

# CCCOA NEWS

Calhoun County Committee on Aging

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August 2023

Issue 188

## Interesting August Facts...

The gladiolus is one of the birthflowers of August

The most famous speech ever given... It was on August 28th, 1963 that Martin Luther King Jr. gave his "I Have a Dream" speech on the steps of the Lincoln Memorial in Washington, DC.

An astonishing 250,000 people showed up to listen to the speech which called for the end of racial discrimination and equal rights for all.

August is the month when most vegetables are ready to be harvested. Tomatoes, peppers, cucumbers and peas are at their freshest and most bountiful in August.

Here's a quick gardening tip. Anything that grows underground should not be harvested in August. It needs that warm August soil to grow larger.

The disasters of August... Two major world events that destroyed entire cities happened in August. On August 24th, 79 AD, Mount Vesuvius erupted destroying the city of Pompeii and its citizens.

On August 6th, 1945, the US deployed the first atomic bombs on the Japanese cities of Hiroshima and Nagasaki.

Famous Leos born in August... The 44th President, Barack Obama was born on August 4th. 7-time Super Bowl champion Tom Brady was born on August 3rd. And the first man on the moon, Neil Armstrong was born on August 5th.

Famous Virgos born in August... If you're looking for inspiration and unmatched achievement, look to the Virgos of August. Basketball hero Kobe Bryant was born on August 23rd. The King of Pop Michael Jackson was born on August 29th. And business tycoon Warren Buffet was born on August 30th.

Two of America's most iconic superstars met their early deaths in the month of August, Marilyn Monroe and Elvis Presley.

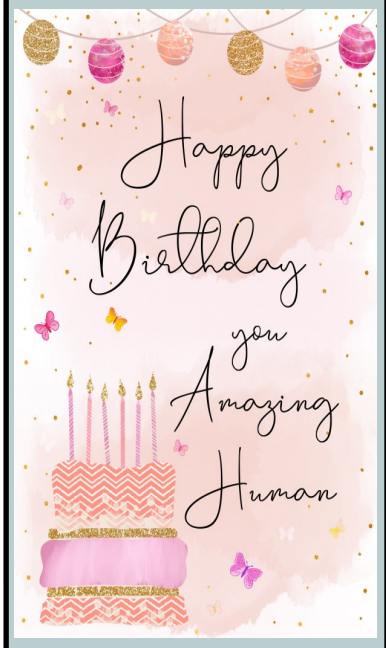
## August

### Birthday Club

Connie Yopp 4th  
Basil Brown Jr. 7th  
Charter Badgett 16th  
Vivian Dye 16th  
Judy Wolfram 18th  
Sharon Knotts 19th  
Bruce Knotts 20th  
Thomas Shock 21st  
Patricia Little 23rd  
Larry Dawson 25th  
Clifford Ellison 27th  
Ruth Morris 27th  
Donald Cosner 28th

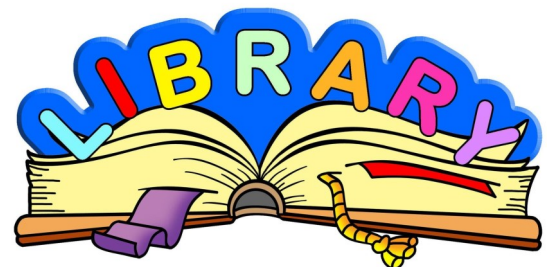
### Employees

Elizabeth Staats 24th  
Marissa Godfrey 31st



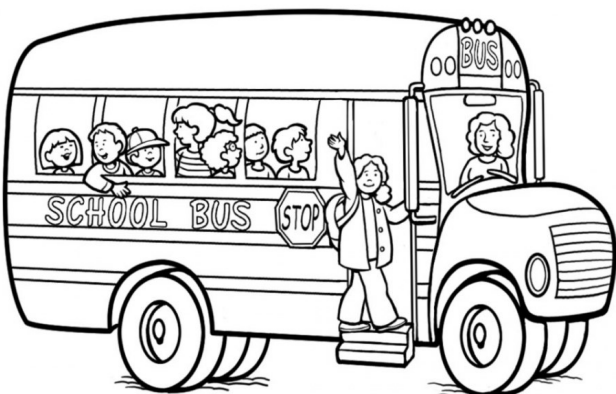
# ACTIVITIES

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

July 22nd– 30th	Jackson Co. Jr. Fair
July 25th	Summer Community Event; 5pm – 7pm @ Fairground Road, Glenville. There will be food, cash prizes, bounce houses, interactive stations, and its sponsored by Minnie Hamilton Health System.
July 29th	Molasses Festival Pageant- 4pm; Calhoun Middle High School
July 30th	Molasses Festival Pageant- 8pm; Calhoun Middle High School
July 31st	Calhoun Public Library will be having their Annual Book Sale!
August 4th	FREE TAX HOLIDAY! Sales Tax Holiday West Virginia AUGUST 4th-7th. The following amounts is the maximum spent at one time. clothing – \$125 school supplies – \$20 sports equipment – \$150 computer-tablet – \$500 Ohio AUGUST 4th-6th clothing – \$75 school supplies – \$20
August 8th	Cookbook Club @ the Calhoun Public Library @ 6pm.
August 15th	Back to School Bash; 4pm – 6pm @ CCMHS
August 17th	First day of school for odd grades. K-1-3-5-7-9
August 18th	First day of school for even grades. 2-4-6-8-10 & 11th grade
August 21st	ALL GRADES RETURN BACK TO SCHOOL!
August 25th	Calhoun v's Gilmer @ Gilmer, starts 7:00pm
September 1st	CHS Football game, TBA, @ CHS, begins at 7:00pm
September 2nd	ALUMNI FOOTBALL GAME, Saturday, 7pm – 9pm, at the Old High School





**CALHOUN LIBRARY**  
**TRIVIA NIGHT**

**Thursday, July 27th**  
 6 pm @ CCCOA Senior Center  
 Teams of up to 6 people

**Round 1 - General Knowledge**  
**Round 2 - Vacay!**  
**Round 3 - U.S.A.**  
**Round 4 - Books/Literature**  
**Round 5 - Shark Week!**  
**Round 6- Movie Matching**

Refreshments will be served.  
 Please give us a call or send a message if  
 you plan to attend.  
 Check our Facebook Page for updates!

## Events at the Calhoun Library

- Rocksie our Rock Snake is growing! Please help her grow as long as possible by adding your own painted rock. We will have a Rock Painting Station set up the whole month of July! Just stop by any time we are open and let your creativity flow.
- !! Dial 1-866-985-1223 to listen to a Story !! We've uploaded our newest Dial-A-Story selections. Jude Binder of Heartwood in the Hills graciously recorded a story for us this time.

## Zucchini Pizza Bites

### Ingredients

1 large zucchini (about 11 ounces), cut diagonally into 1/4-inch slices

1/8 teaspoon salt

1/8 teaspoon pepper

1/3 cup pizza sauce

3/4 cup shredded part-skim mozzarella cheese

1/2 cup miniature pepperoni slices

Minced fresh basil

### Directions

1. Preheat broiler. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 in. from heat just until crisp-tender, 1-2 minutes per side.

2. Sprinkle zucchini with salt and pepper; top with sauce, cheese and pepperoni. Broil until cheese is melted, about 1 minute. Sprinkle with basil.



**!! New Books Available Now at the  
Calhoun Public Library!!**

**ADULT FICTION**

Clive Cussler's Fire Strike by: Mike Maden  
Must Love Flowers by: Debbie Macomber  
Flags on the Bayou by: James Lee Burke  
The Collector by: Daniel Silva  
Dead of Winter by: Darcy Coates  
Midnight at the Blackbird Café by: Heather Webber  
After Death by: Dean Koontz  
An Evil Heart by: Linda Castillo  
Hello Stranger by: Katherine Center  
The Air Raid Book Club by: Annie Lyons  
Divine Rivals by: Rebecca Ross  
The Lies of the Ajungo by: Moses Ose Utomi  
The Weight by: Jeff Boyd  
Circle of Death by: James Patterson  
The Missus by: E.L. James  
The Summer of Songbirds by: Kristy Woodson Harvey  
Obsessed by: James Patterson  
Whispers at Dusk by: Heather Graham  
And Then There Was You by: Nancy Naigle

**NON-FICTION**

Behold the Monster by: Jillian Lauren

**INSPIRATIONAL**

Two to Tango by: Kathleen Fuller  
Break of Day by: Colleen Coble

**LARGE PRINT**

The Golden Doves by: Martha Hall Kelly

**JUVENILE FICTION**

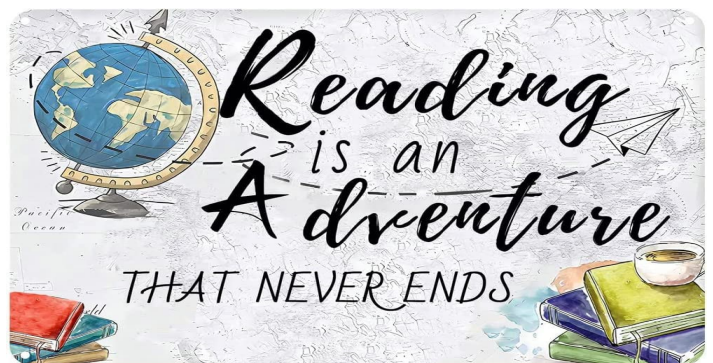
When Clouds Touch Us by: Thanhha Lai  
Boomi's Boombox by: Shanthi Sekaran

**YOUNG ADULT FICTION**

Love is War by: Aka Akasaka  
Spy x Family by: Tatsuya Endo  
Painted Devils by: Margaret Owen

**CHILDREN'S**

What Happened to You? by: James Catchpole  
There Might Be a Kazoo Emergency by: Heidi E.Y. Stemple  
Cake Vs. Pie by: Sudipta Bardhan-Quallen  
Once Upon a Book by: Grace Lin  
We Are Branches by: Joyce Sidman  
The Night Tent by: Landis Blair  
Mermaid Day by: Diana Murray  
Why did the Monster Cross the Road?  
by: Stine & Brown  
Boop! by: Bea Birdsong  
You Go First by: Ariel Bernstein





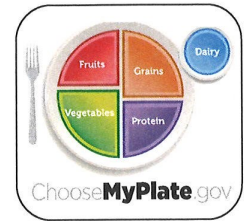




# 10 tips

Nutrition Education Series

# healthy eating for an active lifestyle

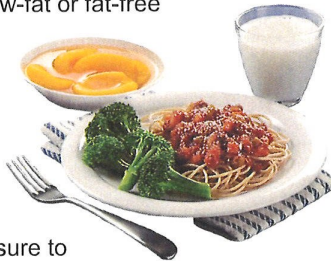


## 10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

### 1 maximize with nutrient-packed foods

Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).



### 2 energize with grains

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

### 3 power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

### 4 mix it up with plant protein foods

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

### 5 vary your fruits and vegetables

Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



### 6 don't forget dairy

Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

### 7 balance your meals

Use MyPlate as a reminder to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

### 8 drink water

Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

### 9 know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

### 10 reach your goals

Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to [www.presidentschallenge.org](http://www.presidentschallenge.org) to sign up for the Presidential Active Lifestyle Award (PALA+).



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and [www.Fitness.gov](http://www.Fitness.gov) for more information.

DG TipSheet No. 25  
March 2013  
Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.

# Senior Chair Exercises Chart

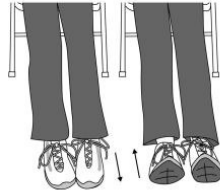
**Tummy Twists**



**Hand Squeeze**



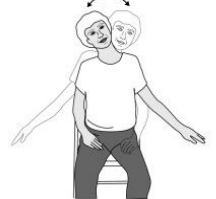
**Seated Shin Strengtheners**



**Back Massage**



**Neck Stretch**



**Ball Chest Press**



**Front Arm Raises**



**Front Arm Raises**



**Duck Wing Squeeze**



**Knee Extensions**



**Chest and Upper Back Stretch**



**Chair Stands**



**Overhead Arm Extensions**



**Elbow to Knee**



**Balancing Toe Taps**



**Heel Raises**



**Overhead Reach with Side Bends**



**Pliés**



Holding the back of a chair, stand with legs a little wider than shoulder width apart, and toes pointed outward slightly toward the corners of the room. Bend your knees.

**Rear Leg Extensions**



**Side Leg Lifts**



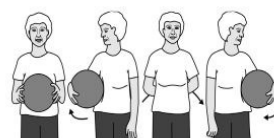
**Inner Thigh Stretch**



**Sit and Reach**



**Around the Big Wide World**





# 5 TIPS

to help you stay  
**motivated**  
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

- 1 Find ways to fit exercise into your day.**  
You are more likely to get moving if exercise is a convenient part of your day.



- 4 If there's a break in your routine, get back on track.**  
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



- 2 Do activities you enjoy to make it more fun.**  
Be creative and try something new!



- 5 Keep track of your progress.**  
Make an exercise plan and don't forget to reward yourself when you reach your goals.



- 3 Make it social.**  
Find a virtual "exercise buddy" to help keep you going and provide emotional support.



Visit [www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults](http://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults) to learn more.

## **What's Most Important to Seniors Beyond Retirement? Top 10 Things Seniors Value Most**

**Life after retirement can be exciting and empowering for some, but empty and isolating for others. That's why communication is so important to them.**

Senior citizens are using technology and social media to stay connected and fulfilled, but they need much more than that.

### **What Matters Most After Retirement**

#### **1. Health**

Osteoporosis, arthritis, hearing impairment, and incontinence are all common conditions the elderly suffer from. That's why it's important that they receive consistent, high-quality healthcare from attentive staff.

#### **2. Relationships**

It's crucial that senior citizens build and maintain relationships with family members and friends. These people provide companionship, which is invaluable at any age.

#### **3. Community**

As well as companionship, the elderly need to build relationships with others in their communities.

They can do this by participating in group activities and themed events or going on outings.

The opportunity to socialize improves their well-being, as well as their mental health. It also instills a sense of belonging. Without these things, there is a stronger likelihood of experiencing depression.

#### **4. Food**

Food is one of life's greatest pleasures, but as people age, they can become more selective about what they eat. They need to be able to eat not only food that they enjoy, but food that gives them the nutrition they need to maintain their health.

#### **5. Routine**

Routines can be anchors and sources of comfort for senior citizens.

That's why family members and care workers need help in order to keep these in place.

#### **6. Respect**

Seniors appreciate being honored with respect. This can be shown in even small gestures, such as giving handshakes, addressing them with titles, or simply engaging in polite conversation.

#### **7. Physical Activity**

Staying active can be difficult for senior citizens, but it's more important than ever.

Whether they're playing sports, going for walks, or doing simple exercises from their chair, physical activity is hugely beneficial. It releases feel-good hormones and keeps health problems at bay, taking care of physical and mental health.

#### **8. Comfort**

There's no place like home, and wherever senior citizens stay, their comfort should always be a top priority. As they start to spend more time indoors than they used to, physical comfort becomes more and more important.

#### **9. Financial Security**

Some seniors require assistance in managing their money. Otherwise, they can inadvertently neglect their financial responsibilities and end up with credit issues.

#### **10. Independence**

Some senior citizens struggle to take care of themselves and complete everyday tasks. However, this doesn't mean that they should have everything done for them. They need to have a sense of independence to maintain their self-esteem.



## **How to Avoid Loneliness and Isolation as a Retired Senior!**

Things to do to help you stay busy, and maybe make some new friends while you're at it!

So, you're retired ... now what? There are unique challenges that come with retirement – from an intimidatingly large amount of free time to the sudden decrease in social outlets. It's easy to feel lonely and isolated in retirement, as though your world has been turned upside down. The good news is there are many things to do in retirement to stay busy and make the most of this transformative period. Here are some tips on how to adapt to this new normal – and what to do in retirement to make these years the best of your life!

### HOW TO STAY BUSY:

Volunteer

Enroll in a Class

Virtual Learning

Join a Club

Try a New Hobby

Get Active

Mentorship

Part-Time Jobs

LLI's

Grandkids

Senior Centers

Explore the World

Reading

Volunteer

Is there a charitable cause you deeply believe in? Chances are there's a nonprofit in your area with a mission that can instantly connect you with others. There's no better thing to do in retirement than volunteering to make a difference with people who are equally as passionate about helping others. Whether you organize a food drive, become a foster grandparent, or build handicap-access ramps, there are plenty of opportunities to volunteer in retirement. Plus, you're sure to make new friends with similar priorities and values!

Enroll in a Class

Learning is a lifelong journey. It's never too late to educate yourself about something new. If you look back fondly on childhood memories of classrooms, papers, and professors, why not try going back to school? Taking a class at your local community college will keep your mind occupied and introduce you to new ways of thinking about the world. Plus, the enriching discourse found in classrooms can be a gift for the lonely. Enroll in a class or two that interest you, or – if you're really bit by the academic bug – consider going back full-time. According to Forbes, many people over age 50 are back on campus seeking their degree, so you're in good company.

Enjoy Virtual Learning

In the Digital Age, it's no surprise that learning from the comfort of your own home is easier than ever. Learning should be accessible to everyone, no matter where they are or how they choose to learn.

## Join a Club

Making new friends in retirement can feel like a challenge, but it is very doable if you're looking in the right places! The secret is to let your passions lead the way, and the right people will follow. Banish boredom and stay engaged with others by joining a club that suits your interests. From book clubs to hiking groups, getting involved with a club is a great way to stay socially active.

## Try a New Hobby

Retirement is a chance to reinvent yourself and try new hobbies you might not have considered before. Now that you have more free time, it's time to listen to that inner voice that says, "What if?" Have you always wanted to sing ... outside of the shower? Take a choir class! Want to learn how to snap that perfect shot of your grand-kids? Join a photography group. From pottery making to watercolor painting, there are always things to do in retirement – whatever your interests may be.

## Get Active!

Not only is exercise extremely beneficial to the body, it's also important for the mind and soul. Studies have shown that an active lifestyle can decrease feelings of loneliness and depression in retired seniors and help to manage stress and anxiety. So, what are you waiting for? Exploring the outdoors is a great way to exercise because you can take part in a wide variety of activities that never get boring. Walking or hiking, kayaking, biking, birding – whatever your heart desires! As a bonus, you'll get some fresh air and meet fellow outdoor enthusiasts who will encourage you to stay active. If an outdoor adventure isn't an option for you, you can still get active indoors! There are lots of simple exercises for seniors that you can add to your daily routine to keep your blood flowing.

## Become a Mentor

Becoming a mentor in retirement can have a powerful effect on both you and the young person you're matched with. What better way to share the many life lessons, experiences, and knowledge you've accumulated over the years? Many mentors report that taking a student under their wing during retirement has done wonders to improve their self-esteem, increase productivity and even help them learn something new about themselves! Feelings of loneliness and boredom diminish when you have a strong sense of purpose – and guiding a young person as they apply for schools or enter the workforce is an admirable one.

## Find a Part-Time Job

Just because you've retired from your previous career, doesn't mean you can never work again! If you find yourself feeling isolated in retirement and missing the social interaction and little challenges that come with going into the office every day, you might want to consider looking for a part-time job in retirement. For many people, retiring is an opportunity to begin a new career, one that may be more personally fulfilling than the last. Flexible jobs, like freelance or consulting work, or ones that are seasonal, such as substitute teaching or tax preparation, will allow you to create your own schedule and find a balance between work and play.

## Join a Lifelong Learning Institute (Or Start One!)

Lifelong Learning Institutes offer non-credit, college-level educational experiences, at a fraction of the cost. Classes are taught by members, mostly active and retired educators, with guest lectures from outside experts.



## Connect With Your Grandkids

One of the greatest joys of retirement is the ability to spend more time with family. If you have grandkids, take your newfound flexibility as an opportunity to bond with them and make lasting memories you're sure to cherish in the years to come. Get to know your grandkids better by exploring a new city together, learning about science or searching for animals in a national park. If you step outside your comfort zone and try something new together, you may be amazed at how much you have in common!

## Join Your Local Senior Center

There are nearly 10,000 senior centers scattered throughout the U.S. Together, they serve more than 1 million people every day. These organizations offer older adults in retirement the resources and social activities needed to stay healthy and independent. In addition to providing transportation services, employment assistance and volunteer opportunities, senior centers also organize fun group events. Joining your local senior center is a great way combat loneliness in retirement and meet people in your neighborhood.

## Explore the World

The world is a fascinating place just waiting to be explored. Do you love to travel while learning about the history and culture of the places you visit? Group travel is a great way to spread your wings and make the most of your retirement years. Check your local and surrounding county senior centers for trips.

### Music Trivia Questions

1. What year did the Beatles officially disband?
2. What was the name of Elvis Presley's infamous estate located in Memphis, TN?
3. Who wrote the "Star Spangled Banner"?
4. Which famous singer of the 40s and 50s had the nickname 'Ol' Blue Eyes'?
5. Tony Bennett had a 1951 Number 1 hit with the song "Cold, cold \_\_\_\_\_"?

### History Trivia Questions

1. What is the name of the woman who refused to give up her seat on a bus in Montgomery, Alabama in 1955?
2. What did the U.S. Postal Service add in 1963 that is part of every address today?
3. Which president resigned in 1974 over the Watergate scandal?
4. Who was the first woman to make a solo flight across the Atlantic Ocean?
5. Which years did WWII start and end?

### Hollywood Trivia Questions

1. Ward and June were two main characters from what famous TV show of the late 50s and early 60s?
2. Which rising young star from the movie Rebel Without a Cause died in an automobile accident in 1955?
3. In which film did Humphrey Bogart say, "We'll always have Paris?"
4. What are the names of the Three Stooges?
5. Which actress, whose career spanned from the 30s to the 80s, has won the most Academy Awards?

### Miscellaneous Trivia Questions

1. What color is the M in McDonalds?
2. What is the Aloha State?
3. What is the National Dish of America?
4. Which blood type is known as the universal donor?
5. Where is Times Square?

Name: \_\_\_\_\_

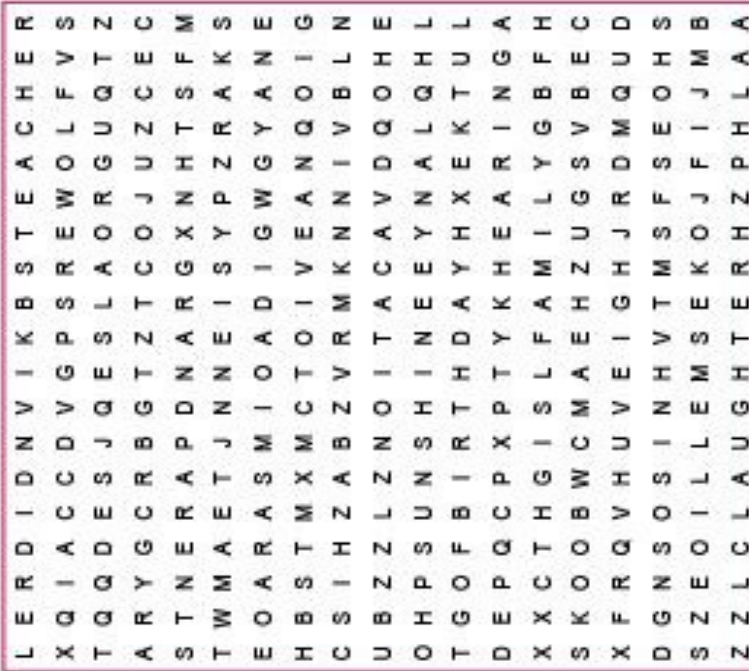
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# Feeling Grateful

## Word Search



What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.



ANIMALS

BED

BIRTHDAY

BOOKS

CARS

CHALLENGES

DAD

EARTH

FAMILY

FLOWERS

GRANDPARENTS

HEALTH

HEARING

HEART

HOME

ICE CREAM

JOKES

LAUGHTER

LUNGS

MOM

MOON

MUSIC

NATURE

OXYGEN

POPCORN



STARS

SUNSHINE

TASTE

TEACHER

TOUCH

VACATION

RAIN

READING

SCHOOL

SHOES

SIGHT

SMELL

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### Music Trivia Questions– Answers from page 13

1. 1971
2. Graceland
3. Francis Scott-Key
4. Frank Sinatra
5. Heart

### History Trivia Questions

1. Rosa Parks
2. zip codes
3. Richard Nixon
4. Amelia Earhart
5. 1939-1945

### Hollywood Trivia Questions

1. Leave it to Beaver
2. James Dean
3. Casablanca
4. Moe, Larry and Curly
5. Katharine Hepburn with 4 wins and 12 nominations

### Miscellaneous Trivia Questions

1. Yellow
2. Hawaii
3. hamburger
4. O-negative
5. New York City

## CALHOUN FRN/FSC

Want to pay your utilities Local?

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- \* AT&T
- \* Dominion Gas
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- \* Waste Management

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Tina Persinger

### Pay Your Utilities Local

364 Main Street  
Grantsville WV  
26147



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# West Fork Site



Pictured above: Roger Bailey celebrating his July Birthday.



Pictured to the Left: Alice Cottrell sporting her new Rummy Queen Shirt!





# Grantsville Site



Velma Barnes celebrating her May Birthday! Virginia Simmons and Tianna Barto celebrating their June Birthdays!





# Calhoun County Committee on Aging, Inc.

## August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2%</b> <b>Milk</b> <b>and</b> <b>Margarine</b> <b>Served</b> <b>Daily</b>	<b>1</b> <b>Beef Macaroni w/</b> <b>tomato sauce and onion</b> <b>Beets</b> <b>Apricots</b> <b>WW Bread</b>	<b>2</b> <b>Ham</b> <b>Carrots</b> <b>Peas</b> <b>Mashed Potatoes</b> <b>Fruit</b> <b>Whole wheat Roll</b>	<b>3</b> <b>Chicken Patty</b> <b>Lettuce/Tomato</b> <b>Potatoes</b> <b>Cauliflower</b> <b>Peaches</b> <b>Whole wheat Bun</b>	<b>4</b> <b>Cream Tomatoes over</b> <b>whole wheat Biscuit</b> <b>Sausage patty</b> <b>Apples</b> <b>Grape juice</b>
<b>7</b> <b>Pinto beans/onions/</b> <b>ham</b> <b>Slaw</b> <b>Mixed Fruit</b> <b>Ww cornbread</b>	<b>8</b> <b>Cook's Choice</b>	<b>9</b> <b>Tomato soup</b> <b>Cheese salad</b> <b>ww bread</b> <b>Fruit</b> <b>crackers</b>	<b>10</b> <b>Hot Dog &amp; Meat Sauce</b> <b>Slaw</b> <b>Mixed vegetable w/</b> <b>carrots</b> <b>Fruit</b> <b>Whole wheat bun</b>	<b>11</b> <b>Pork chop</b> <b>Scalloped potatoes</b> <b>Broccoli cauliflower</b> <b>Fruit</b> <b>Whole Wheat bread</b>
<b>14</b> <b>BBQ Rib &amp; Onions</b> <b>Green Beans</b> <b>Pineapples</b> <b>Whole Wheat Bun</b>	<b>15</b> <b>Bake Steak</b> <b>Mashed Potatoes</b> <b>Gravy</b> <b>Peas &amp; Carrots</b> <b>Whole wheat Roll</b> <b>Fruit</b>	<b>16</b> <b>Fish</b> <b>Slaw</b> <b>potatoes</b> <b>Peaches</b> <b>Whole wheat roll</b>	<b>17</b> <b>Sloppy Joe w/tomato</b> <b>sauce</b> <b>Whole Wheat Bun</b> <b>Raw Vegetable Salad</b> <b>Peaches</b>	<b>18</b> <b>Calcio Beans</b> <b>Mixed Vegetables</b> <b>Kale</b> <b>Fruit</b> <b>WW Cornbread</b>
<b>21</b> <b>Cook's Choice</b>	<b>22</b> <b>Hamburger Patty</b> <b>Lettuce/Tomato/onion</b> <b>Potatoes</b> <b>Fruit</b> <b>WW Bun</b>	<b>23</b> <b>Cabbage Roll</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>WW Roll</b> <b>Fruit</b>	<b>24</b> <b>Salisbury Steak w/</b> <b>onion &amp; Brown Gravy</b> <b>Mashed Potatoes</b> <b>Corn</b> <b>Oranges</b> <b>Whole Wheat Bread</b>	<b>25</b> <b>Baked Chicken</b> <b>Potatoes</b> <b>Carrots</b> <b>Mixed fruit</b> <b>Juice</b> <b>WW Roll</b>
<b>28</b> <b>Oven Fried Fish</b> <b>Potatoes</b> <b>Tomato</b> <b>Buttered Carrots</b> <b>WW Bread</b> <b>Fruit Salad</b>	<b>29</b> <b>Cook's Choice</b>	<b>30</b> <b>Taco Salad</b> <b>Whole Wheat Chips</b> <b>Tomato</b> <b>Lettuce</b> <b>Cheese</b> <b>Brownie</b>	<b>31</b> <b>Broccoli Soup</b> <b>Cheese Salad</b> <b>Banana Pudding</b> <b>Ww bread</b> <b>crackers</b>	<b>Menu</b> <b>Subject</b> <b>To</b> <b>Change</b> <b>Without</b> <b>Notice</b>

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Launa Butler

Dorothy McCauley

Martha Haymaker

Patti Hicks

Roberta Wilson

Janet Gherke



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.

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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



West Fork Site

121 Milo Road

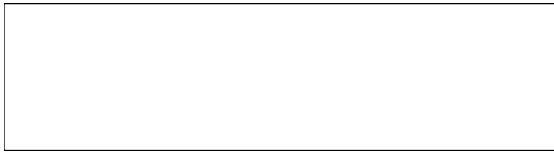
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

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