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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

August

Dates To Remember

- Aug 1st** Roane Home Care Bingo 11:00 am
- Aug 3rd** "Healthy Me"
- Aug 8th** Ripley Shopping Trip Depart @ 8:30 am
Trip must be paid for at time of reservation!
- Aug 14th** Planning Committee Meeting 1:30 pm
- Aug 15th** Crafts
- Aug 16th** CASH BINGO 12:30 pm
- Aug 17th** Genesis Bingo 11:00 am
- Aug 27th** Bingo Bash 10:30 am
Board Meeting 2:30 pm
- Aug 29th** Covered Dish Birthday Dinner @ Grantsville
Musical Entertainment Provided
- Aug 30th** Covered Dish Birthday Dinner @ West Fork
Musical Entertainment Provided
- Aug 31st** SHIP Counselor Medicare Pres. 10:45 am

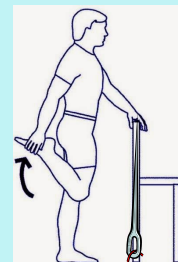
Bible Study is every Tuesday at 10:15 am
Choir Practice is every Wednesday
(with exception of Birthday dinner day) at 10:30 am

School starts back August 9th, please use caution in your morning and afternoon commute.




Grantsville Events

- August 1st, Wed.** **Choir Practice 10:30-11:00 A.M.**
Roane Home Care Bingo 11:00-11:30 A.M.
- August 3rd, Fri.** **"Healthy Me"**
- August 7th, Tues.** **Bible Study 10:15 A.M.**
- August 8th, Wed.** **Choir Practice 10:30-11:00 A.M.**
Ripley Shopping Trip depart @ 8:30 A.M.
\$10 from Center; \$12 from Home
Trip must be paid at time of reservation!
- August 14th, Tues.** **Bible Study 10:15 A.M.**
Planning Committee 1:30 P.M.
- August 15th, Wed.** **Choir Practice 10:30-11:00 A.M.**
"Crafts" 9:30 A.M.
- August 16th, Thurs.** **CASH BINGO 12:30 A.M.**
- August 17th, Fri.** **Genesis Bingo 11:00-11:30 A.M.**
- August 21st, Tues.** **Bible Study 10:15 A.M.**
- August 22nd, Wed.** **Choir Practice 10:30-11:00 A.M.**
- August 27th, Mon.** **Bingo Bash 10:30 A.M.**
Board Meeting 2:30 P.M.
- August 28th, Tues.** **Bible Study 10:15 A.M.**
- August 29th, Wed.** **Covered-Dish Birthday Dinner**
Musical Entertainment Pro.10:30-11:30 A.M.
NO BINGO WILL BE PLAYED TODAY
- August 31st, Fri.** **SHIP Counselor Med. Pres. 10:45-11:00 A.M.**



West Fork Events

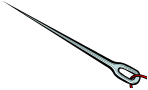
- | | | |
|-------------------|--|---|
| Aug. 2nd, Thurs. | Cards/Board Game 10:30-11:30 A.M
Roane Home Care Bingo 10:00 A.M. |  |
| Aug. 6th, Mon. | Card/Games 10:30-11:30 A.M. | |
| Aug. 7th, Tues. | Cards/Corn hole/horse shoes 10:30-11:30 A.M. |  |
| Aug. 9th, Thurs. | Cards/Games 10:30-11:30 A.M | |
| Aug. 13th, Mon. | Cards/Games 10:30-11:30 A.M. | |
| Aug. 14th, Tues. | Cards/Corn hole/horse shoes 10:30-11:30 A.M. |  |
| Aug. 16th, Thurs. | End of Summer Party 10:30 A.M. | |
| Aug. 20th, Mon. | Cards/Games 10:30-11:30 A.M. | |
| Aug. 21st, Tues. | Cards/Corn hole/horse shoes 10:30-11:30 A.M. |  |
| Aug. 23rd, Thurs. | Cards/Games 10:30-11:30 A.M. | |
| Aug. 27th, Mon. | Cards/Games 10:30-11:30 A.M. | |
| Aug. 28th, Tues. | Cards/Corn hole/horse shoes 10:30-11:30 A.M. |  |
| Aug 30th, Thurs. | Covered Dish Birthday Dinner & Entertainment
Hospice BP Clinic 10:00-10:30 A.M. | |

**Exercise daily 9:00– 9:30 A.M./
Socializing 9:30-10:00 A.M.**

~~**Bingo will be played daily from 10:00–
10:30 A.M.**~~

17. Don't forget to look for the needle
in this month's newsletter.
unless otherwise stated

Actual needle size



August 9th!

August Birthdays

- Carol Swearingen Aug 7
- Violet Richards Aug 7
- Jane Lawaty Aug 9
- Charter Badgett Aug 16
- Vivian Dye Aug 16
- Teresa Starcher Aug 16
- Judy Wolfram Aug 18
- Albert Smith Aug 22
- Gary Vaughn Aug 22
- Patty Little Aug 23
- French Stump Aug 24
- Audra McCumbers Aug 24
- Donald Wolfe Aug 24
- Leonard Boggs Aug 25
- Larry Dawson Aug 25
- Ruth Morris Aug 27
- Clifford Ellison Aug 27
- Katheryn Kerby Aug 28
- Edith Bailey Aug 28



Standing: Jacky Rogers & Cindy Cottrell
 Seated: Linda Crawford & Virginia Simmons



Join us for "Craft" at the Grantsville Center.





Happy Birthday Ford Wilson



Tex and Pat Murphy stopping by the center while out for a cruise!

4th of July Picnic Game Winners

Block Stacking– Portia Miller, Norma Gumm

Bean Game– Hazel Tingler

Dice Stacking– Debbie Hammons, Patty Little

Balloon Cup Game– Norma Gumm

Winners Received \$10.00 Walmart Gift Cards

Door Prizes– Madeline Lamp, Lenn Phillips,
Norma Gumm and Ray Tingler

Special “Thank You” to the cooks
for a delicious lunch!



The logo for 'CASH BINGO' features the word 'CASH' in a bold, blocky font with each letter in a different color (C: orange, A: yellow, S: green, H: blue). Below it, the word 'BINGO' is written in a similar bold, blocky font, but each letter is contained within a circular shape that also has a different color (B: red, I: yellow, N: green, G: blue, O: red).

When: August 16th, 2018

Time: 12:30 pm

Where: CCCOA Dining Hall

Location: 105 Market Street

Grantsville, WV 26147

Open to the public, must be 18yrs of age to play!

The CCCOA serves lunch at 11:30 am,
for a low cost of \$5.25, please join us.

The bus will run after bingo at 2:00 p.m.

Quarter per card, per game!

You win half the pot on every game!

Soda and chips available!

Upcoming Day Trips!

Spencer Shopping Trip– August 8th

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

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



CASH Bingo

Thursday, August 16th

CCCOA Dining Hall

Open to the public!

Beginning right after lunch, at approximately 12:30pm!

Quarter per card, per game!

The bus will be running and taking seniors home after bingo!

Colorfast.....

Have you ever turned your underwear pink? Then you know what I'm talking about when I say that some dark colors bleed during the initial wash cycle. Not all colors are "colorfast, so to prevent the dye from transferring to another garment do a little testing first.

Place a drop of water on an inside seam or inconspicuous spot. Blot with a cotton ball or towel. If the cotton ball/towel remains clean, it is safe to wash with other colors. This comes in handy when washing those new red clothes.

Be careful not to drip dry fabrics that are not colorfast, the color can streak and additionally stain whatever it drips on.

Should you happen to mistakenly get color dye on a garment, soak the discolored item in hot water and "Awesome," which is a stain remover product you can purchase at Family Dollar, for \$1.00. This product can be poured into the wash or sprayed on the fabric directly. However, this product should be used in a ventilated area when spraying, it has a very strong chemical smell that can take your breath.

Another alternative is Carbona Color Run Remover, which can be purchased at Walmart.

I know that I am a busy lady and sometimes I get involved in something and forget a thing or two. I am almost 83 you know... Anyway, I did forget something that happened to me back in June.

Frank went to take a shower one afternoon in June and I was busy with getting supper. After about 20 minutes I heard him say, "WHOA."

Whoa? We don't have a horse and there wouldn't be room in the house for one anyway. So, I went to investigate the "whoa thing". I asked him what was this all about and he said-and I quote, "there is a mouse in my drawer. Look for yourself."

I asked if it was dead or alive. He said that it was alive. Sure enough, when I opened the drawer there was a mouse hopping around Frank's t-shirts and socks. I slammed the drawer shut and then opened it slowly to make sure that I wasn't hallucinating. It was gone!!

I put a trap in the drawer but didn't catch him. I checked the drawers frequently but to no avail. It had simply disappeared. But It will not be forgotten because I washed the white t-shirts and every single one that Frank puts on has a hole chewed in it somewhere. Some of them had more than one hole.

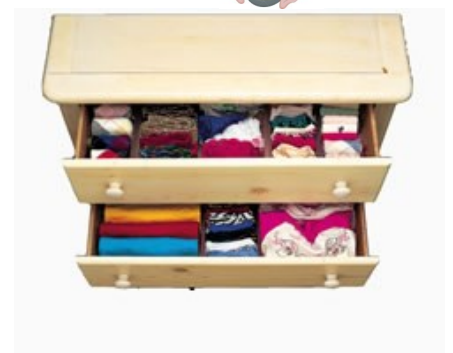
I am not a happy camper. I hate to sew and if I do sew them they will look yucky. If I buy new ones they might end up with holes too.

My solution is that Frank will wear airconditioned t-shirts. It is summer after all. Until I hear the snap of the trap and smile to myself it's "holy shirts" for now.

'Til next month

~Judy~

It's 61 days to go as of August 1st.



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

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2% Milk And Margarine Served Daily</p>	<p>Menu Subject To Change Without Notice</p>	<p>1 Seasoned Pinto Beans Onions Chopped Green Beans Mandarin Oranges Baked Custard Cornbread</p> <p>Roane Home Care Bingo</p>	<p>2 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Whole Wheat Bread</p>	<p>3 Baked Flounder w/ lemon sauce Springtime Pasta Stewed Tomatoes Grapes Whole Wheat Bread</p> <p>“Healthy Me”</p>
<p>6 Vegetable Cottage Cheese Salad Potatoes Spiced Peaches Whole Wheat Biscuit</p>	<p>7 Spaghetti w/Meat Sauce Tossed Green Salad Pear Halves Whole Wheat Garlic Toast</p>	<p>8 Chicken Salad Whole Wheat Bread Cream of Spinach Soup Watermelon</p> <p>Shopping Trip</p>	<p>9 Meat Loaf Scalloped Potatoes Broccoli Purple Plums Whole Wheat Bread</p>	<p>10 Seasoned Lima Beans Cornbread Cucumbers & Onion Salad Peachy Crisp</p>
<p>13 Barbecue Chicken Potato Salad Green Beans Pineapples Whole Wheat Bread</p>	<p>14 Salmon Patty Parsley Noodles Mixed Field Greens Oranges Whole Wheat Bread</p> <p>Planning Committee Meeting</p>	<p>15 Pork Chop Potatoes Broccoli Fruit Cocktail Whole Wheat Bread</p>	<p>16 Sloppy Joe Whole Wheat Bun Raw Vegetable Salad Peaches</p> <p>CASH BINGO</p>	<p>17 Turkey Breast Cornbread Stuffing Green Beans Cantaloupe Whole Wheat Bread</p> <p>Genesis Bingo</p>
<p>20 Vegetable Soup Tomato Stuffed with Tuna Salad Apple Whole Wheat Roll</p>	<p>21 Chicken Italiano Spaghetti w/Marinara Yellow Squash Pears Whole Wheat Bread</p>	<p>22 Savory Black Beans Devilled Eggs Tossed Green Salad Strawberries Cornbread</p>	<p>23 Salisbury Steak w/ Brown Gravy Long Grain Brown Rice Peas Oranges Whole Wheat Bread</p>	<p>24 Lasagna Spinach Mushroom Salad Whole Wheat Garlic Toast Applesauce</p>
<p>27 Oven Fried Fish Boiled Potatoes Buttered Carrots Stewed Prunes Whole Wheat Bread</p> <p>Board Meeting</p>	<p>28 Baked Steak w/ Onions & Peppers Cooked Rice Sweet Corn Fruit Medley Whole Wheat Bread</p>	<p>29 Roast Chicken Cauliflower Polonaise Green Beans Apricots Whole Wheat Bread</p> <p>Birthday Dinner</p>	<p>30 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Casserole</p> <p>WF Birthday Dinner</p>	<p>31 Roasted Beef Mashed Potatoes Broccoli Pineapples Whole Wheat Bread</p>

The Best Fresh Tomato Salsa

Ingredients:

- 2 cups chopped tomatoes
- 1/4 cup chopped red onion
- 1/4 cup chopped yellow onion
- 2 tablespoons canned green chilies
- 2 tablespoons fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 2 cloves garlic, peeled
- 1 teaspoon ground cumin
- 1/4 teaspoon salt



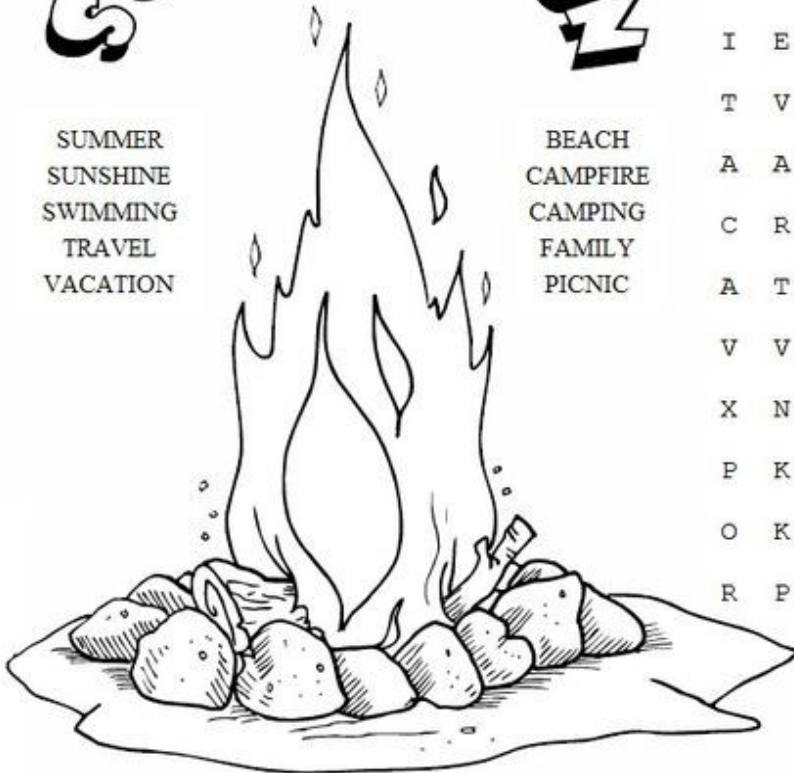
Directions:

Combine tomatoes, red onion, yellow onion, green chilies, lime juice, cilantro, garlic, cumin, and salt in a food processor. Pulse processor until mixture is combined, yet remains chunky. Transfer to a bowl, cover with plastic wrap, and refrigerate at least 1 hour.

SUMMER FUN

SUMMER
SUNSHINE
SWIMMING
TRAVEL
VACATION

BEACH
CAMPFIRE
CAMPING
FAMILY
PICNIC



WORD SEARCH

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



Back to School Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2011

- | | | | |
|--------------|---------------|---------------|-------------|
| 1. STUDENTS | 5. LEARNING | 9. GRADES | 13. READING |
| 2. SCHOOLS | 6. NEWSPAPERS | 10. PRINCIPAL | 14. WRITING |
| 3. BOOKS | 7. BUS | 11. EDUCATION | 15. MATH |
| 4. COMPUTERS | 8. TEACHERS | 12. CLASSES | 16. LIBRARY |

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

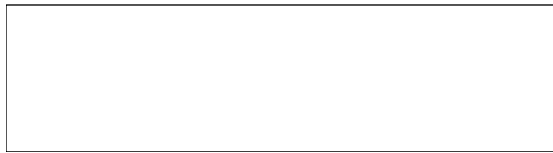


West Fork Center

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

