

Calhoun County Committee on Aging  
PO Box 619, Grantsville, WV 26147  
105 Market Street, Grantsville, WV  
Phone: 304-354-7017 Fax: 304-354-6859

## FUN FACTS ABOUT JULY!

Before you fire up the grill and whip up some delicious burgers, creative hot dogs, and stunning summer salads this July 4th, check out these little-known facts about the holiday and America itself. We've included Fourth of July trivia that can be shared with friends and family that will certainly have them impressed with your history knowledge (kids will especially love learning about the day). For starters, did you know that Independence Day was once celebrated on July 5? Exactly! You'll also learn a little bit about traditions around the holiday, including how much Americans tend to spend on fireworks this time of year.

So, once you figure out your 4th of July activity, plan your perfect patriotic playlist and pick out the best Instagram caption for all your BBQ pictures, be sure to memorize some of these fun facts and trivia.

Thomas Jefferson was the main author of the Declaration of Independence.

There were four others on the drafting committee: Roger Sherman, Benjamin Franklin, John Adams, and Robert Livingston.

John Hancock was the first person to sign the Declaration of Independence.

Likely because he was the President of Congress at the time, he signed in a large hand and at the center of the document, according to the National Archives. His bold signature is where we get the phrase "put your John Hancock" when referring to signing your name.

Independence Day should have been celebrated on July 2, 1776.

Continued on page 6 & 7

## July

### Birthday Club

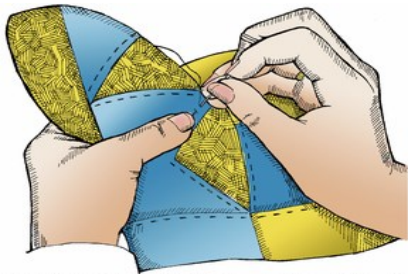
Anita West 1st  
Carolyn Lane 2nd  
Raymond Metz 2nd  
Linda Badgett 3rd  
Rebecca Lane 6th  
Patricia Jarvis 7th  
Barbara Rose 8th  
William Bailey 9th  
Glenn Knotts 11th  
Virginia Simmons 13th  
Karen McKown 16th  
Randy Wilson 19th  
Doug Gallagher 20th  
James Shields 24th  
Linda Crawford 26th  
Willadene Poling 26th  
Gerald Riddle 26th  
Izetta Smith 26th  
Crystal Thompson 27th  
Franklin Yoak 29th  
Carolyn Murphy 30th

### Employees

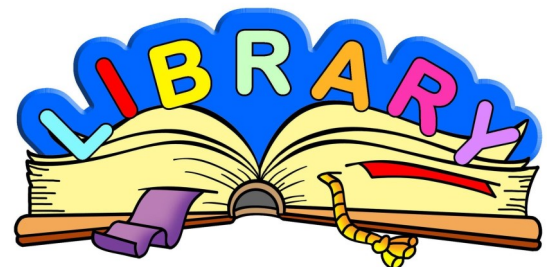
Kevin Kanalley 3rd  
Tianna Barto 8th  
Mitch Morgan 11th  
Dorothy McCauley 14th  
Hollie Smith 18th  
Sabrina Whytsell 24th

# 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

- July 6th-8th CMHS boys basketball camp (6th-8th grade)  
Thu, July 13, 5pm – 8pm; @ the Calhoun Middle High School  
Cost is \$75.00 contact Shannon Davis [shannondavis714@gmail.com](mailto:shannondavis714@gmail.com)
- July 11th Cookbook Club night @ the Calhoun Co. Public Library will be  
Tuesday, @ 6pm
- July 11th– 13th Volley Ball Camp @ Calhoun County middle school gym 4-6pm for  
grades 6-8th grade for any girl interested in playing this fall. All  
girls will need a new sports physical to participate. Bring gym shoes  
and knee pads if you have them for any questions you can message  
Charlie Starcher or Samantha Moles thanks.
- July 14th Bingo will be held at the Arnoldsburg Community Park  
Door's open at 5pm; \$20.00 for 20 games of Bingo.  
Proceeds go to support new playground equipment and operating  
expenses for the Upper West Fork Park.
- July 18th MOVHD will be offering a shot clinic at the Grantsville Senior  
Center @ 10:00am. Please call the MOVHD 304-354-6898 if you  
are in need of a certain vaccine and they will let you know if that can  
be available on the 18th.
- July 22nd Volunteer Picnic; 2pm – 4pm; @ the Calhoun County Community  
Center (Old High School) Description1982 Foundation is  
sponsoring this picnic.
- July 22nd– 30th Jackson Co. Jr. Fair
- August 4th FREE TAX HOLIDAY! Sales Tax Holiday West Virginia AUGUST  
4th-7th. The following amounts is the maximum spent at one time.  
clothing – \$125 school supplies – \$20 sports equipment – \$150  
computer-tablet – \$500 Ohio AUGUST 4th-6th clothing – \$75  
school supplies – \$20
- August 15th Back to School Bash; 4pm – 6pm @ CCMHS
- August 17th First day of school for odd grades. K-1-3-5-7-9
- August 18th First day of school for even grades. 2-4-6-8-10 & 11th grade
- August 21st ALL GRADES RETURN BACK TO SCHOOL!

## ANNOUNCEMENTS

Free Sports Physicals offered on the following days...

July 10th, 12, 13th, 14th, 18th, 27th & 28th

8am – 3pm @ CCMHS based health clinic

Call 304-354-9732 to schedule.

The Calhoun Co. Public Library is offering... !! New Dial-A-Story Selections !!

Just dial 1-866-985-1223 to listen to a story

Dollar General in Grantsville is accepting applications for the following positions...

Part/time sales associate

Part-time lead sales associate

Hours vary week to week

Must be able to pass background check

Apply online at Dollar General home website

## Refreshing Melon Salad

### Ingredients

1/4 honeydew melon, cubed.

1/4 cantaloupe melon, cubed.

1 cup watermelon, cubed.

1 medium lime, juiced.

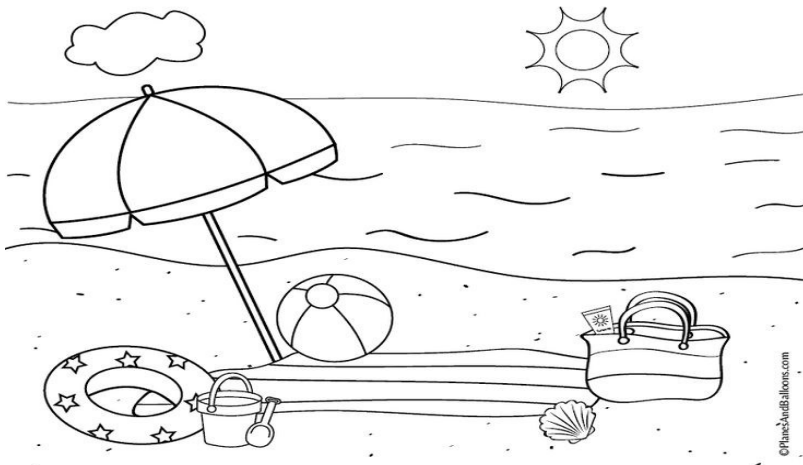
1/4 teaspoon grated lime zest.

1 sprig fresh mint, or to taste.

### Directions

Combine honeydew, cantaloupe, and watermelon in a bowl.

Drizzle with lime juice and zest; toss to coat. Garnish with fresh mint. Refrigerate leftovers.



# 4th of July Word Search

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

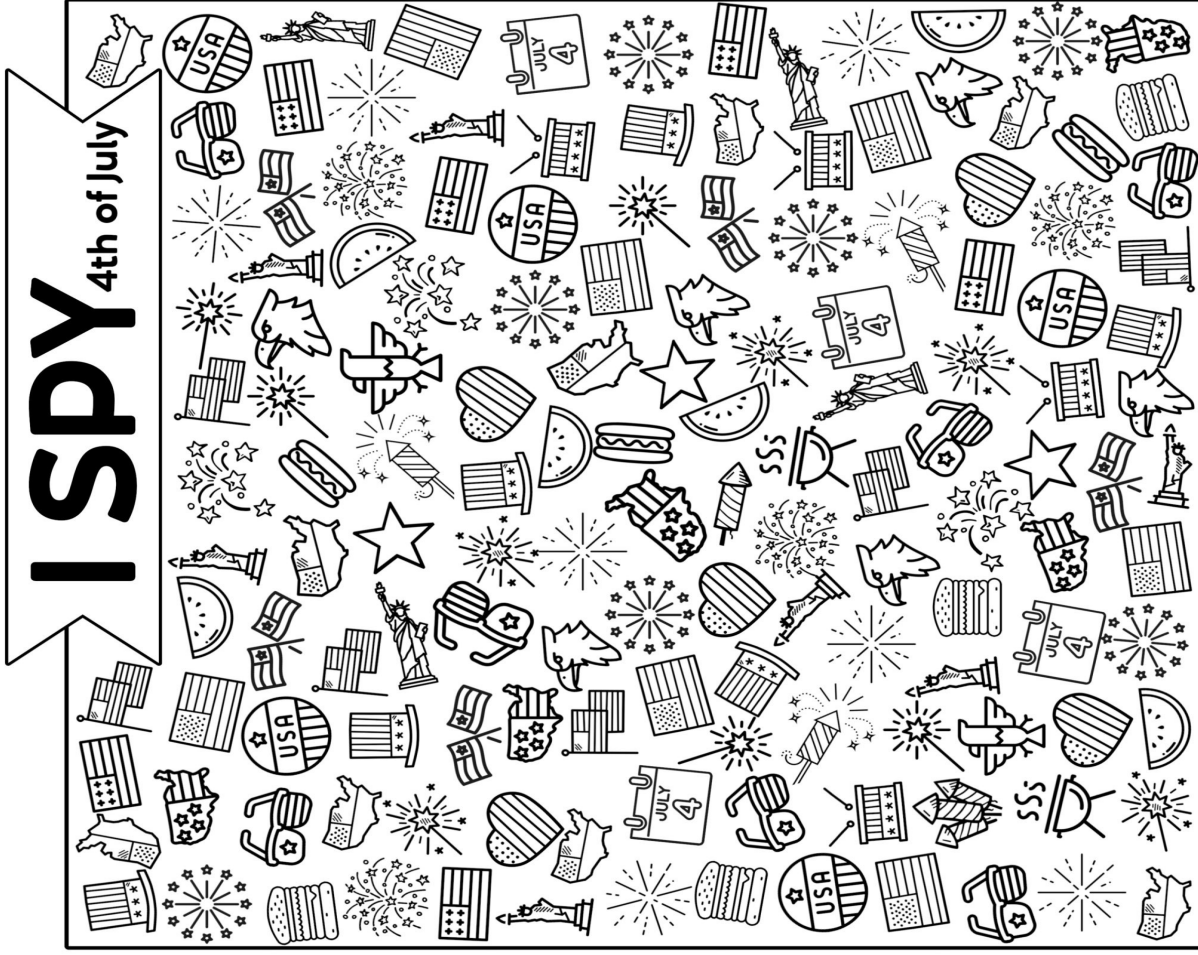
Independence  
 Freedom  
 Parade  
 Patriotic  
 Liberty  
 July  
 Summer

Declaration  
 Picnic  
 Celebration  
 Holiday  
 British  
 Stars  
 Music

Flag  
 Fireworks  
 America  
 Philadelphia  
 Colonies  
 Stripes



*JinxyKids.com*



- 2 4 4 4 5 4 5 7 4 6 5  
 1 6 7 6 1 3 6 7 4 7 5  
 3 3 4 4 6 2 7 5 9 6 3

## FUN FACTS

Although the document was dated July 4, congress voted for independence from Great Britain two days prior on July 2, 1776. It apparently wasn't signed by everyone until a month later August 2, 1776.

John Adams wrote a letter to his wife about how memorable Independence Day would be in American history...

He was obviously right — in his letter, he said the day should be celebrated with parades, bonfires, and fireworks. Scarily accurate, right?

... but he thought it was celebrated on the wrong day.

In fact, he was known to turn down invitations to 4th of July celebrations in protest. In his correspondence to his wife, Abigail Adams, he only referred to Independence Day as July 2nd.

The 'Pennsylvania Evening Post' was the first newspaper to print the Declaration.

It came out in the newspaper on July 6, 1776, for everyone to see, after a local printer named John Dunlap produced copies of the declaration's manuscript.

An estimated 2.5 million people lived in the nation in July 1776.

As of July 2021, about 331.8 million people live in the U.S., according to the United States Census.

Three presidents who signed the Declaration of Independence died on July 4.

John Adams and Thomas Jefferson both died on July 4, 1826 — on the 50th anniversary of the country's independence. James Monroe died five years later July 4, 1831.

The Liberty Bell rings 13 times every Independence Day to honor the 13 original states.

Descendants of people who signed the Declaration of Independence tap the bell, located in Philadelphia, Pennsylvania, at 2 p.m. eastern time every 4th of July.

Independence Day was once celebrated on July 5.

The holiday fell on a Sunday in 1779, so the country celebrated on July 5th instead.

The very first 4th of July fireworks show took place in Philadelphia in 1777.

Fireworks, canons, and bells all went off to honor the 13 original states. Much like modern celebrations, they even had a dinner and parade for the Declaration of Independence's first anniversary.

U.S. soldiers got a special treat on the 4th of July in 1778.

George Washington helped the troops celebrate by allowing them a double ration of rum, according to Live Science.

# FUN FACTS

Americans spend over \$1 billion on fireworks every year.

According to the American Pyrotechnics Association, the numbers continue to go up every year. The biggest celebration is Macy's 4th of July Fireworks show, which takes over 8,000 hours to prepare!

4th of July sales has been a thing for a while.

According to Live Science, it was seen as unpatriotic if you kept your business open on Independence Day before the Civil War. But after, restaurants and stores started having sales on red, white, and blue merchandise and they've continued too ever since.

There are 33 places in the United States with the word "liberty" in their names.

According to the U.S. Census, four of them are counties — Georgia, Florida, Montana, and Texas have a Liberty County.

Calvin Coolidge was the only president born on the 4th of July.

That probably helped his presidential campaign, right?

It didn't become a federal holiday until 1870.

It took nearly 100 years for it to be recognized as such, but when it finally happened it was up in the ranks with Christmas and a few other holidays.

The Declaration of Independence and the Constitution were both signed in Philadelphia.

The Constitution was signed in September of 1787, a little over 11 years after the Declaration of Independence. While both are important to U.S. history, they are totally separate documents with different meanings.

Thomas Jefferson believed that a new Constitution should be written every 19 years.

In a letter to James Madison, he asked if "one generation of men has the right to bind another," saying that otherwise "the lands would belong to the dead, and not to the living, which would be the reverse of our principle".

Americans eat around 150 million hot dogs each Independence Day.

According to the National Hot Dog and Sausage Council, from Memorial Day to Labor Day, which they call 'peak hot dog season', Americans consume around 7 billion hot dogs. That means that 818 are being consumed every second. Producers estimate that during July, which is designated National Hot Dog Month, 10% of annual retail hot dog sales occur. That's a lot of hot dogs!

[https://www.goodhousekeeping.com/holidays/g22022801/4th-of-july-trivia/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=arb\\_ga\\_ghk\\_d\\_bm\\_prog\\_org\\_us\\_g22022801&gclid=CjoKCQjw4s-kBhDqARIsAN-ipH2IOu3bw9GUnyLHmcejLu9kG6uieFeV-CO7Q\\_3z2Y6xStDY63x58zgaAtBnEALw\\_wcB](https://www.goodhousekeeping.com/holidays/g22022801/4th-of-july-trivia/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_ghk_d_bm_prog_org_us_g22022801&gclid=CjoKCQjw4s-kBhDqARIsAN-ipH2IOu3bw9GUnyLHmcejLu9kG6uieFeV-CO7Q_3z2Y6xStDY63x58zgaAtBnEALw_wcB)

# Chair Yoga Exercises

Helicopter



Half-Forward Fold



Mountain



Side Bend



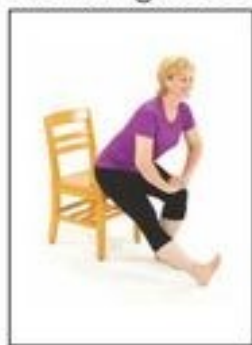
Knee Hug



Cow/Cat



Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series





## **Getting Your Affairs in Order Checklist: Documents to Prepare for the Future**

Checklist for getting your affairs in order:

Which documents do you need to have in place?

Who can help with getting your affairs in order?

What other decisions can you prepare for in advance?

No one ever plans to be sick or disabled. Yet, planning can make all the difference in an emergency and at the end-of-life. Being prepared and having important documents in a single place can give you peace of mind, help ensure your wishes are honored, and ease the burden on your loved ones.

Checklist for getting your affairs in order:

1. Plan for your estate and finances. Depending on your situation, you may choose to prepare different types of legal documents to outline how your estate and finances will be handled in the future. Common documents include a will, durable power of attorney for finances, and a living trust.

A will specifies how your estate — your property, money, and other assets — will be distributed and managed when you die. A will can also address care for children under the age of 18, adult dependents, and pets, as well as gifts and end-of-life arrangements, such as a funeral or memorial service and burial or cremation. If you do not have a will, your estate will be distributed according to the laws in your state.

A durable power of attorney for finances names someone who will make financial decisions for you when you are unable to.

A living trust names and instructs a person, called the trustee, to hold and distribute property and funds on your behalf when you are no longer able to manage your affairs.

2. Plan for your future health care. Many people choose to prepare advance directives, which are legal documents that provide instructions for medical care and only go into effect if you cannot communicate your own wishes due to disease or severe injury. The most common advance directives include a living will and a durable power of attorney for health care.

A living-will tells doctors how you want to be treated if you cannot make your own decisions about emergency treatment. You can say which common medical treatments or care you would want, which ones you would want to avoid, and under which conditions each of your choices applies. Learn how to prepare a living will.

A durable power of attorney for health care names your health care proxy, a person who can make health care decisions for you if you are unable to communicate these yourself. Your proxy — also known as a representative, surrogate, or agent — should be familiar with your values and wishes. A proxy can be chosen in addition to or instead of a living will. Having a health care proxy helps you plan for situations that cannot be foreseen, such as a serious auto accident or stroke. Learn how to choose a health care proxy.

3. Put your important papers and copies of legal documents in one place. You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. For added security, you might consider getting a fireproof and water-proof safe to store your documents. If your papers are in a bank safe deposit box, keep copies in a file at home. View a list of important papers.
4. Tell someone you know and trust or a lawyer where to find your important papers. You don't need to discuss your personal affairs, but someone you trust should know where to find your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
5. Talk to your loved ones and doctor about advance care planning. A doctor can help you understand future health decisions you may face and plan the kinds of care or treatment you may want. Discussing advance care planning with your doctor is free through Medicare during your annual wellness visit. Private health insurance may also cover these discussions. Share your decisions with your loved ones to help avoid any surprises or misunderstandings about your wishes.
6. Give permission in advance for a doctor or lawyer to talk with your caregiver as needed. If you need help managing your care, you can give your caregiver permission to talk with your doctors, your lawyer, your insurance provider, a credit card company, or your bank. You may need to sign and return a form. Giving permission for your doctor or lawyer to talk with your caregiver is different from naming a health care proxy. A health care proxy can only make decisions if you are unable to communicate them yourself.
7. Review your plans regularly. It's important to review your plans at least once each year and when any major life event occurs, like a divorce, move, or major change in your health.

Which documents do you need to have in place?

Older couples getting help with legal and financial documents. When you're getting your affairs in order, it's important to prepare and organize important records and files all in one place. Typically, you will want to include personal, financial, and health information. Remember, this is a starting place. You may have other information to add. For example, if you have a pet, you will want to include the name and address of your veterinarian.

Personal information

Full legal name

Social Security number

Legal residence

Date and place of birth

Names and addresses of spouse and children

Location of birth and death certificates and certificates of marriage, divorce, citizenship, and adoption

Employers and dates of employment

Education and military records

Names and phone numbers of religious contacts

Memberships in groups and awards received

Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors

Financial information

Sources of income and assets (pension from your employer, IRAs, 401(k)s, interest, etc.)

Social Security information

Insurance information (life, long-term care, home, car) with policy numbers and agents' names and phone numbers

Names of your banks and account numbers (checking, savings, credit union)

Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers

Copy of most recent income tax return

Location of most up-to-date will with an original signature

Liabilities, including property tax — what is owed, to whom, and when payments are due

Mortgages and debts — how and when they are paid

Location of original deed of trust for home

Car title and registration

Credit and debit card names and numbers

Location of safe deposit box and key

Health information

Current prescriptions (be sure to update this regularly)

Living will

Durable power of attorney for health care

Copies of any medical orders or forms you have (for example, a do-not-resuscitate order)

Health insurance information with policy and phone numbers

Who can help with getting your affairs in order?

You may want to talk with a lawyer about setting up a general power of attorney, durable power of attorney, joint account, or trust. Be sure to ask about the lawyer's fees before you make an appointment.

You do not have to involve a lawyer in creating your advance directives for health care. Most states provide the forms for free, and you can complete them yourself. Learn more about completing an advance directive.

You should be able to find a directory of local lawyers on the internet or contact your local library, your local bar association for lawyers, or the Eldercare Locator. Your local bar association can also help you find what free legal aid options your state has to offer. An informed family member may be able to help you manage some of these issues.

What other decisions can you prepare for in advance?

Getting your affairs in order can also mean making decisions about organ donation and funeral arrangements, or what you want to happen to your body after you die. Deciding and sharing your decisions can help your loved ones during a stressful time and best ensure your wishes are understood and respected.

**Organ donation and brain donation.** When someone dies, their healthy organs and tissues may be donated to help someone else. You can register to be an organ donor when you renew your driver's license or state ID at your local department of motor vehicles. You can also register online. Some people also choose to donate their brain to advance scientific research. It may be possible to donate organs for transplant as well as the brain for scientific research. Learn more about organ donation and brain donation.

**Funeral arrangements.** You can decide ahead of time what kind of funeral or memorial service you would like and where it will be held. You can also decide whether you would like to be buried or cremated and whether you want your body's ashes kept by loved ones or scattered in a favorite place. Be sure and specify certain religious, spiritual, or cultural traditions that you would like to have during your visitation, funeral, or memorial service. You can make arrangements directly with a funeral home or crematory. Read these tips on planning a funeral. If you choose not to be embalmed or cremated, most states allow families to take care of transportation, preparation of the body, and other needed arrangements. Learn more about the burial options available in your state. Put your preferences in writing and give copies to your loved ones and, if you have one, your lawyer.

<https://www.nia.nih.gov/health/getting-your-affairs-order-checklist-documents-prepare-future>

For more information about getting your affairs in order...

American Bar Association

800-285-2221

[www.americanbar.org](http://www.americanbar.org)

Elder Locator

800-677-1116

[eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org)

<https://eldercare.acl.gov>

CaringInfo

National Hospice and Palliative Care Organization

800-658-8898

[caringinfo@nhpco.org](mailto:caringinfo@nhpco.org)

[www.caringinfo.org](http://www.caringinfo.org)

National Academy of Elder Law Attorneys

703-942-5711

[naela@neala.org](mailto:naela@neala.org)

[www.naela.org](http://www.naela.org)

The Conversation Project

866-787-0831

<https://theconversationproject.org>

National Elder Law Foundation

520-881-1076

[info@nelf.org](mailto:info@nelf.org)

[www.nelf.org](http://www.nelf.org)

PREPARE for Your Care

[info@prepareforyourcare.org](mailto:info@prepareforyourcare.org)

# CALHOUN FRM/FSC

Want to pay your utilities Local?

## WE CAN HELP - STOP BY TO USE BILL PAY

- \* Mon Power \* Mountainer Gas \* AT&T
- \* Dominion Gas \* Frontier \* Waste Management

Can pay Cash or check and posts immediately to your account.

Call: 304-354-7177  
Tina Persinger

**Pay Your Utilities Local**  
364 Main Street  
Grantsville WV  
26147



## THE 1982 FOUNDATION

# UPCOMING EVENTS

**08** TASTE OF SOUTH AMERICA  
JUL 7PM

**22** VOLUNTEER PICNIC  
JULY 7PM

**12** TASTE OF THE ORIENT  
AUG 7PM

**01** TASTE OF VARSITY  
SEP 7PM

**02** ALUMNI FOOTBALL GAME  
SEP 7PM

**07** FALL FEST  
OCT 10AM-5PM

FOR MORE INFO E-MAIL  
Whitley@The1982Foundation.org

## Cooking Vegetables to Retain Nutritional Value

Did you know over cooking vegetables can reduce the amount of vitamins and minerals? It would be really nice to say that one size fits all when it comes to our vegetables. The fact is that all vegetables contain different amounts and types of vitamins and minerals. Also, it depends on how long the vegetables are cooked and can affect the amount of vitamins in them.

Vegetables can be grouped into different categories. The most common categories for vegetables are non-starchy, starchy, and leafy greens. The vegetables are placed into these groups based off the nutrients they provide. Even though they are in these groups, the best cooking methods to retain nutrients for each vegetable can differ.

Now to understand the four most common methods for cooking vegetables and the best method for each.

**Boiling:** In a large pot with water, bring water to a boil, and add the vegetables. While the water is still rapidly boiling, add the vegetables that best boiled are spinach, beet green, swiss chard, and potatoes.

**Steaming:** Steaming vegetables is one of the best methods to retain many nutrients. Steaming requires filling a pot with about 2 inches of water. Once the water is at a rapid boil, add a steamer basket with the vegetables. The vegetables should sit in the steamer basket and not be in touching the water. Place a lid on the pot and cook for the desired cooking time. Examples: green beans, broccoli, brussel sprouts, collard greens, kale turnip greens, beets, carrots, sweet potatoes, and winter squash.

**Sauteing:** To sauté vegetables, place about 1/3 cup of water or brother in the bottom of a skillet. Once the water gets hot and starts to boil, add the vegetables and cover. Cook for the recommended times. Examples: asparagus, bell peppers, green peas, onions, summer squash, tomatoes, cabbage, and mustard greens.

**Roasting (baking):** The terms roasting and baking can be used interchangeably. Unfortunately, roasting vegetables is one of the worst ways to retain nutrients. In fact, it can be the hardest on our nutrients. The high cooking temperatures easily destroys the vitamins and minerals for many vegetables. For some vegetables, roasting can work but not for all of them. When you roast vegetables, do not add oil. Instead, try to add herbs and spices. Examples: eggplant, tomatoes, and fennel.

**Raw:** Raw is not a cooking method but is one that should not be left out. Not all vegetables require cooking. Some vegetables are better off eaten raw for their vitamins and minerals. Examples: bell peppers, broccoli, green peas, onions, cabbage, beets, and carrots.

Many people in the United States are not eating enough vegetables. To make it worse, often when cooking vegetables many of the vitamins and minerals are destroyed. Cooking vegetables takes knowledge and practice. Understanding the best methods to cook each specific vegetable and its desired cooking time is a great start. Since you are eating them, you might as well want to get all their important nutrients.



# HOW TO COOK VEGGIES TO RETAIN NUTRIENTS

## NON-STARCHY VEGETABLES (except cruciferous)

VEGGIE	RAW	STEAM	SAUTÉ	BAKE
ARTICHOKE		30 MIN		
ASPARAGUS			5 MIN	
BELL PEPPERS	✓		7 MIN	
EGGPLANT				15-25 MIN
FENNEL		✓	✓	✓
GREEN BEANS		7 MIN		
GREEN PEAS	✓		3 MIN	
LEEKS			7 MIN	
MUSHROOMS			2-5 MIN	
ONIONS	✓		7 MIN	
SUMMER SQUASH			3 MIN	
TOMATOES			✓	✓

## CRUCIFEROUS VEGGIES & LEAFY GREENS

VEGGIE	RAW	STEAM	SAUTÉ	BOIL
BEEF GREENS				1 MIN
BOK CHOY			3 MIN	
BROCCOLI	✓	4-6 MIN		
BRUSSELS SPROUTS		5-6 MIN		
CABBAGE/CAULIFLOWER	✓		5 MIN	
COLLARD GREENS		5 MIN		
KALE		5 MIN		
MUSTARD GREENS			5 MIN	
SPINACH				1 MIN
SWISS CHARD				3-5 MIN
TURNIP GREENS		5 MIN		

## STARCHY VEGETABLES

VEGGIE	RAW	STEAM	SAUTÉ	BOIL
BEETS	✓	15 MIN		
CARROTS	✓	5 MIN		
POTATOES				✓
GREEN PEAS	✓		3 MIN	
SWEET POTATOA		7 MIN		
WINTER SQUASHES		7 MIN		

## West Fork Site



Left Photo: Glenda Carter– April Birthday

Right Photo: Randy Wilson, Tom Ferrebee, Alice Cottrell, Aaron Bennett, Sharon Knotts, Larry Cottrell & Rick Horsley entertainment.



## Soapbox

So far summer has not been too bad. The rain in June was a bit much but the humidity was low, and the nights were cool. I wish it would stay that way. No such luck.

I still have Frank on the front porch and Gizzy in the house. Sometimes, he doesn't like it outside when it's raining. I've only caught two mice so far this year. (One upstairs and one downstairs) I decided they had separated. HA! HA! Too bad as I got them both.

I had a mama ground hog and three babies. Then there were two babies and now all I see is one baby- no mama and no two other babies.

Last year I had a mama raccoon and four babies, then three babies and one that was sick and finally dead in my back yard. This year, so far, I only have one raccoon. I did not know if it was a girl or a boy. It lies on the porch where it eats most of the time. Well, one day it was standing, and it had little milk jugs. It's a she. The next time that I saw her there were four little wind-up toy raccoons running in a circle around her. They are adorable.

I still have Harvey, my little orange colored rabbit. When he hears me outside, he comes hopping. He knows that I have food. I bought him a bag of rabbit food and he likes toast and pieces of apples. He is so cute. He lets me pet him. Picking him up is a no-no.

That is my excitement so far.

'Til next month,

Happy 4th of July!

~JUDY~



# Grantsville Site



**Ben Rafferty**



**Brian Lamont**



**Carol Taylor**



**John Myer**



**Dot Curry**



**Tianna Barto**



**Brian Lamont**



**Brian Lamont & Sheryl Rafferty**



**Crafting**



**Carol Kanalley & Tianna Barto**

**It seems as if everyone is really enjoying the new craft room.**

**If you haven't saw it, please stop by and join us for crafts.**

*this is our happy place*



# July 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Cook's Choice</b>	<b>4</b> <b>CLOSED</b>  <i>Happy 4th of July</i>	<b>5</b> <b>Chicken Salad</b> <b>whole wheat Bun</b> <b>Pasta Salad w/</b> <b>vegetables</b> <b>Fruit</b> <b>Beets</b>	<b>6</b> <b>Oven Fried Fish</b> <b>Potatoes</b> <b>Buttered Carrots</b> <b>Fruit</b> <b>Whole Wheat Bread</b>	<b>7</b> <b>Hamburger</b> <b>Lettuce/Onion/Tomato</b> <b>Potatoes</b> <b>Fruit</b> <b>Whole Wheat Bun</b>
<b>10</b> <b>Baked Steak</b> <b>Mashed Potatoes</b> <b>Broccoli, Cauliflower</b> <b>Pineapples</b> <b>Whole Wheat Bread</b>	<b>11</b> <b>Cook's Choice</b>	<b>12</b> <b>Fish</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Oranges</b> <b>Whole wheat Roll</b>	<b>13</b> <b>Chicken tenders</b> <b>Mac n Cheese</b> <b>Fruit</b> <b>Carrots</b> <b>Whole wheat bread</b>	<b>14</b> <b>Seasoned Beans Ham</b> <b>Ww Cornbread</b> <b>Cucumbers &amp; Onions</b> <b>Mixed Greens</b> <b>Fruit</b>
<b>17</b> <b>Creamed Tomatoes</b> <b>Potatoes</b> <b>Apples</b> <b>Whole wheat Biscuit</b>	<b>18</b> <b>Beans</b> <b>Greens</b> <b>Onions</b> <b>Ww Cornbread</b> <b>Applesauce</b>	<b>19</b> <b>Taco Salad</b> <b>Whole wheat chips</b> <b>Tomato</b> <b>Lettuce</b> <b>Cheese</b> <b>Brownie</b> <b>Fruit</b>	<b>20</b> <b>Cook's Choice</b>	<b>21</b> <b>Sloppy Joe</b> <b>Whole Wheat Bun</b> <b>Raw Vegetable Salad</b> <b>Peaches</b> <b>Tomato Juice</b>
<b>24</b> <b>Ribs, Onions, Peppers</b> <b>Ranch Potatoes</b> <b>Peas</b> <b>Whole Wheat Bread</b> <b>Mixed Fruit</b>	<b>25</b> <b>Chicken</b> <b>Beets</b> <b>Potatoes</b> <b>Fruit Salad</b> <b>Whole wheat bread</b>	<b>26</b> <b>Baked Beans &amp;</b> <b>Wieners</b> <b>Mixed Vegetables</b> <b>Kale</b> <b>Fruit</b> <b>Ww Cornbread</b>	<b>27</b> <b>Salisbury Steak w/</b> <b>Brown Gravy</b> <b>Potatoes</b> <b>Brussel Sprouts</b> <b>Oranges, Pineapples</b> <b>Whole Wheat Bread</b>	<b>28</b> <b>Lasagna</b> <b>Vegetables</b> <b>Whole Wheat Garlic</b> <b>Toast</b> <b>Applesauce</b>
<b>31</b> <b>Pork Chop</b> <b>Potatoes</b> <b>Broccoli</b> <b>Fruit Cocktail</b> <b>Whole Wheat Bread</b>	<b>2%</b> <b>Milk</b> <b>and</b> <b>Margarine</b> <b>Served</b> <b>Daily</b>		<b>Menu</b> <b>Subject</b> <b>To</b> <b>Change</b> <b>Without</b> <b>Notice</b>	

Executive Director: Rick Poling

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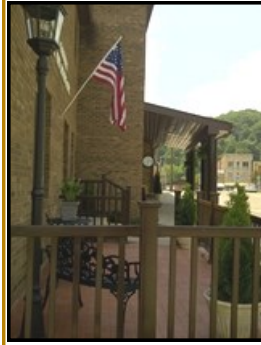


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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

CCCOA News, a publication of

Calhoun County Committee on Aging, Inc.



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

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

Menus published here are prepared by CYGNET Menu Management System.

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

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

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

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

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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619  
Grantsville, WV 26147



West Fork Site

121 Milo Road

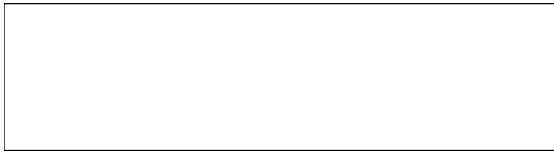
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

Mailing: Post Office Box 619  
Grantsville, WV 26147



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PO Box 619  
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