

304-636-4747

# Randolph County

## Senior Center Newsletter!

# January

# 2025

## Happy New Year

## What Is Your 2025 Resolution?

"For All of my  
friends & family to  
come to Jesus."  
- Dave Vance  
(CRT Driver)

"Get Healthier."  
- Carolyn Elmore  
(SHIP Counselor)

"Try and be  
more of a blessing  
to people &  
do the right thing."  
- Stan & Dottie  
Wratchford  
(Seniors)

"Work less and  
enjoy life."  
- Sharon Rockwell  
(Asst. Fiscal Officer)

"Staying Alive.  
Making a living.  
Being able to buy  
food and things  
you need."  
- Elmer Vanpelt  
(Senior)

"To be a better  
person than I was  
yesterday."  
- Robert Conti  
(CRT Driver)

"Be the best  
person I can  
possibly be."  
- Tom Beverage  
(CRT Driver)

"Be More Patient"  
- Michael Jones  
(Maintenance)

# LET'S HAVE A BLAST

## Activities Schedule

### Mondays

- 10:00** -- Card Bingo  
*(The 1<sup>st</sup> Mon. in a Full Week & the 3<sup>rd</sup> 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 1<sup>st</sup> Wed. in a full week and the 3<sup>rd</sup> 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 3<sup>rd</sup> Thurs. of the Month)*
- 1:00 - 2:00** -- Guitar Class  
*(1<sup>st</sup> & 3<sup>rd</sup> 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, <b>President</b>      | Barry Band       | Hannah Fincham | Melanie Campbell |
| Lisa Smith, <b>Vice President</b>   | Bill Hartman     | Jim Rossi      | Mike Elza        |
| Bob Wilmoth, <b>Treasurer</b>       | Christina Kittle | Jimmy Hammond  | Roger Roy        |
| Michelle Williams, <b>Secretary</b> | 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.

## TASTY TIDBITS January 2025

**PEACH MELBA** is a dessert consisting of peaches over vanilla ice cream topped with a raspberry sauce. It was invented in 1893 by French Chef Auguste Escoffier at the Savoy Hotel in London to honor the Australian opera singer Nellie Melba. The first version of Peach Melba was fresh peaches served over vanilla ice cream. A few years later Escoffier created a new version of the dessert when he opened the Ritz Carlton in London. Escoffier changed the recipe slightly by adding a puree of sweetened raspberries.



**A BLONDIE** is a soft and chewy bar named for their golden or light brown color. They are similar to a brownie but have a different flavor due to omitting cocoa powder and using brown sugar. The first recipe for blondies was published in 1896 by Fannie Farmer.



**PORK CHOP CASSEROLE** is a hearty dish of pork chops, potatoes, onions and carrots cooked in broth seasoned with onion soup mix.



### Santa's Elves Decorate RCSC for Christmas!

You ever wish a group of really fun, sweet folks would come help you decorate for the holidays? Well, that wish came true here at RCSC!

D&E's Community Nursing class members and their wonderful teacher (and RCSC Board member) Karen Seel donated an afternoon of their time to give the Senior Center a little holiday makeover.

*Thank you to these wonderful young people for spreading holiday cheer!*



## PHOTO CONTEST REMINDER!



Just a reminder submissions for the Monthly photo contest are due January 10th. Please send your submissions to **Lindsay at reception** ([reception@rcscwv.org](mailto:reception@rcscwv.org)). All submissions will be showcased in the February Newsletter and the winner will be voted on and receive a prize!

## Thankful for our Thanksgiving Helpers

Thanksgiving is one of our favorite times in the year. It's a perfect time to reflect on all the blessings in our life and the beginning of a season of happy celebrations. We were especially lucky this year to have visitors to help us celebrate the season. Jeff Pack, Commissioner of the WV Bureau of Senior Services and Ashley Anderson, Executive Director of the Upper Potomac Area Agency on Aging joined us to help serve our Thanksgiving week lunch and visit with seniors. They were joined by Ashley's amazing daughter Caroline who served lunches, bussed tables, and entertained our seniors with her sweet, charismatic personality.

*(She may have stolen the show!)*

We are grateful to all three of these wonderful folks who traveled far to help us celebrate and kick off the holiday season right. We hope they visit again soon!

## ARE YOU HAPPY WITH YOUR MEDICARE ADVANTAGE PLAN????

Now is the time, January 1st- March 31st, 2025, to review your Medicare Advantage plan compared 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.

Are you curious about benefits in other Medicare Advantage plans?

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 do I get my plan comparison? 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 compare your plan, explaining the benefits of your plan or another plan. They 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 now for your appointment to Review your Medicare Advantage Plan!!**

**CALL: 304-636-4747**



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

Find the words below related to January & Medicare.

- |                      |          |               |
|----------------------|----------|---------------|
| New Years            | Calendar | Blankets      |
| Martin Luther King   | Cold     | Choices       |
| Lunar New Year       | Snow     | Money         |
| National Sticker Day | SHIP     | Networks      |
| Black eyed Peas      | Chilly   | Co-pays       |
| Advantage Plans      | Couch    | Prescriptions |
| Change               | Movies   |               |



**SHIP**  
State Health Insurance  
Assistance Program  
Navigating Medicare



This project was supported, in part by grant number 90SAPG0081, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



### Presents:

Who is ALICE in our community,  
How can the United Way help?

ALICE represents the 31% of West Virginians who work or collect SS benefits but struggle to survive.

ALICE stands for Asset Limited, Income Constrained, Employed.

Families in ALICE earn above the Federal Poverty Level (FPL) but make less than what's needed to afford basic essentials.

ALICE families often earn too much to qualify for government assistance but find there is no room in ALICE's budget for emergency expenses.

Let's review together some of the challenges facing Randolph County and see where the Tygart Valley United Way can help. We offer our 211-referral phone number, Free Tax preparation, and financial support for your local nonprofits, like the Randolph County Senior Center and Mountaineer Food Bank.

Let's talk about how to support the Tygart Valley United Way and the work we do. Join JoLynn Powers, the Regional Engagement Director for the Tygart Valley United Way, for a short presentation on ALICE.

Friday, January 10th at 12:30 after your free lunch in the classroom.





## January 2025 Menu



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Milk served  
with all  
meals



For Seniors 60+ a  
Donation of \$4 is Suggested

Under 60, Lunch is \$7.50

1. ALL SITES CLOSED



Happy New Year!

2. Kielbasa & Kraut,  
Black Eyed Peas,  
Baby Baked  
Potatoes,  
Cornbread, Fresh  
Fruit, Frosted  
Brownie

3. *Free Lunch  
Friday  
Thanks to Citizens  
Bank of WV!*

Creamed Chicken  
on a Biscuit, Peas,  
Carrots, Fruit

**Elkins  
Nutrition  
Site**  
304-636-4747

6. **National  
Bean Day!**  
Beans & Cornbread,  
Oven Browned  
Potatoes, Creamed  
Tomatoes, Fruit  
Crisp

7. Pork Chop  
Potato Bake,  
Black Eyed Peas,  
WW Roll, Fruit

8. Chicken Broccoli  
Cheese Casserole,  
Baby Baked  
Potatoes, Garlic  
Butter Noodles,  
Fruit, Cake  
w/Frosting

9. Lasagna, Side  
Salad, Whole Grain  
Garlic Bread-stick,  
Fruit

10. *Free Lunch  
Friday  
Thanks to CRT!*  
Breaded Fish Fillet,  
Coleslaw, Corn,  
WW Bread, Jello  
w/Fruit & Whipped  
Topping

**Mill Creek  
Site**  
304-335-6481

13. *National  
Peach Melba Day!*  
Meatloaf, Glazed  
Carrots, Onion  
Roasted Potatoes,  
WW Roll, Peaches  
in Raspberry Sauce  
& Vanilla Ice Cream

14. Chicken Fillet  
Sandwich  
w/Lettuce &  
Tomato, Sweet  
Potato Wedges,  
Broccoli Salad,  
Fruit

15. *National  
Strawberry Ice  
Cream Day!*  
Hot-dog w/Chili,  
Baked Beans, Potato  
Salad, Fruit,  
Strawberry Ice  
Cream

16. *National  
Fig Newton  
Day!*  
BBQ Chicken  
Breast,  
Coleslaw, Corn,  
Cornbread,  
Fruit, Fig Bar

17. *Free Lunch  
Friday Thanks  
to Mountain  
Hospice!*  
Ham Cheese  
Sandwich on  
Whole Wheat,  
Veggie Soup, Fruit

**Harman**  
304-227-4664

20. ALL SITES CLOSED



Happy MLK Day!

21. *Orange Chicken,  
Broccoli, Carrots,  
Rice, WG Garlic  
Breadstick, Fresh  
Fruit*

22. *National  
Blondie Day!*  
Taco Soup  
w/Cheddar Cheese  
& Sour Cream, Side  
Salad, Mexican  
Cornbread, Fruit,  
Butterscotch  
Blondie

23. *National  
Pie Day!*  
Roast Turkey,  
Glazed Sweet  
Potatoes, Green  
Beans, WW Roll,  
Fruit, Pie

24. *National  
PB Day!  
Free Lunch  
Friday Thanks  
to DMC!*  
Pork Chop Casserole  
(w/Potatoes &  
Carrots), WW Bread,  
Fruit, PB Cookie

27. *National  
Choc. Cake Day!*  
Oven Fried Chicken,  
Mashed Potatoes  
w/Gravy, Glazed Carrots,  
WW Bread, Fruit,  
Chocolate Cake  
w/Chocolate Frosting

28. Ham, Green Beans,  
Au Gratin  
Potatoes, WW Roll,  
Fruit

29. Chili Soup, Coleslaw,  
Cornbread, Fruit

30. Pot Roast,  
Mashed Potatoes  
w/Gravy, Peas &  
Carrots, WW Roll,  
Fruit Crisp

31. *Free Lunch  
Friday Thanks  
Jodie Parrack  
State Farm!*  
Salmon Cake,  
Broccoli Salad,  
Buttery Garlic  
Potatoes, Mac &  
Cheese, Fruit



**ZEUS**

**THE GOOD NEWS BOY**



Happy New Year! There is so much good news this month I just don't know where to start! First, we had special visitors Thanksgiving week to help celebrate. Yep! Commissioner Jeff Pack (the Commish as I like to call him – you think he'd like that? Maybe he'd prefer the Head Honcho. I don't think he'd like the Big Cheese, that doesn't seem right) all the way from Charleston came to celebrate with our seniors! And my very good friend Ashely Anderson from the Area Agency came too. And what is even better than a visit from Ashley – when she brings her daughter Caroline!! The only thing that could have made it better was if I was allowed to join the visit!! Three tail wags for all three of them for helping us celebrate.

Then we had the good boys and girls who helped set up and serve at the Senior Christmas dinner! Again, sadly, I was unable to attend (something about hair and food not mixing well), but I hear a hopping good time was had by all who braved the cold weather. I'll tell you a little secret if you don't tell my mom – she is already talking about some surprises for next year's dinner, and it will be FABULOUS! I'm really gonna try to sneak my way into that one! Many attaboys for everyone who helped with the dinner!

I also have tail wags for our friend and volunteer Suzy Ellison for having the great idea of getting some seniors together to enjoy the brown bag lunch concert of Christmas music at the Arts Center. There was good company and good lunch and good music and our very good friend Dave from Country Roads transit who even gave them a warm ride on a cold day. Thanks for the great idea, Miss Suzy!! Keep up the good work at idea – ing nice lady!

Be sure to read through the newsletter for all sorts of other highlights of happiness! Oh, and resolutions. I'm so excited to read everyone's New Years resolution – you guys have all the good ideas and goals. I have some howling, good resolutions too! My first resolution is to be the best reporter of goodness to ever exist at the Senior Center! I mean, I think I'm doing okay, but I just know I could be better.

My second resolution might take me a little more work. It's not a diet – because I am furry fabulousness already. You see, it's a bit embarrassing, but I have recently become addicted to my cat friend Riley's laser toy. This thing is great – it moves really fast and sometimes in circles! No matter how loud I bark at it, it never gets scared. And no matter how fast I am – and I am lightening fast! – I can't seem to catch it! It's making me all whiny, which is unbecoming of a majestic German Shepherd such as myself or of your ace reporter of senior center goodness! I'm thinking of starting yoga to calm my mind so I can stop thinking of that wonderful frustrating red dot of light!

Haaaappppppyyyyyy Neeewwwwww Yeaarrrrrrr. (You read that in my howly voice, didn't you? Yeah, you did.) I can't wait to see what happiness we can get into together in 2025!



## SWEET EATS BOOK CLUB REVIEWS

*Happy  
New Year*

### **Things We Never Got Over by Lucy Score**

Naomi Witt leaves her well planned life to rescue her twin sister Tina Witt. She leaves her seedy motel room to meet her sister at a coffee shop. When her sister doesn't show, Naomi finds out her car has been stolen. Upon getting on a ride with a local bad boy, Knox Morgan, she finds her motel room has been ransacked and the money she brought to bail her sister out missing. They go to Tina's house and find Tina's 12-year-old daughter living in squalor and feasting on junk food. There are loving and caring friendships along the way to solving this mystery. [1-Thumb up](#)

### **Take Me Home by Jerri Corgiat**

This story is about Florida Jonas, her wealthy fiancé who cares more about his business instead of Florida. Florida's mother, who abandoned Florida and her brother when they were small re-enters their lives. Florida's mother literally moves in and when Florida orders her out, Florida jumps in her car and wrecks it. She has a traumatic head injury and three weeks later loses her sight. When her fiancé deserts her, Stan, the father of Florida's daughter, stands with her through all this. Florida's daughter gets mad at her mother and runs away during a flood. Stan and the town search for the daughter and finally find her and Florida and Stan find a love between them that they both needed. [2-thumbs up](#)

### **Five Little Indians by Michelle Good**

Lucy, Kenny, Clara, Howie and Maisie were all young native Canadian children who were taken from their families at around age six. The government collected them and placed them in a remote church run residential school. After years of detention and abuse, and no contact with their family of origin, they aged out of the system and were released. With little understanding of the outside world, they each find their way to downtown eastside Vancouver, a rough area not at all welcoming to these young people. Their lives intersect over several years as we see each of the five struggle to survive and move beyond their past traumas. This is a difficult story to read and to hear. The telling of the story is masterfully done. [2-thumbs up](#)

### **Bel Canto by Ann Patchett**

This story is about a set of characters who by circumstances intersect regularly with each other even though they speak three languages among them. This reader first read it 20 years ago and upon Re-reading it, finds the conversations more suspected than previously and motivated by the less noble aspects of certain characters. This reader would have given this 4-thumbs up 20 years ago but generously gives it [3-thumbs up](#) but invites you to read it and make up your own mind.

### **Angels of the Pacific a Novel of World War II by Elisa Harper**

This fictional story is set from 1941 thru 1945 and is inspired by the army and navy nurses who served in the Philippines during the attack on Pearl Harbor. They were known as the angels of Bataan. About 201 nurses died while in service. Tess is a nurse who takes care of thousands of us military men... She ends up in Manila's Santo Tomas internment camp. Flor is the daughter of a doctor and gets involved in the underground network. Flor delivers information to the us military by picking up and doing laundry for the internment camp. She takes food, fruits and money to the women interred there. She meets Tess who is doing tiny embroidery work on the sheets with information on them. Tess met George, an aide to general McArthur, before the war and she refuses to leave her fellow prisoners to go to Australia with George. They do eventually marry. These heroic nurses never received true recognition for their efforts. [4-5 thumbs up](#)

### **Distant shores by Kristin Hannah**

This is a coming-of-age story about a woman of 45. Elizabeth and Jackson Shore married young and raised two daughters. Jackson was an NFL hero and when a knee injury ends his career, he fights to land back in the big time of sports reporting. Birdie, as Elizabeth is called, has always put her own needs aside to make sure Jackson gets the hero worship he needs. When the daughters go off to college, Birdie decides she is finally going to stop putting everyone first and take some time for herself and goes back to her love of painting that she had given up. When Jackson lands a dream job in New York, Birdie stays home back in Oregon and separates from Jack. Her dad dies and she is forced to reconnect with her stepmother and both ladies learn new things about themselves and each other. After his flings, Jack realizes his life is empty without Birdie and begs her to reconsider the separation. Jack recognizes the new Birdie and appreciates how she has held the family together all those years. [2-thumbs up](#)



BROWN  
BAG  
CONCERT  
A Success!

On Wednesday, December 11th, seniors took a trip on Country Roads Transit to the Randolph County Community Arts Center for the Brown Bag Concert. The event featured Raymond Goodwin performing beloved holiday classics on the piano.

Show us your valentine!

Please send us your  
photo submissions to

**LINDSAY**  
**RECEPTION@RCSCWV.ORG**





**COUNTRY ROADS TRANSIT**

*"A Ride For Everyone"*

**304-636-6472**

## COUNTRY ROADS TRANSIT

**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!*

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.

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.

- There are four options:**
- Fare Zone 1: \$2.50:** Anywhere within city limits or within ¾ 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

- |                             |                 |                |
|-----------------------------|-----------------|----------------|
| Danny Wood - Manager        | Terry Brown     | Robert Markley |
| Shawn Farnsworth - Dispatch | Robert Conti    | Thomas New     |
| Robert Arbogast             | Douglas Copeman | Donna Phares   |
| Howard Beard                | Rick Cutright   | Lori Suttle    |
| Patricia Bennett            | Jerry Holt      | David Vance    |
| Tom Beverage                | Peggy Lower     | Carl Wilfong   |

**NOW HIRING FOR A SUBSTITUTE BUS DRIVER.**  
 Stop in or call at 304-636-4747  
 · Ext - 109

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.

**We are ready to serve Randolph and Upshur Counties in 2025!!!**

**We will be closed on New year's and Martin Luther King JR. Day**

#### CRT - VA/UHC 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.

#### JANUARY 2025

- |                   |                    |
|-------------------|--------------------|
| Tuesday 31st 2024 | Thursday 2nd 2025  |
| Tuesday 7th 2025  | Thursday 9th 2025  |
| Tuesday 14th 2025 | Thursday 16th 2025 |
| Tuesday 21st 2025 | Thursday 23rd 2025 |
| Tuesday 28th 2025 | Thursday 30th 2025 |

#### 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

- Happy New Year:** Harman, Job, Whitmer, Bowden  
**Wednesday 15th 2025:** Adrian, French Creek, Rock Cave  
**Wednesday 8th 2025:** Mill Creek  
**Wednesday 29th 2025:** Mill Creek

The girls and boys at the Senior Center would like to thank **Lindsay, Phyllis, and the rest of the Kitchen Crew** for their good work!

**WE WOULD LIKE TO GIVE A SPECIAL THANK YOU TO TOM SKERGAN, FOR HIS SWEET THANK YOU AD IN THE NEWSPAPER**

**WELCOME, NEW SENIOR CENTER MEMBERS!**

Kathryn Hohnacki, Roger Collins

**THANKS FOR THE DONATIONS**

Jenny Pailing - Adult Diapers, Barbara Brown - Misc. Xmas Decor, Suzy Ellison - Puzzles

*Sympathy to the families* James Skidmore, Edward Cain, Lucy Culver, John Pingley, Patty Currence



## In Winter, It's Important to Be Prepared and Stay Safe

To prepare for winter weather, seniors should focus on maintaining a warm indoor environment by setting their thermostat to at least 68°F, checking for drafts and sealing gaps around windows, wearing layers of warm clothing even indoors, and having readily available blankets and warm socks; when going outside, they should dress in layers with a hat, gloves, and a scarf, limit outdoor exposure, and be aware of potential risks like hypothermia and frostbite, especially if they have underlying health conditions. Key steps for seniors to prepare for winter:

### **HOME PREPARATION:**

**Thermostat setting:** Keep the indoor temperature at a consistent 68°F or higher.

**Weather stripping and caulk:** Seal gaps around windows and doors to prevent drafts.

**Window coverings:** Close curtains or blinds to retain heat.

**Insulation check:** Review attic insulation for adequacy.

**Heating system maintenance:** Ensure the furnace is functioning properly and have it inspected.

### **CLOTHING CHOICES:**

**Layering:** Wear multiple layers of loose-fitting clothing, including thermal base layers.

**Essential winter gear:** Invest in a warm winter coat, hat, gloves or mittens, scarf, and waterproof boots.

**Footwear:** Wear warm socks and slippers indoors.

### **OUTDOOR SAFETY:**

**Limit exposure:** Avoid prolonged time outdoors in cold weather.

**Monitor weather conditions:** Stay informed about upcoming weather changes and potential winter storms.

**Walking precautions:** Use walking aids if needed and be cautious on slippery surfaces.

Health considerations:

**Hydration:** Drink plenty of fluids to stay hydrated.

**Nutrition:** Maintain a balanced diet with enough calories to support body warmth.

**Medication management:** Ensure medications are readily available and store them properly in cold weather.

### **EMERGENCY PREPAREDNESS:**

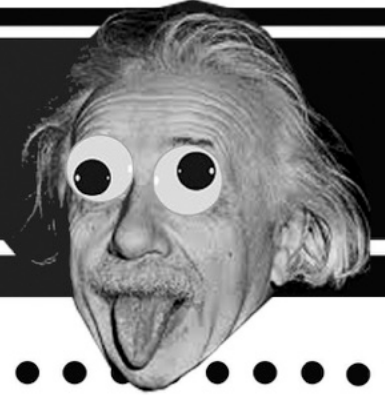
**Emergency kit:** Have a readily accessible emergency kit with food, water, medications, a flashlight, and batteries.

**Check-in system:** Arrange for a neighbor or family member to check in regularly, especially during severe weather.

**Carbon monoxide detectors:** Ensure carbon monoxide detectors are functioning properly.



# SENIOR CENTER SILLIES



## JANUARY



January is named after Janus, the Roman god of beginnings and TRANSITIONS. JANUS IS OFTEN DEPICTED WITH TWO FACES, ONE LOOKING FORWARD and one looking backward.

How Much Does a Chimney Cost?  
*Nothing it's on the House!*



January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking & in ancient Celtic tradition, the end of the 12-day winter



## FUN FACTS

January is here,  
With eyes that keenly glow—  
A frost-mailed warrior striding  
A shadowy steed of snow.  
—Edgar Fawcett,  
American poet  
(1947–1904)



January 29 is the Chinese Lunar New Year.

### YEAR OF THE SNAKE



1929, 1941, 1953,  
1965, 1977, 1989,  
2001, 2013, 2025,





## RCSC's Christmas Dinner Full of Holiday Fun!

Thanks to all of you who helped make our annual senior Christmas dinner such a happy time! We visited with each other, we enjoyed tasty food, and we even sang some Christmas carols together. Thanks to our RCSC Board members, as well as our staff members and their families for donating their time and energy to help bring this wonderful evening to our seniors. We already have some terrific ideas for next year that we can't wait to share with you.

# JUST A REMINDER

Senior Olympics Training  
will Begin in January!

The Event will be held in Keyser, W.V. in June.

If you would like to sign-up, please see Lindsay at Reception!

---

## 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.





Local String Musicians volunteered their time to perform for Seniors during Free Lunch Friday!

## **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!

# EMPLOYEE SPOTLIGHT



## **ADMINISTRATION ASSISTANT AND NUTRITIONAL PROGRAM MANAGEMENT**

Meet Sam Chidester, the dedicated individual responsible for managing the SAEF forms at Elkins, Harman, and Mill Creek. When you come by to pick up your Grab-N-Go meals, you'll find Sam at the forefront, noting names and collecting payments. In addition to this, she plays a crucial role in updating the menu, ensuring that there is variety for everyone. Sam also manages supplies, ordering necessary items for the office. Her contributions are essential to the smooth operation of these locations.

---

In her spare time, Sam likes to Bake, go on car rides, and spend time with her 14-year old son

RCSC & CRT WOULD LIKE  
TO WISH EVERYONE  
A HAPPY NEW YEAR!!



"HERE'S TO THE YEAR AHEAD—OUR BRIGHTEST ONE YET!"

*Attention!*

## **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 Drum Ball 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.



**Randolph County  
Senior Center**  
PO Box 727  
Elkins, WV

**RETURN SERVICE REQUESTED**

**NON-PROFIT  
ORGANIZATION**  
U.S. Postage Paid  
Permit No. 102  
Elkins, WV 26241