

Harrison County Senior Center

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



MAY 2019





Harrison County Senior Center Hosts "Candidate Meet & Greet" Clarksburg City Council and Water Board Candidates present

On May 15, 2019, the Harrison County Senior Center will host a "Candidate Meet & Greet," which is open to any and all residents. Invited to the event are the 15 candidates running for the three available seats on Clarksburg's City Council and the one candidate on the ballot for the Clarksburg Water Board.

The candidates running for City Council are (alpha order) Tracy Brady, Christopher "Ben" D'Annunzio, Denny Davis, Gary Grogan, Steve Haning, Will Hyman, Lillie Junkins, Gary "GK" Keith, Jimmy Marino, Mary Mayer, Bryan Payne, Anjellica Scott, Chad Sigmon, Dan Thompson, and Tyler Turner. The candidate for the Clarksburg Water Board is Jon Calvert.

The event will begin with a 5:30 p.m. social, allowing those in attendance to talk and mingle with the candidates and a picture session for all the candidates at 5:45 p.m. The formal program will begin at 6:00 p.m. with opening statements from each candidate. Each candidate will be asked to provide a brief background, why they are running, and why Clarksburg voters should give them their support.

Closing statements will focus on their final thoughts after hearing from the other candidates. Following the program, the candidates will be available around the room for individual questions and discussions.

A reminder: This is not a debate. It is an opportunity to learn about the candidates. The candidates will be instructed to keep their remarks to their qualifications, what they stand for, their vision, and their plan(s). For more information, please call 304-623-6795.

JUNE Senior Olympics Information on page 7 Tax/Assessor's Schedule on page 5

Farmer's Market Produce Voucher Program is scheduled for June Distribution—no definite information to date

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.

MON	5/6	Beef Shepherd's Pie
TUE	5/7	Hamburger, Baked Beans, Chips
WFD	5/8	Café Closed (No Café Service)

SPRING LUNCHEON FUNDRAISER in BALLROOM \$10 (No Café Service) 5/9 THU

5/10 Cook's Choice FRI

Beef Tips w/Gravy over Noodles, Vegetable MON 5/13

Baked Finger Lickin' Chicken, Scalloped Potatoes, Vegetables TUE 5/14

WED 5/15 Ham & Beans Soup, Cornbread, Greens

THU 5/16 **Baked Potato Bar**

Breaded Chicken Sandwich, Chips FRI 5/17

MON 5/20 Breaded Fish Sandwich, Onion Rings, Cole Slaw

Baked Eggplant Parmesan, Pasta TUE 5/21

Soup, Fried Bologna Sandwich, Chips **WED** 5/22

Grilled Chicken over Salad, Roll THU 5/23

FRI 5/24 Cook's Choice

MON 5/27 **MEMORIAL DAY--CENTER CLOSED**

TUE 5/28 Stuffed Pepper, Macaroni & Cheese Chicken Stir Fry w/Vegetables over Rice **WED** 5/29

Spaghetti w/Meat Sauce, Italian Bread THU 5/30

5/31 Chicken and Dumplings, Biscuit FRI



Pictures

More Pictures on Page 5

Bingo Fun Club

































No Breakfast Service on May 7, 8, & 9, 2019. Café Closed May 8, 2019. No Lunch served in Kinley Café on May 9, 2019 due to Spring Luncheon Fundraiser.

Save Your Hide... The 10-Minute Cancer Screening

The most common forms of skin cancer are 95% curable when caught early. Get checked for possible cancerous lesions and learn how to perform self-exams.

PREREGISTRATION REQUIRED

For additional information about skin cancer and to register, please call 1-800-607-8888

Friday, May 31, 2019 | 1 p.m. - 3 p.m.

In the Cecil B. Highland, Jr. and Barbara B. Highland Cancer Center at UHC

327 Medical Park Drive



HCSC BOARD ACTIONS

April Board Actions:

- Approved Director's request to close center for a staff training day in August.
- Permission to pursue startup funding options for Your Community Foundation fund.
- Approve policy change to require new hires to pay for fingerprinting and CPR costs to be reimbursed after 300 hours of employment.

No Board Meeting in May
Next Board Meeting: June 27, 2019, 9:00 AM in the Boardroom

2019 HCSC Board of DirectorsOFFICERS

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***)**

Remaining 2019 Board Meetings: June 27, July 25, August 22, October 24 & November 21

2019 SATELLITE INFORMATION - Remaining 2019 Meetings: July 25 & October 24

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 Bingo only on other Fridays at 1 pm
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 Ceramics & Cards on other Wednesdays
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







Jodi Barbario, Judy Dolan, and Cecilia Reid enjoy Tai Chi First Thursday Tea

ASSESSOR & TAX OFFICE INFORMATION

The Harrison County Assessor's Office (Rocky Romano) and the Harrison County Sherriff's Tax Office (Robert Matheny) will be at the following locations to accept payment of taxes, assistance with Individual Personal Property Assessments, Business Assessments, WV State Farm Census and New Homestead/Disability Exemption Applications.

Please bring your 2019 Tax Statement if you are wanting to pay your taxes.

Date	Time	Satellite/Place
7/15	9:30-2:00	Bridgeport Benedum Civic Center
7/19	9:30-2:00	Shinnston American Legion
7/23	9:30-2:00	Marshville @ Harr. Co. Sr. Ctr. Cafe
7/24	9:30-2:00	United Hospital Center
7/25	3:00-7:00	United Hospital Center
7/30	9:30-2:00	Summit Park Fire Department
8/2	9:30-2:00	East View Community Center
8/6	9:30-2:00	West Milford Community Building
8/7	9:30-2:00	Lost Creek Community Building
8/9	9:30-2:00	Lumberport United Methodist Church
8/13	9:30-2:00	Salem City Building
8/15	9:30-2:00	Spelter Fire Department



HCSC Theatre Group attends Radio Plays by Act II.



Kim Lowther and Curtis Short attend Administrative Assistant Day Luncheon





Coin Club President Dave Hyman presents \$1000 check to Senior Center

Older Americans Month 2019

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.





9 * Ballroom Doors Open at 10:30



CONNECT, CREATE, CONTRIBUTE

2019 Older Americans Month Spring Luncheon Fundraiser



Bolivia Bloom

with 100 \$1 Bills

donated by **Bolivia Card**

Free Bingo for Prizes after the Luncheon

Specialty vendors include:

- Avon Bath, Beauty, and Jewelry Products
- Hearing Solutions Hearing Tests
- L&M Farms Jams, Jellies, Salves, Teas, Dried Herbs, Oils and Herbs, Elixirs, & Pet Items

 Door Prizes, 50/50, Bolivia Bloom Raffle, Tips, and Specialty Vendors

Moonlighting Beaded Jewelry – Handmade bohemian and vintage style jewelry by Grenda Hawk

₩ Baked Steak, Mashed Potatoes w/Gravy, Green Beans, Salad, Roll and Dessert

- Whitehall Pharmacy MedPack Services
- Clarksburg-Harrison Public Library, Book Sale & Check Out Items
- HCSC Book Club Book Sale
- HCSC Ceramics Class Hand Painted Ceramics



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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.

Senior Olympics

June 11-14, 2019



Aging & Family Services of Mineral County proudly sponsors the Mineral County Senior Olympics in June of each year (age 55+). This event is held at Potomac State College in Keyser. Annually, over 125 seniors from the surrounding areas participated in a variety of competitions. The competition runs throughout the week and finishes with the awards ceremony on a Friday

afternoon.

The Senior Olympics philosophy is to provide activities for all seniors regardless of age or athletic ability. Events are chosen to include the physical as well as the nonphysical. This ensures the accommodation of all skill levels and promotes an atmosphere of competition while still focusing on the importance of socialization.

Events at these Olympics include: Bocce, Corn-hole toss, Horse Shoes, Football throw, Frisbee toss, Poker, artificial flower arrangements and live plants. There were seven baking categories, eleven craft categories, talent events, seven track and field events, basketball shooting, golf putting, bowling, billiards, ping pong, horseshoes, scrabble and a spelling bee.

Last year, Margaret Davis and Cliff Marshall attended and won medals in various events. Registration packets available at the front desk. Practice times will be on Wednesday afternoons in May. Please contact the director if you are interested and be notified of practice times.



DAVIS—Gold-Crochet/Knitting, Bronze-Crafts, Bronze-Soccer Kicking. MARSHALL—Bronze-Softball Throw, Bronze-Baseball, Silver-Whiffle Ball, Bronze-Washer Toss

alzheimer's

alzheimer's Ω association°

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.

SAVE THE DATE: Sunday, September 29, 2019, Walk to End Alzheimer's at the Meadowbrook Mall.

HCSC will, once again, have a team for the Walk to End Alzheimer's. This year the event will be at the Meadowbrook Mall, Bridgeport, WV. The Route Length is Two Miles.

Registration at 1p, Ceremony at 1:50p, Walk at 2p.

Please see Bill O'Field or leave your name at the front desk if you noting the team to walk and/or donate money to help us reach our

are interested in joining the team to walk and/or donate money to help us reach our goal.



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@hcscwv.org**

Summer Olympics

Find and circle all of the Summer Olympic events that are hidden in the grid.

The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.



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ARCHERY **ATHLETICS BADMINTON** BASEBALL **BASKETBALL BEACH VOLLEYBALL BOXING CANOEING** CYCLING DIVING **EQUESTRIANISM FENCING FOOTBALL GYMNASTICS HANDBALL** HOCKEY **JUDO** MODERN PENTATHLON RHYTHMIC GYMNASTICS ROWING SHOOTING **SOFTBALL SWIMMING** SYNCHRONIZED SWIMMING **TABLE TENNIS TAEKWONDO TENNIS** TRAMPOLINING **TRIATHLON VOLLEYBALL** WATER POLO WEIGHTLIFTING **WRESTLING**

YACHTING

MEMBER MAY BIRTHDAYS

	Day	Name	Day	Name	Day	Name	
	1	Shirley Jean Ash	10	Betty Oldaker	22	Lois Jett	
H	1	Eleanor Flynn	11	Diana Garlow	22	Sharon Twentier	H
X II	1	Roger Quinn	11	Saundra Knight	23	Patsy J Oliverio	T.
24	1	Suzanne Steinmiller	12	Richard Laughlin	24	Lewis Dosier	24
P	2	Jim Tucker	13	Ruth J Allen	24	Thomas Lee McCarty	P
P	2	Linda Tomes	13	Ethel Shorr	24	Robert Greynolds	P
10	3	Guellermina Clutter	13	Curtis Short	24	Antionette Traugh	T.
I	3	Howard Dale Bailey	13	Nina Napolitano	26	Betty Watts Dye	1
	3	Tammie Tate	13	Thomas Nichols	26	Rosemary Lanham	
B	4	Karen Bowers	14	Cleo Cross	26	Sidney Jett	R
ĭ	5	Chucky Marshok	15	Virginia Clem	26	Larry Hammond	ĭ
Ţ	6	Willa J Brand	15	Cheryl Barker	28	Linda Camenga	I
R	6	Melvin J Smith	16	Elaine S Dixon	29	Lucy Alvarez	ľ
7	7	Libby Summers	16	Joyce Fankhauser	29	Hope Andrick	7
H	7	Nancy Morris	16	Mary E Harris	29	Debbie Eagle	L
11	7	Bill Wells	16	Nedra Forinash	29	Catherine J Riley	
D	7	Sue Sendling	17	Pete Beverly	29	Sharon L McCarty	1
A	8	Frances M Allen	17	Linda Knight	29	Thomas H Downs	3
V	8	Edward L Cox	18	Debra R Swiger	30	Jane Underwood	V
T	9	Bob Day	19	Timothy E Rader	31	Donna L Hill	1
	9	Peggy Joan Lenhardt	20	John F Barberio	31	Melvin E Johnson	
	9	Ann A Davisson	20	Ginny Gould	31	Barbara E Cottrell	
	10	Roy E Mooney	20	Donald Friend	31	Karen Main	



10 Kimmie Walls 22 Anitta K Nuzum

HCSC BOARD COMMITTEE MEETING 2019 SCHEDULE

- ⇒ Finance Committee: June 27, August 22, & October 24 @ 8:30 AM (Prior to Regular Board Meeting)
- ⇒ Health Committee: June 19, August 21, & October 16 @ 2:00 PM
- → Marketing Committee: June 4, August 6, & November 5 @ 10:00 AM
- Nutrition Committee: June 24, August 26, & October 21 @ 2:00 PM
- **⇒ Executive Committee:** *Meets as needed*

ALL MEETINGS ARE HELD IN THE BOARD ROOM AND ARE OPEN TO THE PUBLIC

HCSC BOOK CLUB

Now Reading

Denton Little's Deathdate

&

The Lion, The Witch,
And the Wardrobe
Next Meeting Wednesday, June 5, 2019
at 12:45 PM in the Boardroom

SENIORS ON THE GO TRAVEL CLUB FOR RESERVATIONS OR MORE INFORMATION CONTACT DELORES LOYD 304.624.0773 Restricted to Ages 40+



October 12-14, 2019 - Washington, DC 2 nights, 2 dinners, & 2 breakfasts Guided tour of DC \$360 per person includes ins. & gratuity

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

Phone: 304.765.4091 email: epbcscc@frontier.com

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

Time: 9:30 am - 2:30 pm

Thursday, May 9, Wednesday, May 15, Wednesday, May 22 & Tuesday, May 28

HIDDEN MESSAGE:

THE FIRST
OLYMPIC
GYMNAST TO
ACHIEVE A
PERFECT SCORE
OF TEN WAS
NADIA
COMANECI

PUZZLE SOLUTION Copyright © 2018 www.puzzles.ca

THE ATHLETICS FIRMS
N RWEIGHTLIFTINGUOS B
LT LYMGNTTOOHS POCULA
LONG TOOHS TOOHS TOOHS
VILLO TOO

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 \$1354 a month or less, and for a two person household this would be \$1832 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.



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.

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



Sunday, May 5, 2019 Summit Park Baptist Church Youth Bingo Fundraiser -Doors Open at 1pm

Monday, May 6, 2019 Sewing Group 9:00am **Tuesday, May 7, 2019**

West Milford/Good Hope Satellite Meeting 10:30am

Wednesday, May 8, 2019

Johnstown Satellite Meeting 10:00am Lost Creek Ceramics and Cards 10:00am

Thursday, May 9. 2019

SHIP Counselor, (Medicare, Ins.) 9:30am-2:30pm Wallace Satellité Meeting 10:00ám

Alzheimer's Support Meeting 10:30am

Older Americans Month Spring Luncheon Fundraiser \$10

AMERICANS

MONTH

YOUR CHANCE TO

MEET THE CANDIDATES

Doors open at 10:30am

Librarian 11:30am (in Ballroom)

Friday, May 10, 2019

Shinnston Satellite Meeting 10:30am Lumberport Satellite Meeting 11:00am East View Satellite Bingo 1:00pm

Monday, May 13, 2019 Travel Club 1:00pm

Tuesday, May 14, 2019 Wednesday May 15, 2019

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

Lost Creek Ceramics and Cards 10:00am

MEET THE CANDIDATES (Ballroom) Social Time 5:30pm, **Event at 6pm**

Thursday, May 16, 2019

Sewing Group 9:00am Spelter Satellite Meeting 12:00pm

Friday, May 17, 2019

Shinnston Satellite Meeting 10:30am East View Satellite Bingo 1:00pm

Monday, May 20, 2019

Bridgeport Satellite 10:30am

Tuesday, May 21, 2019

West Milford/Good Hope Satellite Meeting 10:30am Mt. Clare Satellite Meeting 11:00am

Stonewall Jackson Coin Club 5:30pm

Wednesday May 22, 2019

SHIP Counselor (Medicare, Ins.) 9:30am-2:30pm Lost Creek Satellite Ceramics and Cards 10:00am

Thursday, May 23, 2019

Librarian 11:30am

Friday, May 24, 2019

Shinnston Satellite Meeting 10:30am East View Satellite Bingo 1:00pm

Monday, May 27, 2019 CENTER CLÓSED MEMORIAL DAY

Tuesday, May 28, 2019

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

Marshville Satellite Meeting 10:30am

Wednesday, May 29, 2019

Lost Creek Ceramics and Cards 10:30am

Thursday, May 30, 2019 Friday, May 31, 2019

Shinnston Satellite Meeting 10:30am East View Satellite Bingo 1:00pm

Saturday, June 1, 2019

West Virginia Chess Association

Clarksburg Open 9a-7p

Registration Forms and Information available at the front desk or at www.wvchess.org





**** ELECT **** WILL HYMAN

CLARKSBURG CITY COUNCIL

I am a North View resident of 13 years and I want to represent my community at City Hall. We all know the issues that plague Clarksburg and I want to fight to make our community an even better place to live!

*** VOTE JUNE 4TH ***

Integrity. Accountability. Action.

PAID FOR BY FRIENDS OF WILL HYMAN



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

AARP

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

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.
- Driver Safety Program

 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 depending on interest.

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.