

# 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



Free income tax preparation assistance is available through the VITA (Volunteer Income Tax Assistance) program. The VITA program offers free tax help to those who meet certain income guidelines (generally income

below \$54,000). There are no age restrictions. Other restrictions may apply.

In addition to free tax return preparation assistance, free electronic filing will be offered. Individuals taking advantage of the e-file program receive their refunds in half the time compared to returns filed on paper—even faster when tax refunds are deposited directly into one’s bank account.

Volunteers who are trained and certified by the IRS will be assisting taxpayers in locations throughout Jefferson County.

**Appointments will not be scheduled until Wednesday January 23, 2019.** You may begin calling after that date.

**TO SCHEDULE AT:**

Heritage House, Brookville	call 814-849-3096 or 800-852-8036
Brockway Depot	call 814-849-3096
Punxsutawney Library	call 814-849-3096
Reynoldsville Foundry	call 814-653-2522

You will be asked a series of questions when you call. Your name will then be placed on the appointment list. A volunteer will call you to schedule your tax appointment.

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JCAAA main office and all 4 centers will be closed  
January 1st.

Oliver Township Center,  
Is Closed for January.  
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

### OFFICE OF CONSUMER ADVOCATE

The Office of Consumer Advocate (OCA) is a state agency that represents the interests of Pennsylvania utility consumers.

#### Benefits:

We encourage you to contact OCA with questions or problems regarding your electric, natural gas, telecommunications, water, or wastewater service. The OCA staff will respond by providing information or helping to resolve your complaints.

#### Contact:

Office of Consumer Advocate  
555 Walnut St., 5th Fl.  
Harrisburg, PA 17101-1923  
717-783-5048  
800-684-6560  
[www.oca.state.pa.us](http://www.oca.state.pa.us)  
[consumer@paoca.org](mailto:consumer@paoca.org)



**From: Benefits & Rights For  
Older Pennsylvanians 2019  
To get a copy stop by the  
JCAAA Main Office**

## 5 Cold Weather Precautions for People With Heart Disease

If you have heart disease, staying healthy during cold weather presents special challenges. For those with coronary artery disease (CAD), cold temperatures can trigger episodes of cardiac ischemia (oxygen starvation of the heart muscle), causing episodes of angina or even heart attacks.

For people who have heart failure, a rapid drop in environmental temperature can lead to a sudden worsening of symptoms, an increased risk of hospitalization, and even an increased risk of death.

So, for anyone with heart disease, the onset of cold temperatures requires special precautions. Fortunately, these precautions generally fall into the category of common sense.

### Why Cold Temperatures Are Tough on the Heart

Being in a cold environment causes our bodies to make certain physiological adjustments in order to preserve our core body temperatures. These normal adjustments can present a challenge to people with heart disease. Among other things, cold temperatures cause:

- Your heart rate to increase.
- Your blood pressure to increase.
- Your heart to work substantially harder.
- An increase in the propensity for blood clotting.



### Cold Weather Precautions for People With Heart Disease

All of the above factors can lead to acute cardiac problems in somebody with heart disease. While everyone needs to take precautions when they are in a cold environment, precautions are especially important if you have a heart problem. So, follow these five tips:

1. **Limit your cold exposure.** Limit the time you spend out in the cold weather, and if you go out, dress warmly, in several layers, cover your head and hands, and wear warm socks and shoes.
2. **Don't exert yourself too much.** As any EMT knows, shoveling snow is an excellent way for a person with heart disease to trigger a cardiac emergency, including angina, heart attacks, heart failure, and sudden death. Ambulance crews always make sure their vehicles' gas tanks are full (and their defibrillators operative) if a snow storm is on the way. If you are going to shovel snow, do it when there's an inch or less on the ground, use a smaller shovel, and push (rather than lift) the snow. Never shovel wet, heavy, or deep snow. And, many cardiologists insist that their patients never shovel snow at all. Snow shoveling, of course, is not the only way to overexert yourself during the cold weather. Walking more rapidly than usual is common when the wind is blowing in your face. Just being out in the cold pushes us to exert ourselves.
3. **Don't let yourself become overheated.** Dressing warmly then engaging in physical activity can lead to overheating. Overheating, in turn, causes blood vessels to suddenly dilate—which can lead to hypotension (low blood pressure) in a person with heart disease. If you are out in the cold and you find yourself sweating, you are overheated. If you have heart disease, consider this sweating to be a danger sign. Stop what you are doing and get indoors.
4. **Get a flu shot.** Winter also raises your chances of getting the flu due to low humidity brought on by cold weather and indoor heating. The flu is potentially dangerous in anyone with heart disease. Get a flu shot. And if you feel yourself developing symptoms of the flu, talk to your doctor before medicating yourself.
5. **Don't drink alcohol.** Avoid alcohol before going outdoors. It expands blood vessels in the skin, making you feel warmer while actually drawing heat away from your vital organs.


Cold temperatures cause physiological stress on anyone. If you have heart disease, cold temperatures can be dangerous or even life-threatening. Make sure you take the common-sense precautions that can reduce your risk if you are in a cold environment.

Source: <https://www.verywellhealth.com/precautions-people-with-heart-disease-3863189>

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

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

# Heritage House – January 2019



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
7 Woodcarvers 9:00 Bingo 9:30 Healthy Steps 9:30	1 Happy New Year! Center is Closed	2 Scrabble 10:00 Soup & Salad Bar 11:00 – 12:30	3 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	4 Bingo 9:30 Read out Loud 11:00
14 Woodcarvers 9:00 Bingo 9:30 Healthy Steps 9:30 Crafts with Honey 12:30	8 Healthy Steps 9:30 Oil Painting 12:30 Blood Pressure Check 11:00 Elvis Trivia 11:00	9 Scrabble 10:00 Soup & Salad Bar 11:00 – 12:30 Parkinson Support Group 1:00	10 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	11 Bingo 9:30 Read out Loud 11:00
21 Martin Luther King & Civil Rights Trivia 11:00	15 Healthy Steps 9:30 Oil Painting 12:30	16 Scrabble 10:00 Soup & Salad Bar 11:00 – 12:30	17 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	18 Bingo 9:30 Read out Loud 11:00
28 Advisory Council 1:00	22 Healthy Steps 9:30 Oil Painting 12:30 How to Overcome Winter Depression 11:00	23 Scrabble 10:00 Soup & Salad Bar 11:00 – 12:30	24 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	25 Bingo 9:30 Read out Loud 11:00
29 Healthy Steps 9:30 Oil Painting 12:30	30 Scrabble 10:00 Soup & Salad Bar 11:00 – 12:30	31 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00		

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



*Punxsutawney Center – January 2019*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year! Center is Closed	2 Knitting/Crocheting 10:00 Card Games 10:00	3 Congregate Meal served at Grace Place	4 Special Bingo 10-12 Cards and Board Games
7 Penny Bingo 10:00 Cards and Board Games	8 Congregate Meal served at Grace Place	9 Diabetes Nutrition talk 10:30 Knitting/Crocheting 10:00 Card Games 10:00	10 Congregate Meal served at Grace Place	11 Penny Bingo 10:00 Cards and Board Games
14 Penny Bingo 10:00 Cards and Board Games	15 Congregate Meal served at Grace Place	16 Health & Wellness 10:30 Knitting/Crocheting 10:00 Card Games 10:00	17 Congregate Meal served at Grace Place	18 Penny Bingo 10:00 Cards and Board Games
21 Penny Bingo 10:00 Cards and Board Games	22 Congregate Meal served at Grace Place	23 Crafts 10-12 Knitting/Crocheting 10:00 Card Games 10:00	24 Congregate Meal served at Grace Place	25 Cards and Board Games Ice Cream Social 12:30
28 Penny Bingo 10:00 Cards and Board Games	29 Congregate Meal served at Grace Place	30 Driver Safety 10:00 - ?	31 Congregate Meal served at Grace Place	

# CENTER INFO

January  
2018







January 2019



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		2 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Apple Cranberry Crisp	3 Mushroom Swiss Burger 1c. Creamy Cauliflower Soup w/crackers Hamburger Roll Fresh Fruit	Crab Cake 1/2c. Cheesy Twists 1/2c. Baked Beans Dinner Roll 1/2c. Mandarin Oranges
7 Kielbasa 1/2c. Cheesy Pierogi Casserole 1/2c. Sweet Peas Hot Dog roll Cake	8 1c. Chili Con Carne 1 c. Tossed Salad 1/2c. Baked Potato Cornbread Cookie	9 Spaghetti Meatballs 1/2c. Broccoli & Carrots Wheat Bread 1/2c. Mixed Fruit Salad	10 Warm Ham & Cheese 1 c. Creamy Tomato Soup w/crackers Ciabatta Roll Fresh Fruit	Vegetable Lasagna 1c. Tossed Salad w/hardboiled Egg cucumber, & dressing Breadstick Cottage Cheese & Diced Peache
14 Pulled Turkey & Stuffing w/gravy 1/2c. Whipped Potatoes 1/2c. Coleslaw 1/2c. Applesauce	15 Pork Chop 1/2c. Blended Rice Pilaf 1/2c. Island Blend Vegetables White Bread 1/2c. Sliced Apples	16 Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Green Beans Sandwich Roll Cookie	17 Country Fried Chicken Creamy Gravy 1/2c. Whipped Potatoes 1/2c. Peas & Carrots Biscuit Fresh Fruit	Warm Roast Beef Sandwich w/cheese & au jus 1 c. Homemade Vegetable Soup w/crackers Sandwich Roll 1/2c. Pineapple Tidbits
21 Creamy Chicken Divan over 1/2c. White Rice 1 c. Tossed Salad w/tomato Breadstick 1/2c. Mandarin Oranges	22 Baked Meatloaf Marinara Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Corn Wheat Bread 1/2 c. Banana Pudding	23 Greek Chicken Salad Diced Chicken, Blk Olives, Red Onion, Tom & Mozzarella Cheese 1c. Mixed Greens w/dressing 1c. Bean Soup w/Crackers Dinner Roll Cookie	24 Baked Ham 1/2c. Whipped Sweet Potatoes 1/2c. Beets White Bread Fresh Fruit	Bratwurst w/Kraut topping 1/2c. Creamed Potatoes & Peas Hot Dog Roll 1/2c. Cinnamon Applesauce
<b>Happy Birthday</b> Swiss Steak Onion Gravy 1/2c..Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple	29 Baked Ziti/Meatballs Marinara Sauce, Cheese Topping 1 c. Salad Garlic Breadstick 1/2c. Mixed Fruit Salad	30 Pork Ribette 1/2c. Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches	31 Grilled Chicken Bacon & Swiss Club lettuce, tomato 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Pears	

\*Menu 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, January 9th

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

### Wednesday, January 16th

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

### Wednesday, January 3rd

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

### Wednesday, January 30th

- ~ Cream of Broccoli & Cauliflower Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert



We have big hearts at the Area Agency on Aging and to help support local non-profits, staff recently donated over \$150 to the Gateway Humane Society in Falls Creek, PA. We hope these pets find loving homes and comfy couches someday soon!

### Crossword Answers

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



# CENTER INFO

8

January 2018

**Center Director: Cheryl Moore**  
**Address: 425 Alexander Street,**  
**Brockway PA 15824**  
**Phone: 814-265-1719**  
**Email: depot@jcaaa.org**

*Brockway Depot – January 2019*



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year! Center Closed	2	3 Nickel Bingo 12:30	4 Play Pool – Stay for Lunch!
7 Healthy Steps 10:00 Tai Chi 1:00	8 Breakfast 7:30-9:30 Bingo 12:30	9 Chair Yoga 11:00 Tai Chi 1:00	10 Healthy Steps 10:00 Nickel Bingo 12:30	11 Play Pool – Stay for Lunch!
14 Healthy Steps 10:00 Tai Chi 1:00	15 Bingo 12:30	16 Chair Yoga 11:00 Tai Chi 1:00	17 Healthy Steps 10:00 Bingo 12:30	18 Play Pool – Stay for Lunch!
21 Healthy Steps 10:00 Tai Chi 1:00	22 Bingo 12:30	23 Chair Yoga 11:00 Tai Chi 1:00	24 Healthy Steps 10:00 Bingo 12:30	25 Play Pool – Stay for Lunch!
28 Healthy Steps 10:00 Tai Chi 1:00	29 Bingo 12:30	30 Chair Yoga 11:00 Tai Chi 1:00	31 Healthy Steps 10:00 Bingo 12:30	

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





# Reynoldsville Foundry – January 2019

**Center Director: Peter Spuck**

**Address: 45 West Main Street,**

**Reynoldsville PA 15851**

**Phone: 814-653-2522**

**Email: [foundry@lcaaa.org](mailto:foundry@lcaaa.org)**

**Appointments for tax assistance can be made AFTER 1/23/19  
by calling 814-653-2522**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Happy New Year! Center is closed.</b>	2 Men's Bible Study 7:00 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	3 Nickel Bingo 9:30 Card Games 10:00 <b>National Choc. Covered Cherry Day!</b>	4 Healthy Steps 10:30
7 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00	8 Nickel Bingo 9:30 Dominoes 10:00 Computer Class 1:00	9 Men's Bible Study 7:00 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	10 Nickel Bingo 9:30 Card Games 10:00 Quilt Guild 1:00	11 Healthy Steps 10:30
14 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00	15 Nickel Bingo 9:30 Dominoes 10:00 <b>National Strawberry Ice Cream Day!</b>	16 Men's Bible Study 7:00 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	17 Nickel Bingo 9:30 Card Games 10:00	18 Healthy Steps 10:30
21 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00	22 Nickel Bingo 9:30 Dominoes 10:00	23 Men's Bible Study 7:00 Healthy Steps 10:30 Painting Class 1:00	24 Nickel Bingo 9:30 Card Games 10:00 Quilt Guild 1:00	25 Healthy Steps 10:30
28 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00	29 Nickel Bingo 9:30 Dominoes 10:00	30 Men's Bible Study 7:00 Healthy Steps 10:30 Painting Class 1:00 <b>National Croissant Day!</b>	31 Nickel Bingo 9:30 Card Games 10:00	

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

# CENTER INFO

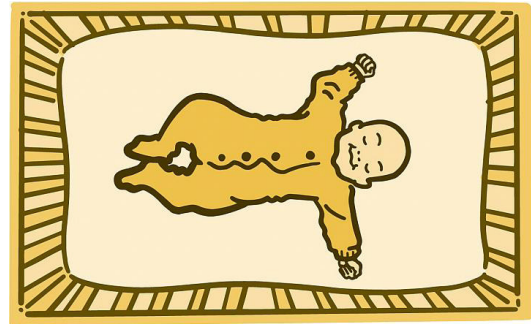
January 2018

## Safe Sleep for Baby

### Reducing the Risk of SIDS

Did you know that babies should sleep on their back rather than their belly? Research has revealed many risk factors for sudden infant death, and sleep position is the most important one.

Each year in the U.S., about 3,500 infants die suddenly and unexpectedly in their sleep. In about half of these deaths, doctors can't find a medical reason explain why, even after a complete review. When the doctor doesn't have answers, the death is called sudden infant death syndrome (SIDS).



to

“All babies are at risk, especially those under 1 year of age,” explains Dr. Marion W. Koso-Thomas, a child health expert at NIH. Babies are most vulnerable to SIDS up to 4 months old.

“One of the critical pieces to SIDS risk reduction is how the baby sleeps,” she says. “Babies who are sleeping should be on their back.”

Limit a baby's belly time to when they're awake. A baby shouldn't sleep on their belly or side.

Why does sleep position matter? Sleeping on the belly lowers an infant's blood pressure and reduces their ability to get oxygen to the brain. Between 2 and 4 months old, especially, the reflex to breathe to get more oxygen is repressed when an infant sleeps on their belly.

Researchers also suspect that a brain condition may be a cause of SIDS. They have been studying the part of the brain that controls breathing and heart rate during sleep. They think these babies may not have the reflex to awaken when breathing becomes impaired.

“More research needs to be done to understand what's going on in those babies and hopefully identify a screening tool to help save their life,” Koso-Thomas says.

What causes SIDS may not be known, but several things raise the risk. In addition to sleep position, research shows that soft bedding above or below your infant is a danger.

“There is no need to have a blanket,” Koso-Thomas says. Instead, dress your baby in sleep clothing, such as a onesie, that's designed to keep them warm. This keeps them safer.

Make sure they're dressed appropriately for the environment. But don't overbundle. Check for signs that they're too hot, like sweating or if their chest is hot to the touch.

It's important to prevent your baby's nose and mouth from becoming covered. “The area around them should not have any clutter—no toys, no bumpers,” Koso-Thomas emphasizes.

Experts also advise that you keep your baby in the same room, but not in your bed with you. When you're done feeding, place your baby in their safe area, such as a cradle next to your bed.

“The safe sleep environment is the biggest factor that's going to reduce or eliminate the SIDS risk for a baby that's less than a year old,” Koso-Thomas says. See the Wise Choices box to learn other tips for providing a safe sleep environment.

Source: <https://newsinhealth.nih.gov/2018/12/safe-sleep-baby>

**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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38	39			40		41				42	43	44
45			46		47							
48					49					50		
51					52					53		

**DOWN**

1. Inheritor
2. Reasonable
3. In good shape
4. Fishing nets
5. Anticipate
6. Dog docs
7. Built
8. Frequently, in poetry
9. Trailblazers
10. And
11. For fear that
16. Big drums
19. Pitching stat
23. Dig up
24. RR stop
25. Harbor vessel
26. Well-behaved
27. "Leaving \_\_\_ Vegas"
28. Command to Fido
29. Links gadget
31. Umbrella
34. Trumpeter \_\_\_ Severinsen
35. Tantalizes
37. Legislate
38. Metal fastener
39. Pine \_\_\_
41. Nevada town
42. Midwest state
43. Native metals
44. Court dividers
46. Grant's foe

**ACROSS**

- |                            |                         |                       |
|----------------------------|-------------------------|-----------------------|
| 1. Truman's monogram       | 20. Forget-me-___       | 38. School subj.      |
| 4. Preserve                | 21. Came across         | 40. Pink flower       |
| 8. Semiprecious stone      | 22. Test answer         | 45. Christmas carol   |
| 12. Corn spike             | 24. Ceases              | 47. Beach             |
| 13. Wide-spouted pitcher   | 27. Least fatty         | 48. Green Gables girl |
| 14. Nail ___               | 30. Band instrument     | 49. At one time       |
| 15. Begin                  | 31. Bachelor's home     | 50. Rainy             |
| 17. Pitch                  | 32. Great Lake          | 51. Singer ___ Seeger |
| 18. Talk about past events | 33. Schedules           | 52. Many              |
|                            | 35. Sample food         | 53. Donkey            |
|                            | 36. Fashion name        |                       |
|                            | 37. Browning's "always" |                       |

**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.
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- 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