

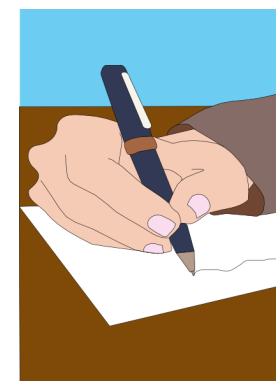
Harrison County Senior Center

Socialize - Exercise - Energize

500 W. Main Street, Clarksburg, WV 26301 - 304.623.6795 - <http://www.hcscwv.org>



January 7 - 11, 2019
Celebrating
Handwritten Letter Week



Join us in the Kinley Café during the second week of January and throughout the entire month to write letters to local council members, and state and federal legislators. We want to thank them for their past support of seniors and request their continued support for senior programs, senior centers and senior services. We will hand deliver the letters during January and February.



If you can not join us in the café during the second week of January, feel free to send in your letters to the center to be delivered or mail them yourself. See pages 6 & 7 for local, state, and federal addresses.

Speak your mind.
Be proud. Be loud.
Let your voice be
heard.

- Neha Tambe

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
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
MON	1/7	Giovanni Sandwich w/Pasta Salad
TUE	1/8	Lasagna Rollup w/Meat Sauce, Bread Stick
WED	1/9	Homemade Potato Soup/Grilled Cheese Sandwich
THU	1/10	Taco Salad, Nachos w/Cheese Sauce
FRI	1/11	Fish, Scalloped Potatoes, Broccoli
MON	1/14	Chili Soup, Grilled Cheese Sandwich
TUE	1/15	Liver & Onions or Salisbury Steak, Mashed Potatoes, Gravy, Vegetable
WED	1/16	Vegetable Beef Soup, Egg Salad Sandwich
THU	1/17	Chicken Stir Fry w/Rice & Vegetables
FRI	1/18	Cooks Choice
MON	1/21	CENTER CLOSED - MLK DAY
TUE	1/22	Spaghetti w/Meat Sauce, Garlic Bread
WED	1/23	Soup Beans, Fried Potatoes, Greens
THU	1/24	Baked Steak, Mashed Potatoes w/Gravy, Green Beans
FRI	1/25	Hamburger, Potato Salad, Chips
MON	1/28	Chicken and Dumplings, Vegetable
TUE	1/29	Penne Pasta w/Meat Sauce, Garlic Bread or Italian Bread
WED	1/30	Stuffed Pepper Soup w/ Grilled Cheese
THU	1/31	Liver & Onions or Salisbury Steak, Mashed Potatoes w/Gravy, Green Beans
FRI	2/1	Pizza Bread, Chips
MON	2/4	Cabbage Roll, Macaroni & Cheese
TUE	2/5	Stuffed Shells, Vegetable, Breadsticks
WED	2/6	Potato Soup, Grilled Ham & Cheese Sandwich
THU	2/7	Baked Chicken, Scalloped Potatoes, Vegetable
FRI	2/8	Fish, Baked Potato, Vegetable



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

Holiday Luncheon pictures - December 4, 2018

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



UNITED HOSPITAL CENTER 

Bridgeport, WV | We're Part of Something Great | uhcww.org

HCSC BOARD ACTIONS



There was 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

Vice President - E. Ryan Kennedy

Secretary - Sandra Mossor

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

HAPPY NEW YEAR

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.



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

APPETIZERS
BABIES
BALLOONS
BANNERS
BUFFET
CELEBRATE
CHAMPAGNE
CONFETTI
DANCE
DAY ONE
DECORATIONS
END OF DECEMBER
EVENTS
FAMILY
FATHER TIME
FEAST
FESTIVITIES
FIREWORKS
FIRST OF JANUARY
FRIENDS
HATS
HOLIDAY
HORNS
KISS
MIDNIGHT
MUSIC
NEW YEARS DAY
NEW YEARS EVE
NOISEMAKERS
OCCASION
PARADES
PARTY
PUNCH
RESOLUTIONS
SINGING
STREAMERS
THIRTY FIRST
TIARAS
WINE
YEAR IN REVIEW

2019 UNITED STATES AND WEST VIRGINIA STATE LEGISLATORS

United States Senate
Website: www.senate.gov

Senator Joe Manchin III
306 Hart Senate Office Building
Washington, DC 20510
Phone: (202)224-3954



Senator Shelley Moore Capito
172 Russell Senate Office Building
Washington, DC 20510
Phone: (202) 224-6472



United States House of Representatives
Website: www.house.gov

Congressman David B. McKinley
2239 Rayburn House Office Building
Washington, DC 20515
Phone: (202) 225-4172



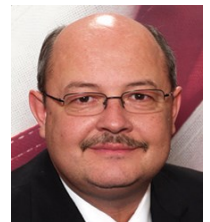
West Virginia Legislature
State Capitol Complex
1900 Kanawha Boulevard E.
Charleston, WV 25305
Phone: (304) 347-4836
Website: www.wvlegislature.gov

WV SENATE

Senator Michael Romano
Room 200W, Building 1
Phone: (304) 357-7904
Email: mike.romano@wvsenate.gov



Senator Douglas E. Facemire
Room 213W, Building 1
Phone: (304) 357-7845
Email: douglas.facemire@wvsenate.gov

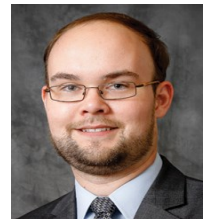


WV HOUSE OF DELEGATES

Delegate Tim Miley
Room 264M, Building 1
Phone: (304) 340-3240
Email: tim.miley@wvhouse.gov



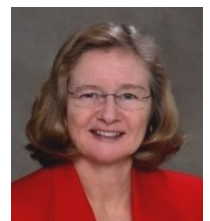
Delegate Danny Hamrick
Room 213E, Building 1
Phone: (304) 340-3141
Email: danny.hamrick@wvhouse.gov



Delegate Ben Queen
Room 206E, Building 1
Phone: (304) 340-3171
Email: ben.queen@wvhouse.gov



Delegate Terry Waxman
*Room Address unavailable
at time of publication*
Cell: (304) 669-1782



2019 COMMISSIONERS AND COUNCIL MEMBERS

Harrison County Commission

301 W. Main Street, Clarksburg, WV 26301

Phone: (304) 624-8500 Website: www.harrisoncountywv.com

Ron Watson, President



David Hinkle



Pasty Trecost II



Clarksburg City Council

222 W. Main Street, Clarksburg, WV 26301

Phone: (304) 624-1624 Website: www.cityofclarksburgwv.com

Catherine Goings
Mayor



Jim Malfregeot
Vice Mayor



Gary Bowden



Frank Ferrari



Marshall Goff



E. Ryan Kennedy



Chad Sigmon



Bridgeport City Council

515 W. Main Street, Bridgeport, WV 26330

Phone: (304) 842-8201 Website: www.bridgeportwv.com

Andy Lang
Mayor



Robert Greer



Lowell "L. J." Maxey



Jeff Smell



Dustin Vincent



John Wilson, Sr.





Celebrating our Caregivers

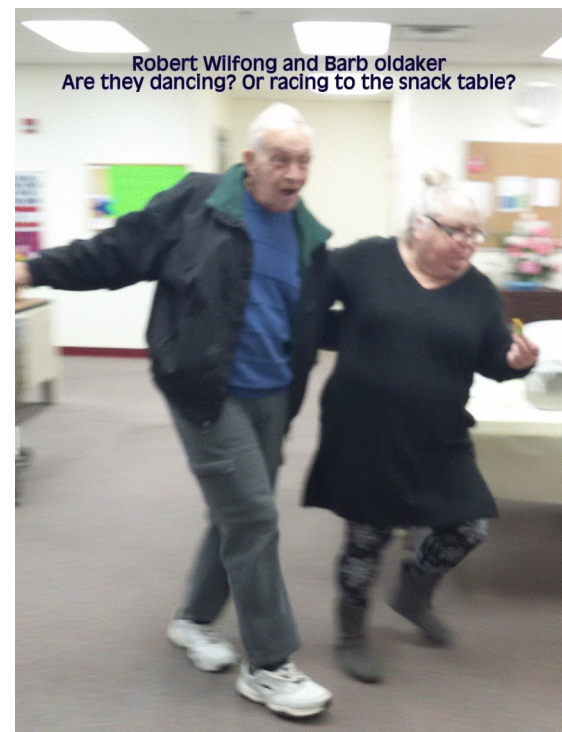
HCSC Nurse Colleen Linger recognized the HCSC In Home Caregivers for their hard work and dedication to Harrison County seniors during National Caregiver Week in November 2018. HCSC honors the men and women who go into the homes of those who are in need of help with personal care, housekeeping, and grocery shopping.

During the week, HCSC celebrated our workers with light refreshments when paperwork was submitted; a Chinese auction with donated prizes; and surprise gifts in funny Christmas bags of their choosing with NO peeking allowed.

Prizes were donated by Barbara Oldaker (two Christmas wreaths), Colleen Linger (small pillow, a throw blanket, and a cup for cozying up with someone), Clarksburg City Florist (two poinsettias). Other items donated included candles, jingle bells, potholder and towel sets, and specialty Santa bags.

HCSC Transportation Director Jason Koontz drew the winning entries for the funny Christmas bags. The winners were Sandy Streets, Marsha Penny, Kristi Childers, Heather Walls, Melissa Goodwin, Debbie Barr, Debbie Hurst, and Tricia Fury.

Colleen Linger, RN, expressed her gratitude to the HCSC In Home Caregivers by thanking them for all they do for their clients. "Your dedication for them is noticed," she said. "You are their lifeline and family. Without you, they would be less independent and lonely. THANK YOU from your clients!"



Robert Wilfong and Barb Oldaker
Are they dancing? Or racing to the snack table?



Missy
Goodwin
wins one
of the
Poinsettia
plants



Sandy
Streets
Wins the
snowman
wreath.



Tricia
Fury's
name was
drawn
and she
won a
Specialty
Santa Bag
during
caregiver
week.



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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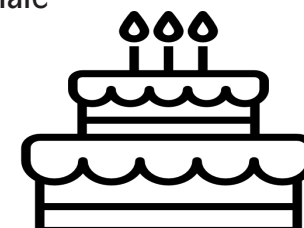
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MEMBER JANUARY BIRTHDAYS

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Day	Name	Day	Name	Day	Name	Day	Name
1	Raymond Miller	9	Lorrie Garner	18	Joan H Sendling	24	Cheryl French
1	Sharon Miller	9	Virginia Mae Chapman	18	Carolyn Burns	25	Harley Jeffries
1	Joanie Ancell	9	Toni Skinner	18	Caron Drummond	25	Judy A Knoble
2	Julia Malone	10	Julia Ann Martiska	19	Lynne Linder	25	Connie Perkins
3	Nancy A Richison	11	Cindy Barnes	19	Joyce Myers	26	Marirose D Seyfert
3	James Harris	11	Cecil T Casto	19	Sharon Stutler	27	Margaret J Short
3	David R Cottrell	11	Janet S Johnson	19	Patty Vincent	27	Vickie Bland
4	Patty Fagan	11	Joy L Adams	19	Sandra Murphy	27	Betty Brandli
4	Leigh Shorr	11	Wayne Edgell	20	John Linder	27	Mary Ellen Knotts
4	Lee Ann Gump	12	Carol A Meeks	21	Mary V Annese	28	Anna Abrams
4	Mary M Lopez	12	Mary D Martin	21	Donald H Bennett	28	Joe Butler
5	Violet Wilmoth	13	Janice McMurdo	21	Sandra D Akers	28	Margaret V Riley
5	Joann Oliverio	15	Darrell R Mick	21	Flora Plivelich	28	Veronica Rebrook
6	Deaonna Crowe	15	Margaret Williams	22	Jerry Thomas	29	William Stringham
6	Cindy Riddle	15	Gail Sanders	22	Elizabeth Young	29	Mary T George
6	Gary Lee Wentz	15	Eddie Weaver	22	Jerry Young	29	Lisa Pennington
7	Donna Walls	15	Diane McDaniel	22	Ida L Grotie	30	Rosemary Jones
7	Carol Linder	16	David C Glover	22	Anita Hayes	30	Delano N Coffman
7	Richard A Himes	16	Delbert E Stull	22	Janis Harris	31	Jan Cress
8	David W DeFazio	16	Mary Etta Randolph	22	Karleen J Price	31	Louie Male
8	Barbara Dillard	16	Linda Greathouse	23	Richard Duckworth		
8	Samuel Nestor II	17	Howard Riddle	23	Donna Whittington		
8	Bernice Barr	17	Harold J Watson	24	Joyce E Johnson		
9	Patricia A Dunn	17	Dannie L Holyfield-Kates	24	John R Elko Sr		
9	Stuart Felts	18	Janice Glover	24	Jo Withers		



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

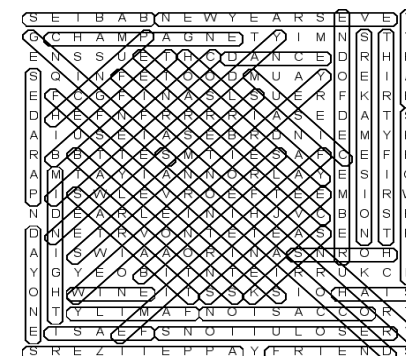
Wed. Jan. 9 Tue. Jan. 22 Thu. Jan. 31

PUZZLE SOLUTION

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**HIDDEN
MESSAGE:**

**TIMES SQUARE
IN NEW YORK**



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.



BEULAHLAND

— ASSISTED LIVING —

Where residents are family

Family Owned &
Operated
1 Peter 1:3

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304~669~4829

beulahlandassistedliving.com

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.

WE ACCEPT



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**

SENIORS ON THE GO TRAVEL CLUB Pigeon Forge & Smoky Mountains

**April 29-May 3,
2019**

\$525 per person/double occupancy

Motorcoach Transportation
4 nights lodging

Titanic Museum, Shows - Soul of Motown, America's
Hit Parade, Hatfield-McCoy, Smoky Mountain Opry,
Magic Beyond Belief



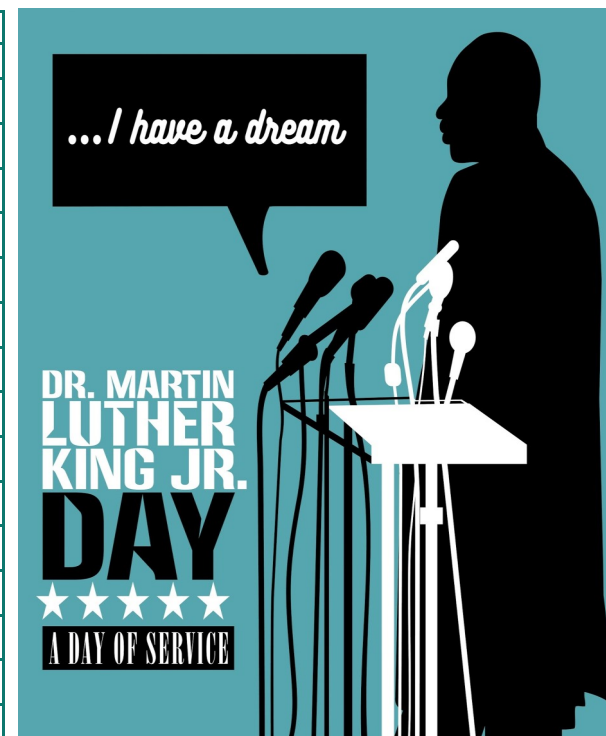
Downtown Historic
Gatlinburg, Guided
Tour of Smoky
Mountains National
Park and much more!

\$120 due upon
signing, Final Deposit
due 2/21/2019

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				



Tuesday, January 1, 2019

CENTER CLOSED – NEW YEAR'S DAY

Wednesday, January 2, 2019

Lost Creek Satellite Meeting 10:00am

Thursday, January 3, 2019

Sardis Satellite Meeting 10:30am

Friday, January 4, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm

Monday, January 7, 2019

Letter Writing in the Café Week

Sewing Group 9:00am-3:00pm

Travel Club 1:00pm

Tuesday, January 8, 2019

Letter Writing in the Café Week

Wednesday, January 9, 2019

Letter Writing in the Café Week

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

Johnstown Satellite Meeting 10:00am

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, January 10, 2019

Letter Writing in the Café Week

Alzheimer's Support Group 10:30am

Wallace Satellite Meeting 10:00am

Bible Study 12:15pm-1:15pm

Bridge and other Card Games 12:30pm

Friday, January 11, 2019

Letter Writing in the Café Week

Shinnston Satellite Meeting 10:30am

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

East View Satellite Bingo 1:00pm

Monday, January 14, 2019

Tuesday, January 15, 2019

West Milford/Good Hope Satellite Meeting 10:30am

Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm



Wednesday, January 16, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, January 17, 2019

Sewing Group 9:00am-3:00pm

Spelter Satellite Meeting 12:00pm

Friday, January 18, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

Monday, January 21, 2019

CENTER CLOSED – MARTIN LUTHER KING JR. DAY

Bridgeport Satellite Meeting - Check with Satellite President

Tuesday, January 22, 2019

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

Marshville Satellite Meeting 10:30am

Wednesday, January 23, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, January 24, 2019

Board Meeting 9:00am

Satellite Presidents' Meeting 11:00

Bible Study 12:15-1:15pm

Friday, January 25, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Bingo 1:00pm

HCSC Book Club 12:45p

Saturday, January 26, 2019

Life Choice Bingo Fundraiser - Doors open 11am, Bingo 12noon

Monday, January 28, 2019

Clarksburg Aglow 6:00pm (*New Group)

Tuesday, January 29, 2019

Wednesday, January 30, 2019

Lost Creek Satellite Ceramics & Cards 10:00am

Thursday, January 31, 2019

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

Friday, February 1, 2019

Shinnston Satellite Meeting 10:30am

East View Satellite Meeting 12:00pm



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**



**Dec. 14 - Marshville
Satellite V. Pres. Bill
O'Field and
member Kendy
Clutter visited
Veterans during
the VA Nursing
Home Christmas
Party. (not pictured
Lynne Clutter)**



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.

**Dec. 14 - HCSC V. Pres. Ryan
Kennedy receives an appreciation
award from Rosalyn Queen for
Kiwanis support of the PWA.**



**Dec. 16 - Bob Greer presents the
First Place Senior Open Chess
Tournament trophy to defending
champion Ed Garner.**



**Santa & Mrs.
Claus (HCSC
Board
Member
Harley
Jeffries and
wife Ruth
Ann) take a
break and
steal a kiss
during
senior food
box
distribution day on Dec. 22nd.**



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