

HARRISON COUNTY

Socialize • Exercise • Energize

SENIOR CENTER

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



NOVEMBER 2018



HOLIDAY LUNCHEON \$10

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

Tuesday, December 4, 2018

Doors open at 10:30 am

Program begins at 11:00 am

Reservations Required ~ Tickets Available at Front Desk



Federal
Communications
Commission

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 Dec. 3-7 in Annex.



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



**Lighted
Ornament
Raffle
15 1/2" Tall**

**Tickets \$1
On sale
Nov. 7 - Dec. 4
Winning
Ticket will be
Drawn at
Luncheon**

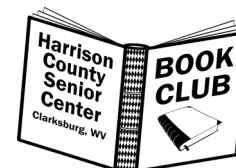
**Winner need
not be present**

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

KINLEY CAFÉ MENU 11:30 am - 1:00 pm

Tickets Available at Front Desk

\$5.50 Members \$6.50 Non Members

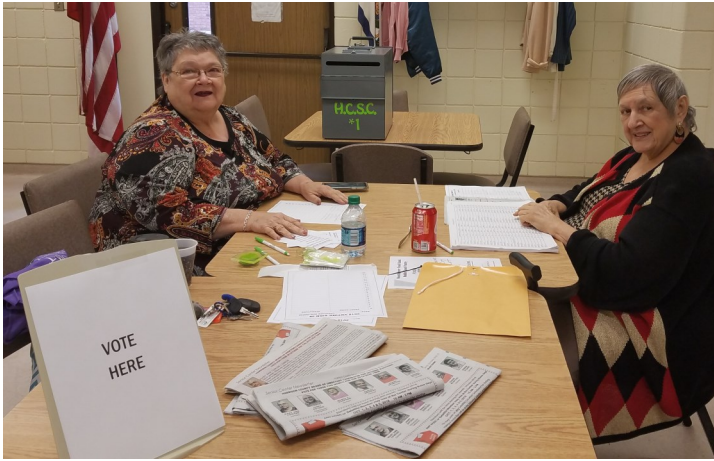
STOP BY FRONT DESK OR CALL 304.623.6795 TO PUT YOUR NAME ON THE LUNCH LIST

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	11/5	Potato Chip Breaded Chicken Patty Sandwich, Soup
TUE	11/6	Spaghetti w/Meat Sauce, Garlic Bread
WED	11/7	Meat Loaf, Scalloped Potatoes, Vegetable
THU	11/8	Chef Salad, Roll
FRI	11/9	Cooks Choice
MON	11/12	CENTER CLOSED - OBSERVANCE OF VETERANS DAY
TUE	11/13	Stuffed Pepper, Macaroni & Cheese
WED	11/14	Chicken Cordon Bleu, Mashed Potatoes w/Gravy, Mixed Vegetables
THU	11/15	Chicken Wings, Fajita Fries
FRI	11/16	Chili Soup, Grilled Cheese
MON	11/19	Chicken and Dumplings
TUE	11/20	Taco Salad, Nachos
WED	11/21	Lobster Bisque, Chicken Salad on Croissant
THU	11/22	CENTER CLOSED - THANKSGIVING HOLIDAY
FRI	11/23	CENTER CLOSED - THANKSGIVING HOLIDAY
MON	11/26	Cabbage Roll, Vegetable
TUE	11/27	Baked BBQ Chicken, Mashed Potatoes w/Gravy
WED	11/28	Homemade Potato Soup, Garlic Bread
THU	11/29	Stuffed Shells, Vegetable
FRI	11/30	BBQ Rib Patty Sandwich, Chips
MON	12/3	Chicken Stir Fry w/Vegetables
TUE	12/4	HOLIDAY LUNCHEON IN BALLROOM \$10 (See Page 1) - No Café Service
WED	12/5	Pork Cutlet Sandwich, Potato Wedges w/Cheese Sauce
THU	12/6	Giovanni Sandwich w/ Onions, Peppers & Cheese on Texas Toast
FRI	12/7	Fish, French Fries, Cole Slaw



Boardroom Window

Congressman McKinley Book Donation



Sardis Satellite Boat Trip



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

THIS IS WHERE... WE'RE COMMITTED TO KEEPING OUR PATIENTS SAFE.



UHC now has five
Xenex LightStrike™
Germ-Zapping Robots™
- the most in the state.

 **WVU Medicine**

UNITED HOSPITAL CENTER 

Bridgeport, WV | We're Part of Something Great | (681) 342-3660 | uhcww.org

**THE FUTURE OF
HEALTHCARE
IS HERE**

HCSC BOARD ACTIONS



September Board Actions There were no items requiring Board action in September.

October Board Actions

- The Board voted unanimously to accept the proposal from H.A. Ruckle, CPA for auditor services for a three-year period beginning with the 2018 audit.
- The Board voted unanimously to accept By-Laws changes as reported out of the By-Laws Committee to take effect in January 2019.
- The Board voted unanimously to change the Board's monthly meeting day from the fourth Wednesday of the month to the fourth Thursday of the month beginning in January 2019. Meeting time and place stayed the same at 9:00 a.m. in the board room.

Annual Board Meeting - Wednesday, November 14, 2018 at 9:00 AM ~ No December Board Meeting

Election results pending Board certification: Janet Dotson (re-elected), Donna Stuart, & Harley Jeffries

2018 HCSC Board of Directors

President William O'Field	Vice President Ryan Kennedy	Treasurer Joyce Rabanal	Secretary Sharon Hamilton
Janet Dotson	Richard Himes	Linda Holyfield	Fran Lopez
Sandra Mossor	William Phillips	Chad Sigmon	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 & 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	Patsy Tucker 304.783.5306	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



Board Election Voting Scenes from October



Thankful For...

Find and circle all of the people and things to be thankful for. The remaining letters spell a secret message.



- ACTS OF KINDNESS
- A PLACE TO LIVE
- BEACHES
- BEAUTIFUL NATURE
- BLESSINGS
- BOOKS
- BROTHERS
- CARE GIVERS
- CHILDREN
- CHRISTMAS
- CLEAN WATER
- CLOTHING
- COMPUTERS
- ELECTRICITY
- EYEGLASSES
- EYESIGHT
- FAITH
- FAMILY
- FLOWERS
- FOOD
- FREEDOM
- FRESH AIR
- FRIENDS
- FUN
- GOOD HEALTH
- GRANDMA
- GRANDPA
- HAPPY MEMORIES
- HEARING
- HOLIDAYS
- HUMOR
- INTERNET
- LAUGHTER
- LIFE
- LOVE
- MUSIC
- NURSES
- PARENTS
- PEACE
- PETS
- RAINBOWS
- SCHOOL
- SINGING
- SISTERS
- SMART PHONES
- SMILES
- SUNSHINE
- TEACHERS
- TELEVISION
- VOLUNTEERS
- WARM SHOWERS

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

NANCY'S TOURS LLC

Call for More Detailed Information



304-842-5863

208 Meadow View Dr.
Bridgeport, WV 26330

Oglebay's Lights

NOV. 29, 2018

\$58 per person



2019 TRIPS

- Mar. 28-Apr. 6 - S.E. Cruise: Leaving from Baltimore, Stopping in Charleston S.C., Port Canaveral, Miami, Nassau & Coco Cay
- Jun. 7-8 - Erie, PA Dinner Show & Pirates Boat Ride on Lake Erie
- Jul. 12-21 - Italy, Rome, Venice, Florence & More
- Aug. 18-23 - Myrtle Beach, 5 Nights Lodging, Ocean Front, Balcony, 4 Shows & Dinner
- Sep. 6-14 - San Francisco & Train Ride to Colorado, Lake Tahoe & Vail
- Sep. 28 - Ohio Amish - Eating in Amish Home, Apple Orchard, Bakery, Flea Market
- Oct. 7-11 - Dude Ranch, Rockinghorse, West Point, Boat Ride on the Hudson
- Dec. 6-8 - Nashville - Gaylord Opryland Hotel, Trace Atkins Christmas Dinner Show, General Jackson Dinner Show, Grand Ole Opry
- Nov. - Christmas Lights

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.



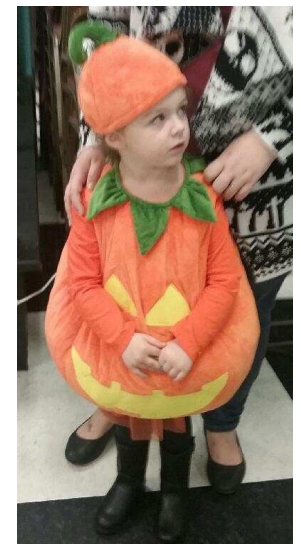
A Meet the Candidate event was held on Thursday, October 18, in the Ballroom. Attending L-R: Mike Romano, Clay Riley, Tim Miley, Danny Hamrick, Ben Queen, Will Hyman, Richard Iaquina, Waymond Cork II, Debra Shrieves, Terry Waxman, Patsy Trecost, and Rob Garcia. Thank you all for participating.



GLENN & BARB WILSON

OCT. 31, 2018

**HAPPY
RETIREMENT TO
GLENN WILSON**



**Employee, Board & Volunteer
Families Halloween Party
Oct. 28**





BEULAHLAND

— ASSISTED LIVING —

Where residents are family

Family Owned &
Operated
1 Peter 1:3

304~265~2874
304~669~4829

beulahlandassistedliving.com

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**



Liz Carder and Betty Blackshire had a “bewitching” time at Bingo on Oct. 30th.

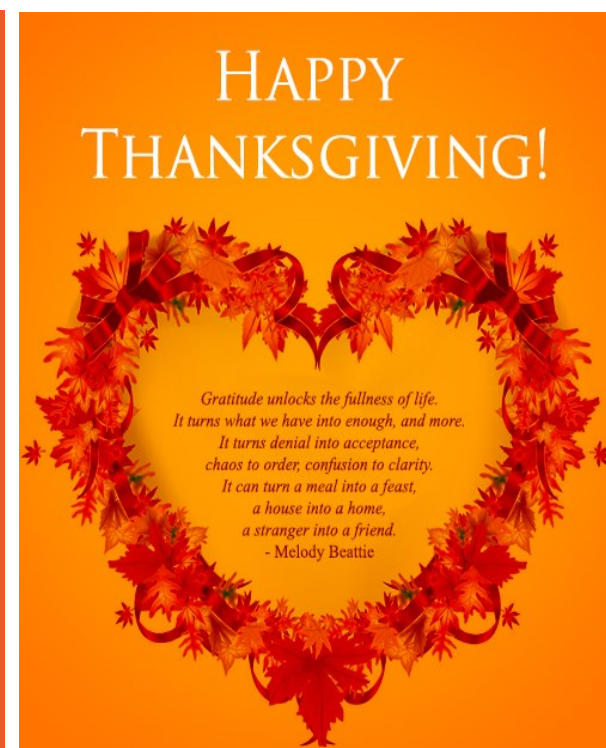


On a recent trip, several of our Seniors **RAN** up the “Rocky Steps” at the Philadelphia Museum of Art .
L-R: Anna Dodd, Virginia Harding, Margaret Davis, Barbara Rogers, Debbie Gaston, and Loretta Snider.
YOU GO GIRLS!!!

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 3P – 8P (*new times)			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, November 4, 2018

NCA Bingo 12:00 pm

Monday, November 5, 2018

Sewing Group 9:00am-3:00pm

Tuesday, November 6, 2018

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, November 7, 2018

Lost Creek Satellite Meeting 10:00am

Thursday, November 8, 2018

Alzheimer's Support Group 10:30am

Bible Study Group 12:15pm

Friday, November 9, 2018

Shinnston Satellite Meeting 10:30am

Lumberport Satellite Meeting 11:00am

East View Satellite Bingo 1:00pm

Monday, November 12, 2018

CENTER CLOSED FOR OBSERVANCE OF VETERAN'S DAY

Tuesday, November 13, 2018

Wallace Satellite Meeting 10:00am

Wednesday, November 14, 2018

Board Meeting (Annual) 9:00am

No Satellite Presidents' Meeting This month

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

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, November 15, 2018

Sewing Group 9:00am

Librarian 11:30am

Spelter Satellite Meeting 12:00pm

Friday, November 16, 2018

Shinnston Satellite Meeting 10:30am

HCSC Book Club at Clarksburg Library 12:45pm

East View Satellite Bingo 1:00pm

Sunday, November 18, 2018

RCB Boys Basketball Bingo Fundraiser, Doors open at 1:00pm, Bingo at 2p

Monday, November 19, 2018

Bridgeport Satellite Meeting 10:30am



Tuesday, November 20, 2018

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm

Wednesday, November 21, 2018

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, November 22, 2018

CENTER CLOSED FOR THANKSGIVING HOLIDAY

Friday, November 23, 2018

CENTER CLOSED FOR THANKSGIVING HOLIDAY

Monday, November 26, 2018

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

Tuesday, November 27, 2018

Marshville Satellite Meeting 10:30am

Wednesday, November 28, 2018

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, November 29, 2018

Librarian 11:30am

Friday, November 30, 2018

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

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Monday, December 3, 2018

Sewing Group 9:00am

Tuesday, December 4, 2018

Fitness Room 8:00am-4:00pm

Bolivia Card Game 9:00am

West Milford/Good Hope Satellite Meeting 10:30am

HOLIDAY LUNCHEON IN BALLROOM \$10 11:00AM

Reservations/Tickets Required

Wednesday, December 5, 2018

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, December 6, 2018

Sardis Satellite Meeting 10:30am

Librarian 11:30am-1:00pm

Friday, December 7, 2018

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm

HCSC Fundraiser Day

Sunday, October 21, 2018

Baked Steak Luncheon



Thank You to our Donors, Staff & Volunteers!

Individual Donors

Kendy Clutter
Pat Dunn
Linda Holyfield
Harley & Ruth Ann Jeffries
Fran Lopez
Chris Nutter
Barb Oldaker
Bill O'Field
Lidia Stout
Numerous Anonymous Donors

Business & Group Donors

A. F. Wendling's Foodservice
Advance Auto Parts
Amos Carvelli Funeral Home
AutoZone
BC Bank
Cinemark Theatres
Clarksburg Beauty Academy
Dairy Queen Grill & Chill
Domino's Pizza
Donna's Flower Shop
Gourmet Café
HCSC Sewing Group
Heavenly Desserts
Kelly's Pub
Mike Mason Chiropractic
Nonnie's Niche
Oliverio's Peppers
Oliverio's Ristorante
Quick Slick
Raymon's Restaurant
Rebekah (Daughters of)
Sandy's Hardware
Sara Golden Art Originals
Stonewood Bulk Foods
T&L Hot Dogs
West Virginia Heritage Crafts
Wonder Bar Steak House

Staff & Volunteers

James Barnett
Bobbie Blake
Mary Ann Cowger
Joann Devericks
Beth Fitzgerald
David Ford
Debbie Glaspell
Vanessa Harris
Linda Holyfield
Kim Hyman
Fran Lopez
Cliff Marshall
Lora McElroy
Shane McIntyre
Sandy Mossor
Bill O'Field
Barb Oldaker
Fern Oset
Crystal Pumphrey
Curtis Short
Brenda Smothers
Carol & George Trotter



MEMBER NOVEMBER BIRTHDAYS

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Day Member Name

1 Nancy Harford
1 Jerry Hughes
1 Les Meinig
1 Sandy Sidwell
2 Patricia Chevront
2 Karen Loveland
2 Phyllis Sembello
3 Anne Bevacque
3 Terry Mano
3 Margaret Vincent
4 Theresa Blake
4 Margie Foutz
4 Sandra Walker
5 Janet Davis
5 Juana Holtz
5 Gayleen Wentz
6 Elizabeth Carder
6 Sharon Kimble
6 Brenda Knight
6 Robert Marks
6 Barbara Patton
7 Eva Kerns
7 Marilyn Spatafore
8 Pat Brand

Day Member Name

8 Aleta Brosius
8 Mary Moore
8 Paul Shaver
9 Sue Beverina
9 Rohn Martin
9 John Payne Jr
10 Deborah Bergstrom
10 Candi Henderson
10 Denise Kiser
10 Wanda Truex
11 Ruth Davis
11 Maxine Randolph
11 Martha Vita
12 Phyllis Dye
12 Wanda Hickman
12 William McAtee
12 Dorothy Grant
13 Carol Hatfield
13 Rebecca Steed
13 Patricia Swiger
14 Ann Davis
14 Christina Nielson
14 Josephine Robilliard
15 Katie Boles

Day Member Name

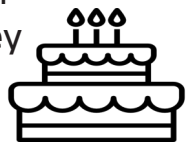
15 Lopie Lopez
15 Lora McElroy
15 Marie Williams
16 Tina Krugman
16 Skip Tate
17 Karen Alexander
17 Ed Gump
17 Judy Luchuck
17 Rebecca Werner
17 Patricia Wolford
18 Jacob Creamer
18 Sheila Delaney
18 David Franklin
18 James Gabriel
18 Roxann Shuttleworth
20 Peggy Barnett
20 Carol Brown
20 Sherri Gallo
20 Ronald Werner
21 Neva Green
21 Amy Marple
21 Bill O'Field
22 Nelson Blake
22 Belinda Moore

Day Member Name

22 Ionia Stemple
22 Rosa Williams
22 Mary Zannino
23 Carol Myers
24 Earl Kelley
24 Sandra Mossor
24 Mike Blackshire
25 Vickie Fitts
25 Robert Nelson
26 Elaine Ash
26 Harley McCloud
26 Patty Meinig
26 Sharon Mitchell
26 Russell Sandy
27 Beverly Surock
27 Debra Yerkey
28 Jeff Albright
28 Brenda Hogue
28 Ester Morgan
28 Brenda Westfall
29 Kelly Stringham
30 Stephen Bradley
30 Tammy Moran

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

Phone: 304.765.4091 email: epbcsc@frontier.com

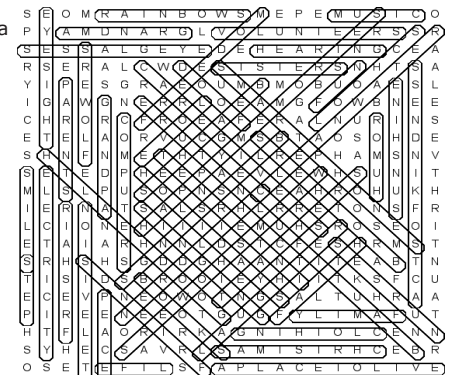
Ernestine Post, from Braxton County Senior Center, is available by phone or on visit days:

Time: 9:30 am - 2:30 pm
Wednesday, November 14
Monday, November 26
Friday, November 30

PUZZLE SOLUTION

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SOME PEOPLE ARE
ALWAYS GRUMBLING
BECAUSE ROSES
HAVE THORNS; I AM
THANKFUL THAT
THORNS HAVE
ROSES.



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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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?



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 your healthcare with confidence.



Board Member Elections bring out the seniors to vote!

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