

THE SUNSHINE LINE

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JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

NUTRITION FOR OLDER ADULTS

SNAP, short for the Supplemental Nutrition Assistance Program, helps eligible individuals and families in Pennsylvania to increase purchasing power at the grocery store, giving them access to more nutritious foods. Benefits are provided monthly through an Electronic Benefit Transfer card, which recipients use to purchase foods at their local grocery stores and farmers markets. These benefits are not cash, and can only be used on food purchases.

Why get help?

Older adults who are food insecure have:

- Diets that are less nutritious
- Worse health outcomes
- Higher risk for depression

In contrast, seniors enrolled in SNAP are healthier, hospitalized less, and are less likely to go to a nursing home. Enroll today, then spend more time with the people who matter to you most.

Do I qualify?

Eligibility is based on factors such as household income, housing costs, and medical expenses. An older adult can bring in more than \$2,000 a month and still qualify. For a senior couple, that increases to more than \$2,700. Income requirements change each year.

Ready to apply?

Here is what to have on hand:

- Dates of birth for all members of your household
- Social Security numbers
- Household income information
- Household expense information
 - Housing costs (such as rent or mortgage)
 - Medical expenses

Apply for help

It's easier than ever before to apply for help!

SIMPLIFIED APPLICATION

There is a two-page application for Pennsylvanians 60 or older and/or with disabilities with no earned income.

Go to compass.state.pa.us to apply, or stop by and visit us at Jefferson County Area Agency on Aging.

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JCAAA main office and all 4 centers will be closed
Persidents Day February 18th

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

Everything you need to know about groundhogs...

- Groundhogs, also known as woodchucks, are a type of marmot, large rodents related to squirrels.
- Groundhogs have a large habitat, extending throughout most of North America, from Alaska to as far south as Alabama.
- In the wild, groundhogs usually live two to three years, but have been known to live up to six years. In captivity, they can live much longer. The original Wiarnton Willie — one of Canada's most famous prognosticating groundhogs — lived to be 22 years old.
- Groundhogs are typically 16-26 inches long, and typically weigh 4 to 9 pounds, but they can weigh much more — Punxsutawney Phil weighs 20 lbs!
- Groundhogs actually have two coats of fur: a thick, wooly, grey undercoat and a longer coat of silky brownish hairs. This helps to keep them warm throughout the year.
- Groundhogs prefer to eat wild grasses, leaves, berries, and, as any gardener who's ever had one around knows, food crops. They will also occasionally eat nuts, insects, grubs, snails, and other small animals.
- The average groundhog can move approximately 700 pounds of dirt when digging its burrow. Burrows can be up to 46 feet long and up to 5 feet underground.
- Groundhogs hibernate during the winter, usually between October and March or April, depending on the climate.
- If in danger, a groundhog will produce a high-pitched alarm whistle to warn the rest of its family. This is how they got the nickname "whistle pig" in some regions. Other groundhog sounds include squeals, barks, and tooth grinding.

There are actually more weather forecasting groundhogs in North America besides Punxsutawney Phil in Punxsutawney, Pennsylvania! Take a look:

- Wiarnton Willie in Wiarnton, Ontario
- Staten Island Chuck in New York City
- General Beauregard Lee in Atlanta, Ga.
- Malverne Mel and Melissa in Malverne, N.Y.
- Brandon Bob in Brandon, Manitoba

Benefits & Rights

LIVANTA

Livanta, LLC., is a Beneficiary and Family Centered Care Quality Improvement Organizations (BFCC-QIO) that protects the rights of Medicare beneficiaries receiving care in Pennsylvania.

Benefits: Livanta offers free assistance to those with Medicare for quality of care complaints and appealing discharges from nursing homes, hospitals, home health agencies, and hospices. All Medicare and Medicare Advantage patients or their representatives may call Livanta to appeal a discharge or file a complaint about the care you have been or should be receiving. If you have questions about the healthcare you are receiving or are having trouble receiving healthcare, please call Livanta.

Those Eligible: All Medicare beneficiaries who receive medical care in the Commonwealth of Pennsylvania

Contact:

Livanta LLC
BFCC-QIO Area 1
10820 Guilford Road, Suite 202
Annapolis Junction, MD 20701-1105
1-866-815-5440
1-866-868-2289 – TTY
www.LivantaQIO.com

Note: It's helpful to have as much background information on hand as possible when calling Livanta, including: name on Medicare card, Medicare number, address and phone number, date of birth, date of service, and full name and contact information of the healthcare professional.



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



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.

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.

What's New in Aging: A change in Pennsylvania Department of Aging leadership

Gov. Tom Wolf has replaced his Secretary of Aging, putting Robert Torres in the role this week while shifting Teresa Osborne to a position on the state Civil Service Commission.

Ms. Osborne headed the department overseeing programs and services for Pennsylvanians 60 and older throughout Mr. Wolf's first term. The shuffling is one of a number of Cabinet changes taking place as the governor embarks upon his second term starting Tuesday.

Mr. Torres had been serving as acting Secretary of State since October 2017, when he replaced another Cabinet member who was removed. He previously had positions in private industry and in the administrations of former governors Tom Corbett and Ed Rendell, although nothing in his resume indicates experience in programs geared toward older adults. In several roles, he was involved in health information technology, according to a brief bio on the Department of Aging website.

Mr. Torres' appointment will require Senate confirmation to become permanent.

When asked for comment on the change, which became effective Monday, Wolf spokesman J.J. Abbott said in an email: "Governor Wolf believes Sec. Torres brings a unique skillset and relevant experience to the position, given his extensive background in government administration, health services and information technology."

Source: Pittsburgh Post-Gazette, Gary Rotstein: grotstein@post-gazette.com or 412-263-1255.

<https://www.post-gazette.com/news/aging-edge/2019/01/09/What-s-New-in-Aging-A-change-in-Pennsylvania-Department-of-Aging-leadership/stories/201901090136>

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

County Advisory Council meeting on Wednesday February
 13th from 10:00am-11:00am. Meeting open to all seniors in
 Jefferson County.

Heritage House – February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Center Director: Melissa Harrison Address: 4 Sylvania Street, Brookville PA 15825 Phone: 814-849-3391 Email: heritage@jcaaa.org				
4 Woodcarvers 9:00 Bingo 9:30 Healthy Steps 9:30 Secret Admirer Valentine Card Exchange now thru 14th	5 Healthy Steps 9:30 Oil Painting 12:30 Year of the Tiger – Bring in pictures of your cats!	6 Scrabble 10:00 Soup & Salad 11:00 – 12:30	7 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	1 Bingo 9:30 Groundhog Trivia 11:00 National Wear Red Day
11 Woodcarvers 9:00 Bingo 9:30 Healthy Steps 9:30	12 Healthy Steps 9:30 Oil Painting 12:30	13 Scrabble 10:00 Soup & Salad 11:00 – 12:30 Dulcimer Music w/ Ginny Schott 11:00 Parkinson Support Group 1:00	14 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00 Valentine's Day Party 11:00-12:00	15 Bingo 9:30 Read out Loud 11:00 Trout Unlimited Fly Tying Class SAT. 2/16 9:00am-12:00pm
18 Closed for Presidents Day	19 Healthy Steps 9:30 Oil Painting 12:30	20 Scrabble 10:00 Soup & Salad 11:00 – 12:30	21 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	22 Bingo 9:30 Read out Loud 11:00 Trout Unlimited Fly Tying Class SAT. 2/23 9:00am-12:00pm
25 Woodcarvers 9:00 Bingo 9:30 Healthy Steps 9:30 Advisory Council 1:00	26 Healthy Steps 9:30 Oil Painting 12:30	27 Scrabble 10:00 Soup & Salad 11:00 – 12:30 Live Music with Benny Myers 11-12	28 Coffee with the Vets 9:30 Healthy Steps 9:30 Teapot & Talk 11:00	



Punxsutawney Center – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Center Director: Deborah Long Address: 2785 Walston Road, Punxsutawney PA 15767 Phone: 814-938-8376 Email: punxy@jcaaa.org				
4 Penny Bingo 10:00 Cards and Board Games	5 Congregate Meal served at Grace Place	6 Heart Health talk 10:30 Crafts 10-11:45 Knitting/Crocheting 10:00 Card Games 10:00	7 Congregate Meal served at Grace Place	8 Penny Bingo 10:00 Cards and Board Games
11 Penny Bingo 10:00 Cards and Board Games	12 Congregate Meal served at Grace Place	13 Driver Education Knitting/Crocheting 10:00 Card Games 10:00	14 Congregate Meal served at Grace Place	15 Blood Pressure Screening and Education 11:00am Penny Bingo 10:00 Cards and Board Games
18 Closed for Presidents Day	19 Congregate Meal served at Grace Place	20 Crafts 10-11:45 Knitting/Crocheting 10:00 Card Games 10:00	21 Congregate Meal served at Grace Place	22 Cards and Board Games Ice Cream Social 12:30
25 Penny Bingo 10:00 Cards and Board Games	26 Congregate Meal served at Grace Place	27 Knitting/Crocheting 10:00 Card Games 10:00	28 Congregate Meal served at Grace Place	

CENTER INFO

February
2018



February 2019

Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				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 Cake	Baked Salmon white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits	Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes 1/2c. Carrots White Bread 1/2c. Applesauce	BBQ Burger cheddar, bbq sauce, crispy onions 1/2c. Potato Bites Bun Fresh Seasonal Fruit	Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Buttermilk Biscuit 1/2c. Peaches
Turkey & Provolone Sandwich lettuce, tomato 1 c. Creamy Broccoli Soup w/Crackers Roll Fresh Fruit	Center Cut Pork Chop Gravy 1/2c. Whipped Potatoes w/Chives 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	Reuben Sandwich (Corn Beef, kraut, swiss) Thousand Island Dressing 1/2c. Potato Salad Sandwich Roll 1/2c. Peaches	Happy Valentine's Day! Baked Cabbage Roll Dinner Roll 1/2c. Garlic Whipped Potatoes 1/2c. Corn 1/2c. Cherry Dessert	Lemon Pepper Chicken 1/2c. Wild Rice 1/2c. Brussel Sprouts Wheat Bread Fresh Fruit
PRESIDENT'S DAY	BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Apple Cranberry Crisp	Mushroom Swiss Burger 1c. Cauliflower Soup Crackers Roll Fresh Fruit	Crab Cake 1/2c. Cheesy Twists 1/2c. Baked Beans Dinner Roll 1/2c. Mandarin Oranges	Beef Burrito Bowl (3 oz meat & cheddar cheese) 1/2c. Seasoned Corn & Blackbear 1/2c. Rice Taco Sauce & Sour Cream 1/2c. Pineapple
Chicken Parmesan w/marinara & mozzarella 1/2c. Penne Pasta w/sauce 1c. Tossed Salad w/hardboiled Egg, cucumber, & dressing Cottage Cheese & Diced Peaches	Hot Dog 1/2c. Cheesy Pierogi Casserole 1/2c. Sweet Peas Hot Dog roll Fresh Seasonal Fruit	1c. White Chicken Chili 1 c. Tossed Salad w/Tomato 1/2c. Baked Potato Biscuit Cookie	Meatballs Spaghetti 1/2c. Broccoli & Carrots Garlic Bread Stick 1/2c. Mixed Fruit Salad	

*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, February 6th

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

Wednesday, February 13th

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

Wednesday, February 20th

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

Wednesday, February 27th

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



When is my Pet a Senior?

While every animal is different, there are general guidelines to determine when they become "senior citizens." Cats are considered mature at 7 to 10 years, senior at 11 to 14 years, and geriatric at 15 or older.

Dogs, in general, may be called senior at seven years of age, but larger dogs age more quickly. A Great Dane is a senior at 6 or 7, for example, but 7 is only middle age for a Chihuahua. Ultimately your pet's genetics, nutrition and environment will all play a role in determining when he is a senior.

Crossword Answers

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



CENTER INFO

February
2018

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Brockway Depot – February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Center Director: Cheryl Moore Address: 425 Alexander Street, Brockway PA 15824 Phone: 814-265-1719 Email: depot@icaaa.org				
4 Healthy Steps 10:00 Tai Chi 1:00	5 Nickel Bingo 12:30	6 Chair Yoga 11:00 Tai Chi 1:00	7 Healthy Steps 10:00 Grocery Bingo 6:00pm	1 Play Pool 9:00am Bingo 10:00am
11 Healthy Steps 10:00 Tai Chi 1:00	12 Breakfast 7:30-9:30 Nickel Bingo 12:30	13 Chair Yoga 11:00 Tai Chi 1:00	14 Healthy Steps 10:00 Valentine Luncheon Bingo 12:30	15 Play Pool – Stay for Lunch! Bingo 10:00am
18 Closed for Presidents Day	19 Nickel Bingo 12:30	20 Chair Yoga 11:00 Tai Chi 1:00	21 Healthy Steps 10:00 Bingo 12:30	22 Play Pool – Stay for Lunch! Bingo 10:00am
25 Healthy Steps 10:00 Tai Chi 1:00	26 Bingo 12:30	27 Chair Yoga 11:00 Tai Chi 1:00	28 Healthy Steps 10:00 Bingo 12:30	March 1st – Music Night!

Mark Your Calendar!

*Music Night is back starting Friday March 1st with
Buckshot from 6:00-9:00.*



Reynoldsville Foundry – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Center Director: Peter Spuck Address: 45 West Main Street, Reynoldsville PA 15851 Phone: 814-653-2522 Email: foundry@jcaaa.org				
4 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00	5 Nickel Bingo 9:30 Dominoes 10:00 Computer Class 1:00	6 Men's Bible Study 7:00am Nickel Bingo 9:30 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	7 Card Games 10:00	8 Healthy Steps 10:30 National Wear Red Day
11 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00 Peppermint Patty Day	12 Nickel Bingo 9:30 Dominoes 10:00	13 Men's Bible Study 7:00am Nickel Bingo 9:30 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	14 Card Games 10:00 Quilt Guild 1:00	15 Healthy Steps 10:30 Gumdrop Day
18 Closed for Presidents Day	19 Nickel Bingo 9:30 Dominoes 10:00	20 Men's Bible Study 7:00am Nickel Bingo 9:30 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	21 Card Games 10:00 Speaker on Heart Healthy Eating	22 Healthy Steps 10:30
25 Healthy Steps 10:30 Jam Session 1:00 Tai Chi 6:00 Chocolate Covered Nut Day	26 Nickel Bingo 9:30 Dominoes 10:00	27 Men's Bible Study 7:00am Nickel Bingo 9:30 Healthy Steps 10:30 Painting Class 1:00 Tai Chi 6:00	28 Card Games 10:00 Quilt Guild 1:00	

CENTER INFO

February
2018



The Alzheimer's Foundation of America's 2019 Teen Scholarship Essay Contest



Each year, AFA holds a Teens for Alzheimer's Awareness Scholarship Essay Contest inviting high school seniors to describe how Alzheimer's has impacted their lives. Whether they've had a loved one with the disease, volunteered or

worked as a caregiver, or are just passionate about the cause, **we want to hear their story.**

If you know a high school senior who has been impacted by Alzheimer's disease, invite them to enter AFA's Teens for Alzheimer's Awareness Scholarship Essay Contest for the chance to win up to \$5,000 for college!

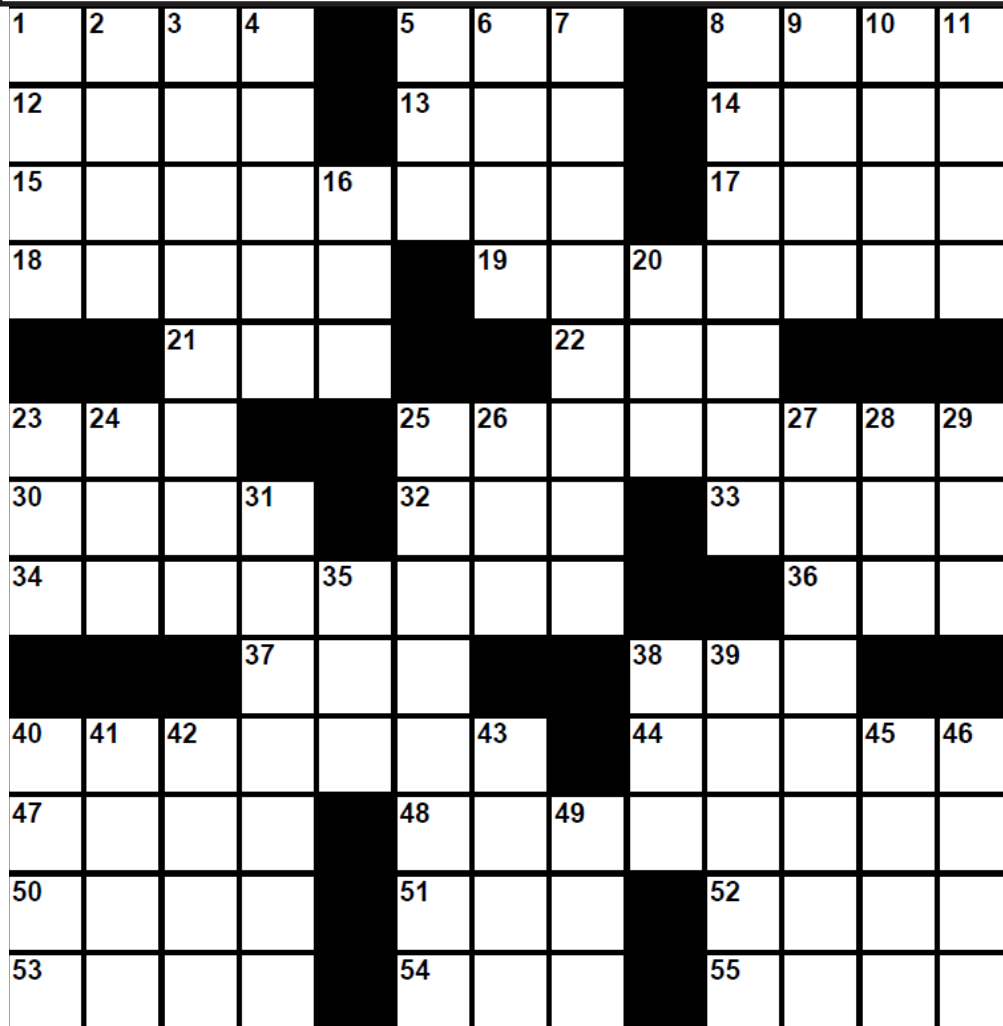
Contest Criteria

- *Open to high school seniors who are US citizens/permanent residents*
- *Applicants must be attending an accredited college/university within one year of award date*
- *Essay must be a maximum of 1,500 words*

Entry deadline February 15th

<https://alzfdn.org/young-leaders-of-afa/afa-teens/scholarship-contest/>

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. Goofs
2. Stink
3. Aardvark
4. Soil
5. Loud noise
6. For all time
7. Drug
8. Let loose
9. Before long
10. Roof projection
11. Storage building
16. Tavern
20. Bowler's target
23. Bunny's jump
24. Savings plan (abbr.)
25. Indented
26. Moray
27. Makeup purchase
28. Apt. divisions
29. High explosive (abbr.)
31. Least fresh
35. ___ League
38. Car fuel
39. Luau greeting
40. Office acronym
41. Wine valley
42. Actor ___ Baldwin
43. Watch over
45. Soothing ointment
46. Troubles
49. Refreshing drink

ACROSS

1. Historic times
5. JFK's party
8. Avails oneself of
12. Monthly expense
13. Common contraction
14. Ark builder
15. Kept
17. Great affection
18. Yarn unit
19. Matured
21. Raggedy ___
22. Spy org.
23. Slap
25. Put in again
30. Metallic rocks
32. Yet, to a poet
33. Church song
34. Tiny speck
36. Cleveland time zone (abbr.)
37. Street (abbr.)
38. Lass
40. Critical examiner
44. Suspect's story
47. Bargain bonanza
48. Not year-round
50. Orangutans
51. Finish
52. Hades
53. Treaty
54. Ike's inits.
55. Munitions

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