

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**

April 2016

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- ### Coming Up!
- April 1st-April Fool's Trivia
 - April 7th-Flatwoods Shopping Trip Depart 8:30am
 - April 8th-Crazy Hat Day 10:30-11:00 a.m. - Grantsville
 - April 12th-Planning Committee Meeting 1:00pm
 - April 13th-Roane Home Care 10:30am
 - April 13th-Attorney General Office 10:30am
 - April 13th Foster Grandparents Meeting 10:00am
 - April 13th-LIFELINE SCREENING
 - April 14th-Spencer Shopping Trip Depart @ 8:30 p.m.
 - April 15th-Hospice Screenings 10:30 a.m.
 - April 18th-Roane Home Care 9:00am (West Fork Site)
 - April 20th- Spencer Bowling Trip
 - April 22nd-Cake Baking Contest
 - April 25th-Board Meeting 2:30pm
 - April 27th-Covered Dish Birthday Dinner 10:30am
 - April 28th-Retired School Employee Meeting and Luncheon 10:45am
 - April 28th-Covered Dish Birthday Dinner 10:30 (West Fork Site)
 - April 29th-SHIP Counselor/Medicare Presentation 10:45am





April 2016 Grantsville Events



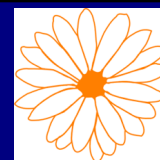
- April 1st, Fri. April Fool's Trivia
- April 4th, Mon. "Healthy Me"
- April 6th, Wed. Choir Practice 10:30—11:00 A.M.
- April 7th, Thurs. Flatwoods Shopping Trip Depart 8:30 A.M.
Cost \$16 from home, \$13 from center
TRIP MUST BE PAID AT TIME OF RESERVATION!
- April 8th, Fri. Crazy Hat Day 10:30—11:00 A.M.
Prizes awarded-Prettiest, Funniest, Most Unusual, Most Original
- April 12th, Tues. Planning Committee Meeting 1:00 P.M.
- April 13th, Wed. Roane Home Care Blood Pressure Clinic 10:30 A.M.
Attorney General Office 10:30 A.M.
Foster Grandparent Meeting 10:00 A.M.
Life Line Screening—By Appointment Only!
Choir Practice 10:30—11:00 A.M.
- April 14th, Thurs. Spencer Shopping Trip Depart 8:30 A.M.
Cost \$10 from home, \$8 from center
TRIP MUST BE PAID AT TIME OF RESERVATION!
- April 15th, Fri. Hospice Screenings 10:30 A.M.
- April 20th, Wed. Choir Practice 10:30-11:00 A.M.
- April 22nd, Fri. Cake Baking Contest
Prizes Awarded for Best Taste & Best Appearance
- April 25th, Mon. Board Meeting 2:30 P.M.
- April 27th, Wed. Covered Dish Birthday Dinner
Musical Entertainment Provided 10:30—11:30 A.M.
BINGO WILL NOT BE PLAYED TODAY!
- April 28th, Thurs. Retired School Employee Meeting and Luncheon 10:30 A.M.
- April 29th, Fri. Ship Counselor/Medicare Presentation 10:45 A.M.



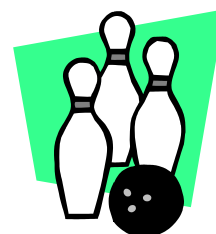
Yahtzee & Rummy will be played daily from 8:00– 11:00 A.M.
Bingo will be played daily from 11:00—11:30 A.M. unless otherwise stated.



April 2016 West Fork Events



- April 4th, Mon. Cards/Line Dancing/Corn Hole 10:30-11:30 A.M.
- April 5th, Tues. Cards/ Line Dancing/Horse Shoes 10:30-11:30 A.M.
- April 7th, Thurs. Cards/Corn Hole/ Horse Shoes 10:30– 11:30 A.M.
- April 11th, Mon. Cards/Line Dancing/Corn Hole 10:30-11:30 A.M.
- April 12th, Tues. Cards/ Line Dancing/ Horse Shoes 10:30-11:30 A.M.
- April 14th, Thurs. Cards/Corn Hole/ Horse Shoes 10:30– 11:30 A.M.
- April 18th, Mon. Roane Home Care 9:00– 10:30 A.M.
- April 19th, Tues. Cards/ Line Dancing/ Horse Shoes 10:30-11:30 A.M.
- April 21st, Thurs. Bowling Trip
- April 25th, Mon. Cards/Line Dancing/ Corn Hole 10:30-11:30 A.M.
- April 26th, Tues. Cards/Line Dancing/ Horse Shoes 10:30-11:30 A.M.
- April 28th, Thurs. Hospice Screenings 10:00-10:30 A.M.
Entertainment/Birthday Dinner 10:30– 11:30 A.M.



Exercise 9:00– 9:30 A.M. / Socializing from 9:30-10:00 A.M. daily unless otherwise stated.
Bingo will be played daily from 10:00—10:30 A.M. unless otherwise stated

The Birthday Page

Happy Birthday

April 4th- Lenn Phillipps
April 4th- Irene Conrad
April 4th- Agnes Allen
April 5th- John Myer
April 10th- Rosetta Rogers
April 11th- Verlin Millican
April 13th- Pennilow Taylor
April 14th- Connie Badgett
April 15th- Leonard Wilson
April 17th- Roy Pursley
April 18th- Russell Wartenburg
April 20th- Haymond Conrad
April 21st- Odus Miller
April 22nd- David Blake
April 22nd- Florence Bishop
April 22nd- Ronald Hefner
April 23rd- Barb Roberts
April 24th- Karen Yoak
April 25th- Loy Badgett
April 26th- Evelyn Ebbert
April 27- Eleanor Caltabiano
April 27th- Frank Wolfram
April 27th- Lula Norman
April 28th- Barbara Johnson

Happy Birthday CCCOA Employees

Anetia Wilson April 6th
Kelly Hardman April 9th
Ellen Shock April 9th
Opal Harris April 14th
Pam Gainer April 16th
Barb Roberts April 23rd



Celebrating March Birthday's
at the Grantsville CCCOA:
Geraldine Lamont & Sally Hashman



Birthday Entertainment:
**Friends of Country: Jim Bonnett,
Dewell Spence, Carol Belknap,
& Gary Richards**



Celebrating March Birthday's
at the West Fork CCCOA:
Karen Hollinger & Sharon Knotts

CCCOA Grantsville News



Big Bingo Winners were as follows:

1. Virginia Simmons
2. Madeline Lamp
3. Dorothy McCauley
4. Violet Williams
5. Ray Tingler
6. Marian Moran
7. Jean Miller
8. Donald Kelley
9. Patty Little
10. Steve Miller
11. Hazel Tingler
12. Denzil Ward
13. Wilma Godfrey
14. Alta Mae Richards
15. Jean Boggs
16. Carroll McCauley
17. Geraldine Lamont
18. Eleanor Caltabiano
19. Larry Dawson
20. Roy Pursley
21. Mary Poirier
22. Portia Miller
23. Ron Ash
24. John Myer



Grand Prize Winner was Odus Miller.
 Special thanks my wonderful helpers Carol Kanalley, Ray Tingler, Portia Miller and Patty Sims.



CCCOA West Fork News

Join Us!

Monthly bowling trip, scheduled the third Thursday of the month. If you're interested in attending, please call either 304-655-8805 or 304-354-7017.

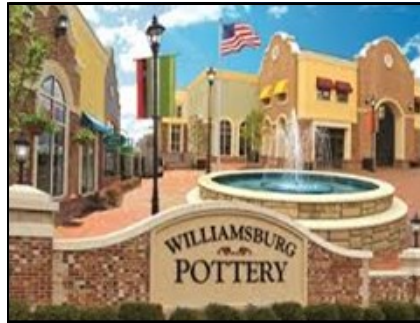


Seniors gather for Easter and Birthday Celebration.

Entertainment provided by:
Eugene Parsons, Randy Wilson,
Clayton Moore



Trips



Days/4 Nights – Virginia Beach, VA

Package price is **\$610.00** per person, double occupancy

October 2nd – 6th

Package includes:

- Roundtrip Motor Coach Transportation
 - 4 Nights Deluxe Oceanfront Accommodations in Virginia Beach
 - 4 Full Breakfasts
 - 4 Delicious Dinners
 - Evening of Entertainment- (Musical Entertainment and Line Dancing)
 - Guided Tour of Colonial Williamsburg
 - Visit to the Williamsburg Pottery
 - Admission to the Norfolk Botanical Gardens
 - Visit to the Yankee Candle Co.
 - Guided Tour of the Norfolk Naval Base
 - Visit to the MacArthur Memorial
 - Visit to the Hampton Roads Naval Museum
 - Free time to enjoy the Beach
 - Taxes and Gratuities included
- The above price is based on having a minimum of 30

Senior Journal News

Faster processing of disability benefit for wounded warriors and veterans

Social Security and VA Working Together for Our Heroes: Social Security Blog

March 7, 2016 - Social Security honors those who have served in the U.S. military. We recognize the sacrifices these Americans made while serving our country. Often, their dedication comes at the expense of significant and lasting effects on themselves and their families.

Social Security provides expedited processing of disability benefit applications for wounded warriors and veterans with a U.S. Department of Veterans Affairs (VA) compensation rating of 100% Permanent & Total (P&T).

While both Social Security and the VA pay disability benefits to qualifying individuals, the criteria for awarding benefits is not the same. Even if you have a VA compensation rating of 100% P&T, you will need to meet the strict definition of disability set out by the Social Security Act to receive Social Security disability benefits. Social Security pays benefits to people with a severe medical condition expected to last at least one year or to result in death, while preventing you from performing substantial work.

To receive expedited processing as a veteran rated 100% P&T, you must first apply for Social Security benefits. You can apply [online](#) or call our toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**). You can also visit your local Social Security office to apply in person.

You must identify yourself as a “Veteran rated 100% P&T.” If you apply in person or over the phone, tell the Social Security representative that you are a veteran rated 100% P&T. If you apply online, enter “Veteran 100% P&T” in the “Remarks” section of the application. You must also provide Social Security with your Veterans Affairs notification letter that verifies your rating.

Social Security will expedite your claim through the application process, and any appeals level, if necessary. Veterans Affairs compensation will not affect your Social Security benefits.

We are grateful to our veterans for their dedication to this country, and we are committed to providing veterans and wounded warriors with high quality public service. For more information, please visit <https://www.socialsecurity.gov/people/veterans/>

Spotlight on WV

Amazing **Berkeley County** Facts

DID YOU KNOW?

- ...that **Berkeley County** was formed from Frederick in 1772. It was named for Norborne Berkeley, Baron Botetourt, governor of Virginia, 1768-1770. IT WAS THE Home of many leaders in the Revolution. As early as 1774, George Washington had orchards planted here.
- ...that the **Martinsburg Historical Marker** is at the intersection of North Queen Street and Eagle Schoolhouse Road in Martinsburg. Martinsburg was founded in 1778, by Gen. Adam Stephen. It was named for Thomas Martin, nephew of Lord Fairfax. It was the home of Admirals Charles Boarman and C. K. Stribling. Locomotives were seized here, in 1861, in Jackson's raid were drawn by horses to Winchester, Va
- ...that the **Hedgesville Historical Marker** on WV 9 in Hedgesville. It was the site of a stockade fort built during the early Indian wars. Mt. Zion Episcopal Church was built soon after. A mile west is the tavern, built, 1740-1750, by Robert Snodgrass on land patented in 1732 by William Snodgrass, pioneer settler.
- ...that on US 11, two miles north of Martinsburg is the **Fort Neally Historical Marker**. During the French and Indian War, Fort Neally was captured and its garrison massacred, on September 17, 1756. Many settlers in the vicinity also were killed. Among captives was Isabella Stockton, later wife of Col. William McCleery, Morgantown.
- ...that the **Boydville Historical Marker** is at the 600 block of South Queen Street in Martinsburg. It was built in 1812 by Elisha Boyd, general in the War of 1812, on land bought from Gen. Adam Stephen. The mansion was noted for its fine workmanship. It was the home of his son-in-law, Charles J. Faulkner, Minister to France, and his grandson, U.S. Senator Faulkner.
- ...that at 300 West King Street at Old Federal Building in Martinsburg is the **Berkeley Riflemen Historical Marker**. The Berkeley Riflemen from Eastern Panhandle counties, was under Capt. Hugh Stephenson. They were the first southern troops to join Washington in 1775 at Boston. In a "bee line" from Morgan's Spring, they marched 600 miles in 26 days....
- that **Gen. Adam Stephen Historical Marker** is at 309 East John Street in Martinsburg. Here was the home of General Adam Stephen, founder of Martinsburg and county's first sheriff. He was famous as fighter in French and Indian Wars, and as major-general in the American Revolutionary War.

http://www.alanskitchen.com/dyk-history-facts/US_States/WV/0001-0025/0004_WV_Berkeley_Co.html

Soap Box by Judy

Winter. Let's talk about winter. I love winter and the cold crisp air, the pretty snow. It's December. Wait a minute. It's warm and sunny. No snow. 60 degrees is not "Christmassy". It's more like "octobery" and "halloweeny", so December was a bust.

Let's move on to January. Okay, so it was cold and we did have snow. But Geeze Louise! We didn't want December and January's snow in one day. It's not really just snow when you step out the side door to go to the chicken coop and you sink up over your knees! That's an avalanche!! The worst part of the whole experience was that my boots only came up to my knees. Needless to say, they were full of snow. So, January was pretty much a bust also.

And now it's March's turn. It was somewhat cold, but no real snow to speak of. But there was wind- lots and lots of wind and hard rain storms with lightning and thunder. Those are two of my "unfavorite" things. Rain -I don't mind so much. I know that March is considered Spring, but to me it's still winter. Remember the ice storm? I do. Oh, yes, there is one more bad thing about March. This whole clock thing--Spring ahead. I have no spring as my spring has already sprung. All this whole changing the clock does is mess up your inter-clock, your whole routine or schedule (Frank is on a diabetes food time schedule) and drives you crazy as "old folks" have to set these digital clocks. You have to hold these buttons down and go around the whole 24 hours to get to A.M. or P.M. The radio in the car has to be the time changer for the clock. Push this button, hold that button, or turn that dial. It's a nightmare. Don't even ask me about digital watches.

So, this about sums up my winter. It just wasn't good. I hope that April is better. But who knows? We'll see.

'Til next month- Happy April Showers,
~Judy~

5 Things You Should Do Now To Stay Healthy in Your Senior Years

Wouldn't it be great if we could take a sip from the fountain of youth and not have to worry about getting older? But like the song (and Bible verse) goes, to everything there is a season. Every day we get a little older, but we don't have to go down without a fight!

There may not be that magical fountain of youth, but there are a variety of things we can do at any age to help ourselves be healthy and happy in our senior years. Whether you are 45 or 65 years old, little changes to what you do, what you eat and your outlook on life can make a big difference.

Here are 5 things you should do now to stay healthy as you age:

It takes 21 days to create a habit. Start by doing something small – walking for 5 minutes – and build on it over time. We all have to start somewhere. Like the slogan says, 'Just do it.'

Be consistent. If you do take that walk, do it at the same time on the same days of the week. Being repetitive will help create that habit and have it stick over time.

Be positive. Research has shown that positive thinking can help you feel better longer. You have a choice to react positively or negatively to any situation; choose to be positive!

Eat well most of the time. We all have our 'favorites' – cookies, candy, ice cream, chips and dip. That's okay once-in-a-while; but spend most of the time eating foods that are good FOR you, not just good. It's all about moderation; your body will thank you for it.

Be social. Humans are social creatures and crave interaction with others. So get out there and be social. You can get involved with your church, community groups, or senior centers, like Naperville Senior Center.

Aging is inevitable, but there are a variety of things we can do to help our bodies and minds age more slowly than our years. However, if your aging loved one needs to be in a safe environment with other seniors during the day, check out what your local Senior Center has to offer.

My Favorite Recipe

GREEN BEANS, CHICKEN, AND POTATOES “ONE PAN WONDER”

This Green Beans, Chicken, and Potatoes "One Pan Wonder" will change your dinner life as you know it. Throw it all in a pan, bake it, and you have a balanced, delicious meal that your family will love!

Serves: 6

INGREDIENTS

- 12 oz. green beans
- 1 lb. chicken breasts, diced
- 1 lb. red potatoes, chopped
- ½ cup butter {I use salted}
- 1 (0.6 oz.) Zesty Italian seasoning packet
- Salt and pepper



INSTRUCTIONS

1. Preheat oven to 350°F.
2. Layer your green beans, chicken, and potatoes in a 9x13 inch baking dish as seen above.
3. Cut your butter into 12-16 slices and spread evenly atop the veggies and chicken.
4. Sprinkle the Italian seasoning packet evenly over the beans, chicken, and potatoes and top with salt and pepper, to taste.



April 2016 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject To Change Without Notice		2% Milk And Margarine Served Daily		1 Fish Dinner Coleslaw Peas & Carrots Whole Wheat Bread Juice
4 Ribs w/Grilled Onions Cauliflower & Cheese Fruit Whole Wheat Bread	5 Pizza Corn Fruit	6 Calico Beans Cubed Potatoes Applesauce Cornbread	7 Chicken Salad Sandwich Macaroni Salad Fruit Whole Wheat Bread Flatwoods Shopping Trip	8 Vegetable Soup Pineapple Cottage Cheese Salad Cornbread Crazy Hat Day
11 Chili Dog w/Meat Sauce Coleslaw Baked Beans Fruit Whole Wheat Bun	12 Sloppy Joe Coleslaw Ranch Potatoes Whole Wheat Bun Juice Planning Committee Meeting	13 Baked Chicken Baked Potato Peas Whole Wheat Roll Juice FGP Meeting Lifeline Screenings Roane Home BP Clinic Attorney General's Rep.	14 Pork BBQ AuGratin Potatoes Brussel Sprouts Whole Wheat Bun Juice Spencer Shopping Trip	15 Spaghetti w/Meat Sauce Tossed Salad Fruit Garlic Toast Hospice Screenings
18 Chicken Strips Cauliflower & Cheese Fruit Whole Wheat Bread	19 Hamburger Patty Lettuce/Onion/Mayo Tater Tots Fruit Whole Wheat Bun	20 Sauer Kraut & Kielbasa Boiled Potatoes Mixed Vegetables Fruit Whole Wheat Roll	21 Baked Steak Mashed Potatoes w/Gravy Green Beans Fruit Whole Wheat Roll West Fork Bowling Trip	22 Roast Beef Split Mashed Potatoes Green Beans Hot Roll Juice Cake Baking Contest
25 Chili Waldorf Salad Cornbread Board Meeting	26 Burrito w/Red Bean Chili Rice w/Broccoli & Onions Fruit	27 Baked Beans & Weiners Peas Fruit Hot Roll Grantsville B-Day Dinner	28 Turkey Split Mashed Potatoes Carrots Hot Roll Juice Retired School Employees West Fork B-Day Dinner	29 Garlic Chicken w/Pasta Broccoli Fruit Whole Wheat Bread SHIP Rep Medicare Min.

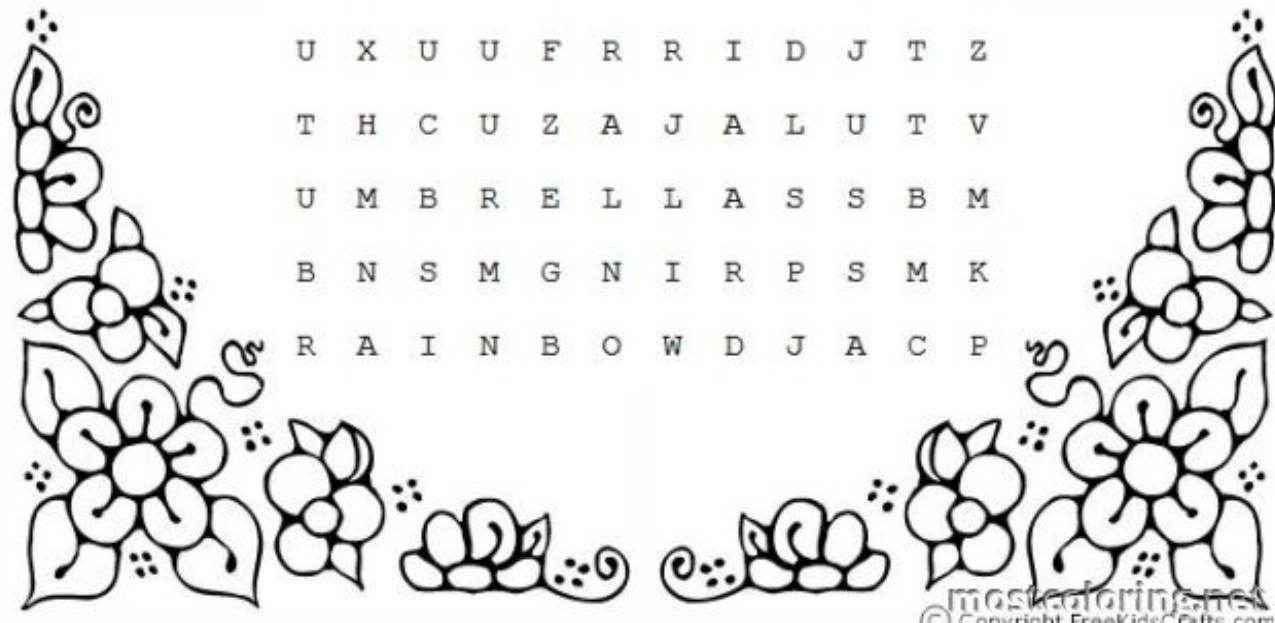


Spring

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

BUDS
 DAFFODILS
 FLOWERS
 GRASS
 RAIN

RAINBOW
 SEEDS
 SPRING
 TULIPS
 UMBRELLA





Spring Word Scramble

WBNIAOR _____

BLLAMURE _____

WFLORE _____

PLITU _____

NERGE _____

MLOBO _____

PLRIA _____

LFBTUTREY _____

NIAR _____

DREGNA _____

EBE _____

YMA _____

GNRIPS _____

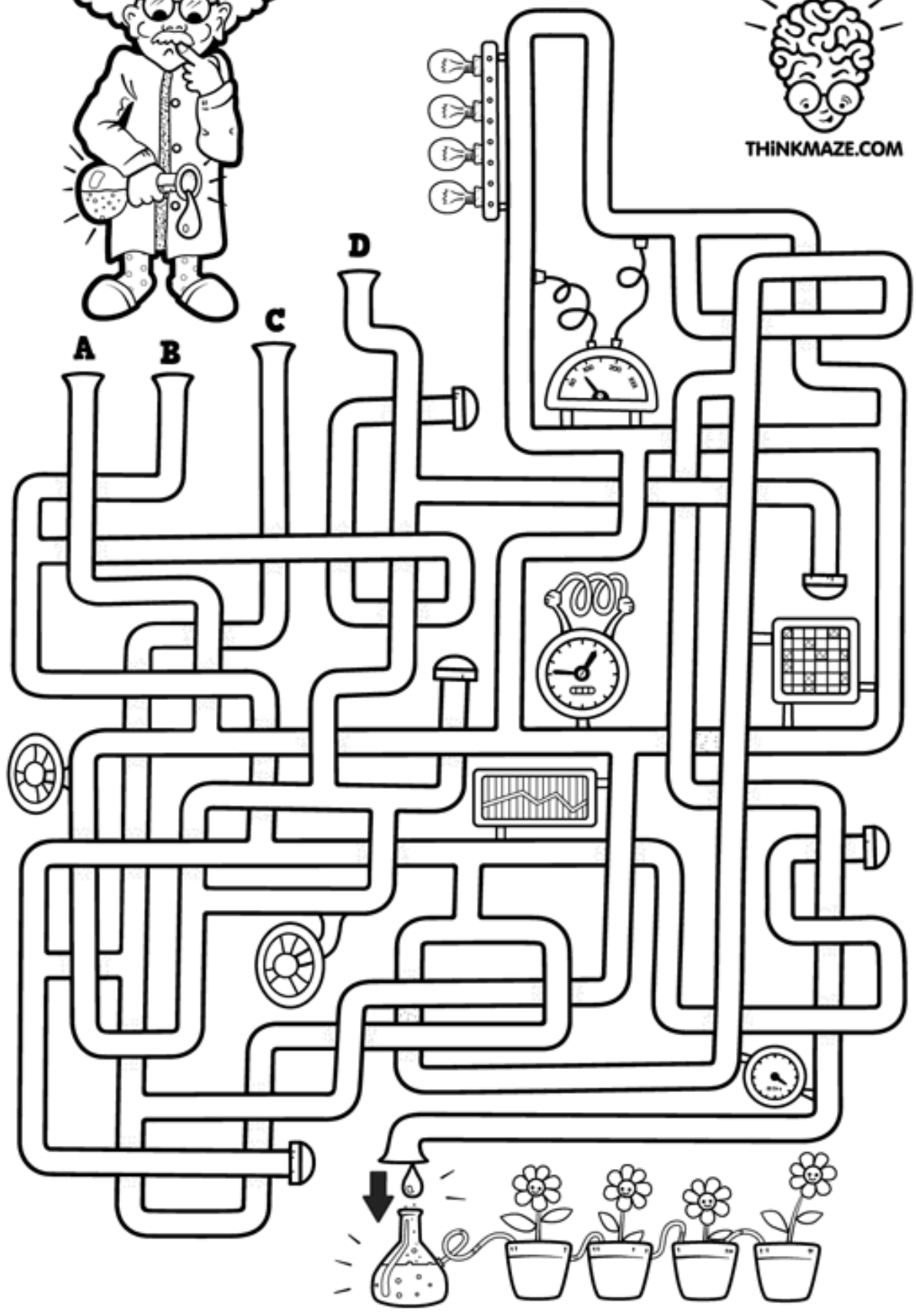
HSSNIEUN _____

YBNUN _____

CAMHR _____

EDES _____





A

B

C

D

THINKMAZE.COM

CCCOA Business Page

Executive Director: Rick Poling

Board of Directors

Roger Jarvis— President
Pamela Gainer— Vice-President
Dottie Rader— Secretary
Edward Lawaty— Treasurer
Launa Butler
Carroll McCauley
Barbara Roberts
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

And much more, Contact CCCOA to learn what is available for you.

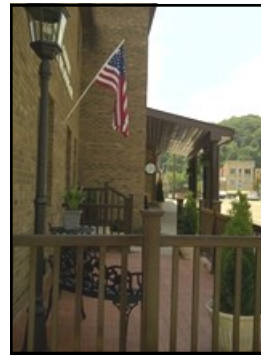
Grantsville Center

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 Center

121 Milo Road
Minnora, West Virginia 25261

Hours: 9:00am - 2:00pm
Monday, Tuesday, Thursday
Phone: 304.655.8805
Fax: 304.354.8805
Mailing: Post Office Box 619
Grantsville, WV 26147





Calhoun County Committee on Aging
PO Box 619
Grantsville, WV 21647



To Contact CCCOA:
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Calhoun County Committee on Aging Inc.