



# The PUTNAM Senior Spotlight

2017 Q4 – October, November, December

Volume 02 – Issue 04

## Outpouring of local support boosts Senior Santa

At Christmas, seniors in need received bags bursting with Christmas gifts to warm their holiday spirits through Putnam Aging's Senior Santa drive.

Each gift bag contained a variety of practical and thoughtful gifts to bring comfort and cheer, with the agency having been able to assemble over 150 bags from an overwhelming outpouring of support valued at over \$3600 this year.

This year's wave of support for local seniors has been beyond what we could have hoped for and shows a promising growth over previous years.

This is a clear statement by the people and businesses in the heart of West Virginia that their seniors matter.



*Jadea Edwards (front) and Cheryl Harpold (rear) pose with the collected Senior Santa donations.*

### Gifts were provided by:

*Putnam County Bank, Alpha Lambda Master of Beta Sigma Phi Sorority, B Ridge Bears 4 – H Group, River Ridge Church, Putnam County Department of Health and Human Services (DHHR), Charleston Area Medical Center Teays Valley Hospital, John Henson Senior Center, United Way of Central West Virginia, Providence Baptist Church in Scott Depot, Staff at Putnam Aging, Amedisys Home Health Care, St. Mary's Home Health Service, Kindred at Home, Teays Valley Physical Therapy, Putnam County Young Democrats, Putnam County Republican Women, United Bank in Teays Valley, WV State Police, and the staff at Family Care Teays Valley as well as other anonymous groups and individuals.*

On behalf of all the seniors, we thank everyone who donated!

## Local hero honored in local bridge naming ceremony

Walter Filipek, 6<sup>th</sup> Marine Division, 29<sup>th</sup> Regiment, Company C was an infantryman before he was even old enough to vote.

Joining the service during World War II, when asking after his Dress Blues he was told, “Boy, you won’t live long enough to need them.”

He then served in the battle of Sugar Loaf Hill in 1945. The seven day battle was one of the most brutal of the war, claiming the lives of some 2,000 men, two thirds of the marines of the 6<sup>th</sup> Division.

During the battle, Filipek’s squad leader was wounded out on observation near the top of a hill. Filipek left the relative safety of a concealed position and made his way up the hill under machine gun fire to rescue his wounded squad leader.

He was wounded twice by shrapnel, and received numerous medals including the Purple Heart and Gold Star.

For over 60 years after the war, Filipek spoke to no one about his experiences in the war. He came

home and thought to himself, “It was over ... it was time to move on.” Only in the last three years has Filipek even shared his story with his family and closest friends.



*St. Albans Mayor Scott James presents the street sign to Walter Filipek before the dedication ceremony.*

After hearing the story, Walt’s longtime friend Ellen Mills-Pauley spearheaded efforts to honor him.

On Friday, October 6<sup>th</sup>, 2017 at the Hansford Center in Saint Albans, a dedication ceremony was held naming a local bridge for Pfc. Walt Filipek, now 92.



*Assembled guests at the dedication ceremony for the Walter Vincent Filipek Memorial Bridge.*

# The PUTNAM Senior Spotlight

## Good old Halloween fun

In October, area seniors enjoyed friends, fun, costumes and candy at Halloween Parties at their local senior centers!



*Seniors of the Hometown Senior Center gathered to enjoy their Halloween party.*



*The John Henson seniors enjoying their Halloween lunch.*



*Buffalo Center hosting the seniors for its Halloween lunch party.*

## 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.

## Fraud Alert!

As we move into 2018, we can look back and review some of the holiday based fraud to look out for online.

One to watch for is automatic holiday eMail or eCards that may even come from friends or loved ones.

If you receive a digital card, accept the sentiment warmly, but be slow to click any links or open any attachments, as these can carry viruses or links that could end in your computer being infected or damaged.

## **Hansford Center in Saint Albans offers Aerobics Classes**

Didn't you resolve to stay in better shape!?

Putnam Aging will be offering Tai Chi and Healthy Steps starting in spring!

In fact, many local senior centers offer programs that can help. For example, Hansford Center in Saint Albans offers Aerobics programs!

The Hansford Center's program is instructed by Ms. Libby Londeree and is slow pace to fit any grade of fitness need or experience.

Morning programs are available at the Hansford Center on Tuesdays and Thursdays at 10:30 am! It's a great way to keep lively and moving, and also to meet some great new people.

Ms. Libby also offers programs tailored for those with disabilities on Mondays, Wednesdays, and Fridays at 11 am.

This program focuses on chair exercises to help to manage chronic conditions, as well as improve flexibility and health.

## **Cook's Corner: Banana Split Oatmeal**

**Yield:** 1 serving

### **Ingredients:**

- 1/3 cup dry oatmeal
- 1/8 teaspoon of salt
- 3/4 cups heated water
- 1/2 sliced banana
- 1/2 non-fat frozen yogurt
- 1/4 cups chocolate chips

### **Preparation:**

Step 1: Blend the oatmeal and salt together in a cereal bowl, before stirring in water.

Step 2: Microwave for 1 minute, and stir vigorously to thicken. Repeat this step twice then check the thickness.

Step 3: Continue to microwave until reaching the desired thickness, then stir until consistent.

Step 4: Add frozen yogurt, banana slices, and chocolate chips as toppings.

*Note: Microwave must be set to high setting.*



# WINTER WORD SEARCH



Created by  
Sue Lindlauf  
Grand Forks Herald  
2010

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

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

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |

# JANUARY 2018

## Putnam Aging

Menus meet one-third of 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   |
|--|---|--|--|--|
| 1<br>ALL SITES CLOSED<br>NEW YEARS DAY   | 2<br>BREAKFAST<br>COOKS CHOICE  | 3<br>TUNA PATTY<br>MAC & CHEESE<br>STEWED TOMATOES<br>BISCUIT<br>APPLESAUCE        | 4<br>BAKED STEAK /GRAVY<br>MASHED POTATOES<br>BROCCOLI<br>W.W. ROLLS & PEACHES | 5<br>PINTO BEANS<br>FRIED POTATOES<br>SPINACH<br>CORNBREAD & ORANGE    |
| 8<br>CHICKEN SANDWICH<br>MAYO & ONION<br>TATOR TOTS<br>PEAS<br>PEARS                           | 9<br>SOFT TACOS<br>REFRIED BEANS<br>MEXICAN RICE<br>TROPICAL FRUIT                  | 10<br>PORK ROAST<br>SCALLOPED POTATOES<br>CARROTS<br>W.W. ROLLS<br>APPLESAUCE      | 11<br>BAKED HAM<br>SWEET POTATOES<br>GREEN BEANS<br>W.W. ROLLS<br>PINEAPPLE    | 12<br>GRILLED CHEESE<br>TOMATO SOUP<br>CHIPS<br>SPICED APPLES          |
| 15<br>ALL SITES CLOSED<br>MARTIN LUTHER<br>KING JR. DAY  | 16<br>VEGETABLE SOUP<br>CHEESE STICKS<br>W.W. CRACKERS<br>PEARS                     | 17<br>COOKS<br>CHOICE  | 18<br>MEATLOAF<br>MASHED POTATOES<br>GREEN BEANS & ROLLS<br>FRUITED JELLO      | 19<br>TUNA CASSEROLE<br>PEAS<br>BISCUIT<br>BANANA                      |
| 22<br>CHEESEBURGER/BUN<br>ONION, MAY & PICKLE<br>SWEET POTATO FRIES<br>BAKED BEANS<br>APRICOTS | 23<br>POTATO SOUP<br>CHEESE STICKS<br>BROCCOLI<br>W.W. CRACKERS<br>MANDARIN ORANGES | 24<br>SPAGHETTI WITH<br>MEAT SAUCE<br>ITALIAN VEGGIES<br>GARLIC BREAD<br>PINEAPPLE | 25<br>CREOLE CHICKEN<br>OVER RICE<br>GREEN BEANS<br>W.W. ROLL<br>APPLE         | 26<br>SLOPPY JOES<br>MACARONI SALAD<br>COLE SLAW<br>BROWNIES<br>BANANA |
| 29<br>HOT DOG ON BUN<br>CHILI, SLAW, ONION<br>BAKED BEANS<br>WEDGES<br>CINNAMON APPLESAUCE     | 30<br>PINTO BEANS<br>FRIED POTATOES<br>GREENS<br>CORN MUFFINS<br>PEARS              | 31<br>CHILI<br>PEANUT BUTTER &<br>CRACKERS<br>CHEESE STICKS<br>PEACH CRISP         |  |  |

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

# The PUTNAM Senior Spotlight

## Alzheimer's Walk

In the United States alone there are an estimated 5.5 million people suffering from Alzheimer's disease, according to info provided by the Alzheimer's Association.



Those with Alzheimer's disease may live for decades, but during that time an unmistakable mark is left on the lives of not only the victim, but their friends and family as well.

Defeating Alzheimer's disease once and for all must happen and it must happen soon.

To that end, every year the Alzheimer's Association runs the Walk to End Alzheimer's, the world's largest event raising awareness and funds to fight Alzheimer's disease. The walks are held in more than 600 communities nationwide, including ours.

Local agencies like Putnam County

Aging Program assemble teams to participate in the walk and raise money.



*Putnam Aging's team gathered for the Alzheimer's Walk.*

If you're interested in donating or joining next year's walk, call (304) 755-2385 and speak with Karen Johnson today!

## Pool / Fishing Tournament

Putnam County senior centers would like to host pool and fishing tournaments this spring!

Anyone interested in joining in is invited to call their local 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. continues to operate a diaper bank at the central office.

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

# The PUTNAM Senior Spotlight

**We want YOU to join**

## **The Silver Haired Legislature**

Do you want to make a positive change in our state? Do you want to learn more about the legislative process? Do you want to make your voice heard by our state's lawmakers?

Local candidates are being sought to represent our area in West Virginia's Silver Haired Legislature and we want YOU to run!



*The Silver Haired Legislature gathered in the Governor's Mansion.*

The SHL is a model legislature made up of 134 representatives from across the state, elected by their peers.

Members identify problems for people within our state and propose realistic, feasible solutions in the form of position papers and resolutions.

The SHL is organized and

coordinated by the West Virginia Bureau of Senior Services with funding provided by the WV Legislature. They've been operating for over 16 years.

The SHL is patterned after the West Virginia legislature and follows the rules that govern its proceedings.

Candidacy is open to most West Virginia residents age 60+.

Currently the only Putnam County representative is Rosa McKinney, which is why we want you to join in! The people of Putnam County deserve a voice, and that voice could be you!

Nominations must be filed by March 2<sup>nd</sup>, 2018, with the projected Election Day currently being during the first week of April.



SHL House Leadership: Kenneth Jarrell, Rosa McKinney, George Moore, and Alicia James

Those interested in running should call (304) 755-2385 and speak with Jenni Sutherland today!

# The PUTNAM Senior Spotlight

## Smartphone app makes WV public services a snap!

Users of a new smartphone application are being connected to government services more quickly and easily than ever.

Providing instant access to telephone numbers and resources for everything from child protective services and advocacy centers to domestic violence programs and area hospitals, the app connects users to the right service for their situation.

A big barrier for many people who might contact a state service is knowing what's available and where to call. This app helps solve that problem by listing a huge collection of local, state, and federal services in a convenient format.

WV Help is a smartphone app developed by West Virginia Interactive through the Prosecuting Attorney's Institute of West Virginia. The app is available for Apple and Android devices.

This app is a must have for any West Virginia resident who wants to be ready for an emergency.

## Putnam County Seniors Enjoy Christmas

Across Putnam County, seniors met at their local senior centers in early December for the love and light of Christmas celebrations.



*The Ugly Sweater contest lineup at the John Henson Center.  
Guess who won!?*



*The seniors of the Hometown Senior Center enjoying an old fashioned Christmas lunch.*



*Christmas lunch at the Buffalo Senior Center.*

# The PUTNAM Senior Spotlight

## **Hometown's throwing parties and you're invited!**

The Hometown Senior Center will be throwing a Valentines Day party on February 14<sup>th</sup> at lunch!

They'll be throwing a Saint Patrick's Day party on March 14<sup>th</sup> as well!

For more information about upcoming events at the Hometown Senior Center, please call Cindy Bright at (304) 586-2745!

## **See Keith Ellison live!**

Keith Ellison is a fantastic singer who's been providing live musical entertainment at Putnam County senior centers and events.



Those interested in seeing him perform are encouraged to call their local senior center about future showings.

## **Featured Craft: January & February**

Monthly crafts days continue at Putnam County Senior Centers, and seniors have been having a ball!

Make that a bucket of snowballs! Pictured below is January and February 2018's craft, buckets of snowballs!



The Buffalo Senior Center will be holding theirs January 5<sup>th</sup> and February 9<sup>th</sup>.

The Hometown center will hold theirs on January 22<sup>nd</sup> and February 12<sup>th</sup>.

The John Henson Center will be holding theirs on January 19<sup>th</sup> and February 23<sup>rd</sup>.

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

## **Secrets to keeping your 2018 New Year's Resolution**

If you're like most of us you've made some resolutions for 2018, and you mean to stick to them!

Most resolutions fall through because of the goals people set, and the way they think about those goals.

Here are some New Year's resolutions you're more likely to keep and the secret sauce that makes them work!

**Old Resolution:** *I want to travel the world!*

**New Resolution:** *I want to travel more!*

International travel fantasies are fun to picture but expensive and logistically difficult to turn into reality.

Instead of trying to become a globe trotter this year, resolve to plan and take a short trip each month or two. This will get you into the habit of travelling without setting yourself an all or nothing expensive trip, then letting your wallet block it.

**Old Resolution:** *I want to become a master chef!*

**New Resolution:** *I want to learn a new recipe every week!*

Strengthening your cooking skills is worthwhile, but you're not going to get there all at once, so why conceptualize the goal as if you expect to?

Instead, buy yourself a new cookbook and commit to trying out a new recipe every week. You could also try signing up for cooking classes at a local community center.

What sets these goals apart is that they're practical and specific. You set the goal not to finish a dream, but to start and persist toward it.

### **Springtime dances approach!**

Join us at the John Henson Senior Center in Hurricane for a Valentine's Day covered dish dinner and dance on February 10<sup>th</sup> from 5pm – 9pm! Admission with a dish and \$3 entrance fee.

Later in spring, join us for the Welcome Spring dinner dance on May 19<sup>th</sup>!

Call Barb Lambert at the John Henson Senior Center, (304) 562-9451 for details on these and other upcoming festivities at the Henson Center!

# The PUTNAM Senior Spotlight

## Hometown Choir

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



They perform at a number of local venues including nursing homes and care facilities from Teays Valley of Barboursville.

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

## Seniors visit Amish Country

The seniors of the Buffalo Senior Center enjoyed a trip to Amish Country on October 7th.



*Buffalo Seniors enjoying dinner during their trip to the Amish Country*

## 2018 Auto Show

Seniors with a love of beautiful cars, trucks, and SUVs both new and old are invited to the West Virginia 2018 International Auto Show!

Tickets are usually \$9, but seniors age 62+ get 30% off admission!

The show will be held in the Charleston Civic Center from Friday, January 19th to Sunday, January 21st.

Show hours are from 10AM to 9PM on Friday, 10AM to 9PM on Saturday, and 10AM to 5PM on Sunday.

## 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  
 Computer Lab - Hometown  
 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, Hometown

### 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  
 TBA – Pot Luck Birthday Lunch\*

#### Upcoming Events

- Jan 5 | Crafts Day
- Feb 9 | Crafts Day
- Mar 9 | Crafts Day
- TBA | Essential Oils Presentation\*
- TBA | Valentines Day Luncheon\*
- TBA | Saint Patrick's Day Luncheon\*

### Hometown Senior Center

#### Monthly

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

#### Upcoming Events

- Jan 22 | Crafts Day
- Feb 12 | Crafts Day
- Feb 14 | Valentines Day Party
- Mar 12 | Crafts Day
- Mar 14 | Saint Patrick's Day Party

### John Henson Senior Center

#### Monthly

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

#### Upcoming Events

- Jan 19 | Crafts Day
- Feb 10 | Valentines Dinner Dance
- Feb 23 | Crafts Day
- Mar 23 | Crafts Day
- May 10 | Spring Dinner Dance

\*Call center for scheduling information

### Buffalo Senior Center

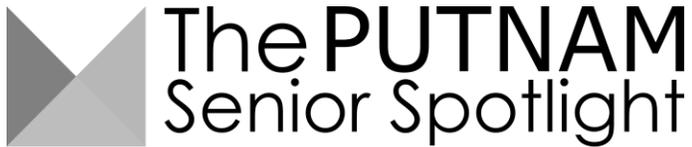
(304) 937-3352  
 48 Wrights Lane  
 Buffalo, WV 25033

### 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 \$40, anyone can train to receive potentially lifesaving CPR certification.

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

#### **Location:**

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

#### **Schedule:**

January 9<sup>th</sup>, 8:30 AM – 11:30 AM  
January 24<sup>th</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 in Saint Albans 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'.