

THE SUNSHINE LINE


JEFFERSON COUNTY
AREA AGENCY ON AGING

Telephone:

(814) 849-3096
1-800-852-8036

Address:

186 Main St STE 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**

Pen Pal

With all of the technology that we have at our fingertips today, have you ever wondered how many people still have a pen pal? It seems archaic to most of us to imagine sending a handwritten letter through the mail, let alone to have been doing this for the last 65 years straight. Kathryn Davis has been doing just that. Kathryn grew up in Hawthorne, PA and now lives in Brookville, PA and she has maintained a friendship with her pen pal for 65 years. Kathryn first chose her pen pal from a friendship booklet while attending a meeting at Seventh-Day Adventist Church in Hawthorne in 1954. Kathryn chose the name Sassa Moxie from the list, unaware that this unique friendship would last nearly seven decades. Kathryn sent the first letter to her new pen pal shortly after receiving her address, and the two of them have kept in touch since then. They have exchanged countless letters, packages and phone calls over the years. Despite never meeting in person, they have built a relationship that Kathryn describes as, "A friendship like no other". Kathryn thinks of Sassa as a sister. Sassa Unrein, who is an Alaskan native born in the town of Nushagak, is married and has 5 children, including 3 boys and 2 girls. She has sent Kathryn letters and traditional Eskimo items. They send Christmas packages back and forth every year and Kathryn said she always makes sure to include the Ribbon Candy that Sassa loves.

Over the years, the two of them have sent photos back and forth, sharing in the joy of watching one another's children and grandchildren grow up. Together, they have shared times of happiness and celebration, sorrow and hardships. They have shared many details of their lives with one another. This is an example of a unique and nearly lifelong friendship that many of us are not fortunate enough to experience. It is also a reminder that perhaps there are few things as genuine and priceless as writing and receiving a handwritten letter.



**JCAAA and all 4 centers will be closed
December 24th,
December 25th and
December 31- Jan 1st.**

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 in remaining a part of our community.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go further 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



**Oliver Township Center,
Will be open for lunch and bingo December
12th and 26th.
Questions? Call: 814-849-3391**

Fraud Alert: Genetic Testing Scam



The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about a fraud scheme involving genetic testing.

Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for identity theft or fraudulent billing purposes. Fraudsters are targeting beneficiaries through telemarketing calls, booths at public events, health fairs, and door-to-door visits.

If a beneficiary agrees to genetic testing or verifies personal or Medicare information, a testing kit is sent even if it is not ordered by a physician or medically necessary.

Protect Yourself

If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your physician. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items. Be suspicious of anyone who offers you free genetic testing and then requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.

A physician that you know and trust should approve any requests for genetic testing.

Medicare beneficiaries should be cautious of unsolicited requests for their Medicare numbers. If anyone other than your physician's office requests your Medicare information, do not provide it.

If you suspect Medicare fraud, contact the HHS OIG Hotline. 1-800-447-8477

https://oig.hhs.gov/fraud/consumer-alerts/alerts/geneticscam.asp?utm_source=



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**





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

Wild Laurel Cloggers performance December 17th at 7:00pm.

Clogging is an Appalachian style of percussive dance, and Wild Laurel Cloggers shares this American tradition with audiences near our home in Brookville, PA.

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,

Bridge/Cards 1:00pm

Fridays – Bingo 9:30am,

Read Out Loud 11:00am

12/4- National Cookie Day

12/16- National Chocolate Covered Anything Day. Join us for some special treats!

12/17- 7:00pm - Wild Laurel Cloggers performance

12/18- Special Holiday Bingo! 10:30-11:30.

12/19- National Hard Candy Day

12/19- Annual Christmas Luncheon at Noon. Please RSVP for lunch

12/23- Decorate a Sugar Cookie Day

12/24-12/25- Center Closed

12/31-1/1- Center Closed



Give Healthy Steps in Motion a try Mondays, Tuesdays, and Thursdays.

Our fitness center is open Monday - Friday.

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

December Christmas Movie Fun! Thursdays through 12/19 from 10am-Noon will be a special Holiday Movie!

Last day for Tai Chi will be December 11th until 2020.

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

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

Monday and Wednesday-
 3:30-4:30 Tai Chi

12/2- Decorating the Center for the holidays! 9:00am-2:00pm

12/2- Presentation on Winter Safety with DuBois Nursing Home

11:15am-11:45am

12/3- Ornament decorating 9:30am-11:00am

12/20- Blood Pressure Screening and Education 11am-11:30am

12/23- Celebration and Christmas carols 10:00-11:00

12/24 and 12/25- Senior Center closed



Halloween fun!

Jefferson County

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Meatloaf Marinara Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread Cake	3 Chicken & Biscuit 1/2c. Pepper Slaw Buttermilk Biscuit 1/2c. Peaches	4 Smokey BBQ Burger Cheddar, BBQ Sauce, Crispy Onions 1c. Creamy Cauliflower Soup Sandwich Roll Fresh Seasonal Fruit	5 Sweet & Sour Pork Loin 1/2c. Blended Rice Pilaf 1/2c. Green Beans Dinner Roll 1/2c. Mixed Fruit	6 Open Face Hot Turkey Sandwich/Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce
9 Stuffed Pepper Whipped Potatoes Carrots Pudding White Bread	10 Lemon Pepper Chicken 1/2c. Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit	11 Turkey Reuben Vegetable Chowder Sandwich Roll Mixed Fruit	12 Chicken Taco Lettuce, Tomato Corn & Blackbeans Seasoned Rice Tortilla Shell Fresh Fruit	13 Pork Loin / Gravy Whipped Potatoes Lima Beans White Bread Sliced Apples
16 Meatballs / Gravy Noodles Peas Wheat Bread 1/2c. Mixed Fruit Salad	17 Baked Crab Cake Sandwich 1/2c. Cheesy Twists 1/2c. Baked Beans Sandwich Roll 1/2c. Mandarin Oranges	18 Pot Roast / Gravy 1/2c. Whipped Potatoes 1/2c. Carrots Italian Bread Cookie	Holiday Special Stuffed Chicken Breast Redskin Potatoes Green Beans Tossed Salad Strawberry Cheesecake Dinner Roll	20 Mushroom Cheese Burger 1c. Creamy Potato Soup Hamburger Roll Fresh Fruit
23 Lasagna Tossed Salad Breadstick Peaches	24 MERRY CHRISTMAS	25 	26 1c. White Bean Chicken Chili Tossed Salad 1/2c. Baked Potato WG Mini Biscuit Cookie	27 Hot Dog / Kraut Topping Redskin Potatoes Green Beans Hot Dog Roll Fresh Seasonal Fruit
30 Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Carrots Sandwich Roll 1/2c. Mandarin Oranges	31 Happy New Year! Center Closed		*Menu Subject to Change*	



May the holiday season fill your home with joy, your heart with love, and your life with laughter. From all of us at the Jefferson County Area Agency on Aging.

Caregiving for a loved one can be a great responsibility.

Extra support and assistance are available:

Caregiver Support PROGRAM



JEFFERSON COUNTY
AREA AGENCY ON AGING

For more information on our agency programs, contact us by phone at: (814) 849-3096 or come into our office at 186 Main St., Suite 2, Brookville



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 Muters, 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

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



Brockwayville Depot

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

12/6- Pizza Party at Noon. Reservation required

12/10- Breakfast 7:30-9:30. Kid's Peer Mediation Program 12:30. Come join the fun!

12/14- Breakfast with Santa and Mrs. Santa 9:00am-12:00pm. Open to the public!

12/24-12/25 – Center Closed for the Holidays. Will reopen on 12/26



Christmas past with some of the students from Brockway Elementary school.



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

Continental breakfast Monday-Friday 9:00am-11:00am.

Daily Activities

Mondays – Healthy Steps 10:30am

Jam Session 1:00pm

Tai Chi 6:00pm

Tuesdays – Computer Class 1:00pm,

Dominos 10:00am

Wednesdays – Men's Bible Study 7:00am,

Healthy Steps 10:30am,

Painting Class 1:00pm

Tai Chi 6:00pm

Thursdays – Nickel Bingo 9:30am,

Card Games 10:00am

Fridays – Healthy Steps 10:30am

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

12/6- Christmas Movie & Snacks 1:00pm

12/11- Melissa Huffman presentation 11:30am

12/17- Computer Party 1:00pm

12/18- Healthy Steps Christmas Party

12/19- Foundry Christmas Luncheon at Noon

12/20- Ugly Sweater Day – Wear your sweater to the Foundry!

12/20- Christmas Movie & Snacks 1:00pm

12/24- Christmas Eve, Center Closed

12/25- Merry Christmas, Center Closed

1/1- New Year's Day, Center Closed



Students from the Jeff Tech Health Assisting Program (pictured) helped with serving our annual Thanksgiving lunch.

Take a New View of Aging

(HealthDay News) -- The way you view aging can affect how well you manage stress.

Older people who see aging negatively have stronger (negative) emotional reactions to day-to-day stresses, while such events have little effect on the moods of adults who are more positive about getting older. Their sunny outlook acts as a buffer against little annoyances.

That's not all. People who carry negative views also have lower levels of satisfaction and well-being.

And they're more likely to be hospitalized or die young, according to research published in the *Journal of Gerontology: Psychological Sciences*.

Surveys by the nonprofit West Health Institute and the National Opinion Research Center (NORC) at the University of Chicago found that the time to gain a positive perspective on aging is early in life -- your 30s and 40s. This is when many people start to have general concerns about the future, such as facing health and financial issues, developing memory problems and losing their independence.

The survey found increasing worry among younger people that government programs don't -- and won't -- do enough for seniors.

What can you do to ward off such worries? Stay on top of lifestyle habits that help you avoid serious health threats, like diabetes and heart disease, and that maintain mental sharpness. These include eating a healthful diet, doing regular exercise and getting enough sleep.

But beyond activities that benefit your physical side, add in those that boost mental health. Consider volunteering to develop "emotional capital," as in mentoring programs that allow you to share what you've learned in life with the next generation.

<https://www.medicinenet.com/script/main/art.asp?articlekey=221209>



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. Professional speedster
2. Dickens title beginning (2 wds.)
3. ___ Gras (Fat Tuesday)
4. Ships' rears
5. Coal measures
6. Picnic intruder
7. Wobbled
8. Was mistaken
9. Gave off
10. 1/60th of a minute (abbr.)
11. Flock mother
16. Tent stake
20. Alike
22. More confident
23. Manchester's country (abbr.)
24. President after HST
26. Longitude's partner
28. State further
29. Busy insect
30. Trap
31. Sort
36. Thinly scattered
38. Be ready for
40. Gay Nineties, e.g.
41. Falcon's claw
42. Farewell, to Pierre
43. Memorize
45. Sch. groups
46. Lincoln, informally
47. Dried grass
49. Caspian ___

ACROSS

- | | | |
|----------------------------|------------------------|---------------------|
| 1. Male sheep | 22. Tranquilized | 50. Pub |
| 4. Say | 25. Insult | 51. Notions |
| 9. Compass reading (abbr.) | 27. Patch up | 52. Above, in poems |
| 12. One ___ time (2 wds.) | 28. Assist a crook | 53. Needle opening |
| 13. Copier's need | 32. Live | 54. Pester |
| 14. Cat's sound | 33. Rim | 55. Convent dweller |
| 15. Woodworking pro | 34. Contradict | |
| 17. Chill | 35. Turner and Kennedy | |
| 18. Church officials | 37. Lose hope | |
| 19. Exam | 39. Flower feature | |
| 21. Royal rule | 44. Salamander | |
| | 45. Formal procession | |
| | 46. Caught ya! | |
| | 48. Down Under | |

Christmas word search with Riddle

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows and write the letters that are left on the lines below. This will give you an answer to the riddle.



d	s	w	h	e	t	s	e
e	n	a	h	l	r	t	e
c	i	s	n	f	e	o	t
o	c	w	a	t	e	c	r
r	l	a	k	i	a	k	a
a	n	g	n	b	a	i	i
t	c	k	w	d	a	n	n
i	d	o	l	l	y	g	r
o	s	a	c	k	d	s	s
n	p	r	e	s	e	n	t



When does Santa say oh-oh-oh?

Answer: _____
