

Calhoun County Committee on Aging
PO Box 619, Grantsville, WV 26147
105 Market Street, Grantsville, WV
Phone: 304-354-7017 Fax: 304-354-6859

The Value of Money

(Inspiring Short Story about Self-Worth)

At the beginning of a new school year, a class teacher stands up in front of her students holding a \$100 bill.

She tells them, “Put your hands up if you want this money”.

Every hand in the room goes up, to which the teacher says, “I am going to give this money to someone here, but first, let me do this...”

She takes the bill and crumples it up in her hands, before asking, “Who still wants it?”

The hands stay up.

The teacher then drops the bill on the floor, stomps and grinds it into the ground, and picks it back up. “How about now?” she asks again.

The hands stay up.

“Class, I hope you see the lesson here. It didn’t matter what I did to this money, you still wanted it because its value stayed the same. Even with its creases and dirtiness, it’s still worth \$100.”

She continues, “It’s the same with us. There will be similar times in your life when you’re dropped, bruised, and muddied. Yet no matter what happens, you never lose your value.”

Moral of the story:

Life’s hardships are inevitable and we’ll all be put through the ringer at some point, often through no fault of our own.

Don’t let these challenges alter your feelings of self-worth. You’ll always be enough; you have something unique and special to give and offer the world.

<https://www.whatsdannydoing.com/blog/short-inspirational-stories-with-a-moral>

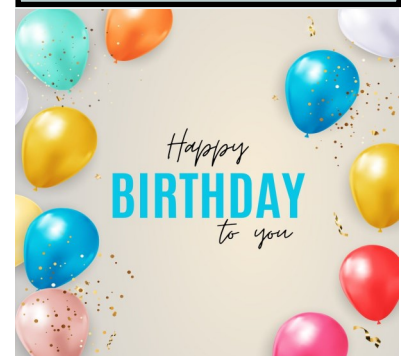
April

Birthday Club

Harold Craddock 2nd
Candie Ice 3rd
John Myer 5th
Virginia Lydick 6th
Freddie Jarvis 7th
Melba Miller 9th
Charles West 9th
Norma Nicholas 13th
Zona Parker 13th
Haymond Conrad 20th
David Blake 22nd
Deloris Metz 22nd
Barbara Roberts 23rd
Lula Norman 27th
Patricia Marcou 28th
Fred Basnett 28th
Glenda Carter 29th

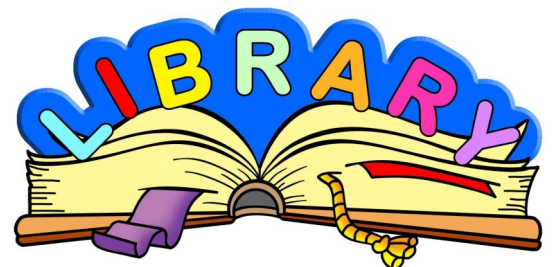
Employees

Anetia Rose 6th
Ellen Shock 9th
Kelly Hanes 9th
Opal Harris 14th
Pam Gainer 16th



ACTIVITIES

There is something for everyone. Quilting every Tuesday, Bible Study every Thursday @ 10:00am. Bingo, Crafts, Fitness Room, Board Games, Cards, Puzzle Table, Darts, Cornhole, Billiards, Wii Games, Library and more offered daily. Most importantly.... FELLOWSHIP!



Local Events

KEEP YOUR EYES OPEN... DETAILS TO COME ABOUT THE CCCOA'S 50TH ANNIVERSARY CELEBRATION!

- Apr. 1st WEATHER ALERT!!!
- Apr. 1st Make Calhoun Shine Day!
10:00am—2:00pm, meet at Mom's Place @9:30am, trash pick up is from 10:00am—2:00pm in Grantville
- Apr. 3rd– 7th Calhoun County Schools are on Spring Break this week!
- April 8th Community Easter Egg Hunt—Sportsman Park in Elizabeth 3:00 p.m.. Rain or shine!
- April 11th Calhoun County Library will be having their Cookbook Club meeting on Tuesday, April 11th @ 6pm. We've chosen a new cookbook, so stop by to pick out a recipe for next time if you'd like to participate.
- Apr. 14th Faculty Sent and PLC (no school for students)
- Apr. 14th & 15th Spring Fling at the Calhoun Community Center, (Old High School).
- May 17th *BLOOD DRIVE* 1:00 PM - 06:00 PM, Arnoldsburg Clinic, 80 Spring Run Road Arnoldsburg WV
- May 19th Graduation! Congratulations to the Class of 2023!
- May 26th Last day of school for students!



Announcements

- **Circle S Farms**—now Located at 338 Main Street Grantsville, across from Dollar General in what used to be Bodies. Offering some Amish food and open 4 days a week, they look forward to seeing everyone.
- **FREE TAX PREP**— Call CRI and speak with Janet @ 354-9265
- **!! New Dial-A-Story Selections !!**

Dial 1-866-985-1223 to listen to our stories. It's Free!!!

If you would like to volunteer to record (audio, no video) stories for us to use with this program please stop by the library anytime we are open and we will get you set up.

We would also greatly appreciate any feedback regarding this program. What selections do you listen to? Have you been satisfied with our selections and recordings? If you've never used Dial-A-Story what would entice you to call?

Soapbox

Daffodils

*Flowers are the smiles of God,
When daffodils are in bloom.
They come to bring a glad surprise,
Joy after winters gloom.*

*Spring breezes waft them into dance,
Each wears a golden crown.
All seem to laugh in merriment.
While nodding up and down.*

*Oh, I am glad for springtime,
The earth reborn again
And especially for daffodils
Smiling forth to say amen.*

I found this poem in one of my *Country Magazines*.

It's by Coral Ayrando from Phoenix, Arizona.

I thought it was right for the season.

Now for my two cents.

For "He" is risen, and life is still good.

So, celebrate Easter the way that you should.

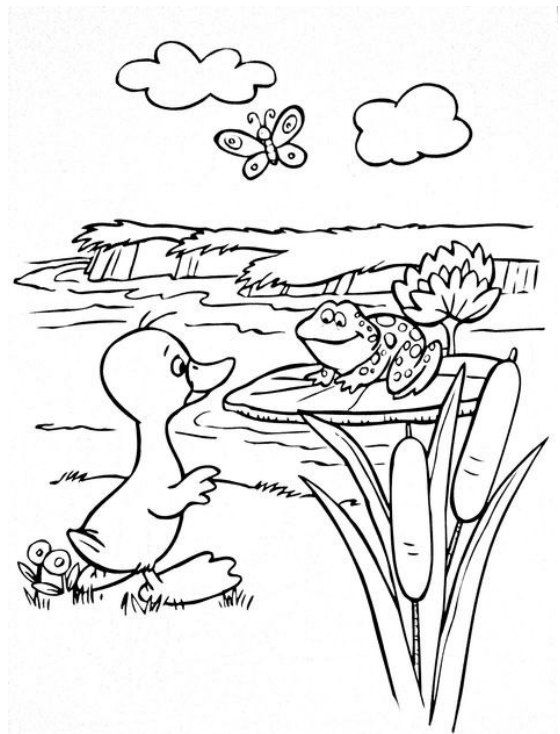
Be thankful for life, food, and friends.

And don't forget to thank God when the day ends.

Happy Easter to ALL!

'til next month,

~Judy~



Keto Lemon Tart

For the crust

- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 1/4 cup powdered erythritol
- 1/4 tsp vanilla extract
- pinch of salt
- 1/2 tsp Xantan gum — optional
- 3 tbsp melted butter
- 1 egg

For the lemon-curd filling:

- 1/2 cup lemon juice
- 3/4 cup powdered erythritol
- 4 egg yolks
- 1 egg
- 1 tbsp lemon zest
- 4 tbsp butter

For the low-carb lemon curd:

In a heat proof bowl, combine egg, egg yolks, lemon zest, juice and powdered erythritol or Swerve.

Whisk to combine. Fill a large pot with water to create a double boiler.

Heat over medium heat. Place the heat proof bowl above it. Whisk constantly for 8-9

minutes, until the mixture thickens.

Strain through a fine mesh strainer and add the butter. Let it cool to room temperature, then cover and refrigerate or fill the tart crust with it.

For the low-carb tart crust:

Preheat oven to 350 F. Combine all ingredients in a bowl and mix with a spatula to combine.

Press down the bottom and about 1/2-inch up the walls of a 9-inch tart pan. Using a fork, press to make holes on the bottom of the crust.

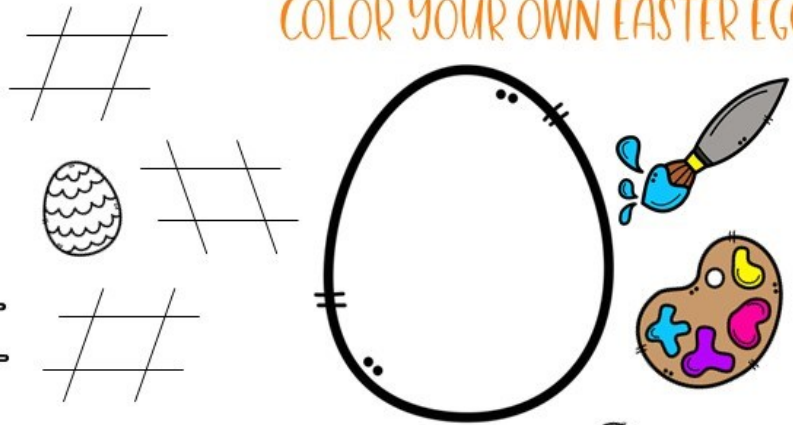
Bake at 350 F for 13-15 minutes, until golden. Cool completely.



WHERE'S MY CARROT?



COLOR YOUR OWN EASTER EGG



HAPPY EASTER!

WORD SCRAMBLE

- KSBEAT _____
- ADSYNU _____
- YDCNA _____
- EOFWLR _____
- EADAPR _____
- NBNUY _____



- Easter
- Spring
- Eggs
- Chocolate
- Hunt
- Decorate
- Daffodil
- Parade
- Dye



WORD SEARCH

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

MAY 25th

7am-10am

Location: CCCOA

105 Market Street

Grantsville, WV 26147

**In the
DININGHALL!**

Community

HEALTH



FAIR

This is a community event, designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources.



Minnie Hamilton Health System will be providing blood work at a very low cost. Vendors will be giving out information on Cholesterol, Diabetes, Blood Pressure, Weight and BMI, Hearing and Vision, Behavioral Health, Dental and much more.

CCCOA

105 Market Street

P.O. Box 619

Grantsville, WV 26147

Phone: 304-354-7017

Fax: 304-354-6859

Email:

rpoling@cccoa-wv.org

spoling@cccoa-wv.org

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)

MHHS Lab Work Prices:

Comprehensive Metabolic Panel	\$10.00
CBC (Complete Blood Count)	\$7.00
Lipid Panel	\$12.00
TSH (Thyroid Testing)	\$15.00
Hgb-A1c	\$10.00
<u>Complete Lab Testing for Women</u>	<u>\$54.00</u>
PSA (Prostate)	\$15.00
<u>Complete Lab Testing for Men</u>	<u>\$69.00</u>

Make Checks Payable to MHHS

COMPREHENSIVE METABOLIC PANEL (CMP)

Evaluates organ function and checks for conditions such as diabetes, liver disease and kidney disease.

Checks blood sugar (glucose) levels. Proteins, albumin and total protein.

Electrolytes, sodium potassium, CO2 and chloride.

Kidney, BUN and creatinine

Liver, ALP, ALT, AST, and Bilirubin

CBC– Complete blood count. This test is used to determine general health status and screens for a variety of disorders, such as anemia and infection.

Lipid Panel– Cholesterol, HDL, LDL, Triglycerides.

Lipid profile is a group of tests used to determine risk of coronary heart disease.

HDL– good cholesterol

LDL– bad cholesterol

Triglycerides– are the most common type of fat in your body.

TSH– Thyroid

To screen for and help diagnose thyroid disorders; to monitor the treatment of...

Hypothyroidism– under active thyroid

Hyperthyroidism– overactive thyroid

A1c– Measures the amount of glucose chemically attached to your red blood cells. It tells your average glucose for the last 6 to 8 weeks. Test should be used when first diagnosed with diabetes and then 2 to 4 times per year.

PSA– Screens men for prostate cancer, can be used to determine the necessity for a biopsy of the prostate, to monitor the effectiveness of treatment for prostate cancer and detect reoccurrence of the cancer.

Minnie Hamilton Health System

is sponsoring a community event in support of organ donation.



Color Run Walk

Entry Fee:
Individual \$10
Family \$30
Family is considered 4-5 people
Cash Only



Date: April 7, 2023
Time: 4:00pm sign in
5:00pm race begins
Location: CCMHS



The first 50 people to register will get a free shirt for the race. Additional shirts will be available for \$10. All fees will be collected at sign in. Paper registration forms available at MHHS registration desk.

FEEL OVERWHELMED?

CALL / TEXT **877-HELP304**
CHAT **HELP304.COM**

WV'S EMOTIONAL STRENGTHLINE



988 SUICIDE & CRISIS
LIFELINE

On 7/16/22 the U.S. begins using the 988-dialing code to access the National Suicide Prevention Lifeline

community



inc.

The Calhoun County CRI office is located at 258 Court Street in Grantsville. Janet Gherke is the Community Service Specialist, and can be reached by phone at 304-354-9265.

1-844-HELP4WV

Call the 24-hour Behavioral Health Referral & Outreach Call Center for confidential help for yourself or a loved one. Click [here](#) to learn more.

BLOOD DRIVE

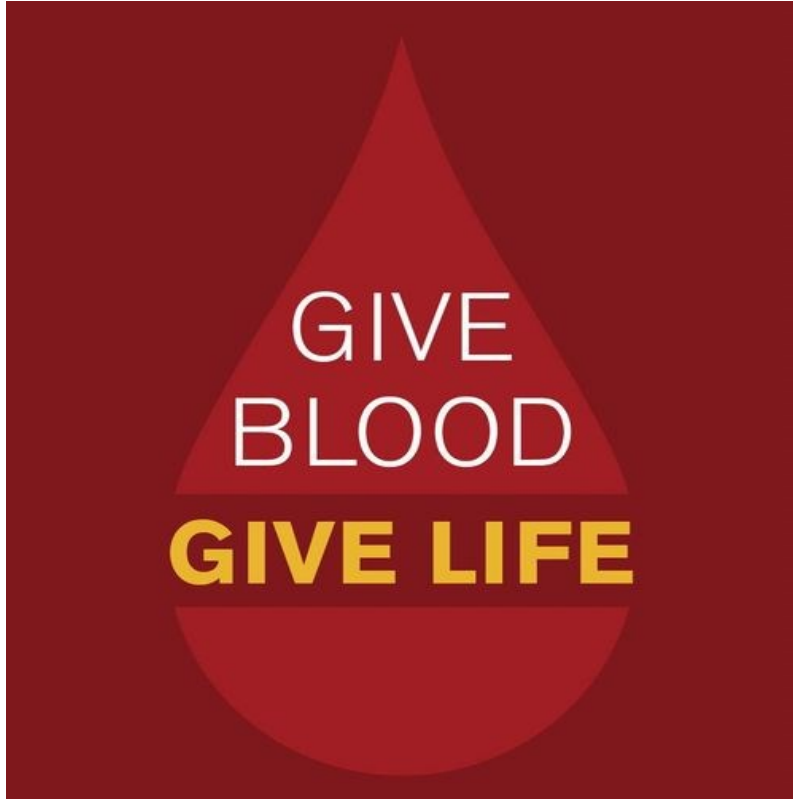
Wednesday, May 17, 2023

01:00 PM - 06:00 PM

Where: MHHS—**Arnoldsburg Clinic**

80 Spring Run Road

Arnoldsburg WV



Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Help save a life.

Schedule your
blood donation
appointment today.

LUCAS will have a lung cancer screening event at Glenville Presbyterian Church-Fri, Apr 7, 2023

Located @ 1172 Wv Highway 5 W Glenville, WV

Contact: Marissa Fox at 304-266-7029 to make an appointment.

The WVU Cancer Institute offers lung cancer screening to detect cancer at its earliest stages before symptoms develop. Using a low-dose CT scan of the chest, lung cancer screening can reduce the mortality rate for some eligible, high-risk individuals.

With lung cancer screening, patients can lengthen and improve their quality of life. The WVU Cancer Institute provides evaluation, counseling, and screening for eligible current and former smokers. Tobacco cessation services are also available.

You're eligible for lung cancer screening if you meet all of the following criteria:

You're between the ages of 50-80

You have a >20 pack/year smoking history

You're a current smoker or have quit smoking in the past 15 years

You have no symptoms of lung cancer

The WVU Cancer Institute is accredited by the American College of Radiology as a designated Lung Cancer Screening Center.



Nutrition for Seniors: Tips for Caregivers

Written by **William Moore**

IN THIS ARTICLE

[What's in a Good Diet](#)

[Tips to Make Nutrition Easier](#)

[Tips for Common Challenges](#)

[Don't Forget About Water](#)

Getting one well-balanced meal on the table every day, let alone three, can be a challenge for anyone. It's even harder with all the other tasks of caregiving, especially if your loved one has special diet needs or trouble even tasting the food you make.

But food is the body's fuel, and part of its medicine, too. For an older adult with a long-term illness, good nutrition takes on even more importance. And healthy eating isn't all about calorie counting and scouring food labels. Meals are also a time for connection, and good food is one of life's basic pleasures -- at any age.

To make meals less hectic, it's useful to know which diet needs to look out for and ideas on how to meet them.

What's in a Good Diet

Usually, you get the vitamins, minerals, and nutrients you need with a well-balanced diet, but many older adults don't. Here are some areas that often fall short.

B vitamins. Keep a close eye on vitamins B6, B12, and folate, also called folic acid. You can often get all three in cereals with added vitamins. You also get:

- B6 in whole grains and organ meats, like liver
- B12 in lean meats and some fish

Folate from dark greens, beans, and peas

Calcium and vitamin D. These are important for strong bones. Calcium is in dairy products, like milk and yogurt, and in dark, green, leafy vegetables, like broccoli and kale. You get vitamin D from being out in the sun. That can be harder for someone who's unwell, so look for products with added vitamin D.

Fiber. Fiber is good for the heart, helps prevent diabetes, and keeps you regular to avoid constipation. Good sources include beans, whole grains, and veggies.

Healthy fats. Try to limit fat (especially saturated) and cholesterol, and totally avoid trans fats. They can lead to heart and blood pressure problems.

Potassium. Not eating enough potassium can raise blood pressure. You get potassium in foods such as bananas, potatoes, and yogurt.

Tips to Make Nutrition Easier

Getting nutrition right doesn't have to be complicated. Start with the tips below, and keep in mind your loved one's special dietary needs -- doctor's orders come first.

Aim for a balanced plate. Fill half the plate with veggies and fruits. Then, split the other half between whole grains and a lean protein, like chicken or beans.

Avoid the bad fats. Fats can be tricky -- do you know your saturated from your polyunsaturated? Here are a few simple rules to help:

- Avoid solid fats, like butter, and use olive oil instead.
- Go with poultry, lean meats, and seafood.

Use low-fat or fat-free dairy products.

Change it up. Variety is the spice of life and the key to health. Try to switch things up with different fruits, veggies, and proteins at every meal, or at least on different days.

Check for color. When you see a plate bursting with bright colors and lots of veggies, you got it right.

Stick to the basics. Much of nutrition comes down to this: lots of fruits and veggies, lean meats, beans, whole grains, and a few servings of dairy. Add in poultry, eggs, and some nuts, and you're good to go.

Tips for Common Challenges

Feeding a loved one with an illness comes with special challenges. Here are some tips to help.

Chewing and swallowing. Cut food into small pieces and serve softer foods, like mashed potatoes and cottage cheese. You might also need to puree meals. If swallowing is an issue, thicker liquids and a straw can make life easier. And make sure to serve water with meals.

Confusion or stress. If meals are stressful, simplify things, and allow for small pleasures:

- Keep the table clear and only put out utensils you need.
- Serve a sweet some days, unless you can't for health reasons. Even some fruit can do the trick.
- Try to eat together or have company to make meals more social.

When offering foods, give just two choices. And maybe use smaller plates to serve just one food at a time.

Dull taste buds and loss of appetite. Sense of taste gets weaker with age, and some medicines make it worse. That can affect your loved one's desire to eat. To make meals more appealing, you can:

- Skip the salt, but add lemon juice, vinegar, herbs, and spices to kick up the flavor.
- Use brightly colored foods to make meals more appealing.

Vary the tastes and textures.

You might also offer 5-6 small meals or snacks instead of three larger ones. And help your loved one get physical activity if you can. A walk or even washing dishes can help boost appetite.

Mouth soreness. If a sore mouth makes eating difficult, try softer, creamier foods, such as baked sweet potatoes or pasta. Also, have a dentist check your loved one's dentures or teeth.

Strength and coordination issues. If utensils are hard to use, try finger foods, like cheese cubes or cut-up sandwiches.

Don't Forget About Water

Sense of thirst also gets weaker with age. Many older adults don't realize they're thirsty until they're already dehydrated. It can help to:

- Avoid drinks with salt or added sugars.
- Put out water to sip throughout the day.

Serve water; fat-free or low-fat milk; or low-sodium, clear broth.

<https://www.webmd.com/healthy-aging/senior-nutrition>

7 Best Exercises for Seniors (and a Few to Avoid!)

Exercise and nutrition are essential parts of a healthy lifestyle throughout one's life, and as we age, our requirements are ever changing. A growing body of research illustrates how regular exercise is especially important for seniors, and how more seniors are opting for an active lifestyle instead of a sedentary one. This article will show you the benefits of exercise for older adults, the seven best forms of exercise for seniors, and a few exercises that may be hazardous to seniors' health.

The Health Benefits of Exercise in Older Adults

Our biology changes as we get older, causing seniors to have different reasons for staying in shape than younger generations. Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. Physicians and researchers say seniors should remain as active as possible, without overexerting oneself. In older adults, exercise helps you live a longer, healthier, and more joyous life.

Some of the benefits of exercising later in life include:

More exercise means more independence for seniors:

Seniors that exercise regularly are less likely to depend on others. According to Harvard Medical School, regular exercise promotes an older adults ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

Exercise improves balance for older adults:

Falling is a much bigger deal for older adults than younger ones. Every 11 seconds, an older adult is admitted to an emergency room for a fall-related injury, and every 19 minutes, a senior dies from a fall, according to the National Council of Aging. Though no two falls are alike, and preventing falls is very complex, regular exercise reduces the likelihood of falling by 23%.

Regular exercise means more energy:

Though it seems counter-intuitive, being inactive makes you tired and being active gives you more energy. Any amount of exercise promotes the release of endorphins, which are essential neurotransmitters linked to pain mitigation and a sense of well-being. Endorphins combat stress hormones, promote healthy sleep, and make you feel more lively and energetic, overall.

Exercise helps prevent and counteract disease:

Heart disease, osteoporosis, depression and diabetes are common diseases among older adults, and are often deadly. Fortunately, adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases if you already have them. If you are at-risk for disease, exercise may be the key to warding off an unpleasant condition.

Regular exercise improves brain function:

One of the most remarkable developments in health science is the revelation that the mind and the body are much more closely linked. A healthy body likely means a healthy mind, and seniors that exercise on a regular basis have improved cognitive health, according to research from NCBI. More recently, a study from the Alzheimer's Research & Prevention Foundation, regular exercise has been shown to reduce your risk of developing Alzheimer's disease or dementia by nearly 50%.

The Best Exercises for Seniors

Exercise is crucial for older adults, but it can be hard to know where to begin. If you haven't worked out for a while, re-entry into the active world can be daunting. There's also a good chance the exercises you were once accustomed to aren't ideal for older adults.

Before you launch into an exercise regimen, it's important to check with a physician to ensure you're healthy enough for exercise, and to see which exercises are ideal for your current fitness level.

1. Water aerobics

In the past years, water aerobics have become an extremely popular form of exercise among all ages, but to seniors. Exercising in the water is ideal for those living with arthritis and other forms of joint pain, as the buoyancy of the water puts less stress on your joints. Additionally, water brings natural resistance, which eliminates the need for weights in strength training. Water aerobics exercises improve your strength, flexibility, and balance with minimal stress on your body.

Great water aerobics exercises for seniors include:

Aqua jogging

Flutter kicking

Leg lifts

Standing water push-ups

Arm curls

2. Chair yoga

Like water aerobics, chair yoga is a low-impact form of exercise that improves muscle strength, mobility, balance, and flexibility, all of which are crucial health aspects for seniors. Chair yoga is an accessible form of yoga that provides less stress on muscles, joints, and bones than more conventional forms of yoga.

As a bonus, chair yoga has been shown to improve mental health in older adults. Regular chair yoga participants have better quality sleep, lower instances of depression, and report a general sense of well-being.

Great chair yoga exercises for seniors include:

Overhead stretch

Seated cow stretch

Seated cat stretch

Seated mountain pose

Seated twist

3. Resistance band workouts

Resistance bands are stretchy strips of rubber that add resistance to workouts with reduced stress on your body. Resistance band workouts are user-friendly, and accessible for beginners. This form of exercise is growing more popular among seniors because of the relatively cheap up-front costs of materials, which makes resistance band workouts ideal for at-home exercise. Additionally, these exercises are ideal for strengthening your core, which improves posture, mobility, and balance.

Resistance band workouts for seniors include:

Leg press

Triceps press

Lateral raise

Bicep curl

Band pull apart

4. Pilates

Pilates is a popular low-impact form of exercise that was developed a century ago. In pilates exercises, breathing, alignment, concentration, and core strength are emphasized, and typically involves mats, pilates balls, and other inflated accessories to help build strength without the stress of higher-impact exercises. Pilates has been shown to improve balance, develop core strength and increase flexibility in older adults.

Some great pilates exercises for older adults include:

Mermaid movement

Side circles

Food slides

Step ups

Leg circle

As people grow older, their health and wellness needs change. Read our eBook, “The Complete Guide to Health & Wellness for Seniors” for everything you need to know about staying healthy and happy as we age.

5. Walking

One of the least stressful and accessible forms of exercise is walking. For some seniors, walking is a bigger challenge than others, so distance and step goals differ from person to person. For the general population, 10,000 steps per day is advised for a healthy lifestyle, but those with difficulty walking or joint pain may settle for a smaller number as a goal. A PLOS One study found that walking 10,000 steps lowered the ten-year outlook for mortality by 46%. Walking promotes a healthy lifestyle, while strengthening muscles, lowering your risk of heart disease, stroke, diabetes, and colon cancer.

Ideas for walking exercises for seniors:

Find a moderate trail through a park

Find a walk-friendly race to train for

Walk the perimeter of a familiar building

Find an audiobook or a playlist for stimulation during your walk

6. Body weight workouts

Muscle loss can be devastating and debilitating for older adults. Around a third of seniors live with severe muscle loss, which can lead to hormone problems, a decrease in the ability to metabolize protein, and other problems. Body weight workouts are one of the best ways to counteract the effects of muscle atrophy in older adults. One of the key benefits of body weight workouts is affordability. The materials required for body weight workouts are minimal; most body weight workouts require workout clothes and a mat to soften impact with the floor.

Some great body weight workouts for seniors include:

Squats to chair

Step-up

Bird dog

Lying hip bridges

Side lying circles

7. Dumbbell strength training

Strength training has been shown to alleviate the symptoms of diabetes, osteoporosis, back pain, and depression, while helping you manage your weight. Strength training also contributes to a higher metabolism and enhanced glucose control. Dumbbell exercises are some of the best ways for seniors to strength train, if they are performed with the proper precautions. Dumbbells allow seniors to isolate muscle groups to strengthen, while improving balance and flexibility.

Some ideal dumbbell workouts for seniors include:

Bent-over row

Tricep extension

Bicep curl

Overhead press

Front raise

Exercises Seniors Should Avoid

A good percentage of popular mainstream workouts are not ideal for older adults. These popular workouts are well-suited for younger adults looking to bulk up or shed weight in a hurry, but they may put an unhealthy strain on older adults with joint pain, atrophied muscles, posture problems or issues with balance.

The following exercises should probably be avoided if you're over the age of 65:

Squats with dumbbells or weights

Bench press

Leg press

Long-distance running

Abdominal crunches

Upright row

Deadlift

High-intensity interval training

Rock climbing

Power clean

<https://www.seniorlifestyle.com/resources/blog/7-best-exercises-for-seniors-and-a-few-to-avoid/>

benefits of
SENIOR EXERCISE

IMMUNE SYSTEM
a strong, healthy body can fight off infections and diseases more quickly

HEALTHY BRAIN
studies have shown that exercise can reduce the risk of Alzheimer's disease and other dementias

HEART HEALTH
exercise lowers the risk of heart disease and high blood pressure

SLEEP BETTER
you'll fall asleep quicker and sleep better throughout the night

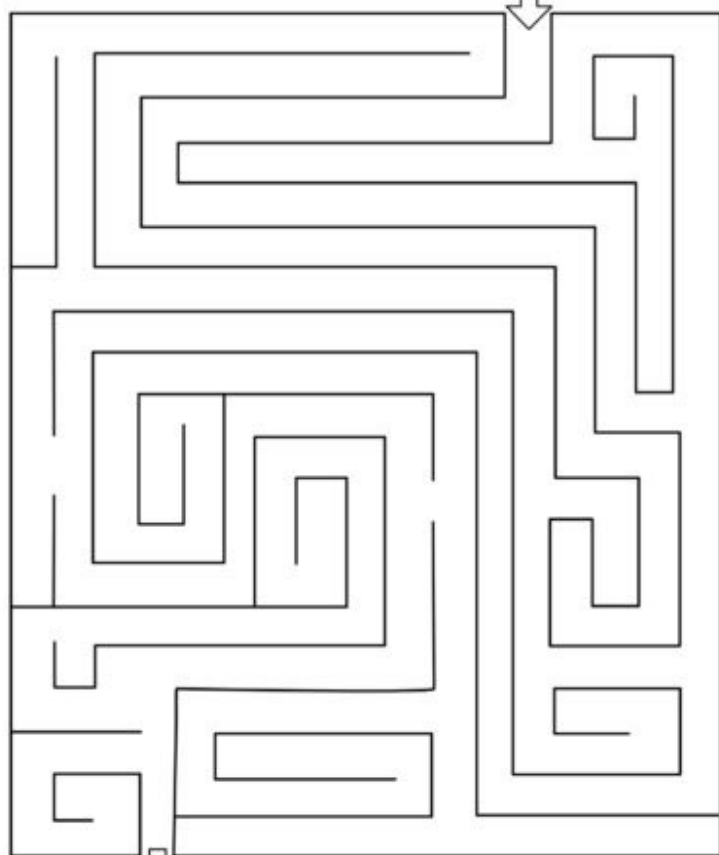
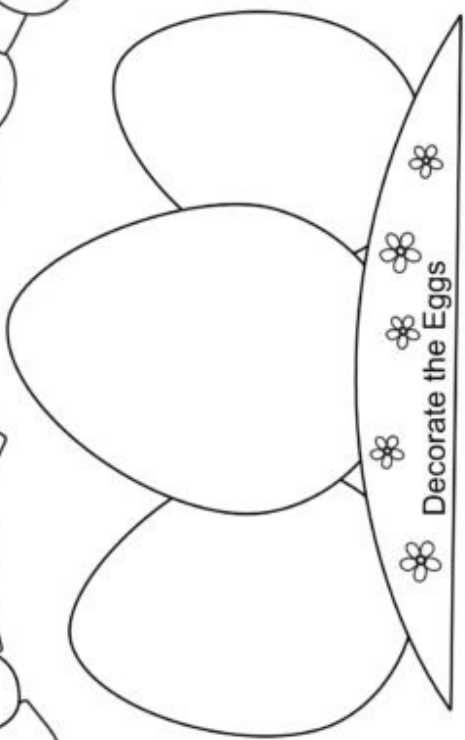
BONE DENSITY
exercise helps prevent bone loss, which reduces the risk of osteoporosis and accidental falls

DIGESTION
exercise aids in waste elimination and the functioning of your gastro-intestinal tract

www.healthstarhomehealth.net

HealthStar HOME HEALTH

Happy Easter



Maze

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

Word Search

- Basket
- Eggs
- Bunny
- Chocolate
- Quack
- Rabbit
- Spring
- Treats
- Yummy
- Ducky
- Cracking
- Easter



Color Me

West Fork Site



Alice Cottrell won a quilt that was raffled by Phyllis Radabaugh.

Congratulations Alice!



Pictured above: Diane Bernier
Pictured to the right: back row—Marty Park, Walter Cain, Alice Cottrell, Colleen Mckown, Tex Murphy, front row—Karen Badgett, Karen Hollinger, Glenda Carter, Sue Carter, Randy Wilson, Diane Bernier, and Pat Murphy.

Grantsville Site

March 20, 2023

The Calhoun County Committee on Aging had a particularly eventful week, with the opening of a new craft room and a St. Patrick's Day Celebration. With the Federal Government's expected end of the U.S. Covid-19 Health Emergency on May 11th, many increased activities are planned and expected in the coming months, and last week's events provided a small forecast of that.

The new craft room will allow 18 to 24 people to work together on crafts of their choosing. Seana Evans from "Miller's Steals and Deals" generously donated a Cricut cutting machine for the room, which, coupled with a computer, produces professional creations and designs for shirts, cups, mugs, jewelry, etc. Adjoining the craft room will be a quilting room and a reading nook. Several bins of craft supplies and materials are within arm's reach on shelves lining one side of the room.

Also, a new media room is opening on the main floor near the dining hall, featuring two public computers for internet browsing along with shelves for books and DVDs. Books will periodically be rotated and refreshed, courtesy of the Calhoun Library, and seniors can borrow books and share and exchange DVDs and CDs as they wish.

Although the fitness and activities room is already well-supplied with three Bowflex stations, a pool table, and an array of stationary bikes, climbing machines, ellipticals, and treadmills, plans are underway to pursue and utilize grants to update equipment at the West Fork site as well as in the Grantsville center.

The expected lifting of the U.S. Covid-19 Health Emergency on May 11th will also bring the resumption of many pre-Covid activities, such as community evening Bingo (3rd Thursday of each month), day-trips to West Virginia and eastern Ohio attractions, shopping trips, games, crafting, movie days, birthday-dinners, holiday celebrations and sponsored trips, as well as a reopening of CCCOA's Minnora site. And, keep watching for features to be included in CCCOA's huge 50th Anniversary Celebration planned for June 19th, including live music, crafting, bingo, games, and an array of food and refreshments.

The St. Patrick's Day Celebration featured games, a best-Irish-dressed contest, bingo, lunch, and a concert by the Johnny Staats Project. It was a great way to end the week!



Grantsville Craft Class



Please feel welcome to join us anytime for crafts in our brand new craft room. Located on the 1st floor of the facility.



April 2023



Menu
Subject
To
Change
Without
Notice

<p>3 Rib Sandwich Onions Peas Potatoes Fruit Ww bread</p>	<p>4 Pork Chop Vegetables Pear Halves Potatoes Ww Roll</p>	<p>5 Cheese Salad Cream of Broccoli Fruit Ww bun</p>	<p>6 Easter Dinner Ham Sweet Potatoes Green Beans WW Roll Pineapple Cake</p>	<p>7 CLOSED GOOD FRIDAY</p>
<p>10 Fish Ww Bun Ranch Potatoes Mixed Vegetables Fruit</p>	<p>11 Bake Beans & Wieners Cubed Potatoes Mix Greens WW cornbread Fruit</p>	<p>12 Meatloaf Mashed Potatoes Green Beans Onion Ww Roll fruit</p>	<p>13 Chicken Patty w/mayo Ww Pasta Salad Vegetables Fruit</p>	<p>14 Cream Tomatoes Potatoes Apples Ww Biscuit</p>
<p>17 Calico Beans Kale Ww Cornbread Fruit</p>	<p>18 Chicken Tenders Mashed Potatoes Carrots Fruit Ww Bread</p>	<p>19 Beef Macaroni Green Beans Ww Roll Fruit</p>	<p>20 Salisbury Steak W/ Brown Gravy Peas Ww Bread Pudding fruit</p>	<p>21 Lasagna Vegetables Ww Garlic Toast Applesauce</p>
<p>24 Northern Beans Kraut , wieners Fruit Ww Cornbread</p>	<p>25 Baked Steak Mashed Potatoes Sweet Corn Fruit Medley Ww Bread</p>	<p>26 Hamburger Ww bun Lettuce/onions Potatoes fruit</p>	<p>27 Cabbage Roll Tomato Sauce Mashed Potatoes Green Beans Grape Juice Ww roll</p>	<p>28 Fish Ww Bun Ranch Potatoes Mixed Vegetables Fruit</p>

Executive Director: Rick Poling

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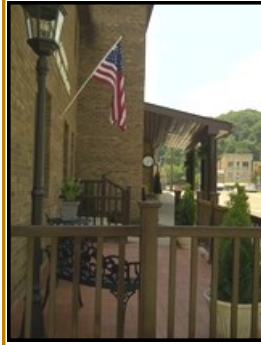


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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

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.

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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.

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



Temporary: West Fork Site

Upper West Fork Park

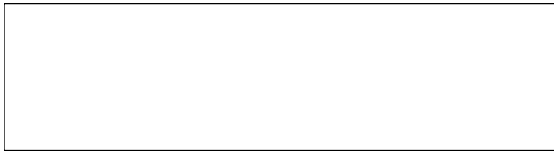
88 Red Roof Ln, Chloe, WV 25235

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.9906

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

