

THE SUNSHINE LINE



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**

Beware of Social Security Phone Scams



Securing today
and tomorrow

Telephone scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!**
3. **REPORT THE SCAM AT [OIG.SSA.GOV](https://oig.ssa.gov)**



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Any call asking you to pay a fine or debt with retail gift cards, cash, wire transfers, or pre-paid debit cards.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security Number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer



Be Active

Protect yourself and your friends and family!

- » If you receive a questionable call, just hang up and report the call at oig.ssa.gov
- » Learn more at oig.ssa.gov/scam
- » Share this information with others

Historical names for March include the Saxon Lentmonat, named after the March equinox and gradual lengthening of days, and the eventual namesake of Lent.



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.

**Oliver Township Center,
Will be Closed in March**
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 P R O G R A M



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



Employee Spotlight

Name: Mindy Sivanich

Job title: Ombudsman, APPRISE and back up I/A

Location: Main Office

How long have you worked for JCAAA: 13 years

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

Ombudsman, I visit the nursing homes and personal care home to ensure all long-term care residents live with dignity and respect.

APPRISE help consumers with their Medicare.

Information and Assistance, I help consumers receive services in their homes.

I help assist consumers with resources that will help them live a better life in the community.



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

I helped a consumer with Personal Center Counseling. It has been 4 years; since then the consumer and I have bonded. The consumer knows my direct line and will call whenever needing help.

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

I am married.

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

Vacation.

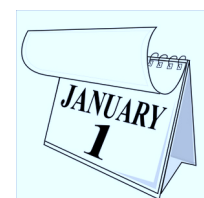
Don't Abbreviate 2020 on Checks or Official Documents

Getting used to writing a new year on your documents? For 2020, don't take a shortcut. Writing just "20" on checks or contracts could leave you open for fraud, experts say.

Auditors and lawyers around the country are advising people to write the full year out when writing the date. Instead of "1/1/20," writing "1/1/2020" will prevent people from adding numerals to the end, changing the date to "1/1/2019" or "1/1/2021."

While this may seem insignificant, the executive director of the National Association of Consumer Advocates, Ira Rheingold, told USA Today that a change could lead to falsified debts. "Say you agreed to make payments beginning on 1/15/20. The bad guy could theoretically establish that you began owing your obligation on 1/15/2019, and try to collect additional \$\$\$," he wrote.

Fraudsters could also change checks to a future date and collect the money when there isn't enough in your account. If the date is changed on a contract, criminals could claim the terms began the year before. The last time the first two digits and the last two digits were the same was 101 years ago, in 1919. This is good advice for EVERYTHING that you sign in 2020.





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

3/5- National Cheese Doodle Day

3/6- Bailey from WRC will be doing a wellness class starting at 9:30AM

3/17- National Corned Beef and Cabbage Day

3/17- Happy St. Patrick's Day

3/18- – Author David Taylor will speak about

his book on the History of Brookville and the

JCAAA will be giving two of his books away

3/24- National chocolate covered raisin day

3/25 – Needle point in Cafe starting at 10:30



**One of our card clubs
 enjoying lunch before the
 game starts. We welcome
 card groups to meet at the
 Heritage House during the
 week. You can bring snacks
 and drinks or help yourself
 to free coffee and water.**



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

Stop in for St. Patrick's Day Fun including the movie THE QUIET MAN – 10 am

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
Senior Exercise

3/4- AARP driver refresher course 1-4

(rescheduled from February 18)

3/4 – 10:00 – 11:00 – craft

3/11 – 10:00 – 11:00 – program on depression in seniors (tentative)

3/17 – St. Patrick's Day Fun including movie –
THE QUIET MAN – 10 am



Dave, Dixie and Dwight are very proud of their finished projects.

LUNCH MENU



MARCH



Jefferson

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Ziti / Meatballs Tossed Salad Breadstick Fruit	3 Chicken Caesar Club Creamy Broccoli Soup Sandwich Roll Pears	4 Salisbury Steak / Onion Gravy Cabbage & Noodles Carrots Wheat Bread Pineapple Delight	5 BBQ Pulled Pork 1/2c. Seasoned Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	6 Breaded Fish Sandwich 1/2c. Mac & Cheese 1/2c. Stewed tomatoes Sandwich Roll Fresh Fruit
9 Open Face Hot Turkey Sandwich 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce	10 Pizza Seasoned Potatoes Salad Sherbet	11 Chicken & Biscuit Mixed Vegetables Whole Grain Buttermilk Biscuit 1/2c. Peaches	12 Baked Meatloaf Marinara Garlic Whipped Potatoes Parmesan Corn Wheat Bread Pudding	13 Egg Salad Sandwich w/lettuce & tomato 1c. Creamy Cauliflower Soup w/crackers Sandwich Roll Fresh Seasonal Fruit
16 Center Cut Pork Loin Whipped Sweet Potatoes Lima Beans White Bread Sliced Apples	Happy St. Patricks Day! 1c. Corned Beef & Cabbage 1/2c. Parsley Redskins 1/2c. Carrots Dinner Roll 1/2c. Pistachio Fluff	18 Chicken Taco w/sour cream & lettuce 1/2c. Seasoned Corn & Blackbeans 1/2c. Seasoned Rice Soft Tortilla Shell Fresh Fruit	19 Meatballs Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Wax Beans Cinnamon Raisin Bread Pudding	20 Baked Tuna Patty w/dill sauce 1/2c. White Rice 1/2c. Peas Wheat Bread Fresh Fruit
23 Pot Roast /Gravy 1/2c. Whipped Potatoes 1/2c. Sliced Carrots Italian Bread Cookie	24 Mushroom Cheese Burger 1c. Creamy Potato Soup w/crackers Hamburger Roll Fresh Fruit	25 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread 1/2c. Warm Apple Cranberry Crisp	26 Swedish Meatballs (4) 1/2c. Egg Noodles 1/2c. Peas Wheat Bread 1/2c. Fruit	27 Potato Crusted Fish 1/2c. Cheesy Twists 1/2c. Baked Beans W/Dinner Roll 1/2c. Mandarin Oranges
30 Pulled Turkey & Stuffing w/gravy 1/2c. Whipped Potatoes 1/2c. Carrots 1/2c. Applesauce	31 Warm Ham & Cheese Sandwich 1 c. Creamy Tomato Bisque w/crackers Sandwich Roll Fresh Fruit		*Menu Subject to Change without notice*	

2nd Meal Option Continues!

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

March 2-6: Egg Salad Sandwich

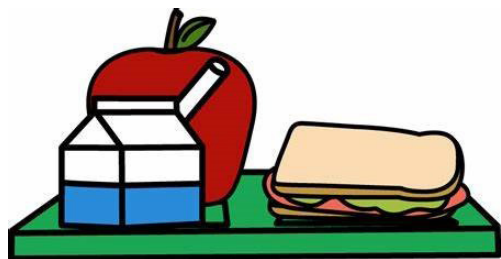
March 9-13: Ham Salad Sandwich

March 16-20: Chef Salad

March 23-27: Chicken Salad Sandwich

March 30-April 3: Tuna Salad Sandwich

The sandwich option will come with the sides on the menu for that day without the main entrée. Sign up for either the regular congregate meal or the sandwich option.

**Friday Fish Fry at the Heritage House!**

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

Eat-in or Take Out available –
\$9.00 (includes tax in this price)

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

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



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

3/10-Breakfast 7:30-9:30 donation \$2.50...no reservation required

3/18- BUS TRIP Seneca Alleghany Casino call for more info 265-1719

3/24- Breakfast 7:30-9:30 donation \$2.50...no reservation required

3/26- Grocery Bingo 6 PM cost \$3.00 per 20 game packet including specials

Upcoming Bus Trips:

March 18th Seneca Alleghany Casino leaving from The Depot

April 18th Seneca Alleghany Casino in conjunction with Community Action. Pick-up in Punxsy and Brockway

June 27th Celtic Fling & Highland Games leaving from The Depot

For more info contact Cheryl at The Depot 265-1719...also need some input on trips you would like to take!!!



VITA volunteer Rosalee Steele hard at work!



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.)

Chair Yoga is back Starting March 3rd 10:00-11:00am on Tuesdays.

Daily Activities

Mondays – Healthy Steps 10:30am

Jam Session 1:00pm

Tai Chi 6:00pm

Tuesdays – Computer Class 1:00pm,

Dominos 10:00am

Chair Yoga 10:00-11:00am.

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

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

3/2- Dr. Seuss's Birthday

3/4- Crocheting Class 1:00pm

3/17- Stephanie from WRC 11:30am

3/17- Board of Directors Mtg 11am-1:00pm Reyn.

3/18- Crocheting Class 1:00pm

3/19- Amy Fatula Talk 11am-12:00

3/19- Blood Pressure check 11:30

3/20- First Day of Spring

3/22- American Diabetes Alert Day

3/24- Chocolate covered raisin Day



Ethel and Nancy Volunteering



Delicious Cooking for One



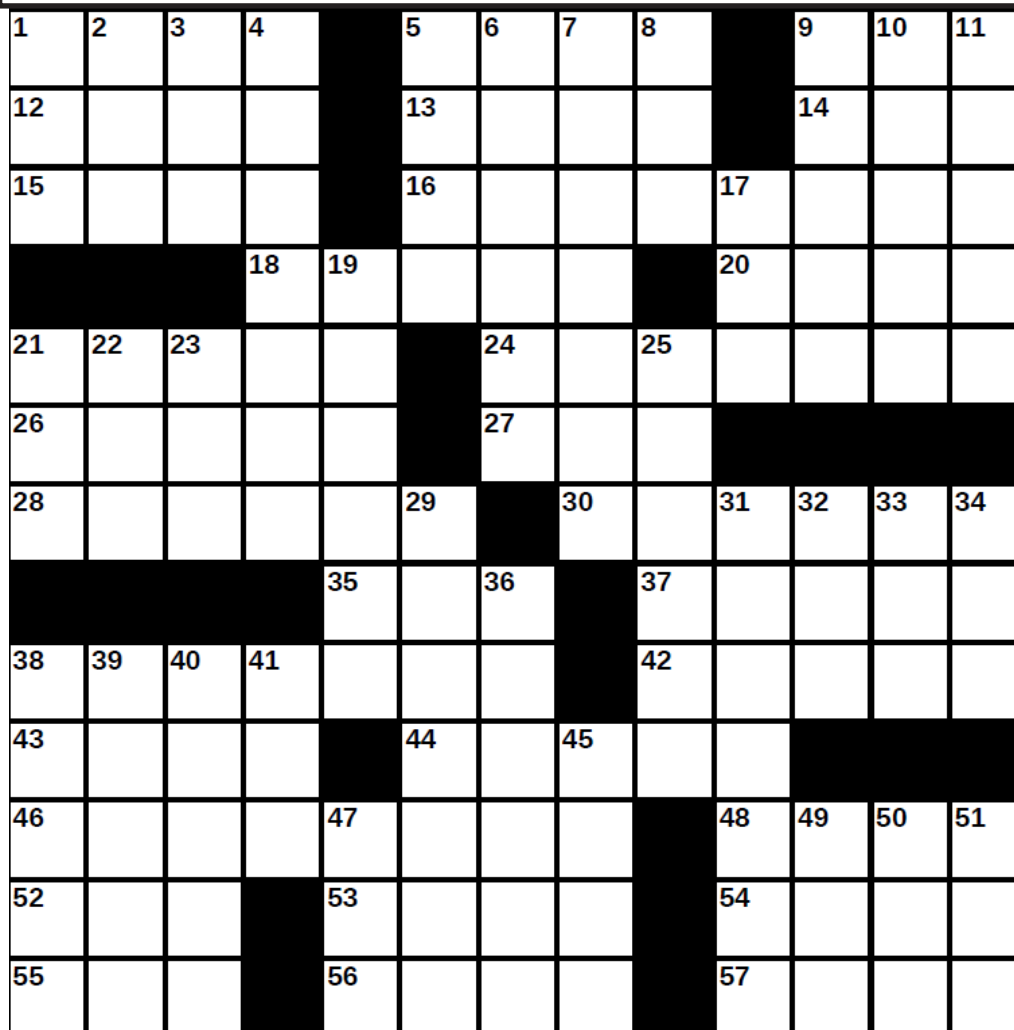
Taking just a few minutes to make a home-cooked dinner for yourself can be more deliciously satisfying than the same routine of heating packaged frozen dinners in the microwave night after night – and it can be done without washing lots of dishes! The trick is to have a few staples in the pantry and in the freezer. Here are some must-have meal-builders for fast and healthy meals for one:

Stock your pantry

Keeping tasty shelf-stable items on hand means cooking at home will be almost as easy as ordering take-out, but much more satisfying!

- **Canned tuna** – The American Heart Association recommends eating fish – preferably oily fish that contain omega-3 fatty acids – at least twice a week. Canned light tuna can help you meet those recommendations! Tuna is the go-to sandwich maker, but it can also be stirred into low-sodium pasta sauce along with some chopped peppers and some paprika for a Spanish sauce. Jazz up your tuna salad

Seniors - If you or someone you know is being subjected to abuse, neglect or exploitation, contact JCAAA for emergencies 24 hours a day at 1-800-852-8036.



DOWN

1. Total up
2. Oahu garland
3. Min. part
4. Italian herb
5. Regrets
6. Except if
7. Naps
8. And so forth (abbr.)
9. Hazard
10. Wear away
11. Principle
17. Roofing goo
19. Cautions
21. ____ Cruces
22. Bullfight cry
23. Pro's opposite
25. Admittance
29. Insect's feeler
31. New ____, Louisiana
32. Bind
33. Polar sight
34. Egyptian cobra
36. Oppressive ruler
38. Breathing
39. Short skirts
40. Short messages
41. Compass point (abbr.)
45. Pub potables
47. Crash into
49. Gardening tool
50. Make a choice
51. Certainly!

ACROSS

1. Plus
5. Pretense
9. Goldfish, e.g.
12. Antlered animal
13. Army division
14. Keats' "before"
15. Gaming cubes
16. Atom part
18. Freon and oxygen
20. Helper
21. In the area
24. Hollywood hopeful
26. Without company
27. Cul-de-____
28. Madrid matron
30. Nova ____
35. Explosive letters
37. Roberts and Clapton
38. Pardon
42. Slumber
43. Roaring feline
44. Make disappear
46. ____ Revenue Service
48. Sailor's cry
52. Strive
53. "The Diary of ____ Frank"
54. Informal denial
55. 19th letter
56. Wrestling pads
57. Groups



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT | 6. SHAMROCK | 10. LUCK | 14. RAINBOW |
| 3. PATRICK | 7. FOUR | 11. POT | 15. MARCH |
| 4. IRISH | 8. LEAF | 12. GOLD | 16. SEVENTEEN |