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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

February

- Feb. 4 Kanawha Home Health Presentation @ 10:30am
- Feb. 6 RHC Bingo @ 11:00am
- Feb. 9 Ripley Shopping Trip Depart @ 8:30am
TRIP MUST BE PAID AT TIME OF RESERVATION!
- Feb. 12 Planning Committee Meeting @ 1:30pm
- Feb. 14 Valentine's Day Celebration
- Feb. 15 Genesis Bingo @ 11:00am
- Feb. 18 CENTER CLOSED FOR PRESIDENT'S DAY!
- Feb. 20 "CRAFTS" @ 9:30am
- Feb. 22 SHIP Presentation @ 10:45am
- Feb. 25 Board Meeting @ 2:30pm
- Feb. 27 Covered Dish Birthday Dinner/Entertainment @ 10:30am
NO BINGO WILL BE PLAYED TODAY!

Bible Study every Tuesday at 10:15am
Choir Practice every Wednesday at 10:30am

♥ happy ♥
Valentine's
♥ day ♥

February 2019 Grantsville Events

- Feb. 1st Fri. National Wear Red for Women's Heart Day**
- Feb. 4th Mon. Kanawha Home Health Pres. 10:30 am**
- Feb. 5th Tues. "Healthy Me"**
- Feb. 6th Wed. Choir 10:30- 11:00 am
RHC Bingo 11:00-11:30am**
- Feb. 9th Sat. Ripley Shopping Trip Depart @ 8:30 am
TRIP MUST BE PAID AT TIME OF RESERVATION!**
- Feb. 12th Tues. Planning Committee Meeting 1:30 pm**
- Feb. 13th Wed. Choir 10:30-11:00am**
- Feb. 14th Thurs. Valentine's Day Celebration**
- Feb. 15th Fri. Genesis Bingo 11:00-11:30 am**
- Feb. 18th Mon. CENTER CLOSED FOR PRESIDENT'S DAY**
- Feb. 20th Wed. Choir 10:30-11:00 am
"Crafts" 9:30-10:30 am**
- Feb. 22nd Fri. SHIP Rep. 10:45 am**
- Feb. 25th Mon. Board Meeting 2:30 pm**
- Feb. 27th Wed. Covered Dish Birthday Dinner
Musical Entertainment Provided 10:30-11:30 am
No Bingo Will Be Played Today!**



Rummy, Yahtzee, Dominos Daily 8:00-11:00am
Bingo will be played daily from 11:00-11:30am unless stated otherwise.

February 2019 West Fork Events

- Feb. 4th Mon. Line Dancing, Cards, Games 10:30- 11:30am
- Feb. 5th Tues. Cards & Games 10:30-11:30am
- Feb. 7th Thurs. RHC Bingo 10:00am
Cards & Games 10:30- 11:30 am
- Feb. 11th Mon. Line Dancing, Cards, Games 10:30-11:30am
- Feb. 12th Tues. Scrabble Tournament, Cards & Games 10:30-11:30am
- Feb. 14th Thurs. Cards & Games 10:30- 11:30am
Valentine's Day Party 10:30-11:30am
- Feb. 18th Mon. **CENTER CLOSED FOR PRESIDENT'S DAY**
- Feb. 19th Tues. Cards & Games 10:30-11:30 am
- Feb. 21st Thurs. Cards & Games 10:30-11:30 am
- Feb. 25th Mon. Line Dancing, Cards, Games 10:30-11:30 am
- Feb. 26th Tues. Cards & Games 10:30+11:30 am
- Feb. 28th Thurs. Hospice Screenings 10:00-10:30am
Entertainment/Birthday Dinner 10:30-11:30 am



Exercise 9:00-9:30am/Socializing 9:30-10:00am daily unless stated otherwise.
Bingo will be played daily from 10:00-10:30am unless stated otherwise.

Find the Needle

Last month the needle was on page 15. Don't forget to look for the needle in this months newsletter.

Actual needle size



February Birthdays

- Edward Lawarty Feb 2
- Johnny Rexroad Feb 2
- Joann Stull Feb 3
- Wanda Carpenter Feb 4
- Robert Sturms Feb 7
- Romaine Walburn Feb 8
- Velcia Stevens Feb 9
- Letty Johnson Feb 9
- Brian Lamont Feb 12
- Patty Mangus Feb 12
- Barbara Lindsey Feb 13
- Garnett Husk Feb 13
- Omagene Williams Feb 14
- Steven Miller Feb 15
- Sam Nicholson Feb 23
- Loretta McCormick Feb 24
- Jan Poling Feb 25
- Linda Snider Feb 26
- Edna Ward Feb 27



Celebrating January Birthdays
Seated: Mary Poirier
Standing: (left to right)
Carol Cozart and Norma Gumm

CCCOA Employee



January Crafting:
Debbie Hammons,
Barb Rose,
Alice Cottrell,
Carol Cozart
and
Hazel Tingler



Celebrating
January
Birthdays!

Gloria Murphy,
(not pictured)
Jessie Hickman
and
Burton Murphy

Birthday Dinner
Entertainment:
(left to right)

Larry Cottrell
Sharon Knotts
Clayton Moore
Eugene Parsons
and
Tom Fereebe.



It's February. The month for red, hearts, flowers, candy and valentine cards.

Red stands for heart month which February is. In order to have a healthy heart you must eat right. Greens, fiber, fruit, vegetables are a good idea. Drink water, juice, coffee and tea not pop or alcohol. Exercise is next on the list. It will help you feel better. Don't forget a good night's sleep. Zzzzzz's.

As for the other hearts, do you seriously believe that there is a little guy running around in a diaper shooting arrows at people? If so, he should be arrested for public nudity, assault with a deadly weapon, and intoxication. Because if he is dressed like that and he is shooting arrows at people -he is either drunk, crazy or on drugs.

Now to the flowers and candy. They are for the florists and candy makers to make oodles and oodles of money. Because every husband, boyfriend or child who has a guilty conscience for something they did wrong or something they didn't do right or at all- buys one or the other on valentine's day. If the deed is bad you might get both. Their conscience is eased, and you get some good stuff.

The valentine's cards are really a good thing most of the time. If you are sincere when you send them it could make people feel good. Send a card to someone who lives alone or someone you haven't heard from in a while. If I look in my mailbox and find an unexpected card it makes my day. It could even make my week.

So, there is my take on valentine's day and heart month. Enjoy them both.

'til next month,

~Judy~



Just a quick note to let you know the cost of ensure has raised from \$19.00 to \$20.00 a case. If you are in need of Ensure, please call 304-354-7017. Flavors: Chocolate, Vanilla and Strawberry

Nutrition Program Reminder

If you are receiving home delivered meals and **DO NOT** want a lunch, please make sure that you call the center as early as possible, no later than 9:00am. If you are in the hospital or going to be away and need to discontinue your meals for a period of time, you **MUST** let us know. When you return home and want your meals delivered again, call the center and we will be happy to restart your deliveries again. We sincerely appreciate your help with this, it is beneficial to our kitchen staff when preparing meals.

Meals **ARE NOT FREE**. The nutrition program **GREATLY** depends on the donations received in order to provide the meals at the center and the home-delivered meals. *Suggested Donations* are as follows: Seniors \$2.00, Under 60 yrs. \$5.25.

With cold weather upon us and road conditions possibly becoming hazardous, please note that meals may not be delivered if we have bad weather. We try our best to provide you with shelf stable meals prior to us being unable to deliver. If we are unable to deliver for the day you should receive a call, so please make sure you have updated your information at the center for the call now program and please check your messages for important information.

The Senior Center will close for the day when school is closed or at the discretion of the Executive Director, whom makes every effort to see that needs are met and that everyone is safe in doing so.

With winter baring down on us, it is important to have an emergency plan with your family, friends and neighbors. Have contact numbers ready, extra food, water and medications, corded phone, extra batteries and candles for light in the event of a power outage. Make sure you have someone that is close by and able to check on you.

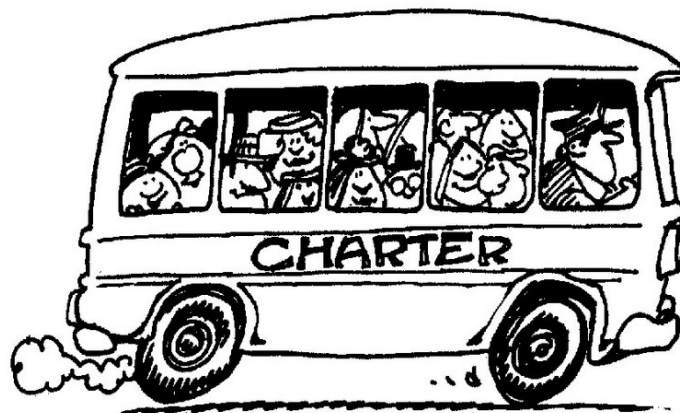
Stay safe and warm....



TRIPS

The Lewis County Senior Center is offering several trips this year. If you are interested in participating, I encourage you to call and gather information asap. Like every facility that offers trips they have to have at least 35-40 attending people for each trip. So getting on the list asap gives them an idea of how many people are interested in attending. Your contact person will be Clara Atchison and her number is 304-269-5738.

- | | |
|------------|---|
| April 8-12 | The Ark Encounter & Creation Museum (5 days & 4 nights)
\$622.00 per person, double occupancy |
| May 20-25 | Mackinac Island (6 days & 5 nights)
\$634.00 per person, double occupancy |
| June 11-13 | Ohio's Amish Country (3 days & 2 nights)
\$479.00 per person, double occupancy |
| Sept. 9-14 | Savannah, Jekyll Island & Beaufort, SC (6 days & 5 nights)
\$690.00 per person, double occupancy |
| Oct. 7-17 | Texas (11 days & 10 nights)
\$1799.00 per person, double occupancy |
| Nov. 18-22 | Pigeon Forge/Smoky Mountains (5 days & 4 nights)
\$683.00 per person, double occupancy |



Inspirational

The Empty Chair

"No. I was not expecting you," said Bob. "Who are you?"

"I'm the new minister at your church," he replied. "When I saw the empty chair, I figured you knew I was going to show up."

"Oh yeah, the chair," said the bedridden man. "Would you mind closing the door?"

Puzzled, Pastor James shut the door.

"I have never told anyone this, not even my daughter," said the man. "But all of my life I have never known how to pray. At church I used to hear the pastor talk about prayer, but it went right over my head. I abandoned any attempt at prayer," the old man continued, "until one day about four years ago my best friend said to me, 'Bob, prayer is just a simple matter of having a conversation with Jesus.'"

'Here is what I suggest. Sit down in a chair; place an empty chair in front of you, and in faith see Jesus on the chair. It's not spooky because he promised, 'I'll be with you always.' Then just speak to him and listen in the same way you're doing with me right now.'

So, I tried it and I've liked it so much that I do it a couple of hours every day. I'm careful though. If my daughter saw me talking to an empty chair she'd either have a nervous breakdown or send me off to the funny farm."

James was deeply moved by the story and encouraged the old guy to continue on the journey. Then he prayed with Bob, anointed him with oil, and returned to the church.

Two nights later the daughter called to tell the pastor that her daddy had died that afternoon.

"Did he die in peace?" he asked.

"Yes, when I left the house about two o'clock, he called me over to his bedside, told me he loved me and kissed me on the cheek. When I got back from the store an hour later I found him dead. But there was something strange about his death. Apparently, just before Daddy died, he leaned over and rested his head on the chair beside the bed. What do you make of that?"

Pastor James wiped a tear from his eye and said, "I wish we all could go like that."

We live by faith, not by sight.

-- 2 Corinthians 5:7 --



February is Heart Health Month, to urge Americans to join the battle against these diseases, since 1963 Congress has required the president to proclaim February as “American Heart Month.”

During the month of February we encourage you to ask yourself “How is my heart?” Take the time to look at your eating and physical activity habits; are you making healthy choices? Stress management is another factor that plays a key roll in maintaining a healthy heart.

Heart Disease, Stroke and other Cardiovascular Diseases

- Cardiovascular disease, listed as the underlying cause of death, accounts for nearly 836,546 deaths in the US. That’s about 1 of every 3 deaths in the US.
- About 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds.
- Cardiovascular diseases claim more lives each year than all forms of cancer and Chronic Lower Respiratory Disease combined.
- About 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke. Direct and indirect costs of total cardiovascular diseases and stroke are estimated to total more than \$329.7 billion; that includes both health expenditures and lost productivity.
- Nearly half of all NH black adults have some form of cardiovascular disease, 47.7 percent of females and 46.0 percent of males.
- Coronary Heart Disease is the leading cause (43.8 percent) of deaths attributable to cardiovascular disease in the US, followed by Stroke (16.8 percent), Heart Failure (9.0 percent), High Blood Pressure (9.4 percent), diseases of the arteries (3.1 percent), and other cardiovascular diseases (17.9 percent).
- Heart disease accounts for 1 in 7 deaths in the US.

Life Line Screenings will be visiting the CCCOA Grantsville facility Wednesday, March 6th. Please take the time to call and schedule your appointment and take the precautionary measures to ensure your heart is healthy.

Life Line Screening offers a 5-test package to thoroughly check you for risk of stroke, cardiovascular disease and other chronic conditions. The combination of these tests helps detect problems-before you have symptoms and while you and your doctor can still take action... so you can keep doing the things you love.

5 Important Screenings for only \$149.00 a Savings of \$181.00!

Carotid Artery Screenings (Plaque)
Heart Rhythm Screening (Atrial Fibrillation)
Abdominal Aortic Aneurysm Screening
Peripheral Arterial Disease Screening
Osteoporosis Risk Assessment



Upcoming Day Trips!

Ripley Shopping Trip- Depart Feb. 9th @ 8:30am

Trip must be paid for at time of reservation!

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

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



Ingredients:

- 1 large red bell pepper
- 1/4 cup (1 ounce) crumbled feta cheese
- 2 tablespoons finely chopped pitted kalamata olives
- 1 tablespoon minced fresh basil
- 8 (6-ounce) skinless, boneless chicken breasts



Directions:

Preheat broiler. Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and finely chop. Prepare grill to medium-high heat. Combine bell pepper, cheese, olives, and basil. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons bell pepper mixture into each pocket; close opening with a wooden pick. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Place chicken on a grill rack coated with cooking spray. Grill 6 minutes on each side or until done. Remove from grill; cover loosely with foil, and let stand 10 minutes.

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.

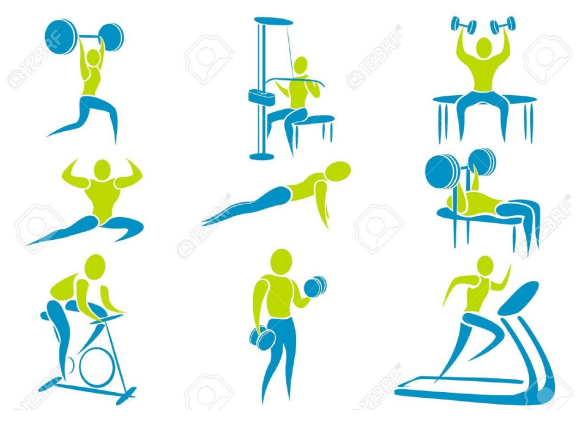


Fitness Room

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.

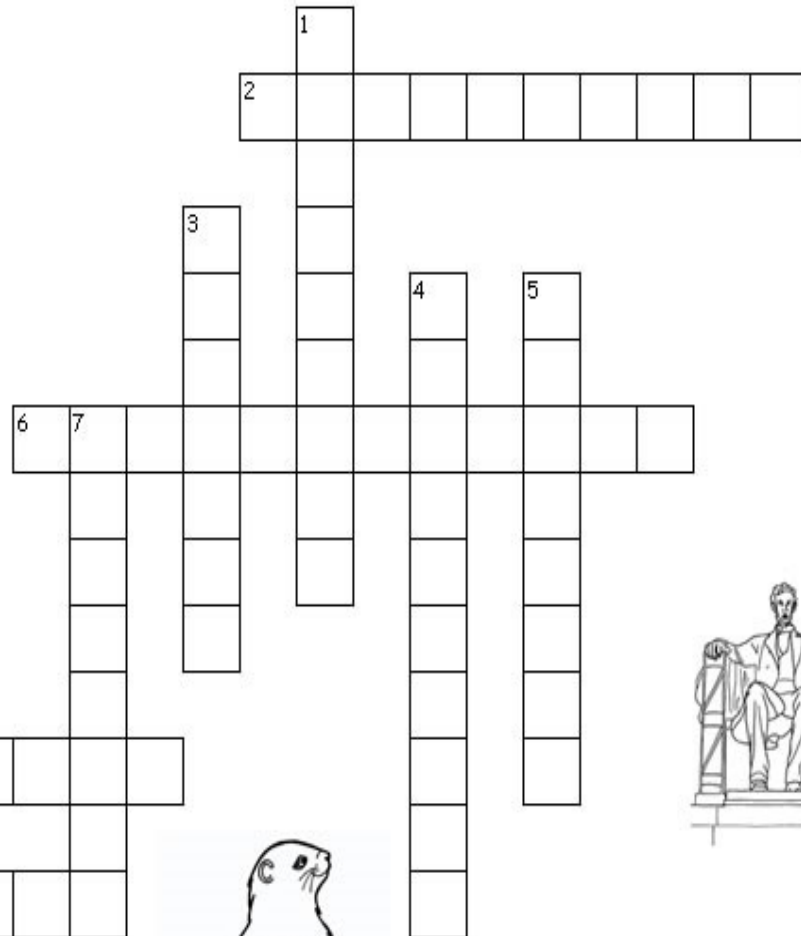
If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

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



FEBRUARY



Across

2. _____ Day - A Holiday Celebrating Our Leaders
6. February is _____ Month (2 words)
8. The Sweetest Day
9. February's Season

Down

1. February 2 is _____ Day
3. President Abraham _____
4. Our first President (last name)
5. February is the _____ month
7. Happens every 4 years (2 words)

Name _____ Date _____ February Puzzle #10

Directions: Add the math problems. Color by the code based upon the sums.

Color Code: White = 7 Purple = 8 Green = 9 Pink = 10
 Silver = 11 Light Blue = 12 Red = 13

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEBRUARY 2019



Menu
Subject
To
Change
Without
Notice



2 %
Milk
And
Margarine
Served
Daily

1 Hot Ham Sandwich
w/ Mayo, Lettuce
Onion, Tomato
Whole Wheat Bread
Mama's Baked Beans
Applesauce

4 Macaroni & Cheese
Chicken Tenders
Spinach
Beets & Onions
Whole Wheat Bread

5 Seasoned Fish
Green Beans
Pineapple & Oranges
Whole Wheat Bread

6 Hamburger
w/ Mayo, Lettuce,
Onion
Mixed Vegetables
Banana Pudding

7 Turkey A'la King
Whole Wheat Biscuit
Broccoli
Cauliflower
Fruit Cocktail

8 Steak
Mashed Potatoes
Green Beans
Tomato Juice
Whole Wheat Bread

11 Cook's Choice

12 Chicken Salad,
Celery
Tomato Soup
Whole Wheat Bread
Pudding

13 Tasty Meat Loaf
Scalloped Potatoes
Broccoli
Cauliflower
Whole Wheat
Bread

14 Baked Steak
Mashed Potatoes
Brussel Sprouts
Mixed Fruit

15 BBQ Chicken/Bun
Potato Salad
Onions
Green Beans
Canned Pineapple

Planning Committee
Meeting

Valentine's Day
Party!

18
CENTER CLOSED
FOR PRESIDENT'S
DAY!

19 Pinto Beans
Onions
Greens
Cornbread
Applesauce

20 Kraut, Italian Sausage
Boiled Potatoes
Peas, Carrots
Cornbread

21 Chili w/Meat &
Beans
Carrots
Fruit Salad
Peanut Butter
Sandwich

22 Steak & Peppers
Potatoes
Carrots
Whole Wheat Roll
Juice

25 Mixed Vegetable
Soup
Cheese Slices
Crackers
Peaches
Applesauce

26 Lean & Light Lasagna
Salad
Wheat Garlic Toast

27 BBQ Chicken
Au Gratin Potatoes
Green Beans
Apricots
Whole Wheat Roll

28 Broccoli Soup
Carrots
Cobbler
Crackers

Board Meeting

Grantsville B-Day
Dinner

West Fork B-Day
Dinner

CCCOA Business Page

Executive Director: Rick Poling

Board of Directors

- Roger Jarvis— President
- Pamela Gainer— Vice-President
- Dottie Rader— Secretary
- 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

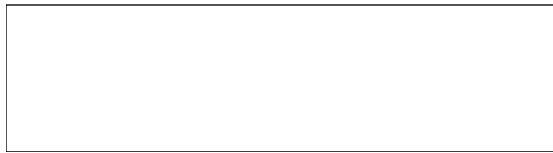


West Fork Center

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

