

CCCOA NEWS

Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

105 Market Street, Grantsville, WV

Phone: 304-354-7017 Fax: 304-354-6859

April 2025
Issue 208

April Birthday Club

Ben Rafferty 2nd

Candie Ice 3rd

Agnes Allen 4th

Brian Firestine 5th

John Myer 5th

Virginia Lydick 6th

Freddie Jarvis 7th

Melba Jean Miller 9th

Pamela Lynch 11th

Maricia Moore 12th

Zona Parker 13th

Mary Cyrus 19th

Eugene Long 21st

Deloris Metz 22nd

Barbara Roberts 23rd

Willard White 26th

Glenda Carter 29th

Employees

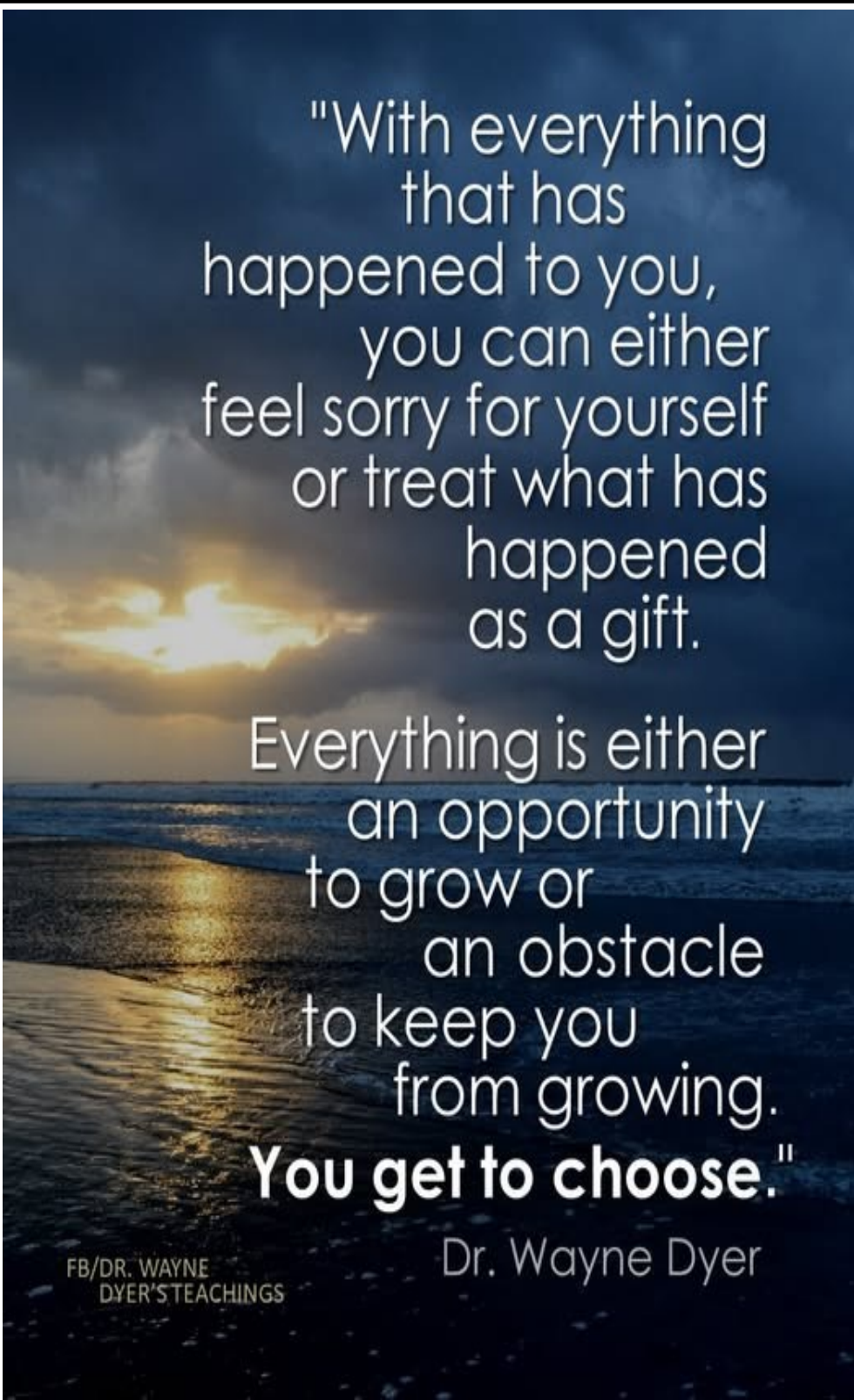
Anita Rose 6th

Kelly Hanes 9th

Ellen Shock 9th

Opal Harris 14th

Pam Gainer 16th



"With everything
that has
happened to you,
you can either
feel sorry for yourself
or treat what has
happened
as a gift.

Everything is either
an opportunity
to grow or
an obstacle
to keep you
from growing.
You get to choose."

Dr. Wayne Dyer

FB/DR. WAYNE
DYER'S TEACHINGS

CCCOA- Bingo played daily at 10:45am unless otherwise stated. Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room, BINGO and more available.

CASH BINGO DATES: April 2nd, 16th & 30th beginning @ 10:45am

Local Events

Mar. 27th	Trivia Night @ the CCCOA sponsored by the Calhoun Library @ 6pm
Apr. 1st	CCCOA SHOT CLINIC @ the Grantsville CCCOA from 9am to 10:30am
Apr. 1st	Food Distribution @ the DHHR office; 11:00am
Apr. 5th	CCCOA CRAFT & VENDOR EVENT@ the Senior Center in Grantsville from 9am–4pm.
Apr. 6th	History Alive—Mark Twain @ the Calhoun Library @ 2pm
Apr. 13th	Palm Sunday
Apr. 15th	Easter Dinner at the Grantsville CCCOA– Events beginning @ 10am
Apr. 16th	Food Distribution @ the DHHR office; 10am-11:30am
Apr. 20th	EASTER– Happy Easter to all!
May 3rd	TOWN WIDE YARD SALE
May 6th	Talking Books Presentation at the CCCOA in Grantsville from 10am-10:45am
May 22nd	CCCOA SPRING HEALTH FAIR– 7am–10am

ANNOUNCEMENTS:

- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6pm**
- **New Pet Store Now Open in Arnoldsburg! Come check out the newest pet store in town! They are open Tuesday through Saturday from 11 AM to 5 PM, located at 856 Arnoldsburg Rd, right next to the bank and Par Mar. They've got everything you need for your furry friends—stop by today!**
- **Cain's Veterinary Clinic in Spencer has sold and the new owners will be opening soon.**
- **Cain's Veterinary Clinic in Big Bend is still open and Dr. Cain's hours of operation are:**

Monday	12:00AM - 2:00PM
Tuesday	4:00PM - 6:00PM
Wednesday	5:00PM - 6:00PM
Thursday	CLOSED
Friday	9:00AM - 11:00AM
Saturday	9:00AM - 10:00AM
Sunday	CLOSED

Upcoming mix and match BINGO's

- April 4th - Arnoldsburg Elementary School @ 6pm to support the Elementary School
- April 4th - Grantsville Conservatory of Music and Fine Arts BINGO- Cash prizes and more, 346 Main Street Grantsville, WV 26147 304-916-2427 for info..
- April 5th - Arnoldsburg community building @ 6pm to support the 4-H program
- May 2nd - Arnoldsburg Community Building @ 6pm to support the nursing students trip to Greece.

WV Extension Summer Steps Program

Can your county go the distance toward better health and wellness? Help your county win the designation of a “Live Well West Virginia Community” by participating in the Summer Steps challenge.

Summer Steps is a walking program to motivate West Virginians to get active. Individuals can track their personal mileage through WVU Extension’s online tracker.

Tracking your steps is as easy as 1-2-3.

Register for your free account.

Select the county for which you want your miles to count toward.

Track your mileage between June 1 and Aug. 31.

Maybe you prefer to ride a bike, swim or play soccer. If walking isn’t your favorite way to workout, don’t despair; you can count 20 minutes of physical activity as one mile.

The winning county will be announced in September. The winner will receive a community sign and designation as a “Live Well West Virginia Community.” The county will also receive a free walkability study provided by WVU Extension Service.



ATTENTION

All ages welcome to attend, bring your insurance card!

Event: Shot Clinic

Location: CCCOA (Senior Center)

105 Market Street Grantsville, WV 26147

Date: Tuesday, April 1st

Time: 9:00am to 10:30am

Provided by: Mid-Ohio Valley Health Dep.

The following vaccines will be available at the shot clinic....

- Hep A
- Hep B
- Flu
- Covid
- Tdap
- Pneumonia PCV21
- Shingles



If anyone would like the MMR (Measles, Mumps & Rubella) vaccine you can call the Mid-Ohio Health Department @ 304-354-6101 and schedule, this vaccine will not be offered at the shot clinic because it has to stay frozen until used.



CCCOA—Senior Center

Spring into Easter

Craft & Vendor



EVENT

SATURDAY / APRIL 5th / 9:00AM—4PM

Entire Dining Hall will be filled with
Crafters & Vendors. Raffles & Door Prizes!
Food, drinks and more available!

105 Market Street

Grantsville, WV 26147

For vendor applications and more event
information please visit:

CCCOA-WV.ORG or 304-354-7017 X106 or spoling@cccoa-wv.org

May 22nd

7am-10am

Location:

CCCOA

Grantsville Senior

Center

**HEALTH &
WELLNESS**



Community event, designed to

encourage healthy lifestyles, prevent and
manage disease, engage and connect you to resources.



Minnie Hamilton Health System will be providing
blood work at a very low cost.

Vendors from different organizations will be giving out
various different types of information. Everyone is
encouraged to attend, let us help you!

The Community Health Fair is Sponsored
by:

Calhoun County Committee on Aging

In collaboration with the following:

Minnie Hamilton Health System

The WV Bureau of Senior Services (BOSS)

CCCOA

105 Market Street

P.O. Box 619

Grantsville, WV 26147

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The poster has a green background with a decorative border of shamrocks and vines. At the top center is a large green leprechaun hat with a gold buckle. The text 'CALHOUN LIBRARY' is in yellow, 'TRIVIA NIGHT' is in large white letters, and 'MARCH 27, 2025' is in white script. A dark green box contains the time and location. Trivia topics are listed in yellow. The bottom features a red banner with gold coins and a pot of gold.

CALHOUN LIBRARY

TRIVIA NIGHT

MARCH 27, 2025

**6PM @ CCCOA SENIOR CENTER
TEAMS OF UP TO 6 PEOPLE**

GEOGRAPHY

GENERAL KNOWLEDGE

MOVIES

MUSIC

BUY A VOWEL

BUTT OR FACE

Refreshments will be served.

Please let us know if you plan to attend.

Check our Facebook page for updates!

A decorative border of black ink-drawn vines and leaves surrounds the entire poster.

Calhoun Library

PRESENTS

History Alive!

MARK TWAIN

Sunday, April 6th @ 2pm

JOIN US FOR THE PORTRAYAL OF AMERICAN
AUTHOR & HUMORIST, MARK TWAIN.

PROVIDED BY THE WV HUMANITIES COUNCIL,
THESE HISTORICAL CHARACTERIZATION PROGRAMS
PROVIDE AUDIENCES WITH THE OPPORTUNITY TO
QUESTION THOSE WHO HAVE HELPED SHAPE OUR
HISTORY.

REFRESHMENTS WILL BE SERVED.

PLEASE CONTACT THE LIBRARY
WITH ANY QUESTIONS. CHECK OUR
FACEBOOK PAGE FOR UPDATES!



Grocery Budget

Three easy ways to save at the grocery store

Plan before venturing out to the store. Create a weekly menu and make a list of ingredients you'll need to make each recipe. You can use sale circulars and flyers to create menus based on weekly sales. When making your list, be sure to check for the ingredients that you already have in your kitchen. Double checking helps avoid the sinking feeling you get when you discover that you spent money on an item that you already had.

Check the unit cost of similar items to ensure you're getting the best deal. This is where your phone calculator comes in handy. To find the unit cost, divide the total cost of the item by the number of units in the product (ounces, milliliters, grams, etc.).

Use coupons with caution. Coupons are frequently offered for national brands instead of generic or store brands. Even with the coupon, that national brand item may still be more expensive than the generic equivalent. Generic and store brands are usually comparable in quality and taste and tend to cost less.

Stocking the Pantry

In times of uncertainty, our thoughts often turn to our food supply and feeding our families healthfully while keeping budget in mind. There are many things that we can do to make sure we have what we need on hand without having to buy a large quantity of food.

Don't forget to consider your freezer space. Fresh meat and poultry can be purchased in bulk and frozen in smaller amounts to save money in the long run. Frozen fruits and vegetables are often a great choice because they are usually picked and packed on the same day and retain their nutritional value and they last much longer than fresh.

Consider stocking up on a few items from each of the five food groups to make well-balanced meals.

Fruits and vegetables

Rinsing canned vegetables removes some of the sodium, but you can also buy lower-sodium varieties often at the same cost. Try to purchase canned fruit in its own juice or water instead of canned in syrup because it's lower in sugar. Canned tomatoes and tomato sauce can be used for a variety of dishes like soup, chili, pasta sauce and casseroles.

Proteins

Try to have some canned or dried beans, canned fish, nuts and nut butter in your pantry. Beans, lentils and other legumes can be especially low-cost and used in a variety of ways.

Grains

Grains are very shelf-stable and versatile. Rice, pasta, couscous and other grains can be used as side dishes, or to make many different other dishes such as soups, stews and casseroles. Whole grain foods like oats can be eaten for breakfast, but don't forget you can also use them in muffins and cookies to boost nutrients and fiber.

Dairy

There are many varieties of shelf-stable fluid milk available, but people don't often realize that fresh milk can be frozen for up to three months. If you find some on sale and have a little extra freezer space, pick up an extra gallon or two. Solid cheese can also be grated and frozen, but once it's thawed after freezing, the texture may change somewhat.



Attention:

TOWN WIDE YARD SALE (Grantsville and surrounding areas)

May 3rd (Saturday)

If you would like to participate in the Annual Town Wide Yard Sale call 304-354-7017 x106 or x105 to be added to the list.

The Calhoun County Committee on Aging (Senior Center) will be generating a list of sales to send to the Chronicle and to advertise on Facebook.

Participants will need to ask permission if you choose to set up in town and are doing so in front of a business. Please ask the store owner/property owner for permission prior to calling to be added to the list.

Name, location/address of sale, contact info (in case we need further info.) description of what you will be selling, dates (should you choose to start your sale earlier in the week) and start and end times.

Additionally, the Senior Center is only generating a list for your advertisement purposes and is not responsible for accidents.



Easter

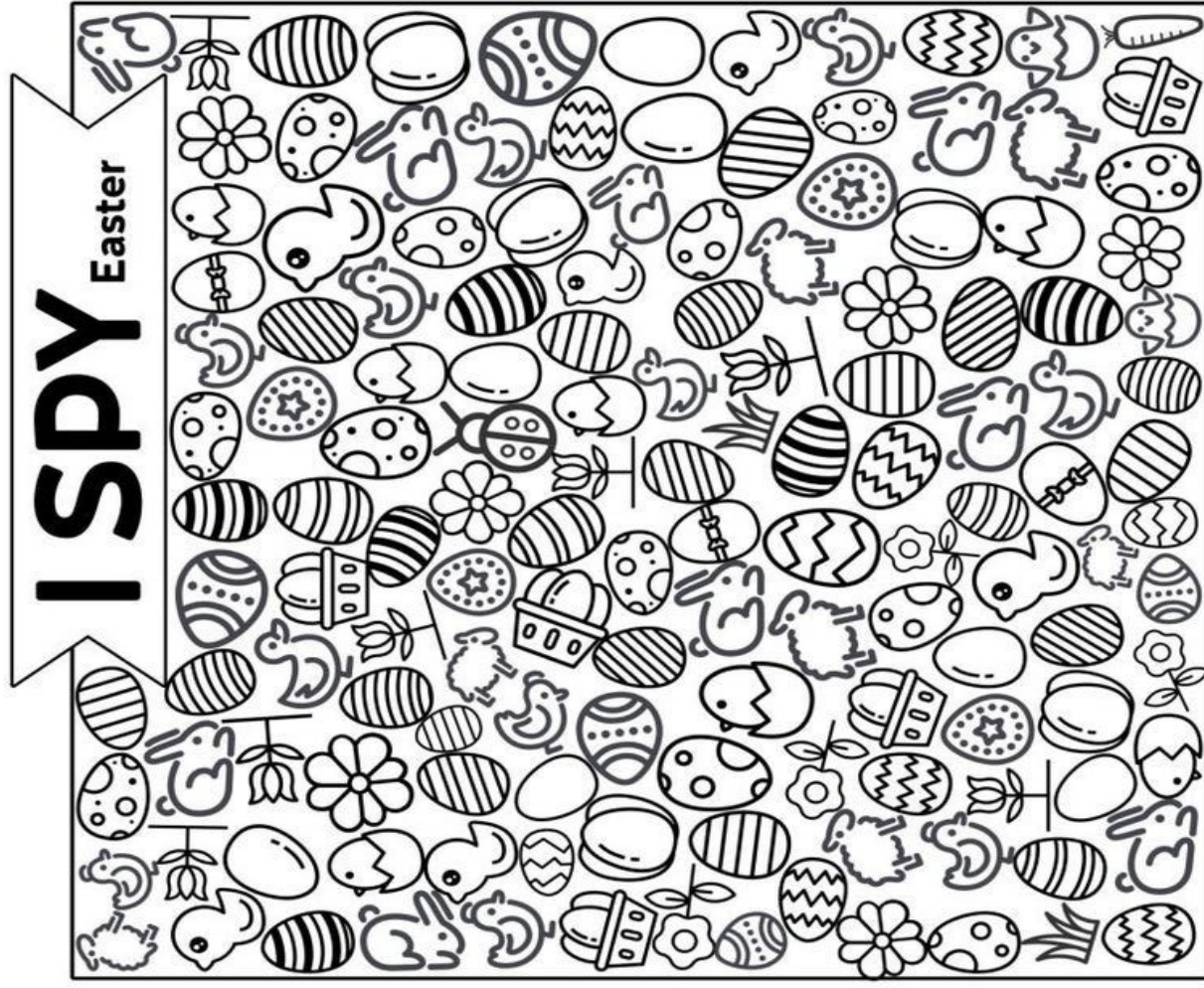
Riddle Me This

Match the riddle with the answer. Person with most correct answers wins!

1. What does the Easter bunny do after taking a shower? _____
2. What kind of beans won't grow in your garden? _____
3. How do you find all the loot on Easter? _____
4. What kind of bunny can't hop? _____
5. Why shouldn't you tickle an Easter egg? _____
6. What kind of music does the Easter bunny like? _____
7. Why are rabbits so good at math? _____
8. What do you get when you cross a rabbit with a shellfish? _____
9. How do you send Easter greetings? _____
10. What kind of jewelry does the Easter bunny wear? _____
11. Where do bunnies hang out? _____
12. What is the Easter bunny's favorite sport? _____
13. How do you catch the Easter bunny? _____
14. Who is the Easter Bunny's favorite movie actor? _____
15. Why won't Easter eggs go out at night? _____



- | | | |
|-------------------------------|-------------------------------------|------------------------|
| A. Because they multiply fast | F. They don't want to get "beat up" | K. Hip hop |
| B. 14-carrot gold | G. He uses a hare dryer | L. The hare salon |
| C. Jelly beans | H. By hare mail | M. Basket-ball |
| D. Rabbit De Niro | I. A chocolate bunny | N. Eggs marks the spot |
| E. Because it might crack up | J. Make noises like a carrot | O. The Oyster Bunny |



- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 5 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 5 |
| 3 | 3 | 4 | 6 | 2 | 7 | 5 | 9 | 6 | 3 |

West Fork Site

Pictured to the left: Ruth Morris giving Earl his Valentine from the West Fork Seniors.



Happy Birthday

Pictured to the right: Jim Wilson celebrating his birthday! Happy Birthday from all of us!



The CCCOA has an Ensure Program!

**Ensure Plus is available at the Grantsville - CCCOA
Vanilla, Chocolate and Strawberry**

**There has been a price increase, Ensure is now \$25.00
for a case (total count in case 24).**

Soil Testing For Beginning Gardeners

While there are exceptions, most vegetables flourish in a pH range of 5.5 to 6.5. Outside this range, plants cannot access many of the soil's nutrients, even if they are present. It is recommended that gardeners test their soil at least every two to three years and make changes as needed to both pH and nutrient levels. An excess of nutrients may have accumulated from over-fertilization by zealous gardeners or nutrients may have been depleted from continued gardening or leaching. The WVU Soil Testing Lab offers free basic soil testing to West Virginia residents; organic matter levels can be requested at an additional cost.

Benefits of Soil Testing

Soil testing determines the extractable soil phosphorus (P), potassium (K), calcium (Ca) and magnesium (Mg) as well as the soil acidity reflected as pH. The test does not evaluate the soil's physical properties, such as poor drainage or compaction. For many crops, the lab will also make nitrogen (N) recommendations based upon the crop specified and the intended yield. Nitrogen, phosphorus and potassium can be supplied individually or in a combination fertilizer. 10-10-10 for instance has 10% of each nitrogen, phosphorus and potassium (N-P₂O₅-K₂O). A consultation with a local WVU Extension agent can help gardeners determine the best option for their garden or lawn depending upon the soil test and local sources available.

Adequate levels of each necessary nutrient allow for maximum plant growth. Levels below a critical value for each plant species will limit plant growth. When crops, such as vegetables, are removed from the garden, the plant tissue taken away contains some nutritive material, which decreases the soil nutrient content over time. This material must be replaced by fertilization of those lost nutrients to the critical level or future plant growth may suffer. Adding additional fertilizer above the necessary amount is not only expensive but can cause environmental problems. Excess nitrogen can cause toxic nitrate levels in the water supply and excess phosphorus can cause algae blooms in surface water, which is detrimental to aquatic life.

The three most commonly supplied nutrients are nitrogen, phosphorus and potassium. Nitrogen is utilized by plants for photosynthesis and green growth. Excessive amounts may lead to too many leaves, vining or spindly growth, while deficits may lead to yellowing of leaves and inadequate fruit production. Phosphorus is necessary for cell division, root development and reproduction; excess amounts can cause imbalances with other nutrients. Potassium is essential for water regulation and enzyme activation in plants. Deficiency is often displayed as browning or scorching of leaf tips or yellowing between the leaf veins; root, seed and fruit development also are often reduced. Secondary nutrients are necessary for many essential functions including cell wall development (calcium) and photosynthesis and protein synthesis (magnesium). A soil test is the only accurate way to determine whether your soil is lacking in these nutrients and how much needs to be supplied.

How To Take A Soil Sample

A soil test uses an "average" sample to determine the nutrients available in the soil. Your results can be presented on an acre basis or per 100 square feet; for most home gardeners, the 100-square-foot option is generally most appropriate. To receive accurate results, it is essential that the sample is representative of the area sampled.

To ensure that the sample represents the soil that the plants are growing in, follow these suggestions:

Send off an adequate sample, typically 1 to 2 cups of soil.

Sample areas that represent a uniform area of land – anything that has a different slope, soil texture or has been treated differently with different fertilization, lime or tillage should be sampled separately.

Do not sample shortly after applying lime or fertilizer or use containers or tools contaminated by lime or fertilizer.

Do not pull samples from areas that are atypical, such as where compost, manure or lime was piled or spilled.

Do not pull samples from areas that are contaminated with other material, such as leaves, roots or rocks.

Samples should not be taken when the soil is wet, frozen or excessively dry – it is ok to lightly air dry the sample on a clean paper out of direct sun, if needed, but do not dry in an oven, hot sun or using an aluminum or iron pan.

Sample to the depth of tillage.

WVU Extension generally recommends a soil sampler probe to auger samples, but if the garden or raised bed has loose tilled soil, a small trowel or spade can be used. All tools and buckets should be either stainless steel or plastic as iron can interfere with test results. Before taking a sample, move aside any surface debris to expose mineral soil. Take several small samples to the depth of tillage, usually 10 to 20 randomly selected cores. Put the samples into a bucket or similar container. Once all samples for the area are taken, gently crush and mix the samples and pull a 1- to 2-cup sample out to send to the lab. A slotted spoon can be used to remove rocks, roots and other organic matter. Gardeners may send off multiple samples if they have areas they intend to sample and treat differently or have treated differently in the past, such as a potato patch.

Gardeners should fill out the digital form and submit it with their sample, using a separate sheet for each sample submitted. The form to submit with a soil sample and more information about sampling and interpreting results can be found on the WVU Soil Testing Laboratory website at <https://soiltesting.wvu.edu/>

If you are in need of a soil test visit soiltesting.wvu.edu or contact your local WVU Extension office.

Ready to claim the Earned Income Tax Credit but need a little help? #IRS-certified volunteers might be able help you claim the #EITC and all the tax benefits you deserve. And it's free! Call your local CRI office to schedule your income tax appointment today! Call 304-354-9625, Janet Gherke, to schedule an appointment

Don't forget to bring form MV-1 with the rest of your tax forms to your appointment this year. The Motor Vehicle Property Tax Adjustment Credit is a new claimable credit for the filing season and in order to claim it while we file your taxes, you will have to have this form.



Calhoun County Committee on Aging, Inc.

April 2025



	1 Cheese Salad Tomato Soup Fruit Ww bun	2 Cook's Choice	3 Hamburger Ww bun Lettuce/onions broccoli Peaches	4 Rib Sandwich Onions Peas Potatoes Fruit Ww bread
7 Fish Ww Bun slaw Mixed Vegetables Fruit	8 Bake Beans & Wieners Cubed Potatoes Mix Greens WW cornbread Fruit	9 Beef Macaroni Green Beans Ww Roll Fruit	10 Chicken Patty w/mayo Vegetable Pasta Salad Ww bun Fruit	11 Meatloaf Mashed Potatoes Green Beans Onion Ww Roll fruit
14 Chicken Tenders Potatoes Carrots Fruit Ww Bread	15 Ham Sweet potatoes Green beans Fruit & Cake Ww roll Easter Dinner	16 Cream Tomatoes sausage Apples Ww Biscuit	17 Broccoli soup Chicken salad sandwich Ww bun Mixed Fruit	18 CLOSED
21 Northern Beans Kraut , wieners Onions Oranges Ww Cornbread	22 Pork chops Mashed potatoes Mushroom gravy Green beans Ww bread Tropical Fruit	23 Chicken pasta Steam vegetables Onions Peaches Ww bread	24 Cabbage roll Mashed potatoes Peas Mixed fruit Ww roll	25 Fish Ww Bun Ranch Potatoes Mixed Vegetables Lime jell-O & Fruit
28 Baked Steak Mashed Potatoes Peas & carrots Fruit salad Ww roll	29 Calico Beans Kale onions Ww Cornbread Mixed Fruit	30 Lasagna Steam Vegetables Ww bread Applesauce	2% Milk and Margarine Served Daily	Menu Subject To Change Without Notice

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker



The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

Interested citizens are always welcome at board meetings and encouraged to attend.

Some services provided to Calhoun County Senior Citizens by CCCOA include:

Congregate Meals	Transportation
Meals on Wheels	In-Home Care
Satellite Site Minnora	Medicare Counseling
Trips and Excursions	Book lending Library
Daily Activities	Exercise Room
CCCOA News newsletter	Social Support
Internet Café	Health Fairs

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619
Grantsville, WV 26147



CCCOA News, a publication of
Calhoun County Committee on Aging, Inc.



The CCCOA News will strive to report and provide accurate information at all times. If any information printed is inaccurate or items omitted we apologize. Corrections will be printed in the next issue as needed.

CCCOA News is published and printed by CCCOA and is printed on the first business day of each month, or as close to that as possible.

Menus published here are prepared by CYGNET Menu Management System.

Projects provided by funding from WV B.O.S.S., North West Area Agency on Aging, CCCOA Inc.

Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the

Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we serve. Services are provided equally and without discrimination to all who qualify for said services.

West Fork Site

121 Milo Road

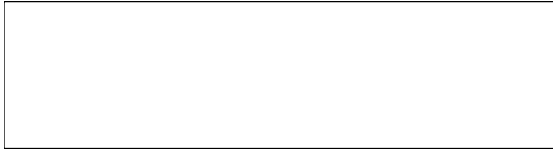
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

Mailing: Post Office Box 619
Grantsville, WV 26147



Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 21647

To Contact CCCOA:

Phone: 304-354-7017

Fax: 304-354-6859



Calhoun County Committee on Aging Inc.