

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**



*February is
National Heart
Awareness
Month*

*What will you do to
make your heart
healthier this month?*



Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Jefferson County Area Agency on Aging is proudly participating in American Heart Month.

Check the local senior center pages in this newsletter to find out when the educational program is happening in your area.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.



"I'm trying to start the new year off on the right foot. I'm taking up dancing, even with my two left feet"

**JCAAA and all 4 centers will be closed
February 17th.**

**Oliver Township Center,
Will be Closed in February
Questions? Call: 814-849-3391**

Did you know?

Even though Medicare Open Enrollment is over, did you know that the Area Agency on Aging APPRISE team can help answer Medicare questions?

Give us a call at 814-849-3096 to discuss any questions you have about your new Medicare Advantage plan or to see if you are eligible for any cost saving programs!



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



Individuals who are interested in learning more about Alzheimer's and dementia are encouraged to participate in three workshops offered by Penn State Extension in collaboration with the Alzheimer's Association and the Jefferson County Area Agency on Aging.

Understanding Dementia and Alzheimer's

1-2 PM, Wednesday, February 5th

10 Warning Signs of Alzheimer's

1-2 PM, Wednesday, February 12th

Healthy Living for Your Brain and Body

1-2 PM, Wednesday, February 26th

There is no cost to attend these programs.

Programs will be held at the Heritage House, 4 Sylvania St.,
Brookville

To register, click on the link to Penn State Extension workshops at
<https://extension.psu.edu/catalogsearch/result?q=alzheimer%27s>.

For more information or help with registration, call Jacqueline Amor-Zitzelberger
at 814-765-7878 ext. 5 or contact the JCAAA at 814-849-3096.

Please provide email and/or phone number that is best to contact you
if changes occur to program.

alzheimer's  association®

800.272.3900 | alz.org®

Employee Spotlight

Name: Taylor Myers

Job title: Information Systems Administrator

Location: Main Office

How long have you worked for JCAAA: 10 years

Education and School Where Attended: ISST Associates from DuBois Business College



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

I manage JCAAA's computer systems. I'm always working on different projects at the senior centers. I'm sure you have seen me around.

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

I compose our company monthly newsletter the Sunshine Line. It feels good to provide information on events and services that are important to our seniors.

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

I enjoy going to the senior fair every year. The Fair is a wonderful opportunity for older people and their families to acquaint themselves with all the services, and opportunities available in the community.

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

I have been married for 10 years to my wife, Christina, and have two children Kennedy and Dorothy.

What do you do when you're not at work?

I like biking, fishing and technology.



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 \$56,000). 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 AN APPOINTMENT
PLEASE CALL: 800-852-8036

Your name will then be placed on a list and a volunteer will call you to schedule your tax appointment.

4 February 2020 Heritage House



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

**Stop by and have a light continental breakfast at the Heritage House. Monday-Friday.
Sugar-free jelly available for your toast or bagel!**

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

2/3- Tax appointments start on Mondays and Tuesdays but please call the main office for information at 814-849-3096

2/4- AARP from 10am-2pm

2/7- Wear red day

2/11- National peppermint patty day

2/11- Mind Matters 10:30am-11:30am

2/14- Happy Valentine's Day!

2/14- Decorate a cupcake

2/20 – Let's Chat! Quarterly discussion with the Executive Director. 10:30-11:30am

2/25- Mind Matters 10:30am-11:30am



**Enjoying breakfast at the
Heritage House**

PUNXSUTAWNEY AREA
 **SENIOR CENTER** 

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

Groundhog Day

The Center will be open with hot beverages for purchase, popcorn, and the movie “Groundhog Day” will be playing.

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

Monday and Friday–
9:30 to 11:30 penny bingo

Thursdays – 10:30 – 11 – exercise

2/2- Groundhog Day – 6 am to ?

2/4 – Valentine’s Day craft

2/5 – Nutrition presentation/blood pressure screening – 11 am

2/11 – Presentation – Behavioral Health Services 10 am

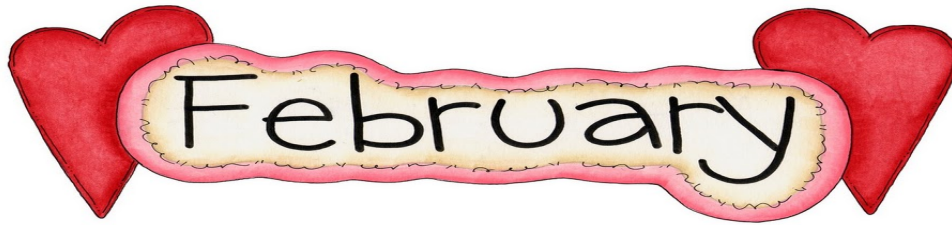
2/14 – Valentine’s Day celebration

2/18 – AARP driver refresher – 1-4 (tentative)






2/28 – Ice cream sundae bar – 12:30



We had a special visit Monday, January 13. The consumers were very excited to meet the famous “Punxsutawney Phil” and handler John Griffith.



Jefferson County

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Pot Roast / Gravy Whipped Potatoes Sliced Carrots Italian Bread Cake</p> 	<p>4</p> <p>Grilled Chicken Salad 1c. Creamy Potato Soup Wheat Bread Apple Cranberry Crisp</p>	<p>5</p> <p>Potato Crusted Fish Cheesy Twists Baked Beans Sandwich Roll Mandarin Oranges</p> 	<p>6</p> <p>Spaghetti Meatballs Toss Salad Breadstick Mixed Fruit</p> 	<p>7</p> <p>Mushroom Cheese Burger Potato Salad w/crackers Hamburger Roll Fresh Fruit</p>
<p>10</p> <p>Pulled Turkey & Stuffing / Gravy 1/2c. Whipped Potatoes 1/2c. Carrots 1/2c. Applesauce</p>	<p>11</p> <p>Warm Ham & Cheese Sandwich 1 c. Creamy Tomato Bisque Crackers Sandwich Roll Fresh Fruit</p> 	<p>12</p> <p>White Bean Chicken Chili-1 c. Broccoli 1/2c. Baked Potato WG Mini Biscuit Cookie</p>	<p>13</p> <p>Kielbasa/Kraut topping 1/2c. Cheesy Potatoes 1/2c. Green Beans Hot Dog roll Fresh Seasonal Fruit</p> 	<p>Happy Valentine's Day Lasagna 1c. Tossed Salad Breadstick Peaches</p>
<p>17</p>  <p>PRESIDENT'S DAY Closed</p>	<p>18</p> <p>Country Fried Chicken / Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit</p> 	<p>19</p> <p>Sloppy Joe Seasoned Potatoes Green Beans Sandwich Roll Mandarin Oranges</p> 	<p>20</p> <p>Chicken Alfredo Bowties 1c. Tossed Salad Italian Bread Pineapple</p>	<p>21</p> <p>Warm Roast Beef Sandwich Cheese & Au jus 1c. Vegetable Soup Crackers Sandwich Roll 1/2c. Mixed Fruit</p> 
<p>24</p> <p>Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll 1/2c. Pears</p>	<p>25</p> <p>Grilled Chicken Salad Fajita Chicken, Red Onion, Tomato, & Mozzarella Cheese 1c. Mixed Greens 1c. Wedding Soup / Crackers Dinner Roll 1/2c. Mandarin Oranges</p>	<p>Ash Wednesday Breaded Fish Sandwich Cheese & Lettuce 1/2c. Parsley Redskins 1/2c. Coleslaw Sandwich Roll 1/2c. Cinnamon Applesauce</p>	<p>27</p> <p>Pizza Tossed Salad Garlic Noodles Sherbet</p>	<p>28</p> <p>Baked Tuna Cake w/dill sauce 1/2c. White Rice 1 c. Tossed Salad Breadstick 1/2c. Peaches</p>
	 <p>*Menu Subject to Change*</p>		 	

New Menu Option Starting February 3rd!

You will now have a 2nd choice for lunch every day of the week at ALL senior centers.

If you don't like the protein (main entrée) you can swap it out for a sandwich!

Each week a different sandwich option will be available. You choose either the regular lunch option OR the sandwich option.

Week One: Egg Salad Sandwich
(All week Feb. 3-7)

Week Two: Ham Salad Sandwich
(All week Feb. 10-14)

Week Three: Chef Salad
(All week Feb. 17-21)

Week Four: Chicken Salad Sandwich
(All week Feb. 24-28)

Week Five: Tuna Salad Sandwich
(All week March 2-6)

The sandwich option will come with the sides on the menu for that day.

The menu then repeats every five weeks. Please ask your center coordinator if you have any questions. We are pleased to be able for the first time to offer **TWO meal options** at our Jefferson County senior centers!



Friday Fish Fry starting on February 28th at the Heritage House!

Choice of baked or fried fish, choice of potato, and coleslaw.

Eat-in or Take Out available –
CASH ONLY!

11:00am-1:00pm

Every Friday through March 27th

Regular senior center meal will also be available.

Meal prepared and served by the Nutrition Group, Inc. The Heritage House Senior Center nor the Area Agency on Aging is involved with this meal or the proceeds.

Crossword Answers

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



Brockwayville Depot Center
Address: 425 Alexander Street
Brockway, PA 15824
Coordinator: 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

2/11- Breakfast 7:30am-9:30am. Bacon & Eggs.

\$2.50 Donation. No reservation needed

2/13- Grocery Bingo is Back! 6:00PM *weather permitting. Call 265-1719 for more information

2/14- Valentine's Day

2/17- Closed for Presidents Day

2/25- Breakfast 7:30am-9:30am. Pancake & Sausage.

\$2.50 Donation. No reservation needed

2/25- AARP Driver's Refresher Course 10:00am-

2:00pm. Must register by calling 265-1719



Delicious breakfast made fresh the mornings of Feb. 11th and 25th 7:30am-9:30am.



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

**Continental Breakfast, Monday – Friday, 9:00am-11:00am
 (Unless, other activities are going on.)**

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.

2/2- Groundhog Day

2/5- New Crocheting Class

2/7- Send a Friend a card Day

2/10- AARP Driver safety class, Refresher Course, 10am – 2pm.

2/12- 10:00-11:00am JCAAA County Advisory

Meeting. Attend to learn more about the Ombudsman program and what’s happening at the Aging Office.

2/14- Happy Valentines Day

2/17- CENTER CLOSED Presidents Day

2/19- Crocheting Class

2/24- Samantha Schrecengost Talk on volunteering, 11:15am

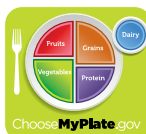


Please join us for breakfast.



United States Department of Agriculture

10
tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

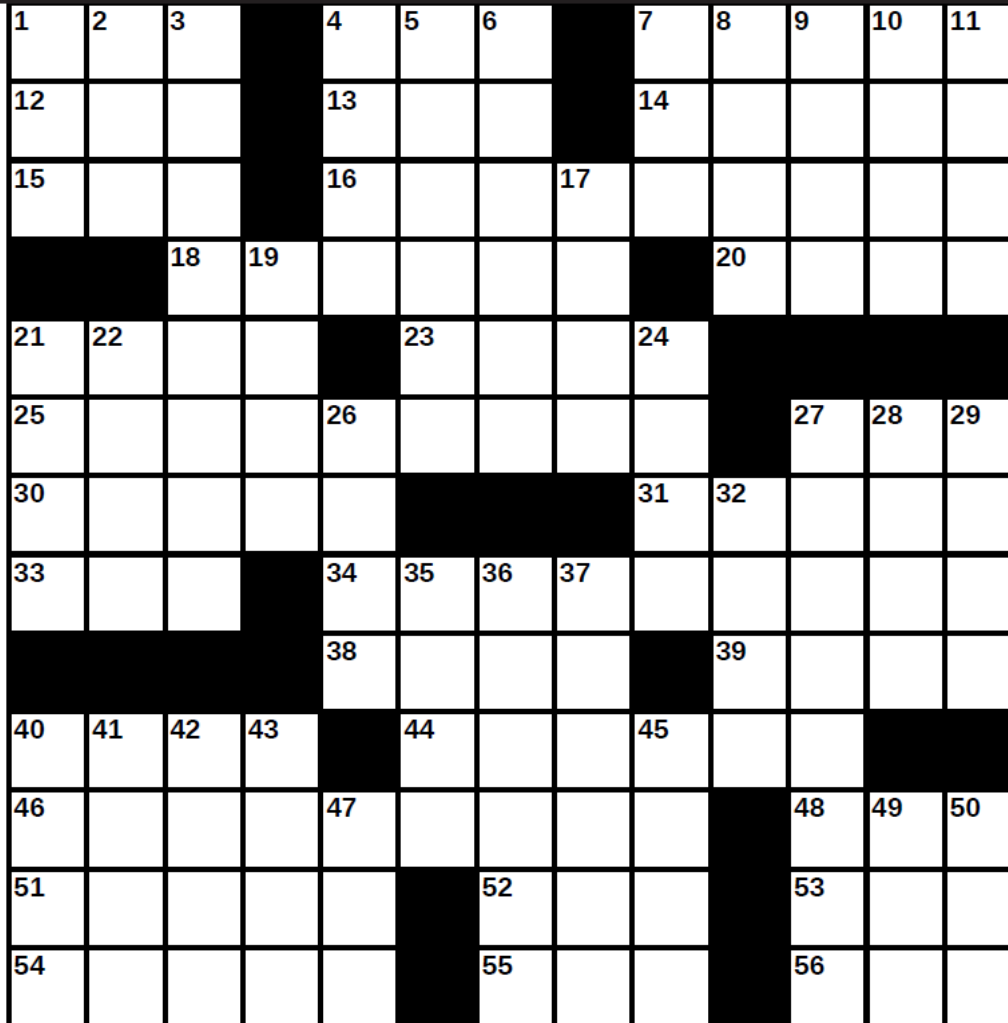
Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a “petite” size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

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. Sixth sense (abbr.)
2. Hawaiian necklace
3. Chinese language
4. Golf pegs
5. Rock's ____ Brothers
6. Make glad
7. CIA employee (abbr.)
8. Armed conflicts
9. Upon
10. Went by bus
11. Depicted
17. Scottish group
19. Occupied with
21. Roasting stick
22. Relinquish
24. School orgs.
26. Longing
27. Caveman's era (2 wds.)
28. Hammer or screwdriver
29. Military force
32. Gator's cousin
35. Shakespearean monarch
36. Like Swiss mountains
37. Of the backbone
40. Goad
41. Comedian Jay ____
42. Utilized
43. All-male party
45. Omelet ingredients
47. Spanish cheer
49. Paving liquid
50. Mariner's yes

ACROSS

- | | | |
|------------------------|---------------------------------|----------------------------|
| 1. Stately tree | 27. Amtrak stop (abbr.) | 53. Happy |
| 4. Dance like Astaire | 30. Simpleton | 54. Evade |
| 7. Prize | 31. Role player | 55. City trains |
| 12. Baltic, e.g. | 33. Knockout count | 56. Before, to Shakespeare |
| 13. House wing | 34. Teacher's workplace | |
| 14. Croc's kin | 38. SOS! | |
| 15. Bowling target | 39. Merely | |
| 16. Conducting contact | 40. Extra | |
| 18. Gloomy | 44. Each | |
| 20. Erupt | 46. Renovating | |
| 21. Read rapidly | 48. ____ glance (2 wds.) | |
| 23. Kin of PDQ | 51. Basketball's Shaquille ____ | |
| 25. Relevant | 52. Pester incessantly | |



Valentine's



Wordsearch

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

Arrow
 Chocolate
 Hearts
 Pink
 Red

Cupid
 Candy
 Cards
 Valentine
 Love

Hugs
 Flowers
 Purple
 Kiss