



The PUTNAM Senior Spotlight

2018 Q4 October—December

Volume 03—Issue 02

Senior Santa 2018

Putnam Aging is holding their annual Senior Santa Program again this year, inviting organizations and individuals in communities across Putnam County to come together to collect gift bags for distribution to seniors in need.

Bags contain chap stick, unscented or mild hand lotion, soft toothbrushes, toothpaste, shampoo, bars of soap, a washcloth and bath towel, a coloring or puzzle book or word search with appropriate writing or coloring implements, and a winter hat or scarf.

We'll also be putting together Christmas Dinner within the bags including a non refrigerated canned ham, a box of instant stuffing, instant mashed potatoes, can of evaporated milk, can of green beans or corn, can of fruit, and a box of jell-o or instant pudding.

These two sets of items will be



The donated supplies stand awaiting distribution to local seniors during a previous Senior Santa.

delivered together as a complete gift bag to each senior.

Monetary donations are also accepted.

Donations will be accepted through December 21st.

If you or someone you know would like to make a donation or sponsor a senior, or if you know a senior in need, please call Cheryl Harpold or Crystal Nadi at (304) 755-2385 and together we can ensure Putnam County seniors have a very Merry Christmas.

Seniors Enjoy Luau Themed Picnic

Seniors and their loved ones from across Putnam County gathered again this August for the annual Putnam County Senior Picnic.



The King crowns David Riffie the Luau King and Brenda Yates as Queen.

The Picnic draws several hundred attendees every year, and 2018 was no exception!

This year's theme was Luau, with staff wearing Aloha t-shirts and hula gear. A Hawaiian themed lunch was served, and a fantastic time was had by all involved.

The Luau feel didn't end there though. Also Luau themed were the music, vendors, decorations, games, and door prizes. The event

brought a taste of the pacific home to the seniors of Putnam County!

Music was provided by Rachel Brown & The Road Runners, as well as a guest appearance by the King himself, to crown the Luau King and Queen.

We want to say a huge thank you to Mayor Edwards and the City of Hurricane for their continued support of the annual Putnam County senior picnic.

If you have questions about this or other Putnam Aging events, please call Jacob Duchaine at (304) 755-2385 x1126.



The hundreds of assembled seniors enjoying a Hawaiian themed lunch at this year's picnic.

Seniors Enjoy Lancaster Trip

Local seniors recently enjoyed a three day, two night trip to scenic Lancaster, PA to experience the Amish country along with Sight & Sound Theater's brand new play, JESUS.



The 2018 Putnam travel group on their Lancaster adventure.

The trip featured a visit to Gettysburg National Park, a visit to the Landis Valley Museum & Village, filled with historic buildings & costumed interpreters who demonstrated the daily life, activities, and customs of a 19th century Pennsylvania Dutch Village.

Following that they enjoyed Sight and Sound Theater's JESUS, the greatest rescue story of all time.

JESUS is an action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person to ever walk the earth, and the everyday people whose lives he changed forever.

If you have questions or would like to receive information about future senior trips, call Karen Johnson at (304) 755-2385 for more information.

Christmas decorating tips

Who doesn't love getting into the Christmas spirit by beautifying their living space with timely splashes of color and style?

Bring the Christmas spirit home by looking around for larger decorations in a lush green, then looking for accents and accessories in vivid red, with splashes of metallic gold and silver!

Counteract the dimming light by bringing in as much natural sunlight as much as you can by opening curtains and blinds, then supplementing it with warm interior lighting.

Scam Scrawl:

Social Security Scam!

If you receive a call from the the Social Security Administration or SSA offering to increase, cut, or discontinue your benefits, heads up!

This is a scam many seniors have found themselves targeted by during the past year

It starts when you receive a call that appears to come from the SSA. It may even appear on the caller ID to come from the SSA's official customer service number, but in reality it's criminals trying to get your personal information.

The scammers do this by spoofing, which means the scammers can be calling from anywhere, but our caller ID will show whatever number the scammers want, including the numbers of official agencies like the Social Security Administration.

They may ask for something obvious, like your social security number, but they may ask for something innocent like your name or date of birth. Do not give

them any information.

What should you do if you get one of these calls? Hang up.

Remember: Real SSA employees will never threaten you to get personal information. They also won't promise to increase your benefits in exchange for information. If they do, it's a scam.



If you have any doubt about the authenticity of a call, hang up and call SSA directly at 1-800-772-1213.

If you get a spoofed call, report it to SSA's Office of Inspector General at 1-800-269-0271 or <https://oig.ssa.gov/report>. You can also report these calls to the FTC at ftc.gov/complaint.

Thanksgiving Thankfulness

The cheer of Thanksgiving fresh in our memories it's important to keep its lessons with us throughout the holidays and remember those things we're thankful for. Counting our blessings helps brace us against the coming cold and dark.

Some of us are thankful for family. Others for friends. Some people focus on gratitude for food, or for community, or just another year around the sun.

Take a moment to look around you. Think about the good things that make your life what it is, and consider... what are you thankful for?

What did you come up with? The coziest spot in your house? Pumpkin pie? A special person or people who fill your life with light?

Whatever it is, express how thankful you are for it aloud. That act of expressing gratitude can help keep your spirits up. Even if no one else heard it, YOU heard it. And that's what helps the most.

Meet the Candidates Event

Putnam Aging recently held our Meet the Candidates events at local senior centers across Putnam County for the 2018 General Election.

These events give local citizens the opportunity to meet their representatives in state, national, and local elections.



Seniors meeting their candidates in an earlier event.

Candidates were given 5 minutes to speak, then mingled and networked with the seniors afterward.

For more information about future Meet the Candidates events call Jenni Sutherland at (304) 755-2385 or your local senior center.

Center Christmas Celebrations

We're holding Christmas parties at each of our local senior centers, and you're invited!

The John Henson Center has announced their Christmas dinner and dance will be held Saturday, December 15th.

The Christmas celebration for the Buffalo Senior Center will be held December 19th, while the Hometown seniors will hold their celebration on December 21st.

While each center has its own spin on the specifics, all will feature merry making with festive decorations, holiday meals, and gift exchanges of one kind or another.

Seniors interested in participating are encouraged to call their local senior center.

Veterans Day Ceremonies

On November 11th we took the day to say thank you to our great nation's military veterans. In observance, all Putnam Aging facilities were closed on Monday, November 12th.

Several of our Putnam County Senior Centers held observance events leading up to the Day.

The John Henson Center's event was November 8th and included a recognition of several Putnam County Veterans and flag folding ceremony. The Buffalo Senior Center held their observance November 7th.



For more information on upcoming events please call your local senior center.

Any local veterans wishing to participate in patriotic or veteran's day events are encouraged to contact their local senior center, and a big thank you to you all for your service.

2018 Senior Games

This August, Putnam County held the second annual Putnam County Senior Games! The games are a test of strength, speed, and skill that pits seniors against each other in friendly competition.

This year's senior games took place on a warm, sunny day at the Hurricane City Park, where seniors met to compete in a variety of events including several races, ball throws, horseshoes, creative events, a spelling bee, and more!

After fierce competition, the John



Henson Center came in first with 64 Points, taking home the Gold Victory! Coming in second was

Hometown's Silver Victory at 29 Points, and in third was the Buffalo Center, with 11 points.

The games have become an annual tradition, fostering a friendly sense of community and rivalry between Putnam county's three senior 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.

Hometown Center Healthy Steps

By Deloris Wilder, Certified Trainer

Healthy-Steps, Moving You to Better Health with the Lebed Method, is a therapy, exercise, and movement program done to great music, designed to help you thrive!

The Healthy-Steps program was provided at the Hometown Senior Center beginning in September and ending mid-November. Dee Wilder, Instructor/Trainer for the Healthy-Steps Lebed program led the 10-week class. Participants enjoyed learning different movements with music, creating a great social support for everyone.

Each one-hour class session consisted of lymphatic upper and lower exercises, 3-4 minutes of hand/finger dexterity exercise and approximately 30-40 minutes dancing, using Healthy Steps movements with the arm, shoulder and hand.

The participants completed the “Quick Dash” form at the beginning, mid and end of the 10-week session. The Quick Dash

form was used to evaluate noticeable changes in the arm, hand or shoulder. The form consisted of eleven questions asking them to rate their ability to do activities such as – opening a tight or new jar, carrying a shopping bag or briefcase, or using a knife to cut food. They were to answer (no difficulty, mild difficulty, moderate difficulty, severe difficulty or unable to do on a scale of 1 – 5.)



Dance Movement – Holding Up the Wall

All participants noticed differences in their ability to perform daily tasks. The class celebrated with a graduation luncheon held November 15, 2018.



DECEMBER 2018

Putnam County Aging Program, Inc
Menu for Putnam & Fayette Counties
Menu meets one-third of dietary guidelines

We value your feedback! If you have a comment or complaint, call our central office at (304) 755-2385! If you wish to comment or complain anonymously, call (304) 945-3122 instead.

Thank you for your Donation!

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.

Due to the availability of food items, menus are subject to change without notice.

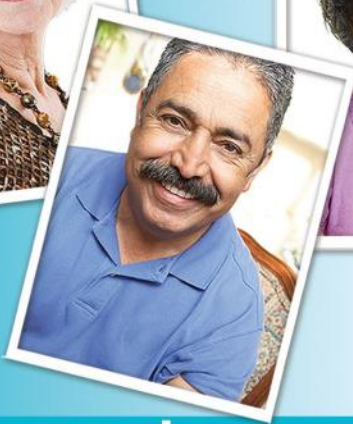
For home delivered meals call: (304) 755-2385

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHEESEBURGERS MUSTARD, KETCHUP, PICKLE POTATO WEDGES BAKED BEANS MIXED FRUIT	4 ROASTED PORK LOIN RED BEANS & RICE BROCCOLI WHOLE WHEAT ROLL PEARS	5 BEEF VEGGIE SOUP KALE CORN MUFFIN APPLESAUCE	6 CHICKEN SANDWICH MAYO & LETTUCE POTATO WEDGES BUTTERED CORN MANDARIN ORANGES	7 TUNA CASSEROLE PEAS WHOLE WHEAT ROLL BROWNIE & YOGURT
10 SLOPPY JOES ON BUN TATOR TOTS COLE SLAW TROPICAL FRUIT	11 PINTO BEANS FRIED POTATOES GREENS CORN MUFFIN PINEAPPLE	12 MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT ROLLS APPLESAUCE	13 CHICKEN & NOODLES PEAS WHOLE WHEAT ROLLS PEACH CRISP	14 SOFT TACOS REFRIED BEANS SPANISH RICE MANDARIN ORANGES
17 HOT DOG ON BUN CHILI, SLAW, ONION BAKED BEANS CHIPS APPLESAUCE	18 SALISBURY STEAK MASHED POTATOES CORN WHOLE WHEAT ROLLS APRICOTS	19 SPAGHETTI & MEAT SAUCE BRUSSEL SPROUTS GARLIC BREAD PEARS	20 POTATO SOUP CHEESY SPINACH CORN MUFFIN PINEAPPLE	21 BAKED HAM SWEET POTATOES GREEN BEANS WHOLE WHEAT ROLLS APPLE PIE
24 BRUNCH AT 10AM CLOSING AT NOON HOURS SUBJECT TO CHANGE	25 CHRISTMAS DAY ALL SITES CLOSED	26 COOKS CHOICE	27 ROASTED PORK LOIN MASHED POTATOES ORIENTAL VEGGIES WHOLE WHEAT ROLLS APPLESAUCE	28 BAKED TILAPIA MAC & CHEESE STEWED TOMATOES BISCUITS PEARS
31 BRUNCH AT 10AM CLOSING AT NOON HOURS SUBJECT TO CHANGE				

MERRY



CHRISTMAS



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:

Nitro Public Library, 1700 Park Avenue, Nitro

Session #1:	Date	Friday, December 21	Time	12:30 PM	-	2:30 PM
Session #2:	Date	Friday, December 28	Time	12:30 PM	-	2:30 PM
Session #3:	Date	Friday, January 04	Time	12:30 PM	-	2:30 PM
Session #4:	Date	Friday, January 11	Time	12:30 PM	-	2:30 PM
Session #5:	Date	Friday, January 17	Time	12:30 PM	-	2:30 PM
Session #6:	Date	Friday, January 24	Time	12:30 PM	-	2:30 PM

Register by Contacting:

Susie at 304-346-9864 Ext. 3221



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The PUTNAM

Senior Spotlight

2018 Q4

This year's senior games saw a whopping 22 broken records, which we've presented in the chart below.

This year, for the first time, we also recognized MVPs!

Edna Reedy was Buffalo's MVP!

Ann Riffie was the Hometown MVP.

The MVP for the John Henson Center was Merritt Lambert.



20-Yard Dash	D1	Merritt Lambert	4.2 Seconds
20-Yard Dash	D2	Paul Fisher	5 Seconds
20-Yard Dash	D3	Ann Riffie	10 Points
Archery	D1	Butch Browning	20 Points
Archery	D2	Kay Goddard	22 Points
Archery	D3	Mary Ansell	3 Points
Archery	D4	Myrtle Litton	12 Points
Baseball Pitch	D1	Merritt Lambert	201 Points
Baseball Pitch	D3	Ann Riffie	61 Points
Basketball	D1	Merritt Lambert	2 Points
Basketball	D2	Kay Goddard	2 Points
Basketball	D3	Ann Riffie	1 Points
Disk Golf	D1	Butch Browning	3 Points
Disk Golf	D2	Tom Moncada	5 Points
Disk Golf	D4	Myrtel Litton	1 Points
Football Throw	D1	Merritt Lambert	90 Points
Football Throw	D3	Ann Riffie	30 Points
Lawn Darts	D3	Ann Riffie	7 Points
Softball Throw	D1	Merritt Lambert	191 Feet
Softball Throw	D3	Ann Riffie	53.5 Feet
Whiffle Ball Toss	D1	Merritt Lambert	69 Feet
Whiffle Ball Toss	D3	Ann Riffie	30 Feet

Cooks Corner

Peanut Butter Banana Cookies

Ingredients:

- 2 cups all-purpose flour
- Teaspoon baking powder
- 1/2 teaspoon cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1/2 cup (1 stick) butter, softened
- 1/2 cup brown sugar, packed
- 1/2 cup creamy peanut butter
- 1 egg
- 1/2 cup mashed banana (about 1 medium banana)
- **Optional:** cane sugar, for sprinkling

Directions:

1. Heat oven to 350 F
2. Line a baking sheet with parchment paper.
3. On a medium mixing bowl, whisk the flour, baking powder, cornstarch, salt, baking soda and cinnamon until combined. Set aside.
4. In the (separate) bowl of a stand mixer, cream the butter and brown sugar together on medium-high speed until light and fluffy, about 1 minute.
5. Add peanut butter, egg, banana, and vanilla, and continue mixing on medium speed until combined, scraping down the sides of the bowl once if needed.
6. Fold in the dry ingredients and mix until just combined.
7. Measure out a rounded tablespoon-full of dough, roll into a ball, then place on the baking sheet.
8. Use a fork to press down the top of the ball and make a crisscross pattern.
9. Sprinkle with a pinch of cane sugar, if desired.
10. Repeat with remaining dough.
11. Bake for 8-10 minutes or until slightly golden around the edges.
12. Cool for 10 minutes on baking sheet, then transfer to a wire rack to cool completely.
13. Enjoy!

Scam Scrawl

Grandparent Scam

For this quarter's scam scrawl we scowl at scum who've been stealing by taking advantage of grandparents love for their grand children!

Consumers receive an unexpected call from a person claiming to be their grandchild.

The supposed grandchild, who may give the phone to a so called attorney, pretends to be out of the state or country and in dire need of money due to an arrest or emergency.

Scammers often rely on the good will of grandparents to shield grandchildren from potential punishment, which may lead to grandparents to not check with the child's parents.

Those genuinely concerned should ask a question for which only their real grandchild knows the answer.

BE WARNED! The next one to receive this call, could be you or one of your friends. Be ready.

Flu Shot Clinics

We're happy to announce that Flu Shots are available from the Putnam County Health Department again this year.

The vaccinations are available at the Health Departments Monday through Friday from 8:30 AM until 3:30 PM.

Health Department officials are saying that everyone "six months and older should get a flu vaccination as soon as possible."

Influenza activity often begins to ramp up as we approach winter, and a vaccination protects you directly through heightened immunity, and those around you through herd immunity.

Walk in patients will be accommodated, but making an appointment may shorten your wait time.

The Health Department office is at 11878 Winfield Road, Winfield, WV.

Those who know they'll be coming in for a vaccination are encouraged to call (304) 757-2541.

Activity Schedule Putnam County

Monday through Friday, each Putnam County senior center offers a nutritious lunch and various games and activities! Any individual aged 70 or older is welcome. Donations are appreciated by 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

Piggly Wiggly 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

1st Thursdays*
 Grocery Shopping Trip
 3rd Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- Dec 19 | Christmas Party

Hometown Senior Center

Monthly

2nd Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- Dec 21 | Christmas Party

John Henson Senior Center

Monthly

1st Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- Dec 14 | Secret Santa Exchange
- Dec 15 | Christmas 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 1st Avenue North
 Hometown, WV 25109

John Henson Senior Center
 (304) 562-9451
 2800 Putnam Avenue
 Hurricane, WV 25526



The PUTNAM Senior Spotlight

Putnam County Aging Program Buffalo Senior Center

(304) 755-2385
2558 Winfield Road
Saint Albans, WV 25177

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

John Henson Senior Center

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

Hometown Senior Center

(304) 586-2745
40 1st Avenue North
Hometown, WV 25109



Facebook.com/
PutnamAgingProgram



@PutnamAging

www.PutnamAging.com

Bureau of Senior Services

(304) 558-3317

Medicare help line

1-877-987-4463

Next Edition: February 1st, 2019



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