

RANDOLPH COUNTY

304-636-4747

SENIOR CENTER

December 2024



My favorite Holiday Tradition is Making Chex Mix & Cheese-ball and watching Charlie Brown. -Becky Summerfield, Senior

When I Was a Kid the Christmas Tree was never decorated till Christmas Even Night so, when I got up in the Morning Santa Decorated the Tree - Bob McCoy, Senior

Spending Time With Family - Tom Hensil, Senior

- Mainly Eating Everything They Fix! - Danny Golden, Senior

Sharing with Friends. I Prefer Giving Gifts Rather Than Receiving. I Feel Exhilarated When I Give a Gift. - Harry Canfield, Senior

I Always Like it Best When All the Family Gets Together. We give each other a regular present and a Gag Gift. Tom Beverage, CRT Driver

We Play a Left Right Game with Lottery Tickets. - Terry Brown, CRT Driver

Putting up Christmas Lights. My mother loved them. As Long as I'm able I'll have lights for my mother. - Bob Arbogast, CRT Driver

My favorite tradition at the start of Christmas Season is helping decorate my church with the Chrismon Tree. The Ornaments all reflec Christian Values & were all handmade by the ladies of the church. -Mary Alice Messer, AGSC volunteer

WHAT IS YOUR FAVORITE HOLIDAY TRADITION ?



Tasty Tidbits

Did you know??

We are required to follow Food Pattern Modeling guidelines set forth by the WV Bureau of Senior Services when preparing the lunch menu. These guidelines are put in place to help ensure you get well balanced, nutritious meals for the week.

For example, half of all the grains we serve must be whole grain which include whole wheat, oats, brown rice and wild rice. We are required to serve dark green vegetables such as broccoli, spinach, romaine or greens once a week. We are also required to serve red or orange vegetables such as tomatoes, carrots or sweet potatoes two times a week. Each meal must also contain 3 oz of meat or meat alternate such as egg, cheese or peanut butter; with seafood being required to be served twice a month. In addition, we must also provide a serving of dairy and a serving of fruit. But of all the requirements, a serving of legumes once a week is the least liked. Legumes consist of beans including pinto, kidney, lima, white and black beans as well as lentils, chickpeas and split peas. Unfortunately green beans and green peas are NOT part of the legume family. Therefore we serve legumes a variety of ways from plain black eyed peas or lima beans, baked beans, and cowboy caviar to red beans and rice and cowboy beans to meet the requirement.



WILL AARP TAX PREP BE AVAILABLE IN 2025?

Many of you have asked about whether we will host the AARP Tax Prep volunteers in 2025. Unfortunately, we don't know the answer to that question yet. At this point, they don't quite have enough volunteer preparers to offer the service this year. If you or someone you know has financial experience or skill and would be willing to volunteer your time, please reach out and we'll get you in touch with the folks at the AARP Tax Prep program. Otherwise, we'll keep you updated as we receive more news.

Volunteer Opportunity



Do you love our Senior Center? Are you looking for a volunteer opportunity? Great! We are looking for a few folks to join our team to help keep our senior center a happy, helpful place. We're happy to hear ideas about how you may want to help, but right now we have the following volunteer opportunities:

Lunchtime reception coverage with greeting visitors, answering the phone, etc.

Help in the Kitchen with prep, service and/or clean up

Leaders for new activities/classes

- Painting/art classes
- New Dumbbell Exercise Class
- Senior Olympic event training

We'd love to find a good fit for you on our team. If you are interested, please call Laura at 304-636-4747 x101.

LOOKING FOR SENIOR CENTER AND TRANSIT TEAM MEMBERS!

Looking for a rewarding position helping others in a great environment? We are currently looking for team members in the following positions:

- Substitute cook/assistant cook - Work on an as needed basis to assist in the kitchen to prepare and serve meals for our seniors and clean up the kitchen after meal service. We are looking for substitutes at all three of our nutrition sites in Elkins, Harman, and Mill Creek.
- Substitute Country Roads Transit driver - Work on an as needed basis to provide transportation services in Randolph and/or Upshur Counties. It would be a perfect fit for a retiree who wants to stay active and engaged.
- Part time Activities Coordinator - This is a 20 hour per week position with our Life Enrichment Team at our Elkins site to coordinate our current activities, initiate and/or lead new activities, help with special events, fundraising and volunteer management.

This is a super fun position.

- Direct Care Workers - This is a position helping our in-home care clients in their homes. It includes providing assistance with meal prep, light cleaning, and personal care necessary to help these clients stay in their own home. It is very rewarding work that makes a difference in the lives of those we serve.

The schedule can be part time or full time according to your availability.

Please stop by the Elkins site for more information or for an application. We look forward to seeing you!

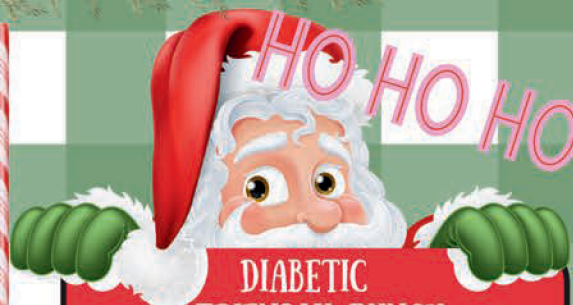
P.A. DUTCH CHRISTMAS BUTTER COOKIES

INGREDIENTS:

- 1 - Cup Soft Butter
- 1/2 Cup Brown Sugar,
Packed

Cream butter until it resembles whipped cream & slowly add the sugar, beating well. Add Flour gradually and blend thoroughly. Wrap in waxed paper & chill for several hours. Knead dough slightly on floured board, form into a smooth ball. Roll to about 1/8 inch thick and cut to desired shapes. Place on ungreased cookie sheets and bake in moderate oven (350° F) about 12 Minutes. When cold decorate with icing, candied fruit, etc.

SUBMITTED BY: RUTH MILLS



DIABETIC FRIENDLY PUNCH

- 1 - 2 Liter of 7-up
- 2 - Packages of Diet Cherry Kool-Aid, Sugar Free
- 1 - 42oz Unsweetened Pineapple Juice
- 2 - Quarts of Water

(Serving Size: 29 - 6oz Servings)
(25 Calories Per Serving)

SUBMITTED BY: MARY ALICE MESSER

BREAD AND CELERY STUFFING

Ingredients

- 2 - loaves sliced white bread
- 1 - cup butter
- 1 - onion, chopped
- 4 - stalks celery, chopped
- 1 - tablespoon poultry seasoning salt and pepper to taste
- 2 - eggs
- 1 - cup chicken broth

Directions

- Let bread slices air dry for 1 to 2 hours, then cut into cubes.
- In a Dutch oven, melt butter over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with eggs and chicken broth; mix well.
- Bake in a buttered casserole dish at 350 degrees F covered for 45 minutes. Remove cover and continue to bake for another 15 minutes.

SUBMITTED BY:
SANDI WILMOTH

Swedish Nuts

Ingredients

- 4 - Cups Nuts
- 1 - Cup Sugar
- 1/2 Cup Butter
- Dash Salt
- 2 Stiffly Beaten Egg Whites

Directions

Melt butter in large cake pan in 325° oven. While that's melting make meringue by folding sugar and salt into beaten egg whites. Fold nuts into meringue mixture, and then spread mixture over melted butter in cake pan. Bake 30-minutes, stirring every 10-minutes or until nuts are coated and brown.

SUBMITTED BY: PRISCILLA MOYER



HayStack Candy

Ingredients

- 1 Large Can Chinese Noodles
- 1 package chips (Chocolate, Butterscotch, Peanut butter)
- 1 1/4 Cup Peanuts

Directions

Melt Chips in Double Boiler. Just heat to boiling point, stir in noodles and nuts. Drop by spoonful's on foil or wax paper.

SUBMITTED BY: TERRY BROWN

CRANBERRY RELISH SALAD

Ingredients

- 1 - Package (3 ounces) Strawberry Gelatin
- 1 - Cup Boiling Water
- 1/2 - Cup Orange Juice concentrate
- 1 - Package (12 oz) Fresh or Frozen Cranberries, Chopped
- 1 - Medium Apple, Peeled & Chopped
- 1 - 1/2 - Cups Sugar
- 1/2 - Cup Chopped Pecans

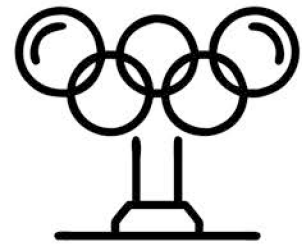
Directions

In a bowl, dissolve gelatin in boiling water. Stir in concentrate. Combine cranberries, apple and sugar; add to gelatin mixture. Stir in pecans. Pour into 1 - 1/2 qt. serving dish. Refrigerate for 4-hours or overnight.

Yield: 6-8 Servings

SUBMITTED BY: PENNY CANFIELD





Fun New Activity coming soon!

Senior Olympics Training



The Senior Olympics is a terrific event held each **June in Keyser, WV** by our good friends at the Mineral County Senior Center. They gather seniors from across WV and even some from a few other states to compete in numerous fun events that range from field events like bocce ball, baseball pitching and basketball free throws to indoor events like ping pong, billiards and even card games like poker and rook. There are just too many events to list.

We've often featured it in our newsletter to encourage folks to participate and even reported on the Randolph County Olympians who won medals. We had such a good time there over the years and thought it might be nice to enjoy some of those events all year long here at RCSC.

Plus, it will give us lots of practice so we can take a big team to Keyser next June!

So, **beginning in January**, we're going to start our Senior Olympics training!!

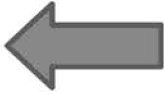
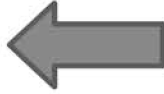
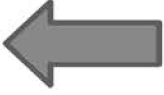
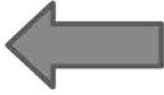
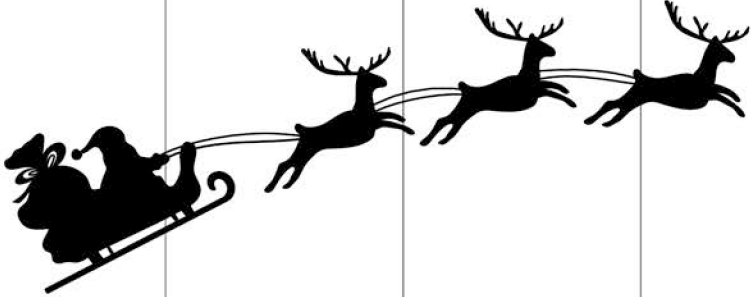
Whether or not you might want to go to the Olympics in **June**, we hope you'll join us for a little physical activity and fun as we work our way through some of the Senior Olympics events. We'll focus on one or two events each week and will likely start with cornhole and washer toss. We haven't set a schedule yet, so we'll bring more news on that in the January newsletter. If you are interested, please give **Lindsay at reception** a shout to sign up and we'll be sure to keep you up to date. *Hope to see you there - it's going to be a blast!!*

In The Mood for Some Classic Holiday Tunes?

Enjoy a Free Lunch
Friday, Dec. 13th & 20th
as Local String
Musicians Volunteer
Their Time to
Spread a Little
Holiday Cheer!



MONTH of December 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|---|
| 2 Milk served with all meals | 2 Smothered Chicken, Baby Baked Potatoes, Green Beans, WW Roll, Fruit Crisp | 3 Soy Sauce Pork Chop, Broccoli, Carrots, WW Bread, Jello w/Fruit & Whipped Topping | 4 Mexican Chicken Casserole, Side Salad, WG Garlic Breadstick, Fruit, Cookie | 5 Open Faced Roast Beef, Mashed Potatoes w/Gravy, Green Beans, Fruit | 6 Chili Soup, Coleslaw, Cornbread, Fruit | 7 Free Lunch Friday Thanks to Citizens Bank of WV!  |
| 8 Elkins Nutrition Site 304-636-4747 | 9 Meatloaf, Glazed Carrots, Onion Roasted Potatoes, WW Roll, Fruit | 10 BBQ Chicken Breast, Corn, Baked Beans, WG Garlic Breadstick, Fruit, Frosted Brownie | 11 Beef Stew, Coleslaw, Cornbread, Fruit | 12 <u>Nat'l Ambrosia Day!</u> Spaghetti, Side Salad, WG Garlic Breadstick, Ambrosia Salad | 13 Parmesan Crusted Fish, Broccoli Salad, Baby Baked Potatoes, WW Bread, Fruit | 14 Free Lunch Friday Thanks to Country Roads Transit!  |
| 15 Mill Creek Nutrition Site 304-335-6481 | 16 Ham, Lima Beans, Au Gratin Potatoes, WW Roll, Fruit Crisp | 17 Beans & Cornbread, Oven Browned Potatoes, Greens, Fruit | 18 <u>Nat'l Ham Salad Day!</u> Ham Salad Sandwich on WW, Broccoli Cheese Soup, Fruit, Cookie | 19 Cheeseburger w/Lettuce & Tomato, Sweet Potato Wedges, Coleslaw, Fresh Fruit | 20 Sweet & Sour Chicken, Fried Rice, Broccoli, Carrots, WW Bread, Fruit | 21 Free Lunch Friday Thanks to Mountain Hospice!  |
| 22 For seniors 60+, a donation of \$4.00 is suggested. Under 60, lunch is \$7.50 | 23 Baked Steak, Mashed Potatoes w/Gravy, Green Bean Casserole, Cranberry Apple Casserole, Cake | 24 All Sites Closed Merry Christmas! | 25 All Sites Closed Merry Christmas! | 26 Walking Taco Casserole w/Lettuce & Tomato, Corn, WG Galic Breadstick, Fresh Fruit, Pudding | 27 Crab Cake, Sweet Potato Wedges, Broccoli Salad, WW Bread, Fruit | 28 Free Lunch Friday Thanks to Davis Medical Center!  |
| 29 Harman Nutrition Site 304-227-4664 | 30 <u>Nat'l Bacon Day!</u> BLT on WW, Tomato Soup, Fresh Fruit, PB Pie | 31 Italian Dressing Chicken, Broccoli, Baby Baked Potatoes, WG Garlic Breadstick, Fruit |  | | | |



ZEUS

THE GOOD NEWS BOY

It's the most woofiest time...of the year. With the neighbor dog howling and all the snow plowing and barking with cheeeeeeeer. It's the most woofiest time...of the year!!! Ahem. How was that? I've been practicing my song all month for you. It may or may not have driven my mom a little crazy! Something about inside voice. But it was worth it to bring all my friends a little holiday treat!! It's December. I love December!! Wedged right there between all the thankfulness of Thanksgiving, and all the 'we can do anything' of New Year's, December is full of love and lots of good food (that gets

dropped at family dinner — yum!). December definitely makes my job easy — there are so many good boys and girls working together on things right now! For instance, our buddy Chris Lee is heading up Toys for Tots for Randolph County again this year. It's this great thing where you can buy a fun toy for kids who might need a little extra love at Christmas. And Chris works with lots of other good people in the community so it's even super easy for you to find a place to drop off the toys — like all the Senior Center sites!! So, you can buy the kiddos dollies or trucks or even better than anything — balls! I mean balls are for sure the best toy ever. There are basketballs and footballs and soccer balls and volley balls and golf balls and play balls and bouncy balls and..... Well, ummm, you understand. Think about giving to the kiddos. (And think BALLS.)

If you are coming to the great senior Christmas dinner on December 6, you can even bring your toy with you and get a special door prize ticket for being such a good boy or girl! It's not the only fun thing that will happen at the Christmas dinner either. There will be tasty food made by our very own Miss Phillis and Miss Teresa, lots of friends to talk to, and even a few surprises that I'm not allowed to talk about. There will even be some Christmas carol singing. I am still doing my best to get Mom to let me come to that dinner. I could sing that song I practiced. Wouldn't even need a mic because inside voice is over rated. I probably won't be allowed though, so you guys have fun for me and report back on all the goodness! Be sure to call Lindsay at 304-636-4747 or stop to see her to sign up ahead of time.

Be sure to visit the Senior Center during December for all the holiday fun. And all the normal fun — 'cause let's face it, it's pretty cool there all year long! I hope you have a very Merry Christmas full of good food, your favorite people, and lots of fun (like throwing balls with your dog. Or your neighbor's dog. Or your grandkid's dog. You can try it with a cat, but cats are usually too snooty to play catch. Oh, sorry, almost made it without getting distracted.) However you celebrate, I wish you peace, joy and all the tail wags!!

LET'S HAVE A BLAST

Activities Schedule

Mondays

- 10:00** -- Card Bingo
(The 1st Mon. in a Full Week & the 3rd Mon. - of the Month)
- 11:00** -- Exercise Class
- 11:45 - 12:45** -- Lunch in the Crossing Cafe
- 1:00** -- Native American Style Flute Class

Tuesdays

- 10:30** -- Rook
- 11:45 - 12:45** -- Lunch in the Crossing Cafe
- 12:30** -- Mahjong
- 12:30 - 1:00** -- Beginning Dulcimer Class
- 1:00 - 2:15** -- Regular Dulcimer Class

Wednesdays

- 10:00** -- Horse Race Game
(The 1st Wed. in a full week and the 3rd Wed. of the Month)
- 11:00** -- Exercise Class
- 11:45 - 12:45** -- Lunch in the Crossing Cafe
- 12:30 - 2:15** -- Hammer Dulcimer
- 1:30 - 3:30** -- Mahjong

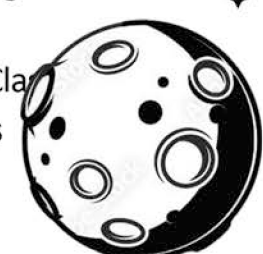
Thursdays

- 11:45 - 12:45** -- Lunch in the Crossing Cafe
- 12:30** -- Mahjong
- After Lunch** -- Hymn's W/ Suzy
(The 3rd Thurs. of the Month)
- 1:00 - 2:00** -- Guitar Class
(1st & 3rd Thurs. of the Month)
- 1:00** -- Weaving Class

Fridays

- 10:00** -- Crochet Class
- 11:00** -- Exercise Class
- 11:45 - 12:45** -- Lunch in the Crossing Cafe
- 12:30** -- Bridge

Billiards and Games Everyday



The Committee of Aging for Randolph County, Inc.

- | | | | |
|-------------------------------------|------------------|----------------|------------------|
| Jodi Parrack, President | Barry Band | Hannah Fincham | Melanie Campbell |
| Lisa Smith, Vice President | Bill Hartman | Jim Rossi | Mike Elza |
| Bob Wilmoth, Treasurer | Christina Kittle | Jimmy Hammond | Roger Roy |
| Michelle Williams, Secretary | Dena Collett | Karen Seel | Steve Shepler |
| | Denise Campbell | | |

****Members of the Executive Committee**
 Board Membership includes representation from Elkins, Valley Bend, Gilman, Montraose, Harman, Coalton, Mabie and Dailey.
 Our **FULL BOARD** meets on the Third Tuesday of February, April, June, August, October and December.

THE RANDOLPH COUNTY SENIOR CENTER IS FUNDED THROUGH THE WEST VIRGINIA BUREAU OF SENIOR SERVICES, UPPER POTOMAC AREA AGENCY ON AGING, RANDOLPH COUNTY COMMISSION, UNITED WAY, PALLOTTINE FOUNDATION OF BUCKHANNON AND PRIVATE DONATIONS FROM MEMBERS AND FRIENDS. NON-DISCRIMINATION CLAUSE: ANY SENIOR CITIZEN 60-YEARS OF AGE OR OVER IS WELCOME TO PARTICIPATE IN PROGRAMS AND SERVICES SPONSORED BY THE COMMITTEE ON AGING FOR RANDOLPH COUNTY, INC. REGARDLESS OF SEX, COLOR, HANDICAP OR NATIONAL ORIGIN.

WELCOME, NEW SENIOR CENTER MEMBERS!



Madeline J. Traivise, John, Peznosky, Ronald & Deborah Carder, Linda Steffan, Debra Shipp, Orpha Knicley, Margaret Buddingh, Midge & Roger Thompson, Frances Frazer

THANKS FOR THE DONATIONS

Chuck Corley - Cart, Paul Capaldo - Misc., Phyllis Arbogast - Puzzles & Books, Arnold & Mary Snelson - Wheelchair, Amy Vandevender - Books, Helen Himes - Puzzles, Billy & Jessie Dollie - Health Supplies, Bruce & Mary Evans - Books, Brown Family - Misc., Estate of Barbara Whetsell, Shower Chair, Sharon Cooper - Books, In Memory of Sharon Lambert - Sewing notions, Cornelia & Timothy Tolley - Items for Bizarre



Special Thank You for the; **IN MEMORY OF BUTCH WARD II DONATION!**

Sympathy to the families

Barbara L. Carroll, Carolyn Joan Rice, Nellie Blanche Shreves, Linda Lou Vandevender, Blair Russell Louk Sr., Hollis Carl Vance, Shirley Esther Dean Mallow, Richard McDowell,



IS YOUR MEDICARE PLAN MEETING YOUR NEEDS??

What are MEDICARE ADVANTAGE PLANS????

Now is the time January 1st- March 31st, 2025, to review your Medicare Advantage plan and compare it to other Medicare Advantage plans? What are Medicare Advantage plans? Well, if your card says PPO, HMO or PFFS you have a Medicare Advantage plan sometimes the word "Advantage" is used in the title.

What differences could there be between one plan and another?

- Premium costs (monthly cost)
- Prescription drug coverage costs
- Primary care co-pays
- Specialist co-pays
- Extra benefits such as: *over-the-counter drug coverage, dental, vision and hearing in some cases.*

How can I compare my plan? Easy... **CALL the Randolph County Senior Center 304-636-4747** and make an appointment with your local SHIP (State Health Insurance Program) counselor. SHIP Counselors can assist you to compare your current plan to other Medicare Advantage plans, explaining the benefits of your plan versus another plan. We can also assist you in enrolling into a different Medicare Advantage plan if you choose to.

SHIP counselors do not sell anything. We are here to assist you, or a family member navigate the confusing Medicare Maze.

CALL (304-63-4747) NOW for your appointment to Review your Medicare Advantage Plan!!

Let's Enjoy Some Community Holiday Spirit Together

In the mood for some holiday cheer? So are we! Luckily, the Elkins community has lots of opportunities to celebrate. For instance, our friends at the Arts Center will host the holiday edition of their popular Brown Bag Concert series on Wednesday, December 11 from 12:00 - 1:00. It will feature local musician Raymond Godwin who will play festive holiday music and from what we hear, will even encourage a sing-a-long! We think it would be a great time to get seniors together to venture down to the Arts Center together for the holiday Brown Bag concert. Country Roads will even provide transportation from the Senior Center to and from the Arts Center for our fun outing! Support the local arts, hang out with friends, and celebrate the season - wow! What could be better? So please call Lindsay at our reception desk (304-636-4747) to sign up to be part of our fun day. HOPE YOU CAN JOIN US!!



Healthy Diabetic Holiday Cooking



Thank you to our friend Jim Severino, Director of Nutrition Services at Davis Medical Center for bringing special treats and great information during Davis Medical Center's Free Lunch Friday along with our buddy Chad Ware, System Leader of Workforce, Community and Physician Engagement (and all-around Free Lunch Friday good guy). Jim always shows up with fun and great food! This trip, he gave our seniors tips on healthy diabetic holiday cooking, a great mini cookbook, and even a sample of his yummy mocha cheesecake bars.

We hope you can add some of Jim's recipes to your holiday celebrations this year.





COUNTRY ROAD TRANSIT



COUNTRY ROAD TRANSIT



"A Ride For Everyone"

304-636-6472

Welcome to Country Roads Transit (CRT)

Country Roads Transit appreciates our drivers!

We would also like to thank our Drivers and dispatch for your dedication, hard work and excellent service you provide to all our riders every day!

Danny Wood - Manager
 Shawn Farnsworth - Dispatch
 Robert Arbogast
 Howard Beard
 Patricia Bennett
 Tom Beverage

Terry Brown
 Robert Conti
 Douglas Copeman
 Rick Cutright
 Jerry Holt
 Peggy Lower

Robert Markley
 Thomas New
 Donna Phares
 Lori Suttle
 David Vance
 Carl Wilfong

NOW HIRING FOR A SUBSTITUTE BUS DRIVER.

Stop in or call at
304-636-4747 · Ext - 109

We are ready to serve Randolph and Upshur Counties in 2024!!!

We will be Closed December 25th and 26th in Observance of Christmas Eve and Christmas.

COUNTRY ROADS TRANSIT

Wishes Everyone a Happy Holidays!



COUNTRY ROADS TRANSIT

GETTING TO KNOW CRT

FUN FACT

Route deviation and demand response services are available in selected areas of Randolph County. Anyone can use this service, but you must make a reservation 24 hours in advance. Call 304-636-6472 for more details.

There are four options:

- Fare Zone 1: \$2.50:** Anywhere within city limits or within 3/4 mile off our regular route
- Fare Zone 2: \$3.75:** Up to 15 miles outside of the Elkins city limits
- Fare Zone 3: \$6.25:** Between 15 and 25 miles of Elkins city limits is \$6.25
- Fare Zone 4: \$10.00:** 25 miles or more from Elkins city limits and within Randolph County

Starting in November, County roads transit will do a new run in Upshur County. This run will be on the 3rd Wednesday of every month and will pick up from Adrian to French creek to rock cave to Alexander and take riders into Town for their appointments or Shopping. Please call one week in advance to schedule this trip. We will only run if there is a scheduled appointment.

We are excited about the reception of the VA/UHC run. We took 115 Riders to the VA – UHC in 2023. County roads is looking forward to increasing the number of riders to Veterans Hospital and United Health Center in 2025. We will Continue going on Tuesday and Thursday every week. Except if a Tuesday or Thursday falls on a Holiday. The Fare is \$25.00 for general-public and Just \$10.00 For our Veterans as a Thank you for your service.

CRT - VA/UHS Schedule

Country Roads Transit now has a Clarksburg route that will take veterans and the public to the Louis A. Johnson Medical Center in Clarksburg for their medical appointments and the United Hospital Center in Bridgeport, WV.

| DECEMBER 2024 | |
|-------------------|--------------------|
| Tuesday 3rd 2024 | Thursday 5th 2024 |
| Tuesday 10th 2024 | Thursday 12th 2024 |
| Tuesday 19th 2024 | Thursday 21st 2024 |
| Merry Christmas | Thursday 26th 2024 |
| Tuesday 31st 2024 | |

Traveling to The Louis A. Johnson Medical Center

Departure time will be determined by the earliest appointment. The Return trip will be after the last person is done at their appointment. The Driver will wait at the Hospital till everyone is ready to go. The fee is \$10.00 for Veterans and \$25.00 for the General public.

Alternate trips for December 2024

- Wednesday 4th 2024:**
Harman, Job, Whitmer, Bowden
- Wednesday 18th 2024:**
Adrian, French Creek, Rock Cave
- Wednesday 11th 2024:**
Mill Creek
- Merry Christmas :** Mill Creek





We Would Like to Say,
Thank You
 To The YHS Home Ties Child Development 2-3 Year Old Class members & Their Teacher Miss Jamie Mills, for their Crafty Decorations. They have kindly been allowing us to display their artwork for a year in our Shadow Box Display. We receive a new Display at least once a month and last month we received a bonus, some adorable turkeys for our cafeteria tables. Make sure you check it out, when you come and visit us at the RCSC!



2025 Monthly Photo Contest

We love to have fun with you here at RCSC! And we love seeing pictures of and hearing stories about your families, pets, and adventures. So, we thought maybe we could spread the joy by asking you to submit your photos each month in our 2025 monthly photo contest! Our panel will pick one submission each month to share in our monthly newsletter, and even give a prize to the winner. The contest will be open to all members of RCSC. To participate, just email or bring your photo to Lindsay at Reception (reception@rcscw.org) by the 10th of the month for the following month's contest. So, let's have all your photos by January 10th so we can share them in the February newsletter.

We can't wait to see your photos!

The Sweet Eats Book Club Reviews



THE PHOENIX CROWN BY: KATE QUINN AND JANIE CHANG

In 1906 an earthquake and the subsequent fires destroyed large portions of San Francisco. The collaboration of these two authors gives us a work of historical fiction and an engaging story of four women whose lives intersect around a charming, but dangerous railroad magnate named Henry Thornton. The Phoenix Crown is a legendary relic of Beijing's Summer Palace. Both Thornton and the crown disappear after the 1906 earthquake. The four women were almost burned to death because of the threat they posed to Thornton, five years pass, as the women try to move on with their lives. Then suddenly the Phoenix Crown resurfaces, and the action of this novel brings all the characters back together. Two thumbs up

THE INMATE BY: FREIDA MCFADDEN

Six teenagers go out to party at a house outside of town. Three of the teens are killed. One of the remaining three is incarcerated for life based on the accusations of Brooke Sullivan. This murder mystery is a fast read. The author alternates between the time of the murders and present-day action. Twists and turns are numerous as the possibility that the wrong person is in jail. The plot was too bizarre and grisly for this reader but still earns one thumbs up.

ODD THOMAS BY: DEAN KOONTZ

The dead don't talk. I don't know why but they try to communicate with a short order cook in a small desert town serving as their reluctant confidant. Sometimes the silent souls who seek out Odd Thomas want justice. Occasionally their otherworldly tips help him prevent a crime, but this time it's different. A stranger comes to Pico Mundo, accompanied by a horde of hyena-like shades who herald an imminent catastrophe. Aided by his soul mates including the king of rock and roll, Odd Thomas will race against time to thwart the evil gathering. Amazon quotes that this tale is an unforgettable fable for our time.

FOX CREEK BY: WILLIAM KENT KRUEGER

Fast moving and full of suspense this novel was hard to put down. It is part of the Cork O'Connor mystery series. Ruthless mercenaries are looking for Delores Morisseau and her husband, Lou. It is not clear until the last part of the book what information they were seeking. The point of view from which the story is told changes every couple of chapters. The combination of action, Native American beliefs and bonding with nature as well as issues they have faced and are still facing today makes this book worth 2 thumbs up. ♪

SWEET VENGEANCE BY: FERN MICHAELS

Tessa Jamison couldn't have imagined anything worse than losing her beloved twin girls and husband until she was convicted of their murder. Proving her innocence holds little for her now that her family's gone, but freed due to technicality, she retreats to a small tropical island owned by her late husband's company to await a new trial. For the first time since her nightmare began Tessa feels a sense of purpose to expose truth and avenge her lost family, one by one the guilty will be brought to justice and Tessa can gain closure. But will she be able to learn the whole truth at last and reclaim her freedom and her future. 2 thumbs up.

WELLNESS BY: NATHAN HILL

This novel tracks a single couple from their separate childhoods through 10 years of marriage. Some call it a realistic love story, but this reader does not agree. Both Jack and Elizabeth come from tragic childhoods and their differing backgrounds influence the selves they create and nurture. The book's title is sort of ironic in that the story often makes fun of how the activities of "Wellness" can create havoc within individuals and relationships.

Recently, a friend here at the Senior Center had a bit of a health scare that turned out to be due to significant dehydration. We thought we'd share some good information from the folks at Massachusetts General Hospital we found about the issue that may help us all stay a little healthier this winter.

The Importance of Winter Hydration **Alison Kane, RDN, LDN**

As temperatures drop it can become harder to keep hydration up. It's not uncommon to feel less thirsty in cold weather and many people are unaware that cold-weather dehydration exists. Dehydration occurs when the body doesn't have enough fluid to function properly. Regardless of the temps outside, staying hydrated is important all year round. Every time you sweat, urinate, or have a bowel movement, water is lost. It may be difficult to notice when you're sweating in colder weather, so pay attention when you're bundled up. Even when you're not sweating, you lose water through the skin, and the drier air from indoor heating can cause you to become dehydrated without even noticing. A lack of water not only results in dehydration but can increase your risk of kidney stones, urinary tract infections, and constipation. Water makes up approximately 60-70% of our bodies and is essential to how well our bodily systems are regulating everyday functions. Water is necessary for transporting nutrients, removing waste from the body, supporting the immune system, hydrating your tissues and organs, maintaining blood pressure as well as maintaining a proper body temperature. This is important for preventing hypothermia if outdoors in winter.

Signs of dehydration

Besides the obvious sign of feeling thirsty, there are other indicators that you're not getting enough fluids. The easiest to monitor is the color of your urine, which should be a pale yellow or clear color. If it's darker, it's time to drink! Other signs of dehydration include constipation, dry mouth or chapped lips and skin, headaches, difficulty concentrating, irritability, feeling faint or dizzy and a rapid heart rate. Infants and elderly are at the highest risk for dehydration. You should seek immediate medical attention if you're experiencing decreased urine output, fever between 101-103 F, or diarrhea for more than 2 days as these are signs of more serious dehydration.

How much water do I need?

The recommended amount of water varies from person to person and depends on factors such as age, sex, activity level, altitude, weather, and overall health. Certain health conditions require more or less fluid intake based on the individual's needs. A simple method to determine the minimum ounces of fluid you may need each day is to take your weight in pounds and divide it in half. For example, if you weigh 160 lb., you will require at least 80 fluid ounces per day. Most people can stay hydrated properly with adequate daily water intake, but if you're sweating heavily, exercising for more than 60 minutes, or have significant fluid losses from fever, a sports drink or electrolyte replenishment packet may be appropriate.

Tips for Staying Hydrated in Winter:

1. Drink warm fluids if you find it difficult to drink cold water when it's cold outside. Sipping on warm water, hot herbal teas, or warming broths can count towards your hydration.
2. Add flavor such as a wedge of lemon, lime or other pieces of fruit to plain water. You can also utilize unsweetened water enhancers to add an infusion of flavor.
3. Carry a water bottle with you everywhere you go to encourage hydration throughout the day. If you're working from home, have a designated water vessel at your desk and refill as necessary.
4. Drink your food. Homemade soups in winter can increase fluid intake to help you meet your fluid needs, as well as including water-rich fruits and vegetables such as green leafy vegetables, citrus fruits, melon, tomatoes and cucumbers.
5. Avoid too much caffeine which can contribute to dehydration. Caffeine is a natural diuretic, which means it can flush water and electrolytes from your body. For every caffeinated beverage you consume, such as your mug of coffee, have an additional glass of water of equal volume.
6. Swap your alcohol for a mocktail. Alcohol should not be counted towards fluid intake and can interfere with a person's perception of cold, increasing the risk for hypothermia. Instead, try mixing unsweetened seltzer water with a slice of citrus or mixed berries.
7. Make hydration a routine with the goal of drinking a certain amount of water each day. Start by incorporating a glass of water on your bedside table to be consumed first thing in the morning and aim to make it your drink of choice throughout the day.

With these tips in mind and simply remembering to drink more water can help you stay hydrated and healthy throughout the winter months.