

Inside This Issue:



Grantsville Events	2
West Fork Events	3
Birthday Page	4
West Fork News	5
CCCOA News	6
Senior Journal	7
Grantsville News	8
Grantsville News	9
Trips	10
Recipe/Tidbits	11
Important Info.	12
Soapbox	13
Program Ingo.	14
Program Info.	15
Menu	16
Fun Page	17
Fun Page	18
Business Page	19

# CCCOA NEWS

Calhoun County Committee on Aging  
Post Office Box 619

Grantsville, WV 26147

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

## July

### Dates To Remember

- July 4th** Center **CLOSED** for 4th of July
  - July 5th** 4th of July Celebration 10:30-11:30 am
  - July 6th** Healthy Me
  - July 10th** Planning Committee Meeting
  - July 11th** Roane Home Care Bingo 11:00 am
  - July 12th** Shopping Trip Depart @ 8:30 am
  - July 18th** Crafts 9:30 am
  - July 19th** Cash Bingo 12:30 pm  
Gandy Dancer Theater Trip
  - July 20th** Genesis Bingo 11:00 am
  - July 23rd** Board Meeting @ 2:30 pm
  - July 25th** Covered Dish Birthday Dinner  
Musical Entertainment Provided 10:30-11:30 am  
**NO BINGO WILL BE PLAYED TODAY!**
  - July 27th** Monthly Medicare Presentation 10:45-11:00 am
- Bible Study is every Tuesday at 10:15 am**  
**Choir Practice is every Wednesday**  
**(with exception of Birthday dinner day) at 10:30 am**



# Grantsville Events

July 3rd, Tues.	Bible Study 10:15 am
July 4th, Wed.	Center CLOSED for 4th of July
July 5th, Thurs.	4th of July Celebration 10:30-11:30 am
July 6th, Fri.	“Healthy Me”
July 10th, Tues.	Bible Study 10:15 am Planning Committee Meeting 1:30 pm
July 11th, Wed.	Choir Practice 10:30-11:00 am Roane Home Care Bingo 11:00 am
July 12th, Thurs.	Shopping Trip Depart 8:30 am Trip must be paid at time of reservation!
July 17th, Tues.	Bible Study 10:15 am
July 18th, Wed.	Choir Practice 10:30-11:00 am Crafts 9:30 am
July 19th, Thurs.	CASH BINGO 12:30 pm Gandy Dancer Trip
July 20th, Fri.	Genesis Bingo 11:00-11:30 am
July 23rd, Mon.	Board Meeting 2:30 pm
July 24th, Tues.	Bible Study 10:15 am
July 25th, Wed.	Covered Dish Birthday Dinner Musical Entertainment 10:30-11:30 am NO BINGO WILL BE PLAYED TODAY!
July 27th, Fri.	Monthly Medicare Presentation 10:45-11:00 am
July 31st, Tues.	Bible Study 10:15 am



© Can Stock Photo

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

# West Fork Events

July 2nd, Mon.	Big Bingo 10:00 am Cards/Games 11:00-11:30 am
July 3rd, Tues.	Cards/Games 10:30-11:30 am Food Giveaway Upper West Fork Park
July 5th, Thurs.	4th of July Celebration Cards/Games/Corn Hole 10:30-11:30 am
July 9th, Mon.	Cards/Games 10:30-11:30 am
July 10th, Tues.	Cards/Games 10:30-11:30 am
July 12th, Thurs.	Cards/Corn Hole/Games 10:30-11:30 am
July 16th, Mon.	Cards/Games 10:30-11:30 am
July 17th, Tues.	Cards/Games 10:30-11:30 am
July 19th, Thurs.	Cards/Games 10:30-11:30 am
July 23rd, Mon.	Cards/Games 10:30-11:30 am
July 24th, Tues.	Cards/Games/Crafts 10:30-11:30 am
July 26th, Thurs.	WV Caring Entertainment/Birthday Dinner 10:30-11:30 am
July 30th, Mon.	Cards/Games 10:30-11:30 am
July 31st, Tues.	Cards/Games 10:30-11:30 am



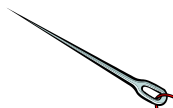
Exercise 9:00-9:30 am / Socializing from 9:30-10:00 am daily unless otherwise stated.

Bingo will be played daily from 10:00-10:30 am unless otherwise stated.

## **\*Find the Needle\***

Last month the needle was on page 15. Don't forget to look for the needle in this month's newsletter.

**Actual needle size**





## July Birthdays

Jacky Rogers July 1  
 Anita West July 1  
 Linda Badgett July 3  
 Helen Jordan July 3  
 Kevin Kanalley July 3  
 Barbara Rose July 8  
 Janet Stewart July 9  
 Glenn Knotts July 11  
 Virginia Simmons July 13  
 Dorothy McCauley July 14  
 Foster Wilson July 14  
 Randy Wilson July 19  
 Rose Pursley July 23  
 James Shields July 24  
 Willadene Poling July 26  
 Linda Crawford July 26  
 Jim McIntyre July 29  
 Carolyn Murphy July 30



### June Birthdays:

Front:

Jim McCormick, Betty Kerby

Back:

Hazel Tingler, Alta Mae Richards,  
Joann Dawson, Doug McCormick



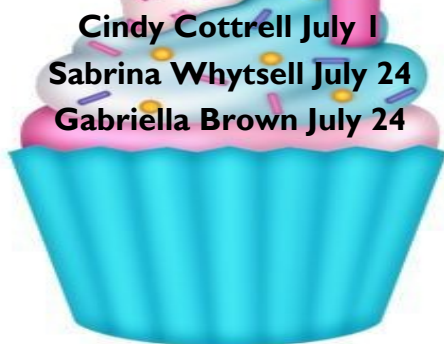
### Music Group:

Bluegrass A 'Risin

L to R

Phillip Jones, Mollie Cain, Charlie Jones,  
Ray Cadle, & Susie Cadle

### CCCOA Employee



Cindy Cottrell July 1

Sabrina Whytsell July 24

Gabriella Brown July 24



Wanda Bailey celebrating her June birthday!



Lynn Keener representative for WV Caring presented Wanda with a beautiful handmade prayer quilt for her Birthday!



Sherry Wade providing birthday dinner entertainment!

The logo for 'CASH BINGO' features the word 'CASH' in large, bold, multi-colored letters (C: orange, A: yellow, S: green, H: blue) above the word 'BINGO' in white letters inside colorful circles (B: red, I: yellow, N: green, G: blue, O: red).

When: July 19th, 2018

Time: 12:30 pm

Where: CCCOA Dining Hall

Location: 105 Market Street

Grantsville, WV 26147

Open to the public, must be 18yrs of age to play!

The CCCOA serves lunch at 11:30 am,  
for a low cost of \$5.25, please join us.

The bus will run after bingo at 2:15pm.

*Quarter per card, per game!*

*You win half the pot on every game!*

*Soda and chips available!*



April 22, 2016 – The leading killer of senior citizens is cardiovascular disease (CVD) but a new study says pleas for help fall on deaf ears. The elderly are something like that old pair of shoes you used to love.

Your old shoes are showing their age - worn-looking, a few nicks, losing their color, a little wrinkled. They could probably be fixed up for another good season but, then you think, is it really worth the effort.

Prevention of cardiovascular problems in senior citizens presents a challenge because this age group – the fastest growing in the world - is generally underrepresented in clinical trials, and doctors often assume that it is too late to initiate preventive therapy in the elderly.

A review by clinical experts of the best available evidence concluded that cholesterol-lowering and blood pressure-controlling therapy are the most effective treatments for reducing cardiovascular events in older adults, but that treatment needs to be individualized, reports the *Canadian Journal of Cardiology*.

"Primary prevention trials in younger populations demonstrate small absolute risk reductions over many years, which is difficult to extrapolate to older patients," explained senior author Michelle M. Graham, MD, FRCPC, Professor of Medicine, Division of Cardiology, Mazankowski Alberta Heart Institute and University of Alberta Faculty of Medicine and Dentistry.

"Some assume elderly individuals may not have the life expectancy to derive benefit from preventive cardiovascular therapy; however, their baseline level of risk, and subsequent relative risk reduction with appropriate therapy, may actually be higher than in younger patients."

- The review provided substantial evidence that:
- Statin therapy reduces the risk of both myocardial infarction and stroke, although close monitoring of adverse events is needed. Evidence does not support an association between cholesterol-lowering statin therapy and either cognitive impairment or cancer. Adverse effects, like muscle problems and diabetes, do not appear to be elevated in elderly patients.
- Potential drug-drug interactions are an important consideration when prescribing statin therapy in older patients because they have a high burden of concurrent medical conditions and are often taking multiple medications. Patients should also be made aware of over-the-counter supplements that may interact with statin therapy.
- Blood pressure control is paramount to prevent cardiovascular events and mortality in elderly patients, although the target should be individualized to the patient. Current evidence supports a moderate blood pressure target (systolic blood pressure of 120-150 mmHg) as safe and effective in elderly patients; however, this target should be individualized based on frailty and comorbidities.
- Antiplatelet therapy should not be recommended due to a lack of net clinical benefit.
- Other interventions shown to reduce the risk of CVD in elderly patients include smoking cessation, physical activity, and maintaining a normal body weight.

"Primary prevention of CVD can improve health and reduce future healthcare costs. Prevention of a first cardiovascular event in elderly patients should be individualized based on consideration of the current evidence, as well as goals of therapy, functionality and/or frailty, comorbidities, and concomitant medications," stated Dr. Graham.

Read more at [http://seniorjournal.com/NEWS/Health/2016/20160422\\_Elderly-%20need-help-fighting-cardiovascular-disease.htm#LTB6v4gJeFEsd70c.99](http://seniorjournal.com/NEWS/Health/2016/20160422_Elderly-%20need-help-fighting-cardiovascular-disease.htm#LTB6v4gJeFEsd70c.99)



Celebrating Birthdays in June  
(Left to Right)  
Alta Mae Richards and Hazel Tingler



Flowers made by:  
Debbie Hammons

## Big Bingo Winners-June 8th

- 1 Dorothy Lynch
- 2 Debbie Hammons
- 3 Norma Gumm
- 4 Joann Ward
- 5 Mary Poirier
- 6 Joanne Brannon
- 7 Otis Miller
- 8 Joan Dawson
- 9 Pearle Johnson
- 10 Portia Miller
- 11 Steve Miller
- 12 Alta Mae Richards
- 13 Jeannie Smith
- 14 Geraldine Lamont
- 15 Denzil Ward
- 16 Wanda Carpenter
- 17 Joan Auvil
- 18 Ray Tingler
- 19 Carol Kanalley
- 20 Jacky Rogers
- 21 Roy Pursley
- 22 Jean Miller
- 23 Louise Wolverton

**Grand Prize Winner: Geraldine Lamont**

Special thank you to the helpers, Patty Little, Alta Mae Richards, Patty Sims, Portia Miller, Joann Ward and Ray Tingler.







Joann Ward

Iline Compton



Barbara Rose



Debbie Hammons

Join us for crafts July 18th,  
beginning at 9:30 am.

Jacky Rogers



## Rosemary Ranch Chicken Kabobs

### INGREDIENTS

1/2 cup olive oil  
1/2 cup ranch dressing  
3 tablespoons Worcestershire sauce  
1 tablespoon minced fresh rosemary  
2 teaspoons salt  
1 teaspoon lemon juice  
1 teaspoon white vinegar  
1/4 teaspoon ground black pepper, or to taste  
1 tablespoon white sugar, or to taste (optional)  
5 skinless, boneless chicken breast halves - cut into 1 inch cubes  
Add all ingredients to list



### DIRECTIONS

In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl and stir to coat with the marinade. Cover and refrigerate for 30 minutes.

Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.

Yikes! How did that get in the dryer?

To remove crayon, lipstick or chap stick from the dryer, turn it off and spray a paper towel with WD-40 Lubricant. Wipe out the dryer until all of the mess is removed. Wash out with warm water and dish-washing liquid, then dry a load of old wet rags.

Try Carbona Stain Devils to remove chewing gum and glue. For ink, use rubbing alcohol or Ink Away by maker of Goo Gone.

Quick cleaning method for the washing machine. Fill the washer with hot water and pour in 1 gallon of white vinegar. Run through the entire wash cycle. Or a method that I use is fill the washer with hot water, pour in half gallon of white vinegar and 1 cup of baking soda.

Retired Dryer Sheets-

Once you have used the pesky little sheet, remember to clean off the lint filter in the dryer before toss it. Here are a few other uses for those retired sheets.

If you have a casserole or pan with burned-on food, fill with hot water, toss in a softener sheet for several hours (overnight is fine), and the burned-on food will slide right out.

Run a needle and thread through the sheet to prevent static from tangling the tread.

Wipe the television screen, venetian blinds, or any other surface that attracts dust with a used sheet to reduce the static electricity that attracts dust.



## Upcoming Day Trips!

Spencer Shopping Trip-July 12th  
Gandy Dancer Trip-July 19th

For further details contact Cindy Cottrell  
@ 304-354-7017.

Seating is limited, we ask that you  
pay for the trip when signing up.



## CASH Bingo

Thursday, July 19th  
CCCOA Dining Hall  
Open to the public!

Beginning right after lunch, at approximately 12:30pm!

Quarter per card, per game!

The bus will be running and taking seniors home after bingo!

### **New Printing Rates**

4x6 photo print- \$0.25

5x7 photo print- \$2.00

8x10 photo print- \$3.00

Fax- \$1.50 for the first page

\$0.50 for each additional page  
(unless it is a 1-800 number)

Copies- \$0.25 for black and white  
\$0.50 for color

For senior citizens only!

Okay that's it. June officially stinks. Let me tell you about June. I had one big beautiful Hosta ready to bloom. It had 6 (yes 6) stems with flowers on them just ready to bloom. I said to Frank that maybe we should put a fence around them. So, he did. It was woven fence about three feet high. He anchored it good. I tried to pull it and it wouldn't budge. Two days later I went out in the morning to feed the birds and saw something laying in the yard. It was the fence and the Hosta was toast. The deer pulled the fence loose and rolled it from the side of the house to the front yard. I was so mad. I mixed up hot pepper sauce and water and poured it over the leaves that they left, and they haven't touched it again. I also had (the operative word is had) one pink hibiscus way back in the corner of the side porch. They found it too and ate all the new leaves.

Then on the 18th of June as Barb and I were going to town, we saw the water trucks and backhoe digging on town hill. Oh, boy. I knew trouble was coming. Sure, enough on Wednesday the 20th I got all my dishes done wiped everything off, got ready for bed (I'm a night owl), went in the kitchen to fill my tea kettle and there was no water. Bummer. No water on Thursday but about quarter to six on Friday evening we had water. Yay!! Showers-baths- dishes all done. So, Saturday morning one would assume (never assume) that we had water. We had it last night. I put clothes in the washer and turned it on. Now this washer has a computer and is smarter than I am. Anyway, there wasn't any water and the computer went all out of whack, so I had to call a repairman.

Are you with us thus far? Okay, the deer stink!! The water company stinks as do my half soggy clothes that sat in the washer and the utility tub until Monday evening. But wait. It gets better. I went to walk in the chicken coop one morning, opened the screen door and something fell from above, grazed my head and went thump on the floor. It was a small black snake!! Yikes!!!

June really is bad. Ok, yes, I almost forgot that I have ants by the thousands. I drown hundreds a few times a day and we didn't have long-distance phone service the same week that we had no water. I'm done with June.

As of July 1st- it's only 92 days until October.

'til next month,  
~Judy~

### 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

# July 2018

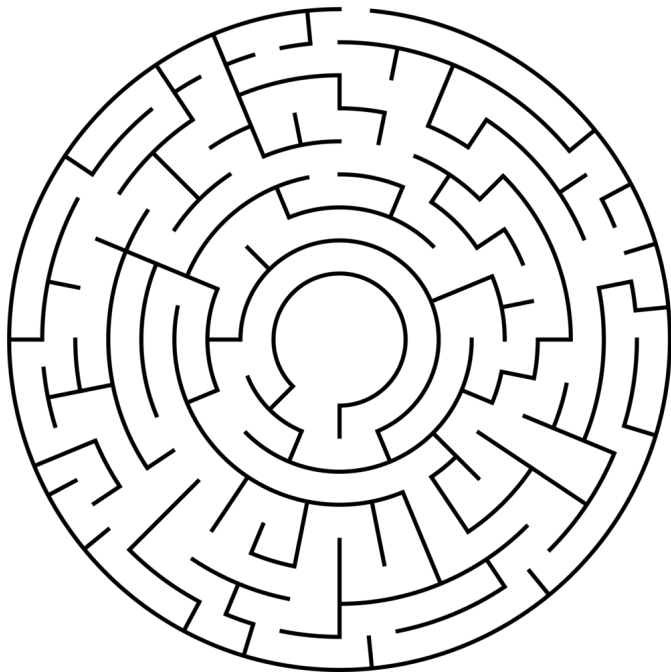
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Baked Steak Mashed Potatoes Broccoli Pineapples Whole Wheat Bread	<b>3</b> Seasoned Pinto Beans Onions Chopped Spinach Mandarin Oranges Cornbread	<b>4</b> <b>CLOSED</b> 	<b>5</b> Cook's Choice	<b>6</b> Creamed Tomatoes Seasoned Potatoes Biscuit Juice
<b>9</b> Chef Salad Crackers Peaches Whole Wheat Bread	<b>10</b> Spaghetti w/Meat Sauce Pear Whole Wheat Garlic Toast	<b>11</b> Chicken Salad Whole Wheat Bread Pasta Salad Fruit	<b>12</b> Meat Loaf Scalloped Potatoes Broccoli Juice Whole Wheat Bread	<b>13</b> Seasoned Beans Cornbread Cucumbers & Onions Salad Fruit
<b>16</b> Cabbage Roll Mashed Potatoes Green Beans Roll Juice	<b>17</b> Chicken Tenders Parsley Noodles Mixed Field Greens Oranges Whole Wheat Bread	<b>18</b> Pork Chop Potatoes Brussel Sprouts Fruit Cocktail Whole Wheat Bread	<b>19</b> Cook's Choice	<b>20</b> Sloppy Joe Whole Wheat Bun Raw Vegetable Salad Peaches
<b>23</b> Ribs, Onions, Peppers Ranch Potatoes Peas Wheat Breat	<b>24</b> Chicken Patty Potatoes Corn Bun	<b>25</b> Baked Beans & Wieners Mixed Vegetables Fruit Roll	<b>26</b> Salisbury Steak w/ Brown Gravy Potatoes Peas Oranges Whole Wheat Bread	<b>27</b> Lasagna Spinach Mushroom Salad Whole Wheat Garlic Toast Applesauce
<b>30</b> Oven Fried Fish Potatoes Buttered Carrots Whole Wheat Bread	<b>31</b> Steak w/Onions & Peppers Cooked Rice Sweet Corn Fruit Medley Whole Wheat Bread		2% Milk & Margarine Served Daily	Menu Subject To Change Without Notice

I Pledge Allegiance  
to the flag  
of the  
United States  
and to the  
Republic  
for which  
it stands  
One Nation  
under  
God



INDIVISIBLE  
with  
Liberty  
Justice  
for all





# B.B.Q. Word Search

**FIRE IT UP!**  
Find and circle all of the words in the list below.



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

GRILL  
FIRE  
CHARCOAL  
GAS  
TOOLS

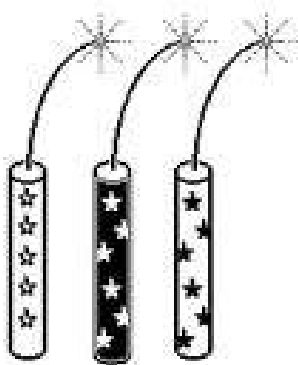


MEAT  
CHICKEN  
CORN  
BURGER  
CHIPS

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[www.education.com/worksheets](http://www.education.com/worksheets)

## 4th of July Word Search



BLUE  
CONGRESS  
ENGLAND  
FIREWORKS  
FLAG  
FREEDOM  
JULY  
KING  
LIBERTY  
PARADE  
RED  
STATES  
TAXES  
UNITED  
WAR  
WHITE

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



Maze



# 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

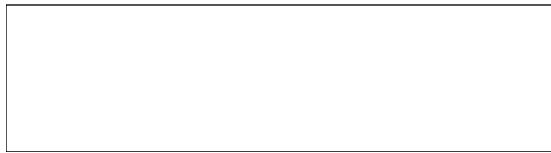


### West Fork Center

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)



Calhoun County Committee on Aging Inc.