

HARRISON COUNTY

Socialize • Exercise • Energize

SENIOR CENTER

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

DECEMBER 2018



HOLIDAY LUNCHEON \$10

See Page 5 for More Information

Tuesday, December 4, 2018

Doors open at 10:30 am



HCSC BOOK CLUB DONATION

HCSC Book Club, founded in 2016, recently adopted a plan to read West Virginia authors. In addition to other authors, the Book Club has read and discussed books by West Virginia authors. Some WV authors have attended the discussions and one called in to take part on the telephone. Ten copies of each book by the six authors were purchased through corporate and individual grants. The Book Club donated these books in order to pay it forward to the Clarksburg-Harrison Public Library to be used by other reading groups.

The Book Club will once again celebrate West Virginia authors at the HCSC Holiday Luncheon fundraiser on December 4 at 11:00 a.m. in the Ballroom. **Signed books make great holiday gifts** and authors will be available to sign your purchases. Book Club members will provide free gift wrapping for any books purchased at the event.

At the donation presentation on Nov. 16 were (L-R): WV author and book club member Mike Lambiotte, Library Director Jill Rafter, HCSC Director Beth Fitzgerald, HCSC Board President and book club coordinator Bill O'Field, Friends of the Library Board President Victor Folio, and Library Manager Julia Todd.

KINLEY CAFÉ MENU 11:30 am - 1:00 pm

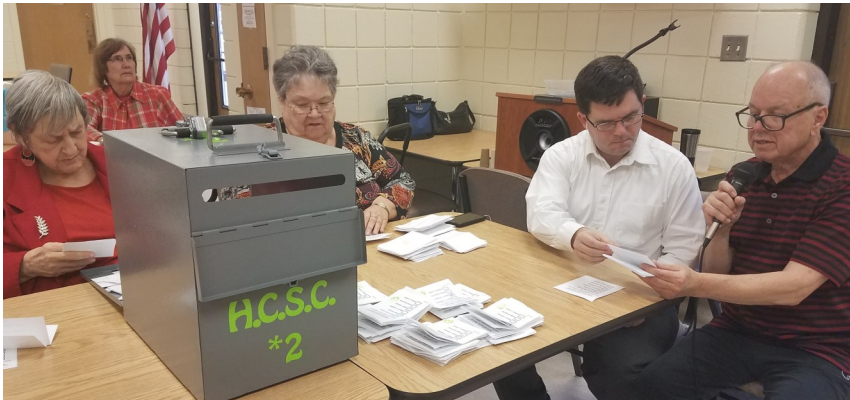
Tickets Available at Front Desk

\$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	12/3	Chicken Stir Fry w/Vegetables
TUE	12/4	HOLIDAY DINNER IN BALLROOM - NO CAFÉ SERVICE
WED	12/5	Pork Cutlet Sandwich, Potato Wedges w/Cheese Sauce
THU	12/6	Giovani Sandwich, Broccoli & Cauliflower Salad
FRI	12/7	Fish, French Fries, Cole Slaw
MON	12/10	Hot Dogs w/Chili, Onion Rings
TUE	12/11	Spaghetti w/Meat Sauce, Italian or Garlic Bread
WED	12/12	Potato Chip Breaded Chicken Sandwich, Broccoli Cheese Soup
THU	12/13	Turkey, Mashed Potatoes w/Gravy, Stuffing, Green Beans, Roll
FRI	12/14	Pizza Bread, Chips
MON	12/17	Stuffed Pepper, Scalloped Potatoes
TUE	12/18	Chicken over Penne Pasta & Vegetables, Alfredo or Garlic Butter Sauce
WED	12/19	Ham & Beans Soup, Cornbread, Mixed Greens
THU	12/20	Salad Plate (Ham, Chicken & Macaroni Salads), Roll
FRI	12/21	Cooks Choice
MON	12/24	CENTER CLOSED - CHRISTMAS EVE HOLIDAY
TUE	12/25	CENTER CLOSED - CHRISTMAS DAY HOLIDAY
WED	12/26	Fried Bologna Sandwich, Soup, Chips
THU	12/27	Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Green Beans, Roll
FRI	12/28	Oven Baked Chicken, Baked Potato, Vegetable, Roll
MON	12/31	Cooks Choice
TUE	1/1	CENTER CLOSED - NEW YEARS DAY
WED	1/2	Cabbage Roll, Vegetable
THU	1/3	Baked Potato Bar w/Chili & Fixings
FRI	1/4	Homemade Beefaroni, Garlic Bread

Board Member Election Vote Counting in Cafe



HCSC and Braxton County Tai Chi Groups Combined on Nov. 8 for Class, Lunch, and Socialization

Member Breakfast a la carte bar from 8:15am - 9:45am

NO BREAKFAST SERVICE ON MONDAY, DECEMBER 3 & TUESDAY, DECEMBER 4
No Café Service on December 4 due to Holiday Luncheon in Ballroom

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

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HCSC BOARD ACTIONS




November Board Actions

- ♦ Certified Board Member Election Results - Vote count as follows:
Mary Ann Cowger 183, Janet Dotson 270, Nancy Harford 73, Harley Jeffries 269, Shane McIntyre 84, Donna Stuart 270.
2019 HCSC Board of Directors shown below.
- ♦ Accepted the 2018 Annual Review Report of Accomplishments, Activities, and Projects Yet to be Completed, as prepared by Board President William O'Field. A copy of the report is available at the front desk and posted on the website.
- ♦ New board members were sworn in. Outgoing board members were recognized for their outstanding service to HCSC.
- ♦ Election of officers took place and are reflected below in the 2019 HCSC Board of Directors listing.

No December Board Meeting

Next Board Meeting (*Note change of day*) - Thursday, January 24, 2019 at 9:00 AM



2019 HCSC Board of Directors

OFFICERS

President - William O'Field

Secretary - Sandra Mossor

Vice President - E. Ryan Kennedy

Treasurer - Joyce Rabanal

BOARD MEMBERS

Janet Dotson, Sharon Hamilton, Linda Holyfield, Harley Jeffries, Lowell " L J " Maxey
William Phillips, Chad Sigmon, Donna Stuart, and Ron Watson

Executive Director - Beth Fitzgerald (*Ex-Officio*)

2019 SATELLITE INFORMATION - Please check with President for weather cancellation policy

SATELLITE	PRESIDENT'S INFO	MEETING INFO
BRIDGEPORT	Willa Brand 304.842.6696	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 & 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 • Mt Clare Fire Department
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	Linda Conant 304.796.4658	2nd Thursday 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

HOLIDAY LUNCHEON \$10

Baked Steak, Mashed Potatoes w/Gravy, Green Beans, Roll, Salad, Pie

Tuesday, December 4, 2018

Doors open at 10:30 am



Federal Communications Commission will make a short presentation on Tips to Avoid Telephone Scams and Robocalls. They will also have information on how to file complaints and comments. Learn how to protect your cell

phone if it is lost or stolen.

Kim Lowther, Independent Sales Rep., will display Avon products for sale with a portion of the proceeds going to the senior center. Also available week of

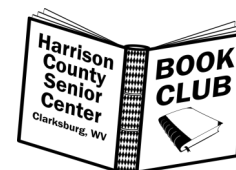


**BACK BY
POPULAR
DEMAND!
ST. MARY'S
CHOIR**

WV AUTHORS Book Sales & Book Signing



BOOKS MAKE GREAT CHRISTMAS GIFTS!
**Free Gift Wrap for Books and Avon products provided by
HCSC Book Club**



Bingo Games Following Luncheon



The Senior Center is Proud to Host the **5th West Virginia Senior Open Championship Chess Tournament**

(ages 50 & up only - age as of 12/31/18)

Dec. 15 & 16, 2018

Check-In & Registration on Saturday from 9:30 am - 10:30 am

Call or Email Robert Greer for more information at
greerlaw@aol.com or 304-641-9241

Entry Forms available at HCSC Front Desk or
Online at <https://www.wvchess.org/event/5th-wv-senior-championship>

See Entry form for more information, entry fees, and schedule



Christmas Gift Ideas

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

The remaining 13 letters spell an additional Christmas gift idea.



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

- BAKING
- BELT
- BOOK
- BRACELET
- CANDLES
- CANDY
- CHOCOLATES
- CLOTHES
- COFFEE MAKER
- COFFEE MUG
- COLOGNE
- COOKIES
- DOLL
- EARRINGS
- ELECTRONICS
- FLOWERS
- GAME
- GIFT BASKET
- GIFT CARD
- HERBAL TEAS
- JEWELRY
- MONEY
- MOVIE
- MUSIC
- NECKLACE
- NECKTIE
- PANTS
- PENDANT
- PERFUME
- PLANT
- SCARF
- SHIRT
- SLIPPERS
- SNEAKERS
- SOCKS
- STUFFED ANIMAL
- SWEATER
- TELEVISION
- TOOL SET
- TOY
- TREE ORNAMENT
- WATCH
- WINE

HCSC Tai Chi hosted Braxton County Tai Chi for a day of combined classes, lunch and socialization.



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.



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304~669~4829

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SENIORS ON THE GO TRAVEL CLUB

FOR RESERVATIONS OR MORE INFORMATION
CONTACT

DELORES LOYD 304.624.0773

Restricted to Ages 40+ and Older



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**



Veteran and HCSC Board Vice President, Ryan Kennedy, stops for a picture as he prepares to participate in the Veterans Day Parade on November 12, 2018.



Heartland

WE ACCEPT



**HCSC now
accepts credit
cards as a form
of payment.**

Use your card to pay for breakfast and lunch tickets, memberships, services, make donations, and so much more.

Using Secure Heartland Payment Systems.

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 cans of fruits & vegetables, shelf stable milk, juice, cereal, cans of meat, peanut butter, pasta, & 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.



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



Sunday, December 2, 2018

East View Satellite Member Dinner & Meeting

Monday, December 3, 2018

No Sewing Group This Month

SHIP Counselor (Medicare, Ins.) Ernestine Post 9:30am-2:30pm

Tuesday, December 4, 2018

West Milford/Good Hope Satellite Meeting 10:30am

HOLIDAY LUNCHEON IN BALLROOM \$10 11:00AM

Librarian (at Holiday Luncheon)

Wednesday, December 5, 2018

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, December 6, 2018

Sardis Satellite Meeting 10:30am

Friday, December 7, 2018

SHIP Counselor (Medicare, Ins.) Ernestine Post 9:30am-2:30pm

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Saturday, December 8, 2018

CASA Quarter Auction Fundraiser Doors open at 1p, Auction at 2p

Monday, December 10, 2018

Travel Club 1:00pm (Meet in Conf. Room near Ballroom)

Tuesday, December 11, 2018

Wallace Satellite Meeting 10:00am

Wednesday, December 12, 2018

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, December 13, 2018

SHIP COUNSELOR (Medicare, Ins.) Ernestine Post 9:30am-2:30pm

Alzheimer's Support Group 10:30am

Wallace Satellite Meeting (FOP/Nutter Fort) 11:00am

Spelter Satellite Meeting 5:00pm

Friday, December 14, 2018

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am-3:00pm

East View Satellite Bingo 1:00pm

Saturday/Sunday, December 15 & 16, 2018

West Virginia Senior Open Championship Chess Tournament

Monday, December 17, 2018

Bridgeport Satellite Meeting 10:30am

Tuesday, December 18, 2018

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm

Wednesday, December 19, 2018

Lost Creek Satellite Christmas Party 10:00am

Thursday, December 20, 2018

No Sewing Group This Month

Friday, December 21, 2018

NO Shinnston Satellite Meeting

NO East View Satellite Bingo today

Monday, December 24, 2018 Center Closed - Christmas Eve

Tuesday, December 25, 2018 Center Closed – Christmas Day

Wednesday, December 26, 2018

Lost Creek Satellite Ceramics & Cards 10:00am

No Evening Ceramics This Week

Thursday, December 27, 2018

No Ceramics This Week

Friday, December 28, 2018

SHIP Counselor (Medicare, Ins.) Ernestine Post 9:30am-2:30pm

NO Shinnston Satellite Meeting

NO East View Satellite Bingo today

Monday, December 31, 2018

No Ceramics This Date

No Sewing Group today

Tuesday, January 1, 2019 Center Closed – New Year's Day

Wednesday, January 2, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Ceramics Evening 4:00pm-8:00pm

Thursday, January 3, 2019

Sardis Satellite Meeting 10:30am

Friday, January 4, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm





At the Annual Board Meeting on November 14, 2018, newly elected board members were installed by HCSC Board President Bill O'Field. Shown at left (L-R) Harley Jeffries, Donna Stuart, and Bill O'Field.

Below left are the winners of the board election. (L-R) Harley Jeffries, Janet Dotson (re-elected), and Donna Stuart.

Shown below are outgoing Board Members Fran Lopez and Richard Himes who were recognized for their service.



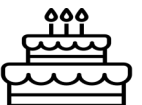
**THANK
YOU
FOR
YOUR
PARTICIPATION**

All six candidates and the HCSC Board of Directors wish to express their thanks for your participation in the board election process. Board meetings are open to the general public. There is no board meeting in December. Come welcome our new board members at the next meeting on THURSDAY, JANUARY 24, 2019, at 9:00 AM in the board room.

MEMBER DECEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name	Day	Name
1	Sandra Childers	6	Roseann Wetzel	17	Violet R Stackpole	25	Jill Steach
1	Irene Fogg	7	Carol Blake	17	Margaret Sutton	25	Mary J Tate
1	Patricia J Marks	7	Mark Seckman	18	William R Powell	26	Eugene Alkire
1	Patricia Murphy	9	Linda Carnes	19	Donna S Lopez	26	Kevin Baker
1	Brenda Williams	9	Nancy Marks	19	Richard L Mullins	26	Carol Trotter
2	Salvatore Bombardiere	9	Carolyn Thayer	19	Phyllis J Palmer	26	Ruth Wetzel
2	Rebecca A Oldaker	10	Bob Burns	20	Stella Bedell	27	Kate Dolosa
2	Carolyn Romine	10	Ruth Ann Jeffries	20	Frank D Nuzum	27	David L Greaver
2	Norma J Stire	10	Robin Paugh	20	Linda Seckman	27	Shella Griffin
3	Pamela R Adams	10	Lenora Perrine	20	Randy Stroger	27	Steve Rogers
3	Michael Ball	10	Jean D Travis	21	Mary Owens	27	Michael F Shaffer
3	Bill Davisson	11	Don Richards	21	Barry S Stull	27	Carla J Wilfong
3	Brenda Diaz	11	Charles R. Underwood	22	John Fazio	28	Polly Medina
3	Jean Dixon	12	Dreama Biesczad	22	Pat Stout	28	Bonnie I Quinn
3	Faith Houle	12	Mildred E Gemono	22	Melvin W Swiger	29	Beverly Gonzalez
3	Mary Lancaster	12	Jean Hornick	22	Carla Vernon	29	Janet E McCarthy
3	Linda Maul	13	Rudy A Baker	23	Bruce Baker	29	Donna Murphy
3	Kevin Reeves	14	Nick Gould	23	Bob Harbert	29	Hazel L Rader
4	Leslie Campbell	14	Rebecca Richards	23	Laura M Mitchell	29	Jean Taylor
4	Daniel Edgell	14	Cheryl Wilhelm	23	Phyllis Nichols	30	Patricia A Bland
4	Nella Gribble	15	Bill Brand	23	Anna B Reed	30	Margie Jackson
5	Diane Clutter	15	Louis T Diaz	24	William F Clutter	30	Rafaela Walters
5	Pearl Covey	15	Marilyn R Evans	24	Fern Oset	31	Helen M Hufford
5	Mike Exline	15	Beth Herrod	24	Gertrude Eve Senchina	31	Ruth Jaumot
5	Daniel Riddle	16	Cathy Floyd	24	William Stutler	31	Judith A Maxwell
6	Marilyn Albright	16	Joseph Spatafore Jr	25	Lynn Fox	31	Angelo Moschella
6	Alfred L Cork	16	Johnny Warner	25	Nancy C Hayhurst	31	Nadine Simmons
6	Michael Knight	17	Betty J Monteleone	25	Linda Holyfield		

HAPPY BIRTHDAY



REGIONAL WV SHIP COUNSELOR * ERNESTINE POST Medicare Information, Assistance & Counseling

Phone: 304.765.4091 email: 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

Mon. Dec. 3

Fri. Dec. 7

Thu. Dec. 13

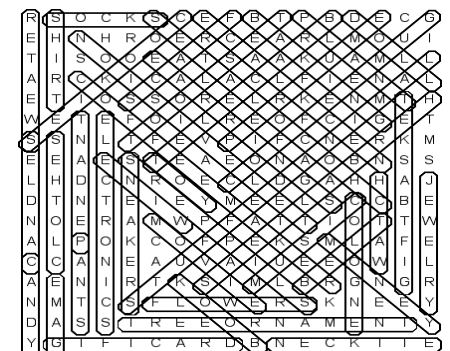
Fri. Dec. 28

PUZZLE SOLUTION

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HIDDEN
MESSAGE:

CHRISTMAS
CAKE



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.



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DISCLAIMER

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

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**

Need Help
with your **Medicare**
Plan Comparisons
for Open Enrollment?



OPEN ENROLLMENT ENDS ON DECEMBER 7



Make an appointment to meet with Ernestine Post, our Regional SHIP Counselor, on one of her HCSC days. See page 11 for dates and times. The State Health Insurance Assistance Program (SHIP) is a federally funded state program that has been providing free, local, one-on-one health insurance counseling and educational outreach to people on Medicare and their families since 1990. SHIP counselors are trained to assist you. Their goal is to advise, educate, and empower you to manage

In Honor of Our Caregivers



November was National Caregiver Month. Thank you to all our Caregivers who serve the seniors of Harrison County. Thank you Colleen Linger, RN for the HCSC caregiver reception day. Thank You Barb Oldaker for the bulletin board with pictures of all of our great caregivers.

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.

**ADVERTISE
WITH US!**

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@hscswv.org