

# THE SILVER SPIRIT

JANUARY & FEBRUARY 2026

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**JEFFERSON COUNTY COUNCIL ON AGING**

Phone: 304-725-4044

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

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**

Fax: 304-725-9500

# *Jefferson County Council on Aging*

103 West 5<sup>th</sup> Avenue  
Ranson, WV 25438  
(304) 725-4044

## 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.

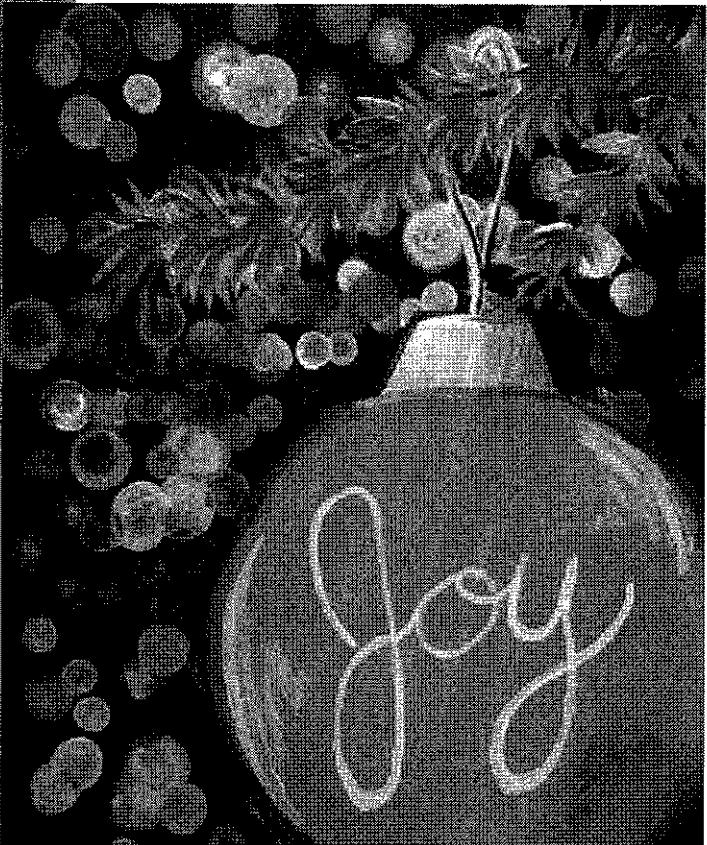
Specific examples of unacceptable behavior for all JCCOA patrons include, but are not limited to the following:

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,
4. Physical contact with another individual or staff member in an angry, violent or threatening manner,
5. Unauthorized removal or attempted removal of materials,
6. 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 sense of place and community traditions,
6. Celebratory of everyone's traditions, cultural, and recreational aspirations.
7. Tolerance for values and beliefs other than our own.

# CHECK OUT ALL OF THE SERVICES JCCOA OFFERS:



**IN-HOME CARE SERVICES**

**LIMITED CONGREGATE RESPITE & ADULT DAY CARE**

**DAILY RECREATIONAL ACTIVITIES MONDAY-FRIDAY**

**DAY-HABILITATION SERVICES**

**HOME DELIVERED MEALS, PICK UP MEALS & CONGREGATE MEALS**

**TRANSPORTATION TO AND FROM ROUTINE MEDICAL APPOINTMENTS, GROCERY SHOPPING, BANKING, PHARMACY & MUCH MORE.  
(JEFFERSON COUNTY MONDAY-FRIDAY; MARTINSBURG ON WEDNESDAY)**

# Thank You!

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

**Devil's Due Distillery**

**Jefferson CEOS**

**St. Agnes Church**

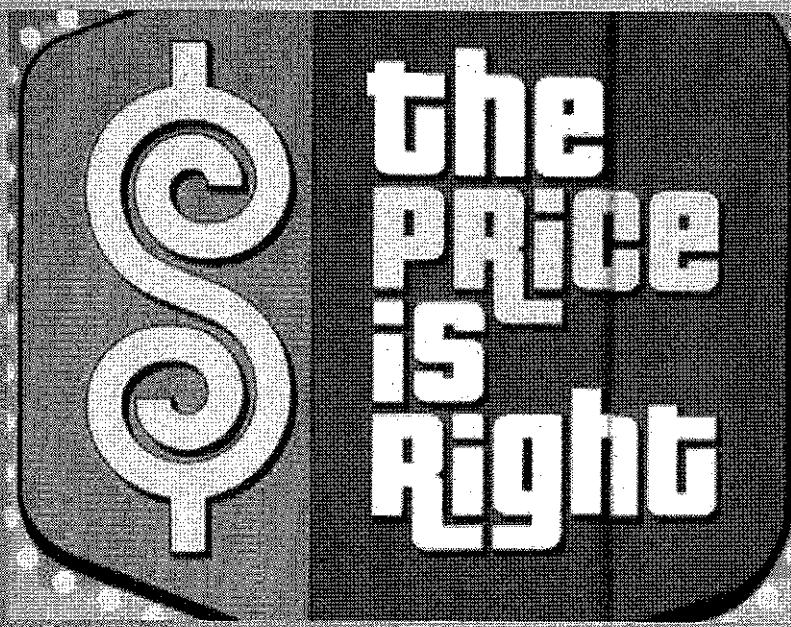
**Thank You  
TO THOSE THAT DONATED  
A BASKET FOR OUR DECEMBER  
BASKET RAFFLE  
AND TO EVERYONE WHO  
PURCHASED  
A TICKET.**

**JCCOA APPRECIATES YOU!**

**JANUARY 23<sup>rd</sup> 2026**  
**PRICE IS RIGHT!**  
**@10:30am**

**\*May continue after lunch\*.**

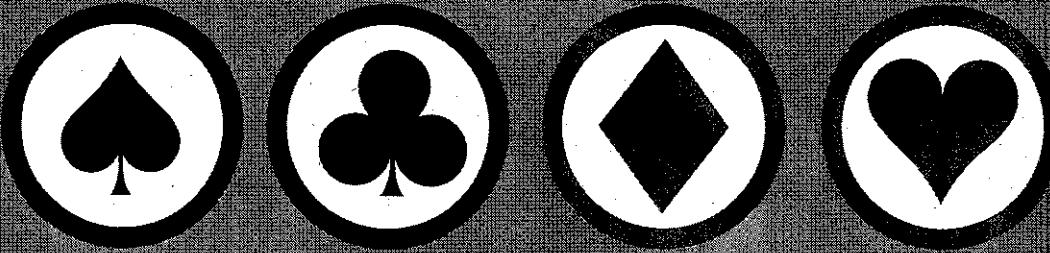
**Will draw names to see who plays.**



**RAFFLES**

**1 for \$1**

**3 for \$2**

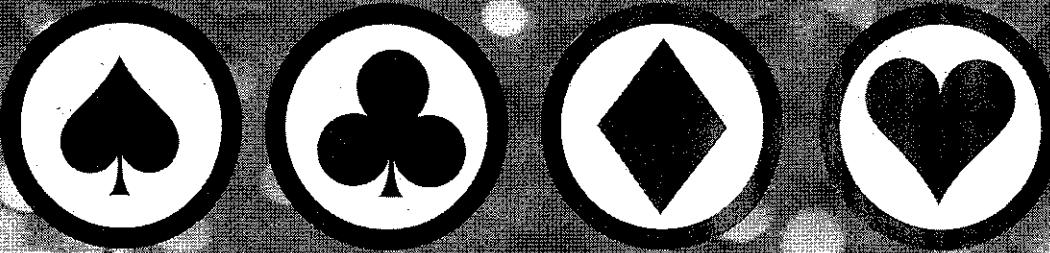
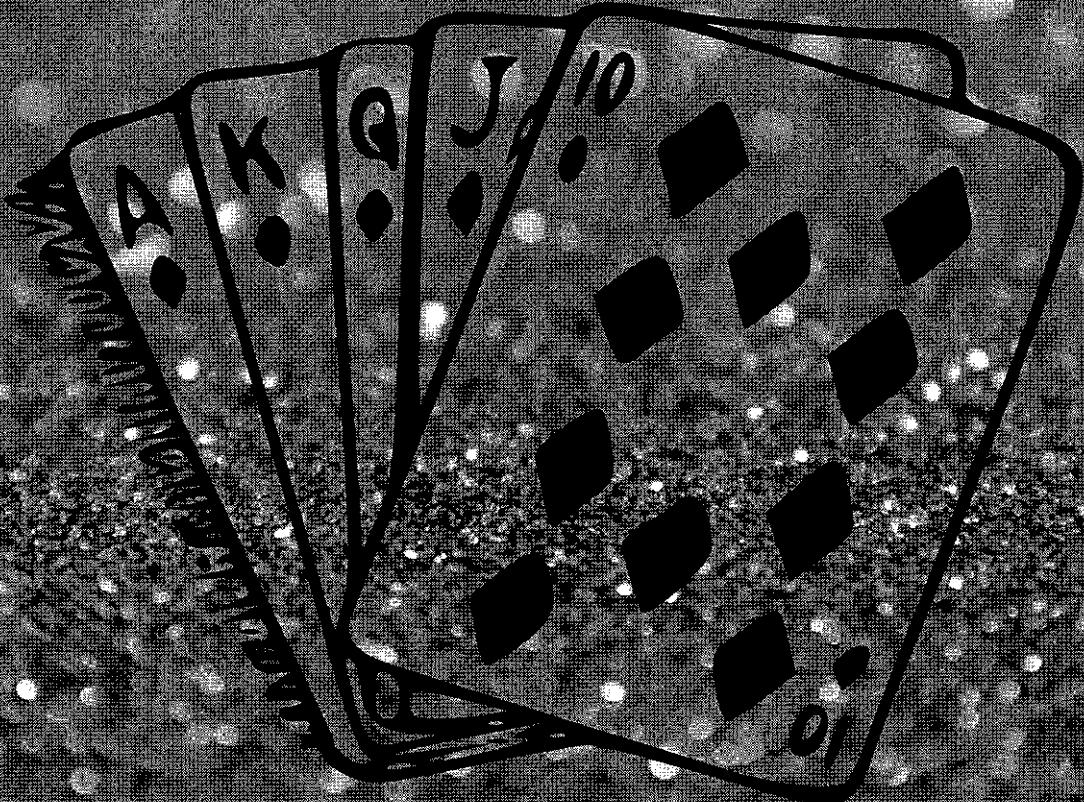


# **-POKENO-**

**With Las Amigas**

**@10:30**

**January 16th 2025**



# Charlotte Norris's Three Chicks Chalk Craft @

10:00am

January 29<sup>th</sup> 2026

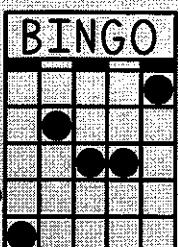
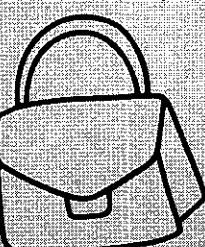
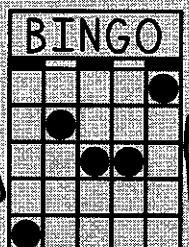
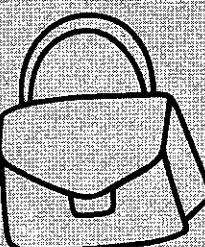
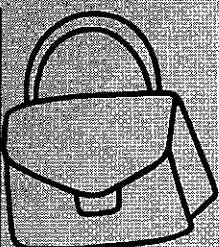
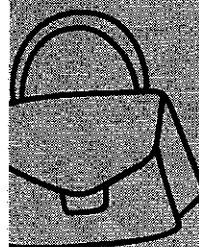
Chalk Paint

FREE



# Valentine's DAY PARTY

Friday, February 13, 2026  
10:00am-11:30am



# PURSE BINGO

# February 20<sup>th</sup> 2026

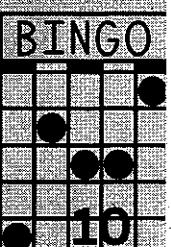
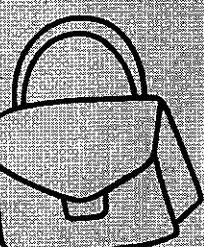
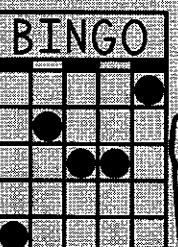
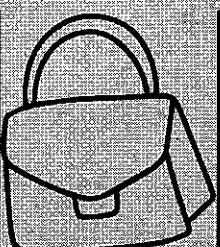
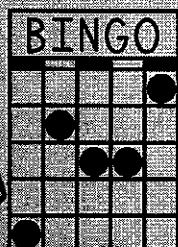
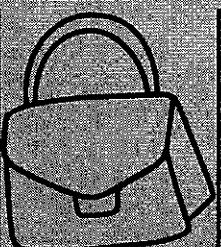
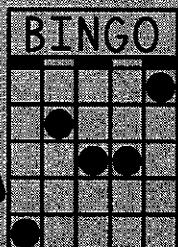
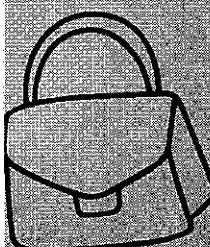
# \$12- TO PLAY

**\$ 1 - for special  
game**

**\$ 2 - for Dauber**

# Don't throw away your used purses!

**We are taking gently used purses  
for the donation table.**



# Jefferson County Council on Aging



**Tuesday's at 9:45am**  
**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

**G A M E**

**B I N G O**

**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\*\*\*\*

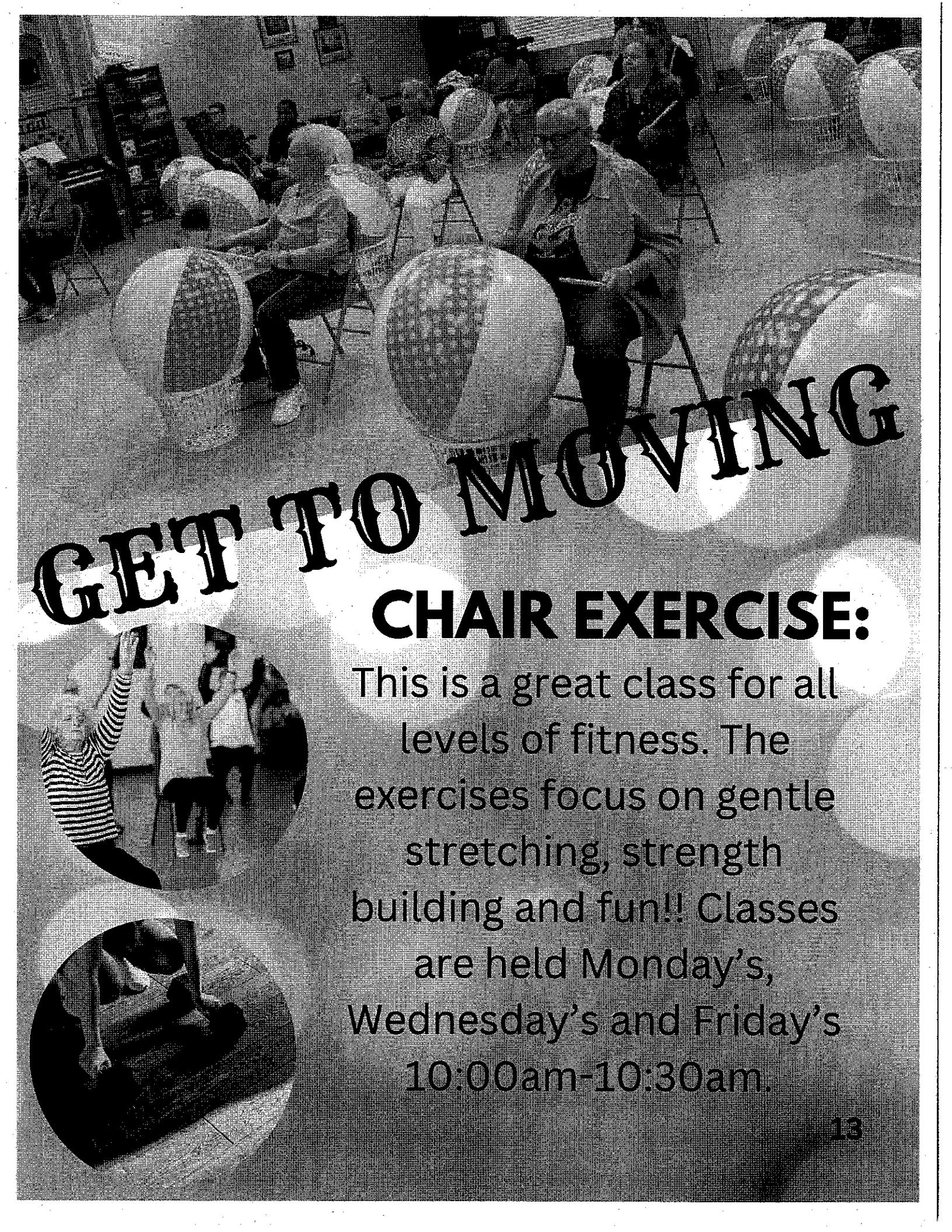
**PAY-OUTS & JACKPOT:**  
BASED ON THE # OF ATTENDEES

**12**

**35**

**72**

**48**  
12

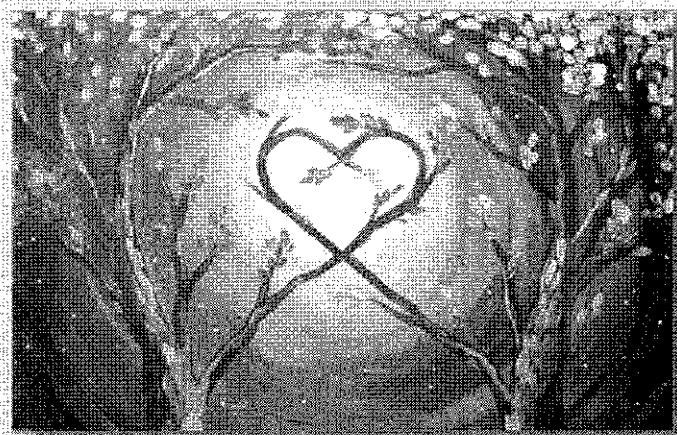


# **GET TO MOVING**

## **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

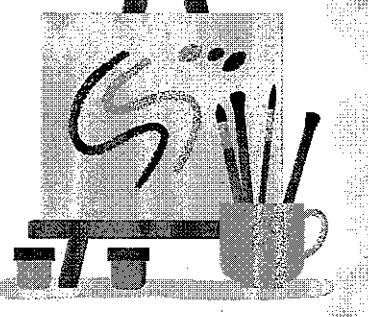


JCCOA



**PAINT 10:30am  
PARTY**

(\$10.00 Must sign up with Recreation)<sup>14</sup>

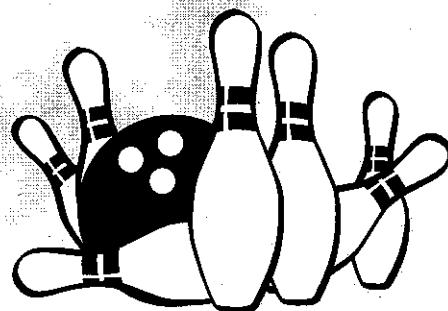


## ART CLASS

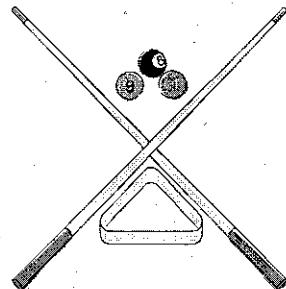
Art Class meets every Tuesday morning at 9:30am. Everyone is welcome to join with no talent needed but only the desire to try your best! Class is a drop in and free!

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**



## Billiards (Pool Table)

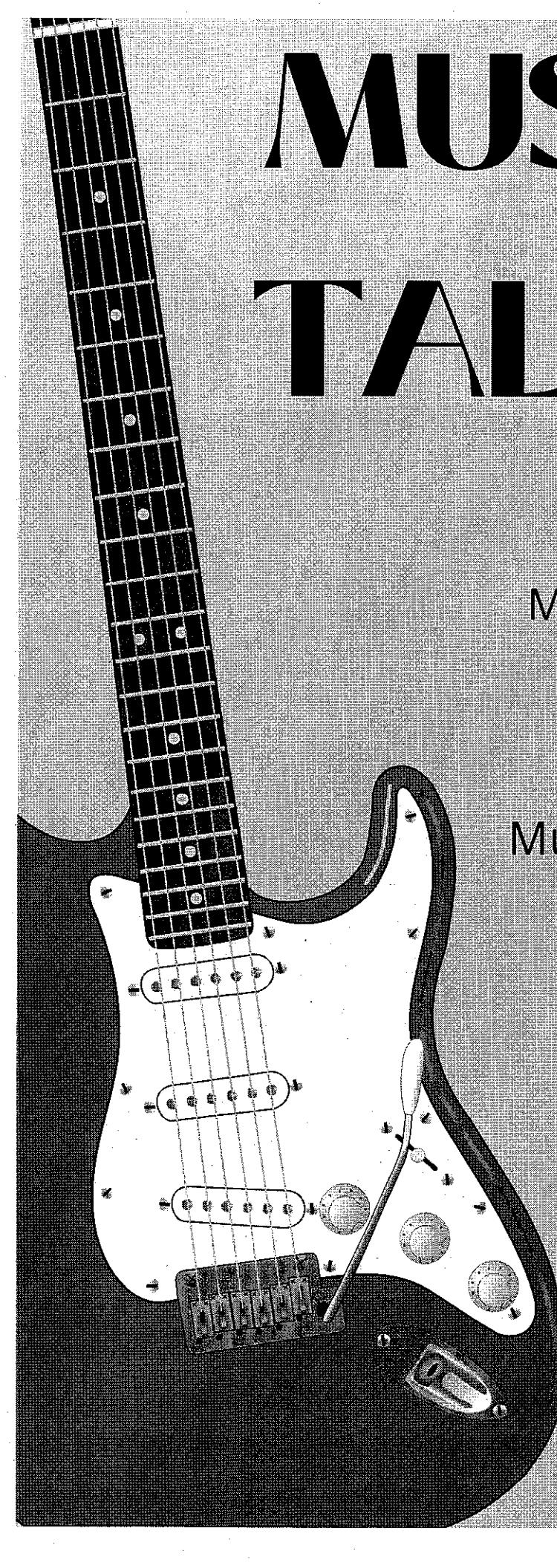


Dust off those pool sticks and gather 'round the pool table!

Pool table will be open:  
**Monday-Friday**  
**8:00am-3:30pm**



**EVERY THURSDAY AT**  
**9:45AM**  
**(See Calendar for some date changes)**



# MUSICAL TALENTS

**JANUARY 8, 2026**

9:30am

Music Therapy with Dr. Bert

**FEBRUARY 5th, 2026**

9:30am

Music Therapy with Dr. Bert

**February 27, 2026**

*Birthday Party*

9:30-11:30AM

Precious  
Memories Band



# 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

## 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.

## FAMILY ALHEIMER'S IN-HOME RESPITE (FAIR)

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.

## 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.

## 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.

## 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 0.63% for all overdue outstanding balances) 10% annually.

## 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.

# JCCOA IN HOME CARE DEPARTMENT

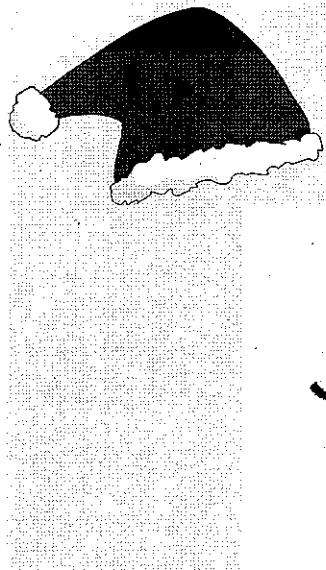
**Megan Storey,**  
**R.N.**

**Brittany Wellman,** **Violetta Salazar,**  
**R.N/Case Manager** **IHC Coordinator**

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

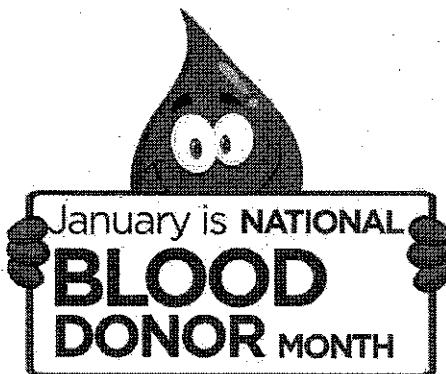
- Please do not call or share personal information with your In-Home Care Aide.
- Notify the agency if you are having an issue with your worker by calling the main line at 304-725-4044.
- Please notify the agency within 24-48 hours if you are going to cancel your service day.
- Please notify the agency when you or your family member is admitted to the hospital and upon returning home 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.

JCCOA's In Home Care Department is always hiring compassionate, dedicated individuals who want to make a real difference in people's lives. If you know of someone looking for a rewarding career helping others in the comfort of their homes, we'd love for you to send them our way.



## JUST A LITTLE Reminder

- Please do not call or share personal information with your In-Home Care Aide.
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- 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.

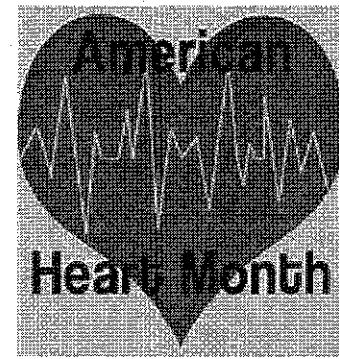
During this critical time of year, the Red Cross depends on donors to continue to supply these resources in order to make sure that blood products are available at about 2,500 hospitals nationwide.

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 and MyPlate.go

### 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 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.

*Day  
Habilitation*  
INSTRUCTORS

**JEANNIE TSUNEISHI**

**KAYLEE LAIRD NEAL**

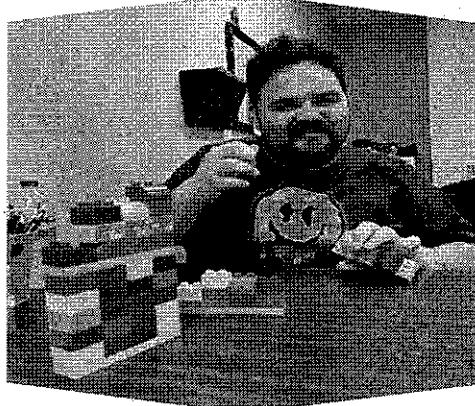
**Robin Kennedy**

**Natasha Thelwell**

# JCCOA JEFFERSON CENTER

**Haley Laird, JCCOA Jefferson Center**

**Director 304-728-1076**



January's Client of The Month is Dannie Estrada! We would like to welcome Dannie to the Jefferson Center. Dannie started in October 2025, and he is surely enjoying himself. Dannie is such a hard worker and loves helping out around the center! Dannie likes watching movies and his favorite is Snow White. Dannie has the best smile and he is sure to have a punchline. He is guaranteed to make you giggle. Make sure you say Hi to Dannie!



February's Client of The Month is Glendonwyn Lowery! We would like to welcome Donwyn to the Jefferson Center. Donwyn started in November 2025, and he quickly fit right in. Donwyn loves music, laughter and happy people. Donwyn has already made a few good friends and he absolutely loves following his buddies around. Donwyn is a man of few words but when he does speak it's so joyful. Make sure you say Hi to Donwyn!

*Client  
of the  
Month:*

# JCCOA JEFFERSON CENTER

# ZOOMENG

## 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.



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

JACOB LECLAIR

VICTORIA VANDEROSTYNE

BECKY KLINE

RICHARD

WILLIAM WHITE

HOPE ADAMS

Cameron Godbey

Jerry Boyd

Brandon Arroniz

# JCCOA NUTRITION DEPARTMENT

**Marie Heminway, Nutrition Manager**

**Sonny Ewell, Nutrition Lead**

**Kelvin Cooper, Nutrition Assistant**

**Billy Smith, Driver**

## **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 one or both of the following:

The person has difficulty leaving his/her house and is therefore unable to participate in the Title III congregate meals program due to illness (including terminal illness), incapacitating disability, isolation, lack of transportation, or physical, emotional, or behavioral conditions that would make receiving their service at a congregate nutrition site difficult and/or intolerable for them and/or others.

The person is physically or mentally unable to obtain food and prepare meals, and there is no one else available, willing or able to obtain food and prepare meals.

### **ADDITIONAL ELIGIBILITY:**

The spouse of an eligible individual, regardless of age, if the provision of the meal supports maintaining the person at home.

Individuals with disabilities, regardless of age, who reside at home with eligible individuals and are dependent on them for care.

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

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

### **APPLE CIDER CHICKEN**

#### **INGREDIENTS:**

4 bacon strips, chopped  
1 medium onion, chopped  
3 garlic cloves, minced  
6 cups chicken broth  
1 can (29 ounces) solid-pack pumpkin  
1/2 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/8 teaspoon pepper  
1 cup heavy whipping cream  
1 cup shredded Gouda cheese  
2 tablespoons minced fresh parsley

#### **DIRECTIONS:**

In a Dutch oven, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 1 tablespoon drippings. Saute onion in drippings until tender. Add garlic; cook 1 minute longer.

Stir in the broth, pumpkin, salt, nutmeg and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Cool slightly.

In a blender, process soup in batches until smooth. Return all to pan. Stir in cream; heat through. Add cheese; stir until melted. Sprinkle each serving with parsley, bacon and, if desired, additional cheese.

# Food and Fitness

VOLUME 281

DECEMBER 2025

## *Holiday Food Safety for Perishable Leftovers*



In the holiday season, it is a time for gatherings which includes a lot of delicious foods. Once the meal is complete, many times there are leftovers that need to be addressed. Proper handling of leftovers, for perishable foods, is a must due to the harmful bacteria they can grow. Though it may be tempting to leave foods out for guests, it is important for those foods to be kept safe.

Perishable foods have an important two-hour rule. Perishable foods are foods that require refrigeration — like meats, casseroles, dairy based dishes and more. These foods should not sit out for more than two hours. After the two-hour mark, these foods can grow bacteria rapidly, even if they look and smell fine. To keep them safe, refrigerate or freeze these leftovers before the two-hour time is up.



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## ***Holiday Food Safety for Perishable Leftovers***

For leftovers, shallow containers are best. Shallow containers allow dishes to cool down faster and more evenly in the refrigerator and freezer. While deep dishes hold heat much longer, they also increase the risk for bacteria growth. When adding those shallow leftover dishes to the refrigerator, make sure they are covered with an airtight lid or plastic wrap.

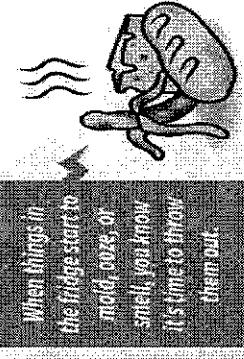
Other things you can do or check for to keep your foods safe:

- Write the date on each leftover item. Most leftovers are good for about 72 hours. After that, most should be discarded.
- Check your refrigerator temperature to make sure it is at or below 40 degrees Fahrenheit. Most refrigerators are temperature-adjustable. Check to make sure they are cold enough by using a thermomotor.
- Reheat leftovers to an internal temperature of 165 degrees Fahrenheit, which kills most bacteria that may have grown. If using a microware to reheat, make sure to stir about half way through the reheating process to avoid cold spots.

When in doubt, throw it out. When unsure if a food was kept safe or how long it has been lingering in the refrigerator, it is better to be safe than sorry. No one wants food poisoning to come celebrate the holiday season with them, so lets keep ourselves and our loved ones safe.

### ***Food Safety Tips***

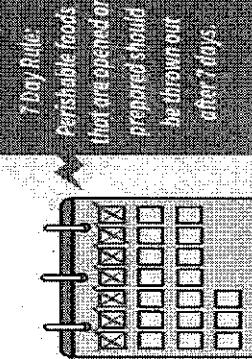
1. **Clean:**  
Keep everything clean!
2. **Separate:**  
Don't give bacteria a chance to spread!
3. **Cook:**  
Kill harmful bacteria!
4. **Chill:**  
Refrigerate foods quickly!



When buying  
the freshest  
meat, cuts, or  
small portions,  
it's time to know  
when to use  
them.

SafeFoodSafety

## When to Throw Out Food



7 Day Rule:  
Perishable foods  
that are opened or  
prepared should  
be thrown out  
after 7 days.

Food	Hamburgers & ground meats		Raw beef, veal, lamb, & pork		Raw poultry		Cooked meats		Soups & stews		Takeout	
	Opened package	Unopened package	Raw	Steaks	Raw	Whole pieces	Cooked meat or poultry	Raw	Steamed	Canned meat or soup	Pizza	Raw
Salads												
Hot dogs												
Hamburgers												
Bacon & sausage												
Ham												
Steaks												
Raw sausage made of chicken, turkey, pork, or beef												
Raw bacon												
Opened package of deli meat												
Opened package												
Eggs, chicken, turkey, tuna, & meat loaf salads												
① Refrigerator (40° F or below)												
3-4 days	1 Week	2 Weeks	3-5 Days	2 Weeks	7 Days	1-2 Days	1-2 Days	3-5 Days	3-5 Days	3-5 Days	1-2 Days	1-2 Days
Does not freeze well	1-2 Months	1-2 Months	1-2 Months	1-2 Months	1 Month	1-2 Months	1-2 Months	4-12 Months	4-12 Months	1 Year	9 Months	2-3 Months
② Freezer (0° F or below)												
3-4 days	1 Week	2 Weeks	3-5 Days	2 Weeks	7 Days	1-2 Days	1-2 Days	3-5 Months	3-5 Months	1 Year	9 Months	2-3 Months
Does not freeze well	1-2 Months	1-2 Months	1-2 Months	1-2 Months	1 Month	1-2 Months	1-2 Months	4-12 Months	4-12 Months	1 Year	9 Months	2-3 Months

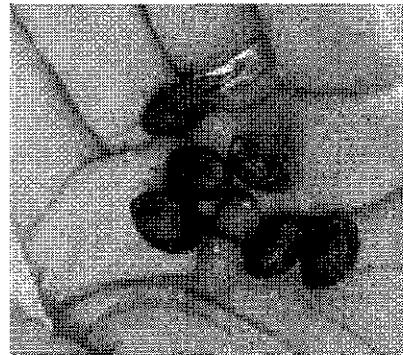
Source: FoodSafety.gov

Learn more about safe food handling in our food safety courses at [www.foodsafety.gov/food-handling](http://www.foodsafety.gov/food-handling)

© 2013 SafeFoodSafety

## Herbs and Spices—Bay Leaf

The bay leaf is one of the most unique and essential herbs to find in a home spice rack. It is a herb that is added to many dishes to provide flavor and then is removed prior to eating. Consuming a whole bay leaf is strongly discouraged due to their rigid texture, which presents a choking hazard.



When the bay leaf is added and allowed to simmer, it releases its warm, slightly floral notes with a hint of pine into the dish. It pairs well with foods that simmer or slow cook like soups, stews, and sauces. The bay leaf pairs well with chicken, beef, poultry, seafood, and even vegetable-based recipes. The most common pair for vegetables are tomatoes, potatoes, mushrooms, carrots, and beans. The bay leaf provides an elevated flavor that provides a light fragrance and comfort.

The bay leaf contains small amounts of vitamins and minerals. It contains vitamin A, vitamin C, and several B vitamins like B6. As for minerals, it contains, iron, magnesium, calcium, and manganese.

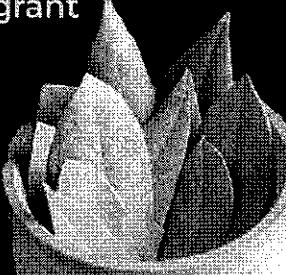
While the bay leaf isn't actually consumed in most instances, it sure has left a mark in the culinary world for its simple and powerful flavor notes.

### *Different ways to add bay leaf to the diet*

Before cooking rice or other grain meals, add a few bay leaves to for flavour and appeal

To make a great spice mix, combine ground or crushed bay leaves with other herbs and spices.

For a calming herbal tea, use dried bay leaves. Take advantage of the soothing and fragrant effects of bay leaf tea by steeping a few leaves in hot water for a little while.



# BAY LEAVES VS. LAUREL LEAVES

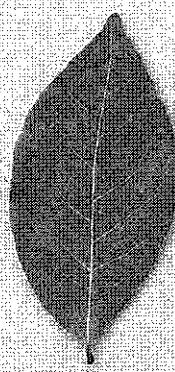
WHAT'S THE DIFFERENCE FOR GLOBAL BUYERS

## BAY LEAVES



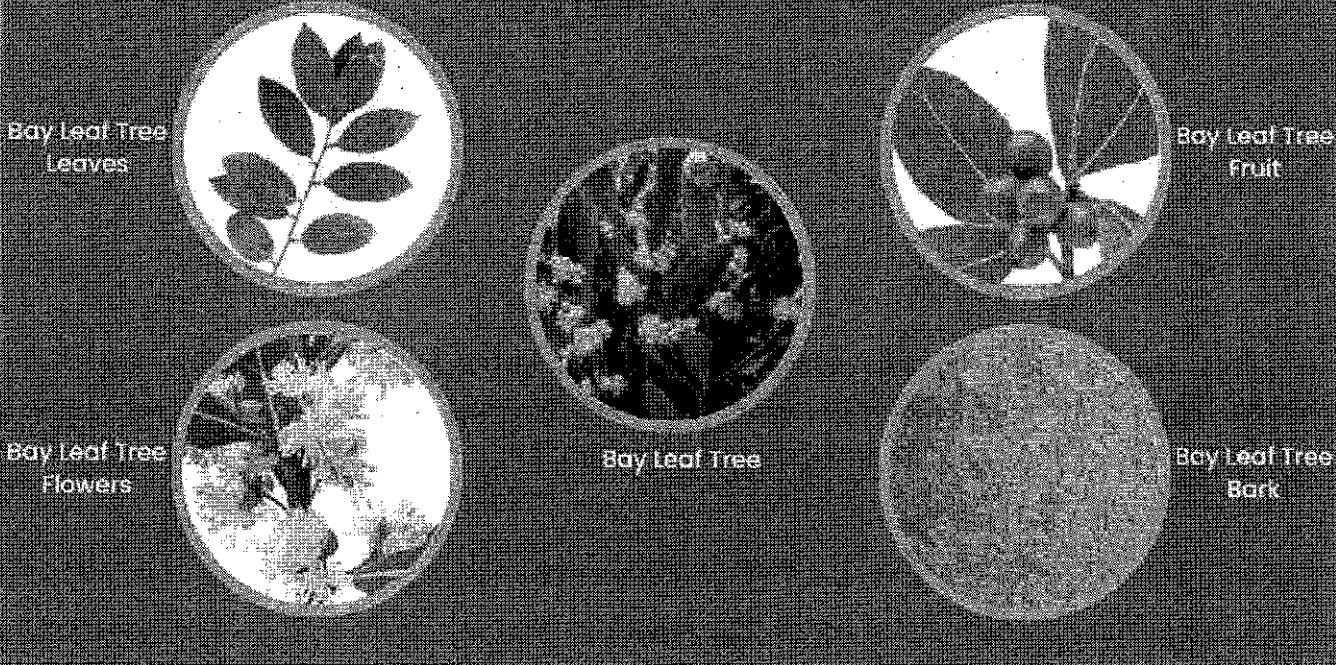
- More common in North America
- Retail and wholesale packaging
- May refer to semi-selected grades

## LAUREL LEAVES



- Preferred in Europe, Middle East
- Mainly industrial packaging
- Often fully hand-selected leaves

## Bay Leaf Tree Identification Chart



## Recipe—Bay Leaf & Lemon Shortbread

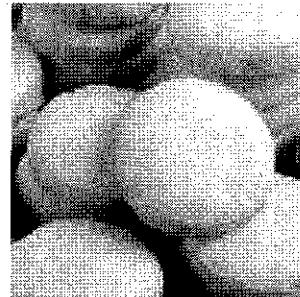
### Ingredients

#### Cookie

- 3 small dry bay leaves
- 1 cup sugar
- 2 cups butter at room temperature
- 1 tsp lemon zest
- 1/8 tsp salt
- 4 cups flour

#### Icing

- 1/3 cup granulated sugar
- 5 small bay leaves
- 1 cup icing sugar
- 1 tbsp meringue powder (see note)



### Instructions

#### Cookie

1. Position a rack in the center of your oven, and preheat to 350°F.
2. Combine the bay leaves with 1-2 tablespoons of the sugar in a spice grinder. Grind until the bay leaves have been reduced to powder (sift out any stubborn bits). Set aside.
3. Using a stand mixer or hand mixer, thoroughly combine the butter, bay/sugar mixture, remaining sugar, lemon zest, and salt.
4. Add flour to the butter mixture a little at a time, mixing until a malleable dough is formed. It should have a consistency rather like playdough.
5. Shape the cookies into rounds. I use 25 g portions (roughly a heaping tablespoon), pressed into cookie cutters for consistency, but you can use any method of shaping that works for you.
6. Bake for 18-20 minutes for larger (25 g) cookies (less for smaller cookies) or until lightly browned at the edges.

#### Icing

1. Combine the granulated sugar and bay leaves in a spice grinder. Grind until the bay leaves have been reduced to powder (sift out any stubborn bits). Set aside.
2. Using a stand mixer or hand mixer (whisk and paddle attachments both work fine), thoroughly combine the bay/sugar mixture with the remaining icing ingredients. Combine at medium speed until the mixture forms a thick, even, icing.
3. Dip the cooled cookies in the icing and let the excess drip off. Alternatively, you can pipe the icing on if you prefer.
4. Lay the finished cookies out on racks to dry for 12-24 hours. Drying times can depend on the humidity of your home and the thickness of the icing.

# Brain Exercise

Don't just exercise your body — work out your brain!

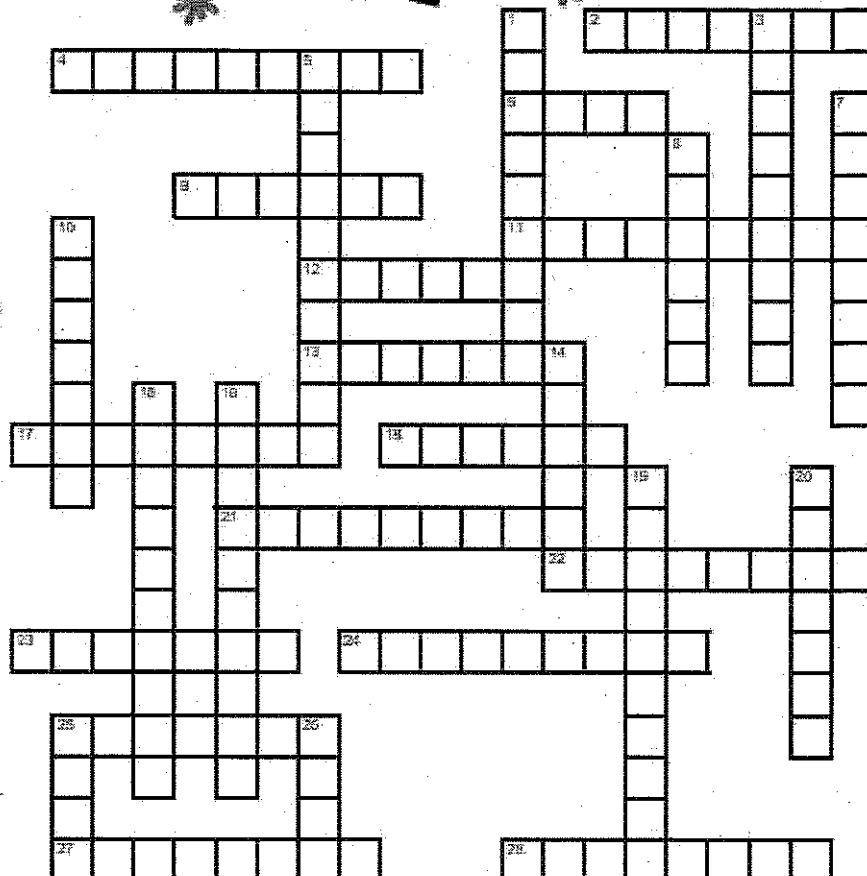


## ACROSS

2. Dickens character who hated Christmas
4. Injury caused by exposure to extreme cold
6. White precipitation that covers the ground in winter
9. Shiny decorative strands draped on Christmas trees
11. Type of tree that stays green all winter long
12. Period of anticipation leading up to Christmas
13. Frozen water formations hanging from roofs in winter
17. Singing holiday songs door-to-door
18. Season that officially begins in December
21. Description of holiday lights at night
22. Festival of Lights celebrated in December
23. Full of holiday cheer and merriment
24. Major holiday celebrated on December 25th
25. Santa's preferred entry point on Christmas Eve
27. Last month of the year, full of holiday celebrations
28. Shortest (and longest) day of the year

## DOWN

1. Plant hung overhead to encourage holiday kisses
3. Decorative items hung on Christmas trees
5. Winter activity on frozen ponds or indoor rinks
7. Santa's flying helpers during the holiday season
8. Creamy holiday beverage
10. Time off from work or school to celebrate in December



14. Santa's vehicle for delivering presents
15. Red and green plant popular as a Christmas decoration
16. Common practice during the December holidays
19. Jolly gift-giver who visits on Christmas Eve
20. African American cultural celebration in late December
25. December weather that makes you want to bundle up
26. Ancient winter festival that influenced Christmas traditions

Advent	Gift-giving	Santa Claus
Caroling	Hanukkah	Scrooge
Chimney	Holiday	Sleigh
Christmas	Ice skating	Snow
Cold	Icicles	Solstice
December	Kwanzaa	Tinsel
Egg nog	Mistletoe	Twinkling
Evergreen	Ornaments	Winter
Festive	Poinsettia	Yule
Frostbite	Reindeer	

# DECEMBER

## Crossword

## SOLUTION

**Kathrine J. Clark, MS, RD, LD**

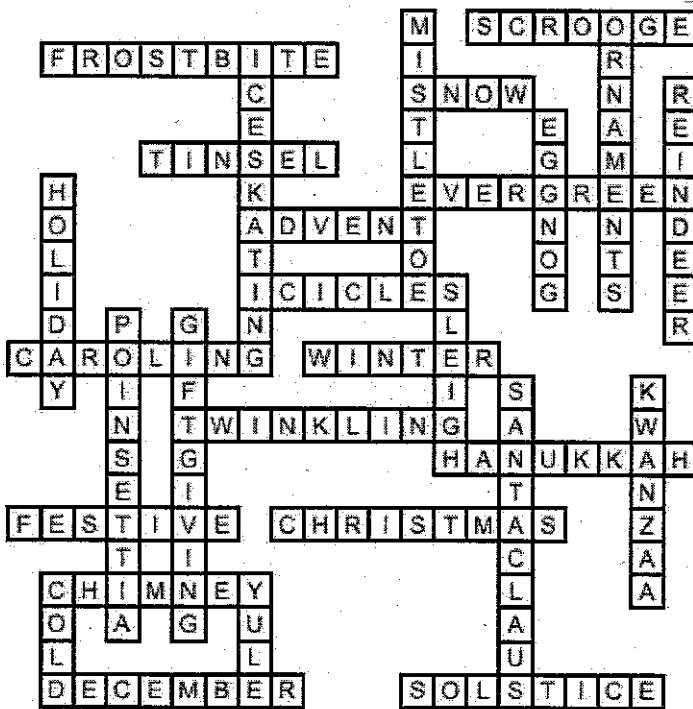
*State Registered Dietitian*

*3003 Charleston Town Center*

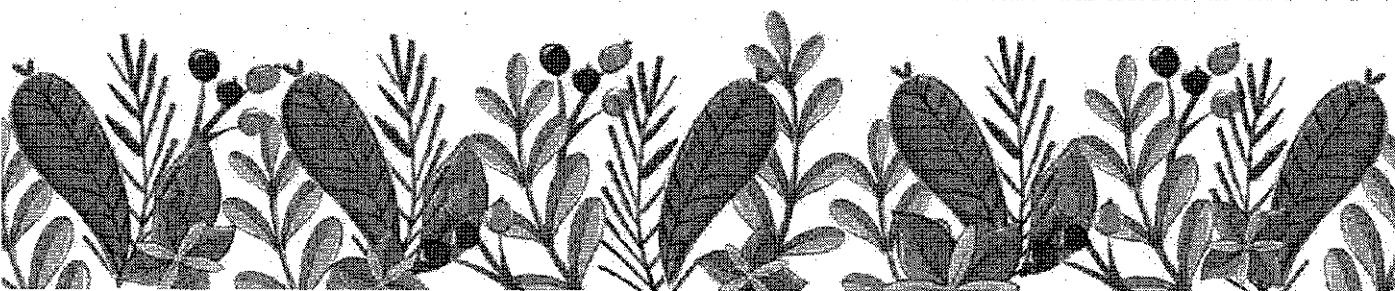
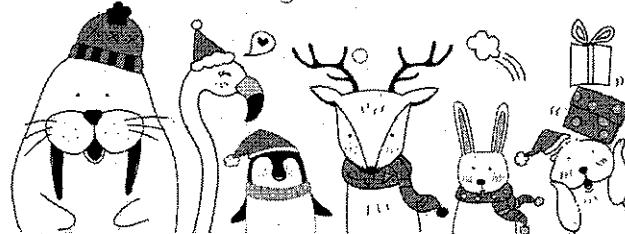
*Charleston, WV 25389*

*Kathrine.j.Clark@wv.gov*

*(681) 344-1679*



**HAPPY HOLIDAYS**



# JCCOA OUTREACH DEPARTMENT

Chasidy Rosa Morales

## MEDICARE'S ADVANTAGE PLAN OPEN ENROLLMENT : JANUARY 1-MARCH 31-

Medicare's Advantage Plan Open Enrollment Period is a time of year when you can change your coverage.

You can:

- Join a new Medicare Advantage Plan (Part C)
- Return to Original Medicare with or without a Part D plan.

**Any changes made during this time, will take effect the 1<sup>st</sup> of the very next month that you enroll.**

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

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



3 months before your 65<sup>th</sup> birthday

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 1<sup>st</sup> of the month, Medicare starts month before 65th birthday month.

The month of your 65<sup>th</sup> birthday

The 3 months after your 65<sup>th</sup> birthday

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.

## 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.

**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 addition 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:

\$1325 individual  
\$1783 couple

\$1585 individual  
\$2135 couple

\$1781 individual  
\$2400 couple

\$1976 individual  
\$2664 couple

### PAYS:

Part A Deductible of \$1676.  
Part A Coinsurance  
Part B Deductible of \$257  
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 \$9,660 for an individual or \$14,470 for a couple. For Program 4, your assets cannot be more than \$17,600 for an individual or \$35,130 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* <sup>36</sup>

# 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*<sup>37</sup>

# Medicare and Skilled Nursing Facility Care

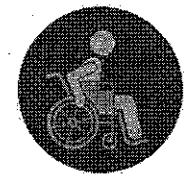
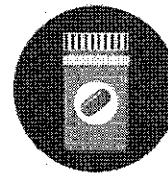
“Skilled nursing facility” is often shortened to SNF—pronounced like “sniff.” SNF care is post-hospital inpatient care. SNFs can be their own facilities, or they can be part of nursing homes or hospitals.

## Who is eligible?

Medicare Part A may cover your SNF stay if all apply to you:

- You were admitted as an inpatient to a hospital for at least three days in a row
- You enter a Medicare-certified SNF within 30 days of leaving the hospital
- You receive care for the same condition that you were treated for during your hospital stay
- You need skilled nursing care seven days per week, or you need skilled therapy services at least five days per week

**Part  
A**



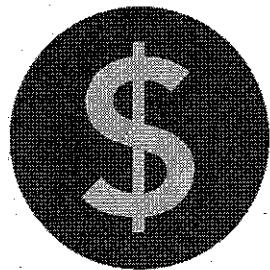
## What SNF care does Medicare cover?

- A semi-private room and meals
- Skilled nursing care by nursing staff
- Therapy, like physical therapy, speech therapy, and occupational therapy
- Medical social services and dietary counseling
- Medications
- Medical equipment and supplies
- Ambulance transportation to the nearest provider of needed services, in some cases

# Medicare and Skilled Nursing Facility Care

## What will SNF care cost me?

Each benefit period:



- **Days 1-20:** Medicare Part A covers the full cost.
- **Days 21-100:** Medicare Part A covers part of the cost, and you pay a daily coinsurance.
- **Past day 100:** You pay out of pocket.

**What's a benefit period?** A benefit period begins the day you are admitted to a hospital or SNF as an inpatient. It ends the day you have been out for 60 days in a row. You can again become eligible for Medicare coverage of your SNF care once you've been out of the hospital or SNF for 60 days in a row. You will then be eligible for a new benefit period, including 100 new days of SNF care, after a three-day qualifying inpatient stay.

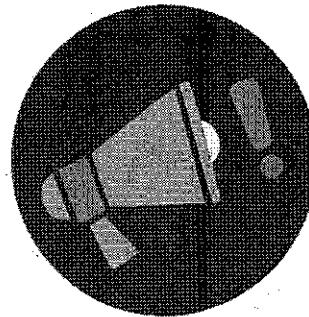
## Where can I get more help?

- Speak to your doctor or hospital discharge planner if you need help finding a Medicare-certified SNF.
- If you have a Medicare Advantage plan, contact the plan to learn which SNFs are in their network. Also ask about the plan's specific costs and coverage rules for inpatient care.
- Contact your local State Health Insurance Assistance Program (SHIP) for help understanding your SNF coverage. Contact information for your local SHIP is on the last page of the document.
- Compare SNF facility quality ratings at the Medicare.gov website:  
<https://www.medicare.gov/care-compare/?providerType=NursingHome>



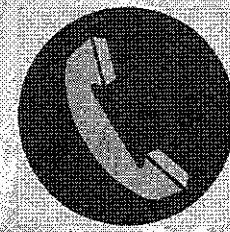
## Skilled Nursing Facility Fraud

SNFs are an important part of many patients' recovery after a hospital stay. Unfortunately, some facilities (even some associated with national chains) have taken to fraudulent billing. SNFs can use fraudulent billing practices to make more money than they've earned from Medicare or from the patients themselves.



Look out for the following red flags:

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:
  - Services that were not deemed medically necessary by your doctor
  - Therapy services or visits that were billed to Medicare but were not provided or more therapy than what was provided to you
  - More expensive services than what you were provided
  - Skilled nursing services for dates after you were released from the SNF
- You are forced to remain in a SNF until your Part A benefits have expired even though your condition has improved and you wish to change to home health care services



Contact your **Senior Medicare Patrol (SMP)** to report potential Medicare fraud!

Contact information for your local SMP is on the last page.

# Medicare and Skilled Nursing Facility Care



## Who to contact for more information:

- Speak to your doctor or hospital discharge planner if you need help finding a Medicare-certified SNF.
- If you have a Medicare Advantage plan, contact the plan to learn which SNFs are in their network.
- Contact your local State Health Insurance Assistance Program (SHIP) for help understanding your SNF coverage.
- Contact your local Senior Medicare Patrol (SMP) if you have experienced potential Medicare fraud, errors, or abuse.

Local SHIP contact information	Local SMP contact information
<b>SHIP toll-free phone:</b> 1-877-987-4463	<b>SMP toll-free phone:</b> 1-855-254-1720
<b>SHIP local phone:</b>	<b>SMP local phone:</b>
<b>SHIP website:</b> <a href="http://www.wvship.org">www.wvship.org</a>	<b>SMP website:</b> <a href="http://www.wvship.org">www.wvship.org</a>
<b>To find a SHIP in another state:</b> Call 877-839-2675 (and say "Medicare" when prompted) or visit <a href="http://www.shiphelp.org">www.shiphelp.org</a>	<b>To find an SMP in another state:</b> Call 877-808-2468 or visit <a href="http://www.smpresource.org">www.smpresource.org</a>
<b>SHIP Technical Assistance Center:</b> 877-839-2675   <a href="http://www.shiphelp.org">www.shiphelp.org</a>   <a href="mailto:info@shiphelp.org">info@shiphelp.org</a> <b>SMP Resource Center:</b> 877-808-2468   <a href="http://www.smpresource.org">www.smpresource.org</a>   <a href="mailto:info@smpresource.org">info@smpresource.org</a> © 2025 Medicare Rights Center   <a href="http://www.medicareinteractive.org">www.medicareinteractive.org</a>	
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# JCCOA RECREATION DEPARTMENT

**Andrea Wellman, Activities Coordinator**

**Faith Paglia Recreation Aide**

# TAKE CON ROLL PROTECT YOURSELF FROM SCAMS

## GET ADVICE



IF YOU THINK SOMETHING IS  
SUSPICIOUS CHECK OUT THE  
FEDERAL TRADE COMMISSION  
ONLINE:

<https://reportfraud.ftc.gov/#/>

## REPORT



IF YOU SUSPECT SOMETHING  
MAY BE A SCAM OR YOU HAVE  
FALLEN VICTIM TO A SCAM  
CALL:

877-382-4357

## TALK



TALK TO PEOPLE YOU TRUST  
ABOUT A SUSPECTED SCAM  
TO PROTECT YOURSELF  
AND THEM.

## HOW TO.....

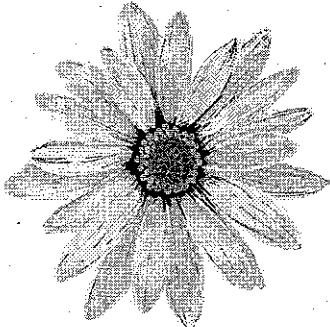
## SPOT SCAMS

### 5 TIPS TO RECOGNIZE SCAMS:

- Have you been approached out of the blue?
- Are you being asked for your personal details and/or bank details?
- Do you feel under pressure to make a decision?
- Have you been asked to keep it a secret?
- Are they offering you something that seems too good to be true?

# JCCOA RECREATION DEPARTMENT

Many of the latest scams in 2024 will likely involve twists on time-tested scams. Scammers and fraudsters are expected to exploit new technology and emotions around major events yet to come to trick and scare people. But scammers will always have the same goal—to get your personal information or money. Learning about these latest developments will hopefully help you stay one step ahead.



## Check Out Some of the Latest Scams:

### AI-POWERED SCAMS:

Perhaps the most obvious example of scammers using new technology to power existing scams comes from artificial intelligence (AI). For example, scammers might use AI to:

- Write more convincing and natural-sounding phishing emails and text messages.
- Create deepfakes of celebrities to trick victims into thinking they're investing in a good company or project.
- Impersonate the victim's friend or relative and ask for money as part of a grandparent scam.
- Impersonate an employer and ask for personal information.

The potential to create an image, video or voice of someone else could make existing scams even more believable, and opens up new opportunities for scammers.

### STUDENT LOAN FORGIVENESS SCAMS:

The back-and-forth changes in student loan forgiveness creates a ripe opportunity for scammers. The scammers know people want to believe their student loans will be forgiven, and they'll use that hope for their personal gains.

For example, scammers may contact you via phone or create phony application sites aimed at stealing your Social Security number or your bank account information. They may put pressure on their victims with fake urgent messages that encourage you to apply for debt relief "before it's too late." Then they'll charge you a hefty application fee. In reality, it's a scam.

It costs nothing to apply for student loan forgiveness, so someone asking you to pay a fee could be a scammer. In addition, the U.S. Department of Education won't contact you by phone. You can stay safe and avoid student loan forgiveness scams by going directly to the Department of Education website for information about applying for forgiveness.

### PHONE SCAMS:

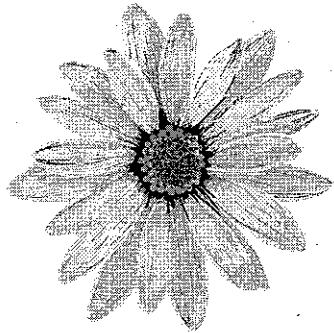
- Robocalls: Robocalls have people's phones ringing nonstop with increasingly natural-sounding recorded voices. They may offer everything from auto warranties to vacations, or issue a threat to try and get your attention. Some robocalls can even respond to your questions.
- Impersonators: Scammers impersonate IRS personnel, police, survey takers, relatives, delivery people and well-known companies to threaten you or gain your trust. They use scare tactics related to your Social Security number, criminal record or account before asking for your personal, account or credit card information.
- Apps: Scammers may try to get you to install a malicious app to steal your information. Or, they might create a nearly identical copy of an existing app and then make money from in-app purchases.
- QR codes: These convenient codes have gained popularity as a touchless option to do things like read a restaurant menu or make a payment. However, scammers place their QR codes in inconspicuous spots, and scanning the code could prompt you to make a small purchase or enter your credentials on a look-alike website.

### PHONE SCAMS CONTINUED:

- QR codes: These convenient codes have gained popularity as a touchless option to do things like read a restaurant menu or make a payment. However, scammers place their QR codes in inconspicuous spots, and scanning the code could prompt you to make a small purchase or enter your credentials on a look-alike website.
- SIM swapping: This technique is used by a thief to reassign your number to a SIM card in a phone they control. They can then try to log in to your accounts using codes or links sent to your phone number. Contact your carrier to see if there are any security measures for stopping SIM swapping. Also, see if your accounts let you use a non-SMS multifactor authentication option, such as an authenticator app that the scammer can't steal or access.

# JCCOA RECREATION DEPARTMENT

Many of the latest scams in 2024 will likely involve twists on time-tested scams. Scammers and fraudsters are expected to exploit new technology and emotions around major events yet to come to trick and scare people. But scammers will always have the same goal—to get your personal information or money. Learning about these latest developments will hopefully help you stay one step ahead.



## Check Out Some of the Latest Scams:

### ZELLE SCAMS:

Scammers are turning to Zelle, a peer-to-peer payment app, to steal people's money.

The scammer might email, text or call you pretending to work for your bank or credit union's fraud department. They'll claim that a thief was trying to steal your money through Zelle, and that they have to walk you through "fixing" the issue. Then they may instruct you to send the money to yourself, but the money will actually go to their account.

Starting in mid-2023, Zelle began refunding victims of some scams. However, you might not always be eligible for reimbursements, so it's important to be wary of these types of financial scams.

### CRYPTOCURRENCY SCAMS:

The cryptocurrency frenzy might have died down, but that hasn't slowed down the scammers. These scams can take different forms, and they may involve fake prizes, contests, giveaways or early investment opportunities.

The scammers may impersonate celebrities or popular cryptocurrency websites to lure victims into sending them money, sharing login information or "investing" in a project. Crypto exchange accounts have also been the target of the OTP bot attack technique described above to prevent you from getting your crypto back while the scammer drains your account.

### ROMANCE SCAMS:

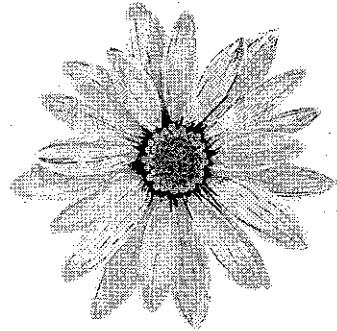
- While romance scams aren't new, their popularity continues to rise. According to the FTC, people lost \$1.3 billion to romance scams in 2022, with median losses of \$4,400 per person.
- Scammers often steal someone's identity or create fake profiles on dating and social media apps to meet victims. There's no surefire method to detect a fake, although scammers may use stock photos and make excuses for why they can't meet in person.
- After gaining your trust, they may ask you to buy them something or send them money. Or the person may "mistakenly" send you money and ask you to send it back or forward it to someone else. If your bank later determines that their payment was fraudulent, the sum of the payment will be subtracted from your account.
- Many romance scams start with private messages on social media or dating apps. And they can target anyone—some scammers even seek to form platonic rather than romantic relationships.

### ONLINE PURCHASE SCAMS:

- Online purchase scams continue to be one of the riskiest types of scams, according to the Better Business Bureau (BBB) 2022 Online Scams Report. The BBB found that people most commonly reported being victims after trying to buy a puppy online.
- Some scammers set up fake e-commerce stores and buy ads for the website on social media. The FTC reported that 46% of social media scams from January to June 2023 were related to online shopping. Alternatively, scammers might list items for sale on online marketplaces, including social media website's marketplaces.
- The scammers might take your money and never send anything in return. Or, they might be committing triangulation fraud and purchasing the item you bought with someone else's stolen credit card. You might not realize you were part of a scam unless you try to return the item or use a warranty.
- Always look for red flags such as too-good-to-be-true prices, lack of details or high-pressure sales tactics. Paying with your credit card can also help you limit potential losses, as you can initiate a chargeback if you don't receive a product or service.

# JCCOA RECREATION DEPARTMENT

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## Check Out Some of the Latest Scams:

### EMPLOYMENT SCAMS:

Employment scams use enticing, and hard-to-detect, lures to target people who've been out of work. Some scammers take a slow approach with interviews and a legitimate-seeming operation. They then collect personal information from your employment forms, or tell you to buy equipment or training. Other scams get right to the point and promise guaranteed or easy income—if you purchase their program. Sometimes, a fake employer sends a large paycheck and asks you to send the "extra" back—a play on the popular overpayment scam. You may also see job opportunities that involve receiving money and sending funds to another account, or receiving and reshipping packages. These "money mule" and "reshipping mule" jobs are often part of an illegal operation, and you could be personally liable.

### CHECK FRAUD:

Check fraud often targets banks rather than consumers, but it's still something you'll want to be aware of in the coming year. Criminals have been breaking into mailboxes and robbing mail carriers to steal mail and look for checks. If you mail a check and it's stolen, they might create a counterfeit check and use it to withdraw money from your account. Your bank or credit union will often reimburse, but it could take a long time and cause money problems while you wait. It might be best to avoid writing and mailing checks altogether. If you have to send a check, some pens, such as Uni-Ball pens with Super Ink, claim to stop check washing. That still won't protect against some other types of check fraud, though.

## HOW TO AVOID A SCAM:

**Be careful with your phone.**

**Don't click unknown links.**

**Create a family password.**

**Enable multifactor authentication.**

**Don't refund or forward overpayments.**

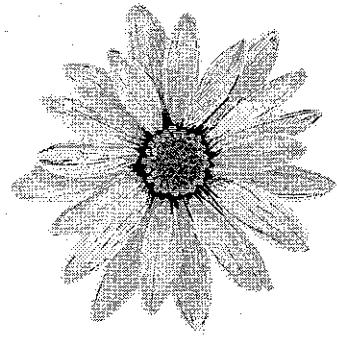
**Be skeptical when someone contacts you.**

**Look for suspicious payment requirements.**

**Research companies before taking any actions.**

# JCCOA RECREATION DEPARTMENT

Many of the latest scams in 2024 will likely involve twists on time-tested scams. Scammers and fraudsters are expected to exploit new technology and emotions around major events yet to come to trick and scare people. But scammers will always have the same goal—to get your personal information or money. Learning about these latest developments will hopefully help you stay one step ahead.



## WHAT TO DO IF YOU FALL VICTIM OF A SCAM:

### **Report the scam and scammer.**

You can report scammers to the [ETC](#) online. Additionally, report the scam and related message to any relevant parties, such as your bank, credit card issuer, social media platform, email provider, phone carrier or the [USPS' Postal Inspection Service](#). You can also file a police report, which might help with recovering your identity or lost funds.

### **Scan your devices.**

If you clicked on a link or attachment, you may want to run an antivirus scan to check for malware.



### **Change your passwords.**

Change the passwords on any accounts that use a password the scammer might know. Use this as an opportunity to create stronger passwords or try out the newer passwordless option called [passkeys](#) that are available on some websites.

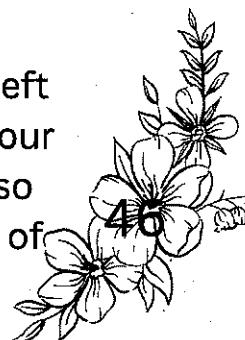
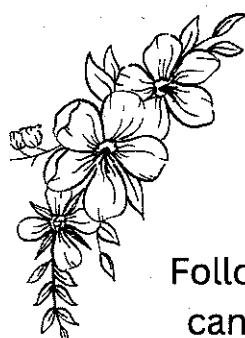
### **Lock down your credit.**

You may be worried about identity theft if you gave the scammer your personal information. You have the right to [add fraud alerts and security freezes](#), also called credit freezes, to your credit reports for free. These can help keep someone else from opening an account using your information.

## Monitoring Your Credit and Identity

Following basic safety strategies and reviewing the latest scam alerts can help you stay safe. But mistakes can happen, particularly when you're stressed or overwhelmed. Even if you're doing everything right, your information could be compromised in a [data breach](#).

[Sign up for free credit monitoring](#) to get alerted when there are unexpected changes in your credit report, which could help you quickly respond to some types of fraud. Additionally, an identity theft monitoring service, such as [Experian IdentityWorks<sup>SM</sup>](#), will look for your personal information in more databases and on the dark web. It also comes with identity theft insurance, which can help cover the cost of recovering from identity theft.



# JCCOA TRANSPORTATION DEPARTMENT

John Heminway,  
Transportation Supervisor

Carolyn Paypams, Driver

Daniel Frye, Driver

## TRANSPORTATION Services

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 offering limited transportation services for routine medical appointments on the following days:

### JEFFERSON COUNTY:

APPOINTMENTS NEED TO BE MADE BETWEEN:

MONDAY'S 10AM-11AM      TUESDAY'S 10AM-1PM

WEDNESDAY'S 10AM-12NOON

THURSDAY'S 10AM-1PM      FRIDAY'S 10AM-11AM

### MARTINSBURG:

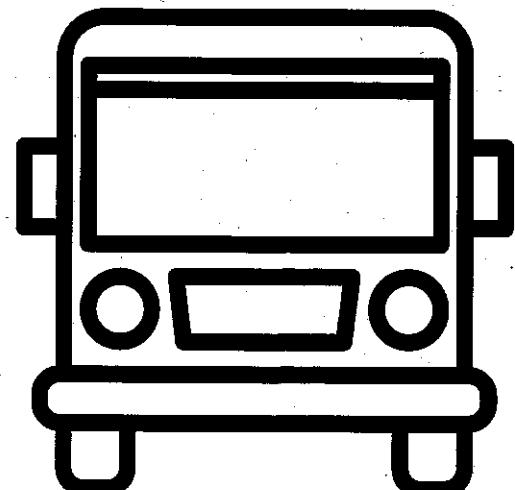
APPOINTMENTS NEED TO BE MADE BETWEEN:

10AM-2PM

JCCOA PROVIDES TRANSPORTATION FOR HAIR  
APPOINTMENTS, GROCERY SHOPPING, BANKING,  
PHARMACY AND OTHER ERRANDS.

*How to  
Schedule*  
A  
TRANSPORTATION  
RESERVATION

Please call  
304-725-4044 to  
schedule a  
transportation  
reservation. All  
reservations must be  
made at least 48 hours  
in advance prior to  
12noon. All cancellations  
for transportation  
should be made 24  
hours in advance.



**JCCOA Warm Hearts**  
**Winter 2026 Fundraising Campaign**

Five articles for the JCCOA “Warm Hearts” Winter 2026 Fundraising Campaign:

**KIRT KRAENBERG & MARY ELLIOTT**

**Campaign:** *Warm Hearts: JCCOA Seniors Who Kindle Our Community’s Spirit*  
**Call to Action (with JCCOA link):** Learn more. Join us. Give.

## **Care That Keeps Families Going**

*With coffee, conversation, and gentle encouragement, Mary Elliott helps Kirt Kranenberg stay engaged in the community he’s called home his whole life.*

Kirt Kranenberg has spent his entire life in Jefferson County. Born in Shepherdstown, he still lives in the same part of the county he has known for decades. At 84, he is soft-spoken and kind, finding comfort in the simple rhythms of each day. His memory shifts from moment to moment: some details remain sharp, others drift. He often speaks only when prompted. But he loves being around people, and those social moments brighten his whole day.

For nearly a year now, Mary Elliott has helped make that possible.

She works in JCCOA’s Home Care Department under the FAIR Program, an Alzheimer’s program designed to give caregivers the respite they need to continue caring for loved ones at home. In Kirt’s case, the break is for his wife, Ada. Because staffing is limited, the program wasn’t immediately available; Kirt had to wait for an opening. Before COVID, JCCOA had around 80 aides. Today, there are 15. Even so, the team makes sure every client receives as much support as possible. “We give them what we can,” Mary says. “We stretch our resources.”

When a FAIR slot opened, Mary began meeting Kirt three days a week. She picks him up at home, they drive to the Senior Center, grab coffee and “something sweet,” and then see what the day offers. In warm months, they go fishing — sometimes at the Mountain Lake Club, sometimes down at the Bloomery. “We catch anything that bites,” Mary laughs, and Kirt smiles, noting the lake is stocked with bass.

When the weather turns cooler, they adapt. Some days they join activities at the Center; other days Kirt prefers to watch Mary exercise rather than join in. What matters most is being together. “He likes to watch and he likes to socialize,” she says. Simply being around people steadies him.

And while the activities are for Kirt, the impact reaches Ada. The FAIR Program gives her breathing room — time to rest, run errands, or simply gather the strength she needs to continue caring for her husband at home. As Mary explains: “That’s our whole plan, to keep people home and out of nursing homes. By getting him out of the house, letting him have a good time, it gives her a real break, so she can keep going.”

**JCCOA Warm Hearts**  
**Winter 2026 Fundraising Campaign**

Mary has been an aide since 2011. She previously worked in senior services in Maryland before circumstances brought her closer to home. She says the work requires communication, respect, honesty, and a genuine desire to help people from every walk of life. The responsibilities are real, but the rewards — connection, trust, and purpose — run deep. Many aides left during COVID, and those who remained have become the tried-and-true: steady, committed, and deeply experienced.

Kirt may not remember every detail of his life, but he remembers kindness. He remembers being spoken to gently. He remembers fishing, laughing, and drinking coffee. With Mary beside him, he stays connected to community, to routine, and to dignity.

And in a county where the need is great and every hour of care matters, that connection means everything.

As they walk toward the door together, side by side, Kirt glances over and says softly, “I think it’s going to be OK.” Mary gives him a warm, steady smile. “Yes,” she says. “Everything will be OK.”

**CHESTER SIXMA & ALICE WILT**

**Campaign:** *Warm Hearts: JCCOA Seniors Who Kindle Our Community's Spirit*

**Call to Action (with JCCOA link):** Learn more. Join us. Give.

## **Always There**

*Home health aide Alice Wilt has been Chester Sixma's steady support for years, showing how JCCOA caregivers help seniors stay safe, connected, and never alone.*

Across Jefferson County, home health aides quietly bring comfort, stability, and dignity to seniors who can no longer safely live alone. Every day, they step through front doors with gentle consistency — cleaning apartments, doing dishes, making beds, doing laundry, preparing meals, and offering essential personal care such as bathing, grooming, and dressing. These everyday acts, though simple, help seniors feel secure, respected, and supported in their own homes.

For 69-year-old Chester Sixma, that steady support comes from his longtime home health aide, Alice Wilt, who has been with him for about three years. Alice was originally asked just to “check on him,” but from that first visit she recognized that Chester was someone she wanted to stand by. “Me and Chester are buddy-buddies,” she says with affection. Chester, who lives at The Towers, depends on home-delivered lunches and on Alice’s calm, reliable presence. His opinion of her is straightforward: “She’s a good woman — A-plus.”

**JCCOA Warm Hearts**  
**Winter 2026 Fundraising Campaign**

Chester isn't alone in relying on JCCOA at The Towers. When asked how many of his neighbors receive services, he answered simply, "Good many." For those not yet connected, he offers clear encouragement: "Call them up, see if you can get the help."

A few months ago, that help, and the resilience of the entire community, proved essential. A severe storm tore the roof off The Towers, flooding Chester's fifth-floor apartment. "I had an inch of water," he recalls. He lost his bed, mattress, and furniture. In those first chaotic hours, the landlord responded quickly, arranging temporary motel rooms for displaced residents. Both Chester and Alice praised that fast action, which gave everyone space to regroup while JCCOA stepped in with meals, clothing, and ongoing support.

Alice did what she always does: she made sure Chester was okay. When she saw the damage online, she immediately called to find out where he'd been moved. The next morning, she contacted JCCOA so he could be brought in for breakfast and lunch. Moments like these reveal the strength of the network sustaining seniors — landlords, staff, and especially aides like Alice — who stay watchful so no one faces crisis alone.

Alice's commitment began long before she joined JCCOA. After caring for family members who eventually passed, she found she couldn't simply stay at home. "I helped him. I can help somebody else," she remembers. She applied to JCCOA, received a call three days later, and has been caring for seniors ever since. She now supports multiple clients and often fills in on weekends. She doesn't sugarcoat the work: "If you're not gonna be dedicated, this just ain't for you ... because some of these people don't have family."

That dedication has carried her through some of Chester's toughest periods. He has battled COVID, faced hospitalizations, lost significant weight, and was at one point unexpectedly transferred to a hospital in Berryville. Alice checked on him constantly until she confirmed where he was. "When they get sick, it's stressful," she admits. "It worries you as you get so close to them."

JCCOA's broader team supports these moments, too. When Chester lost his Medicaid due to age, their nurse came the very same day. "They did not hesitate," Alice says. "They said, 'Hey, we're going to roll you into this program,' and he wouldn't lose service with us."

Beyond daily care, the center prepares seniors for challenges long before they arise. Before winter storms, staff assemble Blizzard Bags — weeklong supplies of nutrient-dense food and essentials like toiletries, powdered milk, canned meats, and vegetables. During the COVID shutdowns, when seniors were fearful and isolated, staff continued reporting to the building. Aides delivered meals, called every senior more frequently, and left supplies on porches to ensure no one went without support.

Funding has tightened in recent years. Grants and donations have both declined, but the heart of the work remains strong. Alice keeps showing up, year after year, guided by her belief that

## JCCOA Warm Hearts

### Winter 2026 Fundraising Campaign

seniors deserve to be remembered and cared for. “I just love helping them... when you get older, you’re forgotten about, and I don’t like that part of it. We got to keep them going.”

On her arms, she carries the symbols of her calling: a blessing on one side and a caregiver’s heart on the other. For Chester and so many others across Jefferson County, that calling is the quiet force that makes sure they never face life’s storms alone.

### BRENDA VINCENT & JEANETTE LOWE

**Campaign:** *Warm Hearts: JCCOA Seniors Who Kindle Our Community’s Spirit*

**Call to Action (with JCCOA link):** Learn more. Join us. Give.

### A Place That Welcomes You In

*For Brenda Vincent and her mother, Jeanette Lowe, what began as a simple search for activities became a source of belonging, care, and unexpected strength.*

When Brenda Vincent’s mother, Jeanette Lowe, moved from Mobile, Alabama, to live with Brenda and her husband, Rob, in early March 2020, the world was beginning to close around them. Brenda was still unpacking when the first shutdown announcements came. Within days, everything was on pause. For nearly a year, their only outings were quiet drives along West Virginia back roads — simple moments of discovery and calm in a time when almost nothing else was open.

Jeanette had loved her Senior Center in Mobile. It had been beautiful and full of activity, and Brenda assumed they would quickly find something similar. But COVID delayed all of that. So when the JCCOA Senior Center finally reopened, they went straight over, and their first moments there told them everything.

As they stepped out of the car, they met two women walking laps in the parking lot. Brenda introduced herself and her mother, and the women welcomed them warmly. That small kindness, Brenda says, set the tone. “You don’t take for granted that someone will be here tomorrow. You greet people while you can. This place teaches you that.”

From that day on, they’ve come faithfully.

Inside, Jeanette found what she had been missing: warmth, friendship, and everyday kindness. “They don’t push anybody away,” she said. “They welcome you, they talk to you, they call you to make sure you’re still okay.” She lights up describing the people who sing and write music and share it freely. “They’re like friends,” she added.

**JCCOA Warm Hearts**  
**Winter 2026 Fundraising Campaign**

As Jeanette's eyesight changed, bingo became difficult. Brenda mentioned it to Andrea at the Center, who responded immediately: "We can make her her very own bingo card." They created a large-print, laminated version just for her. The first time Jeanette used it, the difference was instant. "Like night and day," Brenda said. A small but profound adaptation.

Over time, Brenda learned about other services she hadn't known existed. Caring for her mother at home meant she'd had only a few breaks in several years. She'd looked once at respite care and found the cost overwhelming. But another woman at the Center gently redirected her: "Why don't you look at this alternative?" To her surprise, Brenda found an affordable option she hadn't known was available. "It had been here the whole time. But if you don't ask, you won't know."

That idea — *you should ask* — threads through Brenda's story. Like many caregivers, she spent years believing she had to shoulder everything on her own. A nurse once told her, "I didn't think anyone could take care of my parent the way I could," and Brenda had felt that, too. But here, she began to realize something essential: taking care of herself made her a better caregiver for her mother. "There just comes a time when you know you need help," she said. "It's actually the best thing for them, and you are taking time for you."

Jeanette, now 93, has blossomed in this community of peers and friends. She has celebrated multiple birthdays at the Center. One year during a Precious Memories band performance, Brenda learned something new: "I didn't know my mother loved to dance!" Jeanette spent over an hour dancing that day.

She's formed close bonds, like with Miss Rita, who hands out greeting cards and calls regularly. "I can't tell you how much those mean to me," Brenda said. To help Jeanette remember everyone, Brenda created a photo book of the seniors they talk about at home — Peggy, Charlotte, and others — so Jeanette can match names and faces.

When asked what she hopes the community will do for JCCOA, Brenda is clear: "Eventually everyone has got to realize that this is going to be them one day. These stories matter." She hopes people will step inside, meet the seniors, listen to their lives, and see the value of investing in a place that brings dignity, continuity, and joy to those who need it most.

For Brenda, JCCOA has been far more than a place for activities. It has been a lifeline of understanding, support, and compassion. "Every day, every person here... you don't take any of it for granted." The gratitude runs deep. Because when a caregiver brings a loved one to the Senior Center, she isn't just seeking help, she's finding a community that lifts them both. And that is a gift beyond measure.

**JCCOA Warm Hearts**  
**Winter 2026 Fundraising Campaign**

**DELORES TURNER**

**Campaign:** *Warm Hearts: JCCOA Seniors Who Kindle Our Community's Spirit*  
**Call to Action (with JCCOA link):** Learn more. Join us. Give.

## **Finding a Place at Table 8**

*For Delores Turner, JCCOA provides exercise, conversation, creativity, and a bit of luck at bingo. Pull up a chair to find such friends and age-defying purpose.*

Though Delores Turner was born in 1930 and is a bit slower on her feet in her 90s, each weekday begins with purpose. Monday through Friday she visits the Jefferson County Council on Aging senior center, riding the JCCOA bus to and from home. “It’s like going to work: you get up, get dressed, get out, and come back,” she says with a smile. “It helps keep the walls together.”

Staff members at the senior center have told Delores she’s such a regular that it’s as if she too were an employee. The reason she remains faithful is simple. “I like to come here,” she says. “It’s always nice to have somebody to talk to. You really keep alive by being active, in conversation with different people.”

Her days start with exercise, a regimen her doctor encouraged. “My doctor told me I need to do something, so I come to exercise,” she says. “We do it for about 45 minutes.” Delores attributes her active body and mind to such interaction and conversation with fellow seniors.

Another highlight of her days at JCCOA is when she settles in at lucky Table 8 for bingo. “When I first came here, bingo is what kept me wanting to come,” she says. Prizes include snacks, though Delores admits a preference for the occasional game that pays out cash. “I like the fact that I can win one time with money,” she says with a laugh. “Get my money, get my sweets.”

Other offerings at JCCOA encourage learning and creativity. Delores spends her downtime improving her crocheting skills. “I’m just learning,” she says. A senior center she attended in Maryland, prior to her move to Jefferson County in 2024, offered a crocheting class, as well as regular outings. “That was a great center,” Delores says. “We really went a lot of places. It was a very good program.” Members of the crocheting class donated completed blankets to a hospital.

Delores would love to see a fully funded JCCOA host similar programs, as it did before COVID took a toll on the senior center and its fundraising efforts. “I’d like a crochet class,” she says. “And a little traveling — going out to the movies or a show.” On her personal bucket list are plays at the Old Opera House and the Hollywood Casino at Charles Town Races. “I want to go to the casino and watch the horses.”

For Delores, JCCOA offers broader connections outside her loving family. “It gives you that desire to get out of the house and do things,” she says. “You need outside interests. It expands

**JCCOA Warm Hearts**  
**Winter 2026 Fundraising Campaign**

your life. When you find somewhere to go and something to do, it's like it gives you 20 years. I tell my daughter, my son, that when they do something nice, 'Y'all give Mommy 20 years or more life.' You don't know what a relief JCCOA is. It really helps you. It helps you have the desire to live more."

"Always look for other interests," Delores counsels other seniors. "Keep learning. You're never too old to do the things you didn't have time for when you were younger, and you can enjoy them as you grow old."

At JCCOA's senior center, Delores is doing just that — moving, learning, laughing, and trying her luck at Table 8, living life to the fullest with friends she's made along the way.

**RITA BOSTIC**

**Campaign:** *Warm Hearts: JCCOA Seniors Who Kindle Our Community's Spirit*  
**Call to Action (with JCCOA link):** Learn more. Join us. Give.

## **Much to Write Home About**

*Devoted card writer and former school librarian Rita Bostic started a new chapter of life at JCCOA, where every person she meets is a living story worth knowing.*

Rita Bostic loves sharing stories. For 17 years she was an elementary school librarian, matching children with books and watching their horizons expand. But when health issues forced her to retire, those busy days came to an abrupt stop. All that changed the day she walked into the Jefferson County Council on Aging senior center.

"I look forward to coming here, you know," Rita says. "It helps lonely people, and I have to admit, I was lonely sometimes."

At JCCOA she discovered a different sort of library — one of people, not pages. Around the bingo tables, at lunch, on bus rides home, she and newfound friends trade memories of coal towns, small schools, classic films, horses, and the West Virginia hills. Let someone mention a place or name from the past, and another person will pick up the thread. "Oh, you remember so-and-so? Let me think now..." she says. "Maybe tomorrow someone fills in some of the gaps."

At the senior center Rita has befriended contemporaries with similar memories of yesteryear, a world before cell phones and Facebook "friends" in which families ate together and townspeople knew each other by name. Such connections mean everything to her. Each day she phones one kindred spirit to fill respective gaps in the local paper's crossword puzzle. While another friend

## *JCCOA Warm Hearts*

### *Winter 2026 Fundraising Campaign*

she made at JCCOA has since moved away, they keep in regular contact with cards and phone calls. “I never would have met any of these people unless I came here,” she says.

Rita’s love of connection also remains written in ink.

Her grandmother was a devoted correspondent through World War II, sending letters and cards to her serviceman son and his buddies. Rita proudly follows in her footsteps and over the years has written to countless family members and friends, as well as such celebrities as Elizabeth Taylor, Joan Crawford, Jacqueline Kennedy, and Randolph Scott — sometimes to share admiration, other times to offer sympathy.

Closer to home, her cards to family and friends have extended a quiet lifeline. In 1980 Rita wondered if she was spending too much on stamps. Then the phone rang. On the other end of the line was a childhood neighbor dying of cancer. “She says, ‘Rita, how do you know the days I feel the worst is when I get a card from you?’” A young man also stricken with cancer similarly told her, “Rita, I think you and God are working together, because on days I feel the worst, I get a card.” After that she couldn’t stop.

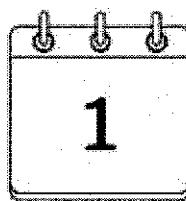
Even now Rita sends out at least 280 cards each Christmas, not to mention dozens of birthday, anniversary, and “thinking of you” cards year-round. Two friends living in nursing homes receive a card from her every week. Even her orthopedist, Dr. Joe Cincinnati, is on her list of regular recipients. Rita’s own most treasured letters are ones from her grandmother, weaving a tangible thread of love and memory across generations.

On her visits to JCCOA, Rita spends time filling out her cards and helping others draft their own. For such sessions she maintains a writing station stocked with donated cards and envelopes, available to anyone who wants to reach out.

Rita is also grateful for the center’s range of services, including exercise classes, home-delivered meals, rides to doctor’s appointments, seminars on how to spot scams, and more. “If you need something, they can help you,” Rita says. It all adds up to what she calls living independently “with help if I need it.”

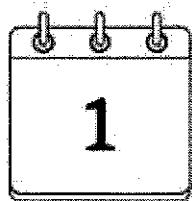
Rita understands that JCCOA’s support of seniors is one way to keep a community’s history alive. The stories her senior center cohorts share — of working the mines, raising families, serving in wartime, watching towns change — offer both reminiscence for those in her age bracket and wisdom for the young. “They’re gonna be seniors one of these days too,” she says with a gentle smile.

At JCCOA Rita has found a circle of friends who value what each person carries within their minds and souls. With every visit, every shared memory, every handwritten card, she helps ensure those voices continue to be heard.



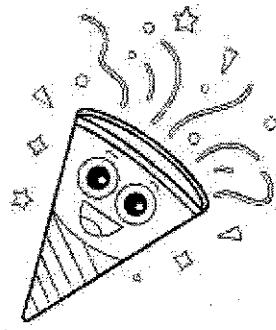
# NEW YEAR

## — WORD SEARCH —



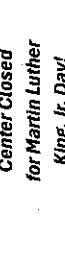
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A	Y	V	N	V	A	C	A	T	I	O	N	H	R	W
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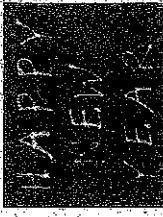
### WORD LIST



BALLOON	CONFETTI	MIDNIGHT	RESOLUTION
BANNERS	DRESS	NEW YEAR	ROCKET
BOOM	FIRST	PARADE	SPARKLE
CALENDAR	HOLIDAY	PARTY HAT	STREAMERS
CHAM	HORN	POPPERS	VACATION

# January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Center Closed for New Years Day!</b> 	
<b>6</b> POOL TABLE OPEN EXERCISE MEDICARE MINUTES WITH CHASIDY  Wii BOWLING PRACTICE	<b>7</b> POOL TABLE OPEN ART CLASS <b>SNACK FOOD BINGO</b> BIBLE STUDY (DINING ROOM)  10:30 11:00	<b>8</b> POOL TABLE OPEN 9:45 EXERCISE <b>Restorative Justice Project</b> 11:00 with Brenda Waugh	<b>1</b> POOL TABLE OPEN 12:00-3 10:00 EXERCISE  <b>DR. BERT</b>  <b>9:30-11:00</b>	<b>2</b> POOL TABLE OPEN 12:30-3 10:00 EXERCISE  <b>LUCKY 7 \$2.00</b>  10:30
<b>12</b> POOL TABLE OPEN EXERCISE NUTRITION EDUCATION WITH CHASIDY  Wii BOWLING PRACTICE	<b>13</b> POOL TABLE OPEN ART CLASS <b>DRINK BINGO</b> BIBLE STUDY (DINING ROOM)  10:30 11:00	<b>14</b> POOL TABLE OPEN 8:00-11:45 9:45 EXERCISE CASH BINGO (\$13.00 PER PERSON) **CASH BINGO CONTINUED AFTER LUNCH SERVICE**	<b>15</b> POOL TABLE OPEN 12:00-3 10:00 EXERCISE  <b>WII BOWLING CHAMPIONSHIP</b>  <b>BINGO</b> 10:30	<b>16</b> POOL TABLE OPEN 12:30-3 10:00 EXERCISE  <b>WII BOWLING CHAMPIONSHIP</b>  <b>BINGO</b> 10:30
<b>19</b> <b>Center Closed for Martin Luther King, Jr. Day!</b> 	<b>20</b> POOL TABLE OPEN ART CLASS <b>SNACK FOOD BINGO</b> BIBLE STUDY (DINING ROOM)  11:00	<b>21</b> POOL TABLE OPEN 8:00-11:45 9:45 EXERCISE WII BOWLING PRACTICE 11:00	<b>22</b> POOL TABLE OPEN 12:00-3 10:00 EXERCISE  <b>WII BOWLING CHAMPIONSHIP</b>  <b>BINGO</b> 10:30	<b>23</b> POOL TABLE OPEN 12:30-3 10:00 EXERCISE  <b>THE PRICE IS RIGHT! @</b>  <b>10:30</b>
<b>26</b> POOL TABLE OPEN EXERCISE NUTRITION EDUCATION WITH CHASIDY  Wii BOWLING PRACTICE	<b>27</b> POOL TABLE OPEN 10:00 ART CLASS WITH MAXINE <b>BOXED FOOD BINGO</b> BIBLE STUDY (DINING ROOM)  11:00 11:00	<b>28</b> POOL TABLE OPEN 8:00-11:45 9:45 EXERCISE  <b>JANUARY PAINT PARTY</b> (\$10.00 PER PERSON) (WII BOWLING PRACTICE)	<b>29</b> POOL TABLE OPEN 12:00-3 10:00 EXERCISE  <b>CHAULKATOR WITH CHARLOTTE NORRIS</b> 10:30 10:30	<b>30</b> POOL TABLE OPEN 12:30-3 10:00 EXERCISE  <b>MOVIE &amp; HOT CHOCOLATE BAR</b> 10AM-11:30AM   <b>RUMIKUB GROUP</b> <b>UNO GROUP</b> 1:00  <b>NATIONAL HOT CHOCOLATE DAY</b> 1:00



# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5				
6	Turkey and Beef Macaroni 1 cup Potato Soup w/ cheese Cucumbers Sliced apples chef's choice of dessert	1 cup Beef Stew WW Roll 1/2 cup peas 1/2 cup peaches	closed 1 cup Pinto Beans 1 in sq. cornbread 1/2 cup cooked greens 1/2 cup potatoes and onions orange	2 6 oz Baked Fish 2/3 cup Cuban black beans and rice 1 cup Side Salad 1/2 cup applesauce
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FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>MEDICARE MINUTES WITH CHASIDY</b>  <b>BIBLE STUDY (DINING ROOM)</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>Wii BOWLING PRACTICE</b>  <b>12:45 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>BIBLE STUDY (DINING ROOM)</b>  <b>11:00 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>
 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>NUTRITION EDUCATION</b>  <b>EAT BETTER AND MOVE MORE</b>  <b>SERIES &amp; COOKING DEMO WITH CHASIDY</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>ART CLASS</b>  <b>DRINK BINGO</b>  <b>BIBLE STUDY (DINING ROOM)</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>CASH BINGO</b>  <b>CASH BINGO CONTINUED</b>  <b>AFTER LUNCH</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>10:30 BIBLE STUDY (DINING ROOM)</b>  <b>11:00 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>
 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>NUTRITION EDUCATION</b>  <b>EAT BETTER AND MOVE MORE</b>  <b>SERIES &amp; COOKING DEMO WITH CHASIDY</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>ART CLASS</b>  <b>DRINK BINGO</b>  <b>BIBLE STUDY (DINING ROOM)</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>Wii BOWLING PRACTICE</b>  <b>12:45 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>10:00 BIBLE STUDY (DINING ROOM)</b>  <b>10:30 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>
 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>NUTRITION EDUCATION</b>  <b>EAT BETTER AND MOVE MORE</b>  <b>SERIES &amp; COOKING DEMO WITH CHASIDY</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>ART CLASS</b>  <b>DRINK BINGO</b>  <b>BIBLE STUDY (DINING ROOM)</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>Wii BOWLING PRACTICE</b>  <b>12:45 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>10:00 BIBLE STUDY (DINING ROOM)</b>  <b>10:30 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>
 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>NUTRITION EDUCATION</b>  <b>EAT BETTER AND MOVE MORE</b>  <b>SERIES &amp; COOKING DEMO WITH CHASIDY</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>PAPER PRODUCT BINGO</b>  <b>BIBLE STUDY (DINING ROOM)</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>Wii BOWLING PRACTICE</b>  <b>11:00 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>FEBRUARY PAINT PARTY \$10.00</b>  <b>10:30 BINGO</b>	 <b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>
<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>NUTRITION EDUCATION</b>  <b>EAT BETTER AND MOVE MORE</b>  <b>SERIES &amp; COOKING DEMO WITH CHASIDY</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>ART CLASS</b>  <b>DR. BERT 9:30-11:00</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>BIBLE STUDY (DINING ROOM)</b>  <b>11:00 BINGO</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>
<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>NUTRITION EDUCATION</b>  <b>EAT BETTER AND MOVE MORE</b>  <b>SERIES &amp; COOKING DEMO WITH CHASIDY</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>ART CLASS</b>  <b>DR. BERT 10:00-12:00</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>	<b>POOL TABLE OPEN</b>  <b>EXERCISE</b>  <b>12:45 BINGO</b>

# February 26



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
1 cup Chili con Carne w/ beans 1 square Cornbread	1 cup Turkey Pot Pie 2/3 cup corn	1 cup Pork Stir Fry 1 cup Brown Rice	4 oz Volcanic Meatloaf 1/2 cup Potatoes Au Gratin	1 cup Minestrone Soup Turkey Sandwich WW
1/2 cup side salad melon	1/2 cup sliced peaches	1/2 cup Pineapples chef's choice of dessert	1/2 cup Brussel Sprouts 1/2 cup spiced apples	1/2 cup Peas 1/2 cupfruit cocktail
9	10	11	12	13
1 cup Chicken & Noodles 1/2 cup cooked carrots	1 cup Taco Soup with cheese crackers	2 oz Chicken Fajitas With shredded cheese	1oz Sausage on Biscuit 1/2 cup hashbrowns	6 oz Baked Fish 2/3 cup Cuban black beans and rice.
1/2 cup Cabbage 1/2 fruit cocktail	1/2 cup corn 1/2 cupfruit cocktail	3/4 cup three bean salad 1/2 cup strawberries	1/2 cup cooked apples 3/4 cup orange juice	1 cup Side Salad 1/2 cup applesauce
16	17	18	19	20
closed	1 cup Potato Soup w/ cheese 6 oz ham slice	1 cup Beef Stew WW Roll	1 cup Pinto Beans	1/2 cup Chicken Alfredo 1/2 cup WW noodles
	1/2 cup peas 1/2 cup peaches	1/2 cup pineapple tidbits chef's choice of dessert	1/2 cup cooked green beans 1/2 cup potatoes and onions	1/2 cup Broccoli 1/2 cup Carrots 1/2 cup pears
23	24	25	26	27
Chef's Choice	4oz Salisbury Steak Chef's Choice	1 cup Tuna & Noodles WW Roll	1 cup Chicken Vegetable soup Turkey Sandwich	Polish Sausage on WW Bun 1/2 cup Sauerkraut
		1/2 cup lima Beans 1/2 cup Mashed Potatoes 1/2 cup Winter Greens 1/2 cup applesauce	1/2 cup raw celery sticks 1/2 cup Fruit salad	1/2 cup Boiled Potatoes 1/2 cup Baked beans 1/2 cup Pears 1/2 cup fruit cocktail

Calories per meal is 570.00. Varies by meal.