



Randolph County Senior Center



JUNE 2018 NEWSLETTER



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

Senior Farmer's Market Nutrition Program

Great news – the Farmer's Market Vouchers are here – earlier than ever! We are happy to announce that thanks to the WV Department of Agriculture, we were able to begin distribution of the Senior Farmer's Market Vouchers on June 1 this year.

To be eligible, you must be a Randolph County resident, 60 years of age or better and meet the income guidelines (see chart). You'll need a picture ID when signing up for verification of your date of birth, so be sure to bring it with you. You'll still have to provide your monthly income, address and telephone number.

As always, there will be a limit of one book of vouchers per household. Each book will have \$28 in coupons. They will be available on a first come, first



served basis, so if you are interested be sure to come in as soon as possible. We will send a limited number to both the Mill Creek and Harman sites as well, so check there first if you live in those areas.

Come down and claim your vouchers and get ready for that summer produce!! And be sure to thank the Farmers this summer for all their hard work providing fresh fruits and veggies!

Household Size	Monthly Income
1	\$1,872
2	\$2,538
3	\$3,204
4	\$3,870

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

RETURN SERVICE REQUESTED

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Organization**
U.S. Postage Paid
Permit No. 102
Elkins, WV 26241

SENIOR CENTER NEWS

GET WELL WISHES: Jack Messer and Dick Dye.

NEW MEMBERS: Bettie V. Hall, Kenneth and Dorothy Rycroft, Charles Hipp, David Bankhead, Billy and Brenda Stark, Darla Smith, Katherine Hickson, Marilyn Propst, Romaine Burrell, Brenda & Rick Martin.

ARTICLE DONATIONS: Herman and Betty Conrad and Sharon Gregory.

SYMPATHY TO THE FAMILIES WHO HAVE LOST LOVED ONES:

Charles Peck, Jr., Falene "Faye" Ryan Ketterman, Joseph Manolids, Patty Corcoran, Carlton See, Guy Ryan, Roy Ryan, Faye Ketterman, Ieta Miller, Harper Hamby, Vickie and Troy Ware, Ella Ruth Montoney, Donna and Kenny Weese, Jo Ellen Teter, JoAnn Malcomb, Steve and Kerry Wilson, Racey Nelson Jr., Madalen Teter, Harry & Denise Kramer, Granville Carr, Barbara Harvey, and Anna Ruth Collett.

SYMPATHY TO THE FAMILIES OF: Judith Grace Peck, Glenn W. Ketterman, Jr, Augustine Ware "June" Manolidis, Helen Virginia Harper Shiflett, Phyllis Jo Hamby, Wayne Lloyd Teter, Jane Dumire, Donald Lee Williams, Oscar Richard Malcomb, Helen Frances Vogel Kramer.



Richard Nuzum

Representative
Bluemountain Division Office

1215 Johnson Ave. Suite 2
Bridgeport, WV 26330
Phone: 304-842-5436 ext. 227
Fax: 304-842-7219
richard.nuzum@mutualofomaha.com



Mutual of Omaha
INVESTOR SERVICES



COLONIAL PLACE

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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 <http://www.countryroadstransit.com/>.

June Van Schedule

June 4: Harman, Job, Whitmer, Bowden
June 18: Harman, Job, Whitmer, Bowden

CRT NEWS: New Demand Response Route

Starting June 4th, 2018, Country Roads Transit will provide demand response service for the Huttonsville, Mill Creek, Valley Bend, Dailey and Beverly areas. Make an appointment 48 hour in advance and the van will come directly to your home and take you directly to any appointment, retail store or anywhere in the Elkins area. This route will service the following areas:

SERVICE AREA FARE

Huttonsville and Mill Creek areas: \$10.00 one way
Valley Bend and Dailey: \$6.25 one way
Beverly: \$3.75 one way

The route will run every Monday, Wednesday and Friday. Departing Elkins area at 8:15 am for Huttonsville and leaving Huttonsville at 9:15am for Elkins. Limited seating available, please call for your reservation at least 48 hours in advance at **304-636-6472**. First come, first serve basis.

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 ¾ mile off our regular route

Fare Zone 2: \$3.75: Up to 15 miles outside of the Elkins city limits

Fare Zone 3: \$6.25: Between 15 and 25 miles of Elkins city limits is \$6.25

Fare Zone 4: \$10.00: 25 miles or more from Elkins city limits and within Randolph County

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 <http://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
	9:01	10:01	11:01	12:01	1:31	2:31	3:31

(33 East) Harrison Ave. to Tygart Valley Mall

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

Meet Our Seniors: Odell Shreve

By Penny Canfield

Say “hello”h to Tim Valentine. He has been coming to the Senior Center for two years. Tim was born in Parkersburg, but was raised in Ravenswood, along the Ohio River. When he was two years old, his family moved to Elkins. His father was the minister at Grace Episcopal Church from 1950-1958. Tim attended Central School for five years where his favorite subject was science. Then his family moved to North Carolina. As a teenager he worked as a kitchen aide at camps during the summers. After graduating he attended Duke University for two years studying physics and religious studies. But he left school to enlist in the Army. After intensive language training, Tim served as a translator/interpreter with psychological operations in Vietnam, where he spent sixteen months.

After his discharge, he worked at the Dorothea Dix Forensic Hospital in North Carolina for a year. He returned to the Far East to teach English at a government school in Laos for six years and then moved on to Thailand to teach English at a Military Language School. Returning home he used his G.I. Bill to attend Shaw University in



North Carolina from 1971-1975 where he earned a BA degree in the Independent Studies Program teaching English as a foreign language. Tim returned to Elkins in 1980, but decided to re-enlist in the Army. This time he was assigned to an infantry unit and spent three years in Hawaii. After returning To Elkins, Tim decided to enlist for a third tour in the Army in 1988. This time he was assigned as a Food Service Specialist in Mannheim, Germany where he spent four years. Tim loves to cook and has worked in restaurants in several different states. He has also worked for the Salvation Army for several years in various locations. Returning to Elkins, Tim worked at D&E College in the Fitness Center for 4 1/2

years. He finally decided to retire at the age of 65. He has one sister. Tim loves to write children’s stories and poems and has published a book of little stories and poems for children. You can usually find Tim in the activities room at the Senior Center watching old black and white movies on the TV. Stop by and say “hello” to Tim Valentine.

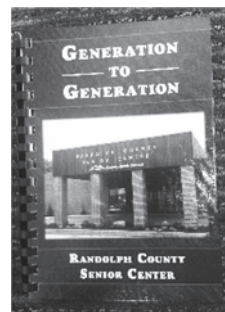
Yoga Class – New for 2018!

Our new Yoga class is a big success already! Thanks to our volunteer instructor Becky Ashburn for leading this new class. Yoga helps with balance, strengthening of muscles and stress relief.

Join us on Fridays at 3:00 to enjoy the benefits. Just bring a floor mat and wear comfy clothes. Hope to see you there soon!

RCSC’S GENERATION TO GENERATION COOKBOOK AVAILABLE AGAIN

We are happy to announce the second print of the Randolph County Senior Center “Generation To Generation” cookbook is here. This is a great cookbook, with recipes from seniors right here in the county. The price for the book is \$15.00. Stop by and get your cookbook. You’ll get some tasty dinner ideas and help support the Senior Center at the same time.



Respite Services Available to Give a Break to Family Care Givers

We know how important it is to keep our loved ones at home with us. We also know that caring for a loved one can be challenging and sometimes overwhelming. At the Randolph County Senior Center, our Respite program is designed specifically to give a break to caregivers. Our professional trained staff can spend time with your loved one and assist them with activities they enjoy. This gives you, the caregiver, an opportunity to run errands, have lunch with a friend, or even just spend a few quiet moments on your own. They are well taken care of in your absence, and a little break means you are taken care of as well. The balance helps keep both of you happy, healthy, and HOME! If you are interested in our respite program, please call Penny for more information at 304-636-4747.

JUNE SENIOR CENTER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elkins Nutrition Site 304-636-3119					1 Salisbury Steak w/ Gravy, Egg Noodles, Spinach, Orange	2
3 Mill Creek Nutrition Site 304-335-6481	4 Baked Steak w/ Peppers & Onions, Rice, Corn, Fruit Medley, Whole Wheat Bread	5 Roast Chicken, Cauliflower Polonaise, Green Beans, Apricot Halves, Whole Wheat Bread	6 Ham on Whole Wheat Bread w/ Lettuce & Tomato, Baked Beans, Ice Cream, Strawberries	7 Cream of Mushroom Soup, Cheesy Pea Salad, Cherry Cobbler, Whole Wheat Bread	8 Pinto Beans w/ Onions, Spinach Casserole, Cornbread, Peaches	9
10 Harman Nutrition Site 304-227-4664	11 Macaroni & Cheese Chicken Casserole, Spinach, Marinated Beets & Onions, Fruit Cocktail	12 Oven Crisp Chicken, Mashed Potatoes, Zucchini & Tomatoes, Grapes, Whole Wheat Bread	13 Turkey a la King over Biscuit, Broccoli, Banana	14 Seasoned Fish, Baked Potato, Green Beans, Pineapple, Whole Wheat Bread	15 Fiesta Hamburger on Bun w/Lettuce & Tomato, Oven Brown Potatoes, Watermelon	16
17 Refreshing Delicious Milk is Served With Every Meal!	18 Pinto Beans w/Ham, Cornbread, Peaches, Yogurt	19 Spaghetti w/ Meatballs, Salad, Green Beans, Fruit Cocktail, Breadstick	20 ALL SITES CLOSED! WEST VIRGINIA DAY!	21 Chicken Salad Sandwich, Cucumber Ranch Salad, Strawberries, Yogurt	22 Baked Pork Chop, Mashed Potatoes w/ Gravy, Greens, Mixed Tropical Fruit, Breadstick	23  FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!
24 Lunch Served 11:45 a.m. to 12:45 p.m.	25 Chicken Corn Casserole, Mashed Potatoes w/Gravy, Peas, Mandarin Oranges, Whole Wheat Bread	26 Oven Baked Chicken, Baked Potato, Vegetable Medley, Orange Pineapple Gelatin, Whole Wheat Bread	27 Roast Beef, Orange Glazed Sweet Potatoes, Spinach, Fruit Cocktail, Whole Wheat Bread	28 Meatloaf, Scalloped Potatoes w/Parsley, Green Beans, Apple, Whole Wheat Bread	29 Bean Soup w/Ham, Egg Salad Sandwich, Fruit Salad w/ Strawberries, Whole Wheat Bread	30

Penny's Green Page

"Let's Get Together" Penny Canfield, Activities Director

Pursuing the wary speckled trout, we followed the brooks in and out of its many winding, crooked turns, through shadowed places and waist high ferns. Beneath an arching summer sky, we dangled bait to tempt his eye. A swift dart and tug at the line, and he was gone, leaving no sign of being there seconds before; then we had to turn home once more. Yet these we shall have for many days, the scent of crushed mint leaves and the way tiny blue forget-me-nots look clustered along a pasture brook.

Thank you for coming to the Alzheimer's Cakewalk. We had a small group, good treats, and great music. We made \$83.50. Another cakewalk this month again, June 8, 12:30. Hope to see you with your treats.

The few seniors going with me to the Senior Olympics this month, are getting ready to have fun and make new friends, and hoping to see the ones who attended last year. We will be bringing home the medals again.

Men's Breakfast will be June 18, 8:30. Get your name on the list.

Let's look at the month of June:

Every Monday, Wednesday and Friday

10:00 Tai Chi Class

11:00 Arthritis Foundation Exercise Class

12:30 Mahjong, Monday & Wednesday
Games All Day

Every Tuesday

9:30 Coloring Session

10:00 Bible Study Class

10:00 Knitting Class

12:30-1:00 Beginning Dulcimer Class

1:00-2:15 Regular Dulcimer Class

Games All Day

Every Wednesday

10:00 Crochet Class

12:30-1:45 Hammer Dulcimer Class

Games All Day

Every Thursday

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

1:00-3:00 Weaving Class

Games All Day

Every Friday

3:00-4:00 Yoga Class

Games All Day

June 4, 10:00 Members Council Meeting.

June 8, 12:30 Alzheimer's Cakewalk. Bring your treats. Great music. Tickets 5 for \$1.00.

June 11 Ice Cream Float Day. Come for lunch and have a float.

June 12-15 Senior Olympics, in Keyser at Potomac State College.

June 18, 8:30 Men's Breakfast.

June 19, 4:00 C.J. Maggies. Let me know if you will be having dinner with us.

June 22, 8:30 Meadowbrook Mall. Let me know if you want to go shopping.

June 29, 11:45 Birthday Cake for lunch.



Let's Get Together,

Penny

Thank you from the craft area: Karen Kendall, Family of Jean Talbott, Sarah Woods, Myrtle, Jane Lawson, and the many books.

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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**NEW GAME
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**JOIN US FOR BINGO AT THE
RANDOLPH COUNTY SENIOR CENTER
EVERY THURSDAY NIGHT
DOORS OPEN 5:15, GAMES START AT 6:45**

BINGO SUPPORTS NUTRITION, IN-HOME CARE AND OTHER SENIOR CENTER PROGRAMS

Join us Every Thursday Night!



Randolph County Senior Center

Presents a Fabulous Trip To

Ark Encounter & Lexington, KY

Your 4 Day/3 Night Package Includes:

- 3 Nights Hotel Accommodations
- 3 Breakfasts at Your Hotel & 2 Wonderful Dinners
- 1 Lunch at The Trustee's Table at Shaker Village
- **Experience the Ark Encounter**

Ark Encounter features a full-size Noah's Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, it features three decks filled with scores of world-class exhibit bays that allow you to experience what life on the ark may have been like.

- **Explore the Shaker Village of Pleasant Hill**

Shaker Village is very much a village at work.

Our farmers, historians, naturalists and many others work hard every day to share this site and carry on important Shaker legacies. From growing the organic garden, to managing prairie habitat, caring for important artifacts, restoring historic buildings and building an apiary, real work happens here!



- **Enjoy a ride on the Dixie Belle Paddlewheel Boat**

Enjoy a relaxing ride aboard Shaker Village's 115-passenger riverboat, through high limestone cliffs and untouched natural beauty. One-hour narrated cruises describe the historical importance of the river to the Shakers and pass under High Bridge, an



engineering marvel built in 1877.

- **Visit The Kentucky Horse Park & International Museum of the Horse**

Set on more than 1,200 acres in the heart of Kentucky's famous Bluegrass Region, the Kentucky Horse Park is THE place to get close to horses! While there visit the International Museum of the Horse, the largest and most comprehensive museum in the world dedicated to exploring the important history of all horses and their impact on human civilization.



- **Enjoy a Guided Tour of Lexington**

Your tour includes Historic downtown Lexington and the beautiful bluegrass area.

- Standard Taxes, Baggage Handling Meal Gratuities
- Deluxe Motor Coach Transportation

For Information and/or Reservations, Please Contact:

Penny Canfield @ 304-636-4747 x 107

Date of Trip: October 15 ~ October 18, 2018

Price: \$520.00 Per Person ~ Double Occupancy

Travel Protection: Travel Protection can be purchased at \$79.00/person ~ double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Insurance premiums are non-refundable.



Bringing Better Health to Life.

Sunscreen 101 for Older Adults

As we age, our skin becomes dryer and more fragile. It can be caused by a variety of factors ranging from loss of collagen product to side effects of medication. The result is older adult's skin becomes more sensitive to the sun.

As we head in to summer, we thought it would be a good time to share answers to some of the most common questions people have about sun protection and sunscreen.

Q: What type of sunscreen is better a stick, spray or cream?

A: Consumer Reports asked that very question in research they did. They found that no one type of sunscreen could be considered better than another. So think about what area of the body you are trying to protect and which type of sunscreen is easiest to apply there. You might find a stick is the best choice to use on your ears and the back of your knees and a spray or cream is best for larger areas of the body. Just remember to check the SPF on each product to make certain you are getting equal protection.

Q: What is SPF?

A: Sun protection factor, known as SPF is a rating system used to evaluate how effective the product is at preventing sunburn. So if your senior loved one can typically be in the sun for about 5 minutes before they begin to experience sunburn, an SPF of 15 will allow them to be outdoors 15 times longer or 1 hour and 15 minutes (75 minutes).

Q: How much sunscreen should I apply and how often?

A: This is an area that people don't often get right. The general rule is one ounce of sunscreen every 2 hours that you are outdoors. If you are running or swimming or otherwise working up a sweat, you will need to re-apply it even more frequently. That likely means you will use an entire bottle of sunscreen for each full day you spend outside.

Q: What is the difference between UVA and UVB rays?

A: Both types of the sun's rays can cause damage to your skin, but UVB rays are considered to be the most harmful. UVB rays are the ones that cause your skin to burn. UVA rays are the most common and penetrate the skin more deeply. Both UVA and UVB rays are usually strongest between 10 am and 4 pm. The Skin Cancer Foundation's Prevention Center has more resources and information on how to protect yourself from the sun's damaging rays. Visit them to learn more.



Calendar of Events

DAVIS MEDICAL CENTER LIFESKILLS

An Educational Program for those
with Diabetes

Call 304.637.3343 for
dates and times

DAVIS HEALTH SYSTEM FOUNDATION GOLF CLASSIC

AUGUST 3 • 8 AM - 3 PM

Stonewall Resort

For more information or to register
call 304.630.3043

ROADTRIP AND TAILGATE WITH WVU IN CHARLOTTE

AUGUST 31 – SEPTEMBER 2

Hosted by Davis Health System Foundation
For more information call 304.630.3043

**FREE
LUNCH
FRIDAYS**

Sponsored by Davis Medical Center

Friday, June 22, 2018

Lunch 11:30 to 12:30

Bringing Better Health to Life.



Tune-Up Your Health!

BETTER HEALTH EVENT FOR MEN OVER 50

MEN'S HEALTH NIGHT

Thursday, June 14th • 5-7 PM

Phil Gainer Community Center, Elkins

5-6 PM Screenings

6-7 PM Dinner & Men's Health Panel

- BMI
- PSA (Prostate Specific Antigen)
- Blood Pressure
- Blood Glucose
- Cardiac Risk Screening
- Cholesterol
- Incentive Spirometry (pulmonary function test)
- Hearing Screening
- Skin Cancer Screening

MORE EDUCATION ON:

- Colonoscopy Education
- Sleep Apnea
- Tobacco Cessation Education

FREE SCREENINGS & EDUCATION

DOOR PRIZES

Space is limited, please RSVP by June 9, 2018 by calling Chad Ware at 304.637.3378 or email Warec@davishealthsystem.org

Women's HealthCare WALK-IN CLINIC

Peggy Thorne-Church, APRN, FNP-C

Davis Medical Center

**Mondays, Tuesdays, and Thursdays*
7:30 - 9 AM. No Appointment Necessary.**

**Subject to change.*



Heart Healthy Recipe



Open-Face Tuna Melt with Oven-Baked Sweet Potato Chips

Ingredients for the Sweet Potato Chips:

- 2 medium sweet potatoes, sliced 1/8-inch thick
- canola oil
- 1/4 tsp. ground black pepper

Ingredients for the Tuna Melt:

- 2 (5-ounce) cans Chunk Light or Albacore White Tuna, in water
- 2 Tbsp. low-fat mayonnaise
- 2 Tbsp. low-fat red onion or scallions
- 1/2 tsp. dried dill
- 1 tsp. lemon juice
- 4 slices whole-wheat bread
- 2 medium tomatoes (sliced)
- 1/2 cup shredded, reduced-fat Cheddar cheese

Directions for the Sweet Potato Chips:

- Preheat oven to 400 degrees F.
- Slice the sweet potatoes into round slices as thin as possible, about 1/8-inch thick. A mandoline does this easily but this can also be accomplished using a knife, even if the slices may not be perfect. (Note that using a knife versus a mandoline will give slices with uneven thickness; keep more of an eye on them while baking as they can burn quicker.)
- Line two large baking sheets with foil and coat with cooking spray. Divide sweet potatoes between the baking sheets. Drizzle with the oil and pepper and use your hands to toss to coat. Spread the sweet potato pieces out, aiming that they don't overlap with each other.
- Bake in the oven, rotating the baking sheets halfway through the cooking time. Cook until chips are slightly crispy, about 15 to 25 minutes. Remove and let cool while making the tuna melt.

Directions for the Tuna Melt:

- Preheat the oven's broiler.
- In a small bowl, add drained tuna, mayonnaise, red onion/ scallions, dill, and lemon juice. Using a fork, mix to combine.
- Place each bread slice onto a foil-lined baking sheet. Divide tuna, layering on top of each slice. Top tuna with tomato slices. Place baking sheet under the broiler for 1 to 2 minutes until tuna is warm. Divide cheese between each open-face sandwich; place under the broiler until cheese melts, about 1 minute.
- Serve tuna melt with sweet potato chips.

Person, Place, or Thing?

William (his middle name) born in Duncan, OK.
Family moved to Hollywood.

William's first credited appearance on the big screen was as in *The Journey*.

He appeared on numerous shows for various periods of time.

His first venture behind the camera resulted in three short films.

He continued to switch between television and big screen productions. He wanted to direct.

His first directorial success was the comedy, *Night Shift*, with Micheal Keaton, Shelley Long.

He cast his favorite actor, Tom Hanks.

William has been happily married to Cheryl Alley, they have four children.

He won his first Academy Award, directing Russell Crowe in *A Beautiful Mind*.

William has cast Tom Hanks in five films.

William appeared in two iconic television shows in history, *The Andy Griffith Show*, *Happy Days*.

Aging & Family Services



17th Annual Senior Olympics

June 12th—15th, 2018

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- All citizens age 55 or older are eligible to participate
- Residents from any state or county may participate

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Contact Aging & Family Services—304-788-5467—smallery@wvaging.com



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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.



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For Information and/or Reservations, Please Contact

Penny Canfield @ 304-636-4747 x 107



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Travel Protection should be purchased at the time of initial deposit to ensure full benefits. Insurance premiums are non-refundable.

Payment Schedule:

1. \$250.00 per person is due with names immediately, to hold your reservation. Cabin selection will go to the earliest bookings. The cruise line reserves the right to lower our inventory or raise our prices at anytime.
2. Additional \$500.00 payment due February 12, 2018. Final payment is due by May 22, 2018.
3. Travel Protection, on an individual basis, should be forwarded to PML Tours as people give their initial deposit.



NEWS FROM THE RCSC SHIP PROGRAM

This month, Lylian, Joyce and Jane would like to share some information from our Friends at Medicare.gov.

MEN'S HEALTH



June is Men's Health month . . . a perfect time for you (and the men in your life) to take the steps to live a safer, healthier life!

Have you ever put off doing something and later wished you had just gotten it over with? If you're a man with Medicare, now's the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer, or both. Early detection of cancer means a quicker start for treatments and a better chance for complete healing.

Don't put off screenings if you're worried about the cost . . . Medicare covers a digital rectal exam and a prostate specific antigen (PSA) test once every 12 months. Also, Medicare covers a variety of colorectal cancer screenings, like the fecal occult blood test, flexible sigmoidoscopy, or colonoscopy and you should pay nothing for most tests.

Did you know that prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths? It can affect 1 in every 11 men. You are at a higher risk for getting prostate cancer if you're a man 50 or older, are African-American, or have a family history of prostate cancer.

Colorectal cancer is also common among men and is the second leading cause of cancer-related deaths in the US among cancers that affect both men and women. If everyone 50 to 75 were screened regularly, we would avoid as many as 60% of deaths from cancer.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Fortunately, screening tests can find these polyps and remove them before they turn into cancer.

This is a great time to do 5 things to help stop cancer in its tracks:

1. Get screened
2. Exercise regularly
3. Maintain a healthy weight
4. Limit your alcohol consumption
5. Do not smoke or use tobacco

Remember . . . if you have any Medicare questions or concerns, please contact your local Medicare SHIP (State Health Insurance Program) Counselors: Lylian Shiflet, Joyce Hutton, or Jane Hazer located at the Randolph County Senior Center @ 304-636-4747 to schedule an appointment.

Training for Caregivers of Those with Dementia: Savvy Caregiver

Are you the Caregiver for someone with dementia?

Please know you are not alone!

As part of our Dementia Outreach, Training and Support Grant, The Randolph County Senior Center would like to offer a six-session class called Savvy Caregiver specifically designed to help family caregivers understand the changes their loved ones are experiencing and how they can best provide individualized care throughout the progression of the disease while maintaining the balance necessary to take care of themselves. If you or your group is interested in this program,

please reach out to Laura Ward at the Senior Center.

Please call 636-4747 to find out more.

We look forward to working with you!

***Funding for respite during the class may be available.*





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PLEASE CALL 304-636-4747 TODAY!

The Committee on Aging for Randolph County is an EOE and Drug Free Workplace.



CALLING ALL BOOK LOVERS . . .



Two of the books discussed at the May 1st meeting were rated “thumbs up” by their reader, with Hot Shot receiving 2 thumbs up. The John Grisham book was rated “neither thumbs up, nor thumbs down,” which is a bit unusual for his books.

Camino Island (John Grisham) – Rare, valuable F. Scott Fitzgerald manuscripts have been stolen from the deep vaults in the Firestone Library of Princeton University. Bruce Cable, who owns a bookstore on Camino Island in Florida, is suspected of having purchased several of the manuscripts – he’s been known to dabble in stolen literary treasures. Enter Mercer Mann, a laid-off professor and “one-hit-wonder” author, who has been hired by the insurance company’s loss prevention unit to spy on Bruce Cable. Will Mercer be able to infiltrate Bruce’s tight circle of friends? Will the manuscripts be recovered?

Hot Shot (Julie Garwood) Fourteen year old Finn MacBain saved six year old Peyton Bishop from drowning in her family pool. Fast forward 20 years. Finn, a former Olympic swimmer and current FBI agent, is trying to rescue Peyton again. She’s been run off the road and shot at by a former employer’s henchmen. Plus she and her sisters stand to inherit Bishop’s Cove, a luxury ocean-front resort in Florida, if they can turn a profit within a year but many people are plotting to make sure they don’t succeed.

Whiskey Beach (Nora Roberts) Eli Landon has come to housesit at Bluff House, which has stood on the bluff above Whiskey Beach for 300 years, at the request of his grandmother, who is recovering in a hospital from a nasty fall. This change of scene is a blessing since the past year has been a rough one for Eli – his estranged wife Lindsay was murdered; Eli was never charged but was tried and found guilty in the press; and his law firm fired him because of the scandal. Now two people have been murdered near Whiskey Beach and someone has been breaking into Bluff house to search for buried treasure. Can Eli solve this mystery? Is it related to Lindsay’s death somehow?

Book club meetings are usually the second Tuesday of the month. Our next book club meeting will be June 12th in the Conference Room from 1:00 p.m. until 2:30 p.m. Just read anything you like and come tell us about it. It’s a great way to discover a new author or meet someone new . . . you could even come enjoy lunch and stay for the meeting afterward. We would love to meet you!

JOKES

1. What are the most loyal insects?
___ Elka-seltzer
2. What animal talks a lot?
___ Sunfish
3. When does a mouse weigh the same as an elephant?
___ Drop him a line
4. What animal talks the most?
___ Yak
5. How did the chimpanzee get out of his cage?
___ Apricot
6. What fish warms the Earth?
___ He used a monkey wrench
7. What’s the best way to get in touch with a fish?
___ Ticks because once they find friends, they stick to them
8. What is a bed for a baby ape?
___ Yakety yak
9. What does an elk take for indigestion?
___ When the scale is broken



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