



SHEPHERD'S CENTER OF CHARLESTON, WV INC.

P.O. Box 4171

Charleston, WV 25364-4171

www.scocwv.org

SCOC is a Multi-Faith Coalition of Charleston Area Congregations in ministry with Senior Adults to encourage participation in current congregational activities through our Newsletter and to establish new activities and opportunities to do things as a group of congregations which we would have difficulty doing separately. We are adults age 55 and older taking responsibility for meeting the needs of other Senior Adults in our community.

JANUARY 2023



Chairman's Message

by John Fleek

As I write this, I am still the president, but when you read this, I will not be.

An explanation is as follows: Our treasurer for the past ten years, Jason Staats, has resigned and we have not been able to find a new treasurer. We have been blessed to have had him in that position for so long. He has received a promotion with Rollins, Cleavenger, and Rollins which will require more of his time. I have volunteered for the position. Therefore, it was necessary to get a new president/ chairperson. Trudy Oliver, who is our current vice-president, agreed to assume that position. In our December board meeting, we were elected to our new positions. Peggy Kourey remains as our secretary and Terry Cunningham will be an acting vice-president.

I have enjoyed the past four years as president even though most of that time the SCOC was dormant. I have been pleased with our first three luncheons of our restart and look forward to seeing you at future meetings albeit as one in a different position.

I wish you a slightly belated Happy New Year.



To question is a Benefit to Your Health

(Reprint from Feb 2017)

Terry H. Cunningham, MSW
First Presbyterian Church of Charleston

Recently I noticed that many older adults do not like to ask questions, and sometimes not asking questions may cause a life-threatening situation. Many times when a person discusses his/her medical situation with me, I will ask a question regarding their doctor's visit. Frequently, the answer I get is, "I don't know". When I ask if they posed the question to their physician, the answer is he/she is so busy and I don't like to bother him/her.

My next thought is why are you going to a doctor if it isn't to get the necessary answers to help you feel better. I wonder if we aren't truthful with the doctor when we are asked questions regarding our health. The doctor is there to answer questions or to refer you to someone who will know the answers. But, if you don't ask the question, how can you be helped?

Years ago I developed a simple questionnaire that can be used to help not only an older adult, but also the doctor who is trying to assist you. The form consists of three things: a list of your medications, including the dosage you are taking; your questions for the doctor, with a space under each question for the answer; and a list of medication changes.

It is easy to forget what the doctor has said, so it is a good idea to write the answer down. Then you can

Continued on Page 2



January 26, 2023
Shepherd's Center Luncheon
Details Page 2

SHEPHERD'S CENTER LUNCHEONS

First Presbyterian Church
Activities Building, 2nd Floor
16 Leon Sullivan Way, Chas, WV

January 26, 2023

Extra parking is available in two church lots on Virginia Street (next to Barlow-Bonsall Funeral Home and across the street).

11:30 am **Hot Lunch** - \$15.00 - Provided by Wellington's Catering. When you call for reservations, Jewell will be able to tell you the menu.

12:15 pm **Program** (No Cost)

Renate Pore

Renate Pore has worked for more than 40 years in West Virginia as a public health professional and advocate for health insurance coverage for children and families. She has worked in government and non-profit organizations including as a founding member of the WV Center on Budget and Policy, The WV Healthy Kids and Families Coalition, and WV for Affordable Health Care.

Renate earned a PhD in history from West Virginia University and a Masters of Public Health degree in policy and administration from the University of North Carolina. She was awarded a Fulbright Fellowship to research the role of women in the German Social Democratic Party (SPD) in the Weimar Republic.

In preparation for the 2020 Centennial of Women's Right to Vote, Renate volunteered to conduct research on the West Virginia experience in granting women's suffrage and ratifying the 19th Amendment. The research was done in the West Virginia Archives and History Department by reading the Legislative Journals of the late 19th and early 20th century, which revealed an interesting but little-known story about West Virginia's ratification efforts.

The research was turned into a play written by Dan Kehde, Charleston playwright and adapted for the stage by Susan Marrash Minnerly. Ms. Minnerly directed the play, "Failure is Impossible: West Virginia's Struggle for Women's Suffrage" which premiered at the West Virginia Culture Center on October 14 and 15, 2022.

Renate Pore is retired and volunteers for a variety of causes. She lives in Charleston, WV.

Please Note:

Reservations are Required

To prepare adequate servings, we must have an accurate head count for lunch. Please make reservations before **Noon** on **Monday, January 23** by calling Jewell Haddad at 304-342-5996. Food Service will be limited to reservations and paying for no-show meals will be appreciated.

Please try to arrive by 11:00 am to avoid conflict with the parents picking up their children from day care.

SCOC Exchange Tables

When attending our Luncheons, you will find the "Exchange Tables" outside the Dining Room near the Registration Table.



Bring your used books and magazines and put them on our Exchange Tables. Then, help yourself to something to take home.

Please bring your old Eye Glasses and Hearing Aids for the local Lion's Club Eye Care and Hearing Programs.

To help local shelters, please bring in unopened toiletries soaps, shampoos, conditioners, etc (Hotel items are perfect).



ECO-TIP



Nancy Struthers, Recycling Ambassador

THE GIFT OF CREATION

During the weeks just passed, most of us have used and received a plethora of holiday trappings and gifts. While storing and putting away our Christmas and Hanukah decorations, let's consider how they might be reused and recycled in a way that is good for us and the planet.

Plastic Bubbles used in packaging our many gifts can be recycled by puncturing them and placing them with plastic bags for recycling. Plastic bubble wrap may be treated in the same way. Wrap can be used in many ways, including arts and crafts and for insulation. Plastic mailing envelopes may be used again and again for mailing.

Paper Greeting cards can be used in many crafts. Some art teachers in schools will accept them for multi uses. Wrapping paper -Save them for reuse next year! It is difficult to recycle because of the inks and plastic used in it, but it is also great for many arts and crafts projects. Shred it for excellent packing material.

Boxes Recycling cardboard takes 24% less energy and produces 50% less sulfur dioxide than making it from raw materials. Corrugated cardboard boxes should be flattened and placed with the rest of recycling for pick up. Paperboard can be recycled with mixed paper. Contaminated cardboard (with grease and food) or waxed paperboard cannot be recycled. Reuse and repurpose boxes in crafts, mail, storage.

Christmas lights Old, broken, dead or unwanted lights contain plastic, copper, glass and lead all of which can harm the environment. DO NOT PUT THEM IN THE TRASH. Instead, take them to a place that is specially equipped to handle them. They can be recycled at Lowes, Home Depot, Ace Hardware and True Value. It is best to consult with your local hardware store to confirm that they are accepting them. How about repurposing them into new decorations?

Christmas Tree The Capitol Market in downtown Charleston hosts an event that will take trees and place them in lakes across WV, improving fish habitat. Check with your street department to see if it collects trees to be used as mulch. Put it in your yard and place food for the birds in it. The birds will also use it for shelter. Plant your living, rooted tree! Good for the environment and good for you.

For additional help and information, consult Kanawha Solid Waste Management

"Globally, we need to learn from the custom and culture of our indigenous people and lightly on the earth -- in the belief that we don't own the land, we belong to it. It's up to us." Ian Kiernan

REGUARD RECYCLE REPURPOSE REUSE REFRESH REDUCE REJOICE

*The
Shepherds'
Center of
Charleston wishes you*

**A HAPPY
NEW YEAR**

Continued from Page 1

review the answers when you are more relaxed. Some people become nervous when seeing the doctor and this makes it easier to remember what the doctor said.

Having a good rapport with your pharmacist is also important. This professional is knowledgeable regarding medications, both prescription and over-the-counter types. If you are thinking about adding something over the counter, first ask if it is a good idea to combine this new medication with your current prescriptions.

It is equally important to not stop taking a drug until you talk with your doctor, unless you have been directed otherwise due to a reaction. Recently I heard about a person who, due a lack of funds, stopped taking a medication that unfortunately caused her death. If you have this situation, call your doctor immediately, and perhaps you can receive a free sample or the pharmaceutical company may provide the medication for free.

Make sure you understand the directions you are given when taking the medication. If you don't understand or think the instructions are incorrect, question them. If you still think something isn't correct, go to a second source for an answer. GOOGLE provides answers to most questions these days, or you might try WebMD.com.

Always remember if your medication bottle states eat or don't eat before taking a medication follow the instructions. Many drugs will tell you not to consume alcohol when taking a particular drug, or not to drive. Unfortunately these instructions are sometimes ignored. Please read the instructions before taking any medications, including over-the-counter and vitamins as well.

Be safe and remember to ask questions if you aren't sure of something. It is your life! Just as Smokey the Bear would say, "Only you know what is best for you."

SINGING VALENTINE

Do you want something different for your sweetheart?



This year, surprise your special person with an in person Singing Valentine. Singing Valentines can be delivered to wives, husbands, special friends, boyfriends, girlfriends, children, or parents.

Kanawha Kordsmen Barbershop Quartets will be saying "I Love You" in song on Saturday thru Tuesday February 11 thru 14, 2023.

The Kordsmen will serenade your sweetheart at home, school, work, in a restaurant, hospital or nursing home, or anywhere else you choose in Charleston, the Greater Kanawha Valley, and Putnam County.

A Singing Valentine can also be delivered anywhere in the world to anyone who has an email address, or a phone.

\$55 Package Includes:

- Sweetheart Song
- Personalized Card
- Silk Rose
- Candy

For more information, or to order a Singing Valentine, call 304-346-SING (7464) or 304-610-4196, send an email to kkordsmen@aol.com, or visit our website www.Kordsmen.org, or contact any member of the Kanawha Kordsmen Chorus.

Availability is limited, so place your order early.



West Sattes Community Center
Nitro Senior Center
 304-721-8465

Monday through Friday

Puzzles, Pool, Exercise, WII Sports and Library
 9 am - 4pm – Exercise and Equipment Rm
 11:30 - 12:30 – Lunch

Every Monday

9:30 am Tai Chi Class (3rd Monday is at 5:30 pm)

Every Wednesday and Thursday

9 - 11 am Painting Class

One Wednesday a Month

Bingo - Call above number for exact date

Last Friday, January 27

11:30 am Birthday Celebration



Shepherd's Center of Charleston
www.scocwv.org
 John Fleek - 304-776-4048

Senior Friendly Bridge

We provide partners for singles or couples.
 Cost to play is \$3.00 which supports your Shepherd Center, hosting church, refreshments and prizes.

Every Monday

10:30 am - Village Chapel Presbyterian
 John Fleek – 304-776-4048
 Eleanor Byrnes – 681-217-1489

Every Thursday 12:00

Calvary Baptist
 Jeanann Leone 304-768-1863

EXERCISE PROGRAMS FOR SENIOR ADULTS

Dunbar United Methodist Church
 1401 Myers Avenue - Dunbar

Tuesday & Thursday 9:30-10:15
 Masks required 304-768-4872

First Presbyterian of Charleston
 16 Leon Sullivan Way - Charleston

Women's Aerobics every M-W-F 8:30-9:30
 Karen Scherr 304-343-8961

Morris Memorial United Methodist
 4615 MacCorkle Avenue, SE - Charleston

M-W-F 9:30-10:30
 Hilda Hedrick 304-925-1413

North Charleston Community Center
 209 7th Avenue - North Charleston

Soul Step - Thursday at 5:30 - 6:30 pm
 Tanya Barnett 304-348-6884

Cross Lanes United Methodist Church
 5320 Frontier Drive - Cross Lanes

Silver Sneakers
M-W-F 9:00-9:45
 Joyce Preece 304-776-3032



St. Albans Hansford Center
 Director: Sommers Brightwell
 304-722-4621

Call Harold Gilmore for transportation needs.

Monday through Friday

Former Curves/Defining Women
 Exercise Equipment available in exercise room – free and open to public 7:30 am to 4 pm

Noon Lunch (Donations Accepted) *Non-Emergency Medical Transportation for seniors*

Every Monday

11 am - Bridge
 Marty Reynolds - 304-549-1776

Every Tuesday

10 am – Watercolor Discussion Group
 11 am – Bingo

Every Wednesday

11 am – Sing-a-Long

2nd Wednesday

5 pm – Committee for Dementia Friendly St. Albans

Last Wednesday of month

Birthday Table

Every Thursday

11 am – TBA - Game, Guest Speaker, or Guest Performer
 5pm – TOPS

Every Friday

10:30 - Choir
 11 am – Bingo

Last Friday of the Month

Sing-a-long



South Charleston Public Library
 304-744-6561

Every Friday

A room at the library will be reserved on Fridays from 1:00-5:00 pm in November and December for seniors to play card or board games.

EXERCISE - Continued

King Center
 314 Donnally Street - Charleston
Soul Step - Tuesday - 6 - 7 pm
 Bonita 304-348-6404

If your congregation has a senior's exercise program open to all, send me information and we will include it on the list. John Fleek - 304-776-4048 or fleek@suddenlink.net

BINGO

Kanawha City Community Center 304-348-6484
 King Center 304-348-6404 (Bonita)

SCOC CONTACT DIRECTORY

PO Box 4171, Charleston, WV 25364-4171

<u>Action</u>	<u>Contact</u>	<u>Phone/E-mail</u>
Mailing or News	Karen Lewis	1-(304) 935-5016 scocwvnews@gmail.com
Lunch Reservations	Jewell Haddad	304-342-5996
General Information or Volunteer	John Fleek	304-776-4048 fleek@suddenlink.net

What's Inside

Chairmans Message, Feature Article1
Luncheon Details2
Eco-Tip 3
Singing Valentine..... 4
Calendar of Senior Events for January5

SHEPHERD'S CENTER OF CHARLESTON, WV INC.

P.O. Box 4171 Charleston, WV 25364-4171

NON-PROFIT ORGANIZATION

U.S. POSTAGE

PAID

PERMIT NO. 2784

CHARLESTON, WV 25301

**Return Service Requested
Temp-Service Requested**

Shepherd's Center of Charleston, WV Inc.

P.O. Box 4171

Charleston, WV 25364-4171

www.scocwv.org

SCOC publishes this monthly Newsletter for senior adults that live within 20 miles of Charleston, including a combined June-July-August summer issue. **To request a paper subscription or email notification of website posting, email or phone our mailing contact per the above directory.**

Newsletter Staff

Editor: John Fleek

Graphic Designer: Karen Lewis

Reporters: Sommers Brightwell, St. Albans Hansford Center
Tonya Cummings, Roosevelt Neighborhood Center
Vickie Foster, Kanawha Valley Senior Services
Karen Fritz, Nitro Senior Center
Becky Goodwin, St. Albans Library
Sandra Barkey, Charleston Family Resource Center
Nancy Struthers, ECO-Tip
Pending, AARP

Feature Author: Terry Cunningham, First Presbyterian

Mailing List Custodian: Trudy Oliver

Printer and Mailing Service: Dunbar Printing

Board of Trustees - Officers

Chairperson: Trudy Oliver, Christ Church United Methodist

Acting Vice-Chairperson: Terry Cunningham, First Presbyterian

Secretary: Peggy Kourey, First United Methodist Church,
So. Charleston

Treasurer: John Fleek, Cross Lanes United Methodist

Financial Secretary: To Be Announced

Board of Trustees - Members

Starr Farris, Sacred Heart Co-Cathedral Basilica

Jewell Haddad, St. George Orthodox Cathedral

Joann S. Haddad, St. Agnes Catholic

Lessie Runner, St. Marks United Methodist