

THE SUNSHINE LINE



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Molly McNutt -
Executive Director



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us at
(814)849-3096

Walk to End Alzheimer's 2020

The Jefferson County Area Agency on Aging (JCAAA) staff participated in the annual Walk to End Alzheimer's on Friday October 9th in Brookville. Every year, staff would donate \$1.00 to wear jeans to work on Fridays. This year staff chose to donate to The Alzheimer's Association. In total, the staff raised \$221.00.

A generous donation came to JCAAA from the family of Beverly Dinger as part of our annual Alzheimer's Association contribution. Beverly passed away in July 2020. In honor of her memory the family donated \$1,754.00.

In total, the Jefferson County Area Agency on Aging donated \$1,975.00 to help advance care, support, and research for all those facing Alzheimer's.

The Walk to End Alzheimer's is held annually in more than 600 communities nationwide. The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. This year's event was not a large in-person gathering, but teams and individuals were called on to join the fight against the disease. Because of no in-person walk, the JCAAA team decided to walk together on a sunny morning in Brookville.





Medicare Annual Open Enrollment

October 15, 2020 – December 7, 2020

The Medicare Annual Open Enrollment Period for 2020 will be from October 15 to December 7. During this period each year, Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Part D and Medicare Advantage plans change the coverage and costs each year, so it is important to review your plan and compare it to others on the market that are available to Jefferson County residents.

APPRISE, a free health insurance counseling program for Medicare beneficiaries residing in Pennsylvania, will have counselors available during the entire Annual Open Enrollment Period. These unbiased and friendly counselors will help you understand your options in comparing Part D and Medicare Advantage plans at the following events in the community. This counseling is free.

Medicare Annual Open Enrollment Events will be by appointment only. Please call to schedule.

Reynoldsville Foundry will be accepting appointments on Tuesdays, please call to schedule an appointment **814-653-2522**.

Brookville Main Office will be accepting appointments Monday through Thursday, please call to schedule an appointment at **814-849-3096**.

We are Dementia Friends! JCAA staff recently participated in training to help better understand what dementia is and how it affects people. Dementia Friends USA is a global movement that is changing the way people think, act, and talk about dementia. Our team is committed to supporting people living with dementia, their care partners, and families!



⚠️ SCAM ALERT

Help Protect Older Adults from SNAP Scams

The Department of Human Services (DHS) is alerting Pennsylvanians of a potential text messaging scam involving the Supplemental Nutritional Assistance Program (SNAP). People may be receiving fake texts informing them that they have been selected to receive assistance through SNAP.

DHS and other government agencies do not and will not solicit participation in any public assistance programs via text, and anyone who is contacted in this manner should not reply or share any personal information.

Older adults who may need help with purchasing or affording food may be eligible for SNAP and other public assistance programs. They can apply by visiting the [COMPASS website](#).

Be Alert to Lottery Scams

The Pennsylvania Lottery has a warning about a scam in which people are receiving a call saying they won a fake Mega Millions sweepstakes or that they won a prize from another well-known lottery game.

The suspect encourages the person on the other end of the call to make a payment for taxes or other costs to facilitate the processing of the prize, which ends up never being paid.

Pennsylvania Lottery officials remind everyone that they never contact people at random. The lottery only contacts players if they have won a Second-Chance Drawing, a giveaway into which a player submitted an entry, or to collect their winning story.

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

We know with the Holidays fast approaching us it will be a very trying time for most so feel free to drop in at The Depot and spend some time with us, socialize, exercise, shoot a game of pool. Better yet call the day before and stay for lunch.

Lunch is served M-F at noon and take-outs available at 12:30.

Exercise is being offered Monday and Thursday at 10 AM on the big screen

Nickel Bingo Tuesday and Thursday at 12:30

Chair Yoga Wednesday 1PM

Please do not forget for all activities we must social distance and pre-register.

Stay Safe and Happy Thanksgiving!!!

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

Hello consumers! Although we are honoring the guidelines related to COVID-19 our center is thriving. If more than 8 people sign-up for lunch, we offer two dine-in option times – 11:00am and noon. The meals are wonderful as is the socialization. During this time takeout is also available.

BINGO is Tuesday-Thursday from 9:30am to 10:45am. Please call to reserve your spot.

Our **Special Thanksgiving lunch** is being offered on **Thursday 11/19 and Friday 11/20**. There will be two serving times at 11 and noon as well as takeout. The suggested donation for the special meal is \$4.00. Please sign-up at the center or call 938-8376.

Other activities on a limited basis includes cards, coloring pages, and jigsaw puzzles. There is always great 60's music playing at the center and you are welcome to sing and dance or both!



Our Consumers are happy to be socializing again!

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

Lunch will continue to be served at 12:00 pm Monday – Friday and take is also available at 12:15 pm. Reservations are still required to reserve a lunch so please call at least a day ahead to ensure space is available.

Exercise is being held on Tuesdays and Thursdays from 9:30 am to 10:30 am and Bingo on Fridays from 9:00 am to 10:30 am. Reservations are required for both of these activities so please call ahead to ensure a space is available.

November 3rd is Election day and the **Heritage House will be closed!** Take out will be available by reservation only.

November 10th is National Vanilla Cupcake Day!

November 25th is National Parfait Day!

I hope to see everyone for lunch and the activities. Please remember to **wear a face mask** when entering the Heritage House and when up and moving around the Heritage House.

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

Welcome Friends to the Foundry, as we continue with our weekly activities, (exercise, art class, Bingo and Jam sessions) remember the guide lines.. Wear a mask.. Sanitize and BEE Happy, enjoy socializing with others and relax.

Lunch is being served every day, Monday-Friday at noon.

Take outs are also available, Remember you need to sign up the day before by 1:00pm, either by calling the Foundry or on the co-pilot in the center.

This year in November . **In Honor of Veterans Day**, the Jefferson County Honor Guard will present the Foundry with a new American Flag and a short service outdoors.

Date will be announced at the Foundry.

Remember all our veterans on this special Day.

Upcoming activities: Movie day at the Foundry in November, Limited seating, Information will be announced. Ladies, (and gentlemen) cards are about to begin again, If you are interested please speak with Mary.




ATTENTION: The center will be closed on **November 11th**, in Honor of Veterans Day. And on **November 26th and 27th** for Thanksgiving.

On November 28th, We will be having our annual craft sale here at the Foundry. It will be held from 9:00am until 2:00pm

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 Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Mushroom Cheeseburger 1c. Creamy Potato Soup w/ crackers Hamburger Roll Fresh Fruit</p>	<p>3</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread 1/2c. Warm Apple Cranberry Crisp</p>	<p>4</p> <p>Swedish Meatballs (4) over 1/2c. Egg Noodles 1/2c. Peas Wheat Bread 1/2c. Mixed Fruit Salad</p>	<p>5</p> <p>Baked Crab Cake Sandwich 1/2c. Cheesy Twists 1/2c. Baked Beans WG Sandwich Roll 1/2c. Mandarin Oranges</p>	<p>6</p> <p>Pot Roast w/ 1oz Gravy 1/2c. Whipped Potatoes 1/2c. Sliced Carrots Italian Bread Cookie</p>
<p>9</p> <p>Lasagna w/ Meat sauce topped w/ Mozzarella 1c. Tossed Salad w/ cucumber Breadstick 1/2c. Diced Peaches</p>	<p>10</p> <p>Kielbasa w/ Kraut Topping 1/2c. Cheesy Potatoes 1/2c. Green Beans Hot Dog Roll Fresh Fruit</p>	<p>11</p> <p>Thank You Veterans For Your Service.</p>  <p>Senior Centers Closed</p>	<p>12</p> <p>Pulled Turkey & Stuffing w/ Gravy 1/2c. Whipped Potatoes 1/2c. Carrots 1/2c. Applesauce</p>	<p>13</p> <p>Warm Ham & Cheese Sandwich 1c. Creamy Tomato Bisque w/ crackers Sandwich Roll Fresh Fruit</p>
<p>16</p> <p>Country Fried Chicken w/ 2oz creamy gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables Wheat Bread Fresh Fruit</p>	<p>17</p> <p>Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Green Beans WG Sandwich Roll 1/2c. Mandarin Oranges</p>	<p>18</p> <p>Harvest Alfredo Chicken over 3/4c. Bowtie Noodles 1c. Tossed Salad w/ Tomato & dressing Italian Bread 1/2c. Pineapple Tidbits</p>	<p>19</p> <p>Roasted Turkey w/ Gravy & 2oz Stuffing 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables Dinner Roll Pumpkin Pie w/ Whipped Topping</p>	<p>20</p> <p>Roasted Turkey w/ Gravy & 2oz Stuffing 1/2c. Whipped Potatoes 1/2c. Mixed Vegetables Dinner Roll Pumpkin Pie w/ Whipped Topping *Offering this meal twice*</p>
<p>23</p> <p>Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll 1/2c. Pears</p>	<p>24</p> <p>Creamy Chicken Divan over 1/2c. White Rice 1c. Tossed Salad w/ Tomato & dressing Breadstick 1/2c. Warm Peaches</p>	<p>25</p> <p>Cottage Pie (stewed beef & vegetables in gravy topped w/ buttery mashed potatoes) 1/2c. Coleslaw WG Biscuit 1/2c. Warm Cinnamon Applesauce</p>	<p>26</p> <p>Senior Centers Closed</p> 	<p>27</p> <p>Senior Centers Closed</p> 
<p>30</p> <p>Baked Meatloaf w/ Gravy 1/2c. Whipped Potatoes 1/2c. Corn WG Bread Cherry Chip Cake w/ Topping</p>	<p>*menu subject to change</p>			

Employee Profile

Name: Annette Town

Job title: Protective Service Supervisor

Location: Main Office

How long have you worked for JCAAA: 5 years

Education and School Where Attended: Clarion University

Certifications: Certified Care Manager, Leadership Development

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

My day to day activities include assessing the safety and removing the risk of Jefferson county older adults.

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

Helping people feel safe in their world.

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

Working with community members and agencies to find a solution to a temporary problem.

Tell us about the significant people in your life:

My family is the most significant people in my life. Jim and I have been married for 23 years and have 2 beautiful children. My daughter, Brooke, married her college sweetheart John in 2018 and currently living in Virginia. My son Bryce will graduate from Clarion University this Spring with a degree in Secondary History education degree. Our family also has 2 special dogs Aidon, Irish setter and Watson, bernadoodle.

What do you do when you are not at work?

I love spending time with my family whether it is around a fire, in the kitchen baking or cooking or on the river. When family time is not possible, I like to read and spend time with friends.



Find the fall words from the bottom in the fall word search grid. The words can be forwards or backwards, vertical, horizontal, or diagonal. Circle each letter separately, but keep in mind that letters may be used in more than one word. When the fall word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting autumn fact.

Fall Word Search

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

AFTER SUMMER
AUTUMN
BACK TO SCHOOL
BEFORE WINTER
BROWN
CHANGE
COLORFUL
COOL
FALLING
HALLOWEEN

LEAVES
NOVEMBER
OCTOBER
ORANGE
PICTURESQUE
RAKING
RED
SEASON
THANKSGIVING
YELLOW



ANSWER TO WORD SEARCH AUTUMN FACT: Warm sunny days and chilly but not freezing nights are the ideal conditions for making spectacular fall colors.

Cabbage Roll Soup

PREP TIME 25 minutes

COOK TIME 25 minutes

TOTAL TIME 50 minutes

Cabbage, beef, pork and rice are simmered in a flavorful tomato broth for the ultimate bowl of comfort food.

Ingredients

- 1 large onion diced
- 3 cloves garlic minced
- 1 lb lean ground beef
- 1/2 lb lean ground pork
- 3/4 cup uncooked long grain rice
- 1 medium head cabbage chopped (core removed)
- 1 28 ounce can diced tomatoes
- 2 tablespoons tomato paste
- 4 cups beef broth
- 1 1/2 cups V8 or other vegetable juice
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- salt and pepper to taste



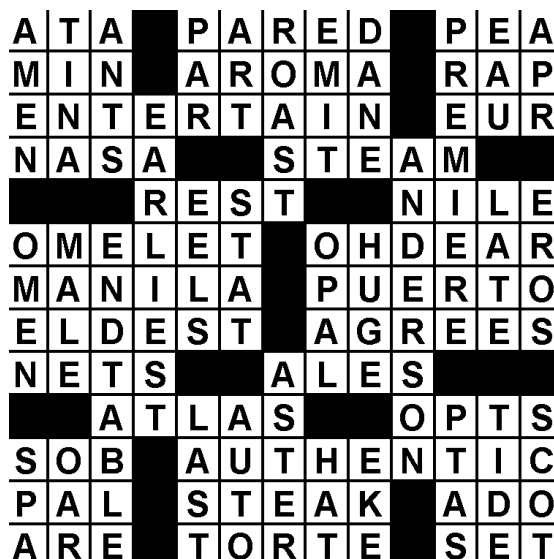
Instructions

In a large pot, brown onion, garlic, pork and beef. Drain any fat.

Stir in chopped cabbage and let cook until slightly softened (about 3 minutes).

Add all remaining ingredients, bring to a boil and reduced heat to medium low. Cover and simmer on low until rice is fully cooked (about 25-30 minutes). Remove bay leaf and serve.

Recipe Notes: If you prefer a thinner soup, add more beef broth to reach desired consistency once rice is cooked.





NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

During National Family Caregivers Month, we address the new realities family caregivers face with their loved ones during these uncertain times.

Family caregivers manage health emergencies, juggle priorities, and suffer isolation - and all that was before COVID. The pandemic brings even more challenges as family caregivers handle Caregiving in Crisis.

Caregiver Stories: Here you can share your story and read other family caregiver stories.

A sense of isolation, a belief that "I am the only one thinking and feeling this way" is a very common idea among family caregivers. However, the sad reality is millions of people are thrust into the role of family caregivers and many think and feel exactly the same way that you do.

The problem is many family caregivers are hesitant to speak up or share their innermost feelings for fear of being misunderstood and/or admonished. However, speaking up is one of the best ways to reduce feelings of isolation and to relieve some of the emotions you may have inside. It is also a great way to help bring about the changes, which are needed to make the lives of caregiving families much easier.

The CAN Story Project offers family caregivers a platform to both share their stories and to read other family caregiving experiences. It's easy to do and here's how it works:

[Submit a story](#) of your own. Note that you must [log in first](#).

[Read stories](#) from other family caregivers.

<https://caregiveraction.org/family-caregiver-story-project>

Automated Pill Dispenser Maya Makes Remote Meds Management Easier

Many loved ones take a confusing array of pills for various ailments. Taking the wrong medication, or even taking them at the wrong time, can have serious consequences. To remedy this problem, pill dispensers have been created with timers and alarms that can communicate with computers and cell phones. These dispensers allow a loved one to remain more independent, if difficulty managing prescriptions is the primary reason for their need of caregiving.



Engaget recently reviewed an interesting Internet-connected automated pill dispenser called MedMinder Maya. Maya was created to assist caregivers who need a way to remotely manage a loved one's medicines. It comes with a built-in SIM card that connects the device to MedMinder's website. This connection allows the caregiver to remotely manage the Maya's schedule and monitor when the pills have been removed in the correct dosage.

The Maya looks like a common pillbox with a removable cover that gives access to every slot. Once each tray is loaded with medication and the patient's schedule is set, the Maya lights up the appropriate compartment while also prompting the patient with an auditory cue similar to that of an office intercom—and, if you like, optional phone calls, text messages, and emails. The machine logs all tray activity, which a family member may check at any time, or the machine can summarize the activity and send it as a weekly email report.

MedMinder also offers a mail-order medication service, which centralizes your prescriptions at a single pharmacy for the cost of your pharmacy co-pay. The MedMinder pharmacy sends a prefilled tray, which slots easily into the Maya. The pharmacy checks the schedule against doctor's notes, flags any possible drug-to-drug interactions, and programs the patient's Maya with the correct schedule.

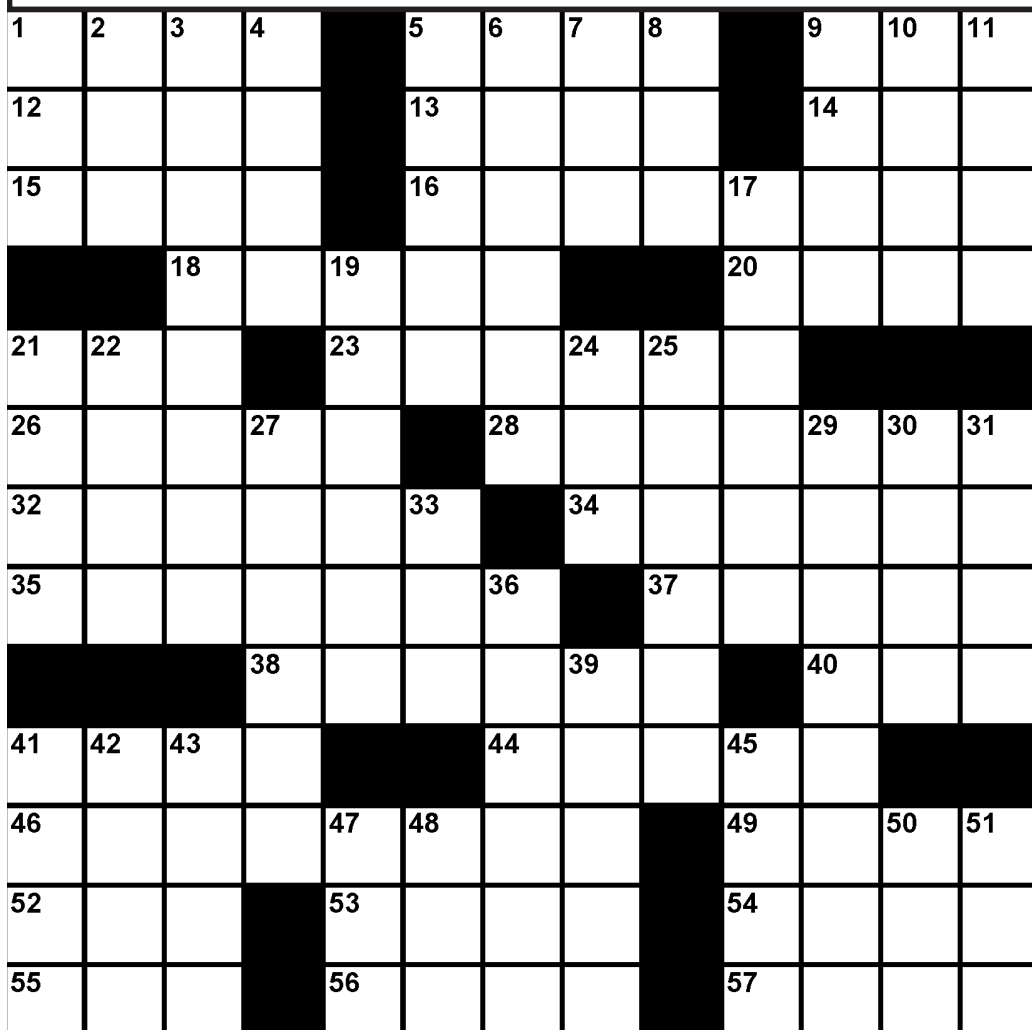
The Maya is a subscription service and currently costs \$40 per month (the lockable version, called Jon, is \$60 per month). There is no contract: Once you're finished with the device, you cancel your subscription and send everything back to MedMinder.

Local medication management program resources are available by calling the Jefferson County Area Agency on Aging at 814-849-3096.

**Jefferson County Area Agency on Aging, Inc. does not promote, provide, or endorse this product.*

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. Prayer response
2. Vocalist ____ Turner
3. Industrious insects
4. Golf goal
5. Skill
6. Sunday dinner item
7. Give off
8. A Scandinavian
9. Movie opening
10. Water, to Jacques
11. Spring mo.
16. Most ahead of time
20. Gillian ____ of "The X-Files"
22. Slithery swimmers
23. Medical "at once!"
25. Delayed
26. Greek god
27. Forewarning
28. Gender
29. Small furniture item (2 wds.)
30. October gem
31. Mammoth
37. Autumn bloom
39. Final
40. Car
42. School groups (abbr.)
43. Ocean movement
44. Kilt wearer
45. Watering place
46. Paddle's kin
48. Bonnet
49. Squeak by

ACROSS

1. ____ loss (2 wds.)
4. Peeled
9. Pod inhabitant
12. Hr. part
13. Smell
14. Musical genre
15. Amuse
17. Spain's cont.
18. Apollo agcy.
19. Iron setting
21. Take it easy
24. River in Egypt
27. Egg dish
30. Distress cry (2 wds.)
32. Capital of the Philippines
33. ____ Rico
34. Firstborn
35. Consents
36. New Jersey team
37. Malt drinks
38. Road guide
41. Picks
45. Cry noisily
47. Genuine
50. Comrade
51. T-bone, e.g.
52. Fuss
53. Exist
54. Rich dessert
55. Harden