



The Sunshine Line

Volume 7 Issue 7 July 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

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Register on our website or call us!



Jefferson County Area Agency on Aging

Annual Senior Picnic!

Date: September 22, 2022

Time: 10:00am – 1:00pm

Jefferson County Fairgrounds (1514 Route 28, Brookville, PA 15825)

Health Screenings, Information, and Lunch!

The event is **FREE** for all Jefferson County senior citizens.

Please call 814-849-3096 to register and reserve your meal.

FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2022 or after November 30, 2022.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are not permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

Market information

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app.

Or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

**** Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

List of eligible Fruit and vegetables

Fruit

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussels sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

Nutrition Education

Nutrition information on basic nutrition, shopping, cooking, nutrients in foods, and food safety can be found at <https://www.nutrition.gov/> The website also contains many different recipes.

For office use only
Application _____

DO NOT CUT OR ALTER THIS FORM IN ANYWAY!

The complete form and nondiscrimination statement must be received by JCAA for acceptance.
Mailing Address located on the back page.

COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF AGRICULTURE
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2022 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2022) and meet the household income guidelines.

RIGHTS AND RESPONSIBILITIES

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$25,142 for 1 person in the household; or \$33,874 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2022).

1st Participant Name (print): _____ Birth date _____
(Person checks are for)

(Signature)

2nd Participant Name (print): _____ Birth Date _____
(Person checks are for)

(Signature)

Address (print): _____

Telephone Number: _____ County you live in _____

Please circle the most appropriate identifier for each:

Ethnicity: Hispanic or Latino Not Hispanic or Latino

Race: American Indian or Alaskan Native Asian Black or African American
Native Hawaiian or other Pacific Islander White

Please see back for USDA Nondiscrimination Statement

Due to a supply chain issue with obtaining the checks, the program has changed slightly.

The new rules are as followed:

- All applicants need to turn in a completed application before vouchers can be issued, with signatures.
- A person can only pick up three (3) additional peoples vouchers besides their own, 4 Total.
- Must be 60 or older by December 31, 2022 to be eligible for Farmer Market Vouchers.

For office use only
Application _____

If more responses are received than funding allows you will be notified by mail.

Please mail or email your completed form before September 15, 2022 to:

**Jefferson County Area Agency on Aging
186 Main Street, Suite 2
Brookville, PA 15825**

Email: awilson@jcaaa.org

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.



To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Jefferson County
Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>RESERVATIONS REQUIRED with 24 Hour Notice. Centers <u>NOT open</u> on weekends to take reservations for Monday.</p>		<p>*Menu subject to change* Supply Chain issues may result in different menu items</p>		<p>1 Pineapple Glazed Ham Balls 1/2c Sweet Potatoes 1/2c Broccoli 1 Wheat Bread 1/2c Sliced Pears</p>
<p>4 Centers Closed</p> 	<p>5 Pork Loin w/Gravy 1/2c Vegetable Rice Pilaf 1/2c Cauliflower 1/2c Sliced Apples 1 Cookie</p>	<p>6 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread Fresh Fruit</p>	<p>7 Crispy Chef Salad 1c Mixed Greens w/ Ham, Tomato, Cheddar, 1/2 Egg 1c Vegetable Barley Soup w/ Crackers 1 Dinner Roll 1/2c Warm Peach Crumble</p>	<p>8 1c Supreme Pizza Casserole 1c Tossed Salad 1/2c Fresh Zucchini 1 White Bread 1/2 Applesauce</p>
<p>11 Homemade Tuna Salad Sandwich w/ Lettuce & Tomato 1c Bean Soup w/ Crackers 2 White Bread Seasonal Fresh Fruit</p>	<p>12 Sweet & Sour Chicken w/ 2oz Sauce 1/2c White Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread 1/2c Mixed Fruit</p>	<p>13 Glazed Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1/2c Pudding</p>	<p>14 Smothered Roast Beef 1/2c Mashed Potatoes 1/2c Peas & Onions 1 White Bread 1/2c Mandarin Oranges</p>	<p>15 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>
<p>18 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit</p>	<p>19 BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Fresh Broccoli w/ Cheese 1 Wheat Bread 1/2c Pineapple Delight</p>	<p>20 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>21 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>22 Chicken & Biscuit (3oz Chicken & 1 Biscuit) 1/2c Mixed Vegetables Fresh Fruit Cookie</p>
<p>25 Pepper Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>26 Grilled Chicken Salad (2oz Chicken, Egg, Cheddar, over 1c Mixed Greens) 1c Cream of Broccoli Soup w/ Crk 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>27 Meatballs w/Gravy 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges</p>	<p>28 Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>29 Hawaiian Pork Loin 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries</p>



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

Brockway Old Fashion Fourth Celebration events run from June 30 through July 4

July 4th : Center Closed

July 21: Grocery Bingo 6PM

July 22: Birthday Celebration with lunch

July 28: Bus trip to Farmers Inn! Must be age 60 or older to go. Bus will leave at 10:00am from Depot and return around 2:30. Day includes free lunch, free small ice cream cone, and zoo admission. Lunch choice is either Chicken & Biscuits or Hot Roast beef Sandwich. Signup sheet posted at senior center. This is FREE for Brockway area seniors!

Seneca Alleghany Casino - next trip Aug.20

ALSO please call if you are interested in a bus trip to Jamestown NY to the Lucy & Desi museum, Comedy Club and tour with lunch included at the Tropicana. Tentative date is in September.

Photo: Pool players are always looking for people shoot a game with them ...

come on in and join then fun !!!





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

How in the world are we in July already? Time flies when you are having fun and we are here at the Heritage House. We have some great activities going on here each week and we want you to join us. We start the week off on Mondays with Bingo and Healthy Steps in Motion, then Tuesdays is Scrabble and Chair Yoga, Wednesdays we have Healthy Steps in Motion again and the wood carvers are here, that takes us to Thursday and we have chair yoga again and the veterans meet for coffee, then Friday is Bingo again and I usually plan a special activity on this day around 10-10:30 am like painting, card making, other crafts, games, it is always announced and usually has a sign up sheet to sign up so we know you are attending. Stop by the center to sign up for any of these activities or give me a call at 814-648-3391

We also have a hot lunch everyday Monday through Friday served at 12 noon. You must let us know 24 hours in advance from the day you will be dining with us. We plan a day ahead for our meals here. Call or stop by to sign up to dine with us.

If you have never been here and want to come take a look around, please stop by so I can show you around the place and answer any questions you might have. Sometimes it is hard to go into a new place that you don't know, but we make it easy here and it really helps to come in and take a look around. Sometimes taking that first step is a hard one, but you can do it. Give me a call or stop by and see me in my office for information on joining us here at the center.

In July we are having a Fun Luau Party on Tuesday July 12th starting at 11 am going over lunchtime with food, games, activities, and prizes...more details coming soon... Also, in July we are going to be making cards on Friday July 15th at 10 am in the Café' and anyone can join us-you can make your own greeting cards to take home and use or you can make cards for us to use at holiday time for the troops and nursing homes in our area. Friday July 22nd, at 9:30 am through 11:30 am is our second Ceramics class and it is limited to 12 people, so please get signed up so you can get a seat. Then the last Friday in July is the 29th, and this is going to be an Arts and Crafts day where you get to pick what you want to do. We will start at 10 am and I will have a variety of crafts available to do at different stations, it will be FUN!

Farmer's Market Vouchers are being issued Monday through Friday from 8:30 am to 11:30 am if you have any questions, please call Tammy 814-849-3391

Weekly Schedule of On-Going Events

Monday and Friday-Bingo 9 am

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

Tuesday Scrabble 10 am

Tuesday and Thursday Chair Yoga 10:30 – 11:30 am

Wednesday WoodCarvers 9 am

Thursday Veterans Meet for Coffee 9 am

Annual Senior Picnic

Thursday September 22, 2022 from 10 am to 1 pm

Look for a sign up sheet at the center to sign up and reserve your meal.

Due to the overwhelming response to the Farmer's Inn field trip, another date is being planned for those that weren't able to go in June! It will most likely be the beginning of August. Check back at the center for a sign-up sheet. If you got to go in June you are not eligible to go again in August. Thank you for your understanding".

I will leave you with a wonderful picture of the wool scarves that the ladies made in their class recently.



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

Mondays and Wednesdays penny bingo offered – 9:30 to 11

Thursdays – movie offered- 9:30 – 11 – We have a selection of classic movies

Friday – July 1 – special bingo – 9:30 – 11

Wednesday July 6 – Clay handbuilding –9:30 – 10:30 – must sign up

This activity will continue on other days until complete

Wednesday July 13 – fresh fruit will be offered explaining their benefits

Friday July 15 – July birthday celebration

Wednesday, July 20 – out of center activity – Senior Day at Farmers Inn – call 814-938-8376 for more information

Friday July 29 – Ice cream after lunch

We are open Monday thru Friday – 8:30 to 1:30 with dine in and take out meals.

We have games, cards, checkers, puzzles, coloring books and a book lending library.

Please call 814-938-8376 if you wish to become a consumer.

Photo: Volunteers decorated our tree to cover the patriotic holidays – Memorial Day, July 4 and Labor Day.





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

Happy Month of July from the Foundry!

We have Monday, Wednesday, and Friday Healthy Steps in Motion – come exercise with us and have fun!

Dominoes are every morning – or we have cards and a variety of games and puzzles.

Jam Session is every Monday from 1-3 PM come enjoy or perhaps sing and play along!

Ray's Final Cuts will be playing July 1st the first Friday of July for the Dance.

The Foundry will be closed on July 4th in observance of the Holiday.

Thursday July 14th we are going on an outing to the Farmer's Inn from 11am- 2pm – so the Foundry will be closed that day as we will be away.

We will be having a craft day creating more gnomes with Helen Newman date TBA.

We celebrated birthday cupcakes on June 16th, one of our consumers Ethel Baughman turned 96 on this day so we celebrated birthday's for May/June!

Photo: – Today we celebrated consumer Ethel Baughman's 96th birthday. We enjoyed spaghetti and meatballs and then celebrated with cake. Ethel's words of wisdom were "always keep moving and never stop and enjoy your friends and gathering together"



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Protect Yourself from Lyme Disease

It's peak tick weather! Ticks get more active when it's warm outside. Some carry diseases that can be passed on to you through their bite.

The most common disease ticks carry is called Lyme disease. It's a bacterial infection that can cause serious health problems.

Each year, an estimated 300,000 people in the U.S. get Lyme disease. The number of cases has risen dramatically over the last 10 years. Symptoms of Lyme disease can include fever, headache, muscle or joint pain, and extreme fatigue.

People with Lyme disease usually get an expanding red rash that can resemble a bull's-eye. If left untreated, the infection can spread and cause rashes in other parts of the body. Some people may develop nerve pain, arthritis, or heart problems. Most people fully recover when treated with antibiotics, especially when Lyme disease is diagnosed early.

The deer ticks that carry Lyme disease can be as small as a poppy seed. You might not even know you've been bitten. Preventing tick bites is the best defense against Lyme disease. You can protect yourself and your family by using insect repellent when going places where ticks are likely to live.

After coming indoors, check your clothing and gear for ticks. Shower within two hours of coming indoors. Then conduct a full body check. Don't forget to check your hair, where ticks may be harder to spot.



Important Considerations

Lyme disease can be difficult to diagnose for a number of reasons. Many of the common symptoms associated with the disease, such as headaches, dizziness, and joint/body pain, also occur with other diseases. The most distinct symptom of Lyme disease—the circular red rash known as erythema migrans (EM)—does not appear in at least one quarter of people who are actually infected with Lyme bacteria. Also, current diagnostic tests do not always detect early Lyme disease since antibodies take time to rise to detectable levels. Because treatment is generally more effective in early stages of the disease, it is important to develop new tools that can help doctors make an early diagnosis.

Doctors need to know whether a patient has an active infection or has been exposed to the Lyme bacteria earlier in their life. Current diagnostic tests have some limitations that make a clear, quick diagnosis difficult.

Lyme antibody tests—the most common diagnostic tool available today—look for antibodies in the blood that show a person has been exposed to *B. burgdorferi*. But it can take a few weeks before a person's immune system creates measurable levels of antibodies. This gap between being infected with the bacteria and the body's creation of antibodies can result in a false negative test for those with very early Lyme disease, resulting in a delay in treatment.

Conversely, it is possible to receive a false positive test when a person does not actually have Lyme disease. Unfortunately, other bacterial infections may mistakenly be reported as a positive Lyme antibody test. These issues highlight the need for diagnostic tools that can distinguish between Lyme and other bacteria and can find evidence of Lyme disease soon after infection.

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.

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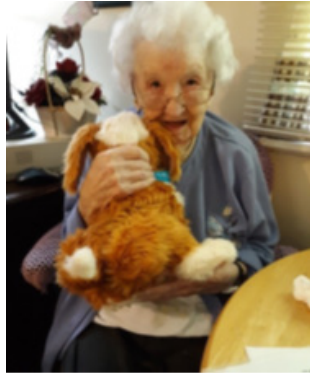
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39. Flung
43. Rise up
46. Preventable
49. Historic period
50. Peddle

51. Pod dwellers
52. Ignited
53. Snarl
54. Quiz
55. Kicker's prop

JOY FOR ALL COMPANION PETS

To help combat social isolation and depression among older adults during the COVID-19 pandemic and beyond, the Jefferson County Area Agency on Aging, in partnership with award-winning robotic pet manufacturer Ageless Innovation and the Pennsylvania LINK Program, is distributing up to 50 robotic Joy for All Companion Pets to those most at-risk for social isolation.

Older adults, or their family members, who are interested in participating in this program are encouraged to contact the JCAAA at 814- 814-3096. A quick six question loneliness scale will be conducted over the telephone. Arrangements will then be made for pick-up of the pet.



ADDRESS SERVICE REQUESTED

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

