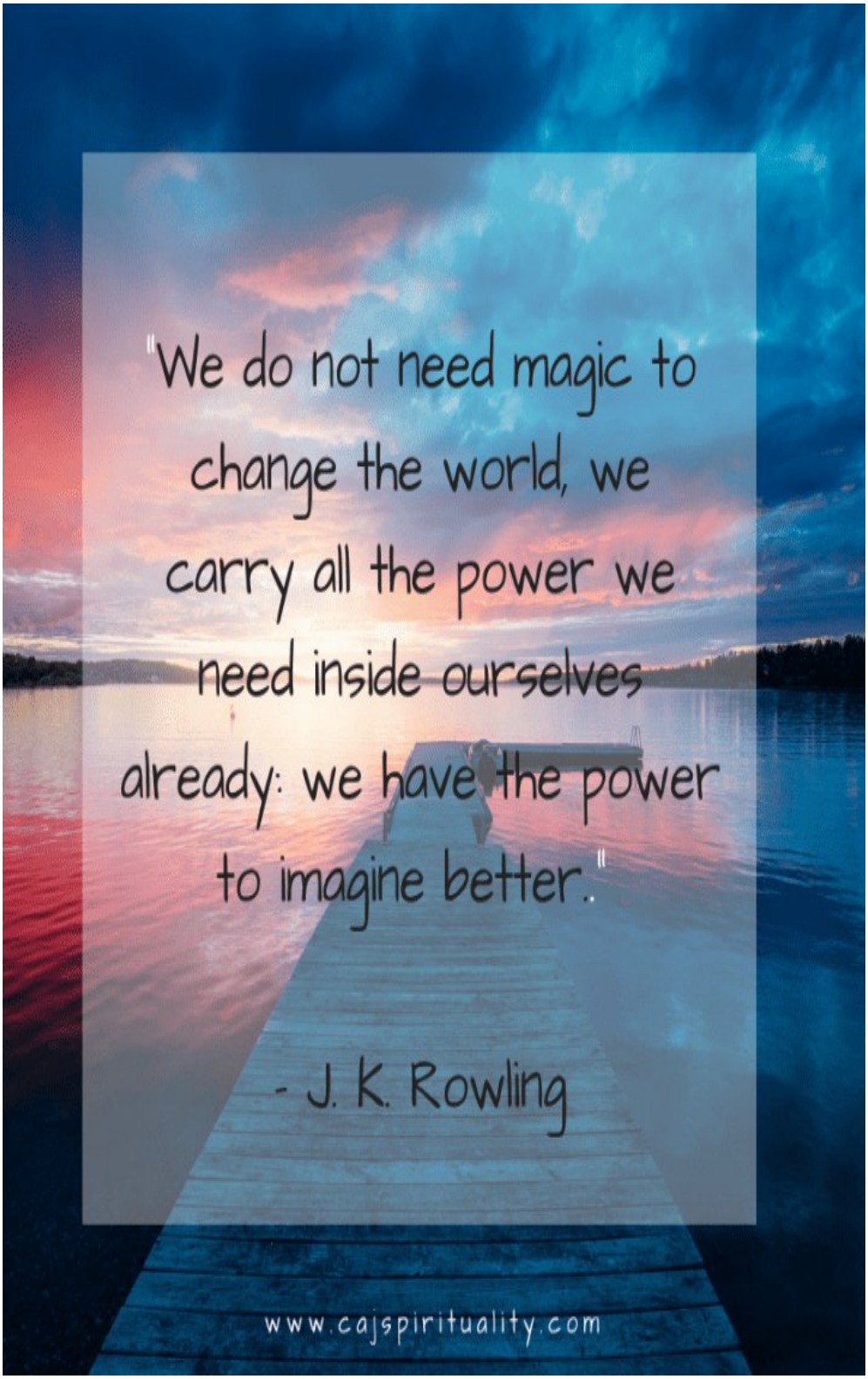
CCCOA NEWS

May 2026
Issue 219

Calhoun County Committee on Aging
PO Box 619, Grantsville, WV 26147
105 Market Street, Grantsville, WV
Phone: 304-354-7017 Fax: 304-354-6859



May Birthday Club

Harry Werner 2nd
Bambi Bell 3rd
Walter Cain 4th
Donna Starcher 5th
Peter Walburn 5th
Marcus Jones 9th
Dennie Dickson 10th
Colleen McKown 10th
Karen Badget 11th
Mollie Cain 13th
Benjamin Settle 13th
Floyd Jones 16th
Bonnie Lemley 18th
Lewis Rader 18th
Shirley Naylor 21st
Janice Ciszek 22nd
Earl Stanford 24th
Clark Wilson 25th
Judy Morton 27th
Tex Murphy 30th

Employees

Dottie Rader 11th
Nickie Nida 23rd

Everyone is welcome!

The Grantsville Site offers the following daily activities:

8:00am—10:00am Cards played daily

Bingo played daily at 10:45am unless otherwise stated.

Games, puzzle table, pool table, cornhole, darts, wii, library, craft room and more available.

MAKE SURE YOU CHECK OUT OUR NEW FITNESS ROOM

OPEN 7AM TO NOON

Monday & Wednesday– Cardio Drumming 9:30am– 10:30am

Tuesday& Friday– Chair Yoga @ 10-10:40am

Local Events

May 2nd	Annual County Wide Yard Sale! First weekend in May!
May 9th	Starlings LIVE MUSIC @ the CCCOA, doors open @ 4pm, Food @ 5pm, Music @5:30pm
May 10th	Mother's Day!
May 12th	CLOSED FOR ELECTION DAY!!
May 13th	Bingo at the CCCOA– sponsored by Aetna, beginning at 10:30am
May 12th	Mountaineer Food Bank Giveaway at the DHHR—10 to 11:30am
May 21st	Health Fair @ the Grantsville Senior Center from 7am—10am, remember to fast if you are having blood work done.
May 21st	Trivia Night at the CCCOA– Sponsored by the Calhoun Public Library
May 25th	Closed for Memorial Day!

Mountaineer Food Bank Days– 5/12, 7/16, & 11/10 @ the DHHR—10-11:30am

Stop by the B & B Greenhouse located at 163 River Street, Grantsville, WV, United States, 26147

Monday—Friday 10-6, Saturday– 9-4, Sunday 1-4

GOODBYE TO A LEGEND

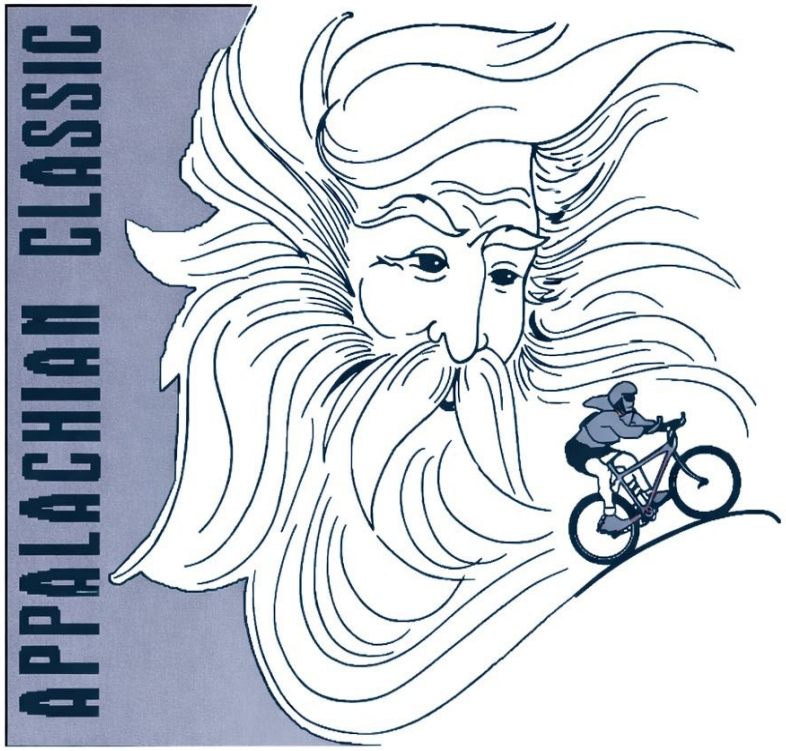
Betty Reid Soskin, who rose to fame as the nation's oldest park ranger, died in December at 104. By all accounts, Soskin led an extraordinary life, which included episodes as a wartime union worker, a record-shop owner, a musician, a Black Pather supporter, a delegate to the 1972 Democratic National Convention, a housing advocate, a legislative aide and a memoirist. She helped plan the Rosie the Riveter/WWII Home Front National Historical Park in California, where she worked as a ranger from age 85 to 100. Her talks at the park were legendary—she spoke regularly to packed rooms, wowing audiences with her deep knowledge and charisma. In 2018, NPCA gave her the Robin W. Winks Award in recognition of her exceptional contributions to the park system. After Soskin's death, thousands of admirers flocked to the Facebook announcement her family had posted to pay their respects. "She wasn't just a park ranger," one person wrote. "she was a national monument."



The Appalachian Classic is rolling into Calhoun County Park!

June 19–21, 2026

Join us for an action-packed weekend of mountain bike racing, outdoor fun, and family-friendly activities at one of West Virginia's favorite park destinations. Whether you're a seasoned rider, a weekend trail explorer, or just love a great community event—there's something here for all ages and all adventure levels.



☐ Epic trails for bikers

☐ Fun events & activities for all including disk golf and fishing tournaments

☐☐☐☐ A family-friendly atmosphere

☐ Mountain bike fans: be sure to like and follow the Friends of The Appalachian Classic page for race updates, schedules, and behind-the-scenes highlights.

A tentative schedule is posted below and is subject to change. Mark your calendars, bring your crew, and come celebrate the thrill of the trails at Calhoun County Park!

#AppalachianClassic #CalhounCountyPark #MountainBikeWV #BikeRaceWeekend #OutdoorAdventure #FamilyFun

If you are interested in being a part of the Appalachian Classic Mountain Bike Race, please reach out to Erin Springston.

Tentative Race Weekend Schedule:

Thursday, June 18, 2026

Set up for Race, and Weekend Activities, and Events

Friday, June 19, 2026

Arts & Crafts Expo Begins- Open-mic, Jam Sessions (all day)
Heritage Village Opens- Tours, Storytelling, History Alive (all day)
Fishing Tournament Begins (all day)
Disc Golf Tournament Begins (all day)
Appalachian Classic Mild (midday); Opening Ceremony
Gene Vance Memorial Walk/Run/Ride (afternoon)
Talent Show, and Official Race Weekend Welcome (evening)
Fireside Tall-Tale-Telling Circle (night)
WVAA Star Party

Saturday, June 20, 2026

Arts & Crafts Expo (all day)
Heritage Village Open- Tours, Storytelling (all day)
Fishing Tournament Day 2 (all day)
Disc Golf Tournament Day 2 (all day)
Battle of the Bands (afternoon into night)
State Road Rage Race (morning-afternoon)

Sunday, June 21, 2026

Arts & Crafts Expo-Open-mic, Jam Sessions (morning- afternoon)
Heritage Village Open- Tours, History Alive, Storytelling (morning- afternoon)
Fishing Tournament Day 3 (morning- afternoon)
Disc Golf Tournament Day 3 (morning- afternoon)
Appalachian Classic Race (morning-afternoon)
Race Weekend Closing Ceremony Awards (afternoon)



Below is a list of Yard Sales that will be the first weekend in May in the Calhoun County area. If you would like to be added to the list, please send a message.

May 2nd 224 Hardman Str. Grantsville, WV 26147 Food Sale & Cement Yard Ornaments 8am-4pm B

Breakfast Menu- Sausage Gravy and Biscuits.

Lunch Menu- Salisbury Steak Dinner

You don't want to miss this food... it's amazing!

May 2nd 3468 S. Calhoun Hwy (Rt. 16 South - Phillips Run) Multi-Family Yard Sale 8am-?

May 2nd - 3rd 3221 S. Calhoun Hwy (Rt. 16 South- Phillips Run) Multi-Family Yard Sale 8am-5pm

May 1st - 3rd 309 River Rd. Grantsville, WV 26147 Multi-Family Yard Sale 8am-5pm

May 1st - 2nd 8541 S. Calhoun Hwy Millstone, WV 25261 Multi-Family Yard Sale 8am-4pm

May 1st-3rd S. Calhoun Hwy. Grantsville, WV 26147 Behind old WB Gibson Bld. Multi-Family Yard Sale 10am-5pm

May 1st-3rd 9292 S Calhoun Hwy Millstone, WV 25261 (Lemon Residence) Multi-Family Yard Sale 8am-5pm

May 1st-2nd 117 Horse Ridge Road (off of White Pine Rd.) Grantsville, WV 26147 Multi-Family Yard Sale 9am-5pm

May 2nd 19 Bear Rund Rd. Grantsville, WV 26147 Multi-Family Yard Sale 8am-4pm

May 1st - 2nd 403 Calhoun Str. (Southside) Grantsville, WV 26147 Multi-Family Yard Sale 9am-4pm

May 2nd 238 Mill Str. Grantsville, WV 26147 Multi-Family Yard Sale 9am-4pm

May 1st & 2nd 3757 N. Calhoun Hwy Grantsville, WV 26147 Multi-Family Yard Sale 8am-4pm

May 2nd Calhoun Library (sidewalk sale) Multi-Family Yard Sale 8am-5pm

May 1st-3rd 232 Mill Str. Grantsville, WV 26147 Multi-Family Yard Sale 10am-5pm

City of Spencer, WV

HIKING TRAILS

1. Charles Fork Lake Trails- Hiking, biking, camping, fishing, kayaking, Almost Heaven Swing
2. Ben's Run Trails- Trail head across from City Pool
3. Phil Holcomb Bontanical Trail- Located beside Chesnut Ridge Winery
4. Freshwater Park 1/3 mile loop- Rt. 119 1 mile from town
5. Roane General Hospital Trails- located by RGH



CALHOUN LIBRARY

Book Locker



OPEN FOR USE 24/7

REACHING MORE READERS

Located next to Minnie Hamilton Arnoldsburg Clinic

Request books from Calhoun County Public Library.
Pick up and return at your convenience!
Contact us for more details.
354-6300



AVALON

FOCUSING ON

History, Heritage & Homecoming

PRIVATE SCHOOL



Excellence in education rooted in values, preparing tomorrow's leaders.

DAY CARE



Nurturing care in a safe, loving environment where little ones can grow and thrive.

COLLECTIVE MARKET



A community-driven marketplace supporting local makers, farmers and entrepreneurs.

AIRB&BS



Thoughtfully curated stays that welcome visitors and celebrate our community.

FINE DINING RESTAURANT



An elevated dining experience that honors culture, flavor and hospitality.

MORE THAN A DESTINATION. A LEGACY IN THE MAKING.

COMMUNITY FOCUSED | HERITAGE DRIVEN | ROOTED IN CULTURE | BUILDING FOR GENERATIONS | WELCOMING THE WORLD

OUR HISTORY. OUR HERITAGE. OUR HOME.

Our Avalon.

SUMMER *Starts with* SAFETY!

A COMMUNITY EVENT

at the

SAUNDRA JOHNSON AQUATIC CENTER

OPEN TO THE ENTIRE COMMUNITY!

Learn. Practice. Stay Safe.

FUN FOR THE WHOLE COMMUNITY!

FRIDAY MAY 16TH | 12:00PM – 3:00PM

HANDS-ON DEMONSTRATIONS & TRAINING



CAPSIZE CANOE



WATER RESCUE



CPR



STOP THE BLEED



HOW TO PROPERLY FIT FOR A LIFE VEST

ATTEND & BE ENTERED TO WIN! DOOR PRIZES!

BRING YOUR FAMILY. BRING A FRIEND. *Everyone is Welcome!*

FREE FOOD!

Minnie Hamilton Health System

An affiliate of Vandalia Health



When: Thursday, May 21, 2026

Time: 7:00am to 10:00am

Where: Calhoun County Committee on Aging

105 Market Street Grantsville, WV 26147

Co– Sponsored by:

Minnie Hamilton Health System and the

WV Bureau of Senior Services

Blood Work will be available

at a discounted cost!

For more information or to register as a

vendor, please call 304-354-7017 x 106 or fax your registration to 304-354-6859

spoling@cccoa-wv.org

Get Free Screenings & Information On:

- **Dental Health**
- **Mental Health**
- **Heart Health**
- **Behavioral**
- **Women's Health**
- **Blood Pressure**
- **Cholesterol**
- **and more.**

Community Health Fair

When: May 21st

Where: CCCOA (Calhoun Co. Committee on Aging) Senior Center

Location: 105 Market Street Grantsville, WV 26147

Time: 7am to 10am

Testing Available:

CMP	Comprehensive Metabolic Panel Sodium, Potassium, Chloride, Carbon Dioxide, Glucose, Creatine, BUN (Urea), Total Protein, Alkaline Phosphatase, Albumin, Total Bilirubin, AST, ALT, Calcium
CBC	Complete Blood Count WRC< 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 cost for Male… $69.00, Total cost for Female… $54.00

Please make checks payable to MHHS

Thank you does not seem sufficient for those who have paid the price for freedom, whether the loss be temporary or the ultimate sacrifice.



When the call came
They did not hesitate
Not in search of fame
Their lives to dedicate
For the sake of being free
The priceless gift
Their sacrifices for you & me
Out of tyranny us all to lift
For those left behind
The cost is also high
Glimpses of the gone one remind
Families had to say good-bye
And safety is not guaranteed
For securing liberty often does
Require a selfless deed
Memories only of what was
Pictures show the face
Of the fallen one
Gone to a better place
Their loss for victory won.

11-11-13 GMMG

www.odysseythroughnebraska.wordpress.com



National Military Appreciation Month is observed in May 2026, honoring active-duty service members, veterans, and military families.

Overview

In 2026, **National Military Appreciation Month (NMAM)** will be observed throughout the month of **May**. This month is dedicated to recognizing the sacrifices and service of **active-duty military personnel, reserve members, National Guard members, and veterans** across the United States. NMAM was established in **1999** when Senator John McCain introduced legislation, which received bipartisan support, officially designating May as a time for Americans to honor military service.

Purpose and Significance

The month encourages all Americans to **show appreciation** for those who serve or have served in the U.S. Armed Forces. It also highlights the contributions of **military caregivers**, who support wounded, ill, or injured service members. NMAM provides an opportunity for communities, organizations, and individuals to participate in events, ceremonies, and activities that honor military personnel and their families.

Key Observances in May 2026

- **Armed Forces Day**: May 16, 2026, honoring all branches of the U.S. military.
- **Memorial Day**: May 25, 2026, commemorating those who died in military service.
- **Fleet Week New York**: May 25–31, 2026, featuring Navy, Marine Corps, and Coast Guard demonstrations.
- **Month of the Military Caregiver**: Recognizes those who care for service members. These observances provide opportunities for public participation, parades, ceremonies, and community events to show support and gratitude.

May is Older Americans Awareness Month!

May is Older Americans Month, and it serves to recognize the contributions of older adults all over the U.S. Throughout their lives, older Americans have contributed to society by working, volunteering, voting, raising children, and engaging in about a hundred other activities that help their families and their communities.

However, while we're observing this month, we can't forget the epidemic of elder abuse that is happening all across the country. As a society, we must all come together to protect our older Americans and shield them from neglect and abuse. While we're celebrating their achievements during this month, let's not forget our obligation to them and their need for our help now.

The History of Older Americans Month

Older Americans Month was originally created by a presidential proclamation. It was established when then-U.S. President Gerald Ford announced the month to raise awareness of the collective experience that these Americans hold and how their contributions have shaped American society.

While the original sentiment of this month is still observed to this day, an increasing number of advocacy groups have also used the month to raise the public's awareness about elder abuse and neglect.

Interesting Facts About Older Adults

Want to know more about older adults? If so, then you've come to the right place. We've scoured the Internet for the latest facts and figures about older adults and placed them below for everyone's entertainment. Let's take a look at them.

Approximately 3.6% of people over the age of 65 years old live in nursing homes.

Elderly men are more likely to live with their significant others, while elderly women are more likely to live alone.

Approximately 80% of older adults will battle at least one chronic health condition.

Approximately 50% of older adults will battle two chronic health conditions.

Common chronic conditions among older Americans include arthritis, osteoporosis, heart disease, and cancer.

When the elderly are socially isolated, they become more vulnerable to elder abuse.

More than 1 million seniors are serviced by over 11,000 senior centers across the U.S.

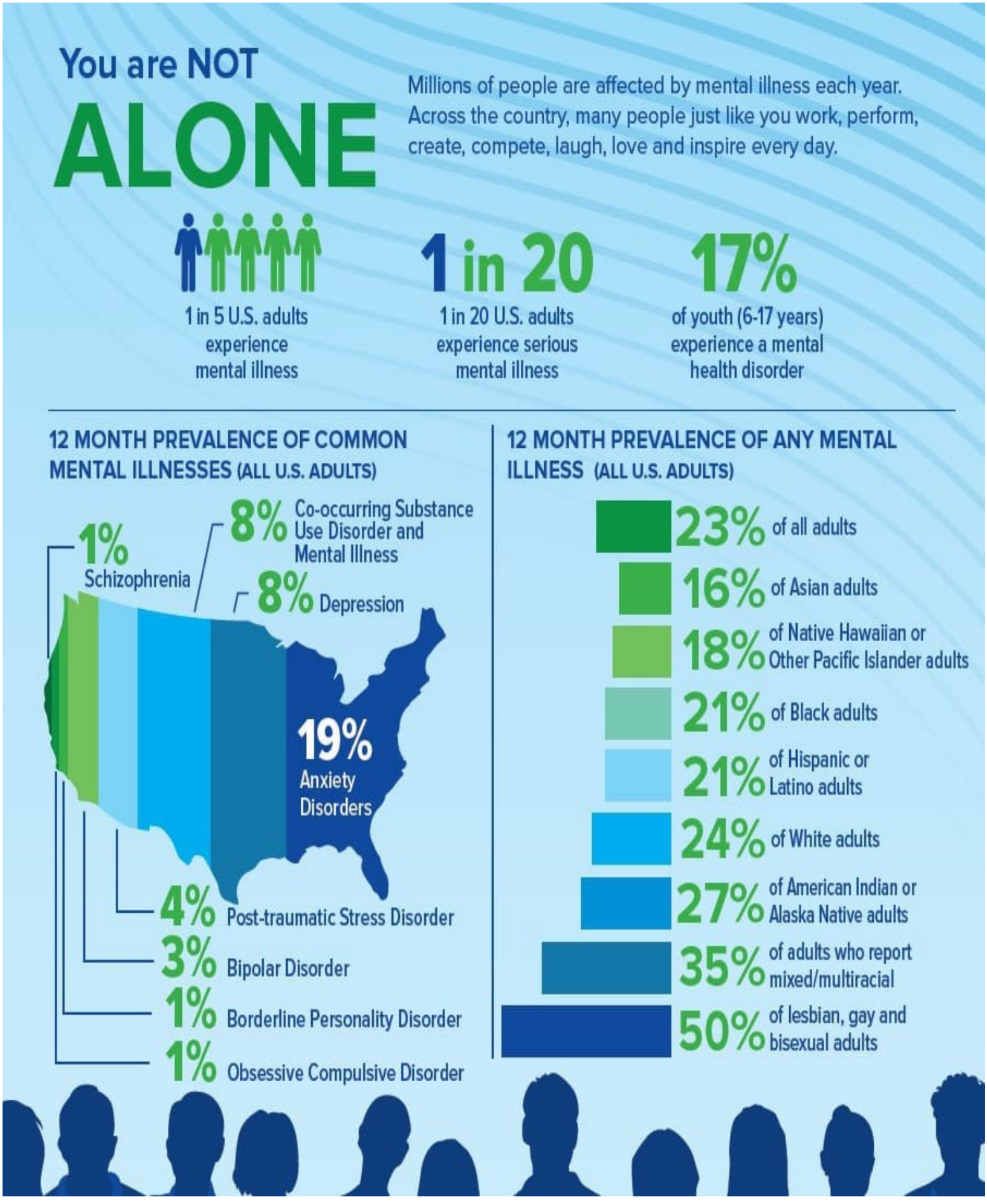
Senior citizens are the fastest-growing demographic on Facebook.

May is Physical Fitness Awareness Month!



Older adults should aim for 150 minutes of moderate-intensity aerobic activity (like brisk walking) weekly, plus two days of muscle-strengthening exercises (such as lifting weights or using resistance bands). Incorporating balance exercises, such as tai chi or single-leg stands, helps reduce fall risks and maintain independence.

May is Mental Health Awareness Month!



May is Mental Health Awareness Month!

Mental Health Awareness Month educates people about the impact of mental illness on individuals' lives, regardless of their personal experiences. It also highlights available services and resources for those facing mental health challenges, and promotes ways to advocate for mental health.

Raising mental health awareness and engaging in its related activities is important for several reasons, such as:

1. To Reduce Stigma The stigma surrounding mental health can prevent individuals from seeking help and can lead to discrimination. Raising awareness can help reduce stigma and promote acceptance and understanding.

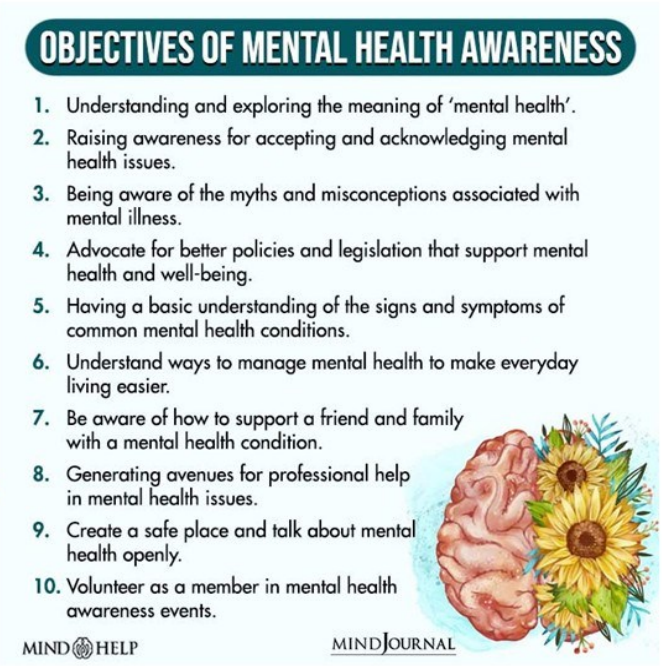
2. To Increase Access to Resources Many people may not know where to turn for help with mental health issues. Mental health awareness raises the profile of mental health issues, making it easier for people to access the help and support they need. and support services.

3. To Promote Early Intervention Early intervention is crucial for treating mental health issues. By raising awareness and promoting early intervention, we can help individuals receive treatment before their symptoms worsen.

4. To Improve Overall Well-being Mental health issues can impact all aspects of an individual's life, including relationships, work, and physical health. Raising awareness and promoting mental health can improve overall well-being and quality of life.

5. To Reduce the Economic Impact Mental health awareness presents a chance for fundraising, outreach, and awareness activities, which can aid in financing treatment options, supporting research, and bringing advocates together to establish a more optimistic and promising future for mental health care.

Read more here: https://mind.help/topic/mental-health-awareness/

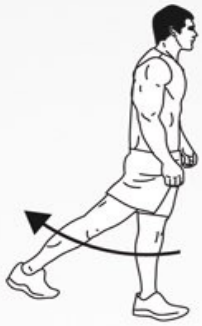


OSTEOPOROSIS FIX

DAREBEE WORKOUT © darebee.com



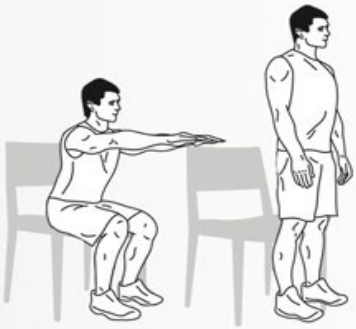
10 hip rotations
3 sets | 30 sec rest



10 back leg raises
change legs & repeat



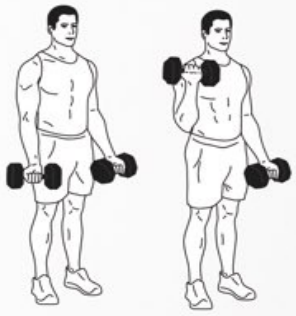
10 side leg raises
change legs & repeat



10 sit-to-stand
3 sets | 30 sec rest



10 leg extensions
3 sets | 30 sec rest

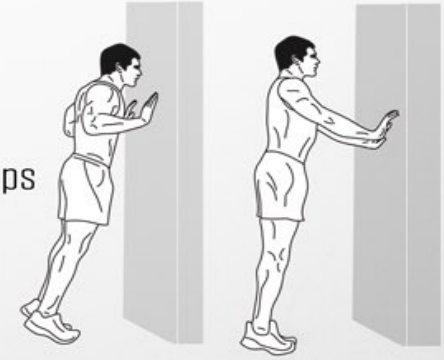


10 alt bicep curls
3 sets | 30 sec rest

10 calf raises
3 sets
30 sec rest



3+ wall push-ups
3 sets
30 sec rest



California Club Chicken Wraps

I work in a corporate office, and our cafe has a wrap station every Friday. I got hooked on the California club chicken wraps so I watched closely and finally made my own version at home. They are so delicious!



Servings: 2

Ingredients
Chipotle Mayonnaise:
½ cup mayonnaise
½ cup plain yogurt
2 chipotle chiles in adobo sauce, finely chopped

Wraps:
2 large spinach tortillas
½ cup shredded lettuce, or to taste
1 ½ cups shredded Monterey Jack cheese
1 Haas avocado - peeled, pitted, and diced
4 slices cooked bacon, chopped
1 red onion, finely chopped
1 tomato, chopped
2 cooked chicken breasts, cut into chunks

Directions
Whisk mayonnaise, yogurt, and chipotle chiles together in a bowl.
Cook tortillas in the microwave until warm and pliable, about 30 seconds.
Spread 1 tablespoon chipotle mayonnaise down the center of each tortilla. Spread 1/2 of the lettuce, 1/2 of the Monterey Jack cheese, 1/2 of the avocado, 1/2 of the bacon, 1/2 of the red onion, 1/2 of the tomato, and 1/2 of the chicken, respectively, in the center of each tortilla. Fold opposing edges of tortilla to overlap the filling. Roll 1 of the opposing edges around the filling into a wrap.

Tips
If desired, place wrap in a panini maker for 1 to 2 minutes, or until wrap has grill marks and cheese is slightly melted.
Try with chipotle ranch sauce. Substitute 1/2 cup ranch dressing for mayonnaise to make chipotle ranch sauce.

Nutrition:
The nutrition data for this recipe includes the full amount of the chipotle mayonnaise ingredients. The actual amount of mayonnaise consumed will vary.

MOTHER'S DAY
ISPY PUZZLE GAME





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MEMORIAL DAY PICNIC & PARTY

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

BBQ
BURGERS
CELEBRATION
COOKOUT
DECORATIONS
FAMILY
FRIENDS
FUN
GAMES
GRILL
HOT DOGS
LAUGHTER
OUTDOORS
PATRIOTIC
PICNIC
POOL
RED WHITE AND BLUE
SUNSHINE
TABLECLOTH
WATERMELON

https://everydaychaosandcalm.com

Calhoun County Committee on Aging, Inc.

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Milk & Margarine Served Daily	Menu Subject To Change Without Notice			1 Italian sausage Kraut Peas and carrots Fruit Ww bun
4 Macaroni Cheese Chicken Tenders Mixed Greens Fruit Ww Bread	5 A1 Steak Mashed Potatoes Peas and carrots Ww Roll fruit	6 Cook's Choice	7 Turkey Sandwich Lettuce/Tomato Ww bread Pasta w/vegetables salad Jell-o w/fruit	8 Cream tomatoes Potatoes Sausage Ww biscuits
11 Baked Steak Mashed Potatoes & Gravy Onions Corn Fruit Medley Ww roll	12 **CENTER CLOSED**	13 Fish Cauliflower w/cheese Green Beans Ww Bread Grape Juice	14 Vegetable soup w/ beef Peanut butter sand-wich Ww bread Fruit crisp	15 Chicken Pasta Stem Vegetables Ww garlic bread Fruit
18 Cheese Salad Cream of Broccoli Fruit Ww bun	19 Pinto beans w/ham greens onions Ww corn bread Applesauce	20 Beef, tomato macaroni Brussel sprouts Fruit Ww Roll	21 Rib Sandwich Onions beets French Fries Banana Pudding Ww bun	22 Pork BBQ vegetables Slaw juice ww bun
25 **CENTER CLOSED FOR MEMORIAL DAY**	26 Chicken Patty Ww bun Mayo/pickles carrots Ranch Potatoes peaches	27 Burger Lettuce, onion, pickle Potato salad Fruit Ww bun	28 Spaghetti w/ meat sauce Vegetables Fruit Ww Roll	29 Fish Onions & pickles Corn Fruit Whole Wheat Bun

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President

Pamela Gainer— Vice-President

Dottie Rader— Secretary

Janet Gherke– Treasurer

Dorothy McCauley

Martha Haymaker

Lin Williams

Karen D'Imperio



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



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

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.

Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 26147

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

Calhoun County Committee on Aging Inc.