

# 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

## Mental Health Awareness Month

May is Mental Health Awareness Month, and our theme this year is kindness.

Being kind is not always easy. Being kind is a skill that often demands great courage and strength. Being kind is a choice, and not always an easy one. It's easy to become frustrated when a friend or family member is always late or lets you down. It takes courage and strength to be kind, to stop and think about why, to put yourself in their shoes and offer some words of kindness.

Kindness is a choice.

I am privileged to work with colleagues who show kindness every day; to me, their peers, our volunteers, and people we support. One of our values is compassion and it's that compassion that guides us to acts of kindness.

Kindness is everywhere in Health in Mind, from the offer of a hot cup of tea or a listening ear after a tough day, that's what makes Health in Mind special.

Being kind to ourselves is tougher, but it is acts of self-kindness that gives us fuel to be kind to others. Like everything, practice makes perfect. Aesop said, "No act of kindness, no matter how small, is ever wasted." So, every time you practice, you will feel the benefit.

We are encouraging you to do one small act of kindness for someone each day. Remember, what you give comes back to you ten-fold.

## May

### Birthday Club

James Barr 1st

Harry Werner 2nd

Velma Barnes 3rd

Harley Cain 4th

Donna Starcher 5th

Pete Walburn 5th

Joe Marks 6th

Carol Pritt 7th

Lola Clark 9th

Marcus Jones 9th

Linda Lynch 9th

Dennis Dickson 10th

Colleen McKown 10th

Karen Badgett 11th

Effie Parsons 13th

Madeline Lamp 15th

Clark Wilson 25th

Judy Morton 27th

Tex Murphy 30th

### Employees

Dottie Radar 11th

Nickie Nida 23rd





**Pictured Above**

**Celebrating March Birthdays  
at the West Fork Site:**

**Sharon Knotts, Marty Park, &  
Karen Hollinger**

**Pictured to the left:**

**Entertainment provided by:**

**Marlin Morris, Clayton Moore,  
Alice Cottrell & Sharon Knotts.**



Top Left: Birthday Cake Presented to Marty by the seniors. Happy Birthday, Marty!

Top Right: Alice Cottrell showing off her creative side with this beautiful wreath she made.

Bottom two pictures: Winners of the Easter Hat Decorating contest.





Tex and Pat Murphy presenting the center with their famous Maple Syrup! Breakfast for lunch dinner to try out their Maple Syrup.

Randy Wilson sporting his tee for crazy tee shirt day!

Last picture on the right is one we dread, Happy Retirement Tex Murphy, you'll will be missed!

## Sit Down and Stay Awhile!



The CCCOA has been doing some spring cleaning and sprucing things up! We invite you to stop by and take a tour of the facility. We have all different kinds of activities going on daily. Cards played daily from 8:00am– 10:00am, games, puzzle table, pool table, cornhole, darts, wii, exercise room, library, craft room, bingo played daily at 10:45am unless otherwise stated and more available at your leisure.



Did you know you do not have to be a senior to join us for lunch? In fact, we encourage all ages to stop by the center and have lunch with us. Lunch is served at 11:30am, Monday through Friday. We also serve hot meals to go, just call 304-354-7017 x114 by 10:30am, and a staff member can meet you out front of the facility.

Feel welcome to sit on the patio out front and have coffee with a friend or on our back deck. We love seeing new faces at our facility and it always brings a smile to our seniors and staffs faces.



Calhoun County Committee on Aging, Inc.

# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Milk & Margarine Served Daily	Menu Subject To Change Without Notice	1 White Beans & Ham Ww Cornbread Kraut Fruit Onion	2 Ham Salad Ww bread Pasta w/vegetables salad Jell-o w/fruit	3 AI Steak Mashed Potatoes Green Beans Ww Roll Juice Onions
6 Macaroni Cheese Chicken Tenders Spinach Fruit Ww Bread	7 Pork Chops Potatoes Beets juice Ww Bread Fruit	8 Cream turkey Mashed Potatoes Green Beans Ww Roll Fruit	9 Cook's Choice	10 Cream tomatoes Potatoes Sausage Ww biscuits
13 Baked Steak Mashed Potatoes & Gravy Onions Corn Fruit Medley Ww roll	14 <b>CENTER CLOSED FOR Primary Elections</b>	15 Fish Cauliflower w/cheese Green Beans Fruit Ww Bread Juice	16 Vegetable soup w/ beef Peanut butter sandwich Ww bread Fruit crisp	17 Cabbage Roll Peppers Mashed Potatoes Peas Ww Roll Fruit
20 Cheese Salad Cream of Broccoli Vegetables Fruit Ww bun	21 Pinto beans w/ham greens onions Ww corn bread Applesauce	22 Meatloaf Mashed potatoes Peas Fruit Ww Roll Banana Pudding	23 Rib Sandwich Onions French Fries Jell-O Fruit Ww bun	24 Pork BBQ vegetables Slaw juice ww bun
27 <b>CENTER CLOSED FOR MEMORIAL DAY</b>  	28 Chicken Patty ww/bun Lettuce Ranch Potatoes Fruit	29 Burger Lettuce, onion, pickle Potato salad Fruit Ww bun	30 Spaghetti w/ meat sauce Vegetables Fruit Ww Roll	31 Fish Onions & pickles Potatoes Fruit Whole Wheat Bun

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.

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.

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Menus published here are prepared by CYGNET Menu Management System.

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

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

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

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