



# 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**

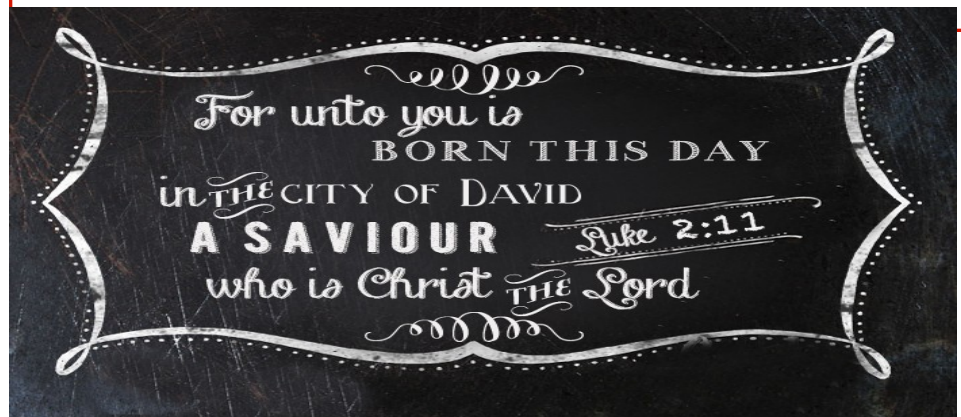
*Merry Christmas & Happy New Year*  
*December 2015*

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## Highlights in December

- Dec 1st-25 Days of Christmas Drawings Begins/Mitten Tree Collections
- Dec 4th-Hometown Christmas
- Dec 9th-Rep Attorney General's Office 10:30am
- Dec 9th-Roane Home Care B.P. Clinic 10:30am Grantsville
- Dec 10th-Spencer Shopping Trip Depart @ 8:30am
- Dec 11th-Big Bingo 10:30am Grantsville
- Dec 16th-Grantsville Birthday/Christmas Dinner/Santa 10:30am
- Dec 16th-Mitten Tree Deadline
- Dec 17th-Mittens Delivered to Schools
- Dec 17th-Spencer Shopping Trip Depart @ 8:30am
- Dec 17th-Spencer Bowling Trip (West Fork Site)
- Dec 18th-Hospice Screenings 10:30am
- Dec 21st-SHIP Counselor Presentation 10:45am
- Dec 22nd-Cookie and Gift Exchange (West Fork Site) @ 10:30am
- Dec 23rd-Christmas Caroling 10:30am
- Dec 24th-FINAL DRAWLING for 25 days of Christmas
- Dec 25th-Centers Closed for Christmas - MERRY CHRISTMAS
- Dec 31st- New Year's Day- Door Prize Drawing
- Dec 31st- Birthday Dinner/ Entertainment (West Fork Site) @10:30am





# December 2015 Grantsville Events



- Dec. 1st, Tues.**                    **25 Days of Christmas Begins 11:00 A.M.**  
**Begin taking Mittens for Mitten Tree**
- Dec. 2nd Wed.**                    **Choir Practice 10:30 - 11:00 A.M.**
- Dec. 4th Fri.**                      **Hometown Christmas**
- Dec. 7th, Mon.**                    **"Healthy Me"**
- Dec. 9th, Wed.**                    **Choir Practice 10:30—11:00 A.M.**  
**Roane Home Care B.P. Clinic 10:30 A.M.**  
**Attorney General Rep. 10:30 A.M.**
- Dec. 10th, Thurs.**                **Pettyville Shopping Trip Depart 8:30 A.M.**  
**Cost \$12 from Center, \$15 from Home**  
**Trip must be paid at time of reservation!**  
**Retired School Employee 10:30 A.M.**
- Dec. 11th, Fri.**                    **BIG BINGO 10:30-11:30 A.M.**
- Dec.16th, Wed.**                    **Covered-Dish Birthday/Christmas Dinner**  
**Santa Pictures; Caroling 10:30-11:30 A.M.**  
**NO BINGO WILL BE PLAYED TODAY!**  
**Mitten Tree Deadline**
- Dec. 17th, Thurs.**                **Mittens Delivered to Schools**  
**Spencer Shopping Trip Depart 8:30 A.M.**  
**Cost \$8 from Center, \$10 from Home**  
**Trip must be paid at time of reservation!**
- Dec. 18th, Fri.**                    **Hospice Screenings 10:30 A.M.**
- Dec. 21st, Mon.**                    **SHIP Counselor Presentation 10:45 A.M.**
- Dec. 23rd, Wed.**                    **Christmas Caroling 10:30-11:00 A.M.**
- Dec. 24th, Thurs.**                **Final Drawing for 25 Days of Christmas**
- Dec. 25th, Fri.**                    **CENTER CLOSED— MERRY CHRISTMAS!!**
- Dec. 31st, Thurs.**                **New Year's Dinner - Door Prize Drawings**



**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.**



# December 2015 West Fork Events



**Dec. 1st, Tues.**

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



**Dec. 3rd, Thurs.**

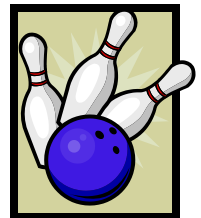
**Cards/Crafts 10:30-11:30 A.M.**

**Dec. 7th, Mon.**

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

**Dec. 8th, Tues.**

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



**Dec. 10th, Thurs.**

**Cards/Crafts 10:30-11:30 A.M.**

**Dec. 14th, Mon.**

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

**Dec. 15th, Tues.**

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



**Dec. 17th, Thurs.**

**Spencer Bowling Trip 10:00 A.M.**

**Dec. 21st, Mon.**

**Line Dancing/Cards 10:30-11:30 A.M.  
Judy Williams BP Clinic 9:00-11:30 A.M.**

**Dec. 22nd, Tues.**

**Cookie and gift exchange 10:30-11:30 A.M**

**Dec. 24th, Thurs.**

**CLOSED –Merry Christmas**



**Dec. 28th, Mon.**

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

**Dec. 29th, Tues.**

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

**Dec. 31st, Thurs.**

**Nancy with Hospice 10:30– 11:30 A.M.  
Birthday Dinner/Entertainment 10:30-11:30**



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

## December Birthdays

Mary Nichols	Dec 4th
Donna Neely	Dec 5th
Jean Miller	Dec 6th
Teresa Harris	Dec 7th
Vier Hall	Dec 8th
Evelyn McCormick	Dec 9th
Virginia Neely	Dec 10th
Violet Williams	Dec 11th
Peter Godfrey	Dec 14th
Jim Myer	Dec 19th
Stephen White	Dec 19th
French Stump	Dec 19th
Denise Rexroad	Dec 20th
Duane Poling	Dec 21st
Clarice Whytsell	Dec 23rd
Denzil Dye	Dec 24th
Shirley Starcher	Dec 24th
Cleora Newell	Dec 30th
Olive Richards	Dec 30th



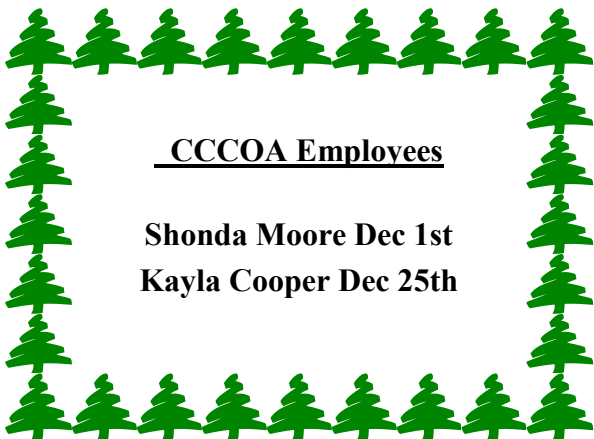
### Celebrating November Birthdays at the Grantsville CCCOA:

**Rick Poling**

### Celebrating November Birthdays at the Westfork CCCOA:

**Ruby Laughlin, Sutchai Cottrell**

**(No Photo Available)**



### CCCOA Employees

**Shonda Moore Dec 1st**

**Kayla Cooper Dec 25th**



# CCCOA Grantsville News



Vietnam Vets:

Front Row: Jesse Flinchem, Denzil Ward, Steve White, Larry Swisher, Vier Hall.

Back Row: Donald Walker, Jim Sturm, Starling Holbert, Jim Yoak, Bernard Miller



Operation Enduring Freedom; Operation Iraqi Freedom

Keith Tanner



World War II Vets:

Donald Kelley, Bernard Wyatt, Von Yoak, Odus Miller

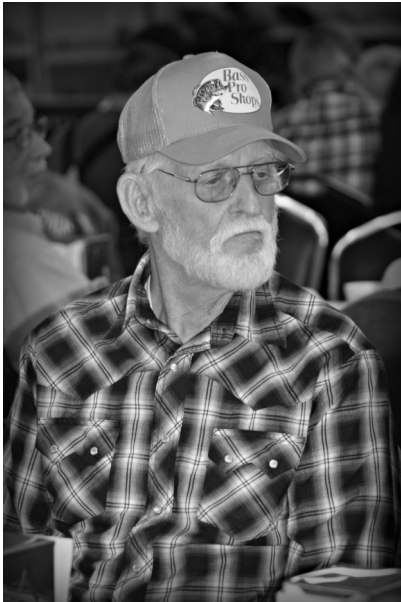


Korean War Vets:

Roy Pursley, Charlie Snyder, Robert Bush, Harold Craddock, Roy Fowler, Bernard Wyatt



# CCCOA News

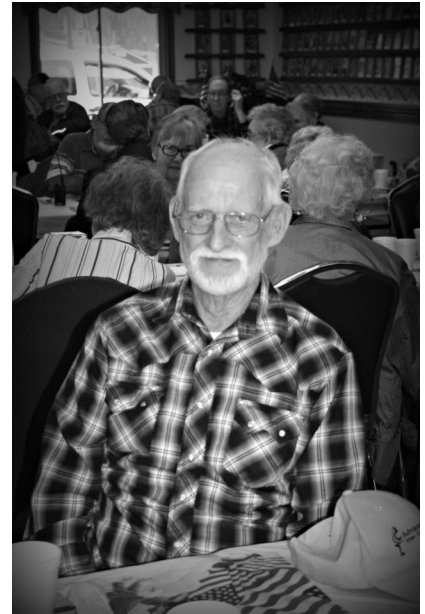


*Congratulations!*

on your retirement Roy!

You will be missed by all!  
Wishing you much  
joy & happiness  
as you begin a new  
chapter in your life!

(Roy Pursley)



## Enjoying a friendly game of Bingo, sponsored by Bankers Life!



Gay Bailey



Betty Ellison



Jean Boggs



Larry Dawson



Virginia Simmons



Violet Williams, Big Tom Turkey, and  
Wanda Carpenter wishing everyone a

Happy  
Thanksgiving

## Applying for Veterans Benefits: Tips for Caregivers and Spouses

"What are the VA benefits for veterans and their caregivers, and how do I know if my loved one is eligible?" Believe it or not, this is the most common question caregivers ask Debbie Burak, founder of [veteranaid.org](http://veteranaid.org), about applying for veterans benefits. As the daughter of a WWII veteran, Burak is intimately familiar with the challenges that caregivers face when dealing with the VA. For nine years, she looked after parents who never had enough money to pay for their care needs. It was only after years of scraping together every dollar they could find that Burak discovered her parents had been entitled to approximately \$165,000 in VA benefits that they'd never received.

"I'll never forget the expression on Mom's face when she realized the money she desperately needed was never going to come," Burak laments. The experience, as devastating as it was, inspired her to advocate for aging and ailing veterans, and to create a website that provides information for veterans and their caregivers.

### **Confusion about applying for veterans benefits**

Eligibility may be the key question for many caregivers, but there are several other areas of confusion and misinformation that could significantly impact the finances of people seeking to obtain Veterans benefits:

**The VA doesn't recognize Power of Attorney (POA):** "A POA is worthless to the VA," says Burak. "It has no standing; no merit." This revelation often comes as a shock to caregivers who are used to hearing about the necessity of getting a POA as part of planning ahead for elderly care. In order to manage a legally incompetent veteran's financial affairs, an individual must be officially appointed as the veteran's fiduciary, according to Burak.

**You can expedite a VA application:** The VA has specific rules in place to expedite the applications of people age 90 and older. If your loved one is in this age group, make sure that the VA office that's handling their application is aware of this.

**You don't have to be ill to get Aid & Attendance:** One little-known element of the VA program is that when a veteran turns 65 they are considered 100 percent disabled in the eyes of the VA. This means that they could be eligible for the lowest level of Aid & Attendance assistance, even if they have no major health conditions.

**Benefits get cut off when a veteran dies:** If a veteran dies before their spouse, any Veteran Aid & Attendance Improved Pension benefits being received by the couple will immediately cease. "People are just devastated to learn this because they're grieving and trying to make arrangements, and now they get to sit down and play the VA shell game all over again," she says. The "shell game" Burak is referring to is the one that requires the surviving spouse to submit a completely new application to the VA to get their benefits reinstated. Along with a death certificate, the surviving spouse (or their caregiver) must supply additional information and documents, including the deceased spouse's discharge papers; their marriage certificate; information regarding their income, assets and expenses; a physician's statement that details the surviving spouse's medical diagnosis and whether or not they can take care of themselves; and a statement from their long-term care provider (assisted living community, home care agency, etc.) that details their new cost of care information. Even if these documents have already been submitted to the VA, they all must be re-sent after a veteran dies. According to Burak, the average time to award a widow's pension is 10-12 months after it's been submitted, so it's important to start this process as soon as possible after a veteran passes.

**What happens when you call the VA's 1-800 number:** Burak has another tip for caregivers who call the VA to check on a loved one's application status. Make sure you're talking to the local VA office that services the area in which your loved one lives. Be aware that the 1-800 number for the VA automatically routes a caller to the VA office that's nearest to them. For long-distance caregivers, this is most likely not the same office that's in charge of their loved one's account. If the VA office they're directed to is not the same one that's handling their loved one's application, the caregiver won't be able to obtain any information since VA offices are not allowed to pull files on beneficiaries or applicants who do not live in their area.

<https://www.agingcare.com/Articles/applying-for-veterans-benefits-181517.htm>

# Spotlight on WV

## Lewisburg

Voted one of the Coolest Small Towns in America, Lewisburg is a must-visit if you're into a laidback hot-cocoa sipping, window-shopping kind of holiday cheer. Adorable year round, its Main Street is something special during the Christmas season when shops and restaurants deck out their windows in lights and decorations. To kick off the cheer this year, Lewisburg is hosting a holiday open house, where street performances, carriage rides, and snacks and treats inside the stores will get you in the spirit.

During the Holidays, many Lewisburg visitors choose to stay just outside of town at **The Greenbrier**, a mountain resort chock full of grandeur, where Mrs. Claus can be found in a Christmas shop and Santa helps light up a 60-foot Christmas tree to the tune of carolers every Sunday.





## Soap Box by Judy

Christmas is almost here.  
It's the time of year that I hold dear.  
So let me give you my thought on the season.  
I'm sure you'll find they are within reason.

**C** is for cookies that smell so good when they are baking.  
But, Oh, my goodness what a mess you are making.

**H** is for Holly. It makes everything look bright and merry.  
That's why it's called the Christmas berry.

**R** is for reindeer way up in the sky.  
Oh, my, did you see Rudolph Fly by?

**I** is for icicles so pretty in the sun as they glisten.  
But if the sun is too hot you can hear them drip as you listen.

**S** signifies seasons, Santa and snow which means that it's cold;  
everything upon which I am utterly sold.

**T**rees are always the center of attention...  
with lights, tinsel and ornaments too numerous to mention.

**M** is for the manger on that holy night.  
It must have been a beautiful sight.

**A** is the angels who came from on high...  
to announce that a baby was born who for us would die.

**S**o there you have it.

Now all I have to say...  
is I wish all a Happy Holiday.

Hope to see you next year.  
~Judy~



## My Favorite Recipe/Craft

# French Toast Bake

### Ingredients:

1 loaf sourdough bread  
8 eggs  
2 cups milk  
1/2 cup heavy cream  
3/4 cup sugar  
2 TB vanilla

### Topping:

1/2 cup flour  
1/2 cup brown sugar  
1 tsp. cinnamon  
1/4 tsp. salt  
1/2 cup cold butter, cut into pieces



### Instructions:

1. Cut loaf into cubes and place evenly in a greased 9x13 pan.
2. In a bowl, mix together eggs, milk, heavy cream, sugar and vanilla. Pour evenly over bread.
3. Cover your pan with Saran Wrap and refrigerate overnight.
4. Mix together flour, brown sugar, cinnamon, and salt in a medium bowl.,
5. Cut in butter with this mixture until crumbly and place in a Ziploc bag and refrigerate overnight as well.
6. Take pan and Ziploc out when ready to bake. Sprinkle crumbly mixture evenly over the bread.
7. Bake at 350 for 45 minutes to 1 hour depending on how soft you like it.

<http://lilluna.com/french-toast-bake/>





# December 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Menu Subject To Change Without Notice</b>	<b>1</b> <b>A1 Steak</b> <b>Mashed Potatoes &amp; Gravy</b> <b>Carrots</b> <b>Whole Wheat Bread</b> <b>Juice</b>  Mitten Tree Begins 25 Days Drawings Begin	<b>2</b> <b>Northern Beans</b> <b>Onions</b> <b>Greens</b> <b>Fruit</b> <b>Cornbread</b>	<b>3</b> <b>Sloppy Joe</b> <b>Ranch Potatoes</b> <b>Fruit</b> <b>Whole Wheat Bun</b>	<b>4</b> <b>Beef Macaroni Casserole</b> <b>Broccoli</b> <b>Fruit</b> <b>Whole Wheat Roll</b>  Hometown Christmas
<b>7</b> <b>Fish</b> <b>Coleslaw</b> <b>Ranch Potatoes</b> <b>Fruit</b> <b>Whole Wheat Bun</b>	<b>8</b> <b>Tomato Soup</b> <b>Pepperoni Roll</b> <b>Crackers</b> <b>Banana Pudding</b>	<b>9</b> <b>Chicken Liver</b> <b>Butter Beans</b> <b>Cornbread</b> <b>Juice</b>  Attorney General's Rep. Roane Home Care BP Clinic	<b>10</b> <b>Roast Beef Split</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Whole Wheat Bread</b>  Retired School Employees Pettyville Shopping Trip	<b>11</b> <b>Chili w/Meat &amp; Beans</b> <b>Peanut Butter Sandwich</b> <b>Fruit Salad</b> <b>Crackers</b>  BIG BINGO 10:30—11:30
<b>14</b> <b>Chicken Strips</b> <b>Honey Mustard Sauce</b> <b>Corn</b> <b>Fruit</b> <b>Whole Wheat Bread</b>	<b>15</b> <b>Potato Soup</b> <b>Cheese Salad Sandwich</b> <b>Fruit</b> <b>Whole Wheat Bread</b>  WF Christmas Dinner	<b>16</b> <b>Ham</b> <b>Sweet Potatoes</b> <b>Green Beans</b> <b>Hot Roll</b> <b>Christmas Cake</b>  Deadline for Mitten Tree Grantsville Birthday/ Christmas Dinner Santa Pics & Caroling	<b>17</b> <b>BBQ Ribs</b> <b>Cubed Potatoes</b> <b>Fruit</b> <b>Bun</b>  WF Bowling Trip Spencer Shopping Trip Mittens Delivered to Schools	<b>18</b> <b>Baked Steak</b> <b>Mashed Potatoes w/Gravy</b> <b>Carrots</b> <b>Whole Wheat Roll</b> <b>Juice</b>  Hospice Care Screenings
<b>21</b> <b>Pinto Beans</b> <b>Onions</b> <b>Greens</b> <b>Fruit</b> <b>Cornbread</b>  Ship Counselor	<b>22</b> <b>Pork Chop</b> <b>Peas &amp; Carrots</b> <b>Fruit</b> <b>Whole Wheat Bread</b>  WF Cookie & Gift Exchange	<b>23</b> <b>Hot Dogs</b> <b>Potatoes</b> <b>Applesauce</b>  Christmas Caroling	<b>24</b> <b>Chicken Nuggets</b> <b>Corn</b> <b>Jello w/Fruit</b>  25 Days of Christmas Ends	<b>25</b>   <b>Center Closed For Christmas</b>
<b>28</b> <b>BBQ Chicken</b> <b>Cauliflower w/ Cheese Sauce</b> <b>Fruit</b> <b>Whole Wheat Bun</b>	<b>29</b> <b>Lasagna</b> <b>Italian Vegetables</b> <b>Fruit</b> <b>Garlic Bread</b>	<b>30</b> <b>Vegetable Soup</b> <b>Cheese Stick</b> <b>Fruit</b> <b>Cornbread</b>	<b>31</b> <b>Kielbasa w/Sauer Kraut</b> <b>Boiled Potatoes</b> <b>Beets</b> <b>Whole Wheat Bun</b> <b>Juice</b> New Year's Eve Dinner Door Prizes WF B-Day Dinner	<b>2% Milk And Margarine Served Daily</b>

# Christmas fun

Match the words to the correct pictures to complete the Crossword. Then find a secret message.

- bells
- candle
- Candy Cane
- card
- Chimney
- Christmas tree
- elf
- gingerbread
- holly
- letter
- lights
- ornaments
- presents
- reindeer
- Santa Claus
- sleigh
- snowman
- stocking
- wreath



The secret message is \_\_\_\_\_ lead home.



## Christmas Words Scramble Game

leslb

---

sdlnac

---

snergtegi

---

lahyido

---

sksgocint

---

aydcn ncea

---

ttisomeel

---

tawerh

---

nreaocotids

---

seelv

---

ntaas

---

tsgfi

---

trfso

---

mshtiscar rete

---



Name as many Christmas related things  
as you can. One for the each letter of the Alphabet



A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z



# 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.

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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:  
Phone: 304-354-7017  
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Calhoun County Committee on Aging Inc.