

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

Jefferson County Senior Centers are closely monitoring COVID-19 positive case rates and must base activities on these numbers. Because the situation changes day-by-day, we encourage you to call your local senior center to find out what is happening or to sign up for a to-go lunch.

We are tentatively planning to reopen senior centers for in-person activities in January 2021. We will remain cautiously optimistic to resume these operations.

Brockway Depot
Cheryl Moore

Phone: 814-265-1719

Brookville Heritage House
Jodie Deal

Phone: 814-849-3391

Reynoldsville Foundry
Pete Spuck

Phone: 814-653-2522

Punxy Area Senior Center
Debbie Long

Phone: 814-938-8376

Hot to-go meals are available at your local senior center!

Call the day ahead to reserve your meal.

Menu is on page6.



Senior center and home delivered meal participants received a special gift this holiday season from the center coordinators. Since we could not celebrate the holidays with you in-person at the senior centers we hope you enjoyed the small gifts we provided. We know the situation is temporary and look forward to seeing you in 2021!

Gift bag included a face mask, hand sanitizer, puzzle book, and treats.



Color the above picture and think about the following:

What are the things that keep you going?

Old you versus new you

What would your younger self be proud of you for today?

Write about your “can do’s”, “should do’s”, and “will do’s”.

The Volunteer Income Tax Assistance (VITA) program is planned to start mid-February. **You may begin calling to be placed on the appointment list on February 1, 2021.**

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 \$54,000). 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.

Please call 814-849-3096 and ask to make a "VITA appointment for tax preparation" on or after February 1, 2021.

As with all senior center building activities, JCAA will be closely monitoring COVID-19 positive case rates and base in-person visits accordingly.



Enrollment is now open for the 2020-2021 Low Income Home Energy Assistance Program (LIHEAP). The program assists low-income families and seniors with paying their heating bills. Applications are available online or at the Area Agency on Aging office.

For more information about LIHEAP, including how to qualify and sign up, visit the Department of Human Services' website <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>



Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days

Christmas Eve - Thursday, December 24, 2020

Christmas Day - Friday, December 25, 2020

New Years Eve - Thursday, December 31, 2020

New Years Day - Friday, January 1, 2021



Dogs

Find and circle all of the words that are hidden in the grid.
The remaining 44 letters spell an Ogden Nash quotation.



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

BASSET HOUND
 BEAGLE
 BLOODHOUND
 BOXER
 BULLDOG
 CHIHUAHUA
 CHOW CHOW
 COCKER

SPANIEL
 COLLIE
 CORGI
 DACHSHUND
 DALMATIAN
 DEERHOUND
 DINGO
 GERMAN

SHEPHERD
 GREAT DANE
 GREYHOUND
 HUSKY
 LHASA APSO
 MALAMUTE
 MASTIFF
 PEKINGESE

PINSCHER
 POINTER
 POMERANIAN
 POODLE
 PUG
 RETRIEVER
 ROTTWEILER
 SAINT BERNARD

SAMOYED
 SCHNAUZER
 SETTER
 SHAR PEI
 SHEEPDOG
 SPITZ
 TERRIER
 WHIPPET

WORD SEARCH

Gardening

Find and circle all of the words that are hidden in the grid.

The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS
 BEANS
 BEETS
 BIENNIAL
 BROCCOLI
 CARROTS
 COMPOST
 CULTIVATE
 DAISIES
 DIGGING
 FERTILIZER
 FLOWERS

FUCHSIA
 GARDEN
 GERANIUMS
 GLOVES
 GNOME
 GREENHOUSE
 GROW
 HOES
 HORTICULTURE
 HOSE
 HYDRANGEA
 LILACS

LILIES
 MARIGOLDS
 ORGANIC
 PEAS
 PERENNIAL
 PETUNIAS
 PINWHEEL
 PITCH FORK
 PLANTING
 RAIN
 RAKE
 RELAXING

ROSES
 ROWS
 SEEDS
 SHOVEL
 SOIL
 SPADE
 SUNSHINE
 TOMATOES
 TROWEL



January

Jefferson County
Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu subject to change				1 Centers Closed 
4 Country Fried Chicken w/ 2oz creamy gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables Wheat Bread Fresh Fruit	5 Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Green Beans WG Sandwich Roll 1/2c. Mandarin Oranges	6 Harvest Alfredo Chicken over 3/4c. Bowtie Noodles 1c. Tossed Salad w/ Tomato & Drs Italian Bread 1/2c. Pineapple Tidbits	7 Roasted Pork w/ Apples 1/2c. Whipped Potatoes 1/2c. Carrots Mini Biscuit w/ Apple Butter Cookie	8 Warm Roast Beef Sandwich w/ Cheese & Au Jus 1c. Vegetable Soup w/ crackers Sandwich Roll 1/2c. Mixed Fruit
11 Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll 1/2c. Pears	12 Creamy Chicken Divan over 1/2c. White Rice 1c. Tossed Salad w/ Tomato & Drs Breadstick 1/2c. Warm Peaches	13 Cottage Pie (stewed beef & vegetables in gravy topped w/ buttery mashed potatoes) 1/2c. Coleslaw WG Biscuit 1/2c. Warm Cinnamon Applesauce	14 Greek Chicken Salad (diced chicken, blk olives, onion tomato, mozzarella cheese) 1c. Mixed Greens w/ dressing 1c. Wedding Soup w/ crackers Dinner Roll Mandarin Oranges	15 Baked Ham w/ Fruit or Raisin Sauce 1/2c. Whipped Sweet Potato 1/2c. Warm Beets White Bread Fresh Fruit
18 Baked Ziti (3/4c) w/ Meatballs-3 Marinara Sauce & .5oz Cheese 1c. Tossed Salad w/ Cucumber Garlic Breadstick 1/2c. Mixed Fruit Salad	19 Chicken Caesar Club 1c. Creamy Broccoli Soup w/ Crackers Sandwich Roll 1/2c. Blushed Pears	20 Salisbury Steak w/ 2oz Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Diced Carrots 1/2c. Pineapple Delight	21 BBQ Pulled Pork 1/2c. Seasoned Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	22 Potato Crusted Fish 1/2c. Macaroni & Cheese 1/2c. Stewed Tomatoes WG Dinner Roll Fresh Fruit
25 Smokey BBQ Burger Topped w/ cheddar, BBQ sauce crispy onions 1c. Creamy Cauliflower Soup Sandwich Roll Fresh Fruit	26 Sweet & Sour Roasted Pork Loin 1/2c. Blended Rice Pilaf 1/2c. Green Beans WG Dinner Roll 1/2c. Mixed Fruit	27 Open Faced Hot Turkey Sandwich w/ Gravy 1/2c. Whipped Potatoes w/ Chives 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce	28 Baked Meatloaf Marinara w/ Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2c. Banana Pudding	29 Chicken & Biscuit 1/2c. Pepper Slaw WG Buttermilk Biscuit 1/2c. Warm Peaches

Employee Profile

Name: Shannen Patton

Job title: Options and CSP Care Manager

Location: Main Office

How long have you worked for JCAAA: 2 years

Education and School Where Attended: Undergrad from Clarion University of PA and Master's in Social Work from Edinboro University

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

In my position I complete assessments with consumers that have services through JCAAA and new seniors seeking services. I complete charting and invoices for consumers on the Caregiver Support Program.

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

I enjoy working with people and knowing that the work I do daily helps not only our seniors but also their families, give me a great sense of pride and satisfaction.

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

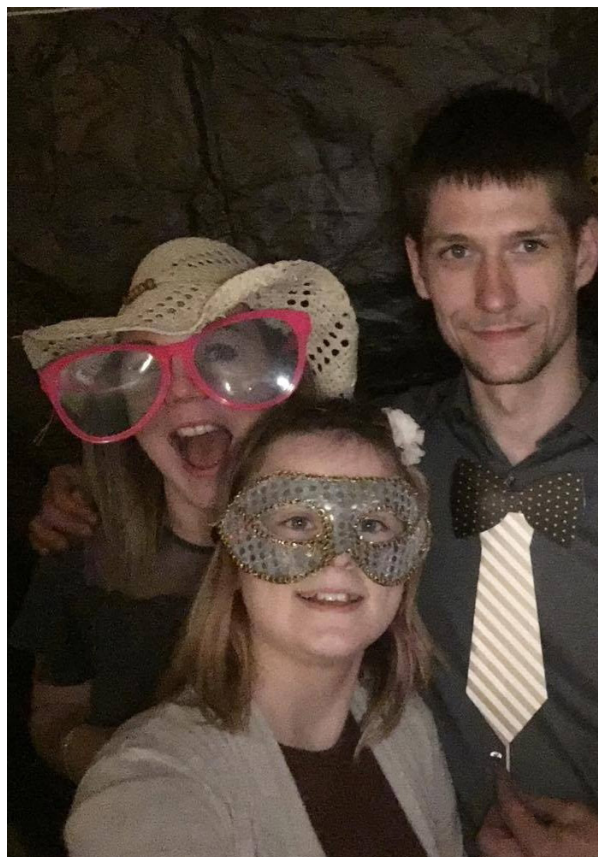
I was asked to present at Elder Justice Day last year, unfortunately we weren't able to have another event this year but I look forward to completing other presentations in the future.

Tell us about the significant people in your life:

My significant other's name is Stephen; we have been together for about 7 years. My little sister McKenna that lives with me, she's 15 and in 9th grade (she always keeps me running). My niece Tianna, who is 7 and spends a lot of time with us. My Aunt Diane and Uncle Chuck are always just a phone call away, they have always been my significant parental figures. My best friend Randi, whom I can rely on for anything. And last but certainly not least, my dogs and cats, I love them and each one of they're personalities; they make my home complete.

What do you do when you are not at work?

I enjoy arts and crafts, going to play BINGO with my friends, trying to make new recipes/ cooking, playing with my dogs and cats, playing board games/cards with my sister, watching movies, going to concerts, having fires, shopping and couponing.



Top technology for seniors: Devices and apps to boost wellness, safety and happiness

Though seniors are becoming more technology savvy all the time, many are still skeptical about the latest devices. A 2019 study published in the journal *Healthcare* analyzed older adults' perspectives on technology intended to allow them to age in place and found that while seniors were eager to learn new technology, they also expressed frustration with it. Researchers conclude that bolstering seniors' technological literacy is key to staying safe while aging in place.

Laurie Orlov, founder of Aging and Health Technology Watch, agrees that in order to age in place successfully, a senior has to be able to engage with others, as well as remain healthy and stay safe — and the right technology can support their ability to do that.

Whether you're the child of an aging parent or the caregiver, you can help determine if certain apps or gadgets could help keep a senior safe and identify the best options for them. Your loved one's primary care physician might also identify the areas where they think your aging loved one may need help now and in the future. Here are programs and products you might consider, according to Orlov.

Connect with Friends and Family

Technology offers seniors limitless opportunities to connect with friends and family, which is necessary as it's not uncommon for seniors to suffer from isolation and depression. Costs differ depending on contracts and data packages, but there's something in everyone's price range.

Simplified computers/tablets: Look for easy-to-use computers and touch-screen capabilities. Try: GrandPad (\$200, Grandpad.net) or iPad (from \$329, Apple.com).



Conversation captioning app: If your loved one has a hearing impairment, you might want to consider downloading a captioning app, like Clear Captions, onto their device, so they can read near real-time call captions of phone conversations. It's free in the iOS app store.

To Maintain Health and Wellness

Medication management and mobility are two major components of preserving physical health at home. Telehealth is a rapidly evolving industry that helps individuals with chronic illness manage their disease from home and connect with health care professionals. And there are options for everyone.

Medication reminders: Explore medication management systems that can issue reminders, dispense meds, monitor medication usage and notify caregivers when doses are missed. Try: TabSafe, which can be rented for \$225 every three months.

Pill dispensers: Instead of an entire system, look into automated pill dispensers that remind users when to take a dose and what amount to take. Try: e-pill (\$385.95, epill.com) or MedMinder (\$49.99 a month). Image via Medminder



Image via Medminder

To Stay Safe at Home

GPS tracking systems: These can alert the authorities and help locate a missing person quickly. Most of these systems operate by signal exchanges from satellites and nearby cell towers when the person is traveling or wandering. The program then measures the distance between the device itself and the cell towers and satellite signals, pinpointing the individual's location and communicating this information back to the system. Try: GPS SmartSole (\$299, GPSSmartSole.com) or Theora Connect Wearable (starting at \$247.97).



Image via TheoraCare

QUICK AND EASY FRENCH TOAST

For this quick and easy French toast recipe you'll need to start with some vanilla extract and cinnamon to create a rich flavor. Pick your favorite bread - white, Italian, French, or whole wheat and serve with Easy Spiced Syrup for a tasty French toast recipe.

5 minute	5 minute	95	5
PREP TIME	COOK TIME	CALORIES	INGREDIENTS

INGREDIENTS (4 Servings)

1 egg
 1 teaspoon McCormick® All Natural Pure Vanilla Extract
 1/2 teaspoon McCormick® Ground Cinnamon
 1/4 cup milk
 4 slices bread

INSTRUCTIONS

To start making this easy French toast recipe you will need to beat an egg, vanilla and cinnamon in shallow dish. Stir in milk. Dip bread in egg mixture, turning to coat both sides evenly.

Cook bread slices on lightly greased nonstick griddle or skillet on medium heat until browned on both sides. Serve with Easy Spiced Syrup (recipe follows), if desired. Voila, easy French toast.

Easy Spiced Syrup: Add 1 teaspoon McCormick® Pure Vanilla Extract and 1/4 teaspoon McCormick® Ground Cinnamon to 1 cup pancake syrup; stir well to mix. Serve warm, if desired.

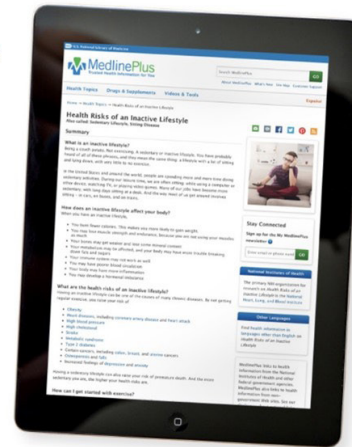


Did you know that an inactive lifestyle is the cause of many chronic diseases?

Regular exercise can help prevent diseases, and it's easy to add physical activity to your day with these suggestions:

- Take the stairs instead of the elevator
- Stand while talking on the phone
- Go for a walk in your neighborhood

medlineplus.gov/healthrisksofaninactivelifestyle.html



How can I get started with exercise?

If you have been inactive, you may need to start slowly. You can keep adding more exercise gradually. The more you can do, the better. But try not to feel overwhelmed and do what you can. Getting some exercise is always better than getting none. Eventually, your goal can be to get the recommended amount of exercise for your age and health.

There are many different ways to get exercise; it is important to find the types that are best for you. You can also try to add activity to your life in smaller ways, such as at home and at work.

How can I be more active around the house?

There are some ways you can be active around your house:

- Housework, gardening, and yard work are all physical work. To increase the intensity, you could try doing them at a more vigorous pace.
- Keep moving while you watch TV. Lift hand weights, do some gentle yoga stretches, or pedal an exercise bike. Instead of using the TV remote, get up and change the channels yourself.
- Work out at home with a workout video (on your TV or on the internet)
- Go for a walk in your neighborhood. It can be more fun if you walk your dog, walk your kids to school, or walk with a friend.
- Stand up when talking on the phone
- Get some exercise equipment for your home. Treadmills and elliptical trainers are great, but not everyone has the money or space for one. Less expensive equipment such as yoga balls, exercise mats, stretch bands, and hand weights can help you get a workout at home too.

Household Items to Use Instead of Dumbbells

1. Cans of soup or beans
2. Bag of potatoes (you can add or take away weight as you need)
3. Heavy book
4. Paint cans
5. Half gallon of milk or water (good because they have handles)

4 Steps:

- I. Stand next to a couch or a chair and place the hand closest to the furniture on it to help stabilize you.
- II. Hold a can in your other hand with an overhand grip, and hinge at your hips. Bend your elbow to about 90 degrees so that your upper arm is parallel to the floor.
- III. Extend your arm back until it's straight and parallel with the floor.
- IV. Reverse the motion. That's one rep. Do as many reps as you'd like, then repeat on the other side.



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.

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
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21	22	23			24			25	26			
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45			46	47		48				49	50	51
52						53				54		
55						56				57		

DOWN

- 1. Uncle ____
- 2. George Gershwin's brother
- 3. Real estate abbr.
- 4. Jungle sound
- 5. Ventilated
- 6. Neptune, e.g.
- 7. Alias inits.
- 8. Disintegrate
- 9. Motherhood
- 10. Green shade
- 11. Hurried
- 16. Tapioca source
- 19. Over
- 21. Large primate
- 22. ____ Vegas, Nevada
- 23. Declaration
- 25. Makes do
- 26. Stopped working
- 28. Needle openings
- 31. Irritated state
- 33. Make a knot
- 34. Certain dashes
- 36. Most painful
- 38. Accumulate
- 39. Southern beauty
- 40. Doctor's coworker
- 44. For both sexes
- 46. Donkey
- 47. Pronoun
- 49. Bride's response (2 wds.)
- 50. Naught
- 51. Wow!

ACROSS

- 1. Mister
- 4. Knock
- 7. Knight's suit
- 12. Provide weapons
- 13. Frying liquid
- 14. Australian marsupial
- 15. Lash thickener
- 17. Storage room
- 18. Sports venue
- 20. Eden dweller
- 21. Oh, dear!
- 24. Hindered
- 27. Outdated
- 29. Keepsake
- 30. School compositions
- 32. Tiny
- 35. Levels
- 37. Certain protest (hyph.)
- 38. Scrape
- 41. Deli breads
- 42. Convened
- 43. Cease-fire
- 45. Assumed name
- 48. Washing away
- 52. Splash
- 53. Wind dir.
- 54. Expire
- 55. Perceive
- 56. Actor ____ Danson
- 57. Bullring cheer