

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 Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

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


January

Birthday Club

Shirley Riley 2nd
Darrell Sampson 2nd
Lance Bissel 3rd
Catherine Eagle 7th
Sue Gumm 8th
Burton Murphy 8th
Joyce Payne 11th
Carol Cozart 12th
Gary Hammons 12th
Terry Rose 12th
Norma Gumm 17th
Joan Schumacher 17th
Barbara Bush 20th
Bill Shock 23rd
Mary Poirier 26th
Sandy Funk 27th
Ronald Cross 31th

Employees

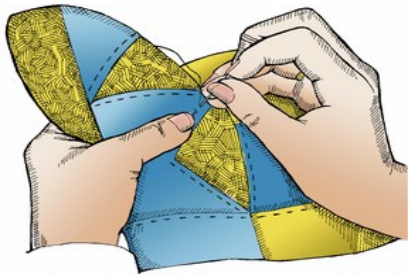
Sheri Honaker 3rd
Sandra Harris 17th



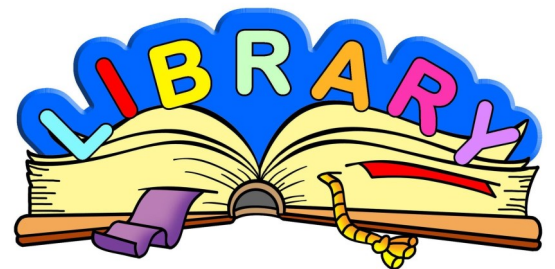
Be thankful for today, because **in the blink of an eye** your entire life can change.

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!



QUILTING GROUP



Local Events

- Jan. 16th **CCCOA will be closed** in observance of Martin Luther King Jr. Day!
- Jan. 20th Food Giveaway- Mobile Food Pantry, @ the old city pool site from 11:00am-12:30pm; (while supplies last)
- Jan. 21st Project Bootstraps Workshop, from 10am – 4pm,
Where: to be determined
Lunch will be provided
- Feb. 2nd Groundhog Day!
- Feb. 14th Valentine's Day!
- Feb. 20th President's Day!

Announcements

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.

Easy Chicken Pot Pie

Leftover chicken and frozen veggies help this chicken pot pie come together quickly.

Makes 6 servings.

Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup, low-fat (10-3/4 ounce, condensed)
- 1 cup baking mix, reduced-fat (example: Bisquick)
- 1/2 cup milk (non-fat)
- 1 egg

Directions

Wash hands with soap and water.

Pre-heat oven to 400°F.

Mix vegetables, chicken and soup in ungreased, 9-inch pie plate

Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.

Bake 30 minutes or until golden brown.

Let cool for 5 minutes and serve.

For nutrition information, please visit Easy Chicken Pot Pie at What's Cooking? USDA Mixing Bowl.



UNDERSTANDING MEDICARE

	overview	how you qualify	when to enroll	cost
MEDICARE PART A (Hospital Insurance)	Helps cover inpatient hospital care, home health services, skilled nursing facility care, and hospice care.	All U.S. citizens and permanent residents age 65 and over are eligible for Medicare Part A.	Your Medicare Initial Enrollment Period is the 7-month period around your 65th birthday. If you are already receiving a form of Social Security when you become eligible for Medicare at age 65, you will be automatically enrolled in Parts A and B.	Part A plans are free if you or our spouse has worked and paid taxes for at least 40 quarters (10 years). If neither you nor your spouse has worked 40 quarters, you will pay a monthly premium of up to \$411 in 2017. The specific amount you pay will be determined by your income and assets.
MEDICARE PART B (Medical Insurance)	Helps cover physician visits, outpatient services, preventive services, medical equipment, and some home health visits.	All U.S. citizens and permanent residents age 65 and over are eligible for Medicare Part B.	Your Medicare Initial Enrollment Period is the 7-month period around your 65th birthday. If you do not sign up during your Initial Enrollment Period, you will likely be charged higher monthly Part B premiums once you do enroll.	Most Part B plans require out-of-pocket copayments, coinsurance, and monthly premiums determined by your income and assets. In 2017, premiums will vary between \$121.80 and \$389.80 per month. The yearly deductible for every Part B plan in 2017 will be \$166 per year regardless of income.
MEDICARE PART C (Medicare Advantage)	Includes most Part A and B benefits, as well as prescription drug coverage, vision, hearing, and dental services. Part C plans are administered by private insurance providers, but are regulated by the government.	You must have Medicare Parts A and B to be able to join a Part C plan.	You can sign up for a Part C plan during your Medicare Initial Enrollment Period when you turn 65. If you already have Parts A and B, you can join, switch, or drop a Part C plan during the yearly Open Enrollment Period (October 15 - December 7 each year).	Costs vary by plan and may include premiums, deductibles, copayments, and coinsurance in addition to the Part B premium. The maximum out-of-pocket limit for any 2016 Marketplace plan is \$6,850 for an individual plan and \$13,700 for a family plan.
MEDICARE PART D (Prescription Drug Coverage)	Provides prescription drug coverage not included in Parts A and B. Part D plans are administered by private insurance providers, but are regulated by the government.	You must have either Medicare Parts A and B or a Medicare Part C plan that does not include drug coverage to be able to enroll in a Part D plan.	You can sign up for Medicare Part D during your Initial Enrollment Period when you turn 65. If you do not enroll then and wait to join Part D during one of the yearly Open Enrollment Periods (October 15 - December 7), it is likely that a late enrollment penalty will be added to every monthly premium.	Part D premiums, deductibles, copayments, and coinsurance vary by plan. Monthly premiums for 2016 range between just your plan premium to \$72.90 + your plan premium. The yearly deductible for Part D plans is limited to \$360. Most Part D plans have a coverage gap, sometimes called a donut hole.
MEDIGAP Medicare Supplement Insurance	Help pay for Medicare Part A and B costs. They are administered by private insurance providers, but are regulated by the government. Medigap plan options for 2015 can be seen on medicare.gov	You must have Medicare Parts A and B to be able to enroll in a Medigap plan. If you have health problems, there is no guarantee that a plan will accept you if you do not enroll when you are first eligible.	You can sign up for Medigap during the 6-month period beginning the first day of the month in which you are 65 and are enrolled in Part B. If you wait to enroll until after this period, you can still apply at any time, but you may have limited options and you may need to pay higher fees.	Medicare and Medigap share the cost of your health care services. Medigap plans require additional monthly premiums, and many plans do not have out-of-pocket limits on what you can pay. Different insurance companies may charge different premiums for the same plan, so it is important to compare policies carefully.
MEDICAID (Income-Based)	Health insurance provided through states to help with costs not covered by other plans. Not all states use "Medicaid" as the name of their coverage plan.	Medicaid eligibility varies state to state. You may qualify based on your household size, income, age, or disability. Specific eligibility guidelines are available at medicare.gov .	You can enroll in Medicaid any time of year. There is no limited enrollment period for these plans. If you qualify you can enroll with your state agency immediately.	Medicaid plans must follow federal guidelines, but coverage and costs may be different from state to state. Some Medicaid programs pay for your care directly. Others use private insurance companies to provide Medicaid coverage.

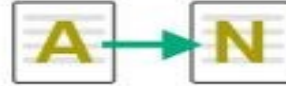
MEDIGAP OVERVIEW

If you have Original Medicare, know some healthcare expenses are not fully covered. Medicare Supplement Insurance (also known as Medigap Insurance) can help cover some of these out-of-pocket costs. Here are a few tips you should know about Medigap Insurance.

1. You must have Original Medicare Part A and Part B to enroll in Medigap Insurance.



2. There are 10 standardized Medigap Plans available in 47 states.



(Massachusetts, Minnesota, and Wisconsin have their own standardized plans.)

3. Private Insurance Companies sell Medigap Insurance Coverage. Plan Medigap can help find the lowest rate.



4. All Medicare Supplement plans have basic benefits covering at least 50% and up to 100% of the four following four benefits (different plans cover different amounts)



- Medicare Part A coinsurance
- Medicare Part B coinsurance or copayments
- Blood (first 3 pints)
- Part A hospice care coinsurance or copayments

5. As long as you pay your premium, standardized Medigap Policies are guaranteed renewable.



6. You **CANNOT** have Medigap Insurance if you are on a Medicare Advantage Plan. You must first leave your Medicare Advantage Plan and return to Medicare Part A and B.



7. The best time to purchase a Medicare Supplement Policy is during the **Medigap Open Enrollment Period.**



This 6-month period begins the first day of the month you turn 65 and enrolled in Medicare Part B.

8. Medicare Supplements do not cover:

- Long Term Coverage
- Vision Care
- Dental Care
- Hearing Care
- Prescription Drugs



9. Medicare Supplements only cover one individual. If you and your spouse want coverage, each person must have their own policy.



10. The price of Medigap Coverage depends on age, location, tobacco use, the plan you choose and the company you purchase from. It's always best to compare plans and rates before enrolling.



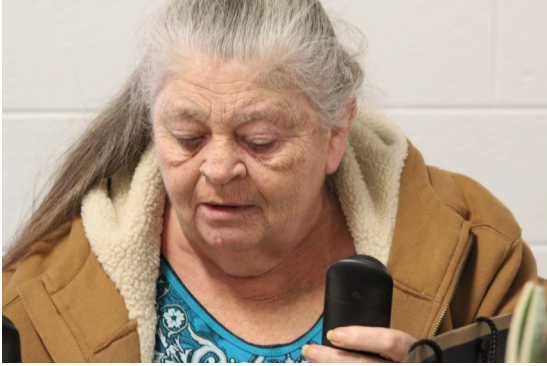
Plan Medigap can help you get the best plan at the lowest rate!

Grantsville Site





West Fork Site



Darlene Workman and
Eugene Parsons
Celebrate December
Birthday's



Aaron Bennett,
Sharon Knotts,
Larry Cottrell,
Eugene Parsons
and
Clayton Moore

Wishing you a very
Happy Retirement,
Pat Murphy!





Calhoun County Committee on Aging, Inc.

January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 Creamed tomatoes Sausage patty Potatoes Ww biscuit	4 Chili w/ Meat & Beans Ww Cornbread Fruit	5 Fish Coleslaw Peas Whole Wheat Bread Juice	6 Beef Vegetable Soup Cheese Stick Banana Pudding Ww Crackers
9 Pinto Beans w/ ham Kraut Potatoes Ww Cornbread Fruit	10 Baked Steak Mashed Potatoes Gravy Green Beans Ww Roll Juice	11 Ww Pizza Corn Jell-O w/Fruit	12 Broccoli Soup Cheese Salad Sandwich Fruit Ww Crackers	13 Meat sauce Spaghetti Vegetables Fruit Ww Hot Roll
16 Center Closed for Martin Luther King Jr. Day	17 Chicken Sandwich w/ Onion/Mayo Ranch Potatoes Fruit Whole Wheat Bun	18 Meatloaf Au Gratin Potatoes Peas Ww Roll	19 Porkchop Mushroom gravy Potatoes beets Ww bread	20 Lasagna Broccoli Fruit Ww Garlic Toast
23 Chicken Strips Mac & Cheese Broccoli Fruit Whole Wheat Bread	24 Tomato sauce and onion Sloppy Joes Potatoes Pudding Ww roll	25 Fish Green Beans Ww roll Fruit Potatoes	26 Rib Sandwich Onions Pasta vegetable salad Potatoes Ww Bun Fruit	27 Calico beans Greens Ww cornbread Applesauce
30 Cook's Choice  	31 Hamburger w/ Mayo, mustard, onion On Whole Wheat Bun Potatoes Fruit	  	  	Menu Subject To Change Without Notice

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.

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.

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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.

Temporary: West Fork Site

Upper West Fork Park

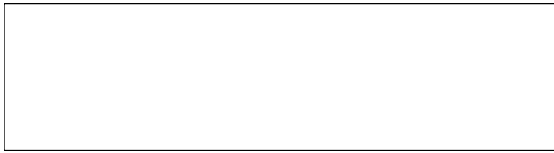
88 Red Roof Ln, Chloe, WV 25235

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

