



# SENIOR NEWS

Hampshire County Committee on Aging  
Romney, WV 26757

February 2012



## The Search for "Rosie's"

Thanks! Plain and Simple, Inc. is putting together a documentary about experiences of the women from West Virginia who joined the war effort, leaving friends and families to take part in building bombers and fighter jets during World War II. These women became known as "Rosie's", named after Rosie the Riveter, a fictional character created by the government to recruit these women workers.

The organization is trying to locate as many West Virginia "Rosie's" as possible so they can include their stories in the documentary. In addition, they are trying to locate WWII veterans so they can include them in the project as well.

If you are aware of any Rosie's or WWII veterans, please contact Anne Montague, Executive Director of the organization at 304-776- 4743 [thanksplainandsimple@earthlink.net](mailto:thanksplainandsimple@earthlink.net)

Preparations are underway for the **Robert W. Jackson Senior Conference**, being held May 23-25, 2012 at Cedar Lakes Conference Center in Ripley. Conference planners are looking for anyone willing to donate their time to conduct a craft workshop. Examples of types of classes – quilt block making, basket weaving, scrapbooking, building birdhouses, making greeting cards, or painting. If you would be interested or know of someone who would be interested in teaching a couple classes, please contact Nel Kimble at 304-558-3317 or [nel.m.kimble@wv.gov](mailto:nel.m.kimble@wv.gov).



## The Verdict: Hang Up ~ Don't Fall for Jury Duty Scam

The phone rings, you pick it up, and the caller identifies himself as an officer of the court. He says you failed to report for jury duty and that a warrant is out for your arrest. You say you never received a notice. To clear it up, the caller says he'll need some information for "verification purposes"-your birth date, social security number, maybe even a credit card number. This is when you should hang up the phone. It's a scam.

Jury scams have been around for years, but have seen a resurgence in recent months. Communities in more than a dozen states have issued public warnings about calls from people claiming to be court officials seeking personal information. As a rule, court officers never ask for confidential information over the phone; they generally correspond with prospective jurors via mail.

The scam's bold simplicity may be what makes it so effective. Facing the unexpected threat of arrest, victims are caught off guard and may be quick to part with some information to defuse the situation.

They get you scared and that's when the scammer dangles a solution- a fine, payable by credit card, that will clear up the problem. The trick is putting people on the defensive, then reeling them back in with the promise of a clean slate. With enough information, scammers can assume your identity and empty your bank accounts.

Administrative Offices (304) 822-4097 or 822-4030 ~ Romney Senior Center (304) 822-2465  
The Cottage, Springfield (304) 822-7627 ~ Capon Valley View Center (304) 856-3650  
[www.aginginhampshire.us](http://www.aginginhampshire.us)



Hampshire County CoA offers respite services Monday thru Friday at its Adult Day Services Center. The social model program includes activities geared toward the client's abilities, such as current events, exercise, crafts, entertainment, hot lunches and snacks.

This program provides a break for family caregivers who are overwhelmed and at the same time provide a place for folks to go to have social interaction. Caregivers know it's a safe, secure and stimulating environment for their loved ones.

For Senior Citizens (60 or older), cost is based on the participant's monthly gross income. For those under 60, cost is based upon the level of care needed, starting at \$40 for an 8-hour day.

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You have to be a "certain age" to appreciate this ..



### The Basic Rules for Clotheslines

1. You had to hang the socks by the toes - not the top.
2. You hung pants by the bottom/cuffs - not the waistbands.
3. You had to wash the clothesline(s) before hanging any clothes (walk the entire length of each line with a damp cloth around the lines.)
4. You had to hang the clothes in a certain order, and always hang "whites" with "whites", and hang them first.
5. You never hung a shirt by the shoulders ... always by the tail! What would the neighbors think?
6. Wash day on a Monday! Never hang clothes on the weekend, or on Sunday.
7. Hang the sheets and towels on the outside lines so you could hide your "unmentionables" in the middle (perverts & busybodies, y'know.)
8. It didn't matter if it was sub-zero weather .. clothes would "freeze-dry."
9. Always gather the clothes pins when taking down dry clothes! Pins left on the lines were "tacky!"
10. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
11. Clothes off the line before dinnertime, neatly folded in the clothes basket, and ready to be ironed.
12. IRONED? Well, that's a whole other subject!

And now a POEM ...

A clothesline was a news forecast,  
To neighbors passing by,  
There were no secrets you could keep,  
When clothes were hung to dry.

It also was a friendly link,  
For neighbors always knew  
If company had stopped on by,  
To spend a night or two.

For then you'd see the "fancy sheets",  
And towels upon the line;  
You'd see the "company table cloths",  
With intricate designs.

The line announced a baby's birth,  
From folks who lived inside,  
As brand new infant clothes were hung,  
So carefully with pride!

The ages of the children could,  
So readily be known  
By watching how the sizes changed,  
You'd know how much they'd grown!

It also told when illness struck,  
As extra sheets were hung;  
Then nightclothes, and a bathrobe too,  
Haphazardly were strung.

It also said, "On vacation now",  
When lines hung limp and bare.  
It told, "We're back!" when full lines  
sagged, With not an inch to spare!

New folks in town were scorned upon,  
If wash was dingy and gray,  
As neighbors carefully raised their  
brows, And looked the other way.

But clotheslines now are of the past,  
For dryers make work much less.

Now what goes on inside a home,  
Is anybody's guess!

I really miss that way of life,  
It was a friendly sign  
When neighbors knew each other best...  
By what hung out on that line.

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Beverly Sills said,  
"There are no shortcuts to any place worth going."



## Top 6 Ways to Get the Flu

By Kristina Duda, R.N.  
About.com Guide

Here are six ways you can almost guarantee yourself some "sick in bed" time. Of course, if you would rather not get the flu, you could look at this list as things NOT to do.

### 1. Don't Get a Flu Shot

Flu shots are the best way to protect yourself from the flu, so if you want to get the flu, don't get a flu shot. The vaccine works by stimulating your body to create antibodies that will fight the influenza virus. If you are actually exposed to the influenza virus, your body will recognize it and be able to fight it off without making you sick. Occasionally, you might still get sick even if you have had the vaccine because your body isn't able to create enough antibodies to fight off the infection completely.

### 2. Don't Wash Your Hands

Don't bother washing your hands - especially before you eat. Germs are everywhere and our hands touch so many things in our environments that there are bound to be some viruses there at some point. If you don't wash your hands, you have a much higher likelihood of getting some of those germs into your body and getting sick. While you're at it, skip the hand sanitizer as well.

### 3. Encourage Your Sick Friends to Visit

Spending lots of time with people who are sick will increase your chances of getting sick yourself. Close contact like shaking hands, hugging or kissing will allow the germs to spread even more easily. So invite friends and family members over when they are sick or go visit them. If you want to catch whatever they have, visit frequently and don't worry about washing your hands or turning away when they cough and sneeze.

### 4. Schedule a Few Meetings with Sick Coworkers

We all know far too many people come to work when they are sick and having them in the office only increases the chances that everyone else will get sick, too. If you know a coworker is sick and has come to work anyway, scheduling a few extra meetings with them or just stopping by their desk a few times will help you pick up some of those germs.

### 5. Eat Lots of Junk Food

Although an unhealthy diet won't guarantee that you will get the flu, it definitely makes your body more susceptible to getting sick. A diet that consists primarily of healthy foods that contains a lot of antioxidants has been shown to keep people healthier. Eating an

unhealthy diet makes your body more susceptible to catching germs and getting sick and you will probably have a harder time fighting off those infections when you get them. So if you want to get the flu, load up on the junk food.

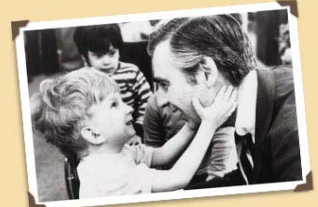
### 6. Be a Couch Potato

Similar to eating an unhealthy diet, avoiding exercise at all costs will also weaken your immune system, making it more likely that you will get sick from the flu and any number of other illnesses. Watching lots of TV and not exercising won't give you the flu of course, but an unhealthy body is less able to fight off infections, so if you are exposed to the influenza virus, you will be more likely to come down with the flu.

Did you know? Mr. Rogers debuted Feb 19, 1968 ...

**Everything I ever needed to know, I learned from Mister Rogers.**

*Everything I ever needed to know, I learned from Mister Rogers*



Wonder about things. Accept people as they are. Look and listen carefully. We all have feelings. Ask a lot of questions. Haircuts don't hurt. Teach by example. Feed the fish. Share. Play. Love. Be yourself.

## FEBRUARY QUOTE

Thirty days hath September,  
April, June, and November;  
All the rest have thirty-one,  
Excepting February alone  
Which hath but twenty-eight, in fine,  
Till leap year gives it twenty-nine.

### February Van Trip



Wed / Feb 16 Charles Town \$ 16.00

9 - 6

All passengers must wear seat belts  
Vans must have 6 passengers minimum  
For reservations, call 822-4097

## Nutrition Sites

**Romney Senior Center ~ 8 AM – 2 PM**  
**Meal at 12:00 Noon**

Monday, Tuesday, Wednesday, Thursday  
Closed Fridays

**Springfield Senior Center ~ 1 PM – 6 PM**  
**Meal at 5:30 PM**

Tuesday, Wednesday, Thursday, Friday  
Closed Mondays

**Capon Valley View Center ~ 8 AM – 1 PM Meal**  
**at 12:00 Noon**

Tuesday, Thursday, Friday  
Closed Mondays and Wednesdays

*Gift Certificates for lunches and dinners are available.  
Call 822-2465 for more information.*



Veggie Valentine:

You may not "carrot" all for me  
The way I care for you.

You may "turnip" your nose  
When I plead with you.

But if your "heart" should "beet" with mine,  
Forever "lettuce" hope,  
There is no reason in the world  
Why we two "Cantaloupe."



For the 126<sup>th</sup> year, Phil will leave his burrow at 7:20 February 2nd at Gobblers Knob in Punxsutawney, PA, observe the weather conditions and look for his shadow, and then make his prediction for the remainder of winter.

### Frequently Asked Questions about the holiday

- Yes! Punxsutawney Phil is the only true weather forecasting groundhog. The others are just impostors.
- How often is Phil's prediction correct? 100% of the time, of course!
- How many "Phils" have there been over the years? There has only been one Punxsutawney Phil. He has been making predictions for over 125 years!
- Punxsutawney Phil gets his longevity from drinking the "elixir of life," a secret recipe. Phil takes one sip every summer at the Groundhog Picnic and it magically gives him seven more years of life.
- According to legend, if Punxsutawney Phil sees his shadow, there will be six more weeks of winter

weather. If he does not see his shadow, there will be an early spring.

- No! Phil's forecasts are not made in advance by the Inner Circle. After Phil emerges from his burrow on February 2, he speaks to the Groundhog Club president in "Groundhogese" (a language only understood by the current president of the Inner Circle). His proclamation is then translated for the world.
- The celebration of Groundhog Day began with Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states, "For as the sun shines on Candlemas Day, so far will the snow swirl in May..."
- Punxsutawney held its first Groundhog Day in the 1800s. The first official trek to Gobbler's Knob was made on February 2, 1887.
- So the story goes, Punxsutawney Phil was named after King Phillip. Prior to being called Phil, he was called Br'er Groundhog.

**President's Day ~ February 20**

Until 1971, February 12 and 22 were observed as federal public holidays to honor the birthdays of Abraham Lincoln (February 12) and George Washington (February 22). In 1971 President Richard Nixon proclaimed one single federal public holiday, the Presidents' Day, to be observed on the 3rd Monday of February, honoring all past presidents of the United States of America.



### Ten Games for Old Age:

1. Sag, You're it
2. Pin the Toupee on the bald guy
3. 20 questions shouted into your good ear
4. Kick the bucket
5. Red Rover, Red Rover, the nurse says bend over
6. Doc Goose
7. Simon says something incoherent
8. Hide and go pee
9. Spin the Bottle of Mylanta
10. Musical recliners

Senior Centers Enrich Lives

The Hampshire County Committee on Aging is funded through the West Virginia Bureau of Senior Services, Upper Potomac Area on Aging, local contributions and by the Older Americans Act of 1965, as amended, and requires that persons who receive service through any program funded under this Act be given the opportunity to contribute to the cost of the service.

## Hampshire County Seniors Presents BRANSON SHOW EXTRAVAGANZA

\$639 per person, double occupancy • 7 Days 6 Nights • (Sun – Sat) • June 17-23, 2012

Incredible price includes:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in Branson
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Admission to 7 Fabulous Branson shows! Including:
- ◆ Three Morning Shows: RED SKELTON TRIBUTE SHOW, HOORAY FOR HOLLYWOOD, and BRETT FAMILY SHOW
- ◆ Three evening shows: JIM STAFFORD SHOW, THE DUTTONS SHOW, and THE BALDKNOBBERS JAMBOREE SHOW
- ◆ SHOWBOAT BRANSON BELLE
- ◆ and much more

Deposit of \$75 due by February 17, 2012 ~ Final Payment Due: 4/13/2012  
For information and reservations, contact Judy Richman – 304-822-4097

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## Be One in a Million this American Heart Month

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*"Heart disease takes the lives of far too many people in this country, depriving their families and communities of someone they love and care for—a father, a mother, a wife, a friend, a neighbor, a spouse. With more than 2 million heart attacks and strokes a year, and 800,000 deaths, just about all of us have been touched by someone who has had heart disease, heart attack, or a stroke."*

*- Department of Health and Human Services Secretary*

*Kathleen Sebelius*

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than \$444 billion in health care expenses and lost productivity. However, we can fight back against heart disease and stroke. CDC and other parts of the US government have launched Million Hearts™, to prevent the nation's leading killers and empowering everyone to make heart-healthy choices

### What Million Hearts™ Means to You

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

- Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov).
- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:
  - Ask your doctor if you should take an Aspirin every day.
  - Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
  - If you Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.