

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**

Jefferson County Area Agency on Aging Four Year Plan Update



On June 18th we hosted our first ever virtual public meeting to discuss our 2020-2024 Four Year Area Plan. 21 people joined in on the call including community members and providers to provide feedback on this plan. Molly McNutt, executive director, shared “every four years each Area Agency on Aging in Pennsylvania is required to complete a Four Year Area Plan for their service area. This plan will cover the four-year period of October 1, 2020 through September 30, 2024.

We conducted a survey and received information back from 200 consumers currently receiving services through our agency that includes senior centers, home delivered meal, and in-home services.

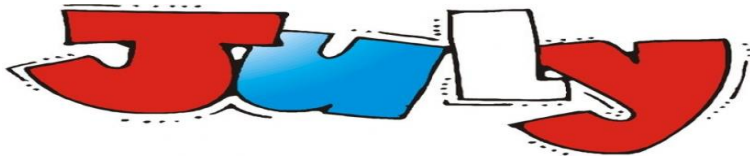
The feedback we received from the survey’s provided 3 overall main concerns.

- Caring for oneself as they aged
- Remaining independent
- Managing health concerns

A lot of planning and strategizing goes into our area plan that includes reviewing statistical data, population projections, and focus areas under the Older Americans Act and Administration on Community Living.

Our goals are the same five goals the PA Department of Aging is focused on over the next four years. The objectives and strategies are specific to Jefferson County. The goals for the next four years are:

1. Strengthen aging network’s capacity, promote innovation and best practices, and build efficiencies to respond to the growing and diversity in aging population.
2. Establish and enhance efforts to support healthy living, active engagement and a sense of community for all older Pennsylvanians.
3. Emphasize a citizen-first culture that provide outreach, embraces diversity, and honors individual choice.
4. Protect older adults and ensure their safety and dignity by raising awareness of and responding effectively to incidences of abuse, injury, exploitation, violence and neglect.
5. Improve services for older adults and the ability to advocate for them by using evidence-informed planning, committing to data integrity and being accountable for results.



Jefferson

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Menu Subject to Change	1 Spaghetti & Meatballs (4) W/Marinara 3/4c. Pasta W/Sauce 1c. Tossed Salad W/Dressing Italian Bread 1/2c. Pineapple Birthday Cake	2 Holiday Special BBQ Chicken Breast 1/2c. Potato Salad 1/2c. Baked Beans WG Dinner Roll Warm Apple Crisp	3 
7 Maple Dijon Salmon 1/2c. Garlic Buttered Orzo 1/2c. Peas Wheat Bread 1/2c. Pineapple & Cherries	8 Ribette 1c. Summer Potato & Corn Chowder W/Crackers Cornbread Square Fresh Fruit	9 Roasted Pork w/gravy 1/2c. Sauerkraut 1/2c. Whipped Potatoes White Bread Applesauce Cake	10 Grilled Chicken Salad (Fajita chicken, Cheddar, Tomato, Cucumber) Over 1c. Mixed Greens W/Dressing 1c. Tortilla Soup W/Crackers WG Dinner Roll Fresh Fruit
14 Warm Monte Cristo Sandwich (Ham & Cheese On Fr. Toast Rounds) 1/2c. Parsley Potatoes 1/2c. Mixed Vegetables 2 French Toast Round W/Syrup 1/2c. Tropical Fruit	15 Chicken & Dumplings-1c. 1/2c. Pepper Slaw WG Biscuit 1/2c. Warm Cinnamon Apples	16 Breaded Fish Square 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes White Bread Fresh Fruit	17 Turkey Chef Salad (Turkey, Cheddar, Hard B. Egg) 1c. Tossed salad w/Cucumber 1c. Creamy Cauliflower Soup W/Crackers WG Dinner Roll 1/2c. Mixed Fruit
21 Beef Burgundy 1/2c. Bowtie Noodles 1/2c. Coin Carrots Wheat Bread Fresh Orange	22 Chili Cheese Hot Dog (2oz Chili, .5 oz Cheddar) 1/2c. Baked Potato 1/2c. Green Beans Hot Dog Roll 1/2c. Cinnamon Applesauce	23 Grilled Chicken Caesar Salad 1c. Mixed Greens (W/ Diced Chicken, Parmesan, Tomato, Croutons, Drs) 1c. Pasta Florentine Soup W/Crackers WG Dinner Roll 1/2c. Mixed Fruit	24 Orange Glazed Pork Loin 1/2c. Blended Rice 1/2c. California Blend Wheat Bread 1/2. Pineapple Tidbits
28 Baked Ham w/Raisin Sauce 1/2c. Whipped Sweet Potatoes 1/2c. Beets Wheat Bread Cookie	29 BBQ Glazed Turkey Burger W/Cheddar 1c. Creamy Broccoli Soup W/Crackers Sandwich Roll Fresh Fruit	30 Mushroom Swiss Burger Potato Salad 1/2c. Creamy Coleslaw Sandwich Roll 1/2c. Mixed Fruit	31 Roasted Pork Loin w/Gravy 3 oz. Stuffing 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables 1/2c. Sliced Apples

Employee Profile

Name: Holly Wensel

Job title: Option Care Manager

Location: Main office

How long have you worked for JCAAA: 5 Years total 3 Years Full Time.

Education and School Where Attended: I have a bachelor's degree in Human Development and Family Studies from Penn State DuBois

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

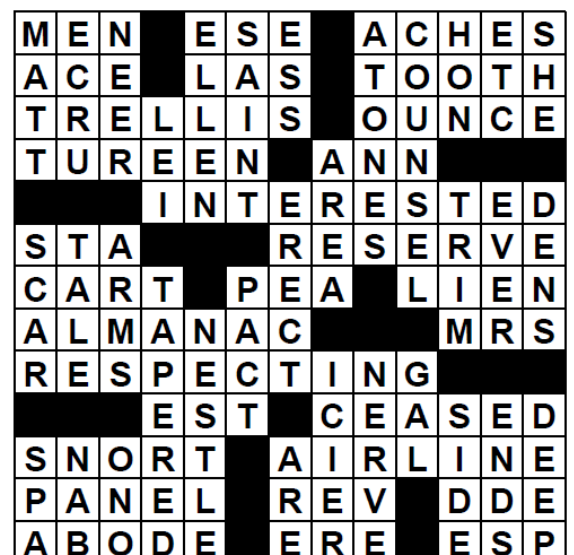
My days vary from completing in home assessment with new and current consumers to working on write ups in the office.

What is your most rewarding or satisfying experience in your work or volunteer history: There is not one particular time that stands out to me. I would say just being able to help our local seniors.

What is your proudest moment since you joined JCAAA: All the times when I was able to assist consumers with getting the services they need.

Please tell us about the significant people in your personal life: I have been with my boyfriend Adam for about 2 and half years. We have 3 spunky girls between us Sydney, Lexi and Paition. We have a German Shepard named Samantha and a cat named Puss.

What do you do when you're not at work? Tell us about any activities or hobbies you enjoy:
You can most likely find me at home or spending time with friends.





2020 Senior Picnic – Postponed!

Please save the date for the 2020 Senior Picnic to happen on September 17th. The event will be held at the Jefferson County Fairgrounds. More information coming soon!

Brockwayville Depot

It is great to be back with our new normal.

The hours at The Depot will still be 9-2 and we will be practicing social distancing.

Lunch will be served at noon with a limit of 29 people. Take outs will be served at 12:30. Reservations for lunch should be made the day prior to you attending.

Unfortunately, at this time we will not be starting exercise classes until further notice. Also, there will be no extra activities (grocery bingo, dances and bus trips) until we decide it is safe for our consumers. There will be Bingo after lunch on Tuesday and Thursday, also you will be able to shoot pool from 9-11 through the week if we all maintain social distancing.

Please call with any questions or concerns 265-1719.

Hello Punxsutawney Center!

You have been missed!

Due to the current situation, social distancing and space requirement, the Center will not be offering dine-in meals until further notice. I will be in the Center helping with rent rebate applications and other clerical duties by appointment only.

We will be offering takeout meals to our current consumers beginning July 1st. The menu is in the July Sunshine Line newsletter and I will post the menu on door. You can call me at 814-938-8376 to reserve your meal. As before, the meal must be ordered one day in advance. When you reserve your lunch, I will give you pickup instructions. The suggested donation for those 60 and older remains \$2.50. Please place your donation in an envelope.

It is my hope we can as a group take advantage of the outdoor activities happening in town this summer. I am working on a plan and will keep you informed. If you have any suggestions, I will be happy to hear them. Remain healthy and safe.

Heritage House

Hello, I am so excited to welcome everyone back to the Heritage House on July 1, 2020! We will only be serving lunch for the first two weeks of opening and will be slowly resuming some activities the week of July 22, 2020.

If you would like to participate in lunch please call at least one day in advance to reserve a lunch due to the limited amount allowed in the dining room at this time. Take out will be available from 12:30 pm until 1:00 pm for those wishing not to eat at the Heritage House or if we reach the maximum amount of people allowed in the dining room at this time. I am really looking forward to seeing everyone very soon!

Welcome Back!!! We are so excited to have everyone back, to the Foundry.

We will open on July 1, 2020 with some limited guidelines.

This is for the protection of each person that comes into the building. Please, work with us and be patient. We will get through this together.

- Center will open at 9:00am. For programs with limited capacity. Example: exercise, yoga and Bingo.
- Center will open at 10:00am for socialization and lunch with limited seating.
- Lunch will be served from 12:00pm – 1:00pm.
- There will be an option of take-out meals served from 12:30- 1:00pm only.
- ALL meals must be PRE-Registered the day prior by 1:00pm. Please, no exceptions.
- Afternoon, programs will be from 1:30pm -3:30pm or 2:00pm – 4:00pm. Examples: Computer class, crocheting, painting, etc.
- Evening programs will continue with guidelines also.

If you have any questions, please contact Pete or Mary.

The Foundry's Drive-thru picnic on
6/12.
Beautiful weather and delicious
food!



Farmer Market Vouchers

The Senior Farmer's Market Nutrition Program will be offered again this year to eligible Jefferson County Seniors. This program is made possible through the PA Department of Agriculture, Bureau of Food Distribution. Jefferson County Area Agency on Aging will be administering the program starting June 1, 2020. This program provides \$24.00 in vouchers free to eligible older adults (an increase of \$4 per person). The purpose is to encourage older consumers to eat more fresh fruits and vegetables by local growers who make their produce available at farmer's markets.

Health experts recommend eating five or more fruits and vegetables every day for better health. This program does not only benefit the seniors, but it benefits the farmers as well. Good nutrition is a critical factor in the health and wellbeing of senior citizens.

There will be no in-person pick-up available this year at any location.

We are required to complete all paperwork through the mail, email, or fax. Please use the form on the following page and submit to us. Once we have this form, we will mail you the SFMNP checks.

Jefferson County Area Agency on Aging
Attn: SFMNP
186 Main St. Ste. 2
Brookville, PA 15825

Fax: 814-849-3232

Or email: azeitler@jcaaaa.org

If you have any questions, please do not hesitate to call us at 814-849-3096 or any of our senior centers:

Brockway Depot	814-265-1719
Brookville Heritage House	814-849-3391
Reynoldsville Foundry	814-653-2522
Punxy Area	814-938-8376

For office use only
Application _____

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2020 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2020) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below 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.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$23,606 for 1 person in the household; or \$31,894 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2020).

1st Participant Name (print): _____ Birth date _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ County you live in _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
 Native Hawaiian or other Pacific Islander White

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 30, 2020 to:

ATTN: SFMNP - 186 Main Street Suite 2, Brookville PA 15825

Email to azeitler@jcaaa.org

Fax -814-849-3232

Please see back for USDA Nondiscrimination Statement

Fourth of July

WORD SEARCH

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

United States

Liberty

States

Parade

Independence

America

Stars

Flag

Revolution

Freedom

Flag

Summer

Fireworks

Picnic

Patriotic

July

*Welcome to Punxsutawney,
Welcome to Summer*

MUSIC

IN THE PARK 2020



DOWNTOWN PUNXSUTAWNEY • BARCLAY SQUARE

FREE ADMISSION • THURSDAY EVENINGS

DATE	PERFORMERS	GENRE
July 9, 5:30-7 p.m.	Rusty Joe Band	Joe Pascuzzo & Rusty Timblin perform Classic Rock and Oldies
July 9, 7-8:30 p.m.	B "n" B Acoustic	Local favorites perform Classic & Contemporary Light Rock
July 16, 6:30-8:30 p.m.	Billy and the Neptunes	Rockabilly/Oldies & Re-Stylized Classics
July 23, 6:30-8:30 p.m.	Mikey Dee	All Style/Polka
July 30, 6:30-8:30 p.m.	Moore Brothers	Variety
August 6, 6:30-8:30 p.m.	Sharptones	50's, 60's & 70's Classics
August 13, 6:30-8:30	Almost Mulberry (Local favorites, formerly the Barstool Boys)	Soft Rock & Classic Oldies

BRING YOUR LAWN CHAIR

In case of inclement weather, concerts will be held at the Punxsutawney Area Community Center

With the support of the Punxsutawney Borough Police Department

*Fourth of July***WORD SCRAMBLE**

WFORRIESK _____

PEIEDDEENCNN _____

DAREPA _____

EFOMEDR _____

FGLA _____

NPCCII _____

URMSEM _____

EIBTLR _____

ERACMA _____

NITEUD STTSEA _____

JUYL _____

SASTTE _____

RTILEVOONU _____

PTTOIARCI _____

RASTS _____

Redbank Valley Rail Trail

The Redbank Valley Trail follows a rail corridor developed by the Allegheny Valley Railroad in 1872 to carry passengers, coal, and lumber to Pittsburgh and beyond. Passenger service along the line stopped in the 1940s, while freight continued until the rails were removed in 2007. The corridor now carries trail users along the forested banks of Redbank Creek for more than 41 miles to the Allegheny River and along a 9-mile perpendicular spur to Sligo.



The trail is part of the Industrial Heartland Trails Coalition's developing 1,500-mile trail network through Pennsylvania, West Virginia, Ohio, and New York.

Grades along the pathway are around 1%, making for a pleasant journey. Cellular service is somewhat limited along the mostly rural trail, and there are long stretches without drinking water or restrooms, so be sure to carry plenty of water with you. You'll also want to bring a good light if you plan on visiting the Climax or Long Point Tunnels.

Brookville to Rimersburg/Sligo Spur: 36.2 miles

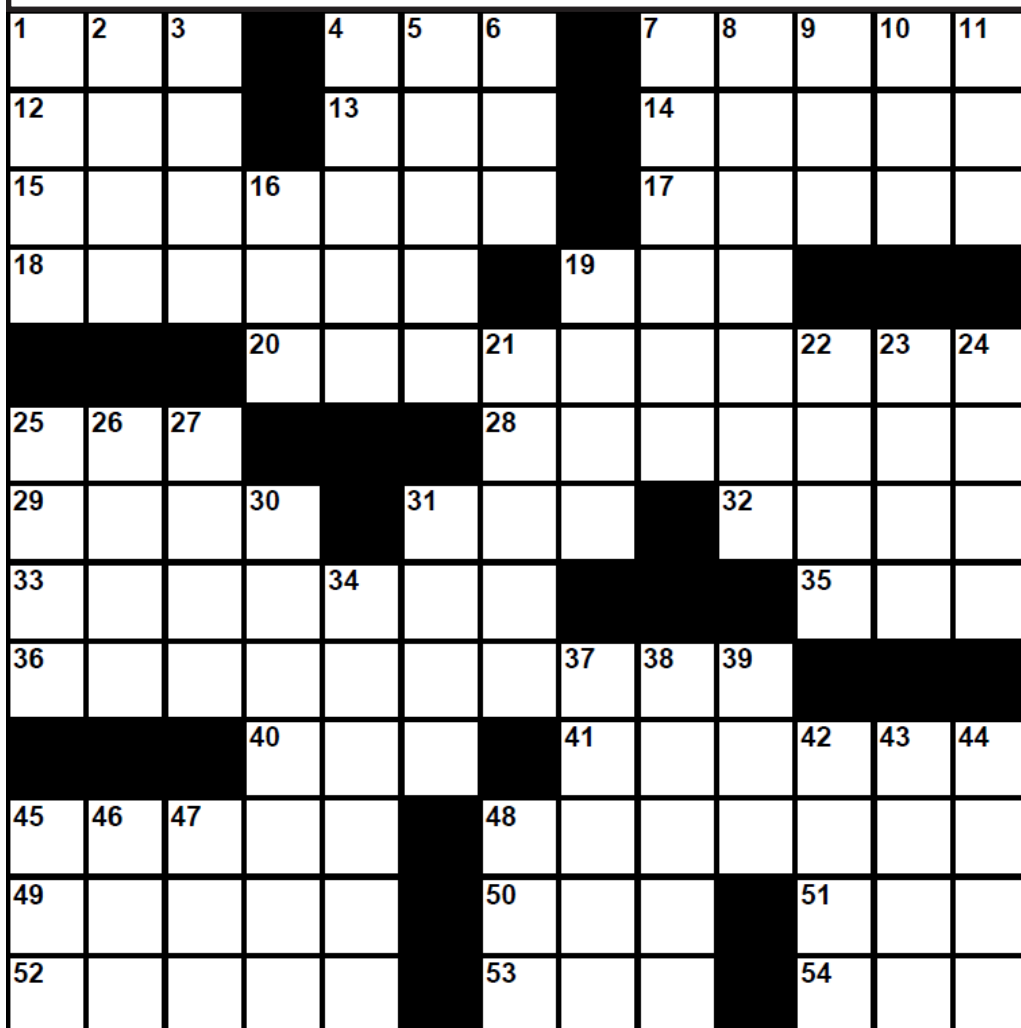
You can begin your journey in Brookville at a parking lot just off of SR 36/South White Street, across from a grocery store. From the parking lot, the short Depot Street Spur will bring you to the main railway corridor in less than a mile. Here, you'll bear right onto a well-maintained crushed-limestone surface along Redbank Creek. To the left, a short, currently closed, segment of trail heads over a bridge to a closed tunnel and portion of trail that will eventually extend to Second Street in Brookville. There are currently no plans to reopen this trail; please do not enter the tunnel for your own safety.

Summertime heat is greatly reduced as the trail heads through a cut into a limestone hill just past mile 5.5. Thermometers here and at a bridge just a few hundred yards away indicate the difference in temperature. In 2 miles, the Summerville trailhead—the site of the town's old railroad station—offers parking, a portable toilet, and a map kiosk. The trail meanders mostly through forested and rural areas for the next 8 miles, after which you'll pass through the small communities of Mayport, Hawthorn, and Alcola. In Fairmount City, in the spring of 2019, the trail managers reopened a 0.4-mile section of trail between Middle Run Road and Fairmount Avenue, which had been closed for redevelopment.

Continuing 4 miles on the trail along the creek, you'll travel through New Bethlehem and then more woods before entering the impressive 517-foot Climax Tunnel, built in 1872 and renovated and reopened to the public in 2018. As the trail meanders back to the east, you'll pass a large sculpture of a hand with two bright-red cardinals. Just past mile 33, you'll reach a camp shelter featuring a sheltered picnic table, permanent pit toilet, and bike repair station. Dubbed Ray's Place, the Adirondack shelter was established in 2016 as a memorial to one of the trail's dedicated volunteers. Just beyond lies the entrance to the 640-foot Long Point Tunnel. As the tunnel has yet to be reinforced or improved, travelers are advised to use good lights.

CROSSWORD

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. Actor ____ Damon
2. Light tan
3. Poetic contraction
4. Actress ____ Burstyn
5. Holy person
6. Hazardous curve
7. Repents
8. Advise
9. Sweetie
10. List abbr.
11. That female
16. Hawaiian wreath
19. ____ code
21. Construct
22. Prune the hedges
23. Happily ____ after
24. Lions' lairs
25. Injury memento
26. Narrative
27. Upper limbs
30. Narrowed gradually
31. Agreement
34. Cuddle
37. Colder
38. Boldness
39. Guy's companion
42. Aspect
43. Finales
44. Profound
45. Exercise club
46. Snatch
47. Artist Yoko ____
48. How ____ you?

ACROSS

1. Chaps
4. Wind dir.
7. Hurts
12. Air hero
13. "Viva ____ Vegas"
14. Incisor, e.g.
15. Vine support
17. Pound part
18. Soup vessel
19. Dancer ____ Miller
20. Intrigued
25. Bus terminal (abbr.)

28. Federal ____ Bank
29. Small wagon
31. Round vegetable
32. Debtor's burden
33. Yearly publication
35. "____ Doubtfire"
36. Honoring
40. RI time zone
41. Halted
45. Scornful sound
48. Delta or United
49. Wall board
50. Clergy mem.
51. Ike's monogram
52. Residence

53. Lyrical "before"
54. Psychic inits.