

THE SUNSHINE LINE

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www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

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REYNOLDSVILLE FOUNDRY &
BROCKWAYVILLE DEPOT

3 Round Ticket Tournament

Saturday September 29th 2018

Doors open @ 12pm Tournament begins @ 2pm

\$5000 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 \$1500

2nd Place \$1000

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 \$100

13th Place \$100

14th Place \$75

15th Place \$75

1st Place in Round 1 & Round 2 \$50

Tournament will be held at the Brockwayville Depot

Contact Pete at 814.653.2522 for tickets!

JCAAA Main office and all 4 center will be closed
on Labor Day September 3rd.

Oliver Township Center,
Is open on September 13th and 27th for lunch and
bingo.
Questions? Call: 814-849-3391



Emergency Preparedness Fair

The Heritage House

4 Sylvania Street, Brookville, PA 15825

September 20, 2018 10 AM to 1 PM

Information and Giveaways will include:

How to make an emergency plan

Building an emergency supply kit

What food should you have on hand

What to do in an emergency

And more.....

For more information please contact:

Missy Harrison at The Heritage House at 849-3391 or

Judie Wohnsiedler Servpro of Clarion Jefferson and Forest Counties at 849-5653



Senior Spotlight: Maxine Youngdahl

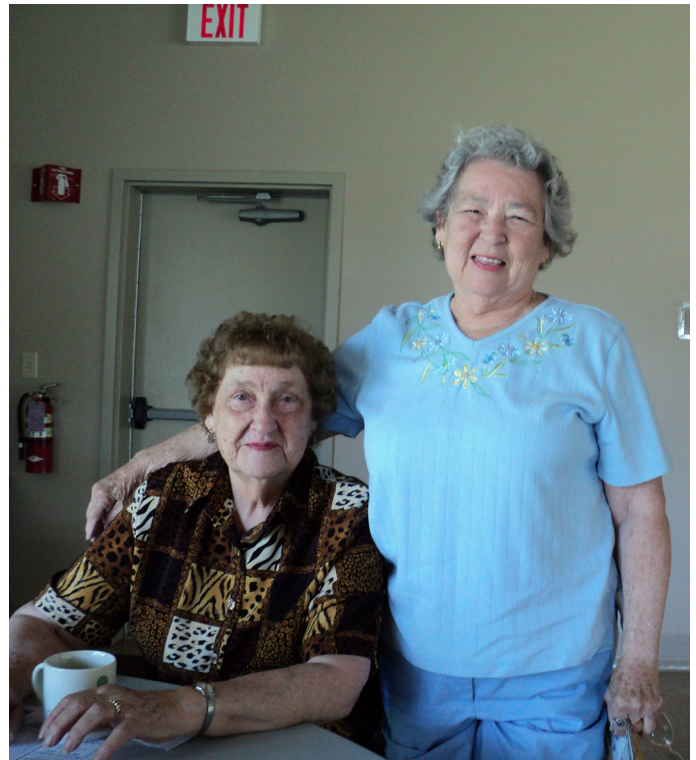
Maxine Youngdahl is the September Senior Spotlight. If you go to the Brockway Depot you probably know that Maxine volunteers there every day. She is often the first one through the door getting coffee ready and the last one to leave with Cheryl Moore at the end of the day. Maxine helps with serving lunch, bingo, and music night. She spends many hours at the Depot to make sure everything runs smoothly. She does all this at 91 years young.

Maxine has always been involved with volunteer work. Some of the other places she is active in or has served as an officer are Moorehead Methodist Church, American Red Cross, American Legion #95 Auxiliary, Brockway and Warsaw Fireman's Auxiliary, and the Brockway Area Ambulance.

In 2009, Maxine was voted the Woman Citizen of the Year and was one of the Grand Marshalls for the Fourth of July Parade.

Maxine shares that her secret to staying young is to "stay active". When not volunteering she loves to work on jigsaw puzzles (many hanging up in the Depot), crocheting baby blankets and making her homemade lemon pies.

We appreciate everything Maxine does to improve the Brockway Community and want to tell her "THANK YOU"!





Brookville Heritage House Center
4 Sylvania Street,
Brookville, PA 15825
Director: Melissa Harrison
Phone: 814-849-3391
Email: heritage@jcaaa.org

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

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)

OUR HAWIIAN LUAU IN AUGUST



The soup and salad bar is returning to the Heritage House in September. Grab your friends and make your reservations to attend the Heritage House on Wednesdays. For those over 60 years of age, you can enjoy this lunch for a suggested donation of \$2.50. This healthy, hearty nutrition lunch will be available from 11:00am - 12:30pm; dine-in only. Take out containers will not be available. To make your reservation, stop by the Heritage House Monday – Friday 8:00am – 2:00pm or call Missie at 814-849-3391.

Check page 7 for the menu.

Tai Chi Classes will be Monday and Thursday from 6:00-7:00p.m. beginning September 10th

9/3- Closed for labor day

9/5- Glaucoma screenings 10:00-12:00

Soup & salad bar is back.... New day wednesdays!!! 11:00-12:30

9/8- Ladies day out 11:00-3:00 (open to the public)

Fashion show, make overs, massages, mani/pedis, wine and more

9/11- Blood pressure check 11:00

9/12- Parkinson support group 1:00-2:30

9/14- Rays final cut band 6:00-8:00

9/18- Pa. Game commission talk on chronic wasting disease 6:00pm-9:00pm

9/20- Emergency preparedness day 10:00-1:00 (open to the public)

9/25- Relay for life meeting 6:00pm



Punxsutawney Area Center
2785 Walston Road,
Punxsutawney, PA 15767
Director: Debbie Long
Phone: 814-938-8376
Email: punxy@jcaaa.org

Daily – Basketball, badminton, volleyball, walking, corn hole, card games, board games, dominos, pool, wii and volunteer opportunities.

Hours of Operation – Monday, Wednesday, Friday 10:00am – 1:00pm

Monday - Penny Bingo from 10a.m. - 12p.m.

Wednesday - Knitting and crocheting classes 10a.m. - 12p.m.

Friday - Penny Bingo from 10a.m. - 12p.m.

Helen Depp was the lucky winner of the gift basket which was in celebration of the opening of the new location at the First Assembly of God Church in Walston held July 2. Helen attends the Center and pleasantly volunteers.



Tai Chi Classes will be Monday and Wednesday from 3:30-4:30p.m. beginning September 19th

9/07- Glaucoma screening 10:00 am to noon

9/10- consumers to bring in childhood photos for Guess Who game

9/12- 10:00 am Guess Who Game, results of Guess Who Game at 12:30, prizes awarded.

9/14- Cream filled doughnut day; all day

9/17- Emergency preparedness program 11:30 am to noon


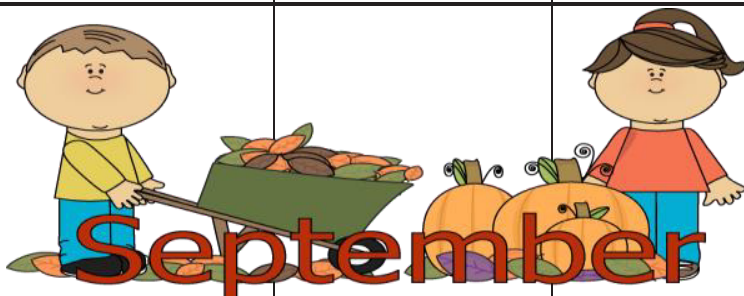
9/19- Nutrition Program 11:30 to noon; hand out healthy recipes for seniors

9/21- Blood pressure screening and education 11:15 am to noon

9/26- Ice cream sundae bar 12:30 pm to 1:00 pm



September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>4</p> <p>Chicken, Spinach Salad w/Balsamic Drs (1.5oz Pkt)</p> <p>1c. Mixed Greens & Spinach w/Cucumber</p> <p>1/2c. Pickled Diced Beets</p> <p>Breadstick Cake</p>	<p>5</p> <p>Sweet & Sour Meatballs (4)</p> <p>1/2c. Egg Noodles</p> <p>1/2c. Coleslaw</p> <p>Dinner Roll</p> <p>1/2c. Sliced Pears</p>	<p>6</p> <p>Pork Carnita Taco</p> <p>Topped w/sweet & sour slaw</p> <p>1/2c. Rice</p> <p>1/2c. Corn</p> <p>Tortilla</p> <p>Fresh Fruit</p>	<p>7</p> <p>Meatloaf w/Gravy</p> <p>1/2c. Whipped Potatoes</p> <p>1/2c. Green Beans</p> <p>White Bread</p> <p>1/2c. Pudding</p>
<p>10</p> <p>Salisbury Steak w/Gravy</p> <p>1/2c. Whipped Potatoes</p> <p>1/2c. Sweet Peas</p> <p>White Bread</p> <p>Brownie</p>	<p>11</p> <p>Pork Patty</p> <p>1/2c. Vegetable Rice Pilaf</p> <p>1/2c. Cauliflower</p> <p>Wheat Bread</p> <p>1/2c. Applesauce</p>	<p>12</p> <p>Chicken Primavera w/vegetable cream sauce</p> <p>1/2c. Penne Pasta</p> <p>1c. Tossed Salad w/Cucumber, Hardboiled Egg</p> <p>Garlic Breadstick</p> <p>1/2c. Pears</p>	<p>13</p> <p>Baked Salmon</p> <p>Baked Potato</p> <p>1/2c. Broccoli & Carrots</p> <p>White Bread</p> <p>Cookie</p>	<p>14</p> <p>Creamy Chicken Salad Croissant w/lettuce & tomato</p> <p>1c. Tomato Soup w/Crackers</p> <p>Croissant</p> <p>Fresh Seasonal Fruit</p>
<p>17</p> <p>Hamburger w/lettuce & tomato</p> <p>1/2c. Potato Bites</p> <p>1/2c. Green Beans</p> <p>Sandwich Roll</p> <p>Fresh Seasonal Fruit</p>	<p>18</p> <p>Tuna Salad Sandwich w/lettuce & tomato</p> <p>1c. Creamy Potato Soup w/Crackers</p> <p>2 Wheat Bread</p> <p>1/2c. Pineapple & Cherries</p>	<p>19</p> <p>Baked Chicken Leg & Thigh</p> <p>1/2c. AuGratin potatoes</p> <p>1/2c. Sweet Peas</p> <p>White Bread</p> <p>Cookie</p>	<p>20</p> <p>Kielbasa</p> <p>1/2c. BBQ Butterbeans</p> <p>1/2c. Macaroni Salad</p> <p>Hotdog Roll</p> <p>Fresh Seasonal Fruit</p>	<p>21</p> <p>Roasted Turkey</p> <p>1/2c. Whipped Potatoes w/gravy</p> <p>1/2c. Peas & Carrots</p> <p>Dinner Roll</p> <p>1/2c. Gelatin</p>
<p>Pepper Steak</p> <p>1/2c. Whipped Potatoes</p> <p>1/2c. Green Beans</p> <p>White Bread</p> <p>Pineapple & Oranges</p>	<p>25</p> <p>BBQ Pork Ribette</p> <p>Baked Potato</p> <p>1/2c. Coleslaw</p> <p>Wheat Bread</p> <p>1/2c. Peaches</p>	<p>26</p> <p>Roasted Pork Loin</p> <p>1/2c. Sauerkraut</p> <p>1/2c. Whipped Potatoes</p> <p>White Bread</p> <p>1/2c. Cinnamon Applesauce</p>	<p>27</p> <p>Taco Salad (3oz taco meat & cheddar cheese)</p> <p>1c. Tossed salad w/tomato</p> <p>1c. Black Bean Soup w/Crackers</p> <p>Nacho Chips</p> <p>1/2c. Pineapple Tidbits</p>	<p>28</p> <p>Chicken Parmesan</p> <p>1/2c. Pasta</p> <p>1/2c. Zucchini & Corn</p> <p>Wheat Bread</p> <p>Fresh Seasonal Fruit</p>
				<p>* Menu Subject to Change*</p>

Soup, Salad & Dessert Menu Heritage House

11:00 am ~ 12:30 pm



\$2.50 suggested donation for those 60+



Wednesday, September 5th

- ~ Beef Barley Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, September 12th

- ~ Chicken Noodle Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, September 19th

- ~ Ham, Cabbage & Potato Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, September 26th

- ~ Italian Wedding Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Dine - In Only
Reservations Required

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 Muters, 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

Y	E	T		C	R	I	S	P		H	S	T	
E	S	E		H	E	N	C	E		E	W	E	
A	T	E		U	N	C	E	R	T	A	I	N	
			N	E	M	O		P	S	A	L	M	S
S	O	A	R				A	T	O	M			
A	L	G	A	E			B	E	N	E	A	T	H
L	E	E		L	I	B	R	A		L	E	I	
T	O	R	P	E	D	O			L	A	C	E	D
				O	M	I	T			C	A	M	E
S	T	E	R	E	O			S	T	E	P		
A	R	G	E	N	T	I	N	A			O	R	B
N	E	G		T	I	D	A	L			N	E	E
D	E	S		S	C	O	P	E			E	V	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 10 a.m., Bingo after lunch

Friday – Bingo 10am followed by lunch

**The Ladies from Brockway
Drug enjoying Grocery Bingo**



SOMETHING NEW HAPPENING FROM THE DEPOT ALL ARE INVITED...WE ARE TAKING A BUS TO Seneca Allegany Casino on October 24th. Cost is 30.00 for more info or to make your reservation call Cheryl 265-1719

Don't forget EXERCISE! Healthy Steps in Motion Monday and Thursday at 10:00...Tai-Chi on Monday and Wednesday starting on the 19th from 1-2. Also Chair yoga will be starting in October!

09/3-Center Closed: Labor Day

09/7- Music Night with Romey's Band 6-9

09/11-Breakfast 7:30-9:30

09/13- Grocery Bingo 6:30

09/19- Tai-Chi begins for Fall session 1-2

09/20-Bus trip to the PA Opry

09/29-Ticket Tournament: Call Pete at The Foundry for more info 814-653-2522



THE FOUNDRY

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

**The quilt group meets on
the 2nd and 4th Thursday of
every month.**

Daily – Lunch is served every day at 12:00

Call 814-653-2522 for your reservations/ questions

Monday– Healthy Steps 10:30a.m., Jam Session 1pm, Tai Chi 6-7p.m.

Tuesday – Domino's 10a.m., Nickel Bingo 9 AM, Felting class 10a.m.

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 9:30a.m., Hand & Foot 1p.m., Felting 10a.m.

Friday - Healthy Steps in Motion @ 10:30a.m.



Felting class Tuesday and Thursday from 10-12

Tai Chi schedule

**Beginners classes will be Monday from 6:00-7:00pm beginning August 27th
Advanced classes will be Wednesday from 6:00-7:00pm beginning August 29th**

9/17- craft class 1:00

9/13- national peanut day stop in for some goodies

9/20- national pepperoni pizza day we will have pizza snacks

Look what people are saying about the Aging Waiver Program

“I am so grateful to be cared for so well in my own home, my daughter is honest, reliable, flexible according to my need and respects my wishes. I could never receive this level of care in a Nursing Home.” - Virginia M.

“Megan W. is wonderful, she takes care of everything we need.” - Linda K.

“I just love this program, they help you get what you need to help you stay in your home. I also love Megan W., she sits down with you and does everything she can to get what you need. She is very caring and compassionate.” - Deanna K.

What is The Aging Waiver program?

The Aging Waiver program is a program that is set up to allow money that is traditionally used for nursing home care to be used for care for seniors who want to remain in their homes. This is an alternative to using nursing homes. This makes it easier for you to remain in-touch with your loved ones and they do not have to worry about traveling long distances to visit a nursing home. In-home care will enable the you to remain in familiar surroundings and with your family.

Services that may be available include:

- Adult Daily Living Services
- Community Transition Services
- Companion Services
- Counseling Services
- Environmental Modifications
- Financial Management Services
- Home Delivered Meals
- Home Health Services
- Home Support Services
- Non-Medical Transportation Services
- Participant-Directed Goods and Services
- Participant-Directed Community Supports
- Personal Care Services
- Personal Emergency Response System
- Respite Services
- Specialized Medical Equipment and Supplies
- TeleCare

Who is JCAAA?

Jefferson County Area Agency on Aging, Inc. is a private, charitable, non-profit corporation dedicated to providing a comprehensive array of the highest quality health and human services to residents of Jefferson County. We will accomplish this mission by committing to our guiding principles of Integrity, Coordinated Community Partnerships, Best Service, Progressive Attitudes, Professionalism, Teamwork and Investment in our Employees and Volunteers.

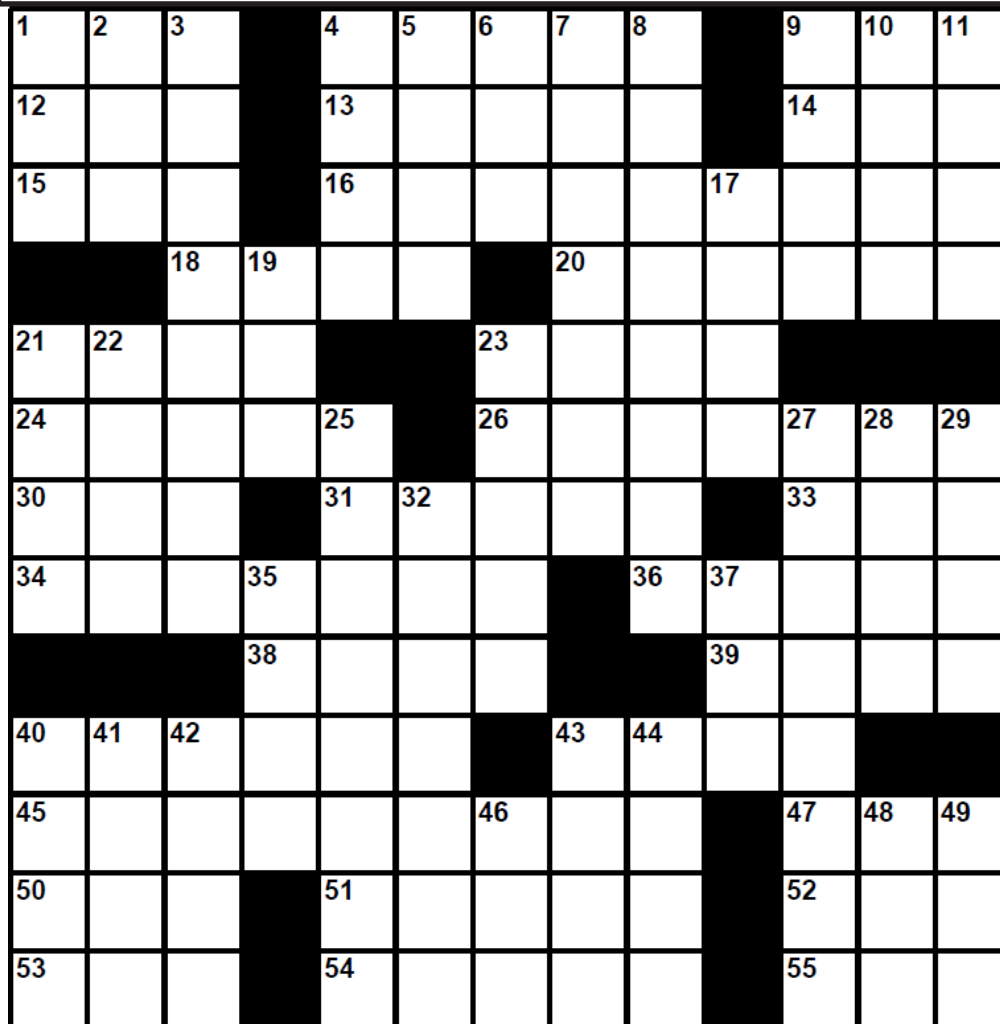
The Agency serves as the front door for the Pennsylvania Department of Aging services here at the local level.

The AAA implements the various programs and services offered to older adults in Jefferson County; as the gateway to those available services.

The AAA offers needed assistance, supportive service, and advice. The Agency is staffed with workers skilled in various fields such as geriatrics, social work, and community resources. Areas in which the AAA assists include: providing care for an older relative; investigating reports of abuse and neglect; recommending social or educational opportunities; and much more. The Area Agency on Aging, Inc. acts as an advocate to keep older adults active and independent in their own communities.

If you are you or a loved one needs help to stay in your home contact us today and ask about the Aging Waiver Program. (814) 849-3096.

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. Favorable vote
2. CT time zone
3. Adolescent
4. Pal
5. Casino city
6. Business abbr.
7. Royal staff
8. Private
9. Make well
10. Use the pool
11. Perfect gymnastics scores
17. Not wild
19. Period of note
21. Pretzel seasoning
22. Bread spread
23. Monastery head
25. Carbon and gold, e.g.
27. "Scarface" gangster (2 wds.)
28. Be abundant
29. Animal skin
32. Stupid
35. Skin opening
37. High card
40. Hourglass filler
41. Fir or poplar
42. Hen products
43. Finger noise
44. Saga
46. Groom's response (2 wds.)
48. Clergy mem.
49. Queen or drone

ACROSS

- | | | |
|---------------------------|--------------------------|----------------------------|
| 1. So far | 21. Fly | 40. Music system |
| 4. Crunchy | 23. Molecule part | 43. Dance move |
| 9. DDE's predecessor | 24. Water plants | 45. South American country |
| 12. Compass point (abbr.) | 26. Under | 47. Ball |
| 13. From this time | 30. Rebel general | 50. Opposite of pos. |
| 14. Flock member | 31. Zodiac sign | 51. ___ wave |
| 15. Had a snack | 33. Luau souvenir | 52. Originally called |
| 16. Not positive | 34. Underwater weapon | 53. ___ Moines, Iowa |
| 18. Fictional clownfish | 36. Fastened shoestrings | 54. Range |
| 20. Biblical songs | 38. Overlook | 55. Eden lady |
| | 39. Arrived | |

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