

THE SUNSHINE LINE

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(814) 849-3096
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186 Main Street, Suite 2
Brookville, PA 15825

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(814) 849-3232

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www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

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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
Kristi Vandervort, 814-849-5913

Visit www.phhealthcare.org/events for more
information on our guest speakers.

2019 GROUP SCHEDULE

January 14, 2019
Caregiver Worries and Fears

February 11, 2019
4 Stages of Caregiving

March 11, 2019
Adult Day Care

April 8, 2019
Memory Café -- Pot Luck Dinner
Bring your loved one. We will provide
activities. Dementia Live simulation & Aroma
therapy. This meeting will be held at the
Heritage House: 4 Sylvania Street, Brookville,
PA 15825

May 13, 2019
Dealing with Inappropriate Behaviors in a
Social Setting

June 10, 2019
Emergency Preparedness with Medications

July 8, 2019
Legal Issues surrounding Dementia

August 12, 2019
Caregiver Stress and Burnout

September 9, 2019
Engaging in the Environment/Sensory
Activities

October 14, 2019
Caregiver Stress and Depression

November 11, 2019
Handling the Holidays

December 9, 2019
Challenging Behaviors with Dementia



March 10th Daylight Savings Begins at 2:00 a.m.

Oliver Township Center,
Is Closed for March.
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

PROCESSING FEE IN LEU OF REGISTRATION

Benefits: Under this program, retired adults can register their automobiles for a \$10 processing fee instead of the usual registration fee. For a complete listing of motor vehicle fees, refer to Form MV-70S, "Bureau of Motor Vehicle Schedule of Fees," found on our website at www.dmv.pa.gov.

Those Eligible: Any Pennsylvania resident who is retired and receiving Social Security or other pension and annuities. Income from other sources such as interest dividends, capital gains, business income, rental income, wages, public assistance, unemployment compensation, cash gifts, life insurance and death benefits must be considered in calculating total income. The total income from all sources named above must not exceed \$19,200 annually.

Contact: Pennsylvania Department of Transportation
Bureau of Motor Vehicles Riverfront Office Center
1101 S. Front St. Harrisburg, PA 17104-2516 717-412-5300, TTY callers – please dial 711

Note: To get the necessary Form MV-371, "Application for a Retired Person's \$10.00 Processing Fee on a Vehicle Registration" visit www.dmv.pa.gov and look under "Driver Services," click on "Mature Drivers," then look under the "Retired Status Registration" tab, or search for the form under "Forms and Publications." You can also contact a local PennDOT authorized agent or your Area Agency on Aging



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

Have you been wondering why you may have received a Robo call from Veronica with the PA Department of Aging APPRISE Program?

Here's why -

The Regional APPRISE Program were conducting a Tele-Town Hall call to Medicare Beneficiaries through-out the State. The purpose of these calls was to reach rural community Medicare beneficiaries who may not know about or know if they may qualify for cost saving benefits. During these calls the Pennsylvania Health law Project and the APPRISE Regional Programs would have provided information about benefits such as Extra Help and Medicare Savings programs, preventive benefits under Medicare, PACE/PACENET, and information regarding the issuance of new Medicare cards. In addition, call participants were given the opportunity to ask general questions regarding information discussed on the call.

If you were not able to get on one of these calls and have questions about Medicare or would like to see if you qualify for the savings programs, please call the Jefferson County Area Agency on Aging and ask for APPRISE- 814-849-3096.



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.



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

Tax appointments happening every Monday and Tuesday 8:00am-4:00pm.

Call 814-849-3096 to schedule an appointment!

Every Monday night Relay for Life Bingo. Doors open at 5:30pm, Early Birds 6:15, Regular Bingo 6:45

Daily Activities

Mondays – Bingo 9:30am, Healthy Steps 9:30am

Tuesdays – Healthy Steps 9:30am, Bridge 1:00pm, Oil Painting Class 1:00pm

Wednesdays – Scrabble 10:00am, Bridge 1:00pm, Soup & Salad 11:00am-12:30pm

Thursdays – Coffee with the Vets 9:30am, Healthy Steps 9:30am, Teapot & Talk 11:00am, Bridge/Cards 1:00pm

Fridays – Woodcarving Class 9:00am-12:00, Bingo 9:30am, Read Out Loud 11:00am

March 13 – Senior Group Meeting 1:00-2:00

March 15 – Missie's St. Patrick's Day Birthday Party 11:00am, Bagpipe Music with Michael Mazzocco

March 16th – Boy Scouts Troop #64 Spaghetti Dinner 4:00pm-7:00pm

March 18th – Martha V. Conrad Study Group 7:30pm

March 23rd – Hunter Safety Course 8:00am-5:00pm

March 25th – Advisory Council meeting 1:00pm

March 27th – How to Manage Diabetes Bingo 10:45am

March 29th – MUSIC NIGHT, Rays Final Cut 6:00pm-8:00pm

**Scrabble is on
 Wednesdays at 11am**





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

**Movie Night on the 22nd at Jackson Theater, Movie to be determined.
Seniors get free ticket, popcorn, and drink.**

Daily Activities

Mondays – Penny Bingo 9:30am, Indoor Walking, Cards, and Pool

Tuesdays – Grace Place 9:30-11:45 games and dominos

Wednesdays – Indoor Walking, Cards, Pool, Wii

Thursdays – Grace Place 9:30-11:45 games and dominos

Fridays – Penny Bingo 9:30am, Indoor Walking, Cards, and Pool

March 6 – Nutrition Speaker 10:30-11:00

March 8 – Speaker and Trivia at 11:00

March 13 – Shamrock Crafts 9:30-11:00

March 15 – Special St. Patrick's Day Bingo 9:30-11:45, Blood Pressure Education 11:00-11:30

March 22 – Movie Night at Jackson Theater, Movie to be determined. Seniors get free ticket, popcorn, and drink.

March 29 – Ice Cream social following lunch!

Special bingo February 8




LUNCH MENU



March 2019



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Menus Subject to Change				<p>1</p> <p>Warm Ham & Cheese 1 c. Potato Soup w/crackers Ciabatta Roll Fresh Fruit</p>
<p>4</p> <p>Country Fried Chicken Creamy Gravy 1/2c. Whipped Potatoes 1/2c. Peas & Carrots Biscuit Cake</p>	<p>5</p> <p>Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Green Beans Sandwich Roll Cookie</p>	<p>Ash Wednesday</p> <p>Crab Cake 1/2c. Cheesy Twists 1/2c. Baked Beans Dinner Roll 1/2c. Mandarin Oranges</p>	<p>7</p> <p>Chicken Picatta 1/2c. Bowties 1c. Tossed Salad Italian Bread 1/2c. Peaches</p>	<p>8</p> <p>Tuna Noodle Casserole 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Applesauce</p>
<p>11</p> <p>Baked Ham 1/2c. Whipped Sweet Potatoes 1/2c. Beets White Bread Fresh Fruit</p>	<p>12</p> <p>BBQ Chicken over 1/2c. White Rice 1 c. Tossed Salad Breadstick 1/2c. Mandarin Oranges</p>	<p>13</p> <p>Baked Meatloaf Marinara w/Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2 c. Pudding</p>	<p>14</p> <p>St Patrick's Day Special Corned Beef & Cabbage 1/2c. Potatoes 1/2c. Diced Carrots Dinner Roll 1/2c. Lime Fluff</p>	<p>15</p> <p>Egg Salad Sandwich w/lettuce & tomato 1 c. Creamy Tomato Bisque w/crackers Roll Fresh Fruit</p>
<p>18</p> <p>Baked Ziti/Meatballs Cheese 1 c. Caesar Salad Garlic Breadstick 1/2c. Mixed Fruit Salad</p>	<p>19</p> <p>Pork Ribette 1/2c. Seasoned Potatoes 1/2c. Baked Beans Dinner Roll 1/2c. Sliced Peaches</p>	<p>20</p> <p>Swiss Steak Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple</p>	<p>21</p> <p>Grilled Chicken Bacon & Swiss Club w/lettuce, tomato, & condiments 1 c. Creamy Potato Soup w/Crackers Sandwich Roll 1/2c. Pears</p>	<p>22</p> <p>Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit</p>
<p>Baked Meatloaf w/Gravy Baked Potato 1/2c. Mixed Bean Medley White Bread</p>	<p>26</p> <p>Hot Turkey Sandwich w/gravy 1/2c. Whipped Potatoes 1/2c. Carrots White Bread 1/2c. Applesauce</p>	<p>27</p> <p>Smokey BBQ Burger Cheese, BBQ Sauce, Crispy Onions 1/2c. Potato Bites Brioche Bun Fresh Seasonal Fruit</p>	<p>28</p> <p>Chicken & Dumplings- 1c. 1/2c. Pepper Slaw Buttermilk Biscuit 1/2c. Peaches</p>	<p>29</p> <p>Baked Salmon w/white wine cream sauce 1/2c. White Rice 1/2c. Broccoli Wheat Bread 1/2c. Pineapple Tidbits</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, March 6th

- ~ Broccoli Cheddar Soup
- ~ Mixed Greens with Toppings
- ~ Dinner Roll
- ~ Dessert

Wednesday, March 13th

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

Wednesday, March 20th

- ~ Chili
- ~ Mixed Greens with Toppings
- ~ Cornbread
- ~ Dessert

Wednesday, March 27th

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

Beware The Ides of March unless you're a cat

We've all heard it uttered, but what does "beware the Ides of March" actually mean? On the Roman calendar, the midpoint of



every month was known as the Ides. The Ides of March fell on March 15th. This day was supposed to correlate with the first full moon of the year (remember, winter didn't count then) and marked by religious ceremonies, but thanks to Shakespeare's Julius Caesar we know it for another reason. Supposedly, in 44 BC, a seer told Julius Caesar that his downfall would come no later than the Ides of March. Caesar ignored him, and when the fated day rolled around he joked with the seer, "The Ides of March have come." The seer replied, "aye, Caesar; but not gone." Caesar continued on to a senate meeting at the Theatre of Pompey, and was summarily murdered by as many as 60 conspirators. Ironically, the spot where Caesar was assassinated is protected in today's Rome as a no-kill cat sanctuary.

Crossword Answers

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





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

MUSIC NIGHT on the 1st with Buckshot 6:00pm-9:00pm
Stop in for soup and salad March 6th the soup will be Broccoli Cheddar.

Daily Activities

Mondays – Healthy Steps 10:00am, Tai Chi 1:00pm

Tuesdays – Nickel Bingo 12:30pm

Wednesdays – Chair Yoga 11:00am, Tai Chi 1:00pm

Thursdays – Healthy Steps 10:00am,
Nickel Bingo 12:30

Fridays – Billiards 9:00am, Nickel Bingo 10:00am

March 1 – MUSIC NIGHT with Buckshot

6:00pm-9:00pm

March 13 – Advisory Council Meeting 12:30pm

March 14 – Grocery Bingo 6:00pm

Brockway Depot!

Wednesday March 6, 2019

**Salad Bar with fresh vegetables and hot
soup will be available between
11:00am-1:00pm.**



**For those over 60 years old the
suggested donation is \$2.50. Those
under age 60 are asked to pay \$4.00.
Only one plate of food per person.**





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

Tai Chi schedule is to be determined. Check back with Pete closer to March for details.

Daily Activities

Mondays – Healthy Steps 10:30am,
Jam Session 1:00pm

Tuesdays – Nickel Bingo 9:30am, Dominos 10:00am

Wednesdays – Men's Bible Study 7:00am, Healthy
Steps 10:30am, Painting Class 1:00pm

Thursdays – Nickel Bingo 9:30am,
Card Games 10:00am

Fridays – Healthy Steps 10:30am

March 5 – Computer Class 1:00pm

March 14 – Quilt Guild 1:00pm

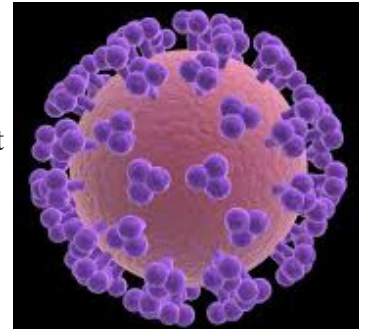
March 28 – Quilt Guild 1:00pm

**Staying warm and enjoying
lunch**



7 things to know about the shingles virus

Intense pain, burning, tingling and a blistering rash – these are some of the common symptoms of shingles. If you've ever had chicken pox, the varicella-zoster virus that causes shingles is dormant in your nerve tissue. So what causes shingles to spring to life wreaking havoc on your body and what can you do about it? Here are seven things you should know about the shingles virus.



1. Shingles is chicken pox coming back to get you

If you've had chicken pox, you can get shingles. According to the Centers for Disease Control and Prevention (CDC), almost 1 out of every 3 people in the United States will develop shingles.

Shingles can be very painful and debilitating. The rash consists of little vesicles of clear fluid on a red base. They appear linear because they follow the distribution of a single nerve. Shingles never crosses the midline so if you have an outbreak, it's either going to be just on the right side of the body or just on the left side of the body. It could be on your face, your arm, your back, your tummy, your leg but it's only one place at a time.

2. A common cold could trigger shingles

Our immune system tends to wane as we get older, which is why shingles usually occurs in adults over 50. If you get sick with a cold or a sinus infection, your immune system is focused on fighting the cold, which can trigger shingles. Other risk factors include stress, sun exposure, medications to prevent organ rejection and cancer treatments.

3. You can get shingles more than once

Having had shingles once doesn't mean that you won't get it again. Some people get shingles repetitively. There's no way to know who that person is going to be.

4. You can't give someone shingles

A person with shingles can't give it to someone else but they can give someone chicken pox if that person hasn't had it or if they've not been immunized against it.

Shingles is spread through direct contact with the open sores. If you keep the rash covered and prevent people from touching the area, it should be fine. Shingles is no longer contagious once it dries up and becomes scabs.

5. Vaccination can prevent shingles

The new CDC recommendation is that healthy people age 50 and older get the Shingrix vaccine. It's a two shot series that is upwards of 98 percent effective.

The previous shingles vaccine Zostavax was 65 to 70 percent effective. Anyone who has had Zostavax should be re-immunized with Shingrix. This also applies to people who have had shingles or are unsure if they've had chicken pox.

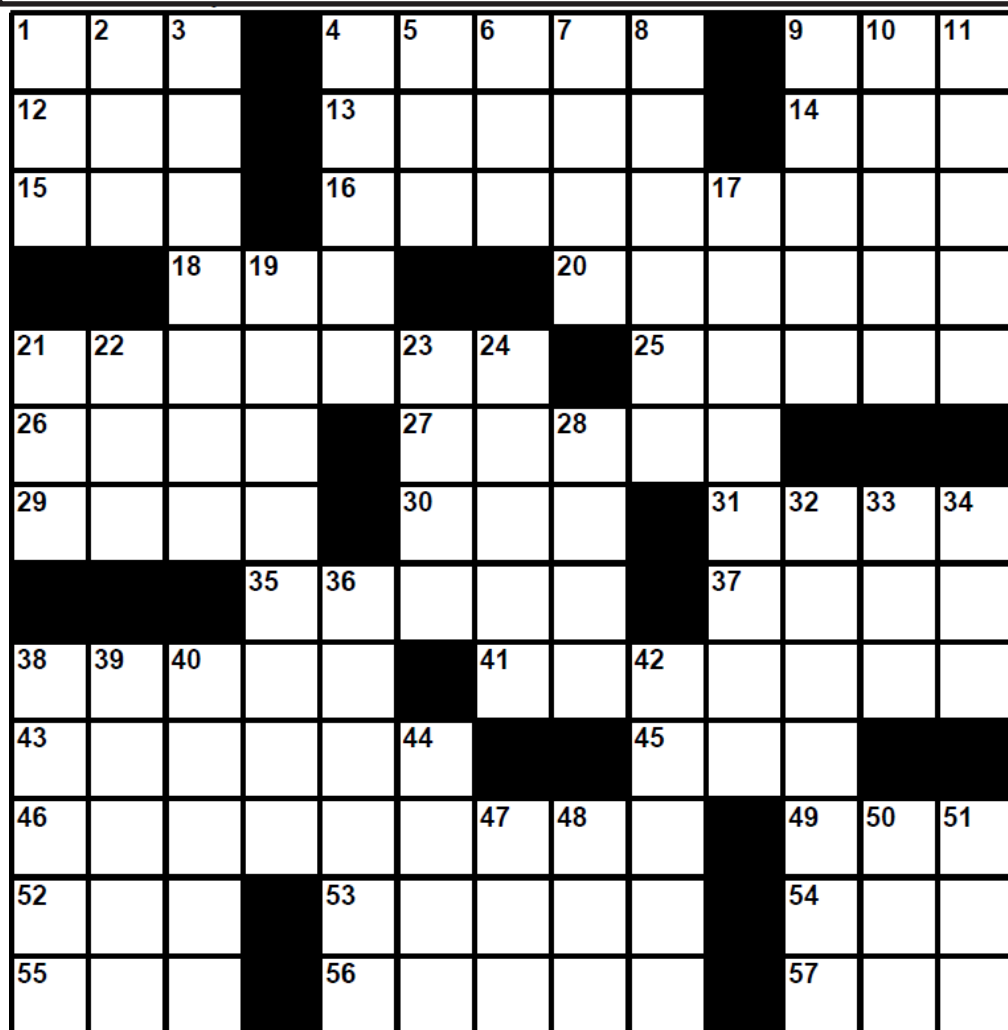
6. Treatment options vary

We treat shingles with antiviral medications to help reduce the outbreak. Sometimes steroids are helpful. We can also use an anti-seizure medication to help settle down the nerve and the pain coming from that nerve.

7. It's rare but shingles can cause blindness

I don't see it very often but if shingles is in the eye, it's a threat to your vision. I immediately refer patients to an ophthalmologist for treatment. Another uncommon potential complication is disseminated zoster, which is an overwhelming viral infection throughout the body. Some people end up being treated in the intensive care unit.

Seniors - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA for emergencies 24 hours a day at 1-800-852-8036.



DOWN

1. Cigar residue
2. Maui garland
3. Type of paint
4. Glue
5. Select
6. Memorable period
7. Toddlers
8. Expresses scorn
9. Summits
10. Respond (to)
11. Circus shelter
17. More tired
19. Assess
21. _____ Plains
22. Consume
23. Bustle
24. Pavarotti, e.g.
28. Actress _____
- Bancroft
32. Land area
33. Race an engine
34. WNW's opposite
36. Warns of danger
38. Not fresh
39. Snouts
40. Formal necktie
42. Taste or smell
44. Flower support
47. Famous boxer
48. Not well
50. Dixie general
51. House addition

ACROSS

- | | | |
|----------------------|------------------------|------------------------|
| 1. Computer key | 25. Takes it easy | 49. Pub order |
| 4. Verse makers | 26. Wyatt _____ | 52. Zodiac sign |
| 9. Gallery contents | 27. Poke fun at | 53. Narrates |
| 12. Visit | 29. Celebrity | 54. Hair goo |
| 13. Chef's smock | 30. Wayside hotel | 55. Superlative suffix |
| 14. Third letter | 31. Whittle down | 56. Grin |
| 15. That chap | 35. Slugger Hank _____ | 57. Slippery fish |
| 16. Respected leader | 37. Summer treats | |
| 18. Light touch | 38. Slow mover | |
| 20. Choose | 41. Set aside | |
| 21. Most profound | 43. Hurls | |
| | 45. Before, in verse | |
| | 46. Determine for sure | |

**Check for Crossword Puzzle Answers
On the Healthy Aging Page**

12 March 2018

Get The Sunshine Line

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