

CCCOA NEWS

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



January 2016

Happy New Year



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Dates to Remember

- Jan 1st- Centers Closed for New Year's Day
- Jan 7th- Spencer Shopping Trip 8:30am
- Jan 8th- Healthy Me
- Jan 12th- Planning Committee Meeting
- Jan 13th- Roane Home Care B.P. Clinic 10:30am
- Jan 14th- Genesis Bingo 11:00-11:30am
- Jan 18th- CENTER CLOSED - MARTIN LUTHER KING DAY
- Jan 22nd- Pie Baking Day Contest 10am, Winners announced at 11am, Prizes awarded to Best Appearance and Taste.
- Jan 25th- Board Meeting 2:30pm
- Jan 27th- Covered Dish Birthday Dinner
Musical Entertainment Provided 10:30-11:30am
NO BINGO WILL BE PLAYED TODAY!
- Jan 29th- SHIP Counselor Presentation 10:45am



Jan 22nd is National Pie Day

We're hosting a contest!
Bring your pie in and we'll judge on the appearance and the best tasting pie!
Contest will be held from
10:00-11:00am

Good Luck and may the best baker win!

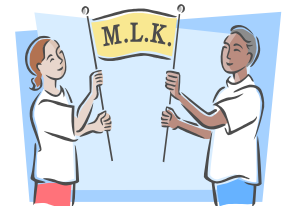




January 2016 Grantsville Events



- Jan. 1st, Fri. **CENTER CLOSED FOR NEW YEAR'S DAY**
- Jan. 6th, Wed. **Choir Practice 10:30-11:00 A.M.**
- Jan. 7th, Thurs. **Spencer Shopping Trip 8:30 A.M.**
Cost \$8 from Center, \$10 from Home
TRIP MUST BE PAID AT TIME OF RESERVATION!
- Jan. 8th, Fri. **"Healthy Me"**
- Jan. 12th, Tues. **Planning Committee Meeting 1:00 P.M.**
- Jan. 13th, Wed. **Choir Practice 10:30—11:00 A.M.**
- Jan. 15th, Fri. **Genesis Bingo 11:00—11:30 A.M.**
- Jan. 18th, Mon. **CENTER CLOSED FOR MARTIN LUTHER KING DAY**
- Jan. 20th, Wed. **Choir Practice 10:30—11:00 A.M.**
- Jan. 22nd, Fri. **Roane Home Care B.P. Clinic 10:30 A.M.**
Pie Baking Day Contest 10:00—11:00 A.M.
Winners announced 11:00 A.M.
Prizes awarded for Best Appearance and Taste
- Jan. 25th, Mon. **Board Meeting 2:30 P.M.**
- Jan 27th, Wed. **Covered Dish Birthday Dinner**
Musical Entertainment Provided 10:30—11:30 A.M,
NO BINGO WILL BE PLAYED TODAY!
- Jan 29th, Fri. **SHIP Counselor Presentation 10:45 A.M.**



Bingo will be played daily from 11:00—11:30 A.M. unless otherwise stated.



January 2016 West Fork Events



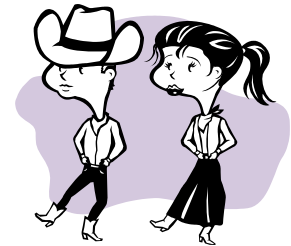
Jan. 1st, Fri. **CENTER CLOSED FOR NEW YEAR'S DAY**



Jan. 4th, Mon. **Line Dancing /Cards 10:30-11:30 A.M.**

Jan. 5th, Tues. **Line Dancing /Cards 10:30-11:30 A.M.**

Jan. 7th, Thurs. **Cards /Crafts 10:30– 11:30 A.M.**



Jan. 11th, Mon. **Line Dancing /Cards 10:30-11:30 A.M.**

Jan. 12th, Tues. **Line Dancing /Cards 10:30-11:30 A.M.**

Jan. 14th, Thurs. **Bowling Trip**

Jan. 18th, Mon. **CLOSED MARTIN LUTHER KING DAY**



Jan. 19th, Tues. **Line Dancing /Cards 10:30-11:30 A.M.**

Jan. 21st, Thurs. **Cards /Crafts 10:30– 11:30 A.M.**

Jan. 25th, Mon. **Line Dancing /Cards 10:30-11:30 A.M.**



Jan. 26th, Tues. **Line Dancing /Cards 10:30-11:30 A.M.**

Jan. 28th, Thurs. **Hospice Screenings 10:00-10:30 A.M.**
Entertainment/Birthday Dinner 10:30– 11:30 A.M.
Line Dancing 12:00-1:00 P.M.



Exercise 9:00– 9:30 A.M. / Socializing 9:30-10:00 A.M. / Bingo 10:00—10:30 A.M.

Daily unless otherwise stated



Birthday Page



Happy Birthday

William Knicely	Jan 1st
Jim Mullenex	Jan 1st
Margaret Kirby	Jan 3rd
Julia Ray	Jan 7th
Catherine Eagle	Jan 7th
Carolyn Gumm	Jan 8th
Mildred Ward	Jan 8th
Louise Wolverton	Jan 12th
Bertha Cozart	Jan 12th
Marian Moran	Jan 12th
Jessie Hickman	Jan 15th
Lynda Jarvis	Jan 16th
Norma Gumm	Jan 17th
Bessie Welch	Jan 17th
Barbara Jarvis	Jan 17th
AJ Forren	Jan 20th
Irene Gunn	Jan 20th
Vera Johnson	Jan 21st
Lula Tanner	Jan 24th
Donald Sampson	Jan 24th
Coralee Jarvis	Jan 24th
Burl Simers	Jan 24th
Ruth Starcher	Jan 24th
Mary Poirier	Jan 26th
Helen Johnson	Jan 27th
Sandra Funk	Jan 27th



**Celebrating December Birthdays at the Grantsville CCCOA:
Standing: Steve White, and Duane Poling,
Seated; Mary Nichols, Jean Miller, and Evelyn McCormick**

Happy Birthday CCCOA Employees

Catherine Eagle	Jan 7th
Jessica Richards	Jan 14th
Sandra Harris	Jan 17th



**Celebrating December Birthday's at the Minnora
CCCOA: Eugene Parsons
Entertainment by (left to right)
Eugene Parsons, Randy Wilson, and Clayton Moore**

CCCOA Grantsville News




MERRY
CHRISTMAS
TO ALL
AND
TO ALL A
GOOD NIGHT



CCCOA West Fork News

Enjoying a visit with Santa!



Seniors from the West Fork Site and Grantsville Site enjoying the monthly Spencer bowling trip.
Seated: Hazel Tingler, Jessie Hickman, Gaye Bailey, Arlena Jarvis,
Standing: Ray Tingler, Ford Wilson, Ruth Morris, Randy Wilson, Joyce Blauvelt

Senior News

Senior citizens have a variety of concerns when it comes to health and well-being. As people grow older, many health problems become more likely to occur, including problems that affect the body and mind. And though some of these problems are unavoidable, becoming a senior citizen does not doom someone to a life of health problems. A number of steps can be taken to help preserve good health well into the golden years.

C o m m o n S e n i o r C i t i z e n H e a l t h P r o b l e m s

As adults grow older, their risk for a number of chronic health problems begins to rise. Heart disease, diabetes and cancer are all conditions that become increasingly likely as people age. Other problems related to aging include the weakening of the bones known as osteoporosis, as well as hearing and vision problems. Injuries caused by falls also increase, sometimes as a result of osteoporosis but also because of balance problems that are more common in older people.

Mental health problems also become more prevalent as people grow older.

Perhaps the most well-known is Alzheimer's disease, a condition that causes declining mental function and other debilitating behaviors in older adults. In addition, a common but under-treated mental health condition in senior citizens is depression. Often, older adults develop depression in concurrence with another debilitating health condition like heart disease or cancer.

P r e v e n t i n g H e a l t h P r o b l e m s i n S e n i o r C i t i z e n s

People can take a number of steps to preserve good health as they age, including actions taken earlier in life but also those that become everyday practice when older. Research suggests that maintaining a healthy weight is critically important to reduce the risk for such chronic health problems as heart disease, diabetes and osteoporosis, among others. This can be accomplished through eating a healthy diet and regular exercise. Other steps that can help with good health as people age include maintaining good sleep patterns, abstaining from smoking and staying socially active with friends and family and involved in the community.

Website address: <http://consumer.healthday.com/senior-citizen-information-31/>

Spotlight

Heartwood in the Hills is more than a school for the arts for those who wish to learn to dance and perform. Heartwood is a unique place where classes are also offered for adults and seniors who are interested in exploring the arts without performance in mind as well as finding exercise outlets geared just for them.

Heartwood, located on Broomstick, off Route 16 N, has been in existence since 1982, offering a 12-week program of classes in the spring and fall. The motivating philosophy behind all Heartwood work is that the arts belong to everyone and the artist in every person deserves nurturing. Our classes range from Creative Arts for Children for those ages 5 and up to Movement for Health and Centering, a light aerobic workout for seniors and adults, taught by Heartwood Artistic Director Jude Binder. We also offer art classes and music classes from time to time for all ages. In addition, Heartwood offers a Performing Arts Program for boys and girls ages 10 and up who have an interest in learning how to dance and perform, with classes in ballet and theatre dance.

Heartwood's Movement for Health and Centering classes were designed by Jude with adults and seniors in mind. Offered are two classes, one in the evenings for teens, adults and seniors and one in the mornings geared for adults and seniors. The morning class is an hour class while the evening class is 1 ½ hours and is a more strenuous aerobic workout. Those who join the classes do not need to want to learn to dance but do need to have a desire to keep their muscles and minds working.

The movement classes are designed to achieve certain objectives when taken over a 12-week period. This includes: improvement of posture; improvement of breathing and a heightened awareness of the importance of deep breath and exhale; the development of centering skills; lengthening of muscles and other structures that have been shortened by poor alignment and the toning of those that have been over stretched; stimulation of the brain through the use of unaccustomed positions and movement patterns to increase physical and mental potential; improvement of coordination through the repetition of movement sequences designed for that purpose; as well as an avenue for the release of emotional stress and physical tension. This class has been useful and enjoyable by women and men alike. Heartwood also offers a mask making class for seniors – for those who may want to spend personal time working on an art project in a quiet, relaxing atmosphere, with the instructions of Jude. The mask made by an individual during this time may be used as a decorative piece in a home as well as worn by the individual for fun and performance. Movement and mask making classes will be available this spring when Heartwood begins its 34th program in early March.

Heartwood offers a warm, welcoming environment to people of different abilities and backgrounds. For a full picture of Heartwood please visit our website at www.heartwoodinthehills.org or call 304 354-7874 for more information. Be sure to leave a message if we are not in the office and we will return your call. Also please visit us on FaceBook where we will also be publishing information about the upcoming spring program.





Soap Box by Judy



“Tribute to a Friend”

This month I am not going to complain instead I am going to write something that I call a “Tribute to a Friend.” I lost my friend on December 5, 2015. If she had lived until February 20th she would have been 93 years old! 93- that is a lot of years.

When we came to look at the house that we eventually bought and now live in, we passed a house that caught my attention. It was a pale green, (green is my favorite color- think earth, recycle, money) older but well kept house. I could tell that somebody loved it, and I knew that it was a woman. I said to my husband, “I want to meet the woman who lives in that house.”

He said, “How do you know it is a woman?”

I said, “Just look at the yard. There are flowers everywhere.”

I finally did get to meet her a few years after we bought our house. One of my neighbors asked me to join the Nobe Baptist Women’s Mission Group and I did and there she was...I was a happy camper.

We got to be good friends. I was 60 and she was 72. We went to yard sales, she taught me how to pack a shoebox for Samaritan’s Purse, we talked on the phone, and the best part was that I would call her in the evening and tell her that I was walking down for a visit. She would put on the kettle and we would sit in that cozy, comfortable old house and drink tea and eat cookies with her beagle and her cat on my lap. We would talk about everything and she would tell me stories about her life in West Virginia.

Her husband had passed away years before I met her. She always talked about him and her four grandsons in Iowa. She kept a rifle beside her bed and was not afraid to use it. One day I was outside and she did use it. It scared the dickens out of me. I called her and asked what happened. “It was a snake,” she said. Bang...no more snake.

She went to a nursing home 9 years ago and left a big hole in my life. We still kept in touch, but it wasn’t the same. She wasn’t happy and neither was I. I went to her funeral to say my goodbye. One of my neighbors said to me after the funeral, “I didn’t cry because I know that she is happy now.” But I cried anyway because I wasn’t happy.

But, for you non-believers, the day that I got the call that she had passed away I hung up and went out to the chicken coop. As I was walking back to the house, I looked up at the sky and said, “I hope that you are happy now. Let me know.”

I walked into the house and something shiny on the floor caught my eye. There on the floor was a brand new shiny nickel- the sign that she’s happy. Her name was Renice Holbert.

Happy New Year,
Judy

Fit, Fun, and Healthy

11 Fun Ways Older Adults Can Get in Shape

Few things are more important for your health than exercise. But many seniors find themselves unable to do as many physical activities as they get older. Frustration often ensues, and this can create a vicious circle that leads to even less activity, more health problems, and in some cases, immobility. But it doesn't have to be that way.

Here are 11 Fun Exercises for Older Adults

1. Take up dancing. Dancing helps improve seniors' gait and balance and help prevent dangerous injuries from falls. Dancing is a fantastic way to get some cardiovascular benefit, improve your coordination and balance, and meet new people.
2. Become a Zen Master. Research has shown that participating in low-impact exercise classes, such as tai chi or yoga, can help improve strength, balance, and coordination and reduce stress. Many yoga poses can be modified to work for those who are less flexible or have decreased upper or lower body strength.
3. Hit the links. Golf is a go-to game for competitive seniors who want to get back to nature in a fun way. And it can be a great way to build endurance, which makes it easier to accomplish everyday tasks.
4. Go for a swim. Few things are healthier- and low impact- than a water workout. Water aerobics and aqua jogging as great to get low-impact exercise and also socialize with friends.
5. Garden on your patio. If you love to garden, but your joints scream from all the bending, you can still get benefits by creating a garden of raised pots and containers on your deck or patio.
6. Go window shopping. Of course, walking anywhere is good, but walking in an air-conditioned area, such as a mall, reduces the risks of ill effects due to weather and provides a safe environment
7. Weight-train with groceries. Just as you don't need a nature trail to walk, you don't need a gym to lift weights. You can use items in your pantry or refrigerator to pump some iron. Canned vegetables or a half gallon of milk jug to do bicep curls, tricep kickbacks, and some overhead pushes to work those shoulder muscles.
8. Dust off the bike. If you do feel like being outdoors, cycling is a fantastic way to exercise in a low-impact fashion. It's a great cardiovascular workout, and it also helps improve balance and focus the work on leg muscles.
9. Make child's play of exercise. As any grandparent can attest, one of the easiest and most fun ways to get exercise is to chase the grandkids around.
10. Head to the alley. Bowling is another excellent endurance activity. Joining a bowling league has the added benefit of making fitness a social activity.
11. Try a Wii. This handy gaming console from Nintendo offers all kinds of great ways to stay active and fit. There are any number of games- tennis, bowling, yoga, skiing. The Wii Fit also can keep track of your weight and general fitness level and give you feedback on your progress.

Monthly Recipe

Seven Layer Taco Dip

INGREDIENTS:

- 1 (1 ounce) package taco seasoning mix.
- 1 (16 ounce) can refried beans
- 1 (8 ounce package cream cheese, softened
- 1 (16 ounce) container sour cream
- 1 (16 ounce) jar salsa
- 1 large tomato, chopped
- 1 green bell pepper, chopped
- 1 bunch chopped green onions
- 1 small head iceberg lettuce, shredded
- 1 (6 ounce) can sliced black olives, drained
- 2 cups shredded Cheddar Cheese



DIRECTIONS:

1. In a medium bowl, blend the taco seasoning mix and refried beans. Spread the mixture onto a large serving platter.
2. Mix the sour cream and cream cheese in a medium bowl. Spread over the
3. refried beans.
4. Top layers with salsa. Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa, and top with Cheddar Cheese. Garnish with black olives.

**Prep and Ready In
30 minutes**



January 2016 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	Menu Subject To Change Without Notice		2% Milk And Margarine Served Daily	1 Center Closed For New Year's Day
4 Beans Kale Fruit Cornbread	5 Pizza Hominy Jell-O w/Fruit	6 A1 Steak Mashed Potatoes Gravy Carrots Whole Wheat Rolls Juice	7 Fish Coleslaw Peas Whole Wheat Bread Juice Spencer Shopping Trip	8 Vegetable Soup Cheese Stick Banana Pudding Crackers
11 Corn Dog Brussel Sprouts Apple Crisp	12 Beef Macaroni Green Beans Beets Whole Wheat Bread Juice Planning Comm. Meet	13 Chili w/Meat & Beans Cornbread Fruit	14 Broccoli Soup Cheese Salad Sandwich Fruit Crackers WF Bowling Trip	15 Spaghetti w/Meat Balls & Sauce Salad Fruit Hot Roll Genesis Bingo
Center Closed for Martin Luther King Jr. Day	19 Chicken Sandwich w/Onion/Mayo Ranch Potatoes Fruit Whole Wheat Bun	20 Chicken Pasta w/Vegetables Cottage Cheese Peaches Whole Wheat Bread	21 Hot Dog w/Sauce Coleslaw Baked Beans Whole Wheat Bun Juice	22 Baked Steak Mashed Potatoes Green Beans Whole Wheat Roll Juice Pie Baking Contest
25 Pork Chop Peas & Carrots Fruit Whole Wheat Bread Board Meeting	26 Lasagna Broccoli Fruit Garlic Toast	27 Chicken Scalloped Potatoes Beets Juice Whole Wheat Roll Grantsville B-Day Dinner	28 Beef Burrito w/Beans Broccoli Fruit WF B-Day Dinner	29 Italian Sausage Sauerkraut Ranch Potatoes Whole Wheat Bun

WINTER WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2010

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

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

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |



Football Word Scramble



1. kclaet
2. lheetm
3. onwcthdud
4. kctabeqraru
5. ecnnerterief
6. oubcchkat
7. etfysa
8. rbckrcneoa
9. fnohdaf
10. alaetrl
11. recervie
12. empnolcito
13. nteicntipero
14. rentec
15. eefrree
16. ludhde
17. tmerevio
18. aaemkfsc
19. iskgnip
20. tnapeyl



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



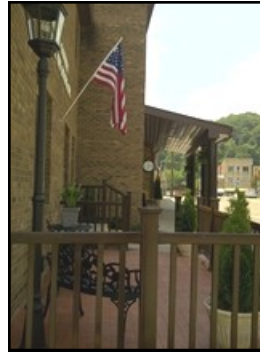
The CCCOA Board of Directors meet the fourth Monday of each month at CCCOA. Interested citizens are always welcome at board meetings and encouraged to attend.

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

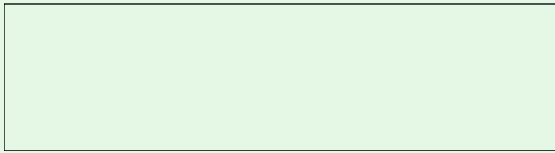


West Fork Center

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
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Calhoun County Committee on Aging Inc.