

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

Dr. Wayne Dyer was a pioneer in the personal-development field and made a profound difference in the lives of millions of people all over the world.

Here are 20 Wayne Dyer quotes to not only remember a phenomenal human being, but also to help motivate and inspire you to become a better you.

1. "Circumstances do not make a man, they reveal him."
2. "If you believe it will work out, you'll see opportunities. If you believe it won't you will see obstacles."
3. "Change the way you look at things and the things you look at change."
4. "With everything that has happened to you, you can feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose."
5. "Go for it now. The future is promised to no one."
6. "When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous."
7. "Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed."
8. "Everything you are against weakens you. Everything you are empowers you."
9. "How people treat you is their karma. How you react is yours."
10. "You cannot be lonely if you like the person you're alone with."
11. "Procrastination is one of the most common and deadliest of diseases and its toll on success and happiness is heavy."

Continued on page 12...

August Birthday Club

Connie Yopp 4th
Connie Yancey 5th
Fredrick Brown 6th
Patricia Cain 6th
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
Leonard Boggs 25th
Clifford Ellison 27th
Ruth Morris 27th
Dawn Itroy 30th

Employees

Betty Staats 23rd
Marissa Godfrey 31st

Happy
Birthday!
Wishing you a
beautiful day
and many
blessings for
the year
ahead.

CCCOA- Bingo played daily at 10:45am unless otherwise stated. Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room and more available at your leisure. **CARDIO DRUMMING WILL RESUME IN AUGUST!**

Local Events

- July 19th Pirate Party, 8:00pm at the Saundra Johnson Aquatic Center
- July 20th A Taste of Southern Italy @ 7:00pm pool side at the Saundra Johnson Aquatic Center
- July 20th Free Family Pool Party Spencer City Pool 6-8pm
- August 2nd Elimination Dinner, @ The Arnoldsburg Community Building, 5:30pm – 7:30pm; Benefits the Livestock Program
- August 13th Back to School Bash from 4pm – 6pm @ the Calhoun Middle High School, school supplies, food, and games.
- August 15th Arnoldsburg Elementary School Bash, 5pm – 7pm @ the Grantsville Aquatic Center
- August 19th First Day of School for Students!

ANNOUNCEMENTS:

- **Saundra Johnson Aquatic Center is open Tuesday –Sunday 12-6pm**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**
- **Grantsville Farmer's Market will be at a new location, just past Baker's Mart on the left under a canopy at Karen's Shreve's Realty Office; Thursday's 9am–1pm**

New chef in town! Chef Lee Rush, cooking for Cafe Cimino, Elk River Hotel and Cafe , and Cafe and Bop and Nanas bakery and catering in Sutton , WV for 25 years will now be taking over the breakfast and lunch menus for Mom's Place too in Grantsville. Look for some new surprises in the near future!



Charles Fork Lake

Camp - Hike - Fish - Kayak - bike

Creekside camping below the lake

Electric (\$20 daily)
Non Electric (\$10 daily)



Charles Fork Lake Spencer WV

First come, first serve.
Payment box on site



NOW HIRING

- CASHIERS
- SALES
- YARD

HARDMAN'S SPENCER, WV
GREAT HOURS, COMPETITIVE PAY,
EXCELLENT BENEFITS

your resume to jobs@hardmans.com
or see our ad on Indeed



RAIDER ATHLETIC CLUB

Poker Run

ATV/UTV | Registration | 9:00 AM to 10:00 AM
Reedy Community Building
118 Liverpool Road Reedy, WV 25270

\$15 entry fee per person.

\$10 for additional hand. (Limit 2 per person.)

THE LAST BIKE MUST BE OUT AT 10:00 AM

1st Place \$200 | 2nd Place \$100

Riders must stop at all stations and check in at station 5 by 4:30 to be eligible for payout - no exceptions.

If you cannot make it back to station 5 by the deadline, send your card back with someone else in your party.

Door Prizes - 50/50

Kitchen open for breakfast, lunch, and some snacks may be available at one check point.



For more information or questions call (304) 532-7996 or email
roaneathleticclub@gmail.com

FREE FAMILY POOL PARTY

SPENCER CITY POOL

20 JULY

AT 6-8 PM

JOIN US!

FREE DRINKS | FUN | GIVE-A-WAYS

PROVIDED BY: ROANE COUNTY PREVENTION COALITION



Call or Text 988 in Crisis



Calhoun Library

Trivia Night

JULY 25, 2024 - 6PM @ CCCOA SENIOR CENTER
TEAMS OF UP TO 6 PEOPLE

ROUND 1 - JULY
ROUND 2 - SHERBET LEMON
ROUND 3 - SYNONYMS
ROUND 4 - NAME THAT TUNE
ROUND 5 - DAY AT THE BEACH
ROUND 6 - MOVIES

Refreshments will be served.
Please let us know if you plan to attend. Check our Facebook page for updates!

Calhoun Library is in for some big improvements in the coming months!

#1- We will be putting in new flooring, & lighting, as well as updating the decor. The Library will be closed July 22nd-Aug. 2nd (possibly the week of Aug. 5th as well, but we will let you know) as we make these improvements. We are sorry for any inconvenience this may cause and will try to get things back to "normal" as soon as possible. Get stocked up on all your reading material this week and if you have any medium size boxes you would like to donate, we would greatly appreciate them.

#2- We are in the process of acquiring a Book Locker to be placed in Arnoldsburg. Library Card holders will be able to request books, we put the books in the locker, and you can pick-up at your convenience. We are hoping this will allow us to better serve the southern end of the county.

We will put out more details as we are able. Keep checking back for updates and progress.

These new projects are made possible by grants from the West Virginia Library

Commission, the Parkersburg Area Community Foundation and through funding provided by the Library Levy.

Cookbook Club and Trivia Night will go on as scheduled for July. However, our big Book Sale we have the first week of August every year will be postponed. We will post a start date for our big Book Sale when we decide.



Fall into Fall
CRAFT
& **VENDOR**
Event

*Saturday, October 5th
9:00am to 4:00pm*

Calhoun County 105 Market Street
Committee on Aging Grantsville, WV 26147


*Crafts, Vendors, Raffles, Food, Drinks and more! 8' and
10' table rental space available, \$10.00 per table and a
donation item for the raffle. Space available on first
come first serve basis.*

Call 304-354-7017 x 106 to register!



Minnie Hamilton Women and Maternal Care

MHHS is excited to announce the ability to do non-stress tests (NSTs) and fetal monitoring during pregnancy. For those pregnant women that need close monitoring towards the end of their pregnancy, Corrie Grogg can perform the tests in the Glenville clinic and send results to the patient's OB office. This will save patients from extra travel while still getting the OB care needed. Please call to schedule.

 Phone Number
+304-462-7322



Visit Us Today

376 WV HWY 5 E
Glenville WV 26351



Basic First Aid & CPR Training

for Adults, Children & Infants

**Grantsville Volunteer
Fire Department**
08/01/24
at 6pm

\$30 class fee

Only 12 spots available


Minnie Hamilton Health System



To sign up, call
304-354-9731

Odyssey Rehabilitation provides a Continence Improvement Program at Minnie Hamilton Health System in Grantsville.

If you are suffering from any of the following disruptions to your daily life, then you may benefit from this rehabilitation program. Frequent bladder accident disruptions include, but are not limited to: limited social interactions, disrupted sleep and fatigue, and decreased daily activity limitations.

Goals of our program include :

- Decreased number of incontinence episodes
- Decreased number of voids a day
- Increased strength and tone of musculature that helps control continence
- Increased QUALITY OF LIFE

If you are experiencing any of these issues, then please mention this to your primary care provider. Your provider can write a prescription to receive occupational therapy services which will evaluate your need for this program. Our aim is to improve your QUALITY OF LIFE.

For additional questions, you can contact the therapy department at 304.354.5981



WE ARE HIRING!

JOIN OUR TEAM

- ✓ COMPETITIVE PAY
- ✓ BENEFITS
- ✓ PTO

#YOURPARTNERINHEALTH

WWW.MHHS.HEALTHCARE/CAREER-OPPORTUNITIES.HTML

****Success at the MHHS Arnoldsburg Blood Drive!****

We are thrilled to announce that our recent blood drive was a huge success! Thanks to the incredible support and generosity of our community, we met our goal.

A heartfelt thank you to everyone who donated, volunteered, and helped spread the word. Your contributions make a difference and help save lives.

Stay tuned for our next event!

CHAIR YOGA EXERCISES FOR BEGINNERS



This gentle full body flow is suitable for beginners, seniors and those with limited mobility.

1. Cat-cow



2. Raised hands pose



3. Forward bend



4. Extended side angle



5. Pigeon



6. Eagle



7. Spinal twist



8. Warrior I



9. Warrior II



10. Reverse warrior



11. Savasana



Baked Parmesan Yellow Squash Rounds

Ingredients

2 medium-sized yellow summer squash
Garlic salt & freshly ground black pepper
1/2 cup freshly grated Parmesan cheese



Instructions

Place an oven rack in the center position of the oven. Preheat the oven to 425°F. Line a baking sheet with foil (lightly misted with nonstick cooking spray) OR parchment paper.

Wash and dry the squash, and then cut each one into 1/4-inch thick slices. Arrange the squash rounds on the prepared pan, with little to no space between them. Lightly sprinkle the squash with garlic salt and freshly ground black pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each slice of squash.

Bake for 15 to 20 minutes, or until the Parmesan melts and turns a light golden brown. (Watch these closely the first time you make them and pull them out of the oven early if the Parmesan is golden before 15 minutes. Alternatively, you may broil them for a minute or two at the end of the cooking time to speed up the browning.) Serve immediately.

Congregate meal programs provide healthy meals served in group settings. They aim to keep older adults healthy and independent, offer opportunities for social engagement, and connect people with other supports and services. If you have been on the fence about attending the CCCOA for lunch, we encourage you to give it a try. If you would like to bring someone with you, that is not 60 yrs or older, they are also welcome. We encourage all ages to attend and partake in the activities offered.

Meals are served at 11:30am, right after Bingo!

Suggested Donation Scale for Meals

Individual Monthly Income	Suggested Donation
\$700 or less	\$1.25 per meal
\$701 to \$800	\$1.50 per meal
\$801 to \$900	\$1.75 per meal
\$901 or above	\$2.00 per meal

[Guests under 60 years of age: \$6.00 per meal]

[Guests under 60, accompanying a senior: \$4.00 per meal]

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 Q1-1)	\$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>

12. "There is no scarcity of opportunity to make a living at what you love. There's only scarcity of resolve to make it happen."
13. "You leave old habits behind by starting out with the thought, 'I release the need for this in my life.'"
14. "The fact that you are willing to say, 'I do not understand, and it is fine,' is the greatest understanding you could exhibit."
15. "When you judge another, you do not define them, you define yourself."
16. "You may have convinced yourself that giving is impossible because you have too little for yourself. If you are not generous when it is difficult, you will not be generous when it is easy. Generosity is a function of the heart, not the wallet."
17. "It's never crowded along the extra mile."
18. "Peace is the result of retraining your mind to process life as it is, rather than as you think it should be."
19. "When the choice is to be right or to be kind, always make the choice that brings peace."
20. "When you squeeze an orange, orange juice comes out, because that's what's inside. When you are squeezed, what comes out is what is inside."

One of the best ways to remember people and pay tribute to their lives is to carry on their legacies somehow, someday in your own life. Let these 20 Wayne Dyer quotes motivate you to become more as a human being, tap into your limitless potential and take time out of your busy day to remember a man that transformed millions of lives in such a profound and powerful way.



August WORDSEARCH

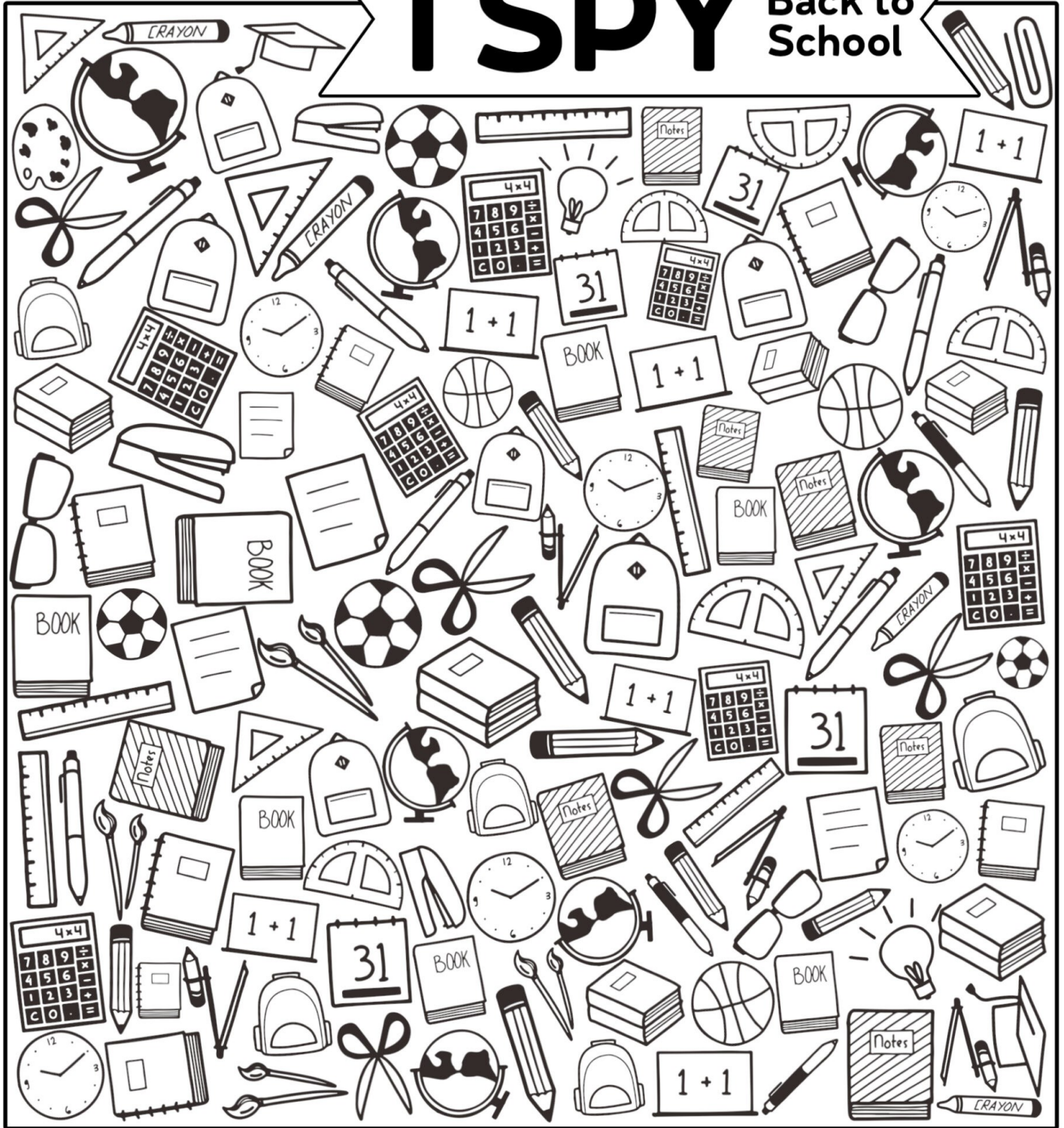
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Picnic
 Pool
 Relax
 Summer
 Sunshine
 Vacation
 Waffle

August
 Beach
 Camping
 Hot
 Lazy
 Ocean
 Peach



ISPY Back to School



- | | | | | | | | | | | | | | | | | | | | |
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Calhoun County Committee on Aging, Inc. August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2% Milk and Margarine Served Daily	Menu Subject To Change Without Notice		1 Chicken Patty Lettuce/Tomato Potatoes Cauliflower Peaches Whole wheat Bun	2 Cream Tomatoes over whole wheat Biscuit Sausage patty Apples Grape juice
5 Pinto beans/onions/ ham Slaw with carrots Applesauce Ww cornbread	6 Beef Macaroni w/ tomato sauce and onion Beets Apricots WW Bread	7 Cook's Choice	8 Hot Dog & Meat Sauce Slaw, Onions, carrots Banana Pudding Whole wheat bun	9 Pork chop Scalloped potatoes Broccoli cauliflower Tomato Juice Whole Wheat bread
12 BBQ Rib & Onions Green Beans Pineapples Whole Wheat Bun	13 Bake Steak Mashed Potatoes Gravy Peas & Carrots Whole wheat Roll Tomato Juice	14 Fish Slaw potatoes Peas Tomato Juice Whole wheat roll	15 Sloppy Joe w/tomato sauce Whole Wheat Bun Raw Vegetable Salad Peaches	16 Calcio Beans Kale Onions Applesauce WW Cornbread
19 Tomato Soup Cheese Salad Applesauce Ww crackers	20 Hamburger Patty Lettuce/Tomato/onion Potatoes Peas WW Bun	21 Meatloaf Onions Mashed Potatoes Green Beans WW Roll Peaches	22 Salisbury Steak w/ onion & Brown Gravy Mashed Potatoes Corn Oranges Whole Wheat Bread	23 Chicken tenders Potatoes Carrots Mixed fruit WW Roll
26 Oven Fried Fish Potatoes Tomato Buttered Carrots WW Bread Fruit Salad	27 Chicken ww Pasta Stem Vegetables Beets Mixed Fruit	29 Taco Salad Whole Wheat Chips Tomato Lettuce Cheese Brownie Fruit	29 Broccoli Soup Cheese Salad Banana Pudding Ww bread crackers	30 Ham Carrots Peas Mashed Potatoes Fruit Whole wheat Roll

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



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

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

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

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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619
Grantsville, WV 26147



CCCOA News, a publication of

Calhoun County Committee on Aging, Inc.



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

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

Menus published here are prepared by CYGNET Menu Management System.

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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.

West Fork Site

121 Milo Road

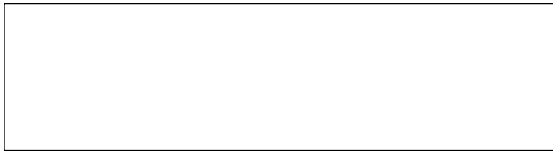
Minnora, WV 25261

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

