Celebrating seniors in every way at the Harrison County Senior Citizens' Center

Senior centers throughout the state offer a variety of services and programs to assist with needs and engage the whole person. The staff of the Harrison County Senior Citizens' Center delights in finding ways to keep their participants healthy and happy in mind, body and spirit.

The center had much to celebrate in May during Older Americans Month and the "Blaze a Trail" theme and June during Elder Abuse Awareness month. Executive Director Beth Fitzgerald accepted proclamations from Governor Earl Ray Tomblin as well as recognition and accolades from other state officials and city dignitaries. "It's one thing to hope that your actions are in service to the seniors of the community," said Fitzgerald. "It is another to have what we do here acknowledged by others. It is a great feeling." The acknowledgements were presented during the center hosting a program and reception that not only recognized the seniors but honored Loretta Snider who has worked at Harrison County Senior Citizens for the past 40 years! Snider is an Activities Assistant and ceramics specialist. From its inception, Snider has kept the program a vibrant and creative outlet for everyone who participates. She also keeps the creativity flowing at the Lost Creek Senior Satellite. Known for always demonstrating a cheerful enthusiasm, and commitment to her work, Snider is genuinely loved by all who come into contact with her.

"I am sure every senior center staffer across the state feels that their center is the best" said William "Bill" O'Field, Board Member At-Large. "But there is something about our seniors and the staff that make it a pleasure to walk through the doors on any given day!" Having retired and returned to West Virginia in May 2015, O'Field joined the center as a member in July. "It was just the perfect place to be. The center looks at every opportunity to offer learning, celebrate milestones and acknowledge the active and vibrant life of the center and its members."

While celebrations are wonderful, it is the daily activities that are at the heart of the center and the seniors it serves. Two among the many favorites are the Tai Chi for Fall Prevention and the painting classes. Scheduled twice weekly, the Tai Chi classes are led by Mark Coffindaffer a certified instructor and Master Trainer. It is often one of the largest classes at the center. The focus is on improving the mind-body connection and developing proper movement for maximum impact. The results are improved strength and confidence in overall mobility. Pursuing good health really can be fun, and if the sign-up sheet is any indication, it is enjoyed by many seniors in Harrison County. The "Let's Paint Together" program is new and quickly growing in its appeal as an

opportunity for seniors to express their creative side. On June 8 members of the center held an art party at The Starving Artist Studio in Clarksburg. Bill Leaseburg, co-owner of the studio, led the workshop though the selection of a design and appropriate colors. Participants were excited to see their final piece come to life and happy to take their work of art home to display for family and friends.

This and so much more is available at the Harrison County Senior Citizens' Center. If you have never been or know someone that might have an interest, stop by the center and check them out. They look forward to your participation and being in service to all seniors in the community.

Participants celebrating Older Americans Month in May 2016.

Presentation made to Loretta Snider celebrating 40 years at the HCSCC with (from left to right) Assistant Director, Donna Stuart, Board Vice President, Margaret Bailey and Member At-Large, William "Bill" O'Field.

Tai Chi meets twice weekly on Tuesdays and Thursdays from 10:00 to 11:00 am and is well attended. Shown here are Master Trainer and lead instructor Mark Coffindaffer and 21 participants.

World Tai Chi and Qigong Day was celebrated by Harrison County Senior Citizens Center on April 30 at the Veteran's Memorial Park in Clarksburg. Forty-five attendees participated in the event acknowledging the healing effects of tai chi and qigong with a "One Breath, One World" theme.

Members of the Harrison County Senior Citizens Center participated in the "Let's Paint Together" activity on June 8. The art party was held at The Starving Artist Studio in Clarksburg. Co-owner Bill Leaseburg led the group on their artistic journey. Pictured from left to right are Bill O'Field, Carol E. Brown, Donna Stuart, Becky Tennant, Carmella Forte, Donna Hill and Virginia Harding.