

# THE SUNSHINE LINE

**Telephone:**  
(814) 849-3096  
1-800-852-8036

**Address:**  
186 Main Street, Suite 2  
Brookville, PA 15825

**Fax:**  
(814) 849-3232

**Website:**  
[www.jcaaa.org](http://www.jcaaa.org)



JEFFERSON COUNTY  
AREA AGENCY ON AGING

Molly McNutt- Executive Director



### Six Tips As We Near 2019

1. Make an appointment for a check-up, vaccination, or screening. Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.
2. Wash your hands often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps – wet, lather, scrub, rinse, and dry. Learn more about when and how to wash your hands.
3. Make healthy food choices. A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
4. Get active! Start small – try taking the stairs instead of the elevator, or parking further from your destination. Consider mall walking if the weather is cold or icy. Adults should get at least 2½ hours a week of moderate-intensity physical activity.
5. Be smoke free. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.
6. Get enough sleep. Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.

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JCAAA main office and all 4 centers will be closed  
December 24th, 25th and 31st.

Oliver Township Center,  
Is Closed for December.  
Questions? Call: 814-849-3391

The Jefferson County Area Agency on Aging is a 501(c)(3) non-profit organization dedicated to enhancing the lives of older adults in Jefferson County, Pennsylvania.

We help over 2,000 older adults and their families every year by administering comprehensive services to assist them to remain a citizen in our communities.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go farther and serve more than we otherwise would have been able. We are extremely appreciative for the gifts that we receive and we take our accountability to our donors very seriously. We provide a written acknowledgment to all donors for every type and amount of gift received.

Your contribution is tax-deductible to the extent allowed by law. Please note the amount of your contribution that is deductible for federal income tax purposes is limited to the money contributed by the donor minus the value of goods or services provided by JCAAA.

To make a charitable or memorial donation, please mail your tax deductible donation payable to:

Jefferson County Area Agency on Aging  
186 Main St., Suite 2  
Brookville, PA 15825  
Phone: (814) 849-3096



## Benefits & Rights

### U.S. EQUAL EMPLOYMENT OPPORTUNITY COMMISSION

**Benefits:** The U.S. Equal Employment Opportunity Commission is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability, or genetic information. It is also illegal to discriminate against a person because the person complained about discrimination, filed a charge of discrimination, or participated in an employment discrimination investigation or lawsuit.

**Contact:** EEOC at 800-669-4000, the office nearest you, or visit [www.eeoc.gov](http://www.eeoc.gov)

Pittsburgh Office:

William S. Moorehead Federal Building

1000 Liberty Ave., Ste. 1112

Pittsburgh, PA 15222



**From: Benefits & Rights For  
Older Pennsylvanians 2018  
To get a copy stop by the  
JCAAA Main Office**

### Look what people are saying about the Aging Waiver Program

“Nurse coming to my home were very very good. If they noticed a problem or a concern they could handle themselves they were quick to notify Dr. Presently I am in the DuBois Nursing Home, but I would have been here long ago, but for the care and help of the agency. God Bless you all.”

- William A. for Barbara A.

“The program made a big change in my life. I’m able to get things done that I could of never gotten done by myself. It is a Big Big Help.” - John B..

“You do a great job for me and I appreciate your help.” - Phyllis N.

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

Every Monday Night **Relay for Life** Bingo  
 Doors open at 5:30, Early Birds 6:15, Regular Bingo 6:45

December 8<sup>th</sup> – Roseville Cookie Walk from  
 9:00am until Sold Out



# Heritage House – December 2018



Center Director: Melissa Harrison  
 Address: 4 Sylvania Street, Brookville PA 15825  
 Phone: 814-849-3391  
 Email: [heritage@icaaa.org](mailto:heritage@icaaa.org)

|       | Monday  | Tuesday | Wednesday  | Thursday | Friday  |    |   |    |  |
|-------|---|---------|--|----------|---|----|---|----|--|
| 3     | Woodcarvers 9:00<br>Bingo 9:30<br>Healthy Steps 9:30  | 4       | Healthy Steps 9:30<br>Oil Painting 12:30   | 5        | Scrabble 10:00<br>Soup & Salad Bar<br>11:00 – 12:30   | 6  | Coffee with the Vets 9:30   | 7  | Bingo 9:30<br>Read out Loud 11:00<br><b>Remembrance Day,</b><br>Pearl Harbor |
| 10    | Woodcarvers 9:00<br>Bingo 9:30<br>Healthy Steps 9:30<br><b>Crafts with Honey</b><br>12:30                   | 11      | Healthy Steps 9:30<br>Oil Painting 12:30<br><b>Senior Group Christmas</b><br>Dinner at 12:00 | 12       | Scrabble 10:00<br>Soup & Salad Bar<br>11:00 – 12:30<br><b>Parkinson Support</b><br>Group 1:00 | 13 | Coffee with the Vets 9:30<br>Healthy Steps 9:30<br>Teapot & Talk 11:00                              | 14 | Bingo 9:30<br>Read out Loud 11:00<br><b>Potassium Bingo 11:00</b>            |
| 17    | Woodcarvers 9:00<br>Bingo 9:30<br>Healthy Steps 9:30<br><b>Martha V. Conrad Study</b><br>Group Party 7:00pm | 18      | Healthy Steps 9:30<br>Oil Painting 12:30<br><b>Christmas Bingo 11:00</b>                     | 19       | Scrabble 10:00<br>Soup & Salad Bar<br>11:00 – 12:30   | 20 | Coffee with the Vets 9:30<br>Healthy Steps 9:30<br>Teapot & Talk 11:00<br><b>Christmas Luncheon</b> | 21 | Bingo 9:30<br>Read out Loud 11:00  |
| 24/31 | Center is Closed  | 25      | Center is Closed   | 26       | Scrabble 10:00<br>Advisory Council 1:00<br><b>Regular Lunch – no Soup</b><br>& Salad          | 27 | Coffee with the Vets 9:30<br>Healthy Steps 9:30<br>Teapot & Talk 11:00                              | 28 | Bingo 9:30<br>Read out Loud 11:00  |

**White Elephant Gift Exchange is Back!**  
 Bring in something you don't need, want, or use  
 unwrapped for the table between 12/10 – 12/19.  
 Tickets will be drawn on 12/19.

**Daily Activities:** Fitness Center 8:00 – 2:00  
 Bridge 1:00

# CENTER INFO

December  
 2018

Happy Holidays and Happy New Year to you and your family!



## Punxsutawney Senior Center – December 2018



Center Director: Deborah Long  
 Address: 2785 Walston Road,  
 Punxsutawney PA 15767  
 Phone: 814-938-8376  
 Email: [punxy@icaaa.org](mailto:punxy@icaaa.org)

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| 3<br>Penny Bingo 10:00<br>Cards and Board Games  | 4<br>Congregate Meal served<br>at Grace Place  | 5<br>Knitting/Crocheting<br>10:00<br>Card Games 10:00<br><b>Craft: Candy Cane<br/>Glazing 10-11</b>                                    | 6<br>Congregate Meal served<br>at Grace Place   | 7<br>Penny Bingo 10:00<br>Cards and Board Games                                     |
| 10<br>Penny Bingo 10:00<br>Cards and Board Games | 11<br>Congregate Meal served<br>at Grace Place | 12<br>Knitting Crocheting<br>10:00<br>Card Games 10:00<br><b>Dubois Continuum of<br/>Care – What to do if you<br/>fall 10:30-11:15</b> | 13<br>Congregate Meal served<br>at Grace Place  | 14<br>Penny Bingo 10:00<br>Cards and Board Games                                    |
| 17<br>Penny Bingo 10:00<br>Cards and Board Games | 18<br>Congregate Meal served<br>at Grace Place | 19<br>Knitting/Crocheting<br>10:00<br>Card Games 10:00   | 20<br>Congregate Meal served<br>at Grace Place<br><b>Christmas Luncheon at<br/>noon</b> | 21<br>Penny Bingo 10:00<br>Cards and Board Games<br><b>Holiday Celebration 10-1</b> |
| 24/31<br><b>Center is Closed</b>                 | 25<br><b>Center is Closed</b>                  | 26<br>Knitting/Crocheting<br>10:00<br>Card Games 10:00   | 27<br>Congregate Meal served<br>at Grace Place  | 28<br><b>Special Bingo 10:00</b><br>Cards and Board Games                           |

# CENTER INFO








December  
2018

*Daily Activities:* Card Games, Board Games, Pool, Wii, Volunteer Opportunities  
*Lunch at Noon! Call to make your reservation.*



December 2018

Jefferson County

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <p>3</p> <p>Greek Chicken Salad<br/>Diced Chicken, Blk Olives, Red Onion, Tomato,<br/>&amp; Mozzarella Cheese<br/>1c. Mixed Greens w/dressing<br/>1c. Soup w/Crackers<br/>Dinner Roll<br/>Cake </p> | <p>4</p> <p>Baked Meatloaf w/gravy<br/>1/2c. Whipped Potatoes<br/>1/2c. Beets<br/>White Bread<br/>Fresh Fruit</p>   | <p>5</p> <p>Bratwurst w/Kraut topping<br/>1/2c. Creamed Potatoes &amp; Peas<br/>Hot Dog Roll<br/><br/>Cinnamon Applesauce</p>  | <p>6</p> <p>BBQ CHICKEN<br/>1/2c. White Rice<br/>1 c. Tossed Salad<br/>Breadstick<br/>1/2c. Mandarin Oranges </p> | <p>Stuffed Pepper<br/>1/2c. Whipped Potatoes<br/>1/2c. Corn<br/>Wheat Bread<br/>Pudding</p>                       |
| <p>10</p> <p>Swiss Steak<br/>Onion Gravy<br/>1/2c. Cabbage &amp; Noodles<br/>1/2c. Diced Carrots<br/>Wheat Bread<br/>1/2c. Pineapple</p>   | <p>11</p> <p>Grilled Chicken Bacon &amp; Swiss Club<br/>Lettuce, Tomato<br/>1 c. Creamy Potato Soup w/Crackers<br/>Sandwich Roll<br/>1/2c. Pears</p>  | <p>12</p> <p>Potato Crusted Fish<br/>1/2c. Macaroni &amp; Cheese<br/>1/2c. Stewed Tomatoes<br/>Wheat Bread <br/>Fresh Fruit</p> | <p>13</p> <p>Baked Ziti / Meatballs (3)<br/>Cheese Topping<br/>1 c. Caesar Salad<br/>Garlic Breadstick<br/>1/2c. Mixed Fruit Salad</p>   | <p>Pork Ribette<br/>1/2c. Seasoned Potatoes<br/>1/2c. Baked Beans<br/>Dinner Roll<br/>1/2c. Sliced Peaches</p>    |
| <p>17</p> <p>Hot Turkey Sandwich w/gravy<br/>1/2c. Whipped Potatoes w/chives<br/>1/2c. Carrots<br/>White Bread<br/>1/2c. Applesauce </p>   | <p>18</p> <p>Baked Salmon<br/>w/white wine cream sauce<br/>1/2c. White Rice<br/>1/2c. Broccoli<br/>Wheat Bread<br/>1/2c. Pineapple Tidbits </p>                          | <p>BBQ Burger<br/>cheese, onions<br/>Seasoned Potatoes<br/>Roll<br/>Fresh Seasonal Fruit</p>   | <p><b>CHRISTMAS LUNCH</b><br/>BAKED HAM<br/>SWEET POTATOES<br/>COLESLAW<br/>DINNER ROLL<br/>APPLE CRISP </p>    | <p>Chicken &amp; Dumplings- 1c.<br/>1/2c. Coleslaw<br/>Biscuit<br/>1/2c. Peaches</p>                              |
| <p>24</p> <p><b>MERRY CHRISTMAS</b></p>  |    | <p>26</p> <p>Chicken Parmesan<br/>1/2c. Penne Pasta w/Sauce<br/>1/2c. Brussel Sprouts<br/>Wheat Bread<br/>Fresh Fruit </p>    | <p>27</p> <p>Turkey &amp; Provolone Sandwich<br/>w/lettuce, tomato, &amp; condiments<br/>1 c. Creamy Broccoli Soup<br/>w/Crackers<br/>Roll<br/>Fresh Fruit</p>                                       | <p>Pork Patty / Gravy<br/>1/2c. Whipped Potatoes<br/>1/2c. Lima Beans<br/>White Bread<br/>1/2c. Sliced Apples</p> |
| <p><b>HAPPY NEW YEAR</b></p>   |    | <p>*Menu Subject to Change </p>   |  |   |



## 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, December 5th

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

### Wednesday, December 12th

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

### Wednesday, December 19th

- ~ 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 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

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | D | R |   | D | E | M | I |   | S | A | I | L |   |
| B | E | E |   | E | M | I | T |   | E | D | G | E |   |
| I | M | M | A | T | U | R | E |   | R | O | L | E |   |
|   |   | O | R | E |   | E | M | P | E | R | O | R |   |
| S | O | R | E | S | T |   |   |   | A | N | N | O | Y |
| I | N | S | A | T | I | A | B | L | E |   |   |   |   |
| N | E | E |   |   | E | L | L |   |   | S | E | A |   |
|   |   |   | P | A | R | L | I | A | M | E | N | T |   |
| C | H | O | I | R |   |   |   | P | L | E | A | S | E |
| L | I | N | E | M | E | N |   | T | A | T |   |   |   |
| A | P | E | R |   |   | R | O | M | A | N | T | I | C |
| S | P | A | R |   |   | O | V | E | R |   | L | O | U |
| P | O | L | E |   |   | S | A | W | S |   | E | N | E |



Sunday 12/23 – Reading of The Night Before Christmas  
with small gift giveaway (\$2-\$3) at 11:30am

Breakfast with Santa on Saturday 12/15  
9:00am-12:00pm



## Brockway Depot – December 2018



Center Director: Cheryl Moore  
Address: 425 Alexander Street,  
Brockway PA 15824  
Phone: 814-265-1719  
Email: [depot@icaaa.org](mailto:depot@icaaa.org)

| Monday                                    | Tuesday   | Wednesday                              | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  |   |   |
| 3<br>Healthy Steps 10:00<br>Tai Chi 1:00  | 4<br>Bingo 12:30  | 5<br>Chair Yoga 11:00<br>Tai Chi 1:00  | 6<br>Potluck Luncheon at<br>noon. Bring dish to share<br>Healthy Steps 10:00<br>Bingo 12:30 | 7<br>Bingo 10:00  |
| 10<br>Healthy Steps 10:00<br>Tai Chi 1:00 | 11<br>Breakfast 7:30-9:30<br>Bingo 12:30<br>Christmas Program with<br>Brockway Elementary<br>12:30-2:00pm | 12<br>Chair Yoga 11:00<br>Tai Chi 1:00 | 13<br>Healthy Steps 10:00<br>Bingo 12:30  | 14<br>Bingo 10:00<br>*Breakfast with Santa<br>tomorrow 12/15* |
| 17<br>Healthy Steps 10:00<br>Tai Chi 1:00 | 18<br>Blood Pressure<br>Screenings 11-12<br>Bingo 12:30   | 19<br>Chair Yoga 11:00<br>Tai Chi 1:00 | 20<br>Healthy Steps 10:00<br>Bingo 12:30<br>Christmas Luncheon<br>12:00                     | 21<br>Bingo 10:00   |
| 24/31<br>Center is Closed                 | 25<br>Center is Closed  | 26<br>Chair Yoga 11:00<br>Tai Chi 1:00 | 27<br>Healthy Steps 10:00<br>Bingo 12:30  | 28<br>Bingo 10:00   |

Daily Activities: Social Hour, Pool, Library, Puzzles, Coupons, TV Lounge  
Lunch at Noon! Call to make your reservation.

# CENTER INFO

December  
2018



Happy Holidays and Happy New Year! We look forward to spending 2019 with you!



## Reynoldsville Foundry – December 2018



**Center Director:** Peter Spuck  
**Address:** 45 West Main Street,  
 Reynoldsville PA 15851  
**Phone:** 814-653-2522  
**Email:** [foundiv@iccaa.org](mailto:foundiv@iccaa.org)

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday                    |
|--|---|--|---|---------------------------|
| 3<br>Healthy Steps 10:30<br>Jam Session 1:00<br>Tai Chi 6:00   | 4<br>Nickel Bingo 9:30<br>Dominoes 10:00<br>Computer Class 1:00                         | 5<br>Men's Bible Study 7:00<br>Healthy Steps 10:30<br>Painting Class 1:00<br>Tai Chi 6:00  | 6<br>Nickel Bingo 9:30<br>Card Games 10:00<br>Quilt Guild 1:00                        | 7<br>Healthy Steps 10:30  |
| 10<br>Healthy Steps 10:30<br>Jam Session 1:00<br>Tai Chi 6:00  | 11<br>Nickel Bingo 9:30<br>Dominoes 10:00<br>Computer Class 1:00                        | 12<br>Men's Bible Study 7:00<br>Healthy Steps 10:30<br>Painting Class 1:00<br>Tai Chi 6:00 | 13<br>Nickel Bingo 9:30<br>Card Games 10:00<br><b>Winter Safety Program<br/>11:30</b> | 14<br>Healthy Steps 10:30 |
| 17<br>Healthy Steps 10:30<br>Jam Session 1:00<br>Tai Chi 6:00<br><b>Healthy Steps party<br/>luncheon</b> | 18<br>Nickel Bingo 9:30<br>Dominoes 10:00<br><b>Computer Class-<br/>Christmas Party</b> | 19<br>Men's Bible Study 7:00<br>Healthy Steps 10:30<br>Painting Class 1:00<br>Tai Chi 6:00 | 20<br>Nickel Bingo 9:30<br>Card Games 10:00<br><b>Christmas Luncheon</b>              | 21<br>Healthy Steps 10:30 |
| 24/31<br><b>Center is Closed</b>   | 25<br><b>Center is Closed</b>   | 26<br>Men's Bible Study 7:00<br>Healthy Steps 10:30<br>Painting Class 1:00                 | 27<br>Nickel Bingo 9:30<br>Card Games 10:00   | 28<br>Healthy Steps 10:30 |

Exercise equipment available on the 1<sup>st</sup> level. Safe and warm area to stay in shape!

# CENTER INFO

December  
2018

## Five Tips to Avoid the ‘Grandparent Scam’

How to Protect Yourself from Scams during the Holiday Shopping Season

**Harrisburg, PA** – The holidays are a time for reconnecting with family members, near and far. Unfortunately, it can also be a time when scam artists prey on your family’s emotions to make a quick buck.

As you begin reaching out to your family members to make travel arrangements and plans to gather, Secretary of Banking and Securities Robin L. Wiessmann and Secretary of Aging Teresa Osborne want to remind Pennsylvanians of all ages to be aware of the latest twists in the “Grandparent Scam” and offers tips on how to avoid being a victim.

“With the holiday season upon us, scam artists will undoubtedly increase their efforts to take advantage of individuals – particularly senior citizens – preying on emotional connections to commit fraud,” said Wiessmann. “We urge all citizens across the commonwealth, regardless of age, to exercise serious caution before sending any money across state or international borders.”

The typical version of the scam involves a senior citizen receiving a call from someone claiming to be their grandchild who is in serious trouble and needs their grandparent to send money very quickly without conferring with any other family members or authorities. The success of the scam hinges on the recipient’s sense of familial obligation and willingness to help, along with the pressure of the request requiring immediate action.

“Every year older Pennsylvanians are targeted by scammers and con artists who attempt to steal money by exploiting grandparents’ love for their grandchildren,” said Osborne. “The Wolf administration urges all Pennsylvanians to be on the alert for this scam and encourages seniors, in particular, to follow our tips and never hesitate to simply hang up the phone if you receive a call demanding money be sent right away.”

Osborne also notes that older adults often do not realize they have been scammed or do not know who to report it to. In other cases, they may be too ashamed or embarrassed to report it, in part because they worry that their relatives or friends will think that they no longer have the mental capacity to take care of their own financial affairs.

Some new twists on this scam have arisen over the last year, including:

- Targeting parents rather than grandparents
- Requesting money be sent to a bonding company
- Personalizing the scam through information about the victim and their family members available online and through social media, such as this grandparent who needed her grandson to serve as a pallbearer at a family funeral
- Requesting cash be mailed rather than wire transferred

Wiessmann and Osborne point to steps you can take to protect yourself from being the victim of the “Grandparent Scam”:

- **Don’t send money right away.** A hallmark of financial scams is the pressure to act quickly, but the truth is there are few, if any, “emergencies” that require thousands of dollars and would require your immediate action.
- **Contact your family member using a known phone number.** End the call with the scammer and contact your family member with a known telephone number, not a number given to you by the person calling.
- **Communicate with your family.** Share your travel plans with your family members and ask that they share theirs with you. If you have a grandchild traveling abroad, be sure to have a legitimate phone number where they can be reached.
- **Ask a question only your family member would know.** Talk to the caller and ask them about details only your family member would know. A name of a childhood pet, a birthday present, or a detail about the last time you saw them in person can all be good ways to determine if this person is actually known to you. Be careful not to use something a scammer could find out about you or your family member online.
- **Don’t share too much information.** Scam artists are notorious for researching their victims online. Be cautious when posting personal information on social media like Facebook and advise your family members to do the same.

The Department of Aging encourages any person who believes that an older adult is being financially exploited to file a confidential report with any Area Agency on Aging. You can also call the statewide abuse hotline at 800-490-8505.

Anyone can contact the Department of Banking and Securities at 1-800-PA-BANKS or 1-800-600-0007 to ask questions or file complaints about financial transactions, companies, or products.

**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 |    |    |

**DOWN**

1. Investigative org.
2. HST's party
3. Regret
4. Despise
5. Aussie creature
6. Marsh
7. Thing
8. Tranquil
9. Decorate
10. Ice house
11. Wary
16. Length times width
20. Sidekick
21. Misdeed
22. First in a series
23. Stadium part
26. "\_\_\_\_ Night Long"
27. Radar indication
30. Seahawks' hometown
31. Printers' measures
32. Devoured
33. Fashion's \_\_\_\_ Cardin
34. Upper limb
35. Church features
36. Average
37. Hold tightly
38. Nile animal, for short
39. Laker Shaquille \_\_\_\_
42. God of love
43. Bossa \_\_\_\_
47. Kitten's cry
48. Electrified atom
49. Actor's hint

**ACROSS**

- |                                      |                              |                            |
|--------------------------------------|------------------------------|----------------------------|
| 1. 32nd pres.                        | 19. Monarch                  | 44. Make a doily           |
| 4. ____ Moore of "Indecent Proposal" | 21. Most tender              | 45. Copycat                |
| 8. Spinnaker, e.g.                   | 24. Bother                   | 46. Like a love letter     |
| 12. Spelling competition             | 25. Impossible to fill       | 50. Shadowbox              |
| 13. Emanate                          | 28. Formerly named           | 51. Ended                  |
| 14. Cliff's brink                    | 29. Building wing            | 52. Baseball's ____ Gehrig |
| 15. Not fully grown                  | 30. Dead ____ Scrolls        | 53. Warsaw native          |
| 17. ____ model                       | 33. Legislature, in Canada   | 54. Cutting tools          |
| 18. Raw metal                        | 37. Church singers           | 55. Compass pt.            |
|                                      | 40. Polite word              |                            |
|                                      | 41. Certain football players |                            |

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The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers



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