



The Sunshine Line

Volume 10 Issue 12 December 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

Find us on Facebook: @JeffersonCountyAAA

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



What is LIHEAP?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it.

To receive help...

- Apply between Oct. 18, 2021 and May 6, 2022.
- You don't have to be on public assistance.
- You don't need to have an unpaid heating bill.
- You can either rent or own your home.

Statewide Toll-Free Hotline

1-866-857-7095

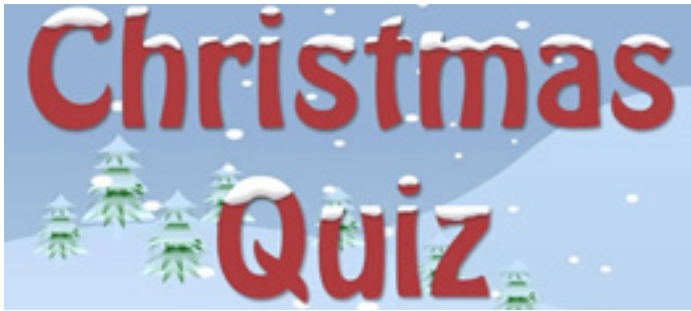
Apply online at www.compass.state.pa.us

Applications are also available at your local county assistance office.

The Jefferson County Area Agency on Aging will also have applications and will be able to assist you.

YOU MUST SCHEDULE AN APPOINTMENT for assistance at the main office by calling

814-849-3096.



1. Astronauts broadcast which Christmas song from space in 1965?

2. Mistletoe literally translates from Anglo Saxon as what on a stick?

3. Which country has donated a Christmas tree to the people of Scotland every year since 1949?

4. What Christmas decoration was originally made from strands of silver?

5. Three of Santa's reindeer's names begin with the letter "D." What are those names?.

6. According to the folklore of Austria what horned figure punishes naughty children at Christmastime?

7. Donald Trump makes a cameo appearance in which Christmas film?

8. In the Christmas carol *The 12 days of Christmas*, what gift is offered on the seventh day?

9. Which Christmas beverage is also known as 'Milk Punch'?

10. In the movie *It's A Wonderful Life*, what happened every time a bell rang?

11. What does Noel mean in Latin?

12. Swedes traditionally celebrate Christmas Eve by watching which famous cartoon?

13. How do you say Merry Christmas in Hawaiian?

14. Name the animatronic cassette-playing bear toy that every kid wanted for Christmas in the mid-80s.

15. The movie *Miracle on 34th Street* is based on a real-life department store. What is it?

16. According to legend, what holiday goodies were shaped to resemble a shepherd's staff? This was a way to remind children of the shepherds who visited baby Jesus?

17. In the classic Christmas movie, *How The Grinch Stole Christmas*, the Grinch was described with three words. What are they?

18. What is the most recorded Christmas song of all time?

19. How long does it take for a tree to reach the average, ideal "Christmas tree" height?

20. Which fairy tale was the first gingerbread houses inspired by?

Christmas Quiz Answers on Page 10

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

Holiday Word Search

Two words in the word list appear twice in the word search.

Can you find them?



BOWS	GIFTS	ORNAMENT	SURPRISE
CANDLE	GINGERBREAD	PARTY	TINSEL
CHILDREN	GLITTER	PLAYS	TOYS
CHIMNEY	HAM	REINDEER	TRAVEL
COOKIES	HOLLY	RIBBON	TREES
ELVES	HOT CHOCOLATE	SANTA	TURKEY
FAMILY	LIGHTS	SHOPPING	WISH LIST
FRIENDS	MISTLETOE	SLEIGH	WRAP
GARLAND	MUSIC	SNOW	WREATH
	NUTCRACKER	STOCKING	



December

Jefferson County
Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
menu subject to change	RESERVATIONS REQUIRED 24 HOUR NOTICE CALL CENTER YOU WISH TO DINE AT 	1 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots Dinner Roll Fresh Fruit	2 Salisbury Steak w/ Gravy 1/2c Mashed Potatoes 1/2c Coleslaw Wheat Bread 1/2c Sliced Pears	3 Tuna Noodle Casserole (3oz Tuna, 4oz Noodles) 1/2c Peas & Carrots Wheat Bread 1/2c Pineapple & Cherries
6 Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables Mini Biscuit w/ Apple Butter Fresh Fruit	7 Roast Beef & Dumplings 1/2c Creamy Coleslaw WG Buttermilk Biscuit 1/2c Cinnamon Applesauce	8 Roasted Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Cookie	9 Crab Cake Slider 1/2c Parmesan Noodles 1/2c Baked Beans Dinner Roll 1/2c Mandarin Oranges	10 Baked Ham Slice w/ Fruit Sauce or Raisins 1/2c Sweet Potatoes 1/2c Coin Carrots Wheat Bread 1/2c Sliced Pears
13 Taco Salad 1/2c Spanish Rice 1/2c Corn & Black Bean Salad Nacho Chips 1/2c Pineapple Delight	14 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots White Bread Fresh Fruit	15 Orange Glazed Pork Loin 1/2c Vegetable Rice Pilaf 1/2c Cauliflower 1/2c Sliced Apples	16 Special Christmas Lunch! Lasagna (Meat) Mixed Green Salad Garlic Toast Cake w/ whipped Topping Please order meal by 12/9/2021	17 Turkey Caesar Club Sandwich w/ Lettuce, Tomato, Cheese 1c Creamy Broccoli Soup w/ Crk Sandwich Roll Cherry Chip Cake w/ Topping
20 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans White Bread 1/2c Sliced Peaches	21 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread 1/2c Mixed Fruit	22 Pineapple Glazed Ham 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots Wheat Bread Fresh Fruit	23 Hawaiian Pork Chop 1/2c Blended Rice Pilaf 1/2c Island Blend Vegetables Strawberry Shortcake	24 Merry Christmas! Senior Centers Closed For All Activities
27 	28 Senior Centers Closed all week to allow staff to enjoy time with family and friends 	29 Senior Centers Closed all week to allow staff to enjoy time with family and friends 	30 Senior Centers Closed all week to allow staff to enjoy time with family and friends 	31 

Employee Spotlight

Name: Kaitlyn Salada

Job title: Options Care Manager

Location: Main Office

How long have you worked for JCAAA: over 3 months

Education and School Where Attended: In December of 2020, I got my Bachelor of Science in Psychology from Clarion University of Pennsylvania and completed a minor in Social Work

Certifications: I am a Certified Prevention Gate Keeper, which means I have been trained to help prevent suicide. This is done by asking questions to those who have concerning behaviors or comments so I can obtain more solid information, and providing them the resources to seek help or, in the case of immediate danger, have the resources to reach help for them.

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

My day-to-day activities involve a variety of things. I conduct home visits to complete assessments with consumers. I prepare care plans and provide resources for consumers to get the necessary help they need. I also spend a good amount of time entering information and updating and consumers' files. I contact providers for our services to make sure consumers are getting the appropriate services or to make any changes to those services. I have to keep in contact with consumers on a regular basis to ensure their needs are met. Lastly, I frequently communicate with my supervisor and co-workers to make sure everything is being done correctly and keep important information up to date.

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

I have volunteered to help my high school's Drama Club with some of their productions over the last few years. I helped with some different things like lighting, constructing and painting sets, and working as stage crew to make transitions run smoothly. My most rewarding experience was working as stage crew because I would get to be around the students who were performing before and after all of their stage appearances. I got to see people who were nervous who would go out and perform amazingly, or people who might have messed up a small part

and were beating themselves up, or even people who were exactly where they belonged that would spread their confidence like a wildfire. I was able to help reassure those who were having trouble or find inspiration in even the smallest things those students accomplished. I never thought it would be possible to learn something from high school after graduating years ago, but I managed to take so much from those experiences.

Please tell me about your proudest moment since you joined JCAAA: My proudest moment since joining JCAAA was when I conducted a home visit with my first new consumer. I was nervous that I might not have enough information for them or that I would forget something important, but luckily the consumer was very understanding and patient. The consumer had asked about getting services I was unsure about, but I provided the information I knew and was able to get more information for them after discussing their situation with my supervisor and co-workers. After making other necessary contacts with the consumer, I found that they were utilizing the resources I had provided them with, and they were just so excited for it. The consumer was so sweet and grateful for everything I did and that really made me feel like I was doing everything correctly. Now, if I am ever dealing with a difficult situation, I try to remind myself that I am doing everything I can for every consumer, even if they may not all show their gratitude in that same way.

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

I enjoy many activities outside of the office. On my own, I like to read, take care of my house plants, and draw or paint. With family and friends, I play a lot of board games and video games. I often go on little adventures with loved ones, whether it's a silly day at our camp or a day trip to New York City, we always have something exciting to do.





Brockwayville Depot Center
Address: 425 Alexander Street
Brockway, PA 15824
Coordinator: Cheryl Moore
Phone: 814-265-1719
Email: depot@jcaaa.org

Join us at the Brockway Depot Senior Center in December!

Everyone over age 60 can join the Depot and enjoy many FREE activities!

Available Monday-Friday 8am-1pm:

Coffee, Socializing, Pool Table, Jig Saw Puzzles, and a hot Lunch!

Lunch is still available for pick-up or dine-in.

Please call Cheryl to reserve your meal by 1:00pm one day in advance at 814-265-1719.

12/1- Life Line Screening Event. Call 1-866-229-0469 for more information and to register.

12/10- Center Closed. Lunch pick-up is available on 12/9.

12/14- Pancake and Sausage Breakfast. 7:30am-9:30am. No reservation needed.

Suggested donation is \$2.50.

12/16 - Special Christmas Lunch! Reservation required by 12/9. Suggested donation is \$5.00

12/23- Reading of 'Twas The Night Before Christmas with our \$2.00 gift exchange

12/24-12/31- Center Closed for Christmas Vacation!





Brookville Heritage House Center
 Address: 4 Sylvania Street,
 Brookville, PA 15825
 Coordinator: Tammy Miller
 Phone: 814-849-3391
 Email: heritage@jcaaa.org

I can hardly believe that December is here. Wow, what a wonderful time we have been having. I absolutely LOVE seeing everyone including all the new faces at the center. We have been having a great time while staying active and that doesn't change much this month. I encourage you to sign up to dine with us and come for the activity then stay for lunch or come for lunch and then stay for the afternoon activity. You must sign up the day before for the day that you want to dine with us by 12 noon.

We have a variety of fun things planned for this month.

We have the Dulcimers coming on Wednesday to have lunch with us and then play music right after. We are making cookie mixes in jars on December 14th at 1 pm. Thursday the 16th is our Special Christmas Dinner (You MUST reserve/sign up for this dinner with the final day to sign up being Thursday, December 9th at 12 noon). Friday the 17th Pastor Michael Coats will be joining us for some festive music at 12:30 pm, right after lunch-I hope, you will join us. We will be having our Christmas Party on Monday, December 20th at 1 pm following lunch and I hope to see your best Christmas attire. Then in celebration of all of our December Birthdays, we will have our monthly cupcakes on Wednesday, December 22nd at lunchtime. I think that pretty much covers everything and of course always check Facebook-The Heritage House page for more activities that are happening, we share a lot of news on that Facebook page.

We will also be having a Phone Tech Class, Card making class, & a few other events in December as well I am just unsure of the dates right now, but I will get the word out as soon as we choose a date and time.

~**December 8th** Dulcimers 12:30-1:30

~**December 10th** Cookie Decorating and Hot Cocoa Party 10 am

Chuck Huck with some Polka Music at 12:30 pm

~**December 14th** Cookie Mix in a Jar 1 pm

~**December 16th** Christmas Dinner

~**December 17th** Pastor Michael Coats Holiday Music 12:30-1:15 pm

~**December 20th** Christmas Party (Bring a \$3 gift to participate in one of the games)

~**December 22nd** Birthday Month Cupcakes Lunchtime

~The Heritage House will be closed from December 27-31 for the Christmas Holiday-we will discuss this further as the time gets closer.

****Dates & Times are Subject to Change****

Photo the last class/party from the felt purse classes



Photo of ornaments that we made to send to Harrisburg to decorate the Capitol Christmas Tree



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

Monday and Wednesday – 9:30 to 11:15 – penny bingo

Friday December 3 - movie day 9:30 to 11:15

Friday December 9 - deadline for ordering special meal to be served Thursday December 16

Monday December 13 – December birthday celebration

Friday December 17 - ice cream treat after lunch

Thursday December 23 – Holiday Celebration

Thursday December 16 deadline for ordering a home delivered meal box for the week December 27 thru 31 as the center will be closed.

Frozen meals will be distributed Thursday December 23

Enjoy a safe and happy holiday season!

Pictured: With a ball of clay, a rolling pin, oak leaf and cutting tool, five consumers (Dixie, Mary, David, Drew and Dwight) created the beautiful ceramic leaves shown in photo. Clay crafts are offered at the center based on interest. Please call 814-938-8376 if interested.

On October 29 the Punxsy center held a Halloween celebration. Before the festivities began, a witch appeared at the center. She entered with an authentic witches cackle and entertained the consumers. This was enjoyed by all.





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

Welcome to the Foundry!

We are open everyday M-F 9-2 Come Join us for Lunch!

We have coffee, conversation, and dominoes every morning.

Monday afternoon from 1-3 pm come join us for **Jam Session**

Bingo is every Thursday morning from 9:30-11:30

Our delicious lunches are available for eat in or take out (please call the day before to schedule)

Healthy Steps in Motion Exercise class is every Monday, Wednesday, and Friday from 10:30-11:30

Please come and check our **Vendor Craft Show** on Saturday November 27th from 9-2 at the Foundry. There is always something fun going on at the Foundry

Pictured below is a long time volunteer Don Withey who has left our Foundry family to move closer to his son in Ohio – he will be very much missed! We celebrated with a cake and lunch recently.

Also, included is a picture of a small group of “trick or treaters “ when we recently celebrated Halloween on October 29th – Every Month on the last Friday of the Month we do birthday cupcakes as well.



GUARD AGAINST COLD WEATHER The frosty air of winter can be invigorating. But cold air can also pose threats to your health, whether you're indoors or outside. Learn to recognize the signs of your body temperature dropping too low and take steps to keep yourself and your family warm and safe during the chilly season.

TO GUARD AGAINST THE COLD:

- Dress in layers.
- Cover up with blankets.
- If you expect to be out in the wind, rain, or snow, wear a jacket with a waterproof and windproof outer shell.
- To keep warm at home, wear socks, slippers, and a cap or hat.
- Set your heat at 68° or higher when it's cold outside.
- To save on heating bills, close off rooms you're not using.
- If you need help paying your home heating bills, you may qualify for an energy assistance program.
- If you suspect that someone you know or love may be at risk of hypothermia, take quick action to warm them up with blankets and warm drinks, but avoid hot-water baths and heating pads.



Christmas Quiz Answers:

7. Home Alone 2
3. Norway
18. Silent Night
12. Donald Duck
1. Jingle Bells
4. Tinsel
14. Teddy Ruxpin
11. Birth
19. 15 years
10. An Angel Gets Its Wings
16. Candy Canes
20. Hansel and Gretel
2. Dung
5. Dancer, Dasher, and Donner
9. Eggnog
17. Stink, stank, stunk
15. Macy's
6. Krampus
8. Seven Swans-a-Swimming
13. Mele Kalikimaka

Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days. **December 24th, 27th**

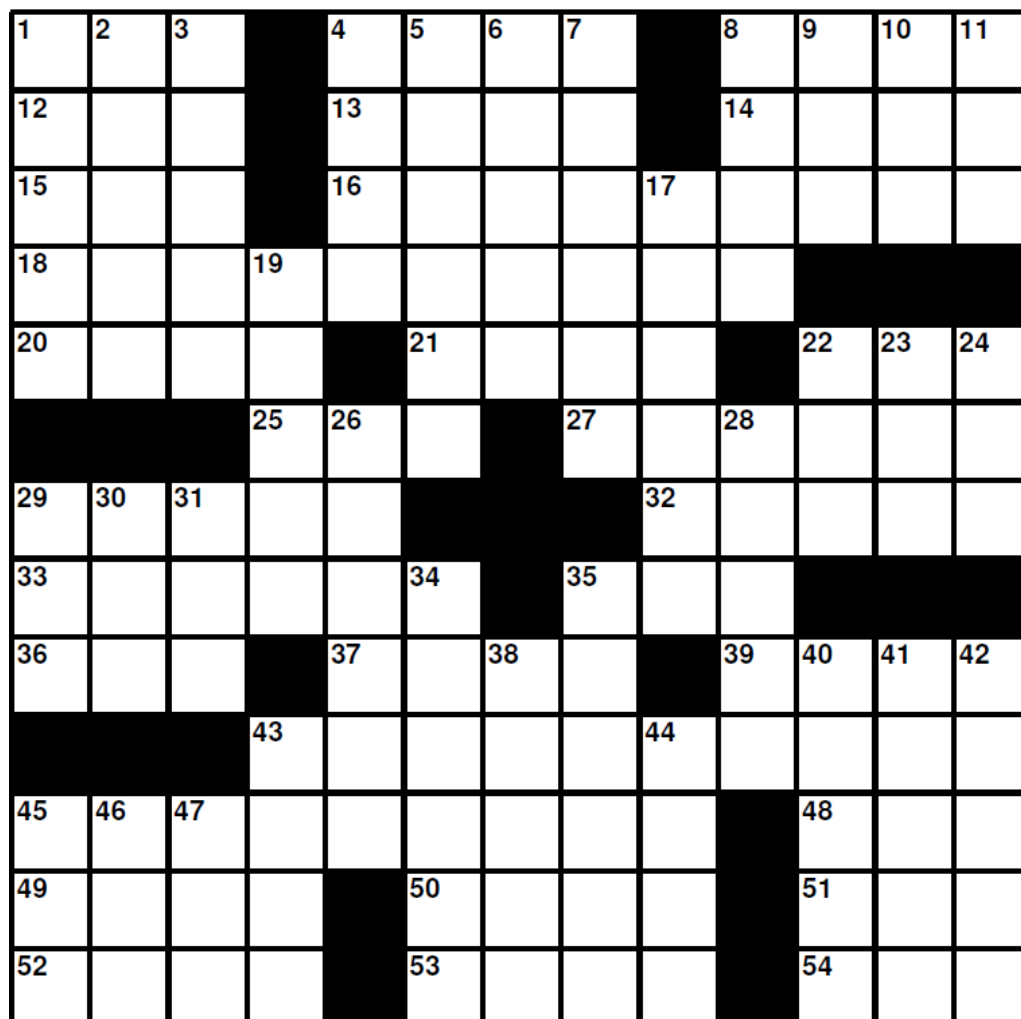
Our Senior Centers will be Closed. **December 27th thru the 31th**

AARP Driver Safety Program

Formerly "55-Alive", the new SMART DRIVER 4 and 8 hour classroom refresher defensive driving course is designed for qualified drivers 50 & older. There are no tests and membership in AARP is not necessary. All automobile insurance companies doing business in Pennsylvania are required by state law to give a minimum discount of 5% to all qualified policy holders age 55 and older who take the course. Be sure to first check with your insurance agent or company to make sure you qualify to receive a discount.

Presently there are no in-person classes being offered. However, if you would like to take the class online you can do so at <https://www.aarpdriversafety.org>

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. Musical speed
2. Pungent bulb
3. Bread ingredient
4. Appoint
5. Nome's state
6. Old hat
7. Appoint
8. Now and ____
9. Slender pole
10. "The Greatest"
11. Garden vegetable
17. Tiled artwork
19. Not tipsy
22. Pair
23. Coffee server
24. ____ Plaines, Illinois
26. Legal excuses
28. Goody
29. Clairvoyant's letters
30. Chimpanzee, e.g.
31. Occupy a chair
34. Skin decoration
35. Tel Aviv's country
38. Diamond and Armstrong
40. "The Sound of ____"
41. Wrathful
42. Thickly populated
43. Leases
44. Too
45. Scam
46. Outback bird
47. Illuminated

ACROSS

1. Plaything
4. California valley
8. Golf hazard
12. Compass reading (abbr.)
13. Woeful word
14. Gap
15. Woody's ex
16. TV and radio (2 wds.)
18. Ownership
20. Atop
21. Small barrels
22. Flop
25. Sheep's cry
27. Mother ____
29. Painter's stand
32. Presses clothes
33. Liveliness
35. Rink surface
36. Stroke lovingly
37. Forbids
39. Between
43. Printed material
45. Heavenly
48. ____ Diego
49. Fail to include
50. Bullring shouts
51. The I in TGIF
52. Disappointed shout
53. Norway's capital
54. Passing grade

Get Your Sunshine Line Newsletter Via Email!!!

WHY?

- The primary advantage is that it's quick. As soon as you send a message, it goes through.
- There's no paper, no mess, and you always find it in the same place.
- And, of course, it's free! No paper or printing costs and no postage fees.



If you have email and would like to get the newsletter electronically please notify us and we will be happy to add you to our email list.

Sign up on our website www.jcaaa.org or call Jefferson County Area Agency on Aging at 814-849-3096 or toll free at 800-852-8036.



JEFFERSON COUNTY AREA AGENCY ON AGING
186 Main Street, Suite 2
Brookville, PA 15825

ADDRESS SERVICE REQUESTED