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CCCOA NEWS

Calhoun County Committee on Aging
 Post Office Box 619
 Grantsville, WV 26147
 Phone: 304-354-7017 Fax: 304-354-6859



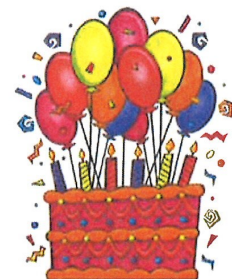
Dates To Remember

- April 2** Crazy Hat Day 10:00am-West Fork Site
- April 3** Bible Study 10:15am
- April 4** Choir Practice 10:30am
Roane Home Care Bingo 11:00am
- April 5** Prevent T2 Class 10:00am
- April 6** Crazy Hat Day 10:30am-Grantsville
- April 10** Bible Study 10:15am
Planning Committee Meeting 1:30pm
- April 11** Crafts 9:30-11:00am
Choir Practice 10:30am
- April 17** Bible Study 10:15am
- April 18** Choir Practice 10:30am
- April 19** Prevent T2 Class 10:00am
- April 20** Genesis Bingo 11:00am
- April 21** **MIX & MATCH BINGO- Doors open at 5:00pm**
- April 23** Board Meeting 2:30pm
- April 24** Bible Study 10:15am
- April 25** Covered Dish Birthday Dinner/Musical Ent.-Grantsville
- April 26** Prevent T2 Class 10:00am
Covered Dish Birthday Dinner/Musical Ent.- West Fork
- April 27** SHIP Counselor/Medicare Presentation 10:45am



April 2018 Grantsville Events

April 3rd, Tues.	Bible Study 10:15 AM	
April 4th, Wed.	Choir Practice 10:30-11:00 AM Roane Home Care Bingo 11:00 AM	
April 5th, Thurs.	Prevent T2 Class 10:00 AM	
April 6th, Fri.	Crazy Hat Day 10:30-11:00 AM	
April 10th, Tues.	Bible Study 10:15 AM Planning Committee Meeting 1:30 PM	
April 11th, Wed.	Crafts 9:30-11:00 AM Choir Practice 10:30-11:00 AM	
April 12th, Thurs.	Pettyville Shopping Trip Depart 8:30 AM Prevent T2 Class 10:00 AM	
April 13th, Fri.	"Healthy Me"	
April 17th, Tues.	Bible Study 10:15 AM	
April 18th, Wed.	Choir Practice 10:30-11:00 AM	
April 19th, Thurs.	Prevent T2 Class 10:00 AM	
April 20th, Fri.	Hospice Screenings 10:30 AM Genesis Bingo 11:00 AM	
April 21st, Sat.	Mix & Match Bingo	
April 23rd, Mon.	Board Meeting 2:30 PM	
April 24th, Tues.	Bible Study 10:15 AM	
April 25th, Wed.	Covered Dish Birthday Dinner/Musical Entertainment BINGO WILL NOT BE PLAYED TODAY!	
April 26th, Thurs.	Prevent T2 Class 10:00 AM	
April 27th, Fri.	SHIP Counselor/Medicare Presentation 10:45 AM	



Yahtzee & Rummy will be played daily from 8:00 - 11:00 a.m.
Bingo will be played daily from 11:00 - 11:30 am unless otherwise stated.

April 2018 West Fork Events

- April 2nd, Mon. Crazy Hat Day Contest 10:00 AM
Cards/Board Games 10:30-11:30 AM
- April 3rd, Tues. Cards/Board Games 10:30- 11:30 AM
- April 5th, Thurs. Roane Home Care (Carol Barr) 10:00 AM
Cards/Board Games 10:30-11:30 AM
- April 9th, Mon. Crafts/Cards/Board Games/Planning bingo 10:30-11:30 AM
- April 10th, Tues. Cards/Board Games 10:30-11:30 AM
- April 12, Thurs. Cards/Puzzles/Board Games/Corn Hole 10:30-11:30 AM
- April 16th, Mon. Crafts/Cards/Board Games/ Planning bingo 10:30-11:30 AM
- April 17h, Tues. Cards/Board Games 10:30-11:30 AM
- April 19th, Thurs. Cards/Board Games/Corn Hole 10:30-11:30 AM
- April 23rd, Mon. Crafts/Cards/Planning bingo 10:30-11:30 AM
- April 24th, Tues. Cards/Board Games 10:30-11:30 AM
- April 26th, Thurs. Hospice Screenings 10:00-10:30 AM
Entertainment & Birthday Dinner 10:30-11:30 AM
- April 30th, Mon. Crafts/Cards/Planning bingo/Corn Hole 10:30-11:30 AM



Exercise 9:00 - 9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.
Bingo will be played daily from 10:00 - 10:30 am unless otherwise stated.

Find the Needle

Last month the needle was on page 15. Don't forget to look for the needle in this months newsletter.

Actual needle size



April Birthdays

Lynn Phillips	April 4
John Myers	April 5
Orval Mackey	April 12
Zona Parker	April 13
Pennilow Taylor	April 13
Margaret Godbey	April 14
Roy Pursley	April 17
Haymond Conrad	April 20
Odus Miller	April 21
David Blake	April 22
Gerald Starr	April 25
Evelyn Ebbert	April 26
Lula Norman	April 27
Frank Wolfram	April 27



Celebrating March Birthdays:
Debbie Hammons &
Geraldine Lamont

CCCOA Employee



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



Birthday Dinner Entertainment:
provided by Sherry Wade.
Thank you Sherry, we always
enjoy hearing you!



Celebrating March Birthdays:
left to right: Pat Knicley,
Marty Park,
Karen Hollinger.
Standing:
Sharon Knotts



The West Fork held a
surprise birthday party for
Marty Park. She is shown here
with all her loot, Happy Birthday
and Happy Saint Patrick's Day
Marty!



Tex Murphy sporting his
Easter apron, while
cleaning up after
Birthday Dinner



Sherry Wade providing
birthday dinner entertainment.
Thank you Sherry you
always do a fine job.



NIGHT!

Saturday, April 21st

Calhoun County Committee on Aging

105 Market Street Grantsville, WV 26147

Doors open at 5pm, Games begin at 6pm

20 Games of Bingo - \$20.00 cover charge

Additional Cards for Sale

**(Thirty-One, Paparazzi, Lula Roe, Premiere Jewelry,
Case Knives and much more!)**

Must be 18 to play!

For tickets please contact the CCCOA, 304-354-7017

**All proceeds go to the CCCOA to help with the existence
and continuance of programs!**

We thank you in advance for your support of the CCCOA!

Big Bingo Winners-3/6/18

1. Ruth Poorman
 2. Ilene Compton
 3. Carol Cozart
 4. Patty Little
 5. French Stump
 6. Alice Cottrell
 7. Norma Gumm
 8. Debbie Hammons
 9. Roy Pursley
 10. Joann Ward
 11. Albert Smith
 12. Barb Roberts
 13. Barb Rose
 14. Doris Smarr
 15. Alta Mae Richards
 16. John Myer
 17. Steve Miller
 18. Louise Wolverton
 19. Geraldine Lamont
 20. Carol Wines
 21. Jim Welch
 22. Portia Miller
 23. Jeanie Smith
 24. Burl Cottrell
 25. Grand Prize Winner-Alice Cottrell
- Many thanks to the helpers Patty Little, Alta Mae Richards, Portia Miller & Patty Sims.



The CCCOA will be closed on **May 8th** due to Primary Elections!

Remember to cast your vote!

Contributors

We appreciate your thoughtfulness and caring gestures.
 You are invited to help support the services and activities provided by the CCCOA. If you would like to help, please complete this form and send it along with your tax deductible contribution to:

Calhoun County Committee On Aging
 P.O. Box 619
 Grantsville, WV 26147

Gift of Love



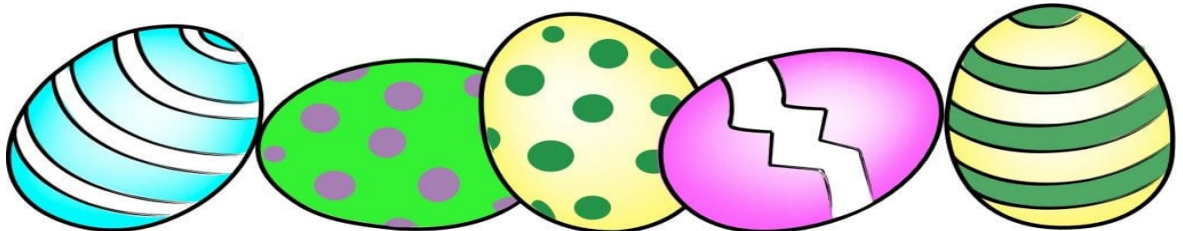
Please indicate where you would like your contribution used:

- Nutrition Program
- Transportation Program
- Activities
- Unspecified

In Loving Memory Of: _____

 You may choose to remain anonymous!





Blackberry & Cream Biscuits

Ingredients:

1 pint fresh blackberries
 2 cups self rising flour
 1 tablespoon sugar
 1.5 cups heavy cream
 unsalted melted butter, to taste
 For the icing (optional):
 1/2 cup confectioners sugar
 1 tsp vanilla extract
 1 tablespoon milk



Directions:

Preheat your oven to 500 degrees. In large bowl, combine the self rising flour & sugar. Stir in the heavy cream. Gently fold in the blackberries.
 Make drop biscuits or lightly flour a work surface, pat dough into a rectangle on the floured surface, & cut into squares (as detailed in this method here)
 Place in a cast iron skillet or a 9×13 casserole dish if you don't own a cast iron.
 Bake at 500 for 15-18 minutes. Let cool for a few minutes & then drizzle with the icing if desired.

Slow Cooker Creamy Sun Dried Tomato Chicken

A delicious and creamy chicken recipe that is loaded with amazing flavor! The sun dried tomatoes and basil truly make this meal outstanding!

Ingredients

4 to 6 boneless skinless chicken breasts
 ¼ cup flour
 1 teaspoon salt
 ½ teaspoon pepper
 4 Tablespoon olive oil
 2 cups chicken stock
 ½ cup sun dried tomatoes in olive oil
 2 Tablespoons basil
 1 cup heavy cream



Instructions

Spray slow cooker with cooking spray.
 Heat large skillet over medium high heat. Add olive oil.
 Combine flour, salt, and pepper. Dredge chicken in flour mixture and place in skillet. Brown chicken on each side for 2 minutes and place on the bottom of slow cooker.
 Add chicken stock, sun dried tomatoes and basil.
 Cook on LOW for about 4 hours or until chicken is cooked through completely.
 Add heavy cream and serve.

Upcoming Day Trips! Pettyville Shopping Trip April 12th

For further details contact Cindy Cottrell
@ 304-354-7017.

Seating is limited, we ask that you
pay for the trip when signing up.



Cool Whip Easter Egg Dye Fun!

SUPPLIES:

Hard-boiled eggs
Two 8 oz. tubs of Cool Whip Original Whipped Topping
Large glass casserole dish
Food coloring (We used McCormick Assorted Food Color and Egg Dye — \$3.67 for set of four, target.com)
Distilled white vinegar
Bamboo skewers (\$4.95 for 75, amazon.com)
Spoon
Large bowl



INSTRUCTIONS:

Spoon Cool Whip into casserole dish, and spread evenly with a spatula.
Mix food coloring with a few drops of vinegar, then drip mixture randomly over the surface of the Cool Whip.
Lightly swirl food coloring into the Cool Whip using a bamboo skewer.
Place six hard-boiled eggs into the dish, spaced evenly apart.
Coat each egg with the Cool Whip and food coloring mixture, using a spoon to ensure even coverage—one good roll is best!
Let eggs sit for about 20 minutes.
Remove each egg and rinse in a bowl of cool water.
Let dry on a paper towel.

**SPONSORED BY:
CALHOUN COUNTY COMMITTEE ON AGING**

2018 Spring Health Fair

**May 15, 2018 ~ 7:00 to 10:00 a.m.
Community Building in Arnoldsburg,**

Visit a variety of health care booths, some with free samples.
Low cost or FREE screenings
See local media for prices on blood work.
Lab will be open 7-10 a.m.

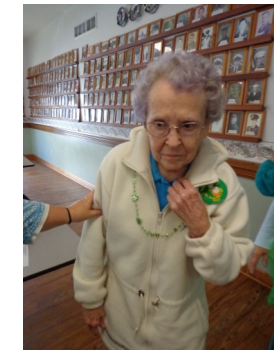
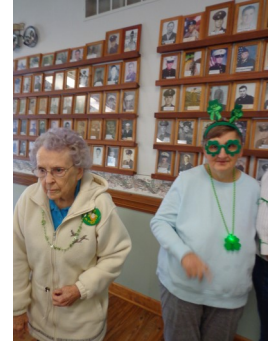


CCCOA
105 Market Street
P.O. Box 619
Grantsville, WV 26147
Phone: 304-354-7017
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Email:
rpoling@cccoa-wv.org
spoling@cccoa-wv.org

Sponsored by Calhoun
County Committee on Aging
(CCCOA)

In collaboration with Minnie
Hamilton Health System and

The WV Bureau of Senior
Services (BOSS)



Winner of the placemat contest:
John Myers

alzheimer's  association®

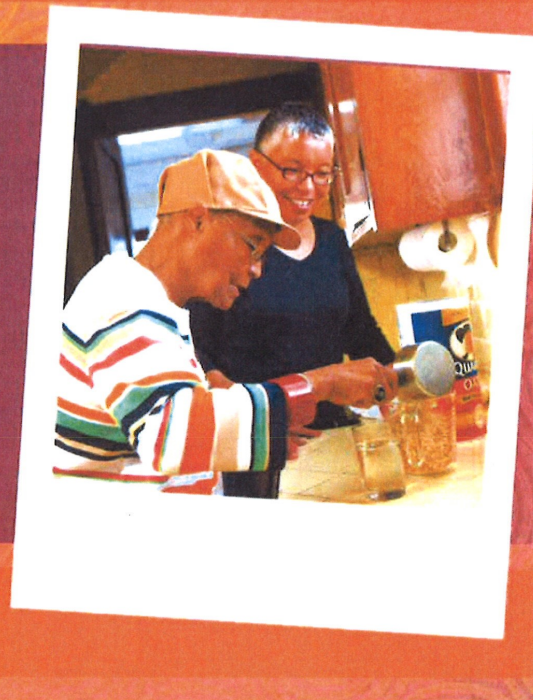
KNOW^{the} 10 SIGNS

EARLY DETECTION MATTERS

WHAT'S NORMAL? WHAT'S NOT?

KNOW THE 10 SIGNS OF ALZHEIMER'S DISEASE

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.



800.272.3900 • alz.org/wv

*Provided through funding by the
Parkersburg Area Community Foundation*

MAY 23, 2018 • 10:00AM

CALHOUN COUNTY COMMITTEE ON AGING

105 MARKET STREET, GRANTSVILLE, WV

CONTACT: 800.272.3900 OR WVINFO@ALZ.ORG

alzheimer's  association®



Til' Next Month

Happy Easter

Judy

Congregate Nutrition Program

Hot, nutritious meals are provided Monday through Friday at 11:30 a.m. at 105 Market Street, Grantsville, WV 26147.

Donation scale is as follows:
60 and over, or disabled

- Monthly income \$700.00 or less- \$1.25
- \$701.00-\$800.00 - \$1.50
- \$801.00 - \$900.00 - \$1.75
- \$901.00 and above - \$2.00

Under 60 yrs of age \$5.25

Homebound residents can receive meals delivered to their home through the Meals on Wheels program. Please call 304-354-7017 and ask for Cindy Cottrell for more information.

Ensure Program

Pick up times are from 8:00 am to 3:00 pm
Please call 304-354-7017 and ask for Cindy Cottrell, to check availability of flavors and quantity.



Fitness Room

The CCCOA has a wonderful fitness room available to those 60 and older, or disabled.

Hours of operation
Monday - Friday
8:00 am -2:30 pm

If you would be interested in volunteering to teach an exercise class, please call 304-354-7017.



EMPLOYMENT OPPORTUNITY

Are you a caring individual searching for a position in the health care industry?

The CCCOA is accepting applications for our in-home care programs. You must be 18 years of age to apply, have reliable transportation, and be able to pass a state and federal background check. We provide CPR/First Aid Training, OSHA, HIPPA, Elder Abuse, and various other in-home care training for our caregivers.

Inquiries please call 304-354-7017, and ask for Opal Harris.



Do you need assistance in your own home?

The Calhoun County Senior Center has several programs to provide in-home services including: Lighthouse, Respite, Medicaid Waiver, Personal Care, Veterans and Private Pay.

Our In-Home Personal Care Programs provide hands-on services to those whom are medically and financially eligible. Determination of eligibility is based on the completion of a medical assessment. Once guidelines are reviewed and eligibility is determined, the client will be provided with a personal care provider.

Our staff is dedicated to our clients' well-being and to keeping them healthy and in their home for as long as possible. Aides are trained in CPR, and First Aid, and it is mandatory that our caregivers attend classes for continuing health education.



In addition, all our aides receive a state-to-state background check and fingerprinting check.

If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

For more information and assistance please call Opal Harris,
In-Home Services Coordinator
@ 304-354-7017.

Email: oharris@cccoa-wv.org or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Steak Mashed Potatoes Sweet Corn Fruit Medley Whole Wheat Bread	3 Beef Noodles Broccoli Pineapples Whole Wheat Bread	4 Seasoned Pinto Beans Onions Chopped Greens Apple Sauce Cornbread	5 Seasoned Oven Baked Chicken Spinach Mixed Fruit	6 Fish Whole Wheat Bun Ranch Potatoes Juice
9 Chili Crackers Fruit	10 Spaghetti w/Meat Sauce Tossed Green Salad Pear Halves Whole Wheat Garlic Toast	11 Cheese Salad Cream Broccoli Fruit	12 Meat Loaf Split Mashed Potatoes Carrots Fruit Whole Wheat Bread	13 Seasoned Lima Beans Coleslaw Cornbread Peachy Crisp
16 Cabbage Roll Mashed Potatoes Green Beans Roll Juice	17 Hamburger w/ Bun Onions & Lettuce Tater Tots Fruit	18 Pork Chop Potatoes Brussel Sprouts Fruit Cocktail Whole Wheat Bread	19 Turkey Split Mashed Potatoes Green Beans Whole Wheat Bread	20 Sloppy Joe Salad Whole Wheat Garlic Toast Applesauce
23 Vegetable Soup Fruit Salad Peanut Butter Sandwich	24 Cook's Choice	25 Beef Macaroni Green Beans Whole Wheat Roll Fruit Birthday Dinner	26 Salisbury Steak w/ Brown Gravy Peas Whole Wheat Bread Pudding West Fork Birthday Dinner	27 Lasagna Spinach Mushroom Salad Whole Wheat Garlic Toast Applesauce
30 Northern Beans Kraut Fruit Cornbread		2% Milk & Margarine Served Daily		Menu Subject To Change Without Notice

April Word Search

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

April
Spring
flowers
rabbits
chicks
jellybeans

umbrella
rain
showers
puddles
plants
baseball

eggs
baskets
chocolate
jokes
pranks
fools

SPRING!



Name: _____

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



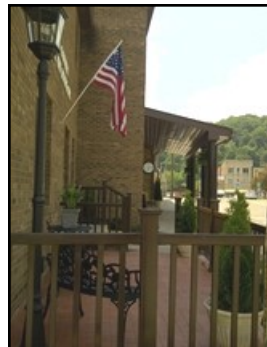
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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.

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.

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

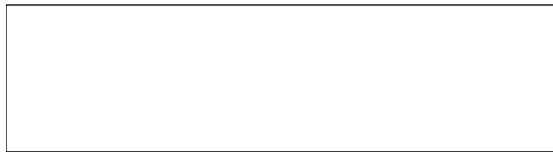


West Fork Center

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:
Phone: 304-354-7017
Fax: 304-354-6859
Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.