



Senior Life Services
of Morgan County, Inc.

Fall 2023
Volume 1,
Issue 1

SLSMC's Community Connector

Welcome to *SLSMC's Community Connector*, a new publication for active adults.

by Tamara J. Kees, Executive Director

Baby boomers are redefining retirement. Today's modern version of "slowing down" looks a lot more like staying active, vital and more involved with family, friends and community.

SLSMC's Community Connector is a new publication from Senior Life Services of Morgan County to help you stay connected, active and engaged. Plus, you'll find out about exercise programs, low cost in-home services, transportation, day trips, meals, activities and more.

Don't miss our events calendar. There's drum-ball, tap dancing, crafts, games and trips to keep you busy all season long.



Planning a picnic, party or reunion?

Reserve our beautiful outdoor pavilion in Berkeley Springs for your fall get-together. Call 304-258- 3096 ext. 1001 for more information.



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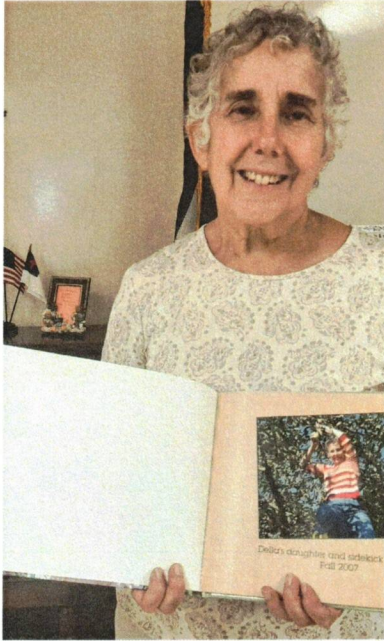
SPECIAL POINTS OF INTEREST

- September is Alzheimer's awareness month.
- Medicare open enrollment is October 15 to December 7.
- Come join in our monthly potluck dinner and open mic night.
- Serving hot lunches Monday through Friday. Three locations to choose from.

Stop by either the Berkeley Springs or Paw Paw Senior Center to get your tickets for our 25 Days of Christmas raffle! Each day, one winning ticket will be drawn. Enter to win fun prizes, gift baskets, gift certificates, and more! Have a chance to win every day!

Raffle tickets are on sale beginning 9/1/23 for \$10 each.





COMMUNITY SPOTLIGHT

Barbara Shrier, 70, of Largent, WV proudly displays a scrapbook of good memories, including picking apples and making apple butter with her mother, the late Della Leach, at the Paw Paw Senior Center. Della was

once known as the Apple Butter Queen.

Most days, Shrier and her husband, Douglas, enjoy getting out, socializing and having lunch with their friends at the Paw Paw Senior Center.

“Volunteers do not necessarily have the time; they just have the heart” - Elizabeth Andrew

DO YOU ENJOY HELPING OTHERS?

Do others depend on you? Make money as a Personal Care Attendant (PCA) helping those in need. No experience necessary. Paid training is provided. Reliable transportation is required. Call 304-258-3096 ext. 1012. Senior Life Services of Morgan County is a drug-free workplace. EOE

You're invited!

Are you 60+ years old? Join us for a **hot lunch** served every Monday through Friday, except holidays, at:

- ⇒ 11:45 a.m. at the **Berkeley Springs Senior Center**, located at 106 Sand Mine Road, around back in Suite 1
- ⇒ 11:30 a.m. at the **Paw Paw Senior Center**, located at 783 Winchester Street.
- ⇒ Now serving lunch on Wednesdays at 11:30 a.m. at the **Greenwood School Community Center** located at 8989 Winchester Grade Road in Berkeley Springs.



Suggested donation is \$3.00.

Visit slsmc.org/nutrition/menu to see our daily lunch menu.



MEDICARE OPEN ENROLLMENT TIME:

NEED HELP PICKING A HEALTH PLAN?

Medicare open enrollment period is from October 15 to December 7. Do you need help finding the prescription plan that's best for you?

We can assist you with evaluating your prescription plan options during Medicare open enrollment.

Senior Life Services of Morgan County offers free counseling to help you compare Medicare, and Medicare Advantage plans.

Call 304-258-3096 ext. 1001 to make an appointment with Syd Placido, Senior Life Services of Morgan County's State Health Insurance Assistance Program (SHIP) counselor.

Please bring a list of any medications, your medical ID cards, and any other health insurance information you have.

Last day to use the Farmer's Market Vouchers is Oct. 31st.



Join us for lunch at the Berkeley Springs Senior Center at 11:30 a.m. on **Wednesday, September 20.**

Representatives from the West Virginia Aging and Disability Resource Center (WVADRC) will be here during lunch to answer your questions about Medicare open enrollment.

You can also make an appointment with WVADRC to view your options on:

⇒ Tuesday,
October 24

⇒ Wednesday,
October 25

Call 304-258-3096 ext. 1001 for an appointment.

STANDING UP TO FALLS



Every year, about three million older adults are treated in an emergency department for a fall injury. Many end up with broken bones and dangerous head injuries. Yet many of these falls can be prevented.

Protect yourself from falls with these helpful tips from the National Institute on Aging:

* Talk with your health care provider about

- * medication side effects.
- * Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors.
- * Stand up slowly to avoid dizziness.
- * Do strength and balance exercises.
- * Get your vision and hearing checked regularly.
- * Use a cane or walker if you need more stability.

“Laughter is timeless. Imagination has no age. And dreams are forever.” - Walt Disney

ACTIVITIES EACH WEEK AT THE BERKELEY SPRINGS SENIOR CENTER

For times, visit sismc.org/activities/at-the-center

Monday – Isometric exercises; Drum ball exercise; canasta card games

Tuesday – Bingo and extra activity

Wednesday – Isometric exercises; Drum ball exercise; canasta card games

Thursday – Jackpot bingo; Knit Wits Fiber Arts Club

Friday – Bingo; Tap dance; Hand, Foot & Knee card game

CALENDAR OF EVENTS

September – World Alzheimer's Disease Month

Friday, September 1 – Labor Day picnic at Berkeley Springs Senior Center's outdoor pavilion at 11:45 a.m.

Tuesday, September 5 – Sign up in advance for our fall mystery trip!

Thursday, September 7 – Potluck lunch at Paw Paw Senior Center at 11 a.m.

Friday, September 8 – Yard sale at Berkeley Springs Senior Center from 8 a.m. to 1 p.m.

Monday, September 11 through Friday, September 15 – Motorcoach trip to New England: “The hills are alive” in Vermont & New Hampshire.

Tuesday, September 19 – Potluck dinner & open mic night at Berkeley Springs Senior Center at 4 p.m.



October – Crime Prevention Awareness Month

Thursday, October 5 – Potluck lunch at Paw Paw Senior Center at 11 a.m.

Friday, October 6 – Sign up in advance for a fishing trip to Cacapon

Resort State Park with the Berkeley Springs High School fishing club.



AUTUMN



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

apples	colorful	frost	pumpkin	squash
autumn	cozy	harvest	quilt	squirrel
birds	crow	hayride	rake	sunflower
blanket	deciduous	jacket	rustling	sweater
bonfire	equinox	leaves	scarecrow	trees
changing	flannel	migrate	season	vegetables
cider	foliage	orchards	spider	wheelbarrow



Friday, October 20—Sign up in advance for a day trip to Fulton County Fall Festival.

Tuesday, October 24 – Potluck & open mic night at Berkeley Springs Senior Center at 4 p.m.

Tuesday, October 24 & Wednesday, October 25 – Medicare open enrollment counseling at Berkeley Springs Senior Center

November – National Family Caregivers Month

Thursday, November 2—Potluck at Paw Paw Senior Center at 11 a.m.

Thursday, November 9—Veteran’s Day lunch at Berkeley Springs Senior Center at 11:45 a.m.

Tuesday, November 28 – Potluck & open mic night at Berkeley Springs Senior Center at 4 p.m.

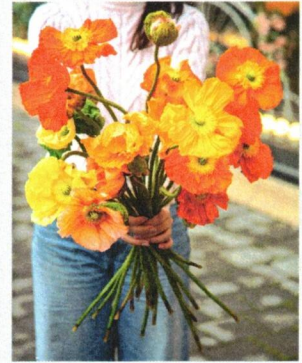
December – Seasonal Affective Disorder (SAD) Awareness Month

Friday, December 1 through Monday, December 1 – 25 Twenty Five Days of Christmas raffle at Berkeley Springs Senior Center.

Thursday, December 7—Potluck at Paw Paw Senior Center at 11 a.m.

Thursday, December 21 - Christmas lunch at Berkeley Springs Senior Center at 11:45 a.m.

THANK YOU TO OUR DONORS!



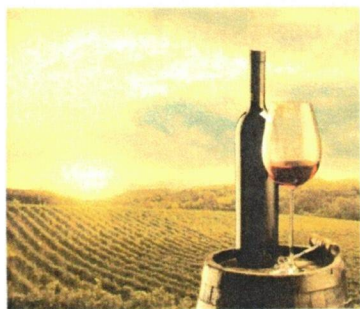
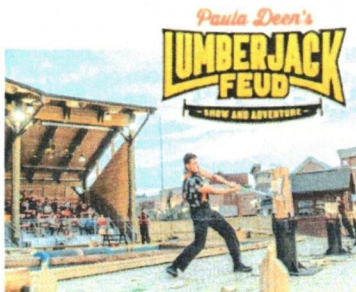
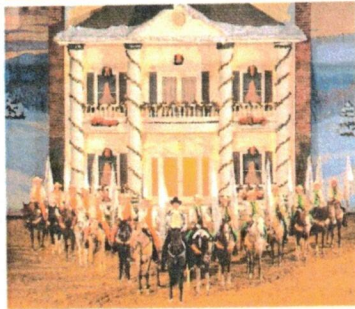
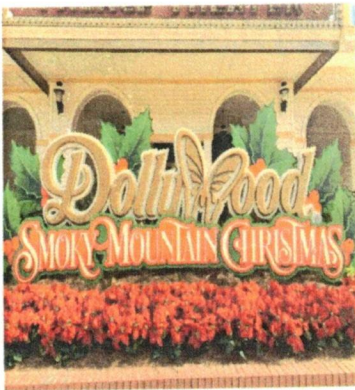
Consider making a charitable donation of your company’s goods or services for a raffle prize in our 25 Days of Christmas fundraiser. Call 304-258-3096 ext. 1021 for more information.

One winning ticket will be drawn every day from December 1 –25.

Raffle tickets are on sale now for \$10 each at the



Advertise in our newsletter! Call 304-258-3096 ext. 1021.



HOLLY DOLLY CHRISTMAS IN THE SMOKIES

A Sparkling Winterfest Celebration

4 DAYS - 3 NIGHTS

NOVEMBER 28 - DECEMBER 1, 2023

\$769 Per Person

Double Occupancy

\$908 Single Occupancy

\$100 Non-Refundable Deposit Due at Sign-Up

**Only refundable if cancelled by Senior Life Services*

PACKAGE INCLUDES:

- * 3 Nights Lodging
- * 3 Breakfasts
- * 3 Dinners including:
 - Meal Voucher at Dollywood
 - Dolly Parton's Stampede Dinner Show
- * 2 Additional Christmas Shows:
 - Paula Deen's Lumberjack Feud
 - Charlie Bob Smith Morning Variety Show
- * Dollywood Theme Park's Christmas in the Smokies
- * Guided Tour of the Great Smoky Mountains
- * Shopping at Old Mill Shoppertainment
- * Shadrack's Christmas Wonderland
- * Tour & Tasting at Ole Smoky Tennessee Moonshine Distillery
- * Tour & Tasting at a Winery
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Deluxe, Video-equipped Motorcoach Transportation

Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:

SENIOR LIFE SERVICES OF MORGAN COUNTY
Syd Placido

106 Sand Mine Rd., Ste. 1
Berkeley Springs, WV 25411
304-258-3096



<p>Ohio's Amish Country Boston Mackinac Island Cape Cod That's Entertainment in Tennessee Cape May, NJ Christmas Washington, D.C. a Capital Christmas</p>	<p>Where Will Our Travels Take Us in 2024 & 2025?</p> <p>Let Tammy & Syd know where you want to go!</p>	<p>Grand Canyon, AZ & Las Vegas, NV Kentucky Bourbon Trail Niagara Falls, Canada</p> <p>Or One of the Following Cruises:</p> <p>Alaskan Canada & New England Or to the Bahamas</p>
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Senior Life Services of Morgan County—Board of Directors

Chair:	Brenda Hutchinson	Bill Clark
Vice Chair:	Earl Whisner	Lynette Harbeson
Treasurer:	Kimberly Galeone	Barbara Norton
Secretary:	Nancy Wheeler	Pat Quirk

Senior Life Services of Morgan County—office staff

Executive Director:	Tammy Kees	304-258-3096 Ext. 1003
Administrative Assistant:	Sydney Placido	304-258-3096 Ext. 1001
Finance Manager/Technology:	Jenny Roberts	304-258-3096 Ext. 1002
Life Enrichment Coordinator/Activities:	Brenda Morgan	304-258-3096 Ext. 1010
Registered Nurse:	Lori Smith	304-258-3096 Ext. 1011
Registered Nurse/Outreach:	Shelby Earls	304-258-3096 Ext. 1009
In-Home Care Coordinator:	Carol Froebe	304-258-3096 Ext. 1012
In-Home Care Office Manager:	Sherry Cain	304-258-3096 Ext. 1008
In-Home Care Administrative Assistant:	Janice Lee	304-258-3096 Ext. 1013
Community Relations Liaison:	Michelle Gomez	304-258-3096 Ext. 1021
Nutrition Supervisor:	Stephanie Young	304-258-3096 Ext. 1005
Transportation Coordinator/Driver:	Kevin Rasmussen	304-258-3096 Ext. 1005
Berkeley Springs Cook:	Mae Dixon	
Paw Paw Site Manager/Cook:	Jayne Abe	304-947-7922
Paw Paw Kitchen Manager/Cook:	Teresa Campbell	304-947-7922
Greenwood Site Manager:	Mary Ellen Largent	
Paw Paw Driver/Cook's Aide:	Emma Kesner	
Driver:	Mary Beth Leshner	
Driver:	Jim Zeismer	
Maintenance:	Greg Weller	

Would you like to make a donation?

\$ 25 ___ \$ 50 ___

\$100 ___ \$250 ___

\$500 ___ \$1000 ___

\$5000 ___ \$10,000 ___


Other Amount: _____

Please cut & mail to:

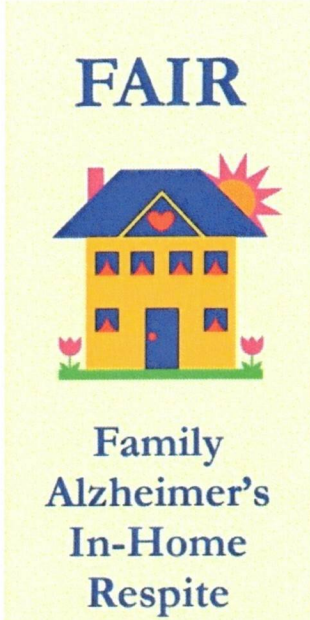
Senior Life Services

106 Sand Mine Road

Berkeley Springs, WV 25411



LET'S BE FAIR—FAMILY ALZHEIMER'S IN-HOME RESPITE



Caring for a loved one who has Alzheimer's disease, or a related dementia can be very stressful.

FAIR (Family Alzheimer's In-home Respite) can help. It gives caregivers a temporary timeout—a brief respite from caregiving responsibilities.

For more information, call Senior Life Services of Morgan County at 304-258-3096, ext. 1012. We can help you get a FAIR break.

Senior Life Services of Morgan County, Inc.
106 Sand Mine Road,
Suite 1
Berkeley Springs, WV
25411
304-258-3096

783 Winchester Street
Paw Paw, WV 25434
304-947-7922



Senior Life Services of Morgan County, Inc. (SLSMC) is funded through the WV Bureau of Senior Services, Upper Potomac Highland Area on Aging, and private donations from members and friends. SLSMC is non-discriminate; any senior citizen 60 years of age or older is welcome to participate in programs and services sponsored by SLSMC.