

# The Sunshine Line

Volume 2 Issue 4 April 2021



## JEFFERSON COUNTY AREA AGENCY ON AGING

186 Main St STE 2 \* Brookville, PA 15825

Phone: (814) 849-3096 1-800-852-8036

[www.jcaaa.org](http://www.jcaaa.org)

Find us on Facebook: @JeffersonCountyAAA

Want to receive our newsletter by email?  
Register on our website or call us!

### COVID-19 VACCINES



If COVID-19 vaccines are available in our area, JCAAA can assist you with getting registered online for an appointment. Please keep in mind that vaccines continue to be limited and only available to individuals in Phase 1A. Our staff can register you for **ONE** vaccine appointment or put you on **ONE** provider list.

Please call us at 814-849-3096 for assistance.

Jefferson County vaccine provider information can be found at the Pennsylvania Department of Health website: <https://www.health.pa.gov/topics/disease/coronavirus/Vaccine/Pages/Vaccine.aspx#map>



### Red Cross Free Smoke Detectors

#### Do You Need a Smoke Alarm?

If you cannot afford to purchase smoke alarms or are physically unable to install a smoke alarm, the Red Cross may be able to help.

**To sign up please call the Red Cross at 814-460-9749 or 814-371-2750.**

You are eligible if you own or rent your home. A Red Cross case worker will call you and set-up a date and time to complete the installation.

### Stopping Fraud Is As Easy As...



**Don't be "nice" to fraudsters who want to scam you!**

End the call IMMEDIATELY and **#SlamTheScam!**

Remember: COVID-19 contact tracers will NEVER ask you for your Medicare number or personal information.

Report fraud: [TIPS.HHS.GOV](https://tips.hhs.gov) or 800-447-8477.

## Home Heating Assistance Program

**Closing on April 9**



Older adults have until Friday, April 9 to enroll in the 2020-2021 Low Income Home Energy Assistance Program (LIHEAP). The program provides low-income families and seniors with a cash grant to help with paying their heating bills.

Households in immediate danger of being without heat can also qualify for crisis grants. These grants do not have to be repaid.

For more information about LIHEAP, including how to qualify and sign up, call JCAAA at 814-849-3096.



### Property Tax/Rent Rebate Program applications are now available!

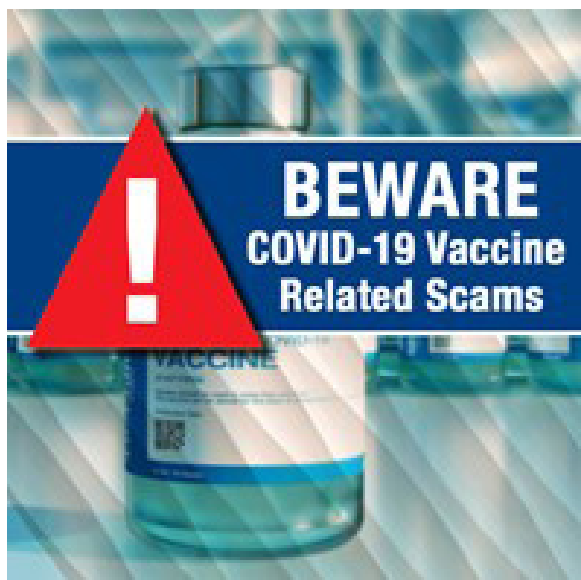
**AM I ELIGIBLE?** The program benefits income-eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older.

**NEW FOR 2020 ELECTRONIC PTRR FILING**  
Starting with the 2020 claim year, Pennsylvanians will be able to electronically submit their Property Tax/Rent Rebate program applications. Visit [mypath.pa.gov](http://mypath.pa.gov) to access the Department of Revenue's electronic filing portal. Claimants who submit their applications electronically will have the benefit of automatic calculators and other user-friendly features that are not available when filing a paper application. myPATH is safe, secure and more efficient. See Page 18 or go to the department's website at [www.revenue.pa.gov/mypathinformation](http://www.revenue.pa.gov/mypathinformation) to learn more about our electronic services.

Property Tax/Rent Rebate application assistance is available at no cost from the Jefferson County Area Agencies on Aging, senior centers, and state legislators' offices.

Property Tax/Rent Rebate application assistance is available at no cost from the Jefferson County Area Agencies on Aging, senior centers, and state legislators' offices.

**Please call JCAAA at 814-849-3096 for assistance at the main office in Brookville or your local senior center.**



Con artists are taking advantage of the chaos and uncertainty around the COVID-19 pandemic and vaccine rollout to swindle older adults out of their personal information and money.

**Here are some of the latest scams:**

- **Emails, texts or phone calls offering guaranteed vaccine appointments for a fee.** Only legitimate healthcare professionals are scheduling appointments, and that is only after a person signs up for one.
- **Selling at-home coronavirus testing kits.** If someone wants a test, they should contact their doctor to help find a legitimate kit to purchase. Also, research it. If information can't be found on how the test works, where it is sourced, and what lab processes it, then it's a scam.
- **Requests to invest in coronavirus cures and products.** Anyone who solicits investors must be registered with the state.

**Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days in April. April 2nd**

**These scams typically include:**

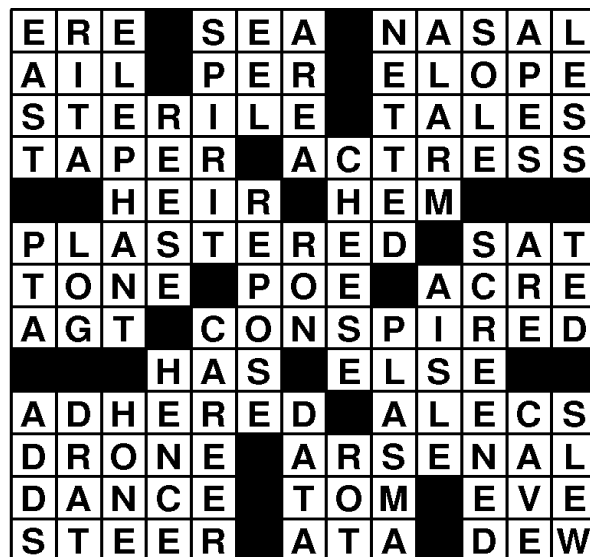
- Sense of urgency or limited time offer
- Payment with wire transfer or gift card
- Secrecy and the request not to tell anyone
- Low or minimal risk with guaranteed high returns

**Never provide** credit card or other financial or personal information as part of an unsolicited phone call, text message, or email, especially if the person is applying pressure to act quickly.

**If you, or someone you know, may have been a victim of a scam, here are five things to do:**

1. Contact your financial institution or credit card company if you paid by check or card.
2. Report it to local law enforcement, the PA Attorney General's Office, and the Federal Trade Commission.
3. Check your credit report to make sure nothing suspicious is happening.
4. Talk to someone you trust.

Keep track of everything by documenting every phone call, conversation and what happened so it can be provided to authorities.



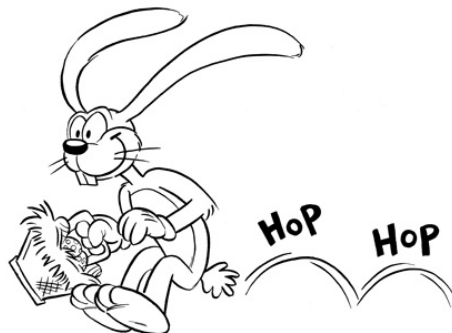
# Easter Challenge

Find the words in the list hidden in the puzzle grid below.

```

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

APRIL	CHOCOLATE	EGGS	JESUS	PURPLE
BASKET	CHURCH	FAMILY	LAMB	RABBIT
BONNET	COLOR	FIND	LILY	RESURRECTION
BREAK	CRACK	FLOWERS	April	ROLL
BUNNY	CROSS	GRASS	MARSHMALLOW	SEARCH
CANDY	DAFFODILS	HIDE	PAINT	SPRING
CELEBRATE	DECORATE	HOLIDAY	PARADE	SUNDAY
CHEEP	DINNER	HOP	PASTELS	SWEET
CHICK	DYE	HUNT	PETER COTTONTAIL	SYMBOL
CHILDREN	EASTER	JELLYBEANS	PINK	TREATS







## Employee Spotlight

**Name:** Cheryl Moore

**Job title:** Brockway Senior Center Coordinator

**Location:** Brockwayville Depot

**How long have you worked for JCAAA:** 10 years

**Education and School Where Attended:** Cheryl is originally from Salamanca NY where she was raised in a family of 9 children. She is a graduate of Salamanca Central High School and attended Jamestown Community College where she majored in Business.

**Certifications:** She is certified in CPR and Serv-Safe qualified.

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

As Center Coordinator you are pretty much a Jack of All Trades: from making sure your frozen meals go out properly, serving lunches to the consumers in house and take outs, helping with cell phone problems, feeding the birds, calling Bingo, but mostly just time to socialize with the center participates, and making sure they feel safe and happy.

**What is your most rewarding or satisfying experience in your work or volunteer history:**

I love eating lunch with them...its very rewarding to see that our patience over the last year with Covid 19 has paid off and my consumers are back and enjoying lunch and socialization with limited activities.

It's very hard to point out a rewarding experience. Sometimes is just a smile and a Thank-you to let you know you are appreciated. That is also my proudest moment, just knowing that I make a difference in people's lives and make them smile knowing they have a friend with me,

**Please tell us about the significant people in your personal life.**

I Have 2 adult children, Carey and Andy.

**What do you do when you're not at work?**

I enjoy traveling with family and friends. My favorite trip was when we shipped 13 Harley Davidson Motorcycles to San Francisco and rode them back to PA.

I am a lifetime member of HOG (Harley Owners Group) and a former Director of the local chapter (Tri-County HOG) in DuBois. Love going to concerts (my last one was The Eagles)..I LOVE FOOTBALL and am a hardcore BUFFALO BILL FAN.





# Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*menu subject to change*			<p>1</p> <p>Baked Cabbage Roll w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots WG Dinner Roll Strawberry Shortcake</p>	<p>2</p> <p>Senior Centers Closed Good Friday</p>
<p>5</p> <p>Cheeseburger 1/2c BBQ Butterbeans 1/2c Macaroni Salad Sandwich Roll Fresh Cantaloupe</p>	<p>6</p> <p>Parmesan Chicken over Lemon Asparagus Pasta 1c Tossed Salad w/ Tomato &amp; Drs Italian Bread 1/2c Applesauce</p>	<p>7</p> <p>Pot Roast 1/2c Whipped Potatoes w/ Gravy 1/2c Carrots Wheat Bread 1/2c Sliced Pears</p>	<p>8</p> <p>Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c Mixed Greens) 1c Barley Vegetable Soup w/ Crk WG Dinner Roll 1/2c Sunset Peaches</p>	<p>9</p> <p>Pulled Pork Sandwich 1/2c Hawaiian Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>
<p>12</p> <p>Sweet Sausage Minestrone (Peppers, Onions, Zucchini, Tomatoes) over 3/4c Bowties 1c Tossed Salad w/ Cucumber &amp; Drs WG Dinner Roll Fresh Watermelon</p>	<p>13</p> <p>Roasted Pork w/ Mushroom Sauce 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread 1/2c Pineapple Delight</p>	<p>14</p> <p>Baked Meatloaf w/ Gravy 1/2c Baked Potato w/ Margarine 1/2c Wax Beans Wheat Bread Cookie</p>	<p>15</p> <p>Tuna Salad Sandwich w/ Lettuce &amp; Tomato 1c Lentil Soup w/ Crackers Sandwich Roll Fresh Orange</p>	<p>16</p> <p>Baked Breaded Chicken Cutlet 1/2c Scalloped Potatoes 1/2c Tomato &amp; Cucumber Salad White Bread 1/2c Fruited Gelatin</p>
<p>19</p> <p>Baked Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Beets Wheat Bread Cookie</p>	<p>20</p> <p>Spaghetti &amp; Meatballs (4) w/ Marinara 3/4c Pasta w/ Sauce 1c Tossed Salad w/ Toma- to &amp; Drs Italian Bread 1/2c Pineapple</p>	<p>21</p> <p>Warm Roast Beef Sandwich w/ Mozz 1/2c Roasted Parmesan Redskins 1/2c Carrots Sandwich Roll Fresh Banana</p>	<p>22</p> <p>Chicken Scallopini 1/2c Blended Rice 1/2c Brussel Sprouts Wheat Bread 1/2c Applesauce</p>	<p>23</p> <p>Turkey Chef Salad (Turkey, Cheddar, HB Egg) 1c Tossed Salad w/ Cucumber 1c Creamy Cauliflower Soup w/ Crackers WG Dinner Roll 1/2c Mixed Fruit</p>
<p>26</p> <p>Maple Dijon Salmon 1/2c Garlic Butter Orzo 1/2c Peas Wheat Bread 1/2c Pineapple &amp; Cherries</p>	<p>27</p> <p>Kielbasa 2 Tbsp Sauerkraut 1/2c Whipped Potatoes 1/2c Green Beans 2 WW Bread Gelatin</p>	<p>28</p> <p>Fiesta Chicken Salad (Fajita, Chicken, Cheddar, Sal- sa, Sour Cream) 1c Mixed Greens w/ Tortilla Strips 1c Tortilla Soup w/ Crackers WG Dinner Roll Fresh Fruit</p>	<p>29</p> <p>Roasted Slice Turkey 1/2c Mashed Potatoes w/ Gravy 1/2c Mixed Vegetables Wheat Bread Cookie</p>	<p>30</p> <p>BBQ Riblette 1c Summer Potato &amp; Corn Chowder w/ Crackers Cornbread Square Fresh Fruit</p>

**You may qualify for financial assistance programs!**

APPRISE wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

**Extra Help**

Can help lower your prescription drug co-payments and premium and gives you extra times to switch your plan!

You may qualify if:

- If you are single and have total monthly income of less than \$1,630; and less than \$14,790 in resources.
- If you are married and have a total monthly income of less than \$2,198; and less than \$29,520 in resources.

**Medicare Savings Programs**

Can help you with the payment of your Part B premium!

You may qualify if:

- If you are single and have a total monthly income of less than \$1,469; and less than \$7,970 in resources.
- If you are married and have a total monthly income of less than \$1,980; and less than \$11,960 in resources.

**Call today to get connected to the APPRISE Program at the Jefferson County Area Agency on Aging at 814-849-3096.**

APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by grant number 2001PAMIAA-00 through the Administration for Community Living.





Brookville Heritage House Center  
Address: 4 Sylvania Street,  
Brookville, PA 15825  
Coordinator: Jodie Deal  
Phone: 814-849-3391  
Email: [heritage@jcaaaa.org](mailto:heritage@jcaaaa.org)

Hopefully we will see some warm weather this month! We are still open for dine in lunch and take out lunches, please call a least a day ahead for a reservation. We are starting Bingo again on Fridays beginning April 9, 2021, please call and reserve a spot because we still have to maintain social distancing. Scrabble will resume also on Wednesdays beginning April 7, 2021.

I would like to thank all of the seniors for supporting the Heritage House by continuing to order lunch both dine in and take out!



Brockwayville Depot Center  
Address: 425 Alexander Street  
Brockway, PA 15824  
Coordinator: Cheryl Moore  
Phone: 814-265-1719  
Email: [depot@jcaaaa.org](mailto:depot@jcaaaa.org)

Welcome back to The Depot! It's been great to catch up with so many of you. We have certainly been enjoying just getting out and socializing with a good cup of coffee!

Activities are slowly opening up, the pool table is being used again, jig-saw puzzles are being work on AND we are going to attempt Nickel Bingo at 12:30 on Thursday's (if there is enough interest).

Please remember that we are still encouraging wearing a mask and social distancing at the center even if you have received both doses of the vaccine.

Lunch is available for dine-in or take-out. Remember to order the day before.

HAPPY SPRING !!!





Happy Retirement to Mary Smith! Mary retired from the Foundry at the end of December 2020. She was the senior center coordinator for 1 ½ years and will be missed! Mary plans to volunteer in the upcoming months as her schedule permits.

The Foundry is open for lunch Monday-Friday at noon and we are so excited to welcome everyone back!! Bingo is back Thursdays 9:30-11:30 , so come join us!

Check back in April to find out when the Easter Bunny may be paying a special visit to the Foundry!

The Reynoldsville Foundry Center  
Address: 45 West Main Street  
Reynoldsville, PA 15851  
Coordinators: Cheryl Hannah  
Phone: 814-653-2522  
Email: foundry@jcaaa.org



## PUNXSUTAWNEY AREA SENIOR CENTER

Punxsutawney Area Center  
Address: 222 N. Findley Street  
Punxsutawney, PA 15767  
Coordinator: Debbie Long  
Phone: 814-938-8376  
Email: punxy@jcaaa.org

Hello Punxsutawney Consumers!

We are back to dining in daily at noon. Take out meals are also available daily to be picked up at 11:30. The meals have been delicious, if you wish to take advantage of the lunches, please call 938-8376. Card playing, checkers, jigsaw puzzles have begun while paying attention to safety.

We hope to bring bingo back in April.

On St. Patrick's Day we celebrated by watching the movie THE QUIET MAN with John Wayne. Popcorn and bottled water were available. The lunch which followed was delicious and went along with the March 17 theme.

The photo was taken while the folks enjoyed the St. Patrick's Day movie. They are Carol, Harry, Drew, Dave and Dwight.

Thanks to consumers for hanging in there and bringing your friendship back to the center. Debbie



## Balance-Boosting Footwear Tips for Older People

Falls are the leading cause of fatal and non-fatal injuries among older people, according to the CDC. Each year, three million older people are treated in emergency departments for fall injuries. More than 800,000 patients a year require hospitalizations due to a fall injury. In 2015, falls cost more than \$50 billion in total medical costs, according to the CDC.

"Preventing falls among older Americans is a top health priority, and improved balance can help reduce the risk of a fall," said Matthew Garoufalos, DPM, a podiatrist and past president of APMA. "Proper footwear can help improve balance, especially in older people who may struggle with mobility and balance issues."

When selecting a shoe to improve balance, keep these guidelines in mind:

- Put shoes to the 1-2-3 test.
  - Step 1: Press on both sides of the heel area to ensure the heel is stiff and won't collapse.
  - Step 2: Bend the shoe to check for toe flexibility. The shoe shouldn't bend too much in the toe box area, but it shouldn't be too stiff and inflexible either.
  - Step 3: Try twisting the shoe; it shouldn't twist in the middle.
- Have your feet professionally measured every time you shoe shop. Natural aging and health changes can cause the size of your feet to change. Measure both feet—late in the day—and shop for the larger foot.
- Bring the type of socks you plan to wear with the shoes and walk around the store in the shoes before you purchase them.

- If you don't feel comfortable or steady in the store, don't buy the shoes. Shoes should feel comfortable and supportive right away; if they don't feel good right away, breaking them in won't improve things.

If you have specific health challenges or foot issues, [talk to a podiatrist](#) about the best footwear for your needs. If your podiatrist has prescribed [orthotics](#)—biomechanical inserts that go into your shoes—take them with you when you shop and try them out in the shoes you're considering. Quality shoes can be an investment. Before you buy, check to see if the brand and style you're considering have earned the [APMA Seal of Acceptance](#). APMA grants the seal to products found to promote good foot health.

### April 1-30 Foot Health Awareness Month (National)





## April is National Humor Month, So “Up Your Laughter Quotient”!

**LAUGH LONG AND LOUD.** A robust rib-rattler improves not only your mood, but also your health. The physical act of laughing helps you stay alert, makes it easier to cope and lets you maintain your sanity when the world gets a little crazy.

**ADMIT YOU'RE HUMAN...** laugh at yourself. People who have mastered Living-101 take their work seriously but not themselves. Knowing the difference gives you the keys to the kingdom.

**UP YOUR LAUGHTER QUOTIENT.** Nothing may be more important to your health and happiness. It has been said the average American laughs 15 times daily. SO eat your broccoli and get a megadose of Vitamin L every day.

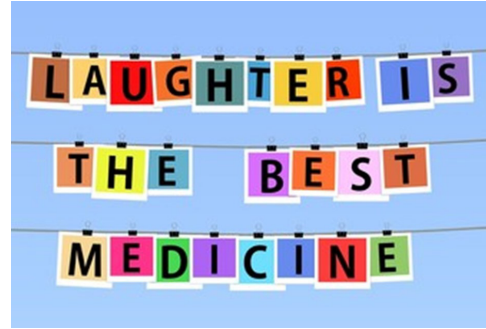
**GENERATE LAUGHTER** wherever you go. Good humor is the best social lubricant. It smooths understanding, communication and cooperation. Make it your mission to elicit as many smiles as you can each day.

**HELP YOURSELF SUCCEED** without stressing out. Humor is nature's antidote for tension. Let it be your secret weapon when you're up to your eyeballs in alligators. It's fast, it's fun, it's free. No other stress buster can make this claim!

**TAKE YOUR FUNNY BONE TO WORK** (or to the Senior Center). Instigate laughter on the job. Treating co-workers with respect and a sense of humor does miracles for teamwork and trust.

**EMBRACE THE NOTION** that humor is NOT incompatible with dignity and stature. Humor is the hole that lets the hot air out of a stuffed shirt. Follow the lead of Lincoln, Reagan, and JFK who knew that humor is vital in overcoming adversity.

**REMEMBER THAT LAUGHTER** and longevity go hand in hand. Grumps don't live longer – it just seems like it. A buoyant outlook may be more important than oat bran and pushups, and it's a lot easier to take. So get in the zone: Love life, laugh a lot, last longer.



Reprinted with permission. © 2004 by Larry Wilde, author of When You're Up To Your Eyeballs in Alligators – Jester Press, and founder of National Humor <http://www.humormonth.com/resources.html>

### HE'S ONLY 70

On the phone with my 93-year-old brother in Wisconsin, and I told him I thought it was time he paid someone to shovel snow for him. He suddenly grew indignant. "Why should I pay someone to shovel?" he demanded. "I can get my son to do it. He's only 70!"

### NO HAIR SALON OR CLEANING

Feeling down about my thinning hair, I told a friend, "Soon I'll never need to go back to the beauty salon. Whenever I vacuum, all I pick up is my hair." A glass-half-full kind of gal, she responded, "Well, then you won't need to vacuum either."

### LEAVING A LIGHT ON

An elderly man visits the doctor for a checkup. "Mr. Smith, you're in great shape," says the doctor afterward. "How do you do it?"

"Well," says Mr. Smith, "I don't drink, I don't smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor finds Mrs. Smith in the waiting room and tells her what her husband said.

"I don't think that's anything to worry about," she says. "And on the bright side, it does explain who's been peeing in the fridge."



"Have you noticed that my reflection is aging a lot faster than I am?"



**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				
15			16					17				
18						19	20					
		21			22		23					
24	25					26				27	28	29
30					31				32			
33				34				35				
			36				37					
38	39	40				41		42			43	44
45						46	47					
48						49				50		
51						52				53		

**DOWN**

1. Toward the sunrise
2. Film legend \_\_\_\_ Hayworth
3. Republican symbol
4. Soul
5. Snaky fish
6. Locality
7. Caught
8. Warning signal
9. Shoe part
10. Gorillas
11. Not so much
16. \_\_\_\_ Witherspoon of "Walk the Line"
20. Cheddar, e.g.
22. Rest
24. School gp.
25. Fireplace wood
26. L. \_\_\_\_ Hubbard
27. Showed (a movie)
28. Right you \_\_\_\_!
29. Koppel or Williams
32. Bride's walkway
34. Vocation
35. Blood part
36. For this reason
38. Finds a sum
39. Mild expletive
40. Sharpen
41. Computer fodder
43. Underground chamber
44. Whole bunch
47. Decompose

**ACROSS**

1. Before, to poets
4. Briny deep
7. \_\_\_\_ spray
12. Be sick
13. According to
14. Wed secretly
15. Antiseptic
17. Fables
18. Become narrower
19. Cameron Diaz, e.g.
21. Will beneficiary
23. Skirt's edge
24. Patched a ceiling
27. Took a chair
30. Hue
31. Edgar Allan \_\_\_\_
32. Farm unit
33. FBI employee (abbr.)
34. Plotted
36. Possesses
37. Other
38. Clung
42. Guinness and Baldwin
45. Humming sound
46. Arms depot
48. Tango, e.g.
49. Actor \_\_\_\_ Hanks
50. Adam's mate
51. Direct
52. \_\_\_\_ standstill (2 wds.)
53. Lawn moisture