

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 2016 *Independence Day ~ July 4th*



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Coming Up!

- July 1st Picnic at Cedar Creek State Park Depart (Centers Closed)
- July 4th- Center Closed
- July 8th- Healthy Me
- July 11th Congressman Mooney Rep. 10:00am
- July 13-Roane Home Care BP Screening 10:30am
- July 14th-Spencer Shopping Trip Depart 8:30am
- July 19th-Planning Committee Meeting 1:00pm
- July 22nd- Genesis Bingo 11:00am
- July 26th- Board Meeting 2:30pm
- July 27th-Grantsville Birthday Dinner 10:30am
- July 28th-West Fork Birthday Dinner 10:30am
- July 29th- SHIP Counselor Monthly Medicare Pres. 10:45am





July 2016 Grantsville Events



- July 1st, Fri.** **4th of July Picnic 10:00 A.M.—2:00 P.M.**
Grantsville Center
Games, Prizes and Picnic Lunch
- July 4th, Mon.** **Center Closed for 4th of July**
- July 6th, Wed.** **Choir Practice 10:30-11:00 A.M.**
- July 8th, Fri.** **"Healthy Me"**
- July 11th, Mon.** **Congressman Mooney Rep. 10:00 A.M. – 12:00 P.M.**
- July 13th, Wed.** **Choir Practice 10:30—11:00 A.M.**
Roane Home Care BP Screenings 10:30 A.M.
- July 14th, Thurs.** **Ripley Shopping Trip Depart 8:30 A.M.**
Cost \$10 from Center, \$12 from Home
Trip must be paid at time of reservation!
- July 19th, Tues.** **Planning Committee Meeting 1:00 P.M.**
- July 20th, Wed.** **Choir Practice 10:30—11:00 A.M.**
- July 22nd, Fri.** **Genesis Bingo 11:00– 11:30 A.M.**
- July 26th, Tues.** **Board Meeting 2:30 P.M.**
- July 27th, Wed.** **Covered-Dish Birthday Dinner**
Musical Entertainment Provided 10:30—11:30 A.M.
NO BINGO WILL BE PLAYED TODAY!
- July 29th, Fri.** **SHIP Counselor Monthly Medicare Presentation 10:45– 11**



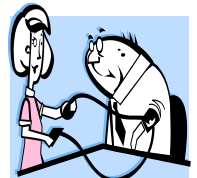
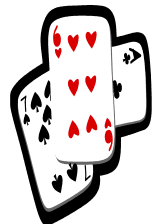
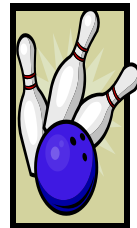
Rummy, Yahtzee, Dominos Daily 8:00– 11:00 A.M.
Bingo will be played daily from 11:00—11:30 A.M. unless otherwise stated.



July 2016 West Fork Events



- July 1st, Fri.** **4th of July Picnic 10:00 A.M.—2:00 P.M.**
Grantsville Center
Games, Prizes and Picnic Lunch
- July 4th, Mon.** **Center Closed for 4th of July**
- July 5th, Tues.** **Food Bank at Park 12:00 P.M.**
Cards/ Line Dancing/ Horseshoes/ Corn hole 10:30-11:30 A.M.
- July 7th, Thurs.** **Cards/ Corn hole/ Horseshoes 10:30-11:30 A.M**
- July 11th, Mon.** **BIG BINGO 10:00– 10:45 A.M.**
Cards/Line Dancing 10:45-11:30 A.M.
- July 12th, Tues.** **Cards/ Line Dancing/ Horseshoes/ Corn hole 10:30-11:30 A.M.**
- July 14th, Thurs.** **Cards/ Corn hole/ Horseshoes 10:30-11:30 A.M.**
- July 18th, Mon.** **Roane Home Care BP Screenings 9:30– 10:30 A.M.**
Cards/Line Dancing/ Corn hole 10:30-11:30 A.M.
- July 19th, Tues.** **Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.**
- July 21st, Thurs.** **Bowling Trip**
- July 25th, Mon.** **Cards/Line Dancing/ Corn hole/ Horseshoes 10:30-11:30 A.M.**
- July 26th, Tues.** **Cards/ Line Dancing/ Horseshoes 10:30-11:30 A.M.**
- July 28th, 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
Janet Stewart July 9th
Fred Arcuri July 10th
Eileen Sullivan July 13th
Ruby Collins 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:

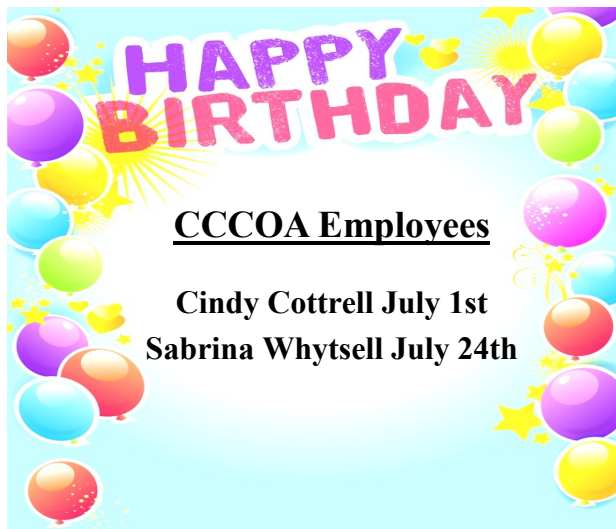
Standing: Hazel Tingler

Seated: Joann Dawson and Eulah Whipkey

BIG BINGO WINNERS - JUNE 10, 2016

Eleanor Caltabiano
Ray Tingler
Hazel Tingler
Jacky Rogers
Ruth Poorman
Robin Long
Steve Miller
Madeline Lamp
Wanda Carpenter
Dorothy McCauley
Joan Auvil
Joann Ward
Sally Hashman
Alta Mae Richards
French Stump
Iline Compton
Jeanie Smith
Pearle Johnson
Patty Little
Judy Wolfram
Donald Kelley
Barb Roberts
Mary Nichols
Mary Poirier

GRAND PRIZE WINNER: Barb Roberts



CCCOA Employees

Cindy Cottrell July 1st
Sabrina Whytsell July 24th

Trips

October 2-6, 2016 ~ Virginia Beach Trip

Enjoy a trip to Virginia Beach where you will have 4 nights deluxe oceanfront accommodations. A few of the amenities included are a guided tour of the Colonial Williamsburg, visit to the Williamsburg Pottery, Botanical Gardens, visit to the Yankee Candle Company, guided tour of the Norfolk Naval Base, visit to Macarthur Memorial, visit to Hampton Roads Naval Museum and much more.

For more information on trips please call Samantha Cowan at the Grantsville CCCOA at **304-354-7017**.



News

SENIOR FARMERS MARKET VOUCHERS



2016 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, 2016.
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 11th
(See Brenda Sisson at the Grantsville CCCOA or Michelle Stehman at the West Fork site for coupons.)

For more details please call **(304) 354-7017**

CCCOA Grantsville News

Independence Day Picnic

The winners of the games and door prizes at the 4th of July Picnic are as follows:

"Scoop it Up" - Iline Compton

"Marshmallow Toss" - Ray Tingler & Dorothy McCauley

"Suck it Up" - Hazel Tingler

"Clothespin Drop" - Ruth Morris

"Wrap it Up" - Norma Gumm

"Pantyhose Game" - Hazel Tingler

"Dice Stack" - Dorothy McCauley

"Ping Pong Toss" - Ray Tingler

Door Prize Winners - Ruth Morris, Randy Wilson,
Hazel Tingler, Virginia Simmons, Dorothy McCauley,
Norma Gumm, Jean Miller, Pat Kniceley and Wanda Carpenter.
Winners were given \$10 Wal-Mart cards.



Ruth "Joan" Stump
is in the Worthington Nursing and Rehab
Center, and has asked that we share her address in
the event you would like to send cards
and/or letters.

Worthington Nursing and Rehab Center
2675 36th Street
Parkersburg, WV 26104
304-485-9344

Senior Journal News

Seniors rejoice at study declaring coffee does not cause cancer

June 16, 2016 – Yesterday was a great day for most senior citizens. They welcomed the news that their favorite drink – coffee – does not cause cancer, and, in fact, in many cases may prevent it.

An international Working Group of 23 scientists convened by the International Agency for Research on Cancer (IARC), the cancer agency of the World Health Organization (WHO), found no conclusive evidence for a carcinogenic effect of drinking coffee.

Drinking coffee was not classifiable as to its carcinogenicity to humans, which places it in Group 3. The large body of evidence currently available led to the re-evaluation of the carcinogenicity of coffee drinking, previously classified as possibly carcinogenic to humans (Group 2B) by IARC in 1991.

After thoroughly reviewing more than 1000 studies in humans and animals, the Working Group found that there was inadequate evidence for the carcinogenicity of coffee drinking overall.

Many epidemiological studies showed that coffee drinking had no carcinogenic effects for cancers of the pancreas, female breast, and prostate, and reduced risks were seen for cancers of the liver and uterine endometrium. For more than 20 other cancers, the evidence was inconclusive.

The experts did find, however, that drinking very hot – above 149°F (65°C) – beverages probably causes cancer of the esophagus in humans. Water boils at 212°F (100 °C).

“These results suggest that drinking very hot beverages is one probable cause of esophageal cancer and that it is the temperature, rather than the drinks themselves, that appears to be responsible,” says Dr Christopher Wild, IARC Director. Drinking very hot beverages was classified as probably carcinogenic to humans (Group 2A).

Read more at http://seniorjournal.com/NEWS/Nutrition-Vitamins/2016/20160616_Senior-%20rejoic-at-study-declaring-coffee-does-not-cause-cancer.htm#2u2fyqhxMIUrrgEM.99

Soap Box by Judy

Give me a minute. This soap box is really heavy. I think that I am going to look into getting some wheels for the dang thing. Okay, I'm ready.

Now we already have an understanding of my dislikes. Those would be sun, full moons, wind, lightning, thunder, time changes, heat and humidity. PHEW!! That's some list.

I have one more to add and it goes to the top of my list. CICADAS!!

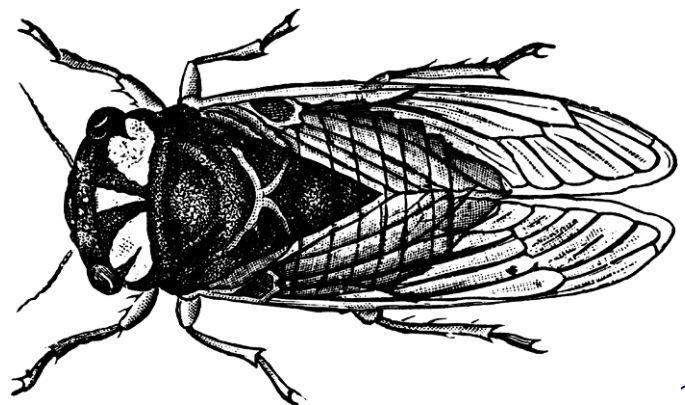
It's bad enough that I already have ringing in my ears and Frank on the other end of the couch talking through every single T.V. show, and now I have humming, buzzing, chirping cicadas.

What good are they? They are killing parts of my shrubs, bushes, and trees and leaving their disgusting, empty, crunchy, skeleton shells everywhere. Yuk!

Why do we need them? How did they get here? I'll bet that there was a man involved somewhere along the line.

There is one tiny bit of a silver lining to the whole cicada invasion though. That would be that they won't be back for 17 years. In 17 years I will be 98 years old and either won't be here or I will hear the noisy, awful sounds and say, "Oh, what beautiful music I hear."

'til peace and quiet comes back,
~Judy~



FITNESS FOR OLDER ADULTS

Participating in a balanced fitness program contributes to your well-being at every age — and regular exercise is vital for older adults. Regular exercise can help control your blood pressure, body weight, and cholesterol levels. It reduces your risk of hardened arteries, heart attack, and stroke. It also strengthens your muscles, tendons, ligaments, and bones to help fight osteoporosis and lower your risk of falling or other injury. Keeping your body strong and limber can help you maintain your independence as you age. It allows you to continue the kinds of activities you've enjoyed your entire life.

If you haven't been physically active for a while, start slowly. Gradually build your endurance, strength, balance, and flexibility. Walking for just five or 10 minutes at a time on several days each week, is a great way to begin. Once you can walk for 30 minutes at a time, you've built a solid foundation and are ready to add more challenging activities to your routine. Starting a basic strength routine while you begin your aerobic routine will help you build the strength you need to support your aerobic workouts.

Aerobic endurance

Any activity that increases your heart rate helps build aerobic endurance. It doesn't take long to see significant changes. After just six weeks of consistent exercise, you should feel noticeably more comfortable while working out and going about your day-to-day activities.

The best aerobic activities for older adults to begin with are low-impact exercises, such as walking, cycling, swimming, and water aerobics.

Other options include: tai chi, line dancing, square dancing, ballroom dancing

If you're aged 65 or older, the Centers for Disease Control and Prevention (CDC) recommend getting at least 150 minutes of moderate-intensity aerobic activity per week — or 75 minutes of vigorous-intensity aerobic activity.

Strength

Even small changes to your overall muscle strength can have a huge impact on your life. Carrying groceries, climbing stairs, and getting up out of a chair all require muscle strength. If you're 65 or older, the CDC recommends participating in strength-training workouts at least twice a week. Start by using small weights, such as 1- and 2-pound dumbbells. Try to complete 10 to 15 repetitions of a variety of weightlifting exercises, such as bicep curls, triceps extensions, and chest presses. You can also use your own body weight to provide resistance, while completing activities such as lunges, squats, and modified pushups. Complete a variety of activities to strengthen all of your major muscle groups, including your legs, hips, back, abdomen, chest, shoulders, and arms.

For example, try this modified pushup to strengthen your chest, upper back, and shoulders:

Stand facing a wall, with your toes 12 to 18 inches away from it.

Lean forward slightly and place your palms flat on the wall at shoulder height.

Slowly bend your elbows to lower your body toward the wall until your nose nearly touches it, or get as close as you can without straining.

Then slowly straighten your elbows and push back to your starting position. Repeat this exercise 10 times.

Many community centers have strength classes geared at meeting the needs of older adults.

Balance

The CDC reports that every year, 2.5 million older Americans are treated in emergency departments for injuries caused by falls. For older adults, even minor injuries can have serious consequences. Yoga and similar exercises help improve balance as well as flexibility.

Also, doing a few basic exercises to improve your balance may come in handy the next time you step off a curb awkwardly or try to sit down on a moving train or bus.

Try this simple exercise to help improve your balance:

Stand directly behind a sturdy chair, such as a dining room chair that won't tip easily.

Rest one hand on the back of the chair and the other hand on your hip.

Lift your right leg, bending the knee slightly.

Hold your leg up for a count of 10. Relax for a moment.

Then do nine more repetitions on that side, before switching legs and repeating on the other side. As your balance improves, you can do the same move without resting your hand on the back of a chair.

Flexibility

Have you noticed that reaching for objects on high kitchen shelves or doing basic activities, such as getting dressed, aren't as easy as they used to be? Do your muscles often feel tight? You may need to add some stretches to your daily routine. Stretching is something you should do every day to help you maintain your range of motion as you age.

It's best to warm up for three to five minutes before stretching by walking or simply marching in place. Then slowly move your body into each stretch, holding the pose for at least 10 seconds. Continue breathing throughout the entire stretch. You can also do your stretches after you finish exercising. Remember that stretching should never be painful. If you feel sharp pain while stretching, or soreness the next day, you're pushing too far.

Try this simple neck stretch while standing or sitting down:

Slowly turn your head toward the right until you feel a slight stretch.

Don't tilt your head backward or forward.

Hold this pose for 10 to 30 seconds.

Then slowly turn your head to the left. Hold for another 10 to 30 seconds.

Repeat three times in each direction.

<http://www.healthline.com/health/fitness-exercise-for-seniors#Flexibility5>

My Favorite Recipe

Quinoa Black Bean Burgers

- 1 (15 ounce can black beans, rinsed and drained
- 1/4 cup quinoa
- 1/2 cup water
- 1/2 cup bread crumbs
- 1/4 cup minced yellow bell pepper
- 2 tablespoons minced onion
- 1 large clove garlic, minced
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1 teaspoon hot sauce
- 1 egg
- 3 tablespoons olive oil



- Bring the quinoa and water to a boil in a saucepan. Reduce heat to
- medium-low, cover and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
- Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
- Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands.
- Form the black bean mixture into 5 patties.
- Heat the olive oil in a large skillet.
- Cook the patties in the hot oil until heated through, 2 to 3 minutes per side.



July 2016 Menu



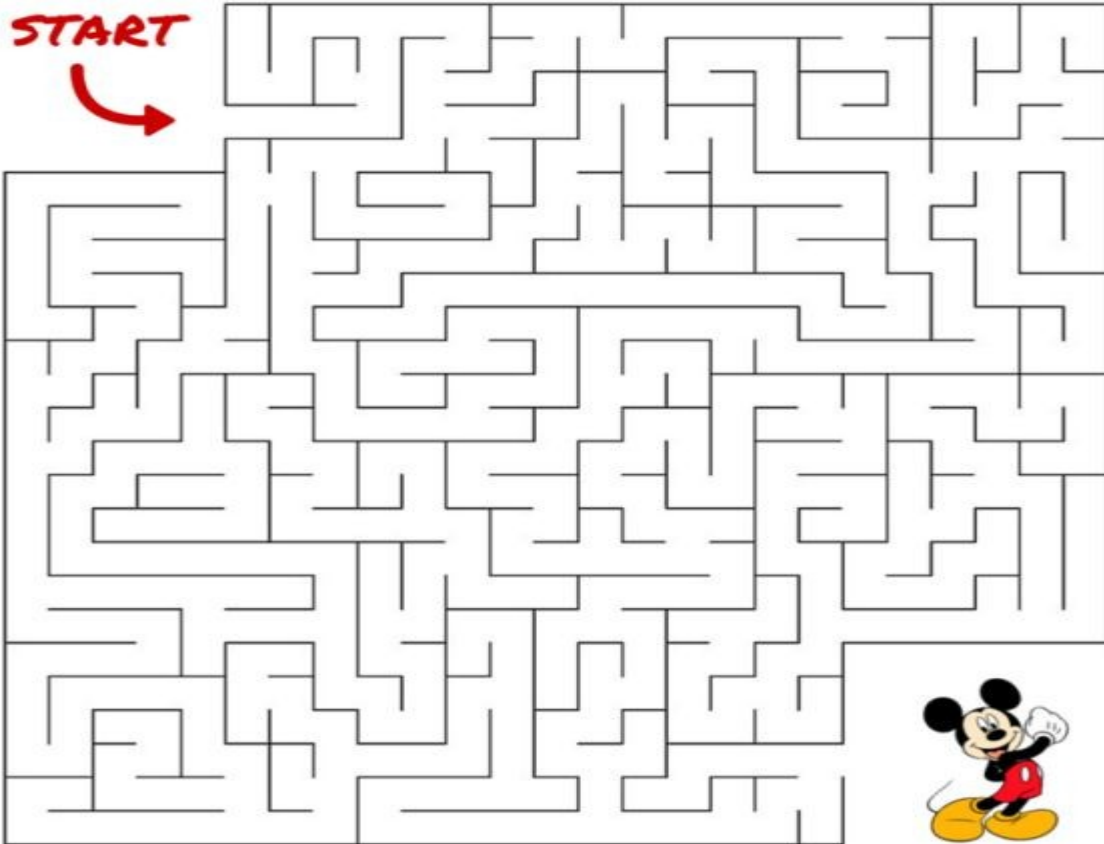
Monday	Tuesday	Wednesday	Thursday	Friday
	Menu Subject To Change Without Notice		2% Milk And Margarine Served Daily	1 4th of July Picnic
4 Center Closed For 4th of July	5 BBQ Ribs Ranch Potatoes Corn Juice Bun	6 Chicken Tenders Cauliflower & Broccoli w/cheese sauce Green Beans Fruit Whole Wheat Bread	7 Hamburger Lettuce/Tomato/Onion Baked Beans Fruit Whole Wheat Bun Ripley Shopping Trip	8 Sauer Kraut & Kielbasa Boiled Potatoes Mixed Greens Cornbread Juice
11 Ham Salad Cottage Cheese w/Peaches Congressman Mooney Rep.	12 Chicken Sandwich Macaroni Salad Fruit	13 Beans Onions Greens Fruit Cornbread Roane Home Care B.P. Clinic	14 Pizza Burger Coleslaw Apple Crisp Whole Wheat Bun Spencer Shopping Trip	15 Fish Tartar Sauce Pasta Salad w/Tomato Corn Juice
18 Creamed Turkey w/Peas & Carrots Mashed Potatoes Fruit Biscuit	19 Steak Hoagie Cheese/Tomato/Lettuce Potato Salad Fruit Whole Wheat Bun Planning Committee Meeting	20 Beef Stew Cucumber & Onions Apple Sauce Cornbread	21 Hot Dog w/Meat Sauce Baked Beans Coleslaw Fruit Whole Wheat Bun West Fork Bowling Trip	22 Sweet & Sour Pork Mashed Potatoes Green Beans Roll Juice Genesis Bingo
25 Pasta Chicken w/Vegetables French Green Beans Pineapple Salad Whole Wheat Roll	26 Taco Salad Lettuce & Tomato Brownie Fruit Board Meeting	27 Baked Spaghetti Tossed Salad Fruit Roll Grantsville B-Day Dinner	28 Smothered Steak Mashed Potatoes Broccoli Fruit Whole Wheat Roll West Fork Birthday Dinner	29 Roast Beef Split Mashed Potatoes Carrots Whole Wheat Bread Juice Ship Counselor Pres.



Happy Birthday
Jacky Rogers!
We think your some kind of special
and appreciate all you do!
Love: Mickey & Friends

Mickey Mouse Maze

Can you find the right route to get to Mickey?



4th Of July Crossword Puzzle



Across

3. It's a hot _____ day.
6. We live in the United States Of _____.
7. The 4th of July is _____ Day.
8. We celebrate the 4th of _____.
9. Someone who loves and supports America is _____.

Down

1. Our flag is red, white and _____.
2. Soldiers fight for our _____.
4. There is a _____ show on the beach.
5. Chicken and burgers are cooking on the _____.

4th of July Word Search

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

Independence
Freedom
Parade
Patriotic
Liberty
July
Summer

Declaration
Picnic
Celebration
Holiday
British
Stars
Music

Flag
Fireworks
America
Philadelphia
Colonies
Stripes



JinxyKids.com

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



Calhoun County Committee on Aging Inc.