

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



JEFFERSON COUNTY
AREA AGENCY ON AGING

Molly McNutt- Executive Director

The Jefferson County Area Agency on Aging is aiming to continue helping the area’s most vulnerable population with Grab & Go Emergency Kits. All 168 consumers currently receiving Home Delivered Meals through the Aging office recently received one of these home kits.

The Pennsylvania Emergency Management Agency created an Emergency Preparedness Guide which states “Emergency workers will help after a disaster strikes, but they may not be able to reach everyone right away. That’s why it’s so important to be ready to survive on your own for at least three days during an emergency. This may mean having another place to stay, extra food, water, first-aid and other basic needs. We can’t control natural disasters, emergencies, or terrorist attacks, but we can be ready for them and know what to do to take care of ourselves and our loved ones.” Molly McNutt, Executive Director of JCAAA, shares “our care managers speak with every one of our consumers about emergency preparedness and having a plan. By offering them one of these kits, instead of just a list of items they need, we are one step closer to ensuring our older adults are prepared in the event of an emergency”.

More information about preparing for an emergency can be found at www.pema.pa.gov.

If you or your family member are interested in our Home Delivered Meal program, please call our office at 1-800-852-8036.

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

Oliver Township Center,
Will be open for lunch and bingo July 11th and 25th.
Questions? Call: 814-849-3391

Jack Parker

The Parker Prayer Place, in loving memory of Jack Parker, has been placed on the Jefferson County Fairgrounds. The building has been designed to reflect a church building but it is not meant for Church service, rather it is a place for prayer. A brief dedication service will be held on Sunday, July 14 at 1:00 pm at the Jim and Evelyn Grant Community Stage at the fairgrounds.

The Parker Prayer Place will be open everyday of the fair. Be sure to stop and visit it on July 19 while at the Senior Picnic. It is located just inside the grounds to the left of the ticket booth.



Over 60?
Farmer's Market Vouchers
are now available!

*some eligibility requirements



The 2019 household income eligibility is:

1 person-	\$23,107
4 people-	\$47,638
2 people-	\$31,284
5 people-	\$55,815
3 people-	\$39,461
6 people-	\$63,992

** 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.

Income includes:

1. Monetary compensation for services including wages, salary, commissions or fees
2. Income from nonfarm self-employment
3. Net income from farm self-employment
4. Social Security
5. Dividends or interest on savings or bonds or income from estates or trusts
6. Net rental income
7. Public assistance or welfare payments
8. Unemployment compensation
9. Government civilian employee or military retirement or pensions or veterans payments
- 10 Private pensions or annuities
- 11 Alimony or child support payments
- 12 Regular contributions from persons not living in the household
- 13 net royalties
- 14 other cash income

Proxy Form on page 3

Save some time fill out your proxy form and bring it with you to the JCAAA main office, The Reynoldsville Foundry or The Brockwayville Depot to get your Farmers Market Vouchers.

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

Address:

(Person checks are for)

Telephone Number:

Birthday

(month/year)

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

- Ethnicity: Ethnicity Hispanic or Latino Race Not Hispanic or Latino
 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

July 2- 27th Year Anniversary of the Heritage House! Buffet lunch and story sharing!

July 4- Senior Center Closed

July 9- AARP Safe Driver Refresher Course 1:00pm-4:00pm

July 18- Senior Picnic at the Jefferson County Fairgrounds
 10:00am-2:00pm

July 22- “How to Prevent from Being Scammed” with Becky Assalone from Farmers National Bank 11:00am

July 26- Music Night with Ray’s Final Cut 6:00pm-8:00pm

July 29- Glaucoma Testing with Carole at 11:00am

Advisory Committee meeting 1:00pm



**MICHAEL LYAUTEY with his
 Emergency Kit**



Punxsutawney Area Center
Director: Debbie Long
Phone: 814-938-8376
Email: punxy@jcaaa.org

Punxy Area Senior Center will operate out of the Housing Authority Social Hall on N. Jefferson Street from July 1-12th. Our new location will soon be ready! Stay tuned for official move in date!

- | | | |
|---------------------|--|-------------------------|
| July 1, 2, 3, and 5 | 10:00am-2:00pm | Bingo, cards, and lunch |
| July 8-12 | 10:00am-2:00pm | Bingo, cards, and lunch |
| July 18th | Senior Picnic at the Jefferson County Fairgrounds 10:00am-2:00pm.
Transportation available! | |
| July 19th | Blood Pressure screening and education – tentative | |












**Michael Zimmerman with his
Emergency Kit And Volunteer
Courtney**



July 2019



Jefferson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>July Birthdays</u></p> <p>Salisbury Steak w/Gravy 1/2c. Cheddar Whipped Potatoes 1/2c. Sweet Peas White Bread Birthday Cake</p> 	<p>Tuna Salad Sandwich w/lettuce & tomato 1c. Lentil Soup w/Crackers 2 White Bread Fresh Orange</p>	<p>Sweet Sausage Sandwich w/peppers & sauce 1/2c. Cheesy Hashbrowns Roll Fresh Fruit</p>	<p>Happy 4th</p> 	<p>Chicken Parmesan 1/2c. Penne Pasta w/sauce 1c. Tossed Salad w/dressing Italian Bread 4 oz Apple Juice</p>
<p>Turkey Chef Salad (Turkey, cheddar, egg) 1c. Tossed salad w/Cucumber 1c. Summer Corn Chowder w/crk Dinner Roll 1/2c. Pineapple</p> 	<p>Roast Beef w/au jus 1/2c. Roasted Redskins w/rosemary & garlic 1/2c. Green Beans Wheat Bread Fresh Fruit</p>	<p>Rotisseri Chicken w/gravy 1/2c. Whipped Potatoes w/chives 1/2c. Mixed Vegetables WG Biscuit 1/2c. Sliced Peaches</p>	<p>Cheeseburger 1/2c. BBQ Butterbeans 1/2c. Macaroni Salad Sandwich Roll Fresh Fruit</p> 	<p>Baked Breaded Chicken Cutlet 1/2c. Au Gratin Potatoes 1/2c Carrots White Bread 1/2c. Fruited Gelatin</p>
<p>Chicken Marsala 1/2c. Bowties 1/2c. Brussel Sprouts Wheat Bread 1/2c. Mixed Fruit</p>	<p>BBQ Ribette 1/2c. Whipped Potatoes 1/2c. Creamy Coleslaw White Bread 1/2c. Sliced Pears</p>	<p>Seafood Salad Over 1c. Mixed Greens Tomato & Egg 1c. Vegetable Soup w/Crackers Dinner Roll 1/2c. Cottage Cheese & Pineapple</p>	<p>Baked Meatloaf w/gravy 1/2c. Baked Potato 1/2c. Wax Beans Wheat Bread Fresh Fruit</p> 	<p>Roasted Pork 1/2c. Sauerkraut 1/2c. Whipped Potatoes White Bread Applesauce Cake</p>
<p>Penne & Meatballs 1c. Tossed Salad Italian Bread 1/2c. Peach Crisp</p>	<p>Breaded Pollock Filet 1/2c. Vegetable Barley Pilaf 1/2c. Carrots Wheat Bread Fresh Fruit</p>	<p>Santa Fe Salad 1c. Mixed Greens (w/ diced chicken, cheddar, & roasted veggies) Dinner Roll 1c. Tortilla Soup w/tortilla Strips 1/2c. Pineapple Tidbits</p> 	<p>Chili Cheese Hot Dog 1/2c. Baked Potato 1/2c. Green Beans Hot Dog Roll 1/2c. Cinnamon Applesauce</p> 	<p>Roasted Sliced Turkey 1/2c. Mashed Potatoes w/gravy 1/2c. Carrots Wheat Bread Cookie</p>
<p>Salisbury Steak w/gravy 1/2c. Cheesy Twists 1/2c. Coleslaw Wheat Bread 1/2c. Sliced Pears</p>	<p>Mandarin & Cranberry Chicken Salad 1c. Mixed Greens, cucumber, Blue Cheese crumble, Balsamic Drs 1/2c. Three Bean Salad Dinner Roll Cookie</p>	<p>Roasted Pork Loin w/Gravy Stuffing 1/2c. Whipped Potatoes 1/2c. Peas 1/2c. Sliced Apples</p>		

Soup, Salad & Dessert Menu Heritage House 11:00 am - 12:30 pm



Dine-In Only
Reservations Required

\$4.00 suggested donation for those 60+
Under age 60 we kindly ask you to pay \$6.00

Wednesday, July 3rd
~ Chicken and Rice Soup
~ Mixed Greens with Toppings
~ Dinner Roll
~ Dessert

Wednesday, July 10th
~ Chili
~ Mixed Greens with Toppings
~ Corn Bread
~ Dessert

Wednesday, July 17th
~ BLT Soup
~ Mixed Greens with Toppings
~ Dinner Roll
~ Dessert

Wednesday, July 24th
~ Broccoli Cheddar
~ Mixed Greens with Toppings
~ Dinner Roll
~ Dessert

Wednesday, July 31st
~ Chicken and Mushroom 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

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



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

New Schedule starting July 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 July 4th the Brockway Depot will be **open every Tuesday and Thursday from 7:00am-12:00pm.**
Breakfast now being served every Tuesday and Thursday at 9:00am.
Suggested Donation is only \$2.50. Please sign up by calling Cheryl at 814-265-1719.

Daily Activities

Mondays – Healthy Steps 10:00am,

Tuesdays – Nickel Bingo 10:00am

Wednesdays – Chair Yoga 10:45am,

Thursdays – Healthy Steps 10:00am,

Nickel Bingo 10:00am,

Fridays – Billiards 9:00am,

Nickel Bingo 10:00am

Thanks for Another great Strawberry Festival.

July 3- Soup & Salad from 11:00am-1:00pm.

Suggested Donation is \$4.00 for those over age 60 and \$6.00 for those under age 60. Reservations kindly requested by calling Cheryl.

July 4- SPECIAL BREAKFAST! Pancake and Sausage breakfast for \$5.00 donation to the Brockway Depot.

ART SHOW is from 8:00am-10:00am

July 12- Music Night from 6:00pm-9:00pm

July 18- Senior Picnic Day at the Jefferson County Fairgrounds 10:00am-2:00pm

July 25- Grocery Bingo at 6:00pm

Breakfast Menu:

July 2- French Toast Bake with Sausage

July 9- Scrambled eggs, bacon, hash browns, and toast

July 11- Scrambled eggs with sausage and hash browns

July 16- Breakfast sandwich with sausage served with hash browns

July 23- Western egg bake with toast

July 25- Sausage gravy and biscuits with scrambled eggs

July 30- Pancakes and sausage

Milk, juice, and coffee available with every meal!

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

**July is national fresh fruit and fresh vegetable month.
 Stop in for our Soup & Salad Day! July 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

July 1- birthday luncheon

July 4- center closed

July 5- national graham cracker day

July 12- national eat your jello day

July 18- center closed and we hope to see everyone at
 the senior picnic

July 25- national chili dog day

July 25- glaucoma screening from 10-12



**Healthy Steps Every Monday,
 Wednesday and Friday at
 10:30am**

Hello and welcome to another edition of the Senior Spotlight! I'd like to highlight another one of our amazing seniors of Jefferson County once again! Allow me to introduce you to Russell "Dick" Marshall. Dick is THE longtime locksmith of the Punxsutawney area and has been in this position ever since the 1970's. His service is called Punxsy Locksmith and when I went to his home in May and learned that he was the local (and really ONLY) locksmith around, I recognized Dick and told him that he has actually assisted me with getting back into my car and home on a few occasions! He told me that I looked familiar as well!

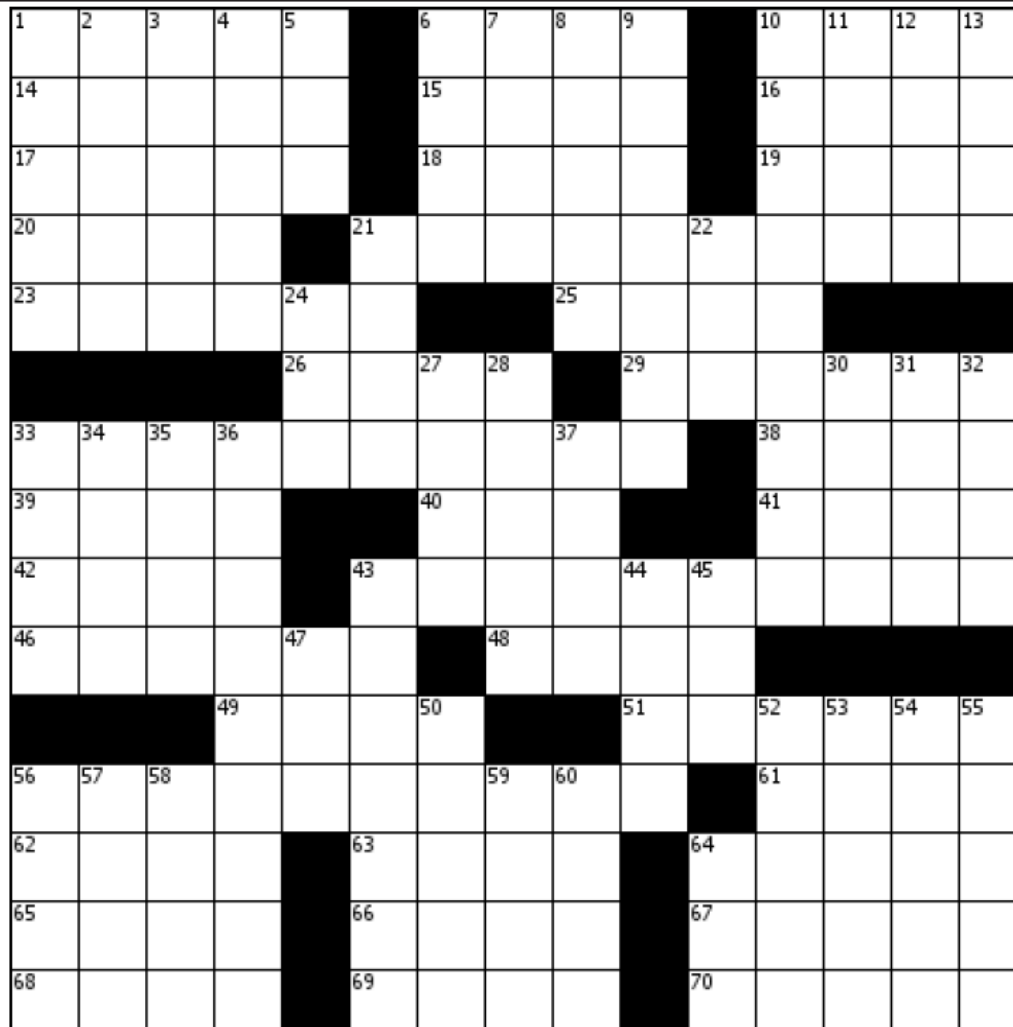
Dick came to be a locksmith while living and working in LaGrange, TX back in the 1960's as a ranch hand and oil rigger. Dick relocated to Texas in his early 20's due to not being able to find employment in the Punxsutawney area. He attended Locksmithing school in Austin, TX and became a certified locksmith after three months and was able to make his way back to PA. Dick told me that there have been a few very pressing incidents over the years with having to rescue toddlers in locked vehicles in the Summer heat due the children playing with the door locks. Dick has also been able to rescue pets from locked cars! At this point, Dick still gets a locksmith call roughly once per month and he will only unlock vehicles at this point. Dick has taught his grandson all of his locksmithing knowledge and states that his grandson truly enjoyed learning from the very best! Thanks to Dick for being a local "locksmithing hero"!

Another interesting fact about Dick is that he uses a converted mini school bus as his sole mode of transportation! Dick initially purchased a small school bus in order to haul his locksmithing equipment. He has since converted the school bus into a camper, complete with a bed, toilet, table with seating area, storage, refrigerator and gas stove! This is Dick's second bus and he recently purchased it at a nearby bus auction. He states that he enjoys camping very much in his bus and has already gone camping overnight in it this year and also has a 5-day camping trip planned at a local state park this Summer! The bus runs off of a diesel engine and gets about 30 miles per gallon according to Dick. It also has a wheelchair lift built-in for his motorized scooter. You can see a couple of pictures of both the inside and the outside of the bus here!

Thank you, Dick Marshall for your willingness to be interviewed for the Sunshine Line and enjoy your Summer!



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. Boutonniere site
2. Puccini output
3. Reveals
4. "To ___ human . . ."
5. Farmyard enclosure
6. Guitarist Hendrix
7. ___-friendly
8. Tumbler
9. Took up residence
10. Tanklike mammal
11. Home or Visitors
12. Role for Roz
13. Hot tubs
21. Rancher's purchase
22. Actor Beatty
24. Place for the night
27. Former Iranian leader
28. Unspoken but understood
30. Wedding-cake layer
31. Spoken
32. "The Fountainhead" writer
33. Unchanged
34. Jacob's twin
35. Cut-up
36. Vision science
37. Sleuth Wolfe
43. Mexican meal
44. Club fees
45. Humorously mocking
47. Daiquiri ingredient
50. Enjoy the ice
52. Keep away from
53. Christmas song leapers
54. Map detail
55. Actions
56. Arthur Marx's instrument
57. Scone spread
58. Response to a pun
59. "Como ___ usted?"
60. Numbered rds.
64. Norm

ACROSS

- | | | |
|-----------------------------|------------------------------|--------------------------|
| 1. Places for earrings | 23. Collie of TV | 51. Place for shadow |
| 6. Moonshine containers | 25. Winter toy | 56. Stay-at-home spouses |
| 10. Bank conveniences | 26. Oriole's home | 61. Sole |
| 14. Separated | 29. Magazine bigwig | 62. All the time |
| 15. Archipelago component | 33. Pre-owned | 63. Be durable |
| 16. Gather what's been sown | 38. Istanbul money | 64. Handbag |
| 17. Clark's boss | 39. Now! | 65. Raise, as a child |
| 18. Butcher's inventory | 40. Blackjack card | 66. Diminutive ending |
| 19. Doll's word | 41. Tilt | 67. Annexed |
| 20. "... ___ saw Elba" | 42. Trade center | 68. Small equine |
| 21. Tom, Dick and Harry | 43. Underdeveloped countries | 69. Caspian and Red |
| | 46. Author Welty | 70. "The defense ___!" |
| | 48. Take a show on the road | |
| | 49. Fall flowers, for short | |

Check for Crossword Puzzle Answers On the Healthy Aging Page