



Randolph County Senior Center



SEPTEMBER 2019 NEWSLETTER



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

Senior Center Picnic at the Fair a Big Hit!

Thank you to everyone who helped make our Senior Center County wide picnic at the Randolph County Fair such a big success. In addition to dozens of the wonderful vendor partners and friends that joined in the fun Senior Day at the Fair, we served 178 seniors lunch that day – more than any single day in the last seven years!!

Special thanks to Mike Elza and his wonderful group of folks from Mountain Hospice for sponsoring Senior Day at the Fair. If you remember, we used to have the picnic as a stand-alone event. It was actually Mike's



County Fair make on behalf of our seniors!! Thanks to WDNE and our pal Joe Danger for the radio coverage, and to all the vendors that came to give screenings and door prizes to our seniors. Thank you

idea to combine our county wide picnic with the Senior Day at the Fair. It has been a huge hit, and continues to grow each year. We so appreciate the efforts Mountain Hospice and the Randolph

County Fair make on behalf of our seniors!! to Pam Krushansky from the Attorney General's Office as always for the help and attention in protecting our seniors. Thank you to our wonderful staff who all pitched in to make the day a success – especially our terrific cooks. (Boy, those ladies can cook some tasty viddles!!)

But most of all, thank you to each and every senior who came and visited with us and with each other. YOU are the reason we do what we do. We hope you had a great time!!



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

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Organization
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SENIOR CENTER NEWS

GET WELL WISHES: Jim Ferguson, Janice Bennett and Troy Pudder.

REGULAR DONATIONS: Marie Cousin, Robert and Isabell Swecker.

NEW MEMBERS: David and Theresa Bruner, Rebecca Price, Joseph Price, Joseph Wallace, Jill Rush.

ARTICLE DONATIONS: Herman and Betty Conrad, Clyde and Betty Reed, Alvie and Lydia Taylor, Gene Rosencrance, Doris Nelson, Clyde McCartney, Barbara Nelan and Huttonsville Correctional Center.

SYMPATHY TO THE FAMILIES WHO HAVE LOST LOVED ONES: Tom and Jeanie White, Allen and Carsie White, Juanita Louk, Debbie Rohrbaugh, Larry Mallow, Martha Carol Smith Wolfe, Carolyn and Steve Shepler, Ben Hamrick, Jeanie and Keith Weese, Nick Manes, Edna and Neal Shockey, Ruth Moore, Richard Cardot.

SYMPATHY TO THE FAMILIES OF: Geraldine "Gerry" E. Decker Bennett, Charles Phillip Louk, Gloria Jean Richardson Watson, Grace Louise Corbett, Gerald L. Wolfe, James R. Walters, Dianna Jean Manes, Martha Jean "Mardi" Quick Cardot, Jackson Alfred Wamsley, Mary Ann Rhodes and Carol S. Baier.

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Meet Our Seniors: Carl Murphy

By Penny Canfield

Everyone say hello to Carl Murphy. He has been coming to the Senior Center for 2 ½ years. Carl is one of our Country Road Transit van drivers. He was born in Valley Bend, but at a very young age his family moved to Montrose to his grandfather's farm. He remembers lot of hard work on the farm. His father's family all lived in Montrose and so they all worked together to get the farm work done. Carl started school at the Montrose School, but the family moved to Glenmore and he went to the Glenmore School. Carl attended Elkins High School up to his senior year. Then the family moved to Clarkston, Washington, where



he stayed until a year after graduation. Carl moved back to Montrose and got married in 1964 to Yovonne Arbogast. He started working at Pioneer Lumber in Dailey, where he worked for a year. Then he worked at Berkels Gas Station in Elkins off and on for 6 years. Carl worked for 32 years at Elkins Builders Supply. Then went to work for the City of Elkins in the Street Dept. for 12 years. He retired from the City in 2017. But here he is working again with us! Just can't stop him. Carl attends the Bowden Family Worship. He has 1 son and 2 grandchildren. Stop by and say hello to Carl and maybe have lunch with him – he's a great guy!

Rehab With Results

Whether you need out-patient or short-term in-patient rehab following an injury or hospital-related stay, come to the Blackwater Rehab Center at Cortland Acres.

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SAVE THE DATE

There are lots of fun and interesting events coming up here at the Senior Center this fall! We thought we would share a couple events we have scheduled so far so you could save the dates and won't miss out on the fun.

September 30 – October 4 – Senior Fall Bazaar. Come and enjoy the festival atmosphere and pick up a few nifty handcrafted items from our talented senior crafters. Or if you are a Randolph county senior (60+) crafter, give Penny a call and join the fun selling your creations. There's still time!

October 15 – December 7 – Medicare Open Enrollment. We have three very knowledgeable SHIP counselors who can help you navigate the confusing world of Medicare. Even if you already have a Part D prescription drug plan, it's good to make an appointment to review it with the counselors. They are always changing and you want to make sure your plan is still the best option for you. Just call to make your appointment as soon as possible – if you wait too long, we may have trouble fitting you in the schedule! 636-4747

Friday, December 6 – RCSC Senior Christmas Dinner. Always a great time, we will enjoy tasty food, entertainment, the annual ugly sweater contest, and some nifty door prizes. Hope you can join the fun. We'll start the sign up sheet in November.

We have a few other surprises up our sleeves for the fall, and we'll fill you in as soon as we can. We are finishing the arrangements for Flu Shot clinics and working on scheduling some nifty arts classes. Keep your eyes open!

Senior Center to Host American Red Cross Blood Drives



We are excited to announce that we are the host of the American Red Cross Blood Drives in Elkins! Please consider making a donation. The next opportunity will be:

**American Red Cross Blood Drive
Wednesday, September 18, 2019
12:30 p.m. – 6:00 p.m.**

The blood drive is held in the meeting room. Donors can enter via the Railroad Avenue side entrance. Please bring donor ID or photo ID. Visit redcrossblood.org or call 1-800-REDCROSS to schedule your appointment.



**Voras K. Haynes, Jr.
Clifford E. Marsteller**



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SEPTEMBER SENIOR CENTER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Elkins Nutrition Site 304-636-3119</p>	<p>2</p> <p>ALL SITES CLOSED</p> <p>HAPPY LABOR DAY!</p>	<p>3</p> <p>Kielbasa w/ Sauerkraut, Mashed Potatoes, Green Beans, Applesauce, Whole Wheat Bread</p>	<p>4</p> <p>Taco Salad w/ Chili, Chips & Cheese, Fruit</p>	<p>5</p> <p>Grilled Chicken on Whole Wheat Bun w/Lettuce & Tomato, Baked Beans, Coleslaw, Strawberry Parfait</p>	<p>6</p> <p>Cornbread & Beans w/Ham, Greens, Sliced Tomato, Fruit</p>	<p>7</p>
<p>8</p> <p>Mill Creek Nutrition Site 304-335-6481</p>	<p>9</p> <p>Sloppy Joes, French Fries, Corn, Peaches in Cottage Cheese</p>	<p>10</p> <p>Creamed Chicken on a Biscuit, Mashed Potatoes, Peas & Carrots, Fruit</p>	<p>11</p> <p>Fish Sandwich on Whole Wheat Bun, Mac & Cheese, Broccoli, Fruit</p>	<p>12</p> <p>Chicken Chef Salad, Whole Wheat Roll, Fruit, Yogurt Cup</p>	<p>13</p> <p>Chili Dog, Macaroni Salad, Baked Beans, Carrot Sticks, Fruit</p>	<p>14</p> <p> FREE LUNCH FRIDAY, THANKS TO RCSC SHIP PROGRAM!</p>
<p>15</p> <p>Harman Nutrition Site 304-227-4664</p>	<p>16</p> <p>Crab Cakes, Whole Wheat Bread, Sweet Potato Fries, Carrots, Fruit</p>	<p>17</p> <p>Chicken Strips, Baked Potato, Tossed Salad, Whole Wheat Bread, Fruit</p>	<p>18</p> <p>Cheeseburger on Whole Wheat Bun w/Lettuce & Tomato, Baby Baked Potatoes, Coleslaw, Fruit</p>	<p>19</p> <p>Chicken & Dumplings, Mashed Potatoes, Peas, Whole Wheat Roll, Fruit</p>	<p>20</p> <p>Stuffed Pepper Soup, Toasted Cheese Sandwich, Tossed Salad, Fruit</p>	<p>21</p>
<p>22</p> <p>Refreshing Delicious Milk is Served With Every Meal!</p>	<p>23</p> <p>Lemon Pepper Fish, Long Grain & Wild Rice, Broccoli, Tomatoes in Cottage Cheese, Whole Wheat Bread, Fruit</p>	<p>24</p> <p>Great Northern Beans, Cornbread, Oven Fried Potatoes, Creamed Tomatoes, Fruit</p>	<p>25</p> <p>Cabbage Rolls, Parslied Potatoes, Carrots, Whole Wheat Bread, Fruit</p>	<p>26</p> <p>Pancake, Scrambled Eggs, Sausage Link, Sliced Tomato, Spinach, Baked Apples</p>	<p>27</p> <p>Meatloaf, Mashed Potatoes w/Gravy, Green Beans, Fruit, Whole Wheat Roll</p>	<p>28</p> <p> FREE LUNCH FRIDAY, THANKS TO DAVIS MEDICAL CENTER!</p>
<p>29</p> <p>Lunch Served 11:45 a.m. to 12:45 p.m.</p>	<p>30</p> <p>Steak Hoagie w/ Peppers & Onions, French Fries, Fruit, Ice Cream</p>					

Penny's Green Page

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

Off to the family reunion with picnic food in hand, bathing suits under clothes, shovels and buckets to play in the sand. Country fried chicken and sandwiches, too, homemade cakes and fresh baked pies, watermelon and honeydew, children's excitement we hear from their cries. Our family once again together for our Labor Day weekend; we leave with smiles and tears and wait for another year of summer to end.

Thank you for coming to the County Fair for Senior Day. Good times, good lunch and music was great, but the Fun Bingo is always lots of fun. See you next year.

The Forest Festival Bazaar is coming on us fast. Remember if you are selling any goodies, you have to go to the Health Dept. and sign up and get the paper that is to be on your table, plus your food handlers card. This is no cost, but you need to do this before Sept. 30 the first day of the bazaar. They will tell you what to do. But do tell them that you will be at the Senior Center.

Let's look at the month of September:

Every Monday, Wednesday and Friday

10:00 Tai Chi Class
11:00 Arthritis Foundation Exercise Class
12:30 Mahjong, Monday & Wednesday
12:30 Canasta, Hand & Foot Card Games
Games All Day

Every Tuesday

9:30 Coloring Session
10:00 Bible Study Class
10:00 Knitting Class (Call Ahead)
12:30-1:00 Beginning Dulcimer Class
1:00-1:45 Regular Dulcimer Class
Games All Day

Every Wednesday

12:30-1:45 Hammer Dulcimer Class
Games All Day

Every Thursday

1:00-2:00 Guitar Class (Third Thursday)
2:00 Weaving Class
Games All Day

Every Friday

2:45-3:45 Yoga Class

Sept. 10, 12:30 Jam Session. Come and play music with the dulcimer class.

Sept. 12-13 Good Old School Day. Get out your school pictures from the past, school year book, sports awards, put them on display and lets enjoy them together.

Sept. 18-19, 9:00-2:00 Material and Odds and Ends Sale. You just have to come and see what I have.

Sept. 20, 8:30 Meadowbrook Mall. Cost for transportation will be \$13.00.

Sept. 23, 4:00 Dinner at Don Patron Mexican Restaurant on the Five Lane. Let me know.

Sept. 30, 11:45 Birthday Cake. 

Let's Get Together,

Penny

THANK YOU FROM THE CRAFT AREA: Lula Essex, Eileen Chenoweth, Carolyn Harrold, Lisa Moody and many more who does not leave me a name, Thank you!!!!

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Miss Penny's Material and Yarn Sale September 18-19

Don't miss Penny's material and yarn sale Wednesday and Thursday, September 18-19! We have reached into the depths of the white elephant closet and come up with some really nifty and different items for this sale!! Please join us and find the makings of your next wonderful creation!!



This Was The Year...1947

U.S. President Harry S. Truman - No Vice President

The Cold War began.

Major League Baseball allowed black players, starting with Jackie Robinson.

The United Nations voted in favor of the creation of the independent Jewish state of Israel.

Everglades National Park was dedicated.

60 seconds photographs by Polaroid Land Camera sold to the public.

Goodrich manufactured the first tubeless tire.

Edward Lowe invented and sold a cat box filler he called Kitty Litter.

Miracle on 34th Street.

The Ghost and Mrs. Muir.

The Fugitive.

Steel pogo sticks.

Home tape recorders.

Tonka trucks.

The Anniversary Song (Dinah Shore).

Open the Door, Richard (Count Basie).

Here Comes Santa Claus (Gene Autry).

Too Fat Polka (Arthur Godfrey).





DMC Better Sleep Center

Offering professional help and treatment for people with sleep disorders. These types of disorders have been linked to physical, emotional, and psychological problems including hypertension, diabetes, obesity, impotence, and depression. Often when the sleep disorder is alleviated, other ailments are cured or become much easier to treat.



Sleep disorders include:

- Sleep-related, disordered breathing such as sleep apnea
- Excessive daytime sleepiness
- Snoring
- Insomnia
- Sleep walking and sleep terror (parasomnias)

What can sleep studies do for me?

An overnight sleep study will provide a large amount of information that will add to your medical profile and help the sleep specialist make the proper diagnosis and initiate proper therapy.

Does insurance cover sleep studies?

Insurance companies will usually cover a sleep study if properly indicated. Our staff will contact your insurance and provide proper documents for approval prior to your sleep study.



CALL FOR AN APPOINTMENT
304.637.3650

Healthy Mushroom Spinach Pasta

INGREDIENTS:

- (16 oz./1 LB./ 1 box) of bow tie pasta
- 3-4 cups of spinach
- 8oz (about 1-1/2 cups) of mushrooms
- 1 small white onion
- 3 tbsps vegan butter
- 2 TBSP olive oil
- Salt/Pepper to taste
- Green onions or scallions

About 6 servings

INSTRUCTIONS:

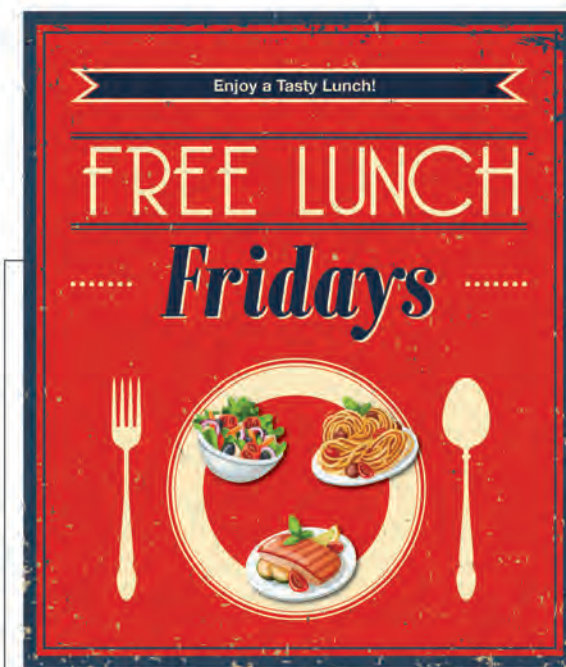
1. Boil your water in a pan and cook pasta about 15 minutes
2. While pasta is cooking rinse your spinach and place in a bowl
3. In a skillet add butter and chopped mushrooms and onion and let cook for about 10 minutes
4. Once pasta is done, drain and pour over the spinach while it's hot so it will soften the spinach slightly and pour olive oil over the pasta before it gets sticky (salt/pepper to taste)
5. Pour butter, mushroom, onion mixture over the top and mix everything up
6. Optional if it's to dry for you add a little more butter or olive oil
7. Top with scallion or green onions



Better Sleep Center in Elkins Receives Program Accreditation

The Davis Medical Center Better Sleep Center received program accreditation from the American Academy of Sleep Medicine (AASM).

The Center provides diagnosis and treatment for people of all ages who experience problems with poor sleep. "Sleep disorders can affect a person's overall health and quality of life. They contribute to unsafe driving, and increase the risk of having other health problems," said Paul Grindle, RPSGT, and Sleep Technician at the Better Sleep Center. "We provide the diagnosis and treatment that can improve sleep health. Having the AASM certification is important because we know it supports us in offering the region's highest standards of care," he added.



RANDOLPH COUNTY SENIOR CENTER
Friday, September 26, 2019
Lunch 11:30 to 12:30

Sponsored by Davis Medical Center

You're invited to see how
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October 17 • 5:30 – 7 PM CancerCare Center

- Talk to our cancer care team
- Tour the newly expanded center
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Community Outreach Calendar

- **Sept. 12th – Rotary Blood Screen**
DMC Outpatient Center • 7-10 am
- **Sept. 17 – Dealing with Dementia Workshop**
DMC Cafeteria Overflow • 11 AM – 3 PM
Lunch is provided and SEATING IS LIMITED!
Reserve your seat by calling Kim Haher
at 304.704.9065.
- **Oct. 26th – Women's Health Day**
DMC Outpatient Center
7-9 am screenings / 9:30-10:30 Brunch & Learn



Christine Evankovich-Edwards, MD

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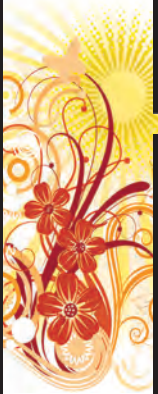
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PLEASE CALL 304-636-4747 TODAY!
The Committee on Aging for Randolph County is an EOE and Drug Free Workplace.

Book Sale

Did you know that Randolph County Senior Center is a great place to buy books?

We have a wide range – novels, mysteries, do-it-yourself books, cookbooks, autobiographies, biographies and other non-fiction topics, too.

Paperbacks are 10 cents each

Hardbacks are 25 cents each

All book sale money gets donated to Alzheimer's research – you get a good book for a good price and help a good cause at the same time.

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Board Membership includes representation from Elkins, Valley Bend, Gilman, Montrose, Harman, Coalton, Mable, 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.



CALLING ALL BOOK LOVERS . . .

Our group of book readers were extra busy last month and read 8 books. All books received a thumbs up from their reader. The next meeting is scheduled for **September 12th at 1:30 p.m. in the Conference Room.** (There will be no meeting in October 2019.) If you like to read, please consider joining us. We're very low key and we just enjoy talking with each other about the books we've read.

Tailspin by Sandra Brown

Rye Mallet is a freight dog pilot, who agreed to fly an urgent cargo on Thanksgiving evening, in weather that has grounded all other pilots. His landing is sabotaged by lasers aimed at the cockpit. After a crash landing, Brynn, a physician, meets him to take the package, but she is not the designated receiver. This is a romantic adventure story takes place over forty-eight hours. The theme delves into the approval process for cancer drugs and the ways in which the ethics of both medicine and politics intersect this process. Reader gave a thumbs up.

Booked for Trouble (Lighthouse Library Mysteries series) by Eva Gates

Lucy, who escaped her past life in Boston, is happily in her element, working as a librarian and living as a resident in the Bodie Island Lighthouse at the Outer Banks. She has gained the attention of two eligible suiters. Suzanne, her socialite mother, enters the picture ready to take her back to Boston. In a very public fight Suzanne verbally attacks former classmate Karen Kivas. The next morning Karen turns up dead outside the lighthouse. Lucy must attempt to solve the mystery in order to save her mother. Thumbs up.

Reading up a Storm (Lighthouse Library Mysteries series) by Eva Gates

After a successful party at the Lighthouse Library, Lucy is ready to retire. However, a storm is moving in and lights on the beach appear to be leading a foundering boat towards the shore. Lucy calls the Coast Guard and two people are rescued. A couple days later one of the two rescued individuals turns up dead. Many readers really enjoy the characters and plots of these mystery stories. Thumbs up.

Connections in Death by J.D. Robb

A new school and youth shelter are being built by Homicide cop Eve Dallas and her very rich husband, Roarke. They have hired Dr. Rochelle Pickering, a child psychologist to run their program. Lyle, Rochelle's brother, was recently released from prison. He is living with her while working to get his life back on track. Rochelle returns home, after an evening out, to find her brother dead on her couch with a syringe in his lap. This proves not to be a simple OD, but a homicide which Eve and Roarke work hard to solve. Thumbs up.

On Leaving Charleston by Alesandra Ripley

This story spans the years 1900 to 1935. The initial setting is Charleston, SC where the South is still recovering from the Civil War. The story also takes us to New York, England and Paris. We see a way of life changed by the automobile, electric lights, telephones and the Roaring 20's. Southern belle, Garden Tradd, marries Sky Harris, a dashing Yankee. Sky's mother has past ties to Charleston and she becomes an evil, revenge-filled presence in their marriage. For those who enjoy historical fiction and stories of the South this is very much a thumbs up read.

Deep in the Valley (Grace Valley Trilogy) by Robyn Carr

June Hudson left Grace Valley, California, to become a nurse, but returned years later as a doctor. She was following in the footsteps of her father, Elmer, the town doctor. June is now 37, still single with few hopes of finding love in this secluded valley. That was true until Jim, an undercover DEA agent, secretly enters her life.

Just Over the Mountain (Grace Valley Trilogy) by Robyn Carr

In this part of the trilogy June's high school sweetheart, who abandoned her years ago to marry her rival, returns to town, recently divorced, with his two sons. A mystery develops as June's Aunt Myrna has human bones found in her yard. Myrna is a writer, who for years has sold mystery stories about vengeful wives killing their wayward husbands and disposing of their bodies in such manner.

Down by the River (Grace Valley Trilogy) by Robyn Carr

June Hudson seems to swell with happiness as her secret lover retires from undercover work and is wholeheartedly accepted into the valley. Aunt Myrna faces a court battle over the bones found in her yard, and she too has entertained a secret love - though all through letters - for years. The town's preacher has gambled with life - and almost lost. Flood waters threaten this peaceful valley and the town must pull together to survive. Engaging stories, loveable characters which made for a fun summer read. Thumbs up.



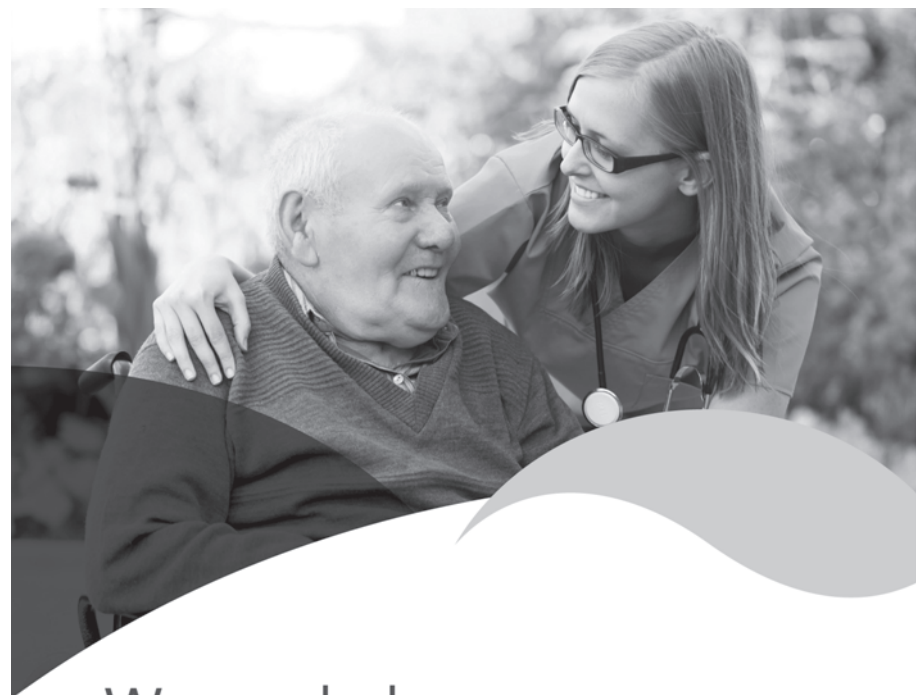

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SEPTEMBER IS NATIONAL SENIOR CENTERS MONTH!!!

September is National Senior Center Month, and a time to remember our history, celebrate our activities and services, and look forward to what the next step may be on our journey.

What does "Senior Center" mean to you? Those of you who visit us often know that our senior centers are not just a place to get a tasty nutritious meal, but also to connect with friends, learn a new activity, or engage in a healthy exercise class. Senior Centers have changed drastically since ours here in Randolph County were founded 50 years ago.

Do you have a friend or family member that is hesitant to come in because they think it's only for "old" people? Well, all they have to do is stop by to see that is not the case, so invite them over! They will find our centers are full of the youngest people 60 or better you can imagine.

To help tell our story, and in celebration of National Senior Centers Month, we are asking for a small favor from all you. Using the prompt below, on this page or just on a sheet of paper, tell us why you love your senior center. Then drop it by or mail it in so we can read all your responses and share them with new folks as well as funders, those in office and others interested in our centers. Can't wait to read your responses!!

I ♥ Senior Center because . . .



Country Roads Transit Joins the Elkins High Homecoming Celebration!!



All of us here at Country Roads Transit are tickled orange and black that we will be celebrating Homecoming with Elkins High School on September 20!

Please look for us in the Homecoming Parade, and be sure to visit us at Wymer field for some nifty give aways and surprises. But most of all, come out and cheer for the home team!! GO TIGERS!!!!!!

Randolph County Senior Center Proud to Receive United Way Funding

Look at our spiffy new United Way window cling. We are so very proud to display this at our centers!! Not only because of the vital support United Way supports our Home Delivered Meal program throughout Randolph County, but also because of the good they do throughout our community.

The United Way of Randolph County helps not just the Randolph County Senior Center, but Catholic Charities, many local libraries, the Literacy Volunteers, the Humane Society,



Women's Aid in Crisis, the YMCA, and the Children's Advocacy Center among others.

The hard-working folks at the United Way are now in the midst of their fundraising campaign and will have many events throughout the fall. In fact, we will have more info about the fun United Way fundraising auction scheduled

for October 26 in our next newsletter. Please consider supporting their efforts so they can continue to support vital organizations throughout Randolph County.



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Welcome to Country Roads Transit (CRT)



Hop on Country Roads Transit to get around town. Our public transportation service is open to everyone in Upshur and Randolph counties. And it's easy. You can meet us anywhere along our route . . . for just \$1.25 one-way. Or, if you need a special pick-up or drop-off, call us a day ahead and we'll come to you. Country Roads Transit runs Monday through Friday, 8 a.m. and 4 p.m. We make 7 loops throughout Elkins during the day . . . a loop every 60 minutes (times may vary depending on weather and traffic). All of our transit vehicles are wheelchair lift equipped and accessible to individuals with disabilities. You can visit us and check schedules online or on your mobile phone at <http://www.countryroadstransit.com/>.

August Van Schedule

- September 3rd: Harman, Job, Whitmer, Bowden
- September 16th: Harman, Job, Whitmer, Bowden
- September 12th: Head of Valley and Beverly
- September 27th: Head of Valley and Beverly

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.

Elkins South Loop Schedule

Time Points	Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7
Senior Center (5th & Railroad)	8:15 AM	9:15 AM	10:15 AM	11:15 AM	12:45 PM	1:45 PM	2:45 PM
Davis & Elkins College	8:21	9:21	10:21	11:21	12:51	1:51	2:51
5Th. St. to Davis Ave.	8:24	9:24	10:24	11:24	12:54	1:54	2:54
Davis Ave. to 1st St.	8:26	9:26	10:26	11:26	12:56	1:56	2:56
3RD St. to Railroad Ave.	8:28	9:28	10:28	11:28	12:58	1:58	2:58
2ND St. to Henry Ave.	8:29	9:29	10:29	11:29	12:59	1:59	2:59
Davis St to Delaware Ave.	8:30	9:30	10:30	11:30	1:00	2:00	3:00
11th St. to Cole Ave.	8:32	9:32	10:32	11:32	1:02	2:02	3:02
13th St. to Lavalette Ave.	8:33	9:33	10:33	11:33	1:03	2:03	3:03
Ferndale to Scotts Ford	8:37	9:37	10:37	11:37	1:07	2:07	3:07
Riverview Ave. to Conway Drive	8:38	9:38	10:38	11:38	1:08	2:08	3:08
South Davis Ave. to 13th St.	8:42	9:42	10:42	11:42	1:12	2:12	3:12
Cole Ave. to 11th St.	8:43	9:43	10:43	11:43	1:13	2:13	3:13
11th St. To Krogers	8:44	9:44	10:44	11:44	1:14	2:14	3:14
Krogers (3 Min. Stop)	8:47	9:46	10:46	11:46	1:16	2:16	3:16
US219 South to Big Lots Mall	8:50	9:50	10:50	11:50	1:20	2:20	3:20
Valley Village Apartments	8:54	9:54	10:54	11:54	1:24	2:24	3:24
Valley Point Mall (Kmart)	8:57	9:57	10:57	11:57	1:27	2:27	3:27
Wal-Mart (5 Min. Stop)	8:58	9:58	10:58	11:58	1:28	2:28	3:28
(219 North) to Krogers	9:07	10:07	11:07	12:07	1:37	2:37	3:37
11th St. to Delaware Ave.	9:09	10:09	11:09	12:09	1:39	2:39	3:39
Davis St. to 1st St.	9:09	10:09	11:09	12:09	1:39	2:39	3:39
Henry Ave. to 3rd St.	9:11	10:11	11:11	12:11	1:41	2:41	3:41
Davis Ave. to 5th St.	9:12	10:12	11:12	12:12	1:42	2:42	3:42
(Senior Center) 5th & Railroad Ave.	9:13 AM	10:13 AM	11:13 AM	12:13 PM	1:43 PM	2:43 PM	3:43 PM

There are four options:

- Fare Zone 1: \$2.50 : Anywhere within city limits or within ¾ mile off our regular route
- Fare Zone 2: \$3.75: Up to 15 miles outside of the Elkins city limits
- Fare Zone 3: \$6.25: Between 15 and 25 miles of Elkins city limits is \$6.25
- Fare Zone 4: \$10.00: 25 miles or more from Elkins city limits and within Randolph County

Getting to Know CRT: Fun Fact- The North and South Loop are two different bus routes. Switch buses at the Senior Center to travel between these two routes. There are 8 primary stops in both loops. If you are anywhere along the route and want a ride, just wave your hand and we will stop. All fares along the route are only \$1.25 for a one-way trip. Route Deviation and Demand Response services are available at an additional cost.

Getting to Know CRT: Elkins North and South Loop schedule and service information

Hop on Country Roads Transit to get around town. Our public transportation service is open to everyone in Upshur and Randolph Counties. And it's easy. You can meet us anywhere along our route---for just \$1.25 one-way. Or, if you need a special pick up or drop off, call us a day ahead and we'll come to you (special rates apply, see our Route Deviation or Demand Response Services for details). Country Roads Transit runs Monday through Friday, 8 a.m. and 4 p.m. We make 7 loops throughout Elkins during day---a loop every 60 minutes (times may vary depending on weather and traffic). All of our transit vehicles are wheelchair lift equipped and accessible to individuals with disabilities.

We make it easy as 1,2,and 3 for you to get around Elkins. For our regular fare trips:

1. Meet us at any one of our stops 5 minutes before the time noted or simply wave for us to stop if you see us anywhere along our route.
2. Pay your fare when you hop on the bus (please have the exact fare ready). Secure your belongings and take a seat.
3. As we approach your destination, just ring the bell. Simple as that.

For more information about our services, call us at (304) 636-6472 or 1-877-636-6472 or visit us online at <http://www.countryroadstransit.com/>.

Elkins North Loop Schedule

Time Points	Run 1	Run 2	Run 3	Run 4	Run 5	Run 6	Run 7
(Senior Center) 5th & Railroad	8:15 AM	9:15 AM	10:15 AM	11:15 AM	12:45 PM	1:45 PM	2:45 PM
Railroad Ave. to Gateway	8:17	9:17	10:17	11:17	12:47	1:47	2:47
Mapleview Dr. to Bruce St.	8:22	9:22	10:22	11:22	12:52	1:52	2:52
Pike St. to Kennedy St.	8:26	9:26	10:26	11:26	12:56	1:56	2:56
Reed St. to Highland St.	8:29	9:29	10:29	11:29	12:59	1:59	2:59
Randolph Ave. to (DMV & DHHR)	8:32	9:32	10:32	11:32	1:02	2:02	3:02
Heavner Ave. to Heavner Acres Trailer Pk.	8:35	9:35	10:35	11:35	1:05	2:05	3:05
Heavner Ave. to Maryland Ave.	8:39	9:39	10:39	11:39	1:09	2:09	3:09
Pine St. to Grant St.	8:40	9:40	10:40	11:40	1:10	2:10	3:10
Forest Brook to Randolph Village Apts.	8:42	9:42	10:42	11:42	1:12	2:12	3:12
Lough ST. to WestView Dr.	8:45	9:45	10:45	11:45	1:15	2:15	3:15
Wilson Lane to Tygart Valley Apts.	8:46	9:46	10:46	11:46	1:16	2:16	3:16
Wilson Lane To Elkins Manor	8:48	9:48	10:48	11:48	1:18	2:18	3:18
Vernon to West Central St.	8:51	9:51	10:51	11:51	1:21	2:21	3:21
Andrews St. to South View Ave.	8:52	9:52	10:52	11:52	1:22	2:22	3:22
Harrison Ave. to Crystal Springs	8:55	9:55	10:55	11:55	1:25	2:25	3:25
Loop Thru Crystal Springs	8:59	9:59	10:59	11:59	1:29	2:29	3:29
	9:01	10:01	11:01	12:01	1:31	2:31	3:31
(33 East) Harrison Ave. to Tygart Valley Mall							
Lough ST. to Yokum St.	9:04	10:04	11:04	12:04	1:34	2:34	3:34
Robert E. Lee to Central St.	9:05	10:05	11:05	12:05	1:35	2:35	3:35
Central to Worth	9:06	10:06	11:06	12:06	1:36	2:36	3:36
Gorman to Davis Memorial Hospital	9:07	10:07	11:07	12:07	1:37	2:37	3:37
Thru D.M.Hospital lot, passed Cancer Center	9:08	10:08	11:08	12:08	1:38	2:38	3:38
Railroad Ave. to 5TH.St.	9:12	10:12	11:12	12:12	1:42	2:42	3:42
On 5TH.St. to Senior Center.	9:12 AM	10:12 AM	11:12 AM	12:12 PM	1:42 PM	2:42 PM	3:42 PM

NEWS FROM THE RCSC SHIP PROGRAM

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

September is National Ovarian Cancer Awareness Month

Now is a perfect time for you to learn more about this disease and know the symptoms. Each year, over 22,000 women in the U.S. get ovarian cancer. It's the fifth leading cause of cancer death among U.S. women. Early diagnosis is the key to survival, and the key to early diagnosis is recognizing the symptoms of ovarian cancer:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Urgency or frequency of urination

Women have unique health concerns, including certain types of cancers and high rates of chronic disease. Medicare covers many services to address these concerns, like a <https://www.medicare.gov/coverage/bone-mass-measurements>, <https://www.medicare.gov/coverage/cervical-vaginal-cancer-screenings>, <https://www.medicare.gov/coverage/mammograms>, and <https://www.medicare.gov/coverage/cardiovascular-disease-screenings>. Medicare also covers other preventive services, so talk to your doctor about risk factors and to schedule your next screening.



Currently there's no effective screening test for ovarian cancer, and it can be very hard to identify ovarian cancer early. The signs and symptoms of ovarian cancer aren't always clear and may be hard to recognize. It's important to pay attention to your body and know what's normal for you. If you notice any changes in your body that last for 2 weeks or longer, talk to your doctor and ask about possible causes. Symptoms may be caused by something other than cancer, but the only way to know is to see your doctor, nurse, or other health care professional.

Make sure to ask your doctor about your level of risk for ovarian cancer at your.

If you have questions or need assistance with your Medicare, contact your local Medicare SHIP (State Health Insurance Program) Counselors: Lylian Shiflet or Joyce Hutton, or Jane Hazer at the Randolph Co Senior Center by calling 304-636-4747 to schedule an appointment.

REMINDER: Be aware of scammers!! Do NOT ever give out personal information to someone you do not know, especially over the phone. Social Security, Medicare, and the IRS will not call you for your personal information...they already have it!

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