

CCCOA NEWS

Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

105 Market Street, Grantsville, WV

Phone: 304-354-7017 Fax: 304-354-6859

The Calhoun Committee on Aging is getting ready to start arranging extended TRIPS again!!!! (And yes, Single Day Trips are also being planned, so keep an eye out for postings about those as well!)

YOU do not have to be a Senior Citizen to take advantage of the extended trip opportunities; anyone is welcome to join in the fun!!! TRIPS could be 'Headed to the beach' – Cruising down the coast - Seeing Christian plays at Lancaster PA – Visiting the ARK - Branson - Pigeon Forge - The Biltmore - Creation Museum in Williamstown Ky - or a place that YOU want to suggest!!

Group rates are less than general public rates, so getting a group together is helping everyone save money but getting to enjoy going somewhere special at a rate that is affordable. So please call in and ask for Jackie (304-354-7822 Ext. 102) to share your interests and suggestions and all will be taken into consideration.

Aside from COVID, companies specializing in group travel have increased the minimum number of participants required for each trip, and while that has been fine for larger county areas, that has been a huge hurdle to making trips work in the past for us . . . let's see if we can get enough people to go!

Please leave a message if your call isn't answered (lots of work being done requiring visits to participants in our Home Care Dept.).

Additionally, the CCCOA is getting ready to start arranging day TRIPS again as well! If you are interested in participating please call (304-354-7017 Ext. 106) and ask to be put on the day trip list. We anticipate taking trips to Beckley Coal Mine Exhibition, Tamarack, many of the state parks, museums, ferry rides, fine dining, and more!

THANKS and LOOKING forward to hearing from those in and out of county!

February

Birthday Club

Ronald Gordon 2nd

Danny Badgett 3rd

Marvin Poling 5th

Karen Carter 6th

Romaine Walburn 8th

Randy Richards 10th

Brian Lamont 12th

Sara Polen 13th

Stephen Miller 15th

Voilet Hardway 18th

Sam Nicholson 23rd

Joan Ward 27th

Employees

Garnet Husk 13th

Donna Nichols 13th

Carol Kanalley 22nd

Brenda Ackley 26th



Grantsville CCCOA Activities

January 25th	Bible Study 10:00am
January 30th	Cardio Drumming in the exercise room @ 10:00am
February 1st	Bible Study @ 10:00am; Game Day @ 10:45am
February 5th	Quilting @ 9:00am–10:45am
February 7th	Crafts @ 9:00am– 10:45am
February 8th	Bible Study 10:00am
February 12th	Quilting @ 9:00am–10:45am
February 13th	Cardio Drumming @ 10:00 am–10:30am
February 14th	CASH BINGO 10:45am
February 15th	Bible Study @ 10:00am; Game Day @ 10:45am
February 19th	CLOSED– President’s Day!
February 21st	Crafts @ 9:00am– 10:45am
February 22nd	Bible Study 10:00am
February 26th	Quilting @ 9:00am–10:45am
February 27th	Cardio Drumming in the exercise room @ 10:00am
February 28th	CASH BINGO 10:45am
February 29th	Bible Study @ 10:00am; Game Day @ 10:45am

Bingo played daily at 10:45am unless otherwise stated. (NO BINGO on the 1st, 15th & 29th)
Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room and more available at your leisure.

Local Events

Feb 2nd	Bingo @ Arnoldsburg Comm. Park, Doors open @5:00pm Games begin@ 6:00pm All proceeds go to the Calhoun– Gilmer Career Center
Feb 9th	Italian Buffet Dinner; 5:45pm – 6:45pm @ Arnoldsburg Community Building Doors open at 5:30, dinner at 6pm. Hosted by the Calhoun Livestock Program, each meal is \$25.00 and includes an Italian buffet, dessert, salad, and drinks. one lucky winner will win \$500.00 cash.
Feb 10th	Dinner and a Theatre: Sat, February 10, 5pm – 7pm @ Calhoun Middle High School, hosted by the CMHS Performing Arts Program.

Local Events

- Feb 17th Mix and Match BINGO; 5pm – 9pm @ Calhoun Middle High School :CHS Football will sponsor this bingo. Doors open at 5 pm, and bingo starts at 6 pm.
- Mar. 2nd Molasses Festival BINGO (Handyman items) 5pm – 10pm @ Arnoldsburg Community Building; Doors open at 5 pm, and bingo starts at 6 pm.
- Mar. 8, 9, 10 Arnoldsburg Gun Show; Friday 4pm – 7pm; Saturday 8am-4pm; Sunday 8am-3pm @ the Arnoldsburg Community Building
- Mar. 8, 9 Hunter's Ed Class; Friday 6pm – 9pm& Saturday 9am-5pm @ the MHHS (Arnoldsburg Clinic) 80 Spring Run Road, Sponsored by MHHS
- Mar. 9th Mix and Match BINGO; 6pm – 9pm @ Arnoldsburg School; Doors open at 5 pm, bingo starts at 6 pm. this is sponsored by 4th grade class at Arnoldsburg Elem.
- Mar. 16th Mix and Match BINGO; 6pm – 7pm @ CMHS sponsored by the Junior class \$20.00, doors open at 5pm.

GRANTSVILLE ACTIVITIES

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bible Study 10:00am Game Day 10:45am No Bingo today!	2	3
4	5 Quilting– 9:00am– 10:45 am	6	7 Crafts– 9:00am– 10:45 am	8 Bible Study 10:00am	9	10
11	12 Quilting– 9:00am– 10:45 am	13 Cardio Drumming 10:00am-10:30am	14 Happy Valentine’s Day! Quarter Bingo 10:45am	15 Bible Study 10:00am Game Day 10:45am No Bingo today!	16	17
18	19 CLOSED– Presidents Day	20	21 Crafts– 9:00am– 10:45 am	22 Bible Study 10:00am	23	24
25	26 Quilting– 9:00am– 10:45 am	27 Cardio Drumming 10:00am-10:30am	28 Quarter Bingo 10:45am	29 Bible Study 10:00am Game Day 10:45am No Bingo today!		

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Pictured to the left:
 Karen Badgett
 proudly displaying her
 retirement cake. We
 hope you enjoy your
 retirement!



MORE REASONS TO EAT FRUIT!

Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate

Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pineapples help fight arthritis



Blueberries protect your heart

Kiwis increase bone mass



Mangos protect against several kinds of cancer





The Grantsville CCCOA enjoying the Christmas festivities!

Pictured above: Final Contestants for the Ugly Sweater Contest

Pictured to the right: Santa makes a stop at the senior center!





Pictured above: The West Fork Site enjoying their Christmas gift exchange!



Pictured above: The West Fork Site enjoying their Christmas gift exchange!

Calhoun County Library

!! New Books & Movies Available to Check-Out !!

ADULT FICTION

The Paris Housekeeper by: Renee Ryan
The Couple in the Photo by: Helen Cooper
The Second Chance Year by: Melissa Wiesner
Ward D by: Freida McFadden
The Perfect Son by: Freida McFadden
The Wife Upstairs by: Freida McFadden
The Coworker by: Freida McFadden
Do Not Disturb by: Freida McFadden
Hallowed Ground by: Rebecca Yarros
Lone Oaks Crossing by: Janet Dailey
Rouge by: Mona Awad
Upside Down by: Danielle Steel
Fragile Designs by: Colleen Coble
The Other Mothers by: Katherine Faulkner

NON-FICTION

Science Comics: Frogs by: Liz Prince

INSPIRATIONAL

Amish Love Letters

LARGE PRINT

Liar's Key by: Carla Neggers

JUVENILE FICTION

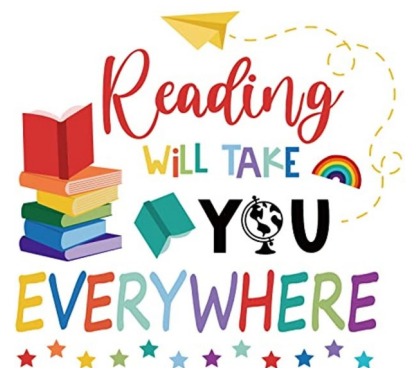
Cornbread & Poppy at the Museum by: Matthew Cordell
Mercy Watson Is Missing by: Kate DiCamillo

BIOGRAPHY

Ellen Takes Flight: The Life of Astronaut Ellen Ochoa

CHILDREN'S

The Boo-Boos of Bluebell Elementary by: Chelsea Lin Wallace
A Walk in the Woods by: Nikki Grimes
Dim Sum Palace by: X.Fang
Eclipse by: Andy Rash
My Cat Does Ballet by: Robert Heidbreder
Billy & Rose: Just the Way They Are by: Amy Hest
Dot the Ladybug: Dot Day by: Kallie George
Don't Trust Cats by: Dev Petty
Bunny With a Big Heart by: Marilyn Sadler
Poo! Is That You? by: Clare Helen Welsh



Join us for Cardio Drumming every other Tuesday, beginning at 10am in the fitness room of the CCCOA. Class open to the first 12 to sign up!



Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's fun and a great way to get your heart rate up, improve your rhythm, and burn calories. You may choose to sit or stand, whatever you are comfortable with. There are no rules, you don't need to be a drummer, you just need to move and have fun!

Please wear comfortable clothes and shoes, bring a water bottle and sweat towel. If you'd like to sit, a chair will be provided as well as the equipment needed for the class.

There will be a sign up sheet in the dining hall or you may call the center @ 304-354-7017, and sign up.



To expand our transportation system and meet the needs of our seniors (those 60 yrs of age and older), we ask that you fill out this CCCOA Transportation Survey. It is important that you fill out the survey completely, all questions are important in gaining knowledge of where transportation is needed the most in the county. Once all data is collected, the CCCOA plans to begin mapping out the areas with the greatest needs and doing our best to provide transportation.

Areas of the county with the most need will be considered first for transportation routes. Unfortunately, we are unable to provide transportation for just one person in an isolated area, so the greater the need in an area, the greater the chances of a bus route. Therefore, we encourage you to share this survey with people in your area so your area can be considered first for a transportation route.

CCCOA Transportation Survey

Please return all surveys to the CCCOA in Grantsville. P.O. Box 619 Grantsville, WV 26147, email: spoling@cccoa-wv.org or you may call the office 304-354-7017 ext. 106 and report your survey answers.

1. Would you be interested in attending the CCCOA (Grantsville Senior Center) if a bus were provided for a small busing fee? The bus would also allow for local shopping in Grantsville.

YES NO

2. The transportation service provided by the CCCOA requires you to be age 60 and over. Are you age 60 or over?

YES NO

3. Name of person completing survey?

4. If you are completing this survey for someone else, what is the name of the person who will be utilizing the services? (Please keep in mind they must be 60 and over)

5. What is the physical address of the person who will be utilizing transportation services?

6. What is a good contact number for the person who will be utilizing the services?

7. What day or days of the week work best for you?

Monday Tuesday Wednesday Thursday Friday

8. If you have any questions or comments please leave them here, we will do our best to address them and get back to you. Thank you for your time!



modivcare



How to Access West Virginia Medicaid Non-Emergency Medical Transportation



Members with Medicaid may be eligible for transportation services.
Use the options below to schedule Non-Emergency Medicaid Transportation.

Reservations Line - Call toll-free: (844) 549-8353. Reservations are taken Monday through Friday between the hours of 7:00 am and 6:00 pm. Routine reservations require a **5-business day** notice.

Modivcare Trip Manager Mobile App - Schedule transportation, obtain trip reference numbers, see which transportation company is assigned to your trip, and message us directly from your smart phone or tablet. Download the free app from Google Play Store or iTunes.

Member Services Website - Schedule trips online at <https://member.Modivcare.com>

Alternative Transportation Options

Public Transit - Members who live near a bus line can request bus tickets/passes for themselves and one escort if medically necessary. Call the reservation line at **(844) 549-8353** for details.

Mileage Reimbursement - Family, friends, and members may be eligible to receive mileage reimbursement when providing transportation to covered services. Call **(844) 889 1942** for further details.

Questions or Concerns

Our Ride Assistance Line is available 24/7/365 to discuss your questions or concerns. Call **(844) 889-1939**.

Cancel Transportation Service

Call our 24-hour Ride Assistance Line at **(844) 889-1939** to cancel an existing reservation. 24 hours' notice is preferred.

The Diverse Health Benefits of Drumming for Seniors

Drumming can offer a multitude of health benefits for seniors, contributing to their physical, mental, emotional, and social well-being. Here's a comprehensive list of these benefits:

Physical Benefits:

Cardiovascular Health: Drumming involves rhythmic movement that can enhance heart health and improve blood circulation.

Motor Skills: Drumming activities help seniors maintain or improve fine and gross motor skills, promoting dexterity and coordination.

Physical Exercise: Engaging in drumming sessions provides a form of low-impact exercise that can help maintain joint flexibility and muscle strength.

Hand-Eye Coordination: Playing drums requires coordination between hand movements and visual cues, enhancing hand-eye coordination.

Pain Management: Drumming can stimulate the release of endorphins, natural pain-relieving chemicals, offering potential relief for chronic pain.

Immune System Boost: Rhythmic drumming can stimulate the immune system, potentially enhancing the body's defense mechanisms.

Cognitive Benefits:

Memory Enhancement: Drumming patterns and sequences challenge memory recall, supporting cognitive function and memory retention.

Attention and Focus: Drumming sessions require concentration and attention, which can help seniors improve their focus and attention span.

Brain Stimulation: Engaging in rhythm-based activities like drumming can stimulate neural pathways and promote brain plasticity.

Problem Solving: Learning new drumming patterns and rhythms encourages cognitive flexibility and problem-solving skills.

Emotional and Mental Health Benefits:

Stress Reduction: Drumming can be a relaxing and meditative activity, reducing stress and promoting emotional well-being.

Mood Enhancement: Playing drums triggers the release of dopamine, a neurotransmitter associated with positive emotions, leading to improved mood.

Emotional Expression: Drumming provides a creative outlet for emotional expression, allowing seniors to communicate and release feelings.

Anxiety Management: Engaging in rhythmic activities can reduce symptoms of anxiety and promote a sense of calm.

Self-Esteem: Learning new drumming skills and achieving rhythmic patterns can boost self-confidence and self-esteem.

Social Interaction: Participating in group drumming sessions fosters social connections, reducing feelings of isolation and loneliness.

Social Benefits:

Community Building: Drumming circles create a sense of unity, shared experience, and belonging within the group.

Communication Skills: Drumming encourages non-verbal communication and listening skills, promoting effective interaction.

Inclusion: Drumming can be enjoyed by individuals of various skill levels and physical abilities, creating an inclusive environment.

Bonding: Seniors can bond with others through shared rhythmic experiences, strengthening relationships and friendships.

Collaboration: Drumming in a group setting promotes teamwork, collaboration, and cooperative efforts.

Overall Well-Being:

Quality of Life: Engaging in drumming activities adds a fun and enjoyable dimension to seniors' lives, enhancing overall well-being.

Creativity: Experimenting with different rhythms and drumming techniques encourages creative expression and exploration.

Mindfulness: Drumming requires focused attention on the present moment, promoting mindfulness and relaxation.

Engagement: Drumming sessions provide an engaging and mentally stimulating activity that can combat boredom and monotony.

Drumming is a holistic activity that can offer a wide range of health benefits for seniors, enhancing their physical health, cognitive function, emotional well-being, and social connections. Whether in structured sessions or casual settings, drumming can contribute significantly to the overall quality of life for seniors.

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 VACATION, 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

MONTHLY INCOME LIMITS

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.)	\$ 958 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>

Healthy eating for older adults...



Eating right can help keep your body and mind healthy and extend your quality of life. But some older Americans may face barriers to getting enough nutrients or calories.

Many ways aging can affect appetite

Physiological changes that come with aging can result in reduced calorie needs, which can lead to decreased food intake and altered body composition, even in healthy older adults. This can be compounded by diminished smell and taste, and changes in hormone levels that affect how quickly you feel full. Depression, lack of independence, and social isolation can make food less appealing, further contributing to a less than ideal intake.

Chronic diseases such as heart disease, stroke, Parkinson's disease, cancer, diabetes, and dementia can affect appetite, energy needs, and weight. Older adults may be on multiple medications that may interact with nutrients, or produce side effects such as nausea, vomiting, and sensory changes that affect smell and taste. Oral and dental problems can affect chewing or swallowing.

All of these factors can lead to decreased intake of calories and nutrients, resulting in unplanned weight loss and lack of energy.

Overcoming barriers to healthy eating

These strategies can help overcome some of the barriers to healthy eating you may face as you get older.

Aim for quality, using the Harvard T.H. Chan School of Public Health's Healthy Eating Plate as a guide. At most meals try to fill half of your plate with vegetables, a quarter of your plate with whole grains such as quinoa, brown rice, or whole-wheat bread, and the final quarter of your plate with lean protein such as fish, poultry, beans, or eggs.

Pick healthy fats, which can serve as a source of concentrated, healthy calories. Healthy fats include olive oil, canola oil, peanuts and other nuts, peanut butter, avocado, and fatty fish such as salmon, sardines, and mackerel. Limit unhealthy saturated fat including fatty red meat.

Continued from page 10...

Work dietary fiber into your diet. Fiber helps to keep bowel function normal and can help decrease risk of type 2 diabetes and heart disease. The Institute of Medicine recommends that total fiber intake for adults older than 50 should be at least 30 grams per day for men and 21 grams for women. Most fruits, vegetables, whole grains, and legumes are good sources of fiber. Nuts and seeds are also good sources, but whole-grain breads and beans may be easier to chew if you have dental problems or dentures. Make sure to drink plenty of fluids as you increase your fiber intake.

Adjust portion sizes. If you're trying to maintain a healthy body weight, reduce portion sizes instead of sacrificing components of a balanced meal. If you need to gain a few pounds, try to increase your portions rather than eating foods that are high in added sugar and unhealthy saturated fat.

Some older adults find their appetite is greater in the morning and during the day, compared to evening. If so, try to have a healthy breakfast that includes protein, whole grains, and fruit along with a balanced afternoon meal. Then go light on dinner.

Troubleshooting tips

As you get older, you may need to think creatively when obstacles to healthy eating crop up. For example, if you have trouble getting out of the house or managing heavy grocery bags, try a grocery delivery service. This allows you the convenience of shopping online and having your food delivered right to your door.

If cooking for yourself every day feels like too much trouble or you find your energy flagging by evening, try to prepare a few meals on the weekend. Keep them refrigerated or frozen and ready to reheat during the week. One-pot meals are a great way to quickly cook healthy, balanced meals that are inexpensive, which may also be an important consideration as you get older.

Physical activity is important for all adults, including older adults. Exercise helps build and strengthen muscles, increase energy levels, maintain bone health, rev up your metabolism, and lift your mood. It can help boost your appetite too. Aim for at least 30 minutes of physical activity most days of the week.

Men and women are living longer. Making an effort to eat healthy can help ensure you'll continue to enjoy an active lifestyle well into your 80s and 90s.

By Katherine D. McManus, MS, RD, LDN, Contributor

<https://www.health.harvard.edu/blog/healthy-eating-for-older-adults-2019062016868>

MAY 23rd

7am-10am

Location: CCCOA

105 Market Street

Grantsville, WV 26147

**In the
DININGHALL!**

Community

HEALTH



FAIR

This is a community event, designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources.

Minnie Hamilton Health System will be providing blood work at a very low cost.

Vendors from many different organizations will be giving out information on things such as: Cholesterol, Diabetes, Blood Pressure, Weight and BMI, Hearing and Vision, Behavioral Health, Dental and much more.



CCCOA

105 Market Street

P.O. Box 619

Grantsville, WV 26147

Phone: 304-354-7017

Fax: 304-354-6859

Email:

rpoling@cccoa-wv.org

spoling@cccoa-wv.org

The Community Health Fair is Sponsored by:

Calhoun County Committee on Aging

In collaboration with the following:

Minnie Hamilton Health System

The WV Bureau of Senior Services (BOSS)



US States Word Scramble



1. gcamiihn _____
2. eesntsene _____
3. gergiao _____
4. iraozna _____
5. oihda _____
6. nmgyowi _____
7. wne reipshhma _____
8. hooi _____
9. viiaigrn _____
10. alkamoho _____
11. aaednv _____
12. toanman _____
13. akresabn _____
14. mbaaala _____
15. mneotvr _____
16. xsaet _____
17. aalaks _____
18. iursosim _____
19. neasmtoin _____
20. uoalaniis _____

MOVING FORWARD

Just a little food for thought....

New Year's resolutions can be powerful. They can either take you to a new place in life or have the power to leave you frustrated and overwhelmed.

Over the years we have all made dozens of New Year's resolutions. Most of them, I'll admit... I've failed at. Why? Because when I became overwhelmed or messed up, instead of shaking it off and moving forward, I gave up out of frustration.

My guess is that I am not alone in this situation. But the thing that I am learning is that it is okay, there is no reason to dwell on what has happened in the past, unless it's to learn from the mistake.

Which brings me to this years new years resolution and hopefully a life changer...

Move Forward- This will be one of the hardest for me as I am one to overthink pretty much everything. But more importantly I am learning to keep moving forward even when I do mess up or get lost in the daily chaos of life. I think it's important to remember that we can always come back to what is really important and continue to move forward. I think it's safe to say, we probably all spend too much time dwelling on the past that is unfixable.

Take time to just breath- spend time gathering your thoughts and focusing on being in the moment. Project on what you want your day, week, month to look like.

Prioritize make a vision board and write down what is most important in your spiritual, personal and professional life in the year to come. Then strategize on how you're going to make this happen. Learn to filter out the things that are a distraction and pull you away from your end goal. True happiness can only be found if you can free yourself of all other distractions.

Do less- Today's society screams at us to always be doing something. Make this year the year of quality over quantity. Learn to shift your focus to the people that bring out the best in you and the things in life that help you meet your goals and move forward.

Practice gratitude- Wake up each morning with a grateful spirit and mind. Don't let the noise of the world keep you from focusing on the bigger picture. We are all called to be world changers, it is what we do with that calling that makes the difference.

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Move forward– If you fall, get up! Give yourself and others some grace and keep moving forward. Learn to deal with what’s in front of you in that moment, resolve it and let it go. Less distraction, more focus. Less gossip, more encouragement. Less past, more future. Less toxicity, and more positivity.

Remember, what consumes your mind, is what controls your life. Your results are a product of your focus or your distractions. The choice is yours!



Tree Word Scramble



1. ogdowdo
2. ceehb
3. nlatwu
4. itraocp
5. urmelbyr
6. octootnodw
7. laceyuustp
8. hrcery
9. ibchr
10. uctthesn
11. hcirkoy
12. liwowl
13. pelpbraac
14. erdoowd
15. sutcol
16. lmepa
17. byukcee
18. iaonamlg
19. cdear
20. lmap

Fish in Foil

Baked fish in foil is a "no-smell" fish recipe

Ingredients

- 2 rainbow trout fillets
- 1 tablespoon olive oil
- 2 teaspoons garlic salt
- 1 teaspoon ground black pepper
- 2 sheets heavy-duty aluminum foil
- 1 fresh jalapeno pepper, sliced
- 1 lemon, sliced

Directions

Preheat the oven to 400 degrees F (200 degrees C).


Rinse and pat fillets dry. Rub fillets with olive oil, and season with garlic salt and black pepper. Place each fillet on a large sheet of aluminum foil. Top with jalapeno slices, and squeeze the juice from the ends of the lemon over fillets. Arrange remaining lemon slices on top of fillets.

Carefully seal all edges of the foil to form enclosed packets. Place packets on a baking sheet.

Bake in the preheated oven until fish flakes easily with a fork, 15 to 20 minutes depending on size of fillets.

Calhoun County Committee on Aging, Inc.

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fish Carrots Mac & Cheese Ww Bun Fruit	2 Hot Dog w/ Meat Sauce Baked Beans Coleslaw Fruit Ww bun
5 Salisbury Steak Mashed Potatoes Gravy broccoli Fruit Ww Roll	6 Tomato Soup Cheese Salad Sandwich Ww Crackers Fruit	7 Rib Sandwich w/ Onions Potatoes Brussel Sprouts Fruit Ww bun	8 Pinto Beans w/ham Greens Onion Applesauce Ww Cornbread	9 Stuff Peppers Mashed Potatoes Carrots Ww Roll Juice
12 Pork Chop Mashed Potatoes w/Gravy Peas Ww Roll Juice	13 Spaghetti w/meat sauce Stem vegetables Ww Roll Fruit	14 Broccoli Soup Cheese Salad ww bun Fruit	15 Bake Steak Mashed Potatoes Peas fruit Ww Roll	16 Chicken Tenders Gravy Mashed Potatoes Carrots Ww Roll Fruit
19 CENTER CLOSED FOR PRESIDENT'S DAY	20 Chicken pasta vegetables Fruit Ww roll	21 Fish Potatoes Bake Beans Ww Roll Juice	22 Hamburger ww Bun Onion/ Mayo Ranch Potatoes Banana Pudding	23 Cabbage roll Mashed potatoes Ww roll juice
26 Chicken Patty French Fries Vegetables Fruit Ww roll	27 Pork BBQ Bake beans Coleslaw Applesauce Ww roll	28 Chili w/ Meat & Beans Crackers Peanut Butter Sandwich Fruit Ww bread	29 Sausage Gravy Potatoes Apples Ww Biscuits	Menu Subject To Change Without Notice 2% Milk And Margarine Served Daily

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

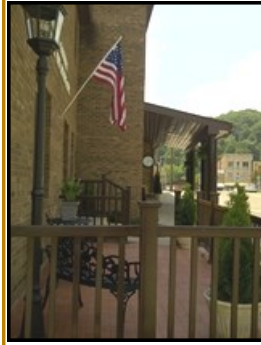


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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.

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



West Fork Site

121 Milo Road

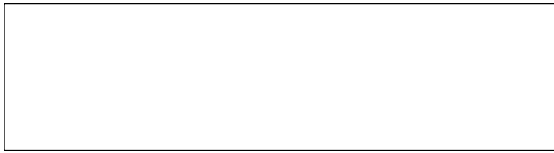
Minnora, WV 25261

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
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