

CCCOA NEWS



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



August 2015

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Coming Up!

- Aug 3rd-Retired Senior Volunteer Program REP @ 10:45 –11:00am
- Aug 5th- SNAP-Ed Course @ 9:30am
- Aug 6th-Mountaineer Military Museum Trip Depart @ 10:00am
- Aug 11th-Planning Committee Meeting @ 1:00pm
- Aug 12th- Attorney General’s Office Representative @ 10:30am
- Aug 12th- Roane Home Care @ 10:30am
- Aug 12th- SNAP-Ed Course @ 9:30am
- Aug 13th- Pettyville Shopping Trip @ 8:30 am
- Aug 14th- POP QUIZ BINGO Sponsored by Genesis @ 11:00 am
- Aug 19th- SNAP-Ed Course @ 9:30 am
- Aug 20th- Levee House & Valley Gem Trip depart @ 9:30 am
- August 20th- Spencer Bowling Trip
- Aug 21st- National Senior Citizens Day/Popcorn & Games @ 10:30am
- Aug 24th- Blood Pressure Checks 9:00 –11:00am West Fork Site
- Aug 24th- Board Meeting @ 2:30 pm
- Aug 26th- SNAP-Ed Course @ 9:30am





August 2015 Grantsville Events



August 3rd, Mon.

**RSVP REP 10:45-11:00 A.M.
FGP Meeting 11:00 A.M.**



August 5th, Wed.

**Choir Practice 10:30—11:00 A.M.
Eating Smart & Being Active Class 9:30-11:00 A.M.**

August 6th, Thurs.

Mountaineer Military Museum Trip 10:00 A.M.



August 7th, Fri.

"Healthy Me"

August 11th, Tues.

Planning Committee Meeting 1:00 P.M.

August 12th, Wed.

**Choir Practice 10:30—11:00 A.M.
Eating Smart & Being Active Class 9:30-11:00 A.M.
Roane Home Care Rep. 10:30 A.M.
Attorney General Rep. 10:30 A.M.**



August 13th, Thurs.

**Pettyville Shopping Trip depart @ 8:30 A.M.
Cost \$12 from center, \$15 from Home**

August 14th, Fri.

Bingo Sponsored by Genesis HealthCare 11:00 A.M.



August 19th, Wed.

**Choir Practice 10:30—11:00 A.M.
Eating Smart & Being Active Class 9:30-11:00 A.M.**

August 20th, Thurs.

Valley Gem Trip 9:30 A.M.

August 21st, Fri.

National Senior Citizen Day Popcorn & Games 10:30-11:00 A.M.

August 24th, Mon.

Board Meeting 2:30 P.M.

August 26th, Wed.

**Covered-Dish Birthday Dinner
Musical Entertainment Provided 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!
Eating Smart & Being Active Class 9:30-11:00 A.M.**



August 27th, Thurs.

**Spencer Shopping Trip depart @ 8:30 A.M.
Cost \$8 from center, \$10 from Home
Myrtle Beach Final Payment Due**

August 28th, Fri.

SHIP Counselor Medicare Presentation 10:45-11:00 A.M.

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

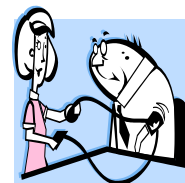


August 2015 West Fork Events



August 3rd, Mon.

Cards/Line Dancing 10:30—11:30 A.M.

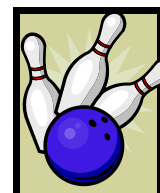


August 4th, Tues.

**Cards/Line Dancing 10:30-11:30 A.M.
Food Give Away 1:00-3:30 P.M.**

August 6th, Thurs.

**Cards/Horse Shoes/Corn Hole 10:30—11:30 A.M
Mountaineer Military Museum Trip**



August 10th, Mon.

Cards/Line Dancing 10:30—11:30 A.M.

August 11th, Tues.

Cards/Line Dancing 10:30-11:30 A.M.

August 13th, Thurs.

Cards/Horse Shoes/Corn Hole 10:30—11:30 A.M



August 17th, Mon.

Cards/Line Dancing 10:30—11:30 A.M.

August 18th, Tues.

Cards/Line Dancing 10:30-11:30 A.M.



August 20th, Thurs.

**Spencer Bowling Trip
Valley Gem Trip**

August 24th, Mon.

**Cards/Line Dancing 10:30—11:30 A.M.
Judy Williams Blood Pressure Checks 9:00 –11:30 A.M.**

August 25th, Tues.

Cards/Line Dancing 10:30-11:30 A.M.

August 27th, Thurs.

**Cards/Horse Shoes/Corn Hole 10:30—11:30 A.M
Birthday Dinner 10:30—11:30 A.M.**



August 31st, Mon.

Cards/Line Dancing 10:30—11:30 A.M.

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

The Birthday Page

Happy Birthday

Homer Husk Aug 2nd
Diane Arcuri Aug 5th
Carol Swearingen Aug 7th
Jane Lawaty Aug 9th
Eileen McKee Aug 13th
Charter Badgett Aug 16th
Vivian Dye Aug 16th
Thelma Hall Aug 16th
Judy Wolfram Aug 18th
Albert Smith Aug 22nd
Gary Vaughn Aug 22nd
Patty Little Aug 23rd
Debbie Vreeland Aug 24th
French Stump Aug 24th
Marietta Cornell Aug 25th
Clifford Ellison Aug 27th
Ruth Morris Aug 27th
Gae Bailey Aug 28th
Donald Kelley Aug 28th

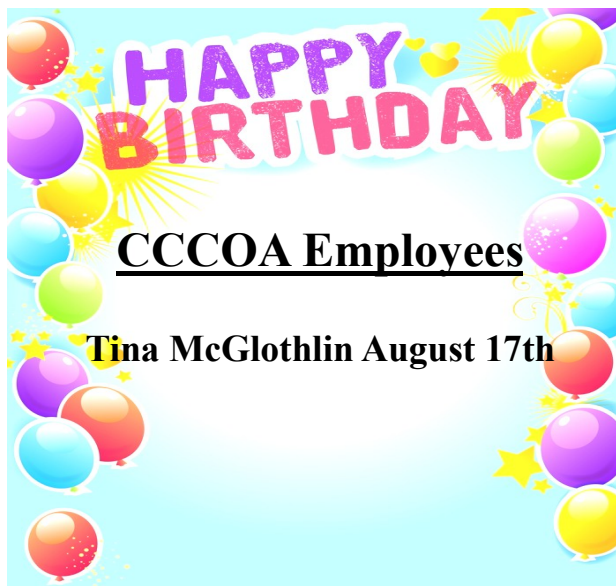


Celebrating July Birthdays at the Grantsville CCCOA:

Seated: Linda Crawford & Willadene Poling
Standing: Jacky Rogers & Ed Snyder



Birthday Entertainment provided by:
RB3 (Rick Poling, Roger Bush, & Buddy Lee)



Celebrating July Birthdays at the Westfork CCCOA:

Ford Wilson & Randy Wilson

CCCOA Grantsville News

4th of July Picnic

Game Winners

Balls in the Bucket Game: Lenn Phillips, Kevin Kannalley, & Ford Wilson

Bean Race Game: Carroll McCauley, Dice Balancing Game: Patty Little

Balloon Cup Game: Martha Harris, Can Stacking Game: Ilene Compton

Block Stacking: Diane Bernier, Toilet Paper Toss Game: Randy Wilson

Ping Pong Toss Game: Carroll McCauley,

Kick the Can Game: Carroll McCauley

Door Prize Drawing: Eleanor Caltabiano, Harley Harris, Alta Mae Richards,

Geraldine Lamont, Joan Auvil, Dorothy McCauley, Mary Nichols,

Willadene Poling, & Ilene Compton



SNAP-Ed Coordinator Lisa Ludwig will be providing 7 more sessions of the Eating Smart, Being Active course. This course is designed to provide the following information: how to save money on food and how to make delicious, inexpensive, and quick meals for your family. If you are interested in joining, classes are at the Grantsville CCCOA on Wednesday's from 9:30 to 11:00a.m..

CCCOA Grantsville & West Fork News

4th of July Picnic
at
Cedar Creek State Park



CCCOA Grantsville & West Fork News



Spotlight on WV

New River Gorge Bridge

When the New River Gorge Bridge was completed on October 22, 1977, a travel challenge was solved. The bridge reduced a 40-minute drive down narrow mountain roads and across one of North America's oldest rivers to less than a minute. When it comes to road construction, mountains do pose a challenge. In the case of the New River Gorge Bridge, challenge was transformed into a work of structural art - the longest steel span in the western hemisphere and the third highest in the United States.

Bridge Construction

The West Virginia Division of Highways chose the Michael Baker Company as the designer, and the construction contract was awarded to the American Bridge Division of U.S. Steel. In June 1974, the first steel was positioned over the gorge by trolleys running on three-inch diameter cables. The cables were strung 3,500 feet between two matching towers. Cor-ten steel, with a rust-like appearance that never needs painting, was used in construction.

Bridge Day

On the third Saturday of October, the Fayette County Chamber of Commerce hosts "Bridge Day." On this one day a year, the famous New River Gorge Bridge is open to pedestrians and a wide variety of activities—great views, food and crafts vendors, BASE jumping, rappelling, music, and more—draw thousands of people. Bridge Day is West Virginia's largest one-day festival, and it is the largest extreme sports event in the world.

The first official Bridge Day was celebrated in 1980 when two parachutists jumped from a plane onto the bridge. They were joined by three additional parachutists, and all five then jumped from the bridge into the gorge. Today, the event lures hundreds of BASE jumpers, cheered on by thousands of spectators.

<http://www.nps.gov/neri/planyourvisit/nrgbridge.htm>



Soap Box by Judy

I don't know how many people believe in ghosts or spirits but if you didn't you might after you hear my story.

My husband and I have lived in this house for 22 years as of July 31st but the last few years it has felt like there is another presence here. Every night when I go to my kitchen sink to do dishes I get chills. Winter, summer, spring, fall, warm weather, cold weather —I get chills. You haven't felt anything scarier than when you are in bed late at night reading and you hear a click above your head as your radio turns itself on. The hairs on the back of my neck stand up.

One night after my son got off work he called me and said, "Mom, I was in the house today while you and Frank were gone, and I turned off your radio and alarm clock in your bedroom." Of course, I had not left on my radio or alarm clock because I had NOT turned them on. Often times when I'm in the kitchen at night I hear music and sure enough it's my radio playing upstairs in my bedroom. A little disturbing...

I washed the blanket from my cat's bed one time and as I was taking them out of the washer, there on the bottom of the washer, was a penny. Now my cats don't have pockets and I don't ever give them an allowance- so where did that penny come from? Good question. I came into the laundry room from outside one afternoon and there on the throw rug was a bright shiny quarter which hadn't been there earlier in the day. Hmmm....

So, what do you think? Am I crazy or what?

'Til next month
~Judy~

p.s. 107 days until October 15th and cool weather

Grape Salad with a Twist

Ingredients:

- 2 cups of red seedless grapes
- 2 cups of green seedless grapes
- 8 ounces of cream cheese
- 8 ounces of sour cream
- 1/2 cup of sugar
- 4 butterfinger candy bars, crushed
- 1/4 - 1/2 cup of pecans, crushed



Directions:

Wash grapes. Cream together cream cheese, sour cream and sugar then fold in grapes. Put mixture into a 9 x13 dish. Sprinkle top with crushed butterfingers then top off with crushed pecans. Chill

Slow Cooker Lemon Garlic Chicken

Ingredients:

- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 pounds skinless, boneless chicken breast halves
- 2 tablespoons butter
- 1/4 cup water
- 3 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon chicken bouillon granules
- 1 teaspoon chopped fresh parsley



Directions:

In a bowl, mix the oregano, salt, and pepper. Rub the mixture into chicken. Melt the butter in a skillet over medium heat. Brown chicken in butter for 3 to 5 minutes on each side. Place chicken in a slow cooker. In the same skillet, mix the water, lemon juice, garlic, and bouillon. Bring the mixture to boil. Pour over the chicken in the slow cooker. Cover, and cook on High for 3 hours, or Low for 6 hours. Add the parsley to the slow cooker 15 to 30 minutes before the end of the cook time.

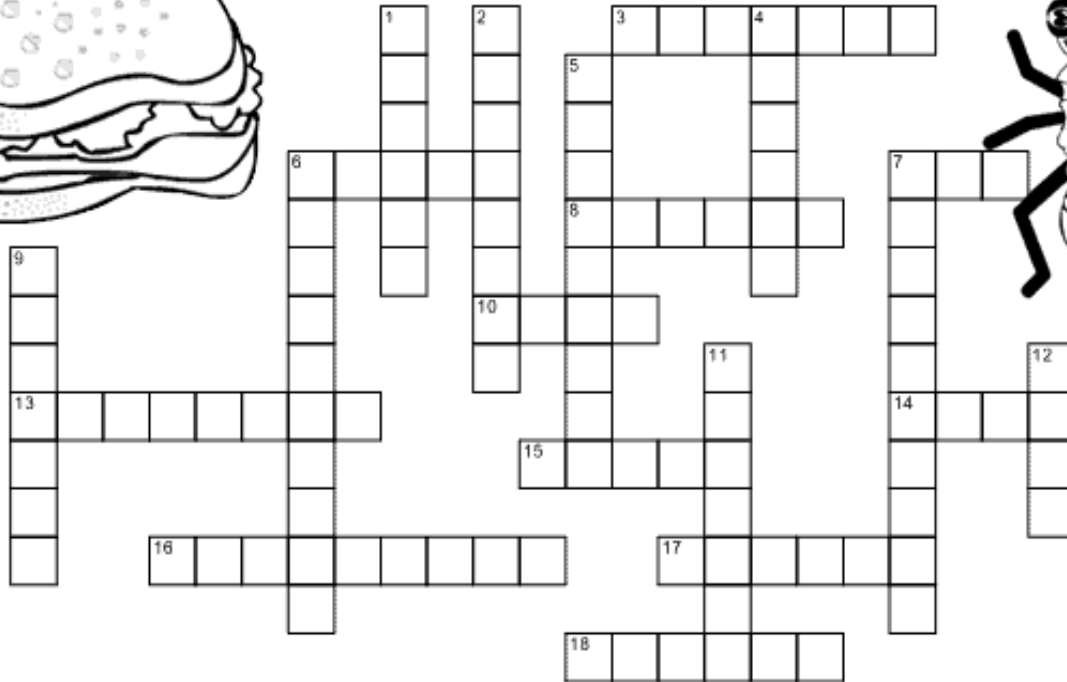
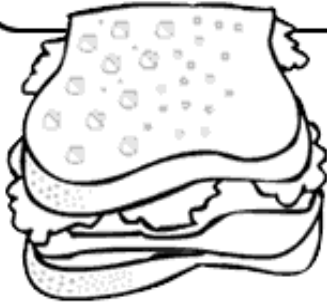


August 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Salad Macaroni Salad Fruit Whole Wheat bread Foster Grandparents Meet	4 Pizza Corn Nuggets Brownie Fruit	5 Hot Dog w/Meat Sauce Coleslaw Apple Crisp Bun SNAP-Ed Course	6 Beef Noodles Green Beans Fruit Salad Hot Roll Military Museum Trip	7 BBQ Chicken Baked Beans Peas Juice Bun
10 Corn Dog Waldorf Salad Ranch Potatoes	11 Hamburger Patty Lettuce/Tomato/Onion Hash Brown Casserole Peaches Whole Wheat Bun Planning Committee Meet	12 Pork Chop Butter Beans Corn Juice Biscuit Roane Home Care BP Clinic SNAP-Ed course	13 Beans Onion/Cucumber Salad Fruit Cornbread Pettyville Trip	14 A1 Steak Mashed Potatoes Beets Pears Whole Wheat Bread
17 Fish Peas & Carrots Applesauce Whole Wheat Bun Attorney General Rep.	18 Chicken Patty Broccoli & Cheese Fruit Bun	19 BBQ Ribs Potato Salad Fruit Whole Wheat Bun SNAP-Ed Course	20 Spaghetti w/Meat Sauce Vegetable Salad Juice Garlic Toast West Fork Bowling Trip Valley Gem Boat Trip	21 Sweet & Sour Pork Boiled Potatoes Cornbread Juice Popcorn & Games Day
24 Sloppy Joe Corn Fruit Bun Board Meeting	25 Taco Salad Lettuce & Tomato Banana Pudding	26 Chicken Mashed Potatoes Corn Biscuit Covered-Dish B-Day Dinner SBAP-Ed Course	27 Baked Steak Mashed Potatoes w/Gravy Carrots Juice Whole Wheat Bread Spencer Shopping Trip West Fork B-Day Dinner	28 Chef Salad w/Ham Cottage Cheese Peaches
31 Macaroni & Cheese Ham Mixed Vegetables Juice Whole Wheat Roll	2% Milk And Margarine Served Daily			Menu Subject To Change Without Notice

Picnic Crossword Puzzle

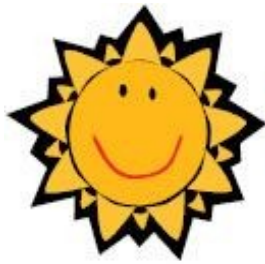


ACROSS

3. A fun picnic game played with a disc shaped toy.
6. Coleslaw is a type of _____.
7. A popular round-shaped baked dessert that is cut into wedges to serve.
8. One type of container used to carry picnic goodies.
10. It's yummy on the cob.
13. This comes in black lumps and is sometimes used on a picnic grill.
14. This type of weather can often ruin a picnic.
15. Tall and leafy, these provide shady places for your picnic blanket.
16. A bright evening show that sometimes follows a picnic.
17. A square of cloth or paper used to keep things clean when eating your picnic meal.
18. Grilled wiener on a bun.

DOWN

1. A picnic container that keeps food cold.
2. Two pieces of bread stuffed with meat, cheese, or other good stuff.
4. Most popular season of the year for picnics in North America.
5. A ground beef patty on a bun.
6. Eye protection from the sun.
7. A fun area for kids inside some parks.
9. Red condiment made from tomatoes.
11. Yellow sauce sometimes used on hamburgers and hotdogs.
12. Tiny picnic invaders.



WELCOME SUMMER

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

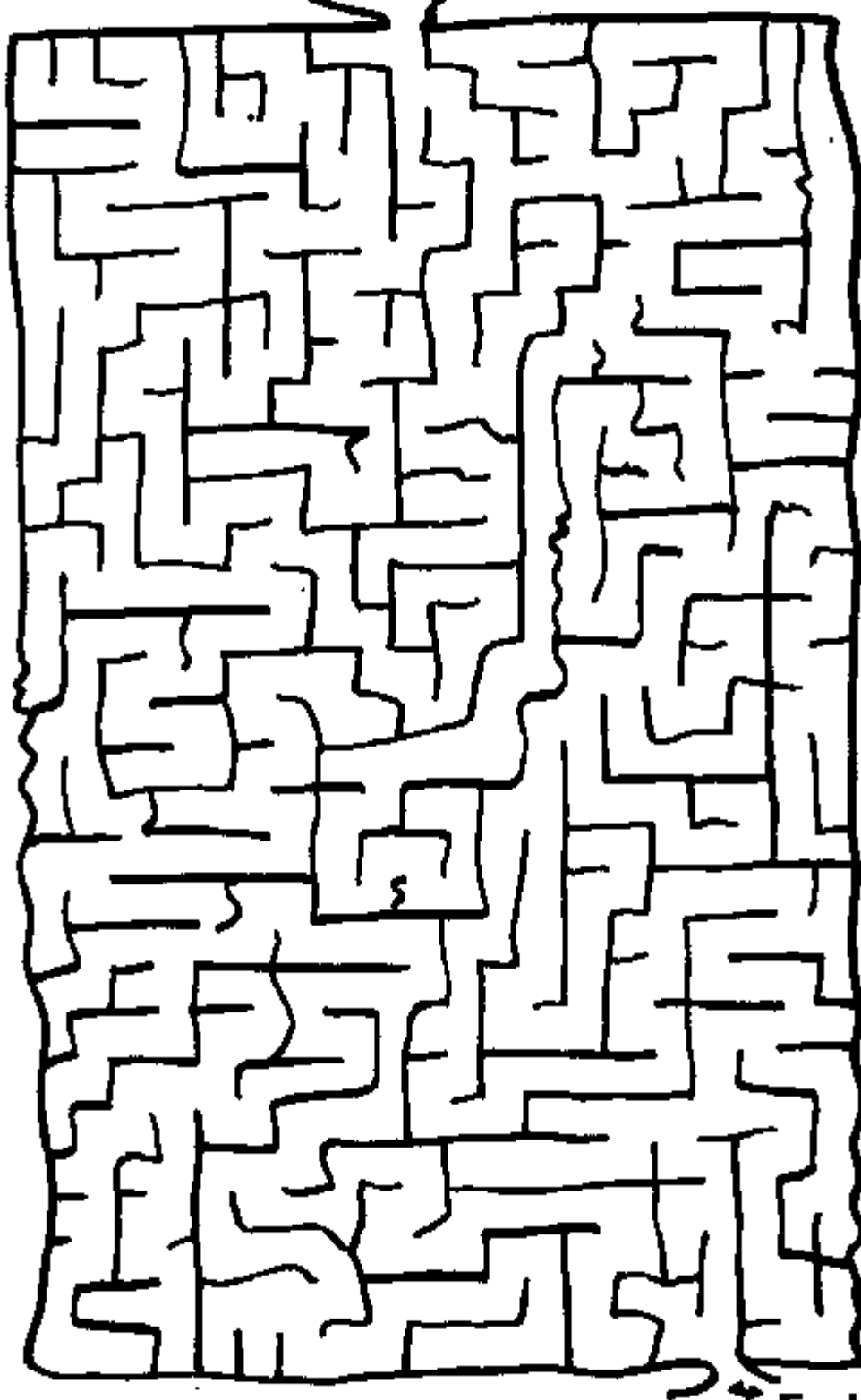
AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS

FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL

POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION

This maze is hard ! Can you make it to the end?

Start



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 at Minnora
Medicare Counseling
Trips and Excursions
Book Lending Library
Daily Activities
Exercise Room
The CCCOA News newsletter
Social Support

Computer Access, Semi-annual Health Fair
And much more, Contact CCCOA to learn what is available for you.

CCCOA News, a publication of Calhoun County Committee on Aging



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.

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Please direct any questions or comments concerning the CCCOA NEWS to Crissy Johnson and/or Rick Poling, CCCOA 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. To learn more about what CCCOA can offer our senior citizens, come by The Senior Center:

Calhoun County Committee on Aging
105 Market Street, Grantsville, WV
Monday through Friday, 7:30 am to 3:30 pm

Or write to us at
CCCOA
PO Box 619,
Grantsville, WV 26147

304-354-7017-Phone

304-354-6859-Fax



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



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Calhoun County Committee on Aging Inc.