



The Sunshine Line

Volume 7 Issue 7 July 2023



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!



Caregiver Support Group

July 6, 2023 at 3:00PM

Heritage House Senior Center

4 Sylvania St.

Brookville, PA 15825

Group Facilitator:

Kristine Santiso

LMSW, CCM, ACM-SW, NCG, CDP

Caregiving can be a very rewarding experience but also places added stress on a caregiver's life. If you are a caregiver, please plan to attend the Caregiver Support Group at the Heritage House. Here you will have the ability to discuss and be educated on concerns, stressors, and topics only caregivers will understand.

**Meetings will take place the first Thursday
of every month at 3:00pm.**

**Please RSVP to Jefferson County Area
Agency on Aging at 814-849-3096.**

Open to the first 25 individuals to RSVP.





SENIOR FARMERS' MARKET NUTRITION PROGRAM

****DELAYED****

The PA Department of Agriculture notified us that there is a delay in the printing and shipping of the Farmer Market Vouchers.

Due to the delay, we will be postponing our distribution dates at our senior centers and re-schedule for the beginning to mid-July after the vouchers have been received.

**We will continue to accept applications and vouchers will be mailed as soon as possible.
Thank you for your patience and understanding.**

Applications can be found:

- ✓ Each senior center location
- ✓ Main office (186 Main St. Brookville)
- ✓ online at www.jcaaa.org

Please send or email the application to:

Jefferson County Area Agency on Aging

Attn: SFMNP

186 Main St. Ste. 2

Brookville, PA 15825

Email: awilson@jcaaa.org

If you have any questions, please call 814-849-3096.

Each person that qualifies will receive a total of 5 vouchers at \$10.00 each.

Each set will be a total of \$50.00 in vouchers to be used at
state approved farmers markets.

ONLY ONE SET OF FIVE VOUCHERS PER PERSON

If you are picking up someone else's vouchers for them, you MUST have a completed application. It must be signed IN ADVANCE by the person for whom you are picking up vouchers for.

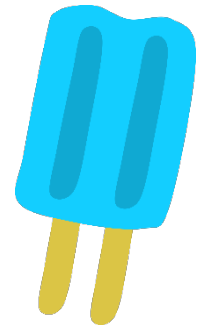
A person may pick up checks for FOUR INDIVIDUALS MAXIMUM.

The SFMNP does not include seniors who are living in nursing home facilities, convents, and residential facilities where meals are provided.



ADVENTURE	FLOWERY	PARADISE	SNORKELING	SWIMWEAR
BEACHY	HAMMOCK	PICNIC BASKET	SPLASHING	WATER SLIDE
BREEZY	HEAT STROKE	POPSICLE	SUMMER LOVE	
BRIGHT SUN	HOT NIGHTS	RIVER	SUNBEAM	
BUCKET HAT	HOT WEATHER	ROAD TRIPS	SUNSCREEN	
CAMPSITE	LEMONADE	SEA BREEZE	SUNSHADE	
CRAB CAKES	PALM TREE	SEA GULL	SUNSHINE	

Summer Word Search

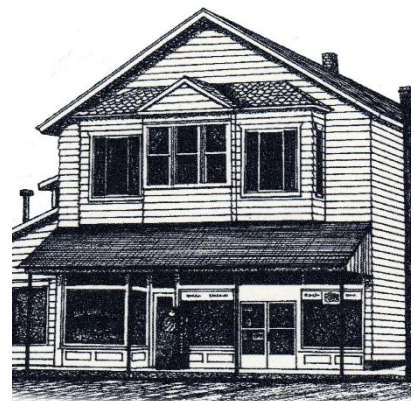


Summerville Eats & Sweets

July 2023 Menu

Lunch available 11am-2pm on Tuesdays

- | | |
|---------|---|
| July 11 | Chef Salad with dinner roll and applesauce |
| July 18 | Tuna Melt with Homemade Chicken Noodle Soup |
| July 25 | Spaghetti with Meat sauce, tossed salad, garlic bread |



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*

The restaurant reserves the right to substitute items with something similar.

A Needs Assessment **MUST** be completed to be eligible for this program.

5 Ways Walking Can Boost Your Brain Health

By Martha Murphy, AARP June 02, 2023

<https://www.aarp.org/health/brain-health/info-2023/ways-walking-improves-your-brain.html>



1. Walking may help you grow new brain cells.

Moderately paced walks stimulate the release of a protein called brain-derived neurotrophic factor, or BDNF, that is key to the survival of existing brain neurons and the generation of new ones. “Perhaps the most exciting finding is that aerobic forms of exercise [including walking] likely help facilitate the growth of new neurons,” says Patrick Smith, associate professor of psychiatry at the University of North Carolina at Chapel Hill.

2. Walking may boost your creativity.

Walking increases the flow of oxygen and nutrients to the brain, which can open the gates to enhanced creativity. The brain uses “about three times as much oxygen for healthy neuron function as muscles do” and is extremely sensitive to decreases in oxygen levels, according to Advanced Neurotherapy, a neurofeedback wellness clinic in Needham, Massachusetts. Creativity is a cognitive skill that is part of problem-solving. Studies show that the simple act of getting up from your desk and taking a short walk can help trigger ideas. A Stanford University study found “creative output increased 60 percent when participants were walking,” even on a treadmill facing a blank wall.

3. Walking may enhance your mood.

When you walk, increased blood flow to the brain initiates a “cascade of changes,” says Marie Pasinski, M.D., assistant professor of neurology at Harvard Medical School. “A cocktail of feel-good neurotransmitters — serotonin, dopamine, endorphins — is released.” Forty-two percent of American adults suffer a vitamin D deficiency. Our bodies manufacture vitamin D when exposed to sunlight, furthering the production of serotonin, a hormone benefiting memory and mood. Even on a cloudy day, “exposure to light elevates the mood,” says John Ratey, M.D., associate clinical professor of psychiatry at Harvard Medical School.

4. Walking may reduce the risk of cognitive decline.

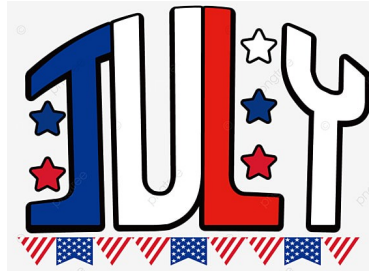
Participants who walked more than 4,000 steps per day had healthier brain tissue in the area responsible for memory, learning and cognitive function than those who did not, one study found. That brain region, called the hippocampus, typically begins to shrink in late adulthood, leading not only to impaired memory but also an increased risk of dementia. The research revealed that aerobic exercise increases the size of the hippocampus.

5. Walking may decrease brain-damaging stress.

Repeated exposure to stressful situations impairs memory, attention, and cognitive flexibility. Walking in nature has been shown to be particularly effective at reducing stress levels. The impact of being outdoors may have to do with “optic flow” — the perception that objects are moving past us as we walk, which quiets the circuits responsible for stress, says Andrew Huberman, a neuroscientist in the Department of Neurobiology at Stanford Medicine.



Jefferson County
Senior Center Menu



Phone Numbers:
Brockway 814-265-1719
Brookville 814-849-3391
Punxy 814-938-8376
Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Centers Closed</p> 	<p>4 Centers Closed</p> 	<p>5 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Ice Cream w/ Strawberries</p>	<p>6 Roasted Pork w/ Peach Glaze 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie</p>	<p>7 Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p>
<p>10 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple</p>	<p>11 1c. Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 Italian Bread 1/2c Applesauce</p>	<p>12 Parmesan Chicken Over 1/2c. Lemon Asparagus Pasta 1c. Tossed Salad w/ Tomato 1 Italian Bread 1/2c. Apple Crisp</p>	<p>13 Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>14 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Pudding</p>
<p>17 Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>	<p>18 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin</p>	<p>19 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit</p>	<p>20 Chicken Stew 1/2c Coleslaw 2 Mini Biscuits Seasonal Fresh Fruit</p> 	<p>21 Glazed Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll Sherbet</p>
<p>24 Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange</p>	<p>25 Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p>	<p>26 Corned Beef & Swiss Sandwich 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Fruit</p>	<p>27 Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit</p>	<p>28 Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Cracker 1 Hamburger Roll Seasonal Fresh Fruit</p>
<p>31 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>			<p>*Menu subject to change*</p> 	<p>RESERVATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.</p>



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

Healthy Steps in Motion Exercise Class

Every Monday and Thursday at 10:00am

Chair Yoga

Every Wednesday at 11:00am

July Activities

July 3 and 4: Center Closed

July 11: Ceramic's with Debbie at 10AM. Please register.

July 20: Grocery Bingo 6PM

July 21: Music Night with Nothing Fancy 6PM

Trip to Farmer's Inn! July 26th from 11:00am-1:00pm.

Transportation available and will leave the Brockway Depot building around 10:00am. This outing is available to seniors age 60 and older.

Lunch choice is either:

1. Chicken & Biscuits with Salad Bar (small drink included)
2. Hot Roast Beef Sandwich with Salad Bar (small drink included)

You will get a small soft serve ice cream cone from the window!

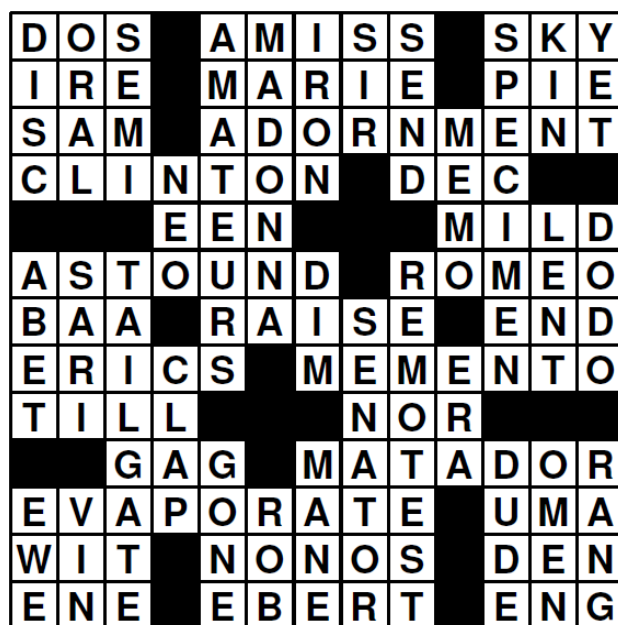
Call for more info 814-265-1719

Mark your calendar: Bus trip to Seneca Alleghany Casino August 14th

Lunches are offered every day starting at 11:30 for dine-in or take out, reservation needed by calling 814-265-1719.

We also serve breakfast every Tuesday from 7:30-9:30. No reservation needed for breakfast. Suggested donation for both lunch and breakfast is \$2.50 per person

We anticipate Farmer Market Vouchers being available mid-July! Be sure to check out our Facebook page for more updates!



Available Everyday:
 Pool Table, borrow a book from our library, have coffee and socialize!



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

Hello and Welcome to July! Lots of things are happening at the center so make sure you stop in and look at all the activities. We offer our Hot Lunches Monday through Friday at 12 noon. Lunch must be reserved 24 hours in advance of the day you want to dine with us. You never know, you might make a new friend or find something that you really enjoy doing. It never hurts to stop in and look around. Be sure to stop in my office to say "Hello!" You can also call me with any questions or to sign up for any events. Phone number is 814-849-3391

The Center will be closed on Monday July 3rd and Tuesday July 4th for the Holiday. We will reopen on Wednesday July 5th at 8:00am.

Friday July 7th Ceramics 9:30 am

Friday July 14th Scrapbooking OR Recipe Book making 9:30 am

Tuesday July 18th Card Making. Join us for greeting card making in the Café. We send the cards to local nursing homes & veterans. We get together at least once a month.

FIRST TRIP to Farmers Inn will be on Thursday July 20th. The signup sheet is in my office. The second trip is Thursday August 17th. Call to sign up 814-849-3391.

Friday July 21 Pharmacist Joe Spencer will be here at 11 am to educate us on Covid/Flu. If you sign up and then stay for the whole program (11 am to 12 noon) you will have a chance to win a gift card)

Friday July 28th LUAU! Get Your Grass Skirts Out! Best Dressed wins a prize! We will have a special treat, games with prizes, & lots of fun.

Regularly Scheduled Activities:

Chair Yoga Tuesday/Thursday 10:30 am

Healthy Steps Monday/Wednesday 10 am

Bingo Monday/Friday 9 am

Wood Carvers Wednesday 9 am

Coffee with the Vets Thursday 9 am

Hand & Foot Card Game 1st & 3rd Wednesday

Card/Game Group 1st & 3rd Tuesday

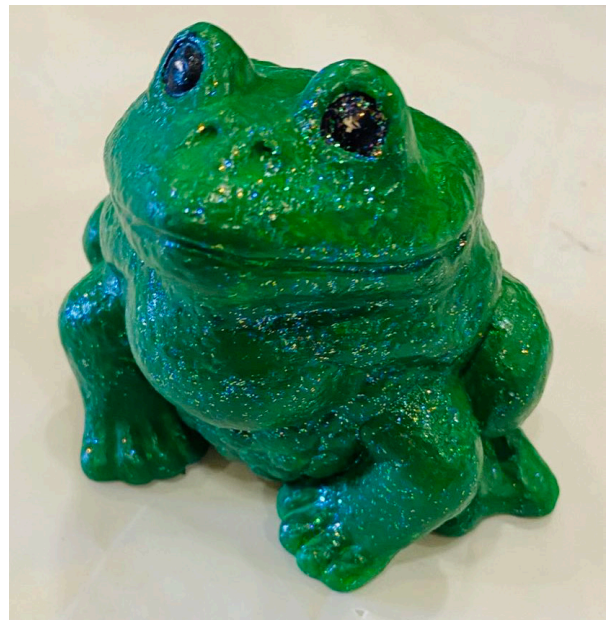
Getting Crafty Group 2nd & 4th Tuesday

Tech Owl Program Participants-if you have NOT gotten your tablet, please see me.

The library will be here on Fridays around 9 am for tech, google, and computer basics.

As always, this schedule is subject to change. I try my best to stick to it, but sometimes we have to make a change or two. Thanks for understanding.

The photo is from our ceramics class in June 2023



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

It is hot and humid outside but cool and comfortable in the Center. Stop in check us out and have a refreshing glass of freshly brewed iced tea.

Available at our center are cards, games, puzzles, old movies, books and much more. We will offer bingo any morning but Tuesday as long as at least 3 people are interested.

The Centers are closed Monday July 3 and Tuesday July 4. We will reopen Wednesday July 5 – 8:30 – 1:30

Farmer's Inn trip on Wednesday July 19th from 11:00am-1:00pm. Bus will leave the center around 10:00am and return to Punxy around 2:00pm. This day is FREE to Punxy area seniors age 60 and older.

Pick one lunch option:

Chicken & Biscuits with Salad Bar (small drink included)

1. Hot Roast Beef Sandwich with Salad Bar (small drink included)
2. You will get a small soft serve ice cream cone from the window!

You will get a small soft serve ice cream cone from the window!

The outing will include the zoo and a wonderful meal. If interested, stop in to sign up or call 814-938-8376. Deadline for sign up is July 5. We did this last year and it was a great success!

Our July bowling will be Thursday, July 20 from 10 to noon at Groundhog Lanes on Pine Street in Punxsutawney. The regular Nutrition Group lunch will be available at the Center from 11:30 to 12:30 as a to go meal. Sign up in the usual manner.

Celebration of July birthdays will be Friday, July 21.

I am hoping to have an indoor picnic to celebrate National Hamburg Day, Friday, July 28. Do not have all the information yet. Please call Center for an update.

Farmer Market applications are available at Center. Voucher arrival is still to-be-determined but once we receive them you can pick them up every Monday and Wednesday between 9am-11am.

Photo: Flag Day was celebrated on June 14 with Betty, Ruthann and Dixie dressed for the occasion.





We have been busy preparing for different activities.

On May 19th, Donna Schuckers, Helen Newman and Cheryl Hannah traveled to Christ the King Manor on the personal care side and donated 10 tie blankets to be distributed to residents there. There is a very caring and kind professional nursing staff that we met with to have our blankets distributed ☺

We had our volunteer lunch on May 18th here at the Foundry and we had approximately 50 people attend our luncheon.

On May 25th, we had the Veteran's Honor Guard come and they provided a beautiful program in remembrance of Memorial Day, they read the creeds of the 5 branches of our great military, folded a flag and explained what it means when this is done, did a 21 gun salute along with taps being played as well. Enjoy pictures of all mentioned above.

Monday, Wednesday and Friday from 10:30-11:30 we have Healthy Steps in Motion, come and join in our group has grown from 12-15 up to 22! Also, on Thursdays we have Nickel Bingo from 9:30-11:30 am.

Our dances are the first Friday of every month with Sam Buck and his Buckshot band doors open at 5:30 pm the dance is 6-9pm with a menu which is sure to tempt your taste buds.



Photo: Left- Tie Blankets made for Christ the King Manor.

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

We will be crafting with Helen Newman making more Gnomes and other fun craft ideas that Helen shares date TBD.

On the 2nd Tuesday of every month we have a case manager at the Foundry from 11:00am – noon to assist with any questions about aging services so please stop in should you have any questions.

July 6th we are having Joseph Spencer D.,RPh stopping at lunch time to speak with us about Covid and flu education, if this is something you may be interested in mark July 6th at noon on your calendar.

Farmer's Inn Day Thursday August 10th, 2023 from 11:00am-1:00pm.

Sign-up for this fun day! Reynoldsville Seniors will enjoy lunch, ice cream, and admission to the zoo.

Pick one lunch option:

1. Chicken & Biscuits with Salad Bar (small drink included) or;
2. Hot Roast Beef Sandwich with Salad Bar (small drink included)

Call 814-653-2522 to reserve your spot!
Transportation available.



Right- May 25th Veteran's Honor Guard provided a beautiful program in remembrance of Memorial Day.



Why Should Pennsylvania do a Master Plan?

- Pennsylvania expressly values older adults and individuals with disabilities and is committed to building and maintaining an age- and disability-friendly Commonwealth so that all Pennsylvanians may live with dignity and independence.
- Pennsylvania is ranked fifth among the fifty states by the sheer size of its older adult population (3.4 million) and seventh by percentage (17.8%) of the total population.
- Pennsylvania's total older adult population grew from 15.4 percent (1.96 million persons) in 2010 to 17.8 percent (2.27 million persons) in 2020.
- Pennsylvanians with disabilities represent 11% of the population in terms of mobility and cognitive challenges, 7% with regard to independent living, 6% regarding hearing impairment, 4% regarding vision impairment, and 3% with regard to self-care.

Provide input on the Master Plan for Older Adults:

You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

You can submit your input by:

Mail:

Pennsylvania Department of Aging
c/o Master Plan

555 Walnut Street, 5th Floor

Harrisburg, PA 17101

Email:

AgingPlan@pa.gov

For more information:

www.aging.pa.gov



Listening sessions will be scheduled at all four Jefferson County Senior Centers soon.

Stakeholders, older adults and people living with disabilities, their families, caregivers and community leaders are invited to hear an overview of the plan and why such a plan is needed for Pennsylvania. There will be opportunities for those in attendance to provide comments and input on the plan.

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	DOWN 1. ____ jockey 2. Voiced 3. Trucker's vehicle 4. Nonprofessionals 5. Singer with one name 6. Remove wrinkles 7. Respectful title 8. Post 9. Scientist's sample 10. Relatives 11. Until now 17. Office reminder 19. Agent Smith's nemesis 23. Pre-Easter season 24. Flightless bird 25. Egg on 26. Mumbai attire 27. Drive too close 28. Poorly lit 29. Most distant 32. Member of Congress 35. Applaud 37. Memorable period 41. Departed 42. Horse's hair 43. Guy 44. Prophecy 45. Pealed 46. Mama sheep 47. Wine (Fr.) 48. Steal from	
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ACROSS

- 1. Pedro's "two"
- 4. Wrong
- 9. Cloud's locale
- 12. Anger
- 13. Scientist ____ Curie
- 14. Baked dessert
- 15. Yosemite ____
- 16. Decoration
- 18. Hillary Rodham ____
- 20. 12th mo.
- 21. Dusk, to a poet

- 22. Moderate
- 25. Amaze
- 29. Juliet's love
- 30. Lamb's lament
- 31. Rear
- 33. Terminate
- 34. Clapton and Roberts
- 36. Souvenir
- 38. Cash drawer
- 39. Neither's partner
- 40. Silence
- 42. Bullfighter
- 46. Turn into gas
- 49. Actress ____

- Thurman
- 50. Cleverness
- 51. Forbidden items (hyph.)
- 52. Bear's hideaway
- 53. Compass direction (abbr.)
- 54. Film critic Roger ____
- 55. Liverpool's country (abbr.)

Maintain Your Independence with a Medical Alert Button

The Jefferson County Area Agency on Aging may be able to cover part or 100% of the cost for you to have this system.

- ✓ Wear around your neck or arm
- ✓ At home and on the go solutions
- ✓ Fall detection & Location tracking
(not available on all systems)



A personal emergency response system (PERS) is a device that connects to a 24/7 monitoring center. When you connect to the monitoring center by pushing a button, verbally activating the system, or triggering fall detection, the monitoring center agent will respond, assess the situation, and send emergency services to your location.

Call 814-849-3096 to find out more!