

CCCOA NEWS

Calhoun County Committee on Aging

PO Box 619, Grantsville, WV 26147

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Elder Abuse Awareness Day ~ June 15th

June 15th is Elder Abuse Awareness Day. Elder Abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, emotional/psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds. If you know of someone who is being abused, please contact your local sheriff's office.

Every person, no matter how old, deserves to be safe from harm by those who live with them, care for them, or have daily contact with them. Yet, approximately one in 10 people aged 60 and older who live at home experience abuse, including mistreatment and exploitation, according to the Centers for Disease Control and Prevention. Some evidence even indicates that the prevalence of abuse of older people in both the community and in institutions has increased during the COVID-19 pandemic.

Over time, elder abuse can harm an individual's physical and psychological health, destroy social and family ties, and cause devastating financial loss. Research also suggests that older people who have been abused tend to die earlier than those who have not been abused, even in the absence of chronic conditions or life-threatening disease.

What does elder abuse look like?

There is no single pattern of elder abuse. It's a complex problem that can stem from multiple causes, such as a history of violent interactions within the family, lifestyle adjustments, and tensions that can arise as a result of new living arrangements. A caregiver's personal problems—for example, caregiver stress, mental or emotional illness, addiction to alcohol or other drugs, job loss, or other personal crises can lead to the abuse of an older person. Certain societal attitudes may also contribute to violence against older people and make it easier for abuse to continue without detection or intervention. For example, older people are often regarded as insignificant, leading society to fail to recognize the importance of assuring dignified, supportive and nonabusive life circumstances for every older person. These factors include the devaluation of and lack of respect for older adults and society's belief that what goes on in the home is a private, "family matter."

Continued on pages 4-8

June

Birthday Club

Roger Bailey 1st

Carrol Dye 1st

Roger Jarvis 1st

Dennis Keener 4th

Linda Jarvis 8th

Kenny Whytsell 8th

James Somerville 11th

Alta Mae Richards 12th

Hazel Tingler 13th

Teddy Holbert 15th

John Yancey 18th

Basil Brown 19th

Iris Sturms 19th

Jim McCormick 20th

Carsie Conley 22nd

Portia Miller 24th

James Propst 29th

Charles Richards 30th

Employees

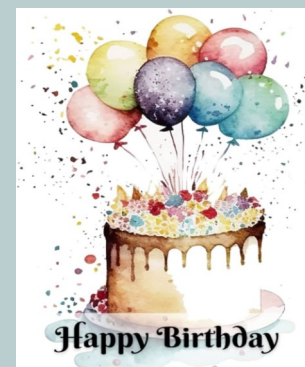
Maricia Mlynek 1st

Roger Jarvis 1st

Taylor Garrett 3rd

Kathryn Holbert 18th

Megan Contreras 30th





JUNE 2024



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Crafts 9am-10:45am	6 Bible Study 10am	7	8
9	10 Quilting 9am-10:45am	11	12 Crafts 9am-10:45am	13 Bible Study 10am	14	15
16 Father's Day!	17	18	19 Juneteenth - Closed	20 WV Day - CLOSED	21	22
23	24 Quilting 9am-10:45am	25	26 Crafts 9am-10:45am	27 Bible Study 10am	28	29
30						

Holidays & Observances: 14: Flag Day, 16: Fathers' Day, 19: Juneteenth

© CalendarKart.com

Bingo played daily at 10:45am unless otherwise stated. (NO BINGO on Feb. 23rd, March 14th, 21st & 28th 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

- May 31st Calhoun County Park will host an astronomy viewing on the first hill this Friday evening. Beginning at 8:30pm. We will have our telescopes set up and do a constellation tour.
- June 1st 1st Annual Molasses Festival UTV Race, call 409-594-4275 for more information
- June 1st UTV Race; 12pm – 4pm, 1722 Left Fork Rd- Sponsored by the Molasses Festival, first annual. We will have two classes of races. Razor and Utility Class. Pre-registration will begin May 1st, or you can show up on race day. Registration 930-1130, 1130 Drivers Meeting, 12pm Race begins. Pre-registration forms will be emailed. \$25.00 per entry \$20.00 if you Pre-register. The winner of each class wins \$500.00. The gate fee is \$5.00 12 and under enter for free. We will have concessions available and bring a chair. All entries must wear a helmet, seat belt, or harness and only one person in each UTV during races. Contact us through FB messenger, email, or call. jaspermillersinc@gmail.com 409-594-4275 Red Gate watch for signs
- June 5th-8th WOOD FESTIVAL, Grantsville, WV
- June 8th Glow In The Dark Party! Fireworks from the Pool! 8pm-Midnight
- June 8th & 9th West Virginia's Free Fishing Days! 7am Saturday to 5pm Sunday
- June 11th Cookbook Club at the Calhoun County Library– featured will be “Picnic Food”. 304-354-6300; Give them a call to sign up and get more details.
- June 20th –22nd FOLK FESTIVAL– Glenville, WV
- 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

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**
- **The Gilmer County Sheriff's Office, is taking applications for a part time Tax Deputy, and a full time Deputy Sheriff. The Sheriff's Office is seeking to hire individuals with high morals and ambitions to serve the Gilmer County Communities. A person who is reliable, ethical, and willing to strive to make Gilmer County a safe place to raise our families.**
- **If you feel that you are that individual, please call 304-462-7441, or come by the Gilmer County Sheriff's Office, and speak with Sheriff Casey Jones.**
- **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**

Social Isolation, Loneliness, and Elder Maltreatment

Social isolation and loneliness are pervasive public health issues that adversely impact the health and wellness of individuals across the life span. Social disconnection and associated distress can result in a multitude of harms including increased morbidity and mortality. Older adults, who experience age-related physical, cognitive, psychosocial, and financial deficits, are particularly susceptible to these conditions.¹ Social networks and opportunities for engagement erode in advanced age, and older people with fewer reserves and resources are less able to access opportunities for meaningful engagement. Both social isolation and loneliness have been identified by the World Health Organization as neglected social determinants of health in older age.² They are also significant risk factors and consequences of elder maltreatment.³

Key Points

- Social isolation and loneliness are well-established predictors of maltreatment.
- Social exclusion can lead to negative medical, mental health, and cognitive health outcomes that are independent risk factors of abuse.
- Social isolation and loneliness are social problems that require integrated interpersonal, societal, and systemic responses.
- Primary, secondary, and tertiary interventions may alleviate social isolation and loneliness and reduce the associated risk of abuse.



What is social connection and why does it matter?

Social connection refers to the quality, measure, and diversity of an individual's social network.⁴ People are driven by a fundamental need to connect that is core to human survival.



Interpersonal relationships, community integration, and supportive structures impact individual and community health, wellbeing, and quality of life.

Signs of Elder Abuse

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, emotional/ psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds.

What are the signs of mistreatment?

Did you know?

1 in 10 community-dwelling older adults experiences abuse every year.

1 in 2 older adults with cognitive impairment experiences abuse.

Physical Signs



Dehydration or unusual weight loss



Missing daily living aids (glasses, walker, or medication)



Unexplained injuries, bruises, cuts, or sores



Torn, stained, or bloody underclothing



Unattended medical needs



Unexplained sexually transmitted diseases

Emotional & Behavioral Signs



Increased fear or anxiety



Isolation from friends or family



Unusual changes in behavior or sleep



Withdrawal from normal activities

Financial Signs



Fraudulent signatures on financial documents



Unusual or sudden changes in spending patterns



Unpaid bills

Report known or suspected abuse as soon as possible:

Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at **1-800-677-1116** or visit www.eldercare.acl.gov. In cases of urgent danger, call **911** or the local police or sheriff.



**Don't stand by, stand up to elder abuse.
You can make a difference.**

NCEA
National Center on Elder Abuse

Keck School of
Medicine of **USC**

This document was completed for the National Center on Elder Abuse and is supported in part by a grant (90ABRC0002) from the Administration on Aging, U.S. Department of Health and Human Services (HHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official Administration on Aging or HHS policy. LAST DOCUMENT REVISION: NOV 2023

Elder abuse can take many different forms, including:

- **Physical abuse**, which can range from slapping or shoving to severe beatings and restraining with ropes or chains. When a caregiver or other person uses enough force to cause unnecessary pain or injury, even if the reason is to help the older person, the behavior can be considered abusive. Physical abuse also encompasses behaviors such as hitting, beating, pushing, shoving, kicking, pinching, burning or biting. It also includes the inappropriate use of medications and physical restraints and physical punishment of any kind.

Verbal, emotional or psychological abuse, including yelling, swearing, threatening, making insulting or disrespectful comments or repeatedly ignoring the older adult. Psychological abuse involves any type of coercive or threatening behavior that sets up a power differential between the older adult and his or her family member or caregiver. It can also include treating the older person like a child and [isolating the person from family, friends, and regular activities](#).

- **Sexual abuse**, which includes inappropriate touching, photographing the older adult in suggestive poses, forcing the person to look at pornography, and any unwanted sexualized behavior.

- **Financial abuse and exploitation**, which can range from misuse of an older person's funds to embezzlement. It can include forging checks, taking someone else's retirement or Social Security benefits, or using a person's credit cards and bank accounts without their permission. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission.

Caregiver neglect, which can be intentional or unintentional, and involves intentionally failing to meet the physical, social, or emotional needs of the older person. Neglect can include failure to provide food, water, clothing, medications, and assistance with activities of daily living or help with personal hygiene. Who is most affected by elder abuse?

Like other forms of abuse, elder abuse is a complex problem, and it is easy for people to have misconceptions about it. The truth is that:

Most elder abuse and neglect takes place at home. The majority of older adults live in the community, either on their own or with their spouses, children, siblings, or other relatives, rather than in institutional settings. As a result, the home is where most abuse happens. [Family members commit elder abuse in nearly 6 out of 10 cases](#), according to the National Council on Aging.

Anyone can be vulnerable. Older individuals who are frail, alone, or depressed as well as those with a physical disability or mental illness are vulnerable to abuse. Even those who are not affected by these more visible risk factors can find themselves in abusive situations and relationships. Elder abuse affects people across all socioeconomic groups, cultures, races, and ethnicities.

What are the signs of elder abuse?

While many of these symptoms may be the result of disease conditions or medications, their appearance should prompt further investigation to determine and remedy the cause. Cues that cannot be explained medically may signal elder abuse.

- Unexplained bruises, burns, cuts, or scars
- Lack of basic hygiene, adequate food and water, or clean and appropriate clothing
- Lack of medical aids (glasses, walker, teeth, hearing aid, medications)
- Sunken eyes or unexplained weight loss
- Untreated bedsores
- Dismissive attitude or statements about injuries

- Unreasonably fearful or suspicious
- Lack of interest in social contacts
- Unexplained or uncharacteristic changes in behavior
- Unexplained vaginal or anal bleeding
- Venereal diseases or vaginal infections
- Signs of insufficient care or unpaid bills despite adequate financial resources
- Large withdrawals from bank accounts or other unusual ATM activity

Where should I go for help with elder abuse?

If you suspect someone you know is being abused or neglected, don't let your fear of meddling in someone else's business stop you from reporting your suspicions. Your first step should be to try and talk with the older adult when the two of you are alone. You could tell them that you think something might be wrong and that you're worried and offer to take them to get help.

Every state has a service designated to receive and investigate allegations of elder abuse and neglect, also known as [Adult Protective Services](#). In addition, the [Eldercare Locator](#) is a nationwide service sponsored by the [U.S. Administration on Aging](#) that connects older Americans and their caregivers with information on services for older adults. If you know the zip code of an older person being abused, the website can refer you to the appropriate agency in the area to report the suspected abuse.

Don't put the older adult in a more vulnerable position by confronting the abuser yourself unless you have their permission and are able to help the person experiencing abuse immediately by moving them to a safe place.

If you feel you are being abused or neglected, help is available. If you can safely talk to someone about the abuse, such as your physician, a trusted friend, or a member of the clergy, who can remove you from the situation or find help for the abuser, do so at once. Your physician has a legal obligation to report the abuser and help you find safety.

You can also contact [Adult Protective Services](#), and they will help you find safety and find help for the person who is abusing you. In addition, the [Eldercare Locator](#) is a nationwide service sponsored by the U.S. Administration on Aging that connects older Americans with information on senior services. You can put in your zip code and the website will refer you to the appropriate agency in your area to report the abuse. To speak with someone for support, hotlines such as [National Domestic Hotline](#) and the Institute on Aging's [Friendship Line](#) (for people 60+ and adults living with disabilities) are available toll-free. You can also contact the [Centers for Medicare and Medicaid Services](#) if you suspect healthcare fraud.

If you feel you have been abusive or are in danger of abusing an older person in your care, one solution may be to find ways of giving yourself a break and relieving the tension of having total responsibility for an older person who is dependent on you. [Area Agencies on Aging](#) are a local resource for services that might help family caregivers find respite and in-home help with difficult care tasks such as bathing, dressing, and cooking.

If you recognize that abuse, neglect, or violence is a way you often solve problems, you will need expert help to break old patterns. Talk with someone who can help—a trusted friend or family member, a counselor, or your pastor, priest, or rabbi. If alcohol or drugs are a problem, consider contacting [Alcoholics Anonymous](#) or some other self-help group. You can also contact a professional, such as a counselor, psychologist, or therapist who specializes in helping people change destructive behaviors. To find a competent therapist, ask your physician or your health plan representative for a recommendation. APA can help you find a local psychologist through its [Psychologist Locator](#).

How can I prevent elder abuse?

The first and most important step toward preventing elder abuse is to recognize that no one should be subjected to violent, abusive, humiliating, or neglectful behavior. In addition to promoting this social attitude, individuals can take positive steps such as educating people about elder abuse, increasing the availability of respite care, promoting increased social contact and support for families with dependent older adults, and encouraging counseling and treatment to cope with personal and family problems that contribute to abuse.

Education is the cornerstone of preventing elder abuse. Media coverage of abuse in nursing homes has made the public knowledgeable about —and outraged by —abusive treatment in those settings. However, as most abuse occurs in the home by family members or caregivers, there needs to be a concerted effort to educate the public about the special needs and problems of older adults and the risk factors for abuse.

Respite care is an essential way to help reduce caregiver stress, and as a result, prevent elder abuse. Every caregiver needs time alone, free from the worry and responsibility of looking after someone else's needs, and having someone else care for an older adult, even for a few hours each week, is crucial. Respite care is especially important for caregivers of people suffering from [Alzheimer's disease](#) or other forms of dementia, or of older people who are disabled. The [National Institute on Aging](#) and other organizations offer a variety of resources on finding and paying for respite care.

Social contact and support can be a boon to older adults and to family members and caregivers as well. When other people are part of the social circle, tensions are less likely to reach unmanageable levels. Many times, families in similar circumstances can band together to share solutions and provide informal respite for each other. In addition, when there is a larger social circle, abuse is less likely to go unnoticed.

Counseling for behavioral or personal problems in the family or for the individual with mental health and/or substance abuse problems can play a significant role in helping people change lifelong patterns of behavior or find solutions to problems emerging from current stresses. If there is a substance abuse problem, treatment is the first step in preventing violence against the older individual. In some cases, a nursing home may be a more appropriate living environment than living with someone who is not equipped emotionally or physically to handle the responsibility. Even in situations in which it is difficult to tell whether abuse has really occurred, counseling can be helpful in alleviating stress.

[Elder abuse: How to spot warning signs, get help, and report mistreatment \(apa.org\)](#)

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]



62nd

Calhoun County Wood Festival

"Still Carving Traditions"

www.calhounwoodfest.com



DAVISSON BROTHERS BAND



Johnny Staats Project



FLEETWOOD MACKED
the ultimate tribute to Fleetwood Mac

Matt Vanfossen

**Car Show
June 8th
Court St.**

- Wednesday June 5.
- 6:00 pm - Baby Pageant
- 7:00 pm - Karaoke
- THURSDAY June 6
- 5:00 pm - Frosty Mountain
- 7:00 pm - Opening Ceremonies
- 7:30 - Local Gospel
- FRIDAY JUNE 7
- 6:00 pm - Matt Vanfossen
- 6:00 pm Armwrestling
- 8:30 pm - Fleetwood Macked
- SATURDAY, JUNE 8
- 8:00 Lions Club Pancake Breakfast
- 8:30 am - 5K and Kids Walk/Run
- 11:00 am - Grand Parade
- Noon - Kids Day Activities
- Noon- Car Show (Court Street)
- 2:00 - Cornhole Tournament
- 4:30 pm - Grantsville Cons.of Music
- 5:00 pm - Johnny Staats Project
- 7:00 pm - [REDACTED]
- 9:00 pm - Davisson Brothers Band
- 11:00 pm - Fireworks

Bring your lawn chairs

**Lion's Club Bingo
June 3rd thru 8th**



Food Crafts Novelties

Minnie Hamilton Health System - Calhoun Banks - Metcon Exc. LLC
 WV Dept. of Culture and History - Davisson Brothers Fundraising Group
 Woodchuck Contestants - Grantsville Lions Club - Houchin Construction
 Grantsville Foodland - Stump Funeral Home - Hardmans Home Center
 Tim Moore, State Farm Ins. - Hildreth Oilfield Supply - J & B Drug Store
 Shannon Johnson for P. A. - Overton Consulting LLC

On the Streets of Grantsville, WV 26147
June 5 thru June 8, 2024

Calhoun County Library

ADULT FICTION

The Woman in Cabin 10 by: Ruth Ware
The Great Alone by: Kristin Hannah
The Spanish Daughter by: Lorena Hughes
The Kingdom of Sweets by: Erika Johansen
The Good Dream by: Donna VanLiere
The Personal Librarian by: Marie Benedict
The Sound of Rain by: Sarah Loudin Thomas
Our Lady of the Prairie by: Thisbe Nissen
The Paris Library by: Janet Skeslien Charles
A Gentleman in Moscow by: Amor Towles
All the Light We Cannot See by: Anthony Doerr
William Henry Is A Fine Name by: Cathy Gohlke
Clive Cussler: The Heist by: Jack Du Brul
The Paradise Problem by: Christina Lauren
The Last Time She Saw Him by: Kate White
I Will Ruin You by: Linwood Barclay
The House That Horror Built by: Christina Henry
The Truth of the Aleke by: Moses Ose Utomi
How to Read a Book by: Monica Wood
The Stolen Child by: Ann Wood
In The Midst of Winter by: Isabel Allende
The Inmate by: Freida McFadden
The Love Hypothesis by: Ali Hazelwood

NON-FICTION

Animal Planet: Cats by: Kelli A. Wilkins
What Was the Holocaust? by: Gail Herman
The Ballet Book by: Darcey Bussell
What Was Ellis Island? by: Patricia Demuth
A Small Brown Dog with a Wet Pink Nose by: Stephanie Bodeen

Voices of the Faithful by: Beth Moore
Eyewitness: Bird
Can't Get Enough Cat Stuff
Everything About Bugs: Slugs
My Antarctica by: G. Neri
All About Seasons
1000 Extreme & Extraordinary Dinosaur Facts

INSPIRATIONAL

Love's Journey Home by: Kelly Irvin
The Haven by: Suzanne Woods Fisher
Love Finds You in Sunflower Kansas by: Pamela Tracy
Tender Grace by: Jackina Stark
A Hope Undaunted by: Julie Lessman
The Proposal Plot by: Kathleen Fuller
Gardenias for Breakfast by: Robin Jones Gunn

LARGE PRINT

Just The Nicest Couple by: Mary Kubica
Hang the Moon by: Jeannette Walls
Death Valley by: Melissa Broder

!! New Dial-A-Story Selections !!

Just dial 1-866-985-1223 to listen to a story! Let us know which selections you listen to and what you would like to hear in the future. Also, we would love to have some volunteers record stories for this program. Stop by any time we are open and we will set you up to record (audio only, no video).

Calhoun County Library

JUVENILE FICTION

A Tale of Witchcraft by: Chris Colfer
The Unfairest of Them All by: Shannon Hale
A Wonderlandful World by: Shannon Hale
Curse of the Arctic Star by: Carolyn Keene
Strangers on a Train by: Carolyn Keene
A Capitol Crime by: Carolyn Keene
The Stolen Show by: Carolyn Keene
Starring Sally J. Freedman as Herself by: Judy Blume
Drama by: Raina Telgemeier
Love That Dog by: Sharon Creech
Wonderland by: Barbara O'Connor
Belle Takes Flight by: Kathy McCullough
Middle School: The Worst Years of My Life by: James Patterson
Best Family Ever by: Karen Kingsbury
Sisters by: Raina Telgemeier
Guts by: Raina Telgemeier
Smile by: Raina Telgemeier
Return to the Willows by: Jacqueline Kelly
Driven By Emotions by: Elise Allen
Charlie and the Great Glass Elevator by: Roald Dahl
The Night Diary by: Veera Hiranandani
Dork Diaries Books 10&11
Nancy Drew Diaries Books 17&21
Timid by: Jonathan Todd
A Little Bit Super
Where's Waldo? The Great Games Speed Search

YOUNG ADULT FICTION

Unbirthday by: Liz Braswell
Once Upon a Dream by: Liz Braswell
As Old As Time by: Liz Braswell
Hope and Other Punch Lines by: Julie Buxbaum
Love & Gelato by: Jenna Evans Welch
Kisses and Croissants by: Anne-Sophie Jouhanneau
A Friend Like You by: Julia Hubery
Disney: 5-Minute Princess Stories
Disney Princess Bedtime Stories

BIOGRAPHY

Who Was Beatrix Potter? by: Sarah Fabiny
Who Was Marie Curie? by: Megan Stine
Who Was Jane Austen? by: Sarah Fabiny

CHILDREN'S

Captain America: Meet Sam Wilson!
Mermaid Helper by: Amy Rosenthal
Zoom! Zoom! by: Lola M. Schaefer
How To Love A Kitten by: Michelle Meadows
If I Drove An Ice Cream Truck by: Alastair Heim
The Worry-Worry Whale and the Classroom Jitters by: Deborah Diesen
The Blue Pickup by: Natasha Tripplett
Look by: Gabi Snyder
Cute Toot by: Breanna J. McDaniel

WEST VIRGINIA

When the Center Held True by: Corley Dennison
Mountain Tales & River Stories by: Pete Kosky
Mud River Tales by: Lawrence Lyman Pauley

Big Daddy D's

(681)-460-1104

11am-6pm

Tuesday-Saturday

APPETIZERS

Fries... \$3.50

Bacon/Ranch Fries...\$4.00

Loaded Fries (topped with chili, cheese, & bacon) ...4.50

Mozzarella sticks (ranch or marinara sauce) ...\$4.00

Deep Fried Cauliflower...\$4.50

Potato Chips...\$1.00

DRINKS

Bottles of pop...\$2.00

Water...\$1.00

Snow Cones...\$1.00

Coffee...\$1.00

Gatorade...\$1.50

Stop by Big Daddy D's for some great food!

Location: 40 Henry's Fork Road
(Old Lynch's Market) county line
along Rt 33/119

Hours of operation will be...

Tuesday-Saturday 11am-6pm

Closed Sunday & Monday

Phone number 681-460-1104

DAILY MEAL DEALS

Daddy D's Special (2 hotdogs, bag of chips, & a bottle of pop) ...\$8.50

Little Daddy D's special (kids only: 1 hotdog, bag of chips, snow cone or bottle of water) ...\$4.50

SANDWICHES

Hotdogs (toppings: sauce, onion, shredded cheese, jalapeno, slaw, ketchup, mustard, & relish) ...\$3.00

EVERY FRIDAY..WE WILL HAVE A DAILY "SPECIAL HOTDOG" UNTIL WE SELL OUT

Chicken strips...serving of 3 lightly breaded chicken strips...\$4.00

Chicken Wrap (grilled or crispy chicken with lettuce, tomato, & cheese (ranch or honey mustard) ...\$6.00

Spicy Chicken Wrap (grilled or crispy chicken with lettuce, cheese, jalapenos & spicy dressing) ...\$6.25

Chicken Bacon Quesadilla (chicken with special seasoning, bacon, & cheese on a flour tortilla) ...\$6.50

ICE CREAM!

Chocolate, Vanilla, & weekly special...\$2.00 per a large scoop (HOWEVER MUCH YOU WANT)

Specials will come and go, ask what we are offering.



304 Riders MC

Bike & car show

June 1st

\$10 Registration fee

Location:

Car show from 12-5
Registration from 12-2

Main St,
Grantsville, WV

Awards for:

Oldest

Most original

Furthest distance

Loudest

Fan favorite

Paint

Good Food
&
Cold Drinks

50/50 Drawing

All proceeds go to the
city of Grantsville for
parks playground

PoC: Ramrod 304-210-7121

Save the date: Saturday, June 1st in Grantsville.

All proceeds benefit the Grantsville City Park and the improvements.

Please share and get the word out.

1ST ANNUAL MOLASSES FESTIVAL UTV RACE

SPONSORED BY CLOTHIER FARMS



JUNE 1ST, 2024

PRIZE \$500.00 per class

Two Classes – Utility and
Razor

Gate fee \$5.00 12 and under FREE

Race Entry \$25.00

pre-registered \$20.00

Location of race

1722 Left Fork Rd Millstone, WV

Red gate watch for signs

Pre-registration opens
May 1st

Registration day of Race
9:30–11:30

Drivers Meeting 11:30

RACE BEGINS AT 12

All entries must wear a
helmet, seat belt or
harness, and only one
person in UTV during
races. NO ALCOHOL

Concessions will be
available/BRING A
CHAIR

Contact us for pre-
registration via email,
FB, or phone

Jaspermillersinc@gmail.com

409-594-4275

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

Chicken Souvlaki with Tzatziki Sauce

Chicken souvlaki skewers are marinated Greek kabobs. Fantastic flavor for chicken. The marinade can also be used for pork.

Ingredients

Kabobs:

¼ cup olive oil
2 cloves garlic, minced
2 tablespoons lemon juice
1 teaspoon dried oregano
½ teaspoon salt
1 ½ pounds skinless, boneless chicken breast halves - cut into bite-sized pieces
6 wooden skewers, or as needed

Sauce:

1 (6 ounce) container plain Greek-style yogurt
½ cucumber - peeled, seeded, and grated
1 tablespoon olive oil
2 teaspoons white vinegar
1 clove garlic, minced
1 pinch salt

Directions

Gather all ingredients.

Prepare kabobs: Combine olive oil, garlic, lemon juice, oregano, and salt in a large resealable bag. Add chicken, coat with the marinade, squeeze out excess air and seal the bag; marinate in the refrigerator for 2 hours.

Prepare sauce: Mix yogurt, cucumber, olive oil, vinegar, garlic, and salt together in a bowl. Refrigerate sauce for flavors to blend, 1 to 2 hours.

Soak wooden skewers in a bowl of cold water for about 15 minutes. Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Remove chicken from marinade and thread onto the soaked skewers. Discard unused marinade.

Cook the skewers on the preheated grill, turning frequently until browned on all sides and chicken is no longer pink in the center, about 7 to 8 minutes per side.

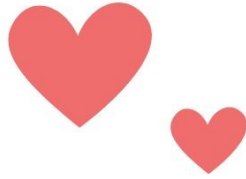
Serve with tzatziki sauce. Enjoy!

Nutrition Facts

Calories 268; total fat 17g; saturated fat 4g; cholesterol 71mg; sodium 295mg; total carbohydrate 3g; dietary fiber 0g; total sugars 1g; protein 26g; vitamin c 3mg; calcium 21mg; iron 1mg; potassium 236mg



Happy Father's Day



"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."

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!



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* (ALSO KNOWN AS QMB) *(INCOME AMOUNTS FOR PROGRAMS 1, 2 AND 3 DO NOT INCLUDE A \$20 DISREGARD.)	\$ 956 individual \$1,293 couple	Part A Deductible of \$1,184 Part A Coinsurance Part B Deductible of \$147 Part B Coinsurance Part B Monthly Premium of \$104.90
PROGRAM 2* (ALSO KNOWN AS SLMB)	\$1,150 individual \$1,552 couple	Part B Monthly Premium of \$104.90
PROGRAM 3* (ALSO KNOWN AS QL-1)	\$1,294 individual \$1,746 couple	Part B Monthly Premium of \$104.90
PROGRAM 4 (ALSO KNOWN AS PART D EXTRA HELP)	\$1,436.25 individual \$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>



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE

STRAWBERRY

SUMMER

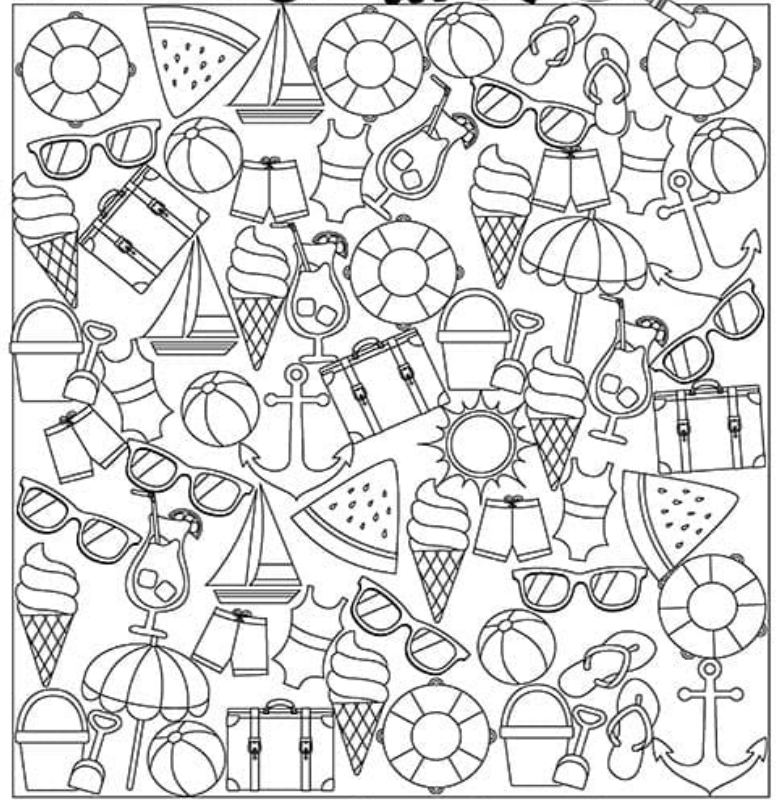
THIRTY DAYS

VACATION

WEDDING



I SPY SUMMER



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

© Mrs. Merry (www.mrsmerry.com)

TRIVIA

Summer Days




PICK THE ANSWER YOU THINK IS CORRECT FOR EACH QUESTION

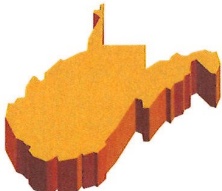


- WHEN IS THE OFFICIAL FIRST DAY OF SUMMER?
 A. MAY 26 B. JUNE 21
 C. JULY 4 D. JUNE 24
- WHAT IS THE OLDEST BEACH IN AMERICA?
 A. VIRGINIA BEACH B. MIAMI BEACH
 C. REVERE BEACH D. OLD ORCHARD BEACH
- WHAT WAS THE FIRST ICE CREAM FLAVOR?
 A. CHERRY B. PEANUT BUTTER
 C. VANILLA D. STRAWBERRY
- WHAT YEAR WAS THE FIRST BEACH BALL INVENTED?
 A. 1938 B. 1921
 C. 1932 D. 1942
- WHAT IS THE TOP SELLING SUMMER ITEM?
 A. SUNSCREEN B. SHORTS
 C. SUNGLASSES D. SWIMSUITS
- THE ENGLISH WORD SUMMER CAME FROM WHICH OF THESE WORDS?
 A. SUMERAZ B. SIMERN
 C. ZIMER D. SATURN
- SUMMER SOLSTICE OCCURS ON WHICH 2 DAYS IN THE NORTHERN HEMISPHERE?
 A. JUNE 20-21ST B. JULY 14-15TH
 C. JULY 20-21ST D. AUGUST 4-5TH
- WHAT ARE THE 3 SUMMER ZODIAC SIGNS?
 A. GEMINI CANCER LEO B. SCORPIO SAGITARIUS LIBRA
 C. CANCER LEO VIRGO D. CAPRICORN LEO CANCER
- WHICH 3 FRESH FRUITS OUTSELL ALL OTHERS IN SUMMER?
 A. GRAPES BLUEBERRIES PEACHES B. PEACHES WATERMELON TOMATOES
 C. TOMATOES WATERMELON LEMONS D. BLACKBERRIES BLUEBERRIES COCONUTS
- WHICH SUMMER ACTIVITY CLAIMS THE LEAST INJURIES EACH YEAR?
 A. SWIMMING B. VOLLEYBALL
 C. FISHING D. SKINNY DIPPING

NAME: _____ SCORE: _____



Calhoun County Committee on Aging, Inc. June 2024 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Tenders Cheese Sauce Broccoli Potatoes Fruit Ww Bread	4 Sloppy Joes Coleslaw Onions Potatoes Fruit Ww Roll	5 Meatloaf Mashed Potatoes Peas & Carrots Fruit Whole Wheat Bun	6 Beans and Ham Greens Onions Fruit Ww Cornbread	7 Fish Lettuce Peas and Carrots Fruit Whole Wheat Bun
10 BBQ Ribs Onions Pasta & Vegetable Salad Fruit Ww Bread	11 Salisbury Steak Scalloped Potatoes Broccoli Fruit Whole Wheat Bread	12 Cook's Choice	13 BBQ Chicken Mashed Potatoes Green Beans Pineapple WW bread	14 Beef Vegetable Soup Apple sauce Cheese Salad Ww Bread Juice
17 Fish Parsley Noodles Mixed Greens Whole Wheat bread Fruit Juice	18 Chicken Patty Potatoes Broccoli Fruit Cocktail Whole Wheat Roll	19 CLOSED "Juneteenth"	20 Center Closed WV Day 	21 Cook's Choice
24 Pinto Beans Onions Spinach Ww Cornbread Fruit	25 Kraut Italian Sausage Potatoes Carrots Ww Bun Fruit	26 Taco Salad Ww chips Lettuce Tomatoes Brownie Jell-O w/Fruit	27 Hamburger Lettuce/Onion/Tomato Coleslaw Fruit Whole Wheat Bun	28 Pork Chop Potatoes Carrots Ww Cornbread Fruit
	Menu Subject to Change without Notice		2% Milk And Margarine Served Daily	

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.

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

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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

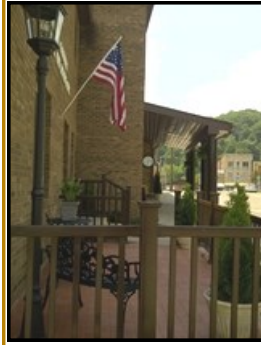
Fax: 304.354.6859

Mailing: Post Office Box 619
Grantsville, WV 26147



CCCOA News, a publication of

Calhoun County Committee on Aging, Inc.



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

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

Menus published here are prepared by CYGNET Menu Management System.

Projects provided by funding from WV B.O.S.S., North West Area Agency on Aging, CCCOA Inc.

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

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

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

West Fork Site

121 Milo Road

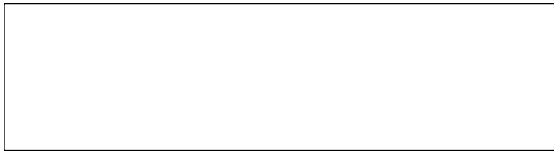
Minnora, WV 25261

Hours: 9:00am - 2:00pm

Monday, Tuesday, Thursday

Phone: 304.655.8805

Mailing: Post Office Box 619
Grantsville, WV 26147



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

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

