

THE SUNSHINE LINE



JEFFERSON COUNTY
AREA AGENCY ON AGING

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

Molly McNutt- Executive Director

Get the Sunshine Line Sign up on our website www.jcaaa.org or call us at (814)849-3096

The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers

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Resident’s Rights Month is celebrated in October to honor those living in long-term care facilities, including nursing homes, assisted living, board and care, and retirement communities. It provides an opportunity for family members, ombudsmen, citizen advocates, facility staff, and others to focus awareness on the dignity, respect, and value of each individual resident. It also serves as a reminder to those living in a long-term care facility to learn about and exercise their rights.

People who live in nursing homes are protected by the 1987 federal Nursing Home Reform Law. The law requires nursing homes to care for its residents in a manner that promotes and enhances the quality of life of each resident while also ensuring dignity, choice, and self-determination. Some states include residents' rights in state law or regulation for licensed assisted living, and other board and care facilities. Regardless of the type of facility, all people who have made their homes in long-term care facilities maintain their rights as U.S. Citizens.

If you feel you or a loved one’s Rights have been violated you can contact your local Ombudsman who can provide information, answer questions, investigate complaints and offer assistance in resolving problems about quality of care or treatment.

Your local Ombudsman for Jefferson County is:

Mindy Sivanich
Jefferson County Area Agency on Aging
186 Main Street, Suite 2
Brookville, PA 15825
1-800-852-8036 Ext 232

October 10th, World Mental Health Day promotes education and advocate for mental health sufferers. It's estimated 350 million people worldwide suffer from depression. <https://wfmh.global/>

Oliver Township Center,
Will be open for lunch and bingo October
10th and 24th.
Questions? Call: 814-849-3391



**Pet Photo Contest
Winners:**
**Christina Murdock
(Daisy)**
**Claude Raybuck
(Penny Sue)**

**Thank you to everyone for
participating!**

Employee Spotlight

Name: Pete Spuck

Job title: Center Services Supervisor

Location: The Foundry (senior center or main office)

How long have you worked for JCAAA: 2 years

Certifications: Servsafe certified, Healthy steps for older adults (HSOA) certified



What is involved in your day-to-day activities in your current position?

I am here to help all the center directors with running their centers and try to make sure all the centers have what they need to run. I also visit the centers on a regular basis. So, if you see me at one of the centers say hi and I am always up for a good conversation.

Please tell me about your most rewarding or satisfying experience in your work or volunteer history:

To me every day is rewarding experience while working at the JCAAA and being able to help provide a fun and safe place for seniors to go.

Please tell me about your proudest moment since you joined JCAAA:

My proudest moment would have to be when I was promoted to Center Services Supervisor back in February of this year.

Please tell us about the significant people in your personal life.

I have a great loving and supportive family and group of friends. I do as much as I can with my parents and try to keep them on the go. I have 1 niece Jackie and a nephew Tyler. I love to spoil them.

What do you do when you're not at work? Tell us about any activities or hobbies you enjoy:

I love to stay busy! I am always up for a road trip. There is nothing better then to hop in the car and just start driving and see where you end up. I love spending time in the kitchen cooking or baking. I am also an avid bingo player and most night that's where you will find me.

4 October 2019 Heritage House



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

**Women on Target Class held at Sigel Sportsmans Club.
October 6th 1:00pm-5:00pm. Registration required.**

Daily Activities

Mondays – Woodcarving Class 9:00am-12pm

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,

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

10/1- Basket Weaving Class 10:00am-12:00pm

10/3- Rep. Cris Dush Town Hall meeting 6:00pm-8:00pm

10/5- Indoor Flea Market 8:00am-3:00pm

10/6- Women on Target Class held at Sigel Sportsmans Club.
1:00pm-5:00pm. Registration required.

10/9- Flu Shots with Means Lauf 11:00am-12:30pm

10/11- RSVP Luncheon at the Brockway Depot at 11:00am.
Private event for RSVP Volunteers

10/11- Vegabonds Polka Band 6:00pm-8:00pm

10/18- Community Blood Screening event by Penn Highlands
Brookville. For more information or to make an appointment
call 844-225-0150.

10/25- Pizza Party at noon

10/28- Advisory Council meeting 1:00pm

10/31- Happy Halloween! Treats and Games 11:00am



**Basket weaving class fun!
Join the next class on 10/1**

PUNXSUTAWNEY AREA
 **SENIOR CENTER** 

Punxsutawney Area Center
 Address: 222 N. Findley Street
 Punxsutawney, PA 15767
 Director: Debbie Long
 Phone: 814-938-8376
 Email: punxy@jcaaa.org

Tai-Chi is back Mondays and Wednesdays!

Daily activities: cards, shuffle board, pool table (Jefferson St. High Rise building), coloring pages, games, and jigsaw puzzles.

Monday, Wednesday, Friday–
 9:30 to 11:30 penny bingo

10/21 – Tai-Chi – Mondays and Wednesdays at 3:30-4:30, last class

December 11

10/9 – Flu shots at Center – 11:00.

10/11 – RSVP banquet – 11:00 – Brockway Depot

10/15 – Fall prevention program – 11:00

10/29 and 10/30 - AARP drivers course-1:00 – 5:00 each day – cost for AARP members \$15.00/non- members \$20.00

10/25 – pizza party at noon followed by ice cream sundae bar

10/31 – Halloween celebration – 9 to 2



**Just a reminder we are now
 open Five days a week!**



Jefferson County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menu Subject to Change*</p> 	<p>1</p> <p>Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll 1/2c. Pears</p>	<p>2</p> <p>Creamy Chicken Divan Rice 1 c. Tossed Salad Breadstick 1/2c. Peaches</p>	<p>3</p> <p>Cottage Pie (Stewed Beef Crumble & vegetables in gravy topped with buttery mash potatoes) 1/2c. Coleslaw Biscuit 1/2c. Cinnamon Applesauce</p> 	<p>4</p> <p>Greek Chicken Salad Diced Chicken, Blk Olives, Red Onion, Tomato, & Mozzarella Cheese 1c. Mixed Greens 1c. Wedding Soup / crackers Dinner Roll 1/2c. Mandarin Oranges</p>
<p>7</p> <p>Baked Ziti(3/4c.) Meatballs (3) Marinara Sauce , Cheese 1 c. Tossed Salad Garlic Breadstick Cake</p>	<p>8</p> <p>Chicken Caesar Club Lettuce, Tomato, Cheese 1c.Creamy Broccoli Soup / crackers Sandwich Roll 1/2c. Pears</p>	<p>9</p> <p>Salisbury Steak Onion Gravy 1/2c.Cabbage & Noodles 1/2c. Diced Carrots Wheat Bread 1/2c. Pineapple</p> 	<p>10</p> <p>BBQ Pulled Pork 1/2c.Seasoned Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples</p>	<p>11</p> <p>Seafood Mac & Cheese 1c. 1/2c. Stewed Tomatoes Dinner Roll Fresh Fruit</p>
<p>14</p> <p>Smokey BBQ Burger Topped with cheddar, bbq sauce, crispy onions 1/2c. Creamy Cauliflower Soup w/crackers Sandwich Roll Fresh Seasonal Fruit</p> 	<p>15</p> <p>Open Face Hot Turkey Sandwich, Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce</p>	<p>16</p> <p>Hawaiian Pork Loin 1/2c. Blended Rice Pilaf 1/2c. Green Beans Dinner Roll 1/2c. Mixed Fruit</p>	<p>17</p> <p>Baked Meatloaf Marinara Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2 c. Pudding</p> 	<p>18</p> <p>Chicken & Biscuit 1/2c. Pepper Slaw Buttermilk Biscuit 1/2c. Peaches</p>
<p>21</p> <p>Turkey Reuben (2.5oz Turkey, 2 oz kraut, .5oz cheese) 1c. Creamy Vegetable Chowder / Crackers Sandwich Roll 1.2 c. Mixed Fruit</p>	<p>22</p> <p>Chicken Taco cilantro lime crème sauce & lettuce 1/2c. Seasoned Corn & Blackbeans 1/2c. Seasoned Rice Soft Tortilla Shell Fresh Fruit</p> 	<p>23</p> <p>Baked Cabbage Roll 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Bread Pudding</p>	<p>24</p> <p>Center Cut Pork Loin Gravy 1/2c. Sweet Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples</p>	<p>25</p> <p>Lemon Pepper Chicken 1/2c Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit</p>
<p>28</p> <p>Mushroom Swiss Burger Lettuce & Tomato 1c. Creamy Potato Soup Crackers Hamburger Roll Fresh Fruit</p> 	<p>29</p> <p>Mango BBQ.Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread 1/2c. Apple Cranberry Crisp</p>	<p>30</p> <p>Meatballs & Gravy over 1/2c. Egg Noodles 1/2c. Peas Wheat Bread 1/2c. Mixed Fruit Salad</p> 	<p>31</p> <p>Baked Crab Cake Sandwich 1/2c. Cheesy Twists 1/2c. Baked Beans Sandwich Roll 1/2c. Mandarin Oranges</p>	

Soup, Salad & Dessert Menu

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

Brockway Depot
October 2nd
Vegetable Soup
Mixed Greens with Toppings
Dinner Roll
Dessert

Heritage House
October 9th
Wisconsin Cheese Soup
(carrots, celery, peppers, mushrooms, ham,
and cheddar cheese)
Mixed Greens with Toppings
Dinner Roll
Dessert

Reynoldsville Foundry
October 30th
Beef Stroganoff Soup
Mixed Greens with Toppings
Dinner Roll
Dessert

Please Note
**Brookville will only have
Soup & Salad once a month.**

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

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





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

Lunch is at Noon! Make your reservation the day before. Social hour, pool, library, puzzles, coupons, TV lounge, PLUS a fun time with your friends new and old!

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

10/2- Soup & Salad 11:00am-1:00pm. Reservations kindly requested. Donation of \$4.00. Vegetable Soup is on the menu!

10/8- Bacon and Egg Breakfast 7:30am-9:30am. No reservation needed. Donation of \$2.50

10/8- FLU SHOTS provided by Brockway Drug starting at 8:00am

10/10- Town Hall Meeting with Rep. Cris Dush 6:00pm-9:00pm open to public

10/11- Music Night with Buck Shot 6-9

10/14- Seneca Alleghany Casino 9:15am return is 5:00pm. Cost is \$35.00. Perks 25/5

10/17- Grocery Bingo at 6:00pm

10/22- Pancake and Sausage Breakfast 7:30am-9:30am. No reservation needed. Donation of \$2.50



**10/11- Music Night with
Buck Shot 6-9**



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

**Flu Shots at the Foundry on October 17, 2019, 10:00am – 12:00pm.
 Hours for Breakfast is 9:00am – 11:00am. Monday thru Friday.
 Tai Chi returns and will be every Monday from 6:00pm – 7:00pm.**

Daily Activities

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

Tuesdays – Computer Class 1:00pm,
 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 – Sit & Be Fit 10:30am

The First Monday of each month, Zach Ankeny will be here from State Representative Cris Dush's Office to answer questions.

10/1- Drivers Safety Course 10:00am-2:00pm. Please sign up by calling 814-653-2522.

10/10- Melissa Huffman, Fall Safety Talk

10/18- National Cupcake Day

10/18- Pizza Party

10/25- Drivers Refresher Course 10:00am – 2:00pm

Please sign up by calling 814-653-2522.

10/30- Soup and Salad Luncheon. 11:30am-12:30pm.

Soup is Beef Stroganoff.

10/30- Candy Corn Day



**Penn state students were here
 for community outreach for
 fall clean up**

**FREE Community Workshop
Presentation:**

**Get Ready for Medicare:
The Basics for People Who are Joining or
Already Enrolled**

**Jefferson County Area Agency on Aging
APPRISE Program**

Date: October 8, 2019 1:00 P. M. to 2:00 P. M.

Location: The Foundry, Reynoldsville, PA.

Call Mindy 814-849-3096 to sign up

What is APPRISE?

APPRISE is the State Health Insurance Assistance Program in Pennsylvania. We provide free, unbiased insurance counseling to people on Medicare. APPRISE counselors are specifically trained to answer any questions about your coverage. We provide you with clear, easy to understand information about your Medicare options and can assist in comparing plans. We will also screen you to see if you qualify for any financial assistance programs to get help paying for your prescription drugs or Part B premium.

How can APPRISE help YOU?

- If you are new to Medicare
- During Medicare's Open Enrollment periods- compare new plans with you
- Help resolve issues you may be having with coverage
- Go over current coverage to make sure you understand all the in's and out's
- Help go over options if you have lost coverage
- Screen for savings programs
- And many more!

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				

DOWN

1. Jog
2. Possess
3. Ogles
4. Idaho's neighbor
5. Naval officer (abbr.)
6. Medicinal amount
7. Loved dearly
8. Simple
9. ___ and Tobago
10. Prosecute
11. ___ diem
17. Race the engine
19. Garfield, e.g.
21. Week division
23. Economize
24. Sleeping
25. Border
26. Timid
27. ___ reaction
30. Tie the knot
31. Catch
33. Video game room
34. Navy members
35. Coolidge's nickname
37. Fri. follower
40. Garment juncture
42. Skip
43. Uncluttered
44. Alternative word
45. Small bit
46. Pub brew
47. Taxi

ACROSS

- | | | |
|---------------------------|----------------------------|-----------------------|
| 1. Motif | 25. Radiated | 50. Operatic melodies |
| 6. River blocker | 28. Small quantity | 51. Winter mo. |
| 9. Chef's measure (abbr.) | 29. Hold up | 52. Males |
| 12. Silklike cloth | 30. Make cloth | 53. Actress ___ Davis |
| 13. Lyric verse | 32. Toothpaste form | |
| 14. Regret | 33. Went up | |
| 15. Cookie cookers | 36. Scrapes by | |
| 16. More regretful | 38. Peruses | |
| 18. Midterm, e.g. | 39. Mischievous one | |
| 19. Lurch | 41. Zero | |
| 20. Traditional saying | 45. Wrestling duo (2 wds.) | |
| 22. Travel document | 47. Desert animal | |
| | 48. Muhammad ___ | |
| | 49. Summer beverage | |



Medicare Annual Open Enrollment

October 15, 2019 – December 7, 2019

The Medicare Annual Open Enrollment Period for 2019 will be from October 15 to December 7. During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Jefferson County residents.

APPRISE, a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following events in the community. This counseling is free.

***Medicare Annual Open Enrollment Events for the Jefferson County Area
Please call to schedule an appointment.***

Reynoldsville Foundry at: **814-653-2522**

The Main Office will be accepting appointments on Monday and Wednesdays, please call to schedule an appointment. **814-849-3096**

