



Randolph County Senior Center



DECEMBER 2023

5th Street and Railroad Avenue • P.O. Box 727, Elkins, WV • 304-636-4747 • randolphcountyseniorcenter.com

Congratulations Dave Vance Country Roads Transit Driver of the Year

What makes an outstanding Transit driver? Everyone probably has a little different definition. But whatever your definition might be, Country Roads Transit has a guy that checks all the boxes! Safe – check! Professional – check! Friendly and compassionate – check! Good for morale of his coworkers – check! Willing to put in extra effort – check! Walking billboard for Country Roads Transit – check!

Dave Vance is a careful driver who does everything to ensure the safety of his passengers. But the way he engages with his riders is what sets him apart. He is polite, but funny and friendly. Engaging, but professional. He lets our riders know that they are not just well taken care of, but part of our CRT family.

Dave's inclusive, fun and hardworking attitude also extends to his coworkers. His easy going yet professional attitude sets such a positive tone that we can truly say that the days Dave works are always better! He is the best story teller in our office, but listener beware – the stories often end in a punchlines after he has suckered you into the tale! He

truly inspires us every day to be positive and productive by simply setting that example himself. We couldn't ask for a better morale booster.

Whether a little extra effort is needed to take a last minute ride, to cheer up a grumpy coworker, or even keep the van looking spiffy and presentable, Dave is always willing to go the extra mile. One example is the end of the day trip he stayed after his normal shift to take - a young pregnant woman being discharged to the far end of the county on a Friday afternoon. (Remember – Randolph County is a VERY big county!) When we thanked him for making that ride a reality, he just shrugged and said "No problem. These are our people and we need to take care of them. We couldn't just leave her there without a ride."

Dave Vance is not just a great driver for Country Roads Transit. He is a terrific coworker and a simply outstanding human being. For all those reasons, we are glad to have Dave Vance as Country Roads Transit's Driver of the Year.



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

RETURN SERVICE REQUESTED

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Organization
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Elkins, WV 26241



We are happy to support our local Toys for Tots campaign again this year. So many of our seniors enjoy sharing their blessings with children who need a little extra love during the holiday season. We will have toys for Tots collection boxes available for your donations at our Harman, Mill Creek and Elkins Sites soon.

Bonus: If you bring your toy for donation the evening of the Christmas dinner on December 8, we will enter your name in a drawing for a nifty door prize. Win-Win!!



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Mutual of Omaha

Randolph County Senior Center News

New Members: Nancy Thompson, Ronald & Vicki Mick, David & Cheryl Sommerville, Brenda Hogan, Roger Hankey, Donna Thomas, Rick Slapnicker, Jody & Cynthia Jividen, Richard Vandevender, Michael & Judt Ritter, Arthur Pritt, Faith Hardy-Pritt, Roger & Alice Vandevender, Mark Biller, Connie Zickefoose, Robert Pfau, Rosetta Bryant, Joanna Kelley, Beverly Carden, Thomas Biller, Harlan & Thelma Shamer, John Elza, Maureen Kittle, Teresa & Joe Wolfe, Don & Susan Knotts, Jerry Ferguson, Terry Pritt, Ferman Whitehair, Roger White, Steve Lambert, James "Jim" Wilkie, James Taylor, Sallie Bright

Regular Donations: Paul Auville, Donald Coberly, Woman's Club of Elkins, Larry & Evelyn Snyder,

Article Donations: Betty Channels, Cindy & Ronnie Arbogast, Kim LeMasters, Roberta Dodd, Evelyn Thorne, Martha Kirkpatrick, Roberta Rogers, Joyce Smith, Jackie Potts, Ernestine Sharp, Lisa Moody, Kit Phillips, Davis Memorial Presbyterian Church, Perry Cain, Joyce Estridge, Dian Messa & Paul Woods, Helena Liggett, Mrs. Armentrout, Shirley Cooper, Colonial Millworks, Ingrid Mullennex, Hattie Bilisoly, Mary Dean, Daniel Wright, Beth King, Rich Spence, Virginia Haynes, Paul Carver, Kendall and Brewster Families, Denny Ott, Ronald Schoonover, Howard DeRossett, The Rader Family, Sheila Moyer, Judy Guye & Allan Swanson, Mary Durham, Pam Keller, Janet Giebel, Big Lots, Danielle Holmes, Mary Welch, Kit Phillips

Memorial Donations: In Honor of Betty Pennington; Charles Glenn Taylor in Memory of Alice Susie Taylor; In Memory of Catherine Charles

Sympathy to the families of: Louise Teresa Girard, Ernest Turner, Thomas Gayle Summerfield, Rosa Bertelli, John H. Elza, William B. Good, Charles A. Martin Sr., Thomas Hyre Schoonover, Beverly Lefkowitz Kessler, Eunice Rebe Kwasniewski, Judith Ann Judy, Jerry L. Corley, Mary Louise Joseph Davis, Geraldine "Sis" Tingler Raines, Alice L. "Susie" Taylor, Nicola "Nick" Manes, Danny Waybright, Rodney Ray Foster, Elizabeth Louise "Betty" Sainato Binns, William Edward "Bill" Simmons, Sr., Nancy Etta Minear Moore, Karen Sue Skidmore Pennington, Betty Catherine Weatherholtz Fox, Kermit Wayne Tingler, Allen Garnet Armstrong, Macel Kathleen Currence Tenney, Anna Ruth Evick Collett, Julia Maria Bosworth, Jack Edward Judy, Stephen Roy "Steve" Warner, James Robert Farley, Lonnie Lee Moore Sr., Walter Thomas "Tom" Cooper Sr., Judy M. Fox, Karen Butcher, Rella Magdaline Bennett Bodkins, Thelma Ailene Stover Flanagan, Bonnie Sue Arbogast, Donald Charles Goldizen, James W. Miller, Jr., David Eugene Bertelli, Eva Kathlene Channell Arbogast, Edna Marie Wilfong, David "Moon" Earl Ware, Patricia June "Pat" Haney, Teddy Mirl Harman, Jr., Patricia Ann McCollam Coen

News from the RCSC SHIP Department

ARE YOU HAPPY WITH YOUR

MEDICARE ADVANTAGE PLAN????

Now is the time January 1st- March 31st, 2024, 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.

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

AARP NEEDS YOU!

JOIN OUR TEAM!

AARP Foundation Tax-Aide is looking for compassionate, friendly people to join our team of volunteers for the upcoming tax season. Tax-Aide is a free program that makes it easier for older taxpayers to file their tax returns. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, or making sure everything runs smoothly.

Help those who need it the most get tax breaks and make new friends along the way.

Our local program especially needs tax preparers to continue serving the 300+ seniors from Randolph and surrounding counties. We will provide training and equipment to ensure your success. The only way this program can continue is with your help.

If you are interested, please leave your name and phone number at the Senior Center or go online <https://signup.aarpfoundation.org/tax-aide-volunteer-2023/>.



May the spirit of love and goodwill that fills the holiday season be with you.

And may the true spirit of the season be with you and yours now and all through the New Year.



304-636-5595 ~ www.tomblynfuneralhome.com

Philip C. Tomblyn - Licensee in charge

Meet our Seniors: Mary Hammond

Hello Mary Hammond from Jacksonville, Florida. Mary is one of our Seniors, who comes almost everyday for the past twenty years. Born in San Diego, California, she was a Navy brat moving every three years. But after moving to three different bases Mother finally said, "No more moving." We are staying in Jacksonville. I asked her what did you have to do to help Mother around the house while growing up? Mother said nothing, but her big brother had a job to keeping an eye on Mary. He is eight years older and his friends didn't like little sister always around. Mary's favorite classes in school was gym and lunch. All the other classes were side stuff. But she was in the High School Marching Band for four years playing the clarinet. After high school Mary worked as a cashier at the Naval Exchange. Mary's favorite things to do was driving her 1958 Ford Fairlane 500 convertible, playing loud music while the Marines were marching. Then she would drive off real fast.

In 1964 she married her husband, and to her surprise he



wasn't a military guy. He was a welder and he liked to drive race

cars. Mary has two children. She didn't like going to the races be-

cause they are loud. Her husband took the children with him and she went bowling with the girl friends. Her daughter has a tattoo of a checkered flag on her shoulder. I knew Mary liked to travel, but when she was pregnant with her daughter, her husband said we are going to California. Ok, they have no car. Off they go hitch hiking across country from Florida to California with her son. What a woman. Her daughter was born in California.

Her husband passed away in 1981. Mary likes to sing but not always the right words to the song. She has fun doing anything and always smiling and talking, never knows a stranger. Her children like to say, "We can dress her up but can't take her anywhere." Mary moved to Elkins in 1995 to help her daughter and three granddaughters. She now has one great grandson and three great granddaughters. Mary attends the Elkins Nazarene Church in Gilman. She worked as a Foster Grandmother for Youth Health for ten years. Stop by the Senior Center and say hello to a fun-loving friend.

PIONEER



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Medicare Supplements

Christmas Craft Bazaar

The Christmas Craft Bazaar is back. YAY!! The Bazaar will be held

December 7-8, 9:00 am – 3:00 pm.

It is a great place to find unique gifts for those hard to buy for folks on your Christmas list, or even a little treat just for yourself!

If you are a senior (60 or better), live in Randolph County, and handcraft items you would like to sell at the bazaar, please give Miss

Lindsay a call (304-636-4747) for more information.

MONTH of December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk served with all meals					1 <u>National Red Apple Day!</u> Cornbread & Beans w/ Ham, Crispy cube potatoes, Greens, Apple	2 Free Lunch Friday Thanks to Citizens Bank of WV
3 Elkins Nutrition Site 304-636-4747	4 Chicken Strips, Cheesy Broccoli Soup, Baked Potato, Whole Wheat Bread, Fruit	5 Beef Stew, Cornbread, Coleslaw, Fruit	6 Chicken Fajita w/ Grilled Peppers & Onions, Spanish Rice, Cowboy Caviar, Fruit	7 Spaghetti w/ Meatballs or Meat sauce, Side Salad, Whole Wheat Bread, Fruit	8 Sausage Biscuit & Gravy, Scrambled Eggs, Hash Rounds, Tomato Juice, Fresh Fruit	9 Free Lunch Friday Thanks to RCSC SHIP
10 Mill Creek Nutrition Site 304-335-6481	11 Steak Hoagie w/ Grilled Peppers & Onions, Baby Baked Potatoes, Corn, Fresh Fruit	12 Oven Fried Chicken, Mashed Potatoes w/ Gravy, Carrots, Whole Wheat Bread, Fruit	13 Lasagna, Side Salad, Garlic Bread, Fruit	14 Ham, Au Gratin Potatoes, Broccoli, Whole Wheat Roll, Apple Crisp	15 Chicken Patty on Whole Wheat Bun, Baked Beans, Coleslaw, Fruit	16 Free Lunch Friday Thanks to Mountain Hospice!
17 For seniors 60+, a donation of \$5.00 is suggested. Under 60, lunch is \$7.50	18 Chili Dog, Potato Salad, Brussel Sprouts, Fruit	19 Brown Beans & Cornbread, Oven Roasted Potatoes, Greens, Fresh Fruit	20 Open Faced Roast Beef, Mashed Potatoes & Gravy, Green Bean Casserole, Cranberry Jello Salad, Cake	21 Fish Sandwich, cup of Tomato Soup, Peas & Carrots, Fruit	22 ALL SITES CLOSED MERRY CHRISTMAS EVERYONE!	23 Free Lunch Friday Thursday Thanks to Davis Medical Center!
24 Harman Nutrition Site <u>304-227-4664</u> 31	25 ALL SITES CLOSED MERRY CHRISTMAS EVERYONE!	26 Pot Roast, Mashed Potatoes w/ Gravy, Brown Sugar Glazed Carrots, Fresh Fruit	27 Beef Minestrone Soup, Side Salad, Garlic Bread, Fruit	28 Pork Chop, Black Eyed Peas, Greens, Cornbread, Fruit	29 Crab Cakes, Baby Baked Potatoes, Carrots, Whole Wheat Bread, Fruit, Jello	30 Free Lunch Friday Thanks to Jodie Parrack State Farm



RCSC Senior Christmas Dinner is Back!! Mark your Calendars! Save the Date! Join us Friday, December 8 at 5:30 for our Senior Christmas Dinner!

We are so excited to bring this event back after two years without it due to the pandemic. We will enjoy a tasty dinner of Roast Beef, Mashed Potatoes & Gravy, Green Bean Casserole, Penny's famous Cranberry Salad, a dinner roll, and cake!

We have lots of other fun surprises planned for the night too! Without giving too much away, we'll continue the tradition of our annual Ugly Sweater contest and plan on some very festive entertainment! So be sure to call Miss Lindsay at the front desk soon to reserve your spot. Can't wait to see you there!



We moved our 25 Days of Christmas raffle from July to December this year. We have lots of nifty prizes to give away in our daily drawings December 1'-25. Tickets are \$10 each and will be available through the last day of drawings. Thank you to everyone who supported this fun fundraiser. We will be putting all the proceeds toward our Nutrition program this year.

AARP Tax Volunteers Back for 2024

Tax time is coming soon! Your AARP Tax Aide Volunteers are eager to see you beginning in February 2024. For this tax season, we may use a mix of methods to get your returns prepared depending on COVID and flu rates in the area. We want to protect our seniors while providing this valuable service and ask for your patience. We anticipate preparing many returns using the face-to-face process that has been used for so many years in the past. However, it may be necessary to use a modified drop off method as well. If you are asked to leave your documents, we may also ask you to wait in the lobby area of the Senior Center while they are being prepared to save you another trip into the Center. We may also ask you to wear a mask while meeting with preparers.

Please bring proof of identification with a photo ID and all documents necessary to prepare your returns. We also ask you bring your 2022 return and complete the interview form that will be provided. Appointments can be made beginning on January 10 for tax preparation beginning in February.

See you soon!



On the Road— Where do you Want to Go?



You know the Senior Center is very fun!
Our trip planning skills cannot be outdone.

But we're a little rusty after a long break
So get out your thinking caps and give them a shake.

Because we need a little help, you know
Do you want to go to the sun or to the snow?

Across the county or across the sea?

To the mountains or to a big city?

By bus, by train,

Or maybe by plane?

No matter where, or when, or how
We need to start planning soon, right now!

So call or write to let us know

Where to next, where should we go?

Penny's Cranberry Relish Salad

We often get requests for this recipe during the Christmas season. It is a traditional part of our Senior Christmas dinner brought to us from our coworker, pal, and all around great gal Penny Canfield. We hope you can enjoy it at the dinner and also with your family!

- 1 package (3 oz.) strawberry gelatin
- 1 cup boiling water
- ½ cup orange juice concentrate
- 1 package (12 oz.) fresh cranberries, chopped
- 1 med. Apple, peeled and chopped
- 1 ½ cups sugar
- ½ cup walnuts or pecans, chopped

In a bowl, dissolve gelatin in boiling water. Stir in orange juice. Chop cranberries, apple and nuts in food processor (do not cook cranberries). Add to sugar, mix well. Stir into gelatin. Refrigerate overnight. Yield : 6-8 servings. Enjoy!

WANTED

IN-HOME CARE WORKERS

WANTED FOR:

Improving the lives of our seniors by providing important In-Home care including light housekeeping, bathing, dressing, grooming, meal preparation, and vital socialization.

HELP OUR SENIORS STAY HAPPY, HEALTHY, AND HOME!

REWARD: Up to \$850.00 Hiring bonus*

MAKE A DIFFERENCE IN THE LIVES OF SENIORS IN RANDOLPH COUNTY!! CALL 304-636-4747 TO JOIN OUR TEAM!!

* Reward earned in three payments over your first year of Employment. Contact us for bonus details. EOE

The Committee on Aging for Randolph County, Inc.

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*Members of the Executive Committee

Board Membership includes representation from Elkins, Valley Bend, Gilman, Montrose, Harman, Coalton, Mabie, and Dailey.

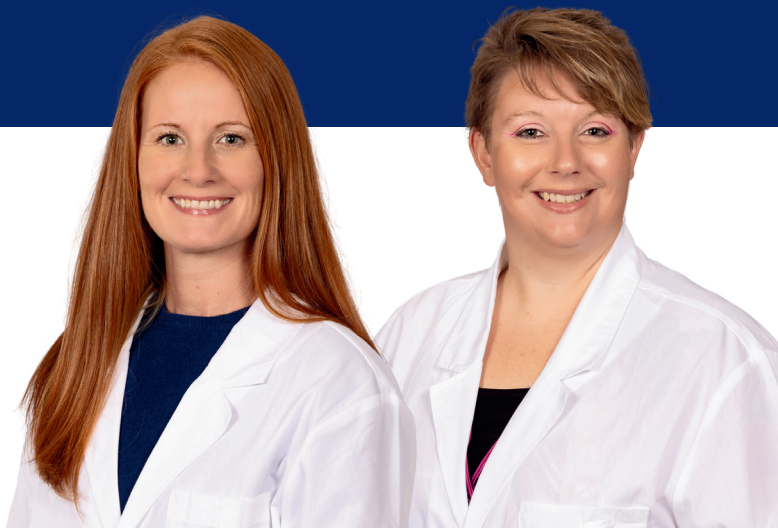
Our Full Board meets on the third Tuesday of February, April, June, August, October and December.

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.



Tis the Season...

- ✓ Flu
- ✓ Stomach Bug
- ✓ Stuffy Nose
- ✓ RSV



Rebecca DePew, NP • Tisha Marsh, NP



DAVIS MEDICAL CENTER
Walk-In Clinic

Outpatient Center

Monday – Friday 7a-7p

Saturday 8a-12p

First Ankle Replacement At Davis Medical Center!



Dr. Hannah Hughes and Dr. Michael Hurst have successfully performed the first two ankle replacements in the Randolph County Region.



Dr. Hannah J. Hughes, DPM
Dr. Michael Hurst, DPM

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SATURDAY
6:30A - 5:30P
SUNDAY
9A - 5:30P

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Davis
Medical Center

NOW OFFERS

Inpatient
Dialysis
Services



Why Davis Medical Center

- Patients can receive non-acute, non-emergent dialysis services during their inpatient stay at Davis Medical Center.
- Care in Elkins is closer to home (and family) for many patients.
- Reduced travel time and expense for families who no longer have to drive 2+ hours to visit or stay with their loved one.
- Dialysis treatments are conveniently done in the patient's room. They do not have to leave their room for care.
- Access to hospitalists, dialysis technicians, nurses, diagnostics, pharmacy, rehab, and other inpatient support teams.

Scope of Dialysis Service

We care for patients admitted to Davis Medical Center for non-dialysis related health conditions such as diabetes, hypertension, or heart disease. While admitted, patients receive their routine hemodialysis treatments.

What is Inpatient Dialysis?

Davis Medical Center now offers inpatient dialysis treatment in Elkins. When a chronic hemodialysis patient requires hospitalization, we are happy to administer their dialysis therapy.

Patients receive care by a team of highly skilled ICU nurses, hospitalists, dialysis technicians and support staff. Through our clinical collaboration with CAMC, nephrologists are available to patients and staff all-day, every day of the year.

QUESTIONS: 304.637.3357

DIRECT ADMISSION NURSE: 304.630.3550



“See You Soon”

Let's take a look at the month of December

Monday

10:00 Card Bingo (The First and Third Monday of every month)

11:00 Exercise Class

11:45-12:45 Lunch in the Crossings Cafe

1:00 Native American Style Flute Class---

NEW!!!!!!!!!!

Games & Billiards All Day

Tuesday

11:45-12:45 Lunch in the Crossings Café

1:00 Book Club

12:30 Mahjong (Tuesday & Thursday)

12:30-1:00 Beginning Dulcimer Class

1:00-2:15 Regular Dulcimer Class

Games & Billiards All Day

Wednesday

10:00 Horse Racing

Game (The First and Third Wednesday of Every Month)

11:00 Exercise Class

11:45-12:45 Lunch in the Crossings Café

12:30-2:15 Hammer Dulcimer Class

1:00 Pokeno (Second Wednesday of Every Month) NEW!!!!!!!!!! (Starting August 9, 2023)

1:30-3:30 Mahjong Games & Billiards All Day

Thursday

11:45-12:45 Lunch in the Crossings Café

12:30 Mahjong

1:00-2:00 Guitar Class (First & Third Thursday)

1:00 Weaving Class

Games & Billiards All Day

Friday

10:00 Crochet Class

11:00 Exercise Class

11:45-12:45 FREE Lunch in the Crossings Cafe

Games & Billiards All Day

SPECIAL EVENTS:

Friday, December 8 – 5:30 – Senior Christmas Dinner

Nutrition Program Update

short at least \$3.50 and up to \$5.75 per meal.

BUT, and this is a very big but, remember that we can only draw down up to \$309,000. That means we only get reimbursed for about the first 42,000 meals we serve. Can you guess how many meals we served last year? A whopping 68,652 - 49% more than pre pandemic levels! That means we would get absolutely no state funding for the remaining 26,652, or 39% of our meals. That is the second shortfall, and a far bigger challenge.

So how do we meet the shortfall? We meet it by working hard to secure funding from a variety of other sources. For example, we are fortunate to live in a county whose leaders value our elders, and who understand and appreciate the importance of our programs. As such, we are grateful to the Randolph County Commission for providing significant funding for our Nutrition program as well as other programs here at RCSC.

We are also fortunate to have the support of the Tygart Valley United Way, and the Pallottine Foundation of Buckhannon from which we have been successful in securing grant funding for the past several years. Their continued commitment to our Nutrition program has been so impactful and we are very grateful.

And of course, the donations you make when you enjoy your lunches is all used to meet program expenses. Thank you for contributing what you can toward your meals.

Even after all those sources of funding, there is still a shortfall. So what else can we do to bridge the gap? Well, we are continually researching additional grant options and applying for funding where possible. In fact, we have applied to two new grant sources just this fall and should hear soon whether those applications were successful.

The other thing we can do is ask for more community support. We will debut a few new sponsorship ideas in January

that we hope will allow businesses and individuals throughout the county to support the nutrition program further. And of course, we have already asked the folks who participate in the program to increase your donation rate to help bridge this gap when you can.

There are a few other options to reduce costs, of course, that many senior nutrition program providers throughout the state and across the country have been forced to choose. Many programs have placed a limit on the number of meals they serve in order to stay within their budget. This means that seniors have been put on waiting lists to participate in the nutrition program. Can you imagine a hungry senior on a waiting list for a meal? We certainly cannot! Other programs have closed satellite nutrition sites in order to reduce costs. But that option doesn't work in Randolph County either – we serve a great number of seniors from both our Harman and Mill Creek Nutrition sites which are valuable community resources in our large county.

Another cost reduction option would be to reduce service options. Many West Virginia providers have done this in 2023 by doing away with the Grab & Go meal option. Grab & Go, originally a way to serve our elders during pandemic shutdowns, was thankfully allowed to continue post pandemic. We are grateful for the ability to continue this service option because it provides meals to many seniors who otherwise would not take part in the nutrition program. In Randolph County, we are committed to keeping this valuable service as long as possible!

We hope this information gives you a better understanding of the funding challenges in the RCSC Nutrition Program, and an answer to the question of why we asked for your additional support when you enjoy a meal. Please feel free to ask questions – if you are wondering about something, chances are so are your fellow seniors!

Do you enjoy Senior Center lunches? We hope so! The goal of our Nutrition program has always been to provide nutritious, delicious lunches to all our seniors in order to maintain or improve overall health. But providing those meals has become increasingly challenging over the past few years. The biggest challenge we have faced is funding, which led us to increase the suggested donation rate recently, and left many of you with questions about exactly what led to that decision. So we thought we'd share a little about what it takes to run the RCSC Nutrition Program in answer to questions we have received recently.

The most common question we've heard is "Why do we need to pay more? Don't you get paid for these meals by the state?". We do, indeed get a mix of federal and state funding for the Nutrition program, but not nearly enough. The RCSC Nutrition grant is \$309,000 for this year. But the expenses are budgeted to be \$753,000. That leaves a whopping \$444,000 we need to raise from other sources.

Our Nutrition grant is drawn down on a reimbursement basis – we serve our seniors the meals and then bill the state. The reimbursement rate for a meal ranges from \$5.25 to \$7.50 depending on the kind of meal provided (i.e. home delivered, grab & go, congregate/dining room, etc.). That funding plan leaves us short in two ways.

The first shortfall comes because in Randolph County, it costs us significantly more than the reimbursement rate to produce a meal. Because of the size of the county and therefore need for multiple kitchens and length of home delivered meal routes, the cost to provide a meal is approximately \$11.00. That leaves us



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General Overview

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- ♥ 24-Hour Skilled Nursing Care
- ♥ Short- & Long-Term Care
- ♥ Private & Semi-Private Accommodations
- ♥ Private Pay & Private Insurance Accepted
- ♥ Medicare & Medicaid Certified
- ♥ Veteran Patients Welcome

Rehabilitation Unit

- ♥ 15 Private Rooms
- ♥ Skilled Nursing Care
- ♥ Private Living Room
- ♥ Private Dining Room
- ♥ Internet Café
- ♥ Outdoor Patio & Pavillion
- ♥ State-of-the-Art Gymnasium (3,000+ square feet)
- ♥ State-of-the-Art Rehab Equipment

Reflections at ERCC (Memory Care)

"We See the Best in You"

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- ♥ Private & Semi-Private Accommodations
- ♥ Fully-Secured & Self-Contained Unit
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- ♥ Private Activity & Dining Room
- ♥ Screened-in Porch
- ♥ Enclosed Outdoor Courtyard
- ♥ Staff with Specialized Training
- ♥ Specialized Programming

Rehabilitation Services

- ♥ Physical Therapy
- ♥ Occupational Therapy
- ♥ Speech Therapy
- ♥ Inpatient & Outpatient
- ♥ Pediatric to Geriatric
- ♥ Appointments Mon-Sat

Call today to schedule a tour: 304.636.1391

Elkins Rehabilitation & Care Center
1175 Beverly Pike ♥ Elkins, WV 26241
304.636.1391 ♥ www.ercc.biz

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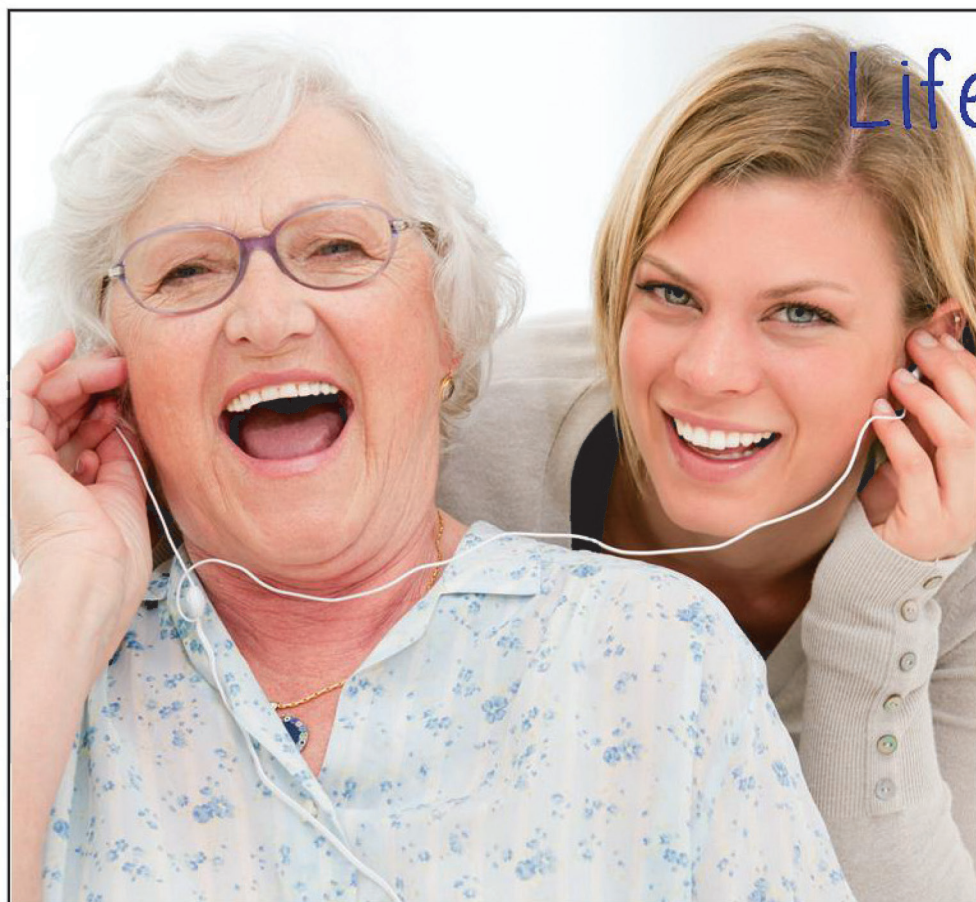
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Kevin Hostetler - Owner & Licensee in Charge



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www.Cortlandacres.org





CALLING ALL BOOK LOVERS . . .



Calling All Book Lovers.....

A Fatal Grace by Louise Penny

This is the 2nd installment of Chief Inspector Armand Gamache. No one liked CC DePoitiers, but when she is electrocuted in the middle of a frozen lake in front of the whole village and no one saw anything, the chief inspector realizes he is dealing with someone insane enough to try or brilliant enough to succeed. 2 thumbs up

The Cruellest Month by Louise Penny

This is the 3rd installment of Chief Inspector Armand Gamache. When some villagers decide to celebrate Easter with a seance at the old Hadley house, they are hoping to rid the town of it's evil until one of their party dies of fright, the chief inspector will have to determine if it was a natural death or not. It will cause him to face some of his own ghosts, 2 thumbs up

The Rosie Result by Graeme Simsion.

This is the third book in the Rosie series and finds geneticist Don Tillman, his wife Rosie and eleven year old son Hudson moving back to Melbourne Australia from New York. Complex issues are dealt with regarding the pros and cons of the autism spectrum and opposing views regarding interventions. Don and Rosie attempt to be the best parents they can to help Hudson develop skills that will allow him to succeed in reaching his goals in life. This was our reader's favorite book of the three in this series. 2 thumbs up

The End of Drum Time by Hanna Pylvainen

In the frozen Scandinavian tundra around the year 1851 we get to explore thru this author's eyes, religious turmoil and cultural dissention amongst the Lapps, Fins and Samis. The Russians work to close the boarders that limit the ability of herders to traverse the countryside to adequately find fertile ground to feed their reindeer herds. Woven into the story is a forbidden love story between Willa, a religious leader's daughter and Ivar, an indigenous Sami reindeer herder. The book is well researched historical fiction. It is difficult to follow at the start, but by the end you are immersed in the characters lives. 1 thumbs up

Maybe This Time by Jill Mansell

This book is about love, friendship and never giving up. Mimi isn't looking for love when she spends a weekend in Groosebrook, the Cotswolds village where her dad moved to, she encounters Cal who is charismatic but is in no position to be any more than a friend, so Mimi heads back to her busy London life. When they meet again four years later, it is still not to be, Cal is focusing on his family and Mimi her career. Then Cal dives into a new romance while Mimi is busy working. It seems as if something or someone else always gets in the way, Will it ever be the right time for both of them? 2 thumbs up

The Return by Nicholas Sparks

Trevor Benson never intended to move back to New Bern NC, but when a mortar blast outside the hospital where he was an orthopedic surgeon sent him home from Afghanistan with devastating injuries, the dilapidated cabin he inherited from his grandfather seemed a good place to regroup. He encounters Natalie and the attraction can't be ignored, but she remains distant, He hopes a sullen teenage girl, Callie can shed light on the mysterious circumstances of his grandfather's death. In his quest to unravel Natalie and Callie's secrets, Trevor will learn the meaning of love and forgiveness and that in life, to move forward, we must often return to the place where it all began. 2 thumbs up

Moonlight Becomes You by Mary Higgins Clark

When Maggie Holloway goes to Newport Rhode Island to visit her former stepmother, she finds her dead, the victim of a violent robbery. Maggie is stunned to learn she is the beneficiary of the will and even more stunned to find a pattern of murder in the Newport society that will lead the Killer straight to her, 2 thumbs up

Encore In Death by J D Robb

This is the 54th installment of the in death series. A glittering party was given by celebrities Eliza Lane and her devoted husband Brant Fitzhugh to celebrate Eliza's big comeback in a revival of the stage play that made her famous 25 years earlier. Her husband orders a champagne drink the way Eliza likes and when he toasts her with it, he falls over dead from poison. It is now up to Eve Dallas to figure out if Eliza or Brant was the intended victim. This has a surprise ending and our reader gave it 2 thumbs up.



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December Bells!

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

Find the words below related to December & Medicare.

- | | | |
|------------------------|----------------|----------------|
| Medicare | Volunteer Day | Christmas Tree |
| Cat lovers month | Blue Jeans day | Lights |
| End of open Enrollment | Miners Day | Bells |
| Let's Hug day | Tinsel | Thankful |
| Poinsettia | Love | MA plans |
| Brownie day | Santa | Elves |
| St. Nicholas Day | Llama Day | Options |
| Influenza vaccine week | Pastry Day | Review |



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~ ~ Zeus's Good Boy News ~ ~

Holy cow, I'm so happy to see you! How have you been? I know it has been a while since I've been able to bring you all the warm fuzzy goodness from the Senior Center. We had some little glitches in getting the newsletter out, but guess what? C'mon, guess!!!! Yep, I'm BAAAACCCCKKKKK! And there are so many nifty stories to report on that I just don't know where to start.

First, did you know that our nutrition team got a 100% on their monitoring? It is really hard to do everything right! Cooking all the right food to make it good for you and yummy, making sure everything is cleaned right and stored right and served right – gosh it's so complicated! Even just making those menus with all the rules they give you is like a really hard puzzle. Gee whiz, I think it might be harder than figuring out how to get that pesky squirrel out of my tree, and I have only been able to do that twice! Anyway, be sure to give a head pat to our great nutrition folks or maybe an atta girl/boy.

Also, be sure to read about Dave Vance – Country Roads Transit's Driver of the Year!! Talk about a good boy – he even got a plaque! His plaque was shaped like a star cause he's a star. I'd like to be a star one day. Maybe I'll ask Dave for advice. I used to get snacks shaped like stars that tasted

like peanut butter. They were homemade I think, cause they weren't in a box. They were so good I would give up chasing bunnies for them. But not squirrels. I mean, you have to have priorities, am I right? And they were crunchy, but..... Oh, shoot, I am so sorry I got distracted. On my first day back on the beat!! Anyway, my point is that you should read about Dave and his shiny star good boy plaque. I myself am giving him three tail wags! Maybe you could give him a pat on the back when you see him.

Here's a little good news, bad news story. Spoiler alert – it turns out good! So remember when we told you the Elkins Senior Center needed a new roof? That was kind of bad news since it cost \$197,000, but the good news was got some great help with that from Senator Hamilton, Senator Karnes, Delegate Nestor, and Mr. Kesling, Mr. Siler, and Mr. See from the Randolph County Commission! (Cue tail wags and atta boys for them all!) Well more good news is that the roof was finished this summer! Now, we ran into a little bad news when the roofing job caused damage to some of our walls and caused us to close a couple rooms for a while. It was especially bad because that included the room that our pool tables were in, and we missed our pool

players something awful! But the good news is that we met a new engineer friend name Michael from Arrow Engineering who came right away and told us how to fix it. Then our friend Brad from BCT Construction got all the work done and pretty soon, we were back on track! Aren't friends the best? We still have a little painting to do, but we have fixed walls and a new roof!

On the roof front, we will also have to replace the roof on both Harman and Mill Creek sites this year. But you know what? Our friend Delegate Coop-Gonzalez has already got the ball rolling by providing some funding to help us with that project. Way to go, sir!

Please visit your Senior Center soon – have lunch, learn something new, visit with friends, or play a game. And if you have any ideas for something new, be sure and tell my Mom and her friends – they love new ideas. Most of the time – I mean I had an idea for an activity where you could play ball with me and pet me and feed me treats and scratch my noggin that apparently didn't fly. Something about me being too bouncy. But I am sure they will love your ideas!!!

Thanks for loving all the Senior Center happiness like I do. It's more fun than barking at the FedEx man

when he brings packages – his little legs move so fast even when I'm in the house!!!! HaHaHa. All in good fun, of course. I only bite balls and the occasional squirrel. Cause I'm a good boy just like you! So until next time, keep your tails wagging and your treat jar full! Happy Howlidays!



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Welcome to Country Roads Transit (CRT)



Country Roads Transit appreciates our drivers!

Country Roads Transit would like to thank all our drivers and dispatcher for your dedication, hard work and excellent service you provide to all our riders every day!

Robert Arbogast

John Haney

Lori Suttle

Rick Cutright

Carl Wilfong

Thomas New

Patricia Bennett

Terry Brown

David Vance

Shawn Farnsworth Disp.

Jerry Holt

Lisa Bennett

Douglas Copeman

Danny Wood Mgr.

Donna Phares

Howard Beard

Peggy Lower

Safety is our number one priority.

~~~~ COVID-19 ~~~~

To help protect all of our riders and employees. [Masks are now recommended but not required to ride Country Roads Transit.](#) Country Roads Transit is taking every precaution on the road and in 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 sanitizer.

There are designated seats for social distancing on the vans that sits passengers at least six feet behind the driver.

We are ready to serve Randolph and Upshur Counties in 2023!!!

Country Roads Transit would like to wish everyone a Merry Christmas.

We will be closed on 12-22-23 and 12-25-23 for Christmas

This Past Summer County roads transit had It's Transit conference. Where our very own David Vance won Transit Driver of the Year for Country Roads Transit. We want to congratulate him on this and all his hard Work.

### Getting to Know CRT: Partnerships

Did you know that Country Roads Transit has partnerships with multiple community agencies within both Randolph and Upshur Counties? One example is our partnership with the Randolph County Housing Authority that manages the Youth Build Program.

The goal of Youth Build is to give young adults the tools to get a good job and keep it. Youth Build works to develop the capacity of young adults to be responsible members of their families and communities by strengthening educational backgrounds, teaching marketable skills and entrepreneurship, and instilling leadership values that relate to home, work and community.

Country Roads Transit provides transportation to the students enrolled in this program. On a daily basis, Country Roads Transit transports Youth Build students from their homes to the classroom and also provides transportation to the students for their charity work within the Elkins community such as Catholic Charities and the Randolph County Humane Society.

### 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 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

### [Country Road Transit](#)

We are excited about the reception of the VA/UHC run. We took 86 Riders to the VA – UHC in 2022. County roads is looking forward to increasing the number of riders to Veterans Hospital and United Health Center in 2023. We will continue going every Tuesday and Thursday every week. The fare is \$25.00 for general public and just \$10.00 for our Veterans as a Thank you for your service.

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### [Country Roads Transit VA/UHC Schedule](#)

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

December 2023

Tuesday 5th 2023

Thursday 7th 2023

Tuesday 12th 2023

Thursday 14th 2023

Tuesday 19th 2023

Thursday 21st 2023

Tuesday 26th 2023

Thursday 28th 2023

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.

### Harman and Mill Creek trips for the month of December 2023

Wednesday 6th 2023:

Harman, Job, Whitmer, Bowden

Wednesday 20th 2023:

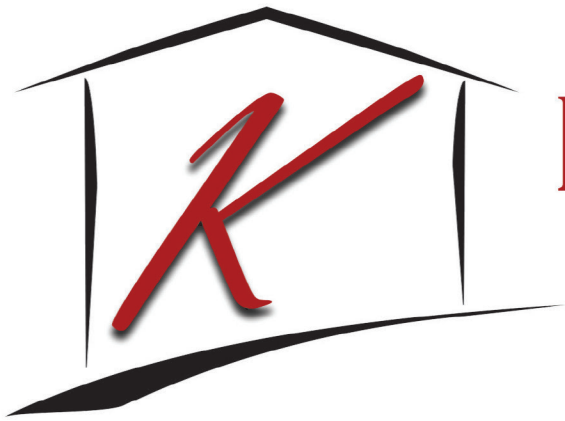
Harman, Job, Whitmer, Bowden

Wednesday 13th 2023:

Mill Creek

Wednesday 27th 2023:

Mill Creek



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