

CCCOA NEWS



Calhoun County Committee on Aging
 PO Box 619, Grantsville, WV 26147
 105 Market Street, Grantsville, WV
 Phone: 304-354-7017 Fax: 304-354-6859



July 2015 *Independence Day ~ July 4th*



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Coming Up!

- July 1st- Picnic at Cedar Creek State Park Depart (Centers Closed)
- July 3rd-Center Closed in observance of Independence Day
- July 8th -Roane Home Care BP Clinic 10:30am
- July 9th- Flatwoods Shopping Trip Depart @ 10:00am
- July 14th-Planning Committee Meeting 1:00pm
- July 16th-Spencer Shopping Trip Depart @ 8:30am
- July 23rd-National Hot Dog Day
- July 27th- Board Meeting @ 2:30pm @ West Fork Center
- July 29th-Grantsville Birthday Dinner 10:30am
- July 30th-West Fork Birthday Dinner 10:30am
- July 31st- SHIP Counselor Monthly Medicare Presentation





July 2015 Grantsville Events



July 1st, Wed. Cedar Creek 4th of July Picnic 10:00 A.M.—2:00 P.M.
Held at Cedar Creek Community Building
Games, Prizes and Picnic Lunch
CENTER CLOSED



July 3rd, Fri. Center Closed for 4th of July

July 6th, Mon. Calhoun County Bank Presentation 10:30—11:00 A.M.



July 8th, Wed. Choir Practice 10:30—11:00 A.M.
Roane Home Care BP Screenings 10:30 A.M.

July 9th, Thurs. Flatwoods Shopping Trip Depart 8:30 A.M.
Cost \$13 from Center, \$16 from Home
Trip must be paid at time of reservation!



July 10th, Fri. "Healthy Me"

July 14th, Tues. Planning Committee Meeting 1:00 P.M.



July 15th, Wed. Choir Practice 10:30—11:00 A.M.

July 16th, Thurs. Spencer Shopping Trip Depart 8:30 A.M.
Cost \$8 from Center, \$10 from Home
Trip must be paid at time of reservation!



July 22nd, Wed. Choir Practice 10:30—11:00 A.M.

July 23rd, Thurs. National Hot Dog Day

July 27th, Mon. Board Meeting 2:30 P.M.

July 29th, Wed. Covered-Dish Birthday Dinner
Musical Entertainment Provided 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!



July 31st, Fri. SHIP Counselor Monthly Medicare Presentation 10:45— 11:00 A.M.

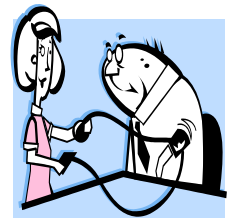
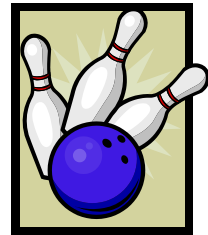
Rummy, Yahtzee, Dominos Daily 8:00— 11:00 A.M.
Bingo will be played daily from 11:00—11:30 A.M. unless otherwise stated.



July 2015 West Fork Events



- July 2nd, Thurs. Cards/ Corn hole/ Horseshoes 10:30-11:30 A.M
- July 6th , Mon. Breathe with Joy 9:30-10:00 A.M,
Cards/Line Dancing/Corn hole 10:30-11:30 A.M.
- July 7th, Tues. Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- July 9th, Thurs. Cards/ Corn hole/ Horseshoes 10:30-11:30 A.M
- July 13th, Mon. Breathe with Joy 9:30-10:00 A.M.
Cards/Line Dancing/Corn hole 10:30-11:30 A.M.
- July 14th, Tues. Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- July 16th, Thurs. Bowling Trip
- July 20th, Mon. Roane Home Care 9:00– 10:30 A.M.
Breathe with Joy 9:30-10:00 A.M.
Cards/Line Dancing/Corn hole 10:30-11:30 A.M.
- July 21st, Tues. Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- July 23rd, Thurs. Cards/ Corn hole/ Horseshoes 10:30-11:30 A.M
- July 27th, Mon. Breathe with Joy 9:30-10:00 A.M.
Cards/Line Dancing/ Corn hole 10:30-11:30 A.M
- July 28th, Tues. Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.
- July 30th, Thurs. Entertainment/Birthday Dinner 10:30– 11:30 A.M.
Hospice Screenings



Exercise 9:00– 9:30 A.M./Socializing 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

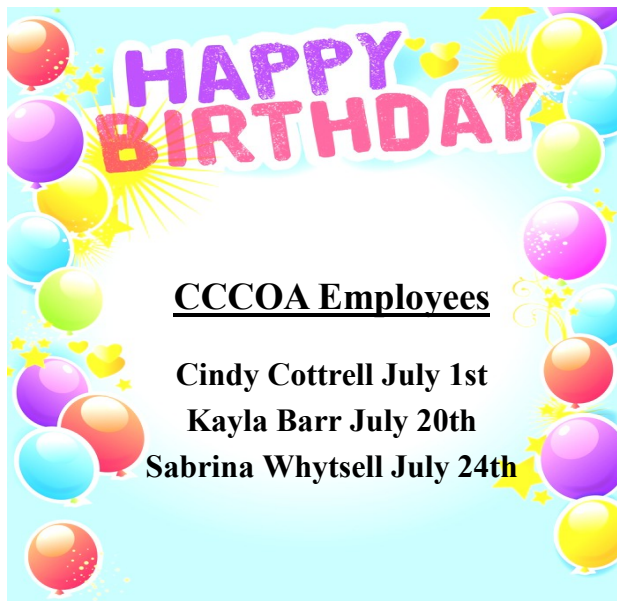
Happy Birthday

Jacky Rogers July 1st
Anita West July 1st
Ed Snyder July 1st
Helen Jordan July 3rd
Kevin Kanalley July 3rd
Linda Badgett July 3rd
Glen Knotts July 7th
Janet Stewart July 9th
Eileen Sullivan July 13th
Dorothy McCauley July 14th
Ford Wilson July 14th
Randy Wilson July 19th
Rose Pursley July 23rd
Linda Crawford July 26th
Willadene Poling July 26th
Robert Berdine July 26th



Celebrating June Birthdays at the CCCOA:

Seated: Portia Miller & Hazel Tingler
Standing: Donald Little



CCCOA Employees

Cindy Cottrell July 1st
Kayla Barr July 20th
Sabrina Whytsell July 24th

Celebrating June Birthdays at the West Fork CCCOA:

J.D. Brewster and Inga Brewster

Trips

August 6, 2015 ~ 9:45 to 4:00 p.m. ~ Trip to the Mountaineer Military Museum in Weston

Childhood friends were drafted into their country's service and only one made it home. A graveside promise was made that "I'll never let anyone forget you guys." Ron McVaney vowed to keep his promise. He had collected hundreds of pieces of memorabilia over the last thirty-five years. Upon retiring, he told his wife Barbara that the time had come to share their memorabilia with the public. With the help of the Lewis County Board of Education, Lewis County Commission, and the public, the Mountaineer Military Museum became a reality.

October 6-11, 2015 ~ Myrtle Beach Trip

Enjoy a trip to Myrtle Beach where you will stay at Compass Cove Resort. A few of the amenities included are a tour & dinner of the Hopsewee Plantation, Hot Jersey Nights at the Palace Theater, "The One Show" at the Alabama Theater, wine tasting at Barefoot Landing, Pirates Voyage Dinner Show, 50's Dance Party and much more.

For more information on trips please call Samantha Cowan at the Grantsville CCCOA at [304-354-7017](tel:304-354-7017).

News

SENIOR FARMERS MARKET VOUCHERS



2015 Guidelines

1. Must be at least 60 years of age. Must show ID proof of age.
2. Must fall within the income guidelines for household number.
3. ONE BOOKLET OF VOUCHERS PER HOUSEHOLD.
4. Coupons can be only used thru October 31, 2015.
5. If unable to physically come to CCCOA a proxy is accepted and must include address, phone number, and signed permission.

Vouchers Available beginning Monday, July 13th
(See Brenda Sisson at the Grantsville CCCOA or Betty Ellison at the West Fork site for coupons.)

For more details please call [\(304\) 354-7017](tel:304-354-7017)

CCCOA Grantsville News

Independence Day Picnic

Wednesday- July 1st, 2015

We will be traveling to Cedar Creek State Park at 9:00am- Depart at 2:00pm
(Buses will run as scheduled)

Please inform Brenda, Cindy or Betty if you would like to attend the picnic!

- CCCOA is renting an air conditioned building for your convenience.
 - Handicap Accessible with restrooms
 - Games with prizes
 - Lunch and refreshments will be served.
- Grantsville or West Fork Sites will not be open so our staff can enjoy the day with you!
- Any questions please call 304-354-7017 or 304-655-8805



Father's Day Celebration Winners!



Door Prize Winner:

Door Prize Winner:

Senior Journal News

Forbes contributor Jamie Hopkins offers insights for seniors on smart ways to use reverse mortgage; recent regulations changes makes it better

May 20, 2015 – Home equity is probably the most valuable asset owned by most retirees in the U.S. Properly leveraging this home equity is becoming a crucial part of a secure retirement, according to an article in Forbes by Jamie Hopkins. He sees a reverse mortgage, particularly with the new rules passed by HUD last month, as a way for some to significantly improve retirement income security.

“There are a variety of ways to tap into one’s home equity,” writes Hopkins, “such as downsizing, taking a traditional home equity loan, home sharing, entering into a sale leaseback arrangement, or entering into a reverse mortgage.”

He cautions that a reverse mortgage is not the best option for everyone but discusses three strategies that may work “for more than just the cash-poor, house-rich client.”

The new rules finalized last month apply to the Home Equity Conversion Mortgage (“HECM”) program, which is the primary reverse mortgage program. The new rules will keep many seniors from getting a reverse mortgage is the government tries to reduce the default rate.

Following are the three strategies that may help seniors in their financial planning that are discussed by Hopkins in the Forbes article.

First, a standby reverse mortgage line of credit can be used to mitigate market risk and other retirement income planning risks.

“Instead of using a reverse mortgage towards the end of one’s retirement when assets might be dwindling, strategic use of a reverse mortgage closer to the front end of one’s retirement could be even more beneficial,” he suggests.

“The second strategic use of reverse mortgages can be to postpone claiming Social Security benefits, or to defer one’s employer sponsored pension plan,” he writes.

“This strategy (depending on the value of your home) actually uses up a large portion of your equity early on in retirement, instead of relying upon it later in retirement.”

The third strategic use of a reverse mortgage is to “exchange debt for income” by replacing a traditional mortgage payment with a reverse mortgage. More and more retirees enter into retirement with an outstanding mortgage. Some retirees, he says, are now taking a reverse mortgage to pay off their traditional mortgage, and at the same time creating a line of credit or generating additional income.

He does cautions seniors that a comprehensive understanding of the risks and costs associated with a reverse mortgage need to be well understood and evaluated before deciding to enter into one.

A reverse mortgage decision should only be made “after doing your due diligence, consulting an expert, finding a reputable lender, and incorporating the decision into your overall retirement plan.”

http://seniorjournal.com/NEWS/Retirement/2015/20150520_Three-strategies-for-using-a-reverse-mortgage.htm

Spotlight on WV

Mountaineer Military Museum in Weston, WV

Childhood friends were drafted into their country's service and only one made it home. A graveside promise was made that "I'll never let anyone forget you guys." Ron McVaney vowed to keep his promise. He had collected hundreds of pieces of memorabilia over the last thirty-five years. Upon retiring, he told his wife Barbara that the time had come to share their memorabilia with the public. With the help of the Lewis County Board of Education, Lewis County Commission, and the public, the Mountaineer Military Museum became a reality.

The Mountaineer Military Museum has recently added 2,100 sq. feet and has created more than 18 new exhibits, featuring personal and historical items from the Korean, Vietnam, and Civil War. We have also created a reflection room, a place where we can go and honor those who have fallen before us. We would be honored if you came to see our new expansion; we promise you will not be disappointed.

The Museum will be open to public, private, organizational, and educational tours. The Museum will be open during winter touring (October 1-Memorial Day Weekend) hours Saturday ONLY from 10:00am to 4:00pm. It is open during the spring and summer season (Memorial Day weekend-October 1) Fridays and Saturdays 10:00am to 4:00pm To make a mid-week appointment, call (304)-472-3943.

<http://www.mountaineermilitarymuseum.com/index.html>



Soap Box by Judy

Living in the country is so nice. It's peaceful and quiet except for an occasional car up or down the road and the dog from you know where that never shuts up...ever.

Of course there is the fun side too--like having to deal with raccoons on the porch or in the bird feeder, possums on the porch or in the cat food, deer in the yard and eating the shrubbery, and snakes. Oh, Yes, the snakes. They are in the chicken coop looking for eggs, but what they find is Frank with a 22. Well, there goes another hole in the nest or the floor.

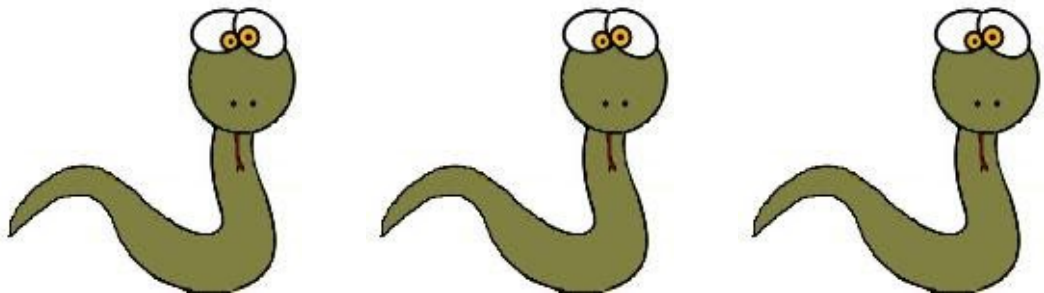
One snake even swallowed two golf balls!! Of course, he was on his way to the great snake round-up in the sky. It's really hard to digest one golf ball let alone two. We keep golf balls in the nests so the chickens know where to lay. In all of the years here (it will be 22 on July 31st) we have had only one snake in the house. It was in my husband's bathroom --where it met its demise.

One snake so far, that is. Let me add one more to the list. YAY!! I went to the chicken coop and was coming back to the house and could see "Gizzy" (the cat) standing on my gas stove and looking down. All the readers my age know about the small gas stove that you used to boil your white clothes on in a copper tub. You added bluing (young people haven't a clue as to what that is) and stirred the clothes with a stick. Anyway back to the snake thing. I opened the storm door and looked down on the floor to see what "Gizzy" was looking at. It was a snake!!! A baby snake! It was about two feet long and no bigger around than a small drinking straw. It was wiggling like crazy. As soon as I opened the door and did the screech thing, it went over the door sill and down between the cement porch and the house with the cat on its tail. Of course, he missed it.

Now here's a good thought- as I was telling my friend in Kentucky about it she said and I quote, "since black snakes lay eggs maybe a black snake got in the laundry room and laid her eggs. Maybe there are more babies." Thanks Gail. I needed that, but so far so good- None in sight.

Only 107 days left after July 1st until October 1st. Then goodbye summer. Hello Fall.

'Til next month,
~Judy ~



Five top fitness activities senior citizens can do easily at home

1) Balancing

Although balancing isn't an obvious part of exercising, everyday activities require the ability to control your body's position. From getting out of bed, to walking on an uneven sidewalk, and standing on tiptoes to reach a high shelf, many daily activities involve balance.

A few gentle, at-home exercises done daily are essential to enhancing body coordination and decreasing the risk of falling.

Some great balance activities include marching in place and "tightrope" walking – or walking by placing one foot's heel directly in front of the other foot's toes. If alone, take precautions to exercise next to a chair or railing that can be used for support.

2) Endurance Aerobic Activities

Endurance, or aerobic activities, increase your breathing and heartbeat, which helps to improve heart and lung health. This can make chores like vacuuming and raking the yard easier to do.

One of the easiest forms of endurance work is brisk walking. If you have balance or joint trouble, start by walking on flat surfaces or indoor at a mall. You can also take exercise classes at your local community or senior center.

As much as possible, try to exercise with another person, whether in your home or outside. Even healthy bodies can suffer sudden strains or accidents. During the times when you are exercising alone, you can feel more confident about your safety by wearing a medical alert device that allows you to instantly call for emergency help should you need it.

3) Strength Training

Strength exercises help build up muscle and bone, counteracting the weakness that can come with aging. Even slight improvements in muscle strength can go a long way in facilitating independence and to be able to do activities like carrying groceries, sweeping, and getting up from a chair.

Seated movements such as toe stands, knee curls, and leg extensions do not require dumbbells. Do strength-training exercises two to three times a week rather than daily, so muscles can recover, and you slowly, safely build intensity.

4) Stretches

As we age, connective tissues become less elastic so stretching is fundamental to maintaining a functioning range of motion. Stretching should not cause pain or serious fatigue. Make sure to warm your muscles briefly prior to stretching. Take in deep breaths in each stretch for up to 60 seconds for maximum benefit and always be aware of the position of your spine.

5) Video Games

Seniors are joining the world of video games and are also a great way to connect with children and grandchildren. With popular video game consoles such as Nintendo Wii and Xbox Kinect, seniors can improve their fitness at home, mixing workouts with fun.

http://seniorjournal.com/NEWS/Fitness/2015/20150528_Five%20top%20fitness%20activities%20senior%20citizens%20can%20do%20easily%20at%20home.htm

My Favorite Recipe

Peanut Butter Pie

- 1-9" prepared graham cracker pie crust
- 1-8oz pkg. cream cheese, softened
- 1/2 cup creamy peanut butter
- 1/2 cup confectioner's sugar
- 1-16oz container of frozen whipped topping, thawed
- 15 miniature chocolate covered peanut butter cups, unwrapped



Directions:

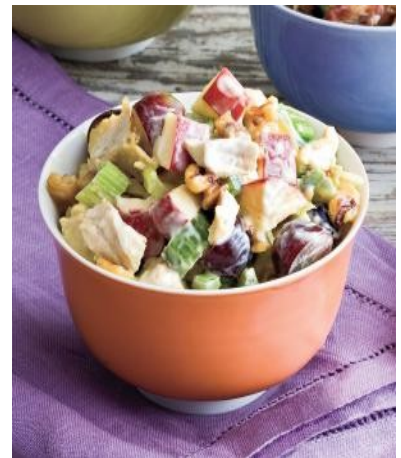
Mix Cream cheese, confectioners sugar, and peanut butter until smooth.

Fold in 1/2 the whipped topping, spoon mixture into pie crust.

Place remaining whipped topping over top of peanut butter mixture and garnish with peanut butter cups. Chill for at least 2 hours prior to serving.

Waldorf Chicken Salad

- 1/2 cup chopped walnuts
- 3 cups chopped cooked chicken
- 1 cup seedless red grapes, halved
- 1 lge. Gala Apple, diced
- 1 cup diced celery
- 1 cup mayonnaise
- 1/2 cup honey mustard
- Salt & Pepper to taste



Directions:

Preheat oven to 350 degrees , bake walnuts in a single layer in a shallow pan 6to 8 minutes or until toasted & fragrant. Stirring halfway through.

Stir together chicken and next 5 ingredients, & walnuts. Add salt & pepper to taste.



July 2015 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2% Milk And Margarine Served Daily	Menu Subject To Change Without Notice	1 Center Closed For Annual Cedar Creek Picnic	2 Corn Dog Ranch Potatoes Applesauce	3 Center Closed For 4th of July
6 Beef Macaroni Casserole Green Beans Banana Pudding Whole Wheat Bread Calhoun Bank Presentation	7 BBQ Ribs Ranch Potatoes Jello w/Fruit Bun	8 Chicken Cauliflower & Broccoli Green Beans Fruit Whole Wheat Bread Roane Home Care B.P. Clinic	9 Hamburger Lettuce/Tomato/Onion Baked Beans Fruit Whole Wheat Bun Flatwoods Shopping Trip	10 Sauer Kraut & Kielbasa Boiled Potatoes Mixed Greens Cornbread Juice
13 Pork Chop Hash Brown Casserole Butter Beans Whole Wheat Roll Juice	14 Ham Salad Cottage Cheese w/Peaches Planning Committee Meet	15 Beans Onions Greens Applesauce Cornbread	16 Pizza Burger Coleslaw Fruit Cobbler Whole Wheat Bun Spencer Shopping Trip West Fork Bowling Trip	17 Fish Tartar Sauce Pasta Salad w/Tomato Fruit Hush Puppies
20 Creamed Chicken w/Peas & Carrots Mashed Potatoes Fruit Biscuit	21 Steak Hoagie Cheese/Tomato/ Lettuce Potato Salad Fruit Whole Wheat Bun	22 Spaghetti w/Meat Sauce Tossed Salad Fruit Garlic Bread	23 Hot Dog w/Meat Sauce Baked Beans Coleslaw Fruit Whole Wheat Bun National Hot Dog Day	24 Italian Sausage Onions & Peppers Green Beans Fruit Whole Wheat Bun
27 Pasta Chicken w/Vegetables French Green Beans Pineapple Salad Whole Wheat Roll Board Meeting	28 Taco Salad Lettuce & Tomato Brownie Fruit	29 Chicken Nuggets Tater Tots Corn Hot Roll Grantsville B-Day Dinner	30 Smothered Steak Mashed Potatoes Broccoli Fruit Whole Wheat Roll West Fork Birthday Dinner	31 Turkey Split Mashed Potatoes Carrots Whole Wheat Bread Juice Ship Counselor Pres.



Happy Birthday

Jacky Rogers
From your other Sister & Best Friend
Love, Linda



Fourth of July Word Scramble

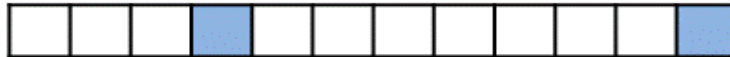


Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET



ENDDEEPPNICN



DEARAP



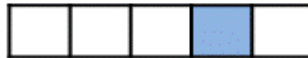
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TENIUD



TWEHI



AEQTIULY



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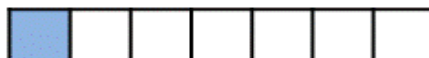
FDREOME

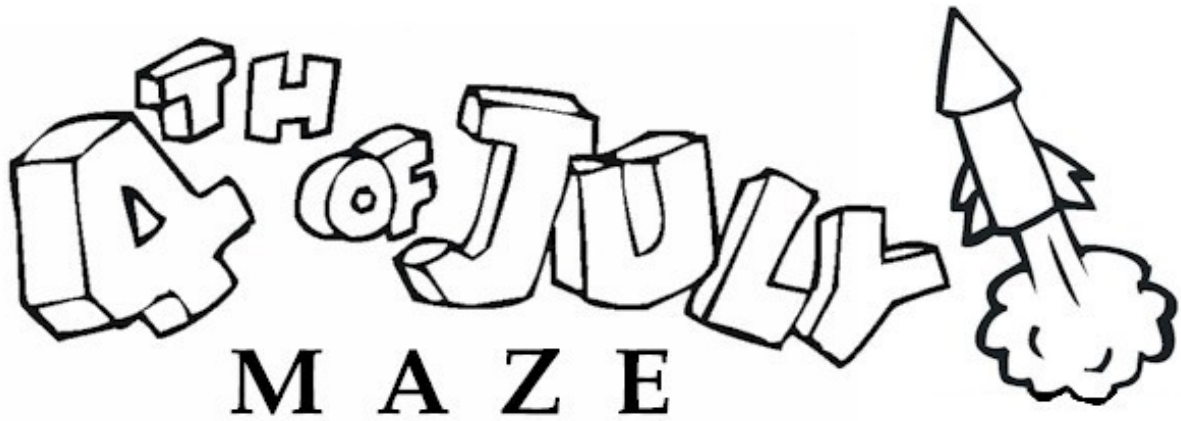
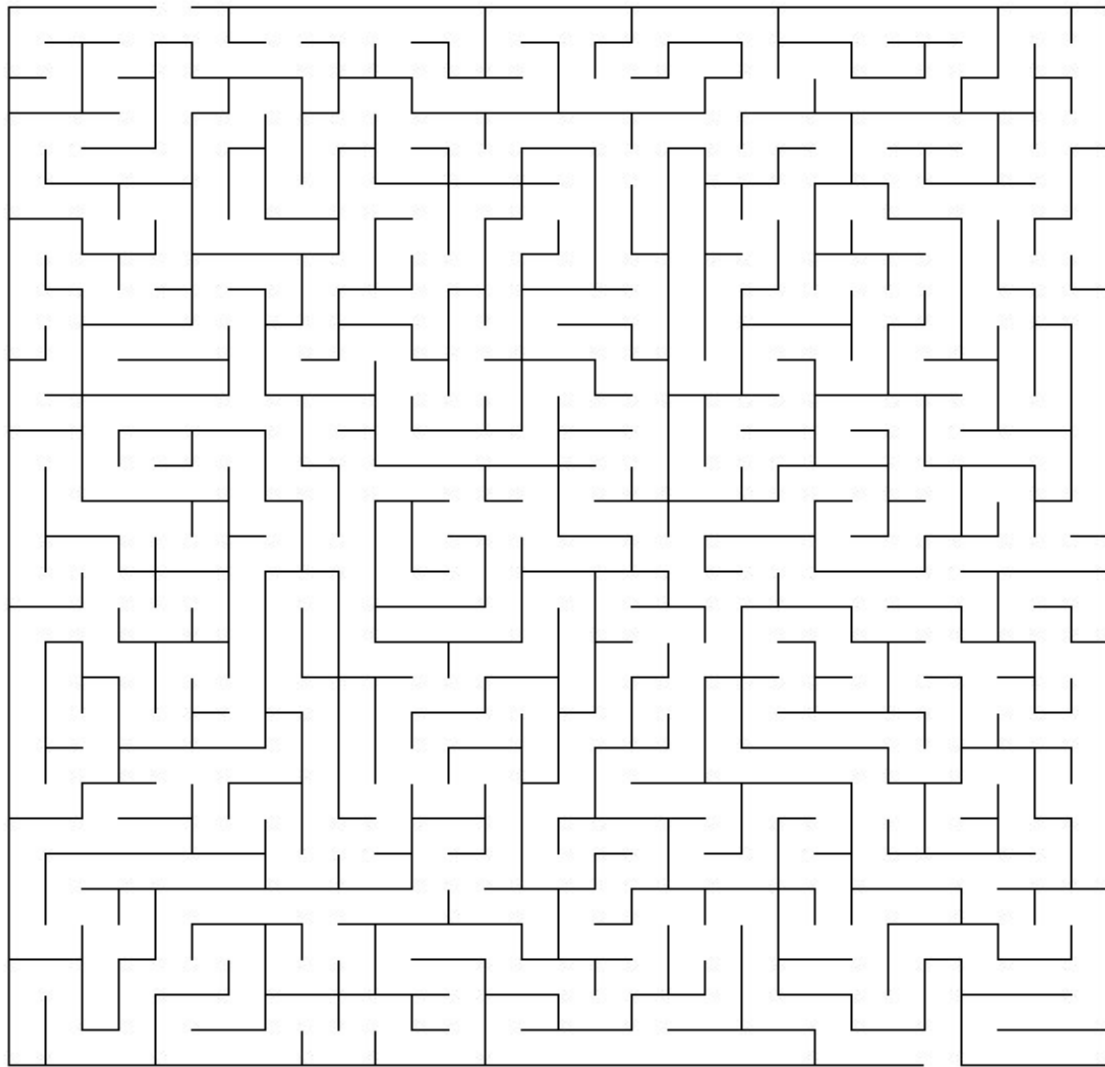


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M A Z E



4th of July

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

AMERICA

BLUE

EAGLE

FIREWORKS

FLAG

FOURTH OF JULY

FREEDOM

INDEPENDENCE

JULY

LIBERTY

PARADES

PATRIOTIC

PICNICS

RED

SPARKLERS

STARS

STRIPES

WHITE



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CCCOA Business Page

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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.

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

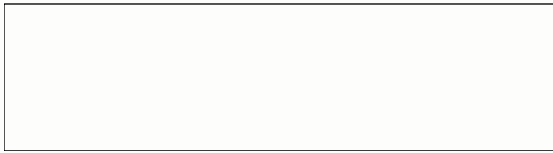
Calhoun County Committee on Aging (CCCOA), an agency providing services to senior citizens of Calhoun County, WV. CCCOA is committed to serving the Senior Citizens (age 60 and over) of Calhoun County, to providing the highest quality services and to be advocates for the greater good of the people we serve. Services are provided equally and without discrimination to all who qualify for said services.

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
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Email: office@cccoa-wv.org



Calhoun County Committee on Aging Inc.