

# THE SILVER SPIRIT

JANUARY &  
FEBRUARY 2024

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May your cup of happiness  
always be filled, your path  
always bright, and your  
heart always light.

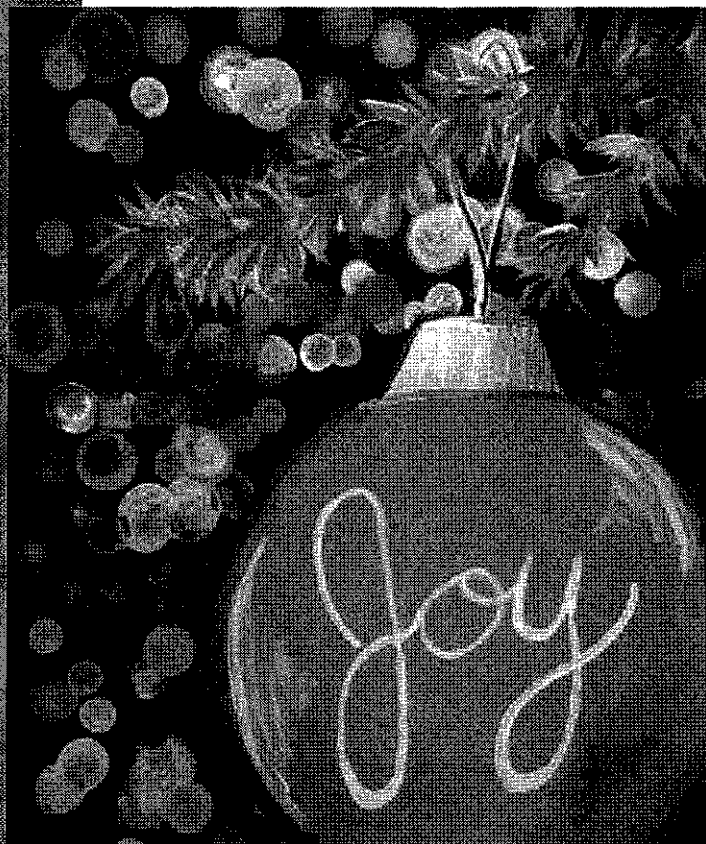
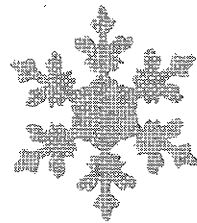
Happy New Year

**JEFFERSON COUNTY COUNCIL ON AGING**

**Phone: 304-725-4044 ● Fax: 304-725-9500**

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

# CHECK OUT ALL OF THE SERVICES JCCOA OFFERS:



Transportation to and from routine medical appointments, grocery shopping, banking, pharmacy and much more.

**(Jefferson County M-F; Martinsburg on Wednesday)**

Home Delivered Meals,  
Pick Up Meals and  
Congregate Meals

In-Home Care  
Services

Daily Recreational  
Activities Monday-  
Friday

Limited Congregate  
Respite & Adult Day  
Care

Day-Habilitation  
Services

# Thank You!

Our Christmas Tree Angel's appreciate you and everything that you have done this Christmas!!!

**CTMS Builders Club-WHS Key Club-  
Wright Denny K-Kids**

**Devil's Due Distillery**

**Jefferson CEOS Club**

**Voices Against  
Domestic  
Violence**

**St. Agnes  
Catholic Church**





# Jefferson County Council on Aging

# WINTER

# Wonderland



**DO YOU  
WANT TO  
BUILD A  
SNOWMAN**

**JANUARY  
12  
2024**

**SNOWMAN  
HUNT**

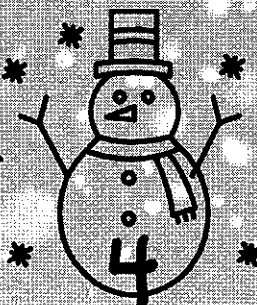
**TOP  
THAT  
COCOA**

**Winter Family Feud**

**JINGLE BELL TOSS**

**Snowball  
Transfer**

**FIND THAT  
SNOWMAN**







# Chinese New Year



## Party



**FEBRUARY 9, 2024**

**10:00AM-11:30AM**

**CHINESE NEW  
YEAR TRIVIA  
SHOWDOWN**

**CHINESE NEW  
YEAR BINGO**

**CHINESE NEW YEAR  
GAME PACKET**

**CHINESE MATH COUNT  
GOLD COIN TRANSFER**

**CHOPSTICK  
TRANSFER**

**DRAGON MATCH  
UP**

**Year Of The Dragon**



*Valentine's*

# DAY PARTY

Friday, February 16, 2024

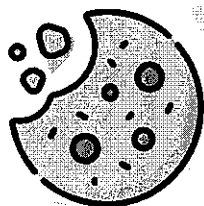
10:00am-11:30am

*Squeeze Me*

 **BLOW ME**

**A KISS**

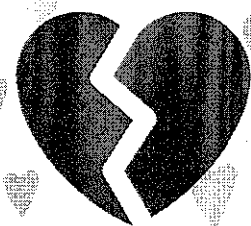
**COOKIE  
FACE**



**PUT A RING ON IT**



**LOVE  
CONNECTION**



**STACKS**



**OF LOVE**



# Jefferson County Council on Aging



**Tuesday's at 9:30am & 12:45pm**  
**Thursday's at 1:00pm**

←-----→

**COST: \$1.00 (IF YOU ARE NOT EATING LUNCH)- COLLECTED MONEY WILL GO BACK INTO PURCHASING BINGO SNACK ITEMS**

JEFFERSON COUNTY COUNCIL ON AGING

# CASH

# BINGO

**ADMISSION: \$12.00 PER PLAYER**

(Additional \$1.00 per player for Winner Take All)

**2nd Wednesday of each month**

1st half will begin at 10:30am (7 games)

Break for Lunch

2nd half will begin immediately after lunch service is complete

(8 games)

\*\*\*\*ONLY OPEN TO SENIORS 60 & OLDER\*\*\*\*

~ PAY-OUTS & JACKPOT: ~  
BASED ON THE # OF ATTENDEES

12

35

72

48

8

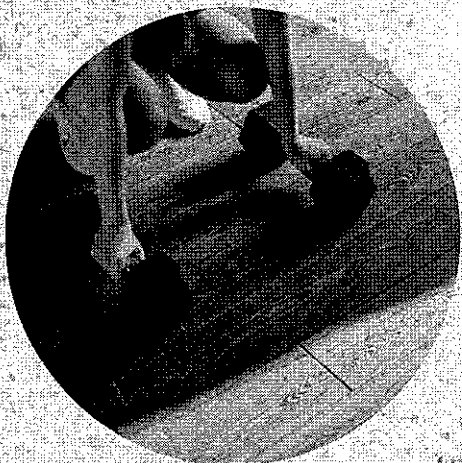




# GET TO MOVING

## CARDIO DRUMMING:

Join us for our video Cardio Drumming for Seniors on Wednesday's from 9:00am-10:00am. Cardio drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Using the exercise ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rythm into a workout you won't want to stop.



## CHAIR ZUMBA:

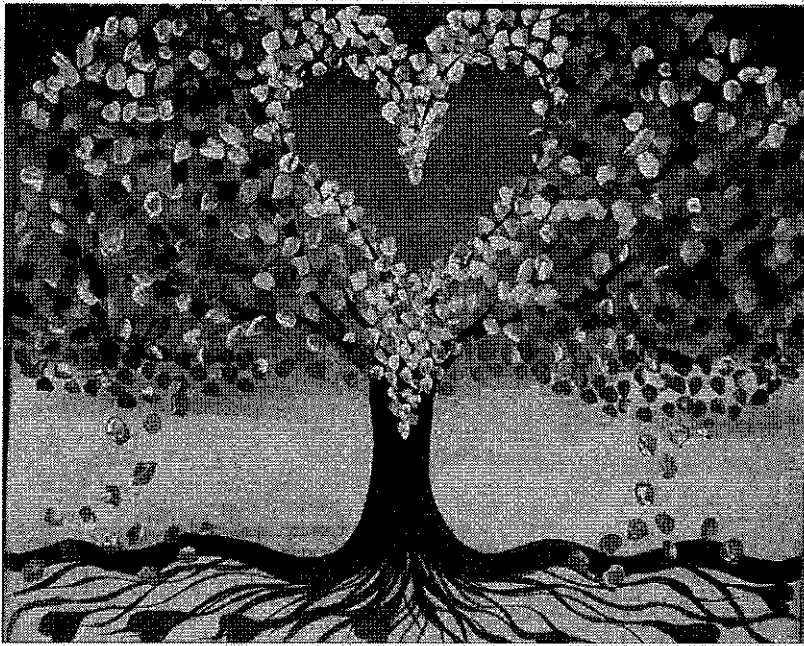
Join us for our Chair Zumba on Monday's & Friday's from 9:00am-9:30am. This class will get you moving first thing in the morning with toe-tapping, knee bouncing, marching in place, lifting knees and many hand and arm motions, including core strengthening movements to some awesome music!



## CHAIR EXERCISE:

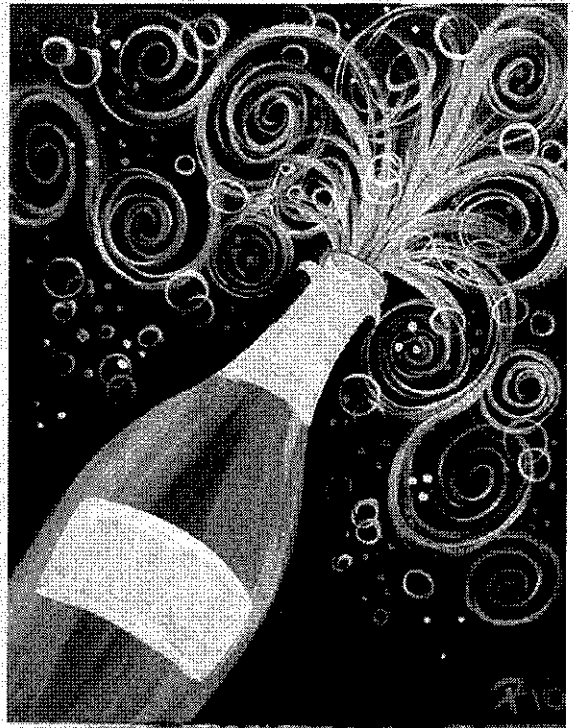
This is a great class for all levels of fitness. The exercises focus on gentle stretching, strength building and fun!! Classes are held Monday's, Wednesday's and Friday's 10:00am-10:30am.

FUN TIMES, GOOD COMPANY AND AN AWESOME PAINTING

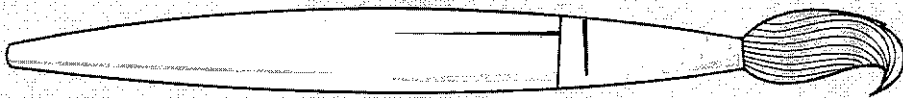


FEBRUARY 21, 2024

JANUARY 17, 2024



JCCOA

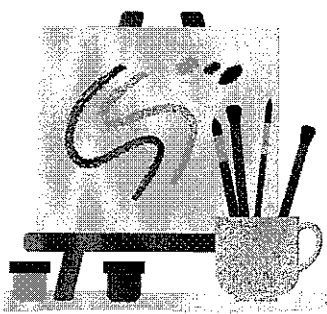


# PAIN PARTY

10:00am

(\$5.00 Must sign up with Recreation)





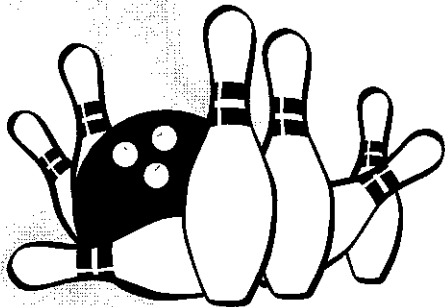
# ART CLASS WITH MAXINE

Art Class meets every Tuesday morning at 9:30am. Everyone is welcome to join with no talent needed but only the desire to try your best! Class is a drop in and free!

Dust off those shoes and show us how many strikes you can get!

Join us for Wii Bowling Practice on the following days:

**Monday, Wednesday & Friday  
10:30am**



## Wii BOWLING CHAMPIONSHIP

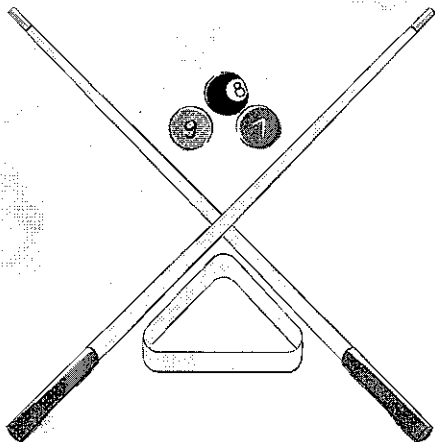
**EVERY THURSDAY AT  
9:30AM**

**(See Calendar for some date changes)**

If you would like to be part of the Wii Bowling Championship Tournament, sign-up with Chasidy.

Teams will be drawn randomly.

# Billiards (Pool Table)



Dust off those pool sticks and gather 'round the pool table!

Pool table will be open:

**Monday-Friday  
8:00am-3:30pm**



# MUSICAL TALENTS

**JANUARY 4, 2024**

**9:30-11:30AM**

**Music Therapy with Dr. Bert**

**FEBRUARY 1, 2024**

**9:30-11:30AM**

**Music Therapy with Dr.  
Bert**

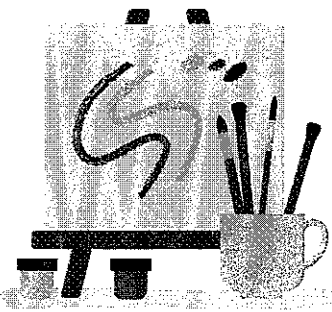
**FEBRUARY 23, 2024**

*Birthday Party*

**9:30-11:30AM**

**Precious Memories  
Band**





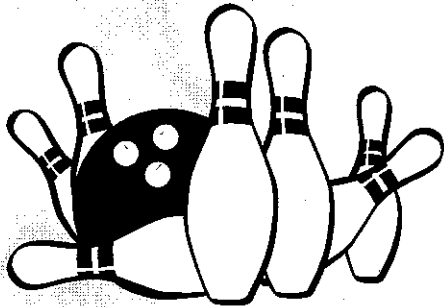
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Art Class meets every Tuesday morning at 9:30am. Everyone is welcome to join with no talent needed but only the desire to try your best! Class is a drop in and free!

Dust off those shoes and show us how many strikes you can get!

Join us for Wii Bowling Practice on the following days:

**Monday, Wednesday & Friday  
10:30am**



## WII BOWLING CHAMPIONSHIP

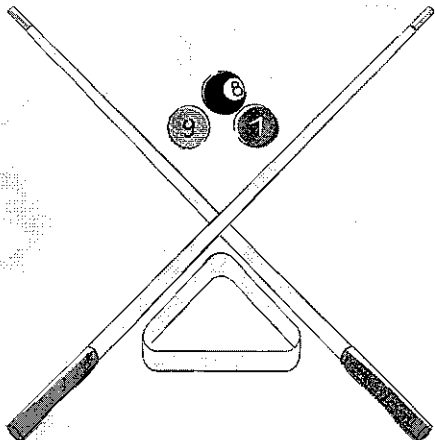
**EVERY THURSDAY AT  
9:30AM**

**(See Calendar for some date changes)**

If you would like to be part of the Wii Bowling Championship Tournament, sign-up with Chasidy.

Teams will be drawn randomly.

## Billiards (Pool Table)



Dust off those pool sticks and gather 'round the pool table!

Pool table will be open:

**Monday-Friday  
8:00am-3:30pm**



# Jefferson County Support Group

**Presented by:**

**Alzheimer's Association  
WV Chapter**

4th Friday of each month 11am-12noon

Meeting at JCCOA: 103 West 5th Avenue,  
Ranson WV 25438

Please register by calling 304-725-4044

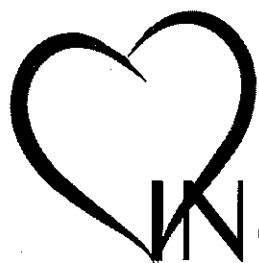
Visit [www.alz.org/WV](http://www.alz.org/WV) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at [alzconnected.org](http://alzconnected.org).

## **Build a support system with people who understand.**

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends or persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.





## JCCOA IN HOME CARE DEPARTMENT

# IN-HOME CARE SERVICES

JCCOA offers quality In-Home Care to assist older adults with bathing, dressing, grooming, meal preparation and light housekeeping. In-Home Care aides are thoroughly trained with State/FBI Background checks and have CPR/First Aid training. The following are option through the JCCOA In-Home Care department:

### **Private Pay:**

This program is based on the needs of the individual applicant. Two (2) hour minimum required for program. The fee schedule is: Monday-Friday (8am-4pm) \$16.00 per hour; Monday-Friday (after 4pm & weekends) \$17.60 per hour. JCCOA recognized holidays \$20.00 per hour; Mileage for errands included on Plan of Care \$0.47 per mile; Initial Nursing Assessment (waived once services started) \$113.00 per visit; Annual Nursing Assessment (once per year) \$113.00 per visit; Post Hospital Assessment (fee is only assessed if the Plan of Care requires changes) \$113.00 per visit; Interest (will be charge at a monthly rate of 0.83% for all overdue outstanding balances) 10% annually.

### **V.A. Program:**

Veterans must be referred by their Social Worker at the V.A. Medical Center. V.A. will then assign number of hours of service. Average number of hours per week is 10.

### **Medicaid Personal Care Program:**

This program is a State Plan service and is administered by the Bureau of Senior Services. This program allows individuals to remain at home rather than to enter a nursing home facility. Personal Care Services are medically necessary activities ordered by a physician which are implemented according to the Nursing Plan of Care supervised by an R.N. Individuals must have three (3) functional deficits in their Activities of Daily Living. Workers must spend 2/3 of time doing personal care and 1/3 time doing environmental tasks. Up to 60 hours per month based on the Plan of Care.

### **FAIR (Family Alzheimer's In-Home Respite) Program:**

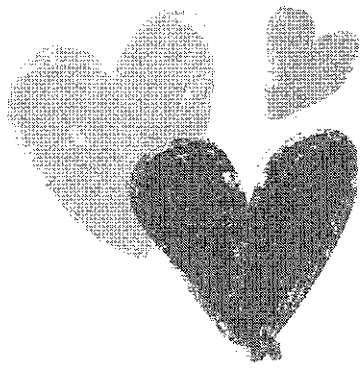
State funded and administered by the WV Bureau of Senior Service. This program provide a well-deserved break for the unpaid caregiver. Care receiver must have a diagnosis of Alzheimer's or related dementia, have an unpaid caregiver, and the care must be provided in WV. Program fee is charged using a sliding scale fee based on the care receiver's or couples income, if married. Individual can receive up to 16 hours per week.

### **Lighthouse Program:**

State funded program and administered by the WV Bureau of Senior Services. This program helps seniors stay in their home by assisting them with personal care, mobility, nutrition and environmental support. Clients must be 60+ or extreme case, medically eligible. Program fee is charged using a sliding scale fee based on the care receiver's income or couples income, if married. Individuals can receive up to 60 hours per month based on an assessment and resources available.

### **WV Aged & Disabled Waiver Program:**

Title IXX Waiver is a waiver of Medicaid services eligibility and is administered by WV Bureau of Seniors Services. Individuals must be 18+, resident of WV and the clients physician must complete a Personal Care Medical Eligibility Assessment to establish nursing home eligibility. This program assist nursing home eligible clients with services to maintain them in their own home. Five (5) deficits in activities of daily living (ADL's) are required based on an assessment.



## JCCOA IN HOME CARE DEPARTMENT

**Megan Storey,**  
R.N./Case Manager  
304-724-7107

**Brittany Wellman,**  
IHC Coordinator  
304-724-7108

**Krista Morgan,**  
R.N.  
304-724-7114

**Violetta Salazar,**  
IHC Office Manager  
304-724-7105



## Recognition of Service:

JCCOA IHC would like to acknowledge the following IHC aides for their dedication to our seniors and clients.

**Georgetta Breeden 24 years**

**Mary Elliott 12 years**

**John Heinen 19 years**

**Doris Jones 32 years**

**Robin Webster 21 years**

**Alice Wilt 18 years**

**Tammy Woomer 15 years**

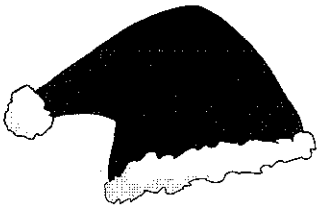
We appreciate everything they do for our clients and this Agency.

**Do your part to curb the virus:**





# JCCOA IN HOME CARE DEPARTMENT

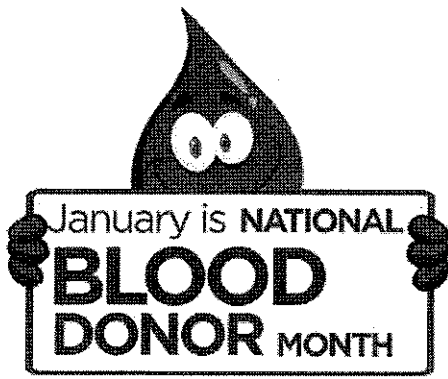


## JUST A LITTLE *Reminder*

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### **IF YOU ARE PART OF AN IN-HOME CARE PROGRAM:**

- Please do not call or share personal information with your In-Home Care Aide.
- Notify the agency if you're having an issue with your worker by calling the main line at 304-725-4044
- Please notify the agency within 24-48 hours if you are going to cancel your service day.
- Please notify the agency when you or your family member is admitted to the hospital and upon returning from the hospital.
- Communicate with the In-Home Care Coordinator in a respectful manner.
- Please be aware that the JCCOA In-Home Care Aide is only required to assist the individual who is on the program. The In-Home Care Aide will not clean up after, do laundry or dishes, or prepare meals for anyone other than the client on the program.
- JCCOA In-Home Care Staff are not to give client's their personal telephone numbers. All clients are to contact the agency.



# Monthly Health Observances Highlight:

## January- Blood Donor Month

Did you know that every two seconds someone in the United States needs blood? Or that winter months make it extremely difficult to collect the necessary amount of blood and platelets needed to supply hospitals? This January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors.

National Blood Donor Month has been celebrated each January for nearly 50 years and coincides with one of the most difficult times to maintain a sufficient blood supply for patients.

When it comes to blood and platelet donations, the winter season is often filled with hurdles as blood drives compete with things such as seasonal illnesses and inclement weather. A donation shortfall over the winter holidays has prompted the American Red Cross to issue an emergency call for blood and for platelet donors to give now to prevent a blood shortage from continuing throughout winter and affecting patient care. The Red Cross collected more than 27,000 fewer blood and platelet donations the weeks of Christmas and New Year's than needed to sustain a sufficient blood supply, as busy holiday schedules kept many donors away.

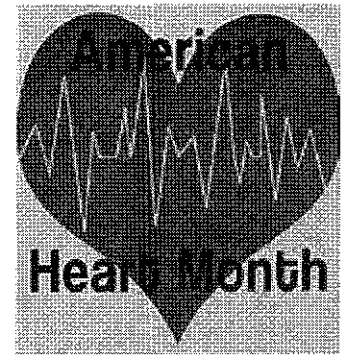
During this critical time of year, the Red Cross depends on donors to continue to supply these resources in order to make sure that blood products are available at about 2,500 hospitals nationwide.

Thanks to the generosity of volunteer blood donors, the American Red Cross helps patients receive the blood and platelets needed to battle illness and injury. According to the Red Cross, nearly 2.7 million people in the U.S. volunteer to donate blood and platelets every year. Blood and platelets are available for distribution to hospitals through the Red Cross 24 hours a day, seven days a week. Blood transfusions are given to patients in all kinds of circumstances, including serious injuries, surgeries, child-birth, anemia, blood disorders, cancer treatments and many others. This consistent demand makes National Blood Donor Month an integral piece of the puzzle. Each day the Red Cross must collect 13,000 pints of blood from across the country to meet the needs of patients. This makes a blood and platelet shortage during the colder months a crucial matter for the Red Cross and the hospitals they serve.

Blood is a perishable product that can only come from generous volunteers. A blood donation takes about an hour from start to finish, but the actual donation itself only takes between 8 to 10 minutes. By spending an hour giving blood, donors can aid their community and help save lives! Each blood and platelet donation can save the lives of as many as three people, so this January be a hero in your community and find the closest blood drive or blood donation center in your area.



# Monthly Health Observances Highlight:



## February- American Heart Month

Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

### What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

### How can technology help with caring for your heart?

Your phone or favorite show can make getting off the couch difficult. But technology can be your heart's best friend! Tools that help with self-care for your heart include: Wearable devices that measure steps, heart rate, and sleep At-home blood pressure, blood sugar, and heart rate monitors Online activity and healthy eating planners, like these from [health.gov](http://health.gov) and [MyPlate.gov](http://MyPlate.gov)

### How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

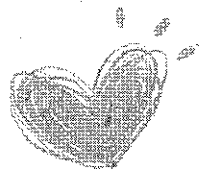
- Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating website.
- Go for a bike ride, take an online exercise class, or have a family dance party.
- Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- Organize your medications

### What does it take to give your heart the care—and patience—it deserves?

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of #OurHearts as part of our self-care, we set an example for others to do the same. Visit [hearttruth.gov](http://hearttruth.gov) for resources and tools to help you and your loved ones make heart-healthy lifestyle changes.

### What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.



# JCCOA JEFFERSON CENTER

Haley Laird, JCCOA Jefferson  
Center Director 304-728-1076

Day Habilitation Instructors

Jeannie Tsuneishi   Jonathan Grove  
Charlene Morris   Natasha Thelwell

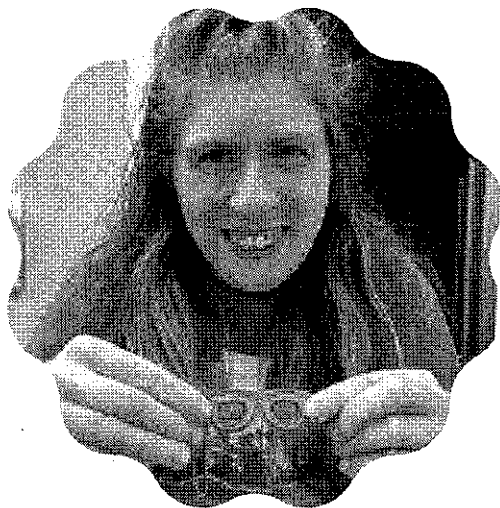
## CLIENTS OF THE MONTH



### NOVEMBER CLIENT OF THE MONTH

#### Katherine "Kitty" Hahn

Novembers Client of The Month is Catherine "Kitty" Hahn! We would like to honor Kitty on how well she is doing with in person day hab. Kitty now attends two days a week and we are so excited to have her back. She loves her tea and listening to Johnny Cash. Kitty can let you know what any animal says, so make sure to ask her what a Frog says! Nice Job Kitty, keep up the good work!



### DECEMBER CLIENT OF THE MONTH

#### Victoria Vanderostyne

December's Client of the month is Victoria Vanderostyne! Victoria is back to in person day hab three days a week! You will never see Victoria without a smile on her face. Victoria is a hard worker and loves impressing us with all her knowledge. Victoria loves going to the Senior Center and seeing all her friends, you can be sure that if there is music, she will be up dancing! In her spare time Victoria enjoys going camping with her family and going to water parks. Way to go Victoria on all your hard work!



# JCCOA JEFFERSON CENTER

*Zooming  
Stars*



The months of November and December were filled with many Jefferson Center stars. These clients went above and beyond by using their talents all while attending day hab in person.

These clients worked on goals, News 2 You, group projects, county contracts, as well as helped their peers by encouraging one another to do their best while attending day hab.

The JCCOA Jefferson Center would like to recognize these clients for being the best that they can be all month long.

---

Jacob LeClair	Trisha Mullins	Virginia Gesford
Charlie Duke	Elijah Harless	Judith Webb
Victoria Vanderostyne	Erin Watson	Becky Kline
Richard Farley	William White	Brian Newlin
Hope Adams	Catherine "Kitty" Hahn	

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WE WOULD LIKE TO TAKE THE TIME TO THANK EACH ONE OF  
YOU FOR ALL YOUR HARD WORK!!!



# JCCOA NUTRITION DEPARTMENT

## Recipe Corner

### CROCKPOT WINTER CHILI

#### INGREDIENTS:

- 1 pound Ground Beef
- 1 Large Onion (chopped)
- ¼ teaspoon Butter
- 1 large can Tomatoes (crushed)
- 16 ounces cans Fire (roasted diced tomatoes)
- 16 ounces cans Dark Kidney Beans
- ½ tablespoon Chili Powder
- ½ teaspoon Garlic Powder
- ½ teaspoon Garlic Salt
- ¼ teaspoon Cumin

#### DIRECTIONS:

1. **Chop onion**
2. **Add butter and chopped onion to a large skillet**
3. **Cook until onion is soft**
4. **Add ground beef and cook until browned**
5. **Drain any liquid**
6. **Add all ingredients to the crock pot**
7. **Cook on low for a min. of 3 hours.**
8. **Serve with Sour Cream and/or Shredded Cheddar**

### MEET THE STAFF

**Marie Heminway,**  
JCCOA Nutrition Lead

**Pam McDonald,**  
JCCOA Nutrition Lead

**Billy Smith,**  
JCCOA Delivery Driver

**Hannah Seay**  
JCCOA Nutrition Aide

**Andrew Cook**  
JCCOA Nutrition Aide

**Mary Spriggs**  
JCCOA Nutrition Aide

## HOME DELIVERED MEALS

Jefferson County Council on Aging offers Home Delivered Meals that meet 1/3 of the Recommended Daily Allowance for all dietary nutrients and vitamins to Jefferson County residents 60 years of age or older who meet the following eligibility requirements:

#### Homebound

The person cannot leave his/her home under normal circumstances (and therefore is unable to participate in a JCCOA Congregate Meal program) due to illness, including a terminal illness, incapacitating disability isolation, lack of transportation **OR**

#### Lives Alone

and is physically or mentally unable to obtain food and prepare meals, and there is no one else available to obtain food and prepare meals



#### Additional Eligibility

The spouse (regardless of age of an eligible service recipient if recipient of the meal is determined to be in the best interest of the service recipient.

A disabled individual, regardless of age, who resides at the home of an eligible recipient, is eligible for home delivered meals.

### JCCOA Offers Home Delivered Meals in the following areas:

Charles Town, Ranson, Harpers Ferry, Bolivar, Shenandoah Junction, Kearneysville, Middleway and Summit Point.

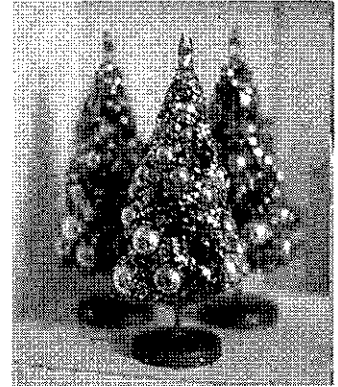


**West Virginia Bureau of Senior Services**

December 2023  
Volume 257

# Food and Fitness

## KIDNEY HEALTH AND FOOD CHOICES



Food choices can be a very tedious task especially when it becomes a matter of must, due to health concerns. In this article, we are going to remind ourselves what kidneys do, dive into what to be aware of with kidney concerns, what to look for on food labels, in regards to kidney health, and what alternatives or better choices we can make for our kidneys. Kidney health can look differently for everyone, but being very conscientious of certain items will create a better health for your kidneys.

Your kidneys play a crucial role to your body, they are the filtration system. This means they remove waste and fluid from your body. When we begin to look into our kidney health, we realize what we put into our bodies, food, plays an important part of our overall health.

### Food Labels

There are three main items to pay attention to, on the food labels when you are learning to keep your kidneys healthy: sodium, phosphorus, and potassium.

### INSIDE THIS ISSUE

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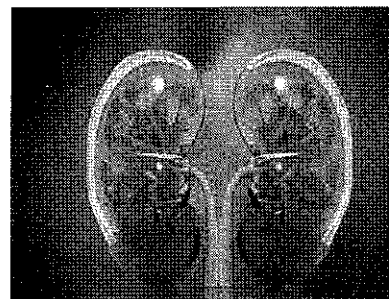
### SPECIAL POINTS OF INTEREST

Nutrition Counseling Contact

(Continues on Page 2)



## KIDNEY HEALTH AND FOOD CHOICES



**Sodium** – A mineral found in many foods, especially foods that have been processed. Foods such as frozen pizzas, canned soups, or prepackaged items tend to have a higher amount of sodium. A lower sodium diet is important to keeping our kidneys healthy. When looking at food labels, one should be look for items that have a low amount of sodium, fresh and whole foods are a great place to start. The daily FDA recommendation, for a healthy adult is around 2,300mg of sodium per day which is about 1 teaspoon.

**Phosphorus or phosphates** – A mineral also found in food. There are two types of phosphates, chemical and organic. Chemical phosphorus is in our processed foods such as lunch meat, hot dogs, and premade meals. Organic phosphorus is naturally occurring and is in foods such as meat, nuts, beans, and dairy. Our kidneys have a harder time processing chemical phosphates, so a lower phosphorus diet is also recommended for healthy kidneys. We should try to avoid any phosphorus or phosphate on our food label, these will be found when reading the ingredient list. When phosphorus or phosphates are listed on the ingredient list they are chemically created. Anything with the word “phate” as part of the spelling contains phosphorus or phosphates. Organic phosphorus will not be found on a food label, so education is key by talking with your doctor/nutritionist/dietician.

**Potassium** – Another mineral found in many foods such as bananas, avocados, and potatoes. This also has to be a lower consumed item for healthy kidneys. The potassium, on the food label, is listed with either milligrams or a percentage. The recommended amount of potassium, for healthy adult kidneys, is 2,600mg for women and 3,400mg for men. Potassium, in my opinion, is the hardest mineral to control with diet.

### **Food Alternatives**

Today, there are many different food alternatives to help keep our kidneys healthy. There are many low sodium or no sodium options such as different seasonings, frozen whole foods, and newer guidelines. When looking at food labels look for items that are considered uncured versus cured. They will be processed with natural ingredients instead of chemical ingredients. There are also many plant based foods items to replace our dairy foods. For example, you can choose cashew milk or almond milk to replace your cow's milk or enjoy plant based cheeses. Finding foods with less than 100mg of potassium are considered low potassium items. These foods are things like cucumbers, white rice, and egg whites. When looking for items to maintain healthy kidneys it is very important to educate yourself on food labels and talk with a professional.

# Recommended Nutrition Goals For Patients With Chronic Kidney Disease (CKD): Your Food Choices Matter



## Count Your Calories

- Maintaining a healthy weight often requires reducing the number of calories you eat.<sup>1</sup>
- Monitor carbohydrate and fat in the foods you eat for a healthier weight.
- Reduce the risk or complications such as diabetes and heart disease.

## Watch Your Protein Intake

- High levels of protein can put a strain on your kidneys.<sup>1</sup>
- Limit the amount of protein you eat or change the source.<sup>1</sup>
- Choose foods high in riboflavin,<sup>2</sup> found in fish, milk, nuts and green vegetables.

## Be Aware Of How Much Fluid Your Body Needs

- Damaged kidneys have trouble eliminating excess fluid from the body. This can cause high blood pressure and heart disease.<sup>1</sup>
- Depending on your CKD stage, you may need to limit foods that contain a lot of water.<sup>1</sup>

## Reduce Your Salt Intake

- Reduced kidney function can cause your body to have trouble eliminating sodium (salt).<sup>1</sup>
- High sodium levels can lead to high blood pressure, either directly or indirectly by increasing your thirst.<sup>1,5</sup>

## Watch Your Potassium Intake

- Poorly functioning kidneys have trouble processing potassium, which when elevated, can negatively affect your heart and muscle function.<sup>1</sup>
- Low: Foods are considered low potassium if they contain  $\leq 200$  mg per  $\frac{1}{2}$  cup serving.
- High: Foods are considered high in potassium if they contain  $\geq 200$  mg per  $\frac{1}{2}$  cup serving.

## Watch Your Phosphorous Intake

- CKD affects your kidneys' ability to remove phosphorous, which, when elevated, can cause poor bone health.<sup>1</sup>
- Foods with high phosphorous levels, such as whole-grain bread and oatmeal, may be substituted with Italian bread or corn cereals.<sup>1</sup>

## Monitor Fat Intake

- Replace saturated fats with unsaturated fats to help control cholesterol, a type of body fat.<sup>3</sup>

## Kidney Friendly Diet Options

### DASH Diet<sup>4</sup>

- Rich in fruits, vegetables, low-fat dairy products, whole grains, fish, poultry, beans, seeds, and nuts.
- Low in sodium, fat, and calories.
- Endorsed by the NKF and other leading health organizations.

### Renal Diet<sup>5</sup>

- These foods are low in sodium, phosphorous, and protein.
- Dietary needs may vary based on your individual needs.

### Plant-Based Diets<sup>6</sup>

- Can be helpful in maintaining kidney health when you have CKD.



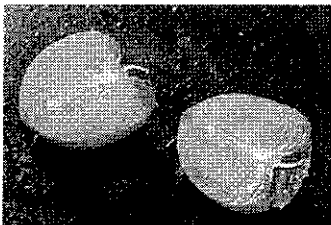
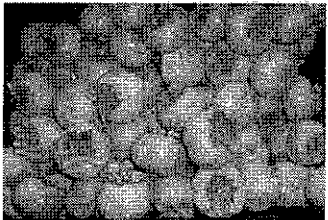
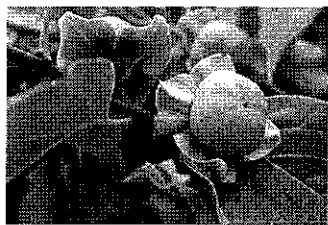
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2. [Kidneyfund.org/living-with-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan](https://www.kidneyfund.org/living-with-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan). Accessed January 23, 2020.
3. [NIDDK.nih.gov/medialibrary/Health%20Information/Health%20Professionals/KidneyDisease/diet-555555-manage-weight-50a.pdf](https://www.kidneyfund.org/living-with-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan). Accessed January 28, 2020.

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7. [My Cleveland Clinic.org/salt-sources-15641.html](https://www.kidneyfund.org/living-with-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan). Accessed January 23, 2020.
8. [Kidneyfund.org/living-with-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan](https://www.kidneyfund.org/living-with-kidney-disease/healthy-eating-activity/kidney-friendly-eating-plan). Accessed January 23, 2020.

#### Abbreviations

AKF, American Kidney Fund; BMI, body mass index; CKD, chronic kidney disease; DASH, Dietary Approaches to Stop Hypertension; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; NKF, National Kidney Foundation; NKFEP, National Kidney Disease Education Program; NKF, National Kidney Foundation. The information provided by NephU is intended for your educational benefit only. It is not intended as, nor is it a substitute for, medical advice or professional diagnosis. Health care professionals should use their independent judgment when reviewing NephU's educational resources. Patients seeking medical advice should consult with a health care professional. ©2022 Otsuka Pharmaceutical Development & Commercialization, Inc., Rockville, MD.



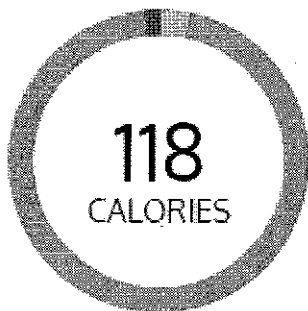
## FRUIT—PERSIMMON

Persimmons are fruits that grow on trees. They are in the Ebenaceae family. They are commonly known as “food of the gods.” They are related to the date plum, the black sapote (chocolate pudding fruit), and the mabolo (velvet apple). The texture is similar to an apricot and the skin is a little tougher than an apple. They look similar to a tomato and an acorn. They are normally available in November and December and come from China, Korea, and Japan.

There are two types of persimmons, the Fuyu and the Hachiya. They Fuyu has a mild, slightly sweet taste with hints of cinnamon while the Hachiya are intensely sweet with a honey-like flavor. It is recommended to eat the Fuyu when it is firm, crisp, and barely ripe. Eat it like an apple. They are used in salads, pies, and cakes. The Hachiya is best eaten when it is almost overripe. They are extremely soft and are best eaten when cut in half and scooped out with a spoon. Hachiya are best in jams and compotes. These both persimmons are completely edible.

Persimmons are low in calories and high in fiber. They are a good source of antioxidants, beta carotene, sodium, calcium, iron, and vitamins A and C.

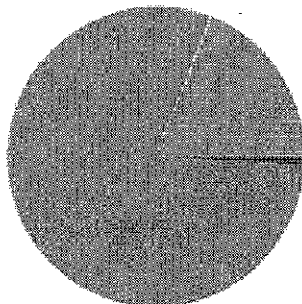
### WHERE DO THE CALORIES COME FROM?



- 3% Protein
- 95% Carbs
- 3% Fat
- 0% Alcohol

4

### WHAT IS THIS FOOD MADE OF?



- 80.58% Water
- 0.58% Protein
- 18.65% Carbs
- 0.19% Fat
- 0% Alcohol

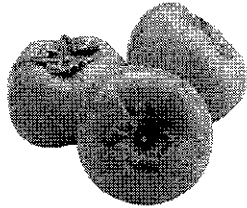
### ✓ Minerals

-- = missing data

		%DV
Weight	168g	
Calcium	13.4mg	1%
Iron, Fe	0.25mg	1%
Potassium, K	270.5mg	6%
Magnesium	15.1mg	4%
Phosphorus, P	28.6mg	2%
Sodium	1.7mg	0%
Zinc, Zn	0.18mg	2%
Copper, Cu	0.19mg	21%
Manganese	0.6mg	26%
Selenium, Se	1mg	2%



# NUTRITION FACTS



## Fuyu Persimmon

Persimmon Japanese Rojo

Serving Size

1 fruit (2-1/2 inch dia) (168g)

## Nutrition Facts

Serving Size

1 fruit (2-1/2 inch dia) (168g)

**Calories 118**

% Daily Value \*

Total Fat 0.32g	0%
Saturated Fat 0.03g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1.7mg	0%
Total Carbohydrate 31.2g	11%
Dietary Fiber 6g	22%
Total Sugars 31.1g	42%
Includes --g Added Sugars	--%
Protein 0.97g	2%
Vitamin C 12.6mg	14%
Vitamin D 0mcg	0%
Iron 0.25mg	1%
Calcium 13.4mg	1%
Potassium 270.5mg	6%
Phosphorus 28.6mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Vitamins

-- = missing data

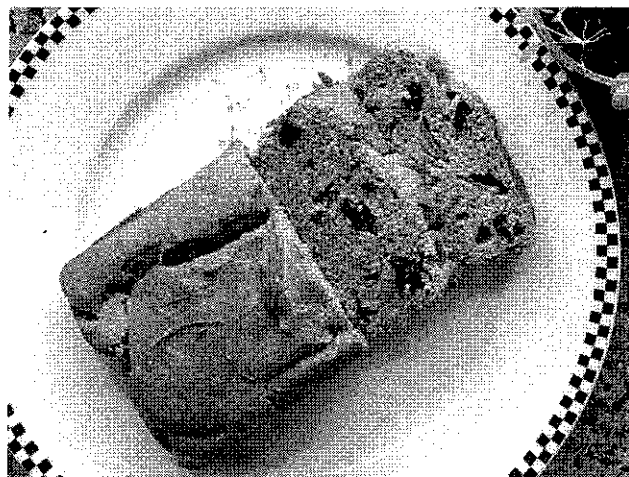
%DV

Weight	168g	
Vitamin A, RAE	136.1mcg	15%
Vitamin C	12.6mg	14%
Thiamin (B1)	0.05mg	4%
Riboflavin (B2)	0.03mg	3%
Niacin (B3)	0.17mg	1%
Vitamin B5 (PA)	--mg	--%
Vitamin B6	0.17mg	10%
Biotin	--mcg	
Folate (B9)	13.4mcg	3%
Folic acid	0mcg	0%
Food Folate	13.4mcg	3%
Folate DFE	13.4mcg	3%
Choline	12.8mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	425mcg	4%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	3431mcg	11%
Vitamin A, IU	2733.4IU	
Lycopene	367.1mcg	
Lut + Zeaxanthin	1401.1mcg	
Vitamin E	1.2mg	8%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	4.4mcg	4%

## RECIPE—PERSIMMON BREAD

### Ingredients

- 2 eggs
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1 tsp ground cinnamon
- 1 cup persimmon pulp
- 1/2 cup chopped walnuts
- 1 tsp baking soda
- 1/2 cup raisins



---

*Recipe Received From: Persimmon Bread Recipe (allrecipes.com)*

---

### Instructions

1. Gather ingredients. Preheat oven to 325 degrees F (165 degrees C). Oil a 9 x 4 inch pan.
2. In a small bowl, combine flour, cinnamon, salt, nuts, and raisins.
3. Fold in flour mixture. Pour batter into prepared pan.
4. Bake for 60 to 75 minutes, or until tester inserted in the center comes out clean.

# BRAIN EXERCISE

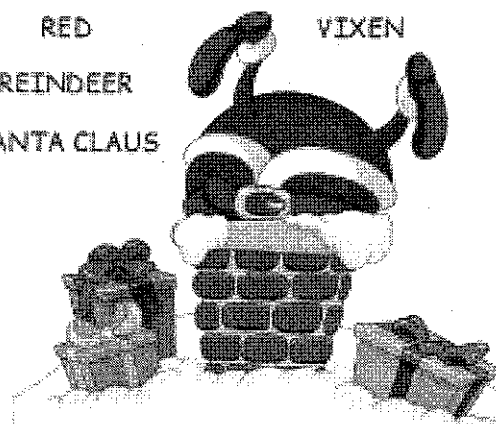
DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!

## Up on the House Top

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ADVENT	FAMILY	PLUM PUDDING	STAR
ANGEL	FRANKINCENSE	POINSETTIA	TOYS
BELLS	GIFTS	PRANCER	VACATION
BOXING DAY	HOLLY	RED	VIXEN
CAMEL	ICICLE	REINDEER	
CANDY	JOY	SANTA CLAUS	
CUPID	LIGHTS		
DASHER	MIRACLE		
DONNER	MYRRH		
ELVES	NOEL		





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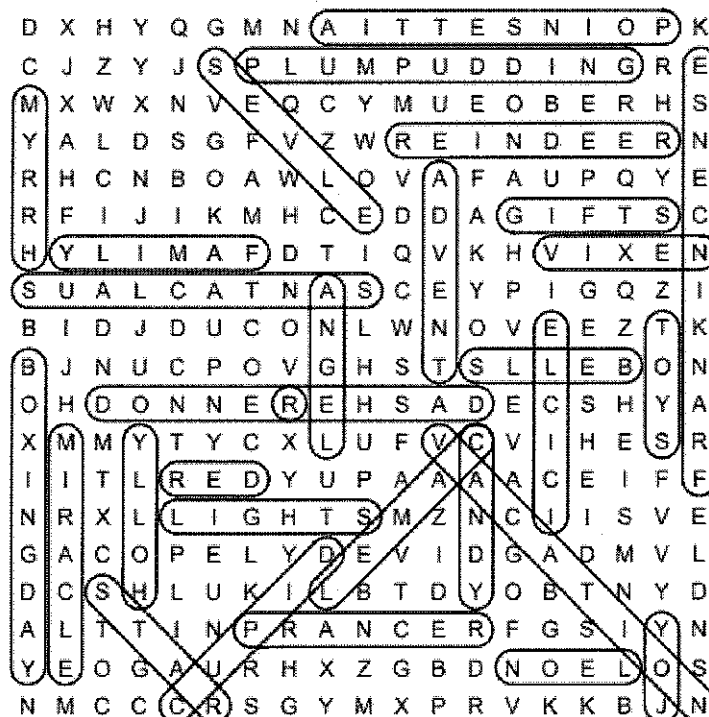
(681) 344-1679

## Up on the House Top

SOLUTION

**Are you a senior  
looking for free  
nutrition education  
or information?**

**Contact me for more  
information or to  
schedule a free  
appointment!**





# JCCOA OUTREACH DEPARTMENT

Chasidy Rosa Morales, Activities Coordinator

304-728-4154

## MEDICARE'S ADVANTAGE PLAN OPEN ENROLLMENT:

January 1st-March 31st

- Switch your Medicare Advantage Plan (Part C) to another Medicare Advantage Plan
- Switch to Original Medicare with or without a Part D plan

**Any changes made during this time, will take effect the 1st of the following month.**

**Set up an appointment with Chasidy to take a look at your plan and make any changes to fit you!**

## When Can I Change My Coverage

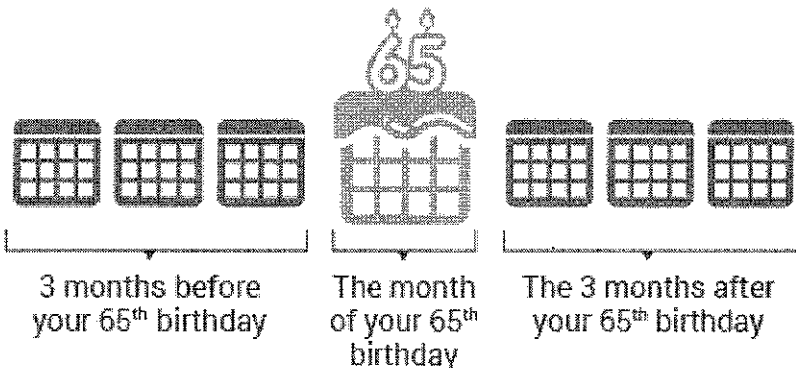
### During the Medicare Open Enrollment Period (MA OEP)

You can switch from your Medicare Advantage plan to another Medicare Advantage plan or to Original Medicare with or without a stand-alone prescription drug plan. The MA OEP occurs from January 1 through March 31. Changes made during this period are effective the first of the following month.

### If you have Extra Help in 2024, you have a Special Enrollment Period (SEP) to enroll in a Part D plan or switch between plans

This SEP is available once per calendar quarter for the first three quarters of the year (January- March, April-June, and July-September). If you use this SEP to change your coverage, the change will become effective the following month.

## When Is My 7-Month Initial Enrollment Period?



Sign up early to avoid a delay in getting coverage for Part B services.

To get Part B coverage the month you turn 65, you must sign up during the first three months before the month you turn 65.

If your birthday is on the 1st of the month, Medicare starts month before 65th birthday month.

If you wait until the last four months of your Initial Enrollment period to sign up for Part B, your start date for coverage will be delayed. Example- 65th birthday month July, sign up for Part B in October, Part B starts January 1st.

### If you qualify for another Special Enrollment Period you may be able to make changes to your Medicare health/drug coverage.

For example, you may have an SEP if you move outside of your plan's service area or if you made the wrong plan choice during Medicare's Open Enrollment Period because of misinformation you received from the Medicare Plan Finder.

# JCCOA OUTREACH DEPARTMENT



## NEW TO MEDICARE??

TAKE A LOOK AT THIS CHART BELOW TO UNDERSTAND YOUR DIFFERENT MEDICARE OPTIONS:

### ORIGINAL MEDICARE:

**A**

Doctor's Visits & Preventative Care, Outpatient Services, Medical Testing & Lab Services, Durable Medical Equipment & Supplies

**B**

In-Patient Hospital Care & Services, Ambulance Services, Skilled Nursing Facility Care, Home Health Care and Hospice

### PRIVATE HEALTH INSURANCE OPTIONS:

**C**

**Medicare Advantage Plans:** Replace Original Medicare and Part D. This is a bundled plan that includes Part A, Part B and Part D all in one.

**D**

Prescription Drug Coverage.

### ADDITIONAL OPTIONS:

**Medigap:** Supplements Original Medicare (Must obtain a Part D plan in additional to this choice.

JCCOA Outreach department works with clients to determine eligibility for JCCOA services as well as the following programs:

- Medicare enrollment
- Medicaid application assistance
- Applications for Low-Income Energy Assistance program
- SNAP & Medicaid applications and reviews
- Living Will and Power of Attorney Forms
- Referral to other sources of assistance with phone numbers and addresses.
- AND SO MUCH MORE!!!

## DO YOU HAVE DIFFICULTY PAYING FOR YOUR MEDICARE COSTS?

There are four (4) programs to assist you with out-of-pocket costs that Medicare does not pay. The programs may pay your monthly

Medicare premium and deductibles and coinsurances. You may be also eligible for help with your prescription drug costs:

### PROGRAMS TO HELP YOU:

#### PROGRAM 1\*

Qualified Medicare Beneficiary (QMB)  
(INCOME AMOUNTS FOR PROGRAMS

1, 2, 3 AND 4 DO NOT INCLUDE A \$20 DISREGARD)

PROGRAM 2\*  
(also known as SLMB)

PROGRAM 3\*  
(also known as QI-1)

PROGRAM 4  
(also known as Part D Help)

### MONTHLY INCOME LIMITS:

\$1215 individual  
\$1643 couple

\$1458 individual  
\$1972 couple

\$1640 individual  
\$2219 couple

\$1823 individual  
\$2465 couple

### PAYS:

Part A Deductible of \$1600.  
Part A Coinsurance  
Part B Deductible of \$226  
Part B Coinsurance  
Part B Monthly Premium

Part B Monthly Premium

Part B Monthly Premium

Up to \$7400 per year on your  
Part D Prescriptions

For Programs 1, 2 and 3, your assets cannot be more than \$9,090 for an individual or \$13,630 for a couple. For Program 4, your assets cannot be more than \$16,660 for an individual or \$33,240 for a couple. Assets may include: Cash, Bank Accounts (such as Checking and Savings), Stocks, Bonds, Annuities & CD's, Trusts, Some Life Insurance Policies, Real & Personal Property (other than home and automobile).



# MEDICARE

Medicare fraud & abuse can happen anywhere, and usually results in higher health care costs and taxes for everyone. Some examples include:

- A provider that bills Medicare for services or supplies they never gave you, like charging you for a visit you never had, or a back brace you never got.
- A provider that charges Medicare twice for a service or item that you only got once.
- A person who steals your Medicare Number or card and uses it to submit fraudulent claims in your name.
- A company that offers you a Medicare drug plan that Medicare hasn't approved.

## HOW TO SPOT & PREVENT MEDICARE FRAUD & ABUSE:

If you think you've spotted fraud, you may want to call your provider's office to ask about it.

They may be able to help you understand the charges, or figure out if they made a billing error.

If you suspect that Medicare is being charged for an item or service you didn't get, or your Medicare card or number is stolen, use the contact information below to report suspected fraud and abuse.

## IF YOU EXPERIENCE, CONTACT THE FOLLOWING:

Provider fraud or abuse in Original Medicare (including a fraudulent claim, or a claim from a provider you didn't get care from:

1-800-MEDICARE (1-800-633-4227) OR  
The U.S. Department of Health & Human Services-  
Office of the Inspector General

Provider fraud or abuse in a Medicare Advantage Plan or a Medicare drug plan (including a fraudulent claim)

1-800-MEDICARE (1-800-633-4227) OR  
The Investigations Medicare Drug Integrity Contractor (I-MEDIC) at 1-877-7SAFERX (1-877-772-3379), or by US mail:  
Olarant  
28464 Marlboro Avenue  
Easton, MD 21601  
ATTN: I-MEDIC

*Fraud and Abuse*

# MEDICARE

## When you call, have this information ready:

- Your name and Medicare number.
- The name of the provider that you're reporting, along with any identifying information you may have.
- The service or item you're questioning and when you may have.
- The service or item you're questioning and when you supposedly got it.
- The amount that Medicare approved and paid.
- The date on your Medicare Summary Notice, health or drug plan's Explanation of Benefits or claim.

### DO'S:

- Protect your Medicare Number and your Social Security Number
- Guard your Medicare card like it's a credit card.
- Become familiar with how Medicare uses your personal information. If you join a Medicare health or drug plan will let you know how it will use your personal information.

### DON'T:

- Give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it (like insurers acting on your behalf or people who work with Medicare, like your State Health Insurance Program (SHIP))
- Accept offers of money or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Join a Medicare health or drug plan over the phone unless you called us.

**PLEASE  
REMEMBER**

Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask you for personal information in limited situations:

- A Medicare health or drug plan may call you if you're already a member of the plan. The agent who helped you join can also call.

*Fraud and Abuse*

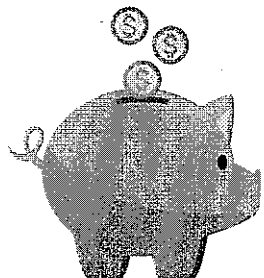


# JCCOA RECREATION DEPARTMENT

Chasidy Rosa Morales,  
Activities Coordinator  
304-728-4154

Andrea Wellman,  
Recreation Aide

# SCAM ALERT



## Charity Fraud

### Here's how it works:

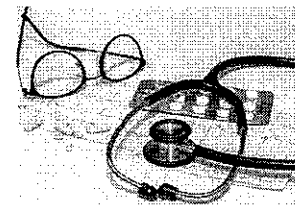
Someone contacts you asking for a donation to their charity. It sounds like a group you've heard of it seems real, and you want to help.

How can you tell what charity is legitimate and what's a scam? Scammers want your money quickly. Charity scammers often pressure you to donate right away. They might ask for cash and might even offer to send a courier or ask you to wire money. Scammers often refuse to send you information about the charity, give you details, or tell you how the money will be used. They might even thank you for a pledge you don't remember making.

### Here's what you can do:

- 1. Take Your Time.** Tell callers to send you information by mail. For requests you get in the mail, do your research. Is it a real group? What percentage of your tax donation goes to charity? Is your donation tax-deductible? How do they want you to pay? Rule out anyone who asks you to send cash or wire money. Chances are, that's a scam.
- 2. Pass This Information on to a Friend.** It's likely that nearly everyone you know gets charity solicitations. This information could help someone else spot a possible scam.

## Health Care Scams



### Here's how it works:

You see an ad on TV, telling you about a new law that requires you to get a new health care card. Maybe you get a call offering you big discounts on health insurance. Or maybe someone says they're from the government, and she needs your Medicare number to issue you a new card.

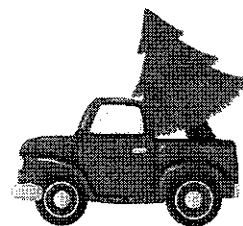
Scammers follow the headline. When it's Medicare open season, or when health care is in the news, they go to work with a new script. Their goal? To get you Social Security number, financial information, or insurance number.

So take a minute to think before you talk: Do you really have to get a new health care card? Is that discounted insurance a good deal? Is that "government official" really from the government? The answer to all three is almost always: NO.

### Here's what you can do:

- 1. Stop. Check it out.** Before you share your information, call Medicare (1-800-MEDICARE), do some research, and check with someone you trust. What's the real story?
- 2. Pass This Information on to a Friend.** You probably saw through the requests. But chances are you know someone who could use a friendly reminder.

# JCCOA RECREATION DEPARTMENT



# SCAM ALERT



## IDENTITY THEFT

### Here's how it works:

Someone gets your personal information and runs up bills in your name. They might use your Social Security or Medicare number, your credit card, or your medical insurance- along with your good name. How would you know? You could get bills for things you didn't buy or services you didn't get. Your bank account might have withdrawals you didn't make. You might not get bills you expect. Or, you could check your credit report and find accounts you never knew about.

### Here's what you can do:

- 1. Protect your information:** Put yourself in another person's shoes. Where would they find your credit card or Social Security number? Protect your personal information by shredding documents before you throw them out, by giving your Social Security number only when you must, and by using strong passwords online.
- 2. Read Your Monthly Statements and Check Your Credit:** When you get your account statements and explanations of benefits, read them for accuracy. You should recognize what's there. Once a year, get your credit report for free from AnnualCreditReport.com or 1-877-322-8228. The law entitles you to one free report each year from each credit reporting company. If you see something you don't recognize, you will be able to deal with it.

## Imposter Scams



### Here's how it works:

You get a call or an email. It might say you've won a prize. It might seem to come from a government official. Maybe it seems to be from someone you know- your grandchild, a relative or a friend. Or maybe it's from someone you *feel* like you know, but you haven't met in person say, a person you met online who you've been writing to. Whatever the story, the request is the same: wire money to pay taxes or fees, or to help someone you care about.

But is the person who you think it is? Is there an emergency or a prize? Judging by the complaints to the Federal Trade Commission (FTC), the answer is no. The person calling you is pretending to be someone else.

### Here's what you can do:

- 1. Stop. Check it out before you wire money to anyone.** Call the person, the government agency, or someone else you trust. Get the real story. Then decide what to do. No government agency will ever ask you to wire money.
- 2. Pass This Information on to a Friend.** You may not have gotten one of these calls or emails, but the chances are you know someone who has.





## JCCOA RECREATION DEPARTMENT

# SCAM ALERT



## "You've Won" Scams

### Here's how it works:

You get a card, a call, or an email telling you that you won! Maybe it's a trip or a prize, a lottery or a sweepstakes. The person calling is so excited and can't wait for you to get your winnings.

But here's what happens next: they tell you there's a fee, some taxes, or custom duties to pay. And then they ask for your credit card number or bank account information, or they ask you to wire money.

Either way, you lose money instead of winning it. You don't ever get that big prize. Instead, you get more requests for money, and more promises that you won big.

### Here's what you can do:

1. **Keep your money and your information to yourself.** Never share your financial information with someone who contacts you and claims to need it. And never wire money to anyone who asks you to.
2. **Pass this information on to a friend.** You probably throw away these kinds of scams or hang up when you get these calls. But you probably know someone who could use a friendly reminder.

## Home Repair Scams



### Here's how it works:

Someone knocks on your door or calls you. They say they can fix your leaky roof, install new windows, or provide the latest energy-efficient solar panels. They might find you after a flood, windstorm or other natural disaster. They pressure you to act quickly, might ask you to pay in cash, or offer to get you financing.

But here's what happens next: they run off with your money and never make the repairs. Or they do shoddy repairs that make things worse. Maybe they even put you in a bad financing agreement that puts your house at risk.

### Here's what you can do:

1. **Stop. Check It Out.** Before making home repairs, ask for references, licenses and insurance. Get three written estimates. Don't start work until you have a signed contract. And don't pay by cash or wire transfer.
2. **Pass this information on to a friend.** You may see through these scams. But chances are you know someone who could use a friendly reminder.

# JCCOA TRANSPORTATION DEPARTMENT

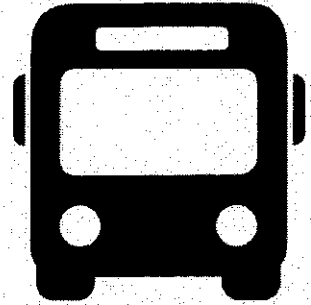
**John Heminway,**  
Transportation Supervisor

**Bill Jenkins, Driver**  
**Vicki Curry, Driver**

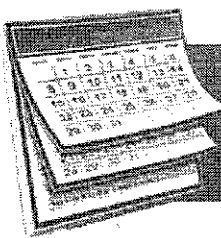
**Nick Paulette , Driver**

## Transportation Services Available:

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



JCCOA is currently offering limited transportation services for routine medical appointments within Jefferson County Monday-Friday and Martinsburg on Wednesday's. We also provide transportation for hair appointments, grocery shopping and other errands. Appointments can be accommodated Monday-Friday 9am-1:30pm.



### HOW TO

### SCHEDULE AN APPOINTMENT

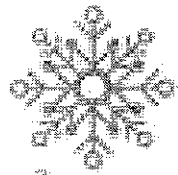
Please call 304-725-4044 to schedule a transportation appointment.

All reservations must be made at least 48 hours in advance prior to 12 noon.

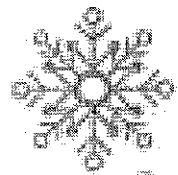
All cancellations for transportation should be made 24 hours in advance.

**NON-EMERGENCY MEDICAL  
FOR THOSE WHO QUALIFY  
UNDER THE TRADITIONAL  
MEDICAID PROGRAM:**

**MODIVCARE**  
**1-844-549-8353**



# Winter Word Search



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

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

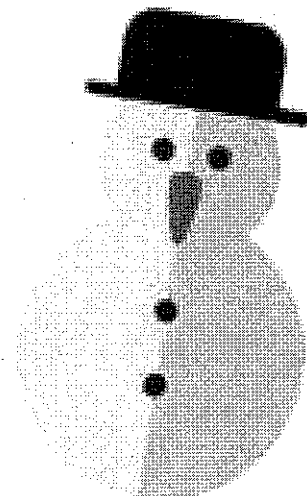
SKIING

SLEDDING

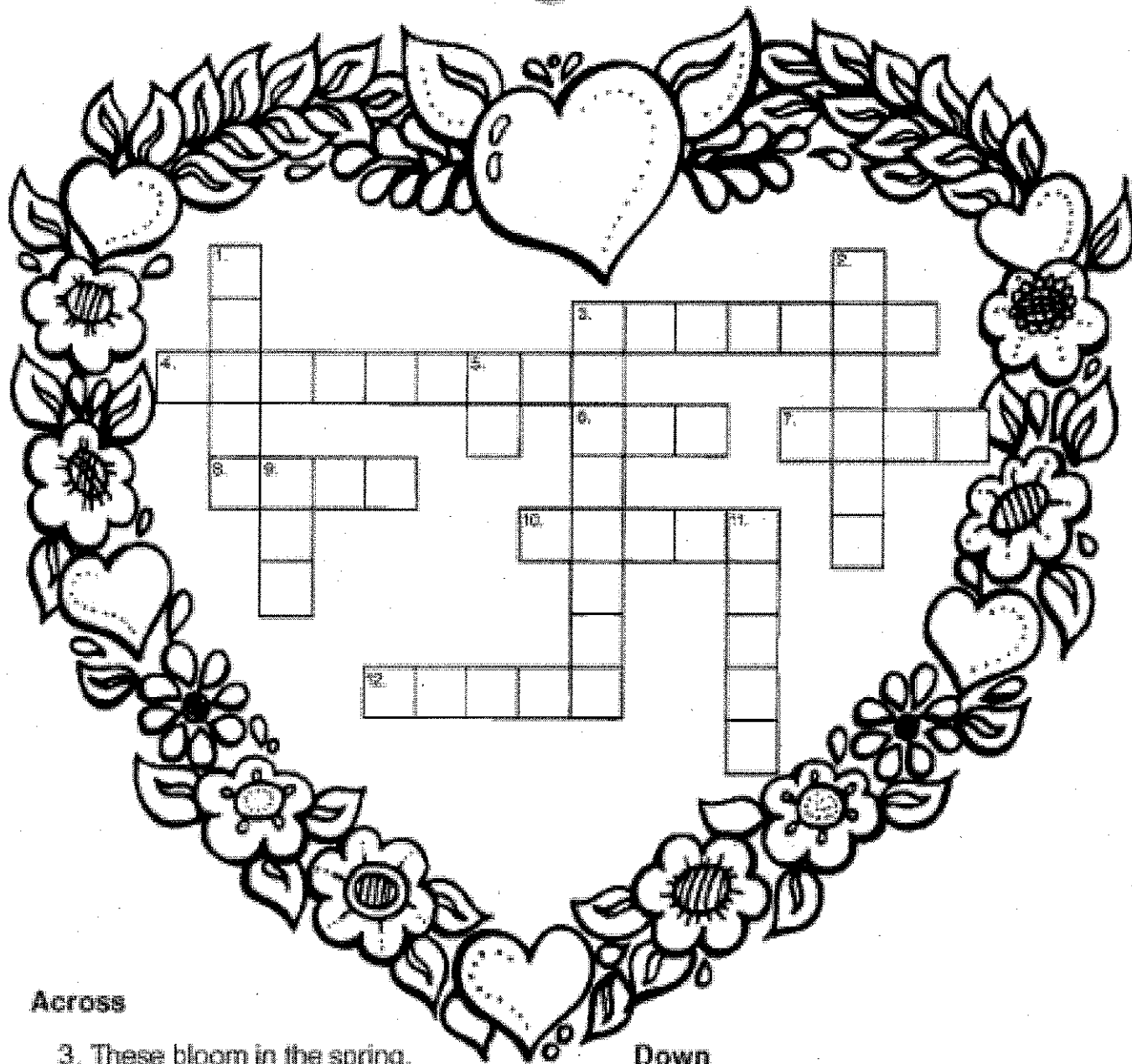
SNOW

SWEATER

WINTER



# Valentine's Day Crossword



## Across

3. These bloom in the spring.
4. A sweetheart on February 14th.
6. Cupid carries a \_\_\_\_.
7. I \_\_\_\_ you.
8. The opposite of false.
10. The valentine cherub.
12. Something sweet to eat.

## Down










1. This beats in your chest.
2. Cupid shoots \_\_\_\_ with a bow.
3. The second month of the year.
5. The opposite of out.
9. Roses are \_\_\_\_ . Violets are blue.
11. A flower with many petals.





# JANUARY 2024



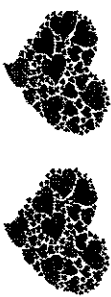
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <b>CENTER CLOSED FOR NEW YEARS DAY</b>		2	POOL TABLE OPEN ART CLASS WITH MAXINE SNACK FOOD BINGO BIBLE STUDY (DINING ROOM) BINGO	3	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE SNOWMAN HUNT	4	POOL TABLE OPEN  <b>DR. BERT</b> 9:30-11:00  BINGO JEFFERSON CENTER VISITS	5	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE TRIVIA SHOWDOWN UNO GROUP CHIT, CHAT & CROQUET GROUP
8	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE RUMMY GROUP WII BOWLING PRACTICE BINGO	9	POOL TABLE OPEN ART CLASS WITH MAXINE DRINK BINGO BIBLE STUDY (DINING ROOM) BINGO	10	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE CASH BINGO CASH BINGO CONTINUED	11	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) CEOS CLUB CRAFTS BINGO	12	POOL TABLE OPEN CHAIR ZUMBA (VIDEO)  <b>WINTER WONDERLAND PARTY</b> 10:00-11:30  UNO GROUP
8-3:30 9:00 10:00 10:30 10:30 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:00 10:00 10:30 10:30 12:30	8-3:30 9:00 10:00 10:30 10:30 12:45	8-3:30 9:00 10:00 10:30 10:30 1:00	8-3:30 9:00 10:00 10:30 1:00			
 <b>CENTER CLOSED FOR MARTIN LUTHER KING JR. DAY</b>		15	POOL TABLE OPEN ART CLASS WITH MAXINE SNACK FOOD BINGO BIBLE STUDY (DINING ROOM) ATTORNEY GENERAL MOBILE OFFICE BINGO	17	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE JANUARY PAINT PARTY	18	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) CRAFTS BINGO  JEFFERSON CENTER VISITS	19	POOL TABLE OPEN CHAIR ZUMBA (VIDEO)  <b>MOVIE DAY/POPCORN BAR</b> 10:00-12:00  UNO GROUP
8-3:30 9:00 10:00 10:30 10:30 12:45	8-3:30 9:30 9:30 11:00 11:30 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:00 10:00 10:30 10:30	8-3:30 9:00 10:00 10:30 10:30	8-3:30 9:30 10:30 10:30 12:45	8-3:30 9:00 10:00 10:30 1:00			
22	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE SPEAKER: MEDICARE MINUTES WITH CHASIDY WII BOWLING PRACTICE BINGO	23	POOL TABLE OPEN ART CLASS WITH MAXINE PAPER PRODUCT BINGO BIBLE STUDY (DINING ROOM) BINGO	24	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE SPEAKER: KASEY PERDUE (Jefferson County Community Ministries)	25	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) SPA DAY BINGO	26	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE FARKLE UNO GROUP
8-3:30 9:00 10:00 10:30 10:30 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:00 10:00 10:30 10:30	8-3:30 9:00 10:00 10:30 10:30	8-3:30 9:30 10:30 10:30 12:45	8-3:30 9:00 10:00 10:30 1:00			
29	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE SPEAKER: NUTRITION EDUCATION WITH CHASIDY WII BOWLING PRACTICE BINGO	30	POOL TABLE OPEN ART CLASS WITH MAXINE BOXED FOOD BINGO BIBLE STUDY (DINING ROOM) BINGO	31	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE SPEAKER: STACY MCFARLAND (American Red Cross)				
8-3:30 9:00 10:00 10:30 10:30 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:30 9:30 11:00 12:45	8-3:30 9:00 10:00 10:30 10:30	8-3:30 9:00 10:00 10:30 10:30	8-3:30 9:30 10:30 10:30 12:45	8-3:30 9:00 10:00 10:30 1:00			

HAPPY  
NEW  
YEAR

# January 2024


HAPPY  
NEW  
YEAR

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
	closed		3oz Pot Roast		3 oz Kati Kati Chicken		1oz Sausage on Biscuit		6 oz Baked Fish
			2in cube corn bread		1/2 cup Jollof Rice		1/2 cup hashbrowns		2/3 cup Cuban black beans
			1c carrots, potatoes, & onions		1/3cup Sauted Spinach&tomato		1/2 cup cooked apples		and rice
			1/2 cup peas		1/2 cup Cauliflower		3/4 cup orange juice		1 cup Side Salad
			1/4 c peach cobbler		1/2 cup pears				1/2 cup applesauce
									1/2 cup applesauce
8		9		10		11		12	
	Turkey and Beef Macaroni		1 cup Potato Soup w/ cheese		1 cup Beef Stew		1 cup Pinto Beans		1/2 cup Chicken Alfredo
	Cucumbers		6 oz ham slice		WW Roll		1 2 in sq cornbread		1/2 cup ww noodles
	Sliced apples		1/2 cup peas		1/2 cup pineapple tidbits		1/2 cup cooked greens		1/2 cup Broccoli
	chefs choice of dessert		1/2 cup peaches		chefs choice of dessert		1/2 cup potatoes and onions		1/2 cup Carrots
							orange		1/2 cup pears
15		16		17		18		19	
			4oz Salisbury Steak		1 cup Tuna & Noodles		1 cup Chicken Vegetable soup		Polish Sausage on WW Bun
			WW Roll		1/2 cup lima Beans		Turkey Sandwich		1/2 cup Sauerkraut
			1/2 cup Mashed Potatoes		1/2 cup cabbage		1/2 cup raw celery sticks		1/2 cup Boiled Potatoes
			1/2 cup Winter Greens		1/2 cup Fruit salad		1/2 cup pears Pears		1/2 cup Baked beans
			1/2 cup applesauce						1/2 cup fruit cocktail
22		23		24		25		26	
	Sloppy Joe w/ Cheese		Nachos w/ 3 oz Chicken		1 cup Beef Vegetable Soup		1 cup White bean Chicken Chili		4 oz Pork Tenderloin
	1/4 cup carrot sticks		1/2 cup Refried Beans		2 oz Roast Beef sandwich WW		1 cube cornbread		ww roll
	1 cup Side Salad		1/4 cup Tomato/Lettuce		1/2 cup peas		1/2 cup Spinach & beets		1/2 sweet potatoes
	1/2 cup peaches		1/2 cup		1/2 cup Peaches		banana		1/2 cup coleslaw
			1/2 cup applesauce						1/2 cup fruit cocktail
29		30		31					
	6 oz Lasagna w ground turkey		1 cup Chicken Rice Soup		4 oz Tuna Cakes				
	Garlic Bread		crackers		1/2 cup Rice				
	1 cup side salad		1/2 cup Brussel Sprouts		1/2 cup Broccoli				
	1/2 cup apple Sauce		1/2 cup Raw Veggies		1/2 cup Cauliflower				
	2 oz Peanut Butter Pie		1/2 cup grapes		1/2 cup sliced apples				



# FEBRUARY 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE BALOON VOLLEYBALL WII BOWLING PRACTICE BINGO	6	POOL TABLE OPEN ART CLASS WITH MAXINE DRINK BINGO BIBLE STUDY (DINING ROOM) ATTORNEY GENERAL MOBILE OFFICE BINGO	7	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE	8	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) CEOS CLUB CRAFTS BINGO	9	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) CHINESE NEW YEAR PARTY UNO GROUP
6	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE HUNT YOUR HEART WII BOWLING PRACTICE BINGO	8	POOL TABLE OPEN ART CLASS WITH MAXINE MARDI GRAS BINGO BIBLE STUDY (DINING ROOM) BINGO	14	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE CASH BINGO CASH BINGO CONTINUED	15	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) CRAFTS BINGO	16	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) VALENTINE'S DAY PARTY UNO GROUP
7	 CENTER CLOSED FOR PRESIDENTS DAY	20	POOL TABLE OPEN ART CLASS WITH MAXINE PAPER PRODUCT BINGO BIBLE STUDY (DINING ROOM) BINGO	21	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE FEBRUARY PAINT PARTY	22	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) SPA DAY BINGO	23	POOL TABLE OPEN BIRTHDAY CELEBRATION PRECIOUS MEMORIES BAND UNO GROUP
26	POOL TABLE OPEN CHAIR ZUMBA (VIDEO) EXERCISE BOARD GAMES WII BOWLING PRACTICE BINGO	27	POOL TABLE OPEN ART CLASS WITH MAXINE BOXED FOOD BINGO BIBLE STUDY (DINING ROOM) BINGO	28	POOL TABLE OPEN CARDIO DRUMMING FOR SENIORS (VIDEO) EXERCISE WII BOWLING PRACTICE	29	POOL TABLE OPEN WII BOWLING CHAMPIONSHIP BIBLE STUDY (DINING ROOM) CRAFTS BINGO		



# February 24

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			4oz Beef Stir Fry	2 Pepperoni rolls
			1/2 cup egg noodles	1/2 cup Cottage Cheese
			1/2 cup peas	1/4 cup Marinara Sauce
			1/2 cup mandarin oranges	1/2 cup Pizza Green beans
				1/2 cup corn
5	6	7	8	9
1 cup Chili con Carne w/ beans	1 cup Turkey Pot Pie	1 cup Pork Stir Fry	4 oz Volcanic Meatloaf	1 cup Minestrone Soup
1 square Cornbread	2/3 cup corn	1 cup Brown Rice	1/2 cup Potatoes Au Gratin	Turkey Sandwich ww
1/2 cup side salad	1/2 cup sliced peaches	1/2 cup Pineapples	1/2 cup Brussel Sprouts	1/2 cup Peas
melon		chef's choice of dessert	1/2 cup spiced apples	1/2 cupfruit cocktail
12	13	14	15	16
1 cup Chicken & Noodles	1 cup Taco Soup with cheese	2 oz Chicken Fajitas	1oz Sausage on Biscuit	6 oz Baked Fish
1/2 cup cooked carrots	crackers	with shredded cheese	1/2 cup hashbrowns	2/3 cup Cuban black beans
1/2 cup Cabbage	1/2 cup corn	3/4 cup three bean salad	1/2 cup cooked apples	and rice
1/2 fruit cocktail	1/2 cupfruit cocktail	1/2 cup strawberries	3/4 cup orange juice	1 cup Side Salad
		1 oz Angel Food Cake		1/2 cup applesauce
				1/2 cup applesauce
19	20	21	22	23
closed	1 cup Potato Soup w/ cheese	1 cup Beef Stew	1 cup Pinto Beans	1/2 cup Chicken Alfredo
	6 oz ham slice	WW Roll	1 2 in sq cornbread	1/2 cup ww noodles
	1/2 cup peas	1/2 cup pineapple tidbits	1/2 cup cooked greens	1/2 cup Broccoli
	1/2 cup peaches	chef's choice of dessert	1/2 cup potatoes and onions	1/2 cup Carrots
			orange	1/2 cup pears
26	27	28	29	
	4oz Salisbury Steak	1 cup Tuna & Noodles	1 cup Chicken Vegetable soup	
	WW Roll	1/2 cup lima Beans	Turkey Sandwich	
	1/2 cup Mashed Potatoes	1/2 cup cabbage	1/2 cup raw celery sticks	
	1/2 cup Winter Greens	1/2 cup Fruit salad	1/2 cup pears Pears	
	1/2 cup applesauce			