



# Randolph County Senior Center



May 2023



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

## Celebrating 60 Years of Older Americans Month!

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find



AGING UNBOUND: MAY 2023

a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- Stay engaged in your community.

Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

Come visit or give us a call to find out what activities, services, and volunteer opportunities are available at the Randolph County Senior Centers. Let's find the next adventure together!

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

RETURN SERVICE REQUESTED

Non-Profit  
Organization  
U.S. Postage Paid  
Permit No. 102  
Elkins, WV 26241

# Randolph Co. Senior Center News

**New Members:** Jim Hatch & Filomena “Willy” Lima, Paul & Carolyn Korntop, Vance “Buck” Cecil, Jr., Velair & Katheryn Collins, Billie McIntyre

**Regular Donations:** Diane Coberly, Rich & Merrill Vandevender, Sherri Marsteller, Gary & Jane Ware, Sue Kennedy, Teddie & Patty Warner, Shirley Rowan, Donald Boltz, Jr., Bob Swecker, George Arrington, Debra Simmons, Eugene Streets, Martha Reed, Barry & Marsha Gardner, Russell Poling, Delford Sharp, Doris Wood

**Article Donations:** Ingrid Mullenax, Sharron Reckart, Kathy Bell, Molly Armentrout, Karen Connolly, Phyllis Brownlee, McRay Heck

**Sympathy to the families who have lost loved ones:** Robin Coburn

**Sympathy to the families of:** Harry H. “Bud” Cupp III, Louise Teter, Jessie Mae Hogan Dodrill, Robert “Bob” Frederick Gottschall, Nina Ware Lindsay, Amy L. Nelson, Ernest Hugh “Ernie” Boyles, Wilma Gray Morgan, Charles Ray Taylor, Roy Edward White, Frances Dee Clark, Josephine “Jo” Georgia Shiflett Taylor, Mark Brent Armentrout, Clifford R. Phillips, Willard Herron, Ronald Elliott Phillips, Nellie May Bell Liggett, Olive “Marie” Shaffer Poling, Phyllis Ann Pnakovich Valdez Brownlee

*Personal Service For Your Insurance Needs*

**Richard Nuzum**

**304-745-4349 ~ Cell 304-677-8843**

**richard.nuzum@mutualofomaha.com**



**Mutual of Omaha**

AFN32455

## Mother's Day Celebration at Mill Creek Nutrition Site!

Our team at the Mill Creek Nutrition Site are super excited to celebrate Mother's Day this year with an entire weekend of fun activities for the whole community! Call Peggy or Teresa at the site (304-335-6481) for more info, to reserve a space, or to pre-order your dinners.

**SATURDAY, MAY 13, 2023 ~ 9 A.M. - 2 P.M.**

### PEPPERONI ROLL AND MAC & CHEESE DINNER SALE

Come and enjoy a good 'ole WV dinner prepared by our own RCSC cooks for just \$5.00! You can preorder meals for your whole family, or purchase at the door while they last. (TIP: Don't disappoint Mama – preorder those goodies – they are too good to miss!)

### INDOOR CRAFT SALE AND BAKE SALE

Enjoy tasty treats and hand made creative crafts for sale inside the Site. (Sellers, please note you must reserve your table in advance for \$15 by calling Peggy. Space is limited.)

### OUTDOOR YARD SALE

Find your next treasure (for yourself or your MOM!) at our yard sale! (Sellers, please note you must reserve your space in advance for \$10 by calling Peggy. Space is limited. You must provide your own table and canopy)

### GOSPEL SING ~ 6 P.M. - ???

All singers are welcome – just bring your own music and come enjoy the evening with us. Please call to get your name or group on the list or just walk in and we'll have a great evening of music. Pepperoni Roll and Mac & Cheese Dinners will be available again for just \$5.00.

**SUNDAY, MAY 14, 2023 ~ 8 A.M. – 12 P.M.**

### MOTHER'S DAY BREAKFAST

We know, you don't want Mama to have to cook breakfast on Mother's Day – but you don't want to either!

It's a real pickle, but we're here to help!

Bring your whole family to enjoy Mother's Day Breakfast together!

Just \$6.00 per person. Kids under 5 eat free!

All proceeds will support the Mill Creek Nutrition Site's RCSC Nutrition Program. Remember, call Peggy or Teresa at the site (304-335-6481) for more info, to reserve a space, or to pre-order your dinners.

# Meet Our Seniors ~ Happy 72nd Wedding Anniversary Bob and JoAnn Lambert!

*By Penny Canfield*

April 6, 1951, Bob and JoAnn Lambert married at Deer Lake Park, Maryland. They both graduated from rival schools. Bob from Parsons High School 1950 and JoAnn from Thomas High School in 1951. But you know how love gets you, they met on a blind date set up by mutual friends. A few months later, Bob picked her up from school and off to Maryland they went to be married. Their families knew nothing about this plan.... But you know mothers, they don't miss anything.

JoAnn had just graduated when they left for Indiana, starting out their married life with \$125.00. In the fall of 1951, they came back to Parsons to live. After a few years they



moved to Kentucky and lived there for 18 years. They moved back to Parsons when Bob started to work for the U.S. Postal Service there and retired after 29 years of service. All this time he was holding down

three jobs. One job was owner and operator of Lambert's Taxidermists in Parsons. He is the one who mounted the Elkins High School tiger on display at the school. Besides raising her children, JoAnn worked at different jobs over the years. Bob and JoAnn have two children, five grandchildren, nine great-grandchildren and three great-great-grandchildren. They have been living in Elkins for the past five years. They attend the Elkins Nazarene Church in Gilman. Bob and JoAnn have slowed down, but they enjoy putting out a garden and working on puzzles. JoAnn loves doing counted cross stitching. Stop by the Senior Center on Monday, Wednesday, and Friday for the exercise class and say hello to this happy couple.

## 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!



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 –80! 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!

### MEADOWBROOK MALL TRIP

WEDNESDAY MAY 24, 2023

8:30 A.M. TO 2:30 P.M.

COST WILL BE \$13.00

CALL AND RESERVE YOUR  
SPOT TO SHOP

# The Senior Olympics are Back for 2023!!

## Aging & Family Services 19th Annual Mountain State Senior Olympics

June 7th—9th, 2023

WVU—Potomac State College, Keyser, WV

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

**\$40 Registration fee helps cover:**

<b>Competition</b>	<b>Pic-Nic &amp; Entertainment</b>	<b>Bingo games</b>
<b>Banquet</b>	<b>Goodie Bag</b>	<b>Olympic T-Shirt</b>
<b>Dance</b>	<b>Over 200 ribbons, medals and trophies</b>	

### Competitions Include:

<b>Corn Hole Toss</b>	<b>Disc Golf</b>	<b>Bowling</b>	<b>Horse Shoes</b>
<b>Football Throw</b>	<b>20-Yard Dash</b>	<b>Basketball</b>	<b>Golf Putting</b>
<b>Softball Throw</b>	<b>Lacrosse</b>	<b>Bean Bag Toss</b>	<b>Soccer Kicking</b>
<b>Bocce Roll</b>	<b>Ladder Ball</b>	<b>and more!!</b>	

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

**PIONEER**





**INSURANCE AGENCY, INC.**  
**304-636-2300**  
PIONEERINSURANCEAGENCY.NET

**Medicare Supplements**

Thanks to our friends at Aging and Family Services in Mineral County, the Senior Olympics are back for the first time since the pandemic! Please consider signing up to help represent Randolph County at the Senior Olympics held June 7-9, 2023 at Potomac State College, Keyser. All citizens age 55 or older are eligible to participate. The Senior Olympics philosophy is to provide activities for all seniors, regardless of age or athletic ability. From Bocce to basketball and from Bingo to the spelling bee; events are chosen to include the physical as well as the nonphysical activities. The variety of games, ensures the accommodation of all skill levels and promotes an atmosphere of competition while still focusing on the importance of socialization. Events such as the picnic, banquet, and the talent show allow the participants to become better acquainted with each other. Stop by and Miss Donna will give you all the information you need to join in the fun. The Senior Center will happily pay your \$40 registration fee. All you need to do is submit your registration forms by May 30. Let's Get Together and go together to the Senior Olympics!



# May Senior Center Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> ←
<i>TO BE ELIGIBLE FOR FREE LUNCH FRIDAY, YOU MUST BE 60+ AND HAVE AN UP-TO-DATE SAEF FORM</i>	Lemon Pepper Fish AuGratin Potatoes Broccoli Whole Wheat Bread Fruit	Turkey Club Sandwich on Whole Wheat w/ Lettuce & Tomato Baked Beans, Old Fashioned Cucumber Tomato Salad, Fruit	Spaghetti w/Meat Sauce Side Salad Garlic Bread Fruit	Baked Ham Pineapple Stuffing Green Beans Cinnamon Baked Apples	Chicken Fajita w/Grilled Peppers & Onions Cowboy Caviar Fruit	FREE LUNCH FRIDAY, THANKS TO CITIZENS BANK OF WV!
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> ←
<i>FOR SENIORS 60+ A DONATION OF \$3.00 IS SUGGESTED. UNDER 60 LUNCH IS \$5.25.</i>	Cornbread & Beans w/Ham Oven Browned Potatoes Creamed Tomatoes Fruit	Baked Steak Mashed Potatoes w/Gravy Glazed Carrots Whole Wheat Roll Fruit Crisp	Chicken Salad Sandwich on Whole Wheat, Veggie Lovers Pasta Salad Baked Beans Fresh Fruit	Turkey & Ham Chef Salad Whole Wheat Roll Fruit Chocolate Pudding	Chicken Tenders Baked Potato Cheesy Broccoli Whole Wheat Bread Fresh Fruit	FREE LUNCH FRIDAY, THANKS TO COUNTRY ROADS TRANSIT!
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> ←
	Orange Chicken, Fried Rice, California Blend Veggies, Whole Wheat Bread Fruit, Chocolate Chip Cookie	BBQ Pulled Pork on Whole Wheat Bun Coleslaw Baked Beans Fruit	Lasagna Side Salad Garlic Bread Fruit	Open Face Turkey Pot Pie w/Mixed Veggies Mashed Potatoes Fresh Fruit	Crab Cakes Scalloped Potatoes Broccoli Salad Fruit Devils Food Cake	FREE LUNCH FRIDAY, THANKS TO MOUNTAIN HOSPICE!
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> ←
Lunch Served 11:45 a.m. to 12:45 p.m.	Warm Turkey Hoagie Baby Bakers Peas & Carrots Fruit Vanilla Pudding	Oven Fried Chicken Coleslaw Carrots Whole Wheat Roll Fruit	Chicken Bacon Ranch Wrap Sweet Potato Fries Zucchini Parmesan Bake Fresh Fruit	Taco Salad w/Chili, Chips & Cheese Fruit Yogurt	Liver & Onions Mashed Potatoes w/Gravy Broccoli Fruit	FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
	<b>ALL SITES CLOSED HAPPY MEMORIAL DAY!</b>	Chili Dog Baked Beans Potato Salad Fruit Ice Cream	Pot Roast Mashed Potatoes w/Gravy Roasted Brussel Sprouts Fruit	Elkins Nutrition Site 304-636-3119	Mill Creek Nutrition Site 304-335-6481	Harman Nutrition Site 304-227-4664

# RELATED MOTHER'S DAY BRUNCH

*(PLEASE CALL AHEAD AND SIGN UP!)*

MONDAY MAY 15, 2023

9:30 A.M.

COFFEE, TEA, AND PUNCH

FINGER SANDWICHES

CUCUMBER SALAD, RELISH TRAY,

PRETZELS

STRAWBERRY DESSERT

## 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!



## 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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## May Events in History

- May 1, 1840 – England releases the first adhesive postage stamp.
- May 1, 1931 – The Empire State Building was dedicated.
- May 1, 1941 – The cereal “Cheerios” hits the shelves.
- May 2, 1885 – Good Housekeeping Magazine first hit the newsstands.
- May 6, 1833 – John Deere produces the first steel plow.
- May 6, 1915 – The Yale lock is patented.
- May 8, 1794 – The U.S. Post Office was established.
- May 8, 1952 – Mad Magazine hits the newsstands.
- May 9, 1886 – The Syrup for Coca-Cola is invented by Atlanta Pharmacist John Styth Permerton
- May 11, 1947 – BF Goodrich manufactures the first tubeless tire.
- May 15, 1940 – Nylon stockings hit the market for the very first time.
- May 20, 1830 – The fountain pen is patented.
- May 23, 1758 – Benjamin Franklin invents the bifocals.
- May 30, 1821 – James Boyd patents the fire hose.
- May 31, 1990 – Seinfeld television comedy show Premieres.

## Creamy Chicken Marsala

### INGREDIENTS

- 4 boneless skinless chicken breasts, thinly sliced\*
- salt and pepper to season
- 2 tablespoons olive oil
- 1 1/2 cups sliced mushrooms
- 1/2 cup Marsala wine
- 1/2 cup chicken broth
- 1 cup heavy whipping cream
- 1 teaspoon ground mustard
- 1 teaspoon garlic powder
- fresh parsley for garnish, chopped

### INSTRUCTIONS

In a large skillet over medium heat add 1 tablespoon of olive oil to the pan. Add the chicken and lightly season with salt and pepper. Cook until lightly

brown and cooked throughout. Remove chicken and set aside on a plate.

Add 1 tablespoon olive oil and sauté the mushrooms for 1-2 minutes. Add marsala wine and bring to a boil over medium-high heat for 1-2 minutes. This allows the alcohol to burn out. Add the chicken broth, heavy whipping cream, ground mustard, and garlic powder.

Bring to a boil and reduce heat and simmer for about 10 minutes or until it starts to thicken. Place the cooked chicken back in the sauce and continue to simmer for about 1-2 minutes.

# 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  
Jodie Parrack, VP  
Bob Wilmoth, Treasurer  
Christina Kittle, Sec.

Steve Shepler\*  
Karen Seel\*  
Bobbi Grinnan\*  
Vince Petrice

Roger Roy  
Tracy Fath  
Dena Collett  
Denise Campbell

Melanie Campbell  
Sean Kelly  
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.




## DAVIS MEDICAL CENTER Walk-In Clinic



The DMC Walk-In Clinic has re-opened in, and is located on the ground floor with Family Practice and Pediatrics. The hours will be expanded to provide evening and weekend care for the community.

**Monday through Friday 7 am to 7 pm / Saturday 8 am to 12 pm**

- The Walk-In Clinic is open to patients of all ages.
- Patients will have convenient and timely access to needed ancillary services like radiology, x-ray and/or emergency department care.
- It will help reduce "bottleneck" in the Emergency Department by allowing non-emergency patients to be seen in a more appropriate setting for their care.
- Walk-in care is less costly than an emergency room visit.
- Patients can easily be referred for additional testing, consultation or specialized care.
- Health Center Pharmacy can fill patient prescriptions before they leave, eliminating the need for an additional stop.
- The walk-in care providers are closely aligned with our team of primary care providers, which means we already know the patients' health history and we have access to the patient's medical records.

## Understand your options for prostate cancer treatment.

**Advanced, non-surgical state-of-the-art treatment.**

Choosing the right treatment for prostate cancer is an important decision. At the DMC Cancer Care Center, you'll get the best advice and support to make the choice that's right for you.

During your consult visit, you will meet with Dr. Michael Galloway, radiation oncologist experienced in the diagnosis and treatment of prostate cancer. Together, he will review your medical history, diagnosis, and discuss treatment options, including the most advanced prostate cancer therapies.

You'll receive the support of a comprehensive cancer team who help with psychiatric support, nutrition and social work counseling, financial planning, and other important patient care needs.

Call the DMC Cancer Care Center to schedule a consult and learn more about our advanced, non-surgical prostate cancer treatment.



**Michael Galloway, MD**  
MEDICAL DIRECTOR / RADIATION ONCOLOGIST







## Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

### OLDER ADULTS' UNIQUE NUTRITION NEEDS

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Learn more about protein and other important nutrients.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

### MEAL PLANNING

Answering the question "what should I eat?" doesn't need to leave you feeling baffled and frustrated. In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:

- Plan in advance. Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- Find budget-friendly foods. Create a shopping list in advance to help stick to a budget.
- Consider preparation time. Some meals can be made in as little as five minutes. If you love cooking, or if you're preparing a meal with or for friends or family, you may want to try something a little more challenging.
- Keep calories in mind. The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes. Read about calorie goals and healthy food swaps.

When you create your shopping list, don't forget nutritious basics such as fresh fruits and vegetables and whole-grain bread.

Site: <https://www.nia.nih.gov/health/healthy-meal-planning-tips-older-adults>

## Grilled Salmon Salad



### INGREDIENTS:

- 4 salmon fillets (4 ounces each)
- 2 garlic cloves, minced
- 1/2 cup teriyaki sauce
- 1 package (10 ounces) salad mix
- 1 medium cucumber, sliced
- 1 pint cherry or grape tomatoes, halved
- 1/2 red onion, thinly sliced
- 3/4 cup salad dressing

### INSTRUCTIONS:

#### Step 1: Prep the salmon

Rub salmon with garlic; place in a shallow bowl. Then add the teriyaki sauce; turn salmon to coat. Let stand 10 minutes.

#### Step 2: Cook the salmon

Preheat your grill. (You'll be using the direct heat cooking method for this recipe.) Place the salmon on an oiled grill rack over high heat. You should grill the fish, covered, until it just begins to flake easily with a fork, 4-6 minutes per side.

#### Step 3: Make the salad

Combine the greens, cucumbers, tomatoes and onions. Toss salad mix with salad dressing; place on four plates. Top with salmon. To finish, sprinkle with your favorite healthy salad toppings. We love to use fresh fruits, like sliced strawberry or citrus wedges, dried fruit such as cranberries or golden raisins or something that adds crunch, like toasted nuts, wonton strips or homemade croutons.

#### Dressings Ideas for Salmon Salad

Top this grilled salmon salad with a creamy Caesar dressing or a vinaigrette made with fresh herbs. You can choose your favorite packaged dressing or make your own at home.

*Editor's Tip: No teriyaki sauce? No problem. Try a brown sugar glaze instead. Even a generous sprinkle of salt and pepper is a tasty option.*

**SENIOR DISCOUNT... Something to REALLY get excited about!**

**\$1 OFF**

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PLEASE PRESENT COUPON PRIOR TO ORDER.

Must be 60 years or older with proper ID.

Not valid with any other coupon or discount.

EXPIRES 8/31/23



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# "See You Soon"

Let's take a look at the month of  
May

**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  
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



**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!*

# Randolph Funeral Home and Cremation Services Inc.

- Affordable Prices
- Dignified Services
- On-Site Crematory
- Comfortable Surroundings
- Traditional Services



*"Your loved ones will never leave our compassionate care."*

The only funeral home in Randolph County with  
an onsite crematory.

100 Meadow Lane, Valley Bend, WV  
304-338-4800

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

Kevin Hostetler - Owner & licensee in Charge



### 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)

*"We See the Best in You"*

- 20 Bed Unit
- 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

Elkins Rehabilitation & Care Center  
1175 Beverly Pike ♥ Elkins, WV 26241  
304.636.1391 ♥ [www.erc.org](http://www.erc.org)



## Life Is Better At Cortland

When it comes time to consider skilled nursing care, you naturally want the very best. Cortland has a 5-star rating from the Center for Medicaid & Medicare Services.

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## CALLING ALL BOOK LOVERS . . .

### Return to Virgin River by Robyn Carr

In an attempt to move past a writer's block after her mother's death from cancer on Christmas day, Kaylee Sloan returns to Virgin River. In the past she has made only brief trips there. The cabin she was to rent for several months caught fire just before she arrived. Kaylee ends up renting a small cabin from Landry Moore. All of our old friends from Virgin River are a part of this story. Kaylee works hard to move forward in her grieving process, get past her fear of dogs, and to move forward with relationships she never dreamed she would have. Thumbs up for a good read.

### The Rosie Project (Don Tillman #1) by Graeme Simsion

Don Tillman is a professor of genetics, who has embarked on a wife finding project because his older neighbor suggested he would make a wonderful husband. Don sits on the end of the autism spectrum, has never had a second date, but he sets out on this project in a highly organized, evidence-based manner.

Enter Rosie Jarman, the antithesis of anything Don is looking for as she is a barmaid, perpetually late, a smoker, vegetarian and a psychology student. Rosie, however, is on a quest of her own to find her biological father. Don's "Wife Project" ends up taking a back seat to Rosie's "Father Project." Their shared adventures while pursuing Rosie's father leads to an unlikely romance.

It took a few chapters to become engaged with the characters. However, the book was fun and the characters enlightening of the thought processes and behaviors of someone with Aspergers or on the autism spectrum. Thumbs up.

### The Brodies of Alaska (A 3 book series) by Kat Martin

#### Against the Wild (Book #1) by Kat Martin

Against the Wild introduces us to Dylan Brodie, the youngest of three brothers. He has purchased a remote lodge in the Alaskan wilds and hires Lane Bishop, a highly regarded interior designer in LA, to decorate it. Dylan has an eight-year-old daughter, Emily, who has not spoken a word in three years since her mother walked out on them.

The lodge is reported to be haunted after two murders took place there forty years ago. Strange things begin happening and blame is placed on a native Alaska tribe living nearby. Is this the truth, or is there a psychopath waiting in the shadows? What is his motive? Emily speaks for the first time in three years when Lane's life is in danger. Lane decides to stay at the lodge full time. Two thumbs up.

#### Against the Sky (Book #2) by Kat Martin

We are introduced in this book to Nick, the middle brother, who has just quit his job as a police officer after the murder of a young girl. His brother gives him a ticket to Las Vegas. While there he rescues a woman from being attacked. He has a one-night stand with Samantha—who later finds out she is pregnant. Though she does not tell him, their relationship continues and Nick invites her to visit him in Alaska.

Shortly after she arrives, Nick's neighbor is found dead of an apparent heart attack. However, the neighbor's nine-year-old son tells Nick that he saw his dad arguing with a strange man and he is sure that his dad was murdered. This mild-mannered man was actually involved with the Russian mob, and when Nick begins to investigate both he and Samantha are placed in grave danger. The two relocate to Seattle where Nick opens a private security business. Two thumbs up.

#### Against the Tide (Book #3) by Kat Martin

Rafe, the oldest of the Brodie brothers, owns a charter fishing boat business. Olivia "Liv" Chandler is new to the town. She has bought the local café, but is very guarded and careful not to let her guard down around the men of the town. Rafe gets past that guarded front to find out she is a fugitive from justice, wanted for the murder of her ex-husband. Liv is in his apartment when he sought to break it off from his current girlfriend, a high-ranking congress woman who is contemplating running for president. The current girlfriend shot him and she and her cronies sought to put the blame on Liv.

A second story in the book revolves around men who are renting out Rafe's boat, but are planning a catastrophic oil spill. Rafe and Liv find themselves in danger, but are helped to bring proof to the police of the plot with the help of an FBI agent and Rafe's brother Nick.

Resolution is found for both stories and Rafe and Liv are able to stay in town and get married. These are "stay up late page turners" and all three earn two thumbs up.

### A Seaside Christmas by Sherryl Woods

This Christmas return to Chesapeake Shores was turned into a Hallmark television program and was given two thumbs up from our reader.

Jenny Collins, a song writer, had been paired for many years in Nashville with Caleb Greene who was a famous singer. His problems with alcohol and pairings with other women cause Jenny to break things off and return to Chesapeake Shores. She has been somewhat estranged from her family in Chesapeake Shores after her mother married Thomas O'Brien and they had a son.

Jenny returns to the shore to write songs for a play that Bree wants to produce for their community theater. Caleb follows her to the shore and attempts to win her back. She finds a new sense of closeness to her own family, gives Caleb another chance, and the play for which she wrote music becomes a Broadway hit.

Hallmark all the way!

### Fat Tuesday by Sandra Brown

First published in 1997 this New Orleans mystery thriller features cop Burke Basile leaving both his marriage and career to go after Pinkie Duvall, a flamboyant lawyer who saves killers from receiving justice and heads a crime empire that controls both drugs and prostitution.

Remy Duvall is the beautiful trophy wife of Pinky. She has bodyguards and is effectively kept prisoner in her own home. She has a sister, Flarra, who attends a private Catholic girl's school.

With many twists and turns to the story Basile kidnaps Remy and together they work to bring down Pinky Duvall. Also exposed is Basile's good friend, but in the end a dirty cop, Police Chief Patout. Two thumbs up from our reader.



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# News from the RCSC SHIP Department

## DO YOU NEED HELP WITH MEDICARE COSTS???

There maybe help for you!

Who can help you? Where do I call? How do I apply? All these questions and more can be answered easily by your local SHIP counselor.

There are programs that can help you with the Medicare premium, co-pays, and co-insurance costs.

WHAT!! REALLY ... Yes Really!! they are called the "Medicare Savings Programs" and your local SHIP office can assist to see if you could be eligible for one these Medicare Savings Programs.

These programs are income and asset based but the income and asset figures are much higher than Medicaid income and asset allowability. Another good thing about the Medicare Savings Program is that it is not means recovery program, which means no possible lien on your home for services paid.

CALL your local SHIP office at the Randolph County Senior Center! CALL 304-636-4747.

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# ~ ~ Zeus's Good Boy News ~ ~

Hi guys!!! I have been everywhere this month sniffing out all sorts of great news to share with you! I even went to the creek looking for breaking news stories every single day! And maybe also looking for sticks to chew and squirrels to chase! Anyway, I remain committed to bark about all the good boys and girls and stuff at the Senior Center!

So it's May, which means....yep Mother's Day!! Whether you are a Mama or have a Mama or love a Mama, it's time to celebrate a little. And did you know my good friends Peggy and Teresa at the Mill Creek Nutrition site are making it super easy to celebrate your way all the way through Mother's Day weekend this year? Yepper! They are having bake sales and craft sales and pepperoni roll/mac & cheese dinners and even a really big Mother's Day breakfast!

They are working so hard to make sure you have a great weekend and to raise funds for the Nutrition Program at the Mill Creek Site. Now those are what I call some very good girls!! There is more info in the newsletter, or you can call the girls at 304-335-6481 for all the details.

Speaking of Mother's Day, I still need to get my Mama something. Any ideas? Oh, I know! I will take her to the creek with me and show her the good sticks and help her chase a squirrel – she will LOVE that, right? Right! Only the best for my Mama – I love her soooooo much!

Speaking of love, did you read Penny's story about Bob and JoAnn



Lambert? Ah, nothing like a story about a good boy and a good girl and true love! Happy Anniversary, guys! 72 years together! Maybe you can give me some tips on how to win over the ladies, Bob – I really like the girls next door, but they don't seem to be interested. It doesn't seem possible, I know. I mean I am the best looking pupper in my neighborhood! Ah well, we can't all be Bob and score a beauty like JoAnn I guess. Sigh.....

Hey, hey, two reminders before I go. First, remember we are still getting set for 25 Days of Christmas. We'll have the prize sheets out soon, but if you'd like to make a donation or buy a ticket, just let us know! (I will also announce my prize donation in next month's newsletter, so watch out for that!)

And second, if you haven't signed up for the Senior Olympics yet, there is still time! I don't want you to miss out on such a terrific time or from meeting bunches of other good boys and girls from all around West Virginia! Give us a call if you have questions, or would like to sign up today! I'm telling you, people, if they had a division for Senior Center good boy pupper reporters, I would totally sign up! Hmmm..... maybe next year!

Until next month guys, keep your tails waggin' and send me all your good news!!

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# Welcome to Country Roads Transit (CRT)



## 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.

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

**We would like to take time to Honoring our nation's heroes as Memorial Day approaches, Thank you for your service and sacrifice.**

**Country Roads Transit will be Closed on 5-29-23.**

### 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.

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.

### MAY 2023

Tuesday 2nd 2023	Thursday 4th 2023
Tuesday 9th 2023	Thursday 11th 2023
Tuesday 16th 2023	Thursday 18th 2023
Tuesday 23rd 2023	Thursday 25th 2023
Tuesday 30th 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 MAY 2023**

Wednesday 3rd 2023: Harman, Job, Whitmer, Bowden  
 Wednesday 17th 2023: Harman, Job, Whitmer, Bowden  
 Wednesday 10th 2023: Mill Creek  
 Wednesday 24th 2023: Mill Creek



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