



# Randolph County Senior Center



May 2022

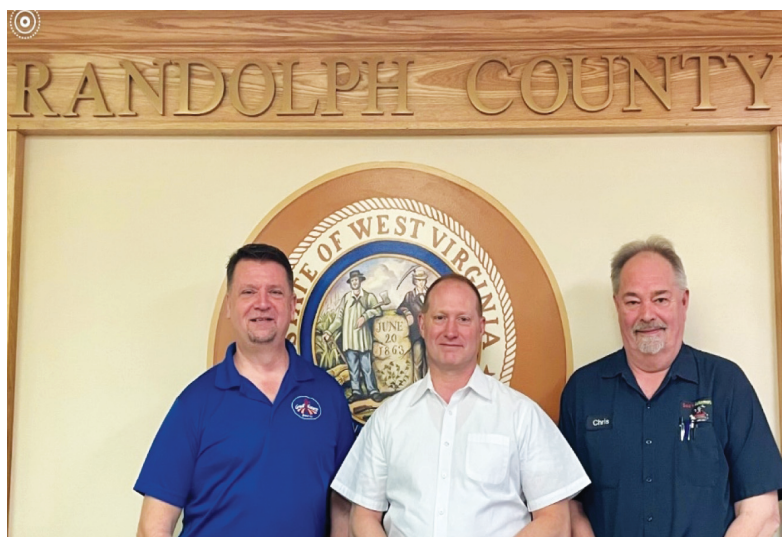


5th Street and Railroad Avenue • P.O. Box 727, Elkins, WV • 304-636-4747 • [randolphcountyseniorcenter.com](http://randolphcountyseniorcenter.com)

## Thank You Randolph County Commission!

You could not ask for better friends to the Seniors of Randolph County than these three gentlemen! Always supportive of our programs and services, the Randolph County Commission and the Randolph County Senior Center have a 54-year history of working together to meet the needs of our Seniors. We are extremely grateful for that support, especially given that is not the experience of all senior centers around the state.

This year, the Commission has been especially helpful. Because this year,



you see, three furnaces died a horrible death and had to be replaced at our Nutrition Sites – two at Harman and another at Mill Creek. Given the budget for the Nutrition program is

unable to accommodate such an expense, we reached out to our County Commissioners to ask for a little assistance. And what response did we receive? An immediate and resounding show of support and payment for all three furnaces!

It is truly special to have leaders that so respect our Elders, that fully understand the importance of the Senior Center programs and services, and that are determined to support both. Please reach out and thank them for their efforts. We most certainly thank them!

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

RETURN SERVICE REQUESTED

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Organization**  
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Elkins, WV 26241

# Randolph C. Senior Center News

**New Members:** Sandra & Roger Nelson, Roger & Cindy Holliday, Rhonda & Gary Goldizen, Sandra Workman, Nancy Haller, Lois & Gary Marsh, David & Lisa Bosley, Joe & Kelly Hart, Deborah & Randy Hoover, Joyce Smith, Donald R. & Kimberly Mole, Callette Smith, Dariel & Sabrina Talkington

**Regular Donations:** Nancy Messer, Teddie & Terry Warner, Ruth Ann Long, Eleanor Armentrout, Allen & Barbara Liedy, Elmer Mallow, Larry & Evelyn Snyder, Russell Poling, Women's Club of Elkins, Mary Alice Messer, Mary Louise Malek, Arthur Mullenax, Rhonda Vandevender, Donna Boltz, Dortha Hensil, Rose Mary Phares, Bonnie White, Steve & Debbie Cook, Shirley Rowan, Bobby Swecker, Mary Richards

**Article Donations:** Etta Jean Kendall, Harlan & Martha Jones, Jim Stottlmyer, Linda Pritt, Eleanor Armentrout, Fred Bird, Bev Martin, Phyllis Arbogast, Linda Wagner, David Plaughter & Donald Shreve, Richard Weiford

**Sympathy to the families of:** Raymond "Butch" Menendez, Charles William "Bill" Phares, Larry Floyd, Charlet Ann Claybourne Ware, Linda Marie Smith Daniels, Coach Floyd Leonard Thomas III, Clarence Roy "Jack" Boserman, Verna Mae Price, Melvin James Henry, Charles "Buss" Richard Wolford, Emma Christina Weese Poling, Sigrid Doris Engler Gray, John Stanley Fessler, Kay Ann Tibbs Marks, Charles Nelson Given, Evelyn June Vanscoy Raines, Charles William Bogan, Aaron Richard Kalar, Jacobus Jack Hasselaar, Kenneth Bernard Bennett, Judy Lee Jones

*Personal Service For Your Insurance Needs*

**Richard Nuzum**

**304-745-4349**

**richard.nuzum@mutualofomaha.com**



**Mutual of Omaha**

AFN32455

## MANY THANKS FOR THE FUN!

Thank you for shopping at our bake sale. We made \$174.72. Keep watching your newsletter for the next one.

Thank you for joining us for the senior Easter egg hunt. Everyone had a great time. We had a great turn out. We hid over 250 easter eggs filled with candy including some with special surprises. Our major prize winner of the Easter basket full of goodies was Junior Harper. Congratulations!!!!!!!

The Easter Dinner at the Crossings Café was a great hit!!! Thank you for coming. We really enjoyed seeing you there!!!!



## MANY THANKS TO SALLY PHARES

Many thanks to Sally Phares, Owner of Blossom Village, Flower Shop in Beverly, WV. She donated the lovely flower vases for all our tables in the Crossing Café here at the RCSC. We enjoyed them for the Easter Dinner and will enjoy them for every Holiday throughout the Year. Thanks again, Blossom Village!!



## BELATED MOTHER'S DAY BRUNCH

*(Please call ahead and sign up)*

**Thursday May 19, 2022**

**10:00 A.M.**

Coffee, Tea, and Punch

Finger Sandwiches

Pretzels, Nuts, and Mints

Strawberry Punch Bowl Cake



**HOBBY LOBBY &  
MEADOWBROOK MALL TRIP**  
**THURSDAY JUNE 9, 2022**  
**8:30 A.M.**  
**COST WILL BE \$13.00**  
**CALL AND RESERVE YOUR  
SPOT TO SHOP**



**Learn to Line Dance Classes**  
**Tuesdays and Thursdays**  
**May 10, 12, 17, 19, 24, 26**  
**From 10:30 A.M. to 11:30 A.M.**  
**Taught By**  
**Evelyn Bennett, B.A.T.D.**

## Why are Senior Center Meals so Important?

The Committee on Aging for Randolph County offers a nutritious hot lunch Monday through Friday to hundreds of seniors at both our congregate nutrition sites and through home-delivery/Meals on Wheels. It is one of the cornerstones of our service to the community, and provided **60,133** meals last fiscal year in Randolph County. While everyone agrees proper nutrition is important, most of us take for granted that we can access a balanced meal whenever we want. But this is not true for many seniors. Often the meal provided by the Senior Center is the only adequate meal these folks have during the day.

A meal isn't always JUST a meal. Those seniors who join us for lunch at our nutrition sites also enjoy the benefits of social interaction with others. And while that might seem trivial, studies show that elders who are socially active enjoy improved physical and emotional health and cognitive function. Folks who have strong interpersonal connections live longer and can even see a boost in their immune system. We find that a large number of seniors who participate in our congregate nutrition program on a regular basis also participate in other activities at our centers such as exercise programs, card games, billiards, etc.

Even those seniors who have the means to purchase the food they need, won't always take the time or effort to cook a balanced meal when they live alone. It's just hard to cook a meal like you can get here at the center for one person unless you want to eat it for a whole week! So the balanced nutrition and variety of meals that the Senior Center offers are helpful to those folks as well. Our staff can give you many examples of seniors whose overall health has improved through their participation in our programs.

For our home delivered meal recipients, the benefits can make an even greater impact. The delivery is a meal, but it is also a wellness check, and a happy social interaction with someone who cares about the well-being of that senior. Without programs like RCSC Meals on Wheels, many seniors

would be forced to enter nursing homes prematurely. It costs less to deliver a meal to a senior every day than it costs for one single day in the hospital or six days in the nursing home.

For our nutrition programs, we receive financial assistance from the state and other resources. However, it simply is not enough to fully fund the program. There are Senior Centers throughout the country, and even some in West Virginia, that have waiting lists for home delivered meals. There are senior centers across the country where they limit the number of seniors to which they can provide even congregate meals. At the Randolph County Senior Centers, we have chosen to serve every senior eligible for a meal. For many years, we have served far more meals than our Nutrition grant provides for in its funding. We are able to do so because we have a generous County Commission in good financial condition that sees the importance in this service. We are able to do so because we are fortunate enough to receive funds from our generous partners the United Way of Randolph County and the Pallottine Foundation of Buckhannon. We are able to do so because we work hard at our fundraisers such as our annual 25 Days of Christmas in July raffle. But as costs rise, it gets harder to meet the challenge of serving all eligible seniors. We must fight harder and harder to accomplish this goal each year.

You can see we have a critical need for your support of this important service. You can help in several ways. If you join us at our sites for lunch or receive a home delivered meal, make the most of your donation for the meal. Our suggested contribution for a meal is \$3.00. That's very inexpensive when you think what it would cost for you to cook that meal yourself or purchase it elsewhere. And it's less than half of our cost to provide the meal! You can also volunteer to help in our fundraising activities – come help or sell some 25 Days of Christmas in July tickets for us – or even by buying a raffle ticket. And your feedback on our programs is most welcome.

As always, you are invited to help support the nutrition program or any of the services and activities provided by the Randolph County Senior Center through donation. If you would like to help, please send your tax-deductible contribution to:

Randolph County Senior Center  
PO Box 727  
Elkins, WV 26241

You may use the following form to designate your donation for a specific purpose:

\$ \_\_\_\_\_ Nutrition Program  
\$ \_\_\_\_\_ Senior Activities/Programs  
\$ \_\_\_\_\_ In-Home Care Programs  
\$ \_\_\_\_\_ Use wherever needed the most  
\$ \_\_\_\_\_ In Loving Memory of \_\_\_\_\_  
\$ \_\_\_\_\_ Other \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_  
Thank you for supporting your Senior Center!

# LIVE YOUR LEGACY

Leave the planning to us.

Investment, Trust & Estate Services



**Leesa Harris, CTFA**  
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For a free consultation,  
call 304.637.2184

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

# MOTHER'S DAY

Mother's Day is a holiday set aside to honor our mothers. Most all of us owe our mothers so much for all the hard work, love, and patience they showed while raising us. There is nothing quite like the love of a mother.

The origin of Mother's Day as we know it took place in the early 1900s. A woman named Anna Jarvis started a campaign for an official holiday honoring mothers in 1905, the year her own mother died. The first larger-scale celebration of the holiday was in 1908, when Jarvis held a public memorial for her mother in her hometown of Grafton, West Virginia. In 1910 Anna Marie Jarvis got the state of West Virginia to declare Mother's Day an official holiday. The rest of the nation soon followed and in 1914 it was declared a national holiday by President Woodrow Wilson to take place the second Sunday of May.

## TRADITIONAL GIFTS

Although it is great to be original and get your mother something special and different,

there are always the traditional gifts. Each year the most popular Mother's Day gifts in the United States include flowers, pampering gifts like pedicures, greeting cards, jewelry, and of course taking your mother out to eat on Sunday. The important thing is to remember your mother.

## FUN FACTS ABOUT MOTHER'S DAY

\*There was a stamp commemorating the holiday in 1934.

\*It is the biggest day of the year for the restaurant industry.

\*Carnations are the traditional flower for Mother's Day.

\*There were over 122 million phone calls on this day in 2011.

\*There are an estimated 1.7 billion mothers worldwide.

\*Each year around \$2 billion is spent in the United States on flowers.

\*Mother's Day is the third (after Christmas and Easter) most celebrated day in the world.

Spring is upon us, and flowers are blooming and allergies raging!  
 Medicare is there for you! Bonus: Mother's Day is this month!

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

Find the words below related to Mother's Day and Medicare.





- Tulip
- Daffodil
- Crocus
- Cornflower
- Lavender
- Aster
- Black eyed Susan
- Spotted Joe

- Hydrangea
- Medicare
- Mother
- Pap test
- Mammograms
- Depression screening
- Nutrition
- Exercise

- Love
- Preventive
- Columbine
- Smile
- Butterfly Weed



# May Senior Center Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>Elkins Nutrition Site 304-636-3119</p>	<p><b>2</b></p> <p>Lemon Pepper Fish AuGratin Potatoes Broccoli Whole Wheat Bread Pudding Fruit</p>	<p><b>3</b></p> <p>Turkey Club Sandwich on Great Harvest Bakery Honey Whole Wheat Bread w/Lettuce &amp; Tomato Baked Beans, Old Fashioned Cucumber &amp; Onion Salad, Fruit</p>	<p><b>4</b></p> <p>Spaghetti w/Meatballs or Meat Sauce Side Salad Garlic Bread Fruit</p>	<p><b>5</b></p> <p>Chicken Fajitas w/Grilled Peppers &amp; Onions Cowboy Caviar Fruit</p>	<p><b>6</b></p> <p>Chili Cornbread Coleslaw Fresh Fruit</p>	<p> <b>7</b></p> <p>FREE LUNCH FRIDAY, THANKS TO CITIZENS BANK OF WV!</p>
<p><b>8</b></p> <p>Mill Creek Nutrition Site 304-335-6481</p>	<p><b>9</b></p> <p>Cornbread &amp; Beans w/Ham Oven Browned Potatoes Creamed Tomatoes Fruit</p>	<p><b>10</b></p> <p>Cheeseburger Potato Salad Carrots Fruit Cookie</p>	<p><b>11</b></p> <p>Baked Ham Pineapple Stuffing Green Beans Whole Wheat Roll Cinnamon Baked Apples</p>	<p><b>12</b></p> <p>Chicken Salad Sandwich on Whole Wheat, Veggie Lovers Pasta Salad, Baked Beans, Fresh Fruit</p>	<p><b>13</b></p> <p>Chicken Tenders Baked Potato Cheesy Broccoli Fruit Cocktail</p>	<p> <b>14</b></p> <p>FREE LUNCH FRIDAY, THANKS TO RCSC SHIP PROGRAM!</p>
<p><b>15</b></p> <p>Harman Nutrition Site 304-227-4664</p>	<p><b>16</b></p> <p>BBQ Pulled Potk Sandwich Coleslaw Baked Beans Fruit</p>	<p><b>17</b></p> <p>Liver &amp; Onions Mashed Potatoes &amp; Gravy Glazed Carrots Whole Wheat Bread Fruit, Ice Cream</p>	<p><b>18</b></p> <p>Lasagna Side Salad Garlic Bread Fruit</p>	<p><b>19</b></p> <p>Grilled Chicken Chef Salad Whole Wheat Roll Fresh Fruit Devils Food Cake</p>	<p><b>20</b></p> <p>Salmon Cakes Scalloped Potatoes Broccoli Salad Whole Wheat Bread Fruit</p>	<p> <b>21</b></p> <p>FREE LUNCH FRIDAY, THANKS TO MOUNTAIN MEMORIES!</p>
<p><b>22</b></p>	<p><b>23</b></p> <p>Warm Turkey Hoagie Baby Bakers Peas &amp; Carrots Fruit Cookie</p>	<p><b>24</b></p> <p>Baked Steak Mashed Potatoes &amp; Gravy Green Beans Whole Wheat Roll Fruit</p>	<p><b>25</b></p> <p>Orange Chicken Fried Rice California Blend Vegetables Whole Wheat Bread Fruit</p>	<p><b>26</b></p> <p>Taco Salad w/Chili, Chips &amp; Cheese Fruit Yogurt Parfait</p>	<p><b>27</b></p> <p>Chili Dog Coleslaw Baked Beans Fresh Fruit</p>	<p> <b>28</b></p> <p>FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!</p>
<p><b>29</b></p> <p>Refreshing Delicious Milk is Served With Every Meal!</p>	<p><b>30</b></p> <p><b>ALL SITES CLOSED HAPPY MEMORIAL DAY!</b></p>	<p><b>31</b></p> <p>Chicken Bacon Ranch Wrap Sweet Potato Fries Zucchini Parmesan Bake Fruit</p>		<p>Lunch Served 11:45 a.m. to 12:45 p.m.</p>	<p><i>FOR SENIORS 60+ A DONATION OF \$3.00 IS SUGGESTED. UNDER 60 LUNCH IS \$5.25.</i></p>	

# 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

## Pineapple Stuffing

This month's recipe for pineapple stuffing comes from my own Aunt Bev! She brought it to our family Easter Dinner this year, and it was so yummy I wanted to share it with all of you!! In fact, it is even on the menu this month. Be sure to tell us how you like it – I think it will be a keeper! *-Laura*

### INGREDIENTS:

- 1 Stick Butter
- 3 Eggs
- 1 ½ C Sugar
- ½C Milk
- 2 Cans Crushed Pineapple
- 4 C Bread Crumbs

Combine all ingredients.  
Bake at 350 for 1 hour.



# Lavender Fields Assisted Living

Private 10 Bed Home in Historic Beverly, WV

**Accepting New Residents**

*“Make everyday  
worth living”*

**New Owner  
Judi J. Rose**

**304-630-1100**



**May**  
National Hamburger Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lemonade Day	2 Baby Day	3 Garden Meditaion Day	4 Respect for Chickens Day	5 Cinco de Mayo	6 Dandelion Day	7 Scrapbooking Day
8 Mother's Day	9 Moscato Day	10 Windmill Day	11 Eat What you Want	12 Nutty Fudge Day	13 Frog Jumping Day	14 Chicken Dance Day
15 Nylon Stockings Day	16 Drawing Day	17 World Baking Day	18 Museum Day	19 Devils Food Day	20 Pizza Party Day	21 Learn to Swim Day
22 Goth Day	23 Taffy Day	24 Escargot Day	25 Wine Day	26 Eat more fruits and VeggiesDay	27 Hug Your Cat Day	28 Hamburger Day
29 Learn about Composting Day	30 Mint Julep Day	31 Macaroon Day				

[DailyHolidayBlog.com](http://DailyHolidayBlog.com)

**HAVE YOU EVER WANTED TO GO TO A MURDER MYSTERY DINNER?**

Come and Join Us On **Saturday, June 4, 2022** at **5:30 P.M.**

At The **Gandy Dancer Theatre** For The **MURDER MYSTERY DINNER**

**"LIGHTS OUT"**  
The Price Will Be **\$35.99** per person  
**PLEASE CALL AHEAD TO RESERVE YOUR SPOT**  
**304-636-4747**



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

Barry Band, President  
Jodie Parrack, Vice Pres.  
Bob Wilmoth, Treasurer  
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\*\*Roger Roy  
\*Jimmy Hammond  
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\*Jim Rossi  
Vince Petrice  
Karen Seel  
Tracy Fath

Bobbi Grinnan  
Dena Collett  
Denise Campbell  
Melanie Campbell

Sean Kelly  
Bill Hartman  
Debbie Cook

\*Members of the Executive Committee

\*\*Ex-officio Member

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.



## Mental Health Awareness for Seniors

**While most seniors have good mental health, many older adults are at risk of developing mental disorders, neurological disorders or substance use problems as well as other health conditions such as diabetes, hearing loss, and osteoarthritis. There may be multiple risk factors for mental health problems at any point in life.**

Older people may experience life stressors common to all people, but also stressors that are more common in later life, like a significant ongoing loss in capacities and a decline in functional ability.

Depression and mood disorders are also fairly widespread among older adults, and disturbingly, they often go undiagnosed and untreated. The CDC reports that 5% of seniors 65 and older reported having current depression and about 10.5% reported a diagnosis of depression at some point in their lives.

- Globally, the population is aging rapidly. Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double, from 12% to 22%.
- Mental health and well-being are as important in older age as at any other time of life.
- Mental and neurological disorders among older adults account for 6.6% of the total disability for this age group.
- Approximately 15% of adults aged 60 and over suffer from a mental disorder.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these

conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

The same goes for extreme anxiety or long-term depression.

- Changes in appearance or dress, or problems maintaining the home or yard.
- Confusion, disorientation, problems with concentration or decision-making.
- Decrease or increase in appetite; changes in weight.
- Depressed mood lasting longer than two weeks.
- Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide.
- Memory loss, especially recent or short-term memory problems.
- Physical problems that can't otherwise be explained: aches, constipation, etc.
- Social withdrawal; loss of interest in things that used to be enjoyable.
- Trouble handling finances or working with numbers.
- Unexplained fatigue, energy loss or sleep changes.

Don't hesitate to seek help if you are experiencing any of the symptoms above.

There are professionals out there willing to help, including your family doctor, which is always a good place to start. You could also consult a counselor, geriatric psychiatrist or psychologist. The important part is not to stand by and suffer alone. Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

**There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.**

Source: <https://assistinghands.com/blog/mental-health-awareness-for-seniors>







## OUR PROGRAM

While aging has many joys, it can also bring many challenges. Decreased physical and mental capabilities, the loss of loved ones and reduced independence can mean significant changes in the lives of older adults. Memory loss, and the behaviors that accompany it can be challenging for the person suffering as well as their loved ones. Sometimes specialized care is needed - and Laurel Place is prepared to help with these challenges.

Our inpatient psychiatry unit provides evaluation and treatment for older adults, typically over 55 years of age, who are suffering from debilitating symptoms of depression and anxiety. We offer holistic, comprehensive care to help patients deal with behavioral issues that occur during the aging process. As part of our holistic program, we review prescription and over the counter medication to ensure maximum therapeutic effect for our patients.

## FREQUENTLY ASKED QUESTIONS

### What Are The Admissions Criteria?

- Persons 55 and older (we consider 45 and up on a case-by-case basis)
- Psychiatric disorders
- Dementia diagnosis with behavioral disturbance
- Recent suicide attempt
- Danger to self or others

### Who Can Refer a Patient For Admission?

Anyone can refer individuals to the program, including family members, physicians, or other health professionals. Contact the Program Director at 304.630.3508 for information on making arrangements for admission to Laurel Place.

### How Long Do Patients Receive Treatment?

The average length of stay for patients is 12-14 days.

### Is Treatment Covered By Insurance?

Davis Medical Center Patient Financial Advocates are available to help you determine your cost as well as what insurance benefits are available to you or your loved one. Call a Patient Financial Advocate at 304.637.3125.

### Can I Visit My Family Member?

The support of family positively affects patient recovery and outcomes. You are encouraged to participate in your loved one's care and to visit during our convenient Visiting Hours. The staff will advise you about items that are permitted and not permitted during patient visits, and on the secured unit.

## Chicken, Macaroni, and Cheese



### INGREDIENTS:

- 1 ½ cups packaged dried multigrain or regular elbow macaroni (6 ounces)
- Nonstick cooking spray
- 12 ounces skinless, boneless chicken breast halves, cut into 1-inch pieces
- ¼ cup finely chopped onion
- 16.5 ounce package light semisoft cheese with garlic & herb
- 1 2/3 cups fat-free milk
- 1 tablespoon all-purpose flour
- ¾ cup shredded reduced-fat cheddar cheese (3 ounces)
- 2 cups packaged fresh baby spinach
- 1 cup cherry tomatoes, quartered

### INSTRUCTIONS

1. In a medium saucepan cook macaroni according to package directions, except do not add any salt to the water; drain.
2. Meanwhile, coat an unheated large nonstick skillet with cooking spray. Preheat skillet over medium-high heat. Add chicken and onion to skillet. Cook for 4 to 6 minutes or until chicken is no longer pink and onion is tender, stirring frequently. (If onion browns too quickly, reduce heat to medium.) Remove skillet from heat. Stir in semisoft cheese until melted.
3. In a medium bowl whisk together milk and flour until smooth. Add all at once to chicken mixture. Cook and stir over medium heat until thickened and bubbly. Reduce heat to low. Stir in cheddar cheese until melted. Add cooked macaroni; cook and stir for 1 to 2 minutes or until heated through. Stir in spinach and top with cherry tomatoes. Serve immediately.

# “See You Soon”

## Let's take a look at the month of May:

### Monday

11:00 Exercise Class  
 11:45-12:45 Lunch in the Crossings Cafe  
 12:30 Canasta, Hand & Foot Card Games  
 Games & Billiards All Day

### Tuesday

9:30 Coloring Session  
 10:00 Knitting Class (Call Ahead)  
 10:30 -11:30 Line Dancing Class (Tuesday & Thursday)(May 10, 12, 17, 19, 24, 26)  
 11:45-12:45 Lunch in the Crossings Café  
 12:30 Mahjong (Tuesday & Thursday)  
 12:30-1:00 Beginning Dulcimer Class  
 1:00-2:15 Regular Dulcimer Class  
 Games & Billiards All Day

### Wednesday

11:00 Exercise Class  
 11:45-12:45 Lunch in the Crossings Café  
 12:30-2:15 Hammer Dulcimer Class  
 Games & Billiards All Day

### Thursday

10:30-11:30 Line Dancing Class ( May 10, 12, 17, 19, 24, 26)  
 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  
 1:30 Book Club (2nd Thursday of the month) – TEMPORARILY  
 UNAVAILABLE/TO BE ANNOUNCED  
 Games & Billiards All Day

### Friday

10:00 Crochet Class  
 11:00 Exercise Class  
 11:45-12:45 FREE Lunch in the Crossings Cafe  
 Games & Billiards All Day

## SPECIAL EVENTS:

Join us on Thursday May 19, 2022 10:00 for a  
 Belated Mother's Day Brunch

Join us on Tuesday & Thursday (May 10,12,17,19,24,26)  
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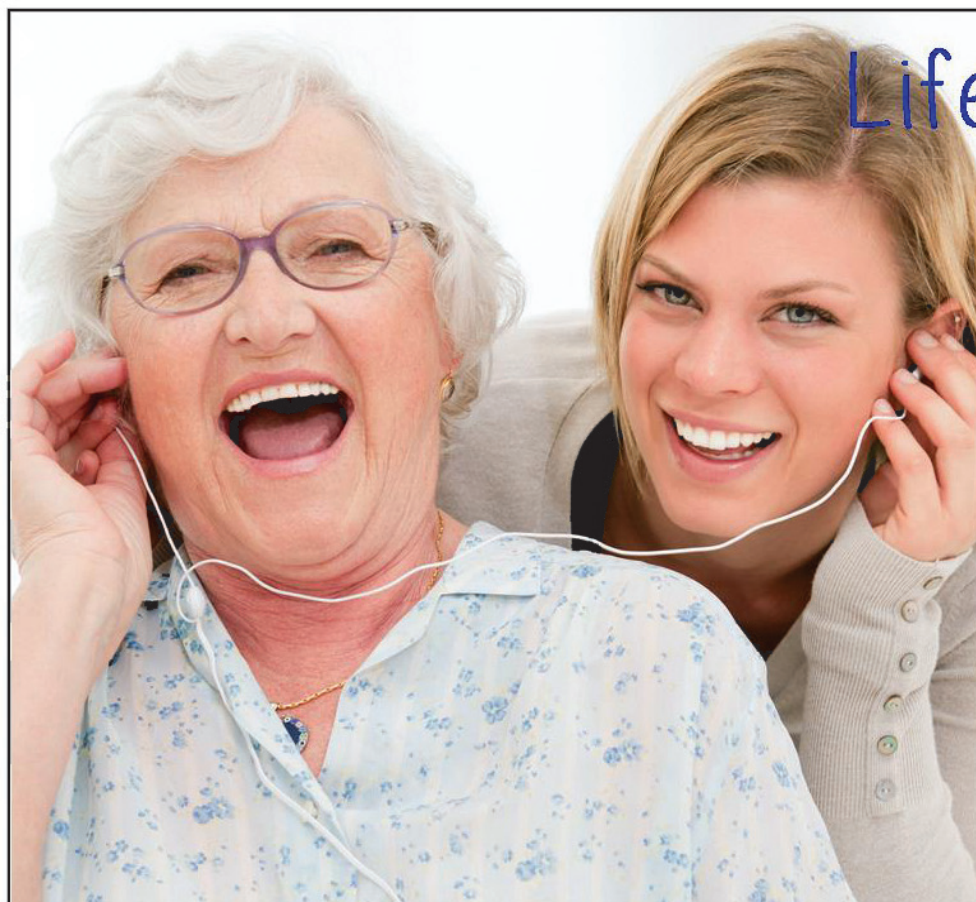
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# CALLING ALL BOOK LOVERS . . .



## The Dog Who Wouldn't Be by Farley Mowat

The Dog Who Wouldn't Be was written and first published in 1957 and again published in 2017. The author, Farley Mowat, was a Canadian writer, environmentalist and activist. It is the story of his youth, shared by a black and white mongrel named "Mutt". It is a humorous recounting of training this dog to be a retriever, and trying to dissuade him from chasing skunks. Mutt loved to climb ladders and walk atop the fence tormenting the neighborhood cats. This is a good book for animal lovers, those of us that have "grown up" with pets, and those of us in need of a bit of humor in our lives. Thumbs up.

## 19 Yellow Moon Road (Sisterhood, 33) by Fern Michaels

Maggie Spitzer is not only a top-notch newspaper editor; she is also a loyal and protective friend. Her friend, Gabby, has become involved with a spiritual organization named The Haven. Rather than finding the peace Gabby was seeking, she finds herself involved with a cult run by two sons of an imprisoned Chicago businessman. The Haven also has a connection with a Miami billionaire. When members of the Sisterhood are called in to help Gabby escape the cult, they uncover the Haven's ties to human trafficking, drug selling, money laundering and more. Thumbs up.

## Deep Harbor by Fern Michaels

C.J. Janson lost her older brother, Kick, in a boating accident. Following their parent's death, she had been her caretaker and best friend. She inherits half his fortune, leaving her financially secure. C.J. worked in Washington, DC for a congressman. She stumbled upon information that could tie him into corruption. After his death, by an apparent suicide, she uncovers further evidence of corruption. For her protection, she moves to Bar Harbor, Maine.

This book is both a political mystery/thriller and a romance with a surprise ending. Reviews were up and down like a roller coaster. Our reader gave it a thumbs up.

## Along for the Ride by Sarah Dessen

Overachiever, Auden, has spent years meeting the demands of her mother. As a result, in the fall, she will attend a great university. But for this summer she has chosen to join her dad, her step-mother and their baby in a beach town.

Although her ties to this part of her family are strained, she hooks up with Eli, a fellow insomniac, who in many ways helps her find the fun of her lost childhood. She finds freedom in friendships, at her job, that her mother would never have encouraged.

People who criticized this novel did so mainly because Sarah Dessen tends to follow a formula in writing her stories. Other people commented on the strength of her character development. Our reader gave this story a thumbs up.

## Northern Lights by Nora Roberts

Nate Burke, a Baltimore cop, watched his partner die. Guilt consumes him and in the hope of starting over he accepts the job of Chief of Police in Lunacy, Alaska. The setting is icy, cold and challenging. A frozen body is discovered in a cave 16 years after the man's death. Nate's investigation into this murder begins to uncover other problems under the surface of this small town. The romantic involvement in the story leads Nate from a brief encounter with Meg Galloway, a bush pilot, to a more lasting relationship. Approval from many reviewers and a thumbs up from our reader.

## The Greyson Sherbrooke Otherworldly Adventures Books 1-5

By Catherine Coulter

This is a collection of shorter fiction/novella style stories written by Catherine Coulter from 2015-2021, and released as a collection in 2022. Greyson Sherbrooke is a 19th century paranormal investigator. Accompanying characters include Pip, Miranda, Barnaby and PC which Coulter depicts with a depth of personality that draws us into their lives and adventures. In these tales Greyson becomes a brave hero battling supernatural evils of all kinds with the help of his supportive crew. Even if you are not a fan of the supernatural, many reviewers felt you would enjoy the books due to the character development and interactions. Thumbs up from our reader.



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# News from our Civil Air Patrol Friends

We love when we hear from our friends at the Civil Air Patrol! They had some special visitors from the Community they wanted to share with us. Zeus would be very proud!!

On Wednesday March 23rd Randolph County Sheriff Officers TJ Knotts, Bryan Talkington, Lance Elbon and K9 Hacker came to the weekly Civil Air Patrol meeting to demonstrate the K9 unit's work in the department.

These officers came to the Airport where the meetings are held after a full day of work to teach us a little about what they do. Our group certainly has a new appreciation and perspective of this department!



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# ~ ~ Zeus's Good Boy News ~ ~



There is lots of goodness to tell you about this month at the Senior Center!! For instance, did you know that some of the pool player guys from the Mill Creek Nutrition Site challenged the Elkins Site pool players to a friendly competition? Yep! They had so much fun!! They really hope to do it more often- or maybe even have a pool tournament. Ooooo, maybe the winners could get a treat – like a picture of me, or frosty paws, or . . . I know, I know, maybe a ball! Like a tennis ball or a basketball, or . . . Oh, oh, did you know I found another creek find ball? Yeppers! And it was one I never found before – the pink star ball. I may or may not have popped it 30 seconds after saving it from the treacherous creek waters, but I don't care, it is still so pretty! MMMMM, sorry I got distracted a little there. Maybe I should let my Mom pick a nifty prize for the pool tournament.



Do you know what else is a really good thing happening at the Senior Center? Miss Penny's exercise class is soooooo big! There are so many seniors coming to her class on Mondays, Wednesdays, and Fridays that it fills up the whole room! My Mom goes on and on and on about how happy everyone is to come to class and to visit with each other, and that makes my Mom extra happy!! Also, so many seniors have said how much it is helping them to get out and move more. Boy, do I understand that! If I don't get my running and fetching in every day, I am just not the same happy pupper! Anyway, great job leading the class, Miss Penny, you are a very, very good girl!

They had lots of visitors at the senior center in the last few months – people from Pallottine Foundation and the United Way who help with the nutrition program stopped by to visit and see all the lunch goodness that goes on every day. They even had a visit from the nice lady from the state who makes sure they are getting all the right foods on the menu for you guys. She was excited and so proud of all you for sharing your ideas for yummy lunches and said you were all doing a terrific job!! Three tail wags for you!!!

I hope you have been enjoying the nice weather lately. I have been! There has been lots of stick and ball throwing going on at our house! I have even been swimming in the creek a few times already!! I learned that it might be bad manners to try to swim in the same hole that Dad is fishing in. I don't know what in the world he is complaining about – he still caught a fish. He said it was beautiful, but I don't get it – it didn't even have sparkly fur that it could leave wherever he went. Geesh. Oh, and I have been getting extra walks in the woods with my Mom and Dad because

they have been searching for something called morel mushrooms. Now, I don't see what all the fuss is about – I sniffed one of those things and it doesn't smell yummy AT ALL! But I'm a fun guy, so I go along. Teehee – get it fun guy, fungi? I crack myself up! Anyway, even if it's just a little "porch sittin" time, I hope you get to enjoy the fresh air.

Until next month, folks, I will keep my nose to the ground and keep sniffing out the good news from the Senior Center. Keep those tails wagging!!



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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!

- |                        |                 |              |
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| Patricia Bennett       | Terry Brown     | David Vance  |
| Shawn Farnsworth Disp. | Jerry Holt      | Lisa Bennett |
| Douglas Copeman        | Danny Wood Mgr. | Donna Phares |
| Howard Beard           | Peggy Lower     |              |

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 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

**COUNTRY ROADS TRANSIT PRECAUTIONS**

**COVID-19**

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

**Country Roads Transit Is Looking for a sub bus driver**

**Stop in or call at 304-636-4747 Ext 109**



**Country Roads Transit Precautions on the van:**

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

**Getting to Know CRT: Partnerships**

Did you know that Country Roads Transit has partnerships with multiple community agencies within both Randolph and Upshur Counties? One example is our partnership with the Randolph County Housing Authority that manages the Youth Build Program.

The goal of Youth Build is to give young adults the tools to get a good job and keep it. Youth Build works to develop the capacity of young adults to be responsible members of their families and communities by strengthening educational backgrounds, teaching marketable skills and entrepreneurship, and instilling leadership values that relate to home, work and community.

Country Roads Transit provides transportation to the students enrolled in this program. On a daily basis, Country Roads Transit transports Youth Build students from their homes to the classroom and also provides transportation to the students for their charity work within the Elkins community such as Catholic Charities and the Randolph County Humane Society.

**Getting to Know CRT: Fun Fact**

Route deviation and demand response services are available in selected areas of Randolph County.

**Country Road Transit**

Is offering free rides to get the covid 19 vaccine and the Booster. Just call and schedule your ride. 304-636-6472

**Country Roads Transit Providing New Service**

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

**MAY 2022**

- |                    |                      |
|--------------------|----------------------|
| Tuesday 3th, 2022  | Thursday 5th, 2022   |
| Monday 9th, 2022   | Wednesday 11th, 2022 |
| Tuesday 17th, 2022 | Thursday 19th, 2022  |
| Monday 23th, 2022  | Wednesday 25th, 2022 |
|                    | Tuesday 31st, 2022   |

**Traveling to The Louis A. Johnson Medical Center**

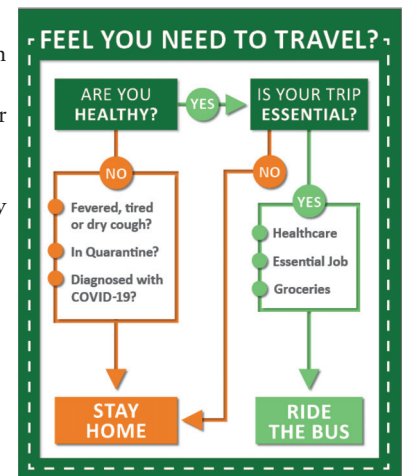
- 6:30am: Depart from the Randolph County Senior Center
- 7:45am: Arrive at first stop at Lowe's parking lot in Buckhannon
- 8:45am: Arrive at Louis A. Johnson Medical Center
- 9:15am: Arrive at United Hospital Center

**Return trip**

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

**Harman and Mill Creek trips for the month of May 2022**

- Monday 2nd 2022: Harman, Job, Whitmer, Bowden
- Tuesday 17th 2022: Harman, Job, Whitmer, Bowden
- Thursday 5th 2022: Mill Creek
- Thursday 26th 2022: Mill Creek



# The Area's Newest Senior Housing Development

*Is Now Accepting Applications*



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## **Services/Amenities Include:**

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- ◆ Meals
- ◆ Security & Safety Services
- ◆ Property Maintenance
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