

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

REMINDER... if you have suggestions on places you'd like to visit, please call and make those suggestions!

The Calhoun Committee on Aging is getting ready to start arranging extended TRIPS again!!!! (And yes, Single Day Trips are also being planned, so keep an eye out for postings about those as well!)

YOU do not have to be a Senior Citizen to take advantage of the extended trip opportunities; anyone is welcome to join in the fun!!! TRIPS could be 'Headed to the beach' – Cruising down the coast - Seeing Christian plays at Lancaster PA – Visiting the ARK - Branson - Pigeon Forge - The Biltmore - Creation Museum in Williamstown Ky - or a place that YOU want to suggest!!

Group rates are less than general public rates, so getting a group together is helping everyone save money but getting to enjoy going somewhere special at a rate that is affordable. So please call in and ask for Jackie (304-354-7822 Ext. 102) to share your interests and suggestions and all will be taken into consideration.

Aside from COVID, companies specializing in group travel have increased the minimum number of participants required for each trip, and while that has been fine for larger county areas, that has been a huge hurdle to making trips work in the past for us . . . let's see if we can get enough people to go!

Please leave a message if your call isn't answered (lots of work being done requiring visits to participants in our Home Care Dept.).

Additionally, the CCCOA is getting ready to start arranging day TRIPS again as well! If you are interested in participating please call (304-354-7017 Ext. 106) and ask to be put on the day trip list. We anticipate taking trips to Beckley Coal Mine Exhibition, Tamarack, many of the state parks, museums, ferry rides, fine dining, and more!

THANKS and LOOKING forward to hearing from those in and out of county!

March Birthday Club

Thomas Hickman 2
Martha Harris 4
Edward Ferrell 5
Donald Pitts 6
Kenneth Bailey 7
Billy Burch 9
Karen Hollinger 9
Lowell Batten 11
Mila Arnold 12
Gary Dye 14
Dorothy Lynch 18
Donna Rupert 18
Geraldine Lamont 19
Jerry Jones 21
Bob Yeager 21
Villy Hardway 22
Robert Bonar 25
William Barr 28
Karen Boothe 29

Employees

Linda Peggs 10
Marty Park 17
Samantha Poling 17
Jessica Bell 26

Grantsville CCCOA Activities

February 21st	Crafts @ 9:00am– 10:45am
February 22nd	Bible Study 10:00am
February 23rd	BIRTHDAY DINNER (covered dish) & ENTERTAINMENT 10:30am—11:30am
February 26th	Quilting @ 9:00am—10:45am
February 27th	Cardio Drumming @ 10:00am
February 28th	CASH BINGO 10:45am
February 29th	Bible Study @ 10:00am; Game Day @ 10:45am
March 4th	Quilting @ 9:00– 10:45am
March 5th	Cardio Drumming 9:45 am– 10:30 am
March 6th	Crafts @ 9:00am– 10:45am
March 7th	Bible Study 10:00am
March 10th	DAYLIGHT SAVINGS TIME– SPRING FORWARD 1 HOUR
March 11th	Quilting @ 9:00– 10:45am
March 12th	Cardio Drumming @ 10:00am
March 13th	CASH BINGO 10:45am
March 14th	Bible Study @ 10:00am; Game Day @ 10:45am
March 18th	Quilting @ 9:00– 10:45am
March 19th	Cardio Drumming @ 10:00am, SPRING BEGINS
March 20th	Crafts @ 9:00am– 10:45am
March 21st	Bible Study 10:00am
March 22nd	BIRTHDAY DINNER (covered dish) & ENTERTAINMENT 10:30am—11:30am
March 25th	Quilting @ 9:00– 10:45am
March 26th	Cardio Drumming @ 10:00am
March 27th	CASH BINGO 10:45am
March 28th	Bible Study @ 10:00am; Game Day @ 10:45am
March 29th	CLOSED– GOOD FRIDAY
March 31st	EASTER

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.

Local Events

- Feb 17th Mix and Match BINGO; 5pm – 9pm @ Calhoun Middle High School :CHS Football will sponsor this bingo. Doors open at 5 pm, and bingo starts at 6 pm.
- Mar. 2nd Molasses Festival BINGO (Handyman items) 5pm – 10pm @ Arnoldsburg Community Building; Doors open at 5 pm, and bingo starts at 6 pm.
- Mar. 8, 9, 10 Arnoldsburg Gun Show; Friday 4pm – 7pm; Saturday 8am-4pm; Sunday 8am-3pm @ the Arnoldsburg Community Building
- Mar. 8, 9 Hunter's Ed Class; Friday 6pm – 9pm& Saturday 9am-5pm @ the MHHS (Arnoldsburg Clinic) 80 Spring Run Road, Sponsored by MHHS
- Mar. 9th Mix and Match BINGO; 6pm – 9pm @ Arnoldsburg School; Doors open at 5 pm, bingo starts at 6 pm. this is sponsored by 4th grade class at Arnoldsburg Elem.
- Mar. 16th Mix and Match BINGO; 6pm – 7pm @ CMHS sponsored by the Junior class \$20.00, doors open at 5pm.
- Mar. 30th Melissa Oshoway Memorial Easter Egg Hunt, Saturday March 30, 2024 at 12:00 noon. This year's event will be at the CALHOUN COUNTY PARK. Easter Egg Hunt is for all children 0-12 years old. The Easter Bunny will be making his appearance again this year.
- May 4th TOWN WIDE YARD SALE– CALL 304-354-7017 to register for the event.
- May 23rd Community Health Fair @ CCCOA, from 7am-10am

Join Us for Cardio Drumming every Tuesday @ 9:45am in the fitness room of the CCCOA. Class open to the first 11 people to sign up!



Cardio drumming combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's fun and a great way to get your heart rate up, improve your rhythm, and burn calories. You may choose to sit or stand, whatever you are comfortable with. There are no rules, you don't need to be a drummer, you just need to move and have fun!

Please wear comfortable clothes and shoes, bring a water bottle and sweat towel. If you'd like to sit, a chair will be provided as well as the equipment needed for the class.

There will be a sign up sheet in the dining hall or you may call the center @ 304-354-7017. and sign up.



Town Wide YARD SALE

WHEN: Saturday, May 4th

TIME: 8 AM to 4PM (time may vary)

WHERE: Grantsville and surrounding areas

Everyone is welcome to participate, please call us with your information. Examples: Yard/Garage Sales, Car Washes, Bake Sales, Food Sales and more...

- To register your sale, and have it advertised, call Calhoun County Committee on Aging by April 26th: 304-354-7017
- Please ask permission when setting up in front of a business, it is your responsibility to ask the business owner and get their approval prior to signing up.



Grantsville Activities

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Quilting 9:00- 10:45am	5 Cardio Drumming 9:45am-10:30am	6 Crafts 9:00- 10:45am	7 Bible Study 10:00 am	8	9
10 Daylight Savings Time Spring forward 1 hour	11 Quilting 9:00- 10:45am	12 Cardio Drumming 9:45am-10:30am	13 Quarter Bingo 10:45 am	14 Bible Study 10:00 am Game Day 10:45 No Bingo today!	15	16
17	18 Quilting 9:00- 10:45am	19 Cardio Drumming 9:45am-10:30am	20 Crafts 9:00- 10:45am	21 Bible Study 10:00 am	22 Birthday Dinner & Entertainment 10:30-11:30am	23
24	25 Quilting 9:00- 10:45am	26 Cardio Drumming 9:45am-10:30am	27 Quarter Bingo 10:45 am	28 Bible Study 10:00 am Game Day 10:45 No Bingo today!	29 GOOD FRIDAY! CLOSED	30
31						

Grantsville Valentine Sweethearts

Ben Rafferty and Sandy Funk

Happy Valentine's Day!



CALHOUN LIBRARY

Trivia Night

JOIN US FOR OUR 1ST ANNIVERSARY

OF TRIVIA NIGHT

FEBRUARY 22, 2024 - 6PM @ CCCOA SENIOR CENTER

Teams of up to 6 people

- Round 1 - Finish the Lyrics
- Round 2 - Butt or Face
- Round 3 - Feud
- Round 4 - February
- Round 5 - Name That Tune
- Round 6 - Do You Remember?

Refreshments will be served.

Please let us know if you plan to attend.
Check our Facebook Page for updates!

Calhoun County Library

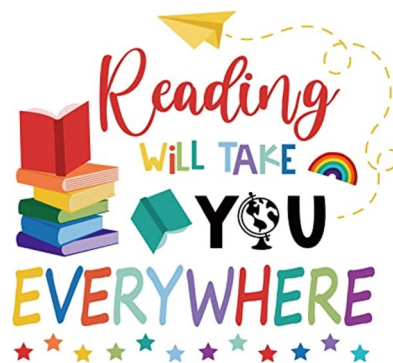
!! New Books Available!!

ADULT FICTION

The Night Island by: Jayne Ann Krentz
Holmes, Marple & Poe by: James Patterson
Always Remember by: Mary Balogh
All Right Here by: Carre Armstrong Gardner
The Song by: Chris Fabry
Missing Persons by: James Patterson
Last Night by: Luanne Rice
Fox Creek by: William Kent Krueger
Careless Love by: Peter Robinson
Library for the War-Wounded by: Monika Helfer
This Tender Land by: William Kent Krueger
Iron Lake by: William Kent Krueger
The Bad Weather Friend by: Dean Koontz
The Friendship Club by: Robyn Carr
Random in Death by: J.D. Robb
Goodbye Girl by: James Grippando
No One Can Know by: Kate Alice Marshall
Where You End by: Abbott Kahler
One in a Million by: Janet Dailey
One by One by: Freida McFadden
Red Rabbit by: Alex Grecian
Catch-22 by: Joseph Heller
Dream Town by: Lee Goldberg
Mercury by: Amy Jo Burns

NON-FICTION

Meet My Pet: Iguana
Great Storytellers: R.L. Stine
Where is Antarctica? by: Sarah Fabiny
Radium Girls
The Ultimate Guide to Trees by: Jenny Linford
What's a Germ, Joseph Lister? by: Lori Alexander
Who Was Ulysses S. Grant? by: Megan Stine
All About Trucks: Ford Trucks
Weapon: Visual History of Arms & Armor
Backyard Animals: Porcupine
Meet My Pet: Potbellied Pig
Fantastic Cats by: Maine Coon
Deadliest Animals on the Planet
Lost Girls by: Robert Kolker
Unbelievable by: T. Christian Miller
The Girl in the Red Coat by: Roma Ligocka
Tears of Silenced by: Misty Griffin



Calhoun County Library

INSPIRATIONAL

Double Take by: Lynette Eason

Westward the Dream

The Rails to Love Collection

LARGE PRINT

Where You End by: Abbott Kahler

The Bookshop by the Bay by: Pamela M. Kelley

I Did it For You by: Amy Engel

Amish Country Ransom by: Mary Alford

Five Years From Now by: Paige Toon

The Year of Second Chances by: Lara Avery

JUVENILE FICTION

The School for Good & Evil by: Soman Chainani

The Enemy Above by: Michael P. Spradlin

What Disappears in Vegas by: Carolyn Keene

Bernice & the Georgian Bay Gold by: Jessica Outram

The Apartment House on Poppy Hill by: Nina LaCour

The Avengers Storybook Collection

YOUNG ADULT FICTION

Honey Girl by: Morgan Rogers

A Quiet Kind of Thunder by: Sara Barnard

Opposite of Always by: Justin A. Reynolds

CHILDREN'S

The Concrete Garden by: Bob Graham

BIG by: Vashti Harrison

Down the Hole by: Scott Slater

The Princess & the (Greedy) Pea by: Leigh Hodgkinson

Flubby Does Not Like Snow by: J.E. Morris

The Lost Mitten by: Jannie Ho

Trim Helps Out by: Deborah Hopkinson

Dr. Seuss's If You Think There's Nothing To Do

Do You Remember by: Sydney Smith

!! 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).





FEMA

Feb. 15, 2024
DR-4756-WV MA004
FEMA News Desk: 215-931-5597
FEMA-R3-NewsDesk@fema.dhs.gov

Media Advisory

Mobile Disaster Recovery Center Opens in Calhoun County

Charleston, W.Va. – A state-federal Mobile Disaster Recovery Center will open at 8 a.m. on Friday, Feb. 16, at 80 Spring Run Rd. in Arnoldsburg to help West Virginia residents affected by the severe flooding that occurred Aug. 28-30, 2023.

Residents can get help with their disaster assistance applications, upload documents, and get questions answered about federal disaster assistance.

When residents arrive at 80 Spring Run Rd. in Arnoldsburg, they should look for the FEMA vehicle and staff set up under the pavilion. Mobile Disaster Recovery Centers are outside and exposed to weather. The sites will have some heaters and space for visitors to get warm, but they should be prepared to be outside for short periods of time as they get assistance.

The center is located at:

Calhoun County

80 Spring Run Rd., Arnoldsburg, WV 25234

Hours of operation:
Monday through Saturday, 8 a.m. to 6 p.m.

Other recovery experts from the U.S. Small Business Administration are available at the Disaster Recovery Center to address additional needs.

The fastest and easiest way to apply is by visiting disasterassistance.gov/.

If it is not possible to visit the Disaster Recovery Center or to apply online, call 800-621-3362. The toll-free telephone line operates from 7 a.m. to 11 p.m., seven days a week. If you use a relay service, such as video relay service (VRS), captioned telephone service or others, give FEMA the number for that service.

For more information on West Virginia's disaster recovery, visit emd.wv.gov, [West Virginia Emergency Management Division Facebook page](#), www.fema.gov/disaster/4756 and www.facebook.com/FEMA.

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FEMA's mission is helping people before, during, and after disasters. FEMA Region 3's jurisdiction includes Delaware, the District of Columbia, Maryland, Pennsylvania, Virginia and West Virginia.

Follow us on X at twitter.com/femaregion3 and on LinkedIn at linkedin.com/company/femaregion3





CALHOUN LIBRARY

Presents

*WV Humanities Council
History Alive!*


Ruby Bradley


MARCH 23, 2024 - 2PM

Colonel Ruby G. Bradley, WWII & Korean War Army Nurse, will be portrayed. The Colonel Ruby Bradley Bridge located in Spencer, WV is named after her.

These Historical characterization programs provide audiences with the opportunity to question those who have shaped our history.

Light refreshments will be served. Please contact the library with any questions. Check our Facebook page for updates.





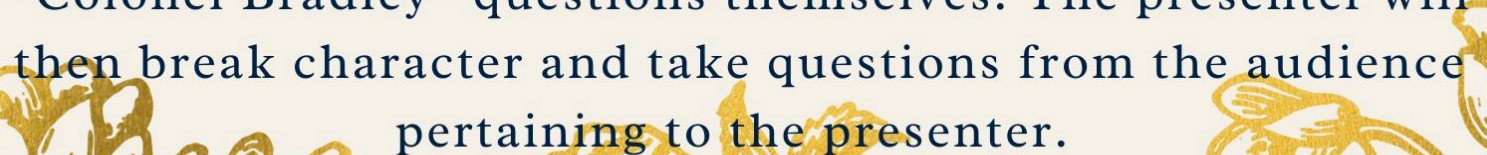
Colonel Ruby Bradley

Colonel Ruby G. Bradley (1907-2002), WWII and Korean War Army Nurse, will be portrayed by Becky Park of Charleston. This presentation is part of the History Alive! program of the West Virginia Humanities Council.

When Bradley retired from the U.S. Army in 1963 she was the most decorated woman in American military history. A native of Spencer, WV, Bradley was captured by the Japanese in the Philippines in 1941 and was a POW until 1945. She continued her work as a nurse in the prison camp. She was named Chief Nurse for the Eighth Army in 1951 and supervised over 500 nurses in Korea. Bradley attained the rank of Colonel in 1958.

Historical characterization is the vehicle for this program. Humanities scholars have carefully researched a variety of sources about the figures they portray such as journals, letters, official documents, speeches, autobiographies and research in developing their presentation.

Audience will be given time after the presentation to ask “Colonel Bradley” questions themselves. The presenter will then break character and take questions from the audience pertaining to the presenter.



MAY 23rd

7am-10am

Location: CCCOA

105 Market Street

Grantsville, WV 26147

**In the
DININGHALL!**

Community

HEALTH



FAIR

This is a community event, designed to encourage healthy lifestyles, prevent and manage disease and connect you to resources.

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

Vendors from many different organizations will be giving out information on things such as: Cholesterol, Diabetes, Blood Pressure, Weight and BMI, Hearing and Vision, Behavioral Health, Dental and much more.



CCCOA

105 Market Street

P.O. Box 619

Grantsville, WV 26147

Phone: 304-354-7017

Fax: 304-354-6859

Email:

rpoling@cccoa-wv.org

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)

Community Health Fair

When: May 23rd
Where: CCCOA (Calhoun County Committee on Aging)
Location: 105 Market Street Grantsville, WV 26147
Time: 7 am to 10 am

Testing Available:

CMP	Comprehensive Metabolic Panel Sodium, Potassium, Chloride, Carbon dioxide, Glucose, Creatinine, BUN (Urea), Total Protein, Alkaline phosphatase, Albumin, Total Bilirubin, AST, ALT, Calcium
CBC	Complete Blood Count WBC, RBC, Hemoglobin, Hematocrit, MCV, Platelet, RBC indices, Automated WBC differential
PSA	Prostate Specific Antigen
Lipid Panel	Cholesterol, total; high-density lipoprotein (HDL) cholesterol; low-density lipoprotein (LDL) cholesterol (calculation); triglycerides; very low-density lipoprotein (VLDL) cholesterol (calculation)
TSH	Thyroid Stimulating Hormone
A1c	Hemoglobin A1c

Cost...

Complete Metabolic Panel	\$10.00
CBC	\$7.00
PSA	\$15.00
Lipid Panel	\$12.00
TSH	\$15.00
A1C	\$10.00
Total Male	\$69.00
Total Female	\$54.00

Please make CHECKS payable to MHHS.



The CCCOA would like to thank Minnie Hamilton Healthcare Services for providing such a wonderful service to our community, at such a reasonable price. We appreciate all of you!

National Eating Disorder Awareness

While there is no official eating disorder awareness month, there is a National Eating Disorders Awareness Week. And according to the [National Eating Disorders Association](#), National Eating Disorders Awareness Week will fall on February 26th and end on March 1st, 2024.

This information in this article is very important, it could save a life. So many people are effected by this disorder, especially teens. We live in a world where ideology has made most belief you need to look a certain way to be accepted by your peers. Often teens will go to extreme measures to “fit in”. The information in this article will give you signs of the disorder so you can help those in need, or prevent it from becoming a disorder. Knowledge is awareness, and awareness is crucial.

The American Psychiatric Association classifies five different types of eating disorders in the Diagnostic and Statistical Manual, 5th Edition (DSM-5): Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder (BED), Avoidant Restrictive Food Intake Disorder (ARFID) and Other Specified Feeding or Eating Disorder (OSFED).

Several decades of genetic research show that biological factors play a significant role in who develops an eating disorder. EDs commonly co-occur with other mental health conditions like major depression, anxiety, social phobia, and obsessive compulsive disorder.

Goals of National Eating Disorders Awareness Week

The National Eating Disorders Association [says](#) that the goal of National Eating Disorders Awareness Week is threefold: to educate the public on eating disorders, share a hopeful message, and allow those who need treatment (which may be life-saving for them) to gain access to the necessary resources. The prevailing message of 2021’s National Eating Disorders Awareness Week is to invite “Every Body to Have a Seat at the Table.” What the National Eating Disorders Association means by this is to highlight marginalized individuals and communities, because these demographics tend to find themselves underrepresented in conversations about disordered eating; their hope is to inspire conversations surrounding raising awareness, to fight against systemic biases, and inspire people hailing from all sorts of backgrounds to share their experiences.

Possible Symptoms of Eating Disorders

The National Eating Disorders Association [lists](#) a series of possible symptoms related to eating disorders. Some physical manifestations of an eating disorder may include:

- Constantly feeling cold
- Fainting
- Issues with one’s sleep
- Cuts and/or calluses across the top of finger joints, which could suggest inducing vomiting
- Noticeable fluctuations (both up and down) of weight
- Difficulties concentrating

- Dizziness, particularly when one stands up
- Menstrual irregularities, such as missed periods or only experiencing a period when on hormonal contraceptives
- Stomach cramps and other non-specific gastrointestinal issues such as constipation and acid reflux
- Muscle weakness
- Poor wound healing
- Abnormal laboratory results such as low hormone levels, anemia, low white and red blood cell counts, and low potassium
- Brittle nails
- Impaired immunity
- Dry hair and skin
- Fine hair on one's body
- Yellow skin (could be in the context of eating large amounts of carrots)
- Swelling of feet
- Swelling around the salivary glands
- Discoloration of teeth and cavities, which may result from vomiting
- Cold, mottled hands

Common behavioral and emotional signs of eating disorders may include:

- A preoccupation with calories, food, weight, fat grams, carbohydrates, and dieting
- Recurrent dieting
- Appearing uncomfortable eating around other people
- Taking small portions of food at regular meals
- Behaviors and attitudes that point towards dieting, weight loss, and control of food becoming major concerns for an individual
- Extreme mood swings
- Skipping meals
- Excessive chewing
- Great concern with one's body shape and size
- Frequent checks in the mirror for supposed flaws in their appearance
- Withdrawal from friends

- Withdrawal from usual activities
- The refusal to eat specific foods, which can progress to restrictions against entire food groups (i.e. no carbohydrates)
- Food rituals (only eating a particular food group or food)
- Not allowing certain foods to touch

Eating Disorder Treatment

The National Eating Disorders Association [says](#) that leaving an individual suffering from an eating disorder untreated on both a physical and emotional level could lead to the development of potentially fatal conditions. Such conditions include malnutrition, heart problems, and more. If someone who is dealing with an eating disorder receives the needed medical care, he or she could be able to restore healthy eating habits, and heal both physically and psychologically.

If you or a loved one is experiencing disordered eating, we are here to help at Eating Disorder Recovery Specialists. You may contact us via phone (866-525-2766), [email](#), or by filling out our [contact form](#).

<https://eatingdisorderspecialists.com/when-is-eating-disorder-awareness-month/>

The infographic features several signs of eating disorders, each with an icon and text:

- Refusal to Eat Around Others**: Icon of a knife, spoon, and fork.
- Ritualistic Eating Habits**: Icon of a leaf and a slice of bread.
- PHYSICAL SYMPTOMS**: Icon of a person's silhouette.
- Hoarding & Stashing Food**: Icon of a shopping bag with an apple.
- Obsessing Over Physical Characteristics**: Icon of a scale.
- LOW SELF-ESTEEM & BODY IMAGE**: Icon of two people's heads.
- Struggling to Engage with Food in Healthful Ways**: Icon of a person's silhouette.
- EXCESSIVE EXERCISE**: Icon of a dumbbell.

THE ALLIANCE

If you recognize any of the above signs in yourself or someone you love, it's time to reach out to us at The Alliance for Eating Disorders Awareness. Here, you'll find the support and guidance needed to reach recovery.

SMALL STEPS IN THE RIGHT DIRECTION— HEART HEALTH

Have you been diagnosed with some form of heart disease or are you someone who wants to prevent heart disease before it starts? If so, taking small steps in the right direction is better than not taking any steps at all. If you are trying to prevent heart disease before it possibly occurs, you will be taking the same steps as others that have already been diagnosed. However, if you have been already diagnosed, it can come with added stress and pressure. Many times, people hear that they have heart disease and the rest of the information becomes a blur. While the mind is processing this new diagnosis, the other information, like nutrition, doesn't sink in, and nutrition plays a major role in heart health.

Step 1—Changing a few eating habits -Eating habits are ingrained into us from birth, so asking someone to completely change the way they eat all at once can be tough. Instead, start with these tasks: eat one extra fruit or vegetable every day, make breakfast with whole grains instead of refined grains, eat more protein from plants instead of animals, and choose low sodium foods when you can.

Step 2—Better Drinks -Drinking can become habitual and more about routine. Try drinking more water and less drinks with added sugar, as well as limiting alcohol consumption.

Step 3—Add More Activities -Activities can be more than just exercise. Now don't get me wrong, adding small amounts of exercise, like taking short walks, is a great idea but other activities are great to add in to your routine as well. Taking up a hobby like knitting, sewing, painting, crafting, etc. are great ways to create movement while also good for relieving stress.

Step 4—Mental Health -Mental health is one that should not be forgotten. The activities step also plays a role in the mental health step, but there are a few more items to add like sharing a laugh with a friend. I can almost guarantee that everyone has heard the phrase “laughter is the best medicine.” Lastly, getting enough sleep. The brain requires sufficient rest. Without the right amount of sleep it can impact the whole body system. Though it is common to sleep less as aging occurs, 7-9 hours of sleep is best.

Everyone has a heart, and heart health effects the entire body. These steps are a great starting point for creating small changes.



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**

To expand our transportation system and meet the needs of our seniors (those 60 yrs of age and older), we ask that you fill out this CCCOA Transportation Survey. It is important that you fill out the survey completely, all questions are important in gaining knowledge of where transportation is needed the most in the county. Once all data is collected, the CCCOA plans to begin mapping out the areas with the greatest needs and doing our best to provide transportation.

Areas of the county with the most need will be considered first for transportation routes. Unfortunately, we are unable to provide transportation for just one person in an isolated area, so the greater the need in an area, the greater the chances of a bus route. Therefore, we encourage you to share this survey with people in your area so your area can be considered first for a transportation route.

CCCOA Transportation Survey

Please return all surveys to the CCCOA in Grantsville. P.O. Box 619 Grantsville, WV 26147, email: spoling@cccoa-wv.org or you may call the office 304-354-7017 ext. 106 and report your survey answers.

1. Would you be interested in attending the CCCOA (Grantsville Senior Center) if a bus were provided for a small busing fee? The bus would also allow for local shopping in Grantsville.

YES NO

2. The transportation service provided by the CCCOA requires you to be age 60 and over. Are you age 60 or over?

YES NO

3. Name of person completing survey?

4. If you are completing this survey for someone else, what is the name of the person who will be utilizing the services? (Please keep in mind they must be 60 and over)

5. What is the physical address of the person who will be utilizing transportation services?

6. What is a good contact number for the person who will be utilizing the services?

7. What day or days of the week work best for you?

Monday Tuesday Wednesday Thursday Friday

8. If you have any questions or comments please leave them here, we will do our best to address them and get back to you. Thank you for your time!

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>

MOVING FORWARD

Just a little food for thought....

Having some control over what is happening in your life can keep you from spending too much time in hardship. The following inspirational poem about life is a great reminder of what we can control every day.

What You Can Control

Your Beliefs

Your attitude

Your thoughts

Your perspective

How honest you are

Who your friends are

What books you read

How often you exercise

The type of food you eat

How many risks you take

How you interpret the situation

How kind you are to others

How kind you are to yourself

How often you say "I love you."

How often you say "thank you."

How you express your feelings

Whether or not you ask for help

How often you practice gratitude

How many times you smile today

The amount of effort you put forth

How you spend / invest your money

How much time you spend worrying

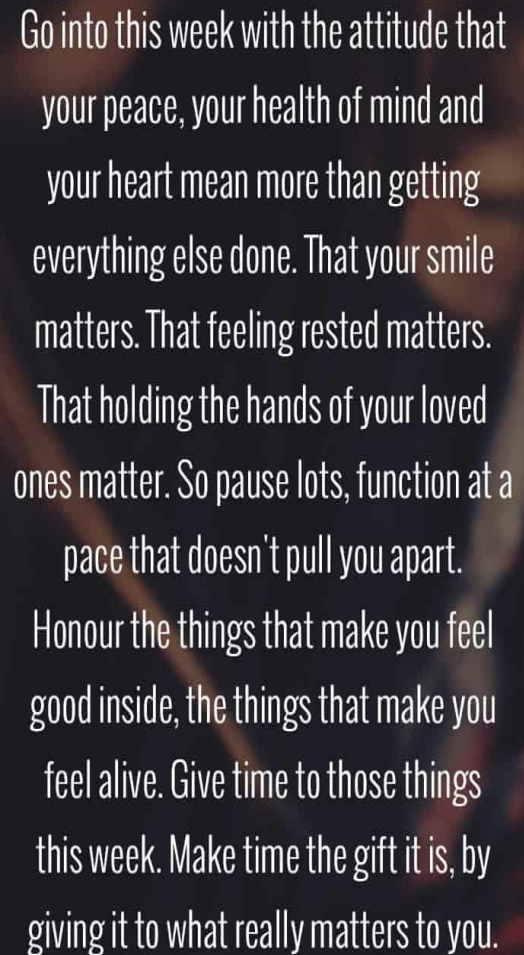
How often you think about your past

Whether or not you judge other people

Whether or not you try again after a setback

How much you appreciate the things you have

— Caleb LP Gunner



Go into this week with the attitude that your peace, your health of mind and your heart mean more than getting everything else done. That your smile matters. That feeling rested matters. That holding the hands of your loved ones matter. So pause lots, function at a pace that doesn't pull you apart. Honour the things that make you feel good inside, the things that make you feel alive. Give time to those things this week. Make time the gift it is, by giving it to what really matters to you.

S.C. LOURIE

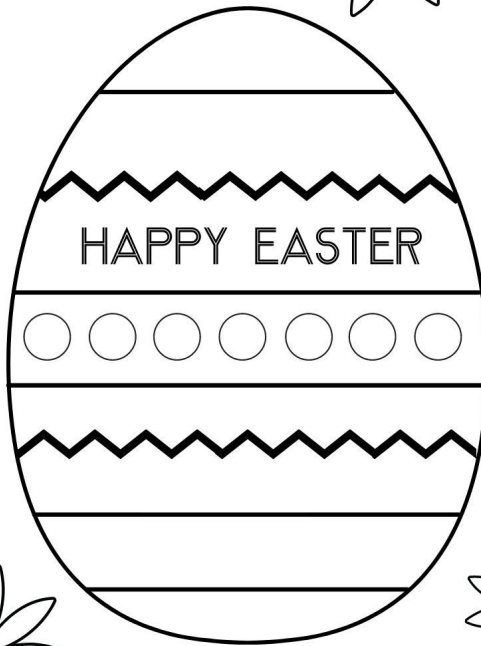
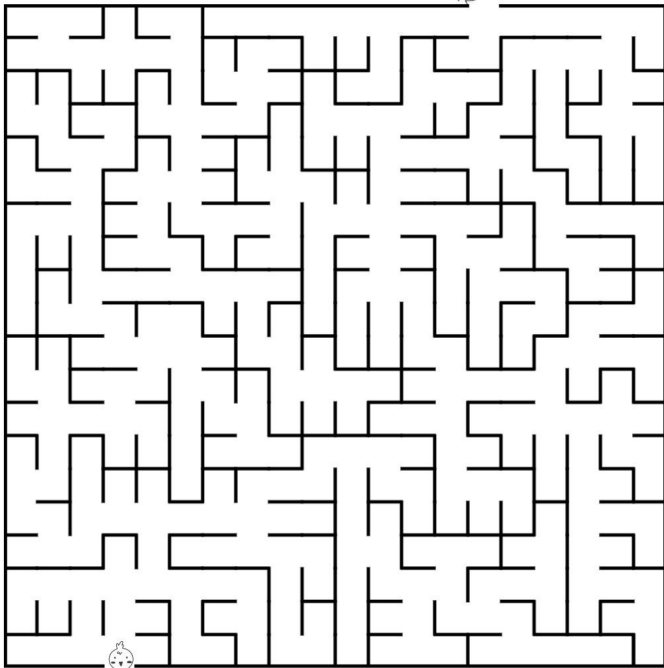


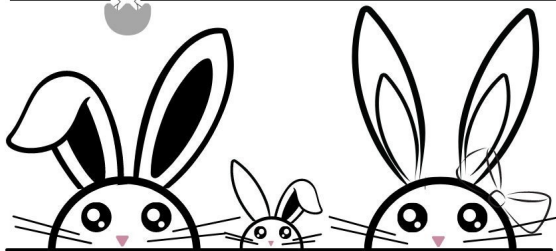
Love is almost always the answer. Do not let the hard times make you retreat or feel small.

Easter Fun

How many words can you make from the word 'EASTER'?

Help bunny find his friend





What kind of jewellery does the Easter Bunny wear?

B Z 6 22 23 23 5 25

14 5 26 18

A 22	H 3	O 5	V 10
B 1	I 8	P 9	W 13
C 6	J 11	Q 16	X 17
D 18	K 19	R 23	Y 21
E 24	L 26	S 15	Z 4
F 20	M 12	T 25	
G 14	N 2	U 7	

EASTER WORD SEARCH

Good Friday	L H S P R S Q N C W B T U L R Z I W Z O
flowers	A R U E U U I I G A M B U N N Y Y K Z H
Easter chicks	M E N G K E K B A S K E T L A Z M U A P
lily	B G D K U Y U A D V I A S K I G Q C H V
chocolate	Q H A Z F P C O X C H B K H B P E H B J
Sunday	X O Y Z A G C A O N D K V T H F A I E M
basket	P P Q R M G N H V G D E P Y U T S C W I
hoppy	B P V K I J M V M W Q S G J P R T K K S
lamb	V Y E P L E P U A A A O Q G W W E S Z R
Passover	L Y P G Y P A S S O V E R Q H V R L A I
carrot	I T S E G L I X E X F T V S O U F U U L
bunny	L W A V E S D J K C R V N K C O N D B Q
peep	Y Y I E O P S X T S E Z H C S D K T Q Z
egg hunt	F L O W E R S Z C A R R O T N S D H U N
family	N N O O S J J G T J Y X D R M Q W K N X
tulip	Q R H R O P R A E M M K R F Q O B N V H
eggs	K L N R K R L H O K Q C C Y Z N N Q J F
	K J A X H V G O O D F R I D A Y I F P H
	P J L C H O C O L A T E E Y W Z B F M T
	V I R T V D B H L F Z J V T A S H D P L

Creamy French Onion Chicken Salad

The crispy and cheesy crunch of the croutons is balanced with a creamy dressing made from French onion soup mix - now this salad ticks all the boxes!

Ingredients

2 thick slices (about 200g) sourdough bread, cut into 2.5cm pieces.

1 1/2 tbsp olive oil

40g (1/2 cup) coarsely grated cheddar

200g rindless bacon rashers, coarsely chopped.

130g (1/2 cup) sour cream

125g (1/2 cup) whole egg mayonnaise

1/2 x 35g pkt French Onion Simmer Soup Salt Reduced

1 tbsp fresh lemon juice

1/2 iceberg lettuce, leaves separated, torn.

60g baby spinach

320g pkt tomato medley mix, halved.

1 Lebanese cucumber, halved lengthways, thinly sliced diagonally.

2 cooked chicken breast fillets thinly sliced.

2 green shallots thinly sliced.

Step 1

Preheat oven to 200C/180C fan forced. Line a baking tray with baking paper. Place bread, in a single layer, on prepared tray. Drizzle over 1 tbsp oil and toss to coat. Sprinkle with cheese. Bake for 15-20 minutes or until the bread is golden and crisp. Set aside to cool. Separate croutons.

Step 2

Meanwhile, heat the remaining oil in a frying pan over medium-high heat. Cook bacon, stirring occasionally, for 5 minutes or until golden.

Step 3

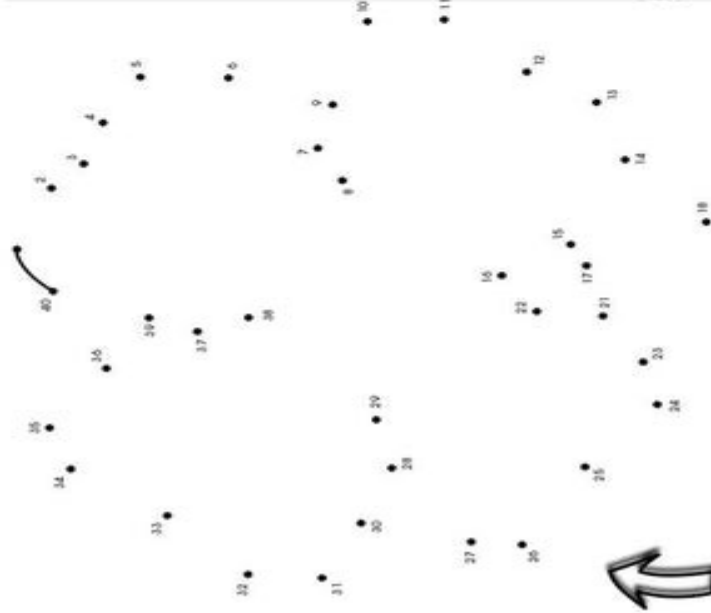
Place sour cream, mayonnaise, soup mix and lemon juice in a small jug. Season. Stir to combine.

Step 4

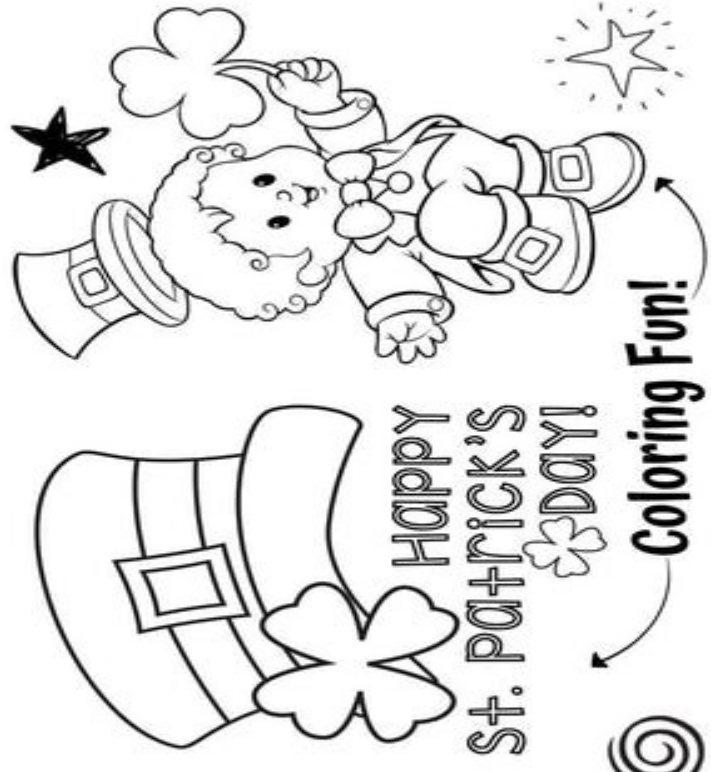
Place lettuce, spinach, tomato, cucumber, chicken, and croutons in a large bowl. Toss to combine. Transfer to a serving bowl. Drizzle over sour cream mixture and top with shallot to serve.



<https://www.taste.com.au/recipes/creamy-french-onion-chicken-salad-recipe/yw7i9dts?r=quickeasy/mfQ7EL9o>



Connect The Dots



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

Can you find all these words?

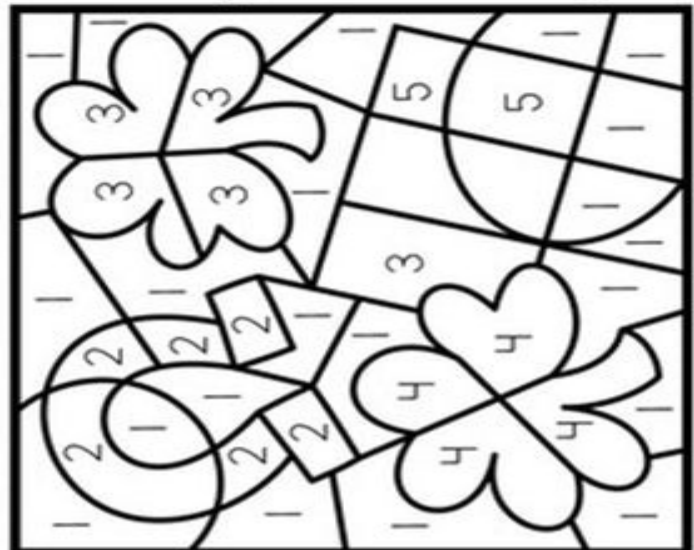


- LUCK
- MARCH
- POT
- RAINBOW
- SHAMROCK
- CLOVER
- GOLD
- GREEN
- IRISH
- LEPRECHAUN

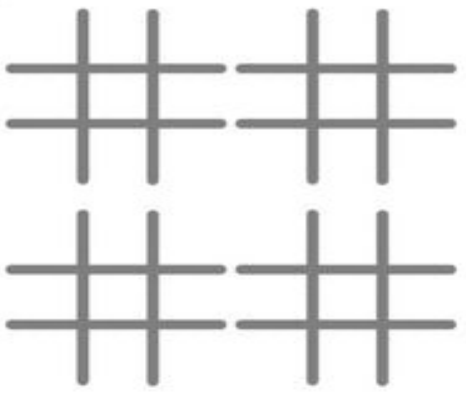
Color By Number
 1: Blue
 2: Yellow
 3: Green
 4: Purple
 5: Orange

Word Scramble—Can you figure them all out?

1. ahVcr _____
2. dogo kud _____
3. oabrniw _____
4. erige _____
5. anhrakos _____
6. pio fo dglo _____
7. evlarc _____
8. rpha _____
9. learahl _____
10. congj _____
11. rogoen _____
12. ish _____
13. eadcn _____
14. aurncipeeh _____
15. gzrni _____
16. tazni _____
17. gj _____
18. cramh _____
19. oapehr _____
20. reBray otrSe _____




TICTACTOE ©





Calhoun County Committee on Aging, Inc.
March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Menu Subject To Change Without Notice</p>	 <p style="text-align: center;"><i>St. Patrick's Day</i></p>	<p style="text-align: center;">2% Milk and Margarine Served Daily</p>		<p>1 Beef ww macaroni w/ tomato sauce Coleslaw Peas & carrots Ww Cornbread juice</p>
<p>4 Northern Beans with Ham Onion Spinach Applesauce Ww Cornbread</p>	<p>5 Chicken Tenders Macaroni & Cheese Kale Juice Ww Bread</p>	<p>6 Meatloaf with ketchup Peas Mashed potatoes Juice Ww roll</p>	<p>7 Italian Sausage Kraut Potatoes Ww Cornbread Fruit</p>	<p>8 Fish Potatoes Ww bun Corn Slaw fruit</p>
<p>11 Rib sandwich with onions Potatoes Brussel sprouts fruit Ww Roll</p>	<p>12 Cream chicken Ww Biscuit Mashed Potatoes Carrots Fruit</p>	<p>13 Hot Dog w/ tomato Sauce Baked Beans Fruit Ww Bun Onions</p>	<p>14 Baked steak Mashed Potatoes gravy Peas Ww Roll Fruit</p>	<p>15 Hamburger Lettuce/Onion Mayo Tater Tots Jell-o w/fruit Ww Bun</p>
<p>18 Chicken Patty w/ Mayo beets Broccoli Pudding/banana Ww Bun</p>	<p>19 Chili w/ Meat & Beans fruit Salad Ww Crackers Brownie</p>	<p>20 Salisbury Steak Mashed Potatoes Green Beans Ww Roll Fruit</p>	<p>21 Easter Dinner Ham Sweet Potatoes Green beans Pineapple cake Ww roll</p>	<p>22 Chicken and Rice Mixed vegetables Ww bread Fruit</p>
<p>25 Pinto Beans w/ham Kraut Apples Ww Cornbread Onions</p>	<p>26 Spaghetti & Meat/ tomato Sauce Onion and peppers Vegetables Fruit Ww Roll</p>	<p>27 Cook's Choice</p>	<p>28 Steam Vegetables Chicken and Ww Pasta Onions Fruit</p>	<p>29 CLOSED</p>

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

Roberta Wilson



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.

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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

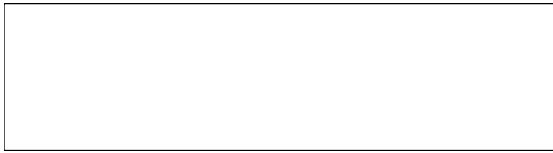
Minnora, WV 25261

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

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