

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 future of humanity depends on a great movement of rehumanization.

(Quote from LIFE IS MESSY by Matthew Kelly)

To understand this, we must first understand dehumanization. The definition of dehumanization is the process of depriving a person or group of positive human qualities. It seems that we ever-increasingly live in a society of brutality, not love and respect. The normalization of grotesque immoral actions or of even persistent unkindness persistently further decays our morality and integrity without us actually noticing.

We have become a civilization of desensitized human beings. Every form of evil is permitted to thrive in society: oppression, poverty, discrimination, destruction, violence, corruption, inequality, and that is only a few. The evil we normalize will only grow increasingly in our society if we willingly continue to normalize it. As this normalization persistently advances, it becomes harder and harder to discern true north.

Television, social media, news, etc., have all aided in desensitizing us. Television, for example, is saturated with violence and brutality toward one another. It seems what we watch on tv for entertainment contains a never-ending flood of violence, murder, nudity, drug use and sexual assault – and puts us on the slippery slope of viewing all of it as “normal.”

Social media has become a platform for gossiping and bullying while remaining safely insulated from the target, and has made it easier than ever to ruin a person’s standing or reputation. We must realize or remember that the power of speech is so powerful. Gossip can never be undone, and it is cruel, demeaning, and divisive. It can rob the victim of dignity and opportunity. Not only can gossip destroy a person’s reputation, affect the direction of their lives and shatter their self-esteem, it can also lead to depression, anxiety, addiction, and even suicide.

Continued on page 9

February

Birthday Club

Ron Gordon 2nd

Danny Badgett 3rd

Jim Mullenax 5th

Keith Poling 5th

Karen Carter 6th

Robert Sturms 7th

Romaine Walburn 8th

Randy Richards 10th

Brian Lamont 12th

Janette Tingler 12th

Sarah Poen 13th

Steve Miller 15th

Violet Hardway 18th

Roger Smith 19th

Donald Tallhammer 20th

Carolyn Cain 21st

Richard Starcher 21st

Carol Kanalley 22nd

Carlton Wilson 24th

Joan Ward 27th

Employees

Sam Nicholson 23rd

Brenda Ackley 26th

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.

CASH BINGO DATES Feb 12th & 26th beginning @ 10:45am

Local Events

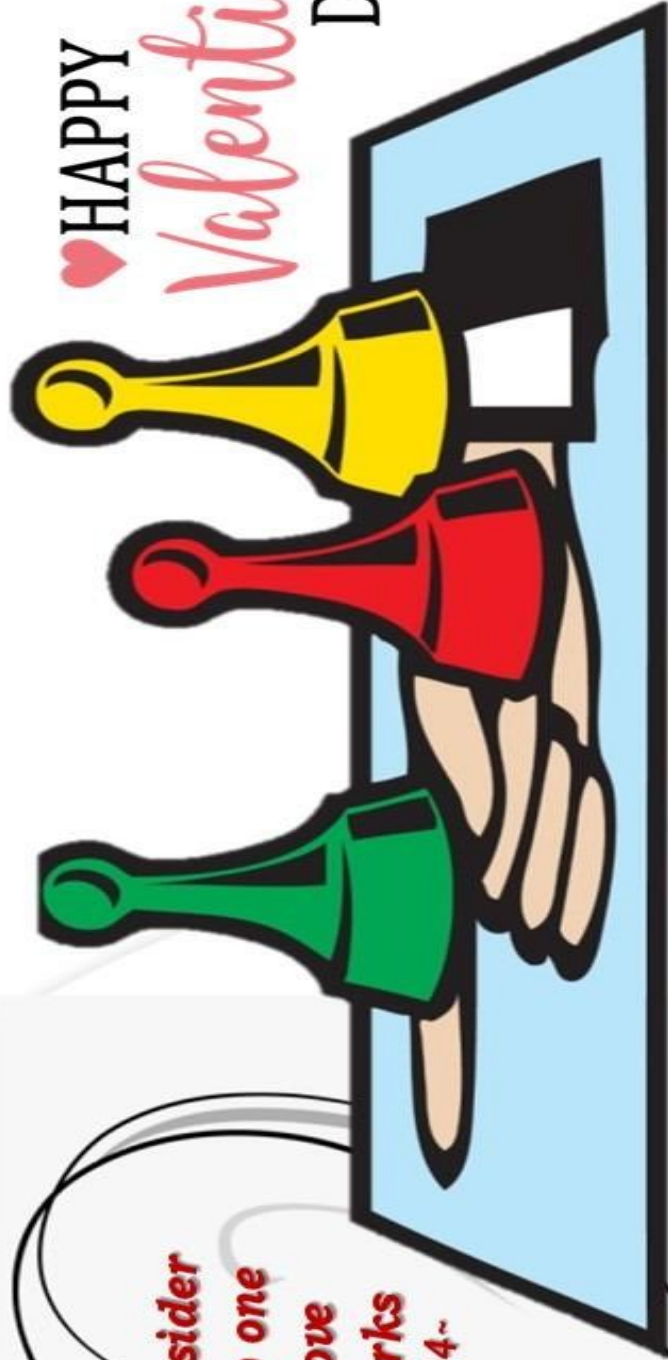
Feb 3rd	Town Council Meeting; 6:00 – 7:00pm; City Office
Feb 8th	Mike Stump Invitational; 8:00am – 2:00pm; Calhoun Middle High School
Feb 8th	Join Starling Holbert and his fellow musician's for an evening of fun in the dining hall of the Grantsville CCCOA, beginning @ 6pm
Feb 10th	Calhoun County Commission Meeting; 9:00 – 10:30am; Small Court Room
Feb. 14th	GAME NIGHT @ 7:00pm; BREW UNTO OTHERS & CCCOA welcome all ages to join us for a night of fun and games.
Feb 14th	Faculty Sent and PLC; 8:00 – 9:00am
Feb 18th	Calhoun County- No School OS Day
Feb 26th	Calhoun County Commission Meeting; 6:00 – 7:00pm; Small Court Room
Mar. 1st	8th grade BINGO- 6:00 – 9:00pm CMHS
Mar. 10th	Calhoun County Commission Meeting; 9:00 – 10:00am; Small Court Room

ANNOUNCEMENTS:

- **QUARTER BINGO Feb. 12th & 26th @ the Grantsville CCCOA @ 10:45am**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6pm**
- **New Pet Store Now Open in Arnoldsburg! Come check out the newest pet store in town! They are open Tuesday through Saturday from 11 AM to 5 PM, located at 856 Arnoldsburg Rd, right next to the bank and Par Mar. They've got everything you need for your furry friends—stop by today!**
- **Cain's Veterinary Clinic in Spencer has sold and the new owners will be opening soon.**
- **Cain's Veterinary Clinic in Big Bend is still open and Dr. Cain's hours of operation are:**

Monday	12:00AM - 2:00PM
Tuesday	4:00PM - 6:00PM
Wednesday	5:00PM - 6:00PM
Thursday	CLOSED
Friday	9:00AM - 11:00AM
Saturday	9:00AM - 10:00AM
Sunday	CLOSED

*And let us consider
how to stir up one
another to love
and good works
~Hebrews 10:24~*



♥ HAPPY

Valentine's
DAY ♥

GAME NIGHT

Join us for our monthly coffee giveaway!!!
Bring your friends and family for a game night!
FUN for EVERYONE!

Board games, Cards, & Puzzles will be available
Bring your favorite game to share with others

Date: Friday, February 14th

Time: 7:00 pm – 9:00 pm

Location: CCCOA



~Not Responsible for Accidents~

MARK YOUR CALENDARS 2025

April 12
Taste of
Sicily

May 17th
Taste of
Britain

Saundra
Johnson Aquatic
Center opens
May 24th

June 21st
Taste of the
Middle East

July 19th
Taste of
Spicy China

August 16th
Taste of
India

September
13th
Taste of
Cuba

Fall Festival
October
4th

Luau
2025
October
TBD

Other Important Events remember

Spring Break- March 24th-28th

April 18th- Performing Arts
April 26th- Prom

May 8th-10th Theater Spring Production

ANNUAL CHRISTMAS PARADE DEC 5TH

May 23rd - Graduation

Wood Festival 1st weekend in June
Molasses Festival - September 25-27

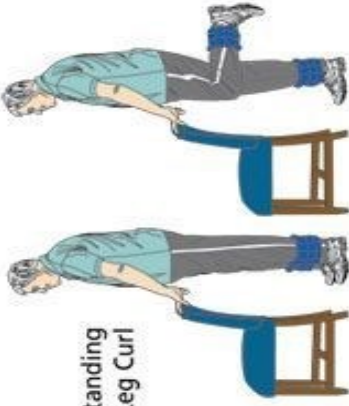


Stay Strong, Stay Healthy

UNIVERSITY OF MISSOURI
Extension
equal opportunity/ADA institution



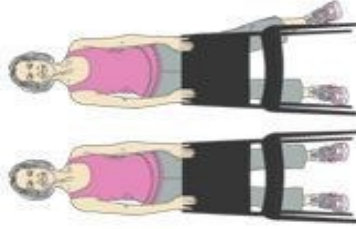
Wide Leg Squat



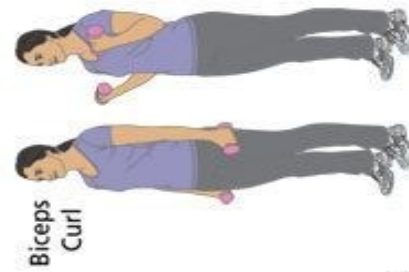
Standing
Leg Curl



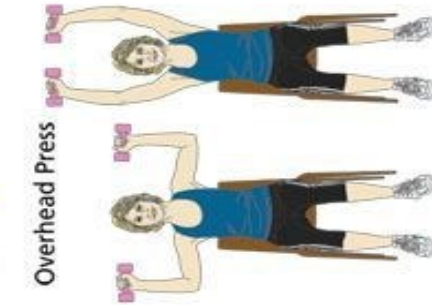
Knee
Extension



Side Leg
Raise



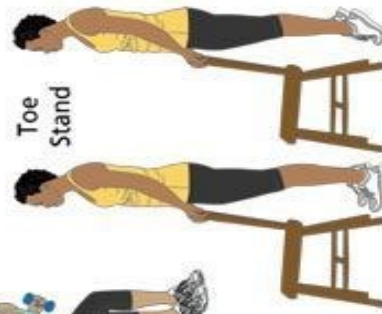
Biceps
Curl



Overhead Press



Seated Row



Toe
Stand

Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Health, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Binstzer, University of Missouri Extension
New 07/08; Revised 12/15/200

Sound Advice

Winter is not over yet; however, Spring is right around the corner. Spring projects can be daunting, so plan to ease things a bit.

Some things that may be on a list...

Gravel added to the driveway.

Trees trimmed back or cut down.

Clean up yard from winter.

Clean out that shed you've been putting off for years.

Clean out gutters as ice and snow may have had impact on them and tend to any repairs they may need.

Paint the house, especially the side that tends to get the southern exposure.

Get an alignment on your vehicles, all the freezing and thawing this winter has certainly caused a lot of potholes that impact your vehicle.

Arrange for your lawn to be mowed weekly.

Clean out closets and donate or prepare for a yard sale.

It's not too early to think about gardens or plants either.

Have your a/c unit serviced and be ready for summer, and while you're at it have your furnace serviced also.

If you had problems with the cold this winter, it would be a good time to have these problems fixed so you don't have to deal with the same problems again in the future.

Laborers are hard to come by, so get yours early and treat them well and you will be treated well also.

Submitted by: Doug Gallagher

Calhoun County Library

Hours of Operation

Monday 8:00AM - 3:00PM, Tuesday 10:00AM - 6:30PM, Wednesday 8:00AM - 3:00PM,
Thursday 10:00AM - 6:30PM, Friday 8:00AM - 3:00PM, Saturday -CLOSED, Sunday -CLOSED

Public Notary Services Available!

JOIN US FOR OUR 2ND ANNIVERSARY OF

CALHOUN LIBRARY

Trivia Night

FEBRUARY 27, 2025 - 6PM @ CCCOA

SENIOR CENTER

TEAMS OF UP TO 6 PEOPLE

Movies - World Records

Feud - Board Games

Music - Do You Remember?

REFRESHMENTS WILL BE SERVED

PLEASE LET US KNOW IF YOU PLAN TO ATTEND

CHECK OUR FACEBOOK PAGE FOR UPDATES!



Calhoun Library

Story Time

February 6th @ 11 am

&

February 18th @ 1:30pm



6

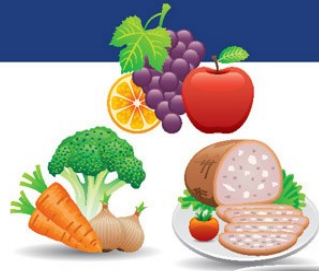
Ways to Eat Well As You Get Older



Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

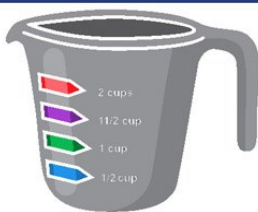
2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6

Avocado Toast with Burrata

Burrata (cream-filled fresh mozzarella cheese) takes this avocado toast recipe to the next level for a weekday-friendly breakfast.

Ingredients

1 slice whole-grain toast (3/4 inch thick)
1/2 large ripe avocado, thinly sliced
1 teaspoon lemon juice
1/8 teaspoon kosher salt
1/8 teaspoon ground pepper
1 1/2 ounces burrata or fresh mozzarella cheese
1 teaspoon finely sliced fresh basil
1 teaspoon minced fresh chives
Pinch of Aleppo pepper



Directions

Top toast with avocado. Drizzle with lemon juice and sprinkle with salt and pepper. Top with burrata (or mozzarella), basil, chives and Aleppo pepper.

Continued from the front page.

The news is saturated with viewpoints to hold people's attention, attain ratings and thereby lure larger payments from advertisers to increase the network owners' profits. The artistry of reporting the news has been replaced by priorities, agendas and opinions. The media is no longer satisfied with reporting facts with professionalism. Opinion and agendas now take precedence over factual findings.

I will leave you with this thought . . . do you want to live in a world of love and respect or a world of brutality? Do we want to live in a world of searing judgement and unforgiveness or one of kindness and second chances? Until evil touches us personally, we either don't think of it at all or we think of it as a distant issue.

I ask that we take a moment and evaluate how we can make the world a better place. Instead of engaging in dehumanization, let's engage in rehumanization. Rehumanization is an effort to reverse the effects of dehumanization by restoring human dignity, helping others develop a healthy sense of self, and reprioritizing people above money, objects, systems and institutions. The process of rehumanization reminds us of what it means to be an individual, gives us a healthy sense of personal identity, and helps restore humanity.

Rehumanization is about learning to see others and ourselves as human beings who often make mistakes.

Remember to check on that person that is having a bad day. You could be the difference between a smile or a frown, happiness or despair, or even life and death. Just letting people know you care can make all the difference.

In a world where you can be anything, please be kind, empathetic, understanding and above all . . . LOVE ONE ANOTHER! The big payoff is: what you give, you will also receive!

If you ever have the chance to read "Life Is Messy" by Matthew Kelly, I highly recommend it. It certainly will give you a different perspective!

Grantsville Site



Join us for CASH BINGO! MUST BE 18 years old to play!
Games start at 10:45am –11:30am
February Dates: 12th & 28th in the dining hall of the
Grantsville CCCOA. All are welcome!

West Fork Site



The seniors enjoyed their Christmas Gift Exchange and holiday events. Remember to join them on Monday, Tuesday and Thursday for all the fun and games as well as a delicious meal! If you have any questions give Marty a call, 304-655-8805.

Mix it Up Bingo

Saturday, March 8th, 2025

20 games for \$20

6:00 pm

Doors open at 5:00 pm *Early bird drawing*

Arnoldsburg Community Building
Sponsored by: CCCOA Minnora Site

Concessions Will Be Sold

20 games, raffles, 50/50 drawings, Auction,
Door Prizes

All baskets and bags will be filled 😊

Selection of Longaberger baskets, case knives, & Thirty-One bags

**Proceeds will go to Minnora CCCOA
Site for future projects.**

For More information call 304-655-8805

QUILT RAFFLE



CCCOA Minnora Site is raffling a quilt.

Drawing on March 8th Bingo -Arnoldsburg Park

(Need not be present to win)

*Proceeds go to the Minnora CCCOA Site.
Tickets are being sold for \$1 each or 6 for \$5.
For more information call 304-655-8805*



St. Valentine's Day

by www.mes-english.com

crossword puzzle

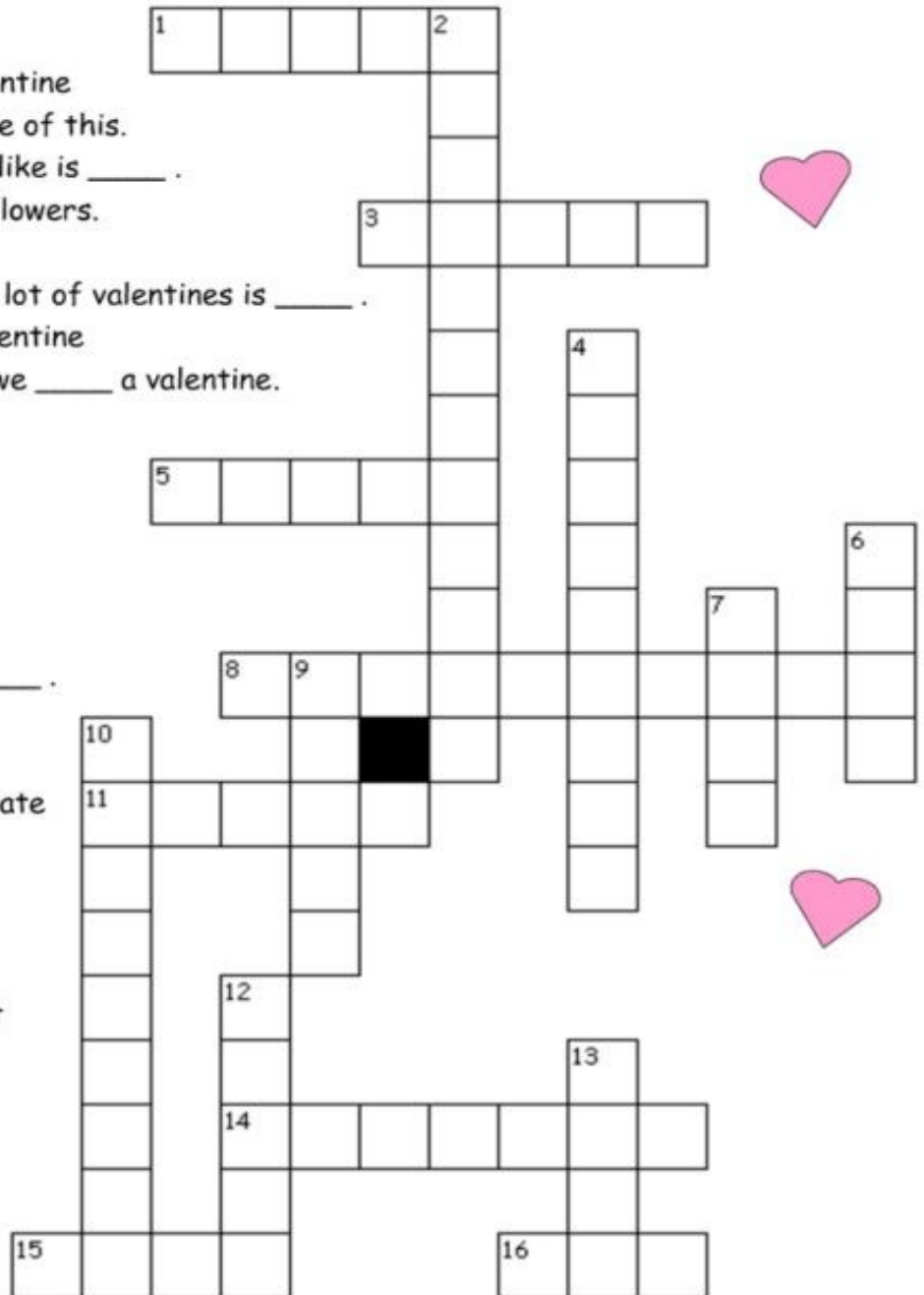


Across:

1. Before we send a valentine
3. Small hearts are made of this.
5. Something you don't like is _____.
8. These are beautiful flowers.
11. It's given away.
14. Someone who gets a lot of valentines is _____.
15. After we write a valentine
16. On Valentine's Day we _____ a valentine.

Down:

2. Giving a valentine is _____.
4. The card we write
6. A flower with thorns
7. The reason we celebrate Valentine's Day.
9. Cupid's weapon
10. It's in the box.
12. He brings love.
13. Two people going out



Valentine's Day WORD SEARCH

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






SWEETHEART
FEBRUARY
VALENTINE
RED
TEDDY
ARROW

PINK
HUGS
LOVE
CARDS
ROSES
FLOWERS

CANDY
CUPID
KISSES
CHOCOLATE
LETTER
HAPPY



Calhoun County Committee on Aging, Inc.
February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			Menu Subject To Change Without Notice	2% Milk And Margarine Served Daily
3 Salisbury Steak Mashed Potatoes Gravy broccoli Fruit Ww Roll	4 Tomato Soup Cheese Salad Sandwich Ww Crackers Fruit	5 Rib Sandwich w/ Onions Potatoes Brussel Sprouts Fruit Ww bun	6 Pinto Beans w/ham Greens Onion Applesauce Ww Cornbread	7 Fish Coleslaw Carrots Ww Roll Juice
10 Pork Chop Mashed Potatoes w/Gravy Peas Ww Roll Juice	11 Spaghetti w/meat sauce Stem vegetables Ww Roll Fruit	12 Broccoli Soup Cheese Salad ww bun Fruit	13 Bake Steak Mashed Potatoes Peas fruit Ww Roll	14 Chicken Tenders Gravy Mashed Potatoes Carrots Ww Roll Fruit
17 CENTER CLOSED FOR PRESIDENT'S DAY	18 Chicken pasta vegetables Fruit Ww roll	19 Fish Potatoes Green beans Ww Roll Juice	20 Hamburger ww Bun Onion/ Mayo/pickle Ranch Potatoes Banana Pudding	21 Cabbage roll Mashed potatoes peas Ww roll juice
24 Chicken Patty French Fries Vegetables Fruit Ww roll	25 Pork BBQ Bake beans Coleslaw Applesauce Ww roll	26 Ww Pizza Corn vegetable Fruit w/jell-o	27 Sausage Gravy Potatoes Apples Ww Biscuits	28 Chili w/ Meat & Beans Crackers Peanut Butter Sandwich Fruit Ww bread

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker



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.

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.

West Fork Site

121 Milo Road

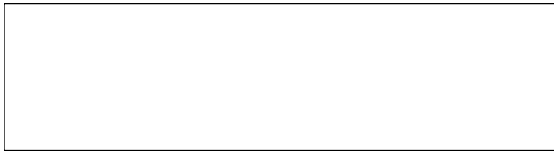
Minnora, WV 25261

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

