



Randolph County Senior Center



DECEMBER 2022



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

Fun Facts About Reindeer

Reindeer are known around the world as the fictional sidekicks of Santa Claus, but in polar and mountainous regions, they are very much real and sometimes abundant. Also often called caribou, this species of deer can be found in the Arctic tundra as well as the boreal forest of northern Europe, Canada, and Alaska. Characterized by their long legs, antlers, and crescent-shaped hooves, they exist in two varieties: tundra reindeer, which migrate thousands of miles seasonally in groups of up to half a million, and forest reindeer, which remain in the wood lands year-around.

The reindeer family aren't called bucks, does, or fawns, instead, they share their terminology with cattle: a male is a bull, a female is a cow, and a baby is a calf.

Other fun facts:

- #1. Their hooves change with the seasons.
- #2. Females have antlers, too.
- #3. Their hair is hollow.
- #4. They can't fly, but they can swim.
- #5. Babies are spotless.



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

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Randolph Co. Senior Center News

New Members: John & Sheila Marshall, Jim & Wanda Brookins, Kim & Joseph Guilfoyle, Katherine Beahm, David & Christina Smith, Allen & Deborah Chenoweth, Sammy Long, Rhett & Cristin Dusenbury, Romie & Linda Bailey, David Boggs, Joseph Carr

Regular Donations: Jimmy E. Brookins, Teddie & Terry Warner, Larry & Evelyn Snyder, Guy & Avis Ryan, Gladys Lambert

Article Donations: Barbara Goff, Wilma Lambert, Becky Johnson, Susan Barb, Shirley Currence, Margaret Lindgren, Teddie & Terry Warner, Sharon Reckhart, Kathy Yachuw, Gary Ware

Sympathy to the families who have lost loved ones: Ron Corder

Sympathy to the families of: Dorothy Evelyn Price Moore, Ray Columbus Bennett, Roberta Sue Karickhoff Core, Michael Edward Bowers, John H. Wyatt, Arby Raymond Hamrick, Floyd Lee Riggelman, Ava Louise Riffle Shrou, Truman Canfield, Robert "Bob" Arthur Cain, Sr., Hazel Margaret Enlow Hankey, William R. "Bill" Jones, Exie Lou Singleton Irons, Jo Ann Conway, George A. "Chick" Rao, Lowell Thomas "Tom" Williams, Robert Lee "Bobby" Hornbeck, Joseph Algernon Wallace, Bonnie Jean Allen

Personal Service For Your Insurance Needs

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richard.nuzum@mutualofomaha.com



Mutual of Omaha

AFN32455

Thank You for Coming To the Silent Auction

Thank you for coming to the silent auction we had on November 17, 2022 and November 18, 2022. It was a great success!!! We made \$431.00. Keep watching your newsletter for the next one!



SOMETHING NEW!!!
**COME AND PLAY CARD BINGO
WITH SUSAN ELLISON**

AS THE INSTRUCTOR
THE FIRST AND THIRD MONDAY
OF EVERY MONTH
AT 10:00 A.M.
NO COST TO PLAY
COME JOIN THE FUN!!!



FIND SANTA'S REINDEER!

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

Reindeer Dasher Dancer Prancer Vixen
 Comet Cupid Donner Blitzen Rudolph



ANGELS WE HAVE HEARD ON HIGH

Angels we have heard on high,
Singing sweetly through the
night,

And the mountains in reply
Echoing their brave delight.
Gloria in excelsis Deo.
Gloria in excelsis Deo.

Shepherds, why this jubilee?
Why these songs of happy
cheer?

What great brightness did you
see?

What glad tiding did you hear?
Gloria in excelsis Deo.
Gloria in excelsis Deo.

Come to Bethlehem and see
Him whose birth the angels
sing;

Come, adore on bended knee
Christ, the Lord, the new-born
King.

Gloria in excelsis Deo.
Gloria in excelsis Deo.

See him in a manger laid
Whom the angels praise
above;

Mary, Joseph, lend your aid,
While we raise our hearts in
love.

Gloria in excelsis Deo.
Gloria in excelsis Deo.



**COME AND JOIN USE
AT LUNCH TIME FOR A
SPECIAL TREAT
ON THESE NATIONAL
HOLIDAYS
IN DECEMBER**

DECEMBER 5, 2022:
FOR COOKIE DAY

DECEMBER 28, 2022: FOR
CHOCOLATE CANDY DAY

**PAINT YOUR HEART OUT
WITH KELLI
(KELLI EMFINGER)**

COME AND JOIN US ON
TUESDAY JANUARY 24, 2023
AT 1:00 P.M.

TO PAINT A LARGE HOLIDAY DOOR
HANGER OF YOUR CHOICE
THE COST WILL BE \$40.00
PLEASE CALL AHEAD AND LET
DONNA KNOW IF YOU WISH TO DO
THIS LOVELY HOLIDAY/GIFT PROJECT
AT 304-636-4747

**TO ALL BOOK WORMS
SENIOR CENTER BOOK
CLUB**

IS COMING TOGETHER AGAIN
THE NEXT MEETING
WILL BE
TUESDAY DEC. 13, 2022
AT 1:00 P.M.
*THE NEXT MEETING
WILL BE ANNOUNCED!!*



DECEMBER SENIOR CENTER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elkins Nutrition Site 304-636-3119	<i>TO BE ELIGIBLE FOR FREE LUNCH FRIDAY, YOU MUST BE 60+ AND HAVE AN UP-TO-DATE SAEF FORM</i>	<i>FOR SENIORS 60+ A DONATION OF \$3.00 IS SUGGESTED. UNDER 60 LUNCH IS \$5.25.</i>	Refreshing Delicious Milk is Served With Every Meal!	1 Cornbread & Beans w/Ham Crispy Cube Potatoes Greens Apple	2 Cheeseburger Coleslaw Baked Beans Fresh Fruit	3 ← FREE LUNCH FRIDAY, THANKS TO CITIZENS BANK OF WV!
4 Mill Creek Nutrition Site 304-335-6481	5 Chicken Strips Cheesy Broccoli Soup Baked Potato Whole Wheat Bread Fruit	6 Beef Stew Cornbread Coleslaw Fruit	7 Chicken Fajita w/Grilled Peppers & Onions Spanish Rice Cowboy Caviar Fruit	8 Spaghetti w/ Meatballs or Meat Sauce Side Salad Whole Wheat Bread Fruit	9 Sausage Gravy & Biscuit Scrambled Eggs Tomato Juice Hash Rounds Fresh Fruit	10 ← FREE LUNCH FRIDAY, THANKS TO RCSC SHIP!
11 Harman Nutrition Site 304-227-4664	12 Steak Hoagie w/ Grilled Peppers & Onions Baby Baked Potatoes 3 Bean Salad Fresh Fruit	13 Oven Fried Chicken Mashed Potatoes w/ Gravy Carrots Whole Wheat Bread Fruit	14 Lasagna Side Salad Garlic Bread Fruit	15 Ham AuGratin Potatoes Broccoli Whole Wheat Roll Apple Crisp	16 Chili Soup Cornbread Coleslaw Fruit	17 ← FREE LUNCH FRIDAY, THANKS TO MOUNTAIN HOSPICE!
18 Lunch Served 11:45 a.m. to 12:45 p.m.	19 Chili Dog Potato Salad Brussel Sprouts Fruit	20 Brown Beans & Cornbread Oven Roasted Potatoes Greens Fresh Fruit	21 Open Faced Roast Beef, Mash Potatoes w/Gravy Green Bean Casserole Cranberry Jello Salad Cake	22 Fish Sandwich Cup of Tomato Soup Peas & Carrots Fruit	23 ALL SITES CLOSED MERRY CHRISTMAS	24 ← FREE LUNCH FRIDAY, THURSDAY THANKS TO DAVIS MEDICAL CENTER!
25 	26 ALL SITES CLOSED MERRY CHRISTMAS	27 Pot Roast Mashed Potatoes w/Gravy Brown Sugar Glazed Carrots Fresh Fruit	28 Beef Minestrone Soup Side Salad Garlic Bread Fruit	29 Pork Chop Black Eyed Peas Greens Cornbread Fruit	30 Crab Cakes Baby Baked Potatoes Carrots Whole Wheat Bread Fruit Jello	31 FREE LUNCH FRIDAY, THANKS TO JODIE PARRACK STATE FARM!



Lavender Fields Assisted Living

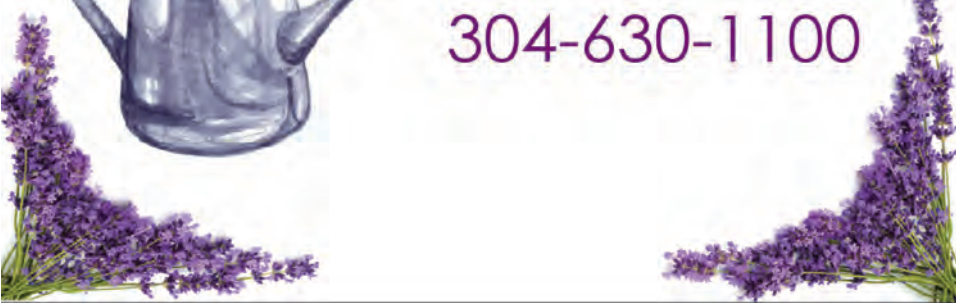
Private 10 Bed Home
in Historic Beverly, WV

Accepting New Residents

"Make Everyday Worth Living"

New Owner
Judi J. Rose

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December 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Eat a Red Apple Day	2 National Fritters Day	3 National Roof Over Your Head Day
4 Santa's List Day	5 Repeal Day	6 Mitten Tree Day	7 Letter Writing Day	8 National Brownie Day	9 National Pastry Day	10 Human Rights Day
11 International Children's Day	12 Poinsettia Day	13 Ice Cream Day	14 Roasted Chestnuts Day	15 National Lemon Cupcake Day	16 National Chocolate Covered Anything Day	17 National Maple Syrup Day
18 Bake Cookies Day	19 Look for an Evergreen Day	20 Go Caroling Day	21 Crossword Puzzle Day	22 National Date Nut Bread Day	23 Roots Day	24 National Eggnog Day
25 Christmas Day	26 National Candy Cane Day	27 National Fruitcake Day	28 Card Playing Day	29 Pepper Pot Day	30 Bacon Day	31 New Year's Eve

Monthly Observances

- Bingo Month
- National Fruit Cake Month
- Safe Toys and Gifts Month
- World Food Service Safety Month
- Write a Friend Month



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Investment and Insurance Products:
• Are Not Insured by the FDIC or any other federal government agency
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• May Lose Value

~ Toys for Toys Campaign ~

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 2, we will enter your name in a drawing for a nifty door prize. Win-Win!!



~ Mini Cheesecake Recipe ~

Makes 24 cheesecakes

INGREDIENTS:

2-8 oz. pack cream cheese
1 box vanilla wafers
½'bd cup sugar
1 tsp. vanilla
2 eggs
24 mini-2-inch foil cupcake holders
1 can cherry pie filling (or flavor of choice)

DIRECTIONS:

Place foil holders in muffin pans. Place one wafer in bottom of each foil holder. Mix all ingredients and fill cupcake holders ¾'be full. Bake for 25 minutes at 325 degrees.

Cool, place a spoonful of topping on each cake. Keep refrigerated.

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.

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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.

We will come to your home.

Reasons for a home visit:

- Inability to leave the home due to medical reasons and/or transportation.
- Need a primary care provider
- Transportation issues and/or lack of
- Homebound, physically difficult to get to the hospital/ provider clinic
- Homeless

Services include:

- Blood draws
- Wound checks
- Vitals
- Specialist referrals if needed
- Med refills
- Vaccines & injections
- Infusions



Melissa Kisner, FNP

Call 304.637.3894

for more information

WELCOME

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Chronic obstructive lung disease diagnosis and management

Lung cancer screening and stage

Bronchoscopies with biopsy and bronchial washing

Diagnosis and treatment of interstitial lung disease and fibrosis

Treatment of sleep disorders including obstructive sleep apnea, insomnia and hypersomnolence like narcolepsy

Diagnosis and treatment of pleural lung disease such as pleural effusion and pneumothorax

with use of percutaneous chest tube for minimal scarring

Percutaneous tracheostomies and chronic follow up of tracheostomy tube including downsizing and speaking valve

Accepting New Patients

304.637.3650



Six Essential Terms Every Alzheimer's and Dementia Caregiver Needs to Know

During National Family Caregivers and National Alzheimer's Disease Awareness Month in November, the Alzheimer's Association is highlighting six essential terms that are important for Alzheimer's and dementia caregivers to know. Currently, there are more than 72,000 caregivers in West Virginia providing care to more than 38,000+ living with Alzheimer's.



1. Person-centered care – Most often associated with professional caregivers in long-term care settings, person-centered care offers important guidance for family caregivers as well. It requires understanding the world from the perspective of the individual living with dementia. It encourages caregivers to take into account a person's interests, abilities, history and personality to inform interactions and care decisions.

2. Dementia-related behaviors – The term is used to describe wide-ranging behavioral symptoms associated with Alzheimer's and other dementia. While most people associate Alzheimer's and dementia with memory loss due to changes in the brain, there are several other challenging behaviors that can accompany an Alzheimer's or dementia diagnosis, including:

- Aggression and anger
- Anxiety and agitation
- Depression
- Sleep disturbances and sundowning
- Wandering
- Suspicions and delusions

Underlying medical conditions, environmental influences and some medications can impact these behaviors or make them worse. The Alzheimer's Association offers tips and strategies to help caregivers address these and other disease-related behaviors.

3. Caregiver Burnout – Caring for someone living with Alzheimer's or another dementia can be exhausting – mentally, physically and emotionally. In fact, according to the Alzheimer's Association 2022 Alzheimer's Disease Facts and Figures report, Alzheimer's caregivers report experiencing higher levels of stress than non-dementia caregivers, including:

- 59% of Alzheimer's caregivers report their emotional stress as high or very high (non-Alzheimer's caregivers – 41%)
- 35% report declining health because of caregiving (non-Alzheimer's caregivers – 19%)
- A recent national poll found 27% of caregivers for people with dementia delayed or did not do things they should for their own health.

The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

4. Respite Care – Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. It can be provided at home – by a friend, other family member, volunteer or paid service – or in a care setting, such as adult day care or long-term care community. Kallmyer said using respite services can support and strengthen family members' abilities to be a caregiver.

5. Care Consultations – A care consultation can help family members work through tough decisions, anticipate future challenges, develop an effective care plan. The Alzheimer's Association offers free care consultations through its 24/7 Helpline (800.272.3900). During these consultations, master-level clinicians work with families to discuss wide-ranging, disease-related issues, including disease progression, care and living options and referrals to local support services.

In addition, Medicare covers care planning for individuals with cognitive impairment. Many family caregivers overlook or are not aware of this valuable benefit, which reimburses health professionals to provide affected individuals and their caregivers with information about medical and non-medical treatments, clinical trials and support services available in the

community – all of which can contribute to a higher quality of life. The Alzheimer's Association encourages caregivers caring for someone covered by Medicare to ask their health provider about this important benefit.

6. Treatment Pipeline – Currently, there are more than 100 disease-modifying Alzheimer's treatments in clinical trials – researchers often refer to this as the treatment pipeline. Earlier this fall, positive topline results from phase 3 clinical trials for the treatment of early-stage Alzheimer's disease were announced. These are the most encouraging results in clinical trials treating the underlying cause of Alzheimer's to date.

While these new treatments will not provide a cure to Alzheimer's and other dementia, the Alzheimer's Association is hopeful these new treatments will address the underlying biology of the disease in new ways to help slow the progression of Alzheimer's disease. This could mean more time for individuals to actively participate in daily life, have sustained independence and hold on to memories longer. Alzheimer's Association recent statement on latest treatment..

Caregivers are encouraged to stay abreast of these and other potential treatments as they move forward. In addition, caregivers and individuals living with Alzheimer or another dementia can play an active role in helping advance potential new treatments by enrolling in a clinical trial.

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NICHE

NICHE Designated Hospital

Davis Medical Center

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www.davishealthsystem.org

"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 Café

12:30 Canasta, Hand & Foot Card Games

1:00 Native American Style Flute Class---NEW!!!!!!!

Games & Billiards All Day

Tuesday

10:00 Knitting Class (Call Ahead)

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

11:00 Exercise Class

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

12:30-2:15 Hammer Dulcimer Class

Games & Billiards All Day

Thursday

9:30 Coloring Session/ All other crafters Starting

(Starting January 12, 2023)

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 Café

Games & Billiards All Day

The Joy
of CHRISTMAS

CELEBRATE THE SEASON

Although 2022 has been a challenging
year for our world, HOPE & JOY live
within the spirit of Christmas.
God Bless!

PIONEER



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Call today to schedule a tour: 304.636.1391

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CALLING ALL BOOK LOVERS . . .

Still Waters (Sandhamn Murders #1) by Viveca Sten

Internationally known, best-selling Swedish author Viveca Sten has given us the first of ten Sandhamn mysteries. The books were popular enough to make a television series out of them, a series that has run for nine seasons thus far.

In Still Waters the body of a person missing for months washes ashore, tangled in fishing nets. Uncertain as to whether his death was the result of a fishing accident or a murder, an investigation was started. Months later his cousin is found dead, and the police believe the two deaths are related.

The setting for this series of novels is a vacation area of Sweden. Character development supersedes an action-driven plot. Two of the main characters are police detective, Thomas Andreasson and his childhood friend Nora Linde. She is a lawyer, working in the banking industry.

For a differently paced murder mystery, set in Sweden, filled with interesting characters and a surprise ending this reader would give this novel a thumbs up.

Closed Circles (Sandhamn Murders #2) by Viveca Sten

In this second book of the series, Oscar Juliander, the first vice chairman of the Royal Swedish Yacht Club and a successful bankruptcy lawyer, is killed on his yacht the "Emerald Gin" as the starting gun goes off for the important Round Gotland Race.

Main characters in this story continue to be Thomas Andreasson, police detective, and his childhood friend Nora Linde, a lawyer employed by the banking industry. As these two work to solve the mystery of Oscar's murder, they uncover the seedier side of Oscar's life—much womanizing and corrupt dealings. But, were these the reason for his murder?

Reviewers liked the book better than the television series based on these novels. This was a satisfying read with stronger emphasis on character development than the blood and gore of some mystery series. Thumbs up.

Layover by David Bell

Joshua Fields regularly travels by plane, working to complete commercial developer deals for his dad's company. In and out of the same airports and hotels week after week, his life suddenly changes during a layover in Atlanta when he is approached by a beautiful woman named Morgan.

The two appear to have an instant intense connection. However, Morgan bids Joshua good-bye with a smoldering kiss and the words, "You'll never see me again." However, Josh, on a news feed on the television, sees a picture of her labeled as a missing person. So begins his unrelenting search for and pursuit of her, against all odds, to find answers.

Reviews ranged from unusual and tense thriller to downright unbelievable. Our reader gave the book a thumbs up.

Charade by Sandra Brown

Sandra Brown fans gave this book enthusiastic, positive reviews. The audio version was not as highly rated.

Cat Delany, an actress, is given a second chance at life when she receives a heart transplant. She leaves Hollywood to move to San Antonio where, as a respected newscaster, she features stories of children with special needs. While in Texas she meets Alex Pierce, an ex-cop turned crime writer. Steamy romance and complicated mysteries carry the story forward. Cat becomes aware that one after another heart transplant recipients are dying—80% or being murdered. She feels as though she is being stalked and may be the next to die.

Our reader gave this Sandra Brown mystery two thumbs up.

Long Shadows (Amon Decker #7) by David Baldacci

Amos Decker aka Memory Man because of injuries from a short-lived NFL football career is facing major challenges in this latest Baldacci thriller. His own health is beginning to deteriorate and two of his previous partners have left him, one due to suicide and the other to changes in work assignments.

Called to Florida to investigate the murders of a federal judge and her bodyguard, Amos and his new partner Frederica "Freddie" White are soon surrounded by a multitude of questions. This new partner has a double black belt and has also, like Amos, lost a child.

Although the judge and bodyguard were both found murdered at the same place, it appears that two perpetrators may be involved. This is a fast-paced and tense thriller. It is another good addition to Baldacci's books. Two thumbs up.



A 20 Bed Facility in Elkins, WV

Valentine's Personal Care Home

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News from the RCSC SHIP Department

Medicare Costing You Too Much? Are You Eligible for Assistance?

Call your Local SHIP/SMP office at 304-636-4747 to see if you are eligible for assistance with your Medicare Costs.

What kind of assistance are we talking about? Well, there are different Medicare Savings Programs that can help you with your medical costs such as Part B premiums, coinsurance payments, deductibles and a program that can help with your prescription drug costs. Call to see if you meet the eligibility criteria.

Your SHIP counselor can look to see if you might be eligible for the Medicare Savings Programs, and SHIP can assist you with the application process if you would like.

What have you got to lose??? Nothing . . . Just a few minutes on the phone to see if eligible?

CALL: SHIP/SMP 304-636-4747



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PHONE

(304) 636-3557
(800) 258-4368

~ ~ Zeus's Good Boy News ~ ~

Happy Christmas! Merry Holidays! It is so easy to bring you good news this time of year – everyone is wagging their tails they are so happy.

I wanted to bark out a special thanks to some folks in our community that are doing great things this holiday season. For instance, to Michael Bonnett and River's Edge for agreeing to help out with good music at our Christmas dinner again this year! They have sang and played their way through many dinners with us over the years, and everyone enjoys them so much!



We also want to give a big thanks to Dee and Jeremy at Catholic Charities who organized the Silver Angel Tree again this year. They ask lots of folks who serve seniors for suggestions, and then gather up yummy food and a few gifts for needy seniors in our community. Everyone should have something special at Christmas, and these guys make sure that is true even for our seniors! Thanks for loving our seniors, Dee and Jeremy!

Oooh, oooh, you know who else is important at Christmas? Well, my Mom says everyone is important all the time when I get annoyed with my cat friend Riley and think he should stop taking up all her time and lap already. But really, I think it's Riley who needs the lecture – I mean I didn't swat him with claws. Just pushed him with my nose a little. It's not my fault he's wimpy . . . oh, sorry. I got both side tracked and out of the Christmas spirit. So, back to who else is important at Christmas – kids of course. So we wanted to say thanks to Chris Lee for organizing the Toys for Tots donations for Elkins. They make sure kids get a nifty toy for Christmas even if their family needs a little extra help! If you want to help, you can even bring a new toy to the Senior Center when you come for lunch anytime before December 15. That's when Chris and his crew will be gathering up all the donations so they can help Santa get them out before

Christmas. If you don't quite know what toy to buy, I would like to make a suggestion – BALLS! Basketballs, Footballs, Kickballs, Soccer Balls, bouncy balls . . . any balls, really. Yes, I know they are my favorite thing. No, that does NOT mean it's not a good suggestion!! Think balls, people!

I really hope you have a terrific holiday filled with the things you love most. Even though my Mom says it would be a bad idea, I would like to give each of you a big kiss and a sprinkling of Zeus sparkle. (Mom calls them licks and fur/shedding, but I like my words better!)

Next month, we start a new year!!!! I CAN'T WAIT to do that with you guys! Oooh, send me your New Year's resolutions and I will share them next month along with mine. Sound good? Great! Until then, keep those tails waggin'!


HomePlus

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

SERVING RANDOLPH, BARBOUR, TUCKER & UPSHUR COUNTIES

304.637.3630





Welcome to Country Roads Transit (CRT)



A RIDE FOR EVERYONE
304-636-6472 ~ 1-877-636-6472

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	

COUNTRY ROADS TRANSIT PRECAUTIONS -----COVID-19-----

Safety is our number one priority for all riders and employees. Masks are now recommended but not required to ride Country Roads Transit. Before riding with Country Roads Transit, ask yourself the following questions:



Country Roads Transit Is Looking for a sub bus driver. Stop in or call at 304-636-4747 Ext 109

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.

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 ¼ 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

Big news for the VA-UHC trip. Starting Oct 4, 2022, we will be going every Tuesday and Thursday every week. No more alternating days.

Country Roads Transit providing new service

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 2022

Tuesday 6th 2022	Thursday 8th 2022
Tuesday 13th 2022	Thursday 15th 2022
Tuesday 20th 2022	Thursday 22th 2022
Tuesday 27nd 2022	Thursday 29th 2022

Traveling to The Louis A. Johnson Medical Center

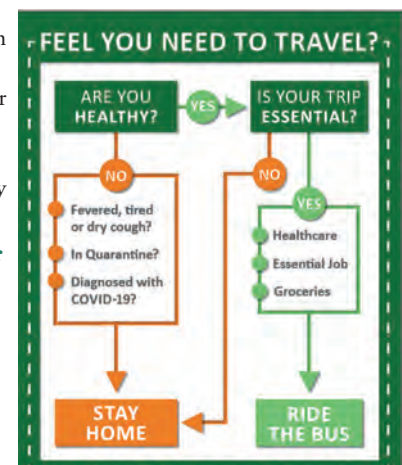
- 6:30am: Depart from the Randolph County Senior Center
- 7:45am: Arrive at first stop at Lowe's parking lot in Buckhannon
- 8:45am: Arrive at Louis A. Johnson Medical Center
- 9:15am: Arrive at United Hospital Center

Return trip

- 2:30pm: Pick up at the United Hospital Center for return trip
- 3:00pm: Pick up at the Louis A. Johnson Medical Center for return trip
- 4:00pm: Drop off at Buckhannon Lowe's
- 4:45pm: Destination Elkins at the Randolph County Senior Center

Harman and Mill Creek trips for the month of December 2022

- Wednesday 7th 2022: Harman, Job, Whitmer, Bowden
- Wednesday 21st 2022: Harman, Job, Whitmer, Bowden
- Wednesday 14th 2022: Mill Creek
- Wednesday 28th 2022: Mill Creek



The Area's Newest Senior Housing Development

Is Now Accepting Applications



Grace Davis Residences is now accepting applications for their Independent Living Senior Community. The property includes eleven beautiful independent residences, a community building, and the inclusion of different services and amenities.

Services/Amenities Include:

- ◆ Housekeeping Services
- ◆ In-Unit Laundry Service
- ◆ Meals
- ◆ Security & Safety Services
- ◆ Property Maintenance
- ◆ Care Coordination
- ◆ Transportation (to and from Davis Health System)

Call to Schedule a Private Tour

