

# The Sunshine Line

Volume 4 Issue 4 April 2022



## 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!

### **PRESCRIPTION ASSISTANCE ELIGIBILITY**



**Call: 800-225-7223**

**PACE**

**PACENET**

**Age 65+**



**PA Resident  
for at least 90 days**



**Individual  
Income**

**under  
14,500**

**between  
14,500-  
33,500**

**Married  
Income**

**under  
17,700**

**between  
17,700-  
41,500**

Eligibility guidelines for PACE and PACENET have been expanded. Older Pennsylvanians who are newly eligible will be able to be enrolled and begin receiving benefits starting February 21.

If you didn't qualify before, and you have an income less than \$33,500(single) or \$41,500(married), you may be eligible now.

For more information visit

[www.aging.pa.gov/prescriptions](http://www.aging.pa.gov/prescriptions)

or call the PACE Hotline at 800-225-7223.

Jefferson County Area Agency on Aging can also assist with the application and answer questions!

Not eligible to receive PACE/PACENET? Maybe The Clearinghouse Can Help...

1-800-955-0989.

The Clearinghouse assists PA residents over the age of 18 with social and life services.

Based on individual needs, we research local, state, and national programs to find resources that help. Through our regular follow-up calls, we build a rapport and offer support for you to ask questions or express your concerns.

Monday - Friday, 8 am - 5 pm



## A NEW Program for Jefferson County Seniors... Callgivers™

Callgivers™, offered through **Jefferson County Area Agency on Aging (JCAAA)**, is a live companion call service. Our professionally trained Callgivers™ provide older adults with wellness support and companionship through regularly scheduled and meaningful phone conversations.

Here are some features and benefits:

- We conduct background checks on all Callgivers™
- Callgivers™ are matched to your interests
- We schedule calls when you want them
- Our Callgivers™ have excellent communication skills, including empathetic listening
- We maintain a team of Callgivers™ who are diverse in background and experience
- Our matching profile allows for subscribers to engage with Callgivers™ who are similar in age, life experiences and/or career choices
- Emergency help is called when needed
- If you are not satisfied with your Callgiver™, we simply rematch you!

This program is **FREE** for seniors in Jefferson County to receive one (1) phone call per week.

If interested, you can schedule additional calls at a low rate you pay out of pocket.

**To get signed up please call:**

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



### **Benefits of a Callgiver™**

- Meaningful conversations with well-matched Callgivers™
- Check-in calls support hospital-to-home (H2H) initiatives
- Ideal for busy families whose loved ones live far away
- An economical alternative to home companion caregivers
- Updates provided to designated family members upon request



Find the words about the month of April, which are listed at the bottom of this page, in the April Word Search grid. The words could be backwards, forwards, up, down, or written diagonally. Circle the letters individually but many letters in the grid may be used in more than one April word.

When the April Word Search puzzle is complete, read the un-circled letters from left to right, top to bottom, to read a fact about April.

## April Word Search Puzzle

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

APHRODITE	DAISY	PASSOVER
APRIL FOOL'S DAY	DIAMOND	PLANTING
ARBOR DAY	EASTER	SPRING
ARIES	FLOWERS	SWEET PEA
BASEBALL BEGINS	FOURTH MONTH	TAURUS
BIRDS MIGRATE	GOOD FRIDAY	WARMING UP
BLOOM	PALM SUNDAY	

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

**April 15th**



# April

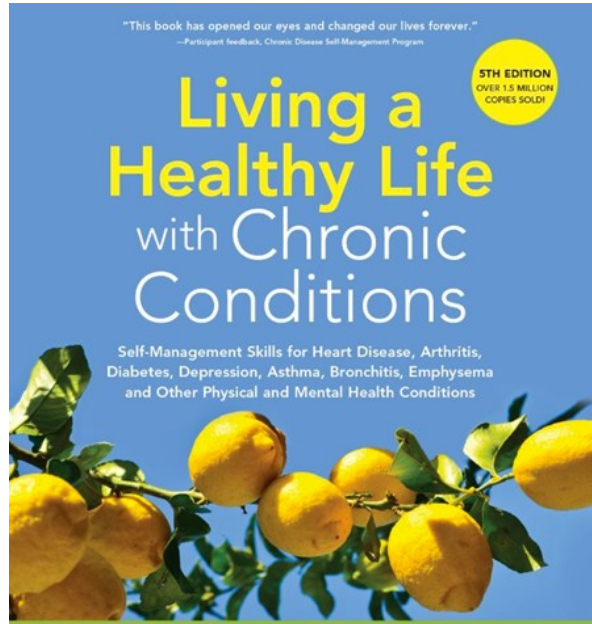
## Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>*Menu subject to change*</b> <b>Supply Chain issues may result in different menu items</b>		<b>RESERVATIONS REQUIRED with 24 Hour Notice.</b> <b>Centers <u>NOT</u> open on weekends to take reservations for Monday.</b>		1 Potato Crusted Fish 1/2c Scalloped Potatoes 1/2c Peas & Onions 1 White Bread 1/2c Mandarin Oranges
4 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	5 Sweet & Sour Chicken w/ 2oz Sauce 1/2c White Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread 1/2c Mixed Fruit	6 1c Supreme Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 White Bread 1/2 Applesauce	7 <b>EASTER LUNCH!</b> Ham 1/2c Scalloped Potatoes 1/2c Peas & Carrots Tossed Salad 1 Dinner Roll Coconut Cake	8 Homemade Tuna Salad Sandwich w/ Lettuce & Tomato 1c Bean Soup w/ Crackers 2 White Bread Seasonal Fresh Fruit
11 Creamy Chicken & Biscuit (3oz chicken, 1 biscuit) 1/2c Mixed Vegetables Fresh Fruit Cookie	12 BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight	13 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit	14 Hot Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	15 Senior Centers Closed 
18 Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	19 Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	20 Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	21 Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1c Cream of Broccoli Soup w/ Crackers 1 Dinner Roll 1/2c Fruited Gelatin	22 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries
25 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad	26 Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	27 Teriyaki & Lemon Grass Chicken Dumplings 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	28 Beef Taco Salad 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	29 Egg Omelet w/ Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit



## NEW Evidence Based Program Offered at the **Brockway Depot Senior Center!**

**6 Week Class with  
Certified Instructors!**



### Join the new 6 week program to learn:

- ◆ Techniques to deal with frustration, fatigue, and pain
- ◆ Exercise to improve strength, flexibility and endurance
- ◆ Appropriate use of medications
- ◆ Communicating with family and health professionals
- ◆ Nutrition
- ◆ Decision Making
- ◆ Evaluating new treatments

Where: Brockway Senior Center  
425 Alexander Street Brockway

When: April 19th—May 24th (6 classes total)

Time: 9:00am-11:30am (each class)

Open to: Adults with chronic physical or mental  
health conditions

Cost: FREE

To Register:

Call Cheryl Moore  
at 814-265-1719

Be sure to sign up for a hot  
meal after class!



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

### Hello April!

Please remember to make your lunch reservation the day before for both dine-in and take-out.

- April 5:** Red Cross Blood Drive 12pm-5pm.
- April 7:** Craft Day and short presentation 11:00am, sponsored by Life NWPA
- April 9:** Bus trip to Seneca Alleghany cost \$35.00. Seats still available call 814-265-1719
- April 12:** Pancake and Sausage Breakfast 7:30-9:30. Suggested donation \$2.50
- April 14:** Grocery Bingo 6:00 PM (DIFFERENT DATE THEN USUAL)
- April 15:** Center Closed Good Friday
- April 27:** Birthday Celebration after lunch

### TWO NEW HEALTH CLASSES!

**April 19** Living a Healthy life with Chronic Conditions. A six week class to help you live well! Class every Tuesday from April 19-May 24. 9:00am-11:30am. Class and materials are FREE! To register call Cheryl at 814-265-1719.

**May 3** Healthy Steps for Older Adults. One day class to learn about Falls Prevention. Free to attend! Limited space so sign up now by call 814-265-1719

**Still looking for volunteers to help deliver meals in Brockway and Falls Creek. Just one hour per week and you can brighten an older adults day!**





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

Hello Everyone, I wanted to start out with one of my favorite quotes: "Be the Reason Someone Smiles Today!" I am big on quotes, especially the ones that really make you think. The Heritage House has positive quotes everywhere through out the building and I change them periodically. I have a lot of favorites, what can I say, there are a ton of great quotes out there....

April is here and that means Spring is here too. I am so ready for the sunshine and warmer temperatures. I hope everyone is doing well and getting ready to enjoy the beautiful weather that is coming our way. I also have a few fun things planned over the next few weeks that I want to share with you all.

Save the Date-Wednesday April 27th-8-11 am-Happy Healthy You Day, this day is geared towards our Seniors and their Health and Wellness-this event will take place at the Heritage House and there will be vendors, a large Chinese auction, chair massages, reflexology, lots of information on health and wellness, and other information that the seniors will benefit from-This day is all about our Seniors!

**Friday April 1st, 2022, 11 am** Attorney Jeff Gordon will be here to talk about Wills and Power of Attorney and answer questions for us.

**Thursday April 7th at noon** Easter Dinner.  
 Reservations required by April 31st

**Friday April 8th at 10:30 am** Card making and writing to Pen Pals

**Friday April 15th** Closed.

**Tuesday April 19th** ArtsPath class with Sandy Trimble.

**Wednesday April 20th** Dulcimer Players at noon.  
 Music and singing after lunch.

**Friday April 22nd at 10:30am** Plant themed Bingo!  
 Win pretty flowers and plants.

So many great things happening at the Heritage House, please do not hesitate to stop by and sign up for some of these events or give me a call Tammy 814-849-3391. We also serve a hot lunch Monday through Friday at 12 noon for a \$2.50 donation, but you must reserve your meal 24 hours in advance, you can call or stop in to sign up for lunch.

Ongoing activities:

Chair Yoga Tuesdays and Thursdays 10:30 to 11:30 am

Healthy Steps in Motion Monday and Wednesday 10-11:30 am

Wednesday Woodcarvers 9 am

Tuesdays Scrabble 10 am

Mondays and Fridays Bingo 9 am

Saturday April 9th from 9 am to 3 pm there will be a Spring Fling Vendor/Fundraising Event at the Heritage House with a bunch of great vendors and a huge Chinese auction. All proceeds will go to the local nursing homes to buy televisions, remotes, and phones for the long-term care patients' rooms. So, stop by and see us for some shopping and socializing all for a good cause!





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

Mondays and Wednesdays – 9:30-11 – Bingo offered

Card games, jigsaw puzzles, word puzzles, coloring pages, movies, ongoing crafts are available upon request

A daily local newspaper and self serve hot beverages and water offered

Take out lunch at 11:30 daily; dine in served at noon – must be ordered a day in advance.

The suggested donation for those 60 and older is \$2.50; for those under 60 such as family members, caregivers, friends – the cost of their meal is \$4.00.

Thursday the 7th is our Easter Lunch – Ham, scalloped potatoes, vegetables, salad, dinner roll and coconut cake. This is a special lunch and the suggested donation is \$5.00

We will be continuing our seed planting project the entire month.

Thursday the 10th at – 10 – Sharon from LIFE will be conducting a talk on Nutrition and exercise.

Wednesday the 13th at 10 – HARVEY the movie starring Jimmy Stewart will be shown (its about a rabbit)

Friday the 15 – Center closed

Friday the 22 those enjoying a birthday in April will be celebrated

Friday the 29 – ice cream after lunch

We continue to need volunteer drivers to deliver home delivered meals on Tuesdays. No training required. Mileage reimbursement. Call Debbie at 814-938-8376 or Molly at 814-849-3096.

*Photo: Center members made these beautiful pottery objects. They formed their object from moist clay, after dry, they were bisque fired. Then they were glazed by consumers and returned to kiln for glaze firing.*







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

Happy Spring and Happy Easter from the Foundry!

Comes Join us for lunch daily served at noon – please call the day before to make your reservation with us. Take out available or you may eat in.

Every Monday, Wednesday, and Friday from 10:30-11:30 we have Healthy Steps in Motion Exercise

Monday Afternoons from 1-3pm we have Jam Session here talented local artists playing and singing all kinds of music.

Daily we invite you to come and enjoy playing cards or dominoes and have a cup of coffee!

If Bingo is your game come and join in on Thursday morning from 9:30-11:30 am.

Beginning April 19th from 10:00am -12:00 pm we are having an ArtsPath class with instructor Sandy Trimble for a 10 day class creating 3 scarves using felt techniques – no experience necessary and have fun learning something new! The classes will run every Tuesday and Friday .

Also, Tai Chi will be every Monday from 6:00-7:00 pm we will be doing Tai Chi for Arthritis Part II. Come try it out – there are spots available.

We have been busy crafting with Helen Newman making gnomes for Valentines Day, St Patrick's Day and Easter as well. If interested please call the Foundry for more information.

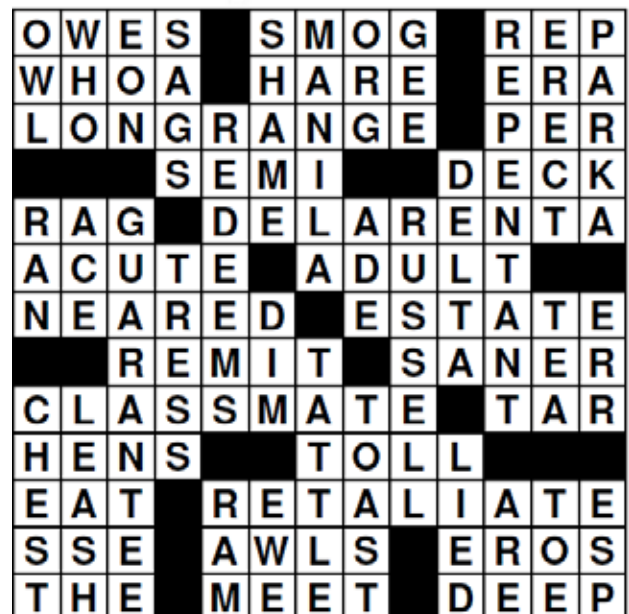
*Our first MUSIC NIGHT of 2022 will be April 1st from 6-9pm.  
 (weather permitting)*

*Sam Buck and the Buck Shot band will be here.*

*Dances will be here on the first Friday of every month!*



TAI CHI EXERCISES



### Upcoming Classes!

#### **Chronic Disease Self-Management**

Starts April 19<sup>th</sup>

Brockway Depot Senior Center

Call 814-265-1719 for more info

#### **Healthy Steps in Motion**

Every week! Check the Senior Center pages for times and dates

#### **Healthy Steps for Older Adults**

May 4<sup>th</sup>

Brockway Depot Senior Center

Call 814-265-1719

#### **Healthy Steps for Older Adults - Fall Prevention**

The Pennsylvania Department of Aging offers this fall risk screening and prevention program to adults 60 years of age and older. The program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. The program is taught by Certified Workshop Leaders and consists of two workshops, approximately 2-hours each in length, held on one day or two days within the same week.

Healthy Steps for Older Adults (HSOA) addresses many common causes of falls:

- Environmental safety
- Balance, strength, flexibility, and endurance exercises
- Nutrition
- Foot health
- Sensory deficits (vision/hearing)
- Side effects of medication
- Health status/disease states, including substance use
- The need to maintain an active lifestyle
- Social connectedness
- Mental and spiritual well-being

**HEALTH & WELLNESS**  
Programs for Older Pennsylvanians

- **Self-Management Programs**
  - Chronic Disease
  - Chronic Pain
  - Diabetes
- **Healthy Steps in Motion**
  - Strength & Balance
- **Healthy Steps for Older Adults**
  - Fall Prevention

PDA

#### **Healthy Steps in Motion - Strength & Balance**

The Pennsylvania Department of Aging offers this falls prevention exercise program to adults 60 years of age and older. The program is taught by Certified Workshop Leaders and is designed for people of all fitness levels. It consists of eight sessions presented as either a two-session per week program over four weeks or a one session per week program over eight weeks. It starts with a warm-up, followed by strength and balance exercises and ends with a cool-down stretch. There are three levels of exercises, which enables participants to continue HSIM for as long as they like.

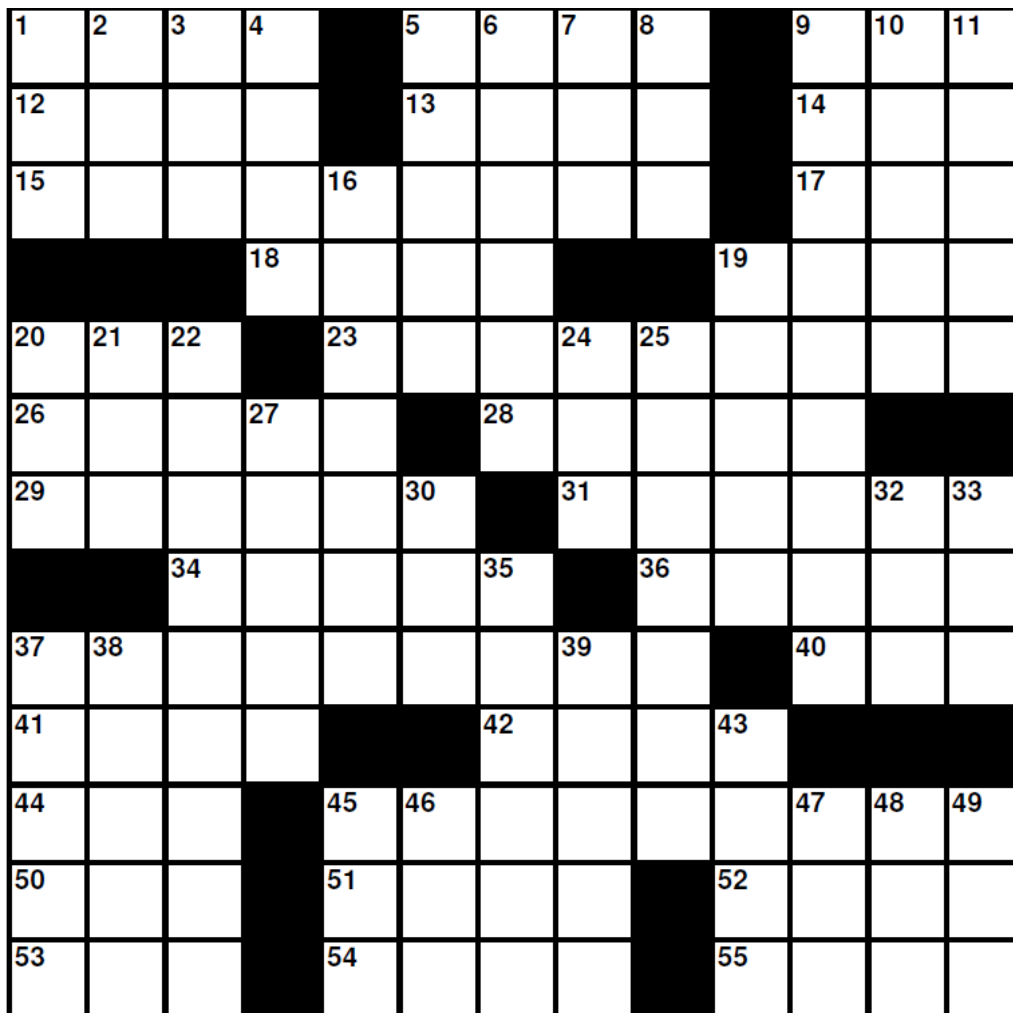
Healthy Steps in Motion (HSIM) strives to reduce the risk of falling by:

- Building body strength
- Increasing flexibility
- Improving balance

HSIM promotes increased socialization and physical activities outside of the program among participants.

HSIM Workshop Leaders are certified through classroom instruction with an exercise physiologist to teach any of the three levels of strength and balance exercises.

**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. Legal rule
2. \_\_\_\_ roll (2 wds.)
3. Experience
4. Group of three
5. Took off
6. More peculiar
7. And so on (abbr.)
8. By way of
9. Church feature
10. Judges
11. Comedian \_\_\_\_  
Murphy
17. Guiding principles
19. Of the mind
21. French preposition
22. In the past
24. Highway measure
25. Florida fruit
27. Dayton's state
28. Zodiac sign
32. Fire \_\_\_\_ (fire chief)
33. Had brunch
34. Embroider
37. Group of rooms
38. \_\_\_\_ tube
39. Cowboy show
40. \_\_\_\_ Prize
44. Margarine
45. Transmitted
47. Stop
48. Caustic liquid
50. Train terminal (abbr.)
51. Restaurant bill

**ACROSS**

1. Night bird
2. Reporter's question
3. Chunk of eternity
4. Wilts
5. Dishonor
6. Capital of the Philippines
7. Association (abbr.)
8. Goodness!
9. Apologetic
10. Upright
11. Winter coat
16. Restores the honor of
19. Letter after gamma
20. Managed
21. Crack pilot
22. Written promise
24. Orange drink
25. Actor \_\_\_\_ Crowe
27. Curl
30. Faintly lit
32. Pekoe, e.g.
33. Mess up
35. Tell secrets
37. Trunk
38. Dog's tether
39. French \_\_\_\_
43. Told untruths
45. Ewe's mate
46. Meadow mama
47. Have being
48. Foot digit
49. Telepathy (abbr.)



### ArtsPath is Back!

Join Sandy Trimble for this 10 day immersive art program and create 3 scarves using felt techniques.

No Experience Necessary!

Have Fun and Learn Something New!



#### Reynoldsville Foundry Senior Center

Tuesdays and Fridays

10:00am-12:00pm

Starts April 19<sup>th</sup>

To Register: Call Cheryl at 814-653-2522

FREE!

#### Heritage House Senior Center

Tuesdays and Fridays

1:00pm-3:00pm

Starts April 19<sup>th</sup>

To Register: Call Tammy at 814-849-3391

FREE!

Class size for both locations open for 10-20 participants!