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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

December

Dates To Remember

- Dec 1st- 25 Days of Christmas begins
- Dec 1st- Begin taking mittens for mitten tree
- Dec 2nd- Hometown Christmas
- Dec 8th- Ripley Shopping Trip Depart @ 8:30 am
- Dec 9th- BIG BINGO 10:30-11:30 am
- Dec 14th - Roane Blood Pressure Clinic @ 10:30 am
- Dec 14th- Attorney General Rep. @ 10:30 am
- Dec 15th- Mittens Delivered to Schools
- Dec 15th- Spencer Shopping Trip Depart @ 8:30 am
- Dec 16th- Hospice Screenings @ 10:30 am
- Dec 21st- Covered Dish Birthday/Christmas Dinner @ 10:30-11:30 am
- Dec 23rd- Final Drawing for 25 days of Christmas
- Dec 26th- CENTER CLOSED - MERRY CHRISTMAS
- Dec 30th- New Year's Dinner
- Dec 30th- SHIP Counselor Presentation @ 10:45 am

Every year the CCCOA collects mittens for the Arnoldsburg and Pleasant Hill Elementary school kindergarten classes.
If you are interested in donating, we are in need of 24 boys and 14 girls mittens.
The deadline to submit mittens is the 14th of December.

Notice!!!

25 Days of Christmas raffle began on October 1st.
Various Seniors are selling our tickets,
or you may buy one at either center for \$10 each.
For more information please call
304-354-7017 or 304-655-8805.

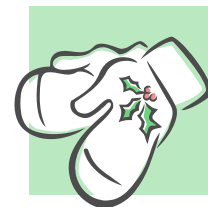


December 2016 Grantsville Events

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CCCOA NEWS

**Dec. 1st, Thurs. 25 Days of Christmas Begins 11:00 A.M.
Begin taking Mittens for Mitten Tree**



Dec. 2nd Fri. Hometown Christmas

Dec. 7th, Wed. Choir Practice 10:30—11:00 A.M.

**Dec. 8th, Thurs. Ripley Shopping Trip Depart 8:30 A.M.
Cost \$10 from Center, \$12 from Home
Trip must be paid at time of reservation!**



Dec. 9th, Fri. BIG BINGO 10:30—11:30 A.M.

**Dec. 14th, 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. 15th, 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. 16th, Fri. Hospice Screenings 10:30

**Dec. 21st, Wed. Covered-Dish Birthday/Christmas Dinner
Santa Pictures; Caroling 10:30-11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!**



Dec. 23rd, Fri. Final Drawing for 25 Days of Christmas

Dec. 26th, Mon. CENTER CLOSED— MERRY CHRISTMAS!!



Dec. 28, Wed. Choir Practice 10:30-11:00 A.M.

**Dec. 30th, Fri. New Year's Dinner - Door Prize Draw-
ings**

SHIP Counselor Presentation 10:45 A.M.

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

December 2016 West Fork Events

Issue 117, December 2016

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- | | |
|-------------------|---|
| Dec. 1st, Thurs. | Games/Cards 10:30-11:30 A.M. |
| Dec. 5th, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. |
| Dec. 6th, Tues. | Line Dancing/Cards/Games 10:30-11:30 A.M. |
| Dec. 8th, Thurs. | Games/Cards 10:30-11:30 A.M. |
| Dec. 12th, Mon. | Crafts/ Board Games/Cards 10:30-11:30 A.M.
Judy Williams BP Clinic 9:00-11:30 A.M. |
| Dec. 13th, Tues. | Cards/Line Dancing/Board Games 10:30-11:30 A.M.
Christmas Dinner |
| Dec. 15th, Thurs. | Bowling Trip |
| Dec. 19th, Mon. | Line Dancing/Cards/Crafts 10:30-11:30 A.M. |
| Dec. 20th, Tues. | Line Dancing/Cards/ Games 10:30-11:30 A.M. |
| Dec. 22nd, Thurs. | Christmas Party, Santa, Gift & Cookie
Exchange, FUN TIME! |
| Dec. 26th, Mon. | CLOSED –Merry Christmas |
| Dec. 27th, Tues. | Line Dancing/Cards/ Games 10:30-11:30 A.M. |
| Dec. 29th, Thurs. | Birthday Dinner/Entertainment 10:30-11:30
Nancy with Hospice 10:30– 11:30 A.M. |



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

Find the Needle

Last months needle was
on page 15, in the
turkeys wing
Actual needle size



December Birthdays

Shirley Chenoweth Dec 1st
 Kathy Kerby Dec 3rd
 Mary Nichols Dec 4th
 Loretta Stevens Dev 6th
 Glenn Hanlin Dec 6th
 Frances Miller Dec 6th
 Evelyn McCormick Dec 9th
 Violet Williams Dec 11th
 Eugene Parsons Dec 12th
 Joy Starcher Dec 13th
 Pete Godfrey Dec 14th
 Stephen White Dec 19th
 Denise Rexroad Dec 20th
 Duane Poling Dec 21st
 Clarice Whytsell Dec 23rd
 Denzil Dye Dec 24th
 Cleora Newell Dec 30th



Celebrating November Birthdays at the Grantsville CCCOA:

Standing: Rick Poling



Birthday Dinner Entertainment At the Grantsville CCCOA;

Sherry Wade

Happy
 Birthday

CCCOA Employees

Shonda Moore



Celebrating October Birthdays at the Westfork CCCOA:

Seated: Ruby Laughlin

Standing Loretta Bishop.

Not pictured: Sue Cottrill.



Happy Veterans Day

Standing left to right: Jim Welch, French Stump, Roy Pursley, Steve White, Steve Miller, Donald Walker, Dennis Dickens, William Barr
Seated left to right: Charles Ray, Harold Craddock, Starling Holbert, Denzil Ward

The CCCOA would like to express our sincere gratitude to all Veterans and their families.



From left to right: Eugene Parsons, Calvin Cottrell, Ford Wilson, Jim McClain, Randy Wilson

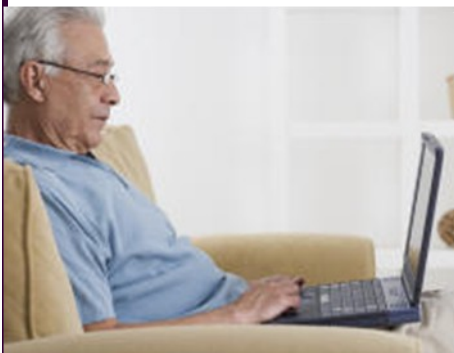


Birthday entertainment was provided by the Star Dust Dancers from Glenville. Seated left to right, Melvin Jenkins, Wilde Jenkins, Charles Jenkins Standing left to right, Karen Kuhl, Janis Derby, JoAnn Darby.



West Fork Big Bingo Winner: Sharon Knotts

Medicare Open Enrollment ready for seniors to choose new health, drug plans



Every year, Medicare's open enrollment period is October 15 through December 7.

Nov. 2, 2016 - Medicare health and drug plans can make changes each year - things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans was available beginning in October.

Where can people find Medicare plan information or compare plans?

>> 1-800-MEDICARE or Medicare.gov.

>> Where can CMS partners find information to help people with Medicare with open enrollment? We have outreach and media materials for English-speaking and other audiences that can help you to help others with Medicare open enrollment.

>> A key site for finding the best drug plan Medicare Plan Finder

>> The Medicare Blog has published a series of helpful blogs about Open Enrollment.

>> Go to our presentation of the Medicare Blog on Shopping Smart in Open Enrollment to also see links to more information helping seniors succeed with Open Enrollment

Read more at http://seniorjournal.com/NEWS/Medicare/2016/20161102_Medicare-Open-Enrollment-ready-for-seniors-choose-new-%20health,%20drug-%20plans.htm#8jP92PZrh2xxKSle.99

Happy 60th Wedding Anniversary



The

CCCOA would like to congratulate Rev. Carroll and Dorothy McCauley on celebrating their 60th wedding anniversary on November 10th.

Carroll was born on July 14th, 1939, and Dorothy born September 4th, 1937, both of Mill Creek (Randolph County) WV. They began dating in April of 1956, their first date was in Daily, WV at the Drive-In Theater. On November 10th, 1956 they were united in marriage, at the Jerusalem Methodist Church. Shortly after they began their family in October of 1957. They have 4 children, Anita Bawn, Cheryl Jarvis, Pam Davis, and Chriss McCauley, 9 grandchildren and 9 great grandchildren.

They both have had different jobs over the years. However, none of them compared to the one they currently hold. Carroll began preaching in October 1960. This coming year will make 57 years in the ministry for the couple. Over time, they have grown together in their marriage, church, and relationship with God. They consider their greatest accomplishments their 4 children and serving in the ministry.

They believe that the most important things in life are to be yourself and to love people. Share the love of Christ with everyone. Love others, we may not always want to love, yet we must.

We do not have to like what others do, but we must love them as God loves us.



December is nice. Christmas is fun. The air is cool or cold but clear. There is just a few things that really bug me. One is this stupid, stupid time change. A know that a man was involved in it somehow.

It's been a month and I still am running on the wrong time. I think to myself that it's time to eat supper. It's 6:00. So I find something to do while my stomach makes noises like an erupting volcano. I'll just get adjusted and guess what?! You got it. It will be time to change the clocks back to the time that I've been running on for months.

The second thing is this 2017 thing. I'm old. It takes me awhile to get into the groove. So to speak now you can change 2016 from 2015 to 2016. See it's a mess but can be done. 2017 will be tough. 2016 to 2017 will look like this 20167. Not too bad maybe it will work- maybe not.

Anyway those are my two complaints now. I'm sure that there will be more later.

In the meantime "Merry Christmas" to all who read this.

Yes, it's Merry Christmas NOT Happy Holidays. Yuk!!

'Til next year.

Happy New Year too.

~Judy~



Holiday Appetizer Wreath



Ingredients

6 slices bacon
 1/2 cup chive-and-onion cream cheese spread (from 8-oz container)
 2 cans (8 oz each) Pillsbury™ refrigerated crescent dinner rolls
 2 cups frozen broccoli florets (from 14-oz bag), thawed, finely chopped and patted dry with paper towel
 1/3 cup diced red bell pepper
 1 egg, beaten
 1 teaspoon sesame seed
 Fresh rosemary, if desired

Preparation

Serves: 16

1 Heat oven to 375°F. Cook bacon as desired until crisp. Drain on paper towel; crumble bacon and set aside.
2 Unroll both cans of dough; separate into 16 triangles. On ungreased large cookie sheet, arrange triangles with shortest sides toward center, overlapping in wreath shape and leaving 4-inch round circle open in center (see diagram). Crescent dough points may overlap edge of cookie sheet. Press overlapping dough to flatten.
3 Spread cream cheese spread on dough to within 1 inch of points. In small bowl, mix crumbled bacon, broccoli and bell pepper; spoon onto widest part of dough. Pull end points of triangles over broccoli mixture and tuck under dough to form ring (filling will be visible). Carefully brush dough with beaten egg; sprinkle with sesame seed.
4 Bake 25 to 30 minutes or until deep golden brown. Cool 5 minutes. With broad spatula, carefully loosen wreath from cookie sheet; slide onto serving platter. Garnish with fresh rosemary. Serve warm.

Craft: Art Work

You will need a flat canvas, sharpie, and multiple colors of paint.

Begin by drawing your light strand. As guests arrive have them initial a spot. Next have them place a painted thumb print of their color choice along the line but not on it. Allow paint to dry, then you may draw squiggly lines from strand of lights to the thumb print to resemble a bulb on the strand.

Finalize craft by adding a personal saying and the year in which it was made so you may remember who all was there for the holiday that year.





December 2016 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Subject To Change Without Notice</p>	<p>2% Milk And Margarine Served Daily</p>		<p>1 Stuffed peppers Mashed Potatoes Peas & Carrots Roll Juice</p> <p>Mitten Tree Begins</p>	<p>2 Beef Macaroni Casserole Broccoli Fruit Whole Wheat Roll</p> <p>Hometown Christmas</p>
<p>5 Fish Coleslaw Ranch Potatoes Fruit Whole Wheat Bun</p>	<p>6 Tomato Soup Pepperoni Roll Crackers Butterscotch Pudding</p>	<p>7 Cabbage Roll Mashed Potatoes Green Beans Roll Juice</p>	<p>8 Pinto Beans Kale Onion Cornbread</p> <p>Ripley Shopping Trip</p>	<p>9 Chili w/Meat & Beans Fruit Salad Crackers</p> <p>BIG BINGO 10:30—11:30</p>
<p>12 Chicken Strips Honey Mustard Sauce Corn Fruit Whole Wheat Bread</p>	<p>13 Potato Soup w/ Carrots Crackers Fruit</p>	<p>14 Pizza Carrots Banana Pudding</p> <p>Deadline for Mitten Tree Attorney General's Rep. Roane Home Care BP Clinic</p>	<p>15 BBQ Ribs Cubed Potatoes Fruit Bun</p> <p>WF Bowling Trip Spencer Shopping Trip Mittens Delivered to Schools</p>	<p>16 Baked Steak Mashed Potatoes w/Gravy Carrots Whole Wheat Roll Juice</p> <p>Hospice Care Screenings</p>
<p>19 Hot Dogs French Fries Applesauce</p>	<p>20 Pork Chop Peas & Carrots Fruit Whole Wheat Bread</p>	<p>21 Ham Sweet Potatoes Green Beans Hot Roll Christmas Cake</p> <p>Grantsville Birthday/ Christmas Dinner Santa Pics & Caroling</p>	<p>22 Chicken Nuggets Corn Jell-O w/Fruit</p> <p>WF Christmas Dinner</p>	<p>23 Vegetable Soup Peanut Butter Sandwich Fruit</p> <p>25 Days of Christmas Ends</p>
<p>26 CLOSED for Christmas</p>	<p>27 Lasagna Italian Vegetables Fruit Garlic Bread</p>	<p>28 Broccoli Cheese Soup Cheese Salad Sandwich Fruit</p>	<p>30 Northern Beans Onions Greens Fruit Cornbread</p> <p>WF B-Day Dinner SHIP Counselor New Year's Eve Dinner Door Prizes</p>	

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 Angela Yoak or 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 Angela Yoak, In-Home Services Supervisor, or Opal Harris, In-Home Services Coordinator
@ 304-354-7017.

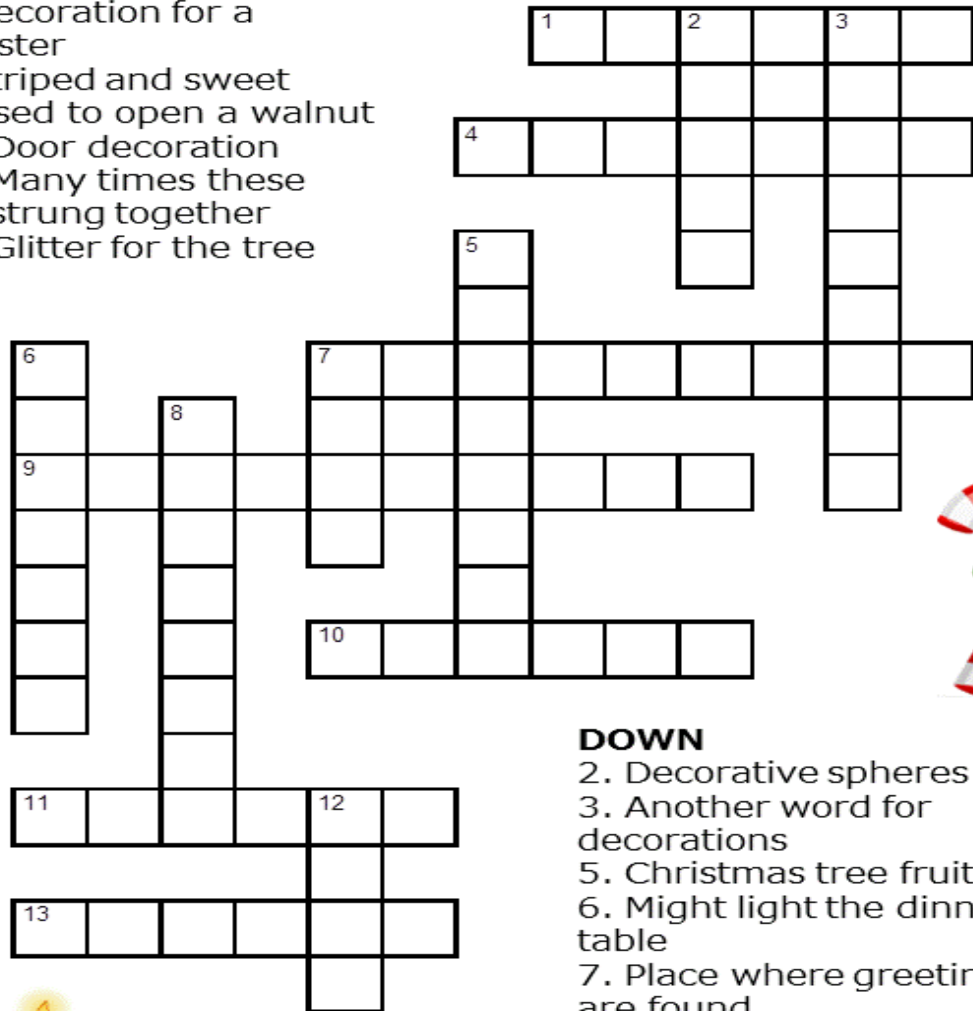
Email: ayoak@cccoa-wv.org or oharris@cccoa-wv.org or stop by the
Calhoun County Committee on Aging
located at
105 Market Street, Grantsville, WV 26147



Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



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Average cost of things in the 50's

The average price for a gallon of gas in 1950 was **18 cents** with the price at the end of the decade being **25 cents** so it was a bargain to buy gas for 24 cents ten years after 1959. The average cost of a new car was **\$1,510** in 1950 and by the end of the decade was **\$2,200**.



Merry Christmas



UWELKNI WTSI FSI I
 RATSKFMERRY NACR
 YKGMAHOLL YDNACF
 LPADDHOLIDAYDFZ
 LESMCKSXRI BBONI
 OELFFSSAMTSI RHC
 JNFGI NGERBREADT
 RUDSTOCKI NGADNY
 ZBSAKWI REI NDEER
 PETNZFDRA CI MHRT
 ZDHTVLEGEFABOXO
 FNGACARWENVNBBY
 MWI KI KQPRESENTS
 QMLKWEBOTVZWCVV
 ENACYDNACUEOXCL

CHRISTMAS
 SANTA
 HOLIDAY
 TREE
 ORNAMENT
 PRESENTS
 HOLLY
 SNOWFLAKE
 RIBBON
 CANDY
 GINGERBREAD
 CARD
 JOLLY
 MERRY
 ELF
 TOYS
 CANDYCANE
 STAR
 STOCKING
 LIGHTS
 TWINKLE
 REINDEER



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

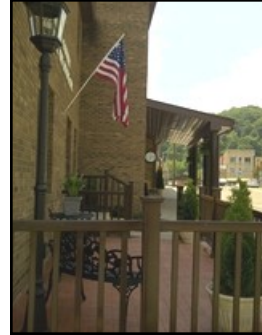
And much more, Contact CCCOA to learn what is available for you.

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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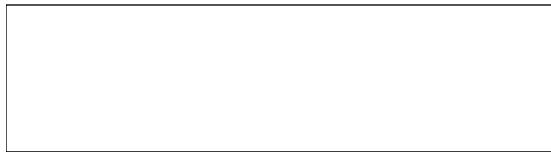
Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

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



Calhoun County Committee on Aging Inc.