

# CCCOA NEWS

**Calhoun County Committee on Aging**

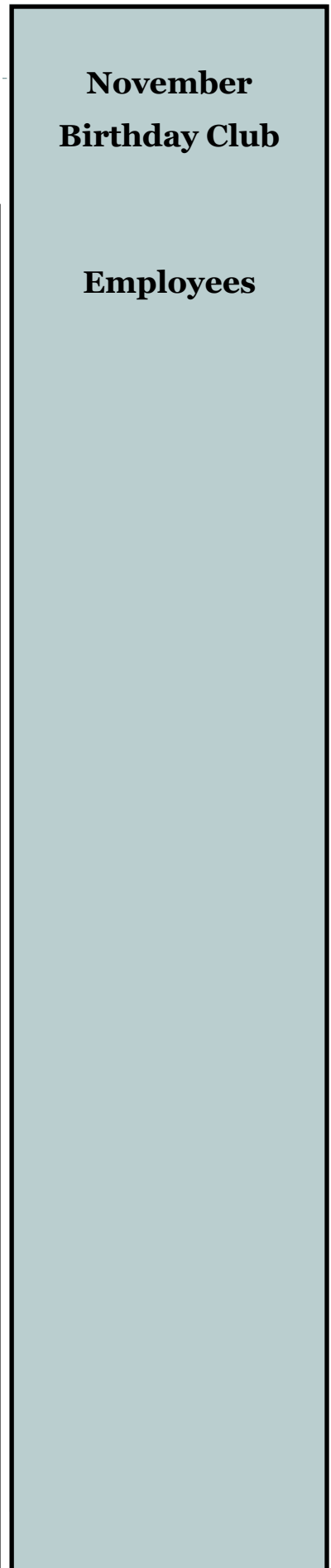
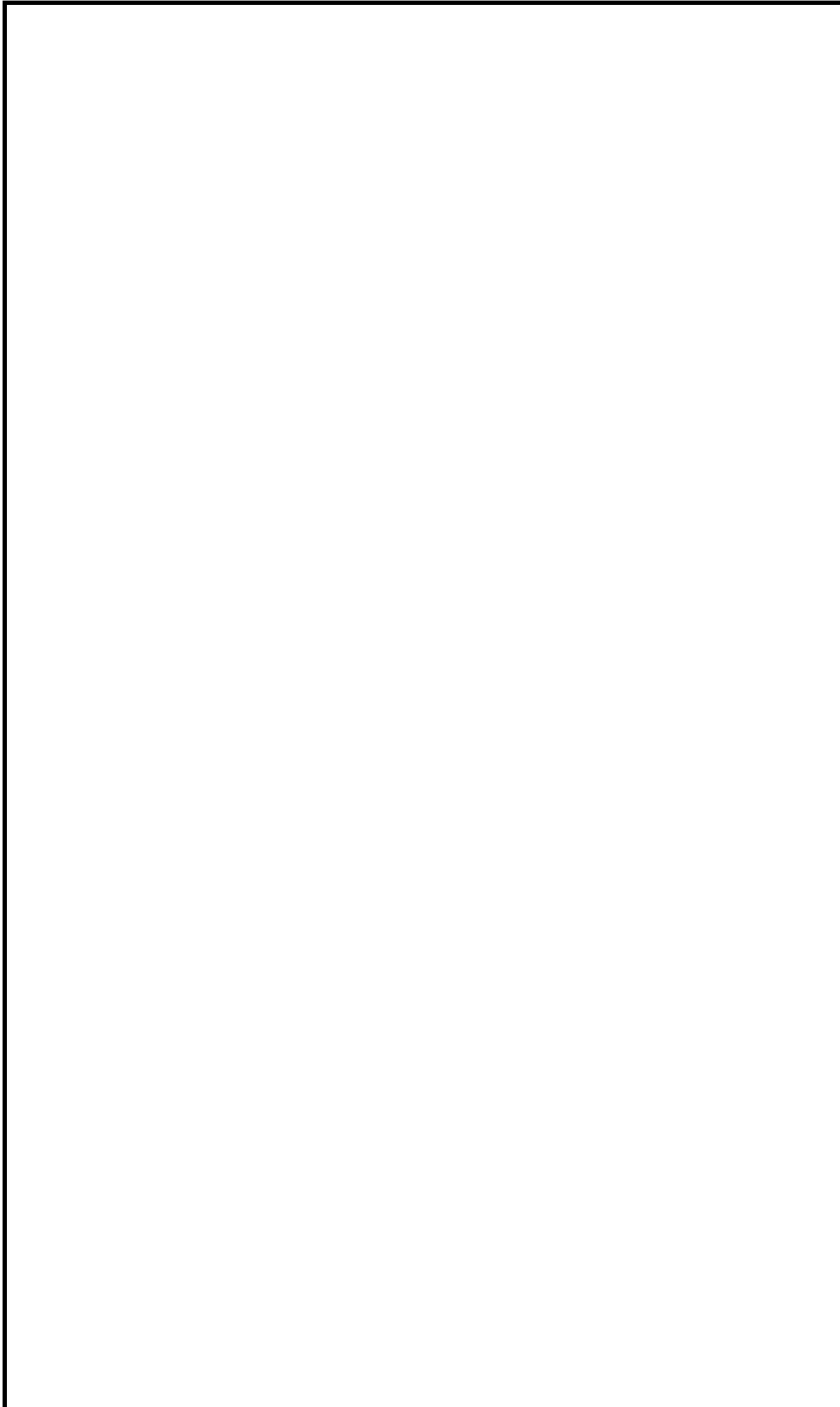
**PO Box 619, Grantsville, WV 26147**

**105 Market Street, Grantsville, WV**

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

**November  
Birthday Club**

**Employees**



**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 Sept. 18th, Oct. 2nd, 16th & 30th beginning @ 10:45am**

## Local Events

- Oct. 10th-13th      Black Walnut Festival, Spencer, WV
- Oct. 14th            CLOSED in observance of Columbus Day!
- Oct 15th             Pumpkin Patch: 4:00pm – 5:45pm @ the Calhoun Middle High School
- Oct. 19th            Fall Clean Up! 9am – 1pm; Let's make Calhoun shine, help by cleaning up along the road. Stop by Mom's Place Too to grab your bags and trash grabbers.
- Oct. 22nd            Cemetery Terrarium Craft Night, 6pm – 7pm @ the Calhoun Co. Library  
Description \$5.00 per each person. All craft items will be provided.
- Oct 24th             Lab Health Fair; 7am – 12pm @ Victory Baptist Church
- Oct. 26th            Community Halloween Party from 3pm – 5pm, at the Arnoldsburg Community Building, Community Trick or Treat will follow from 5pm-7pm.
- Oct. 31st             CCCOA Halloween Party!
- Oct. 31st             Calhoun County Library presents Trivia Night at the CCCOA beginning @ 6pm
- Nov. 9th             Band Booster Bingo– Doors open @ 5pm, Games @ 6pm

### ANNOUNCEMENTS:

- **October 16th & 30th– QUARTER BINGO @ the Grantsville CCCOA @ 10:45am**
- **Early voting begins Wed, October 23, 9am – Sat, November 2, 3pm @ the Old Jail in Grantsville**
- **1st & 3rd Saturday of the month– Lions Club Bingo @ the Lions Club beginning @ 6:00 pm**



When: October 2nd, 16th & 30th

Where: CCCOA Dining Hall

Games Begin @ 10:45 am

Location: 105 Market Street

Grantsville, WV 26147

Open to the public, must be 18yrs of age to play!

Quarter per card, per game!

You win half the pot on every game!

**REFRESHMENTS AVAILABLE**

**Lunch will be served at 11:30 am**

Available for the regular cost of a meal! If you plan to eat please let the kitchen know when you get to the center or call ahead of time, 304-354-7017x 114!

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]

## LEVY COST

The total assessed value of all taxable properties in Calhoun County is broken down by different property classes as follows:

Class I: \$0.00  
Class II: \$107,660,362  
Class III: \$396,969,846  
Class IV: \$10,011,688  
Aggregate: \$513,641,896

## WHAT WILL IT COST?

The proposed extra levy rate, in cents for every one hundred dollars of property value, for each property class is as follows:

Class I: \$0.0497  
Class II: \$0.0994  
Class III: \$0.1988  
Class IV: \$0.1988

The additional levy will apply to the fiscal years starting on July 1 of 2025.

## #SUCCESSFORALL

The Calhoun County Board of Education has voted to run an excess levy on November 5th to provide excess funds to support the students of Calhoun County.

CALHOUN  
BOARD OF  
EDUCATION



"Calhoun County  
Schools working  
together to provide  
students with  
limitless  
possibilities."

# Information on the Levy

## **Instructional**

The levy will provide funding to include staffing for, but not limited to, additional curriculum and instructionally related programs for summer school

Approximate annual amount of \$170,000.00

## **Extra-curricular Support**

The levy will provide for the support of extra-curricular (including athletic teams, band, music activities, theater activities, academic competitions, and afterschool programs), curricular and/or academic (including but not limited to field trips, academic competitions) transportation for students in grades Pre-K -12.

Approximate annual amount of \$36,000.00

## **Maintenance, Improvements, and Equipment**

The levy will provide funding for, but not limited to, playground equipment at Calhoun Middle High School; improvement and maintenance of county-wide athletic facilities; improvements required by local, state, and federal agencies to ensure safe and efficient operation of facilities; custodial and maintenance supplies and equipment; and other related expenses.

Approximate annual amount of \$208,667.00

## **Safety and Security**

The levy will provide funding for, but not limited to, School Nurse, Preventative Resource Officer, and Technology Systems Specialist.

Approximate annual amount of \$200,000.00

## **Supplement Salaries**

The levy will provide a supplement to the salaries of all professional and service staff.

Approximate annual amount of \$161,000.00

## **Art**

The levy will provide funding for an Art Cart for students at Pleasant Hill and Arnoldsburg Elementary.

Approximate annual amount of \$75,000.00



**Minnie Hamilton Health System**

An Affiliate of **Mon Health**  
Vandalia Health

is hosting a

# LAB/HEALTH FAIR

Where: Victory Baptist Church

When: October 24, 2024

Lab Fair: 7:00am-10:00am

Health Fair 8am-12pm

### Tests Available

CMP- Comprehensive Metabolic Panel \$10

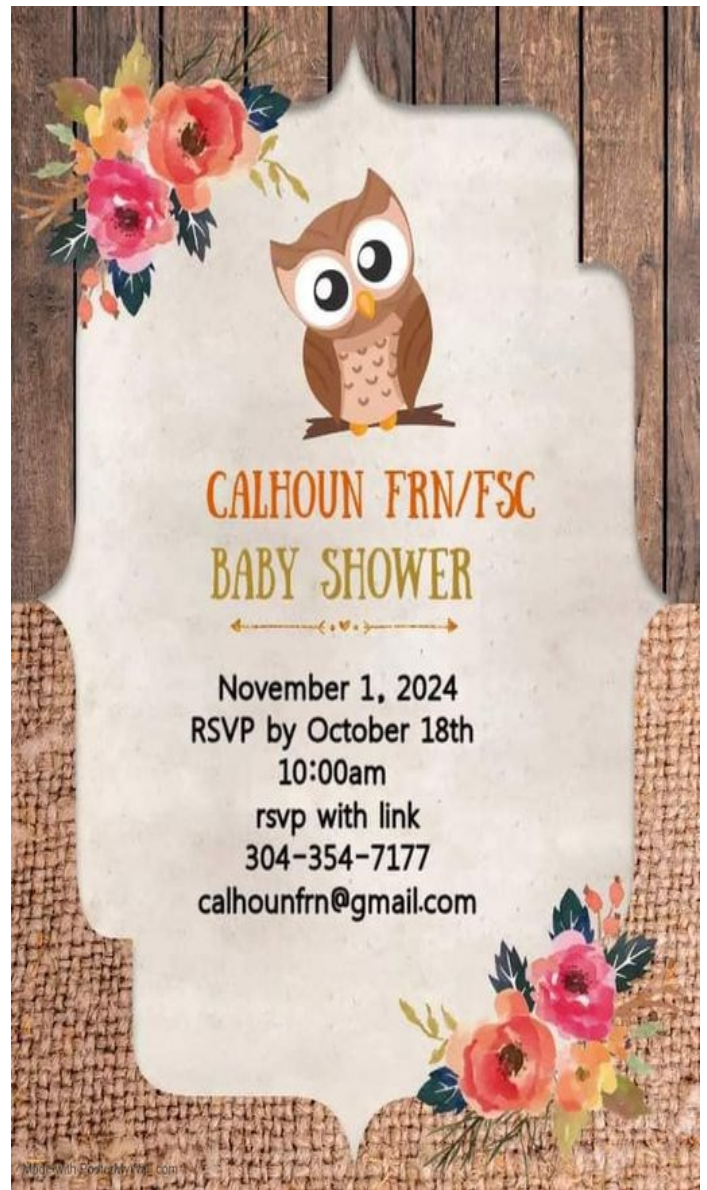
CBC- Complete Blood Count \$7

Lipid Panel \$12

A1C- Hemoglobin A1c \$10

PSA- Prostate Specific Antigen \$15

TSH- Thyroid Stimulating Hormone \$15



## CALHOUN FRN/FSC BABY SHOWER

November 1, 2024  
RSVP by October 18th  
10:00am

rsvp with link  
304-354-7177  
calhounfrn@gmail.com



Back by  
request  
Bop &  
Nanna

# MAIN STREET MARKET

FREE ENTRANCE

OCTOBER | 19 | 12 PM - 3 PM

346 MAIN STREET  
GRANTSVILLE, WV 26147

for more information to set up:  
Call: 409-617-9201

Calling all vendors!  
Indoor spaces  
available. Call to  
reserve a spot! No  
charge for an 8x8 spot.  
Outdoor spaces also  
available.  
346 Main St.,  
Grantsville., WV 26147



# CMHS Marching Band

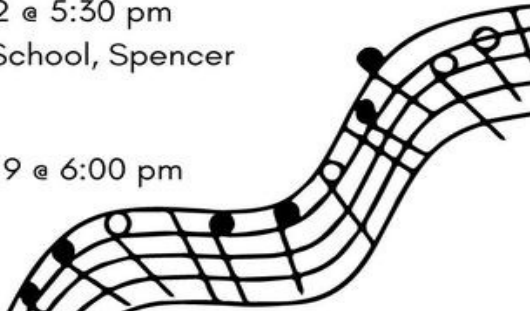
**Come out and show your support!**

## Black Walnut Festival Band Competition

Saturday, October 12 @ 5:30 pm  
Roane County High School, Spencer

## BINGO

Saturday, November 9 @ 6:00 pm  
CMHS, Mt Zion



**American Red Cross**

*Give blood.* Help save lives.



## Blood Drive

**Minnie Hamilton Health System  
Grantsville Fire Department  
social hall**

341 S Calhoun Hwy  
Grantsville, WV

**Monday, October 21  
1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767)  
or visit RedCrossBlood.org and enter: MHHS to schedule an appointment.

**Treat yourself: Come give blood in October for a \$10 Amazon.com Gift Card by email. PLUS, automatically be entered for a chance to win a \$5,000 gift card, there will be three lucky winners! Terms apply: rcblood.org/treat**

October 19 @ 6:00 we will host the last Spice event of the 2024 season!

LUAU 2024!!! Tickets are still available and we can't wait to see our season pass holders for the last spice event of the season! Comment below and let us know what you're most excited to try! Purchase your tickets today! Contact the 1982 Foundation for more information.

<https://www.the1982foundation.org/events-1/taste-of-luau>

Menu includes:

- Coconut Shrimp and Hawaiian Salsa
- Sweet and Sour Meatballs
- Pineapple and tropical fruit
- Poke Salad bar with spicy mayo (if available)

Kahlua Roast Pork

Huli Huli Chicken

Sweet Potatoes

Hawaiian Rice

Asparagus

Hawaiian Creme Brule

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Huli Huli Chicken

Sweet Potatoes

Hawaiian Rice

Asparagus

Hawaiian Creme Brule



The annual Calhoun County Halloween party will be on Saturday, Oct. 26th from 3 to 5pm at the Arnoldsburg park.

If you would like to donate please message Eric Thompson, Jessie Wilson, Jenn Smith or Lori K. Cottrell. All donations go to pay for inflatables, trophies and prizes.

Trick or Treat will take place in the Arnoldsburg Community from 5-7 on Saturday, Oct. 26th.

The Grantsville town block party will be 4-6pm.

Trick or Treat will take place from 6-7:30 in the town of Grantsville on Oct. 26th

Join us on October 15th for our Story Walk Pumpkin Patch event at the Calhoun Middle-High baseball field from 4 to 6 p.m.!

We have an exciting evening planned, featuring our Story Walk, pumpkin picking, an art station, vendors, snacks and drinks, and much more.

Plus, there will be door prizes for both parents/caregivers and kids. You won't want to miss it!

**PUMPKIN PATCH**

Come enjoy this fun family friendly event!

OCTOBER 15, 2024

- STORY WALK
- PUMPKIN PICKING
- SNACKS / DRINKS
- GAMES
- DOOR PRIZES

WEAR YOUR COSTUME

**CALHOUN MIDDLE HIGH SCHOOL  
BASEBALL FIELD**

START FROM 4 PM TO 6 PM



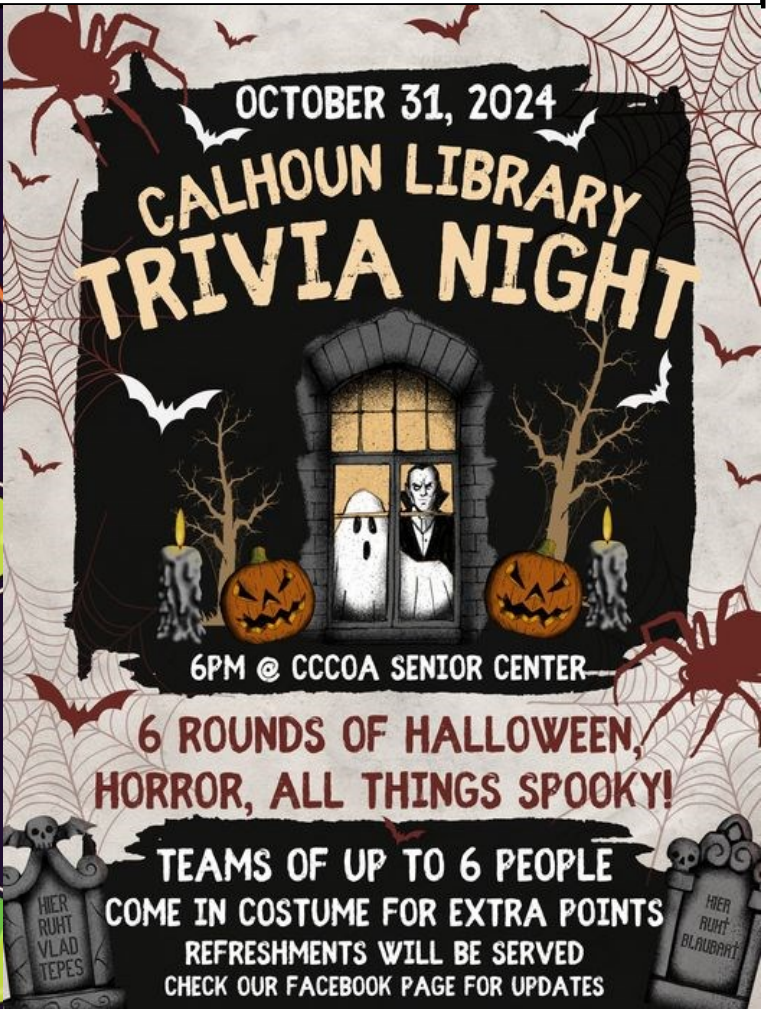


### Calhoun County Water Supply Notice

Due to the ongoing drought conditions and/or issues, Calhoun County is currently experiencing low water levels. In response, we are making potable water available for hauling and pick-up to ensure the community's essential needs are met.

#### Details:

- Location for pick-up: 511 Alan B Mollohan Rd. Mt. Zion W.V. 26151
- Hours of operation: 8 am to 8 pm Monday – Sunday
- Requirements for hauling: Fill out an application and be approved so that the amount used, and trucking can be logged.
- Contact Information: For questions, please contact Kelli Barr at 304-354-0911 304-354-9271 or e-mail calhounbarr911@gmail.com





# VETERANS DAY CELEBRATION

You are invited to attend the Veterans Day  
Celebration on November 6th, at 10:30 a.m..  
The Celebration will take place in the dining hall  
of the Grantsville CCCOA.

Reception will begin at 10:30 a.m.

Lunch will be served at 11:30 a.m.

Free of charge to Veterans and one guest.

Please call 304-354-7017 to RSVP.

We appreciate your service to our country,  
and we thank you!

# CCCOA CHRISTMAS CRAFT & VENDER EVENT

Saturday, December 7th, 2024

Time: 9:00am ~ 4:00pm

Location: CCCOA (Grantsville Senior Center)

Address: 105 Market St. Grantsville, WV 26147

Crafts, Vendors, Raffles, Food, Drinks & more!

Breakfast and Lunch will be available!

If you would like to reserve a table, you may do so by calling  
304-354-7017 x106

8' & 10" table rental space available, \$10.00 per table  
and a donation item for the raffle.

Space is on a first come first serve basis.



### 1. Hamstring Curls

- Stand with feet slightly apart.
- The knee of your support leg should be slightly bent.
- Slowly bend your knee, bringing your heel toward your buttocks.
- Only bend your knee, stand tall.
- Hold for 2 seconds and return to start position.
- Repeat using other leg.



### 2. Small Squats

- Stand with your feet slightly wider than shoulder width apart.
- Slowly push your buttocks back while bending your knees.
- Hold for 2 seconds and return to start position.
- Keep your chest and head up.
- This is a small squat so don't bend too far.



### 3. Back Leg Raise

- Stand with feet slightly apart.
- The knee of your support leg should be slightly bent.
- Slowly raise one leg back, keeping your back straight.
- Hold for 2 seconds and return to start position.
- Repeat using other leg.



### 4. Side Leg Raise

- Stand with feet together.
- The knee of your support leg should be slightly bent.
- Slowly lift one leg out to the side, keep back straight and tall.
- Keep foot pointed forward.
- Hold for 2 seconds and return to start position.
- Repeat using other leg.

## Pickled Cherry Tomatoes, Red Onions, and Cucumbers

### Ingredients:

- 1 pint cherry tomatoes
- 1/2 red onion, sliced thin
- 1/2 cucumber, sliced thin
- 1 cup white vinegar
- 1/2 cup water
- 1/4 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes
- 1/4 cup fresh dill, chopped

### Directions:

1. Prepare the Vegetables: Rinse and dry the cherry tomatoes, red onion, and cucumber. Slice the red onion and cucumber into thin pieces.
2. Make the Pickling Liquid: In a small saucepan, mix together the white vinegar, water, sugar, salt, oregano, and red pepper flakes. Heat it over medium heat until it boils, stirring until the sugar and salt dissolve.
3. Combine Vegetables and Liquid: In a jar or container, place the cherry tomatoes, sliced red onion, and cucumber. Pour the hot pickling liquid over them, ensuring all the veggies are covered.
4. Add the Dill: Stir in the chopped fresh dill for extra flavor.
5. Seal and Refrigerate: Close the jar or container tightly and place it in the fridge for at least 2 hours, or up to 2 weeks. The longer they sit, the tastier they become!
6. Serve: Enjoy your Pickled Cherry Tomatoes, Red Onions, and Cucumbers as a tasty treat or side dish.



## Asparagus Stuffed Chicken Breast Recipe

### INGREDIENTS:

- 4 Skinless boneless chicken breasts about 1 1/2 lb.
- 1 Tsp Italian seasoning mix
- 1 Tsp Garlic Powder
- 1 Tsp Smoked Paprika
- Sea salt and pepper
- 12 Asparagus stalks end trimmed
- 1 oz Sun-dried Tomatoes chopped
- 4 slices Mozzarella Cheese
- 1 Tbsp Olive Oil

### INSTRUCTIONS:

Preheat your oven to 400 F.

Place the chicken on a clean chopping board and sprinkle with Italian seasoning, garlic powder, paprika, salt, and pepper.

Start cutting each one lengthwise to create the pockets. Be careful not to cut all the way through.

Add 3 sprigs of asparagus and a couple of pieces of sun-dried tomatoes to a mozzarella slice, then roll it to hold them inside. Stuff the chicken breasts with it.

Close the pocket with a toothpick. Heat oil in a large and cast-iron skillet over medium-high heat.

Add the chicken and sear it until nicely golden brown, about 3-5 minutes per side.

Bake the chicken for 15-20 minutes, or until it is cooked through and no longer pink in the inside. Enjoy!











The Fall Into Fall Craft & Vendor Event was held October 5th at the Grantsville CCCOA from 9am-4pm. Here are some pictures from the start of the event, minus a few vendors that hadn't set up yet.

We hope that you will join us December 7th, from 9am-4pm, for the Christmas Craft & Vendor Event.

If you would like to be a vendor call 304-354-7017 x106 for more information.



Celebrating September Birthdays

Pictured to the right: Marsha Morris, Diane Bernier, guest Adaline Murphy, Bob Park, and Alice Cottrell

**Happy Birthday**

Wishing you an amazing year filled with love and joy!





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

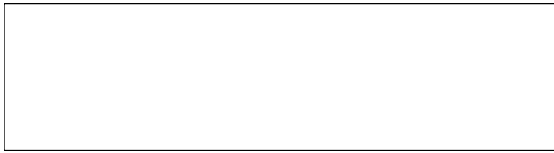
Minnora, WV 25261

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

