

THE GRAPEVINE

FROM CAPITAL CITY ACTIVITY CENTER

VOLUNTEERS ROCK!!!

By Anne Robbins

On March 10, 2020, the FCCOA Board of Directors adjourned their meeting. They announced to those of you who were enjoying a morning of coffee and conversation that because of COVID Capital City Activity Center was closing. Everyone had to leave.

Because the Center already had food for the Thursday Helping Hands Pantry, the pantry was held on March 12. On March 13, the Center closed and hasn't reopened again. It's hard to believe these facts.

At the time the Center closed on March 10, the staff consisted of 13 part-time and 4 full-time staff as well as 4-6 inmates from Franklin Co. Regional Jail. Today, Capital City Activity Center employs 12 part-time and 3 full time folks. (And two of the part-time people continue to work from home.)

Capital City Activity Center has always been blessed with many kind volunteers. When the Center was open, member-volunteers worked in the shops, provided entertainment, prepared mailings, helped clean the dining room after lunch, called Bingo, provided programs, taught lessons and organized card groups. Whatever needed to be done, volunteers would often step up. The inmates provided the maintenance, cleaning, and heavy lifting. So WHO took the places of these part-time folks? Who is helping the staff still working?

Thank you TOPY, Inc. and Abracadabra Graphics! TOPY, Inc., generously donated a 2015 Nissan Altima to Capital City Activity Center. Ed and Tracy Steverson with Abracadabra Graphics wrapped the car as well as donated towards the wrap job.

This vehicle will help grow awareness of the Center's home-delivered meal program while it is out on the road delivering more meals to more seniors in Franklin County. Pictured from left, TOPY President Ichiro Takeuchi and TOPY Director Todd Dorsey present the car to Center director Marchehe Jenkins.

Who is doing the lifting and toting? Who is organizing the Food Pantry distribution? Who answers the phone on Teresa's day off? Who is preparing the Commodity Boxes and helping support the home-delivered meal drivers? **VOLUNTEERS!!**

I well remember the first Commodity Box day in April with the reduced staff. I walked over to the Community Room to deliver a phone message. I met volunteers unloading the box truck palates of food at the front door. I walked into the Community Room, and it was a beehive of activity. Everyone seemed to know his/her job and unpacked the palates, and repacked them into boxes for distribution that afternoon.

And I've watched the meal drivers (both staff and volunteers) help to load their vehicles to deliver the 250 meals per day. And I've answered the phone as a stranger to me calls and says, "I'd like to volunteer to deliver meals one day a week." or "I've got some time now, do you need me to volunteer to do anything?" Over and over, Franklin County, you've volunteered to help provide food and comfort to seniors here. And you didn't miss a single beat when COVID struck and changed the way the world works.

Thank you for caring about Capital City Activity Center and seniors in our community. Whenever we open again, please come join us in fun.



APRIL 2021



202 Medical Heights Dr. Frankfort, KY 40601 | Facebook: Capital City Activity Center
Phone: 502-223-5794 | Fax: 502-227-8019 | Website: www.frankfortkyseniors.org

2 THANKING OUR SUPPORTERS



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ADAM HYATT**
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**IN MEMORY OF
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IN MEMORY OF EDDIE TUTT
Ann McKaig



IN HONOR OF MY 80TH BIRTHDAY
Phyllis Payne

**IN HONOR OF CAPITAL CITY
ACTIVITY CENTER TAKING CARE
OF OUR SENIORS**
Barbara Kirk

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Bob Whitaker



To help Capital City Activity Center celebrate National Nutrition Month, Kiwanis Club of Frankfort hosted a month-long food drive. At left, Jennifer Mullins (l), President of the Frankfort Club, and Marche Jenkins unload the donations at the Center. Pictured at right, Chuck Fletcher, Kiwanis International Trustee and member of the Frankfort Club, unloads donations from his car.

OKRA & GREENS

Ingredients:

- 1 onion (small, finely chopped)
- 2 T. corn oil
- 6 c. greens (1 lb; shredded)
- 16 okra
- 4 chili peppers (finely chopped & crushed)
- 1 lemon
- 1/4 c. water

(note: feel free to use pre-chopped or frozen chopped vegetables if you prefer.)



Directions:

1. In a large, heavy pan, saute onions in oil until golden brown.
2. Add remaining ingredients and about 1/3 c. of water. Simmer over low heat, covered, until greens are tender.

NUTRITION (1/5 of recipe)

98 calories | 6g fat (1g sat. fat | 0 cholesterol | 31mg sodium | 11g carbohydrate (4g sugar, 4g fiber) | 3g protein

Dr. and Mrs. Booker Taliferro Holmes moved to Frankfort in 1943 and became active at the college and in the community. Dr. Booker was born in Dunnsville, Virginia in 1905. He completed his early education at Rappahannock Industrial Academy and in 1929 graduated from Virginia Union University with a Bachelor of Science degree. He received a Master of Science degree in 1936 from University of Michigan. He and Helen E. Fairfax married in 1932. Later he entered Meharry Medical College in Nashville Tennessee. He graduated with an MD degree in 1947. When the Holmes' moved to Frankfort, both served on the faculty of now Kentucky State University. Dr. Holmes also practiced medicine in Frankfort for thirty-four years, serving as a physician at Winnie A Scott Hospital as well as seeing patients at his 300 E. Third Street office. He was a member of Meridian Sun Lodge Number 26, a member of the Grad Club and a Life Member of Alpha Phi Alpha. He was an avid hunter, a staunch supporter of education, and a loyal follower of the physician's Hippocratic Oath. Governor Ned Breathitt commissioned Dr. Holmes a Kentucky Colonel in recognition of his many years of humane patient care and professional service. Dr. Holmes retired in 1983. He and his wife resided at 318 Murray Street. He died in 1990 and was buried in Sunset Memorial Gardens.



Helen Fairfax Holmes was born in 1902. She was the first African American salutatorian at Williamsport, Pennsylvania Area High School, an integrated school. After graduation, she accepted a full scholarship at Bucknell University in Lewisburg, Pennsylvania. She was the only black student at Bucknell at that time. She later received her Master's

Degree from Columbia University. After she and Dr. Holmes married, they moved to Durham, North Carolina where she taught high school English. In 1943, they moved to Frankfort where she became head of the English Department at Kentucky State College. There she established a broader curriculum that included drama and outstanding personalities like Langston Hughes. Helen said, "They (the students) accused me of being kind of rough. But they also learned. I told them they should learn English, not because they were going to teach it, but they should learn it to guide them through life. ...to defend yourself," (p. 137, *Community Memories*, c. 2003) Helen served as Girl Scout leader for many years. She was a trustee and steward of St. John's A.M.E. Church. In 1948 Helen became president of the Frankfort branch of the National Association for the Advancement of Colored People, a position she served for 20 years. Under her leadership segregated establishments in Frankfort witnessed countless boycotts, picketing and sit-ins. By the end of 1961, her involvement included integrating Frankfort's restaurants, the public library, the YMCA, two hotels and the cafeteria facilities of King's Daughters Hospital as well as employment of blacks on the local police force and in city offices. Two Civil Rights marches occurred under her watch: the first in December 1962 and the second, Dr. Martin Luther King, Jr's "March on Frankfort" with 10,000 participants from across the state. In 1995, Helen died at the age of 92. She is also buried in Sunset Memorial Gardens.

I am indebted to Russ Hatter, Frankfort Historian, and Capital City Museum for this information. Also, COMMUNITY MEMORIES A Glimpse of African American Life in Frankfort, Kentucky, Winona L. Fletcher, Senior Editor, Sheila Mason Burton, James E. Wallace, Mary E. Winter, Douglas A. Boyd, Associate Editors, The Kentucky Historical Society Frankfort, KY 2003.

Dr. Jan Weisberg

After I wrote the article last month I received a few questions, which of course were mostly answered by CDC guidelines released in March. I will however try to go over them briefly. **If everyone at a small gathering, such as a book club meeting, has been adequately vaccinated do we need to wear masks?** The CDC said you can gather indoors with fully vaccinated people without wearing a mask. This will also make it easier to understand people as they talk.

Is it safe to dine in a restaurant or on an outdoor patio? This has not changed. You should wear your mask except while eating. You should still ideally be 6 feet from any other party. The CDC rates eating inside at a restaurant to be higher risk than other activities. We still need to wear a masks at the grocery store or any other public places.

Since I have received both vaccines I feel more comfortable wearing only 1 good fitting thick mask or certainly the KN 95 mask. The key is a good fit. If you've been fully vaccinated you may gather indoors with unvaccinated people from 1 other household without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID 19. If you have been fully vaccinated and have been around someone who has COVID 19, you do not need to stay away from others or get tested unless you have symptoms.

Children will be going back to school. Are there any guidelines for picking up children or taking them home? There are no definite guidelines concerning picking children up and driving them home. For that short time the safest thing would be to wear a mask; however, as I said above, you can be around another household without a mask.

By the time this gets to print there may be new guidelines.

Everybody is anxious to get out and travel. I traveled by air a couple of weeks ago and the middle seat was vacant. I felt safe as I wore a mask the whole time and was fully vaccinated. Airplanes have very good air circulation. The CDC at this point still recommends against domestic or international travel. I believe the biggest fear is in airports and being around new people.

The head of the CDC says the next 2 months are pivotal and that we should continue full mitigation efforts. Hopefully by then we will be near herd immunity. Until we reach herd immunity all these new variants are a great concern. The current vaccines prevent severe illness from infection, including from the variants known to date. With vaccines it is still possible to have an infection, but they prevent the severe illness and hospitalization. The number of new infections daily is decreasing, but I watch hospitalizations, numbers in ICU and deaths.

This has been a very dark and stressful year. Kentucky has done a good job in comparison to most states. Our hospitals were not close to being overwhelmed.

This has been a very difficult time for the medical community. It is a new disease which required new treatments; some treatments which were opposite to those done in the past. At times we learned the hard way. New drugs have been constantly produced, and it looks like we are now coming up with some very good treatments for those seriously ill as well as the vaccines. I can only applaud my fellow health care workers and the scientists through this long journey. Let's stay safe for a couple more months then hopefully hug everybody and celebrate.



Option to make an appointment with an AARP Tax Aide is not available at this time. As of February 25, 2021, all available appointments for tax preparation were filled.

OPTION 2: SELF-PREPARATION FILING OPTION

Because of the process required this season, AARP Foundation Tax Aide is not able to prepare as many tax returns as they have in the past. They are truly sorry to not be able to personally help everyone, but there is an alternative for those who have a laptop or tablet and have access to the Internet. Using the self-assistance option gives you access to assistance from Tax Aide IRS certified counselors who can answer your questions as you go through the return preparation process.

If you believe you are capable of preparing your own return with assistance, please consider this self-preparation option. If you expect to receive a refund, preparing your own return with certified assistance allows you to receive that refund sooner. By doing your own return, you will allow Tax Aides to help more people who do not have this capability.

IF YOU WOULD LIKE TO USE THE SELF-PREPARATION OPTION, visit www.aarpfoundation.orgtaxaide, Select "Prepare my own taxes on line," then click on "Request Help" button..

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is available for pick up to anyone over 60 between 11:30 a.m.—12:15 p.m. Call the Center, 502-223-5794, 24 hours ahead of time to order.</p> <p>Skim milk and wheat bread are served with each meal—except where noted.</p>			<p>01 Oriental Shoyu Chicken Carrots Lima Beans w/Red Peppers Fruited Gelatin</p>	<p>02 BBQ Pulled Pork Ranch Beans Fiesta Coleslaw Hamburger Bun Hot Applesauce</p>
<p>05 Hamburger Lettuce, Onion, Pickle Chuckwagon Corn Hamburger Bun Pineapples</p>	<p>06 Beef Spaghetti Italian Vegetable Blend Green Peas Oatmeal Crème Cookie</p>	<p>07 Santa Fe Chicken & Lentils Glazed Beets Broccoli Banana</p>	<p>08 Beef Patty Mushroom Gravy Garlic Whipped Potatoes Spinach Strawberry Cake</p>	<p>09 Turkey Breast Poultry Gravy Navy Beans Corn O'Brien Chocolate Chip Cookie</p>
<p>12 Chicken Alfredo Brussels Sprouts Glazed Carrots Fruit & Grain Bar</p>	<p>13 Beef Tips w/Gravy California Vegetable Blend Lima Beans Brownie</p>	<p>14 Turkey & Cheese Sandwich Mayonnaise, Mustard Fiesta Coleslaw Bean Salad Fresh Fruit</p>	<p>15 Baked Chicken Poultry Gravy Whipped Potatoes Spinach Fruited Gelatin</p>	<p>16 BBQ Rib Patty Hamburger Bun Baked Beans Carrots Applesauce</p>
<p>19 Meatballs with Marinara Sauce Whole Kernel Corn Green Peas Hot Dog Bun Pineapples</p>	<p>20 BBQ Chicken Thigh Ranch Potatoes Broccoli Tropical Fruit</p>	<p>21 BBQ Pulled Pork Ranch Beans Fiesta Coleslaw Hamburger Bun Hot Spiced Pears</p>	<p>22 Beef Chili Parslied Carrots Mixed Greens Cornbread Cantaloupe</p>	<p>23 Sliced Ham Cider Glaze Whipped Sweet Potatoes Green Beans Coconut Cake</p>
<p>26 Pomodoro Chicken Whole Kernel Corn Brussels Sprouts Applesauce</p>	<p>27 Beef & Rice Casserole Herbed Green Peas Cabbage Mandarin Oranges</p>	<p>28 Cheeseburger California Vegetable Blend Baked Beans Hamburger Bun Orange Juice</p>	<p>29 Chicken Salad Sandwich Beet Salad Potato Salad Fresh Fruit</p>	<p>30 Salisbury Steak Onion Gravy Carrots Whipped Potatoes Fruit & Grain Bar</p>



YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.



2.

YEAR YEAR YEAR

3.

**TIME
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4.



5.



6.

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Helping Hands Food Pantry Fridays, 9:30—11 a.m.



Eligibility:

- 18 years of age or older
- resident of Franklin Co.
- ONE box per household per month

Procedure during COVID:

1. Between 9 a.m. Monday morning and Wednesday noon call the Center, 502-223-5794, to reserve a box. The number of boxes available is limited, so please call early in the week.
2. Make arrangements to pick up your box between 9:30 and 11 a.m. on Friday.
3. Come to the Center BEFORE 11 a.m. Friday; pull into the drive through to pick up your box; show a valid ID or proof of Franklin Co. residency.
NOTE: If you do not pick up your box by 11 a.m. on Friday, your box will be given to the next person on the list.

Part of God's Pantry in Lexington, KY, the Food Pantry accepts donations from B's Bakery, Big Lots, Kroger, Little Casear's Pizza, Panera, Papa John's Pizza, Poppy's Bakery and Walmart. In FY 2020 over 4800 participants received food from the Helping Hands Food Pantry.

FOUR NEW LINE DANCES IN APRIL!

*** Beginner Plus: Crawfish Pie/ Lonely Drum**
Available April 6-18

*** Intermediate: Crystal Touch/ Sugar Sugar**
Available April 20-May 2

IF you received the links to the March videos, you don't need to do anything unless you want to be removed from the list.

IF you are NOT currently signed up, this is how to access the videos:

1. Email arobbins@fcco.com.
2. Anne will email you a link that will be open on April 6. This link will be open until April 18.
3. Each time you participate in the video, please email Anne and answer 3 question:
 - Date and time you participated in the video.
 - One comment about how you did.
 - Suggestions for what we could do to make the experience better for you.
- Questions? Email Anne at arobbins@fcco.com

PHONE CALL BINGO TUESDAY, April 13 AND Tuesday, April 27, 2:00 p.m. No registration necessary.

Yes. You read it correctly. We're going to play Bingo over the phone. This is how it'll work:

1. Download 2 Bingo cards from the Internet, call the Center and ask us to mail you 2 cards OR stop by the Center on April 12, 9 a.m.—2 p.m., and pick up cards.
2. On April 13 and/or April 27 about 2 p.m., call **(502) 209-7085** from your phone—either land line or cell phone.

3. When the phone at Capital City Center is answered, tell your name to the person answering. Be sure you have your Bingo cards ready.

4. Then stay on the line and follow the directions. The caller (maybe even someone you've missed at the Center) will call the numbers and tell you exactly what to do.

IF you are a lucky winner, the Caller will tell you how to claim your prize. This will be an experience you don't want to miss.

FCCOA ANNUAL

ELECTION OF OFFICERS



NOMINATIONS: Nominations for 4 board positions

will be accepted until COB on **April 15**. Nominations must be submitted by mail (postmarked by April 15), phone or in person at the center. Nominations must include contact information for the nominee.

BOARD MEMBER EXPECTATIONS: : Participate in Monthly Meetings, Committee Meetings, All Center Activities, Fundraising and Service Projects.

NOMINATIONS MEETING:
Board will announce the nominees on **May 4, 9:30 a.m.** If there are more than four nominees, an election will be conducted.

If an election is necessary, ballots will be mailed to all members. They must be returned by mail (postmarked by May 15) or dropped off at the Center no later than May 31 COB. (The Center is not responsible for lost ballots.)

JUNE 1, 2021, 9:30 a.m.
**FCCOA Annual Election of
Officers**

7.

POL4ICY

8.

WITCH, MD.

9.

DIAPERS
DIAPERS
DIAPERS

10.

GLUED THE SCREEN
THE SCREEN

11.



12.



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This workshop will cover FAQs and common misconceptions regarding wills and trusts, asset protection, Medicaid qualification and much more! The virtual workshop will be conducted via zoom. Registration is required. Please call, text or email us to register. Upon registration, you will be provided a link to join in remotely.

Please feel free to contact us if you'd prefer to schedule a confidential one-on-one appointment. We are currently offering virtual appointments as well as in-person appointments for those who prefer an in-person experience.



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HDHZQON DN AT NWO WDE QDAE DK
DNPOYGAE." – UDYZ PIDAK

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E021

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

								9
		7						
	8		4			1	5	
			9				1	7
1								
	4	3			5	2		
	5		7					
		4			2	9	8	3
	2			8	3			

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DIFFICULTY: ★★★☆

CROSSWORD PUZZLE

ACROSS

- 1 Compass direction
- 4 Bedouin headband cord
- 8 Short takeoff and landing (abbr.)
- 12 Sound perception
- 13 Bowling alley
- 14 Fertilizer ingredient
- 15 Slugger's stat
- 16 Killer whale
- 17 Earth
- 18 Neckwear
- 20 Wisp of smoke
- 22 Irish exclamation
- 25 Mede
- 28 Seven (pref.)
- 31 Broth (Scot.)
- 33 Pool rod
- 34 Land measure
- 35 Winch
- 36 Pounds (abbr.)
- 37 Mountain on

Crete

- 38 Great (Ger.)
- 39 Sleep symbols
- 40 Blacksnake
- 42 Gob
- 44 Within (pref.)
- 46 Irish writing
- 50 Adroit
- 52 Indian red powder
- 55 Wood sorrel
- 56 Severe
- 57 Geological vein angle
- 58 Medieval money
- 59 Distant (pref.)
- 60 Grandson of Eve
- 61 Political party

DOWN

- 1 Bondsman
- 2 Babist
- 3 Viking
- 4 Verbally
- 5 Alligator fish
- 6 Ancient (abbr.)
- 7 Plant growth
- 8 Perspiration
- 9 Three-wheeled vehicle
- 10 Poetic contraction
- 11 Latitude (abbr.)
- 19 Cloche
- 21 Freedman in Kentish law
- 23 Father: Arabic
- 24 Bore
- 26 Alb (arch.)
- 27 Headland
- 28 Filament
- 29 Mother of Brunhilde
- 30 Placid
- 32 Son of Isaac
- 35 Red deer
- 39 Zero population growth (abbr.)
- 41 Between (Fr.)
- 43 Customs
- 45 US dam
- 47 Gangster
- 48 Field
- 49 Lady's title
- 50 Banned pesticide
- 51 Equal opportunity employer (abbr.)
- 53 Romanian money
- 54 Modified Esperanto

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
18			19			20	21				
			22		23	24		25		26	27
28	29	30		31		32			33		
34			35						36		
37			38					39			
40			41		42	43					
	44			45		46		47	48	49	
50	51			52	53	54			55		
56				57					58		
59				60						61	

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A23

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	4		9			2		8	
		2						5	
3	8			7	5			1	
4		3					1	7	
		1							
						4			
8	7			5				9	
			8						
	1		4	9				7	3

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FROM THE DIRECTOR, MARCHELE JENKINS

My heart just bursts with pride and thanksgiving for the blessings of our volunteers. THANK YOU, Franklin Countians, who so gladly see to the needs of your senior citizens. Thank you for your willing minds and bodies and for your hearts full of love for others. We really couldn't do it without you.

As I said several months ago, my heart is full to bursting with pride that YOU trust Capital City Activity Center to be a conduit for your generosity.



*They don't necessarily have the time;
they just have the heart.
Thank You!*

We have lots of puzzles this month on Pages 7, 9, and 10. Work 3 these puzzles, drop them by Capital City Activity Center or mail the solved puzzles to us. If you're one of the first 3 winners, you'll receive a prize.

**CONTACT CAPITAL CITY
ACTIVITY CENTER**

502-223-5794

Marchele Jenkins,
Executive Director
mjenkins@fcco.com

Debbie Chadwick,
Chief Financial Officer
dchadwick@fcco.com

Debra Bobbitt,
Food Service Director
foodsvc@fcco.com

Roxann Abbott Anderson
Administrative Asst.
support@fcco.com

Teresa Harris, Support Staff
scsep@fcco.com

Pam Moore,
Nutrition/Transportation
pmoore@fcco.com

Janna Gibson, Marketing & Events
marketing@fcco.com

Anne Robbins, IT Coordinator
arobbins@fcco.com

David Harney & David Sams
transportation@fcco.com