

THE SUNSHINE LINE



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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**



At the Jefferson County Area Agency on Aging, ongoing learning and training is a top priority. During the pandemic, our staff focused a lot of time on staying up to date

with trainings to further their education as social service care managers.

The National Academy of Certified Care Managers (NACCM) is a program that qualifying individuals can become certified in that ensures competence in the area of care management.

The purpose of certification is to recognize skills, encourage continued personal and professional growth, and establish a level of knowledge that assists employers, consumers, the public, and members of the health profession.

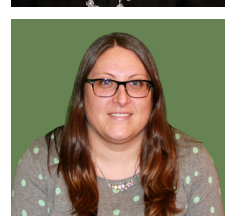
Currently, JCAAA has five NACCM staff with two more waiting to take the exam. Those certified include Cheryl Muders, Annette Town, Jodi Shaffer, Megan Manson, and Nicole McGee. Candy Parson and Holly Wensel will become certified as soon as testing centers reopen.

To become certified an individual must:

- Have a Bachelor's degree in a field related to care management and;
- Have two years of care management experience and;
- Pass an examination (can take up to four hours to complete) taken at a certified testing site.

The care manager then completes recertification every three (3) years.

Having highly qualified staff ensures that older adults in Jefferson County are receiving the best care management services possible. We are very proud of the hard work each of our staff members do every day.



Top to Bottom: Cheryl, Annette, Megan Manson, Candy, Jodi Shaffer, Nicole, Holly



augUST

Jefferson

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Garlic Butter Flounder Fillet 1/2c. Tuscan Mac & Cheese 1/2c. Italian Green Beans Wheat Bread 1/2c. Pineapple</p>	<p>4</p> <p>Salisbury Steak w/Gravy 1/2c. Cheddar Whipped Potatoes 1/2c. Corn & Pimentos White Bread 1/2c. Pears</p>	<p>5</p> <p>Gnocchi Gratin w/Ham 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Warm Cinnamon Applesauce</p>	<p>6</p> <p>Baked Porcupine Ball w/tomato sauce 1/2c. Garlic Whipped Potatoes 1/2c. Coin Carrots WG Dinner Roll Strawberry Shortcake</p>	<p>7</p> <p>Mild Buffalo Chicken Salad Sandwich w/Shredded Lettuce 1c. Baked Potato Soup w/Crackers Sandwich Roll Fresh Melon</p>
<p>10</p> <p>Cheeseburger 1/2c. BBQ ButterBeans 1/2c. Macaroni Salad Sandwich Roll Fresh Cantaloupe</p>	<p>11</p> <p>Parmesan Chicken Over 3/4c. Lemon Asparagus Pasta 1c. Tossed Salad w/tomato & drs Italian Bread 1/2c. Applesauce</p>	<p>12</p> <p>Pulled Pork Sandwich 1/2c. Hawaiian Coleslaw 1/2c. Ranch Potatoes Sandwich Roll Cookie</p>	<p>13</p> <p>Chicken Cobb Salad (diced chicken, egg, bacon bit, cheddar over 1c. Mixed greens) 1c. Barley Vegetable Soup w/crk WG Dinner Roll 1/2c. Sunset Peaches</p>	<p>14</p> <p>Pot Roast 1/2c. Whipped Potato & Gravy 1/2c. Carrots Wheat Bread 1/2c. Sliced Pears</p>
<p>17</p> <p>Sweet Sausage Minestrone (peppers, onions, zucchini, tomatoes) Over 3/4c. Bowties 1c. Tossed Salad w/cucumber & drs WG Dinner Roll Fresh Watermelon</p>	<p>18</p> <p>Roasted Pork w/Mushroom Sauce 1/2c. Rice Pilaf 1/2c. Green Beans Wheat Bread 1/2c. Pineapple Delight</p>	<p>19</p> <p>Baked Meatloaf w/gravy 1/2c. Baked Potato w/margarine 1/2c. Wax Beans Wheat Bread Cookie</p>	<p>20</p> <p>Tuna Salad Sandwich w/lettuce & tomato 1c. Lentil Soup w/Crackers Sandwich Roll Fresh Orange</p>	<p>21</p> <p>Baked Breaded Chicken Cutlet 1/2c. Scalloped Potatoes 1/2c. Tomato & Cucumber Salad White Bread 1/2c. Fruited Gelatin</p>
<p>24</p> <p>Baked Ham w/Raisin Sauce 1/2c. Whipped Sweet Potatoes 1/2c. Beets Wheat Bread Cookie</p>	<p>25</p> <p>Spaghetti & Meatballs (4) w/ marinara 3/4c. Pasta w/sauce 1c. Tossed Salad w/dressing Italian Bread 1/2c. Pineapple</p>	<p>26</p> <p>Warm Roast Beef Sandwich w/cheese 1/2c. Roasted Parmesan Redskins 1/2c. Carrots Sandwich Roll Fresh Banana</p>	<p>27</p> <p>Chicken Scallopini 1/2c. Blended Rice 1/2c. Brussel Sprouts Wheat Bread 1/2c. Applesauce</p>	<p>28</p> <p>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</p>
<p>31</p> <p>Maple Dijon Salmon 1/2c. Garlic Buttered Orzo 1/2c. Mixed Vegetables Wheat Bread 1/2c. Pineapple & Cherries</p>			<p>*Menu Subject to Change</p>	<p>The Nutrition Group</p>

Employee Profile**Name:** Molly McNutt**Job title:** Executive Director**How long have you worked for JCAAA:** 9 years**Education and School Where Attended:** Brookville Area High School, Pennsylvania College of Technology (A.S. Floral Design & Interior Plantscape 2005), and Penn State University (B.A. Letters, Arts, and Sciences 2015).**Certifications:** Professional in Human Resource Management (2014), Leadership Development Institute graduate (2017), Cornell University Women in Leadership (2020).**What is involved in your day-to-day activities in your current position?**

In my position, I oversee all aspects of the area agency on aging operations. From building maintenance to the annual budget and everything in between. I am usually in my office looking at short term and long-term plans that need attention. Right now, we are finishing up our 2020-2024 Four Year Annual Plan. I like to make trips to the senior centers to have lunch and see how everyone is doing. There are always changes happening at the State and Federal level which require me to stay up-to-date and connect the management team on issues. We have a great team of employees that make coming to work fun and enjoyable!

Tell us about your most rewarding or satisfying experience in your work or volunteer history:

One of the most rewarding projects I completed was the agreement with the Area Transportation Authority to provide transportation for seniors in Jefferson County in 2016. Prior to this, seniors did not have free transportation for medical appointments or to our senior centers. Since 2016 JCAAA has provided over 14,660 free trips for seniors.

I volunteer for a retired greyhound rescue called Nittany Greyhounds. These dogs are “retired” from the racetrack and have not had the best life up until their retirement. I have spent many hours cleaning kennels, walking dogs, providing ear scratches, and most recently fostering a three-year-old greyhound who now has a loving home with a couple in Dubois.

Tell us about the significant people in your life:

I am married to my high school sweetheart Jon Rollinger. We have been married for four years and have been together a total of twenty years. We have two whippets named Honcho and Chief. Our dogs bring us so much happiness. I also have two nephews and two nieces that I adore! I spend a lot of time with my family and we try to make time to enjoy Sunday dinners together.

What do you do when you are not at work?

I enjoy walking my two pups, gardening, cooking new recipes, traveling, spending time with my family, and enjoying a cold drink on my front porch.



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!

We regret to inform you that the 2020 Senior Picnic at the Jefferson County Fairgrounds has been cancelled.

We look forward to hosting this event each year and know how much you all enjoy attending for the giveaways, health screenings, fellowship, and lunch.

Due to the current restrictions and our goal to keep everyone safe, we decided to cancel the event this year.

Thank you for your understanding.



JEFFERSON COUNTY
AREA AGENCY ON AGING

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Brockway Depot Senior Center

As we go into our second month of being open we will continue to social distancing, wearing masks, as well as washing of our hands (singing Happy Birthday twice) and sanitizing frequently touched surfaces. We are open 9-2 Monday through Friday. Please come in and socialize. Play Bingo at 12:30 on Tuesday and Thursday AND of course have lunch at Noon (reservation is required the day before).

At this time, we will not start the exercise programs or have evening activities at the center. We will be hosting a Red Cross Blood Drive on Tuesday August 4th from 12pm-6pm. You can sign-up to donate by visiting www.redcross.org

Farmer Market Vouchers are still available. You must first fill out an application (available for pick-up at the Depot) and then receive your check in the mail.

Stay SAFE...Stay SMART

Brookville Heritage House Senior Center

Hello, it is wonderful to have everyone back! The Heritage House will continue to serve dine in lunches at 12 pm and take out lunches at 12:30 pm. A lunch must be reserved at least one day in advance, no exceptions! The exercise room is now open but is limited to four people at time. Social distancing must be practiced at all times as well as wearing masks while in the building. Please call with any questions or concerns you may have.

Thank you, Jodie

Punxy Area Senior Center

Hello Punxsutawney Consumers! I have great news!

Effective Monday August 3, 2020 we will begin to serve congregate meals in the center. We can gather, break bread together, and listen to our music. As a maximum of 8 individuals permitted in the center at one time, we may stagger lunch times. When I know more, I will let you know. I have missed you and look forward to chatting with you again. Thank you for your patience. The same rules apply, lunches must be preordered.

Debbie.

Reynoldsville Foundry Senior Center

Welcome Back! We are so excited to have everyone back to the Foundry. So happy to see smiling faces again! PLEASE keep in mind we are still doing social distancing. No more than 18 people at a time in the social hall. WEAR your mask. This is for the protection of each person that comes into the building.

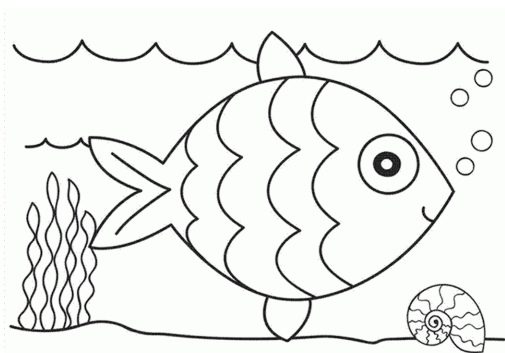
Please work with us we appreciate your patience.

We will get through this together.

Check out our menu for new items. We continue to serve lunch Monday through Friday at noon. Take out is available at 12:30pm.

Please contact Mary with any questions.





Our Home Delivered Meal recipients will have something new to look forward to! The Brookville YMCA daycare program will be coloring pictures that you will receive with your weekly box delivery. The kids love to color so we are sure they will look great on your refrigerator!

Zucchini Boats

Ingredients

2 medium zucchini (about 8 inches)
3/4 pound ground beef
1 small onion, chopped
1/2 cup chopped fresh mushrooms
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
1 cup shredded cheddar cheese, divided
2 tablespoons ketchup
Salt and pepper to taste



Directions

1. Trim the ends off zucchini. Cut zucchini in half lengthwise; scoop out pulp, leaving 1/2-in. shells. Finely chop pulp.
2. In a skillet, cook beef, zucchini pulp, onion, mushrooms and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add 1/2 cup cheese, ketchup, salt and pepper; mix well. Spoon into the zucchini shells. Place in a greased 13x9-in. baking dish. Sprinkle with remaining cheese.
3. Bake, uncovered, at 350° until zucchini is tender, 25-30 minutes.

7 August 2020 FARMER'S MARKET

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

WORD SEARCH

ICE CREAM FLAVORS WORD SEARCH PUZZLE



BLACK CHERRY

COOKIES AND CREAM

MOOSE TRACKS

PRALINE PECAN

BUBBLE GUM

COTTON CANDY

NEAPOLITAN

RAINBOW SHERBET

BUTTER PECAN

FRENCH VANILLA

NUTTY COCONUT

ROCKY ROAD

CHOCOLATE CHIP

MINT CHIP

PEANUT BUTTER CUP

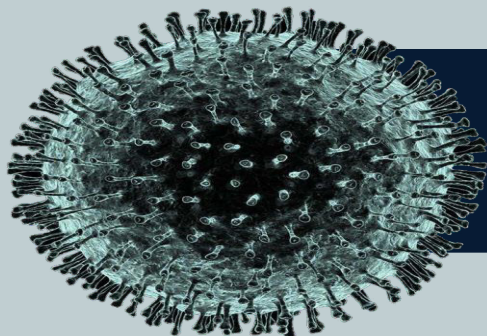
STRAWBERRY

COOKIE DOUGH

MOCHA ALMOND FUDGE

PISTACHIO ALMOND

VANILLA BEAN



Protect Yourself From Coronavirus Scams and Fraud

What Can You Do?

As the COVID-19 pandemic grows, **so do the scams associated with it.** Because older adults are at greater risk for serious illness from COVID-19, scammers may target older populations.

For free, confidential help, call the PA Senior Medicare Patrol (PA-SMP) toll-free: 1-800-356-3606 or visit www.carie.org



Contact your own doctor if you are experiencing potential symptoms of COVID-19.

Do **NOT** give out your Medicare number, Social Security number, bank account or other personal information in response to unsolicited calls, texts, or emails.



Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments. **These are SCAMS**



Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.



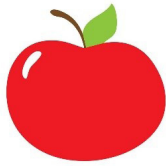
While the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will **NOT** need to ask you for insurance or financial information.

The federal government will be mailing or direct-depositing economic impact payments for most Pennsylvanians. Do **NOT** provide any banking information to anyone who contacts you on the phone, through email or text messages, or on social media. Ignore solicitations that offer to get you this payment early or get you "more" money. Just hang up or delete the email.



Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19. For help, to report a scam, or for more information, call the PA-SMP at 1-800-356-3606.





August is back to school month!

School Days Reminisce

-
- A large yellow crayon frame, made of several crayons joined together, surrounding the list of questions.
1. What grade did you go through in school?
 2. Who was your best friend in grade school?
 3. Tell me about your favorite school lunch.
 4. Tell me about your favorite school field trip.
 5. Who was your favorite teacher?
 6. Name someone you did NOT want to sit by in school.
 7. What sports did you play in school?
 8. What clubs were you involved in during high school?
 9. What was your favorite subject?
 10. What was your school mascot?
 11. How did you get to school every day?
 12. Did you ever make the Honor Roll?
 13. Who was the homecoming queen at your school?
 14. Did you graduate with anyone who became famous?
 15. What school supplies did you need for school?
 16. What did you do first thing every morning in school?
 17. How did the teacher punish the school children?
 18. Were there any "bullies" in your school?
 19. Was there a dress code at your school?
 20. What did you play outside on the playground?
 21. Did you have a class pet? Tell me about it.
 22. Did you go on any class trips? Tell me about it.
 23. What kind of fundraisers did you participate in?
 24. Were your parents able to help with your homework?
 25. What kind of chores did you have to do after school?

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darlagardner.blogspot.com



August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases with vaccines.

During NIAM, Jefferson County Area Agency on Aging encourages you talk to your doctor, nurse, or other healthcare professional to ensure you and your family are up to date on recommended vaccines.

Almost 1 out of every 3 people in the United States will develop shingles in their lifetime. Your risk of shingles increases as you grow older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older.

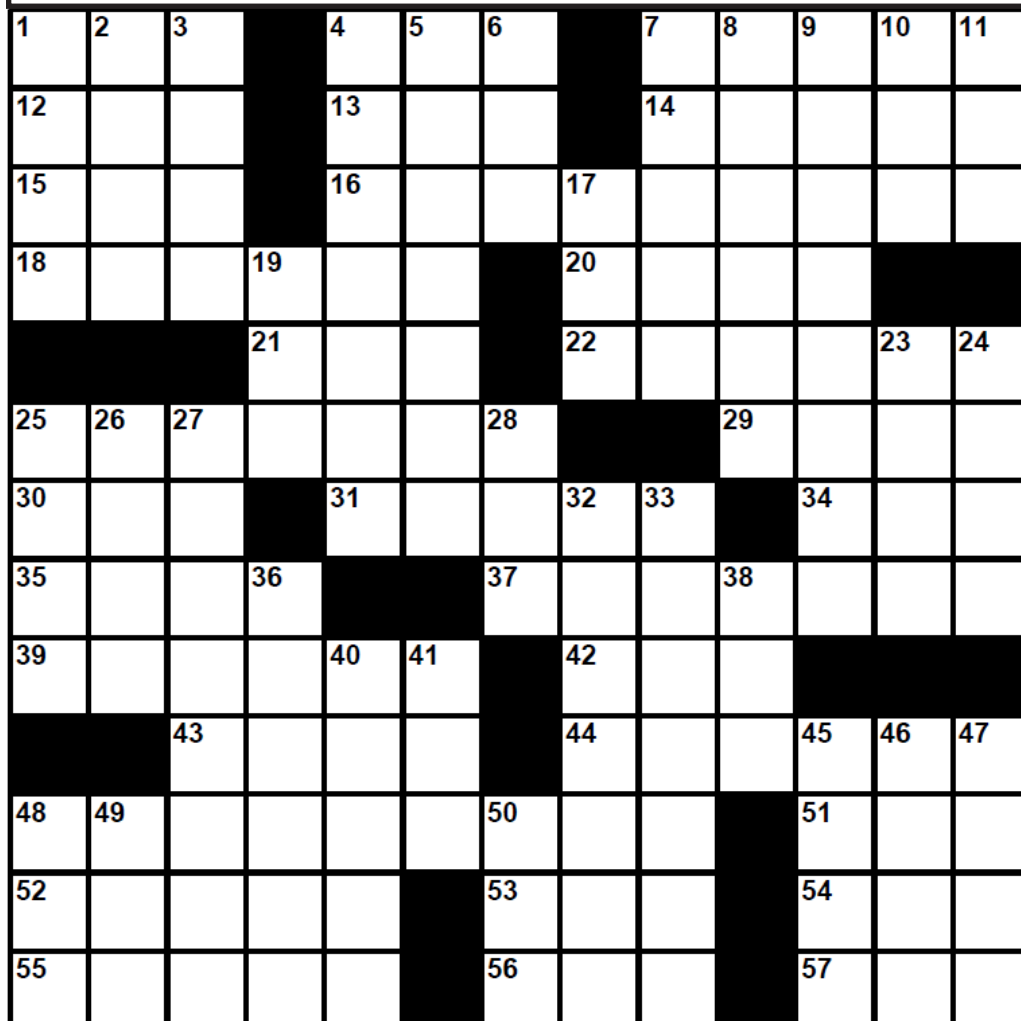
As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), you should also get:

- Shingles vaccine, which protects against shingles and the complications from the disease (recommended for healthy adults 50 years and older)
- Pneumococcal polysaccharide vaccine (PPSV23), which protects against serious pneumococcal disease, including meningitis and bloodstream infections (recommended for all adults 65 years or older, and for adults younger than 65 years who have certain health conditions)
- Pneumococcal conjugate vaccine (PCV13), which protects against serious pneumococcal disease and pneumonia (recommended for all adults with a condition that weakens the immune system, cerebrospinal fluid leak, or cochlear implant)

Adults 65 years or older who have never received a dose of PCV13 and do not have one of the conditions described above may also discuss vaccination with their vaccine provider to decide if PCV13 is appropriate for them.

Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.

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. Skyrocket
2. Poker fee
3. Ark's captain
4. Dancer Fred _____
5. Asian country
6. Printing measures
7. Like old bread
8. Most feeble
9. Optional
10. Long period
11. Explosive inits.
17. Hosiery shade
19. Australian bird
23. Sly look
24. Genesis site
25. Robin's residence
26. Site
27. Measuring utensil
28. Mouth part
32. Clothing workers
33. Odd
36. Begins
38. Tit for _____
40. Wipe out
41. Tennis unit
45. Additional
46. Behalf
47. Bed size
48. Music or painting
49. Mama deer
50. Promissory note

ACROSS

1. _____ Juan
4. Park or Madison (abbr.)
7. Icy rain
12. Lennon's spouse
13. Sermon subject
14. Eagle's claw
15. _____ loss for words (2 wds.)
16. Last will and _____
18. Microwave again
20. A Baldwin brother
21. 60 secs.
22. Snuggle
25. Not artificial
29. Bound
30. Byron's "before"
31. Sends forth
34. Goose formation
35. Oceans
37. Sewing guide
39. Sips
42. Nest egg (abbr.)
43. Peel
44. Most recent
48. Worship
51. Statute
52. Plant anchors
53. Assoc.
54. Snow runner
55. Edgy
56. Purpose
57. Still, poetically