



The PUTNAM Senior Spotlight

2019 Q1 & Q2

Volume 04—Issue 01

Local seniors enjoy 2019 Senior Conference!

This spring local seniors attended the 2019 Senior Conference held at scenic Cedar Lakes in Ripley, on May 21st, 22nd, and 23rd!!



Seniors gather to enjoy the 2019 WV Senior Conference.
Picture by MetroAAA.com

Our local seniors joined their peers from across the state for health and recreational activities from Miniature Golf to Karaoke as well as a series of educational workshops ranging from Doctor/Patient Decision Making to arts and crafts to a smart phone Q&A.

In the past our seniors have visited only one of the three days of this event. This year some of our

seniors took the experience even further, staying at the event over night to enjoy the fuller experience of fun and comradery including night shows, bonfire, and other fun. The whole experience was available for as low as \$100, which covered transportation, meals, workshops, and lodging in the dorms!



Held annually at the scenic Cedar Lakes resort!

Those interested in attending next year's Senior conference or hearing more information should call (304) 755-2385 and speak with Karen Johnson!

Cook's Corner: **Blueberry Cornbread**

LuAnn Willis

Ingredients

- 1-2 tablespoons vegetable oil
- 1.5 cups blueberries
- 1 cup & 1 tsp all-purpose flour, divided
- 1 cup yellow cornmeal
- 1/3 cup light brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 large egg, lightly beaten
- 2/3 cup milk
- 1/2 cup vegetable oil
- 1/2 teaspoon vanilla extract



Absolutely delicious! (Image Credit MyRecipes.com)

Instructions

1. Preheat oven to 400 degrees and grease an 8-inch square baking pan or a cake pan with the 1-2 tablespoons of vegetable oil.
2. Toss blueberries together with 1 teaspoon of flour until nicely mixed and set aside.
3. Combine flour, cornmeal, sugar, baking powder, and salt in a large bowl. Stir with a whisk to evenly combine ingredients.
4. In a medium bowl, combine egg, milk, vegetable oil, and vanilla extract. Whisk well.
5. Add wet ingredients to dry and mix just until dry ingredients are moistened. Gently fold in blueberries.
6. Pour batter into prepared pan and bake for 20-25 minutes or until a wooden pick inserted in the center comes out clean.
7. Allow to cool for 3 minutes and enjoy!

Tai Chi classes available for local seniors!

Tai Chi for Arthritis classes are available to local seniors at no cost! Classes are held 12 - 12:30 pm, Thursdays at the Putnam Aging offices at 2558 Winfield Road, Saint Albans WV 25177 on an ongoing basis, starting July 11!



Meditation in Motion

Tai Chi is an internal Chinese martial art sometimes described as 'meditation in motion,' practiced in the West for its renowned health benefits and accessibility.

Call instructor Karen Johnson at (304) 755-2385 today for more information, or to sign up.

WV Silver Haired Legislature

The WV Silver Haired Legislature, modeled after the actual state legislature, are looking for active seniors to join their ranks!

Eligible individuals must be 60+ years old, registered to vote, and a resident of the county or region they wish to represent.

Candidates are elected by their peers for two year terms, with election districts conforming to the boundaries of the state's four Area Agencies on Aging.

Silver Haired Legislature members attend meetings and draft position papers each year describing issues identified by the group as beneficial to individuals if certain changes to the law were enacted.

For more information, contact Jenni Sutherland, Executive Director of the Putnam County Aging Program at (304) 755-2385, or contact Robin Strickland with the WV Bureau of Senior Services at (304) 558-3317

Confidential Comments & Complaints Line

Do you have a comment or complaint about Putnam Aging's services? Call (304) 945-3122!

That will connect you to the confidential comments and complaints line for all the agency's services. The agency operates everything from Putnam County's senior centers to Meals on Wheels to medical transportation and caregiving services. Calls to the line can be about anyone, anything, or anywhere associated with Putnam County Aging Program or its affiliates!

Calls to the line are strictly confidential, reviewed personally by the agency's Executive Director. The details of calls and identities of the callers are kept strictly confidential.

Knowing what's working and what's not is the only way for us to improve as an agency, and a community, to better serve the seniors of Putnam County, so call (304) 945-3122 with your feedback, today!

You're invited to Amish Country!

Mark your calendars now! Putnam Aging will be hosting another trip to scenic Amish Country in Lancaster, PA with a three day, two night visit taking place November 5th, 6th, and 7th!



The 2018 Amish Country Tour Group all together

The outing will include sight seeing and shopping in the Amish Country, as well as festivities and community with the tour group, and tickets to this year's Sight and Sound Theater production, their new play 'The Miracle of Christmas!'

Anyone looking for more information about the Amish Trip outing or to book your tickets today, call Karen Johnson at (304) 755-2385.

Love in the air

The seniors of Putnam County enjoyed Valentine's day parties held at the county's senior centers.



The John Henson seniors enjoy their valentines dance!

Festivities varied by location but included fun, friends, decorations, and dancing at each location in fine Valentines tradition.

For more information about this or upcoming holiday events, call your local senior center, or Older American's Act Director Karen Johnson at (304) 755-2385!



The seniors painted the center red for this year's dance!

Scam Scrawl

Attorney General Patrick Morrissey warned residents recently about a fake check scam.

Someone will contact the intended victims claiming to represent a sweepstakes, employer, shopping programs, or other potential benefactor. They offer to mail the recipient a check, and upon deposit they'll need to send or use a portion of the money on behalf of a third party. An example would be sending the victim a check, then asking that they do something with the money.



Afterward, the bank discovers the check to be counterfeit and while the money from the check is removed from the victim's account, the money sent to the third party is still gone.

Residents who believe they're victims of a fake check scam can contact the division at 1 (800) 368-8808.

Grand families program

West Virginia State University is running sessions of the Grand families initiative, hosting programs consisting of 10 discussion sessions each which focus on topics including communications, technology, social media, nutrition, legal issues, stress management, navigating the public schools, 21st century parenting, family response to addiction, and more.

Afterward, participants are provided three months of follow up services with the project's licensed social worker, including assistance locating community resources, confidential help meeting unique family needs, and advocacy services.

Grandparents raising their grandchildren are encouraged to participate in the program.

Those wishing to learn more, or to participate in an upcoming set of Grand Families sessions are encouraged to visit them online at HealthyGrandFamilies.com.

Summer decorating tips

There's no better time to spruce your interior spaces up than the summer season. From blooming flowers to unexpectedly vibrant color schemes, summer is a great time to show off ones creativity and love of nature.

Fresh wildflowers are a natural addition to any decorating scheme that really bring out the summertime feel, and elevate everything from table settings to entryways.

Placed in different styles of containers, each unique, gives a feeling of natural bloom and organic aesthetic to the room.

In summer, another option is pushing up contrast. Place vivid flowers in a white bowl, or white flowers in a vividly colored bowl! Accessorizing the area with books and glassware.

Take advantage mirrors to boost a room's natural light and add a feeling of spaciousness.

Embrace nature-inspired hues by trying to match your decorating to the life blooming outside!

PUTNAM COUNTY AGING PROGRAM PRESENTS

Lancaster Show Trip & the Dutch Country



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 3 nights lodging
- ◆ 6 meals: 3 breakfasts and 3 dinners
- ◆ Admission to the "THE MIRACLE OF CHRISTMAS" Show at the Sight & Sound Millennium Theatre®
- ◆ Admission to the "JOY TO THE WORLD" Show at the American Music Theatre
- ◆ Visit to charming KITCHEN KETTLE VILLAGE
- ◆ Visit to PARK CITY CENTER
- ◆ Admission to THE AMISH EXPERIENCE & JACOB'S CHOICE AT THE F/X THEATRE
- ◆ GUIDED TOUR OF LANCASTER
- ◆ and much more

\$440 *

4 DAYS 3 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Thu)

November

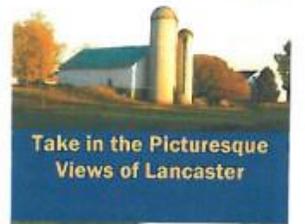
4 - 7, 2019



Enjoy the "THE MIRACLE OF CHRISTMAS" Show



Enjoy the "JOY TO THE WORLD" Show at the American Music Theatre



Take in the Picturesque Views of Lancaster



Experience the Amish lifestyle

Departure: Scott Depot Park and Ride, 101 Putnam St, I-64 Exit #40, Teays Valley, WV @ 8 am

Day 1: Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. Later that day, enjoy a relaxing Dinner and check into your Pennsylvania-area hotel for a 3 night stay.

Day 2: Today after enjoying a Continental Breakfast, you will go on a GUIDED TOUR OF LANCASTER including Amish Country. Next, you'll visit the KITCHEN KETTLE VILLAGE - a charming marketplace of shops and restaurants. Then, you'll see the NEW musical "MIRACLE OF CHRISTMAS" at the Sight & Sound Millennium Theatre®, one of the world's largest live performance stages. After decades of crushing Roman rule, the Hebrew people are losing hope. When will the promised Messiah come? Into the midst of this turmoil, young Mary is told she will bear God's son. Angels in heaven proclaim his birth; humble shepherds and regal kings pay him homage. Clearly this is no ordinary child! But who is he - really? Is he the Messiah, our Savior? Who can even believe such a thing! Witness the story that is central to the season, brought to life with high drama, awe-inspiring special effects and live animals. The true meaning of Christmas unfolds right before your eyes! Tonight enjoy Dinner and head back to your hotel.

Day 3: Today after enjoying a Continental Breakfast, you will go to THE AMISH EXPERIENCE attraction. The Amish Country Homestead is a reflection of their commitment to accurately and sensitively portray the Old Order Amish as they live and work in today's world. The Homestead is the home of the fictional Amish family of Daniel and Lizzie Fisher, whom you have gotten to know in the Amish Experience Theater's "Jacob's Choice." Inside the Homestead, learn of Amish traditions and practices, plain clothing and life without electricity. The Fisher One-Room School is attached to the house and filled with authentic desks and furnishings from an actual Amish school. You'll learn the tradition of teaching eight grades in one room. From the pantry stocked full of freshly canned vegetables to the family's plain clothes... from propane-powered lamps to air-compressor driven appliances...the Fisher Family Homestead truly provides insights into the complex riddles of a culture so very different from our own. After free time at PARK CITY CENTER, which is the largest enclosed shopping center in Lancaster County, you will head to Lancaster's famous American Music Theatre for "JOY TO THE WORLD." Evoking the revered holiday nostalgia of hometowns all across the US, the stage will transform into a small-town winter carnival brimming with family and friends. Featuring scenes filled with entertaining elves, dramatic dancing, sensational singing, and grand moments galore. The incredible AMT Singers, Dancers, and Orchestra will perform favorites such as "Away in a Manger," "Jingle Bells," "Hark, The Herald Angels Sing," "Let it Snow," and "Carol of the Bells" live on stage. Awe-inspiring music and dance, phenomenal voices, and light-hearted holiday humor are the ingredients for this season's all-new extravaganza. Tonight, enjoy Dinner before heading back to your hotel.

Day 4: After enjoying a Continental Breakfast, you'll depart for home. A perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$112 for single occupancy.

Final Payment Due: 8/28/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Karen Johnson @ (304) 755-2385

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®

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Putnam County

SENIOR PICNIC 2019



WHAT?

THE PUTNAM CO. SENIOR PICNIC, WITH A TAILGATE LUNCH, SPORTS THEMED FUN AND LIVE MUSIC BY WILLIE D. AND NO REGRETS

THE FANS OF WVU AND MARSHALL GO HEAD TO HEAD AT THIS YEAR'S SENIOR PICNIC!

WEAR THE COLORS OF YOUR FAVORITE TEAM!

DOOR PRIZES AND VENDORS!

WHEN?

10 AM - 2 PM
AUGUST 15, 2019

WHERE?

HURRICANE WAVE POOL PARK
#1 VALLEY PARK DRIVE
HURRICANE, WV 25526

FOR MORE INFORMATION CALL

(304) 755-2385

TRANSPORTATION AVAILABLE,
JUST CALL!



Sponsored by the City of Hurricane and organized by Putnam County Aging Program, Inc.





JULY 2019

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

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.

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.

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
1 SLOPPY JOES ON BUN TATOR TOTS CORN PEARS	2 CREAMED CHICKEN OVER BISCUIT CARROTS & LIMA BEANS FRUITED JELLO	3 TACO SALAD WITH MEAT TOSTITO SCOOPS CHEESE, LETTUCE, TOM SOUR CREAM & SALSA MANDARIN ORANGES	4 INDEPENDENCE DAY ALL SITES CLOSED	5 SALMON CROQUETTE MAC & CHEESE STEWED TOMATOES SIDE OF SLAW BANANA
8 HAMBURGER ON BUN ONION, PICKLE, MAYO SWEET POTATO FRIES BAKED BEANS MIXED FRUIT	9 KIELBASA & CABBAGE BUTTERED POTATOES CORN MUFFIN TROPICAL FRUIT	10 BBQ CHICKEN MASHED POTATOES BROCCOLI WHOLE WHEAT ROLLS PEACHES	11 PINTO BEANS FRIED POTATOES GREENS OF CHOICE CORN MUFFIN PINEAPPLE	12 PORK LOIN & GRAVY SCALLOPED POTATOES GREEN BEANS WHOLE WHEAT ROLL APPLESAUCE
15 SALISBURY STEAK & GRAVY MASHED POTATOES GREEN BEANS WHOLE WHEAT ROLL MIXED FRUIT	16 TUNA CASSEROLE PEAS WHOLE WHEAT ROLL BROWNIE & YOGURT	17 MEATLOAF MASHED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN ORANGES	18 HAM & CHEESE WRAP LETTUCE & TOMATO CHIPS COTTAGE CHEESE PINEAPPLE	19 TAMALE PIE MEXICAN RICE BUTTERED CORN CANTALOPE
22 BISCUITS & GRAVY SAUSAGE FRIED APPLES HASH BROWN JUICE	23 CHICKEN & RICE CASSEROLE PEAS & CARROTS PEACH CRISP	24 SPAGHETTI & MEAT SAUCE ITALIAN VEGGIES GARDEN SALAD CINNAMON APPLESAUCE	25 PORK LOIN & GRAVY SWEET POTATOES GREEN BEANS WHOLE WHEAT ROLL TROPICAL FRUIT	26 TUNA SALAD SANDWICH SLICED TOMATOES POTATO SALAD BANANA
29 COOKS CHOICE	30 PINTO BEANS FRIED POTATOES GREENS CORN MUFFIN PEARS	31 HAM & CHEESE HOAGIE LETTUCE & TOMATO CHIPS MACARONI SALAD PINEAPPLE		

New Veteran's Center

In January, the WV Department of Veterans Assistance (WVDVA) officially opened the Teays Valley Field Office in Hurricane, which is the third new outreach center opened by the department since September.

The WVDVA helps WV veterans and their families tap into available state and federal benefits.

The new office is located at:

3772 Teays Valley Road, Suite B,
Hurricane WV 25526.

Anyone looking for more information about the new offices is invited to call (304) 562-3612 or visit between 8 AM and 5 PM for more information.

Seniors can also call Putnam County Aging Program at (304) 755-2385 for transportation to the new Veteran's Center!

Tech-Tip: Phone Security

An increasing number of seniors today are carrying smart phones filled with contacts, messengers, as well as banking and financial information, and it's important to keep that information out of the wrong hands.

So what basic measures can one perform to secure smartphones?

First, make sure that your phone screen uses a secure lock that will keep someone from unlocking the screen, and keep the pin, pattern, or password a secret.

Second, make sure your phone's contents are encrypted, which would prevent a thief from reading the phone's contents from another device. If you're using an up to date iPhone, your device encrypts all of its contents automatically.

Those using Android Devices will need to turn encryption on by going into the Settings and accessing Lock Screen and Security

Senior Picnic is in fall

The Annual Senior Picnic is scheduled for August 15th, 10 am—2 pm at Hurricane's Valley Park!

All Putnam County senior citizens as well as their friends and family are invited to attend.



In previous years attendees have enjoyed a variety of picnic themes including carnival, wild west, patriotic, and luau. This year's theme is the WVU vs Marshall rivalry!

Participants are invited to support their favorite teams, participating in rivalry themed games and activities as they enjoy live music by Willie D. and No Regrets before a delicious picnic lunch!

Whichever school's your favorite, or if you don't have a preference, this year's senior picnic will be a blast for all involved!

If you have questions or would like more information about this year's Putnam Senior Picnic, call LuAnn Willis at (304) 755-2385!

Silver Sneakers information

Many seniors have heard of Silver Sneakers, but don't know what that is.

Silver Sneakers is a program encouraging older adults to participate in physical activities that help improve their health.

It sponsors activities and social events to keep seniors healthy and active.

The small entry fee is covered by most insurance and Medicare Advantage plans.

With Silver Sneakers membership, you get access to 16,000+ fitness locations in gyms and community centers with classes, videos, and a whole lot more!

To find a Silver Sneakers location near you, visit SilverSneakers.com

WV Seniors getting active in the 2019 WV Senior Olympics and Putnam Senior Games!

Several local seniors represented Putnam County in the WV Senior Olympics in Keyser this year, winning nearly a dozen medals between them!



Seniors march forth before the 2018 Putnam Senior Games

This year's senior games are approaching fast, coming up at the Hurricane City Park on September 12th with opening ceremonies starting at 9 AM.

Seniors who enjoy the Putnam County Senior Games are invited to also attend the following year's WV Senior Olympics, and the big winners are even given scholarships to pay their way!



Ann Riffiee winning at Archery in the WV Senior Olympics

The games, organized by the Putnam County Aging Program, gather seniors from across Putnam County for friendly competitions including archery, foot races, basketball, spelling bees, creative events, and many more!



Hazel Lilly competes at Frisbee Golf in the WV Senior Olympics in Keyser!

Those interested in learning more about these events are invited to call Karen Johnson at (304) 755-2385!

Seniors have a ball again at this year's prom!

The Seniors citizens of Putnam County gathered again this year on April the 26th to enjoy a formal prom dance, this time at the Hometown senior center.

Attendees danced the night away with friends and loved ones all to music played by a DJ, enjoying some serious classics, as well as lighter hearted dances like the Chicken Dance all with a masquerade themed flair.



Seniors from across Putnam dancing together!

Transportation to the prom is provided each year at no cost by the Putnam County Aging Program, including wheelchair accessible van transportation.



This year's prom featured a masquerade theme!

Anyone looking for more information on or transportation to the this or other upcoming events hosted by Putnam County's senior centers are invited to call Older American's Act Director Karen Johnson at (304) 755-2386!



Coronation of our Prom King & Queen

Ray Wilson & Imogene Arthur

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 by not required.

Daily (M-F)

Exercise room – *Buffalo*
 Computer Lab - *Hometown*
 Raised Gardens - *Buffalo*
 Pool Tables – *Buffalo, Hometown, John Henson*
 Video Games – *Buffalo*
 Puzzles – *Hometown, John Henson*
 Indoor Senior Closet 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

Grocery Store 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*
 9:30 AM | Singalong Songs—
Hometown
 10:30 AM | Bingo – *Hometown, Buffalo*
 1:00 PM | Exercise – *John Henson*

Thursday

1:00 PM | Line Dancing – *John Henson*
 9:00 AM | Sit and be Fit – *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

- TBA—Farmer's Market Trip*

Hometown Senior Center

Monthly

2nd Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit
2nd and 4th Week @ 10:30 AM
 Crafts Days
TBA Monthly
 Senior Cash Auction

Upcoming Events

- Jul 05 | Independence Day Cookout

John Henson Senior Center

Monthly

1st Wednesdays @ 11 AM
 Medicare Benefits Counselor Visit

Upcoming Events

- Jul TBA | Trip*

*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



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(304) 755-2385
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Saint Albans, WV 25177

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(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
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www.PutnamAging.com
Bureau of Senior Services
(304) 558-3317
Medicare help line
1-877-987-4463

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