

THE SUNSHINE LINE



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**The Sunshine Line
is assembled and
prepared for mailing
by a group of
wonderful volunteers**

FALLS FREE CHECKUP

YOU CAN PREVENT FALLS | ncoa



Falls Prevention Awareness Week is September 21-25, 2020

September 22nd, the first day of fall, is also National Falls Prevention Awareness Day, sponsored annually by the National Council on Aging (NCOA). This national initiative seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population.

Take a Falls Free CheckUp: Answer 12 questions to assess your risk of falls and receive a personalized report to share with your health care provider.
<https://www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup/>

FALLS ARE THE LEADING CAUSE OF INJURY and accidental death in adults over the age of 65. Clutter and other tripping hazards, poor balance, and distractions can all cause a person to stumble and fall. To reduce your risk of falling you can:

Remove clutter in your home, and walk carefully when there are potential hazards, such as throw rugs and pets underfoot.

Stay active to maintain overall strength, endurance, and balance.

Never stand on chairs or similar items to get to something you can't reach. Ask for help or use a sturdy stool with handrail or a ladder.

Immediately wipe spills off the floor and use a rubber-backed bathmat to prevent the bathroom floor from getting wet. Even a small amount of water can lead to a slip.

Use a nightlight in the bedroom and bathroom.

Do not use towel bars, sink edges, etc. for support because they could come away from the wall.



National Council on Aging

Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not.

Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won’t fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can’t be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.



FALLS PREVENTION IS A TEAM EFFORT

FAMILY & FRIENDS

Ask family and friends to help check and rid your home of falls hazards.



FALLS PREVENTION IS A TEAM EFFORT

OCCUPATIONAL THERAPIST

Meet with an occupational therapist to adjust your assistive device to best fit your needs.

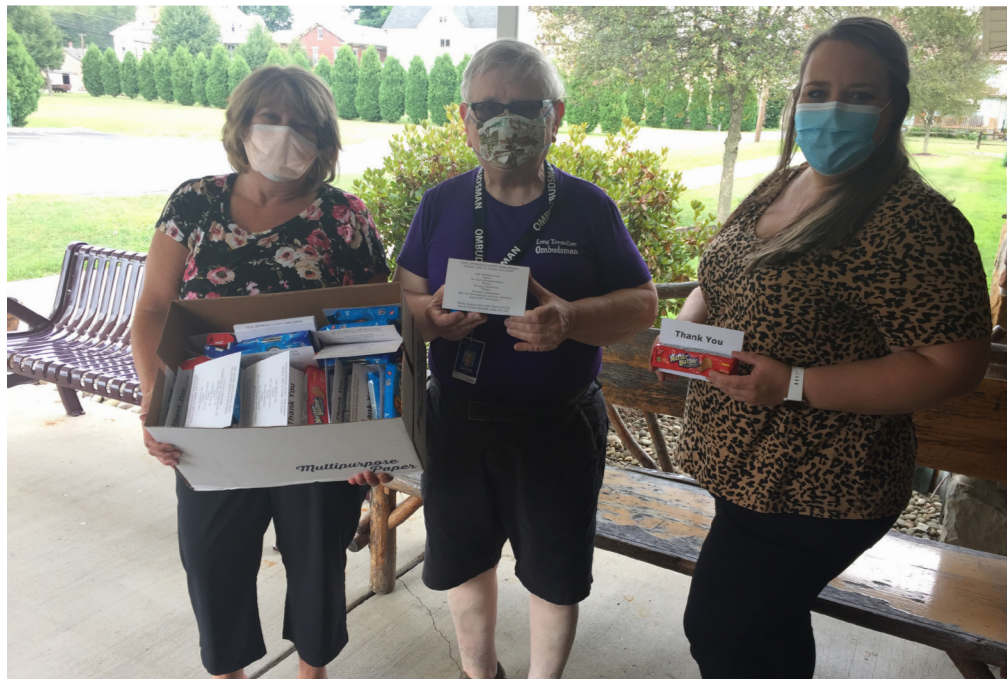


Dennis Kinol and Tom Brandon, Jefferson County Volunteer Ombudsmen have been busy delivering thank you cards to the staff in Jefferson County long term care facilities.

Pennsylvania's Long-Term care Ombudsman Program works to resolve complaints and issues on behalf of individuals residing in long-term care settings, such as nursing homes, assisted living facilities and personal care homes.

"Since we have been following social distancing recommendations to keep those in facilities safe, we wanted to say thank you to the staff for their professionalism, dedication and their compassion for the residents during this time of COVID-19, we, the Ombudsman and residents, appreciate it." Coordinator Mindy Sivanich shared.

The Jefferson County Area Agency on Aging Ombudsman are available to answer question by calling 814-849-3096 and asking for Mindy.



Pictured are Julie Quashnock, Mulberry Square Administrator (left), Dennis Kinol (middle) and Lacey Laney, Mulberry Square Business office



JEFFERSON COUNTY
AREA AGENCY ON AGING

JCAAA Main office and all 4 centers will be closed on
September 7th in honor of Labor Day.



Brockway Depot Senior Center**Phone: 814-265-1719**

It's great to see everyone as we slowly get back to our new normal. **Dine-in Lunch** is Monday-Friday at NOON. Takeout available at 12:30. Please remember you must register the day before to reserve a lunch. **Nickel Bingo** will be on Tuesday and Thursday at 12:30. We will be using paper cards and daubers.

Health Steps in Motion will begin on 9/14 and will be every MONDAY and THURSDAY from 10-11. The class is limited to 12 people with new guidelines to follow. You must call and pre-register by Friday for Monday and Wednesday for Thursday class to attend.

Chair Yoga will resume on 9/23 from 1:00pm-2:00pm (*NEW TIME*). Class will be limited to 12 with new guidelines to follow. You must PRE-REGISTER no later than the day before by calling the Depot. Hope to see you soon! Stay safe.

Brookville Heritage House Senior Center**Phone: 814-849-3391**

We are open and ready to see you! Lunch is served at 12:00 for dine-in and 12:15 for take outs. Please call the day before to reserve your lunch – no exceptions



will be made.

Bingo will start on Friday September 11th and will be held every Friday from 9:00am -10:30am. Bingo papers and daubers will be provided. You must pre-register to save your seat. We are still restricted to how many individuals can be in the building at one time which is why we require registration.

Healthy Steps in Motion will begin on Tuesday September 15th and will be held every Tuesday and Thursday from 9:30am-10:30am. Registration is required to attend.

**Punxy Area Senior Center****Phone: 814-938-8376**

It's great to be up and running although many health-related rules must still be followed. We are serving congregate meals Monday-Friday at noon. As eight individuals are permitted at one time, we are staggering time when more than eight meals are reserved.

BINGO is back Tuesday through Thursday 9:30am-11:00am. Each person will receive bingo paper and a dauber. Attendance is limited so please call to reserve your seat.

Reynoldsville Foundry Senior Center**Phone: 814-653-2522**

The Foundry is open, things are moving slow, lunches are being served, by reservation only, with limited seating.

Jam Session has resumed on Monday afternoons at 2pm, as well as a few other after hour programs.

Bingo will begin September 10th and will be every Thursday at 9am. There will be new guidelines to follow and lots of fun!

We will also begin **Exercise** on September 14th (Mondays and Fridays only. Must reserve a spot) We are still practicing social distancing. By wearing a mask we will all do our part by keeping everyone safe. Please contact Mary with any questions.

Thank you for your patience and kindness as we navigate the new rules and regulations we must follow in order to stay open to serve Jefferson County older adults!

LUNCH MENU

Jefferson County
Senior Centers Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roasted Pork w/ Gravy 1/2c. Sauerkraut 1/2c. Whipped Potatoes White Bread Applesauce Cake	2 Fiesta Chicken Salad (Diced Chicken, Cheddar, Salsa, Sour Cream) 1c. Mixed Greens w/ Tor- tilla Strips 1c. Tortilla Soup w/ Crackers, Roll Fresh Fruit	3 Roasted Sliced Turkey 1/2c. Mashed Potatoes w/ Gravy 1/2c. Carrots White Bread Cookie	4 <u>Labor Day Picnic!</u> Hot dog w/ bun Macaroni salad Baked beans Strawberry shortcake
7 Closed for Labor Day 	8 Breaded Fish Square 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes White Bread Fresh Fruit	9 Pepper Steak w/ Gravy 1/2c. Rice Pilaf 1/2c. Oriental Blend Veg- gies Wheat Bread 1/2c. Pears	10 Warm Monte Cristo Sand- wich (Ham, American) 2 French Toast Rounds w/ Syrup 1/2c. Breakfast Hash w/ Peppers & Onions 1/2c. Tropical Fruit	11 1c. Chicken & Dumplings 1/2c. Pepper Slaw WG Biscuit 1/2c. Warm Cinnamon Apples
14 Beef Burgundy 1/2c. Bowtie Noodles 1/2c. Carrot Coins Wheat Bread Fresh Orange	15 Chili Cheese Hot Dog (2oz. Chili, .5oz. Cheddar) 1/2c. Baked Potato 1/2c. Green Beans Hot Dog Bun 1/2c. Cinnamon Applesauce	16 Grilled Chicken Caesar Salad 1c. Mixed Greens w/ Diced Chic., Mozz., Tomato, Croutons, Dressing 1c. Pasta Florentine Soup w/ Crackers Dinner Roll 1/2c. Mixed Fruit	17 Orange Glazed Pork Loin 1/2c. Blended Rice 1/2c. California Blend Veg- gies Wheat Bread 1/2c. Pineapple Tidbits	18 Penne Bolognese 3/4c. Pasta w/ 4oz. Meat sauce 1c. Tossed Salad w/ Dressing Italian Bread 1/2c. Warm Peach Crisp
21 Baked Meatloaf w/ Gravy 1/2c. Mashed Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Raspberry Sherbet	22 Western Omelet w/ Ham, Peppers, Onions, Cheese 1/2c. Breakfast Potatoes WG English Muffin w/ Jelly 4oz. Orange Juice	23 Taco Salad 1c. Mixed Greens 1/2c. Mexi-Rice Wheat Bread 1/2c. Mixed Fruit	24 BBQ Glazed Turkey Burger w/ Cheddar 1c. Creamy Broccoli Soup w/ Ckr. Sandwich Bun Fresh Fruit	25 Roasted Pork Loin w/ Gravy 3oz. Stuffing 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables 1/2c. Sliced Apples
28 Garlic Butter Flounder Fillet 1/2c. Tuscan Mac & Cheese 1/2c. Italian Green Beans Wheat Bread 1/2c. Pineapple Tidbits	29 Salisbury Steak w/ Gravy 1/2c. Cheddar Whipped Potatoes 1/2c. Corn & Pimentos White Bread 1/2c. Pears	30 Gnocchi Gratin w/ Ham 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Warm Cinnamon Applesauce	<div>  </div> <div>  </div>	

*Menu Subject to Change

Employee Profile**Name:** Megan Manson**Job title:** Care Manager**How long have you worked for JCAAA:** 5 1/2 years**Education and School Where Attended:** BS Psychology from Clarion University**Certifications:** **Certified Care Manager:** BC3 Jefferson County Leadership Institute**What is involved in your day-to-day activities in your current position?**

I complete in home assessments for new and current consumers to determine what services will best suit them in their home. In the office I work on write ups for those assessments and assist with information and assistance

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

There have been many rewarding moments when I have been able to assist consumers with getting the services they need. I also really enjoyed the bond that I was able to make with some consumers when I was a service coordinator with the waiver program.

Please tell me about your proudest moment since you joined JCAAA: Again just all of the times that I was able to assist consumers in getting the services that they need. With the waiver program, there were times that I worked extremely diligently to ensure that the consumers got everything they needed to allow them to stay safely and comfortably in their home.

Tell us about the significant people in your life:

I have been with my husband Chris for over 8 years and we will be married for a year this October. He is the most important and significant person in my life. We have a crazy fluffy Australian Shepard puppy named Gunner who always keeps up on our toes.

What do you do when you are not at work?

When I am not at work I am usually at home entertaining Gunner, spending time with friends or riding side-by-sides with my husband.



AUTUMN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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By Evelyn Johnson - www.gets.com

Acorn
Apple
Autumn
Chestnuts
Chilly
Cider
Corn

Cranberry
Deciduous
Harvest
Hayride
Leaf
Maize
November

Nuts
October
Raincoat
Reap
September
Sleet
Squash

ARM YOURSELF WITH KNOWLEDGE!

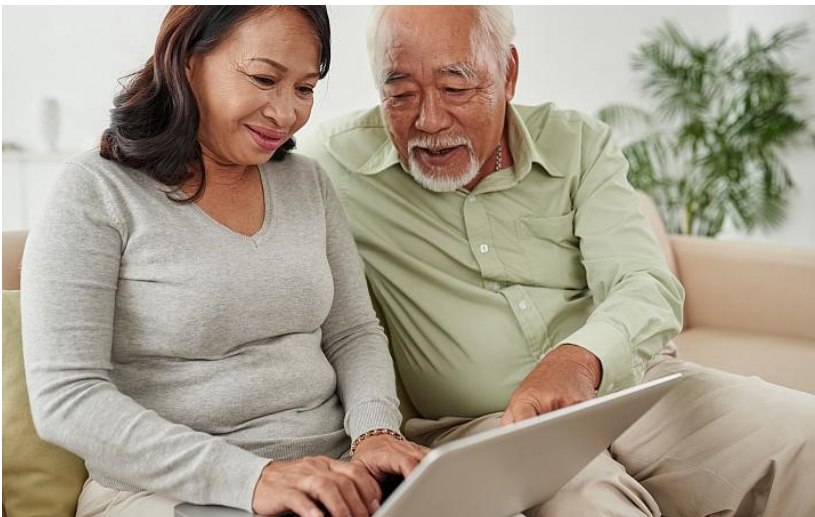
ELDER JUSTICE DAY 2020



CANCELLED

*In an effort to keep everyone safe,
we have decided to cancel
the event for this year.
Thank you for your understanding.*

Finding Reliable Health Information Online



Many people get health information from the internet. But not every online source is reliable. How do you know whether you can trust the health information you find? There are many signs you can look for. First, it's important to find out if a website is from a trusted source. Health websites sponsored by the federal government are a good place to start. Their web addresses will be followed by ".gov." Well-known medical schools and large professional organizations can also be good sources of health information. For other sites, it's important to ask a few questions. Who sponsors the website and what are their goals? They may be trying to sell

you a product rather than inform you. Find out who wrote and reviewed the information. Are they a medical professional? Be cautious about any website offering a quick fix or "miracle cure" for your health problem. It's also important to note when the information was written. Often there will be a date on the bottom of the webpage. You don't want to make decisions based on out-of-date information.

Social media sites like Facebook and Twitter are another source of health information. But be mindful—just because a post is from a friend or colleague doesn't mean it's true or scientifically accurate. Check the original source to decide for yourself.

No information you find online should replace seeing a medical professional. Learn more tips on finding reliable health information. <https://www.nia.nih.gov/health/online-health-information-it-reliable>

Caregiver Support Program: What is it and could I benefit?



The Pennsylvania Department of Aging has many programs that are offered to aging adults such as the home delivered meals program and the **OPTIONS PROGRAM** that offers in home support and emergency button services. Another program offered through federal and state funding not as widely known or heard of is the Caregiver Support Program (CSP). This program is split into 2 different sections that are explained below:

CSP for Older Adults:

Eligibility for the program is determined by ADL deficiencies and Care Recipient's household monthly financial income (Assets ARE NOT counted as income with this program).

- The Caregiver needs to be providing regular contact and support to the Care Recipient.
- The Care receiver must be over the age of 60 years old, the Caregiver must be 18 or older.
- A Caregiver does not get paid to provide care and support to the care receiver, the program is a reimbursement program for out of pocket costs like supplies and services needed for the care receiver to remain independent in the community
- Reimbursement is provided for vitamins, over the counter medications, incontinence supplies (pads, depends, wipes, etc.), medical transportation, private pay respite or personal care services, boost/ ensure, and many other items!

CSP for Grandparent/ Older Adult Caregiver:

Eligibility for the program is determined by the Grandparent/ Older Adult Caregiver's monthly household income excluding dependent student or minor's income (Assets ARE NOT counted as income with this program). However, Child support and any Kinship monetary benefits are counted towards household income.

- The Grandparent/Older Adult must be 55 or older to qualify.
- The Grandparent/ Older Adult Caregiver must have primary guardianship (formally or informally) of the grandchild(ren), not have biological parents residing in the home and live in the same household.
- The Caregiver does not need to be a blood relative, the caregiver can be a step-grandparent or a non-parental older relative (aunt, uncle, etc.).
- The child must be under the age of 18 to be a Care Recipient on this program
- Reimbursement is provided for respite care/babysitting, summer camps, school activities/supplies, seasonal clothing (school, summer, winter attire), infant food/ formula, and much more!

If you or someone you know would benefit from this program, please call our office at

814-849-3096 or 800-852-8036.

Senior Citizens Day

National Senior Citizens Day Celebrated!

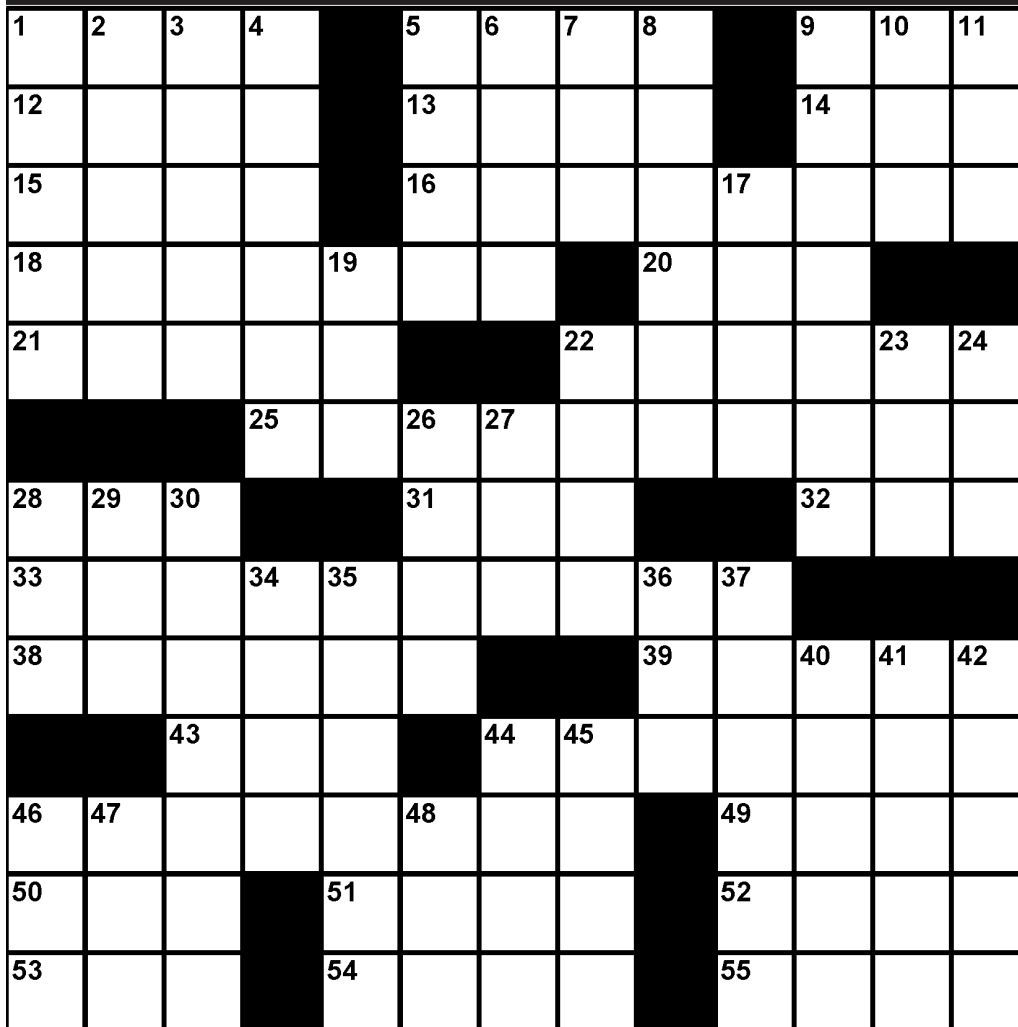
Do you have an elderly person in your life that you love and appreciate? WE DO! National Senior Citizens Day, which happens every August 21st, is the day to let them know how much you care and it's an opportunity to recognize their accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

To celebrate, all Jefferson County Senior Centers hosted a drive-thru lunch that included a grilled chicken salad, fresh veggies, roll, dressing, and a special dessert - a free ice cream cone! We purchased coupons at each local ice cream establishment in the communities for older adults to get a free ice cream cone. We consider everyday to be Senior Citizens day as we at the JCAAA strive to maximize the quality of life, independence, health and safety of older adults.



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. Writing tablet
2. "M*A*S*H" locale
3. Climbing vines
4. More unkind
5. Group of crooks
6. Musical instrument
7. Play the ponies
8. Type style
9. Foolish
10. River (Sp.)
11. Twilight, to a poet
17. ____ pilot
19. Pub drink
22. Not straight
23. Future fish
24. Lennon's Yoko ____
26. Dancer ____ Astaire
27. ____ Gatos
28. Fish flipper
29. Compass dir.
30. Everlasting
34. Revise text
35. Feel sorry about
36. Pixie
37. Truck fuel
40. Fragrance
41. Remodelled
42. Benches
44. Evaluate
45. Differently
46. A Stooze
47. ____ day at a time
48. Hearing organ

ACROSS

1. Type of milk
5. Mongolian desert
9. Wrath
12. Adoration
13. Spur on
14. Spotted cube
15. Opera song
16. System of symbols
18. Adolescent
20. Zodiac lion
21. Artist's prop
22. Small restaurant
25. Contemplation

28. Charge
31. ____ Howard of "Happy Days"
32. Corporate VIP
33. Intrigued
38. Wanted
39. Fibbers
43. Oil-drilling equipment
44. Umpire's kin
46. Quebec's largest city
49. Soft drink
50. "____ Clear Day..." (2

- wds.)
51. Dines
52. Send forth
53. Lamprey
54. Family diagram
55. Chaps