

*Happy  
New Year*

**Inside This**

Grantsville Events 2

West Fork Events 3

Birthday Page 4

Grantsville News 5

West Fork News 6

Senior News 7

Spotlight 8

Soapbox 9

Monthly Recipe 10

Lunch Menu 11

Program Info. 12

Program Info. 13

Fun Pages 14

Fun Pages 15

Fun Pages 16

Business Page 17

# CCCOA NEWS

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

## January

### Dates To Remember

- Jan. 2nd CENTER CLOSED FOR NEW YEAR'S
- Jan. 5th Spencer Shopping Trip Depart @ 8:30 A.M.
- Jan. 9th WV Caring Presentation 10:30 A.M.
- Jan. 9th Foster Grand Parents Meeting
- Jan. 11th Roane Home Care Blood Pressure Clinic 10:30 A.M.
- Jan. 12th Spencer Bowling Trip
- Jan. 16th CENTER CLOSED MARTIN LUTHER KING JR. DAY
- Jan. 17th Planning Committee Meeting 1:00 P.M.
- Jan. 18th Crafts with Hazel 9:30A.M.
- Jan. 20th Pie Baking Contest, Awards announced @ 11:00 A.M.
- Jan. 23rd Board Meeting 2:30 P.M.
- Jan. 25th Covered Dish Birthday Dinner with Entertainment @ 10:30 A.M.
- Jan. 26th Covered Dish Birthday Dinner/West Fork Site @ 10:30 A.M.
- Jan. 27th SHIP Counselor Presentation 10:45 A.M.



*Happy New Year  
2016*

*May the spirit of the season of  
New year fill your heart  
with serenity and peace.  
Wish you a happy new year!*

# January 2017 Grantsville Events

Jan. 2nd, Mon. CENTER CLOSED FOR NEW YEAR'S DAY



Jan. 4th, Wed. Choir Practice 10:30-11:00 A.M.

Jan. 5th, Thurs. Spencer Shopping Trip 8:30 A.M.  
Cost \$8 from Center, \$10 from Home  
TRIP MUST BE PAID FOR AT THE TIME OF RESERVATION!



Jan. 6th, Fri. "Healthy Me"

Jan. 9th, Mon. WV Caring Pres. 10:30-11:30 A. M.  
FGP Meeting



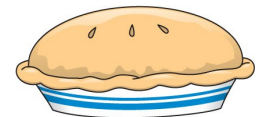
Jan. 11th, Wed. Choir Practice 10:30-11:00 A.M.  
Roane Home Care B.P. Clinic 10:30 A.M.

Jan. 16th, Mon. Center CLOSED Martin Luther King Jr. Day



Jan. 17th, Tues. Planning Committee Meeting 1:00 P.M.

Jan. 18th, Wed. Choir Practice 10:30-11:00 A.M.  
"Crafts with Hazel" 9:30-10:30 A.M.



Jan. 20th, Fri. Pie Baking Day Contest 10:00-11:00 A.M.  
Winners announced 11:00 A.M.  
Prizes awarded for Best Appearance and Taste



Jan. 23rd, Mon. Board Meeting 2:30 P.M.

Jan. 25th, Wed. Covered Dish Birthday Dinner  
Musical Entertainment Provided 10:30-11:30 A.M.  
NO BINGO WILL BE PLAYED TODAY!

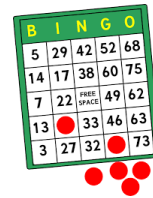


Jan. 27th, Fri. SHIP Counselor Presentation 10:45 A.M.

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

# January 2017 West Fork Events

- Jan. 2nd, Mon.      CENTER CLOSED FOR NEW YEAR'S DAY
- Jan. 3rd, Tues.    Line Dancing/ Cards/ Games 10:30-11:30 A.M.
- Jan. 5th, Thurs.   Games/ Cards 10:30-11:30 A.M.
- Jan. 9th, Mon.      Line Dancing/ Cards/ Games 10:30-11:30 A.M.
- Jan. 10th, Tues.    Line Dancing/ Cards/ Games 10:30-11:30 A.M.
- Jan. 12th, Thurs.   Bowling Trip
- Jan. 16th, Mon.    CLOSED MARTIN LUTHER KING JR. DAY
- Jan. 17th, Tues.    Line Dancing/ Cards/ Crafts 10:30-11:30 A.M.
- Jan. 19th, Thurs.   Games/ Cards/ Crafts 10:30-11:30 A.M.
- Jan. 23rd, Mon.    Line Dancing/ Cards/ Crafts 10:30-11:30 A.M.
- Jan. 24th Tues.    Line Dancing/ Cards/ Games 10:30-11:30 A.M.
- Jan. 26th, Thurs.   Hospice Screenings 10:00-10:30 A.M.  
Entertainment/Birthday Dinner 10:30-11:30 A.M.



**Exercise 9:00-9:30 A.M./ Socializing 9:30-10:00 A.M. ,  
Bingo will be played daily from 10:00-10:30 A.M. unless otherwise stated.**

## \*Find the Needle\*

Last months needle was  
on page 9.  
Actual needle size



## January Birthdays

- William Knicely Jan 1
- Julia Ray Jan 7
- Carolyn Gumm Jan 8
- Mark Elrod Jan 9
- Louise Wolverton Jan 12
- Carol Cozart Jan 12
- Marian Moran Jan 12
- Jessie Hickman Jan 15
- Lynda Jarvis Jan 16
- Bessie Welch Jan 17
- Norma Gumm Jan 17
- Irene Gumm Jan 20
- Jaunita Berdine Jan 20
- Bill Shock Jan 23
- Burl Simers Jan 24
- Donald Sampson Jan 24
- Mary Poirier Jan 26
- Sandra Funk Jan 27
- Helen Johnson Jan 27



**Celebrating December Birthdays  
at the Grantsville CCCOA:  
Steve White and Duane Poling**

Happy  
BirthDay

## CCCOA Employees

- Warren Basnett Jan 2nd
- Catherine Eagle Jan 7th
- Sandra Harris Jan 17th



**Birthday Dinner Entertainment  
at the Grantsville CCCOA:  
"Soul'd Out": Rick Poling, Tracy Miller, &  
Johnny Staats**



The Little Kanawha Valley Christian School visited the CCCOA, and assisted staff in serving meals. We would like to thank you for your help and time well spent. Giving someone a moment of your time is truly the greatest gift of all.



wishing you a  
*very Merry Christmas*  
&  
*a happy new year!*



Sue Cottrill (right) teaches Pat Murphy (left) and Ruth Morris (middle) how to make Egg Rolls.



Randy Wilson shows Pat Murphy the art of working with leather, as he makes his leather gun holster.

## When Incapacity Happens In Your Family

Life can turn on a dime. Incapacity happens. Wouldn't it be better to take some time now to get prepared? There is no time like the present to ask questions and get some answers. It's never too late until it really is too late!

Engaging in conversations about what to do in the event of incapacity or death and formulating a plan ahead of any crisis situation is a winning combination. Talking about the "what if's" now will help diffuse and negate the possibility of a terrible outcome during a difficult situation. When Incapacity Happens in Your Family

In case you have been busy enjoying the summer and not taken time to be up with the news, there's a movement afoot. It will change the current absence of meaningful and necessary conversations. End-of-life conversations will soon become an integral part of exchanges between doctors, patients, caregivers and family members when it matters most. Why the changing tide? Medicare will reimburse physicians for their time spent having these important discussions with their patients and family members. One's end-of-life wishes will soon become an integral part of the conversation when you visit your doctor for an annual check up or if you end up in a hospital in a crisis situation.

There will be no more excuses for ignoring the pleas from patients and families to be "heard" when end-of-life decisions are first and foremost on their minds. We've all heard stories about family conflicts and family tragedies – so isn't it better to have these conversations well in advance of a crisis?

The ending of Bobby Kristina Brown's life exemplifies a worse case scenario – the losing combination of a lack of prior conversations, the lack of any clear planning, the added complications of a blended family, and no person "in charge" of handling the life changing event.

Time is often of the essence. Asking Mom and Dad to communicate their wishes is a priceless gift to you. Telling them your wishes is your gift to them too! Bobby Kristina Brown's situation reminds us that these kinds of events can and do happen at any age.

Think about it. Talk to your parents, your spouse, your physician, and your adult children and make some of these difficult decisions now. Knowing your loved ones wishes and expressing you own will help alleviate the fear and the chaos of "what to do" when incapacity or death happens.

<https://senior.com/incapacity-happens-family/>

## Eleanor Marie Caltabiano



Born April 27, 1933, born and raised in southern New Jersey. Her first job was at the age of seventeen, as a bookkeeper/typist for a real estate office. After thirty years of service as a clerk, she retired from Boeing Company in Philadelphia, PA.

Eleanor enjoys history, reading, TV, crossword puzzles, corresponding with friends, phoning to keep in touch and traveling. When asked what her most memorable trip was she replies, “my most memorable trip was in 1955, age twenty two. It was my first airplane trip and I went on a TWA plane from New York City to Frankfurt, Germany for a twenty one day vacation. My cousin Helen was twenty three, we each had one large Skyway luggage, and handbag. I took an 8 mm movie camera and Helen a snapshot camera. From Germany we flew to Zurich Switzerland and rode 3rd class on a train to Geneva for one week. Stopping overnight along the way. We were disappointed because the Summit meeting of Eisenhower was held at the League of Nations, it was closed. We flew from Geneva to Paris, France, for our final week in Europe where we climbed the Eiffel Tower, Arc De Triomphe, Notre Dame, Sacre Coeur and toured the Louvre, walked a lot and rode the metro. Had a great time also on a trip to Versailles Palace and Gardens with fountain display. Afterwards, when I retired from work, I returned to other European countries with groups I joined, touring by bus. But only after caring for my widowed Mother from age 90 to 97, when she died at home with Hospice. I took care of my responsibilities first with no regrets. God is great and he has been good to me. I’m very thankful.”

Eleanor met her former husband Bill Caltabiano of 28 years, at a public dance hall. Together they have one daughter Diana, and her husband Mike Austin. She feels her greatest accomplishment is helping her daughter and son in-law live their dream now instead of postponing until retirement.

She feels the most important lesson in life she has learned is, “to be responsible for your own actions. Be frugal and self sufficient. Do not go into debt and don’t blame others. Her best advice is things are not only black or white. There is plenty of grey. See all sides, don’t make quick judgments, take the other view to understand another’s reasoning.”



Okay, here it comes. It's time for the actual soapbox to come back out again. So, here goes. This may take awhile this thing is really heavy. Okay, got it. Up I go. This is about the raise that I did not get in my social security check. I heard something on television about being promised a raise for 2017. Uh huh. Well, let me tell you that is one broken promise. Oh, I got a \$4.00 raise but it got taken back and used for Medicare. Now I get the same amount that I have had for the last eight years.

But wait, that's only half of it. There is also Frank's check. Because Frank didn't apply for Medicare when he was 65 he was penalized. You see he was going to the V.A. in Clarksburg but when our income went up some and he got sick we needed a second carrier plus Medicare. So we lost \$241.00 a month for his penalty and we pay \$800.00 quarterly for his second carrier. Which, by the way, went from \$710.00 and change year to \$798.00 and change this year. But that's not all. Frank for an \$18.00 raise when George Bush left office and I left it in the checking account but didn't add it to his main amount. That gave me a small nest egg but the \$18.00 got taken last year for Medicare. This year they took another \$16.00. So not only did we not get a raise, \$34.00 to boot.

Personally none of this is fair but you can't fight city hall. But I can get on my soapbox and complain. I feel better already. Broke but better.

Til next month.

Judy





## Southwestern Stuffed Bell Peppers

### Ingredients:

- 2 bell peppers, any color
- 3/4 cup instant brown rice
- 1 cup chunky-style mild salsa
- 1/2 cup canned black beans, rinsed and drained (optional)
- 1/2 cup frozen corn
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices sharp cheddar cheese
- 1 Tbsp. chopped fresh cilantro

### Directions:

Cut peppers in half; remove seeds. Place in a shallow baking dish, cut-side down. Bake in preheated 425°F oven 15 minutes or until skins begin to bubble and peppers are just tender.

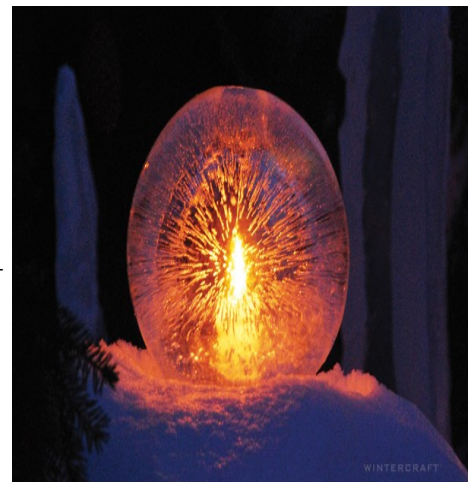
Boil 3/4 cups water in a medium-sized saucepan. Stir in rice; return to boil. Reduce heat to low; cover and simmer 5 minutes. Stir in salsa, beans and corn, and mix lightly. Add chili powder, cumin, salt and pepper.

Fill baked peppers with rice mixture; cover with foil. Bake in preheated 400°F oven for 15 minutes. Uncover and top with cheese slices. Continue baking 5 minutes or until cheese is melted and filling is hot. Sprinkle with chopped cilantro.

## ICE GLOBE LANTERNS

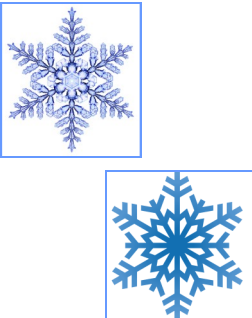
Fill the balloon to desired size (up to 14 pounds for centerpiece size or multiples for edging walkways). Place plastic base in the snow in a shaded area. Let freeze for 12 to 18 hours, depending on temperatures. Check after 14 to 18 hours to gauge progress. Remove balloon by scoring with scissors and peeling off. The center core will be hollow and still filled with water or slushy. You need that space for your candle. The candle needs air to burn, so drill a hole in top of globe to create a chimney for the candle.

Light and enjoy!





# January 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Center Closed for New Year's Day</b></p>	<p><b>3</b> Creamed Tomatoes Sausage Patty Potatoes Biscuit</p>	<p><b>4</b> Chicken Au Gratin Potatoes Corn Juice Whole Wheat Roll</p>	<p><b>5</b> Beef Stew Green Beans Cornbread</p> <p>Spencer Shopping Trip</p>	<p><b>6</b> Baked Beans w/ Wieners Brussel Sprouts Apple Crisp Cornbread</p> <p>Healthy Me</p>
<p><b>9</b> Beans Kale Fruit Cornbread</p> <p>WV Caring Pres. FGP Meeting</p>	<p><b>10</b> Chili w/ Meat &amp; Beans Cornbread Fruit</p>	<p><b>11</b> Stuffed Peppers Mashed Potatoes Gravy Carrots Whole Wheat Roll Juice</p> <p>Roane Home Care BP Clinic</p>	<p><b>12</b> Fish Coleslaw Peas Whole Wheat Bread Juice</p>	<p><b>13</b> Vegetable Soup Cheese Stick Banana Pudding Crackers</p>
<p><b>16</b></p> <p>Center Closed for Martin Luther King Jr. Day</p>	<p><b>17</b> Chicken Salad Sandwich Pasta Salad Fruit</p> <p>Planning Committee Meeting</p>	<p><b>18</b> Pizza Corn Jell-O w/Fruit</p> <p>"Crafts with Hazel"</p>	<p><b>19</b> Broccoli Soup Cheese Salad Sandwich Fruit Crackers</p>	<p><b>20</b> Baked Spaghetti Lettuce &amp; Pea Salad Fruit Hot Roll</p> <p>Pie Baking Contest</p>
<p><b>23</b> Cheesy Potato Soup Banana Pudding Cornbread</p> <p>Board Meeting</p>	<p><b>24</b> Chicken Sandwich w/ Onion/Mayo Ranch Potatoes Fruit Whole Wheat Bun</p>	<p><b>25</b> Meatloaf Au Gratin Potatoes Peas Roll</p> <p>Grantsville Birthday Dinner</p>	<p><b>26</b> Hot Dog W/Sauce Coleslaw Baked Beans Whole Wheat Bun Juice</p> <p>WF Birthday Dinner</p>	<p><b>27</b> Lasagna Broccoli Fruit Garlic Toast</p> <p>SHIP Counselor Presentation</p>
<p><b>30</b> Shredded Chicken Peas &amp; Carrots Dressing Whole Wheat Bread</p>	<p><b>31</b> White Beans Kraut Applesauce Cornbread</p>	<p>Menu Subject To Change Without Notice</p>		<p>2% Milk and Margarine Served Daily</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.

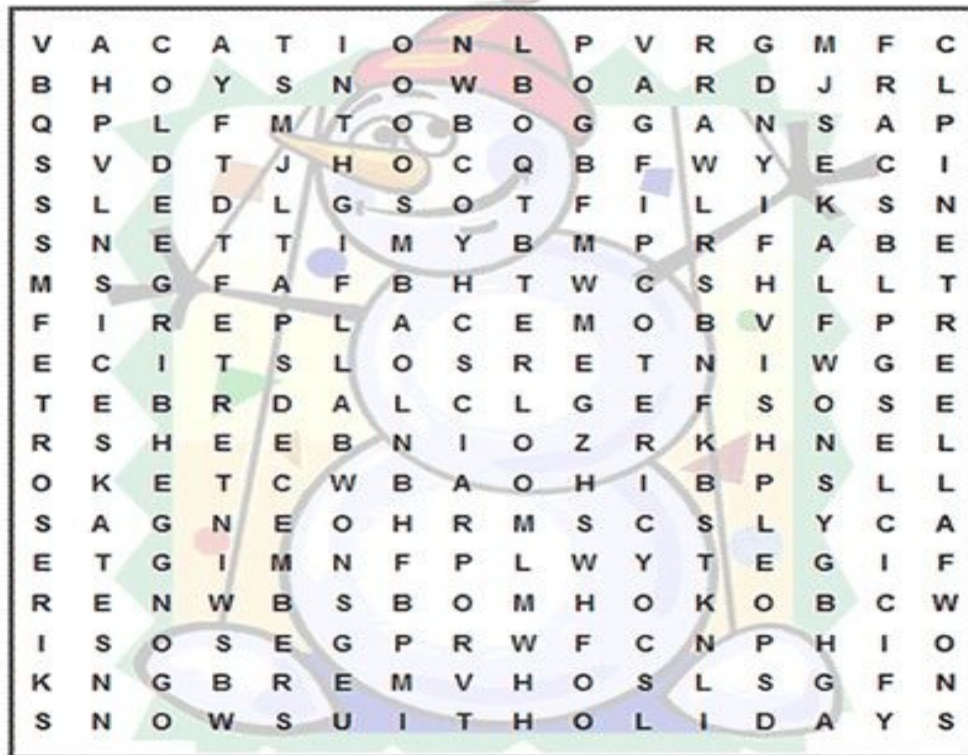
If you or a friend or loved one are in need of services, please give us a call. We are here to be at your service. Do not hesitate to ask questions about eligibility or guidelines.

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

# WINTER HOLIDAY

## Word Find



Ice  
Sled  
Snowboard  
Toboggan  
Ice Skates  
Mittens

Ski Lift  
Snowman  
Ski Slopes  
Snowball Fight  
Hot Chocolate  
Winter Solstice

Fireplace  
Snowflakes  
December  
Ski Resort  
Snowsuit  
Vacation

Winter  
Eggnog  
Hockey  
Snowmobile  
Snow Boots  
Frozen

Snowfall  
Pine Tree  
Icicles  
Holiday  
Scarf  
Cold

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### Average cost of things in the 60's

In 1960 the average income per year was **\$5,315.00** and by 1969 was **\$8,540.00**.

In 1960 a gallon of gas was **25 cents** and by 1969 was **35 cents**.

In 1960 the average cost of new car was **\$2,600.00** and by 1969 was **\$3,270.00**.

A few more prices from the 60's and how much things cost.

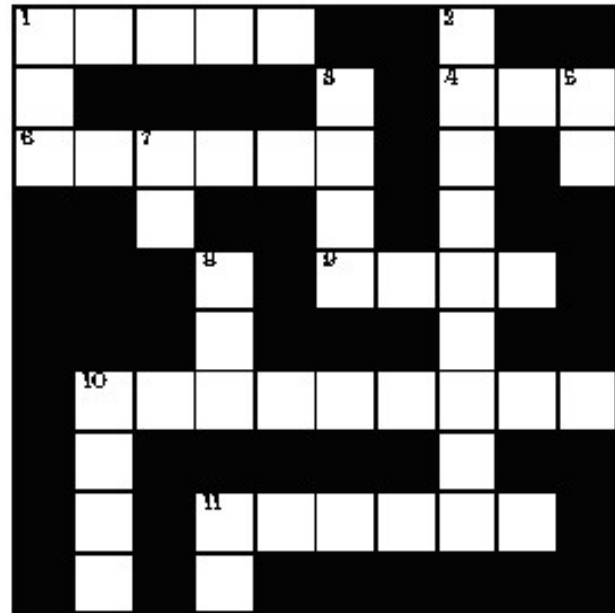
# Winter I Spy



Find:



# Winter Words



## Across

1. What do you wear around your neck?
4. What do you wear on your head?
6. What hangs from your roof?
9. Where do icicles hang?
10. What do you eat in winter?
11. What do you wear on your hands?

Boggle's World



hint



## Down

1. What do you do in winter?
2. What do you drink in winter?  
Hot \_\_\_\_\_ .
3. What animal sleeps through the winter?
5. I like \_\_ drink hot chocolate.
7. It snows \_\_ winter.
8. I \_\_\_\_ skate.
10. How's the weather in winter?
11. \_\_\_\_ to bed!





# 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

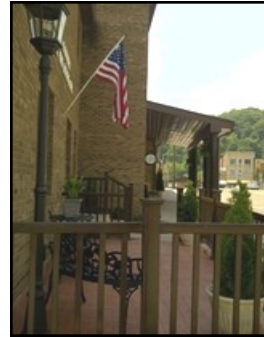
*And much more, Contact CCCOA to learn what is available for you.*

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.

Projects provided by funding from WV B.O.S.S., North West Area Agency on Aging, CCCOA Inc.

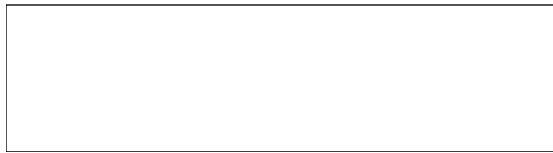
Please direct any questions or comments concerning the CCCOA NEWS to Rick Poling, Executive Director

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.

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](mailto:office@cccoa-wv.org)



Calhoun County Committee on Aging Inc.