

# HARRISON COUNTY

Socialize • Exercise • Energize

# SENIOR CENTER

500 West Main Street, Clarksburg, WV 26301 Phone: 304.623.6795 Website: <http://harrisoncountyseniorcenter.org>



**JUNE 2018**

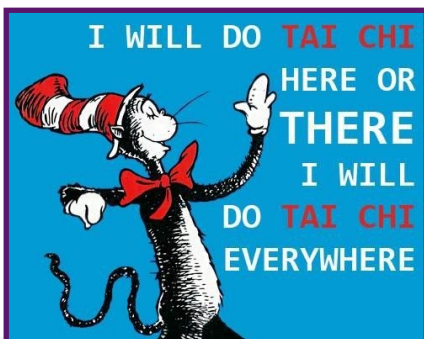


**See Page 10 for Information on Running for a Board Position**

Candidate applications due by 4:00 PM on THURSDAY, AUGUST 16, 2018

Elections will be held during the month of October 2018

**Are you curious about Tai Chi and how it might help you?**



**Free... Yes... Free!**

*Interactive **Tai Chi** Workshop*

*All Ages Welcome*

**Saturday, June 23, 2018 10 AM - 12 PM**

**Harrison County Senior Center, 500 W. Main St., Clarksburg, WV**

Call (304) 623-6795 For More Information

Light Refreshments Will Be Served

Learn the Tai Chi basics that promote better health, focus and balance for all.



**KINLEY CAFÉ MENU 11:30 am - 1:00 pm**

**Tickets Available at Front Desk**

**\$5.50 Members \$6.50 Non Members**

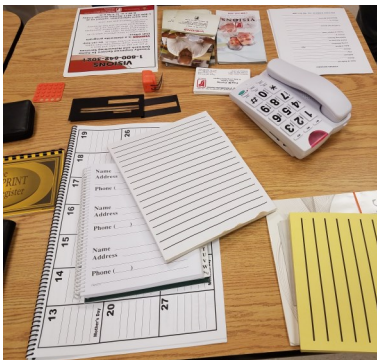
**STOP BY FRONT DESK OR CALL 304.623.6795 TO PUT YOUR NAME ON THE LUNCH LIST**

**Meals are prepared based on reservation numbers. Menu subject to change.**

**You must make a reservation by 9:30 am to reserve a lunch for that day.**

**Day before reservations are preferred.**

DAY	DATE	MENU
MON	6/4	Kielbasa & Sauerkraut, Fried Potatoes, Vegetable
TUE	6/5	Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Vegetable
WED	6/6	Barbecue Pork Rib Patty Sandwich, Potato Soup, Potato Chips
THU	6/7	Baked Steak, Mashed Potatoes w/Gravy, Green Beans
FRI	6/8	Meatball Hoagie, French Fries
MON	6/11	Grilled Chicken Chef Salad
TUE	6/12	Stuffed Pepper, Mac n' Cheese
WED	6/13	Ham & Beans, Fried Potatoes, Cornbread
THU	6/14	Barbecue Ribs, Baked Beans, Mixed Greens, Cole Slaw
FRI	6/15	Fried Fish, Baked Potato, Vegetable
MON	6/18	Meatloaf, Roasted Red Potatoes, Brussels Sprouts
TUE	6/19	Lasagna Rollup w/Meat Sauce, Vegetable, Garlic Bread
WED	6/20	Pepperoni Roll, Spinach
THU	6/21	Taco Salad
FRI	6/22	Fried Bologna Sandwich, Tater Tots
MON	6/25	Chicken & Dumplings, Vegetable
TUE	6/26	Baked Steak, Mashed Potatoes w/Gravy, Green Beans
WED	6/27	Ham Salad Sandwich, Chicken Noodle Soup
THU	6/28	Kielbasa with Cabbage, Peppers & Onions
FRI	6/29	Spaghetti w/Meat Sauce, Garlic Bread
MON	7/2	Hamburger, Potato Wedges
TUE	7/3	Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Vegetable
WED	7/4	INDEPENDENCE DAY – CENTER CLOSED
THU	7/5	Pizza Bread, Potato Chips
FRI	7/6	BBQ Chicken, Mashed Potatoes w/Gravy, Green Beans



**May in the Café**  
**Vision Assistive Devices Program**  
**Meet and Greet**  
**County Commission Candidates**  
**Elder Abuse Seminar**



**Breakfast for Members 8:15 AM - 9:45 AM - All Items 50¢ - Purchase Breakfast Tickets at the Front Desk.**



Dare to **C.A.R.E.** about Vascular Disease

# Free Vascular Disease Screening UHC Cares!

**VASCULAR DISEASE** affects  
your circulatory system and is often symptomless.



**Carotid Artery Disease**

Responsible for more than half of the strokes that occur each year in the U.S.



**Abdominal Aortic Aneurysm**

The third leading cause of death in men over 60



**Renal Artery Stenosis**

May be entirely asymptomatic and in severe cases, can lead to kidney failure



**Extremity Artery Disease/Peripheral Arterial Disease**

Affects one in 20 people over the age of 50 and can lead to limb loss

**UNITED HOSPITAL CENTER IS PROUD  
TO OFFER DARE TO C.A.R.E.,**  
a national program designed to detect and help  
manage your risk of vascular disease.

**For a free screening call  
(681) 342-1365**

**RISK FACTORS OF VASCULAR DISEASE:**

- Greater than 60 years old
- Greater than 50 years old, with one or more of the following risk factors:
  - High cholesterol
  - High blood pressure
  - A smoker
  - Family history of vascular disease
- Greater than 40 years old with diabetes



**WVU**Medicine

**UNITED HOSPITAL CENTER**

We're Part of Something Great | Bridgeport, WV | [uhcwv.org](http://uhcwv.org)

# HCSC BOARD ACTIONS

No meeting in May due to Robert W. Jackson Senior Conference  
**Next Meeting - Wednesday, JUNE 27, 2018 at 9:00 AM**



## BECOME A BOARD MEMBER

See Page 10 for Board Candidate Information

### 2018 HCSC Board of Directors

**President**  
**William O'Field**  
 Janet Dotson  
 Sandra Mossor

**Vice President**  
**Ryan Kennedy**  
 Richard Himes  
 Linda Holyfield  
*appointed vacancy*

**Treasurer**  
**Joyce Rabanal**  
 Fran Lopez  
 Chad Sigmon

**Secretary**  
**Sharon Hamilton**  
 Lowell "LJ" Maxey  
 Ron Watson

HCSC EXECUTIVE DIRECTOR - BETH FITZGERALD

### 2018 SATELLITE INFORMATION

SATELLITE	PRESIDENT'S INFO	MEETING INFO
BRIDGEPORT	Ruth Allen 304.842.3638	3rd Monday of Month • 10:30 AM • Benedum Center
EAST VIEW	Donna Dolan 304.622.1530	1st Friday of Month • 12:00 PM • Community Center <i>Bingo only on other Fridays at 1 pm</i>
JOHNSTOWN	Cheryl Fogg 304.623.0210	2nd Wednesday of Month • 10:00 AM • Community Center
LOST CREEK	Linda Coffman 304.745.4983	1st Wednesday of Month • 10:00 AM • Community Center <i>Ceramics &amp; Cards on other Wednesdays</i>
LUMBERPORT	Sherry Exline 304.584.4642	2nd Friday of Month • 11:00 AM • United Methodist Church
MARSHVILLE	Ruth Randolph 304.783.4469	4th Tuesday of Month • 10:30 AM • HCSC Ceramics Room/Café
MT CLARE	Jean Travis 304.838.2776	3rd Tuesday of Month • 11:00 AM • United Methodist Church
SARDIS	Frances Allen 304.783.5253	1st Thursday of Month • 10:30 AM • Community Center
SHINNSTON	Janet Dotson 304.592.0912	Every Friday • 10:30 AM • American Legion Building
SPELTER	Sharon Hamilton 304.624.6251	3rd Thursday of Month • 12 Noon • Fire Dept. Community Room
WALLACE	Patsy Tucker 304.783.5306	2nd Tuesday of Month • 10:00 AM • United Methodist Church
WEST MILFORD/ GOOD HOPE	Richard Himes 304.745.5191	1st and 3rd Tuesdays of Month • 10:30 AM • Community Center

**DID YOU  
KNOW**



**JUNE 15th IS ELDER ABUSE AWARENESS DAY?** Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities. Contact the Elder Abuse Litigation and Prevention Unit at **(304) 558-1155** or by email: **HelpForSeniors@wvago.gov**

## FISH 2

Find and circle all of the fish that are hidden in the grid.

The remaining letters spell a secret message - a Benjamin Franklin quotation.



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

**AMBERJACK  
BASS  
BLUEGILL  
BONITO  
BOWFIN  
BUFFALO  
BURBOT  
CARP  
CHAR  
CISCO  
COBIA  
CROAKER  
DOLPHIN  
FLOUNDER  
GOLDFISH  
GROUPE  
HADDOCK  
HOUNDFISH  
LINGCOD  
MARLIN  
PERCH  
PICKEREL  
PIKE  
POLLOCK  
PORGY  
PUMPKINSEED  
ROCKFISH  
SAILFISH  
SHAD  
SHEEFISH  
SNAPPER  
SOLE  
SPEARFISH  
STEELHEAD  
TARPON  
TROUT  
TUNNY  
WALLEYE  
WEAKFISH  
WHITEFISH  
YELLOWTAIL**





**Harrison  
County  
Senior  
Center**

**Congratulates**

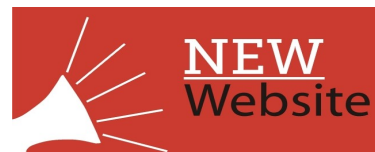


**Wanda Carrico  
Bi-County Nutrition Director  
And Her  
Staff and Board of Directors  
for 45 years of supportive  
meal service to seniors in  
Harrison and  
Doddridge  
Counties.**



**WE JUST WANT TO SAY...  
THANK YOU!**

- \* To Marsha at The Flower Shop on West Main Street for her donation on April 28th of helium balloons for World Tai Chi and Qigong Day
- \* To Pam Krushansky, Atty. Gen. Ofc., Tony Merendino, MVB Clarksburg, and Lacy Allen, MVB Bridgeport, for the Elder Abuse Awareness Financial Seminar and Takeaways for our seniors on May 14
- \* To Mike Lambiotte, Moderator, Bernie Fazzini and Patsy Trecost II, County Commission Candidates, and other candidates who participated in our Meet and Greet the Candidates on Thursday, May 3
- \* To Tina Currey, Skills Trainer from WV Division of Rehabilitation Services, for the Vision Assistive Devices Seminar on Thursday, May 10
- \* To those who have anonymously donated books and puzzles to our library and puzzle room
- \* To Senator Capito's representative, Heather Lile, and Senator Manchin's representative, Justin Ray, for mobile office hours in May



**CHECK IT OUT!**

**<http://harrisoncountyseniorcenter.org>**

**VETERANS NEWS**

Huntington Regional Office Claims Clinic will be at the local VA MEDICAL CENTER, 1 Medical Center Drive, Clarksburg, WV, in the MULTI-PURPOSE ROOM to provide a one stop shop for claims processing. Individuals can file new claims, check the status of pending claims or receive guidance on benefits.

**THURSDAY, JUNE 28, 2018 BY APPOINTMENT ONLY  
To Schedule an Appointment Call 304.623.3461 Ext. 3669**



REOCCURRING WEEKLY ACTIVITIES	DAY(S) OF OCCURENCE				
	MON	TUE	WED	THU	FRI
<b>Fitness Room 8A – 4P</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Toning Exercise 8:30A – 9:30A</b>		<b>X</b>		<b>X</b>	
<b>Daytime Ceramics 8:30A – 3:30P</b>	<b>X</b>			<b>X</b>	
<b>Evening Ceramics 5P – 9P</b>			<b>X</b>		
<b>Tai Chi 10A – 11A</b>		<b>X</b>		<b>X</b>	
<b>Tai Chi Advanced 11A – 12P</b>				<b>X</b>	
<b>Exercise 10:30A – 11:30A</b>	<b>X</b>				<b>X</b>
<b>Healthy Steps Exercise 10:30A – 11:30A</b>			<b>X</b>		
<b>Bingo Fun Club 12:30P – 3P</b>		<b>X</b>			
<b>Bingo Coverall after Lunch 3/\$1 12:15P – 12:30P</b>					<b>X</b>
<b>Duplicate Bridge 1P – 3P</b>	<b>X</b>				
<b>Bridge &amp; Other Card Games 12:30P – 4P</b>				<b>X</b>	
<b>Bolivia Card Game 9A-3P</b>		<b>X</b>			<b>X</b>
<b>Zumba Gold 1P – 1:30P</b>	<b>X</b>		<b>X</b>		
<b>Line Dancing 3P – 5P</b>	<b>X</b>				



**FRIDAY, JUNE 15**  
**WEAR PURPLE**  
**TO SHOW YOUR SUPPORT FOR**  
**ELDER ABUSE**  
**AWARENESS DAY**

#### Monday, June 4, 2018

Sewing Group 9:00am

#### Tuesday, June 5, 2018

West Milford/Good Hope Satellite Meeting 10:30am

#### Wednesday, June 6, 2018

Lost Creek Satellite Meeting 10:00am

#### Thursday, June 7, 2018

Sardis Satellite Meeting 10:30am

#### Friday, June 8, 2018

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 12:00pm

East View Satellite Bingo 1:00pm

#### Monday, June 11, 2018

#### Tuesday, June 12, 2018

Wallace Satellite Meeting 10:00am

#### Wednesday, June 13, 2018

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics & Cards 10:00am

#### Thursday, June 14, 2018

Alzheimer's Support 10:30am

Librarian 11:30am

Bible Study 12:00pm

#### Friday, June 15, 2018 **WEAR PURPLE!**

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

#### Monday, June 18, 2018

Bridgeport Satellite Meeting 10:30am

Travel Club 1:00pm

#### Tuesday, June 19, 2018

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm



#### Wednesday, June 20, 2018

Lost Creek Satellite Ceramics & Cards 10:00am

WV Service Dog Support Group 6:00pm

#### Thursday, June 21, 2018

Sewing Group 9:00am

Spelter Satellite Meeting 12:00pm

#### Friday, June 22, 2018

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

#### Saturday, June 22, 2018

Interactive TAI CHI Workshop for ALL AGES 10:00am -12:00pm

#### Tuesday, June 26, 2018

Marshville Satellite Meeting 10:30am

#### Wednesday, June 27, 2018

Board Meeting 9:00am

Lost Creek Satellite, Ceramics & Cards 10:00am

Satellite Presidents Meeting 11:00am

#### Thursday, June 28, 2018

Librarian 11:30am

Bible Study 12:00p.m-1:00pm

#### Friday, June 29, 2018

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

#### Monday, July 2, 2018

Sewing Group 9:00am

#### Tuesday, July 3, 2018

West Milford/Good Hope Satellite Meeting 10:30am

#### Wednesday, July 4, 2018

**CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY**

#### Thursday, July 5, 2018

Sardis Satellite Meeting 10:30am

#### Friday, July 6, 2018

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm





**New Medicare cards have no Social Security number on them.  
New cards aimed at reducing identity theft among seniors.**

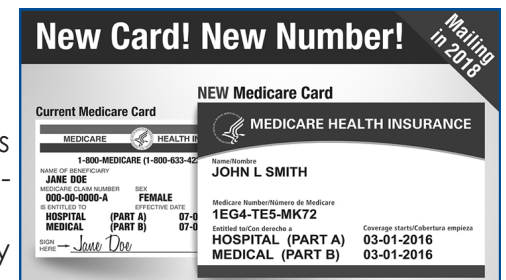
NEW CARDS HAVE STARTED TO ARRIVE TO WV SENIORS.

The new number is 11-characters in length and made up only of numbers and uppercase letters (no special characters). Each one is unique, randomly generated and the characters are "non-intelligent," which means they don't have any hidden or special meaning.

**Make sure your mailing address is up to date.** If it needs to be corrected, contact Social Security at [ssa.gov/myaccount](http://ssa.gov/myaccount) or 1-800-772-1213.

**Beware of anyone who contacts you about your new Medicare card. The Social Security Administration will never ask for personal or private information to provide your new Medicare number and card. There have been reports that scammers are calling Medicare recipients and telling them they must pay for the new card. They ask for their checking account and Medicare card numbers. If you receive one of these calls, don't divulge any of that information - hang up. The CMS would never call and ask for payment for a card.**

Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's. Bring your new card to all healthcare appointments.



**SENIOR NUTRITION MISSION PROGRAM** A program for Harrison County seniors age 60 or older with income at or below 130% of the federal poverty level. For a one person household this would be \$1316 a month or less, and for a two person household this would be \$1784 or less. Call for more information on larger household sizes.

A monthly food box includes 4 cans of vegetables, 2 cans of fruit, 2 cartons of shelf-stable milk, 2 bottles of juice, 2 boxes of cereal, 2 cans of meat, 1 jar of peanut butter, 2 bags of pasta, and a 2 lb. block of cheese. For more information on this program and how to sign up, please contact Barbara Oldaker or volunteer Debbie Glaspell at 304.623.6795 Ext. 105.



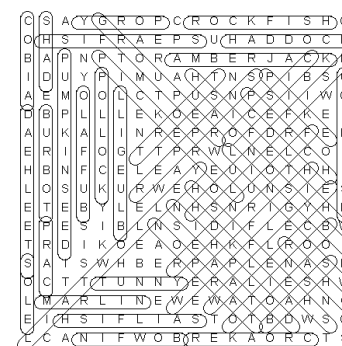
**REGIONAL SHIP COUNSELOR \* ERNESTINE POST**

Phone: 304.765.4091 email: [epbcsc@frontier.com](mailto:epbcsc@frontier.com)  
Ernestine Post, from Braxton County Senior Center, is available by phone or on visit days:

**Time: 9:30 am - 2:30 pm  
Friday, June 15, 2018**

**PUZZLE SOLUTION**

Copyright © 2018 [www.puzzles.ca](http://www.puzzles.ca)



The hidden message is:

**A COUNTRYMAN  
BETWEEN TWO  
LAWYERS IS LIKE A  
FISH BETWEEN  
TWO CATS**

**THE CENTER WILL BE CLOSED ON WEDNESDAY, JULY 4, 2018 FOR INDEPENDENCE DAY.**

The Harrison County Senior Center is funded by the Older Americans Act - Title III, WV Bureau of Senior Services, WV Division of Public Transit, Harrison County Levy Funds, City of Clarksburg, In-Home Services funds and by individual and corporate donations.



**FOLLOW US ON  
facebook**



**DISCLAIMER**

Any political, product, or service advertisements contained in this newsletter does not represent an endorsement by the Harrison County Senior Center.

# RUN FOR YOUR BOARD

## Board of Directors Election for the 1/1/2019-12/31/2020 Term (2 years)

The HCSCC Board of Directors will be holding an election for three positions on the Board during October 2018. All members who are in good standing and have been a member of HCSCC, which includes Satellites, for at least one year are eligible to run as a candidate for the Board of Director's Membership Representative Seat.

As stipulated in the HCSCC bylaws, each applicant is required to complete an essay of 150 words or less, stating why he or she would like to be elected as a HCSCC Board of Director's Representative. All candidates will have their picture taken at the HCSCC office to accompany their application.

All applications must be returned to the Center by 4:00 p.m. on Thursday, August 16, 2018. Applications will be opened by the HCSCC Board of Directors Executive Committee by 4:00 p.m. on Friday, August 17, 2018.

The Executive Committee will review and approve all eligible applications. A ballot of eligible candidates will be prepared and presented to the Board of Directors at the Wednesday, August 22, regular meeting for final approval and publication. The President of the Board of Directors will notify each eligible candidate of application approval within 48 to 72 hours of the August 22 Board meeting.

Candidate names will appear in alphabetical order on the ballot. All qualified nominations will be published in the September and October 2018 newsletters.

Any candidate may withdraw his or her name up to 48 hours prior to the election by notifying the President of the Board of Directors in writing of his or her request to withdraw from the HCSCC election process.

A copy of the application is available at the front desk or on our website at:  
<http://harrisoncountyseniorcenter.org>





## ***SAFER DRIVING CAN SAVE YOU MONEY***

**The AARP Smart Driver™ Classroom Course could save money on your car insurance!**

- ⇒ Refresh your driving skills and knowledge of the rules of the road.
- ⇒ Learn techniques for handling left turns, right-of-way and roundabouts.
- ⇒ Discover proven driving methods to help keep you and your loved ones safe on the road.

**CALL Instructor Lowell "BOB" Steele at (304) 216-1726 IF INTERESTED**  
**A full course or refresher course is being considered for Fall depending on interest.**



**SENIOR OLYMPICS AT POTOMAC STATE COLLEGE, KEYSER, WV**

**JUNE 12 -15, 2018 - We are attending June 12 & 13 this year.**

**Enter events for: Baking, Crafts Indoor games, Field events and much more.**

**See the director for more information.**

## **SENIORS ON THE GO TRAVEL CLUB PRESENTS**



**FOR RESERVATIONS OR MORE INFORMATION  
CONTACT  
DELORES LOYD 304.624.0773**



### **LANCASTER SHOW TRIP & the DUTCH COUNTRY**

**September 24 - 28, 2018**

**5 days, 4 nights (Mon - Fri)**

**\$549 per person, double occupancy**

**\$120 due 5/18/18, final payment due 7/17/18**

Price Includes: Motorcoach transportation, 4 breakfasts, 4 dinners, Jesus Show admission, Songs of the Silver Screen Admission, Guided tour of Philadelphia, Visit to Kitchen Kettle Village, Visit to Rockvale Square Outlets, Amish Experience and Jacob's Choice Admission, Guided tour of Lancaster, and much more!

### **CANADA & NEW ENGLAND SEPTEMBER 5 - 14, 2019**

**10 DAYS/9 NIGHTS WITH ROYAL CARIBBEAN CRUISE LINE ON THE  
GRANDEUR OF THE SEAS **PASSPORT REQUIRED****

Inside Cabin Category	6V	\$1,210
Outside Cabin Category	6N	\$1,410
Balcony Cabin Category	4B	\$2,463

Rates are per person, double occupancy, and include roundtrip transportation to/from pier, cruise, port charges, and government fees. \*Motorcoach is based on 20 passengers\*

**DEPOSIT POLICY:** An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Those who book early get the best prices, the best cabin locations and their preferred dining times. **FINAL BALANCE IS DUE MAY 7, 2019**

**Come to the Valley**



We are a 55+ community with monthly potluck dinners, weekly bingo, and resident driven activities. Interact with friendly people in a caring, quiet, community environment.

## **HARMONY VALLEY RETIREMENT COMMUNITY**

**14 Gawthrop Lane, Clarksburg, WV 26301**

Off Sun Valley Rd. - 3 mi. from Major Shopping Areas

**No Elevators**

Direct Access to your Affordable, Handicapped-Accessible Apartment

**1 Bedroom (\$800/mo.) & 2 Bedroom (\$900/mo.)**  
non-smoking apartments

**Monthly Rent *INCLUDES* Utilities and Basic Plus Cable**

**Call Perry McAtee at 304.677.6800 for an  
Appointment to View our Lovely Apartments**



### **Alzheimer's Support Group**

The West Virginia Chapter of the Alzheimer's Association offers a support group at the Center on the **second Thursday of each month at 10:30 a.m. in the board room.** The meetings are led by trained facilitators for care givers and persons with dementia affected by Alzheimer's. Participation in the group provides emotional support and encouragement to help cope with the disease. Meetings are free and open to all members.



**Flowers are planted!**

**Thank You**

**Donna Stuart,**

**Nancy Wiseman,**

**&**

**Wilma Swisher**

**From**

**Harrison County**

**Parks & Recreation.**



The Harrison County Senior Citizen's Center, Inc. operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at 304.623.6795.



If you have questions about the newsletter or would like to purchase advertising space, please contact Beth Fitzgerald, Exec. Dir., or William O'Field, Board President, at 304.623.6795 or by email at **newsletter@harrisoncountyseniorcenter.org**