Randolph County Senior Center Newsletter November 2024

P.O. Box 727 / 5th St. & Railroad Ave. • 304-636-4747



randolphcountyseniorcenter.com

NOVEMBER / 2024 PAGE - 2



"THE PRIOR FIVE" ONCE AGAIN DONATED THEIR TIME AND TALENT TO ENTERTAIN LUNCH PATRONS WITH THEIR MUSICAL PROWESS. FRIENDS SINCE THE 1960'S, THESE FELLAS' AND LADY, ENTERTAINED OUR SENIORS WITH FABULOUS SONGS OF THEIR YOUTH.

.....The Committee of Aging for Randolph County, Inc....

Jodi Parrack, President Lisa Smith, Vice President Bob Wilmoth, Treasurer Michelle Williams, Secretary Barry Band Bill Hartman Christina Kittle Dena Collett Denise Campbell

Hannah Fincham Jim Rossi Jimmy Hammond Karen Seel

Melanie Campbell

Mike Elza

Roger Roy

Steve Shepler

**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.

RCSC was honored to receive a visit from Miss West Virginia, Caylie Simmons.







New Members: Dominick Bonjiovani, Robert Higgins, Denise & Terril Roth, Teri & Neal Chenoweth, Mary Lynn Fessler, Bonnie Teter, Richard and Vernetta "Jane" Poling,

Regular Donations: Gerald and Betty Carter

Article Donations: Jeff Welshonce - CD's, Alice Guire - Crafts, Phyllis Arbogast - Books and Puzzles, Valerie Towner - Books, Kaila Saint Louis - Books, Nancy Messer - Décor, Sharon Akers - Crafting Supplies, Walker, Potty Chair and Cane,

Sympathy to the families of: Evelyn Thorn, Grace Britt, Becky Corcoran, Mabel Phares



MEDICARE ANNUAL OPEN ENROLLMENT

WHAT DOES THAT MEAN to YOU?



Between October 15-December 7th of each year Medicare Beneficiaries can evaluate their current Medicare Advantage plan or Prescription Drug plan to ensure they have the best plan for themselves or a family member for the following year. All changes made will go into effect on January 1st.

What could happen if do not evaluate my plan?

This is your opportunity to compare your current plan to all the Medicare plans available to you in 2024. It is the time to maybe save money or maybe add a benefit, and to ensure the plan you have or chose meets your needs.

The plans (Medicare Advantage and Prescription Drug Plans) have an annual contract with Medicare (January 1st -December 31st) and each year the plans can change the premium cost, the deductible, plans can change the tiering level of prescription medications, and they can change preferred pharmacies and providers or stop coverage in your area. All these changes can take money out of your pocket.

If you would like to evaluate your plan options on your own, you can call:

OR

for assistance evaluating your options.

call SHIP/SMP at 304-636-4747 for an appointment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk served with all meals					1 Oven Fried Chicken Legs, Coleslaw, Glazed Carrots, WW Bread, Fruit, Pudding	Free Lunch Friday Thanks to Citizens Bank of WV
3 Elkins Nutrition Site 304-636-4747	4 Creamed Chicken on a Biscuit, Peas, Carrots, Cake w/Frosting	5 Nat'l Donut Day! Chicken Broccoli Cheese Casserole, Baby Baked Potatoes, WW Garlic Breadstick, Donut	6 Pork BBQ on Bun, Coleslaw, Baked Beans, Fruit	7 Ham & Cheese Sandwich on WW, Vegetable Soup, Fresh Fruit, Cookie	8 Unstuffed Cabbage Rolls, Baby Baked Potatoes, WG Garlic Breadstick, Fruit	9 Free Lunch Friday Thanks to Country Roads Transit!
10 Mill Creek Nutrition Site 304-335-6481	All Sites Closed Happy Veterans Day!	Meatloaf, Glazed Carrots, Onion Rosted Potatoes, WW Roll, Jello w/Fruit & Whipped Topping	13 Battered Fish Filet, Mac & Cheese, Coleslaw, Corn, Fruit, Frosted Brownie	14 Nat'l Pickle Day! Club Sandwich w/Lettuce & Tomato on WW, Sweet Potato Wedges, Broccoli Salad, Dill Pickle Spear, Fruit	Cream of Mushroom Pork Chop, Mashed Potatoes, Black Eyed Peas, WG Garlic Breadstick, Fruit	Free Lunch Friday Thanks to Mountain Hospice!
For seniors 60+, a donation of \$4.00 is suggested. Under 60, lunch is \$7.50	18 Ham, Green Beans, Au Gratin Potatoes, WW Bread, Fruit Crisp	19 Beans & Cornbread, Oven Browned Potatoes, Creamed Tomatoes, Fruit	20 Nat'l PB Fudge Day! Hotdog w/Chili, Coleslaw, Baked Beans, Fruit, PB Fudge	21 Lasagna, Side Salad, WG Garlic Breadstick, Fruit	22 Salmon Cake, Baby Baked Potatoes, Broccoli Salad, WW Bread, Fruit	Free Lunch Friday Thanks to Davis Medical Center!
24 Harman Nutrition Site 304-227-4664	25 Orange Chicken, Fried Rice, Broccoli, Carrots, WW Bread, Fresh Fruit, Orange Fluff	26 Roast Turkey, Sweet Potato Bake, Green Bean Casserole, WW Roll, Cranberry Sauce, Pumpkin Bread Pudding	*FREE* LUNCH Red Beans & Rice, Cornbread, Fresh Fruit	All Sites Closed Happy Thanksgiving!	All Sites Closed Happy Thanksgiving!	30 Free Lunch Friday Wednesday Thanks to Jodie Parrack State Farm!

THE GOOD NEWS BOY Hi, Hello, Hiya, How you doin'? Ummm.... that was awkward, wasn't it? I am just so happy and excited to be back on the job that I am a bit nervous. Boy oh boy, did I miss you guys! Thank you for all the calls and notes checking in on me and asking for all my good boy news

to return.

I am happy to return just in time for really cool news - a reboot of the whole newsletter. Yep, as you can see, the newsletter looks a little different this time. We are doing all the work here at the Senior Center now thanks to help from some very good boys and girls. First, thanks so much to our pals David and Patrick from Hart Office for helping us get a barkin' new printer to make our newsletter look fabulouserino. And even more than that, thanks to our bestest newsletter designer, receptionist and all-around good girl Lindsay for using all her design skills for the good of the pack errrr..... team, yeah team. Want to know how good she is? Well, she used all her creative wonderfulness to upgrade me from normal good boy to a superhero.... super dog.....super detective of good news.... well, you get it, a super boy!! Extra tail wags for Lindsay! Be sure to tell us what you think and share your ideas with us to make our newsletter more fun and informative!

I am also happy to be back just in time for Thanksgiving so we can all share our thankfulness thoughts with each other. Some of you already shared, and I have to tell you guys, you're the best! Real happy tearjerker level thankfulness! Myself, I am happy for:

1. Balls - no I mean my family. Of course, family is first. Who would throw the balls if you didn't have family?

3b. Good friends. I have my friend Riley. Even though he's a cat, and even though I'm not sure he likes me most of the time. I also have all of you guys - I really love you guys! And of course, my newly upgraded friend Lindsay who made me a super dog!

2. Super-dog capes. I mean, they look terrific on me, right? This is new. I didn't know they existed until Lindsay bestowed it on me.

436. All the goodness that happens at the Senior Center and how fun it is sniffing it out for you!

18. Balls. No explanation needed. Right?

Be sure to send me notes all year around about things at the Senior Center that make you happy so we can spread the happiness with everyone!

There has been so much goodness at the Senior Center from all sorts of people in the community recently. For instance, thanks to our very good friends from the Randolph-Elkins Health Department who travelled to our sites around the county to give flu shots to our senior pals. I get all my shots from my sweetheart, Dr. Lammie, but I would totally choose those pretty health department ladies as a backup! Three tail wags for the Health Department. (And an extra one for Dr. Lammie, just for her awesomeness.)

Thanks to all the candidates who wrote in last month's newsletter for helping our seniors decide who to vote for in the election - be sure to vote because they won't let me do it. Something about being a dog or something silly. I was thinking of starting a petition, but then the cat wanted in on the action, and we all know how things get when the cats get involved - they are total drama queens! Oh, sorry, got a little distracted. Anyway, it's a privilege to vote, so be sure to get out there and do it. Go America!!!

Oooo - upcoming good news alert! Be sure to sign up for the Christmas dinner. It will be on December 6th at 5:30. Once again, I have been banned from the event due to the awesomeness of my fur and energy, but there are lots of plans in the works to make it a barkin' good time so you should definitely go. And send me pictures. And maybe leftovers. Anyway, call Lindsay and sign up!

Until next month guys, keep those tails waggin' and be sure to "accidentally" drop a little turkey during Thanksgiving dinner for those furry friends in your house!

Xoxoxo - Zeus



🎚 am so excited to return to Randolph County and join the Senior Center Team. I ам a graduate of Tygarts Valley High School and Shepherd University. I was fortunate to be able to stay home to raise my two

daughters, Abby and Hannah. Now that they are grown, I'm ready to return to work. I enjoy spending time at the beach, reading, hiking and dragging my family to musical theater with me. I can't wait to get to know the Senior Center Family!



SILENT AUCTION

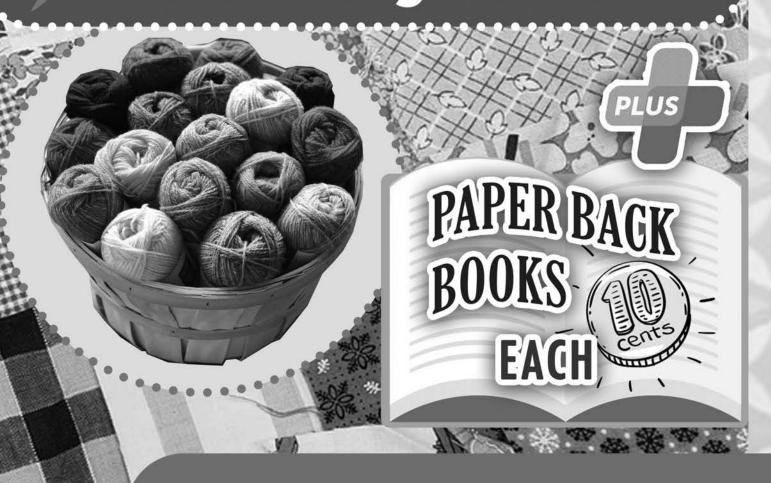
Thurs.

Frí.

Nov.7

Nov.8





Thursday: Nov. 7^{th} 9 a.m. - 2 p.m.

Friday: Nov. 8th 9 a.m. - 2 p.m.





"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 Conti Robert Arbogast **Howard Beard** Patricia Bennett Tom Beverage

Terry Brown Douglas Copeman Donna Phares Rick Cutright Jerry Holt Peggy Lower

Robert Markley Thomas New Lori Suttle David Vance Carl Wilfong

NOW HIRIING FOR A SUBSTITUTE BUS DIRVER. STOP IN OR CALL AT 304-636-4747 **EXT 109**

Your We are ready to serve Randoph and **Upshur Counties** in 2024!!!

We will be Closed in Observance of Veterans Day We will be closed Thanksgiving Day and the Day After

SAFETY IS OUR NUMBER ONE PRIORITY



COVID 19



To help protect all our riders and employees. Masks are now recommended but not required to ride Country Roads Transit. Country Roads Transit takes every precaution on the road and on our vans and facilities to keep everyone safe. If you have a fever or feel unwell, please stay home till you feel better Vans are equipped with "cough curtains" van drivers can pull when passengers are boarding the van. Vans are being fumigated/sanitized on a weekly basis. Drivers are equipped with masks, gloves, and sanitizers. There are designated seats for social distancing on the vans that sit passengers at least six feet behind the driver.

NOVEMBER / 2024 PAGE - 10

COUNTRY ROAD TRANSIT

GETTING TO KNOW CRT

FUN FACT

Route deviation and demand response services are available in select 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 34 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, Country 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 Untied Health Center in 2023. 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/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.

NOVEMBER 2024

TUESDAY 5TH 2024 **TUESDAY 12TH 2024 TUESDAY 19TH 2024** TUESDAY 26TH 2024

THURSDAY 7TH 2024 THURSDAY 14TH 2024 THURSDAY 21ST 2024 HAPPY THANKSGIVING

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.

Alternative Trips for the Month of November, 2024

WEDNESDAY 6TH 2024:

HARMAN, JOB, WHITMER, BOWDEN

WEDNESDAY 20TH 2024:

ADRIAN, FRENCH CREEK, ROCK CAVE

WEDNESDAY 13TH 2024:

MILL CREEK





Pictured are Will Clinic Volunteers (L to R): Jenna Gooden, Carmen Howell (Legal Aid of WV); Rebecca Judy (Judy Law Office); Robert Chenoweth, Greyson Teets (Busch, Zurbuch & Thompson PLLC); Molly Russell, Maria Almase (Legal Aid of WV)

The Senior Center hosted a Will Clinic Friday, September 13th, organized by Legal Aid of WV. Members of various law offices in the area volunteered their time to help seniors prepare their wills.







As you can see, we are giving our newsletter a little refresh and have changed the format. We had the opportunity to bring the production of our newsletter in-house, and we think the result is really great!

Special thanks to our wonderful graphic designer/ receptionist Lindsay for making this work.

The new format has some real advantages and will be much easier for the great volunteers who help us get the newsletter ready for mailing. We will be welcoming back our newsletter sponsors/advertisers next month and tweaking some things as we move forward. Can't wait to hear your feedback and ideas!

Chicken Broccoli Casserole features chicken breasts and broccoli covered in broccoli cheese soup and topped with cheddar cheese.

National Donut Day is on the menu this month and we are celebrating with a better for you option- the Super Donut! It is every bit as tasty as a regular donut but it is fortified with vitamins, minerals and protein. The Super Donut is also made without using artificial flavors, colors or preservatives!

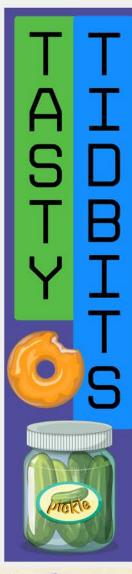
We didn't want to get ourselves into a pickle by not observing National Dill Pickle Day this month so we will be serving a dill pickle spear alongside our delicious Club Sandwich! Did you know that dill is the most popular flavor of pickle and that Americans consume more than 9 pounds of pickles per person every year?

Of course we couldn't "fudge up" the menu by leaving out **National Peanut Butter Fudge Day!** Our cooks will be making a quick and tasty version of the traditional confection using just 2 ingredients!

Red Beans & Rice originated in New Orleans and is traditionally made on Mondays because it was a dish that could cook on the stove all day while laundry was being done. It is a hearty dish featuring kidney beans, spices, onions, bell peppers, celery, rice and meat (our recipe uses smoked sausage). We serve ours with a chunk of cornbread for a truly filling meal.

Randolph-Elkins
HEALTH DEPARTMENT

YOUR VOICE



SCAN
QR
CODE
TO
COMPLETE
A
BRIEF
SURVEY



How To Scan a QR Code

Open Your Camera App

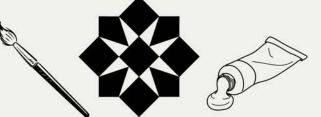
Point it steadily for 2-3 seconds towards the QR Code you want to scan.



If nothing happens, you may have to go to your Settings app and enable QR Code scanning.







MINI BARN PAINTING CLASS

So Much Fun!

Thanks to our very good pal JoLynn Powers and her great son Christopher for volunteering to help our seniors learn to paint barn quilts! It was a fun afternoon for everyone. Just look at the terrific job our buddy Becky Summerfield did on hers!

We hope to offer more fun adventures with JoLynn and her fabulous artsyness in the future, so keep an eye on the newsletter for other opportunities. She is a joy and makes everything more fun!!

PAGE - 14

ET'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 Clay

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

Hymns With Suzy

The Third Thursday of the Month

Directly After Lunch 12:45 p.m. - 1:15 p.m

Hey Everyone!

I'm sure everyone has noticed the cute, little, colorful clipboards spread around the Senior Center. These little clipboards are to help us track all the cool activities that you participate in at the Center.

If you see these groovy little clipboards, please sign your name for the activity you're participating in.

This benefits the Senior Center, which in turn benefits all of you wonderful folks!

NOVEMBER / 2024 PAGE - 15

The Sweet Eats Book Club Reviews



"Summer at Little Beach Street Bakery" - by Jenny Colgan

A truly light read about how important community friends are. Polly runs a thriving bakery on a small island off England's southern coast. She lives in a lighthouse with a puffin whom she saved. Her landlord dies and the nephew tried=s to make Polly go with store bought bread and pastry but the fishermen don't like it. When a storm arises, the fisherman tries to save stranded tourists, and Polly opens her bakery to the townsfolk and tourists and feeds them and keeps them warm. The nephew relents and Polly are allowed to return to the bakery and restart again. $agrae{\mathcal{T}}_{3}$

"Here's to Us" - by Elin Hilderbrand

This is a story about love, sadness and compassion. Deacon is a famous celebrity chef working in a restaurant called the board room where dinners are over \$2,000;00 for a nine-course meal. He buys a home on Nantucket called American paradise. He has been married 3 times and has children with each wife. When he has a heart attack and dies, everyone gathers to spread his ashes. Although all 3 wives hate each other, over the two weeks spent on the island they come to realize how much they have grown as caring compassionate individuals. 🖒 🥂

"The Golden Gate" - by Amy Chua

The author weaves 2 Berkeley, Ca mysteries separated by a decade. The first is the death of a 7-year-old girl in1930 and the second is the murder of presidential candidate, Walter Wilkinson in the 40's. The story is told by the lead detective Who intersperses some fascinating California history as he gathers clues and interviews suspects about both deaths. Both deaths are solved in the end. \sqcap

"Purgatory Ridge"- by William Kent Kruger

This novel is one of the Cork O'Conner mysteries. The story begins with questions about how to protect a large stand of great white pines sacred to the Anishinaabe tribe. When an explosion at Karl Lindstrom's lumber mill kills the night watchman, Cork, a former sheriff becomes involved in the investigation. Jo, his wife, is a lawyer who represents the tribe. Cork's wife and 2 children and Karl's wife are kidnapped, and a two million ransom is demanded. There are many twists and turns to the story. A recurring theme is the complicated relationship between the native Americans and the rest of the population. [4]

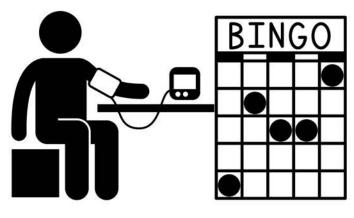
"Getting To Happy" - by Terry McMillian

This book is the sequel to waiting to exhale. It revolves around 4 African American black women, Savannah, Gloria, Bernadine and Robyn. They are best friends trying to find love. They are all at mid-life points in their lives being in their 50's. Thru marriages, divorces, addiction, being swindled out of money and shopaholic tendencies these ladies can help

"The Overstory" - by Richard Powers

This is a story about ecology. Do trees communicate with each other? There appears to be a symbolic relationship. People

Blood Pressure Check & Bingo



Our friend and Board Member Denise Campbell will be bringing students from the West Virginia Wesleyan Nursing Program to volunteer their time. The Nursing Students will be performing blood pressure checks for anyone interested, they will also for a bit-of-fun, host BINGO, for anyone who wants to participate!

Christmas Dinner Sign-Up

The RCSC Will be hosting our annual Christmas Dinner on December 6th at 5:30 p.m. You can start signing up with us on November 1st.

WE WILL ALSO BE HOSTING THE ANNUAL
CHRISTMAS BAZAAR THURS. & FRI. - DEC. 5TH &
6TH, FROM 9 A.M. -2 P.M. IF YOU ARE 60 YEARS
OR OLDER, A RESIDENT OF RANDOLPH COUNTY
AND YOU'D LIKE TO PARTICIPATE AS A VENDOR
YOU CAN SIGN UP ON NOV. 1ST!



Randolph County Senior Center P.O. Box 727 Elkins, WV 26241

RETURN SERVICE REQUESTED

Non-Profit Organization U.S. Postage Paid Permit No. 102 Elkins, WV 26241