

The Sunshine Line

Volume 11 Issue 11 November 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

Find us on Facebook: @JeffersonCountyAAA

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

Callgivers™

A program for Jefferson County Seniors

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



To get signed-up please call

814-849-3096 or 800-852-8036

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
- 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!



Life Line Screening, the nation's leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at Brockwayville Depot on Wednesday, December 7, 2022.

A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered for \$139.00:

Carotid Artery Screening (Plaque)

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease Screening

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.

Abdominal Aortic Aneurysm (AAA)

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency.

Atrial Fibrillation

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.

These 4 vital screenings take 60-90 minutes to complete. Register by calling toll free 1-888-653-6441, text the word "circle" to 216-279-1607 or online at <https://llsa.social/HC>

PennDOT Phases in Newly-Designed Driver Licenses, Identification Cards

PennDOT announced it is updating the design, and enhancing the security features, of its driver licenses and identification cards.



The licenses and cards will look different, as seen in the photo to the left, and have additional enhanced security features that improve fraud prevention and protect holders from counterfeiting and alteration.

All driver and photo centers will transition to the new products by mid-November.

GETTING YOUR AFFAIRS IN ORDER: Advance Care Planning

Making health care decisions for yourself or someone who is no longer able to do so can be overwhelming. That's why it's important to get a clear idea about preferences and arrangements while you can make decisions and participate in legal and financial planning together.

Use this checklist to ensure health care and financial arrangements are in place before serious illness or a health care crisis.

- ✓ **Start discussions** early with your loved one while everyone can still help make decisions.



- ✓ **Create documents** that communicate **health care, financial management,** and **end of life** wishes for yourself and the people you care for, with legal advice as needed.



- ✓ **Review plans regularly,** and update documents as circumstances change.



- ✓ **Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.



- ✓ **Make copies of health care directives** to be placed in all medical files, including information on every doctor seen.



- ✓ **Give permission** in advance for a doctor or lawyer to talk directly with a caregiver as needed.



- ✓ **Reduce anxiety** about funeral and burial arrangements by planning ahead.





November

Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change Supply Chain issues may result in different menu items	1 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread Fresh Orange	2 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	3 Spaghetti & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad Italian Green Beans	4 Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie
7 Chicken Marsala w/ 2oz Sauce 1/2c Rice Pilaf 1/2c Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit	8 Election Day Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Fresh Fruit	9 Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread 1/2c Pineapple & Mandarin Oranges	10 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimientos 1/2c Pineapple Jello Poke Cake	11 Centers Closed 
14 Orange Glazed Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Dinner Roll Fresh Fruit	15 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	16 Soup & Salad Day! 1c Chili 1/2oz Cheddar Cheese *1c Chicken Caesar Salad* Cornbread 1/2c Applesauce Tapioca Pudding	17 Thanksgiving Luncheon Roasted Turkey Mashed Potatoes & Gravy Stuffing Ball Green Beans Roll & Butter Pumpkin Bars w/Cream Cheese Icing *MUST sign up for this lunch by 11/10*	18 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Broccoli 1 Wheat Bread 1/2c Gelatin
21 Popcorn Chicken 1/2c Mashed Potatoes & Gravy 1/2c Corn 1 Biscuit 1/2c Peach Crisp w/Ice Cream	22 Roasted Pork w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Biscuit w/ Apple Butter Cookie, Bread Pudding	23 Stuffed Pepper w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding	24 Centers Closed 	25 Centers Closed 
28 Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles	29 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets	30 Glazed Ham 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll		RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take

— Find All The Words —

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

HAUGHTINESS

PLETHORA

BLATANT

ENUNCIATION

ABSTRUSE

PLIABLE

ABSTEMIOUS

ENSCONCE

HASTEN

OBJECTIVE

ENSHROUD

BILK

PLAUSIBLE

OBDURATE

ABSTAIN

OBFUSCATE

ENVENOM

ABRASIVE



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

11th 24th and 25th





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

Weekly Breakfast is BACK!

Hot breakfast available at the Brockway Depot between 7:30am-9:30am.

No Reservation Need. Suggested Donation is \$2.50.



Breakfast Menu

November 1st, 15th, 29th: Bacon & Eggs

November 8th, 22nd: Pancakes & Sausage



Every Tuesday – Nickel Bingo 10-11:30

Every Wednesday – Chair Yoga

Every Monday and Thursday – Healthy Steps in Motion

Nov.9 American Legion short program at 11:00

Nov. 10 LIVE MUSIC with the Dulcimer Players at lunchtime. All attendees will be entered to win a FREE trip to Salamanca on an upcoming bus trip. You don't want to miss it!

Nov. 15 Holiday Card and Ornament Making at 10:00am

Nov. 17 Thanksgiving Luncheon! Sign-up by 11/10.

Nov. 17 Grocery Bingo featuring items for Thanksgiving Dinner 6PM

Nov. 18 Birthday Celebration with lunch

Nov. 29 Ceramics at 9:30am

December 7th – LifeLine Screening Event. A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered at the cost of \$149. These 4 vital screenings take 60-90 minutes to complete. Register by calling toll free 1-888-653-6441, text the word "circle" to 216-279-1607 or online at <https://llsa.social/HC>

Center will be closed on
 11/11, 11/24, and 11/25

QUESTIONS? Call Cheryl at 814-265-1719 or email cheryl@jcaaa.org



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

Hello, everyone and Welcome to November! It is hard to believe the Holidays are just around the corner. There's no turning back now. I am so excited for all the fun we are going to have and the memories that will be made. I really enjoy my job here at the center and the people that I work with and see each day!

We have lots of activities here at the center for the seniors, regularly scheduled ones that are weekly and then special ones at least once a week. Here is a brief look at some of the things that we do & we serve a hot lunch every day at 12 noon, you must let us know 24 hours in advance if you want to dine with us.

Monday & Wednesday Healthy Steps in Motion 10 am, Tuesday & Thursday Chair Yoga 10:30 am, Monday & Friday Bingo 9 am, Wednesdays Woodcarvers 9 am, Tuesdays Scrabble 10 am, and Friday Arts & Crafts, Tea & Talk every 4-6 weeks (Snowflake Tea is next in January/February), Cooking and learning about nutrition, and lots more. The November schedule is as follows: Friday November 2nd Hot Cocoa and Cookies instead of our Tea & Talk at 10 am, November 4, 1st day of the Wool Stocking Class 1 pm, Monday November 7th ornament & card making 10 am, Thursday November 10th Crockpot Soup Sampler at 10:30 am, Thursday November 17th Thanksgiving Luncheon, and Wednesday November 30 Arts & Crafts at 10:30 am (craft will be announced), we will also have a card making get together in November, stay tuned for the date and time. We have a group that meets once a month to make cards. We have made 100's of cards that will go out to veterans and seniors in nursing homes at holiday time this year.

Right now we are collecting items for our troops overseas to send some packages to them mid November. We are accepting donations at the heritage house through November 14th. They are in need of travel size toiletry items, baby wipes/body wipes, deodorants, playing cards, small puzzle books, lip balm, antibacterial pain cream for cuts and scrapes, 3M hooks, and flavoring for water. Donations can be dropped off at the Heritage House.

We are then having a **Fundraising Vendor & Craft Show at the Heritage House on Saturday December 3rd 9 am to 3 pm-Last Stop HOLIDAY Shop-** and all proceeds will help pay the postage for the packages to the troops (sent in November) and buy Christmas gifts for the residents in the local nursing homes. We are looking for vendors for the show, please contact Tammy at the Heritage House 814-849-3391 for more information or to donate. We are also accepting donations for the Chinese auction and for donations of gift wrapping supplies as well-we are wrapping gifts for free at the event. There will be HOT food for sale by a couple of Relay for Life Teams and a Baked Goods Table. PLEASE come out and help support these great causes.

LOOKING AHEAD to DECEMBER-Christmas Dinner and Party, Christmas Craft, Christmas Cookies and Cocoa, and Ceramics.

Photo: Gnomes From our Ceramics Class

As a reminder all activities are subject to change and to be rescheduled if needed. Things don't always go as planned and sometimes we have to re-schedule. Rest assured I ALWAYS do the best that I can to keep things running as smoothly as possible and as planned. Thanks, I appreciate all of your support and patience!



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

Penny bingo available upon request as well as book library and movies

Cards, games, jigsaw puzzles, word puzzles and much more offered as well.

Hot and cold beverages available.

Take out meals are available for pick up daily at 11:30

Dine in meals served at noon daily.

Meals must be orderd a day in advance by calling 814-938-8376 or stopping by the center at 222 F. Findley St, Punxsutawney

Wednesday, November 2 – decorate center for Thanksgiving.

Thursday – November 4 – Sharon DeAngelo presenting Fun Fall Activity at 10, must sign up

Monday – November 7 – Grocery Bingo beginning at 9:30, must sign up

Thursday – November 10 – Honor the Vets

Thursday- November 10 – deadline to sign up for Special Thanksgiving meal to be served Thursday, November 17

Friday – November 11 – Center closed

Wednesday – November 16 – trivia game-beginning at 9:30

Thursday – November 17-Special Thanksgiving Meal (please sign up for this meal by November 10)

Friday – November 18 – Ice cream day to celebrate November birthdays

Thursday – November 24 and Friday November 25 – Center closed

Monday -November 28 – Deck the Halls for the Holidays

Photo: Grocery Bingo is a Center favorite!





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

We had a visit from JuneBug the Therapy Donkey at the Foundry! As you can see from the pictures, it went very well! Margaret and Rocky McCarty provided us a nice visit and shared their story and ministry.

At the Foundry we have been very busy!

Mon, Wed, and Fri we have a great group of people that exercise with Healthy Steps in Motion 10:30 am – 11:30 am, Thursday we have bingo from 9:30-11:30 am come and try your luck!

Monday afternoons from 1:00-3:00 pm Jam Session is here, come and listen to them play and sing they are wonderful.

Tai Chi has been well received on Monday evenings at 6pm until 7 pm, we encourage everyone to try it.

The Foundry will have it's last senior dance on November 4th 6-9 pm doors open at 5:30 pm Buckshot and his band will be here!

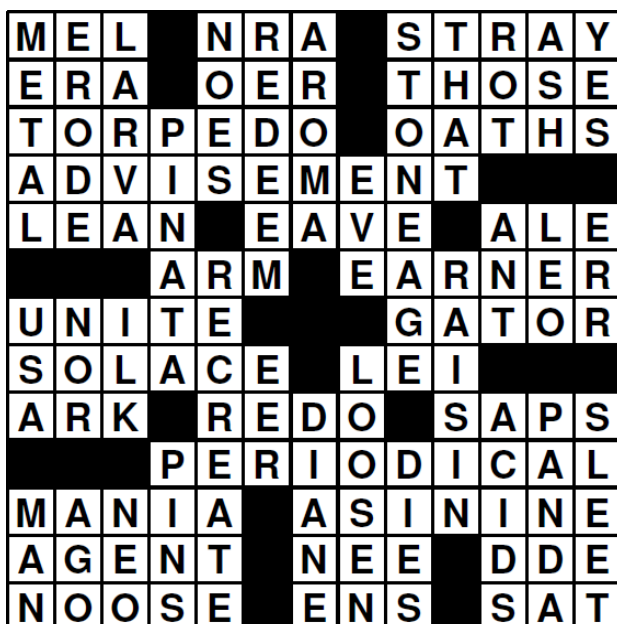
Don't forget to get out and vote on November 8th!!

We will be having a Veteran's Day program with the Honor Guard here at Noon on November 10th – the Foundry will be closed on November 11th in observance of Veteran's day.

We are having our Thanksgiving lunch on November 17th at noon. Reservations are being taken until November 10th.

We are also offering an art class with Sandy Trimble that starts November 1st and we will be making felt stockings for Christmas.

Then there is always our delicious lunch that we serve at noon everyday with take outs available – please call the day before to reserve.





Inspiring **Unity** within **Our Community**

National Consumer Voice for Quality Long-Term Care

October is **Residents' Rights Month**, an annual event designated by Consumer Voice to honor residents living in all long-term care facilities and those receiving care in their home or community. It is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports.

The Nursing Home Reform Law, passed in 1987, guarantees nursing home residents their individual rights, including but not limited to: individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. Residents who have made their home in other types of facilities.

Jefferson County Ombudsman:

Mindy Sivanich

186 Main Street, Suite 2

Brookville, PA. 15825

1-800-852-8036 Ext 232

November menu at Summerville Eats & Sweets.

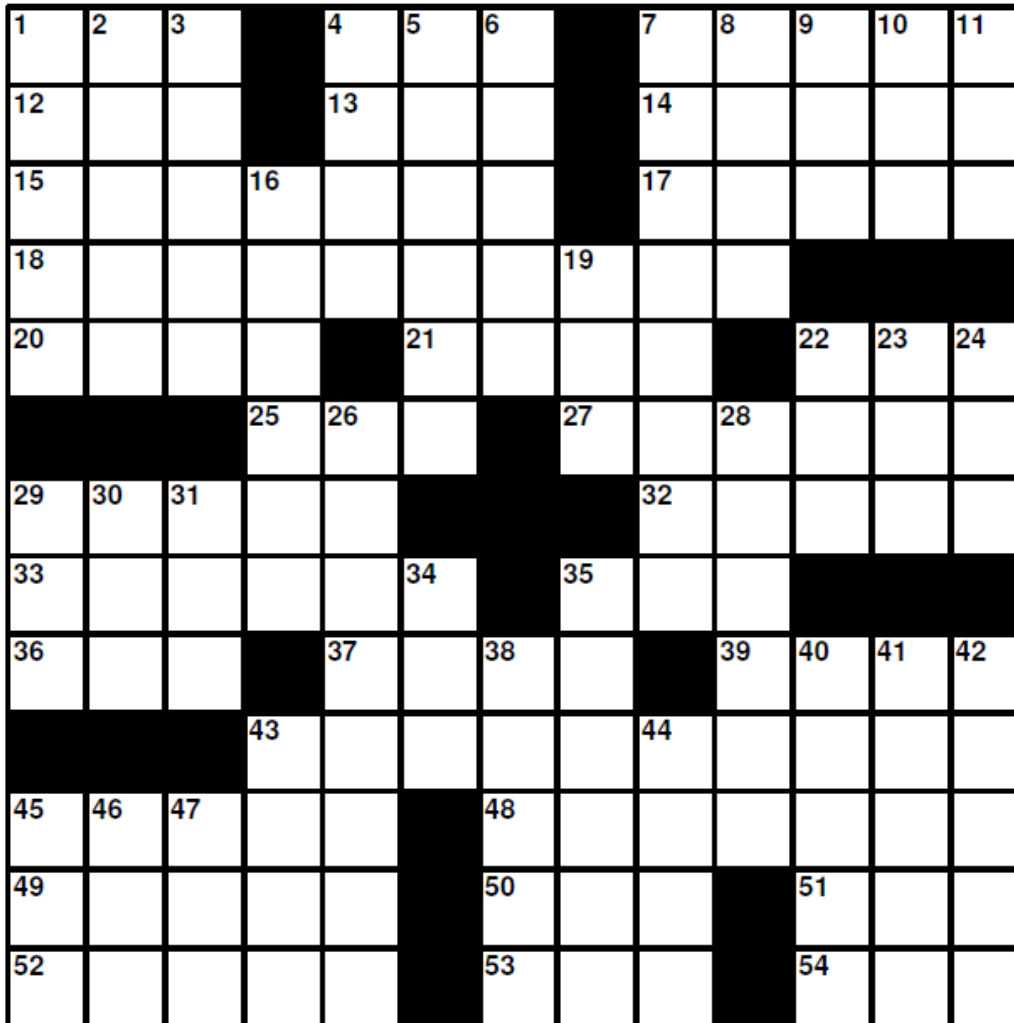
Senior Meal Program Every Tuesday from 11-1.

11/1	6-inch Meatball Hoagie
11/8	Creamy Chicken & Biscuit
11/15	Open Faced Meatloaf Sandwich
11/22	Spaghetti with Meat Sauce
11/29	Ham slice with crushed Pineapple



Meal includes choice of coffee, milk, or water. Any extras including pie, ice cream or other dessert will be charged accordingly to the customer. *Please tip your server*

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. Copper, e.g.
2. Wash away
3. Young insect
4. Refusals
5. Cash in
6. Scent
7. Caveman's time (2 wds.)
8. "All ____ Jazz"
9. Spoil
10. Fire leftover
11. Affirmative
16. Fiesta item
19. Christmas ____
22. Picnic pest
23. Zodiac sign
24. Make mistakes
26. Produce again
28. Dried grape
29. Can.'s neighbor
30. Negative word
31. Sort
34. Eternally, in poems
35. Make less tight
38. Keaton or Sawyer
40. Corrosive substances
41. Chinese mammal
42. Winter forecast
43. Brooches
44. Expires
45. Grown boy
46. Long, long ____
47. Recent (prefix)

ACROSS

1. ____ Gibson of "Braveheart"
4. Gun org.
7. Wander off
12. Period of note
13. "____ the ramparts..."
14. Not these
15. Underwater weapon
17. Curses
18. Academic guidance
20. Not fatty
21. Roof overhang
22. Pub offering
25. Wrist's locale
27. Money maker
29. Join
32. Croc's kin
33. Comfort
35. Luau necklace
36. Biblical boat
37. Remodel
39. Undermines
43. Magazine
45. Craze
48. Foolish
49. FBI employee
50. Previously named
51. HST's successor
52. Loop of rope
53. Naval rank (abbr.)
54. Perched



Saturday December 3rd, 2022, 9 am to 3 pm

Fundraising Vendor & Craft Show at

The Heritage House 4 Sylvania Street Brookville

Relay for Life Teams will be serving HOT food, we will have a Bake Sale, a Large Chinese Auction, Gift Wrapping, and Lots of Vendors & Crafters

All proceeds go towards Christmas gifts for local nursing home residents & boxes to the troops overseas.

(Chinese Auction will be drawn starting at 2 pm)