

RANDOLPH COUNTY SENIOR CENTER JANUARY 2019 NEWSLETTER

5th St. & Railroad Ave. | P.O. Box 727, Elkins, WV | 304-636-4747

<https://www.randolphcountyseniorcenter.com/>

RANDOLPH COUNTY NEWSLETTER INFORMATION JANUARY 2019

GET WELL WISHES: Jim Ferguson and Janice Bennett.

REGULAR DONATIONS: Suzanne Knicely.

NEW MEMBERS: G. Norma Chambers, James Westfall, Claudene Cross, Jim and Janice Dugan.

ARTICLE DONATIONS: Kim Lemons, Ruby York and Jane Trimble.

MEMORIAL DONATIONS: Jane M. Lawson.

SYMPATHY TO THE FAMILIES WHO HAVE LOST LOVED ONES: Kenneth Elbon, Blanche McCartney, Alice Shiflett, Linda and Bob Vance, Harold and Susie Calain, Pam and Chip Rettzo, Tommy and Thelma Vance, Rex and Merry Lou Vance, Elaine and Gary Bradley, Linda and Jim Dudley and Mary Ruth Elza.

SYMPATHY TO THE FAMILIES OF: Charles Neil Stalnaker, Louise "Douise" Pearl Long, Margaret H. Meredith, Rev. Robert L Lowther, Lonis F. Shiflett, Janet Fay Calain Baldassano and Minnie Ellen Amos Johnson.



A RIDE FOR EVERYONE

304-636-6472

1-877-636-6472



Welcome to Country Roads Transit (CRT)

Hop on Country Roads Transit to get around town. Our public transportation service is open to everyone in Upshur and Randolph counties. And it's easy. You can meet us anywhere along our route—for just \$1.25 one-way. Or, if you need a special pick-up or drop-off, call us a day ahead and we'll come to you. Country Roads Transit runs Monday through Friday, 8 a.m. and 4 p.m. We make 7 loops throughout Elkins during the day—a loop every 60 minutes (times may vary depending on weather and traffic). All our transit vehicles are wheelchair lift equipped and accessible to individuals with disabilities. You can visit us and check schedules online or on your mobile phone at www.countryroadstransit.com.

January Van Schedule

January 7th: Harman, Job, Whitmer, Bowden

January 21st: Harman, Job, Whitmer, Bowden

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. Daily, Country Roads Transit transports Youth Build students from their homes to the classroom and 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 hour in advance. Call 304-636-6472 for more details.

There are four options:

Fare Zone 1 : \$2.50 : Anywhere within city limits or within $\frac{3}{4}$ 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

Getting to Know CRT: Fun Fact- The North and South Loop are two different bus routes. Switch buses at the Senior Center to travel between these two routes. There are 8 primary stops in both loops. If you are anywhere along the route and want a ride, just wave your hand and we will stop. All fares along the route are only \$1.25 for a one-way trip. Route Deviation and Demand Response services are available at an additional cost.

Getting to Know CRT: Elkins North and South Loop schedule and service information

Hop on Country Roads Transit to get around town. Our public transportation service is open to everyone in Upshur and Randolph Counties. And it's easy. You can meet us anywhere along our

route---for just \$1.25 one-way. Or, if you need a special pick up or drop off, call us a day ahead and we'll come to you (special rates apply, see our Route Deviation or Demand Response Services for details). Country Roads Transit runs Monday through Friday, 8 a.m. and 4p.m. We make 7 loops throughout Elkins during day---a loop every 60 minutes (times may vary depending on weather and traffic). All our transit vehicles are wheelchair lift equipped and accessible to individuals with disabilities.

We make it easy as 1,2, and 3 for you to get around Elkins. For our regular fare trips:

1. Meet us at any one of our stops 5 minutes before the time noted or simply wave for us to stop if you see us anywhere along our route.
2. Pay your fare when you hop on the bus (please have the exact fare ready). Secure your belongings and take a seat.
3. As we approach your destination, just ring the bell. Simple as that.

For more information about our services, call us at (304) 636-6472 or 1-877-636-6472 or visit us online at www.countryroadstransit.com.

Elkins North Loop Schedule

Time Points	Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7
(Senior Center) 5th & Railroad	8:15 AM	9:15 AM	10:15 AM	11:15 AM	12:45 PM	1:45 PM	2:45 PM
Railroad Ave. to Gateway	8:17	9:17	10:17	11:17	12:47	1:47	2:47
Mapleview Dr. to Bruce St.	8:22	9:22	10:22	11:22	12:52	1:52	2:52
Pike St. to Kennedy St..	8:26	9:26	10:26	11:26	12:56	1:56	2:56
Reed St. to Highland St.	8:29	9:29	10:29	11:29	12:59	1:59	2:59
Randolph Ave. to (DMV & DHHR)	8:32	9:32	10:32	11:32	1:02	2:02	3:02
Heavner Ave.To Heavner Acres Trailer Pk.	8:35	9:35	10:35	11:35	1:05	2:05	3:05
Heavner Ave. to Maryland Ave.	8:39	9:39	10:39	11:39	1:09	2:09	3:09
Pine St. to Grant St.	8:40	9:40	10:40	11:40	1:10	2:10	3:10
Forest Brook to Randolph Village Apts.	8:42	9:42	10:42	11:42	1:12	2:12	3:12
Lough ST. to WestView Dr.	8:45	9:45	10:45	11:45	1:15	2:15	3:15
Wilson Lane to Tygart Valley Apts.	8:46	9:46	10:46	11:46	1:16	2:16	3:16

Wilson Lane To Elkins Manor	8:48	9:48	10:48	11:48	1:18	2:18	3:18
Vernon to West Central St.	8:51	9:51	10:51	11:51	1:21	2:21	3:21
Andrews St. to South View Ave.	8:52	9:52	10:52	11:52	1:22	2:22	3:22
Harrison Ave. to Crystal Springs	8:55	9:55	10:55	11:55	1:25	2:25	3:25
Loop Thru Crystal Springs	8:59	9:59	10:59	11:59	1:29	2:29	3:29
(33 East) Harrison Ave. to Tygart Valley Mall	9:01	10:01	11:01	12:01	1:31	2:31	3:31
Lough ST. to Yokum St.	9:04	10:04	11:04	12:04	1:34	2:34	3:34
Robert E. Lee to Central St.	9:05	10:05	11:05	12:05	1:35	2:35	3:35
Central to Worth	9:06	10:06	11:06	12:06	1:36	2:36	3:36
Gorman to Davis Memorial Hospital	9:07	10:07	11:07	12:07	1:37	2:37	3:37
Thru D.M.Hospital lot, passed Cancer Center	9:08	10:08	11:08	12:08	1:38	2:38	3:38
Railroad Ave. to 5TH.St.	9:12	10:12	11:12	12:12	1:42	2:42	3:42
On 5TH.St. to Senior Center.	9:12 AM	10:12 AM	11:12 AM	12:12 PM	1:42 PM	2:42 PM	3:42 PM

Elkins South Loop Schedule

Time Points	Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7
Senior Center (5th& Railroad	8:15 AM	9:15 AM	10:15 AM	11:15 AM	12:45 PM	1:45 PM	2:45 PM
Davis & Elkins College	8:21	9:21	10:21	11:21	12:51	1:51	2:51
5Th. St. to Davis Ave.	8:24	9:24	10:24	11:24	12:54	1:54	2:54
Davis Ave.to 1ST St.	8:26	9:26	10:26	11:26	12:56	1:56	2:56
3RD St. to Railroad Ave.	8:28	9:28	10:28	11:28	12:58	1:58	2:58
2ND St. to Henry Ave.	8:29	9:29	10:29	11:29	12:59	1:59	2:59

Davis St to Delaware Ave.	8:30	9:30	10:30	11:30	1:00	2:00	3:00
11th St.to Cole Ave.	8:32	9:32	10:32	11:32	1:02	2:02	3:02
13th St. to Lavalette Ave.	8:33	9:33	10:33	11:33	1:03	2:03	3:03
Ferndale to Scotts Ford	8:37	9:37	10:37	11:37	1:07	2:07	3:07
Riverview Ave. to Conway Drive	8:38	9:38	10:38	11:38	1:08	2:08	3:08
South Davis Ave. to 13th St.	8:42	9:42	10:42	11:42	1:12	2:12	3:12
Cole Ave. to 11th St.	8:43	9:43	10:43	11:43	1:13	2:13	3:13
11th St. To Krogers	8:44	9:44	10:44	11:44	1:14	2:14	3:14
Krogers (3 Min. Stop)	8:47	9:46	10:46	11:46	1:16	2:16	3:16
US219 South to Big Lots Mall	8:50	9:50	10:50	11:50	1:20	2:20	3:20
Valley Village Apartments	8:54	9:54	10:54	11:54	1:24	2:24	3:24
Valley Point Mall (Kmart)	8:57	9:57	10:57	11:57	1:27	2:27	3:27
Wal-Mart (5 Min. Stop)	8:58	9:58	10:58	11:58	1:28	2:28	3:28
(219 North) to Krogers	9:07	10:07	11:07	12:07	1:37	2:37	3:37
11th St. to Delaware Ave.	9:09	10:09	11:09	12:09	1:39	2:39	3:39
Davis St. to 1st St.	9:09	10:09	11:09	12:09	1:39	2:39	3:39
Henry Ave. to 3rd St.	9:11	10:11	11:11	12:11	1:41	2:41	3:41
Davis Ave. to 5th St.	9:12	10:12	11:12	12:12	1:42	2:42	3:42
(Senior Center) 5th & Railroad Ave.	9:13 AM	10:13 AM	11:13 AM	12:13 PM	1:43 PM	2:43 PM	3:43 PM



Four of our regular book club members, Vickie Keller, Sandy George, Ann Armentrout and Sandy DiBacco, met on Thursday, December 13, 2018 to discuss the books they read and enjoy a little holiday time together. In the next newsletter, they will report on the books they read including *The Christmas Thief* by Mary Higgins Clark, *Killman Creek* by Rachel Cain, *Knock Out* by Katherine Coutler, *Miss Julia Stands Her Ground* by Ann B Ross, and *Once a Midwife* by Patricia Hasman.

These lovely ladies would like to welcome you to the next meeting. Please read a book of your choice and join in on January 10, 2019. It would be a great addition to your New Year!

Let's Get Together

Penny Canfield
Activities Director

Just sitting by the window, watching and looking as the cars and people go by. Just sitting by the window, thinking and wondering, staring at the sky, white as cotton. Watching the birds fly by. Just sitting by the window, as the days go by, wondering and asking myself what is it exactly that God has planned for me? Just sitting by the window, I pray that the day will come when God will show me what He has planned in this life for me. I would like to know, so there will be no more praying or wondering or...just sitting by the window.

I hoped all of you enjoyed the Senior Christmas Dinner. The meal was so good, the tables beautiful with flowers. This year we had Davis & Elkins College students come and help, very nice and helpful workers. Michael Bonnett was also great. Hope to see you again next year.

Thank you for coming to the Christmas Bazaar. Hope you were able to find something special for your family and yourselves. The crafters had some really nice things to sell.

Thank you also for donating books for the Alzheimer's Book Nook. This is a special place to find that book that you have been wanting to read. You just might find it here. Stop by.

Let's look at the month of January:

Every Monday, Wednesday & Friday

10:00 Tai Chi Class

11:00 Arthritis foundation Exercise Class

12:30 Mahjong, Monday & Wednesday

12:30 Canasta, Hand & Foot Card Game

Games All Day

Every Tuesday

9:30 Coloring Session

10:00 Bible Study

10:00 Knitting Class

12:30-1:00 Beginning Dulcimer Class

1:00-2:15 Regular Dulcimer Class

Games All Day

Every Wednesday

12:30-1:45 Hammer Dulcimer Class

Games All Day

Every Thursday

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

2:00 Weaving Class

Games All Day

Every Friday

10:00 Crochet Class

2:45-3:45 Yoga Class

Games All Day

Jan 7, 10:00 Members Council Meeting.

Jan. 10—11, 9:00-3:00 Material Sale, things have been coming in, stop by and check it out.

Jan. 14, 11:45 Ice Cream Surprise. Come for lunch and see your surprise.

Jan. 15, 12:30 Fun Bingo. Bring four little fun gifts for your prizes.

Jan. 18, 8:30 Meadowbrook Mall. Cost for transportation will be \$13.00. Call me.

Jan. 22, 4:00 Dinner at the Western Steer Steak House. Let me know if you will be joining us for dinner and meet us for dinner.

Jan. 31, 11:45 Birthday Cake.

THANK YOU FROM THE CRAFT AREA: Eloise Solomon, Becky Summerfield, and all the others who have drops off things for the White Elephant and the Book Nook.

Let's Get Together,

HAPPY NEW YEAR

Funding Statement of Randolph County Senior Center

The Randolph County Senior Center is funded through the West Virginia Bureau of Senior Services, Upper Potomac Area Agency on Aging, WV Division of Public Transit, Randolph County Commission, United Way of Randolph County, The Pallottine Foundation of Buckhannon, The Snowshoe Foundation, and private donations from members and friends.

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.

Board of Directors

Barry Band, President

Andy Wamsley, Vice President

Herman Conrad, Treasurer

Jimmy Hammond, Secretary

E. Lee Phares, Executive Committee Member

Rev. Basil Hensley, Executive Committee Member

Roger Roy, Executive Committee Member

Tharon Jack

Steve Shelpler

Cliff Marsteller

Rick George

James Schoonover

Vince Petrice

John Vallalonga

Karen Seel

Voras Haynes, Sr.

Tracy Fath

Jeff Moss

Melissa Coffman

Debbie Cook

Deanna Collett

MONTH of January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk served with all meals		1 All Sites Closed Happy New Year!!	2 Roasted Pork Loin, Cooked Cabbage, Cornbread, Spinach, Apple	3 Lasagna, Tossed Salad, Garlic Bread, Pineapple & Mandarin Oranges	4 Baked Lemon Pepper fish, Whole Wheat Bread, Broccoli, pineapple delight	5
6 Elkins Nutrition Site 304-636-474 7	7 Liver & Onions, Mashed Potatoes w/ Gravy, Peas, Whole Wheat Bread, Applesauce	8 Taco Salad w/ Chili, Chips & Cheese, Banana, Chocolate Pudding	9 Tuna Stuffed Tomato, Whole Wheat Crackers, Long Grain & Wild Rice, Carrots, Peaches in Yogurt	10 Beef Stew, Whole Wheat Roll, Coleslaw, Apple	11 Creamed Chicken on a Biscuit, Mashed Potatoes, Green Beans, Rosy Pears	12
13 Mill Creek Nutrition Site 304-335-648 1	14 Spaghetti s/ Meatballs, Tossed Salad, Garlic Bread, Pineapple and Mandarin oranges	15 National Strawberry Ice Cream Day! Warm Turkey Hoagie w/ Lettuce and Tomato, Sweet Potato Fries, applesauce, strawberry ice cream	16 Pinto Beans w/ ham, Whole Wheat Bread, Greens, Creamy Stewed Tomatoes, Peaches	17 Baked Chicken, Long Grain & Wild Rice, Peas & Carrots, Whole Wheat Roll, Apple	18 Open Face Roast Beef Sandwich, Mashed Potatoes w/ Gravy, Green Beans, Pears	19
20 Harman Nutrition Site 304-227-466 4	21 All Sites Closed Martin Luther King Day	22 Veggie Soup w/ Chicken Salad Sandwich on Whole Wheat, Banana	23 Meatloaf, Mashed Potatoes w/ gravy, Broccoli, Whole Wheat Roll, Orange Fluff	24 Steak Hoagie w/ Cheese, Pepper & Onions, Baby Baked Potatoes, Carrots Peaches	25 Hot Dog w/ Chili, Macaroni Salad, Baked Beans, Corn, Pears	26 Free Lunch Friday – thanks to Davis Medical Center!
27	28 Open Face turkey Sandwich, Mashed Potatoes w/ gravy, Peas & Carrots, Rosy Pears	29 Hearty Chili Soup, Cornbread, Coleslaw, Peaches	30 Crab Cake w/ Tartar Sauce, Oven Roasted Potatoes, Mixed Veggies, Cinnamon Applesauce	31 Hamburger w/ Lettuce & Tomato, Carrot Coin Salad, Sweet Potato Fries, Pineapple Chunks, Cake		

MEET OUR SENIORS: NAOMI LAMBERT

By Penny Canfield



Say hello to Naomi Lambert. She has been coming to the Senior Center for 17 years. Naomi was born in Parsons, and raised on a farm in Brooklyn Heights, a small community between Hambleton and Hendricks. Naomi helped on the farm doing just about everything that had to be done along with her 7 brothers and 4 sisters. Even at the age of 10, she helped her mother make cottage cheese and butter, then they would walk to Parsons and sell them. Naomi graduated from Tucker County High School, her favorite classes were Math and Spelling. While in high school she was active in the Future Nursing Club, Future Teachers Club, and Photography Club. She said she wanted to be a nurse until she found out what all they had to do, that changed her mind real fast. After school she worked at the Woolin Mills for 6 months until the company moved out. Then she worked at several secretarial jobs. She sold insurance for 2 years with Reserved Life Insurance in Elkins. Naomi received a degree in Religious Studies from Liberty College in Lynchburg, Va. For the last 34 years Naomi has worked helping people with shopping, cleaning and Dr. appointments all over Randolph County, which she still does today. In 1977 she married to the late Harry Lambert, Sr. and moved to Mabie. Together they raised 5 children, they have 9 grandchildren and 10 great-grandchildren. She attends the First Church of the Nazarene in Elkins. Naomi has helped in the nursery and kitchen, where she has helped with the wonderful spaghetti dinners. She likes to read, write stories and travel. At the Senior Center, she is in the dulcimer class and enjoys playing Hand & Foot Card Game when she can if she isn't working. Stop by and say hello to Naomi and listen to her play the dulcimer. By the way, she smiles a lot!

Bringing Better Health to Life.

Davis Medical Center earned The Joint Commission's Gold Seal of Approval®

Davis Medical Center is pleased to announce it has once again earned The Joint Commission's Gold Seal of Approval® for Hospital Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.



Davis Medical Center underwent a rigorous, unannounced onsite survey. During the review, a team of Joint Commission expert surveyors evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention and control, leadership, and medication management. Surveyors also conducted onsite observations and interviews.

"Joint Commission accreditation provides hospitals with the processes needed to improve in a variety of areas from the enhancement of staff education to the improvement of daily business operations," said Mark G. Pelletier, RN, MS, chief operating officer, Division of Accreditation and Certification Operations, The Joint Commission. "In addition, our accreditation helps hospitals enhance their risk management and risk reduction strategies. We commend Davis Medical Center for its efforts to become a quality improvement organization."

The Joint Commission's hospital standards are developed in consultation with health care experts and providers, measurement experts and patients. The standards are informed by scientific literature and expert consensus to help hospitals measure, assess and improve performance.

Dr. Deborah Chadwick



SPECIALTY SERVICES

Abdominal Surgery

- Surgical management of GERD
- GI tract surgery
- Hiatal hernias
- Gallbladder surgery
- Colorectal cancer
- Small bowel pathology
- Upper and lower endoscopy
- Hernias of any sort
- Advanced laparoscopic surgery

Other Surgeries

- Thyroid nodule management
- Parathyroid disorders
- Tracheostomy
- Skin lesions
- Cyst excisions
- Breast surgery
- Pediatric surgery

Phone: 304.637.9302

What Will You ...Resolve to Do?

New Year's resolutions should make the New Year more manageable and less stressful.

- Keep them realistic
- Take time for yourself
- Exercise
- Eat properly
- Have some fun



Davis
MedicalCenter

Visit www.davishealthsystem.org for more information.



Dates Announced for 2019 Community Outreach



- **Feb. 7th** – Rotary Blood Screen at DMC Outpatient Center from 7-10 am
- **June 6th** – Senior Health Day at DMC- Outpatient Center (Time TBD)
- **June 20th** – Men's Health Night Phil Gainer Community Center (Time TBD)
- **August 15th** – Health Fair at BMC
- **Sept. 12th** – Rotary Blood Screen at DMC OP Center from 7-10 am
- **Sept. 12th** – Women's Health Day DMC OP Center (7-9 am screenings / 9:30-10:30 Brunch and Learn)

DAVIS MEDICAL CENTER LIFESKILLS

An Educational Program for those with Diabetes
Call 304.637.3343 for dates and times

Sponsored by Davis Medical Center
Friday, Jan. 25, 2019
Lunch 11:30 to 12:30

Bringing **Better Health** to Life.



NEW CARE FOR SENIORS GERIATRIC INPATIENT PSYCHIATRY

HELPING SENIORS FIND HOPE & HAPPINESS

Laurel Place at Davis Medical Center is an acute-level healthcare facility that treats and improves the lives of people 55 and older (and will consider 45 and up on a case-by-case basis) who are suffering from a wide range of psychiatric conditions, including:

- Depression, sadness, and anxiety
- Severe memory loss and dementia
- Disorientation and hallucination
- Increased social withdrawal and isolation
- Suicidal thoughts or behaviors

PATIENT-CENTERED CARE

We offer holistic, comprehensive care to help patients deal with behavioral issues that occur during the aging process. Individualized care plans typically involve:

- A Comprehensive psychiatric evaluation
- Therapeutic programming
- Psychiatric nursing care
- Medication management
- Psychotherapy counseling
- Family support and education

LEARN MORE 304.630.3508 • www.laurelplace.org

COMING IN 2019

NEW Senior Housing Community



- A Davis Health System / Woodlands Development Group Partnership Project

An independent senior living community is coming to the Davis Medical Center campus.

Eleven two-bedroom apartments are soon to be constructed at the corner of Martin Street and Gorman Avenue, across from the former Women's HealthCare building on the DMC campus. In the arrangement, DHS is leasing the property to Woodlands Development Group who will assume the cost and labor to construct and manage the rental properties. Davis Medical Center will provide living enhancements such as security & housekeeping services, meal delivery, and easy access/transport to DMC for medical

services. Information is not yet available from the Woodlands Development Group regarding the cost or rental arrangements. We will share that information as it becomes available.



Visit www.davishealthsystem.org for more information.



HEALTHY RECIPE



Whole-Wheat Pretzel

Serves 12

Ingredients:

- 1 package active dry yeast
- 2 teaspoon brown sugar
- 1/2 teaspoon kosher salt
- 1 1/2 cups warm water
- 1 cup bread flour
- 3 cups whole-wheat flour
- 1 tablespoon olive oil
- 1/2 cup wheat gluten
- Cooking spray

Directions:

- In the bowl of a food processor, dissolve yeast, sugar, salt and warm water. Let sit 5 minutes. Add flours, olive oil and gluten. Mix by hand or in a food processor with a dough hook for 5-10 minutes, until a smooth dough forms and pulls away from bowl. Spray inside of bowl with cooking spray, so dough does not stick. Cover with plastic and place in warm place for approximately 1 hour, until doubled in size.
- Punch dough down, and divide into 12 pieces. Then roll into long ropes. One at a time, make U shape with a single rope, then cross ends over and pinch in the bottom of the U shape, making the traditional pretzel shape.
- Bring 8-10 cups of water to rolling boil with 1/4 cup baking soda. Add pretzels one by one and cook for 30 seconds in water. Remove with spatula to parchment-lined baking pan. Brush with egg white or egg-substitute and bake in a 450 F oven for 10-15 minutes, until dark brown.

NUTRITIONAL ANALYSIS PER SERVING

Serving size: 1 pretzel
Total carbohydrate 31 g Dietary fiber 4 g
Sodium 108 mg Saturated fat trace
Total fat 2 g Trans fat 0 g
Cholesterol trace Protein 10 g
Monounsaturated fat 1 g Calories 182
Added sugars 1 g



for 2019...

What can I expect to Pay for Medicare in the New Year?

For assistance with Medicare, contact your local Medicare SHIP Counselors: Lylian Shiflet, Joyce Hutton, or Jane Hazer at the Randolph County Senior Center by calling 304-636-4747 to schedule an appointment.

PART A - HOSPITAL INSURANCE

- No charge for most people (with at least 40 work quarters)
- \$437 per month for people with less than 30 work quarters
- \$240 per month for people with 30-39 work quarters

Part A Late Enrollment Penalty – if you are not eligible for premium-free Part A, and you don't buy it when you are first eligible, your monthly premium may go up 10%. You will have to pay the higher premium for twice the number of years you could have had Part A but did not sign up.

COST FOR	YOU PAY
Part A Deductible for each benefit period	\$1,364.00
Hospital Inpatient stay for each benefit period	<ul style="list-style-type: none"> • \$0 for days 1-60 • \$341 a day for days 61-90 • \$682 a day for days 91-150 (lifetime reserve days) • All costs for all days after 150
Skilled Nursing Facility Stay	<ul style="list-style-type: none"> • \$0 for days 1-20 • \$170.50 a day for days 21-100 • All costs for all days after 100
Home Health Care	<ul style="list-style-type: none"> • \$0 for home health care services • 20% of the Medicare-approved amount for durable medical equipment
Hospice Care	<ul style="list-style-type: none"> • \$0 for hospice care • You may need to pay a copayment of no more than \$5 for each prescription drug and other similar products for pain relief and symptom control while you're at home. • You may need to pay 5% of the Medicare-approved amount for inpatient respite care • Medicare does not cover room and board when you get hospice care in your home or another facility where you live (like a nursing home).

PART B – MEDICAL INSURANCE

- Part B Deductible - \$185 per year
- Part B Coinsurance – after your deductible is met, you typically pay 20% of the Medicare-approved amount for most doctor services
- Part B Standard Premium – the standard Part B premium amount in 2019 is \$135.50 (or higher depending on your income). However, some people who get Social Security benefits may pay less than this amount.

Part B Late Enrollment Penalty – If you do not sign up for Part B when you are first eligible, or if you drop Part B and then get it after you are first eligible, you may have to pay a late enrollment penalty for as long as you have Medicare. Your monthly premium for Part B may go up 10% (.10) for each full 12-month period that you could have had Part B but did not sign up for it.

PART D – MEDICARE PRESCRIPTION DRUG COVERAGE

- Part D premiums, deductibles, copayments, and coinsurance – The amount you pay for these varies by plan and can be determined by looking for specific Medicare drug plan costs.

Part D Late Enrollment Penalty – If you do not sign up for Part D when you are first eligible, or if you drop Part D and then get it after you are first eligible, you may have to pay a late enrollment penalty for as long as you have Part D. The cost of the late enrollment penalty depends on how long you did not have credible prescription drug coverage. The late enrollment penalty is calculated by multiplying 1% (.01) of the national base beneficiary premium (\$33.19 in 2019) times the number of full, uncovered months that you were eligible and did not join a Medicare Prescription Drug Plan and went without other creditable prescription drug coverage. This final amount is rounded to the nearest \$.10 and added to your monthly premium.

Senior Center to Host American Red Cross Blood Drives



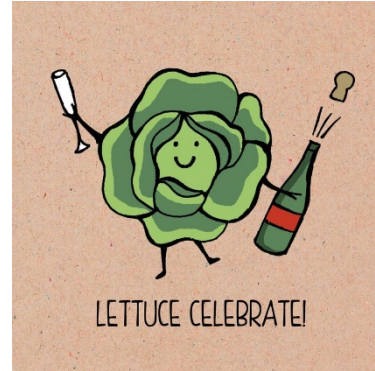
We are excited to announce that we are the host of the American Red Cross Blood Drives in Elkins! Please consider making a donation. The next opportunity will be:

American Red Cross blood drive
Wednesday, January 16, 2019
12:30pm – 6:00pm

Blood drive held in meeting room
Donors can enter via Railroad street side entrance
Please bring donor ID or photo ID

Visit redcrossblood.org or call 1800 REDCROSS to schedule your appointment

RCSC Menu Favorites are BACK!!!



We are happy to announce that many of your favorite dishes are back on the menu here at the Senior Center! Just check out this month's menu!!

For a while now, the state and federal requirements that governed our nutrition program restricted what we were able to serve. Many of you expressed that you missed your favorite RCSC dishes. Some of you even stopped coming for lunch, which made us very sad!

Thankfully, the West Virginia Bureau of Senior Services staff, and especially their registered dietician Katherine Clark, listened to your comments and suggestions that we passed on to them. They worked very hard to develop an easy way for us to analyze menus for adequate nutrition that still allows us to serve your favorite dishes!

So we expect to see all of you that we've been missing back in January to help us celebrate! And please keep the ideas and feedback coming – we are listening!!

RCSC Christmas Dinner Festive and Fun!

We hope you enjoyed your holidays! We certainly had fun celebrating in many ways with you over the past several weeks.

Our December 7 Christmas dinner was a big success! We enjoyed a tasty dinner prepared by our very own Phyllis, Mae from the Elkins site and Teresa and Carol from our Mill Creek site. We really appreciated the teamwork, and it made for a very, very tasty dinner. At the request of many, Teresa made Penny's famous cranberry salad again this year and it was delicious as ever! Several fun spirited seniors entered the annual Ugly Sweater contest. Let me tell you, the competition is getting fierce in the Ugly Sweater arena!

This year, we were blessed to have some assistance from a lovely group of Davis & Elkins College students who are members of the Society of Leadership and Excellence. They were bright, funny, energetic, friendly young people who impressed us all in their service to our seniors!

To make what is always a fun evening even better, our pal Michael Bonnett and his friends Tommy Croston and Steve Shrader, aka Rivers Edge, donated their time and talent to provide fun and festive music throughout the evening. They even sang Christmas Carols with us this year! (Great idea, Michael!!) And they have offered to join us next year as well. Holy cow, we might have to start reservations for that now!

Thanks to all of you who joined us for our special evening. If you didn't get a chance to attend this year, go ahead and mark your calendars for Friday, December 6 next year. Be there or be square!!

Here's wishing you all continued health and happiness in the New Year. Please join us for lunch or for one of our fun activities – we add new ones all the time. Hope to see you soon at your Senior Center!



Ugly Sweater Contest Winners









Happy New Year



304-636-5595
Mark A. Tombllyn - Licensee in charge



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