



# The PUTNAM Senior Spotlight

2017 Q3 – August, September

Volume 02 – Issue 03

## John Henson Center wins big at Putnam County Senior Games!

In August, for the first time, Putnam Aging held the Senior Games, a test of strength, speed, and skill pitting seniors against each-other in friendly competition.



*Myrtle Litton leading opening ceremonies*

On a bright, sunny day at Hurricane City Park, seniors met to compete in events including races, ball throws, horseshoes, creative events, a spelling bee, and more.

After fierce competition, the John Henson Center came in first with 79 Points, taking home the Gold Victory! Coming in second was Hometown with 34 Points, and in third was the Buffalo Center, with 14 points.



*Representatives from each center hold their center banners during opening ceremonies*

The games are intended to become an annual event, fostering a friendly sense of community and rivalry between the county's three centers.

Interested seniors can also participate in the statewide Senior Olympics held in Mineral County. For more information call (304) 755-2385 and speak with Karen Johnson.



## Travel Tips

By: WV Bureau of Senior Services

Everyone has concerns about their privacy while traveling, even more than at home. We'd like to share a few tips to help protect your privacy while you're on the road.



1. Clean out your wallet/purse. Remove any unnecessary credit cards, your Social Security card, and other unneeded documents that could compromise your identity if lost or stolen.

2. Ask your Post Office or a trusted neighbor to hold your mail and newspapers for you. Mail left in an unlocked mailbox is a goldmine for identity thieves.

3. Be careful using Wi-Fi networks while traveling. Most public Wi-Fi networks are unprotected, so you'll need to take additional steps to secure privacy.

4. If you are using public computers, be aware that your keystrokes may be recorded to track you. Public access facilities may also use servers that aren't encrypted. Therefore, you should avoid accessing any sensitive information while using a public computer.

5. Use your hotel room safe. Do not leave your wallet or any documents containing personal information in your hotel room unattended.

## Walk to End Alzheimer's

Putnam County Aging Program will be participating in the Walk to End Alzheimer's at the Appalachian Power Park in Charleston on October 21<sup>st</sup>!

We're looking for walkers to join our team as well as donors to sponsor our walk.

For more information or to sign up please contact Karen Johnson at (304) 755-2385

## **A Spooktacular Invitation!**

You're invited to enjoy friends, fun, costumes and candy at the Putnam County Senior Halloween Party at the John Henson Senior Center on Tuesday, October 31<sup>st</sup>!

Would you like to see the 2018 Halloween party held at your local senior center instead? Don't brood, call in and let us know!

For more details or to let us know where next year's party should be, please call Karen Johnson with our central office at (304) 755-2385!

## **Public Computer Classes**

Interested in learning the basics of computer use?

Each month the Putnam County Library at 4219 State Route 34, Hurricane, WV 25526 hosts a series of Friday morning computer classes for anyone interested at no cost.

Classes begin at 9:30 AM on each Friday of the month, starting on the first Friday of a month.

Anyone with questions or who would like to attend can call the Putnam County Library at (304) 757-7308.

## **Pool / Fishing Tournament**

Putnam County senior centers will be hosting regular pool and fishing tournaments, starting this fall.

Anyone interested in joining in is invited to call their favorite senior center for more information or to register!

## **Diaper Drive**

For some seniors, diapers are no luxury, they're a basic necessity.

Putnam County Aging Program, Inc. has started a diaper bank at the central office.

Those with questions should contact Jadea Edwards at 304-755-2385.

## **Fraud Alert!**

West Virginia has recently fallen victim to a rash of robo-calls pretending to come from local phone numbers.

These calls will typically feature a voice asking the caller to push a button on their telephone to talk to someone about something.

Local seniors are advised to hang up immediately when receiving these calls, and not to push any buttons.

Under no circumstances should you provide personal information to the criminals behind these calls.

# The PUTNAM Senior Spotlight

## Happy Harvests

Putnam Senior Centers received the Green Thumbs, Healthy Joints grant again this year.

With the help of last year's grant Putnam County Aging Program established raised garden beds at our Putnam County centers, and thanks to the grant and the hard work of the seniors, they're still thriving!



Connie Lewis planting at the Buffalo senior center

In addition to the vegetable gardens, the centers have now established flower beds and opportunities to explore vertical gardening.

The grant is funded by the WV Bureau of Public Health, Division of Health Promotion and Chronic

Disease, and administrated by the Center for Excellence in Disabilities.



Just the kind of lovely pepper one would hope for!

As summer is drawing to a close, harvest is right around the corner!



Marie Coster watering the gardens at the Hometown center

For more information, or to join in on the gardening fun, call (304) 755-2385 and speak with Karen Johnson!





# Autumn Word Search



See how many of these autumn related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2013

- |           |             |               |            |
|-----------|-------------|---------------|------------|
| 1. Autumn | 5. Raking   | 9. Gourds     | 13. Corn   |
| 2. Fall   | 6. Harvest  | 10. Football  | 14. Maize  |
| 3. Leaves | 7. Pumpkins | 11. Season    | 15. Yellow |
| 4. Colors | 8. Apples   | 12. Scarecrow | 16. Orange |

# October 2017

## Putnam Aging

Menus meet one-third dietary guidelines

For Home delivered meals Call

(304) 755-2385

## Donation scale:

Under \$600 is \$1.50 Per Meal, \$600-\$800 is \$1.75 per meal, \$800-\$1000 is \$2.50 per meal, \$1000-1200 is \$3.25 per meal, \$1400 is \$4.00 per meal, **Under** the age of 60 \$5.25 per meal

Monday	Tuesday	Wednesday	Thursday	Friday
2 SLOPPY JOE ON BUN TATOR TOTS COLE SLAW CINNAMON APPLESAUCE	3 PINTO BEANS FRIED POTATOES MIXED GREENS CORNBREAD MANDARIN ORANGES	4 ROAST PORK & KRAUT MASHED POTATOES CARROTS W W ROLL PINEAPPLE	5 SPAGHETTI WITH MEAT SAUCE ITALIAN VEGGIES GARLIC BREAD PEARS	6 POTATO SOUP CHICKEN SALAD ON WHOLE WHEAT BREAD MIXED FRUIT
9 COLUMBUS DAY ALL SITES CLOSED	10 PANCAKES & SAUSAGE HASH BROWNS JUICE FRIED APPLES	11 MAC & CHEESE STEWED TOMATOES GREEN BEANS PINEAPPLE BISCUIT	12 SALISBURY STEAK MASHED POTATOES BROCCOLI W W ROLL APRICOTS	13 CREAMED CHICKEN OVER BISCUIT MIXED VEGGIES MIXED FRUIT
16 HAMBURGER ON BUN ONION & PICKLE SEASONED WEDGES BAKED BEANS & PEARS	17 KIELBASA & KRAUT BUTTERED POTATOES CORN BREAD MANDARIN ORANGES	18 BAKED STEAK & GRAVY MASHED POTATOES CORN & W W ROLL TROPICAL FRUIT	19 COOK CHOICE	20 CHICKEN RICE CASSEROLE BROCCOLI W W ROLL BANANA
23 HOT DOG ON BUN CHILI, SLAW & ONION TATOR TOTS BAKED BEANS PINEAPPLE	24 VEGETABLE SOUP PEANUT BUTTER SANDWICH CHEESE STICKS PEACH CRISP	25 MEATLOAF MASHED POTATOES GREEN BEANS APPLESAUCE W W ROLLS	26 WHITE BEANS FRIED POTATOES MIXED GREENS CORNBREAD PEARS	27 TUNA CASSEROLE MIXED VEGGIES BISCUIT MIXED FRUIT
30 PORK BBQ ON BUN SEASONED WEDGES COLE SLAW MANDARIN ORANGES	31 PEPPER STEAK MASHED POTATOES GREEN BEANS BOO BERRY JELLO EYE OF NEWT COOKIE			

**Due to the availability of food items, menus are subject to change without notice. Thank you for your Donation**



Featured Partner:



Learn to control your

# DIABETES

Are you a person with Medicare who has diabetes or know someone who does?  
**Sign up today for a FREE 6-week class** in your area.

Class Location:

South Charleston Public Library, 312 4th Ave

Session #1: Date	Monday, October 2nd	Time	9:30 AM	-	11:30 AM
Session #2: Date	Tuesday, October 3rd	Time	9:30 AM	-	11:30 AM
Session #3: Date	Wednesday, October 4th	Time	9:30 AM	-	11:30 AM
Session #4: Date	Thursday, October 5th	Time	9:30 AM	-	11:30 AM
Session #5: Date	Friday, October 6th	Time	9:30 AM	-	11:30 AM
Session #6: Date		Time		-	

Register by Contacting:

**CALLING SUSIE 304 346-9864 EXT. 3221**

# Let's Talk About Stroke

**THURSDAY, OCTOBER 12**

**CAMC Memorial Hospital campus, WVU Building**

**3110 MacCorkle Ave. SE • Charleston, WV 25304**

**FREE parking**

■ **5:30 to 6:30 p.m. – Displays and refreshments**

Blood pressure screenings, CAMC Neurology Services, Stroke Center, Advance Medical Directives/Living Wills and much more.

■ **6:30 to 8 p.m. – Program and Question & Answer**

You are invited to join our panel of experts from the CAMC Stroke Center of Excellence for our FREE interactive program, covering topics on stroke prevention, recognition of stroke symptoms, emergency stroke care and post-acute hospital treatment, rehabilitation and life after stroke.

**Speakers include:**

- Daniel Foster, MD – Moderator, CAMC Physician Advisor
- D. Melissa Poulos, MD, MPH – Stroke Medical Director
- David Gloss II, MD – Medical Director of Clinical Neurophysiology
- Kelly Cottrell, RN, BSN, NE-BC – Stroke Program Manager
- Kenneth Wright, MD – Director of Medical Rehabilitation

To register, visit [camcinstitute.org/conference](http://camcinstitute.org/conference), call **(304) 388-9960** or email [camcinstitute@camc.org](mailto:camcinstitute@camc.org).



**CAMC  
Foundation**



**CAMC  
Institute**

# The PUTNAM Senior Spotlight

## Local seniors explore

### Amish Country

Local seniors recently confirmed for themselves what a rare and precious environment the Amish Country can be in the hustle and bustle of the modern world.



Traveling with Putnam Aging, a group of seniors traveled to beautiful Lancaster, PA to enjoy a dinner feast, watch Sight & Sound Theater's presentation of *Jonah*, and staying the night in Amish Country.



The Putnam County Aging Program travel group is becoming a favorite of local seniors who enjoy getting

out and seeing the sights. Recent trips include the WV Senior Conference, the 2017 Quilt National, and recently the Amish Country.



Those interested in receiving information about upcoming travel opportunities should call (304) 755-2385 and speak with Karen Johnson!

## Christmas Blessings

### program seeks sponsors

The 2017 Christmas Blessings program run by the City of Hurricane is looking for kind souls to sponsor children by buying or donating for their Christmas gifts.

By sponsoring a child, you are giving families in our community relief and joy at Christmas time.

These sponsorships are often the only Christmas presents these children receive.

To save Christmas for a child near you, call (304) 562-5896 now.

# KVVP 2017 FALL HIKING EXTRAVAGANZA

Join the Kanawha Valley Village People (KVVP):  
Hike Old Growth Forests in Preston, Tucker, and Pendleton Counties; West Virginia;  
Saturday, 30 September – Sunday, 01 October 2017

The KVVP is repeating its two-day hiking extravaganza to old-growth forests during the autumn of 2017. Adding Monday, 02 October 2017 is an OPTION (trip to Dolly Sods).

## Dates:

**DAY 1:** Saturday, 30 September 2017

**DAY 2:** Sunday, 01 October 2017

**DAY 3:** Monday, 02 October 2017

## Departure Time:

**Depart at 0700 (7:00 am)**

## Departure Location:

### Kanawha Mall Parking Lot

57<sup>th</sup> Street, Kanawha City; Charleston, WV 25301; between Chase Bank and the WV Department of Environmental Protection

## RSVP:

**By Friday, 22 September 2017** to [kvvillagepeople@gmail.com](mailto:kvvillagepeople@gmail.com).

This two-day, car-pool event will include the following events:

- Hiking the Virgin Hemlock Trail at **Cooper's Rock State Forest** (Bruceton Mills, WV)
- Hiking through the **Cranesville Swamp** (Cranesville, WV)
- Hiking through virgin forest at **Cathedral State Park** (Aurora, WV)
- Visiting the **Fairfax Stone State Park**, birthplace of the Potomac River (Horseshoe Run, WV)
- Overnight at **Canaan Valley Resort and Conference Center** (Davis, WV)
- Hike to the top of **Spruce Knob**, the highest point in West Virginia (Riverton, WV)

Sorry, no pets are allowed on this adventure.

**Visit Canaan Valley Resort lodging on-line** or call Canaan Lodge at 1-800-622-4121 / 1-304-866-4121 for reservations.

Questions about this adventure should be directed to [kvvillagepeople@gmail.com](mailto:kvvillagepeople@gmail.com).

***With the KVVP, aging really becomes a phenomenal journey, not a destination; with the KVVP, no one walks alone.***

*Sent to you from the Kanawha Valley Village People  
The Hale House in Malden, WV*

*Contact us*

*Tel: (304) 767-5774*

*Email: kvvillagepeople@gmail.com*

*P.O. Box 11742, Charleston, WV 25339*

*On the web: www.kvvp.org*





# The PUTNAM Senior Spotlight

## Cook's Corner

*By Stonewall Resort*  
**Homemade Granola**

### Ingredients

- ¾ cup unsalted butter
- ¾ cup honey
- ¾ cup brown sugar
- 3 cups thick rolled oats
- 1 cup sunflower seeds or raisins
- 1 cup flaked coconut
- 1 cup sun dried cranberries
- 1 cup pecans or walnuts
- 1 tsp sea salt
- 1 tsp vanilla

### Directions

- Heat butter, honey, and brown sugar in a small sauce pan. When butter is melted and sugar dissolved, add vanilla and remove from heat.
- Stir together dry ingredients.
- Slowly add hot liquid ingredients to dry ingredients. Stir until well coated.
- Spread mixture over a sheet tray and bake at 350 degrees for 30 minutes. Stir with wooden spoon every 10 minutes until golden brown.
- Remove from oven and continue to stir periodically until cool. Store in air tight container.

## Featured Craft: Pumpkin Delight Centerpiece

Putnam County senior centers have been having a ball with crafts days every month!

Below are beautiful pumpkin crafts the seniors will be making for September but every month features a new and wonderful craft!



The Buffalo Senior Center will be holding theirs September 15<sup>th</sup>.

The Hometown center will hold theirs on September 18<sup>th</sup>.

The John Henson Center will be holding theirs on September 29<sup>th</sup>!

Seniors interested in participating are encouraged to call their local senior center to register to allow adequate materials to be purchased.

# The PUTNAM Senior Spotlight

## **Hometown Choir**

Local seniors are invited to raise up their voices in song with the Hometown Choir, one of the center's most popular programs, on Wednesdays at 9:30 AM!



The choir, led and operated entirely by the seniors themselves, performs at local nursing homes and care facilities from Teays Valley to Barboursville.

For more information or to join, please call the Hometown Senior Center at (304) 586-2745.

## **Ameri-Country Party**

Ameri-Country will be holding a concert and dance party at the John Henson Senior Center on Saturday, October 7<sup>th</sup>! Doors open at 5 PM, and the concert lasts until 9 PM. Concessions including hotdogs and drinks will be available for purchase.

For more information call the John Henson Center.

## **UMWA Non-Emergency Medical Transportation Available**

Those with UMWA Benefit Plans are reminded that plans cover non-emergency medical transportation with Putnam County Aging Program and similar local providers.

If you or a senior you care about need assistance getting to and from medical facilities for treatment there may be services available.

To request Non-Emergency Medical Transportation for UMWA benefits, or to see if you qualify, call Putnam County Aging Program at (304) 755-2385 today!

## **Free Sporting Event Admission!**

Are you a Putnam County senior who loves watching quality sporting events?

Putnam County Schools are granting any Putnam County senior age 65+ free "Top 65 Club" membership which grants admission to any normal middle and high school sporting event in the county.

Membership requires application with Micah Osborne. Call (304) 586-0500 x1139 for information!

# Activity Schedule

## Putnam County

Monday through Friday, each Putnam County senior center offers a nutritious lunch and various games and activities! Any individual aged 60 or older is welcome. Donations are appreciated but not required.

### Daily (M-F)

Exercise room - *Buffalo*  
 Raised Gardens - *Buffalo*  
 Pool Tables - *Buffalo, Hometown, John Henson*  
 Videogames - *Buffalo*  
 Puzzles - *Hometown, John Henson*  
 Indoor Yard Sale - *Hometown*  
 Board Games - *Hometown*  
 Cards - *John Henson*

### Monday

Walmart Trip\* - *Hometown*  
 9:30 AM | Bingo - *John Henson*  
 1:00 PM | Exercise - *John Henson*

### Tuesday

PigglyWiggly Trip\* - *Hometown*  
 10 AM | Bible Study - *Hometown*  
 10:30 AM | Bible Study - *Buffalo*

### Wednesday

9:30 AM | Bingo - *John Henson*  
 9:30 AM | Choir Practice - *Hometown*  
 10:30 AM | Bingo - *Hometown, Buffalo*  
 1:00 PM | Exercise - *John Henson*

### Thursday

1:00 PM | Line Dancing - *John Henson*

### Friday

10:00 AM | Bridge - *John Henson*  
 10:45 AM | Bingo - *Hometown*

### Buffalo Senior Center

#### Monthly

1<sup>st</sup> Thursdays\*  
 Grocery Shopping Trip  
 3<sup>rd</sup> Wednesdays @ 11 AM  
 Medicare Benefits Counselor Visit

#### Upcoming Events

- September 27<sup>th</sup> - 10 AM - Flu Shot Clinic
- September 28<sup>th</sup> - Crafts Day
- October 13<sup>th</sup> @ 9:30 AM - Crafts Day
- October 21<sup>st</sup> @ 9 AM - Octoberfest
- December 13<sup>th</sup> @ 9 AM - Elbin Hearing Center Free Hearing Tests

### Hometown Senior Center

#### Monthly

2<sup>nd</sup> Wednesdays @ 11 AM  
 Medicare Benefits Counselor Visit

#### Upcoming Events

- October 16<sup>th</sup> @ 9:30 AM - Crafts Day
- November 8<sup>th</sup> @ 9 AM - Elbin Hearing Center Free Hearing Tests

### John Henson Senior Center

#### Monthly

1<sup>st</sup> Wednesdays @ 11 AM  
 Medicare Benefits Counselor Visit

#### Upcoming Events

- September 28<sup>th</sup> @ 10:30 AM - Tai Chi
- September 29<sup>th</sup> @ 9:30 AM - Crafts Day
- October 7<sup>th</sup> @ 5 PM - Ameri-Country Dance
- October 11<sup>th</sup> @ 9 AM - Elbin Hearing Center Free Hearing Tests
- October 26<sup>th</sup> @ 9:30 AM - Crafts Day
- October 27<sup>th</sup> \* - Pumpkin House Trip
- October 31<sup>st</sup> \* - Halloween Celebration

*\*Call center for scheduling information*

### Buffalo Senior Center

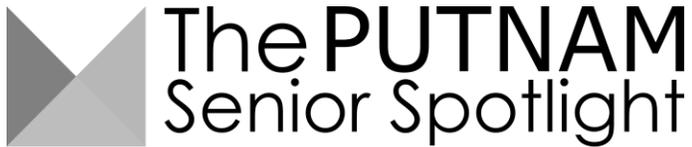
(304) 937-3352  
 48 Wrights Lane  
 Buffalo, WV 25033

### Hometown Senior Center

(304) 586-2745  
 40 1<sup>st</sup> Avenue North  
 Hometown, WV 25109

### John Henson Senior Center

(304) 562-9451  
 2800 Putnam Avenue  
 Hurricane, WV 25526



## **CPR / 1<sup>st</sup> Aid Classes**

### **Available to the Public**

Putnam County Aging Program offers affordable CPR Classes.

For a donation of as little as \$25, anyone can train to receive potentially lifesaving CPR certification.

In an emergency, the action of a CPR / 1st Aid trained individual often means the difference between life and death.

#### **Location:**

Putnam County Aging Program  
2558 Winfield Road,  
Saint Albans, WV 25177

#### **Schedule:**

October 6<sup>th</sup>, 8:30 AM – 11:30 AM  
October 25<sup>th</sup>, 8:30 AM – 11:30 AM  
November 3<sup>rd</sup>, 8:30 AM – 11:30 AM

#### **Primary Contact:**

Diane Isner, *Licensed CPR Instructor*  
(304) 755-2385

#### **Mission Statement**

*Believing that seniors are important, the mission of Putnam Aging is to serve seniors by providing nutrition, social, and health-related programs designed to enhance and enrich the quality of their lives.*

## **We're hiring!**

Putnam County Aging Program is hiring caregivers, chore workers, and more in Kanawha, Putnam and surrounding counties!

Those interested can apply at Putnam Aging's central office at 2558 Winfield Road, Saint Albans, WV or online at [PutnamAging.com](http://PutnamAging.com)

## **Food Pantry Partnership**

Putnam Aging is pleased to continue their partnership with the Christian Community Cupboard food pantry.

The pantry provides temporary relief to those in need by providing food, cleaning supplies, and toiletry items.

For more information contact Jadea Edwards at (304) 755-2385.

## **Services Offered**

If you know a homebound senior who could use a meal or a hand, Putnam Aging provides a variety of services including meals, in home care, chore assistance, and more!

Please contact Jadea Edwards at (304) 755-2385 for more information.



# The PUTNAM Senior Spotlight

2558 Winfield Road  
Saint Albans, WV 25177

## **Putnam County Aging Program**

(304) 755-2385  
www.PutnamAging.com  
2558 Winfield Road  
Saint Albans, WV 25177

## **Buffalo Senior Center**

(304) 937-3352  
48 Wrights Lane  
Buffalo, WV 25033



Facebook.com/  
PutnamAgingProgram



@PutnamAging

## **John Henson Senior Center**

(304) 562-9451  
2800 Putnam Avenue  
Hurricane, WV 25526

## **Hometown Senior Center**

(304) 586-2745  
40 1<sup>st</sup> Avenue North  
Hometown, WV 25109

## **WV Bureau of Senior Services**

(304) 558-3317

## **Medicare help line**

1-877-987-4463

**amazon**smile  
You shop. Amazon gives.

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection, and convenient shopping experiences as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Putnam County Aging Program. To shop at AmazonSmile, simply go to smile.amazon.com from the web browser on your computer or smart phone and choose 'Putnam County Aging Program'.