

# The Sunshine Line

Volume 1 Issue 1 January 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](http://www.jcaaa.org)

Find us on Facebook: @JeffersonCountyAAA

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

### Volunteer Opportunities!

Make 2024 the year to try something new with the Jefferson County Area Agency on Aging!

#### We need volunteers for the following programs:

- ✓ Meals on Wheels delivery driver (Punxy, Reynoldsville, and Brockway areas)
- ✓ Ombudsman Program – make visits to skilled nursing facilities (training involved)
- ✓ PA Medi – explain Medicare insurance to older adults (training involved)
- ✓ Teach programs at the senior centers:
  - Crochet/Knitting
  - Quilting
  - Photography
  - Writing short stories
  - Art
  - Any talent you would like to share with others!

All activities above can be completed with as little as one hour a month!



## Number Search Puzzle

2	9	6	8	6	<del>0</del>	<del>2</del>	<del>1</del>	<del>9</del>	<del>7</del>	8	7	3	1	3
2	4	0	3	0	1	5	9	5	9	4	9	6	5	0
1	1	5	2	8	3	6	7	0	5	6	4	4	7	6
5	7	2	4	2	2	6	5	2	7	6	9	1	2	7
0	9	1	6	1	0	5	7	2	5	0	8	6	3	4
2	7	3	5	4	0	3	6	9	1	3	2	2	4	7
9	5	2	5	2	6	0	9	6	9	4	8	9	3	1
4	3	9	6	7	1	4	2	7	4	7	4	8	7	5
8	5	9	8	5	3	7	5	6	9	2	5	3	2	0
3	6	7	1	9	4	2	3	5	0	7	2	7	6	9
1	1	8	6	0	6	7	0	7	3	8	6	8	3	1
8	1	4	6	7	2	2	6	8	1	5	5	3	5	7
4	3	8	9	1	4	6	7	1	3	4	8	9	2	5
9	2	0	5	9	1	3	0	8	6	1	6	4	7	0
4	8	9	8	6	7	2	1	3	0	6	0	6	6	8

02197	57242	086164	501619
10627	62548	138492	654761
21306	73540	201939	763825
35490	74715	343275	805719
41737	80976	420597	934693
53882	95103	452736	958062

### Questions about Medicare?

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

Call Jefferson County PA MEDI at 800-852-8036



## Caregiver Support Group January 4th, 2024 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.

Sitting service is available for your loved one while you attend the support group.  
Call to sign-up.

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

Please RSVP or to ask questions:  
Jefferson County Area Agency on Aging  
814-849-3096

### *Summerwille Eats & Sweets*

#### January 2024 Menu. Lunch available 11am-2pm on Tuesdays

- 1/9 Chicken over 1 biscuit, mashed potato, green beans, fruit cocktail
- 1/16 Hotdog w/ Meat sauce, Mac Salad, Pineapple tidbits
- 1/23 Tuna Melt, Homemade Veggie Soup, Crackers, Peaches
- 1/30 Spaghetti Pizza, 1 cup mixed greens, 1 Homemade Bread, Cookie

Suggested Donation is  
\$2.50 per meal.

Meal includes a 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.**

**Meals are available to Jefferson County residents only after January 1, 2024.**

**Thank you for your understanding.**

If you would like to donate for meals, please consider sending a contribution to:

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



**Measurement Word Search**

- |             |             |
|-------------|-------------|
| centimeters | mile        |
| cups        | millimeters |
| feet        | minutes     |
| foot        | months      |
| gallon      | ounces      |
| grams       | pints       |
| hour        | quarts      |
| inches      | seconds     |
| kilometers  | ton         |
| liter       | yards       |
|             | year        |

**Trees Word Search**



- |           |            |          |
|-----------|------------|----------|
| Alder     | Cottonwood | Pine     |
| Apple     | Cypress    | Poplar   |
| Ash       | Dogwood    | Redwood  |
| Aspen     | Elm        | Sequoia  |
| Birch     | Fir        | Spruce   |
| Buckthorn | Hawthorn   | Sweetgum |
| Cedar     | Hazel      | Sycamore |
| Cherry    | Larch      | Walnut   |
| Chestnut  | Maple      | Willow   |
| Chinkapin | Oak        | Yew      |

Solve the number puzzles.

7	+	5	=	
+		+		+
1	+	4	=	
=		=		=
	+		=	17

8	+	4	=	
+		+		+
3	+	8	=	
=		=		=
	+		=	

5	+	6	=	
+		+		+
6	+	5	=	
=		=		=
	+		=	22

7	+		=	11
+		+		+
1	+		=	10
=		=		=
	+		=	



Jefferson County  
Senior Center Menu

# JANUARY









**Phone Numbers:**

Brookway 814-265-1719

Brookville 814-849-3391

Punxy 814-938-8376

Reynoldsville 814-653-2522

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>RESERVATIONS/ CANCELLATIONS REQUIRED with 24 Hour Notice. Centers NOT open on weekends to take reservations for Monday.</b></p> 	<p>2 Roasted Pork w/ Peach Glaze 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie</p>	<p>3 Baked Cabbage Roll w/ 2oz Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p>4  Balsamic Glazed Chicken w/ Tomatoes &amp; Mozzarella Cheese 1/2c Penne Pasta 1/2c Brussel Sprouts 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>5 Philly Cheeseburger w/ Provolone, Peppers, &amp; Onions 1c. Creamy Cauliflower Soup Sandwich Roll Fresh Seasonal Fruit </p>
<p>8 Baked Pollock 1/2c Macaroni &amp; Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>9 Swedish Meatballs (4) 1/2c. Rice 1/2c Broccoli &amp; Cauliflower Blend 1 Wheat Bread 1/2c Pudding Seasonal Fresh Fruit</p>	<p>10 Baked Lasagna w/ Meat Sauce 1c Tossed Salad 1/2c Green Beans 1 Italian Bread Fresh Fruit</p>	<p>11 BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange Cookie</p>	<p>12  Dijon Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Pineapple Tidbits</p>
<p>15 <b>Martin Luther King Jr. Day</b> Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Wheat Bread 1/2c Cottage Cheese &amp; Peaches</p>	<p>16 Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 Buttermilk Biscuit w/ Jelly 4oz Apple Juice</p>	<p>17 Pasta &amp; Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>18 Pepper Steak w/ Onions &amp; Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears </p>	<p>19 Cheeseburger Stroganoff 1/2c Green Beans 1 Breadstick Fresh Fruit</p>
<p>22 Creamy Chicken Salad Sandwich Lettuce &amp; Tomato 1c Tomato Soup w/ Crackers 2 Whole Wheat Bread 1/2c Cinnamon Applesauce</p>	<p>23 Philly Cheeseburger w/ Provolone, Peppers, &amp; Onions 1c. Creamy Cauliflower Soup Sandwich Roll Fresh Seasonal Fruit 1 Soft Baked Cookie</p>	<p>24 Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Pickled Diced Beets 1 Dinner Roll 1 Piece Cake</p>	<p>25 Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Apple Crisp</p>	<p>26 Sweet &amp; Sour Pork 1/2c. Rice 1/2c Oriental Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit</p>
<p>29 Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread 1/2c Pudding</p>	<p>30  Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Brussel Sprouts 1 White Bread 1/2c Peaches</p>	<p>31 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit</p>		<p><b>*Menu subject to change*</b></p>



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

**The Brockwayville Depot Senior Center offers many activities to participate in.**

**We welcome suggestions on activities!**

**Hours are Monday-Friday 8:00am-1:00pm**

**Call 814-265-1719**

**Wishing you the Happiest of New Years!**

As we start off a new year please join us for our exercise classes:

Monday and Thursday : Healthy Steps in Motion at 10

Wednesday : Chair Yoga at 11

We also offer a well-balanced meal Monday through Friday. You can eat in or take-out starting at 11:30. Reservations needed for lunch one day before.

Don't forget breakfast on Tuesday starting at 7:30-9:30. No reservation needed for breakfast.

Lending Library – many books to choose from.

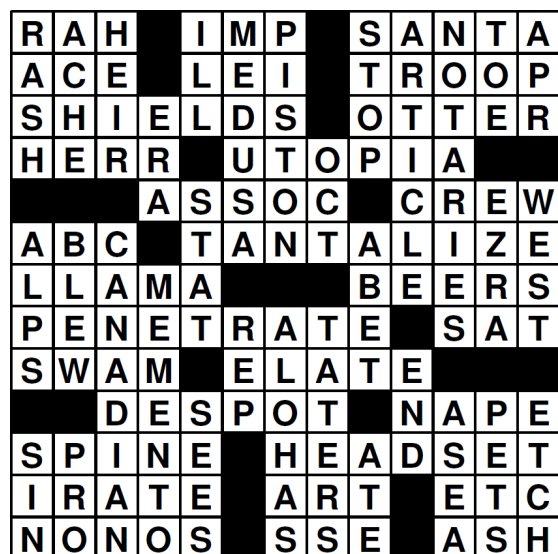
**\*\*NEW\*\*** We will be receiving the Courier Express for your local news!

Shoot a game of pool. We are always looking for new players!

And we are never short of coffee and socializing!!!

January 16 Ceramics with Debbie at 9:30

January 24 Undecorating Christmas Party at 10:00 with coffee or Hot Chocolate with donuts!





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

**Welcome to a brand New Year!** Thank you ALL for such a fabulous past year-I appreciate all the support & participation from everyone at the center. I hope everyone had a wonderful holiday season and is ready for a Fun & Exciting New Year-I know I am.

Monday through Friday we serve a hot & nutritious lunch at 12 noon, you must reserve 24 hours in advance to the day that you want to dine with us. Call 814-849-3391 or stop by the center to reserve your meal.

### Regularly Scheduled Weekly Activities

Mondays & Wednesdays-Healthy Steps in Motion 10 am

Tuesdays & Thursdays-Chair Yoga 10:30 am

Mondays & Fridays-Bingo 9 am

Thursdays Coffee with the Vets 9 am

Wednesdays Woodcarvers 9 am

1st & 3rd Wednesday of the month 1 pm Hand & Foot Card Game

Coffee, Tea, & Great Conversations Daily at the Center

### Special Activities

Crafting Group every 1st & 3rd Tuesday of the month from 1-3 pm, with the first one on Tuesday 1/16/2023.

KIP from LIFT will be here for a tablet/tech class at 10 a.m. Tuesday 1/9 at 10 a.m.

Scrapbooking will be available for beginners on Friday 1/5 at 1 pm if you want to join us for a 2 hour class.

Winter Craft on Friday 1/12 at 10 am

Ceramics Friday 1/19 at 9:30 am.

Winter Door Decorations for the Jefferson Manor Friday 1/26 at 10:00 am.

Looking ahead: Hearty Crockpot Soup Class, Snowflake Tea, Winter Smash Can or other Winter Craft, & the addition of a couple of new activities.

Make sure you sign up for all of the activities that you want to join us for. This helps me plan accordingly. Sign up sheets are out and ready to be signed.

*Schedule is subject to change if needed. Income tax will be moving in soon so please bear with me & all the activities at the center-I do my very best so that everyone can be in the center together without turning anyone away. THANKS!*

*Photo: Jefferson County Senior Centers have ornaments on the Capital 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, January 1, 2024 – center closed

Reopen January 2, 2024 at 8:30

We are trying to bring **Penny / Special Bingo** back. Normally bingo every Monday and Wednesday beginning at 9:30 am. The special bingo dates will be announced. If three or more show up, we will play.

Wednesday, January 3 – **Kip Strossmeister** at 10ish to train on tablets. Sign up sheet available at center or call 814-938-8376. He will be presenting his lesson to all, be mindful not to dominate his time.

Thursday, January 11 and January 25 from 10 to noon. **Bowling** at Groundhog Lanes. The JCAAA will pay for games bowled. The Center will remain open on bowling days.

Thursday, January 18 – **Ceramic Painting** – groundhogs/valentine- from 10 to 11. Please stop in to sign up or call no later than Friday January 12 to register.

Friday, January 19 – January **Birthday Celebration** after lunch.

Friday, January 26, **Ice Cream** after lunch for those who dine in.

**Happy New Year!**







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

**Happy New Year from the Foundry in Reynoldsville!!** – Where did 2023 go?? We are re-opening on January 2nd after a nice time off to enjoy our family and Christmas.

We hope that you join us in the New Year for our hot delicious lunches, exercise, and various activities that we have to offer. Maybe you just want to stop in for a hot cup of fresh delicious coffee?

Every Monday, Wednesday, and Friday from 10:15-11:15 am we offer Healthy Steps In Motion – we have a nice pace exercise that will get you going in this new year! Come and Join us.

Every Monday afternoon from 1:00-3:00 pm we have Jam Session – we have local music artists come and play and sing a variety of songs and - music join us and sing along.

Every Thursday from 9:30 – 11:30 am we offer nickel bingo come and try your luck!

We have a special guest on Thursday January 11th at our noon time hour – Madison Hannah ( daughter of Cheryl Hannah coordinator for the Foundry ) will be here to share with everyone “ A Journey through the Holy Land”

In 2018 Madison and Cheryl went on a Pilgrimage with their church family and new friends to the Holy Land and Rome and during her college break from Edinboro has offered to come and share her power point,

It is very powerful and interesting you are welcome to attend and if you would like to join us for lunch please let us know the day before so we may provide you with a delicious lunch that day. All are welcome!

On Tuesday January 16th at noon we will be offering music by Dale Krysinski, and his wife Sue, they will also be bringing along Sadie their Therapy dog for a visit! Come and enjoy the day with us.

On Wednesday January 17th at 11:30 Julie Lindemuth will be here to entertain us and share her talents of music and share her Sentimental Journey program with us as well. Julie has performed for us before

And she does a beautiful job!

Then on Thursday January 25th at 11:00 am we are honored to have Trooper Ron Chewing from the Pennsylvania State Police here to talk about how we can keep ourselves safe with a Lady Beware program.

Trooper Chewing will discuss how to be safe when we are out and about doing our daily routines, shopping, or going to work. Come and give a listen to what he has to share.

As always, we have puzzles, card games, dominoes to come and play. We also have a library and a weight/workout room if you want to perhaps walk on the treadmill if the weather isn't cooperative.

Comes and Join us at the Foundry

*Photo:*

*Foundry Friends by the Christmas Tree!*



## The VITA tax preparation sign up begins in January.

Sign up forms will be available at Brockway Depot Senior Center, Heritage House Senior Center, and Reynoldsville Foundry Senior Center. The **best way to make an appointment is to call Community Action at 814-226-4785 extension 107.** You must leave a message with your name, phone number, and location you wish to go for the tax appointment. Please only leave **one message.** You will be contacted to schedule the appointment. Appointments will start on February 5, 2024. There are no age restrictions but there is an income restriction (\$60,000). The person calling to schedule your appointment will review details.



# You Are Not Alone.

**PA Support &  
Referral Helpline**  
**1-855-284-2494**  
**(TTY: 724-631-5600)**

**Suicide Prevention  
Lifeline: Call or Text 988**

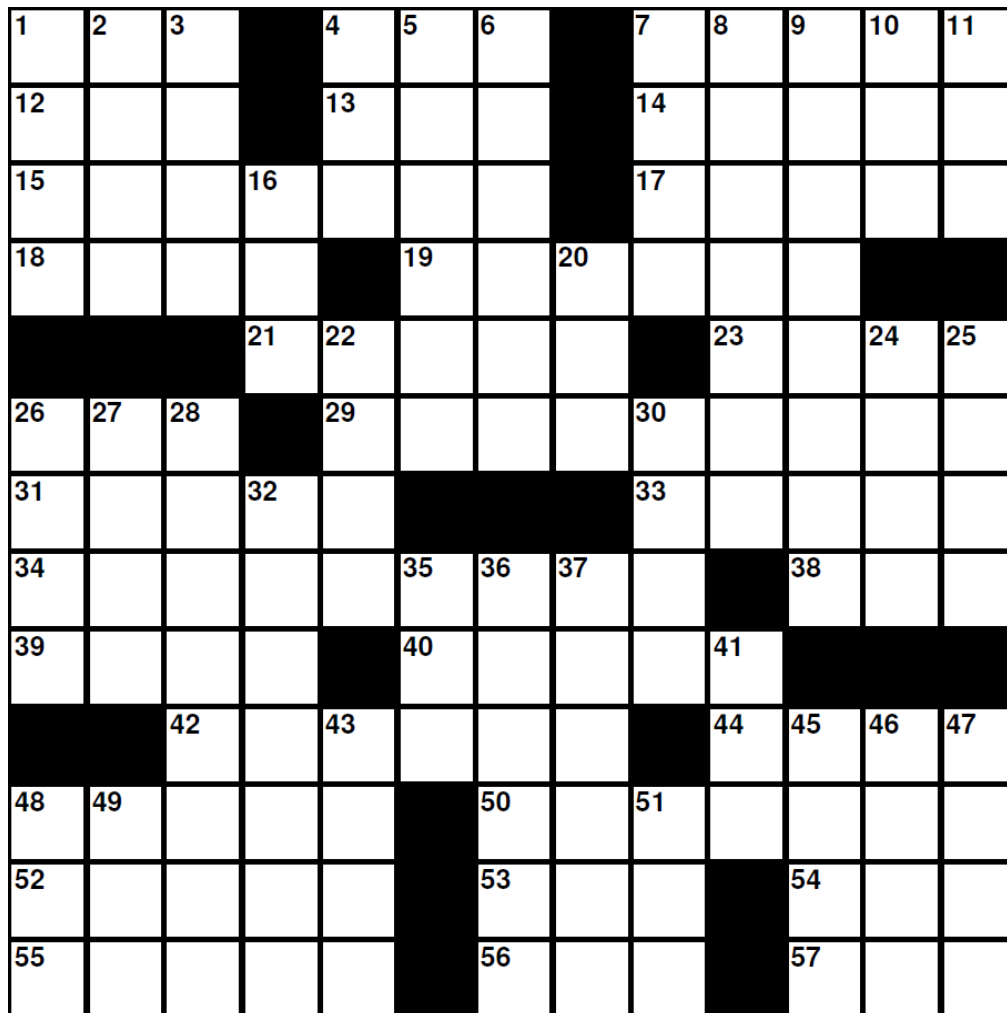
**Trans Helpline: 877-565-8860**

**Veteran Crisis Line: Call 988 then Press 1**

**Disaster Distress Helpline:**  
**1-800-985-5990**

**Crisis Text Line:**  
**Text PA to 741741**

**HELP IS  
AVAILABLE**

**DOWN**

1. Impetuous
2. Feel bad
3. Inheritor
4. Not healthy
5. Snake-haired woman
6. Engine part
7. Discontinue
8. Newspaper story
9. Official witnesses
10. Baby's "piggy"
11. Fourth mo.
16. Baseball stat
20. Sept. follower
22. Doctor's "at once!"
24. Poet \_\_\_\_ Pound
25. East's opposite
26. "Heidi" setting
27. Gusted
28. Toronto native, e.g.
30. Encourage
32. Keepsake
35. Dem.'s foe
36. Oahu greetings
37. Spuds
41. Finish
43. Watches
45. Sailing
46. Household animals
47. Engrave with acid
48. Wickedness
49. Expert
51. Snacked

**ACROSS**

- |                       |                        |                          |
|-----------------------|------------------------|--------------------------|
| 1. Football cheer     | 26. NBC's rival        | 54. And so forth (abbr.) |
| 4. Mischievous child  | 29. Tease              | 55. Forbidden items      |
| 7. Yule visitor       | 31. Andean animal      | (hyph.)                  |
| 12. High card         | 33. Malt brews         | 56. Compass pt.          |
| 13. Luau garland      | 34. Pass through       | 57. Fire remains         |
| 14. Scout unit        | 38. Made a lap         |                          |
| 15. Knight protectors | 39. Did the backstroke |                          |
| 17. Aquatic animal    | 40. Thrill             |                          |
| 18. Frau's spouse     | 42. Tyrant             |                          |
| 19. Perfect place     | 44. Back of the neck   |                          |
| 21. Civic gp.         | 48. Backbone           |                          |
| 23. Ship's company    | 50. Earphones          |                          |
|                       | 52. Angry              |                          |
|                       | 53. Sculpture, e.g.    |                          |

Check for Crossword Puzzle Answers On Page 6 Puzzle# 127 © Boatload Puzzles, LLC

**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.



- ✓ Avoid stressful driving situations such as rush hour travel, driving at night or driving in bad weather. Plan trips for daytime hours after 9am and before 5pm. Plan ahead. Know your route and try to stay on familiar roads.
- ✓ Avoid traveling in bad weather, if possible.
- ✓ Avoid taking medications before driving. Many medications – prescription and over the counter – may cause drowsiness and can affect safe driving.
- ✓ Make sure your driver's seat and mirrors are properly adjusted prior to beginning a trip.
- ✓ Maintain a safe speed and look ahead. Controlling your speed and looking down the road for possible hazards allow you to make adjustments before encountering a problem.
- ✓ Always keep a safe distance from the vehicle ahead of you. A 4-second gap between your vehicle and the vehicle in front of you is recommended.