

CCCOA NEWS



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

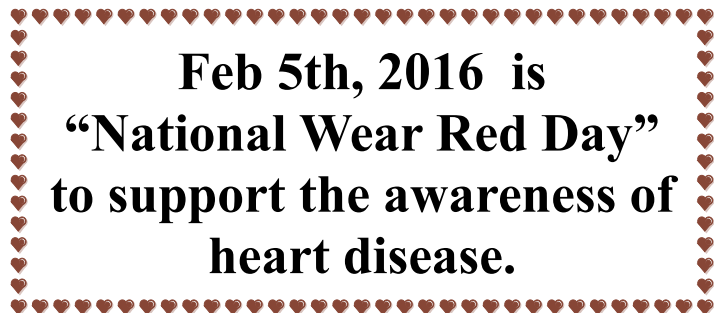
February 2016 *Happy Valentine's Day*

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Coming Up!

- Feb 4th-Pettyville Shopping Trip depart @ 8:30am
- Feb 5th-Wear Red for Women Day
- Feb 9th-Planning Committee Meeting @ 1:00pm
- Feb 10th-Roane Home Care BP Clinic @ 10:30am
- Feb 10th-Attorney General's Office @ 10:30am
- Feb 11th-Spencer Shopping Trip depart @ 8:30am
- Feb 12th-Valentine's Day Celebration
- Feb 15th-CENTER IS CLOSED FOR PRESIDENT'S DAY
- Feb 18th- Spencer Bowling Trip
- Feb 19th-Hospice Screenings @ 10:30am
- Feb 22nd-Board Meeting
- Feb 22nd- SHIP Counselor at WF Site @ 10:45am
- Feb 24th- Grantsville Covered Dish/Birthday Dinner @ 10:30am
- Feb 25th-RSE Meeting & Luncheon @ 10:30am
- Feb 25th- West Fork Covered Dish/ Birthday Dinner @ 10:30am



Feb 5th, 2016 is
“National Wear Red Day”
to support the awareness of
heart disease.



February 2016 Grantsville Events

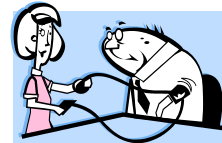


Feb. 3rd, Wed. Choir Practice 10:30—11:00 A.M.

Feb. 4th, Thurs. Pettyville Shopping Trip Depart 8:30 A.M.
Cost \$12 from Center, \$15 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION!



Feb. 5th, Fri. National “Wear Red for Women’s Heart Health” Day
Sponsored by the American Heart Association



Feb. 9th, Tues. Planning Committee Meeting 1:00 P.M.

Feb. 10th, Wed. Choir Practice 10:30—11:00 A.M.
Roane Home Care BP Clinic 10:30 A.M.
Rep. Attorney General’s Office 10:30 A.M.



Feb. 11th, Thurs. Spencer Shopping Trip Depart 8:30 A.M.
Cost \$8 from Center, \$10 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION!

Feb. 12th, Fri. Valentine’s Day Celebration
Exchange Valentines with friends and choose
A Valentine King and Queen



Feb. 15th, Mon. **CENTER CLOSED FOR PRESIDENT’S DAY**

Feb. 17th, Wed. Choir Practice 10:30—11:00 A.M.



Feb. 19th, Fri. Hospice Screenings 10:30 A.M.

Feb. 22nd, Mon. Board Meeting 2:30 P.M.
SHIP Counselor Presentation 10:45 A.M.

Feb. 24th, Wed. Covered Dish Birthday Dinner
Musical Entertainment Provided 10:30—11:30 A.M.,
NO BINGO WILL BE PLAYED TODAY!



Feb. 25th, Thurs. Retired School Employees Meeting & Luncheon 10:30 A.M.

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



February 2016 West Fork Events

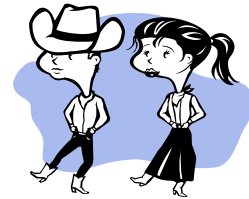


Feb. 1st, Mon. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy



Feb. 2nd, Tues. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy

Feb. 4th, Thurs. **Cards & Crafts 10:30– 11:30 A.M.**



Feb. 8th, Mon. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy

Feb. 9th, Tues. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy

Feb. 11th, Thurs. **Cards 10:30– 11:30 A.M.**
Basket Weaving Workshop w/Cathy Beall
Valentine's Day Celebration



Feb. 15th, Mon. **CENTER CLOSED FOR PRESIDENT'S DAY**

Feb. 16th, Tues. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy



Feb. 18th, Thurs. **Bowling Trip**

Feb. 22nd, Mon. **Cards & Line Dancing 10:30-11:30 A.M.**
Roane Home Care Blood Pressure Clinic 9:00—11:30 A.M.

Feb. 23rd, Tues. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy

Feb. 25th, Thurs. **Hospice Screenings 10:00-10:30 A.M.**
Entertainment/Birthday Dinner 10:30– 11:30 A.M.



Feb. 29th, Mon. **Cards & Line Dancing 10:30-11:30 A.M.**
Rug Hooking Workshop w/Pat Murphy

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

Happy Birthday

Clara Roberts	Feb. 1
Jim Yoak	Feb. 1
Johnny Rexroad	Feb. 2
Ronald Gordan	Feb. 2
Edward Lawaty	Feb. 2
Wanda Carpenter	Feb. 4
Ettalean Kerby	Feb. 8
Romaine Walburn	Feb. 8
Evelyn Yoak	Feb. 9
Delores Frederick	Feb. 10
Leo Hicks	Feb. 13
Stephen Miller	Feb. 15
Glen Fowler	Feb. 17
James Sturms	Feb. 21
Sharon Lane	Feb. 21
Dorotha Horton	Feb. 22
Jan Poling	Feb. 25
JoAnn Ward	Feb. 27
Marilyn Barr	Feb. 28



Grantsville CCCOA Birthdays:
Seated: Marian Moran, & Mary Poirier
Standing: Norma Gumm, Charles Hinzman,
Bessie Welch, & Carol Cozart



Happy Birthday CCCOA Employees

Edward Lawaty Feb. 2
Doreen Doolittle 8
Carol Kanalley Feb. 22
Brenda Ackley Feb. 26

Westfork CCCOA Birthdays:

Jessie Hickman and Jill Metz

CCCOA News

**Birthday Entertainment:
Three N 1
Joyce Williams
June Skaggs
Anne Lacy**



**Winner of National Pie Day Contest:
Best Appearance - Alta Mae Richard's
Strawberry Pie
Best Taste - Patty Little's Pecan Pie**

**West Fork Birthday
Entertainment:
Larry Cottrell, Sharon Knotts,
Sherry Wade**



CCCOA News



Enjoying great conversations and beautiful music!



Spencer Bowling Trip ~ A fun time was had by all!

Senior Journal News

Alzheimer's & Mental Health News for Senior Citizens

Jan. 18, 2016 - Researchers claim to have the first experimental evidence that mentally-challenging leisure activities can actually change brain function and that it is possible that such interventions can restore levels of brain activity to a more youth-like state. Interestingly, the older the individuals that entered into the program, the greater the brain changes.

The findings provide initial experimental support that engaging in challenging tasks for a sustained period of time increases neural efficiency in brain regions associated with attention and semantic processing, potentially enduring for relatively prolonged periods.

“Although there is much more to be learned,” the researchers say. “We are cautiously optimistic with respect to the possibility that age-related cognitive declines can be slowed or even partially restored if individuals are exposed to sustained, mentally challenging experiences.”

One of the greatest challenges associated with the growing numbers of aged adults is how to maintain a healthy aging mind. Taking up a new mental challenge such as digital photography or quilting may help maintain cognitive vitality, say researchers reporting in *Restorative Neurology and Neuroscience*.

Recent evidence suggests that engaging in enjoyable and enriching lifestyle activities may be associated with maintaining cognitive vitality. However, the underlying mechanism accounting for cognitive enhancement effects have been poorly understood.

Investigators at the University of Texas at Dallas proposed that only tasks that involved sustained mental effort and challenge would facilitate cognitive function. Senior author Denise Park and lead author Ian McDonough compared changes in brain activity in 39 older adults that resulted from the performance of high-challenge activities that required new learning and sustained mental effort compared to low-challenge activities that did not require active learning.

All of the participants underwent a battery of cognitive tests and brain scans using functional magnetic resonance imaging (fMRI), an MRI technology that measures brain activity by detecting changes associated with blood flow.

Participants were randomly assigned to the high-challenge, low-challenge, or placebo groups.

- The high-challenge group spent at least 15 hours per week for 14 weeks learning progressively more difficult skills in digital photography, quilting, or a combination of both.
- The low-challenge group met for 15 hours per week to socialize and engage in activities related to subjects such as travel and cooking with no active learning component.
- The placebo group engaged in low-demand cognitive tasks such as listening to music, playing simple games, or watching classic movies.

All participants were tested before and after the 14-week period and a subset was retested a year later. The high-challenge group demonstrated better memory performance after the intervention, and an increased ability to modulate brain activity more efficiently to challenging judgments of word meaning in the medial frontal, lateral temporal, and parietal cortex regions of the brain. These are brain areas associated with attention and semantic processing.

Read more at http://seniorjournal.com/NEWS/Alzheimers/2016/20160118_Mentally-challenging-activities-key-to-healthy-aging-mind-for-seniors.htm#cjZXmWJADaloJdVz.99

Spotlight



PEARL S. BUCK

BIRTHPLACE FOUNDATION & MUSEUM

Welcome to the world of Pearl S. Buck! Known as one of the voices of her generation, many people don't know that her life began in a modest home located in Pocahontas County, West Virginia. The site, a National Historical Site located in the town of Hillsboro, features a modest two-story, hand-built, home where the author was born.

Buck (birth name Pearl Comfort Sydenstricker) (June 26, 1892 - March 6, 1973) was the first woman to win the Pulitzer Prize for Fiction, with her novel *The Good Earth*, in 1932.

Born in Hillsboro, West Virginia to Caroline (Stulting) and Absalom Sydenstricker, Buck and her southern Presbyterian missionaries parents went to Zhejiang, China in 1895. She was brought up there and first knew the Chinese language and customs, especially from Mr. Kong, and then was taught English by her mother and her teacher. She was encouraged to write at an early age.

By 1910, she left for America and went to Randolph-Macon Women's College, where she would earn her degree in 1914. She then returned to China, and married an agricultural economist, John Lossing Buck, on May 13, 1917. In 1921, she and John had a daughter with phenylketonuria, Carol. The small family then moved to Nanjing, where Pearl taught English literature at University of Nanking. In 1925, adopted Janice (later surnamed Walsh) and subsequently 8 more adoptees. In 1926, she left China and returned to the United States for a short time in order to earn her Master of Arts degree from Cornell University.

Buck began her writing career in 1930 with her first publication of *East Wind: West Wind*. In 1931 she wrote her best known novel, *The Good Earth*, which is considered to be one of the best of her many works. The story of the farmer Wang Lung's life brought her the Pulitzer Prize for Fiction in 1932. Her career would keep flourishing, and she won the William Dean Howells Medal in 1935.

Pearl was forced to flee China in 1934 due to political tensions. She returned to the United States, and obtained a divorce from her husband. She then married Richard J. Walsh, president of the John Day Publishing Company, on June 11, 1935, and adopt six other children. In 1938 she won the Nobel Prize for Literature, after writing biographies of her parents, *The Fighting Angel*.

In her lifetime, Pearl S. Buck would write over 100 works of literature, her most known being *The Good Earth*. She wrote novels, short stories, fiction, and children's stories. Many of her life experiences are related to or in her books. She wanted to prove to her readers that universality of mankind can exist if they accept it. She dealt with many topics including women, emotions (in general), Asians, immigration, adoption, and conflicts that many people go through in life. In 1949, she established Welcome House Inc., the first adoption agency dedicated to the placement of bi-racial children, particularly Amerasians.

Pearl S. Buck died on March 6, 1973 in Danby, Vermont and was interred in Green Hills Farm, Perkasio, Pennsylvania

<http://www.biblio.com/pearl-s-buck/author/258>

Soap Box by Judy

Money-hmmm-how does the old saying go about women? "Can't live with them; can't live without them." It must have been a man that made that up. I can live with women and I couldn't live without them. It's nice to talk to somebody who actually makes sense.

Anyway, I digress, so back to the money thing. It's about all of the hullabaloo over that billion plus dollars last month. All that money would be something that I couldn't live with as I'm not used to it. But on the other hand, you have to have some money to live.

Normally, I don't buy power ball tickets as they raised them to two dollars and I figured that I would never have a chance. Sort of a china man's chance in you know where. But my husband says, "We should buy some tickets." I said, "I'll buy one." So I bought one for him with a machine pick and one for me with my kid's birthdays and a powerball six for the six darlings.

Frank went to bed early that night and told me to wake him up if we won. I waited for the numbers. The numbers were 4-8-19-27-34 powerball 10. Frank's numbers were 20-28-33-powerball 11. His other numbers were 11-50, but to be one number off four numbers with his one and only ticket was bizarre. My ticket with my kid's birthdays got me zippo. Not one number.

Back to the billion plus- I listened to people thinking about what they would do with all that money. I hate to travel so that's out. Vacations are a waste of time and money. The weather is bad, they lose your luggage, you can't sleep in a strange bed, and the food stinks. Yuk!! I like my car so a new car is out too. My house is paid for and I don't want to move.

What to do with all that money? Build a new state of the art hospital-one with a cardiac care wing and doctors that are specialists. That's what I would have done if I had won the big money.

'Til next month,
Judy

Staying Healthy and Happy!

Make Blood Pressure Control Your Goal

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

Make Control Your Goal

If you know you have high blood pressure, take these steps to help get it under control.

Ask your doctor what your blood pressure should be. Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over time.

Take your blood pressure medicine as directed. Set a timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.

Quit smoking—and if you don't smoke, don't start. You can find tips and resources at CDC's Smoking and Tobacco website.

Reduce sodium intake. Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce your sodium and visit the Million Hearts. Healthy Eating & Lifestyle Resource Center for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

Man to Man: Heart to Heart

Roosevelt, a long-time smoker, had a heart attack at age 45. He endured six surgeries, including heart bypass surgery to fix the damage to his heart caused by smoking. Now smoke-free, Roosevelt encourages others to quit smoking as a way to reduce their risk of heart disease.

"A heart attack feels like a hand inside squeezing your heart," he said. "It's like the worst Charley horse you can imagine—in your heart."

About 1 in 5 African American adults smokes cigarettes.⁵ CDC's [Tips from Former Smokers](#) campaign recently shined a spotlight on this statistic and the links between smoking and heart disease among African American men.

"If you have loved ones who care about you, they will support you. Take it one day at a time," Roosevelt said.

This approach can work not only for people who want to quit smoking, but for those who are trying to eat better, exercise, and control their high blood pressure—all ways to help reduce the chances of heart attack and stroke.

<http://www.cdc.gov/features/heartmonth/>

Recipe

Bruschetta Chicken Bake

"A simple yet creative chicken meal mimics the popular Italian appetizer 'bruschetta' for a delicious entree reminiscent of romantic Italian evenings."

Ingredients:

- 1 1/2 pounds skinless, boneless chicken breast halves- cubed
- 1 teaspoon salt
- 1 (15 ounce) can diced tomatoes with juice
- 1/2 cup water
- 1 tablespoon minced garlic
- 1 (6 ounce) box chicken flavored dry bread stuffing mix
- 2 cups shredded mozzarella cheese
- 1 tablespoon Italian seasoning

Directions:

Preheat oven to 400 degrees. Spray a 9x13-inch glass baking dish with cooking spray. Toss the cubed chicken with the salt in a large bowl. Place the chicken in a layer into the bottom of the baking dish. Stir together tomatoes, water, garlic, and stuffing mix in a large bowl; set aside to soften. Sprinkle the cheese on top of the Chicken, then sprinkle with the Italian seasoning. Spread the softened stuffing mixture on top. Bake uncovered until the chicken cubes have turned white and are no longer pink in center, about 30 minutes.



Toffee Dessert

"A graham cracker crust filled with creamy chocolate and vanilla pudding then covered with whipped topping and candy bar pieces. A quick, delicious dessert that is sure to please anyone with a sweet tooth!"

Ingredients:

- 1 (1.4 ounce) bar chocolate covered toffee
- 1 (1.6 ounce) bar chocolate covered crispy peanut butter flavored candy
- 1 cup crushed saltine crackers
- 2 cups crushed graham crackers
- 1/2 cup butter, melted
- 1 (5.1 ounce) package instant vanilla pudding mix
- 1 (5.9 ounce) package instant chocolate pudding mix
- 2 cups milk
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 (8 ounce) container frozen whipped topping, thawed

Directions:

1. Place the chocolate covered toffee bar and chocolate covered crispy peanut butter flavored candy bar in the freezer and let freeze 8 hours or overnight.
2. In a medium bowl, mix together the saltine crackers, graham crackers, and melted butter. Press the mixture into the bottom of a 9x13 inch pan to make a crust. Chill crust in the refrigerator while you make the filling.
3. In a large bowl, beat together the instant vanilla pudding mix, instant chocolate pudding mix, and milk. Fold in 12 ounces frozen whipped topping. Spread the filling over the prepared crust. Cover the filling with the remaining frozen whipped topping. Crush the frozen chocolate covered toffee bar and chocolate-covered crispy peanut butter flavored candy bar. Sprinkle the dessert with the crushed candy bars. Cover and refrigerate until ready to serve.



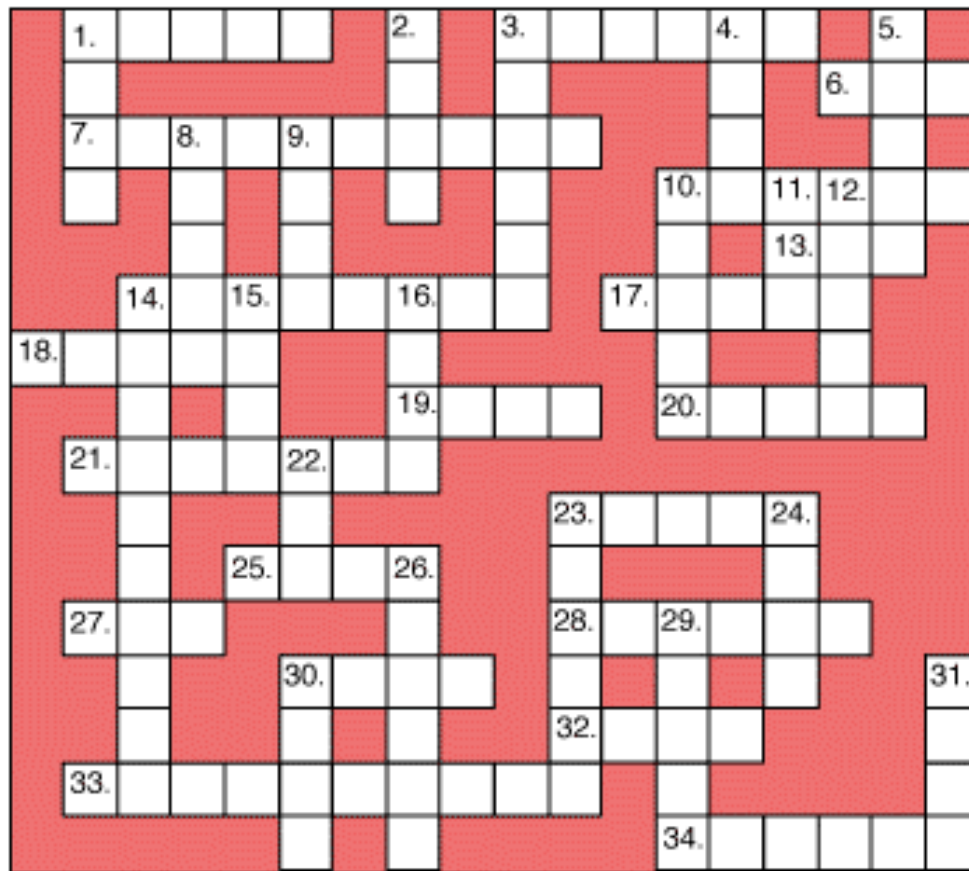


February 2016 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe Coleslaw Fruit Whole Wheat Bun	2 Sausage Gravy Over Potatoes Apple Crisp Biscuit	3 Beef Stew Green Beans Cornbread Juice	4 Chicken Strips Ranch Potatoes Corn Juice Pettyville Shopping Trip	5 Ham Sweet Potatoes Mixed Vegetables Whole Wheat Roll Juice Wear Red Day
8 Chicken Rice Dumpling Soup Peach Cobbler Crackers	9 Pizza Corn Jell-O w/Fruit Planning Committee Meet	10 Cheesy Potato Soup Pineapple Salad Crackers Roane Home Care Attorney Gen. Rep.	11 Hamburger Lettuce/Onion/Mayo Macaroni Salad Fruit Whole Wheat Bun Spencer Shopping Trip WF Valentine Dinner	12 Beans & Weiners Applesauce Peas Cornbread G Valentine's Celebration
15 CENTER CLOSED FOR PRESIDENT'S DAY	16 Steak Hoagie Mayo & Onion Cauliflower & Cheese Fruit Bun	17 Shells & Cheese Vegetables Garlic Bread Juice	18 Creamed Chicken w/Peas & Carrots Mashed Potatoes Biscuit Juice WF Bowling Trip	19 Mixed Bean Soup w/Ham Kale Applesauce Cornbread
22 Fish Sandwich Corn Coleslaw Fruit Whole Wheat Bun Board Meeting	23 Tomato Soup Cheese Salad Sandwich Applesauce Whole Wheat Bread Crackers	24 BBQ Chicken Scalloped Potatoes Brussel Sprouts Whole Wheat Bun Fruit Grantsville B-Day Dinner	25 Meatloaf Split Mashed Potatoes Carrots Whole Wheat Bread Juice Retired School Employees WF Birthday Dinner	26 Chili w/Meat & Beans Fruit Crackers Peanut Butter Sandwich
29 Beans Greens Applesauce Onions Cornbread		Menu Subject To Change Without Notice		2% Milk And Margarine Served Daily

Valentine's Crossword



Across:

1. Opposite of boys
3. Valentine colour
6. ____ goes there?
7. St. _____ Day
10. The targets of Cupid's arrows
13. This little piggy is one
14. Valentine month
17. Tolls paid
18. ____ change, pocket money
19. Sign above door
20. Donald's girlfriend
21. Crayon maker
23. He shoots love arrows

25. Short form for animal doctors
27. Valentine's colour
28. Cupid shoots these
30. Valentine colour
32. Choose
33. Sweet valentine gifts
34. _____ admirer

Down:

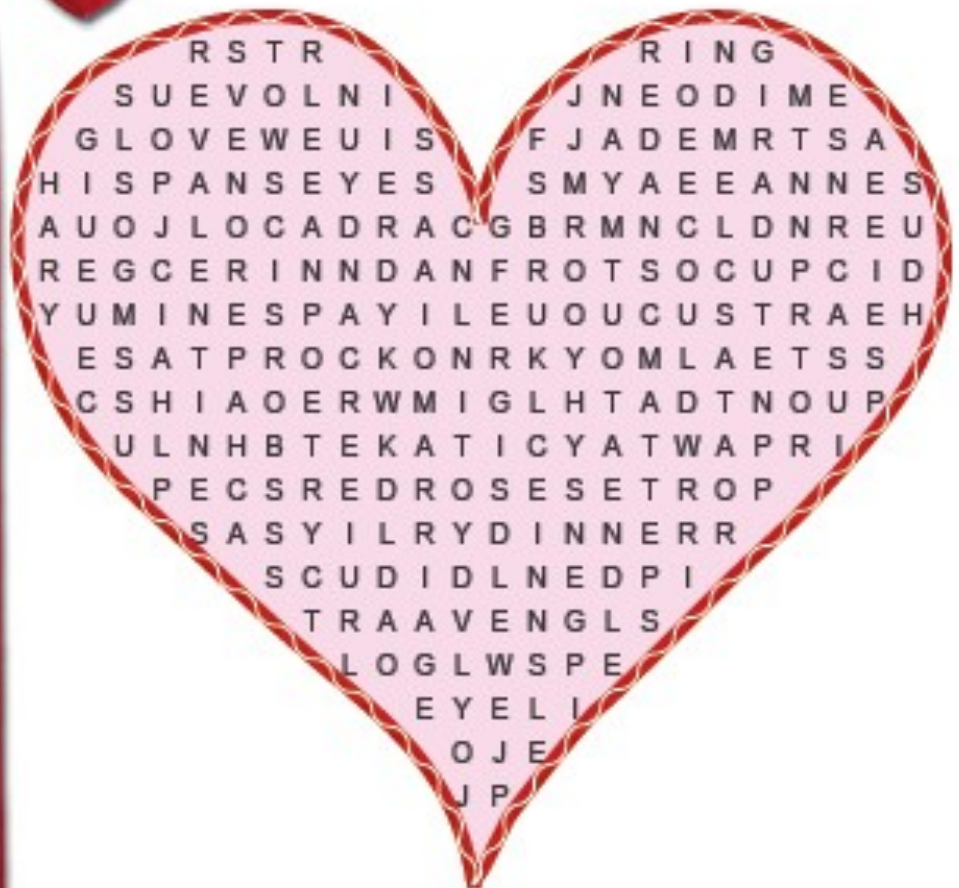
1. Bestow
2. ____ the bottle
3. Attractive
4. Frilly trim
5. Valentine colour
8. Mickey ____ Minnie
9. Close to
10. Listened

11. Past tense of eat
12. Red flowers
14. February ____ is Valentine's
15. ____ valentine.
16. Length x width
22. Single, __, 2, 3, ...
23. Winners
24. Opposite of up
26. First day of the week
29. Speed contests
30. Scheme
31. Pepper ____ candy





AMOUR
 BRIDAL
 CANDY
 CARD
 CHAPERONE
 CHOCOLATE
 DINNER
 EAT OUT
 EYES
 FLOWERS
 HEARTS
 HIS
 HUG
 IN LOVE
 JOY
 JADE
 JEWEL
 LOVE
 MARRIAGE
 MINE
 PAY
 POETRY
 PROPOSE
 RED
 RED ROSES
 RING



ROCK
 ROMANCE
 RUSH
 SECRET

SURPRISE
 VALENTINES
 WEDDING
 YES



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



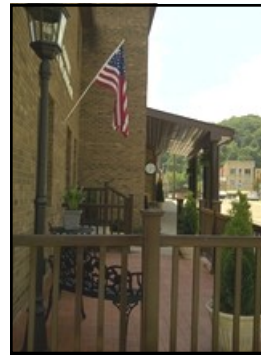
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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.

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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.

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
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Calhoun County Committee on Aging Inc.