

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

"When we die, our money remains in the bank... Yet, when we are alive, we don't have enough money to spend. In reality, when we are gone, there is still a lot of money not spent.

The cruel reality is: It is more important to live longer than to have more wealth. So, we must strive to have a strong and healthy body, It really doesn't matter who is working for who.

In a high end hand phone, 70% of the functions are useless!

For an expensive car, 70% of the speed and gadgets are not needed.

If you own a luxurious villa or mansion, 70% of the space is usually not used or occupied.

How about your wardrobes of clothes?

70% of them are not worn!

A whole life of work and earning... 70% is for other people to spend.

So, we must protect and make full use of our 30%.

- Go for medical check-ups even if not sick.
- Drink more water, even if not thirsty.
- Learn to let go, even if faced with grave problems.
- Endeavor to give in, even if you are in the right.
- Remain humble, even if you are very rich and powerful.
- learn to be contented, even if you are not rich.
- Exercise your mind and body, even if you are very busy.
- Make time for people you care about.

LIFE IS SHORT... ENJOY & LIVE LIFE TO THE FULLEST!!!

- Love God and others More!
- Take time to PRAY and Read the Word of God!
- Drink Plenty of water.
- EAT: Breakfast like a KING, Lunch like a Prince & Dinner like a pauper.
- Live with the 3 E's--Energy, Enthusiasm & Empathy.
- Play good game, read more books than you did in 2024.
- Sit in silence for at least 10 minutes each day.
- Sleep for 7 hours.
- Take a 10-30 minutes walk daily And while you walk...Smile.

Continued on page 3

January

Birthday Club

Shirley Riley 2nd
Randy Thompson 2nd
Karen King 4th
Laura Spencer 4th
Catherine Eagle 7th
Sue Gumm 8th
Burton Murphy 8th
Bill Stevens 10th
Joyce Payne 11th
Carol Cozart 12th
Terry Rose 12th
Wilbert Reynolds 14th
Roger Givens 16th
Joann Stevens 16th
Norma Gumm 17th
Murphy Eula 17th
Joan Schumacher 17th
Judith Barr 22nd
Bill Shock 23rd
Thomas Butler 24th
Burl Simers 24th
Cheryl Cain 25th
Mary Poirier 26th
Sandra Funk 27th
Ronald Cross 31st
Brenda Vannoy 31st

Employees

Sheri Honaker 5th
Sandra Harris 17th

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 4th & 18th beginning @ 10:45am

Local Events

- Jan. 13th Calhoun County Comm. Meeting 9:00 – 10:30am Small Ct. Rm.
- Jan. 14th Music at the CCCOA provided by Starling Holbert and friends, beginning at 6pm.
- Jan. 14th Calhoun Library presents Puzzle Race @ 5:30pm
- Jan. 20th CCCOA CLOSED in observance of Martin Luther King Day!
- Jan 21st Calhoun Library presents story time @1:30pm
- Jan. 23rd Trivia Night @ the CCCOA, hosted by the Calhoun Library
Beginning at 6pm, call to reserve your spot.

ANNOUNCEMENTS:

- **QUARTER BINGO Jan, 8th & 22nd @ the Grantsville CCCOA @ 10:45am**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**
- **The Calhoun County Commission encourages anyone interested in becoming a member of the Civil Service and, Animal Shelter Board or Building Commission to submit their resume to the Calhoun County Clerk's office or mail to P.O. Box 230, Grantsville, WV 26147. Resumes should be submitted by January 7, 2025.**
- **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!**

Don't over do. Keep your limits. Don't take yourself so seriously. No one else does. Don't waste your precious energy on gossip. Dream more while you are awake. Envy is a waste of time. You already have all you need. Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present Happiness. Life is too short to waste time hating anyone. Don't hate others. Make peace with your past so it won't spoil the present. No one is in charge of your happiness except you. Smile and Laugh More. You don't have to win every argument, Agree to disagree. Call your family often. Each day give something good to others. Forgive everyone for everything. Spend time with people over the age of 70 & under the age of 6. Try to make at least three people smile each day. What other people think of you is none of your business. Do the right thing. GOD heals everything. However good or bad a situation is, it will change. No matter how you feel, Get up, Dress up and Show up. The best is yet to come. When awake in the morning Thank GOD for it. Your Inner most is always happy...So, be Happy.

Happy New Year, wishing everyone, health, happiness, joy, peace and prosperity! Author Unknown

MARK YOUR CALENDARS 2025

<p>April 12 Taste of Sicily</p>	<p>May 17th Taste of Britain</p>	<p>August 16th Taste of India</p>
<p>June 21st Taste of the Middle East</p>	<p>July 19th Taste of Spicy China</p>	<p>Luau 2025 October TBD</p>
<p>September 13th Taste of Cuba</p>	<p>Fall Festival October 4th</p>	<p>Saundra Johnson Aquatic Center opens May 24th</p>

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

Congregate meal programs provide healthy meals served in group settings. They aim to keep older adults healthy and independent, offer opportunities for social engagement, and connect people with other supports and services. If you have been on the fence about attending the CCCOA for lunch, we encourage you to give it a try. If you would like to bring someone with you, that is not 60 yrs or older, they are also welcome. We encourage all ages to attend and partake in the activities offered.

Meals are served at 11:30am, right after Bingo!

Suggested Donation Scale for Meals

Individual Monthly Income	Suggested Donation
\$700 or less	\$1.25 per meal
\$701 to \$800	\$1.50 per meal
\$801 to \$900	\$1.75 per meal
\$901 or above	\$2.00 per meal

[Guests under 60 years of age: \$6.00 per meal]

[Guests under 60, accompanying a senior: \$4.00 per meal]



CALHOUN LIBRARY

JOIN US FOR

Story Time

JANUARY 2, 2025 - 11AM

&

JANUARY 21, 2025 - 1:30PM

See you there!



CALHOUN LIBRARY

PUZZLE RACE

JANUARY 14, 2025 AT 5:30PM

Teams of up to 4 people will compete to see who can complete their puzzle the fastest.

Spectators welcome!

Refreshments will be served.

Please let us know if you plan to participate, so we will have enough puzzles.

Inspiration and Food for Thought!

A business tycoon in China passed away. His widow, left with \$1.9 billion in the bank, married his chauffeur. His chauffeur said:- "All the while, I thought I was working for my boss... it is only now, that I realize that my boss was all the time, working for me !!!"

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- Forget issues of the past. Don't remind your partner with his/her mistakes of the past. That will ruin your present Happiness.
- Life is too short to waste time hating anyone. Don't hate others.
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- No one is in charge of your happiness except you.
- Smile and Laugh More.
- You don't have to win every argument, Agree to disagree.
- Call your family often.
- Each day give something good to others.
- Forgive everyone for everything.
- Spend time with people over the age of 70 & under the age of 6.
- Try to make at least three people smile each day.
- What other people think of you is none of your business.
- Do the right thing!
- GOD heals everything.
- However good or bad a situation is, it will change.
- No matter how you feel, Get up, Dress up and Show up. The best is yet to come.
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- Your Inner most is always happy...

So, be Happy.

Happy New Year, wishing everyone, health, happiness, joy, peace and prosperity!

Moderate physical activity may benefit seniors' overall health. You can incorporate activities like walking and aerobics with strength training exercises.

If you're an older adult looking to establish an exercise routine, you should, ideally, be able to incorporate 150 minutes of moderate endurance activity into your week. This can include walking, swimming, cycling, and a little bit of time every day to improve strength, flexibility, and balance.

The [Centers for Disease Control and Prevention Trusted Source](#) suggest this amount of time for generally fit Americans aged 65 and older. Even though this sounds like a lot, the good news is that you can break it down into 10- or 15-minute chunks of exercise two or more times a day. Here's an example of what a week might look like, along with suggestions for some exercises you can do to get started:

6-Minute strength routine

There are dozens of exercises you can do to build strength without having to set foot in a gym. Here are a few examples for people who are just getting started.

Abdominal contractions

To increase strength in the abdominal muscles

Take a deep breath and tighten your abdominal muscles.

Hold for 3 breaths and then release the contraction.

Repeat 10 times.

Wall pushups

To increase strength in the chest and shoulders

Stand about 3 feet away from a wall, facing the wall, with your feet shoulder-width apart.

Lean forward and place your hands flat on the wall, in line with your shoulders. Your body should be in plank position, with your spine straight, not sagging or arched.

Lower your body toward the wall and then push back.

Repeat 10 times.

Pelvic tilts

To strengthen and stretch muscles in the lower back

Take a deep breath, tighten your buttocks, and tilt your hips slightly forward.

Hold for a 3-count.

Now tilt your hips back and hold for 3 seconds. (It's a very subtle movement.)

Repeat 8 to 12 times.

Shoulder blade squeeze

To strengthen postural muscles and stretch the chest

Sit up straight in your seat, rest your hands in your lap, and squeeze your shoulder blades toward one another.

Focus on keeping your shoulders down, not hunched up toward your ears, and hold for 3 seconds.

Release and repeat 8 to 12 times.

Toe taps

To strengthen the lower legs

Sitting in a chair and keeping your heels on the floor, lifting your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and strengthens the lower leg.)

Repeat 20 times.

Heel raises

To strengthen the upper calves

Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.

Repeat 20 times.

Knee lifts

To strengthen the thighs

Seated in a chair, with your arms resting but not pressing on the armrests, contract your right quadriceps muscles and lift your leg. Your knee and the back of your thigh should be 2 or 3 inches off the seat.

Pause for 3 seconds and slowly lower your leg.

Complete 8 to 12 repetitions and then repeat with the opposite leg.

Shoulder and upper back stretch

To stretch the shoulders and back

Bend your right arm, raising it so your elbow is chest level, and your right fist is near your left shoulder.

Place your left hand on your right elbow and gently pull your right arm across your chest.

Hold for 20 to 30 seconds.

Repeat with the opposite arm.

Ankle rotations

To strengthen the calves

Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.

Repeat with the left foot.

Stretch it out

Getting into the habit of stretching every day will improve your range of motion and make every activity — including reaching for a dish from a cupboard — more comfortable. Here are two basic stretches to start with:

Neck stretch

To relieve tension in the neck and upper back

Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.

Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.

Now turn to the left. Hold for 10 to 30 seconds. Repeat 3 to 5 times.

Upper back

To relieve tension in the shoulders and upper back

Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.

Hold your arms up and out in front at shoulder height, with your palms facing outward and the backs of your hands pressed together. Relax your shoulders so they're not scrunched up near your ears.

Reach your fingertips until you feel a stretch. Your back will move away from the back of the chair.

Stop and hold for 10 to 30 seconds.

Repeat 3 to 5 times.

Balance boosters

Since accidental falls are a significant source of injury for many [older adults](#), incorporating balance exercises in your exercise regimen is essential. Doing balance exercises, such as the ones described here, or an activity such as tai chi or [yoga](#), makes it easier to walk on uneven surfaces without losing balance. You can do these [balance exercises](#) every day, several times a day — even when you're standing in line at the bank or the grocery store.

Shifting weight

Stand with your feet hip-width apart and your weight evenly distributed on both feet.

Relax your hands at your sides. You can also do this exercise with a sturdy chair in front of you in case you need to grab it for balance.

Shift your weight on to your right side, then lift your left foot a few inches off the floor.

Hold for 10 seconds, eventually working up to 30 seconds.

Return to the starting position and repeat with the opposite leg.

Repeat 3 times.

Stand with your feet hip-width apart, with your hands on your hips or on the back of a sturdy chair if you need support.

Lift your left foot off the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.

Hold for 10 seconds, eventually working up to 30 seconds.

Return to the starting position and repeat with the opposite leg.

Repeat 3 times.

Single leg balance

Stand with your feet hip-width apart, with your hands on your hips or on the back of a sturdy chair if you need support.

Lift your left foot off the floor, bending at the knee and lifting your heel halfway between the floor and your buttocks.

Hold for 10 seconds, eventually working up to 30 seconds.

Return to the starting position and repeat with the opposite leg. Repeat 3 times.

West Fork Site



West Fork Site



Celebrating with Christmas dinner and a gift exchange, I think it safe to say the seniors had a wonderful Christmas!

Wishing everyone a happy and prosperous New Year!



Strawberry Walnut Date Smoothie

Prep Time: 5 mins

Servings: 2

Ingredients

1 1/2 cups hulled, quartered strawberries

1/2 cup California walnuts

1/2 cup plain Greek yogurt (or 1 5.3-oz. cup)

1/2 cup walnut milk (may substitute dairy milk)

3 pitted dates, coarsely chopped

Chopped California Walnuts (optional garnish)

This smoothie gets its nutty flavor from California walnuts and is sweetened with fresh strawberries and dates.

Instructions

Place all ingredients in a small blender or food processor and process until smooth.

Garnish with additional walnuts, if desired.



Key nutrients for older adults

Good nutrition is essential for good health throughout your life. As you get older, some nutrients become more important for maintaining independence, energy levels and wellbeing. They are:



1. Protein

- Protein prevents muscle loss, helps to maintain strength and reduces your risk of falls.
- To ensure you're eating enough protein, fill a quarter of your plate at each main meal with protein-rich foods.
- **Food sources:** *Meat, seafood, eggs, cheese, milk, yoghurt, tofu, legumes, nuts and seeds.*

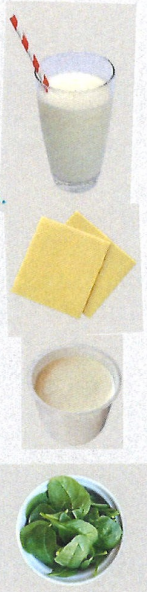
2. Omega-3 Fats

- Omega-3 fats are important for brain function and memory. They also reduce your risk of heart disease, diabetes and arthritis.
- Aim for at least two servings of oily fish a week to get enough omega-3s.
- **Food sources:** *salmon, tuna, sardines, mackerel, shellfish, flaxseed, walnuts and soybeans.*



3. Calcium

- Calcium is vital for bone health. Eating enough reduces your risk of osteoporosis and fractures.
- Dairy foods and fortified alternatives are the best sources of calcium. You should eat four serves of these foods every day.
- **Food sources:** *milk, yoghurt, cheese, calcium-fortified plant-based milks and cereals, tinned salmon with edible bones and dark green leafy vegetables.*



4. Vitamin D

- Vitamin D helps your body absorb calcium, so is essential for bone health.
- Known as the 'sunshine' vitamin, you get most of your vitamin D from the sun.
- **Food sources:** *eggs, salmon, sardines, liver and vitamin D-fortified foods like margarine.*

5. Vitamin B12

- Vitamin B12 helps to create red blood cells which carry oxygen. It is also important for nerve function.
- Vitamin B12 is only found in animal foods. If you follow a vegan diet, it is essential that you consume foods fortified with vitamin B12 or a supplement.
- **Food sources:** *meat, fish, milk, cheese and eggs.*

June 2023, v1

If you've recently lost weight without trying, you should see an Accredited Practising Dietitian.



WINTER



WORD SEARCH

- | | |
|----------|-----------|
| BOOTS | HOT COCOA |
| MITTENS | HAT |
| ICICLE | SCARF |
| SNOWMAN | SNOWFLAKE |
| JACKET | FROZEN |
| PENGUIN | WINTER |
| SKIING | FIREPLACE |
| SLEDDING | SWEATER |

Search the puzzle below to find the 16 winter related words.

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



WORD SCRAMBLE

Try and unscramble the 5 winter related words below.

RADIBZZL _____

OWROSSNTM _____

GNIREFZ _____

OHT ETOCCOHAL _____








ODLC _____



Calhoun County Committee on Aging, Inc.

January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice	2% Milk And Margarine Served Daily 	1  CLOSED	2 Chicken Patty Onions Peas Ww Bread Fruit	3 Chili Tomato Sauce Banana Pudding Ww Crackers
6 Wieners Kraut Potatoes Ww Cornbread Fruit	7 Cabbage Roll Tomato Sauce Carrots Ww Roll Juice	8 Ww Pizza Corn Jell-O w/Fruit 	9 Cream Chicken Over ww biscuit Peas Carrots Mashed potatoes Fruit	10 Meat sauce Spaghetti Vegetables Fruit Ww Hot Roll
13 Chicken Strips Mac & Cheese Broccoli Fruit Ww Bread 	14 Pinto beans w/ ham Onions Greens Ww cornbread Fruit	15 Meatloaf Au Gratin Potatoes Peas Fruit Ww Roll	16 Porkchop Mushroom gravy Potatoes Beets fruit Ww bread 	17 Beef Macaroni Brussel Sprout Fruit Ww roll
20 Center Closed for Martin Luther King Jr. Day	21 Rib Sandwich Onions Pasta vegetable salad Potatoes Ww Bun Fruit 	22 Potato Soup Ham Salad Fruit Ww crackers	23 Tomato sauce and onion Sloppy Joes Potatoes Pudding fruit Ww roll	24 Calico beans Greens Ww cornbread Applesauce
27 Fish Green Beans Ww roll Fruit Potatoes	28 Hamburger w/ Mayo, mustard, onion WW Bun Potatoes Fruit	29 Taco salad Fruit brownie	30 Creamed tomatoes Sausage patty Hash browns Fruit Ww biscuit	31 Chicken BBQ Ww bun Beets Potatoes Juice 

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



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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.

West Fork Site

121 Milo Road

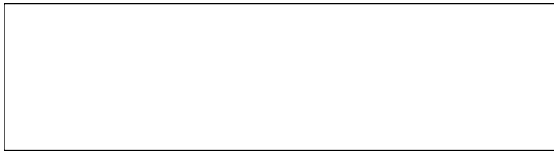
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

Mailing: Post Office Box 619
Grantsville, WV 26147



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Grantsville, WV 21647

To Contact CCCOA:
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