

THE SUNSHINE LINE

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186 Main Street, Suite 2
Brookville, PA 15825

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(814) 849-3232

Website:
www.jcaaa.org



JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

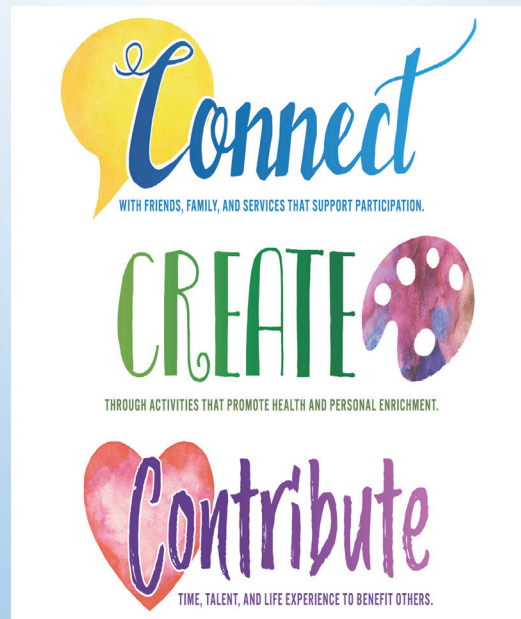
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JEFFERSON COUNTY
AREA AGENCY ON AGING

Senior Picnic 2019



July 18th 10 am - 2 pm

Jefferson County Fairgrounds

Join us to connect with friends and local health service providers, create memories, and learn about opportunities to contribute to the local community!

Picnic lunch, educational materials, health screenings, group art project, Farmer's Market Vouchers, prizes, 50/50 drawing and more!
The Serene Bean will again be on site with tasty gourmet coffee beverages!
Entertainment at pavilion starting at 1:00.

Please call 814-849-3096 to reserve your meal.

Transportation available by contacting your senior center.

JCAAA Main office and all 4 centers will be closed on July 4th.

Oliver Township Center,
Will be open for lunch and bingo June 13th and 27th.
Questions? Call: 814-849-3391

Presentation on Dementia and Resources Available to Caregivers

When: June 5, 2019 6:30pm-7:30pm

Presented by: Jefferson County Area Agency on Aging and Penn Highlands
Brookville

Where: Frostburg Community Building

12373 Route 536, Frostburg, PA 15767

(Frostburg Hopewell United Methodist Church)



Please join us for the free program to learn more about living with Dementia and resources available for caregivers.

This program is hosted by the Frostburg Women's Association. Please contact Libby Hoover with any questions at 814-938-3495.

Farmer Market Voucher Distribution Locations

Heritage House

4 Sylvania Street

Brookville, PA 15825

Distribution Date: June 7, 2019 @ 9:00am- 2pm

Brockway Depot

4th & Alexander Street

Brockway, PA 15824

Distribution Date: June 4, 2019 @ 9:00am -2pm

Falls Creek Borough Building

117 Taylor Ave

Falls Creek, PA 15840

Distribution Date: June 7, 2019 @ 8:00am – 12:00pm

Toby Terrace

717 Main Street

Brockway, PA 15824

Distribution Date: June 19, 2019 @ 11:00am – 12:00pm

The 2019 household income eligibility is:

1 person - \$23,107

2 people - \$31,284

3 people - \$39,461

** note child support is counted as household income, unless the child is a foster child.

Income means income before any deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions, bonds, etc.

Foundry

45 West Main Street

Reynoldsville, PA 15825

Distribution Date: June 6, 2019 @ 9:00am -2:00p,

Punxsutawney Area:

Jefferson County Housing Authority- Social Hall

209 North Jefferson Street

Punxsutawney, PA 15767

Distribution Date: June 11, 2019 – 9:00am -11:00am

Mahoning Towers

300 E. Mahoning Street

Punxsutawney, PA 15767

Distribution Date: June 13, 2019 -9:00am -11:00am

Save some time by bring your proxy form with you available on page 3.

4 people \$47,638

5 people \$55,815

6 people \$63,992

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2019 ELIGIBILITY & PROXY FORM

RIGHTS AND RESPONSIBILITIES

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Participant Name (print): _____ Date _____
(Person checks are for)

Address: _____

Telephone Number: _____ Birthday _____
(month/year)

Please check the box of the most appropriate identifier for each:

Ethnicity: Ethnicity Hispanic or Latino Not Hispanic or Latino
Race: American Indian or Alaskan Native Asian Black or African American
 Native Hawaiian or other Pacific Islander White

By signing this proxy for I acknowledge that my total household income is within the Income guidelines: \$23,107 for 1 person in the household; or \$31,284 for 2 people in the household and that I am 60 years old or older.

Participant's Signature _____ (Person checks are for)

Proxy Name (print): _____ Date: _____
(Person picking up the checks for participant)

Address: _____

Proxy's Signature _____

Check numbers Received: _____

****The proxy must take this form to a distribution site in the county the participant resides in. DO NOT MAIL**



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

Relay for Life Bingo – Every Monday Night 5:30pm

Daily Activities

Mondays – Woodcarving Class 9:00am-12:00

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 – Bingo 9:30am,

Read Out Loud 11:00am

June 7- Farmer Market Vouchers available at 9:00am.

Please review program requirements on page 2

June 9- National HERB Day (Herb McConnell)

June 12- BINGO! Benefits of Fruit 11:00am

National ROSE Day (Rose Smith)

June 14- National MELISSA Day (Melissa Harrison)

American Red Cross 10:00am - 30 minute CPR class

Father's Day Bingo 11:00am

June 19- Victoria's Closet - Victorian Era Fashion Show 6pm

June 20- Singer Bobby Spaeth, Sacred Songs for the Soul 6pm

June 22- Hunter Safety Course 8:00am-5:00pm

June 23- National JEANNE Day (Jeanne Bowdish)

June 24- National JOHN Day (Many "Johns" to celebrate!)

Advisory Meeting 1:00pm

June 28- Ray's Final Cut Band 6:00pm-8:00pm



Brookville Laurel Festival Week! June 15-23.

June 8- Laurel Pageant 7:00-9:00pm – Brookville High School Auditorium

June 16- Family Faith Day – Main Street

June 17- Game Day – Main Street

June 18- Family Fun Day – Main Street

June 19- Heritage Day – Main Street

June 20- Hometown Hero Day – Main Street

June 21- Manufacturing Day and Sidewalk Sale – Main Street

June 22- First Responder Day and Parade

June 23- Car & Motorcycle Show



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

We will no longer serve meals at Grace Place on Tuesdays and Thursdays. We encourage you to visit us at the New Beginnings Church on Mondays, Wednesdays, and Fridays! Stay tuned for our new schedule starting July 2019!

Daily Activities

Mondays – Penny Bingo 9:30am,

Indoor Walking ,
Cards, and Pool

Wednesdays – Indoor Walking ,

Cards, Pool, Wii

Fridays – Penny Bingo 9:30am,

Indoor Walking,
Cards, and Pool

June is national fresh fruit and fresh vegetable month!

June 5- Fresh Fruit sampling 10:30-11:00am

June 7- National Donut Day! 9:30am-11:00am

June 11- Distribution of Farmer Market Vouchers
9:00am-11:00am – North Jefferson Street Social Hall

June 12- Seasonal Craft 10:00-11:00am

June 13- Distribution of Farmer Market Vouchers
9:00am-11:00am – Mahoning Towers

June 14- Fresh Produce Bingo 9:30-11:30am

June 17- Eat All Your Vegetables Day 10:00am-2:00pm

June 21- Blood Pressure and Education 11:00-11:30.
ICE CREAM SOCIAL at 12:30pm

June 26- Health & Wellness Program 11:30-12:00pm



Bruce is completing his laps around the gym

LUNCH MENU



Jefferson County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Cheese Hot Dog Baked Potato 1/2c. Green Beans Hot Dog Roll 1/2c. Cinnamon Applesauce	4 Santa Fe Salad 1c. Mixed Greens (w/ diced chicken, cheddar, & roasted veggies) Dinner Roll 1c. Tortilla Soup w/tortilla Strips 1/2c. Pineapple Tidbits	5 Breaded Pollock Filet 1/2c. Vegetable Pilaf 1/2c. Carrots Wheat Bread Fresh Fruit	6 Penne & Meatballs (4) 3/4c. Pasta w/Sauce/Parm Cheese 1 c Tossed Salad Italian Bread Peach Crisp	7 Honey Mustard Chicken Sandwich w/cheese Redskin Potatoes 1/2c. Mixed Vegetables Sandwich Roll Cookie
10 Mild Buffalo Chicken Sandwich w/Shredded Lettuce 1c. Minestrone Soup w/Crackers Sandwich Roll Fresh Fruit	11 Roasted Pork Loin w/Gravy 3 oz. Stuffing 1/2c. Whipped Potatoes 1/2c. Peas 1/2c. Sliced Apples	12 BBQ Ribette 1/2c. Ranch Potatoes 1/2c. Corn Dinner Roll 1/2c. Mandarin oranges	13 Open Face Meatloaf Sandwich 1/2c. Mashed Potatoes w/gravy 1/2c. Carrots Wheat Bread 1/2c. Sherbet	14 Mandarin & Cranberry Chicken Salad 1c. Mixed Greens, cucumber, Blue Cheese crumble, Balsamic Drs 1/2c. Three Bean Salad Dinner Roll Cookie
17 Roast Beef & Dumplings 1/2c. Creamy Coleslaw WG Buttermilk Biscuit 1/2c. Sliced Peaches	18 Pineapple Glazed Ham 1/2c. Sweet Potatoes 1/2c. Green Beans Wheat Bread 1/2c. Sliced Pears	19 Potato Crusted Pollock 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes Wheat Bread Fresh Fruit	20 Stuffed Pepper w/tomato sauce 1/2c. Whipped Potatoes 1/2c. Carrots Dinner Roll Strawberry Shortcake	21 Turkey & Cheese Sandwich Lettuce, Tomato 1/2c. Fresh Broccoli Salad Sandwich Roll 1/2c. Applesauce
24 BBQ Pulled Pork Sandwich Baked Potato 1/2c. Wax Beans Sandwich Roll Cake	25 Spinach & Artichoke Chicken 1/2c. Bowtie Pasta 1/2c. Mixed Vegetables Wheat Bread 1/2c. Mandarin Oranges	26 Antipasto Salad (1.5oz Ham & Salami, .5oz Mozzarella, 2 Olives) 1c. Tossed Salad 1/2c. Beets WG Dinner Roll 1/2c. Peaches	27 Sweet & Sour Meatballs (4) 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Mixed Fruit	28 Bacon Bleu Burger 1c. Creamy Potato Soup Crackers Sandwich Roll Fresh Fruit
		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, June 5th
~ Turkey Noodle Soup
~ Mixed Greens with Toppings
~ Dinner Roll
~ Dessert

Wednesday, June 12th
~ Vegetable Beef Soup
~ Mixed Greens with Toppings
~ Dinner Roll
~ Dessert

Wednesday, June 19th
~ Stuffed Pepper Soup
~ Mixed Greens with Toppings
~ Dinner Roll
~ Dessert

Wednesday, June 26th
~ Italian Wedding 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's

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



Crossword Answers

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





Brockwayville Depot

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

New Schedule starting June 4th! In our efforts to meet the needs of older adults in the Brockway area we are going to change the hours of operation. Starting on Tuesday June 4th the Brockway Depot will be **open every Tuesday and Thursday from 7:00am-12:00pm**. Breakfast (instead of lunch) will be served on those days at 9:00am! All other activity times will be adjusted. The center will be open Monday, Wednesday, Friday from 9:00am-2:00pm with lunch being served at noon. Please contact Cheryl Moore with any questions.

Daily Activities

Mondays – Healthy Steps 10:00am,

Tuesdays – Nickel Bingo 10:00am

Wednesdays – Chair Yoga 10:45am,

Thursdays – Healthy Steps 10:00am,
Nickel Bingo

Fridays – Billiards 9:00am,

Nickel Bingo 10:00am

June 4- Distribution of Farmer Market Vouchers 9:00am-2:00pm at the Depot

June 5- Bus Trip to Salamanca – leaving at 9:15am

June 7- Distribution of Farmer Market Vouchers at Falls Creek Borough Building 8:00am-12:00pm
Music Night with Buck Shot 6pm-9pm

June 9- Janet Sullivan, Yoga Demonstration from 9:00am-4:30pm

June 12- Soup and Salad Day! 11:00am-1:00pm. Reservations kindly requested!

June 13- Strawberry Festival 4:30pm-6:30pm

June 19- Distribution of Farmer Market Vouchers at Toby Terrace 11:00am-12:00pm

June 20- Grocery Bingo 6:00pm



Breakfast Menu:

06/04- western egg bake with fruit & orange juice

06/06- buttermilk waffles with a side of sausage- fruit & oj

06/11- breakfast sandwich with fruit & oj

06/13- corned beef hash & scrambled eggs with fruit & oj

06/18- pancakes with a side of bacon- fruit & oj

06/20- sausage gravy & biscuits, scrambled eggs - fruit & oj

06/25- buttermilk waffles with a side of bacon – fruit & oj

06/27- scrambled eggs with a side of bacon & a hash brown
-fruit and oj

Donation of \$2.50 is greatly appreciated for breakfast!



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

**June is national fresh fruit and fresh vegetable month.
Stop in for our Soup & Salad Day! June 26th 11:00am-1:00pm
Reservations kindly requested.**

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

June 6- Distribution of Farmer Market Vouchers
9:00am-2:00pm at the Foundry

June 7- National Chocolate Ice Cream Day

June 10- National Iced Tea Day

June 26- Soup & Salad Day! 11:00am-1:00pm.

Reservations kindly requested.

June 24- Summer Safety Speaker at 11:30am



The soup and salad bar

JCAA would like to acknowledge the hard work of our staff, site coordinator Chris Koladish, and volunteers for the 2019 VITA tax preparation season! Our volunteers worked over 2,500 hours to help individuals with their taxes. Volunteers helped at locations all across Jefferson County to serve those in need of this zero cost program.

In total we completed:

- 807 Federal Returns
- 797 State Returns
- 229 Local Returns
- 334 Property Tax Rebates
- 102 Rent Rebates

Pennsylvania continues to be one of the top States in assisting clients with obtaining refunds through the Volunteer Income Tax Assistance (VITA) program thanks to our dedicated volunteers. A luncheon was held on May 6th to thank the volunteers for their efforts and to reflect on the time spent helping others. If you would like to volunteer in 2020, please give the JCAA office a call at 814-849-3096.



Healthy Alternatives at Quiet Creek Herb Farm for Jefferson County Senior Citizens

June 19, 2019

9:00am-1:00pm

9:00-9:15 Welcome to Quiet Creek

9:15-11:05 Healing with Quiet Creek Mushrooms

You will be introduced to Quiet Creek's favorite mushrooms and their medicinal uses. You will have the opportunity to try mushrooms, too!

11:05-12:00 Gambling Away the Golden Years

For most people, gambling is a form of recreation. But for some, gambling can become a life-threatening addiction. Presentation will include a video, brief discussion and a few games of the Fabulous 50's Jeopardy.

12:00-1:00 QUIET CREEK LUNCHEON

This fun day is **FREE** and includes an organic Quiet Creek luncheon, prepared and grown on the farm compliments of the Clearfield-Jefferson Drug and Alcohol Commission.

First 50 senior citizens are welcome to sign up and will be guaranteed a place. Please wear comfortable clothing and shoes. Bring along a water bottle.

TO REGISTER:

Call 814-849-3096

Quiet Creek encourages carpooling or public transportation to help lessen our carbon footprint and to fellowship together.

Address: 93 Quiet Creek Lane,
Brookville, PA 15825

Busing is available from Senior Centers. Please speak to your Center Director for more details.



Special Thank You to the CJDAC for sponsoring the day!

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. Gorge
2. Main artery
3. Trim meat
4. Like Swiss mountains
5. Wizard
6. Conceit
7. Poisonous snake
8. Not visible
9. City buried by Mt. Vesuvius
10. Lennon's lady
11. Not pos.
19. Facial spasm
20. Ace
22. Scary
24. ___ Francisco
25. Moose's kin
27. "The Texas Chainsaw ___"
28. Perform
29. Long scarf
30. Monarch
34. Mail friend (2 wds.)
35. Do sums
36. Groups of eight
37. ___ guilty
40. Track events
41. Seat rows
42. Night sound
45. She-sheep
46. Discoverer's cry
47. Have debts
48. Negative vote

ACROSS

- | | | |
|-------------------------|------------------------|---------------------|
| 1. Rogue | 21. Afternoon movie | 47. ___ in a while |
| 4. Out of port | 23. Actress Della ___ | 49. Business VIP |
| 8. "Once ___ a time..." | 26. Ritual | 50. Horse command |
| 12. Weeding implement | 28. Lincoln's nickname | 51. Toad bump |
| 13. Pilot's diaries | 31. Baseball stat | 52. Be mistaken |
| 14. Naught | 32. Writing fluid | 53. James ___ Jones |
| 15. Canine comment | 33. ___ shopping | 54. Storm centers |
| 16. Bolster | 38. Recorded | 55. Compass dir. |
| 17. Pollution problem | 39. Accompanies | |
| 18. ___ electricity | 43. Cease | |
| 20. Vigor | 44. Reach | |
| | 45. Marshal Wyatt | |
| | ___ | |

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