

February 2018

Golden Moments Newsletter



Happy Valentine's Day

Employee of the Month

Congratulations to Shanita Evans for receiving February's Employee of the Month Award. The way she has performed throughout her time here shows her hard work, her sincerity, perseverance and diligence. McDowell County Commission on Aging has taken a note of and appreciates her high level proficiency in handling the tasks assigned to her, her craving for perfection, her communication skills and her humble behavior with all staff members, seniors, and visitors.

Shanita is unfailingly cheerful, upbeat, and always has a positive attitude. She greets everyone in a friendly way and always with a smile. Her smile is contagious and with it she uplifts everyone's mood as they walk through the door. We are so grateful to have Shanita be part of McDowell County Commission on Aging's team.



Day With Jesus

Jesus does not send perfume
To linger in the air
Instead He sends salvation, sweet
To show how much He cares.

He doesn't bring me candy hearts
In boxes of delight
Instead He always lets me know
I'm precious in His sight.

He doesn't send out pretty cards
Trimmed in shades of red
Instead He gave His life for me
His precious blood was shed.

He doesn't hand out fancy gifts
Like we would send to mother
Instead He sends a message clear
To always love each other.

He doesn't give me teddy bears
That whimper, "please be mine"
Instead He gave His heart to me
I wear it all the time.

He doesn't give me roses, pink
For all the world to see
Instead He gave eternal life
That's good enough for me!

- Marilyn Ferguson-

Welch Senior Center
725 Stewart St.
Welch, WV 24801
304-436-6588

Bradshaw Senior Center
10162 Marshall Hwy,
Bradshaw, WV 24817
304-967-5472



February
is

American
Heart
Month

American Heart Month

February
is

American
Heart
Month

EAT

RED for American Heart Month

While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!



Tart Cherries

NUTRIENT:
Vitamin A

One cup of tart cherries has 39% of your daily vitamin A.



Tomatoes

NUTRIENT:
Lycopene

Tomatoes are high in lycopene, a powerful antioxidant.



Red Lentils

NUTRIENT:
Protein

Just one cup of red lentils has 18 grams of protein.



Beets

NUTRIENT:
Betaine

Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.



Strawberries

NUTRIENT:
Vitamin C

One cup of whole strawberries provides 141% of your vitamin C intake.



Kidney Beans

NUTRIENT:
Fiber

You can get 44% of your daily amount of fiber with one cup of kidney beans.



Red Potatoes

NUTRIENTS:
B-6 & Potassium

Get 30% of your daily B-6 and 46% potassium in a single, large red potato.

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Happy Valentine's Day



Fun facts on Valentine's Day

- There was a belief in the Middle Ages that the first unmarried person (of the opposite sex) you met on the morning of St. Valentine's Day would become your spouse.
- The first Valentine gift was sent by Duke of Orleans to his wife, after he was captured in 1415.



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Valentine's Day Word Search

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

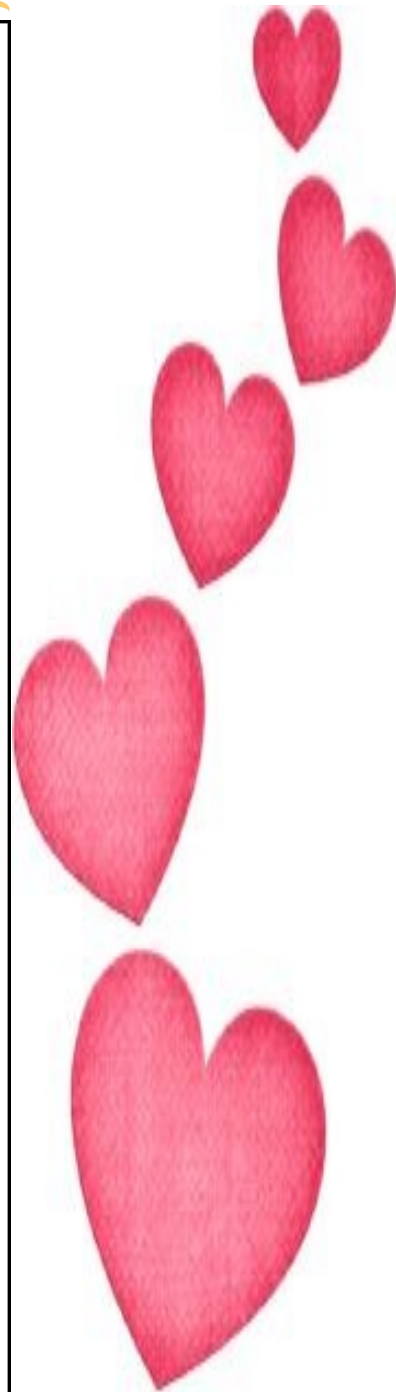
Arrow
Be Mine
Candy
Card
Chocolate
Couples
Cupid

Date
Diamond
February
Feelings
Flowers
Friendship
Gift

Hand holding
Heart
Hugs
Kisses
Love
Lovers
Romance

Roses
Stroll
Suitors
Valentine

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Happy Valentine's Day



Fun facts on Valentine's Day

- 73% of Valentine Day flowers are bought by men, whereas women buy only 23% of Valentine flowers.
- The heart is the most common symbol of romantic love. Ancient cultures believed the human soul lived in the heart and its red color is though to be the most romantic.



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Happy Valentine's Day



Fun facts on Valentine's Day

- The red rose was the favorite flower of Venus, the Roman goddess of love. Since red stands for strong feelings, red rose is a flower of love.
- The first Valentine's Day box of chocolates was introduced by Richard Cadbury in 1868.
- In Wales, wooden love spoons were carved and given as gifts on Valentine's Day. Hearts, keys and keyholes were favorite Valentine decorations on the wooden spoons that meant, "You unlock my heart!"

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In-Home Personal Care Services in McDowell County

Home Nursing Support for Hygiene, Socialization, Shopping, & Cleaning

McDowell County Commission on Aging offers a wide range of in-home personal care services to enable senior and disabled residents to continue living in the comfort of their homes. We also offer respite services for eligible caregivers. If an individual would be eligible for nursing home care, he or she is likely eligible to receive the same level of care at home. Our goal is to offer options that make life as secure and comfortable as possible for local residents in need of extra care. Some of the services that we provide include:

Transportation Assistance

Meals on Wheels

Fair Program

Lighthouse

Individual Services

Respite Care Services

Contact the McDowell County Commission on Aging to find out if you or your loved one is eligible. If so, we can help you apply for in-home care right away. We can be reached at: **(304) 436-6588**.

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February Birthday Club



Krista Meadows	2/9
Vivian Anderson	2/10
Anna Brewster	2/13
Beverly McDaniel	2/14
Maxine Lauderback	2/24
Margaret Johnson	2/25
Patsy Kidd	2/26

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celebrate BLACK history MONTH

**BLACK HISTORY MONTH
ORIGINATED IN 1926 BY
CARTER GODWIN WOODSON.**

THE MONTH OF FEBRUARY WAS CHOSEN
IN HONOR OF FREDERICK DOUGLASS
AND ABRAHAM LINCOLN,
WHO WERE BOTH BORN IN
THAT MONTH.

Black History Month Facts



**BESSIE COLEMAN WAS THE FIRST
LICENSED AFRICAN-AMERICAN
PILOT IN THE WORLD.**

SHE RECEIVED AVIATION
INSTRUCTION IN FRANCE.

Black History Month Facts



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Black History Month Word Search Game

Find the words pertaining to African-American history and the civil rights movement.

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

ABOLITIONIST
AFRICA
BOYCOTT
BUS
CARVER
CIVILWAR
EQUALITY
FREEDOM
INTEGRATION
JIMCROW
JUSTICE
KWANZAA
MARCH
NAACP
NORTH
OPPRESSION
PROTEST
RIGHTS
SEGREGATION
SHARECROPPER
SLAVERY
SOUTH
SUFFRAGE
TUBMAN
VOTE

All About puzzles
puzzles.about.com

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celebrate BLACK history MONTH

Black History Month Facts

- February 23, 1868:
W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.
- February 3, 1870:
The 15th Amendment was passed, granting blacks the right to vote.
- February 25, 1870:
The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.
- February 12, 1909:
The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.
- February 1, 1960:
In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.
- February 21, 1965:
Malcolm X, who promoted Black Nationalism, was shot to death.

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celebrate **BLACK** history **MONTH**

CHESTER ARTHUR BURNETT "HOWLIN' WOLF" WAS ONE OF THE MOST IMPORTANT BLUES SINGER,

SONGWRITER AND MUSICIAN,
INFLUENCING SOME OF THE
MOST POPULAR ROCK GROUPS
LIKE THE BEATLES.



Black History Month Facts

MINNIE JOCELYN LEE ELDERS WAS THE FIRST AFRICAN-AMERICAN AND THE SECOND WOMAN TO SERVE AS THE UNITED STATES SURGEON GENERAL.

HER TERM LASTED FOR
15 MONTHS (1993 - 1994)



Black History Month Facts



Mark Your Calendar

»» UPCOMING EVENTS



March: Bluefield Shopping Trip to Wal-Mart and Mercer Mall
Friday, March 2nd (weather permitting)
\$3 Cover Charge



April: Tamarack Beckley, WV
Lunch at Golden Corral
Friday, April 6th
\$5 Cover Charge



May: Ladies Night Out — Welch, WV
Friday, May 4th (Tentative)
\$1 Cover Charge

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McDowell County Commission on Aging

February 2018

			Navy Beans Pickled Beets Chopped Onions Cornbread Milk	Hamburger Patty on Bun Lettuce, Tomato, Mayo Oven Baked Fries Fruit Milk
Ham & Cheese on Wheat Bread Lettuce, Tomato, Mayo Macaroni Salad Baked Beans Milk	Pinto Beans Mixed Greens Chopped Onions Cornbread Milk	Pepperoni Roll Tossed Salad Baked Beans Fruit Milk	Tomato Soup Grilled Cheese Crackers Fruit Milk	Oven Fried Chicken Oven Browned Potatoes Green Beans Fruit Biscuits Milk
Kraut & Weiners Mashed Potatoes Cornbread Pudding Milk	Potato Soup Pimento Cheese Sandwich Crackers Cobbler Milk	Baked Spaghetti Salad Garlic Toast Peanut Butter Cake Milk	Breakfast Casserole Hashbrowns Mixed Fruit Buttered Toast Milk	Lima Beans Salad Chopped Onions Cornbread Milk
Chicken Noodle Soup Egg Salad on Crossiant Crackers Milk	Fish Macaroni and Cheese Corn Cornbread Milk	Northern Beans Stewed Tomatoes Chopped Onions Cornbread Milk	Meatloaf Scalloped Potatoes Green Beans Fruit Whole Wheat Bread Milk	Hot Dog on Bun Chilli, Mustard, Onion Coleslaw Curly Fries Cake & Ice Cream Milk
Chilli Beans Cornbread Fruit Milk	Sloppy Joe Salad Peaches Milk	Vegetable Soup Grilled Cheese Crackers Pudding Milk	Monthly Income Suggested Donation \$0-\$200 = \$1.00/meal \$201-\$400= \$1.50/Meal \$401-\$600= \$2.00/Meal \$601-Over= \$2.50/Meal	

Menus are subject to change without notice. We apologize for any inconvenience.