



# Randolph County Senior Center



OCTOBER 2020



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

## Our Meet the Candidates Edition!

As part of those advocacy and education efforts, RCSC has hosted meet the candidate events at our center in the past in order to give candidates an opportunity to speak directly to our folks regarding their stance on issues effecting seniors. We have not held one for some time, and of course this year, given the COVID pandemic, it

would be impossible to host such an event safely. However, we still wanted to give our seniors the opportunity to learn about those running for state legislature and their plans for issues related to seniors and senior services.

Therefore, we invited all candidates for the WV State Legislature to participate in our

first written meet the candidate edition newsletter. We sent each of them a list of questions relating mainly to seniors and senior issues. They were given the opportunity to respond to those questions in writing, and we are bringing you their answers here! We may also post the questions and responses on our Facebook page and/or our

website. We thought it would be a wonderful way for the candidates to communicate with senior voters during this pandemic, and a great opportunity for our elders to learn where the candidates stand on issues important to them prior to casting their vote.

We hope you enjoy “meeting” the candidates!

## Thank You for Supporting 25 Days of Christmas!

Thank you so much to all of you who donated prizes or purchased tickets for our 25 Days of Christmas Raffle. Though Covid put a little damper on the fun this year, we still managed to raise more than \$5,500 for our Nutrition Program. That's a great thing! Especially great considering we are serving 25% more meals than we were this time last year.

We will be sure to publish a full list of winners in next month's newsletter (at the time we are writing this, there are still several drawings to go!) We look forward to having more fun with 25 Days of Christmas next year, which will hopefully be Covid-free!

Thanks so much everyone!



Randolph County  
Senior Center  
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# SENIOR CENTER NEWS

**GET WELL WISHES:** Jim Ferguson, Joe Skidmore.

**REGULAR DONATIONS:** Donald Coberly, Mary Lou Dickerhof, Gerald & Betty Carter, Steve & Debbie Cook, Anna Gale Smithson.

**NEW MEMBERS:** Vickie A. Bennett, Rose Watson.

**ARTICLE DONATIONS:** Allen Conrad, Jocille Lambert, Estate of Roger Bertolini, Cliff and Mabel Wilmoth, Kenneth Cobb, Shirley Jarrett, Pauline Arbogast and Dolly Collier.

**SYMPATHY TO THE FAMILIES WHO HAVE LOST LOVED ONES:** Becky Canfield, Grant Isenhart, Dale Newlon, Floyd "Jake" Lawrence, Judith Louise Glenn Sinkule, Betty Ann Doerr Furnier, Wendell Brent Scott, Sr., Susan "Faye" Shiflett Wamsley, Verda Weese.

**SYMPATHY TO THE FAMILIES OF:** Sance Canfield, Lonnie "Dusty" Neal Ramsey, Barbara Ann Coontz Isenhart, Richard "Rich" Williams Cardot, Pauline J. Newlon, Ronald Thomas Sinkule, Harper G. Hamby, Norma Jean Canfield Lawrence, Donald "Don" Keith Wamsley, Robert Ralph Furnier, Harry Bruce Mahoney, Joan Marie Collett Yokum, Lois Ann Cooper Stiles, Hattie May Riffle Scott, Jean Ann Bosworth, Lena Irene Hofer Mealey, Willie Clavin Lambert, Sister Mary Ella Morrison OP, Janice C. Bennett, Donna Jean Brown McGee, Earl Edward Weese, Carolyn Sue "Suzie" Westerfield Shannon, Patricia Anne Johnson Simmons, Vivian Virginia Kittle Shipp.

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# Get Your Flu Shot at Your Senior Center!

Many of you have been asking whether we will have flu shots available this year. It is a little harder to do with restricted access to our buildings due to Covid. But our friends at the Randolph Elkins Health Department stepped up, as they have throughout this pandemic, to ensure we are protected.

**The Randolph Elkins Health Department Will Offer a  
DRIVE-THRU FLU SHOT CLINIC AT THE  
RANDOLPH COUNTY SENIOR CENTER  
Thursday, October 29, 2020  
11:00 a.m. - 2:00 p.m.**

Please bring your insurance card, so a copy can be made. For anyone 65 years of age or older, the high dose flu formula will be available for administration. This drive-through will also be available for the public, and so all age groups can be served.

We will use the same traffic pattern we did for the Farmer's Market Voucher distribution. Just pull up under the portico at the front doors. If there are already folks under the portico, please just pull into the parking lot and wait until a spot is available. These folks are professionals, so I am sure the process will move quickly. Hope to see you there!

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Mark A. Tombllyn, Licensee in charge

# Old-Fashioned Soft Pumpkin Cookies

## INGREDIENTS:

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 1/2 cups granulated sugar
- 1/2 cup butter, softened
- 1 cup pure pumpkin
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup powdered sugar



## INSTRUCTIONS:

1. Line baking sheets with parchment paper or spray with non-stick baking spray.
2. Combine flour, baking soda, baking powder, cinnamon, nutmeg, and salt in a medium bowl.
3. Beat sugar and butter with mixer on medium high speed, then blend in pumpkin, egg, and vanilla until incorporated.
4. Gradually mix in flour and dry ingredients. Refrigerate dough for 3-4 hours.
5. Preheat oven to 375 degrees.
6. Scoop dough into one-inch balls. Roll in powdered sugar, place dough balls on baking sheet (12 per sheet) and bake for 11-13 minutes.
7. Remove from baking sheet to a cooling rack. When completely cool, store cookies in an airtight container.



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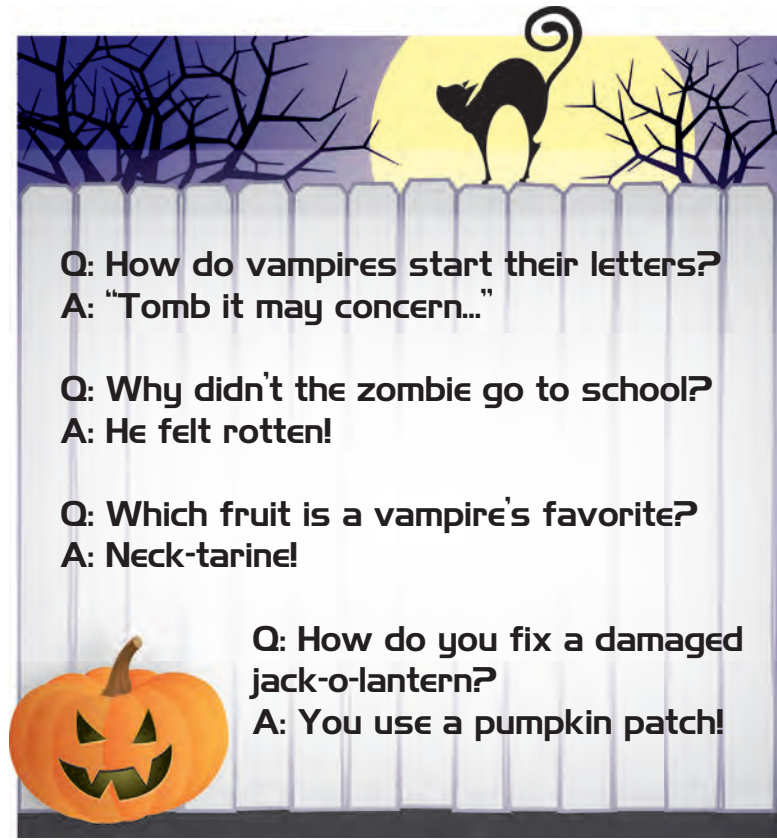
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Clifford E. Marsteller**



102 South Randolph Avenue  
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**(304) 636-3557  
(800) 258-4368**



**Q: How do vampires start their letters?**

**A: "Tomb it may concern..."**

**Q: Why didn't the zombie go to school?**

**A: He felt rotten!**

**Q: Which fruit is a vampire's favorite?**

**A: Neck-tarine!**

**Q: How do you fix a damaged jack-o-lantern?**

**A: You use a pumpkin patch!**





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# OCTOBER SENIOR CENTER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elkins Nutrition Site 304-636-3119				<b>1</b> Chicken Salad Sandwich on Whole Wheat, Cheesey Broccoli Soup, Side Salad, Fruit Fluff	<b>2</b> Chicken & Dumplings Mashed Potatoes W/Gravy Glazed Carrots Fruit	<b>3</b>
<b>4</b> Mill Creek Nutrition Site 304-335-6481	<b>5</b> Steak Hoagie w/ Peppers & Onions Baby Baked Potatoes Fresh Fruit	<b>6</b> Veggie Noodle Ham Casserole Side Salad Whole Wheat Bread Fruit	<b>7</b> Baked Steak Mashed Potatoes W/Gravy Green Beans Fruit	<b>8</b> Chicken Strips Mac & Cheese Broccoli Fruit	<b>9</b> Chili Soup Cornbread Coleslaw Fruit Cookie	 <b>10</b> FREE LUNCH FRIDAY, THANKS TO RCSC SHIP PROGRAM!
<b>11</b> Harman Nutrition Site 304-227-4664	<b>12</b> <b>ALL SITES CLOSED HAPPY COLUMBUS DAY!</b>	<b>13</b> Spaghetti w/ Meatballs or Meat Sauce Side Salad Garlic Bread Fruit	<b>14</b> Veggie Soup Turkey & Cheese Sandwich on Whole Wheat Fruit	<b>15</b> Ham AuGratin Potatoes Brown Sugar Glazed Carrots Pineapple	<b>16</b> Grille Chicken Chef Salad Whole Wheat Roll Fruit Yogurt	<b>17</b>
<b>18</b> Refreshing Delicious Milk is Served With Every Meal!	<b>19</b> Salmon Cakes Baby Baked Potatoes Peas & Carrots Fruit	<b>20</b> Cornbread & Beans Crispy Cube Potatoes Greens Fruit	<b>21</b> Pork Loin Mashed Potatoes W/Gravy Roasted Brussel Sprouts Cinnamon Apples	<b>22</b> Beef Stew Cornbread Coleslaw Fruit	<b>23</b> Chili Dog Potato Salad Baked Beans Fruit	 <b>24</b> FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!
<b>25</b> Lunch Served 11:45 a.m. to 12:45 p.m.	<b>26</b> Taco Salad w/Chili, Chips & Cheese Cinnamon Applesauce Pumpkin Cloud Cookie	<b>27</b> Lemon Pepper Fish Roasted Red Potatoes Coleslaw Fruit	<b>28</b> Chicken Parmesan Sandwich Side Salad Fruit, Chocolate Cake w/Peanut Butter Frosting	<b>29</b> Stuffed Pepper Soup Toasted Cheese Sandwich Fruit	<b>30</b> Chicken Fajita w/Peppers & Onions Spanish Rice Fruit Salad	<b>31</b>

# DATES TO CELEBRATE

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Harvest Moon	2 World Smile Day 	3
4 	5 Long Walk Day	6 National Noodle Day	7 National Frappe Day	8 National Salmon Day	9 80th birthday of John Lennon	10 National Angel Food Cake Day
11 National Pizza Day	12 Columbus Day	13 245th birthday of U.S. Navy	14 	15 	16 National Boss' Day	17 
18 National Chocolate Cupcake Day	19 	20	21 National Pumpkin Cheesecake Day	22 National Nut Day	23 National Boston Cream Pie Day	24 
25 Mother-In-Law Day	26 	27 National Potato Day	28 National Senior Health & Fitness Day	29 	30 National Candy Corn Day	31 Happy Halloween!



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### Preparing for Future Health Care Needs

Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated—for example, if they were unconscious or so ill they were unable to communicate.

Rules vary from state to state, so it is important to have a plan ahead of time to avoid disagreements around treatment issues if you are incapacitated. These planning documents can help ensure that decisions made on your behalf meet your needs and preferences.

- **Advance directive:** A generic term for a document that you use to appoint an agent and/or record your wishes about medical treatment based on your values and preferences. If you have an advance directive, be sure to give those documents to the hospital each time you are admitted.
- **Health care proxy, also called a durable medical power of attorney:** A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself. This document is considered durable because it remains in force if you are incapacitated.
- **Living will:** A written record of the type of medical care you would want in specific circumstances. It can be used to make treatment decisions if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness.
- **Power of attorney:** A document—typically prepared by a lawyer—that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.
- **Do-not-resuscitate order:** An order that tells medical staff in a hospital or nursing facility that you do not want them to try to return your heart to a normal rhythm if it stops beating or is beating unsustainably using CPR or other life-support measures. A **do-not-intubate order** tells medical staff that you do not want to be put on a breathing machine.
- **Physicians' Order for Life-Sustaining Treatment form:** A physician typically fills out and signs this form when you are at the end of your life or critically ill. You discuss with the physician the specific decisions that might need to be made on your behalf.

### Who should I contact if I have questions?

In most cases, you do not need a specific form or a lawyer to create a living will or to make someone your health care proxy. Note that unlike a health care proxy or living will, power of attorney documents typically must be prepared by a lawyer. For help creating these documents or information on how to comply with your state's rules, contact:

- An elder lawyer
- Your state's attorney general office or department of health

- American Bar Association Commission on Law and Aging
- Your state bar association
- Your local hospital

Call **1-800-MEDICARE** if you would like to appoint a representative to communicate with Medicare on your behalf.

Contact **Social Security** to appoint a representative to communicate with Social Security on your behalf. Social Security's national helpline number is 800-772-1213.

Contact the **Eldercare Locator** for help finding local legal, health, and other services for older adults and caregiver. Visit [www.eldercare.acl.gov](http://www.eldercare.acl.gov) or call 800-677-1116

Contact the **National Hospice and Palliative Care Organization** for help with end-of-life issues and state-specific advance directive forms for all 50 states and Washington, DC. Visit [www.nhpc.org](http://www.nhpc.org) or call 703-837-1500.

Contact your **State Health Insurance Assistance Program (SHIP)** if you have questions about Medicare costs or coverage or if you need help appealing a denial or discharge.

Contact your **Senior Medicare Patrol (SMP)** if you believe you have experienced Medicare fraud, abuse, or errors.

### SHIP and SMP contact information

Local SHIP contact information	Local SMP contact information
<b>SHIP toll-free phone: 1-877-987-4463</b>	<b>SMP toll-free phone: 1-855-254-1720</b>
<b>SHIP local phone:</b>	<b>SMP local phone:</b>
<b>SHIP website: <a href="http://www.wvship.org">www.wvship.org</a></b>	<b>SMP website: <a href="http://www.wvship.org">www.wvship.org</a></b>
<b>To find a SHIP in another state:</b> Call 877-839-2675 or visit <a href="http://www.shiptacenter.org">www.shiptacenter.org</a>	<b>To find an SMP in another state:</b> Call 877-808-2468 or visit <a href="http://www.smpresource.org">www.smpresource.org</a>
<p>SHIP National Technical Assistance Center: 877-839-2675   <a href="http://www.shiptacenter.org">www.shiptacenter.org</a>   <a href="mailto:info@shiptacenter.org">info@shiptacenter.org</a>                      SMP National Resource Center: 877-808-2468   <a href="http://www.smpresource.org">www.smpresource.org</a>   <a href="mailto:info@smpresource.org">info@smpresource.org</a></p> <p>© 2020 Medicare Rights Center   <a href="http://www.medicareinteractive.org">www.medicareinteractive.org</a>   September 2020 Medicare Minute</p> <p>The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center.</p> <p>This document was supported, in part, by grant numbers 90SATC0001 and 90MPRC0001 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.</p>	

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**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.

# Meet the Candidates for the West Virginia Legislature

Senior Centers provide a vast array of services and piece together many sources of funding in order maximize our services to elders throughout West Virginia. Because of that complexity, it is often difficult for those not directly involved with senior services to quickly get a clear picture of the issues and challenges we face. Therefore, to aid the candidates in that understanding, we sent them some information on why Senior Center services are a good investment for our state along with some specific information in that regard for our Nutrition and In-Home Care programs. While that enclosure was a bit lengthy, it of course did not include every detail regarding senior services in which they may have interest. So we welcomed the candidates reach out if they would like more information about Senior Services in our county or state.

We sent the invitation to Denise Campbell and Robert Karnes, both candidates for the WV State Senate, as well as candidates for the WV House of Delegates Bill Hartman, William "Ty" Nestor, Mark Rennix, and Cody Thompson.

Following are the questions we posed to the candidates, along with their responses (in last name alphabetical order). (Please note that we did not edit any response, but rather copied and pasted from their answer document. The only way we changed their answer was to make everything the same font and type size for consistency and ease of reading.)

**QUESTION 1: Please list the top five priorities you plan to address this legislative session when elected.** (Please be specific. For instance, please be more specific than broad topics like Seniors, Education, etc.) (Please limit response to 150 words)

**Q1 Response: Denise Campbell:**

1. Addressing the COVID-19 crisis- Work to rebuild West Virginia and ensure that all facilities including Senior Centers and all their in-home programs have enough PPE for employees and clients.
2. Assisting small businesses and communities with needs to remain in business
3. Protecting and supporting our community hospitals to ensure that services are available to our community for our Seniors. Assist in expanded needed healthcare services
4. Working together to with all members of the legislature so we can get what is needed done for all of our citizens
5. Strengthening and expanding services for our seniors and veterans to provide services throughout all of WV with a focus in the rural areas of our state

**Q1 Response: Bill Hartman**

The following topics are some of the most important issues that will be on the agenda for the 2021 Legislative Session.

- Fiscal (Budget) Issues
- Senior Issues

- Healthcare delivery
- Education
- Work Force Development
- Issues created by Covid 19

Covid 19 had significant affect on all of the above topics and many more that have not been identified.

**Q1 Response: Robert Karnes** - No response from the Candidate

**Q1 Response: William "Ty" Nestor**

As the first Republican Representative for Randolph and Pocahontas Counties in at least 80 years, the top five priorities I plan to address this legislative session include (in no particular order) Protecting the natural rights of every West Virginian including the right to life and liberty; Addressing the opioid crisis through better access to affordable treatment; Attracting businesses that can put people to work and keep our youth in WV after completing their education; Addressing issues related to taxpayers, including seniors; Working toward a reduction in taxes - including property taxes, social security / income taxes; and Increasing private sector jobs and improving the economy through opportunities from our energy sources so lower utility bills can be had for all West Virginians.

**Q1 Response: Mark Rennix** – No response from the Candidate

**Q1 Response: Cody Thompson**

- Providing access to affordable medications is a priority. I was proud to co-sponsor a bill to limit out of pocket expenses for diabetics.
- Protecting our pensions and providing cost of living raises for retirees. I sponsored an amendment to provide our school employee retirees with the first cost of living raise since the mid 1990's.
- Education –I will continue to work hard to ensure we provide the best educational opportunities for our students.
- Bringing in new 21st century jobs and protecting our existing jobs to keep more West Virginians at home, so that they do not have to move away to find work.
- Fighting the Opioid and drug epidemic. Keeping our communities safe, keeping our law enforcement safe while on the job of protecting our communities. Sending a clear message to those bringing drugs in, that we will not tolerate them destroying our families and communities.

**QUESTION 2: In order of importance to you, please list the top five SENIOR RELATED priorities you plan to address when elected.** (Please limit answer to 150 words)

**Q2 Response: Denise Campbell:**

1. To retain and expand access to healthcare that is close to where we live to limit the frequent and long-distance travel to medical services.

2. Meet with Senior Care expert to discuss needs of expanding in-home care services for Seniors
3. Create & assess potential funding opportunities that can be used to increase funding to Senior programs as well as addressing staffing needs and competitive wages for employees
4. Enhance meals on wheels programs
5. Creating a program with local farmers to provide access to fresh fruits and vegetables

**Q2 Response: Bill Hartman**

There are many issues that affect Senior Citizens in my opinion the following are some of the most important.

- Meals (both congregate and home delivery)
- Respite services
- Transportation
- In-home care (Lighthouse & Fair)
- Elimination of waiting lists
- No increase in property taxes

Again, there will issues because of Covid 19 that have not been identified.

**Q2 Response: Robert Karnes** – No response from the Candidate

**Q2 Response: William "Ty" Nestor**

Protecting the natural rights of all West Virginians ensures that we can all continue to live freely. The opioid crisis affects everyone negatively. This means we must spend our money to keep seniors safe from crime when it could be used to keep seniors in their home with better assistance programs or lower utility bills. Bringing businesses to WV creates higher wages and a stronger tax base. This means more money in the economy to fund entities and agencies - including those dedicated to senior citizens. Many of our senior citizens are grandparents raising their grandchildren because of an addicted parent. Addressing issues related to addiction through better prevention and treatment could assist with this issue. Reducing taxes puts more money in the pockets of senior citizens already living on a fixed income. Lower energy bills will also give seniors an income that will go further.

**Q2 Response: Mark Rennix** – No response from the Candidate

**Q2 Response: Cody Thomspson**

Building off the work I did with the insulin copay cap bill (HB4543) I plan to work to bring the same caps to out of pocket expenses for other live saving medications.

- Work to provide our Senior Centers with the funding that they need to provide the much-needed services our communities depend on.
- Studies have shown that seniors do best in their homes when possible. I will continue to work across the aisle to make sure our seniors can stay in their homes with safe, reliable, and affordable homecare.



# Meet the Candidates for the West Virginia Legislature

*Continued from Page 8*

• I was proud of my work and vote to remove the WV state income tax on social security income. I know the struggles many seniors face on fixed incomes. I will work to put more of our senior's money and income back in their pockets.

**QUESTION 3: West Virginia's Senior Centers and the services they provide are vital in our communities. Senior services keep our elders healthier longer and allow them to enjoy a higher quality of life that comes from aging at home. Senior Center services are vastly more affordable than long term care alternatives, and annually save the state of West Virginia tens of thousands of dollars per patient. In addition, our senior centers are some of the largest employers in their area. Senior Centers have historically been significantly underfunded and forced to rely on grants and community fund raisers to provide services to our seniors. With the wave of baby boomers not peaking for another 10 years, it is important to adequately fund Senior Centers and the services they provide so that seniors do not languish on waiting lists or even worse, are denied meals or essential in-home care services. In West Virginia, there are currently no general revenue dollars permanently designated to services administered through the West Virginia Bureau of Senior Services. This includes Title III programs including Congregate and Home Delivered Meals, Respite Services, and Transportation, among others. It also includes in-home care programs like Lighthouse and FAIR (Family Alzheimer's In-Home Respite) which are funded exclusively by lottery dollars. Not only are the reimbursement rates for these services woefully insufficient, but many of these programs have waiting lists longer than the list of those receiving services. If elected, would you support appropriation of general revenue dollars to any or all these programs? Why or why not, and how would you address this issue? What other action would you take, or have you taken in the past, toward securing necessary funding for these vital community centers and the services they provide?**

(Please limit response to 400 words).

**Q3 Response: Denise Campbell**

I will work to decrease/eliminate the waiting list for in-home care. Our seniors can not wait for much needed care and services. I will support funding appropriation from general revenue dollars as well as work to create a funding source to sustain much needed in-home services and the expected growing needs of our Senior Citizens. While

servicing 3 terms in the House of Delegate as your representative I always supported funding for Seniors and will continue to do so. I served on the Senior Issues committee and invited the providers of Senior Services to speak to the committee members regarding the much-needed increase in funding. It is important to educate the leaders in our community and elected officials in our state as well as those representative at the federal level. We need to stop just talking about the need and do something about it.

**Q3 Response: Bill Hartman**

I have served on a sub-committee in Finance that dealt with Bureau of Senior Services (BOSS) budgetary issues. This has given me a much better understanding of the actual fiscal needs of the many programs that BOSS administers and how complicated spending formulas can be. There are no general revenue funds included in BOSS's budget, all their money comes from the Lottery. The negative affect that Covid 19 has had on revenue from that agency will create some challenges this year. It is very difficult to prioritize money for the different programs because they are all important. There are many federal dollars flowing into BOSS, but most of those funds are directed to specific programs. We must continue to ensure the development of programs that address the special needs of our Seniors. Adequate funding of exist programs has to be our most important goal. Assistance to Seniors in rural areas is very important. Many only have contact with the individual that delivers their meals. We have to be mindful that positive social contact is very important.

**Q3 Response: Robert Karnes** – No response from the Candidate

**Q3 Response: William "Ty" Nestor**

For over 80 years, the Representatives of Randolph and Pocahontas Counties have largely been of the WV Democratic Party. The Democrat Party Platform (updated 2016) states that Democrats believe in providing programs to senior citizens, but their platform has no information concerning the funding of these programs. It is my position that the Democrats have not made significant strides toward adequately funding senior programs because a lot of funding for our seniors has come from private sources in the recent past. This is especially true with respect to gaps in funding.

As a Republican, my platform includes patient controlled health care, choice in medical care, private sector solutions such as HSA's, lower taxes, supporting deregulation of businesses to promote a stronger tax base, promoting cohesiveness of family, support of our military (including Veterans) and their families, and more local control of senior centers. This approach will bring solid long-term aide.

Helping individual seniors by this multifaceted approach will reduce the number of seniors who need services and will improve funding for those whose care is more complicated. In this approach, one of the most important steps to accomplish is to place senior caregiving agencies under local control where funding can be more streamlined. Some regions of WV might have many seniors, but those seniors may have fewer in need of services and would need less funding than other regions. Also, some regions may be better or more capable of funding their own senior care. Appropriation of general revenue dollars could prove to be wasteful in an across the board approach. My platform approach ensures that money is spent where it is needed, and seniors are provided for in the best and most efficient manner.

It is important to remember that general revenue funding still comes from senior citizen tax dollars. By reducing / lowering property, social security / income taxes, and by reducing energy bills - the money saved goes directly into the hands of WV senior citizens. This end result will also be assisted by improving the economy through job creation and ensuring that we are fairly compensated for our natural resources.

**Q3 Response: Mark Rennix** – No response from the Candidate

**Q3 Response: Cody Thompson**

I would absolutely continue to support a designated appropriation of general revenue funds to help assist our seniors with meal delivery, respite services, transportation needs, and in-home care programs like Lighthouse and FAIR. No program that provides such important services to our seniors should have to beg for money and apply for grants just to have enough money in their budgets. I was happy to vote for budget amendments during the 2018 session to do just that, providing our senior services with more funding so that they could continue to provide care and services to our seniors.

**QUESTION 4: A. Have you visited a senior center in West Virginia? (yes or no)**

**B. If yes, how many times in the last two years, and please share what you learned from your visit.** (Please limit response to 150 words)

**Q4 Response: Denise Campbell**

Yes

In the past two years I have visited several (8 times) of the Randolph Co sites as well as Pocahontas and Upshur counties. I enjoyed interacting with the Seniors, the staff and of course eating a tasty and nutritious meal with them. Our seniors enjoy and rely on the services at the Senior Center. They enjoy the socialization with others in their community. Some shared what days of the week they

*Continued on Page 10*

# Meet the Candidates for the West Virginia Legislature

*Continued from Page 9*

attend because of a favorite meal or activity such as playing cards, board games, and exercise class. In the spring of 2019 I provided a Pain Assessment training for staff members, in the summer of 2019 assisted with providing food and supplies to the Harman site during the flood. A couple of weeks ago I visited the Harman site just to check-in. They were busy making meals for pick-up and deliveries with big smiles on their faces.

**Q4 Response: Bill Hartman**

I have visited all of the Senior Centers in my district. In fact, I eat lunch in Elkins at least once a week, the food is good, and I get a lot of advice from OB Currence and Kevin Watson. I also have lunch in both Marlinton and Greenbank when I'm in Pocahontas County.

**Q4 Response: Robert Karnes** – No response from the Candidate

**Q4 Response: William "Ty" Nestor**

Yes, I have visited a Senior Center in WV in the last two years. I understand their worth in assisting seniors and providing services that may otherwise be more expensive as they now stand. Working from a multifaceted approach will fund these centers efficiently and effectively. Private sector jobs producing economic growth in our area will create a stronger tax base to support our public service jobs. Currently, some of the largest employers in Randolph and Pocahontas Counties are public service agencies funded by the WV taxpayer. The creation of other jobs not directly supported by the taxpayer will bring more revenue for senior programs because our tax base will improve.

**Q4 Response: Mark Rennix** – No response from the Candidate

**Q4 Response: Cody Thompson**

I have visited senior centers, however not as much as I would have liked. With special sessions being called and then this year due to Covid-19 it has limited my visits, but I am looking forward to visiting again very soon! On my visits I have learned just how busy and integral our senior centers are. Speaking with employees I was so impressed with the wide arrangement of services provided. Aside from the services, I love that the community feeling of our senior centers. Witnessing conversations, games, and socializing I truly realized just valuable our senior centers are and having them across the county keeps our communities together.

**QUESTION 5: West Virginia Seniors need champions! They need representatives committed enough to invest time in learning the complexities of senior issues/services, the challenges associated, and needed funding for such services. Our elders need representatives willing to take action on their behalf and unwaveringly support all responsible**

**legislation to support senior services. Are you willing to be a champion for West Virginia Seniors? If so, what would your first three steps be to do so? If you believe you already are a champion for our seniors, please share what you have done to be so.** (Please limit response to 300 words)

**Q5 Response: Denise Campbell**

I want to continue to be a champion for our Seniors. I will work hard to represent your needs. I will spend time with you and all stakeholders of senior services. I will continue to educate other elected officials of the current and expanding need for services and the funding to make that happen. I have and will work hard to protect our seniors from scams, fraud and abuse. I will work with senior directors to develop a plan that will help to meet the needs of our seniors currently and in the future. Our Seniors have worked hard to give us the opportunities we have in WV and we need to recognize that and honor them by taking care of their needs as a top priority for our state.

**Q5 Response: Bill Hartman**

I have always been supportive of Seniors and Senior Center. In co-operation with other representatives from the district, with Budget Digest funds, we paid the mortgage on the Harman center for many years. My service on the House Finance committee, working directly with BOSS personnel to determine their needs has given me a better understanding of their many programs. The most important issues are attempting to increase fund and maintaining existing programs. Visiting the Senior Center and talking with Seniors, reinforces the importance of the many programs that BOSS is responsible to manage.

**Q5 Response: Robert Karnes** – No response from the Candidate

**Q5 Response: William "Ty" Nestor**

Assisting senior citizens begins with empowering them. I believe all seniors desire to be self-sufficient and independent. Many seniors feel defeated because they are heavily taxed. The elimination of social security tax is just the beginning of where taxes upon seniors need addressed in WV. Many seniors have worked their entire lives to own their homes / properties. Seniors should not have to choose between medication, nutrition, and other vital needs, in order to fund the government from their property taxes simply because they own property and have invested long term in their local communities.

Income tax on other income, such as retirement, is also hurting seniors disproportionately. According to *Archival Economic Data*, in 2001, 20 years from when I would begin my service as a Representative, the minimum wage was \$5.15 and the average per capita income was approximately \$23,000. In 2020, the WV minimum wage is \$8.75 and average per capita income is almost double - at just over \$43,000. Many seniors retired 20 years ago. As

such, their average 40 years of work generated an income of approximately half of the average income today. The natural result is seniors with less savings and investment in their retirement accounts to fund their everyday needs.

We must create a stronger State for people of all ages to balance this issue. This means creating an economic environment that our youth choose not to leave. It also means encouraging responsible financial planning those younger generations, privatizing entities that are vital in providing assistance, promoting tourism and job growth, implementing friendlier tax policies, and addressing addiction that has ravaged our state. Effective legislation in these areas will make us all more prosperous and best able to assist one another.

**Q5 Response: Mark Rennix** – No response from the Candidate

**Q5 Response: Cody Thompson**

Whether I am re-elected or not I will always be an advocate for our seniors. The time I spent with my grandparents as a child are some of the best memories of my life. Now that my parents are seniors, I promise I will do everything I can to make sure we give back to them and other seniors as they have given me and the younger generations so much. When in Charleston I regularly meet and talk with representatives from AARP who come to the Capitol to speak with legislators about bills they like, and parts of bills that are concerning to our seniors. I so appreciate their advocacy and always listen to them pertaining to bills they would like to see introduced and what bills are on their radar as troublesome. Regarding what I have done to be a champion for our seniors, I am most proud of my word on House Bill 4543 to cap the out of pocket expenses for insulin. Diabetes affects our seniors more than any other age group and I was happy this bill passed as it will help keep our seniors from choosing between their monthly bills and their insulin. Another reason is because I enthusiastically spoke in favor of and voted for the repeal of the WV Income Tax on Social Security income putting more money back in our senior's pockets. If given the opportunity and honor to represent the 43rd District again, I promise to all seniors I will continue working for you and keep your best interests at heart.

***We greatly appreciate the time and effort these candidates took to answer our questions during their very busy campaigns. We hope the information they shared with you will help you make an educated decision when casting your ballot. Be sure to vote!!***

*Please let us know what you think about our written meet the candidate – would you like us to continue this in the future? Would you like us to expand it to county level elections like County Commission and Sheriff?*

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Elkins City Council





## CALLING ALL BOOK LOVERS . . .

*"It's not that I don't like people. It's just that when I'm in the company of others – even my nearest and dearest – there always comes a moment when I'd rather be reading a book."* – Maureen Corrigan

If you love reading and making new friends, join us for Book Club when we are all back together!

Until next time, check out the reviews for what our readers enjoyed this month!

### ***Every Breath You Take (Under Suspicion Series #5)* by Mary Higgins Clark**

Mary Higgins Clark co-writes the Under-Suspicion Series with Alafair Burke. It appears it is a successful collaboration.

Laurie Moran's show Under Suspicion is a hit. Her romantic break from former co-host Alex Buckley has left her working with Ryan Nichols, an on-air talent she can't stand. Ryan has suggested opening a three-year-old case. Virginia Wakeling was thrown from the roof of the Metropolitan Museum of Art, the night of their huge gala. She was a member of the Board of Trustees. The main suspect to the murder was Virginia's much younger boyfriend and personal trainer, Ivan Gray. More suspects emerge and the book looks into the lives of a very wealthy real estate family with secrets to hide. Thumbs up.

### ***Labyrinth (FBI Thriller 23)* by Catherine Coulter**

Agent Sherlock is driving the winding roads of West Virginia when she is T-boned at an intersection. The car spins out of control, a body hits her windshield and she loses consciousness. She has no memory, when she awakens, of the accident. What she does find out is that the man she hit was a CIA analyst and he is now missing.

In a small town in Virginia, Agent Sherlock is asked to help Special Agent Griffin Hammersmith to solve a case involving the murder of three teenage girls by someone related to the local sheriff. Ultimately the disappearance of the CIA analyst is linked to that string of murders. Thumbs up.

### ***Final Breath* by Kevin O'Brien**

Sydney Jordan, a television personality for the show Movers and Shakers, has relocated with her son from New York to Seattle WA. Their new home is haunted by a mother and son who were murdered there in the 1970's. After she becomes aware that a number of murders that have been committed are connected to her life, she realizes she is being stalked and may be in danger of being murdered next. Kevin O'Brien is a new author to our group, but to reviewers who are familiar with him, he is strongly recommended as a page turning, thrilling adventure writer. Thumbs up.

### ***The A List (Ali Reynolds #14)* by J.A. Jance**

Ali Reynolds left her high-profile broadcasting career to begin a new life in Sedona AZ. She heads up a cybersecurity company called High Noon Enterprises. Their mission, using high tech wizardry, is to hunt down criminals one at a time.

The last story Ali reported years ago involved the need for a kidney transplant. It was a story with an unexpected ending resulting in the life imprisonment of Dr. Edward Gilchrist, a fertility doctor involved in the kidney transplant case. It was this doctor who donated his sperm and not that of the original donors in this case and others. Dr Gilchrist is now seeking revenge on all those responsible for his imprisonment, and Ali is one of his targets. Thumbs up.

### ***Big Lies in a Small Town* by Diane Chamberlain**

Morgan Christopher is serving three years in a correctional facility for a crime she did not commit. She is given a chance to leave prison if she will agree to restore an old post office mural in Edenton NC.

Parallel to this story is that of Anna Dale, from New Jersey, hired in 1940 to paint the mural. Desperate for work she comes to this southern town full of prejudice, secrets and an intolerance for being different. In today's time, Morgan attempts to uncover the clues relating to Anna Dale's life as she worked on the mural.

Jessie Jameson Williams, also an artist, upon his death sets in motion the events which will allow the merging of the past with the present. Thumbs up.

### ***20th Victim (Women's Murder Club #20)* by James Patterson**

The story begins with three victims, three bullets, in three cities. Lindsay Boxer and the SFPD are able to connect the three as drug dealers. From this point forward we move forward with more murders possibly committed by a serial killer. Reviews were mixed on this book, as the 20th in the series. Overall, they felt the plot was good, the four leading ladies amazing, but they felt something was missing. Our reader gave it a thumbs up. Try this one and see what you think.

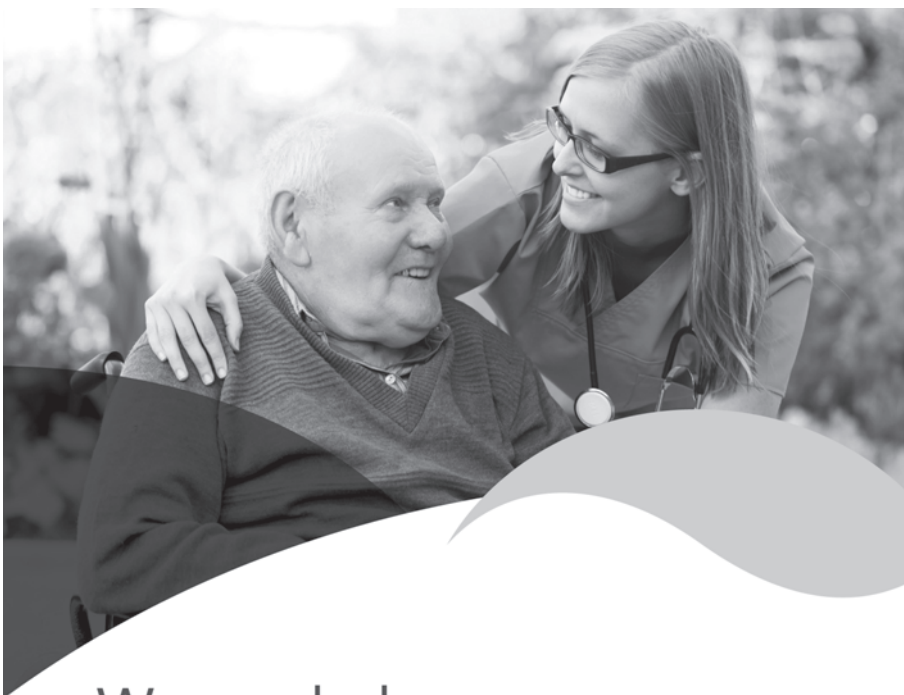


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Call the Randolph County Senior Center at 304-636-4747 and schedule an appointment with a SHIP (State Health Insurance Assistance Program) counselor to review your options and compare plans. Appointment times fill up quickly during Open Enrollment.

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### COST OF LIVING

- New House - \$12,675
- Average Income - \$4,007
- Gasoline - 25¢ per gallon
- Movie Ticket - \$1.00
- Postage Stamp - 4¢

### COST OF FOOD

- Granulated Sugar - 89¢ for 10 lbs.
- Milk - \$1.04 per gallon
- Ground Coffee - 97¢ per pound
- Ground Beef - 58¢ per pound
- Fresh Bread - 20¢ per loaf

### NATIONAL NEWS

- The American Heart Association linked smoking to heart disease in middle-aged men.
- John F. Kennedy won the Presidential election.
- The U.S. sent the first troops to Vietnam following the French withdrawal in 1954.
- The heart pacemaker was invented by Wilson Greatbatch.
- The U.S. launched the first weather satellite.
- General Motors put the first industrial robot to work in a New Jersey factory.
- Aluminum cans were used for the first time.

### POPULAR MOVIES

- The Apartment (Academy Award® winner)
- Psycho
- Spartacus
- The Little Shop of Horrors

### FADS

- Etch A Sketch®
- Cramming into phone booths
- Chatty Cathy
- The Twist
- Game of Life
- Oversized glasses

### MUSIC

- The Twist (Chubby Checker)
- Save the Last Dance for Me (The Drifters)
- Stuck on You (Elvis Presley)
- Georgia on My Mind (Ray Charles)

### BORN THIS YEAR

- Antonio Banderas
- Daryl Hannah
- Hugh Grant
- Sean Penn
- Amy Grant
- Bono (Paul David Hewson)

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Mental Health America says there are many warning signs that could indicate that suicide is being considered:

- The person expresses depression or hopelessness
- There has been a loss of independence
- Having been diagnosed with a serious medical condition that could either dramatically change quality of life or end it prematurely
- The senior is isolated socially
- A loved one has recently died or there are family issues
- Lack of desire or inability to deal with change
- Risky behaviors are exhibited
- Substance use or abuse has increased



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### Healthy Pumpkin Muffins

#### INGREDIENTS:

- ☐ 1/3 cup melted coconut oil
- ☐ 1/2 cup real maple syrup
- ☐ 2 eggs
- ☐ 1 cup pumpkin puree
- ☐ 1/4 cup milk of choice (I used almond milk)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon baking soda
- ☐ 1/2 teaspoon salt
- ☐ 1 teaspoon cinnamon
- ☐ 1 3/4 cups whole wheat pastry flour or regular whole wheat flour
- ☐ 1/3 cup old-fashioned oats, plus more for sprinkling on top

#### INSTRUCTIONS:

1. Preheat oven to 325 degrees. Grease a 12-cup muffin tin well and set aside.
2. In a medium bowl, add the melted coconut oil, pure maple syrup, egg, pumpkin puree, milk and vanilla. Whisk to combine well. In a large bowl, add the soda, salt, cinnamon, flour, and oats. Stir to combine. Add the wet ingredients to the dry ingredients and stir until just combined. Don't over mix here.
3. Divide the batter among the 12 muffin cups. Sprinkle with additional oats. Bake for 22-25 minutes, or until a toothpick inserted into the center comes out clean and the muffins spring back when lightly touched. Let the muffins cool for 5 minutes in the pan and then remove and allow them to cool on a wire rack. Enjoy warm or at room temperature.



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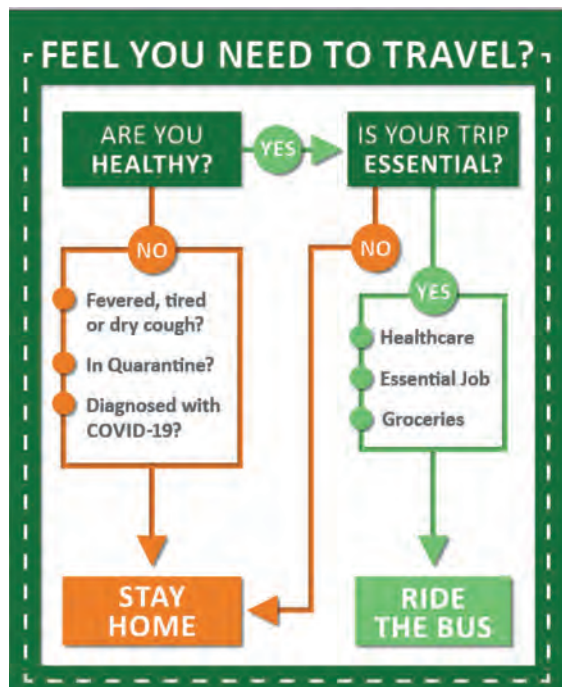
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Country Roads Transit resumed normal operations on June 1st, 2020. Both Elkins and Buckhannon Route/Loops vans are running on normal operating schedules. Hop on anywhere on the routes/loops for \$1.25.

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### Harman and Mill Creek Trips for the Month of October

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October 19th: Harman, Job, Whitmer, Bowden

October 15th: Mill Creek  
October 30th: Mill Creek



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