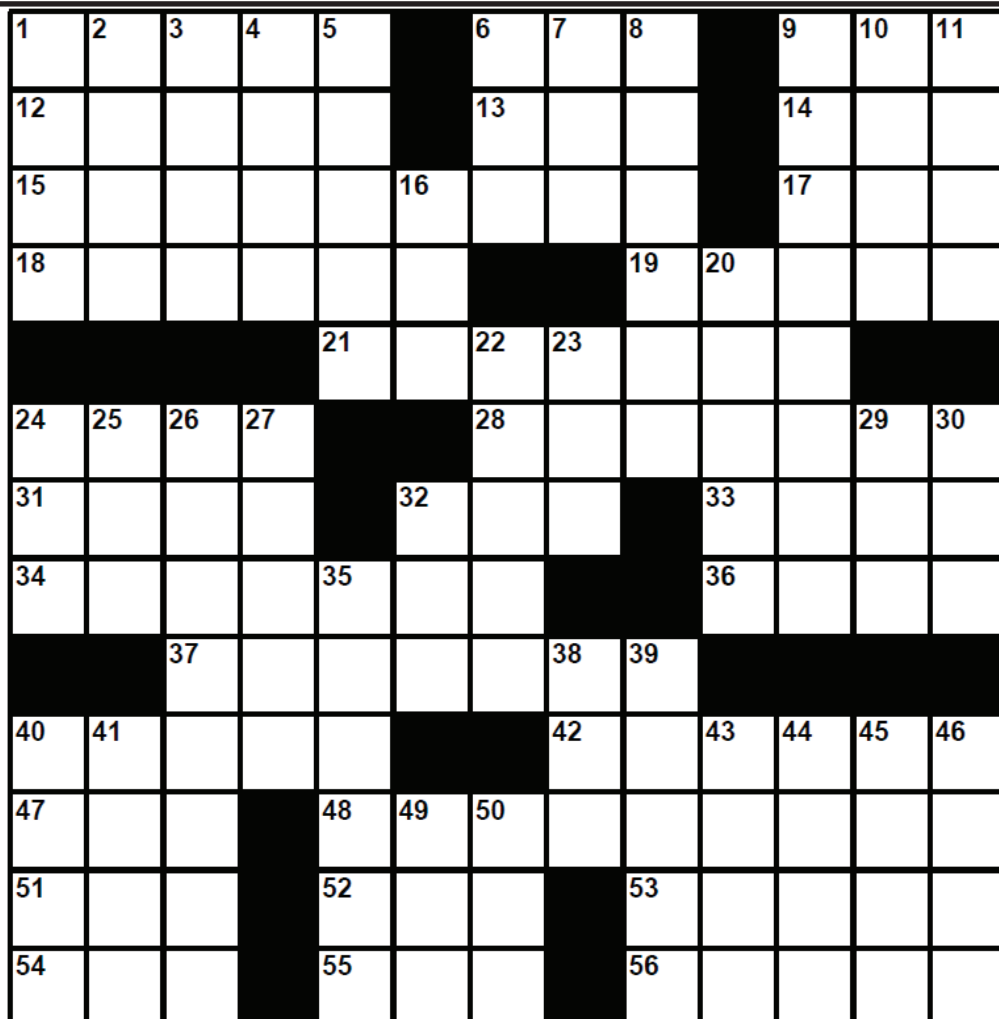
Once you've shared something, there's no way to be sure that the people who can see it won't misuse it or that it won't go outside your circle of contacts.



Photos courtesy iStockphoto: Man typing, Shironosov; women talking, Bowdenimages; woman at computer, XIXinXing; papers, Nirat



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. Boric ____
2. The ____ Ranger
3. Proper
4. Despise
5. Assumed name
6. Play division
7. Fawn's mom
8. Scads
9. And so forth (2 wds.)
10. Tragic king
11. ____ Poppins
16. Social insect
20. Highway curves
22. Grown-up
23. Allow
24. Medic
25. Mineral source
26. Round Table knight
27. Rock star ____ John
29. 18-wheeler
30. Golfer's need
32. Freon, e.g.
35. Scoundrel
38. Pack animal
39. Jacket part
40. Burden
41. Coal source
43. Peruvian capital
44. Circle segments
45. Track event
46. "Beware the ____ of March"
49. Shelley work
50. Keanu Reeves role

ACROSS

1. First Greek letter
6. Bustle
9. Shade tree
12. Atoll material
13. Dove's sound
14. Iced ____
15. Started
17. Station wagon
18. Put down
19. Suspicious
21. Most trite
24. Distribute
28. Meal ender
31. Exam type
32. Stomach
33. Toledo's lake
34. New York's ____ Park
36. Wise man
37. Of the seashore
40. Prophetic signs
42. Spicy sausage
47. Zero
48. Plotted
51. One (Sp.)
52. Fruit beverage
53. Roast host
54. Group
55. Zodiac lion
56. Continues

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