



# Randolph County Senior Center



June 2023



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

## Generations of Seniors Tied to RCSC

*In the 55 years RCSC has served Randolph County, it is amazing the people who have positively impacted our agency, and all the people our agency has served thanks to that impact. We absolutely LOVE to hear stories, and wanted to share with you a particularly great one our (relatively) new friend Tammy brought to our attention recently. So we asked Tammy to write it up for us. We know you'll love it! Here's her story:*

Recently I decided to join the RCSC after debating it for several months because I HATE to cook. I thought I might be taking something away from other seniors that might need a meal more than myself. What I found, on the day I decided to join, was an old childhood friend, Bab Arbogast, standing at the counter talking with the man behind the counter. I was greeted with open arms. After a couple of trips through the drive-up window for the noon meal, I was greeted with them calling me by my name.



Later, I got to thinking, hey, I already have ties to this building. I searched my photo albums and found a picture of my dad, John Henry Roth. He had placed the corner stone on this very building and had performed the block and brick work on this building in 1982. Many old timers will remember him well as he and Otto Phillips had a brick and block business at the top of the overhead bridge called Phillips and Roth. After that business dissolved, my dad started his business as J. H. Roth Construction.

My four brothers, Jim, John, Steve, and Terrill, my sister-in-law Cathy, myself and later my husband Ron all worked in the business. My dad was nicknamed "Boss" or "Floyd". If you knew the Roth family, you would understand that we all have several nicknames for each other depending on who you are talking with. Over many years, my dad hired and taught many men how to earn a

living for their families. Back then if you needed brick, block or stonework, you called on our family and if you were lucky, he would work you into his busy schedule. In the spring, he was so busy that we would fight over who had to answer the telephone at our house because that was our office phone too!

Many buildings in our town and many other counties have our family history attached to them just like RCSC. Later, my oldest brother Jim started his own business called Roth Masonry. To this day, long after he retired, he still gets calls wanting work done or from someone in the business needing his expert advice on a project.

As the youngest daughter and only sister, I am blessed to have such a wonderful family and now have an extended family at RCSC. I hope to see more of you after I retire. I will, however, continue to enjoy the wonderful meals you provide. Thanks for having me.

- Tammy Roth Kittle.

*Thanks so much, Miss Tammy, for your wonderful story and for becoming part of our RCSC family!*

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

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Elkins, WV 26241

# Randolph Co. Senior Center News

**New Members:** Robert Carpenter, Jack Bohon, Jimmy & Sherry Hines, Paula Waters

**Regular Donations:** Eleanor Armentrout, Robert & Isabell Swecker

**Article Donations:** Margaret Kirkpatrick, Ed Pritt, Connie Cade, Cindy & Ronnie Arbogast

**Sympathy to the families of:** Margaret Ann Winans, Pamela S. Nutter, Jimmy E. Brookins, Stewart George Light, Monnah Mae Johnson Butcher, John Ray Clingerman, Mary Ann Leyland Gay, Charles Albert Taylor, Edward Junior "Eddie" Markley, Virgil Eskew



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## Thank You

The Mother's Day Brunch we had at the RCSC on Monday May 15, 2023 was enjoyed by all!! The food was great!!

Each mother received a lipstick and a senior center umbrella.

Congratulations to Tara Lane for winning the Grand Prize Basket!!

Thank you to Beander's who donated the chicken salad for our sandwiches.

Thank you to all the ladies who came to our Mother's Day Brunch and to Miss Donna for putting it all together for them!!

## Thank You ~ Beander's

Many thanks to Beander's Restaurant and Tavern for their donation of the wonderful chicken salad we used on our sandwiches for the Mother's Day Brunch. The ladies loved it.

Thanks again Beander's!!!



# Thank You to Our Legislators for Roof Project Funding

Many thanks to Senator Bill Hamilton, Senator Robert Karnes and Delegate Ty Nestor for helping ensure the success of our effort to replace the roof on the Elkins Senior Center. All three of these Legislators secured funding through the Local Economic Development Accounts available to them toward this project. We are grateful that they see the value of our elders and the importance of the Senior Centers who serve them, and therefore made an effort to support this project.



Please be sure to thank each of these gentlemen when you have an opportunity. Their commitment to our seniors is something to be commended and celebrated!

## Congrats to Our Crazy Hat Winner ~ Sandy Workman!



Congrats to our Crazy Hat Contest Winner Sandy Workman! Isn't she talented? That hat is FABULOUS! Everyone had just a good time sharing their fun spirit and creativity with each other. Even our own Country Roads Transit Driver, Howard Beard joined in the fun. He might not have won the contest, but he always wins at making us laugh! Thanks to everyone who joined in the fun!



## Fun Fundraiser Returns to the Senior Center

We had so much fun in the past with our 25 Days of Christmas in July fundraiser! We are planning repeat our fundraiser again this year, except make it bigger and better in celebration of our 50th Anniversary. And we want you to be a part of it!

Our Senior Centers in Randolph County provide thousands of hours of in-home services and thousands of congregate and home delivered meals to seniors in every nook and cranny of Randolph County each month, but our funding for these programs is tight, and sometimes not enough to provide all the service needed. So it's time for a little creativity and community spirit, and in true Senior Center fashion, a little fun along the way!

We are busy now collecting donations from local businesses, individuals, craftsman, etc. We will collect everything from quilts to cash to car wash gift certificates. Then we'll separate the donations into 25 similarly valued prize packages and raffle them off the first 25 days of July. It will be our 25 Days of Christmas in July, and it is going to be a blast!

We'll start selling tickets by May 1 (or before), once we have all our donations organized. Each \$10 ticket you purchase will have the potential to win more than once since even the winners go back in the hopper for the next day's drawing.

Just think, all the fun of Christmas without the snow and cold and crowded stores! So please help us with our campaign however you can –80i donate an item for our raffle, help us sell tickets, or purchase a ticket or two yourself. Keep watching for more information. Together, we will work to keep the Randolph County Senior Centers vital community resources serving our seniors!

# Farmer's Market Vouchers Available June 12th!



We are happy to announce that the Senior Farmer's Market Vouchers will be available again this year beginning on June 12! This year, the vouchers will look a little different, but the result will be the same – access to yummy West Virginian grown produce for our seniors!

To be eligible for the \$50 in vouchers, you will need to be 60 or better, live in Randolph County, and be within the income guidelines for the program as shown in the chart.

We will be distributing the vouchers beginning on Monday, June 12, 2023 from 9:00 – 11:00 each day until the vouchers are gone at the Elkins Senior Center. Hope to see you all there to claim your vouchers to enjoy the terrific summer produce!

Household Size	Weekly	Bi-Weekly	Twice-Monthly	Monthly	Annual
1	\$519	\$1,038	\$1,124	\$2,248	\$26,973
2	\$702	\$1,404	\$1,521	\$3,041	\$36,482
3	\$885	\$1,769	\$1,917	\$3,833	\$45,991
4	\$1,068	\$2,135	\$2,313	\$4,625	\$55,500
5	\$1,251	\$2,501	\$2,709	\$5,418	\$65,009

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**Medicare Supplements**



## WHAT IS A DAD?

A Dad is a Person  
 Who is loving and  
 kind,  
 And often he knows  
 what you have on  
 your mind.  
 He's someone who  
 listens,  
 suggests, and  
 defends.  
 A dad can be one  
 of your very best  
 friends;  
 He's proud of your  
 triumphs,  
 But when things go  
 wrong,  
 A Dad can be patient  
 And helpful and  
 strong.  
 In all that you do  
 A Dad's Love plays  
 a part  
 There's always a  
 place for him  
 deep in your heart.  
 And each year that  
 passes,  
 you're even  
 more glad,  
 More grateful and  
 proud  
 Just to call him your  
 Dad!  
 Thank You Dad...  
 For listening and  
 caring,  
 For giving and sharing,  
 but, especially, for  
 being you!!

# June Senior Center Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>TO BE ELIGIBLE FOR FREE LUNCH FRIDAY, YOU MUST BE 60+ AND HAVE AN UP-TO-DATE SAEF FORM</i></p>	<p>Lunch Served 11:45 a.m. to 12:45 p.m.</p>	<p>Elkins Nutrition Site 304-636-3119</p>	<p>Harman Nutrition Site 304-227-4664</p>	<p><b>1</b> Taco Salad w/Chili, Chips &amp; Cheese Fruit and Yogurt Parfait</p>	<p><b>2</b> Chicken Strips Baked Potato w/Butter and Sour Cream Cheesy Broccoli Whole Wheat Bread Fruit</p>	<p><b>3</b> ← FREE LUNCH FRIDAY, THANKS TO CITIZENS BANK OF WV!</p>
<p><b>4</b> <i>FOR SENIORS 60+ A DONATION OF \$3.00 IS SUGGESTED. UNDER 60 LUNCH IS \$5.25.</i></p>	<p><b>5</b> Veggie Soup Ham &amp; Cheese Sandwich on Whole Wheat Fresh Fruit</p>	<p><b>6</b> Crab Cakes Baby Baked Potatoes Glazed Carrots Whole Wheat Bread Fruit</p>	<p><b>7</b> Lasagna Side Salad Garlic Bread Fruit</p>	<p><b>8</b> Grilled Chicken Chef Salad Whole Wheat Roll Fruit Chocolate Ice Cream</p>	<p><b>9</b> Chili Dog Baked Beans Coleslaw Fruit</p>	<p><b>10</b> ← FREE LUNCH FRIDAY, THANKS TO COUNTRY ROADS TRANSIT!</p>
<p><b>11</b></p>	<p><b>12</b> Steak Fajita w/Grilled Peppers &amp; Onions Cowboy Caviar Strawberry Shortcake</p>	<p><b>13</b> Cornbread &amp; Beans Oven Fried Potatoes Side Salad Fruit</p>	<p><b>14</b> Oven Fried Chicken Baby Baked Potatoes Brown Sugar Carrots Whole Wheat Roll Fruit</p>	<p><b>15</b> Chicken Stir Fry Fried Rice California Blend Veggies Whole Wheat Bread Fruit</p>	<p><b>16</b> Pork Chop AuGratin Potatoes Green Beans Whole Wheat Bread Fruit</p>	<p><b>17</b> ← FREE LUNCH FRIDAY, THANKS TO MOUNTAIN HOSPICE!</p>
<p><b>18</b> </p>	<p><b>19</b> Cheeseburger w/Lettuce &amp; Tomato on Whole Wheat Bun Onion Rings Baked Beans Fresh Fruit</p>	<p><b>20</b> ALL SITES CLOSED HAPPY WEST VIRGINIA DAY!</p>	<p><b>21</b> Spaghetti w/Meat Sauce Side Salad Garlic Bread Fruit</p>	<p><b>22</b> Creamed Chicken on Biscuit Mashed Potatoes w/Gravy Peas &amp; Carrots Fruit</p>	<p><b>23</b> Farmer's Market Breakfast Casserole Whole Wheat Roll Baked Cinnamon Apples</p>	<p><b>24</b> ← FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!</p>
<p><b>25</b> Mill Creek Nutrition Site 304-335-6481</p>	<p><b>26</b> Baked Steak Mashed Potatoes w/Gravy Green Beans Whole Wheat Roll Fresh Fruit</p>	<p><b>27</b> Bacon Wrapped Chicken Thigh Oven Roasted Potatoes Old Fashioned Tomato &amp; Cucumber Salad Fruit</p>	<p><b>28</b> Salmon Cakes Veggie Lovers Pasta Salad Whole Wheat Bread Cookie Fruit</p>	<p><b>29</b> Scrambled Eggs Sausage Gravy &amp; Biscuit Fried Potatoes Greens Fresh Fruit</p>	<p><b>30</b> Cheeseburger Potato Salad Baked Beans Fruit</p>	<p>← FREE LUNCH FRIDAY, THANKS TO JODIE PARRACK STATE FARM!</p>

# Belated Father's Day Brunch

*(Please call ahead and sign up)*

**Monday June 19, 2023**

**9:30 A.M.**

Coffee and Punch

Pepperoni Rolls

Macaroni and Cheese

Relish Tray, Nuts and Mints, Dessert

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## MATERIAL & CRAFT SALE

*(and a bit of everything else!)*



**THURSDAY, JUNE 8, 2023**

**AND**

**FRIDAY, JUNE 9, 2023**

**9:00 A.M. TO 3:00 P.M.**

Come find your next project or something you can't live without!

## TO ALL BOOK WORMS

SENIOR CENTER BOOK CLUB  
IS COMING TOGETHER AGAIN

THE NEXT MEETING WILL BE

**TUESDAY JUNE 13, 2023 AT 1:00 P.M.**

*THE NEXT MEETING WILL BE ANNOUNCED!!*



## Lavender Fields

### Assisted Living

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## Mani/Pedi Day at RCSC!



Thanks so much to the students and staff from the Fred Eberle School of Cosmetology who joined us on May 23 for a special surprise providing manicures and pedicures for our seniors! They did a wonderful job and are so sweet!

If you missed them, don't worry, because they are planning to join us again in July for another great mani/pedi day! They will join us on Friday, July 14, from 8:30 – 12:30. We'll be scheduling appointments for them this go round, so be sure to call Donna at the front desk (304-636-4747) to schedule yours! Can't wait to see you there!

## Spinach Salad w/ Poppyseed Dressing

### INGREDIENTS:

2 Bags of Baby Spinach  
2 Containers of Strawberries  
½ Large Red Onion (Sliced Thin)  
½ Cup Sugar  
¾ Cup Mayonnaise  
¼ Cup Milk  
1 TBS White Balsamic Vinegar  
2 TBS Poppyseeds

### DIRECTIONS:

#1. Place spinach in large serving bowl.  
#2. Add onion.  
#3. Slice strawberries and add to salad.  
#4. Add Poppyseed Dressing right before serving.

Poppyseed (Directions):  
Mix mayonnaise, sugar, milk poppyseeds, balsamic vinegar.

## WANTED

### IN-HOME CARE WORKERS

#### WANTED FOR:

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

**HELP OUR SENIORS STAY HAPPY, HEALTHY, AND HOME!**

**REWARD: Up to \$850.00 Hiring bonus\***

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

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

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

Jim Rossi, President  
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Bob Wilmoth, Treasurer  
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Karen Seel\*  
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Tracy Fath  
Dena Collett  
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Melanie Campbell  
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Bill Hartman  
Debbie Cook

\*Members of the Executive Committee

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

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

**PLEASE NOTE: June 2023 meeting will be held on Wednesday, June 21 at 12:00**

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.

## The Health Tests Seniors Need

### BLOOD PRESSURE CHECK

One in every three adults has elevated blood pressure Trusted Source, which is known as hypertension. According to the Centers for Disease Control and Prevention (CDC) Trusted Source, 64 percent of men and 69 percent of women between the ages of 65 and 74 have high blood pressure.

### BLOOD TESTS FOR LIPIDS

Healthy cholesterol and triglyceride levels decrease your risk of a heart attack or stroke. If test results show high levels of either, your doctor may recommend an improved diet, lifestyle changes, or medications to reduce them.

### COLORECTAL CANCER EXAM

A colonoscopy is a test where a doctor uses a camera to scan your colon for cancerous polyps. A polyp is an abnormal growth of tissue.

After the age of 50, you should get a colonoscopy Trusted Source every 10 years. And you should get them more frequently if polyps are found, or if you have a family history of colorectal cancer. A digital rectal exam can be performed to check for any masses in the anal canal.

### VACCINATIONS

Get a tetanus booster every 10 years. And the CDC Trusted Source recommends a yearly flu shot for everyone, especially for those who are chronically ill.

At age 65, ask your doctor about a pneumococcal vaccine to protect against pneumonia and other infections. Pneumococcal disease can result in a number of health issues, including:

- pneumonia
- sinusitis
- meningitis
- endocarditis
- pericarditis
- inner ear infections

Everyone over age 60 also should be vaccinated against shingles.

### EYE EXAM

The American Academy of Ophthalmology suggests adults get a baseline screening at age 40. Your eye doctor will then decide when follow-ups are needed. This may mean annual vision screenings if you wear contacts or glasses, and every other year if you don't.

Age also increases the chances for eye diseases like glaucoma or cataracts and new or worsening vision problems.

### PERIODONTAL EXAM

Oral health becomes more important as you age. Many older Americans also may take medications that can have a negative effect on dental health. These medications include:

- antihistamines
- diuretics
- antidepressants

Dental issues may lead to loss of natural teeth. Your dentist should perform a periodontal exam during one of your twice-yearly cleanings. Your dentist will X-ray your jaw and inspect your mouth, teeth, gums, and throat for signs of problems.

### HEARING TEST

Hearing loss is often a natural part of aging. Sometimes it can be caused by an infection or other medical condition. Every two to three years you should get an audiogram.

An audiogram checks your hearing at a variety of pitches and intensity levels. Most hearing loss is treatable, although treatment options depend on the cause and seriousness of your hearing loss.

### DIABETES TEST

According to the American Diabetes Association, 29.1 million Americans had type 2 diabetes in 2012. Everyone should be screened beginning at age 45 for the condition. This is done with a fasting blood sugar test or a A1C blood test.

For a complete list of tests visit:

<https://www.healthline.com/health/senior-health-tests#skin>



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S A V E   T H E   D A T E

# What Matters to You, Matters to Me.

# Health Fair

**Thursday, June 29 • 5-7 PM**  
**The Town Square**

- Health Screenings & Education
- Meet & Mingle with Our Providers & Staff
- Giveaways
- Door Prize
- Things for Kids
- Starbucks WPS Coupons



**Davis  
MedicalCenter**

# “See You Soon”

Let's take a look at the month of June

## 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

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

10:00 Horse Racing Game (The First and Third Wednesday of Every

## Month)

11:00 Exercise Class

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

12:30-2:15 Hammer Dulcimer Class

1:30-3:30 Mahjong

Games & Billiards All Day

## Thursday

9:30 Coloring Session/ All other crafters

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

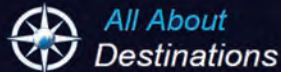
11:00 Exercise Class

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

Games & Billiards All Day



Randolph County Senior Center



August 12, 2023



Breitenbach Wine Cellars, Walnut Creek Amish Market, Hershberger Farms and Bakery, Heini's Cheese Chalet, Dutch Valley Restaurant



\$137 per person\*



Includes breakfast sandwich and orange juice/water, round-trip transportation from the Elkins, WV, Breitenbach Wine Cellars Tour, Walnut Creek Amish Market, Hershberger Farms and Bakery, Heini's Cheese Chalet, free time in Berlin, Ohio, lunch at Dutch Valley Restaurant (gratuity not included) and all taxes/fees. \*Dinner (in Berlin) is not included!

Call the Randolph County Senior Center to reserve a seat!  
304-636-4747

Trip cost based on 25 participants. All About Destinations reserves the right to cancel trip (with a full refund) if the minimum number of participants has not been reached within 10-5 days of the trip date. Travel Insurance not available on Day-Trips!



[www.tomblynfuneralhome.com](http://www.tomblynfuneralhome.com)

304-636-5595

Mark A. Tomblyn - Licensee in Charge



Enjoy Your Spring!



### General Overview

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

### Rehabilitation Unit

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

### Reflections at ERCC (Memory Care)

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

### Rehabilitation Services

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

Call today to schedule a tour: 304.636.1391

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## CALLING ALL BOOK LOVERS . . .

### **Two Dogs and a Parrot-What Our Animal Friends Can Teach Us About Life** by Joan Chittister

Joan Chittister is a leading inspirational writer with her book *The Gift of Years* on the best seller list.

*Two Dogs and a Parrot* are stories of her pets Danny, the Irish Setter, Duffy, the Golden Retriever and Lady the Caique Parrot. Each of the stories of their antics or peculiar ways to approach life and it's challenges is followed by a reflection meant for us to think about our own roles in life. Chittister challenges us to see ourselves as a part of nature and not just consumers of it. Our relationships with both animals and people can be brought to greater depth thru these readings. This is a very heartwarming, thought-provoking book. Two thumbs up.

### **Anything I Can Do** by Mary Carson

This is a second book written by Mary (Trochlil) Carson, and it is every bit as much fun as her first book titled *Anything That You Want*.

Jasmine, a girl from the city meets Quinn, a country boy. Neither of them has ever considered living a different type of life. Jasmine is getting a great deal of pressure to leave her job as a Nurse Manager for Labor and Delivery at Merit Memorial Hospital in order to join Chandran Medical, a family owned research group. Quinn is pouring his heart and soul into trying to save the farm his family has owned for three generations. Following his father's death, the farm incurred large debts from bank loans. The bank is now demanding payment of \$250,000 or sale of part or all, of the farm.

Listed as "A Sweet Romantic Comedy" it is all that. The characters are well developed, likeable and reading the book leaves you with a happy feeling. Two thumbs up.

### **Hidden (Lost and Found, #1)** by Fern Michaels

This is a mystery and love story rolled into one. Siblings Cullen and Luna Bodman have opened a furniture restoration shop and café in an up-and-coming arts center. Luna is a bohemian free spirit and Cullen is efficient and serious. Cullen has just purchased a truckload of furniture from the estate of a very rich individual named Mr. Millstone. Inside the buffet, in this collection, is Millstone's new final will that had been misplaced. Relatives of Mr. Millstone want the new will destroyed because they were disinherited for stealing from the family business. Tied up in a bow at the end of the story the son and daughter-in-law of Mr. Millstone are brought to justice, and several of the characters find love. Reviews were all over the place for this fun to read, but rather unexpected story. Thumbs up.

### **Secrets (Lost and Found #2)** by Fern Michaels

When a mysterious trunk is dropped off at Cullen Bodman's restoration shop with a \$1,000 money order asking him to restore it, his sister, Luna, is drawn to the mystery of the smoky smelling trunk. When Luna finds a diary inside, she is determined to find the owner. Luna does readings for people and she senses that a new client she has, somehow has a connection to this trunk. This woman is 38 years old, pregnant, but unsure whether her marriage is still viable. Another part of the story finds a fellow shop owner seeking out a friendship that has been lost for 20 years. This is not a typical "mystery" story, but one of many twists and turns with a resolution of a number of relationships and the mystery of the trunk revealed. Mixed reviews, but a fun read given a thumbs up by our reader.

### **Victoria Emerson Series** by John Gilstrap

Victoria Emerson is a West Virginia Congresswoman and is the last hope for our nation after its fall in a nuclear war. The government has been destroyed, the land is largely uninhabitable, electronics are useless, food is scarce and millions are ailing, scared and looking for aid from a government that can't seem to regroup.

The three books in this series are set after America's fall. All three are thrilling, heart racing, explosive stories causing us to question what would happen to us and to our country should nuclear war break out. **Crimson Phoenix** is the first book and it was released in 2021. **Blue Fire**, the second novel was released in 2022. Much of the action takes place in Ortho, WV. A group of National Guardsmen are trying to secure the town and its resources for themselves. In **White Smoke**, just released this year, Victoria is asked to leave Ortho, which she and others have defended, to try to organize the government and establish a new rule of law.

These are well paced, well told stories best read in order. Our reader started with the second book, but plans to read the other two. Two thumbs up and great reviews for this series.

### **The Ultimate Betrayal (Maximum Security #3)** by Kat Martin

Colonel Keegan has been accused of espionage and treason. His daughter, Jessica Keegan, a journalist, searches for the truth especially after her father is found dead of a heart attack. Jessica is sure he was murdered and sets about with Brandon Garrett, a bodyguard, to prove her father's innocence. This is an exciting, fast paced novel with great characters. Two thumbs up.

### **Beach House Summer** by Sarah Morgan

Joanna Whitman has been divorced from celebrity chef Cliff Whitman for over a year. Cliff was a serial cheater and the news media often dragged Joanna back into the spotlight. Cliff is killed in a car accident, but surviving that crash was a young pregnant woman named Ashley. Joanna goes to the hospital and offers to take Ashley with her to the beach house in her hometown so that both can escape the media.

Joanna has been gone from her hometown for twenty years and is unsure of the reception she will have coming back. She suspects people will leave her be, but is surprised by the amount of acceptance and offers of help.

This is a great beach read, a wonderful story leaving you feel engaged in the character's lives and feeling good as the book draws to a close. Two thumbs up.

### **The Last House on the Street** by Diane Chamberlain

This dual timeline story is set in 1965 and 2010 in North Carolina. Much to her family's dismay and disapproval Ellie Hockley, a college student, takes part in the SCOPE project, an effort to register black families to vote in the 1960's. In 2010 Kayla Carter and her husband were building their dream home in the Shadow Ridge Estates. Kayla is now ready to move into her home with her four-year-old daughter, but not her husband who died in the process of building their house.

Unknown to Kayla her home backs up against a wooded area used by the KKK years ago to lynch people. Some feel the area is haunted. With the intersection of Ellie's and Kayla's lives we have a well-written tale of historical fiction, prejudice, violence, the search for justice and the tangled lives of two families. Two thumbs up.

### **The Inn at Rose Harbor (Rose Harbor #1 of 5)** by Debbie Macomber

Jo Marie Rose comes to Cedar Cove, after the death of her husband, and becomes the owner of a B&B named The Inn at Rose Harbor. This is a gentle, light read about the first two guests at the Inn.

Joshua Weaver returns to Cedar Grove to take care of his ill stepfather. Years ago, after Joshua's mother's death, the stepfather threw him out of their home. Joshua joined the Army, had a good career, and hopes in returning to Cedar Grove to gather a few mementos of his mother.

Abby Kincaid left Cedar Cove twenty years ago after she was involved in a car accident in which her best friend died. She has been consumed with guilt that the accident was her fault.

Both Joshua and Abby find healing from the pain of the past and courage to move forward in life. Two thumbs up.



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# News from the RCSC SHIP Department MEDICARE COVERS PREVENTIVE & WELLNESS SERVICES

What are Preventive & Wellness (P&W) services you may ask?

Well, they can be procedures, counseling or tests or labs that are requested by your doctor to ensure on going good health or a service that helps prevent a condition from worsening.

What kind of tests are we talking about? Well, there are many and each of them and each of them have timeframes of eligibility.

Here are some P&W services:

Welcome to Medicare Wellness visit.

Annual Wellness Visit

Prostate cancer screening

Mammograms

Abdominal Aortic Aneurysm screening

Lung Cancer Screening

Alcohol misuse screening & counseling

Flu Shots

Bone Mass Measurements

Glaucoma tests

Cardiovascular disease screening

Depression screening

Cardiovascular Behavioral Therapy

Cervical screenings

Vaccines-such as COVID 19,

Pneumococcal

Diabetes screening

Hepatitis B shots and Screening

Hepatitis C screening tests

Counseling to prevent Tobacco use &

Tobacco caused disease.

Here is an example of a P&W service: (But this one has a twist.)

Colonoscopy is a covered Preventive & Wellness(P&W) service if you do not have a diagnosis regarding the colon. Things to remember **1-** if you **do** have a diagnosis pertaining to your colon and the doctor orders a colonoscopy that would be labeled "Medically Necessary" **2- no** previous diagnosis and doctor requests Colonoscopy that would be "Preventive & Wellness" and assuming nothing was found. **3-** if during the Preventive Colonoscopy they do find something, and doctor removes a polyp to be lab tested, at that moment your procedures has gone from Preventive & Wellness to a Diagnostic service. And depending on the insurance(s) you have a deductible might be due when you wake up.

Call your Local SHIP Counseleor for any questions? 304-636-4747

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# ~ ~ Zeus's Good Boy News ~ ~

Hello my good friends! I hope you are enjoying your summer! I know I am! I get to swim and run and roll in the grass. AND best of all, I still get to bring you all the good boy news from the Senior Center!! And there is always, always such good news to bring you, because there are soooooo many good boys and girls at the Senior Center!!

The first good thing I have to tell you about is also good FOR you!! Gotta love that, right? Right!! You know it is super important to eat all your good-for-you food like veggies. Well, the WV Department of Agriculture does this nifty thing where they give seniors little coupons to get FREE fruits and veggies every summer! My good friends at the Senior Center will be giving them out starting on Monday, June 12 from 9:00 to 11:00 each day. Go get your coupons, and then go get your veggies!! You can get tomatoes or potatoes, lettuce or cukes, even carrots!! I really like carrots, but green beans are my favorite veggie so you should definitely get green beans!! Yummy. Well, now I'm hungry....I wonder if there are any snacks - like frosty paws or milk bones or GREEN BEANS!..... sorry, got a little distracted. Back to the good news!

Did you read about the good boy Legislators who helped get money for the new roof on the Senior Center? Senator Hamilton, Senator Karnes, and Delegate Nestor all worked hard to get funding to help with the roof replacement. Just a



little more to go, and they'll have all the money they need to pay for the roof project. That is important because so many good things happen in the Senior Center, that we have to make sure it is safe and sound! I will definitely thank them with tail wags when I see them! I think they'll like that for sure!! You should thank them too!! - but maybe just say thanks with a handshake since you probably don't have a

tail to wag.

**BREAKING NEWS!** Yep, this news came in just minutes before the newsletter went to press!! (Listen to me, learning the reporter lingo!) Our very good friends and very good boys from the Randolph County Commission just agreed to help us with the last of the money we need to replace the roof on the Elkins Senior Center! Many thanks to Commissioner Kesling, Commissioner Siler, and Commissioner See for stepping up again to make sure the seniors in our county are well cared for!!

Speaking of neat people who visited the Senior Center recently - many thanks to the new WV Bureau of Senior Services Commissioner Denise Worley for coming to visit all my friends in Elkins! She spent lots of time learning about our terrific Senior Center and talking with Seniors. She even took time out of her day to serve

some grab and go meals in our drive through! She is just so nice and so smart and so happy and best of all, do you know what she loves besides seniors? DOGS! Yep, puppies! Gotta love a girl who loves seniors AND doggos! That's how I know she will do a great job looking out for the seniors all over the state!! Welcome to the team, Miss Denise! Three tail wags for you, Miss Commis!!

In other good news, be sure to read all about the Father's Day brunch coming up soon. It's for all the good boys (the girls already had their turn) whether you are a Dad or not. Just sign up with Miss Donna at the front desk so you can join us for some special treats. Not that Dads aren't special every day!! I mean I love my Mama, but my Dad is my most favorite person! We spend lots of time running and playing outside and swimming in the pool and the creek. He lets me chase squirrels and rides me in the big side by side and lets me bit the tires! He even sneaks me his pizza crust every single time!! He even retired so he could spend more time with me. He says it was just time to retire, but I know the real reason is

he wanted to be with me ALL. THE. TIME. Dads are just the best EVER!!!!

Okay, I think that is all my news for now. Be sure to enjoy your summer. I have included some pictures from my summer so far that you might like. Flowers, the creek, some of my deer friends, and me and my Dad!! So until next month, keep your tails waggin!



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# Welcome to Country Roads Transit (CRT)



**A RIDE FOR EVERYONE**  
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## Country Roads Transit appreciates our drivers!

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

Robert Arbogast	John Haney	Lori Suttle
Rick Cutright	Carl Wilfong	Thomas New
Patricia Bennett	Terry Brown	David Vance
Shawn Farnsworth Disp.	Jerry Holt	Lisa Bennett
Douglas Copeman	Danny Wood Mgr.	Donna Phares
Howard Beard	Peggy Lower	

Safety is our number one priority.

----- COVID-19 -----

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

If you have a fever or feel unwell, please stay home till you feel better

Vans are equipped with "cough curtains" van drivers can pull when passengers are boarding the van. Vans are being fumigated/sanitized on a weekly basis.

Drivers are equipped with masks, gloves, and sanitizer.

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

Anyone can use this service, but you must make a reservation 24 hours in advance. Call 304-636-6472 for more details.

There are four options:

Fare Zone 1: \$2.50: Anywhere within city limits or within ¾ mile off our regular route

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

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

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

[Country Road Transit](#)

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

**Country Roads Transit is always accepting applications. Stop in or call 304-636-4747 ext. 109.**

### Country Roads Transit VA/UHC Schedule

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

### JUNE 2023

Tuesday 6th 2023	Thursday 8th 2023
Tuesday 13th 2023	Thursday 15th 2023
Tuesday 20th 2023	Thursday 22th 2023
Tuesday 27th 2023	Thursday 29th 2023

### 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 JUNE 2023**

Wednesday 7th 2023: Harman, Job, Whitmer, Bowden

Wednesday 21st 2023: Harman, Job, Whitmer, Bowden

Wednesday 14th 2023: Mill Creek

Wednesday 28th 2023: Mill Creek

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

**We would like to Wish all the fathers and Happy Father's Day!**

**And we hope that all the mother's had a great Mother's Day**

**Country Roads Transit will be Closed on 6-20-23.**

### 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.



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