

THE SUNSHINE LINE

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JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

Senior Picnic 2018


JEFFERSON COUNTY
AREA AGENCY ON AGING

July 19th
10-2



Engage at every Age

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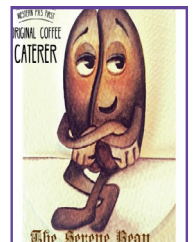
Jefferson County Fairgrounds under the grandstand

Come join us for lunch, educational materials, health screenings, Farmer's Market Vouchers, prizes, 50/50 drawing

Entertainment will be provided.

The Serene Bean will be on site with tasty

Gourmet coffee beverages!



Please call 814-849-3096 to reserve your meal.

Transportation available by contacting your senior center.

June 21st Summer Solstice is sometimes referred to as "Midsummer" Litha".
It's the longest day of the year.

Oliver Township Center,
Is open on June 14th and 28th for lunch and bingo.
Questions? Call: 814-849-3391

June Trivia

1. How many days did June have in the early Roman calendar?
2. Which month was June in the early Roman calendar?
3. Others believe that June was named for the word juniores, a Latin word. What does it mean?
4. In the old saying what is 'a swarm of bees in June' worth?
5. From what musical does the song 'June is busting out all over' come?
6. The month of June is named for what Roman goddess?
7. Before the advent of artificial dyes, the most popular way people put the pink into pink lemonade was by doing what to the drink?
 - a. adding a few drops of beet juice
 - b. adding a few teaspoons of cherry juice
 - c. adding a little red wine
 - d. using pink lemons
8. In the U.S. what is the most popular selling grilling meat throughout the summer?
 - a. hamburgers
 - b. hotdogs
 - c. chicken
 - d. vegan patties
9. According to hospital statistics in the U.S. what summer recreation historically claims the least number of injuries and fatalities each and every year?
 - a. volleyball
 - b. swimming in a pool
 - c. fishing
 - d. skinny dipping
10. According to U.S. agricultural statistics what three fresh fruits outsell all others during the course of summer?
 - a. grapes, blueberries and peaches
 - b. peaches, watermelon and tomatoes
 - c. tomatoes, watermelons and lemons
 - d. blackberries, blueberries and coconuts

The answers are on page #3.



Farmers Market Vouchers Distributions Centers and Dates

The Foundry

(814) 653-2522

Distribution Date: June 7, 2018

Pine Street Senior Center

(814) 938-8376

Distribution Date: June 1, 2018 @ 9:00am

Mahoning Towers

Distribution Date: June 8, 2018 @ 2:00-4:00pm

Jefferson County Housing Authority Social Hall

Distribution Date: June 11, 2018 @ 2:00-4:00pm

Heritage House

(814) 849-3391

Distribution Date: June 5, 2018 @ 9:00am

Brockway Depot

(814) 265-1719

Distribution Date: June 6, 2018 @ 10:00am

Falls Creek Borough Building

Distribution Date: June 8, 2018 @ 8:00am – 1:00pm

Toby Terrace

Distribution Date: June 13, 2018 @ 11am – 12:00pm

Elder Justice Day

Jefferson County Area Agency on Aging works with the District Attorney's office and other local agencies including banks, law enforcement, and in-home service providers. The members are on the Jefferson County Elder Abuse Task Force. This task force meets quarterly and discusses Protective Services cases and gets feedback to help with the cases. The group plans the Elder Justice Day to educate the community on fraud, abuse and other areas of safety.

On May 3rd at the Heritage House, Elder Justice Day was held. We had 30 people attend with around $\frac{3}{4}$ of them being seniors. Presentations on scams, fraud and home safety were given. We had a trivia game for prizes and fraud bingo. Prizes were donated by community businesses and lunch was sponsored by S & T Wealth Management.



In Grateful Appreciation of the Generous Gift from Colonel Earle "Bill" Grove Jr. to the Jefferson County Area Agency on Aging to fund programs at the Heritage House Senior Center. The Impact You Made Here Will Be Felt For Many Generations.

June Trivia Answers

1. Answer: 29
2. Answer: Fourth
3. Answer: young men
4. Answer: silver spoon
5. Answer: Carousel
6. Answer: The month of June is named for Juno, the Roman goddess of marriage
7. Answer: a. adding a few drops of beet juice
8. Answer: b. hotdogs
9. Answer: d. skinny dipping
10. Answer: b. peaches, watermelon and tomatoes

Exciting news for Punxsutawney Area Seniors!



Beginning Monday July 2nd Punxsutawney Area Seniors will have a new senior center location! Senior Center activities will take place at the First Assembly of God located at 2785 Walston Road, Punxsutawney, PA 15767. Hours of operation will be Mondays, Wednesdays, and Fridays from 10:00am-1:00pm. A hot meal will be served at noon. Lots of fun activities and prizes on the opening day so mark your calendars to attend! Plus, each day you attend the new center location the month of July you will be entered into a drawing for a gift basket full of items from the Punxsutawney Community. The more you attend the more chances to win!

For more information call 814-938-8376 to speak with Megan Eberhart or 814-849-3096 to speak with Molly McNutt.

World Elder Abuse Awareness Day 2018 is held on June 15th



TODAY, LET US KEEP FAITH WITH A GENERATION OF AMERICANS BY SPEAKING OUT AGAINST ELDER ABUSE, ADVANCING JUSTICE FOR VICTIMS, AND BUILDING A NATION THAT PRESERVES AND PROTECTS THE WELL-BEING OF ALL WHO CALL IT HOME.

PRESIDENT BARACK OBAMA



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, Woodcarver 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
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)

Rest in Peace Sue , we will miss you.



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

- 06/1 - 15th - Graduation/Senior picture wall, (bring yours in)
- 06/5 - Farmers Market Vouchers start at 9:00 a.m.
- 06/8 - It's Polka Time, with Vagabonds 6:30-8:30
- 06/ 9 - Trash to Treasures Trunk Sale, 8-2. \$10.00 to set up.
- 06/12 - Senior Meeting 1:00
- 06/12 - Blood Pressure Check
- 06/13 - Parkinson's Support Group 1:00-2:30
- 06/17- Senior Day in the Park games and activities
 Buck Shot Band 3-5 in the Town Square Park
 Nothing Fancy 6-8 Heritage House
 Strawberry Social 11:00-2:00 Heritage House
- 06/19 - Guest speaker and book signing with Patty Lawson 11:30
- 06/22 - Four Street Band 6:00-8:00
- 06/23 - Hunter Safety Course 8:00-5:00
- 06/26 - Cancer Support Group 6:00-8:00
- 06/28 - Medicine Safety 11:15 with Renee'
- 06/28 - Tureen Dinner 5:00-6:00



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

Bonnie, Alice and Ruth enjoying the volunteer recognition luncheon.



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.

6/01 – Farmers' Market Voucher Distribution begins @ 9:00am

6/05 – June is Fresh Fruit and Vegetable Month. Let's learn about the top 20 fruits and vegetables for antioxidant power. Join us for a bowl of fresh fruit salad @ 11:30am.

6/08 – Farmers' Market Voucher Distribution at Mahoning Towers @ 2:00 – 4:00 (Community Room)

6/11 – Farmers' Market Voucher Distribution at Jefferson County Housing Authority @ 2:00 – 4:00 (Social Hall)

6/12 – National Peanut Butter Cookie Day! Stop in for a peanut butter cookie.

6/15 – Join us as we celebrate Father's Day!

6/19 – Join us for June's special Bingo @ 9:30am. Food, Fun and Prizes. Be sure to make your reservation with Megan.

6/21 – First day of Summer! Join us as we celebrate with an ice cream social sundae bar @ 12:45pm!

6/28 - Kristi from In Home Solutions will be here @ 11:15am with your monthly blood pressure screening



June 2018

JEFFERSON COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>*menu subject to change*</p>				1 Steak Sandwich w/onions, peppers, cheese, condiments 1/2c. Ranch Seasoned Potatoes Sandwich Roll Fresh Seasonal Fruit
4 Creamy Chicken Salad Croissant w/lettuce & tomato 1c. Tomato Soup w/Crackers Croissant Cake	5 Salisbury Steak w/Gravy Cheesy Whipped Potatoes 1/2c. Sweet Peas White Bread Fresh Seasonal Fruit	6 Pork Loin 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower Wheat Bread 1/2c. Applesauce	7 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	8 Baked Salmon Baked Potato w/margarine 1/2c. Broccoli & Carrots White Bread Cookie
11 Hamburger w/lettuce & tomato 1/2c. Potato Bites 1/2c. Green Beans Sandwich Roll, Condiments Fresh Seasonal Fruit	12 Tuna Salad Sandwich w/lettuce & tomato 1c. Creamy Potato Soup w/Crackers 2 Wheat Bread 1/2c. Pineapple	13 Baked Breaded Chicken Cutlet 1/2c. AuGratin potatoes 1/2c. Sweet Peas White Bread Cookie	14 Kielbasa 1/2c. BBQ Butterbeans 1/2c. Macaroni Salad Hotdog Roll Fresh Seasonal Fruit	15 Roasted Turkey 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Wheat Bread 1/2c. Mixed Fruit
18 Chicken Parmesan w/ marianara & cheese topping 1/2c. Rotini Pasta w/sauce 1/2c. Parmesan Zucchini & Corn Wheat Bread Fresh Seasonal Fruit	19 Roast Beef w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread Brownie	20 BBQ Pork Ribette Baked Potato 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Sliced Peaches	21 Roasted Pork Loin 1/2c. Sauerkraut 1/2c. Whipped Potatoes White Bread 1/2c. Cinnamon Applesauce	22 Taco Salad (3oz taco meat & cheddar cheese) 1c. Tossed salad w/tomato 1c. Black Bean Soup w/Crackers Nacho Chips 1/2c. Pineapple Tidbits
Spaghetti & Meatballs (4) 3/4c. Pasta w/Sauce/Parm Cheese 1/2c. Italian Green Beans Italian Bread 1/2c. Sliced Peaches	26 BBQ Pulled Pork Sandwich 1 c. Summer Corn Chowder w/Crackers Sandwich Roll Fresh Seasonal Fruit	27 Chicken Cobb Salad 1c. Mixed Greens w/ diced chicken, cucumber, cheddar, 1/2 egg, bacon bits 1c. Vegetable Noodle Soup w/Crackers Wheat Bread, 1/2c. Pineapple Tidbits	28 Baked Haddock w/ White wine sauce 1/2c. Confetti Rice 1/2c. Broccoli & Cauliflower Blend Wheat Bread 1/2c. Cinnamon Applesauce	29 Grilled Chicken Cordon Bleu Sandwich 1/2c. Parmesan Potatoes 1/2c. Tomato & Cucumber Salad Sandwich Roll Cake

FETA CHICKEN BURGERS

**Ingredients**

1/4 cup finely chopped cucumber

1/4 cup reduced-fat mayonnaise

BURGERS:

1/2 cup chopped roasted sweet red pepper

1 teaspoon garlic powder

1/2 teaspoon Greek seasoning

1/4 teaspoon pepper

1-1/2 pounds lean ground chicken

1 cup crumbled feta cheese

6 whole wheat hamburger buns, split and toasted

Lettuce leaves and tomato slices, optional

Directions

1. Preheat broiler. Mix cucumber and mayonnaise. For burgers, mix red pepper and seasonings. Add chicken and cheese; mix lightly but thoroughly (mixture will be sticky). Shape into six 1/2-in.-thick patties.

2. Broil burgers 4 in. from heat until a thermometer reads 165°, 3-4 minutes per side. Serve in buns with cucumber sauce. If desired, top with lettuce and tomato.

Freeze option: Place uncooked patties on a plastic wrap-lined baking sheet; wrap and freeze until firm. Remove from pan and transfer to a large resealable plastic bag; return to freezer. To use, broil frozen patties as directed, increasing time as necessary.

Yield: 6 servings.

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

B	O	O		A	I	M	S		T	R	A	P		
A	P	T		B	R	I	E		H	O	L	E		
S	A	T		S	A	N	D	P	A	P	E	R		
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D	E	N	Y			R	E	B	A		D	E	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

Tuesday - Bingo after lunch

Wednesday – Cards 10am, Chair Yoga 11am

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

Friday – Bingo 10am followed by lunch

Music Night is back at The Depot..call 265-1719, for dates and bands!



MARK YOUR CALENDAR! Senior Day at the fair July 19th!
Don't forget exercise! Healthy steps in motion Monday and Thursday at 10:00,
Chair Yoga Wednesday at 11:00

06/6 - Farmers Market Voucher handed out at The Depot 9-2

06/8 – Farmers Market Voucher handed out at The Falls Creek Borough Office 8-1

06/11 - 25 Ways to Wellness speaker 11:15AM

06/12 - Breakfast 7:30-9:30 AM

Nutrition Speaker 11:30

06/13 - Farmers Market Voucher handed out at Toby Terrace 11-12

Advisory Meeting 12:30

06/14 - Strawberry Festival 4-6:30 PM

06/21 - ANNUAL FIRE DRILL 11:30. Please try to be here!

06/27 - Blood Pressures with In Home Solution 11:15-12:15

06/29 - Music Night with Nothing Fancy 6-9



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 for Jam Session
 every Monday at 1p.m.**



Stop by to enjoy some goods and great conversation.

Tai-Chi classes will continue through July.

06/01 - Spruce Creek Band will be here doors open at 5:30 dance starts at 7:00 food will be available.

06/05 - The new Director of Veteran Affairs, Krupa Steele will be here at 11:30 .

Anyone that would like to meet her is welcome to come.

06/07 - 10am till 1pm farms market vouchers will be available.

06/20 - drivers refresher course is be offered

\$15.00 for aarp members

\$20.00 for non members

Healthy Alternatives at Quiet Creek Herb Farm for Jefferson County Senior Citizens

June 20, 2018

9:00am-1:00pm

9:00-9:15 Welcome to Quiet Creek

9:15-11:05 Healing with Herbal Teas

You will be introduced to Quiet Creek's favorite herbal teas and their medicinal uses. You then choose an herbal tea to take home!

11:05-12:00 Gambling Away the Golden Years

For most people, gambling is a form of recreation. But for some, gambling can become a life-threatening addiction. Presentation will include a video, brief discussion and a few games of the Fabulous 50's Jeopardy.

12:00-1:00 QUIET CREEK LUNCHEON

This fun day is **FREE** and includes an organic Quiet Creek luncheon, prepared and grown on the farm, plus an herbal tea of your choice compliments of the Clearfield-Jefferson Drug and Alcohol Commission.

First 50 senior citizens are welcome to sign up and will be guaranteed a place.

Please wear comfortable clothing and shoes. Bring along a water bottle.

TO REGISTER:

Call 814-849-3096

Quiet Creek encourages carpooling or public transportation to help lessen our carbon footprint and to fellowship together.

**Address: 93 Quiet Creek Lane,
Brookville, PA 15825**

Busing is available from Senior Centers. Please speak to your Center Director for more details.



Special Thank You to the CJDAC for sponsoring the day!

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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39	40	41	42					43			44	45
46						47	48			49		
50					51					52		
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DOWN

1. Edible fish
2. October birthstone
3. Footstools
4. Not present
5. Retiree's acct.
6. Hr. part
7. Auto
8. Not this
9. Heavy cord
10. Pub orders
11. Sassy
17. School org.
19. Mails
22. Cabbie's bonus
23. Squirrel's treat
24. Decline
25. Author ____ Tolstoy
26. Pastry
27. Biased (hyph.)
28. ____ standstill (2 wds.)
29. Small spot
32. Cozy room
36. Mother ____ (missionary)
37. Family mem.
38. Furry swimmer
39. Lacking hair
40. Famous canal
41. So be it!
42. Neat
44. Actor ____ Hackman
45. Famous loch
47. Great anger
48. Metered vehicle

ACROSS

- | | | |
|-------------------------|------------------------|------------------------|
| 1. Ghost's comment | 21. Wyoming's neighbor | 49. Fourth letter |
| 4. Goals | 24. Rubber band | 50. Committed perjury |
| 8. Mouse catcher | 26. Frog's kin | 51. Significant times |
| 12. Prone | 30. Curved | 52. Naval rank (abbr.) |
| 13. French cheese | 31. Pea's home | 53. Refute |
| 14. Cavity | 33. Upon | 54. Country singer |
| 15. Made a lap | 34. Supervisor | ____ |
| 16. Wood-smoothing item | 35. Hideaway | McEntire |
| 18. Skiing hill | 37. 14-line poems | 55. French preposition |
| 20. Verify | 39. Get lost! (2 wds.) | |
| | 43. Royal rule | |
| | 46. Cease-fire | |

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