

Inside This Issue:



# CCCOA NEWS

Calhoun County Committee on Aging

Post Office Box 619

Grantsville, WV 26147

Phone: 304-354-7017 Fax: 304-354-6859

## January

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Jan. 1st CENTER CLOSED FOR NEW YEAR'S DAY  
 Jan. 2nd Roane Home Care Bingo 11:00am  
 Jan. 5th Spencer Shopping Trip  
 Jan. 11th Cake Baking Contest  
 Jan. 15th Planning Committee Meeting 1:30pm  
 Jan. 16th CRAFTS 9:30am  
 Jan. 18th Genesis Bingo 11:00am  
 Jan. 21st CENTER CLOSED FOR MARTIN LUTHER KING JR. DAY  
 Jan. 25th SHIP Rep. 10:45am  
 Jan. 28th Board Meeting 2:30pm  
 Jan. 30th Covered Dish Birthday Dinner @ GRANTSVILLE  
 Musical Entertainment 10:30-11:30am  
 NO BINGO WILL BE PLAYED TODAY!  
 Jan. 31st Covered Dish Birthday Dinner @ WEST FORK  
 Musical Entertainment 10:30-11:30am

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



# January 2019 Grantsville Events

- Jan. 1st, Tues. **CENTER CLOSED FOR NEW YEAR'S DAY**
- Jan. 2nd, Wed. **Choir Practice 10:30-11:00am  
Roane Home Care Bingo 11:00am**
- Jan. 4th, Fri. **"Healthy Me"**
- Jan. 5th, Sat. **Spencer Shopping Trip**
- Jan. 8th, Tues. **Bible Study 10:15am**
- Jan. 9th, Wed. **Choir Practice 10:30-11:00am**
- Jan. 11th, Fri. **Cake Baking Contest  
MOVIE DAY**
- Jan. 15th, Tues. **Bible Study 10:30-11:00am  
Planning Committee 1:30pm**
- Jan 16th, Wed. **Choir Practice 10:30-11:00am  
"Crafts" 9:30am**
- Jan. 18th, Fri. **Genesis Bingo 11:00am**
- Jan. 21st, Mon. **Center CLOSED –Martin Luther King Jr. Day**
- Jan. 22nd, Tues. **Bible Study 10:15 am**
- Jan. 23rd, Wed. **Choir Practice 10:30-11:00am**
- Jan 25th, Fri. **SHIP Rep. 10:45am**
- Jan. 28th, Mon. **Board Meeting 2:30pm**
- Jan. 29th, Tues. **Bible Study 10:15am**
- Jan. 30th, Wed. **COVERED DISH BIRTHDAY DINNER  
Musical Entertainment 10:30-11:30am  
NO BINGO WILL BE PLAYED TODAY!**



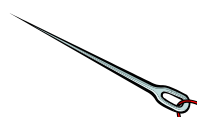
**Rummy, Yahtzee, Dominos Daily 8:00-11:00am**  
**Bingo will be played daily from 11:00-11:30am unless stated otherwise.**

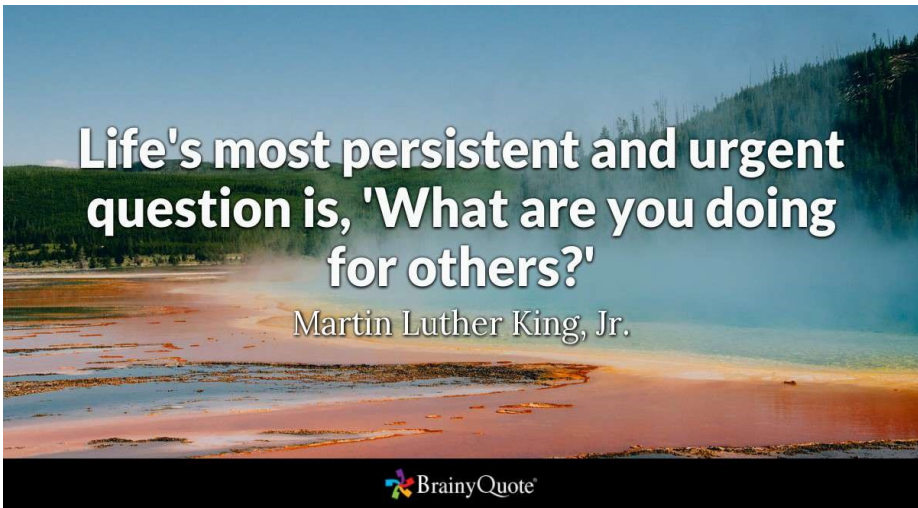
# January 2019 West Fork Events

- Jan. 1st, Tues.      **CENTER CLOSED FOR NEW YEAR'S DAY**
- Jan. 3rd, Thurs.    **Roane Home Care Bingo 10:00am  
Games/Cards 10:30-11:30am**
- Jan. 7th, Mon.      **Cards/Games/Line Dancing 10:30-11:30am**
- Jan. 8th, Tues.     **Cards/Games 10:30-11:30am**
- Jan. 10th, Thurs.   **Cards/Games 10:30-11:30am**
- Jan. 14th, Mon.     **Cards/Games/Line Dancing 10:30-11:30am**
- Jan. 15th, Tues.    **Cards/Board Games 10:30-11:30am**
- Jan. 17th, Thurs.   **Cards/Games 10:30-11:30am**
- Jan. 21st, Mon.     **CLOSED FOR MARTIN LUTHER KING JR. DAY**
- Jan. 22nd, Tues.    **Cards/ Board Games 10:30-11:30am**
- Jan. 24th, Thurs.   **Cards/Games 10:30-11:30am**
- Jan. 28th, Mon.     **Cards/Games/Line Dancing 10:30-11:30am**
- Jan. 29th, Tues.    **Cards/Games 10:30-11:30am**
- Jan. 31st, Thurs.   **Hospice Screenings 10:00-10:30am  
COVERED DISH BIRTHDAY DINNER  
Musical Entertainment 10:30-11:30am**



**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 14. Don't forget to look for the needle in this months newsletter.  
  
 Actual needle size  
  




## January Birthdays

- Karen King Jan 4
- Judy Allison Jan 6
- Carolyn Gumm Jan 8
- Burton Murphy Jan 8
- Joyce Payne Jan 11
- Eleanor Burroughs Jan 12
- Bertha Cozart Jan 12
- Gary Hammons Jan 12
- Louise Wolverton Jan 12
- Jessie Hickman Jan 15
- Lynda Jarvis Jan 16
- Norma Gumm Jan 17
- Bessie Hinzman Jan 17
- Vicki Wood Jan 17
- Doris Smarr Jan 21
- Mary Bailey Jan 22
- William Shock Jan 23
- Ruth Starcher Jan 24
- Guy Hardman Jan 25
- Susan Nutter Jan 25
- Mary Poirier Jan 26
- Gloria Murphy Jan 29
- Ronald Cross Jan 31



Celebrating December Birthdays!  
Jean Miller and Verlin Millican



Enjoying the holidays!

### CCCOA Employee

- Sheri Honaker Jan 5
- Tracy King Jan 16
- Sandra Harris Jan 17





Birthday  
Entertainment:  
Tom Farabee with  
white hat and back to  
crowd, from left to  
right: Randy Wilson,  
Larry Cottrell, Sharon  
Knotts, Jim Shields,  
Eugene Parsons.

Celebrating December  
Birthdays:

Eugene Parsons



Okay, I can't stand it anymore so here comes the soapbox. I haven't complained lately so it's probably cobwebby and dusty. Brush, brush, brush, cough, cough, wheeze. Okay. I count down the days from spring to fall as anybody knows me will tell you that's true.

So, after all of this counting and complaining about heat what do I get? I'll tell you what I've got so far- SPRING!! That's what I've got. It's raining and raining. It doesn't feel like winter at all. Oh, yes, I also have what comes along with all this rain-MUD. Oh, my, the mud. Out to the chicken coop...squish, squish, slog. Out to the bird feeders...squish, squish, slop, slog. Where's the snow? Where's the frozen ground? Where's the crisp fresh air? Not here that's for sure. So now I'm thinking about counting down the days to the next fall. If this rain and warmer weather keeps up, we will have flowers starting to come up. The tulips, daffodils, and crocuses will be saying, "Boy, that was a short winter. Is it spring already?"

Only 283 days until October 10th. I hope January is colder.

'til next month,

~Judy~

## BIG BINGO WINNERS— DECEMBER 7th, 2018

1. Carol Kanalley
2. Kevin Kanalley
3. Portia Miller
4. Gary Hammons
5. Joann Ward
6. John Myer
7. Ruth Poorman
8. Mary Poirier
9. Dorothy McCauley
10. Jim Welch
11. Alice Cottrell
12. Lenn Phillips
13. Iline Compton
14. Jeanie Smith
15. French Stump
16. Odus Miller
17. Judy Wolfram
18. Barb Roberts
19. Jean Miller
20. Dusty Wolverton
21. Louise Wolverton
22. Steve Miller
23. Bonnie Cain
24. Jacky Rogers
25. GRAND PRIZE WINNER: French Stump



## 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 \$2.50, Under 60 yrs. \$5.25, Donation Prices Effective: June 2018

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 and 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....





We would like to thank everyone who participated in the "Ugly Sweater" event.

We have some amazingly talented and wonderful people that attend the center.

We love and appreciate you all, Merry Christmas!





# “CRAFTS”



## New Year, New Beginnings

The hustle and bustle of the holiday season has come to an end, on New Year's day we wake to the possibilities of all the new year has to offer. Some likely attempt to seek a rebalancing of our physical body from the over eating of the holidays, while others make their annual resolutions that they seem to soon forget due to frustration.

This year I encourage you to take a moment and decide how you would like to see the year unfold. What do you want to see change in the world. What do you want to see for the next generation- your kids, grandkids? Change does not have to be grandiose, but start rather small. We tend to get caught up in our everyday life and forget that it's the small gestures that become a huge part of making the world a better place.

Open the door for others;

Pay for the someone's coffee or breakfast;

Volunteer;

Call or write those you haven't spoken to in a while;

Help your neighbor;

Determine your own act of kindness;

Work hard on your own personal journey;

Let go of your fears, judgements, and perfectionism,

Seek, forgiveness;

Take a few deep breaths and listen, rather than talking and passing judgement;

Show compassion for others;

Most of all smile and offer the world the best you!

Happy New Year, wishing you nothing but health and happiness in the NEW year!

## Upcoming Day Trips!

**Spencer Shopping Trip-January 5th**

**Depart @ 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.



## Quick Chicken Piccata

Recipe By: Chef John

"These quick and easy pan-fried chicken breasts are topped with a simple pan sauce made with capers, butter, white wine, and lemon juice."

### Ingredients

4 skinless, boneless chicken breast halves  
cayenne pepper, or to taste  
salt and ground black pepper to taste  
all-purpose flour for dredging  
2 tablespoons olive oil  
1 tablespoon capers, drained  
1/2 cup white wine  
1/4 cup fresh lemon juice  
1/4 cup water  
3 tablespoons cold unsalted butter, cut in 1/4-inch slices  
2 tablespoons fresh Italian parsley, chopped



### Directions

Place chicken breasts between 2 layers of plastic wrap and pound to about 1/2-inch thick.

Season both sides of chicken breasts with cayenne, salt, and black pepper; dredge lightly in flour and shake off any excess.

Heat olive oil in a skillet over medium-high heat. Place chicken in the pan, reduce heat to medium, and cook until browned and cooked through, about 5 minutes per side; remove to a plate.

Cook capers in reserved oil, smashing them lightly to release brine, until warmed through, about 30 seconds.

Pour white wine into skillet. Scrape any browned bits from the bottom of the pan with a wooden spoon. Cook until reduced by half, about 2 minutes.

Stir lemon juice, water, and butter into the reduced wine mixture; cook and stir continuously to form a thick sauce, about 2 minutes. Reduce heat to low and stir parsley through the sauce.

Return chicken breasts to the pan cook until heated through, 1 to 2 minutes. Serve with sauce spooned over the top.

### 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.

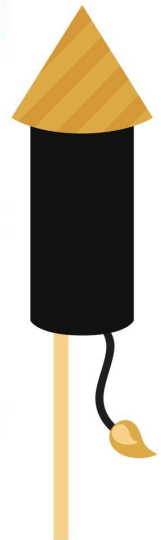
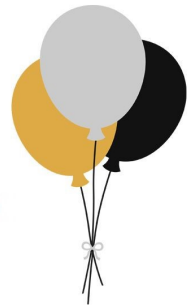
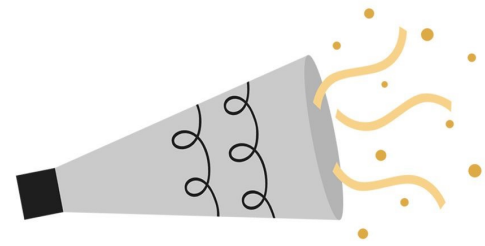
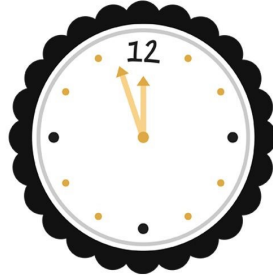
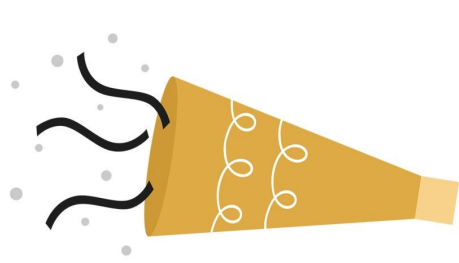
In addition, all our aides receive a state-to-state background check and fingerprinting check.

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

# HAPPY NEW YEAR!



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

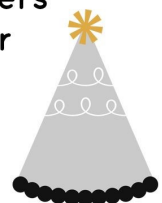
Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

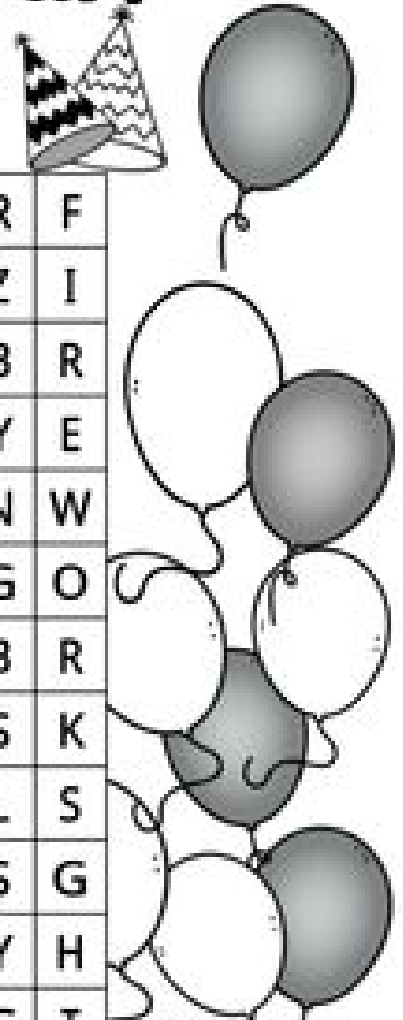
Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers





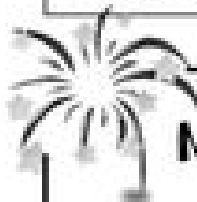
## Happy New Year!

**Directions:** Circle the words hidden in the puzzle.  
The words are spelled horizontally and vertically.



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

|           |            |           |          |
|-----------|------------|-----------|----------|
| midnight  | resolution | fireworks | December |
| countdown | goals      | music     | January  |
| tradition | celebrate  | parades   | holiday  |

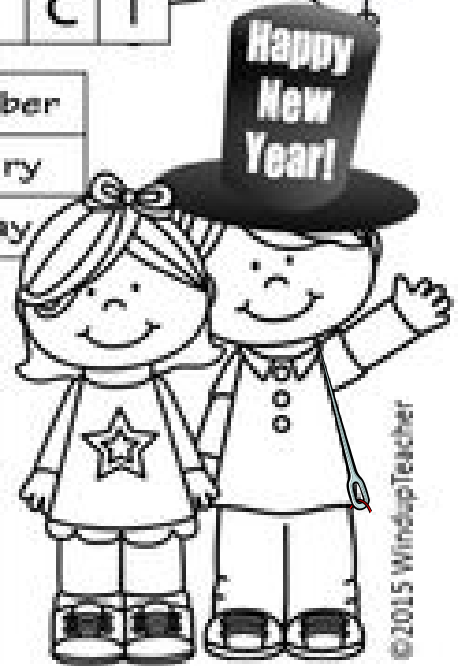


**My New Year's Resolution:**

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# JANUARY 2019



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| 2% MILK AND MAGARINE SERVED DAILY  | <b>1</b><br><br>CLOSED  | <b>2</b> Chicken Patty<br>French Fries<br>Banana Pudding  | <b>3</b> Ham Salad Sandwich<br>Pasta Salad<br>Fruit  | <b>4</b> Cheesy Potato Soup<br>Mexican Cornbread<br>Fruit Salad                      |
| <b>7</b> Chicken & Rice<br>Vegetable Stir Fry<br>Garlic Toast<br>Fruit Salad   | <b>8</b> Chili<br>w/Meat & Beans<br>Waldorf Salad<br>Cornbread                        | <b>9</b> Cook's Choice  | <b>10</b> Sloppy Joe<br>Cole Slaw<br>Ranch Potatoes<br>Juice   | <b>11</b> Pork Chops<br>Mashed Potatoes<br>Greens<br>Whole Wheat Bread               |
| <b>14</b> Salisbury Steak<br>Mashed Potatoes<br>w/ Gravy Corn<br>Juice<br>Roll | <b>15</b> Pinto Beans<br>Onions<br>Greens<br>Cornbread<br>Applesauce                  | <b>16</b> Vegetable Soup<br>Cheese Slice<br>Cherry Crisp  | <b>17</b> Lasagna<br>Raw Vegetable<br>Salad<br>Garlic Bread  | <b>18</b> BBQ Chicken<br>Potatoes<br>Green Beans<br>Apricots<br>Whole Wheat Bread    |
| <b>21</b><br><br>CENTER<br>CLOSED FOR<br>MARTIN<br>LUTHER KING<br>JR. DAY      | <b>22</b> Chicken Sandwich<br>w/Onion/Mayo<br>Potatoes<br>Broccoli<br>Whole Wheat Bun | <b>23</b> Beef Stew<br>Corn Bread<br>Fried Apples   | <b>24</b> Hamburger Patty<br>Onion/Mayo/<br>Pickle<br>Potatoes<br>Corn<br>Pineapple<br>Whole Wheat Bun | <b>25</b> Cream Turkey<br>over biscuit<br>Mashed Potatoes<br>Peas & Carrots<br>Juice |
| <b>28</b> Cook's Choice  | <b>29</b> Steak & Peppers<br>Potatoes<br>Peas<br>Mixed Fruit<br>Whole Wheat Bun       | <b>30</b> Spaghetti w/ Meat<br>Sauce<br>Applesauce<br>Garlic Toast<br><br>Grantsville<br>B-Day Dinner | <b>31</b> Sausage Gravy<br>Potatoes<br>Apples  | MENU<br>SUBJECT<br>TO<br>CHANGE<br>WITHOUT<br>NOTICE                                 |



# 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

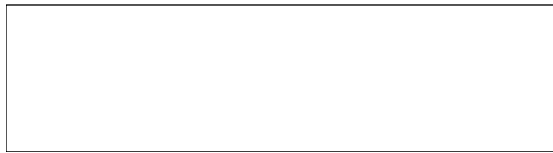


### West Fork Center

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  
Grantsville, WV 21647

To Contact CCCOA:  
Phone: 304-354-7017  
Fax: 304-354-6859  
Email: [office@cccoa-wv.org](mailto:office@cccoa-wv.org)

