

# 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

## March Birthday Club

Mary Ann Parsons 2nd

Martha Harris 4th

Edward Ferrell 5th

Karen Hollinger 9th

Diane Sampson 11th

Robert Gregory 11th

Gary Dye 14th

Patricia Stump 17th

Dorothy Lynch 18th

Jerry Jones 21st

Sharon Knotts 21st

Bob Yeager 21st

Tom Hardway 22nd

Jerry Settle 22nd

Deborah Nicol 23rd

Robert Bonar 25th

Gary Wager 25th

Medeta Ball 26th

William Barr 28th

Karen Boothe 29th

## Employees

Kyleigh Hosey 14th

Marty Park 17th

Samantha Poling 17th

Jessica Bell 26th

Melissa Barker 29th

### GARDENING FOR BEGINNERS

Peas don't like too much water.

Potatoes don't like tomatoes.

Potatoes don't like cucumbers.

Potatoes and cabbage are friends.

Do not plant beans with onions or beets.

Beans love carrots.

Beets love onion, cabbage, potatoes.

Tomatoes love carrots, peas.

Cabbage does not like radishes.

Carrots and onions do well together.

Marigolds can help repel pests.



**CCCOA- Bingo played daily at 10:45am unless otherwise stated. Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room, BINGO and more available.**

**CASH BINGO DATES: Mar. 12th & 26th beginning @ 10:45am**

## Local Events

- Mar. 6th & 18th Story Time @ Calhoun Library, Mar. 6th @ 11am, Mar. 18th @ 1:30pm
- Mar. 8th Mix It Up Bingo @ the Arnoldsburg Community Bld. Beginning @ 6pm, Doors open @ 5pm; Early Bird Bingo, Raffles, 50/50 and more.
- Mar. 10th Calhoun County Commission Meeting; 9:00 – 10:00am; Small Court Room
- Mar. 11th Making of windchimes class at the Grantsville CCCOA; 9:30am– 10:30am
- Mar. 17th Saint Patrick's Day Celebration @ the CCCOA– Grantsville
- Mar. 20th FIRST DAY OF SPRING!!!!
- Mar. 24th-28th Calhoun County Schools are on Spring Break!
- Mar. 27th Trivia Night @ the CCCOA sponsored by the Calhoun Library @ 6pm
- Apr. 1st Shot Clinic @ the CCCOA– Grantsville; 9:00am-10:30 am
- Apr. 1st Parent Teacher Conferences; 4:00 – 7:00pm
- Apr. 6th History Alive—Mark Twain @ the Calhoun Library @ 2pm
- May 22nd CCCOA SPRING HEALTH FAIR– 7am–10am

### ANNOUNCEMENTS:

- **QUARTER BINGO Mar. 12th & 26th@ the Grantsville CCCOA @ 10:45am**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6pm**
- **New Pet Store Now Open in Arnoldsburg! Come check out the newest pet store in town! They are open Tuesday through Saturday from 11 AM to 5 PM, located at 856 Arnoldsburg Rd, right next to the bank and Par Mar. They've got everything you need for your furry friends—stop by today!**
- **Cain's Veterinary Clinic in Big Bend is still open and Dr. Cain's hours of operation are:**

<b>Monday</b>	<b>12:00AM - 2:00PM</b>
<b>Tuesday</b>	<b>4:00PM - 6:00PM</b>
<b>Wednesday</b>	<b>5:00PM - 6:00PM</b>
<b>Thursday</b>	<b>CLOSED</b>
<b>Friday</b>	<b>9:00AM - 11:00AM</b>
<b>Saturday</b>	<b>9:00AM - 10:00AM</b>
<b>Sunday</b>	<b>CLOSED</b>

## Upcoming mix and match BINGO's

- March 7th-- 346 Main St. @ 6pm to support the Grantsville Conservatory of Music & Fine Arts
- March 8th-- Arnoldsburg Community Building @ 6pm to support CCCOA
- April 4th-- Arnoldsburg Elementary School @ 6pm to support the Elementary School
- April 5th-- Arnoldsburg community building @ 6pm to support the 4-H program
- May 2nd-- Arnoldsburg Community Building @ 6pm to support the nursing students trip to Greece.

Calhoun Library

Story  
Time

March 6th @ 11am

&

March 18th @ 1:30pm



Small Town Builders LLC  
is a dedicated local  
construction company with  
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132 Little Rowels Run,  
Creston, WV

# ATTENTION

**All ages welcome to attend, bring your insurance card!**

**Event: Shot Clinic**

**Location: CCCOA (Senior Center)**

**105 Market Street Grantsville, WV 26147**

**Date: Tuesday, April 1st**

**Time: 9:00am to 10:30am**

**Provided by: Mid-Ohio Valley Health Dep.**

The following vaccines will be available at the shot clinic....

- Hep A
- Hep B
- Flu
- Covid
- Tdap
- Pneumonia PCV21
- Shingles



If anyone would like the MMR (Measles, Mumps & Rubella) vaccine you can call the Mid-Ohio Health Department @ 304-354-6101 and schedule, this vaccine will not be offered at the shot clinic because it has to stay frozen until used.

# Sound Advice

Winter is not over yet; however, Spring is right around the corner. Spring projects can be daunting, so plan to ease things a bit.

Some things that may be on a list...

Gravel added to the driveway.

Trees trimmed back or cut down.

Clean up yard from winter.

Clean out that shed you've been putting off for years.

Clean out gutters as ice and snow may have had impact on them and tend to any repairs they may need.

Paint the house, especially the side that tends to get the southern exposure.

Get an alignment on your vehicles, all the freezing and thawing this winter has certainly caused a lot of potholes that impact your vehicle.

Arrange for your lawn to be mowed weekly.

Clean out closets and donate or prepare for a yard sale.

It's not too early to think about gardens or plants either.

Have your a/c unit serviced and be ready for summer, and while you're at it have your furnace serviced also.

If you had problems with the cold this winter, it would be a good time to have these problems fixed so you don't have to deal with the same problems again in the future.

Laborers are hard to come by, so get yours early and treat them well and you will be treated well also.

Submitted by: Doug Gallagher

## NON-POISONOUS WEED KILLER

1 Gallon Vinegar

1 1/2 Cups Salt

2 Tablespoons DAWN Dish Liquid

Mix and use Liberally

## Calhoun County Library

### Hours of Operation

Monday 8:00AM - 3:00PM, Tuesday 10:00AM - 6:30PM, Wednesday 8:00AM - 3:00PM,  
Thursday 10:00AM - 6:30PM, Friday 8:00AM - 3:00PM, Saturday -CLOSED, Sunday -CLOSED

**Public Notary Services Available!**





**CALHOUN LIBRARY**

# TRIVIA NIGHT

MARCH 27, 2025

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

GEOGRAPHY

GENERAL KNOWLEDGE

MOVIES

MUSIC

BUY A VOWEL

BUTT OR FACE

Refreshments will be served.

Please let us know if you plan to attend.

Check our Facebook page for updates!





Calhoun Library  
PRESENTS

*History Alive!*

MARK TWAIN

Sunday, April 6th @ 2pm

JOIN US FOR THE PORTRAYAL OF AMERICAN  
AUTHOR & HUMORIST, MARK TWAIN.  
PROVIDED BY THE WV HUMANITIES COUNCIL,  
THESE HISTORICAL CHARACTERIZATION PROGRAMS  
PROVIDE AUDIENCES WITH THE OPPORTUNITY TO  
QUESTION THOSE WHO HAVE HELPED SHAPE OUR  
HISTORY.

REFRESHMENTS WILL BE SERVED.  
PLEASE CONTACT THE LIBRARY  
WITH ANY QUESTIONS. CHECK OUR  
FACEBOOK PAGE FOR UPDATES!



# Simple Tips for Eating Well

## Key Takeaways:

As you age, it's more important than ever that you eat well to get adequate nutrients.

Rather than ignoring food customs and preferences, let's anchor them in the science of nutrition and aging.

These tips can ground your food choices in decades of research and simplify eating well.



There are few things in life as comforting and nourishing as food, but it can be controversial and confusing, too. It's so essential to life one would think common sense is the main ingredient in making food choices, and common sense—along with personal heritage and beliefs—is an important guidepost. Food cultures around the world can look very different from one another, and each can be healthy. Rather than ignoring food customs and preferences, let's anchor them in the science of nutrition and aging.

Eating for health is often framed in a way that isolates nutrients that are good for your bones, your heart, or your digestive system. The result is a list of foods that will provide those nutrients but ignore the way nutrients work together. Calcium, for example, is essential for strong bones, but it must be partnered with magnesium, vitamins D and K, and protein to get the job done. In fact, all these nutrients together are optimized only with weight-bearing exercise.

## Tried and true healthy eating tips

So how do we bring research know-how to the dinner table when it's so complex? Managing health condition or nutrient deficiency is best done with a registered dietitian, but these tips can ground your food choices in decades of research and simplify eating well:

Balance food group choices throughout the day. That's right—good old food groups. Fruits, vegetables, grains, dairy, and protein. Make half your plate fruits and vegetables, about a quarter grain, and a quarter protein. Not eating off a plate? Think about balancing throughout the day, but don't get too technical.

Make variety the spice of your life and each food group. Try a new herb in cooking, reach for a rainbow of produce, add barley or quinoa to the whole wheat bread and oatmeal rotation, and alternate beans, fish, lean meats, and lentils as protein choices.

Enjoy eating. Share a meal with a friend or family. Seek out foods that you really like that are also good for you and savor each bite.

In addition to eating well, keep exercising. If you don't exercise already, talk to your doctor about getting started. Doing both is good for your health... and it simply feels good to be good to you.

<https://www.ncoa.org/article/simple-tips-for-eating-well/>



# Southwestern-style Breakfast Casserole Recipe

## Ingredients

Non-stick cooking spray

6 slices of hearty whole-grain bread, cut into cubes

1 10-ounce package frozen chopped spinach, thawed and liquid squeezed out

1 7-ounce jar roasted red peppers, drained and chopped, or 1 red bell pepper, roasted and chopped

1½ cups (6 ounces) Mexican/taco flavored cheese or sharp cheddar cheese

3 cups non-fat milk

1 carton (8 ounces) egg substitute

1 teaspoon garlic powder

1 teaspoon cumin

½ teaspoon black pepper

½ teaspoon salt



## Directions

Layer the bread in a 9 x 13-inch baking dish coated with the non-stick cooking spray. Sprinkle evenly with spinach, red peppers and cheese.

Combine the non-fat milk, egg substitute, garlic powder, cumin, black pepper and salt in a large bowl.

Pour over the bread mixture.

Cover and refrigerate for at least 4 hours or overnight.

Preheat oven to 350°F.

Bake, uncovered, for 45 minutes or until a knife inserted into the center comes out clean. Let stand for 10 minutes before serving.

Serves 9 for breakfast or 12 as a side dish. Hands-on time: 20 minutes; cooking time: 45 minutes; standing time: 4 hours or overnight.

<https://www.eatright.org/recipes/breakfast/southwestern-style-breakfast-casserole-recipe>



# Grantsville Site



Pictured on the right: Bob Yeager and Virginia Simmons are our Sweethearts!

Valentine's Day was so pleasant and full of love. The seniors had a play and sang as well as having a puppet show. If you haven't had the opportunity to see one of our holiday shows, join us on St. Patrick's day for their next performance. They work really hard and put together a beautiful performance.

**The CCCOA has an Ensure Program!**

Ensure Plus is available at the Grantsville - CCCOA  
Vanilla, Chocolate and Strawberry

There has been a price increase, Ensure is now \$25.00  
for a case (total count in case 24).



# West Fork Site



Celebrating his January Birthday is Burton Murphy!  
Birthday dinner entertainment provided by  
Clayton Moore

Meet Stella!

Stella is the West Fork Site's unofficially adopted mascot. Stella actually belongs to Bob and Lynitta Gregory, however she spends a lot of time visiting the seniors next door!

## Flowers to Plant in Spring

Even if your garden is already filled with colorful flowers, you'll need to plan ahead if you want plants to keep blooming into the summer. Plant these flowers in the spring so you can enjoy a supply of colorful blooms well into the fall. You can plant some of these flowers from seed, but others work best as transplants, so make sure to read up on each flower before you add it to your garden.

- Sunflower, Gladiolus, Marigold, Sweet alyssum, Columbine, Black-eyed Susan, Dianthus, Lavender, Zinnia.



# Soil Health: the Foundation of a Healthy Garden

The foundation to a healthy garden starts underground – in the soil. Soil is a living natural resource, one that requires care to keep plants healthy and thriving. Soil health is measured by a few indicators, all of which work together to create a flourishing garden.

The first measure of soil health is pH, which indicates the acidity of a soil. A soil's pH is naturally occurring, yet it can be increased by adding lime or decreased with sulfur. Most gardens thrive at a pH between 6.0 to 6.8, because at this level other key elements are made available for plants to uptake in the right doses.

The primary elements of soil fertility are nitrogen, phosphorus and potassium. While other elements also are important to soil health, these three are needed by the plant in the largest amounts. These three elements are critical for plant growth, as they allow plants to fruit, grow strong roots, and adapt to stressful conditions.

Lastly, organic matter is made up of plant and animal residue, and one of the strongest indicators of improving soil health. Soils rich in organic matter have improved nutrient and water retention for plants. Organic matter is measured in terms of a percentage, with 5% being the targeted minimum.

How do you establish a baseline of your own soil's health? A soil test should be the first step of the growing season. A basic soil analysis is free at WVU's Soil Testing Lab, and organic matter can be tested for a small fee. Results will report your soil's pH, nutrient levels and provide fertilizer recommendations based on your selected crop. For more information, visit [soiltesting.wvu.edu](http://soiltesting.wvu.edu) or contact your local WVU Extension office.

Ready to claim the Earned Income Tax Credit but need a little help? #IRS-certified volunteers might be able help you claim the #EITC and all the tax benefits you deserve. And it's free! Call your local CRI office to schedule your income tax appointment today! Call 304-354-9625, Janet Gherke, to schedule an appointment

Don't forget to bring form MV-1 with the rest of your tax forms to your appointment this year. The Motor Vehicle Property Tax Adjustment Credit is a new claimable credit for the filing season and in order to claim it while we file your taxes, you will have to have this form.



May 22nd

7am-10am

Location:

CCCOA

Grantsville Senior  
Center

# HEALTH & WELLNESS



Community event, designed to encourage healthy lifestyles, prevent and manage disease, engage and connect you to resources.



Minnie Hamilton Health System will be providing blood work at a very low cost.

Vendors from different organizations will be giving out various different types of information. Everyone is encouraged to attend, let us help you!

CCCOA

105 Market Street

P.O. Box 619

Grantsville, WV 26147

Phone: 304-354-7017

Fax: 304-354-6859

Email:

[rpoling@cccoa-wv.org](mailto:rpoling@cccoa-wv.org)

[spoling@cccoa-wv.org](mailto:spoling@cccoa-wv.org)

The Community Health Fair is Sponsored  
by:

Calhoun County Committee on Aging

In collaboration with the following:

Minnie Hamilton Health System

The WV Bureau of Senior Services (BOSS)



# Mix it Up Bingo

**Saturday, March 8th, 2025**

**20 games for \$20**

**6:00 pm**

Doors open at 5:00 pm \*Early bird drawing\*

**Arnoldsburg Community Building  
Sponsored by: CCCOA Minnora Site**

**Concessions Will Be Sold**

20 games, raffles, 50/50 drawings, Auction,  
Door Prizes

*All baskets and bags will be filled 😊*

*Selection of Longaberger baskets, case knives, & Thirty-One bags*

**Proceeds will go to Minnora CCCOA  
Site for future projects.**

***For More information call 304-655-8805***

## ***QUILT RAFFLE***



***CCCOA Minnora Site is raffling a quilt.***

***Drawing on March 8<sup>th</sup> Bingo -Arnoldsburg Park***

*(Need not be present to win)*

***\*\*\*\*\****

***Proceeds go to the Minnora CCCOA Site.***

***Tickets are being sold for \$1 each or 6 for \$5.***

***For more information call 304-655-8805***



# BENEFIT FOR JUNIOR SMITH

Junior had an infection the week of January 20th where doctors found a mass surrounding his nasal cavity & brain. The following week, a new pacemaker was put in on January 27th (automatic 6 weeks of no work). January 29th he went to Cleveland ER where they did more extensive testing on the mass. On February 18th, he had surgery to remove the mass & awaiting results if it's cancerous. He was then put on another 6 weeks off work following that surgery & on July 1st, he will also have a heart ablation done to fix his AFIB. Which will then put him off work for even longer. It's a very trying year for him and his family & they appreciate any and all help that people can give them!

**A Benefit will be held by  
Marie King & Family**

**WHERE?: UPPER WEST FORK PARK  
WHEN?: March 15th  
Starting @ NOON**

**ENTERTAINMENT:**

**Braxton Cowboyz**

**Food: Chili, Potato Soup, Brown  
Beans, Navy Beans, Cornbread, Hot  
Dogs, Chips, Desserts, Pop, & More!**

Will be taking donations at the door, Raffles will  
be held, along with 50/50 Drawing!

All Proceeds will go to Junior for medical travel  
& to pay his bills as he is unable to work.

# YOU-fit: Exercises for EveryBODY

Mountain



Side Bend



Knee Hug



Cow/Cat



Helicopter



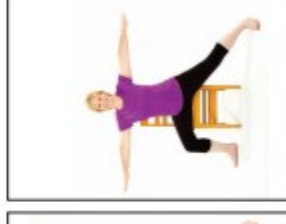
Half-Forward Fold



Reverse Chair



Warrior Series



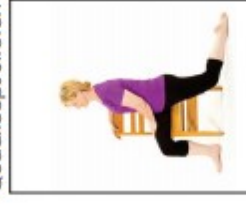
Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



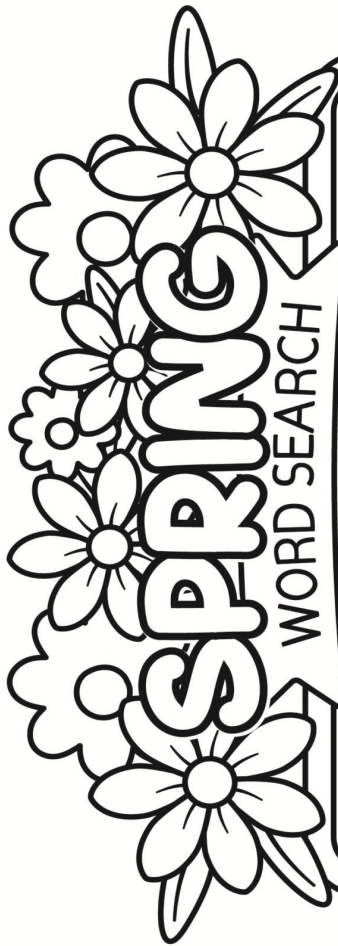
**U of A** DIVISION OF AGRICULTURE  
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**ExtensionGetFit**

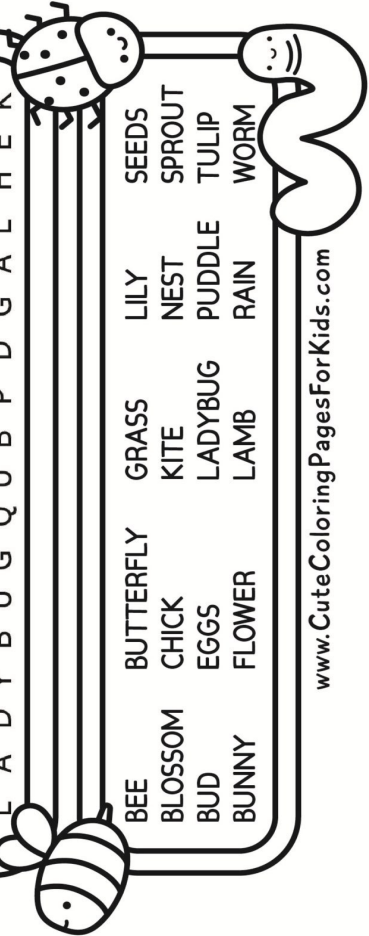
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HELLO SPRING



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

## St. Patrick's Day Word Search

Words to Find:

rainbow    luck    green    pot  
shamrock    jig    gold    Irish  
leprechan    lucky








Calhoun County Committee on Aging, Inc.

# March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Northern Beans with Ham Onion Spinach Applesauce Ww Cornbread	<b>4</b> Chicken Tenders Macaroni & Cheese Kale Juice Ww Bread	<b>5</b> Meatloaf with ketchup Peas Mashed potatoes Juice Ww roll	<b>6</b> Italian Sausage Kraut Potatoes Ww Cornbread Fruit	<b>7</b> Fish pickles Potatoes Ww bun Carrots Slaw Fruit
<b>10</b> Rib sandwich with onions Potatoes Brussel sprouts fruit Ww Roll	<b>11</b> Hamburger Lettuce/Onion Mayo Tater Tots Jell-o w/fruit Ww Bun	<b>12</b> Hot Dog w/ tomato Sauce Baked Beans Fruit Ww Bun Onions	<b>13</b> Baked steak Mashed Potatoes gravy Peas Ww Roll Fruit	<b>14</b> Cream chicken Ww Biscuit Mashed Potatoes Carrots & Peas Fruit
<b>17</b> Chicken Patty w/ Mayo, pickles beets Broccoli Pudding/banana Ww Bun	<b>18</b> Chili w/ Meat & Beans fruit Salad Ww Crackers Brownie	<b>19</b> Salisbury Steak Mashed Potatoes Peas Ww Roll Fruit	<b>20</b> Lasagna Green beans fruit Ww roll	<b>21</b> Pork Chop Mashed Potatoes Gravy Corn Ww roll fruit
<b>24</b> Pinto Beans w/ham Kraut Apples Ww Cornbread Onions	<b>25</b> Spaghetti & Meat/ tomato Sauce Onion and peppers Vegetables Fruit Ww Roll	<b>26</b> Cook's Choice	<b>27</b> Steam Vegetables Chicken and Ww Pasta Onions Fruit	<b>28</b> Beef ww macaroni w/ tomato sauce Coleslaw Peas & carrots Ww Cornbread fruit
<b>31</b> Fish Coleslaw w/ Carrots Ww roll fruit	<b>Menu            Subject            To            Change            Without            Notice</b>	 <i>St. Patrick's Day</i>	<b>2% Milk            and            Margarine            Served Daily</b>	

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke— Treasurer

Dorothy McCauley

Martha Haymaker



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

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

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

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

Grantsville Center

105 Market Street

Grantsville, West Virginia 26147

Hours: 7:30am - 3:30pm

Monday through Friday

Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619  
Grantsville, WV 26147



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

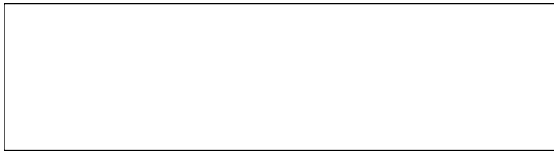
Minnora, WV 25261

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

