

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

One warm evening many years ago...

After spending nearly every waking minute with Angel for eight straight days, I knew that I had to tell her just one thing. So late at night, just before she fell asleep, I whispered it in her ear. She smiled – the kind of smile that makes me smile back –and she said, “When I’m seventy-five and I think about my life and what it was like to be young, I hope that I can remember this very moment.”

A few seconds later she closed her eyes and fell asleep. The room was peaceful – almost silent. All I could hear was the soft purr of her breathing. I stayed awake thinking about the time we’d spent together and all the choices in our lives that made this moment possible. And at some point, I realized that it didn’t matter what we’d done or where we’d gone. Nor did the future hold any significance.

All that mattered was the serenity of the moment.

Just being with her and breathing with her.

The moral: We must not allow the clock, the calendar, and external pressures to rule our lives and blind us to the fact that each individual moment of our lives is a beautiful mystery and a miracle – especially those moments we spend in the presence of a loved one.

<https://www.marcandangel.com/2013/05/21/4-short-stories-change-the-way-you-think/>

February

Birthday Club

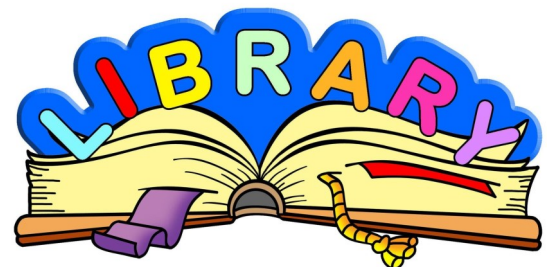
Carolyn Carpenter 4th
Karen Carter 6th
Robert Sturms 7th
Romaine Walburn 8th
Brian Lamont 12th
Garnet Husk 13th
Stephen Miller 15th
Mary Brown 18th
Violet Hardway 18th
Bonnie Strouse 19th
Carolyn Cain 21st
Sharon Lane 21st
James Sturms 21st
Carol Kanalley 22nd
Sam Nicholson 23rd
Joan Ward 27th

Employees

Donna Nichols 13th
Carol Kanalley 22nd
Brenda Ackley 26th

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

- Feb. 2nd Groundhog Day!
- Feb. 10th Calhoun County Livestock Program is hosting a Italian Dinner and Evening of Fun on Friday, February 10, 2023. Dinner Choice is Manicotti or Alfredo, served with salad, garlic bread, dessert and drink. Cost is \$15 person or \$25 per couple We will have music and also have Door Prizes, 50/50 Raffle, Silent Auction and other Raffles. Arnoldsburg Community Building
- Feb. 10th Valentine's Dance, from 6pm to 8pm @ the Arnoldsburg Elementary School. (see picture below for more info.)
- Feb. 11th Be My Valentine Pageant @ 2pm (see picture below for more info.)
- Feb. 11th Valentine's Day Craft & Vendor Show, 8:00am-6:00pm, Calhoun-Gilmer Career Center
- Feb. 14th Valentine's Day!
- Feb. 20th President's Day!
- Mar. 18th Dinner/Auction/ Benefit for Lori Parsons, dinner 4pm—6:00pm, Auction 6:00pm @ Brooksville Baptist Family Life Center

Announcements

FREE TAX PREP— Call CRI and speak with Janet @ 354-9265

Alice's Attic has a music jam everything Thursday night beginning at 6:00pm.

New Laundromat Hours -Open 7 days a week!! 8am til 8pm!! Mount Zion @ 7200 S. Calhoun Hwy

Laundromat Prices: Big Washer \$8.00 Medium Washer \$6.00 Small Washer \$3.00

The washer's have other options you can choose also, each one is 25 cents extra.

Dryer's are 25 cents for five minutes. They also have 2 washer's and dryer's marked for oil field clothes.

F E B R U A R Y 1 0

VALENTINE'S DANCE

Arnoldsburg Elementary's Fourth Grade Class will be hosting a Valentine's Dance on February 10th, 2023 from 6 - 8 pm. All proceeds will go for their end of year field trip.

There will be games, activities, and concessions.

Admission is \$5 a person or \$15 for a family of 3 or more. Cost of games and photo booth are included with admission cost.

February 10th from 6 - 8

Be My Valentine Pageant

February 11th 2023 at 2:00 pm
At The Arnoldsburg Community Building

Theme is Valentine wear

0-11 MONTHS 1-2 YEARS

3-4 YEARS 5-6 YEARS

7-9 YEARS 10-12 YEARS

13-15 YEARS 16-20 YEARS

ONLY ACCEPTING 10 GIRLS PER DIVISION

SPONSORED BY THE WV MOLASSES FESTIVAL PAGEANT



RADIOLOGY SERVICES

GRANTSVILLE SITE

- Mammogram
- Bone Density Testing
- Ultrasound
- X-Ray
- CT Scan

GLENVILLE SITE

- X-Ray

COPLIN SITE

- X-Ray

If you have an order from your provider, you can walk in for a regular x-ray. All other exams require an appointment. If you have any questions regarding services or scheduling, please contact the Radiology Department at 304-354-9736.



FEEL OVERWHELMED?
 CALL / TEXT **8 7 7 - H E L P 3 0 4**
 CHAT **HELP304.COM**
 WV'S EMOTIONAL STRENGTHLINE 

988 SUICIDE & CRISIS LIFELINE

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

community

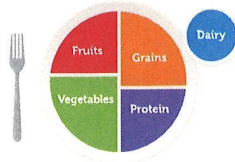
resources
 inc.

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

1-844-HELP4WV

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

Start *simple*
with **MyPlate**



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Break it up over the whole week however you want!

Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

And all sorts of activities count.



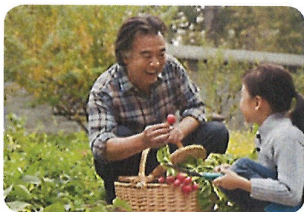
Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can **find a way that works for you.**



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner



BUDGETING TIPS FOR OLDER ADULTS

We all know how important it is to save money, but sometimes that's easier said than done. Everywhere we go, there are different demands on our wallet, from weekly grocery trips to exciting new films at the movie theater to self-care treats at the hair salon. Add those expenses to monthly bills, medication costs and gas fill-ups, and it's no wonder our wallets can end up stretched thin.

Failing to budget can lead us into risky situations. If we spend a little too much on our cell phone and cable contracts, we may find ourselves coming up short when it's time to make our credit card payments. We may have to make difficult choices between scheduling an important but potentially expensive health appointment and keeping our homes stocked with enough food. We may turn to loans for temporary relief, and wind up deeper in debt when it comes time to pay them back.

To avoid these harmful situations, we can look for ways to budget our expenses, so we no longer run the risk of being unable to cover necessary expenses such as rent, medication, doctor's fees, insurance and credit card payments. To get started, consider the following areas of your current budget:

1. Utilities

Utilities can often take up a big portion of our expenses, but the good news is that there are several ways to cut back on the amount of money we spend on electricity, heating, cooling, and other fees associated with running a house. Here are just a few tips to consider:

Unplug electronics from outlets when not in use

Turn down the heat or air conditioning when not at home

Avoid turning on lights or television unnecessarily

Be mindful of how much time is spent in the shower or running sinks

Seal chimney flues, windows, and doors to save on heating and cooling

Turn down water heaters set at the high 140-degree factory setting to the more comfortable 120-degree setting

Use the cold water setting when doing the laundry instead of high heat when possible

Use LED light bulbs

Clean out the filters and lint traps of appliances to keep them from losing efficiency

Discuss Budget Billing plans with your utility company(ies)

Look into programs offered by your state to help individuals on a fixed income, such as the Low-Income Home Energy Assistance Program

2. TV, Phone, and Internet Fees

With the world becoming more and more plugged in, fees associated with cell phone, internet and television are hard to avoid. To cut costs, consider:

Bundling services rather than paying for each separately

Switching to a prepaid cell phone plan to prevent unexpected overage fees and set limits on talk, text, and data usage

Cutting unused cable channels and packages. If we aren't big TV watchers, it may also be worthwhile for us to drop cable entirely.

Looking into and comparing prices between cable alternatives such as Roku, Netflix, Hulu, and Fire Stick

Removing landline service if it is no longer used

Exploring discounts for older adults on a fixed income, such as AT&T Access, Spectrum Internet™ Assist and Internet Essentials

3. Shopping

Shopping is a necessary part of life, but it can also be a drain on our expenses if we don't shop smart. To keep our shopping expenses manageable, we can:

Save purchasing unessential items for when there's room in our budget to do so, or wait until they are on sale

Take small amounts of cash with us and avoid using credit cards to limit spending

Use coupons or promotion codes whenever possible

Leave a cushion in our budget in case we need to make an unexpected, emergency purchase

Explore prices at different stores so we're not spending more when there are better deals elsewhere

Shop at discount stores or warehouse clubs like Costco where we can make inexpensive bulk purchases. However, we should remember not to buy things we don't need just because the price is good!

See if stores we frequent offer savings clubs or senior discounts, and avoid opening charge cards at stores we do not visit often

4. Dining and Groceries

Food is an important part of maintaining our health and should by no means be neglected in the name of saving money. There are ways to cut costs, but we should make sure to never keep ourselves understocked or cut down on maintaining a healthy diet to budget.

When possible, cooking at home rather than going out to restaurants is the more affordable, and often the healthier, choice. To save money on our grocery trips, we can:

Plan so we know what we need, and avoid buying things that are not on our list

Take a calculator and add up everything we put into our cart so we can be sure we aren't spending more than we can afford

Bring coupons, or look for store coupons or special sales available at the grocery

Compare prices between brands. Sometimes it's better to invest in a better brand if the taste and quality is better, but oftentimes the store or off-brands taste just as good or better for a lower price

Be mindful of the quantities we buy if the food can easily spoil

Avoid shopping while we are hungry, and avoid bringing along hungry guests such as children who may ask for unneeded snacks or junk food

5. Entertainment and Hobbies

Saving money is important, but so is living a full and enriching life filled with the things you love to do. Budgeting isn't about sacrificing the things you care about but prioritizing your expenses, so you have enough for both necessities and what matters most to you. A sustainable budget should leave room for entertainment and hobbies, but to maximize on our savings, we should also keep in mind to:

Take advantage of free entry or discount days when going on outings or going someplace without an entrance fee. If you're not sure if a place you're visiting offers discounts for older adults, don't be afraid to ask!

Use a local library to access books, movies, audiobooks, music, games, and other entertainment items free of charge

Choose activities everyone can enjoy when going out with friends or a spouse, so no one is spending money on something they are uninterested in. [Budgeting Tips for Older Adults \(benrose.org\)](http://benrose.org)

Two Step Chicken

The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup. Pair it with a salad, or roasted mixed vegetables for a colorful dinner. Even better, 2-step around the kitchen while it is heating up, getting some physical activity while you cook!

Ingredients

1 tablespoon vegetable oil

2 Boneless chicken breasts

1 can cream of chicken soup (10 ounces)

1/2 cup water

Directions

Heat oil in a skillet at a medium-high setting.

Add chicken and cook for ten minutes.

Remove chicken from pan and set aside.

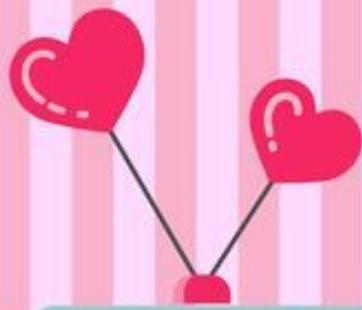
Stir the soup and water together in the skillet and heat it to a boil.

Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

Notes

To lower sodium content, use reduced sodium cream of chicken soup.





Valentine's Day

Word Search



Words may be horizontal, vertical and diagonal.



SURPRISE ♥ FOURTEENTH ♥ LOVEBIRDS ♥ CUPID ♥ POEM ♥ BOUQUET
LOVE ♥ CANDLES ♥ RIBBONS ♥ DOVES ♥ KISS ♥ FRIENDSHIP ♥
CANDY ♥ FEBRUARY ♥ FLOWERS ♥ HEART ♥ RED ♥ SECRET

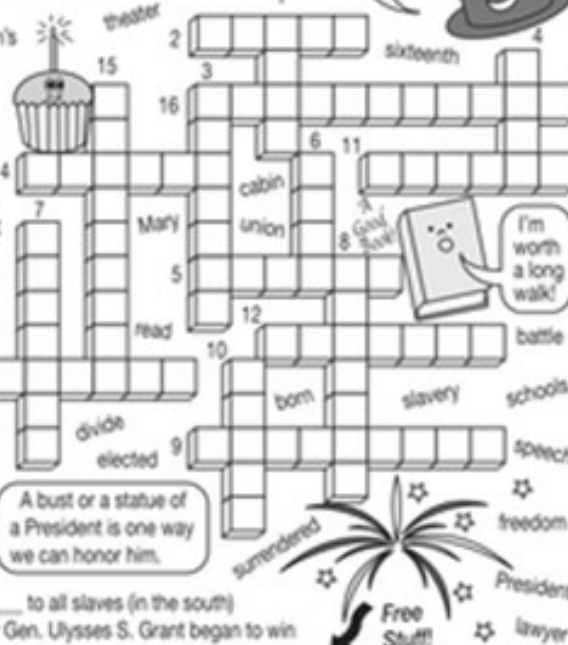


Honoring Our Presidents

February 12th is the anniversary of President Abraham Lincoln's birth. Many people think he was our greatest President! He kept the union of the states together. He freed slaves. He is still remembered today for his powerful and heartfelt speeches. Read the clues to help you fill in this puzzle about Lincoln:

- he was _____ on February 12, 1809 in Kentucky
- his family lived in a one-room log _____
- there were no _____; Abraham spent his days playing or working
- he loved to _____; would walk for miles to borrow a book
- in 1836, he received his license to be a _____
- in 1842, he married _____ Todd Lincoln; they had four sons
- he was elected to the U.S. House of Representatives for one term (Whig Party); opposed the spread of _____ into new areas
- in 1858, he ran for the U.S. Senate, but was not _____
- the Republican party, which opposed slavery, chose Lincoln to run for President (1860); he won, becoming our _____ President
- right away some southern states split from the _____; they wanted to start their own government
- Lincoln did not want the country to _____; the Civil War began with the Confederate Army, led by Gen. Robert E. Lee, having the upper hand
- during the war, in 1862, Lincoln signed the "Emancipation Proclamation" giving _____ to all slaves (in the south)
- after _____ (1863) at Gettysburg, PA, the war's tide turned - the Union Army led by Gen. Ulysses S. Grant began to win
- Lincoln traveled to Gettysburg to give a _____ - it has become famous: The Gettysburg Address
- in 1864, Lincoln was elected _____ again
- the Confederate Army _____ in April 1865; Lincoln urged all Americans to make peace and get along
- five days later Lincoln went to the _____ with his wife, where John Wilkes Booth shot Lincoln and killed him

Lincoln was famous for wearing a stovepipe hat!



Print out free puzzles and take advantage of great reading log and certificate sets @ www.readingclubfun.com

Name: _____

Sweet Word Search

Directions: Find all the words listed in the word bank. Have fun!

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



Word Bank

Candy
Chocolate
Heart
Pink
Hug
Kiss
Red
Love
Party
Treat
Valentine
XOXO

Soapbox

Last year was not a good year for me. I had an upper respiratory virus twice and COVID once. I got through all with flying colors. I had no snakes, lots of ants and 15 mice. (Dead of course!) I had one raccoon which turned into five of them and now I see only two. I had two opossum visitors. (One small and one large.) My groundhog hibernated last fall. I had four squirrels but I'm used to all of these animals. Plus, all the deer that leave deposits all over my yard! BUT what I'm not used to is a cat that appeared out of nowhere onto my front porch steps back in September.

It was too lovable, to rub a dub dubby around my legs and ankles and too clean and healthy looking to be a stray. I called "WAG." Jane Carpenter is my neighbor. We all thought it was a female in heat as it was acting goofy. It needed spayed. She planned to pick it up Thursday and bring it back on Friday afternoon. My carrier door was broken so I called Michelle and she brought her carrier over Wednesday night. We put the cat in with no problem and set it on the porch. The cat rolled the carrier all the way across the porch. The carrier was fabric and a mesh door that zips up on one side across the top and down the other side. We put it in the corner of the porch with chairs around it so it couldn't roll. She went home and I watched T.V. I went to check the cat and did I get a surprise. I turned on the porch light, opened the door and sitting on the table next to the front door was the cat!!! The carrier was completely unzipped. I shut the door after I let the cat off the front porch, turned out the light and went to bed.

I got up the next morning and the cat and the carrier were gone. At 1:30 that very afternoon, the carrier was back on my sidewalk and the cat was on the steps. What?? The papers were stuck in the carrier and said I had a neutered male. What?? I called Michelle and she was certain that I got the wrong papers. I checked to see if the cat was shaved on it's side. It was. I called Jane and she too said that, yes, I had a neutered male cat. Seriously? That goofy cat is a male.

Jane stopped back in a few days to get the donation for WAG and I had placed the money for the neutering in the envelope, but Jane said that the cat was previously neutered. What?? So, I didn't have to pay for that procedure as it was already completed. Why would someone get rid of a neutered male cat? Who knows?

So, the cat got stuffed in a carrier, went for a ride, got knocked out, got shaved, and traveled back from the vet to his original point all in one day for nothing. The story isn't over.... next month I'll tell you how he got his name and about our new four-footed addition.

Til next month

~Judy~

Grantsville Site



be
CREATIVE



IT'S THE
little
things
IN
LIFE

Express Yourself

Calhoun County Committee on Aging, Inc.

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sausage Gravy Potatoes Apples Ww Biscuits	2 Fish Carrots Mac & Cheese Ww Bun Fruit	3 Hot Dog w/ Meat Sauce Baked Beans Coleslaw Ww bun
6 Salisbury Steak Mashed Potatoes Gravy Carrots Ww Roll	7 Tomato Soup Cheese Salad Sandwich Ww Crackers Fruit	8 Rib Sandwich w/ Onions Potatoes Brussel Sprouts Fruit Ww bun	9 Pinto Beans w/ham Greens Onion Applesauce Ww Cornbread	10 Stuff Peppers Mashed Potatoes Carrots Ww Roll Juice
13 Pork Chop Mashed Potatoes w/Gravy Peas Ww Roll Juice	14 Spaghetti w/meat sauce Stem vegetables Ww Roll Fruit	15 Ww Pizza Corn Jell-O w/Fruit	16 Vegetable Beef Soup Ww Crackers Beets Fruit	17 Chicken Tenders Gravy Mashed Potatoes Peas & Carrots Ww Roll Fruit
20 CENTER CLOSED FOR PRESIDENT'S DAY	21 Broccoli Soup Cheese Salad Fruit Ww bun	22 Fish Potatoes Green Beans Ww Roll Juice	23 Hamburger ww Bun Onion/ Mayo Ranch Potatoes Banana Pudding	24 Pasta and Chicken Vegetables Fruit Ww Bread
27 Chicken Patty French Fries Vegetables Fruit Ww roll	28 Chili w/ Meat & Beans Crackers Peanut Butter Sandwich Ww bread	Menu Subject To Change Without Notice		

Executive Director: Rick Poling

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Dottie Rader— Secretary

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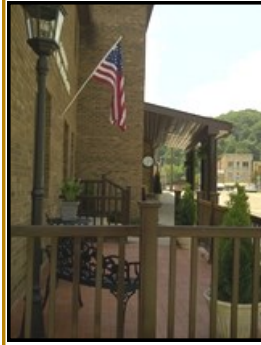


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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

CCCOA News, a publication of

Calhoun County Committee on Aging, Inc.



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

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

Menus published here are prepared by CYGNET Menu Management System.

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Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the

Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we serve. Services are provided equally and without discrimination to all who qualify for said services.

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

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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619
Grantsville, WV 26147



Temporary: West Fork Site

Upper West Fork Park

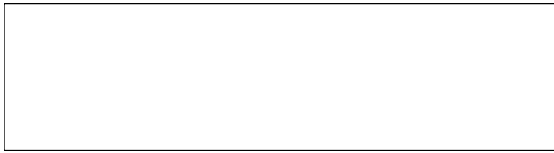
88 Red Roof Ln, Chloe, WV 25235

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.9906

Mailing: Post Office Box 619
Grantsville, WV 26147



Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 21647

To Contact CCCOA:
Phone: 304-354-7017
Fax: 304-354-6859

