

The PUTNAM Senior Spotlight

2017 Q2 – May, June, July

Volume 02 – Issue 02

2017 Senior Picnic

Seniors and their loved ones from across Putnam County gathered this May for the traditional Putnam County Senior Picnic.

With over 250 attendees, the Patriotic themed picnic was a fantastic time for all involved.

Featuring an All American menu, live music, vendors, decorations, games, and door prizes, the event honored our great nation!

We want to say a huge thank you to Mayor Edwards and the City of Hurricane for their continued support in making these events possible.

What's inside!?

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In Loving Memory: *Bob Huff & Maxine Cook*

Buffalo Senior Center recently lost two longtime volunteers who were a fixture in the community.

Maxine Cook and Bob Huff passed away a few months apart and their service will be greatly missed.



Maxine was a volunteer for over 30 years, regularly ranking in the RSVP Over 500 Club with more than 500 hours of volunteer time annually. Maxine was quick with a smile and kept the kitchen neat and clean.



Bob was a 20+ year volunteer, happily lending a hand no matter the job. You could find Bob making coffee, filling the water and ice containers or aiding staff in distributing donations. Bob received several awards from Putnam Aging for his volunteer efforts.

The seniors at the Buffalo Center have taken up donations for a commemorative plaque to hang in the dining area. The seniors also put together a memory garden in Bob and Maxine's honor.

Walk to END Alzheimer's

Putnam County Aging Program and friends are invited to walk to end Alzheimer's on October 21st at Appalachian Power Park in Charleston.

We're looking for people to join our team in the walk. If you're interested, please call Karen Johnson at (304) 755-2385 with your name, t-shirt size, and phone number.

Rite Aid Presents: Wellness Ambassador

A Wellness Ambassador from Rite Aid will be on site providing coupons and information at Putnam County senior centers from 10 AM to 11 AM every quarter in accordance with the schedules below!

Topics listed cover subjects ranging from health and wellness to nutrition and fall prevention.

John Henson Senior Center

July 25 – Smart Food Choices and 10 Tips/
Nutrition and Vitamins

October 24 – Fall Proof Your Home

January 23 – Emergency Preparedness

Hometown Senior Center

July 26 – Smart Food Choices and 10 Tips/
Nutrition and Vitamins

October 25 – Fall Proof Your Home

January 24 – Emergency Preparedness

Buffalo Senior Center

July 27 – Smart Food Choices and 10 Tips/
Nutrition and Vitamins

October 26 – Fall Proof Your Home

January 25 – Emergency Preparedness

*Free manufacturer's coupons will be available as well as information sheets on these topics.

Produce Vouchers

Every year Putnam Aging gets a number of produce vouchers to distribute to local seniors based on household size and income.

These can be spent at local Farmer's Markets for fresh fruits and vegetables grown locally in WV.

Starting on Wednesday, July 5th, they will be distributed from local senior centers every day between 9 AM and Noon until they are gone.

Distribution may take less than a week, but sometimes lasts up to a month. Seniors unable to pick up a voucher can have a proxy go in their place after signing a proxy authorization form.

If you need transportation to receive or spend your voucher, transport will be available from your local senior center to a farmer's market, or a pop-up market may be held at your center.

To pick up your vouchers, please visit your local Putnam County Senior Center, or for more information, please call

(304) 755-2385.

The PUTNAM Senior Spotlight

Green Thumbs, Healthy Joints Grant 2017

Once again, Putnam County Aging Program will receive a gardening grant to benefit our seniors with arthritis and joint issues.

Last year we established raised garden beds at each of our Putnam County centers which have been lovingly tended and are now in full bloom.



This year's grant will enable each center to establish a perennial garden and offer seniors an opportunity to explore vertical gardening.

As part of the grant, we'll purchase special gardening tools for those with arthritis and other joint related conditions and ergonomic gloves

which offer protection for the skin yet allow pressure to be alleviated from the joints.

This year we'll be purchasing an ergonomic garden shovel, allowing those with arthritis to comfortably dig up the ground for the perennial planting.



If you would like more information about center gardening beds or to try out our tools at the center or be a part of our gardening programs, please contact Karen Johnson at 304-755-2385 for more information.

This grant is funded by the WV Bureau of Public Health, Division of Health Promotion and Chronic Disease and administered by the Center for Excellence in Disabilities.

The PUTNAM Senior Spotlight

Monthly Crafts Day Comes to Putnam County Centers

Do you or someone you know love crafts? Once per month starting between 9AM and 9:30 AM each center hosts a craft day in which seniors can learn crafts, or show off their craft making skills.

We want to thank Susan Spitzer for preparing these monthly crafts workshops, which we know many seniors have already been enjoying.

Those interested in attending are encouraged to call their local senior center and sign up in advance, to allow adequate supplies to be purchased.



Easter Egg Lightbulb craft

Many crafts are produced for seniors to keep, but on occasion some crafts may be created for display or distribution at agency events.

Some crafts made to keep do have a minor fee for supplies. Please contact Susan Spitzer at (304) 755-2385 for information about this month's crafts and any associated fees or conditions.

Crafts days for each Putnam County center are shown on the below calendar.

<u>Buffalo</u>	<u>Henson</u>	<u>Hometown</u>
7/7/17	7/21/17	7/10/17
8/4/17	8/25/17	8/7/17
9/15/17	9/29/17	9/18/17
10/13/17	10/27/17	10/16/17
11/9/17	11/27/17	11/13/17
12/8/17	12/22/17	12/11/17



WV Health Right works to ensure that low-income seniors with Medicare Part D coverage have access to their medicine when they're in the "donut hole". If you or someone you know needs help paying for their prescription medications, we may be able to help.

Please call (304)414-5917 to determine your eligibility.

WV Health Right is a free and charitable healthcare clinic providing medical, dental, vision, behavioral health, pharmaceutical and health education services to low-income uninsured, Medicaid-insured, and Medicare-insured adults.

Announcing the 1st

Annual Senior Olympics!

We're pleased to announce the first annual Senior Olympics, coming this fall!

To be held August 25th, these events will be a test of skill and endurance for those 60+, featuring events like lawn darts, bocce ball, Frisbee golf, and much more!

For more information, see the included insert or call Karen Johnson at (304) 755-2385.

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.

Veterans Day

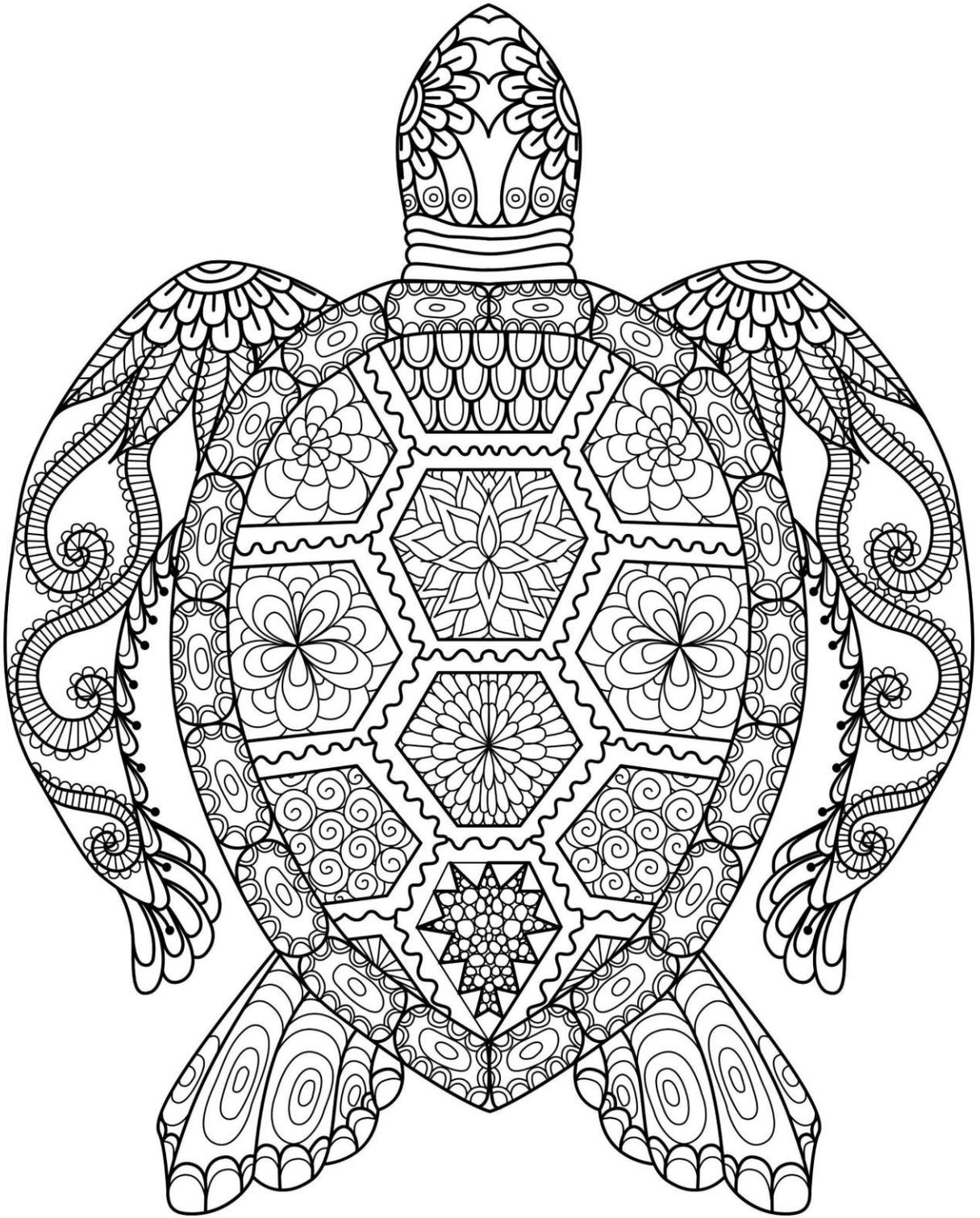
The John Henson Senior Center held a celebration in honor of our nation's veterans.



Veterans from the Winfield VFW came in uniform to fold a flag as friends and loved ones gathered around to remember and honor their service.



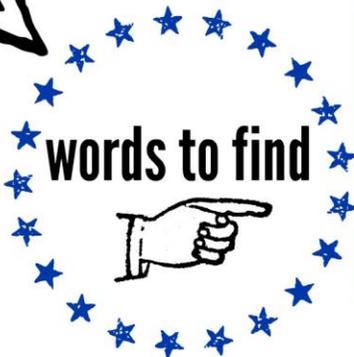
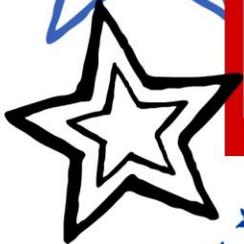
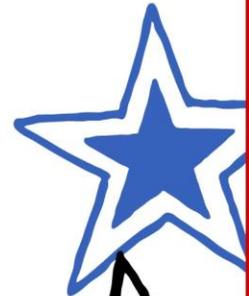
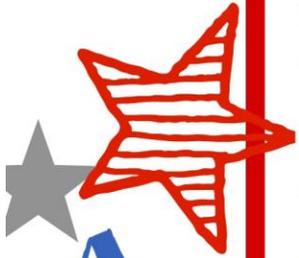
Coloring Page



July 4th word search



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



AMERICAN
 FATHERS
 FOUNDING
 HONOR
 NATIONAL ANTHEM
 STARS
 UNITED STATES

CENTENNIAL
 FESTIVE
 FREEDOM
 INDEPENDENCE DAY
 PATRIOTIC
 STRIPES
 VETERANS

CIVIC
 FIREWORKS
 HOLIDAY
 LIBERTY
 PICNIC
 STAR SPANGLED



JULY 2017

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
4 TH OF JULY LUNCHEON 3 CHEESEBURGER ON BUN PICKLE & ONION BAKED BEANS CINNAMON APPLESAUCE BROWNIE	4 INDEPENDENCE DAY ALL SITES CLOSED	5 SALISBURY STEAK WITH MUSHROOM GRAVY MASHED POTATOES GREEN BEANS & ROLLS PINEAPPLE	6 PINTO BEANS FRIED POTATOES MIXED GREENS CORNBREAD PEACHES	7 BBQ CHICKEN SCALLOPED POTATOES BROCCOLI W. W. ROLLS MIXED FRUIT
10 VEGETABLE SOUP CHEESY SPINACH CORN MUFFINS PEACHES	11 MEATLOAF MASHED POTATOES GREEN BEANS ROLLS FRUITED JELLO	12 CREAMED CHICKEN OVER BISCUIT MIXED VEGETABLES MANDARIN ORANGES	13 COOKS CHOICE	14 HOT DOG ON BUN CHILI & ONION BAKED BEANS & CHIPS PEACH CRISP
17 HAM & CHEESE ON BUN CUCUMBERS & ONIONS WATERMELOM	18 TUNA PATTY MACARONI & CHEESE PEAS BISCUIT TROPICAL FRUIT	19 ROASTED PORK WITH POTATOES & CARROTS W W ROLLS PEARS	20 TAMALE PIE WITH SALSA & SOUR CREAM CORN FRIED APPLES	21 POTATO SOUP BOLOGNA SANDWICH MUSTARD & LETTUCE PINEAPPLE
24 SLOPPY JOE ON BUN TATOR TOTS CORN CANTALOPE	25 WHITE BEANS & HAM CABBAGE FRIED POTATOES CORNBREAD APRICOTS	26 COUNTRY FRIED STEAK WITH GRAVY BAKED POTATO W W ROLLS APPLESAUCE	27 SPAGHETTI WITH MEAT SAUCE GREEN BEANS GARLIC BREAD PINEAPPLE	28 LIVER & ONIONS MASHED POTATOES BROCCOLI W W ROLLS MIXED FRUIT
31 COOKS CHOICE				

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



2017 Senior Games

Putnam County

Putnam County residents **age 60+** are called to compete in the 2017 Senior Games, a contest of skill, strength, speed, and combinations of the three. Winners will receive recognition, special awards, and earn points to help their community win the gold!

Event Schedule

09:00 AM Registration
09:30 AM Opening Ceremonies
09:45 AM Track & Field Events
11:00 AM Spelling Bee
11:30 AM Lunch
12:00 PM Bingo
12:30 PM Awards Ceremony

Track & Field Events

Entries for track & field events will be performed live in the field during the games..

- Bocce Ball
- Disk Golf
- Archery
- Baseball Pitch
- Lawn Darts
- Horse Shoes
- Football Throw
- Softball Throw
- 20 Yard Dash
- Ladder Ball
- Whiffle ball Toss
- Corn Hole

Creative Events

Creative event entries must be prepared before and brought finished to the event.

- Baked Goods
- Canning
- Drawing / Painting
- Embroidery / Cross Stitching
- Knit / Crochet / Afghans
- Photography
- Plants
- Quilting
- Woodworking

For more information or to register, please call

(304) 755-2385

Hurricane City Park

WV-34, Hurricane, WV 25526

Rain Location: John Henson Senior Center, 2800 Putnam Ave, Hurricane, WV 25526

August 25th

The PUTNAM Senior Spotlight

Cook's Corner

By LuAnn Willis

Blueberry Zucchini Bread

Ingredients

- 3 eggs, slightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 1/4 cups white sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries

Directions

1. Preheat oven to 350 degrees. Lightly grease 2 loaf pans.
2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared loaf pans.

Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire rack to cool.

1st Annual Senior Prom!

One lovely night in June, local seniors gathered at the John Henson Center for the first annual Putnam County Senior Prom!

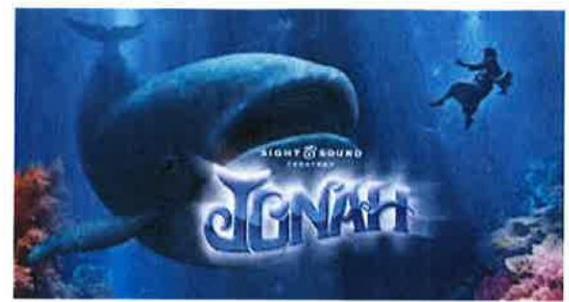


The prom was attended by over 50 seniors including prom king and queen Charles Browning and Norma Cooper and featured an evening of dancing, friends, fun, and finger foods!





PUTNAM
SENIORS



Lancaster, PA

2 Days & 1 Night

SEPT. 13-14, 2017

Package Includes:

***Round Trip Motor Coach Transportation**

***Deluxe Overnight Accommodations in
Beautiful Lancaster, PA**

***A Great Breakfast Buffet**

***A Sumptuous Amish Dinner Feast**

BIBLICAL TABERNACLE TOUR

VISIT TO THE MENNONITE RESALE SHOP-

RE-UZIT IN NEW HOLLAND

LUNCH ON YOUR OWN AT SHADY MAPLE



***RESERVED SEATING AT SIGHT & SOUND THEATER
FEATURING...**

“JONAH”

***Taxes, Baggage & Dinner Gratuities Included**

ALL THIS FOR \$ 235.00 PP/DBL

Singles add \$41.00

FOR INFORMATION & RESERVATIONS CALL

KAREN JOHNSON @ 304-755-2385

TRIP CANCELLATION PROTECTION AVAILABLE FOR \$25.00

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 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

9:30 AM | Bingo - *John Henson*
 1:00 PM | Exercise - *John Henson*

Tuesday

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

10:30 AM | Tai Chi - *Buffalo*
 1:00 PM | Line Dancing - *John Henson*

Friday

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

Buffalo Senior Center

Monthly

3rd Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- July 5th @ 9 AM – Farmers Market Voucher Distribution Begins
- July 7th @ 10 AM – Crafts Day
- July 27th @ 10 AM – Rite Aid Wellness Ambassador

Hometown Senior Center

Monthly

2nd Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- July 5th @ 9 AM – Farmers Market Voucher Distribution Begins
- July 3rd – 4th of July Cookout Lunch
- July 10th – Crafts Day
- July 27th @ 10 AM – Rite Aid Wellness Ambassador

John Henson Senior Center

Monthly

1st Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- July 5th @ 9 AM – Farmers Market Voucher Distribution Begins
- July 13th – Mothman Museum Trip
- July 21st – Crafts Day
- July 25th @ 10 AM – Rite Aid Wellness Ambassador

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

CPR / 1st 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:

July 14th, 8:30 AM – 11:30 AM
July 27th, 8:30 AM – 11:30 AM
August 11th, 8:30 AM – 11:30 AM
August 25th, 8:30 AM – 11:30 AM

Primary Contact:

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

Pool Tournament

If there's sufficient interest, Putnam County senior centers will be hosting regular pool tournaments starting this summer.

Anyone interested in joining a team to compete is invited to call their local senior center with the numbers on the back of this newsletter to express interest.

Food Pantry Partnership

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

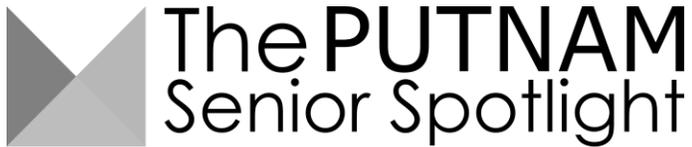
The pantry provides temporary relief to those in need by providing food, cleaning supplies, and toiletry items.

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

Buffalo Fencing

We're pleased to recognize the Ladies Auxiliary at the Buffalo Church of God for donating the fencing for the Buffalo Senior Center as well as Darrell Moore for installing the fencing at no cost.





Ongoing drug prevention initiative

The drug abuse prevention initiative known as “Take Back Our Communities” is a continuing success.

The initiative combats the opioid epidemic in our state using activated charcoal packets for proper medication disposal. Disposal packets are available through Putnam Aging.

If you are in need of a disposal pouch or more information, please contact Putnam County Aging Program 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.

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

KVVP Travel Adventures

You're invited to adventures arranged by Ron Graham, KVVP adventure coordinator and trip leader!

Examples of adventures they plan include their trip last month to the American Shakespeare Center in Staunton VA, their trip to the Harvest Tasting Tour, and many other local and regional attractions.

Those interested in arranging participation in a future adventure are encouraged to contact the Kanawha Valley Village People at kvvillagepeople@gmail.com or by calling (304) 767-5774.

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



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 1st Avenue North
Hometown, WV 25109

WV Bureau of Senior Services

(304) 558-3317

Medicare help line

1-877-987-4463

amazonsmile
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'.