

# THE SUNSHINE LINE

**Telephone:**  
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Brookville, PA 15825

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(814) 849-3232

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www.jcaaa.org



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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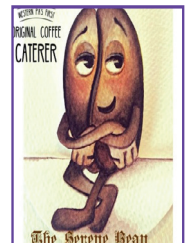
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### Jefferson County Fairgrounds under the grandstand

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

The Serene Bean will be on site with tasty Gourmet coffee beverages!

Performance by the Village Voices 12:30-1:30



**Please call 814-849-3096 to reserve your meal.**  
Transportation available by contacting your senior center.

All four centers and JCAAA Main office will be closed Independence Day, July 4th.

Oliver Township Center,  
Is open on July 12th and 26th for lunch and bingo.  
Questions? Call: 814-849-3391

### Congratulations Annette!



Pictured from Left to Right - Linda Beck, Annette Town, Richard Heil.

Lead Protective Service Worker, Annette Town, recently graduated from the Leadership Development Institute (LDI) in Harrisburg. The LDI was started in 2013 by the Pennsylvania Association of Area Agencies on Aging, in cooperation with the Pennsylvania Department of Aging. The initiative is designed to prepare new and future AAA leaders with the skills and competencies needed to direct their organizations into the future. To date, over 80 individuals have participated in this unique and innovative training program. The LDI was developed around 15 core competencies that have been identified as being critical to the most effective leadership capabilities within the aging network. These competencies have been consolidated into six instructional modules taught by Richard Heil and Linda Beck of The Curtis Group.

Annette Town was born in Johnstown PA and relocated to Jefferson County in 2001. Annette earned her Bachelor of Science degree from Clarion University in 2005. She has been working for Jefferson County Area Agency on Aging since January 2015. She is currently the lead Protective Service worker at the Agency.

### Save The Date!



Jimmy Swigger  
Ventriloquist

August 24th, 6:00PM  
at the Heritage House



**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**



**We're Searching for Volunteers**



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)

**Dave Deemer and Bill  
Littlefield at the Memorial  
Day Luncheon**



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

**07/6** - BUCKSHOT BAND 6-8

**07/10** -BLOOD PRESSURE CHECK 11:00

**07/11** - PARKINSON SUPPORT GROUP 1:00-2:30

**07/19** - SENIOR PICNIC 10:00-2:00  
CENTER CLOSED

**07/24** - CANCER MEETING 6:00

**07/27** - RAYS FIANL CUT BAND 6:30-8:30

**07/30** - ADVISORY MEETING 1:00



Punxsutawney Area Center  
 2785 Walston Road,  
 Punxsutawney, PA 15767  
 Director: Megan Eberhart  
 Phone: 814-938-8376  
 Email: punxy@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



## Exciting news for Punxsutawney Area Seniors!



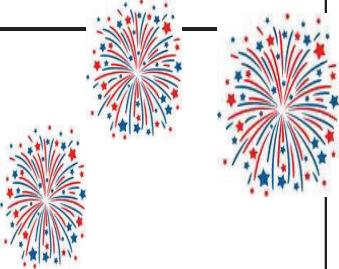

Beginning Monday July 2nd Punxsutawney Area Seniors will have a new senior center location! Senior Center activities will take place at the First Assembly of God located at 2785 Walston Road, Punxsutawney, PA 15767. Hours of operation will be Mondays, Wednesdays, and Fridays from 10:00am-1:00pm. A hot 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.



July 2018

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roasted Pork Loin w/Gravy 1/2c. Stuffing 1/2c. Whipped Potatoes 1/2c. Green Beans Cake	<u>Fourth of July Special</u> BBQ Beef Ribette 1/2c. Potato Salad 1/2c. Baked Beans Corn Drop Biscuit Fresh Fruit		5 Antipasto Salad Ham & Salami, .5oz Mozzarella 1c. Tossed Salad w/tomato 1c. Wedding Soup w/Crackers Breadstick 1/2c. Peaches	Potato Crusted Pollock 1/2c. Cheesy Pasta 1/2c. Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit
9 Beef Stroganoff w/ gravy 1/2c. Buttered Bowties 1/2c. Mixed Vegetables Wheat Bread Fresh Seasonal Fruit	10 Chicken Caesar Salad 1c. Mixed Greens w/Parmesan, Croutons, & Caesar Drs 1c. Minestrone Soup w/Crackers Breadstick 1/2c. Sliced Peaches	11 Ham 1/2c. Whipped Sweet Potatoes 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Chocolate Pudding	12 Stuffed Pepper w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Wheat Bread Stawberry Shortcake	Turkey, Bacon, & Cheese Jr. Club Sandwic w/condiments 1c. Cream of Broccoli Soup w/Crackers Sandwich Roll 1/2c. Applesauce
16 Pork Carnita Taco Topped w/sweet & sour slaw 1/2c. Rice 1/2c. Corn Tortilla Fresh Fruit	17 Meatloaf w/Gravy 1/2c. Whipped Potatoes 1/2c. Green Beans White Bread Pudding	18 Chicken, Spinach Salad w/Balsamic Drs 1c. Mixed Greens & Spinach w/Cucumber 1/2c. Pickled Diced Beets Breadstick Cookie	19 Sweedish Meatballs 1/2c. Egg Noodles 1/2c. Coleslaw Dinner Roll 1/2c. Sliced Pears	Steak Sandwich w/onions, peppers, cheese, condiments 1/2c. Ranch Seasoned Potatoes Sandwich Roll Fresh Seasonal Fruit
23 Creamy Chicken Salad Croissant w/lettuce & tomato 1c. Tomato Soup w/Crackers Croissant Fresh Seasonal Fruit	24 Salisbury Steak w/Gravy Whipped Potatoes 1/2c. Sweet Peas White Bread Brownie	25 Pork Patty 1/2c. Vegetable Rice Pilaf 1/2c. Cauliflower Wheat Bread 1/2c. Applesauce	26 Baked Salmon Baked Potato 1/2c. Broccoli & Carrots White Bread Cookie	Chicken Primavera w/vegetable cream sauce 1/2c. Penne Pasta 1c. Tossed Salad w/Cucumber, Hardboiled Egg Garlic Breadstick 1/2c. Sliced Pears
Roasted Turkey 1/2c. Whipped Potatoes w/gravy 1/2c. Peas & Carrots Wheat Dinner Roll Peaches	31 Hamburger w/lettuce & tomato 1/2c. Potato Bites 1/2c. Green Beans Sandwich Roll, Condiments Fresh Seasonal Fruit		 *Menu Subject to Change*	

## Old Bay Shrimp



## Ingredients

- 1 1/2 lb. shell-on deveined shrimp (16- to 20-ct.)
- 1 tbsp. olive oil
- 3 tsp. Old Bay seasoning
- 1/4 c. Chopped parsley

## Directions

1. Heat grill on high. Toss shrimp with olive oil and 1 1/2 teaspoon Old Bay seasoning.
2. Thread shrimp onto skewers and grill until opaque, turning over once, 3 to 5 minutes.
3. Remove shrimp from skewers and transfer to large bowl. Sprinkle with parsley and 1 1/2 teaspoon Old Bay seasoning; toss to combine. Serve immediately.

## 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



### Crossword Answers

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



## 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

**John and Dick waiting for their turn on the pool table.**



**Farmers Market Vouche Call Cheryl for more info and guidelines.  
If you need a proxy form for anyone please call 265-1719, or stop by for one.**

**Senior Day at the fair July 19th!**

**Don't forget EXERCISE! Healthy Steps in Motion Monday and Thursday at 10:00AM  
Chair Yoga on Wednesday at 11:00AM. Tai Chi will be starting again in September.**

07/4-Tentative.....Pancake and Sausage Breakfast..call for info 265-1719

Brockway Old Fashion 4th of July Art Show

07/11-Breakfast 7:30-9:30

07/13- Music Night with Romey and Friends 6-9

07/18- Tentative..Bus trip to the Altoona Curve Game call for details 265-1719

07/19- Senior Day at the Jefferson County Fair..Call and make your reservation!!!

07/31- Blood Pressures with In Home Solutions 11-12





## 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.

**Nickel Bingo is every  
 Tuesday and Thursday at  
 9:30AM**



**No dance for the month of July. Next dance will be August 3rd**

**07/4** - Center closed for the 4th

**07/12** - Glaucoma screening & vision tests from 10-12

**07/16** - Craft class 1-4

**07/19** - Senior picnic at the Jefferson co. fairgrounds

## Senior Spotlight: George Shick

As a care manager at JCAA, I have the pleasure of meeting many unique individuals. On a recent home visit to **Options PERS** consumer George Shick, he and his wife Sandy discussed their concerns with me whether his **PERS** Medical Alert Button would work if he were to have a fall in his workshop. He told me that gets up early every morning and works in the workshop until lunchtime. George is at risk of falls, and Sandy wanted to be sure that he would be able to get help should there be an emergency. After testing his button, and determining that a GPS unit would be a better fit for him, he offered to show me what he was working on. George led me across what he calls “The Stairway to Heaven”, a wooden walkway connecting his porch to his shop that was built for him by members of his church. I was astounded by what I saw!

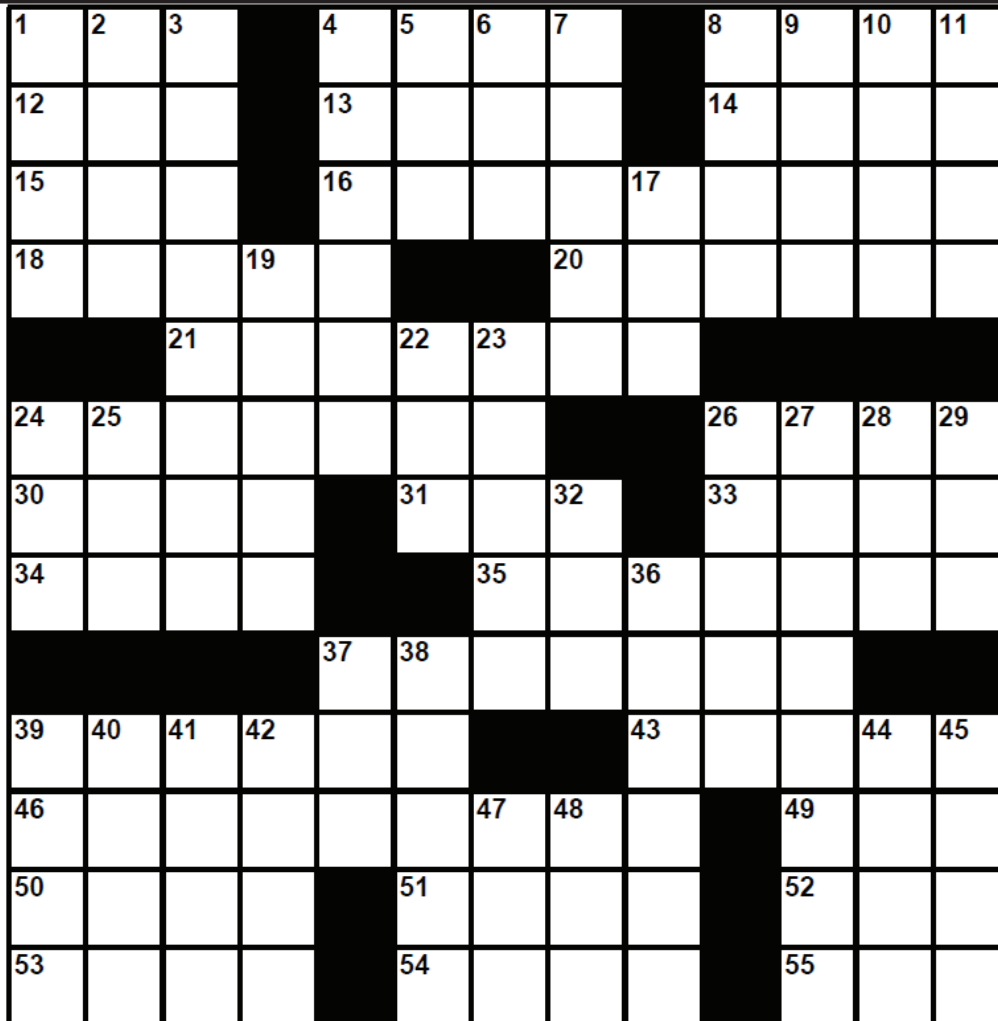
Inside George’s workshop, he has constructed 5 scale replica mechanized amusement park rides. I marveled as George walked me through the workshop describing the Moon Rocket, Hurricane, Himalaya, Ferris Wheel, and Gondola Wheel and turned them on to let me see them in action. According to George, there is only one remaining Moon Rocket ride in operation. George explained that he had built each one from memory, as he had traveled the country with the carnival setting up, tearing down, and operating the rides for two years as a young man. George’s history as a carpenter for 50 years is evident in the craftsmanship and attention to detail. His daughter helps him paint as well.

George also has a Merry Go Round, which was the first ride he constructed, in his living room. He started work on the Merry Go Round before he retired at the age of 62. He says that the Merry Go Round and the Himalaya are his favorites. George explains that with the Himalaya, he had to figure out how to make it perform two different actions, going up and down as well as lifting. George is thinking about building the Round Up next, and he and his wife can rest assured that he will be able to reach help should he have an emergency in the workshop.

If you are interested acquiring a Medical Alert Button please call Nicole McGee at (814) 849-3096 to see if you qualify for the **Options PERS** program.



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. Christmas mo.
2. Boat paddle
3. More inexperienced
4. Communion table
5. Mob scene
6. Breakfast food
7. America's uncle
8. Andes animal
9. Like Santa's helpers
10. Accomplishing
11. Declare
16. Solo
19. Nighttime vision
21. Boot tip
22. Flightless bird
24. Agent (abbr.)
26. Croc's kin
28. Young goat
30. Love, Italian-style
31. Kevin \_\_\_\_ of "Dances with Wolves"
32. Garden implement
33. Highway curve
35. Become visible
37. Digging tool
38. Oven gadget
39. Eve's fruit
40. Antique
41. Acting parts
44. Adolescent
46. Detroit time zone (abbr.)
48. Make an attempt
49. Perceive

## ACROSS

1. Canine
4. Joan of \_\_\_\_
7. Winter toys
12. Lobe location
13. Untruth
14. Parcel out
15. Maker
17. "The Godfather" organization
18. Delighted
20. Breath freshener
21. Singing voice
23. Put in order
25. Harbinger
26. Joy
27. Cry of discovery
29. Geronimo, e.g.
34. News bit
36. Cows' calls
37. Actor's goal
41. Fragrant flowers
42. Tobacco holder
43. Witty reply
45. Sufficient
47. Eases up
50. Sandwich shops
51. \_\_\_\_ whiz!
52. Bard's "before"
53. Put up
54. Naval off.
55. Deli loaf

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