

# CCCOA NEWS

## Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

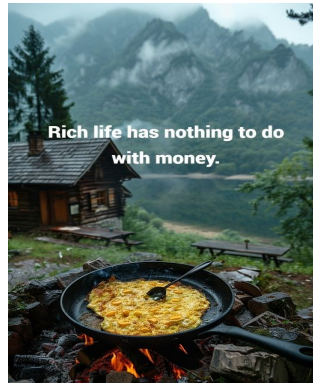
105 Market Street, Grantsville, WV

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

## So, what really matters in life?

When I contemplate the answer, I feel it boils down to six categories.

- Wealth
- Health
- Relationships
- Contribution/Achievement
- Meaning
- Happiness



**Wealth** – some have more than others, some have less, but most of the people I run across agree that while it can be used to pay for nice homes, nice cars, and fine dining, it can't purchase meaning. Beyond a middle-income level, the amount of money you have bears little correlation to how happy you are.

**Health** – is critically important to enjoying life. Good health is a combination of luck, a healthy lifestyle, and medical care.

**Relationships** – are very important. Everyone I meet clearly values their relationships with friends and family members and sees that these relationships are key to their emotional well-being. Even if you are not building a close relationship with someone remember, it costs NOTHING to be kind.

**Contribution/Achievement** – for most of us, we are fortunate in life and seek to give back, make a positive contribution, even leave a legacy. Helping others as we've been helped is important.

**Meaning** – work that has meaning is important to our sense of well-being. We want to feel that we are making a real difference in our daily lives and that trickles out into the world.

**Happiness** – everyone wants to be happy. True happiness can't be bought – **it must be lived!**

Reflecting on life's purpose should start when you're young—and never stop. Think about your life. How can you contribute? How can you find meaning? What will make you happy? How can you make this time count—for yourself, the people around you, and the world?

## July

### Birthday Club

- Anita West 1st  
Linda Badgett 3rd  
Rebecca Lane 6th  
Patricia Jarvis 7th  
Barbara Rose 8th  
Glenn Knotts 11th  
Jean Simers 11th  
Virginia Simmons 13th  
Effie Wallbrow 15th  
Rhonda Bear 16th  
Karen McKown 16th  
Randy Wilson 19th  
Doug Gallagher 20th  
James Shields 24th  
Linda Crawford 26th  
Willadene Poling 26th  
Gerald Riddle 26th  
Susan Barnes 27th  
Crystal Thompson 27th  
Barb Basnett 30th  
Carolyn Murphy 30th

### Employees

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

**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 and more available at your leisure. CARDIO DRUMMING WILL RESUME IN AUGUST!**

## Local Events

- June 15th Stars and Coffee Party @ the Calhoun County Park, There's no charge and its open to everyone! People will start setting up equipment around 6pm in the field with the cabin, with the real fun beginning at dark!
- June 20th –22nd FOLK FESTIVAL– Glenville, WV
- June 22nd POOL PARTY @ the Saundra Johnson Aquatic Center beginning at 8pm-11:30pm, We will be playing Jaws while you can float in the pool, if you're brave enough! We will be serving hot dogs, candy bars, and will have freshly made popcorn! This will be another amazing event that you don't want to miss. Admission is \$5.00! We hope to see you there!
- June 23rd Extreme Tour -6pm @ Court Street in Grantsville, WV -FREE EVENT, 23 musicians, games and prizes! Summer's best party is ON!
- June 24th Distribution at Calhoun County Committee On Aging Grantsville and Minnora Centers begins Monday, June 24th, @ 9am-1:30m. Distribution continues on each Monday, Tuesday and Thursday (except July 4th) from (am-1:30pm until all coupon books have been distributed. ONE packet of vouchers per household/address.
- June 24th–28th Vacation BIBLE School; June 24, 9am – Fri, June 28, 12pm; kick-off will be on Sunday evening at 4 pm
- June 27th Trivia Night @ the CCCOA, Sponsored by the Calhoun Public Library,@ 6pm
- June 29th Join us at the Calhoun County Park for a day of fun for all ages. Beginning at 1pm Admission is by donation!
- July 13th The Town of Grantsville presents the 2nd Annual Kayak Poker Run– Registration fee of \$15.00, Contact Emalee Morgan 304-514-1470, Cheryl Sturms 304-354-6998, or Linda Staton 304-354-9123 for more information.

### ANNOUNCEMENTS:

- **Anyone interested in trying out for Feature Twirler for Calhoun Middle High School Marching Band please contact me ASAP. \*student must be at least going into 9th grade. T.m.anderson@k12.wv.us Or 304-354-6148 ext. 219**
- **Saundra Johnson Aquatic Center is open Tuesday –Sunday 12-6pm**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**
- **Grantsville Farmer's Market will be at a new location, just past Baker's Mart on the left under a canopy at Karen's Shreve's Realty Office; Thursday's 9am–1pm**

THE TOWN OF GRANTSVILLE

PRESENTS  
IT'S 2ND ANNUAL

*A Welcome!*  
*to Everyone!*

# KAYAK POKER RUN

*Cash*  
*Prizes*  
*to go*



## JULY 13, 2024

\*REGISTRATION FEE ONLY 15\$ !!

\*STARTS AT 9 AM @WILSONS  
STRAIGHT(COMING FROM  
GRANTSVILLE JUST BEFORE THE  
CAREER CENTER)  
\*ENDING WILL BE AT CITY PARK

\*ALL PROCEEDS WILL GO TO THE  
CONTINUATION OF UPGRADES TO CITY PARK  
\*FOR MORE INFORMATION YOU MAY

### CONTACT

- \*EMALEE MORGAN (304) 514-1470
- \*CHERYL STURMS (304) 354-6998
- \*LINDA STATON (304). 354-9123

\*COLD DRINKS AND DELICIOUS FOOD WILL  
BE AVAILABLE FOR PURCHASE AT THE END  
OF THE RUN!

\*LIFE JACKETS REQUIRED\*



## SUMMER'S BEST PARTY IS ON!

•AND IT'S FREE•

live music + action sports + all ages + all people  
chance to win money & prizes  
skate / scooter / bmx / bball comp

VIEW BANNERS AT THEEXTREMETOUR.COM  
TAG YOUR PHOTOS WITH #EXTREMETOUR24

DATE June 23

TIME 6 pm

PLACE Court St  
Grantsville WV

# CALHOUN COUNTY PARK

Admission - Donations

June 29th

9:30 PM

# FIREWORKS

Will Freed  
1:00- 3:00 PM

John Richards  
3:00- 6:00 PM

JOHNNY STAATS PROJECT  
6:30- 9:30 PM

CONCESSIONS  
& CAMPING  
AVAILABLE



BOUNCE HOUSES 1:00 – 5:00 PM

"Rockwall Slide"



"Monkey Jungle"  
4 years old & under



"Splash Mountain"  
-Dress for water

THANK YOU TO OUR SPONSORS!



Shannon Johnson



If you don't have plans this weekend, come on out to Calhoun County Park for the West Virginia Astrophotography Association Stars and Coffee star party!

There's no charge and it's open to everyone, so if you've ever had an interest in learning astrophotography, there's no better time than now to take that first step!

There will be smart telescopes available for people to use that don't have any equipment and seasoned astrophotographers to help get you started and answer questions.

Capturing your very first astro image is a very rewarding experience and WVAA is here to help you every step of the way, so come on down for an out of this world experience Saturday, June 15th!

People will start setting up equipment around 6pm in the field with the cabin. (These images were all taken during the last star party at Calhoun County Park and features the Flaming Star Nebula as seen from an 80mm refractor telescope!)



# Senior Farmers' Market Nutrition Program

**DISTRIBUTION AT CALHOUN COUNTY COMMITTEE ON AGING GRANTSVILLE AND MINNORA CENTERS BEGINS MONDAY, JUNE 24th, at 9:00am through 1:30pm.** Distribution continues on each Monday, Tuesday, and Thursday (except July 4th) from 9:00am through 1:30pm until all coupon books have been distributed (our County allocation is 175 coupon books, with each book containing five \$10 coupons).

## ELIGIBILITY FOR COUPONS:

### AGE 60 OR OVER

### MEET HOUSEHOLD INCOME GUIDELINE

(see 2024 Income Guidelines poster)



# Senior Farmers' Market Nutrition Program

## 2024 Income Guidelines

**To be eligible to receive Senior Farmers' Market Nutrition Program coupons, your income may not exceed:**

| Household Size | Weekly  | Bi-Weekly | Twice-Monthly | Monthly | Annual   |
|----------------|---------|-----------|---------------|---------|----------|
| 1              | \$536   | \$1,072   | \$1,161       | \$2,322 | \$27,861 |
| 2              | \$728   | \$1,455   | \$1,576       | \$3,152 | \$37,814 |
| 3              | \$919   | \$1,838   | \$1,991       | \$3,981 | \$47,767 |
| 4              | \$1,110 | \$2,220   | \$2,405       | \$4,810 | \$57,720 |

GROSS INCOME - before taxes

West Virginia  
Department of Agriculture  
Kent Leonhardt, Commissioner  
1900 Kanawha Boulevard East  
Charleston, West Virginia 25305  
304/558-2210

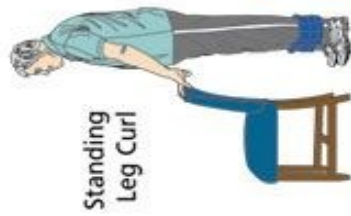


UNIVERSITY OF MISSOURI  
**Extension**  
equal opportunity/ADA institution

**Stay Strong, Stay Healthy**



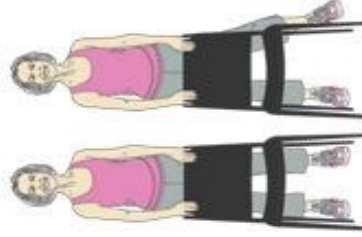
Wide Leg Squat



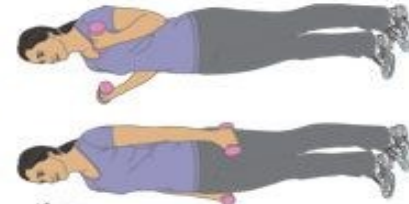
Standing Leg Curl



Side Leg Raise



Biceps Curl



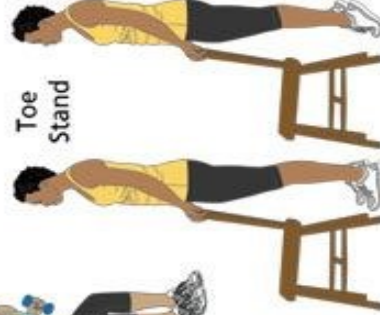
Knee Extension



Seated Row



Overhead Press



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 Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Binzler, University of Missouri Extension  
New 07/08; Revised 1/21/5/00



# Capehoun Library TRIVIA NIGHT

**JUNE 27, 2024-6PM**

**@ CCCOA SENIOR CENTER  
TEAMS OF UP TO 6 PEOPLE**

**Round 1 - Animals**

**Round 2 - West Virginia**

**Round 3 - Idioms**

**Round 4 - Music**

**Round 5 - Logos**

**Round 6 - TV**

Refreshments will be served.  
Please let us know if you  
plan to attend.

Check our facebook page  
for updates!





## Cultivate Your Health: Sign Up for FARMacy WV and Reap the Benefits!

FARMacy WV is a 15 week program that provides free, fresh, locally-grown produce and interactive nutrition education classes. Enrollment is open but space is limited. Call 304-354-5984 to learn more!

### Minnie Hamilton Health System

is sponsoring a community event in support of organ donation.



# Color Run/Walk

**Entry Fee:**  
Individual \$15  
Cash Only



**Date:** June 24, 2024  
**Time:** 4:00pm sign in  
5:00pm run begins  
**Location:** PHE

Register before June 13. All fees will be collected at sign in and will benefit CORE.



## Free

### Home Canning Course

Instructor: Amber Goff WVU Extension Services  
Jackson County

**3-week program**

(Reservation Required)



Prescription For Your Health Members

### Class Schedule

Roane General Hospital Boardroom 4:30 pm

|                         |                    |
|-------------------------|--------------------|
| Thursday, June 13, 2024 | Water Bath Canning |
| Thursday, June 20, 2024 | Pressure Canning   |
| Thursday, June 27, 2024 | Freezing Methods   |

For questions, or to attend classes please contact:

Vickie Withers, Diabetes and Nutrition Education Coordinator  
(304)-927-6835

Kimberly Mertz, Director of Prescription For Your Health  
(304)-927-6842





**BIG ISLAND RUN CHURCH  
CAR SHOW FUNDRAISER**

@ 193 MeadowView Lane Elizabeth WV 26143

**June 15, 2024 - 9:00 am - 3:00 pm**

Rain Date: June 22, 2024

Registration 9:00 – 11:00 am. Judging begins after registration ends.



**PLAQUES:**

**TOP 10 AND BEST OF SHOW: 1900-1950**

**TOP 15 AND BEST OF SHOW: 1951-1990**

**TOP 15 AND BEST OF SHOW: 1991-2015**

**TOP 10 AND BEST OF SHOW: 2016-2023**

**DIAMOND IN THE ROUGH**

**BEST SURVIVOR 1900-1990**

Best Mopar, Best Ford, Best GM, Preacher's Pick, People's Choice

**MOTORCYCLES**

**VINTAGE**

**1989 AND OLDER**

**1990 TO PRESENT**

**RAT RODS**

**TOP 3**

**T-SHIRTS TO FIRST 100**

**\$15.00 ENTRY PER VEHICLE**

Follow Signs to the Church....

Proceeds Goes to Church Building Fund

CONCESSIONS AVAILABLE, DJ, MUSIC, DOOR PRIZES, 50/50,

**FOR MORE INFORMATION CALL:**

Mark Dye 304-275-6634/304-488-3970, Roger Patterson 304-481-4084,

Shaun Murray 304-273-9124, Jerry Hopkins 304-275-3615, David Deem 304-275-3522



**HAM AND CHEESE STICKS**

★★★★★

- 2 tubes crescent dough sheets
- 8 cheddar cheese sticks
- 1 lb. deli-sliced ham



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]

# TUESDAY, JUNE 18 "SENIOR CITIZEN'S DAY" SPONSORED BY WOOD COUNTY WASTE, HAROLD'S REFUSE

10:00 am School Project Judging (Kindergarten through Middle School)

Photographic Arts

4:00 pm Ticket Gates Open

Quarter Bingo

Jr. Royalty Pageant Registration (Open Shelter)

Tiny Tot Pageant (Ages 3-5) Girls & Boys.

Little Miss & Mister (Ages 6-8) Girls & Boys.

Jr. Miss (Ages 9-12).

Senior Citizen's Activities- Meals, Bingo, Karaoke

Livestock Learning Stations Open (Livestock Area)

Today's Highlight- Poultry

Phil's Future Farmers (Livestock Area) Open 4:00pm - 8:00pm

5:00 pm Junior Royalty Pageant

Other Pageants Immediately Following

6:00 pm Carnival Opens

6:30 pm **Opening Ceremonies, Flag Raising Ceremony, & Guest Dignitaries** (Track Area)

7:00 pm **Rafter M Rodeo (Track Area)**

10:00 pm Carnival Closes

11:00 pm Fairgrounds Close

\*Livestock Gate opens according to Livestock Schedule

**\*\*First 100 Senior citizens age 60 & over free admission Tuesday only until close\*\* Soup Beans/Corn Bread provided to seniors**

Interstate Fair Schedule- Wood Co.  
2230 Butcher Bend Road, Mineral  
Wells, WV

# WEDNESDAY, JUNE 19 "KID'S DAY"

4:00 pm Ticket Gates Open\*\*

Quarter Bingo

Livestock Learning Stations Open (Livestock Area)

Today's Highlight- Rabbits

Phil's Future Farmers (Livestock Area) Open 4:00pm - 8:00pm

Pretty Baby Registration (13-36 months) (Open Shelter)

Kid's Day Activities Begin (Ages 12 and under) Games, Bounce House

Sponsored by Thomas Family Entertainment

5:00 pm Carnival Opens

Pretty Baby Contest (13-36 months) (Open Shelter)

5:30 pm ATV/ UTV Off-Road Rodeo Registration

7:00 pm **ATV/UTV Mud Bog and ATV/UTV Rodeo** (Track Area) 50-80 cc Youth (13 years & Under), 81-150cc Youth (Up to 16 years), 0-300 2 WD Stock, 301-500 2 WD Stock, 501-up 2 WD Stock, 0-400 4 WD Stock, 401-550 4 WD Stock, 551- up 4 WD Stock, Side-by-Side Utility, Side-by-Side Sport Utility.

**Premium Karaoke (Main Stage)**

10:00 pm Carnival Closes

11:00 pm Fairgrounds Close

\*Livestock Gate opens according to Livestock Schedule

# THURSDAY, JUNE 20 "ARMED FORCES DAY"

4:00 pm Ticket Gates Open\*\*

Quarter Bingo

Pretty Baby Registration (0-12 months)

Mud Bog Registration

Livestock Learning Station Opens (Livestock Area)

Today's Highlight- Goats & Sheep

Phil's Future Farmers (Livestock Area) 4:00pm – 8:00pm

5:00 pm Pretty Baby Contest (0-12 months)

Carnival Opens

6:00 pm Diaper Derby Registration (Open Shelter)

Diaper Derby (Ages 0-12 months) (Immediately following Pretty Baby contest)

7:00 pm **Free Country** (Main Stage)

**Mud Bog** (Track Area) **Speed Pit**- Consistency Class Showdown, Truck Class (Stock to Blown Rails), UTV (Stock to Wild) Sponsored by Bosley Rental & Supply

11:00 pm Fairgrounds Close

\*\*Active military personnel admitted free Thursday ONLY with Active Duty or Active Reserve Duty Military ID

# FRIDAY, JUNE 21

4:00 pm Ticket Gates Open

Quarter Bingo

Livestock Learning Stations Open

Today's Highlight- Hogs

Phil's Future Farmers (Livestock Area) 4:00pm – 8:00pm

5:00 pm Mud Bog Registration

Hay Bale Throw, Skillet Toss Registration (Fair Office)

ATV Drag Racing Registration (ATV Track Area)

Carnival Opens

5:30 pm Hay Bale Throw, Skillet Toss

6:00 pm Watermelon Eating, Bubble Gum Blowing Registration (Fair Office)

6:30 pm Watermelon Eating Contest

7:00 pm **Mud Bog** (Track Area) Little Deep Pit (Little Daily-Must have valid license and insurance. No antique tags allowed. 100% payback. Little 1- Max 35" uncut DOT tires. Little 2- Max 38.5" uncut DOT tires. Little Vacuum- Max 38.5" uncut DOT tire, 15" vacuum at 1000rpm. Little 3- Max 44" uncut DOT Tires, Little Open- Anything goes, Power Adders <NOS, Blowers, Etc.> Big Deep Pit (Old School- 39" and up uncut DOT on both front and rear, No purpose built race trucks) Open- Anything goes, Power Adders <NOS, blowers, etc.> 100% payback

**ATV Drag Racing** (ATV Track Area), Open CC Women's, Senior 40 and Up Open cc, 0-330 cc 2-Stroke, 0-400cc 2-Stroke, 0-500cc 2-Stroke or 800cc 4-stroke, Open Utility/Sport Utility/UTV 0-1500cc Open.Power Wheels – 5 and Under, 0-90cc Youth ATV Only- 12 and Under, Youth Outlaw ATV Only 1-125cc 12 and Under, 0-360cc 4-Stroke, 0-500cc 4-Stroke, 0-1000cc 4-Stroke, 0-450cc Limited 4-Stroke, 0-700cc 4-Stroke or 500cc 2-Stroke Limited, 0-416cc 4-Stroke, Motorcycle Only Classes: 0-100cc Youth 12 and Under, 0-525cc Motorcycle

For complete list of rules and regulations see [www.mwatvdragracing.com](http://www.mwatvdragracing.com)

8:00 pm **Ridgeline** (Main Stage)

11:00 pm Fairgrounds Close

# SATURDAY, JUNE 22

9:00 am Antique Tractor Pulls. (Pulling Track) Classes 4500-9500 Division 2 and 3. Following Wolf Creek Tractor Pullers Rules and Classes. Contact Brandon Howard 740/2135393, Bill Arnold 740/525-2516

Garden Tractor Tug Pull (ATV Drag Track) For more information, contact Tanner Thompson 740/434-8253, Steve Howard 740/525-5090

12:00 pm Ticket Gates Open\*

Quarter Bingo

1:00 pm Carnival Opens

Garden Tractor Speed Pull (ATV Drag Track) Classes 900 pound kids, 900 pound open, 1000-1100 pound open. For more information, contact Tanner Thompson 740/434-8253, Steve Howard 740/525-5090

Kids Petal Tractor Pull Registration (Fair Office)

2:00 pm Kids Petal Tractor Pull (Fair Office)

3:00 pm Spitting Contest Registration

3:30 pm Spitting Contest Sponsored by PAIS

4:00 pm Truck Pull Registration

Stone Throw Registration (Fair Office)

Livestock Learning Stations Open

Today's Highlight- Beef

Phil's Future Farmers (Livestock Area) 4:00pm - 8:00pm

4:30 pm Stone Throw

5:00 pm **Truck and Tractor Pulls** (Track Area) Tractors: 5500 Pound (5 mph, 20" hitch, 15.5.38 top cut tires), 6000 Pound Naturally Aspirated, 10,500 Pound Pro Farm 3,000 RPM, 10,000 Pound Aspirated Farm 3,000 RPM 8 MPH. Trucks: 6,500 Street, 6,200 Cheater Stock, 6,200 Modified Stock, 8,000 2.6 Diesel, 8,000 Open Dot, 8,500 Street Diesel 20 MPH. Sponsored by Bosley Rental and Supply,

8:00 pm **TBA (Main Stage)**

## 74th West Virginia State Folk Festival

Thursday, June 20 - Saturday, June 22

Main Street, Glenville, WV

Square Dancing  
Folk Music  
Fiddle & Banjo Contests  
Spelling Bee  
Lumberjack Event  
WV Trivia Contest  
Lion's Club Hot Dogs  
Chili Cook-off  
Pet Show  
Singing Tent  
Storytelling Tent  
Quilt Show  
Horse Drawn Wagon Rides



Belles  
Antique Car Show  
and so much more!



**SAUNDRA  
JOHNSON**  
AQUATIC CENTER

**POOL HOURS**  
**Tuesday-Sunday**

**12pm-6pm**



**DONATE BLOOD. HELP SAVE LIVES.**

**Blood Drive**  
**Minnie Hamilton Health System**  
**Arnoldsburg Clinic**

Conference Room  
80 Cook and Spring Run Rd  
Arnoldsburg, WV

**Wednesday, July 10**  
**1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767)  
or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: arnoldsburg to schedule an appointment.

Get a **NEW** Red Cross umbrella when you come to give  
blood July 1 to July 14, while supplies last!

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

© 2014 The American National Red Cross | 602014-1 CW

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Adobe Stock | #672160510

The TRUTH is, that all of the “STUFF” here on earth we work SO hard to buy and accumulate. Does NOT mean a thing. At the end of the day...people will be cleaning out our "STUFF", going thru our "STUFF", figuring out what to do with all of our "STUFF" ....this "STUFF" we've accumulated in our life. The only thing of VALUE that remains are the MEMORIES and what we deposit into others. May we all learn to spend less time accumulating "STUFF" and spend way more time making MEMORIES.

### **Ingredient List**

- 1 package (19-ounces) frozen cheese tortellini
- ½ can whole peeled tomatoes, drained & chopped, from 14.5 oz can
- ½ small red onion, thinly sliced
- 1 cup baby spinach
- ½ cup Italian dressing
- cup roasted red peppers, drained & chopped
- cup crumbled reduced-fat feta cheese

Add fresh flavors to your next outdoor gathering with this Mediterranean inspired tortellini pasta salad. Cool & refreshing!

### **Instructions**

Prepare tortellini as label directs; drain, rinse with cold water and cool completely.

In large bowl, toss tomatoes, onion, spinach, dressing, peppers and tortellini.

Fold in feta cheese to combine.

### **Tomato & Spinach Tortellini Salad**



# Happy Father's Day



To fathers, grandfathers and all men who have had a positive impact on the lives of your children, nieces, nephews or anyone you've influenced

Today is YOUR day!  
Celebrate! Relax!  
Spend the day with your family if at all possible.  
You are wonderful  
You are appreciated  
You are loved!  
Enjoy your day -  
you deserve it!

"A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way."



## Certified Nursing Assistant Class

When: Begins July 2

Course Length: 5 weeks

Where: Calhoun-Gilmer Career Center

Cost: Free (does not include test)

MHHS employment opportunities available

Application Deadline: June 17

**Space is limited. Apply today!**

For more information or to apply, contact Kim Houchin, CNO at 304-354-9244 Extension 5168 or Kimberly.Houchin@mhhs.healthcare

# Happy Father's Day!



Circle S Farms

304-655-8055

Has fresh produce!

Please stop in and

the staff will be

happy to assist you

with whatever your

needs are.

**The Calhoun County Committee On Aging, Inc., provides a wide variety of services and programs to our senior citizens and to our community, including but not limited to:**  
**Congregate Meals in the Grantsville and West Fork Center Dining Halls**  
**Transportation via Our Buses and/or Individual Pick-Up**  
**In-Home Care Services with Personal Care Providers through: Medicaid, Aged & Disabled Waiver, & Veterans Affairs**  
**"Meals On Wheels" via Our Two "Hot Delivery" Vehicles**  
**"Family Alzheimer's In-Home Respite" Services (FAIR)**  
**Provision of Services Under West Virginia's**  
**"Lighthouse" and "LIFE" Programs**  
**"At Risk and Frail Elderly" Services**  
**Title III Services:**

**Title III-B: Supportive Services such as transportation, shopping and in-home services;**

**Title III-C: Nutrition Services, including congregate and home-delivered meal programs;**

**Title III-D: Disease Prevention and Health Promotion Services;**

**Title III-E: National Family Caregiver Support Program, providing support to individuals who care for frail or older family members.**

**Medicare and SHIP Counseling**  
**Trips and Excursions**

**Book and Media Library**

**Computer Internet Cafe with Printers**

**Exercise Facilities (complete with a total of 8 treadmills, 5 of which are brand new), Wii station with 54-inch screen, weight training equipment, 2 BOWFLEX machines, aerobics/yoga/zumba areas, 3 stair climber machines, 4 stationary bikes, 2 orbital machines, 2 arm and pedal resistance bikes, 2 rowing machines, ab trainers, multimedia audio-visual players and screens, ankle weights, exercise balls, yoga floor mats, and more)**

**Multiple Group and Individual Activities: Bingo, Cards, Choir, Quilting, Sports & Skills Tournaments, Music Programs & Lessons Nutritional Counseling and Discounted-Cost Nutritional Products,**  
**Quilting Room & Craft Room**

**Free Wireless Internet Access in the Grantsville Center**  
**Puzzle-Tables, Semi-Annual Health Fair**  
**Live Music & Billiards**



# Personal Care Provider Positions

The Calhoun County Committee on Aging (CCCOA) is accepting applications for Personal Care Providers. Personal Care Providers are a valuable asset to our Organization and to our community, providing care in the home for those whom cannot fully care for themselves.

Applicants must have a valid CPR and First Aid card (or be ready and willing to undergo training and certification) and reliable transportation. CCCOA is an equal opportunity employer, and provides free training for the position.

All adults with no physical lifting restrictions, including those age 60 and over, are encouraged to apply. All applicants are subject to a Criminal Investigation Background check by the W.Va. State Police.

**Competitive wages, 401K, flexibility in scheduling, insurances, PAID VACTION, PAID SICK LEAVE, BONUS OPPORTUNITIES, and the satisfaction of making a real difference in the lives of Seniors and Veterans are the primary benefits.**

**JOIN US TODAY! Please call 354-7017 for more information!**

## HOW CAN I GET HELP?

There are four programs to assist you with out-of-pocket costs that Medicare does not pay. The programs may pay your monthly Medicare premium and deductibles and coinsurances. You may also be eligible for help with your prescription drug costs.

Part A - Medicare Hospital Insurance  
 Part B - Medicare Medical Insurance  
 Premium - The amount you pay (\$104.90 in 2013) for your Medical Insurance. The premium is generally deducted from your monthly Social Security check.  
 Deductible - The amount you pay (\$1,184 for Part A and \$147 for Part B in 2013) before Medicare pays for services.  
 Coinsurance - The percent of the Medicare-approved amount that you have to pay after you pay the Part A or Part B deductible (coinsurance is usually 20% for Part B).  
 Part D - Prescription Coverage

## PROGRAMS TO HELP YOU

## PAYS

| PROGRAMS TO HELP YOU  | MONTHLY INCOME LIMITS                      | PAYS   |
|---|--|--|
| PROGRAM 1*<br>(ALSO KNOWN AS QMB)<br><br>*(INCOME AMOUNTS FOR PROGRAMS 1, 2 AND 3 DO NOT INCLUDE A \$20 DISREGARD.) | \$ 956 individual<br>\$1,293 couple        | Part A Deductible of \$1,184<br>Part A Coinsurance<br>Part B Deductible of \$147<br>Part B Coinsurance<br>Part B Monthly Premium of \$104.90 |
| PROGRAM 2*<br>(ALSO KNOWN AS SLMB)  | \$1,150 individual<br>\$1,552 couple       | Part B Monthly Premium of \$104.90   |
| PROGRAM 3*<br>(ALSO KNOWN AS QL-1)  | \$1,294 individual<br>\$1,746 couple       | Part B Monthly Premium of \$104.90   |
| PROGRAM 4<br>(ALSO KNOWN AS PART D EXTRA HELP)  | \$1,436.25 individual<br>\$1,938.75 couple | Up to \$4,750 per year on your Part D prescriptions  |

For Programs 1, 2, and 3, your assets cannot be more than \$7,080 for an individual or \$10,620 for a couple. For Program 4, your assets cannot be more than \$13,300 for an individual or \$26,580 for a couple. Assets may include: Cash - Bank Accounts (such as savings and checking) - Stocks, Bonds, Annuities & CDs - Trusts - Some Life Insurance Policies - Real & Personal Property (other than home & automobile).

For more information, call the Medicare Helpline toll-free at 1-877-987-4463.

**The Golden Mountaineer Card** provides varying discounts on merchandise and services at participating businesses throughout West Virginia. West Virginians who are at least 60 years of age are eligible for the card at no cost. If you have a West Virginia Driver's License or State ID card, you will receive a letter and application in the month of your 60th birthday. You can also request a card by contacting the West Virginia Bureau of Senior Services at (888) 968-4462 Monday through Friday, 8:00 a.m. to 5:00 p.m. (if after business hours or a State recognized holiday, please leave a message). You may also request a card online @ <https://goldenmountaineer.wv.gov/About/Pages/default.aspx>



Pictured to the left: Glenda Carter- April Birthday

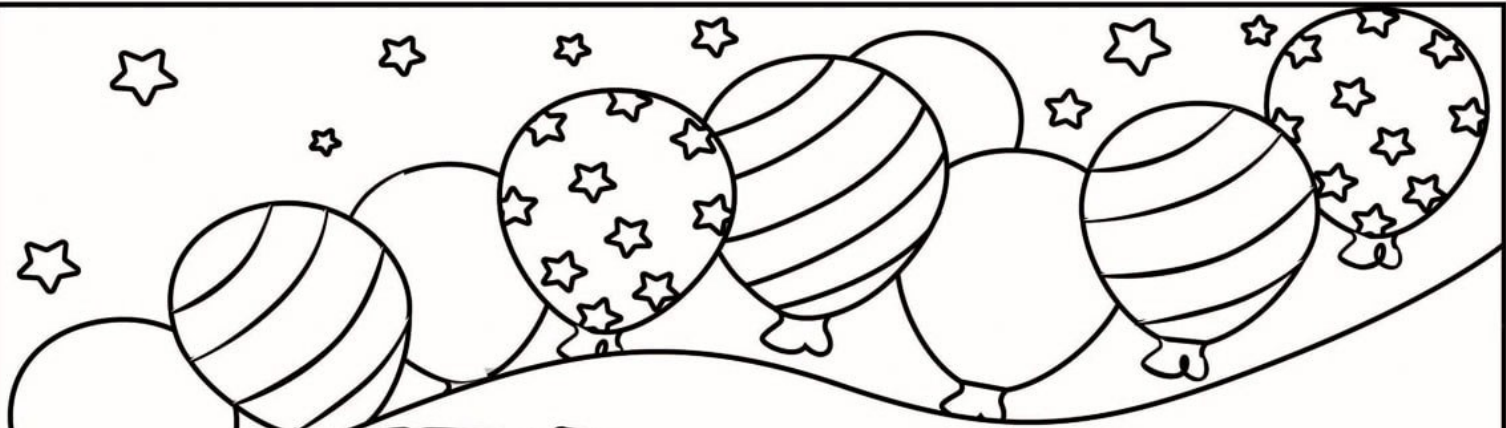
Below on the left: Tex and Pat Murphy- May Birthdays

Below on the right: Colleen McKown, Walter Cain and Karen Badgett- May Birthdays!



Above: Ruth Morris displaying the dessert pizza she made. To the Right: Birthday dinner singers Marlin Morris, Clayton Moore, Sharon Knotts & Alice Cottrell.





# 4TH OF JULY WORD SEARCH

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


- JULY
- FREEDOM
- USA
- COLONIES
- PRESIDENT
- CONSTITUTION
- WASHINGTON
- HISTORY
- LIBERTY
- RED
- AMERICA
- BARBECUE
- FIREWORKS
- PARADE
- BLUE
- FLAG
- INDEPENDENCE
- PATRIOTIC
- SUMMER
- PARADE
- PHILADELPHIA
- ANTHEM
- STARS
- WHITE
- FOURTH
- BRAVE
- STRIPES
- DECLARATION
- GOVERNMENT
- CAPITOL
- REVOLUTION
- CONGRESS



Calhoun County Committee on Aging, Inc.

# July 2024



| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <b>1</b><br>Northern Beans<br>Onions<br>Brussel Sprouts<br>Peaches                                     | <b>2</b><br>Beef Noodles<br>Buttered Carrots & Peas<br>Mixed Fruit<br>Whole Wheat Bread                               | <b>3</b><br>Chicken Salad<br>whole wheat Bun<br>Celery<br>Pasta Salad w/<br>vegetables<br>Orange Slices | <b>4</b><br>CLOSED<br>                  | <b>5</b><br>Cream Tomatoes<br>Potatoes<br>Apples<br>Ww biscuit   |
| <b>8</b><br>Baked Steak<br>Mashed Potatoes<br>Broccoli, Cauliflower<br>Pineapples<br>Whole Wheat Bread | <b>9</b><br>Cold ham Sandwich on<br>ww bun<br>Lettuce, tomato, onions<br>Macaroni salad w/ vege-<br>tables<br>peaches | <b>10</b><br>Fish<br>Mashed Potatoes<br>Green Beans<br>onions<br>Oranges<br>Whole wheat Roll            | <b>11</b><br>Chicken tenders<br>Mac n Cheese<br>Pears<br>Carrots<br>Whole wheat bread                                     | <b>12</b><br>Seasoned Beans Ham<br>Ww Cornbread<br>Cucumbers & Onions<br>Mixed Greens<br>Apples                      |
| <b>15</b><br>Chicken pasta<br>stem vegetables<br>Beets<br>Mixed fruit<br>Ww bread                      | <b>16</b><br>Beans w/ ham<br>Greens<br>Onions<br>Ww Cornbread<br>Applesauce   | <b>17</b><br>Taco Salad<br>Whole wheat chips<br>Tomato<br>Lettuce<br>Cheese<br>Brownie<br>Cantaloupe    | <b>18</b><br>Pork Chop<br>Potatoes<br>Peas & Carrots<br>Fruit<br>Whole Wheat Bread  | <b>19</b><br>Sloppy Joe<br>Whole Wheat Bun<br>Raw Vegetable Salad<br>Peaches   |
| <b>22</b><br>Ribs, Onions, Peppers<br>Ranch Potatoes<br>Peas<br>Whole Wheat Bread<br>Mixed Fruit       | <b>23</b><br>Chicken Patty<br>Beets<br>Potatoes<br>Fruit Salad w/ oranges<br>Whole wheat bread                        | <b>24</b><br>Baked Beans &<br>Wieners<br>Mixed Vegetables<br>Kale<br>Peaches<br>Ww Cornbread            | <b>25</b><br>Salisbury Steak w/<br>Brown Gravy<br>Potatoes<br>Brussel Sprouts<br>Oranges, Pineapples<br>Whole Wheat Bread | <b>26</b><br>Lasagna<br>Vegetables<br>Whole Wheat Garlic<br>Toast<br>Applesauce                                      |
| <b>29</b><br>Fish<br>Slaw<br>Corn<br>Onions<br>Applesauce<br>Ww bun                                    | <b>30</b><br>Calico Beans<br>Onions & Tomatoes<br>Cucumber Salad<br>Peaches<br>Cornbread                              | <b>31</b><br>Hamburger<br>Lettuce/Onion/<br>Tomato<br>Potatoes<br>Banana Pudding<br>Whole Wheat Bun     | <b>Menu<br/>           Subject<br/>           To<br/>           Change<br/>           Without<br/>           Notice</b>   | <b>2%<br/>           Milk<br/>           and<br/>           Margarine<br/>           Served<br/>           Daily</b> |

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Launa Butler

Dorothy McCauley

Martha Haymaker

Patti Hicks

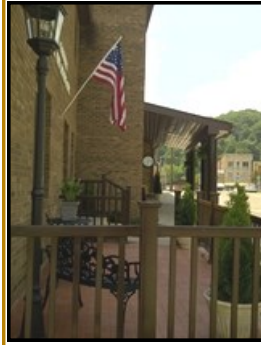


The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA.

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.

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

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

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

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

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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619  
Grantsville, WV 26147



West Fork Site

121 Milo Road

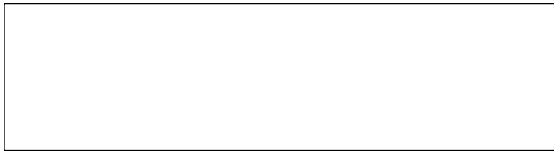
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

Mailing: Post Office Box 619  
Grantsville, WV 26147



Calhoun County Committee on Aging  
PO Box 619  
Grantsville, WV 21647

To Contact CCCOA:  
Phone: 304-354-7017  
Fax: 304-354-6859

