



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.

FEBRUARY 2023



February 23, 2023 *Shepherd's Center Luncheon*

**11:30 am Hot Lunch-
Reservations Required**
\$15.00 - Provided by Wellington's Catering, complete details when you call to make reservations. Please make reservations before **Noon** on **Monday, February 20** by calling Jewell Haddad at 304-342-5996.

12:15 pm Program:

Musician - Dr. David Percy

Dr. David Percy will present a music program for your enjoyment. He is an active member of First Presbyterian Church working with church youth, Light Up the Levee, and Sunday Church music. He is married and the father of three daughters. David has recorded his music in Nashville and New York working with a number of well-known people.



GETTING INTO THE CHURCH FOR LUNCH

First Presbyterian has a new policy that the doors of the building where we eat lunch have to be locked at all times. We try to post someone at the door near the Boulevard (the elevator entrance) between 10:45 and 11:15 to let you in. If you come early or late and there is no one there, contact John Fleek at 304-552-6357 and someone will come down and open the door. We will try to remember to put a sign on the door with the phone number when the door is unattended.

We apologize for the inconvenience, but we have limited workers getting ready for the luncheon.



Chairman's Message

by Trudy Oliver

Heart to Heart

February is the only month that can pass without having a full moon, but 2023 is not one of those times; the full moon occurs during the first full week of the month, on February 5th. February is also one of the most misspelled, mispronounced words in the English language, and there is a reason for that extra 'r'. It is derived from the Latin word februa, which means "to cleanse." February is the month of purification and atonement, in preparation for Spring.

February is also the birth month of two of our most beloved presidents, and plays host to two events connected to the heart—one whimsical, and one a bit more serious. Although Valentine's Day is filled with flowers and candy and barbershop quartets, American Heart Month focuses on cardiovascular disease. The medical community encourages people to live a healthier lifestyle to either curb the onset or completely prevent heart disease.

It is interesting that two of the greatest discoveries involving the heart occurred almost three centuries apart. In 1628, William Harvey published "De Motu Cordis, or "On the Motion of the Heart," in which he described circulation of the blood and functions of the heart. Almost three centuries later, in 1912, Nikolai Anichkov discovered that cholesterol was responsible for coronary artery disease—now the leading cause of death worldwide.

While medical advances continue to improve, we must also do our part. Choosing a healthier diet, decreasing our consumption of alcohol and caffeine, and getting more exercise are very good starts. The second month of the year is not too late!

P.S. And while on the subject, I offer my "heartfelt" thanks to John Fleek, who assumed my duties this past month when I had family visiting from out of the country.



ECO-TIP



Nancy Struthers, Recycling Ambassador

*The original intent of this column was to raise the awareness of the need to recycle, reuse and reduce waste, to initiate a program for SCOC to recycle items that the local curbside did not pick up, and to provide ideas and opportunities for reusing items that might otherwise be discarded into landfills. Together, we learned much in “Adventures in Learning”, collected and distributed an enormous amount of material and “recrafted” with fun. Since then, **we have come a long way, Baby!***

I had decided to stop writing this article at the end of the summer in 2018, but because of the many calls, questions and requests to continue, I resumed the writing. Then the pandemic struck. It crimped our acclaimed programs big time. Now, circumstances have changed and I will no longer be writing this column after March.

*However, my offer to coordinate the collection and distribution of items, and to assist in “recrafting”, still stands. **Help is needed.** Please let me know you will: 1) help set up a collections center at luncheons; 2) drive to distribute items collected; 3) lead a recrafting project; 4) help form a ways and means “RRR” action committee. Please Email me if so at bjnd@suddenlink.net or call me at (304)346-2226. Leave your name and message. Thank you.*

REMINDERS

Plastic water bottles Currently here in Kanawha County (also as is in West Virginia), water quality is a hot topic. Increasingly, our water supplies are becoming more contaminated. Many of us have resorted to bottled water. But! How safe is it for us and the environment? Consider the following from Earth911 Newsletter.

“Fancy reusable bottles have long since replaced brand-name bottled waters as status symbols. But even if Evian doesn’t have the cachet it once did, Americans are far from abandoning the single-use plastic water bottles. Americans drink more bottled water than milk or beer. The average American drank almost 47 gallons of bottled water in 2021, and nearly 19% of us drink only bottled water. Yet quitting bottled water is one of the easiest and cheapest ways to reduce your environmental footprint.

Somewhere between half a million and 1 million tons of plastic water bottles are thrown away each year in the U.S. Bottled water often travels thousands of miles from its source to your neighborhood shelves. But tap water is pumped a relatively short distance from a well or watershed directly to your faucet. Even locally bottled water has a transportation footprint 300 times that of tap water, with the total carbon footprint of bottled water up to 1000 times greater than tap water. Microplastics, those invisible and dangerous particles, are found in both bottled and tap water, but tap water has much lower levels than bottled water (9.6 particles/liter) versus 325 particles/liter.”

SO! Recycle those #2 water and juice bottles and containers! Reuse them in creative ways – like a bird feeder – or hanging planter, etc. Let’s do our part in reducing the contamination of our precious water.

Oral Care Products According to National Geographic, Americans will throw away 1 billion toothbrushes each year. If you laid those toothbrushes end to end, they would wrap around the Earth four times. And because toothbrushes are made from plastic, they don’t break down and often leave complicated environmental footprints. There are several recycling programs such as Colgate, Oral B, Gimme five, Tom’s of Maine and Terracycle that accept toothbrushes, toothpaste tubes and floss containers for recycling. You can also help reduce your environmental impact by buying tooth care products made from recycled materials. Toothbrushes made from bamboo are also available. Reuse your old toothbrushes in multiple ways for cleaning and in arts and craft (like painting, printing, weaving). For more information on specific how-to, go online to “toothbrush recycling”.

Consider how we might, as a group, secure containers to mail items not available for recycling locally. There are many options.

Remember Recycle Re-think Reuse Resolve Reduce Rejoice!



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, February 24

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 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
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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.**

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