

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

August 2026

Issue 222

August Birthday Club

Ada Love 1st

Connie Yopp 4th

Connie Yancey 5th

Fredrick Brown 6th

Chad Barnes 15th

Charter Badgett 16th

Judy Wolfram 18th

Sharon Knotts 19th

Bruce Knotts 20th

Tom Shock 21st

Freda King 23rd

Larry Dawson 25th

David Villers 25th

Michael Wade 25th

Clifford Ellison 27th

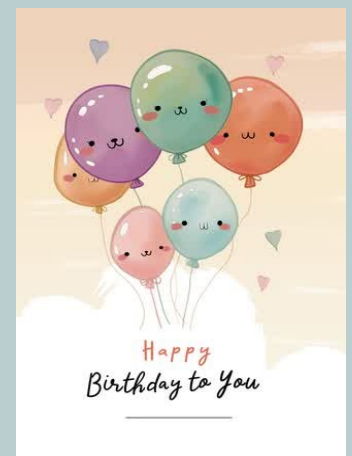
Ruth Morris 27th

Michael Plato 27th

Leona Stump 30th

Employees

Betty Staats 24th



BACK-TO-SCHOOL SAFETY TIPS FOR DRIVERS

It's time for kids to go back to school, and that means more school buses on the roads. Follow these tips to help keep everyone safe.



BE READY TO STOP.

It's against the law to pass a stopped school bus that's loading or unloading children. When the stop arm is extended, all traffic must stop, whether approaching from behind or coming from the opposite direction on an undivided roadway.

TREAT BUS LIGHTS LIKE TRAFFIC LIGHTS.

Yellow flashing lights mean slow down. Red flashing lights mean stop. When the red lights are flashing, it is illegal to pass the bus in either direction. Always stay alert, as children may be crossing the road.



STAY BACK.

The area within 10 feet of a school bus is the most dangerous for children. The driver has large blind spots. Always stop far enough back to give children space to safely get on and off the bus.

BE VIGILANT AND FOCUSED.

The posted speed limit is the maximum speed you should be going. When children are present, drive much slower. Kids can be unpredictable and may not recognize danger. Always be prepared to stop quickly if a child runs into the street.



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

July 30th	Trivia Night @ the CCCOA sponsored by the Calhoun County Library beginning at 6pm
Aug 1st	Ben Jamn Backroad Jam– River Dogz Tavern Show beginning @ 9pm
Aug. 4th	National Night Out @ the Saundra Johnson Aquatic Center (Pool) Free Safety Event, Meet n greet with local police, Free Swim for all! 12:20 to 5pm
Aug. 13th	FIRST DAY OF SCHOOL!
Aug. 13th	SINGO @ the CCCOA sponsored by the Calhoun County Library beginning at 6pm
Aug. 27th	Trivia Night @ the CCCOA sponsored by the Calhoun County Library beginning at 6pm

Mountaineer Food Bank Days– 11/10 @ the DHHR—10-11:30am

CALHOUN LIBRARY

TRIVIA NIGHT

JULY 30, 2026 - 6PM

@ CCCOA SENIOR CENTER

- GENERAL KNOWLEDGE

MOVIES

WORD PUZZLES

250

MUSIC

FUHGEDDABOUTIT

REFRESHMENTS WILL BE SERVED.
CHECK OUR CALHOUN LIBRARY
FACEBOOK PAGE FOR UPDATES!



FIRE DEPT TOUR:-

- PARTICIPATING DEPARTMENTS:

GRANTSVILLE VOLUNTEER FIRE DEPARTMENT

SMITHVILLE VOLUNTEER FIRE DEPARTMENT

ELIZABETH WIRT VOLUNTEER FIRE DEPARTMENT

SPENCER ROANE VOLUNTEER FIRE DEPARTMENT



OHIO VALLEY
INDIAN MOTORCYCLE

SPONSORED STREET BIKE POKER RUN



SATURDAY

AUGUST 15
10 A.M. - 4 P.M.

CASH PRIZES

- 1ST - \$250
- 2ND - \$150
- 3RD - \$100

DOOR PRIZES TOO!

START & END AT THE

GRANTSVILLE

VOLUNTEER FIRE

DEPARTMENT

341 SOUTH CALHOUN

HIGHWAY

GRANTSVILLE, WV



ENTRY FEE \$25

PROCEEDS GO TO THE GRANTSVILLE
VOLUNTEER FIRE DEPARTMENT

INFORMATION: C. MCCROSKEY (304) 580-1057

A person is shown from the waist up, playing a guitar. They are wearing a dark jacket with a floral patch on the left chest. The background is a rustic wooden wall. The text is overlaid on this image.

Second Saturday of every month!

Everyone is welcome!

LIVE MUSIC

Doors open @ 4pm

Food available @ 5pm

Music begins @ 5:30pm

**Food & Music are free... however DONATIONS
are greatly appreciated!**

**All proceeds collected from donations and 50/50 drawings
go for the next months LIVE MUSIC PERFORMANCE!**

ROTATING LOCAL ARTISTS

Address: CCCOA (Senior Center) 105 Market Street Grantsville, WV 26147

**This Saturday, August 8th @ the CCCOA
Join us for fellowship, amazing food and great music!**

Menu for Starlings music...

— YOU'RE INVITED TO OUR —

GRAND OPENING

AVALON

A MULTI-USE ECONOMIC HUB
for Central West Virginia



Friday
OCTOBER 2ND



Saturday
OCTOBER 3RD



VENDORS

Shop local and discover unique treasures from amazing vendors.



LIVE MUSIC

Enjoy live entertainment all weekend long!



GOOD FOOD

Savor delicious food and treats from local favorites.



REMINISCENCE

Take time to look back, share stories, and make new memories.



SOCIALIZE

Reconnect with old friends and family and meet new ones.

Our Community. Our Future. Our Avalon.

A place where opportunity meets tradition—bringing people together to celebrate the past, present, and future of our region.

COME OUT, CATCH UP, AND BE PART OF SOMETHING SPECIAL!

❖ **ALL ARE WELCOME** ❖

We can't wait to celebrate with you!

PROUDLY ROOTED IN CENTRAL WEST VIRGINIA.
STRONGER TOGETHER. ♥



Minnie Hamilton Health System

An affiliate of  Vandalia Health



SHOT CLINIC

PROTECT TODAY. HEALTHY TOMORROW.



AUGUST
6TH, 2026



FOR ANY
CMHS
STUDENT

WHO NEEDS THEIR

7TH or 12TH
GRADE IMMUNIZATIONS



WALK-IN
9:00 AM – 5:00 PM



MUST HAVE A PARENT/GUARDIAN WITH THEM
to sign consent

OR



MUST CONTACT US AHEAD OF TIME
to obtain consent and bring
signed consent with them
to appointment



LOCATION:
SBHC at CMHS
50 Alan B Mollohan Rd,
Mt Zion, WV 26151



ANY QUESTIONS?

Contact us at
calhoun.sbh@mhhs.healthcare

Here for Life.

CARING FOR OUR COMMUNITY.
SUPPORTING OUR STUDENTS.

Seated Dumbbell Exercises For Seniors



Chest Press

Sit Tall, Press Dumbbells Straight Forward From Chest. 🕒 Reps: 10 x 3



Seated Hammer Curl

Sit Tall, Palms Facing In, Curl Dumbbells Up. 🕒 Reps: 10-12 x 3



Reverse Flys

Hinge Slightly Forward, Open Arms Out To Sides. 🕒 Reps: 10 x 3



Side Bends

Hold Dumbbells At Sides, Lean Side To Side Slowly. 🕒 Reps: 10/Side x 3



Seated Front Raises

Lift Dumbbells Straight In Front To Shoulder Height. 🕒 Reps: 10 x 3



Seated Row

Bend Slightly Forward, Pull Elbows Back And Squeeze. 🕒 Reps: 12 x 3



Wrist Curls

Rest Forearms On Thighs, Curl Wrists Up & Down. 🕒 Reps: 12 x 3



Lateral Raises

Lift Dumbbells Out To Sides To Shoulder Height. 🕒 Reps: 10 x 3



Tricep Kickbacks

Lean Forward, Bend Elbows, Extend Back. 🕒 Reps: 10 x 3



Chest Flys

Open Arms Wide, Bring Dumbbells Together Slowly. 🕒 Reps: 10 x 3



Seated Woodchops

Hold One Dumbbell, Chop Diagonally Across Body. 🕒 Reps: 10/Side x 3



Seated Shrugs

Lift Shoulders Toward Ears, Then Lower Slowly. 🕒 Reps: 10 x 3



Seated Bicep Curl

Sit Tall, Curl Dumbbells Toward Shoulders. 🕒 Reps: 12 x 3



Seated Shoulder Press

Press Overhead Slowly, Lower With Control. 🕒 Reps: 10 x 3



Upright Rows

Sit Tall, Pull Dumbbells Up Toward Chest, Elbows Wide. 🕒 Reps: 10 x 3



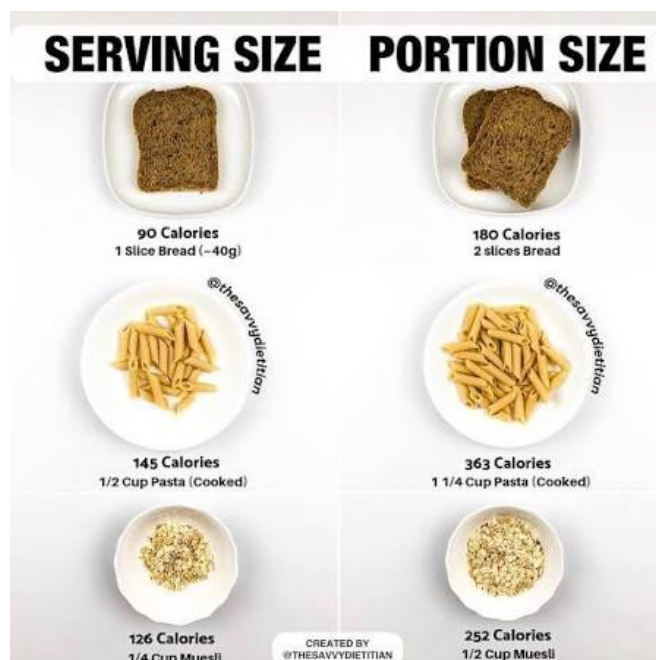
Dumbbell Halo

Circle One Dumbbell Around Head With Control. 🕒 Reps: 8/Direction x 3

Understanding the Difference Between Serving Size and Portion Size

Have you ever been confused about serving sizes versus portion sizes? Reading nutrition labels is tricky enough, but distinguishing the difference between serving size and portion size can add another layer of confusion. Often, they are thought to be interchangeable, but they are actually very different.

The size of the foods you eat matters, and knowing the difference between serving size and portion size is vital. As people age, they often develop chronic health conditions that require consultations with healthcare providers and dietitians. In these settings, "serving size" is frequently misused when describing food intake. For example, a medical note might state, "Patient reports eating one serving of a bagel with cream cheese for breakfast." While this statement technically indicates she ate only one-quarter of a bagel (since one bagel typically equals four servings), the patient actually meant she ate the entire bagel. In diabetes management, this misunderstanding drastically alters carbohydrate counting. Because these miscommunications are incredibly common, let's clarify the exact definitions of serving size and portion size.



A serving size is a measured amount of food, usually listed directly on the Nutrition Facts label. A serving size indicates the exact number of calories, vitamins, and minerals provided in that exact measurement of food. For example, 1/2 cup cooked pasta is one serving of cooked pasta. A portion size is completely different; it is the actual amount of food you choose to put on your plate and eat. While your portion might sometimes match the official serving size, it can also be significantly larger or smaller. For instance, a 1/2 cup portion (the amount placed on your plate) of pasta might also be the serving size listed on the Nutrition Facts label. However, a 1-1/2 cup portion of spaghetti on your plate is actually three servings of pasta.

The term serving size is frequently misunderstood and used incorrectly. As we age, paying closer attention to the distinction of recommended serving sizes versus our traditional portion sizes becomes more important. An aging body often needs fewer calories than before. Eating the correct portion sizes that match our individual needs can help maintain a healthy weight, support heart health, manage chronic diseases, and provide the right amount of energy.

Many excellent resources exist to help you learn about recommended serving sizes. One of my favorites is visual cues. For example, 3 oz of protein is about the size of a deck of cards, while 1 oz of cheese is roughly the size of two dominos. Learning these visual differences can help you understand how much you are eating while also teaching nutritional guidelines. As a reminder, serving size is the recommended amount you will find on your Nutrition Facts label, while portion size is the amount you actually eat.

Recipe—Lavender Lemon Bread



Ingredients

- 2 cups all purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg, lightly beaten
- 1 cup milk or half & half
- 1/4 cup olive oil
- Juice and peel of 2 lemons: finely grate the lemon peel and save 2 tablespoons of juice and 1 tablespoon peel for the icing.
- 2 teaspoons dried lavender or 2 tablespoons fresh lavender, finely chopped

For Glaze

- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 1 tablespoon butter

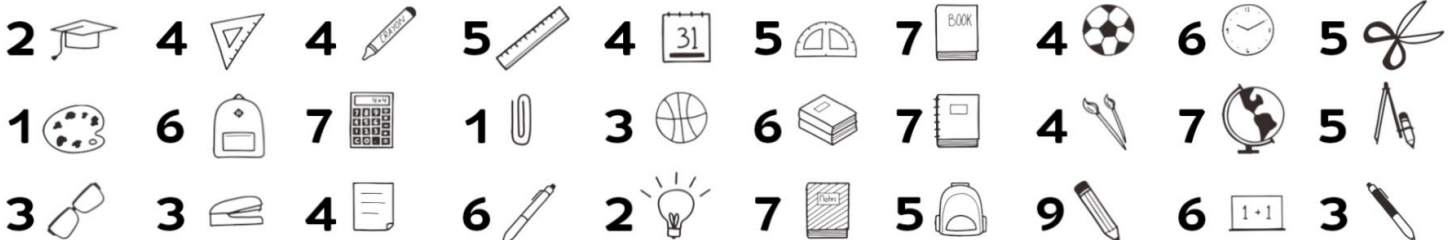
Instructions

1. Preheat oven to 350 degrees. Grease a loaf pan, set aside.
2. In a large bowl, mix together the flour, sugar, baking powder, and salt.
3. In another bowl, combine the egg, milk, oil, lemon peel, lemon juice, and lavender.
4. Dump the wet ingredients into the dry ingredients and stir just until the batter is moistened (the batter will be lumpy).
5. Spoon batter into the greased loaf pan.
6. Bake for 50 minutes or until a toothpick inserted into the center comes clean and top of loaf is cracked.
7. Cool for 10 minutes before topping with glaze.

For Glaze

1. Melt butter with sugar and lemon juice in small saucepan until well combined.
2. Poke holes in the top of the lemon loaves and slowly pour the glaze over the top.

Back to School



Name: _____

Date: _____

It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.

August

Word Search



AUGUST
BBQ
BEACH
BOATING
CAMPFIRE
CAMPING
FISHING
FLIP-FLOPS
FOREST
HEAT
HIKING
ICE CREAM
LEMONADE
OCEAN
PICNIC
RELAXATION
ROAD TRIP
SAND
SEASHELLS
SUMMER
SUN
SUNGLASSES

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



SUNSHINE

SURFING

SWIM

TANNING



TRAVEL

VACATION

WATERMELON

WILDLIFE

Calhoun County Committee on Aging, Inc.

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Oven Fried Fish Potatoes Buttered Carrots WW Bun Fruit Salad	4 Kraut & wieners Cubed potatoes Onions Ww cornbread Fruit	5 Spaghetti w/ meat sauce Cucumbers & onions Ww garlic bread Fruit	6 Baked steak Peas & Carrots Mashed Potatoes Fruit Whole wheat bread	7 Beans with ham Greens Onions Fruit Ww cornbread
10 Chicken tenders Mac and Cheese Peas fruit WW bread	11 Beef Macaroni w/ tomato sauce and onion Beets Apricots WW Bread	12 Cook's Choice	13 Hot Dog & Meat Sauce Slaw, Onions, carrots Banana Pudding Whole wheat bun	14 Pork chop Sweet potatoes Broccoli cauliflower Tomato Juice Whole Wheat bread
17 BBQ Rib & Onions Green Beans Pineapples Whole Wheat Bun	18 BBQ Chicken ww bun Peas and carrots fruit	19 Fish Slaw Brussel sprouts Tomato Juice Whole wheat bun	20 Sloppy Joe w/tomato sauce and onion Whole Wheat Bun Beets French fries Peaches	21 Calcio Beans Kale Onions Applesauce WW Cornbread
24 Chicken ww Pasta Stem Vegetables Beets Fruit Ww bread	25 Hamburger Patty Tomato/onion Potatoes Pears WW Bun	26 Broccoli Soup Cheese Salad Sandwich WW Roll Fruit	27 Salisbury Steak w/ onion & Brown Gravy Mashed Potatoes Corn Oranges Whole Wheat Bread	28 Chicken Patty Tomato Potatoes Carrots fruit Whole wheat Bun
31 Ham salad Sandwich Ww pasta veggie salad Banana pudding salad Ww bun			2% Milk and Margarine Served Daily	Menu Subject To Change Without Notice

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

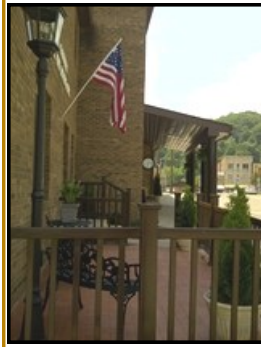
Phone: 304.354.7017

Fax: 304.354.6859

Mailing: Post Office Box 619
Grantsville, WV 26147



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

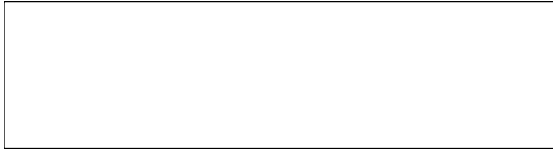
Minnora, WV 25261

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



Calhoun County Committee on Aging Inc.