

THE SUNSHINE LINE

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www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director



Come Join us!

Tips on Safe Caregiving in the Home

Presented by Amy Fatula COTA from

Penn State University

WHERE: The Foundry in Reynoldsville, PA

WHEN: October 24, 2018 at 1 p.m.

Hot lunch is served at 12 p.m.

Donation requested: \$2.50

Please R.S.V.P. if you plan to attend. Activities will be provided for loved ones coming with their caregivers.

Holly Hoare at 814-849-3096 ext. 295

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October 8th is Columbus day JCAAA main office and all 4 centers will be open.

Oliver Township Center,
Is open on October 11th and 25th for lunch and bingo.
Questions? Call: 814-849-3391



When is the best time to get a flu shot?
Now. Or at least pretty soon, health experts say. It takes about two weeks for the vaccine to start working in your body. While the CDC recommends that people get vaccinated by the end of October, and even though the flu season usually doesn't start ramping up until November and December, experts say there are a bunch of reasons you should get it over and done with.

Here are three reasons to get it done sooner than later:

1. You're busy and you'll forget.
2. Pharmacies might run out of certain flu vaccines that cover the three or four different strains during a given season (which is what happened last year).
3. The flu is unpredictable and can start earlier some years.

"If vaccines are available ... I would not delay," Dr. David Cennimo, an assistant professor of medicine-pediatrics infectious disease at Rutgers New Jersey Medical School said in an email. "Patients are too likely to miss getting the vaccine because they were waiting."

2018 flu vaccination clinics

Individuals looking to take advantage of this opportunity must bring their insurance cards.

Reynoldsville Foundry

Thursday, October 4th @ 10:00am

Brockway Depot

Tuesday, October 9th @ 8:00am

Punxsy Center

Wednesday, October 17th @ 10:00am

Heritage House

Wednesday, October 24th @ 10:00am



SPEAK UP:
Know Your Rights
And How To Use Them
National Consumer Voice For Quality Long-Term Care



October is Residents Rights Month

Residents of long-term care facilities have numerous rights under the Federal and State law.

Some of their rights are:

- Right to dignity and respect
- Right to be consulted in planning your medical treatment
- Right to decline medical treatment
- Right to privacy
- Right to freedom from restraints
- Right to communicate confidentially with others

If you feel you or a loved one's Rights have been violated you can contact your local Ombudsman who can provide information, answer questions, investigate complaints and offer assistance in resolving problems about quality of care or treatment.

Your local Ombudsman for Jefferson County is:

Mindy Sivanich

Jefferson County Area Agency on Aging

186 Main Street, Suite 2

Brookville, PA 15825

1-800-852-8036 Ext 232

or

Nicole McGee

1-800-852-8036 Ext 245

Senior Spotlight: MARIANNE (HONEY) THOMAS

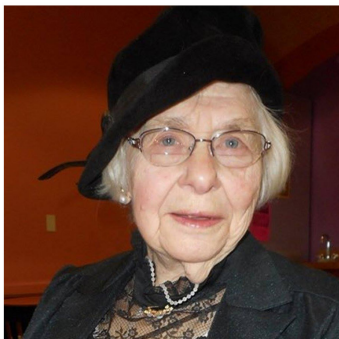
Honey is from the Halton area and drives into the Heritage House almost daily. She has many years of working and volunteering for the Jefferson County Area Agency on Aging.

From 1991-1993 she served as the center director at the Heritage House. She also served on the JCAAA board of directors, on the fundraising and nutrition committee, and the County Advisory council. Honey still serves on the local Heritage House advisory council that meets monthly. She is very active in the community and is always one of the first to volunteer for anything at the center including dances, decorating tables, preparing food, and more. You can join her for “Crafts with Honey” the second Monday of every month.

She was an art teacher for two years and a librarian for twenty-five years in New Jersey. She enjoys gardening, fishing, quilting, painting, scrabble, Wii bowling and crafts.

Over the years she has also served on the Heath Township Sportsman Club and was a first responder for the Sigel Volunteer Fire Department Ward 2. She has two children, two grandchildren, and two great grandchildren with another one on the way.

Everyone loves Honey. She has a fantastic personality and gives great advice. I (Missie) told her “I want to be just like her when I grow up”. Honey is 88 years young and has no plans of slowing down. Thank you Honey for all you do!





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 9:30am, woodcarver 9am-12pm, cards/bridge 1:00, tai-chi 6:00pm-7:00pm

Tuesday - bridge 1:00pm, healthy steps 9:30am, Art class 12:30pm

Wednesday - scrabble 10:00am, bridge 1:00pm, wii bowling 1:00pm

Thursday – healthy steps 9:30am-11:00am bridge / cards 1:00pm
Coffee with the vets 9:30am, teapot and talk, at 11:00a.m.

Friday - bingo 9:30am, read out loud 11:00am, bridge 1pm

Karen And Dave Deemer Celebrated Thier “50th” Anniversary



OUR FITNESS CENTER IS OPEN DAILY FROM 8:00-2:00
COFFEE GROUP DAILY FROM 8:00-9:30

10/3- Soup & salad bar , live music with bennie myer 11:00pm-12:30pm

10/4- 55 Alive driver refresher course 1:00pm-5:00pm

10/6- Indoor/outdoor flea market , craft & vendor show 9:00am-2:00pm

10/8- Crafts with honey 12:30pm

10/9- Blood pressure check 11:00am

10/10- Soup & salad bar, 11:00am-12:30pm

Parkinson support group 1:00pm

10/15- Medicare enrollment

10/17- Medicare Presentation 5:00pm

10/24- Soup & salad bar , flu shots 11:00am-12:30pm

10/26- Rays final cut band, halloween costume party 6:00pm-8:00pm

10/29- Medicare enrollment

10/31- Soup & salad bar 11:00am-12:30pm

CENTER INFO



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 10am - 12pm , Tai Chi 3:30pm-4:30pm

Wednesday - Knitting and crocheting classes 10am - 12pm ,
Tai Chi 3:30pm -4:30pm

Friday - Penny Bingo from 10am - 12pm

David, Joyce and Dwight are enjoying the challenges of a new card game.



Tai Chi Classes will be Monday and Wednesday from 3:30pm-4:30pm

10/5-Driver safety class ? (Oct 1 thru Oct 5 driver safety week)

10/10- angel food cake day /will have angel food cake with morning coffee

10/19- blood pressure and education 11:15am (those attending will be eligible to win door prize)

10/22- no -carve pumpkin decorating 10am-11am

10/24- dubois continuum of care, diabetes program 10:30am (those attending will be eligible to win door prize)

10/31- Halloween treats, cider and donuts



October 2018

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Lasagna 1 C. Tossed Salad Breadstick Cottage Cheese & Peaches Breadstick Cake	2 Kielbasa Whipped Potatoes Sauerkraut Hot Dog roll Fresh Seasonal Fruit	3 1c. Chili 1 c.Tossed Salad Baked Potato Biscuit Cookie	4 Meatballs, Mushroom Gravy 1/2c. Egg Noodles 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Mixed Fruit Salad	5 Ham & Cheese Sandwich 1 c. Creamy Tomato Soup crackers Sandwich Roll Fresh Fruit 
8 Chicken Leg or Thigh 1/2c. Whipped Potatoes 1/2c. Peas & Carrots White Bread Fresh Fruit 	9 Pork Patty 1/2c. Blended Rice Pilaf 1/2c. Island Blend Vegetables White Bread 1/2c. Sliced Apples	10 Sloppy Joe 1/2c.Ranch Seasoned Potatoes 1/2c. Green Beans Sandwich Roll Cookie	11 Chicken Parmesan 1/2c. Bowties 1c. Tossed Salad Italian Bread 1/2c. Sliced Peaches	12 Warm Roast Beef Sandwich cheese 1 c. Homemade Vegetable Soup Crackers Sandwich Roll 1/2c. Pineapple Tidbits
15 Bratwurst w/Kraut topping 1/2c. Creamed Potatoes & Peas Hot Dog Roll 1/2c. Applesauce	16 BBQ Chicken over 1/2c. White Rice 1 c. Tossed Salad White Bread 1/2c. Mandarin Oranges	17 Meatloaf 1/c. Whipped Potatoes 1/2c. Corn Wheat Bread 1/2c. Pudding	18 Greek Chicken Salad Diced Chicken, Blk Olives, & Mozzarella Cheese 1c. Mixed Greens w/dressing 1c. Bean Soup w/Crackers Dinner Roll Cookie 	19 Baked Ham 1/2c. Whipped Sweet Potatoes 1/2c. Beets White Bread Fresh Fruit
22 Baked Ziti(3/4c.) w/Meatballs (3) Mozzerella Cheese 1 c. Caesar Salad Garlic Breadstick 1/2c. Mixed Fruit Salad	23 Pork Ribette 1/2c.Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches	24 Swiss Steak Onion Gravy 1/2c..Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple 	25 Grilled Chicken Bacon & Swiss Club lettuce, tomato 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Pears	26 Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit
Baked Meatloaf w/Gravy Baked Potato 1/2c.Mixed Bean Medley White Bread Peaches	30 Baked Salmon w/white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits 	31 Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes 1/2c. Carrots 2 White Bread 1/2c. Applesauce		*Menus Subject To Change*

Soup, Salad & Dessert Menu Heritage House 11:00 am - 12:30 pm



Dine-In Only
Reservations Required

\$2.50 suggested donation for those 60+
under 60 is \$4.00

Wednesday, October 3rd

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

Wednesday, October 10th

- ~ Loaded Baked Potato Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, October 17th

- ~ Stuffed Pepper Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, October 24th

- ~ Chicken & Rice Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, October 31st

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



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

P	O	S	S	E		A	D	S		D	A	N
O	A	T	H	S		M	I	A		E	G	O
T	R	E	A	T		A	S	H	A	M	E	D
		A	R	E	A		C	A	P	O	N	E
T	E	M	P	E	R	A		R	A	N	T	S
I	R	E		M	O	R	T	A	R			
M	A	R	T		M	O	E		T	R	O	D
		E	R	A	S	E	R		E	N	E	
D	I	A	N	E		E	M	E	R	S	O	N
I	N	G	E	S	T		S	P	I	T		
E	D	I	T	I	O	N		E	N	A	C	T
T	I	N		S	P	A		A	G	R	E	E
S	A	G		T	S	P		T	O	T	E	D



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 10am

Tuesday - Bingo after lunch

Wednesday – Cards 10am, Chair Yoga 11am

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

Friday – Bingo 10am followed by lunch

**Denny is ready for
Halloween!!!**



Make your appointment: Help in open enrollment for Medicare Part B. It's FREE!
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!

10/9 – Breakfast 7:30am-9:30am, FLU SHOTS 8am-12pm with Guardian

10/10 – Advisory Meeting 12:30pm

10/11-Apple Dumpling Festival 4pm-6:30pm

10/17-Make your appointment: Help in open enrollment for Medicare Part B..It's FREE!!

10/18- Grocery (TURKEY) Bingo 6:30pm

10/24- Bus Trip to Seneca Allegany call for more info 265-1719

10/31-Happy Halloween! Come in costume if you dare ! Cheryl will treat you to LUNCH!!! (Reservation required the day before for lunch)

**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 6-7pm.

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

Wednesday – Men's Prayer Breakfast 7am, Healthy Steps in Motion 10:30 – 11:30, Painting class 1 pm, Tai-Chi 6-7pm.

Thursday – Nickel Bingo 9:30am, Hand & Foot 1pm, Felting 10am.

Friday - Healthy Steps in Motion @ 10:30am.

**Good lunch with great
people.**



Tickets will be on sale for our winter raffle.

Tai Chi schedule

Beginners classes will be Monday from 6:00pm-7:00pm
Advanced classes will be Wednesday from 6:00pm-7:00pm

10/1- national homemade cookie day

10/4- flu shots starting at 10am and diabetic speaker at 11:30am

10/5- last dance of the season doors open at 5:30pm and the band will be buck shot

10/8- healthy steps for older adults (preventing falls)

10/9- healthy steps for older adults (preventing falls)

10/28- national chocolate day

10/30- national candy corn day



Medicare Annual Open Enrollment
October 15, 2018 – December 7, 2018

The Medicare Annual Open Enrollment Period for 2018 will be from October 15 to December 7. During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Jefferson County residents.

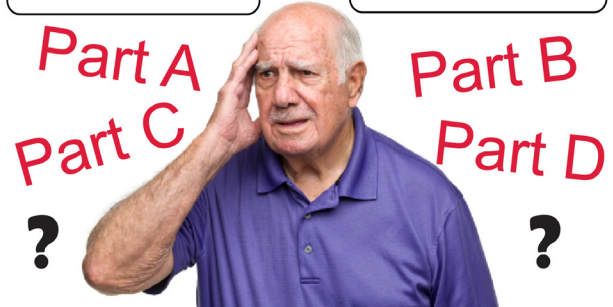
APPRISE, a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following events in the community. This counseling is free.

Medicare Annual Open Enrollment Events for the Jefferson County Area
Please call to schedule an appointment.

- Heritage House (Brookville) at: 814-849-3391
 - Reynoldsville Foundry at: 814-653-2522
 - Brockway Depot at: 814-265-1719
 - Punxsutawney Senior Center at 814-938-8376
- The Main Office will be accepting appointments on Wednesdays, Please call to schedule an appointment.-849-3096



Confused about Medicare?



FREE Community Workshop Presentation:

Get Ready for Medicare: The Basics for People Who are Joining or Already Enrolled
Jefferson County Area Agency on Aging APPRISE Program
Date: October 17, 2018 at 6 pm
Location: The Heritage House- Brookville, PA

What is APPRISE?

APPRISE is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare. APPRISE counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

How can APPRISE help YOU?

- If you are new to Medicare
- During Medicare’s Open Enrollment periods- compare new plans with you.
- Help resolve issues you may be having with coverage
- Go over current coverage to make sure you understand all the in’s and out’s
- Help go over options if you have lost coverage
- Screen for savings programs
- And many more!

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
12						13				14		
15						16			17			
		18			19		20					
21	22					23		24				
25				26			27					
28			29		30				31	32	33	34
			35	36				37		38		
39	40	41				42			43			
44					45		46					
47						48		49			50	51
52				53				54				
55				56				57				

DOWN

1. Plant holder
2. Rowing tool
3. Cooking container
4. Not dull
5. Admiration
6. Medical org.
7. Part of DJ
8. African desert
9. Evil spirit
10. Spy
11. Lymph _____
17. Separate
19. Perfume
21. Actor _____ Robbins
22. Distinctive time
23. Got up
27. Abounds
29. Belief
32. Begin again
33. Singer Yoko _____
34. TV room
36. Fight back
37. Do again
39. Counts calories
40. Calcutta's country
41. Maturing
43. Beatle _____ Starr
45. Lids
48. Forty winks
50. Passing grade
51. Media mogul _____ Turner

ACROSS

- | | | |
|-------------------------|--------------------------|---------------------|
| 1. Sheriff's group | 21. Type of paint | 44. Eat |
| 6. Classified _____ | 24. Raves | 46. Barbecue rod |
| 9. Actor _____ Aykroyd | 25. Rage | 47. Newspaper issue |
| 12. Sworn statements | 26. Building cement | 49. Make into law |
| 13. Actress _____ | 28. Store | 52. Metal container |
| Farrow | 30. "Simpsons" bartender | 53. Mineral spring |
| 14. Id's partner | 31. Walked upon | 54. Concur |
| 15. Act toward | 35. Pencil end | 55. Slump |
| 16. Humiliated | 38. Wind dir. | 56. 1/3 TBSP |
| 18. Neighborhood | 39. Journalist _____ | 57. Carried |
| 20. "Scarface" gangster | Sawyer | |
| | 42. Ralph Waldo _____ | |

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