

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

The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

Every day is a new beginning!

April Birthday Club

Ben Rafferty 2nd
Candie Ice 3rd
Brian Firestine 5th
John Myer 5th
Freddie Jarvis 7th
Pamela Lynch 11th
Zona Parker 13th
Eugene Long 21st
Barb Roberts 23rd
Willard White 26th
Fred Basnett 28th

Employees

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



Grantsville CCCOA Activities

March 19th	Cardio Drumming @ 9:45am, SPRING BEGINS
March 20th	Crafts @ 9:00am– 10:45am
March 21st	Bible Study 10:00am
March 22nd	BIRTHDAY DINNER (covered dish) & ENTERTAINMENT 10:30am—11:30am
March 25th	Quilting @ 9:00– 10:45am
March 26th	Cardio Drumming @ 9:45am
March 27th	CASH BINGO 10:30am
March 28th	Bible Study @ 10:00am; Game Day @ 10:45am
March 29th	CLOSED– GOOD FRIDAY
March 31st	EASTER
April 1st	Quilting @ 9:00– 10:45am
April 2nd	Cardio Drumming @ 9:45am
April 3rd	Crafts @ 9:00am– 10:45am
April 4th	Bible Study 10:00am
April 8th	Quilting @ 9:00– 10:45am
April 9th	Cardio Drumming @ 9:45am
April 10th	CASH BINGO 10:30am
April 11th	Bible Study @ 10:00am; Game Day @ 10:45am
April 15th	Quilting @ 9:00– 10:45am
April 16th	Cardio Drumming @ 9:45am
April 17th	Crafts @ 9:00am - 10:45am
April 18th	Bible Study @ 10:00am
April 22nd	Quilting @ 9:00– 10:45am
April 23rd	Cardio Drumming @ 9:45am
April 24th	CASH BINGO 10:30am
April 24th	The WV State Treasury Office will be conducting unclaimed asset searches for Calhoun and surrounding area residents, and helping process claims. Additionally, they will have information available for SMART529 Education saving plan \$100 deposits for children under one year old, or under one year of being adoption. 10am and Noon for assistance and information.
April 25th	Bible Study @ 10:00am; COVERED DISH BIRTHDAY DINNER & ENTERTAINMENT beginning at 10:30am
April 29th	Quilting @ 9:00– 10:45am

April 30th Cardio Drumming @ 9:45am

Bingo played daily at 10:45am unless otherwise stated. (NO BINGO on Feb. 23rd, March 14th, 21st & 28th)
Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room and more available at your leisure.

Local Events

- Mar. 16th Mix and Match BINGO; 6pm – 7pm @ CMHS sponsored by the Junior class
\$20.00, doors open at 5pm.
- Mar. 24th Easter Egg Hunt with Sergeant Williams and Sheriff Knight; 1:30pm – 2:30pm @ Calhoun County Sheriff's Department. We are excited to partner and co sponsored with Sheriff Graham Knight and Sergeant William! Lots of eggs will be hidden and The Easter Bunny told me there just might be a few with cash prizes!!! Come join us and encourage your child to meet a cop!
- Mar. 30th Melissa Oshoway Memorial Easter Egg Hunt, Saturday March 30, 2024 at 12:00 noon. This year's event will be at the CALHOUN COUNTY PARK. Easter Egg Hunt is for all children 0-12 years old. The Easter Bunny will be making his appearance again this year.
- Mar. 30th Basketball Alumni Game, 6pm – 9pm @ Calhoun Middle High School; girls at 6 pm boys at 7:30pm, concessions will be available—admission is \$7.00
- Apr. 1st– 8th Calhoun County Schools—Spring Break! Return to school April 9th!
- Apr. 5th MHHS sponsors Color Run/Walk, @ Calhoun Co. High School, beginning @4:00pm
- Apr. 6th Adopt A Highway, 10am – 3pm; Trash pick up along the highway. Report to Calhoun Recycling Center.
- Apr. 13th Bluegrass, Gospel, Country Music, Concessions and 50/50 @ CCCOA @ 6pm
- Apr. 13th Spring Fling & Youth Turkey Hunting; 11am – 4pm; Calhoun County Community Center (Old High School)
- Apr. 27th Donkey basketball from 12pm – 4pm; @ Arnoldsburg Livestock Barn; Sponsored by Arnoldsburg PTO, donkey game starts at 2pm.
- May 4th TOWN WIDE YARD SALE– CALL 304-354-7017 to register for the event.
- May 4th Calhoun Co. Queen Flora; 6pm – 8pm @ the Calhoun Middle High School
- May 23rd Community Health Fair @ CCCOA, from 7am-10am
- 1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**

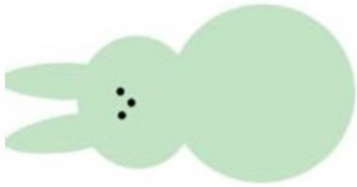
“Turn your wounds into wisdom
and your stumbling blocks into
stepping stones.”

Robin Sharma

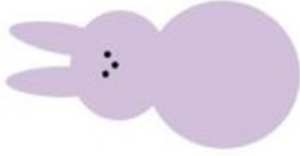
Grantsville Activities

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Quilting 9:00- 10:45am	5 Cardio Drumming 9:45am-10:30am	6 Crafts 9:00- 10:45am	7 Bible Study 10:00 am	8	9
10 Daylight Savings Time Spring forward 1 hour	11 Quilting 9:00- 10:45am	12 Cardio Drumming 9:45am-10:30am	13 Quarter Bingo 10:45 am	14 Bible Study 10:00 am Game Day 10:45 No Bingo today!	15	16
17	18 Quilting 9:00- 10:45am	19 Cardio Drumming 9:45am-10:30am	20 Crafts 9:00- 10:45am	21 Bible Study 10:00 am	22 Birthday Dinner & Entertainment 10:30-11:30am	23
24	25 Quilting 9:00- 10:45am	26 Cardio Drumming 9:45am-10:30am	27 Quarter Bingo 10:45 am	28 Bible Study 10:00 am Game Day 10:45 No Bingo today!	29 GOOD FRIDAY! CLOSED	30
31						



April 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 Quilting 9:00-10:45am	2 Cardio Drumming 9:45am- 10:30am	3 Crafts 9:00-10:45am	4 Bible Study 10:00am	5	6
7	8 Quilting 9:00-10:45am	9 Cardio Drumming 9:45am- 10:30am	10 Quarter Bingo 10:30am	11 Bible Study 10:00am Game Day 10:45am No Bingo Today!	12	13
14	15 Quilting 9:00-10:45am	16 Cardio Drumming 9:45am- 10:30am	17 Crafts 9:00-10:45am	18 Bible Study 10:00am	19	20
21	22 Quilting 9:00-10:45am	23 Cardio Drumming 9:45am- 10:30am	24 Quarter Bingo 10:30am	25 Bible Study 10:00am Game Day 10:45am No Bingo Today!	26	27
28	29 Quilting 9:00-10:45am	30 Cardio Drumming 9:45am- 10:30am				

POSSIBLE TRIPS

CCCOA is again setting up trips for groups!!!! Any age - from anywhere -are welcome to participate!!! We'd like for folks to look at the trips listed below - vote on your favorite trips and we will go with Majority vote and set up dates!!!! Please contact CCCOA at 304-354-7422 Ext 102 (Jackie) or message your choices!!!

Cincinnati Ark Encounter – 4D/3N package w/bus \$739 with a single supplement of \$249

Includes: 3 Nights Lodging; 3 Breakfasts; 3 Dinners including a Riverboat Dinner Cruise and a German Dinner with Entertainment at the Hofbrauhaus; Admission to the ARK; Admission to the Creation Museum; Guided tour of Cincinnati; Luggage Handling; All Taxes and meal gratuities

- Amtrak West Virginia (New River Gorge) – 3D/2N package; e w/bus \$599 with a single supplement of \$209

Included: 2 Nights Lodging; 2 Breakfasts; 2 Dinners; Heritage Farm Museum and Village Tour; Amtrak Ride through New River Gorge; Lewisburg Walking Tour; North House Museum; Greenbrier Bunker Tour; Luggage Handling; All Taxes and Meal Gratuities

- Sight and Sound, Lancaster – 3D/2N package w/bus \$499

Includes: 2 nights lodging; 2 Breakfasts; 2 Dinners including one Smorgasbord; -style dinner; DANIEL at Sight and Sound Theatre with Preferred Seating; Guided Tour of Amish Countryside; with stops at Amish Farm and Bake Shop; Miniature Horse Farm or Bird in the Hand Farmer's Market; Kitchen Kettle Village; Luggage Handling and all taxes and meal gratuities

- NASHVILLE – 4D/3N package w/bus \$809 with a single supplement of \$299 Single Supplement \$299

Includes; 3 nights lodging; 3 Breakfasts; 3 Dinners and 3 Evenings of Entertainment including Grand Ole Opry and Nashville Nightlife Dinner Theatre; Guided Tour of Nashville including Bicentennial Park, Music Row; Historic Downtown; a stop at the Parthenon and the American Pickers; RCA

Studio B; Country Music Hall of Fame; Self-guided Tour of the Ryman Auditorium; Delta Flatboat Ride in the Opryland Hotel; Luggage Handling and all taxes and meal gratuities

- Smokey Mountain entertainer – 4D/3N package w/bus \$699 with a single supplement of \$209

Includes: 3 Nights Lodging; 3 Breakfasts; 3 Dinners including Dolly Parton's Stampede Dinner Show; 3 Additional Shows: Country Tonight; Charle Bob Variety Morning Show and Lumberjack Feud; Smoky Mountain Tour; Ole Smoky Tennessee Moonshine Distillery Tour and Tasting; Visit to the Island; Titanic Museum; Luggage Handling and all taxes and meal gratuities

Costs are based on 40 people attending; Bus Transportation is Included; Luggage Handling is when the Bus Company will load and unload the luggage, so group participants don't have to carry the luggage.

Anyone – from any county and any age are welcome to join in the trips. Trips are NOT limited to just Senior Citizens!

Payments can be made monthly – so the total doesn't have to be paid all at once (the single supplement is IF someone decides that they want a hotel room alone without double occupancy)

Please Contact Jackie Blankenship at 304-354-7822 Ext 102 or by Facebook Messenger-to let her know which trip you are interested in – and what month would you like to take the trip?????? The majority will decide which trip will be offered. A CRUISE trip will be offered soon – getting costs and destination soon. If you are interested in a CRUISE – let us know where you would like to go!!!!

Day Trips are in the works and will be posted once all information is gathered. If you have suggestions, please call 304-354-7017 X106.

Calhoun County Library

Her Scandalous

!! New Books !!

ADULT FICTION

Three-Inch Teeth by: C.J. Box
Buried in the Backwater by: Drew Stickland
Murder in the Mountains by: Drew Strickland
After Annie by: Anna Quindlen
Murder Road by: Simone St. James
Never Too Late by: Danielle Steel
Every Single Secret by: Christina Dodd
The New Couple in 5B by: Lisa Unger
The Messy Life of Jane Tanner by: Brenda Novak
My Favorite Scar by: Nicolas Ferraro

NON-FICTION

The Great Wolf Rescue: Saving the Red Wolves

INSPIRATIONAL

Letters of Wisdom by: Wanda E. Brunstetter
Her Secret Hope by: Shelley Shepard Gray

LARGE PRINT

Calling on the Matchmaker by: Jody Hedlund
Everyone Who Can Forgive Me Is Dead by: Jenny Hollander
The Friendship Club by: Robyn Carr
An Amish New Beginning
The Phoenix Crown

Amish Secret by: Jocelyn McClay

The Coworker by: Freida McFadden
Me an' Gus by: James D. Crownover
CHILDREN'S

The Crayons Love Our Planet by: Drew Daywalt

10 Things I Love About Dinosaurs by: Samantha Sweeney

How To Catch A Mamasaurus by: Alice Walstead

You Make Me Sneeze! by: Sharon G. Flake

The Walk by: Winsome Bingham

Why We Dance by: Deidre Havrelock

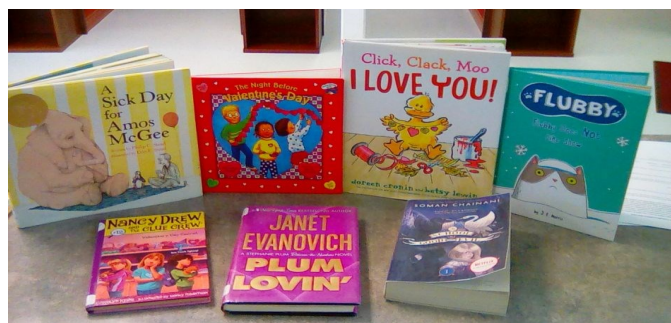
The House with 100 Stories by: Toshio Iwai

MOVIES

1923: Season 1

!! New Dial-A-Story Selections !!

Just dial 1-866-985-1223 to listen to a story! Let us know which selections you listen to and what you would like to hear in the future. Also, we would love to have some volunteers record stories for this program. Stop by any time we are open and we will set you up to record (audio only, no video).



TOWN WIDE YARD SALE

WHEN: Saturday, May 4th

TIME: 8 AM to 4PM (time may vary)

WHERE: Grantsville and surrounding areas

Everyone is welcome to participate, please call us with your information. Examples: Yard/Garage Sales, Car Washes, Bake Sales, Food Sales and more...

- To register your sale, and have it advertised, call Calhoun County Committee on Aging by April 26th: 304-354-7017
- Please ask permission when setting up in front of a business, it is your responsibility to ask the business owner and get their approval prior to signing up.

A festive St. Patrick's Day poster for a trivia night. The background is green with shamrocks, leprechaun hats, and beer mugs. The text is on a yellow banner.

CALHOUN LIBRARY
Trivia Night
MARCH 21, 2024 - 6PM
@ CCCOA SENIOR CENTER

Teams of up to 6 People

ROUND 1 - MUSIC
ROUND 2 - PICTURE RIDDLES
ROUND 3 - MARCH
ROUND 4 - TV
ROUND 5 - JEOPARDY-ISH
ROUND 6 - MOVIES

REFRESHMENTS WILL BE SERVED.
PLEASE LET US KNOW IF YOU PLAN TO ATTEND.
CHECK OUR FACEBOOK PAGE FOR UPDATES!



CALHOUN LIBRARY

Presents

*WV Humanities Council
History Alive!*


Ruby Bradley


MARCH 23, 2024 - 2PM

Colonel Ruby G. Bradley, WWII & Korean War Army Nurse, will be portrayed. The Colonel Ruby Bradley Bridge located in Spencer, WV is named after her.

These Historical characterization programs provide audiences with the opportunity to question those who have shaped our history.

Light refreshments will be served. Please contact the library with any questions. Check our Facebook page for updates.





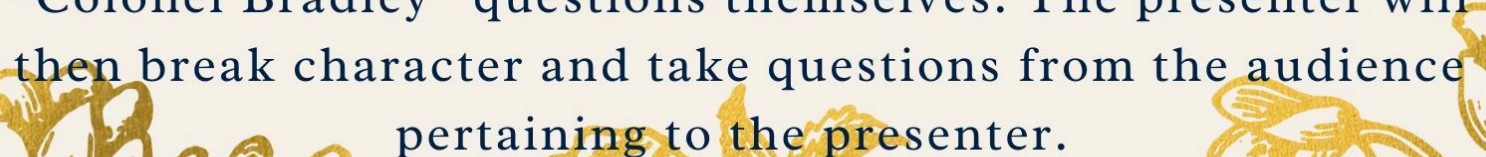
Colonel Ruby Bradley

Colonel Ruby G. Bradley (1907-2002), WWII and Korean War Army Nurse, will be portrayed by Becky Park of Charleston. This presentation is part of the History Alive! program of the West Virginia Humanities Council.

When Bradley retired from the U.S. Army in 1963 she was the most decorated woman in American military history. A native of Spencer, WV, Bradley was captured by the Japanese in the Philippines in 1941 and was a POW until 1945. She continued her work as a nurse in the prison camp. She was named Chief Nurse for the Eighth Army in 1951 and supervised over 500 nurses in Korea. Bradley attained the rank of Colonel in 1958.

Historical characterization is the vehicle for this program. Humanities scholars have carefully researched a variety of sources about the figures they portray such as journals, letters, official documents, speeches, autobiographies and research in developing their presentation.

Audience will be given time after the presentation to ask “Colonel Bradley” questions themselves. The presenter will then break character and take questions from the audience pertaining to the presenter.



MAY 23rd

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 from many different organizations will be giving out information on things such as: 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)

Community Health Fair

When: May 23rd
Where: CCCOA (Calhoun County Committee on Aging)
Location: 105 Market Street Grantsville, WV 26147
Time: 7 am to 10 am

Testing Available:

CMP	Comprehensive Metabolic Panel Sodium, Potassium, Chloride, Carbon dioxide, Glucose, Creatinine, BUN (Urea), Total Protein, Alkaline phosphatase, Albumin, Total Bilirubin, AST, ALT, Calcium
CBC	Complete Blood Count WBC, RBC, Hemoglobin, Hematocrit, MCV, Platelet, RBC indices, Automated WBC differential
PSA	Prostate Specific Antigen
Lipid Panel	Cholesterol, total; high-density lipoprotein (HDL) cholesterol; low-density lipoprotein (LDL) cholesterol (calculation); triglycerides; very low-density lipoprotein (VLDL) cholesterol (calculation)
TSH	Thyroid Stimulating Hormone
A1c	Hemoglobin A1c

Cost...

Complete Metabolic Panel	\$10.00
CBC	\$7.00
PSA	\$15.00
Lipid Panel	\$12.00
TSH	\$15.00
A1C	\$10.00
Total Male	\$69.00
Total Female	\$54.00

Please make CHECKS payable to MHHS.



The CCCOA would like to thank Minnie Hamilton Healthcare Services for providing such a wonderful service to our community, at such a reasonable price. We appreciate all of you!



Pictured Above: January Birthday– Burton Murphy

Pictured to the right: February Birthdays—Jim Wilson and Sue Carter

Pictured Below: Connie Yancey with her Christmas Gift

Pictured Below to the bottom right: Birthday Dinner Entertainment- Alice Cottrell, Sharon Knotts, Larry Cottrell, Johnny Yancey and Rick Horsley.





Above: Left to Right: Ben Rafferty, Carol Taylor, John Myers, Sam Nicholson and Sheryl Rafferty

Below: Left to Right: Norma Gumm and Carol Taylor



Join us for Craft Class every other Wednesday or stop in anytime and use the craft room!



The Calhoun County Committee On Aging, Inc., provides a wide variety of services and programs to our senior citizens and to our community, including but not limited to:
Congregate Meals in the Grantsville and West Fork Center Dining Halls
Transportation via Our Buses and/or Individual Pick-Up
In-Home Care Services with Personal Care Providers through: Medicaid, Aged & Disabled Waiver, & Veterans Affairs
"Meals On Wheels" via Our Two "Hot Delivery" Vehicles
"Family Alzheimer's In-Home Respite" Services (FAIR)
Provision of Services Under West Virginia's
"Lighthouse" and "LIFE" Programs
"At Risk and Frail Elderly" Services
Title III Services:

Title III-B: Supportive Services such as transportation, shopping and in-home services;

Title III-C: Nutrition Services, including congregate and home-delivered meal programs;

Title III-D: Disease Prevention and Health Promotion Services;

Title III-E: National Family Caregiver Support Program, providing support to individuals who care for frail or older family members.

Medicare and SHIP Counseling
Trips and Excursions
Book and Media Library
Computer Internet Cafe with Printers

Exercise Facilities (complete with a total of 8 treadmills, 5 of which are brand new), Wii station with 54-inch screen, weight training equipment, 2 BOWFLEX machines, aerobics/yoga/zumba areas, 3 stair climber machines, 4 stationary bikes, 2 orbital machines, 2 arm and pedal resistance bikes, 2 rowing machines, ab trainers, multimedia audio-visual players and screens, ankle weights, exercise balls, yoga floor mats, and more)

Multiple Group and Individual Activities: Bingo, Cards, Choir, Quilting, Sports & Skills Tournaments, Music Programs & Lessons Nutritional Counseling and Discounted-Cost Nutritional Products, Quilting Room & Craft Room

Free Wireless Internet Access in the Grantsville Center
Puzzle-Tables, Semi-Annual Health Fair
Live Music & Billiards

Personal Care Provider Positions

The Calhoun County Committee on Aging (CCCOA) is accepting applications for Personal Care Providers. Personal Care Providers are a valuable asset to our Organization and to our community, providing care in the home for those whom cannot fully care for themselves.

Applicants must have a valid CPR and First Aid card (or be ready and willing to undergo training and certification) and reliable transportation. CCCOA is an equal opportunity employer, and provides free training for the position.

All adults with no physical lifting restrictions, including those age 60 and over, are encouraged to apply. All applicants are subject to a Criminal Investigation Background check by the W.Va. State Police.

Competitive wages, 401K, flexibility in scheduling, insurances, PAID VACTION, PAID SICK LEAVE, BONUS OPPORTUNITIES, and the satisfaction of making a real difference in the lives of Seniors and Veterans are the primary benefits.

JOIN US TODAY! Please call 354-7017 for more information!

HOW CAN I GET HELP?

There are four programs to assist you with out-of-pocket costs that Medicare does not pay. The programs may pay your monthly Medicare premium and deductibles and coinsurances. You may also be eligible for help with your prescription drug costs.

Part A - Medicare Hospital Insurance
 Part B - Medicare Medical Insurance
 Premium - The amount you pay (\$104.90 in 2013) for your Medical Insurance. The premium is generally deducted from your monthly Social Security check.
 Deductible - The amount you pay (\$1,184 for Part A and \$147 for Part B in 2013) before Medicare pays for services.
 Coinsurance - The percent of the Medicare-approved amount that you have to pay after you pay the Part A or Part B deductible (coinsurance is usually 20% for Part B).
 Part D - Prescription Coverage

PROGRAMS TO HELP YOU

PAYS

PROGRAMS TO HELP YOU	MONTHLY INCOME LIMITS	PAYS
PROGRAM 1* (ALSO KNOWN AS QMB) *(INCOME AMOUNTS FOR PROGRAMS 1, 2 AND 3 DO NOT INCLUDE A \$20 DISREGARD.)	\$ 956 individual \$1,293 couple	Part A Deductible of \$1,184 Part A Coinsurance Part B Deductible of \$147 Part B Coinsurance Part B Monthly Premium of \$104.90
PROGRAM 2* (ALSO KNOWN AS SLMB)	\$1,150 individual \$1,552 couple	Part B Monthly Premium of \$104.90
PROGRAM 3* (ALSO KNOWN AS QL-1)	\$1,294 individual \$1,746 couple	Part B Monthly Premium of \$104.90
PROGRAM 4 (ALSO KNOWN AS PART D EXTRA HELP)	\$1,436.25 individual \$1,938.75 couple	Up to \$4,750 per year on your Part D prescriptions

For Programs 1, 2, and 3, your assets cannot be more than \$7,080 for an individual or \$10,620 for a couple. For Program 4, your assets cannot be more than \$13,300 for an individual or \$26,580 for a couple. Assets may include: Cash - Bank Accounts (such as savings and checking) - Stocks, Bonds, Annuities & CDs - Trusts - Some Life Insurance Policies - Real & Personal Property (other than home & automobile).

For more information, call the Medicare Helpline toll-free at 1-877-987-4463.

The Golden Mountaineer Card provides varying discounts on merchandise and services at participating businesses throughout West Virginia. West Virginians who are at least 60 years of age are eligible for the card at no cost. If you have a West Virginia Driver's License or State ID card, you will receive a letter and application in the month of your 60th birthday. You can also request a card by contacting the West Virginia Bureau of Senior Services at (888) 968-4462 Monday through Friday, 8:00 a.m. to 5:00 p.m. (if after business hours or a State recognized holiday, please leave a message). You may also request a card online @ <https://goldenmountaineer.wv.gov/About/Pages/default.aspx>

Spring Vegetable Frittata

This spring vegetable frittata is a stunning, one-skillet breakfast recipe loaded with spring's finest vegetables, including asparagus, leek, peas, and spinach. Then, it's sprinkled with creamy goat cheese, and fresh herbs!

Ingredients

- 10 large eggs
- ½ cup yogurt or dairy-free yogurt
- 2 tablespoons olive oil
- 1 leek white and light green parts chopped
- ½ pound thin asparagus trimmed and cut into 1/2-inch pieces
- 1 cup frozen peas
- 1 cup (packed) baby spinach
- salt and pepper to taste
- 4 ounces goat cheese or feta/other cheese
- Optional garnish: fresh dill, and parsley



Instructions

Preheat the oven to 400F/200C. Heat the oil in a 10-inch oven-safe skillet over medium heat. Add the leek and saute for 3-4 minutes.

Then add the asparagus and saute another 1-2 minutes.

Then add the frozen peas, baby spinach, salt and pepper, and saute another 1-2 minutes, or until the spinach is wilted. Remove 1/3 of the vegetables to a plate (optional, but it makes for a prettier frittata), and make sure the remaining half of vegetables is evenly spread out.

In a large bowl, whisk the eggs, yogurt, salt and pepper. Pour the eggs over the half of the vegetables in the pan. Cook on the stove for 2-3 minutes.

Add the remaining vegetables on top, then dollop with the goat cheese. Transfer to the oven and cook for 15-20 minutes, or until the eggs are set.

Garnish with additional herbs before serving.

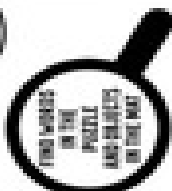
HAPPY EASTER



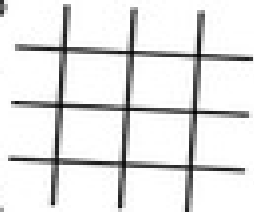
B	E	C	H	I	C	K	E
U	B	G	R	N	W	C	N
T	U	N	Y	A	T	T	
T	K	C	Y	F	F	L	O
E	A	K	U	H	B	Y	W
R	F	L	Y	E	N	E	E
Y	K	E	T	C	R	G	R
C	A	R	R	O	T	G	E

WORDSCRAMBLE

GEG _____
 KENGCHIC _____
 ENH _____



- BUTTERFLY
- FLOWER
- HEN
- CARROT
- EGG
- BUNNY
- CHICKEN



SPOT 5 DIFFERENCES

MOVING FORWARD

Have you ever found yourself wishing you could just start over? Have you wished for a restart button that would let you put aside all your anxiety, fear, painful memories, and concern for the future and start anew?

Pinpoint the Change Needed

First, figure out what you need to change, specifically. Are you stuck in a fixed mindset or as scripture says, “conformed to the pattern of this world?” A fixed mindset seriously limits your growth and focuses on your shortcomings or failure. Think about what you can do to fuel your growth instead. Do you have a negative attitude because you're feeling lonely? Use your energy to make some friends. Find the source of the problem, the underlying attitude or issue, and start praying that God will guide you to wise counsel and a solution to the problem. Keep an open mind about what the source might be – it is often a “heart problem” rather than a behavior problem or situation.

Learn to Laugh

Sometimes, all it takes to change from a negative mindset to a positive one is a little bit of laughter. Grab your favorite comedy movie or look up some funny videos on YouTube. Spend some time laughing, and you will see your mindset grow from negative to positive.

Grab a New Perspective

Sometimes we face a problem with a negative mindset because we only think about it one way. Looking at the problem from a new point of view can greatly change our mindset.

For instance, if you are dealing with work and school deadlines that feel impossible to attain, you may be tempted to complain and wish it would all just go away. Instead, view the deadlines as a challenge, and imagine the rewarding feeling of finishing the deadline on time. That simple change in perspective may be all you need to do to get yourself back on track.

Count Your Blessings

Everyone has challenges, but everyone has blessings too. Take time now to count those blessings. Your life is amazing if you can find things to be grateful for. Make a list of those blessings, and you will find yourself in a more positive mindset.

Change Your Way of Talking

Is your speech negative? Is it focused on your failures instead of your accomplishments? Is it filled with “can’t’s” rather than on “cans?” Start changing the way you speak, and you can be rewarded with greater joy and be an encouragement (salt and light) to others. Speak of hope, certainty, and accomplishments rather than fear, worry and failure. Your words have a huge impact on your attitude and emotions, so this is a great way to change your mindset.

Easter Joy

*Jesus came to earth,
To show us how to live,
How to put others first,
How to love and how to give.*

*Then He set about His work,
That God sent Him to do;
He took our punishment on Himself;
He made us clean and new.*

*He could have saved Himself,
Calling angels from above,
But He chose to pay our price for sin;
He paid it out of love.*

*Our Lord died on Good Friday,
But the cross did not destroy
His resurrection on Easter morn
That fills our hearts with joy.*

*Now we know our earthly death,
Like His, is just a rest.
We'll be forever with Him
In heaven, where life is best.*

*So we live our lives for Jesus,
Think of Him in all we do.
Thank you Savior; Thank you Lord.
Help us love like you!*

By Joanna Fuchs



April 2024



<p>1 Rib Sandwich Onions Peas Potatoes Fruit Ww bread</p>	<p>2 Cheese Salad Tomato Soup Fruit Ww bun</p>	<p>3 Pork BBQ Slaw Beets Juice Ww bun</p>	<p>4 Hamburger Ww bun Lettuce/onions broccoli fruit</p>	<p>5 Cook's Choice</p>
<p>8 Fish Ww Bun Ranch Potatoes Mixed Vegetables Fruit</p>	<p>9 Bake Beans & Wieners Cubed Potatoes Mix Greens WW cornbread Fruit</p>	<p>10 Beef Macaroni Green Beans Ww Roll Fruit</p>	<p>11 Chicken Patty w/mayo Ww Pasta Salad Vegetables Fruit</p>	<p>12 Cream Tomatoes Potatoes sausage Apples Ww Biscuit</p>
<p>15 Chicken Tenders Potatoes Carrots Fruit Ww Bread</p>	<p>16 Calico Beans Kale Ww Cornbread Fruit</p>	<p>17 Meatloaf Mashed Potatoes Green Beans Onion Ww Roll fruit</p>	<p>18 Salisbury Steak W/ Brown Gravy Mashed potatoes Peas Ww Bread Banana Pudding</p>	<p>19 Lasagna Vegetables Ww bread Applesauce</p>
<p>22 Northern Beans Kraut , wieners Fruit Ww Cornbread</p>	<p>23 Chicken Mashed potatoes Green beans Ww bread Fruit</p>	<p>24 Roast beef Mashed potatoes Gravy Carrots Fruit Ww roll</p>	<p>25 Sloppy joe Potatoes Pasta salad Juice Ww bun</p>	<p>26 Fish Ww Bun Ranch Potatoes Mixed Vegetables Fruit</p>
<p>29 Baked Steak Mashed Potatoes Corn Fruit Ww Bread</p>	<p>30 Hamburger Ww bun Lettuce/onions potatoes fruit</p>		<p>2% Milk and Margarine Served Daily</p>	<p>Menu Subject To Change Without Notice</p>

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Launa Butler

Dorothy McCauley

Martha Haymaker

Patti Hicks

Roberta Wilson

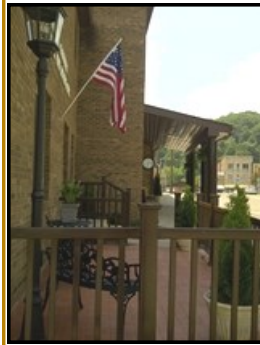


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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.

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.

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



West Fork Site

121 Milo Road

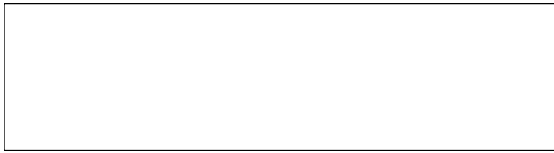
Minnora, WV 25261

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

