

# The Silver Spirit

July/August 2015

Volume 7, Issue 4



## Jefferson County Council on Aging

103 West 5th Avenue  
Ranson, WV 25438

**Phone:**  
304-725-4044

**Fax:**  
304-725-9500

**Website:**  
[www.jccoa.org](http://www.jccoa.org)

### Operating Hours:

Monday-Friday  
8am-4pm

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## Feed to Achieve Program

Jefferson County Council on Aging will be preparing meals once again for the children of Jefferson County during the summer.

Intergenerational programs bring the seniors and the children together, aiding in making our community stronger. JCCOA has partnered with the summer meal program that allows the children to have a healthy meal, activities, and a snack daily.

Many local senior citizens are without family or feel they have nothing to offer the community. The Feed to Achieve Program makes it possible for the seniors in the area to pair up with children and make a difference in not only the child's life but also their own.

The Feed to Achieve Program will available at the following locations:

### Bolivar United Methodist:

Monday, Wednesday, & Friday: 12:00pm – 1:30pm

### St. Johns Evangelical Lutheran Church:

Tuesday, & Thursday: 12:00pm – 1:30pm

### Blue Ridge Mountain Volunteer Fire Department:

Tuesday, & Thursday: 12:00pm – 1:30pm

The Feed to Achieve Program also has planned for mobile buses to be available. There locations will be at the following areas:

### North Jefferson Elementary School:

Monday – Friday: 12:00pm – 1:30pm

### Shannondale Clubhouse:

Monday – Friday: 12:00pm – 1:30pm

You may find additional information on their website

[WWW.fns.usda.gov/summerfoodrocks](http://WWW.fns.usda.gov/summerfoodrocks)



## JCCOA Alzheimer's Support Group for Caregivers:

Are you or someone you know caring for someone with Alzheimer's disease or a related dementia? The JCCOA will launch its Alzheimer's Support Group for Caregivers on the following Friday's: July 17th and August 28th. This group will meet from 10am-12noon.

For more information or to let us know that you will be joining us, call 304-725-4095.



# Bingo Schedule for July & August 2015

**CHECK OUT THE NEW BIN-  
GO TIME!!!!**

You asked and we listened. Bingo  
on Tuesday's will now start at  
10:00am.

## August 2015

- Tuesday, August 4, 2015 at 10:00am/1:00pm  
Drink Bingo Caller: Martha Zimmerman
- Thursday, August 6, 2015 at 1:00pm  
Regular Bingo Caller: Sonnie Carroll
- Tuesday, August 11, 2015 at 10:00am/1:00pm  
Paper Products Bingo Caller: JCCOA Staff
- Thursday, August 13, 2015 at 1:00pm  
Regular Bingo Caller: Dot Sager
- Tuesday, August 18, 2015 at 10:00am/1:00pm  
One Mans Junk Bingo Caller: Martha Zimmerman
- Thursday, August 20, 2015 at 1:00pm  
Regular Bingo Caller: JCCOA Staff
- Tuesday, August 25, 2015 at 10:00am/1:00pm  
Boxed Food Bingo Caller: Sonnie Carroll
- Thursday, August 27, 2015 at 1:00pm  
Regular Bingo Caller: Martha Zimmerman

## 50/50 Cash Bingo:

The Recreation Department will be  
hosting 50/50 Cash Bingo on the following  
days:

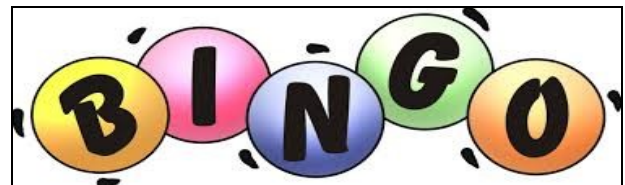
- July 7, 2015
- July 21, 2015
- August 4, 2015
- August 18, 2015

\*See page 6 for details\*



## July 2015

- Thursday, July 2, 2015 at 1:00pm  
Regular Bingo Caller: Martha Zimmerman
- Tuesday, July 7, 2015 at 10:30 & 1:00pm  
Boxed Food Bingo Caller: Peggy LaGray
- Thursday, July 9, 2015 at 1:00pm  
Regular Bingo Caller: Sonnie Carroll
- Tuesday, July 14, 2015 at 10:30 & 1:00pm  
Paper Products Bingo Caller: JCCOA Staff
- Thursday, July 16, 2015 at 1:00pm  
Regular Bingo Caller: Dot Sager
- Tuesday, July 21, 2015 at 10:30 & 1:00pm  
One Mans Junk Bingo Caller: Martha Zimmerman
- Thursday, July 23, 2015 at 1:00pm  
Regular Bingo Caller: JCCOA Staff
- Tuesday, July 28, 2015 at 10:30 & 1:00pm  
Canned Food Bingo Caller: Sonnie Carroll
- Thursday, July 30, 2015 at 1:00pm  
Regular Bingo Caller: Martha Zimmerman



## Special's Bingo:

The Recreation Department will be  
putting together baskets/gift cards with  
a value of \$10.00 or \$15.00 for a Special  
Bingo to take place at 11:30am on the  
following days:

- July 14, 2015
- July 28, 2015
- August 11, 2015
- August 25, 2015



# JCCOA Cash Bingo

JCCOA Cash Bingo will be held Tuesday, August 1st.

\*\*\*\*\*THERE WILL BE NO CASH BINGO IN JULY\*\*\*\*\*

Doors open at 5:30pm; Early Birds start at 6:30pm; Regular Bingo starts at 7:00pm.

**Admission is \$25.00 per player**

**(includes 9-pack book with 1 Bonanza, 1 Slow Quickie and 1 U-Pick-Em)**

Payouts for Regular Games \$50.00/Special Games \$75.00.

Progressive Jackpot of \$1000.00 with a guarantee of \$500.00 nightly.

Concessions available as Tip Jars and Window Seals sold throughout the night!

COME JOIN US FOR A NIGHT OF FUN AND A CHANCE TO WIN BIG!!!!!!



## JCCOA Nail Salon:

Our ladies deserve a day of pampering...so join us here at the center on the following dates:

**Tuesday, July 21, 2015**

**Wednesday, August 26, 2015**

As we open up our monthly JCCOA Nail Salon. No prepping is necessary! Bring in your own color or choose from the variety that we have available. **This is free to those 60 years of age and up!!!!**

## CRAFTS

### July 2015:

July 2, 2015– Crafts at JCCOA  
 July 9, 2015– Jefferson CEOS Club Crafts  
 July 16, 2015— Crafts at JCCOA  
 July 23, 2015 — Crafts at JCCOA  
 July 30, 2015—Crafts at JCCOA

### August 2015:

August 6, 2015— Crafts at JCCOA  
 August 13, 2015– Jefferson CEOS Club Crafts  
 August 20, 2015—Crafts at JCCOA  
 August 27, 2015– Crafts at JCCOA

## MUSIC FOR JULY & AUGUST 2015

**July 24 , 2015 & August 7, 2015**

Country Melodies Band

**July 31, 2015 & August 28, 2015**

Precious Memories Band



## ZUMBA

Seniors at JCCOA have joined the worldwide craze— Zumba fitness!!!! Zumba has taken the world by storm, giving a whole new meaning to aerobic exercise. No expensive equipment or pricey outfit is needed. Modified steps are easy to

follow and can be done right from your chair, if needed. The term “Zumba” means to move swiftly with grace. Zumba is a program of Latin dance movies which incorporates interval and resistance exercise. The moves are routinely performed to Latin rhythms, and other lively international music.

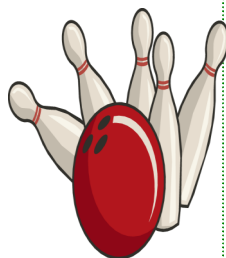
Come join us at JCCOA on Monday’s at 9:30am for Zumba with Emma (Emmy)!! You don't want to miss the fun exercise dances!

## JCCOA Wii Bowling

Wii Bowling is a big hit here at the center. Wii Bowling is a no-skills needed game and can be played right from your chair. Teams are drawn randomly at 9:15am every Thursday. Get your practice in during the week on Monday’s and Wednesday’s at 1:00pm. Trophies are given to those players with the highest 4 scores as well as a special Grand Prize. A Special Grand Prize is also given to those players on the team with the highest overall score for the day.

Video games such as Wii Bowling have been linked to:

1. Countering Depression
2. Preventing Falls
3. Providing Exercise
4. Improving Mental Health



## Active for Life Exercise Program: Monday’s and Wednesday’s at 10:15am

Active for Life Exercise Program is a low-to-moderate intensity strengthening program for older adults. This program was designed by West Virginia University Extension Services in consultation with a physical therapist.



Did you know that exercise can:

1. Help improve your mood
2. Help combat chronic disease
3. Helps manage your weight
4. Helps boost your energy level
5. Helps promote better sleep
6. Exercise can be.....FUN!!!!

Active for Life is led by our volunteer Peggy LaGray on Monday’s & Wednesday’s at 10:15am.

## FREE- CHRONIC DISEASE SELF MANAGEMENT PROGRAM

JCCOA will be hosting a FREE Chronic Disease Self Management program provided through the Berkeley County Health Department. This program is a 6 week program for people living with chronic conditions including, but not limited to, Asthma, Arthritis, Cancer, COPD, Chronic Pain, Diabetes and Heart Disease held on Wednesdays from July 8— August 12, 2015. This class will be held from 10am-12noon here at JCCOA.

**Workshop Details:** The Chronic Disease Self- Management Programs teach you how to get the most out of life with a chronic condition. The workshops build confidence and teach practical skills for managing health, staying active, and enjoying life. The workshops help you: 1) Take day-to-day responsibility for your health 2) Work more effectively with your health care team 3) Learn problem solving and decision making skills which enable you to confront the challenges of living with chronic conditions.

**Workshop Details:** 1) Each workshop is 2 hours, once a week 2) Workshops are taught by 2 trained instructors. 3) The workshops are offered in small groups of 8-15 participants 4) Participants may include persons with chronic illness, family members, survivors or caregivers 5) Each participant receives a workbook and program materials free of charge.

PLEASE SEE CHASIDY IF YOU INTERESTED IN PARTICIPATING IN THE CLASSES.





## Speakers for July & August 2015:

*July 1, 2015*  
**Sabre Johnson– Reminiscing**  
*July 6, 2015*  
**Dr. Didden:**  
*July ,8, 2015*  
**Germaine & Joyce– Speaking with your provider**  
*July 13, 2015*  
**Ce Nichols: Alzheimer Association**  
*July 15, 2015*  
**Walgreens: TBA**  
*July 20,2015*  
**Sabre Johnson: Reminiscing**  
*July 22, 2015*  
**Judith Marshall– Health Literacy 11:00am**

*July 29, 2015*  
**Dr. Didden:**  
*August 5, 2015*  
**Sabre Johnson– Reminiscing**  
*August 10, 2015*  
**Judith Marshall—Maximizing your Dr. Appointment**  
*August 12, 2015*  
**Dr. Didden:**  
*August 17, 2015*  
**Sabre Johnson—Reminiscing**  
*August 19, 2015*  
**Walgreens: TBA**  
*August 26, 2015*  
**Germaine & Joyce—How to save on your healthcare**

### AARP Safe Driving Course

The Jefferson County Council on Aging will host an AARP Safe Driving Course on July 20 and 21, 2015. The course will be held from 9am-1pm each day. You must take all 8 hours of the course in order to receive your certificate. The AARP Safe Driving Course is specifically designed for the older driver and takes into consideration the physical changes of the maturing driver and identifies ways older drivers may

compensate for those changes.

- **Cost for the course is \$15.00 for AARP members and \$20.00 non-members.**
- **CONTACT ROGER KRYGER AT 304-876-0249 TO REGISTER FOR THIS CLASS!!!**

## Mobile Office Hours for July & August 2015:

**July 21 & August 11, 2015**

Attorney General Patrick Morrissey's Mobile Office 11:30am

**July 4 & August 7, 2015**

Congressman Alex Mooney's Mobile Office 11:30am

**July 28, 2015**

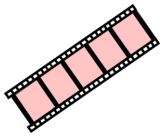
Congresswoman Shelly Moore Capito's Mobile Office 11:30am



# Changes Coming to the JCCOA Senior Center

**We asked, you responded, and we listened!**

Recently we've conducted a survey of activities that you may or may not be interested in! We appreciate all the feedback and are excited to follow through with changing up and adding additional activities during the coming months!



## Movie Trips:

JCCOA will be going to the Alamo Theatre and lunch on the following days:

**Wednesday, July 22, 2015**

(Muppets Most Wanted)

AND

**Tuesday, August 12, 2015**

(1961- The Parent Trap)

Ticket cost for the movie is \$7.00. Lunch (on your own) will be held at the Golden Corral restaurant in Winchester. The price for lunch is \$7.19 drink included for those over the age of 60. All others wishing to participate that are under the age of 60 the price of lunch is \$8.49 not including a drink.

**JCCOA will be leaving the center at 8:45am for the Alamo Theater Trips.**

\*\*\*\*\*

JCCOA will be going to Berkeley Plaza Theatre on the following days:

**Wednesday, July 8, 2015**

(Night at the Museum: Secret of the Tomb)

AND

**Thursday, August 27, 2015**

(RV)

**JCCOA will be leaving the center at 9:00am for the Berkeley Plaza Trips.**

Please see Chasidy if you are interested in joining us!

## 50/50 Cash Bingo

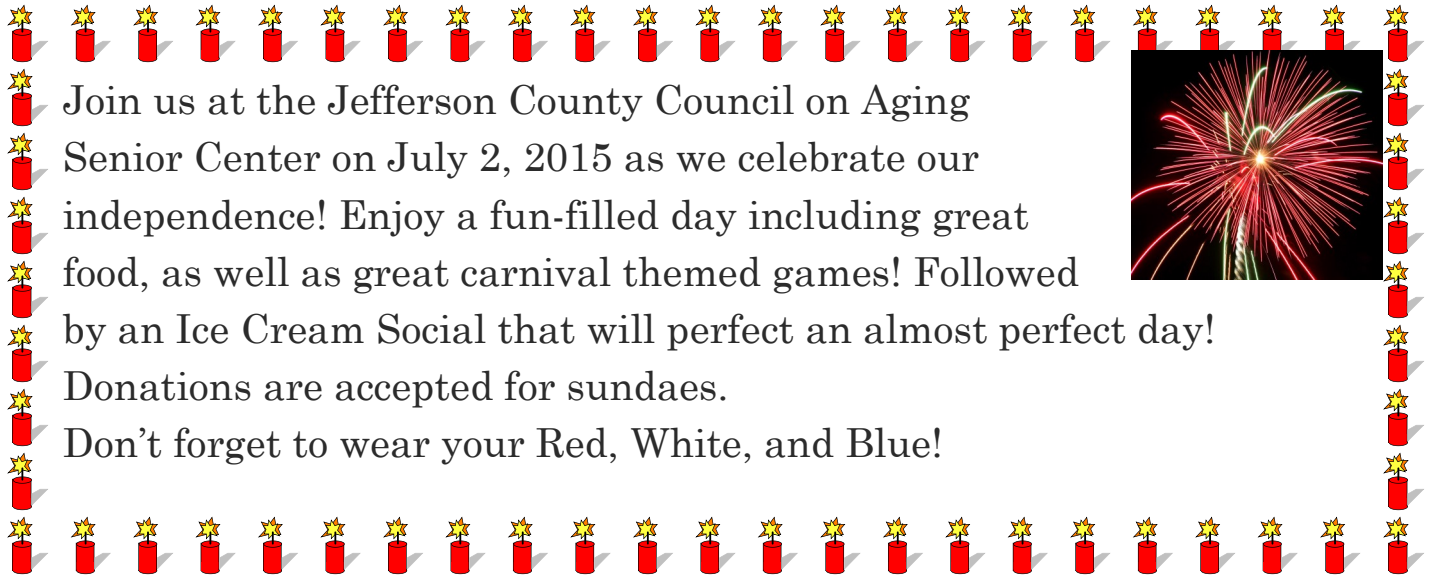
50/50 Cash Bingo will now be scheduled bi-weekly, falling on Tuesday of each week that we do not have a Special Bingo scheduled. The price will be the same as a Special Bingo, however the Bingo winner will receive 50% of the money brought in by the game. The other 50% will go into a Recreation Department fund to help those wishing to participate in activities but cannot afford the cost.



## TIP JARS:

There will also be "Tip Jars" for sale from 11:30am-12:00pm. The cost is \$1.00 per tip. The proceeds will also go towards the cost of recreational activities and outings.

# JCCOA Independence Day Picnic & Carnival



Join us at the Jefferson County Council on Aging Senior Center on July 2, 2015 as we celebrate our independence! Enjoy a fun-filled day including great food, as well as great carnival themed games! Followed by an Ice Cream Social that will perfect an almost perfect day! Donations are accepted for sundaes. Don't forget to wear your Red, White, and Blue!



## Hawaiian Luau

Get ready for a Hawaiian Getaway with the Jefferson County Council on Aging. Get out those grass skirts, flowered shirts, and sandals. Enjoy the Hawaiian festivities and decorations without ever leaving Jefferson County. We will be doing many exciting activities including prizes for those dressed in their best authentic Hawaiian outfits.

**YOU MUST BE FULLY DRESSED!**



## Karaoke

Come on by and sing your heart out! JCCOA will be hosting Karaoke Friday, August 14, 2015 at 10:30am.

If you're not up for singing, enjoy new and old friends and dance the morning away!

If you have any music suggestions please see Chasidy!

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## Jefferson County Fair

August 16-22, 2015

Come join us for: **SENIOR DAY AT THE FAIR!**

JCCOA will be taking a bus out on Wednesday, August 19, 2015 for the FREE Senior Day at the fair. Listen for more information on this closer to Fair Time!

# Director's Note:

I want to thank the individuals who represented JCCOA during the 2015 Senior Olympics! Although I am very proud of the medals that you won, I am more pleased with your teamwork and the sportsmanship that you displayed!

I was extremely fortunate this year and was able to attend a few of the events. I noticed how you looked out for each other and truly demonstrated the fact that you care for one another!

The camaraderie that I witnessed at these events was remarkable! One of our representatives, "Frannie", took home a huge trophy for Sportsmanship! This in itself demonstrates how wonderful you truly are!

I am truly looking forward to next year's events!



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## OLYMPIC AWARDS



VectorStock File ID No. 603478

- Phyllis Grove: Softball Throw: Bronze
- Frances Destefano: Disc Golf Putting: Bronze
- Paula Abelow: Horseshoes: Bronze
- Bill Rodgers: Texas Hold 'Em: Gold
- Frances Destefano: Basketball Free: Gold
- Terry Tabb: Lacrosse: Silver
- Phyllis Grove: Soccer Kicking: Bronze
- Terry Tabb: Bean Bag Toss: Bronze
- Phyllis Grove: Lacrosse: Gold
- Terry Tabb: Soccer Kicking: Gold
- Janis Hansen: Bean Bag Toss: Silver
- Janice Weisel: Painting: Bronze
- Ardalía Taylor: Whiffle Ball: Bronze
- Phyllis Grove: Bean Bag Toss: Silver
- Janice Weisel: Drawing: Bronze
- Janis Hansen: Wiffle Ball: Gold
- Janis Hansen: Corn Hole Toss: Gold
- Florence Oakley: Other Crafts: Bronze
- Paula Abelow: Soccer Kicking: Gold
- Frances Destefano: Basketball Hot: Silver
- Florence Oakley: Drawings: Silver
- Mike Weisel: Soccer Kicking: Silver
- Frances Destefano: Bocce Ball Roll: Gold
- Terry Tabb: Bocce Ball Roll: Gold
- Ardalía Taylor: Softball Throw: Bronze
- Terry Tabb: Disc Golf Putting: Bronze
- Terry Tabb: Basket Ball Free: Bronze
- Terry Tabb: Disc Golf Putting: Bronze
- Frances Destefano: CLYDE ACKLEY SPORTSMANSHIP AWARD

Amy Wellman

Executive Director





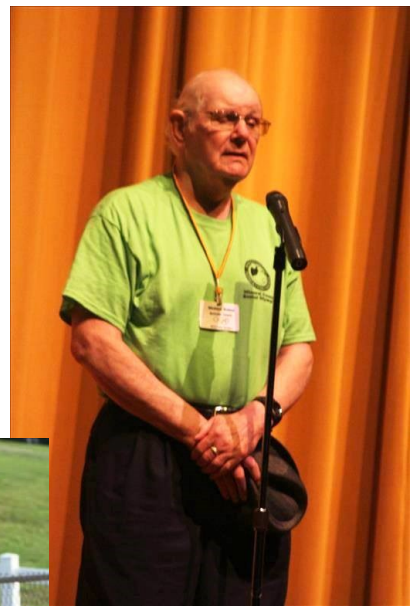














# Director's Note: EMPLOYEE RECOGNITION

JCCOA held our annual staff award ceremony on June 10, 2015. This ceremony provides me with a chance to let my staff know exactly how wonderful they are! Our In-Home Care Department received the “Most Improved Department Award”! This team has worked diligently at improving services and coverage. The JCCOA In-Home Care Department provided over 100,000 hours of service in an effort to assist seniors remain in their own homes and maintain their independence.

The following awards were also presented to the In- Home Care Team:

- Team Player: Heather Schrader
- Most Dependable: Paula Chaney
- Perfect Paperwork: Tonya Stillions
- Professional Appearance: Virginia Robinson
- Perfect Attendance: Robin Webster
- Most Improved: Renee Cooper
- Always willing to help: Susan Haynes
- Adaptability: Tyree Smith
- Always Cheerful: Georgetta Breeden
- 10 Years of Service: Grace Brooks
- 10 Years of Service: Barbara Clayton

Our Transportation Department provided over 18,000 one way trip during the year! Kim Hogbin, Transportation Supervisor, received the Most Resourceful Award. Bill Rodgers received the Employee of the Month Award.

Our Nutrition Team provided over 45,000 meals during the year! The Nutrition Department received several awards during our ceremony. Chasidy Rosa Morales received the JCCOA MVP Award. Billy Smith was recognized not only for his Outstanding Customer Service skills but also for always being dedicated. William Hall was awarded for being a Team Player. Debbie Hildebrand received an award for her Outstanding Dependability.

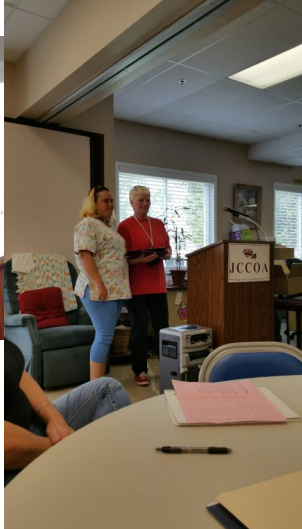
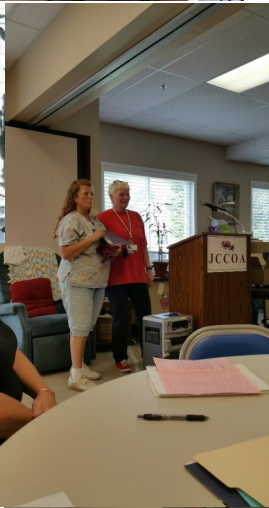
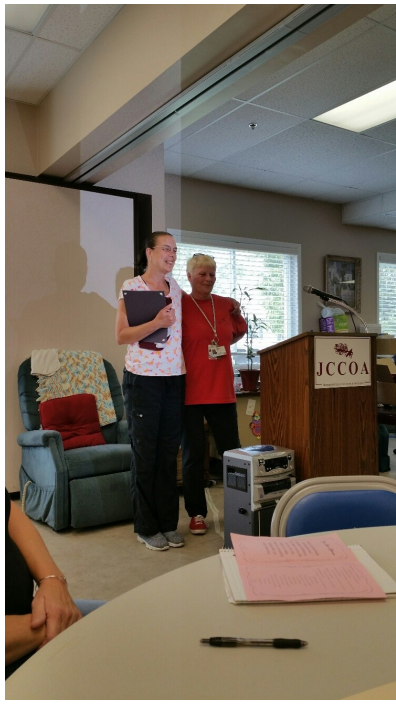
All JCCOA employees are amazing at what they do and do not go unnoticed. Marie Heminway was awarded the Shining Star award for The Jefferson Center. Jessica Jarvis was recognized for her creativity! Sarah Pierson was awarded the Above & Beyond Award! Chelsey Moore received the Directors Award! Joyce Oates has been recognized with the Unsung Hero Award! Germaine Gauthier-Schwartz received the Rising Star Award! John Heminway was awarded the JCCOA Behind the Scene MVP award!

I appreciate everything you've done for JCCOA!

Amy Wellman

.....  
Executive Director







*Jefferson County Council on Aging hosts End of Summer:*

**INDOOR**  
**YARD**  
**SALE**

**SATURDAY, AUGUST 29, 2015**  
**8am–2pm**

LOCATION: JCCOA-103 WEST 5TH AVENUE, RANSON

**TABLES AVAILABLE:**

**1/\$15.00**

**OR**

**2/\$25.00**

**VENDORS WANTED:**

Call Chasidy at  
304-725-4095 to reserve  
your table today!



**ALL TABLE SALE PROCEEDS  
WILL GO TO THE  
JEFFERSON COUNTY**



**CONQUERORS OF ALZHEIMER'S**

**(JCCOA'S team walking in the Walk to End Alzheimer's)**

# Senior Expo

SUNDAY, JULY 12, 2015

12NOON-4:30PM

## FREE ADMISSION

Informative and educational event to promote well-being and quality of life to the 50+ population

Meet with Area Business (including JCCOA) and Win FREE Door Prizes!

**HELD AT THE:**

HOLIDAY INN

301 Foxcroft Avenue, Martinsburg

\*\*\*\*\*

**PRESENTED BY:**

THE JOURNAL

### A CHRISTMAS STORY– Dutch Apple Dinner Theater

## December 9, 2015

\$90.00 (60yrs. & up)

\$95.00 (59yrs. & under)

Join the Jefferson County Council on Aging as we head to Lancaster, PA to the Dutch Apple Dinner Theater. An all-new Broadway musical based on the classic 1983 movie that is the hilarious account of Ralphie's desperate quest to ensure that this most perfect of gifts ends up under his tree this Christmas. The coveted Red Rider BB Gun.

**TRIP FEE INCLUDES:** Transportation to & from Lancaster, PA, Lunch Buffet at Dutch Apple Dinner Theater, and ticket for A Christmas Story at Dutch Apple Dinner Theater.

\*\*\*\*\*SEE CHASIDY TO REGISTER FOR THIS TRIP....DONT MISS OUT!!!!\*\*\*\*\*



### The End of Alzheimer's Starts with You!

## Donate Today to the:

Jefferson County Conquerors of Alzheimer's

\_\_\_\_\_ \$10.00 \_\_\_\_\_ \$15.00 \_\_\_\_\_ \$20.00

\_\_\_\_\_ Other Amount (Cash or Checks Accepted)

Name to Appear: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

THANK YOU FOR YOUR SUPPORT OF A GREAT CAUSE!

\*\*\*CUT AND RETURN DONATION TO CHASIDY\*\*\*





# BRAIN GAMES

# 1 Cake you catch a mouse with.

---

# 2 Cake to eat in the morning.

---

# 3 Hershey's Cake.

---

# 4 Cake you can eat in heaven.

---

# 5 The Cake you clean with.

---

# 1 What was the first letter Vanna White turned on Wheel of Fortune, was it S or R or T or N.

# 2 Which of these Presidents was inducted into The Cowboys Hall of Fame. Bill Clinton, J.F. Kennedy or Ronald Reagan.

# 3 What famous Prince is left handed was it Prince William Prince Harry.

# 4 What Holiday did Abraham Lincoln Dedicate in 1863 as a Holiday.

# 5 What City and State was America's first Fair held and what was the date it was held.



## WELCOME SUMMER

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

AUGUST  
BEACH  
BIKES  
CAMPING  
CARNIVAL  
COOKOUTS  
FIREFLIES  
FIREWORKS  
FISHING  
FLIPFLOPS

FUN  
HULA HOOPS  
ICE CREAM  
JULY  
JUMPROPE  
JUNE  
MOVIES  
PARADES  
PARTIES  
PICNICS  
POOL

POPSICLES  
ROLLERCOASTER  
SANDALS  
SPLASH  
SPRINKLER  
SNOWCONES  
SUNGLASSES  
SUNSCREEN  
SWIMMING  
THEME PARK  
VACATION

# July & August Seniors of the Month



## JULY SENIOR OF THE MONTH

July Senior of the Month is Joann Andrews. Everyday you can see Joann volunteering her time by helping with scheduled activities such as bingo, and Wii bowling. Joann is a big help with lunch and always adds in a friendly “Good Morning” everyday she is here! Thank you for all your help! Congratulations on becoming the July Senior of the Month!

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## AUGUST SENIOR OF THE MONTH

August Senior of the Month is Julie Silvidio. Julie can be seen volunteering around the center to help keep our records updated. Julie loves to participate in the many activities that JCCOA has to offer with a big smile on her face. Julie is very welcoming to new guests. Thank you for all you do for the center!

Congratulations on becoming the August Senior of the Month!



## JCCOA Code of Conduct:

This Code of Conduct is intended to encourage behavior that supports the Jefferson County Council on Aging's (JCCOA) goal to provide positive experiences in a welcoming environment. Unacceptable behavior is identified as that which interferes with the JCCOA, infringes on the rights of others, infringes on JCCOA staff, causes damage to the building (s) and/or equipment or is hazardous to oneself or others.

**Specific examples of unacceptable behavior for all JCCOA patrons include, but are not limited to the following:**

- 1) Inappropriate use of rooms without program director or JCCOA employee supervision
- 2) disruptive or offensive behavior
- 3) Verbal or physical abuse or harassment of JCCOA patrons or staff member in angry, violent, or threatening manner.
- 4) Unauthorized removal or

**Definition:** A grievance is simply a complaint, or bases for a complaint:

- 1) All JCCOA participants have the right to file a grievance
- 2) Verbal grievances may be requested to be in writing for documentation: A participant may file a grievance by:
  - A) Telling an employee or the director that he/she has a complaint
  - B) Sending a letter to:

Executive Committee, Chairman  
JCCOA  
103 West 5th Avenue

attempted removal of materials

- 5) Unauthorized moving of furniture.

**Appropriate behavior and conduct will assist JCCOA in promoting our established values, which are as follows:**

- 1) A welcoming community resource committed to improving citizen's quality of life
- 2) A barrier free organization
- 3) A responsive and accountable steward of community resources
- 4) A responsive and adaptable organization.
- 5) A builder of a sense of place and community traditions
- 6) Celebratory of everyone's traditions, cultural and recreation aspirations
- 7) Tolerance for values and beliefs other than our own

Ranson, WV 25438

All grievances will be processed in the following manner.

Step 1- The grievance will be filed. A follow-up from the Executive Director or contact person if requiring response for ADA regulations.

Step 2- Within 7 calendar days the Executive Director will begin a full investigation. Parties will be interviewed, if an informal resolution cannot be accomplished, arrangements will be made for an information hearing.



## Jefferson County Council on Aging

103 West 5th Avenue  
Ranson, WV 25438

**Phone:**

304-725-4044

**Fax:**

304-725-9500

**Website:**

[www.jccoa.org](http://www.jccoa.org)

**Operating Hours:**

Monday-Friday  
8am-4pm

## JCCOA Board of Director's :

**Executive Director:**

Amy Wellman

**President:** Mike Shepp

**Vice President:** Andrea Ward

**Treasurer:** Patsy Noland

**Secretary:** Bill Kline

Dale Shaffer

Dale Manuel

Jimmy Pierson

Sue Watson

**Director Emeritus:**

Jane Tabb

Dorothy Taylor

Locke Wysong



# JCCOA

## Transportation Department

### Meet The Staff:

**Kim Hogbin,**  
JCCOA Transportation  
Supervisor  
304-725-4618

**John Heminway,** Driver

**Bill Rogers,**  
Driver

**Allen Starkey,** Driver

**Michael King,** Driver

### NEED TO MAKE AN APPOINTMENT?

Please call the JCCOA  
Transportation Supervisor,  
Kim

Hogbin at 304-725-4044 to  
make a reservation for  
transportation.

**All reservations for  
transportation need to  
made by 12noon each day  
at least 48 hours in  
advance!!!!**

**All cancellations for trans-  
portation should be made  
24 hours in advance!**

*Welcome*

The Jefferson County Council on Aging  
(JCCOA)  
transportation services are designed to assist  
older adults in Jefferson County by  
providing transportation 5 days per week.  
The program is for those 60 years of age or  
older or disabled and reside in Jefferson  
County. The following are transportation  
options through JCCOA:

**Medical Transportation:** JCCOA is  
pleased to provide  
non-emergency medical transportation  
for you. The standard charge for one-  
way trip is \$10.00 boarding fee plus  
\$.75 for each mile over 15 miles. The  
Department of Health & Human  
Services require us to charge the same  
for all  
riders. We have established a sliding  
scale fee for  
riders who do not qualify under the  
Medicaid  
program. We

**JCCOA provides Non-Emergency Medical Transportation to  
Appointments that are scheduled within the following hours:**

#### Jefferson County:

Monday-Friday- between 9am-12noon.

#### Martinsburg:

Monday, Wednesday, & Friday- 8am-11am.

#### Winchester:

Last Thursday of each month- 9am-1pm

#### Dialysis:

Monday-Friday- All chair times must be complete by 3pm.

JCCOA would like to welcome Michael King to our Transportation  
Department. Michael started working with us in June 2015.  
Michael is a Jefferson High School graduate from Class of 2013. He  
is a resident of Jefferson County and enjoys helping others in the  
community. Michael is very pleased to be part of the JCCOA team  
and looks forward to offering a helping hand to all those in need!  
Michael will be in and out of the building frequently but do stop  
and welcome Michael to the JCCOA team!

recognize this service is imperative to your  
health care and do not want to burden you.

We encourage you to pay what you can  
afford. If you cannot afford to pay the  
entire bill, please pay what you can, note  
the  
difference and return the bill to JCCOA,  
attention  
Finance Director.

- **West Virginia Department of Health  
and Human Resources (DHHR)**  
recently  
decided to move to a statewide  
broker-managed NEMT model. Starting  
October 1, 2014 MTM (Medical  
Transportation Management) will serve  
as the state of West Virginia's NEMT  
broker. Eligible Medicaid members  
throughout the state will work with  
MTM to arrange  
transportation to their covered medical  
appointments. If you need to schedule  
an



# JCCOA Recreation Department

## Adult Day Care/ Congregate Respite Program



The Jefferson County Council on Aging offers an

Adult Day Care/ Respite Program Monday-Friday 8am-4pm. This program provides a caregiver the opportunity to receive a

break from their daily demands and to know that their loved ones will be in a safe setting, provided with personal care, activities, food prep and more!

If you or someone you know could use this service, please contact Chasidy Rosa-Morales, JCCOA Activities Coordinator at 304-725-4045 to complete the application

## **Meet The Staff:**

**Chasidy Rosa Morales**  
JCCOA Activities  
Coordinator  
304-725-4095

**Valerie Cole**  
JCCOA Activities Aide

**Ardalia Taylor,**  
JCCOA Activities Aide

The Jefferson County Council on Aging is a non-profit agency offering a network of services enabling seniors (60+) to remain independent participating members of our community. Our agency hours are 8:00-4:00, Monday through Friday. The requirements of our programs and services may vary according to our funding sources, and federal and state criteria, such as Older American's Act. We could not provide our programs and services without our valuable volunteers. Would you like to do something productive and meaningful to serve others and your community?

Perhaps one of our areas below may seem appealing to you!

### **Administration:**

**Scrapbook Maintenance**

**Senior Contacts**

**Adult Day Service/Respite:**

**Help one-on-one with crafts**

**Maintain a resource library**

**Lead musical or reminiscence**

**activities File, photocopy,**

**computer typing in ADS office**

**Event planning and promotional tasks**

**Assist with short term projects**

**Food Service:**

**Help serve meals**

**Count money**

**Food deliveries to alternative sites**

**Clean up after lunch**

**Individual Outreach:**

**Many seniors need assistance with letter writing & reading**

### **Visitors**

**JCCOA Outreach Department:**

**Update client information over the telephone**

**Perform basic office duties**

**Deliver food and other items as needed**

**Transportation:**

**Provide telephone/radio coverage for the Transportation Coordinator when needed**

**Serve as qualified substitute**

**drivers to fill in when needed**

**Drive Seniors to the Center who**

**live in outlying areas (possible carpooling)**

**Clean the interior of agency vans**

**Wellness:**

**Serve as receptionists at the Senior Center lobby desk to greet visitors,**

**provide information and tours, and perform other varied duties**

**Lead a class or workshop**

**Teach low-impact aerobics classes**

**Instruct or assist with crafts & projects**

**Carpool seniors to and from the Senior Center**

**Computer Education:**

**Volunteer instructors**

**Finance & Facilities:**

**Custodial Helpers**

**Carpentry Work**

**Fundraising:**

**Serve on the Fundraising**

**Committee**

**Publicity**

**Help at events, set-up, clean-up, take tickets.**



# JCCOA Outreach Department



## **MEET THE STAFF:**

**Germaine Gauthier-Schawrz,**  
JCCOA Outreach  
Coordinator

**Joyce Oates,**  
JCCOA Outreach  
Coordinator

Office Phone  
304-728-4154

## **Senior Farmers Market Nutrition Program**

The Jefferson County Outreach Department will have Fruit & Vegetable vouchers available on July 1, 2015. The vouchers are first come, first served and only available to those 60 years of age or older. The vouchers are usable from July 1—October 1, 2015. Coupons will be available at the following locations:

**Ranson Senior Center:** July 1, 2015 10:00am—12:00pm

**Sycamore Circle/ Willow Springs Apartments:**

July 1, 2015 1:00pm—2:00pm

**Washington Village Apartments:** July 1, 2015 2:00pm—3:00pm

**Charles Towers Apartments:** July 1, 2015 3:00pm—4:00pm

If you are unable to be present at any of the above locations, please call the JCCOA Outreach Office at 304-728-4154 to make an appointment.

## **Free Preventative Health Services from Medicare:**

- \* Annual Wellness Visit
- \* Colonoscopy
- \* Physical Exam
- “Welcome to Medicare”
- \* Diabetes Screenings
- \* Mammogram
- \* Pap Test & Pelvic Exam
- \* Prostate Cancer Screening
- \* Glaucoma Test
- \* Flu Shots— with H1N1

The Center for Medicare Advocacy will be granting a Special Enrollment Period (SEP) on a case-by-case basis to Aetna Part D enrollees and an opportunity for refunds for beneficiaries who pay out of network charges because of incorrect pharmacy listings for Aetna on the plan finder.

Beneficiaries affected by this should call 1-800-MEDICARE to receive the SEP.

## **WV State Health Insurance assistance Programs**

<b>Programs To Help You:</b>	<b>Monthly Income Limits:</b>	<b>Pays</b>
PROGRAM 1* (Also known as QMB) <b>*<i>(INCOME AMOUNTS FOR PROGRAMS 1, 2 AND 3 DO NOT INCLUDE A \$20 DISREGARD)</i></b>	\$981 individual \$1,328 couple	Part A Deductible of \$1,260 Part A Coinsurance Part B Deductible of \$147 Part B Coinsurance Part B Monthly Premium of \$104.90
PROGRAM 2 (Also known as SLMB)	\$1,177 individual \$1,593 couple	Part B Monthly Premium of \$104.90
PROGRAM 3 (Also known as QI-1)	\$1,325 individual \$1,793 couple	Part B Monthly Premium of \$104.90
PROGRAM 4 (Also known as Part D Extra Help)	\$1,471.25 individual \$1,991.25 couple	Up to \$4,700 per year on your Part D prescriptions

**For Programs 1, 2, and 3,** your assets cannot be more than \$7,280 for an individual or \$10,930 for a couple.

**For Program 4,** your assets cannot be more than \$13,640 for an individual or \$27,250 for a couple. Assets may include: Cash, Bank Accounts (such as savings and checking), Stocks, Bonds, Annuities & CDs, Trusts, Some Life Insurance Policies, Real & Personal Property (other than home & automobile)

# JCCOA In-Home Care Department



## Homemaker Highlight:

Tyree Smith was hired in July of 2013. In her few years with us, she has taken on impossible tasks and successfully pulled through and got the job done! Tyree goes above and beyond the

expectations of a homemaker. She always has a smile and we appreciate her caring ways!

We are very happy to have her as one of shining stars and hope that she will be with us for a long time!

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# Welcome!!

JCCOA would like to welcome Lisa Benner to our In Home Care Department! Lisa started working with us in May 2015. Lisa is married, a mother to three young men, and the grandmother of three. Lisa is a Jefferson County resident and is always helping others any way that she can! Lisa graduated with a Bachelors of Science in Nursing Degree from Shepherd University in 2015. Lisa enjoys making a difference in all the lives she can.

Lisa's current hours are :

Tuesdays and Thursdays 8am—4pm

Fridays 8am—12pm.

Stop Lisa when you see her and give her a big welcome to the JCCOA team!

## JCCOA In-Home Care:

Are you in need of personal care assistance? Do you know someone who is? JCCOA can help.



Under the Lighthouse, Medicaid Personal Care, Aged and Disabled Waiver and Private Pay programs, JCCOA's homemakers provide assistance with personal care, including such tasks as bathing and toileting, as well as hair, skin and nail care. Although the focus of these programs is personal care, homemakers may also, to a limited degree, provide assistance with light housekeeping.

JCCOA's In-Home Care Department also provides in-home respite services for caregivers of people with Alzheimer's disease or a related dementia under the Family Alzheimer's In-Home Respite (FAIR) program.

If you are interested in receiving personal care or in-home respite services through JCCOA, please contact Tina Whitt, In-Home Care Administrative Assistant, for more information.

## JCCOA Nurses:

The JCCOA RN is available Mondays at 11:00 a.m. for blood pressure and blood glucose testing. A suggested donation of \$1.00 is requested. The JCCOA RN is located in the main office area. If you have any concerns or need to make an appointment, please contact Tina Whitt, In-Home Care Administrative Assistant.



## Meet The Staff:

**Judy Coe**— JCCOA RN  
304-724-7107

**Barbara Bauman**, JCCOA IHC Coordinator  
304-724-7108

**Tina Whitt**, JCCOA IHC Administrative Assistant  
304-724-7105

**Amanda Gageby**, JCCOA IHC Case Manager 304-724-7106

**Lisa Benner**— JCCOA RN  
304-724-7114



# JCCOA Nutrition Department

*Welcome*

JCCOA Would like to welcome Georgianna Harder to our Nutrition Department who started working with us in June 2015. Georgianna has been married twenty years and has one daughter. She has been in the Nutrition field for over 10 years. Georgianna enjoys making a difference in the community by helping everyone she can!

Georgianna will be here Monday—Friday. Stop her when you see her and give her a big welcome to the JCCOA team!

## MEET THE STAFF:

**Debbie Hildebrand,**  
Nutrition Lead/Cook

**Mary Harding,**  
Activities Aide

**Betty Biller,**  
Activities Aide

**Cassie Mayne,**  
Activities Aide

**Billy Smith,**  
Home Delivery

**Cindy Starkey,**  
Nutrition Volunteer

**William Hall,**  
Activities Aide

**Georgianna Harder,**  
Activities Aide

## JCCOA Nutrition Sites:

The following are Nutrition Sites offered through JCCOA:

\* Ranson Senior Center

All activities and Nutrition Monday-Friday

\*Bolivar Community Center  
Nutrition Monday, Wednesday & Friday

\*Blue Ridge Volunteer Fire  
Department  
Nutrition Tuesday & Thursday

\* St. John's Evangelical Lutheran  
Church  
Nutrition Tuesday & Thursday

\* Charles Towers  
Nutrition Monday-Friday



## JCCOA Home Delivered Meals Program:

JCCOA provides Home-Delivered Meals to residents 60 years of age or older of Jefferson County who are homebound and unable to obtain nutritious meals from other sources. All meals served by JCCOA meet one-third of the Recommended Daily Allowance for all dietary nutrients and vitamins as recommended by the Institute of US National Academy of Sciences. Contact Amanda Gageby at 304-724-7106 or Chasidy Rosa Morales at 304-725-4095 to complete the application.

## EFFECTIVE JUNE 1, 2014:

Anyone participating in the JCCOA Meal Program, who has not celebrated their sixtieth birthday, will be charged \$5.00 per meal.

Meals for anyone 60 yrs or older will continue to be served at a suggested donation rate of \$2.00 per meal.

## ABSOLUTELY NO FOOD OR DRINKS ARE ALLOWED!!!!

JCCOA Nutrition Department will provide a snack shack during the hours of 9am-10:30am and 1pm-2:30pm. Items at \$.50 each are Soda, Assorted Chips, Assorted Crackers, Assorted Snack Cakes— Sugar Free. Available. Items at \$.25 each are assorted Sugar Free Flavor Packets. Full Size Candy Bars available for

\$.75. Bottled Water \$0.50

**We are always open to suggestions of your favorite snacks so just let us know!**

\*\*\*\*\* You are more than welcome to bring in your empty reusable coffee mugs as well as re-usable drink containers if you allow us to fill them here!!!!



**No food  
or drink**