

THE SUNSHINE LINE



JEFFERSON COUNTY
AREA AGENCY ON AGING

Telephone:

(814) 849-3096
1-800-852-8036

Address:

186 Main St STE 2
Brookville, PA 15825

Fax:

(814) 849-3232

Website:

www.jcaaa.org

Molly McNutt -
Executive Director



Get the Sunshine Line

Sign up on our website
www.jcaaa.org or call

us at
(814)849-3096

Staying Connected at Home During COVID-19

For many, the COVID-19 crisis has upended lives and social connections. Physical and social distancing have left many people, including older adults, feeling isolated and lonely with their normal routines disrupted as senior centers, places of worship and local businesses are no longer available. And while physical distancing is important to maintaining health during the crisis, as time at home has lengthened, loneliness has set in for many older adults. Research shows that prolonged social isolation can lead to an increased risk of heart disease, depression and anxiety, and other negative health outcomes.



And while physical distancing is important to maintaining health during the crisis, as time at home has lengthened, loneliness has set in for many older adults. Research shows that prolonged social isolation can lead to an increased risk of heart disease, depression and anxiety, and other negative health outcomes.

Creating Connections Without Technology - Reach Out

Pick up the phone. Try to call a family member or friend every day. Whether you swap book, meal, or TV recommendations, read a book to a child or plan fun activities for the future, just making the connection is important.

Write a note or send a card. Mailing a short note to a friend or family member is simple to do and can bring a smile to someone's face while cheering you up in the process.

Need extra compassion and support? Many organizations have developed call lines that provide a friendly voice who can offer emotional support. Try one of the telephone services listed below.

Institute on Aging's Friendship Line: (800) 971-0016

AARP Friendly Voices: (888) 281-0145 (English) or (888) 497-4108 (Spanish)

Looking for assistance with staying engaged and safe at home during the COVID-19 crisis? Your local Area Agency on Aging can help. Area Agencies on Aging provide a direct connection to home-delivered meals, in-home help with daily needs, transportation, caregiver support and more.

Contact the Jefferson County Area Agency on Aging at 800-852-8036.

Hosted by the Jefferson County AAA**Join us for a Dementia Friends Information Session****Changing the way we think, act and talk about dementia!****★ What Makes You a Dementia Friend?**

You become a Dementia Friend by attending an interactive 60-minute Information Session to learn about living with dementia and the small things you can do to show support to members of your community.

★ What Happens at the Information Session?

The 60-minute session is a discussion led by a Dementia Friends Champion. You will learn what dementia is, five key messages about dementia and identify communication tips to use in the community.

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom. Dementia Friends is underway in Pennsylvania.

Learn more at www.dementiafriendspa.org

Join us virtually – from your computer, tablet, or smart phone:

Tuesday, October 13, 2020

11:00 am – 12:00 pm

To reserve your spot, please register using this link:

<https://www.dementiafriendspa.org/eventdetail/301>



#DementiaFriendsPA

If you have additional questions, please contact
Cheryl Muders at the Jefferson County AAA

1-800-852-8036

A program of the



Brockway Depot Senior Center**Phone: 814-265-1719**

As we continue with what is now the new normal, we would like to encourage you to come and join the activities at The Depot! Socialization is very important to us all while we maintain our 6ft distance. Please stop in (and wear a face mask) :) - we would love to see you all even if it is just to check in and have a cup of coffee! **Lunch** is being served at noon Monday - Friday.

Exercise is Monday and Thursday at 10:00am. New videos on the big screen!

Nickel Bingo is every Tuesday at 12:30pm.

Chair Yoga is every Wednesday at 1:00pm

Please remember that all the activities have limited space so you must call to register for all activities.

Flu Shot Clinic administered by Brockway Drug. The dates are October 5th, 6th, 7th and 9th. You must call the Depot at 814-265-1719 and make an appointment for a flu vaccine. Stay safe!

Brookville Heritage House Senior Center**Phone: 814-849-3391**

Hello, I am so happy to see everyone back at the Heritage House! Lunch is available for dine in or take out by reservation by calling at least one day ahead. There are no exceptions so please remember to call ahead.

Exercise has started again and is taking place on **Tuesdays and Thursdays from 9:30 am until 10:30am.**

Bingo is being held on **Fridays from 9:00 am until 10:30 am.**

You must pre-register for all activities to reserve a space. There will be no exceptions! If you have any questions, please call Jodie at the Heritage House at 814-849-3391.

Flu Shots will be given on October 20, 2020 from 11:30 am-12:00 pm. Anyone interested needs to call 814-849-3391 to schedule an appointment.

Punxy Area Senior Center**Phone: 814-938-8376**

Lunch is served Monday thru Friday. Due to social distancing guidelines we can only have 8 people in the center at one time. We are going to offer two lunch time options if more than 8 people sign-up for lunch.

Bingo – Tuesday, Wednesday, and Thursday 9:30am – 11:00am. Must call 938-8376 to reserve your spot.

Social – Center open from 9 until 2. Cards, puzzles, games books, music, snacks, bottled water and hot beverages available while observing current guidelines.

It is important to all consumers at center to wash/sanitize hands before and after any activity, including lunch. The public ATA restroom is to be used for handwashing. The center also has hand sanitizer. Masks must be worn. If you do not have a mask, one will be provided. When seated, mask may be removed.

Thank you for coming back and cooperating with the safety rules. It is great to see you and hear you laugh!

Thank you for your patience and kindness as we navigate the new rules and regulations we must follow in order to stay open to serve Jefferson County older adults!

Reynoldsville Foundry Senior Center

Phone: 814-653-2522

The Foundry is **HAPPY** to see your smiling faces!

Lunch is served at noon and takeout meals are available at 12:30pm. Please call the day before or use the computer to reserve your meal. Social distancing and a mask are required.

The Shibori Art Class started in September. Check out our Facebook page or call with questions. Shibori is a Japanese dyeing technique that results in rich patterns. By bundling the fabric in five different ways, you can produce a traditional set of prints including arashi, kumo, itajime, and ne-maki.

Bingo, Exercise, and Jam sessions have resumed with enthusiasm. Please be sure to call to reserve your spot for bingo and exercise.

Saturday 10/3 Fall Outdoor Clean-up. Starting at 10:00am with lunch served at noon. Let's make the Foundry look good! Please call and let me know if you can help.

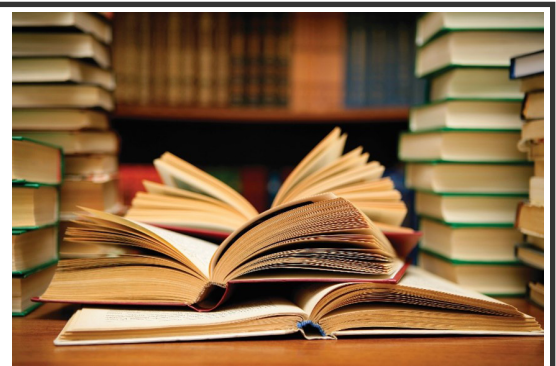
Monday 10/5 Guest speaker at 11:00am. Shannon Miller will speak on social isolation and loneliness.

Thursday 10/15 FLU SHOTS. Call for an appointment.



As the weather starts to cool, stay cozy inside with a good book! Here are the top suggestions of fiction by the New York Times.

1. **THE EVENING AND THE MORNING** by Ken Follett
In a prequel to "The Pillars of the Earth," a boatbuilder, a Norman noblewoman and a monk live in England under attack by the Welsh and the Vikings.
2. **TROUBLED BLOOD** by Robert Galbraith
The fifth book in the Cormoran Strike series. A decades-old cold case might be connected to a serial killer; by J.K. Rowling, writing pseudonymously.
3. **VINCE FLYNN: TOTAL POWER** by Kyle Mills
When America's power grid is shut down, Mitch Rapp goes after a cyber terrorist.
4. **TO SLEEP IN A SEA OF STARS** by Christopher Paolini
Kira Navárez might be the only one who can save the Earth and its colonies from being destroyed.
5. **THE VANISHING HALF** by Brit Bennett
The lives of twin sisters who run away from a Southern Black community at age 16 diverge as one returns and the other takes on a different racial identity but their fates intertwine.





Jefferson County
Senior Centers Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	*Menu subject to change		<p>1 Roasted Pork w/ Apples 1/2c. Whipped Potatoes w/ Chives 1/2c. Carrots Mini Biscuit w/ Apple Butter Cookie</p>	<p>2 Harvest Alfredo Chicken over 3/4c. Bowtie Noodles 1c. Tossed Salad w/Tomato Dressing Italian Bread 1/2c. Pineapple Tidbits</p>
<p>5 Bratwurst 1/2c. Scalloped Potatoes 1/2c. Peas Hot Dog Roll 1/2c. Pears</p>	<p>6 Creamy Chicken Divan over 1/2c. White Rice 1c. Tossed Salad w/ Tomato & dressing Breadstick 1/2c. Warm Peaches</p>	<p>7 Warm Roast Beef Sandwich w/ cheese & au jus 1c. Homemade Vegetable Soup w/ crackers Sandwich Roll 1/2c. Mixed Fruit</p>	<p>8 Greek Chicken Salad (Diced chix, blk olives, red onion, tomatoes, mozzarella cheese) 1c. Mixed Greens w/ Dressing 1c. Wedding Soup w/ crackers Dinner Roll 1/2c. Mandarin Oranges</p>	<p>9 Baked Ham w/ Fruit or Raisin Sauce 1/2c. Whipped Sweet Potatoes 1/2c. Warm Beets White Bread Fresh Fruit</p>
<p>12 Baked Ziti (3/4c) w/ Meatballs (3) Marinara Sauce & .5oz Cheese 1c. Tossed Salad w/ Cucumber and dressing Garlic Breadstick 1/2c Mixed Fruit Salad</p>	<p>13 Chicken Caesar Club w/ lettuce, tomato, cheese 1c. Creamy Broccoli Soup w/ Crackers Sandwich Roll 1/2c. Blushed Pears</p>	<p>14 Salisbury Steak w/ 2oz Onion Gravy 1/2c. Cabbage & Noodles 1/2c. Diced Carrots 1/2c. Pineapple Delight</p>	<p>15 BBQ Pulled Pork 1/2c. Seasoned Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples</p>	<p>16 1c. Seafood Mac & Cheese 1/2c. Stewed Tomatoes WG Dinner Roll Fresh Fruit</p>
<p>19 Smokey BBQ Burger Topped w/ cheddar, BBQ sauce, crispy onions 1c. Creamy Cauliflower Soup w/ crk Sandwich Roll Fresh Fruit</p>	<p>20 Sweet & Sour Roasted Pork Loin 1/2c Blended Rice Pilaf 1/2c. Green Beans WG Dinner Roll 1/2c. Mixed Fruit</p>	<p>21 Open Face Hot Turkey Sand w/ Gravy 1/2c. Whipped Potatoes w/ Chives 1/2c. Mixed Vegetables White Bread 1/2c. Applesauce</p>	<p>22 Baked Meatloaf Marinara w/ Mozzarella Topping 1/2c. Garlic Whipped Potatoes 1/2c. Parmesan Corn Wheat Bread 1/2c. Banana Pudding</p>	<p>23 Chicken & Biscuit 1/2c. Pepper Slaw WG Buttermilk Biscuit 1/2c. Warm Peaches</p>
<p>26 Center Cut Pork Loin w/ 2oz Gravy 1/2c. Whipped Sweet Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples</p>	<p>27 Chicken Taco w/ cilantro lime crème sauce & lettuce 1/2c. Seasoned Corn & Black Bean Soft Tortilla Shell Fresh Fruit</p>	<p>28 Happy Halloween! 1c. Ghostly Chili 1/2c. Fingers & Ant Salad 4oz Hocus Pocus Juice Moldy Biscuit 1/2c. Pumpkin Potion</p>	<p>29 Turkey Reuben (2oz turkey, 2oz kraut, .5oz cheese) 1c. Creamy Veg Chowder w/ crk WG Sandwiich Roll Condiments 1/2c. Mixed Fruit</p>	<p>30 Lemmon Pepper Chicken w/ Gravy 1/2c. Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit</p>

Employee Profile

Name: Cheryl Muders

Job title: Long Term Care Director

Location: Main Office

How long have you worked for JCAAA:
22 years

Education and School Where Attended:
B.S. Psychology, University of Pittsburgh-Greensburg

Certifications: Certified Care Manager:
Certified Care Manager



What is involved in your day-to-day activities in your current position?

I supervise the care managers for the OPTIONS and CSP programs. I review files, do schedules, review with staff, complete reports and assist where needed. I also supervise other staff in some of our other long term care programs.

Tell us about your most rewarding or satisfying experience in your work or volunteer history:

Every day is a rewarding experience. We are able to help our seniors get the support they need to stay independent at home. We have a great team of dedicated staff that make it a great place to work.

Please tell me about your proudest moment since you joined JCAAA: When I was able to become the Long Term Care Director and was able to help other staff with what they do for our agency.

Tell us about the significant people in your life:

I have been married to my husband Bob for 24 years, we have been together for over 30 years. I have a daughter Katie who is 20 and goes to Penn State Behrend. I have a daughter Sara who is 18 that goes to Chatham University. I have an almost 3 year old dog Josie which is our family's first dog.

What do you do when you are not at work?

I enjoy spending time with my family. I also love to do anything outdoors.

Fall Word Search

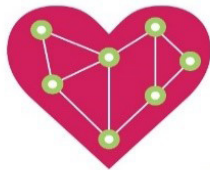


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OCTOBER
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SCARECROW
SEPTEMBER
SLEET
THANKSGIVING





**Connection
Matters**
NATIONAL CONSUMER
VOICE FOR QUALITY
LONG-TERM CARE

Residents' Rights Month is an annual event designed by Consumer Voice and is celebrated in October to honor residents living in all long-term care facilities. It is time for celebration and recognition offering an opportunity for every facility to focus on and celebrate awareness of dignity, respect and the value of each individual resident.

This year's theme is "Connection Matters." The theme emphasizes connections – to family, to friends, and to the community – as an essential component of good health and quality of life for residents. The months of restrictions on visitation in long-term care facilities and the inability of residents, families, and friends to be together during the coronavirus pandemic has emphasized the importance of connection, of relationships, and the impact they have on all of our well-being. During this crisis, many creative ways of staying connected were shared that can be replicated and built upon in all communities.

With limitations on in-person visits, residents, families, facility staff, Ombudsman programs, and other advocates have gotten creative in how they are staying connected. Creating and maintaining connections – to family and friends, to members of the larger community, to other residents and facility staff and even to nature – is an essential component of good health and quality of life for residents.

So, what can you do in place of visits? Spread Some Cheer! That's right.

SPREAD CHEER NOT GERMS! How?

Write a letter or card or draw a picture. You can't visit but you can spread some cheer with cards and letters.

Kids can help too! Ask them to draw a picture of their favorite person, dog, food, game or anything at all.

Older kids can write letters about how they are coping without school or not seeing their friends. No matter the content, elders love receiving fun mail—especially from children. Need a subject? We will suggest a topic each day on Facebook to help you along. How about starting with: "What is the best advice you've ever gotten about how to live a happy life?"

Facebook: Voicesinc

Jefferson County Area Agency on Aging
 186 Main Street, Suite 2, Brookville, PA. 15825
 1-800-852-8036

Mindy Sivanich-Ombudsman Coordinator
 msivanich@jcaaa.org

Liver Awareness Month (October 1-30)

Did you know...

- Liver and kidney disease kill over 120,000 people each year, more than Alzheimer's, breast cancer, or prostate cancer.
- Liver transplantation continues to be the second most common form of organ transplantation done in the United States.
- 25% of people on the waiting list for a new liver die waiting.



But there's hope. The liver is an amazing organ with unique regeneration abilities; this regenerative quality allows skilled surgeons to perform a living-donor liver transplant. During a living-donor liver transplant, a portion of the liver from one person, the donor, is transplanted into another individual, the recipient, replacing their damaged liver. Within a few months of the surgery, the donor's remaining liver regenerates, returning to normal volume and capacity. Meanwhile, the transplanted liver portion grows and restores normal liver function in the recipient.

However, people in need of a live liver donor are required to identify their own donor, presenting a huge challenge to patients and their families. The American Liver Foundation continues to develop resources and advocate for people considering living-donor liver transplant, either as a donor or recipient.

The American Liver Foundation is the nation's largest non-profit organization focused solely on promoting liver health and disease prevention. The American Liver Foundation achieves its mission in the fight against liver disease by funding scientific research, education for medical professionals, advocacy, information and support programs for patients and their families as well as public awareness campaigns about liver wellness and disease prevention. The mission of the American Liver Foundation is to promote education, advocacy, support services and research for the prevention, treatment and cure of liver disease.

Additional information can be found at www.liverfoundation.org or by calling 1 800 GO LIVER (800-465-4837)

VOLUNTEER



The Area Agency on Aging Main Office in Brookville is seeking a volunteer office assistant. This person can contribute their time ranging from just a few hours per week to 40 hours per week. This position is expected to last until the end of November.

Duties will include answering the phone, transferring calls, filing, and computer work.

Please contact Cheryl Muders at 849-3096 or cmuders@jcaaa.org with questions.

No-Bake Pumpkin Cheesecake

Ingredients

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- 1 cup canned pumpkin
- 1/2 cup sugar
- 1/2 tsp. pumpkin pie spice
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- 1 ready-to-use graham cracker crumb crust (6 oz.)

Instructions

- Beat cream cheese, pumpkin, sugar and pumpkin pie spice with mixer until blended. Gently stir in 2-1/2 cups COOL WHIP.
- Spoon into crust.
- Refrigerate 3 hours or until firm.
- Serve topped with remaining COOL WHIP.



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CROSSWORD

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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DOWN

- 1. Health resort
- 2. Unhealthy
- 3. Ale-like soft drink (2 wds.)
- 4. Water pitcher
- 5. Part
- 6. In dreamland
- 7. Born as
- 8. Time unit (abbr.)
- 9. Gulp
- 10. Implement
- 11. Novelist ____ Rice
- 17. Until now (2 wds.)
- 19. Assert
- 21. Use a paper towel
- 22. First garden
- 24. Rodent
- 25. Wiped clean
- 27. Juneau's state
- 29. Thieves
- 30. Dropper's word
- 31. Profit and ____
- 33. Vermilion
- 36. ____ in distress
- 39. Whole
- 41. Begone!
- 42. Palo ____
- 43. Cool!
- 45. Continually
- 47. Aye's opposite
- 48. Opposite of WNW
- 50. It follows Oct.
- 51. Recipe unit (abbr.)

ACROSS

- 1. Royal address
- 5. Cooking vessels
- 9. Amtrak depot (abbr.)
- 12. Farm machine
- 13. Psychic's phrase (2 wds.)
- 14. Took the gold
- 15. Burn balm
- 16. Voting process
- 18. Small amount
- 20. Eye amorously
- 21. Spider's handiwork
- 23. Ogled
- 26. Flawless
- 28. Umbrella
- 32. Kitchen gadget
- 34. Skin design
- 35. Infuriated
- 37. Leaks slowly
- 38. Placid
- 40. Pack animal
- 41. Submerged
- 44. Cindy Crawford, e.g.
- 46. Most immaculate
- 49. Air duct
- 52. ____ moment's notice
- 53. On an ocean trip (2 wds.)
- 54. Greek Cupid
- 55. Toddler
- 56. Shout
- 57. Invitation letters