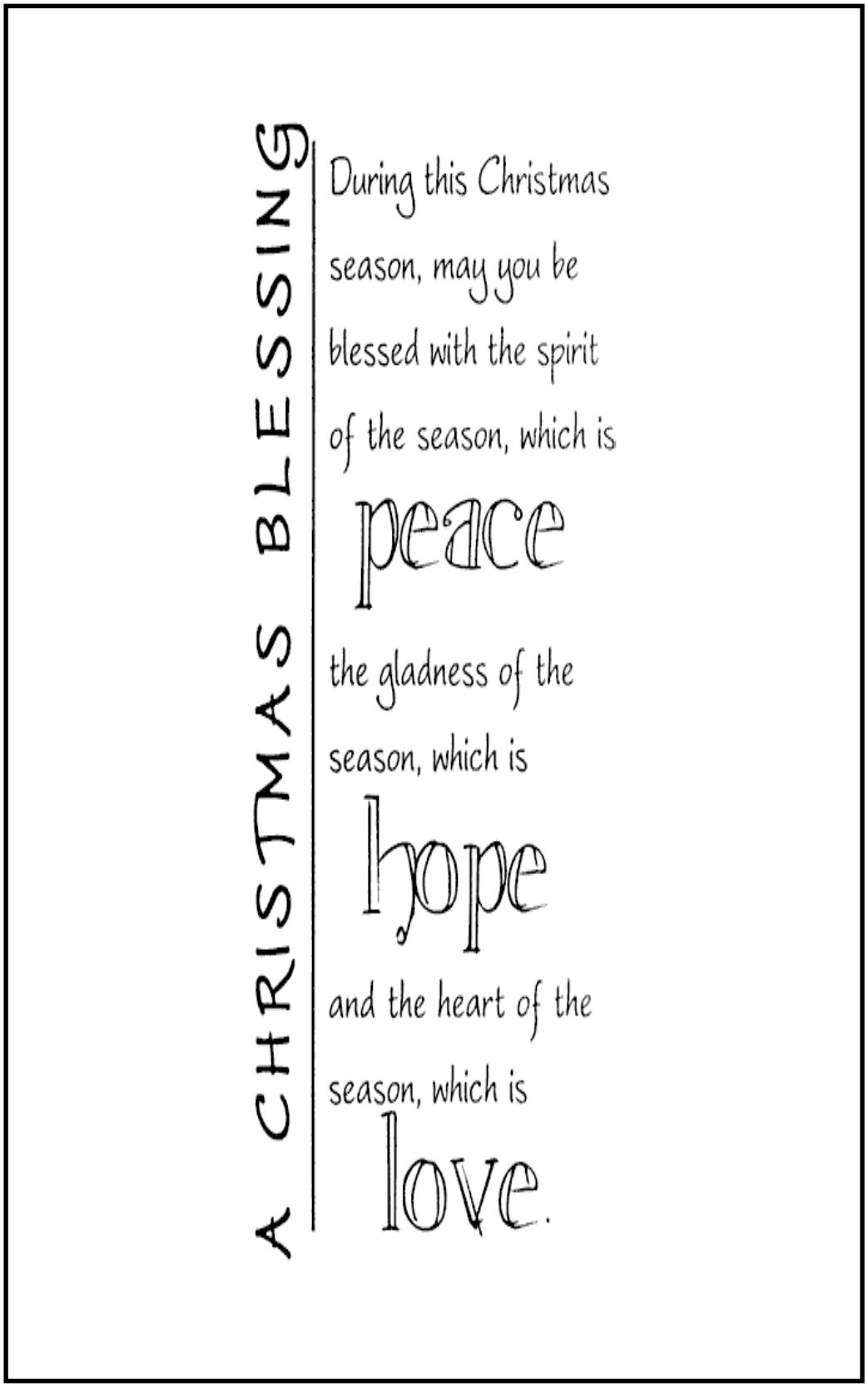
CCCOA NEWS

December 2025
Issue 215

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

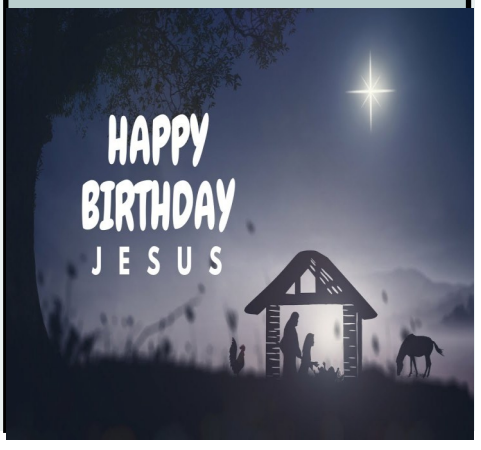


December Birthday Club

Terry Harris 7th
Sheryl Rafferty 7th
Lois Brown 8th
Evelyn McCormick 9th
Ronald Allen 10th
Joe Gonzalez 14th
Robert Fivecoait 19th
Sue Swisher 19th
Charles Stump 29th
Duane Poling 21st
Timothy Hickman 23rd
Denzil Dye 24th
Steve Dobbins 26th
Gary Godfrey 26th
Brenda Alhawawsheh 27th
Pam Davis 28th

Employees

Shonda Moore 1st
Alison Dennis 13th



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

Local Events

Nov. 25th	**Story Time @ Calhoun County Library @ 1:30pm**
Nov. 29th	**Harrisville Christmas Parade @ 6pm**
Dec. 5th	**Pancakes with the Grinch Smithville Community Bld. @ 5pm-7pm**
Dec. 6th– Jan. 3rd	**Calhoun County Park Light Display**
Dec. 5th	**CCCOA Craft & Vendor Event from 3pm to 9pm.**
	Christmas Parade in Grantsville beginning @ 6pm, line–up is at the Grantsville Fire Hall beginning @ 5pm
	1982 Foundation Gift of Giving Event
Dec. 6th	**A Calhoun Christmas Carol @ the Historical Society, first showings @ 6pm; second showing @ 7:30 pm**
Dec. 11th	**Charleston WV Christmas Parade @ 7pm**
Dec. 13th	**6th annual Holiday Makers Market at Lakeview Market ; 2450 Ellenboro Road, Harrisville, WV from 10am–3pm**
Dec. 13th	**Charleston WV Christmas Lighted Boat Parade; 6pm-9pm**
	Haddad River Front Park
Dec. 18th	**Trivia Night sponsored by the Calhoun Library @ the CCCOA beginning @ 6pm**
Dec. 18th	**Pancakes in Pajamas @ Calhoun Middle High School – 4pm-6pm**
Dec. 24th-26th	**CLOSED in observance of CHRISTMAS!**
Dec. 31st-1st	**CLOSED in observance of New Year's!**

Monday, Wednesday & Friday @ 10am– Chair Yoga or Cardio Drumming!

Help us celebrate a very special milestone!

November 28th, **Goldine Barton** will be turning 100 years old!

To make her day extra special, we're hoping she can receive 100 birthday cards to mark this incredible occasion.

Let's fill her mailbox with love, joy, and well wishes for her **100th birthday!**

Mailing Address:

MHHS LTC, Attn: Goldine Barton, 186 Hospital Drive, Grantsville WV 26147

What's New at Community Resources

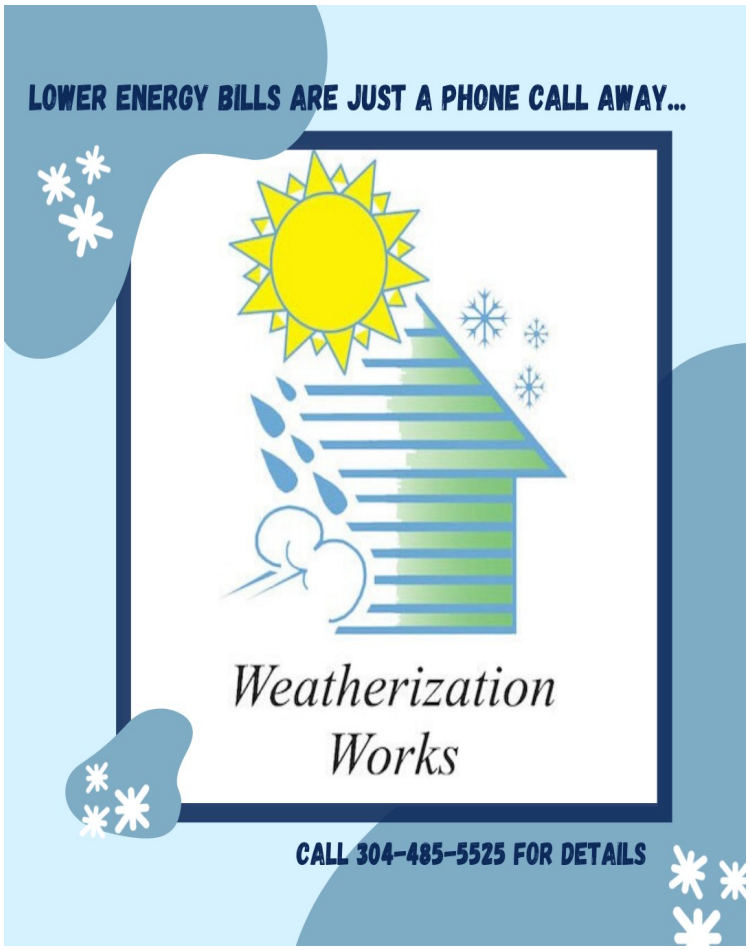
Community Resources can help you save money on energy bills!

Does the winter cold have you feeling blue? Apply for our Weatherization program! Weatherization can help you reduce your energy bills and make your home cozy all year round.

You can now apply online:

http://Form.Jotform.Com/91903299849171

Or by calling 304-354-9625 to see if you qualify!



CCCOA CHRISTMAS CRAFT & VENDOR EVENT

Friday, December 5th, 2025

The night of the Grantsville Christmas Parade!

Time: 3:00pm ~ 9:00pm

Location: CCCOA (Grantsville Senior Center)

Address: 105 Market St. Grantsville, WV 26147

Crafts, Vendors, Raffles, Food, Drinks & more!

A Vintage Christmas

Join us for "A vintage Christmas" Parade

December 5th 2025

6PM

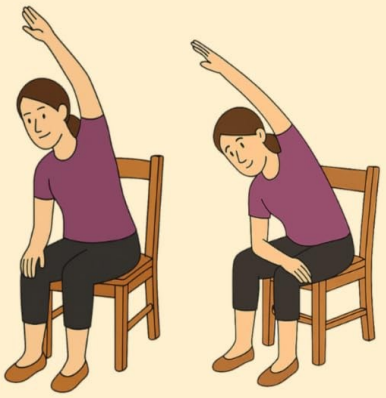
Main Street Grantsville, WV

Bringing back the Tradition of Family

CHAIR YOGA EXERCISES

1. HELICOPTER

2. SIDE BEND



3. HALF- FORWARD FOLD

4. QUADRICEPS STRETCH

5. MOUNTAIN

6. PIGEON

7. KNEE HUG

8. HAMSTRING STRETCH

9. RAISED HANDS POSE

8. LUNGE

11. WARRIOR SERIES

12. COW/ CAT

Programs offered by the CCCOA

Older Americans Act Programs/LIFE

Individuals age 60 and older may be eligible for a variety of in-home services through the Older Americans Act. These services are offered through county aging providers (senior centers). As they may vary by county, please contact the providers for further information. Examples of services include:

Home-delivered meals – a healthful meal is delivered to the home of an eligible homebound individual.

Assisted Transportation – assistance for those who have difficulties using regular vehicular transportation

Chore – heavy cleaning and yard maintenance for seniors who are unable to handle such tasks on their own

Homemaker – preparation of meals, shopping, managing medication, and laundry for seniors who are unable to handle such tasks on their own

Caregiver Support – helping caregivers access information and assistance, formation of support groups, and respite services for caregivers

LIFE (Legislative Initiative for the Elderly) is a state-funded program and part of the senior center array of services. Services vary by county but are modeled after those provided by the Older Americans Act.

Lighthouse

Lighthouse is designed to assist those seniors who have functional needs in their homes, but whose income or assets disqualify them for Medicaid services. The Lighthouse Program, available in each county, is funded entirely by state monies and provides support in four areas: personal care, mobility, nutrition, and environmental.

FAIR (Family Alzheimer's In-Home Respite)

Caring for a loved one with Alzheimer's disease or a related dementia can be very stressful, and caregivers need a regular break from the demands of the job. The FAIR Program, available in every county of West Virginia, offers relief to family caregivers and, at the same time, provides one-on-one attention and individualized activities for persons with a written diagnosis of Alzheimer's disease or a related dementia.

FAIR gives caregivers the time to do things most of us take for granted—run errands, keep appointments, visit family and friends, shop for groceries, or even take a nap. FAIR clients (family caregivers) can receive up to sixteen hours of respite per week, based on need and availability of hours and trained staff. The fee for FAIR services depends on the income of the person with dementia.

The Medicaid Aged and Disabled Waiver (ADW) Program

Provides in-home and community services to individuals who are medically and financially eligible. Medical eligibility is based on a functional assessment by a medical professional.

Medicaid Personal Care

The Medicaid Personal Care Program includes hands-on, in-home services provided to those who are medically and financially eligible. Medical eligibility is based on a functional assessment by a medical professional.

Services provided in Personal Care include assistance with:

Personal Hygiene, Dressing, Feeding, Nutrition, Environmental Support (Light Housekeeping), Health-Related Tasks

For more additional information, please call 304-354-7017. We would love to see how we can help you live a better-quality life!

Minnie Hamilton Health System

Dental Office

The dental office offers a sliding fee discount for qualifying patients based on family income and size. Call 304-354-5999 for more information.

Services

- General Dental Care
- Fillings and Extractions
- Dentures, partials and crowns
- Restorative
- Night Guard
- Mouth Guards (for sports)
- Digital X-rays
- Preventive services
- Oral Cancer Screenings
- School Based Services

Hours of Operation

Monday & Friday 7:30am-4:00pm

Tuesday, Wednesday, Thursday
7:30am-6:00pm

WALKIN APPOINTMENTS
Monday-Friday 7:30am or 12:30pm

Location

186 Hospital Drive
Grantsville WV 26147
304-354-5999

Dentist

Dr. Ariel Mooney, DDS
Dr. Ashley Noah, DDS

Dental Hygienist

Caitlin Eakle, RDH
Sarah Dague, RDH

Minnie Hamilton Health System

Infusion Therapy

Infusions Available

- Antibiotics for infections
- Iron for Iron Deficiency Anemia
- Biologic Medications-drugs that target specific parts of your immune system to treat diseases
- Medications for osteoporosis given as per order IV, IM and Subcutaneous
- Magnesium and Potassium infusions
- Routine maintenance and flushing of implanted ports
- Blood Transfusion
- **AND MORE!**

Individual planning is provided to meet all your infusion needs.

To Schedule

Elizabeth Dawson, RN
304-354-9244 ext. 5977

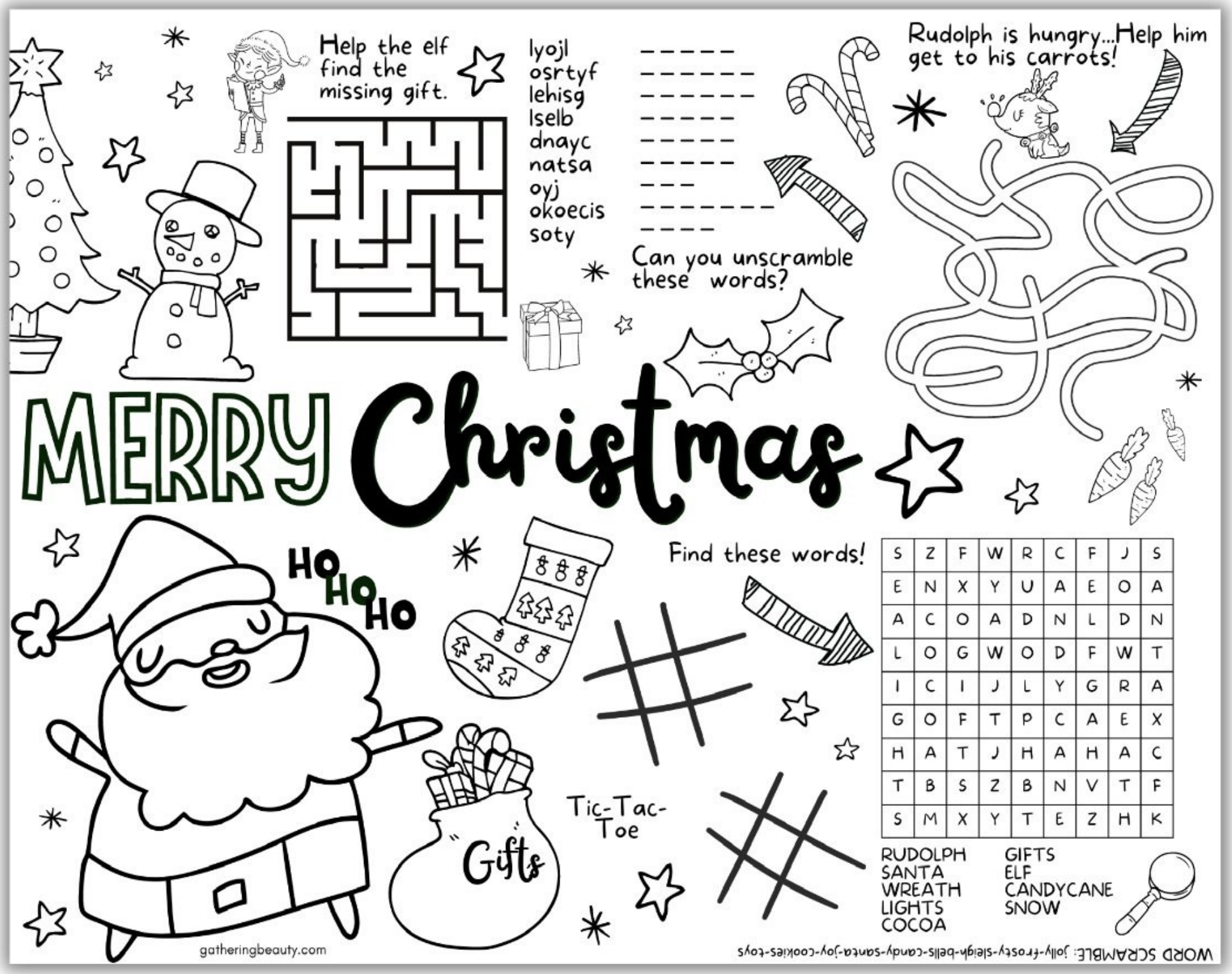
Location

186 Hospital Drive
Grantsville WV 26147

Hours

Monday-Friday 8am-4pm

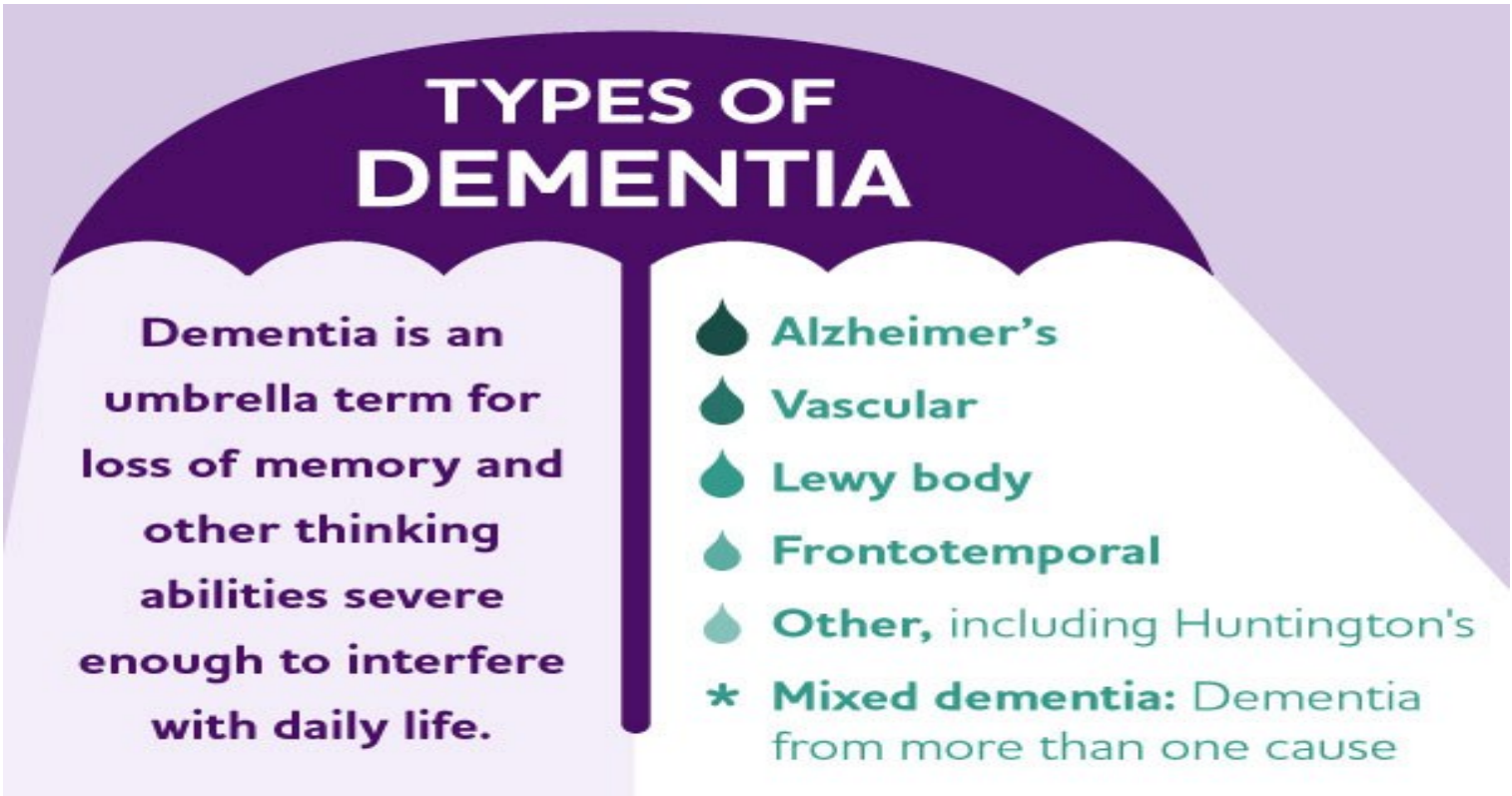
Contact us today and let us be Your Partner in Health.

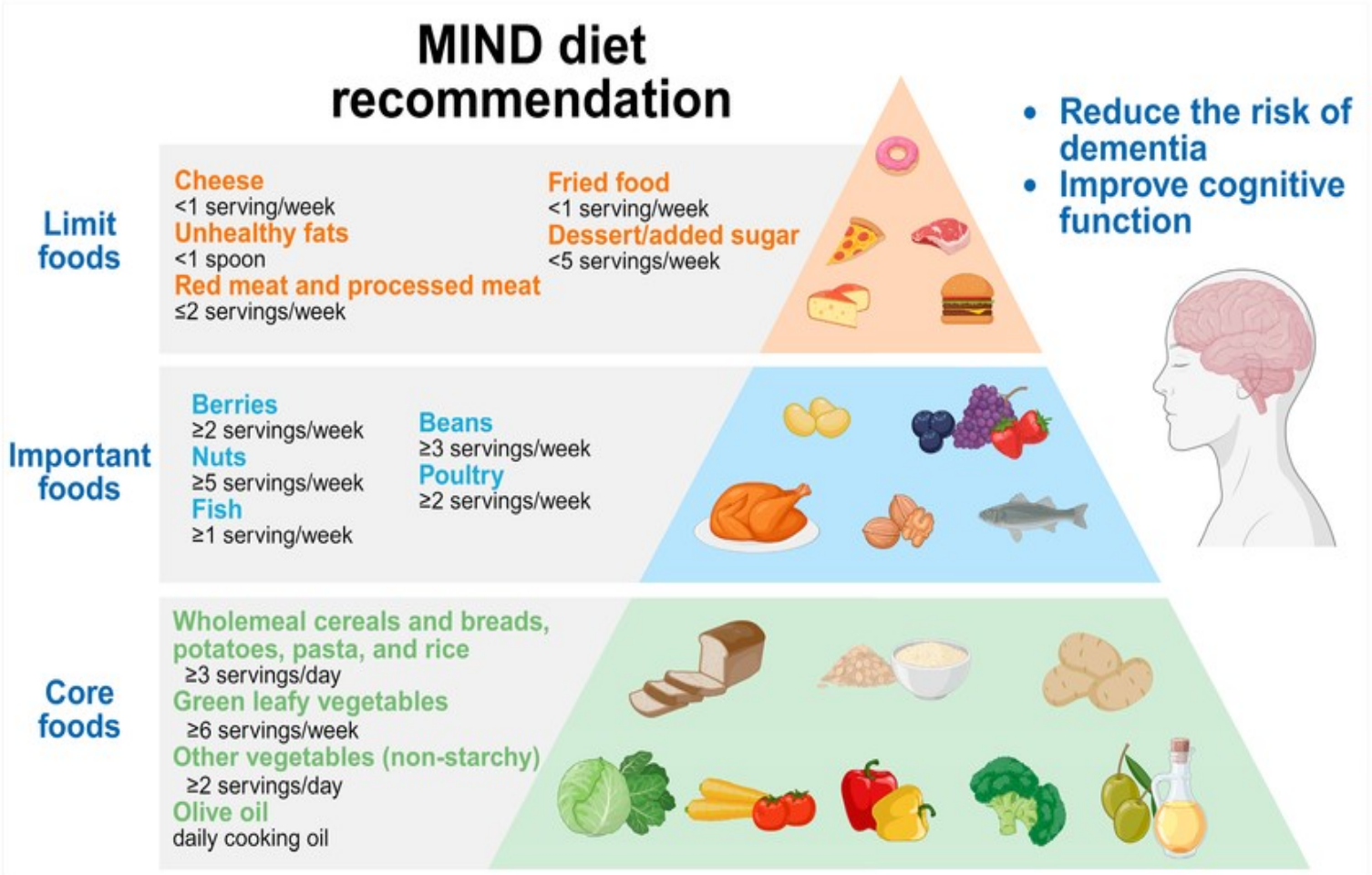

Help the elf find the missing gift.
lyojl
osrtyf
lehisg
lselb
dnayc
natsa
oyj
okoecis
soty
Can you unscramble these words?
Rudolph is hungry...Help him get to his carrots!
MERRY Christmas
HO HO HO
Gifts
Tic-Tac-Toe
Find these words!
S Z F W R C F J S
E N X Y U A E O A
A C O A D N L D N
L O G W O D F W T
I C I J L Y G R A
G O F T P C A E X
H A T J H A H A C
T B S Z B N V T F
S M X Y T E Z H K
RUDOLPH
SANTA
WREATH
LIGHTS
COCOA
GIFTS
ELF
CANDYCANE
SNOW
gatheringbeauty.com
WORD SCRAMBLE: jolly-frosty-sleigh-bells-candy-santa-joy-cookies-toys

MIND Diet for Dementia— Alzheimer's Disease

Can certain foods or diets really prevent or delay dementia that is caused by Alzheimer's disease? Research is consistently exploring how certain diets and foods impact the body. Evidence suggests that the foods we eat are affecting the aging brain's ability to think and remember. According to the National Institute on Aging, dementia is the progressive loss of cognitive functions—including thinking, reasoning, and memory—to an extent that it interferes with a person's daily life. This broad term, which includes conditions like Alzheimer's disease, can significantly affect food consumption. Individuals with dementia may forget to eat, be come distracted during meals, or even lose the ability to use utensils. This raises a critical question: could specific diets help slow the progression of memory loss?

One popular diet that researchers are exploring is called the MIND diet. The MIND diet is short for a Mediterranean-DASH (Dietary Approach to Stop Hypertension) Intervention Neurogenerative Delay. It takes two healthy eating plans and com bines them together into one. Research is suggesting that the MIND diet may help protect the brain and lower the risk of memory loss in people as they age. The MIND diet's main focus is to promote foods that are good for the brain, including dark leafy green vegetables, berries, whole grains, nuts, olive oil, fish and beans. These foods are packed with vitamins, minerals, heathy fats and antioxidants that help reduce inflammation and protect brain cells from damage. The MIND diet emphasizes reducing certain foods as well. It is recommended to eat less butter, red meats, fried foods, sweets, and cheese, as they can raise cholesterol and increase inflammation. This is important because inflammation can harm brain health over time. The diet's focus is to increase the foods that boost brain health while reducing those that may contribute to cognitive decline. While there is no cure for dementia or Alzheimer's disease, the MIND diet offers hope by potentially slowing their progression . While more research is needed, this evidence is a reminder that the daily food choices we make can possibly change our minds.





Herbs and Spices—Basil is a very popular herb around the world. With its fresh, sweet smell and vibrant green leaves, it has become a staple in most homes. Basil if often used in cooking to add flavor to dishes like pasta, pizza and salads. There are many types of basil, but the most common is sweet basil. Sweet basil is what is used in many Italian dishes. Other types of basil do exist. One type is called Thai basil, which has a slightly spicy taste. Another is called lemon basil; the name speaks for itself because it has a light citrus flavor. Each type of basil has its own unique taste and smell. Beyond adding some freshness and flavor to dishes, basil offers several health benefits. It contains vitamins A, K and C, as well as antioxidants. These compounds help protect the body by reducing inflammation and supporting a healthy immune system. Basil has been used by people for thousands of years. Its is one of the most popular herbs and continues to be used in kitchens all over the world.

Christmas Trivia Answers

1. Which popular Christmas beverage is called "milk punch?" _____

2. *In Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind? _____

3. What's the highest-grossing Christmas movie of all time? _____

4. What words follow "Silent Night" in the song? _____

5. What are you supposed to do when you find yourself under the mistletoe? _____

6. How do you say "Merry Christmas" in Spanish? _____

7. Which country does eggnog come from? _____

8. Which U.S. state has a town called Santa Claus? _____

9. Who was the author of *A Christmas Carol*? _____

10. What is the name of the real-life department store in the movie *Miracle on 34th Street*? _____

11. In *A Christmas Carol*, what was the first name of Scrooge? _____

12. Which country started the tradition of putting up a Christmas tree first? _____

13. What are the two other most popular names for Santa Claus? _____

14. What made Frosty come to life in the movie *Frosty the Snowman*? _____

15. How many gifts in total were given in "The Twelve Days of Christmas" song? _____


How many gifts are in Santa's bag?
Merry Christmas
NORTH POLE
Word Search
M O
K M R B
P S B N R C
B O T U A O A L
T I A N M B L E
Z R I E T E
J G S T N B N I
G W A E T N D L
K C A N R K A A P J
B O B U L O R W
N L I S T M A R E L
L E T T E R B N S E
T O H S T O B A D O
Star
Garland
25
Calendar
Ornament
Letter
List
3) What has a lot of needles but can't sew?
Connect the dots
1) Why is Santa really good at karate?
2) What bites but doesn't have any teeth?
Maze: Help Frosty find his hat
Word Scramble
NATSA
LGNAE
YLOLH
Tic Tac Toe
4) What is a ball that does not bounce?
Find all the items
worksheet shop
1) Because he has a black belt. 2) Frost. 3) Christmas tree. 4) A snowball

Calhoun County Committee on Aging, Inc.

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 A1 Steak w/ brown gravy potatoes Beets Oranges Whole Wheat Bread	2 Pinto Beans w/ham Mixed Greens Onions Mixed fruit Ww Cornbread	3 Tomato soup Cheese salad sandwich fruit Whole Wheat Bread	4 Chicken Patty Macaroni & Cheese Pears Pickles Whole Wheat Bun	5 Spaghetti w/meat sauce Tomatoes Steamed vegetables Tropical fruit Ww bread
8 Hamburger Onions/pickles Ranch potatoes Fruit Ww bun	9 Pork BBQ Corn onions Fruit Whole wheat bun	10 Baked Steak Mashed Potatoes Green beans onions Mixed Fruit Whole Wheat Roll	11 Fish Coleslaw w/carrots French Fries Fruit Salad Whole Wheat Bun	12 Vegetable Beef Soup Peaches Peanut Butter Sandwich Ww bread
15 Fish Peas & carrots potatoes Fruit Ww bun	16 Chicken tenders Whole Wheat roll Macaroni and cheese Green beans w/onions Fruit	17 Chili w/ beans & meat Peanut butter sandwich ww bread Fruit	18 Christmas Dinner 	19 Rib sandwich onions Ranch Potatoes Peas & carrots Fruit Whole Wheat Bun
22 Baked Beans w/ wieners Onions Kale Ww cornbread Fruit	23 Chicken Noodle Soup Brussel Sprouts Fruit Ww crackers	24 Sloppy Joe Whole Wheat Bun Mix Vegetables Peaches Potatoes	25 CENTER CLOSED Merry Christmas! 	26 Cook's Choice
29 Chicken w/ ww pasta Steamed vegetables Banana Pudding Ww bread	30 Italian sausage Kraut Carrots Fruit Ww bun	31 Cook's Choice	Milk And Margarine Served Daily Menu Subject To Change Without Notice	

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke– Treasurer

Dorothy McCauley

Martha Haymaker

Lin Williams

Karen D'Imperio

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

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

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.

Calhoun County Committee on Aging

PO Box 619

Grantsville, WV 26147

To Contact CCCOA:

Phone: 304-354-7017

Fax: 304-354-6859

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