



# Randolph County Senior Center



DECEMBER 2020



5th Street and Railroad Avenue • P.O. Box 727, Elkins, WV • 304-636-4747 • [randolphcountyseniorcenter.com](http://randolphcountyseniorcenter.com)

## *New Drive Through Window to Serve Our Seniors!*

Thanks to all of you who have continued to enjoy meals with us during this pandemic! Thanks also to our wonderful staff members at the nutrition sites for their efforts in changing things up to make the grab & go option a success! We are committed to continuing this service until you can be with us again in our dining rooms.

At the Elkins site, where we had the most grab & go meal participants, we were worried about our staff getting cold in the winter months while serving because of the wide-open setup of our service area. So we put on our thinking caps and talked to our construction friends about a solution – a sliding drive through door/window.

Much, much thanks to Dick Rockwell (in the photo above), owner of Rustiques Log Homes and his crew members Randy Hill and Kenny Spencer for their hard work and craftsmanship in building our new door.

We are forever grateful and don't know what we would do without you guys! Your work will ensure we can keep serving nutritious, delicious lunches to our seniors even in cold weather.



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

RETURN SERVICE REQUESTED

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**SENIOR CENTER NEWS**

**REGULAR DONATIONS:** Rose & Jr. Martin, Betty & Leon Hardman, Lloyd & Janis Strobeck, Steve & Debbie Cook.

**NEW MEMBERS:** Terry Bright, Edward Skidmore, Laura & Franklin Bright, Robin Sainato.

**ARTICLE DONATIONS:** Pam Hughes, Randy Markley.

**SYMPATHY TO THE FAMILIES WHO HAVE LOST LOVED ONES:** Troy Hogan, Roy Wilson, Mary Jo Moyer and Hazel Ann Weese.

**SYMPATHY TO THE FAMILIES OF:** Vivian Ruth Hensil Hogan, Charlot Ann Zirkle Casto, Joyce Ann Phares Gumm, Jearline Heltzel Hatch, Robert "Bob" Howard Norton, Geraldine Lynn Starkey Wilson, Evelyn Irene Swecker Yoakum, Eugene Homer Everson, Ruth Delores Moore, Nada Opal Evans, Joan Carol Gibson Crouch, Jearl B. "Big Daddy" Taylor, Robert Neil "Bob" Edmond, Regena Faye Rush Johnson, Earl Junior "Peanut" Shreve, Carla Eugenia "Jean" Finlen Weese.

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# Get Your Flu Shot at Your Senior Center!

Many of you have been asking whether we will have flu shots available this year. It is a little harder to do with restricted access to our buildings due to COVID. But our friends at the Randolph Elkins Health Department stepped up, as they have throughout this pandemic, to ensure we are protected.

**The Randolph Elkins Health Department will offer a Drive through Flu Shot Clinic at the Randolph County Senior Center**

**Wednesday, December 16, 2020**

**11:00 a.m. - 1:00 p.m.**

Please bring your insurance card, so a copy can be made. For anyone 65 years of age or older, the high dose flu formula will be available for administration. This drive-through will also be available for the public, and so all age groups can be served.

We will use the same traffic pattern we did for the Farmer's Market Voucher distribution. Just pull up under the portico at the front doors. If there are already folks under the portico, please just pull into the parking lot and wait until a spot is available. These folks are professionals, so I am sure the process will move quickly. Hope to see you there!



## HOME HEALTH SERVICES

**NO RISK EVALUATION AVAILABLE**

- Skilled Nursing
- Physical Therapy/Occupational Therapy
- Disease State Management & Education
- Wound Care
- Pain Management
- Rehab for: Stroke, Joint Replacement & Fractures
- Infusion



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# JESUS IS THE REASON

In Bethlehem, God gave to us  
The source of Christmas joy;  
A star shown on a miracle:  
The virgin birth of a boy.

He was born both God  
and man,  
A Savior for us all,  
The way to get to our  
heavenly home,

If we just heed His call.

So as we shop and spend  
and wrap  
And enjoy the Christmas season,  
Let's keep in mind the  
sacred truth:  
Jesus is the reason.

– Joanna Fuchs

# The Joy of CHRISTMAS

CELEBRATE THE SEASON

*Although 2020 has been a challenging year for our world, HOPE & JOY live within the spirit of Christmas. God Bless!*



304-636-5595 [www.tombllynfuneralhome.com](http://www.tombllynfuneralhome.com)

Mark A. Tombllyn - Licensee in Charge

# ENJOY A GIFT OF MUSIC THIS HOLIDAY SEASON

The world is a wonderful place. Even in the darkest of times, it never ceases to amaze me that good people reach out to shine a little light on a weary world. I recently received an unexpected email from a wonderful lady named Jaunelle Celaire, who was just such a light. It reads, in part:

“My name is Jaunelle Celaire and I am Chair of the Music Department at the University of Alaska Fairbanks (UAF). The Voice Department (known as, The Celaire Studio) has put together a series of Christmas Carols to send to Senior citizens throughout the state of Alaska and the rest of the United States for the holiday season.

Here is my vision. Music has been disappearing throughout the nation due to COVID. I truly want to bring music to the lives of people in whatever venue that may entail, especially during the holiday season. Just because we are in the middle of a pandemic, that doesn't mean we still can't bring music and joy to the faces and ears of



those who have a passion for it.

I would love for these videos/recordings to be shared on the digital screens throughout your facility and to whomever else you may think needs them. I just feel and believe in my heart it is the right thing to do for the Holiday Season.

“Thank you for considering and be blessed through this holiday season! Much love, Jaunelle Celaire”

In corresponding with Ms. Celaire, she graciously gave us

permission to share the work of her and her students with you this holiday season through our Facebook Page and on our website. Our plan is to post a song a day to Facebook during December as a holiday pick-me-up while you are scrolling along. We will also put all of them on our website to run in a loop so you can play it while baking cookies, wrapping presents, or decorating the tree!

We are so moved and very grateful to Ms. Celaire and her wonderful UAF students for taking the time and effort to share their considerable talents with us! I hope we all follow their lead and strive to be a source of joy for others this holiday season.

## Free Lunch Friday Date Changes

Thanks to our friends at Davis Medical Center, we enjoy Free Lunch Friday on the fourth Friday of each month. In December, however, the fourth Friday is Christmas so we will be closed. Davis Medical Center has offered to move Free Lunch Friday to

**Friday, December 18, 2020**

so you don't miss your nutritious, delicious lunch on them!

Thanks to Davis Medical Center for their continued support of seniors in Randolph County, and for their long-time sponsorship of Free Lunch Friday!



**Voras K. Haynes, Jr.**  
**Clifford E. Marsteller**



102 South Randolph Avenue  
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# DECEMBER SENIOR CENTER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elkins Nutrition Site 304-636-3119		<b>1</b> Stuffed Pepper Soup Toasted Cheese Sandwich on Whole Wheat Fruit	<b>2</b> Salmon Cakes Baby Baked Potatoes Peas & Carrots Whole Wheat Bread Fruit	<b>3</b> Grilled Chicken Chef Salad Whole Wheat Roll Fresh Fruit	<b>4</b> Roast Beef Mashed Potatoes W/ Gravy Green Beans Cranberry Salad Chocolate Cake	<b>5</b>
<b>6</b> Mill Creek Nutrition Site 304-335-6481	<b>7</b> Steak Hoagie W/Cheese, Peppers & Onions Baby Bakers Fresh Fruit	<b>8</b> Beef Stroganoff Egg Noodles Peas Fruit Brownie	<b>9</b> Chicken Patty on Whole Wheat Bun Veggie Soup Fresh Fruit	<b>10</b> Chicken & Dumplings Mashed Potatoes W/Gravy Italian Brussel Sprouts, Fruit	<b>11</b> Corndog French Fries Coleslaw Baked Beans Fruit	<b>12</b> ← FREE LUNCH FRIDAY, THANKS TO RCSC SHIP PROGRAM!
<b>13</b> Harman Nutrition Site 304-227-4664	<b>14</b> Baked Rigatoni W/Burger & Cheese Whole Wheat Bread Side Salad Fruit	<b>15</b> Cornbread & Beans Crispy Cube Potatoes Greens Fruit	<b>16</b> Pork Chops Mashed Potatoes W/Gravy, Green Beans, Whole Wheat Roll, Cinnamon Baked Apple	<b>17</b> Taco Salad W/Chili, Chips & Cheese Salsa Fruit Yogurt	<b>18</b> Tortellini Sausage Soup Toasted Cheese Sandwich Fruit	<b>19</b> ← FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!
<b>20</b> Refreshing Delicious Milk is Served With Every Meal!	<b>21</b> COOKS CHOICE See at Left and Below for Lunch at Your Nutrition Site	<b>22</b> Chili Soup Cornbread Coleslaw Fresh Fruit	<b>23</b> Ham AuGratin Potatoes Broccoli Casserole Apple Crisp	<b>24</b> ALL SITES CLOSED	<b>25</b> ALL SITES CLOSED	<b>26</b> COOKS CHOICE 12/21/20 ELKINS Kielbasa, Sauerkraut Mashed Poatoes W/Gravy, Carrots Fruit, Cake
<b>27</b> Lunch Served 11:45 a.m. to 12:45 p.m.	<b>28</b> Chicken Stir Fry Over Rice W/Stir Fry Veggies Whole Wheat Roll Fruit	<b>29</b> Beef Stew Cornbread Fresh Fruit	<b>30</b> Club Sandwich (Ham, Turkey & Bacon) on Texas Toast Baked Beans Coleslaw Fruit	<b>31</b> Lemon Pepper Fish Roasted Red Potatoes Coleslaw Whole Wheat Bread Fresh Fruit	<b>COOKS CHOICE 12/21/20 HARMAN Sloppy Joes, Chessey Potato Casserole Corn Fruit</b>	<b>COOKS CHOICE 12/21/20 MILL CREEK Scrambled Eggs Biscuits &amp; Gravy Tomato Juice Home Fries, Fruit</b>

MERRY  
**Christmas**



## THANK YOU FOR SUPPORTING WREATHS ACROSS AMERICA!

The Civil Air Patrol Squadron O33 Elkins sends their thanks to you for your support of Wreaths Across America! Thanks to you, their drive has been successful. They will be placing more than 53 wreaths at Little Arlington Cemetery on December 19.

We would like to extend our deepest gratitude to the Civil Air Patrol for honoring our veterans each year with Wreaths Across America. I hope we can all support this worthy remembrance each and every year to show Veterans and their families that we will never forget their sacrifices.



# Dates to Celebrate



December 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Giving Tuesday	2 	3 Be a Blessing Day	4 National Cookie Day	5 
6 National Miner's Day	7 Pearl Harbor Day	8 	9 National Pastry Day	10 	11 	12 National Cocoa Day
13 	14 	15 National Firefighters' Day	16 	17 National Maple Syrup Day	18 	19 Look for an Evergreen Day
20 National Caroling Day	21 National Hamburger Day	22 	23 	24 Christmas Eve	25 Christmas Day	26 National Candy Cane Day
27 Visit the Zoo Day	28 National Quilters' Day	29 Full Moon	30 	31 New Year's Eve		

# Lavender Fields Assisted Living

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## AREA VETERANS SERVICES STILL PROVIDING SERVICE

As you can see below, the Huntington Regional Office of the VA is still serving seniors during the COVID pandemic. Though their offices are closed, Public Outreach Specialist Corey Clark reached out to us to assure everyone that they can still help Veterans over the phone. They can help with things like signing up or filing for an increase of compensation or benefits, adding or removing dependents, provide letters of income verification or benefit summary letters, request copies of DD214 or other documentation, provide an explanation of a letter received from the VA, etc. Also, if there is something that they would not be able to assist with directly, they would ensure that they get you in contact with someone who can help.

As a reminder, local Veteran Service Officer (VSO) Michelle Teter and Assistant VSO Pam Rosencrance are available to help with many of the same issues from their office on Airport Road near Elkins. They are operating by appointment only, and you may call them at 637-0235 if you would like to schedule.

We are very fortunate to have a network of good people looking out for our Veterans during this difficult time. Please don't hesitate to reach out to them if you have a question or a need. We thank them for their service to our Veterans, and our Veterans for their service to our country!



**Huntington Regional Office  
Department of Veterans Affairs  
640 4th Avenue  
Huntington, WV**

## Notice to Veterans:

The Huntington Regional Office will begin scheduling virtual appointments with a Public Contact Team Member  
**Starting October 26, 2020**

You may schedule an appointment by going to:

**<https://v2.waitwhile.com/book/varohuntington>**

Or by calling:

**304-399-9205**

**Due to the COVID-19 pandemic, the office continues to be closed to the public.**

**Proudly Serving Our Nations Veterans**

### The Committee on Aging for Randolph County, Inc.

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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, 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.



## How To More Safely Celebrate The Holidays This Year

**You can still have meaningful celebrations this year, even if you modify your usual plans. During Thanksgiving, Christmas, Hanukkah or Kwanzaa, honor precaution over tradition to keep your loved ones safe, especially if some of your usual guests are older or have underlying health conditions.**



### How to safely host a holiday gathering

Keep celebrations small. Limit your guest list to people in your household and your COVID bubble.

If you want to invite other people, see if everyone will agree to self-quarantine at home for 14 days beforehand, to limit the spread of COVID-19. For a quarantine to be most effective, guests should be able to drive to your home without stopping for meals or bathroom breaks. (Flying would negate a quarantine.)

Anyone who is sick, has been in close contact with someone who has tested positive for COVID-19 or is awaiting the results of a COVID-19 test should stay home.

**Traditional holiday celebrations – with everyone kissing hello, enjoying appetizers from shared plates and crowding around the TV to watch the game before a buffet dinner – may encourage the spread of the novel coronavirus (COVID-19).**

Inviting guests from other households to an indoor meal is a higher-risk activity. To lower the risk of spreading COVID-19 at a gathering with people from different households:

- keep the guest list short
- skip hugs, kisses and handshakes
- have everyone wear masks when they aren't eating
- keep people from separate households 6 feet apart
- keep your windows open to increase air circulation
- have everyone wash hands often
- put paper towels near your sinks, so people don't dry their hands on a shared towel
- stagger seating to keep separate households 6 feet apart during dinner
- appoint one person to place food on everyone's plate, so people don't touch shared utensils
- consider using disposable plates, flatware, napkins and tablecloths
- consider an alcohol-free event, since drinking lowers inhibitions

### How to safely attend a holiday gathering

If possible, visit a family within your COVID bubble, or self-quarantine for 14 days before mingling with another household.

If you're attending an indoor holiday gathering in a home that's outside of your bubble:

- avoid greeting anyone with physical contact (hugs, kisses, etc.)
- wear a mask, except when you're eating
- wash your hands often
- stay 6 feet apart from people in other households at all times, even at mealtime
- don't drink alcohol, so that you'll have the right mindset to make safe decisions about COVID-19

### How to enjoy the holidays together when you can't be together

Deciding to stay home to slow the spread of COVID-19 doesn't mean that you can't see your loved ones; schedule a video call for the holiday.

Try these ideas to make it festive:

- have everyone place their laptops on the table, so that you can talk while eating a holiday meal
- share recipes ahead of time, so everyone can eat the same food in different places
- honor your usual traditions if you can, like having each person say what they're thankful for
- connect your laptop to the TV and dine on the couch to get a larger view of everyone

*Count On*  
**MASKS to bring back NORMAL!**



*Looking forward to Seeing Everyone Again, Post COVID!*

**RANDOLPH COUNTY SENIOR CENTER**  
Sponsored by Davis Medical Center





## Managing the Seemingly Inevitable Holiday Season Stress

Welcome to the holiday season—that whirlwind of gift-giving holidays, marketing blitzes, holiday parties, and activities galore that begins right after Halloween, builds to Thanksgiving and continues gaining momentum through the end of the year.

### Doing Too Much

All things in moderation, as the saying goes. The problem with the holiday season is that we often experience too much of a good thing. While stress itself is necessary for our survival and zest for life (researchers call this positive type of stress "eustress"), too much stress has a negative impact on our health, both mental and physical. Too many activities, even if they are fun activities, can culminate in too much holiday stress and leave us feeling frazzled, rather than fulfilled.

### Eating, Drinking, and Spending Too Much

An overabundance of parties and gift-giving occasions lead many people to eat, drink and be merry—often to excess. The temptation to overindulge in spending, rich desserts or alcohol can cause many people the lasting stress of dealing with consequences (debt, weight gain, memories of

embarrassing behavior) that can linger long after the season is over.

Also, in these more difficult financial times, finding affordable gifts can be stressful in itself, and carrying holiday debt is a tradition that too many people unwittingly bring on themselves, and the stress that comes with it can last for months.

### Too Much Togetherness

The holidays are a time when extended families tend to gather. While this can be a wonderful thing, even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance between bonding and alone time. Many families also have roles that each member falls into that have more to do with who individuals used to be rather than who they are today, which can sometimes bring more dread than love to these gatherings.

### Not Enough Togetherness

This can be a tough time for many people, especially those who have lost partners or parents, as it reminds them of their loneliness. As the world seems to be gathering with family, those who rely more on friends for support can feel deserted and alone.

### Seasonal Affective Disorder (SAD)

An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by a type of depression known as seasonal affective disorder. It's a subtle but very real condition that can cast a pall over the whole season and be a source of stress and unhappiness during a time that people expect to feel just the opposite.

## Orange Glazed Cranberry Bread

### STREUSEL INGREDIENTS:

- 1/4 cup (31g) all-purpose flour (spoon & leveled)
- 2 Tablespoons (30g) granulated sugar
- 1/2 teaspoon ground cinnamon
- 3 Tablespoons (45g) unsalted butter, cold and cubed

### BREAD INGREDIENTS:

- 2 cups (250g) all-purpose flour (spoon & leveled)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg, at room temperature
- 1/2 cup (105g) packed light or dark brown sugar
- 1/2 cup (100g) granulated sugar
- 1 cup (240ml) buttermilk, at room temperature\*
- 1/3 cup (80ml) vegetable oil (or melted coconut oil)
- 1 teaspoon pure vanilla extract
- 2 teaspoons orange zest
- 1 cup (110g) cranberries, fresh or frozen (do not thaw)\*
- optional: 1/2 cup (65g) chopped pecans or chopped walnuts

### GLAZE INGREDIENTS:

- 1 cup (120g) confectioners' sugar
- 1–2 Tablespoons orange juice

### INSTRUCTIONS:

1. Preheat oven to 350°F (177°C). Spray a 9x5 inch loaf pan with nonstick spray.
2. Make the streusel first: Whisk the flour, sugar, and cinnamon together in a medium bowl. Cut in the cold butter with a pastry cutter, your hands, or two forks until mixture resembles pea-size crumbs. It's important to keep the streusel cold, so place in the refrigerator (covered or uncovered) until ready to use in step 4.
3. Make the bread: Whisk the flour, baking soda, and salt together in a large bowl. In a medium bowl, whisk the egg, brown sugar, and granulated sugar together until combined. Whisk in the buttermilk, oil, vanilla, and orange zest. Pour the wet ingredients into the dry ingredients, then whisk to completely combine. Avoid over-mixing. Fold in the cranberries and nuts (if using).
4. Pour the batter into prepared loaf pan. Top evenly streusel, pressing the streusel down gently into the top of the bread so it sticks.
5. Bake the bread for 45 minutes to 1 hour. Cover loosely with foil about halfway through to ensure even browning. Poke the center of the bread with a toothpick. If it comes out clean, the bread is done. Oven times will vary between ovens. My bread usually takes 1 hour. Cool bread completely in the pan set on a wire rack.
6. Make the glaze: In a small bowl, whisk the confectioners' sugar and orange juice together. Add more orange juice depending how thick you want the glaze. Drizzle over cooled bread.
7. Slice and serve. Cover and store leftover bread at room temperature for 1 day or in the refrigerator for up to 1 week



# Tooth Wisdom: Get Smart About Your Mouth

From our Friend Gina Sharps, MPH, RDH, CTTS

Many of you remember our dear friend Gina Sharps, Marshall University's Oral Health Coordinator from her visits with us. She has come for several years to talk to us about why oral health is important in older adults, common oral problems, how to properly brush and floss, proper denture care, and how to prepare for dental visits. She also helped several of you by providing free oral cancer screenings and handed out

free dental kits to all in attendance.

Like everything else, Miss Gina's visits have been interrupted by COVID. While we will miss her beautiful face and charming personality this year, she is still committed to ensuring you have what you need to take care of your oral health. So, she prepared the information below about how to perform your own self screening for oral cancer. Please take a few

minutes to read the information and do the screening at home. If you find anything suspicious, please seek assistance from your dentist immediately. As Miss Gina's tool mentions, the earlier the cancer is detected, the easier the treatment, and the greater the chance of a cure!

Miss Gina also left us with

several oral health goodie bags that we will be distributing to nutrition program participants sometime this month. What a nice surprise! We are so thankful for our partnership with Gina and the folks at Marshall University who share our commitment to keeping our elders healthy and happy!

## UPDATE FROM TAX AIDE VOLUNTEERS

Who could imagine how abruptly the Tax Aide program would end back in March? Certainly none of the volunteers who came to the Senior Center that day ready to continue assisting taxpayers with their returns. We are so sorry many of you could not be served and had to look elsewhere for tax preparation.

Much has happened since March. The AARP Foundation continues to issue guidance on how returns can be prepared, training for volunteers under these new conditions, and equipment needs. For Randolph County tax preparation will depend on the infection rate on almost a day by day basis. The Tax Aide volunteers are busy trying to prepare a model that will allow us to assist seniors as well as keeping the health and safety of volunteers and seniors at the forefront. While no definite method has been selected yet, plans are being made to continue the program beginning in February, assuming the COVID-19 rate allows. We will not be scheduling appointments until we have finalized our plan. Once a plan is in place, further details will be included in the next newsletter. Until then, the volunteers ask that everyone do their part by masking, stay home, and social distancing to get this pandemic behind us. Your actions and those actions of those around you will dictate if we can continue the program in February.

Thank you for your patience and understanding.

*YOUR AARP TAX AIDE VOLUNTEERS*

## Oral Cancer Self Exam

Early detection is key



Perform this 7-step oral cancer self-exam each month

2 MINUTES THAT COULD SAVE YOUR LIFE

TIP Use a bright light and a mirror

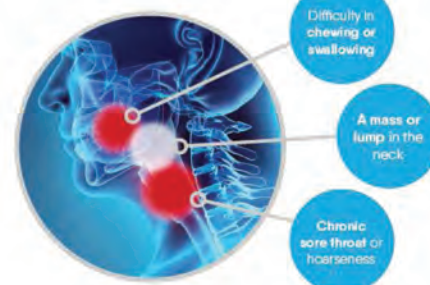
- |        |  |                           |  |
|--------|--|---------------------------|--|
| 1 Face | Look for swellings you have noticed before and inspect your skin.                                      | 5 Cheeks                  | Look for any red or white patches. Check for ulcers, lump and tenderness.                |
| 2 Neck | Run your fingers under your jaw and feel either side of your neck - are there any swellings?           | 6 Tongue                  | Look for swelling, ulcers or change in colour. Examine the underside of your tongue.     |
| 3 Lips | Pull your upper lip upwards and bottom lip downwards - look inside for any sores or changes in colour. | 7 Floor and roof of mouth | Tilt your head back and open your mouth. Look for changes in colour, ulcers or swelling. |
| 4 Gums | Examine your gums feeling around the gum for anything unusual.   |                           |  |

**80% - 90%**  
Survival rate when oral cancers are found at early stages of development

Regular self-exams increase the chance of identifying changes or new growths early

Be on alert for

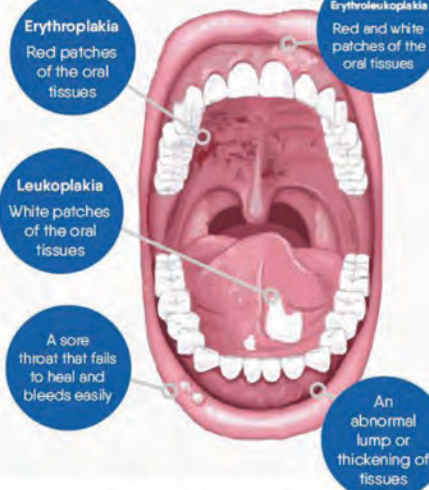
Don't ignore any suspicious lumps or sores. Should you discover something, make an appointment for prompt examination



Difficulty in chewing or swallowing

A mass or lump in the neck

Chronic sore throat or hoarseness



Erythroplakia  
Red patches of the oral tissues

Erythroleukoplakia  
Red and white patches of the oral tissues

Leukoplakia  
White patches of the oral tissues

A sore throat that fails to heal and bleeds easily

An abnormal lump or thickening of tissues

The earlier the cancer is detected, the easier the treatment, the greater the chance of a cure.

Have fun with us this Christmas Season  
**RCSC Ugly Sweater Contest**  
 December 18!



December has always been an especially fun time here at the Senior Center, and we absolutely refuse to allow COVID to take that away completely! We have put on our thinking caps to come up with new ways to celebrate with you, in a safe and socially distanced way, this holiday season.

For example, did you know that

December 18th is National Ugly Christmas Sweater Day? Isn't that fun? So on Free Lunch Friday, December 18, don your ugly Christmas sweater when coming to pick up your grab & go lunch at Harman, Mill Creek, and Elkins. We will have elves out and about in the drive through line to take pictures of your creative ugly Christmas sweaters.

We'll post the pictures on Facebook and let the community join in the fun by voting on their favorite. Winners will receive a nifty holiday surprise.

So channel your inner Santa, Frosty, or Buddy the Elf and show us your Christmas spirit in the ugliest way possible on December 18th. Can't wait to see all your sweaters and happy faces!!

### HOW CAN I GET HELP?

There are four programs to assist you with out-of-pocket costs that Medicare does not pay. The programs may pay your monthly Medicare premium and deductibles and coinsurances. You may also be eligible for help with your prescription drug costs.

Part A - Medicare Hospital Insurance  
 Part B - Medicare Medical Insurance  
 Premium - The amount you pay for your Medical Insurance. The premium is generally deducted from your monthly Social Security check.  
 Deductible - The amount you pay (\$1,408 for Part A and \$198 for Part B in 2020) before Medicare pays for services.

Coinsurance - The percent of the Medicare-approved amount that you have to pay after you pay the Part A or Part B deductible (coinsurance is usually 20% for Part B).

Part D - Prescription Coverage

### PROGRAMS TO MONTHLY PAYS HELP YOU INCOME LIMITS

<b>PROGRAM 1*</b> (ALSO KNOWN AS QMB)  <i>*(INCOME AMOUNTS FOR PROGRAMS 1, 2, 3, and 4 DO NOT INCLUDE A \$20 DISREGARD.)</i>	\$1,063 individual \$1,437 couple	Part A Deductible of \$1,408 Part A Coinsurance Part B Deductible of \$198 Part B Coinsurance Part B Monthly Premium
<b>PROGRAM 2*</b> (ALSO KNOWN AS SLMB)	\$1,276 individual \$1,724 couple	Part B Monthly Premium
<b>PROGRAM 3*</b> (ALSO KNOWN AS QL-1)	\$1,435 individual \$1,939 couple	Part B Monthly Premium
<b>PROGRAM 4*</b> (ALSO KNOWN AS PART D EXTRA HELP)	\$1,595 individual \$2,155 couple	Up to \$6,350 per year on your Part D prescriptions

For Programs 1, 2, and 3, your assets cannot be more than \$7,860 for an individual or \$11,800 for a couple. For Program 4, your assets cannot be more than \$14,610 for an individual or \$29,160 for a couple. Assets may include: Cash · Bank Accounts (such as savings and checking) · Stocks, Bonds, Annuities & CDs · Trusts · Some Life Insurance Policies · Real & Personal Property (other than home & automobile).



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For more information, call the Medicare Helpline toll-free at 1-877-987-4463.



## CALLING ALL BOOK LOVERS . . .

*"I do believe something very magical can happen when you read a good book."*

– JK Rowling

If you love reading and making new friends, join us for Book Club when we are all back together! Until next time, check out the reviews for what our readers enjoyed lately!

### ***The Great Alone* by Kristin Hannah**

In this novel the Allbright family moves to Kaneq Alaska, a small community on the edge of the Alaskan wilderness. The father, Ernt, a Vietnam Vet, suffers from PTSD and other mental issues. He hopes to live a self-sufficient life off the grid, with his wife and thirteen-year-old daughter. This is both a story of the challenges of the Alaskan wilderness, but also a story of the tangled relationships in an abusive family. Some reviewers were very critical of the book, it's characters and the portrayal of the PTSD problems. Other reviewers were highly supportive of the book and the writing style. Two other well-known novels by Kristin Hannah include *The Nightingale* and *The Winter Garden*. I found myself fully engaged in the story, but wishing the book had been shortened a bit.

Thumbs up.

### ***Walk the Wire (Amos Decker #6)* by David Baldacci**

Amos Decker and his FBI colleague Alex Jamison are called to London, North Dakota to investigate the mysterious murder of Irene Cramer. The two FBI agents are not sure why they have been sent to this booming fracking town, and they are mystified about the importance of the victim. Irene ends up being the first of many murders. There are two story lines to be followed. One involves a government facility harboring both present day secrets and chemical weapons produced years ago. The second story line involves a number of murders, including the suicide/murder of two of the town's principle businessmen. Joining Amos and Alex, on what proves to be a highly dangerous mission, are assassins, Will Robie and Jessica Reel. Blue Man, a highly placed government official, is also present and will tie up the loose ends with the dangerous government facility. This is an action-packed, fast-paced, but highly engaging story. Thumbs up.

### ***Friends, Lovers, Chocolate (Isabel Dalhousie #2)* by Alexander McCall Smith**

The most engaging thing for me about this book was the setting-Edinburgh, Scotland, a city which I've visited. I loved wandering the streets with the main character, Isabel Dalhousie, a philosopher and editor of the *Review of Applied Ethics*.

What I did not like were the endless philosophical musings of Isobel. Most of the action in this novel takes place inside of people's heads. To be fair, many people enjoyed the book, the ethical questions presented and they found humor in the philosophical musings.

Isabel offers to help run her niece, Cat's, delicatessen while Cat goes to a wedding in Italy. At the deli, Isabel meets a man who recently had a heart transplant. He is having visions that are deeply disturbing him, and Isabel seeks to solve the mystery surrounding these visions.

Other characters in the novel include Grace, Isabel's housekeeper, who seeks to keep her employer grounded. Jamie is a friend, fifteen years younger, of whom Isabel is very fond. Much to her dismay he is still in love with Cat, and hangs onto a shred of hope that Cat will return those feelings. Late in the book, Isabel is ready to travel the country side with a charming, though mysterious Italian.

I would not give this book a thumbs up, but realize lovers of Alexander McCall's books probably would give it one and possibly two thumbs up. I'd encourage you to read the book and see what you decide.

*Bill of Rights Day*  
December 15



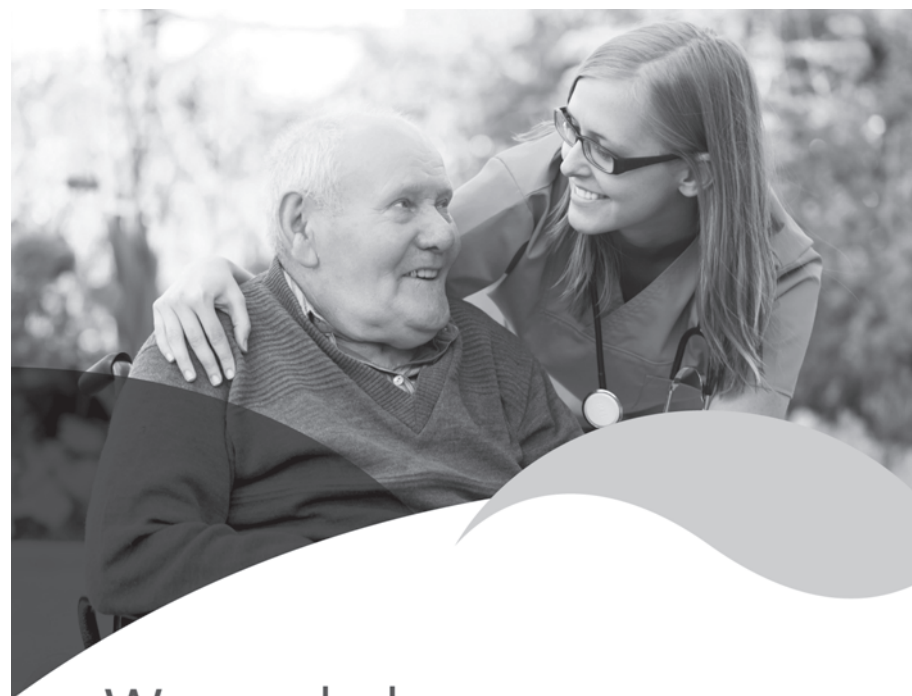

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## Medicare Open Enrollment October 15 - December 7

It's time to compare plans and make sure you have the right health and prescription drug coverage. Stay with your current plan if you're happy with it or look for a new plan with better coverage, higher quality and lower costs.

Call the Randolph County Senior Center at 304-636-4747 and schedule an appointment with a SHIP (State Health Insurance Assistance Program) counselor to review your options and compare plans. Appointment times fill up quickly during Open Enrollment.

*RCSC SHIP Offices Serve Randolph, Upshur, Barbour, Tucker and Preston Counties.*



## THIS WAS THE YEAR . . . 1962

### COST OF LIVING

- New House - \$12,550
- Average Income - \$4,291
- New Car - \$2,924
- Average Rent - \$110 per month
- Gasoline - 27¢ per gallon
- Harvard Tuition - \$1,520 per year
- Movie Ticket - \$1.00
- Postage Stamp - 4¢

### COST OF FOOD

- Granulated Sugar - 89¢ for 10 lbs.
- Ground Coffee - 85¢ per pound
- Bacon - 69¢ per pound
- Eggs - 32¢ per dozen
- Ground Beef - 40¢ per pound
- Fresh Bread - 21¢ per loaf

### NATIONAL NEWS

- The U.S. Navy SEALs were established.
- The first K-Mart opened in Garden City, MI.
- The first Wal-Mart was opened by Sam Walton in Bentonville, AR.
- John Glenn, Jr. became the first American to orbit the Earth on Friendship 7.
- The oral polio vaccine was given to millions of children.
- The first Taco Bell opened in Downey, CA.
- Johnny Carson began as host for The Tonight Show.
- The first computer video game, Spacewar!, was invented by Steve Russell.
- Audio cassettes were invented.

### POPULAR MOVIES

- Lawrence of Arabia (Academy Award® winner)
- To Kill a Mockingbird
- Dr. No
- Lolita
- Cape Fear
- The Music Man
- Spartacus

### POPULAR TV SHOWS

- The Beverly Hillbillies
- Candid Camera
- Bonanza
- The Andy Griffith Show
- The Dick Van Dyke Show
- Gunsmoke

### POPULAR SONGS

- Big Girls Don't Cry (The Four Seasons)
- Duke of Earl (Gene Chandler)
- Johnny Angel (Shelley Fabares)
- The Loco-Motion (Little Eva)
- Mashed Potato Time (Dee Dee Sharp)
- Good Luck Charm (Elvis Presley)
- He's a Rebel (The Crystals)

### BORN THIS YEAR

- Jim Carrey
- Matthew Broderick
- Demi Moore
- Jodie Foster
- Garth Brooks
- Joan Cusack
- Sheryl Crow
- Evander Holyfield



*A 20 Bed Facility in Elkins, WV*

## Valentine's

### Personal Care Home

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## Medicare Supplements

# THANK YOU SUE CHENOWETH AND NANCY MESSER!

As you know, we have been sprucing up a little around here while we cannot be open for Congregate Activities. And we have another exciting project to share with you this month.

Our good friends Sue Chenoweth and Nancy Messer were kind enough to donate their time to paint wall hangings with our beautiful Senior Center and

Country Roads Transit Logos! We are amazed by both the talent and the kindness of these two lovely ladies! (I am sorry we missed getting pictures of them with their finished project!)

We can't wait for you to see their generous gift to us in person, but until then, we thought you may enjoy a sneak peek. Thank you so very much Sue and Nancy!



## EASY PEPPERMINT BARK

### INGREDIENTS:

- 12 ounces semisweet chocolate chips or chopped semi sweet chocolate
- 16 ounces white chocolate chips or chopped white chocolate
- 1/2 teaspoon peppermint extract
- 3/4 cup crushed candy canes

### INSTRUCTIONS:

1. Place the semisweet chocolate chips in a medium bowl and microwave for 30 second increments until melted. Stir until smooth.
2. Spread the chocolate into a roughly 9" x 13" rectangle on a piece of parchment paper. Place the chocolate in the fridge for 15 minutes to set.
3. Place the white chocolate chips in a medium bowl and microwave for 30 second increments until melted. Add the peppermint extract and stir until smooth.
4. Spread the white chocolate over the semisweet chocolate layer. Top with candy canes. Let harden in the fridge for about 20 minutes, then break into pieces and serve.





## Welcome to Country Roads Transit (CRT)

### Country Roads Transit Appreciates Our Drivers!

Country Roads Transit would like to thank all of our drivers and dispatcher for your dedication, hardwork and excellent service you provide to all of our riders everyday!

Robert Arbogast  
Rick Cutright  
Patricia Bennett  
Douglas Copeman  
Howard Beard  
John Haney  
Terry Brown  
Jerry Holt

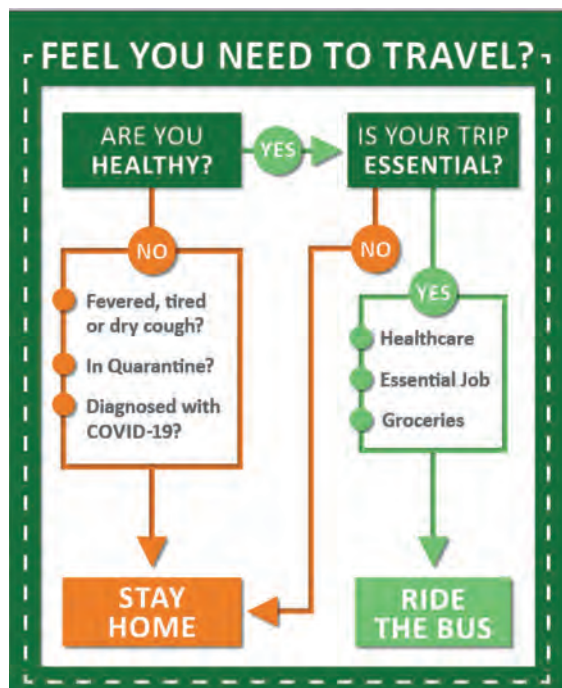
Peggy Lower  
Thomas New  
Donna Phares  
Lori Suttle  
Robert Teter,  
Dispatcher  
David Watson  
Carl Wilfong

### Country Roads Transit Service resumes normal operations

Country Roads Transit resumed normal operations on June 1st, 2020. Both Elkins and Buckhannon Route/Loops vans are running on normal operating schedules. Hop on anywhere on the routes/loops for \$1.25.

We continue to provide Demand Response Service starting at \$2.50. Fares increase to \$3.75 or more at 15 miles outside of city limits. Anyone who would like to use this service needs to call us 24 hours in advance at 304-636-6472 to schedule an appointment.

**Country Roads is hiring!**



Country Roads Transit is seeking applicants for two part-time positions of Van Driver. Both positions provide service to both Randolph and Upshur Counties. Applicants must pass required physical, be subject to random drug and alcohol test and a criminal background check. A good driving record and class D license is required. Special training will be provided by Country Roads Transit. Mail resume or apply at the Randolph County Senior Center, 5th Street & Railroad Avenue, Elkins, WV or email resume to [tthompson@rcscwv.org](mailto:tthompson@rcscwv.org). Applications and resumes accepted as soon as possible. Equal Opportunity Employer.

### COUNTRY ROADS TRANSIT PRECAUTIONS

#### -----COVID-19-----

Safety is our number one priority for all riders and employees. Masks are now required to ride Country Roads Transit. Before riding with Country Roads Transit, ask yourself the following questions:

### Country Roads Transit Precautions on the van:

1. Vans are equipped with "cough curtains" van drivers can pull when passengers are boarding the van.
2. Vans are being fumigated/sanitized on a weekly basis.
3. Drivers are equipped with masks, gloves, and sanitizer.
4. There are designated seats for social distancing on the vans that sits passengers at least six feet behind the driver.



### Harman and Mill Creek Trips for the Month of November

December 7th: Harman, Job, Whitmer & Bowden  
December 21st: Harman, Job, Whitmer & Bowden

December 10th: Mill Creek  
December 18th: Mill Creek



### General Overview

- 111 Bed Facility
- 24-Hour Skilled Nursing Care
- Short- & Long-Term Care
- Private & Semi-Private Accommodations
- Private Pay & Private Insurance Accepted
- Medicare & Medicaid Certified
- VA Patients Accepted

### 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"*

- 20 Bed Unit
- Memory Loss Patient Care
- Private & Semi-Private Accommodations
- Fully-Secured & Self-Contained Unit
- Private Living Room
- 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

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